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



Come have a "Taste of the Beach"! The St. Augustine Beach Civic Association is sponsoring the 8th Annual "Taste of the Beach" to be held on Sunday, May 19, 2013 at the St. Augustine Pier and Pavilion from 12:00 pm to 6:00 pm. Our local restaurants within the beach community will be featured.

Fifteen island restaurants will be participating and serving in the pavilion at St. Augustine Beach. Tickets are sold for \$1 and guests will use these to purchase taste size portions. Each restaurant will individually decide on pricing per taste (between \$2 and \$5), and there will be a wide variety of "tastes" on display for guests.

In addition, Kenyon Dye and his online interactive Piano Bar, will entertain from 12:00-6:00. Sodas, water, beer and wine will also be available for sale.

The Community will vote for the "People's Choice." Celebrity judges will decide which restaurant has the "Best Appetizer; Best Dessert and Best Entrée. Of course, the restaurant to be named the "Judges Choice" will also be decided by our celebrity judges. The winners will be awarded their trophies near the end of the event. The five celebrity iudges are:

- St. Augustine Beach Mayor, S. Gary Snodgrass
  St. Augustine Beach Police Chief, Robert Hardwick
- Public Works Director, Joe Howell
- Tourist Development Director, Glen Hastings
- Council on Aging Director, Cathy Brown
- Scenic A1A Director, Sallie O'Hara



Civic Association

A portion of the proceeds from the event will go to support Betty Griffin House, As a private, nonprofit agency, Betty Griffin House provides emergency shelter to abused women, men, their minor children. Other support services available (continued on page 2)

## **Community Orchestra Concert May 5th**

The St. Augustine Orchestra under the direction of conductor William McNeiland will present an encore performance of the "Secret of Suzanne" by Ermanno Wolf-Ferrari the orchestra will feature some solo instruments that are rarely heard as soloists.

Bob Moore, the orchestra's composerin-residence, has written a vibraphone solo called "Low Viscosity" that will feature Tony Steve, soloist. Mr. Moore will conduct his own work and will also serve as guest conductor for a tuba solo; 'Variations on the Cobbler's Bench" by

Arthur Frackenpohl. The youngest member of the orchestra at twelve years of age, Cameron Black, will be the soloist playing in Mozart's Violin Concerto No. 3. (see page 2)





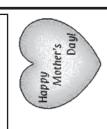


#### **Masters of Hope Fundraiser**

In an ongoing effort to bring greater awareness to sexual assault and child abuse, Betty Griffin House held a fundraiser coordinated by Linda Flahardy and her committee at the World Golf Hall of Fame on April 9th. The event was golf themed with a putting contest and simulator swing contests for the guests to test their golfing abilities. William Mayhem, the Pirate Magician entertained guests with magic as the Mike and Jay Duo played music for all to enjoy. More than 60 silent auction items were sold and everything was colored in teal supporting April as Sexual Assault Awareness Month. (see page 2)

Left Above: Malinda Everson, BGH Development Director; Joyce Mahr, CEO and Jennifer Blay, Board Member. Left Below: Jody Sutton, Director of Events and Special Projects at the Hall of Fame; William Mayhem, Pirate Magic.

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

# City Hall Update

At it's April 1, 2013 meeting, the city commission did the following:

1. Received an off-beach parking study prepared by a consulting firm, Zev Cohen, which did the study on the county's behalf.

2. Heard an update report Beautification Advisory Committee's chairperson, Chaconas, on the status of beautification projects in the City.

Approved the designation of a section of Pope Road and Mickler Boulevard as part of the East Coast Greenway.

4. Postponed approval of a resolution to support the Northeast Florida Regional Council's update of its strategic regional policy plan until the commission has reviewed a summary of the plan.

Approved the proclamations: to declare April 9, 2013 as National Service Recognition Day; to declare April as Sexual Assault and Prevention Awareness Month; to declare April as Child Abuse Prevention Month; to declare May as Motorcycle Awareness Month; to declare Friday, May 10, 2013 as Arbor Day in the city.

6. Approved two budget resolutions: the first to appropriate a donation of \$2,375 from the Civic Association to purchase police uniforms, and to appropriate \$9,258 from the forfeiture and seizure account to purchase a Polaris Ranger for beach

patrol; the second budget resolution appropriated \$9,700 for the salary of a part-time events coordinator.

7. Passed on first reading an ordinance to vacate an alley between 2nd Avenue and A1A Beach Boulevard in the block between 9th and 10th Streets.

8. Postponed deciding whether to require 4/5ths vote to allow an exception to the 35-foot building height limit. The building official is to get (continued page 3)

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

- City Manager: City Charter
- Financial Focus: Is Your Portfolio Truly Diversified
- Spiritually Speaking: "It's All in Your Head" - (or is it?)
- St. Augustine Beautification Committee: "When Mama's Happy, Everybody's Happy
- Health Focus: "Manual Physical Therapy"
- Chief's Dish: "Smoked Chicken and fennel salad"



# Dinner At 6 p.m. Concert At 7 p.m.

**Bring A** Beach Chair

Outta Sight - Jazz R/R - Wildflower Cafe

May 15th - Leisure Man - Classic R/R - LaStrada Italian Restaurant

May 22nd - Navy Pride - R/R - Coquina Beach Surf Club

May 29th - **Those Guys** - Classic R/R - South Beach Grill June 5th - **Amy Alyssia & the Soul Operation** - Motown R & B Amici's Italian Restaurant

June 12th - Funk Shui - R/R - Mango Mangos

June 19th - Rob Peck & Friends - Classic Southern Blues Paula's Beachside Grill

June 26th - Steam the Band - Motown Review Napoli Italian Restaurant

July 3rd - The Falling Bones - Classic R/R - Purple Olive

#### Every Wednesday Thru September



**Location: St. Johns County Pier Park** St. Augustine Beach Bank 350 A1A Beach Boulevard

(904) 347-8007



Visit our website at www.thecivicassociation.org







#### Master of Hope

(from page 1)

Betty Griffin House has numerous resources available to help victims of sexual assault, throughout St. Johns County. Sexual assault is any unwanted sexual contact from another individual, including rape, fondling, sexual harassment and stalking.

Last year, Betty Griffin House provided 2,000 crisis interventions to victims and their significant others; accompanied 31 survivors to medical exams, law enforcement interviews and court appearances; provided individual and group therapy to 110 clients; gave presentations to more than 5,524 students and county residents.

Betty Griffin House offers free, confidential, bilingual services for all victims of domestic and sexual abuse in St. Johns County, 24-hours a day, seven days a week at 904-824-1555. Check out our website www.bettygriffinhouse.org, become our fan on Facebook and follow us on Twitter @BGHStAug

#### Taste of the Beach

(continued from page 1)

to shelter residents and non residents include a 24-hour crisis hotline, individual and group counseling, forensic / medical rape exams, and legal assistance. Confidential individual and group counseling are available in all parts of St. Johns County including, Hastings, Ponte Vedra Beach, St. Johns, St. Augustine and St. Augustine Beach. For more information or to make a donation, visit their website at www.bettygriffinhouse.org

Participating Restaurants include:

Amici's Italian Restaurant, Beach Garden Restaurant, Café Eleven, Coquina Beach Surf Club, Gas Full Service, Mango Mango's, Napoli's Italian Restaurant, Panama Hattie's, Paula's Beachside Grill, Purple Olive, Red Frog & McToads, Ripe Bistro, Sea Oats Café, South Beach Grill, and Sunset Grille.

If you or someone you know is being abused, please call our hotline at (904) 824-1555. Please be advised there will be a shuttle bus running from Anastasia Square Plaza, at 1961 A1A South, to the Pier Pavilion from 12:30 pm - 6:00 pm.

For further information, please contact St. Augustine Beach Civic Association at 904-347-8007, 904-471-1686 or www.TheCivicAssociation.org.



# **News From Around** St. Johns County

#### **Annual Letter Carriers Food Drive**

On Saturday May 11th 2013, letter carriers in 10,000 cities and towns across America will deliver much more than mail when they walk and drive their postal routes. They also will collect



the goodness and compassion of their postal customers participating in the 21st annual Letter Carrier Food Drive- the largest one day food drive in the nation.

The effort of letter carriers, with the help of rural carriers, other postal employees and numerous other volunteers has resulted in the delivery of well over 1 billion pounds of donations to community food banks and pantries over the past 20 years. In St. Johns County 57,485 pounds of food were collected and delivered to local food banks in 2012.

More and more families all across the nation are turning to food banks for assistance. Our neighbors need our help now more than ever before. We would appreciate your assistance in promoting our annual food drive to help "Stamp out Hunger" here in St. Johns County, and across the nation.

All residents need to do is place a box or can of non perishable food next to their mailbox before their letter carrier delivers the mail on Saturday, May 11,th. The carrier will do the rest.

#### Travel Club

By Peter Dytrych

Join us for our FREE travel club get together. It will be held on Tuesday, May 7, 2013, at 3:00p.m. at the Southeast Branch Library. The feature of the afternoon will be Amsterdam, The Netherlands.

The main focus of the Club is to educate, inform, and enjoy armchair travel. The Travel Club is open to all St. Augustine residents, free of charge. We also would be happy to help you plan your trips to any destination as a free service of our expertise. Group travel can be arranged if enough members are interested. Your host is Peter Dytrych. Call 904 797-3736 for additional information.

#### Orchestra

(from page 1)
The orchestra will salute our heroes serving in the military musically and will close the concert with "Superman Returns", which features music from several of the superhero's films. As a part of the orchestra's tribute any active military will be admitted free to either concert.

The St Augustine Orchestra's concerts are held in the Lightner Museum, 25 King Street where you can enjoy orchestra music in the historic swimming pool. The concert will be held Sunday afternoon, May 5th at 3:00 p.m. at Christ Episcopal Church, 400 San Juan Avenue, Ponte Vedra Beach. Tickets for this performance are \$10.00 at the door. For additional information, go to www.staugustineorchestra.org.

**Birdies For Charity To Benefit Habitat**Habitat For Humanity has partenered with the 2013 PLAYERS Championship for its Birdies For Charity Program to raise funds for Habitat projects and programs.

The invidual who guesses the exact number of birdies made (or closet thereto) at the 2013 PLAYERS will win \$5,000. In addition, the charity that the individual supports with their entry wil receive an aditional \$5,000 bonus.

Deadline for entries is May 8th. The PLAYERS Championship at TPC Sawgrass will be held May 6th - 12th. www.habitatstjohns.org

#### Marine Corps League Meeting

**ATTENTION MARINES!** The Oldest City Detachement 383 of the Marine Corps League will be meeting on May 7, 2013 at 1900 (7:00 pm) at the Elks Lodge. If your are interested in attending please contact me at 904-315-0392.

#### 7th Annual Sea Turtle Festival

Keepers of the Coast will host the 7th Annual Sea Turtle Festival Sunday, May 19th, 2013, from Noon to 5 p.m. The event will take place in downtown St. Augustine at the City of St. Augustine Municipal Marina, 111 Avenida Menendez. There is a suggested donation of \$2.00/person, all proceeds to fund annual local beach clean-

The family-oriented festival will feature live music, conservation and wildlife education tables, arts and crafts vendors, a silent auction, food and beverages, and "Keeper's Cove," an interactive children's program. Last year, over 1,000 people attended the afternoon event. Jacksonville area trio, Grandpa's Cough Medicine will headline the musical performances and other featured artists include Chelsea Saddler and Aslyn and the Naysayers. Food

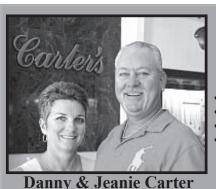
up efforts and summer education activities in St. Johns County.

Celebrating 25 years with

Keepers

vending and Sweetwater beer will be available for purchase.

The Annual Sea Turtle Festival is the best way to experience every aspect of Keepers' mission and will be a terrific, family-friendly fun day. Join the organization and other local businesses as they work to preserve area beaches and endangered wildlife. One of the primary goals of the event is to educate youth on protecting their coastal environment, which is vital for the future health of all species. There are Festival sponsorships available, ranging from \$100.00 -\$2,500.00 for those businesses that are interested in partnering with Keepers of the Coast.

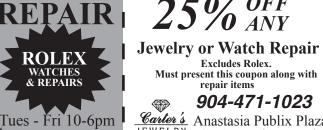


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## News From Around The Beaches **City Hall Update**

suggestions concerning the building height limit from local architects.

- 9. Postponed to the May 6th meeting awarding the bid for the 2nd Avenue drainage project to a contractor.
- 10. Postponed changes to proposed changes to the overlay district regulations until local architects have had an opportunity to comment
- 11, Discussed a citizen's request concerning a citizen being allowed to raise a point of order under Robert's Rules of Order.
- 12. Passed on first reading an ordinance to prohibit communication towers over 40 feet east of A1A Beach Boulevard. The Building Official reported that a communications tower developer may be interested in putting a 150 foot tall tower somewhere in the city. A possible site is the city hall property.
- 13. Discussed matters related to establishing committee to review the city charter and propose changes to it and how citizens may be appointed to the committee. The commission

asked the city manager to send four directives concerning the charter view process to the facilitator the commission has hired, Ms. Marilyn Crotty, director of the Florida Institute of Government at the University of Central Florida. Ms. Crotty will help the committee when it begins its work later in 2013.

14. Heard county commissioner Rachel Bennett's request for better coordination between the city and the county concerning the issuance of permits for weddings and special events on the beach.

The city commission's next meeting is Monday, May 6, 2013 at the city hall, 2200 A1A South. The public is invited to attend.

Max Royle, City Manager

City of St. Augustine Beach

2200 A1A South, St. Augustine Beach, FL 32080 (904) 471-2122

PLEASE NOTE: Under Florida law, most communications to and from the City are public records. Your e-mails, including your e-mail address, may be subject to public disclosure.

#### Arbor Day

St. Augustine Beach's Tree Board will present the City's annual Arbor Day celebration on Friday, May 10, 2013 at city hall, 2200 A1A South, from 5:30 p.m. to 7:00 p.m. There'll be presentations related to Arbor Day, a tree giveaway and light refreshments. For further information call Bonnie Miller at 471-8758, or e-mail her at bmiller@cityofsab.org.

#### **South Beaches Business Council Members Enjoy a Quarterly Mixer**









The South Beaches Business Council (SBBC) is supported by over 200 St. Johns County Chamber of Commerce members who are interested in what happens at the Beach and on Anastasia Island. Meetings are on the 3rd Thursday of each month at Elks Lodge #829 from 8:30am – 9:30 am. Those wanting to attend may register at the www.sjcchamber.com.. There is no cost to attend. At each meeting, hot coffee is served and guests speakers present subjects germaine to the area. Anyone wishing to attend as a guest may contact President Verna Brown at vjbrown@bellsouth.net

At a recent Evening Mixer held at Allegro, senior retirement community, members enjoyed a scrumptious buffet prepared by Chef Alan Sayles and beer and wine provided by Florida Capital Bank.

Guests networked and had the opportunity to met St. Augustine Beach's new Chief of Police Robert Hardwick who had a great time interacting with the residents of Allegro.

Major accomplishments of SBBC during the past 7 years have included Splash Park at the St Johns County Pier, Beach Blast Off the New Year's Eve event at the SJC Pier and the Veteran's Memorial at Lakeside Park





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# Message from the Mayor

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

#### **City Charter Review**

As outlined in last month's message, the City of St. Augustine Beach, FL must formally review its City Charter for possible modifications every ten years. We will embark upon this process later this year. Proposed charter changes, if any, approved by the City Commission will be presented for a general vote of the city's registered voters in the fall of 2014. During the interim, a Charter Advisory Committee composed of citizens (to be selected by the City Commission) will be established to review the City's Charter and submit any recommended changes to the Commission. To ensure that the charter review process is handled in an effective and objective manner, the City has engaged Ms. Marilyn Crotty, Director, Florida Institute of Government, University of Central Florida to facilitate the effort. During a recent presentation to the City Commission, Ms. Crotty made these observations about characteristics of good city charters:

- Each is unique with a local constitution in compliance with applicable laws and regulations. The charter should not be based on individuals or personalities in office. It goes beyond individual terms with a longer view in mind.
  • Charters should be simple, clear and compact.
- They should be readable and understandable.
- Charter provisions should be consistent, uniform and unambiguous.
- Charters should be comprehensive but free of details offering basic structure of local government.
- · Charters should leave discretion to the Commission to address evolving circumstances through establishment of Ordinances.
- Charters should be "citizen-friendly."

As this initiative evolves, we encourage citizen involvement. All Charter Advisory Committee

meetings will be open to the public with ample opportunity throughout the period for citizen input. Citizens interested in participating on the Charter Advisory Committee should contact the City Manager's office.

#### Off Beach Parking Study

The County with the support of the City recently engaged a leading civil engineering firm to conduct an assessment of off beach parking conditions throughout St. Johns County including St. Augustine Beach. The analysis was performed to evaluate the general conditions and feasibility to develop various parcels to provide off beach parking combined with increase bicycle and pedestrian access to St. Augustine Beach.

The need for off beach parking is important to the future of beach tourism. It becomes a pressing issue with the pending 450th Anniversary of St. Augustine in 2015 which is destined to bring additional visitors to the local beaches. The City of St. Augustine Beach is the focal point in the County for beach visitors with heavy use of existing parking areas. It is not uncommon for our area to be at or close to 100% capacity for both off beach and on beach parking. Fortunately, a key conclusion from the study is that our City provides several potential opportunities to increase parking and access to the City of St. Augustine Beach's beautiful

Results, findings and recommendations covering the recent Off Beach Parking Study will be discussed at the May City Commission

We are excited about the opportunities to move our City forward being ever mindful, though, of the need to retain what makes this place we call home special and unique

Best regards, S. Gary Snodgrass, Mayor.

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## St. Augustine Beach **Civic Association**

Bill Jones, President Robert Samuels, Board Member

www.thecivicassociation.com

#### Two "Big" Events This Month



The excitement is building as we get ready for the start of summer fun here in St Augustine Beach! The Civic Association is proud to again be partnered with the St Johns Business Network for the "Taste of the Beach". The Taste is in it's 8th year and proceeds of to assist victims of domestic violence here is St Johns County. We proudly support the staff and volunteers of the Betty Griffin House. Make sure you have saved the date - Sunday May 19th at the Pier Park & Pavilion. The fun starts at 12 noon. Come out and taste samples from our 15 participating restaurants:

- Amici's Italian Restaurant
- Beach Garden Restaurant
- Cafe Eleven
- Coguina Beach Surf Club
- Gas Full Service
- MangoMangos
- Napoli's Italian Restaurant
- Panama Hatties

- Panama Hatties
- Paulas Beachside Grille
- Purple OliveRed Frog & McToad's
- Ripe Bistro
- Sea Oates Cafe
- South Beach Grille

The "Music by the Sea" Concert Series is set to kick off on Wednesday May 8th. Music fans will enjoy the classic rock & soulful oldies sound of the "Outta Sight Band" from the Florida School for the Deaf & Blind. These kids are extremely talented and give a truly inspiring performance each year. The meal will be provided by The Wildflower Care. Dinner served at 6 PM and the music starts at 7. PM. We are again so grateful for the support of TD Bank, Petros Financial Services and Longstreet Automotive for their generous support. We are also pleased to have three of our local radio stations as marketing partners in this years series. WFOY, WSOS and WYRE will be taking turns each week. The stations will have giveaways for listeners and will be broadcasting live from the Pier Park before each show.

Finally we are still looking for a few volunteers for both the concert series and Taste of the Beach. Our first two concerts and the Taste are part of this years Romanza Festivale. We anticipate great crowds and we can use a few extra helpers to assist with ticket sales, parking and clean up. Please send an email to sabcivic@ yahoo.com or call 904-347-8007 to volunteer.







## **CITY CHARTER**

By Max Royle St. Augustine Beach City Manager

It's by far not the most exciting "read" in the world. You won't find in it tales of noble knights fighting to save fair damsels in distress from the singeing exhalations of fire-breathing dragons, nor edge-of-the-seat descriptions of heroic adventures and conquests of diverse and sundry adversities. No, not at all, for the document we're about to focus our cutting edge (?) intellect on is none other than the St. Augustine Beach city charter

It's a mere nine pages long and filled, to non-aficionados, with the enigmatic mysteries of local governmental machinery, or something to that effect. I doubt that few citizens have read it. Nonetheless, despite this benign neglect (which may be a city charter's fate most of the time), it's an important document for the health, safety, welfare and effective governing of and by the people who live within the city's boundaries.

A charter is a city's "constitution," but without the Bill of Rights. In sections labeled articles, a charter prescribes a city's form of government (whether executive mayor or commission/manager); how many elected officials a city is to have and the length of their terms (five commissioners and four year terms in the case of St. Augustine Beach); the elected officials' duties and whether they're elected by districts or at large; the duties and powers of the mayor and whether he or she is elected by the people or by the commission (the latter is what happens in our city); the duties and powers of certain

key officials whom the commission appoints (e.g., the police chief and the city manager); and what departments (police, fire, solid waste) the city is to have. There's even more thrilling and suspenseful language about election procedures, the counting of absentee ballots, and regulations concerning run-off elections, the determination of winners in the general election and in the event of tie votes. "Oh, please, spare me all this excitement!" you'll exclaim. Sorry about that.

When the Town of St. Augustine Beach was incorporated in 1959, its charter most likely was based on a generic or model charter that had been developed by a local government institute or league of cities. Though the exact basis of the town's charter is lost in the fog of time, I sense from reading newspaper articles about the town's formation and the minutes of the commission meetings during the early years that the town's founders were a practical, low-budget group of folks who favored cheap over expensive concerning matters about how to create a town and how it was to be governed. Back in 1959, a dollar was really worth a dollar, and there weren't many of them available in a tiny coastal enclave of less than 400 residents.

So the town founders located a model charter somewhere, likely tinkered with it here and there to make it fit local desires, and voila! a working charter was created and used with few changes from 1959 to 2004, a long span that indicates the model charter worked well for the city. In fact,

a check of the charter's footnotes reveals that other than amendments to show changes to the City's boundaries as property was annexed, the charter's main articles have been amended only four times during those 45 years. The changes weren't significant: e.g., using "police chief" instead of "marshal" as the title for the head of the city's police department. Yes, at one time, our little corner of the Florida paradise had a real, live marshal to keep the citizenry safe from outlaws, desperados and miscreants.

The slow pace of charter changes ended in 2003, when, after the 2002 election, four new commissioners were sworn into office. One of their first goals was a thorough review of the charter. In June 2003, the commission appointed a charter review committee composed of seven city residents: Bobby Crum, Vickie Hall, Rick Mauldin, Jennifer Orlando, Edward Porter, Don Terrill and Dan Weimer.

During the following seven months, the committee met regularly and reviewed the charter, article by article. The result was a list of recommended changes that the city commission then adopted by ordinance. On the ballot for the August 31, 2004 election, there were twelve charter propositions for the voters to accept or reject

An explanation is needed here. Citizens have complained to me that such a significant matter as changes to the city's charter should have been put on the ballot for the November 2nd general election, which had a larger voter turnout as 2004 was a presidential election year. The simple response: The county's Supervisor of Elections told the city in the spring of 2004 that there might not be enough room on the November ballot for the city's charter changes, especially if space were needed for amendments to the Florida constitution. As it turned out, ballot space for the general election was limited because of six Florida constitutional amendments and two county proposals, which were: first, a one-cent sales tax for transportation improvements, and

for the purchase of land for conservation and protection of natural and water resources; and second, a proposed charter for the county. The voters said no to both.

Of the city's twelve charter changes, the voters approved ten, a ratio for the positive that does credit to voters discerning powers. One of the two changes voted down was to authorize the city commission to pay itself. Commissioners since the city's inception had been unpaid. The other change denied was to allow the commission by four votes out of five to remove the police chief without cause. Apparently the voters were wary of subjecting the police chief to possible firing without cause, because they approved another charter change that required a 4/5ths vote to hire or fire the police chief. The commission pay issue was on the 2006 primary election ballot. This time, the change was approved by a vote of 749 yes, 523 no. Perhaps the favorable vote was because the proposition's wording was more specific: Shall the commission receive compensation based on what elected officials in other Florida cities of similar population, size and budget are paid? The proposition presented to the voters in 2004 was more open ended: Shall the charter be amended to authorize the commission to set its compensation by ordinance?

Another charter change approved in 2004 was the requirement that the charter be reviewed every 10 years, starting in September 2013. Well in advance of that month, the city commission has started the process for the next review. Again, there'll be a committee composed of seven residents. However, this time the commission has hired a facilitator to help the committee. She is Ms. Marilyn Crotty, who's the director of the Florida Institute of Government at the University of Central Florida. Ms. Crotty is well-experienced with helping Florida cities review their charters. Also, the city commission is familiar with her work because in 2012 she helped it develop the city's strategic plan. Ms. Crotty will charge the city \$4,000 plus travel (continued page 9)





# **Financial Focus**

Information Provided By Edward Jones

# Is Your Portfolio Truly Diversified

Life is full of ups and downs — and the financial markets are no different. As an investor, you're no doubt happy to see the "ups" — but the "downs" can seem like a real downer. Isn't there any way to help smooth out the volatility in your investment portfolio?

First of all, to cope with volatility, it's helpful to know what causes it — and there can be many causes. Computers that make trades in milliseconds, based on mathematical models, are sometimes blamed for intraday volatility, but large price swings can also occur following the release of government economic reports, such as those dealing with unemployment and housing starts. Global events, such as the European economic malaise, can also send the financial markets into a tizzy.

By being aware of the impact of these events, you can see that the workings of the markets — especially their volatility — may not be as mysterious as you thought. Still, while knowing the causes of volatility can help you prepare for market swings, it won't blunt their impact on your portfolio. To do that, you need to create a diversified mix of investments because your portfolio can be more susceptible to negative price movements if you only own one type of asset.

To illustrate: If you owned mostly bonds, and interest rates rose sharply, the value of your bonds would likely drop, and your portfolio could take a big hit. But if you owned stocks, bonds, government securities, certificates of deposit (CDs) and other investment vehicles, the rise in interest rates would probably affect your portfolio less significantly.

Unfortunately, many investors think that

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steps to creating your financial strategy.

if they own a few stocks and a bond, they're diversified. But you can actually extend your diversification through many levels — and you should. For the equity portion of your portfolio, try to own stocks representing many market sectors and industries. Also, consider international stocks. And rather than just owning U.S. Treasury bonds, consider corporate bonds and municipal bonds, and diversify your fixed-income holdings further by purchasing short-term, intermediate-term and long-term bonds. Work with your financial advisor to determine the mix of asset classes and investments that are appropriate for your financial goals and objectives.

How you ultimately diversify your portfolio depends on your risk tolerance, time horizon and long-term goals — there's no one 'correct" asset mix for everyone. And over time, your diversification needs may change. To cite one example, as you enter your retirement years, you may need to increase your percentage of income-producing investments while possibly reducing the amount of growth investments you own. These growth-oriented investments tend to be more volatile, and you may want less volatility during your retirement. However, even during retirement, you will need to own a certain percentage of growth investments to provide you with the growth potential you'll need to stay ahead of inflation.

Keep in mind that diversification can't guarantee a profit or protect against loss. Nonetheless, building a diversified portfolio may help take some of the volatility out of investing — so look for diversification opportunities whenever possible.

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

# **Spiritually Speaking**

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

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

#### "It's All in Your Head" - (or is it?)

While growing up in suburban Philadelphia many decades ago, I used to watch and be amused by the famous originally Detroit, then LA-based, syndicated TV comic talent Soupy Sales (real name Milton Supman). His antics were brilliant, and one of those classic mini-routines he used to go through involved throwing a plastic model of the human brain around the studio while exclaiming, "your brains are falling out, your brains are falling out!" Well, "Soupy" was just a bit ahead of his times, as we now have a serious proposal by President Obama before us to engage in a ten year project ultimately costing billions of dollars to map neural activity in the human brain to a resolution never seen before, down to the level of individual cells and synapses.

The Brain (for Brain Research through Advancing Innovative Neurotechnologies) Initiative is an attempt to, in the president's words, unlock "the mystery of the three pounds of matter that sits between our ears." Sounds reasonable enough at first glance. Lots of scientists are piling on – maybe hoping to get a piece of the research fiscal pie – praising the initiative, and speculating that we could hopefully soon have in hand cures for such diseases and disorders as Alzheimer's, autism, and even PTSD, a major concern for returning veterans from Iraq and Afghanistan. Still for all that, the specific goals of the research remain unclear,

and not a few members of the scientific and policy community are concerned about unintended consequences of this line of investigation.

Besides the obvious concerns over eventual mind-control and such, there are many other more immediate issues associated with this type of research. The first one is fundamental, and strikes to the core of what it means to be a human person in the Image of God, a deeply foundational notion to all Abrahamic religions, including Judaism, Christianity, and Islam. When all is said and done, are we simply just "ghosts in the machine"? Or maybe the machine ITSELF IS the ghost, or spirit, or soul. Maybe instead of saying "I love you" to my beloved, I might more accurately say "My dear, dopamine floods my caudate nucleus every time I look at you" (from Leil Lowndes, author of How to Create Chemistry with Anyone, as quoted in the Wall Street Journal). Others cite the plasticity and changing nature of the brain, and voice concern over whether the approach the president is calling for is truly viable, even scientifically

And where will it all lead? Well, how about a new book from a neuroscientist and philosopher from the university of Hawaii, Bruce E. Morton – "Psychedelic Visions from the Teacher: A Neuroscientist's Initiation to Reality and Spirituality". Dr. Morton is an avowed atheist, and believes, like Timothy Leary of another generation, that psychotropic drugs can reveal to us our true selves in relation to the cosmos, all without any necessary reference to the Deity. OK, we knew it would probably come to this.

Bottom line for me: the Judeo-Christian revelation convinces me that, as David the psalmist and Sweet Singer of Israel put it, "I am fearfully and wonderfully made." People of faith have always known that our bodies, including our brains, are part of the PLAN by which the Lord brings into being creatures aware of themselves, of each other, and of Himself. It is a case where the whole is definitely greater than the sum of the perceivable parts. Goodness, we even invoke in physics concepts like "dark matter" and "dark energy" to account for the vast amount of the universe (96%) we cannot detect with any of our instruments.

I wish President Obama the best in this business, but just also wish it came with equal enthusiasm for the MIND beyond all minds that made us who and what we are.

Blessings to you all, Fr. Nick.



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# St. Augustine Beaches **Beautification** Advisory Committee Ann Palmquist, Committee Member

Palmquist@comcast.net

# When Mama's Happy, Everybody's Happy.

May is a month to celebrate, Mother's Day on the 12th and on the 27th we remember Memorial Day. We could plant a tree and honor both. Trees hold fond memories like the tree house my daughters and her friends built, held together with roofing nails because Rob's Dad was a roofer. What the short stubby nails lacked in length was made up for with a large flat head an easy targets when learning the tree house construction trade. Construction was conducted in the cool shade and a spontaneous picnic was held upon completion. Memories and secrets are safe with trees.

Arbor Day was born in 1872, when Julius Sterling Morton proposed a visionary plan, "plant a tree" and about one million trees were planted in Nebraska. For the past 141 years the numbers have grown with the help of the Arbor Day Foundation (ADF). Our City has earned the honor of being named Tree City USA and met the four standards established by The ADF

and the National Association of State Foresters: Establish A Tree Board or Department; A Tree Care Ordinance; A Community Forestry Program With an Annual Budget of at Least \$2 Per Capita; An Arbor Day Observance and Proclamation. Thanks to tree huggers we can take a deep breath and congratulate our fair City.

Arbor Day will be celebrated on May 10th at 5:30 P.M. at City Hall. It's time to celebrate

Mother Nature's gift, her trees with poetry, posters, and winners of the Florida Friendly Yards awards. Building on last years' success, Learning Stations, will again share fun facts about trees, Florida Friendly Yards, native plants, water conservation, recycling, Master Gardener programs, and what's growing in the St. Augustine Beach Community Garden. At each Station you will have your passport validated and stamped. Smokey The Bear and Forestry Department officials will assist. Enjoy refreshments and receive a free tree and help Mother Nature celebrate her beautiful trees.

Going green is more than just the latest buzz word because there are so many shades of green and many dynamics are involved: the air you breath; the water you drink; the very food you eat; and the peace of mind you seek when you go for a walk in the woods. This peace of mind is being disturbed by invasive species, just putting these two words together invasive species" congers up visions the Men in Black, 1997 movie about alien life forms, or Little Shop of Horrors, 1960 comedy film about a plant with a various appetite. While

these aliens or invasives are the stuff of fiction there is concern about the long term effects of invasives. Mother Nature enjoys success by putting the right plant, in the right place, known as the local flora and fauna. However, when this formula is challenged by invasive plants, the impact is felt on native Trees and landscape in Florida. Melaleuca trees (Melaleuca quinquenervia), also known as punk trees, native to Australia, are pests in Florida's Everglades and wetlands. Native plants are being eliminated and the Everglades, once called "river of grass," is becoming a "river of trees," a completely alien habitat to the plants and animals that have evolved to live in the glades. During the 50 years since its introduction, melaleuca is threatening the very existence of this internationally known eco-treasure and it is not difficult to see a link between the devastation caused by Melaleuca

trees and the Burmese python. Both are invasive species and both are threatening the very existence of native wild life of both plant and animal. However there is good news because there is a market for melaleuca mulch. University of Florida research indicates it is one of the most termite-resistant mulches commonly available on the market. If you cannot find this mulch from local retailers, ask the management to carry it (http://tame.ifas.ufl.edu/index.

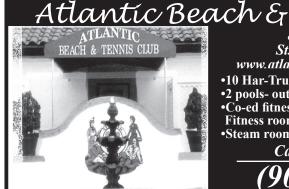
shtml). Sadly there is no a good solution for python but perhaps there is a good recipe python burgers and if slithery critter tastes just like chicken, Mother can fire up the grill and call you in to dinner.

Invasives a little closer to home include the Brazilian Pepper tree and the Pueraria lobata, commonly known as Kudzu, which was introduced at the Japanese pavilion in the 1876 Centennial Exposition in Philadelphia. The speed, spread, and reach of Kudzu does not make Mother happy. The Florida Exotic Pest Plant Council's 2009, FLEPPC, definitions include: Exotic, Native, Naturalized Exotic, and Invasive Exotic. Invasive exotics are altering native plant communities by displacing native species, changing community structures or ecological functions, or hybridizing with natives and adversely effecting Florida's biodiversity and plant communities. The web site www.fleppc.org offers good information.
Just remember when "When Mama Ain't Happy, Nobody's Happy". The photo in the column is not an invasive only a piece of art, residing in my front yard, (see page 10)









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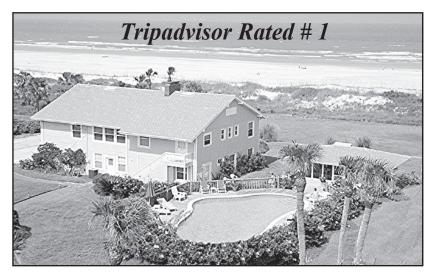
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# **Beaches Bistro**

By Paolo Pece, Cafe Atlantico cafeatlantico@comcast.net

#### Smoked Chicken and fennel salad

All of the ingredients in this main course salad are slightly sweet, so it goes really well with blush wines, which tend to the slightly sweeter side. The acidity of the wine is high enough to easily handle the mustard vinaigrette.

- 8 sun-dried tomatoes in olive oil
- 1 tablespoon white wine vinegar
- 2 teaspoons Dijon mustard
- salt and freshly ground black pepper
- 1 whole smoked chicken breast
- 1 yellow bell pepper
- 2 fennel bulbs (also known as anise)
- 3 cups thinly sliced red cabbage

1. For the vinaigrette, drain the sundried tomatoes, reserving 1/4 cup olive oil. Combine the reserved olive oil with the wine vinegar, Dijon mustard, salt and pepper in a bowl and mix well.

2. Cut the chicken into slivers. Cut the tomatoes and bell pepper into thin strips. Remove the tough core of the fennel bulbs, reserving a few sprigs of the fronds for garnish; cut the bulbs into thin slices.

3. Combine the chicken, tomatoes, bell pepper, fennel and cabbage in a bowl. Add mustard vinaigrette to taste and toss to coat well. Divide among 4 plates and garnish with the reserved fennel sprigs.



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#### **CITY CHARTER**

(continued from page5)

expenses to assist the charter review committee.

The city commission has two requests: for citizens to apply to serve on the charter review committee, and for suggestions from citizens for changes to the charter. For persons who may want to be committee members, there are two requirements: They must be city residents, and they currently cannot be a member of another city board or committee. There's an application form which you can get at my office, or by email, regular mail, or fax. Just contact Cathy Benson, the deputy city clerk, at 472-2122, or by email at sabadmin@cityofsab.org.

Citizens can review the current charter online at the city's website: staugbch.com, or at my office between the hours of 8 a.m. and 3 p.m., Monday through Friday.

Citizens can send suggestions for charter changes to Cathy at the email address above, by regular mail (2200 A1A South, St. Augustine Beach, FL 32080), or even provide them by telephone: 471-2122. Four suggestions for changes have been received thus far: to put the 35 foot building height limit in the charter; to create the position of city clerk; to have the mayor elected by the citizens; and to have the police chief be appointed by and report to the city manager. Each year since the city's inscription, the commission has alcotted one of its members to be presented by accommission has inception, the commission has elected one of its members to be mayor, and the commission has appointed the police chief, who has reported to them, not the manager.

Now that I've exhausted you with all these exciting details about the charter and the process to review it, I can see by your yawns that you're tired. I know: you feel like you've just read the script for the next Jason Bourne movie thriller. Or perhaps you're yawning for another reason, though I can't

imagine why. Maybe it's time you took a nap.



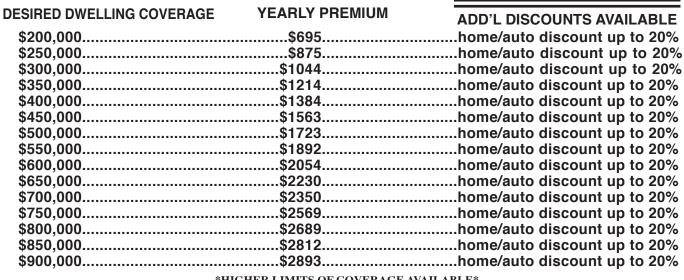
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# **Manual Physical Therapy**

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

At First Coast Rehabilitation we provide physical and occupational therapy using a manual approach. Patients often ask me to explain what it is, why we practice this way and what the advantages

Physical and Occupational therapists are trained and therefore use a variety of skills to examine and treat problems of dysfunction and pain. Manual therapy is a hands-on approach focusing on finding the cause of the dysfunction as well as addressing the symptoms. When using a manual therapy approach, our goal is to permanently solve the core issue causing the dysfunction and/or pain. Even chronic conditions can be greatly alleviated with this solution-oriented approach. It's like continually putting air in a leaky tire (the symptoms) versus fixing the leak (the problem).

When using manual therapy, our first objective is to identify the cause of the dysfunction. This is done by performing a thorough, dynamic structural examination, which provides information not always evident on a static radiograph/x-ray, MRI or stationary test. A dynamic exam is a biomechanical assessment, specifically targeted at the working or non-working relationships between the body's components - joint and muscle controlled by a nervous system.

Some physical/occupational therapists prefer to immediately prescribing exercises for a given problem. Manual physical and occupational therapist use their hands (and some equipment) to correct the cause of the problem first by loosening stiff joints, soften tight/painful muscles using myofascial

manipulation and restoring function by facilitating correct movement patterns. Tactile cues can help patients learn how to move properly again.

Manual therapy is effective when treating patients with a multitude of either orthopaedic or neurological problems – general aches and pain to post surgical recovery - any age and any part of the body. Application decisions are made based on stage of condition, the type of tissue involved, the reactivity of the patient and the tissues involved. It is beneficial where motion is restricted or painful movement resulting in decreased function.

To achieve optimal results, manual therapists combine the hands-on treatment with strengthening and flexibility exercises. Manual therapy training. particularly achieving manual therapy certification, is above and beyond entry level training. If you would like to see if your therapist is a manual therapist go to: APTA.org. Many of the therapists from First Coast Rehabilitation are listed there. For more information regarding physical therapy, occupational therapy and the manual approach – call First Coast Rehabilitation.

Rob Stanborough is a physical therapist serving St. Augustine for over 10 years. He is president and co-owner of First Coast Rehabilitation, as well as co-author of Myofascial Manipulation: Theory & Application, 3<sup>rd</sup> ed by Proed Inc. He is certified in manual therapy, a Fellow of the American Academy of Orthopaedic Manual Therapists and has presented on the topic of soft tissue dysfunction in a variety of venues. Read previous columns posted on www. firstcoastrehab.com

#### When Mama's Happy (continued from page7)

The Whimsical Dragon Fly.

Queen Guenevere sang a catchy little ode to Spring, in the 1967 classic movie, Camelot, "It's May! The lusty month of May! That lovely month when everyone goes Blissfully astray." She summed it up quite nicely however several of the City more visionary leaders suggested a last line should be added "When Mama's Happy, Everybody's Happy."

It's May, so take a stroll through our magical Kingdom and see yards awash in blooms, going blissfully astray, vacillating from of Claude Monet's' peaceful pastels seem in the gardens in Giverny, France, to riotous hues of Paul Gauguins' exotic Tahiti. Amaryllis's red trumpets herald Spring's arrival! These audacious buds, May's tall stemmed beauties in stilettos sashay through flower beds, soliciting stares, and share the latest gossip with the trees now clad in their own Spring Haute Couture of chartreuse petticoats. Pure eye candy! Spring has sprung and Mother Nature is very happy

The Queens' words still ring true "... there's simply not a more congenial spot for happily ever aftering than here in our very own Camelot by the sea." When Mama's Happy, Everybody's Happy.

#### St. Augustine Beaches **News Journal**

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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.

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### 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". During the past few weeks we have heard some outrageous stories regarding mower accidents, they just make us sick. At the Power House we are all about safety. Isn't that right Mow?



Yes absolutely. Remember the incident last year at Power House? We had a full blown Scag Zero Turn Radius <ZTR> Mower the incident up while loading it on a trailer. Still gives me the chills when I think of what could have happened, that mower weighed over 1000 lbs. The man was watching over us that day.

#### What's the best safety tip we could discuss this month Mow?



The most important factor for safety is really simple. Two words. Common Sense. Granted that's asking a lot from some, but those simple words are long forgotten for most accidents that happen. People being stupid are generally the case. Here are a couple of things to consider. Never mow your lawn wearing flip flops. Never ever disconnect any safety switches that are factory installed on a mower. Not only is that wrong but imagine the trouble

you would be in if you injured someone else. Now I ask you, is it worth it?

#### Why would someone disconnect a safety switch Mow?



Generally what we see at the Power House are units that have been altered because the customer is annoyed that the mower shuts off when they don't want it to. Like if there is an obstacle in the way of mowing and it needs to be moved, they don't want to re-crank the mower. That's just lazy. The safety system was put on there for your protection. Granted some people should have to take a test first to use lawn equipment but they don't so that's

why the manufactures have safety systems in place.

#### How does the Power House handle these situations of disconnected safety systems?



Good question. First of all if a unit is brought in for repair and the safety system has been altered, we give the customer two choices, one we repair the mower and attach the safety system back to factory settings, or two they can take the mower back home. We will not release a unit back to a customer if the safety system is not functioning to factory settings.

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 and if you have any questions for Mow email him askmow@staugpowerhouse.com. In closing we realize that this safety system issue is one of major concern, we do not take it lightly. Safety first always!



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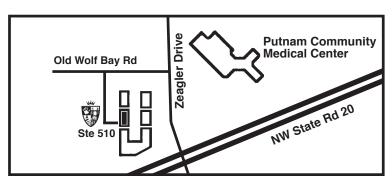
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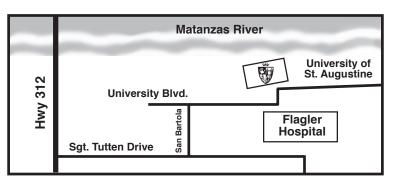
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OUTSTANDING PROPERTY! 109 Grand Oaks Drive. This breathtaking lot is located in a community on the Intracoastal Waterway. Grand Oaks is a small community w/public park close by and the beach is a short bike ride away. Feels a lot like old Florida with grand oaks, the waterway and the beach. Paved road, city water/sewer/cable and cmty dock. \$169,000



FLEMING ISLAND-- AMAZING BRICK ON WATERFRONT! 140 Southerly Lane. Open floor plan 3BR/2.5BA home displays character throughout w/hardwood floors and exemplary moulding. Remodeled kitchen with upscale appliances and beautiful cabinetry. Views of Peter's Creek and the St. Johns River from almost any room. New TREX deck with LED lighting. \$529,000



DISCOVER MAGNIFICANT! 117 Spoonbill Point Court. This lot is located directly on the lake in Pelican Reef. This gated community is on the Intracoastal across from downtown St. Augustine. Bring your boat and live the good life! Boat slips can be purchased at a reasonable price. Build your new home in this upscale community today. \$69,900



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space. Screened outdoor space with



LOCATION, LOCATION!!! 176 Bay Bridge Drive. Property is within walking and biking of the ocean. Immaculate island home w/3BR/2.5 BA and open floor plan. Upstairs has den with bedrooms and 2 baths. Close to shopping, grocery stores, doctors, restaurants and more. Includes extra community parking space and a community privacy wall. \$249,000



JUST STEPS FROM AN OCEAN SUNSET! 100 Lancaster Place. Build your vacation or dream home on this corner lot with paved access in the wonderful neighborhood of Boyd Beach on the Atlantic. There are only a few homes here in this private community with beach walkover just a few steps from the property. A great opportunity to build and enjoy! \$149,000



CORNER LOT IN SEA COLONY! 901 Ocean Palm Way. Lot is in prestigious Estate Section where all homes have large lots. Custom homes in this section are large and beautiful built in "Old Florida" style. Cmty is the premiere neighborhood in St. Augustine Beach--beautiful pool w/pavilion & kitchen. Buy today and start to plan your dream home tomorrow. \$249,000



PARADISE ON THE BEACH! 19 Seascape Circle. Beautiful 5BR/3.5BA home that offers an Ocean view from almost all rooms—sold as is, but in terrific condition. Many upgrades in this 3 -story Crescent Beach home w/2 balconies, 3 fireplaces, granite countertops, wood floors & a custom made elevator. If you love ocean breezes and comfortable living, you will want to see this one! \$899,000



VIEWS DO NOT GET ANY BETTER! 800 River Mist Bend. This lot is one of the most beautiful in Northern Florida—2.02 acres on a paved road in a gated community on the St Johns River. Build your dream home with panoramic views just in time to watch native manatees. A great investment property at this NEW price. \$98,000



PARADISE ON THE ISLAND CAN BE YOURS! 484 Ocean Forest Drive. Choose your custom builder and enjoy the island lifestyle in prestigious Anastasia Dunes. Cross the street and take a stroll in the ocean. This lot is nestled among the dunes in an upscale gated community w/large lots and beautiful homes. Lot is steps away from the cmty club and pool. \$159,000

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