



# St. Augustine Beaches

## News Journal

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

### SOUTH BEACH GRILL JOINS "BE THE WALL" CAMPAIGN TO HELP PREVENT UNDERAGE DRINKING



South Beach Grill staffers wear "Be the Wall" t-shirts to show their support of the state-wide campaign to "be the wall" between teens and alcohol.

*South Beach Grill recently became the first restaurant in St. Johns County to participate in the "Be the Wall" campaign to help prevent underage drinking.*

"Be the Wall" is a state-wide campaign which focuses on the adolescent brain and its development into the mid-20's. The campaign includes an interactive web-site, [www.BeTheWall.org](http://www.BeTheWall.org), as well as educational and promotional materials including coasters, t-shirts and pens. St. Johns County was the first county to implement the seller and server component of the campaign to hospitality industry workers who often serve alcohol. "Participating in the Be the Wall campaign is one of the ways we are doing our part to help keep underage youth from consuming alcohol," said Owner Ted McLemore.



"Be the Wall" stresses that even short-term or moderate drinking impairs learning and memory in youth far more than adults. It also recognizes that the younger a person starts drinking the more likely they are to develop a drug addiction later in life. In addition, damage from alcohol during these years can be long-term and (continued on page 3)

### Annual Betty Griffin House Benefit Luncheon and Fashion Show



'HOT OFF THE PRESS'. The invitations for the annual Betty Griffin House benefit fashion show luncheon on September 13th at the Marriott Sawgrass, \$50pp, are back from the printers and the team of Joy Paine, Bette Golden, Florie Adiatori and Teresa Pattee are busy at work addressing these invitations which will be mailed by the first week in August. If you would like more information or reservations to attend the show please call Florie 904-543-1086.

The Betty Griffin House is pleased to announce that the guest speaker at the Annual Betty Griffin House "Runway for Safety", benefit luncheon/fashion show at the Marriott Sawgrass Ponte Vedra Beach will be Peabody award winner and producer of 'Behind Closed Doors' **Deborah Gianoulis**.

Deborah is best known in Jacksonville, Florida for the 25 years she anchored the evening news on Jacksonville's leading television station, WJXT, channel 4. She got her start in town at WTLV, channel 12, where she was named Jacksonville's first woman weekday anchor in 1977. (continued on page 10)

### Mary Seymour Honored in Retirement

Hartley students, families, educators, staff, and community members honored Mary Seymour, fifteen year principal of Hartley Elementary School, upon her retirement in June 2011. Guidance Counselor Brigid Garbini presented Seymour with a quilt created by the teachers and staff of Hartley Elementary. Garbini designed and stitched together the quilt, which was composed of squares made by individual teachers and staff members.

Additionally, Mrs. Seymour, a thirty-four year educator with the St. Johns County School District, was celebrated at a retirement party for educators, friends, and family on June 4th. Hartley students wrote a collaborative book entitled Dear Mrs. Seymour, Letters from the Heart of Hartley as a tribute to their much-loved principal. The book was presented by students Lauren Kelly and Allie McMandon at a community

reception on June 1st. A key lime tree will be planted and marked with a plaque honoring Seymour's years of service to the students and families of Hartley Elementary.



**Brigid Garbini, guidance counselor (left), and Mary Seymour, retiring principal (right) are pictured at the quilt presentation in the Hartley Elementary School Media Center.**

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

- **City Manager:** Cops
- **Financial Focus:** Plan for the Expected But Prepare for the Unexpected
- **Health Focus:** Give Your Child A Healthy Start For Back To school
- **Sheriff's Corner:** Boating Safety
- **Spiritually Speaking:** Augustus and the Body Politic
- **Ann Palquist:** The Dog Days of August
- **Flood Informatin for St. Augustine Beach Property Owners**

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## Beach Lovers.. Special Concern!

A project to renourish eroded sections of the beach in St. Augustine Beach is scheduled to start this November. However, a state permit for it may be delayed. If you want a healthy beach, your support is vital. Please send a letter by regular mail to the following:

Mr. Herschel T. Vinyard, Jr. Secretary  
Florida Department of Environmental Project  
3900 Commonwealth Blvd., M.S. 49, Tallahassee, FL 32399  
Reference the subject of your letter as follows: DEP File #0295429-002-JC

• **St. Augustine Beach Restoration Project** •

Please tell Mr. Vinyard why you think the beach is important for the pleasure and recreation of local residents, how it provides habitat for nesting sea turtles and helps protect homes and businesses from storm damage, and how it helps the local economy because of the many visitors it attracts to our area.

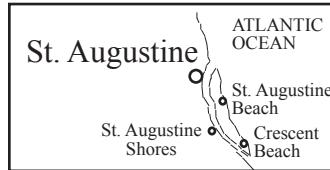
Money for the renourishment project is crucial. Eighty percent of the cost will be paid by the federal government. To help insure that the project will have funding, please send a regular letter to Senator Bill Nelson and Congressman John Mica.

Tell them why a healthy, renourished beach is important to you, and ask them to continue their support of federal funding for the St. Augustine Beach project. Their addresses are:

The Honorable John Mica  
U.S. House of Representatives, District 7  
3000 N. Ponce de Leon, Blvd. Suite 1  
St. Augustine, FL 32084

The Honorable Bill Nelson  
U.S. Senator  
1301 Riverplace Blvd., Suite 2010  
Jacksonville, FL 32207

Thanks for helping the county and the city with this very important project!



## News From Around St. Johns County

### Temple Bet Yam Holds an Open House

Come one, come all! See what Temple Bet Yam, the only reform congregation in St. Augustine, has to offer. Bring your kids for the Religious School Open House. There will be a preview of the upcoming Religious School Year and the kids will be able to do a craft. The Hard Lox Café will be open and serving bagels and lox. Save the date, August 28th starting at 9:00am. Come and meet current members of our TBY family as well as our wonderful Religious School Director and other members of the Board.



TBY kids at last year's Religious School Open House did a craft while prospective new members chatted with current members.

Temple Bet Yam is conveniently located at 2055 Wildwood Drive in St. Augustine, just off 95 at State Road 207. Please visit our website at [www.templebetyam.org](http://www.templebetyam.org) or call 904-819-1875 for more information.

### St. Johns County Lifts Burn Ban

After consideration of current fire conditions, both locally and across the state, St. Johns County has lifted the burn ban. Weather conditions have approved recently, including rainfall throughout St. Johns County. The current St. Johns County drought index is 468 on the Keetch-Byram Drought Index, on a scale of 0-800.

Officials continue to monitor weather conditions and may consider re-instating the burn ban if future conditions deem it necessary.

Although the burn ban has been lifted, fire officials still strongly discourage the burning of residential yard debris. Remember, curbside yard debris pick-up is available to all St. Johns County residents.

Additionally, all residents are encouraged to prepare a home safety plan for members of their household, which includes two evacuation routes, a ready supply of food, water and medical needs, and a way to leave. Also remember to create a defensible space surrounding your home free of debris. Clean gutters and roofs of leaves or branches that could easily ignite during a fire.

For additional information on wildfire safety and emergency preparation please visit the Department of Forestry website at [www.fl-dof.com](http://www.fl-dof.com).

### Summer Reading Programs at the St. Johns County Public Library Variety of events scheduled throughout St. Johns County

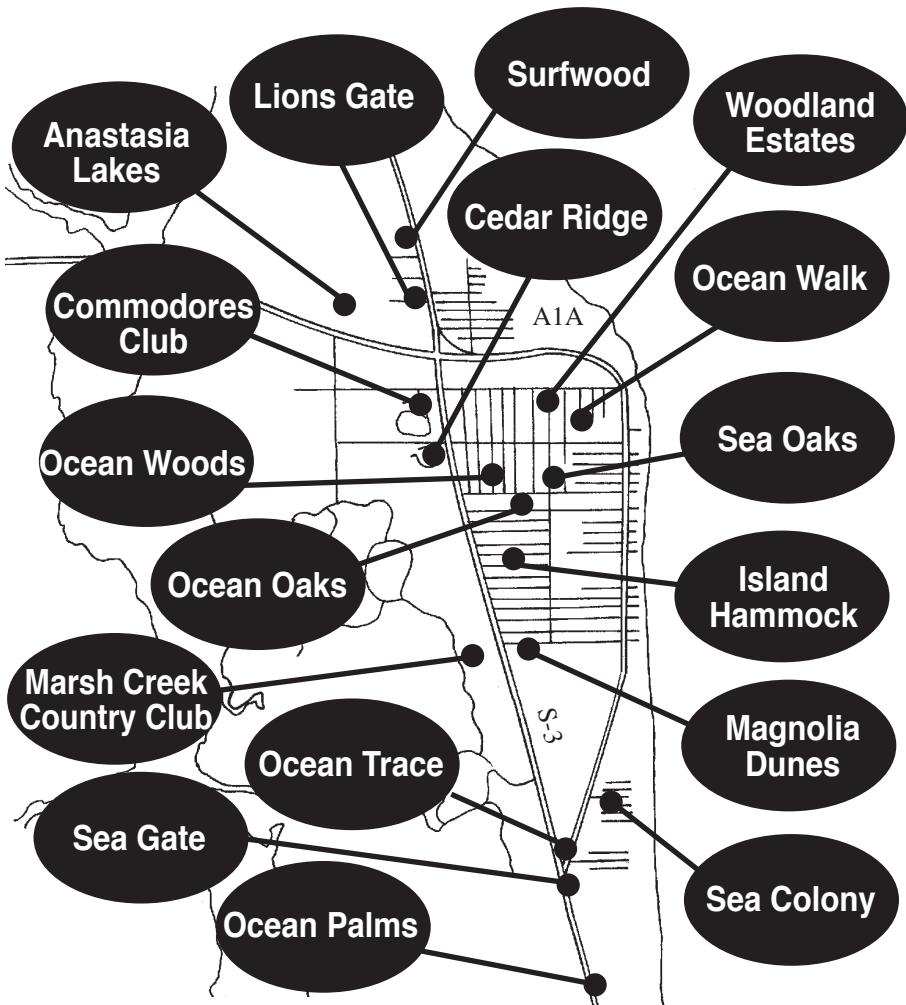
The St. Johns County Public Library System continues its summer library programs through August 6th. St. Johns County children and teens are encouraged to participate in "One World, Many Stories," "You Are Here," and "Novel Destinations," respectively. Come to the library and pick up a reading log for both teens and children, and then visit the library to read for prizes and participate in special programs and events.

Special events include visits from the Jacksonville Zoo, the U.S. Army Corps of Engineers, Reptile Rescue and more. Pick up a brochure of all the children's events at the library or find it on the library website here. Teen event programs and events can also be found here.

The summer reading programs are sponsored by the SJC Public Library and the Friends of the Library. For more information, visit the St. Johns County Public Library System website at [www.sjcpls.org](http://www.sjcpls.org) or contact your local branch.

## We Cover The Beaches!

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

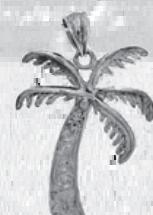


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# News From Around St. Augustine Beach

## City Hall Update

At its July 11, 2011 meeting, the City Commission took the following actions:

1. Witnessed the swearing in by Police Chief Richard Hedges of the city's two newest police officers: Ms. Erin McLerran and Mr. Douglas Woodall.

2. Approved a conditional use permit for The Groove Café, 128 Seagrove Main Street in the SeaGrove subdivision, for the outside serving of food and beverages. The permit is for three years and allows the Café's owners to have outside music until 10 p.m.

3. Approved the vacation of an alley that is between two lots adjacent to 2nd Lane, east of A1A Beach Boulevard.

4. Passed on final reading an ordinance to allow mobile advertising by special permit. The ordinance was amended to require that the operator of the mobile advertising have liability insurance.

5. Held a public hearing on an ordinance to change the city's tree regulations and made a number of changes to the ordinance. The ordinance will now be forwarded to the city's Planning and Zoning Board and to its Tree Board for review and comment. The ordinance will

likely be back on the agenda for another public hearing at the commission's September 12th meeting.

6. Held a lengthy public hearing on an appeal of a decision by the Planning Board to deny approval of an overlay district request for property at #2 9th Street. The commission sent the request back to the planning board for another review, perhaps at a special meeting of the board in August.

The next regular city commission meeting will be held on Monday, August 1, 2011. In the interim, the commission will hold a continuation of its July regular meeting at a special meeting on July 25th, when the commission will make decisions about the items that were on the agenda for its July 11th meeting that it could not discuss because the meeting ran late.

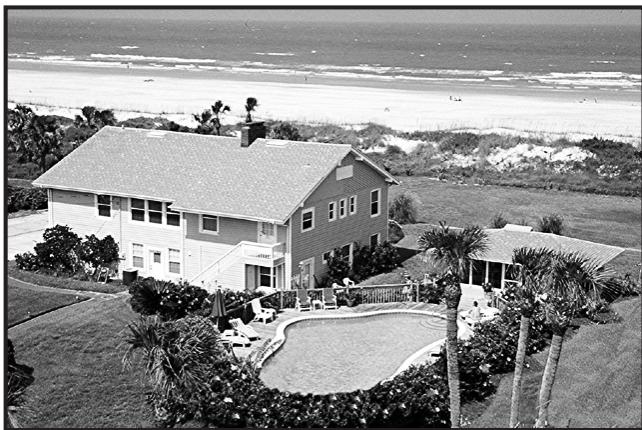
Also, the commission on July 25th will hold a public hearing on the non-ad valorem special assessment and on the city's proposed Fiscal Year 2012 budget. The update report for that meeting and the August 1st regular meeting will be provided in the September issue of The St. Augustine Beaches News Journal.



## Beachfront Bed & Breakfast selected as Diamond Collection Member

Beachfront Bed & Breakfast has joined [www.BedandBreakfast.com](http://www.BedandBreakfast.com) Diamond Collection, a distinction reserved for premier inns offering extensive amenities and top-rated guest reviews. Diamond Collection members represent professionally inspected and guest-reviewed luxury inns with extensive modern amenities.

Launched in October, 2009, the Diamond Collection was introduced to help travelers streamline their search for the country's best inns. Beachfront Bed & Breakfast is the newest member of the [BedandBreakfast.com](http://BedandBreakfast.com) Diamond Collection.



To qualify and maintain membership in the Diamond Collection, B & B's and inns must pass a comprehensive professional inspection measuring the property's quality, service, hospitality, accommodations, food, amenities, and more. They must maintain top guest ratings and reviews on [BedandBreakfast.com](http://BedandBreakfast.com) and offer a professional reservation experience,

including extensive property photos and online reservations. Additionally, Diamond Collection members provide the amenities that today's travelers require, including private baths, free Internet service, luxury appointments and amenities, professional staffing, and flexible check-in/out times.

Located oceanfront on beautiful St. Augustine Beach, Beachfront Bed & Breakfast is a 3 acre quiet beach front retreat exclusively for grownups. Featuring eight beautiful rooms, heated pool, outdoor Jacuzzi and award winning landscaping, Lauren & Rich O'Brien have created a quiet and relaxing beach getaway that is just 10 minutes from historic St. Augustine. Each day begins with a delicious breakfast and throughout the day the available activities are many although taking it easy at the pool, Jacuzzi or in the hammock may be hard to resist. The main beach house great room features 25 foot wood beamed ceilings with stunning Honduran pine beams, beautiful hand pegged wood floors and stunning ocean views. Our 600 thread count triple sheeted pillow top beds provide a restful night. Each room has a private bath, TV, telephone and wireless Internet.

[BedandBreakfast.com](http://BedandBreakfast.com) is the most comprehensive global site for finding bed and breakfast properties. With more than 11,000 properties around the world, the site helps travelers find the ideal B & B or small inn through informative descriptions, photos and more than 160,000 consumer reviews, and make confirmed reservations instantly at nearly 2,000 properties. In addition, [BedandBreakfast.com](http://BedandBreakfast.com) offers gift cards welcomed at more than 4,000 B & B's in the United States and Canada, with no expiration or blackout dates. The company also operates RezOvation® the industry leader in property management systems, online reservations, website design and internet marketing for the inn and B&B market.



# EYE CENTER OF ST. AUGUSTINE

## THE EYE SURGERY CENTER OF ST. AUGUSTINE

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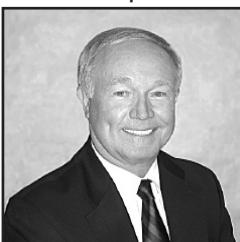
**PAUL W. HUND, III, M.D.**



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



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



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



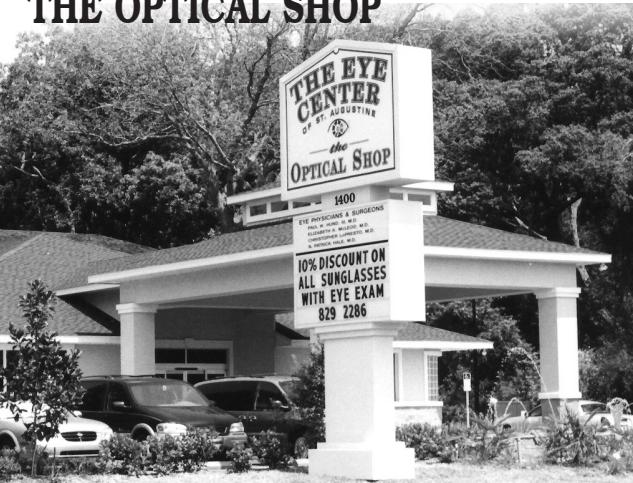
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## Be The Wall

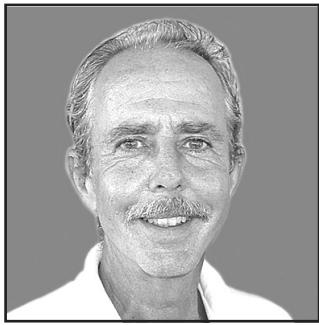
(continued from page 1)

irreversible. Teen drinkers perform worse in school, are more likely to fall behind and have an increased risk of social problems, depression, suicidal thoughts and violence.

South Beach Grill trained employees on the dangers of underage drinking and displayed promotional materials throughout the restaurant to help endorse the campaign to its guests. "We understand the importance of keeping alcohol out of the hands of those who are underage and this is a way for us to be a part of a state-wide effort to help curb this issue," McLemore added.

The free training was provided by a Department of Children and Families grant received by PACT Prevention Coalition. The Be the Wall campaign asks hospitality industry sellers and servers to be clear, be firm and be consistent by being the wall between teens and alcohol. Restaurants interested in participating in the Be the Wall campaign should call (904) 829-6261.

PACT Prevention Coalition is dedicated to making St. Johns County a healthy substance-free community for our youth through prevention, advocacy, choices and teamwork. For more information about PACT Prevention Coalition call (904) 829-6261 or visit [www.pactprevention.org](http://www.pactprevention.org).



## St. Augustine Beach Civic Association

By Robert Samuels, President  
St. Augustine Beach Civic Association

[www.thecivicasociation.com](http://www.thecivicasociation.com)

The Civic Association's 9th Annual Music by the Sea Free Concert Series continues into August. Our schedule is:

**August 3:** Steam the Band  
w/ Dunes Cracker

**August 10:** Navy Dixieland Jazz  
Band w/ Raintree Restaurant

**August 17:** Jimmy Parrish &  
Ocean Waves w/ F A Cafe

**August 24:** Smokin Mirrors  
w/ Romano's Pizza

**August 31:** Triple Rock Blues Band  
w/ Gypsy Cab Co.

Music begins at 7pm with dinners being offered by 5:30pm. All meals are always less than \$10. Sister Shack Homemade Italian Ices offers a variety of frozen desserts. Be sure to bring a chair or blanket. Well behaved dogs are welcome outside the pavilion. Free parking will continue at Pier Park and along other streets near by. Extra handicapped parking is reserved in the loop directly in front of the pavilion. We encourage people to arrive by bicycle. Bikes can be locked inside the fenced area by the bocce courts. For the complete schedule visit our website [www.TheCivicAssociation.com](http://www.TheCivicAssociation.com).

The first annual Beach Bash for Charity event is a fundraiser for In Lak'ech Project, Inc., an organization that provides International health care. It will be held July 29th, 2011 from 6-10pm at the St. Augustine Beach Pier Pavilion. Food and Music will be provided. Five local bands will perform. Alcohol will be available. There will also be a silent auction, raffle prizes and games for the kids. Advance tickets are \$20 for adults and \$10 for children 13 and under. Tickets are available at the Wed. am Farmer's Market or at Alpha Gym. Tickets can also be purchased by calling (904) 347-9906. A 10% discount is available for anyone showing a page with "like" on In Lak'ech Project's facebook page.

We'd like to welcome two new St Augustine Beach police officers, Ms Erin McLerran and Mr. Douglas Woodall, who were sworn in at the July Commission meeting. Officer McLerran graduated from

St. Augustine High School, the Law Enforcement Academy of St. Johns River Community College and passed the Florida State exam in 2010. She has a B.S. in Criminal Science and will be assigned to Patrol after completing the Field Training program. Officer Woodall is a US Navy and Air Force veteran with over 38 years of law enforcement experience in Kentucky, South Carolina and Florida retiring from the St. Johns County Sheriff's Office. He was a municipal police officer, deputy sheriff, investigator, state constable and chaplain. He is an ordained Anglican Priest and worked as the Archbishop of the Archdiocese of the Armed Forces overseeing Military and Federal Government Chaplains. He is a FDLE certified Law Enforcement Instructor and will be assigned to patrol as well as becoming the department Chaplain after a shortened Field Training program.

On Tuesday August 2nd the St. Augustine Beach Police Department will be sponsoring **National Night Out** at the Pier Pavilion from 6pm to 8pm. All are invited to attend this free event. The Oasis Restaurant will be serving free hot dogs and hamburgers and Sunset Grille will be serving free sausage and pepper sandwiches. There will be safety oriented activities and giveaways for the kids sponsored by many local nonprofits, as well as door prizes and free raffles. The SJC Sheriff's Office will display law enforcement equipment, Seniors Versus Crime helps crime victims and Betty Griffin House offers domestic abuse help, children's car seat inspections will also be available. The Civic Association will again be donating bicycles for several lucky children. Come on out, enjoy the DJ, meet your local police officers and socialize with your neighbors.

Another event at the Beach in August is the 2nd annual **Surfers for Autism** scheduled for the 27th from 9am to 4pm at A Street. This is a free day long family event for children(4+) and young adults with autism and related developmental disabilities. Registration is required. For more information call Dave Rossman at 561-315-0704 or check their website [www.surfersforautism.org](http://www.surfersforautism.org).

One more event coming up on November 18 & 19 is the inaugural **St. Augustine Marathon** produced by Miami Tri Events. This group puts together premier sport events that benefit and enrich the community by encouraging a healthy lifestyle while producing a positive impact on the economy. This will be a qualifying race for the Boston Marathon. There will be a Full Marathon, Half Marathon, 10k, 5k and Kids' Race. The course will start at the Castillo and pass through St. Augustine Beach. With a large Expo downtown and various races of different lengths, this event will create

## Russell Nelligan, M.D., Cornea Specialist Joins Eye Center Of St. Augustine



Russell W. Nelligan, M.D.

Russell W. Nelligan, M.D., Ophthalmologist, a specialist in cornea, anterior segment, cataract, and refractive surgery, has joined The Eye Center of St. Augustine.

Dr. Nelligan is a graduate of the the University of Florida College of Medicine,

Gainesville. He completed his medical internship and Ophthalmology Residency at Louisiana State University College of Medicine, Shreveport.

Dr. Nelligan completed his Cornea Fellowship at the University of Texas-Southwestern Medical Center in Dallas, home to one of the premier centers in the world for the study of Ophthalmology and treatment of patients. While at UT Southwestern Medical Center, Dr. Nelligan conducted vital research for the prevention and treatment of eye disease and blindness.

Married to Michelle Nelligan, a Veterinarian, the couple have three children. Dr. Nelligan is fluent in Spanish as well as English.

The Eye Center of St. Augustine has three locations in the area: 1400 U. S. Highway 1, in St. Augustine; 319 West Town Place in World Golf Village; and 14 Office Park Drive in Palm Coast.

To schedule an appointment with Dr. Nelligan, please call the U.S. Highway 1 office at 904-829-2286, or the World Golf Village office at 904-940-9200.

Florida's 500th Anniversary  
(1513-2013)  
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an atmosphere of family bonding and unity that will have the entire family excited, training together to reach goals appropriate to their athletic level. The Family Weekend also provides parent athletes with an opportunity to pass down healthy lifestyle values to their children and instill in them a passion for the

sport. For more information [www.staugustinemarathon.com](http://www.staugustinemarathon.com).

Don't forget to visit the Wednesday Farmers/Arts & Crafts Market at the Pier Park. We always have new vendors joining the market. The produce is fresh, the food delicious and the shopping always unique.

### Airport

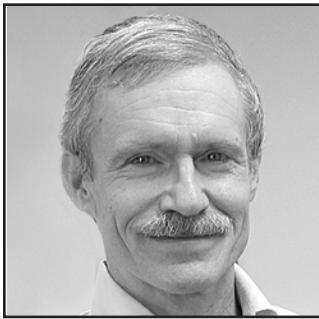


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## COPS

By Max Royle  
St. Augustine Beach City Manager

When you need one, you really, really are glad to see one. Maybe there's a prowler in your neighborhood, or a peeping Tom, Dick, or Harry. Which brings up a related mind-wandering, let's-go-there sort of question: Don't women ever peep? Why isn't there a peeping Tammy, Deborah, or Henrietta? Are only some male members of humankind hardwired to peep? I doubt that. There must be peeping women. But that only males get arrested for peeping seems to me like blatant gender discrimination. This will be reported to the proper authorities for investigation, I can assure you.

So at times you're very happy to see a cop. At other times, though, you really don't want to see one, or be seen by one. Like the time you sort of not-stopped at that stop sign; or you thought you could just maybe-possibly, let's-give-it-a-shot squeeze past that traffic signal before it changed from yellow to red; or the time the posted speed limit on the highway was X, your speedometer read Y, which was faster than X, and the cop's superduper, atomic clock-calibrated radar thingywhatzit read Z, which showed you were going faster than either X or Y, or maybe even faster than X and Y combined; and you saw those flashing red and blue lights in your rearview mirror, and you really, really wanted them to be gone along with that uniformed person driving the pursuit vehicle, so that you could continue your blissful drive to the bookstore in the local mall, where Donald Trump, none other, was appearing and you wanted him to sign your very own personal copy of his new memoir: "Why America is Doomed Unless I'm Its Next President: My Journey to Humble Greatness." Nonetheless, the cop stops you, and then begins the game of The Great Excuse.

"Well, officer, I just bought these shoes. They're really heavy and I'm certain the right shoe, which is much heavier than the left one, put more pressure on the gas pedal, all without my knowing it, of course..."

"My cat, Miss Maybelle, is having kittens. I have to rush home to help with the delivery." Speeding? Was I speeding, officer? Isn't this the autobahn in Germany where there aren't any speed limits?"

You can be certain that the trusty officers of the St. Augustine Beach Police Department would see such excuses for the absurd ridiculousities that they are. I know, I shouldn't use such a gold-plated word as "ridiculousities," but please allow an old man (me) his fond frolicities. Besides St. Augustine Beach doesn't have an autobahn, nor to my knowledge a mama cat named Miss Maybelle.

The city does have a police department with 18 positions: police chief, assistant chief, one detective, four sergeants, nine patrol officers, and two support staff: an administrative assistant and a records specialist. The number of persons on the payroll is actually 17, as Police Chief Richard Hedges has left the assistant chief's position vacant for two years because of the decline in revenues for the city.

Some folks may think that the city has a rather large number of police officers for its modest population of 6,176 residents.

However, St. Augustine Beach shares with many other coastal Florida cities this fact: a comparatively small permanent population, a large visitor population. With hundreds of hotel/motel rooms, as well as condo units and single-family homes available for short-term rental, combined with hundreds of daily beach visitors on a summer weekend, it's reasonable to conclude that the city's population could be 12,000 persons, or double the permanent, resident population. And human nature being what it is, well, human, people do sometimes behave in ways that require the attention of a police officer, or even several of them.

I know that you have an inquiring mind, because I've seen you in the supermarket checkout line reading *The National Enquirer*, so you may wonder: Whatever kind of crime could occur in our little corner of the Florida paradise? Fortunately, the most serious crimes against persons are rare. Murder, for example, seldom happens. When it does, it's usually the result of a domestic dispute between a husband/wife, girlfriend/boyfriend, or Xs of various inclinations and genders. The only city police officer killed in the line of duty was Deputy Marshal Ron Parker of the then-Town of St. Augustine Beach, who in 1975 was shot in the parking lot of what is now the St. Augustine Beach Front Resort by a fleeing felon wanted for murder in another state. Equally rare are such serious crimes as kidnappings, rapes, and armed robbery of banks or stores.

So what, exactly happens crime-wise in our little Mayberry-by-the-Sea? The answer is to be found by looking at one of the weekly reports that Chief Hedges provides to the city commission. The report is for the week of June 27 through July 3, 2011, when there were 114 calls for police action for the following:

1. two battery: Publix (person pushed at deli, female, 39, suspect, victim did not want to sign complaint); Pope Rd. parking lot (argument over girlfriend, male, 32 suspect, complaint affidavit forwarded to state attorney).
2. one auto theft: Schooner Court (recovered, male, 27, roommate suspect, complaint affidavit forwarded to state attorney).
3. three thefts: pier park (bike, unlocked, no suspect); pier office (cash taken while clerk diverted, unknown female suspect); F St. (bike unlocked, no suspect).
4. one narcotics: Billiard Hall (assist Sheriff's Office, oxycodone, male, 26, arrested.)
5. four car burglaries: pier parking lot (unlocked vehicle, handgun taken, no suspect); beach at Ocean Trace Rd. (unlocked, wallet taken, no suspect); pier parking lot (unlocked, handgun taken, no suspect); Pope Rd. parking lot (window broken, wallet taken, no suspect).
6. one civil complaint: F St. (cable box missing, co-owner, female, 33 suspect).
7. four intoxication: Coquina Beach Club (male, 49, taken to jail to detox); McDonald's (assist Sheriff's Office, male, 44, taken to jail to detox); Casters Court (male, 28, taken to jail to detox); B St. (disorderly, threatened resident, male 20, arrested).
8. two disturbances: Atlantic Oaks Circle

## Paradise is here...



Your Hosts  
Lauren & Rich O'Brien



1 F Street  
St. Augustine Beach  
904-461-8727  
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(boy-girlfriend, separated); Dunes Cracker (two female patrons, separated).

9. one traffic: beach at Holiday Isle Resort (suspended driver's license, male 32, arrested).

10. one found property: Publix (purse, returned to owner).

11. one lost property: Linda Mar Dr. (purse, unknown location).

12. three information: pier parking lot (male 18, two males 20, are break-in suspects); 12th St. (resident wanted a report that a niece's friend told another person he had touched her inappropriately, which he denied); High Tide Dr. (ex-husband took back cell phone).

13. four crashes: Beach Blvd. (non-incapacitating injury); A1A South (non-incapacitating injury); Publix parking lot (no injury); Hampton Inn parking lot (no injury).

In addition, the police officers during the week wrote 19 citations: illegal parking (5), license tag expired (4), speeding (2), driver's license (2), insurance (2), and one citation each for driving too fast for conditions, glass container on beach, sleeping on beach, and alcoholic beverage on beach.

A six-month review (January 1 through June 30, 2011) provides the following statistics about serious crime in the city: 44 larcenies, 31 assaults, 26 car burglaries, 15 building burglaries, six auto thefts, and two robberies.

The cost of police services for the City? For Fiscal Year 2011, the police department's budget is \$1,504,541. This amount

is \$306,053 less than the department's FY 2007 budget, which was \$1,810,594.

Yes, police services are expensive, but I fear are necessary, even in our own little corner of the Florida paradise, where the men and women in blue must be at the ready to protect us from ourselves and from each other.

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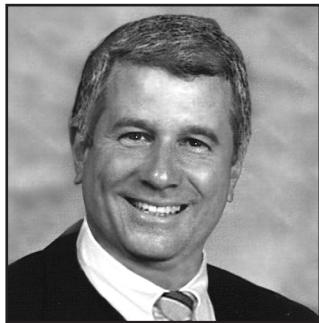
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## Spiritually Speaking

By Dr. Nicholas A. Marziani  
askfrnicholas@aol.com

Dr. Marziani, an education and spiritual life consultant, currently serves with AmeriCorps St. Johns Reads!, and is Vice-President of the St. Augustine Beach Civic Association

### “Augustus and the Body Politic”

My head is fairly roiling these days, thinking about the immanent debt ceiling crisis and the truly SPIRITUAL foundations of our current fiscal situation.

Now conservatives (one of which I consider myself, but in the style of “promoting the general welfare”, you know, U.S. Constitutional stuff) will immediately tend to simply decry the run-away government spending that has, in large part, gotten us into this mess (I say “in part” as there is also a tax revenue term to this equation). And scripture is quite clear that national debt is a sign of God’s displeasure, a blessed people never truly being in the position of having to hock the patrimony in order to pay their bills.

And yet... the “solution” being proposed by some of my ideological fellows is a chilling reminder that even the best of intentions are fraught with hidden strands of ill will and even outright contradictions to our professed values as spiritually responsible people.

I have two articles before me this month, both of which speak to our situation. How’s this title: “From Hitler to Mother Teresa – 6 Degrees of Empathy”, from the New York Times? Or this one: “How to Raise a Philanthropist”, from The Wall Street Journal? Considered together these very different print media outlet pieces speak to aspects of the disease AND the prescription pertaining to our current situation.

I’ll briefly return to them in a moment, as a short but significant moment of reflection is in order for the man from whom we derive the new month’s designation. Believe it or not, it does apply to our topic.

Caesar Augustus, initially known to the world of his day as

Octavian, the adopted great-nephew of Julius Caesar, was Rome’s first truly distinguished statesman-emperor. That he didn’t get himself assassinated like his great-uncle was due to a great deal of learned and earned wisdom and prudence which led to a healthy sense of modesty and fair-mindedness when it came to dealing with the senators and public of first-century B.C./A.D. Rome. Not like so many of our current crop of politicians, but I digress.

One thing Augustus would never do was to say, as certain extremists among my political and spiritual colleagues have said and continue to say, “I/We don’t really care” about those in our society who are simply down on their luck. He would not have said, in effect, “just balance the budget and keep the senators fat”, end of story. No, Augustus was a true statesman. He had worked his way through difficult days AND remembered that struggle. He possessed both a true spirit of philanthropy and empathy even as he knew how to be hard-nosed in his governance of the realm.

Back to our articles. The first argues theoretically, and the second practically, as to how we can cultivate a generous spirit among ourselves and our families in addressing the desperate needs that are increasingly overwhelming so many of our fellow citizens. I would argue that it’s one thing to clip the wings of congressional spendthrifts; quite another to chop off the limbs of the stumbling unemployed, disabled and growing ageing population that require a social safety net to keep them from becoming carrion for the metaphorical alligators that stalk our increasingly careless and “what’s-in-it-for-me” greedy world.

I don’t know what will become of our ship of state come August 2nd when the current debt ceiling will have either been amended or sustained. I do know this: either we develop a healthier sense of being in this thing together as a nation, or we somehow imagine that we hearty individualists can go it alone and declare simply, “let the strong survive”. I hope it’s the former, and soon. A just AND compassionate God is watching! God bless you all, Dr. Nick



## Financial Focus

Information Provided By  
Edward Jones

### Plan for the Expected But Prepare for the Unexpected

To enjoy a comfortable retirement lifestyle, you’ll need to have adequate financial resources in place. And that means you must plan for the expected — but prepare for the unexpected.

In planning for the “expected” aspects of your retirement, consider these factors:

- Your vision of your retirement lifestyle — What do you want to do during your retirement years? Spend more time with your family? Volunteer? Open your own business? Your expectations of your retirement lifestyle will dictate, to a large extent, your savings and investment strategies.

- Your expenses — Once you’ve established a vision for your retirement lifestyle, you can begin to estimate the expenses you expect to incur during your retirement years.

- Your income — You can expect to receive income from a variety of sources: Social Security, pensions, part-time employment and investments, such as your IRA, 401(k) and any taxable investment accounts you may have. You’ll need to estimate about how much income all these sources could provide.

- Your withdrawal rate — If your investments are going to provide a significant part of your retirement income, you need to carefully manage annual withdrawals from your portfolio. Your withdrawal rate is key in helping to ensure your portfolio provides for your needs as long as you need it.

- Your portfolio reliance rate — Related to your portfolio withdrawal rate is your portfolio reliance rate — how much you rely on your portfolio to provide income. For instance, if you will need \$50,000 per year in retirement, and \$30,000 will come from your portfolio, your reliance rate will be 60% (\$30,000 divided by \$50,000). Your reliance rate will help determine how

sensitive your strategy might be to outside events, such as market fluctuations.

While you need to be familiar with these expected elements of your retirement, you also must be prepared for the unexpected aspects, such as these:

- Living longer than you expect — How long you can expect to live is somewhat of a mystery. If you were to live longer than you anticipate, would you be financially prepared? To help make sure your money lasts throughout your lifetime, you may need to consider investments that can provide you with a lifetime income stream. And your longevity will obviously also affect your annual portfolio withdrawal rate.

- Inflation — At an average inflation rate of three percent, your cost of living will double in about 24 years. That’s why, even in retirement, you will need some growth-oriented investments, such as quality stocks to ensure you can maintain your desired retirement lifestyle. But if the unexpected happens, and inflation takes off at a much higher than average level, you may need to consider a greater amount of investments that offer the potential for rising income.

- Health care — Even after you’re on Medicare, which won’t cover everything, you need to prepare for the unexpected, such as a lengthy illness or the need for some type of long-term care. You may also wish to “self-insure” to a certain extent by setting aside funds in a liquid, stable account.

By positioning your investment portfolio for both the expected and the unexpected, you can go a long way toward enjoying the retirement lifestyle you seek. So plan ahead — and make the necessary adjustments as time goes by.

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



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## St. Augustine Beaches Beautification Advisory Committee

Ann Palmquist, Committee Member  
Palmquist@comcast.net

### The Dog Days of August

The sultry days of August have many names. The Greeks and Romans associated the hot weather between mid July to late August, with Sirius, the Dog Star. Sirius is the brightest star in the constellation Canis Major (Large Dog), rising just before sunrise. The ancients believed its heat added to the heat of the sun, creating a stretch of hot and sultry weather we have come to know as the 'dog days of summer.' If you get up early, you can look for the Dog Star, in the southern sky.

Other 'dogged' expressions include "hot dogging," -showing off; "bird dogging" - similar action but with different audience in mind; "dog eared" - pages of a book read at the beach; and the old Southern summer truism, "every dog will have his day which is particularly true on August 16th, the feast day for Saint Roch, the patron saint of dogs.

August's cadence invites you to kick back, relax, and enjoy the rhythms of summer's harmony: the sound beach sand makes when it crunches under your feet; the peals of children's laughter heard from the lofty towers of sand castles; the 'swish' of the boogie board as you nail a perfect landing and ride an in-coming wave; the soulful words of George Gershwin's 'Summertime'; and at evening tide you'll agree 'the living is easy.' When the beach invites, each wave promises to wash your cares away and you know you can make wonderful memories and even a little history.

A land-mark event in the City's fifty plus years of history was recorded on June 26th at Lakeside Park. City Manager Max Royal, Commissioner Undine Pawlowski, along with members of your St. Augustine Beaches Beautification Advisory Committee (BAC), Vice Chairman Eric Chacones, Jeanette Smith, Robin Nadeau, Nana Royer, and yours truly joined visitors, artists, community leaders and dedicated sponsors and supporters of the arts to celebrate the dedication of The Sculpture Garden, at Lakeside Park. A perfect day with great music, good food and story telling by three artists. The dream realized - Art in the Park.

The support and recognition of this gift from sculptors Thomas Glover W. and Marianne Lerbs along with additional works from outstanding sculptors was brought home with three stories told about three of the pieces: Harold Lock, Pathetell, The All Nations Totem; Marianne Lerbs, The Swimming Fire Horses; and Thomas Glover W., The Sport Fishing in Florida. Go to [www.st-augustine-sculpture-garden.org](http://www.st-augustine-sculpture-garden.org) for the rest of the story. Thank you Thomas and Marianne for sharing your creative energy and gifts. Art in the Park, WOW!

Some back-history of the park was shared by Nancy Nevacoff who served the (BAC) for seven years. She said she was delighted to see the fulfillment of this jewel of a park. Always a strong supporter of Art in Public Places, Nancy said she

had campaigned for the wide curved sidewalk as opposed to the straight and narrow one proposed. Yes, Nancy knows that the shortest distance between two points is a straight line but art deserves imagination. Way to go Nancy, and thank you for your service. Another important piece of history was learned: funds to design and develop Lakeside Park were secured by the efforts of City Manger Max Royal, and the City's staff through the 'State of Florida Urban Forestry Grant.' Nice job Max.

The Welcome to St. Augustine Beach sign designed and made by Tommy Oleson artfully welcomes visitors to our fair city and now sports a "thank you for coming" on the back side. The Civic Association paid for the additional back sign. Talk about putting your money to work. Nice job.

The history of St. Augustine Beach runs deep and so do the roots of our beautiful trees along some of the loveliest canopy roads on the island. Where there are trees, can an arborist be far behind? State Certified Arborist, Chuck Lippi shares his professional training by working with the City to encourage, educate and protect these valuable resources. Our trees... continue to enhance and shade our City. Here is a 'COOL' thank you, Chuck.

Interest in the Slow Food Movement has taken root in our community. The BAC invited Mr. Cash McVay to share first hand information about the Lincolnville Community Garden in downtown St. Augustine. The link of knowing where your food comes from and starting a Community Garden on the Island is growing. While visiting my daughter and family in Gulf Breeze, Florida, a city of about the size and population of St. Augustine Beach, I was delighted to visit their community garden. The garden is organic; not fenced, on a busy street, and had about twenty plots. I saw tomatoes that were larger than your outstretched hand. The water supply was a drip irrigation system supplied by the city.

The interest is growing and offers an affordable alternative to produce that travels on an excessive carbon footprint. Mr. McVay said the City of St. Augustine is not really involved with any aspect of running the garden which is basically a citizen-run, non-profit entity. Stay tuned as this develops and go to [www.citysprout.org](http://www.citysprout.org) for details. As the Community Garden develops, "the opportunity for social interaction and friendships is an added benefit that you just don't get in any other venue," Mr. McVay said. Residents who live in condominiums, or have shaded yards, the desire but limited knowledge, or have verdant green thumbs knowledge and a desire to share should call City Hall, 471-2122, and express their interest to get involved. In these dog days of August the word is community- it's where you live.

Dog Days of August in St. Augustine Beach just don't get much better. Make a little history.



### St. Augustine Beaches News Journal

PO Box 51593, Jacksonville Beach, FL 32240

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

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, P.O. Box 51593, Jacksonville Beach, Florida 32240. Information may also be e-mailed to [beachesnewsjournal@yahoo.com](mailto:beachesnewsjournal@yahoo.com) or the editor at [col@scrtc.com](mailto:col@scrtc.com).

All articles 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 P.O. Box 51593 Jacksonville Beach, FL 32240.

The Beaches News Journal acceptance of advertising does not constitute an endorsement or approval of any product or services by the Beaches News Journal or its staff. The publisher reserves the right to refuse advertising 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 Amphitheatre August 19th

Alison Krauss &  
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Tour 2011



### Safe Ship Moves to New Location

Safe Ship celebrate its Official Grand Opening in July with the opening of its new location at The Anastasia Square Plaza, 1965 A1A and 312, next to the Betty Griffin Thrift Store and World Gym.

The new location will allow Safe Ship to offer U-Haul rental services which include trucks, trailers, moving equipment, boxes, and various moving supplies. Safe Ship will also be affiliated with 1800-Pack Rat storage container services. This service allows storage units to be delivered to your home or business, and is an ideal option for home remodeling and moving. Pack Rat will retrieve and store your belongings or move them throughout the United States. Safe Ship will also bring Greyhound Package Express Services to Saint Augustine. The Package Express service offers a lower cost shipping service for larger items. The Greyhound Package Express service will offer a counter where customers can ship as well as receive Greyhound packages. The store will also offer Greyhound passenger ticketing service.

"I really want to be involved in something that has a positive impact on our customers and the community," said Paul Basso, owner of Safe Ship. "Our new store will continue to offer the services of FedEx, UPS, DHL, The United States Postal Services, full-service packing, and large freight shipping."

Open Monday through Friday from 9 am to 5 pm and Saturday's from 9 am to 1 pm. To learn more about Safe Ship, please visit [www.safeshipstaug.com](http://www.safeshipstaug.com) or call (904) 460-0022. Serving the Beach Community for the past 8 1/2 years.

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## Health Focus

By Gerald Townsend, M.D.  
Townsend Clinic  
4475 U.S. 1 South, Suite 100  
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### Give Your Child A Healthy Start For Back To School

Gearing up for school? Here's a quick run-down of preparations, depending on your child's age, to make sure your child gets a healthy start to the year.

#### Preschoolers

- Visit your pediatrician to make sure your child's vaccinations are up-to-date, and obtain vision and hearing screening if possible. In addition to routine DTaP, MMR, polio and hepatitis vaccines, this year the American Academy of Pediatrics added an extra chicken pox shot and flu shot.

- Many food allergies are diagnosed incorrectly. Review any food allergies with your doctor, and consider evaluation by a pediatric allergist for specialized testing if severe allergies are suspected.

- Begin regular dental cleanings and fluoride treatments.

- Nearly 70 percent of serious playground injuries result from falls onto concrete or asphalt. Make sure your child's preschool playgrounds have cushioned surfaces such as wood chips with mulch or rubber mats (grass is not considered soft enough).

- Enquire that the preschool meets local certification requirements and the teachers pass criminal background checks.

#### Grade-Schoolers

- Obtain yearly vision screening and take a breather from vaccines until middle school. For children who are fully immunized by kindergarten, only annual flu shots for those with conditions like asthma are needed.

- Choose a comfortable, padded backpack. Remember to pack heavy items at the bottom, use both shoulder straps, and avoid over-filling. A backpack should not be more than 20 percent of a child's weight.

- Discuss any of your child's medical conditions (for example, asthma or diabetes) with your school and ensure that the school has a plan to handle any emergencies.

- This is a good time to review school bus and car safety. When getting on the bus, children should always remain in view of

the driver, and ideally school buses should have seat belts. Children under the age of 13 years should ideally ride in the rear seat of cars and use a booster-seat until they are 57 inches tall. Children that walk to school should wear brightly colored jackets and have crossing guards at all intersections.

- Review your child's school lunch menus critically and help make smart meal choices. In particular, avoid 12-ounce sodas, which contain 10 teaspoons of sugar and increase the risk of obesity by 60 percent for those who drink a can daily.



- Create a special workspace at home for schoolwork and limit television watching to less than two hours daily. Ensure that the area is well lit, and encourage your child to take brief breaks regularly to ease eyestrain and fatigue.

- Talk to your child about bullying at school, educate your child to be assertive and, encourage him or her to report bullying to teachers.

#### Tweens and Teens

- For tweens and teens, the American Academy of Pediatrics recommends a DTaP booster (tetanus) and two new vaccines: meningitis shots for all children and an HPV vaccine for girls to protect against genital warts and cervical cancer.

- The leading cause of teen death is car crashes and those less than 17 years old are at the highest risk (which is why many states have increased the minimum driving age). About one-third of teens have ridden with a driver who has been drinking alcohol. Consider gradually increasing privileges, limiting the number of passengers for new drivers, and emphasizing seat-belts.

- According to the Centers for Disease Control, about half of all high-schoolers have tried marijuana and had sexual intercourse. Take the time to talk with your tween or teenager about sexuality and contraception, drug use, and other difficult topics.



## St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

### Boating Safety

It's great to be sheriff of a county that has so many wonderful assets. Among the top recreational opportunities is both saltwater and freshwater boating. There are very few places in Florida where boats can be launched on the Intracoastal Waterway with access to the ocean and then just a couple of dozen miles to the west you can launch into the St. Johns River for some of the finest freshwater boating in the nation. St. Johns County is truly a Mecca for boaters. Our Marine Unit partners with the Coast Guard and other law enforcement agencies to enforce boating regulations and to promote safe boating. Unfortunately, on occasion, our dive team and aviation unit are also called upon to look for victims of boating accidents or to hunt for missing watercraft or people. So this month I would like to suggest some rules for safe boating. First and foremost be weather wise. Check the forecasts for possible storm activity and if you are bound for the ocean determine if the surf conditions may have waves that could put your size boat at risk of capsizing. No matter where you may be boating if you notice darkening clouds, changing winds and sudden drops in temperature, play it safe and head for shore.

Develop a float plan. Inform a family member, friend or the staff at your marina where you are going and how long you intend to be gone. You should also give them the name of the captain and all passengers, boat type and registration and the types of communication and signal equipment you have on board.

Use common sense. Be alert at all times and operate at a safe speed for the conditions you encounter. Be sure to follow the navigational buoys and markers that have

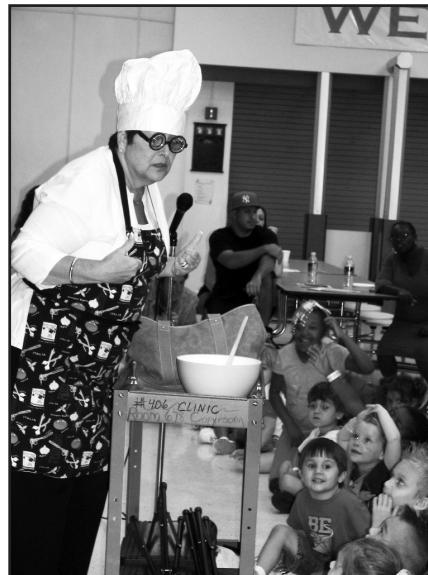
been placed for your safety. Steer clear of larger vessels that may not be able to stop and turn in time to avoid collisions. Make sure there is another person on board who is familiar with all aspects of the boat's operation, handling and safety equipment who could get back to shore in case the primary skipper is injured or incapacitated in any way.

It is required by the U.S. Coastguard that personal flotation devices (PFD) or as they are most commonly known, lifejackets, of the proper size be on board for everyone on your boat. In Florida, children under 5 must wear a right sized PFD whenever the boat is moving. All boats larger than 16 feet must also have a float that can be thrown should someone fall overboard. Did you know that a majority of victims who drown after a boat is in an accident or capsizes were recovered not wearing a lifejacket?

In Florida anyone born on or after January 1, 1988 who operates a vessel powered by 10 horsepower or more must pass an approved boater safety course and have in his/her possession a photographic boating safety education identification card issued by the State Wildlife Commission.

Lastly, a word of caution about alcohol use while boating. Boat operators under the influence of alcohol double the odds for being involved in an accident. Most alcohol related boating accidents do not result from collisions but from falls on deck or overboard. In Florida boat operators found to have a blood alcohol content .08 or higher will be charged with a BUI. For boat operators under the age of 21 that BAC level for charges drops to .02.

### LOCAL CHILDREN NEED EARLY LITERACY VOLUNTEERS



Storytelling volunteer, Mare Casett of St. Augustine, dressed as a "Crazy Chef", entertains a group of children at an early literacy event hosted by the Early Learning Coalition of Putnam & St. Johns Counties for a group of Head Start children and families.

The Early Learning Coalition of Putnam and St. Johns Counties (ELC) is accepting applications for volunteers as Early Learning Coalition Advocates. The purpose of these ELC Advocates is to promote early literacy programs and awareness in both counties.

The ELC is looking for committed individuals to promote and develop a variety of programs. People with skills in media relations, events and social media are needed to raise public awareness of available literacy programs. Those skilled in research, grant writing and event planning are needed to help coordinate fundraising efforts for the ELC literacy program, including Dolly Parton's Imagination Library.

The ELC has openings for the reading pals program, special children's event volunteers and storytellers.

For an application or more information, contact Joan Whitson, Early Literacy Coordinator at 904-819-2544 or [jwhitson@elcpsy.org](mailto:jwhitson@elcpsy.org).



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## Beaches Bistro

By Paolo Pece, Cafe Atlantico  
paolopece@bellsouth.net

### MINISTRONE VEGETALE

Typical Tuscan soup, this version is a lighter one, because of the absence of ham or bacon.

It is a fall/winter dish that can be easily matched with the power of an intense Cabernet.

The use of rosemary, which is a member of the mint family, highlights the eucalyptus/mint flavors often found in this wine. Serves Four.

#### Ingredients:

- 2 cups chicken stock
- 1 cup water
- 1 large potato, finely diced
- 3 garlic cloves, thinly sliced
- 2 medium zucchinis, grated
- One 8 3/4 - ounce can red kidney beans, drained
- 1/4 tsp. kosher salt

- Pinch of fresh rosemary
- 1/4 tsp. fresh ground pepper
- Pinch of dried red pepper flakes
- Extra virgin olive oil for drizzling

#### Directions:

Combine the chicken stock, water, potato and garlic in a large saucepan.

Bring to a boil over medium heat and cook until the potato becomes tender, about 15 minutes.

Using a spoon or large fork, mash the potato slightly.

Add the zucchini and kidney beans; cook until the beans are heated, 3 to 5 minutes.

Add the salt, pepper and crushed red pepper.

Divide among four soup bowls and drizzle a small amount of extra virgin olive oil over each serving.

## Planning To Take A Spin On Your Jet Ski Or Loaning It To A Friend? Better Check Your Insurance Coverage!

By Jane Tucker, First Florida Insurance

Wave Runners, Sea Doos and other personal watercraft are fun and so simple to use that it is easy to have a false sense of security while operating them. Dozens of deaths as well as thousands of injuries are reported each year by the U.S. Coast Guard that are attributed to these type of personal watercraft.

Don't put your life or your financial security at risk. A moment of carelessness can cause serious injury or even death. Be careful, stay safe, and only lend your machine to others who share your responsible attitude. Beware –the liability for damage or injury caused by your machine, *regardless of the operator*, follows the machine -meaning *you are the legally responsible party!* And, homeowners insurance or auto insurance does not generally cover these personal watercraft.

To be certain you carry the proper

coverage you will most likely need to purchase a Personal Watercraft Policy. The policy covers Bodily Injury and Property Damage Liability (applies to injury or property damage to others caused by the negligence of your machine's operator). You may also include in the policy coverage for physical damage to your machine if you wish. Additional coverage can also be purchased for trailers and other accessories.

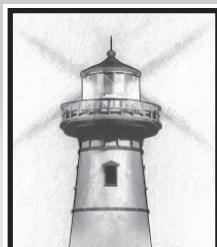
Arm yourself with the proper insurance and lots of attention to the safety rules. Then

get out on the water and ENJOY!

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.



## Take The First Florida Insurance "QUOTE CHALLENGE"<sup>®</sup>: Save Up To 60%



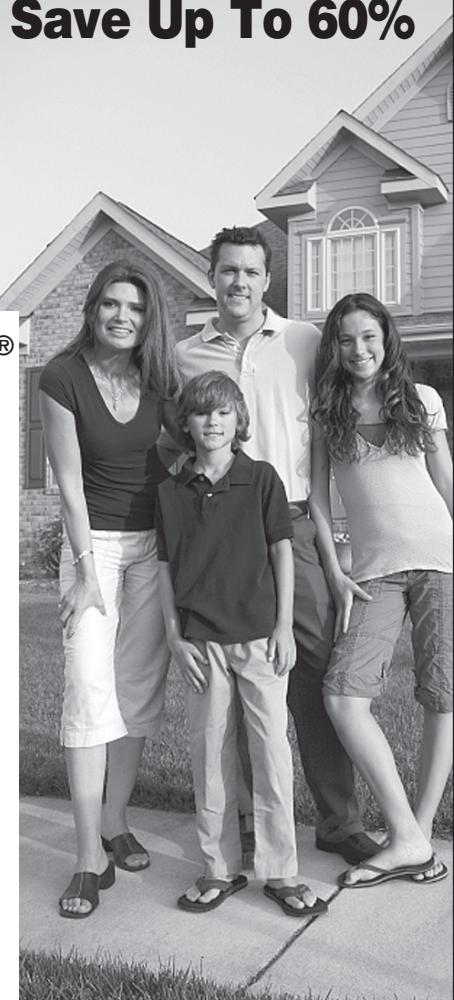
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\$350,000.....	\$720.....	home/auto discount up to 20%
\$400,000.....	\$796.....	home/auto discount up to 20%
\$450,000.....	\$874.....	home/auto discount up to 20%
\$500,000.....	\$952.....	home/auto discount up to 20%
\$550,000.....	\$1030.....	home/auto discount up to 20%
\$600,000.....	\$1109.....	home/auto discount up to 20%
\$650,000.....	\$1186.....	home/auto discount up to 20%
\$700,000.....	\$1263.....	home/auto discount up to 20%
\$750,000.....	\$1342.....	home/auto discount up to 20%
\$800,000.....	\$1419.....	home/auto discount up to 20%
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\$900,000.....	\$1575.....	home/auto discount up to 20%
\$950,000.....	\$1654.....	home/auto discount up to 20%

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## Annual Betty Griffin House "Runway for Safety" Deborah Gianoulis Guest Speaker

(continued from page 1)

Deborah did not enter the business to anchor the news, but to report it. Throughout her career she enjoyed storytelling. While her coverage of local news was often on the high profile stories of the day from the first Gulf War and a week spent aboard the aircraft Saratoga, to the painful struggle of school desegregation and its' effect on student learning, she often focused on the extraordinary efforts of ordinary people who make a true difference in our lives. Her two EMMY awards are for military and education reporting. Deborah's documentary on Hubbard House and domestic violence "Behind Closed Doors," won a Peabody award in 2000 and found an after life as a domestic violence training tool for police officers and judges across the country.

Deborah found her public profile opened doors into the mission driven work of the non profit world. She was the first leadership giving chair for The United Way of Northeast Florida and has served on the boards of the former NCCJ, now OneJax, Ronald McDonald House, Communities in Schools, The Schultz Center for Teaching and Leadership and Episcopal Children's Services.

Literacy and learning are her passion and focus. Since retiring from television in 2004, Deborah had the pleasure of serving on a community advisory board for the public library system, developing a strategic plan. She has devoted most of her time to early literacy through ECS, where she is currently the Foundation Board Chair.

In the spring of 2009 Deborah became the spokesperson for Save Duval Schools - a grassroots political action effort advocating a guaranteed source of funding for public education in Florida and local control for elected school boards. This foray into grassroots organizing is becoming a second "career." In the summer of 2010 Deborah offered herself for public service, running for Florida Senate District 8. Although not successful, the experience has made her a more articulate advocate for bipartisanship and the issues she cares most passionately about. Deborah is married to David Heald, who she met on her first day in Jacksonville. She and David have two adult children, John and Laura.



Lana Kiesel (left) of Stein Mart Beaches store and Florie Adiutori (right), chairperson for "Runway for Safety" get together to discuss plans for the exciting annual Betty Griffin House benefit Luncheon and Fashion Show. The show will be Tuesday, September 13th at 11am at Sawgrass Marriott in Ponte Vedra Beach.

Tickets are \$50pp and tables of 10 are welcomed. Stein Mart at the beaches is working on a line-up of beautiful clothing and beautiful models, some models you will recognize as your neighbors, others you will recognize from TV. For more information and to order tickets call Florie 904-543-1086 or e-mail floriediadi@aol.com.

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## The St. Augustine Ballet Holds Auditions August 27th

The St. Augustine Ballet will hold auditions for their winter production of The St. Augustine Nutcracker on Saturday, August 27, 2011 at 8:30a.m. Auditions will take place at Abella's School of Dance located at 1765 Tree Blvd. in St. Augustine.

All dancers age eight (by December 1) and up are invited to audition in proper ballet attire; black leotard, pink tights with hair pulled back in a bun for females and black pants and a white shirt for males. Auditions for all female solos will be done on pointe. Dancers must currently be studying ballet.

A non-refundable \$25 audition fee will be charged. This fee will then be deducted from the \$150 performance fee for the show. Dancers are asked to bring a photo and be prepared to fill out an application before auditioning.

Rehearsals will be held each Saturday until the performances on December 17 and 18 at Flagler College Auditorium. Dancers who cannot commit to the rehearsal schedule should not attend the audition. If you have any questions please call 904-810-5670. For more info about Saint Augustine Ballet visit their website at [www.santaugustineballet.com](http://www.santaugustineballet.com).



## Betty Griffin House Thrift Shoppe on SR 13 is Relocating!!

As of July 1, 2011 the Betty Griffin House Thrift Shoppe relocated to 455 State Road 13 in the Julington Square Shopping Plaza near the Food Lion. There will be a grand opening ceremony on Thursday September 29th, details will be available soon.

We would like to take a moment to thank the community for your support of our Thrift Shoppe. We have some very loyal customers, and it is always a pleasure and an honor to have you shop with us. It is patrons such as yourselves to whom we owe the success of our retail establishment.

Our sincere appreciation of your patronage into our new space can

not be overstated. We want to assure you that we will continue to do all we can to make your shopping experience as pleasurable as possible.

Betty Griffin House is now in its 21st year, and the ONLY provider of services to victims of domestic and sexual abuse in St. Johns County. We are working to eliminate domestic violence and rape in our community. For more information or to make an investment in our future generation for prevention visit our website at [www.bettygriffinhouse.org](http://www.bettygriffinhouse.org)

If you or someone you know is being abused, please call our hotline at (904) 824-1555. Like us on Facebook [www.facebook.com/bettygriffinhouse](http://www.facebook.com/bettygriffinhouse).

## Teen Financial Literacy Series at St. Johns County Public Library *FREE seminars for Teenagers*

The St. Johns County Public Library System is teaming up with the Florida Institute of Certified Public Accountants offers two final FREE Teen Financial Literacy Series. The one-day seminar is designed specifically for individual's ages 15 to 20.

The classes are taught by the St. Johns River Chapter of the Florida Institute of Certified Public Accountants. Subjects will include budgeting, saving, personal investing, using credit wisely, avoiding identity theft and other related topics. The Teen Financial Literacy Series is ideal for recent high school graduates, those starting a first job, students heading off to college or any teen who wants to learn about managing money.

The St. Johns County Public Library System began offering this successful program three years ago, and the program has served as a model for other Florida libraries. Class sizes are limited, so call each branch to register. Lunch will be provided at each location by the Friends of the Library. For more information, visit [www.sjcpls.org](http://www.sjcpls.org) or contact Library Administration at 827-6925.

Classes are 10:00 am to 3:00 pm (same class repeated at each location)  
Saturday, August 6 - Hastings Branch Library, 827-6970  
Saturday, August 13 - Southeast Branch Library, 827-6900

## Beaches News Journal Locations

If you are not in our free mailing area please get your copy at these locations:

**St. Augustine Beach**  
City Hall • Library  
YMCA • Publix • Winn-Dixie

**St. Augustine**  
Main Library • Chamber Office

## Slightly Stoopid, Rebelution, Shwayze, & Cisco Adler Performing at St. Augustine Amphitheatre, August 21, 2011

This performance marks the third time Slightly Stoopid has performed at the St. Augustine Amphitheatre. Following in the footsteps of Sublime, Slightly Stoopid has created a blend of rock, reggae, and hip hop that is like candy for surf & beach communities.

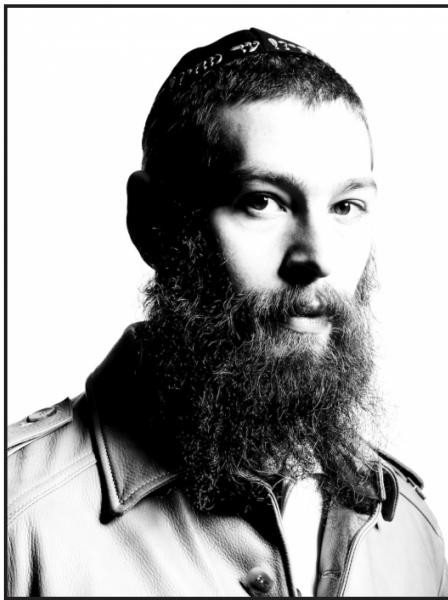
With more than a decade of making music together, the members of Slightly Stoopid have perfected one of the rarest and most valuable skills a band can develop: the art of the stealth groove, that knack for quietly, almost innocently, sliding into a composition, and utterly lassoing anyone within earshot by mid song. That's where the band has come to reside, musically: deep in the pocket, that ever elusive, funky trench where a band can entrance an audience, hypnotize it and hold on to it until the set or CD is finished. Built on a bedrock of nasty, oceanic slabs of dubby bass, meditative vocal harmonies, rock steady guitar licks and tightly syncopated percussive rhythms, Slightly Stoopid illustrate a case study in underground success, steeped in years of hard touring, an improvisational business model, and a creative process that continues to unwind and push the envelope of a new jam based genre the band helped to create.



Slightly Stoopid's dual front men Miles Doughty (Guitar, Bass, Vocals) and Kyle McDonald (Guitar, Bass, Vocals), created their own label, Stoopid Records, in the early 2000's to avoid signing a record deal and keep their DIY work ethic and freedom away from music industry politics. The west coast sound pioneers later added musicians Ryan 'RyMo' Moran (Drums) and Oguer 'OG' Ocon (Congas, Percussion, Harp, Vocals) from the B Side Players, as well as CMoney (Trumpet, Keyboard) and Dela (Saxophone) from John Browns Body; soliifying their on stage line up.

Slightly Stoopid has built a large n' loyal fan base, and has soared to one of the most successful independent artists of this decade. The buzz surrounding the group continues to increase with each successive release; their album catalog sales have topped the 700,000 mark and the group continues to fill the most prestigious concert venues around the world, and continues to create a legion of "stoopidheads" in the process!

### Matisyahu performing at Ponte Vedra Concert Hall August 23, 2011



Matisyahu  
Photo by Mark Man 2008

Emerging in 2004 with his debut album, Shake Off the Dust, Matisyahu's unique style immediately gained him popularity. A Hasidic Jew dressed in a black suit with a broad brimmed black hat worn over a yarmulke, and sporting a full, untrimmed beard, rapping to Jamaican style reggae beats, his diverse style garnered Grammy nominations, gold record certification and a broad audience. His 2006 album, "Youth" was nominated for a Grammy in the category of Best Reggae Album. This a standing room only event.

Gates open at 6:30pm with the Show starts at 7:30 pm. Tickets are \$27.50 in advance, and \$30.00 in Day of show. For information on Matisyahu see [www.matisyahuworld.com](http://www.matisyahuworld.com).



St. Augustine Beach  
Civic Association

## Free Concert Series Music by the Sea

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

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Beach Chair**

August 3rd – **Steam the Band** – Motown Review – Dune's Cracker  
 August 10th – **Navy Dixieland Jazz Band** – Jazz – Raintree Restaurant  
 August 17th – **Jimmy Parrish & the Ocean Waves** – Buffet Style Beach Music – F A Café  
 August 24th – **Smokin Mirrors** – Modern R/R – Romano's Pizza  
 August 31st – **Triple Rock Blues Band** – Blues – Gypsy Cab Co.  
 September 7th – **Penguin Teeth** – Classic R/R Blues – Zaharia's Restaurant  
 September 14th – **Roland Fleming Connection** – R/B Jazz R/R Panama Hattie's  
 September 21st – **ET Swing Band** – Jazz – Purple Olive  
 September 28th – **Navy Jazz Ensemble** – Big Band Jazz – Sunset Grille

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## St. John's Cultural Council Seeks Executive Director

The St. Johns County Cultural Council (SJCC), the Local Arts Agency for St. Johns County, has signed a contract with St. Johns County Board of County Commissioners (BOCC) to provide arts, culture, and heritage (ACH) tourism development and marketing. The scope of work will include (i) recommending Arts and Culture grant application guidelines, (ii) providing a 5-year strategic plan, (iii) marketing St. Johns County's arts, cultural and heritage assets as a visitor demand generator, and (iv) preparing detailed annual budgets for approval by the BOCC.

The SJCC ACH Tourism Development will be funded by Category II of the Local Option Tourist Development Tax (Bed Tax), a 4% surcharge paid by tourists who rent short term lodging, including hotel and motel rooms, condos, and campgrounds. The LOTDT revenue is divided between the Visitors and Convention Bureau, which manages Category I- Destination Advertising and Marketing, the St. Johns County Recreation Department, which manages Category III- Recreation and Beaches, and Category IV- Special

Events, which is managed by the TDC. Total projected revenues for Category II for the current year are \$1.2 million.

SJCC has launched a national search for an Executive Director to oversee ACH tourism development. They are seeking a qualified professional with experience in tourism marketing, arts and culture administration, and development. After the Executive Director is hired, additional administrative staff will be brought on board to support the work of the ACH manager. The

director will report to the SJCC Board of Directors.

"We are pleased that, after almost three years of soliciting input from the ACH industry, reviewing options, and evaluating proposals, the Board of County Commissioners chose the SJCC to manage the program," said SJCC board member and contract negotiator, Bill Coleman. "It is a big responsibility with great potential for the ACH industry. The stakeholders are excited about having an arts professional in charge of the program."

To see a job description and information on applying for the position, visit the St. Johns Cultural Council website [www.stjohnsculture.com](http://www.stjohnsculture.com). Deadline for application is August 1.



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## SJR State Law Enforcement and Corrections Cadets Recognized

St. Johns River State College criminal justice academy cadets were recently recognized during a graduation ceremony. Cadets representing St. Johns, Clay, Putnam, Duval and other counties received their certificates of completion for the law enforcement basic recruit and corrections basic recruit programs. Clay County Sheriff's Office Chief of Staff Colonel Craig Aldrich addressed the graduates as the guest speaker.

Special recognition in the basic law enforcement day class went to Clay County resident Edward Scoggins for "Highest Academic Achievement" and "Highest Marksmanship Achievement." The "Medallion Award" for highest overall achievement went to Clay County resident Jonathan Brown.

Special recognition in the basic law enforcement evening class went to St. Johns County resident Dylan Costa for "Highest Marksmanship Achievement" and to Putnam County resident Donald Blount for "Highest Academic Achiever." Clay County resident Paulo Mauricio received the "Medallion Award" for highest overall achievement.

Special recognition in the corrections class went to Clay County resident Scott Smiley for "Highest Marksmanship Achievement" and St. Johns County resident Scott Elmore for "Highest Academic Achievement." The "Medallion Award" for highest overall achievement went to Clay County resident Michael Policastro.

Law enforcement basic recruit graduates from St. Johns County: Robert Bendle, Dylan Costa, Jonathan Dees, Casey Duke, Wayne Ferrell, Natalie Gillespie, Chad Hallman, Megan Hintzen, Jody Hull, Austin Lee, Louie Merwin, Heather Miller, Margo Rife and Lora Vaughn.

Law enforcement basic recruit graduates from Clay County: Shannon Brooks, Jonathan Brown, Phillip Caballero, Mathieu Cooper, Dillan Crowder, Fernando Diaz, Dustin Doughfman, Jordan Fall, Frankee Gibbs, Robert Griffis, David Lazo, Paulo Mauricio, Kevin McClure, Edward Scoggins, Michael Smith, Adam Spearman, Sean Tuder, Stephen Ventura and Austin Weber.

Law enforcement basic recruit graduates from Putnam County: Donald Blount, Glynnda Brooker, Cody Cochran, Kevin Corbin, Pasche Dorton, Justin Guessford, Angela King, Devon Watkins and George Whitehill.

Law enforcement basic recruit graduates from Duval County: Brandon Allsup, Aaron Bereznavy, Gardell Branch, Michael Brooks, Latonya Cannady, Jessica Daley, John Floyd, Matthew Garger, Christopher Gerlach, Charles Huesman, Derek Lui, David Mancini, William Martin, Alden Miranda, Jeremy Neubauer, Danielle Revills, Corey Sheffield, Mark Suggs, Howard Tucker and Aleksander Vodevic.

Law enforcement basic recruit graduates from other counties: Christian Botella, Andrew DiGaetano, John Dovine, Christopher Givens and Jordan Mers.

Corrections graduates from St. Johns County: John Branaum, Nicholas Cooper, Scott Elmore and Matthew Westover.

Corrections graduates from Clay County: Kagen Butts, Mark Edwards, Chelsea Meadows, Michael Policastro and Scott Smiley.

Corrections graduates from Putnam County: Daniel Bomberry, Dawn Johnson, Quincy Langston and Danny Wells.

Corrections graduates from Duval County: Isaac Hinson, Jason James and Ginger Johnson.

The ceremony was held at the Thrasher-Horne Center for the Arts. The THCA is owned and operated by SJR State College and is located on the Orange Park campus.

The criminal justice certificate programs provide job-related training to prepare cadets for entry-level employment in their career field. Cadets who complete the certificate program will be eligible to take the state certification exam. The certificates also provide credit hours to be transferred into SJR State's associate in science degree in criminal justice officer administration. The program is located on the St. Augustine Campus. The next law enforcement basic recruit evening class is scheduled to begin September 27, 2011. The next corrections recruit day class begins August 8, 2011.

Special awards were presented to the daytime law enforcement cadets at the SJR State criminal justice graduation ceremony. From left: Clay County resident Edward Scoggins received awards for "Highest Academic Achievement" and "Highest Marksmanship Achievement," and Jonathan Brown, also of Clay County, received the "Medallion Award" from SJR State instructor George Parsons.

Special awards were presented to the evening law enforcement cadets at the SJR State criminal justice graduation ceremony. From left: Clay County resident Paulo Mauricio received the "Medallion Award," Putnam County resident Donald Blount received the award for "Highest Academic Achievement," and St. Johns County resident Dylan Costa received the "Highest Marksmanship Achievement" award from SJR State instructor Les Stern.

Special awards were presented to the corrections cadets at the SJR State criminal justice graduation ceremony. From left: Clay County resident Scott Smiley received the "Highest Marksmanship Achievement" award; St. Johns County resident Scott Elmore received the "Highest Academic Achievement" award; and Michael Policastro of Clay County received the "Medallion Award" from SJR State instructor Jon Wrich.

For more information about SJR State's criminal justice programs, call (904) 808-7490 or visit the Web site at SJRstate.edu.



## Pet Corner

Anna Maxwell D.V.M.  
Palencia Resident  
(904)886-2751

### Cats And Heartworm Disease: A Story You May Not Have Heard

Mosquitoes don't discriminate. They bite you, they bite your cat. But when they sink their teeth into your feline friend, they might cause more than an itch. Mosquitoes can transmit heartworm larvae to cats. If these microscopic larvae settle into the cat's lungs, they can cause health problems. There is not a cure for feline heartworm disease, but it is 100% preventable.

Do cats really get heartworms?

Heartworm disease is not just a dog problem. A 1990 study in Texas found that 26 percent of cats had contracted heartworms at some point in their lives.

How do mosquitoes transmit heartworms to cats?

Mosquitoes are carriers of heartworm larvae. When a mosquito bites a cat, the larvae enter the cat's system through the bite wound. When these larvae develop into an adult heartworm, they eventually die and can cause severe heart inflammation that can be fatal. Most larvae do not make it to adulthood. Most die in the cat's lungs. This irritation leads to heartworm associated respiratory disease (HARD).

My cat doesn't go outside so I do

not need to worry, right?

Wrong! Indoor cats are at a lower risk for heartworm disease but there is not any guarantee a mosquito won't buzz into your house through an open door or window—and it only takes one bite. A North Carolina study reported that 28 percent of the cats diagnosed with heartworm disease were indoor-only cats, so prevention products are smart to use for indoor cats.

Mosquitoes aren't as common where I live. Does my cat need prevention?

Yes. Cases of feline heartworm disease have been reported in all 50 states. The occurrence of heartworm disease is markedly lower in some states, but if you are living in lake or coastal regions, you need to arm your cat with heartworm prevention.

Okay, so my cat needs heartworm prevention. What does that involve?

The good news is that heartworm prevention products are some of the easiest to use, least expensive, and most effective items on the market.

Your veterinarian knows all about these products and will help you decide which one is right for you and your cat.

### Novel Destinations' Adult Summer Reading Contest Contest encourages adult reading throughout St. Johns County

The St. Johns County Public Library System is pleased to announce its "Novel Destinations" Adult Summer Reading Contest. In an effort to encourage adults to read, they are asked to write reviews about books they have read for a chance to win prizes. The more books that are read and reviews that are written, the better the odds are to win a prize.

Adult readers will have an opportunity to win a grand prize of a \$140 Visa gift card. Prizes also will be awarded at each branch for first and second place. Review forms can be picked up at any library branch or from the bookmobile. Complete contest rules and details can be found here. This year makes the second year of the Countywide adult summer reading program. The program runs through August 5th.

The summer reading contest is sponsored by the SJC Public Library and the Friends of the Library. For more information, visit the St. Johns County Public Library System website at [www.sjcpls.org](http://www.sjcpls.org) or contact your local branch.

### Children's Gardening Workshops at St. Johns County Public Library

FREE workshops teach children gardening fundamentals

Elementary-aged children are invited to pre-register for free, hands-on gardening workshops at their local St. Johns County Public Library branch. The free, educational workshops at the Johns County Public Library branches are presented by members of the Garden Club of St. Augustine and sponsored by the Garden Club of St. Augustine and the Friends of the Library groups.

Members of the Garden Club of St. Augustine hosts make-and-take workshops teaching children about being "nature detectives," gardening and growing, flower arranging and more. The workshops are science-oriented, but also encourage children to create their own gardens and appreciate nature.

For more information and event times, visit [www.sjcpls.org](http://www.sjcpls.org) or contact Library Administration at 827-6925. Contact your local branch for more information and to sign-up for the gardening workshops.

- Thursday, August 3- Hastings Branch Library, 827-6970
- Saturday, August 6- Anastasia Island Branch Library, 209-3730
- Tuesday, August 16- Main Library, St. Augustine, 827-6940

## Flood Information For St. Augustine Beach Area Property Owners

Provided By The St. Augustine Beach Building Department

Your property is in or near the local flood hazard area, as mapped by the Federal Emergency Agency (FEMA). A map of the 100-year and 500-year floodplains within the City of St. Augustine Beach is available for your reference. A larger flood map showing lot-by-lot detail of flood zones and required elevations can be viewed in the city's Building Department, located in the City Municipal Complex at 2200 A1A South. Certified Floodplain Managers are available in the Construction Services Department to assist you with maps and flood protection information and provide advice on retrofitting techniques for structures in the flood plain. Also available for review are current and past FEMA Flood Insurance Rate Maps (FIRM) and topographical maps that show elevations of property within the city. FEMA FIRM maps, reference materials, pamphlets and video are also available at the Building Department.

Most flooding in the City of St. Augustine Beach is caused by ocean water and rain storms, such as tropical storms and hurricanes. Occasionally, heavy rains will cause localized flooding. Major flooding can occur along the beachfront and inland along the main retention areas. Flood waters along the beachfront can rise to heights of 15 to 20 feet above sea level, with destructive waves reaching even higher. Most of the land is in the flood plain. Low land east of A1A Beach Boulevard is also prone to flooding. Major storms have affected the City of St. Augustine Beach area in recent years. Not only do hurricanes and tropical storms create floods but they may cause erosion which increases the likelihood of more severe oceanfront flooding during subsequent storms.

Your homeowner's or renter's insurance policy will not cover losses due to flooding. St. Augustine Beach participates in the National Flood Insurance Program, which makes flood insurance available to everyone in the city. Just because your home has not flooded in the past does not mean that you are safe. You should carefully consider buying flood insurance to protect yourself from losses due to flooding. You do not have to live in the floodplain to qualify for flood insurance.

Since 1978, the city has participated in the National Flood Insurance Program's Community Rating System, which means the premiums for flood insurance in the City of St. Augustine Beach are lower than they would be. The city's participation in the CRS program includes the availability of staff in the Building Department to answer questions (on site or off) about flooding, building requirements that are more stringent than federal minimum standards, regulations for storm water management in new construction, and public outreach projects. For more information, contact the Chief Building Inspector (471-8758).

The City of St. Augustine Beach requires that all new residential structures be elevated no less than three feet above the base flood elevation. It may be possible to retro fit existing structures by various flood proofing techniques. Of course, the most effective and permanent means of protecting your structure is to locate it out of the floodplain. If you are unable to relocate your structure, the next most effective means is to elevate your structure about the base flood elevation. The Building Department can discuss emergency, temporary and permanent alternatives with you and help you obtain the necessary permits. The Building Department has reference material available for review regarding temporary and permanent property protection, retrofitting and flood proofing structures. Additional protection measures include:

- keep materials like sandbags, plywood, plastic sheeting and lumber handy for emergencies.
- Check with a plumber regarding a valve to prevent sewer backups.
- Make sure that drainage ditches are clear of debris and functioning properly.

- If you know that a flood is coming, move valuable contents upstairs or to a safe location.

Residents of hazard areas can take the following actions to decrease the risk of injury due to flooding.

- Do not walk through flowing water. In standing water, use a pole or stick to determine depth.

- Do not drive through flooded areas and do not drive around road barriers. Roads or bridges may be washed out.

- Keep children away from flood waters, ditches, culverts and drains.

- Stay away from power lines and electrical wires. Report downed power lines to the power company.

- Turn off all electrical circuits at the panel or disconnect all electrical appliances.

- Watch for animals, including snakes. Small animals that have been flooded out of their homes may seek shelter in yours.

- Look before you step. After a flood, the ground and floors may be covered with debris, including glass and nails. Floors and stairs that are covered with mud can be very slippery.

- Turn off the gas and be alert for gas leaks. Use a flashlight to inspect for damage. Do not smoke or use candles, lanterns, or open flames unless you know that the gas has been turned off and the area has been ventilated.

Floodplains serve many useful purposes, and those that are preserved in their normal or nearly natural state provide a wide range of benefits. Three retention areas exist within the City of St. Augustine Beach: 16<sup>th</sup> Street, 11<sup>th</sup> Street and the main retention area on Mizell Road. These serve as natural drainage basins and provide flood storage from storm water runoff in their immediate area. They also provide a valuable service by filtering impurities from runoff. The city owns approximately 31.5 total acres for retention and future passive parks.

Debris in drainage ditches, streams and pipes can cause localized flooding when it rains. City code requires all owners or occupants of property to move obstructions from the drainage system on their property.

Often, the greatest threat during a hurricane is from flooding. Remember that heavy rains not associated with tropical systems can cause dangerous flooding.

The city's zoning ordinance identifies portions of the city as being within the 100-year floodplain. In other words, there is a one percent chance of flooding in a given year. The zoning ordinance and building codes have special provisions regulating construction and other development within those floodplains. Without those provisions, flood insurance through the National Flood Insurance Program would not be available to property owners and renters in the City of St. Augustine Beach. Among the requirements are elevation certificates, copies of which are available for viewing in the Building Department.

A permit issued by the Building Department is required to make any repairs to flood-damaged buildings. Buildings with damage amounting to 50% or more of the building's value must be removed or brought into compliance with floodplain regulations. Building existing in a flood plain that do not meet the current regulations may only be improved to less than 50% of the building's value.

Additions or alterations that are not a result of storm damage also are limited to less than 50% of the building's value. The requirements of the zoning ordinance and building codes are minimum standards that all development must meet. To increase the safety of your property and reduce insurance premiums, you should consider building to higher standards.

For additional information on flood protection or building codes, contact the Building Department at 471-8758.

## Florida School of the Arts Honors Graduates

Florida School of the Arts recently bid farewell to 46 graduates now on their way to pursue careers in art galleries, on the stage or behind the scenes in the entertainment industry. Many will continue their education at universities before finding their niche in the arts. The College honored the students who received their associate degrees in the visual and performing arts at the St. Johns River State College Palatka campus.

The commencement address was given by photographer John Sevigny, whose works have been exhibited in the United States, Mexico and Portugal. Sevigny has worked as a photographer and writer for international news organizations including the Associated Press. His news photographs have appeared in *The New York Times*, the *Montreal Mirror* and *People*.

Sevigny advised the graduates on the "selflessness of art" and the im-

portance of creating art in the spirit of giving. He encouraged the graduates to become social servants, emanating their creations as if "lighting a candle in a dark, cynical world, not shining a spotlight on yourself."

The outstanding graduate awards were also presented.

The performing

arts recipient was Ashley Schoendorf. She plans to continue her studies at Point Park University in Pittsburgh. The visual arts recipient was Lindsey Cheek. She plans to continue her studies at the Savannah College of Art and Design.

Florida School of the Arts degree candidates are as follows: Ursala Allen, Breanna Arneson, Jordan Baker, Dillon Birdsall, Jessica Birt, Jessica Bishop, Kristian Champagne, Lindsey Cheek, Jessica Daughtry, Kelsey Donegan, Amanda Edwards, Mark Exline, Zachary Flax, Jessica Giacchetto, Zachary Goodrich, Bradley Gradeigo, Zackary Gurnavage, Melissa Hinner, Tyler Humphrey, Carly Ivey, Victoria Keene, Donna King, Madeystsha Lamarre, Adam LeGuerre, Cherisse Long, Raquel Lopez, Matthew McLachlan, Maria Mignone, Michael Norton, Ashley Palmer, Angela Pasco, Tara Reid, Samantha Reyes, Alejandro Rodri-

quez, Jeffrey Sadler II, Ashley Safore, Ashley Schoendorf, Desiree Scholz, Bryan Sellers, James Smith, Kasey Sollenberger, Daniel Vargas, Jordan Vera, Sasha Wheless, Cassandra White and Logan Wolfe.

Florida School of the Arts is part of the academic and administrative structure of SJR State and awards the two-year associate degree in the following areas of study: fine art, graphic design, dance (ballet and contemporary), production/design, acting and musical theatre. The School serves the entire state of Florida. Admission is based on an audition or portfolio review, an interview with the faculty and admission to SJR State.

Students produce and perform in approximately four visual arts exhibitions and 10 performances each year. For more information about Florida School of the Arts call 386-312-4300 or visit online at [floats.org](http://floats.org).



PHOTO CAPTIONS: During the Florida School of the Arts annual graduation, visual arts student Lindsey Cheek (left) and performing arts student Ashley Schoendorf were presented the Outstanding Graduate Award.

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## Pain And Posture

**By Rob Stanborough**  
**PT, DPT, MHS, MTC, CMTPT, FAAOMPT**  
**First Coast Rehabilitation**  
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Months ago I wrote a column entitled "Stand Tall" where I addressed our need for efficient posture to balance the forces that move through our bodies (see [www.firstcoastrehab.com](http://www.firstcoastrehab.com)). Recently, I examined a patient who told me he experiences bothersome neck pain almost every time he travels. He is rather tall, and like most of us these days, he doesn't fit properly in those tiny airplane seats. Because of his height, his head is well above the headrest, and if he naps during his journey, he wakes in pain.

The reason for his pain is simple. Without support, his head falls forward, pulling on the posterior neck muscles. The prolonged pull on these muscles causes them to "guard," or contract just a little, which leads to that feeling of tightness and pain, and can even result in a headache—not a good way to begin a vacation. The same kind of thing can happen if you read in bed or watch TV slouched in your favorite chair. As you probably know, the pain doesn't go away just because you wake up and change position.

Not every painful condition is complicated. In this case, I showed the patient how best to sleep on a plane, and during treatment, we devised a simple intervention for the pain using two tennis balls inserted into a sock. They conform nicely to the right and left sides of his neck. The solution resolved his pain so quickly that he's decided to carry these items in his luggage from now on.

You might be surprised to learn how many painful conditions and musculoskeletal dysfunctions can be alleviated by simple adjustments to daily patterns, especially those soft tissue-related injuries that arise from postural or habitual imbalances. For example, if you wake up with persistent neck pain, your pillow could be the culprit. Over time, pillows compress and flatten, which can change the stresses on your

neck. If you wake up with back pain, it may be time to invest in a new mattress. Pain with standing sometimes indicates that you need to change which "stance" leg you habitually use. This kind of pain can be relieved by using certain stretches and by stabilizing your back. Back pain can also come from an ill-fitting chair, or from sitting at the computer for too long without a break. Try getting up from the computer every thirty minutes to change your posture and exercise your eyes. We've all experienced foot pain caused by shoes that don't fit properly, but even a pair of tight pants can restrict your motion and lead to pain.

It's easy to accept these kinds of pain as part of our daily lives, but simple solutions are often within reach. Stretches, exercises, and changes in your routine can help you become stronger and more flexible. Your body is responding to the stressors placed upon it. If you do nothing, your body will become debilitated, weak, and tight.

Of course, not every physical pain is caused by a musculoskeletal imbalance, and you should consult a physician to rule out a medical origin for your pain. The key is determining the source of the problem. Physical and occupational therapists are trained to analyze and correct musculoskeletal imbalances. If your pain and dysfunction originate there, the solution may be simpler than you think.

*Rob Stanborough is a physical therapist, president and co-owner of First Coast Rehabilitation. He is co-author of Myofascial Manipulation: Theory & Application, 3<sup>rd</sup> ed by Proed Inc. He has been in practice for over 13 years, is a Fellow of the American Academy of Orthopaedic Manual Therapists and trained/certified in a number of soft tissue techniques.*

## St. Augustine Alligator Farm...Did You KNOW?

The St. Augustine Alligator Farm Zoological Park is one of Florida's oldest and most treasured attractions. Since 1893, it has provided visitors with exciting and educational opportunities to interact with a wide range of crocodilians, reptiles, mammals and birds. Located on Anastasia Island in St. Augustine,

The Alligator Farm features natural exhibits, wildlife shows and educational demonstrations. It is the only place in the world where visitors can see every species of alligator, crocodile, caiman and gharial. In 1992, The Alligator Farm was designated a U.S. Historic District. For more information, visit [www.alligatorfarm.com](http://www.alligatorfarm.com).

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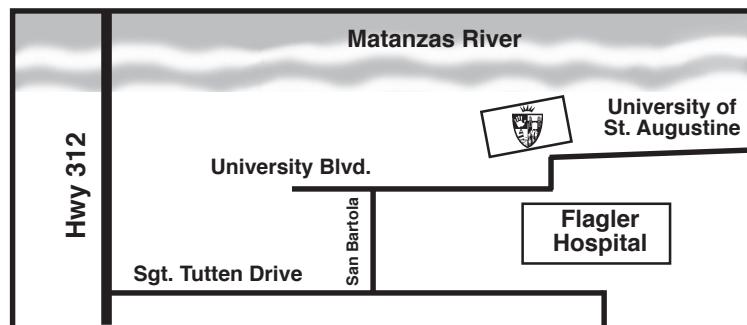
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**GORGEOUS ELEVATOR POOL HOME** in Sea Colony offers 4BR/4.5BA and 3+ garage. Large wrap-around porches to capture the ocean breezes. Beautiful pool area. This home screams "quality" from the arches at the front door to the wood inlaid hardwood floors and the private office with courtyard. \$999,000.



**IMMACULATE SUNSET POINT TOWNHOME.** Spacious and refined 3BR/2.5BA home with 2 car garage is move-in ready. Screened back porch overlooks canal for a peaceful setting. Upscale details include tray ceilings and downstairs data center for home office. Convenient island location close to beach. \$259,000.



**ONE LOT FROM BEACH** with amazing ocean views. Just 100 ft from the Atlantic Ocean in St. Augustine Bch. One of few parcels available next to the ocean, a rare opportunity to see, smell and hear the ocean from your own property. It doesn't get any better than this! Lot plans available or build your dream home. \$349,000.



**UPSCALE WATERFRONT CONDO** offers 3BR/2BA and beautiful views of the Intracoastal and Salt Run. Take your boat out to the ocean only 1/2 mile away. Comes with its own boat slip and 2 parking spaces in the garage. Large balcony to take in the views. Community pool and elevator. \$585,000.



**SEASIDE STYLE IN SEACOLONY** is a 3BR/3BA two story delight with additional tower room for great ocean views. Large upscale kitchen has a breakfast room overlooking the preserves. There are porches off all main living areas and MBR to enjoy beautiful outdoor views and breezes! \$895,000.



**ELEGANT SEA COLONY HOME.** No detail was overlooked in this amazing beachfront ocean view home. Spacious 5BR/4.5BA, 2 car garage with over 7,000 sq ft of upscale detail indoors and out. Home features an elevator, tower room, fireplace, wood floors, high ceilings and porches galore! Come home to the beach! \$1,150,000.



**OCEAN VIEWS W/ELEVATOR** in oceanfront community of Sea Colony. Beautiful 4BR/4.5BA home has an inviting open floor plan, chef's kitchen, gorgeous wood floors and custom features throughout. Floor to ceiling windows let the beach in, with ocean views from 2nd and 3rd levels and tower room. Amazing living spaces and just steps from the ocean. \$1,090,000



**OCEANFRONT W/POOL IN SEA COLONY.** Amazing panoramic views from 4BR/5BA European style home with in-ground pool plus numerous upgrades. Great architectural features, high end windows and doors, coquina shell concrete walk, privacy wall, premium lighting, quality cabinets, stone countertops, high end appliances, tumbled travertine stone floor. \$2,350,000.



**CHARMING COTTAGE BY THE SEA.** Beautiful Sea Colony home has 3BR/3BA and 2 car garage. Numerous upgrades include custom cabinets, granite counters & stainless steel appliances in kitchen, Corian in bathrooms, plantation shutters, and French doors w/phantom screens. Sea Colony of St. Augustine Bch is a gated oceanfront community with 4 beach walkovers, pool and pavilion. \$599,500.



**MARSH CREEK VILLA W/POOL.** Upscale 3BR/3.5BA home is located in a picturesque lakefront setting on a beautiful 60x150 lot in gated Marsh Creek. Heated inground pool and spa area is a tropical retreat. Interior crown molding, high ceilings, fireplace and gourmet kitchen. Clay tile roof, fountain and tropical landscaping provide fantastic curb appeal \$535,000.



**CASA BELLA AT SEA COLONY.** This tropically elegant multi-level Key West style home has 6 bedrooms and 4,994 sq. ft. of living space, as well as a guest apartment. Quality features include hickory wood floors, Andersen windows and home generator. Enjoy spectacular ocean views or relax in the courtyard. Step across the street to the ocean or enjoy pool and pavilion with kitchen facilities for residents. \$1,499,000.



**BERMUDA RUN OCEANSIDE HOME** will delight you at every turn, from the downstairs master suite w/ adjoining screened lanai & hot tub to the upstairs guest suite w/kitchenette. Home features 4BR/3BA, private backyard w/deck, fireplace, upgraded kitchen w/SS & granite. Bermuda Run is an oceanfront community of only 16 homes w/community pool, private beach access and gated entry. \$469,000.



**OCEAN VIEW BEACH HOME** in Sea Colony. Open floor plan with all the bells and whistles, designed for beach lovers! Home was built with the finest maintenance free materials available. 4BR/4.5BA and over 3,000 sq ft of luxury. Chef's kitchen with granite, SS upscale appliances, warming oven, wine cooler. A coastal home with great style and a must see! Gated oceanfront community with pool, clubhouse and beach walkovers. \$1,275,000.



**OCEAN GRANDE INTRACOASTAL CONDO.** Located in a serene and peaceful setting, this like new 3 BR/3BA unit has upgrades galore. Chef's kitchen has center island, granite countertops and 42" maple cabinets. Gas fireplace for those cool winter evenings. Gas grill on large screened porch overlooking the marsh and Intracoastal for spectacular views. Tranquility and beauty in Ponte Vedra await you! \$429,000.



**TROPICAL LUXURY IN BERMUDA RUN.** Step into paradise. Arthur Ruttenberg home with floor plan that brings the outdoors in. Lanai doors recede into walls revealing a relaxing screened living area with small pool and fountain. 3BR/3BA with 2 MBR suites and chef's kitchen. Custom concrete block with tile roof. This home shows like a model. Small oceanfront community with pool and beach access. A rare find for the discriminating buyer. \$749,009.

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