



# St. Augustine Beaches

## News Journal

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

### 2013 Veteran's Day Memorial Nov. 11th



St. Augustine Beach City Manager Max Royle announced the 2013 Veteran's Day Memorial at St. Augustine Beach will take place Monday, November 11, 2013 from 3-5pm. The event takes place at Lakeside Park Veterans' Memorial 2200 A1A South; St. Augustine Beach, FL 32080; behind the Beach Police Station.

The City of St. Augustine Beach would like to extend an invitation to veterans, active military and families. The observance to honor our veterans is open to the public and refreshments will be served. The ceremony will be lead by City of St. Augustine Beach Vice Rich O'Brien, and will include an honor guard, bagpipers, Veteran groups and special guest speakers.

For more information contact Michael Cunningham at the City of St. Augustine Beach City Hall, mcunningham@cityofsab.org. (www.sabevents.com)

### Tobacco Free St. Johns and Students Working Against Tobacco

St. Augustine Beach to Consider Flavored Tobacco Resolution

On October 7, 2013, members of Tobacco Free St. Johns and Students Working Against Tobacco will present the St. Augustine Beach City Commissioners with a resolution that urges retailers to cease the sale of flavored tobacco products. Flavored tobacco products target youth with brightly colored packaging and fruit flavors to begin an addiction to nicotine. Upon approval of the resolution, the City of St. Augustine Beach will join over 160 other cities and counties that have supported the effort to keep these products away from our youth.

Teens use these products more than any other age group. In fact, 23% of 17 year olds use flavored-tobacco while less than 1% of adults aged 55 years or older use flavored tobacco. One study showed that 17 year old smokers were 4 times more likely to use flavored tobacco compared to adults over 25 years old, and twice as likely to use flavored tobacco over 18-24 year old smokers. Remember that almost 90% of adult smokers began as teenagers. In St. Johns County, 57% of current adult smokers wish they could quit!

SWAT youth will educate the St. Augustine Beach City Commissioners that these products were designed to hook youth into a lifelong nicotine addiction. The sweet flavorings in these products mask the taste of tobacco. These new products allow discreet use, often with no smoke or spitting, which result in increased nicotine consumption and addiction. At the State level, youth cigarette use is declining, but youth spit (continued on page 5)



### City Hall Update

On September 23, 2013, the St. Augustine Beach City Commission held a special meeting at which it passed on final reading the property tax millage and budget ordinances for Fiscal Year 2014. The millage is 2.3992 mills, or almost \$2.34 for each \$1,000 of the assessed value of privately-owned real property in the city. This is the fourth fiscal year that the millage has stayed at 2.3992 mills. The fiscal year began on October 1, 2013. It will end September 30, 2014. At the same meeting, the commission discussed regulating pedicabs and the ticketing of vehicles parked illegally on the unpaved section of city streets. The city attorney is to prepare regulations, which will be reviewed at the commission's November 4th meeting.

At its October 7, 2013 regular meeting, the city commission took the following



actions:

1. Recognized the longevity of three city employees: a plaque to Ms. Michelle Price, police department executive assistant for 20 years with the city; a plaque to police officer Frankie Hammonds for 10 years employment; a certificate recognizing five years with the city by Mr. Michael Hollis, public works maintenance employee.
2. Reviewed a plan submitted by the city's beautification advisory committee to beautify the southeast corner of Pope Road/ State Road A1A.
3. Approved a permit for the Betty Griffin House 5K run/walk to be held on Friday and Saturday, April 11 and 12, 2014.
4. Reviewed a presentation by Ms. Patricia Gill and Mr. John Martyn to designate an older section of the city, the Chautauqua (continued on page 5)

### What's Inside The News Journal This Month

- **City Manager: Monstrosity**
- **Financial Focus: Harvest Season Offers Lessons to Investors**
- **Spiritually Speaking: "Oh My, Oh Miley"**
- **St. Augustine Beautification Committee: The Magnetic Nature of Gratitude**
- **Health Focus: Proper Lifting Techniques**
- **Chief's Dish: Tuna Teriyaki**
- **Sheriff's Corner: Offender Watch Program**
- **Is Long Term Care Insurance Right for You?**

PRSR7 SDT  
US POSTAGE PAID  
ST. AUGUSTINE, FL  
PERMIT #132



Beaches News Journal  
1965 A1A SOUTH #180  
ST AUGUSTINE, FL 32080-6509



# St. Augustine Beaches News Journal

## St. Augustine Beaches News Journal

“Official News Source for the City of St. Augustine Beach”  
 1965 A1A S. St. Augustine, FL 32080 #180  
**Todd Logsdon**, General Manager  
 (904) 505-0301  
 Email: beachesnewsjournal@yahoo.com  
**Cliff Logsdon**, Publisher/Editor  
 (904) 607-1410  
 Email: clogsdon1@yahoo.com  
 Online at www.beachesnewsjournal.com



City of St. Augustine Beach  
 Mayor S. Gary Snodgrass  
 City Manager Max Royle  
 www.staugbch.com  
 sabadmin@cityofsab.org

The function of the Beaches News Journal is to serve the Neighborhoods of the St. Augustine Beaches area.

First priority will be given to reporting news and activities of beaches residents and organizations, as well as news and events that directly affect the St. Augustine Beaches community. Second priority will be given to articles of general interest as space permits.

Articles or information may be sent to the Beaches News Journal, 1965 A1A South #180, St. Augustine

Beach, Florida 32080-6509. Information may also be e-mailed to beachesnewsjournal@yahoo.com or the editor at clogsdon1@yahoo.com.

All articles, news, ads, or other information submitted to the News Journal are subject to editing. Publishing of submitted letters and information is at the discretion of the publisher. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the News Journal.

All ads submitted for publication in the Beaches News Journal should be received by the 15th of the month in order to appear in the following month's issue.

Matters concerning advertising should be referred to the General Manager or mailed to 1965 A1A South #180, St. Augustine Beach, FL 32080-6509.

The Beaches News Journal's acceptance of advertising, articles, advertising, or other information does not constitute endorsement. Nor will the Beaches News Journal and its staff be held liable for information provided herein by submitters, including websites and/or emails listed, that may have the potential to constitute fraud or other violation of law. The publisher reserves the right to refuse advertising or information that does not meet the publication's standards.

The Beaches News Journal is published by an independent publisher and is not affiliated with any St. Augustine Beach community development, management company or Homeowners Association.

## ST. AUGUSTINE WINTER SPECTACULAR TO DEBUT

You're invited to come experience the magic and excitement of the holidays at the St. Augustine Winter Spectacular! Directed by Stephanie Burkhardt, Executive Artistic Director of The Dance Company, this new production will be debuting Thanksgiving weekend and will kick-off the holiday season in the nation's oldest city.



A family entertainment production, the show will feature different scenes that comprise a storyline with dances choreographed by local and guest artists in ballet, tap, modern, musical theatre, jazz and acrobatics. The show will star The Dance Company's elite Performance Ensemble as well as other dancers who auditioned for roles.

Brittany Marcin, an alumna of The Dance Company who is a former Radio City Rockette, and currently performing in various roles on Broadway, choreographed a Broadway-style jazz number featuring

high-kick dancers for the production. Carey Stomkin, former choreographer for the Hungarian National Dance Academy and instructor for Brooklyn Ballet, choreographed a pointe piece for the advanced ballet students set to traditional holiday music.

The Dance Company, located in the Cultural Arts Center in St. Augustine Beach, is a non-profit dance studio that has been providing strong technical and artistic dance training for the past 20 years. The studio has four state of the art dance rooms with premium sprung floors to prevent injury for dancers in training, with a beautiful ballet room overlooking the Atlantic Ocean and St. Augustine Beach pier.

“Our goal is to help kick-off the holiday season in the nation's oldest city by providing high-quality entertainment during a weekend with family and friends,” says director Stephanie Burkhardt. Two performances of St. Augustine Winter Spectacular will be held in the Lewis Auditorium at Flagler College, 14 Granada Street, on Saturday, November 30 at 7:00pm and on Sunday, December 1 at 2:00pm, in downtown St. Augustine. Tickets will be available for purchase in early November. Visit The Dance Company website at www.thedanceco.com or call the studio at 904-471-4946 for more information. An event website will be available soon.



St. Augustine Beach Civic Association Presents

# SURF ILLUMINATION

Saturday, December 7th  
 4 pm to 7 pm

Arts & Craft Vendors  
 Santa Claus • Children's Activities  
 Carolers & Holiday Music  
 Food & Hot Beverages from Local Restaurants  
 Tree Lighting & Park Illumination at Sunset

Saint Augustine Beach Pier Park  
 350 A1A South Beach Blvd.

Call 347-8007  
 For Information

## Strengths-Weaknesses-Opportunities for Tourism

by Ann Palmquist

One of the oldest marketing tool, S-W-O-T, received a slight make over during the Cultural & Heritage Tourism Marketing Conference, October 16-18, held at the Casa Monica Hotel, St. Augustine, Florida. Marketing pros from across the country shared their collective wisdom and offered hands on experience in an “action-oriented,” interactive program promote marketing ideas and research findings related to the cultural and heritage traveler, who are they, what do they expect when traveling and what the economic impact (they spend more and stay longer) can mean to your community?

The Strength of the first annual Cultural & Heritage Tourism Marketing Conference was the experience of the presenters. In partnership with the St. Johns Cultural Council and the Tourist Development Council and the US Cultural & Heritage Tourism Marketing Council.

Feeling overwhelmed was how one attendee identified a Weakness. She said she felt overwhelmed after the first day, but by the end of the conference she felt she had a plan that would meet pressing needs and she was going to put it into action. Another perceived weakness was the time needed to develop partnerships, a crucial element for long term success. Developing partnerships incorporates cultural and historical events, shopping, and dining venues, and leverages the number of days stayed and the tourist dollars spent. US Department of Commerce research indicates the cultural traveler stays longer, spends more and along with the nonprofit arts and culture industry generates \$ 30 billion in revenues to government against governmental spending of \$ 4 billion – a 7:1 return on investment. Thank you, cultural and heritage tourist, for the vitally important role you play in sustaining the budgets of the very cultural and historic destinations you visit.

Rosemary Rice McCormick  
 (Continued on Page 10)



**NEED CASH FOR CHRISTMAS?**

Celebrating 25 years!!

**WE PAY TOP DOLLAR FOR GOLD, DIAMONDS ROLEX & COINS**

Anastasia Publix Plaza St Augustine Beach • 904-471-1023 • www.cartersjewelry.net • Tues-Fri 10-6 • Sat 10-4





# TOP PRODUCER

## Elaine Wallace

Broker/Associate, PA

Call Elaine at (904) 347-5439

www.oldcitystaugustinehomes.com



St. Augustine's Top Producer, Elaine Wallace, has obtained a level of achievement in real estate few agents reach. Whether buying or selling - let Elaine put her professional experience to work for YOU!



**BEST VIEW IN THE COMMUNITY.** 1602 Windjammer Ln. 4BR/3.5B all concrete home w/direct view of the ICW. Approx 3500 sq ft of luxury living. Shows like a model w/amazing living spaces—FL room, sunroom & sitting rm off MBR. Elevator to all 3 floors of this magnificent home. Chef's kitchen w/42" white raised panel cabinets & solid surface countertops. Security system and hurricane shutters. \$509,000



**CUSTOM HOME IN SEA COLONY.** 240 N. Forest Dune Dr. This 3BR/4BA beautiful home has everything you desire—plantation shutters, custom pool, two gas fps for the cool winter evenings, upscale moulding, and wood floors. Lg MBR with gorgeous bath & large walk in closets. Central vac sys w/hardware for each floor & kit sweep. Three porches to listen to the Ocean sounds as you enjoy the peace and quiet on the preserves. \$925,000



**PRIVATE SETTING IN SEA COLONY.** 916 Ocean Palm Way. This pristine 5BR/5.5BA home will impress and inspire the most discerning buyer. This gorgeous home's floor plan w/first-class finishes and picturesque vistas from each deck and every room create a sense of tranquility and calm. Gourmet kitchen, Bonus Room, patio with pool and spa—everything you need to relax and entertain. \$1,395,000



**PANORAMIC VIEWS OF THE OCEAN!** 716 Ocean Palm Way. 4 BR/5 BA European style home w/upgrades--great architectural features, high end windows & doors, coquina shell concrete walkway, privacy wall and driveway. Premium lighting. Quality cabinets w/stone countertops and Viking appliances. Tumbled Travertine stone floors. \$1,997,000



**The WOW House!!!** 312 S Forest Dune Dr. Spacious 5BR/4.5BA home in the gated community of Sea Colony. Chef's kitchen with all the bells and whistles & large bkfst room. Elevator takes you to all 3 levels of this magnificently appointed home. Maintenance-free decking on front porch, Anderson wndws, wd flrs, granite counters, stainless steel appliances, much more to see. \$1,365,000



**REMARKABLE ISLAND ESTATE!** 413 Night Hawk Ln. Beautiful custom home w/new roof, boasts 4,950 sf of living area w/5BR/5.5BA, multiple decks & 4 car garage-- A/C & wkshp. Screened Patio and Pool. Separate guest qtrs perfect for visitors, 25x20 bonus/media room, 2 full kitchens (Stainless apples), fireplace—all this, only a short stroll to St. Aug beach! \$739,000



**ADORABLE HOME IN OAK GROVE.** 4225 A1A South, #106A. This tidy 1/BR/1BA mobile home has 94 yrs left on the lease. Brand new carpet, refrigerator and range. New roof in 2009. Located in lovely gated cmty with large pool and lots of outdoor spaces. Low HOA fees include water, cable, internet, security, clubhouse, pool and dock. \$125,000



**SALT RUN ESTATE.** 953 Lew Blvd. 5BR/4.5BA waterfront estate with private entry. Old World Charm with all the amenities—Chef's kitchen, distressed hard pine floors, wood burning fp, beveled glass French doors, pool and Jacuzzi, patio w/beadboard ceiling and balcony views from 2 floors. 35' deep water access with floating dock. Dusk to dawn lighting lets you truly enjoy this paradise estate. \$1,975,000



**GREAT LOCATION.** 224 Boulevard Des Pins. If you want to walk to the beach and shopping this house is for you. Great starter home. with a Florida Room and FP to keep you cozy. 2 YR heat pump and AC and updated stainless steel appliance. Updated kitchen. Large lot for pets and children. A FP to keep you cozy. Two year heat pump and a/c and updated appliances This home has been well kept by the owner. \$225,000



**DIRECT OCEAN FRONT CONDO!** 8550 A1A South, Unit 259. Recently remodeled 2BR/2.5BA—new Lennox 2 Ton A/C and air handler with 10 year warranty. New paint, carpet, balcony and much more. Completely furnished and located in a complex with 4 heated pools, tennis, racquetball, playground, and boat storage. Great investment property for the discriminating condo buyer! \$369,900



**NEW CONSTRUCTION.** 353 Ocean Forest Drive. Open living spaces in this 4BR/3.5BA home in Anastasia Dunes. Gourmet kitchen features large island and is open to the Dining Room. Large storage space under the house—great for boat or beach toys. Oversized porch w/ fireplace and patio. Side entry garage with extra storage to help keep your dream home organized. \$749,900



**SEA COLONY GORGEOUS!** 464 Ocean Grove Circle. 4BR/4.5BA open floor plan home built with the finest maintenance-free materials. Windows are hurricane resistant to 125 MPH. Kitchen w/ granite, SS appliances and more. In beautiful gated community with pool, clubhouse and private access to the ocean. Perfect upscale beach house! \$1,190,000



**ADORABLE COTTAGE IN SEAGROVE.** 488 High Tide Drive. Lovely 3BR/2BA cottage w/Chef's kitchen—granite and 42" upper cabinets w/crown moulding. Two covered patios—one is screened in. Seagrove community has Clubhouse, pool, boat ramp, Town Center with restaurants, banks, Post Office and City Library. Just minutes from the Ocean. \$289,000



**OCEAN VIEWS!** 437 Ocean Grove Cir. Beautiful 4BR/4.5BA home on a street of Old Florida style homes. Ocean views from 2nd/3rd and tower room—take your elevator to all levels. Chef's kitchen, open floor plan, fireplace, 2 car garage and windows from floor to ceiling make this home perfect for you and your guests. In Sea Colony gated cmty. \$1,199,000

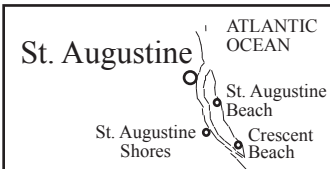
**GREAT LOTS FOR SALE**

- 225 Dondanville Road  
Williamson Manor \$111,000
- 136 Spoonbill Court  
Pelican Reef \$117,000
- 109 Grand Oaks Drive  
Grand Oaks \$169,000
- 887 Ocean Palm Way  
Sea Colony \$249,000
- 120 Grand Oaks Drive  
Grand Oaks \$535,000

Choose Watson. Get More. Top Producer For Watson

Watson Realty Corp. St. Augustine Beach Best Real Estate Agency 3175-1 A1A South, St. Augustine Beach





## News From Around St. Johns County

### Sertoma 2013 Compassion 5K Race



Sertoma of St. Augustine presents the 2013 Compassion 5K on Saturday, November 9th 2013. The race starts at 0800 next to 49 Shores Blvd. with same day registration beginning at 0700. Pre registration ends on October 30th and on line registration is available at [www.compassion5k.org](http://www.compassion5k.org).

There will be an awards ceremony following the race. Custom made medals will be awarded to the 1st, 2nd, and 3rd place per age category. The top male and female finisher will be awarded a cash prize. For all registered participants there will be a post race prize drawing as part of the race day activities. Vendors that will be on site for this years event will be Cold Cow, Smoothie King, Starbucks, Enterade USA LLC, Thompson's Chiropractic, Papa Johns Pizza and Powell Heating and Air Conditioning Inc.

The goal of the Compassion 5K is to raise money to help ease the financial burden of local families that are currently living with a major health crisis, many of which are life threatening. With the help of the Sertoma of St. Augustine, many local businesses and community volunteers, the Compassion 5K is able to help these families manage their crises during their greatest time of need. All proceeds from the race are used to help community members in St. Johns County. If you need additional information please contact me at 904.806.2730.

### SJR State College Honor Society Inducts 32 Members

The St. Johns River State College Phi Theta Kappa honor society held its fall induction ceremony recently. The new members lit candles and recited their oath in front of family and friends at SJR State's St. Augustine campus. A reception followed the induction ceremony.

The St. Augustine campus new chapter members are: Laequea Ali, Amir Antonios, Amber Babcock, Brandon Badejogbin, Cassady Bryant, Michael Dale, Judith Ennis, Gregory Francois, Summer Goldman, Bryce Hager, Janie Hinson, Tristan Hood, David House, David LaFlam, Arianna Landess, Ciara Lawrence, Lea Mangino, Kelsey Martin, Jana McDermott, Allyson Menshouse, Amaya Munoz, Brittany Pina, Kaitlin Rafay, Rebecca Ray, Lissette Rose, Georgette Semaan, Rebecca Siguenza, Reginald Tolbert, Trista Trott, Joseph Whaley, Preston Williams and Tiffany Zanzarella.

To join PTK, members must have completed 12 credit hours at a two-year institution and hold a 3.5 grade point average. The organization also promotes scholarships.

To learn more about the Phi Theta Kappa honor society, visit [www.ptk.org](http://www.ptk.org).



Members attending the ceremony were: *Front row, from left:* Samantha McLennan (recording secretary), Kelsey Martin, Amber Babcock, Cassady Bryant, Judith Ennis, Arianna Landess, Ciara Lawrence, Rebecca Ray, Trista Trott, Sarah Tanner (vice president of service) and Heather Pennick (president). *Back row, from left:* Kevin McLennan (public relations officer), Michele Petrilli (vice president of leadership), Laequea Ali, Michael Dale, Brandon Badejogbin, Gregory Francois, Jana McDermott, David House, Reginald Tolbert, Tiffany Zanzarella and Amir Antonios (vice president of service).

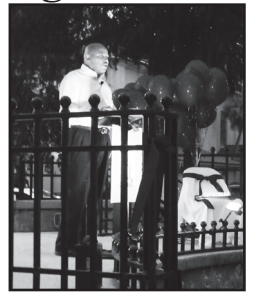
### Domestic Violence Survivor Vigil



Community members with Corporal Catherine Payne and Betty Griffin House Staff



CEO Joyce Mahr, President Karen Taylor, Survivor Speaker Marie Clee



Gregory Hughes - Domestic Violence Survivor speaking to the crowd

The vigil took place on Thursday October 3, 2013 in the Plaza downtown at 7pm. We honored the victims and survivors of domestic violence in St. Johns County. The names of the deceased were read aloud and 2 courageous survivors spoke to the crowd about their story of survival. Law enforcement spoke about the need to make domestic violence a talked about crime.

### Native Landscapes Tour

Enjoy our beautiful Northeast Florida coastal habitat, featuring landscapes of St. Augustine's Anastasia Island, November 21, 2-4 pm.

Meet at the Coquina Quarry in Anastasia State Park, 1340-A State Road A1A South where specialists will provide information about Florida native plants in their natural habitat. Continue the tour to an award-winning home landscape where native plants will be observed in a suburban setting. Only Florida native plants look and function like REAL Florida.

Education and inspiration will be offered by Nature Columnist Beverly Fleming, Native Plant Consultant Renee Stambaugh, representatives from the St. Johns County Audubon Society and the Florida Native Plant Society.

This event is free and open to the public. For more information go to [www.nativeplantconsulting.com](http://www.nativeplantconsulting.com) or call 904-692-3927.

### FIRST COAST OPERA OPENS 14th SEASON WITH "HANSEL & GRETEL"

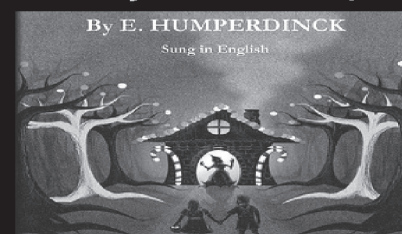
A fairy tale opera for the whole family will be performed on Sunday, November 10 at 4:00 pm, in Lewis Auditorium at Flagler College, 14 Granada Street in downtown St. Augustine. The Grimm Brothers' story is familiar to everyone; this production will be sung in English by professional singers. The St. Augustine Youth Chorus (formerly the St. Augustine Children's Chorus) will appear for the second time with First Coast Opera. "Part of the mission of FCO is to enable children to learn about and experience the excitement of opera", explains Kerry Fradley, Director of the Youth Chorus. "What better way to do that than to include the chorus in a production?" The children will sing the roles of angels, animals in the forest, and the gingerbread children.

Hansel & Gretel, written by Engelbert Humperdinck, will be directed by Karl Paoletti, professor at Valdosta (GA) State College and a baritone, who will also sing the role of the Father. Singing the role of Gretel will be his wife, soprano Ronda Paoletti. Hansel is usually sung by a mezzo-soprano—making her first appearance with FCO will be Reverie Berger, from Atlanta. The role of the Mother will be sung by mezzo-soprano Janet Rabe-Meyer, from Daytona, while the wicked witch will be played by mezzo-soprano Regina Torres from Jacksonville. Sandman and Dew Fairy will be sung by Carmella Turner of Valdosta. Director of Music and accompanying on piano will be Curtis Powell of St. Augustine.

Ticket prices have purposely been kept low so that parents or grandparents can bring children. Adult tickets are \$25, child or student with ID is \$10; a special family ticket (2 Adults & 2 children) is priced at \$50. Tickets may be purchased online at [www.FirstCoastOpera.com](http://www.FirstCoastOpera.com), or by calling 904-417-5555. Tickets purchased online or by phone will be available for pick up at the Will Call desk one hour before show time. Tickets will also be available for purchase, after Oct. 12, at Herbie Wiles Insurance, 400 N Ponce de Leon; Southern Horticulture, 1690 A1A South; and The Bag Lady, 112 St. George Street. This performance will have open seating.

## Hansel & Gretel

### A Fairy Tale Opera



By E. HUMPERDINCK  
Sung in English

**First Coast Opera**

sponsored by



Sunday, November 10  
at 4:00 pm  
Lewis Auditorium  
Flagler College  
14 Granada Street

Special Family Tickets \$50  
(2 Adults, 2 Children)  
Adults: \$25  
Students/Children: \$10

Purchase online:  
[www.FirstCoastOpera.com](http://www.FirstCoastOpera.com)  
or call 904-417-5555



## News From Around The Beaches

### City Hall Update

Beach subdivision between 11th and A streets as historic.

5. Passed on final reading an ordinance to extend by two years the planned unit development approval for a new Courtyard by Marriott Hotel, which is to be built on the west side of A1A Beach Boulevard between 5th and 7th Streets.

6. Upheld the approval of a variance by city's planning and zoning board for the owner of a house on Acacia Street to reduce a rear yard setback from 25 to 26 feet for the construction of a bedroom, closet and bathroom.

7. Approved two proclamations: to declare October 2013 as Domestic Violence Awareness Month; to observe November 2013 as Pancreatic Cancer Awareness Month.

8. Approved four resolutions to amend the Fiscal Year 2013 budget.

9. Postponed to the November 4th meeting consideration of an ordinance to allow golf carts to be driven by permit in the city, and changes to the city's alcoholic beverage regulations.

10. Passed on first reading the following ordinances: to regulate garage sales and the sale of vehicles on private property; to adopt new regulations for accessory buildings and building height and setbacks; to change the city's fence regulations to

allow picket fences in front yards.

11. Approve allowing gas-fed tiki torches on city property in front of the Coquina Beach Surf Club, 421 A1A Beach Boulevard.

12. Heard an update report on the 10th Street/2nd Avenue drainage project by the public works director, Mr. Joe Howell.

13. Discussed a beach access walkover at the east end of Versaggi Road in the Linda Mar subdivision. The city manager is to contact the Tourist Development Council for possible funding for this project.

14. Directed the city attorney to pursue formal mediation to resolve a dispute with the county over solid waste disposal fees that the county charged in the past.

15. Directed the city manager to present a plaque to Mr. Greg Crum for his five years of service on the comprehensive planning and zoning board.

16. Scheduled a special meeting on Monday, October 21st, to discuss the repair of the former building department office next to the former city hall south of the pier park; and to discuss the lease agreement the cultural council has with the city for the use of the former city hall.

The city commission's next regular meeting is scheduled for Monday, November 4, 2013, at 7:00 p.m. in city hall at 2200 A1A South. The public is invited to attend.

### City Charter Review Update

The St. Augustine Beach charter review committee held its third meeting on September 28, 2013, and discussed the following: the difference between a special meeting and an emergency meeting, that the only topic to be considered at an emergency meeting be the emergency, and that a "yes" vote by a majority of the commissioners present at an emergency meeting be required to pass motions; that commissioners take office in January following an election; that there be term limits for commissioners: two four-year terms, with a citizen being able to serve again on the commission after one election cycle (two years) has passed, and that appointment to the commission and serving partial terms on it not count towards the eight-year term limit; that the reasons commissioners may forfeit their office (be removed from the commission) are: three unexcused absences, conviction of a felony while in office, and lack of qualifications, and that removal from office require three votes by the commission; that the city manager

should be hired and fired by three votes of the commission (the charter now requires four votes to hire and fire both the manager and the police chief), but this change not take effect until after the current city manager leaves office; that the city manager be required to reside in the city, unless the commission makes an exception.

The committee will hold its next meeting on Wednesday, October 30, 2013, starting at 6:30 p.m. in the commission meeting room at city hall. The public is invited to attend. One of the topics to be discussed will be whether the police chief should be a department head who reports to the city manager. Under the current charter, the police chief and the city manager are each appointed by the commission and work as co-equals under the commission. Citizens can submit suggestions for changes to the charter to the deputy city clerk, Ms. Cathy Benson, at [cbenson@cityofsab.org](mailto:cbenson@cityofsab.org); by telephone: 471-2122; or by regular mail: 2200 A1A South, St. Augustine Beach, FL 32080.

### Volunteers Needed for 2014 Beach Blast Off



Beach Blast Off for 2014 will be a two-day event again at St. Augustine Pier Park, Monday, December 30th & Tuesday, December 31st from 2:00pm to 10:00pm.

Volunteers are needed for both days to sell tickets, beer, and Novelties.

If can help, please contact Volunteer Coordinator Verna Brown @ [vjbrown@bellsouth.net](mailto:vjbrown@bellsouth.net) if you would like to help.

### Tobacco Free St. Johns

(continued from page 1)

tobacco, cigar and electronic cigarette use is increasing. The FDA banned tobacco companies from flavoring cigarettes in 2009, but those rules do not apply to spit tobacco, cigars or electronic cigarettes.

The Tobacco Free St. Johns community partnership is a local community-wide, locally-organized group collectively working towards eliminating initiation and use of tobacco among St. Johns County residents, supporting tobacco policy change and educating decision makers about the impact of tobacco on the lives of St. Johns County residents and visitors. Tobacco Free St. Johns membership is free and open to the public. Meetings are held every 2nd Wednesday of the month at 3:00PM in Flagler Hospital.

For more information, visit [www.tobaccofreestjohns.com](http://www.tobaccofreestjohns.com) or [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com).



# EYE CENTER OF ST. AUGUSTINE

## THE EYE SURGERY CENTER OF ST. AUGUSTINE THE OPTICAL SHOP



**TOTAL EYE CARE UNDER ONE ROOF**

- Board Certified Physicians
- No Stitch Cataract Surgery
- Ophthalmic Plastic Surgery
- Laser Surgery
- Glaucoma/Macular Degeneration
- Yearly Diabetic Eye Examinations
- Eyeglasses/Contact Lenses

**MEDICARE PARTICIPANTS  
ACCEPTING NEW PATIENTS**

1400 U.S. Highway 1 South  
**829-2286**  
319 West Town Place, World Golf Village  
**940-9200**

\*WE ACCEPT MEDICARE, BLUE CROSS & BLUE SHIELD, UNITED, CIGNA, AND MOST MAJOR MEDICAL HEALTH PLANS.



Best Vision Center  
10 Years



**PAUL W. HUND, III, M.D.**



**TODD P. THOMPSON, M.D.**



**RUSSELL W. NELLIGAN, M.D.\***  
\*Cornea Specialist



**N. PATRICK HALE, M.D.**



**ELIZABETH K. MCLEOD, M.D.**



**MICHAEL A. DAGOSTINO, O.D.**



**TODD HOCKETT, O.D.**

### Sistershood of the Traveling Plants Presents: Autumn Fun with Flowers

Saturday, November 2nd at 2pm The Sisterhood of the Traveling Plants (Cathy and Marilyn) - members of the Garden Club of St. Augustine - are coming to your library to show you how to use food and flowers to spruce up your home this fall. Raffle tickets are available for purchase from the Friends of the Anastasia Island Branch Library to win the arrangements the Sisterhood create. Proceeds help sponsor this event. All materials are generously provided by the Friends of the Anastasia Island Branch Library. Anastasia Island Branch Library, 124 Seagrove Main Street 209-3730.



### TEMPLE BET YAM NOVEMBER SERVICE SCHEDULE

Rabbi Fred Raskind will lead Shabbat Services at Temple Bet Yam on Friday evening November 8th and Friday evening November 22, at 7:30 PM. The November 8th service will also honor veterans in the congregation. All are welcome to attend. Temple Bet Yam is located at 2055 Wildwood Drive, St. Augustine. For more information, call 904-819-1875, or visit [www.templebetyam.org](http://www.templebetyam.org).





## Message from the Mayor

S. Gary Snodgrass, Mayor  
City of St. Augustine Beach, FL  
comsgsnodgrass@cityofsab.org

Greetings fellow citizens! Here are some comments about important developments within our City:

Fiscal Year 2014 CITY BUDGET and Significant Construction Projects

At its meeting September 23, 2013, the City Commission adopted a \$12 million budget for fiscal year 2014 and approved the current millage rate of 2.3992 mills, which means homeowners pay roughly \$2.40 of assessed property value. The City has retained this millage rate for the fourth consecutive year!

The fiscal year 2014 budget is fair, reasonable, affordable and, consistent with State law, balanced. It enables the City to ensure public safety, pursue important infrastructure improvements, grant competitive salary adjustments for City employees and keep St. Augustine Beach moving forward.

Here is a partial list of significant construction and infrastructure projects for the coming year:

- 2nd Avenue Drainage Project – The open ditch that now exists along sections of 2nd Avenue from C Street north to 10th Street will be replaced by pipe. This change will improve drainage system efficiency. Projected costs and completion date: \$493,500/February 2014.

- Drainage pipe replacement and repaving of streets in the Woodland Estates subdivision, south of 16th Street. This effort is part of a multi-year plan to replace existing metal drainage pipes which were installed decades ago and are in danger of collapsing. Projected costs for phase one of the longer term effort: \$150,000

- Improvements to the Public Works Department complex on Mizell Road consisting of land clearing, fencing and purchasing and

mounting a 2,000 gallon above-ground fuel tank which will double the department's fuel storage capacity. Projected costs: \$155,000

- Ocean Woods subdivision (south of 16th Street) has a drainage ditch along its east side that has incurred significant erosion. \$75,000 has been appropriated either to pipe the ditch or build a retaining wall to stop the erosion.

- Improvements to the east of Pope Road. This is a joint County/City project to make this section, which ends at the beach, a safe parking lot for beach visitors. Projected City Costs: \$75,000 or one-half of the estimated project's costs.

- Completion of the 8th Street plaza. This plaza is located on the northeast corner of 8th Street and A1A Beach Boulevard. Pavers will be used to replace old asphalt and make this area resemble the parking areas on the north side of 10th Street. Projected costs: \$50,000

- Beach walkover for the Linda Mar subdivision replacing a sandy path to the beach. This effort is in the planning stage. More information to follow at a later date.

- Miscellaneous Items. These projects include funds for a shade structure at the City's Splash Park, beautification of the corner of Pope Road and SR A1A and repaving various streets. In addition, the Commission has appropriated funds for vehicle replacement and equipment including improvements for the City's streaming video service of its Commission and Planning Board meetings.

We value your inputs and ideas for making our City a better community. For all of us, it's the place we call home.

Happy Thanksgiving!

Best regards, S. Gary Snodgrass, Mayor

## The Art Studio of St. Augustine Beach

by Jan Heusdens  
heusdensjan@yahoo.com  
www.beachartstudio.com

### "Top 5 Reason to Join the Art Studio"

1. The Art Studio is the only non-profit community center for fine arts in St. Augustine Beach.

2. You are certain to discover or re-discover your inner artist.

3. The studio/gallery provides a venue to exhibit your artwork for the public to view or to purchase.

4. A warm accepting atmosphere connects you with fellow artists to make new friendships.

5. Your membership will support the advancement of fine arts in St. Augustine Beach.

For membership information, please visit our website at [www.beachartstudio.com](http://www.beachartstudio.com). A monthly schedule of events, class instruction and open studio/gallery hours is listed.

### The Art Studio 2013 Board of Directors

Paul Slava, President

Steve Tavender, Vice-President

Diane Bennett, Treasurer

George Paul, Secretary

Stacey Barden

Jan Heusdens

Jodi Hunter

Steve Mitherz

Nancy Willoughby

## St. Augustine Beach Civic Association

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



The Civic Association proudly became the first corporate partner of The City of St Augustine Beach. New City Marketing Michael Cunningham rolled out a new program for 2014 that we were happy to support. Events like Beach Blast Off, Arbor Day, Veterans Day and others were events the Civic Association already supported and sponsored so we happily presented the City with a \$5000 check. It was also our hope that by being first, other businesses would follow suit. We love our City and urge our membership to support all of the events produced by the City.

The Children's Garden is now open at Pier Park just in front of our Civic Association Office. This project we hope will beautify the park and allow local young people to play in the dirt and learn about the importance of plants and other natural beauty. We thank

our resident Master Gardener Leanne Lombardi and a crew of volunteers for all of their hard work.

Save the Dates! Two important community events are on the horizon. The City of St Augustine Beach has scheduled it's Veterans Day Celebration on November 11 from 3 until 5 pm at the Veterans Memorial at Lakeside Park. Vice Mayor Rich O'Brien will lead the Salute to our Veterans that includes bagpipers, guest speakers and free refreshments. And make plans to join us for Surf Illumination on Saturday December 7th at the Pier Park. Carolers, arts and craft vendors, delicious food and Mayor Gary Snodgrass will throw the switch that will bring the Pier Park and our community holiday tree to life. The fun starts at 4 pm on Saturday December 7th at the St Johns County Pier Park.

## Getting Ready To Sell?

I Can Help Get You Here



I can put you in touch with the most experienced real estate professionals the industry has to offer. Call me today so we can start to find a buyer for your home!

Buy, List or Rent through me and you will help donate to the Donna Foundation, which provides local breast cancer patients with financial support.

**Marian Johns (904) 501-4149**  
Referral Agent  
[marianjohns@gmail.com](mailto:marianjohns@gmail.com)



Referral Realty, Inc.



## Have Beaches News?

We welcome Community and Civic news about the Anastasia Island area.

Please forward those items of general interest to us at  
[beachesnewsjournal@yahoo.com](mailto:beachesnewsjournal@yahoo.com) or [clogsdon1@yahoo.com](mailto:clogsdon1@yahoo.com).

Online at [www.beachesnewsjournal.com](http://www.beachesnewsjournal.com)

Phone: 904-607-1410

**Tell advertisers and contributors you saw them in the Beaches News Journal**





# “Monstrosity”

By Max Royle  
St. Augustine Beach City Manager

Veterans Day is approaching on its customary date, November 11th. It's thus appropriate that I provide here a true tale about how the city's Veterans Memorial came to be and the surprising and unappreciative reaction of a certain citizen to it.

But first, some background. Lakeside Park is a small, arrowhead shaped piece of land located south of the city's police station and west of a shallow, former coquina quarry now officially named Lake Anhinga. For the non-ornithologists among you, the anhinga is a bird that hunts fish underwater. It can be seen now and then, either in the lake, its head sticking above the water, or on the shore, drying its outstretched wings.

The Park is part of the 3.45 acres that the city purchased in 1993 for \$345,000 because the visionary mayor at the time, Emmett Pacetti, realized a new city hall and police station were needed. The 50-plus year old building, located a mere 50 feet from the turbulent Atlantic Ocean, that the city had used for years wasn't adequate for its current and future needs. Thus, on the wider section of the 3.45 acres, a mile from the ocean, a new police station was constructed in 1998-99 and a new city hall in 2000-01.

The part of the 3.45 acres that later became Lakeside Park remained for several years a non-descript sliver of sand, weeds, bushes and a few trees. The only change concerning it was the county deeding ownership of the lake to the city.

The first improvement to the sliver was in 2004, when the city received an urban forestry grant and with money from it and savings purchased trees and ground plants, and built an irrigation system. The second improvement was an Eagle Scout community enhancement project that was done in 2005 by Joshua Longstreet of Troop 243. The Park was improved considerably with pavers, benches, a picnic grill and table, more trees and plants, and a thick row of spartina grass along the Parks west side to buffer it from the highway. Since 2005, there have been other projects to enhance it: a fishing pier along its east side, nighttime lighting, moving the St. Augustine Sculpture Garden to it, and building the Veterans Memorial.

It's fitting that the idea for the Memorial came from a veteran. He was Captain Robert Beskind, who served in the U.S. Navy for over 29 years and was the commander of seven naval bases. Tall

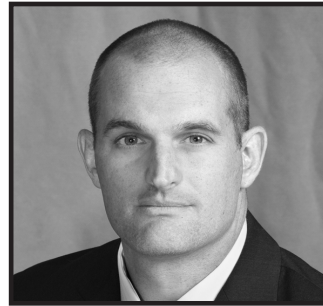
and balding, with a round, friendly face, he was so unimpressed with formalities that he didn't mind being called "Capt. Bob." He spoke frequently at city commission meetings about various matters and served on the city's tree board/beautification advisory committee. He was also involved with local veterans' organizations, and this may have been the reason he thought the city needed its own Veterans' Memorial. His first selection for a site, the county's pier park, wasn't endorsed by the county's parks and recreation director. Capt. Bob then focused on Lakeside Park: a peaceful, beautiful setting located near a parking area and already improved with landscaping and benches, where people could sit and contemplate the Memorial.

I still have the sketch he made of his concept for the Memorial: three connected blocks of stone or marble, with the center block the tallest at 4 1/2 feet. On it would be the city seal and the words: "Veterans Memorial. For those who have fought for it, freedom has a flavor the protected will never know." On each side, a smaller block, each with three circles. On each circle would be the insignia of one of the following services: Army, Navy, Air Force, Marine Corps, Coast Guard and Merchant Marine. Capt. Bob's concept was simple yet elegant; but before more planning on it could be done, he passed away in April 2008 at age 77.

Though the Memorial that eventually was built differs in key ways from Capt. Bob's concept, it does fulfill his concept's basic purpose: to honor the veterans of the six services. However, his initial design, a line of stone or marble blocks, was spread out. Space in the Park was limited because of the property's shape and the improvements (sidewalk, trees, landscaping) that had been done. A different design, vertical instead of horizontal, was needed.

It was the public works director at the time, Mr. Marc Chattin, who suggested that a local architect, Mr. Michael Stauffer, be asked for his ideas. That suggestion was inspired, as was Mr. Stauffer's design, which wonderfully expresses appreciation and respect for our nation's veterans.

The Memorial consists of a pad with six concrete pillars surrounding a pole with an American flag. On each pillar is the insignia of one of the six services. A circular, metal band connects the pillars, thus symbolizing the services' shared mission to defend the country (the flag). On the metal band are the words (continued page 12)



# Financial Focus

Information Provided By  
Edward Jones

## Harvest Season Offers Lessons to Investors

It's harvest time again. Of course, harvest season may not mean that much to you if you don't work in agriculture. Nonetheless, you can learn a lot from those who do — especially in your role as an investor.

Here are a few of these lessons to consider:

- “Feed” your portfolio. Through the proper combination of fertilizers and irrigation, farmers seek to maximize the growth of their crops. And if you want to give your portfolio the opportunity to grow, you need to “feed” it with the right mix of investments. This generally means you'll need to own a reasonable percentage of growth-oriented vehicles, such as stocks and stock-based securities. Keep in mind, though, that the value of these types of investments will fluctuate, sometimes sharply — and there's no guarantee you won't lose some or all of your principal.

- Be patient. Crops don't grow overnight. Farmers know that they will put in countless hours of work before they see the fruits of their labors. And they know that, along the way, they will likely experience setbacks caused by a variety of issues: too much rain, too little rain, insect infestations — the list goes on and on. When you invest, you shouldn't expect to “get rich quick” — and you can expect to experience obstacles in the form of bear markets, economic downturns, changes in legislation and so forth. Continuing to invest for the long term and focusing more on long-term results than short-term success can help you as you work toward your objectives.

- Respond to your investment “climate.” Farmers can't control the weather, but they can respond to it. So, for example, when it's been dry for a long time, they can boost their irrigation. As an investor, you can't control the economic “climate,” but you can make adjustments. To illustrate: If all signs point to rising long-term interest rates, which typically have a negative effect on long-term bond prices, you may need to consider reducing your exposure, at least for a while, to these bonds.

- Diversify. Farmers face a variety of risks, including bad weather and fluctuating prices. They can help combat both threats through diversification. For instance, they can plant some crops that are more drought-resistant than others, so they won't face complete ruin when the rains don't fall. As an investor, you should also diversify; if you only owned one type of financial asset, and that asset class took a big hit, you could sustain large losses. But spreading your dollars among an array of investments — such as stocks, bonds, cash and other vehicles — may help reduce the effects of volatility on your portfolio. (Be aware, though, that diversification by itself can't guarantee a profit or protect against loss.)

Relatively few of us toil in the fields to make our living. But by understanding the challenges of those who farm the land, we can learn some techniques that may help us to nurture our investments.

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

## We Have Many Reasons To Give Thanks.



**Connie Reep**  
Financial Advisor



**Ben Reep**  
Financial Advisor

You are one of them. On this Thanksgiving holiday, we thank you for your business. We value you as a client and look forward to continuing to help you reach your long-term financial goals.

We hope you enjoy Thanksgiving Day with your family and friends.

[www.edwardjones.com](http://www.edwardjones.com)  
Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING

4108 A1A South, St. Augustine, FL 32080  
904 - 460 - 1200

## Private Music Lessons

All Ages, All Levels

Reasonable rates  
Excellent results



Experienced  
Professional  
Teacher

Lessons in  
St. Augustine Beach



paul@umbart.com

www.umbart.com

904-501-3646



Paul Umbarger

Taught by a Professional Musician



Phone: 904-236-6243  
Fax: 904-239-5505  
Email: [undine@anastasiaw.net](mailto:undine@anastasiaw.net)  
107 A 11th Street  
St. Augustine, FL 32080  
[www.anastasiaw.net](http://www.anastasiaw.net)



Undine C. Pawlowski, Esq.





## St. Augustine Beaches Beautification Advisory Committee

Ann Palmquist, Vice-Chair  
Palmquist@comcast.net

### The Magnetic Nature of Gratitude

In a recent interview with Bill Moyers, Wendell Berry, the poet, essayist, novelist, philosopher and Kentucky farmer, shared these words of wisdom so fitting for this magnetic month of gratitude: "The world and our life in it are conditional gifts. We have the world to live in and the use of it on the condition that we will take good care of it." ... "and to know it and to be willing to take care of it, we have to love it."

November has been called a magical month of gratitude: November 3 marks the end of Daylight Savings Time, gifting all with an extra hour of sleep; November 11, Veterans Day, allows time for reflections of the heart, tallying the price paid by those who answered the call to duty; November 28 is the time to gather together for the great American holiday and give thanks.

The City of St. Augustine Beach exerts a powerful magnetic draw, and in November, families searching for a place to celebrate their first Thanksgiving check out our pristine beaches, a chronologically diverse community (the close proximity to historic heritage being only a short distance across the bridge), and they find our city hard to resist. This magnetic attraction persuades both kith and kin — one's acquaintances and relatives — to gather perhaps as newbies or newly united, and joining family gatherings soon becomes a tradition. Family bonds are made stronger when stories are shared of the family's heroes and she-roes, like learning the role a grandmother or auntie played as a Rosie the Riveter. These stories lay a solid foundation and strong shoulders to stand on, becoming legends and the dialog of our cultural heritage, the magnetic gratitude for roots that go deep. This gratitude serves like a balanced lodestone in a compass, but instead of pointing to Earth's north magnetic pole in the Arctic, it points to family and home. Regardless of our place of origin, miles will be crossed as easily as erasing borders outlined on maps drawn in chalk on a blackboard, and we find our way home.

Records of ancient people's knowledge

of magnets dates around 2,500 years ago and early descriptions tell us the compass was a vital navigational tool in Greece, India and China. These early compasses, forerunners of the GPS system, guided tribes and clans to gatherings and there is little doubt there were celebrations of thanksgiving for another year. The City of St. Augustine Beach welcomes families to come, break bread and give thanks.

One of the gateways to our fair city, at the corner of Pope Road / SR A1A, is going to receive some welcome attention. Mayor Snodgrass requested the BAC to provide a beautification plan for this corner. BAC chairman Eric Chaconas presented the BAC plan designed by member Tanya Frantzen, with input for BAC members which incorporates Florida Friendly Yards principles. The commission has now requested cost and time estimates, identification of possible funding sources, and to work with DOT and all regulatory agencies, so it's back to the drawing board. Possible suggestions may include funding through grants, working with the First Coast Technical College (FCTC) horticultural program and labor from students in need of community service hours. The magnetic appeal of our fair city starts at our gateways and the beauty of our city is the first impression our visitors have.

Thanksgiving is so much more than the day before "Black Friday." Limiting forays into the world of plastic permits the lodestone on the compass to point with gratitude to home and hearth. Preemptive and limited use of the magnetic strip on the back of debit, credit and ATM cards could re-image November as well as January, with gratitude and the start of a beautiful, fresh new year.

Mr. Wendell Berry says it better: "Whether we and our politicians know it or not, Nature is party to all our deals and decisions, and she has more votes, a longer memory, and a sterner sense of justice than we do." Living in the most beautiful city by the sea is a magnetic gift to share, so make a little history and give thanks.

## St. Augustine Beach "Kids Garden" First Community Session & Bookmobile



LeaAnn Lombardi, Master Gardener receives some help installing a drain plug a rain catching barrel.

The first session of the St Augustine Beach Kids' Garden was accompanied by the appearance St Johns County Book Mobile. Activities included, making a rain barrel, planting a windbreak, videos of garden activity and take home plants and books for all the kids. Please join us on Saturdays at 9:09AM for planting, discussions and harvesting.

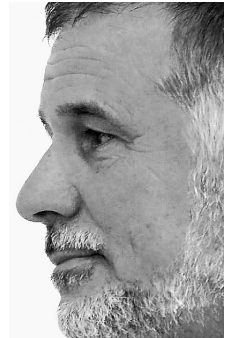


Alan Mills and his son Eli selecting a book from the Bookmobile. (Photo by Harold George).

## Spiritually Speaking

By Fr. Nicholas A. Marziani, Jr. D. Min.  
askfrnicholas@aol.com

Pastor, St. James Church, a Catholic Community of  
the Personal Ordinariate of the Chair of St. Peter



### "Oh My, Oh Miley"

A few years ago I had the privilege of serving with AmeriCorps through Communities in Schools of St. Johns County, and a new Flagler College graduate colleague and I were assigned as tutors to assist young students at R.B. Hunt Elementary School. One child in particular, a delightful second-grader with a rapier wit, was just totally enthralled with the then Disney tween star Hannah Montana. It was a Hannah Montana lunch-box, a Hannah Montana school bag, whatever. Hannah Montana was her idol.

Though I haven't been at R.B. for a while, I'm scared today for that child and children like her, as they prepare to complete grade school and enter the very difficult middle school years. Consider what has happened to that Disney "good girl" idol, and you, too, dear reader, will share my deep concern. In a pop-driven society such as ours (I hesitate to use the word "culture", we really don't have any these days) vulnerable kiddos on the edge of puberty and soon to follow adolescence are sitting ducks for the predators of young souls who foist moral disasters like Miley Cyrus' "Wrecking Ball" upon them.

Quite interestingly, according to film and

music producer Mark Joseph, as related in an article in the September 27th edition of USA Today, Ms. Cyrus is really herself a pawn of the sexually depraved imaginations of the men who actually wrote the lyrics to that record-setting single. And not just Miley Cyrus. Mr. Joseph, who is the author of a forthcoming book, *Rock Gets Religion: The Battle for the Soul of The Devil's Music*, cited at least nine female performers, going back to the late 1970s, who sang provocative lyrics mostly or wholly composed by male songwriters! In fact, he cited at least two of those young women who actually objected to having to so often sing such sexually irresponsible pieces, preferring to ratchet down the raunch once in a while. Few of us may know that in 1986 Janet Jackson co-wrote a single with an intriguing title, "Let's Wait Awhile." Indeed. And then just seven years later with the "assistance" of six male songwriters she was pushing the same old trash that had unfortunately become the mainstay of impressionable youth.

Very recently many of us heard about some sexual shenanigans up at Brown University, "Naked Week", in which the prime of our Ivy League collegians shed it all to celebrate what one young co-ed called "Gender Expression." Huh. Back in the day we just called it exhibitionism! Ah, sweet redefinition of stupidity. They are also calling it "a philosophical experience", and not simple prurience. Allegedly like the come-on ads for the new cable series "Masters of Sex". Right. And on it goes.

Aside from an occasional Florida Lotto or Powerball ticket, I'm not a betting man, but if I were, I would be willing to wager that the instigators behind these putative "feminist" phenomena are overwhelmingly men, as in XY chromosome bearers. Men get to project their fantasies on women, and at least younger women, without the benefit of real life experience and common sense, just lap it up. And as always I continue to ask the same question — where are their fathers, where are their brothers, where are men in their lives who could clue them in to how absurd it all is?

I guess they're AWOL, poolside, oogling the other young things as they gigglingly flit by. Good Lord, help us.

Prayerful regards, Fr. Nick.



**St. James  
Church  
Services of  
Holy  
Eucharist**

**Saturdays - 4:30 pm**

www.saintjameschurchsaintaugustine.org

**St. Augustine House of Prayer  
34 Ocean Avenue  
St. Augustine, FL 32084**

*"A Roman Catholic, Anglican  
Use Congregation of the Personal  
Ordinariate of the Chair of St.  
Peter".*

**Call for more info: 904-460-0535**

## Flagler College's Human Rights Advocates hosts 4th Annual Hunger Banquet

Saint Augustine, Florida: Flagler College's Human Rights Advocates Club will hold their fourth annual Oxfam America Hunger Banquet on Thursday, November 14th at 7 p.m. for the public. The interactive event, which will be held in Flagler College's Virginia Room in the Ringhaver Student Center, will help participants gain a greater understanding of hunger and poverty. Admission is five dollars; tickets can be purchased at the door or in advance.

During the Hunger Banquet, participants will experience first-hand how decisions can affect others in the world. Where one will sit, and the meal one will eat, are both determined by a matter of chance just as in real life some are born into relative prosperity and others into poverty. All proceeds will be donated back directly to Oxfam America to build a better food system.

Flagler College's Human Rights Advocates (HRA) is a club that strives to bring campus and community-wide awareness in regards to the global plaque that is the violation against human rights. HRA, who won club of the year in 2011, has coordinated fundraisers and events to raise money for human rights organizations, such as Enable USA, the Pulsera Project, Oxfam America, Heifer International, and many more.

For more information contact HRA's Media Relations Officer Kaci Cyr at KCyr855@gmail.com or visit our website at <https://www.facebook.com/flaglercollegehumanrightsadvocates>





# Beaches Bistro

By Paolo Pece, Cafe Atlantico

cafeatlantico@comcast.net

## Tuna Teriyaki

Asian dishes with sweet elements such as ginger or sherry, are best complemented by fruity wines, with a little residual sugar.

Although Gewürztraminer is sometimes recommended for Asian cuisine, a blush wine with good acidity can win.

Serves 4.

- 1 tablespoon fresh grated ginger
- 1/2 cup sesame oil
- 1/3 cup of soy sauce
- s tbsp. rice wine or sherry
- 2 tablespoons minced garlic
- 1 teaspoon ground black pepper
- 4 (4 ounce) fillets yellowfin tuna

In a large resalable plastic bag, combine the teriyaki sauce, oil, garlic, and pepper. Place the tuna fillets in the bag. Seal the bag with as little air in it as possible. Give the mix a good shake, to ensure the tuna fillets are well coated. Marinate for 30 minutes in the refrigerator.

Meanwhile, preheat an outdoor grill for high heat, and lightly oil grate.

Remove tuna from marinade, and place on grill. For rare tuna, grill for 3 to 5 minutes on each side. For medium, grill 5 to 8 minutes per side. For well done, grill for 8 to 10 minutes per side. You can use carrot curls and green onions for garnish.

# Is Long Term Care Insurance Right For You?

By Jane Tucker, First Florida Insurance

Long-term care insurance is a type of insurance developed specifically to cover the costs of long-term care services, most of which are not covered by traditional health insurance or Medicare. These include services in your home such as assistance with Activities of Daily Living as well as care in a variety of facility and community settings.

There is a great deal of choice and flexibility in long-term care insurance policies. You can select a range of care options and benefits that allow you to get the services you need in the settings that suit you best. The cost of your long-term care insurance policy is based on the type and amount of services you choose to have covered, how old you are when you buy the policy, and any optional benefits you choose, such as inflation protection. If you are in poor health or already receiving long-term care services, you may not qualify for long-term care insurance, or you may only be able to buy a more limited amount of coverage, or buy coverage at a higher "non-standard" rate.

Long-term care insurance policies have a benefit period or lifetime benefit maximum, which is the total amount of time or total amount of dollars up to which benefits will be paid. Common benefit periods for long-term care policies are two, three, four, and five years, and lifetime or unlimited coverage. Other options between five years and lifetime/unlimited coverage are also available from

many companies. Most policies translate these time periods into dollar amounts and do not actually limit the number of days for which they will pay for care – just the overall dollar amount that the policy will pay.

With long-term care insurance, you pay premiums in amounts you know in advance and can budget for, and the policy pays - up to its coverage limits - for the long-term care you need when you need it.

### Coverage and Benefit Choices

You select a daily benefit amount (for example, \$100/day), which is the maximum daily amount of expenses for care the policy will pay. Most policies let you choose from \$50/day to as much as \$500/day. A growing number of policies specify benefits in terms of a monthly amount so that you have the flexibility to receive more care on some days (for example, when family care is not available) and less care on other days.

A First Florida agent can counsel you on the type of Long Term Care Insurance coverage that best suits your needs.

First Florida agents invite you to take their "Quote Challenge." Call First Florida to discuss your current policy coverages. Their goal is to be certain you have the absolute best rate for which you qualify. Call 808-8600, click on [www.firstfloridainsurance.com](http://www.firstfloridainsurance.com), or come by to visit one of First Florida's friendly agents.



*Contemporary Italian Grill*

- 3 Diamond Award
- Best 25 Restaurants in N. Florida
- Golden Spoon Award

Dinner Mon.-Sun. 5 p.m to Closing  
**904-471-7332**

647 A1A BEACH BLVD. ST. AUG. BEACH  
[www.cafeatlantico.net](http://www.cafeatlantico.net)

• 10% Discount With This Ad •



## Temple Bet Yam

*TEMPLE BY THE SEA*  
2055 Wildwood Drive, St. Augustine

### Rabbi Fred Raskind

A Reform Congregation

• Religious School • Judaica Gift Shop

**904-819-1875**  
[www.templebetyam.org](http://www.templebetyam.org)



# FIRST FLORIDA INSURANCE NETWORK

FIRST FLORIDA IS ST. JOHNS COUNTY'S PREMIER HOMEOWNER INSURANCE AGENCY  
St. Augustine's Oldest Continuous Insurance Agency

## Take The First Florida Insurance "Quote Challenge"

**Save Up To 60%**




### TAKE THE FIRST FLORIDA INSURANCE "QUOTE CHALLENGE"

DESIRED DWELLING COVERAGE	YEARLY PREMIUM	ADD'L DISCOUNTS AVAILABLE
\$200,000.....	\$621.....	home/auto discount up to 20%
\$250,000.....	\$746.....	home/auto discount up to 20%
\$300,000.....	\$882.....	home/auto discount up to 20%
\$350,000.....	\$1,022.....	home/auto discount up to 20%
\$400,000.....	\$1,164.....	home/auto discount up to 20%
\$450,000.....	\$1,303.....	home/auto discount up to 20%
\$500,000.....	\$1,445.....	home/auto discount up to 20%
\$600,000.....	\$1,735.....	home/auto discount up to 20%
\$700,000.....	\$2,026.....	home/auto discount up to 20%
\$800,000.....	\$2,316.....	home/auto discount up to 20%
\$900,000.....	\$2,606.....	home/auto discount up to 20%

\*HIGHER LIMITS OF COVERAGE AVAILABLE\*  
Prices based on 2013 Masonry Construction. East of the Intracoastal.

**Member (FAIA)**

Affiliate Member  
Board of Realtors

**GIVE US A CALL TODAY FOR ALL YOUR INSURANCE NEEDS!**

**904-808-8600 • [www.equotechallenge.com](http://www.equotechallenge.com)**

**4425 U. S. 1 South #103, St. Augustine**

**A&B RATED CARRIERS WITH AM-BEST Trusted Choice**



# Paradise is here...

*Tripadvisor Rated # 1*



**Your Hosts**

*Lauren & Rich O'Brien*



1 F Street  
St. Augustine Beach  
904-461-8727  
www.beachfrontbandb.com



## Proper Lifting Techniques

By Dr. Jack R. Thompson  
Doctor of Chiropractic  
105 Mariner Way, Suite 203  
(904) 794-5500

My sister, Susie, and I are happy to report that we have successfully moved our Chiropractic Office to our new location in Mariner Health Park, Unit 204, across from the main entrance to St Augustine Shores, just south of the Publix shopping center. Having just completed the move, I thought it would be a good time to remind our readers about the importance of Proper Lifting.

I want you to understand that when you do a certain action properly (such as lifting a heavy object), the chances of hurting yourself are greatly reduced over doing it improperly. There is a proper way of lifting – using our legs, rather than our back, to lift the weight. In essence, that is correct. But what I have found is that most folks are a bit unsure of the exact way to lift correctly. And that is what I'm going to discuss here.

First of all, try to warm up your muscles a bit before lifting a heavy box or other load. Walk or jog for just a couple minutes, work your arms and shoulders back and forth, and squat all the way down several times to loosen your legs. When you are lifting a load, never try to lift something that is obviously too heavy

for you. This is an invitation for disaster! Ask for help and do a TEAM LIFT with a partner.

If the load is manageable for you, say a large box on the floor, start by spacing your feet slightly more than shoulders width apart. Next, while facing the box, squat as far down as you can - bending only at the hips and knees. Grip the box securely and bring it into your body. Lift the box by straightening out your hips and knees.

Keep your back straight and lift straight up – DO NOT TURN OR TWIST AT THE WAIST AS YOU LIFT! Once you are up, use your feet to “walk” the box in the direction you wish to take it. Again, it is very important that you do not twist at the waist while you are holding the load. Keep your back and torso straight and use your feet to “walk” the box to where you want to place it. Once there, use your legs and hips again to set the box gently into place.

Lifting can be done safely. It takes discipline to perform the proper technique. If you do it properly, you may just save yourself from a painful back injury. And if by chance you do hurt your back, well, I'm here to take care of you!

## Dr. Jack R. Thompson, CHIROPRACTOR

IF YOU ARE SUFFERING FROM HEADACHES, NECK OR BACK PAIN, OR OTHER STUBBORN HEALTH ISSUES....  
CHIROPRACTIC TREATMENTS MAY HELP.

**Call 794-5500**

Accepting New Patients  
At Our New Location Just Across From The Shores

**105 Mariner Way, Suite 204**

## Strengths-Weaknesses-Opportunities

(continued from page 2)

shared research included in her book, Marketing Cultural & Heritage Tourism a World of Opportunity to better understand the Opportunities of this market. The cultural and heritage traveler wants the experience to be authentic to hear a story to have an experience to learn something unique, be informed with knowledge based information and the site/event should be relevant to see buildings and surroundings retain their historic character and enjoy the benefits of good stewardship. An example of good stewardship is the Ximenez-Fatio House Museum, owned by the Colonial Dames of America where Julie Gatlin, Executive Director, and the knowledgeable members of the Colonial Dames, partnered to host a reception for the Cultural & Heritage Tourism Marketing Conference. This step back in time will not soon be forgotten. This generous gift was a sterling example of how partnerships enrich the cultural heritage tourist benefits and economic returns are measurable.

The C&HT conference illustrated the need to move beyond “if they build it, they will come” theory and incorporate the conference theme “Embracing Culture & Heritage, One Tourism Dollar at a Time,” into an action plan. The juxtaposition of CEO's, marketing gurus, thought-leaders, tech wonks, policy directors, local, state funding agencies, and grant writing experts, contributed to the high voltage atmosphere. Attendees discovered nuggets of wisdom like how to recover from a misstep. Along with facts and figures of the positive economic impact cultural and heritage tourist has a reoccurring message was to tell your story with passion, if you don't feel the passion neither will your cultural traveler.

Sharon Adams, Houston First, told a story about the ole complaint, 'there's nothing to do around here?' Sharon said Houston did have a visitor center, open only spasmodically, where visitors could pick from racks of dusty, bent, or even torn flyers, or ask an equally unhelpful and uninformed attendant. About this same time two historic homes were being threatened with demolition. John Nau, a private donor, stepped up and a public/private partnership was formed. The NAU Center for Texas Cultural Historic was born. Those two historic homes will be completely restored and be the jewels in the Texas Cultural Crown. Houston First is putting the partnership pieces together resulting in a new twinkle in the eyes of Texas.

Each marketing plan shared and each story told tackled S-W-O-T marketing. Our cultural is how we teach our children the past. Heritage is the passion we feel when we tell our story.



# ROMANO'S

*New Ownership! Same Great Food!*



**50%  
off \***

\* Buy one entree or Pizza at full price - get a 2nd entree or pizza of equal or lesser value for 50 % off. Cannot be combined with any other offer or coupon. Simply clip this ad and present it at either of our Romano's locations. Our complete Restaurant Menu is available for FREE delivery. Valid through 10-15-2013.

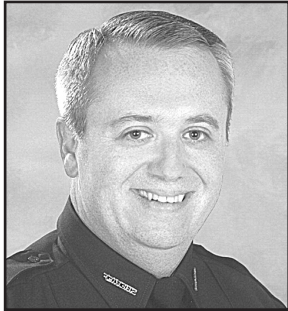
SERVING PASTA, CHICKEN, VEAL, SEAFOOD, SALADS, PIZZA & FRESH BAKED BREAD DAILY! DINE-IN, PICK-UP & DELIVERY.

WE ARE A LOCALLY OWNED AND FAMILY OPERATED ESTABLISHMENT. ALL OUR MENU ITEMS ARE HOMEMADE AND COOKED TO ORDER

**Tel 461-1111**

4255 A1A South, St. Augustine Beach • WWW.ROMANOSSTAUG.COM





## St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

### Offender Watch Program

Did you know that sex offenders or predators move an average of four times a year! It is this reason that our citizens want and need easy access to sex offender data so they can run neighborhood searches around their home and school. They want to stay updated with emails and postal mailing whenever there is a change around them. In addition, 80-90% of us likely have a sex offender living within a one mile radius of our home, our children's school, or place of work. This month I would like to talk to you about a very important program we offer here at your Sheriff's Office. It is the OffenderWatch Program. This is an on-line tool to keep you better informed as to where registered sex offenders and predators reside in our county. This system will enable anyone with an Internet connection to search for registered sex offenders and predators within our county by name or address.

This program is two-fold: A geographic tool and a notification program. With the geographic tool, any address in the county can be entered into a search engine, and a map will be displayed showing full information on the location of any registered sex offenders or predators living within a mile radius of that address.

The email notification program allows any person to enter up to five addresses in the county into a database so that the Sheriff's Office can notify you of any offenders or predators who moves within one mile of that given address. To sign up for the OffenderWatch program, go to our website at [www.sjsso.org](http://www.sjsso.org), and click on the Sex Offender and Predator tab and then the OffenderWatch link. Instructions will guide you through the process.

Also on our website you will find safety tips for parents and children in reference to sex offenders. Parents should take responsibility and know where your children are at all times. Be familiar with their friends and daily activities. Build self-esteem in your child. Listen carefully to your

children's fears, and be supportive in all your discussions with them. Replace fear with knowledge. Teach decision-making to your child. Children at all ages can make decisions. Practice early with little decisions so big decisions later are easier. Teach them to trust their own feelings and assure them they have a right to say NO to what they sense is wrong. Choose substitute care givers carefully. Be alert to any teenager or adult who is paying unusual amounts of attention to your children or giving them inappropriate or expensive gifts. Teach your children that no one should approach them or touch them in a way that makes them feel uncomfortable. If someone does, they should tell their parent(s) immediately.

Some safety tips for children include: Teach them about who they are including their full name, birthdate, complete address, phone number and their parents' full names. If a child is in a public place and they get separated from you, encourage and teach them to not to wander around looking but to go to a checkout counter, a security office, or lost & found. Have them tell someone in authority that they have become separated from their parent and need help in finding them. If possible, use the buddy system. It's more fun and there is safety in numbers. Don't wander the neighborhood after dark or while alone. If someone follows your child on foot or in a car, teach them to stay away from them and find a trusted neighbor or adult. Be sure to tell them not to talk with strangers, give directions or look for a lost pet from someone they do not know. Most importantly, if someone tries to take a child away, the best defenses are the child's legs and voices. Try to run and scream before they get too close and call 911 immediately.

There is a wealth of information on our website on this topic as well as on many other topics at [www.sjsso.org](http://www.sjsso.org). Please feel free to follow the Sheriff's Office on Facebook and Twitter and feel free to email me with any questions or concerns at [dshoar@sjsso.org](mailto:dshoar@sjsso.org). Thanks for reading and stay safe!

St. Augustine  
**Power House**

Questions?  
[askmow@staugpowerhouse.com](mailto:askmow@staugpowerhouse.com)

**PARTS • SALES • SERVICE**  
125 Pope Road, St. Augustine

The Premier Outdoor Power Equipment Dealer for St Johns County  
Servicing Landscapers, Home Owners & Commercial Contractors

Call (904) 461-0310 local [www.staugpowerhouse.com](http://www.staugpowerhouse.com)

### Ask Mow?

Answering Questions About Homeowner Lawn Equipment. Featuring "Mow", St. Augustine Power House Spokesperson.

Hello readers and welcome to another edition of "Ask Mow". A monthly publication dedicated to answering questions about Consumer Lawn Equipment. Featuring "Mow" St Augustine Power House spokesperson.

This is the month for giving thanks. How many ways can St Augustine Power House say "Thank You"? During the busiest of times we sometimes forget those two magical words. They seem so simple to say yet more often than we think it goes without being said. So where did the term Thank You come from? According to Wikipedia, Thank you is derived from the word Gratitude. An attitude in acknowledgment from a benefit that one has received. The term can also be used a few ways, for instance, "Thank You for repairing our mower quickly and for a reasonable price". Or as a condescending way "Thank You very much"! Bottom line is we would like to thank each and every one of our customers for the opportunity to earn your business.

*Working with the public sounds like it has its fair share of surprises.*

It certainly does, they can keep you on your toes. This month as gratitude to our customers we are doing a special on Chain Saws and Chipper Shredders. How about a FREE Echo PB250LN Blower with the purchase of a 3" Bear Cat chipper Shredder? The Bear Cat machine has a 206CC Professional-grade engine, 3" chipping capacity backed by a 3 year warranty. Or how about an Echo CS310 14" Chain Saw for \$199. It has a 30.5CC engine backed by a 5 year warranty.

Sounds like quite a deal Mow, that's all the time we have this month, so until next month, remember St Augustine Power House is located at 125 Pope Road. Visit us at [www.staugpowerhouse.com](http://www.staugpowerhouse.com) and if you have any questions for Mow call 904-461-0310 or email him [askmow@staugpowerhouse.com](mailto:askmow@staugpowerhouse.com).



The St. Augustine Beaches News Journal is distributed monthly by U.S. Mail to the largest neighborhoods and more!

- Anastasia Lakes • Cedar Ridge
- Commodores Club • Island Hammock
- Lions Gate • Magnolia Dunes • Marsh Creek • Ocean Oaks • Ocean Palms
- Ocean Trace • Ocean Walk • Ocean Woods • Sea Colony • Sea Gate
- Sea Grove • Sea Oaks • Sea Walk • Woodland Estates

Call (904) 607-1410 For Advertising Information

**ALLSTAR**  
Electrical **1** Contractors  
INC.

**FULL SERVICE ELECTRICAL CONTRACTOR**  
Commercial • Residential  
Family Owned  
Over 30 Years Experience

**FREE ESTIMATES**  
Call for Discounts & Specials

- ★ Trouble shooting ★ Circuits Check
- ★ Mobile Homes
- ★ TV, Cable, Phone Wiring
- ★ New Construction ★ Ceiling Fans
- ★ Repairs Generators Installed
- ★ Pool & Pond Wiring
- ★ Service Changes & Upgrades
- ★ Decreased Power Problems
- ★ Washer/Dryer Receptacles
- ★ Indoor/Outdoor Wiring
- ★ Surge Protection

Bonded/Insured • St. Cert# EC13001130  
Credit Cards Accepted  
24 HOUR EMERGENCY SERVICE  
**904-460-1001**  
CALL! WE DO IT ALL!!

## MOULTRIE CREEK NURSING & REHAB CENTER

...your bridge between the Hospital & Home



200 Mariner Health Way • St. Augustine • Tel: 904-797-1800 • Fax 904-797-1803

Gingie MacQueen, Admission Director 904-864-1051

Moultrie Creek Nursing & Rehabilitation Center prides itself in providing home-like amenities during your stay. A personalized plan of care teaches and educates you for continued improvement after returning home.

- Inpatient/Outpatient Physical, Occupational & Speech Therapy • Ice Cream Parlor • Beauty/Barber Salon • Indoor/Outdoor Common Areas • Newspaper Delivery • Pharmaceuticals • Dietary • Social Services • Dining Areas • Laundry Service • Phone/Cable • Wound Care • Restorative Care



## LOCAL AUTHOR IN NEW CHRISTMAS STORY COLLECTION

St. Augustine Shores author Richard Hébert is featured in a just-published Christmas anthology of short stories, titled Snowbird Christmas Vol. 2: Holiday Stories to Warm Your Heart. The collection is available from Amazon.com in both Kindle and paperback editions and through Kobobooks.com in epub format.

Hébert's story, "Jason's Gift," is a heartwarming tale about a father's construction of a special Christmas gift for his pre-teen son, a pensive, "bookish lad" who "thinks too much." The year is 1949. World War II may have ended but its memory is still fresh in everyone's mind, including the young boy's. To spur his son into joining others at their sometimes rough-and-tumble play Jason builds him a custom-made go-cart he believes will be the envy of the other boys.

The Snowbird collection is intended as a "Christmas card" to family, friends and anyone looking for holiday cheer. While not everyone can be together for the holidays, the book celebrates that all can be together in their hearts. The migratory "snowbird" has nothing on the resilience of the human heart.

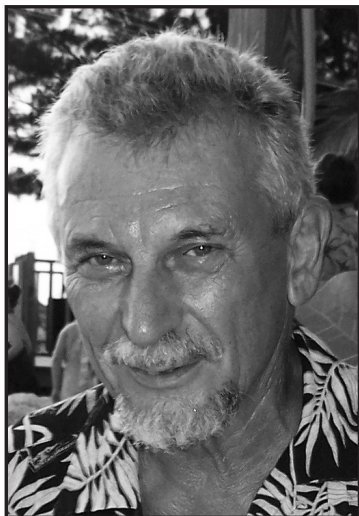
The author, a former Atlanta Constitution investigative reporter and media relations specialist in Washington, D.C., and currently is principal writer of a political blog, Richard's Take. He has resided in St. Augustine Shores since 2003.

This is the second consecutive year one of his short stories has been selected in competitions for publication. In 2012 his story, "Ronald," was chosen for publication in the Florida Writers' Association anthology, My Wheels. It can be purchased from the FWA for \$14.95 at <http://shop.floridawriters.net>.

In 2011, Hébert's personal short-story collection, MindWarp: A Novella...And Other Strange Tales, won first prize as best novella of the year in FWA's Royal Palm Literary Awards competition. It was also named one of Kirkus Reviews' 51 "Best of 2011" independently published books in the nation.

Print editions of Snowbird Christmas are \$8.99 and e-book editions are \$7.99. In addition to Amazon and KoboBooks, a limited number of autographed copies are available from the author by contacting him at [rlhebert0906@att.net](mailto:rlhebert0906@att.net).

For more information about Hébert and his writings, visit his blog site, [www.richardhebert.com](http://www.richardhebert.com).



Fresh, Local Seafood Prepared the Way You Like it!

## SOUTH BEACH GRILL

Open For  
**BREAKFAST**

Saturday & Sunday  
7:30 a.m. to 10:30  
a.m.

Join Us For  
•Omelets  
•Pancakes  
and more!

St. Augustine's Best  
Casual Oceanfront  
Restaurant

"GRILLED, FRIED, STEAMED, BROILED,  
SAUTEED or BLACKENED"

• CHICKEN, PASTA, STEAK, BURGERS & WRAPS •

**(904) 471-8700**

45 Cubbedge Rd. Crescent Beach

[www.southbeachgrill.net](http://www.southbeachgrill.net)

Breakfast: Saturday & Sunday 7:30am-10:30am

Lunch & Dinner: 7 Days 11am-9:00pm

Early Bird Specials: M-F 3:30pm-5:30pm

Beer, Wine & Full Service Bar • Happy Hour: M-F 4:30-6:00pm

## "Monstrosity"

(continued from page 7)

"In Honor of Those Serving and Those Who Have Served." In front of the pillars is an apron of bricks, some of which have the names of veterans etched on them. There's a pedestal in front of the apron with a bronze plaque on its top and front. The top plaque has the city seal, states the date (November 11, 2009) when the Memorial was dedicated to all the U.S. Armed Forces, and has the words: "In Special Appreciation to Captain Robert L. Beskind, USN Ret, Whose Perseverance Made This Memorial a Reality." The plaque also has the words that Capt. Bob had initially proposed: "For Those Who Have Fought for It, Freedom Has Flavor The Protected Will Never Know."

The front plaque recognizes the contributors who helped make the Memorial possible. The Allied Veterans donated \$10,000. An additional \$10,100 came from the city's New Year's Eve fireworks show, while \$5,000 was raised from the sale of commemorative bricks. The Civic Association gave \$800 and \$140 came from the South Area Business Council of the St. Johns Chamber of Commerce. Dr. Roger J. Geronimo gave \$100. The Memorial's total cost was \$29,004, with \$2,781 being in-kind labor by the city's Public Works Department personnel. I should add here that Mr. Stauffer didn't charge the city for his design services.

I want also here to recognize the contractors who built the Memorial: Lon Manucy Concrete, B&S Signs and Health Electric. They provided the quality of workmanship that the Memorial certainly deserved. Also deserving of appreciation is Marc Chattin, the public works director,

who oversaw the project and had an intense interest in its success.

Could there be anything wrong with Mr. Stauffer's design that has so masterfully made the Memorial fit in and complement its surroundings? Apparently yes, at least for one citizen. Shortly after the Memorial had been constructed, this citizen telephoned me and said in a sneering tone that the Memorial was a "monstrosity." Yes, that was the very word he used. I must admit the recollection of it causes me even now, some four years later, to pause mentally in frank dismay, as his comment shows such pro-active negativity and profound disrespect for veterans. But then I remember that this same citizen criticized the city's Splash Park when it was built. I wonder what he'd say to the hundreds (likely by now thousands) of happy children (and their parents) who have enjoyed the Park.

But enough of him. You be the judge. If you've not seen the Memorial, I encourage you to visit it. The upcoming Veterans Day would be an appropriate time. A program to honor veterans has been planned by the city's events coordinator, Mr. Michael Cunningham. It will be held at the Memorial in Lakeside Park on Monday, November 11th, from 3 to 5 p.m. If you drive, you can park in the city hall lot. Come and participate in the ceremony amid the Park's beautiful surroundings, and decide for yourself whether the Memorial fulfills Capt. Bob's intent for the city to have a monument that pays deserved and dignified homage to our nation's veterans.

The Most  
Award  
Winning  
Full-Service  
Restaurant  
in St.  
Augustine  
Beach!



2013  
Taste  
of the  
Beach  
Award  
Winning  
Chowder  
Fries

421 A1A Beach Blvd.  
St. Augustine Beach, FL

Across from the Beach  
[SunsetgrilleA1A.com](http://SunsetgrilleA1A.com)

**50 % OFF**

Any Bottle of Wine With  
Any \$30 Food Purchase

Valid Sunday- Thursday only

Not valid with any other specials,  
coupons or all-you-can-eat items.  
Please present when ordering.  
Expires 12-15-13.

33 TIME  
AWARD WINNER  
OF THE GREAT  
CHOWDER  
DEBATE

Key West  
Atmosphere

**471-5555**

New 2013 menu items:  
Jerk Wings, Ahi Tuna Tacos,  
Fried Pickle Burger,  
Lobster Stuffed Oysters & more

Now Serving Dinner on the Deck



**Gregory E. Oxford**  
DDS, MS, PhD  
Dental Surgeon

- Extractions
- Wisdom Teeth
- IV Sedation
- Implants
- Bone Grafts
- Sinus Elevations
- Gum Surgery
- Laser Therapy
- Soft Tissue Grafts

**Oxford Dental Associates**

**Isabell G. Oxford**  
DMD  
General Dentist

- Implant Dentistry
- Crowns & Bridges
- Cosmetic (white) Fillings
- Whitening
- Veneers
- Implant Dentures & Partial
- Conventional Dentures & Partial



100 Whetstone Place  
Suite 308  
St. Augustine, FL



**810-2345**  
[www.oxforddental.net](http://www.oxforddental.net)



## Real Estate Corner

By Will Russell, Licensed Real Estate Agent  
Shores Resident  
willbr3@yahoo.com  
904-814-7305

### “Resources for Your Home Search”

Many prospective home buyers often ask me for resources that can help them shop for a home. Below is a brief list of potential resources for prospective home buyers.

1) A Real Estate Agent – The best way to get the most accurate and up to date information about property is from a licensed realtor. You want a realtor that is a member of the Board of Realtors, that has access to the MLS, and that knows the area. A realtor can help you with any property, not just their listings.

2) The Internet – The National Association of Realtors found that 88% of home buyers used the internet to help find a home in conjunction with a realtor. Various real estate websites allow individuals to browse homes, look at pictures, examine schools, explore the property with Google Earth, etc... Websites like Realtor.com, Zillow.com, and Trulia.com are just a few examples.

3) Print Materials – You can still find homes for sale in the local newspaper and various real estate magazines. Homes and Land, which is published monthly and includes a variety of available properties for sale, is an example of a real estate magazine. These magazines are typically found at any real estate office, grocery stores, convenience stores, etc...

4) Driving Around – I always recommend that you drive around the areas/neighborhoods you really like. You may see something new. Also, you may find a property that is “for sale by owner (FSBO). Yes, most of the time, a realtor can sell you a property listed as an FSBO.

Remember, if you are considering buying or selling a home or land, and would like to discuss your options, please contact me anytime at (904) 814-7305 or via email at Will@EndlessSummerRealty.com or Willbr3@yahoo.com.

Will Russell is a realtor with Endless Summer Realty. He has lived in St. Augustine for over 25 years. He currently lives in the St. Augustine Shores with his wife and four children.

## BETTY GRIFFIN HOUSE RECEIVES \$20,000 GRANT FROM THE MARY KAY FOUNDATION

In advance of Domestic Violence Awareness Month in October, The Mary Kay Foundation has awarded \$3 million in grants to 150 domestic violence shelters in all 50 states, the District of Columbia and Puerto Rico. Betty Griffin House in St. Augustine, FL received one of the \$20,000 unrestricted grants to maintain critical services and programs for individuals who are survivors of domestic abuse.



Each year, grants are awarded to at least one domestic violence shelter in every state, the District of Columbia and Puerto Rico. Remaining grants are distributed based on state population, with Florida receiving a total of nine grants.

Betty Griffin House is a full services facility that houses 1,350 women and children annually in St. Augustine. The need is more critical than ever as the number of St. Augustine murders related to domestic violence have doubled in the span of one year. The funds received from the Mary Kay Foundation will allow the Betty Griffin House to provide legal advocacy.

“Our staff, volunteers and participants are so thankful for this grant from the Mary Kay Foundation,” said Joyce Mahr, CEO for Betty Griffin House. “We’ve provided a safe haven for women who have fled abusive relationships for the past 23 years and this grant will go a long way in helping us serve the growing needs of St. Johns County.

For nearly 20 years the Mary Kay Foundation has supported the prevention and elimination of domestic violence, an epidemic that touches one in every four women in her lifetime. Through the Foundation’s annual shelter grant program, \$34 million has been granted to domestic violence organizations since 2000.

“The Mary Kay Foundation is proud to support local shelters that are on the front lines of helping with thousands of women and children who seek shelter and support from abuse,” said Anne Crew, Vice President of Government Relations for Mary Kay Inc. and board member for The Mary Kay Foundation. The shelter grants are a signature program for the Mary Kay Foundation and represent just one of the ways we are committed to breaking the cycle of domestic violence.”

Betty Griffin House is a non-profit organization whose mission is to support and empower individuals, families, and communities to achieve a better life through vision, hope and strength. It is their vision that all people lead capable, responsible, fulfilled lives in strong families and healthy communities. If you or someone you know is being abused, please call our confidential 24-hour hotline at 904-824-1555.



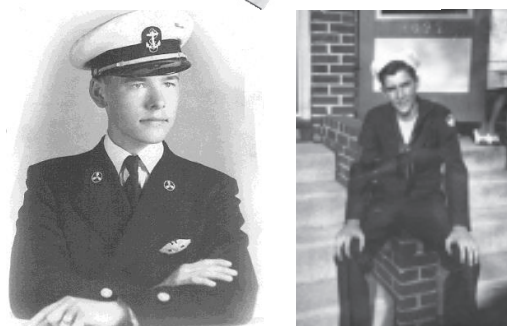
## “Torpedoed for Life” Role of Merchant Marines in World War II

A presentation will be conducted at the Anastasia Island Branch Library Saturday November 16, 2013 at 2 PM.

Gerry Starnes (on left) and Ed Trester (on right), two veterans of the U.S. Merchant Marine who live here on Anastasia Island, have co-produced a book titled “Torpedoed for Life”. It is being printed at Amazon and is available at most bookstores and outlets. It’s the story of the role of the U.S. Merchant Marine in World War II.

The injustice and denial shown to these veterans by the U.S. Congress extends to this day. The role of the Merchant Marine in WW II and the history of the Liberty Ships will be presented by Ed Trester at:

After the presentation, Ed will introduce the book. Call (904) 209-3730 for further information or on the web at [wwwcreatespace.com/4054923](http://wwwcreatespace.com/4054923).



# Safe Ship

SPECIALTY SHIPPERS

Professional Packing, Shipping & Mailing Service Center

(904)460-0022

1965 A1A South • St. Augustine Beach  
Anastasia Square Plaza • Next to Betty Griffin Store A1A & 312

Packing Services & Supplies • Large Freight • Mailbox Rentals  
Passports • Notary • Fax/Copy Service • Greeting Cards • Business Cards



With Safe Ship You Have Options

We Mail Packages, Sell Stamps, We Do Certified, Return Receipts,  
Priority Mail & Express Overnight • Open M-F 9AM-5PM, Sat 9AM-1PM  
For info & directions please see [www.safeshipstaug.com](http://www.safeshipstaug.com)





## Hurting Hands

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

Not "Helping Hands" but Hurting Hands. I use my hands all day, every day. Like many others, it's just part of my occupation. I use my hands for physical therapy treatments, teaching techniques, checking off my honey-do list and more. I think most everyone uses their hands regularly, some more forceful and some with more detailed control. But my hands don't hurt. I think it is because I am cautious to use them correctly at work but also due to routine maintenance.

There are many things that can cause hand pain including both trauma and disease. Rheumatoid arthritis is a debilitating autoimmune disease causing chronic inflammation in the joints. Swelling causes stiffness and soreness and in the worst cases the fingers can deviate to the side making them extremely difficult to bend or hold things. Osteoarthritis, is a degenerative disease and although more common than rheumatoid arthritis its every bit as painful. With OA, the joints also swell due to inflammation causing enlarged joints in the hands called Heberden's nodules. Symptoms vary but often include pain after use and/or stiffness after periods of non-use. There are simple steps that may help to keep the hands whether its rheumatoid arthritis, osteoarthritis or even trauma healthy. This is what I do.

If I find my hands have grown stiff, one of the first things I do is wash or rinse under warm water. This promotes circulation as well as gets the fluid in the joint moving for better lubrication. I also rub my fingers

and hands for the same reason – promote circulation and movement. Occasionally, if they are more stiff than usual, I'll dip my hands into a hot wax called paraffin for more heat. (Home paraffin units are fairly inexpensive and can be found at local department stores.) If I feel my hands getting sore during work and think it may be from inflammation, I'll wash my hands in cold water, also including gentle rubbing for motion. This cool water feels good and may help minimize inflammation during use. I also pull or distract my fingers during or following the rinse to keep the joints from compressing. This also helps to improve movement.

While working, it's not uncommon to see me in the clinic standing, talking to someone while leaning on my hand. Most patients don't even realize what I'm doing or why. But, I do this to stretch my fingers and wrist back on a table. Because during most of the day and night my hands are used/rest in flexion (a more closed position) and less in an extended position (or fully stretched). I need to stretch the muscle in my hands and forearms out to prevent over-shortening.

Lastly, I exercise my hands. I do this more for mobility than for strength. I use the squeeze balls we have in the clinic but wash cloths also work well. If you need a higher level exercise, exercise rice buckets are easy and cheap. Or, if you desire more high tech, theraputty, web grips and digitflex can easily be purchased online. The key is to move the joints to promote lubrication and mobility.

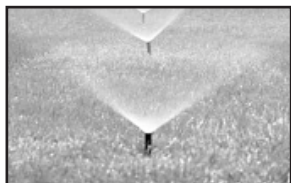
I realize these are simple things but they've worked for me all these years. There's no reason why they shouldn't keep working for me to prevent loss of function and no reason why they shouldn't work for you.

*Rob Stanborough is a physical therapist, president and co-owner of First Coast Rehabilitation (St. Augustine 904-829-3411 or Palatka 386-325-2721). He is co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. He's certified in manual therapy and a Fellow of the American Academy of Orthopaedic Manual Therapists. Read previous columns posted on [www.firstcoastrehab.com](http://www.firstcoastrehab.com).*



• Irrigation • Lawn Care  
• Landscaping

\* Residential/Commercial  
\* Prompt, Reliable Service  
\* Licensed & Insured



Call Us At  
**794-7001**



## National Mortgage Settlement Funds to benefit Habitat St. Johns County

\$480,000 to be used in replacement and rehabilitation projects

The National Mortgage Settlement Fund involved five of the largest mortgage servicers agreeing to a \$25,000,000,000 settlement over some questionable mortgage loan servicing and foreclosure practices. \$334,073,974 of the \$25,000,000,000 was awarded to the State of Florida. Florida Legislature awarded \$20,000,000 of the \$334,073,974 to Habitat for Humanity of Florida. And \$480,000 of the \$20,000,000 has been awarded directly to your very own Habitat for Humanity of St. Augustine/St. Johns County.

The funds are to be used to acquire and reconstruct or rehabilitate existing homes that are uninhabitable or violate health and safety standards. There is a strong emphasis on a 1-for-1 replacement in order to improve the existing housing stock in St. Johns County rather than just adding to it with new homes; a new home can only be built where an old one was demolished. Habitat looks forward to this opportunity to address blighted areas of our county by creating communities filled with safe, decent, affordable homes for low income families of St. Johns County. Our first project located at 152 Hurst Street in West Augustine, pictured above, will soon be demolished and new construction is set to begin in November.



Habitat is interested in acquiring eligible structures that need to be demolished so we can provide more affordable housing to low income individuals who would not otherwise be able to become a homeowner. Properties can be bought on the open market for a negotiated price or donated by individuals. Donated properties are considered a charitable contribution that can be used to reduce taxable income by the appraised value of the property. This is a wonderful way for anyone to partner with Habitat to dispose of unprofitable assets they might not otherwise be able to sell on the open market while still being able benefit through a tax deduction.

This is also a great opportunity for those who may own their home outright but cannot afford a conventional loan to rehab their home to make it both safe and decent while still being affordable. In addition to seeking our usual candidates who are not currently homeowners, Habitat is also seeking applications from those that own a structure to be replaced or substantially rehabilitated and meet the four qualifications to be a Habitat homeowner:

1. Demonstrated need
2. Ability to pay an interest free mortgage
3. Willingness to partner with Habitat and complete sweat-equity hours
4. Have lived and/or worked in St. Johns County for at least one year

Habitat for Humanity of St. Johns County is a nonprofit Christian housing organization that seeks to put God's love into action by bringing people together to build homes, communities and hope. Since 1993, Habitat has served 115 families in our community by welcoming people of all races, religions and nationalities to construct, rehabilitate or preserve homes; by advocating for fair and just housing policies; and by providing training and access to resources to help families improve their shelter conditions. For more information, to donate, to volunteer, or to apply please visit [www.habitatstjohns.org](http://www.habitatstjohns.org) or call 904-826-3252.

## Temple Bet Yam Collects 1,010 Pounds of Food & Beverages for Second Harvest Food Bank

Each year during the High Holidays of Rosh Hashanah and Yom Kippur, Temple Bet Yam holds a major food drive for Second Harvest Food Bank.

This year's food drive broke the Temple's previous record, collecting 1010 pounds of food and beverages. Paul Bell, Director of Business Process and Interim Director of Second Harvest, thanked the congregation for their ongoing support.

"Your donations could not have come at a better time for us." Typically donations are low in late summer and early fall. Art Rogove, Social Justice Chair, and organizer of the food drive said "Temple Bet Yam is proud of its affiliation with Second Harvest, and with the generosity of our congregation."







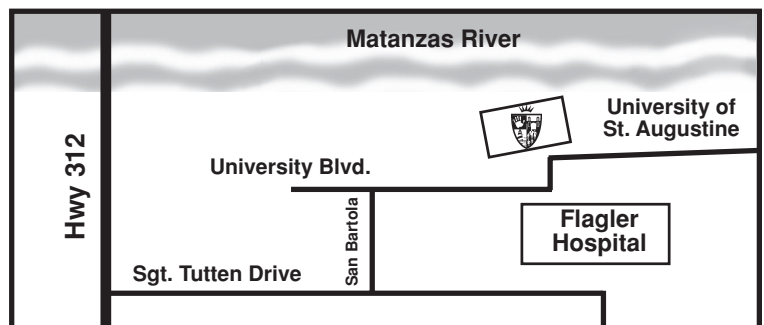
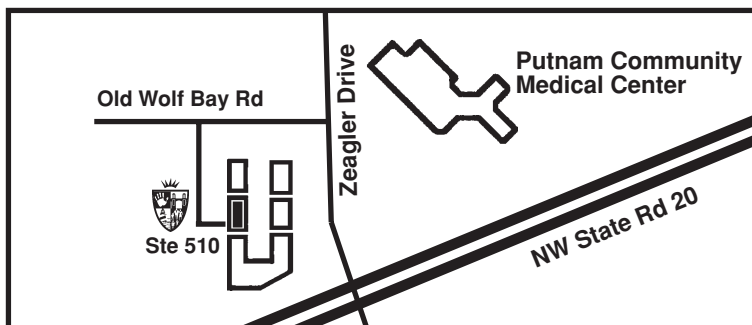
**First Coast**  
**REHABILITATION**  
*where patient care comes first*

**One Therapist - One Patient**  
**One Plan - One Goal**  
**Two Locations**



800 Zeagler Dr. Ste 510  
Palatka, FL 32177  
Ph: (386) 325-2721  
Fx: (386) 325-2720

1 University Boulevard  
St. Augustine, FL 32086  
Ph: (904) 829-3411  
Fx: (904) 829-3412



See a full listing of our services and specialties at [www.firstcoastrehab.com](http://www.firstcoastrehab.com)



Florida has over seven hundred miles of barrier islands along both the Atlantic and Gulf coasts. Chains of these protective sand formations are found along coastal areas all over the world. Although there are, of course, many different kinds of islands, Anastasia is a perfect example of this particular kind of barrier system.

Every day of the year, weather permitting, residents and visitors alike can climb the St. Augustine Lighthouse and observe the geologic forces which are responsible for the creation of these long and narrow "spits". Some of the different mechanisms which are at work include tidal range, wave energy, seasonal storms, sediment supply and sea level trends. All of these forces interact to determine the slope, shape and size of a particular beach. Human engineering (intervention) also plays a significant role. Most recently St. Augus-



tine Beach dredged 2.1 million cubic yards of sand from the Vilano Inlet and deposited it along more than two miles of eroded beach, at a cost of 17 million dollars.

Beneath the sandy dunes and hammocks of Anastasia are thick layers of coquina rock in

various stages of consolidation. Comprised almost entirely of the fragmented shells of the delicate and tiny donax clam (coquina), the oldest formations of this natural building material dates to the Pleistocene epoch, 110,000 years ago. Which is a good estimate of the age of our island!



A coquina chimney is all that remains of the Spanish "King's Quarry"

Who was the first individual to make a legal claim for ownership of the entire island? Jesse Fish, a notorious St. Augustine merchant and shipmaster - also, slaver, smuggler and userer - who managed to "acquire" a 10,000 acre land grant directly from the Spanish Crown in the mid 1700's. The Fish family planted the first commercially successful citrus plantation on the island, and experimented widely with other crops. Although the Fish family owned "Santa Anastasia" for over a 100 years, the Spanish Crown did not relinquish control of their precious coquina quarry.