



Happy Thanksgiving



St. Augustine Beaches

News Journal

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

2012 New Year's Eve Beach Blast Off Committees



Executive Committee: Ken Gatchell (Logistics), Dan Carignan (Entertainment), Steve Cupolo (Co-Chair/Concessions/Sponsorship), Rob Dowling (St. Johns County Fire Inspector), Rick McChesney (Sponsorship/Dunk Tank Coordinator), Jennifer Sauvage (Chairperson/Kid Zone & Food Vendor Coordinator) and Robert Samuels (Volunteer Coordinator).

Advisory Committee: Max Royle (City Mgr), Marc Chattin (Public Works Director), Melissa Burns (City CFO), Richard Hedges (Chief of Police St. Augustine Beach), Lori Mullinax (Finance Dept) (More information on page 3)

SUPER SCENIC 72 MILE GARAGE SALE

Saturday November 19, 8 am - 1 pm

On Saturday, November 19 Friends of A1A will be hosting its third annual Super Scenic 72 Mile Garage Sale from 8 a.m. to 1 p.m. Group site spaces are available for reservation along the A1A Coastal Byway. Group sites may also be created with friends & neighbors.

Sellers contribute \$15 for promotion costs and event sign for proof of participation. Participants keep all proceeds from their sales. Register at www.scenicA1A.org or call (904) 425-8055 or (904) 540-0402 to reserve your spot.

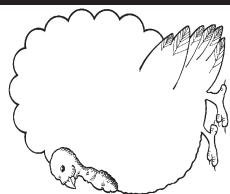
The event will also feature the Super Vacation Package Raffle featuring four package prizes valued at over 1000 dollars, including hotel accommodations, restaurant, attractions and other amenities from the best of the byway businesses located in Ponte Vedra, St. Augustine, The Hammock, and Flagler Beach. When buyers make a purchase of five dollars or more at any community site they receive one raffle ticket. After marking on the ticket the desired prize option, holders will be entered to win the package deal of their choice.

Tickets will also be available for purchase at the event at a cost of five dollars per ticket. Pre-sale tickets are also available for purchase online at www.scenicA1A.org/garagesale.aspx. No limit on the amount of tickets purchased per person.

Businesses interested in advertising at the event are offered the opportunity to distribute promotional discount coupons to buyers. A fee of (continued on page 2)



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Beaches News Journal
P.O. Box 51593
Jacksonville Beach, FL 32240

City Hall Update

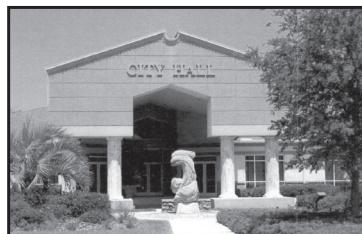
Since it's September 12th regular meeting, the St. Augustine Beach City Commission has held two meetings. The first was a special meeting on September 26th, when the Commission approved on final reading two ordinances: the first to adopt the property tax millage for Fiscal Year 2012, which began on October 1, 2011. The millage will be the same rate as the City had for FY 2011, which was 2.3992 mills, or about \$2.40 cents for each \$1,000 of a property's assessed value.

The second ordinance was to adopt the budget for FY 12. The Commission also approved a 4% pay adjustment for employees making less than \$50,000 and a 3% adjustment for employees making more than \$50,000. Part of these adjustments was to make up the 3% of their pay that the employees now must pay to the Florida Retirement System.

At its October 3, 2011 regular meeting,

the City Commission took the following actions:

1. Approved a flag system for pedestrian safety at two crosswalks on A1A Beach Boulevard: 16th Street and F Street. The flag system will enable pedestrians to warn drivers that they intend to use the crosswalk and for the drivers to stop. The Civic Association will pay the approximate \$400 cost for the flag system at these intersections.



2. Approved a special event permit for the Don's Friends Fun Fest which will be held in the City on April 13 and 14, 2012 at the pier park and on certain City streets.

3. Heard an update report from Mr. Matt Lahti of the consulting firm of Zev Cohen of the pier park energy conservation project. A grant will provide \$250,000 for the replacement of the park's old-fashioned lighting with modern, energy efficient lighting. (Continued Page 3)

What's Inside The News Journal This Month

- **City Manager:** R. I. P.
- **Financial Focus:** Need to Boost Retirement Income? Consider Variable Annuitites
- **Health Focus:** The Tetanus Shot
- **Spiritually Speaking:** "A Liberal-Conservative Idea"
- **Ann Palmquist:** Thanksgiving The Movable Feast
- **Sheriff's Corner:** Intelligence Led Policing
- **8 Ways to Lower Your Auto Insurance Costs**

St. Augustine Beaches News Journal

St. Augustine Beaches News Journal

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(270) 537-5304

Email: col@srtc.com

Online at 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 or the editor at col@srtc.com.

All articles, news, ads, or other information submitted to the News Journal are subject

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

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

Matters concerning advertising should be referred to the General Manager or mailed to P.O. Box 51593 Jacksonville Beach, FL 32240.

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

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

2 AKC Registered English Bulldog Puppies male and female free to a new good home, They have current shorts and play along with children and other animals. contact (luiswayne077@yahoo.com) for more information.

Anastasia Library Book Sale

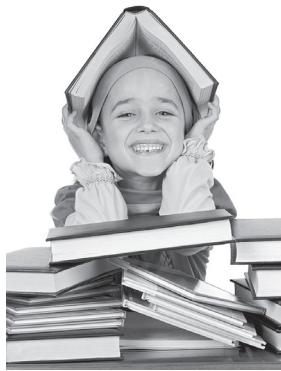
The Friends of the Anastasia Island Branch Library will be holding their fall book sale on November 17, 18 and 19, 2011.

Books are donated by the community as well as discarded books by the public library. Books include like-new hardcover bestsellers with dust jackets at \$2 each. Most other books priced at \$1 each. Other selections:

- Mass market paperbacks priced at \$0.50 each.
- Children's books priced from \$0.25 to \$2.00 each.
- Videocassettes (VHS) priced at \$0.50 each.
- Audio Cassettes priced at \$1.00 each.
- CD's and DVD's priced at \$2.00 each.
- Specially-priced items include sets of books, books by local authors or about St. Augustine, and like-new coffee-table titles from \$2 to \$50 each.

On Saturday, prices will be reduced by 50%. A grocery sack can be filled for \$7.00 (doesn't include specially priced items.) Inventory is comprised of about 90% donations and 10% library discards. These books have been sorted by volunteers to select those for special pricing. No commercial consignor has scanned our inventory since the last sale. A small collection of books is available on an on-going basis in the library for a \$2.00 donation. Library staff selects books for their collection.

Proceeds from the book sale are used for the library to purchase items on their 'wish list'. The wish list includes the summer Florida Library Youth Program (FLYP) for children, adult/children/teen book collections and programs as well as specialized equipment (e.g. movie screen, furniture) needed to implement targeted programs. The proceeds supplement funds from the county and with continuing cuts in the county budget, the money raised is critical to provide ongoing quality programs and materials.



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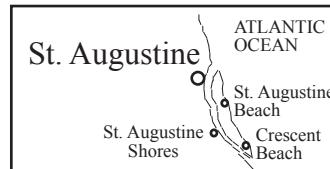


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News From Around St. Johns County

Saint Augustine Ballet Casts Two Claras and a Fritz

Saint Augustine Ballet is pleased to announce the cast for their upcoming production of The Nutcracker. This holiday favorite will be on the stage of Flagler College Auditorium on December 16 and 17 at 7:00p.m. and on Sunday, December 18th at 2:00p.m. The role of Clara will be alternated between two seasoned dancers, C.J. Katz and Sienna Calvin. Kai Tutor, a former lacrosse player, has been cast in the role of Fritz, Clara's brother.

C.J. is a freshman at St. Johns County Center for the Arts at Saint Augustine High School. She danced in her first Nutcracker with the Russian Ballet when they toured Jacksonville in 2007. C.J. started dancing at the age of three and a half while living in Jacksonville. When her family moved to Saint Augustine, she continued her studies at The Dance Company and then with Abella's School of Dance. She has been involved with the Saint Augustine Nutcracker for the past three years and is looking forward to this year's Nutcracker. "It gives me the opportunity to combine my love of ballet with an actual performance," explains C.J.

Sienna Calvin began dancing at The Dance Company when she was four years old. She also studies dance at Abella's School of Dance and is a freshman at Douglas Anderson School of the Arts High School where she is majoring in dance. Sienna has participated in a number of prestigious summer dance intensives over the years including The Rock School for Dance and The Carreno Dance Festival. "For me, the best part of dancing is acting and sharing the character's journey with the audience and using the choreography to help me make the story come alive. Clara is a role that takes the audience along on her journey. I can't wait," said Sienna.

Kai Tutor, a seventh grade student started dancing last year at Abella's. Before becoming a dance student, he was involved in the sport of lacrosse. "I like the way ballet increases my strength," explained Kai. He was cast in the party scene in last year's Nutcracker and looks forward to learning the larger role of Fritz. Kai is no stranger to the stage. Last year he performed in "Assassins" at the Lime Light Theatre and he also marched in the 2010 Macy's Day Parade spinning pizzas as a member of the U.S. Pizza Team. Kai moved from Tennessee to Saint Augustine with his family three years ago and remarked that he was still trying to get used to the heat. For more information about Saint Augustine Ballet visit www.saintaugustineballet.com.



Photo: C.J. Katz, Kai Tutor, and Sienna Calvin take a break from rehearsing The Nutcracker. Photo by Julie Guintard

72 Mile Garage Sale

(continued from page 1)

of 15 dollars allows coupons to be distributed at the event, and buys two months of continuous advertising exposure on the A1A Scenic and Historic Coastal Byway website. For more information, or to reserve ad space, visit the link above, or contact Sallie O'Hara at Sallie_Ohara@scenic1a.org.

So sellers, recycle your unwanted goods and make extra cash for the holidays. Buyers, combine an easy to follow trail of garage sale bargains with an old fashioned drive along the scenic highway for a fun-filled afternoon. To best enjoy the scenic attractions along the way, take the Cell Phone Audio Tour as you travel the byway: (904) 596-0029.

Time of setup is one hour before event.

Sellers bring tables, chairs, goods to sell, supplies such as price labels, pens, bags, cash box or fanny pack, refreshments, tarp to cover before opening for morning dew. Spaces assigned on first come, first serve basis if no pre-assigned spaces planned for that site.



Major Locations: Ponte Vedra, South Ponte Vedra, Vilano Beach, Camachee Island, City of St Augustine, St. Augustine Beach, Crescent Beach, Marineland, The Hamocks, Beverly Beach, Flagler Beach. Some Locations in St. Johns County are 9601 S Oceanshore Blvd, Town of Marineland; 6896 A1A South at Crescent Beach, Mid Anastasia Island; 1020 Anastasia Blvd, St Augustine; 3070 Harbor Drive at Camachee Island; Vilano Road in the Town Center; Turtle Shores; Tides Edge, 2724 S. Ponte Vedra at the Civic Center and 133 Lost Beach Lane in Ponte Vedra. Some

sites in Flagler County include 1616 S. Oceanshore Blvd and many locations in the Hammock along N. Oceanshore Blvd. Watch the list grow daily at www.scenicA1A.org/garagesale.aspx
Friends of A1A Scenic & Historic Coastal Byway is a non-profit organization that protects, preserves, and enhances resources along the A1A National Scenic Byway. Proceeds in support of this citizen advocacy organization enables strong partnerships with municipalities, governmental agencies and other civic groups to maintain and improve resources along the corridor.

News From Around St. Augustine Beach

City Hall Update

(continued from page 1)

4. Approved the use of two plazas on the west side of 2nd Avenue between A and 1st Streets as the site for a community garden. Now citizens will organize themselves as a non-profit organization so that they can raise money and have an agreement with the City as to how garden is to be organized and regulated.

5. Approved the contract for the New Year's Eve fireworks show with Fireworks by Santore of Bunnell, Florida.

6. Approved a proclamation to declare October 16-22, 2011 as "Florida City Government Week."

7. Took no action on whether to lower the speed limit on certain streets in the Sea Grove subdivision.

8. Postponed to the November 7th meeting discussion with the residents of 5th Street east of the Boulevard about parking problems.

9. Asked the City's Building Official, Gary Larson, to work with a local arborist, Mr. Chuck Lippi, on changes to the City's tree regulations.

10. Approved renewing for five years a contract with Advanced Disposal for the collection of recyclables in the City. Under the renewal, Advanced will provide bins to the City, accept more items for recycling, have a public education campaign to increase recycling by the City's residents, and will make other improvements to the recycling service.

11. Approved "Lake Ahinga" as the name of the lake east of Lakeside Park. The ahinga is a bird found in swamps and lakes of the southern U.S. It is also known as the Snake Bird because of its habit of swimming

with just its long head and neck sticking out of the water. These birds have been seen in the lake that now bears their name.

12. Heard a review by the City Attorney, Mr. Doug Burnett, of the proposed change to the distribution of the local option gasoline tax revenue. The change has been proposed by the County so that the Town of Hastings will be able to receive a portion of the gas tax revenue. The proposed change will affect the amount of revenue provided to the County and the city of St. Augustine.

13. Approved requests from residents of D Street east of the Boulevard to plant palm trees on the D Street right-of-way. The City Attorney will prepare an agreement for the residents to sign. The residents are to purchase the trees and water and care for them.

14. Directed that the Building Official and a local arborist, Mr. Chuck Lippi, to review the site plan for a proposed Courtyard by Marriott Hotel between 5th and 7th Streets on the west side of the Boulevard, to see if certain old oak trees can be saved.

The City Commission will next meet on Monday, November 7th. The meeting will begin at 5 p.m., when the Commission will discuss annexations and the incentives for such. The regular meeting will begin at 7 p.m. The public is invited to both meetings. If questions or concerns contact Max Royle, City Manager
City of St. Augustine Beach
2200 A1A South, St. Augustine Beach, FL 32080. Phone: 904-471-2122

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

6th ANNUAL NEW YEAR'S EVE BEACH BLAST OFF

Get ready and mark your calendar for the Best Party & Fireworks display in Northeast Florida! The City of St. Augustine Beach, along with The Tourist Development Council, St. Johns County Florida & the St. Johns County Chamber of Commerce and the Executive Committee for Beach Blast Off 2012 are proud to bring this event to Pier Park in St. Augustine Beach.

The event includes a Chili-Cook Off, Ice Sculpting, Entertainment stage providing live local musicians and dance

talent, Beer & Wine Zone, Huge Kids Zone, Food Vendors, Clowns, Face painting, pony rides & more!

The event is from 4:00 p.m.-10:00 p.m. with the sky lit best fireworks display synchronized with music at 8:30 p.m. The after-party continues from 9:00-10:00 p.m.

As always it takes a large group of volunteers to provide a safe enjoyable & comfortable event. Volunteers are needed in the following areas: tickets, parking, chili cook off, volunteer check-in, novelties, and break down & clean up and especially in the Kids Zone. If you have a teenager in school who would like to get credit for community service hours and have fun earning them, please call us.

All the net proceeds of this event go back into the community of St. Augustine Beach. Past proceeds have helped fund "Splash Park at The Pier" and the "Veteran's Memorial at Lakeside Park". This year's funds will also go towards improving and updating the Splash Park area with more water features to the park.

If you would like more information about becoming a chili participant, volunteer, sponsor, food or street vendor. Please feel free to visit our website: www.beachblastoff.com or friend us on Facebook - Beach Blast Off (sponsored by Avid Design Group). You may also contact Jennifer Sauvage 904.540.0610 or email: aliette@aol.com

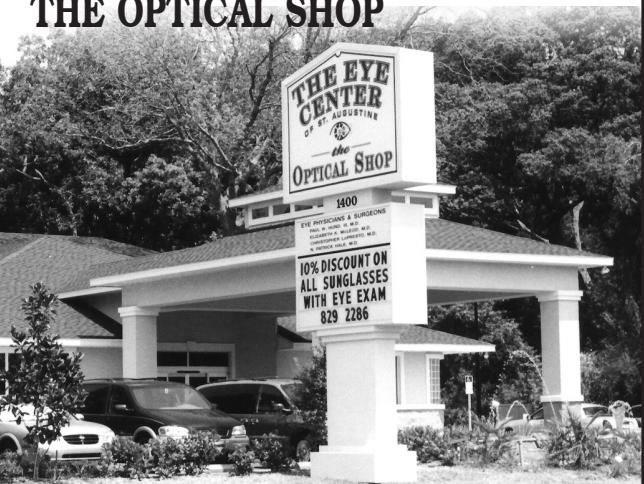
Admission is free! Ring in the New Year early at this family friendly event.





EYE CENTER OF ST. AUGUSTINE

THE EYE SURGERY CENTER OF ST. AUGUSTINE THE OPTICAL SHOP





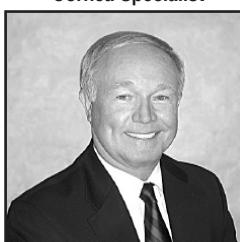
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Public Notice - St. Augustine Beach OFFER TO PURCHASE LAND

At the St. Augustine Beach city commission meeting on Monday, November 7, 2011, Regency Centers, the owner of the Anastasia or Publix shopping plaza, will present its proposal to purchase the 6.1 acre vacant parcel between the shopping center and the Whispering Oaks subdivision. Regency wants to buy the land for the redevelopment of the shopping plaza.

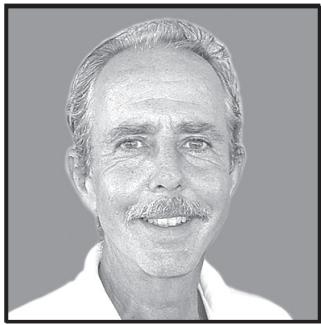
The presentation will start shortly after 7:00 p.m., when the meeting begins. The meeting's location is the City Commission chambers at city hall, 2200 A1A South (corner of A1A and 16th Street).

The public is welcome to attend to hear the presentation and to comment about it. Persons unable to attend may send comments by e-mail to mroyle@cityofsab.org, or by regular mail to Max Royle, City Manager, 2200 A1A South, St. Augustine Beach, FL 32080.

Information concerning Regency Centers' proposal may be available for the public to review by Wednesday, November 2nd, at the City Manager's office.

*Max Royle, City Manager, City of St. Augustine Beach
2200 A1A South, St. Augustine Beach, FL 32080, Phone 904-471-2122*

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St. Augustine Beach Civic Association

By Robert Samuels, President
St. Augustine Beach Civic Association

www.thecivicasociation.com

Second Sunday Music in the Garden free afternoon concerts will continue on November 13 from 2-4pm at Lakeside Veterans' Memorial Park behind the police station at A1AS and 16th St. Performing will be the Zielinski Chamber Trio. The series is produced by St. Augustine Sculpture Garden, Inc., and Lisa Mack Productions, in conjunction with the St. Augustine Beach Civic Association. Bring the family, a blanket & a picnic and enjoy classical music in the beautiful new Sculpture Garden. The Groove Cafe at Sea Grove will be offering a take away picnic basket so guests can swing by there, pick up their picnic, maybe a bottle of wine and come down to enjoy the concert. For more picnic information and to preorder contact Tasha at the Groove at 904-334-2849. The concerts continue on December 11 with Holiday Music. Free parking will be available at the City Hall complex. For more concert information visit www.st-augustine-sculpture-garden.org or call 824-4493.

The Civic Association has begun offering 2012 membership cards at the new rate of \$10 individual and \$20 for a family. New membership will include 2 free months of 2011. Don Ousley, our membership chairman is at the Wednesday Market and the general meeting, and will be happy to tell you about the advantages of Civic Association membership. There are over 50 local merchants offering discounts to members. We encourage our members and the community as a whole to shop locally and support our local businesses, especially when the tourist season ends. We'd like to welcome the following new Participating Merchants:

- Sirens 113 Anastasia Blvd
10% off entire check
- Angel Carpet Cleaning 904-461-9188
\$20 off service
- Packs PC Service 904-392-5255
20% off 1st visit 10% off 2nd visit
- Casa Benedetto's 6357 A1AS
15% off check excluding alcohol.

The Tarantino family offers traditional, authentic Sicilian cooking all homemade from scratch. They offer Italian specialty foods including braisole, chicken cacciatore, rice balls, scungilli and homemade desserts, and are happy to cater to special dietary needs and requests, as all entrees are prepared to order. Casa Benedetto's is the #1 Italian restaurant in St Aug. per tripadvisor.com reviews.

The Computer Guys at 1750 A1A South has served St. Augustine, and surrounding areas since 1995. They are a locally owned and operate from their store front. They strive for complete customer satisfaction and go the extra mile to ensure each every one of their customers is satisfied. They provide a full array of computer and technology related services including: Computer Sales and Repair, Virus Removal, Networking, Wireless Solutions, Remote Support, In-Shop and On-Site service, Residential and Small Business Service, and much more! They are dedicated to professional, yet personal, service provided quickly when you need it! In addition to fair prices, they are offering a 10% discount on in-shop labor charges to all our fellow St.

Augustine Beach Civic Association members! To view a complete list of Participating Merchants go to www.thecivicasociation.org.

October was a very busy month when it came to the City Commission supporting a number of improvements to the community. The Beach Blvd. Crosswalk Committee will be starting a 90 day trial project to enhance pedestrian safety at two crosswalks, 16 St and F St. Containers with bright reflective flags will be mounted on both side of the crosswalk. Holding a flag makes the pedestrians' intention clear and signals caution to the motorists. (we plan on having extra flags on hand to replace those that go missing) Education and enforcement are other components. Rack cards will be distributed to nearby hotels and restaurants reminding both drivers and walkers about crosswalk safety and the law. Extra enforcement with both warnings and citations is also expected. The \$400 demonstration project costs for flags, poles, signs and printing will be funded by the Civic Association. Thanks to Isabel Fernandez and Linda Ringwood for bringing this forward for the community. Is that one intersection 750 times safer than the \$200 crosswalk? What about the \$10,000 per crosswalk pedestrian activated flashing light system which could be installed at all 8 crosswalks on Beach Blvd for half the price of Pope Rd? If proven successful, this community generated low cost public safety program is quite a different approach from the \$150,000 traffic signal which will be installed some time next year at Pope Road. Sometimes reacting too quickly to public safety concerns leads to choosing the most expensive solution first.

Returning to the beach is Don's Friends Fun Fest on April 13th & 14th. This will be the third year of this 5K Race and Paddle board relay. Last year they raised \$11,000 for alternate break scholarships at Flagler and other colleges. The commission also approved plans for a Community Garden on city plazas on 2nd Ave. between A St. and 1st St. With a lot of community support and expertise this will become a wonderful addition to our city. Thanks to Ms. Nan Royer of the Beautification Committee for making the presentation to the community. This is the type of community project the Civic Association can actively support. For more information about participating in this organic project contact City Hall at 471-2122.

Another good news City Agenda Item was the 5 year contract renewal for recycling with Advanced Disposal. First, we are a community that really recycles. 2300 out of 3000 customers participate at a rate of 74%, considerably higher than average. The company will supply each household another container because now 25 different items will be picked up. All plastics, glass, cans, and different kinds of paper, cartons and cardboard. Every ton recycled saves the city \$44.18 in tipping fees at the dump. This new contract will save the city money.

The Civic Association will



Ask the Mayor

Rich O'Brien, Mayor
City of St. Augustine Beach, FL
comrobrien@cityofsab.org

Q: Sometimes residences and especially businesses have to use storage trailers during a construction project but is there a time limit to park such trailers? One example is the north entrance to our City at St. Augustine Beachfront resort where there are large rusting trailers. The City is looking so nice and these trailers don't add to the good things the City is doing to make it look so appealing.

A: The City does try to do those things that make our City look nice for residents and visitors alike but the City doesn't have a regulation for the parking or keeping of storage trailers in commercial districts at this time. Residents are welcome to ask the Commission, either by an email to Max Royle (mroyle@cityofsab.org) or any Commissioner to discuss this issue. Another option is to attend a Commission meeting and request that the City adopt regulations that would prohibit or limit the time such trailers can be put in a commercial zone; and that the trailers now parked in such zones would have to be removed within six months from the date the ordinance is adopted.

Q: The project in our City that added new sewer lines to make County sewer available to homes on septic seemed like a great improvement. About how many homes would be able to connect, what was the total cost and what was our City's investment in the project? Are there any incentives for homes in the area of the new sewer line to connect and who would they contact?

A: Sewer mains were constructed in seven subdivisions in the City, including Coquina Gables, to serve about 860 homes

that are or were using septic systems for sewage treatment. The total cost of the project was \$6.5 million and the good news is that there was no cost to St. Augustine Beach taxpayers. The money came from the Federal government's economic stimulus program and from a State loan program. St. Johns County administered and permitted the project and will maintain the sewer mains and the pumping stations. Homeowners that connect to the system within one year of its becoming operational in their subdivision will be charged about \$1,147, which is half the unit connection fee charged by the County which was a result of our City negotiating with the County. Residents will be responsible for deactivating their septic systems and to pay the plumbing costs to connect their home to the sewer main. For further information, residents can call Mr. Neil Shinkre of the County Utility Department at 209-2709.

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meet on Tuesday November 8th at 7pm at City Hall. Billy Zeits, cofounder of Keepers of the Coast will be speaking about their mission for our beaches and their various programs. Thanks to SHINE (Serving Health Insurance Needs of Elders) for the informative presentation last month about Medicare, Medicaid, and health insurance; as well as offering one-on-one counseling and information. SHINE services are free, unbiased and confidential. To Contact SHINE call 1800-96-ELDER or 1-800-963-5337. Thanks again to Fran Madera for the delicious platters. Civic Association meetings are open to the public and refreshments will be provided.

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.

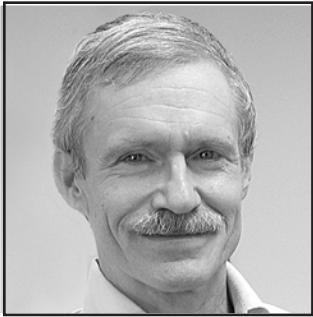


Patrick T. Canan

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R.I.P.

By Max Royle
St. Augustine Beach City Manager

Did you hear those distressing sounds recently: a combination of heart-rending sobs, plaintive moans, tearful sighs, and piercing lamentations of deep, bone-chilling sorrow? The sounds echoed over the dunes and hammocks of our little corner of the Florida paradise. They started when some unknown person or persons somehow learned of the title of my little piece here and assumed that "R.I.P." meant "Rest In Peace," and that I was either on my way to a heavenly reward or to a hellish punishment, or would be shortly.

Such a rumor naturally required my immediate attention, for I couldn't let my legions of loyal readers (all 3.75 1/2 of them) lamentate, shall we say, in misery. So I checked the obits in The St. Augustine Record. Didn't find my name listed. Then I called Flagler Hospital to see if I had been a recent admittee in perilous condition and likely soon to depart this mortal realm. No, said the chirpy-voice receptionist, my name wasn't in their records.

It appears that I'm still among the living and well. How then am I to assure my readers that R.I.P. doesn't mean anything as ominous as "Rest in Peace"? After all, the initials could have a number of other meanings, such as:

- Russia Imports Prunes
- Rhinoceros Inside Prius
- Rutabaga Insect Pie

Well, though at my age prunes and I have more than a passing acquaintance, I'm not Russian and I've no idea as to whether Russia buys prunes from other countries or makes them from its own plums. Obviously, the explanation of the Rhinoceros Inside Prius is utterly implausible, because we all know that rhinos are too nearsighted to be able to get a driver's license. And as far as Rutabaga Insect Pie is concerned: completely out of the realm of possibility, as there isn't a pie chef in the world who would mix such a noble vegetable as the rutabaga with what is commonly and derisively known as "bugs."

OK, in our quest for an explanation for the meaning of R.I.P., we're back to Square Zero, a term that brings up a couple of totally off-the-track questions, such as: Can a zero be square? And, while we commonly use the phrase "Back to Square One," why isn't there a Square Two, Three, or Four? Such significant questions really should be thoroughly studied by some of the best philosophers and geometricists of our time.

Back to Square Whatever. The initials "R.I.P." came to be associated with your most truly here from an email that a resident of our fair city sent to another resident, in which I was described as a city manager who was "retired in place," a term that can aptly be abbreviated (and I'm simply astounded at the mental gymnastics it's taken me to reach this insight) as "R.I.P."

So what does "retired in place" mean? To find the answer we need to look at the typical male Florida retiree. You know, the shuffle-footed, white-haired, elderly gentleman who wears plaid shorts, black knee socks with black dress shoes (the better to show off those handsome knobby knees); who drives a mammoth Buick, Lincoln, or

Chrysler, regularly plays golf or bridge, or goes fishing or to the dog or horse track, or takes cruises, or has a group of cronies with whom he plays poker; or who has grandkids visit as often as they can for happy times of fun and indulgences; or who inhabits now and then a bar stool at a local establishment that sells libations of the alcoholic variety; or who does all of the above and many that I haven't listed here.

Golly gee, if I'm really retired in place, there has to be some evidence of that, wouldn't you think? I look around my office and wonder where are the fishing poles, golf clubs, decks of cards, stacks of poker chips; the cruise ticket stubs, the grandkids' toys. Why isn't there an oversize, gas-guzzling Buick, Lincoln, or Chrysler in the parking lot instead of the bicycle in my office? Where's the circle of poker-playing cronies, or the bar stool at the Pelican Pub or Panama Hattie's with my name painted or embroidered on the seat?

Does the lack of any evidence in my office that I'm indeed retired in place mean that I am instead one of those most vile of creatures, an imposter, a pretend retiree in place, or a P.R.I.D.? Why the very sound of PRID when you say it out loud (and without the periods) is unpleasant, harsh, nasty.

Yet is there something positive to be said about a pretend retiree in place? I think so, for if you're a P.R.I.D., then you really AREN'T RETIRED AT ALL, because you're only pretending to be. Now how pie-squarely-in-your-face, irrefutably logical is that? Worthy of an Einstein, if I must say so myself.

I know, I know, it took us a long, round-about-the-circuitous route to get to this pint, but we've made it; and I think the logic proves conclusively that I'm not retired in place. Yes, I could offer as further proof of this fact my schedule of meetings, the many agenda put together, the voluminous reports, countless phone calls and emails received and sent, etc., etc., etc., all very unretiree-like activities.

However, perhaps the most conclusive fact that proves wrong the citizen who wrote that email is this: I wouldn't be caught dead wearing plaid shorts with black knee socks and black dress shoes. If by chance my friendly mortician makes a mistake and you see me lying in the casket dressed in such, please tap him on the shoulder and tell him to stop my funeral so that he can find something for me to wear more in line with my devil-may-care personality and far more suitable for my exit from this mortal realm. Say, garish garments from the wardrobe of the late pianist and Las Vegas pop star Liberace. Might as well make one's departure in the most flamboyant fashion possible, as you get to do it (the departing) only once.

In the meantime, though there's work in the real world to be done at the office, I have a more immediate and, let's say, pressing concern: Does anyone have a box of Russian prunes? I need some of the contents, because as you may know, the stresses of not being retired in place can cause a guy to "tighten up" if you catch my meaning.

Paradise is here...



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Lauren & Rich O'Brien



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Mark Bailey Sr. Chosen for Gus Craig Award

By Dr. Joe Saviak, Assistant Professor
Public Administration Program, Flagler College

St. Augustine businessman Mark Bailey Sr. joined a select list recently of community volunteers, including his father, as a recipient of the Gus Craig Award from the Salvation Army Advisory Council of St. Johns County.

Each of the honorees since the first award was given in 1998 to Craig, who received it again in 2004, has met a standard of excellence in community service to others modeled after Craig's own lifetime commitment. He was a full-time funeral director and a state legislator for 18 years but he always had time to help others in need.

In a recent news article about Bailey's own recognition, he described Craig this way: "He had energy, compassion and an overwhelming passion to make this a better place. He also felt a satisfaction at helping others."

Bailey's father, John D. Bailey Sr. and Craig were role models for him as he developed the balance of community service with running a business, The Bailey Group, an insurance firm.

Bailey's hands have been on many local projects over the years including the \$5 million, three-year campaign to build an inpatient hospice center in St. Augustine by Community Hospice of Northeast Florida. He made a personal donation of \$1 million to help get the campaign moving. The Bailey Family Center for Caring has been opened since February on

the grounds of Flagler Hospital.

His record of service extends back a quarter-century. He served as a board member and is current president of the St. Johns County Welfare Federation; board member and past chairman of the St. Augustine YMCA; board member and past chairman of Flagler Healthcare Foundation; board member, St. Augustine Foundation; board member and current chairman of Prosperity Bank; board member and past president of St. Augustine Rotary Club; current trustee of Flagler College; past president of American Cancer Society; past president of St. Augustine Life Underwriters, and a 27-year-member of the Million Dollar Round Table. New community leaders looking to develop their own plan for community service can see from Bailey's commitments that he is all over St. Augustine and St. Johns County.

Perhaps the tribute to Bailey from his longtime friend from school days at The Bolles School, Linden Ashby, sums it up best. He said, "Mark Bailey is a good man in a world where it's really easy not to be. I'm proud to call him my friend. He shares his life, his love and his happiness, and we are all the better for it."

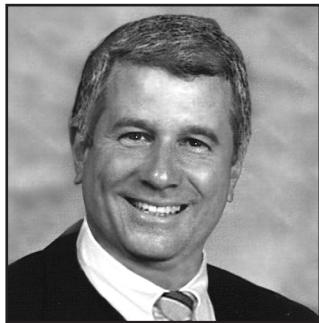
There is no question that Bailey shares his all with our community. We congratulate him as the 2011 recipient of the Gus Craig Award.

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Spiritually Speaking

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

Dr. Marziani, an education and spiritual life consultant, is Vice-President of the St. Augustine Beach Civic Association. Currently he is completing a novel based on East-West Church relations.

“A Liberal-Conservative Idea”

Oh, and let me add – very biblical as well, as we shall see. What I’m talking about is a proposed remedy to the never-ending housing crisis as recently articulated by Harvard economics professor and one-time chairman of the Council of Economic Advisers under President Reagan, Dr. Martin S. Feldstein. Feldstein contributed his insights on the topic in a recent op-ed that appeared in the New York Times (October 13, 2011). And while I’m not necessarily impressed by those bearing “Haaavvaaaard” credentials, this Beantown pontificator is not just blowing Cambridge vapor.

Feldstein’s solution to the incapacitating national crisis is simple. Don’t just mess around with monthly payment reduction programs. They don’t seem to work very well anyway, and they don’t address the root issue that afflicts those who are underwater with their mortgages. What is needed, according to Feldstein, is a permanent reduction of mortgage principal to 110% of the now depressed home value with the government and lending banks equally absorbing the loss. For their trouble the new mortgage would have full recourse – the lenders’ ability to go after all borrower assets should a default occur on this sweetened deal.

The cost of this proposal would not be cheap (\$350 billion), but it would be the jump-start this economy so desperately needs, freeing families to either stay in their homes and build a little equity again, or more significantly, to actually be able to sell them and move to new locales where they could get the kind of job prospects denied them where they currently reside. The overall impact of giving this kind of remedy to the 11 million households who would qualify under this plan would be truly game-changing in this sick economy.

OK, so we see the “liberal” aspect of this arrangement. Looks like another taxpayer bail-out of irresponsible

buyers and banks to some. Where’s the conservative angle in all this?

Well, first of all Dr. Feldstein served the arguably most conservative president in the last three decades. His pedigree in that bit of political business is impeccable. Beyond that structuring a mortgage to permit a lender to seek repayment upon default by seizing and selling a deadbeat’s precious plasma TV with surround sound is not exactly what one would call easy credit. You don’t pay after a generous adjustment such as Feldstein proposes and you could lose your shirt – literally.

Finally, what’s the biblical angle in all this, you may ask. Oh, dear reader, I don’t know if you’re ready for this!

The Old Testament specifically called for the cancellation of all debts every seven years, with an “extreme” recalibration of patrimonial assets every 49 years – any and all lands (and people!) that had been somehow retained through seven cycles of seven years by new owners WOULD be returned to the original families. The 50th year would celebrate this provision, called the Jubilee Year. Guess what – the text (Leviticus 25:10) mandating this arrangement was blazoned on our own Liberty Bell in Philadelphia in 1776: “Proclaim liberty throughout the land, to ALL the inhabitants thereof!” Wow, is debt relief just possibly as American as apple pie? (P.S. A verse IN CONTEXT is an awesome thing!).

There would be something to be said, therefore, for partial debt cancellation of the average family’s greatest investment and expense – its home. Maybe if we had a greater sense of debt forgiveness overall – including grudges and things like that, as well - our fair land would be a sweeter place to live in. What do you think? Write me at the address provided above, I’d be happy to e-chat with you! And hey – Happy Thanksgiving! God bless one and all, Dr. Nick



Financial Focus

Information Provided By
Edward Jones

Need to Boost Retirement Income? Consider Variable Annuities

Here’s a sobering statistic: 46 percent of workers surveyed had little or no confidence that they will have enough money to live comfortably throughout their retirement years, according to the 2010 Retirement Confidence Survey, issued by the Employee Benefit Research Institute. So you may want to explore all possible retirement savings vehicles—including a variable annuity.

Generally speaking, when saving for retirement, it’s a good idea to contribute as much as possible to your IRA and your 401(k) or other employer-sponsored retirement plan. But if you’ve fully funded those plans for the year, and you still have some money left to invest, you may want to consider a variable annuity, which offers these benefits:

- Tax deferred earnings— Your variable annuity’s earnings have the opportunity to grow tax-deferred, which means your investment dollars can accumulate faster than if they were placed in an investment on which you paid taxes every year. When you eventually make withdrawals, your earnings will be taxed at your ordinary income tax rate. (For non-qualified annuities, you won’t have to pay additional taxes on the amount you contributed.) There are no tax advantages to investing in a variable annuity with qualified money.

- Variety of investment options offer diversification —Variable annuities allow individuals to invest in several different professionally managed investments, known as “subaccounts.” You can choose the subaccounts that best fit your risk tolerance, time horizon and long-term objectives. Keep in mind, though, that diversification does not guarantee a profit or protect against a loss.

- No contribution limits — Each year, you can contribute far more to a variable annuity than you can to your 401(k) and your IRA. In fact, you can contribute virtually unlimited amounts to your annuity.

- Payout flexibility — A variable annuity provides you with flexibility in gaining access to your money. You could,

for instance, collect a lump sum. But you might find it more advantageous to take your payments over a specified number of years. You could even choose to receive a lifetime income stream.

- Guaranteed death benefit – If you die, your beneficiary is usually guaranteed the amount originally invested, minus previous withdrawals. Some variable annuities offer death benefit options, which may increase the death benefit over time. Guarantees are based on the claims-paying ability of the issuing insurance company.

While variable annuities do offer some key advantages, there are also some considerations to discuss with your financial advisor before investing. For one thing, variable annuities are not suitable for everyone. A variable annuity is unquestionably a long-term investment. In fact, you may be assessed a surrender charge if you pull money out of the contract within the first several years after you purchase it. However, some variable annuities allow you to withdraw a portion of your investment, such as 10 percent of your purchase payments without incurring a surrender charge, while others allow full withdrawals. Another point to keep in mind is that if you tap into your annuity before you reach age 59-1/2, you may be hit with a 10 percent early withdrawal penalty.

One final note: A variable annuity is just that — variable. The value of your annuity will go up and down, based on what’s happening in the financial markets, and there’s no guarantee that your annuity won’t lose principal. Also, variable annuities vary greatly in their terms, features and fees, so, before investing, you’d better shop around. Consult with your financial advisor to determine which variable annuity is most appropriate for your needs. Ultimately, though, you may well find that a variable annuity may be the final piece to your retirement income puzzle.

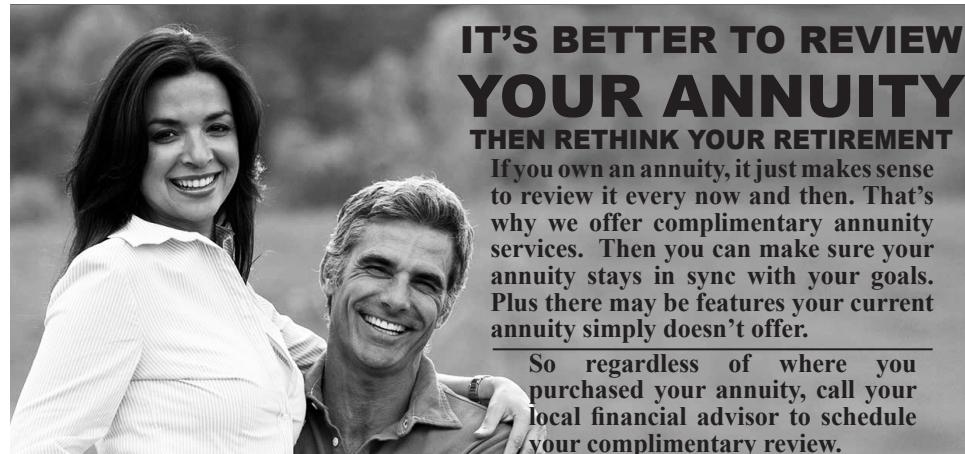
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THEN RETHINK YOUR RETIREMENT

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Thanksgiving - The Movable Feast

November, is the time for family and friends to gather together, break bread, and give thanks for their many gifts and for a year that is quickly winding down. Sharing hospitality includes adding a new page or two compiled from oral histories told, before, during and after the gathering. Chapter and verse will include celebrations welcoming new members and sweet remembrances of loved ones gone before. Thanksgiving and the City of St. Augustine Beach is a great place to make a little history, giving thanks for the many gifts, some earned by the 'sweat of our brow,' some conferred by the land of our birth, and some inherited from the parents we picked. Be it nature or nurture, your choice of making the City of St. Augustine Beach your home, year round or only during winter's migratory season, reflects on your good judgment.

One family tradition embraces the Thanksgiving gift of hospitality and promotes the goal to keep it real. Each year something new is added and another dot is connected. One such dot was the year of the moveable feast. Inspired by the idea that the 'real' First Thanksgiving was celebrated in St. Augustine, my daughter, proposed to bring the entire feast to the State Park on Anastasia Island. This novel point of reference provided a fresh clarification to the expression "Turkey Trot." Sights, sounds, smells, and yes tastes were enhanced by the great outdoors. The sight of coastal marsh grasses; of undulating dunes at the waters' edge; the rhythm of swaying sea oats keeping the beat; the slim, willowy Pines, and a canopy of Black Jack Oaks encircling 'La Florida' camp sites, all provided the backdrop for this 'First Thanksgiving Feast.' Sights, sounds, the smell of the sea salt flavored each bite, and enhanced the comradeship of our First Thanksgiving in Historic St. Augustine.

In search of 'dots' to connect and wanting to make it 'real' a web search was made. The St. Augustine interpretation of the 1565 First Thanksgiving, based on facts, set aside the obfuscation of the 'Pilgrim Myth' of events that happened in the Protestant early settlements, some fifty six years later. A claim for the location of the 'First Turkey Trot' have several other claimants including several in Texas (The expedition of Francisco Vázquez de Coronado in May 1541 celebrated the first feast of Thanksgiving in Palo Duro Canyon. Fray Juan Padilla). www.texasalmanac.com/topics/history/timeline/first-thanksgiving.

Another claimant for the title of 'the first movable feast' is a reference, "In 1564 a group of French Huguenots, escaping religious persecution in Europe, landed in Florida. Soon after establishing their settlement of Ft. Caroline, they gave thanks for their deliverance. They shared their feast with the local Ticuma Indians". (www.scholastic.com/scholastic). Other French influences on Florida included:

- The Spanish Fort San Carlos de Austria was built near Pensacola in 1698 to guard the Mississippi Valley and Gulf of Mexico from French incursions.

- French troops took Pensacola and stayed from 1719 to 1817. They briefly captured Fort San Carlos.

- A French consulate is established in Apalachicola from 1804 to 1900. Many French citizens settled there after the Haitian revolution in 1800 (The St Augustine Record).

Florida historian Michael Gannon, professor emeritus of history at the University of Florida, says the first Thanksgiving happened in St. Augustine on Sept. 8, 1565, not in 1621 in the Plimoth Colony in Massachusetts, 56 years ahead of the Pilgrims. Gannon first wrote about these events in 1985 and stated that first community act of thanksgiving in a permanently established European settlement, Sept. 8, 1565.

Connecting the dots, helps separate the 'real' from the myth. "It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held on the last Thursday in November as a national day of "Thanksgiving" (wilstar.com/holidays/thankstr.htm) The Thanksgiving was for the victory at Gettysburg.

However you celebrate the holiday take a moment to give thanks for gifts of family, friends, and home. Keep Thanksgiving fresh each year by adding your own traditions.

Speaking of connecting the dots several more dots were connected at the St. Augustine Beaches Commission meeting October 3rd when the location for the community garden was approved. From a tiny seed the mighty Oak grows. An organizational meeting is planned and interested persons can contact Max Royal 471-2122 or Nana Royer 461-3541 for details. Calling all green thumbs to participate in some 'dirt' therapy. The first organizational meeting was held October 18, 7 PM. Nana wants to encourage you to get involved and participating in any aspect of the garden, such as having your own raised plot; not wanting your own plot but wanting to assist in the garden; fundraising; identifying local resources for the garden. Take part, provide input, and don't hesitate to volunteer! We already have a media expert and an attorney who have volunteered services. Thanks go to Nana Royer, Cash McVey, and so many others who worked hard to plant these seeds to grow the City's First Community Garden. Next year you may grow your own pumpkins for Thanksgiving. Way to go 'sprouts'. Thanks!

When the question was posed by Robin Nadeau, a BAC member, that the lake at Lakeside Park was nameless a search was launched. Your City Commission selected the name, Lake Anhinga, from names submitted. A special thank you to Robin who asked the question and suggested the winning name. Thanks go to the Classy Lady for sharing her gift of insight.

Celebrating Thanksgiving in this beautiful city by the sea is a gift to share and enjoy. Keep it real, share your hospitality and make a little history.



St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

Intelligence Led Policing

Last month I wrote about crime prevention and how important citizen involvement can be in helping to keep our neighborhoods throughout the county safe. This month I want to share about how our office is initiating innovative procedures to more effectively use our deputies and other resources to prevent crime and become an even more proactive law enforcement agency. Its called intelligence led policing. It is collecting information from many sources to identify and understand where criminal activity or civil disobedience is most likely to occur and in what time frame, and then making command decisions to intervene and eradicate such situations before any harm can happen. It is very much like the business model of risk assessment and risk management.

Intelligence led policing originated in the United Kingdom and was brought to the United States by Jerry Radcliffe, Professor and Chair of the Department of Criminal Justice at Temple University in Philadelphia where he is also Director of the Center of Security and Crime Science. Dr. Radcliffe sites a simple scenario to help explain the concept. Deputies are standing by a river and bodies are floating down every day. Every day the officers collect the bodies and call in the crime scene technicians. Following the ILP model they should be going upstream to see who is throwing the bodies in the river. This is a very simple example of Intelligence Led Policing but is conceptually right. Rather than just investigating crimes after they happen we now have a system to gather information and the tools to analyze what we have to do to prevent them from happening.

By the very nature of this initiative I cannot share a great deal of specific information but wish to give you a thumbnail overview. The key to ILP is collecting information that can be analyzed in ways that can lead to putting the best resources in the right place at the right time to prevent a crime or threat to public safety. This is really nothing new. When I was a rookie many years ago, we were putting push pins on a map to identify where crimes had occurred and were able to identify

problem areas where our police presence should be increased. Now new technology allows us to gather information from many sources in a central location and use software programs and specially trained personnel to quickly determine areas for intervention. This is incorporated into our continuous process of planning to reflect community problems and issues. Information sharing between our various divisions, St. Augustine and St. Augustine Beach police, other regional law enforcement and public safety agencies, the FBI and Homeland Security is now policy rather than an informal practice.

Here is another example of how the system can work. A couple of convenience store robberies are reported to our office and thoroughly investigated. The ILP unit also has data about similar crimes in Clay and Flagler Counties as well as in St. Augustine Beach. The analysts determine a predictable pattern and time frame and the next time cops are waiting to catch a perpetrator red handed.

The intelligence we use is gathered from many sources and including from you, our citizens. We need you to report suspicious activity even if you choose to remain anonymous. It may be just the information we need as a piece of the puzzle that will identify and prevent a more serious crime.

Our new initiative also has built in safeguards to protect privacy. Intelligence in the context of law enforcement has less to do with the methods of information collection and more to do about how the information is used. The information collected can only become intelligence when it is combined with data from other sources and historical models and then is analyzed by experienced professionals. When properly applied in this way the concept should raise no concern related to civil liberties.

Again I thank you for taking the time to read my column and if you have any questions or concerns about St. Johns County law enforcement to please email me at dshoar@sjsso.org.

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The Tetanus Shot

Childhood memories sometime float past in an unexpected instant. It doesn't take much to release our memories, maybe a scent or sound can do it. Occasionally, the way the sky looks on a certain day can unlock that little door again, letting the memory run around a while until it's safely ushered back into the adult locker of protocol and decorum.

Walking around barefoot in the back yard seems harmless enough even today. Without a doubt though, the words, "I told you to put your shoes on!" float by, make me stop, look down and wonder if I should be doing this.

I couldn't figure out why every single time I stepped on something and cut a hole in my foot (ankle, leg, etc...) I had to go to the doctor. Wasn't it bad enough to just get hurt just once? Why punish me by cleaning out the cut with soap and water, putting Merthiolate on it (remember that stuff?) and then driving down to get another shot in the rear from the doctor?

At that time it seemed like every time I got a cut, I also got a shot.

Being a little guy was pretty rough. Not only did I have to watch out for the bully in the apartment house next door or the creepy girl with the stupid cat that hissed when I walked by, I also had to watch out for the big guy in a white coat that wouldn't hesitate to have you drop your drawers and poke you in the patootie with a needle.

Why? Was I raised by ultra-conservative representatives of "Big Pharma" just doing their share for the corporate world by getting their kid to get shots? Or, was there some method to their madness?

I'm happy to say, there was a good reason for the tetanus shot. And there still is.

The "Clostridia" Bacteria

According to Kenneth Todar, PhD, the clostridia are "ancient organisms" that live in almost all the non-oxygen containing, organic compound-rich areas of the world. That is, the intestinal tracts of animals, soils (dirt) and aquatic sediments (like just below the bottom of the lake). They can't stand being around oxygen. If they are exposed to oxygen while they are growing, they will die. That is why they form "spores." Spores are when the bacterium covers itself with a special coating, like armor or a time capsule, and lie in wait for when they are in the right environment to begin growing again. They can grow in the right conditions where there is organic material and no oxygen. Like at the bottom of a deep puncture wound in a dirty foot.

There are many different kinds of clostridia bacteria. Only a few kinds cause problems in people. Clostridia play an important role in the Carbon Cycle and "biodegradation" of dead stuff in the soil.

The kinds of clostridia most famous for causing problems for people are: "Clostridium perfringens (gas gangrene, food poisoning), Clostridium difficile (Antibiotic Associated Colitis, pseudomembranous colitis), Clostridium botulini ("botulism") and Clostridium tetani ("tetanus").

All clostridia produce toxins to do their dirty work. Toxins are made when the bacterium is aroused from its encapsulated slumber by being placed in the right environment.

Tetanus - disease

Most cases of tetanus result from puncture wounds or lacerations that become contaminated with *C. tetani* spores that eventually "germinate" and produce toxin. The infection is deceiving in that it remains localized (it doesn't spread) but the toxins produced eventually can spread to the central nervous system by moving along the nerve paths from the original wound. This "neurotoxin" then inhibits the ability of the nerves that allow the muscles to relax. That is, the muscles go into permanent spasm - all muscles. Mortality rates (what percentage of people that get this will die) vary from 40% to 70%. Since this is a worldwide statistic, I suspect mortality rates are lower depending upon location and timeliness of treatment. We also need to remember that our treatments are not all uniformly effective - anywhere. This is a slow and agonizing death that may take several days (or longer) to occur. Death is usually from the inability to breathe.

Tetanus toxin is one of the three most poisonous substances known to humans. The other two are the toxins of botulism and diphtheria (*Corynebacterium diphtheriae*).

Now that I'm totally spooked, how do I prevent this?

Immunize! It's that simple.

Although tetanus is a "highly fatal" disease in humans, only about 150 cases occur in the U.S. per year. Worldwide the disease strikes over 300,000 people per year.

What is amazing to me is this: why are there any cases in the U.S.?

Tetanus Immunization

Tetanus vaccine is usually given to children as part of their diphtheria, tetanus toxoids and pertussis shot (DTaP) series. Pertussis is also known as "whooping cough" and diphtheria is a severe throat and respiratory infection. The series is given around the following ages: 2 months, 4 months, 6 months, 15-18 months, and 4-6 years.

There is a booster that needs to be given between the ages 13 and 18. Here, it is known as the famous "What? I have to get a shot just to get into seventh grade?!" shot.

Immunity is not forever

Our immune system tends to forget after a while. If we have not had to fight off a particular infection, the immune molecules we make tend to decrease over time. While this makes sense, we also tend to forget we need to stimulate our immune system to recognize the tetanus bacterium.

That's why we have "booster shots." Often this is done as a regular immunization for grown-ups every 10 years. If we get what may be a "tetanus prone wound" (deep, dirty, a bad burn, or a type of wound with lots of dead skin or by a particular object) we should get a tetanus booster 5 years from our last booster.

Remember the 150 cases of tetanus in the U.S.? Most of those were people over the age of 65. We need to keep immunizing.

So, it's time to immunize if you have not done so in a while. Ask your doctor.

Go into that back yard with confidence... but, wear shoes anyway.

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Right Ranger - November 3 (Ponte Vedra Concert Hall)

Fresh off of a North American amphitheatre tour with Journey, Night Ranger will be performing at the Ponte Vedra Concert Hall on Thursday, November 3rd. Night Ranger is an American rock band from San Francisco that gained popularity during the 1980s and '90s with a series of albums and singles. The band's first five albums sold more than 10 million copies worldwide. The quintet is perhaps best known for the power ballad "Sister Christian", which peaked at #5 in June 1984. Doors for the show open at 7pm, and the show will begin at 8pm, standing room only.

Al Stewart - November 6 (Ponte Vedra Concert Hall)

Al Stewart is a Scottish folk singer-songwriter. This will be a seated show.

Big Bad Voodoo Daddy - November 9 (Ponte Vedra Concert Hall)

They are a contemporary swing revival band from Southern California. This will be a standing room only show.

George Thorogood & The Destroyers November 28- (Ponte Vedra Concert Hall)

George Thorogood & The Destroyers will perform at the Ponte Vedra Concert Hall on Monday, November 28th, 2011. Best known for his hit "Bad to the Bone," Thorogood is a blues-rock guitarist from Wilmington, Delaware. George Thorogood and the Destroyers have sold fifteen million albums worldwide, including sixteen studio albums total, two of which have been certified platinum, and six gold. Doors for the show will open at 7:00pm, and the show will begin at 8:00pm. This is a standing room only show.

Thin Lizzy November 29 (Ponte Vedra Concert Hall)

Thin Lizzy, well known for their seventies hits, "The Boys Are Back in Town," "Jailbreak," and "Whiskey in the Jar," are bringing their rock and roll classics into a new generation. Comprised of original band members and three new rock and roll veterans, the band will cross the pond from Dublin to bring their distinctive hard rock sound--influenced by country, psychedelic rock and Irish folk music-- to Ponte Vedra.



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Beaches Bistro

By Paolo Pece, Cafe Atlantico
paolopece@bellsouth.net

Pollo al Limone

A Sauvignon Blanc would be, to my suggestion, a good pairing for this dish. The tanginess of the sauce and the "smoky" scent in this wine brings both flavors to the best enhancement. Serves four.

Ingredients

- 6 eggs, whole
- 1/4 cup fresh parmesan cheese, grated
- 1/4 cup fresh Romano cheese, grated
- 2 Tbsp fresh parsley, chopped (or 2 tsp dry)
- 2 Tbsp fresh basil, chopped (or 2 tsp dry)
- 4 ea 6oz. chicken breasts, boneless skinless, split
- 2 cups flour, seasoned with salt and black pepper
- 1/2 cup olive oil (or as needed)
- 1/4 cup shallots, finely chopped
- 1 Tbsp garlic, chopped
- 2 Tbsp fresh sage, finely chopped
- 2 Tbsp parsley, chopped (or 2 tsp dry)
- 1/4 cup lemon juice
- 1 Tbsp lemon zest
- 1/2 cup white wine
- 1 cup heavy cream
- 6 Tbsp unsalted butter, cold
- Salt and pepper to taste

COMBINE eggs, cheeses, parsley and

basil together in a large mixing bowl.

POUND chicken breasts until 1/4" thick. Dredge chicken in the flour mixture and dip it in the Piccata batter; coat evenly on both sides.

HEAT olive oil in a large skillet on medium heat. Place chicken in the skillet and fry until edges are golden brown on each side. Transfer chicken from skillet into a baking pan.

BAKE in a 350°F oven for 5-6 minutes, until juices run clear.

SAUCE

DRAIN 3/4 of the oil from skillet and add the shallots, garlic and herbs. Sauté over medium heat until shallots are transparent. Add lemon juice, lemon zest, white wine and reduce liquid by 1/2. Add heavy cream and simmer until the sauce has thickened slightly.

REMOVE pan from heat and whip in the cold butter. Season to taste with salt and pepper.

POUR 1/4 cup of sauce on plate and place chicken on top. Serve immediately.

8 Ways To Lower Your Auto Insurance Costs

By Jane Tucker, First Florida Insurance

1. Prices vary from company to company, so it pays to shop around. Get at least three price quotes. You can call insurance companies directly or through independent agents who offer policies from several companies. Remember to pick an agent or company representative that takes the time to answer your questions.

2. Before you buy a new or used car, check into insurance costs. Car insurance premiums are based in part on the car's sticker price, the cost to repair it, its overall safety record, and the likelihood of theft. Also, many insurers offer discounts for features that reduce the risk of injuries or theft.

3. Ask for a higher deductible. Deductibles are what you pay before your insurance policy kicks in. By requesting higher deductibles, you can lower your costs substantially. For example, increasing your deductible from \$200 to \$500 could reduce your collision and comprehensive coverage cost by 15 to 30 percent.

4. Consider dropping collision and/or comprehensive coverages on older cars. If your car is worth less than 10 times the premium, purchasing the coverage may not be cost effective. You can look up your car's value online at Kelley Blue Book (www.kbb.com). Review your coverage at renewal time to make sure your insurance needs haven't changed.

5. Buy your Homeowners and Auto Coverage from the same insurer. Many insurers will give you a break if you buy two or more types of insurance. You may also

get a reduction if you have more than one vehicle insured with the same company. Some insurers reduce the rates for long-time customers. But it still makes sense to shop around! You may save money buying from different insurance companies, compared with a multi-policy discount.

6. Establishing a solid credit history can cut your insurance costs. Insurers are increasingly using credit information to price auto insurance policies. To protect your credit standing, pay your bills on time, don't obtain more credit than you need and keep your credit balances as low as possible.

7. Some companies offer discounts to motorists who drive a lower than average number of miles a year. Low mileage discounts can also apply to drivers who car pool to work.

8. Companies offer discounts to policyholders who have not had any accidents or moving violations for a number of years. You may also get a discount if you take a defensive driving course. If there is a young driver on the policy who is a good student, has taken a drivers education course or is at a college out of the area without a car, you may also qualify for a lower rate.

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.firstflorida-insurance.com, or come by to visit one of First Florida's friendly agents.

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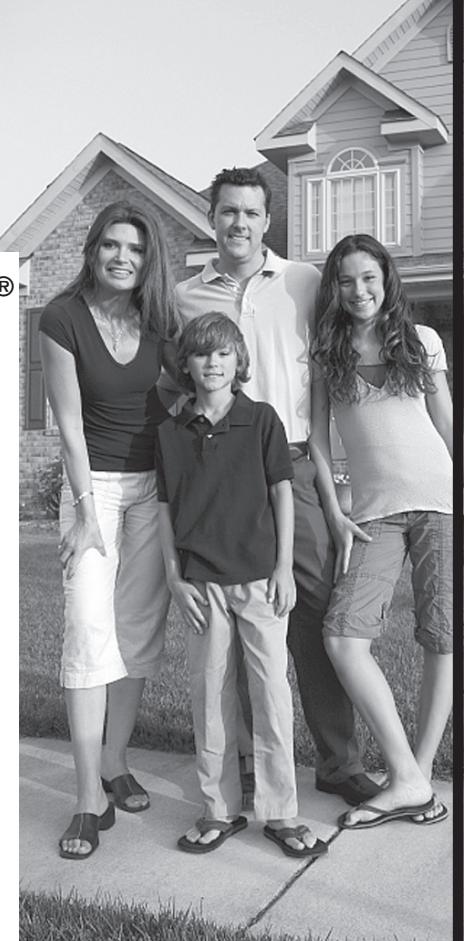
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“I’m Afraid If I Move It Will Hurt”

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

I can’t tell you how many times I’ve heard patients, friends or family ask ‘Is it okay to move when it hurts?’ The answer lies in the cause of the pain and whether it is ‘good pain’ or ‘bad pain’. (Keep reading, I’m not talking about ‘no pain, no gain’.)

Can pain be good? The emotional response is a resounding ‘NO’. The sensory response is ‘sometimes’. Herein lies the discussion of this column.

How can pain be good? It’s certainly not pleasant. In fact the International Association for the Study of Pain defined pain as “an unpleasant sensory and emotional experience associated with actual or potential damage, or described in terms of such damage.”

Simply put it means pain has two components, 1) sensory and 2) emotional, which are triggered by actual or potential damage. Actual damage is hammer + thumb. Potential damage causes one to put hands in the pockets when any hammer is in sight.

So, can pain be good? YES, but keep reading. Pain can protect instantaneously, especially if we touch something hot. It is pain that causes the withdrawal, hopefully minimizing the damage. Pain can protect us over the long haul. If I slip and fall on a wet surface, the pain will cause me to proceed with caution next time as to avoid another painful experience. If swelling is a result of the fall, I will move cautiously so the tissues have a chance to heal, but I should move.

Therefore, is all pain good? The answer is no. Pain can be bad when it is not understood and life changing. By polarizing, I mean it causes one not to move, producing

changes in function. In all the examples provided above the cause of the pain is understood and therefore not polarizing. The longer one is in pain or worse, not understood, it becomes ‘neuropathic’. Neuropathic pain is a result of changes in the nervous system. Neuropathic pain does not require tissue damage and can be quite debilitating.

How can you tell the difference?

Acute pain, that which is a result of a mechanical, chemical or temperature stimulus should be immediate, protective and proportional. It should also be short in duration. Sub-acute pain may last hours to days, is protective and usually resolved with tissue recovery. Chronic or neuropathic pain is persistent and may be experienced in the absence of tissue damage. Because no mechanical explanation can be given, fear of movement becomes a proponent.

The explanation provided is not meant to be exhaustive but may help you better understand your pain. It is always advisable to consult your MD, PT or OT. They can help determine whether the pain experience is ‘normal’, ‘neuropathic’ or something else. Age is not necessary a cause of pain but we’ll leave that for another column.

Rob Stanborough is a physical therapist, president and co-owner of First Coast Rehabilitation. He is co-author of Myofascial Manipulation: Theory & Application, 3rd 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.

EMMA Concert Series for November

The musical trio Serafini Brillanti will present the third 2011 MUSIC MASTERS lecture/recital on **Tuesday November 8th** from 7 to 8:30 P.M. The location for the event is the Flagler Room of Flagler College, 74 King Street, St. Augustine. Tickets may be purchased at the door for \$6. Randall Tinnin, trumpet, Rhonda Nus Tinnin, soprano and Erin Bennett, keyboards comprise Serafini. They will be presenting a variety of music from the 18th through 21st centuries, including new works created for Serafini, and some Broadway show-stoppers.

At 7 P.M. on Tuesday **November 15th** Peter and Helen Morin will give the final MUSIC MASTERS Lecture/Recital of the EMMA Concert Association’s 2011 MUSIC MASTERS series. The location for the event is the Flagler Room of Flagler College, 74 King Street, St. Augustine. Tickets may be purchased at the door for \$6. The program will feature Philip Glass’ First Violin Concerto. The Morins will provide a brief survey of late 20th Century American composers, leading to a discussion of Philip Glass and the concerto within his works. They will then perform the concerto and respond to any questions near the conclusion of the event. The audience will enjoy a little history, a little theory, and a great performance.

Virtuoso violinist Wolfgang David will give the second concert of the 2011-2012 EMMA Concert Association’s season on **November 26**. He will be accompanied by the accomplished pianist David Gompper. The concert will be held in the Flagler College Auditorium located at 14 Granada Street in St. Augustine. Tickets are also available at the door. Wolfgang David has become prominent on the international stage as a recitalist and guest soloist with many of the world’s great orchestras including the Royal Philharmonic Orchestra and the Vienna Radio Symphony. The Washington Post has written of one of David’s performances that he “scaled the heights of music making.”

For more information concerning the 2011-2012 EMMA Concert Series and tickets visit us on the web at www.emmaconcerts.com or call (904) 797-2800. You can also friend EMMA on Facebook to get continuing updates.

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Kids Rock The Nation

“GIVING BACK TO THE COMMUNITY BANDFEST AT THE AMPHITHEATRE”

Friends of the St. Augustine Amphitheatre (FOSAA) will sponsor an exciting all-day musical event at the Amphitheatre on Saturday, November 19th from 12:30 PM to 8:30 PM. The event will feature some of the area’s hottest bands and soloists and spotlight the talent of Kids Rock the Nation Foundation award recipients. Tickets are \$15 for adults, and \$10 for students eighteen and under. Children under five will be admitted for free. Tickets are available through TicketMaster and at the Amphitheatre Box Office beginning October 1st. Tickets will also be available at the door. Half of the proceeds will be donated to St. Johns County schools to provide opportunities for students to see and experience live performances. The other half will be used to fund grants to non-profit community agencies and schools who submit FOSAA grant applications.

The Kids Rock the Nation Foundation, led by musician Anthony Wild of Palm Coast, promotes self-esteem through musical performance by recognizing and rewarding potential musical talent in kids nine to sixteen years old. Through an application process, recipients are chosen who demonstrate the desire to learn and the motivation to succeed. Winners receive a guitar and ongoing mentoring from professional musicians. More information and application forms will be available at the Kids Rock the Nation booth. Other information and merchandise booths will be open during the event as well as food concessions. Terrific door prizes will be awarded all day for children and adults. As a special treat, a guitar signed by Selena Gomez, will be auctioned off by written bid.

The following performers will be featured on the concourse and main stage: *Penguin Teeth Band, Will Pearsall, Rob Peck, Elizabeth Roth, Anthony Wild and the Suspects, J.W. Gilmore and the Blues Authority, Smokin Mirrors, Big Lonesome with Wayne Johnson, Reuben*

Morgan and the Mighty Groove Machine, and the Impediments Band, and a special final jam. Four recipients of Kids Rock the Nation awards will be spotlighted. Also performing will be two St. Johns County school bands, The Eagle Band from South Woods Elementary and Ponte Vedra High’s Man of Color.

Friends of the St. Augustine Amphitheatre (FOSAA) is a non-profit corporation dedicated to increasing utilization of the Amphitheatre by the community. Membership dues and fundraisers provide revenue to award grants to non-profit groups who wish to stage an event at the Amphitheatre, and to schools that wish to bring children to the Amphitheatre for Winter Wonderland or other events. In the past FOSAA has awarded grants to The Homeless Coalition, EPIC, Osceola Elementary School, and Keepers of the Coast. FOSAA has also distributed hundreds of free ice skating tickets to five area elementary schools, Boys and Girls Club, Calhoun Center and other organizations. For further information call Carol Gladstone at 471-4113.



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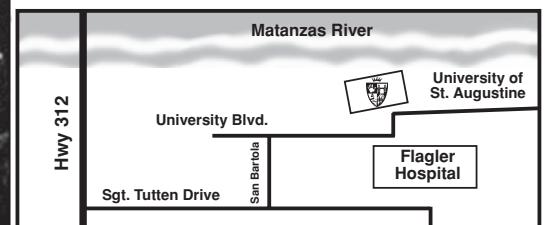
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BEAUTIFUL OCEAN VIEWS from the tower room in this four level home in Sea Colony. This home has everything the discriminating buyer desires. Exercise rm, hurricane rm, full house generator, Garage tek storage w/epoxy floors, professional office w/built-ins, and California closets throughout. If that is not enough, it has an elevator. Wow! The owners have thought of everything in building this dream house. \$999,500.



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. \$629,000.



NATURE LOVER'S DREAM IN TURTLE SHORES. It would be hard to find another lot this private with ocean and intracoastal views. 4BR/3BA home with open floor plan. MBR has ocean views and a private deck. Great room features a fireplace, high ceilings and "disappearing" sliding glass doors that open to a large private screened porch. Gated community offers pool, tennis, clubhouse, sauna and ocean access via a private tunnel. \$349,000.



OCEANSIDESEA COLONY VILLA. 3BR/2.5BA with large, spacious bedrooms. Numerous upgrades include chef's kitchen w/granite & stainless appliances, wood floors, water softener, built-ins, and security system. Key West style with porches galore! Just steps to the beach in the oceanfront community of Sea Colony, offering gated security, community pool & pavilion, and 4 beach walkovers. \$559,000.



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.



VILANO BEACH INVESTMENT HOME. 3BR/2.5BA with 2 car garage on Boating Club Rd is just across the street from the beach. Excellent investment with great rental history and current bookings. This home is for the beach lover and is tastefully decorated to impress. Over 1600 sq ft of coastal living with ocean views. Take a look and be charmed! \$309,000.



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.



SEASIDE STYLE IN SEA COLONY 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! \$795,000.



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UPSCALE WATERRONT 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.



SERENITY BAY-GREAT VALUE ISLAND HOME in Key West style with 3 bedrooms, 2.5 baths and garage. Walk or bike to the beach or shopping. Large family room and separate den or kids' retreat, plus a nice back yard. Neutral colors throughout. \$259,000



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.



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