

September  
2018

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# St. Augustine OBSERVER

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



**SING OUT  
LOUD  
FESTIVAL**  
PRESENTED BY  
COMMUNITY  
FIRST

**FREE  
CONCERTS!**  
**SEPT 1 - 23**  
2018  
ST. AUGUSTINE, FLORIDA

**North Florida's largest FREE Music Festival - The Sing Out Loud Festival presented by Community First Credit Union - returns this September. Feature headlining acts JASON ISBELL and The 400 Unit, The DECEMBERISTS, AGAINST ME!, LUCERO, THE MOUNTAIN GOATS AND MORE!**

The Sing Out Loud Music Festival, the largest free music festival in St. Johns County, returns for four weekends this September. Hundreds of performances will take place at multiple music venues around St. Augustine, Florida in an epic celebration of local, regional and national singers, songwriters and musicians. The Sing Out Loud Festival is presented by Community First Credit Union and produced by the St. Johns County Cultural Events Division (which owns and operates the St. Augustine Amphitheatre and Ponte Vedra Concert Hall), the St. Johns Tourist Development Council and the St. Johns Cultural Council.

In a convergence of musical genres as wide ranging as folk-tinged Indie Pop, powerhouse Soul, conscientious Punk Rock, bittersweet Americana, progressive Bluegrass, alternative Country and more, this year's Sing Out Loud Festival carries on the traditional of presenting an exciting and eclectic mix of local, national and regional singers, songwriters and musicians. The initial artist lineup includes performances by *Jason Isbell and The 400 Unit, The Decemberists, Against Me!, Lucero, Rising Appalachia, The Mountain Goats, Leftover Salmon, American Aquarium, War On Women, The Weepies, Chuck Ragan, Tim Barry, Southern Avenue, The Commonheart, David Dondero, Leah Song, Al Riggs* and hundreds more. The festival will be held between September 1 and September 23 with performances at various locations around St. Augustine. Performances will be free and open to the public with reserved seating available during the (continued on page 14)

## Law Enforcement Presentation at SASIA

Officer Robert Kennedy of the St. Johns County Sheriff's Office addressed the July 18 meeting of the St. Augustine South Improvement Association. Officer Kennedy presented some interesting statistics on crime in our neighborhood, noting that from January through June 2018 there were 61 calls which required response from the Department. These calls mainly involved domestic violence, grand theft, (taking property valued at \$300 or over) petit theft (taking property under \$300), vandalism, and narcotics. To a lesser degree, crimes such as prowling, trespass, child abuse, credit card fraud, false impersonation, and burglary were also committed. Officer Kennedy noted that for a neighborhood of 2,500 residences, this is a low crime rate.

In response to a question regarding what can be done about loud noise, Kennedy said that the noise ordinance provides relief from 10 PM to 7 AM Sunday through Thursday, and 11 PM to 7 AM on weekends. Some noise infractions could fall under a different ordinance, breach of peace, depending on circumstances. Violations outside of those hours can be reported to the Sheriff's Department.

Someone asked about mail that was recently stolen from residents' mailboxes. He indicated that the culprit had been found and is in jail.

A member inquired as to how someone can check on sexual predators in the area, and Officer Kennedy explained the FDLE process whereby a person enters an address and a desired radius into the FDLE website program, and all predators in that designated area will be shown. Predators are required to report any change of address promptly, including transients. He said that list is always kept very current.

In a related issue, Kennedy stressed that residents should call if they are aware of transients setting up camps in county parks. There is a blanket trespass order covering the parks, and transients can't set up in those areas.

Derelict boats are another concern to residents. Officer Kennedy indicated that there are big problems with maritime issues. There are so many regulations that it's virtually impossible to do anything about abandoned boats. Any action that is initiated takes a very long time. He did say that all known (continued on page 14)



## Western Theme Dance at Riverview Club

The St. Augustine Ballroom Dance Association will end its summer break on Saturday, September 8th with a western theme dance starting at 7pm at the Riverview Club, 790 Christina Drive, in St. Augustine Shores. Dress up in your best western attire and enjoy an evening of ballroom dancing to great dance music.

Hors d'oeuvres, desserts and coffee will be served throughout the evening. Guests pay just \$20. To make a reservation, call Dennis or Mary Larimore at 904-825-4902. For information and pictures, visit [facebook.com/sabdastaug](https://www.facebook.com/sabdastaug).



*Cowpokes Aubrey (Ossie) Bouton (L) and Peter Canerossi (R) with cowgirls, Lucia Drain (L) and Hatsue Wright (R), at the last western theme dance*

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

- **St. Augustine Shores: July Board Summary. Fall Prevention Program.**
- **St. Augustine South: Naturalist Kelly Ussia Speaks at SASIA**
- **Health Update: Does Your Face Hurt?**
- **Computer Corner: I Want My Refund!**
- **Financial Focus: Financial Tips for Alzheimer's Caregivers**
- **In the Law: What is Probate?**
- **Sheriff's Corner: Best Practices if Stopped by Police Officer**
- **Fire Prevention Corner: 9 Volt Batteries Can Cause House Fires?**
- **Civic Association: Civic Assoc Taking September by Storm**
- **Diaries of a Shores Grand-Dad**

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- Sept. 19 - Those Guys  
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@ St. Johns County Pier Park

**The Wednesday Market**

Wednesdays 8am-12:30pm  
Rain or Shine

# St. Augustine Observer

Published monthly for residents and visitors of St. Augustine, Florida  
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The purpose of the St. Augustine Observer is to serve residents of St. Augustine area Communities.

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

Information should be received by the 15th of the

## St. Augustine Shores Community Calendar

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

www.staugshores.org

### Shores Monthly Meetings

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

- Conquistador Condominium Board

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

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

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

meetings are held on the fourth Monday of each month at 6 p.m. at the Riverview Club.

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

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

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

## St. Augustine South Community Calendar

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

Reporter: Shirley Jennings 904-377-1668  
 email: staugsouthimpassic@gmail.com  
 www.staugsouth.com

### SASIA Board Members

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

### SASIA Meeting

3rd Wednesday 7:00 PM

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

### Naturalist To Speak at the September 19 SASIA Monthly Meeting

St. Johns County Naturalist Kelly Ussia will be the guest speaker at the September 19 meeting of the SASIA meeting. Kelly has been inspecting and mapping the Waterfront Park along Shore Drive this summer and will talk about plans for maintaining and improving the area. Please plan to attend this important meeting at 7 PM at the Clubhouse, 709 Royal Road.

### Monthly Meetings at Clubhouse

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

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

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

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

# Community Classifieds

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

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

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

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

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

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

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

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

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# St. Augustine Shores Club News

## September 2018 Riverview Club Calendar

### SEPTEMBER DANCES

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

**EARLY SOCIAL** - Sunday, September 9th

6:00 pm to 9:00 pm Entertainment by Ernie

\*BYOB\* Hosted by: Liz Blount

**MAIN SOCIAL** - Saturday, September 22nd

RSVP: call 904-794-2000 or at [www.staugshores.org](http://www.staugshores.org), 7:00 pm to

10:00 pm, Entertainment by Frank Saffi \*BYOB\* Hosted by: Gary & Deb Testa

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

**Bridge** - Fridays 1:00 pm.

**Bridge Lesson** - The class is geared to all levels. Thursdays at 10:00 -11:30 am, starting September 27th.

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

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

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

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

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

**Exercise Class** - Class led by Marcia Tuesday and Thursday at 10:00 am. No Class Thurs. September 6th.

**Tai-Chi** - Thursday at 7:00 pm and beginner classes starting on Tuesday September 25th at 9:00 am and Thursday September 27th at 7:00 pm. Learn the principals of Tai Chi with John Doody and help your overall health and well-being!

**Dance Class** - Ballroom dance class with Dennis, Thursday at 2:00 pm, starting September 20th. Dance Class is FREE for Activities & Dance Club Members.

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

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

**Writers in the Shores** - Tuesday September 11th and 25th at 1:00 pm in the Library – topic for September 25th is "Making a Difference". For information call 794-0789.

### Upcoming Events at the Riverview Club

**Cookie & Chat** - FREE Adult Fall Prevention with Stephanie, Tuesday, September 18th at 10:00 am.

**Early Social Dance**: Friday, October 5th (7pm to 10pm) – Entertainment by Southern Style.

**Main Social Dance**: Sunday, October 21st (6pm to 9pm) – Entertainment by Tim Rippey

## Riverview Club Events

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

RSVP: call 904-794-2000 or at [www.staugshores.org/dance-rsvp](http://www.staugshores.org/dance-rsvp).

**EARLY SOCIAL** - Sunday, September 9th, 6:00 pm to 9:00 pm, Entertainment by Ernie

**MAIN SOCIAL** - Saturday, September 22nd, 7:00 pm to 10:00 pm Entertainment by Frank Saffi

**Cookie & Chat: Fall Prevention with Stephanie** - Tuesday, September 18th at 10:00 am. Join us for a FREE Fall Prevention Awareness Week Presentation for helpful insight on preventing falls. FREE and ALL are welcome!

**Social dance class with Dennis** - Thursday at 2:00 pm, starting September 20th. Dance Class is FREE for Activities & Dance Club Members.

**TAI-CHI Class** - Thursday at 7:00 pm. Beginner classes starting on Tuesday September 25th at 9:00 am and Thursday September 27th at 7:00 pm. Learn the principals of Tai Chi with John Doody and help your overall health and well-being!

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

**Bridge Lesson** - Class is geared to all levels. Thursdays at 10:00 -11:30 am, starting September 27th.

**Water Aerobics with Elsa** - Monday, Wednesday & Friday @ 9:00 am – Must purchase pool pass.



## St. Augustine Shores Service Corporation July 12th Board Meeting Summary

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

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

The Invocation was given by General Manager Smith followed by the Pledge of Allegiance. Approval of the June 14 - Motion by Director Filloramos to accept, seconded by Secretary Arocha and carried unanimously.

Treasurers Report – Read by Treasurer Lorbeer accepted for audit. General Manager Smith explained the increase in the operating fund and the increase in the reserve fund.

General Manager Smith presented 1 collection issue. The homeowner has a past due balance of \$1662.92 as of June 2018. They are proposing a payment plan to pay off the debt and stay current for 12 months. They will make an initial payment of \$169.92 and then pay \$169.00 for the next 5 months and then \$168.00 for 6 months to stay current and pay off their balance. Motion by Filloramo to approve the payment plan as presented, seconded by Treasurer Lorbeer and carried unanimously

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

Response to Secretary Arocha's email July 6, 2018: Secretary Arocha requested we include the following items on this month's agenda: He wanted to know what the problem is with the pool deck and if the Board approved whatever is going on with the pool deck. He wanted to know how we went from a bid proposal to construction on the pier rebuild without a construction contract. He inquired about the motion made to have Yelton Construction draft a letter on the pier rebuild project stating that everything is done in accordance with good standards and that he has inspected the pier and there is nothing wrong with it and there is nothing to worry about it is normal swaying. He wanted to discuss the Riverview Building and Grounds Committee's detailed spreadsheet of all proposed and/or identified work. He requested we move forward with the update to the Dreux Isaac Reserve Fund Study. He would like to move forward on negotiating an agreement between the Service Corporation and St. Johns County for maintenance of the swales and medians in the Shores Community. General Manager Smith provided the supporting facts, motions, and Board directives on each item. Secretary Arocha read the duties of the Secretary from the By-Laws of the Service Corporation. Director DiTomaso inquired about obtaining a permit and inspection for the pier rebuild. General Manager Smith has contacted the Army Core of Engineers as back up to Yelton's statement that we do not need a permit or inspection for the pier rebuild project if we rebuild in the same footprint. He was told by the Army Core of Engineers that we do not need a permit or inspection for the pier rebuild project. He discussed the practice of sealed bids.

### Progress on Board Goals

**Curb Appeal** - Installed two pallets of sod and new plant stock at the front entrance to the Riverview Facility. Replacing dead plant stock on Christina that was lost in the freeze. The compound gate was damaged by someone entering the compound so we replaced it with the old gate that was salvaged.

**Safety and Security** - John Ward discussed protecting our investment at the tennis courts by installing a locking mechanism that would be welded to the gate itself. He provided pictures of vandalism to the courts from the Fourth of July. He also discussed the ruts on the driveway and the ballfield. He would like a sign on the fence that the courts are for Shores Residents Only. There was discussion on the letter sent by Chip Yelton and his opinion on the structural integrity of the pier.

### Committee Reports

**ACC Committee** – General Manager Smith - The ACC held one meeting in the month of June and approved: 9 fences, 1 patio cover, 2 screen rooms, 2 utility sheds. Total YTD 151. General Manager Smith presented 1 variance request for Doug and Judy Vance 1164 Alcalá Drive. They request a variance to move the fence forward of the rear of the structure to preserve two large oak trees and still get the security they need to protect their home. Doug presented his case. Motion by Director Filloramo to approve the variance as presented, seconded by Director DiTomaso and carried unanimously.

**Deed Violation Report** - The report was presented to the Board.

**Directors Comments:** Treasurer Lorbeer discussed canvassing the neighborhood to explain the importance of establishing a quorum for the Annual Meeting. Director DiTomaso commented on the attendance at the meeting. He discussed the Deed Restriction Amendment effort. General Manager Smith gave an update on the Deed Restriction Amendment Committee provided by Kate Thomes.

**Members Comments:** Linda DiTomaso inquired if we could contact the people that did not vote using our master list. There was inquiry about renting rooms out from a single-family residence. The Amato's commented on the Deed Restriction Amendment Committee. Roland Palmer commented on the purchasing policy. He inquired about the trailers at 259 Shores Blvd. Meeting Adjourned.



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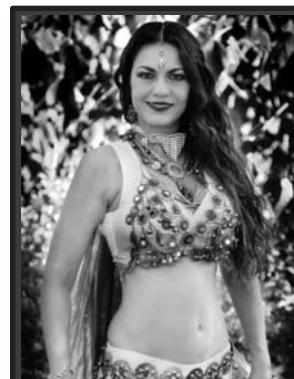
- Weddings
- Birthdays
- Meetings
- Rehearsals
- Receptions
- Reunions
- Fundraisers
- Anniversaries
- Baby Shower
- Dinner Dances
- Graduation Party
- Retirement Party
- Memorial Service
- Engagement Party
- Office/Holiday Party



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# News Around Southern St. Augustine

## Cookies & Chat: Adult Fall Prevention

**"Tuesday, September 18th at 10:00 am at Riverview Club"**

Stephanie Whaley, a local paramedic and Shores resident, has seen first-hand the devastating effects a fall can have on the life of an older adult. There are proven ways to reduce falls, and during Stephanie's hour-long seminar, she will share some methods you can utilize to protect yourself and lower your risk of a fall. If you have an aging parent, grandparent, or neighbor in your life, helping them reduce their risk of falling is a great way to ensure they stay healthy and independent as long as possible. According to the Center for Disease Control (CDC), falls are a threat to the health of older adults and can reduce their ability to remain independent.

With this little bit of knowledge, you may be able to prevent a fall. Join Stephanie on September 18th at 10am at the St. Augustine Shores Riverview Club as she kicks off Fall Prevention Awareness Week with her helpful insight on preventing falls.



## St. Augustine Travel Club Meeting

by Peter Dytrych

We are back! And we hope you had a fun-filled, safe summer. The St. Augustine Travel Club will resume its program at the Southeast Branch Public Library, 6670 US1 South (by SR 206) on Wednesday, September 12 at 3:00 pm. The topic will be **SPAIN'S COSTA DEL SOL**. The travel club is intended to be educational and provide an opportunity to meet new friends who love traveling. No reservations are required.

The St. Augustine Travel Club does arrange for an annual cruise each springtime March/April timeframe. Details will be announced at the meeting. If you have any questions, feel free to call Peter at 904 797-3736.

## Writers In The Shores

By Donna Johnson

"We're Back !" It's September, and I hope you all had a wonderful summer ! The meetings for The Writers in the Shores will begin once again on Tuesday the 11th and again on the 25th. The chosen subject is to be "Making a Difference" and, is suggested for this month's topic to write about on the 25th. Come join us, you just might like us ! Everyone is welcome and we would like to invite anyone who loves to write. You do not have to be a member. We meet on the 2nd and 4th Tuesday each month, at 1pm here at the Riverview Club Library. We are a casual group who enjoy sharing their work and related discussion with each other. There are no officers, dues or requirements. All genres are encompassed. For information call Donna at 794-0789.

## Book Sales at Southeast Library in October

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

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

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

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

## Friends of the Library Presents Award-Winning Cookbook Author

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

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

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



### Will Russell

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## High Holy Day Services at Temple Bet Yam

Temple Bet Yam welcomes everyone to worship with us during the High Holy Days. Rabbi Dr. Nadia Siritsky will lead us in observing our most solemn days, Rosh Hashanah and Yom Kippur. Rabbi Siritsky is an ordained rabbi as well as a board certified interfaith chaplain, mediator and social worker, currently working in Louisville as Vice President of Mission for several hospitals within KentuckyOne Health, including Jewish Hospital. She previously served as spiritual leader at Congregation Adath Israel Brith Shalom in Louisville and Indianapolis Hebrew Congregation.

Temple Bet Yam is a warm, welcoming Reform Congregation located at 2055 Wildwood Dr, St. Augustine. For more information, call 904-819-1875 or visit our website at [www.templebetyam.org](http://www.templebetyam.org).

Erev Rosh Hashanah:	Sept 9	7:30 – 9:00
Rosh Hashanah:	Sept 10	Children's Service – 9:00 – 9:45 Morning Service – 10:00-1:00 Tashlich – following morning service at Treaty Park
Erev Yom Kippur:	Sept 18	Kol Nidre – 7:30 – 9:00
Yom Kippur:	Sept 19	Children's Service – 9:00 – 9:45 Morning Service – 10:00 – 1:00 Afternoon Service 3:00 – approx. 4:00 Yizkor, Neilah, Havdalah - approx. 4:15 Break-the-Fast following Neilah

## St. Augustine Orchid Society Meeting Show "Em Where You Grow Em"

In summertime, the growing is easy. St. Augustine Orchid Society members sent in pictures of their summer and winter growing areas which have been pulled into a presentation, to be used as a forum for discussion.

This time of year, tropical storms cause problems, so we will talk about storm preparedness and response. We will focus on the fall preparation for winter and how members grow their orchids during the cold weather. This should be an interactive discussion with the SAOS members providing their insights to the group. The meeting will be September 1st from 6:30 pm to 9:00 pm at Watson Realty Rear Conference Room 3505 US 1 South St. Augustine and led by Sue Bottom with SAOS members.

Plant Clinic at Ace Hardware US 1 South, 3050 from 9 am to 1 pm the first Saturday of the month from February through October, SAOS members will be available to talk to you, answer questions and help you repot your orchids.

## First Coast Card & Newcomers Club Sept Events

**First Coast Card Club:**

Tuesday, September 4th. Ponte Vedra Beach Library, 101 Library Blvd. Just Off A1A. WALK IN. 1PM.

Sunday, September 9th. Lunch/Cards. 16th Annual Classic/Collector Car Show-11A. Lunch 12:30P-Mexican Rest. Cards 1:30 PM - Coffee Store next door. Nocatee, Ponte Vedra, FL. Limit 10.

Tuesday, September 11th. Main Library, 1960 N. Ponce De Leon Blvd., St. Augustine. WALK IN 1PM.

Tuesday, September 18th. Ponte Vedra Beach Library, 101 Library Blvd. Just Off A1A. WALK IN. 1PM.

Thursday, September 27th. Anastasia Island Library-124 Sea Grove Main St., St. Augustine Beach. WALK IN. 12 Noon.

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

**First Coast Newcomers Club Of NE Florida:**

Saturday, September 8th. Dinner/Rock Roll Show-Great Singer-Coffee Wine Cafe. St. Augustine. 5 PM Free.

Thursday, September 13th. Sharks & Rays Program. St. Augustine. 7 PM. Free.

Friday, September 21st. Games Day. Lunch/Board Games. Lunch: 1 PM. Coffee Cafe-St. Augustine. Games:1:30P-4:30 PM. Bring Snacks. Free.

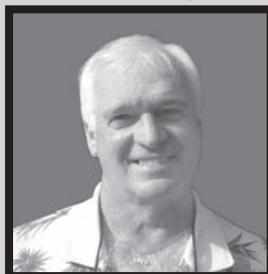
Tuesday, September 25th. Dinner-6 PM. Trivia-7P. Free. Italian Rest.-Nocatee, Ponte Vedra, FL.Limit 10.

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

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## News From Around St. Johns County

### Vacation in Your Own Backyard!

*"St. Johns County Residents Enjoy Free  
or Discounted Admission During Easy Season"*

Welcome to Easy Season on Florida's Historic Coast! August and September are a relatively slow time of year for tourism, but a great time for St. Johns County residents. Easy Season is the best time for locals to invite their families to come for a visit because of the lower rates for accommodations. And during these months, local attractions, museums and tours offer free or discounted admission to residents, encouraging locals to be a "tourist" in their own back yard.

The best part of Easy Season is the free Sing Out Loud Music Festival September 1 - 23. The Sing Out Loud Music Festival returns for four weekends this September. Hundreds of performances will take place at in the greater St. Augustine area and Ponte Vedra Beach in an epic celebration of local, regional and national singers, songwriters and musicians.

Deals for St. Johns County Residents in September (must show ID):

- Free admission - Old Town Trolley Tours, St. Augustine History Museum, Authentic Old Jail, Potter's Wax Museum, Oldest Store Museum Experience, Oldest Wooden Schoolhouse, TPC Clubhouse Tour, Flagler College Legacy Tour, Ximenez-Fatio House Museum, Oldest House Museum, San Sebastian Winery and St. Augustine Distillery, Fort Matanzas including the Ferry ride, Pena Peck House, Florida Water Tours (September 17 - 30)
- 50% off admission at Bayfont Mini Golf, Ripley's Red Train Tours, Ripley's Believe It or Not! Museum, and the Ghost Train Adventure.

For more information about Easy Season on Florida's Historic Coast, visit [www.FloridasEasySeason.com](http://www.FloridasEasySeason.com), become a fan on Facebook ([Facebook.com/OfficialStAugustine](https://www.facebook.com/OfficialStAugustine)) or call 1.800.653.2489.

### St. Augustine Jazz Society Meetings

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

### Free Quit Smoking Class

Now is the time to become Tobacco Free! Join us for a FREE Tools to Quit class at the Wild Flower Clinic on Tuesday, September 18, 2018, from 3:00 pm - 5:00 pm. FREE patches, lozenges, and gum! FREE quit plan, workbook, water bottle, stress ball and more! Call Northeast Florida AHEC at (904) 482-0189 to register and learn about more classes near you.

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## St Augustine Genealogical Society Meeting

Margaret Nicholson, PhD presents "Personal Case Study: Finding Your Roots When DNA Results Don't Coincide with Your Genealogy"

Join the St Augustine Genealogical Society on September 15, 2018, to hear Margaret Nicholson's personal story about finding out that the father that raised her was not actually her biological father, and see how this can help you in your genealogy search. Guests are welcome. Presentation at 1:00 p.m. St John's Public Library, Southeast Branch, 6670 US 1 South, St Augustine.

You've done genealogy for years—and years, painstakingly, driving here and there, searching through dusty courthouse records, and traipsing across cemeteries with a camera. Now everyone is talking about the role DNA can lay in finding ancestors or locating distant, or close but missing, relatives. You spit in a little tube and send your kit to Ancestry.com. Your results are back, now what?

Using my experience as a case study, I will demonstrate the software features useful for identifying unknown relatives and explain how to use DNA matches to confirm a lineage in a family tree. My story involved a surprise father, so more time and effort was required to find my paternal relatives and build a family tree. But the process is essentially the same, even if you don't receive a surprise with your DNA results.

Margaret M Nicholson came to St Augustine from Harrisburg, PA, fifteen years ago, a move prompted by the birth of her grandchild. Creating a family tree for Noah sparked Margaret's interest in genealogy. She says, "He's almost sixteen and ignores me if I utter the words, 'first cousin once removed,' but he will look at the ship manifest showing the arrival of his maternal great-grandfather from Italy."

After taking the plunge into DNA testing and discovering an unexpected birth father, Margaret stopped work on her 80,000-word travel memoir to begin writing My Ancestry Story and How to Find Yours (working title). She has become proficient at using Ancestry.com's DNA results and family tree hints and enjoys sharing her expertise with others. Margaret hopes her book about solving her mystery will provide help for many others. If all goes as planned, the book will be available in September.

## Wags 'n Whiskers Pet Shelter Buy a Table Spot Flea Markets

Wags 'n Whiskers, 1967 Old Moultrie Road, St. Augustine, will have their next garage sale on Saturday, September 8th, from 8 a.m to 1:00 pm to raise funds for the rescue/adoption center. This is a volunteer organization sheltering and fostering pets (dogs and cats), and works with Petco as a venue for the adoption days.

They are always looking for ways to raise funds as they neuter and provide all the pets with their necessary medical needs and tests before any pet is released to a new home. Also included is a chip for each pet. If you are ready to adopt or foster a pet, please check their website for your next companion. Their website is [www.petrescue.org](http://www.petrescue.org) (not www).

Sellers are asked to call Lana Bandy at 317-450-0505 to reserve a spot. Sellers provide their own tables. The cost is \$10.00 to participate; but outside of that fee, all monies you raise are yours to keep.

Wags 'n Whiskers will also have a table or two selling items that have been donated to them, and can use help manning those tables. We could use volunteers at these garage sales. You can volunteer as well as sell your items!

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## Rabbi Dr. Nadia Siritsky leads Temple Bet Yam's High Holy Day Services

Rabbi Dr. Nadia Siritsky, MSSW, BCC originally hails from Montreal, Canada. She has lived in several countries, including nearly three years in Jerusalem, Israel, where she studied in several Orthodox yeshivas, or traditional institutions of higher Jewish learning. She was ordained from Hebrew Union College-Jewish Institute of Religion, where she also completed her Doctorate in Ministry and Pastoral Counseling. She completed her interfaith chaplaincy training program at the Jewish Institute of Pastoral Care and the HealthCare Chaplaincy, and her Masters of Science in Social Work at the University of Louisville.



Rabbi Nadia currently serves as Vice President of Mission for several hospitals within KentuckyOne Health in Louisville, including Jewish Hospital. In addition to her congregational experience at Congregation Aduv Shalom, in Louisville, KY, and also at Indianapolis Hebrew Congregation, Rabbi Nadia has also worked as an interfaith chaplain and psychotherapist in several settings including hospice and palliative care. She has served on the board of the National Association of Jewish Chaplains, the Society for Classical Reform Judaism and on the Rabbinic Advisory

Committee for Interfaithfamily.com as well as being honored as a Leadership Louisville Bingham Fellow and working with the mayor to address issues of health and violence in the city.

Rabbi Nadia's calling, research and practice has consistently been dedicated to "tikkun olam" - the healing of the world, one sacred relationship at a time. She has spoken at several Union for Reform Judaism Biennials about her passion for utilizing research and evidence-based strategies to create inclusive congregations. She is excited to meet the congregation and lead High Holy Day Services for Temple Bet Yam.



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## What is Probate?

by Julie Ickes, J.D., LL.M.  
Jackson Law Group  
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Many people have either a fear of probate or are confused about its meaning. However, probate generally does not deserve the bad feelings its name evokes. On one hand, sometimes the probate process is beneficial, whereas on the other hand, sometimes it may be more efficient and cost-effective to create a plan to avoid probate.

Probate is simply the court process to formally transfer assets owned by the decedent, or the person who died, to his or her beneficiaries or heirs. One substantial benefit of opening a probate is there is a system to handle any challenges to the will in a structured manner. Another main benefit of a formal probate in Florida is that provides a straightforward process to address any creditor claims on the estate. These claims often consist of the last medical expenses of an individual and any outstanding creditors a person has at the time of his or her death. After all creditors are properly notified and the creditor claims period has ended, any claims submitted thereafter by creditors are barred, or fail. Finally, since a court oversees the probate process, the judge can resolve any additional disputes within the probate case.

Not every estate requires a probate. Some assets bypass probate because the decedent named a beneficiary on the asset, which is common with a bank account or an IRA. Or, an individual may have created a trust, and instead of a probate administration which requires court fees and supervision, a trust is administered privately by a trustee. An attorney can help guide one through the estate, probate or trust administration process when a loved one passes away.

While some people may want to avoid probate because of the cost or time it may add to administer an estate, the benefit of a streamlined process that allows for addressing creditor claims and resolving any disputes can be beneficial. Of course, it is recommended that you consult a qualified estate planning attorney to obtain advice for your personal circumstances.

*Julie Ickes is an associate at Jackson Law Group. Her primary practice areas are Estate Planning, Trust and Probate Administration and Guardianships. She received a Bachelor of Arts degree from Smith College. Julie earned her J.D. and LL.M. in Taxation from the University of Florida Levin College of Law.*

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## "Diaries of a Shores Grand-Dad"

by Dirk Schroeder

It's not hard to find inspiration when you're a Grandparent - all you really need is enough energy to keep up with the grandkids. Point of disclosure to you fellow grandparents, we have only one grandchild - so we're amateurs. Yet, enjoying grandkids is so much like enjoying your own kids. For us, it's a new experience watching little Claire grow up when all we've ever dealt with is boys. As much as I may be looking forward to breaking out the old train sets and Hot Wheel tracks, well that may have to wait.

As a Granddad, I think about my parents often, particularly my father, as I am in the same spot they were in decades ago - watching the kids get jobs, watching them get engaged, married and having kids and I think about what was going through their minds. For the most part, I feel that same sense of pride and joy yet sprinkled with a hint of trepidation. Likewise, I get a true sense of appreciation for all of the things that our parents did for us - the organizing, the financial contribution, the confidence building, the physical help and the sense of duty with which they did it all. It's our turn now - we have new hats to wear.



With life and work being as busy as they are recently, time is flying by very quickly and it's even becoming difficult just to fit in a short writing like this one. This month, our oldest son is contributing the "Did You Know" section that I ordinarily write. He and our youngest son have years of experience in renovation and construction and they have ventured out to start their own business - Flippin Florida. They have done beautiful renovations in our old "Sea Grape" model in the Shores by taking out walls and redoing floors and more. They've also been involved in new construction. They really love what they do and take pride in their work. I'm sure that my father was hoping that I would survive going into business for myself as an independent contractor working at Century 21 back in 1984. You can rest assured we want to see our oldest and youngest sons be successful in their new business venture.

Speaking of history repeating itself, we just enjoyed our oldest son's wedding vow renewal ceremony and celebration. We had friends and family from my wife's hometown of South Bend come down for the festivities. We took some much needed time off and we went to some of the old favorites - Barnacle Bills, Conch House and Salt Life and of course, the beach. It's always fun to play tourist in your own backyard. The wedding celebration was held at the Tringali Barn South of 206 on US 1. What a great venue and we were blessed with some wonderful weather that day. Their vows by the lakeside were beautiful. I'm sure my parents felt those same warm emotions on April Fool's Day when Kathy and I took our vows in the garden of the Oldest House. (continued on page 12)

## Shores United Methodist Church Announces New Music Director for Children and Youth

The Staff Parish Relations Committee of Shores United Methodist Church is pleased to announce that Suzann Maass has been hired as the Music Director for Children and Youth. Suzann is a loved and respected charter member of Shores UMC. She joined the church in 1981 and for 25 years was a member of the chancel choir. Suzann background includes singing with the St. Augustine Community Chorus and performing on stage at the Limelight Theatre. She is currently a lead singer for the Shores UMC Praise Team at the 11:00 a.m. Contemporary Service. Suzann has a BA in Communications from SUNY Oswego and is a Personal Banker with Ameris Bank. Music has always been a vital part of Suzann's life and she looks forward to sharing her musical gifts, talents, and ministry with the children and youth of the Shores and surrounding community. The Children's music program starts Wednesday, September 5 at 5:30 p.m. to 6:00 p.m. Afterwards, the Children's Exploring LIFE Program begins at 6:00 p.m. to 7:30 p.m. with Bible Stories, Games, Crafts and a Pizza Meal is served. All Children in Pre-K4 to 6th grade are invited to attend the Music and Exploring LIFE Programs. Shores United Methodist Church is located at 724 Shores Blvd, between the Shores Golf Course and Hartley Elementary. For more information, call 797-4416 or visit [www.shoresumc.org](http://www.shoresumc.org).



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## DID YOU KNOW

Hurricane Season runs from June 1 to November 30. Preparing your home, having the right insurance, and knowing the right repairmen can help ease the stress of the hurricane season.

Easy Reminders: Stock up on water, canned goods, and gasoline. Test your generator often. Create an evacuation plan. Board up large exposed windows. Place sandbags in front of doors that are likely to flood.

Common damage from hurricanes includes: missing shingles, roof leaks, water infiltration and window damage. Statewide residential insurance claims between Matthew and Irma reached 925,187. St John's County accounted for 21,291 of these claims. Most insurance companies will only cover storm damage that equates to 50% of a home's current assessed market value. If you're new to the area, talk to your insurance agent and realtor about the steps you need to take

to protect your home/assets from hurricanes damage.

My family has been a part of this community for more than 30 years, and we have lived through all the major storms to come through the first coast. As of recent, our town has faced a lot of hardships on the road to recovery after these storms. Finding quality craftsmen to ease the fallout from a major storm can be hard to find.

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## Wild Flower Meadow Group

by Cindy Taylor

The wildflower meadow in summer isn't as colorful as it was in the spring or will be in the fall. That's the way of wildflowers in Florida. The honeysuckle vine is always blooming and now so are ironweed, gaura (bee blossom), fire bush, rosinweed, butterfly pea, horsetweed, horse mint, Michaux's croton, salt and pepper bush, phoebanthus, black-eyed Susan, partridge pea, day flower, rust weed, and porter weed. There are also coreopsis, spiderwort, false dandelion, Eryngium baldwinii, gaillardia, dune daisy, wild petunia, frog fruit, and Fakahatchee grass. Lawn grasses are also growing, of course, and make it hard to see some of the flowers but the flowers are there and many are getting ready to bloom in the fall: swamp sunflower, blazing star, paintbrush, and rattle box to name a few.



Phoebanthus



Horse Mint

Last spring I moved the wild rosemary (conrondina) to make space for other flowers. You see? Conradina kill near-by flowers so I put it where we wouldn't mind. The problem is it lost the will to live and died. I remember how it survived Hurricane Irma, trusted it would survive the move, and was wrong. Sometimes we have to learn by making mistakes and sometimes it's better to leave well-enough alone, maybe most times.

The founding mother of our wildflower meadow recently passed away and in her honor we're giving the meadow a name: The Gail Compton Memorial Wildflower Meadow. Thank you, Gail, for your love and knowledge of nature and your never ending curiosity. Thank you for your positive attitude, patience, and teaching. You are an inspiration.



Fire Bush

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

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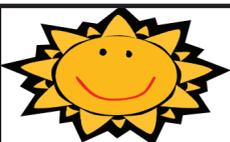
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## Computer Corner

by Steven Aldrich  
904-479-5661

### I Want My Refund!

As I wrote this article, 3 clients called to say that they have fallen prey to a refund scam. They got an email or a phone call that promised a refund, and that they should call to claim their refund. Today, as I finalized this article I got a call from a client saying that every day for 2 weeks, she has received multiple calls saying that she was owed a refund.

Here is an example of the phone script used by scammers:

- Please do not hang up. You have paid for your computer technical support a few months ago. We are calling to refund your money as the company has been ordered to close. Please call our toll-free number 888-653-..... to get your refund. Repeating again (the phone number repeated)

- You may be wondering how I know this script. I get these calls as well. Typically, they are robo-calls with a recorded message, not a live person. This is suspicious activity and is a huge red flag. Several clients have called the number and been scammed out of as much as \$2,100.

- One client refused to provide his credit card number and hung up. Unfortunately, he hung up after allowing remote access to his computer. The scammer changed the login password and rebooted the computer. My client was locked out of the computer. I was able to get this resolved, but the time lost and cost for my services could have been avoided by simply refusing to allow remote access.

- If you get a call on your phone suggesting that you are owed a refund, it is pretty hard to not get excited. The “found money” could come in handy, and everyone wants what is rightfully theirs. That’s the hook in these scams.

While there are many variations of this scam, they all involve the scammer demanding to have remote access to their computer. This is ALWAYS a bad idea!

There are several targets in mind when these scams are created. They are after your credit card info. Then they go after your saved passwords on your computer. And they are adding to the ever-growing list of people that have been successfully scammed. These lists of scam victims are traded like commodities.

If you have fallen victim to any scam where remote access was granted, it is important that you quickly change passwords. Especially those which are for financial, shopping, and email websites. It is trivial for a scammer to acquire all of your saved passwords while remotely accessing your computer. The simplest way to avoid trouble is to never provide an unsolicited caller with remote access to your computer.

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



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## 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 are 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.sjsso.org](http://www.sjsso.org) and on our Facebook page, and please feel free to contact me anytime at my e-mail address at [dshoar@sjsso.org](mailto:dshoar@sjsso.org). Thank you.

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## "Diaries of a Shores Grand-Dad"

(continued from page 9)

It seems like it was only yesterday nearly 30 years ago.

Our middle son has also taken a little time off from work recently and he is enjoying that time off – he has really worked almost non-stop for the last nine years. All work and no play makes for more than just the dull day. Kathy and I will have a long weekend to spend time with him - it's great to travel with family.

Life as a Dad and Grand-Dad in the Shores has served me well and having all of our family members living within the community makes life even better. Kathy and I are meeting a whole new family of neighbors in the San Savino section of the Shores. We've met many of them just dog-walking Toby, our miniature poodle. Thank you to all of you who've been so friendly to us. To our old neighbors, we miss you but we have passed our old home to the next generation of Schroeders so we'll be back often. To our St. Augustine South friends, we miss you too – please come and visit soon. I'll be coming to your upcoming St. Augustine South Improvement Association August meeting soon – maybe I'll see you there. Until we meet again, as always, I wish you a Sunshine State of Mind.

## Have a Delicious Meal & Support Council on Aging in September!

The Columbia Restaurant has again chosen COA as one of the charitable organizations to benefit from its 21th Annual Columbia Restaurant Community Program.

We are asking our community to "Dine Out" for either lunch or dinner during the month of September and earn money for the Council on Aging.

All you need to do is simply dine at the Columbia Restaurant – afterwards 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.

Thank you for making a difference in the lives of the older adults in St. Johns County!

## Does Your Face Hurt?

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

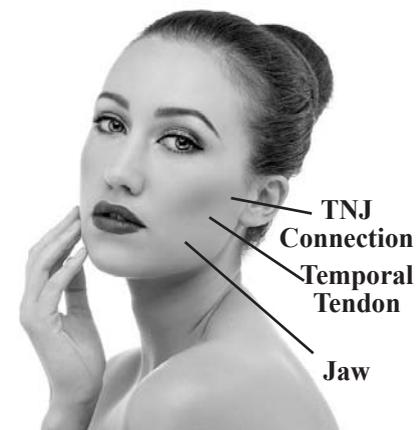


No, I'm not setting you up for a joke. In fact facial, jaw or neck pain is no laughing matter. Such pain can be debilitating and often is a result of a temporomandibular joint (TMJ) dysfunction. Some estimates suggest over 10 million Americans are affected by TMJ dysfunction. It tends to affect women more than men and although its cause is often unknown it is considered a musculoskeletal disorder that responds to conservative treatments such as physical therapy.

The TMJ is a complex joint that connects the lower jaw (mandible) with the upper jaw (temporal bone). The joint surfaces of the mandible called condyles move within the temporal bone. The joint is filled with fluid, like many other joints and contains a disc that helps keep movement smooth.

The TMJ is a very active joint when you consider it moves with each spoken word, each bite of food, every yawn, laugh, or clenching of the teeth, day or night. Nightly teeth clenching, called bruxism, is thought to be a possible cause of TMJ pain. Signs and symptoms of TMJ dysfunction can include: radiating pain into the face, jaw or neck, jaw stiffness, limited jaw movement or opening, or painful clicking, popping or grating with jaw movements. Many times these symptoms resolve on their own but if reoccurring or constant, help may be needed.

Conservative treatment can include the use of a stabilizing splint or bite guard but may not be enough particularly if TMJ pain is due to myofascial tissues or internal derangement (a displaced disc, dislocated disc, jaw injury or faulty mechanics). When this is the case, treatment to the joint can help restore proper joint motion so forces are distributed in a more uniform manner. Treatment to the soft tissues such as massage can help resolve painful, taut bands.



Stretching and strengthening are helpful in restoring muscle so they can better control movement of the joints. And in some cases, the neck is a contributing factor as it refers pain to the jaw and face. Treatment is necessary here to correct postural alignment.

If you are experiencing pain as described above, perhaps you should consider talking to your doctor or dentist about receiving physical therapy, or simply call and speak with your physical therapist for additional information.

Rob Stanborough is a physical therapist serving St. Augustine for more than 20 years. He is president and coowner 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). TMJ Connection Temporal Tendon Jaw.

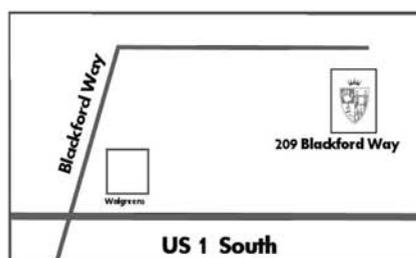


# First Coast

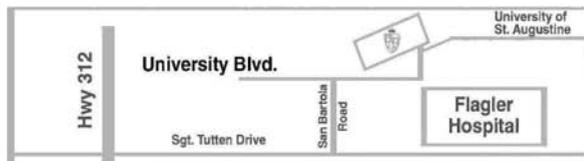
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## Fire Prevention Corner

By Robert Growick, Division  
St. Augustine Fire Department  
Chief/Fire Marshal

### 9 Volt Batteries Can Cause House Fires?

9-volt batteries power our smoke alarms, household items and toys. They can be found in most homes. But these batteries can be a fire hazard if not stored safely or disposed of with care.

The problem:

- 9-volt batteries can be dangerous. The positive and negative posts are close together. If a metal object touches the two posts of a 9-volt battery, it can cause a short circuit. This can make enough heat to start a fire.
- It is unsafe to store 9-volt batteries in a drawer near paper clips, coins, pens, or other batteries. Do not store common household items such as steel wool, aluminum foil, and keys near 9-volt batteries. If these items touch the two posts, there is a greater risk of a fire starting.
- Weak batteries may have enough charge to cause a fire. Some fires have started in trash when 9-volt batteries were thrown away with other metal items.

Storing 9-volt batteries:

- Keep batteries in original packaging until you are ready to use them. If loose, keep the posts covered with masking, duct, or electrical tape. Prevent the posts from coming in contact with metal objects.
- Keep them someplace safe where they won't be tossed around.
- Store batteries standing up.
- 9-volt batteries should not be stored loose in a drawer. Do not store them in containers with other batteries.

Disposal:

- 9-volt batteries should not be thrown away with trash. They can come in contact with other batteries or pieces of metal.
- 9-volt batteries can be taken to a collection site for household hazardous waste.
- To be safe, cover the positive and negative posts with masking, duct, or electrical tape before getting rid of batteries.
- Some states do not allow any type of battery to be disposed of with trash. Check with your city or town for the best way to get rid of batteries

9-volt battery Storage:

- Keep batteries in original packaging until you are ready to use them. If loose, keep the posts covered with masking, duct, or electrical tape. Prevent the posts from coming in contact with metal objects.

#### FACT OF THE DAY

Some states do not allow any type of battery to be disposed of with trash. Check with your city or town for the best way to get rid of batteries.

## Financial Focus

Information Provided by  
Edward Jones

### Financial Tips for Alzheimer's Caregivers



If you are, or will be, a caregiver for elderly parents or another close family member living with Alzheimer's disease, you may experience some emotional stress – but you also need to be aware of the financial issues involved and what actions you can take to help address them.

You will find few “off the rack” solutions for dealing with the financial challenges associated with Alzheimer's. For one thing, family situations can vary greatly, both in terms of the financial resources available and in the availability and capabilities of potential caregivers. Furthermore, depending on the stage of the disease, people living with Alzheimer's may have a range of cognitive abilities, which will affect the level of care needed.

Here are some general suggestions that may be useful to you in your role as caregiver:

- Consult with family members and close friends. It's extremely hard to be a solo caregiver. By consulting with other family members or close friends, you may find that some of them have the time and ability to help.
- Consider obtaining durable power of attorney. If you possess a durable power of attorney for finances, you can make financial decisions for the person with Alzheimer's when

he or she is no longer able. With this authority, you can help the individual living with the disease – and your entire family – avoid court actions that can take away control of financial affairs. And on a short-term basis, having durable power of attorney can help you take additional steps if needed. You'll find it much easier to acquire durable power of attorney when the individual living with Alzheimer's is still in the early stage of the disease and can willingly and knowingly grant you this authority.

- Gather all necessary documents. You'll be in a better position to help the individual living with Alzheimer's if you have all the important financial documents – bank statements, insurance policies, wills, Social Security payment information, deeds, etc. – in one place.

- Get professional help. You may want to consult with an attorney, who can advise you on establishing appropriate arrangements, such as a living trust, which provides instructions about the estate of the person for whom you're providing care and names a trustee to hold title to property and funds for the beneficiaries. You also might want to meet with a financial advisor, who can help identify potential resources and

money-saving services. And a tax professional may be able to help you find tax deductions connected to your role as caregiver.

- Finally, use your experience as a caregiver to remind yourself of the importance of planning for your own needs. For example, a financial professional can suggest ways of preparing for the potentially huge costs of long-term care, such as those arising from an extended stay in a nursing home.

Caring for an individual living with Alzheimer's has its challenges. But by taking the appropriate steps, you can reduce uncertainties – and possibly give yourself and your family members a greater sense of security and control.

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

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## St. Augustine Beach Civic Association

by Bill Jones, President  
[www.thecivicassociation.com](http://www.thecivicassociation.com)

### Civic Association Taking September by a Storm!



A bonus concert and the 2018 Taste of the Beach all take place in the month of September at our local Pier Park. We're hoping our flurry of activities will be the only storm that our residents experience this year.

The 16th season of Music by the Sea wraps up with four great shows in September. On September 5th "JW Gilmore" brings his blue band to Pier Park with dinner service by Mellow Mushroom. On September 12th our friend and local musician "Jim Stafford" will again assemble the Music by the Sea All Star Band. I'm sure Jim will twist the arms of many of his local pals and deliver another memorable show. Food service on the 12th will be provided by Sunset Grille. Our final show of the year is a make-up concert.

Rained out in May, we are delighted to bring you "Those Guys" on September 19th. Our food service will be provided by Flori-Dogs a local food vendor from our Wednesday Market.

On September 26th we'll try and make up another rained out show featuring the band

"Bluez Dudez" with food by By Design Catering. See the remaining schedule on our website at [www.freebeachconcerts.com](http://www.freebeachconcerts.com)

The 2018 Taste of the Beach is set for Sunday September 23rd from noon until 5 PM. The Civic Association is producing the event for the 13th year to benefit the Betty Griffin Center. Proceeds will go to help victims of domestic violence here in our community. The Taste will begin at 12 noon and end at 5 PM. "Kenyon Dye" is back to perform at his sing along Piano Bar. The Taste will again pit local eateries against each other in the categories of Best Appetizer, Best Entrée and Best Dessert. Beer, Wine & Soft Drinks will be available throughout the day. For more information or to volunteer for the event please email us at [sabcivic@yahoo.com](mailto:sabcivic@yahoo.com)

Finally, the September meeting of the Civic Association will take place on Thursday September 13th at City Hall. Doors open at 6:30 and the meeting will take place at 7 PM. Complimentary soft drinks will be served.

## Sing Out Loud Music Festival

(continued from page 1)

September 22 Main Showcase featuring Jason Isbell and The 400 Unit, The Decemberists and Lucero at the St. Augustine Amphitheatre. For a minimum donation of \$25, festival attendees may purchase a reserved seat to the September 22 Main Showcase, guaranteeing their seat location or access to the standing pit during the showcase. Proceeds from the donation ticket will go to the Betty Griffin Center to assist in their mission of working to end domestic violence and sexual abuse in St. Johns County.

"I could not be more excited to announce this year's initial lineup," said Ryan Murphy, director of the St. Johns County Cultural Events Division and coordinator of the Sing Out Loud Festival. "The musical diversity and incredible talent coming to perform at this Festival speaks volumes about the Festival and St. Augustine's ever-growing reputation within the music industry as a fantastic place to play live. This energy, coupled with the community's eager anticipation for the return of this massive free music festival, has created this palpable excitement going into the third year of the festival. I'm thrilled."

The Sing Out Loud Festival is an annual festival proudly presented by Community First Credit Union. Since its inception in 2016, the St. Augustine music festival has welcomed an estimated 25,000 music fans and featured over 600 performing artists at over a dozen venues. The multi-year commitment made by Community First Credit Union to the St. Johns County Cultural Events Division helps support events that would not be as large without private support. Community First Credit Union has been a longtime sponsor and partner of the St. Augustine Amphitheatre.

2018 Sing Out Loud Festival Artists and Participating Venues Sept. 1 – 23: Saturday, Sept. 1 and Sunday, Sept. 2, Friday, Sept. 7 – Sunday, Sept. 9, Friday, Sept. 14 – Sunday, Sept. 16, and Friday, Sept. 21 – Sunday, Sept. 23.

Participating Venues (in alphabetical order): Backyard Stage at the St. Augustine Amphitheatre, Bokeh Bar, Colonial Oak Music Park, Dog Rose Brewing, Front Porch at the St. Augustine Amphitheatre, Growers Alliance, Limelight Theatre, Nobby's, Ocean Avenue, Odd Birds, Plum Gallery at Aviles, Ponte Vedra Concert Hall, Prohibition Kitchen, Push Push Salon, St. Augustine Amphitheatre, St. Augustine Distillery, Sarbez, and The Corazon.

Stay up-to-date with schedule and lineup additions or changes by visiting the website at [www.singoutloudfestival.com](http://www.singoutloudfestival.com) or Ryan Hall, Press Coordinator, 2018 Sing Out Loud Music Festival, [rhall@sjcfl.us](mailto:rhall@sjcfl.us) (904) 209-3753 or Danya Markovits, Marketing and Community Relations Manager, (904) 209-3751.

## Law Enforcement Presentation at SASIA

(continued from page 1)

derelict boats in the area have been tagged, but the removal process is tedious.

In summary, Kennedy said that the best deterrent to crime in our neighborhood is we ourselves. He cautioned us to keep our residence and car doors locked and suggested motion sensor lights and cameras. Be careful of solicitors, who must be registered and have ID. Finally, he said to always be observant and aware of what is going on around us. And don't hesitate to report anything suspicious to the Sheriff's Office.



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