

January 2012
Happy New Year



St. Augustine Beaches News Journal

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

Orchestra & Chorus Presents Christmas "Flash Mob" at Plaza de la Constitution



Starting a new Holiday tradition, members of the all-volunteer St. Augustine Community Orchestra and Chorus gathered at the Plaza in downtown St. Augustine on Saturday December 3rd to play cheery Christmas music directed by conductor William McNeiland. This extemporaneous, free performance was the idea of two of the orchestra's violinists: Jeani Taliaferro and Sarah Page. Through e-mails to orchestra members, the event was organized as a surprise for visitors and residents of St. Augustine.

The orchestra topped off the performance with a rendition of Handel's "Halleluia Chorus" as onlookers joined in the singing. Members of the "Flash Mob" displayed a sign showing onlookers that the Orchestra is celebrating its 50th continuous year of concert performances.

The Orchestra's next concerts are scheduled March 9, 2012 at the Lightner Museum Antique Courtyard at 8 pm; with an encore performance on Sunday March 11, 2012 at 3:00 pm at the Ponte Vedra Christ Episcopal Church, 400 San Juan Drive, Ponte Vedra. These March concerts will celebrate the Orchestra's 50th anniversary with a musical "Birthday Bash". For more information about the Orchestra, please log on to www.staugustineorchestra.org.

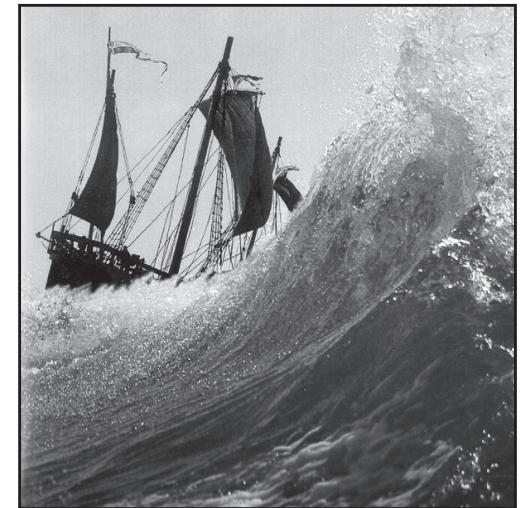
The Maritime World of Juan Ponce de León St. Augustine Lighthouse & Museum

On Saturday, January 14, La Compañía de Juan Ponce de León / The Company of Juan Ponce de León (c. 1513-1521), in partnership with the First Light Maritime Society (www.staugustinelighthouse.org/flms), will offer a new heritage Event - The Maritime World of Juan Ponce de León.

This living-history Event will take place from 10 a.m. to 4 p.m. at the St. Augustine Lighthouse & Museum (www.staugustinelighthouse.org) in St. Augustine, FL, the oldest, continually occupied European settlement and port in the continental United States.

The Maritime World of Juan Ponce de León Event will explore the daily life of mariners in the early Spanish Caribbean and, in particular, focus on the "First Fleet". This small fleet of three ships - the nao, Santa María de la Consolación; the caravel, Santiago; and the bergantín, San Cristóbal - carried passengers and crew - white, black, Native American; male and female; slave and free - who became the first documented Europeans and Africans to set foot on what is now the continental United States, landing on the east coast of Florida in April of 1513.

In addition to historical demonstrations and displays, noted Florida map expert, Peter A. Cowdrey, Jr., Educator-in-Residence at the Museum of Florida History in Tallahassee, will be discussing the early 16th-century maps of the Caribbean and Florida, as well as demonstrating the use of the navigation tools which guided Ponce de León's ships to Florida. Admission to the Event is free of charge to the public. (continued on page 2)



City Hall Update

At its December 5, 2011 meeting, the St. Augustine Beach city commission made the following decisions:

- Elected Commissioner S. Gary Snodgrass and Commissioner Rich O'Brien as mayor and vice mayor, respectively, for 2012.

- Reappointed to another three-year term the following members of the tree board/beautification advisory committee: Tanya Frantzen, Hester Longstreet, Mary McCarthy, Robin Nadeau, Ann Palmquist and Jeanette Smith

- Approved the following appointments to the code enforcement board: Mr. William Genovese as a regular member, and Mr. Thomas Masciarelli and Mr. Kevin Sweeny as alternates.

- Heard the following reports: a. Mr. Robert Samuels on the pedestrian crossing flag system on A1A Beach Boulevard at

16th and F Streets; b. Ms. Jennifer Sauvage and Mr. Steve Cupolo on preparations for the city's 6th New Year's Eve chili cook-off/fireworks event.

- Passed two ordinances on final reading: one to adopt parking regulations for certain streets in the Sea Grove subdivision; the other to adopt revised tree regulations.

- Approved hold harmless agreements with the owners of parking lots that are used for satellite parking for the city's December 31st fireworks event.

- Approved the donation of sick leave by police department employees for a police officer who has used up all his own sick and vacation leave while recuperating from a non-work related injury.

- Asked the city attorney to review state laws that regulate the parking of recreational vehicles (continued on page 3)



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What's Inside The News Journal This Month

- City Manager:** Balance
- Financial Focus:** What Does Investment Landscape Look Like in 2012?
- Health Focus:** Acute Bronchitis
- Spiritually Speaking:** "An Ordinary - What?!"
- Ann Palmquist:** 2012 - Make a Little History
- Sheriff's Corner:** Re-organization
- New Year's Resolution:** Examine Your Insurance Coverage

St. Augustine Beaches News Journal

St. Augustine Beaches News Journal

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City of St. Augustine Beach
Mayor Rich O'Brian
City Manager Max Royle
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The function of the Beaches News Journal is to serve the Neighborhoods of the St. Augustine Beaches area.

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

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@scrtc.com.

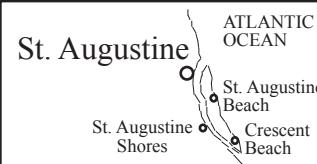
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Matters concerning **advertising** should be referred to the General Manager or mailed to P.O. Box 51593 Jacksonville Beach, FL 32240.

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News From Around St. Johns County

Original Artwork at Saint Augustine Ballet's Nutcracker

Original Art graced the stage and lobby of Flagler College Auditorium when Saint Augustine Ballet presented The Nutcracker on December 16 through 18th.

Acclaimed artist and Saint Augustine resident, Ann McGlade, had her oil paintings on display in the lobby of Flagler College Auditorium. Her current work focuses on the grace, beauty, and athleticism of ballerinas. The paintings portray various dancers from Saint Augustine Ballet as they rehearse for The Nutcracker. McGlade's award-winning oil paintings have been exhibited in museums and juried shows from New York to Oregon. To view a sample of McGlade's paintings, visit www.annmcglade.com.



The St. Augustine Ballet (SAB) was founded in 2010 as a nonprofit 501(C)3 arts organization. Their mission is to offer St. Johns County dancers the experience of performing in quality full-length classical ballet and to involve community members of all ages in meaningful dance experiences, whether as a participating dancer or audience member. The 2011 Nutcracker is made possible through the support of VyStar Credit Union, Flagler College, and the Saint Johns Cultural Council's State of the Arts License Plate grant program. For more information about Saint Augustine Ballet call 904-810-5670 or visit www.saintaugustineballet.com.

St Johns River State Nursing Graduates Achieve 100% Passing Rate

St. Johns River State College nursing graduates recently excelled on their licensure exam. Students completing the 2011 August class achieved a 100% passing rate on the National Council Licensure Examination (NCLEX). According to the National Council State Boards of Nursing, the national average is 89%. NCLEX® is the state-required exam that determines whether graduates are prepared for entry-level nursing practice.



"We are proud of our outstanding graduates and dedicated faculty who work diligently to prepare the next generation of nurses to serve our local workforce," said Dean of Nursing Mary Anne Laney, Ph.D., R.N.C. "The graduates' strong foundation of knowledge, skills and critical thinking is a result of their training in our state-of-the-art health care labs and on the high-tech patient simulators."

SJR State's nursing program is offered in Palatka and Orange Park. The program is approved by the Florida Board of Nursing and articulates into a baccalaureate degree in nursing. For more information, visit the Web site at www.SJRstate.edu

SJR State offers additional health related programs such as respiratory care, nursing assistant, health information management and radiologic technology. For more information on degree and certificate programs in the health field, call (386) 312-4176.

Photo: Nursing group August 2011 - Front Row, L-R: Kelly Kapelle-Merchant, Natisha Howard, Marie Reeves, Amicha Kelly, Darnelle Mondesir, Caitlin Lockhart and Dawn Beahr: 2nd Row, L-R: Brandy Snider, Andjie Fenelon, Judy Schofield, Patricia Mathis, Carrie Abell, Lori Coussens, Michele Latuch and Beatrice Kamentz: Back Row, L-R: Heydi Cepeda, Jillian Stidham, Jim Lockhart, Jana Cadilova, Jill Ramsey, Cindy Cox and Jennifer Rus.

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News From Around St. Augustine Beach

City Hall Update

(continue from page 1)

on private property.

9. Made the following decisions concerning solid waste disposal from city residences and businesses: a. set the non-ad valorem assessment for 2012 at \$74 for the transportation and disposal of residential solid waste; b. approved a policy to collect partial assessments for new homes; c. approved a resolution to establish fees for the transportation and disposal of solid waste from businesses; d. changed the basis for charging for the disposal of yard trash from businesses; e. reduced the cost to businesses of 18-gallon recycling bins.

10. Approved on first reading an ordinance to prohibit parking within 30 feet of the intersection of 5th Street east of A1A Beach Boulevard.

11. Asked the city attorney and city manager to research policies when commissioners are to be excused from attending a commission meeting and whether an absent commissioner can participate in the meeting by telephone.

12. Asked the city attorney to draft language for a policy to prohibit commissioners and city staff members

from talking to the media on sensitive matters that may result in litigation against the city.

13. Asked the planning board to propose regulations for the use of storage trailers on commercial properties in the city.

14. Approved the paving of Oceanside Circle in the Overby-Gargan subdivision and the repaving of Kimberly Lane in the Sandpiper Village West subdivision.

15. Approved the public works director's proposal to seek bids from five local companies for the construction of an entry road and 20-vehicle parking lot on Ocean Hammock Park, which is between the Bermuda Run and Sea Colony subdivisions.

16. Approved the appointment of Mr. Gary Killam as the city's first reserve police officer.

Because the first Monday in January, the 2nd, is a city holiday, the next commission meeting will be held on Monday, January 9, 2012 at 7:00 p.m. in the city hall at 2200 A1A South. The public is invited to attend.

EMMA Concert Association's 2011-2012 Season

Trio con Brio Copenhagen

Saturday, Jan. 7, 2012, 8 P.M.

Trio con Brio Copenhagen, comprising the Danish pianist Jens Elvekjaer and the Korean sisters Soo-Jin Hong and Soo-Kyung Hong, will present the first EMMA concert of 2012. The concert will begin at 8 p.m. on January 7. It will be held in the Flagler College Auditorium located at 14 Granada Street in St. Augustine. Tickets are \$25 (\$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. Trio con Brio Copenhagen has performed at such major venues as Carnegie and the Mozart-Saal (Vienna).

America's Dream Chamber Artists

Sunday, January 15, 2012, 2 P.M.

EMMA presents America's Dream Chamber Artists in performance beginning at 2 p.m., Sunday, January 15, 2012. The concert will be held in the Flagler College Auditorium located at 14 Granada Street in St. Augustine. Tickets are \$25 (\$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. America's Dream Chamber Artists (ADCA) brings together an elite group of the country's most superb, young musicians. ADCA's dynamic and inspiring performances represent a fresh approach to chamber music.

Marika Bournaki

Saturday, January 28, 2012, 8 P.M.

Virtuoso pianist Marika Bournaki will be in concert on January 28, 2012 as part of the EMMA Concert Association's 2011-2012 season. The concert will be held in the Flagler College Auditorium located at 14 Granada Street in St. Augustine. Tickets are \$25 (\$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. During the last two years Ms. Bournaki has performed at the Seoul Arts Center Opera House in South Korea, the Flanders Festival in Belgium, the Chamber Music Northwest in Portland Oregon and a sold-out concert at Carnegie Hall's Weill Recital Hall. She has also been a featured guest on National Public Radio's From the Top.

RAT PACK REVIEW

Ponte Vedra Concert Hall January 21, 2012, 8:00 pm

An Evening with Rat Pack Review will be held January 21, 2012. Rat Pack Review is a re-creation of performances by the legendary trio comprised by Frank Sinatra, Dean Martin and Sammy Davis, Jr. Tickets on sale at the Ponte Vedra Concert Hall and St. Augustine Amphitheatre box offices, ticketmaster.com, or by phone at 800-745-3000. This will be a seated show. Doors open at 7:00 pm, Show 8:00 pm. Tickets are \$55.50 and \$44.50.

TRAVIS TRITT

Ponte Vedra Concert Hall January 29, 2012

Travis Tritt will return to the Ponte Vedra Concert Hall on Sunday, January 29, 2012. Unlike many other mainstream country acts, Tritt doesn't wear a cowboy hat and includes elements of rock 'n' roll in his music. Tritt has been on the country music scene since the 90s and won two Grammy awards for his work on the singles "The Whiskey Ain't Workin'" and "Same Old Train." Tickets on sale at the Ponte Vedra Concert Hall and St. Augustine Amphitheatre box offices, ticketmaster.com, or by phone at 800-745-3000. Doors open at 7:00 pm and show at 8:00 pm. Ticket prices are \$65.50 and \$77.50. For more information, please visit www.pvconcerthall.com or call (904) 209-3751.

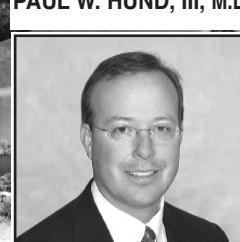


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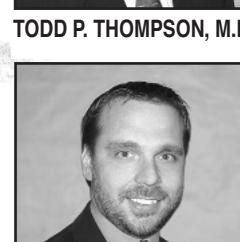
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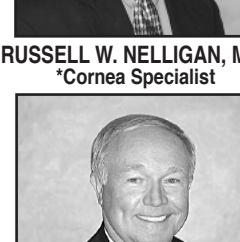
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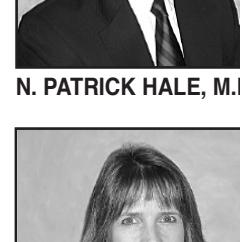
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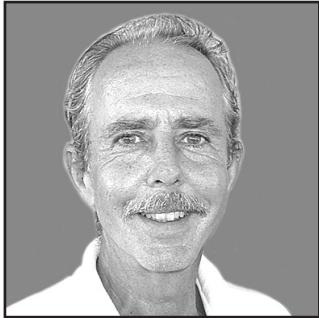
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SOUPS Creamy Clam & Shrimp Chowder • Soup of the Day	



St. Augustine Beach Civic Association

By Robert Samuels, President
St. Augustine Beach Civic Association

www.thecivicassociation.com

HAPPY NEW YEAR!! Best wishes for a healthy and prosperous 2012. The Civic Association will be meeting on Tuesday January 10th at 7pm at City Hall. We welcome Heather Neville to speak about Velofest. Velofest is a 2-day festival to increase awareness to cyclists and drivers alike about the laws, health benefits, lower carbon footprint, and social aspect of cycling as a past time and as a sport. Velofest is a new event for St. Augustine. Making a special appearance will be Mr. Henry Flager, portrayed by Robert Gill. Mr. Gill is one of the busiest and most respected professional actors in Florida, with credits in St. Augustine dating back to 1981, and continuing today with his acclaimed one-man shows of Mark Twain and Henry Flagler. The meeting is open to the public and refreshments will be served.

The 6th 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 starting at 8:30. Live music will take place on stage throughout the evening. For more information www.beachblastoff.com.

The Civic Association's 10th annual Surf Illumination celebration on December 3rd was a wonderful community Christmas party. We would like to thank the following people for making the event so successful: Michelle Santorelli, event coordinator; John Reardon, emcee; Hal Stedman, Santa; Janet Smith and Cheryl Robertson, face painters; Sparky the Clown, balloon creations; Lisa Black, director Temple Bet Yam Chorus; Kerry Fradley, director St. Augustine Children's Chorus; Annette Danielson, director St. Augustine Community School of Performing Arts; Jo Baker, director Allegro Bells; Bill Jones, sound and lighting; Mayor O'Brien, tree lighting ceremony; Vice Mayor Samuels and Commissioner Snodgrass, attending; and the great staff of the Public Works Department for decorating the Christmas tree and lighting the Pier Park.

At the December City Commission meeting Police Chief Richard Hedges announced a new Reserve Officer

Program for the department. Our first officer is extremely qualified and we are fortunate to have someone of his caliber. We welcome the new reserve officer to our community.

Gary Killam is a native Floridian (Ft. Pierce). He has over 30 years of law enforcement experience, to include, 16 years in command level and management roles. He started his career as a Police Officer for Plantation Police Department before being hired by the Davie Police Department where he was promoted through the ranks to Major. He worked for a couple of years as the Deputy Chief with Duval School Police before his current position as the Criminal Justice Director at St. Johns River State College. He has a Master of Education Degree from the University of Phoenix and is a PhD candidate in Criminal Justice Leadership at Nova Southeastern University. He is a graduate of the Southern Police Institute Command Officers Development Course and the FBI National Academy. He was awarded several law enforcement honors and has successfully completed numerous technical and leadership law enforcement courses. He lives with his wife, Debbie, in St. Johns and has two adult children.

He is the first Reserve Officer for the St. Augustine Beach Police Department and will assist with the implementation of programs. Reserves must be Florida certified officers and undergo a background check similar to regular officers. As volunteer workers, Reserves are not paid and have no employment rights. Reserves have the same authority as a regular officer and must abide by City/Department policy. Reserves may not ride solo patrol or work off-duty law enforcement jobs until they have successfully completed the Department's Field Training Program which is 3 months.

The last order of business at the Commission meeting was the selection of Mayor and Vice Mayor for 2012. Congratulations to Mayor Gary Snodgrass and Vice Mayor Rich O'Brien. Continuing business of the the City that will begin early in 2012 is the beach renourishment project, building new bathrooms at Pier Park, renovation and expansion of Splash Park, and installation of new energy efficient lighting at Pier Park. The commission will continue developing an RFP for a Grant Writer to obtain monies to enhance our city. New policies that the commission will be reviewing in January include absenteeism, annexation and prohibition of discussion by city staff and/or elected city officials regarding legal issues. Review of ordinances will also include trailers on commercial property.

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.



Ask the Mayor

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

Temporary parking at Ocean Hammock park: Approval has been received from the St. Johns Water Management District to proceed with the temporary parking at Ocean Hammock Park. This parking will provide approximately 20-25 spaces including handicapped. The parking area will be fenced and have a gate which will be closed at night. Construction of the temporary parking is scheduled to begin in early 2012. The permanent design of the park has not begun and when it does the design team will schedule a number of public meetings to receive input from the public before any design decisions are made.

Parking of large storage trailers: The Commission will continue discussion at the December 5th meeting regarding the parking of large storage trailers in the City. Currently these trailers are permitted without limitation in commercial zoning but complaints have been received about them being parked long term.

Q: I read where the County has offered to forgive the debt on the 6 acre Atkerson tract (Hammock Dunes) if the sale to Regency were to be consummated. Is there a deadline for the City to respond to the County?

A: The County offered to forgive the remaining debt of \$539,000 if the City decides to move forward with the sale. The City's next payment due to the County is in January of \$100,000 plus interest which they have agreed to delay until April of 2012 to allow time for the City to hear the revised proposal for Anastasia Plaza. Regency is revising their development proposal after meeting with Whispering Oaks and Sea Colony where they informed the Commission that they learned of a number of concerns they wanted to specifically address. Regency Centers desires to build a new Publix and re-configure the Plaza. Regency's presentation is planned after the first of the year.

This will be my last column as your Mayor. I volunteered to write this column to help give the community a resource to ask questions and I hope that you have found it helpful. It has been an honor to serve you in this position and we look forward with optimism and enthusiasm. My thanks to the community for their support and my best wishes to you in the new year.

Music, Movement, and Signs (American Sign Language)

Anastasia Island Branch Library January 10th and 17th

By Linda Stoler, MA, CCC-SLP

Come join an intergenerational circle using music, dance/movement and signs (ASL) to enhance mindfulness, focus, attention, memory, balance, and motor planning. Change your brain! Find Joie de Vivre! All ages welcome, birth to 100+, wheelchair access, children must be accompanied by an adult. The sessions are to be held January 10th, from 11:00 to noon and January 17, 4:00 to 5:00 pm. Admission is Free.

I combine music, dance/movement and American Sign Language (ASL) to help children and adults acquire greater language and literacy skills. I have found that those who participate in these intergenerational circles have increased ability to focus, pay attention, remember and retrieve information, find better physical balance and ability to plan motorically. There is a joy, enthusiasm, and positive outlook that is found from the inside with participation in the music, dance/movement and American Sign Language. The brain is definitely changed!

I have created these circles in many different parts of the country for many years and am excited to be doing it now, on the beach in St. Augustine. I have 4 music CDs and am finishing a book.

Linda Stoler is a speech-language pathologist, educator, poet, songwriter and literacy consultant of more than 40 years. She is a speech-language pathologist with national certification with CCC-SLP. For more information see www.willinda.com or www.lindastoler.com or email her at lstorer9@gmail.com.

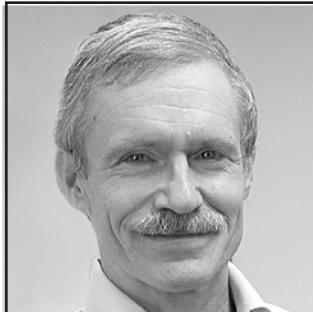


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BALANCE

By Max Royle
St. Augustine Beach City Manager

Being a local elected public official for a small Florida city of less than 10,000 population may seem like an uncomplicated gig. I mean, how much complexity can there be making decisions about the operations of a city that provides only the most basic of services, such as law enforcement, solid waste collection, road and drainage facilities maintenance, code enforcement, and planning and zoning? Say, a city like St. Augustine Beach, with its once-a-month meetings that require a few hours of sitting on cushy, executive-style chairs, "dialoguing" with some of the residents who care to come to the meetings, making motions, saying "yes" or "no" to them, and then moving on to the next topic on the agenda. Why, it sounds like a walk in the proverbial park, n'est-ce pas? Well, not exactly.

That walk in the park is more often like a drunken stumble along a bumpy trail in the dark of night with hidden tree roots, rocks, and potholes always present to trip the unwary. The reason is that the "yes" or "no" votes by the city commissioners are sometimes not the result of a stark choice between right and wrong, good and bad, desirable and not desirable, but are an attempt to reconcile the needs, demands, and wants of individual citizens or groups of citizens with that elusive hard-to-define concept called "the general welfare of the community." This reconciliation is no easy task and isn't for those faint of heart because of one simple fact: elected officials can't make decisions that please all of the citizens all of the time. Such is impossible to do, given the variety of personalities, their backgrounds, likes, dislikes, and expectations in a city, even one as small as St. Augustine Beach. Hence, the title of my little essay here. Decision making by the commissioners is frequently a balancing act. How that balance is determined can be a complex matter, as you'll see here.

So what's the Tight Rope Act du jour for St. Augustine Beach's elected officials? It's to decide a question that on first glance seems simplicity itself: whether to support the selling by St. Johns County of the 6.1 acres of vacant land between the Anastasia shopping plaza and the Whispering Oaks subdivision. The buyer would be Regency Centers, the owner of the shopping plaza. Regency wants to expand the plaza to the north, and the 6.1 acres is the only land available for the expansion.

Before we stumble farther along this path, some background is in order. In the spring of 2005, amid the land development frenzy, St. Johns County decided to purchase the 6.1 acres for \$2.5 million to protect it from development. The county made the purchase with the city agreeing in writing to pay half the cost, or \$1,250,000, starting with \$200,000 on closing, and \$100,000 plus interest each January 1st until the final payment in 2017. Then the county and the city will become joint owners of the property.

Since 2005, the city has been dutifully making the payments, and since 2005, the 6.1 acres, now called Hammock Dunes Park, have been inaccessible to the public, because neither the county nor the city has the money to pay the costs to construct a parking lot and

a walking trail through the property's very hilly terrain.

Here's where we are now: a) Regency has offered to pay the county \$1,200,000 for the land, a price which regency says is above the property's appraised value. I've seen the appraisal, and Regency's statement is correct. b) Regency will give \$300,000 to the city over three years to help pay the costs to build amenities (a parking lot, restrooms, picnic area, etc.) for the public in the park that the city owns on the east side of A1A Beach Boulevard between the Bermuda Run and Sea Colony subdivisions. c) The county will forgive the \$539,010 that the city still owes for its half of the purchase price of the 6.1 acres north of the shopping plaza. This \$539,010 is principal. The city will also save an estimated \$124,000 in interest. d) Regency will have a vegetative buffer between the expanded shopping center and the Whispering Oaks subdivision. Regency proposed that the buffer's width be 40 feet. The city believes the buffer should be wider. e) Regency will build a drainage pond on part of the 6.1 acres. The city has suggested that the drainage could be put underground, as was done for the Castillo Real hotel and will be done for the new Courtyard by Marriott hotel.

In contrast to the proposed development of the 6.1 acres, here are the highlights of their features as a park. The description is in the application that the county's staff prepared in 2006 for a state grant that would have reimbursed the county for most or perhaps all of the \$2.5 million cost to acquire the land. Though the application was well-researched and thorough, it didn't receive enough points to be awarded the grant.

In the application, the staff noted the following about the 6.1 acres: "The Maritime Hammock is unique in this area because it is home to a major dune that rises to 30 feet and shows a great example of the relationships of the plants that thrive within this community." The staff listed the species of plants: sand live oak, yaupon holly, red bay, and saw palmetto. The staff also noted that the wetland areas provide habitat for wading birds and wood storks. Adjacent residents have reported seeing deer on the property, as well as hawks, owls, and other types of birds.

By now, my ever-clever and subtly discerning readers (have I complimented you enough?) will have decided that the balance question facing the city commission is this: Are the 6.1 acres that Regency wants to buy of more value to the city's residents as a park or as an expansion of the shopping plaza? I can hear the arguments now. 1) The city already has enough parkland in or adjacent to its borders: Ron Parker Park, the pier park, Anastasia State Park, and the 11.5 acres the city owns between the Bermuda Run and Sea Colony subdivisions. No, the city can never have enough open, undeveloped land for recreational purposes. 2) The city needs to expand its commercial tax base, as the base now rests too heavily on residential property owners. Also, the expanded shopping center will provide not only additional property tax revenue, but revenue from sales and utility taxes, and franchise fees. No, the bottom line shouldn't rule here. The 6.1 acres left

Paradise is here...



Your Hosts
Lauren & Rich O'Brien



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in their natural state and preserved/protected from development have a value that cannot be measured in mere dollars. 3) Regency's purchase will relieve the city from having to pay hundreds of thousands of dollars in principal and interest to the county between now and 2017. This money, combined with the \$300,000 Regency will pay the city, can be used for projects that will benefit the residents, such as road paving, drainage, and the construction of a parking lot and other amenities on the 11.5-acre park east of the Boulevard. No, the city is hardly poor and can, with careful budgeting over a number of years, afford to pay for the drainage and other projects and to build the amenities in its 11.5-acre park. 4) Of what use/value are the 6.1 acres if they're inaccessible to the public? Neither the city nor the county now has the money to build a parking lot and walking trail though the 6.1 acres. The costs will be high because of the steep hills and deep wetland depressions on the land. Also, there are no grants available at this time to help pay the costs. This doesn't matter, as there's benefit in leaving the 6.1 acres undisturbed for as long as possible as an oasis of open space, trees, and habitat for animals and birds in the midst of all the surrounding development. Besides, as the state's economy improves, grant money will again become available. Though this may take

five, ten, or more years to happen, eventually it will, and the parking lot and walking trail can be constructed so that residents and visitors can enjoy the unique features of the 6.1 acres, which are the last of their kind anywhere in the city and perhaps on Anastasia Island.

Where's the balance to be found among such competing opinions?

At its November 7th meeting, the city commission gave Regency 60-90 days to provide a revised proposal that will address the concerns Regency has learned about from meeting with the residents of the Sea Colony and Whispering Oaks subdivisions. I expect that Regency in early January will tell me its proposal is ready. I'll then ask the commission to schedule a special meeting later in January or in February for Regency to present the proposal. The citizens can then tell the commission which outcome, parkland or shopping center expansion, they perceive will achieve the best balance for the city's short- and long-term well-being. Then the commission can decide what to recommend to the county should be done with the 6.1 acres. That decision could be the most significant one the commission will make since 2001, when it decided that the city should give up its fire department and contract with the county for fire protection services. Hope to see you at the special meeting.

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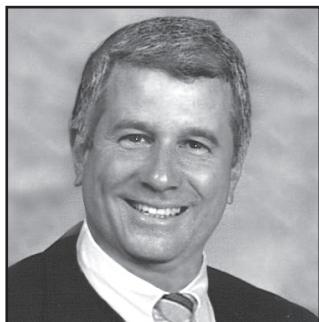
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Spiritually Speaking

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

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

"An Ordinary - What?!"

The focus of this column shifts a bit this new first month of this New Year. If you're into Maya calendars and other such exotica you're probably looking for the end of the world or some such by this coming December. There are not a few of us, however, who have waited for 2012 for a different reason, and not its final month, but this, it's very first day, January 1, 2012.

On this traditional eighth day of Christmas something very new is coming into being in the world of Anglicanism and Catholicism. It is the American Personal Anglican Ordinariate of the See of Peter and the Bishop of Rome, currently Pope Benedict XVI. That's a mouthful, but in simple terms it's referred to as "the Ordinariate". Last year at this time such a new thing came into being in England; now we, her daughter nation the United States, have our own as well.

Just what, you may ask, is an Ordinariate? And why should I care? Good questions, both. Let me answer the second question first.

Religious news as straight news is covered by the secular media with varying degrees of accuracy and completeness. Many folks don't care one way or another what goes on in the world of institutional religion, and the mainstream media often feels a need to either sensationalize or minimize developments in the same, depending upon their particular editorial bias and/or their need for advertising dollars. What we have here is truly a new thing under the sun, and it warrants some attention by thoughtful people of whatever persuasion. And in this case it's something that has a very personal application to yours truly, as you'll see.

Now, time for a definition. The U.S. Anglican-Catholic Ordinariate is a new creature in Roman Catholic canon law that establishes a territorial, nation-spanning diocese of former Anglicans, including Episcopalians and others who derive their spirituality and practice from the Church of England, who will keep much of their Anglican Patrimony but also come into communion with the worldwide Catholic Church. It has its own leader, or "Ordinary", who can be either a

bishop or senior priest, if married, and who sits alongside all the American bishops at national meetings throughout the year as a full member of that body. Oh, yes — married clergy. That will be the norm for the Ordinariate, at least at the beginning. Later priest candidates will be increasingly encouraged to be celibate, but it's anyone's guess as to how general a rule that discipline will become down the line.

And guess what, folks. This is also LOCAL NEWS! As I mentioned earlier, as I former Episcopal priest I have requested from the Vatican — and received — the required letter of permission that enables me to continue in the process to become a retreat Ordinariate member of the clergy, a process that hopefully will reach its intended conclusion, my reordination as an Anglican-Catholic priest sometime early this summer. We currently have a small local fellowship in formation, St. James Anglican mission church, which meets in various locations convenient to its members. We will soon have a permanent arrangement for our meetings, which consist of weekly services of traditional Evensong on late Saturday afternoon. After my ordination we will, Lord willing, begin offering traditional Masses in the style of so-called high church English practice, a hybrid of the Book of Common Prayer and Catholic sources. Catholics attending the "new Masses" who choose to drop in one of our services (quite permissible!) will undoubtedly discover a richness in the liturgy that rivals that of the new Missal translations of the Latin Mass.

OK, out of space! I encourage anyone who wants to learn more about this new development to contact me either at the email address listed above, or call me at 904.806.3037. Putative Mayan prophecies aside, this is a real fulfillment of many decades and even centuries of longing for real unity in the Church which was fractured in the days of Henry VIII. And my personal fortunes in all this is also the fulfillment of a longing of an old Jewish friend and former supervisor from my days at G.W. University — that story will have to await another column!

In the meantime God bless and love you all, Dr. Nick



Financial Focus

Information Provided By
 Edward Jones

What Does Investment Landscape Look Like in 2012?

As an investor, you know that 2011 was a somewhat "choppy" year, with the financial markets going through many ups and downs. So what can you expect in 2012?

As baseball Hall of Famer Yogi Berra is quoted as saying: "It's hard to make predictions — especially about the future." And these words are certainly applicable for anyone who would like an accurate forecast of the investment climate.

Yet we do know of some factors that may affect your portfolio in the months ahead. Here are a few of them:

- Strong business fundamentals

— This past year, all the noise about the debt ceiling debate, the size of the U.S. deficit and the European financial situation tended to drown out some fairly good news: U.S. businesses' balance sheets were strong for the most part, borrowing costs remained low, and corporate profits were good — and corporate profitability remains a key driver of stock prices. Heading into 2012, these fundamentals continue to look positive, which may bode well for investors.

- Europe's debt crisis —

Greece's economic problems made a lot of news in 2011, but they weren't the end of the story in Europe, as major financial difficulties also face Italy, Spain, Portugal and Ireland. It's by no means clear how these problems will be resolved, so don't be surprised to see them lead to intermittent, if short-lived, shocks to the markets.

- Election-year patterns —

As you're well aware, we're voting for president in 2012. But you might be surprised to learn that the S&P 500 index has shown negative returns in only three

of the last 21 presidential election years. Coincidence? No one can say for sure — and at this point, no one can say if this pattern of positive returns will continue during this election year. Still, it's an interesting phenomenon.

So there you have it: the good, the bad and the quirky. Take them all together, and you still may not be able to foresee what will happen with the markets this year, but you'll have a lot to think about. But instead of trying to predict what will happen in 2012, you may be better off following these tried-and-true investment strategies:

- Diversify your holdings.

By spreading your money among a wide range of investments, you can reduce the effects of volatility on your portfolio. Keep in mind, though, that diversification, by itself, can't guarantee profits or protect against loss.

- Don't ignore your risk tolerance.

If you worry excessively about market fluctuations, you may have too much risk in your portfolio, which means you may need to make some changes.

- Always look at the "big picture."

Financial markets will always fluctuate. But if you can keep your focus on your long-term objectives, and make decisions accordingly, you can avoid overreacting to short-term events.

Like other years, 2012 will bring with it periods of both turbulence and smooth sailing. But by making the right investment moves, you can still chart a course that can allow you to move ever closer to your future goals.

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



Has the gall to think a financial advisor should talk with her, not at her.



Connie Reep
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St. Augustine Beaches Beautification Advisory Committee

Ann Palmquist, Committee Member
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2012 - Make a Little History

Salutations and good wishes for a prosperous New Year. The New Year, full of promise, resembles a clean slate waiting to be written on. A succinct appraisal of 2011 confirms your Beaches Beautification Advisory Committee (BAC) faced and met numerous challenges and worked to make this community an exceptional place we call home. Making a little history is what we do, having fun is how we do it. Three challenges, born in 2011, included promoting Art In Public Places, supporting Florida Friendly Yards practices (FFY), and protecting our valuable resources - Trees! A forth challenge saved for last, needs you help, so keep reading.

Supporting the Arts was realized in June with the formal opening of the Sculpture Garden at Lakeside Park and again in September with the first of four free afternoon concerts held on the shores of Lake Anhinga. Thanks and appreciation go to Thomas Glover W. and Marianne Lerbs, Sculpture Garden Founders for their generosity of the sculptures and creative vision. Continuing this auspicious successful example into 2012 will be riveting to watch. The newly reappointed members of the BAC is proud of the supportive role it played in this venture.

Promoting Florida Friendly Yards (FFY) practices redefines the expression - survival of the fittest. Along with the island's sandy soil; salty sea breezes to mist your plants; water restrictions; and the lovely but tender tropical plants best moved, inside before the first frost. The FFY principles address flora and fauna issues because they know Dorothy was right, "this definably is not Kansas." As a Florida gardener you are an indomitable, determined, individual who finds dirt therapy beneficial however island gardening is not for the faint of heart.

In order to provide focus by example, your BAC and the newest committee member, Nana Royer, are engaged in efforts to start the City's first Community Garden. The City Commission approved the location, A Street and 2nd Avenue Plaza, so in concept this challenge is underway. In order to move from concept to kitchen table a lot of planning, sweat equity, and vision is needed. Green thumbs, wan-a-bee's, and folk who want to grow something - form the ground - (pardon the pun) are invited to contribute their: time, talents, ideas, and funding (\$\$). Organizational meetings will be in January so stay tuned or watch for the soon-to-be web site. When asked for his support Frank Charles said he was very at fundraising and would be willing to help this valuable endeavor. It is hoped his support and funding will materialize but don't wait to step up and help. Offering naming

rights associated with your contributions is one idea and there is the possibility of growing the best tasting tomatoes ever! Stay tuned for breaking news and let's grow something tasty in 2012. Check out www.Citysprouts.com and see what is possible with this salubrious project.

Recognizing the impact of the City's valuable treasure, her Trees includes understanding the economic impact of trees: increased property value; environmental impact; air quality; wildlife and bird habitat; control soil erosion; and summers cooling shade. Congratulations to Max Royle and Melissa Burns, Finance Director, for shepherding the paperwork needed so once again the City of St. Augustine Beach will receive the 2012 Tree City Award. Nice going Melissa and Max. Requirements include the Cities commitment to devote two dollars per citizen to maintain and/or acquire trees. Arbor Day Celebrations supports the idea it is fun to learn, and introduced Learning Stations. Each Station hosted by BAC members or volunteers from the Master Gardeners, Garden Clubs, the Native Plant Society, the US Forest Service, and our own Chuck Lippie Certified Arborist provided fun and facts. The new Tree Ordinance in place promises 2012 will be a good year for trees, BAC hopes so.

The New Year offers an additional challenge, St. Augustine's 450th Birthday commemorations and the far reaching impact. What role or contribution does the City of St. Augustine Beach plan to contribution as part of these celebrations? Our city a young 53 years still a youngster in years, enjoys the notoriety and proximity of living next to an esteemed Grande Dame of advanced years. History can be finicky and an obtuse link of "tiny shells" the Spanish called coquina, were quarried from deposits on Anastasia Island and used as building blocks to construct the Castillo de San Marcos. Fast forward and discover the strategic role played by the Light House (current structure 1874.) documented in diary entries and the Keepers' log records write indispensable chapters in Maritime History. Continue along our shared timeline of the Civil Rights Movement and discover photographs, news paper stories, arrest records, and documents recounting the public - swim-in's - at the beach. History more recent feels like it is still warm.

The City of St. Augustine Beach used a Chautauqua format to commemorate the City's 50th birthday and was an example of 'History, done right.' Presentations by noted historians, oral histories, memories flavor from people who had been there, done that added flavor. Stories told how the Island and



St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

Re-organization

Led Policing. This is a very difficult task in a county as large as ours and given that fact our office is solely responsible for all areas outside the Cities of St. Augustine and St. Augustine Beach which have their own police departments. Our plan has reduced the size of the geographical areas for which assigned deputies, sergeants and lieutenants are responsible and created a new streamlined command staff to lead them.

The county has been divided into two regions each overseen by a Regional Chief. Each region has two districts commanded by a District Commander. The District Commander could be comparable to a local police chief for the district in which you reside. The four districts have separated the county in the Northeast, Northwest, Southeast, and the Southwest.

There will be a fifth district known as Central designed to perform the myriad of additional duties that are critical to public safety such as Investigations, Communications, the SWAT team, Marine and Air Units and other necessary specialized support services for the districts and the two regions.

It is my firm belief and desire that this plan will give you the opportunity to participate in the safety of your local area as you get to know patrol deputies, sergeants and lieutenants in your neighborhood and most likely your district commander who will be actively involved in the local St. Johns County community where you live. This will be community policing at its best enhanced by the latest technology and best law enforcement support systems available today.

As always I thank you for your support of the SJSO and welcome your comments and suggestions. My email address is dshoar@sjsos.org.

then the City evolved, how decisions made had lasting contributions, and some enrich this community and this community became a wonderful place to call home.

"The Mission for 2012, should you choose to except it," is far from impossible. You are invited to share suggestions, ideas, energy, and decide what role, or contribution this island and/or the City of St. Augustine

Beach will play. Perhaps planting a 'historic garden,' or work of Art with memory and hope for the past and to celebrate the future, or a map showing location of trees with memories of all 164,250 days and more. Historical events constitute the very 'bones marrow of City of St. Augustine Beach, the most beautiful city by the sea, and you are invited you to make a little history in 2012.



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Happy New Year!



St. Augustine Beach Health Focus

By Gerald Townsend, M.D.
Townsend Clinic
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Acute Bronchitis

It's that time of the year again: holiday cheer, families traveling and gathering, cool breezes, and cough, cough, hock! The sounds of various respiratory illnesses in the community are heard loud and clear.

One common ailment is Acute Bronchitis.

This annoying infirmity is most commonly produced by the same viruses that cause the common cold. Much less often acute bronchitis is caused by bacteria. Only rarely is acute bronchitis caused by a fungus.

The viruses invade the lining of the bronchial tree. When the bronchial tree becomes damaged by the invading viruses, the normally smooth lining swells and makes thick fluid called mucous. The mucous is made while our bodies fight off the viruses and begin to heal the damaged bronchial tubes.

Now it becomes hard to breath and we start to cough. Sometimes it's a dry cough but at other times we can really seem to bring up lots of mucous (like some of my famous younger patients say: "gobs of goobers!").

Whatever you like to call it, that same mucous and swelling can cause wheezing (that whistling sound when you breathe) and occasionally, truly disturbing symptoms of respiratory distress may occur.

These viruses that cause acute bronchitis are spread by coughing (the virus is sprayed into the air and we may breathe in the virus). Or, while coughing, the virus may land on the infected person's hand. We may touch a hand coated in



virus, then touch our face, nose, eyes and allow the virus to enter our respiratory tract.

Most often, acute bronchitis will go away on its own after a few days or a week. The usual rules of home treatment still apply: rest, drink plenty of non-caffeinated drinks (water and fruit juices). Sometimes it's a good idea to increase the humidity in our room even more with a cool water vaporizer.

Remember, because acute bronchitis is usually caused by a virus, antibiotics (drugs to kill bacteria) often do not help. Even with "gobs" of discolored "goobers."

Doctors may treat the symptoms of acute bronchitis with various medications to open and clear out the thick mucous. These may be in the form of inhalers or pills or liquids. Your doctor will help decide if this treatment is correct for you.

The cough from an acute bronchitis may last for several weeks or even months. This occurs if the bronchial tree is taking a long time to heal. Remember, however, a cough that won't go away may be a sign of another problem, for example pneumonia or asthma.

Prevention Is Key

The best way to keep from getting acute bronchitis is to wash your hands often to get rid of any viruses.

If you smoke, the best defense against acute bronchitis is to quit. The damage to the bronchial tubes from smoking allows viruses to enter more easily and cause infection. The damage from smoking also slows healing, keeping you ill longer.

So, let's enjoy the season, and, remember to wash our hands!



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SJR State Holds Nursing Pinning Ceremony

St. Johns River State College recently held a pinning ceremony to recognize the Associate in Science in Nursing students. The pinning ceremony symbolizes the "rite of passage into the nursing profession," said Anna Lebesch, Ed.D., SJR State's vice president for workforce development. The pin is a reminder to the 16 graduates of their purpose to serve the sick and infirmed.

Lebesch describes the pinning and lighting ceremony as the symbol of the care and devotion nurses provide. The ceremony is also a continued tradition of Florence Nightingale's extended honor to her most outstanding nurses.

In addition to the ceremony, students were recognized for special achievements throughout their two-year program. Special recognition went to St. Johns County resident Sarah Von Kieckebusch for the Academic Excellence Award, and Duval County resident Vanessa Denmark received the Florence Nightingale Award.

Students were pinned by family members. The recipient of the Florence Nightingale Award lit a single lamp and began the Florence Nightingale Pledge with all graduates joining in. This tradition serves as an icon in nursing from Nightingale, who is known as the founder of modern-day nursing. In the 1800s, Nightingale was known as the "lady with the lamp," tending to the sick while carrying a lamp to light the way.

SJR State's nursing program is offered in Palatka and Orange Park. Applications for the summer 2012 nursing class on the Orange Park campus will be accepted February 1-28. Specific prerequisites and requirements apply and must be completed prior to the first day of the application period.

Clay County: Morgan Meyer, Latarsha Moore, Naomi Roberts, Heather Stokes, Crystal Thompson, Kimberly Van Soest and Karen Watkins.

St. Johns County: Ellie Crocker, Amy Doyle, Diana Falise, Jessica Frick, Donna Riggs, Crystal Steele and Sarah Von Kieckebusch.

Putnam County: Sarah Snyder.

Duval County: Vanessa Denmark.

Students from the SJR State nursing program were recognized for special achievements throughout their two-year program. St. Johns County resident Sarah Von Kieckebusch received the Academic Excellence Award, and Duval County resident Vanessa Denmark received the Florence Nightingale Award.

Nursing group photo: Front Row, L-R: Heather Stokes, Sarah Snyder, Kimberly Van Soest, Amy Doyle and Crystal Thompson. Back Row, L-R: Vanessa Denmark, Naomi Roberts, Ellie Crocker, Karen Watkins, Latarsha Moore, Donna Riggs, Jessica Frick, Morgan Meyer and Crystal Steele. Not Pictured: Sarah Von Kieckebusch and Diana Falise.

SJR State offers additional health programs such as respiratory care, nursing assistant, health information management and radiologic technology. For more information on degree and certificate programs in the health field, call (386) 312-4176.





Beaches Bistro

By Paolo Pece, Cafe Atlantico
paolopec@bellsouth.net

Chicken with Prosciutto and Green Olives

- 1 tablespoon arrowroot
- Italian parsley leaves
- 1. For the garnish, cut the tortillas into halves or quarters and cut the rounded edges into a decorative pattern. Deep-fry in oil until golden brown. Drain on paper towels and set aside.
- 2. Blanch the onions in boiling water in a saucepan for 2 minutes; drain and cool. Peel and trim the ends, leaving enough of the root ends to hold the onions intact; set aside.
- 3. Cut the prosciutto into 1/4-inch pieces. Sauté in a skillet until golden brown. Drain on paper towels and set aside.

4. Rinse the chicken well. Poach in the chicken stock in a wide saucepan for 10 to 12 minutes or just until cooked through. Remove the chicken from the stock and cover with a tent of foil to keep warm.

5. Add the onions, prosciutto, chili and olives to the stock. Cook over medium heat just until the onions are tender. Blend the arrowroot with a small amount of water. Stir into the sauce. Cook until slightly thickened, stirring constantly.

6. Cut the chicken into 1/4 inch slices, and add to sauce. Cook until heated through. Stir in the parsley, spoon into serving plates. Garnish with the tortillas and serve immediately.

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New Year's Resolution: Examine Your Insurance Coverage

By Jane Tucker, First Florida Insurance

It's the year 2012 and time to get all your personal and business affairs in order. Have there been changes in your life during the past 12 months that may warrant a change in your insurance coverage?

Health Insurance - Is there a new addition to the family? The birth of a baby or a new dependent that will need coverage? If you're thinking about switching plans this year, now is the time to start researching different insurance companies. If you have recently married or divorced, you may need to add or remove your spouse from coverage, or acquire coverage in the event your former spouse has discontinued your coverage.

January is also a good time to open a Health Savings Account to save pre-tax money on insurance co-payments and out-of-pocket expenses.

Auto Insurance - If you have a new teenage driver in your household, check with your agent about auto insurance discounts for students with good grades and a good driving record. Your Insurance agent can give you some basic tips on how to get the best deal and save money.

Auto Insurance companies base some discounts on the less miles you drive each year. If you've recently entered retirement, ask about changing your level of coverage, which may translate into discounts on insurance premiums.

Also, if you're thinking about changing cars, check with your insurance agent

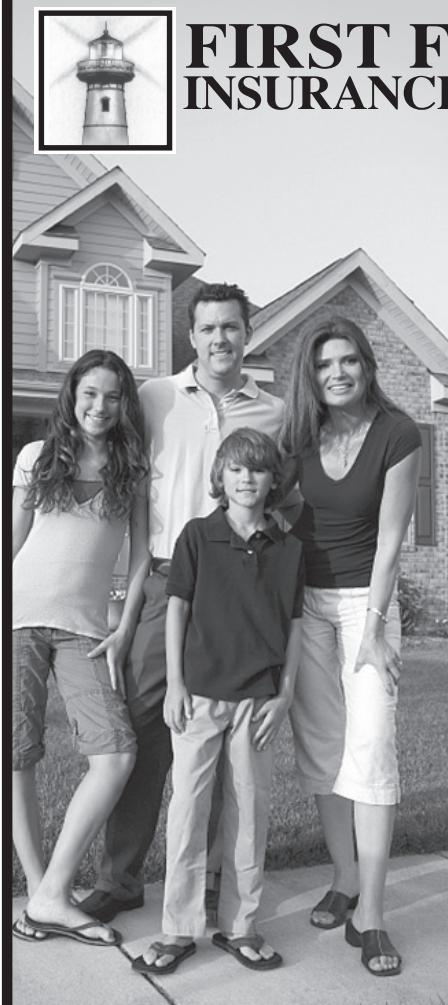
about types of autos that may effect your premium rates. High performance sports cars cost more to insure because they are involved in more accidents, and they cost more to repair. Check to see if the car model you're shopping for is more likely to be stolen. Certain models carry stiff insurance costs.

Life Insurance - As changes occur in your lifestyle, it may be prudent to make necessary changes to your life insurance policy. Purchase of a new home, new car, or a new addition to the family means your responsibilities will increase. Your life insurance may need to increase as well.

Does your employer provide free life insurance? Or, have you recently left an employer that offered it? Depending on your situation, you may want to consider obtaining new coverage or letting your current life insurance lapse, if your job offers the benefits you need.

Another good New Year's resolution is to locate your insurance policies and share their location with a trusted family member. Easily finding these vital documents will be a relief when needed.

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



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"Muscle Myths"

By Rob Stanborough
PT, DPT, MHSc, MTC, CMTPT, FAAOMPT
First Coast Rehabilitation
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This time of year usually dictates addressing New Year's resolutions for commitment to diet change, exercise and a healthier life style. Like me, I'm sure most realize when the pants are getting a little tight and breathing becomes a little more difficult after chasing a child, dog or postman. I interpret such signs as telling me it's time to get back on the bandwagon.

Instead I thought I'd attempt to dispel muscle and exercise myths I often hear in the clinic.

1. No pain – No gain

False: It is true you might feel fatigue and even a little 'burn' in the muscle if you are lifting heavy weights or doing high repetitions, but any discomfort should go away afterwards. If you feel soreness 1-2 days after your work-out that is normal – called DOMS (delayed onset muscle soreness). The best thing to do for DOMS is to repeat your workout with a slight intensity reduction. Muscle and tissues respond to forces placed on our bodies. Too much force can cause damage and pain. Appropriate forces cause the tissues to build and become stronger.

2. I'm too old and/or too out of shape to start exercising

False: As long as you are medically stable you can benefit from exercise and even build muscle – but start slow. Exercising with light weights performing high repetitions (30-50) is usually prescribed for endurance. Exercising with high weights, performing low repetitions (5-7) is usually prescribed for increasing strength. Exercising with moderate weights (those you can lift 10-15 times) is usually prescribed for tone, endurance and moderate strengthening.

3. If I work-out I'll get bulky and muscle bound

False: Rarely is this a male complaint. I can't promise the men they will 'buff up' but I can say with reasonable certainty it won't happen to the women unless 'supplements' are taken. In either case, resistance training will produce results of increased tone and moderate muscle mass,

depending on the type of routine. As your body changes it may indirectly lead to a new wardrobe.

4. I can't work-out. I have osteoporosis

False: The fact is weight-bearing and resistance exercises such as walking and resistance training are ideal for osteoporosis. I've helped a number of women develop training programs who have seen their bone density scan improve or at least remain constant. The key is to start slowly.

5. I tried before. It never sticks

False: Although success rests solely on the individual there are things that can help. First find an activity you enjoy. Find someone who knows something about exercise and who will listen to you not someone who gets in your face like on The Biggest Loser. Try to make your exercise routine social. Most of us prefer not to eat alone, go to the movies alone, or even work alone. Why do we think we must exercise alone? There is strength in numbers. Lastly, start but start slowly. Reward yourself for your success ("I exercised twice this week. I'm doing great!). And, don't beat yourself up if you miss or skip – just jump back on at the next opportunity.

Although space limits the number of myths I can address, these are the ones I most commonly hear. It should go without saying, if you plan to start or modify an exercise routine, consult your physician or physical therapist. They can provide direction and even act as your advocate, adding to the likelihood of success. Happy Holidays!

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's certified in manual therapy and a Fellow of the American Academy of Orthopaedic Manual

Therapists. Read previous columns posted on www.firstcoastrehab.com.



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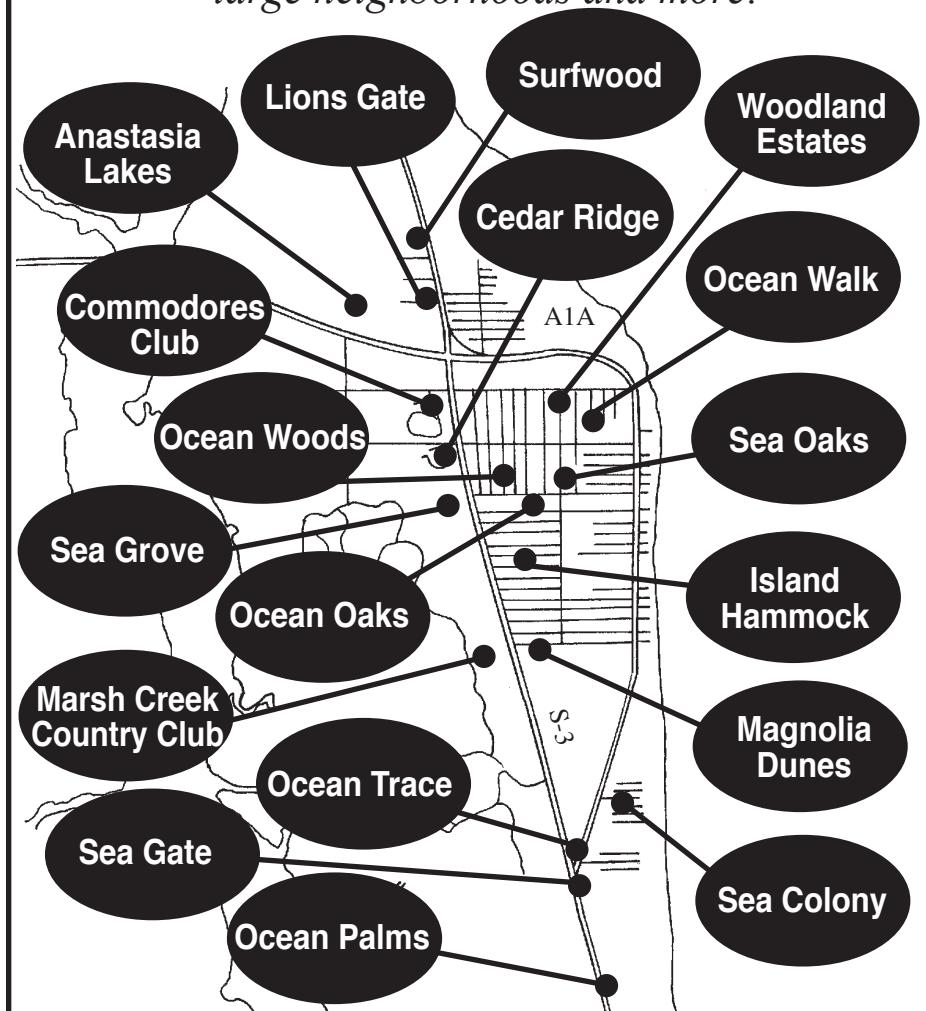
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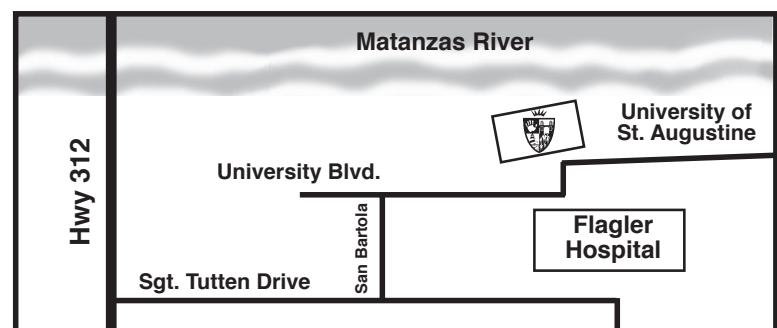
Happy Holidays



Running evaluation by Steve Vighetti

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