



# St. Augustine Observer

NEWS FOR RESIDENTS AND VISITOR IN ST. AUGUSTINE, FL AREAS

## Come to a "50s-60s Oldies Dance Party with the "Reministyx"



"COME TO A 50s - 60s OLDIES DANCE PARTY". The vocal show group the "REMINISTYX" are returning to perform at the Riverview Club's "50s - 60s Oldies Dance & Party" on Sunday evening, October 2nd, 2016 from 6:00 PM to 9:00 PM at the Riverview Club Center in the Shores (790 Christina Drive).

"REMINISTYX" is made up of three performers who are well known in the St. Augustine area. Roy Olsson and his band Nostalgia, and Frank and Denise Saffiotti, of the Frank Saffi band have been entertaining us and others in Northeast Florida for many years. Frank and Denise have joined forces with Roy to take you on a musical journey back to hear many of the classic "50s & 60s Golden Oldies" tunes of yesteryear. You will be entertained by songs of such oldies groups as; the Four Seasons, the Four Tops, the Beach Boys, the Beatles, Jay & the Americans, Danny & the Juniors, Rosie & the Originals, Santana, the Skyliners, the Duprees, the Platters, and much, much more. You will hear extensive vocals and unique takes on 50's and 60s Doo-Wop, R&B, Soul and other popular oldies favorites.

We invite all Shores Activities Club Dance Members and Guests to come join us. Tap your feet, clap your hands, sing along, party and "dance-dance-dance" to the wonderful music of a by-gone era". This dance is BYOB & snacks. Shores Activities Club Dance Members are FREE and Activity (continue on page 4)

## Dance in Elegant Style

The St. Augustine Ballroom Dance Association returns from it's summer break with a dance scheduled for 7pm, Saturday, September 17th at the Riverview Club, 790 Christina Drive, in St. Augustine Shores.

Roy Olsson will provide the dance music. Hors d' Oeuvres, desserts and coffee will be served throughout the dance.

Guests pay just \$20 per person. Appropriate guest attire for the men is a dark business suit with tie or a tuxedo. And for the women, it's a cocktail dress or gown.

For an invitation, call President Mary Ellen Hernandez at 904-471-9886. Or call Mary and Dennis Larimore at 904-824-4902. For more information, and to see pictures of recent dances, visit facebook.com/SABDASTAug. Pictured St. Augustine Ballroom Dance Association members Don Nelson and Inez McDonale dancing the night away.



## St. Johns River State holds Nursing & Respiratory Care Pinning Ceremonies

St. Johns River State College recently held a pinning ceremony to recognize the Associate in Science in Nursing students. The pinning ceremony symbolizes the "rite of passage into the nursing profession," said Anna Lebesch, Ed.D., SJR State's vice president for workforce development and Orange Park campus executive director. The pin is a reminder to the 35 graduates of their purpose to serve the sick and infirmed.

Students were pinned by family members. Lebesch described the pinning ceremony as the symbol of the care and devotion nurses provide. The ceremony is also a continued tradition of Florence Nightingale's extended honor to her most outstanding nurses. Billie Blake, RN, MSN, BSN, Ed.D., CNE, SJR State's retiring Associate Dean of Nursing and Director of the Bachelor of Science in Nursing program, addressed the graduates as the guest speaker. Blake joined the SJR State nursing faculty in 2003 and has served as the associate dean of nursing for the past seven years. During the ceremony, Clay County resident Carly Johnston received the Academic Excellence Award, and Gregory Francois, of St. Johns County, received the Florence Nightingale Award for special achievement throughout the two-year program.

Students from Clay County: Courtney Ababa, Chrispian Boyd, Marisa Cartafalsa, Lisa Cogan, Paige DeFazio, Angela Duckworth, Jacqueline Faulkner, Ashley Gloyd, Dana Greer, Michael Hartin, Regina Johnson, Carly Johnston, Jason Martin, Kimberly Mollak, Meghann Padgett, Brooke Phillips, Candice Robinson, Celissa Rogers, Maryanne Roguski and Catherine Stewart.

- Students from St. Johns County: Alexander Bellicini, Teresa Borzilleri, Rachel Clifton, Gregory Francois, Brandee Heflin, Amanie Kahok, Julie Natto, Amber Parson, Lauren Quinn, Kaitlin Rafay and Tatiana Vasquez
- Student from Putnam County: Shelene Back
- Students from other counties: Sheila Craig, Derek Tanner and Bobbie Wingate



St. Johns River State College recently held a pinning ceremony honoring Respiratory Care students. The students were presented with a special pin during the ceremony before faculty, family and friends, recognizing their accomplishments and hard work in completing the program and becoming eligible to pursue a career in respiratory care.

SJR State faculty and administration also honored the clinical sites and technologists from area (continue page 11)



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

- **News From Around the Shores:**
  - Shores Service Corp July Board Update
  - Message for President
- **Area Event & Entertainment Guide**
- **Health Update: Cupping**
- **Financial Focus: Diversification is Still Important for Retirees**
- **Computer Corner: From the Cool Weather of Maine**
- **Sheriff's Corner: Best Practices if stopped by Law Enforcement**
- **Art Studio: Gamache Artist of the Month**
- **United Way Announces Campaign Celebration & Kick-Off**

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September 16<sup>th</sup>-18<sup>th</sup>, 2016

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**Dr. John McGetrick, Urologist**



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St. Augustine Beach



933 Mirror Lake Dive - SEAPINES: Beautifully maintained Catalina model located close to beach in the gated community of Sea Pines. Situated on high lot 3 bedrooms 2 baths split floor plan with 2 car side garage. Enjoy the courtyard entry into the open and spacious high ceiling living and dining area.. The owner has enclosed the porch to add heated and cooled space to make home open and flow from all interior rooms. Great kitchen with white appliances and cabinets opens to family room. Enjoy private guest area with bath. Utility off kitchen. Community pool \$369,900.00



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Melissa McCall Owen, REALTOR  
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Melissa.Owens@Deltona.com  
904-794-2920 office, 904-794-5695  
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### The St. Augustine Observer

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**Cliff Logsdon, Publisher/Editor**  
(904) 607-1410  
clifflogsdon@att.net

**John Drury, Sales/Distribution**  
904-466-1648  
jtdrury58@yahoo.com

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 St. Augustine 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 St. Augustine Observer, 1965 A1A South #180, St. Augustine Florida 32080-6509. Information may also be e-mailed to clifflogsdon@att.net.

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

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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** - September 12, 10 am in Clubhouse.
- **Deed Restriction & Covenant Committee Meeting** - No meetings in July 2016.
- **RV & Boat Compound Committee Meeting** - August 8th, 6 pm in the club house Library.

## 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:** 2013 Hyundai Elantra Limited Edition. Leather seats with warmers, moon roof, 46K miles. Very good conditio. Black. Asking under bluebook value. \$11,600. Garage kept. Call 702-553-7852.

**FOR SALE:** Size 18 womans jeans, six pairs all COLORS, LEEs (2) & Vanderbilt (4) pairs. Like new \$50.00. 797-2508 leave message.

**FOR SALE:** Catnapper rocker/recliner with heat and massage. Micro suede fabric dark green. In great condition. Asking \$250.00. Wood/Glass coffee table. Asking \$50.00. Call Bob 13863852183.

**FOR SALE:** Shopsmith MK5 Additional Accessories- Excellent Condition - \$200 Firm. Call 904-797-5893.

**FOR SALE:** 1) Sears X-Cargo XL Car Top Carrier - Only used once and got a different car - \$60. 2) Golf Balls - AAAA \$3 a dozen Nike, Titleist, Taylor Made, Slazinger, Mojo. 3) Vintage crochet and knitting leaflets \$2 each. Call 904-510-0821.

**TUTORING:** Spelling or Reading Difficulties? Tutoring w/ Paul Hooker, Teacher. Call 904-342-7799 or happyday2you@cheerful.com.

**FOR RENT:** Seeking quiet senior, female, independent, renter. Bedroom w/ bath. No storage. Enquiries: 904-413-8407.

**WANTED:** Experienced house cleaner. Have immaculate home! No pets, non smoker. I provide vac and cleaning products etc. Call: 904-794-9647 after 6:00 pm.

**PET CARE:** Experienced K9 handler offers dog walking, dog sitting and dog loving. Great care and rates! Contact K9 Kare at 540-327-4495.

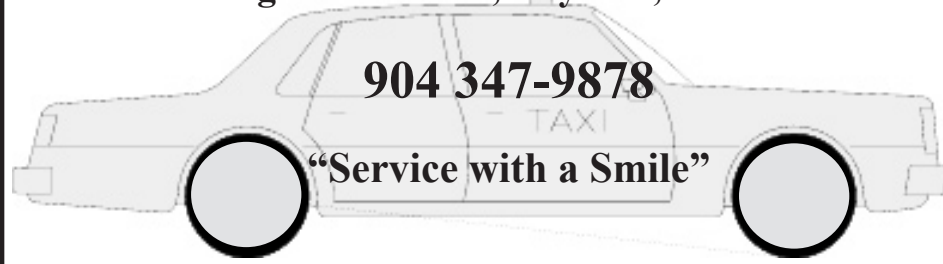
**SERVICE:** Experienced eldercare provider. Part time, full time, or overnight. Excellent references and a great cook. Eileen at 904-687-3394.

**WANTED:** Short Term Rental. Looking to rent a furnished room or share a house, incl. kitchen use, with an elderly woman or family, in exchange of help or just paying rent, starting Sept. 20, 2016 till approx. the beginning of Feb. 2017. Please contact me at: 904-342-2604, for further info.

**MOVING SALE:** 1040 Dorado Dr., St. Augustine Shores in St. Augustine Friday Sept. 02, 2016 from 3:00 - 6:30 p.m. Saturday Sept. 03 from 10:00 a.m. - 6:30 p.m.

### FRIENDLY AIRPORT TRANSPORTATION

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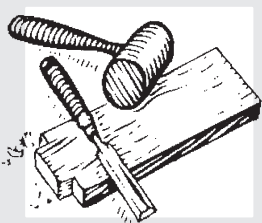
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# St. Augustine Shores Club News

## September 2016 Riverview Club Calendar

### September Dances:

**EARLY SOCIAL**  
6:00pm to 9:00pm  
\*BYOB\*

**Sunday, September 11<sup>th</sup>** - Entertainment by Phil Farino  
Chairpersons: Chris Martin & Liz Blount  
Dance Club Members: FREE, Activity Members and Guests: \$15.00/pp  
RSVP at [www.staugshores.org](http://www.staugshores.org)



**MAIN SOCIAL**  
7:00pm to 10:00pm  
\*BYOB\*

**Saturday, September 24<sup>th</sup>** - Entertainment by Ernie  
Chairpersons: Robin & Gerry Rocha  
Dance Club Members: FREE, Activity Members and Guests: \$15.00/pp  
RSVP at [www.staugshores.org](http://www.staugshores.org)

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

Check out the latest events in our  
website: [www.staugshores.org](http://www.staugshores.org)

<b>Bridge</b>	Fridays 1:00pm
<b>Bridge Lesson</b>	The class is geared to all levels. Thursdays at 10:00 am.
<b>Chicago Bridge</b>	<b>Must have a partner to play</b> , Mondays at 12:30 and Thursdays at 12:30pm
<b>Chair Yoga</b>	Monday, Wednesdays & Fridays at 10:45am. A gentler form of yoga for those for whom balance is an issue.
<b>Dance Class</b>	Ballroom dance with Dennis! Thursdays at 2:00pm. <b>Free for Dance &amp; Activities Members!</b>
<b>Exercise Class</b>	Tuesdays and Thursdays at 10:00am.
<b>Line Dancing</b>	Every Monday at 6:30 pm and Wednesday at 10:00am
<b>Mah Jongg</b>	Tuesdays at 1:00pm & Wednesday at 10:30 am.
<b>Yoga</b>	Mondays, Wednesdays and Fridays at 9:00am. Bring a non-skid mat & wear comfortable clothing (no belts or anything tight around your waist). The class is geared to all levels.
<b>Zumba</b>	Tuesdays at 5:30pm. Low-impact Zumba to protect joints. Come sweat, lose weight, meet people, and have a blast!
<b>Writers in the Shores</b>	Tuesday September 13 <sup>th</sup> & September 27 <sup>th</sup> at 1:00 pm in the Library. There are no officers, dues or requirements. For information call Donna at 794-0789

### Upcoming Events at the Riverview Club

**FREE Pole Walking Clinic** with Sheila Vidamour, Wednesday, September 7<sup>th</sup> at 12:45 pm Ballroom Riverview Club.  
Pre-registration is required – to register call Sheila 904-540-1067.

**Council on Aging:** Memory Enhancement Program, Every Tuesday and Thursday from 9:00 am until 2:00 pm  
Please call Kathy Cinney at 729-9163 or visit [coajc.com](http://coajc.com) for more information.

**Early Social:** Sunday, October 2<sup>nd</sup> (6pm to 9pm) – Entertainment by Reministyx

**Main Social:** Friday, October 21<sup>st</sup> (7pm to 10pm) – Entertainment by Nostalgia

## Message from President Jim

### Summer's over and it's back to School!

Time to start watching for the kids walking the community, school buses stopping and letting kids on and off the bus every morning and afternoon. Fall is just around the corner quickly followed by the holidays. The pool will only be open for a few more weeks so take advantage while you can. We have several events coming up:

- Family Fun Day - October 8th, 10AM-1PM
- Fall Yard Sale – November 5th, 8AM-1PM
- Craft Show – November 13th, 1PM-4PM

Our Board continues to work hard on the upcoming Covenants and Restrictions enforcement. If you haven't already, please go to [www.staugshores.org](http://www.staugshores.org) and review your units Covenants and Restrictions. A letter will be going out in the next 30 days with more details and time line dates. Please be on the lookout for this packet.

Our new Security Card System on the RV & Boat Compound has proved to be working really well. We continue to improve and bring the compound into compliance with our deed restrictions, rules and regulations. We appreciate all the participants cooperation.

Work continues on the major drains in our community. If you haven't driven out of the south entrance lately please take a trip that way next time. We have much improved views of two lakes due to drainage work. This work will continue throughout our community until all the drains are replaced. Be patient with the work crew and equipment as you drive around. This work will provide much needed drainage improvement throughout our community.

If you have any comments or suggestions please feel free to contact me at [president@staugshores.net](mailto:president@staugshores.net) or go to [www.staugshores.org](http://www.staugshores.org) and post a comment or suggestion there under the CONTACT tab. As always our meetings are the second Thursday of every month at 7pm in the clubhouse. Have a great September, Jim Priester.

## St. Augustine Shores Service Corporation July 14th Board Meeting Summary

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

Minutes of June 8, 2016 approved Unanimous. Treasurers Report Read by Treasurer Lorbeer accepted for audit. General Manager Smith explained the decrease in the operating fund and the increase in the reserve fund.

### Managers' Report - Joseph H. Smith III

#### Old Business: Progress on Board Goals

**Curb Appeal** – General Manager Smith reported that Shaw's Tree Service will be pruning the palm trees on the common grounds in the Shores on July 16. They will raise the canopy on the oaks along Santa Maria Boulevard the following week.

Tree Guys has been cutting back the overgrowth from the greenbelt areas along Christina Drive and Shores Boulevard.

#### Safety and Security – A heavy duty door has been installed at the office.

New brackets have been ordered to secure the fence posts at the pool.

**Operations** – General Manager Smith explained that he and President Priester will be inspecting the Community after hours to help facilitate compliance with Deed Restrictions.

### Committee Reports

**ADC Committee** – General Manager Smith: The ADC Committee held one meeting in the month of June. They approved 23 applications. 1 retaining wall, 10 fences, 1 pergola, 1 new home, 1 patio cover, 2 pool enclosures, 3 pool repairs, 1 screen room, 3 sheds. Total approved YTD 234. Smith informed the membership that the ADC Committee is looking for volunteers to serve on the Committee.

Variance request (821 Valnera Court) - Gary Hartshorne requests a variance on a fence erected at his residence. The fence is forward of the rear of the house and is 7 feet tall. He has also erected a fence around his trash cans in the front of the property. He did not apply for a permit prior to erecting the fence. Mr. Hartshorne presented his case. Secretary Chitwood made a motion to table the variance request citing multiple violations and the need to inspect the property. Seconded by Treasurer Lorbeer. 4 yes votes 1 no vote Director Burrell. The motion carried.

**Riverview Building and Grounds Committee** – General Manager Smith: Smith reported that the Memory Enhancement Group will continue through August. Pole walking will continue in the Riverview Facility during the warm summer months.

**Boat/RV Storage Committee** – Secretary Chitwood: She discussed a short list of violations to be addressed. We are currently renewing leases and issuing ID stickers. All lessees are being charged for each vehicle stored in there space.

**Janitorial Services Agreement** - President Priester discussed some issues with our current contractor. Three bids were presented: 1. SMA Gemilang Solutions - \$497.00 per week. Steaming carpet \$430.00 per service. Strip and wax Ballroom floor \$1435.20 per service. 2. Sea Breeze Cleaning Services - \$600 per week. Their liability insurance coverage will not allow them to strip and wax the floors. 3. Professional Services - \$2375.00 per month or \$594 per week all inclusive. Director Burrell made a motion that we award the bid to Professional Services. Seconded by Treasurer Lorbeer. The membership inquired about the number of services provided and the monthly charges. They commented on the reliability of Professional Services. There was comment on the viability of the bids. There was inquiry about insurance requirements. There was discussion on the 24 hour on call services specification. There was discussion on the recent improvement of the service. There was comment on hiring the current contractor on a monthly basis. 2 yes votes 2 no votes and 1 abstention. Motion fails.

### New Business

**Architectural Service Proposal for Riverview Addition:** General Manager Smith read a proposal submitted by Dave Mancino, Architect, for preliminary schematic design to assist in establishing the program for a new porch addition on the east side of the Riverview Facility. President Priester and General Manager Smith will meet with Dave Mancino to discuss the plan. The membership commented on the project. President Priester explained the Boards responsibility to move the Community forward. He discussed the Riverview Building and Grounds Committee and he invited the membership to serve on the Committee. President Priester discussed renovation of the restrooms and the kitchen in the Riverview Facility. We are currently soliciting bids for an outdoor service venue at the Pavilion.

**HOA Fees:** President Priester discussed changing the way our HOA fees are structured. He discussed the need to raise the \$30 cap on the HOA fees. This will take a majority vote of the membership. The membership commented on restructuring the HOA fees.

### Board & Member Comments

Director Van Tiem thanked those in attendance and suggested block captains to collect more input for the meetings. Secretary Chitwood thanked all in attendance. She asked everyone to continue participating and to get involved. Treasurer Lorbeer thanked all in attendance. She asked for people to sign a list to get involved with Committees and the Board. She commented on the plan to renovate the restrooms in the Riverview Facility. President Priester commented on implementing a fining system for Deed Restriction violations. He explained the process. President Priester commented on the joint Board Meeting with the ADC scheduled for July 25th at 3:00 p.m. at the Riverview Facility.

### Reministyx

(continued from page 1)

Members and Non-member/Guests are \$15.00. Sign-ups for this party may be made online by visiting our website at: [www.staugshores.org](http://www.staugshores.org). You can also make your reservations at the Riverview Club office (at 790 Christina Drive in the Shores) or by calling (904) 794-2000. Please make your reservation by Thursday, September 29th, 2016. It's sure to be a lot of fun. For more information, call Dennis on (904) 461-6782.

**“I only want cremation.”**

**Flagler Memorial Cremation Society**  
**669-1809**

## News Around South St. Augustine

### Writers In The Shores

By Donna Johnson

We're back ! Our meetings will resume again in September as we have before on the 2nd and 4th Tuesday, at 1 pm here at the Riverview Club Library. The September meetings will be on Tuesday the 13th and again on the 27th. The chosen topic for this month on the 27th is, "The Prank". 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 are a casual group who enjoy sharing their work and related discussion with each other. There are no officers, dues or requirements. All genres are encompassed. For information call Donna at 794-0789.

### Temple Bet Yam to hold Membership Fair

On Sunday, September 11, from 2p.m. to 4 p.m., Temple Bet Yam of St Augustine will hold a Membership Fair/Open House for prospective members and our newest members. Wine and cheese will be served.

Temple Bet Yam, located at 2055 Wildwood Drive in St. Augustine, is a warm, welcoming Reform congregation led by Rabbi Fred Raskind. The Temple was founded by fourteen families in 1993. Today, one hundred fifteen families of traditional and interfaith backgrounds from St. Johns and surrounding counties call Temple Bet Yam home. TBY has a vibrant Religious School directed by Heather Naughton. It also supports many groups and activities to serve everyone's interests. From Men's Club, to Sisterhood, Social Justice, Lifelong Learning, choir, and social events, there's a lot to do.

Services are held twice a month with additional holiday observances and special events. To see what's happening each month, go to the calendar at templebetyam.org or call 904-819-1875.

### Geranium Circle Meeting

The Geranium Circle of the Garden Club of St. Augustine will meet at 12:00 on Friday, September 16 at 3440 Old Moultrie Road. Bring a dish to share at the potluck lunch, and be prepared to order tickets for the 2016 Christmas Tour of Homes.

Amy Morie, a landscape designer and former Clay County Horticulture Agent, will present the program, "Architecture of Landscape". The program will begin at 1:00. Visitors are welcome.

Nature Detectives was the program presented to children at the Southeast Library on August 3. Members of the Geranium Circle of the Garden Club of St. Augustine gave a program about butterflies.

Photo: Cynthia Advance holding book, Deborah Hallman, and Judy Vershaw and children at the Library. Not pictures is Nellie Capron Wiggins.



### Riverview Club Committee Activities

**Effective Discipline for Children 2-12:** Parent Training every Wednesday Beginning Oct 12th to Nov 9th, 2016 at the Riverview Club 6:00 - 8:00 pm. Learn how to manage difficult behaviors effectively. The program is a bestselling, award-winning discipline program used by millions of parents and teachers. 1-2-3 Magic offers easy-to-follow steps for disciplining children without arguing, yelling or spanking. You are not required to be a saint, genius or professional psychotherapist to use this program effectively! This program is designed for parents, educators or anyone looking for better ways to handle behavior issues. The parenting program is being presented by Robert Groleau, M.Ed., parent of four boys and ten grandchildren. Rob is retired teacher, consultant, parent and practitioner in the area of parenting education, strengthening family relationships and managing difficult behaviors of young children. Rob is a highly energetic and passionate educator who has the ability to inspire confidence and impart the foundation skills needed to unite families and build a stronger community. Pre-registration is required, call Ellie at 904-794-2000 for more information. Program Fee: \$25.00 for 5 sessions, free to St. Augustine Shores Activities Club Members. All enrollees will be required to purchase 1-2-3 Magic book/workbook @ 1-2-3 Magic website.


**Family Fun Day:** Shores residents, mark your calendars for the next FAMILY FUN DAY! Saturday, October 8th, 10:00 am - 1:00 pm. Come and enjoy FREE access to pool, bounce-house, dunk tank, food and beverages.

**Fitness Pole Walking Clinic:** FREE Introductory Fitness Pole Walking Clinic for Residents of St. Augustine Shores! Wednesday, September 7th, at 12:45 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.




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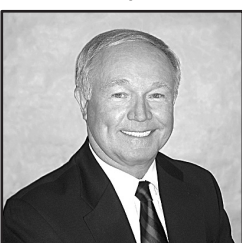
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## News From Around St. Johns County

### "Understanding The Civil War" Discussion Group

The monthly meeting of the "Understanding The Civil War" Discussion Group will be held at 1pm on Tues Sept 6th at the Anastasia Island Branch Public Library in the Seagrove Subdivision on Rt A1A South. The topic will be- "The Battle of Chancellorsville". The meeting is open to the public.

For information please e-mail Charlie Smith at: smithc32@bellsouth.net

### St. Augustine Travel Club

by Peter Dytrych

WE ARE BACK! Hi Travel Lovers and members,

We will hold our next St. Augustine Travel Club meeting on Wednesday, September 14, at 3pm at the Southeast Branch Public Library. We will be covering Uruguay and Paraguay - Two South American countries that may share a similar name but couldn't be more different! The St. Augustine Travel Club is free to all St. Augustine residents and their guests. If you have any questions, please give me a call at 904-797-3736.

#### St. Augustine Travel Club Cruise

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

### St. Augustine Genealogical Society (SAGS)

The St. Augustine Genealogical Society (SAGS) will hold their monthly meeting on Saturday, September 10, 2016, 10:30am to 12:30pm at the South East Branch Library located at 6670 US 1 South, St. Augustine, FL. Please note the new times. Guest Speaker will be Jack Butler, a professional genealogist, lecturer and author with more than 20 years of experience. His presentation "DNA 101 - checking out the Genes in Genealogy". This presentation is open to the public. For more information call (904) 315-4028 or 460-2719. For information contact Joan Lucian (904) 794-5370.



## Shores Family Fun Day

Saturday, October 8<sup>th</sup>

10 am - 1pm

Bounce House

Dunk Tank

Free  
Pool Day

Water Slide

BBQ,  
Drinks  
&  
Snow Cones

**ST. AUGUSTINE  
SHORES**  
790 Christina Dr.  
St. Augustine FL 32086  
904-797-6441

Saturday  
October 8<sup>th</sup> 2016

10am-1pm

### Historic St. Augustine Kiwanis Club Foundation's 11th Annual All You Can Eat Pancake Breakfast

Saturday, September 24, 7:30a-10:30a, Historic St. Augustine Kiwanis Club Foundation's 11th Annual All You Can Eat Pancake Breakfast at The Allegro, 1101 Plantation Island Drive South (near 312 bridge) only \$5. Tickets at the door or call 904-669-4253.

This is the Kiwanis Club's annual fundraiser to support our local programs helping those less fortunate. Please mark your calendar and attend.

### Florida Native Plant Society Sea Oats Chapter Meeting

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

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

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

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

- Weddings
- Birthdays
- Meetings
- Rehearsals
- Receptions
- Reunions
- Fund Raisers
- Anniversaries
- Baby Shower
- Dinner Dances
- Graduation Party
- Retirement Party
- Memorial Service
- Engagement Party
- Office & Holiday Party



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# St. Augustine Area Guide

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

## September 2016

### September 1

**Concert in the Plaza:** From 7 p.m. to 9 p.m. every Thursday night through September 1, enjoy a live free concert under the oak trees in St. Augustine's Plaza de la Constitución. This week's performance features Lonesome Bert & the Skinny Lizards. Bring a chair or blanket for seating. Corner of Cathedral Place and King Street, St. Augustine. 904-825-1004 [www.plazaconcerts.com](http://www.plazaconcerts.com)

### September 2

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

#### First Friday Art Walk:

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

**Tony Joe White Performs at the Ponte Vedra Concert Hall:** Tony Joe White is in his seventh decade of creating music. Beginning on the cotton farm in Louisiana, Tony Joe White learned to play his father's guitar by ear. On his latest album, entitled "Hoodoo," White continues to produce an ethereal, authentic bayou guitar trance. Awash in danger, spiritual uncertainty, and environmental fury, the album's lyrical concerns are matched by a particularly intense strain of White's trademark swamp funk. Doors open at 7 p.m.; show starts at 8 p.m. Admission is \$43.50 first 6 rows; \$38.50 all remaining rows. 1050 A1A North, Ponte Vedra Beach. 904-209-0367 [www.pvconcerthall.com](http://www.pvconcerthall.com)

**Labor Day Weekend Sails Aboard Schooner Freedom:** End the summer season with an incredible sail aboard a tall ship - St. Augustine's Schooner Freedom! No labor required on these day and evening sails 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; two-hour sail departs at 2:15 p.m. - tickets \$40 adults, \$30 kids; two-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, St. Augustine. 904-810-1010 [www.schoonerfreedom.com](http://www.schoonerfreedom.com)

### September 3

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

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

**First Saturday Living History Day at Fort Matanzas:** From 10:30 a.m. until 3:30 p.m., authentically clad reenactors demonstrate Spanish cannons at this fortress that guarded the southern approach to St. Augustine. Admission is free, including the ferry ride to and from

Rattlesnake Island. Fort Matanzas National Monument is located approximately 15 miles south of St. Augustine. 8635 A1A South, St. Augustine. 904-471-0116 [www.nps.gov/foma](http://www.nps.gov/foma)

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

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

### September 7

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

**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. This week's featured performer will be The JW Gilmore Blues Band. Starting at 6 p.m. Coquina Beach Surf Club will offer dinners as an option for concert goers. All dinners are priced at \$10 or less. Concert goers are encouraged to car pool or ride the shuttle from the St. Augustine Beach City Hall. The pier is located at 350 A1A Beach Blvd., St. Augustine Beach. 904-347-8007 [www.sabca.org](http://www.sabca.org)

### September 8 - 11

**St. Augustine Spanish Wine Festival:** The St. Augustine Spanish Wine Festival is a four-day event that offers something for everyone who loves Spanish wine. The festival kicks off on Thursday at noon with a luncheon at First Coast Technical College. Friday evening features Vino Veritas at The Treasury on the Plaza with passed hors d'oeuvres, entertainment, premium wines and Spanish wine experts. Saturday afternoon is the Batalla de Vinos, or wine fight, at the City of St. Augustine Municipal Marina green. Finally, the Grand Tasting is Sunday afternoon at The Treasury on the Plaza and includes 100+ Spanish wines. Tickets are \$25 for the luncheon, \$150 for Vino Veritas, \$10 Batalla individual, \$100 per team of five, and \$75 for the Grand Tasting. An etched commemorative glass is included in the Vino Veritas and Grand Tasting ticket prices. All proceeds benefit local St. Augustine charities. [www.spanishwinefestival.com](http://www.spanishwinefestival.com)

### September 10

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

### September 10

**Founding Day:** This year, Florida Living History's annual Founding Day heritage event will commemorate the 451st anniversary of the founding of St. Augustine, Florida's colonial capitol and the oldest continuously occupied European city, port and parish in the continental United States. In partnership with the Mission Nombre de Dios, volunteers will re-enact the landing of Don Pedro Menéndez de Avilés on Sept. 8, 1565, on the original site of the "Noble and Loyal City's" founding in September 1565. These anniversary commemorations will be held from 10 a.m. to noon at the Mission Nombre de Dios. The event is free and open to the public. 27 Ocean Avenue, St. Augustine. 877-352-4478 <http://floralivinghistory.org>

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

**Second Saturday Plant Sale:** Washington Oaks Gardens State Park hosts their monthly plant sale from 10 a.m. to 2 p.m. Regular park entrance fee of \$5 per vehicle, up to eight people; \$4 per vehicle for single occupancy or \$2 per person on bicycle applies. 6400 North Oceanshore Blvd., Palm Coast. 386-446-6783 [www.floridastateparks.org/park/Washington-Oaks](http://www.floridastateparks.org/park/Washington-Oaks)

**Brian Wilson Presents Pet Sounds – Celebrating the 50th Anniversary with Special Guests Al Jardine and Blondie Chaplin at the St. Augustine Amphitheatre:** Music legend Brian Wilson has added a slate of new show dates to his upcoming 2016 world tour to celebrate and perform the iconic album Pet Sounds for a final time, in honor of its 50th anniversary. Originally released on May 16, 1966, Pet Sounds is universally hailed as one of the greatest albums of all time. Fans can expect a live performance of Pet Sounds in its entirety, as well as top hits and fan favorites spanning his 54-year career with The Beach Boys and as a solo artist.

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#### September 11

**Annual Ponte Vedra Auto Show:** The St. Johns County Chamber of Commerce will host the return of the annual Ponte Vedra Auto Show on Sunday at the Nocatee Town Center from 9 a.m. until 3 p.m. 180 collector's cars will compete to capture one of the prestigious trophies from 30+ categories. Local food trucks will serve lunch and beverages throughout the show. The awards ceremony is at 2 p.m. Admission and parking is free. Marketside Avenue, Ponte Vedra Beach. 904-829-5681 <http://pvautoshow.businesscatalyst.com>

#### September 14

**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. This week's featured performer will be Ain't 2 Proud. Starting at 6 p.m. Salt Life Grill will offer dinners as an option for concert goers. All dinners are priced at \$10 or less. Concert goers are encouraged to car pool or ride the shuttle from the St. Augustine Beach City Hall. The pier is located at 350 A1A Beach Blvd., St. Augustine Beach. 904-347-8007 [www.sabca.org](http://www.sabca.org)

#### September 14 - 17

**St. Augustine Fashion Week:** The Lightner Museum is pleased to host St. Augustine Fashion Week fall 2016. Three evenings of high-style fashions take the runway on the Lightner Museum's Mezzanine floor overlooking the historic pool area. Designers are both local and national. Proceeds benefit local non-profit organizations. Admission tickets start at \$60 per evening event. Food, drinks and swag bags full of goodies are provided. 75 King Street, St. Augustine. 904-669-9245 [www.stafashionweek.com](http://www.stafashionweek.com)

#### September 15

**Jake Shimabukuro Performs at the Ponte Vedra Concert Hall:** The Ponte Vedra Concert Hall warmly welcomes the return of ukulele virtuoso and composer Jake Shimabukuro, who comes from the process of mixing island and outside influences that are both modern and historical. He's combined the qualities of a long line of virtuoso ukulele players with modern rock musicians to create a sound that's uniquely his own but still firmly grounded in Hawaiian tradition. Born and raised in Honolulu, Hawaii, Jake's life has always centered on the ukulele. He started playing at the age of four, urged by his mother who also played. Doors open at 7 p.m.; show starts at 8 p.m. Admission is \$53 reserved seating (first 11 rows); \$43 reserved seating (all remaining rows). 1050 A1A North, Ponte Vedra Beach. 904-209-0367 [www.pvconcerthall.com](http://www.pvconcerthall.com)

#### September 15 - 17

**Florida Heritage Book Festival:** Florida's rich and colorful literary heritage is celebrated at a series of workshops, presentations and readings. Meet award-winning authors, fellow book lovers and publishing professionals. All festival events take place at Flagler College's Ringhaver Student Union. 50 Sevilla Street, St. Augustine. 904-819-6339 [www.fhbookfest.com](http://www.fhbookfest.com)

#### September 16

**First Muster:** The Florida National Guard and Florida Department of Military Affairs, in partnership with Florida Living History, will commemorate the 451st anniversary of the first militia mustering of America's original citizen-soldiers in 1565 and the "birthday" of the U.S. National Guard. This anniversary commemoration will begin at 4 p.m. This annual heritage event will take place on the grounds of the Florida National Guard's headquarters in the St. Francis Barracks. Admission is free. 82 Marine Street, St. Augustine. 877-352-4478 [www.floralivinghistory.org](http://www.floralivinghistory.org)

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

**Centennial Evenings at Castillo de San Marcos:** As an additional way to commemorate the National Park Service Centennial and provide more opportunities to "Find Your Park," the Castillo de San Marcos will have extended hours one Friday per month from May to September. Visit the Castillo from 5 p.m. to 7 p.m. to informally explore the history and importance of this fortress. Admission into the Castillo de San Marcos is \$10 per adult; children (age 15 and younger) are free. 1 South Castillo Drive, St. Augustine. 904-829-6506 [www.nps.gov/casa](http://www.nps.gov/casa)

**Sunset/Moonrise at St. Augustine Maritime Lighthouse:** Enjoy the sunset and moonrise from the top of the Lighthouse at 7 p.m. The \$30 admission includes a champagne toast, provided by San Sebastian Winery, hors d'oeuvres from The Reef and an informative overview of the history of the St. Augustine Light Station. 81 Lighthouse Avenue, St. Augustine. 904-829-0745 [www.staugustinelighthouse.org](http://www.staugustinelighthouse.org)

**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](http://www.schoonerfreedom.com)

#### September 16 - 18

**St. Augustine Outdoorsman Adventure, RV and Boat Show:** Don't miss the St. Augustine Outdoorsman Adventure, RV and Boat Show from 11 a.m. to 7 p.m. The show has more than 100 exhibitor booths featuring yachts, sailboats, power boats, cruisers, john boats, kayaks, canoes, inflatables, golf carts, ATVs, motorcycles, bicycles, running shoes and more. It also features clinics on many outdoor topics. You will find every mode of transportation needed to get outside and enjoy nature. Admission is \$2 per person. Takes place at Francis Field on West Castillo Drive and the St. Augustine Municipal Marina, 111 Avenida Menendez, St. Augustine. 904-501-4556 [www.saoabs.com](http://www.saoabs.com)

#### September 17

**International Coastal Cleanup:** In conjunction with the Ocean Conservancy, Friends of A1A Scenic and Historic Coastal Byway work from Marineland to Flagler Beach from 8 a.m. to noon to clean up the local area. The success of this event is based on community participation, so everyone is invited to get involved. 386-439-1627 [scenic1a.org](http://scenic1a.org)

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

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

**Third Saturday Nocatee Farmer's Market:** Nocatee Farmer's Market takes place from 10 a.m. to 2 p.m. every third Saturday. This free, family-friendly event has more than 80 local vendors selling everything from produce, crafts, jewelry, herbs, unique foods and more. Free face painting will be available for the little ones, along with a bounce house. 245 Little River Road, Ponte Vedra. 904-924-6863 [www.nocatee.com](http://www.nocatee.com)

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

**The Pemberwicks Perform at the Fountain of Youth:** As part of the Fountain of Youth's continuing first and third Saturdays program, hear "The Pemberwicks" play al fresco in concert from 2 p.m. to 5 p.m. by the Trolley and Train stop at the Fountain of Youth. Enjoy delicious food, beer and wine, available at the Five Flags Cafe. Limited seating is available,



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so bring your own chairs for this fun free event. Parking is free while on the Fountain of Youth property. 11 Magnolia Ave., St Augustine. 904-829-3168 www.fountainofyouthflorida.com

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

**September 20**

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

**September 21**

**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. This week's featured performer will be Rob Peck & Friends. Starting at 6 p.m. Red Frog & McToad's Restaurant will offer dinners as an option for concert goers. All dinners are priced at \$10 or less. Concert goers are encouraged to car pool or ride the shuttle from the St. Augustine Beach City Hall. The pier is located at 350 A1A Beach Blvd., St. Augustine Beach. 904-347-8007 www.sabca.org

**September 23 - October 23**

**Oklahoma at Limelight Theatre:** Enjoy this classic musical set in the Oklahoma territory at the turn of the 20th century, where two young cowboys vie with an evil ranch hand and a traveling peddler for the hearts of the women they love. Performance times are 7:30 p.m. Thursday - Saturday and 2 p.m. on Sunday. Tickets are \$26; \$24 seniors; \$20 student and military. 11 Old Mission Ave., St. Augustine. 904-825-1164 www.limelight-theatre.org

**September 24**

**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 Road, Ponte Vedra Beach. 904-823-4500 www.gtmnerr.org

**Golf Festival:** The third annual World Golf Village Golf Festival celebrates what makes the game great from 10 a.m. to 3 p.m. The entire event is free to the public. It features interactive activities with something for golf fans of all ages, including a Demo Day at the Slammer & Squire golf course, putting on the 18-hole natural grass course, kids zone, music and food. More details to follow on the website. One World Golf Place, St. Augustine. 904-940-4123 www.WorldGolfVillage.com

**Smithsonian Magazine's Museum Day Live!:** Receive free admission to the World Golf Hall of Fame & Museum on Saturday as part of Smithsonian Magazine's Museum Day Live! when you register through the magazine's website at www.SmithsonianMag.com/MuseumDay. The museum is open Monday to Saturday 10 a.m. to 6 p.m.; Sunday noon to 6

p.m. One World Golf Place, St. Augustine. 904-940-4123 www.WorldGolfVillage.com

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

**Saturday, September 24, 7:30a-10:30a, Historic St. Augustine Kiwanis Club Foundation's 11th Annual All You Can Eat Pancake Breakfast at The Allegro, 1101 Plantation Island Drive South (near 312 bridge) only \$5. Tickets at the door or call 904-669-4253.**

**Last Saturday:** Uptown Saturday Night: From 5 p.m. to 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.

**Changing of The Guard:** At 6 p.m., see history come to life when 18th century Spanish soldiers march down St. Augustine's St. George Street to Government House where they perform authentic military drills before firing an exciting volley of musketry. The event features the St. Augustine Garrison. 48 Cathedral Place, St. Augustine. http://hfm.club/garrison/cog

**OceanWise Sustainable Seafood:** The Friends of the GTM Reserve host "OceanWise," an annual sustainable seafood event to support and enhance programs in environmental education, stewardship of natural and cultural resources and scientific research projects at the GTM Research Reserve. The event will take place at the Environmental Education Center from 6 - 9 p.m. Tickets are \$50 and will help fund ecological education programs for local youth. 505 Guana River Road, Ponte Vedra Beach. 904-823-4500 www.gtmnerr.org

**Love Your Mother Eco Fashion Show:** The Love Your Mother Eco Fashion Show returns to St. Augustine on Saturday at Volkswagen of St. Augustine. The show, a fundraiser for Home Again St. Johns and produced by Panache Salon and Spa, is a collaboration of local businesses and creative people to raise money for charity while showing what can be done with used and recycled materials in a fashion show format. Tickets are \$45 each. 3235 US Highway 1 South, St. Augustine. 888-365-8406 www.loveyourmotherstaug.com Need time - emailed

**September 24 - 25**

**Lincolnville Festival:** This free event celebrates 150 years for the Lincolnville Community and features live music and dancing, great food and drinks, local vendors, fun activities for children and free parking. Lincolnville was founded in 1866 by recently freed slaves and played a major role in the Civil Rights Movement. The event is from 11 a.m. to 10 p.m. on Saturday and 1 to 6 p.m. on Sunday at Eddie Vickers Park. 399 South Riberia Street, St. Augustine. 904-829-3918 www.mylincolnville.com

**September 25**

**Fourth Sunday Pet-Friendly Food Tours:** This special pet-friendly version of our original St. Augustine Food and Wine Tasting Tour is also a fundraiser for our local Humane Society. To help support this wonderful cause, City Walks Food and Wine Tasting Tours will donate \$20 directly to the Humane Society for every furry friend that joins our St. Augustine

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**Pet-Friendly Food Tour.** Spend the afternoon sampling wonderful food and wine while visiting select eateries that welcome your pet. What better way to enjoy food, fun, history and companionship... all while supporting a great cause. This exclusive 2.5-hour walking tour departs at 2 p.m. from Tour St Augustine where our guests will enjoy complimentary San Sebastian wine and chocolates at check in. Tickets are \$59 per human and, of course, free for their furry-companions. Advance reservations required. 4 Granada Street, St. Augustine. 904-825-0087 [www.StAugCityWalks.com](http://www.StAugCityWalks.com)

**Fourth 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 p.m. to 9 p.m. on stage at the Limelight Theatre. This month's event features The Skinny. Admission is \$5. Refreshments available for purchase. 11 Old Mission Avenue, St. Augustine. 904-825-1164 [www.Limelight-Theatre.org](http://www.Limelight-Theatre.org)

#### September 28

**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. This week's featured performer will be MNTS All Star Band. Starting at 6 p.m. Datil Rooster will offer dinners as an option for concert goers. All dinners are priced at \$10 or less. Concert goers are encouraged to car pool or ride the shuttle from the St. Augustine Beach City Hall. The pier is located at 350 A1A Beach Blvd., St. Augustine Beach. 904-347-8007 [www.sabca.org](http://www.sabca.org)

#### September 29

**Lightner After Hours:** Kick off the weekend in style in Lightner Museum's Grand Ballroom Gallery from 6 to 8 p.m. This event is free and open to the public. Music and refreshments provided. A \$3 donation per drink is suggested. 75 King Street, St. Augustine. 904-824-2874 [www.lightnermuseum.org](http://www.lightnermuseum.org)

#### September 30 – October 16

**Deepwater Horizon: The IMAX Experience:** Based on the true events that occurred on an oil rig in the Gulf of Mexico on April 20, 2010, the story chronicles the courage of those who worked on the Deepwater Horizon and the extreme moments of bravery and survival in the face of what would become one of the biggest man-made disasters in world history. Admission is \$13 for adults; \$12 for students/seniors/military; \$10 for children (age 3-12); free for children under 3. One World Golf Place, St. Augustine. 904-940-4123 [www.worldgolfIMAX.com](http://www.worldgolfIMAX.com)

## Temple Bet Yam Buys Out the House for "Oklahoma" at Limelight Theatre

**OKLAHOMA!** "WHERE THE CORN IS AS HIGH AS AN ELEPHANT'S EYE" is coming to the Limelight Theatre of St. Augustine Saturday evening, October 15th. Temple Bet Yam has bought out the house for Rodgers and Hammerstein's endearing and enduring classic. Guaranteed you'll be humming the famous tunes for quite a while! Hors d'oeuvres will be served at 6:30 p.m. and the performance will begin at 7:30 p.m. Open seating tickets are \$30 for this fund raising event. Contact Andi Marx at 904-460-9569/[amarx46@comcast.net](mailto:amarx46@comcast.net) or Terre Wallach at 904-826-0281/[terretsp@bellsouth.net](mailto:terretsp@bellsouth.net) – tickets go quickly!

## Wild Flower Meadow Group

by Cindy Taylor

A special thanks to Joe Smith, the Shores manager, for ordering the new fence posts to replace the ones time and insects had worn out. Members of the group chipped in to pay for them. A special thanks also to the workers in Baker Company who installed the fence posts and repaired the sprinkler system.

St. Augustine has had a hot, dry summer and the meadow has suffered. Hopefully, the water system will bring some of the flowers back to life. I also want to thank those in our group who proof these articles and give me feedback before the paper prints my errors. What you read here is a little bit of all of us.

As I write early in August the horsemint is having its turn in the sun, at least in the upper meadow where

there's shade early in the morning and late afternoon.

There were dozens of them in the middle of the meadow that didn't fare well this summer because of the heat and lack of water. They were a different species and there's a lesson there. The blue curls are missing this year too and, hopefully, will be back next year. But for the things we hope to see and don't, there are things we see and don't expect. There's a lesson there too.

We found a bee's honeycomb on the ground and doubt it fell from the near-by palm tree. Maybe someone moved it from a more populated area so the bees wouldn't sting anyone? It doesn't look as if the bees are surviving and it will be interesting to see how long the honeycomb lasts.

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 ones that 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 904-826-5366 for more information.



## BUTTERFLY HAPPENING & PLANT SALE

September 9 & 10  
Friday & Saturday  
10 am – 4 pm

Native Gardens Nursery  
1660 County Road 13A S, Elkton FL 32033  
Located just west of St. Augustine

In north Florida, butterflies are most numerous during the month of September.

Observe many different species of butterflies in their natural habitat and learn to identify them.

They are not in a screened enclosure and may be observed in their various life-stages... egg, larva, and pupa, as well as adult.



Pictured above: Spicebush Swallowtail  
Pictured left: Spicebush Swallowtail larva  
Pictured below: Eastern Tiger Swallowtail

Discover the importance of native plants, which provide the habitats necessary for all life-stages of a butterfly.

Increase butterfly sightings by providing native plants not only for nectar, but also as larval host plants.

A larval host plant is a specific plant on which a specific adult butterfly lays her eggs. It is also the food plant for those specific larvae/caterpillars.

For more information go to [www.nativeplantconsulting.com](http://www.nativeplantconsulting.com) or call 904-692-3927.



## Spend Wednesday in St Augustine Beach



Open from 8 am until 12:30 PM – Rain or Shine



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Visit our website at [www.sabca.org](http://www.sabca.org)



## The Art Studio

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

### John Gamache Featured Artist for September

Art Studio member, John Gamache, will be our featured artist for the month of September. John's early training was completed at the Swain School of Design in New Bedford, Massachusetts and at Southeastern Massachusetts University. Afterwards, he spent many years working as a freelance



illustrator and designer for advertising agencies, publishing companies, corporations and computer game companies. Within the last several years he has returned to show his personal works to the public. He considers his artistic schooling to have been "intensely" classical, and acknowledges that the creating of art is intertwined with his life. John works in a traditional style of painting, but is unconventional in the application and type of surface materials he uses in some of his works. This merge of the two media form a synergy of unique visual appeal. His current body of work utilizes his style to create fascinating pieces reminiscent of his past artistic influences. His box pieces – tributes to artists whose works he grew viewing as a child – made a large impression on how he now views his emotional and creative links to the past.

John currently enjoys living and working in the beautiful town of St. Augustine Florida. John may be contacted at: Ph: 904.342-8042,

Cell: 904.429-9019 or by email: artworks2@comcast.net, john@johngamache.com. You may view his work at: johngamache.com, absolutearts.com, and Facebook.

A reception at The Art Studio of St. Augustine Beach is planned during the First Friday Art Walk, September 2nd, from 5:00pm-8:30pm. Please plan to visit The Art Studio to meet John Gamache 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 visit our website at www.beachartstudio.com to view our gallery and instructors. 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.

## Have a Delicious Meal & Help Support Council on Aging!

The Columbia Restaurant has again chosen COA as one of the charitable organizations to benefit from its 19th Annual Columbia Restaurant Community harvest Program. Here's how it works:

Simply dine out at the Columbia Restaurant anytime during the month of September – you will receive a "ballot" with your meal check. Mark the Council on Aging as your charity of choice and a portion of your bill will be donated to COA by the Gonzmart Family, founders of the Columbia Restaurant. Remember, in September, choose Columbia and COA! Thank you for making a difference in the lives of the elders in St. Johns County!

## St. Johns River State Pinning Ceremonies

(continued from page 1)

hospitals who have helped students gain hands-on experience. The guest speaker was SJR State alumnus and respiratory therapist Heather Key, B.S., RRT.

Students completing the program from Clay County: Taylor Campa, Kimberly Smith and Kaitlin Taylor.

Students completing the program from St. Johns County: Erica Armour, Olga Baranov, Clarence Hull, Ciara Odom, Kevin Ouellette, Selena Ramirez, Chad Sadlowski and Gregory Strong.

Students completing the program from Putnam County: Eleanor Hoffman, Ryan McNair, Kimberly Noble, Amos Tweh and Joanna Workman.

Student completing the program from Duval County: Latasha Curtis.

The Associate in Science degree program prepares students for careers as respiratory care professionals. Upon successful completion of the 20 month curriculum, students are eligible to apply

to take the national certification exams for Certified Respiratory Therapist (CRT) and Registered Respiratory Therapist (RRT), both administered by the National Board of Respiratory Care.

SJR State's Respiratory Care program is offered on the St. Augustine campus. Specific prerequisites and requirements apply and must be completed prior to the first day of the application period. The program is accredited by the Commission on Accreditation for Respiratory Care. Applications for Spring 2017 enrollment are now being accepted through September 15.

SJR State offers health programs including radiologic technology, nursing assistant, health information technology and nursing. For more information on degree and certificate programs in the health field, visit the website at SJRstate.edu. For more information on degree and certificate programs in the health field, call (386) 312-4176.

## St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

### Best Practices

If you are stopped by a law enforcement officer



Every day many citizens and visitors come in contact with Deputy Sheriffs' for a variety of reasons. From a routine traffic stop to an active investigation we must engage citizens continually during the course of our duties. Our deputies and other law enforcement officers are trained to do so safely, efficiently as well as effectively. Problems could occur, however, when citizens are not sure how to react and respond when approached by an officer. This lack of knowledge could result in fear, nervousness, anger, or even aggressive behavior on the part of the citizen, as well as the officer. The response of many folks who have never had any contact with a law enforcement officer is often predicated upon what they had seen in the movies or on television. The response could also be based on word-of-mouth rumors from friends, co-workers, or family members. It is my hope that the information gained here will assist you when dealing with any law enforcement officer.

Let's begin by asking the question why would an officer want to stop and speak with me? There may be many reasons. The officer or deputy could be checking out a complaint that was phoned in by another citizen. There could be a report of some criminal activity which occurred in the area. You may have witnessed something that could provide valuable information in an investigation. Or your actions could cause the deputy to think you are having trouble and need assistance. The best way to clarify the situation is to ask questions. Remember that some of their conversations is not necessarily investigative, but a potential conflict could be alleviated by your cooperative dialogue.

Sometimes problems arise when it seems that you have been stopped for what you feel is no reason at all. A crime may have occurred nearby and we only have a minimal description of a possible suspect that may resemble you. Maybe your actions appear to the officer to be suspicious, for example: running from an area where a crime had just occurred. Another witness may have pointed you out as a suspect. If a deputy does stop and ask questions, your honest responses will usually resolve the situation quickly. If the officer hasn't told you why you have been stopped, you have every right to inquire. If despite these considerations, you feel that you do not want to respond, the deputy must respect your right not to answer. Remember though, your cooperation could be most helpful in aiding in a criminal investigation.

Another common occurrence is the traffic stop. Officers make many traffic stops for a variety of reasons during each shift. Many times the traffic stop is for an infraction, for a safety violation, or the vehicle or driver matches a description

of a suspect of a recent crime. Here are some suggestions that could alleviate some concerns of an officer at a traffic stop. When signaled by a deputy, slow down and safely pull over to a place out of the traffic flow. Sit calmly, with your hands visible on the steering wheel. If you have any passengers, ask them to sit quietly with their hands visible. Avoid sudden movements or ducking in the seat; these actions could unnecessarily alarm the officer. If the stop is at night, turn on your inside light after pulling over and roll down any tinted windows. For safety reasons, the officer would want to see inside and ensure no threats are present. Do not get out of your car unless the officer or deputy asks that you step out. If you are asked to do so, comply in a calm manner. A sure way to put a deputy at ease is to communicate your actions in advance by telling him or her what you will be doing before you move. If requested, you must give the deputy your driver's license and vehicle registration. Be sure to tell the officer where it is before reaching for it, especially if you have it tucked away in a glove box or some unusual place.

Finally, if you are issued a citation, you will be asked to sign it. Remember, signing the citation is not an admission of guilt, but an acknowledgement that you have received the citation. While you may wish to contest the ticket, keep in mind that your guilt or innocence can only be determined in court. Arguments over or protests about the situation cannot be resolved in the street.

I hope this information assists you if you come in contact with a law enforcement officer. There is much more information available from our website at www.sjso.org and on our Facebook page, and please feel free to contact me anytime at my e-mail address at dshoar@sjso.org. Thank you.

### Sharon's Hair Studio

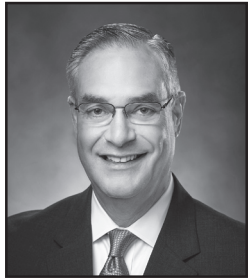
Serving Shores Community!  
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## Financial Focus

Information Provided by

Edward Jones

### Diversification Is Still Important for Retirees

During your working years, your primary investment goal is generally growth – you need your money to grow so that you can eventually afford the comfortable retirement lifestyle you've envisioned. But when you retire, should you change course and adjust your investment strategy from "offense" to "defense"?

Actually, it's not quite that simple. To begin with, even while you are working, you don't want your portfolio to be completely filled with growth-oriented investments, such as stocks. If it were, you would likely be taking on a degree of investment risk that's too high, because, as you may know, stocks will fluctuate in price – sometimes significantly. And if you only own stocks, you could take a big hit during a market downturn. That's why you need to have an array of investments – stocks, bonds, certificates of deposit (CDs) and so on. By spreading your investment dollars this way, you can give yourself more opportunities for success while reducing the impact of volatility on your portfolio. (Keep in mind, though, that diversification, by itself, can't guarantee profits or protect against all losses.)

Now, let's fast-forward to your retirement date. Once you retire, you may need to look at your investment portfolio somewhat differently – instead of "building it up," you may now want to think of "making it last." So, your first impression might be that instead of maintaining the diversified portfolio you had when you were working, you need to switch to predominantly "safe" investments, such as CDs and Treasury bonds, to reduce the risk of losing principal.

And such a strategy might indeed be effective – if your retirement were only

going to last a year or so. But the chances are reasonably good that you could be retired for two, or possibly even three, decades. If that's the case, then you will have to deal with a threat to your lifestyle that you might not have considered: inflation. We've had low inflation for several years, but that could change in the future. Consider this: Even at a relatively low 3% inflation rate, prices double roughly every 25 years. And depending on your personal needs and spending patterns, your personal inflation rate might be even higher.

To protect yourself against inflation, you will find that investments such as CDs and Treasury bonds are typically not much help. In fact, in a low-rate environment, your returns on these investments may not even keep up with inflation, much less keep you ahead of it. That's not to say they have no value – they can provide you with an income stream and help lower your overall investment risk.

But to defend your purchasing power, you will still need some growth potential in your investment portfolio during your retirement years. Your exact percentage of stocks and other growth-oriented investments will depend on a variety of factors – your projected longevity, other sources of income, family situation, risk tolerance and so on. You may want to consult with a financial professional to ensure that your portfolio mix is suitable for your needs.

Many things may change in your life when you retire – but the need for investment diversification is not one of them.

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

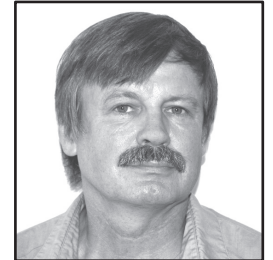
## Computer Corner

By Gary Herrick, Computer Professor

904-377-6785

mainely2@bellsouth.net

### Article by Computer Professor from the Cool Weather of Maine



Greeting from Computer Professor (I am back)

Windows 10 is here, the free offer has expired, all new computers will have Windows 10 and soon everyone will like it. I say that because for the past 20 plus years the pattern has been the same, once a new operating system comes out, people who have trouble with it complain until they learn how to get around in it. Then they love it until the next one comes out and they hate that one. Well, that cycle will stop, Windows 10 is the last version Microsoft plans on having, in name anyway.

The biggest issue I see now is people are getting a local account setup from the store and missing out on the online account use of Windows 10. All of you who have a smart phone or a tablet know that you had to setup a user name and password before you could use your phone/tablet. Windows 10 includes the same apps; so, for them to all work correctly, you should sign on with an online account with Microsoft. That

will be called an online account vs a local account and you can find this under settings and accounts in your computer. When the online account is created you will give Microsoft a phone number and an alternate email address for YOUR protection and convenience to fight against hacking or if you forget a password. This information they need verified. Verification is done by them sending you a message to the contact information with a code in it you place in a waiting field during verification.

I understand, for many people they had others make changes and set icons up on the desktop and you did a few basic things. With any new computer that would have to be repeated; but I would like to encourage you to try to do it yourself and maybe explore a little more. If someone helps, make sure you are at the controls and ask questions. There will be much less stress and frustration if you got to understand some of the basics with the computer.

Good luck, contact me anytime.

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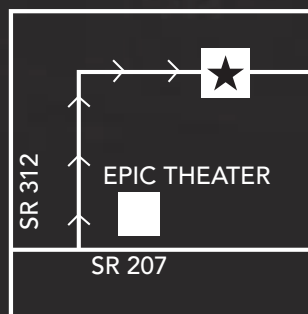
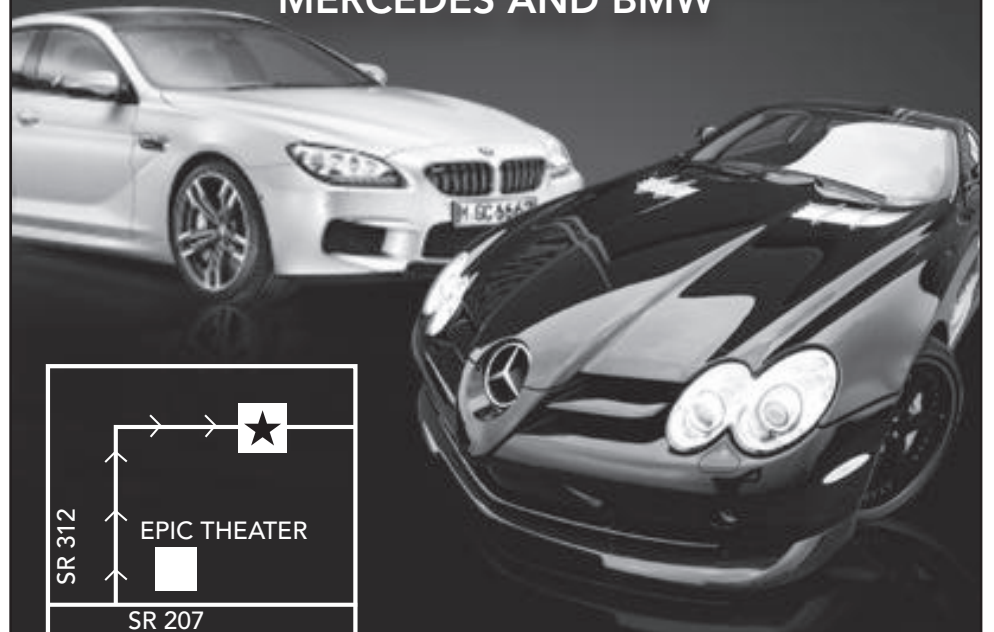
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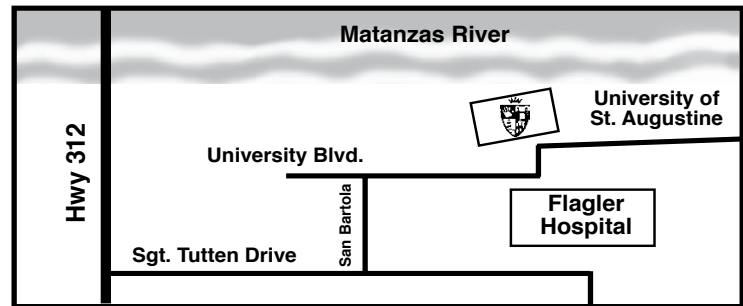
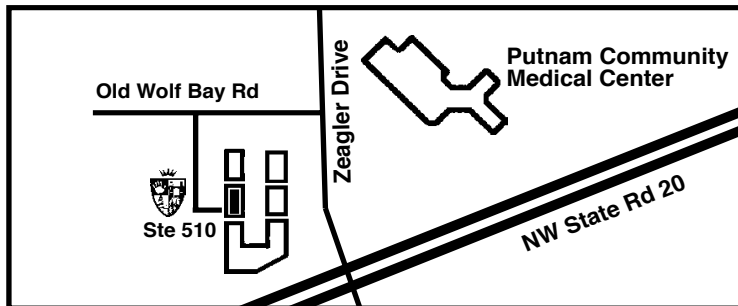
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## St. Augustine Beach Civic Association

by Bill Jones, President  
www.thecivicasociation.com

### Candidate Forum, Parking & Beach Access Fees & Taste of the Beach



As summer winds down we've found there's no shortage of things to talk about here on the island. At a recent County meeting the citizens of St. Augustine Beach had a voice when a discussion broke out regarding off beach parking and fees. Our Mayor and Vice Mayor were unable to attend this meeting and when a County consultant offered a report on fees and parking Commissioner Andrea Samuels had some concerns. I'd like to think that any of our Commissioners would have had the same reaction.

Mrs. Samuels wanted to know how a study like this ordered without the County speaking to our City officials first. The next concern expressed by Samuels was the impact that paid parking would have on both our neighborhoods and our police department. We all know that more visitors has created a greater demand on our Beach Services Division. That being said, there is still a need for better communication between the County and our City when it comes to these decisions. Commissioner Samuels also reminded those in attendance that City residents usually end up paying twice in these situations. Those who don't live here sometimes forget that in addition to our City taxes we also pay county taxes. This point should always be part of any discussions on new fees and taxes.

The 11th Annual Taste of the Beach

will take place at the St. Johns County Pier Park on Sunday, October 16, 2016, from 12:00 p.m. to 5:00 p.m. Local restaurants compete for bragging rights in four categories, best appetizers, best entree, best dessert and the coveted People's Choice Award! Proceeds

benefit The Betty Griffin House a domestic violence shelter. Our 2016 Candidate Forum will take place on Monday evening October 10th at City Hall. The races of most interest will for the two Beach Commission seats. Dr Joe Saviak of Flagler College will be our moderator. A complete list of candidates appearing at our forum will be available soon on our website at www.sabca.org – just click on the Events Tab.

The Music by the Sea Concert Series schedule has seen a change in band schedule. On October 5th the rockabilly & swing sounds of Go Get Gone returns to the Pier Pavilion at 7 PM. Our closing show will be very special as we feature another new band to MBTS. The Ramona Quimby Band will perform a wide variety of music. This 5 piece band is loaded with musicians with deep roots in jazz and features a strong vocals and a saxophone. Their musical repertoire spans 5 decades and includes some jazz standards, Motown, disco and pop. The band is known for it's medleys that will keep your dancing all night long.

## Cupping

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



They may have concluded by the time this is printed but while I sit here, the Olympics are going on. There have been many injuries – no more than years past – but injuries nonetheless. All high end athletes push their bodies to the limits both in training and healing to stay the best.

With this comes a variety of treatment techniques, some better known than others. In years past we saw Kinesiotaping appear on the shoulders and legs of volleyball players. This year we see the evidence of one treatment not widely known, but has been used at First Coast Rehabilitation for years. It is called cupping.

What is cupping? Cupping has been used for many years, by many cultures to treat a variety of diseases and injuries but physical therapists use cupping to manipulation soft tissue. This can be done by either by leaving the cups in place for a period of time or gently moving them around. If left in place it can cause circular bruises. It looks like a hickey from an octopus. But although they are not very attractive, they are not painful and go away quickly. As a form of soft tissue manipulation it is frequently used to improve the tissue mobility of scars.

One way it is thought to help is to “unload” the tissue by using suction and improve blood flow to allow healing. Since tight tissue

restricts blood flow, improving mobility will increase blood flow and thought to increase healing. A second way it is thought to help is to impart a mechanical stimulus to cells call fibroblast, which trigger a chain reaction and cause the tissues to heal.

The most common Olympic injury is no different than you and I experience - overuse. The tissues are taken through a pattern over and over. It develops a strain or tendonitis and even sore ligaments. The types of treatment for Olympic athletes is pretty much the same, even in St. Augustine.

If you have experienced soft tissue injuries recently or in the past never improved, perhaps cupping will help. We've been doing it for years. What can it hurt? The worst it can do is leave a few circular bruises.

Rob Stanborough is a physical therapist serving St. Augustine for over 14 years. He is president and co-owner of First Coast Rehabilitation, as well as co-author of *Myofascial Manipulation: Theory & Application, 3rd ed* by Proed Inc. He is certified in manual therapy, a Fellow of the American Academy of Orthopaedic Manual Therapists and has presented on the topic of soft tissue dysfunction in a variety of venues. Read previous columns posted on [www.firstcoastrehab.com](http://www.firstcoastrehab.com).

## Main Library Mammoth Fall Book Sale

The St. Johns County Main Library and Friends of the Main Library St. Augustine will herald in an epic Fall Book Sale at the at the Main Library St. Augustine Saturday, September 9 from 10am to 4pm.

According to Branch Manager, Valerie Peischel Mull, the “mammoth sale” is a result of an enormous amount of donated books all of which are in “fabulous shape” and of a “huge variety.” Volunteers of Friends of the Main Library previously gathered to prepare for the sale by sorting, culling and separating the books into categories. Friends volunteer Rosita Angeli reveals that donations of fiction, non-fiction, reference books and textbooks are unsurpassed. “I want everyone to know that we also have a substantial amount of children's books,” which according to Angeli are “very popular!”

All items offered for sale can be purchased at a discounted price. Hardback books will be priced at \$1.00, Paperbacks will be priced at \$.50 cents. Children's books range from 10 to 25 cents. The Media Section of the Book Sale will include CD's, DVD's Audio Books and VHS Tapes and CD's. Special, individually priced books start at \$2.00 and up.

A Members Only Preview for members of Friends of the Main Library St. Augustine occurs Friday, September 9 from 2-5pm. Monday, September 12, 11am-6pm, features a Half Price Sale for individual books or purchase a whole paper/grocery bag of books for \$4.00. Scanners are permitted at the Public Sale and half price sale only.

The Mainly Books Book Store is located at the St Johns Public Library, 1960 N. Ponce de Leon Blvd, St. Augustine, FL 32084. All sales benefit Main Library events and activities. For Friends, contact email: [folmainlibrary@gmail.com](mailto:folmainlibrary@gmail.com). Follow Friends on Facebook/Friends of the Main Library St. Augustine.



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## THE JEWISH NEW YEAR HOLY DAYS

Fred Raskind, Rabbi, Temple Bet Yam St. Augustine

The Jewish New Year, Rosh Hashana, falls on Monday, October 3rd this year. Locally and world-wide, Jews mark the start of the year 5777 on the Hebrew calendar, a hybrid solar-lunar calendar with fixed Hebrew dates, but dates that shift on the secular calendar.

Why a New Year in the Fall? Originally it was tied to the upcoming agricultural harvest, and what better time for ancient peoples dependent on a good crop to pray and celebrate? Leviticus 23:24 reads: 'In the seventh month, in the first day of the month, shall be a solemn rest unto you, a memorial proclaimed with the blast of horns, a holy convocation.' Israelites then [and now] cease work and bring an offering to God.

Today, Rosh Hashana is a time to celebrate with family and friends the beginning of a new life opportunity, the chance to improve the quality of our religious and spiritual self through prayer, charity, and self-introspection, cheshbon ha-nefesh. The purpose is to literally take stock of our failings and identify ways to do better in the coming year. This is an act between the individual and God in the context of the congregation. That is why most of the prayers are in the plural: We have sinned... We ask for atonement... We seek return / reconciliation. We celebrate with festive meals, sending New Year greeting cards, and often wearing a new outfit. Rosh Hashana is serious, but not solemn.

Yom Kippor [October 12th] is solemn. Again, Leviticus 23:27ff- 'On the tenth day of this seventh month is the Day of Atonement; there shall be a holy convocation unto you, and ye shall afflict your souls; ... It shall be unto you a Sabbath of solemn rest.' All year at worship and in private devotion we ask for forgiveness—from God, from others, and even from ourselves. But Yom Kippor is a 24 hour "marathon" of ritual, prayer, Torah readings, fasting, religious music and sermons to help us focus in depth on atonement, renewal and self-change; a 'retreat', so to speak. And we pray not just for the Jewish people, but for all peoples too.

### High Holidays Schedule at Temple Bet Yam

Rabbi Fred Raskind and the congregation of Temple Bet Yam welcome everyone to worship with them during the High Holidays. Temple Bet Yam is a warm, welcoming Reform Congregation located at 2055 Wildwood Drive in St. Augustine. For more information, call 904-819-1875 or visit <http://www.templebetyam.org>.

- S'lilot: Sunday, September 25 7:00 p.m.
- Erev Rosh Hashanah: Sunday, October 2, 7:30 p.m.
- Rosh Hashana Day: Monday, October 3:
  - Children's Service: 9:00 a.m.
  - Morning Service: 10:00 a.m.
  - Kiddush followed by Tashlich: approx. 1:00 p.m.
- Kol Nidre: Tuesday, October 11, 7:30 p.m.
- Yom Kippur Day: Wednesday, October 12
  - Children's Service: 9:00 a.m.
  - Morning Service: 10:00 a.m.
  - Afternoon Service: 3:15 p.m.
  - Yizkor and Neilah: Approx. 4:45 p.m.
  - Break the Fast: 6:15 p.m.

## Friends of the Main Library participates in 19th Annual Community Harvest Program

Friends of the Main Library St. Augustine has been selected by the Columbia Restaurant to participate in its 19th Annual Community Harvest Program. This is the 4th year that Friends has been invited to be part of this program. During the month of September restaurant customers may choose among the nonprofit organizations listed on the ballot presented with their lunch or dinner tab. Whenever a guest chooses "Friends of the Library," Columbia Restaurant will donate 5% of that guest's food and beverage value to the Friends in the form of gift certificates. The guest does not spend any additional money for this donation. Enjoy a delicious meal and support Friends of the Library!

"We started this program in 1998 as a way to help many of the worthy non-profit groups that are so important to our communities," said 4th generation family member and President Richard Gonzmart. "We thought the best way to do this was by letting our customers get involved in selecting the organizations. The process is simple. They just put a check mark next to one of the charitable organizations listed on a form we provide. They turn it in to their server. We do the rest, and donate 5% to the charity."

## United Way St. Johns County Announces Campaign Celebration and Kick-Off

Community supporters, donors and volunteers are invited to celebrate the success of the 2015-16 Campaign and Community Impact efforts. Nearly 1.2 million dollars was raised here in St. Johns County last year. Raising more support from donors, investing in targeted community programs and involving more volunteers was the focus for 2015-16.

"When thinking about United Way, it is easy to get caught up in the dollars and cents, but those involved know that it is so much more than that," said Chuck Crist, chair of the Board of Directors. "It is the impact that is created from raising and investing every dollar, and every cent, in St. Johns County. Those investments are made in many ways including the Community Impact process, grants outside of the traditional allocation process and through emergency assistance to individuals and families throughout the course of the year."

United Way-SJC is the only organization of its kind in St. Johns County and since inception, in 1957, has raised and distributed well over \$25,000,000 in St. Johns County. The Board of Directors would like to thank everyone in the community for this tremendous effort and extend the invitation to celebrate success and start the process all over again. All those that have contributed - financially, by volunteering, or by advocating - are invited to socialize, celebrate and learn more, on Thursday, September 22, 2016, at the St. Augustine Distillery, 6:00-8:00pm. The cost is \$20 per person. Beverages and light hors d'oeuvres will be served. Additional

information or reservations can be made by contacting United Way-SJC, 904-829-9721. To learn more about United Way of St. Johns County, visit [www.unitedway-sjc.org](http://www.unitedway-sjc.org).



United Way  
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