

The 19th Annual Greek Festival October 7-9th



Opa! Don't miss the cultural event of the year when Francis Field downtown St. Augustine is transformed into a virtual Greek village October 7-9, 2016. There will be plenty of Greek food and pastries, traditionally-costumed Greek folk dancers, FREE Greek dance lessons, and live Greek music performed by the Hellenic Band all weekend long! Greek Entertainment The Hellenic Band performs live all weekend in the main tent, and the Nisiotes and Asteria Greek dancers demonstrate the rich culture of Greek dance. Visitors can learn the steps and participate.

This family-friendly event includes an outdoor marketplace and a Kids Center offering games, rides and activities. Vendor booths will be set up throughout the Festival, offering jewelry, arts and crafts and more. In addition, a selection of reading material on the Greek Orthodox faith, icons and other unique items will be available for purchase Greek Food and Drink.

The Greek Festival offers an amazing array of Greek foods, pastries and beverages, including moussaka, dolmades, souvlaki, spanakopita and pastitsio. Many of the dishes are provided by parishioners of Holy Trinity Greek Orthodox Church. Families looking for familiar food option for their children will find gyros, hot dogs, and snacks on the kids menu. A village Kafenio will be set up where visitors can relax and sip a Greek coffee while trying out some favorite Greek pastries from the bakery. In the Taverna, Greek wine, cold beer and Greek lemonade will be available. Other not-to-be missed treats are saganaki (flaming cheese) and a variety of Greek desserts that include baklava and other delicious pastries. Giving Back Visitors are encouraged to join the St. Augustine Greek Festival and celebrate its 19th year.

A portion of the proceeds will be going to a local not-for-profit. Admission: Adults are \$5.00 and children 14 and under are free. Active-duty military and their immediate families with ID are free. When: Friday, Saturday and Sunday, October 7, 8 and 9, 2016. 4 – 10 p.m. on Friday, 11 a.m. – 10 p.m. on Saturday, and 11 a.m. – 5 p.m. on Sunday. Where: Francis Field is located at 29 W. Castillo Drive St. Augustine FL 32084 (behind the historic downtown parking garage). Sorry, no pets allowed. Registered service dogs are permitted.

Shores Resident Gives Community A "Spooktacular" Halloween Display



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 100 humorous tombstones for neighbors and friends. Each year, Arch enter-

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.

tains 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.

Children's Exploring L.I.F.E. Shores United Methodist Church

The Children's Exploring L.I.F.E. Program at Shores United Methodist Church to hold a special 13-week educational program. Big Wave Discovery is where the fun and excitement of getting together with new friends is combined with the discovery of biblical answers to a kid's big questions about God,

Jesus, the Bible, prayer, and more. Every week, children will discover how the truths found in God's Word provide a guide for all situations in life. Big Wave Discovery includes seven rotation stations, each with trained leaders to teach and guide kids through Bible Stories, Tidal Music, Games, Craft Hut, Science Lab, Surf Shack Missions, and Cooking. During snack, kids are served pizza, dessert and drinks.

Big Wave Discovery is for children Pre-K 4 to 5th grade and meets on Wednesdays from 6:00 p.m. to 7:30 p.m. in the Christian Education Building of Shores UMC, 724 Shores Blvd., (between the golf course and Hartley Elementary.) All children are welcome and registration forms are online at www.shoressumc.com. Church Office staff will notarize the form for free. For more information, call (904) 797-4416 or email shoresumc@bellsouth.net.



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

- News From St. Augustine Shores - Board Update
- Message from President
- Family Fun Day October 8th
- Area Event & Entertinment Guide
- Health Update: Lymphedema
- *Financial Focus:* Vote for Smart Investment Moves

• Computer Corner: Three Sections: Items of interest of the Web, Computer lesson & Advice on a common problem

• Art Studio: Kathe Kokohas October Artist of the Month

• SJR State Accepting Applications for Law Enforcement and Corrections Academy

St. Augustine Ballroom Dance Association Celebrates 36th Anniversary

Champaign will flow when the St. Augustine Ballroom Dance Association celebrates its 36 anniversary on Friday, October 7th at the Riverview Club, 790 Christina Drive,



Enjoy live dance music, hors d'oeuvres, desserts and anniversary cake. Top it all off with a Champaign toast to the many years of elegant dances that this association has provided to ballroom dancers in the St. Augustine area. Guest pay just \$20 per person. Appropriate guest attire for the men is a dark business suit with tie or a tuxedo. For the ladies, it's a cocktail dress or gown. For an invitation, call President Mary Ellen Hernandez at 904-471-9886. Or call Mary and Dennis Larimore at 904-824-4902

Photo at left, St. Augustine Ballroom Dance Association members Lynda and Fred Hathorn enjoying an evening of dancing.



St. Augustine Observer 1965 A1A South #180 St. Augustine, FL 32080-6509 St. Augustine, FL 32080-6509 PERMIT #132



The St. Augustine Observer Published monthly for residents and visitors of St. Augustine, FL. 1965 A1A South #180 St. Augustine, FL 32080-6509 www.observer.vpweb.com Cliff Logsdon, Publisher/Editor (904) 607-1410

clifflogsdon@att.net The function of the St. Augustine Observer is to serve residents of St. Augustine areas Communities. First priority will be given to reporting news and activities of the residents of the St. Augustine local communities, and other news and events that directly affects the St. Augustine area. Second priority will be given to articles of general interest as space permits. Information should be received by the 10th of

St. Augustine Shores Community Calendar

The Shores Service Corporation **Shores Homeowners Association** (904) 794-2000 www.staugshores.org

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

• Conquistador Condominium Board meetings are held on the fourth Monday

St. Augustine South

Community Calendar

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

All material submitted to the Observer is subject to editing. Publishing of submitted letters and infor-mation 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 prod-uct 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, including pictures, graphics, websites and/or emails listed, that may have the potential to constitue 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.

of each month at 6 p.m. at the Riverview Club.

• Fairview Condominium Board meetings are held on the second Tuesday of every other month at 4 p.m. at the Fairview Condo club house.

 Greens Condominium Board meetings will vary. Contact Steven Sheremeta at Sovereign-Jacobs at 904-461-5556.

• Casa Bella Condominium Board 2016 meetings- March 14th (Annual Meeting) - 6:30 pm, April 11th, 6:30 pm, May 9th, - 6:30 pm, September 12 - 6:30 pm, October 10th, - 6:30 pm, November 11th - 6:30 pm, December 12th - 6:30pm

Moose-1101" meet at 7pm.

• DAV Meeting -3rd Tuesday of the month DAV monthly meeting at 7pm.
Vietnam Vets Meeting - 4th

• Bingo - Every Thursday at 1pm except Holidays with a light lunch is

Country - Halloween Dinner Dance - Saturday, October 29, 2016 Women of the Moose will hold a Country-Halloween Dinner Dance. Dinner is at 6pm, followed by dancing from 7pm-11pm. Donations: Member Reservations a must, call Theresa at



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

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

Send your ad and payment if required to Shores Observer, 1965 AIA 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: Catnapper rocker/recliner with heat and massage. Micro suede fabric dark green. In great condition. Asking \$250.00. Wood/Glass coffee table. Asking \$50.00. Call Bob 386-385-2183. FOR SALE: SCHWINN 203 indoor

recumbent exercise bike. Bio-fit comfort seat, LCD monitor, great working condition. Shores resident; try before you buy. No assembly required, includes instruction manual and water bottle holder. New one costs over \$350, selling mine for \$100. Call 904-794-1299

FOR SALE: (1) Light Pine Dining Hutch - \$75. (2) Oak 3 piece Entertainment Center - \$100. Call 904-



FOR SALE: (1) 5 Piece Ludwig Drum Set all hardware. 5 cymbals and carring case \$600. (2) Antique Azetec Stone Chess

Heritage Baptist Church

"A Warm & Friendly Fellowship"

Sunday School/Bible Study 10 a.m.

Wednesday Night Services 7 p.m.

1480 Wildwood Drive

St. Augustine, Fl 32086

904-824-8888

11 a.m.

6 p.m.

Church Services

Sunday Night Services

Set \$150. (3) Antique Shipping Trunk \$100. (4) 2 Piece Bar Top. Bullnosed on both ends \$200. (5) 94 Piece Stainless Steet Decorating tips \$75. (6) "Cooking for 50" by Chet Holden. Reference Book \$75. (7) 2 Simmons matching swivel rocker-recliners. \$350. Call 904-794-5637

FOR SALE: 80x50" Brazilian Oak curio/bookcase, removable opaque doors \$300; Rattan dinette set, 4 upholstered chairs & glass top \$250; 50" Granite top kitchen table \$50; Freezer chest \$50; Glass/metal computer table \$75. All items in excellent condition. Cell: 904-333-4460

FOR SALE: (1) 2 sets Dunlop mens golf clubs with 7 irons, 3 woods, bagss, and carts. \$50 each. (2) 2 Scotts broadcast spreaders. 1 small \$7. 1 large \$10. (3) New Hamilton Beach 6 qt. slow cooker in box \$18. (4) Queen matress & box springs, almost new. \$75. Call 904-217-4027.

WANTED: Mature Female Roommate to share condo--fully furnished Bedroom and private Den-private Bathroom-full Kitchen and Laundry use-must love cats-\$650.00 per month. Call for more information 904-671-4562.





Call Now for a Free Market Analysis of your Property!!! 521 A1A Beach Blvd. (904) 814-7305 St. Augustine, FL 32080 will@EndlessSummerRealty.com Office (904) 461-8878 "Helping Dreams Come True"



Fax (904) 461-8879

The St. Augustine South **Improvement Association** (904) 794-5129 www.staugsouth.com

• SASIA Board Meeting - 2nd Wednesday of the month is the SASIA Board meeting at 7pm.

• SASIA Member Meeting - 3rd Wednesday of the month is SASIA monthly meeting.

Women of the Moose-1101 -2nd and 4th Thursdays "Women of the

Tuesday of the month Vietnam Vets meet at 7pm. available from 11:30 to 12:30.

\$12.00 and Non-members \$15.00. 794-5129 or Sandra at 806-0535.



St. Augustine Shores Club News **October 2016 Riverview Club Calendar**

October Dances: Sunday, October 2 nd - Oldies Dance Party Site Augustine Stocket 6:00pm to 9:00pm Entertainment by Reministry, Chairpersons: Dennis & Katty Salvati *BYOB* Dance Club Members: REE, Activity Members and Guests: \$15:00/pp RSVP at www.staugshores.org MAIN SOCIAL 7:00pm to 10:00pm Chairpersons: Dave & Charlene Field *BYOB* Dance Club Members: REE, Activity Members and Guests: \$15:00/pp RSVP at www.staugshores.org FREE, Activity Members and Guests: \$15:00/pp FREE for Activity Members, guests are \$5:00/pp/class. Check out the latest events in our website: www.staugshores.org Bridge Lesson The class is geared to all levels. Thursdays at 10:00an. Check out the latest events in our website: www.staugshores.org Bridge Lesson The class is geared to all levels. Thursdays at 10:00an. Check out the latest events in our website: www.staugshores.org Bridge Lesson The class is geared to all levels. Thursdays at 10:00an. Check out the latest events in our website: www.staugshores.org Dance Class Ballroom dance with Dennisl Thursdays at 2:00pm. No dance classes on October 13 th and 20 th . Exercise Class Tuesdays at 1:00pm & Wednesday at 10:00am. Nondays, Wednesdays and Fridays 19:00am. Brig a non-skid mat & wear comfortable clothing (no belts or anything tight around your waist). The class is geared to all levels. <th></th> <th></th> <th></th> <th></th>						
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Message from President Jim Happy Fall Ya'll !

School is back in session and the buses are driving the streets once again. Please, always be alert when you see those bus lights flash and STOP signs swing out letting students on and off the bus. Halloween is quickly approaching and the streets will be full of ticker treaters. BOO!

Our Family Fun Day is October 8th 10AM-1PM. Come out to the club house and enjoy Free access to the pool, a bounce-house, dunk tank, food and beverage. Then we have the Fall Yard Sale November 5th 8AM-1PM. Got some "treasures" you'd like to part with? Time to purge? Clean out the garage or storage? Well, the Fall Yard Sale is the perfect opportunity to make a few \$\$ for Holiday Spending! Call the office to reserve your table today!! Mark your calendar now for the Fall Craft Fair November 13th 1PM-4PM call the office for more details.

Although we are running a little behind on our time line, your Board continues to move ahead with enforcing our Deed Restrictions. Letters should be out in the next 30 days but in the mean time we are asking you to go onto the Community web site, www. staugshores.org and review your Units Declaration of Deed Restrictions as well as the recent policy the Board adopted as the Procedure for Enforecment.

Two new Committees are being formed and will be meeting this next month at the Golf Course Club House on October 3rd at 6:30pm. One being the review and revision of the much outdated "Declaration of Restrictions" and the second being the "Clubhouse Update/Remodel." Both of these Committees should help to improve and accomplish the Goals of the Board. Improving our Community will continue to appreciate and protect our neighborhood's property values! Please come out and attend either of these new committies. The more input we have the happier home owners we will all be!! Your Board serves at the pleasure of the Home Owners. Your voice does matter!!

I personally hope to see you at these committee meetings. I'll be there.

Jim Priester, President



Flagler Memorial Cremation Society 669-1809

St. Augustine Shores Service Corporation August 11th Board Meeting Summary

"This Summary is a brief overview by the Observer Editor and is not the complete meeting minutes. Minutes are posted at the Riverview Club and on the Association Website.

The St. Augustine Shores Service Corporation's Board of Directors meeting was called to order by President James Priester at 7:00 P.M. Present: Vice President James O'Such, Treasurer Claire Lorbeer, Director Philip Van Tiem via telephone, Director Winston Burrell and Secretary Sue Chitwood. Absent Director Janet Cassford. Quorum Established.

Minutes of July 14, 2016 approved unanimously. Treasurers Report - Read by Treasurer Lorbeer accepted for audit. General Manager Smith explained the increase in the operating fund and the increase in the reserve fund. General Manager Smith presented 2 collection issues. Case #1: The homeowner requests the Service Corporation

waive all interest charges associated with the delinquent account. Vice President O'Such motioned to waive interest charges, seconded and carried unanimously. Case #2: A Payment plan proposal was submitted to pay off the account in 7 months and stay current. Secretary Chitwood motioned to accept the payment plan as presented. Seconded and motion carried unanimously

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

Discussion Deed Violation Fines: President Priester explained the Boards direction on addressing the Deed Violations with fines. He introduced Attorney Jeremiah Mulligan Mulligan explained that he and General Manager Smith met to discuss the process of establishing policy and procedure. Mulligan suggested that we rescind the motion made at the July 14, 2016 meeting on the procedure for Deed Violation fines. Secretary Chitwood made a motion to rescind the motion, seconded by Director Burrell and carried unanimously.

Discussion Janitorial Services: Vice President O'Such made a motion to hire Professional Services on a monthly basis for a year, seconded by Treasurer Lorbeer and carried 4 yes and 1 no 1 abstaining.

Progress Report on Board Goals

Curb Appeal – All palm trees on the common areas have been trimmed. Raising the canopy of the Oak trees on the swales in San Savino. Fertilized the medians on Shores Blvd and Christina Drive. Trimming the Oak trees on the common areas Tract J and Tract N Unit 1. Replaced the rose bushes at the South entrance that were damaged by a vehicle

Safety and Security – The damaged sections of the pool fence were repaired. Operations – General Manager Smith reported that the 2015 – 2016 Annual Audit has commenced.

Committee Reports ACC Committee – General Manager Smith: ACC Committee held one meeting in the month of July and approved 13 applications: 4 fences, 5 new homes, 3 screen rooms, 1 shed -Total approved YTD 247. 1. Variance request 966 Escobar Avenue for variance to move fence forward of the rear of house to enclose exterior door to backyard. Secretary Chitwood made a motion to grant the variance and seconded by Vice President O'Such and carried unanimously. 2. Variance request 295 Cortez Drive to build additional garage space without a door to the interior of the house Secretary Chitwood motioned to grant the variance, seconded by Treasurer Lorbeer and motion carried unanimously. 3. Variance request Souza 421 Maribella Court to erect a shed at the rear of the property line up against the fence. Director Burrell motioned to grant the variance, seconded by Treasurer Lorbeer and carried unanimously

Riverview Building and Grounds Committee – Secretary Chitwood: She presented a report on the activities at the Riverview Facility. Reported that the fund balance for the activities Club is \$21994.42. Pending approval for parenting class. Secretary Chitwood motioned for a parenting class with a \$30 registration fee, seconded by Winston

Burrell and carried unanimously. Upcomong Events: (1.) Grandparenting class every Wednesday in October from 2 to 4. (2.) effective discipline for children 2 - 12 Wednesday beginning in November 6 to 8. (3.) Family Fun Day October 8, 2016 from 10 to 1. (4.) Fall Yard Sale November 5, 2016 from 8 to 1. (5.) Craft Show November 13, 2016 from 1 to 4. She reported on the decline in Riverview Rentals due to the Board raising the non-resident rental rate of the Main Hall to \$3000 in October of 2015. Treasurer Lorbeer motioned to set non-resident rental rate of the Main Hall at \$1500.00, seconded by Diractor Durrel und card outprivile. by Director Burrell and carred unimiously

Boat/RV Storage Committee - Ray Story: Currently renewing leases and issuing ID stickers. New Business

Home Office Applications: 671 Nieves Lane for office operations and phone for painting business. 240 Lily Road for

bookkeeping for a small company. The motions carried unanimously. **Deed Violation Report:** General Manager Smith explained that the line item Janitorial Services for \$2375 was strictly for the Janitorial Services of the Building and does not include work on the Riverview Grounds or the common grounds. Line item for set up and breakdown of rentals in the Main Hall is separate from the Janitorial Services of the building. Line item for additional set ups is for the daily set ups and breakdowns for bridge, art, mahjong, exercise, yoga and Board meetings. Line item for trash is for emptying all trash cans on the common grounds including the pier, the playground, the pavilion, and around all the lakes and bike paths. This has nothing to do with Janitorial Services of the Riverview Building. Pest control is both spraying insecticide and a onetime charge of rat trapping. Weed control is for spraying weeds in the Boat/RV Storage Facility, the Kiddie Park, the tennis courts and the bike paths. Globe light maintenance is for changing out bulbs and replacing globes on the Riverview Grounds and walk path to the pier. President Priester motioned that Neville CPA audit 2 years of payments to Professional Services, seconded by Director Van Tiem and carried unanimously

Meeting Adjourned.

Annual Compassion 5K Run/Walk & K9 Miler Fun Run

St. Augustine Sertoma, helping community members with a life threatening medical crisis



and pet rescue for abused and abandoned animals, presents the Tenth Annual Compassion 5K Run/Walk and K9 Miler Fun Run in St. Augustine, Florida. The event will be held Saturday, November 12th @ 8:00 A.M. Next to 49 Shore Blvd. in the Shores Community. Pre-Registration for ACRR members is \$22 (\$20 if registered

by October 30th and \$12 for minors. Pre-Registration pickup is Friday November 13th from 5-7 pm at St. Augustine Rehabilitation Specialists (STARS), 105 Mariner Healthe Way

#213, St. Augustine, FL 32086. Pre-Registration fee includes race T-shirt. Late registration is \$25 and same day registration is \$30 and T-shirts not guaranteed. Entry fees are non refundable.

Prised include \$100 cash award for 1st place male and female 5K finisher. 3 deep hand chafted awars for 5K. Only hand crafted finishers awards for K-9 miler. Post race prize drawing for all registrants. For more information contact Debbie Bowe at 904-826-3228 or Julie@Compassion5k.org.



St. Benedict the Moor Catholic Church Blues Fest

St. Benedict the Moor Catholic Church is holding a Blues Fest on October14th from 4pm to 10pm and on Friday the 15th from 12noon to 10pm. Eight Blues bands will play over the two day period. Homemade barbecue, gumbo and desserts are available as well as water, soda, beer and wine. Please bring a lawn chair. This festival is to benefit the "One Room at a Time" renovation project to the rectory which has been going on at 86 Martin Luther King, Jr. Avenue in Lincolnville since 2011.



News Around South St. Augustine

Shores Riverview Club Committee Activities

Family Fun Day!

Shores residents, join us for a FAMILY FUN DAY! Come and enjoy FREE access to pool, bounce-house, dunk tank, food and beverages. Saturday, October 8th, 10:00 am - 1:00 pm. Effective Discipline for Children 2-12

Parent Training every Wednesday Beginning Oct 12th to Nov 9th, 2016 at the Riverview Club 6:00 - 8:00 pm. Learn how to manage difficult behaviors effectively. The program is a bestselling, award-winning discipline program used by millions of parents and teachers. 1-2-3 Magic offers easy-to-follow steps for disciplining children without arguing, yelling or spanking. You are not required to be a saint, genius or professional psychotherapist to use this program effectively! This program is designed for parents, educators or anyone looking for better ways to handle behavior issues. The parenting program is being presented by Robert Groleau, M.Ed., parent of four boys and ten grandchildren. Rob is retired teacher, consultant, parent and practitioner in the area of parenting education, strengthening family relationships and managing difficult behaviors of young children. Rob is a highly energetic and passionate educator who has the ability to inspire confidence and impart the foundation skills needed to unite families and build a stronger community.

Pre-registration is required, call Ellie at 904-794-2000 for more information. Program Fee: \$25.00 for 5 sessions, free to St. Augustine Shores Activities Club Members. All enrollees will be required to purchase 1-2-3 Magic book/workbook @ 1-2-3 Magic website. Intorductory Fitness Pole Walking Clinic

FREE Introductory Fitness Pole Walking Clinic for Residents of St. Augustine Shores! Wednesday, October 12th, at 12:30 p.m. in the Ballroom of the Riverview Club, 790 Christina Drive, St. Augustine FL.

Pole Walking is a fun and easy way to get a very effective and efficient total body aerobic workout! Please wear comfortable walking shoes - demo Walking Poles will be provided. This Free Clinic has limited space, pre-registration is required, please contact Sheila Vidamour, Certified Pole Walking Instructor: Tel: 904-540-1067. Fall Yard Sale

Fall Yard Sale will be held Saturday, November 5th, from 8:00am to 1:00pm, St. Augustine Shores' residents, call the office at 904-797-6441 to reserve your free spot! (Rain date: 11/12/16).

Craft Fair

CRAFT FAIR is Sunday, November 13, 2016 at the Riverview Club from 1pm – 4 pm.

October Book Sale at Southeast Branch Library

October 13, 14 and 15 are the dates for the Friends of the Library Southeast Branch book sale. Interesting subjects and great reads await book lovers. Most books are priced at \$1.00. Books of special merit are individually priced.

Hours of the sale: Thursday, October 13, 10 am - 5 pm; Friday, October 14, 10 am -5 pm; Saturday, October 15, 10 am -2 pm. The Southeast Branch Library is located at 6670 U.S. 1 South. 904-827-6900.

Writers In The Shores By Donna Johnson

The October meetings for Writers in the Shores will be on Tuesday the 11th and again on the 25th. The chosen subject is to be "The Storm" and, is suggested for this month's topic to write about on the 25th. 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.

Come and visit us at our unique waterfront property and rent our spacious & elegant ballroom space for your next event!

- Weddings Reunions
- Fund Raisers • Birthdays

• Meetings

Rehearsals

- Retirement Party • Anniversaries
 - Memorial Service

Graduation Party

 Baby Shower Engagement Party

 Receptions • Dinner Dances • Office & Holiday Party

> Main Hall 5,520 sq. ft. & Commercial Grade Kitchen Seating capacity: 350 people Game Room 1,440 sq. ft. Seating capacity: 70 people Card Room 825 sa. ft. Seating capacity: 40 people



790 Christina Drive St. Augustine, FL 32086 904.794.2000





St. Augustine Travel Club

by Peter Dytrych

Hi Travel Lovers and members. We will hold our next St. Augustine Travel Club meeting on Monday, October 10, at 3pm at the Southeast Branch Public Library. We will be covering CRUISING THE RHINE AND THE DANUBE RIVERS OF EUROPE. The St. Augustine Travel Club is free to all St. Augustine residents and their guests. If you have any questions, please give me a call at 904-797-3736. Please note that it is a Monday for the October meeting. St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Sunday, March 26 to Sunday, April 2, 2017 on one of the largest ships in the world, the magnificent Royal Caribbean Oasis of the Seas out of Port Canaveral to the ports of Labadee, Falmouth and Cozumel for a 7-day cruise. Prices start from \$906.54 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Oceanview and balcony cabins are available at higher cost. Book now with a \$250 pp deposit and receive \$25 per stateroom On Board Credit. Call Peter, St. Augustine Travel Club at (904) 797-3736 for more information and reservations.

Florida Designated October as "Florida Native Plant Month"

Bring (Wild) Life to Your Landscape. Learn how you can liven up your yard and attract wildlife on October 7 & 8 at Native Gardens Nursery, 1660 County Road 13A South, Elkton FL, from 2-3pm.

Nature columnist, Mike Adams and native plant landscape designer, Renee Stambaugh will share tips on how to provide an inviting habitat within your yard that appeals to wildlife.

The state of Florida recently designated October as "Florida Native Plant Month" in order to emphasize the importance of native plants' vital role in sustaining healthy, diverse ecosystems that support wildlife. Discover why native plants are the preferred choice for attracting birds, butterflies, hummingbirds and other pollinators to your garden.

This program is free and open to the public. Florida native plants will be available for purchase. For details and directions, go to www.nativeplantconsulting.com or call 904-692-3927.

Garden Club Meeting

The Geranium Circle will meet at 12:30 on October 21 at 3440 Old Moultrie Road. A representative from Southern Horticultue will present "Latest Trends for Autumn plants for Home and Landscape." Visitors are invited.

"It's the Great Pumpkin Charlie Brown"

Shores United Methodist Church is having a "Charlie Brown Great Pumpkin Party!" The Pumpkin Fest party will be held in the Christian Education Building (CEB) on Wednesday, October 26, 2016 from 6:00-7:30 p.m. in the Fellowship Hall and is free to the community.

The event will feature crafts, games, music, food and drinks for children Pre K4 through 5th grade. The youth and children of the Reader's Theater program will perform the skit "It's the Great Pumpkin Charlie Brown" in the church sanctuary. Afterwards, the children will go to the CEB for The Great Pumpkin Party. Kids will have fun touring the church's pumpkin patch and will receive a free surprise treat to take home! As with all the Shores UMC children's and youth activities, there is an Open Door Policy for parents of participating children.

For more info about this fun fall activity and to reserve your child a seat, please contact the church office at (904)797-4416 or e-mail Shoresumc@bellsouth.net. Shores United Methodist Church is located at 724 Shores Blvd, between the golf course and Hartley Elementary. Rev. Randy Strickland is pastor.

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News From Around St. Johns County

Florida Native Plant Society Sea Oats Chapter Meeting

We are the Sea Oats Chapter of the Florida Native Plant Society. Our chapter covers St. Johns County and is one of 33 around the state. The web site is fnps.org. We have members though out the county as well as the city. We meet monthly at the St Augustine Beach City Hall, thus we have a presence on the island. We also have members from the Shores meadow.

Sea Oats Chapter of the Florida Native Plant Society would like to invite everyone to the grand opening of our new native plant garden on October 15 from 9 a.m. to 1 p.m. Come see native plants that could be used in your home landscape to encourage and support our local birds and pollinators. The location is the historical Powder House site on Marine St. across from the Council on Aging in St Augustine. There will be native plants for sale, history and other informative activities.

We also meet monthly to hear a speaker, discuss native plants and have refreshments. Our meetings are the third Tuesday of the month at the St. Augustine Beach City Hall, 2200 A1A South. Doors open at 6:30 and the meeting starts at 7. Our mission is to conserve, preserve, and restore the native plants and native plant communities of Florida. Please join us. Judy Zinn, Sea Oats VP & Treasurer at jeryjudy@valinet.com.

Florida Tiny House Festival

The Tiny House movement is coming to the St. Augustine area with the 2016 Florida Tiny House Festival, which is being held November 18-20, 2016, at the St. John's County Fairgrounds in Elkton, Florida.

Television personalities, leaders, and experts from around the nation will be presenting during this highly anticipated 3-day event, which will also feature dozens of tiny houses and micro homes - all will be available for touring and viewing.

This event is expected to have at least 10K attendees from around the world, including: tiny house owners, tiny house enthusiasts, curiosity seekers, and those interested in living a tiny house lifestyle. Also available will be businesses and individuals displaying products and services supportive of the tiny house movement, food trucks, lectures/ workshops, on-site camping for non-tiny house owners, lots of live entertainment, and much more!

The Florida Tiny House Festival is being hosted by the United Tiny House Association (originally the Georgia Tiny House Association), which organizes state-level, charitable Tiny House Festivals throughout the Southern and Eastern United States.

For more information about the 2016 Florida Tiny House Festival, the United Tiny House Association, or any of the other upcoming Tiny House Festivals in Georgia, New Jersey and Tennessee, please contact Chairman, John Kernohan, at 706-623-4332 (office), 954-558-3619 (cell), or by email at johnk@unitedtinyhouse.com. Also, information is available online at www.unitedtinyhouse.com .

Gregory E.	Oxford	Isabell G.
Oxford		Oxford
DDS, MS, PhD	Dental	DMD
Dental Surgeon	Associates	General Dentist
Extractions		Implant Dentistry •
• Wisdom Teeth		Crowns & Bridges •
IV Sedation		Cosmetic •
• Implants		(white) Fillings
• Bone Grafts	°	Whitening •
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• Gum Surgery	Implar	nt Dentures & Partials •
• Laser Therapy	•	onventional Dentures •
Soft Tissue Grafts		& Partials
100 Whetstone Place Suite 308 St. Augustine, FL		810-2345 www.oxforddental.net



October 2016

October 1 - Ongoing

Historic Tours of Flagler College: Historic Tours of Flagler College highlight the architectural heritage of the former Hotel Ponce de Leon, built by Henry M. Flagler in 1888 and listed as a National Historic Landmark. Daily tours are available at 10 a.m. and 2 p.m. Tickets are \$10 adults, \$8 active military & seniors (60+), \$1 Children (4 -12), under 4 free. Students and St. Johns County residents are free with ID. 74 King Street, St. Augustine. 904-823-3378 http://legacy.flagler.edu

October 1

Pink Up the Pace Walk/Run: The Annual Pink Up the Pace 5K Walk/Run raises money to assist local uninsured and underinsured residents in the early detection of breast cancer and to increase public awareness of the importance of early detection. The St. Augustine 5K Walk/Run and the age 14-and-under 5K Walk/Run start at 8 a.m. from Francis Field located behind the Downtown Historic Parking Facility. Awards will be presented. Registration is \$30 in advance (\$35 on race day) for adults and \$15 (\$30 on race day) age 14 and under. West Castillo Drive, St. Augustine. 904-471-1819 www.pinkupthepace.org

First Saturday - GTM Research Reserve Guided Cultural Hike: The first Saturday of each month at 8:30 a.m. features a Guided Cultural Hike that focuses on the Guana Peninsula's 5,000 years of human history This 1.5 mile guided walking tour departs from the Trailhead Pavilion located just west of the Guana Dam. The programs are free. There is a \$3 parking fee. 505 Guana River Road, Ponte Vedra Beach. 904-823-4500 http://gtmnerr.org

First Saturday - Militia Muster and Training at Fort Mose: Visit Fort Mose on the first Saturday of each month from 9 a.m. to 2 p.m. to be transported back to the 18th Century. The members of the Fort Mose Militia come together to practice their firing drills, teach new Militia members historic weapons use and safety and generally have an enjoyable Saturday at Fort Mose. Visitors will experience historic weapons demonstrations including musket firing drills. Children of all ages will have the opportunity to participate in the children's militia training using wooden toy muskets and authentic uniform accessories. The park is open from 9 a.m. to 5 p.m. Admission into the park is free. Admission into the Visitor Center is \$2 per person. 15 Fort Mose Trail, St. Augustine. 904-823-2232 www.floridastateparks.org/park/Fort-Mose

First Saturday - Living History Day at Fort Matanzas: From 10:30 a.m. until 3:30 p.m., authentically clad reenactors demonstrate Spanish cannons at this fortress that guarded the southern approach to St. Augustine. Admission is free, including the ferry ride to and from Rattlesnake Island. Fort Matanzas National Monument is located approximately 15 miles south of St. Augustine. 8635 A1A South, St. Augustine. 904-471-0116 www.nps.gov/foma

First Saturday - VIP All Things Chocolate Tasting Tour: Experience an indulgent walking tour of St Augustine's historic district where you will get to experience the most unique chocolate selections that our Nation's oldest city has to offer. You'll explore unique culinary venues and "foodie" hotspots to sample delicious chocolate in all forms, including wine, sauces, toppings, dips, desserts and much more. You'll also learn about the history of St. Augustine from our licensed, professional guide as you explore several historic points of interest. This two-hour walking tour departs from Tour St Augustine at 1 p.m. The cost is \$59 per person. Advance reservations required. 4 Granada Street, St. Augustine. 904-825-0087 www.StAugCityWalks.com

First Saturday - Drum Runner Series Barrel Racing at St. Johns County Fair Grounds: Saddle up and head over to the St. Johns County Fair Grounds for monthly barrel, pole and other timed speed horse events. The event is open to public free spectators. Participants must have own horse. Participation fees are \$15 for St. Johns County Horse Council members and \$25 for non-members. Awards will be presented for each age group in each event. The races take place from 2 - 7p.m. at St. Johns County Fairgrounds, 5840 S.R. 207, Elkton. www.sjchc. org

October 1, 7 & 8, 14 & 15, 21 & 22, 28 & 29

Origins of Halloween and Tales of St. Augustine's Dark Side Tour: Explore the stories of how many of our present-day Halloween customs began...bonfires, jack-o-lanterns,



costumes and masks, trick-or-treating and more! This family friendly evening tour features enchanting stories on the history, myths and legends of the Original Halloween, also known as Samhain - The Celtic New Year. This walking tour departs from Tour St Augustine's Office at 8:30 p.m. Tickets are \$15 per person. Advance reservations required 4 Granada Street, St. Augustine. 904-825-0087 www.GhostToursofStAugustine.com

October 1 - 2

Datil Pepper Festival and Cook Off with Home and Garden Show: This annual celebration of the spicy little Datil Pepper includes a cook off of recipes using the datil pepper in appetizers and entrees. Vote for your favorite 'pepper' delight. The Home and Garden Show takes place on Saturday and Sunday. 3125 Agricultural Center Drive, St. Augustine. 904-209-0430 stjohns.ifas.ufl.edu/datil_2015.shtml

October 1 – 23

Oklahoma at Limelight Theatre: Enjoy this classical Musical set in the Oklahoma territory at the turn of the 20th century, where two young cowboys vie with an evil ranch hand and a traveling peddler for the hearts of the women they love.

Performance times are 7:30 p.m. Thursday - Saturday and 2 p.m. on Sunday. Tickets are \$26; \$24 seniors; \$20 student and military. 11 Old Mission Ave., St. Augustine. 904-825-1164 www.limelight-theatre.org

October 1 – 30

Sykes and Cooper Farms Corn Maze: This award-winning nine-acre maze is sure to get your family pumped up for fall -- there's even a Spookley the Square Pumpkin maze for the kids. Located on SR 207 in Elkton, Sykes-Cooper Farm features a nine-acre corn maze, hayrides, a playground, and farm animals to see and meet. Hours are 5 to 9 p.m. Fridays; 10 a.m. to 10 p.m. Saturdays; and 11 a.m. to 5 p.m. Sundays. General admission is \$9, seniors and active military \$7, children 2 and younger admitted free. 5995 Brough Rd., Elkton. http:// sycofarms.com

October 2

The Founding of the Castillo de San Marcos: In conjunction with National Hispanic Heritage Month, volunteers from Florida Living History and the Castillo de San Marcos will commemorate this important date in American history - 344 years later, to the very day and on the very site of the founding of the Castillo de San Marcos - with the re-enactment of the 1672 ground-breaking ceremony featuring General Don Manuel de Cendoya, royal Governor and Captain-General of Florida, and the royal officials of the presidio of San Agustín. This heritage event features day-long colonial Spanish and historical demonstrations focusing on its 17th-century construction and vital role in Florida's history. From 9 a.m. to 4 p.m., join volunteers, rangers, and other participants in commemorating the 344th anniversary of the founding of the Castillo de San Marcos is \$10 per adult; children (age 15 and younger) are free. Admission to the historical re-enactment on the fort lawn is free of charge to the public. 1 South Castillo Drive, St. Augustine. 877-352-4478 http://www.floridalivinghistory.org/

St. Augustine Independent Restaurant Association Food and Wine Festival: A popular food and wine sampling from 17 area restaurants in a fun atmosphere at The River House from noon to 4 p.m. Proceeds benefit the Boys and Girls Club. Tickets are \$50 per person in advance (online or at participating restaurants) and \$60 at the door. 179 Marine St. St. Augustine. www.StAugustineRestaurants.com

October 2, 9, 16, 23 & 30

Origins of Halloween and Haunted Pub Crawl Tour: Learn about the origins of Halloween customs ... bonfires, jack-o-lanterns, costumes and masks, trick-or-treating... as you search for ghosts and goblins at pubs and taverns in St. Augustine's historic downtown district on this exclusive 2.5-hour. The tour departs at 7 p.m. from Al's Pizza where participants are served a complimentary beverage. Tickets are \$19 per person. Advance reservations required. 1 St. George Street, St. Augustine. 904-825-0087 www.GhostToursofStAugustine.com

October 3 - 9

St. Augustine Independent Restaurant Association Restaurant Week: Through the week, dine out at one of dozens of participating SAiRA member restaurants. Take the opportunity to dine on a prix fixe menu that focuses on each restaurant's specialty. www. StAugustineRestaurants.com

October 4

First Saturday - Militia Muster and Training at Fort Mose: Visit Fort Mose on the first Saturday of each month from 9 a.m. to 2 p.m. to be transported back to the 18th Century. The members of the Fort Mose Militia come together to practice their firing drills, teach new Militia members historic weapons use and safety and generally have an enjoyable Saturday at Fort Mose. Visitors will experience historic weapons demonstrations including musket firing drills. Children of all ages will have the opportunity to participate in the children's militia training using wooden toy muskets and authentic uniform accessories. The park is open from 9 a.m. to 5 p.m. Admission into the park is free. Admission into the Visitor Center is \$2 per person. 15 Fort Mose Trail, St. Augustine. 904-823-2232 www.floridastateparks.org/park/Fort-Mose

October 5

First Wednesday - Lightner Museum Curator Tours: Lightner Museum curator provides a themed interactive tour designed to give participants an opportunity to see acquisitions in operation rather than just as static displays. The tour, which is included in admission, takes place at 10 a.m. on the second floor of Lightner Museum. Regular admission is \$10 adults; \$6 for active duty military; \$5 college student and youth ages 12-18; under 12 are free. 75 King Street, St. Augustine. 904-824-2874 www.lightnermuseum.org

October 5

Music by the Sea Concert: Free weekly concert at the St. Johns County Pier features a wide variety of musical genres. The seaside concerts are 7 - 9 p.m. Starting at 6 p.m. South Beach Grill will offer dinners as an option for concert goers. All dinners are priced at \$10 or less. Concert goers are encouraged to car pool or ride the shuttle from the St. Augustine Beach City Hall. The pier is located at 350 A1A Beach Blvd., St. Augustine Beach. 904-347-8007 www.sabca.org

October 7

First Friday - Garden Walk: Visit Washington Oaks Gardens State Park on the First Friday of every month for a guided tour of the beautiful gardens. Meet in the garden parking lot at 10 a.m. and wear comfortable shoes. The tour will last approximately one hour. Admission into the park is \$5 per vehicle, up to eight people; \$4 per vehicle for single occupancy or \$2 per person on bicycle applies. 6400 North Oceanshore Boulevard, Palm Coast. 386-446-6783 www.floridastateparks.org/park/Washington-Oaks

First Friday - Art Walk: From 5 p.m. to 9 p.m. on the first Friday of every month, the Art Galleries of St. Augustine feature new exhibits, refreshments and live music at more than 20 galleries. The event is held rain or shine inside the member galleries and is a free, self-guided walking tour (tour maps available at participating galleries). Plus, free Art Walk Trolleys and Trains provided by St. Augustine Sightseeing Trains and Old Town Trolleys, offer free transportation throughout downtown for the art walk. 832-779-2781 www. artgalleriesofstaugustine.org

October 7-8

Origins of Halloween and Tales of St. Augustine's Dark Side Tour: Explore the stories of how many of our present-day Halloween customs began...bonfires, jack-o-lanterns, costumes and masks, trick-or-treating and more! This family friendly evening tour features enchanting stories on the history, myths and legends of the Original Halloween, also known as Samhain - The Celtic New Year. Join our licensed, professional guide for this special 1.25-hour Halloween event where you will also hear twisted tales of St. Augustine's dark past as you explore 'off-the-beaten-path' back alleys in the historic downtown district. This walking tour departs from Tour St Augustine at 8:30 p.m. Tickets are \$15 per person. Advance reservations required 4 Granada Street, St. Augustine. 904-825-0087 www.GhostToursofStAugustine. com

October 7 - 9

St. Augustine Greek Festival: Enjoy Greek food, live Greek music, traditionally costumed Greek folk dancers, arts and crafts vendors, and a kid's center with games, rides and more. Open Friday 4 to 10 p.m., Saturday 11 a.m. to 10 p.m. and Sunday 11 a.m. to 5 p.m. Admission is \$3 for adults and free for those 12 and under. Free admission for active military and immediate family with ID. West Castillo Drive, St. Augustine. 904-829-0504 www.stauggreekfest.com

October 8

Second Saturday - GTM Reserve Guided Trail Hike: Join GTM Research Reserve volunteers from 8:30 a.m. to 10:30 a.m. for a 1.5-mile guided walk through the Guana Trail. After the walk, visit the GTM Research Reserve Environmental Education Center. There is a \$3 parking fee. 505 Guana River Road, Ponte Vedra Beach. 904-823-4500 www.gtmnerr. org/

Second Saturday - Free St. Augustine Pet Walk Pup Crawl: Explore the timeless streets of St. Augustine and hear tales of the city's rich history while touring with your beloved pets. This free, one-hour guided walking tour covers several square blocks of the downtown plaza area. All pets must be leashed and all city pet ordinances followed. This is a great way to share quality time with "man's best friend" and explore the nation's oldest city. Tour departs at 10 a.m. from Tour St. Augustine office. Reservations required. 4 Granada Street, St. Augustine. 904-825-0087 www.staugcitywalks.com

Second Saturday - Plant Sale: Washington Oaks Gardens State Park hosts their monthly plant sale from 10 a.m. to 2 p.m. Regular park entrance fee of \$5 per vehicle, up to eight people; \$4 per vehicle for single occupancy or \$2 per person on bicycle applies. 6400 North



Oceanshore Boulevard, Palm Coast. 386-446-6783 www. floridastateparks.org/park/ Washington-Oaks

October 9

Origins of Halloween and Haunted Pub Crawl Tour: Learn about how many of our present-day Halloween customs began...bonfires, jack-olanterns, costumes and masks, trick-or-treating...as vou search for ghosts and goblins at pubs and taverns in St. Augustine's historic downtown district on this exclusive 2.5hour Halloween tour with our licensed, professional ghosthunting guide. Learn to use EMF meters and professional ghost-hunting equipment, which is provided to you during the tour and included in your ticket. spine-tingling walking This tour departs at 7 p.m. from Al's Pizza, where our guests will enjoy a complimentary welcome drink before the start of the tour. Tickets are \$19 per person. Advance reservations required. 1 St. George Street,

St. Augustine. 904-825-0087 www.GhostToursofStAugustine.com October 12

Music by the Sea Concert: Free weekly concert at the St. Johns County Pier features a wide variety of musical genres. The seaside concerts are 7 - 9 p.m. Starting at 6 p.m. Sunset Grill will offer dinners as an option for concert goers. All dinners are priced at \$10 or less. Concert goers are encouraged to car pool or ride the shuttle from the St. Augustine Beach City Hall. The pier is located at 350 A1A Beach Blvd., St. Augustine Beach. 904-347-8007 www. sabca.org

October 13

NEEDTOBREATHE at the St. Augustine Amphitheatre: The St. Augustine Amphitheatre proudly welcomes the return of NEEDTOBREATHE and their national "Tour De Compadres" featuring guests Mat Kearney, Parachute and Welshly Arms. NEEDTOBREATHE is a GRAMMY-nominated, American Rock 'n' Roll Band from South Carolina, effortlessly woven from the musical traditions and faith of their upbringing in the Deep South of the United States. Made up of brothers Bear Rineheart (vocals, guitar) and Bo Rinehart (guitar, vocals), Seth Bolt (bass, vocals) and Josh Lovelace (keys, vocals), the band hit their big break in 2005 when they signed to Atlantic/Lava/Word Records and quickly achieved cross-genre success via five studio albums and innumerable headline tours. Doors open at 5 p.m.; show starts at 6 p.m. Tickets are \$59 standing pit; \$44 level 100; \$34 – level 200; \$29 – level 300 and obstructed view. 1340C A1A South, St. Augustine. 904-209-0367 www.staugamphitheatre.com

October 14

Third Friday - VIP Gallery Art Stroll & Tasting Tour: Enjoy St Augustine's art and history with a licensed, professional tour guide on this intimate, entertaining VIP walking tour through the ancient streets of St Augustine's historic district. During this 2.5-hour experience, you will learn how St. Augustine's art, architecture and culture are juxtaposed to create one of the most unique old world cities in the United States today. You will visit several different galleries where the curator will meet your group personally and discuss select art displays. You'll also enjoy some culinary tasting stops for wine and light tapas that will be relevant to St Augustine's art scene, for a true taste of the past and present. This exclusive tour departs at 4:30 p.m. from Tour St Augustine where guests will enjoy complimentary San Sebastian wine and chocolates at check in. Tickets are \$25 per person. Advance reservations required. 4 Granada Street, St. Augustine. 904-825-0087 www.VIPArtWalk.com

October 14 - 15

Magnolia Fest: Now in St. Augustine, Magnolia Fest celebrates its 20th anniversary this weekend at the St. Augustine Amphitheatre. This music event starts with a pre-party on Friday. 1340 C A1A South, St. Augustine. 904-209-0367 www.magnoliafest.com

October 14 - 15

Origins of Halloween and Tales of St. Augustine's Dark Side Tour: Explore the stories of how many of our present-day Halloween customs began...bonfires, jack-o-lanterns, costumes and masks, trick-or-treating and more! This family friendly evening tour features enchanting stories on the history, myths and legends of the Original Halloween, also known as Samhain -

The Celtic New Year. Join our licensed, professional guide for this special 1.25-hour Halloween event where you will also hear twisted tales of St. Augustine's dark past as you explore 'off-the-beaten-path' back alleys in the historic downtown district. This walking tour departs from Tour St Augustine at 8:30 p.m. Tickets are \$15 per person. Advance reservations required 4 Granada Street, St. Augustine. 904-825-0087 www.GhostToursofStAugustine. com

October 15

Third Saturday - Photography Challenge Event: Photographers, from beginners to professionals, compete to take the best photo at three designated locations within Washington Oaks Gardens State Park. Maps to the featured locations can be obtained from the Ranger Station or from volunteers in the main parking lot. Each month, park volunteers will select the winning photo, which will then be displayed at the Visitors Information Center kiosk and the park's gift shop. There is no cost to compete. Park admission is \$5 per vehicle; \$2 per pedestrian/bicyclist. The park is open from 8 a.m. to sunset. 6400 North Oceanshore Boulevard, Palm Coast. 609-247-8146 www.floridastateparks.org/park/Washington-Oaks

Third Saturday - Guided Beach Exploration Guana South Beach: Join GTM Research Reserve Docents from 8:30 a.m. to 10 a.m. for a beach walk at the Guana South beach location on A1A, South Ponte Vedra Beach. Learn about the animals that call the beach home as well as seashells and other interesting facts. This is a "Beaches 101" experience that the entire family will enjoy. There is a \$3/per vehicle parking fee. 1798 Ponte Vedra Boulevard, Ponte Vedra Beach. 904-823-4500 www.gtmnerr.org

Third Saturday - Nocatee Farmer's Market: Nocatee Farmer's Market takes place from



8

10 a.m. to 2 p.m. every third Saturday. This free, family-friendly event has more than 80 local vendors selling everything from produce, crafts, jewelry, herbs, unique foods and more. Free face painting will be available for the little ones, along with a bounce house. 245 Little River Road, Ponte Vedra. 904-924-6863 www.nocatee.com

Cultural Influences in the Spanish Colonial Kitchen: Stop by Fort Matanzas National Monument between 10 a.m. and 3 p.m. for demonstrations and conversations about the Spanish heritage that is the foundation of St. Augustine and Fort Matanzas. It takes place at the Fort Matanzas Visitor Center and admission is free. 8635 A1A S, St. Augustine. 904-829-6506 www.nps.gov/foma

Third Saturday - Tolomato Cemetery Guided Tour: Tour the oldest extant planned cemetery in Florida with burials starting during the First Spanish Period (1565-1763). Admission is free, but donations are encouraged. Tours are from 11 a.m. to 3 p.m. 14 Cordova Street, St. Augustine. 904-257-3273 www.tolomatocemetery.com

Oktoberfest: From 11 a.m. to 10 p.m., the St. Augustine Sertoma Club will present an entire day of German fun at Francis Field. Traditional food including bratwurst, sauerkraut and pretzels, as well as German and domestic beers and desserts will be available. Enjoy bands throughout the day, arts and crafts by locals and along with children activities. Admission is \$5 (children under 10 free). West Castillo Drive, St. Augustine. 904-471-8480 www. sertomastaugustine.org/oktoberfest

Third Saturday - Free Black Heritage & Civil Rights Walking Tour: You are invited to join St. Augustine Black Heritage Tours for a walking tour of historical sites in St. Augustine where more than 400 years of African American History lives. Our licensed, professional guide will take you to several locations that were significant to the Civil Rights Movement of St. Augustine, where you will hear stories and see history come alive as you follow in the footsteps of Dr. Martin Luther King and Andrew Young. You will also visit Lincolnville, established by freedmen following the American Civil War, which is now on the National Register of Historic Places. A visit to St. Augustine would be incomplete without exploring the rich African American Heritage that changed our Nation's history and inspired the world. This 1.5-hour tour departs from Tour St Augustine at 4 p.m. Advance reservations required, individual bookings only (no groups). 4 Granada Street, St. Augustine. 904-825-0087 www. StAugustineBlackHeritageTours.com

Sunset/Moonrise at St. Augustine Lighthouse & Maritime Museum: Enjoy the sunset and moonrise from the top of the Lighthouse at 6:15 p.m. The \$30 admission includes a champagne toast, provided by San Sebastian Winery, hors d'oeuvres from The Reef and an informative overview of the history of the St. Augustine Light Station. 81 Lighthouse Avenue, St. Augustine. 904-829-0745 www.staugustinelighthouse.org

October 16

11th Annual Taste of the Beach: From noon to 5 p.m. enjoy delicious food from fourteen St. Augustine Beach area restaurants as they compete for 1st, 2nd and 3rd place prizes for appetizer, entree and dessert in addition to Judge's Choice, Best Booth Display and People's Choice. Attendees can place \$1 in the jar created for each restaurant to cast a vote for People's Choice winner. Proceeds benefit Betty Griffin House, a shelter and service provider for victims of abuse and their families. This is a cash only event. Enjoy free parking and shuttle ride to the pier from St. Augustine Beach City Hall. www.sabca.org Origins of Halloween and Haunted Pub Crawl Tour: Learn about how many of our

Origins of Halloween and Haunted Pub Crawl Tour: Learn about how many of our present-day Halloween customs began...bonfires, jack-o-lanterns, costumes and masks, trick-or-treating...as you search for ghosts and goblins at pubs and taverns in St. Augustine's historic downtown district on this exclusive 2.5-hour Halloween tour with our licensed, professional ghost-hunting guide. Learn to use EMF meters and professional ghost-hunting equipment,





904-671-4660

which is provided to you during the tour and included in your ticket. This spine-tingling walking tour departs at 7 p.m. from Al's Pizza, where our guests will enjoy a complimentary welcome drink before the start of the tour. Tickets are \$19 per person. Advance reservations required. 1 St. George Street, St. Augustine. 904-825-0087 www.GhostToursofStAugustine. com

October 18

Third Tuesday - GTM Research Reserve Marineland Lecture: This lecture series is held on the 3rd Tuesday of the month from 10 a.m. to 11 a.m. at the GTM Research Reserve Marineland Field Office. The series is designed to inform the public about their coastal natural world. The lectures are free, so space is limited and reservations are requested. 9741 North Oceanshore Boulevard, Marineland. 904-823-4500 www.gtmnerr.org

October 21 - 22

Origins of Halloween and Tales of St. Augustine's Dark Side Tour: Explore the stories of how many of our present-day Halloween customs began...bonfires, jack-o-lanterns, costumes and masks, trick-or-treating and more! This family friendly evening tour features enchanting stories on the history, myths and legends of the Original Halloween, also known as Samhain - The Celtic New Year. Join our licensed, professional guide for this special 1.25-hour Halloween event where you will also hear twisted tales of St. Augustine's dark past as you explore 'off-the-beaten-path' back alleys in the historic downtown district. This walking tour departs from Tour St Augustine at 8:30 p.m. Tickets are \$15 per person. Advance reservations required 4 Granada Street, St. Augustine. 904-825-0087 www.GhostToursofStAugustine. com

October 22

Fourth Saturday - Family Seining at the GTM Research Reserve: Join GTM Research Reserve docents from 8:30 a.m. to 10:30 a.m. to learn how to pull a seine net collecting species of fish, crabs and more. Learn about the animals and their roles in the habitat. Waders and boots will be provided. The program is included with regular admission to the Reserve and takes place in the Environmental Education Center. 505 Guana River Road, Ponte Vedra Beach. 904-823-4500 www.gtmnerr.org

Castillo by Candlelight - Taking the Plunge: In honor of Hispanic Heritage Month and the Centennial of the National Park Service, this special ticketed event leads visitors in the footsteps of a young Spanish boy joining the Spanish Garrison at the Castillo de San Marcos to defend his home, his family and his country. Tickets are \$10 for adults (16 and over), \$5 for children (5-15), and free for children under 5, and can be purchased two weeks in advance at the Castillo ticket booth or by calling 904-829-6506 ext. 232. 1 South Castillo Drive, St. Augustine. www.nps.gov/casa

Fourth Saturday - Free Historic Walking Tour: History comes alive as you saunter through the narrow brick streets of our nation's oldest city for an up close and personal view of the city. Our licensed, professional guide will relate more than 400 years of St. Augustine's past during this all-encompassing 1.5-hour history lesson. You'll be intrigued and inspired as you hear tales of the Colonial Exploration Period, the opulent Henry Flagler Development Period, and the modern Civil Rights Movement and events that took place. This tour departs from Tour Saint Augustine at 4 p.m. Advance reservations required. 4 Granada Street, St. Augustine. 904-825-0087 www.StAugCityWalks.com

Ancient City Kids Day: Enjoy a fun and festive family atmosphere with vendors, games,



CLOSE TO THE BEACH, GOLF AND HISTORIC ST. AUGUSTINE IN ST. AUGUSTINE SHORES

SAN SAVINO



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activities and live entertainment. This is a great day to spend meaningful time with children. This free day of fun takes place from 11 a.m. - 3 p.m. at Francis Field located behind the St. Augustine Historic Downtown Parking Facility. West Castillo Drive, St. Augustine. 904-829-2273 www.epicbh.org

October 22 - 23

Bike MS - PGA Tour Cycle to the Shore 2016: Bike MS - PGA TOUR Cycle to the Shore 2016 is a two-day fundraising cycling event from TPC Sawgrass in Ponte Vedra Beach to Daytona Beach and back. There are multiple route options. The ride begins Saturday at 7:30 a.m. Riders will travel along the beautiful Florida scenic coastline and end on the Daytona Beach Boardwalk. Day two begins with a hearty breakfast before heading the finish line. Registration is \$45 by June 19; \$55 by Oct. 16; & \$75 event week. 110 Championship Way, Ponte Vedra Beach. 800-344-4867 https://secure.nationalmssociety.org/site/SPageServer/?pagename=BIKE_HOM_splash

October 23

Fourth Sunday - Pet-Friendly Food Tours: This special pet-friendly version of our original St. Augustine Food and Wine Tasting Tour is also a fundraiser for our local Humane Society. To help support this wonderful cause, City Walks Food and Wine Tasting Tours will donate \$20 directly to the Humane Society for every furry friend that joins our St. Augustine Pet-Friendly Food Tour. Spend the afternoon sampling wonderful food and wine while visiting select eateries that welcome your pet. What better way to enjoy food, fun, history and companionship... all while supporting a great cause. This exclusive 2.5-hour walking tour departs at 2 p.m. from Tour St Augustine where our guests will enjoy complimentary San Sebastian wine and chocolates at check in. Tickets are \$59 per human and, of course, free for their furry-companions. Advance reservations required. 4 Granada Street, St. Augustine. 904-825-0087 www.StAugCityWalks.com

Origins of Halloween and Haunted Pub Crawl Tour: Learn about how many of our present-day Halloween customs began...bonfires, jack-o-lanterns, costumes and masks, trick-or-treating...as you search for ghosts and goblins at pubs and taverns in St. Augustine's historic downtown district on this exclusive 2.5-hour Halloween tour with our licensed, professional ghost-hunting guide. Learn to use EMF meters and professional ghost-hunting equipment, which is provided to you during the tour and included in your ticket. This spine-tingling walking tour departs at 7 p.m. from Al's Pizza, where our guests will enjoy a complimentary welcome drink before the start of the tour. Tickets are \$19 per person. Advance reservations required. 1 St. George Street, St. Augustine. 904-825-0087 www.GhostToursofStAugustine. com

October 27

Lightner After Hours: Kick off the weekend in style in the Lightner Museum's Grand Ballroom Gallery for this monthly social. The Lightner Museum will host evening socials the first Thursday of the month from 6 to 8 p.m. This event is free and open to the public. Music and refreshments provided. A \$3 donation per drink is appreciated. 75 King Street, St. Augustine. 904-824-2874 www.lightnermuseum.org

October 28

Fall Arts and Craft Event: This First Coast Arts and Crafts event will be held from 9 a.m. to 3 p.m. at the Mark Lance National Guard Armory. There will be many unique items available for purchase. Admission is free. 190 San Marco Avenue, St. Augustine. 904-669-5950 www.firstcoastcrafts.com

October 28 - 29

Origins of Halloween and Tales of St. Augustine's Dark Side Tour: Explore the stories of how many of our present-day Halloween customs began...bonfires, jack-o-lanterns, costumes and masks, trick-or-treating and more! This family friendly evening tour features enchanting stories on the history, myths and legends of the Original Halloween, also known as Samhain - The Celtic New Year. Join our licensed, professional guide for this special 1.25-hour Halloween event where you will also hear twisted tales of St. Augustine's dark past as you explore 'off-the-beaten-path' back alleys in the historic downtown district. This walking tour departs from Tour St Augustine at 8:30 p.m. Tickets are \$15 per person. Advance reservations required 4 Granada Street, St. Augustine. 904-825-0087 www.GhostToursofStAugustine. com

October 29

Dia de los Difuntos: Take part in the ancient Spanish tradition of El Dia de los Difuntos (Day of the Deceased) when families and friends celebrate and joyfully honor the memory of their loved ones who have died. From 11 a.m. to 3 p.m., a demonstration of historic customs and foodways associated with this holiday and still used by Hispanic cultures to prepare for All Souls Day will takes place. The Marcha de la Santa Compaña (March of the Holy Company), is torch-lit procession through downtown St. Augustine at 7 p.m. from the Plaza along St. George Street to the City Gate area, with historical re-enactors representing the souls of "the Noble and Loyal City's" citizens. This event ends with an abbreviated, candle-lit production of the play, Don Juan Tenorio at the Tolomato Cemetery. Admission is free. 14 Cordova Street, St. Augustine. 877-352-4478 www.floridalivinghistory.org

Last Saturday - Uptown Saturday Night: From 5 - 9 p.m. on the last Saturday of each month, experience live music, refreshments, new exhibits, book signings and much more at the galleries, antique stores and unique shops on St. Augustine's San Marco Ave., between Ripley's Museum and the Mission Nombre de Dios. The Mission Nombre de Dios provides free parking.

Bonnie Raitt at the St. Augustine Amphitheatre: GRAMMY-winning singer/songwriter Bonnie Raitt brings her "Dig in Deep Tour" to the St. Augustine Amphitheatre. Bonnie Raitt has added a string of 14 shows to her 2016 North American Tour in support of her twentieth album, Dig In Deep. Throughout her Spring 2016 tour, Raitt's performances have garnered praise, with Billboard complimenting her "magnificent form: confident, engaging and sexy, while singing and playing her bottleneck slide guitar with searing soulfulness" at one of two sold-out shows at New York City's Beacon Theatre. Continuing a long-standing tradition in conjunction with the Guacamole Fund, Bonnie will donate one dollar from every ticket purchased to grassroots local, regional and national organizations whose work focuses on safe and sustainable energy, social justice and human rights, environmental protection, and blues/ music education. Doors open at 6 p.m.; show starts at 7:30 p.m. Tickets are \$99.50 seated pit; \$89.50 level 100; \$69.50 level 200; \$49.50 level 300; \$39.50 obstructed view. 1340 C A1A South, St. Augustine. 904-209-0367 www.staugamphitheatre.com

October 30

St. Augustine Shrine Club Chowder Challenge for Children: The St. Augustine Shrine Club Chowder Challenge for Children will be held at the St. Augustine Amphitheatre from noon to 4 p.m. The event is a cooking competition for the best chowder, Minorcan, New England and various others. The proceeds will be donated to the Shriner's Hospital in Tampa to help serve the children and their families. Food and drinks available for purchase. 1340C A1A South, St. Augustine. 904-794-1555 www.facebook.com/staugustineshrineclub

Last Sunday - Music in the Box: On the last Sunday of the month, enjoy live acoustic music by some of the area's best up-and-coming bands and musicians from 6 - 9 p.m. on stage at the Limelight Theatre. This month's event features Michael Lagasse. Admission is \$5. Refreshments available for purchase. 11 Old Mission Avenue, St. Augustine. 904-825-1164 www.Limelight-Theatre.org

Origins of Halloween and Haunted Pub Crawl Tour: Learn about how many of our present-day Halloween customs began...bonfires, jack-o-lanterns, costumes and masks, trick-or-treating...as you search for ghosts and goblins at pubs and taverns in St. Augustine's historic downtown district on this exclusive 2.5-hour Halloween tour with our licensed, professional ghost-hunting guide. Learn to use EMF meters and professional ghost-hunting equipment, which is provided to you during the tour and included in your ticket. This spine-tingling walking tour departs at 7 p.m. from Al's Pizza, where our guests will enjoy a complimentary welcome drink before the start of the tour. Tickets are \$19 per person. Advance reservations required. 1 St. George Street, St. Augustine. 904-825-0087 www.GhostToursofStAugustine. com





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The Art Studio

of St. Augustine Beach by Susan Stone www.beachartsstudio.com

Kathe Kokohas October Featured Artist

Art Studio member, Kathe Kokolias, will be our featured artist for the month of October. No matter what media used, Kathe strives for a feeling of balance, harmony, and spontaneity–the same elements that guide her life. She has been a photographer for over 30 years and a published author for the past 10, documenting her travels throughout Mexico, the United States, South America, the Caribbean, and Europe. She had spent about 15 years wintering in Zihuatanejo,

Mexico and belonged to a local group, Arte Nativo, led by Alfredo Tapia. These talented artists use acrylic/latex paint in a more representational style which inspired Kathe to follow their lead in capturing the dramatic landscapes and lush foliage found there. This type of painting requires a different set of skills-specific planning, pre-selecting a palette, and often sketching the design-for a successful finished product. Practicing this technique improved her drawing and

painting capability and broadened her artistic vision.

Kathe began to paint about 10 years ago, and after a brief exposure to watercolor, she was introduced to experimental water media by Karen Rosasco, a gifted artist and teacher who conducts workshops around the country. She has found her passion with this technique, which is accomplished by building multiple layers of fluid acrylic or watercolor paint and adding texture in between layers. She uses whatever materials are on hand to generate exciting texture such as pressing bubble wrap, spraying alcohol, or adding heavy gels. To complete the painting, she likes to collage with torn paper and/or found objects to create dimension and focus. Because she is a writer and appreciates the power of the word, she often incorporates script or text into her paintings. She loves experimental water media because it requires only that you approach it with an open mind; the process is spontaneous and relies on letting go of preconceived ideas, which unleashes the intuitive spirit of the artist. The final result is always a surprise, and who doesn't love a surprise?

From 2001 to 2015, while living upstate New York she was involved in the Broadway Art Center in Albany, the Niche Gallery in Saratoga Springs, and The Arts Center in Troy, NY. After visiting family in Florida for over 20 years, she and her husband sold their home in New York State and moved to St. Augustine in the summer of 2015. She was delighted to find an active



he had spent about 15 years wintering in Zihuatanejo,

St. Augustine Beach Civic Association

by Bill Jones, President www.thecivicassociation.com



The Main Event...two commission races highlight candidates on October 10th

Winston Churchill once said "The best argument against democracy is a fiveminute conversation with the average voter". The Civic Association believes in the importance of an informed electorate and that's why we produce this event during each election cycle. It is our goal to insure that our above average community stays that way by having above average voters. On Monday October 10th two incumbents face against challengers and we've got your chance watch, listen and learn what makes each candidate unique. Mayor Rich O'Brien faces a challenge from longtime local resident Rosetta Bailey and former Mayor and now Commissioner Andrea Samuels will face off with Maggie Kotska who owns Coneheads Ice Cream Shop. As most races were decided in the primary our forum will be able to devote a little more time to these two very important local races.

On Monday October 10th the Civic Association will have a brief business meeting at 5:45 PM and will open doors for the Candidate Forum at 6:30 PM. The Forum Moderator will be Dr. Joe Saviak, Associate Professor at Flagler College. The forum will start at 7 PM and will be broadcast live on our Comcast local access channel and will be streaming on the City website.

The 11th Annual Taste of the Beach will take place at the St. Johns County Pier Park on Sunday, October 16, 2016, from 12:00 p.m. to 5:00 p.m. Our Co-Chairs Kim Stone and Andrea Samuels have announced the final 14 restaurant line-up. This years Taste participants include; Amici, Black Fly, Purple Olive, Sunset Grille, Viola's Pizza & Pasta, The Dragon Cafe, Big Island Bowls, O'Laughlin's Pub, Mango Mangos, Cold Calf Ice Cream, Terra & Acqua, Salt Life, Tides Oyster Bar, and MBQ Barbecue. Please remember our restaurant line-up may have changed by the time you read this column. Please visit our website at http://www.sabca.org/ and click on Taste of the Beach. These restaurants compete for bragging rights in four categories, best appetizers, best entree, best dessert and the coveted People's Choice Award! Proceeds benefit The Betty Griffin House a domestic violence shelter. We thank our volunteer coordinator Verna Brown and our friends at the St Johns Business Network who graciously pour the beer and wine for us.

We are pleased to announce that we have reached an agreement with the City of St Augustine Beach to bring back our Veterans Day celebration on November 11th. We are looking forward to working with the City's Event Coordinator Hala Laquideira to provide a short and dignified ceremony right her on the island. There were a couple of reasons the Civic Association wanted to see this event come back to our City. First so many people worked hard to make our local Veteran's Memorial a reality and it would be a shame not to use it. As important is the ease that Vets and their loved ones enjoy attending our event. The Veteran's Memorial is a short walk from the City Hall parking lot and we are working on a golf cart shuttle to help make it as easy as possible for those with mobility challenges to attend. Our event will take place in the late afternoon so as to not interfere with the parade and early events held in downtown St Augustine.

We look forward to our final two concerts of the season, our Candidate Forum and the Taste of the Beach. We hope you'll attend one or all of these events! See you soon on Florida's best beach.



11



The presidential election is little more than a month away. Like all elections, this one has generated considerable interest, and, as a citizen, you may well be following it closely. But as an investor, how much should you be concerned about the outcome?

Probably not as much as you might think. Historically, the financial markets have done well – and done poorly – under both Democratic and Republican administrations. Also, many factors affecting investment performance have little or nothing to do with the occupant of the White House. Consequently, no one can claim, with any certainty, that one candidate is going to be "better for the markets" than another one.

Still, this isn't to say that any given presidential administration will have no effect at all on investors. For example, a president could propose changes to the laws governing investments, and if Congress passes those laws, investors could be affected.

But in looking at the broader picture, there's not much evidence that a particular president is going to affect the overall return of your investment portfolio. As mentioned above, many factors – corporate earnings, interest rates, foreign affairs, even natural disasters – can and will influence the financial markets. But in evaluating a president's potential effect on your investments, you also need to consider something else: Our political system does not readily accommodate radical restructuring of any kind. So it's difficult for any president to implement huge policy shifts – and that's actually good for the financial markets, which, by their nature, dislike uncertainty, chaos and big changes.

Financial Focus

Information Provided by

Edward Jones Vote for Smart Investment Moves

The bottom line? From your viewpoint as an investor, don't worry too much about what happens in November. Instead, follow these investment strategies:

• Stay invested. If you stop investing when the market is down in an effort to cut your losses, you may miss the opportunity to participate in the next rally – and the early stages of a rally are typically when the biggest gains occur.

• Diversify. By spreading your dollars among an array of investments, such as stocks, bonds and other investments, you can help reduce the possibility of your portfolio taking a big hit if a market downturn primarily affected just one type of financial asset. Keep in mind though, that diversification can't guarantee profits or protect against all losses.

• Stay within your risk tolerance. Investing always involves risk, but you'll probably be more successful (and less stressed out) if you don't stray beyond your individual risk tolerance. At the same time, if you invest too conservatively, you might not achieve the growth potential you need to reach your goals. So you will need to strike an appropriate balance.

Forget about chasing "hot" stocks.
Many so-called "experts" encourage people to invest in today's "hot" stocks.
But by the time you hear about them, these stocks – if they were ever "hot" to begin with – have probably already cooled off. More importantly, they might not have been suitable for your needs, anyway. In any case, there's really no "short cut" to investment success.

Elections – and even presidents – come and go. But when you "vote" for solid investment moves, you can help yourself make progress toward your financial goals.

Computer Corner

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

Three sections: Item of interest of the Web, Computer lesson & Advice on a common problem

Greetings from Computer Professor

This month's article is divided up into three sections: A item of interest of the Web, A computer lesson, and advice on a common problem.

• Web interest - https://www. damninteresting.com/ An advertisement free website of interesting history and todays stories. Good researched stories, some of them may reverence published articles. Many of these articles are available to read or listen as they are read to you.

• Lesson - One of the most popular and powerful tools of using a computer is "Cut, Copy & Paste". Many of you probably already use it but there are also many who do not. The process gives you the ability to move or copy information from one place on the computer to another, for example; copy a recipe form the internet and paste it into an email to send to a friend. This is something that is simple to describe but needs practice to master. This can be done starting anywhere on the computer and going to anywhere, so I will describe one scenario.

I am in my email reading a letter from a friend and they are asking me how to do something in their home. This could be craft project or how to fix something that is in need of repair. I may not be sure how to do it but I know of a website I have used before that has many help articles like that. What I do is keep the email open,



start my internet browser and go to that website. After a few minutes I find a long article describing exactly what my friend wants. So I decide to copy the article and paste It into a return email. First I have to highlight the article, so name to mimic the old time yellow highlighter. I just point my mouse to the beginning of the article, click and hold down the left mouse button and drag the mouse pointer to the very end of the article. Then I pick one of the many ways to the copy command, I hold the CTRL on the keyboard, then tap the c key the release the CTRL. I have just told the computer to remember what is highlighted. I then go back to my email, click reply on my friend's email and since the cursor will show up in the body of the email I am composing, I just execute the paste command by holding the CTRL key and taping the P key then release. The article I copied appears.

• Advice on a common problem – Passwords. All "accounts" on the internet have a user name and a password associated with it. YOU must be able to know what username and password is and for what account. Passwords are case sensitive, your memory is your worse enemy and you should never have more than one password written down for any one account (if you change a password then destroy the record of what it was and create a record of what it is.) How is up to you.





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By Paige Schreiner ĎPT, ČLT, MTC **First Coast Rehabilitation** (904) 829-3411

Lymphedema is more common than people think. It is most commonly seen in those who have been diagnosed with cancer, undergone surgery, endured radiation and/or chemotherapy. During these processes the lymph system is often damaged and resulting in "swelling" but not in the sense of what one would think is normal swelling. Lymphedema is actually the buildup of edema. Fluid that is normally processed by the lymphatic system is hindered or altered in a way that can quite debilitating, making limbs heavy, pulling on the neck or back, and it can even make daily activities, such as dressing difficult is the arm or leg will not fit inside clothing. It is also painful.

The lymphatic system is an elaborate drainage system and part of the autoimmune system. It produces white blood cells. The drainage system contains nodes that are connected in an extensive network. The lymphatic system draws in fluid and helps the body by getting the fluid to the drainage centers where it can be used or removed from the body. Simple movement creates alternating tension within the network, which acts like a pump, moving the fluid where it needs to go. When the lymphatic system is damage the pumping is altered and a protein rich fluid begins to pool in the tissues

Unfortunately lymphedema may not be immediately diagnosed because the edema may not develop immediately. But it can be a result of cancer biopsies, other surgeries, trauma, bug bites or even infection of the lymphatic system.

There are common sense things that can be done to decrease chances of developing lymphedema. When outside, protect your body. Wear sunscreen or long sleeve shirts/pants to prevent burn. Wear bug spray to prevent bug bites and wear gloves and long socks while working in the garden. Minimize needle sticks in the arm or leg (blood drawing, injections, etc). Avoid compression to the arm or leg (blood pressure cuffs or tight clothing). And be cautious while cooking or using a curling iron so to prevent burns on skin.

The above precautions may seem extreme but are worth practicing because there is no cure for lymphedema. It can be successfully managed with fluid extremity manipulation, wrapping, compression garments exercise and/or the use of pumps but prevention is the better way to go.

If you have been diagnosed with lymphedema, don't try to handle it on your own. Get treatment, which includes education. Knowing what your body is doing, or not doing, can be empowering in what may seem like a helpless situation. A certified lymphedema specialist can help

Paige Schreiner is a physical therapist and certified lymphedema specialist. She is also certified in complimentary treatment such as manual therapy. For information or a complete listing of our therapists and their specialties, please call (904) 829-3411 or visit our website at www.firstcoastrehab.com. First Coast Rehabilitation can also be found on Facebook.

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Peak Sea Turtle Nesting Season Reminders Sea turtle nesting season is currently at its peak, with female turtles still nesting while hatchlings from older nests begin emerging. Residents and visitors have a special opportunity and responsibility to protect these magnificent creatures and their vulnerable nesting sites as they return each season to nest along the beaches. St. Johns County officials are reminding residents, visitors, and businesses to help protect natural habitat by observing the following actions while enjoying the beach:

• Refrain from using artificial light such as white lights from flashlights, camera flashes, and cell phones. St. Johns County provides free red filters to place over flashlights at every beach access point within the City of St. Augustine Beach.

• Beachfront property owners and visitors are asked to turn off all exterior lights and cover windows to reduce interior light impacts at night.

• Fill in holes in the sand as they are hazardous to nesting females and hatchlings, which may become trapped while traversing the sand.

Remove all chairs, umbrellas, tents, toys, coolers, and other beach equipment to prevent disrupting the paths of nesting females and hatchlings.

If an injured, sick, or deceased sea turtle is encountered, please call the St. Johns County Sheriff's Office non emergency dispatch line at 904.824.8304. Beach visitors are asked to never push an injured animal back into the ocean. St. Johns County is grateful to volunteers, residents, visitors, and businesses for supporting habitat conservation efforts and keeping our beaches beautiful. For more information, please contact St. Johns County Habitat Conservation and Beach Management at 904.209.3740 or visit www.sjcfl.us/hcp.

SJR State Accepting Program Applications Florida Law Enforcement Corrections Academy

St. Johns River State College is accepting applications for its Florida Law Enforcement Academy and Florida Corrections Officer Academy basic recruit programs. Classes will begin in January and are based on the St. Augustine campus. Applicants should apply early due to special admission requirements.

The Florida Law Enforcement Academy program provides job-related training to prepare candidates for entry-level employment as law enforcement officers. The curriculum is prescribed by the Florida Department of Law Enforcement Criminal Justice Standards and Training Commission in accordance with Florida Statutes. Upon completion of the program, candidates will be eligible to take the state exam for law enforcement officer.

The Florida Corrections Officer Academy program provides job-related, hands-on training to prepare candidates for entry-level employment as corrections officers and includes courses in defensive tactics, firearms, communications, supervising special populations and more. Cadets who complete the 3.5 month certificate program will be eligible to take the state certification exam.

Both vocational certificate programs allow credit hours to be transferred into SJR State's criminal justice technology program, an A.S. degree program designed to prepare officers for management positions. For more information, contact SJR State's director of academy programs at (904) 808-7490. The application packet is available online at www. SJRstate.edu.







Wild Flower Meadow Group by Cindy Taylor

Thanks to the Baker Company for repairing the sprinklers again. Unfortunately, the fakahatchee grass in the upper meadow near the sidewalk suffered greatly from the drought.

This

Its dead leaves were an eyesore but we left them alone so as not to disturb the gopher tortoise who lived under the protection of what was left of the plant. Well, the first Saturday of September, when the wild flower group met to work, someone suggested we remove the dead leaves anyway. It would have we left the plant to group new lace of the plant to group and the solution of the plant to group and the solution of the plant. help what was left of the plant to grow new leaves and we all agreed. Then we discovered the gopher tortoise no longer lived there. Its hole was closed, there was no evidence it had been there recently, and we thought we were protecting its home? Live and learn.

Thanks also to Ellie in the office for finding a new box to put on the fence so we have a place for fliers to help you identify the plants.

outings. In September we're going to A Day in Old Florida at Faver Dykes Park and on October 2nd we're going to the Datil Pepper Festival and Garden Show at the Ag Center. On October 15th we're going to the Florida Native Plant sale by the COA in St. Augustine. We're an informal group without officers or dues and hope you will join us. Call Claire at 904-826-5366 for more information





15



Besides the horseweed blooming this month,

Our group meets the first Saturday of each month at 8:30 by the Riverview Club House. Our goal is

to preserve the wild flower meadow, learn about native plants, and those that grow in this location. We occasionally visit state and county parks and welcome newcomers, even if you want only to come on the



weed but it's native to Florida and most of the country. Just because it's common doesn't mean it doesn't have worth. It blooms from June through September and take a close look, if you will. You might appreciate its delicacy and hardiness. there are also golden top, spotted horsemint, wild poinsettia, rattle box, golden rod, gaillardia, iron weed, rust weed, and others.



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