

July 2013



# St. Augustine Shores OBSERVER



NEWS FOR AND ABOUT RESIDENTS OF ST. AUGUSTINE SHORES

## Shores Residents Invited To Annual Family Fun Day Saturday, July 13th



Shores residents enjoying last years Fun Day. We look forward to seeing you here this year!

Mark your calendar for July 13th to attend the "Shores Annual Family Fun Day". The event will be held at the Riverview Club with the Fun Park and pool open from 10 a.m. and 2 p.m. There will be no charges for anything during the event.

General Manager announced at the June Board of Directors that he had entered into an agreement to have an air bounce house, a large water slide, snow cone machine, horseshoes and dunk tank. Shores Service Corporation employees, members of the Board of Directors and interested volunteers are planning to staff the event.

"We are planning to provide opportunities for the families to enjoy the purpose of this special celebration," stated Winston Burrell, president of the St. Augustine Shores Service Corporation.

After all those activities, families are bund to work up an appetite, so volunteers will be serving free hotdogs, chips, drinks and other snacks. The huge new grill and covered pavilion will be the location where lunch will be served.

## Shores Board to Revisit Financial Reserve Study

The St. Augustine Service Corporation's monthly meeting was held on Thursday, June 13 at the Riverview Building. The meeting is held monthly on the second Thursday of each month beginning at 7 p.m. All owners and residents of the Shores Community are invited and urged to attend.



General Manager Joseph Smith III provided an update on the drainage issue. During the past few heavy tropical style rains, the water has pooled up against the Riverview Club on the pool side and entered the building via windows and doors. A larger drain system was installed and new gutters with splash panels are to be installed during the last 10 days of June.

The Sertoma Club of St. Augustine has scheduled "5K Sprinkle Run" in the area for July 4. This is a unique event since every participant will have the opportunity to refresh as they run past specific areas where the normal irrigation sprayers will cool them with water. The event is receiving the support of the St. Augustine Board.

Jason Baker, of Baker Co. who does the common area lawn and irrigation, has donated their services to make sure the runners are cooled.

Proceeds from the event will benefit the "Home Again St. Johns" organization.

Other than standard reporting issues, members of the Board of Directors were updated on their recent decision to revisit the Druex Issac and Associates work of 2011. This company specializes in performing Financial Reserve Studies and mapping a program for at least 20 years.

They provide a guidance book of charts that suggests the amounts of money collected and held in special financial accounts that will be available to replace worn out or out dated facilities. Such items include but are not limited to are building roofs, air conditioners, disaster funds, street/runoff drain systems, etc.

Currently the belief is that some items planned for 2018 should be advanced to an earlier date while other items scheduled should be held until later. These items will be identified and forwarded to Druex Issac and Associates to re-calculate the formal schedule.

This will be completed by the end of July after a workshop for the Board, based on the governing documents, is held and information forwarded.

## Run or Walk Through the Sprinklers July 4th in the Shores

A Benefit for "Home Agan St. Johns" and "Sertoma Clb of St. Augustine" is July 4th 2013 in St. Augustine Shores. Registration begins at 9 A.M. at the Riverview Club, 590 Christina Blvd. The Riverview Club, Pool, Pier, and playground is open to the public.

The "Sprinkler Run" is a 4th of July morning event; a 5K Run and Walk in conjunction with a lunch barbeque (hamburgers/hotdogs) and open pool party at the Riverview Club. The Sprinkler run begins and ends at the Riverview Club parking lot. Runners/walkers will go up Christina, West on Shores Blvd. and turn around at Altara Drive. All the while the median sprinklers will be turned out into the Boulevard and everyone will return down Shore Blvd. to the second connection of

Christina down past the Conquistador Condos to return to the Riverview lot. Prizes will be awarded to runners and door prizes given out. Everyone will be invited to stay for lunch and a swim. Everyone is encouraged to wear red, white and blue and to bring a towel! The Sprinkler Run is a fundraiser by the "Sertoma Club of St. Augustine" and will benefit "Home Again St. Johns" and Sertoma's

local charitable activities. Start your 4th of July with a geat event. **FIRST 200 REGISTRANTS GET T-SHIRTS**

- Sprinkler Run registration:**
- Ancient City Runners - \$17.00
  - Pre-Registration up to June 21st - \$20.00

(continued on page 2)



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

- **News From Around the Shores: Board Revisits Fincial Reserve July 4th Sprinkler Run Seeking Committee Members**
- **Chef's Corner: Sweet Corn and Poblano Chile Chowder**
- **Sheriff's Corner: Hurricane Awareness**
- **Computer Corner: Operating Systems**
- **Health Update: Dysfuction Accumulation**
- **How to File a Life Insurance Claim**

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



## The St. Augustine Shores Observer

is published monthly for residents of St. Augustine Shores, St. Augustine, FL.

St. Augustine Shores Observer  
(904) 607-1410  
1965 A1A South #180  
St. Augustine, FL 32080-6509  
clifflogsdon@att.net  
shoresobserver@yahoo.com

### The St. Augustine Shores Observer

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

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

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

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

The Observer's acceptance of advertising does not constitute an endorsement or approval of any product or services by the Observer or its staff. The publisher reserves the right to refuse advertising that does not meet the publication's standards.

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

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

### Shores Community Calendar

- St. Augustine Shores Service Corporation monthly meetings are held on the second Thursday of each month. Meetings are at 7 p.m. at the Riverview Club.
- St. Augustine Shores Recreation Association board meetings are held on the first Tuesday of each month at 11:30 a.m. at the Riverview Club.
- Conquistador Condominium Board meetings are held on the third Thursday of each month.
- 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 be held on February 1st, May 7th, August 6th and November 5th. The annual meeting will be held on October 1st.

### Shores Observer Policy For Classifieds

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

Send your ad 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.

## St. Augustine Shores Community Classifieds

### Letter of Appreciation

I would like to express my sincere thanks to neighbors and friends for the good soups and foods they brought to me and the help with retrieving the mail and papers when I was no longer able to accomplish it myself.

The cards and telephone messages which were a source of encouragement and support were also greatly appreciated.

Thank you,  
Muriel McKinlay

**For Sale:** Bicycle. 26" mens or boys model. Use up to 15 speeds on this Glacier point bicycle. Baloon tires \$35. Call 904-217-0940.

**For Sale:** 6 original Hitchcock chairs, black with gold trim, (Hitchcock, Hitchcock Conn. warrented) on back of chair excellent condition, \$700 for 6, 797 5940.

**For Sale:** Sears Crosswalk-370e-Treadmill \$100.00 904-797-4966

**For Sale:** Bicycle Rack for two bikes to mount on automobile trunk. Sedan only. Great for those weekend bicycle trips.. Never used. brand new. \$35. Call 904-217-0940.

**For Sale:** Exceptionally nice mahogany Queen Anne dining room table with one leaf and six chairs with upholstered seats \$275. Please call 904-687-9028.

**For Sale:** 1. 42" Panasonic Flat Screen TV. \$200.00. 2. Small Secretary desk - \$50.00 3. Microwave Cart - \$10.00 4. Barrel shape cane chair - \$25.00. Call 904-347-9237 in morning.

**For Sale:** Beige love seat \$75; nearly new 2" oak faux wood blinds 52"x45" and (2) 52"x36" (fits 3 Conquistador windows) \$120 for all 3; artist's floor easel \$25; (9) Gallery wrapped canvases, varying sizes up to 30x40, all for \$100; assorted cobalt glass lot, \$30; Call 797-9089 and leave message.

**For Sale:** Revo 3 wheel red wheel chair including 2 batteries and charger. Purchas for \$1500 and will sell for \$900.

Also, air compressor for \$30. Call 904-797-1517.

**For Sale:** Classical CD collection of over 500 discs. Excellent condition. \$150. Call 540-1806.

**Room for Rent:** Furnished Room in Shores near Publics Plaza. \$500 month includes utilities & TV. Small pets OK. Call 615-4334.

**For Sale:** (1) 7 drawer brown dark wood Executive Desk \$59 (2) Porch/Patio all weather white round 42' metal table and chairs \$119 (3) Whimsical wood painted decorations for top of kitchen cabinets/hose/patio. Various sized & themes \$7 each. (4) Curio/plant stand, Chrome & glass, 2 shelves 35"/12"/12" \$4 each (5) Glassware-French crystal-Brandy, cordial, dessett, champagne. 8 each \$2 per stem (6) Broadcast spreader for seed fertilizer, used once, 10,000 size \$34 (7) Stand for TV, audio, or storage. Two shelve sturdy wood. 26"/25"/17" \$26 (8) Spice rack with bottles, wall mount, 2 shelves, 2 drawers \$10 (9) Metal walker, new with tags still attached \$19 (10) 1 gallon wet vacuum \$11 (11) Garage work station with door. 2 shelves. For tools etc. \$31 each. (12) Metal shelves for storage- various sizes (13) Kitchen standing mixmaster, locking aluminum cake cover, bundt pans (14) Various book cassette tapes, trillers, adventure, etc. \$1 each (15) Kitchen Buffet- 18th century recreation, mahogany wood, dove tail construction and detailing 34"/50"/20" \$275 call 904-797-5879.

**For Sale:** Microwave oven with turntable. Sharp, white, 20" wide X 12" high X 16" deep. output power 900 w. works well \$30, call 797-3931.

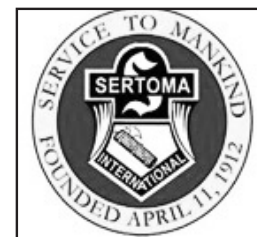
**For Sale:** Lawn mower \$100.00, Spreader \$20, electric edger \$20, also garden tool rake shovel etc. Men's slacks and shorts size 36, like new. Women's turtle neck shirts \$2.00ea. 2 Baby umbrellas stroller \$5.00ea. High chair \$20.00 Baby port a crib \$20.00 Children's beach toys. Also odd golf clubs \$5. ea. Golf cart. \$5.00. Two walkers like new. Call: 794-5665.

## Shores Sprinkler Run

(continued from page 1)

- Day of Race Registration - \$25.00
- Register ONLINE at: sertomastaugustine.org/
- Sprinkler Run Sponsorship:**
- \$50 - "Sprinkle" You get One Runner and a sign ad on the Run Route.
- \$100 - "Water Balloon" You get Two Runners, a sign ad on the Run Route and name on the T-Shirt.
- \$250 - "Gusher" You get Four Runners, a sign ad on the Run Route, Logo on the T-Shirt and Placement on the SERTOMA Website.

For information contact website www.sertomastaugustine.org.



## Reach The Shores By U.S. MAIL!

- Not thrown on lawns or driveways
- Documented delivery By U.S. Postal Service
- No Subscription Required... call 904-607-1410 to advertise your business or service.



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### Water Problems? Ask Polly!

#### Does the water provided by the city or county contain contaminants?



Polly Swindull

Yes, Even though municipalities are charged with the task of providing you with safe drinking water, there are many miles of pipes and valves that can allow contaminants to enter your water system. Contaminates such as chlorine, lead, iron, magnesium, fluoride, and many, many more are problems.

An inexpensive reverse osmosis drinking water system greatly reduces or removes contaminants. It provides your family with crystal clear bottle quality water at your tap guaranteed. You will never have the need to buy bottled water of any kind. Thanks for the great question! -Polly

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# News From Around The Shores

## Shores Golf Update

By Peggy McGovern  
pegaboo49@aol.com

Summer time, Summer time & the livin' is easy...REALLY!

As our 37th golfing season slows down, we welcome the new board of Directors for 2013-2014.

- President - Dale Kelleher
- Vice President - Ruth Willis
- Secretary - Marcia MacPherson
- Treasurer - Peggy Oliviera
- Tournament - Eileen Collomb.



Overall winner A.J. Fairfield and Tournament sponsor Gary Croyle

Memorial event is A.J. Fairfield, who could do no wrong. The other gals that did well in their flights were:

- A. 1. Jean Burns 2. Shay Hall
- B. 1. Ann McDowell 2. Fran Bennett
- C. 1. Marge Parker 2. (tie) Norma Pire & Myrt Lysett
- D. 1. Elaine Stickle 2. (tie) Eileen Collomb & PegMcGovern

We had a very nice luncheon,

thanks to Jean & Patti & we thank the St. Johns Family Funeral Home for their continued support.

Our golfing season went very well.. we all love each other & we will be back, ready & willing to start our 38th year. (God willing). Have a safe summer & take care of one another. Peggy Mc Govern.

The board was elected at our Sally Croyle tournament luncheon on May 9th & installed on June 6. Tournament sponsor Gary Croyle from St. Johns Family Funeral Home presented the awards, as we remember Sally & all the other Ladies', who are no longer with us.

The over-all winner of the low net

## United Methodist Church Vacation Bible School

Vacation Bible School will be held July 29th to August 2nd at Shores United Methodist Church, from 9 a.m to noon, for students in preschool to 6th grade. Games, crafts, songs, videos, making new friends, and learning about Jesus will be included in the SonWest Round up, a rip roarin' western themed week. Registration forms are available by calling 797-4416. Shores UM Church is located in the Shores, between the golf course and Hartley Elementary. Rev. Randy Strickland is the pastor.

## Summer Poetry Readings

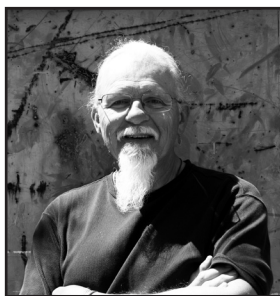
by Chris Bodor

Chris Bodor, a St. Augustine Shores resident for the last ten years, announces a series of poetry reading to be held in our community this summer.

- Sunday June 30 - Community Open Mic with featured author Kimmy Van Kooten
- Sunday July 28 - Community Open Mic with featured author Michael Henry Lee
- Sunday August 25 - Community Open Mic featuring anthology book projects from Jane's Stories Press and Poet Plant Press

This free summer series is open to poetry lovers of all ages and skill levels and will be held on the last Sunday of each month at The Gallery Café of St. Augustine (located at 1974 US-1 in the Staples Plaza). Start time is 3:00 pm. Free coffee and sweet treats will be served. For more info find Chris Bodor's poetry group, the Ancient City Poets, on Facebook.com or call the Gallery Café at (904) 825-9944.

Local Haiku enthusiast Michael Henty Lee, at right, and his new book will be spotlighted on July 28th at The Gallery Cafe of St. Augustine. Photo by Chris Bodor.



## Committee Members Sought For Community

Have you ever wondered why specific items for the Shores community have not been addressed? The St. Augustine Shores Service Corporation Board of Directors are seeking an expanded list of volunteers to evaluate and assist with the needs of the communities.

"For several years, the same group of dedicated volunteers help with everything," notes Winston Burrell president of the governing board. "We are very thankful for everyone who gives of their time and energy. We have volunteers who work with election processes, volunteers who volunteer special events, etc," he added.

"Our directors realize that many families have two working parents and some newcomers may not realize the value they can provide their community," Burrell added. Please contact one of your Directors or the Shores Service Corporation office if you are interested in serving the Shores community.

The current committees are:


- Communication
- Financial Audit
- Recreation- Parks and Recreation
- ACC Com
- Welcome to The Shores
- Facilities Committee
- Landscaping - Design
- Election Committee



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## Wednesdays at Pier Park

Come spend Wednesdays at the Beach - Shop the Market in the Morning - Concert in the evening - in between enjoy the Pier and the Beach!



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

## Music by the Sea

Free Concert Series

Every Wednesday Thru September



**Dinner At 6 p.m.**



**Concert At 7 p.m.**

July 3rd - The Falling Bones - Classic R/R - Purple Olive

July 10th - Restless Kind - Southern Rock - Panama Hatties

July 17 - Grapes of Rath - R/R - Gas Full Service

July 24th - Bush - Doctors - Reggae - Raintree Restaurant

July 31st - Ain't 2 Proud 2 Beg - Classic R/R - Zaharia's Restaurant

August 7th - Mid Life Crisis - Classic R/R - Sea Oats Cafe



Location: St. Johns County Pier Park

St. Augustine Beach

350 A1A Beach Boulevard

(904) 347-8007

thecivicassociation.org



## Fourth Of July: Remembering America As Nation Under God

By Rt. Rev. Ian D. Anderson, Ph.D, Missionary Diocese of the Resurrection Diocesan Center

*"The highest glory of the American Revolution was this: that it connected in one indissoluble bond the principles of civil government with the principles of Christianity."* - John Quincy Adams

The signers intended the declaration of Independence to officiate the separation between America and Great Britain. However, they based the Declaration which has served as a foundation to the beginnings of the American nation upon a greater foundational belief that God, or as written in the Declaration "Creator", was the source for men's irrevocable rights.

Thomas Jefferson, author of the Declaration, also believed "God who gave us life gave us liberty."

Two of the Continental Congress' first actions were to hire military chaplains and to purchase 20,000 Bibles to remedy a national shortage.

Although America was already a free nation during the presidency of George Washington, the first president of the United States, he suggested that only religion could uphold its morality. During his farewell address he said, "And let us with caution indulge the supposition that morality can be maintained without religion. Whatever may be conceded to the influence of refined education on minds of peculiar structure, reason and experience both forbid us to expect that national morality can prevail in exclusion of religious principle."

The first settlers in America; the Pilgrims clearly stated the purpose for

their voyage even before stepping off the Mayflower: "...undertaken for the glory of God and the advancement of the Christian faith..."

The U.S. Supreme Court also identified America as a Christian nation in 1892, after 10 years of examining hundreds of documents on the foundation of the country. The justices came to the unanimous conclusion that the documents undeniably "add a volume of unofficial declarations to the mass of organic utterances that this is a religious people, a Christian nation."

After the constitution had been ratified, John Adams, the second president of the United States, summed the document up this way. "Our Constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other."

The conviction that God cannot, and should not be moved from the social and governmental construct of America according to the late Ronald W. Reagan, the 40th President of the United States, who said "Without God there is no virtue because there is no prompting of the conscience... without God there is a coarsening of the society; without God democracy will not and cannot long endure...If we ever forget that we are one Nation Under God, then we will be a Nation gone under."

Take time to go to church and give thanks to God for the rights you enjoy, remembering America as a free nation under God.



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St. Augustine, FL 32086



# St. Augustine Shores Club News



## The Corner Garden

By Susanne Murphy  
The Geranium Circle Garden Club

### Summertime Gardening

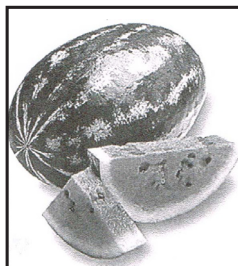
1. Keep on checking for chinch bug damage in St. Augustine lawns. The damage usually occurs in sunny locations near the street, side walks, or driveways.

2. Watch annuals, pyracantha, and junipers for spider mite damage. These small pests are almost invisible and feed on plants by sucking juice out of the leaves.

3. Keep your lawn mower blades sharp. This reduces disease problems and gives the lawn a neater look when it is cut.

4. People living in the Beaches area should watch for cabbage palm caterpillars in late July. These are the caterpillars that drop out of palms in large numbers and try to find a place to make cocoons. Outside they can stain siding

and damage lawn furniture, doormats and other fibrous materials. If they get indoors, they can damage drapes, carpet, and upholstery. To control, spray palms with Dipel or Sevin. Be sure the house sealed tightly to keep them out.



5. Remove seed heads and old flower spikes from crape myrtles. This will encourage them to put out more blooms.

6. Vegetables to plant: lima beans, eggplant, okra, southern peas, peppers, and watermelon.

7. Annuals to plant: celosia, coleus, crossandras, exacum, impatiens, kalanchoe, nicotlanas, ornamental peppers, portulacas (moss rose), torenia, salvia, and periwinkles.

Happy Gardening!

## July Activities At The Riverview Club

### ACTIVITIES MEMBERS

TRANSPLANT ACTIVITIES WILL RESUME IN SEPTEMBER

SINGLES ACTIVITIES WILL RESUME IN SEPTEMBER

BILLARDS - Monday, Wednesday & Saturday at 9:00 A.M. Tuesday & Thursday at 1:00 PM

BINGO - Wednesdays at 7:00 PM

A minimum purchase of three cards at one dollar each is required. Ten games of two parts each are played and all monies are returned to players.

BRIDGE- Monday, Wednesday & Friday at 12:30 PM

BRIDGE LESSONS - Will resume in September

CHICAGO BRIDGE - Thursday at 12:30 PM. Tuesday at 7:00 PM. Must have a partner to play. Info Nancy Willis 794-1855

EXERCISE TEACHER- Tuesday & Thursday at 10:00 AM. Donation at door

FRENCH CLASSES - Classes resume in September

LINE DANCING- Wednesday at 10:00 AM

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

TAI CHI- Wednesdays at 5:00 P.M.. An ancient Chinese discipline of meditative movements practiced as a system of exercise. It is not strenuous. The instructor will be teaching for beginners. Wear comfortable clothes. \$2.00 per person.

YOGA - Monday, Wednesday and Friday at 9:00 AM and Monday at 7:00 PM. Tuesday at 8:30 A.M.

CHAIR YOGA - Friday @ 10:45 A.M. Additional mobility for those who have a hard time with the floor exercise. Wear loose comfortable clothing and bring a mat.

### DANCE MEMBERS

JULY 7TH EARLY DANCE SOCIAL

SUNDAY Music by Tim Rippey

6:00-9:00 P.M. Hosts are Lee and Pat Radaker

Registration: Tues, July 2 and Fri, July 5 from 9:00-10:00 A.M. (Note that registration is on Fri not Thurs)

JULY 20TH MAIN DANCE SOCIAL

SATURDAY Music: Frank Saffi

7:00-10:00 P.M. Registration July 16 and July 18 from 9:00-10:00 A.M.

Members and houseguests \$5.00; non-members \$10.00

All dances are BYOB and snacks. For information 794-2000

### ALL MEMBERS

DANCE CLASS - WILL RESUME IN SEPTEMBER

BOARD MEETING: - Second Tuesday of the month at 11:30 AM

For information on any of the club activities please call 794-2000.

## 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 1:30 pm here at the Riverview Club Library. The September meetings will be on Tuesday the 10th and again on the 24th. 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 me at 794-0789. Have a great summer and we'll see you again in September !

## St. Augustine Power House

Sales & Service For  
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Equipment



### July Special

Free Lawn Mower Blade Sharpening. Bring Us The Blade We Will Sharpen it While You Wait! There is a charge to remove the blade from the mower. Limited to consumer mowers only, one mower per household. Offer not available for commercial cutters.

[www.staugpowerhouse.com](http://www.staugpowerhouse.com)

[askmow@staugpowerhouse.com](mailto:askmow@staugpowerhouse.com)

125 Pope Road  
St. Augustine, FL 32080

(904) 461-0310

## Ask Mow?

### Answering Questions About Homeowner Lawn Equipment. Featuring "Mow" St. Augustine Power House Spokesperson.

Hello readers and welcome to another edition of "Ask Mow". This month's edition is dedicated to awareness. Are we all aware that it is hurricane season? Are we all aware that this time of the year is your lawns "best as it gets" season? As we move through the summer months our lawn and gardens will be growing like crazy, which is the best opportunity to make any changes to the landscape. Maybe add an extra plant or tree.

#### Hey Mow, how are things at the Power House?



Things are moving right along, the new owners are settling in, the shop is busy, and there is no shortage on the phone calls. This time of the year the lawn equipment is being used very hard, and by that I mean more frequently than other times. How are your mowers working? Are you aware that in all of cases repairs to your mower can cost less than a replacement? We have seen the suppliers get more aggressive with parts this year than in the past. Sometimes it is the simple things that can make a big change in the mowers operation, what about replacing the wheels, or replacing that busted cable and get rid of the bailing wire fix. Something to consider.

#### Mow, what about generators for the Hurricane Season, any recommendations?



For those of you who haven't already, lets pull that generator out of storage start it up and test it. If it starts, great, plug something into it and let it run for an hour or so. Are you aware that if your generator does not start, Power House can get that going for you? Are you aware that if you do not have a generator, you could stop by the Power House, and we could fix you up with a generator from Snapper? Just make a list of the items you would like or need to run in case of a blackout and we can size the right generator for you.

#### Mow, any advice for the consumer that is considering a new mower purchase?

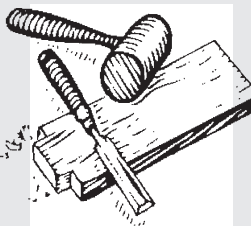


Yes, let's touch on a subject that is of great concern. Warranty. What is warranty on lawn equipment? Time after time we have customers calling or showing up with off branded equipment stating "I just bought this unit it, it won't start and it is under warranty." It's hard to keep a straight face under these circumstances. Allow me to explain a couple of things about warranty, Number 1. Are you aware, that if you never registered your equipment with the manufacture your chances of warranty are slim, Number 2 If you purchased your equipment from Power House they register the equipment for you. Read your owner's manual, the warranty is very clear, fuel is not a warranty issue,

That's all the time we have this month, so until next month, remember St Augustine Power House is located at 125 Pope Road. Visit us at [www.staugpowerhouse.com](http://www.staugpowerhouse.com) and if you have any questions for Mow call 904-461-0310 or email him [askmow@staugpowerhouse.com](mailto:askmow@staugpowerhouse.com).

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## Travel Club

By Peter Dytrych

I would like to announce that the St. Augustine Travel Club will take a break for the months of July and August, and resume in September. Look for the announcement for the September get together in the September issue. And, hope that everyone has a great summer. Peter Dytrych, 904 797-3736.





## Dysfunction Accumulation

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

My wife says I tend to 'collect' things, meaning I hang on to things just in case I may need them somewhere down the line. Packrat is the label I wear semi-proudly, especially when I'm able to reuse one of the things I've held onto. But one thing I do not try to hang on to is dysfunction.

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 the time but after a while we could be accused of being a dysfunction packrat or accumulating dysfunction. I eluded to this in previous columns Muscle Myths and Age- just a matter of time. 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 sometimes, like a packrat, I think we do a great job of accumulating dysfunction.

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 - a small tilt here, slight shift there. It is at this point we begin collecting dysfunctions. We

stop lifting our arm quite as high. We lean forward just a little when we stand or walk to take pressure off our spine (or bend our knees -accomplishing the same from the bottom up). And the list could go on and on. But regardless of the degree of compensation, or location, the result is imbalance.

Why is it we change or tires regularly or don't wait for the air conditioner to breakdown before scheduling service. Instead we give it annual service. 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 prevention is the best medicine. I prefer "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.*

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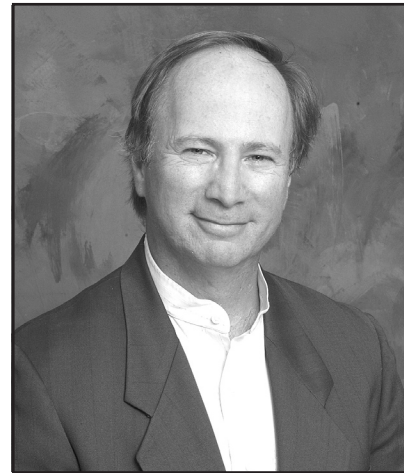
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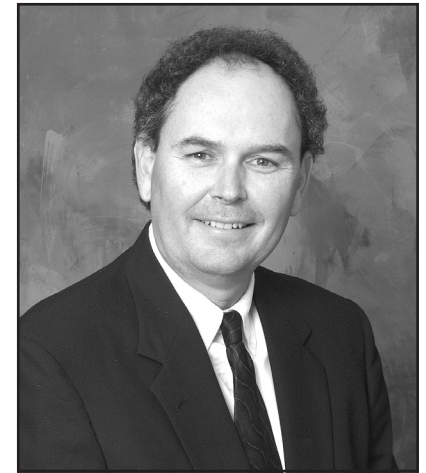
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# Chef's Corner

By Matt Coan

## Lazy Hazy Daze of Summer

Well, if you haven't noticed, summer has arrived. I am not sure about lazy and hazy but it has been quite warm (to say the least!). What better way to celebrate summer than finding ways to enjoy the bounty of the fruits and vegetables that are available to us on a daily basis. Especially corn, peppers, tomatoes and watermelon! There is so much you can do with our summer bounty that it would take many columns to fill. This month we will try to focus on watermelon and corn.

You might want to try this refreshing cocktail one evening. If you like, you can eliminate the vodka and substitute a lemon/lime type of drink instead.

Eight cups diced watermelon (about 1/2 of a small watermelon), plus slices for garnish. Eight ounces lemon vodka, chilled. Seven ounces simple syrup, recipe follows. One (17.5-ounce) can coconut juice, one lemon.

Chill watermelon in the freezer for 30 minutes. Put all the ingredients in a blender and puree until smooth. Finish with a squeeze of fresh lemon. Serve very cold in a chilled glass, and garnish with watermelon or lemon slices.

Simple Syrup: 1 cup sugar, 1 cup water. Put the sugar and water in a small saucepan. Cook over low heat, stirring, until the sugar dissolves. (Alternatively, heat in the microwave.) Store in a sealed container in the refrigerator for up to 1 month. (Yield: about 1 1/2 cups).

### Sweet Corn and Poblano Chile Chowder

Sweet corn is a great vehicle for soup making. It goes well with so many ingredients and yet never loses its distinct flavor - even with chiles. Using poblanos in the corn chowder adds a spicy richness unique to the chile. If you can't find poblanos at your grocery store, check out a local Mexican market or farmers market. Makes about 7 cups. Total Time: 45 Minutes.

Cut kernels from eight ears sweet corn (4 cups).

Puree two cups corn kernels, one cup whole or 2% milk.

Saute in two tablespoons vegetable oil in soup pot over medium heat. Cook 4 - 5 minutes:

Two poblano chiles, seeded, diced  
1 1/2 cups white onion, diced  
1 t. garlic, minced

Add two cups chicken broth, two cups corn kernels, one t. sugar, one t. kosher salt, and 1/2 t. cayenne.

Stir in pureed corn, 1 1/2 cups tomato, diced 1/4 cup feta cheese, crumbled. Simmer to heat through and melt cheese, about 3 minutes.

Garnish (optional) with chopped fresh cilantro, diced avocado, and lime slices.

Chef's Note: Cheddar cheese would be a fine substitute if you prefer not to use Feta. So, get out there and enjoy the bounty of the summer season! -Matt Coan.

## New Baby Mugger Crocodiles At Alligator Farm

The St. Augustine Alligator Farm outside of India. Unlike the American Alligator, which builds mounds, the Mugger Crocodile digs a hole to deposit their eggs in. This is considered a medium to large sized crocodile reaching lengths up to 13 feet. We currently have 2 babies that have hatched and another 5 eggs in the incubator. The remaining 5 eggs were incubated at a lower temperature so we are not expecting them to hatch for another week or two. A crocodilian's sex is determined by the temperature that they are incubated. The 2 babies that have already hatched should be males since they were incubated at higher temperatures. We are expecting boys and girls from the remaining 5 eggs. We are very excited about our new additions and we hope they will thrive here at the park.



Mugger Crocodiles are native to India, Bangladesh, Sri Lanka, Nepal, Iran, and Pakistan. In some parts of their range this species is threatened or even feared to be extinct. The strongest population are in India and Sri Lanka. Captive breeding in India has been very successful but there has been very little successful breeding

## Summer Volunteer Opportunities Abound

If you are willing to spend a little time this summer to help out others, there is an opportunity waiting for you! RSVP of St. Johns County is looking for community members to help out once a week in the following summer programs through the St. Johns County School District: reading for first, second and/or third graders, as well as algebra, geometry and biology for high school and middle school students. Hours are flexible, and even if you are traveling this summer you can help out while you are in town.

"There are local students that can really use the help of those willing to give just a bit of their time," said Cheryl Freeman, RSVP director. "Assistance from community volunteers can go a very long way in helping them succeed. If a person gives just two hours once per week, it can make all the difference."

If you would like to learn more, or have any questions about volunteering in St. Johns County, call RSVP at 904-547-3945.

## 50's Sock Hop Is July 20th

St. Gerard Campus High School Presents a "Remember When: Super Cool 50's Sock Hop" Get out your saddle shoes, poodle skirts, and black leather jackets! Greasers welcome! Featuring DJ Tony of Ava/Cameron Audio & Video Productions spinning the greatest blasts from the past.

Best Dressed Award, Best Dancers Award and an Oldies Karaoke Contest, hula hoops, food, drink and lots of fun. Saturday, July 20th from 7:30 p.m. to 11:30 p.m. at Bishop Baker Hall, 267 St. George Street, St. Augustine. Tickets \$25.00. Call 904-829-5516 to purchase your tickets

We thank our generous sponsors Burkhardt Beer, Publix Supermarkets, Ava/Cameron Audio & Video Productions and the host of friends and supporters who contribute so much every day. All proceeds will help the students of St. Gerard Campus, a 501(c)(3) charity. The purchase of tickets is tax deductible to the extent the law allows.

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## News From Around St. Johns County

### Council On Aging Programs Include Grief Support, Financial Assistance For Seniors

The Council On Aging offers a variety of classes and programs for seniors. Below are some of the programs and events offered at the Council On Aging.

**Grief Support** - A complimentary support group led by Sheri Wallace, Bereavement Counselor with Community Hospice meets on the 4th Friday of each month. Call 209-3655 to sign up.

**Memory Enhancement Program** - Offered at locations throughout St. Augustine on Thursday afternoons including at St. Augustine Shores United Methodist Church.

**Assistance With Rent/Mortgage/Utilities** - If you are a St. Johns County resident who is age 60 or over and who is eligible for government benefits, you may qualify to receive assistance with your rent, mortgage or utility bills. Applicants must meet Federal Poverty Level income requirements.

**Volunteers Needed** -

**Meals On Wheels:** Volunteers are urgently needed to deliver Meals on Wheels to homebound seniors in the St. Augustine area any morning Monday through Friday.

Volunteers are needed to package meals on wheels at the Coastal Community Center on Tuesday, Wednesday and Friday mornings for the months of June, July and August, beginning the week of June 10, 2013. This is an ideal

opportunity for high school students to fulfill community service requirements.

Connection coaches are needed on Tuesdays and Thursdays, 8 a.m. to 12:30 p.m. at the coffee bar and to help with activities. Volunteers are also needed to help decorate the center for special events, such as holidays and parties.

A volunteer clerical assistant is needed in the Travel Department on Fridays from 10 a.m. to 2 p.m. Good telephone and communication skills are required - computer knowledge is preferred.

A volunteer licensed hairdresser is needed to cut seniors' hair - any morning, Monday through Friday.

Volunteer receptionists are needed at River House and Coastal Community Center. Morning and afternoon hours are available. Office experience and good communication skills are required.

Volunteers are needed in the Minor Repair Program. Change a light bulb, fix a leak, hang a curtain, install a tub safety bar or even build a hand rail or repair a stair. No roof work - simple jobs only. Training is available if required. All material needed is provided. Work on your own schedule.

To volunteer or for more information call 209-3686 or visit [www.coasjc.com](http://www.coasjc.com).

### IT'S THE GREAT GUITAR RAFFLE/AUCTION CHARLIE BROWN!

On Saturday, August 24th, the Friends of the St. Augustine Amphitheatre (FOSAA) will hold its first Celebrity Guitar Raffle/Auction at the Amphitheatre, from 4:00 PM - 10:00 PM. The event is free to the public. This will

be an exciting and fun-filled evening for all memorabilia collectors and music lovers, so come early and stay late. Proceeds from the evening will benefit a 2014 arts camp to serve disadvantaged children. Great entertainment will be

provided throughout the event by Catfish Jones, Willie Green, Dewey Via, Red River Band and Late Night Transfer. Event sponsors to date are: First Coast News, Dion Marketing, Eclipse Recording Company and Gypsy Cab Company.

The guitars being featured were purchased by FOSAA and then signed by performers when they appeared at the Amphitheatre. All guitars will be on display throughout the event. Photos of the signed guitars can be found, along with other guitars FOSAA has collected, on our website, [www.fosaa.org](http://www.fosaa.org). Guitars to be auctioned or raffled will also be featured on upcoming posts on FOSAA's Facebook page. The guitars to be raffled were signed by: Match Box Twenty, Martina McBride, The Fray, OAR, Brantley Gilbert and Boston. Raffle tickets for these guitars are \$10.00 or 3 for \$25. Advance raffle tickets can also

be purchased through the website. Winners of each guitar raffle will be announced throughout the evening.

Guitars to be auctioned are signed by: Alison Kraus (a fiddle), Miranda Lambert,

Zac Brown Band, Moody Blues, Stevie Nicks, Joe Cocker, Johnny Van Zant, Heart, Blondie and Devo, Third Day, Buddy Guy & Johnny Lang, Train, Hall and Oates, Imagine Dragons and STYX/REO Speedwagon/Ted Nugent.

The highest bid that exceeds the reserve will win each guitar and winners will be announced at intervals throughout the evening. Guitar winners who are not present will be notified by phone and/or e-mail.

FOSAA is a non-profit organization that strives to bring greater visibility to and usage of the Amphitheatre by the community. FOSAA awards grants to non-profit organizations and schools wishing to rent the Amphitheatre for their own events, or to bring children to cultural events at the venue free of charge. Funding for grant awards is provided by membership dues from FOSAA members and corporate sponsors and from other fundraisers. Two benefits of membership are the ability to purchase concert tickets prior to public sale, and parking free of charge in the FOSAA satellite lot. More information about FOSAA, benefits, and grants, can be found at [www.fosaa.org](http://www.fosaa.org).





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### YMCA Offers Summer Swim Lessons

"Fun, with a splash of confidence!" The St. Augustine Family YMCA is currently offering summer swim lessons. The aquatics program is designed to teach personal water safety, stroke development, water sports and games, rescue and personal growth skills.

All YMCA instructors are trained and certified to teach every level from beginner to advance, and every age from infant to adult. For more information, call 904-471-9622, or visit [www.firstcoastymca.org](http://www.firstcoastymca.org).

Below, Swim Instructors Tim Romein, Jessica Cole, and Anna Romein teach swimmers a throwing assist rescue during Y swim lessons.





# How To File A Life Insurance Claim

By Jane Tucker, First Florida Insurance

Life insurance can protect your financial future and provide the resources a family or business may need to pay immediate and continuing expenses.

When there is a death in the family, life insurance can provide cash to meet pressing needs. To receive the benefits that you are entitled to, you first must file a claim. To help guide you through that process follow these tips:

**Obtain several copies of the death certificate.** A death certificate is the standard form of documentation required when filing a life insurance claim. Also, there may be acceptable alternatives in extraordinary circumstances. Your life insurance representative will know what forms and documents are needed to proceed with your claim.

**Contact your insurance agent.** The life insurance agent who sold the policy can help you fill out the necessary forms and act as an intermediary with the insurance company. If you do not have an insurance agent, or do not know the name of your loved one's agent, contact the life insurance company directly.

As a precaution, you shouldn't store a life insurance policy—which contains important contact and policy information—in a safety deposit box. In most states, boxes are sealed temporarily upon one's death, which could delay a settlement.

**In the case of a group life insurance policy,** such as one offered by an employer, first contact the group plan sponsor or the human resources department at the em-

ployer directly. If you're unable to contact the employer, you may contact the life insurance company directly.

Submit a certified copy of the death certificate (or acceptable alternative) from the funeral director with the policy claim. Once the claim is submitted, a settlement should be issued to you shortly.

Once a life insurance claim is submitted, you will need to determine how the proceeds will be distributed. Some settlement options that may be available to you:


**Lump sum:** You receive the entire death benefit in a single amount.

**Specific income provision:** Life insurance company pays you both principle and interest on a predetermined schedule.

**Life income option:** You receive a guaranteed income for life. The amount of income depends on the death benefit specified in the life insurance policy, your gender, and your age.

**Interest income option:** The company holds onto the proceeds and pays you interest. The death benefit remains intact and goes to a secondary beneficiary upon your death.

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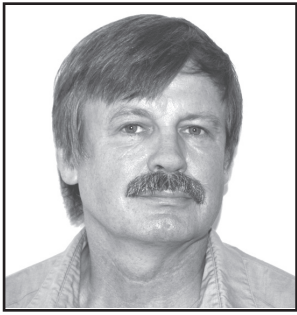
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# Computer Corner

By Gary Herrick, Computer Professor  
mainely2@bellsouth.net

## Operating Systems

Greetings from Computer Professor. It has been about six months since Microsoft gave us Windows 8, the biggest change to Windows since it's creation. At the same time as Windows 8 we got a new generation of tablets some powered by Windows 8 but most powered by Android by Google. Android made its appearance on smart phones and now is on tablets. Just like Apples iPhone, iPad is the same operating system only without the cell phone portion. Apple's iPad has been around for a while and have done so good at what it does that Microsoft and Google has joined the new format.

What that means to you is that before we had a decision of Windows or Apple OS, then desktop or laptop. Now we have the choice of Windows, Apple and Android then desktop, laptop or tablet. The choice of Windows, Apple or Android OS (operating system) is the look and the method of controlling your machine. Desktop, laptop and Tablets lets you choose the level of power,

convenience, and portability. Your ability operating the system comes from you skill in the operating system. There is an added challenge when the operating system goes through version changes and additional customization by the company building the hardware portion. This is evolution and we have been dealing with that all our lives.

We are going to deal with this the same way we have dealt with a decision on buying a new car or microwave. We ask friends what they got and if they liked it, go see one in action, ask questions, read reviews, then spread the word if we like or dislike what we got. Sooner or later the best choices survive the competition and the decision is easier.

For the new Windows 8 users: from your start screen try pressing and holding down the windows "logo" key on your keyboard and tap the C. Follow that procedure again but this time substitute the letter D instead of the C. These are call shortcut keys and it may make life a little easier in dealing with the new windows 8.

## SJR State Law Enforcement Cadets Recognized

Law enforcement basic recruit graduates from Putnam County: Lataka Butler, Edward Haugstatter, Justin Lewis, Alisha Stephens, Thomas Townsend, Jason Walters and Shelton Williams.

Law enforcement basic recruit graduates from Duval County: Michael Christeas III, Joshua Crouch, Jason Green, Shane Krausser, Brian Lester, Tyler Shoemaker, Brandon Swank, Johnathan Young and Trevor Zittrower.

Law enforcement basic recruit graduates from other counties: Anthony Picano and Claudio Prazeres.

The ceremony was held at the Thrasher-Horne Center for the Arts. The THCA is owned and operated by SJR State College and is located on the Orange Park campus.

The criminal justice certificate programs provide job-related training to prepare cadets for entry-level employment in their career field. Cadets who complete the certificate program will be eligible to take the state certification exam. The certificates also provide credit hours to be transferred into SJR State's associate in science degree in criminal justice officer administration. The program is located on the St. Augustine Campus. For more information about SJR State's criminal justice programs, call (904) 808-7490 or visit the website at SJRstate.edu.

*Photo caption:* Special awards wer presented to basic law enforcement cadets at the SJR State criminal justice graduation ceremony. From left: St. Johns County resident Caroline Drouin was recognized for "Highest Academic Achievement," and Timothy Fredericksen, also of St. Johns County, received recognition for "Highest Marksmanship Achievement" as well as the "Medallion Award" for highest overall achievement.





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## Real Estate Corner

By Will Russell, Licensed Real Estate Agent  
Shores Resident  
willbr3@yahoo.com  
904-814-7305

### “Tips for Selling Your Home”

Have you been thinking about selling your home for a while? Not sure how much you can sell it for? Are you unsure about how to start the process? This is common. Whether you have sold a property before or this is your first time, here are a few tips that you may want to consider.

1) Detachment – Although this is very difficult, a seller should try to detach him/herself from the home. You don't want to make an emotional decision. I don't mean that you should move out, but just realize that you may value your home more than others. Many times, home owners go to sell their house, get an offer in the first 30 days and don't accept it. After 6 more months of paying a mortgage, they realize that if they would have sold the home six months ago, they would have saved thousands of dollars of interest and moved on.

2) Find a Realtor – Find a realtor and have them give you an idea of what you may be able to sell your property for. In a recent survey of Home Sellers by HomeGain.com, 70% of sellers successfully sold their home when it was listed with a realtor. Compared to only 30% of For Sale Buy Owner (FSBO) sellers. Furthermore, HomeGain.com found that 55% of FSBO sellers eventually list their property with a realtor. FSBO sales account for less than 9% of all sales, so if you are considering this option, make sure you do your homework.

3) Price Point- A realtor will help

you determine a reasonable price point, but remember the first 30 days your home is on the market is extremely important. Getting the right price from the start can make a difference.

4) Advertise – Again, your realtor will handle this portion. However, you should be aware of the various outlets (local magazines, newspaper, the Internet, etc...) that your realtor will utilize to sell your home. Also, make sure you let your friends and family know, because you never know who may be interested in your home.

5) Stage your Home – Make your house look nice. It is much easier to sell a house that is clean and that looks nice and welcoming. Remove all the clutter inside and out. Keep up with the yard. The curb appeal can make a big difference. Clean the kitchen and bathrooms. You may want to re-caulk your showers and tubs. Repaint with a welcoming neutral color. Remember, you want to make your home beautiful and you want to make buyer's want it.

6) Repairs – Be prepared to fix repairs. Most buyers ask for some repair money. Also, some loan programs require repairs before the loan can be approved. I recommend that you fix minor repairs that can scare buyer's away (small cracks in stucco, rotted wood, leak pipes under the sink, missing shingle on the roof, etc...)

Don't forget, you want buyer's to want your home, so make them want it. You want them to remember all the good about the house (cleanliness, pride of ownership, great kitchen, layout, nice cabinets, etc...). You don't want buyer's to remember your home because it had the cracked tile in the entry way, the hot pink guest bath, the bedroom door that did not close correctly, the hole in the drywall above the kitchen sink, etc....

Remember, if you are considering buying or selling a home or land, and would like to discuss your options, please contact me anytime at (904) 814-7305 or via email at Willbr3@yahoo.com.

*Will Russell is a realtor with Endless Summer Realty. He has lived in St. Augustine for over 25 years. He currently lives in the St. Augustine Shores with his wife and four children.*



## St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

### Hurricane Awareness

It has been nearly 49 years since a hurricane struck the first coast directly from the east and that hurricane, Hurricane Dora has been the only one to strike from the east since records have been kept dating back to 1851. There are only a very small percentage of folks who remember the destruction that Hurricane Dora caused in the early morning hours of 10 September 1964. The storm made a direct hit at then sparsely populated Vilano Beach with its 120 mph winds and a storm surge of 12 feet. Dora continued east to Lake City and then made a right turn and traveled north through Georgia and the Carolinas before going out to sea. The storm caused one death directly and \$280 million damage. Although we have been spared from devastating storms we should not let down our guard and be prepared if a hurricane is headed our way, remember it was not too long ago, we had the outer effects of three storms coming from the west coast that caused substantial damage.

I would like to once again devote this month's column on Hurricane Awareness or Safety. Hurricane season began at the beginning of last month and lasts until the end of November and meteorologists are predicting an above normal season in the Atlantic basin with a possibility that the season could be very active. The National Oceanic and Atmospheric Administration (NOAA), predicts that there will be 13 to 20 named storms. Of those they say between seven and 11 could reach hurricane strength and of those, three to six could become a major hurricane.

You should be familiar with the terms Hurricane Watch and Hurricane Warning. A Watch is issued when conditions are favorable that a hurricane could strike in 36 hours. A Warning is issued when hurricane force winds are expected to strike in 24 hours. By this time you should already have an emergency plan for yourself and family and begin implementation of that plan.

Some things to consider in your preliminary plans are:

- Take photos of your property from all angles, it may not look the same once the storm passes.
- Plan for elderly/handicapped/invalid care at a shelter or at home.
- Learn which routes will be safe during a storm.
- Learn where official shelters are located.
- Trim any dead wood from trees prior to the storm.
- Check for, fix or take note of loose items on your structures (shutters, screens, eaves, gutters, antennas, satellites).
- Get and use a hurricane tracking chart
- Plan what you and your family will do if you have to evacuate.
- Get necessary supplies and secure them in safe area.
- Plan for pet care.
- Review your insurance coverage.
- Protect your important documents.
- Show others in the family how to turn off/on gas, electricity, and water.
- Make outside repairs.

When a Hurricane Watch for your area is issued you should do the following:

- Listen to official bulletins on radio, TV, or NOAA Weather Radio, and Internet for updates.
- Check all supplies you already have to see if they are in satisfactory condition, include batteries.
- Fill gas tank of vehicles, check oil and tire pressure.
- Inspect mobile home tie-downs.
- Board, tape, cover windows and doors or skylights.
- Secure boat.
- Secure any objects and furniture that are outside.
- Check on all medical supplies, special needs for elderly, handicapped, etc.
- Plan to evacuate if necessary.

When a Hurricane Warning is issued here are some suggestions:

- Stay tuned to TV, radio, Internet or NOAA Weather Radio.
- Move valuables to higher location
- Move furniture away from windows and cover.
- Fill containers (bathtub, plastic jugs) with drinking water.
- Use phones only in an emergency.
- Bring in/secure pets (food & water).
- Shut off water and electricity at main breaker switch.
- Leave mobile homes.
- Leave low areas. If evacuating—leave early.

Sometimes a hurricane path may not be predictable and evacuation orders could come at any time. If you are asked to evacuate, please do so early and know the route you will be taking. Remember there will be many folks taking the same route from a very large area so be sure to give yourself plenty of time to leave safely.

Finally, if you refuse to leave following an evacuation order, here are some safety tips for riding out the storm:

- Make sure your building is well-constructed.
- Turn the refrigerator to maximum cold.
- Freeze water in plastic containers, if the electricity goes off you can use the ice to keep food cold in the refrigerator.
- Turn off utilities if told to do so by the authorities.
- Unplug small appliances.
- Fill bathtub and containers with water.
- Stay indoors.
- Prepare for storm surge and possible flooding.
- Plan what to do if the winds become too strong.
- Stay away from windows and doors, even if covered.
- Stay in a small interior room, hallway, or closet.
- Close all inside doors, brace exterior doors.
- If you have a two-story house, stay on the first floor.
- Lie on the floor or under a table or other sturdy object.

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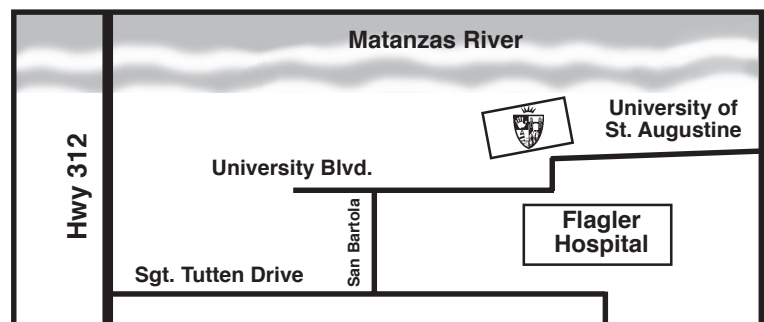
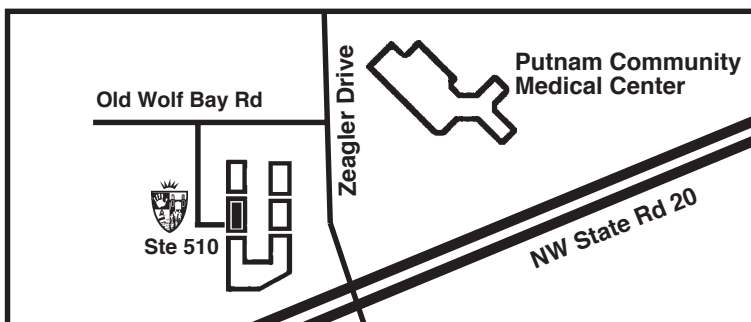
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