

January
2018

Happy New Year

Free Delivery by US MAIL
to over 6,750 Southern
St. Augustine Homes Monthly
St. Augustine Shores
St. Augustine South

St. Augustine Observer

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

Junior Fellowships Available From Outstanding Women in the Arts (ROWITA)



2017 Junior ROWITA recipient receives a fellowship from SJCC board member, Tommy Bledsoe.

Do you know a graduating high school woman (public, private or homeschooled) who intends to further her education in the arts and could use some help pursuing that dream? The St. Johns Cultural Council is seeking applications for their Junior ROWITA Fellowships. The Fellowships were started in 2011 to help graduating high school women develop their artistic skills through continued study and training after graduating from high school.

The fellowships are available to Saint Johns County high school women who are entering arts based programs of higher education to advance their creative development and career. The Fellowship awards up to \$1000 to qualifying applicants who have either applied or been accepted into a BFA program or a summer institute or intensive.

Awards are given in three categories: Performing, Visual, and Literary Arts. In order to be eligible, candidates must have a 3.0 GPA, and acceptance into a college level arts program or summer institute. Applicants must also submit a letter describing their relationship with their art, a letter of recommendation from their arts teacher; and a DVD sampling of their work. All applications are reviewed (continued on page 9)

Beach Blast Off 2018

Sunday, December 31, 2017 6 - 10 p.m.
St. Johns County Pier

The Beach Blast Off features vendors, kids activities, live music, food, drinks, and a grand fireworks display to ring in the New Year in St. Augustine!

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

The Comfort Zone offers 30 food vendors and a beer, champagne and wine tent. Local bands provide the music and a 65-inch TV keeps everyone up-to-the-minute with the New Year's Eve festivities in Times Square and around the world. This year's event features a mechanical bull, a photo booth, and carnival rides. The Kids' Zone area includes several inflatables and activities such as face painting. The fireworks display to music takes place at 8:30 p.m., with the after-party continuing until 10:00 p.m.

Admission: FREE entrance. Tickets available for Kids' Zone activities and food and drink purchases. When: Saturday, December 31, 2017, from 6 to 10 p.m. Fireworks at 8:30 p.m. Where: St. Augustine Beach Pier Park is located at 350 A1A Beach Blvd. For more information call (904) 669-5670.

Clinical Hypnotherapist Event at Riverview Club

Cheryll Robertson, Clinical Hypnotherapist will be hosting an event at the Riverview Club on January 10th and January 24th at 2:00pm until 4:00pm. It will be a group Hypnosis session for weight loss and healthy living for the New Year. The discounted cost is \$40.00 (regular \$125) and is due by 1/5 for the 1/10 event and 1/12 for the 1/17 event and is non-refundable. Please call 1-904-814-9169 to make your reservations. Space is limited to 20 people. Please bring a blanket and pillow to make yourselves comfortable, as you will be in a lying position.



yourselves comfortable, as you will be in a lying position.

PRSRD SDT
US POSTAGE PAID
ST. AUGUSTINE, FL
PERMIT #132

St. Augustine Observer
1965 A1A South #180
St. Augustine, FL 32080-6509



Anytime Fitness St. Augustine had it's Grand Opening on Monday, December 11, 2017. Anytime Fitness is excited to serve the St. Augustine Shores community, offering 24/7 convenience, friendly support and a welcoming environment. Anytime Fitness St. Augustine, FL is part of the the national Anytime Fitness community of 3,500 gyms across the country.

What's Inside The Observer This Month...

- **St. Augustine Shores:** November Board Updates
- **Health Update:** Finding Time to Relax
- **Computer Corner:** "New Updates Keep Coming"
- **Financial Focus:** Don't Get Swayed by These Investment "Myths"
- **Sheriff's Corner:** CodeRED Program
- **Diaries of a Shores Grand-Dad**
- **Hypnotherapy-Magic or Science?**



MOULTRIE CREEK
NURSING & REHAB CENTER

YOUR BRIDGE FROM HOSPITAL TO HOME

If you or a loved one are in need of Rehabilitation after a Hospital Stay, we know your goal is to get Home as soon as possible.

Our Friendly and Professional Nursing and Rehabilitation staff will get you or a loved one healthy with all the necessary skills you will need to return home.

Please Call or Stop by for a Tour Today!

(904) 797-1800

MOULTRIE CREEK
NURSING & REHAB CENTER

200 Mariner Health Way
St. Augustine, FL 32086

YOUR BRIDGE BETWEEN THE HOSPITAL & HOME

www.MoultrieCreekRehab.com

The St. Augustine Observer

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

Cliff Logsdon, Publisher/Editor
(904) 607-1410
Email: clifflogsdon@att.net

Joe Thomas, Sales
(505) 903-2127

Email: joeatobserver@gmail.com

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/advertisers, including pictures, graphics, websites and/or emails listed, that may have the potential to constitute fraud or other violation of law including copywriting infringements. The publisher reserves the right to refuse advertising that does not meet the publication's standards.

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

Board Member & Officers

Theresa Nizza – President
Keith Rowland – Treasurer

Louis Zimmer – Vice President
Lynn Rowland – Secretary

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

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

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

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

Community Classifieds

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

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

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

FOR SALE: 3 piece bedroom set with mattress dark brown wood. \$300. Dining room table with 4 chairs dark brown wood \$200. Lazy Boy recliner brown \$300. 2 brown bar stools brown wood \$30. 32 inch LG flat screen tv \$200. Loveseat with pull out bed brown microsuede \$300. Call Karen for more info 904-445-0494.

Originally \$50 ea. Pair of brass candlestick design lamps, 30" , need shades - \$10 each. Matching floor lamp has shade, \$30. Call 794-4226.

GARAGE SALE: 400 Altara Drive. From 9 am - 5 pm. Exercise bike, dishes, 2 desk chairs, twin size bed sheets, curtains, other items available. Call 904-295-5023.

FOR SALE: Two white IKEA 4 drawer chests. \$50 each. 2 new bar stools matching, upscale rattan with black wood. \$100 ea. Very Nice. Floor Lamp, brass with beige pleated shade \$50 Moving. Call 794-4226.

WANTED TO BARROW: past publications of The Shores Observer. Some of us are collecting articles by Gail Compton for a book honoring her and Beverly Fleming. I'll copy the articles and then return the papers to whoever is willing to loan them to me. Call Cindy at 797-3931

FOR SALE: 8 tall DVD bookshelves, wood, like new. Made by IKEA \$20. ea.,

Please support the businesses in the Observer!
They make this publication possible...
Thank you!

Heritage Baptist Church

"A Warm & Friendly Fellowship"

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

1480 Wildwood Drive
St. Augustine, FL 32086
904-824-8888

Matanzas Boat and RV Storage

We have Expanded!
Space Available....

904-315-7979

Email: info@matanzasboat.com
Website: matanzasboat.com
1070 SR 206 East • St. Augustine FL 32086



Fran's Knitting Boutique

"Quality Yarns & Accessories"

- Hand Knitting
 - Crochet
 - Machine Knitting
 - Classes Available
- 904-797-9951**

2765 US 1 S., St. Augustine 32086

JOY

Find Joy at Shores
United Methodist!

724 Shores Boulevard
St. Augustine, Florida 32086
(904) 797-4416
www.shoresumc.org
8:45 a.m. Traditional Service
10:00 a.m. Sunday School
11:00 a.m. Contemporary Service

Reach St. Augustine By U.S. MAIL!

• **FREE Newspaper for Southern St. Augustine Residents!**

• **We deliver to over 6,750 Residential Mail Boxes**

• **Documented delivery By U.S. Postal Service**

• **No Subscription Required in mailing areas**

Not in our mailing area? You can get it in your mail box for

\$12 per year to cover postage in St. Johns County.

Call 904-607-1410 to subscribe

or to advertise your business or service.

Airport Connection

Airport Service to Jacksonville Airport

24 Hours
7 Days a Week
Door to Door Service

Private Automobile Service
Local (904)814-3065

Sharon's Hair Studio Nail Spa

Serving Shores & South!

Sharon & Huong invite you
to bring in this ad for.....

\$8 Cuts!

\$20 Pedicure!

\$3 Off \$25 Nail Service

\$40 Perms!

\$5 Off Foil Highlights!

Walk-ins Welcome!

794-0998 377-2365

3400 U.S. 1 South - Suite C • St. Augustine

RESIDENTIAL COMMERCIAL FULLY INSURED
35 YEARS EXPERIENCE

K.D.'S WINDOW CLEANING & JANITORIAL CO.

FREE ESTIMATE

904-826-3490

**\$5 OFF TO SHORES RESIDENTS
WITH THIS AD**

LIC.#224000027458

St. Augustine Shores Club News

January 2018 Riverview Club Calendar

JANUARY DANCE - Dance Club Members: FREE, Guests: \$15.00/pp
RSVP at <http://www.staugshores.org/dance-rsvp>
or call 904-794-2000



MAIN SOCIAL Saturday, January 20th
7:00 pm to 10:00 pm Entertainment by Phil Farino
BYOB Hosted by: Jerry & Robin Rocha

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

Bridge Fridays 1:00 pm

Bridge Lesson The class is geared to all levels. Thursday at 10:00 am.

Chicago Bridge Must have a partner to play, Monday and Thursday at 12:30 pm.

Card Game **Calling All Card Players!** Card game group on Tuesdays, at 3:30 pm – 6:00 pm.
Come and share your favorite card game: 500, Euchre, Pitch, Pinochle, Canasta, etc.

Mah Jongg Tuesday at 1:00 pm & Wednesday at 10:30 am.

Chair Yoga Monday, Wednesday & Friday at 10:45 am. A gentler form of yoga for those whom balance is an issue. **Wednesdays class offers a 30-minute floor stretches after class!**

Yoga Mondays, Wednesdays and Fridays at 9:00 am. Bring a non-skid mat & wear comfortable clothing (no belts or anything tight around your waist). The class is geared to all levels.

Exercise Class Tuesday and Thursday at 10:00 am.

Dance Class Ballroom dance with Dennis Thursday at 2:00 pm. **No classes January 7th, and 14th.** Classes will resume Thursday, January 25th. Dance Class is FREE for Activities & Dance Club Members.

Line Dancing Every Monday at 6:30 pm and Wednesday at 10:00 am.

Zumba Tuesdays at 5:30 pm. Low-impact Zumba to protect joints. Come sweat, lose weight, meet people, and have a blast!

Writers in the Shores Tuesday January 9th and 23rd at 1:00 pm in the Library; For information call Donna at 794-0789.



No Classes: Monday, January 1st, the Riverview Club will be closed.

Upcoming Events at the Riverview Club

Early Social: Friday, February 2nd (7pm to 10pm) – Entertainment by Frank Saffi

Main Social: Saturday, February 17th (7pm to 10pm) – Entertainment by Southern Style

Ancient City Artists Art Show, Sunday, February 11th (1pm to 4pm), Wine & Cheese Reception
Paintings, Photography & Jewelry by local Artists from St. Augustine, Palm Coast and Jacksonville
Participating Artists by ACA only, for further information contact Bea @ 904-429-7887.

Riverview Club Events

JANUARY DANCE

Dance Club Members: FREE, Guests: \$15.00/pp; RSVP at <http://www.staugshores.org/dance-rsvp> or call 904-794-2000

MAIN SOCIAL

Saturday, January 20th 7:00 pm to 10:00 pm Entertainment by Phil Farino

FREE Introductory Fitness Pole Walking Clinic with Sheila Vidamour

- Wednesday, January 10th at 12:30 pm - Meet in the ballroom of the Riverview Club.
- Pre-registration is required: to register call 904-540-1067, or email Sheila: walkyourpath406@aol.com. Pole Walking is a fun and easy way to get a very effective and efficient total body aerobic workout! Please wear comfortable walking shoes and demo Walking Poles will be provided.

Ballroom dance with Dennis

Thursday at 2:00 pm. No classes January 7th, and 14th. Classes will resume Thursday, January 25th. Dance Class is FREE for Activities & Dance Club Members.

Art Show by Ancient City Artists at the Riverview Club

Sunday, February 11th 1pm to 4pm
Wine & Cheese Reception
Paintings, Photography & Jewelry by local Artists from St. Augustine, Palm Coast and Jacksonville. Participating Artists by ACA only, for further information contact Bea @ 904-429-7887.

Check out the latest events at
www.staugshores.org

St. Augustine Shores Service Corporation November 9th 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: Treasurer Claire Lorbeer, Director Philip Van Tiem, Director Jeremy Duncan, Secretary Nicolas Arocha. Absent: Vice President Austin Dietly and Director Thomas Filloramo Quorum Established. The Invocation was given by General Manager Smith followed by the Pledge of Allegiance. Approval of the Minutes for October 12, 2017 was approved.

Treasurers Report: Presented by Treasurer Lorbeer. Accepted for audit. General Manager Smith explained the increase in the operating funds and the increase in the reserve funds.

Managers' Report - Joseph H. Smith III

Storm Water Drainage System Update - General Manager Smith provided a status on the 200-foot section of 24" corrugated metal pipe that has failed between 198 Cecilia Court and 199 Baracoa Court. This pipe is part of the Shores Service Corporation's Storm Water Drainage System. We are investigating the damage to determine if this pipe can be lined.

Progress On Board Goals

Curb Appeal - The landscaping project at the front of the Riverview Facility is complete. The irrigation system in the medians damaged by the roadwork has been repaired. General Manager Smith is working with St Johns County Engineering for reimbursement. The landscaping project in the median at Gilda and Shores is scheduled to be complete by the end of the week. The installation of pine straw in the medians will be complete by the end of the week. The rye seed application is complete. We will be installing new flower stock at all the entrances next week.

Safety/Security - We are investigating a stand-alone gate operator at the boat and RV storage lot. Director Duncan commented on the flooding issue at the entrances to the Riverview Facility during heavy downpours. Secretary Arocha inquired about security patrol in the community.

Committee Reports

ACC - General Manager Joseph Smith - The ACC held one meeting in the month of October. They reviewed 13 applications: 1 Driveway extension, 6 Fences, 1 Screen Room, 4 Utility Sheds. 12 approved. Total YTD 52. Deltona Variance Request lot 8 block 198. Deltona has erected a pool screen enclosure on the 10-foot maintenance easement required on lake front lots. Motion by Director Duncan, seconded by Director Van Tiem to deny the request for approval and refer the issue to our attorney for remedy and carried unanimously. General Manager Smith will consult our legal counsel to discuss our options.

Riverview Building and Grounds - Mary Arocha - Provided meeting minutes and photos of areas around the Riverview Facility that need to be addressed. The double store front doors in the ballroom. The roof at the pavilion. The gap between the front entrance ramp and the asphalt. They would like to work with staff to address these issues in a timely manner. The tile at the entrance to the Riverview Facility needs to be addressed. The large ticket items will need to be addressed in the reserve study. Director Duncan suggests that General Manager Smith be the point of contact for any bids solicited. WIFI for the public was discussed. The committee would like to enclose the lift station in the center island at the Riverview Facility.

Deed Violation Report Presented - Director Duncan inquired about the first draft on the amendments to the restrictions. The Board approved the \$8000 proposal presented by Mulligan. Secretary Arocha made a motion, seconded by Director Van Tiem to continue with the restriction amendments for the annual mailing and carried unanimously.

Board and Member Comments

Secretary Arocha commented on the Boards acceptance of the Riverview Building and Grounds Committee. Director Van Tiem commented on the report presented by the Riverview Building and Grounds Committee. He inquired about the pier project. Yelton Construction has us on the schedule for December 4, 2017. Treasurer Lorbeer inquired about the pool deck paver repair project. Charles Bouton commented on sidewalks in the col de sacs in San Savino. Darlene Van Tiem commented on the drainage issue at the Riverview Facility. She inquired about the ponds on the golf course that are not maintained. She would like parks at the South end of the Community. Mr. and Mrs. Amato commented on the lack of maintenance on the golf course.

Meeting Adjourned.

Rent our spacious and elegant ballroom,
and/or smaller rooms for your next event!

- Weddings
- Birthdays
- Meetings
- Rehearsals
- Receptions
- Reunions
- Fundraisers
- Anniversaries
- Baby Shower
- Dinner Dances
- Graduation Party
- Retirement Party
- Memorial Service
- Engagement Party
- Office/Holiday Party



790 Christina Drive
St. Augustine, FL 32086

904.794.2000

www.shoresRiverviewClub.com



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

Mass Time - 10:00 Sundays

Healing Mass 1st Wednesday 12:00 Noon

All are welcome!!



Worship with us in the Historic Moultrie Chapel
480 Wildwood Drive 32086 • 904-392-9840 • Stmarysbts.org

News Around Southern St. Augustine

The Ancient City Artists Art Show at Shores Riverview Club

The Ancient City Artists Annual Art Show, Sale, and Wine and Cheese Reception is on February 11th, 2018 from 1:00 pm - 4:00 pm. Come see Paintings, Jewelry and Photography by award winning local artists that will be available. The annual event is presented by St. Augustine Shores Riverview Club at 790 Christina Drive, St. Augustine, FL 32086. For more information contact: Bea Hand at 904-429-7887 or mrsbea74@aol.com.

Shores United Methodist Church Children's 13-Week Camp "Rock Solid Followers"

Lace up your hiking boots, grab your backpack and get ready for an adventure at Rock-Solid Followers! Parents plan now to have your child participate in the fun of Rock-Solid Followers—a 13-week camp adventure in discovering who we are in Jesus and the richness of His love.

Each Wednesday from 6:00 p.m. to 7:30 p.m. in the Christian Education Building, your child is invited to a time of Games, Bible stories, Nature crafts and Creative art! Tour guides are waiting to lead your child in the adventure of the new year. Rock-Solid Followers begins Wednesday, January 10, 2018!

The 13-week camp is opened to all elementary schoolers Pre-K 4 to 5th grade. The church will provide a pizza supper with juice, dessert and special treats each week.

Shores United Methodist Church is at 724 Shores Blvd., between the Shores Golf Course Clubhouse and Hartley Elementary. All children are welcome! Randy Strickland is the pastor. For information, call 797-4416 or go to shoresumc.org.

Shores United Methodist Church Sunset Circle High Tea & Crafts

The Sunset Circle at Shores United Methodist Church will once again hold a "High Tea & Crafts" on Saturday, February 17, 2018, between 10 a.m. and 2 p.m. This very popular, 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

St. Augustine Travel Club

by Peter Dytrych

Our next Travel Club will be held on Wednesday, January 17, 2018, at 3:00 pm, at the Southeast Branch Public Library. This topic is DELHI and AGRA in exotic Northern India.

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

St. Augustine Travel Club Annual Cruise - April 2018

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

FREE Quit Smoking Program by Northeast Florida AHEC Flagler Hospital Wellness Center

Let's start the new year off, Tobacco Free! Join us for a FREE Quit Smoking Now class at Flagler Hospital Wellness Center starting on Tuesday, January 9th-February 13th, 2018 from 6:00pm-7:00pm. FREE patches, lozenges, and gum! FREE quit plan, workbook, water bottle, stress ball and more. Call to register and learn about more classes near you Northeast Florida AHEC (904) 482-0189.

Temple Bet Yam's Annual Card Party

Temple Bet Yam of St Augustine is holding its ever popular annual card party at the beautiful Creek Golf Course Clubhouse, 24 Creek Course Drive, Palm Coast, FL, on January 25, 2018. Join your favorite game - Mahjong, Bridge, Scrabble, Rummy Q, Poker, Canasta, and more. Enjoy coffee and pastries which begin at 10 a.m. which will be followed by a buffet luncheon with dessert at noon. Buy a ticket for yourself and treat your spouse or a friend to a fun day! Tickets are \$30 per person which include food, games, and door prizes. For information and reservations, please call Jane Seiden at 954-319-0465 or Carol Levy 954-895-7332, or you can e-mail Bernie at Bernie.Levy@att.net. Please RSVP by January 11, 2018.

Friends of the Southeast Library Present Musical Revue at Annual Meeting

Students from Florida School of the Arts Musical Theater Department, located on the St. Johns River State College Palatka campus, will be featured at the annual meeting of the Friends of the Library Southeast, 6670 U.S. 1 South, on Tuesday, January 16, 2018 at 1:00 pm. The musical presentation will follow a brief business meeting to elect 2018 officers and directors. Refreshments will be served. Friends of the Library Southeast membership available at the door. Individual membership, \$15; family membership, \$25. Free and open to the public. 904-827-6900.

St. Augustine Orchid Society Monthly Meeting Hawaiian Grown Orchids

Our meeting has been changed to the second Wednesday so we could have Ben as our featured January speaker. Ben is an incredibly talented hybridizer and grower of cattleyas. His presentation will focus on Hawaiian grown orchids, including some of the tricks of the trade. Of particular interest he will talk about the commercial practices that work for and against the normal orchid grower. His talk is all about orchid cultural practices and he has learned the hard way what works and what doesn't.

If you've ever walked by the Oliveros house on St. George Street, you know that his family has long ties to St. Augustine. He was a commercial orchid grower in Atlanta Ga, for 12 years before he moved to Hawaii in 2004 and founded orchid Eros. He came with 500 breeding plants and has expanded his nursery stock to 40,000. As an AOS judge, he has learned the importance of quality. Yet as a potted grower, he knows the need for floriferousness. So he hopes to bring you superior flowers on plants that bloom early and bloom often.

Ben's presentation will include an ORCHID NAMING AUCTION. You will bid on the right to name a hybrid cross, after yourself, your significant other, the dearly departed, or any name, every one of which will carry the name you select. He will register the name with the Orchid Register at RHS. All proceeds benefit the St. Augustine Orchid Society.

DATE & TIME: Wednesday, January 10, 6:30 pm

WHERE: Watson Realty, Rear Conference Room, Augustine, 32086

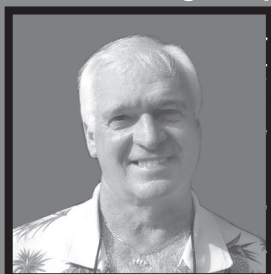
Walking Tour of Jewish St. Augustine

The St. Augustine Jewish Historical Society will provide a 2 hour, 1.5 mile walking tour of Jewish St. Augustine, starting at 10 a.m. Sunday, January 14th, in the shade of the trees at the southeastern corner of the parking lot at Mission Nombre de Dios, 27 Ocean Avenue, at San Marco Avenue (State Route A1A). The tour will end at First Congregation Sons of Israel, 161 Cordova Street and involves a walk of 1.5 miles. Wear sunscreen and sturdy, comfortable walking shoes. Bring water. There is no charge for this tour, all are welcome, no advance arrangements need be made. For further information contact 804-914-4460.

REASONABLE - PROMPT
COURTEOUS SERVICE

"No Overhead-Lower Prices!"

- Refrigerators - Freezers
- Ranges - Icemakers
- Washers - Dryers - Dishwashers
- Garbage Disposals



"Buddy" Murrah



Buddy's Appliance Repair

- GE • Hotpoint • Sears
- Kenmore • Whirlpool
- Roper and others

Same Day Service (Most Cases)

Over 33 Years Experience

(904) 794-5427



Will Russell

- Shores Resident
- Real Estate Agent
- Whether Buying or Selling
I can help make it happen!

Call Now for a Free Market
Analysis of your Property!!!!

(904) 814-7305

will@EndlessSummerRealty.com

"Helping Dreams Come True"



521 A1A Beach Blvd.

St. Augustine, FL 32080

Office (904) 461-8878

Fax (904) 461-8879

News From Around St. Johns County

First Coast Card Club Let's Play Cards!

• Saturday, January 6th. Lunch 12:30AM. Cards: 1:30PM-3:45PM. Ponte Vedra Beach Restaurant. Please make contact to Lea to be added to the Attendee List. Limited To 12Attendees. RSVP EARLY!

• Tuesday, January 9th. Main Library, 1960 N. Ponce De Leon Blvd., St Augustine. Refreshments. 1:00P

• Sunday, January 14th. Coffee/Cafe & Cards: 2PM-5PM. St Augustine. Please make contact to Lea to be added to the Attendee List. Limited To 12 Attendees. RSVP EARLY!

• Thursday, January 18th. Anastasia Library-124 Seagrove Main St., St Augustine Beach. 12:00P. Refreshments.

• Tuesday, January 23rd. Main Library, 1960 N. Ponce De Leon Blvd., St Augustine. Refreshments. 1:00P

• Wednesday, January 31st-Ponte Vedra Beach Library, 1 Library Rd., Ponte Vedra Beach, FL. Beverages. 1:00P

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

St Augustine Jacksonville Newcomers Club

Tuesday, January 2nd. Let's Go To The Movies! Star Wars-Last Jedi Tues Jan 2nd Discount: \$6. Time TBD.

Friday, January 6th. Dinner 6P. Oldies Rock N Roll Band 7P. Julington Creek. No Cover.

Thursday, January 11th. Trivia Evening # 1/Dinner. St Augustine Restaurant. Please Contact Lea for name of restaurant and to be added to the Attendee List. 5:30PM RSVP Early!

Monday, January 29th. Trivia Evening # 2/Dinner. St Augustine Restaurant. Please Contact Lea for name of restaurant and to be added to the Attendee List. 5:30PM RSVP Early!

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

Wags 'n Whiskers Pet Shelter Buy a Table Spot Flea Markets

The pet shelter, Wags 'n Whiskers, on Old Moultrie Road in St. Augustine is a volunteer organization sheltering and fostering pets (cats and dogs), and works with Petco as a venue for their adoption days. They are always looking for ways to raise funds as they neuter and provide all the pets with their necessary medical needs and tests before any pet is released to a new home. Also included is a chip for each pet.

Wags 'n Whiskers Pet Shelter at 1967 Old Moultrie Road, St. Augustine will be organizing a monthly flea market at their parking lot, beginning on Friday, January 12, 2018, and every second Friday of the month for the remainder of the year.

Sellers would be able to buy space for \$10.00 for the day, bringing their own tables and marking their goods to sell. They are looking for 10 or more vendors to participate. The function will last from 8:00 a.m. to 2:00 p.m. If you are interested in participating, please call Denise Click at 904-392-7896 to reserve your spot.

National Alliance on Mental Illness Family-To-Family Education Program

NAMI Volusia/Flagler/St. Johns, the Local affiliate of the National Alliance on Mental Illness, will offer the NAMI Family-to-Family education program January 22nd - April 9th, 2018. The weekly classes will be held on Monday from 6 to 8:30 pm at the United Church of Christ of St. Augustine, 5880 US 1 South. NAMI Family-to-Family is a free, 12-session education program for family, partners, friends, and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being.

The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression, and other mental health conditions. The program is taught by trained teachers who are also family members who know what it is like to have a family member living with mental illness. NAMI is the largest grass-roots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. To register for the program, contact NAMI Volusia/Flagler/St. Johns at 904-827-7404 or support@namivfsj.org.

SJR State's Corporate College Offers Spring Mini Courses

REGISTERED CUSTOMER SERVICE REPRESENTATIVE PRE-LICENSING (FL 4-40 RCSR) - This online course is a 40-hour, non-credit, pre-licensing course for those interested in beginning a career in insurance and risk management. Classes are online and self-paced from January 8 - April 27, 2018. Registration deadline: February 28, 2018

REAL ESTATE PRE-LICENSING COURSE (63 Hours) - SJR State has teamed up with First Coast School of Real Estate to offer this course. Students are required to complete 63 classroom hours. Passing the pre-licensing test permits students to take the state Real Estate Sales Associate Exam, which requires a score of 75 percent or higher to pass. Held at St. Augustine Campus, Saturdays and Sundays, January 13 - February 11, 9:00 a.m. - 4:00 p.m.

Registration deadline: January 13, 2018. Register online at <http://www.firstcoastschoolofrealestate.com/63hrregistration>. For additional information, call 386-312-4183.



**Computer Problems?
New Computer?
Need Some Technology Help?**

**Express Service
At Your Home or Business
(904) 479-5661**

Call First Coast Computer Services for PC, Mac, iPad,
Tablet, WiFi, Printer, File Backup, File Recovery,
Virus Protection & Removal
Computer, Tablet and Smart Phone Training

Trusted, Patient & Polite Service for over 20 years



(904) 479-5661 info@fccspro.com www.fccspro.com

First Coast Computer Services is a Service Mark of First Coast Business Consultants, LLC

Gregory E. Oxford
DDS, MS, PhD
Dental Surgeon

Isabell G. Oxford, DMD
Linda K. Johnson, DMD
General Dentists

- Extractions
- Wisdom Teeth
- IV Sedation
- Implants
- Bone Grafts
- Sinus Elevations
- Gum Surgery
- Laser Therapy
- Soft Tissue Grafts

**Oxford
Dental
Associates**

- Implant Dentistry
- Crowns & Bridges
- Veneers
- White Fillings
- Whitening
- Implant Dentures & Partial
- Digital Impressions
- Sedation Dentistry



100 Whetstone Place
Suite 308
St. Augustine, FL



810-2345
www.oxforddental.net

MEMBERSHIP
Actively Supporting Music by the Sea, The Wednesday Market, Surf Illumination, Beach Blast Off, and many others

MATTERS

St. Augustine Beach
Civic Association
www.sbca.org
Member Discounts to over 75 Local Businesses

Move In Ready One Level Condominiums

Mediterranean-style condominium community

GRAND RAVINE *Enjoy it all!*

VA APPROVED!

- Just 10 minutes to Crescent Beach!
- Private elevators in 2nd story one level floor plans.
- Tank-less natural gas hot water heaters and barrel tile roofs.
- No CDD Fee with low HOA dues.
- Attached one or two car garages.
- Concrete block and wind resistant!

• Phase 1 Sold Out!!

CBC1261181

HOMES by DELTONA
"FLORIDA'S HOME BUILDER"
A DIVISION OF THE DELTONA CORPORATION

(904) 797-4126
190 Grand Ravine Drive
St. Augustine, FL 32086
www.grand-ravine.net

Superior Pool Service

904-347-5638

- Pool Cleaning • Acid Wash

Chris Barnes, CPO
Sales@superiorpoolonline.com

4965 Crescent Technical Court
St. Augustine, FL 32086
www.superiorpoolonline.com

FREE 1st Month with Annual Agreement

Dr. Howard Epstein, Urologist

Howard B. Epstein, M.D., FACS
Board Certified

Katherine Gardner
NP-C

Jonathan Baron
PA-C

- Incontinence - We offer the newest and most effective therapies.
- Cancer Detection & Treatment - Screening for prostate cancer.
- Ultrasound exams. • Biopsies.
- Impotence - Non-surgical and surgical correction.
- Kidney & Urinary Tract Stones - Latest laser correction.

AUI
ADVANCED UROLOGY INSTITUTE

Now accepting appointments and referrals
824-1450
240 Southpark Circle East
St. Augustine, FL

Wild Flower Meadow Group

by Cindy Taylor

Hurricane Irma hurt the flat-topped goldenrod this year, along with golden aster and bushy aster. It killed a lot of blazing star and paint brushes but didn't destroy everything. The Conradina survived and bloomed for a second time this year. Elliot's love grass wasn't affected and neither was the dune daisy and Muhly grass. A few gaillardia and horsemint held on and so did some rattlebox, though worse for wear. Spanish needle were unfazed. I think it would take an elephant stomping on them but, even then, they'd probably bounce back. They thrived after the storm and, though common, the monarchs and other pollinators aren't complaining.



We had our annual November picnic at Faver Dykes Park and drove through sprinkles of rain on the way.

Later the weather cleared and hope was worth the risk.

Our yearly mowing occurred in December; and though I write its purpose every year, I'll write it again. Mowing keeps trees from growing and insures the sustainability of the meadow with all its benefits.

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

Call Claire at 904-826-5366 for more information.





EYE CENTER OF ST. AUGUSTINE

THE EYE SURGERY CENTER OF ST. AUGUSTINE

 Paul W. Hund, III, M.D.	 Todd P. Thompson, M.D.	 N. Patrick Hale, M.D.	<ul style="list-style-type: none"> • Cataract & Lens Implant Surgery • Diabetic Eye Exams • Glaucoma/Retinal Disease • All Eye Laser Procedures • Ophthalmic Plastic Surgery • Optical Shop On Premises
 Russell W. Nelligan, M.D.* <small>*Cornea Specialist</small>	 Megan N. Scott, M.D.	 Michael A. Dagostino, O.D.	

1400 U.S. Highway 1 South
Just North of Target
(904) 829-2286



**Best Vision Center
12 Years**

319 West Town Place, Suite 8
World Golf Village
(904) 940-9200

**AAAHC Accredited
Surgery Center**



Visit Us On The Web At www.eyecenterstaug.com

Physicians Dedicated To The Care Of Your Eyes





321 Deerfield Glen. 3br/2ba 1866 sq.ft home with Garage. Priced to sale quickly. \$275,000

Berta Odom

Cell: 904-466-0114

E-Mail: propertybyberta@aol.com

Web: www.bertabythebeach.com

2798 US 1 South St. Augustine, FL 32086 • Office: 904-825-2700

Independently Owned & Operated

Homeowners 62 or older...

Learn how you can enjoy your retirement years with a Reverse Mortgage.



Call for a quote
JOHN REARDON
Mortgage Consultant & Reverse Mortgage Specialist
Serving all of Florida





904-982-2210

www.floridareversemortgagesmadeeasy.com

Serving St Johns, Duval, Putnam, Flagler, Clay and all NE Florida Counties

Email: john@communitymortgagesolutions.com



- Irrigation • Lawn Care
- Landscaping • Pavers



Residential/Commercial

Prompt, Reliable Service

Licensed & Insured

www.bakercompanyinc.com

Call Us At
794-7001





Precision Gutters & Aluminum Construction

- Gutters • Soffit • Facia • Screen Rooms
- Replace Screens • Windows • Doors

904-540-7528

Josh Dietly, Contractor/Estimator
sales@precisionaluminumconstruction.com
4965 Crescent Technical Court
St. Augustine, FL 32086
www.precisionaluminumconstruction.com

Lic # BL-5746

NOW OFFERING FULL BAR!

LOCAL FOOD & CRAFT BREWS

DAN MURPHY'S

St. Augustine Beach

IRISH PUB

Great Local Food & Tasty Irish Traditions



Open for Breakfast, Lunch & Dinner
Irish Weekend Brunch • Full Bar

Open 8 a.m.-10:30 p.m. Monday-Friday
9 a.m.-10:30 p.m. Saturday & Sunday
Happy Hour Every Day 3-6
Weekend Brunch Saturday 9-noon | Sunday 9-2

Join us DAILY HAPPY HOUR FROM 3 to 6!

\$2 Domestic, \$3 Craft and \$4 Irish Beers
1/2 price House Wine
1/2 price Select Apps
\$4 Well Drinks

10% OFF
ENTIRE PURCHASE
Not valid with other offers.
Expires 6-30-18 • TRK

OUTDOOR SEATING AVAILABLE
DOG FRIENDLY!

4320 A1A SOUTH • ST. AUGUSTINE BEACH
904-295-8101
www.DanMurphysIrishPub.com

Happy Hound
we treat E'm like Family
"Home Visits & Walks"
Denise & Jared Click
deniseclickart@aol.com
Shores Residents
Dog making your yard a mess?
We will clean it up!



904-392-7896

Work From Home Opportunity
With a Local Title Company
Ideal for Professionals with Experience In:

→ • Real Estate Title OR ←
• Real Estate Sales OR ←
• Mortgage Lending

Set your own pace and get paid for each closing.

More MONEY with More FREEDOM

Supplement your existing income or create a primary revenue source by joining the work-from-remote team of an established title company, in business in Northeast Florida over 20 years.

ThirdPartyMessenger@gmail.com
Total Confidentiality Assured in Inquiry

Valerie Miller
Pet Sitter
References Available

Insured by Pet Sitters Association

Kindred Spirit Pet Sitting

904-615-4075
kindredcatspirit@yahoo.com
1201 Prince Rd
St. Augustine, FL 32086

ROWITA Junior Fellowships

(continued from page 1)

by a panel of past recipients of the Dr. Gail Pflaster Award ROWITA, an honor that recognizes the contributions women have made to the artistic environment in St. Johns County.

The Jr. ROWITA Fellowship application is available online at www.stjohnsculture.com. Deadline for applications is midnight on the last day of February. Applications must be emailed to hala@stjohnsculture.com, mailed, or delivered to the St. Johns Cultural Council Office located at 15 Old Mission Avenue, St. Augustine, FL 32084. For more information, contact the St. Johns Cultural Council at hala@stjohnsculture.com or call 904-808-7330.

**St. Johns County
2017 Christmas "Tree-cycling" Program**

St. Johns County, FL – St. Johns County is hosting a Christmas "Tree-cycling" Program for those who wish to recycle Christmas trees after the holiday. Residents are encouraged to bring Christmas trees between 10 a.m. and 5:30 p.m. on December 29 and 30, and January 5 and 6, to any of the following locations:

- Ron Parker Park (near the dog park) – 607 Old Beach Road, St. Augustine
- Cornerstone Park – 1046 A1A North, Ponte Vedra
- St. Johns County Fairgrounds – 5840 State Road 207, Elkton

Artificial trees will not be accepted as only natural trees can be recycled, and trees should be free of decorations and debris. The trees will be mulched and utilized to beautify County parks. Staff will be available to assist residents with trees. For more information, please call 904.209.3740.

Accepting New Patients

Dermatology SouthEast

ST. JOHNS

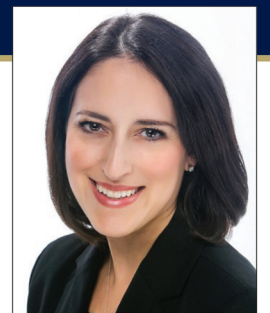
Dr. Frazier is Serving the
St. Johns and Surrounding Communities.

Dr. Frazier will be located at:

616 State Rd 13, Suite 8 • St. Johns, FL 32259

To make an appointment please call

904-512-1899 • www.DermSouthEast.com



Arienne Chavez-Frazier, MD
is board certified in dermatology and Fellowship trained in Mohs micrographic surgery. Dr. Chavez-Frazier has been serving the Jacksonville community since 2011.



Sunshine Roof Services LLC

RECENT STORM DAMAGE?
Call your local experts for help with your insurance claim

Important Questions To Ask Your Roofer

May I see proof of workman's compensation insurance?
(Don't settle for exempt status)

May I see proof that you are licensed and insured?

Will you provide me with a list of client references I may contact?

Will you guarantee your work and provide a written warranty?

904-794-7100
Free Estimates
Locally owned and operated
State Certified Lic # CCC058201

Pure Energy Electric
Licensed & Insured ER13014738

Specializing in Residential & Commercial
Electrical Renovations, Repairs, & Service.

Phone: 904-829-5038
Email: pureenergyelectric@att.net
Website: www.pureenergyelectric.net

Let us keep your family safe! Call a Professional!

"Let your Light Shine." Matt. 5:16



TAX LAW | WILLS, TRUSTS & ESTATE PLANNING
ELDER LAW | PROBATE & GUARDIANSHIPS
BUSINESS & CORPORATE | ASSET PROTECTION
REAL ESTATE & TITLE CLOSINGS | LITIGATION
CONDOMINIUM & HOMEOWNERS ASSOCIATION



JACKSON
LAW GROUP

Jackson Law Group
1301 Plantation Island Drive, Suite 304
St. Augustine, Florida 32080
(904) 823-3333 | www.JacksonLawGroup.com

Shores Plaza

US 1 South on Santa Maria Across From Publics

BEST. BURGER. EVER.



Cheezees GRILL

HOMEMADE • SOUPS • SALADS • SANDWICHES
• BURGERS • FRIES • AND MORE

(904)-679-5008

926 Santa Maria Blvd. Saint Augustine, FL

Cheezees Discount Cards Now Available!



Stop by and get some! Makes great Gifts!

Cheezees Coupon

Breakfast
\$3 off \$20 ticket

Lunch or Dinner
\$5 off \$25 ticket

Expires Jan 31, 2017




Curries Market

904-460-2470
Fresh Fruit & Vegetables
Local Citrus



Happy New Year

DELTONA REALTY
AT ST. AUGUSTINE SHORES
A DIVISION OF THE DELTONA CORPORATION

904-797-6769
ST. AUGUSTINE SHORES PORTOFINO

www.DeltonaRealtyInc.com or
Email: melissa.owen@deltona.com




2BR/2BA plus den condo with eat-in breakfast nook, kitchen with granite and stainless, and open living-dining combo that looks out over the lanai with a view of the golf course. Master has walk-in closet with double vanity. Elevator and one space in parking garage with storage. \$1,675 monthly.

FULL SERVICE PROPERTY MANAGEMENT. OUR INVENTORY IS LOW. . .WE NEED RENTALS!



CRAIG
FUNERAL HOME • CREMATORY • MEMORIAL PARK

(904) 824-1672
www.CraigFuneralHome.com



St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

CodeRED Program

As we begin a new year, I would like to remind all of our citizens of a very helpful tool that's available if we ever have to evacuate the entire county for a natural disaster or notify portions of the county for any other type of emergency or information. It is part of the CodeRED program. Remember, covering 609 square miles of territory in the face of an emergency or disaster is an ominous task. Severe weather conditions or the threat to human life may make access impossible to the most directly affected areas. We at the St. Johns County Sheriff's Office feel that the CodeRED system can reach those at risk with potentially lifesaving information.

"CodeRED" serves as a communications personnel force multiplier to the tune of 60,000 call attempts per hour. Sheer demand for the telephone lines that would be needed to attain anything approaching this level of saturation would be overwhelming for our agency, not to mention the staff required to utilize them. Through this system, emergency management personnel can selectively communicate a message to St. Johns County neighborhoods with vital information almost as quickly as they themselves learn of the situation.

The system can be used in a variety of events to include dangerous weather conditions or evacuations, fires, bomb threats, gas leaks, missing children or adults, escaped prisoners, hazardous material emergencies, or sexual predator notifications. More recently it can be used by other St. Johns County Departments to notify residents of boil water notices and the like. Over the past eleven years we have used the system to notify neighborhoods of sexual predators who move into a residence, escaped state prisoners, and missing autistic children as well as Alzheimer's patients who have wandered off.

St. Johns County residents can register for

this service privately or as a business, without charge, by visiting our website (www.sjsso.org) and following the link for CodeRED. You would need to register a physical address and phone number(s) and/or email address. You can also reach the registration page directly with the following link: <https://public.coderedweb.com/cne/en-US/F7E2E5C31CC1>. Your information will remain completely private and will only be made available to notify you of critical situations.

The benefits of this system are only realized when the emergency contact database that we build is accurate and up to date. Once registered, it is important to remember to update us in the event that you move or change telephone numbers. Since this service is geographically specific, in that we can deliver a message into Julington Creek without the necessity of alerting Crescent Beach, it is necessary for the computer to correlate your telephone number to a specific physical street location. For example, if you happen to live in an area for which a "boil water" advisory has been issued due to a water-main break, CodeRED will call only residents impacted by this important health advisory.

If you recently have moved into a new residence or you would like to be notified by way of a cell phone or email please go to our website and register at the CodeRED tab. Our goal in this program is to achieve voluntary participation from a majority of the households located within St. Johns County.

As I close this month, I would like to remind you that there is a wealth of information that you can obtain by visiting your Sheriff's Office website at www.sjsso.org. Also, feel free to contact me if you have any concerns or questions about your Sheriff's Office. My email address is dshoar@sjsso.org. I look forward to hearing from you.

Hypnotherapy-Magic or Science?

By Cheryl Robertson, Clinical Hypnotherapist

I am quoting from Robert Ferris a Science Reporter for CNBC, "The word "hypnosis" might conjure notions of the supernatural, or of parlor tricks and con men, but real hypnosis is a clinical tool frequently used by psychiatrists. Now scientists are catching a glimpse of how it affects the brain."

People in hypnosis "can picture something that makes them stressed, but they can imagine that their bodies are floating and comfortable," said the study's senior author, Stanford psychiatry professor David Spiegel, in an interview with CNBC. "So, when you are thinking about something, you can better control how your body responds to that thought."

I, personally, have experienced the positive, lasting effects of hypnosis. When working for a large corporation, I was an instructor for in-office personnel, as well as, personnel in the field. I was speaking in front of large and small groups of people and

Finding Time to Relax

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



The National Sleep Foundation recently reported that worries are keeping one in ten Americans awake at night. With the holiday season, bills, and start of a new year, it can be stressful. According to the Foundation, the top the list of concerns are: economic worries, job security, and personal relationships. If you're one of those who can't seem to shut off the stress when your head hits the pillow be sure to eating well and exercising helps but there is more.

Muscle tension can hinder relaxation. A simple set of exercises may help. Jacobson Exercises, also called Progressive Relaxation Exercises, can help release physical tension, and may even help bring on sleep. These exercises take about 10-20 minutes to do, and they may even be more effective than the traditional glass of warm milk, especially if you are lactose intolerant.

To perform Jacobson exercises, begin by lying on your back with your head and legs supported. Then, following the sequence outlined below, tense and release your muscles individually. If you really want to relax, minimize distractions like excessive light and noise during the exercises. Remember to keep breathing during this process. It may help to breathe in before you contract the muscle, breathe out during the contraction, and breathe in again as you relax the muscle. While lying on your back, the sequence of contractions should be as follows:

- 1. Slowly tighten both fists while counting for 8-10 seconds, then slowly release the tension. Rest for 10-15 seconds.
- 2. Straighten your fingers and thumbs and slowly release.
- 3. Tighten your biceps by bending your elbows and release.
- 4. Tighten your triceps by straightening your arms and release.
- 5. Raise your eyebrows high into your forehead and release.
- 6. Close and slowly squeeze your eyelids tight as you count to 8 or 10 and release.
- 7. Progress to your jaw by gently

clenching your teeth and release.

• 8. Move to your neck by gently, progressively pushing your head into your pillow, and release. (Since this tends to be an area of tightness, you can do this twice.)

• 9. Tighten the muscles in your chest by pressing your hands together and release.

• 10. Pull your shoulder blades together and push your shoulders into the floor/bed, and release.

• 11. Squeeze your buttocks together, hold and release.

• 12. Tighten the muscles of your thigh all the way to your knees (without contracting your calves), and release.

• 13. Point your feet/toes away from you, hold, and rest. Then pull your feet/toes up toward you, hold and release.

• 14. Finally, curl your toes, slowly building the tension for 8-10 seconds and relax.

Contractions should be pain-free and should slowly build for up to 8-10 seconds. After the contraction, relax the muscle for 10-15 seconds. Only tense the desired muscle group, not the neighboring muscles. For example, when you squeeze your fist, do not contract the muscles in the upper arm.

If you've been able to remain awake, this process should take approximately 20 minutes.

Jacobson exercises can be done any time of day or night for the purpose of relaxation and are just one form of exercise used by Physical and Occupational Therapists. If you need help, any one of our therapists can help.

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

needed a "boost" to my self confidence. I selected a reputable Hypnotherapist and went for three sessions. The results were amazing and to this day, public speaking is easy and comfortable for me.

Hypnosis can be used for: Weight loss, smoking, pain management, sleeping issues, fears and phobias, memory improvement, stress management, anxiety, grief and the list goes on and on.

Many people ask, "How many sessions will I need?" Most people only need an average of 1-3 sessions for a particular issue. The average session time is 1 to 2 hours.

Listed below is a comparison study that was published by the American Health Magazine • Psychoanalysis: 38% recovery after 600 sessions • Behavior Therapy: 72% recovery after 22 sessions • Hypnotherapy: 93% recovery after 6 sessions.

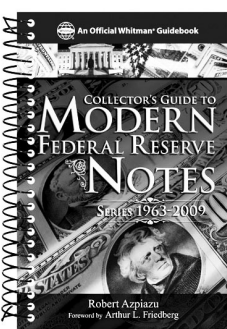
So, if you have tried other therapies and have not received the results you were hoping for, it might be time to try something new.

First City Currency & Collectables, Inc

Buying US and World Coins and Paper Money
- Complete Coin Collections

- Silver and Gold • Silver Age Comic Books
- Vintage Original Toys • Estate Appraisals
- 50 Years experience in Paper Money and Coins • Fast Cash on all Purchases

PO Drawer 1629 St Augustine FL, 32085
Phone (904) 794-0784
<http://www.fstctycurr.com>
email us at fstctycu@bellsouth.net



ROTO-ROOTER PLUMBERS

WE DO PLUMBING!

Guaranteed Repairs & Installation
Prompt 7 Day Service
Free Estimates

824-1836

\$20.00 OFF
Limit one coupon per customer

Licensed # CFC057849

Elvis Tree Climber Extraordinaire

Specializing in:

- Tree Removal • Trimming
- Pruning • Stump Grinding

Offering senior discounts
\$25 off any tree job of \$250 or more.

All with a 100% satisfaction guarantee.
Please call 904 347 1196



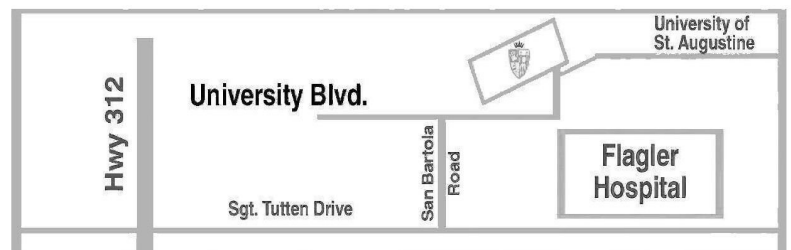
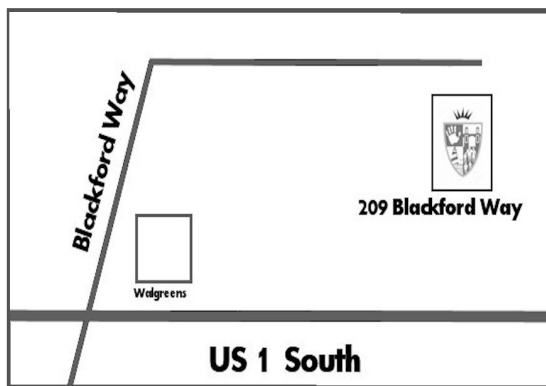
First Coast

REHABILITATION WELLNESS & PERFORMANCE

Now a new location providing additional services

209 Blackford Way
 St. Augustine, FL 32086
 Ph: (904) 907-2211
 Fx: (904) 907-2212

1 University Boulevard
 St. Augustine, FL 32086
 Ph: (904)829-3411
 Fx: (904) 829-3412



See a full listing of our services and specialists at: www.firstcoastrehab.com

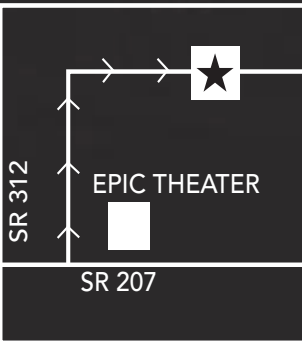
THE NEW
WQXT
 Channel 22
 THE ONLY LOCAL TELEVISION STATION
 9 NEW CHANNELS 9 DIGITAL NETWORKS

**CUT THE CORD
 FREE TV FOR LIFE!
 35 CHANNELS
 TOP 100 RATED SHOWS
 904-810-0013 CALL NOW**

**ELITE GERMAN
 AUTO SERVICE**

Formerly known as
JERRY'S MB

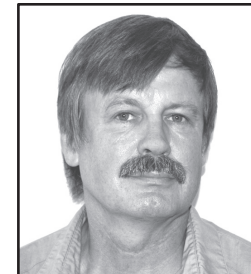
**COMPLETE REPAIR & MAINTENANCE FOR
 MERCEDES AND BMW**

2060 Dobbs Rd
 (behind Epic Movie - turn at McDonalds) **829.5259**

Computer Corner

By Gary Herrick, Computer Professor
 904-377-6785
 mainly2@bellsouth.net



“New Updates Keep Coming”

Greetings from Computer Professor
 Happy Holidays to one and all. For those of you, who got a new computer for Christmas, the two most important things are; create a Microsoft account with a new Outlook email and catch up with the Windows updates.

These computers have had a few months in route to you after being made. There will be some very large Windows updates waiting for them. Some people have even returned their computers because they thought they were slow because of the size and number of updates needed.

If you do not want to do this I can do that for you, first in my shop and then finish installing printers and your personal preferences as well as a tutorial to start you off with Windows 10. It is a minimal charge but I will always give free help and advice over the phone or email; 904-377-6785, mainly2@bellsouth.net.

I want to make sure everyone

understands where my “advise” comes from, in these past many years I have been writing this column. It is all MY opinion based upon twenty years in the US Navy as a Chief Electronic technician, 12 years of which involved instructor jobs in addition to other duties. A degree in workforce education and curriculum development and most valuable of all, and the personal experience and awareness of what it take to learn new things (when we thought we were done learning new things). Understanding pride and accomplishment of those I try to help is important. The repair and teaching I have been doing one-on-one and in the classroom since 1975 – nonstop. I enjoy telling you “why” I have opinions I have, you can be the judge on what you believe.

I am not a Geek, I have no desire to use the computer for destructive uses. I only want to help you to understand and be safely and happily productive as you want to be.

Mr. Bathtub

Repair & refinish bathtubs, sinks, tile, countertops, Walkthru units, seats, grab bars, non slip treatments for all floors, tubs & showers

904-806-0360
 www.mr-bathtub.com

 Computer Help
 for YOU
 Computer Professor

Repair & Training

mainly2@bellsouth.net
 377-6785
 Est. 1997

JORGE'S HANDYMAN SERVICE, INC.

TRIM & FINE FINISH CARPENTRY

 Custom Interior Woodwork
 Cabinets * Closets * Shelves * Doors
REMODELING AND RESTORATION

Free Estimates (904) 315-8550

Shores References Available

Lic. # ST-7256

Robert C. Kelsey MD

Accepting New Patients

**Board Certified
 Cardiology and Internal Medicine**

(904) 827-0078

2720 U.S. HWY 1 SOUTH, STE B
 ST. AUGUSTINE, FL 32086



Financial Focus

Information Provided by

Edward Jones

Don't Get Swayed by These Investment "Myths"

Over time, you will run into various suggestions for investing successfully. Yet upon closer inspection, many of these ideas turn out to be "myths" – which could cause you trouble if you treat them as solid advice. Here are five of these myths, along with some reasons for ignoring them:

- You can find the next "big thing." All of us probably wish we could have "gotten in on the ground floor" of Apple or Microsoft or some other tremendously profitable company. And who knows? There may indeed be a similar other business out there, waiting to take off. But it's almost impossible for anyone to identify these potential "blockbusters." There's really no shortcut to investment success – you need the patience and discipline to invest for the long term, and you need to build a portfolio that's appropriate for your goals and risk tolerance.

- Investors should always seek to "buy low and sell high." This is actually good advice – or it would be, if were possible to consistently follow it. But how can you know when the market is "high enough" to sell or "low enough" to buy? You can't – and neither can anyone else. Trying to time the market rarely works. A more appropriate strategy is to invest regularly and to diversify your holdings among stocks, bonds, government securities and other vehicles, based on your goals and risk tolerance. Diversification can help protect you against market downturns that primarily affect just one asset class. Keep in mind, though, that diversification can't guarantee profits or protect against all losses.

- It's always smart to buy investments that have performed well recently. You may have read, in investment prospectuses, that

"past performance is no guarantee of future results." These words are certainly true; just because an investment has had a good run recently, it doesn't mean its success will continue indefinitely. You need to evaluate each investment on its own merits and on how well it fits into your overall portfolio.

- International investing is too risky. In today's global economy, it may be more risky not to invest some of your portfolio internationally. U.S. stocks represent less than half of global stock market capitalization – so by stopping at our borders, you are depriving yourself of a world of opportunities. It's true that foreign investments carry some special risks relating to currency fluctuations and political and economic events, but you can help contain this risk by confining your international holdings to a relatively small percentage of your portfolio. A financial professional can suggest the best ways for you to add a global element to your investments.

- You need a lot of money to make a lot of money. Of course, it doesn't hurt to have a sizable amount of money to invest right away. But the world is full of people who started investing with small sums and ended up having enough money to enjoy the retirement lifestyle they had envisioned. If you're just beginning to invest, put in as much as you can afford each month; as your income goes up, increase your investments. As an investor, time is your greatest ally.

- Sticking to a consistent investment strategy can help you write your own investment tale – and you can leave the myths to the storybooks.

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

"Diaries of a Shores Grand-Dad"

by Dirk Schroeder



In the last edition of The Diaries of a Shores Grand-Dad, I mentioned in the closing paragraph that you would get to "know the Grand-Dad better than ever before" and so, I dedicate this article in the spirit of the Christmas Season to my mother.

I hate to burst anyone's bubble but we are not all created equally. Yes, at the moment that we're born we are all the same vulnerable dependent beings. Yet, since we can't choose our parents or our DNA, everything that happens from the moment that we're born is like our iris patterns – uniquely different. For example, someone born to a verbally and/or physically abusive parent(s) will be struggling more than someone



whose parents were loving and forgiving. This brings me back to my mother, who provided all of us Schroeder kids with an distinct advantage: in a

word - compassion.

Compassion is defined as: a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering. Mom, just saw the feeling of deep sympathy for everyone with whom she came into contact regardless of their situation. I suppose that her definition of compassion was more of a passion for humanity itself (and you can't have compassion without passion). For those that knew her, you might say that she was strangely different but that was just her Swedish upbringing. Her mother was so much like her. She was known as "Belle Mere" which is French for "Good Mother". Her sisters had the same loving spirit and unique sense of humor yet Mom's strange behavior came in part as a result of her becoming a stranger in a strange land. She met her husband while touring in London with her parents. He was a German man studying at London School of Economics. They liked one another enough to stay in contact by mail. He travelled to see her in Sweden and they eventually were married and moved to a small town outside of Bonn, Germany and had three boys. Upon the birth of their fourth child, a girl, he had accepted a position to lead an aluminum manufacturing company in upstate New York.

It was June 16th, 1969 that we sailed out of Europe on the HMS Rotterdam toward New York City. It was an adventure of a lifetime with many unknowns for all of us but particularly for Mom. Yet, her sense of curiosity and creativity would be her strength as she needed to become familiar with a new culture in this strange new land. She was genuinely interested in getting to know others; their customs, their families and their needs. She was known for extracting

someone's entire life history in a matter of minutes. Then she would figure out a way to plug herself into their lives - either by volunteering to help them out or offering to give things to them. It was an art form - her compassion. If you complimented her on a scarf - she would give it to you. If you told her you had a sick child she would offer to bring you some soup. There were few challenges - just opportunities.

Even though we lived in update New York, we didn't own the home there and in 1976 it was time to buy our first home. In an effort to make her environment look familiar, Mom suggested a home in Maine. The terrain there was nearly identical to Sweden. Unfortunately, it was too far from New York and they settled on a home in Cape Cod, Brewster to more precise. Mom loved this new environment. It did remind her of the quaint old villages in Sweden. She got to know everyone as quickly as they got to know her. Yet, just as quickly as Brewster fit her like a worn in flip-flop, in 1979 the aluminum plant expanded to St. Augustine and she would be put into another strange new environment where she had a fresh, new learning curve. Mom would become literally and figuratively deeply woven into the fabric of St. Augustine through many circles including volunteering in period dress in the Colonial Quarter as a "bobbin lacer". Her compassion always included a need to identify with those that surrounded her.

In 1998, she was diagnosed with Lou Gehrig's Disease or ALS. You talk about how DNA can change your life! Yet in the two years that she lived with the disease she rarely complained. In a show of immense gratitude, a family trip was planned to her hometown in 1999. The trip was most memorable for all of us. First stop was my brother's family home in Gothenburg. All of us, Mom, Dad, my sister and my other brothers sat around the dinner table reminiscing about the various trips that we had taken to Europe over the decades and we came to the realization that since we left Europe on June 16th, 1969, we had not been together back in Europe as a complete family. The date we left St. Augustine to meet in Gothenburg - June 16th, 1999 was exactly 30 years to the day. Sometimes destiny plays magic cards.

From there we drove cross country to Djursholm, a small suburban town North of Stockholm. Her mother, who was 97 years old, would see her daughter (and us) for the last time. We had a wonderful time re-living memories. The moment was brief and bittersweet and there was no dry eye when it came time to leave.

A lifetime in a word, my mother taught me the virtue of compassion. No, we're not all created equally but we can learn from each other a lifetime of virtues on how to be better. For Christmas, of all the seasons of the year, I wish you compassion and as always a Sunshine State of Mind.

When it comes to your to-do list, put your future first.

To find out how to get your financial goals on track, contact your Edward Jones financial advisor today.



Geoffrey S. Nadler
Financial Advisor

4255 US 1 South Suite 7
St Augustine, FL 32086
904-794-2012

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

**Reach The Shores & The South
By U.S. MAIL!**

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



"I only want cremation."

Flagler Memorial Cremation Society

669-1809

2600 Old Moultrie Road • St. Augustine

DID YOU KNOW

Historically Speaking...

- St. Augustine South was approved on June 8th, 1954, It was developed by Lewis Point Properties, Inc.
- There were 15 homes built prior to 1954 throughout St. Augustine South. The oldest home was built in 1920 - you know who you are on Carmel Road.
- There are 2480 property records for the 22 "Units" of St. Augustine South
- St. Augustine South is one of the few (if not only) areas in St. Johns County where the Intracoastal Waterfront is not developed, making Shore Drive one of the most scenic drives in the County. That property belongs to the State of Florida.

Futuristically Speaking (Subject to change and approvals)

- The County owns approx. 4 acres just South of Pet World on US 1 by Kent Road where they plan on a new Fire/Emergency Services facility to be built to replace the old fire stations in St. Augustine South and St. Augustine Shores.
- The old Dolphin Plaza was razed to make room for an Auto Zone
- The former Staples plaza will soon see a new tenant - Bailey's Fitness Club
- The 7-11 Gas Station (South of Chick-Fil-A) is being razed for a ABC Liquor Store.

Want to know more from Realtors who've been serving St. Augustine Shores for 35 years?

Contact: Dirk Schroeder, Broker/Owner at 904-540-2360 or dirkschroeder@msn.com



Office: 904-797-6000
2820 US 1 S. St. Augustine FL 32086

OPEN HOUSE
JAN 20, 2018 • 10 A.M.

Moultrie
MONTESSORI SCHOOL

NOW ACCEPTING TODDLERS-KINDERGARTEN

Give your child a private montessori foundation rooted in independence and hands-on learning in an inviting, natural setting where children grow.

MOULTRIEMONTESSORI.COM | 904.826.0216
37 S. DIXIE HWY, SAINT AUGUSTINE, FL 32084

MAKE THIS YEAR COUNT!

JOIN for \$1

And receive a **FREE** training session!

JANUARY 1-12



- Members also receive:
- FREE Fitness Consultation
 - 30-Day Fitness Plan
 - FREE Access to the Anytime Fitness App!
 - > Access a new workout everyday
 - > Set goals and track progress



4010 US Highway 1 South, St. Augustine, FL 32086 | 904.297.2300

anytimefitness.com

© 2018 Anytime Fitness, LLC. Offer valid upon signing a minimum 12 month membership agreement, valid at participating locations only. Each Anytime Fitness club is independently owned and operated. Training session available at the home club designated upon joining. Consult with local franchise. Terms and conditions may vary. Please see applicable club website for details. Offer valid until January 12, 2018.



JAMES G. WHITEHOUSE
City, County and Local Government Law

ST. JOHNS
LAW GROUP

DEDICATED & RESPONSIVE

**BOARD CERTIFIED LOCAL
 GOVERNMENT LAW EXPERT**

James G. Whitehouse is a Board Certified expert in City, County and Local Government Law. If you need help with real estate permitting or approvals or have a problem going through planning, zoning or historic architectural review in the City of St. Augustine, James G. Whitehouse specializes in land use and, as a former Assistant City Attorney and former Deputy County Attorney, is a proven expert. James routinely assists clients with applications, public hearings and settling disputes.

904.495.0400 www.sjlawgroup.com



Barbara Tatro, P.A.
 REALTOR®
 904-571-2107



Madalan Marine, P.A.
 REALTOR®
 904-687-5905



Douglas M. Scarponi, P.A.
 Broker Associate
 904-654-7119

**Your Local and Global Realtors With
 A Team Approach That Can't Be Beat!**

