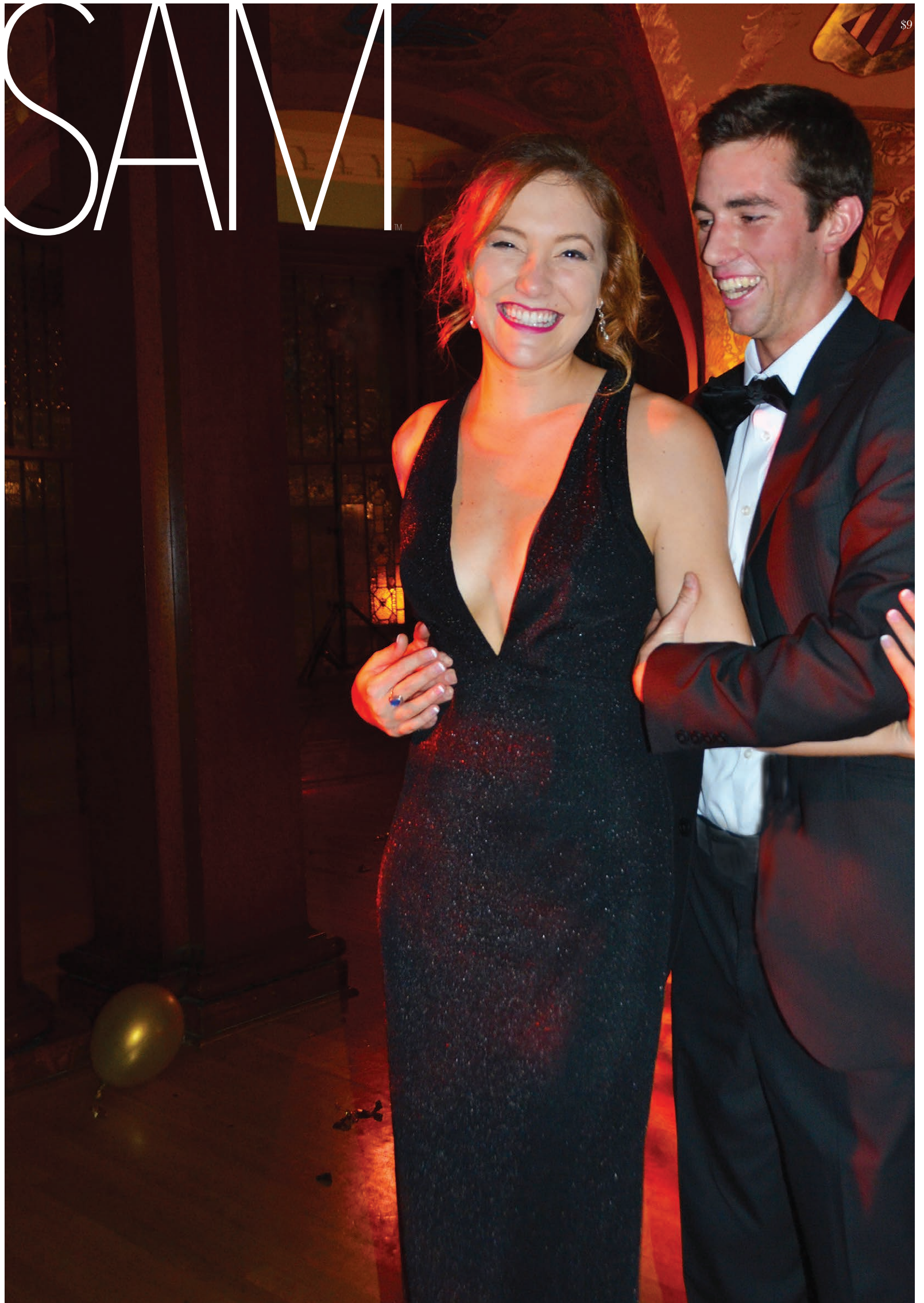


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Nicole Miller & Billy Koeyvorrad

at "Spanish Elegance" the Flagler College New Year's Eve Gala
see more images from this unforgettable celebration on page 24
and see even more on our website:

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Each year the New Year's Eve Gala benefits the Flagler College scholarship fund, which helps offset tuition costs for many students with financial needs.

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SAM

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Joe Lemmon's wood work

with these hands

Friday
March 4, 2016
7p.m.

233 W. King Street
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by Yvette Monell

from the Publisher

T HIS EXCITING, VERY ANTICIPATED MAGAZINE ISSUE is number six, since I introduced SAM to our wonderful community just last year! I am so grateful for everyone's tremendous support and for how well received SAM has been. When I first began, I was encouraged by many friends and business associates to take on this new venture in publishing in order to produce a publication with "a relevant resident focus." The community generated the inspiration, I felt their need and was motivated by a strong desire to move forward!

SAM strives to bring its readers creativity and vision, as well as becoming a vibrant useful resource regarding community life, local events and the people who live and work here. We have had diversified articles on local actors and business entrepreneurs to a Florida Heritage Cattleman, community outreach organizations and much more. In order "to remain useful" going forward, we invite our residents to fuel the vision by partnering with us and partaking in our growth. We would love for you, the reader of St. Augustine Magazine, to help us design content that inspires you which you feel is relevant to the life and happenings in our town. I've set out to create a form of media that is fresh and interactive, full of ideas, creativity and interest that generates good will and varied focus for our readership. I'm overwhelmed with gratitude for this magazine and for the people who've inspired me to jump way outside my comfort zone, as well as for every challenge that brought with it the opportunity to grow. I've also been privileged to meet and work with people who are tremendously talented and who generate an environment of constant learning. Please visit the contributor's page to get familiar with the writers who bring this city to life and read their bios. I

am honored to share their work. You can e-mail your comments on their articles to share your thoughts or ask the author a question. We'd all like to get better at what we do and appreciate your support and are so happy to have you as a reader of St Augustine Magazine.

So—"how are we doing?" And what would you like to see in this magazine? While I am honored to publish the work of so many committed and thoughtful contributors who want to share the people and experiences they value in St. Augustine, I'm guessing that perhaps you have ideas as well for articles that would be insightful, inspiring or challenging?

If you have not received our reader's survey in the mail, will you please consider taking the time to answer the questions on our website? Meaningful change can happen for those who choose to engage respectfully.

And my final thought is this: Taste is an interesting desire. I've been asked whether or not this is the right time for a new magazine in our town? You might ask, "Do we need another local magazine?" My answer is this: "St. Augustine has a multitude of restaurants that cater to every type of taste. If you don't like the food being served in one—you find a different place to eat. Sometimes you just get bored or perhaps just seek more exciting dining experiences? Or maybe you just appreciate having choices. Personally, I prefer giving readers choices and I also prefer making a difference; and that's why I introduced SAM!"

Peace and Blessings,
Yvette Monell, Publisher

FAMILY MATTERS

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Editor's note

by Zach Seymour

NEW YEAR'S RESOLUTIONS ARE A BIG PART OF many people's fresh start to their year. Common resolutions include quitting bad habits, starting healthy ones, and committing to positive changes in the name of self-improvement. While many of these commitments are noble and certainly good ideas, more often than not, February rolls around and the efforts have already been abandoned. The reasons for failed resolutions are numerous, but oftentimes they center around setting goals that are either too lofty or so unappealing that actually following through with them becomes too unpleasant to continue.

So as we enter the second month of the year, and one often neglected when it comes to openly committing to positive changes, I have a proposal for the shortest month on the calendar: New February Evolution.

NFE involves incorporating something new into your life for one month. There are no lofty never-ending promises in NFE, simply one month of stepping out of your comfort zone and doing that which you haven't. Breaking old routines, getting out of your comfort zone and creating new relationships are all clear benefits of NFE.

For my part, I am going to go way out of my wheelhouse and begin an activity that both intrigues and scares me. As a pacifist and generally non-confrontational person, I will spend the next month training in a combat sport, one that many consider the ultimate resource for real-world fighting: Brazilian Jiu Jitsu.

Provided that my body doesn't completely throw in the proverbial towel, I will be training at the Relson Gracie Jiu Jitsu Academy here in St. Augustine. Hopefully, I will prove that anyone can step into a completely new arena, learn something new, meet interesting people and improve a part of themselves they have never tapped into.

I will be documenting my journey in SAM and am nearly certain that my struggles and failures will provide both humor and humility. Stay tuned!



Dora Rodgers
General Manager

Dora has lived in Wisconsin, Arizona, California, Maryland, Michigan, Nevada and now Florida. She has broken men's hearts from the west coast to the east coast. Her favorite comeback is, "I was *Dora the Explorer* years before the cartoon character evolved. I sometimes wonder if she materialized after someone met me." Dora grew up in Phoenix, Arizona, and still has fond memories deep in her heart. It has changed a lot from the days she camped and hiked in the desert. She lived in California in the late 70s and early 80s. Dora is a retired R.N. and loves working at SAM Magazine. She is an avid beach goer and this year she will be getting in the ocean thru the winter. She is a natural artist, loves oil painting, charcoal sketches and wood burning, and adores her 3 year-old granddaughter.

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Ginny Dozier
Writer & Features Editor

Now retired from a career as a Global Director in the cosmetic industry and from teaching marketing as an adjunct professor at a local college in New Jersey, Ginny has used her skill set to help not-for-profit agencies accomplish their goals over the past 40 years. Her current passion is providing hands-on assistance to local groups working with the homeless and with children. She is a board member of the Kiwanis Club of St. Augustine, Advisory Council Secretary for RSVP, volunteer for The Early Learning Coalition and Alpha Omega Miracle Home. She is the head of the women's prayer ministry at Anastasia Baptist Church, has conducted bible studies for women at the County Jail and served on the board of St. Francis House for 5 years. Ginny is married to Larry, her best friend and wonderful husband, and they enjoy living on Anastasia Island.

ginnylhd@gmail.com



Richard Lepre
Writer & poet

Richard is an aspiring writer, monarch, rapper and sometimes comedian. For the past three years, Richard has been pretending to write a book about self-growth but cannot finish that kind of book until he grows. Richard has a promising rap career as 'Puddled.' Check out his EP 'I'm the best rapper alive' on bandcamp. As a one time philosophy major, Richard is on a never-ending (hopefully ending) quest for purpose. Currently he finds meaning meeting new people and experiencing new things and writing about it. Richard is nothing without his friends, who formed whatweare collective with him, an art and music collective that is designed for communal artistic growth. Richard likes to write about his feelings.

facebook.com/richard.lepre

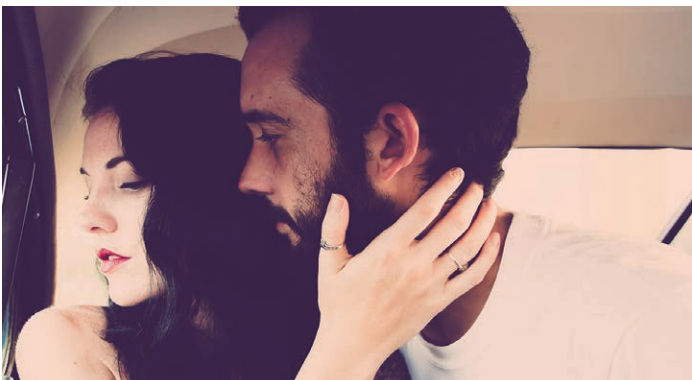


Cindy Marshall
Staff Photographer

Single mom to three beautiful girls, Cindy has lived in St. Augustine for 15 years. Before that, she lived in St. Petersburg Florida, where she was born and raised. Cindy got into photography a few years ago after being a stay at home mom for so long and fell in love with it. She started working under Rick Wilson, the Jaguars head photographer, and from there began working for 904 happy hour and shooting events and concerts. Cindy also continued work with sports for both 904 and the associated press covering TPC and March Madness.

bluebirdphotog@aol.com

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Andrea Rosenblatt
Food Contributor

Chef Andrea Rosenblatt has been teaching home cooks culinary fundamentals since 2004. She and her husband, Michael, opened A. Chef's Cooking Studio in 2007, where cooking classes for all ages and skill levels are offered by Chef Andrea and many talented local chefs as well! Information at achefs.com



Connie Willams
Advertising

Connie is new to the area but not new to publishing. She owned a weekly publication for 14 years, sold it to a very eager group, and today still remains a well-known, successful publication. She spent last year in Europe, visiting old friends and learning the art of Coaching and all good things that get us connected. She fell in love with St. Augustine and has made it her home and what a better way to do it but with SAM!

connie.staugustinemagazine@gmail.com



Shirley Drake Jordan
Writer

Middle generation in three generations of writers, born with ink in her veins, Shirley Drake Jordan was county Editor for a large newspaper in the thirties. She had her own column in her hometown newspaper at age 16 titled 'Calling All Teens.' Shirley is co-owner of Two Friends Publishing. Their second publication (*Of Sea Sand and Citrus Groves*: an anthology of Florida poets) was used in an English class at Flagler College. Shirley was the recipient of the 2008 Edward Gorey award for poetry and is well published in such magazines as *Florida Wildlife* and *Happiness* magazines. poet001@aol.com



Adam Johnson
Writer

A Florida State University graduate, with a degree in Creative Writing/Sociology, Adam has enjoyed living in St. Johns County nearly his entire life. He recently moved back home to reintroduce himself to the best part of Florida and the most historically treasured coast in the state. He is more than proud to contribute automotive reviews, local fresh fish articles and his recreational views to such a rich, locally cultivated publication, full of amazing talent. Adam looks forward to growing old with the City and its local inhabitants.

adamjohnson26@yahoo.com



John Valdes
Writer

John is a well-known, outspoken, actively involved member of the community since his arrival in 1986. A fifth-generation Floridian and third generation Florida builder, he is deeply vested in the future of the Oldest City. His company, John Valdes & Assoc., Inc. specializes in historic preservation construction. His company's motto; "Building for the Next 100 Years."

johnvaldesandassociates.com



Nate Parks
Photographer,
Creative & Technical Guru

Instant human, just add coffee. Nate specializes in fine art and commercial photography as well as graphic design and other multimedia production. noeticcreations@gmail.com



Sheila Veatch
Writer

Sheila Veatch is a wife, mother, educator and third generation Floridian. She and her husband, Devan, lived and taught internationally for over 15 years, including three years in Papua New Guinea and 13 years in Kenya, East Africa before returning to Florida in 2006. Currently serving as the Coordinator for K-12 Literacy in the St Johns County School District, Sheila loves that her vocation allows her to work with teachers and students from Hastings to Fruit Cove and every area in-between. Mother of three sons (and mother-in-law to one amazing woman), Sheila and her family now reside on Vilano Beach and feel incredibly blessed to live in the middle of so much beauty.

sv759@gmail.com



Jeanne Maron
Writer

Maron has been the owner/operator of The Gifted Cork & Gourmet for the past six years. Her 29 years in retail in Jacksonville and St. Augustine have kept her busy, but she never sees a dull moment. Wine is her passion. She is Vice President of La Chaine de Rottisseur in Jacksonville (an international wine and food organization out of France), a past President and member of Women Business Owners of North FL, Children's Home Society of FL, a member of the St. Johns County Chamber, Jacksonville Women's Network & Leadership Jacksonville, Class of '04. Jeanne has her BS from UF in Journalism, specializing in Public Relations and is married to Howard Caplan. She has three sons.

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also contributing:
Auretha Callison
Billy Mills
Linda Bartimus
Will Sanberg



Rose Anajjar
Writer & Copy Editor

Rose Anajjar is an editor and teacher of seven years and has resided in the St. Augustine area since June of 2013. She has put her passion and talent for language into editing translations, articles, essays, art analysis and interpretation, and many other written works. She has also taught a community continuing education course in the area entitled Basic Conversational Japanese at RB Hunt Elementary and is a tutor of college essay-writing, English composition, and English as a Second Language (ESL). Kansas City-born, she earned her B.A. at the University of Kansas, majoring in Japanese Language and Literature with supplemental studies in linguistics and other foreign languages such as French and Spanish. Her maxim: "Language is the linguistic paintbrush."

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Dave Kosciolk
Writer

Narrow Magazine is the 3rd music-related venture for Kosciolk. Prior to launching *Narrow*, he ran his own independent music label, Indigo Planet Records (IPR), for 10 years. IPR represented at SXSW, CMJ Music Marathon, nationally in *Billboard*, *Justine*, *Playboy*, and *American Cheerleader Magazines*, and label showcases at several leading clubs throughout the country including Stone Pony (NJ), Viper Room (LA), and Canal Room (NYC). Along with his wife, he also owned a music venue/coffeehouse for 3 years near the Jersey Shore, which helped bring original music back to the area, which had been submerged with cover bands.

dave@narrowmagazine.com

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Growth & Tourism

Can We Have Our Cake And Eat It too?

MONEY SPENT BY OUR TOURISTS AND VISITORS IS WHAT underwrites so much of the good life that we full-time residents enjoy in our City and County. As a fifth-generation Floridian and third-generation builder, I truly appreciate the importance of newcomers, tourists, visitors and homebuyers. I absolutely understand and appreciate the economic impact of tourism and certainly don't advocate turning off the tap.

What I do advocate, however, is carefully planned, growth that enhances the quality of life experiences for visitors and residents alike while also protecting our precious natural resources and one-of-a-kind, historic assets. What distinguishes St. Augustine from being just another coastal town with great beaches and restaurants is our unique environment. We are blessed with 450 years of rich history and some of the most extraordinary architecture to be found anywhere in America.

Geographically speaking, we are not very large and the historic fabric of our city is quite fragile. None of us would like to see the same thing happen to St Augustine that has happened to other coastal cities such as Clearwater and Sarasota, where I grew up.

Coastal Florida cities and towns have generally been forced by circumstance to be reactive, always playing catch-up, initially to tourism, then later to development. While the results of these forces may at first result in a better quality of life, there is invariably a "tipping point" where out-of-control development overwhelms the distinctive qualities that make a place special and unique.

I truly believe that we are at a pivotal point in time in St. Augustine and St. Johns County where we could pass that tipping point and lose forever a great deal of what makes us so very special. However, I sincerely believe that with proactive, clear and focused leadership we may still be able to have our "cake and eat it too."

The city can manage an expanding tourism base and the County can continue to grow, but a delicate balance must be maintained. There simply has to be a symbiotic relationship between the tourist and business developmental interests in the City and County and the environmental quality of life issues that significantly impact our visitors and residents.

The City of St. Augustine and St. Johns County need to actively encourage the Tourist Development Council (TDC) to continue to work vigorously to embrace and promote heritage and eco-tourism. We need to focus our publicity efforts on what it is that makes us different and special and attract tourists and visitors that appreciate what we have to offer.

In order to accomplish this we will have to resist the temptation to be something we are not. We simply can't afford to grab as many dollars as possible from whatever sources are available with total disregard for our ecological, historic and cultural heritage.

I am by no means anti-growth or anti-tourist; rather, I am a free enterprise loving capitalist, who happens to be a building contractor. However, I do recognize the value of what we have here. To a large extent, we are still the old Florida before the giant resorts and mega tourist attractions arrived.

Those of us who live in St. Augustine and St. Johns County are lucky enough to be in one of the few remaining coastal areas of Florida that has not been developed and commercialized into a state of complete mediocrity.

What makes St Augustine and St. Johns County so special is it's natural environment, it's people and its history. That's what attracted and captivated all of us and what continues to hypnotize and attract so many visitors to our quaint little City. ■



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I always see different levels of amazement and excitement...

THIS CITY IS MORE THAN AESTHETICALLY pleasing to see in a picture, through social media or even walking through downtown. For the people who live here year round, proclaim this city as their domicile, and consider running/jogging as a hobby (read: ritual), the streets and bridges of this town are more than that. I hope I never meet the runner who brags about running on a treadmill. Here's why: crossing the Bridge of Lion's and overpassing the fort, down San Marco Avenue and onto the Vilano Bridge is mutually invigorating and mentally calming. As I ascend (scale) the Vilano "two mile" Bridge, the pain and five gallon bucket of sweat are the very last things on my mind. That sharp, lingering pulsating feeling in my knees and calves is not important (debatable). The view approaching the bridge is stunning, the view while crossing the bridge is unforgettable. While atop the bridge, Vilano Beach appears so narrow, you can nearly see the entire island starting from the Atlantic Ocean and wrapping back around to the inlet side.

Running Overboard



photo: City of St. Augustine

A special treat for runners to never overlook, I must admit it being my guilty pleasure, is "racing" the Bridge of Lion's. As everyone knows, the Bridge of Lion's is the moveable or as the English language has conveniently simplified, 'draw-bridge' overlooking the fort. There are several stages of lights and swinging steel apparatus that go into this drill. However, I am not implying or suggesting anyone attempt such a childish, foolishly brilliant motivational pusher.

Everyone, runner or not, always has something to say about running in the summer months. Unfortunately, we live in a tropical climate that rarely sees snow and/or sleet and maybe, just maybe, the grass is not always greener 100% of the time. I see you and I hear

you; your negative connotations against something you usually brag about, "sunny Florida." There are worse problems. Getting an extra hard work out while, running and gaining and maintaining that summer bronze glow is all part of the process.

Throughout my runs, I never pass the same tourist twice. I always see different levels of amazement, excitement, and a delight for our city and us locals who will always openly, broadcast our pride at calling this community home. It is somehow humbling to consider how many people travel from so far to come to a city that I feel somewhat a part of. Get out and take advantage of your topography. During your next run, I advise not only taking in plenty of oxygen, but don't forget the view(s). ■



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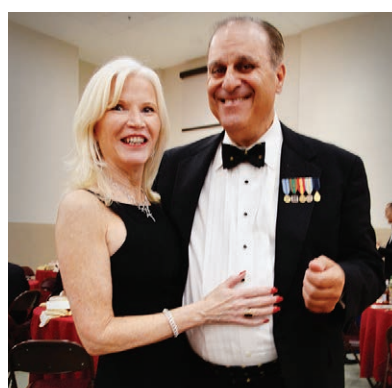
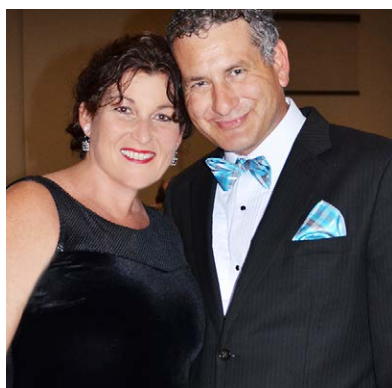
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The Second Annual St. Augustine Military Ball January 2016



Forward March hosted this truly elegant military gala with pomp and protocol. This year's ball honored Major General K.C. Bullard, the former Adjutant General of the state of Florida. Forward March, Inc., the non-profit organization spearheading the renovation of the historic Hamblen House, home of the C.F. Hamblen American Legion Post 37. Proceeds from the Ball will benefit this renovation.

by Sheila Veatch

Letter Writing

RECENTLY I HEARD OF AN EFFECTIVE EDUCATIONAL ADMINISTRATOR who followed what he called the “rule of two,” a practice he used to ensure consistent demonstration of positive social interactions. As an administrator his rules included personally visiting two classrooms a day and attending two school functions a week; however, what made the biggest impression on me was his habit of composing and mailing at least two hand-written notes during the course of a work week. This leader recognized the power of a hand-written note to encourage people in a personal way.

How sad to admit that hand-written notes and letter writing are becoming lost arts. I confess that I have been known to send friends electronic cards on their birthdays, including cards with singing monkeys, and that I’ve been known to say thank you through an email; after all, we live in an electronic world. But stop for just a moment and remember. Think back. Isn’t there something incredibly gratifying about finding an ecru-linen envelope bearing ones name in script hidden amongst the water bills and pizza flyers?

I have been blessed through the years with several special letter-writers. Hundreds of letters from a variety of people, letters which now reside in a water-proof container in my garage, represent an overview of my life, and there are times when revisiting those letters is just what I need to remind me of how very much I am loved and how very fortunate I am to have good people in my life.

Soon after Devan and I met in 1988 he moved to Papua New Guinea, an island country in the South Pacific. For nine months our only way to communicate was in the form of handwritten letters penned on fragile airmail tissue, letters that took two weeks to arrive. Pre-email, pre-fax, and pre-affordable long distance calling, the waiting between mailing and receiving a reply was at times excruciating but the gift of words was always worth the wait. Those letters express so much intimacy and I believe we were far more honest and vulnerable than we would have been face-to-face. Something worked; two months after my own arrival in that Micronesian paradise Devan asked me to be his wife and two months after that we were married. Even now, 26 years on, notes between the two of us are dear.

Emily, high school acquaintance, FSU roommate, and now cousin-by-marriage, has been writing to me since 1980. Her letters bear postmarks from Florida, Texas, Colorado, Illinois, Belgium, Turkey, and China, and her words communicate intensity, curiosity, and care. Several years ago Emily made me a book composed of letters I’d written to her; what a journey to read my own words. Tales of first-year teaching, boyfriend heartache, spiritual questioning, grief, joy, parenting, and life. Her letters, and my replies to her, capture the stuff of life.

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Another extraordinary composer of letters is my sister Angie. Her envelopes, covered with whimsical drawings of elves and flowers and pigs and swirls, are treasures on their own. The words housed within the envelopes are equally treasured. Her manuscripts include sage sayings, personal reflections, and honest thoughts. A timely verse of scripture seems to arrive at the very moment most needed, even when arriving in the old-fashioned mail carrier way. To be truly enjoyed and savored, Angie's letters require a cool beverage and a quiet spot and time to read carefully. It's always time well spent.

Recently my parents returned to me several letters I'd written to them circa 1969 during my two-week sojourn at Girl Scout's Camp Chanayatah near Arcadia, Florida. Written on pastel yellow, pink, and blue sheets with matching envelopes purchased from S.S. Kresge 5 & 10 at Cortez Plaza (considered in those days to be Florida's "Crossroads of the Suncoast"), these letters describe in minute detail of every campfire built, every badge earned, every marshmallow toasted. I wrote of the heat and the bugs and the skits and the homesickness. Anyone reading these notes would think I'd been separated from my family for months rather than 12 days. Reading those letters now is akin to being in a time machine; my simple words and fat, cursive handwriting make that time come alive 45+ years on. No photos or "selfies" are needed; my descriptions give a window into who I was as a ten-year-old girl, away from home for the first time, discovering more about herself.

This time of year as Valentine's Day is celebrated, many of us will search and scour store aisles for the perfect card to express love or friendship. Maybe this is the year to not buy a card but instead, write a letter or two. In original words, remind your significant other of the time that you knew for sure they were "the" one. Recount to a coworker how much you appreciated a simple act of help. Share words so cherished that they will be saved and reread when needed most. Put it in an envelope, place a postage stamp in its corner, and send it on its way.

Garrison Keillor best describes the impact a letter can have on the most mediocre of days:

Such a sweet gift — a piece of handmade writing, in an envelope that is not a bill, sitting in our friend's path when she trudges home from a long day spent among wahoos and savages, a day our words will help repair. They don't need to be immortal, just sincere. She can read them twice and again tomorrow: You're someone I care about, Corinne, and think of often and every time I do you make me smile.



So do it; reinvent the lost art of letter writing. Like that administrator who mailed two letters a week, make the habit of letter writing just that—a habit. Take pen in hand and take the time to sit and think and compose. As Keillor says, "The (words) don't need to be immortal, just sincere." You have no idea how your sincere words might just change someone's life or at least make them smile at the end of a long day. ■



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music

by Dave Kosciolk

“And the winner is...”

MOST SERIOUS MUSIC SCENES HAVE SOME FORM of recognition for their performers every year. Having worked in several scenes in NJ and NYC previously, I always thought this is something that would fit well with the eclectic nature of St. Augustine. It took some work, but on January 1st we announced that the 1st Annual Narrow Magazine Awards will be taking place in February. While we are not calling it the “St. Augustine Music Awards” just yet, we had more control for a first time event by using artists featured in Narrow during 2015 as being eligible. When we looked at all the possible nominees, we felt we covered most if not all of the releases by local performers. If we neglected to cover a release last year, shame on us, but shame on them as well for not letting us know about it. I don’t believe we refused coverage of a single song, album, or video release.

There will be five (5) categories of award (Best Song, Best Album, Best Video, Best Blockquote, Best Cover), and the finalists in each category were decided from all eligible entries by nearly two dozen Narrow Magazine staff members and contributors. Then to make it more interesting, we sent the finalists out to a panel of true music industry professionals to pick the winners. I felt this method takes local politics out of the final judging, and also exposes our music and performers to nationally (and internationally) known industry people and any recognition for our music scene is a good thing. We expect many of the nominees to perform when we hand out the awards in late February so please keep an eye on the details and come out to experience the first of its kind in St. Augustine!



photo: Nate Parks

Monthly “Showcase Series” featuring local up-and-coming talent

December also marked the start of another new initiative we started to help up and coming musicians in our city. Every Tuesday night, the open mic we sponsor at Planet! Sarbez! has become the best in the area, and we have begun showcasing some of the more talented, newer performers. Our first showcase drew more than 120 people, so please help us support the city’s musical future! ■



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Touch of Gold

Victoria Golden

VICTORIA GOLDEN IS A REMARKABLE woman and one of just twelve in the world to be initiated into the prestigious Explorers Club in 2012. According to Victoria, it was an amazing honor and humbling experience, stating that some of the early members of the club included Sir Edmund Hillary, Theodore Roosevelt, and Lowell Thomas. She has had the opportunity to meet some of the most renowned explorers like John Glenn, James Cameron and Neil Armstrong as well as some current adventurers, namely Elon Musk and Jeff Bezos. Last year, she organized an expedition presentation at The Florida Museum of Natural History where the wonderful TV host Jim Fowler of *Wild Kingdom*, also a member made a guest appearance. She amusingly states, “My friends have a few fun names for me: Indiana Jane, Manifestation Queen, and Dream maker. It really is about visualizing something you think is important to accomplish, and going for it!”

Victoria’s life before becoming a gallerist was a journey of finding her calling. From a young age she had a keen sense of what was truly important in life: simple kindness, not taking anything for granted, and going after your dreams. Her first aspiration was as an art major, but she soon found that she had an uncanny sense of understanding people and felt a strong need to contribute. She switched to Counseling Psychology and minored in Anthropology/Archeology and subsequently became the Director of the Counseling and Career Center at Santa Fe College in Gainesville. It was at this time that Victoria developed a real love for counseling and teaching students of all ages and used an unconventional approach to helping people, which was recognizing their gifts and goodness and working on helping them let go of the issues that sabotaged their happiness and success.

No matter what Victoria did, the goal was always the same: helping people to become all that they could be, and going after their dreams. Such a philosophy was born at age twelve when that young, insightful girl learned that life was fleeting and that each moment counted. “We have an obligation to make the world a better place and make a difference in our lives and the lives of others,” she wisely states.

What motivated Victoria to accomplish so much in her life was an obligation to achieve, which instilled in her a desire to learn everything from Art and Archeology to Zoology. She thence eagerly started her bucket list at the age of 19 and embarked on a first expedition to climb Tikal’s semi active volcanoes and temples, where she got a real sense of the culture and archeological wonders. At this time, Victoria started getting more involved in archeology in different countries. To her, it was concept emulative of that of counseling: digging to find important artifacts for the culture or helping to discover the special treasures within the individual. Stating that she is “always up for a new adventure,” she showed such when she led groups on cultural tours to places like China, Ecuador, Italy and Greece.



Digging in New Mexico, a new discovery of the Gallina People

Later after having her two children Victoria took a break from her then HR consulting position she had been offered up north as well as her radio show, *CareerWise* and went back to her first love: the world of art. She returned to Florida and resumed her fine art and antiques studies. Such an interest, nonetheless, led her down a path of intense course work to become a fine art and antique appraiser. She reflects that “there was a real need for determining the values of art and antiques in [her] community.” Victoria has worked with many of her *Antique Roadshow* colleagues and has now been appraising for 22 years, which has taken her all over the country, with many donation appraisals for museums, such as the Tampa Museum of Art, The Natural History Museum, Ringling, and Appleton and referrals from The Met. Soon after, the Lost Art Gallery in Gainesville, which consigns antiquities to contemporary art, was born to help individuals find new homes for their treasures. She began teaching at the college again and also assisted in leading cultural and charitable tours around the world.

Then life presented another challenge. Some of her family members contracted Lyme disease from a tick bite, and she was forced to watch them become more and more debilitated with joint pain, central nervous system issues, and malaise. A friend told Victoria about a Far Infrared and Negative Ion Therapy device, called the Biomat which, she regards highly for home use. After giving it a try, she was no less than amazed at how good the warm light therapy made her feel. Her interest and curiosity piqued, she researched it and found that NASA had developed the technology in the 50s to ensure astronauts were in optimal health and that two German physicists had won the Nobel Prize for their work with Negative Ions. She immediately obtained the mat for her ailing family and watched as it immensely helped them regain their health as well as relieving her mother’s arthritis. Victoria informs that, “Not only did it help with pain, but it was recommended for diabetes, and it also had an impact on my friends with oncology issues.”

more >

[continued from previous page]

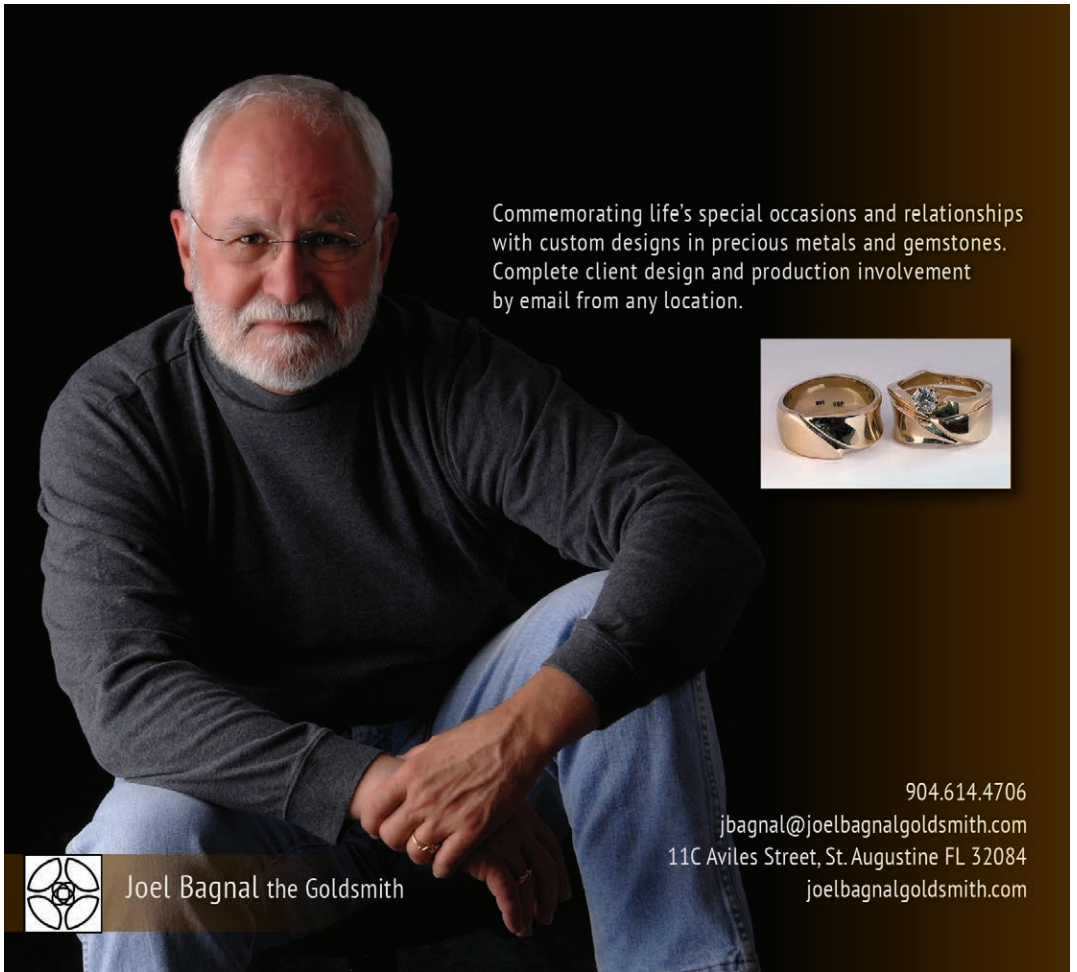
Not surprisingly, Victoria was looking for ways she could help others. Taking out a loan on her home, she opened a small therapeutic center where members of the community could come for their health issues. She then expanded into The Floating Lotus Therapeutic Spa and Health Center in Gainesville. Her health center continued to grow as massage therapists became interested, and the medical community acknowledged her efforts. The health center now has a chiropractor, acupuncturists, massage therapists, and aestheticians as well as Biomats in every treatment room. She even donates "mini mats" to children in outpatient oncology for home use. The spa's mission is to focus on anti-aging and to help people achieve optimal health. Other medical charitable organizations Victoria has been involved in include Kids Kicking Cancer, Hospice, and she is currently developing a program for vets with PTSD.

What brought such an industrious and charitable soul to St. Augustine was Victoria's need to be close to the ocean and beautiful St. Augustine, a place that had called for her contributions and help before. It was a place dear to her as she previously found herself helping with appraisals at the Lightner Museum, Flagler College, and working on the extensive Papau New Guinea collection at The Alligator Farm. Before she arrived to our lovely and historical town, Victoria claims that she felt "something stirring inside." Three years ago, she went on a trip to find a gallery space to which to move the Lost Art Gallery from Gainesville. One day, while in her car and stuck behind a slow-moving trolley, she suddenly decided to make a turn onto south St. George Street. Noticing there was no parking to be found, she paused. Almost as if by fate, a car suddenly moved out of a space, and when Victoria pulled in, she turned and saw an empty store with a sign that read, "For Sale, For Rent by Owner." It was so providential, she had to explore it. It was then that she decided to move her gallery to St. Augustine.




photo: Wendy Philcox


A year ago, Victoria had an opportunity to open Sea Spirits Gallery next door to the Lost Art Gallery. She has plans of having educational programs on fine art, archeology, and conservation in both galleries. Victoria's love of charity is also exemplified in her work on wildlife conservation and the protection of our oceans, springs, lakes, and aquifers, which was inspired by her fascination with the dolphin and sea turtle research in the Florida Keys and her overall love of the ocean. When asked how she does it all, she replies, "When something is important enough, we have to work on making a difference, and the journey is always exciting and rewarding!" ■



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Womens Food Alliance Gathering at Amici



The Womens Food Alliance (WFA) cultivates and advances networking, education, and collaboration for women in the culinary and hospitality industry in the Northeast Florida region.

by Yvette Monell

“I want to make people cry even when they don’t understand my words.”

— *Edith Piaf*



SHE WAS YOUNG AND POOR, BORN THE DAUGHTER OF A BUSKER and a cafe singer. In the years of Piaf’s fame her tragic and hardships of life are readily apparent in her recordings. Dating from 1936 until her last recorded song, *L’homme de Berlin*, which she taped in early 1963. Off the streets of Paris and into international stardom, Edith Piaf became among the most highly paid stars in the world.

Maestro Curtis (Curt) Tucker of St. Augustine’s First Coast Opera will present “Cabaret d’Edith Piaf.” This exploration of Parisian nightlife with the cabaret songs of Edith Piaf and lighter Parisian works for the stage will take place Saturday, April 16, 2016 at Mark Lance National Guard Armory. Tickets for this performance can be purchased at firstcoastopera.com.

Curt joined FCO as the Artistic Creator and Director in 2014. He is well known for his spirited and sensitive musical leadership and brings to the table over eighteen years of operatic management. He is a strong proponent of American works, a leading interpreter of “Gilbert and Sullivan” operettas, and a respected producer, composer and conductor of a wide range of operatic and musical theater repertoire. He brings opera of yesterday coupled with opera of modern day and the future.

The future looks bright for First Coast Opera. Their commitment for bringing artistic excellence to Northeast Florida moves forward in their zealous effort to engage the next generation of opera enthusiasts. Curt has brought growth to the company, fueling creative output of artists, and working to bond the collaboration between First Coast Opera, St. Augustine, Jacksonville, and beyond.

St. Augustine is proud to be the birthplace and home of First Coast Opera now going into its 16th year. What began as a vision of soprano Barbara Norris and her husband Anthony Fast is now the premier opera company of Northeast Florida. Ms. Norris built First Coast Opera around her goals of bringing opportunity and training to young artists in the North East Florida area, educating and offering performance opportunities. With the help of venues like the Lightner Museum and local high schools, she could bring to the community partially and fully staged operas with local talent, beautiful costumes and musical festivity never to be forgotten. ■

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faith

by Ginny Dozier

Staying Warm

IT'S COLD OUT THERE TODAY AND we live in Florida—a much warmer place to live than the rest of the country. The sharp air catches our breath, the breeze makes it feel much lower in temperature than it really is and the cloudy sky keeps the warmth of the sun from reaching us. We look at the news and see that up North and in other parts of the U.S. it is even colder than we can imagine Florida ever being. But that fact does not warm our hands or our hearts - we are still *just cold!*

It's kind of like that with our soul-life, when we experience times that are “cold and uncomfortable” and when we are not able to “warm up” to our Lord, or even His Word. We go about our busy lives taking care of family, friends, business; we work hard to find time to have fun, to exercise, to volunteer. Do we put as much effort in studying our Bible or praying to God in thanksgiving for all the blessings He has given us? Sometimes we are like the winter wind - we are spiritually cold. Sometimes we know “something is wrong” but don't quite know what it is that's off base; perhaps that's because we don't slow down enough to explore these feelings and the condition of our lives.

The sun shines bright every single day, whether we can see it or not; sometimes we see it peeking through the clouds but the truth is - the sun never moves - we do. And it's like that with God - He never moves away from us - He is always with us, near enough to warm our minds and fill our hearts and souls with unconditional love if only we will pray and listen.

So “warm up” today by putting all your faith, hope and trust in the Son. ■

“Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations..”

Deuteronomy 7:9

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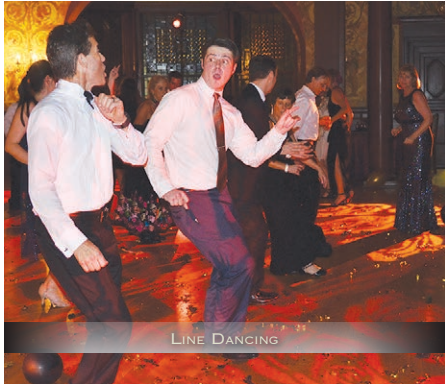
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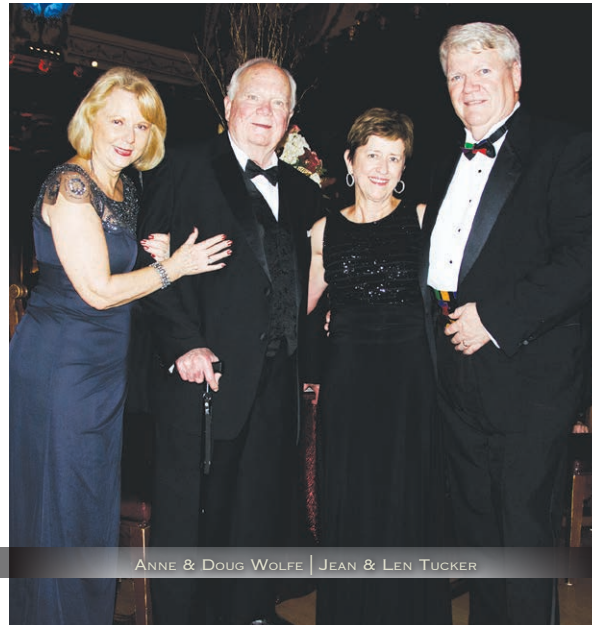
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SPANISH ELEGANCE

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Foil:

The foil is a descendent of the light court sword used by nobility to train for duels. It has a flexible, rectangular blade about 35 inches in length, and weighing less than a pound. Points are scored with the tip of the blade on valid target: the torso from shoulders to groin in the front, and to the waist in the back. The arms, head, neck, and legs are considered off target. Because foil actions often occur at blinding speed, an electrical scoring system was devised to detect hits on valid target. Each foil has a blunt, spring-loaded button at the point of the blade that must be depressed to register a hit. The foil fencer's uniform features an electrically wired metallic vest called a lamé - a hit to the lamé causes the scoring machine to display a colored light on the side of the fencer that scored the touch. Meanwhile, a hit off target - on the arms, legs or head, which are not covered by the lamés - causes the machine to display a white light. Off target hits stop the action of the match temporarily, but do not result in a touch being awarded.

Epee:

The epee (pronounced "EPP-pay" - literally meaning "sword" in French) is the descendant of the dueling sword, but is heavier, weighing approximately 27 ounces, with a stiffer, thicker blade and a larger guard. As in foil, touches are scored only with the point of the blade, however in epee the entire body, head-to-toe, is valid target - much like in an actual duel. Similar to the foil, the point of the epee is fixed with a blunt, spring-loaded button. However, the epee tip requires more force than in foil to register a touch with the scoring machine (basically, epee fencers have to hit harder). Because the entire body is a valid target area, epee fencers do not have to wear a metallic lamé. There is no concept of "off-target" in epee—anything goes.

[Reference: Oregon Division of the USFA]

SWORDPLAY

Twin Brothers Alexander Bryce Bogert & Brett Bogert

Brett:

11th grade IB/Engineering student @ Pedro Menendez High School. He is "A" rated in both epee & foil; fencing since 6 years old. Currently ranked #35 in the USA both cadet epee & foil nationwide as of this writing. Competes at regionals, nationals, and competed at the Pan American Games in Toronto. Numerous awards include Gold at the Arnold Games. Would like to get into robotics engineering. He was local member of PAL football & lacrosse, running/track for Gamble Rogers Middle School, rowing Halifax River. Spent a week this summer at camp "I Am Special" (St. Johns, FL) as buddy to special needs kids.

Bryce:

(the taller/younger twin by 1 minute)

11th grade AICE/Aerospace student at St. Augustine High School. He is "A" rated in epee and "C" rated in foil; fencing since 6 years old. Currently ranked #7 cadet in USA and #23 in cadet worlds. He won Gold for Team USA in World Cup, Copenhagen Denmark December 2014 and Bronze for Team USA in World Cup, Klagenfurt Austria October 2014. He also enjoys the same sports/hobbies/activities as his brother. A Violinist for St. Augustine Orchestra, he performed at the 450th Commemoration with EMMA Concert Association at the St. Augustine Amphitheatre. He performs at Disney concert every year and has been with Flagler Youth Symphony Orchestra for 3 years. Active volunteer at SJC southeast branch library; reads to little kids. Both young men are active members and altar servers at St. Anastasia Catholic Church.



SWORDPLAY HAS BEEN practiced for thousands of years, and modern day fencing began as a form of military training. It did not become a sport until around the 15th Century. During the European Renaissance, dueling was popular especially amongst the nobles. Fencing was included for the first time at the 1896 Games in Athens, and has remained on the Olympics since then. The women's fencing competition entered the games in 1924 in Paris. Today, men and women compete in individual and team events, in which three types of weapons are used: foil (target is chest only), epee (target is all over/head to toe), and sabre (target is everything above the waist).





photography by Nate Parks

[continued from previous page]

SWORD



Brett Bogert

The beginning

I started fencing when I was eight years old. My brother needed someone to practice with so I decided to join him. I found it very different from all the other sports I have competed in (I did swimming, rowing/crew, lacrosse, football, basketball, cross-country, tennis). Fencing is like a physical chess. It requires focus, discipline, and patience. But at the same time, it demands endurance and flexibility. After years of training, fencing became more than just a sport for me.

My name is **Alexander Bryce Bogert** and I excel in the sport of fencing. My sword of choice is epee.

I am currently 16 years old and have been to over 300+ competitions most of them being North American cups and recently 7 world cups. I began fencing at first grade. It was a more interesting sport, something out of the normal that made me feel distinguished from other people at school. It was also an air conditioned sport that did not involve full on bodily contact with another person. It was a healthy way to settle differences with my brother...we initially started fake fencing with our violin bows during violin lessons, which is how my mom got the idea.

I have many different sources of inspiration (can also be main contributors of stress in my life):

- My parents are my main source of financial support. They have set high levels of expectations for me in almost every aspect of my life. Fencing is an expensive sport and a loss might as well be a wasted opportunity that might not present itself again (wasted money). I try not to think of this during or before a big gig.
- Sometimes there are really nice “pancake size” medals or trophies that I can add to my large collection; otherwise, our medal collections are stored in a shoebox.
- Colleges look at your results. If you do badly, you have a lower chance of being able to fence for that college. No results. No scholarship. (Assuming you have above decent grades to be even considered).
- Also, bragging rights are a nice thing to have in school. For a day or two you’re in the spot light, but the next day everyone is back to talking about the high school quarter back (and his district local level game or occasional regional or state level, then I look back to when I was a 10 year old competing at that level...).

I would say things got serious when I entered high school. In youth 14, I was almost always in the top 20. In Y14, I was ranked #3, now I am ranked 7th nationally. It could fluctuate every month/every national tournament. But cadet is for 14 to 16 year olds and that is when you can become eligible for international world cups.

My very 1st world cup, I barely made the cut, being the last American on the list of Americans to go to Goteborg Sweden. In the preliminary pool (1st) round I did pretty badly. I’m sure I lost to half of the fencers in my pool. I was scared that I would not make it to the direct elimination.

I end up making the cut to becoming dead last on the direct elimination seeding having to fence the number one fencer in Italy and in the world. At that point, I was not so much scared as I was excited. I was thrilled at the prospect of fencing another high seed. I beat the number 3 seed in Junior Olympics in Virginia 2 months before and made it to the round of 32, which gave me points that allowed me to fence in this competition. Me and my dad didn’t see why it could not happen here.

I will admit the huge anxiety attack I had 10 minutes before the bout started. I step on the strip to see a huge mass of Italians cheering and from them, emerged an Italian with a different national jacket and helmet (I assumed that it was him).

After some epic fencing and a 3 point comeback the score is tied 8-8 and we have come into overtime. I win the coin flip and now we have to fence for one minute sudden death. If no points are scored I win but if he hits me once I go home empty handed. After 3 double touches and 3 second to spare, he finally decides to feint low and fleche attack high to which I duck and hit his abdomen.

Happiest day of my life! I make it to the round of 32 and make twice the amount of points I would get in a domestic tournament. This put me in a secure spot for the next few international competitions. In Klagenfurt I placed 9th and my team placed 3rd and got the bronze. In Copenhagen my team placed 1st and in Helsinki I placed 10th, earning points in all. ■

PLAY

Why fencing? Unlike most sports in the U.S. you are not restricted by a team. There is team fencing, but most often, it is two individuals bouting on a strip. It is a sport in which the fencer has to fight his/her single opponent. Nobody to rely on, nobody to sub you out. If you lose, you have yourself to blame. If you win on the other hand, the victory is mostly undivided towards you.

Another reason I love the sport is because it gives you the opportunity to travel. Throughout my fencing career I have visited numerous places local, regional, national, and international. I became very familiar with airports and convention centers! I also have made many friends. My dad travels for work so we tag along and end up fencing in many different places. Currently, not so much because we are juniors in high school. I am in IB and the workload is rigorous, plus we have the upcoming SAT and ACT exams to study for. My goal is to get stellar grades and hopefully fence for a team in college.

Since I am tall, many people expected me to be a basketball player. I was not spectacular at basketball and I felt unsatisfied with not just basketball, but many team sports that require team work which in some cases I did not have but in most cases it would be the result of a defiant, uncomfortable team. There were some team sports that I liked with athletic programs I enjoyed, but fencing was what I became good at and the better we became, the more focus my family put on fencing and away from other sports.

I was a rower, runner, swimmer, soccer, football, baseball, and lacrosse player. Truth be told, these sports were an effective source of cross training and physical fitness as well as recreation.

Speaking of which, my main source of training is my sometimes stubborn brother (ok, more than sometimes); we practice whenever we can, home-work permitting.

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poem

by Richard Lepre

Why do you ask

The cat just finished making its rounds as a Rufus to a college couple
They didn't have food but good scratches nice under the chin folk
palms tree over students and cat alike
I think all the houses down MLK are for show
so students feel like they live in an historic neighborhood
The ladies who get together on Sundays to share the Florida are a part of the aesthetic
It's nap time for the nocturnal
A shade in the shade of a wide Buick
The owner of the Buick rudely starts his car
The cat darts down the street like a dart like a car
Newly awakened, eyes full of day the cat answers the ticking of a tongue
Here, Kitty Kitty
Kitty Kitty looks first
You have to earn this
The man offers his hand like its giving
Come here, Kit
Kit pulls over to the curb in three step burst offering her head against his leg
They love each other for a time
Both unemployed furry creatures
Acquiring names on the go
On the go on the go
Always on the go
The man names his lover Luna
She walks away to find food
If you're finding food you're not eating
You have to know where food is
Food scurries about everywhere if you don't mind eating that sort of thing
The good food is on Immanuel's porch
Every day he shuffles outside to feed a Snowball, a Fat Tony, countless ants with names I can't begin to pronounce
And our cat lovingly named Sassy
The cat loved being called Sassy
He felt like a Sassy
Fluffy static-haired
All white but not a Snowball
Not that pushed in face
But all about those endearing eyes
Those expressive eye brows saying
'Thank you Immanuel' ■



PHOTO: ONDY MARSHALL

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the bog



John France, Jeff Hayes, Steven Mendoza

THREE FLORIDIAN GUYS WHO MOVED away from the state John France, Jeff Hayes and Steve Mendoza, spent a large part of their lives away. Figuring out what they wanted to do and where to settle, they each wanted to come back to the Sunshine State and made the decision to move back.

Steve was working in a beer bar in Asheville when the brewer and owner came in and was talking about his new system and just jokingly, Steve said, “Well can I buy your old one?” He said, “Yeah you can!” It turned out that he was a good guy. He trained me on the system and showed me how it worked.”

The three are very passionate about their beer. John said, “It was a three way conversation of: ‘Do you want to do this?’ We’ve wanted to do this—we’ve always wanted to do this—so let’s keep going. Let’s do this!”

To his credit Steve has won extensive awards in home-brew competitions. Experience is drawn from Steve’s history as a restaurant general manager. He managed a beer bar in Asheville, and managed a craft beer bar in D.C. Steve is quoted as saying, “I’ve been selling it a long time. I think I know what good beer is and what bad beer is. I know what people want in a beer and I know how they want to be sold beer. I’ve been to good bars—bad bars. I’ve managed good bars and I’ve managed bad bars. It takes practice to make good beer,” says Steve.

It was 2014 when they began looking for potential spots. St. Augustine was the one place they looked at that didn’t already have an established brew house and they saw this/ as an opportunity. “We liked the City,” the three agree. They wanted a building that has character, stands out in the local community, is convenient, and appealing to the eye. They were fortunate to find, what was once, Shingler’s Drug Store at 218 West King Street. John recalls, “We were looking for a place all up and down the coast when we found this building and said, alright, let’s call St. Augustine home.”

Years ago the West King area had a very vibrant business community until the county’s repaving project removed all on-street parking. The decision killed West Side commerce. Property owner Miriam McDonald Leikert (Shingler’s Drug Store) was aware of the problem for struggling merchants. In 2010 she offered to lease a lot she owned at 220 West King for City officials could develop about 20 new parking spaces. Along with the Great Recession (that is said to have ended in June 2009) most merchants could not survive. Those who made it through are witnessing a revitalization of the neighborhood as new businesses are attracting new customers.

“Once you meet another business owner here it’s, ‘Welcome to the area, glad to have you.’ We really like that small town feel. You wouldn’t get that in Orlando, or Miami, or even Jacksonville,” said Steve. All three agree that anything that is small and local enough with a decent clientele can survive.

A microbrewery or craft brewery is a brewery that produces a small amount of beer. Microbreweries can make no more than 15,000 barrels of beer a year. “To start with it will be all draft beer,” said Steve. “We will brew about 350 barrels a year—with that perspective that’s about 700 kegs. It’s hot in Florida. Whether you are fishing, walking outdoors or at the beach, you want a light beer to drink in hot climates. Lite beers like loggers will take longer, usually a month. It takes at least two to three weeks to brew a batch of beer.”

Jeff firmly believes, “There are those breweries that are able to live off of simply being a brewery because people want it. Often micro-brewers just want to move their product, push their inventory. When it comes to quality and consistency there are those who will slap a sticker on it and just sell it. That’s not what we’re about. We want to be proud of every beer we put down in front of people every day.”

Microbreweries have an intimate atmosphere and a variety of boutique beers and regular breweries just can’t compete. Craft and character are the required ingredients for any microbrewery. Bog’s menu will consist of; some loggers that are nice, lite, and easy-going, hoppy IPAs, super bazaar high fruit fusion beer. At night it will be like a bar; nice, dark, intimate, a place to grab a drink. No kitchen, no food, just beer.

Johns says, “Quality is what we are bringing to St. Augustine people are ready for what’s well crafted - luxury items.” Opening soon: “Get bogged down at the Bog and have some beers with us,” invites Jeff. ■



Plan to Cruise 2016

AS I WRITE THIS ARTICLE I'M LOOKING OVER MY BALCONY while cruising the Southern Caribbean. The sea is beautiful and relaxing! The waves are probably 8'-10' though on a modern cruise ship it seems smooth as glass. The ship provides excellent entertainment, comfortable lodging and great food for the duration of the cruise. The port visits are new and exciting and allow me to explore places that I've never before traveled. Ah yes! Cruising is truly a dream vacation.

Some of you may never have cruised before and some of you may be very frequent cruisers. Today's modern cruise ships have something for all of you. Think about what you most like to do on a vacation; where you would like to travel; there's a cruise line and ship that will cater to your preferences. When I say, "cater" I really mean "service" since cruise experiences are all about customer service. From the beginning to the end of a cruise, it's all designed for you with the least amount of effort.

Once you step on a cruise ship you can relax because everything...stateroom, dining, theatre, program activities, tours and lectures... are waiting for your enjoyment. You do have many choices though best of all, the logistics and reservations are made for you. The trick is to pick the cruise line, ship and itinerary that are right for you before you book your cruise.

Cruise lines all have different personalities; not all fit all sizes if you know what I mean. Here are some examples in my opinion. Carnival is geared for families who like lots of activities from morning and to late night. Royal Caribbean is great for families too, though has quiet places for adults only, including lovely pools in serene solariums. Royal Caribbean ships have some features unique on the seas including rock climbing walls, ice rinks, aqua theatres and inside promenades. Celebrity is all about "modern luxury" with upscale dining and contemporary décor. MSC has some of the most beautiful large ships with lots of Italian marble, brass and sparkling lights...even crystal staircases in the lobby area. Cunard and Holland America are old world luxury with spacious dance floors, lectures and upscale dining experiences. Don't for-

get the Princess Cruise Line which had the original "Love Boat" and continues its tradition of pampered cruising for all its guests both big and small. Disney is all about children and the magic that only Disney can create, but don't look for a casino on this one. Norwegian Cruise Lines have "free-style" dining, eat when you want and where you want to, so fixed seating time or tables; much more casual all the way around with no formal or dress-up nights. Then there are cruise lines such as Azamara, Crystal and Windstar that offer smaller ships with overnight stays in ports not usually selected by the major cruises lines. In general, the trend is toward larger ships that are destinations in themselves though some of the smaller older ships have a charm all their own, and there is less walking from forward to after.

So where can you cruise? All over the world! The major cruise lines sail from USA east coast, west coast and Alaska. Of course, Florida is the cruise capital of the world so if you're lucky enough to be in Florida it's very easy to drive to a port. If you don't mind flying then consider Europe, the South Pacific, Asia, Africa, the Baltic nations and even Antarctica, just about anywhere in the world. Cruise lengths range from three nights in the

Caribbean to 90 days around the world. Perhaps the newest cruise interest is river cruising with more than 10 well-know river cruise lines including Viking, AMA Waterways, Uniworld, and Avalon just to name a few, all of which have their own personalities.

How do you decide on the cruise that is right for you? You could spend many hours on the internet, or you could call the cruise line direct. In both cases you will not get the same person twice who knows you and will custom fit the cruise to you. You could ask your cruising friends who no doubt have their own favorite cruise lines and destinations, but is it what you really want to experience? Or you could contact a travel agent who will work with you to find the right cruise for you. Even seasoned cruises sometimes do not always know what the cruise world offers. Take for instance the couple who has sailed many times, who loves to fish, loves fishing boats, wants to see the

Cruise lines all have different personalities...

northern lights, see the Baltica area, but doesn't want to go to Russia. The internet will not hand pick the right cruise for them, or even know about Hurtengurten Cruises, a small Norwegian line, that is perfect for them.

The best advice I can give you is to contact a travel or cruise agent. There is not or should not be any cost to you because the cruise line pays the commission. You don't save money by booking online or calling the cruise line direct because the commission is still included in the price you pay though you don't get the personal service. A travel/cruise agent is constantly in touch with all the current specials and often will be able to give you perks and discounts that you can't get online or direct. Shop for an agent that is certified with major cruise lines, is a CLIA member and is part of a large provider of travel services.

So put your cruising clothes together, pack your bags (you only have to unpack once on a cruise) and let's go cruising!

Linda and Tom Bartimus have been Cruises Inc. Independent Vacation Specialists since 2008. They can be contacted by email; TBartimus@cruisesinc.com or 904.392.1703, toll-free 800.890.2789 (cruz). ■

poem

by Will Sandberg

Taxi

I walk the streets looking for a party, but it's too late for anyone to be out. The night is a damp, cold hand resting its knuckles on my chest. After an hour of walking around aimlessly, I go sit by the water.

I don't have much to write, but if you only write when you've got something, you aren't going to write much. The night is still, except for a few fish jumping out of the water. I listen to music on my phone and do some breathing through my nose. Big, deep breaths. I pull in the cold air and let it circulate through my soft-shell of a chest. The lighthouse sweeps over the black water.

I've been struggling for a long time now to find my place in life. I've worked so many bad jobs and have quit them all because they give me no sense of identity. I want to be a part of something that carries on forever. Am I greedy? Who's to say I'm not allowed to want that? Strike me down for it. I get up, and I keep walking because the exercise is good for me.

I cross the bridge and walk by a motel. In the parking lot there is a beautiful Yamaha sport motorcycle. I admire it for a while. Its round, gummy tires look new. It is something special that belongs in a museum.

I walk by another motel, and across the street, there is a chocolate shop. The shop is dark inside and far away, but I imagine all of the chocolates, snug in rows, in their display cases. During the day, this must be a very nice place.

A taxi cab drives past me, and I wonder what the driver thinks. ■

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New Locations



ORIN SWIFT CELLARS IS A POPULAR ICON in the world of wine. The creator started at the bottom, back in 1995 when on a lark, David Swift Phinney took a friend up on an offer and went to Florence, Italy to spend a semester to “study.” During his stay, he was introduced to all aspects of wine and was hooked. A few more years of university led to graduation, and in 1997, a job at Robert Mondavi Winery as a temporary harvest worker.

Phinney decided that if he was going to work this hard, it would need to be for himself, so he created Orin Swift Cellars in 1998.

Orin is his father’s middle name and Swift is his mother’s maiden name. With only two tons of zinfandel, he spent the next decade making wine for others as well as himself and grew the company into a multinational brand.

Many of his wines became national “must haves.” Papillon and Mannequin, probably the most popular, lead the list which also includes Abstract, Mercury Head, Trigger Finger, Machete, Fragile, Palermo, Veladora, China Doll, D66, and a Port, Mute.

Orin Swift Cellars now includes 300 acres of vineyards in the Southwest of France. This international ambition has led to projects in Spain, Italy, Corsica, Argentina and other locations around the globe.

One of Phinney’s latest projects is a collection of quality blends representing a region or country. This entire category is part of his Locations wines. There are blends from California, Italy, France, Spain, Argentina, and most recently, Washington State.

The newest entry, WA, is a beautiful blend of Syrah, Merlot, and Petite Syrah. This wine is full bodied with a fruit-forward burst of dark cherry and blackberries. It has a smooth finish and notes of oak and cedar.

The labels on the Locations wines look like the stickers that represent the cities in the US by the initials only. The look is unique and very recognizable.

All of the Locations wines are distinct and a good representation of what that area specializes in. The WA Locations doesn’t disappoint.

Most of Orin Swift wines are highly allocated and carried in finer wine stores. The company wants to maintain their distribution in a selective manner and keep the quality up to par. Despite the growth, Orin Swift Cellars continues to operate as a small, passionate team of friends and family dedicated to making great wine.

You can find most of the Locations wines at The Gifted Cork, 64 Hypolita Street in downtown St. Augustine, FL. Travel the world by simply opening a new Locations wine today! ■

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foodie

by: Chef Andrea Rosenblatt



The Hottest Kitchen Tool Its A Pressure Cooker, Rice Cooker & Slow Cooker

VERY FEW PIECES OF KITCHEN EQUIPMENT CREATE AS MUCH INSTANT emotion as the Pressure Cooker. Just say the words to a room full of people and watch the faces! Half will beam and yell out “I love my pressure cooker” and the other half will look at you with utter terror and yell out “one of those blew up in my neighbors kitchen when I was a kid – I am terrified of those things!”

Without trying to age anyone, if you actually witnessed a pressure cooker blow – you, or grandma or, neighbor, were using a pressure cooker that was probably more than 40 years old. The technology has come a long way. And frankly, so has litigation – you are safe. The new electric pressure cookers have a default that will let out steam if the pressure is too great. So, without fear its time to dive in!

The pressure cooker is hands-down one of my personal favorite kitchen gadgets and yes, I too had to get over the fear of having just set a pot roast bomb in the kitchen – but after many years of using a pressure cooker I consider it in the top five of most important items in my cookware collection. Pressure cooking is fast. Succulent pot roast in 33 minutes – that’s fast. Pressure cooking keeps in tons of flavor, and, you can even cook frozen items in a pressure cooker in a matter of minutes – talk about dinner without any planning!

The slow cooker is also a helpful tool. I personally use the pressure cooker first, to make really fast and really flavorful braises such as curry, stew, pulled pork, chili, etc. Then I freeze portions. I “thunk” a brick of my frozen dish into my slower cooker along with a half a cup of water, set on low, for a full day while I am at work. I come home to a steaming hot pot of dinner ready to go.

Another tool I truly wonder how I ever lived without is my rice cooker. The rice cooker, like a slow cooker is a “set it and forget it” device. I “thunk” my frozen chili into the slow cooker (loosen it from the Tupperware by running hot water over the sides until it loosens up a bit) and put a few cups of rice in the rice cooker, head to work and come home to hot chili and perfectly steamed rice. Amazing.

The rice cooker will cook all kinds of rice and grains – and you can prepare your seasoned box mixes in the rice cooker as well – just follow the package instructions as to the amount of water to add – toss it all in the cooker, set and walk away. Oatmeal, steel cut oats, quinoa, couscous; all of it can be done hands-free in a rice cooker.

The hot new item this year is the Instant Pot – an electric pot you can set as a pressure cooker, slow cooker or rice cooker! If you have a small kitchen this is the best idea I have heard about in a long time. The pot is electric and programmable, and will click over to “keep warm” when the cooking is done.

The pressure cooker items cook so quickly, that you can easily pressure cook your dinner in the instant pot, pour it into a dish to keep warm, rinse the instant pot and set up as a rice cooker, cook the rice to go under your pressure cooker dish, and be eating, in 30 minutes start to finish!

Use the Instant pot as a crockpot to reheat leftovers! One pot – so many options!

There are some excellent blogs using the Instant pot on line – just pop “instant pot recipes” into your browser and have fun – YouTube videos are available as well.

A few things to keep in mind:

Any recipe you have for a slow cooker can be converted to pressure cooking, or vise versa, just consider the owner’s manual for cooking times, and if an adjustment in the amount of liquid would be needed.

Rice math – to cook any type of rice in the rice cooker you need one more cup of water than rice. 1 cup rice needs 2 cups of water. 2 cups of rice needs 3 cups of water. I like to add a little oil and salt as well.

For other grains, and for pre-seasoned mixes simply follow the package directions for the amount of liquid – but ignore other details; all you need do is toss the package, seasonings and liquid into cooker, close and set.

Instant Pot



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Instant Pot Pressure Cooker Recipe:

Chickpea Curry: Serves a generous 6

(I love leftovers so I make a lot of this at a time)

2 cans chickpeas, drained and rinsed
3 cups veggie stock*
3 cubes "golden curry" (purchase at P.J.'s Asian One on SR-207)
1 large baking potato, peeled and large diced
2 carrots, peeled and sliced in 1/4 inch rounds
1 onion, diced
1 tablespoon vegetable oil
(optional – 1 can coconut milk*)

Set instant pot to sear and add vegetable oil. Add onions and cook about 4 minutes, until wilting and fragrant. Turn off pot.

Add all ingredients to pot on top of onions, close lid, and set for high pressure for 7 minutes.

When done, either let slow release take place, or following pot instructions, do a quick release method *once cooked, stir in coconut milk if using.

Serve warm over jasmine rice. The leftovers keep for three days in fridge and up to 3 months in freezer.

Instant Pot Rice Cooker Recipe:

Simple Rice Math – 1 more cup of liquid than rice. Add 1 teaspoon of olive oil per cup of rice and 1/2 teaspoon salt per cup of rice to cooker before starting. Set to cook. As soon as it's done, fluff with a fork, then close and keep warm for hours if needed!

Instant Pot Slow Cooker Recipe:

Chicken Thighs in Spicy Tomato Sauce: Serves 6

6 bone-in, skinless chicken thighs
4 tablespoons Spice and Tea Exchange Bloody Mary Spice
1 16oz can Muir Glen Fire Roasted Diced Tomatoes with the liquid
3/4 vegetable stock
2 teaspoons Worcestershire sauce
Dash of hot sauce
2 tablespoons vegetable or olive oil

Set Instant pot to sear and add oil. Rub chicken thighs with 2 tablespoons of the Bloody Mary Spice mix and working with 3 at a time, sear in oil. Remove to a plate and sear remaining three. Turn off pot.

Set pot to slow cooker mode – either high or low and place seasoned, seared thighs and all remaining ingredients into Instant pot. Cook on low for 5 hours or high for 3.

Serve hot and ladle extra sauce over rice or pasta.

Homemade Vegetable Stock:

Makes about 4 cups

Make this in the pressure cooker, set for 10 minutes or in the slow cooker for 1 hour.

1 cup carrot peelings and trimmings
1 cup onion skins, roots and peelings
1 cup celery tops, leaves or root ends
1 clove garlic, peeled
1/2 cup tomato pulp/seeds or 1 tablespoon tomato paste
1 teaspoon black pepper corns
3 teaspoons salt
4 cups water

Put everything in the pot and cook on pressure 10 minutes or slow cooker for 1 hour. Strain and use in recipes instead of water to add flavor! ■



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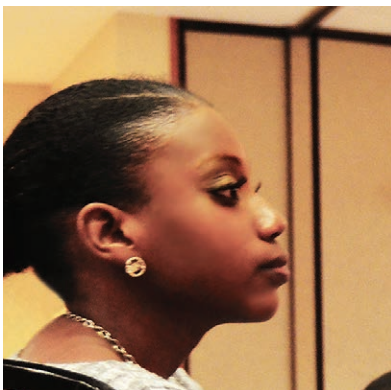
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What if they were your girls?



IT ALL STARTED AS A DREAM. IT WAS A BEAUTIFUL FLORIDA DAY as I sat at a picnic table next to Black Creek in Middleburg, Florida in June of 2007. I was reading in the Psalms when I came across two little verses that would change the rest of my life.

O LORD, you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear to do justice to the fatherless and the oppressed, so that man who is of the earth may strike terror no more (Psalm 10:17-18).

That's when I began to hear the desire of the afflicted. I began to hear their cries for help. I had already seen their faces and I had heard so many of their stories firsthand, but now I could hear them crying. I could hear them praying to God and asking for justice. I knew God heard them, but I felt as though He was asking me if I heard them. I knew about human trafficking.

With my background, I had more than a working knowledge of the criminal underworld. But now it was personal, in a way that it never had been before. So I began to do some research and some digging, all the while haunted by these cries for help.

The statistics startled me. The sheer horror of the reality of it all disturbed my soul. According to an *International Labor Organization* study in 2007, 80% of the more than 27 million victims of human trafficking are women. The vast majority of those women are under the age of 24. The average age is 13. Most of these women and girls end up as slaves in the global commercial sex industry. To most people, these statistics are hard to swallow, but to me they are impossible. You see, I've been in brothels all over South America and Western Europe. When I hear statistics, I see the faces of real women. I don't hear their stories—I see their stories. I play them back and forth, over and over again in my mind. When most people hear statistics, they are forced to use their imagination. They think of a place they saw in a *Liam Neeson* movie. When I hear statistics, I think of a café in Portugal where

We partner with missionaries and international organizations to help fight human trafficking all across the globe.

you could buy a latte or a young Brazilian woman.

When most people hear the words human trafficking, they picture big cities in Southeast Asia. When I hear it, I think of a young woman from Orange Park, Florida who is still bound in the chains of this modern day slave trade. For six long years I heard their cries and looked away. After all, what could I do? Then one day it all changed. You see for six years I asked myself the wrong questions. I would ask myself, "What can I do, or, what should I do?" Those were the wrong questions and I could never answer them.

On a hot summer day in 2013 as I was mowing the lawn in my back yard, the question changed. This time, I wasn't the one doing the asking, and this time the question stopped me dead in my tracks. I'll never forget it. I stopped mowing my lawn as tears filled my eyes when God asked me,

"What if they were your girls?" For the first time in six years, I could answer the question. I knew exactly what I should do. I knew exactly what I would do. For the past two years I have been answering that question. In July of 2013, my wife and I founded our non-profit PTSE. *Psalm Ten Seventeen and Eighteen*. We work with law enforcement agencies and other like-minded

organizations to help victims and their families. We partner with missionaries and international organizations to help fight human trafficking all across the globe. As I am writing this, construction is going on in India to build an orphanage that we are helping build. Over the next few months we are raising money to film and produce a documentary that we hope will expose human trafficking here in our communities and open peoples' eyes to what is going on right in front of them. I am no longer asking the questions. I am answering them. So now, let me return the favor and ask you a few questions. What can you do? What should you do? What would you do, if they were your girls? For help answering those questions, visit: www.ptse.us ■

The Bill & Jen

JENNIFER HUNT AND BILLY ALMAGUER CROSS FIT TRAINING AT DRIV

Jennifer Hunt Update

THE LAST MONTH AND A HALF HAS BEEN A humbling one for me. I successfully completed the Marine Corps Marathon as planned and beat my last marathon time, but soon after encountered some unforeseen medical issues. These issues resulted in me being restricted to low impact exercise, not to mention a barrage of tests. The saying “You don’t really miss something until it’s gone,” really is true.

You don’t always realize how much something impacts your life and overall wellbeing until someone tells you that you can’t do it anymore. Every day that I went without exercising only served to increase my anxiety and decrease my self-confidence. I lost energy, had trouble sleeping and just felt horrible over all. Exercise has always been a form of stress relief for me and once it was gone, I felt as if even the smallest of issues became overwhelming.

I was successful in keeping my weight down by carefully watching my food consumption, but let me be very clear... Thin does not equal healthy. I had always heard this and Cross Fit preaches it, but I guess I never really believed it until now. While my weight has remained the same, I have definitely lost muscle mass, cardio capacity and strength. While



being thin and toned is often times an added benefit of exercise, it is certainly not the most important aspect of it. I would much rather be strong and healthy than thin and weak.

While the last month or so has been extremely difficult in many ways, it was enlightening as well. I learned a lot about myself—what’s important and what isn’t. I learned that healthy living is a holistic approach encompassing not only the body but also the mind. I also learned that DRiV and the Cross Fit community is and can be a family in itself. Every week or so, I would get a message from the trainer at the gym checking on me and letting me know they cared. I was happy to report to them this week that I am ok and that I will be back in the gym soon.

While I am nervous about starting over, I am also excited and extremely grateful that I am healthy and have the ability to start over. I may have lost some physical strength and technique over the last month, but I didn’t lose the support of my Cross Fit family. Their encouragement and refusal to give up

on me has helped to keep me mentally strong. In time, the physical strength will return and I will be more appreciative of it. ■

Billy Almaguer Update

I THINK A VAST MAJORITY OF US spend time looking at where we are at and where we want to be. Often times we do not spend a lot of time considering where we are at now. I have spent considerable time thinking about where I want to be. I usually do this when I am between where I started and the finish line. I have to consistently tell myself to enjoy the journey. The journey is where the memories are made. The journey is where our story inspires others. The journey is where we get to enjoy mini victories, often times when we are pushed to our limits.

This past month has proven to be quite a journey. My long runs peaked, our church planting schedule inched us closer to launch and my crossfit journey had to be negotiated. Negotiated you say? Yes. It would not be feasible to run my body into the ground each and every day so I had to make adjustments to my schedule. Rest is an important component for every fitness goal. I found that this past month I had to listen to my body, postpone a few long runs and even move my normal crossfit days to alternative days of the week. Like you, life throws us curve balls that knock us out of rhythm. I had to adjust my life to get all of the things done that needed to be done.

At the end of the month I know I have grown in my strength, I know I have made huge strides in preparing our church for launch, seen some great gains in my crossfit journey and I have run my marathon (mostly). Mostly you say?...read on. The marathon that I have trained the past 6 months for



was on November 7th. When we arrived at mile 14.5 we were abruptly turned around by the medical staff and the race was closed. Why? Well the heat index got to 87 degrees and the race director had to call the race (cancel it). All of my training, all of the early mornings at crossfit came to mind. The circumstance was out of my control. I was basically in between where I started and where I wanted to be (the finish line). I pondered for a few moment the implications of not getting a real time and not running the full marathon as I had intended to; but then I remembered to simply enjoy the journey. That’s right, I chose to enjoy the journey of approximately 17 miles and not 26.2.

I do not have another race on the calendar so I am able to add another day of crossfit to my schedule moving forward. I am excited about this. I want to encourage you to step out towards some major life goals. That’s right. Do not wait. If you want to finish you have to start now. I also want to encourage you to achieve more tomorrow that you did today. If you want to set a goal of running a 5k then start with walking around the block. Crossfit has taught me the value of modifying exercises so that I can finish a work out. Crossfit has also taught me the value of pushing myself a little bit harder today than I did the day before. In closing I want to encourage you to enjoy the journey. Remember, most people are two decisions away from major life change. The first decision is to take the first step. The second decision is to repeat. ■

by Shirley Drake Jordan

Doing Foxtrot

LET ME RUN ACROSS AN OLD PRINTING PRESS AND I AM SWEEPED BACK on the river of time to my thirties when I wrote for the Times Leader in Martins Ferry, Ohio. It was my favorite job ever!

So when I entered the small print shop located on Anastasia Island I began one of those memorable trips. For standing to my left as I entered was a striking old press. And a friendly voice said "Welcome to Foxtrot!"

If you stop by you will be greeted, not only by owners Grant and Madison Paxton but also, by Romeo their dog. Romeo is a friendly Shiba Inu. His favorite spot is lying in the window waiting for clients and watching the world go by.



whole family is close by. We were married at the White room downtown on August 16th, 2013—which is also my parent's anniversary. We opened Foxtrot a year ago."

They are true entrepreneurs and love their lives. They feel confident about their business now that a year is under their belt. They mostly deal with local clients but have some work in other states. Grant says his music students range in age from four to sixty four. He also plays at some cafes and Madison quickly added, "Grant has a beautiful voice and can play any instrument."

They proudly showed me some of their design work. It was all unique and appealing. I saw everything from flyers to thank you notes and coasters. All was done on fine paper with an individual feel.

When asked where the name Foxtrot came from I was expecting them to say from the dance. But Grant said when they were making plans for a design and print shop he kept remembering the sentence students are taught in typing class that uses every letter of the alphabet.... The quick brown fox jumps over the lazy dog. Foxtrot just seemed to encompass what we wanted to portray.

The business is open Monday thru Friday and on Saturday by appointment only. It is located at 711 A1A Beach Blvd Unit A, St. Augustine Beach.

And being the old journalist that I am I will sign off with... ■

Grant says he and his best friend own Foxtrot Creative Studio; his best friend being his wife Madison. Both Madison and Grant grew up in Pennsylvania and graduated from Waynesburg University in Waynesburg, Pa. Grant majored in Education while Madison has a degree in Marketing. They specialize in design and letterpress and have done menu designs for restaurants such as Zaharias on the island and Casa Maya near the Bridge of Lions. Their work is unique and professional.

Grant said Foxtrot and the local UPS store have done some collaborative printing. They like working with their neighboring businesses. They also do website design, logo design as well as print media like flyers and mailers. All this unique work is done on the antique Chandler and Price Press from 1896. The press alone is worth stopping by to see. When asked where in the world he found such an instrument, Grant said a man from Tybee Island, Georgia finds and restores such machines. He said the man drove the press down to them on a trailer behind an old Mercedes automobile. The story seemed to fit the machine!

And when you enter the second room of the business you encounter many musical instruments hanging on the wall and standing in bins. Grant plays and teaches guitar, banjo, ukelele, djembe hand drums and trumpet. He also teaches at First Coast Technical. There he teaches Social Studies and reading and will soon be adding career counseling. And in his spare time he plays in a local band called Shilling Hill named for the farm in Pennsylvania where he grew up.

When asked why St. Augustine they smiled and Madison said, "First my grandparents James and Janet Nelson moved here to Anastasia Dunes on the island, then my parents Liz and Ken Klein moved to adjoining Makarios Carriage home and then Grant and I came. We also moved into Makarios so the

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