

SAM



art | culture | shopping | dining | people | living | giving

St Augustine Magazine
The magazine for the Old City way of living.



A SIMPLE PIECE OF CARDBOARD WITH pictures now rippled from what time does to things held together by glue. Some torn, and most curled around the edge of what were once goals and desires of mine as a young girl. Not photographs taken but images collected from magazines, words and phrases placed to trigger inspiration. It's my 'wish board.' Recently, while moving, there it was. Over the years it had its way of tailing me through this journey of life. This time it brought with it an amazing sense of achievement. It emerged as a 'memory board.' A collection of things obtained, goals achieved, my experiences.

The reality hit me this is actually a time-line of my life! This collage of disorganization represents not just the reflection looking back at me, but put patience into prospective. These things didn't come all-at-once or when I wanted, yet they

emerged in time. Most as lessons I needed to learn.

I happened to look up at my surroundings today. The place where it is I now spend my time writing and creating. Surrounded by trinkets that make me laugh, tools it takes to do my work, gifts and treasures, simple things identifying my history, my here and now.

Life's experiences have a way of identifying moments and hold them until the time comes we need them. Patience is one of life's most valuable possessions. With faith in God patience is freely given.

Today, take a look at what it is that surrounds you. Be thankful for all that you have and always be willing to let it go. Close your eyes, put your trust in God—then be patient.

Peace and Blessings,
Yvette Monell, publisher



SAM

Our Father, who has set a restlessness in our hearts and made us all seekers after that which we can never fully find, forbid us to be satisfied with what we make of life. Draw us from base content and set our eyes on far-off goals. Keep us at tasks to hard for us that we may be driven to Thee for strength. Deliver us from fretfulness and self-pitying; make us sure of the good we cannot see and of the hidden good in the world. Open our eyes to simple beauty all around us and our hearts to the loveliness men hide from us because we do not try to understand them. Save us from ourselves and show us a vision of a world made new.

— Eleanor Roosevelt

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Zach Seymour
Editor

AS A CHILD GROWING UP IN CENTRAL FLORIDA, St. Augustine was often just considered as a field trip destination in my immature mind – a quirky, small city with a coquina fort and adults that liked to play dress up. My memories involved crowded, sweaty school buses and aggravated (often for good cause) chaperones.

When I was in high school and college, St. Augustine evolved into a great place to go to the beach and to escape for spring break. I made memories, but they mostly involved youthful indiscretion, severe sunburns and relaxation with friends and family.

It wasn't until I moved to the Oldest City in young adulthood that I realized this mix of history, architecture, music, art, nature and higher education was incredibly unique, especially for a community of less than 15,000 residents.

When I was approached to be a part of St Augustine Magazine, it seemed to be a perfect opportunity to explore my new city more thoroughly and gain exposure to experiences and people that my bike and I may not encounter on

our own. To me, the great strength of St. Augustine lies in its diversity, history and eclecticism. A place so culturally dynamic deserves an ongoing testimonial to its vibrancy.

The goal of St Augustine Magazine is to highlight the many cultural, artistic and community elements that make this city so unique. Through words and images, the magazine will offer a personal window into the events, places and

people that make up the lifeblood of the city and area. Our goal is to inform, engage and inspire our readers with original and creative content.

We also feel that the success of this publication is directly linked to developing a positive relationship

with our readers and supporters. Thus, as editor, I invite you to be directly engaged with us. We welcome your feedback, especially when you strongly agree, disagree or have input on issues that we present. Perhaps you will choose to express yourself in a letter to the editor, an op-ed piece or by providing ideas for future articles. As partners, we can continue to build upon our unique culture and strong sense of community.

New Beginnings in an Old City...



Jody Hicks
Marketing Director

I am excited and honored to be part of the SAM experience. Sharing our very St Augustine perspective will be a wonderful exchange with such a diversified community. I can't wait to meet you, and if I already have, I look forward to seeing you all again!



Nate Parks
Creative & Technical Guru

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



Phil King
Writer & Photographer

In the Air Force, Phil did all aspects of photography, including work for the SR-71, the world's fastest plane. He later taught photography at State University of New York at New Paltz, where he received his degree. There, Frank Zappa nicknamed him "The Real Phil King." He is a journalist who still enjoys merging hard facts of nature and history with colorful feelings of art. As author of *Saint Augustine Carriage Tour* he blends St. Augustine's story with colorful prose, pictures and lively humor. Enjoy his photography and books at Wednesday or Saturday farmers markets, local venues, online booksellers, and on thousands of local walls and coffee tables. Watch for Phil's controversial novel, set in St. Augustine, later this year.



Tiffany Katz
Photographer

My photography is dedicated to showing off my subjects. For example, during a shoot, I like models to feel beautiful and to live in the moment-- it's all about relaxing and having fun. My clientele consists of models, actors, families, and entrepreneurs. I have a soft spot for kids and service members. Being a mom, a wife, and an Air Force veteran, nothing is more important than family, and there is nothing like capturing that special "aha" moment during a portrait session. Photography is a constant learning experience, and I can't imagine it ever growing old.

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Michael Foster
Photographer

Life long St. Augustine resident, Michael enjoys writing, photography and spending time with his son Stephen. Self employed at Foster & Son Lawn Maintenance, he loves the outdoors and has a deep appreciation for his work. He takes great pride in a job well done.



Jay Moore
Writer

Jay is a columnist, specializing in antiques. Since 1988, he has appeared in numerous media outlets and will keep readers engaged with his knowledge of antiques and the stories behind them.



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



Jordan Hicks
Communications and Marketing Consultant
Graphic Designer

A graphic designer and fine artist returning to her roots as a writer. She has spent the last few years completing her undergraduate and master's degrees. She now returns to her love of the written word, and is looking forward to expressing her creative talents on a new platform.



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. 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 Florida and Children's Home Society of Florida, and a member of the St. John's County Chamber, Jacksonville Women's Network and 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.



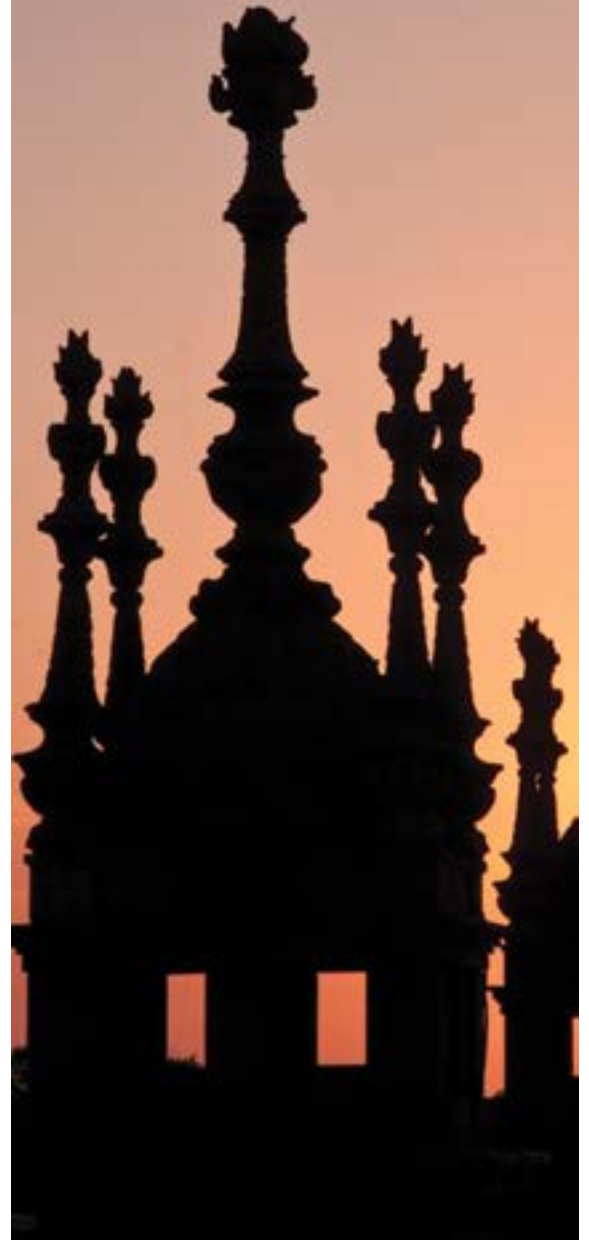
Leigh Cort
Writer

With a passion for travel, food and celebrities, Cort's interests take her to barrier islands, chef's tables, world-class resorts and acclaimed historic inns. Her public relations company, LeighCortPublicity.com, specializes in creative PR campaigns and integrated marketing, as she represents restaurants, historic hotels and bed & breakfast inns, private islands, celeb chefs and specialty foods. Whether she's promoting St. Augustine, Eagle Island, GA, Savannah, St. Simons Island, GA, Peachtree City or Spring Lake NJ, there is always a touch of 'show business' associated with her clients and projects.



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SUMMER

at St. Francis House



Anyone with extra clothing lying around is encouraged to bring it to St. Francis House at 70 Washington Street in St. Augustine. Clutter can be reduced and a tax deduction gained. These donations could help someone get a job and a fresh start.

SPRING IS HERE AND SUMMER IS FAST approaching, bringing changes and challenges to St. Francis House. The heat of summer comes early to the homeless and those who are in the business of aiding them. The benefits and corresponding challenges of summer have St. Francis House responding to both.

The hot days of summer bring a new wardrobe to the minds of many, and the same is true at the homeless shelter. It's time to trade the coats, gloves and scarves of winter for shorts and t-shirts. A new pair of shoes or work boots and a summer hat, bandana, or sunglasses may become a necessity for those outside working all day. St. Francis is fortunate to receive generous donations of clothing for its clients. However, work boots and other men's shoes, sizes 8 to 12, are always needed. Clothes, shoes, and boots are often the difference between a person working or not.

St. Francis accepts all types of clothing, and nothing goes to waste. Things that don't get used on the premises are often donated to other used clothing outlets in exchange for items in need at St. Francis. For instance, female clients are often able to find work related clothing at the Haven Hospice's St. Augustine Attic, located in the old Food Lion (now Save-A-Lot) Plaza.

St. Francis has also houses families, so donations are needed for children as well. Anyone with extra clothing lying around is encouraged to bring it to St. Francis House at 70 Washington Street in St. Augustine. Clutter can be reduced and a tax deduction gained. These donations could help someone get a job and a fresh start.

Another summer challenge is volunteers. Many volunteers are snowbirds who come from the North or even from Europe. When they head home in summer for cooler weather, St. Francis runs short on volunteers. There are plenty of positions available in the offices, dining room, or elsewhere. There are many benefits to donating time helping appreciative people, and it can be a great way to meet new friends and broaden horizons.

Summer is also the time when food becomes more scarce. Schools that participate in food drives are on vacation. The post office also has a major drive every May, but that food has been diminished, and food donations are unfortunately typically slow in the summer.

St. Francis' goal is to be able to continue serving thousands of meals and providing hundreds of food boxes each month. The facility reaches out to restaurants and food suppliers with extra urgency this time of year, but the community's help can make a big difference. Unopened food donations are always welcome during normal business hours. And, of course, cash donations are always welcome and accepted, too.

St. Francis House serves anyone who is hungry at 11 a.m. every day. While having fun this summer, try to keep those in need on your mind. Every bit helps! ★



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Thing That Happened at Night

AS A LIFELONG NATIVE OF ST. AUGUSTINE, there are some old stories and traditions that have died off and exist only in the memories of those who were there and the stories they hand down to others. Here is a story of a bygone era that exists partly in my childhood memories and from the stories I heard growing up.

As a child of the 60s, St. Augustine was a sleepy little tourist town that was mostly vacated after summer was over. The locals will tell you that there was not much to do and all day to do it, I remember it well. My mom was born here in 1933 and her mom was born here too. The stories I used to hear them talk about growing up were wonderful stories. The things we used to do were simple, but those things live among my fondest memories to this day.

One thing we always had though was the beach. The people who have lived here will tell you it is truly part of their essence, I know it is with me. A lot of the locals lived with the beach. They usually all had a mullet net (cast net) in the trunk of their car or back of their truck. We would ride the beaches at night, usually with the lights off. Then turn towards the surf, turn the lights on and see if you could see any mullet jump. If so, you grabbed the cast net, waded out and made a cast. The mullet were plentiful and sometimes one cast could net you more than you could eat. The abundance of fish did not go to waste, let me tell you.



Back in those days, cars weren't made like they are today, simple as that. Put one on the beach, you got rust and in short order I might add. Carbon steel rusts quickly and on a quiet night, you could almost hear your car rusting. Bumpy roads were common and dirt roads were all over the place. It didn't take long before you could hear pieces of your car falling off as you found the bumps in the road. The other thing that used to fall or rust off was your exhaust system...more on that in a bit.

So, since the vast majority of locals didn't have much money, the old cars got recycled into a Skeeter...aka homemade beach ride. They were as individual and colorful as the individuals who took the time to make them. Four wheel drive vehicles were virtually nonexistent, they were expensive, but they also rusted out just as well as the cars did...quickly!

My Dad and Uncle built a Skeeter that they both shared. I have no idea of what car it began as, but it was a homemade job if there ever was one.

The first thing to go was the rusted out body. There was only steel angle along the sides to give it strength. They replaced the seat with something a bit more waterproof than the old one...plywood. There were no seat belt laws as those cars didn't even come with them.

The Skeeter was all open, no hood and you could look right at the engine as you rode along. The trunk was gone, replaced by plywood and more angle iron to hold it together. Ice chests were not that common, so a big old galvanized washtub was where most of the things went including the mullet net. That sat where the trunk used to be, the better fishermen had room for two or more washtubs. Some of the fancier Skeeters had trunks...sort of.

I remember the sound of the engine when we went for a ride, which was often as the beach was much more fun than being home. Mom and Dad had boat cushions on the plywood seat for comfort. They wedged me in between them and off we went. Accidents were very rare as simply, there was not much traffic to speak of. They only fear they had for me was falling out, so I got the middle seat, every time.

If it was a slow night on the beach and the mullet were not plentiful, you could sit and hear another Skeeter coming down the beach. The funniest thing was, Dad knew who was coming by the sound of their Skeeter. You didn't have to see who was coming you could

hear them long before they showed up. Next thing you know, someone was pulled up alongside and then the grownups would sit and talk. If there were mullet in the washtubs, I could amuse myself by playing with the fish while the grownups did their thing. Grownups were boring back then... fish covered with beach sand was much more interesting to a young boy.

Another thing you saw a lot of, were mufflers on the side of the road. They literally rusted right off.

Usually you could hear when it happened, but some had such large holes rusted in them, it was hard to tell as the sound was not that much different. The standard repair kit was a wire coat hanger, tin can and a pair of snips to split the can and cut off the ends. Then you wrapped the can around the break in the exhaust, twisted the wire around each end and wired it back up to the frame and away you would go. You would sometimes see people waiting for their exhaust system to cool down long enough to do a roadside repair. Nothing special there, most of the locals were well acquainted with this ritual. One of your buddies would be happy to stop and start a conversation while you waited for your muffler to cool enough wire it back together. There was always something to talk about.

Some even painted numbers on their Skeeter and made them to look like homemade race cars. But that is another story. However, most people are unaware that the Daytona races were run partly on Daytona Beach back in the day...I am not sure how this came to be, but beach buggies I am sure had a part in it.

Things that happened at night were different back then as well. Let's just say it was not out of the ordinary to hear someone's Skeeter pull up in your yard about 10 o'clock or 11 o'clock at night. I remember hearing a knock on the door, Dad answering the door and getting asked if he wanted a mess of mullet. Yes, a mess of fish is what you got. Whether it was 6 or more, you were asked if you wanted a mess of fish and the usual answer was a big yes. Next thing you know, Dad was cleaning fish, mom was making grits and we would have fried mullet at midnight, or just before.

Yes, when it was Dad's turn with an abundance of fish, he looked after some of the seniors who were too far along in years to go get their own fish. Next thing you know, it was Dad knocking on their door late at night. I can still smell the fish and grits to this day.

Yes, fishing on the beach, mullet in the back of a Skeeter, it was a great way to grow up. ★

Pie In The Sky



"I'LL MAKE PIE." MALEA GUIRIBA, executive director of Pie in the Sky, proclaimed nearly six years ago in response to her position as a domestic violence advocate being de-funded after four years in the rural farm town of Hastings. This was a particularly interesting statement since Guiriba had never made a pie in her life.

"We were sitting in Johnny's restaurant and I was lamenting how long it took me to earn the trust of the people in Hastings and now I would be just another agency that came and left."

"It was unacceptable," Guiriba said, matter-of-factly. At the time the only restaurant in town, Johnny's did not serve dessert, so Guiriba figured she could do what she and others had been doing for years, filling in the cracks.

Ellen Walden, a case manager with Health and Human Services, Mike Mitchell, the director of the non-defunct OUR Center program and Guiriba had been pooling their resources for some time. When one had a client that didn't fit within the guidelines of their respective programs, they would come together to find solutions and a way to help those who had nowhere else to turn. Now pie would be the tie that would bind them. Mitchell told Guiriba, "You should name it 'Pie in the Sky' because you have pie in the sky ideas about help to help people."

That help came in many unconventional ways. Guiriba and Walden, affectionally known as "the Lucy and Ethel of Hastings" would leave no stone unturned and no trail un-blazed when it came to providing assistance for a diverse and historically underserved population.

On a typical day, Lucy and Ethel would ride through the muddy tractor-rutted trails out behind a potato grader to find a farmworker, bent over in 20 acres of cabbage, under an already grueling spring sun, just to let him know he had a doctor appointment the next day. Then they would go to the other end of the earth, out to Flagler Estates, a ten-thousand acre subdivision with no cell phone coverage and isolated families living in dilapidated mobile homes, many in abject poverty. Traveling down a desolate, cavernous hole-filled lane that could barely be called a road, the pair would deliver birthday presents and a cake to a grandmother raising her two small grandchildren. Without the delivery, the 9 year-old's birthday would have just been a day like any other. After the girls show off their pet baby raccoons, Walden and Guiriba head back to "town", where they drive through the farmworker hang out, the carwash/laundromat/woods where people live to look for Marion, a 50-something, "retired" farmworker who makes

a living collecting cans and scrap metal.

And that is just before noon!

Pie in the Sky has never been a typical social service agency and that is just fine with Guiriba. "I have always colored outside the lines," she said. "My mama always said I was rebel and that was a good thing." Because in the wild west town of Hastings, very few people or the problems they encounter fit inside the lines of most conventional agencies. Whether it is hauling 2,500 pounds of rescued produce in the back of Guiriba's pick-up truck or delivering a stranded farmworker to the bus station for a trip home or handing out 18,000 pounds of food in a single day, Pie in the Sky has been the go-to agency in Hastings for the past six years. But after five years of baking more than 1,000 pies and becoming officially known as, "The Pie Lady" and distributing more than one million pounds of free food to area residents, Guiriba wondered if there wasn't a better way.

"It just seemed like we were spinning our wheels and not making any real changes," she said.

It was time to go big or go home. So after taking a break from the food for a while, The Pie in the Sky team built a better mousetrap and Farm to Family, a mobile farmers market designed to address a multitude of social ills, was born.

Guiriba and Walden heard about food deserts, seven census tracts in St. Johns County identified by the USDA as places devoid of access to fresh fruits and vegetables. Home to nearly 10,000 low-income residents and senior citizens, the pair were struck by the enormity of the issue of access in a veritable land of plenty and set out to do something about it.

After consulting with their supporters and board, the idea of what to do next and how it would all fit into the parameters of the Pie mission, came easily. After meeting two retired farmworkers early on in Hastings, Guiriba became increasingly aware of a social justice issue that had long been swept under the rug in the small rural town. Walden knew the problem existed and had worked quietly behind the scenes for many years, but now she had the ear of Guiriba, a longtime advocate for silent minorities.

With Farm to Family, they could address multiple issues, including economic development, job creation, housing alternatives and job training for farmworkers who wanted to leave the life of peonage behind. In the process, they could bring business to small family farmers who were looking for ways to extend their growing season and "hold onto the family farm" and address issues of food insecurity by creating, quite literally, a vehicle to tackle the lack of access in food deserts. The plan would be known as, "a win, win, win."

The biggest hurdle was how to move the food from the farm to the food deserts. The first to step up to the plate was Bozard Ford-Lincoln. When Guiriba and Walden first sat down with Lettie Bozard, a Hastings native, she never even hesitated before committing funds to provide the truck. That commitment was the foundation upon which F2F was built. Along with the support of longtime Pie in the Sky donors, Christ Episcopal Church in Ponte Vedra and their satellite church at Serenata Beach Club, who had come to the rescue of the food pantry a couple of years before, a business plan was developed and the wheels were set in motion.

In May of 2014, F2F held a kick-off event at Bozard Ford and with the slogan, "Produce to the People", Farm to Family was officially a go. "I never thought that the mission of Pie would really have anything to do with food," Guiriba said, "but the more we thought about it, the more sense it made. Everything revolves around food and hunger issues are often at the root of so many other social ills. As a conduit for real and systemic change, the mobile farmers market presented Pie with a way to do it all." For the first eight months of F2F, Guiriba worked with one local farmer who sourced all of the produce. Although the idea of purchasing locally and supporting the family farms in the area was a good one, the program never really gelled and in December of last year, after enduring months of heavy loss, Pie in the Sky and the farmer parted ways and once again Guiriba found herself at a crossroads. The idea, she believed was still a sound one, but in trying to make money for the farmer, Guiriba thinks the program lost its way and if they could come back, they needed to come back with the mission as the sole purpose: access to food for vulnerable, in need populations.

"Once we refocused on the mission, everything else began to fall in place, and in February of this year, we re-launched serving only food deserts." Although it has been a struggle to keep things afloat, Guiriba said, they are on the right track now. Traveling with a volunteer nutritionist, Jennifer Wickliffe, a chef, Phyllis Wood, retired nurse Loretta McMaster and of course George as the market ambassador, F2F gained the support of Island Doctors to launch their own version of the bonus bucks program, doubling the purchasing dollar of customers who shop with their SNAP benefits.

"We had one lady cry," Guiriba said, "when we told her she could purchase twice as many fruits and vegetables."

"She told us her stamps had run out for the month and she didn't know how she would feed herself and her three children. This is exactly the reaction we were hoping for," Guiriba said.

Not only has F2F returned to the roots of its

mission with food access, but they have also been able to source product from a wide variety of local producers, so they are contributing to the overall economy as well. "We have wonderful relationships with F2F Spuds Farm, LLC, a fourth-generation farm just east of Hastings, GyoGreens, an aquaponic farm in the Northeast part of the county and Berry Good Farms, a program operated by The Northeast Florida School of Special Education. It feels especially good because we are all on the same page," Guiriba said.

F2F has a 60-year business plan, Guiriba explains. "If we can reach that child who is suffering from the effects of childhood obesity because they can only get to convince store food and that child grows into an adult who will be healthier, less likely to be diabetic or hypertensive, less emergency room visits, more time on the job and that adult grows into a senior citizen who is more likely to age in place because they have been able to eat healthy, that is making a real and substantive change. And it is all because of one word, access."

And F2F stands a good chance of getting there having just recently become the only farmers market in three counties to be a recipient of the USDA Food Insecurity Nutrition Incentive (FINI) program. The grant will give Farm to Family a total of \$25,000 over the next three years for Fresh Access Bucks and cooking demonstrations and recipe information.

As the program heads into its second year, Guiriba still has "Pie in the Sky" ideas about helping people and with continued support from Bozard Ford, Christ Episcopal at Serenata and Christ Episcopal Church in Pone Vedra, as well as donations from the St. Augustine Lion's Club, Sunrise Rotary and Sertoma the program has some financial footing that gives Guiriba has reason enough to believe in the future of F2F. And, she might just have a moment to catch her breath.

Guiriba said laughing, "Maybe I'll make a pie or two, just for fun."

For more information about Pie in the Sky and Farm to Family or to volunteer, visit farmtofamily-florida.org or email pyinthefsky@comcast.net. ★

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The Residents of Assisted Living at the Pavilion



David Hartzel
Ellen Walden Director of Social Services for Health & Human Services



Dr. Larry B. Lake Executive Director/ CEO at BVHC
Jim Norman VP of Finance for BVHC



Bill Mignon Chairman of the Northeast Florida School Boards Coalition
Anne Guenther VP of Operations for BVHC



Meghan Saxton and Shannon Shiell daughters of Dr. and Mrs. Joyner
(the presented the award to their parents)



Mr. Albert Smith Resident at Buckingham Smith
Nyree Longo Resident Service Aid



“We believe sharing is caring,” stated Dr. Larry Lake, Executive Director / CEO of BayView Healthcare. Caring Hands – Caring Community builds awareness and support for the exceptional healthcare - services through a multi-level continuum of care. The purpose is to help those in need of health care services and financial assistance regardless of their ability to pay. The annual charitable and community benefits amount to more than \$6,000,000 a year. This year Caring Hands – Caring Community recognized Dr. and Mrs. Joseph Joyner as the 2015 Community Service Award Recipient. Dr. and Mrs. Joyner give generously of their time, talents and resources to make our community a better place. Dr. Joyner also initiated the first Pursuing Victory with Honor Program in the state that incorporates character education into athletic programs. Dr. Joyner is currently serving as President of the Florida Association of District School Superintendents. All donations, grants and net proceeds from fundraising events are contributed 100% to the programs and care supported by Caring Hands – Caring Community. Contributions are always welcome.

photography by Joey Caneva



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A VISION FOR THE FUTURE ROOTED IN THE PAST

photography by Jey Caneva

THE BACK PORCH OF DAVID CORNEAL'S ST. AUGUSTINE HOME is a picturesque setting for well-earned retirement. The home itself is as stunning as the bay view, and most anyone would have a difficult time imagining a better place to retreat after a life forged by hard work and achievement. Oddly enough, things didn't quite unfold that way for the home's inhabitant and designer.

From a law practice and sports-related entrepreneurial ventures in Pennsylvania, to the ownership of a historic inn in Key West and everything in between, Corneal landed in St. Augustine joining his three children and their families five years ago having parsed down his wide-ranging business ventures fully committed to rest and relaxation.

But his mind and body were not ready to make the jump from 40+ years of six and seven day workweeks to the 'good life' of back-porch lounging and an abundance of free time. With this new-found free time came anxiety and distress. This reaction to what many consider the golden age of life is what makes Corneal unique and had made him effective in most of his endeavors.

In the beginning...

Corneal spent his formative years in Harrisburg, Pennsylvania and eventually accepted a scholarship offer to play football for Penn State University in State College. A serious ankle injury coupled with guidance from his father, a physician, led Corneal to drop his devotion to the gridiron and settle into a major in finance. When he eventually earned his degree, Corneal asked himself the age old question of young graduates: 'Now what?'

Leaving the familial support and familiarity of Pennsylvania, Corneal ventured south to Stetson University College of Law in St. Petersburg, FL, a world away from the frigid winters of the northeast with a growing appreciation for the allure of the beach and the many benefits of life above freezing. Corneal remembered, "I got down here, and I was living near the beach with the sunny weather instead of the winters up north. I said to myself, 'Why would I want to go back?'"

After finishing law school and a short stint practicing in south Florida, the unexpected death of Corneal's father, coupled with a sense of devotion to his younger brothers and widowed mother, sent David back to the cold winters of his childhood. But he would never lose his connection and affinity for the Sunshine State.

continued on page 19





Professional Development...

David eventually started his own law practice in State College, which afforded him the financial ability to start and transform businesses and develop real estate while staying close to family. Through this experience, David became adept at simultaneously managing multiple projects that required long workdays, creativity and focus.

With an entrepreneurial spirit and the tools and experience that accompany a background in law and hands-on business development, David was approached by Penn State to write the curriculum for several business classes. When asked to then teach the classes he had developed since a suitable instructor could not be found, David accepted the post that he would subsequently hold for 31 years.

Family Life...

David married his wife, Sandra, in 1968, and together they have three children. By the mid-1990s, two of Corneal's three children, Amy and Seth, had already relocated to Florida, both living in Key West. Seth, Corneal's youngest son, was practicing law, and Amy was running Corneal's hotel, Island City House Hotel, with her husband Sean Kelley.

When Amy and Sean thought of their children starting school, they agreed that Key West was not the perfect environment to educate their children, so they began to evaluate other locations in their new home state. Recognizing its impressive school system, location on the water and its rich history and art, the family decided to move to St. Augustine, a city they had never even visited before.

All three of David's children ended up settling in St Augustine, yet he remained in Pennsylvania, too far from his kids and grandchildren and the weather he had enjoyed so much while in law school. However, before leaving the area of his childhood, Corneal would have one more contribution to make to the State College-area.

David had always felt a connection to art and art of construction. The chance discovery of a leather bound book would help merge these two passions. Corneal's grandfather had been an art teacher in the Philadelphia-area with a reputation for fostering his students' interest into professional careers. He passed away when David was only five, and years later, David discovered a leather-bound book that had been created and presented by his grandfather's students as a symbol of their appreciation.

This book was the inspiration for the construction and development of a non-profit art school for kids from 6th to 12th grade just outside of State College that remains operational today. David had previously purchased 250 acres of land in the area and saw this as the perfect opportunity to create a testimonial to his grandfather. He would build an art school for area children in his grandfather's name, the C. Barton McCann School of Art. The school now includes a 17,000 sq.ft. sculpture garden inspired by a trip to Florence, Italy. David personally built the stone garden, toiling that would lead to hip replacement surgery.

Knowing he wanted to move to Florida to be with his family, David needed a way for the art school to at least partially sustain itself. The sculpture garden would be key. Having originally been constructed as a place for contemplation and inspiration for the students, the garden began to draw the attention of the art community. Today, the school hosts between 30 and 40 events annually, an important stream of income for the continued operation of the school.

'Retirement' and vision in St Augustine...

With his affairs in order in Pennsylvania, David was ready to make his move. He bought adjacent lots on St. Augustine bay and began the construction of his new southern home. Corneal's love of design and construction came together in his bay front property. With minimal outside design help, the palatial home began to take shape, keeping David busy and distracting him from the realities of retirement.

As the most pressing work began to reach completion, David began to experience anxiety related to his new-found 'freedom.' "Retirement to me is not having to do the things you don't want to do. It's not supposed to be doing nothing." While he had eliminated the things he didn't want to do from his life to one degree or another, David hadn't quite found the answer to achieving a sense of purpose with his extra time. This would eventually work itself out, as David is a believer that things usually "evolve as they should."

First local project...

Awash in the unexpected frustration that he may not be suited to retirement in the traditional sense, David would drive by the old boarded up M&M Market building at the corner of King and Bridge saying to himself, "Someone should do something about that." Years of neglect and misuse had left the old Victorian-style house as not only an eye-sore, but a known den of drug dealing, drunkenness and prostitution. The city shut the building down in 2010, but in the 24 months prior to its closing, the St. Augustine Police Department fielded 608 citizen complaints about the property.

The building was at a point in its life cycle where it was in need of help, as was David. Each was in the unique position to give the other exactly what they needed; M&M Market needed a talented restorer and conservator, and David needed a project to occupy his mind and provide an outlet for his creativity and passion. "I ended up buying it from the city," Corneal said, "and I thought it would be a real challenge to make it something. That's how I got underway here in St. Augustine."

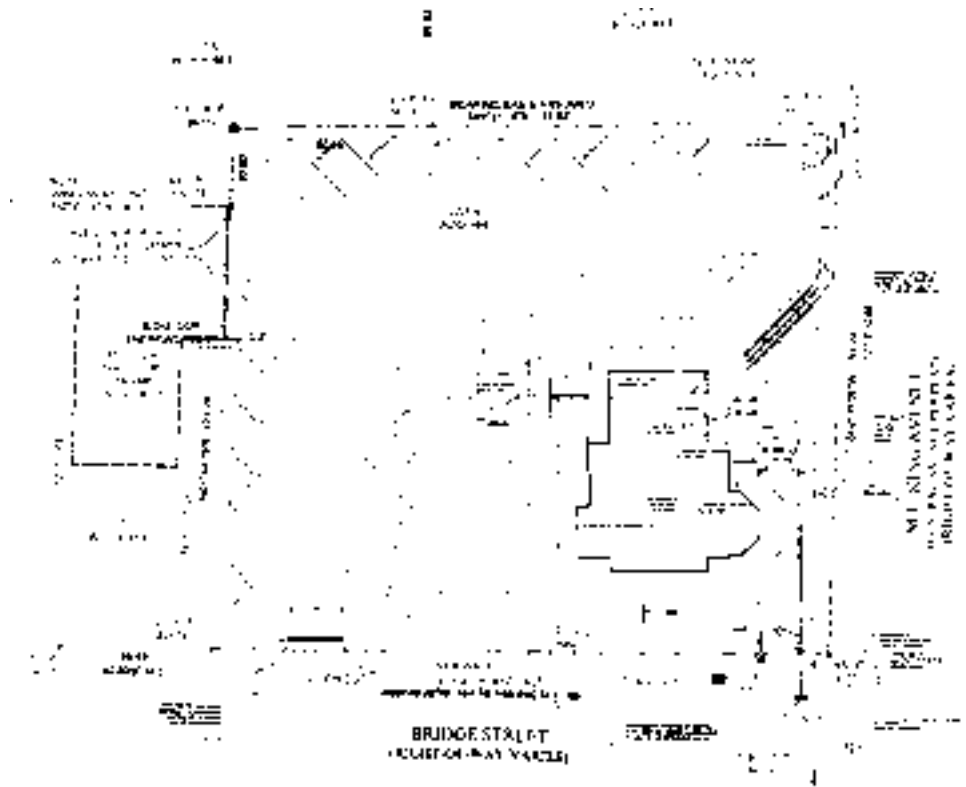
David's plan is to put a restaurant in the carefully restored building where the dilapidated neighborhood convenience store once stood. A building once notorious for all the wrong reasons is getting a new lease on life and will soon take its proper place among the historical architectural sites in the Lincolnville area. The plan for the three-story building is to have a southern comfort food restaurant on the first floor named Jefferson House, an homage to the buildings original owner, the granddaughter of Thomas Jefferson. The second floor will feature two suites that will be made available for rental, and the third floor will feature housing for the restaurant's eventual head chef.

Corneal was required by the city to preserve what he could, but the only area that was primarily salvageable was the third floor. David had the third floor's original pine wood floors removed and relocated to the first floor. The restaurant will feature furniture, artwork and furnishings meant to give visitors a sense of the building's history. The grounds around the building will feature a citrus garden and outdoor seating.

The property will feature what David is calling the Jefferson Giving Well. Diners, and guests will be invited to throw their coins, preferably Jefferson dollar pieces, into a water fountain located near the cistern. Once a month, the fountain will be emptied and the money distributed between four charities.



photography by Nate Parks



The plan for the three-story building is to have a southern comfort food restaurant on the first floor named Jefferson House...



The vision evolves...

Corneal's initial restoration project had barely gotten underway before Corneal received a call from his realtor. She told him another interesting project in the same historical area had presented itself. Corneal bought it the day he looked at it.

The Dow Museum of Historical Houses, a group of nine eclectic structures located between Cordova and St. George Streets north of Bridge, had operated for years as a museum. Originally, an eccentric art collector started with one house on the block and filled it from floor to ceiling with random pieces of artwork and antiques. Once he had filled the first house, he bought and moved onto the next. Eventually, he had occupied all the structures on the block with random treasures from his travels. After Dow's passing, the property changed hands and purposes before it was abandoned and left to deteriorate.

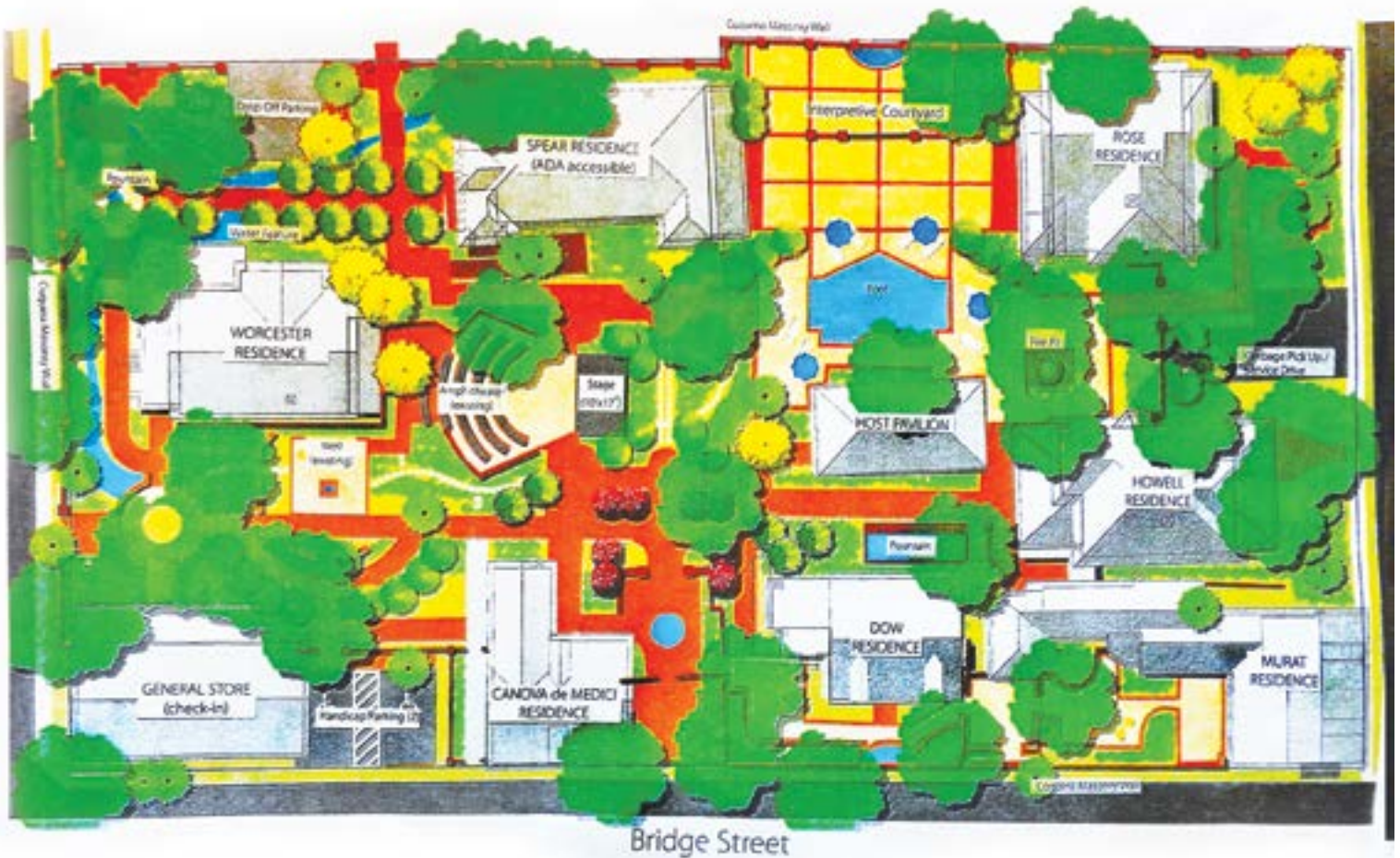
As can be the case with well-constructed historical buildings, the shell of the structure itself outlives its originally intended purposes, resulting in neglected buildings in a high-traffic area. The buildings are too relevant to the city's history and too majestic to be torn down, but too large of a financial undertaking to be restored by the city.

David's plan is to divide the structures into 30 historic suites. The project, to be called The Cordova Inn, calls for the exteriors of the buildings to be restored and the interiors to be upgraded with all the modern amenities travelers expect in a hotel room while retaining the feel and décor of the era they were constructed. The oldest building on the property was constructed in 1760, while the most 'modern' was built in 1910.

While many developers may have seen the property as an opportunity to buy the Dow Museum, divide it into parcels and sell it to individual investors, David intends to keep the property intact with continuity in design. The historic structures are connected with walkways and small gardens. Once the restoration is complete, the property will have a sense of cohesiveness. David is saving and using every brick from the original walkways.

The grounds are full of fascinating artifacts, landmarks and structures, but there is one item that should be of particular interest to a community with a deep connection to the Civil Rights movement. The property features a piece of local history called the Freedom Bell. This bell was rung in 1863 to call the local slaves together to read them the Emancipation Proclamation and strike off their bonds. David's plan is to more prominently display the bell and other historical aspects of the property in order to make these treasures more readily available to the public.

The Cordova Inn will be opened to the public once a month during the city's Art Walk, but most of the buildings and grounds are visible to curious pedestrians that are strolling down Cordova or Bridge Street. As to be expected with a property of this size in such a developed and inhabited area, David has met resistance as to the nature and the function of the hotel from concerned residents that do not want excess noise and increased traffic in the area. To cultivate and promote a positive relationship with the community, David has promised that there will be no weddings and receptions and no amplified music permitted on the property.



Animals benefit too...

While he clearly has a passion for the conservation of architecture, art and history, David also has a soft spot for a different kind of preservation. As the owner of seven rescue dogs himself, David has been a lifelong animal lover. To this end, he has partnered with Ayla's Acres No-Kill Animal Rescue on a project called Peter's Friends Animal Resource Center. The project is a tribute to Peter, a rescue dog that David owned as a boy. The aim of the project is to build a no-kill shelter that will cater to animals that are unlikely to be adopted or at a high risk of euthanasia, just like Peter.

To get the project started, David has vowed to match any donation to Peter's Friends Animal Resource Center out of his pocket up to \$1 million. He hopes that this will be the catalyst for others in the community to donate their money to this cause that is so near and dear to him. The group is looking at sites near Hastings as a possible location for the shelter.



...most of the buildings and grounds are visible to curious pedestrians that are strolling down Cordova or Bridge Street.



Where do we go from here?...

So as we approach our 450th Anniversary and all that comes with preserving and caring for our historically important sites against the challenges of development and gentrification, having a community ally, Corneal, willing to take personal financial risks to preserve our history, is a gift that should not be taken for granted. Some may argue that an out-of-town entrepreneur such as David Corneal is not good for the historical integrity of the city or the preservation of its many artifacts. While it is certainly true that Corneal has built a career and comfortable lifestyle out of being highly focused, driven, ambitious and, yes, probably shrewd, astute and clever, it is also inarguable that he has an appreciation for our area's history, art and charities.

It is fairly clear that David Corneal leaves a mark on the communities in which he lives, and he has certainly proven that he has the abilities and means to implement a vision. Whether his motivations are altruistic, self serving or some sort of combination of both, the result is the same. Historical structures will be functionally restored and the aesthetics of the area will be improved. ★

More or Less

IF YOU'RE LIKE ME, GOING TO THE HISTORIC DISTRICT IS A CONTINUAL lesson in the three P's... Patience, Perseverance and PARKING!!! The other question I asked myself was is his really worth the aggravation? Does all this tourism really benefit our community?

Recently, I ran across an article written by a long time resident and business owner that needs to be revisited. It hit the nail on the head regarding the 'visitors' and ensuing congestion they inject all around our Oldest City. Here is his article that I'm sure will give a renewed perspective to the locals and business owners appreciation of the type of 'visitor' Saint Augustine could and should enjoy.

The Article follows:

I refer to tourists, or so many tourists, in our community and how healthy tourism is for St. Augustine. It is vitally important to avoid, at the beginning, a false belief that tourism is separate from the interests and needs of residents. It's a mistaken idea that the town's tourist traffic does not benefit the welfare of our average citizen, or that tourism makes us worse off and negativity impacts our quality of life.

Tourist crowds, noise an associated traffic problems: we've all experienced them and all the annoyances. But to not think through the issues could be shortsighted and very costly to all residents. Tourism has a first level effects which includes negative ones; but also second and third levels effects. What are they? The typical tourist-oriented business owners in St. Augustine, and many people employed by those businesses, spend most of their income here in town, benefiting many other local businesses and their employees, who may be unaware that their income and jobs are derived initially from tourist dollars. And those business owners and their employees re-spend those original tourist dollars with other local businesses, creating more local jobs. The circular "my-spending-is-your-income" reality underlies every economy, large and small.

Remove the tourist dollars (or seriously reduce them) and not only do tourist suffer, but also do all the secondary and tertiary businesses and jobs derived from them. Restaurants and stores close, jobs disappear, houses are foreclosed, apartments vacated and people move away. Property values in general decline, including those of the average citizen.

The average St. Augustinian is also a consumer of goods and services. Currently, St. Augustine enjoys a remarkable selection of restaurants, boutiques, antique stores, and concerts, etc., thanks to tourists spending. If patronizing these businesses is not your thing, understand that our ordinary super-markets, shops, service providers, health care providers, and even our local movie theater all depend on the injection of spending by tourist and its subsequent circulation by residents and job holders.

Next, there's the effect on average citizens when city tax revenues from tourism diminish and the real estate tax base falls. It is fatuous to say "Well, city spending will just decrease." It won't, and property taxes on the average citizen will rise, including property taxes on people, including retirees, who will also find their property values declining. These possible consequences are very real. The same scenario has played out in countless cities and towns around the country as they for one reason or another, lost their tax bases.

Tourism can create annoying traffic problems. We need to deal with that issue: Build another parking garage for the cars. As *St. Augustine The Record* editorialized recently, "St. Augustine does not need the emphasis on more tourism as much as it needs an effort toward better tourism."

One way to attract better tourism is to accommodate the reasonable demand that better tourist have for easier, assessable parking. They do not want satellite parking. Our nearest competitor for historic city visitors is Savannah and at my count, that city has three modern parking garages in its historic district.

It is highly unwise to risk the livelihoods of thousands of residents, the wonderful amenities we enjoy, our property values and the economic base of our town, over a reluctance to build a parking garage.

It is highly unwise to risk the livelihoods of thousands of residents, the wonderful amenities we enjoy, our property values and the economic base of our town, over a reluctance to build a parking garage.

David Geilman received a PhD in economics from the University of Florida and has taught economics for 35 years at various colleges and universities. He currently owns and operates Churchill & Lacroix, Antiquaire located in the historic Lightner Museum Plaza. ★

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One Dog at a Time

ST. AUGUSTINE IS GROWING, AND WITH THAT growth comes people and their pets. Unfortunately, sometimes there are circumstances that make keeping a pet impossible, and for most this is a heartbreaking fact of life. St. Johns County has many great rescue organizations, the newest member of these heroic folks is Swamp Haven Rescue.

Run by Lindsey Kelley and her husband Joe, along with her sister-in-law Alyssa, they started volunteering at animal shelters way back in college. Originally from Whidbey Island, Washington, they started small with their first rescue, Griffin. After moving to St. Augustine, Kelley's passion for saving one dog at a time became what is today Swamp Haven Rescue.

Tucker, a Walker Hound, is one of their rescue stars! Doomed and slated for euthanasia, Tucker's story could have been a very sad one indeed. Now Tucker has fresh air, open skies and a farm of his own. Tucker is the "Museum Dog" at the Florida Agriculture Museum! What a great success story for Swamp Haven Rescue and of course Tucker, too.

To help and support this wonderful rescue organization contact: Lindsey Kelley at: swamphavenrescue@gmail.com. ★



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The Ring Clock

SIMPLE, SLEEK AND UNIQUE IS THE PERFECT DESCRIPTION for this little device combining the grace of a ring with the usefulness of a timepiece. Gustav Szikszai has brought this product to life. Nearly four years ago, the first model went into production and the images finally came to light two years ago with the opening of Ring Clock's Kickstarter. They not only reached, but surpassed their goal by over \$100,000 and are now securely grounded and ramping up production (pre-orders are available on the website). Housed in a water-resistant stainless steel body, Ring Clock is on the cutting edge of technology, combining wireless charging, ultra thin battery, and energy saving LEDs. The ring lights up with the current time when you twist the interlocking hour/minute/second rings. Already eco-friendly, Ring Clock hopes their next version will be powered by the kinetic energy from the movement of the rings, an entirely green design dream.

ringclock.net



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The Apple Watch

THE NEW APPLE WATCH BLURS THE BOUNDARIES BETWEEN physical object and user interface. Available in three distinct collections - Apple Watch, Apple Watch Sport, and Apple Watch Edition - this device provides a wearable iOS-based user interface featuring unparalleled control fluidity via Digital Crown and Force Touch technologies through a revolutionary design. Apple has custom designed its own S1 SiP (System in Package), shrinking an entire computer architecture to a single data chip. Highly customizable, the Apple Watch is available in custom alloys of polished or space black stainless steel, space gray or silver anodized aluminum and 18-karat rose or yellow gold. Apple Watch also comes with 11 watch faces ranging from traditional analog to dynamic time-lapse to astronomy (with interactive real-time 3D model of solar system) to solar face (sundial); with options for watch straps and sport bands in stainless steel mesh, leather, and high-performance elastomer. Featuring Bluetooth 4.0, Wi-Fi 802.11b/g, and inductive MagSafe charging, amongst a long list of additional features that range from dictation and Smart Replies, to Handoff (allows you to start a message on your Apple Watch and continue on your iPhone), you're sure to find something in this nifty tech update that you can't believe you've been living without.



apple.com

The Graf Pen

GRAF VON FABER-CASTELL has introduced the 2015 Pen of the Year, which is inspired by the architecture of the New Palace of Sanssouci. The palace was built according to the plans of Frederick II. This year's edition takes commission from the Herbert Stephan gemstone manufactory, carrying on the tradition of the Idar Oberstein gemstone workshop dating back to the 15th century. The limited edition fountain pen (limited to 1,000 units) and rollerball pen (limited to 300 units), both sport a gleaming platinum-plated barrel and cap adorned with four green Silesian serpentines and topped with a Russian smoky quartz, all ground and polished by hand. The special edition fountain pen (limited to 150 units) and rollerball pen (limited to 30 units) each sport a 24-carat gold plating with green serpentines and topped with a rare chrysoprase. Chrysoprase has not been mined for many years and is only available on the antique stone market. However, it was Frederick's favorite natural stone and, therefore, a highly appropriate choice to complete the design.



graf-von-faber-castell.us



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Laura Mongiovi
Associate Professor

3D Materials and Concepts

Hand stitched, felt dipped in indigo ink. I do all sorts of dyes very non-traditional it's all about stitching.

Art & Design Faculty Exhibition



Flagler College's Department of Art and Design present a exhibition of recent work by department faculty. Encompassing painting, drawing, sculpture, installation, video, print and digital design, the artists' bodies of work speak to the strength of their individual practices and demonstrate the breadth of experience they bring to Flagler College. The show was held at the Crisp-Ellert Art Museum.

Gluten-Free(dom)

Gluten: a substance present in cereal grains, especially wheat, that is responsible for the elastic texture of dough. A mixture of two proteins, it causes illness in people with celiac disease.

A New Yorker Cartoon goes like this: two ladies at a café table are considering the menu. One says to the other, “I’ve only been gluten-free for three days, but I’m already a huge pain in the butt.”

I FEEL IT’S MY DUTY TO ADMIT THAT I was once a “gluten-free” snob. In my defense, that snobbery stemmed from my frustrations about the all-or-nothing approach of many fad diets, and I was still reeling a bit from the whole “no carb” trend of the late ‘90’s. I am always so surprised at our willingness to eliminate an entire food group from our diets based on the whim of a talk show host or celebrity claim.

I like to use history to keep my head clear when it comes to “new” food information. Let’s consider the fact that mankind has, for our species’ history, always been able to sustain itself. Clearly, we are historically capable of consuming a diet that is safe and nutritious.

I am a firm believer that if we as a species have consumed a major food group for any real length of time (for today’s purposes, let’s say 10,000 years) the following must be true about that food:

1. Its probably cheap
2. Its probably nutritious
3. Its probably satisfying
4. Its probably tasty

What would the history of the world have looked like without bread? Without wheat? Beer? Grain?

Bread has sustained armies, fed famines and built cities.

Kings and queens have lost their heads when bread supplies diminished.

There is evidence that pasta was a staple of the Asian diet over 9,000 years ago. So the idea that suddenly we should stop eating bread or grain sounded to me like a knee-jerk-trend and a clear case of blaming an innocent grain for what was more likely poor overall dietary choices.

But more and more, students have come to the Studio with requests for information about options for gluten-free eating. After many discussions with our own chefs, some reading, and a chat or two with our friend and dietitian Jenna, I have come to see that gluten intolerance is clearly on the rise.

Celiac disease is, luckily, only found in about 1% of Americans. But many people have found they have adverse reactions when eating certain gluten-heavy foods like store-bought breads and pastas. I got in touch with our friend and Registered Dietitian Jenna Braddock and asked her a few questions:

AR: If not diagnosed with celiac disease specifically, what are some common signs of gluten intolerance?

JB: Common signs of problems include pain after eating, fatigue, “foggy” brain, constipation, diarrhea, headaches or joint pain.

AR: What are some of the side effects of mild gluten intolerance?

JB: Research suggests that 18 million Americans have gluten sensitivity. While the long-term consequences may not be as severe as celiac disease, it can contribute to a person just not feeling well.

AR: Is there a simple way to determine if you have a gluten intolerance?

JB: The most simple test you can do is to stop eating gluten, and see how you feel. I’ve had many clients try this approach and report an improvement in some area of their health. If the benefit outweighs the cost of eating gluten free, then it is something you should seriously consider.

AR: Is there a specific food group that should be eliminated if you do have a gluten intolerance?

JB: Gluten containing foods are in the carbohydrate group exclusively, but this does not mean that you have to stop eating carbohydrates altogether. There are many gluten-free grains to enjoy, and fruit, dairy, and starchy vegetables are all naturally gluten free. If going gluten-free doesn’t help improve your GI discomfort, you may need to take it one step further and try eliminating FODMAPs, which are certain types of carbohydrates that can cause problems.

As the awareness of gluten intolerance spreads, more and more food options, recipes and cookbooks are becoming available. That’s exciting news because, in general, the substitutions are healthy and nutritious. Rather than just eliminating an entire food group from our diet, I always recommend first trying out the exchange of one food choice for another more nutritionally sound option.

At the Cooking Studio, we have had great results with gluten-free baking mixes for things like cupcakes and muffins. While gluten-free baking mixes were once tricky to find, these days you can get several brands of all natural, preservative-free and gluten-free baking mixes in many grocery stores. I sometimes order from Amazon.com but often just pop into our local natural foods store, Diane’s.

If you do embrace a gluten-free diet for some time, you will not have to say goodbye to all alcohol. Red wine and champagne (my favorite) are both gluten-free, as are most ciders. As gluten-free diets become more prevalent, breweries are beginning to get in on the fun too. For details on gluten in alcohol, check out Forkoffgluten.com.

A. Chef’s Cooking Studio will be partnering with Jenna Braddock for a three-class “About Gluten Free” series in the summer, which will include a lecture session with Jenna followed by two cooking classes devoted to gluten free cooking. Calendars are available at achefs.com for dates and times.

Recipes:

Jerk Shrimp, black bean and Sweet Potato Grill: Serves 4

Sunday is “cook for the week” day for me. Among the standards like roasting a whole chicken, and cleaning produce, I always bake a few sweet potatoes, wrap separately and refrigerate. Half a sweet potato makes a great veggie with dinner, or add chunks to a salad or soup. This shrimp dish is a common weeknight meal – its quick and delicious.

Ingredients:

1 lb. jumbo shrimp, peeled and deveined, tails on
 2 sweet potatoes, cooked and cooled. Cut in half lengthwise
 1 can organic black beans, rinsed and drained
 1 small yellow onion, diced
 3 tablespoons jerk seasoning
 4 tablespoons good olive oil, divided
 salt to taste (check the ingredients on your Jerk seasoning, it may already contain salt)
 lime wedges and fresh cilantro – to serve



photography by Michael Foster

Heat a grill pan to medium heat. Toss shrimp in a large bowl with 2 tablespoons olive oil and 2 tablespoons jerk seasoning and set aside.

In a small sauté pan, heat remaining olive oil over medium heat. Add onion and sauté, stirring about 5 minutes until translucent. Add rinsed, drained black beans and season with remaining tablespoon jerk seasoning and move to a dish to keep warm.

Cook shrimp on heated grill pan (or in a cast iron skillet, or, on the grill) 2 minutes per side until just pink all the way through. Remove to a plate and keep warm. Place cooked sweet potatoes, cut side down, on grill pan and cook for 3 minutes to warm through.

To serve – place a grilled sweet potato, cut side up, in each of four bowls. Top with cooked shrimp and sprinkle on black bean/onion mixture. Top with fresh cilantro, and pass the limes.

Chef Abi's Gluten Free Vanilla Cake: *Makes 3 dozen cupcakes or 1 3-layer 9" cake*

Chef Abi likes “Pamela’s” brand gluten-free mix, there are others out there, so try a few to see what works best for you.

Ingredients:

- 3¾ cups of Pamela's Gluten Free Baking mix plus ½ cup for flouring pans
- 1 cup butter, softened
- 2½ cups granulated sugar
- 4 eggs
- 1 tablespoon vanilla extract
- 2 cups buttermilk

Grease, flour and line with parchment paper three 9” round cake pans.

Preheat oven to 350 degrees.

In a stand mixer fitted with the paddle attachment, cream butter and sugar together. Add eggs one at a time and vanilla. Cream until light and fluffy, 3-5 minutes.

Alternately add the dry ingredients (the mix) and the milk in three increments.

Beat until combined.

Immediately pour into pans, and bake for 25 to 30 minutes or until a toothpick inserted near the center comes out clean.

Allow to cool in pans for 10 minutes. Remove from pans and cool completely on a rack.

For cupcakes, fill each compartment ¾ths of the way and bake for 15-20 minutes or until a toothpick inserted near the center comes out clean. Allow to cool completely before frosting. Yields 3 dozen cupcakes

Chef Abigail has been a part of the Studio team for over 2 years. Pastry and desserts are her passion! You can order custom cakes from Abi at abicakes.com

About A. Chef's Cooking Studio – Chef Andrea Rosenblatt opened A. Chef's Cooking Studio in April 2007 with a focus on teaching home cooks classical techniques, kitchen skills, and culinary fundamentals to enhance their own home cooking and entertaining. The Studio sources everything for classes locally, and each class offers shopping tips and advice. The Studio chefs strongly believe that cooking at home is the key to the best quality, best tasting, and healthiest foods. Finding ways to make home cooking fast and efficient is key. Studio Chef can show you how. Find us on Facebook and at www.achefs.com ★

An Invitation to Connect

THE FOOD INDUSTRY IN NORTHEAST FLORIDA AND surrounding ten counties is continuing to explode with talent, creativity and passion - in careers that revolve in and around food, beverage and hospitality. That's where the Womens Food Alliance comes in. Headed and founded by Leigh Court, who works closely with her Advisory Committee.



Committee members:

Tammy Poudrier, Woody's BBQ Corporate/Director of Marketing
 Rebekah Lowry, Casa Marina Hotel/Director of Catering & Weddings
 Jennifer Price-Easterling, Publisher/The Beaches & San Marco magazines
 Belinda Hulin, Cookbook Author/Food Journalist
 Mariela Groshell, Owner Ocean 60/Atlantic Beach
 Benedetta Dubetz, Owner/Amici's Italian Restaurant
 Sherry Stoppelbein, Owner/Hot Shot Bakery & D Datil B Good Sauces

MISSION:

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.

Goals:

The WFA provides members with educational events and business-related seminars. Through networking opportunities and ongoing food and beverage workshops, field trips and dinners, we pledge to provide member-generated programs that benefit the community and membership.

Membership Requirements: Applicants must work full-time (min. 25 hours) in the food, beverage or hospitality industry and related fields. Membership dues are \$50 a year. Each planned program/event is priced according to the program and venue: ranging from \$15/pp - \$45/pp. Attendance is Optional for any month's planned events.

The Group Enjoys:

Dinners and Luncheons that feature our members' venues
 Food and Spirit Tastings
 Culinary Focus Groups
 Introduction of New Food Products
 Gatherings that highlight the Monthly Venue

Wfa Newsletter: Published to facilitate communication among members, the WFA E-Newsletter announces news of individual's projects, business, media and current events. We keep our membership in touch with the pulse of our organization, current job postings, events in the food community and each other. *Bon Appetit!* — *With hospitality.* ★
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Pala Cannonau Keeping Us Young



CANNONAU DI SARDEGNA IS A DELICIOUS wine that has been served for hundreds of years in Sardinia, an island just West of Rome. This wine, also known as Grenache, has some of the highest Resveratrol in the world (according to Dr. Oz). This is possibly one of the reasons Sardinia has the largest number of Centurions in the world.

Dr. Oz explains that there are various spots in the world called 'blue zones.' These are special areas where the life span of the indigenous population usually exceeds 100 years. Scientists have been trying to evaluate the lifestyles and eating habits of these people to better understand the reasons for their extended longevity.

One of these blue zones is the island of Sardinia, Italy. This is a rocky, white-washed island with salty air and warm breezes. It is situated in pale blue waters off the western coast of Tuscany.

Keeping with the lifestyle of Italy, wine is a daily part of life and is consumed with most meals. Dr. Oz attributes this wine lifestyle and the local red wine Cannonau as a significant contributor to the extended life span found on the island. He surmises that the low numbers of heart disease and cancer are a result of the heart-healthy effects of this wine.

Wines made from Grenache tend to lack acid, tannins and color, and is usually blended with other varieties. However, the Sardinian D.O.C. wine Cannonau di Sardegna is by law 99% local Grenache (Cannonau). Cannonau is grown all over the island and it makes a hearty, full-bodied wine. Compared to the wine Grenache, Cannonau is much fuller and concentrated.

Pala Cannonau is smooth, berry-flavored, slightly spicy and velvety on the palate. It is a food wine that pairs extremely well with red sauces, meats and pasta. It's also a great drinking wine for winding down the day.

Next time you are seeking that perfect glass of wine, consider Cannonau di Sardegna for a taste of life!

Cheers. ★

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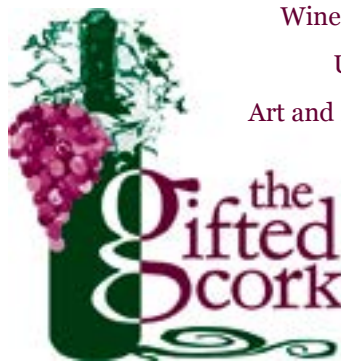
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Junior Service League



Lindsey Taylor Upchurch, Lorri Lassiter, Elen Walden, Katherine Batenhurst



Lauren Wech Goedelman



Margret Van Ormer, Judy Burnett Albright



Betty Crosby, Lindsey Taylor Upchurch



Katherine Batenhurst, Theresa Floyd

Recently, the Junior Service League had a get together with the JSL Sustainers, and past and present Presidents at Kid's Bridge, just one of their many projects. Members and Sustainers gathered to tour the newly renovated facility. Junior Service League established Kid's Bridge, and is St. Augustine's only safe environment where kid's are made to feel right at home during stressful times regarding parent supervised visitation. As they met and discussed future planning of Kid's Bridge, members brought some very wonderful and unique salads to share as future planning was discussed. Junior Service League welcome your support in all of their wonderful plans and projects.

365 Mother's Days



The Rabbits
Giuseppe Magni (Italian 1869-1956) Oil on Canvas
Lost Art Gallery

M
*Mother's day is more than a Sunday in May.
 It's also the day we call our birthday
 It's sometimes the days when she's there just to listen
 And even the days she fills you with reason
 Somedays it is when she lends you a hand
 Other days it is when she draws a line in the sand
 Sometimes it's a day when she fills you with praise
 And then there's the days she gets out of your way
 Everyday that you're here give her thanks and cheer
 Mother's Day is more than one day a year.
 The End.*

—Brooks Hastings

Brooks Hastings is a Children's Book Author, Illustrator, Artist and Designer. Brooks has a Bachelor of Science in Interior Design from Florida State University and is currently working on her first publication: a compilation of children's rhyming stories.

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cover

Born to Ride Taylor Grayce

TAYLOR GRAYCE IS A FRESHMAN AT PEDRO MENENDEZ HIGH School and is in the IB program. She competes with her horse Pilgrim in the Jumper series and has earned Grand Champion and High Point Champion each season in several different series the last few years. Taylor Grayce also competes on the Serenity Farms High School IEA (Inter-scholastic Equestrian Association) team as the Varsity Point Rider at the highest level.



photograph by Yvette Monnell



cover photography
by Tiffany Katz

fashion

The pleasure of Spring shopping. If you are making a run to The Kentucky Derby, hitting The Tour, or cursing to Alaska—you're going to need a hat. A beaded, silk, guitar shaped purse is another an idea to play with.



photograph contributed

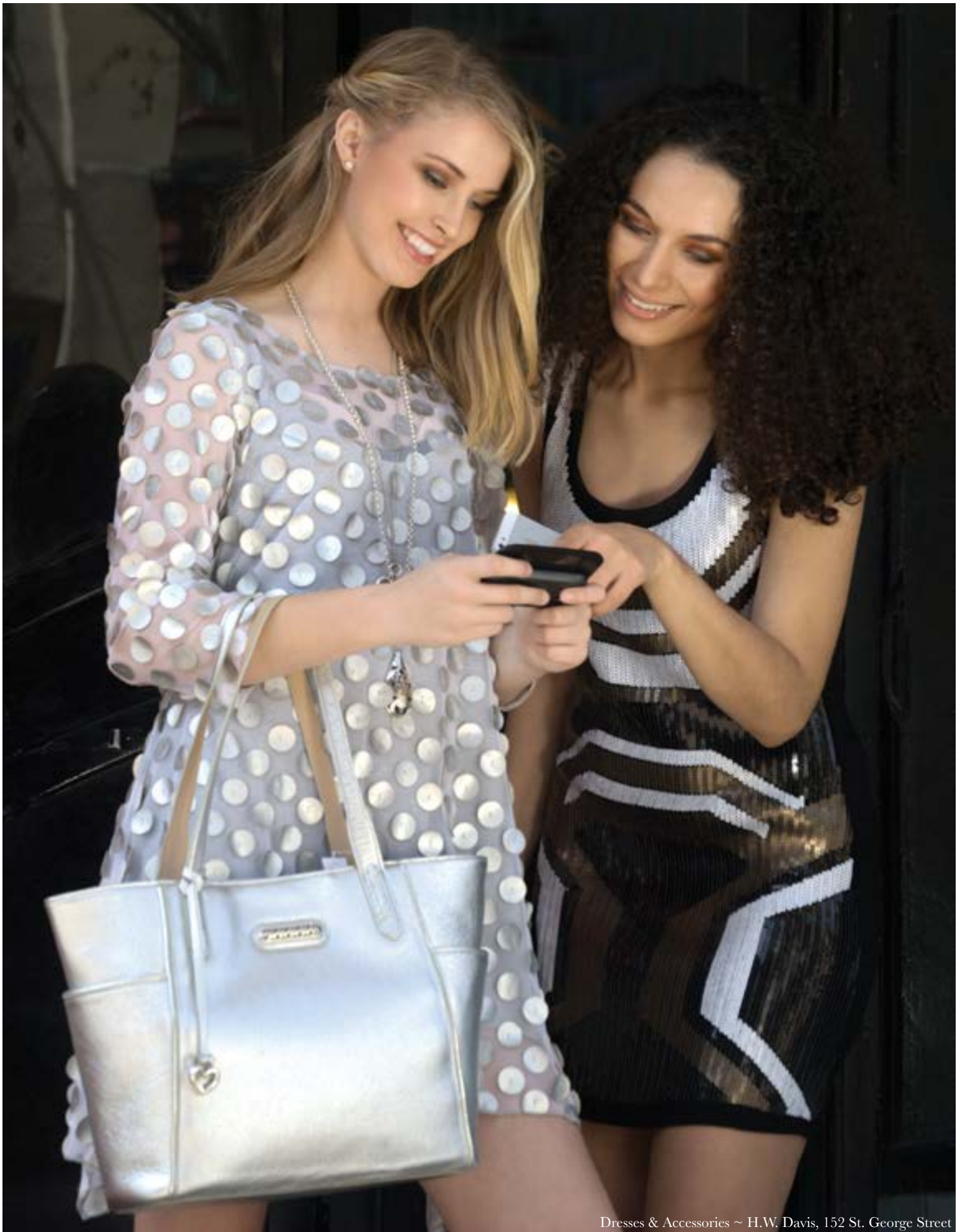
The beautiful images on the following pages captured by photographer Tiffany Katz. Nadya and Taylor Grayce model hats and purses (pages 35—37) from The Bag Lady at 112B St. George Street, in the heart of the downtown historic district. Just a few doors away we found the fancy-flirty cocktail dresses and tote bag (page 38) at H.W. Davis, 152 St. George Street. Hair and make-up by Nancy Suddeth-Repp and Candice Stevens of Salon Zellanova, St. Augustine. They have a wonderful, informative website at salonzellanova.com. Very special thanks must go to Jennifer Lewis and Donna Moody Gray for pulling it all together.



photography by Tiffany Katz







Dresses & Accessories ~ H.W. Davis, 152 St. George Street

photography by Tiffany Katz

ADVERTORIAL

There and Back

Anyone who travels in this day and age of TSA, parking and canceled flights has at one time or another experienced extreme inconvenience. Just getting to any airport from St. Augustine can be a hassle. The “There And Back” aspect of travel has become for most, a dreaded itinerary, not to mention luggage, pet restrictions, as well as carry-on requirements by all commercial airlines.

St. Augustine has been harboring the best-kept travel secret in the region! Flexibility, integrity and attention to detail is what has been missing from air travel. Did you know that if you travel for work or pleasure there is a happy “There And Back” just down US1.

Specializing in local/regional executive and personal air travel, Boomerang Air Charter will provide Northeast Florida residents the opportunity to reach destinations in 1/3 the time where commercial air travel is impossible and travel by automobile is just not practical.

Boomerang’s Owner and Chief Pilot, Elliot Mintzer, dreamed of operating his own company like Wings (the former TV series). What started out as a realization of his dream has grown into a company large enough to accommodate demands of various clients, yet small enough to remain personable. Boomerang Air Charter was created to bring first-class customer service to each flight.

Utilizing a Pilatus PC12 Turbo Prop Aircraft with first class seating for up to 9, this aircraft can provide local and regional travel to destinations such as Marsh Harbor and Treasure Cay in the Bahamas that just take too long to reach using the major airlines. Boomerang can help travelers reach their destination quicker and more efficiently to provide what people want more of today...time.

For example: Marsh Harbor, Bahamas (90

Min) Treasure Cay (75 Min) Naples (70 min) Tallahassee (65 min) West Palm Beach (75 min) Panama City/Destin/Ft. Walton Beach (75 min) Valdosta, GA (45min) Savannah, GA (45 min) Charleston (75 min) Atlanta (90 min).

Boomerang Air Charter also focuses on business travel solutions as well. Why should a business meeting take days when it could be just a “day trip.” Providing the business community a positive work/life balance opportunity is a motivating factor behind Boomerang Air Charter and its mission.

Visit flyboomerang.com for more information or call 904-404-8108

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What's It Worth



Q. We own an old kerosene stove marked “Ivanhoe” that still works, but we have been unable to find out much about it. It’s in very good condition. Please provide any information that you can. Also, what it’s worth? - C.B.

A. This type of stove is frequently called a lamp stove because it uses several, large lamp-style kerosene burners to supply the heat. Full-size lamp stoves were considerably cheaper than cast-iron wood stoves and gas ranges.

Ivanhoe stoves were made by the Perfection Stove Co., founded in Cleveland in 1888 by Frank Drury. Once up and running, a deal was cut with John D. Rockefeller, owner of Standard Oil Co., to distribute their products. By the early 1920s, millions of Perfection stoves and heaters were in use.

In an early catalog, Perfection claimed that Ivanhoe stoves provided “low initial cost with low operating costs, they meet the need of the customer whose first thought is economy.” There was one color choice, black and white.

This stove probably dates from the early 1920s. It would be a very cool accent piece in a large kitchen, but I would stick with my modern gas or electric range for daily use. It appears to be in good condition and is worth \$195.



Q. We found a Confederate war bond in my mother-in-law’s attic. She bought it as a gift for her father because he liked history and then she inherited it when he died. It’s in great condition and we have it on our wall. I have always wondered about the value and hope you can help me out. - A.P.

A. This \$1000 war bond, issued by the Confederate States of America in 1863, has an engraved portrait of General Stonewall Jackson at the top and a vignette of a paddlewheel steamboat at the bottom.

The Confederates needed money to fight the war. Taxes didn’t contribute much because people didn’t pay them. According to historians, the first batch of bonds sold quickly due to the fervor of patriotism. But, it didn’t go well in the second round because most Southerners were broke.

According to scripophily experts, this bond was printed by Archer & Daly in Richmond. I found several similar bonds for sale on the Internet, with and without coupons. Coupons allowed the loan to be paid in increments. Scripophily is the collecting of stock and bond certificates.

If you framed the piece, make sure that all material touching the bond is acid-free and hang it in a spot that doesn’t get hit by direct sunlight. It’s a neat Civil War document printed in Richmond. Discounting the minor folds (common with these documents), it’s worth between \$200 to \$300.

Q. I read one of your articles about German bisque figurines. Can you tell me more about mine, including value? - S.M.

A. Your figurines were manufactured in Staffordshire, England during the 1880s. I had to laugh at the male child figure that appears to be smoking a pipe, probably common in Victorian England.

The modeling and glaze are the giveaways to the origins of your figures. Millions of similar figurines were made in Staffordshire between approximately 1820 and 1890. Size and quality varied. The pair is worth around \$70 to \$100.



Do you have a unique heirloom that you’re curious to know more about? Did you find an interesting piece while antiquing recently? Send us your inquiries—Moore is eager to learn more your special pieces and provide insight and information about them.

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UFHSA, Inc.'s Government House Museums and Collections Mission Statement

University of Florida Historic St. Augustine, Inc. (UFHSA, Inc.) seeks to ensure long-term preservation, stewardship and interpretation of prehistoric, historical and cultural artifacts and objects connected to St. Augustine, while supporting the University of Florida's broad educational and research missions. Through the unique functions of collecting, preserving, and presenting authentic artifacts, objects and documents UFHSA, Inc. intends to provide visitors with an educational experience that enhances the St. Augustine community, serves the needs of the State of Florida, and garners worldwide acclaim by preserving St. Augustine's history.



(more)



Items in the Three Dimensional Collection



W

You are not alone if you don't have much of a relationship with Government House, which is situated between King and Cathedral Streets, west on The Plaza. Many residents pass by thinking of it as another historic building gone the way of distributing maps and trolley tickets. There is a historically themed shop filled with souvenirs, and it does play host to weddings in the courtyard from time to time.

Since 1598, The Government House building has stood on its current site with a view of the harbor landing, accommodating administrative headquarters and residences of colonial governors appointed by the Crowns of Spain, then Britain, then Spain again.

In 1997, when the St. Augustine Preservation Board was closed, the state of Florida gave responsibility and stewardship to the City of St. Augustine, who managed the house, the building, and collections for about seven years.

"When the University of Florida began to talk to St. Augustine about some properties, Government House was one of those that we acquired, and we are so happy to do that because it gives our students a place to work and a place to do real things. We have found that our students get good jobs very quickly once they graduate because they have such a wide range of experiences," said Dixie Neilson Assistant Director of Museum Studies at Government House Museum.

The state of Florida awarded the Government House Museum a three-section grant for renovations that will be carried out in three phases. The first phase was to renovate the museum itself. The second phase was to make the building more accessible to everyone. That required the installation of ADA compliant elevators and ways for people to get around.

Dixie Neilson got involved with the museum four years ago when she was hired to uninstall the old exhibit. It was then that was discovered there is a law that says that historic state property has to be professionally managed. Since she is a professional collections manager, she just stayed on when she finished installation, and she's been back-and-forth between working at the University and the museum on a biweekly basis since then.

A lot of what Dixie does is organization. Every day in the museum is a treasure hunt. Before her work began, most objects did not have any documentation. It was not known what they had or where it came from. Dixie has been researching artifacts while doing inventory, and she has currently identified roughly 1,700 of 2,000 objects. She researches each piece by finding articles or pictures from the past and studying everything and anything that's been written on the subject. For her, the excitement comes from matching up an orphan object with its true name and accession number.

What was once three offices has been renovated into one big room, and it will be used for student gatherings. Students will have all kinds of facilities for lectures, meetings and research. The University of Florida has a graduate program in museum studies where students learn a variety of techniques for different types of museums, but they typically don't actually get to handle things or do actual projects. The Government House is different. Students can come in and work on projects such as inventory, condition reports and managing an archive. One of the graduates recently wrote the collections management policy, which is a book with roughly 30 policies having to do with handling, lending, and bringing objects in as gifts or loans.

The museum hasn't started collecting its own objects yet. Phase three will address the collections area. A big part of the three dimensional collection was inherited from the preservation board. A large number of things are reproductions because they were used just for demonstration purposes. A premium will be placed on authentication moving forward.

The current exhibit is in place and on loan by The Florida Museum of Natural History. "Hopefully, with the next exhibition that we will begin installing in September after the 450th celebration is over, we may have more student involvement," said Dixie. Her goal is to have students actually selecting the objects for the exhibit then installing them, which is a great opportunity for more hands-on experience. ★



ALASKA

WHEN YOU HEAR THE WORD “CRUISE,” what images pop into your mind? Do you see crystal blue waters, swaying palm trees, and sandy beaches? If I had to bet, your mind’s eye probably doesn’t conjure images of glacier ice caps, polar bears and blue whales. Sure, a cruise to Cancun is bound to be “wild,” but an Alaskan cruise is “wild” in an entirely different, and arguably better, sense.

With the infamous Florida summer heat rapidly approaching, now is the ideal time to unleash your inner explorer and book a spot aboard an Alaskan cruise ship. Not only are spots for summer cruises still available, but prices are starting to fall as cruise lines scurry to fill their ships.

There are many variations of Alaskan cruises available to choose from. You can choose between a North Passage or South Passage cruise, and they can last anywhere from seven days to 21 days. Some cruises allow for extensive exploration on land-- also called a

“cruise-tour.” Most cruisers will only do an Alaskan cruise once, so it is important to make the right choices when booking. Consider booking a balcony stateroom since an Alaskan cruise is all about the scenery and the animals.

Most Alaska cruises are seven days and either North Passage, South Passage or roundtrip Seattle. A North Passage cruise typically leaves from Seattle or Vancouver and cruises north to Seward. The South Passage is the opposite. The roundtrip Seattle is convenient and more economical for airfare, but you don’t see quite as much of the Alaskan coast.

A cruise-tour includes a land tour, which usually adds another three to seven days to the experience. A land tour is a must for a complete Alaskan experience. You can dredge for gold, visit Denali National park, stop in the unique city of Fairbanks, and experience the untouched beauty of Alaska’s scenery and wildlife. The tour may be either before or after the cruise, but you will have to fly into one location and out of another,

so plane fares will be higher and generally longer than a roundtrip Seattle. Land tours include a guide, overnight lodging, and transportation by motor coach and sometimes by glass-domed rail cars. Generally speaking, meals are not included during the land portion of the tour though cruisers can expect to enjoy great salmon, halibut and king crab.

Cruise lines start cruising Alaska in mid-May and cruise through mid-September. Weather can still be cold in May and September and snow is a definite possibility. June, July and August are warmer though you may still need a jacket and sweaters. Alaska is casual, so save your black-ties for Europe and the Caribbean.

For me, the perfect Alaska experience is a cruise-tour on a smaller ship, sailing in late June, July or August. It is sure to be a memorable 13-14 days and nights.

Contact me to learn more about the wonders of Alaska. Tom Bartimus, Cruises Inc. (904) 392-1703 or email: tbartimus@cruisesinc.com. ★



Willie the Pimp of Wal-Mart

Name: They call me Willie The Pimp of Wal-Mart.

Age: Twice 43—I'm 86.

Art: When I was going to school, I used to draw stuff and put it on the board for the younger kids. Now I don't mess with it too much.

Music: I like to sing but I never did write no music. The first thing I got that I thought, maybe I could play in a band, was a guitar. But then I didn't do too good with it. It was stolen. Then I got a clarinet and that got stolen from me. Then I got a saxophone because they blow about the same. A clarinet and saxophone got the same sort of mouthpiece. And that got wacked-out from me. Then I said well, I think I'll just go sing. Ain't nobody gonna steal my voice. I still got my voice.

Money: I'd be nice if I had a little extra change.

Success: I like to make people happy, make them laugh. I tell everybody, 'do the right thing.' You do the right thing and the Lord will bless you.

Failure: If you do wrong the Boogie-man's gonna get you.

Freedom: You might as well get a chair and sit down...

Celebrity: I was in Wal-Mart talkin to somebody and they started taking my picture. I didn't even know they was taken my picture. They got me in a book. You've gotta check this book out. On the cover it says People of Wal-Mart. It's in Barnes and Noble bookstore. ★



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