



St. Augustine Shores OBSERVER

NEWS FOR AND ABOUT RESIDENTS OF ST. AUGUSTINE SHORES AREA

A Classic Theatre Announces Cast



Director Jean Rahner today announced the cast of A Classic Theatre's February production of "A Tea with Zora and Marjorie" by Barbara Speisman.

Rhodie Jackson of Jacksonville and Nancy Grote of St. Augustine are two seasoned, talented actors who have been selected to portray Zora Neale Hurston (Jackson) and Marjorie Kinnan Rawlings (Grote) in this two-person play depicting the first meeting of two of Florida's first ladies of literature ... two headstrong women who saw themselves as daring, adventurous renegades.

Nancy Grote has portrayed Marjorie in previous ACT productions of "My Friend Zelma" and "CROSS ROADS: Marjorie Kinnan Rawlings & Norton S. Basin in Unguarded Moments."

She has also appeared in ACT productions of "Mark Twain...and More!" and "What Would Einstein Say?" and in the Limelight productions of "Harvey," "Picnic" and "You Can't Take It With You." Her most recent appearance was as Glorie in City Repertory Theatre's production of "Grace and Glorie" in Palm Coast.

Grote's past theatre credits include national and regional tours of "Camelot" (with Richard Harris and later with Robert Goulet); "Hello Dolly!" (continued on page 11)

COME TO A "50s - 60s OLDIES DANCE PARTY" WITH THE "REMINISTYX"

"The St. Augustine Shores Riverview Club Saturday Evening, February 27th, 2016 – 7:00 PM to 10:00 PM

"COME TO A 50s - 60s OLDIES DANCE PARTY". Vocal show group the "REMINISTYX" are returning to perform at the Riverview Club's "50s - 60s Oldies Dance & Party" on Saturday evening, February 27th, 2016 from 7:00 PM to 10:00 PM at the Riverview Club Center in the Shores (790 Christina Drive). "REMINISTYX" is made up of three performers who are well known in the St. Augustine area. Roy Olsson and his band Nostalgia, and Frank and Denise Saffiotti, of the Frank Saffiotti band have been entertaining us and others in Northeast Florida for many years. Frank and Denise have joined forces with Roy to take you on a musical journey back to hear many of the classic "50s & 60s Golden Oldies" tunes of yesteryear. You will be entertained by songs of such oldies groups as; the Four Seasons, the Four Tops, the Beach Boys, the Beatles, Jay & the Americans, Danny & the Juniors, Rosie & the Originals, Santana, the Skyliners, the Duprees, the Platters, and much, much more. You will hear extensive vocals and unique takes on 50's and 60s Doo-Wop, R&B, Soul and other popular oldies favorites. We invite all Rec. Club dance members and guests to come join us. Tap your feet, clap your hands, sing along, party and "dance-dance-dance" to the wonderful music of a by-gone era". This dance is BYOB & snacks. Riverview Club Dance Members are \$5.00 and Non-member/Guests are \$15.00. Sign-ups for this party may be made at the Riverview Club office (at 790 Christina Drive) Monday through Friday (8:30 AM to 4:30 PM). Please make your reservation by Thursday, February 25th, 2016. It's sure to be a lot of fun. For more information, call Dennis on (904) 461-6782.



Frank, Denise & Roy of "The REMINISTYX"

Main Library Brown Bag Lunch Master Gardener Dottie Hudson

Spring is just around the corner so it's the perfect time for Friends of the Main Library St. Augustine to welcome Dottie Hudson, who returns as guest presenter for the March 16 Brown Bag Lunch Program - Beautiful Bromeliads. Fans of the signature program will remember Ms. Hudson from her previous presentations, Fall into Flower Arranging and Sensational Succulents - Container Gardening, and this program promises to be just as informative and fun. As always, the program is free and open to the public and seating is limited. General admission tickets (limit two) will be distributed beginning at 11:30 a.m. on the day of the program on a first come/first served basis. Advance reservations will no longer be taken. Doors will open at 12:00 noon and the program will begin at 12:30 p.m. at the Main Library at 1960 N. Ponce de Leon Blvd.

The Bromeliad plant family has over 3,000 species of remarkable variety, from Spanish moss to the pineapple, and exists in a variety of environments, from rain forests to deserts. For her presentation, Ms. Hudson, a designer, Master Gardener, and Nationally Accredited Flower Show Judge, will share her horticultural and design expertise as well as her personal collection of these beautiful plants. A member of the Gaillardia Circle of the Garden Club of St. Augustine with experience on The Florelines Guild dedicated to floral design, Dottie has a unique talent for making beautiful (continued on page 6)



What's Inside The Observer This Month...

- **News From Around the Shores:**
 - Shores Service Corp January 14 Board Update
 - Message for President
 - Annual Meeting May 6th
 - Apply for Director by February 22nd
- **Health Update: You Are What You Eat**
- **Financial Focus: Will the Presidential Election Affect Investment Outlook?**
- **Computer Corner: Interesting Image Searches**
- **Sheriff's Corner: Mental Health Initiatives**

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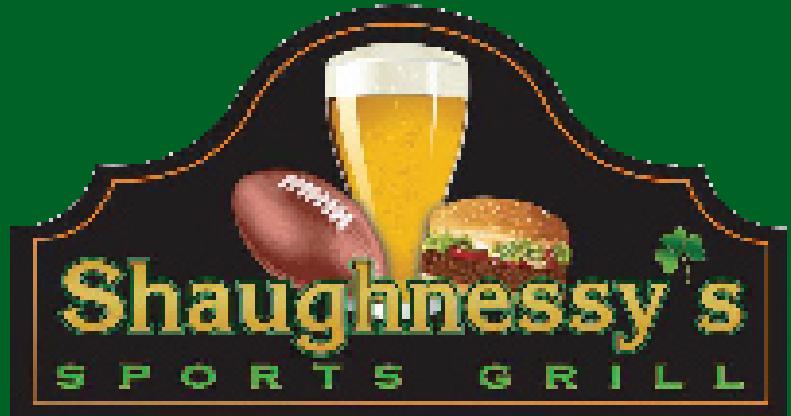
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The St. Augustine Shores Observer

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

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

Information should be received by the 10th of the month in order to appear in the following month's issue. Articles or information may be sent to the 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 Observer.

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

Shores Community Calendar

- **Shores Service Corporation** monthly meetings are held on the second Thursday of each month. Meetings are at 7 p.m. at the Riverview Club.
- **Shores Recreation Association** board meetings are held on the first Tuesday of each month at 11:30 a.m. at the Riverview Club.
- **Conquistador Condominium** Board meetings are held on the fourth Monday of each month at 6 p.m. at the Riverview Club.
- **Fairview Condominium** Board meetings are held on the second Tuesday of every other month at 4 p.m. at the Fairview Condo club house.
- **Greens Condominium** Board meetings will vary. Contact Steven Sheremeta at Sovereign-Jacobs at 904-461-5556.
- **Casa Bella Condominium** Board meetings- March 12th, 2015- 6 pm Annual Meeting, April 7th, 2015- 6:30 pm, May 5th, 2015- 6:30 pm, June 2nd, 2015- 6:30 pm.

Community Classifieds

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

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

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

FOR SALE: Harmon Kardon Home Theatre Speaker System with Subwoofer Amplifier panel controls and connections-5 speakers. \$500. Call 797-1597.

FOR SALE: 2010 Red Honda Shi150 Scooter with many extras such as full windshield, coo case and side kickstand. Always kept in the garage. Excellent condition. Only 2336 miles.. Price \$2995.00. Call 904-687-9028.

FOR SALE: One Optimeda Metal Lateral File Cabinet with Roll Down Front. It Has 3 adjustable shelves--one is missing the side prices. The cabinet and roll down front are black and the shelves are gray. It is about 71" H x 36" W x 18.5" D. All is in good condition. Must pick up \$50.00 Cash 904-797-2876.

FOR SALE: (1) 2009 Kia Sedona LX 5 door Mini Van fully loaded, including inside electric handicapped chair lift. 54,500 miles. \$12,000. (2) French rovinical Triple Dresser with mirror. \$185. (3) Several sized bookcases \$5 - \$18. Call 904-6879149.

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FOR SALE: 40" Oak Round Dining Room Table with 4 chairs. \$100 or best offer. Call 904-315-1972.

Get Your Copy of the Shores Observer?

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

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



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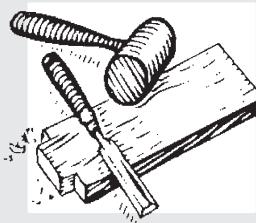
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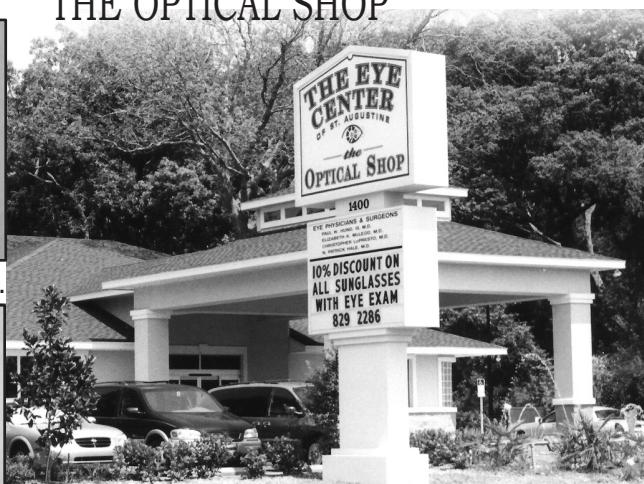


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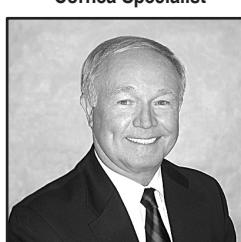

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President Priester's Message

Greetings from St Augustine Shores Board of Directors!

The spring is a busy time of year for your Board of Directors! Now is the time for declaring candidacy to the board of directors. The Riverview Building and Grounds Committee has been very busy working for the people of the Shores on activities at the Riverview Club and has received fantastic input. Upon recommendation of the committee, three (3) motions were unanimously approved. A new organization, known as the "Shores Activities Club" has been formed and will continue activities previously sponsored by the now defunct Recreation Association. Along with this new club is a new schedule of fees which is available at the office. Also, the Recreation Association donated their treasury to the new "Shores Activities Club" to ensure the continuation of activities at the Riverview Club. Keep up the good work! The next committee meeting will be February 8, 2016 at 10:00am at the Riverview Club. Please attend if you can. This is how we make progress, through active participation of our citizens. We continue to address the access control issue and promise improved accountability to you. Several areas, including the office, the pier, and rv and boat storage compound are under consideration for upgrade.

The attendance at the monthly meeting increased in January and was very encouraging. Citizen dialogue helps your board make informed decisions. The next meeting of the board of directors for your homeowner's association is 7:00 pm on February 11th, 2016; please attend.

Our annual meeting is May 6th, 2016, please mark your calendars. Should you wish to serve as a director, applications are due by February 22nd, to the office. Applications can be obtained at the office, or downloaded from the website <http://www.staugshores-hoa.org>.

From the personnel side of the house, we must tell you that Noel Dooley, our Events Coordinator, has left to join the staff at the St Augustine Amphitheater. Their gain is our loss; we will miss you Noel! Best wishes in your new endeavor. On a brighter note, our new event coordinator, Ellie Romais, is now in place at the office. Please come introduce yourself to her. As you visit the website, you will definitely see an improvement, please check it out at <http://www.staugshores-hoa.org>. The website is one of the areas Ellie is brightening up, keep up the good work.

Remember, this is your board and in order to be successful, you must participate. Please keep your directors informed of your wants, needs, ideas and suggestions. If you have time to serve, please volunteer to run for the board of directors. Our community is a very diverse population with several different groups; it is important that each one of them is represented on the board.

Our next board meeting is Thursday February 11th at 7:00 pm. I am encouraged by your increased participation and input; please continue to contact me by email at President@staugshores.net so that I will know your ideas and concerns.

Jim Priester, President, Shores Service Corporation

St. Augustine Shores Service Corporation January 14th, 2016 Board Summary

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

Approved December 10, 2015 and December 16, 2015 Minutes.

Treasurers Report by General Manager Smith and accepted for audit. General Manager Smith explained the decrease in operating cash and the decrease in the reserve funds.

Managers' Report - Joseph H. Smith III Old Business:

Storm Water Drainage System Update: General Manager Smith informed the Board that Daniel R. Jones Excavating has submitted an addendum to the cost of the proposal approved and awarded at the October 8, 2015 Board of Directors Meeting for the dredging and peninsula work on Tract M Unit 7 East of Valverde Lane and Tract D Unit 3 West of Viscaya Blvd. Daniel R. Jones has failed to commence work on these projects since being awarded the project October 9, 2015. On December 23, 2015 Jones submitted a change to the contract price that was approved at \$41980. He proposes to add \$3375 to replace sod at the access area South of 345 Valverde Lane and has the word Estimate in bold print, capitalized and underlined to imply an open ended proposal which states the cost will be determined on the amount of sod used or any irrigation repairs needed. The Board concluded that lack of effort, the 90 day delay and the change in terms of the contract that was approved breached the contract. Motion by Secretary Diamond to use Yelton Construction based on his original proposal of \$49750, Seconded by Director Burrell and carried Unanimous.

Progress on Board Goals

Curb Appeal: Current projects include the installation of a well and pump at 506 Shores Blvd. This well will service the median on Christina Drive and Shores Blvd. The installation is scheduled for January 27, 2016. New landscaping has been planted at the main entrance and the Deltona Blvd. entrance near Ameris Bank. General Manager Smith read an evaluation report submitted by arborist Jason Shaw in response to questions on the condition of the live oak trees in the median at the Deltona entrance.

Safety/Security: Smith informed the Board that the General Liability Insurance provided by Auto Owners Insurance was recently at risk of non-renewal status due to lack of information on the scheduled maintenance of sidewalks. We currently pay \$12,000 annually for the premium and quotes were being submitted at \$150,000 annually. After several discussions with Wayne Howell, broker/owner, Herbie Wiles Insurance it was determined that the due diligence of the Board and Management in addressing the damaged sidewalks through operations and reserve study components rendered us eligible for renewal. We are still working with Tyco and Scott Alarm on bids to install card access controls at the office door, the pier gate and the gate to the boat and RV storage facility.

Operations: The 2015 Dreux Isaac Reserve Fund Study is complete. Copies are available upon request. Eloise Romais has been hired to fill the Riverview Event Coordinator position.

Action Status List Update: Secretary Diamond presented the report summarizing the projects that have been completed and those in progress. (continued on page 6)

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St. Augustine Shores Club News

February 2016 Riverview Club Calendar

DANCE MEMBERS:

February 20th **EARLY SOCIAL**
 Saturday 7:00PM - 10:00PM, Entertainment by: The Phil Farino Duo
 Chairpersons: Dennis & Cheryl Donahue
 Dance Club Members: \$5.00/pp, Activity Members & Guests: \$15.00/pp, BYOB
 Reservations Tuesday Feb 16 and Thursday Feb 18th from 9am - 10 am.

February 27th **MAIN SOCIAL**
 Saturday 7:00 PM to 10:00 PM, Entertainment by: The Remistyx (Oldies Party)
 Chairpersons: Dennis & Kathy Salvati
 Dance Club Members: \$5.00/pp, Activity Members & Guests: \$15.00/pp, BYOB
 Reservations Tuesday Feb 23 and Thursday Feb 25th 9am - 10am..

ACTIVITY MEMBERS:

BRIDGE LESSONS - Every Monday at 10:30am
CHICAGO BRIDGE - Must have a partner to Play, Monday at 12:30 and Thursday at 12:30pm

CHAIR YOGA - Every Wednesday & Friday at 10:45am. A gentler form of yoga for those for whom balance is an issue.

DANCE CLASS - Thursdays at 2:00pm. Dance & Activities Members Welcome. Members are \$2.50 and Guests are \$5.00.

EXERCISE CLASS - Every Tuesday and Thursday at 10:00AM. Members are \$2.00 and Guests are \$5.00.

LINE DANCING - Every Monday at 7pm and Wednesday at 10:00AM

MAH JONGG - Tuesday at 1:00PM & Wednesday at 10:45AM

Writers in the Shores - Meetings for February will be on Tuesday the 9th and again on the 23rd at 1pm in our Library. The topic "Dreaming with open eyes..." was chosen for this month on the 23rd. There are no officers, dues or requirements. For information call Donna at 904-794-0789.

YOGA - Every Monday, Wednesday and Friday at 9:00AM. Bring a non-skid mat & wear comfortable clothing (no belts or anything tight around your waist). The class is geared to all levels

Upcoming March Events

Early Social: Sunday, March 6th (6pm to 9pm)

Entertainment by: Earnie at the Keyboard

Main Social- Friday March 18th (7pm-10pm)

Entertainment by: Tim Rippey

United Methodist Church Spring Yard Sale

The United Methodist Women of the Shores United Methodist Church will hold their Annual Spring Yard Sale on Saturday, March 12, 2016, from 8 am to 1 pm. This church-wide event will feature clothing, household items, electronics, books, toys, puzzles, games, chili & crackers, and of course baked goods.

The sale will be held indoors, in the spacious church sanctuary. There is plenty of free parking and easy access. Shores United Methodist is located at 724 Shores Blvd, between the golf course and Hartley Elementary. Rev. Randy Strickland is pastor.

News Around South St. Augustine

Shores United Methodist Church Celebrates 35th Anniversary

St. Augustine Shores United Methodist recently celebrated its 35th Anniversary with a special program during a special catered luncheon at the church on Saturday, January 16, 2016. In 1980, church services were held in the St. Augustine Shores Volunteer Fire Department. Later, worship services were moved to the "pool room" of the Shores Riverview Club and on January 11, 1981, with 27 full members and 2 affiliate members, the new church was given its official name. A sign was placed on the newly acquired property at 724 Shores Blvd in 1981. By September 1982, the membership had increased to 177, all the while still meeting at the Shores Riverview Club.

In 1983 a building fund crusade was initiated and groundbreaking was held on January 29, 1984 for Phase 1, a multipurpose building (the current sanctuary), named for Ray C. Beveridge. The first worship service conducted in the new building was a lay witness mission, November 2-4, 1984 followed by a service on consecration on November 11, 1984.

In March 1990, a day care for children was established. Not more than a year later, the church had a groundbreaking, July 14, 1991 for the Christian Education Center, Phase II of the construction. During the weekdays, the very successful day care at Shores made use of this new classroom space.

Activities and programs for youth were developed in 1997-98 and the Hess Nursery was dedicated on January 9, 2000. The dedication of the Norman Baker Hand-Bell Memorial was held a few weeks later on January 23rd.

The Day Care program closed in December 2001, and the Christian Education Center became much needed classroom space for Sunday School classes, youth meetings, children's and community use. It is used for those purposes still today. In 2005, the church retired its mortgage. In March, 2013 renovations in sanctuary created a new Narthex. This coincided with the relocation of the entrance featuring beautiful doors that were dedicated in memory of Barry Snyder. In June 2014, a Gathering Room was created in the "old" Narthex and the restrooms renovated.

The church is now in the planning stages for renovations on the Christian Education Center to provide a fellowship hall and additional rooms for Sunday School classes and meetings.

After 35 years, 12 pastors, hundreds of children and families served, and many other milestones, Shores United Methodist Church still stands poised, now more than ever, to welcome residents. Visitors, and newcomers to the community and our ever-growing congregation. New neighborhoods continue to spring up at the beaches and in southern St. Johns County. Shores UMC is reaching out to their new neighbors and develop ministries that meet the needs of families today. Sunday worship services are at 9 a.m. (traditional) and 11 a.m. (contemporary), with Sunday School provided for all ages, Pre-K to adult at 10 a.m. For more information call the church at 797-4416 or check our their website www.shoresumc.org or Facebook page. Reverend Randy Strickland is the current pastor.



Pictured are members of the Shores United Methodist Church's 35th Anniversary Planning Committee. From left to right; Frank Schmidt, Lisa Cavacini, Janet Milroy, Kathy Schmidt, Marilyn Hess, and Terry Lowery.

Temple Bet Yam

DELI NITE IS RETURNING TO TEMPLE BET YAM!

The phenomenally popular Deli Nite will return to Temple Bet Yam on February 4, 2016, starting at 6PM. Featured are overstuffed corned beef, pastrami and turkey sandwiches with all the fixings. Special entertainment will be provided by the multi-talented Lee Weaver performing SRO. Tickets for the event are \$30 each and because this is always a sell-out, order your tickets early. Please RSVP to Shelly Cohen 904 471-8891 or Dinah McNamara 904 460-2428 or e-mail wandmtby@gmail.com by January 26.

Temple Bet Yam is located at 2055 Wildwood Drive, St. Augustine with close proximity to SR 207 and I95.

St Augustine Table Tennis Club

You are invited to come and join a group of friendly people who enjoy playing Table Tennis. It is fun, healthy and your bathroom scale will thank you! Open to everyone. Meetings held on Tuesday evenings from 6:30 to 9:30.

Cost is only \$6/evening at Willie Galimore Center, 399 Riberia St., St Augustine. We have all skill levels from Novice to Advanced and expert coaching is available from our ITTF level 2 coach. For details call Barry (904) 260 8961 or Etienne (904) 471 8951.

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St. Augustine Shores Service Corporation January 14th, 2016 Board Summary

(continued from page 4)

The Board was informed that SJRWM did not permit a designed drainage system for the boat and RV storage facility. Mathews Design Group can be engaged to design a drainage system.

Committee Reports

ACC Committee – President Priester: Fence Variance request. Troy and Elisia Watson 93 Catalina Circle. They request to move their fence forward of the rear of the house to the corner of the enclosed Florida Room because the only access to the back yard is from the door on the side of the house that is behind the Florida Room but forward of the rear of the house. His 67 year old Mother would like access to the fenced area from the house. Motion by Secretary Diamond to approve the Variance for 93 Catalina Circle. Seconded by Director O'Such. Ed Ferrell commented on the variance and follow up on the variance. Motion carried Unanimously. The ACC Committee held one meeting in the month of December. They approved 6 applications; 2 fences, 1 new home, 1 pool enclosure, 1 pool repair, 1 screen room. Total approved YTD 153.

Riverview Building and Grounds Committee: Secretary Diamond read a report on the goals and progress of the committee. Motion by Secretary Diamond to establish a *Shores Activities Club* to continue activities formerly under the Recreational and Social Organization and Seconded by Director Chitwood. Members commented on notification of meetings, replacement and future activity plans, and the offering of recreation to the community. They wanted to know who is going to set up the dances, take the money and coordinate the events. The Board is relying on volunteers to continue to coordinate these activities. The concept of message boards was discussed. Director O'Such commented on the extra burden this activities club will place on the office staff. General Manager Smith said the office staff will continue to collect membership fees and that volunteers need to continue to run the programs. Director Burrell suggested funding these activities by raising the maintenance fee by \$1. This will provide an additional income of \$41000 annually. Motion carried Unanimously. Motion by Secretary Diamond that the Board accepts the new rate schedule presented and that these rates go into effect immediately and Seconded by Director Chitwood. President Priester presented the rate schedule. Members commented on the new rates. Director Burrell commented on the contracts for the dances and the commingling of funds. Motion carried Unanimously. Motion by Secretary Diamond that the Board accepts a financial donation from the Recreational and Social Organization for the sole use of continuing activities under the newly formed Shores Activities Club and Seconded by Director Chitwood. Motion carried Unanimously.

New Business

Annual Meeting: The annual meeting will take place on May 6, 2016. Any member that wants to be included on the Ballot for election of the Board of Directors must submit their application to the office by February 22, 2016.

Condo Manager Program: Director Chitwood would like to review the Condo Manager Program to determine the parameters. She would like to amend the By-Laws to limit Board Member absence.

Home Office Applications: Philip Wright 65 Angelo Lane submitted an application for a home office for his landscaping business. He agrees to abide by County Ordinance 95-9 and will use this address for mailing only. Motion by Secretary Diamond to approve the home office application for 65 Angelo Lane, Seconded by Director O'Such and carried Unanimously.

Deed Restriction Report: The report was presented to the Board

Directors Comments

Director O'Such commented on funding for these activities.

Secretary Diamond stated that funding for any activity requiring a paid instructor would come from the members participating in those activities.

Director Burrell commented on the need for basketball courts.

Director Chitwood commented on the concrete car stops that need attention. She commented on looking at other avenues to collect delinquent accounts. She would like to re-evaluate our current corporate attorney. She would like the web site addressed. She would like an upgrade on the lighting around the Riverview Facility. She would like the Event Coordinators job description re-written and would like to add a part time employee to assist with this position.

Membership Comments

The membership commented on the signs to the entrances and around the Riverview facility. They inquired about compliance with the home office applications and county Ordinance 95-9. There was an inquiry about sidewalks in front of lots on Cortez. There was comment on legal fees. A member commented on limiting the number of fishing poles a member could use on the Shores Pier. Signs have been erected limiting each member to 2 fishing poles. There was comment on marketing the building. There was a report that the light on the pole by the keypad to the storage facility is out. There was comment on committees for the community. There was comment on skype signs in the community. President Priester commented on the Shores Activities Committee and thanked the community for their support. Meeting Adjourned.

Shores United Methodist Church Afterschool Program Receives Award

The Hartley Afterschool program at Shores United Methodist Church has received the Alice W. Lockmiller Award, given by the Florida United Methodist Foundation. The Hartley Afterschool Program, in its third year, serves Hartley students on Wednesday afternoons, when students are dismissed early. Students recommended by the school principal participate in recreational activities, arts & crafts, Bible lessons, Bricks-4-God, and homework assistance on the church's campus, which is next door to Hartley Elementary. In addition, students receive a healthy snack, provided by church members. A corps of trained volunteers, mostly retired teachers, work with the students every week.

The Alice W. Lockmiller Award annually recognizes excellence in educational programs and teachers provided by Methodist churches statewide. These awards are funded by the Alice W. Lockmiller Charitable Trust and administered by the Florida United Methodist Foundation. Alice Lockmiller was a lifelong United Methodist and philanthropist whose charitable giving has funded many United Methodist ministries. Among her giving priorities, she wished to support ministries that focus on nurturing parents and their children and increase the participation of children in the life of the church. Mrs. Lockmiller valued the role Christian education played in her own life and hoped to recognize those who impart Christian values through their ministry to future generations of United Methodists. Shores United Methodist Church is located at 724 Shores Blvd. Rev. Randy Strickland is the Pastor.



Left to Right: Tita Parham, Florida United Methodist Foundation; Phyllis Wolfe, Director of Hartley Afterschool Program at Shores United Methodist Church; and Rev. Randy Strickland, Pastor at Shores United Methodist Church

Mail Library Brown Bag Lunch Master Gardener Dottie Hudson

(continued from page 1)

designs seem effortless, and is a source of information about upcoming events in St. Augustine's garden and floral design circles. At the end of her program, one of her designs will be awarded to the winning ticket holder in a drawing to benefit the Main Library. Please plan to join us for a highly enjoyable program!

Friends of the Main Library St. Augustine sponsors the Wednesday Brown Bag Lunch Program once a month as a community event. Patrons are welcome to bring their lunch and light refreshments will be provided. The program is free and open to the public, but, because seating is limited, admission will be first come/first served. General admission tickets (limit two) will be available beginning at 11:30 a.m. on program day. No advance reservations will be taken. For additional information, please call the Main Library at (904) 827-6940 or contact Friends President Toni Siriani, toni825@hotmail.com. Follow Friends on Facebook/Friends of the Main Library St. Augustine.

Low Country Boil & Beer Fest Benefits St. Francis House

The savory scent of fresh seafood will fill the St. Augustine Marina on Saturday, March 19th as the St. Augustine First Annual Low Country Boil and Beer Fest starts at 11 am. The Marina next to the Bridge of Lions is the perfect location for this food festival that also features live music, mermaids, dance performances and more. Scott Ramsey, the Beach Bum Pirate, is part of the day's entertainment.

A great low country boil menu has a Southern Coastal heritage and features perfectly seasoned shrimp, corn, sausage and potatoes. Completing the menu will be BBQ chicken, beer, water and soda. Food and beverages will be available for a nominal charge and enjoyed while seated beneath the entertainment tent.

The St. Augustine Low Country Boil & Beer Fest is promoted by Southern Promotions & Events, Inc. of Palm Coast, to benefit St. Francis House. Admission to the event is free.

Since 1984, St. Francis House has been assisting the homeless and those in need within our community. It is the only comprehensive housing crisis center between Jackson and Daytona Beach.

Sponsorship opportunities are available. For information about the festival contact Dave Kolodzik of Southern Promotions & Events at 386-405-9189 or Karen Lundquist, St. Francis House Special Events at 904-829-8937 or klundquiststfrancisshelter@yahoo.com

St. Augustine Travel Club

by Peter Dytrych

Please join us for our FREE St. Augustine Travel Club get together on Monday, February 22, at 1:00 pm at the Southeast Branch Public Library on U. S. 1 when we will present on Sailing Majestic Americas - From Nova Scotia to the Caribbean, to Alaska. The Travel Club is intended to be educational and fun. We hope you will be able to come. The club is open to all St. Augustine residents and friends. For any questions, please call Peter at 904 797-3736.



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Dance! Dance! Dance! SAYO Fundraising Event

Treat yourself and kick up your heels on February 25, 2016. Dance! Dance! Dance!, sponsored by the St. Augustine Youth Orchestra (SAYO), will feature live jazz and swing by the Lighthouse Band. The dance will be held at the Riverview Club in St. Augustine Shores, 790 Christina Drive, St. Augustine.

During the opening welcome, there will be special appearances, including a classical musical demonstration by members of Ponte Vedra High School's ProArte, a string ensemble whose goal is to promote music in the area. In addition, there will be a tasting of sparkling wines provided by ARIA Wines and a selection of delicious hors d'oeuvres provided by the Tasting Room and

Gaufres & Goods, two popular St. Augustine restaurants.

Doors open at 7:00, with the Lighthouse



Band performing for your dancing pleasure from 8:00 to 10:00 PM. General Admission tickets for this exciting event are only \$35. Parties of eight (8) may request a Reserved Table when registering as a group. Guests are welcome to bring their own beverage; coffee and water will be provided all evening.

Tickets may be ordered online at www.StAugYouthOrch.org/Dance or in person at Sterry Piano Co. located at 1333 Old Dixie Highway, Unit 7. All proceeds will benefit the St. Augustine Youth Orchestra (SAYO) whose goal is to provide a quality music program for local youth who wish to explore and expand their musical skills and artistry. SAYO is committed to fostering musicianship for students and providing musical education as well as performance opportunities. Call 904-829-9844 for more information. www.StAugYouthOrch.org/Dance.

Warm Winter Wonders at Plum Gallery

What a wondrous, diverse collection of artists begin the season at Plum Gallery located in downtown St. Augustine at the expanded space at 10 Aviles St.

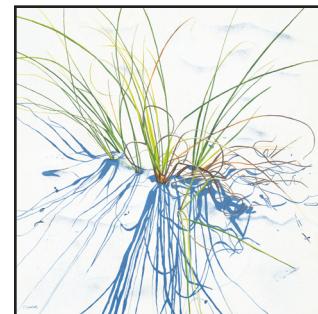
Let's start with **Cindy Capehart**, She enjoys photography, drawing, printmaking and painting; painting in oils on canvas has become her primary means of expression. Capehart has found her inspiration in the natural world, finding beauty in unexpected places. She takes a different view of the landscape by focusing closely on the subject. The subject then becomes the geometric design created by the vegetation and its cast shadow or reflection. In designing such a composition based on patterns in nature Capehart is exploring the abstract qualities inherent in nature. What results is a bold and dynamic painting that also evokes a sense of intimacy as well as unexpected tranquility.

Joe Segal is New York's gift to Lincolnville where he lives with his photographer wife, Theresa. Segal came to St. Augustine to study at Flagler College where he studied sculpture with Enzo Torcoletti. The two still occasionally collaborate on projects. Segal works primarily with wood. It seems he reaches into the souls of the wood to bring out its inner essence. His work is seen in many countries.

Jeanne Hollington also chooses the natural world around her to express her amazement and joy she finds there. Many will find a feeling of 'wow, I've seen that before!' when viewing her wonderfully colorful images. Hollington says "To have my work add something new to the ancient and venerable tapestry of this glorious city is a dream come true!"

Reed Dixon is from Pennsylvania and now lives in Boynton Beach, FL. Perhaps his work can be described as dreamlike reality. His techniques capture very specific crisp reality but his execution adds an unseen dimension. Reed says "A friend of mine once told me there are no rules and I tend to believe him..."

The show begins at Plum Gallery First Friday February 5th and runs until May. But catch it now while the colors can warm you! First Friday show is 5-9pm at 10 Aviles St in downtown St. Augustine. Call 904-825-0069 or go to www.plumartgallery.com for further information.



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Wild Flower Meadow Group

by Cindy Taylor

When our group met early in January, we planted wild flower seeds. If you walk by the meadow you may notice splotches of sand in some areas and there's a reason for that. By mixing the wild flower seeds with sand, spreading it on the ground, and stomping them into the ground, the wind won't blow away the seeds. We were especially fortunate this year because of the rain and cold that immediately followed the seeding. Weather like that helps prepare the seeds for growing in the spring.

I'm including a couple of pictures from the first year of the wild flower meadow back in 2001. We hope you appreciate nature's diversity, if left (mostly) to itself. Each season and year is unique, when given a chance to be true to itself, and our group tries to let that happen with Florida's native plants.

Our group meets the first Saturday

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



UMC Super Bowl Kick-Off

Shores United Methodist Church will kick-off Super Bowl Weekend with dinner and a movie on Friday, February 5, 2016. Hot dogs will be served in the church's Gathering Room at 6 p.m. followed by the free showing of "23 Blast," a faith-based, true story about a talented high school football player who loses his sight. "See" how his live and the lives of his teammates, parents and friends are changed forever. Popcorn and drinks will be served during the movie. The movie is rated PG-13 for teen drinking and a crude reference. Call the church at 797-4416 for reservations.

Shores United Methodist Church is located at 724 Shores Blvd, between the golf course and Hartley Elementary. The church phone number is 797-4416 and website is www.shoresumc.org. Rev. Randy Strickland is the pastor.

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As the club's major fundraiser, our goal is to support charitable activities in the St. Augustine/St. Johns County community. Last year we provided:

- Financial support to local organizations helping homeless women & children.
- Financial support to the Florida School for the Deaf and the Blind focused on extra-curricular activities for students.
- Provide free sight and hearing exams, eyeglasses and hearing aids, as well as assistance for eye surgery in our community.

Ancient City Lions Club General Membership Meetings are the 4th Thursday of every month, January-October
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Valentine Dance
Saturday, February 13th

The St. Augustine Ballroom Dance Association will be gathering on Saturday, February 13th, from 7pm to 10pm, to enjoy an evening of dancing in elegant style. This special Valentine dance will be held at the Riverview Club, 790 Christina Drive, in St. Augustine Shores.

The dance music will be provided by Ernie, the one man band, who has been thrilling dancers for many decades with his wonderful dance music and vocals. Hors d'oeuvres, desserts and coffee will be served.

Guests pay \$20 per person. Appropriate guest attire is a dark business suit with tie for the men and a cocktail dress for the women. For an invitation, call President Mary Ellen Hernandez at 904-471-9886. Or call Dennis and Mary Larimore at 904-824-4902. For more information, and to see pictures of recent dances, visit facebook.com/SABDASTAug.



David Meeks, former association president, and his wife Marilyn, former recording secretary, enjoy watching the dancing at one of last year's dances.

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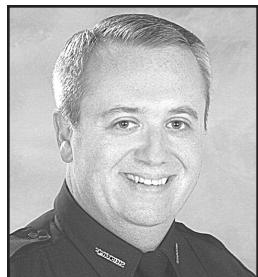
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St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

Mental Health Initiatives

The New Year is always an exciting time. On New Year's Eve we celebrate to either put a not-so-good year to rest or to count our blessings for a good year now passing. In both cases we welcome the next 12 months with eager anticipation that it will be filled with good things for us, our family and friends. I am particularly looking forward to 2016 and the exciting and rather dynamic training that is being implemented for your St. Johns County Sheriff's office as it relates to dealing with mental illness.

Let me begin this month with some stats about mental health from the U.S. Department of Health and Human Services. The first is that about one in five adults, over 18 years of age, has a diagnosable mental disorder. Mental illnesses are more common than cancer, diabetes, or heart disease and more than two-thirds of Americans who have a mental illness live in the community and lead productive lives.

Crisis Intervention Training for our Law Enforcement Deputies has been conducted here at the Sheriff's Office for a number of years as it relates to people suffering from mental health disorders. In addition to that, we are starting something unique, I believe, as we will begin training our entire agency personnel in crisis intervention.

This is also an exciting time for your Sheriff's Office as we are training all of our Patrol Deputies with additional less than lethal options when confronted with a barricaded subject, that may have a mental illness. This will be another tool that our officers will have at their disposal if the situation arises.

We have known in law enforcement for a number of years that a significant part of what we do with the public revolves around mental health issues. Because of that we are constantly trying to find ways to respond in a more efficient and effective way. Over the last several decades there has been a lack of resources available for treating mental health disorders, but it appears that with the national exposure of recent events lawmakers are finding the necessary funding.

In addition we are working closely with the many group homes in our county that house many individuals that are profoundly disabled, some physically and others mentally, and the unique challenges they may bring us when we are called upon for service.

On this same topic, I have been asked to serve as the Chairperson of Florida Partners in Crisis. This organization, which began in 1998 as a local coalition of mental health advocates in Orange County, unites representatives of the public and private sectors to actively promote the cost-effective use of tax dollars for treatment of persons with mental illnesses and substance use disorders to help create safer communities. The organization is a huge resource for our legislature as they move forward with initiatives and new laws to help address this nationwide issue.

The Partners in Crisis supports a fully funded community-based system of care that offers treatment and support services designed to help people with mental illnesses and substance abuse disorders become resilient and recover.

Mental health disorders are a large part of what we in law enforcement deal with on a daily basis and if we can come up with ways to treat those individuals without incarcerating them, then we become successful. It's a fact that 25 percent of the people in jail today would be far better served in a substance abuse treatment facility or a mental health facility and what we are trying to do is to help that 25 percent.

As always I thank you for your support of the SJSO and welcome your comments and suggestions. My email address is dshoar@sjsjo.org.

A Classic Theatre Announces Cast

(continued from page 1)

(with Carol Channing); and "Sugar" (with Don Ameche and Robert Morse).

Rhodie Jackson is making her ACT debut as Zora. Rhodie was recently seen in the original play *St. George and the Dragon* written by Jason Woods. She got to reprise her role as Francine/ Lena in "Clybourne Park" with The 5&Dime Theatre Company having first appeared in that role at the Limelight Theatre in St. Augustine. Other roles include "HAIR-The American Tribal Rock Love Musical" at Amelia Community Theatre and "The Miss Firecracker Contest" at the Limelight Theatre. Jackson has also directed several shows at Orange Park Community Theatre.

Directed by Jean Rahner, performances

are Feb. 18-20 at 7:30pm and Feb. 21 at 2:00pm at the Gamache-Koger Theatre in Flagler College Ringhaver Student Center, 50 Sevilla St., Downtown St. Augustine. Tickets: \$20

There is an ADDED SPECIAL PERFORMANCE Thursday, February 25, 2016 at 7:30pm at the Lincolnville Museum Cultural Center, 102 ML King Ave., St. Augustine, FL.

Tickets for this performance are \$20 for Show Only and \$25 for the Show and Museum Tour (\$5 to the Restoration Fund).

Tickets available online at <http://www.aclassictheatre.org/>. For information email aclassictheatre@hotmail.com or call 904-501-5093.

Writers In The Shores

By Donna Johnson

The February meetings for Writers in the Shores will be on Tuesday the 9th and again on the 23rd. The chosen subject is to be "Dreaming with open eyes ..." and, is suggested for this month's topic to write about on the 23rd. Come join us, you just might like us! Everyone is welcome and we would like to invite anyone who loves to write. You do not have to be a member. We meet on the 2nd and 4th Tuesday each month, at 1pm here at the Riverview Club Library. 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 794-0789.

Geranium Circle of the Garden Club Meeting

The Geranium Circle of the Garden Club of St. Augustine will meet Friday, February 19 at the Garden Center, 3440 Old Moultrie Road. Lunch is at 12:30. Bonnie Wells, DPM St. Johns County Agriculture Agent, will present "Happenings in St. Johns Agriculture Today." Visitors are welcome.

Wednesday Brown Bag Lunch

Author Sonja D. Williams presents:

Word Warrior: Richard Durham, Radio, and Freedom

For our February 17, 2016 Brown Bag Lunch Program, Friends is excited to welcome Sonja D. Williams, professor and award-winning radio producer, to talk to us about the subject of her first book, *Word Warrior: Richard Durham, Radio, and Freedom*. This signature Brown Bag Lunch Program is hosted by Friends of the Main Library St. Augustine. As always, it is free and open to the public and seating is limited. General admission tickets (limit two) will be distributed beginning at 11:30 a.m. on the day of the program on a First Come / First Served basis. Advance reservations will no longer be taken. Doors will open at 12:00 noon and the program will begin at 12:30 p.m.

Ms. Williams is a professor in the Department of Media, Journalism, and Film at Howard University and has produced features and documentaries for National Public Radio (NPR), Public Radio International (PRI), the Smithsonian Institution, and numerous local radio stations. Among the awards she has received for her work with these organizations are three consecutive George Foster Peabody Awards for producing *Black Radio: Telling It Like It Was*, *Making the Music*, and *Wade in the Water: African American Sacred Music Traditions*. In her book *Word Warrior*, Ms. Williams documents the life of radio broadcast dramatist, journalist, political strategist and freedom fighter Richard Durham. Durham's award-winning radio series *Destination Freedom* aired in the late 1940s and his dramas earned him a posthumous induction into the National Radio Hall of Fame in 2007.

Please plan to join us for this very special program. Patrons are welcome to bring their lunch to the Brown Bag Lunch Program. Light refreshments will be provided. The program is free and open to the public, but, because seating is limited, admission will be First Come / First Served. General admission tickets (limit two) will be available beginning at 11:30 a.m. on program day. No advance reservations will be taken. For additional information, please call the Main Library at (904) 827-6940 or contact Friends President Toni Siriani, toni825@hotmail.com. Follow Friends on Facebook/ Friends of the Main Library St. Augustine

"Understanding The Civil War" Discussion Group Meeting

The monthly meeting of "The Understanding The Civil War" Discussion Group will be held at 1pm on WED Feb 3, 2016 at the ST AUGUSTINE BEACH CITY HALL Conference Room located at 16th St and A1A South. Please note the change in the day of the meeting and location from previous meetings. The topic will be: "Discussion of Top Civil War Generals". Meeting is open to the public. For more information please email Charlie Smith at: smithc32@bellsouth.net.

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Tuesday, Feb. 23, 2016

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You Are What You Eat

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

When I was younger my mother used to tell me, “you are what you eat,” which did not make sense at the time.

The child motivated response was, “am I going to turn into a chocolate cookie?” The truth of the matter is our bodies, actually the cells and tissues of our bodies, require nutrition for fuel to make us go, grow and heal. That includes the joints.

In construction and manufacturing joints are the moving parts. It’s the same in the body except the tissues of our joints are living and ever changing compared to man-made plastics and metals. Similar to man-made joints, natural joints have two sides that fit together in a specific way. If too tight the materials may wear down prematurely. If too loose, the movement can be sloppy and not well controlled or unsafe.

In many cases joints, such as door hinges, can be replaced if worn out. I’m not sure our joints were intended to be replaced but I know many folks who are thankful someone figured out how to do so. And that’s a good thing.

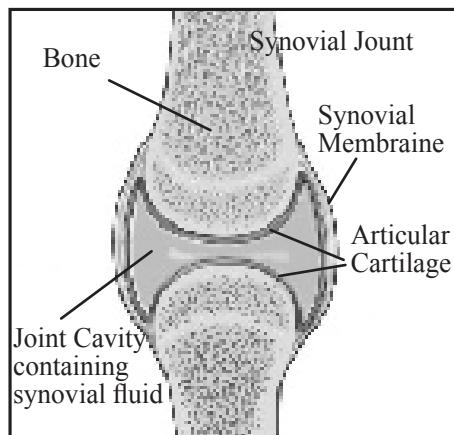
So, how to keep a joint healthy, which brings me back to “you are what you eat.” Most tissues in the body get nutrition directly from the circulating blood but not joints. Most moving joints in the body are what we call synovial joints. They consist of two articulating surfaces, are held together by a capsule, reinforced by ligaments, and coated in a slick but tough surface called cartilage. The interesting thing is there is no blood inside of the joint. Instead a clear fluid (synovial fluid) fills the joint, providing lubrication and nutrition. The fluid is circulated by movement. So, you are what you eat – joints “feed,” if you will, from the synovial fluid. But if there is little movement there will be little “feeding.” It seems our society is becoming less and less mobile, like slowly drying concrete. We move less and less with each day, staring at

earlier and earlier – sitting in school, at the computer, texting, gaming, eating or even sleeping in chairs, cars, airplanes.

When my children were young they would just run to run, squat fully because they could and fling their arms and legs about because it was fun. When was the last time you flung your arms and legs about either in public or the privacy of your own home? It’s been a while for me too.

The point is, we are made to move. We need to move. The health of our joints depends on it. Their nutrition and health depend on it. If we don’t move, they don’t eat. Why starve a joint. We feed the hungry. We save the whales. We protect the rainforest. Why not feed a joint. It’s easy. All you have to do is move. Have a great 2016 – make it the year of moving.

Rob Stanborough is a physical therapist, president and co-owner of First Coast Rehabilitation (St. Augustine 904-829-3411 or Palatka 386-325-2721). 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.



Annual Council on Aging Sunshine Golf Tournament

April 1st at 1:30pm

St. Johns Golf and Country Club
205 St. Johns Golf Dr., St. Augustine, FL 32092

- Captain’s Choice tournament
- Includes BBQ Buffet
- \$100 per golfer or \$380 per team
- \$22 per person for Buffet only

The proceeds from this golf tournament will benefit Council on Aging’s Sunshine Center and Memory Enhancement Program, assisting Dementia and Alzheimer’s patients and their families. For more information on the tournament or sponsorship opportunities, please call Linda Trevlyn at (904) 209-3684.



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2016 St. Johns Reads Program Features Harper Lee’s

To Kill A Mockingbird as Community-wide Reading Project
St. Johns County, FL – The St. Johns County Public Library System is pleased to announce that it has chosen Harper Lee’s novel *To Kill a Mockingbird* as the featured book for the February 2016 “St. Johns Reads” community-wide reading project.

A true classic, *To Kill a Mockingbird* is sure to be a crowd pleaser for the 11th year of the “St. Johns Reads” program. Libraries throughout St. Johns County will feature a variety of programs highlighting the lasting literary and cultural impact of *To Kill a Mockingbird* during the month of February. Events will include book discussions, films, and presentations that will touch upon the many themes covered in Lee’s tale of Jim Crow justice set against the mysteries and wonderment of a 1930’s southern childhood.

The month will culminate with a screening of the 1962 film version of the book and an appearance by Mary Badham, the actress who played Scout in the movie, at 6 p.m. on February 27 at the St. Augustine Amphitheater, 1340C A1A South. She will discuss her on-set experiences, her lifelong friendship with Gregory Peck, and the continuing impact of the novel and film.

To read *To Kill a Mockingbird* and to learn more about St. Johns Reads 2016, contact your local library, call 904.827.6928, or visit www.sjcpls.org and www.staugamphitheatre.com.

Council on Aging

AARP Income Tax Assistance

Do you need assistance with your income taxes? Beginning on Monday, February 1, volunteers from AARP will be at River House, 179 Marine Street, every Monday until April 11th to assist with your tax returns. For appointment call 209-3655. AARP tax counselors cannot do any tax returns that include business or rental properties. And remember to visit www.coasjc.com for more information on COA.

Forward Leadership St. Johns

Be a part of the 2016 Forward Leadership class! Designed to equip active adults, age fifty and over, with insights and knowledge to enhance positive change in the community through advocacy and volunteerism, This six week program (Wednesdays, February 10th thru March 16th, from 9:00 – 4:00) takes you behind the scenes of education, healthcare, tourism, history, and government in St. Johns County. For more information on how to apply, please call Sue Richerson, COA Program Manager, 904-209-3631.

St. Augustine YMCA Junior Youth in Government Program Begins

Middle school students, grade 6th – 8th, motivated to learn more about how

our state government works will want to sign up for the St. Augustine YMCA’s Junior Youth in Government (JYIG) program. Through this program, students have the chance to build leadership skills, gain self-confidence and discover how our government operates. Students learn debate techniques and an experience to remember while working with high school mentors.

St. Augustine middle school students began meeting Thursdays, 6:30-7:30pm, at the St. Augustine YMCA starting January 7th. Junior Youth in Government also meets at the Ponte Vedra YMCA on Thursdays from 4:30 – 5:30pm.

This student driven program allows students to learn legislative protocol, formulate arguments and practice debate techniques by learning to “debate ideas not people”. They will learn to draft, research and present a bill in order for it to become state law, all while having a good time learning protocol and Robert’s Rules of Order.

Involved senior high school students are routinely rewarded with scholarships, college credit with two years of involvement, community recognition and most importantly the self-awareness and confidence to be leaders. Junior Youth in Government for Middle School students also attend an assembly each

year. The cost of the program is \$75 (which includes all materials, tee shirt and an assembly experience at the County Auditorium)

For more information email Tia Loftin, TCraig@firstcoastymca.org or St Augustine YMCA 904-471-9622 ext 8 The state website is www.floridayig.net.

YMCA Youth in Government of Florida’s First Coast Facebook page has registration forms available as well as the St. Augustine YMCA.



Crushing on Caregivers Appreciation Brunch

When: 10:30 a.m. Saturday, Feb. 13

Where: The Community Room of the St. Augustine Outlet Mall, 500 Outlet Mall Blvd., St. Augustine

Cost: \$10 per person; 1 caregiver eats free with a paying survivor

Team to credit: _____

Proceeds benefit the American Cancer Society’s Relay For Life program. For more information, call 386-274-3274, go to relayforlife.org or email trisha.commeny@caner.org



Financial Focus

Information Provided by
Edward Jones

Will the Presidential Election Affect Investment Outlook?

We're just a few weeks away from the first caucuses and primaries, so presidential election season is in full swing. As a voter, you may be keenly interested in the election process. But as an investor, should you be concerned?

If you take a look back, you might be somewhat encouraged over the prospects of the financial markets this year. In the last 12 presidential election years, the Dow Jones Industrial Average has been up nine times and down just three. So, election years must be good for the financial markets, right?

Not necessarily. In every year, the markets are influenced by a variety of factors: interest rates, inflation, corporate profits, geopolitical events, economic growth, even the weather. And it's safe to say that 2016 will be no different. At this early stage of the year, one could say that some of these factors, such as continued low interest rates and a reasonably strong economy, might bode well for investors. But there's a lot of 2016 ahead of us – and it's notoriously difficult for anybody, even so-called experts, to accurately predict the market's performance over a relatively short time, such as a year.

Still, the market's history of pretty good results in presidential election years may not be entirely random. For one thing, the White House is never the only office being contested; elections are also held for every congressional district and many seats in the Senate. Consequently, during these election years, campaigning often takes precedence over legislating. This legislative inactivity tends to be welcomed by the financial markets, which generally dislike surprises, big changes and new directions.

However, you can't really count on past trends to provide a certain roadmap for the year ahead, in terms of the performance of the financial markets. As mentioned above, many factors influence this performance, and at this early stage in the year, we just can't predict which of these factors will take precedence.

So, instead of worrying about things you can't control, focus on those that you can. For starters, review your investment mix. Does it still properly reflect your goals, risk tolerance and time horizon? Over time, even if you haven't made many changes to your portfolio, it can become "unbalanced." For example, if you own some stocks that have increased greatly in value over the years, these stocks may now be taking up a larger percentage of your holdings than you had intended, bringing with them a higher degree of risk. Consequently, you might want to consider selling off some of these stocks and using the proceeds to fill in other gaps in your portfolio.

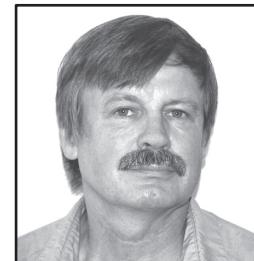
On the other hand, if you think your mix of investments is not providing you with the returns you need to help make progress toward your long-term objectives, you may need to add some vehicles that can provide you with more growth potential. After all, it's 2016 now, so whatever your age, you are another year closer to retirement.

Will this year look like past presidential election years, as far as good returns from the stock market? No one can say for sure. But if you "vote" for smart investment moves, you won't be sorry.

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

Computer Corner

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



Interesting Images Searches

Greetings from Computer Professor.

In this article I am taking a break from the "do's and don'ts" and talk a little bit about Internet searches in a fun way. I am going to be using Google.com as the search engine because they offer a little extra that we are going to use. So play along, start your favorite browser whether it is Internet Explorer, Edge, Chrome, Firefox or Safari. If your home page is Google.com you are ready; if not, go to www.google.com. You can do this by clicking on the web address at that shows in the address bar of your browser, usually at the very top of the program, this highlights the current address; then start typing www.google.com and press enter on the keyboard. Google.com is a plain simple webpage, but in the upper part of the page you should see some words, these are links. You may see Gmail and you should see IMAGES. Click one time on the word images. Now look in the middle of the page where the big empty search box is, above it you will see the title: Google Images.

What this means is, anything you type in the search box, Google will search the internet for photos/images of that subject. When you type more than one word the results try to match images with all your words; but, after a large number of returns they will start matching less than all the search words.

Let's do a small demonstration: in the search box type CUTE PETS and press enter.

You will see pages and page of cute pets, at least by someone's definition. Take your time and enjoy the results, as you scroll down the page you will see more and if you run out of photos there should be the statement at the bottom that reads: "More results" click on the words and you get more images. When you have finished viewing the images scroll back to the top of the list and change the search to FUNNY PETS and press enter again. View the results.

Minor changes give you different results. Try the ones in the following list and notice how what you ask for is related to what you get: Small pets, large pets, green pets, odd pets, and make some up yourself – enjoy.



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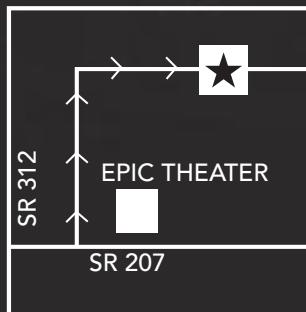
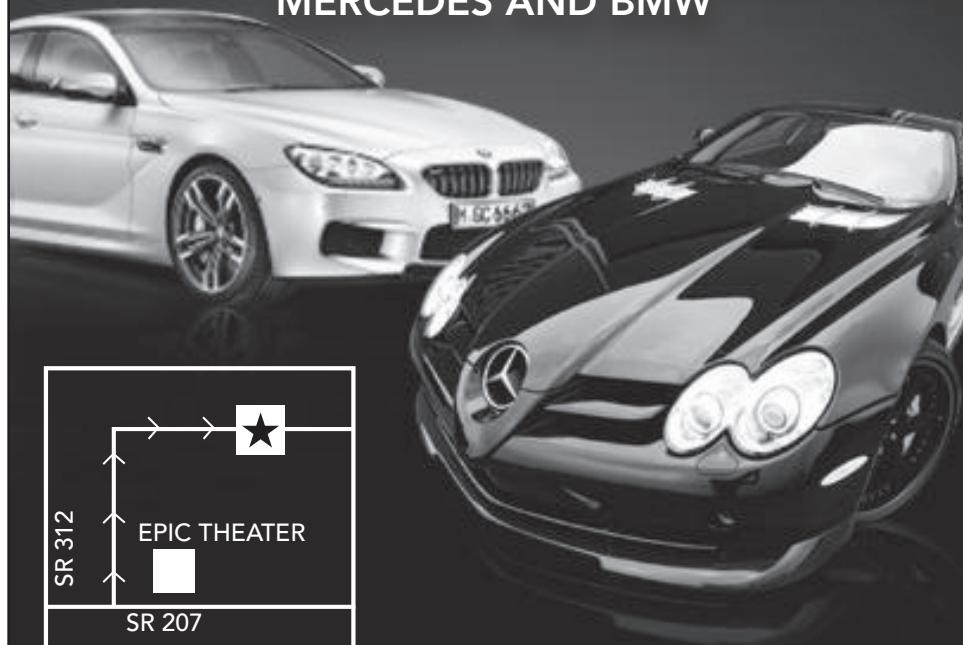
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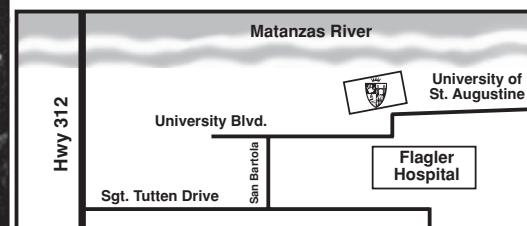
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