

October
2018

Halloween!



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

St. Augustine OBSERVER

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

Garden Club Tour of Homes Dec 2nd



The Garden Club of St. Augustine Announces their Annual Christmas "Tour of Homes," Sunday, December 2, 2018

Kicking off this Holiday Season in style is one of St. Augustine's most popular traditions—the yearly "Tour of Homes" offering visitors an intimate view into some of our City's most beautiful residences.

This year's "Tour" "Christmas in the City of Lights" will take place Sunday, December 2, from noon to 5. Ticket price is \$30 which includes: 6 homes, each sumptuously decorated by a different Garden Club Circle, a keepsake booklet, transportation, and formal Tea and Boutique located at the River House from noon to 4 featuring homemade treats and locally crafted gifts.

Homes have been graciously offered to the "Tour" by their owners and represent a variety of St. Augustine architectural styles: from historic Victorians and a classic mid-century

modern ranch, to a newly built post-modern beauty situated on a sleepy tidal estuary.

Viewers can expect floral delights tastefully designed to enhance each home. Lighted garlands will be pouring from balconies, exquisite Christmas trees gracing living rooms, bowers of flowers and creative arrangements will adorn the inside and outside of houses.

This year's homes are all in the charming southern reaches of St. Augustine, on Bridge and Sanford Sts., the hidden enclave of Tremerton Street, and the waterside Marine (continue page 12)



Shores Resident Gives Communities A "Spooktacular" Halloween Display



Shores resident Arch Rivenbark continues again this year 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 again.....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 30 - 40 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.

Garden Club Geranium Circle of St Augustine Awards Lifetime Honorary Memberships

Members of Geranium Circle of The Garden Club of St Augustine gave Julia La Due an Honorary Membership in Geranium Circle. This is a lifetime award for being a long time active member of the Circle.

Centered around Julia in picture below L to R are Janice Karapcik, Virginia Cunningham, Terry Nelson, Angela Demetriades, Circle President Gayle Prevatt & not pictured Cynthia Avance.



Helga Gazdzik also made Honorary Member of Geranium Circle of the Garden Club of St Augustine.

Helga Gazdzik, a long time member of the Geranium Circle of the Garden Club of St. Augustine was made an Honorary Member

of the Circle. Gayle Prevatt, President of Geranium Circle presented the Honorary Membership Certificate to Helga at her Home. Also present were (L to R) in photo below: Angela Demetriades, Helga Gazdzik, Terry Nelson, Past President, Gayle Prevatt, President & not pictured Cynthia Avance, Past President. Helga's name will be in the The Garden Club of St Augustine's Yearbook for 2018-2019 as an Honorary Members of Geranium Circle. Geranium Circle will be receiving the Yearbooks at our Sept. meeting on 9/21/18.



What's Inside The Observer This Month...

• **St. Augustine Shores: August Board Summary. Craft Fair - October 14th. Fall Yard Sale - November 3rd**

• **Health Update: I'm Alive but I Hurt**

• **Computer Corner: Driver Update Utilities...Who Needs Them**

• **Financial Focus: Understanding Risk Tolerance is Essential for Investment Success**

• **In the Law: You Could be Denied Passport Owing Taxes to the IRS**

• **Sheriff's Corner: Halloween Safety**

• **Datil Pepper Fall Festival**

• **St. Johns Golf Club Host 15th Annual Amateur Golf Tourney**

• **Diaries of a Shores Grand-Dad**

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St. Augustine, FL 32080-6509

Current Situation...

SATURDAY
17
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The purpose of the St. Augustine Observer is to serve residents of St. Augustine area Communities.

First priority will be given to reporting news and activities of the residents of the St. Augustine local communities, and other news and events that directly affects the St. Augustine area. Second priority will be given to articles of general interest as space permits. Information should be received by the 15th of the

St. Augustine Shores Community Calendar

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

www.staugshores.org

Shores Monthly Meetings

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

St. Augustine South Community Calendar

St. Augustine South Improvement Assoc.
 709 Royal Rd
 (904) 794-5129

email: staugsouthimpassic@gmail.com
 www.staugsouth.com

SASIA Board Members

- Jenna Cuzick – President
- Sara Gaudino – 1st Vice President
- Julie Bruijn - 2nd Vice President
- Margo Geer – Treasurer
- Andre D'Elena – Secretary
- Ed Olsen - Board Member
- Rob Kennedy - Board Member
- Frances Lundberg - Board Member
- Chad Razey - Board Member
- Joe Satterelli - Board Member

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

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

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

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 2018 meetings- March 14th (Annual Meeting) - 6:30 pm, April 11th, 6:30 pm, May 9th, - 6:30 pm, September 12 - 6:30 pm, October 10th, - 6:30 pm, November 11th - 6:30 pm, December 12th - 6:30 pm.

SASIA Meeting 3rd Wednesday 7:00 PM

Please join us and bring your ideas on how to improve our wonderful neighborhood! Connect with us on our Facebook.com and NextDoor.com pages: St. Augustine South Improvement Association.

Monthly Meetings at Clubhouse

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

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

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

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

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Community Classifieds

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

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

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

FOR SALE: Toyko Metal Day Bed with Trundle. Brand new in box. Sell for \$75.00. Call 802-878-0969.

FOR SALE: HO Train layout for sale. Entire layout or individual items (free extras thrown in). Call Ray at 904-794-5236.

FOR SALE: Pennsylvania House mahogany oval, drop leaf coffee table, like new, \$69. Mahogany end table, \$39. Duncan Phyfe style vintage drop leaf table seats four, \$79. Computer desk two-tier maple and black finish, \$49. Silverplate flatware set by Rogers, "Eternally Yours" in lined box, \$159 OBO. Vintage linen, tablecloth/napkins, handmade in Italy, \$195. Call 904.794.2594.

FOR SALE : Motor cycle stand for street bike \$20.00. (2) 2 pair of mens Harley Davidson boots, size 9 1/2, \$15.00 ea pair (3) Womens Harley Davidson jeans, size 16 \$25.00 look brand new. (4) Satin table clothes, different colors & sizes \$ 10.00 ea obo (5) Offset patio umbrella, dark green brown pole \$ 50.00 obo. Call (904) 501-0771.

FOR SALE: Meridian three wheel bike, like new \$200. Call 904-797-3835.

FOR SALE: (1) 1992 Mrcury Grand Marquis. Low mileage, engine and drive train strong, but does need some work. \$1,800 firm. (2) GoGo Scooter. Purchased new and not used. \$850. Call 904-687-9149

FOR SALE: Pennsylvania House mahogany oval, drop leaf coffee table, like new, \$69. Mahogany end table, \$39. Duncan Phyfe style vintage drop leaf table seats four, \$79. Computer desk two-tier maple and black finish, \$49. Silverplate flatware set by Rogers, "Eternally Yours" in lined box, \$159 OBO. Vintage linen, tablecloth/napkins, handmade in Italy, \$195. Call 904.794.2594.

FOR SALE: Beautiful Scully attaché case, Italian leather, pigskin lined, \$99 (orig. \$300), for men or women. Keen hiking boots, women's 8.5 worn twice, \$59 (orig. \$135). New Bjorn black women's 8 shoes, \$20. Call 904.794.2594.

WANTED: Silver Coins, Gold and Jewelry at great prices. Call Mike at 904-540-2235.

WANTED: I buy record albums and CDs. Entire collections of just selected few. I am a collector for my own enjoyment not a re-seller. Call John at 904-325-9802.



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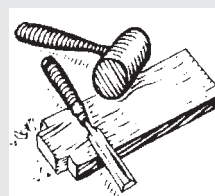
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St. Augustine Shores Club News

October 2018 Riverview Club Calendar

OCTOBER DANCES

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

EARLY SOCIAL - Friday, October 5th

7:00 pm to 10:00 pm Entertainment by Southern Style

*BYOB*Hosted by: Nicholas & Mary Arocha

MAIN SOCIAL Sunday, October 21st

RSVP: call 904-794-2000 or at www.staugshores.org/dance-rsvp 6:00 pm to 9:00 pm Entertainment by Tim Rippey

*BYOB*Hosted by: Ken Cutlip & Clara Wolfe

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

Bridge - Fridays 1:00 pm.

Bridge Lesson - The class is geared to all levels. Thursdays at 10:00 -11:30 am.

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

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

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

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

Yoga - Mondays, Wednesdays and Fridays at 9:00 am. Bring a non-skid mat & wear comfortable clothing. The class is geared to all levels.

Exercise Class - Class led by Marcia Tuesday and Thursday at 10:00 am.

Tai-Chi - Beginner classes Tuesday at 9:00 am and Thursday at 7:00 pm. Learn the principals of Tai Chi with John Doody and help your overall health and well-being!

Dance Class - Social dance class with Dennis, Thursday at 2:00 pm. Dance Class is FREE for Activities & Dance Club Members.

Line Dancing - Every Monday at 6:30 pm and Wednesday at 10:00 am. Class is FREE for Activities & Dance Club Members.

Zumba - Tuesdays at 5:30 pm. Low-impact Zumba with Mary Beth. Come sweat, lose weight, meet people, and have a blast!

Writers in the Shores - Tuesday October 9th and 23rd at 1:00 pm in the Library – topic for October 23rd is "The Falling Leaves" For information call Donna at 794-0789.

Upcoming Events at the Riverview Club

Annual Craft Fair - Sunday October 14th, 1:00 pm – 4:00 pm

Early Social Dance - Sunday, November 4th (6pm to 9pm) – Entertainment by Chris Thomas Band

Main Social Dance - Friday, November 30th (7pm to 10pm) – Entertainment by Reministyx

FALL YARD SALE - Saturday, November 3rd, from 8:00am to 1:00pm

Riverview Club Events

EARLY SOCIAL - Friday, October 5th 7:00pm to 10:00pm.

Entertainment by Southern Style

MAIN SOCIAL - Sunday, October 21st 6:00pm to 9:00pm.

Entertainment by Tim Rippey

Annual Craft Fair - Sunday October 14th, 1:00pm – 4:00pm. Riverview Club's Ballroom Rain or shine!

Social dance class with Dennis - Thursday at 2:00 pm. Dance Class is FREE for Activities & Dance Club Members.

TAI-CHI CLASS - Beginner classes on Tuesday at 9:00 am and Thursday at 7:00 pm. Learn the principals of Tai Chi with John Doody and help your overall health and well-being!

Exercise Class led by Marcia - Tuesday and Thursday at 10:00 am. No class on Thursday September 6th. Low impact standing and chair exercises. Get in shape for the summer!

Bridge Lesson - The class is geared to all levels. Thursdays at 10:00 -11:30 am.

Water Aerobics with Elsa - Monday, Wednesday & Friday @ 10:00 am starting October 1st – Must purchase pool pass.

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

SHORES FALL YARD SALE - Saturday, November 3rd, from 8:00am to 1:00pm, St. Augustine Shores' residents, call the office at 904-797-6441 to reserve your free spot! (Rain date: 11/10/18)

St. Augustine Shores Service Corporation August 9th Board Meeting Summary

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

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

The Invocation was given by General Manager Smith followed by the Pledge of Allegiance. Motion to accept and seconded and approved the Minutes of July 12, 2018.

President James O'Such resigned due to moving out of the area.

Treasurers Report accepted for audit. General Manager Smith explained the increase in the operating fund and the increase in the reserve fund.

General Manager Smith presented 1 collection issue. The homeowner has a past due balance of \$2151.29 as of July 2018. They are proposing a payment plan to pay off the debt and stay current for 12 months. They will make an initial payment of \$225.29 and then pay \$225.00 for the next 2 months and then \$224.00 for 9 months to stay current and pay off their balance. Motion made, seconded and approved the payment plan as presented.

Managers' Report - Joseph H. Smith III

Progress on Board Goals:

Curb Appeal - Replaced the dead plumbago on Christina Drive with knock out roses.

Summer turf fertilization is complete. Installed 370 feet of 1.5-inch schedule 40 pvc pipe for water to the pier. The original pipe was clogged from the water surge of 2 hurricanes and it failed.

Safety and Security - We located an old power source at tennis courts. There is a handhole and a transformer to power a security access system. We have made application to FP&L for a check on the handhole and riser.

General Manager Smith presented a bid for the tennis court driveway from Hobbs Land Development to spread 8 loads of clean fill dirt and 4 loads of #57 stone for \$4500. After discussion, the Board decided not to fill the driveway and to close off entrance accept for maintenance personnel.

Operations - There are 5 people that have expressed interest in filling the vacant Board position. We will conduct interviews at 6:00 p.m. on September 13 prior to the 7:00 Board meeting. Smith presented an email from the Army Corp of Engineers stating that we do not need a permit for the reconstruction of the pier. We can request a compliance inspection from the Corp.

Committee Reports

ACC Committee – Joe Smith: The ACC held one meeting in the month of July. They approved: 7 fences, 1 screen room, 1 swimming pool, 1 utility shed. Total YTD 10.

Deed Restriction Amendment Committee – Kate Thomes: She presented a report on their efforts to approach each unit about the 75% affirmative votes required to change our governing documents. They plan to set up booths at the yard sale and try to encourage participation. The Board would like to amend the Deed Restrictions to require 51 % of the total number of properties to amend the documents. Secretary Arocha inquired about the internal audit committee and offered to serve on the committee. He would like volunteers for the committee.

Home Office Application - 121 Andora Street for the purpose of an online children's clothing boutique was motioned, second and accepted for home office application as presented.

Deed Violation Report - The report was presented to the Board. Director DiTomaso discussed the lawn Deed Restriction and would like to approach legal counsel on enforcement. Secretary Arocha inquired about the process. General Manager Smith explained the process. There was inquiry about a lattice at 758 Bahia Drive. General Manager Smith stated that the request for this lattice is being handled through the proper channels.

Directors Comments

Secretary Arocha requested that we continue the weekly updates.

Treasurer Lorbeer inquired about the failing bridge at North Holiday Lake.

General Manager Smith classifies this damage as an emergency safety issue. Smith had DN Concrete provided an estimate on repairing the failing concrete bridge with a treated wood bridge. The bid came in at \$7500. Motion made, seconded and approved to accept the bid from DN Concrete and address this safety issue. Seconded by Director DiTomaso. Unanimous. The motion carried.

Director Van Tiem would like General Manager Smith to approach the Fire Department about the tall weeds on Hondo Drive.



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- Retirement Party
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- Engagement Party
- Office/Holiday Party



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Thank you!

News Around Southern St. Augustine

Homeport Christian Church "Fall Festival"

October 28th from 3:30-6:00pm

Come out and join us for a fun community event with food, Trunk or Treat, Inflatables, Old fashioned Games and a Chili Cook Off. Free and Open to all ages. Located at 5605 US Hwy 1 South, St. Augustine, FL. Contact us at www.homeportcc.org or call 904.797.8921.

St. Augustine Travel Club Meeting

by Peter Dytrych

The St. Augustine Travel Club monthly get together will be held on Wednesday, October 10, at 3 p.m. when we will cover Armenia (Part 1). Part 2 will be covered the following month. The intent of the travel club is to entertain and educate on travel destinations, and includes a brief lecture and a video of the region. The meeting lasts approximately one hour. It is a volunteer organization and no membership or reservation is required to attend.

The club meets at the Southeast Branch Public Library, 6670 US 1 South near SR 206. We also arrange for a group cruise once a year in early spring. Information will be available at the meeting. Any questions, please contact Peter at 904 797-3736.

Friends of the Library Presents Award-Winning Cookbook Author

"Ten Meals in Ten Minutes - Is it Doable? You Bet! Chef Cateron Will Show You How"

Friends of the Southeast Branch Library invite you to join Chef Warren Cateron as he shares 10 delicious entrees that you can prepare in 10 minutes using items you probably already have on hand. By featuring a handful of main ingredients, he will show how you can make 10 different and delicious meals. Chef Warren will also share dozens of kitchen tips, cooking hints and humorous anecdotes about the joys and challenges of cooking for two.

Chef Warren ends the presentation with a cooking demonstration, preparing a healthy 10-minute entrée that anyone can replicate in their own home. Join Chef Warren Tuesday, October 2, 12 p.m. at the Southeast Branch Library, 6670 US 1 South, St. Augustine 32086. 904-827-6900.

Writers In The Shores

By Donna Johnson

The October meetings for Writers in the Shores will be on Tuesday the 9th and again on the 23rd. The chosen subject is to be "The Falling Leaves" 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 Donna at 794-0789.

Book Sales at Southeast Library in October

Friends of the Southeast Branch Library invite you to explore boxes of books containing exciting and gently read literary treasures that await discovery.

Book Sale dates and hours are Thursday, October 4, 1 p.m. - 5 p.m., Friday, October 5, 10 a.m. - 4 p.m., and Saturday, October 6, \$5 bag sale 10 a.m. - 1 p.m., main conference room.

Most books priced at \$1.00. Exceptional finds at reasonably higher prices. Fiction, nonfiction, bios, miscellaneous, young readers, collectables, and more. Digital finds include DVDs, CDs, and Audio books.

What you haven't read, heard or viewed is waiting for you at the Southeast Branch Library. Come on down! Southeast Branch Library, 6670 US 1 South, St. Augustine, 32086. 904-827-6900.

October St Augustine Orchid Society Meetings

1. Monthly Meeting: "Unusual Species for the Cattleya Grower". Alan Koch of Gold Country Orchids will talk about the many weird and unusual species that grow with Cattleya culture. If you can grow Cattleya you can grow any of these. The program starts off with a well known Cattleya species and those plants that grow like it. Alan is always entertaining and educational, don't miss this meeting. Alan will be bringing plants for sale at the meeting. Bring your flowering orchids to exhibit on the show table. We will have our normal raffle at the end of the meeting. Friends and guests are always welcome. Meeting is Tuesday, October 2, 6:30- 9:00pm at Watson Realty, Conference Room by back parking lot, 3505 US 1 South, St. Augustine 32086

2. "Orchid Clinic": Repotting and Plant Clinic. Representatives of the SAOS will be available at Ace Hardware at 3050 US 1 South from 9 am to 12 noon. Feel free to bring any orchids you might need repotting or that need special attention and any questions that you have. Meeting is Saturday October 6, 9:00am to 12:00 noon, at Ace Hardware, 3050 US 1 South, St. Augustine, 32086.

3. Keiki Club- "Getting Ready for Winter": It may not feel like it, but winter is coming. We'll talk about fall preparations and the minimum night temperatures your plants can tolerate in winter. We'll also talk about those orchids that require special winter care, like the dendrobiums and the catasetinae. Meeting is Bob & Yvonne Schimmels Home, 702 Wilkes Court, St. Augustine, October 21, 1 to 3 pm.

Shores Fall Yard Sale!

Saturday, November 3rd

8 am - 1 pm

- Rain date: Saturday, November 10th
- Shores Residents: sign up for *booth space at the Shores office, or call 904-797-6441.

*You must provide your own table.

Riverview Club
St. Augustine Shores
790 Christina Drive
St. Augustine, FL 32086



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Craft Fair

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For more info, call 904-794-2000

Sunday, October 14th
1pm - 4pm

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News From Around St. Johns County

Wags and Whiskers Pet Rescue and Adoption Garage Sale, Saturday, October 13

The next fundraising garage sale for Wags 'n Whiskers is on Saturday, October 13, from 8:00 a.m. to 1:00 p.m.

Address is 1967 Old Moultrie Road, Wags 'n Whiskers Parking Lot. The pet shelter is a volunteer organization sheltering and fostering pets (dogs and cats), and works with Petco as a venue for their adoption days. They are always looking for ways to raise funds as they neuter and provide all the pets with their necessary medical needs and tests before any pet is released to a new home. Also included is a chip for each pet. If you are ready to adopt a pet, please check their website for your next companion. Their website is www.wwpetrescue.org.

If you are interested in selling, we ask for your \$10.00 donation. Bring your own table or tarp/blanket to display your merchandise. (There may be some tables available to borrow as a nice lady offered to bring extra tables for those of you who don't have one - limited.) Please call

Lana Bandy at 317-450-0505 to reserve a spot. Would love to have buyers as well.....we need you! Thank you and hope to see you there.

Free Tools to Quit Tobacco Class

Here is your chance to be Tobacco Free! Join us for a FREE Quit Smoking class at the Flagler Hospital Wellness Center. Classes meet once a week for six weeks starting on Tuesday, October 2, 2018 from 6:00pm-7:00pm. FREE patches, lozenges, and gum! FREE quit plan, workbook, water bottle, stress ball and more! A another class will be at Flagler Hospital Wellness Flagler College-Human Resources House on Thursday, October 25, 2018 from 3:30pm-5:30pm. Call Northeast Florida AHEC at (904) 482-0189 to register and learn about more classes near you.

St. Augustine Jazz Society Meetings

St. Augustine Jazz Society monthly Jazz Jam, Royal St. Augustine Golf Club, 301 Royal St. Augustine Pkwy., off SR 16 the last Sunday of each month, except December, 2:00-5:00 p.m. Open to the public. Admission is \$7.00/non-members. A non-profit, money goes for scholarships to St. John's County jazz band members in middle, high school, and college. Live music from local and famous musicians and vocalists, dancing, drinks for purchase. www.staugjazzsociety.org for more info on scholarships and jazz jams. Contact Jamie Lee, Vice President, 904-237-9268.

Living with Cancer Support Group Meeting

Flagler Hospital has a support group for cancer patients. It is called Living with Cancer and meets the 3rd Wednesday of every month at 11:00 in the Cancer Education and Support Center (Suite 1010) on the first floor of Flagler Hospital. Please contact Susan Hession, RN, BSN Nurse Navigator at Flagler Cancer Institute at Flagler Hospital, St. Augustine at susan.hession@flaglerhospital.org or call 904--819-4742 for information.

October Card Club and Newcomers Club

First Coast Card Club:

Tuesday, October 9th. Ponte Vedra Beach Library, 101 Library Blvd. Just Off A1A. WALK IN. 1P.

Thursday, October 18th. Anastasia Island Library-124 Sea Grove Main St., St. Augustine Beach. WALK IN. 12Noon.

Tuesday, October 23rd. Main Library, 1960 N. Ponce De Leon Blvd., St. Augustine. WALK IN 1P.

Friday, October 26th. Lunch/Cards. Lunch: 12:30P. Card Playing: 1:30P-4:30P. Restaurant-Vilano Beach. Limit 10.

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

First Coast Newcomers Club Of NE Florida:

Monday, October 1st. Shark Tooth Scavenger Hunt 10AM/Lunch 12Noon. St Johns County Beach/Restaurant.

Wednesday, October 3rd. 1st Place Winners Trivia-7P. Dinner-6P. WGV-St. Augustine Restaurant. Limit 8.

Saturday, October 13th. Spring Park Music Concert-Free. 10AM. Early Dinner: 4:30PM.

Wednesday, October 17th. Trivia Evening. Dinner-6P. Trivia-7P. Restaurant-WGV, St. Augustine. Limit 10.

Tuesday, October 30th. Games Day. Lunch/Board Games. Lunch: 1P. WGV-Westown Plaza, St. Augustine. Games: 2P-4:30P. Refreshments/Snacks Welcome. Limit 10.

Meet friends in our community every month. Contact Our Club On How To Join And Verification of All Club Events to: 904-829-0643.

Temple Bet Yam & Limelight Theater Presents "Life is a Cabaret"

Wilkommen! Bienvenue! Welcome! Temple Bet Yam and the Limelight Theater in St. Augustine collaborate on the presentation of Cabaret on October 6, 2018. Enjoy hors d'oeuvres at 6:30 p.m. and at 7:30 p.m. sit back and enjoy the play. Seating is open as the Temple has the entire house.

The cost for this fund-raiser is \$30.00. Contact Cheri Hamilton for info and ticket sales. You can reach her at 904-940-6937 or by email sch36@att.net Checks may be made payable to Temple Bet Yam and note Limelight/Cabaret in the memo. Mail to Temple Bet Yam, PO Box 860098, St. Augustine, FL 32086.

St Augustine Genealogical Society Meeting

The St Augustine Genealogical Society would like to invite you to join us on October 13, 2018, at 1:00 p.m. to help us celebrate Family History Month. October is Family History Month. The topic title will be "Family History Faire". Members of the genealogical society will be showcasing their research, family heirlooms and artifacts. Join us to get ideas on how to conduct your own family ancestry campaign.

Since 1989 the St. Augustine Genealogical Society has proudly served both those seeking information about their ancestors who lived in the St. Augustine/St. Johns County area and those without local ties who wish to connect with other family historians. Information at <https://sagsonline.org>.



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You Could be Denied a Passport for Owing Taxes to the IRS

by Andrew Jackson, Esq.
Jackson Law Group
904-823-3333

The IRS now has the power to block passports of seriously delinquent taxpayers thanks to a law passed by Congress in 2015. In January 2018, the IRS published procedures to begin enforcement. Prior to January 2018, the IRS had not been enforcing the new law. So far this year, the IRS has been sending tens of thousands of violators' names to the State Department, which oversees passport applications.

If you have a seriously delinquent tax debt (defined as greater than \$50,000 owed with increases for inflation), it is possible that you may not be issued a U.S. passport and your current U.S. passport may be revoked. If you are overseas, you may be eligible for a limited passport good for direct return to the United States.

There are exceptions to the classification of a tax debt as "seriously delinquent". Some of these exceptions are that if you are an installment agreement or offer in compromise, a collection due process hearing is pending, innocent spouse relief has been requested, a taxpayer is in bankruptcy, a hardship exists and the debt is currently not collectible, or active military service. Furthermore, there are provisions for notice of the certification, procedures

after certification, and reversal or judicial review of certification.

As the IRS now has another tool for collection against those taxpayers traveling abroad with seriously delinquent tax debt, it is important to those taxpayers to address their situation in a timely manner. Otherwise, a passport application may be delayed or denied and an existing passport may be revoked.

Andrew Jackson is the managing partner at Jackson Law Group, a firm with over a ten-year history in St. Augustine. The firm focuses in practice areas such as tax, real estate, business, estate planning, and community associations. He received his law degree from Florida Coastal School of Law and Master of Laws (LL.M.) in Taxation from University of Florida.



*Be careful out there!
Watch for children Trick-and-Treating!*

Fall Family Fun at Shores UMC! Pumpkin Patch, Fall Festival, Chili-Cook Off, Trick or Treat!

Shores United Methodist Church is celebrating the fall season with a number of fun activities during October for the entire family to enjoy.

The Pumpkins are coming! The Pumpkin Patch is opening on Saturday, October 6, 2018. The hours of the Pumpkin Patch are Monday - Saturday 12 p.m. - 7 p.m. and Sunday from 10 a.m. - 7 p.m. There are mini-pumpkins, pie pumpkins and larger pumpkins of all sizes. The Pumpkin Patch supports the local outreach ministries of the church.

The Annual Fall Festival is Saturday, October 20, 2018 from 3 p.m. - 5 p.m. with free food, face painting, games and more for the entire family to enjoy! There will be a Chili Cook-Off fundraiser for \$10 a ticket to sample and vote on all the different varieties of chili. The Cook-Off starts at 3 p.m. and will be held in the Fellowship Hall at the Christian Education Building.

On Wednesday, October 31, 2018 Halloween night, there will be a Trick or Treat in the church parking lot from 5 p.m. - 7 p.m. This is a fun safe place to bring children for trick and treating.

Shores United Methodist Church is located at 724 Shores Blvd, between the Golf Course Clubhouse and Hartley Elementary. Sunday worship services are at 8:45 a.m. (Traditional) and 11:00 a.m. (Contemporary). Sunday School classes for all ages at 10:00 a.m. Rev. Carolyn Westlake is the pastor. All are welcome! For more info call 797-4416 or visit www.shoresumc.org.



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St. Johns County Datil Pepper Fall Festival Set for First Weekend of October

By: Bonnie Wells, 904-209-0430, bwells@ufl.edu

The Datil Pepper Fall Festival will be held Saturday, Oct. 6, and Sunday, Oct. 7, at the University of Florida Institute of Food and Agricultural Sciences Extension St. Johns County Agricultural Center.

The festival will run from 9 a.m. to 4 p.m. on Saturday and from 10 a.m. to 3 p.m. on Sunday. The center is located at 3125 Agricultural Center Drive in St. Augustine. The event marks the eleventh year of celebrating the county's official plant.

Saturday will feature the Datil Restaurant Cook-Off with datil pepper-inspired cuisine from some of the First Coast's top local restaurants. Taste tickets are \$1 and go on sale at 11 a.m., 30 minutes before the cook-off. Participating restaurants include South Beach Grille, Hurricane Patty's, The Reef, Luvin Oven Catering, Berndt Ends BBQ, the Hyppo Café, Datil Rooster, and 2 Creeks Bar and Grille. Restaurants interested in competing in the cook-off should contact Joanne Cooper, Family and (continued on page 11)



St. Johns Golf Club Hosts 15th Annual St. Augustine Amateur Golf Tourney

St. Johns Golf Club will host the annual St. Augustine Amateur Golf Tournament benefitting The First Tee of North Florida from October 12 to 14. The St. Augustine Amateur was established in 2004 and has become an international event open to elite amateur and collegiate players. Last year's St. Augustine Amateur brought nearly one hundred of the top amateur golfers from around the world.

This year, St. Augustine Amateur will be celebrating its 15th anniversary. The tournament is a walking only, 54-hole stroke play with 84 players who have earned their spot in the competition through invitation, application, or qualification.

"The Amateur has become a weekend-long, spectator event with great energy and good clean fun for golf enthusiasts of all ages," explained Wes Tucker, Tournament Chairman for St. Augustine Amateur and Director of Golf at St. Johns Golf Club. "October is the perfect time to get outside and enjoy the natural beauty of Northeast Florida."

The First Tee of North Florida's mission is to impact the lives of young people by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf. In the last 14 years, St. Augustine Amateur has raised over \$285,000 for The First Tee of North Florida.

Just minutes from downtown St. Augustine, St. Johns Golf Club is a county-owned and operated 18-hole championship course for players of all ages and skill levels. Open seven days a week, come see why St. Johns Golf Club has been voted "Best of St. Augustine" and awarded Four Stars by Golf Digest. Come follow tomorrow's golf superstars at the 15th Annual St. Augustine Amateur from 9 a.m. to 1 p.m. on October 12-14 at St. Johns Golf Club, 4900 Cypress Links Blvd., Elkton, Florida. For more information, contact the pro shop at 904-209-0350 or visit staugustineamateur.com.



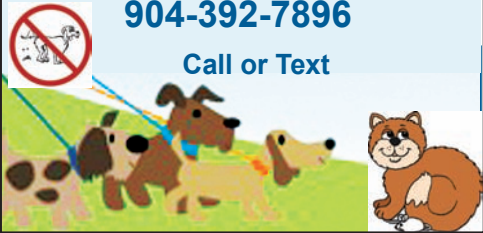
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"Diaries of a Shores Grand-Dad"

by Dirk Schroeder

Every now and then, life events bring you to certain places and you have a better than expected experience. Such was the case in June of 1979 when I travelled with a Aero Trucker named Chet from New York to St. Augustine. Aero was the trucking company that delivered aluminum products to and from VAW in Ellenville, New York to the brand new VAW Aluminum company South of St. Augustine Shores (now SAPA). I had just completed my first year at UMass in Amherst and it was time to see what Florida was all about. Chet dropped me off at our parents new home. It was late so I turned on the kitchen light switch since the kitchen was right next to the entry door and I was welcomed by large cockroaches scattering across the tiled floor. Even though it initially freaked me out, I got over it in a minute. So I turned on the radio to make some noise and I dialed in 95-X only to hear the sound of Southern Rock for the first time: Molly Hatchet's "Gator Country" was the first song I heard followed by "Train, Train" by Black Oak Arkansas. Wow - what a shocker; roaches and Southern Rock! What a welcome to Florida. At this point, I figured I'd crash out and

pretend the whole thing never happened.

The next morning I walked in to the kitchen and looked out the back jalousie windows only to see what appeared to be a river of some sort. I went into to the living room and opened the large slider to reveal a swimming pool right off the living room deck - nice. As I looked beyond the pool, there was this river and I walked beyond the pool deck on to the backyard lawn to some sort of seawall and there, beyond this body of water, was the most beautiful city that I had ever seen in the United States. Directly across this water was this fort and there was a large cross sticking out above the skyline to the right of the fort. To the left were gorgeous old buildings and the spires and domes of churches. It looked like I had woken up on an Island on some Spanish Mediterranean Coast. I had to explore right away and, since I had no car, I walked into downtown. Unbelievable - it was 10 years after our family landed in America (we left Europe on June 16th, 1969) that I knew that I had found the place that I would call home - there was no reason to return to New England.

So our family came down here to St. Augustine as a result of the expansion of the aluminum company's operations. I ended up doing summer jobs at the plant twice between college semesters to keep myself busy. I started to go into mechanical engineering classes at UNF but, as I was learning how to cut an L-shaped piece of aluminum (not kidding) and mark it so that it could be used as a ruler, I was busy at night running an extrusion press, retooling extrusion dies, operating forklifts and overhead cranes, stretchers, pointer and saws. I ended up abandoning the ruler at UNF since I learned more in a week at VAW that I would in a year at UNF. Eventually, I also learned that the aluminum plant was not where I wanted to build a career. I took my only week paid vacation to go through

real estate school through the Florida Real Estate School (now FREI) with teacher Nancy Gentry to learn about the real estate business. When I was notified about the State exam, I had to take a sick day to drive to Orlando to take the test. After passing the test, I had to find a broker and I was told that Jim Evrard of Century 21 was the best broker in town. It was 1984 and he agreed to take me on as a Realtor-Associate. It would take me a few years to wean myself off my steady income of about \$150/week so that I could live off commissions alone. Luckily, my parents allowed me to live at home on and off so that I could save up some money. I worked on getting my Broker-Associate license in 1986 but it was not until 1987 that I got seriously motivated about the real estate business; that was the year I met my future wife, Kathy. Talk

about life-altering events. It was time to learn how to become a husband which is exactly what happened on April Fool's Day in 1989.

In the blink of an eye, I am watching our granddaughter running through our living room and smiling and pointing and looking like a little angel. My goodness, how time has flown by...

Life events are supposed to change your life - thank God we landed in St. Augustine. That really changed my life for the better. This coming year (2019) will mark 50 years in the United States, 40 years in St. Augustine, 35 years in the Real Estate business with Century 21 St. Augustine Properties, 30 years of marriage and 1 year of being a Grand Dad. Since we can't stop time, we can at least make the best of it. On that note, I leave you until next month, and I wish you as always a Sunshine State of Mind.



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DID YOU KNOW

Some Property Owners try to sell their homes by themselves – they're known as "FISBOS" by Realtors. Did you know, according to the National Association of Realtors (NAR), only 13% of all FISBOS are successfully sold by those that tried to do it on their own. That means that the overwhelming majority of owners used a professional to help them sell their home. How do you know how you find a Realtor that you can trust? Here are some helpful hints:

- Make sure that they're licensed – all Licensees are required to carry their license on them. Ask them to show their wallet size license issued by the Department of Professional and Business Regulation (DBPR). You can also verify their license at www.myfloridalicense.com and see if they ever had any complaints filed against them.
- Make sure that they're insured – Brokerages should carry "Errors and Omissions" Insurance in the event of a mistake. You may request a Broker or Associate to provide you with a copy of the "Declarations" page which shows that it's current.
- Ask for a free Competitive Market Analysis (CMA) and insist on it in writing – if the Broker or Associate can't even do their "homework" then they need to work on someone else's home.
- Ask for a Marketing Plan in writing. Many Associates talk about what they're going to do but provide NO written plan – talk is cheap (it's "free" in most cases). Without a written plan is marketing free?
- You may even be offered a Service Pledge in writing that states that if you're not satisfied you may be able to conditionally or unconditionally terminate the listing agreement. You may not be offered a Pledge...

- Ask lots of questions about the Listing Agreement if it's NOT being explained to you completely and professionally. Don't sign anything if you have questions.
- Ask if the Brokerage has a "Cancellation Fee" (they should NOT) or if they have some sort of "Processing Fee" (they should NOT EVER) over and above the commission.
- Will the Broker or Associate provide professional photography services? What type? Is drone photography or a 3-D floor plan of the home included?
- MAKE SURE that the Broker or Associate provides you with a COPY OF THE MLS DATA Sheet of your property or you won't know what buyers see when they look at your property in the MLS.
- Have the Lockbox system explained to you thoroughly so that you know how Lockboxes work – you may need a "Call Before Showing" (CBS) code programmed into the Lockbox - ask your Realtor.
- Make sure that your Associate is backed up by a Broker that is available, knowledgeable and experienced and follows the NAR Code of Ethics.
- Watch out for Brokers and Associates who promote your property on Social Media BEFORE it goes to the Multiple Listing Service (MLS), especially if they did not provide a written evaluation. You're not getting the exposure to the entire Realtor Community (who is working with active buyers) and it is highly likely that these Listing Brokerage could undersell the property this way. INSIST that you see it in MLS before you ever see it on Facebook, Instagram or other social media outlets.

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Wild Flower Meadow Group

by Cindy Taylor

I recently learned something from the meadow about *horseweed*. Last spring when they started to bloom I thought their tiny, delicate flowers were pretty; now enough is enough. They spread across the meadow by uncountable thousands and are crowding out other wildflowers. What I welcomed last spring, I now try to limit, in moderation. After all, we want the meadow to be what it is, but we also want to see the *blazing star*, *gaillardia*, *coreopsis*, *horsemint*, and many others. They're each a part of the meadow; a meadow isn't just one kind of flower. This meadow is a place where nature can be itself; but after decades of the space being a lawn and regularly mowed to be the same year after year, I wonder if it sometimes forgets what it was meant to be. I believe putting limits on one part keeps it from taking over everything and allow for diversity.



Horse Weed

It lies on the ground with tiny white flowers in the spring and you might not notice it, if you aren't looking. At this time of year it lives up to its name; the stems and leaves are a rust color.

Early in September Judy Zinn donated some palmettos and planted them in the lower meadow near the woods. Wendy Hill donated some milkweed; and whereas they aren't native, they attract native pollinators. If you want to donate wildflowers to the meadow, please check with us first. We're trying to have only natives and might remove your donation, if it isn't.

As you can see, I'm not writing a list of all the flowers in bloom now. If you want to know, walk through the meadow and see for yourself. Stop and smell . . . the horsemint.

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



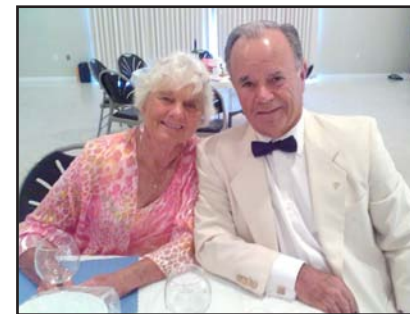
Rust Weed

St. Augustine Ballroom Dance Association 38th Anniversary Dance

On Saturday, October 13th at 7pm, the St. Augustine Ballroom Dance Association will be celebrating its 38th anniversary, marking 447 dances that it has hosted for the enjoyment of ballroom dancers in and around St. Augustine.

The gala celebration will include lots of dancing to beautiful dance music, 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 the month at the Riverview Club, 790 Christina Drive, in St. Augustine Shores. Dances start at 7pm and end at 10pm. Hors d'oeuvres, desserts and coffee are served throughout the evening. Guests pay just \$20. Appropriate guest attire is a dark business suit with tie, or a tuxedo, for the men and a cocktail dress or gown for the women. For a reservation, call Dennis or Mary Larimore at 904-825-4902. For more information and pictures, visit facebook.com/sabdastaug.



Raul & Peggy Oliveira



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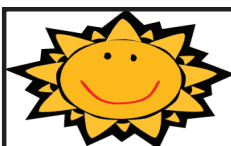


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Driver Update Utilities..... Who Needs Them?

You have probably seen the ads on TV or received advertising email for some sort of Driver Update Utility. They make claims of "Automating" the process of making sure your computer has the latest drivers.

But wait a minute:

Windows 10 Updates include any updates for the drivers needed for your computer. Windows 10 handles this automatically for you.

So why are there businesses out there selling Driver Update Utilities? Because they can. And, once you pay for their product, they have a chance to sell you more services. These are typically services that you do not need and can cost you hundreds of dollars.

They have fancy (and sometimes fanciful) names. PC Matic, Driver Cloud, Driver Support, Driver Scout, Slimware, Device Doctor, DriverHUB... the list goes on and on.

So, what are drivers, what do they do, and where do they come from? Computers are made up of many different hardware parts. These parts need to be able to work together and communicate with Windows. Drivers are software that allows these hardware parts to work well together.

All of the major Windows computer manufacturers send their drivers to Microsoft

for verification and signing. Because of this, Windows will keep all of your drivers up to date. There is simply no need for 3rd party software to do this for you.

When I come across driver update utilities on a client's computer, I uninstall them. More than 30% of the computers I work on have one or more of these installed. They slow down the computer and provide no meaningful purpose or value. What is really irksome is that they often use scare tactics to sell un-needed and un-warranted services. Many of them are nothing more than a front for tech support scams.

If your computer is misbehaving contact a reputable, local technician and discuss the issue you are having.

I have built my business based on the core idea that your computer issues should be resolved in front of you, right there in your home or business. Well above 90% of the time I find that there is no need to take it to the bench in my office.

Steven Aldrich is a technology advisor with decades of experience as an IT Director and is the owner of First Coast Computer Services. Contact Steven if you need a trusted advisor to come to your business or home and help with your technology. See my ad on this page. Steve@fccspro.com or (904) 479-5661.

Datil Pepper Fall Festival

(continued on page 8)

Consumer Sciences Agent, at 904-209-0430.

The cook-off will be judged by both a professional panel of local celebrity chefs, food enthusiasts and county officials and by the public through the people's choice division in which festival attendees who buy taste tickets vote for their favorite dish. Restaurants will create an appetizer and entrée for the cook-off. Winners will receive cash and a trophy.

Saturday will also feature the Amateur Datil Pepper Hot Sauce Contest. Sunday will feature our new Amateur Datil Jelly and Jam Contest. Hot sauce and jam and jelly recipes must be original, include datil, and be fresh and vacuum sealed according to USDA guidelines. Entries should be submitted to the UF/IFAS Extension St. Johns County Agricultural Center by 4 p.m. Friday, Oct. 5. Multiple entries are accepted per individual. A private panel of judges will decide the winning hot sauce, and jelly or jam. A cash prize and trophy will be awarded.

Another new contest added this year is the Professional Hot Sauce Competition where vendors can enter their hot sauces to be tasted and judged by the festival's attendees throughout the weekend. There is no-cost for tastings of this event. The winner will receive a trophy and be announced on Sunday at the close of the festival.

On Saturday and Sunday, St. Johns County Master Gardeners will have their biannual plant, rain-barrel and compost tumbler sale. Master Gardeners will also be available to answer lawn and garden questions at their plant clinic and to lead tours of the St. Johns County Extension Botanical Gardens. The grounds will feature a variety of vendors and datil pepper products.

Educational opportunities will also be available to learn more about local agriculture, datil pepper production, Florida-Friendly (continued on page 11)



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I'm Alive but I Hurt

“October is Breast Cancer Awareness Month”

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

October is Breast Cancer Awareness month. It's a time to celebrate with all the survivors and their families, remember those we have lost, raise awareness and fund research. I am fortunate in that none of the women in my family have encountered breast cancer but I have treated many survivors, none of whom expected this life disruption. They tell me it hit them like a sucker punch – coming out of nowhere. Their stories continue to amaze and inspire me, which is why I write this column.

One of my patients actually told me, “I'm alive but now I'm in pain.” In the next breath she seemed almost apologetic saying, “Don't get me wrong, I'm glad to be alive but I didn't think it would hurt so much after treatment.” The fact of the matter is, much of this pain is not from the surgery, the cancer, appears months after “healing” has taken place, and can be treated.

Surgery is trauma, even when it is lifesaving. Biopsies, lumpectomies and partial or radical mastectomies are trauma to tissue. Where there is trauma, there is potential for myofascial trigger points. Lacomba, et al, in Incidence of Myofascial Pain Syndrome in Breast Cancer Surgery: A Prospective Study (2010) showed nearly 50% of their breast cancer survivors experienced pain due to myofascial trigger points within the first 6 months of breast cancer surgery and in specific muscles. Fifty percent is a significant number of women who could be helped with physical therapy. The trigger points can be identified and treated rather quickly.

Myofascial trigger points, as I have written in previous columns are hyper-irritable nodules within a taut band of muscle. They are created through a series of events muscle imbalances, overloading of muscle, chronic tension in muscle and more, that create a chain reaction of chemical and chemical and receptors working abnormally. The results is ischemia or lack of blood and oxygen to the tissue, which causes pain. We know one can live weeks without food and days without water but one can only live minutes without oxygen. In an effort to protect itself, the muscle releases noxious (or painful) stimuli to signal the brain something is wrong.

Fernandez-lao, et al, in Development of active myofascial trigger points in the neck and shoulder musculature is similar after lumpectomy or mastectomy surgery from breast cancer (2012) showed the degree of invasiveness of surgery was not a predicting factor of myofascial trigger point development. They showed it didn't matter if it was a lumpectomy or mastectomy. There was no statistical difference in the prevalence of myofascial trigger points when compared to a control group. These women were alive but in pain

These studies show how common it is for women to develop painful, myofascial trigger points following breast cancer surgery but does not show how easily they can be treated,

which they can. These trigger points can be identified through palpation and released in a number of way. So, if you or someone is alive following breast cancer surgery, thank goodness. But if there is pain after the surgery has healed, it may be coming from myofascial trigger points, which can be easily treated.

Rob Stanborough is a physical therapist with over 20 years of experience. 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 and has presented on the topic of soft tissue dysfunction in a variety of venues. Read previous columns posted on www.firstcoastrehab.com.

Garden Club Tour of Homes Dec 2nd

(continued from page 1)

and Washington Street. All are in comfortable walking distance of one another and the beautiful River House where refreshments will be served, and a Raffle, handmade gifts, and decorations will be available for purchase.

Tickets go on sale October 1. Because they have been sold out for the past 8 years, ordering tickets when first available is strongly advised. Tickets can be ordered online at,

www.gardenclubofstaugustine.org or by phone at 904-342-2901. A small number of tickets will be sold at Flowers By Shirley as well as these locations on Anastasia Island: Carter's Jewelry, Leonardi's, Southern Horticulture, Tre' Sebastian and Whetstone Chocolates. These locations will accept cash or check only.

Old Town Trolleys (the green Trolleys) will be available at the St. Augustine Parking Garage on West Castillo starting at 12:00 noon and will stop at various locations. The last trolley will leave the garage at 4:30 for the final return pick-up. Parking at the City Parking Garage is advised if using Trolley service. For more information, contact the St. Augustine Garden Club at 904-686-9320.





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Eye Center Welcomes New Opticians



Rachel Trude, Optician



Faith Morrison, Optician

Physicians at the Eye Center of St. Augustine recently welcomed optical professionals Rachel Trude and Faith Morrison to their practice.

Trude, a certified optician, will join the eye care professionals at the Eye Center of St. Augustine's World Golf Village optical shop where she will assist patients with lenses, contacts, frames and adjustments. Trude previously served as optician and manager for the Grene Vision Group in Huthchinson, Kansas and also assisted patients with their optical needs at Hanna Eye Care in Jacksonville.

Faith Morrison, an optician, will join the eye care professionals at the Eye Center of St. Augustine's optical shop at 1400 U.S. Highway 1. Morrison, an Ohio native, previously served as an optical professional at ECSA Optical and as lab manager and optician at EyeCare Express in Palm Coast.

The Eye Center of St. Augustine staff includes certified Optometrists, Ophthalmologists and surgeons who specialize in diagnosis and treatment of eye diseases such as cataracts, glaucoma, diabetic retinopathy, macular degeneration and retinal disease.

The Eye Center has four locations in the area: the surgery center and optical shop at 1400 U.S. Highway 1, in St. Augustine; 319 West Town Place in World Golf Village; Palm Coast location at 14 Office Park Drive; and its Palatka location at 800 Zeagler Drive, Suite 120.

For an appointment in St. Augustine, call the U.S. Highway 1 location at (904) 829-2286 or the World Golf Village location at (904) 940-9200.

Datil Pepper Fall Festival

(continued from page 11)

Landscaping™, food safety, and more.

For children, St. Johns County 4-H will offer hands-on opportunities to learn about native trees, frog life cycles, animal tracks, and flower origami. In addition, Putnam-St. Johns Farm Bureau will offer opportunities for children to learn about different aspects of farm-life through various hands-on stations.

UF/IFAS Extension St. Johns County is partnering with Putnam-St. Johns Farm Bureau to present this year's festival. Sponsors include Beach 105.5 FM, Endorphin Farms, Capital City Bank, Herbie Wiles Insurance, Barnes Farm and Craft's Trophies and Awards. The Datil Pepper Fall Festival is supported by the UF/IFAS Extension Central Florida Food Systems Program.

To get festival updates, please join our Facebook event page: <http://bit.ly/datfest18>. Submission forms for the hot sauce contest can be found at <http://sfyl.ifas.ufl.edu/stjohns/>.



Financial Focus

Information Provided by
Edward Jones



Understanding Risk Tolerance is Essential for Investment Success

To succeed as an investor, you might think you need to know about the economy, interest rates and the fundamentals of companies in which you'd like to invest. And all these things are indeed important. But it's most essential to know yourself. Specifically, you need to know how much risk you are willing to tolerate to achieve your goals.

Of course, you've lived with yourself your entire life, so you probably have a pretty good idea of your likes and dislikes and what makes you comfortable or uncomfortable. But investing can be a different story.

Initially, you may believe you have a high tolerance for risk, but if the financial markets drop sharply, and you see that you've sustained some sizable losses (at least on paper – you haven't really "lost" anything until you sell investments for less than what you paid for them), how will you feel? If you find yourself constantly fretting over these losses, perhaps even losing sleep over them, you might realize your risk tolerance is not as high as you thought. In this case, you may need to scale back the part of your portfolio devoted to growth in favor of a more balanced approach.

On the other hand, if you believe yourself to have a low risk tolerance, and you start off investing in a conservative manner, you may indeed minimize short-term losses – but you also might find yourself frustrated over the slow growth of your portfolio. So you may decide that being highly risk-averse carries its own risk – the risk of not making enough progress to achieve your long-term financial goals. To reduce this risk, you may need to tilt your portfolio somewhat toward more growth opportunities.

In short, you may have to invest for a while

before you truly understand your response to risk. But even then, don't get too locked in to one approach – because your risk tolerance may evolve over time.

When you are first starting out in your career, and for many years after, you are probably investing primarily to accumulate assets for retirement. Consequently, you may need to include a relatively high proportion of growth-oriented vehicles, such as stocks, in your portfolio. While stock prices will always fluctuate, you will have many years, perhaps decades, to overcome short-term losses, so you can possibly afford to take on a greater risk level in exchange for the potentially higher returns offered by stocks and stock-based investments.

However, things can change once you reach retirement. At this stage of your life, your overall investment focus may shift from accumulation to income. This means you will need to start selling some investments to boost your cash flow – and you won't want to sell when prices are down. (Remember the first rule of investing: "Buy low and sell high.") To help avoid these "fire sales," you may want to adjust your investment mix by adding more income-producing vehicles and reducing your holdings in growth-oriented ones. By doing so, you will be lowering your overall risk level. Keep in mind, though, that even in retirement, you will need some exposure to growth investments to help you stay ahead of inflation.

Become familiar with your own risk tolerance – it can play a big role in your investment decisions.

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

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St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

Halloween Safety



Later this month many of our younger children will be taking part in the age-old custom of "trick or treating" on Halloween. Our goal at the St. Johns County Sheriff's Office is that this event is an enjoyable adventure for everyone and I would like to pass along some safety tips. Children should only be allowed to trick or treat at homes or businesses they are familiar with. They should trick or treat while it's still light outside, or they should carry a flashlight so they can see and be seen easily. Parents, make sure that your child's costume including masks and wigs are flame resistant; they should also be light in color and clearly visible to motorists. Avoid costumes that are oversized and high-heeled shoes that can cause a child to trip. The costumes should have reflective strips as well.

Children should be reminded to only cross streets at the corners and never cross between parked cars. Young children should never be allowed to go out alone and older children should only go out with small groups. Make sure you set a time when they should be home and know the route your children will be taking. Tell your family on which streets you'll be trick or treating. Let your children know not to cut through back alleys and fields. Make sure they know to stay in populated places and don't go off the beaten path. Stay in well lit areas.

Children always want to help with the pumpkin carving. Small children shouldn't be allowed to use a sharp knife to cut the top or the face. There are many kits available that come with tiny saws that work better than knives and are much safer, although you can be cut by them as well. It's best to let the kids clean out the pumpkin and draw a face on it, which you can carve for them.

If you will be out driving on Halloween, please take extra time and watch for children darting in and out from between parked cars. Slow down and pay attention. Watch for children walking on roadways, medians and curbs. Enter and exit driveways and alleys very carefully. And always watch for children that may be wearing dark clothing.

Feed your children a spooky Halloween dinner and instruct them not to eat any treats until an adult can examine them. Also remind your child to never go into the home of a stranger or get into their car. Make Halloween a fun, safe and happy time for your children in hopes that they will carry on the tradition that you taught them and remember; if you see suspicious activity please call the Sheriff's Office or your local law enforcement agency and report it.

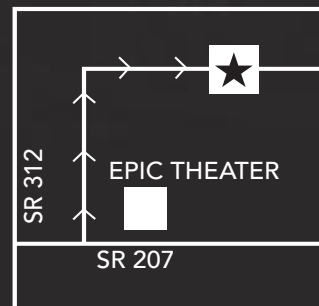
Have a Spooktacular Halloween this year and stay safe. Please feel free to contact me if you have a topic you would like to see addressed in this column. Also, there is a host of information on our website at www.sjso.org, or be sure to follow us on Facebook, Twitter, Instagram and our newly launched Nextdoor page. My email address is dshoar@sjso.org. Thank you.

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