



St. Augustine Shores OBSERVER



NEWS FOR AND ABOUT RESIDENTS OF ST. AUGUSTINE SHORES

Shores Resident Gives Community A "Spooktacular" Halloween Display



Shores resident Arch Rivenbark shows off his annual Halloween display in front of his house at 223 Estancia Street. Drive by and see the display after the last week in September.

Shores residents don't need to look at their calendar or notice a change to fall weather to realize its nearing Halloween.....they just drive by Shores resident Arch Rivenbark's house and see his annual Halloween display to know trick or treat time is on its way. Arch, who starts planning his display months in advance, has over 80 humorous tombstones for neighbors and friends. Each year, Arch entertains his neighbors with the much anticipated display and has them all asking him "What are you going to put on my tombstone this year?" He invites everyone to drive by 223 Estancia Street to enjoy his display. You can find him off Lilly or Alhambra streets.

the much anticipated display and has them all asking him "What are you going to put on my tombstone this year?" He invites everyone to drive by 223 Estancia Street to enjoy his display. You can find him off Lilly or Alhambra streets.

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St. Augustine Shores Recreation Association Sponsors the 1st Annual

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St. Augustine Winter Spectacular To Bring Holiday Cheer

Although it's still summertime in the nation's oldest city with locals and visitors enjoying all things summer, The Dance Company of St. Augustine is already gearing up for the holiday season with auditions and rehearsals for their St. Augustine Winter Spectacular holiday show!

On a hot Friday in August, with beautiful views of the Atlantic surf from their studio, dancers performed choreographed steps of short combinations in hopes of being selected for the show. Nearly 100 performers will participate in this year's production that is now in its third year. The St. Augustine Winter Spectacular is a performance to delight all ages and will showcase a variety of dance genres with ballet, musical theatre, jazz, acrobatics, kick-line, and more.

Weekend rehearsals began in September and continue until show time in December. Rehearsals can be as short as a couple hours or as long as 5 to 6 hours with at least 3 instructors and different dances rehearsing in different rooms at the studio. The Dance Company is fortunate to have 4 dance studios so they can utilize their space efficiently.

"I like to offer the audience a little something new and magical each year," said Stephanie Burkhardt, Executive Artistic Director of The Dance Company and the writer and director of this holiday show. Last year the production introduced Aerial Athletes for the first time ever on a St. Augustine stage and entranced the audience with the beautiful flowing silks and aerial acrobatics. (continued on page 10)

Geranium Circle Garden of the Month



Geranium Circle members awarding Garden of the Month to Rae & Norm Coletti. L- R. Terry Nelson, Cynthia Avance, Janice Karapcik, Diane Johnson, Rae Coletti, Mary Ryan, Angela Demetriades, Sue O'Donnell, neighbor, Juanita Yates and Ruth Trefry.

What's Inside The Observer This Month...

- *News From Around the Shores:*
 - Presidents Message
 - Shores Service Corp September Board Update
 - Riverview Club Calendar
 - Family Fun Day
 - Fall Yard Sale
- *Health Update:* Preventions Vs. Correction
- *Financial Focus:* Avoid Emotional Investment Decisions
- *Computer Corner:* Windows 10 Continued.....
- *Sheriff's Corner:* Offender Watch Program
- *Are You Suffering Needlessly?*
- *Civic Association Supports Sales Tax for Schools*

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The St. Augustine Shores Observer

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

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

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

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

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

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.

Sign up for the St Augustine Shores

FALL

Yard Sale

Saturday November 14th 8am-1pm
Sign up for booth space at the Shores Office.



Community Classifieds

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

Business, Services and other Ads may now be placed 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

• Sea Eagle Kayak with accessories. Great fun for \$169.00. Call 904-687-9028.

• GE Water Softener never used still in box, \$200 OBO. Call 904-797-4471.

• Standard Shower Transfer Bench, used only 4 mos.- \$15. Heavy Duty portable commode- \$15. Walker - \$15. Women's clothes sizes 18, L, and XL: slacks, robes, blouses - \$1 to \$5 each. Educational books: Germ, Fr, It dictionaries; literature, history, travel - \$1 to \$4 each. Women's size 12 N shoes, never worn - \$8 pr. Wicker hamper - \$5. Hip/knee accessories kit for post op - \$10. 53-pc. Diana pattern (sm. blue flowers) set of china - \$50. plates, saucers, cups; meat platters, serving dishes. 216-759-5634 or 904-325-4591.

• Taylor Made Driver slightly used Regular shaft Number RBZ with head cover. Cash only \$75.00 call Lou at 797-0295.

• Consol 24" TV and Walnut 32" high 39" wide cabinet- \$400. Black 19" by 30.5" Microwave - \$400. Hexicon glass top table - \$200.

• Estate Sale - Several item for sale. Sample items: 68" gold/burgany sofa in perfect condition - \$85. Montgomery Ward & Kenmore sewing machine - \$35 each. Dining Room Suite - 4 glass doored hutch, 48" oval table with 3 leafs, 2 armed chairs, 4

side chairs, all dark pine - \$350. Mediteranean Entertainment Center with 2 tier cabinets w/ glass doors on top, drawers on bottom, dark pecan - \$500. Living Room Suite - Sears Full Sectional sleeper suide sofa, 2 recliners - \$400. Victorian Tripple Dresser & Mirror - \$85. Call 904-687-9149.

• 2013 Scooter 125 cc with low mileage, windshield, removable carrying case, cover. Kept in garage & in excellent condition. \$1,550. Call Ray 904-495-8034. Scooter gets approx 90 mpg, great for running errands!

ANNOUNCEMENTS

• Anyone wishing to meet to help organise a British Commonwealth Club for company from "home". Meeting once a month (or more often) for lunch, dinner or just a chat. Please contact Jane Arnold, 904-679-5821.

• Breast Cancer Support Group - Monthly meetings are held the first Tuesday of every month at 7 PM in the Cancer Resource and Education Center (Suite 1010) at Flagler Hospital. We welcome newly diagnosed breast cancer patients, survivors of all ages and caregivers. For more information call 904-819-4693 (or 4793) or www.bcsogfstaug.com.

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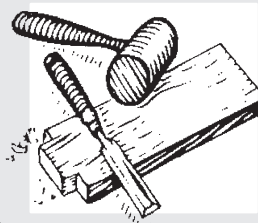
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St. Augustine Shores Club News

October Riverview Club Calendar

DANCE MEMBERS:

October 17th EARLY SOCIAL

Saturday 7:00PM - 10:00PM Music By: Tim Rippey

Chairpersons: The Zorn's

Reservations: Tuesday 10/13/15 and Thursday 10/15/15 *9-10am

Dance Members and Houseguests- \$5 / Activity & Outside Guests- \$10 BYOB

October 30th MAIN SOCIAL

Friday 7:00PM- 10:00PM Music by: sPhil Farino

Chairpersons: Phillips & Hernandez

Reservations: Tuesday 10/17/15 and Thursday 10/29/15 *9-10am Dance Members and

Houseguests -\$5 and Activity & Outside Guests \$10.00. *BYOB*

ACTIVITY MEMBERS:

RUBBER BRIDGE- Friday at 12:30PM

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 - Dance & Activities Members Welcome. No class on October 29th.

EXERCISE CLASS - Every Tuesday and Thursday at 10:00AM. Donation at door \$2.00, call Nancy Willis 794-1855.

FRENCH CLASS- Learn French conversation on Tuesdays @ 1:30pm. To sign up call Micheline Sterling 794-0800.

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

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

Writers in the Shores- Meetings for Writers in the Shores will be Tuesday the 13th and again on the 23rd at 1pm. The chosen subject "The Worst Thing You've Ever Done." was suggested for this month's topic on the 27th. Rec. Membership is not required for more info please call Donna Johnson @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.

To All Members of the Recreation Association,

If you know of anyone who should receive a greeting card, please call Cecilia Scully at 797-4816.

SPECIAL NOTICES

- Shores Family Day will Be October 10th at the Riverview Club
- Recreation Craft Fair on Sunday October 25th 1-4pm in Mail Hall
- Recreation Spaghetti Dinner & election November 6th. Reservation will be October 27th & 29th at 9am
- Shores Fall Yard Sale will be November 14th
- Early Social- November 9th Sunday 6-9pm. Entertainment: Ernie
- Dance Members (& Houseguests) - \$5/ Activity Members & All outside guests- \$10
- Main Social- November 21st Saturday 7-10pm. Entertainment: Reministyx
- Dance Members (& Houseguests) - \$5/ Activity Members & All outside guests- \$10

Public Invited to Open House at Church Building

Local members of The Church of Jesus Christ of Latter-day Saints assigned to the building at 500 Deltona Blvd. are excited to be returning after a year of driving to Palatka for Sunday services.

One of their Bishops, Jeffrey Oldham— pictured with four missionaries assigned to this area, has commended the parishioners regularly for what he has termed “their 35 mile testimonies”.

After a thorough refurbishing to remove mold from their Shores structure, they will celebrate with the community by holding an open house on Friday and Saturday, October 16 and 17, 2015 from 6:30pm - 8:00 pm with a musical presentation from 8:00 - 8:30 pm in the chapel.



Photo by Little Lane Photography

Tours of the building with descriptions of the activities that take place in each room (including hands on for children), displays in the cultural hall along with cookies and punch, and the musical presentation, directed by a member who is currently reorganizing the St. Augustine Band after many decades, are some of the highlights. There will be plenty of time to ask questions regarding genealogy, temples, missionary work, as well as other aspects of The Church of Jesus Christ of Latterday Saints.

Writers In The Shores

By Donna Johnson

The October meetings for Writers in the Shores will be on Tuesday the 13th and again on the 27th. The chosen subject is to be "The Worst Thing You've Ever Done" and, is suggested for this month's topic to write about on the 27th. 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 on Friday, October 16 at 1:30 at the Southeast Library. The program is Whimsy In The Garden, creative simple ideas for the garden, presented by Barbara Purple, Master Gardener. Refreshments will be served. Visitors are invited.

The Geranium Circle of the Garden Club of Saint Augustine has new officers for 2015 to 2017: Gayle Prevatt Vice President, Diane Johnson Recording Secretary, Angela Demetriades Treasurer, Cynthia Avance President. Not pictured - Mary Ryan, Corresponding Secretary.



Temple Bet Yam to Show Film “Welcome to Kutcher’s

The wildly popular documentary, “Welcome to Kutcher’s, will be shown at Temple Bet Yam in St. Augustine on Sunday, November 8th at 2PM “Welcome to Kutcher’s” is a nostalgic look at a typical Catskills or “Borscht Belt” hotel where Jewish families could vacation without fear of anti-Semitism. The hotels, now long gone, served outrageous portions of Kosher food and were known for waiters who kept guests in stitches. Many of the best known Jewish and non-Jewish comics got their start while working as waiters in the hotels. This is a free event thanks to sponsors Jewish Federation Shalom Jacksonville and River Garden Senior Services. Due to the popularity of the film, reservations are necessary. They can be made by calling Temple Bet Yam at 819-1875 or by e-mailing templebetyam@gmail.com. Temple Bet Yam is located at 2055 Wildwood Drive, St. Augustine, close to SR206 and I95.

Fall Photos with Your Pet at Local Veterinary Hospital

St Johns Veterinary Hospital and Cat Clinic provides the latest in animal care, focusing on the best possible treatment and preventive health care to keep our clients and their pets happy and healthy. We are a multiple doctor practice with services that include exams, surgery, endoscopy, acupuncture, radiology, ultrasound, and in house laboratory so pets receive individualized treatments to meet their needs. A certified Cat Friendly Practice, means that our staff is committed to taking the extra step in making cat veterinary visits as least stressful as possible, at the hospital we have a cat specific waiting room and exam room.

Part of a pets health and well being is ensuring they receive proper nutrition, enough exercise and socialization. This is so important that we have a pet shop geared toward providing a wide range of veterinary prescribed diets and Play Care available for dogs Monday – Friday.

We are having a Fall Festival on Tuesday October 6th open the public. Please join us at St Johns Veterinary Hospital to learn more about our products and ways to keep your pets healthy and engaged. Our event is sponsored by Merial and we will be doing Fall Pet Photos in the Pet Shop from 10am-4pm at 1360 US HWY 1 South in St. Augustine.

Bring your pet to get your seasonal pictures taken and we will have some free treats and information for pets & owners. For more information call 904-824-8123 or www.stjohnsvet.com.



Shores Service Corporation Family Fun Day

November 14th 10 am to 1pm

- Bounce House
- Dunk Tank
- Free Swim dayd at the Pool
- Water Slide
- Bar-B-Que, Drinks & Snow Cones

St. Augustine Shores Riverview Club
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Shores Service Corporation President Message

Greetings fellow members,

Each year the Board of Directors and the entire office staff approve and work hard to host a community event to build a neighborly atmosphere here in the beautiful St. Augustine Shores. I would like to invite all of my fellow Shores residents to the Shores Family Fun Day beginning at 10:00 am on October 10, 2015. We will have food and fun for the whole family so please come join us at the Pavilion by the Riverview and around the newly renovated pool.

As your board, we are committed to improving the quality of life here in the Shores. With that said, the Board of Directors and I have developed a set of goals to guide us along this journey. We have developed two new committees. The first committee is the Riverview and Grounds Committee was formed to research the effective and efficient operation of the Riverview Club. The committee will also look for ways to improve the layout of the grounds surrounding the Riverview Club, the parking lot and the entrance coming into the parking area. Several recommendations have been made to the board including increasing the rental fees for non-residents renting the Riverview Club. Just one example of finding ways not to raise our association rates. We will continue to work on finding sources of income to maintain our low HOA dues.

The second Committee is the RV and Boat Storage Committee. They are tasked with improving the functionality and curb appeal of the storage compound. Our General Manager Joe Smith recently mailed a request for input concerning the compound. The postcard gave five areas for improvement that we can afford to do under the current budget. From your response, the committee has made several recommendations to the board on a plan for improvement.

Both committees presented their recommendations at our last board meeting and the details can be found in our Board of Directors' Minutes located on our website. The meetings, which are held on the second Thursday of the month at the Riverview Club, are always open for the membership to attend. We welcome you to attend these meetings and witness our dedication to the Shores Community in person.

We are in the planning stages of forming two new committees. One will focus on landscaping and curb appeal throughout the Shores and the other on deed restriction violations. These are two areas that are most commented on by our fellow members.

If you would like more information on any of these committees, you can contact the committee chairperson. For the Riverview Club and Grounds Committee, contact Director Rachel Diamond at Shoresmomma@gmail.com, for the RV and Boat Storage Committee contact Director Sue Chitwood at (904)669-0750. Our Architectural Control Committee Chair is Director Jerry Zinn (Board VP). If you are interested in participating in any of these committees or I can help in any way, please email me at president@staugshores.net.

St. Augustine Shores Service Corporation September 10th, 2015 Board Summary

The September 10th St. Augustine Shores Service Corporation's Board of Directors meeting was called to order. President Jim Prierter, Vice President Jerry Zinn, Treasurer Claire Lorbeer, Director James O'Such, Director Sue Chitwood. Secretary Rachel Diamond present with Winston Burrell unable to attend. Minutes of the August 13, 2015 were reviewed and approved.

Treasurers Report was accepted for audit. General Manager Smith reviewed changes to the Operating Fund and the Reserve Fund.

Two requests for payment plans for residents with both being approved: 986 Aragon Avenue and 37 Aleido Court.

ACC Report – The ACC Committee had 1 meeting in the month of August and approved: 1 addition, 1 retaining wall, 3 fences, 4 new homes, 1 pool repair, 1 shed, tabled 1 for more information, and granted 1 permit extension for total approved YTD 96.

Variations- There were 4 request with 3 approved and 1 denied: approved Mathews- 316 Altara Drive, Mencher- 622 Alameda Drive, Lennon- 417 Maribella Court, and denied Nichols- 928 Alcala Drive. Motion approved to investigate other properties similar to 928 Alcala Drive.

Managers' Report - Joseph H. Smith III

401K Discussion- Motion carried to move forward on the plan offered by Paychex.

Storm water Drainage System- General Manager Smith indicated that he had solicited three Excavating Companies to bid on the project.

Progress on Board Goals- Curb Appeal: General Manager Smith presented three bids to repair/replace 1850 square feet of sidewalk that runs on the West side of Twin Lakes Tract H Unit 5. The funding for this project is included in the Dreux Isaac Reserve Fund Study. Motion approved to accept bid of DN Construction \$ 12069.20, **Safety/Security:** Board informed that the lock to the pier gate had been replaced and re-keyed to assist with security. **Operations:** General Manager Smith is commented he was working with Dreux Isaac to adjust the Reserve Study to account for projects undertaken.

Action Status List Update:

Riverview Grounds and Clubhouse Committee: 1. Motion approved to increase the non-resident rental rate from \$1200 to \$3000 for the Ballroom, and that the Reservation Deposit of 25% is non-refundable and that the cancellation policy will be 90 days prior to the event instead of 30 days. 2. Motion approved to develop a policy that states that Boards operating within the Shores Community will be allowed to use the Facility for 1 free Board meeting per month providing it takes place on a week day when other events are scheduled in the Facility and all subsequent meetings requested would be charged \$60 for 3 hours of use and need to be booked in advance through the office staff. 3. Motion approved that the Recreational and Social Organization be charged a discounted rate of \$2000 per month to continue as they currently operate with the classes that are scheduled and two dances per month payable on the first of the month and will allow the office to cancel or reschedule these events with 30 days' notice and that our attorney to draft a letter explaining this change and informing the Recreational and Social Organization that they will be responsible for collecting their fees and dues and that they collect the \$2000 and secure the rooms effective November 1, 2015 and if this change is not acceptable we will go to an activities membership which would cost Shores residents \$120 per year and non-residents \$360 per year and we would establish the position of an assistant to help administer the change.

Compound Committee: The committee will Meet on September 16th at 10 am. Motion approved to accept the committees proposal for Security, lighting, and drainage as top priorities.

Home Office Application: Motion approved for 949 Espinado Avenue.

Deed Restriction Report: General Manager Smith provided the Board report copies.

Board adjourned after directors and Members Comments.

News from Around the Shores St. Augustine Ballroom Dance Association Celebrates it's 35th Anniversary

On Saturday, October 10th, the St. Augustine Ballroom Dance Association will be celebrating it's 35th anniversary, marking 420 months of uninterrupted monthly dances.

This gala celebration will include dance music by Roy Olsson's popular Nostalgia band, a reading of SABDA's history and a display of photos going back to SABDA's founding in October 1980. Members and guests will cut the cake, pour the Champaign and dance the night away.

The association gathers on the second Saturday of every month at the Riverview Club, 790 Christina Drive, in St. Augustine Shores. Dances start at 7pm and end at 10:30pm. Dance exhibitions are offered at most dances and hors d'oeuvres, desserts and coffee are served at the second break of every dance. Guests pay just \$15 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 to this special event, call President Hal Sommer at 904-823-0719. Or call Dennis and Mary Larimore at 904-825-4902. For more information, and to see pictures of recent dances, visit facebook.com/ABDA/StAug. *Picture Caption: Entertainment chairperson, Hatsue Wright, presenting Champaign to last month's entertainers Annie Hawkins on the left and Felix Solis on the right. Band leader Ray Mezo in the back.*



Educational Programs for Children and Youth at Shores UMC

The Children's Exploring LIFE program has resumed at Shores United Methodist on Wednesdays from 6-7:30 pm, in the Christian Education Building. The theme this school year is "Agents in Action" and gives kids a chance to think of themselves as secret agents for God. Children from Kindergarten to 5th grade participate in Bible study, games, crafts and have a meal of pizza.

The Xample Youth program serves middle and high school children. This active group of teens is involved in Bible study, mission projects, fellowship, pizza, snacks and learning how to live a Christ-centered life. They also meet on Wednesdays from 6-7:30 pm in the Christian Education Building.

All teachers for both programs are trained and have had background checks. Both programs are free and are open to the community. Contact the church office at 797-4416 or visit the website, www.shoresumc.org for registration information.

The Pumpkins Return to Shores United Methodist Church

The Pumpkin Patch opens at Shores United Methodist on October 10, 2015. The Patch will be open weekdays from 1-7 pm and weekends 11am-7:30 pm and will feature all sizes of pumpkins for home and business use.

The annual Fall Festival will be held on Saturday, October 24th from 3-5 pm. Food, games for the kids, cupcake walk, and a bounce house. Everything is FREE!!

Trunk or Treat, a safe and fun alternative to Trick or Treat, will be held in the church parking lot on Halloween, October 31, 2105, starting at 6pm. This is open to the community and children are encouraged to wear their costumes. There is plenty of free parking.

Shores United Methodist Church is located between the Shores Golf Course and Hartley Elementary, and is convenient to the Shores, St. Augustine South, and the Beaches. More information about all activities is available at www.shoresumc.org or by calling 797-4416. Rev. Randy Strickland is pastor.

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News From Aroung St. Johns County "Understanding The Civil War" Discussion Group Meeting

The monthly meeting of the "Understanding The Civil War" Discussion Group will be held on October 6, 2015 at 1pm at the Anastasia Island Branch Public Library in the Seagrove Subdivision on Rt A1A South. The topic for the meeting will be a continuation of our discussion of "Military Strategies- North and South". The meeting is open to the public.

As an advanced announcement for the November 3rd meeting, the Discussion Group will have a special presentation by Dr John Paling, retired professor from U of FI, on the topic "The Thomas Jackson Letters: One Man's Battle To Stop Slavery". Jackson was an English immigrant to America prior to the Civil War and became a passionate abolitionist who resided in Pa. Through his letters home to his family that were published in English newspapers, he hoped to convince the English not to support the Confederacy. Dr Paling is a distant relative of Jackson. For more information please email Charlie Smith at: smithc32@bellsouth.net.

St. Augustine Travel Club Cruise

by Peter Dytrych

Please join us for our FREE St. Augustine Travel Club get together on Wednesday, October 14, at 3pm at the Southeast Branch Public Library on U. S. 1 when we will present on South Africa Safari and Cape Town. 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.

St. Augustine Genealogical Society (SAGS)

The St Augustine Genealogical Society (SAGS) meets at the St Johns Public Library, SE Branch, large conference room located at 6670 US 1 South, St. Augustine, FL 32086, on the second Saturday of the month at 1:00 p.m. For more information call (904) 315-4028 or 460-2719.

Friends of A1A Upcoming Events

• **Spoonbills & Sprockets Cycling Tour, November 1, 2015** - Come experience the beautiful A1A Scenic Byway by bike! Whether the 100, 72 or 36 mile route, take in the sights of Gamble Rogers State Park, Varn Park, Marineland and the St. Augustine area. A fully supported ride, including SAG support. This ride is sure to please as you tour our beautiful beaches and parks. Once finished, enjoy a catered luncheon and an afternoon at Marineland!

• **7th Annual Super Scenic 72 Mile Garage Sale, November 14, 2015** - The Garage Sale offers shoppers an experience like no other. Starts in Ponte Vedra and ends in Flagler Beach, 10 community sites other 100 stops on the way.

Wednesday Brown Bag Lunch Program

The Spice & Tea Exchange presents: The Spice of Life

It's time to spice up your fall menus and join Friends as we welcome back Colleen Messner from The Spice & Tea Exchange to talk about enhancing food and drink with herbs and spices. This Friends of the Main Library St. Augustine signature Brown Bag Lunch program on October 21, 2015, will begin at 12:30 p.m. in the Main Library at 1960 N. Ponce de Leon Blvd. The program is free and open to the public, but reservations are required to guarantee seating. Please stop by the Reference Desk or call the Main Library at (904) 827-6940 to make your reservation.

Ms. Messner's last Brown Bag Lunch program was a tea party where attendees learned about the history of tea and sampled several different teas featured at her shops. For the October program, she will introduce us to a variety of spices and suggested recipes, with taste tests and samples ranging from spiced popcorn to (non-alcoholic) Bloody Marys. Colleen also plans to offer an iced version of one of her teas and will bring some spices from The Spice & Tea Exchange to sell after the program. A portion of the proceeds will be donated to help with Main Library programs.

Patrons are welcome to bring their lunch to the Brown Bag Program. Refreshments will be provided. The program is free and open to the public, but reservations are required to guarantee seating. For reservations, please call the Main Library at 904-827-6940. For additional information, contact Friends President Toni Siriani, toni825@hotmail.com. Follow Friends on Facebook/ Friends of the Main Library St. Augustine.



S.A.F.E Pet Rescue

Annual Fall Shores Yard Sale

S.A.F.E. Pet Rescue, Inc. will be having a grand adoption event at the Annual Fall Shores Yard Sale on November 14th. Great dogs will be looking for good homes. For more information contact <http://www.safe-pet-rescue-fl.com>.

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Prevention Vs. Correction

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

I recently had a patient tell me, "I wish I would have started this long ago." He's developed neck and shoulder pain from years of faulty posture. His forward head, neck and shoulder posture has caused years of compensatory movement, muscle imbalances and tissue strain. He's doing well but he's correct, it would have been easier if he had prevented or minimized the faulty posture in the first place.

Our bodies are always adapting to the stresses they encounter. Tissues grow and change depending on these forces. Over time, muscles, ligaments and tendons begin to yield to gravity. Some shorten. Others lengthen. Low backs tend to flatten and necks tend to curve as the head moves forward. The result of these imbalances can be painful, producing pressure on discs, nerves and joints. The longer these imbalances remain, the more difficult they are to reverse. Prevention is better, and easier than correction.

I often ask patients if they regularly change the oil in their car to prevent engine breakdown, rotate the tires or if they were vaccinated as a child to prevent diseases. Without thinking the answer is always yes. But when it comes to the mechanics of the body (wheels, tires, shocks), the condition of the cardiovascular system (the engine) or the nervous system, maintenance is often an afterthought.

Maintenance of the body and its sys-

tems is called "Wellness." Many think it consists of exercise and conditioning only. Although these are important components, exercise and conditioning alone cannot correct mechanical problems such as faulty posture or compensatory movement patterns. Physical and Occupational Therapists use manual therapy to make these corrections. We gently push/pull the joints and stretch the muscle to establish movement and then use exercise help to lubricate and maintain the correction.

The advantages of prevention vs. correction are many. Staying mobile and healthy is easier than trying to get back into shape after allowing oneself to get out of shape. I've experienced this firsthand. Although it may not seem like it at the time, staying healthy is easier on the wallet. Keeping your body moving can potentially shield you from facing some of the rising costs of healthcare. And lastly, staying mobile and healthy makes you feel better. It can prevent those aches and pains from gaining ground.

Correction is always an option but in the long run, prevention is always better. All that is need is a plan. Consult your MD and then your physical Therapist. As a musculoskeletal specialist, your therapist can develop a maintenance plan designed specifically for you. At First Coast Rehabilitation we say we have One Therapist, One Patient, One Goal and One Plan be-

Wild Flower Meadow Group

by Cindy Taylor

There's a tiny vine growing all over the meadow and all spring and summer we've been pulling it out, thinking it might be an invasive. We worried it was keeping many wild flowers from blooming, but there were too many to remove it all. At least we were giving some flowers a better chance, even if we couldn't save all of them and now? There are tiny pink blossoms on all those vines scattered throughout the meadow. Sometimes failing to do all you want to do is a good thing, when what you thought was good isn't. Of course, what's good for a wild flower meadow isn't the same as what's good for a garden but each has its merits.

The tiny vine is called a snow pea though I don't why, since it's pink. http://www.regionalconservation.org/beta/nfyn/PD_PFriendly.asp?tx=Galavolu.

Downy milkpea - Galactia volubilis - Landscape Uses: Primarily recommended for natural landscapes and habitat restorations. Also wildflower and butterfly gardens.

Ecological Restoration Notes: A relatively common understory herb or small vine in pine rocklands and coastal uplands. - Availability: Grown by enthusiasts.

And we were pulling it out? See what we learn working in the wild flower meadow? The wild poinsettia is coming to its prime, so it the (non-allergenic) golden rod, and blue curls will soon start blooming along with rattle boxes.

In September we're going to Old Day's in Florida at Faver Dykes Park. We meet 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.



cause one plan does not fit all.

Rob Stanborough is a physical therapist serving St. Augustine for nearly 10 years. 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 is certified in manual therapy, a Fellow of the American Academy of Orthopaedic Manual Therapists. Read previous columns at www.firstcoastrehab.com.

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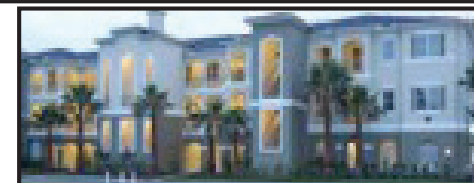
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By Dr. Jack R. Thompson
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Are You Suffering Needlessly?

Does your back or neck hurt you? Do you get headaches? If you answered "Yes" to either of these questions, don't feel alone. Back & neck pain and headaches are two of the main reasons people seek out medical care. And in my experience, there are very few people I've met who don't have some type of sore back, sore neck or headache problem.

Back & neck pain and/or headaches can be caused by many things. But one of the main causes of both are problems with the bones of the spine (vertebra). When spinal bones become misaligned, "locked up" and lose their normal range of motion (what is known as "subluxation"), unwanted nerve pressure can develop and cause pain and other dysfunction. Having a subluxation in your spine is as common as having plaque or cavities in your teeth. Neither subluxations nor cavities will heal on their own.

Contrary to popular belief, neck & back pain and headaches are not normal. They may be common, but they are not normal and usually indicate that there is some underlying problem that needs correction.

In 20 years of private practice, I have cared for over a thousand people just like you - ones who believed they didn't "need a Chiropractor" because they didn't have anything wrong with their backs. Or so they believed. Many people would rather

live with pain rather than see a doctor who might be able to help them. Especially a doctor who is not a medical doctor - like a Chiropractor.

I understand this because that's what I did for years when I worked as an Electrical Engineer before I became a Chiropractor. I "suffered needlessly" for nearly 20 years with back pain and migraine headaches because I was too stubborn to seek out help from a Chiropractor. When I finally did, the results were amazing!

Regardless of your age or physical condition, if you are "suffering needlessly," consider giving Chiropractic treatments a try. Like me, you might be amazed by the results!

I have recently reopened my office and am now welcoming new patients. If you would like to see how you might be helped by Chiropractic, simply give us a call to schedule an appointment. There is no charge for a consultation and treatment costs are less than you might think. The only thing you have to lose is your pain!

Dr. Jack Thompson is a St. Augustine native. He is a 1974 graduate of St. Joseph Academy, and has degrees in Electrical Engineering and Doctor of Chiropractic. Dr. Thompson has been in private Chiropractic practice since 1996 and has helped many people regain their health through Chiropractic care.

Computer Corner

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

Windows 10 Continued....

Greetings from Computer Professor

To my pleasant surprise, the evolution to Windows 10 has been working smoothly. Those of you who are coming from Windows 8 will find Windows 10 easier to understand, that is of course, unless you never learned Windows 8. There are a few things that will make going to Windows 10 easier:

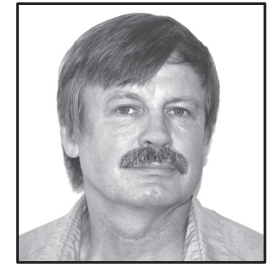
1. Make sure your Windows 7 or Windows 8 computer is updated and running well before attempting upgrading to Windows 10

2. It is always advisable to have a backup of all your user files before starting

3. Make sure you have your Microsoft account ID and password ready, (If you are coming from Windows 7 you may not have one, if you came from Windows 8 with a "local account" you also did not create one), do so before upgrading. Contact me and I can tell you what to do or setup a service call and I will do it with you and explain what it is all about.

4. Make sure you have a good internet connection and a couple of hours to install Windows 10 and the updates. Once you start it do not cancel.

There is a safety feature built in, if you really do not like the upgrade then you can restore your version under a recovery section in Windows 10, BUT it will only be available to do for 30 days. They mix programs and apps together which means you really need to remember the name of the app/program you are using, what it will do and how to use it.



Take few minutes to explore the new start menu so you can tell where things are. Below I have listed answers to two of the most frequent questions I have received so far. If you really liked the Windows 8.1 start screen then make sure you read the first of the two tips.

1. How to change your default start menu to allow more room and organization options for the apps?

a. Start from the desktop
 b. Point at a clear place on the desktop and right-click

c. In the resulting menu click on the last option "Personalize"

d. A window will open and on the left side click on the word "Start"

e. Then in the list to the right turn on the option that is labeled "Use Start full screen"

f. Close the window and when you click on the start button again you will have a full screen menu.

2. How do you make shortcuts to things and place those shortcut on the desktop or/and the start menu?

a. From the default start menu find the item you wish to make a shortcut

b. Point and hold down the left mouse button

c. Holding the button down drag the mouse pointer onto either the app screen or the desktop - release the mouse button

d. A link to that item will appear. (there are a few exception to shortcut making)

Dr Jack R Thompson, Chiropractor

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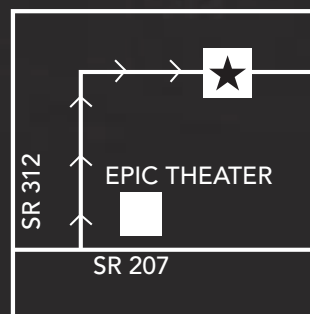
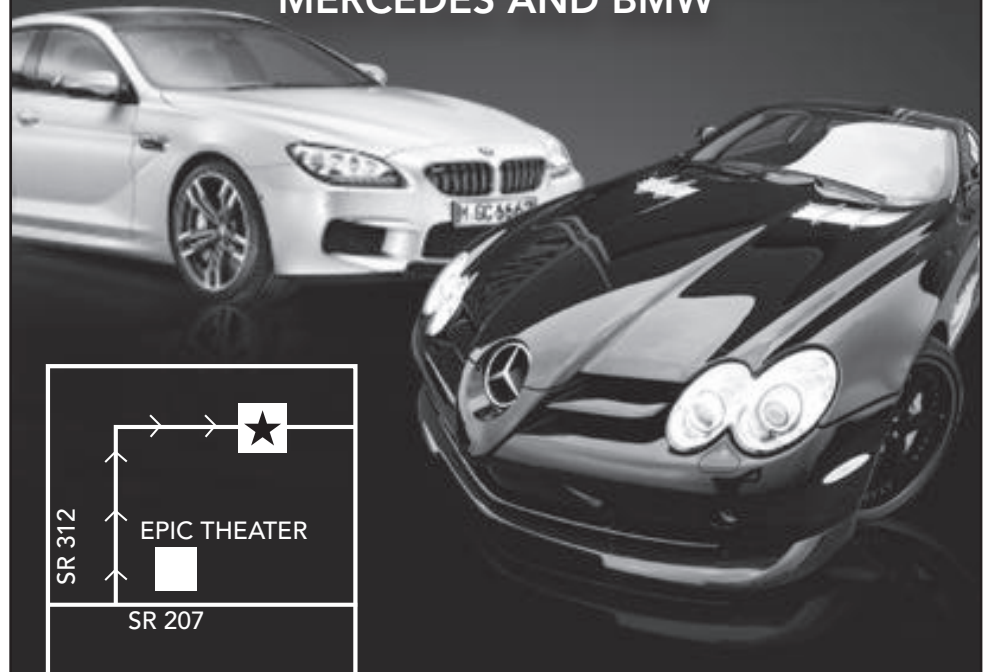
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Financial Focus

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Avoid Emotional Investment Decisions

What's the biggest obstacle to your ability to invest successfully? Is it the ups and downs of the financial markets? Political events? The fact that you weren't born rich? Actually, the chief hurdle you face is something over which you have control: your own emotions.

Your emotions can lead to a variety of ill-advised investment behaviors, such as these:

- **Cutting losses** – Declines in the financial markets can lead some investors to try to "cut their losses" by selling investments whose price has declined. Yet, when prices have dropped, it may actually be a good time to buy investments, not sell them, especially when the investments are still fundamentally sound.

- **Chasing performance** – In the investment world, the flip side of "fear" is "greed." Just as some investors are propelled by fear of loss, others are motivated by quick, big gains. They may pursue "hot" investments, only to be disappointed when the sizzle quickly fizzles. Instead of trying to "score" that one big winner, you may be better off spreading your investment dollars among a range of vehicles – stocks, bonds, government securities, certificates of deposit (CDs) and so on. While diversification can't guarantee a profit or protect against loss, it may help reduce the impact of market volatility on your portfolio.

- **Focusing on the short term** – When the market is down, you might get somewhat upset when you view your monthly investment statements. But any individual statement is just a snapshot in time; if you were to chart your investment results over a period of 10, 15 or 20 years, you'd see the true picture of how your portfolio is

doing – and, in all likelihood, that picture would look better than a statement or two you received during a down market. In any case, don't overreact to short-term downturns by making hasty "buy" or "sell" decisions. Instead, stick with a long-term strategy that's appropriate for your goals, risk tolerance and time horizon.

- **Heading to the investment "sidelines"** – Some people get so frustrated over market volatility that they throw up their hands and head to the investment "sidelines" until "things calm down." And it's certainly true that, when owning stocks, there are no guarantees; you do risk losing some, or all, of your investment. But if you jump in and out of the market to "escape" volatility, you may take on an even bigger risk – the risk of losing some of the growth you'll need to reach your goals. Consider this: If you had invested \$10,000 in a package of stocks mimicking the S&P 500 in December 1979, your investment would have grown to more than \$426,000 by December 2013. But if you had missed just the 10 best days of the market during that time, your \$10,000 would only have grown to less than \$206,000 – a difference of about \$220,000, according to Ned Davis Research, a leading investment research organization. The bottom line? Staying invested over the long term can pay off. (Keep in mind, though, that the S&P 500 is an unmanaged index and isn't meant to depict an actual investment. Also, as you've no doubt heard, past performance is not a guarantee of future results.)

Our emotions are useful in guiding us through many aspects of our lives, but when you invest, you're better off using your head – and not your heart.

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

St. Augustine Beach Civic Association

by Bill Jones, President
www.thecivicasociation.com

Civic Association Says Yes to Half Penny Sales Tax for Schools



In the spirit of ignoring political differences aside and promoting what is best for our community, The Saint Augustine Beach Civic Association has endorsed the proposed half penny sales tax to benefit the students of the

Saint Johns County Schools. Civic Association members heard a presentation by Mark and Alecia Bailey about the needs facing our schools. The presentation was detailed and made very clear how the money would be spent. During the recent economic crunch the State Legislature reduced funding to County Schools. This decision cost our County Schools 180 million dollars over the last 7 years leading to a backlog on construction of badly needed new schools. Having the best schools in Florida means we are attracting more students. The growth in student population is being addressed on a temporary basis by putting hundreds of students and teachers in trailers. This is equivalent to putting a band aid on a cut that needs dozens of stitches. Every person present at our meeting agreed that this special tax was the best way to address this problem. Some important facts about this tax:

- The money collected stays here in Saint Johns County
- The money can only be used for capital spending (construction of new schools), improvement of existing school facilities, including safety and security improvements and technology upgrades.

- Tourists will also pay this tax meaning more than 33% of these construction projects will be paid for by visitors.

- The special tax sunsets in 10 years

Need to know more? Please visit the Sales Tax Referendum website at <http://www.stjohns.k12.fl.us/halfcentsalestax/>.

Our thanks to the Baileys, Dr. Joseph Joyner and all of our school system employees for their dedication to our young people.

The 10th Annual Taste of the Beach is set for Sunday October 18th from noon until 5 pm at Pier Park. The event features 15 great restaurants, live music, beer, wine, soft drinks and more. Admission is free and patrons can buy tickets for \$1 each and then purchase small servings or tastes of appetizers, entrees and desserts from any or all of the participating restaurants. Proceeds from the Taste will again go to the Betty Griffin House to help victims of domestic violence. This event is a

win win for everyone involved. 50% of every ticket purchased goes to BGH with 40% going back to the restaurants to help them cover some of their costs. The remaining 10% helps pay for some of the marketing and production costs incurred by The Civic Association. Prizes will be awarded by our celebrity judges Kris Phillips of Newstalk 102.1 FM, School Board Member and local attorney Patrick Canan, Mayor Andrea Samuels, and Nico Recore, owner of St Augustine Art Glass and host of the wildly popular Face Book feature "Nico on the Scene". There will be free shuttles running all afternoon to the Taste. Park at St. Augustine

Beach City Hall parking lot or Betty Griffin House Store parking lot (Pope Road and SR 312) and ride the free transportation to the pier. Find the event on Face Book or visit www.thecivicasociation.org The restaurants participating in the Taste of the Beach on October 18th are Amici, Dunes Cracker House, Black Fly, Obi's Filln Station, Les Petits Pleasures, Panama Hatties, Bonez BBQ, Purple Olive, Ripe Bistro, Salt Life, Ssunset Grille, Beachcomber, South Beach Grill and Viola's Pasta & Seafood. The live music of Vinny Jacobs is presented by Beaver Toyota Scion. The event starts at noon at the Pier Park

The Civic Association is pleased to announce a number of donations and sponsorship's approved by the Board of Directors. \$600 to the Saint Augustine Youth Orchestra for the purchase of instruments, \$300 sponsorship of A Classic Theater and their October production of Threads of Silver and Gold (performances the last two weekends of October), \$1000 to the United Way's Women United Luncheon (benefits Weekend Hunger Backpack Program for middle- school students, mobile food pantry provided by Catholic Charities emergency child care assistance offered through the Early Learning Coalition) and \$1000 to the 2nd annual Giving Thanks Monday at Marsh Creek to benefit the Wounded Warrior Project.

Finally we remind you to save the date... The Nights of Lights starts here in Saint Augustine Beach with Surf Illumination. Join us at Pier Park on Friday November 20th for music, food, a visit from Santa and the lighting of our community holiday tree. Thanks for reading and see you soon on Florida's very best beach!



Award Plate designed by local artist Wendy B Tatter

So Much Planning Goes into Retirement. Have You Thought About Taxes As Well?

It's likely that your retirement income may come from many sources, such as Social Security, pension distributions, a 401(k) or IRA withdrawals. That's why, if taxes are a concern for you, it's important to choose the right investments for your portfolio. At Edward Jones, we have many options that can give you more control over your taxes, so you can enjoy what you've worked so hard to achieve.

Edward Jones, its employees and financial advisors cannot provide tax advice. You should consult with a qualified tax specialist for professional advice on your specific situation.



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St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

OffenderWatch Program

Did you know that sex offenders or predators move an average of four times a year! It is this reason that our citizens want and need easy access to sex offender data so they can run neighborhood searches around their home and school. They want to stay updated with emails and postal mailings whenever there is a change around them. In addition, 80-90% of us likely have a sex offender living within a one mile radius of our home, our children's school, and place of work. This month I would like to talk to you about a very important program we offer here at your Sheriff's Office. It is the OffenderWatch Program. This is an on-line tool to keep you better informed as to where registered sex offenders and predators reside in our county. This system will enable anyone with an Internet connection to search for registered sex offenders and predators within our county by name or address.

This program is two-fold: A geographic tool and an e-mail notification program. With the geographic tool, any address in the county can be entered into a search engine, and a map will be displayed showing full information on the location of any registered sex offenders or predators living within a mile radius of that address.

The email notification program allows any person to enter up to five addresses in the county into a database so that the Sheriff's Office can notify you of any offenders or predators who moves within one mile of that given address. To sign up for the OffenderWatch program, go to our website at www.sjsso.org, and click on the Sex Offender and Predator tab and then the OffenderWatch link. Instructions will guide you through the process.

Also on our website you will find safety tips for parents and children. With recent events in our neighboring counties involving crimes against children, parents should remain diligent by knowing where their children are at all times. Be familiar with their friends and daily activities, especially on-line and whom they might be "talking" to. Help build self-esteem in your child, listen carefully to their

fears, and be supportive in all your discussions with them. Replace your child's fear with knowledge and guide them in their decision-making. By practicing age appropriate life skills early this could assist them with more complex situations later. Teach them to trust their own feelings and assure them they have a right to say NO to what they sense is wrong. Choose substitute care givers carefully, and be alert to anyone who is paying unusual amounts of attention to your children or giving them inappropriate gifts. Teach your children that no one should approach them or touch them in a way that makes them feel uncomfortable. If someone does, assure them you are the person to discuss it with.

Some safety tips for young children include: Teach them about who they are including their full name, birthdate, complete address, phone number and their parents' full names. If a child is in a public place and they get separated from you, encourage and teach them to not to wander around looking but to go to a checkout counter, a security office, or lost & found. Have them tell someone in authority that they have become separated from their parent and need help in finding them. If possible, use the buddy system. It's more fun and there is safety in numbers. Don't wander the neighborhood after dark or while alone. If someone follows your child on foot or in a car, teach them to stay away from them and find a trusted neighbor or adult. Be sure to tell them not to talk with strangers, give directions or look for a lost pet from someone they do not know. Most importantly, if someone tries to take a child away, the best defenses are the child's legs and voices. Try to run and scream before they get too close and call 911 immediately.

There is a wealth of information on our website on this topic as well as on many other topics at www.sjsso.org. Please feel free to follow the Sheriff's Office on Facebook and Twitter and of course email me with any questions or concerns at dshoar@sjsso.org. Thanks for reading and stay safe!

"The Good Lie" and Former "Lost Boy" Peter Kok Ter Provide a Memorable Evening

On August 29th two hundred people braved the rain to attend a viewing of the film, "The Good Lie" followed by a discussion with former "Lost Boy," Peter Kok Ter. The evening was held at the First Methodist Church and sponsored by A Golden Way: Films that Make a Difference. The presentation was the third in a series that strives to enlighten and create a dialogue about important social issues. Audience members were clearly moved by the film about genocide in Sudan and the journey that took thousands of children across the continent in search of safety. Peter Kok Ter was one of the young children who survived, finally reaching a U.N. camp in Kenya, where he lived for nine years.

Peter was fortunate. He was chosen for resettlement in Jacksonville where he began his formal education. Peter subsequently received several degrees including a dual Master's from Brandeis. He is

now serving in the Peace Corps. Peter credited part of his success to his "adoptive" families and friends, several of whom were in attendance. The thoughtful questions posed by attendees followed by Peter's intelligent and honest responses provided everyone with a most memorable and enlightening evening.

The mission of The Golden Way: Films that Make a Difference, a division of the St. Augustine Film Society, is to show films that discuss social themes with the hope of giving attendees a better understanding and appreciation of the differences that make up the human family. The Golden Way Project is made possible by a grant from the Dr. Joanne Crisp-Ellert Fund of The Community Foundation."

Winter Spectacular to Bring Holiday Cheer

(continued from page 1)

Visitors to St. Augustine from Maine last December said they had been to the show and even though they didn't know anyone in the show, said it was the "highlight of their visit!" St. Augustine local, Val D'Andrea, wrote, "Went to see the Spectacular today and I was blown away; it truly was spectacular! I had no idea what to expect and I was amazed at the talent and the production itself. The precision and timing was truly genius."

This original production was chosen as one of St. Augustine's top entertainment events for 2013 by Compass theatre critic Bob Feldheim. With new costuming, fresh choreography, props and sets, this year's show is sure to be another crowd pleaser. The St. Augustine Winter

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Spectacular will help kick off the holiday season on Saturday, December 5th at 2:00 pm and 7:00 pm, in the Lewis Auditorium at Flagler College following the St. Augustine Christmas Parade.

The Dance Company is a non-profit dance studio that has been providing strong technical and artistic dance training for over 20 years. Tickets for the St. Augustine Winter Spectacular will be available for purchase on the website: www.StAugustineWinterSpectacular.com. If you are interested in helping to bring the "newest holiday production in the nation's oldest city" to our community, please call the studio at (904)471-4946 or email: thedancestudio@bellsouth.net.

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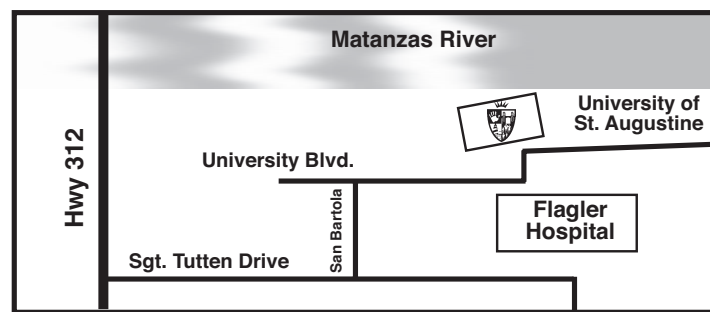
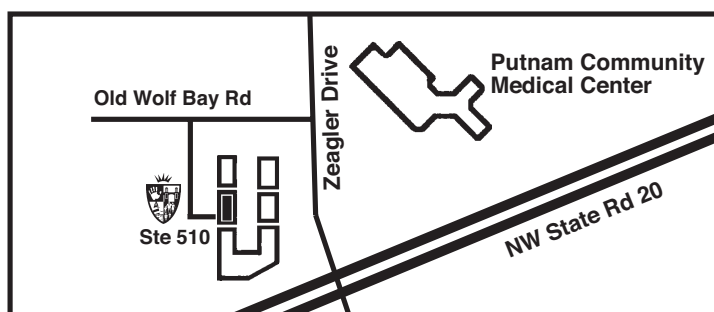


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