

Happy Mothers Day!



St. Augustine Shores OBSERVER

NEWS FOR AND ABOUT RESIDENTS OF ST. AUGUSTINE THE SHORES AREA

St. Johns River State's Health Information Technology program

St. Johns River State College will accept applications for its Health Information Technology program through May 15. Classes will begin in August and are offered as hybrid classes with online and on-campus components. The program is based on the St. Augustine campus and is designed to train students as technicians who provide health information services throughout the health care industry. These technicians serve as medical coders, clinical data specialists, data quality managers, and information security officers.



Recent graduates (from left) Kathleen McCann, Nicole Brubaker and Monica Kustra are shown fine tuning their critical thinking skills.

The program consists of 70 semester hours of general education and health information technology core courses. After receiving the A.S. degree in Health Information Technology, students are eligible to sit for the national credentialing exam to become a Registered Health Information Technician (RHIT).

Admission requirements and prerequisites apply. For more information about the limited access program, call (904) 808-7465 or visit the Web site at SJRstate.edu.

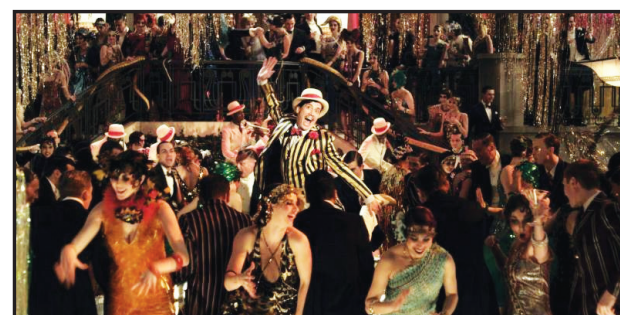
Photo: Applications for SJR State's Health Information Technology degree program will be accepted from April 1 through May 15. The fall semester begins in August.

Applications for SJR State's Health Information Technology degree program will be accepted from April 1 through May 15. The fall semester begins in August.

"A Great Gatsby Affair" Volkswagen of St. Augustine's Third Annual Gala for St. Johns Cultural Council (SJCC)

Volkswagen of St. Augustine is hosting its third annual, "A Great Gatsby Affair," at their location on US1 South on Friday, May 6th, 2016 from 7:30 -10:30 p.m. All proceeds go to support local non-profit, the St. Johns Cultural Council (SJCC).

Guests are encouraged to get dressed in their finest 1920s attire. Two authentic, 1920s classic cars will be onsite as part of the backdrop with live jazz music will be provided by Danielle Eva, a 3rd place winner of the Billie Holiday Vocal Competition. This year's event will be kept "underground" and a secret passcode must be given for entry. To boot, a moonshine bar has been added to fulfill the speakeasy theme. Silent auction items are all set with low reserves and include, but are not limited to skydiving tickets, pontoon rentals, a Colorado vacation home, a family membership to the Alligator Farm, restaurant certificates and much more!



The time, 1922. The evening, unforgettable. From stylish décor to decadent entertainment, join the festivities and cavort without restraint. Escape from normality and satisfy your tender curiosities of all things magical in a magnificent evening of true luxury.

Tickets are currently on sale for \$55 per person or \$100 per couple, and can be purchased at Volkswagen of St. Augustine, Vienrich Allstate Agency in World Golf Village, or by visiting www.GatsbyForCharity.com. There will also be a spread of heavy Italian hors d'oeuvres provided by Café Atlantico that will be included with entry.

Over the last two years, the event has raised over \$17,000 to benefit local charities. This year's beneficiary, SJCC, is active throughout St. Johns County furthering visual, literary and performing arts for students, the elderly, and aspiring artists who may not otherwise have the ability to expand their creative outlets. Volkswagen of St. Augustine Owners, Joe & Sway DiFeo, are passionate about supporting local non-profits, and are artists and musicians themselves. Since opening their doors in December of 2013, VW of St. Augustine has been able to contribute nearly \$100,000 to local charities, and continues to allocate an annual budget for community (continued on page 7)

St. Augustine Youth Orchestra Scholarships

Steve Marr, Artistic Director of the St. Augustine Youth Orchestra (SAYO), has great vision for the new Youth Orchestra. Began March 1 and running through the May 7th Mother's Day Concert, scholarships will be awarded to all Beginning to Intermediate band and orchestra students joining the Orchestra.

Interested Students and parents should complete the Student Interest Sheet found on the website at or call 904-829-9844 to register for this exciting program. The May 7th SAYO performance will be held at the Gazebo in the Plaza downtown St. Augustine, at 3:30pm during the annual Mother's Day Concert sponsored by St. Augustine's Festival of Music.



What's Inside The Observer This Month...

- **News From Around the Shores:**
 - Shores Service Corp 2016 - 2017 Budget
 - Message for President
 - Annual Meeting May 6th
 - Committee Meetings
- **May Area Event & Entertainment Guide**
- **Health Update: Why is My Brain Lying to Me?**
- **Financial Focus: Can You Make Your Investments Less "Taxng"**
- **Computer Corner: Windows 10 "Classic Shell"**
- **Sheriff's Corner: Boating Safety**

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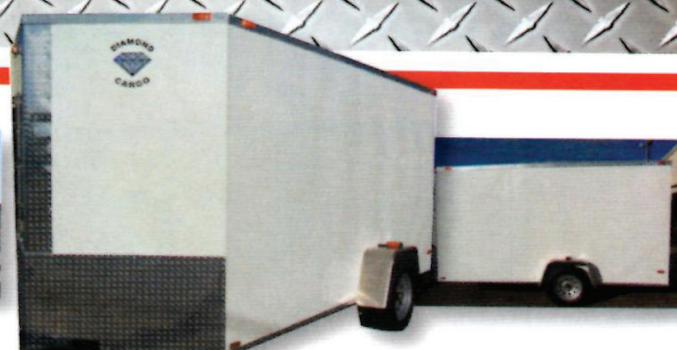
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The St. Augustine Shores Observer

Published monthly for residents of St. Augustine Shores Area St. Augustine, FL.
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The function of the St. Augustine Shores Observer is to serve residents of the St. Augustine Shores areas Community.

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

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

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

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



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

Shores Community Calendar

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

• **Conquistador Condominium Board Meetings** are held on the fourth Monday of each month at 6 p.m. at the Riverview Club.

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

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

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

• **Recreation Club Committee Meeting** - May 2, 4 pm in Clubhouse.

• **Deed Restriction & Covenant Committee Meeting** - May 5, 6:30 pm in Clubhouse.

• **RV & Boat Compound Committee Meeting** - May 9, 6 pm.

Have News?

We welcome Community and Civic news and information

about Southern St. Augustine. Please forward those items of general interest to the General Manager or Publisher/Editor.

email: observer.vpweb@yahoo.com
or clifflogsdon@att.net
Phone: 904-607-1410

Community Classifieds

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

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

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

FOR SALE: The Original PROMixx Vortex mixer and upgrade pack in high gloss black. Great for travelling and fitness buffs. Blends protein powder and supplements ultra smooth. Brand new; still in box. \$35.00 Call Lisa at 904.806.5912

FOR SALE: Printer Ink for Epson Printer: 4 Black, 2 Cyan, 2 Magenta and 2 Yellow. Unopened! Selling as a 4-Pack for \$60.00, 3-Pack for 40.00 or Individually for \$12.00 each. Fits Model #60 T060 T0601, Epson T060120 T060220 T060320 T060420 Works for Epson Stylus C68, Stylus C88, Stylus C88Plus, Stylus CX3800, Stylus CX3810, Stylus CX4200, Stylus CX4800, Stylus CX5800F, Stylus CX7800. Call Lisa at 904.806.5912.

FOR SALE: Living Room Set, Loveseat, and Club Chair. All are tan color, no stains or tears, and overall good condition. Take all for \$295.00. Call 904-794-5855.

FOR SALE: Printer Ink for Epson Printer: 4 Black, 2 Cyan, 2 Magenta and 2 Yellow. Unopened! Selling as a 4-Pack for \$60.00, 3-Pack for 40.00 or Individually for \$12.00 each. Fits Model #60 T060 T0601, Epson T060120 T060220 T060320 T060420 Works for Epson Stylus C68, Stylus C88, Stylus C88Plus, Stylus CX3800, Stylus CX3810, Stylus CX4200, Stylus CX4800,

Stylus CX5800F, Stylus CX7800. Call Lisa at 904.806.5912.

FOR SALE: Outdoor area rug perfect for Greens condo patios, size 9' x 9'. In very good condition. \$20.00. Office chair, on casters, with arms. Black, height adjustment. Very good condition. \$15.00 call 904-797-3736.

FOR RENT: Economy car space in garage. \$75 monthly. \$75 MONTHLY. Call 904-797-7436.

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See photo.

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

Mass Time - 10:00 Sundays

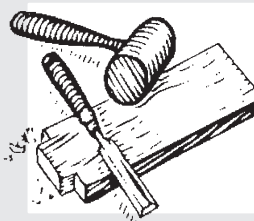
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St. Augustine Shores Club News

May 2016 Riverview Club Calendar

EARLY SOCIAL
7:00pm to 9:00pm
BYOB

Friday, May 6th - Entertainment by Nostalgia
Chairpersons: Dave & Catty Mancino
Dance Club Members: **FREE**, please RSVP at www.staugshores.org
Activity Members and Guests: \$15.00/pp
Reservations Tuesday 5/3 and Thursday 5/5 from 9:00 – 10:00 am

MAIN SOCIAL
6:00pm to 9:00pm
BYOB

Sunday, May 22nd - Entertainment by Ernie
Chairpersons: Joe & Nancy LaPaglia
Dance Club Members: **FREE**, please RSVP at www.staugshores.org
Activity Members and Guests: \$15.00/pp
Reservations Tuesday 5/17 and Thursday 5/19 from 9:00 – 10:00 am

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

Bridge Lessons: Mondays at 10:30am.

Bridge: Fridays at 1:00pm.

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

Chair Yoga: Wednesdays & Fridays at 10:45am. A gentler form of yoga for those for whom balance is an issue.

Dance Class: Thursdays at 2:00pm. Free for Dance & Activities Members!

Exercise Class: Tuesdays and Thursdays at 10:00am.

Line Dancing: Mondays at 6:30 pm and Wednesdays at 10:00am.

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

Yoga: Monday, Wednesday and Friday at 9:00am; and Wednesdays at 5:30pm.
Bring a non-skid mat & wear comfortable clothing (no belts or anything tight around your waist). The class is geared to all levels.

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

Writers in the Shores: Tuesday May 10th & 24th at 1:00 pm in the Library.
Topic for May 24th: "It's All Relative." There are no officers, dues or requirements.
For information call Donna at 794-0789.

Upcoming Events

FREE Pole Walking Clinic with Sheila Vidamour, Wednesday, May 4h at 1:00 pm
Ballroom Riverview Club, pre-registration is required. Call 904-540-1067.

FREE Presentation with Tips on **Decluttering Your Environment Using Feng Shui Principles**
Friday, May 20th at 1:00 pm

Early Social: Sunday, June 5th (6pm to 9pm) – Entertainment by Frank Saffi
Main Social: Saturday, June 25th (7pm to 10pm) – Entertainment by Phil Farino

Check out the latest events in our NEW website: www.staugshores.org

President's Letter

Annual Meeting - May 6th, 2016, 10:00 AM

Greetings from your St. Augustine Shores Homeowners Association. Another year has gone by and we now must meet to fulfill the requirements of our community documents. Please review the contents of this packet carefully; it is important that your voice, as a property owner, is heard.

The election of qualified board members should be your highest priority. Read the biographical data of each candidate. Ask yourself: Is this the person who will advocate for my interest? Is this the person who will place the best interest of St. Augustine Shores first? Is this person qualified and will they be the board member who will make the tough decisions required to turn the corner into the 21st Century? Remember, the board represents you and your interests, make your choices count. Return your ballots! Each year a great number of ballots are not returned; your ballot does two (2) things: establishes a quorum for the annual meeting and gives you a voice in the election of directors. Make it count and return it today.

Over the past year many improvements have been made to our community, most notably the reformation of our Activities Club. Events are being added as participation demands; remember, this is your club, utilize it! Check the activities section of the Shores Observer and sign up for something that interests you. If your favorite activity is not listed, suggest it. Remember, the only way we know to provide structured activities are your suggestions.

Paying your fees to the Shores has

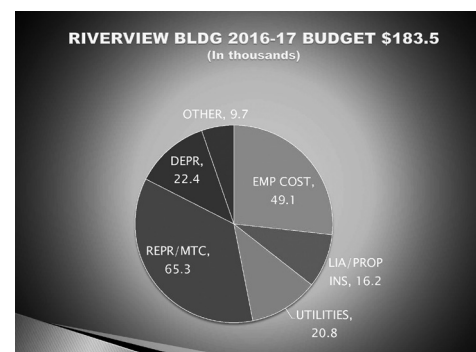
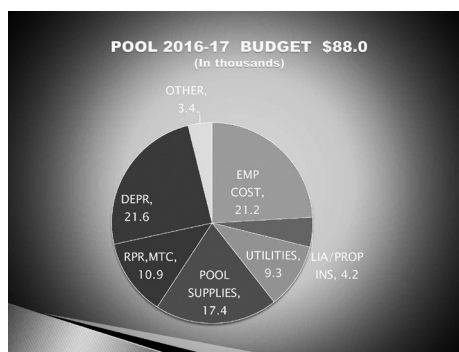
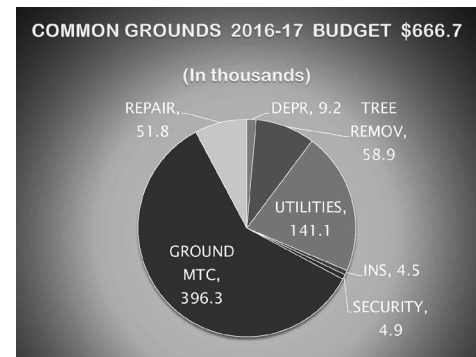
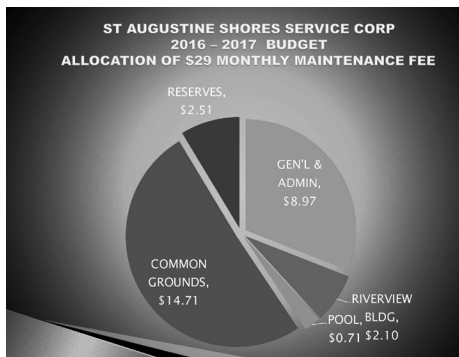
never been easier; Visa, MasterCard, and Discover Card are now accepted. A 2.85% fee will be added to your transaction to utilize credit cards. A recurring debit from your checking account is also available, at no additional fee. Whichever you choose, we strive to make it easy for you to simplify and automate this task.

The most visible improvements have been made to the Riverview Club and facilities around the clubhouse. As you voted, I hope you took the opportunity to inspect your clubhouse. The renovation and updating of the office has been completed and looks great! Carpet and paint have been accomplished to the common areas and is a wonderful improvement. Restroom renovation is being considered with details forthcoming. Providing a modern work area helps to maintain the productivity of our staff; please stop by, say hello and see how your association fees are managed, you will be impressed. As you walk out onto the pool area, you can see the completed work of the paver and deck area, but don't stop there. The pool restrooms have been updated and remodeled for your convenience. A security system is being installed at the clubhouse and recreational vehicle and boat storage compound.

The property and grounds in our community continues to be a priority. The storm water runoff and drainage network has received routine maintenance and is in good shape. Also, our partnership with St. Johns County is being strengthened as we continue to cooperate with them to ensure that our system is kept at peak efficiency.

ST AUGUSTINE SHORES SERVICE CORPORATION APPROVED BUDGET FOR THE YEAR JULY 1, 2016 THROUGH JUNE 30, 2017

	GENERAL & ADMIN	COMMON GROUNDS	RIVERVIEW BUILDING	POOL	2017 TOTAL BUDGET	2016 TOTAL BUDGET
MAINTENANCE FEES	\$1,192,596				\$1,192,596	\$1,192,248
LEASE INCOME-COMPOUND		14,067			14,067	11,064
ACC PERMITS	3,000				3,000	2,400
TRANSFER FEES	6,504				6,504	6,000
ESTOPPEL FEES	12,600				12,600	
REC'N ASSOCIATION FEES			300		300	19,300
POOL FEES				37,055	37,055	32,983
RIVERVIEW RENTALS			74,579		74,579	59,000
COMPOUND RENTALS		38,664			38,664	38,400
OTHER INCOME	13,159				13,159	3,000
TOTAL REVENUE	\$1,227,859	\$52,731	\$74,879	\$37,055	\$1,392,524	\$1,364,395
EXPENSES:						
PAYROLL	\$170,308		\$33,663	\$18,242	\$222,213	\$205,295
PAYROLL TAXES	13,811		2,730	1,480	18,021	16,525
WORKERS COMP INSURANCE	2,851		563	898	4,312	3,863
DISABILITY INSURANCE	1,745		278		2,023	1,746
EMP MED/LIFE INSURANCE	36,358		10,094		46,452	41,087
PENSION COSTS	4,096		866		4,962	
LIABILITY & PROP DAMAGE INSURANCE	11,786	4,531	16,190	4,234	36,741	33,563
LEGAL SERVICES	37,100				37,100	12,175
ACCOUNTING SERVICES	21,275		954	414	22,643	37,207
OFFICE EXPENSE	26,819				26,819	29,933
POSTAGE	10,304				10,304	10,304
ANNUAL MEETING EXPENSE	12,736				12,736	12,860
TRAINING	245			220	465	220
SECURITY		4,904	1,374		6,278	5,015
CONTRACT LANDSCAPE SERVICE		307,575			307,575	292,929
REPAIR AND MAINTENANCE	267	20,500	19,245	5,010	45,022	40,060
TELECOMMUNICATIONS	4,550		620		5,170	5,348
ELECTRICITY	1,024	137,802	10,979	5,759	155,563	158,995
WATER	346	3,253	3,705	3,497	10,801	10,146
PROPANE			2,700		2,700	2,820
TRASH SERVICE	3,430	6,984	2,800		13,214	11,528
GAS AND OIL	2,963				2,963	3,349
SUPPLIES			7,060	17,377	24,437	23,497
OUTSIDE SERVICES	4,594	31,300	46,020	8,900	90,814	87,600
MISC ADMINISTRATIVE EXPENSE	2,464				2,464	3,061
MISC RIVERVIEW EXPENSE			8,238		8,238	6,948
MISC COMMON GROUNDS EXPENSE		22,240			22,240	20,500
BAD DEBTS	24,138				24,138	24,138
TAXES AND LICENSES	388		3,621	350	4,359	3,568
LAKE TREATMENT		28,350			28,350	27,900
TREE REMOVAL		58,940			58,940	60,000
ANIMAL/PEST CONTROL		1,750			1,750	1,750
PLANTS, MATERIALS AND MULCH		26,220			26,220	24,700
SMALL EQUIPMENT					0	500
COMPOUND COST		3,200			3,200	3,200
SERVICE CHARGES/CREDITS	10,620		(10,620)		0	0
DEPRECIATION	14,629	9,148	22,443	21,619	67,839	57,092
TOT OPERATING EXPENSES	\$418,845	\$666,696	\$183,524	\$88,001	\$1,357,066	\$1,279,422
NON CASH EXPENSES	\$14,712	\$9,148	\$22,456	\$21,619	\$67,935	\$57,906
CASH SURPLUS/(DEFICIT)	\$823,725	(\$604,817)	(\$86,188)	(\$29,327)	\$103,393	\$142,879
RESERVE FUNDING					\$103,392	\$145,839
ACQUISITION OF NEW ASSETS					\$0	\$6,340
NET REVENUE FROM DELINQUENT ACCTS						\$9,300
FEE CHANGE					\$0	\$0



Irrigation systems continue to be added and updated to ensure our property is among the most beautiful communities in the county.

Our community is managed by our board of directors, elected by you. Input toward quality of life issues is refined through the use of committees. Please visit our website at <http://www.staugshores.org>. Information on committees is found under the Board of Directors tab under Service

Corp Committees. Please perform your civic duty and volunteer for service in your community.

Remember, St. Augustine Shores is your community. Please continue to voice your opinion and help the board of directors work toward making the Shores first on the list of communities where people want to live in St. Johns County.

Jim Priester, President

News Around South St. Augustine

Riverview Club Events

Free Feng Shue

FREE Presentation with Tips on Decluttering Your Environment Using Feng Shui
Friday, May 20th at 1:00 pm, Riverview Club, 790 Christina Drive, St. Augustine FL.
Join us for a presentation from Shores resident, Kathleen Caulfield on tips to decluttering your environment using Feng Shui principles. Kathleen has studied and researched Feng Shui and ways to decrease clutter for over 20 years. Her ideas will provide insight in changing our environments for a more harmonious life. All are welcome.

Free Fitness Pole Walking Clinic

FREE Introductory Fitness Pole Walking Clinic for Residents of St. Augustine Shores!
Wednesday, May 4th, at 1:00 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 or email: walkyourpath406@aol.com.

Shores Committee Meetings

Recreation Club Committee Meeting

May 2 @ 4PM - Clubhouse

Deed Restriction & Covenant

Committee Meeting

May 5 @ 6:30PM - Clubhouse

RV & Boat Compound Committee Meeting

May 9 @ 6PM - Clubhouse



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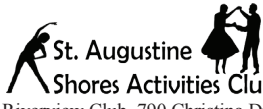
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Resident Annual Rate	Amount	Total Inc. Sales Tax
Individual Activities or Dance	120.00	127.80
Combined Activities and Dance	190.00	202.35
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Household Combined Activities and Dance	330.00	351.45
6 months Individual Activities or Dance	90.00	95.85

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Non-Resident Annual Rate	Amount	Total Inc. Sales Tax
Individual Activities or Dance	175.00	186.38
Combined Activities and Dance	250.00	266.25
Household (2 persons) Activities or Dance	275.00	292.88
Household Combined Activities and Dance	360.00	383.40
6 months Individual Activities or Dance	115.00	122.48

Announcing 2 New After-Work Classes: All guests are welcome, \$5.00/class per person.

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

YOGA Wednesdays at 5:30pm. Bring a non-skid mat & wear comfortable clothing (no belts or anything tight around your waist). The class is geared to all levels.

Check out the latest events in our **NEW website: www.staugshores.org**

"Understanding The Civil War" Discussion Group

The monthly meeting of the "Understanding The Civil War" Discussion Group will be held at 1pm on Tues. May 3, 2016 at the Anastasia Island Branch Public Library located in the Seagrove Subdivision on Rt A1A South. The meeting is open to the public.

Dr. John Paling, a retired professor from the U of Florida, will present Part II of "The Thomas Jackson Letters: One Man's Battle to Stop Slavery." Jackson, an English immigrant living in Pennsylvania, was a passionate abolitionist. Through letters home to his family that were published in English newspapers, he hoped to convince the English not to support the Confederacy. Paling is a distant relative of Jackson.

For more information, email Charlie Smith at: smithc32@bellsouth.net

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Writers In The Shores

By Donna Johnson

The May meetings for Writers in the Shores will be on Tuesday the 11th and again on the 25th. The chosen subject is to be "It's All Relative" 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 794-0789.

St. Augustine Travel Club

by Peter Dytrych

Please join us on Wednesday, May 11, at 3 pm, at the Southeast branch public library where we will present on:

FRANCE's CHAMPAGNE REGION

Visit Reims and its historic cathedral where French Kings were crowned, champagne producers in wine country, fine chocolate shops in a medieval town, and the largest castle fortress in Europe. If you have any questions or need any additional information, please contact Peter Dytrych at 904 797-3736.

2016 Just Tri It! Kids Triathlon

Children ages 5 through 14 are invited to join the fun and participate in the 2016 St. Johns County Just Tri It! Kids Triathlon, scheduled for 8 a.m. on Sunday, May 15 at the Solomon Calhoun Center, 1300 Duval Street. The non-competitive event provides everyone with the chance to participate in a triathlon and Just Tri It! The first 250 children to pick up race packets will receive a Just Tri It! T-shirt, and every child that completes the race will get a medal for their accomplishment.

Registration forms are available online at www.sjcfcl.us/Recreation/Youth/JustTriIt.aspx and can be delivered during standard business hours or mailed to the St. Johns County Parks and Recreation Department, 2175 Mizell Road. The registration fee is \$20 per entry, and \$10 for each additional child from the same family, if paid by the early registration date of March 31. The general registration fee, available between April 1 and May 6, is \$30 per entry and \$15 for each additional child from the same family. Late registration is available May 7 through 3 p.m. on May 14 for \$40, and an additional \$20 for each child from the same family. Registration is not available on the day of the event. Necessary equipment includes bike helmets, swim goggles, sun screen, and any other accessories you child may need during the race. Training wheels on bikes will not be required.

The Tot Trot is open to the public free of charge, with registration available from 11 to 3 p.m. on May 14 and 7 to 8 a.m. on race day at the Solomon Calhoun Center. Early packet pickup for the Triathlon is 11 a.m. - 4 p.m., Saturday, May 14, at the Solomon Calhoun Center. Registration fees help cover the cost of t-shirts, medals, and event materials, and are non-refundable. For more information, including race distances, eligibility, the race schedules, a course map, and directions, please visit www.sjcfcl.us/Recreation/Youth/JustTriIt.aspx or contact St. Johns County Recreation and Parks at 904.209.0377 or jbaccari@sjcfcl.us.

News From Around St. Johns County

St. Johns River State Registering for Summer Courses

Registration for St. Johns River State College's summer sessions is underway. Three sessions will be offered, with session one classes to be held May 11 – June 23, session two classes May 11 – August 11, and session three classes June 29 – August 11.

All new students are required to attend orientation before registering for classes, and most students are able to register for classes during orientation. Registration for non-degree seeking students, transient students and state employees will begin April 29.

The last day to apply for admission for summer sessions one and two is April 27. The last day to register is May 10. The last day to apply for summer session three is June 19. The last day to register for summer session 3 is June 28. Students are encouraged to apply early.

The course schedule for all summer sessions is available online at SJRstate.edu/courses.html.

Paramedit Program Applications

Applications continue for the Paramedic program April 1 through May 15. Classes will begin in August. The program includes a blended format of online and classroom work with field experiences.

SJR State's Paramedic program provides training in advanced life support techniques to treat acutely ill or injured patients, including cardiac, stroke and trauma victims. The one-year college credit certificate program provides intense, hands-on skills training in the administration of medications, endotracheal intubation, venipuncture and the initiation of intravenous fluids, and defibrillation.

Day classes will be held on the Orange Park campus. Field internships in Clay, Putnam and St. Johns counties will provide hands-on, life-saving practical experience where students will master lifesaving skills. The program prepares students for certification as paramedics and adheres to the most current U.S. Department of Transportation National EMS Educational Standards for Paramedic. For questions regarding SJR State's Paramedic program, call (386) 312-4291 or (904) 808-7465. Additional details are available online at www.SJRstate.edu.

Radiologic Technology program Applications

Applications continue for the Radiologic Technology program through May 15, 2014. Classes will begin in August and are based on the St. Augustine campus with selected clinical education courses scheduled in health care facilities within the regional area.

Upon successful completion of the degree requirements, qualified students will be eligible to apply to take the national certification examination for radiology administered by the American Registry of Radiologic Technologists as well as the certification examination administered by the State of Florida.

Admission requirements and prerequisites apply. All prerequisite courses must be completed by the end of the Spring 2014 term. Visit the website for more information at SJRstate.edu or call (904) 808-7465.

For more information regarding registration and courses offered, contact your local campus at the numbers listed below or visit the SJR State website at SJRstate.edu.

Palatka campus: (386) 312-4200, Orange Park campus: (904) 276-6800, St. Augustine campus: (904) 808-7400.

"A Great Gatsby Affair"

(continued from page 1)

support and sponsorships. You can learn more about their community outreach efforts by visiting www.VWStAug.com/Giving-Back.

For more information on "A Great Gatsby Affair," please contact Sway DiFeo at SwayDiFeo@VWSaintAug.com or visit www.GatsbyForCharity.com

The St. Johns Cultural Council is a 501(C)(3) not-for-profit agency committed to promoting St. Johns County as a premiere arts destination where the lives of both residents and visitors are enriched through arts and culture. www.stjohnsculture.com

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Fourteenth Annual St Augustine Cruisers Car and Truck Show

Ancient cars, classic cars, vintage cars, hot rods, replicas and other assorted automobiles will gather for the Fourteenth Annual St Augustine Cruisers (SAC) Car and Truck Show on Saturday, May 7, 2016, at the Florida School for the Deaf and the Blind (207 North San Marco Avenue). Many newer cars will also be on display and in competition in 29 separate classes. The show is open to all makes, models and years.



Registration for the show begins at 8 am and runs until 11 am, with awards presentation beginning at 3 pm. Pre-registration (until April 25) is \$20, and registration the day of the show is \$25. Admission is free for spectators, and food, music and entertainment will be offered all day. Door prize drawings and a 50/50 raffle are on the schedule.



As in past years, the Cruisers, a locally-based car club, will donate the profits from the show to local children's charities during the holiday season. Beneficiaries in 2015 were the Sertoma for Kids toy drive and St Augustine Youth Services.

For entry forms and additional information, call SAC President Edgar Wynne at 904-669-5491 or visit www.staugustinecruisers.com.

Left: The American Bantam photographed at the SAC 2015 Car Show) was produced from 1937 to 1941. The 1938 model was the inspiration for the car in the Donald Duck cartoons. Right: This gorgeous 2013 White was an entry in the SAC 2015 Car Show.

Plant for Hummingbirds

Northeast Florida is home to the Ruby-throated Hummingbird, and two other species occur in Florida. Discover how to cater to their life cycle needs May 13 & 14 at Native Gardens Nursery, 1660 County Road 13A South, Elkton FL, from 2-3pm.

Natural flower nectar is much more nutritious than sugar-water in artificial feeders. By planting nectar-rich plants, you are providing high-energy food for a high-energy bird. Learn how to provide for the babies and you can enjoy watching hummingbirds raise their young. Invite hummingbirds to your yard by gardening with native plants.



This program is free and open to the public. For more information, go to www.nativeplantconsulting.com or call 904-692-3927.

Wild Flower Meadow Group

by Cindy Taylor

Last month I wrote about the flowers I expected to be in bloom by the time the article went out early in April. This is something I won't attempt to do again! Nature is unpredictable, which is a large part of its charm. What bloomed in a given weeks last year might bloom in a different week this year. Each year it seems there's a different "best in show", depending on conditions, and over a period of years I believe each has its "moment in the sun".



Showy Primrose

Blooming now, early in April, are spiderwort, showy primrose, evening primrose, field sorrel, lyre leaf sage, coreopsis, honey suckle vine, fleabane, southern plantain, coral bean, toad flax, ground cherry, blue-eyed grass, false dandelion, rock rose, and blackberry. If you want help in recognizing the flowers, look at the fliers in the box attached to the fence at the upper end of the meadow. Please return the fliers when done.



Coreopsis

In April our group had a picnic in The River to Sea Park south of Marine Land off A1A. There, multiple paths lead through thick growths of scrub oak, cedar, and live oak trees and we found, appreciated, and learned the names of some wild flowers that wouldn't grow in the full sun of the meadow.

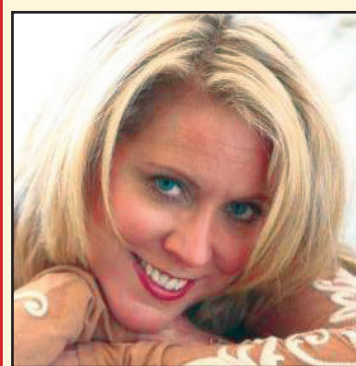
Our group meets the first Saturday of each month at 8:30 by the Riverview Club House. Our goal is to preserve the wild flower meadow, learn about native plants, and which grow in this location. We occasionally visit state and county parks and welcome newcomers, even if you want only to come on the outings. We're an informal group without officers or dues and hope you will join us. Call Claire at 794-7473 for more information.

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St. Augustine Area Guide

“Events, Activities, Attractions, Sites, Entertainment,”

First Fridays

First Friday Art Walk: From 5 - 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, provide transportation throughout downtown for the art walk. 832-779-2781 www.artgalleriesofstaugustine.org.

First Saturday

GTM Research Reserve Guided Cultural Hike: The first Saturday of each month at 8:30 a.m. take 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 with paid admission to the Reserve. 904-823-4500 http://gtmnerr.org.

Militia Muster and Training at Fort Mose: Visit Fort Mose on the first Saturday morning of each month 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. - 5 p.m. Admission to the Visitor Center is \$2 per person. 15 Fort Mose Trail, St. Augustine. 904-823-2232 www.floridastateparks.org/park/Fort-Mose.

First & Third Saturdays & Sundays: Fountain of Youth: Cherokee History Presentations From 11 a.m. - 4 p.m., native Cherokee historians describe how their people interacted with the local Timucua for centuries before the arrival of Europeans. The presentations take place in the living history village of Soley at the Fountain of Youth Park. Park admission is \$15 adults, \$14 seniors, \$9 children 6 - 12 applies (local discount available). 11 Magnolia Ave., St. Augustine. 904-829-3168 www.fountainofyouthflorida.com.

Second Saturdays

GTM Reserve Guided Trail Hike: Join GTM Research Reserve volunteers from 8:30 - 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 (EEC). There is a \$3 parking fee. 505 Guana River Rd., Ponte Vedra Beach. 904-823-4500 www.gtmnerr.org/.

Wednesdays

Farmer's Arts and Crafts Market: Farmers' Market located at the ocean-side St. Johns County Pier Park featuring selections of fresh produce, plants, baked goods, fine art, jewelry and more! Anywhere from 70 vendors participate each Wednesday morning year round, rain or shine from 8 a.m. - 12:30 p.m. Join the fun and shop local. 350 A1A Beach Blvd., St. Augustine Beach. 904-347-8007 www.thecivicassociation.com.

Fridays, Saturdays & Sundays

Historic Weapon Demonstrations at Castillo de San Marcos: National Parks Service volunteers and personnel demonstrate the weapons and relate the experiences of the Colonial Spanish soldier stationed in St. Augustine in the 1740s. Demonstration times are 10:30 and 11:30 a.m., 1:30, 2:30 and 3:30 p.m. Admission is \$10 for adults; Children 15 and under are free. The Castillo is open 8:45 a.m. - 5 p.m. daily. www.nps.gov/casa Saturdays: Musket Firing Demonstrations at Fort Matanzas

Re-enactors fire flintlock muskets at Fort Matanzas National: Monument 12:30 - 3:30 p.m. Admission is free including the ferry ride to and from the island. Fort Matanzas is located at 8635 A1A South, 15 miles south of St. Augustine. 904-471-0116 www.nps.gov/foma

Old City Farmers' Market: Features locally grown fresh produce, baked goods, plants and more. Located at the St. Augustine Amphitheatre. Open 8:30 a.m. - 12:30 p.m. Admission is free. 1340 A1A South, St. Augustine. 904-471-3733.

Sundays

The Salt Air Farmer's Market: Marineland Marina hosts a farmers market every Sunday from 10 a.m. - 2 p.m. Enjoy live music, fresh produce, seafood, sauces and jams, cheese, organic ice pops, honey, fresh baked breads, soaps, peanuts, art and more. 101 Tolstoy Lane, Marineland. 904-814-9886 www.marinelandmarina.com.

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 St., St. Augustine. 904-824-2874 www.lightnermuseum.org

Plant Sale: Washington Oaks Gardens State Park hosts its monthly plant sale from 10 a.m. - 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 N. Oceanshore Blvd., Palm Coast. 386-446-6783 www.floridastateparks.org/park/washington-oaks.

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 St., St. Augustine. 904-825-0087 www.staugcitywalks.com.

Third Tuesday

GTM Research Reserve Marineland Lecture: This lecture series is held on the 3rd Tuesday of the month from 10 - 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 N. Oceanshore Blvd., Marineland. 904-823-4500 www.gtmnerr.org/.

Third Saturday

Guided Beach Exploration Guana South Beach: Join GTM Research Reserve Docents from 8:30 - 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. 1768 Ponte Vedra Blvd., Ponte Vedra Beach. 904-823-4500 www.gtmnerr.org/.

Free Black Heritage & Civil Rights Walking Tour: Walk with a licensed, professional tour guide to locations in St. Augustine that were significant in the city's civil rights movement. Hear stories of the struggle for civil rights while walking in the footsteps of Dr. Martin Luther King, Jr. and Andrew Young. This free, 1.5-hour tour departs at 4 p.m. from the Tour St. Augustine office. Reservations required. 4 Granada St., St. Augustine. 904-825-0087 www.staugustineblackheritagetours.com

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

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Nocatee Farmer's Market: Nocatee Farmer's Market takes place from 10 a.m. - 2 p.m. every third Saturday. This free family-friendly event has over 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 bounce house. 245 Little River Rd., Ponte Vedra. www.nocatee.com.

Tolomato Cemetery Guided Tour: Tour the oldest extant planned cemetery in Florida with burials from the First Spanish Period (1565-1763). Admission is free, but donations are encouraged. Tours are from 11 a.m. - 3 p.m. 16 Cordova St., St. Augustine. www.tolomatocemetery.com

Fourth Saturday

Family Seining at the GTM Research Reserve: Join GTM Research Reserve docents from 8:30 - 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 Rd. Ponte Vedra Beach. 904-823-4500 www.gtmnerr.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.

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. Admission is \$5. Refreshments available for purchase. 11 Old Mission Ave., St. Augustine. 904-825-1164 www.limelight-theatre.org.

April 27 - May 1

14th Annual Florida's Birding & Photo Fest: Experience northeast Florida's abundant bird life and photogenic natural beauty at more than 110 exciting birding and outdoor photography events! In addition to the ever-popular nature tours and excursions, new discoveries for this year's event include workshops on preparing images and composition, photographing birds in flight, selections and layer masking, flash techniques and many in field photography workshops. The festival is headquartered at the GTM Research Reserve, located 8 miles north of St. Augustine on A1A North. Discover the region's phenomenal bird life and the abundant natural habitats that sustain them with bird walks and boat and kayak trips to undisturbed areas. This Festival is guaranteed to excite nature lovers and outdoor enthusiasts of all ages. There is a one-time \$25 registration fee for the festival and each workshop or program has its own fee. 505 Guana River Rd., Ponte Vedra Beach FloridasBirdingFotoFest@gmail.com www.floridasbirdingandphotofest.com

April 29 - May 1

21st Annual Gamble Rogers Music Festival: The 21st Anniversary edition of the popular Gamble Rogers Music Festival brings the best in American folk music to St. Augustine. The festival is a celebration of the music and storytelling of Gamble Rogers - an artist the Atlanta Constitution called "an American treasure worthy of inclusion in the Smithsonian." The festival takes place at the Colonial Quarter. On Friday night there will be several music performances on multiple stages. On Saturday & Sunday the music continues along with workshops, family activities and more. Check the website for entertainment lineup and ticket packages. 33 St. George St., St. Augustine 904-377-4163 www.gamblerogersfest.org

April 30

Cultural Influences in the Spanish Colonial Kitchen: Stop by Fort Matanzas National Monument between 10 a.m. - 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 www.nps.gov/foma

MAY

May 5 - 9

The 39 Steps at The Limelight Theatre: This mystery is a mix of a Hitchcock masterpiece and a juicy spy novel, with a dash of Monty Python. This whodunit keeps audiences on the edge of their seats and roaring with laughter. This play is rated PG-13. Performance times are 7:30 p.m. Thursday - Saturday and 2 p.m. on Sunday. Tickets are \$26; \$42 seniors; \$20 student and military. 11 Old Mission Ave., St. Augustine. 904-825-1164 www.limelight-theatre.org.

May 6 - 8

Special Mother's Day Champagne Carriage Ride for Two! Join the Tasting Tours to celebrate the Mom in your life when you step aboard an old-fashioned horse-drawn carriage with a bottle of delicious champagne to toast the special Mother. The tours depart on the hour between 5 and 10 p.m. each night. The cost is \$159 per couple. Advanced reservations required. (This tour can accommodate up to 4 guests for an additional \$35 per guest). The tour includes VIP Boarding, 45-50 minute horse drawn carriage ride through the beautiful historic streets of St. Augustine, a set of "The Tasting Tours" souvenir wine glasses, champagne to enjoy on the carriage ride, scenery and history. The Tasting Tours depart from 59 Cuna St., St. Augustine 904-325-3911 www.thetastingtours.com

May 6 - 29

St. Augustine Art Association presents - Canvas, Clay, Collage and Cutting Edge: The St. Augustine Art Association combines four exciting themes into one juried exhibit. Cutting Edge is defined as work that pushes the boundaries of ideas and/or materials. The opening reception will be during the First Friday Art Walk on May 6th from 5 - 9 p.m. The gallery is open Tuesday - Saturday noon - 4 p.m. and Sunday 2 - 5 p.m. Admission is free. 22 Marine St., St. Augustine. 904-824-2310. www.staaa.org.

May 7

Spud Run and Cabbage Crawl 2016: The annual 5k/10k/15k Spud Run Challenge and 1-mile Cabbage Crawl get underway at 7 a.m. in Hastings. The event benefits South Woods Elementary School and highlights the agricultural accomplishments of the Hastings area. Pre-Registration is \$20 for the 5K; \$25 for the 10k; \$30 for the 15k (day-of registration is an additional \$5). Registration for the Kids Run (age 14 and younger) is \$6 each. Prizes will be awarded for first, second and third place (male and female) in numerous age classes. Races begin at the HHS Community Building in Hastings. For complete details including pre-registration, course maps and more, go to www.racesmith.com/races/spudrun.html. 6195 S. Main St., Hastings. 904-806-1706

14th Annual Car & Truck Show: St. Augustine Cruisers 13th Annual Car & Truck Show will be held from 8 a.m. - 3 p.m. at the Florida School for the Deaf and the Blind. Open to all makes and models, pre-registration is \$20 and \$25 day of show. Music, food, door prizes, 50/50 raffle, dash plaques to first 100 registered. Awards begin at 3 p.m. 207 N. San Marco Ave., St. Augustine. www.staugustinecruisers.com.

North Florida Women's Chorale Spring Concert: This spring concert by the North Florida Women's Chorale includes songs that are sacred and secular and of inspiration and hope. The noon program includes many familiar American hymns, spirituals, and folk songs such as "Simple Gifts," "Wondrous Love" and "How Can I Keep From Singing?" Admission is free. Ancient City Baptist Church 27 Sevilla St., St. Augustine. 904-806-7781. www.womenschorale.org

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May 7 & 8

Special Mother's Day Vittles and Vino VIP Carriage Tour: Join The Tasting Tours for a very special 3 hour Mother's Day food and wine tasting extravaganza via horse drawn carriage - complete with champagne and flowers to celebrate the most wonderful person in the world...Mom! Take her on an old-fashioned horse drawn carriage to taste and sip your way through St. Augustine's historic district with award winning restaurants, boutique wines and inspiring scenery. The tour is \$139 per person and includes VIP boarding, champagne toasts, fresh flowers, 3 hours of food and wine, 4 to 5 food and/or wine tastings venues, wine to enjoy on the carriage ride, and an informative guided tour. 59 Cuna St., St. Augustine. 904-325-3911 www.thetastingtours.com

May 8

Mother's Day Sail Aboard the Freedom: Treat Mom right with a relaxing day sail aboard St. Augustine's Schooner Freedom. Pack her favorite hor d'oeuvres and let the schooner's crew provide the drinks and atmosphere. Soak up the sun while relaxing and watching for dolphins, turtles and birds. Reservations highly recommended. Ninety-minute sail departs at 12:15 p.m. - tickets are \$30 adults, \$15 for kids; 2-hour sail departs at 2:15 p.m. - tickets are \$40 adults, \$30 kids; 2-hour sail departs at 6:15 p.m. - tickets are \$50 per person. 111 Avenida Menendez, St. Augustine. 904-810-1010 www.schoonerfreedom.com

EMMA Concert Performance: Janet Rabe-Meyer, Soprano & Ensemble Janet Rabe-Meyer will present a free concert as a gift to EMMA concert goers at Flagler College's Lewis Auditorium at 2 p.m. Known for her "radiant voice and intense acting" Janet Rabe-Meyer is a true singing actress. 14 Granada St., St. Augustine. 904-797-2800 www.emmaconcerts.com

May 10

The 1975 at the St. Augustine Amphitheatre: As one of the breakthrough British bands of the past decade, their self-titled debut album entered the U.K. charts at No. 1 and went on to sell one million copies. Their 2016 tour brings them to the St. Augustine Amphitheatre to support their sophomore album "I like it when you sleep, for you are so beautiful yet so unaware" released in February 2016. The Japanese House also performs at this concert that begins at 7 p.m. (doors open at 6 p.m.). Tickets are \$49.50 standing pit; \$49.50 level 100; \$39.50 level 200; and \$29.50 level 300. 1340 A1A South, St. Augustine. 904-209-0367 www.staugamphitheatre.com

May 10 - 15

THE PLAYERS Championship: The game's greatest players compete at TPC Sawgrass - THE PLAYERS Stadium Course in Ponte Vedra Beach. THE PLAYERS Championship is recognized by PGA TOUR members as "their" championship tournament. It features one of the most coveted titles in professional golf, the strongest field of competitors and one of the richest purse. Previous winners of THE PLAYERS Championship include Rickie Fowler in 2015, Martin Kaymer in 2014, Tiger Woods in 2013, Matt Kuchar in 2012, K.J. Choi in 2011, Tim Clark in 2010 and many other greats. 110 Championship Way, Ponte Vedra Beach. 904-285-7888 www.pgatour.com

May 11, 18 & 25

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. Each week at 6 p.m., a different local restaurant offers dinner 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.freebeachconcerts.com

May 12 - 15

THE PLAYERS Championship at World Golf Hall of Fame: Celebrate THE PLAYERS with a visit to the World Golf Hall of Fame. Visitors can win a special Hall of Fame prize pack (no purchase necessary), take advantage of photo opportunities with THE PLAYERS Championship trophy and go on a special

scavenger hunt. All exhibits will be on display and the television broadcast of the tournament will be aired throughout the Hall. The museum is open Mon. - Sat. 10 a.m. - 6 p.m.; Sunday noon - 6 p.m. Admission is adults \$19.50; seniors, military and Florida residents \$18.50; students \$10; children (ages-5 - 12) \$5; age 4 and under free. One World Golf Pl., St. Augustine. 904-940-4123 www.worldgolfhalloffame.org

May 13

St. Augustine Orchestra Season Finale: Returning to the Lightner Museum, the St. Augustine Orchestra performs a memorable program for its season finale. Under the leadership of musical director William McNeil and, the orchestra's performance and the unique setting of the museum's Antique Courtyard combine to create an unforgettable evening of music and culture. The concert begins at 8 p.m. Tickets are \$20 adults; \$5 students. 25 Granada St., St. Augustine. www.staugustineorchestra.org

May 14

Change of Flags Ceremonies: In commemoration of the many flags that have flown over St. Augustine for more than 450 years, join national park staff, volunteers and the St. Augustine Garrison for a changing of the flag ceremony at the Castillo de San Marcos. This event commemorates the 1763 transfer from Spanish control to British rule. Special event times are 11 a.m. and 2 p.m. Entrance fees are \$10 adults, Kids under 15 are free. 1 South Castillo Dr., St. Augustine www.nps.gov/casa

May 14 - 15

The Ballet of Peter Pan: The St. Augustine Ballet presents the Ballet of Peter Pan including swashbuckling pirates, beautiful fairies and mermaids, a ticking crocodile (courtesy of the St. Augustine Alligator Farm Zoological Park) and, of course, Peter Pan and Wendy. Performance times are 2:30 and 7 p.m. at the Lewis Auditorium in St. Augustine. Tickets are \$25 - \$30 each with reserved seating. 14 Granada St., St. Augustine. 904-824-1746, 855-222-2849 www.saintaugustineballet.com. Editor's Note: Please call to confirm events before driving long distances as some dates and times could vary. An updated calendar is available every 2 - 4 months. In addition, an updated calendar of events is available at the VCB's website, www.FloridasHistoricCoast.com, or by calling 800-653-2489 or 904-829-1711. This publication is printed on paper that uses a minimum of 10% PCW (post-consumer waste).

May 20 & 21

Full Moon Sail Aboard the Schooner Freedom: Go on a 75-minute sail aboard the Schooner Freedom and enjoy the sound of the wind and waves beneath the magical glow of the full moon on St. Augustine's Matanzas Bay. Bring along a picnic basket - the crew provides complimentary soda, water, beer and wine. Each full moon sail features live music by a local musician. Tickets are \$35 per person; reservations highly recommended. Departs the City Marina at 8:45 p.m. 111 Avenida Menendez, St. Augustine. 904-810-1010 www.schoonerfreedom.com

May 20 - 22

Great American Burgerfest: Nothing says All American like a spring food festival in the oldest city in the U.S.! The Great American Burgerfest features tons of delicious hamburgers, ice cold beer, great live music, more than 75 exhibitors and food vendors, arts and crafts and a Kids Zone. Plus, the best burger in the Southeast will be decided! Held at St. Augustine's Francis Field, festival hours are Friday 4 - 9 p.m.; Saturday 11 a.m. - 10 p.m.; and Sunday 11 a.m. - 6 p.m. Admission is \$5 adults, kids 12 and under free. Free with military ID. All proceeds benefit the U.S. military through the Great American Foundation. 29 W. Castillo Dr., St. Augustine. www.greatamericanburgerfest.com/

May 20 - 22

44th Annual National Beach Pop Tennis Tournament: Presented by the U.S. POP Tennis Association, more than 100 players from throughout the country compete in this tournament that determines the nation's beach tennis champions in singles, doubles and mixed doubles. Preliminary matches at Treaty Park and Ron Parker Park, finals on the beach at Butler Park East, 5860 A1A South, St. Augustine. Free admission for spectators. Contact paddletennis@gmail.com

Nease House Environmental Educational Days

St. Johns County Parks and Recreation and the St. Johns County Environmental Division will host a series of Environmental Education Days from 9 a.m. to 12 p.m. at Nease Beachfront Park, 3171 Coastal Highway, on the following dates: March 19, April 16, May 7, June 15, and July 13. These free workshops are open to the public and all ages are welcome. Throughout the park and the historic Nease House, County staff will provide information and interactive activities on a variety of topics including native plant identification, right whale and sea turtle conservation, animal tracking, dune habitats, as well as wetland and coastal marsh habitats. For more information, please call 904.209.0323.

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May 21

17th Annual Riding Into History: For the 17th consecutive year, Riding Into History, one of America's premier motorcycle events, returns to World Golf Village in St. Augustine. The event features hundreds of classic American motorcycles along the Village's Walk of Champions. This year's event will also include Viva Moto Europa motorcycles. The Grand Marshal is Malcolm Smith, selected as Motorcyclist of the Century by Motorcyclist Magazine. Vendors, exhibitors and entertainment will be included. The gates to the event open at 10 a.m. Admission is \$10. All proceeds will benefit K9s for Warriors. One World Golf Pl., St. Augustine. www.ridingintohistory.org.

Hip Hop Legends in Concert at the St. Augustine Amphitheatre: Hip hop legends Salt-n-Pepa, Kid 'n Play, Rob Base, Coolio, Tone Loc and Color Me Badd perform at 7 p.m. (doors open at 6 p.m.) at the St. Augustine Amphitheatre. With popular hits ranging from "Push It" to "Funky Cold Medina," these performers have sold millions of albums, won one Grammy, been nominated for six more and catapulted hip hop to new levels that continue to influence the musical landscape worldwide. Tickets are \$73.50 standing pit; \$63.50 level 100; \$53.50 level 200; \$43.50 level 300 and obstructed view. 1340 A1A South, St. Augustine. 904-209-0367 www.staugamphitheatre.com

Sunset/Moonrise at St. Augustine Lighthouse & Maritime Museum: Enjoy the sunset and moonrise from the top of the Lighthouse! 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 Ave., St. Augustine. 904-829-0745 www.staugustinelighthouse.org.

May 26

Here Come the Mummies at the Ponte Vedra Concert Hall: Here Come the Mummies, an eight-piece funk rock group featuring 5,000-year old Egyptian mummies, perform at the Ponte Vedra Concert Hall. Here Come the Mummies' mysterious personas, cunning song craft and unrelenting live show will bend your brain and melt your face. The fun begins at 8 p.m.; doors open at 7 p.m. Tickets are \$30 advance general admission standing room only; \$35 day of show. 1050 A1A North, Ponte Vedra Beach. 904-209-0399 www.pvconcerthall.com

May 27 - May 30

Memorial Day Weekend Sails Aboard Schooner Freedom: Kick off the summer season with an incredible sail aboard a tall ship - St. Augustine's Schooner Freedom! Relax on a memorable day sail and go for a romantic sunset sail on Matanzas Bay. Complimentary soda, beer and wine included. Sailing adventures take place throughout the weekend from the St. Augustine City Marina. 90-minute sail departs at 12:15 p.m. - tickets \$30 adults, \$15 kids; 2-hour sail departs at 2:15 p.m. - tickets \$40 adults, \$30 kids; 2-hour sail departs at 6:15 p.m. - tickets \$50 per person; 75-minute sail departs at 8:45 p.m. - tickets \$40 per person. 111 Avenida Menendez Slip 86, St. Augustine, FL 32084. Local Phone: 904-810-1010 http://www.schoonerfreedom.com/.

May 28, 2016

Free Historic Walking Tour: Explore 400 years of St. Augustine's history on this free, 1.5-hour tour. Led by a licensed, professional guide, the tour visits sites ranging from the Colonial Exploration Period through the modern Civil Rights Era. The tour departs at 4 p.m. from the Tour Saint Augustine office. Reservations required. 4 Granada St., St. Augustine. 904-825-0087 www.staugcitywalks.com. Tour St. Augustine, St. Augustine, FL 32084.

May 30, 2016

Walk at Marineland: Every beach has its own story to tell. Experience the beach in an entirely new way. An interpretive guide tells you about everything from shore birds to coquina rocks and the flowers blooming along the dunes. Meet your guide at the Guana Tolomato Matanzas National Estuarine Research Reserve Marineland Field Office on the west side of A1A. The walk is from 9 a.m. to 10:30 a.m. Reservations are available online or by phone. Marineland Beach 9741 Ocean Shore Blvd., Marineland, FL 32137. Local Phone: 904-823-4500 http://www.gtmnerr.org

**Testify Youth Choir 2016
Florida Tour includes St. Augustine**

Shores United Methodist Church will again host the renowned Testify Youth Choir on Sunday, June 19, 2016 at both the 9 am and 11 am worship services. Testify Youth Choir is 50 - 60 members strong and represents approximately 25 churches in the Lake Norman, North Carolina area. They travel, they are non-denominational, and they are comprised of 7th through 12th graders. The public is invited to come join in the Spirit filled, life changing adventure! God is amazing! For more information, contact the church at 797-4416 or www.shoresum.org or www.testifyministries.com. Shores United Methodist Church is located at 724 Shores Blvd, between the Shores Golf Course and Hartley Elementary. Rev. Randy Strickland is the pastor.



<p>Opening Night - Wednesday May 11th</p> <p>6 PM dinner Raintree Restaurant</p> <p>Two Great Bands starting at 7 PM</p> <p>Outta Sight & Rotogeezer</p>	<p>Free Concert Series</p> <p>Music by the Sea</p> <p>St Johns County Pier Park - 350 A1A Beach Blvd</p> <p>Free Community Concerts each Wednesday</p> <p>Dinner service at 6 PM - Free Concert at 7 PM</p> <p>Bring a Beach Chair or Blanket</p>	<p>Ride to and from the free concert aboard The Sax Taxi Shuttle Bus Park FREE at City Hall and Ron Parker Park</p> <p>Get more info at www.freebeachconcerts.com</p>
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Are You Willing to Look Through the Spin to Find the Truth?



We live in a world where the truth is becoming increasingly more difficult to find. Facts are spun by a public relations firm or by an individual with an agenda and the community is in an artificially created tizzy. The facts get lost and sometimes decisions are made based on spin instead of the truth. I raise this issue because a petition is being circulated regarding the discussion of a skateboard facility being added to Ron Parker Park. I am too old to skate and my kids are grown so I have no personal interest in skateboarding. That being said I think it's important to share some truths about the discussion so here goes.

A couple of years ago there were some safety concerns raised about skateboarders in Pier Park. These concerns came to Police Chief Hardwick and a discussion ensued. On busy days and evenings there was a danger to our young people trying to skateboard in a very busy Pier Park. There was also concern about possible damages to the park and its facilities since there is no area for skateboards. Chief Hardwick has a great rapport with young people so he spoke to them, parents and community leaders about an idea for a small skateboard facility in the City for our kids. Unfortunately before the idea could even be rationally discussed someone began filling the community with innuendo and exaggerations. What followed was some unwarranted criticism of our Police Chief along with a petition to stop something before it got a fair hearing.

It's time to set the record straight so that in the future people might actually do some research before they decide to help submarine the discussion of something potentially good. Chief Hardwick is in touch with the community and is right on the money. We do need more things for young people to be involved in within our City limits. The world is much different now so the idea of sending our children over a mile down A1A to a skateboard facility is concerning to parents. They want their children closer to home and Ron Parker Park is a great answer. The

Chief is concerned for our young people and that is to be applauded. Neither Chief Hardwick or Parks and Rec Director Wil Smith were ever proposing the construction of a skate board facility at the expense of losing any of the amenities at Ron Parker Park. According to Smith "Ron Parker Park is highly utilized and eliminating activities is not something to be entertained. Adding to and improving the park is our goal", Smith said via telephone.

I had a conversation with a citizen who called me and said "Ron Parker Park is a passive park and needs to remain that way". When I pointed out that baseball, basketball, softball, tennis, slides and swings and lets not forget barking dogs were not passive I began to hear the spin. I was disappointed not because I wanted a skateboard area, but instead saddened by the measures and lengths a few people were willing to go to because they think only their ideas are worth exploring. There is good news though. Parks & Recreation will be renovating the children's area with new playground equipment, a new soft surface and it's all A. D. A. compliant. And according to Smith that's not all. Parks & Recreation will be doing a survey to determine how to add and improve all of our county parks. We'll send a newsletter out with a link to the survey when it's time. This is a great chance for all of us to share our thoughts about enhancing our local park instead of sabotaging the exploration of ideas.

In closing it's that time again! Music by the Sea is upon us! We look forward to a great summer of music, food and family fun. Rack Card schedules can be found in many local eateries, hotels and at the Visitors Center and Bait Shop at the Pier Park. You of course may visit our website at <http://www.freebeachconcerts.com/> for the band and restaurant line up. Remember the Sax Shuttle is free for Civic Association members and \$1 each night for non-members. Catch the shuttle at City Hall or Ron Parker Park and get dropped off at the concert site. See you all at Pier Park for Music by the Sea.

St. Augustine Photography Show Winners

The Saint Augustine Camera Club (SACC) announces the winners of its Fifth Annual Juried Member Photography Show, which opened on Friday, April 1, at the Art Studio adjacent to the St Johns County Pier. The event was part of the April First Friday Art Walk.

Michelle Ganeles won the top prize with her photograph, *Disconnected*. Second honors went to Joe Campanellie for his weathered tree in Boneyard Beach. Bryon Capo captured third with a detailed shot of an elderly seamstress in *Art of Sewing*. Honorable mentions went to MaryJean Campanellie for *Orchid Cascade* and Michelle Mallard for her reenactment shot, *Battle of Monday's Hollow*. The People's Choice award was won by Henry Bollmann for *312 Bridge - One Mile View*.

In the Novice category - new this year - first place went to Allison Bennett with *Bok Lily*, a striking shot of a water lily among the reflections of Bok Tower. Paul Coleman scored second with a moody capture of *A Foggy Morning*. Third place was awarded to Lenore Gibbons for *Naked on the Beach*, a photo of a forlorn leafless tree at the water's edge.

Cash prizes were presented to all winners.

There were two judges for the show: Daron Dean, the photo editor/photographer for the St Augustine Record, and Susan Michal, a well-known and respected photographer and lecturer in the profession from Jacksonville.

The Member Show runs through April, and at its conclusion, will move into the Rotunda Gallery of the St Johns County Administration Building until June 8. This building, located at 500 San Sebastian Way off Highway 1 North, is open to the public from 8-5 Monday through Friday.

The Saint Augustine Camera Club, founded September 2010, is dedicated to providing members with educational information and enjoyable activities in the field of photography. The club meets the third Thursday of each month at the Watson Realty Office on US 1 South at 6 pm. The club web site is www.saintaugustinecameraclub.com.



Michelle Ganeles stands by her photograph, "Disconnected", the first place winner in the Saint Augustine Camera Club's Fifth Annual Member Show.



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10th Annual Census of Shelters Shows Need for Domestic Violence Services is Growing

The National Network to End Domestic Violence (NNEDV) has released its 10th consecutive annual Domestic Violence Counts: A 24-hour Census of Domestic Violence Shelters and Services (Census) report. In a single 24-hour period, on September 16, 2015, local domestic violence programs across the nation counted the services they provided to victims, as well as the services they were not able to provide due to a lack of resources.

More than 1,700 – or 93 percent – of identified local domestic violence programs in the United States and territories participated in the Domestic Violence Counts Census this year. On Census Day alone, these local programs provided help and safety to 71,828 adults and children who were victims of domestic violence. These survivors were given a safe place to stay and access to the resources or services necessary to escape violence and abuse. In addition to providing direct services, these programs answered more than 21,000 hotline calls and educated more than 27,000 individuals on domestic violence, all on the survey day.

“The Census shines a spotlight on the often invisible but lifesaving work of advocates and domestic violence programs,” said Kim Gandy, NNEDV President and CEO. “As one survivor said to the advocate who accompanied her to obtain a court order of protection, ‘I could never have gone in there alone. You helped me so much!’ That is just one example of the help provided every day to tens of thousands of survivors and their children who are seeking safety from abuse, all across the country.”

Sadly, 12,197 times during the same 24-hour period, a hotline phone rang or a victim knocked at the door to request a shelter bed, an attorney, children's counseling, or another vital service, and the local program was forced to say no because they did not have the resources to help them. Countless programs spent hour after hour trying to find victims other services and help, often finding help for them in faraway places – even other states – but sometimes not at all.

“Victims and their children are the ones who suffer the consequences when services are not available, and often have no choice but to return to the abuse,” said Gandy. “Again and again in the Census responses, we read about a survivor who needed help but couldn’t get it. It is simply unacceptable for victims to be turned away at their time of greatest risk.”

The increased attention to domestic violence across the country has led to an increase in demand for victim services. At the same time, many of these programs are experiencing stagnant or reduced funding, which limits their ability to serve more victims. Out of the 12,197 unmet requests for services, 41 percent were for emergency shelter, 22 percent were for transitional housing, and 36 percent were for non-residential services. While recently some funding streams have been increased or restored at the federal level, many programs are only beginning to rebuild after repeated cuts.

St Johns County’s domestic and sexual violence shelter, *Betty Griffin House*, also has grown. Last year they provided shelter to 368 women and children, their counselors provided 7,085 hours of counseling to 500 women, children and men and their 24 hour hotline received over 1,600 calls from victims needing support.

Wednesday Brown Bag Lunch Author Diana Abu-Jaber – Life Without a Recipe

For its May 18 Brown Bag Lunch Program, Friends of the Main Library St. Augustine is excited to welcome award-winning author Diana Abu-Jaber, who will entertain Friends patrons with tales of family, food, and motherhood from her latest memoir, *Life Without a Recipe*. Ms. Abu-Jaber’s presentation will begin at 12:30 in the Main Library at 1960 N. Ponce de Leon Blvd. The signature Brown Bag Lunch Program is free and open to the public and doors will open at 12:00 noon.

Ms. Abu-Jaber was born in Syracuse, New York to an American mother (Friends member and volunteer Pat Abu-Jaber) and a Jordanian father. Her first award-winning memoir about her experiences in America and Jordan, *The Language of Baklava*, included family recipes and cross-cultural experiences, and her presentation about it to the Main Library’s Literary Lions book club was enthusiastically received and warmly remembered. Now a Professor at Portland State University, Diana has received numerous awards for her subsequent novels, including *Arabian Jazz*, *Origin*, *Crescent*, and *Birds of Paradise*, named one of the top books of the year by National Public Radio as well as *The Washington Post*.

Life Without a Recipe, called “a delectably warm and wise memoir” by prestigious *Kirkus Reviews*, follows Ms. Abu-Jaber’s journey growing up with vibrant and outspoken family members in a multicultural household. Their often conflicting advice or “recipes” for life helped shape her choices both personal and professional and led her to forge her own

path. “Writing with force, vividness, and absolute hilarity” and “with her trademark joyousness and larger-than-life characters, Abu-Jaber’s memoir speaks...to the new norm of multicultural families and midlife new-motherhood.” Please join Friends for what promises to be a lively and humorous presentation.

Friends of the Main Library St. Augustine sponsors the Wednesday Brown Bag Lunch Program once a month as a community event. Patrons are welcome to bring their lunch and light refreshments will be provided. The program is free and open to the public. For additional information, please call the Main Library at (904) 827-6940 or contact Friends President Toni Siriani, toni825@hotmail.com. Follow Friends on Facebook/Friends of the Main Library St. Augustine.

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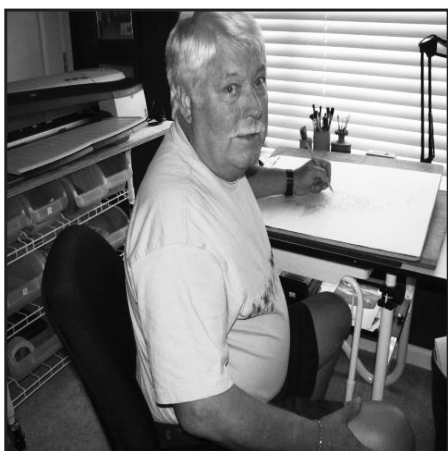


The Art Studio

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

JR Gehri Featured Artist for May

Art Studio member, JR Gehri, will be our featured artist for May. JR Gehri is a self-taught artist who began painting to relax as a result of a very stressful occupation. He was a career NCIS Special Agent serving in locations around the world. He painted to escape from the rigors of the job while deployed and on various assignments. Over the years he developed his techniques in Mixed Media (watercolor pencil, pen and ink, and soft pastels), specializing in wildlife. His works have been sold throughout the United States to private collectors. He often donates to charitable events such as the March of Dimes, Breast Cancer Research, and Wounded Warriors. He has done commission work in Texas and Colorado. Now that he is retired, he devotes more time to his artistic endeavors. He is a member of the St. Augustine Art Association and The Art Studio of St. Augustine Beach, Florida. He can be contacted at 904 502



9574; or follow – JRGehri WildlifeArt on Facebook. Prints and originals are available. A reception at The Art Studio of St. Augustine Beach is planned during the First Friday Art Walk, May 6th, from 5:00pm-8:30pm. Please plan to visit The Art Studio to meet JR and see his work!

The Art Studio is available to rent for classes or as meeting space. Membership is offered at just \$20.00/year although it is not necessary to become a member to participate in any of the variety of classes offered. Our regular studio hours are Monday-Friday from 12:00 pm-4:00 pm. Please see our calendar at www.beachartstudio.com for a list of

classes, events, and special hours. For more information, contact Nancy Willoughby at 703-399-9816. The Art Studio is located in the Cultural Arts Center Building at St. Johns County Pier Park 370 A1A Beach Blvd. St. Augustine Beach, Florida.



Nease House Environmental Educational Days

St. Johns County Parks and Recreation and the St. Johns County Environmental Division will host a series of Environmental Education Days from 9 a.m. to 12 p.m. at Nease Beachfront Park, 3171 Coastal Highway, on the following dates: March 19, April 16, May 7, June 15, and July 13. These free workshops are open to the public and all ages are welcome. Throughout the park and the historic Nease House, County staff will provide information and interactive activities on a variety of topics including native plant identification, right whale and sea turtle conservation, animal tracking, dune habitats, as well as wetland and coastal marsh habitats. For more information, please call 904.209.0323.

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Council of Aging Announces Annual Centenarian Luncheon

Council on Aging would like to honor our community centenarians and nonagenarians at the annual Centenarian Luncheon scheduled for Thursday, May 5, 2016 at 12 pm at River House, 179 Marine Street, St. Augustine, Florida 32084.

The Centenarian Luncheon is proudly sponsored by Ameris Bank and St. Johns Food Services. Table sponsorships are available for \$200.00 and include two seats at your table for the luncheon along with a variety of special recognitions.

If you or someone you want to honor is age 95 or over, please contact us to participate in this very special celebration of our community's treasured senior citizens. For information or to RSVP contact Jane Faybik at 904-209-3687 or jfaybik@stjohnscoa.com.

RIVER HOUSE ACTIVITIES

179 Marine St., St. Augustine, FL. (904) 209-3655

Senior Singles Social Club: The River House Senior Singles Club will dine at Aunt Kate's, 612 Euclid Avenue, St. Augustine. This is a lovely setting to dine outside on the decks overlooking Florida's Tolomato River. For reservations and menu choice please call 209-3655. Luncheon will be from 11:30 a.m. to 1:30 p.m. All senior singles are welcome to attend and make new friends.

Wine Appreciation Class: Offering a Wine Journey with instructor Walter Bost. This is a 6-week session beginning Tuesday, May 17, from 4:30-5:00 p.m. and is perfect for wine enthusiasts or those wanting to learn more about food and wine pairings. Cost to River House members is \$50, and \$60 to non-members. Complimentary wine tastings included. Please call Martha at 209-3543 for more information or to register.

River House Dancers Present "Spring Fling" May 19: You are in for a treat if you attend the River House Dancers "Spring Fling." All the River House dance classes join together for this wonderful review of talent and dance styles. Our professional instructors, Libby Johnson, Sally Walton, Judy Woodruff and Joyce Vikes have taken their students to new levels. The dancers and instructors take pleasure in providing you with this complimentary program on Thursday, May 19, at 10:00 AM. For more information, please call 209-3655.

Total Body Fitness – Exercise from Head to Toe: Total Body Fitness is an invigorating slow pace full body work-out being offered at River House, 179 Marine Street, on Mondays from 9:00-10:00 a.m., with instructor Anne Pogue. Participants must bring a yoga mat and are encouraged to move within their comfort zone, challenge themselves without hurting, have fun and feel good. Cost per class is \$4 for River House Activity Members and \$5 for non-members. Call 209-3655 to reserve your place. And remember to visit www.coasjc.com for more information on COA.

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## Financial Focus

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### Can You Make Your Investments Less “Taxing”

Tax Freedom Day, which typically occurs in late April, according to the Tax Foundation, is the day when the nation as a whole has earned enough money to pay off its total tax bill for the year. So you may want to use this opportunity to determine if you can liberate yourself from some investment-related taxes in the future.

Actually, Tax Freedom Day is something of a fiction, in practical terms, because most people pay their taxes throughout the year via payroll deductions. Also, you may not mind paying your share of taxes, because your tax dollars are used in many ways – such as law enforcement, food safety, road maintenance, public education, and so on – that, taken together, have a big impact on the quality of life in this country. Still, you may want to look for ways to reduce those taxes associated with your investments, leaving you more money available to meet your important goals, such as a comfortable retirement.

So, what moves can you make to become more of a “tax-smart” investor? Consider the following:

- Know when to hold ‘em. If you sell an investment that you’ve held for less than one year, any profit you earn is considered a short-term capital gain, and it will be taxed at the same rate as your ordinary income. (For 2016, ordinary income tax rates range from 10% to 39.6%.) But if you hold the investment for longer than one year, your profit will be taxed at the long-term capital gains rate, which, for most taxpayers, will be just 15%. If at all possible, then, hold your investments at least long enough to qualify for the lower capital gains rate.

- Look for the dividends. Similar

to long-term capital gains, most stock dividends are taxed at 15% for most taxpayers. Thus, dividend-paying stocks can provide you with an additional source of income at a tax rate that’s likely going to be lower than the rate on your ordinary earned income. As an added benefit, many dividend-paying stocks also offer growth potential. With some research, you can find stocks that have paid, and even increased, their dividends over a period of many years. (Be aware, though, that companies are not obligated to pay dividends and can reduce or discontinue them at their discretion.)

- Use those tax-advantaged accounts. Virtually all retirement accounts available to you, whether you’ve set them up yourself or they’re made available by your employer, offer some type of tax advantage. With a traditional IRA, or a 401(k) or similar employer-sponsored retirement plan, your contributions are typically tax-deductible and your earnings can grow tax deferred. Contributions to a Roth IRA, or a Roth 401(k), are never deductible, but earnings can grow tax free, provided you meet certain conditions. The bottom line? Contribute as much as you can afford to the tax-advantaged plans to which you have access.

Tax Freedom Day is here and then it’s gone. But by making some tax-smart investment decisions, you might reap some benefits for years to come.

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

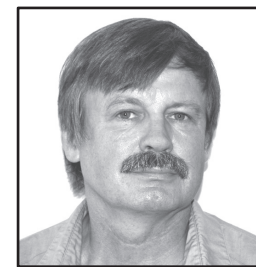
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## Computer Corner

By Gary Herrick, Computer Professor

904-377-6785

mainely2@bellsouth.net



### Windows 10 “Classic Shell”

Greetings from Computer Professor

I have a warning for all those people buying a new computer with Windows 10 on it. Several retail outlets are modifying the Windows 10 environment (the looks and how it acts). They are installing a shell program called Classic Shell. I am sure they “think” they are doing you a favor, that is debatable; but, what is totally disrespectful is they are NOT telling you they have modified the computer. Not only will it NOT look like any book you read on Windows 10 or any Windows 10 training you take, it can disable great Win10 features and it has been reported to disable Touch Screens. Classic Shell is not a bad program and can be configured to be quite handy, if you want your computer to act different from any other out there. Forget tech support, because you cannot follow any instructions they give you over the phone and they will not believe you have Windows 10. I would not be upset if a buyer was informed verbally and in writing and given an option not to have

it installed. There is no damage to your system and it can be easily uninstalled. You can even configure it to use both the Windows 10 menu with a tap of a key and the Classic menu with a click of a button.

If you have one of these computers, sold in Saint Augustine and Jacksonville, and it doesn’t look or act like anything advertised or you think that touch screen you bought doesn’t work, you make have classic shell. Right-click your start button in the lower left of your desktop and you should see a label that says “Classic Shell menu” or look in your program menu for “Classic Shell”. If you want to read about it, the website is [www.classicshell.net](http://www.classicshell.net). If you have upgraded to Windows 10 this will not be a problem for you.

By the time you read this article I will either be on my way to Maine for a couple of months or close to leaving. I will still be answering emails and I will return phone calls (when I can get a signal), and submitting my articles.

Contact: [mainely2@bellsouth.net](mailto:mainely2@bellsouth.net) or 904-377-6785.

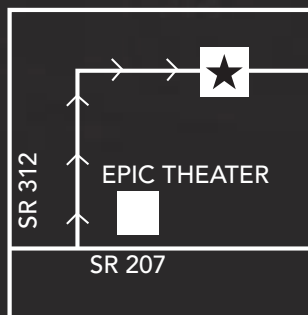
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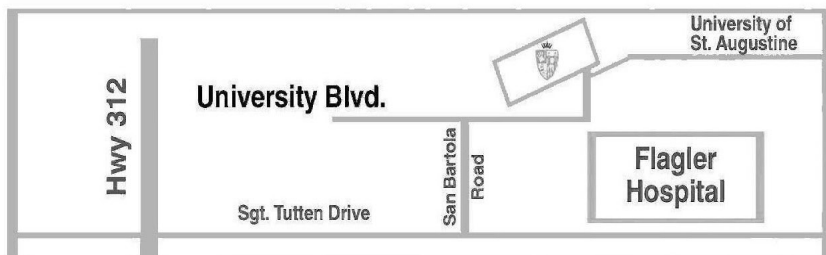
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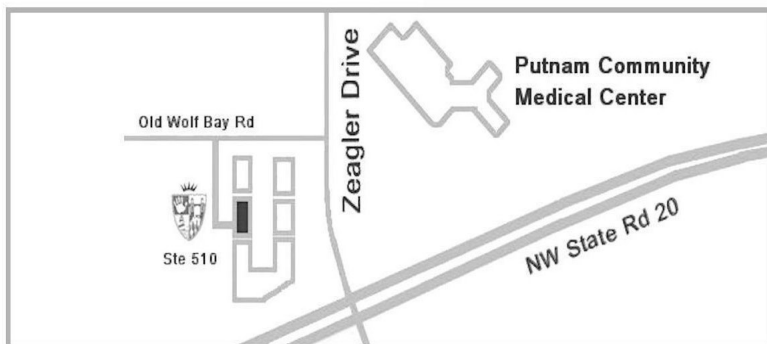


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## St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

### Boating Safety

It's great to be sheriff of a county that has so many wonderful assets. Among the top recreational opportunities is both saltwater and freshwater boating. There are very few places in Florida where boats can be launched on the Intracoastal Waterway with access to the ocean and then just a couple of dozen miles to the west you can launch into the St. Johns River for some of the finest boating in the nation. St. Johns County is truly a Mecca for boaters.

Our Marine Unit partners with the Florida Wildlife Commission as well as the U.S. Coast Guard to enforce boating regulations and to promote safe boating. Unfortunately, on occasion, our dive team and aviation unit are also called upon to look for victims of boating accidents or to hunt for missing watercraft or people. So this month I would like to suggest some rules for safe boating.

First and foremost be weather wise. Check the forecasts for possible storm activity and if you are bound for the ocean determine if the surf conditions may have waves that could put your size boat at risk of capsizing. No matter where you may be boating if you notice darkening clouds, changing winds and sudden drops in temperature, play it safe and head for shore.

Develop a float plan. Inform a family member, friend or the staff at your marina where you are going and how long you intend to be gone. You should also give them the name of the captain and all passengers, boat type and registration and the types of communication and signal equipment you have on board.

Use common sense. Be alert at all times and operate at a safe speed for the conditions you encounter. Be sure to follow the navigational buoys and markers that have been placed for your safety. Steer clear of larger vessels that may not be able to stop and turn in time to avoid collisions. Make sure there is another person on board who is familiar with all aspects

of the boat's operation, handling and safety equipment who could get back to shore in case the primary skipper is injured or incapacitated in any way.

It is required by the U.S. Coastguard that personal flotation devices (PFD) or as they are most commonly known, lifejackets, of the proper size be on board for everyone on your boat. In Florida, children under 5 must wear a right sized PFD whenever the boat is moving. All boats larger than 16 feet must also have a float that can be thrown should someone fall overboard. Did you know that a majority of victims who drown after a boat is in an accident or capsizes were recovered not wearing a lifejacket?

In Florida anyone born on or after January 1, 1988 who operates a vessel powered by 10 horsepower or more must pass an approved boater safety course and have in his/her possession a photographic boating safety education identification card issued by the State Wildlife Commission.

Lastly, a word of caution about alcohol use while boating. Boat operators under the influence of alcohol double the odds for being involved in an accident. Most alcohol related boating accidents do not result from collisions but from falls on deck or overboard. In Florida boat operators found to have a blood alcohol content .08 or higher will be charged with a BUI. For boat operators under the age of 21 that BAC level for charges drops to .02.

I truly enjoy boating in the waters of our beautiful county and I hope you do as well. Thank you for reading my monthly columns and I always welcome and appreciate your comments and suggestions. You can also find much more information on a variety of topics from your Sheriff's Office website at [www.sjsjso.org](http://www.sjsjso.org). Be sure to also follow us on Facebook and Twitter. My email address is [dshore@sjsjso.org](mailto:dshore@sjsjso.org). I look forward to hearing from you and have a safe and fun summer.

## Why is My Brain Lying to Me?

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



I've been teaching about Fibromyalgia (FMS) for 15 or more years because it was once thought to be a painful muscular condition. It affects women seven times more than men but men can still develop FMS. It is most often diagnosed between the years of 20 and 50 but can be diagnosed younger or older. And although painful, it is not pain coming from muscle. It is pain coming from anywhere but is amplified. Let me explain.

If you were watching TV in a room full of people quietly talking and you are enjoying your program, you would hardly notice the buzz in the room. It's not that you wouldn't hear it. Your ears would still pick up the sound waves, but your brain would ignore it. If someone asked you a question you might respond after hearing your name and ask the question be repeated because you really didn't hear it. You did hear it. Your brain just did not register it. Why? Because your focus was elsewhere and you were focused on something you enjoyed.

Applying this analogy to FMS - most of us have small aches and pains but we don't always acknowledge it. I have often bumped against something, continued on my way only to look down later to see blood. But there was no pain - why? There was clearly tissue damage but why no pain? It's because my brain was pre-occupied.

This process is the reverse with FMS. The nervous system amplifies a pain signal. When tissue is damaged it releases chemicals that stimulate the nervous system. Signals are sent to the brain, the brain interprets and sends back a signal, mainly to protect. (hand on hot stove - pain! - GET HAND OFF!)

This process of pain amplification is called Central Sensitization. The signal comes into the spinal cord, is amplified and is perceived by the brain as being wider spread than it really is. Let me pause. I'm not saying it doesn't hurt or people are making it up - not at all. On the contrary - it's very real but it is amplified and one of the hardest things for patients to understand. The nervous system is telling the brain there is pain everywhere

but there really isn't - its' amplified. Your brain is not being honest with you and can be frustrating.

So what to do? How does one cure a "hypersensitive" nervous system? Unfortunately, to date there is no cure but there is a way to manage it and keep it under control but it's a little tricky. Just like you can use a fire extinguisher to control a fire, you can use low-intensity aerobic exercise to control central sensitization or hypersensitive nervous system. Exercise causes endorphins release, which is a natural pain killer. Endorphins released in the brain and central nervous system help control the hypersensitivity and make it manageable. The tricky part is how much exercise, which no one really knows. It's a balance between enough exercise to get an endorphin release and not too much, which may cause muscle soreness.

There are other things that can such as diet, vitamins, and medications but understanding it helps.

If you have been diagnosed with fibromyalgia consult your MD or PT regarding types of low-intensity aerobic exercise and dosage. It is a natural and proven way to manage this painful condition.

Rob Stanborough is a physical therapists, president and co-owner of First Coast Rehabilitation. He is co-author of *Myofascial Manipulation: Theory & Application, 3rd ed* by Proed Inc. He's certified in manual therapy and a Fellow of the American Academy of Orthopaedic Manual Therapists. Read previous columns posted on [www.firstcoastrehab.com](http://www.firstcoastrehab.com).

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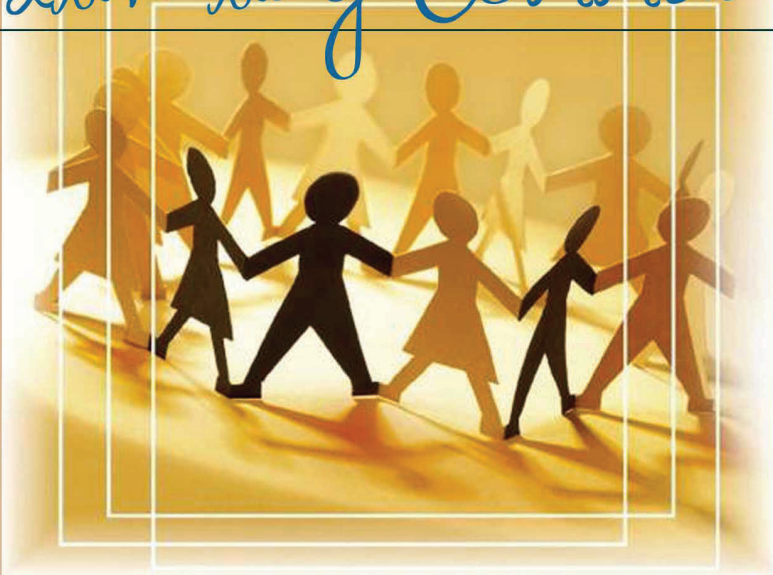
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