



# St. Augustine Beaches

## News Journal

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

### Pedestrian Crossing Safety Flag Program



Inserted Picture is of Mayor Rich O'Brien standing with members of the Citizen Advisory Group during the sign and flag installation at F Street and A1A Beach Boulevard. Large Picture shows a member of the Citizens Advisory Group using one of the flags to assist her while crossing A1A Beach Boulevard at F Street. See story on page 3.

### Winter Wonderland

The 5th Annual Winter Wonderland has opened for the holiday season. Hosted by the Saint Augustine Amphitheatre and the St. Johns County Cultural Events Division, Winter Wonderland features North Florida's first outdoor skating rink, along with various attractions including an Ice Slide, Reindeer Games, The Frost Kingdom Express Train, Blizzard Bounce House, Obstacle Course, Elf Village, Sleigh Rides, S'mores Pit and nightly snow fall.

Over 78,000 parents, children and friends attended the event last year. Admission to the amphitheatre is free, but activities are ticketed.

- \* Ice Skating: \$10 + \$2 skate rental
- \* Ice Slide: \$3.00 for one slide / \$10.00 for 4 slides
- \* Frost Kingdom Express Train: \$3.00 per ride
- \* Blizzard Bounce House: \$2.00 per activity
- \* Sleigh Rides : \$10.00 for Adults / \$5.00 for Children 12 and under
- \* Reindeer Games : \$2 / game

The annual event continues through January 1, 2012. Winter Wonderland is open on the following schedule.

- \* To December 16th: Mon-Fri: 5:00pm to 10:00pm and Saturday-Sunday: 2:00pm to 10:00pm
- \* December 17th – December 30th: Daily: 2:00pm – 10:00pm
- \* December 24th: 2:00pm – 10:00pm
- \* December 25th: 5:00pm – 10:00pm
- \* December 31st: 12:00pm – 5:00pm
- \* January 1st: 2:00pm – 10:00pm

For more information, visit [www.winterwonderlandflorida.com](http://www.winterwonderlandflorida.com), contact Elizabeth Glasgow at (904) 209-3753, or the box office at (904) 209-0367.



### St. Augustine Beach Surf Illumination 2011

#### Lights Up Pier Park For Holiday Season

The event is St. Augustine Beach's very own "Night of Lights" complete with holiday music, dancing, a visit from Santa and the official lighting of the beach's Christmas tree at Pier Park. Traditional carolers circulate the Park. Children's activities provide entertainment throughout and the event features convenient holiday gift shopping at local arts & craft vendor booths. The food and beverage flow is festive holiday theme.

Surf Illumination takes place Saturday, December 3th, 4pm-7pm complementing the seasonal lighting of A1A Beach Boulevard. Admission is FREE. The event site is Pier Park at 350 A1A Beach Boulevard.



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

- **City Manager: BUZZ**
- **Financial Focus: Manage Your Money Carefully This Holiday Season**
- **Health Focus: According to the National Institute of Health, I should be almost 7 feet tall**
- **Spiritually Speaking: An Informed Christmas Gift**
- **Ann Palmquist: Zen and the Art of Light**
- **Sheriff's Corner: Holiday Crime Prevention**
- **Safety Tips for this Holiday Season**

Merry Christmas 

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St. Augustine Beach Civic Association  
Presents

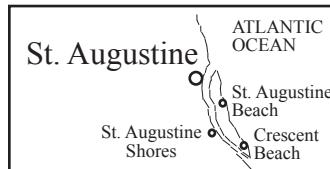
# SURF ILLUMINATION

Saturday,  
December 3rd  
4 pm to 7 pm

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

**Saint Augustine Beach Pier Park**  
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For Information





## News From Around St. Johns County

### NAVIDAD EN EL VIEJO SAN AGUSTÍN CHRISTMAS IN OLD ST. AUGUSTINE

Saturday, December 17, 2011

On Saturday, December 17th, a new, annual heritage Event, featuring the Christmas music and customs of 16th-century Florida, will be launched by Florida Living History, Inc. (FLH -www.floralivinghistory.org) – Navidad en el Viejo San Agustín (Christmas in Old St. Augustine). Hosted by FLH's member groups – Alondra: Interpreting the Music of Colonial Florida (c. 1565 - 1821); La Compañía de Santiago (c. 1565); and Los Compañeros de la Cocina (c. 1513-1704) – as well as Theater with a Mission, this living history Event will take place at Mission Nombre de Dios ( www.missionandshrine.org ) in St. Augustine, Florida, the oldest, continually occupied European settlement and port in the continental United States.



“The Adoration of the Three Kings” from the altarpiece of the Church of Santa Maria de Viladordis (Manresa) Paint on wood, end of 16th century. The County Museum of Manresa, Manresa, Spain

This holiday, heritage celebration will include:

- living historians in period garb, representing the citizens of 16th-century San Agustín de la Florida;
- colonial Spanish musical entertainment;
- a one-act, 16th-century Christmas play – Juan del Encina's Egloga de las grandes lluvias, making its debut in English;
- samples of colonial Spanish holiday treats;
- all presented by torch and candlelight on the grounds of historic Mission Nombre de Dios and Shrine of Our Lady of La Leche.

Navidad will take place from 7PM to 9PM. Admission to this Event is free of charge to the public. This heritage Event is sponsored by Florida Living History, Inc. (www.floralivinghistory.org ) and Mission Nombre de Dios (www.missionandshrine.org).

For more information on Navidad en el Viejo San Agustín, please contact us at info@floralivinghistory.org or phone us at 1-877-FLA-HIST (1-877-352-4478). Florida Living History, Inc., is a 501(c)(3) non-profit, educational organization dedicated to the support of living history activities, events, and portrayals related to the history of colonial Florida. www.floralivinghistory.org.

### Jacksonville Symphony Orchestra “Holiday Pops” Flagler Auditorium

December 14 and 15 at 8 PM

EMMA will once again present the Jacksonville Symphony's Holiday Pops Concert. It is a St. Augustine tradition that warms the audience's holiday spirits. EMMA offers performances on both the evening of Wednesday the 14th and the evening of Thursday the 15th of December, 2012. Both concerts begin at 8 p.m. and will be held in the Flagler College Auditorium located at 14 Granada Street in St. Augustine. Tickets are \$30 (\$5 for students with a student I.D.). Reserved seats may be purchased in advance at www.emmaconcerts.com or by phone at 904-797-2800. Tickets are also available at the door, but due to the popularity of this event early ticket purchase is recommended. Matthew Kraemer will conduct the orchestra in a variety of wonderfully orchestrated familiar holiday favorites.

### Amahl and the Night Visitors

December 16 & 17, 2011 at St. Anastasia Catholic Church

Tickets are on sale for holiday presentations of Amahl and the Night Visitors. The opera will be performed at 7 p.m. on Friday, December 16 and Saturday, December 17 at St. Anastasia Catholic Church. Tickets are \$10. Children 12 and under with an adult will be admitted free.

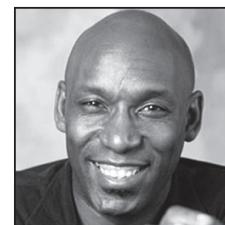
The 50 minute opera, conducted by Peter Morin, music director of the church, will feature Gregory Sheppard, K'idar Miller, and Joseph Colsant, as the three kings. St. Augustine residents Barbara VanRysdam and Stephanie Colsant will share the role of Mother. Both have performed solos with the Community Chorus and have been involved with the First Coast Opera. Another local, John "Jack" Jones, will act and sing the role of the Page. Eryk Nicolay, a boy soprano who performs with the Tampa Bay Children's Chorus, will fill the role of Amahl. The opera's Shepherds Chorus will feature members of the St. Anastasia Catholic Church adult, youth, and children's choirs.

Gregory Sheppard (pictured) has extensively performed the role of King Balthazar, each season for the past 20 years, including performances under the composer Menotti's conducting at the Lincoln Center. He brings the wealth of experience to St. Augustine as he makes his stage director debut. He also designed the costumes and set for the performances.

K'idar Miller earned a bachelor's degree from Harvard University. He resides in New York City where he continues to study voice and works as a freelance tenor. He performed the role of Amahl while living in North Carolina.

Joe Colsant, who resides on Anastasia Island, is Director of Music of Holy Family Catholic Church, Jacksonville. He has performed a king role in the opera in local performances. This will be the first time these three singers collaborate as the three magi in Amahl and the Night Visitors.

The church, with a seating capacity of 1500, is located at 5205 A1A South. Ample free parking is available. Contact the church music office at staccmusic@aol.com or call (904-471-5364) to reserve or buy tickets in advance.



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# News From Around St. Augustine Beach

## City Hall Update

At its regular meeting on November 7, 2011, the St. Augustine Beach city commission did the following:

1. Observed the presentation of the Sons of the American Revolution's Law Enforcement Heroism Award by Mr. Oscar Patterson III, president of the local chapter, to St. Augustine Beach Police Officer David Tiller, who was shot while participating in an undercover drug operation in Putnam County.



2. Observed the swearing in by city attorney Doug Burnett of Mr. Daniel DeCoursey, as the city's new assistant police chief.

3. Presented a plaque to Ms. Sheila Bell, the police department's records specialist, for 15 years of employment with the city.

4. Agreed with the request by Mr. Tom Fleming of Regency Centers to postpone for 60 to 90 days Regency's presentation of its proposal to buy the 6.1 acre tract of land north of the Anastasia shopping center. Regency is proposing using the land for an expansion of the shopping center. When Regency's presentation is ready, the public will be invited to the meeting to comment on it.

5. Passed on final reading an ordinance that changed the land use of Ocean Hammock Park from planned unit development to parks and recreation. The Park is part of the former Maratea subdivision between the Sea Colony and Bermuda Run subdivisions. The city purchased 11.5 acres of Maratea in 2009.

6. Approved an increase from \$215 to \$235 in the hourly rate for the city's labor attorney.

7. Approved a five-year contract with Advanced Waste for recycling pickup service.

8. Approved the preparation of an ordinance to regulate parking on 5th Street east of A1A Beach Boulevard.

9. Approved on first reading an ordinance

to change the city's tree regulations.

10. Approved the draft of a letter to the St. Johns County's land management director, concerning the exchange of land done by the city and the county in 2004.

11. Awarded the bid for four drainage projects to VJ Usina of St. Augustine for \$231,779. The four projects are drainage improvements at: F Street and 3rd Avenue, E Street and 2nd Avenue, the east end of 2nd Street, and Lockhart Lane.

12. Heard a report from the Building Official about the effect of the state's new growth management law

on development in the city.

13. Postponed to the December meeting a proposed ordinance to change the regulations regarding the parking of recreational vehicles on private property.

14. Took no action on a proposal that the city support the creation of the St. Augustine National Historical Park, Seashore and Coastal Parkway.

15. Authorized Vice Mayor Samuels to work with the city staff on the development of a request for proposals for a consultant to write grants for the city.

16. Approved the city providing a stipend of \$100 a month to the police chief and assistant chief for the use of their personal cell phones for city business.

17. Postponed to the December meeting Police Chief Hedges' proposal that the assistant chief and another officer be provided with a payment from the city that would pay their cost to be enrolled in a retirement plan as they're ineligible to participate in the Florida Retirement System because both officers are already receiving benefits from FRS.

18. Heard from Vice Mayor Samuels that she'll ask neighborhood and homeowner associations for (continued on page 10)

## Pedestrian Crossing Safety Flag Program

(continued from page 1)

Members of the St. Augustine Beach City Commission voted October 3rd to approve and support a trial of a new pedestrian crossing safety flag program along A1A Beach Boulevard.

The program in St. Augustine Beach was inspired by a \$6 million state effort that was approved in 2010 and implemented by the Pinellas County Metropolitan Planning Organization. That plan provides high visibility flags for pedestrians to carry as they cross Gulf Boulevard in Clearwater Beach and other coastal communities at over thirty-nine crossing locations.

The flags for the Beaches trial program will be located in containers adjacent to two existing pedestrian crosswalks at 16th Street and F Street. These flags are meant to be used when crossing A1A Beach Boulevard and deposited in another container once pedestrians have crossed the road.

Initial funding for the program has been provided by the St. Augustine Beach Civic Association. Construction, installation, maintenance and restocking of the flags will be accomplished by employees of the city's public works department.

The flags were installed on Friday, October 21st and are ready for use by area pedestrians. The initial trial program will last 90 days. Comments and feedback from residents and visitors will be received and tracked through an email account, crosswalk@cityofsab.org, set up on the city's internet server. A citizen's advisory group has been created to monitor the results and make recommendations for future efforts.

The key to the program's success will be the education of both motorists and pedestrians about crossing safety. This will be accomplished through public service announcements on the city's Beach TV channel, the city's website and informational pamphlets distributed to local businesses and area visitors. Information will also be available at City Hall and through special events supported by the City and the Civic Association.

Florida has one of the highest pedestrian injury rates in the nation, making programs like this an important aid for visibility and safety of pedestrians trying to cross busy roadways. The hope is that this will improve pedestrian safety along A1A Beach Boulevard and motivate motorists to pay more attention to Florida's pedestrian crosswalk law while driving in the City of St. Augustine Beach.



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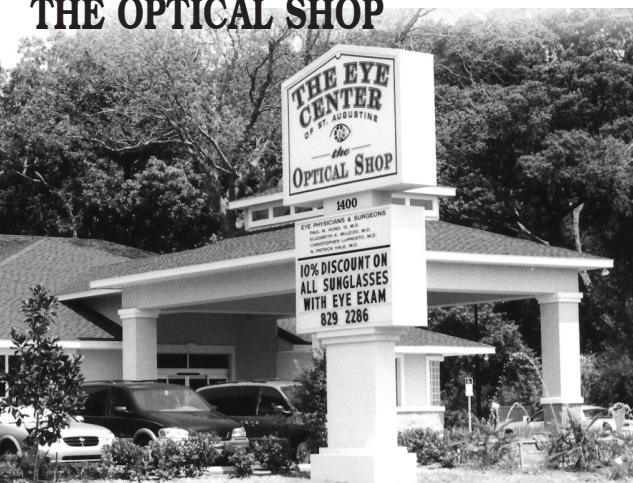
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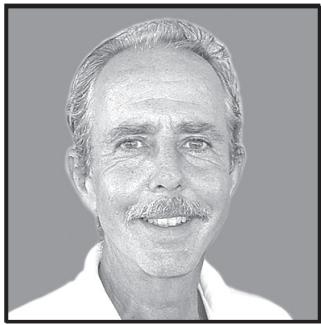
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## St. Augustine Beach Civic Association

By Robert Samuels, President  
St. Augustine Beach Civic Association

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

**Second Sunday Music in the Garden** free afternoon concerts continue December 11 with Holiday Music from 2-4pm at Lakeside Veterans' Memorial Park behind the police station at A1AS and 16th St. 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. Free parking will be available at the City Hall complex. For more concert information visit [www.st-augustine-sculpture-garden.org](http://www.st-augustine-sculpture-garden.org) or call 824-4493.

The Civic Association will be producing its **10th annual Surf Illumination** celebration on Saturday December 3rd at Pier Park between 4pm and 7pm. This wonderful community Christmas party will feature local artisans and craftspeople, food and drink, holiday music, free face painting and balloon art for the kids, performances by the



St. Augustine Children's Chorus, the St. Augustine Community School of Performing Arts the Dance Company and others. Of course Santa will be sitting near the Christmas tree handing out candy canes for all the good little boys and girls. Mayor O'Brien has been invited to throw the switch at sunset and light the tree and the entire Pier Park for the Nights of Lights here at the beach. This is a great family event, please plan to attend. For more information call 347-8007.

The 5th annual **Beach Blast Off** will be held on Saturday December 31 New Year's Eve at Pier Park from 4pm - 10pm. The event includes: Chili Cook Off, Ice Sculpting Contest, Fireworks, Food, Wine & Beer, Kids Zone and Vendors. Come out and enjoy this family oriented event and be enchanted by the world class fireworks. Live music will take place on stage throughout the evening.

November was a very busy month when it came to the City Commission. Officer Dave Tiller was honored by the Sons of the American Revolution and awarded the Law Enforcement Heroism Award. During an undercover drug assignment Officer Tiller was shot in the line of duty. At the commission meeting Officer Tiller received a standing ovation for his service to our community. We also wish to honor one of our finest. Hats off to Sheila Bell, Police Department Records Specialist, for 15 years of service to our community. Our new Assistant Police Chief Dan DeCoursey

was sworn in by City Attorney Doug Burnett. Assistant Chief DeCoursey is going to be a great asset to our community. With over 30 years experience and ATF training we look forward to working with him in bringing our events and volunteers to a new level of expertise. We are very fortunate to have such dedicated men and women who serve our community.

During public comment the former Assistant Police Chief spoke for her allotted three minutes about her firing for conduct unbecoming an officer. Although she has the right to express her opinions at a public meeting, it seemed especially ironic considering the recognition and honoring of our other police officers. Afterwards a number of citizens stood up and spoke highly of Police Chief Richard Hedges as a man of honor and integrity. This matter should be left to the EEOC and not tried in public and the media. Legal matters are best conducted in the courts and certainly should not be commented on by current and former commissioners.

The scheduled presentation from Regency Centers by Mr. Tom Fleming was postponed for 60 days to appear on the January 2012 agenda. After meetings with residents of Sea Colony and Whispering Oaks communities, the developers wanted to modify their presentation. For the benefit of the citizens of St. Augustine Beach, there is no "for sale" sign on Hammock Dunes Park. The Mayor had met with the developers to hear an unsolicited offer to purchase the park land to expand the shopping plaza. The commission voted not to accept the offer. After that a number of citizens contacted the commissioners saying they felt the decision lacked transparency and that the community wasn't fully informed about the offer. For this reason the informative presentation will go forward. This is not a request for another offer to purchase to be made, but simply an informational presentation as the the design of the enlarged shopping plaza. Again, our parkland is not being offered up for sale.

The commission is actively going forward in developing a RFP for a Grant Writer. This should be a positive step forward for obtaining monies to enhance our city. New policies and ordinances that the commission will be reviewing include absenteeism and prohibition of discussion regarding legal issues. Review of ordinances will also include trailers on commercial property.

The Civic Association will not be meeting in December. We would like to thank Billy Zeits, cofounder of Keepers of the Coast for speaking about their mission of beach cleanups and environmental education, especially for students.

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.



### St. Augustine Beaches News Journal

"Official News Source for the City of St. Augustine Beach"

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City of St. Augustine Beach

Mayor Rich O'Brian  
City Manager Max Royle

[www.staugbch.com](http://www.staugbch.com)  
[sabadmin@cityofsab.org](mailto:sabadmin@cityofsab.org)

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

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

Articles or information may be sent to the Beaches News Journal, 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, 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.

## 2012 New Year's Eve Beach Blast Off

Do not forget to spend a wonderful evening at Pier Park on New Years Eve for the Best Party & Fireworks display. 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. **Admission is free!** Ring in the New Year early at this family friendly event.

### "The Wailers"

## Ponte Vedra Concert Hall

December 2, 2011

The Wailers, with their Jamaican reggae sound, grew in popularity as they rose to the top of the charts alongside Bob Marley. In more recent times they have collaborated with artists such as Sting, Stevie Wonder, Carlos Santana, Kenny Chesney, Eve, Jason Mraz and Colbie Caillat. Most recently, The Wailers released "A Step for Mankind" to support their work with the World Food Programme.

Tickets for thisstanding room only and on sale at the Ponte Vedra Concert Hall and Saint Augustine Amphitheatre Box Offices, [ticketmaster.com](http://ticketmaster.com), or by phone at 800-745-3000. Doors open at 7:00 pm and show at 8:00 pm. Tickets are \$28.00 and \$35.00. For more information, please visit [pvconcerthall.com](http://pvconcerthall.com) or [www.wailers.com](http://www.wailers.com) or call (904) 209-3751.



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## BUZZ

By Max Royle  
St. Augustine Beach City Manager

No self-respecting city, no matter how small, is without one. No, I'm not referring here to a traffic signal, a library or a cutesy, little park with a gazebo in the middle and perhaps a cannon or some other military artifact from a long-ago war. Nor am I referring to the town gossip or its crank or some eccentric citizen like the youngish fellow I used to see in Lawrence, Kansas, when I was a student at the university there who walked about the city on a seemingly endless trek, always shirtless, even on the coldest day with the most blustery, frigid wind of a Kansas winter.

What any self-respecting city has is a club, association, league or society—something that's a manifestation of that seemingly universal human desire to join with like-minded persons for a common purpose, such as a shared interest in the arts, genealogy or gardening, or to provide a service to the community. In St. Augustine Beach, several such organizations regularly meet at city hall. They include the Florida Native Plant Society, the EMMA Concert Association, the Ancient City Antiques and Collectibles Club, the League of American Pen Women, and the newly formed St. Augustine Beach Community Garden Association.

Then there's one organization that's perhaps most directly involved in the life and fabric of the city and area in many significant ways. It's the St. Augustine Beach Civic Association.

My first recollection of the Civic Association was when I attended its monthly meeting in August 1989 in the Commission meeting room of the former city hall. It was a low key gathering, no guest speaker, with simply a general discussion about the state of the city. I learned that the Association's members were interested in the city's welfare, and had in the past done some projects, such as the landscaping of public property, and had been involved in fund raising activities. I remember being in the dunk tank for the Association when it participated in a spring festival that the local branch of the Chamber of Commerce had organized. Yes, dunk the city manager was a popular sport for some folks that day. The Civic Association also sponsored a yearly community banquet, and during the years when there was an election, it presented a Meet the Candidates forum.

Then, in the summer of 1997, the Association began a major activity that took it out of its quiet, almost somnolent routine of monthly meetings and modest community projects, and brought it front and center into the public life of the city. This activity was the Wednesday morning farmers' market held in the county's pier park. The market was the start of a long series of significant events/activities presented by the Association that provide many benefits to the city and the area, and that continues to this day.

These events/activities include:

a. the Association's **Concerts by the Sea**. From May to the end of September each year, there's a different band each Wednesday evening that plays its style of music: jazz, rock, folk, blues, country, blue grass, or a fusion of several music genres. Each Wednesday a different local restaurant sells dinners at a reasonable price. The concerts are held at the pier pavilion and the grounds around it. Folks bring chairs, tables, candelabras, their beverage(s) of choice, plus dogs, friends, children, relatives, visitors. From 6 to 9 p.m. the event is a marvelous and unique combination of concert, dance party, social gathering and old-fashioned picnic. b. **Surf Illumination**, which is presented in the pier park on the first Saturday of each December from 5 to 6:30 p.m. It marks the start of the December holiday season in the city with the turning on of Christmas lights, singing of songs, perhaps even an appearance by Santa. c. **A Taste of the Beach**, which is usually held in May. Its purpose is to give local restaurants the opportunity to present (and sell) their signature dishes, and for the Association to raise money for the Betty Griffin House, a shelter for the victims of domestic violence. d. In election years, the Association continues to present a Meet the Candidates forum, which gives the voters the opportunity to see the candidates for various local and state positions up close and personal, and to hear what they're running for and/or against. e. The Association also continues its tradition of monthly meetings, which usually have a guest speaker or speakers who provide information that the Association believes will be of interest and benefit to the public.

Many of the events presented by the Association are enhanced by a significant purpose, which is to raise money for projects to benefit the public. In doing research for this little piece, I was surprised to learn that over the past three years, the Association has raised and given over \$40,000 for various community projects and to non-profit organizations that serve the public. In particular, A Taste of the Beach has raised \$17,814 for the Betty Griffin House. Some of the other amounts provided: \$2,115 (live oak trees to be planted along city streets); \$1,272 (bicycles for the police department); \$1,200 (concrete molds for park benches); \$1,000 (bike racks for the city); \$1,000 (LED lights for the city's Nights of Lights event each November through January); \$1,000 (for monthly concerts in the city's sculpture garden in the fall); and other donations for various needs, such as the city's annual Arbor Day observance, the Christmas tree the city puts in the pier park, a contribution to the police department's National Night Out each August, to the Anastasia Island Friends of the Library, to the Boy Scouts for two Eagle Scout badge projects in the city, to the city for its 50th birthday (continued page 8)

## Paradise is here...



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## St. Augustine Community Orchestra Presents "A Classic Christmas"

Joyful Christmas music to delight every member of the family will be presented by the St. Augustine Community Orchestra at its Christmas concert Friday Dec. 9, 2011 at 8 pm in the elegant antique courtyard of the Lightner Museum, 25 Granada St. St. Augustine. An encore matinee performance is also scheduled on Sunday Dec. 11 at 3 pm at the Ponte Vedra United Methodist Church, 76 South Roscoe Blvd. in Ponte Vedra Beach.

The music will include all-time favorites such as Leroy Anderson's "Sleigh Ride", selections from Peter Tchaikovsky's "Nutcracker Ballet Suite", and an audience sing-along of traditional carols, including a 'Feliz Navidad' of "Salsa Carols" from the Caribbean and Puerto Rico. Admission is \$10 at the door; children 12 years of age and under are admitted free.

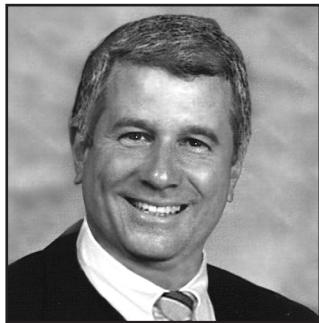
The 65-member Concert Chorus from St. Augustine High School, singing 'a cappella' under the direction of Jeff Dodd, will present a group of Yuletide favorites including a special arrangement of "Carol of the Bells" (an original Russian song by Mikola Leontovich, translated into English by Peter Wilhousky). And, providing a joyful conclusion to the program, the chorus and orchestra together will present George Frederich Handel's "Hallelujah Chorus".

The orchestra, directed by William McNeiland, is celebrating its 50th anniversary year having presented concerts for St. Augustine and surrounding area residents every season since 1961.

Persons who wish to join the orchestra and who are competent players on their instrument and read music accurately are encouraged to contact Polina Cafaro at 904-610-1471. Monetary support for the orchestra is always gratefully received. To make a donation to the orchestra, mail your check to The St. Augustine Community Orchestra P.O. Box 2163 St. Augustine, FL 32085-2163.

For more information about the orchestra and future programs, log on to [www.staugustineorchestra.org](http://www.staugustineorchestra.org).





## 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.

### “An Informed Christmas Gift”

Most folks who read this column are aware that I generally steer away from specific attention to explicitly Christian topics and themes, and rather tend to pitch a “big tent” wide enough to speak to many spiritual traditions as they apply to our political, educational, and economic world. This month, however, I feel a need to focus on what most Christians declare to be “the Reason for the Season”, which is the very Christian idea of the Incarnation of the Son of God, and the implications that flow from that foundational proclamation. I also hope, however, that in so doing in the context of this article that others may also find something of potential value in their own spiritual investigations.

A very valuable resource for deeply informing spiritual reading was recently published by HarperOne as compiled by scholars associated with Renovare, an interdenominational enterprise devoted to spiritual renewal. In my opinion it would make the ideal Christmas gift for especially thoughtful Christian adults and teens. Indeed, there was a time when the Christian public was largely a spiritual reading public, and while that is no longer the case (and I certainly wouldn't presume to judge those whose religious predilections are more inclined toward other areas of spiritual life) there are surely many who might appreciate

knowing about this new resource.

Entitled *25 Books Every Christian Should Read – A Guide to Essential Spiritual Classics*, this handy and readable – if at times challenging – mini anthology of nearly 400 pages features gems from the larger Christian tradition embracing both the Western and Eastern traditions of the historic Church, some stretching back to the very early centuries of the common era and also including works by 20th century authors. While there are excellent living authors that are given honorable mention toward the end of the book, the twenty-five featured works were all written by those who have physically moved on from this earthly realm. Descriptions of each work are provided, along with excerpts from them, which really makes for a nice and substantial reading experience. There is also a discussion guide for group study and reflection included with each selection.

Familiar and somewhat unfamiliar titles appear in the table of contents. “The Sayings of the Desert Fathers” find their place along with Thomas a Kempis’ “The Imitation of Christ.” Like a little Russian to spice up your reading cupboard? How about some “The Brothers Karamazov” from Dostoevsky or “The Way of a Pilgrim” written by an anonymous 19th century figure from the largest country on earth. As an Anglican Catholic I especially appreciate the inclusion of “Revelations of Divine Love (Showings)” by English anchoress Julian of Norwich (1342-1412). And it just goes on.

I don't want to wear out my busy, Christmas shopping readership so I'll cease my bloviating right here. But please do yourselves a favor. At least check out this title online, and see if it wouldn't truly make an excellent gift for a family member, friend, or even just yourself. I guarantee you this – get this nifty volume and make a New Year's resolution to actually READ the whole of it by the end of 2012. I promise you, you'll be a better person for it this time next year if you do. Merry Christmas, everyone!

God bless one and all, Dr. Nick



## Financial Focus

Information Provided By  
Edward Jones

### Manage Your Money Carefully This Holiday Season

As you know, the holiday season can be joyous, hectic, celebratory — and expensive. And while you certainly enjoy hosting family gatherings and giving presents to your loved ones, you'll find these things even more pleasurable if they don't add a lot more weight to your debt load. And that's why you'll want to follow some smart money-management techniques over the next few weeks.

To begin with, try to establish realistic budgets for both your entertaining and your gift giving. When you host family and friends, don't go overboard on your expenditures. Your guests will still appreciate your efforts, which, with a little creativity, can create a welcoming and fun experience for everyone. As a guiding principal, keep in mind these words attributed to Johann Wolfgang von Goethe, the famous German poet and philosopher: “What you can do without, do without.” Set a budget and stick to it.

And the same rule applies to your gifting. You don't need to find the most expensive presents, or overwhelm recipients with the sheer volume of your gifts. This is especially true if you, like so many people, have been affected by the tough economy. Everyone you know will understand that gifts don't have to be lavish to be meaningful.

Furthermore, by sticking to a budget, you won't be tempted to dip into your long-term investments to pay for fabulous parties or mountains of gifts. It's never a good idea to tap long-term investments for short-term needs, but can be especially bad when your investment prices are down, as they may well be this year.

So, if you want to stick to a

budget but you don't want to raid your investments, how can you pay for your holiday season expenses? If you can spread out your purchases, you may be able to pay for them from your normal cash flow. But if that's not possible, you might want to consider “plastic” — your credit card. Using your credit card does not, by itself, need to amount to a financial setback, especially if you've chosen a card that offers favorable terms and you've already shown the discipline not to over-use that card. Just try to minimize your credit card usage over the holidays and pay off your card as soon as you can.

Of course, you can make your holiday season much easier, financially speaking, if you've set up a holiday fund to cover your various expenses. While it's too late to set up such a fund this year, why not get an early start on the 2012 holiday season? All you need to do is put away some money each month into an easily accessible account, separate from your everyday accounts. You don't have to put in a great deal, but you do need to be consistent, which is why you may want to have the money moved automatically, once a month, from your checking or savings account to your holiday fund. When next year's holiday season rolls around, you might be pleasantly surprised by how much you've accumulated.

But for now, following some common-sense money management practices can help you get through the holiday season in financial shape — and that type of result can get your new year off to a positive start.

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



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## MERRY CHRISTMAS

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## St. Augustine Beaches Beautification Advisory Committee

Ann Palmquist, Committee Member  
Palmquist@comcast.net

### Zen and the Art of Light

In 1843, Charles Dickens wrote a story intended, he said, "to raise the Ghost of an Idea, which shall not put my readers out of humor with themselves, with each other, with the season, or with me." With greatest humility I offer this column with similar intent, including five gifts I hope you will enjoy: the foresight of John Muir; the acumen of a Native American Proverb; the love of Leo Buscaglia; the Zen of being, Lao Tzu; the insight of Rachel Carson; all wrapped in the hope shared by Mr. Dickens, "to raise a Ghost of an Idea," gladden the heart, and share the light of the season. "Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves." ~John Muir

Celebrations around the world pay homage to this season of light. Winter Solstice arrives on the shortest day and the longest night of the year, December 21-22. The "Winter Solstice occurs exactly when the axial tilt of a planet's polar hemisphere is farthest away from the star that it orbits; 23° 26'." Wikipedia.

During this darkest time of the year facts do little to dispel fears of darkness however, astonishing accurate measurements calibrated the exact time of the first sunrise of the new year. Pagan religions such as Wicca and Celtic celebrated rituals and customs tracing their beginnings to pre-Christian festivals. In Scandinavia, during the Winter Solstice, fires were lit to symbolize the heat, light and life-giving properties of the returning sun. A Yule or Juul Log was brought in and burned on the hearth in honor of the Scandinavian god Thor.

This longest night of the year has been celebrated in the Americas long before the European's influence. Different tribes had different rituals and celebrations. The Hopi tribal celebration lasted for 20 days, included prayer stick making, purifications rituals and concluded with a rabbit hunt, feasting and blessings. Bond fires welcomed a new beginning and the return of light. "When the last tree has been cut down, the last river has been polluted and the last fish has been caught — only then do you realize that money can't buy everything." ~Native American Proverb.

The season is ushered in with stories retold, books reread and candles lit remembering the Festival of Lights, and there is the music that soars fluttering the wings of angels, and songs repeating again messages of goodwill. Against the nights' chill we seek the warmth of the old familiar, a patchwork quilt, taken from a flat, white cardboard box, tissue paper carefully removed, and once again we see the alchemy of season turn threads into pure gold. Family history told in scraps and pieces of cloth, stitch

a tapestry sewed with love and care. Seeing evidence from our past we can sympathize with Mr. Ebenezer Scrooge when he was visited by three spirits. Our quilt with names and dates, stitched in an embroidery font, record our past and stories begging to be retold. New threads trace and celebrate new arrivals and commemorate the passing of giants. "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." ~Leo F. Buscaglia.

The magic of a gift from the heart is that the enchantment grows long after the wrapping and bows are gone. Such was a gift to the City of St. Augustine Beach. Wanting to share and extend the beauty of the *Nights of Lights Celebrations*, enjoyed by the City across the bridge, Commissioner Barbara Ellis, who served from 2004 to 2006, supported a vision to share the magic of light. Thank you Barbara, for this gift from the heart and for your service to the City of St. Augustine Beach. Next time you see Barbara ask her to share the story or two about her service to the City's celebrations. Along A1A Beach Blvd. lights are hung in creative shapes each representing life in the sea, a star fish, a sea horse, a ship's wheel, even a jelly fish. Unique best describes the creative holiday lighting in the City of St. Augustine Beach. "He who seeds a thought, harvests a destiny," Zen proverb.

A gift from the heart answers the old math riddle, when is the sum of the parts greater than the whole? A Thomas Glover Sculpture greets visitors to City Hall and answers the riddle. This gift of beauty was given by Barry and Maida Tuttle and would prove to be the Genesis of things to come. The spirit of the sea is captured in this sculpture which looks as if it could almost swim. Thank you for such a nice catch, Barry and Maida!

Your Beaches Beautification Advisory Committee, BAC, worked with Glover and Marian Lerbs for over a year to promote and secure a proper setting for a unique gift of fourteen sculptures given by Glover to the City. *Zen of Art* in Public Places followed and the Sculpture Garden at Lake Anhinga in Lakeside Park was born. Designed to celebrate the awesome beauty of the City the sum of fourteen parts is greater than the whole, the original gift given by the Tuttle's. "Those who dwell among the beauties and mysteries of the earth are never alone or weary of life." ~Rachel Carson.

The City of St. Augustine Beach, a young 52 year old community, has been graced with the gift of Light, the gift of Art in Public Places, and the Spirit of the Season. Come and make a little history in the most beautiful city by the sea. Happy New Year and to all a good light.



## St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

### Holiday Crime Prevention

We are coming up on one of the most festive times of the year for families with the celebration of several holidays. However, joy and fun can quickly turn to disappointment and sorrow when someone becomes a victim of a scam, burglary or online fraudulent holiday shopping scheme.

At a time of year when most people are filled with goodwill there are criminals who relish taking advantage of it. Crime statistics always rise during the holiday season and I wish to pass along a few tips to help you avoid becoming a victim. Business experts tell us that again this year the number of people who shop online for gifts will increase dramatically and therefore so do the opportunities for those who use new technology to take advantage of unsuspecting victims. The cyber-crimes that become more popular during the holiday shopping season include fraudulent auction sites, resale of stolen or counterfeit gift cards and reshipping merchandise purchased with stolen credit cards. One of the most common internet scams involves using an auction site or classified pages to advertise an item at a bargain price. If you place an order the crook will charge your legitimate credit card for the order then use a separate stolen credit card to purchase the product and have it shipped. This could make you liable for receiving stolen goods. I recommend if you wish to purchase a gift through an auction or classified site insist on paying with PayPal or some other reputable third party payment service. That way your credit card number and personal information is not shared with the seller.

Most of you already know the safety

tips for traditional retail shopping: take your purchases to your vehicle frequently and lock them in the trunk or out-of-site; carry purses with the strap going over one shoulder and the purse against your body on the opposite side; carry billfolds in a side pants pocket; pay by credit card or check if at all possible; and if you must use an ATM always shield the keypad when entering your PIN and put cash away promptly in your purse or wallet.

Home burglaries are more common during the holidays and sadly the thieves target the gifts under the tree. If you are going to be away from home, leave some lights on and a radio or television to make it appear and sound as if someone is home. After the celebration do not put the boxes of expensive gifts out for street garbage pickup without first breaking them down and folding them so only plain cardboard shows so they don't become an unintended billboard for what you have in your home.

Holiday parties can be wonderful fun but please remember to celebrate safely and if alcoholic beverages are served, moderation is the best practice. The concept of "friends don't let friends drive drunk" becomes even more significant. We will have impaired driver patrols out in full force to help keep your family safe during the holidays.

Whether you will be celebrating Christmas, Hanukkah, Kwanza or a holiday of another faith on behalf of all of us at the St. Johns County Sheriff's office I wish you a merry, happy, joyous and safe celebration and best wishes for the New Year. For any issue regarding law enforcement and/or public safety you can always contact me by email at [dshoar@sjsco.org](mailto:dshoar@sjsco.org).

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## St. Augustine Beach Health Focus

By Gerald Townsend, M.D.  
Townsend Clinic  
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### According to the National Institute of Health, I should be almost 7 feet tall

That's right. My weight is around 240 lbs. If I use their BMI (Body Mass Index) chart and find my weight on the bottom axis, then follow the vertical line going straight up through the "Obese" zone gliding swiftly through the "Overweight" zone and just touching the line telling me I am in the "Healthy" zone, I should be ... somewhere off the chart that stops at 6'-6." Ouch.

#### Now What

At 50 years old, getting taller is out of the question. If I find my actual height on the BMI Chart and see where the horizontal "height" line intersects with the vertical "weight" line, I am squarely in the "Obese" section. Double Ouch.

#### The Plan

If you are like me, and unfortunately way too many people are, we need to develop a series of simple steps to getting to the point of fixing the problem.

Step 1: *Realize the problem.*

Obesity increases the likelihood that we will get high blood pressure, high cholesterol or triglycerides, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, and some forms of cancer. This is serious.

Step 2: *Develop a plan.*

It's not magic. It's DIET AND EXERCISE. We have heard it all of our lives.

First, go to a doctor to get a physical exam and check labs as well as any other studies the physician might think are appropriate to begin our new way of life. Once we know these are all okay, the doctor may discuss a "Diet and Exercise Prescription," refer us to a dietician, or we will decide on some general rules for exercise and appropriate foods. Most likely, the physician will do what I like to do and that is steer us toward legitimate sources

for dietary changes based upon what he or she knows about us. If we preferred to stay away from red meat, recommendations would be different than, say, if we had gluten sensitivity or were diabetic.

In the end, the best rule for anyone is: *PORTION CONTROL and VARIETY.*

That is: Eat the correct foods in moderation. Eat for long term weight loss and a lifetime of good eating habits.

When I was in college, as a member of the UF Judo Club we would go to tournaments and compete by weight class. A friend of mine wanted to drop two weight classes below where he usually competed because, quite frankly, those guys in his usual weight class were really big. So, he went on his now famous "A Cookie a Day Diet" two weeks before the tournament. Not only did he make the weight he was hoping for, he got clobbered by a bunch of little guys and it took him about two weeks to recover from his diet and get back to normal again. Don't do that. It's silly.

Second: We will exercise in moderation.

That means I will not burn myself out trying to be 18 years old by lifting a lot of weight then running a few miles. I can't do it. It'll hurt. I'll quit. No, maybe we'll do a brisk walk for a mile once a day to start, and then increase our distance gradually.

Step 3: *Follow the Plan*

This is the most exciting part and again, the most disappointing to so many. While we may have good intentions, somehow we often fall back into our old habits and ways of life, especially during the holidays.

Remember, we have "realized the problem." It's big. It could end our lives prematurely. We know what to do. Integrate this way of living into our lives and it will become habit. We will forgive ourselves for falling off the program. We're human. We will get up and start working at it again until it's a normal part of our lives.

Think of it. It will be normal to be healthy. Now that's living!

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## BUZZ

(continued from page 5)

celebration in 2009, for the construction of the first public shower for beach visitors at A Street; and the list of the Association's work and contributions that benefit the public could go on and on.

Of course, the Civic Association isn't simply a faceless organization. Real people are responsible for all the work it does. Space limits here don't allow me to provide photos of the board of directors, but I can give you their names: President Robert Samuels, Vice President Dr. Nick Marziani, Secretary Andrea Samuels, Treasurer Frank Ward, and Directors at Large Michael Longstreet and Michael Mele. The Association has over 500 dues paying members, which is remarkable considering that in 2001 it had about 50 members.

Finally, what does "Buzz," the title of my opus here, have to do with the Association? I thought that you'd never ask. The title popped into my mind as I was walking home from one of the Wednesday night concerts this past summer. There may have been a thousand or more persons at the concert. The pier parking lot was filled with vehicles, ditto the lot on the west side of the Boulevard and along the north side of 16th Street. Folks were walking north along the Boulevard to the concert, carrying folding chairs and containers of beverage(s) of their choice. Panama Hattie's, Sunset Grille and Coquina Beach Surf Club (formerly Barnacle Bill's) were stuffed with customers; there was a line at Rita Ice's takeout window and people were waiting inside Antonio's for slices of pizza. And I thought: How amazing that in this little beach city on an evening in the middle of an ordinary workweek there was such a buzz of activity, and how so much of that buzz was due to the efforts of one organization: the Civic Association.

## Beaches News Journal Locations

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

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NOTE: Townsend Clinic will be closed December 26-30.





## Beaches Bistro

By Paolo Pece, Cafe Atlantico  
paolopece@bellsouth.net

### Paper Wrapped Chilean Sea Bass

A smoky Sauvignon Blanc would pair very well with the acids of the capers in this intense yet delicate dish, which is one of the staples of my restaurant. Enjoy, and please always try to buy your ingredients locally!!

Serves one

Ingredients:

- 6/8 oz. Seabass filet
- 2 shrimp, peeled deveined

- 4 fresh black mussels
- 2 tbsp. butter
- 1 tsp. capers
- flour
- 2 tbsp. red onion, chopped
- fish stock
- 2 tbsp. Béchamel sauce
- 1/4 cup cream sherry
- salt, pepper, oregano to taste
- 2' x 1' parchment paper
- Few stripes of pappardelle pasta.

Directions:

In a hot medium size skillet, melt the butter, on medium heat. Coat the filet in flour, and sauté it on both sides, adding the onions and capers. Deglaze it with cream sherry, add the stock enough to barely cover fish. Add seasonings, shrimp, mussels, and pappardelle pasta.

Place the parchment paper in a oven proof pan. Transfer everything into the parchment, and wrap it to avoid spilling. Bake it for 15 min. in a 375 preheated oven. Simple! Simple things sometimes are the hardest to make well!

Buon appetito!

## Safety Tips For This Holiday Season

By Jane Tucker, First Florida Insurance

Perhaps safety is the last thing on your mind as the holiday season approaches; but, to help ensure you and your family have a safe holiday, here are a few tips.

Look for and eliminate potential dangers from holiday lights and decorations that could lead to fires and injuries.

Each year, hospital emergency rooms treat more than 8,000 people for injuries, such as falls, cuts and shocks related to holiday lights, decorations and Christmas trees. In addition, Christmas trees are involved in about 400 fires annually, resulting in deaths, injuries and an average of more than \$15 million in property loss.

Make sure your Christmas tree is mounted on a sturdy base so children, elderly persons or family pets cannot pull it over on themselves.

Check the wiring of Christmas lights on your tree to ensure the wiring is not damaged or frayed. Many fires are caused by frayed or damaged wiring.

If you have a live, fresh cut Christmas tree in your home, place it in water or wet sand to keep it green.

When purchasing an artificial tree, look for the label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.

More than 10,000 candle-related fires occur each year. Discourage burning candles in your home and keep matches, lighters and candles away from children.

Do not burn wrapping papers in your fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

We know crime is everywhere. To help you be more careful, prepared and aware during this holiday season, the LAPD Crime Prevention Unit has prepared a list of do's and don't's:

Shop during daylight hours whenever possible. If you must shop at night, go with a friend or family member.

Dress casually and comfortably. Avoid wearing expensive jewelry.

Do not carry a purse or wallet, if possible. Keep cash in your front pocket.

Theft is most often a crime of opportunity - if your car looks easy to break into or steal, thieves will be drawn to it. Park your car in an area that is well-lit and near lots of people. Keep the windows rolled up and the car locked, even if it's parked at your own house. Hide valuables and recently purchased packages in your trunk.

We want to extend Best Wishes from our staff for a Happy Holiday Season.

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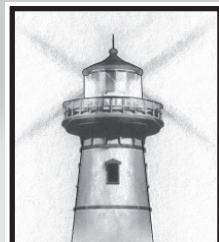


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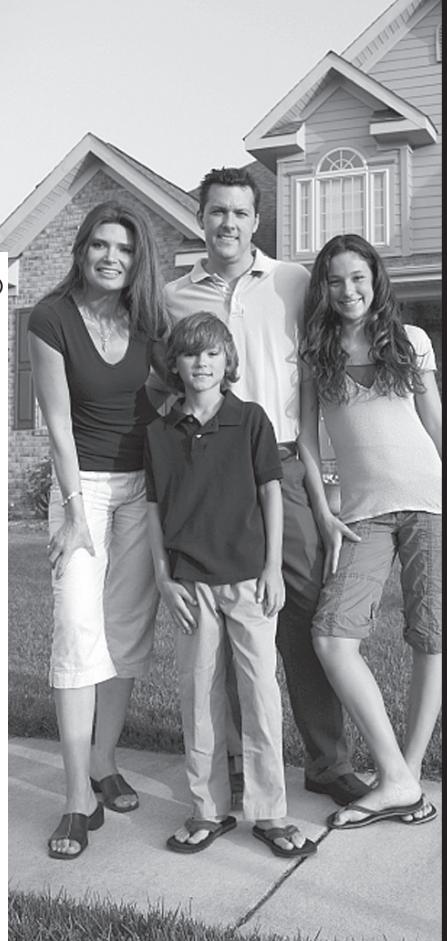
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## “Pandiculation”

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

Padicu...what?

Pandiculation is involuntary stretching of soft tissues. You've probably seen your dog or cat perform such stretches upon waking from a nap or even experienced the refreshing feeling yourself. Yawning is a perfect example of pandiculation – arms stretched over head, back arched. It's a stretch that can't be stopped. But why do our bodies do such strange things? One current hypothesis is that it helps regulate our locomotor or musculoskeletal system.

Most people know muscles move bones, which create movement but few have heard about fascia. Fascia is the fabric that helps hold us together and more. Current research now tells us fascia not only holds us together but also plays an integrative role with muscles. It helps distribute forces as we move and assist in locomotion.

So why stretch or pandiculate? Although fascia is a durable connective tissue and remains lubricated and mobile with movement, it can become sticky and stiff with the lack thereof, hence the need to 'pandiculate' or yawn upon rising from rest. Such stretches are thought to reverse the affects of the stillness of sleeping.

The purpose of this column is to emphasize the need to stretch. Chances are the last time many of you stretched with a goal in mind was when you participated in "hips, ankles, knees and toes" during elementary school PE. The fact is, stretching should be a regular part of one's life. Gentle stretches to the neck, shoulders, back, hips and legs are thought

to decrease compressive forces to the joints and only take a few minutes.

I've been focusing on posture in my last few columns because it is our daily, habitual postures, in part, dictate our we hold ourselves and move. If you tend to sit at the computer much of the day you should reverse the affects by stretching your shoulders back as you walk through door or stretch your front hip muscles by placing your hands on your hips and bending backwards.

As I've shown, your body will automatically attempt to maintain the mobility of soft tissue via pandiculation (involuntary stretches). Voluntary, and routine, stretching is bound to have a greater and longer lasting effect.

If you are getting stiffer or feel you are losing range of motion, perhaps you should consult your physician or physical therapist regarding a stretching program. It may be a stretching program can be designed specifically for you. There are also many group exercise programs offered in St. Augustine. Why not be a part of one. You can tell them you joined because you have a need to pandiculate.

*Rob Stanborough is a physical therapists, 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. Read previous columns posted on www.firstcoastrehab.com.*

## City Hall Update

(continued from page 3)

volunteers to serve on the city's code enforcement board. Because of population growth, the board now must have seven, instead of five, regular members.

19. Scheduled three topics for the December 5th meeting: a. the parking of storage trailers in commercial districts; b. the creation of policies to prohibit commissioners and city staff from talking to the media about matters that are in litigation or may result in litigation; c. the creation of policies regarding whether commissioners may participate in meetings by telephone when the commissioners are out of the area, and what constitutes an "excused" absence when a commissioner cannot attend a meeting.

As noted above, the city commission's next meeting is scheduled for Monday, December 5, 2011 at 7:00 p.m. in the city hall, 2200 A1A South. The public is welcome to attend.

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. Please direct questions to Max Royle, City Manager, City of St. Augustine Beach, 2200 A1A South, St. Augustine Beach, FL 32080, 904-471-2122.

## Thank You!

We appreciate the support from the advertisers and sponsors who make this publication possible. Without advertiser support we would not be able to provide the news and community information to the residents of St. Augustine Beach and the surrounding beach areas. Support your advertisers and say thank you for supporting the Beaches News Journal.

Contributing journalists and community organizations keep us informed on the major activities that are going on at the Beach. Pass the word, and say THANK YOU to those who have made this possible.

From Todd and I, along with our families, we wish everyone a happy and joyful Holiday Season. We look forward to 2012 as a great year for all of us.

Cliff Logsdon, Publisher/Editor

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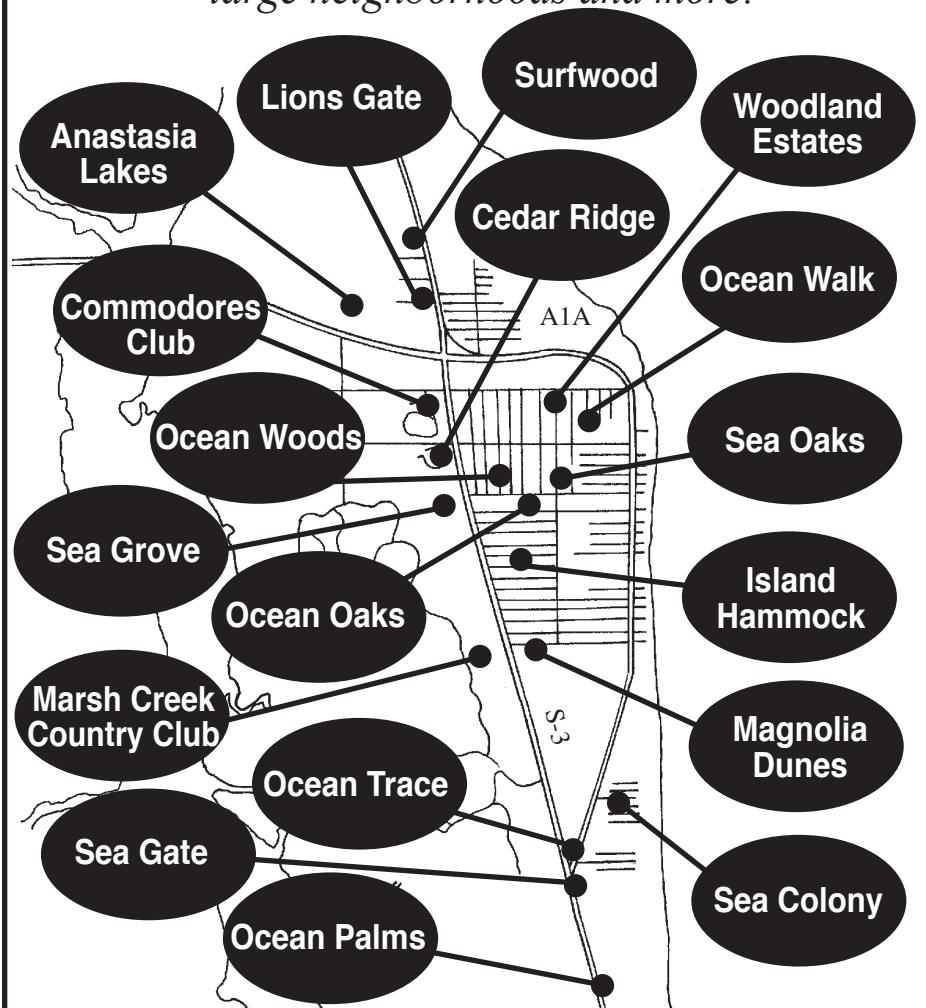
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- Superficial scar
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- Trauma



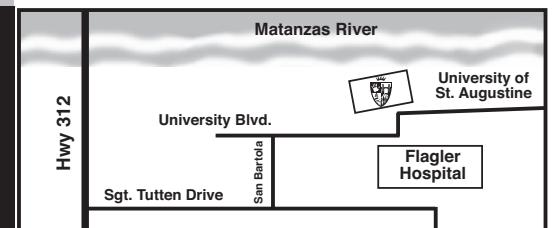
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St. Augustine's Top Producer, Elaine Wallace, has hit a level of achievement in real estate that few agents reach. Buying or selling, let Elaine put her experience to work for you.



**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.



**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.



**VILANO BEACH INVESTMENT HOME.** 3BR/2.5BA with 2 car garage on Boating Club Rd is just across the street from the ocean. 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.



**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.



**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.



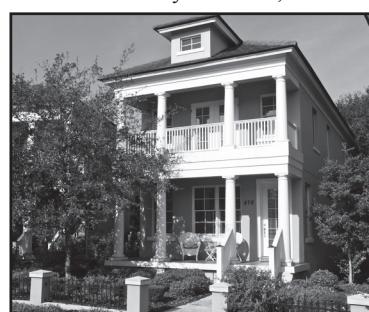
**BEAUTIFUL OCEAN VIEWS** from the tower room in this four level home in Sea Colony. This home has everything the discriminating buyer desires. Exercise rm, hurricane rm, full house generator, Garage tek storage w/epoxy floors, professional office w/built-ins, and California closets throughout. If that 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. \$598,000.



**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.



**OCEANSIDE SEA COLONY VILLA.** Over 2400 sq ft 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.



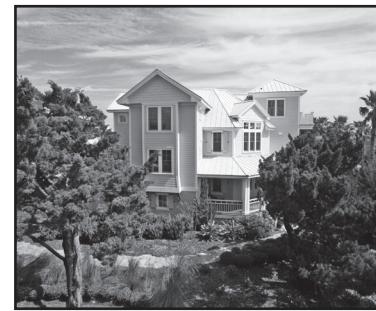
**SEASIDE STYLE IN SEA COLONY** Over 3000 sq ft of upscale living in this 3BR/3BA two story delight with additional tower room for great ocean views. Large upscale kitchen has a breakfast room overlooking the preserves. There are porches off all main living areas and MBR to enjoy beautiful outdoor views and breezes. Tandem 4 car garage and much more! \$795,000.



**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.



**ONE OF THE FINEST HOMES ON THE ISLAND,** located in oceanfront Sea Colony. Great floor plan with two master suites. Five bedrooms in the main house and a full apartment over the garage, perfect for a mother-in-law suite or for guests. Five car garage plus space for golf cart. Fireplace, cathedral ceilings, balconies and patios galore, plus ocean views. This home is for the discriminating buyer who wants only the best. \$1,375,000.

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