



St. Augustine Beaches

News Journal

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

2012 Beach Blast Off



2012 Started out with a bang at the 6th Annual New Year's Eve Beach Blast Off. This year was the largest and most successful event in its history. The Annual event welcomed over 15k visitors to the St. Johns County Pier Park. The crowd enjoyed 5 local talented groups appearing on the newly completed event stage. Other activities included a Chili Cook Off contest with seven local restaurants competing. (continued on page 3)

Rotarians Bus is Bright Futures for Boys & Girls Club

Through the collective efforts of several Rotary Clubs, St. Augustine's youth received a very prominent gift this holiday season: a new bus. When local Rotarians learned that THE PLAYERS Championship Boys & Girls Club (BGC) of St. Augustine's current bus was in disrepair, they rallied together to raise over \$30,000 for the cause. The new vehicle will provide safe, dependable transportation for over 70 children from their respective schools to the Club on a daily basis. Sixty percent of the BGC members depend on bus transportation provided by the Club. "This generous donation is a testament to how committed Rotary members are to putting their mission into action: serving others above self," stated Richard Hardy, Board Chair. THE PLAYERS Championship Boys & Girls Club, located at 555 West King Street, opened its doors to children in August 2010. The Club was the sight of a recent bus dedication ceremony to honor the joint efforts of Rotary Clubs of Coastal St. Johns, Sunrise, St. Augustine and Rotary District 6970.



THE PLAYERS Championship Boys & Girls Club helps to serve the 87% of St. Johns County's six-to-eighteen year old population that qualifies for free or reduced school lunch by providing after-school programs. According to the U.S. Department of Education and Justice, at risk students who attend quality after-school programs demonstrate better academic performance, more positive behavior and better school attendance than those who do not. They also develop greater expectations for the future. Boys & Girls Clubs of Northeast (continued page 2)

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City Hall Update

Following the swearing in of Commissioners S. Gary Snodgrass and Rich O'Brien as Mayor and Vice Mayor, respectively, for 2012, the St. Augustine Beach City Commission took the following actions at its January 9, 2012 meeting:

1. Heard a report by Mr. Andy Ames, county engineer, about the upcoming beach restoration project. It will begin in March 2012 and will be completed in six months. 2.1 million cubic yards on sand will be put on the beach from the south end of the state park to A Street. The cost will be \$15 million.

2. Heard a report by Mr. Joe Stephenson, county public works director, on the installation of a pedestrian safety signal at the Pope Road/A1A Beach Boulevard intersection. The erection of the signal will be delayed until after the beach restoration project because the dredging

contractor will use the east end of Pope Road as a staging area. To avoid accidents, only one project at a time will be done in the area. As the beach restoration project will begin first, the pedestrian signal project must be done later.

3. Heard a report from Mr. Matt Lahti of the consulting firm, Zev Cohen, about the pier park lighting retrofit project. Obsolete, energy inefficient lighting will be replaced by 38 modern lighting fixtures and eight solar-powered lights. The Commission approved the awarding of the contract to Heath



Electric Company of St. Augustine. Heath was one of six companies which bid on the project. It submitted the lowest bid: \$209,804. A federal economic stimulus contract will pay for the project. The grant requires that the project be completed by April 30, 2012. (continued on page 3)

What's Inside The News Journal This Month

- **City Manager: Oddities**
- **Financial Focus: Delay in Investing Could Prove Costly**
- **Health Focus: Pneumococcal Pneumonia**
- **Spiritually Speaking: Politics & Spiritual Sloth**
- **Ann Palmquist: Unconventional Love**
- **Sheriff's Corner: Aggressive Dogs**
- **Who Pays for Long Term Care?**

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St. Augustine Beaches News Journal

St. Augustine Beaches News Journal

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City of St. Augustine Beach

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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@srctc.com.

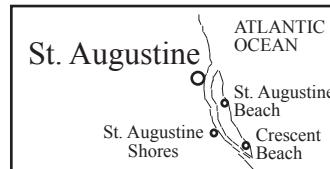
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All ads submitted for publication in the Beaches News Journal should be received by the 15th of the month in order to appear in the following month's issue.

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

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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.



News From Around St. Johns County

SJR State Taking Applications for Radiologic Technology & Nursing Programs

St. Johns River State College will accept applications for the Radiologic Technology program from February through May 15, 2012. Classes will begin in August and are based on the St. Augustine campus with selected clinical education courses scheduled in health care facilities within the regional area.

Upon successful completion of the degree requirements, qualified students will be eligible to apply to take the national certification examination for radiology administered by the American Registry of Radiologic Technologists as well as the certification examination administered by the State of Florida.

Admission requirements and prerequisites apply. All prerequisite courses must be completed by the end of the Spring 2012 term. Visit the Web site for more information at SJRstate.edu or call (904) 808-7465.

Photo: SJR State graduate Bridgit Duda shows the latest technology at St. Johns River State College. The Radiologic Technology program added a Fluoroscopy C-arm (the latest technology in vascular imaging) to its curriculum. Applications for the program's fall term will be accepted February to May 15.

The nursing department at St. Johns River State College will accept applications from February 1 through February 28 for its Summer 2012 nursing class on the Orange Park campus. Classes will begin in May.

SJR State's Associate in Science in Nursing program is a limited access program which prepares students for a career as registered nurses and is approved by the Florida Board of Nursing. The program consists of 76 credit hours of general education, nursing-related and nursing core courses which may articulate into a baccalaureate degree in nursing. Graduates are eligible to apply to take the National Council Licensure Examination for Registered Nurses (NCLEX-RN).

Specific prerequisites and requirements apply and must be completed before the first day of the application period. Core courses will be offered on the Orange Park campus with selected clinical experiences in health care facilities within and around the College's tri-county service area. For more information, contact SJR State's nursing department at (904) 276-6863 or (386) 312-4176.

Photo: Elizabeth Hayes and Felix Soleh (graduates) perfect their nursing skills using the SJR State nursing program's state-of-the-art simulator. Applications for the Orange Park campus summer class are now being accepted.

Florida Master Naturalist Program

The University of Florida Institute of Food and Agricultural Sciences Florida Master Naturalist Program Environmental Interpretation Special Topics Course sponsored by Duval County Extension and St. Johns County Recreation and Parks will be offered February 14, 17, and 21. The course is a series of three 8 hour workshops that present the fundamental principles of interpretation through classroom presentations and practical exercises. The course is open to everyone;

environmental professionals, educators, and citizens who just want to learn more about conservation. You do not need to be a graduate of a Florida Master Naturalist core module to participate. Registration closes February 7th.

Course schedule and locations are:
February 14, Interpretive Displays at Fort Mose Historic State Park, St. Augustine

February 17, Guided Tours at Washington Oaks Gardens State Park, 6400 Ocean Shore Blvd., Palm Coast

February 21, Presentations at Trout Creek Park, Orangedale

Course instructors are Brad Burbaugh, Beverly Fleming, Lauren Swanson, and Carol Wyninger. Course fee \$150. Student requirements include attendance, participation, and enthusiasm! Advance registration is required. For registration and program information contact the web site www.masternaturalist.org. For further questions contact Carol Wyninger at (904) 220-0232, wyninger@comcast.net; or Brad Burbaugh at (904) 387-8850, burbaugh@coj.net.



Rotarians Bus for Boys & Girls Club

(continued from page 1)

Florida offers time-tested and nationally recognized programs and activities in five distinct areas: character and leadership, education and careers, health and life skills, the arts, sports, fitness and recreation.

The St. Augustine Unit is a branch of Boys & Girls Clubs of Northeast Florida (BGCNF) and is an affiliate of the Boys & Girls Clubs of America. BGCNF has played an integral role in Northeast Florida for 45 years,

providing daily after-school programs to nearly 1,500 young people at 14 facilities in Duval, Nassau, and St. Johns County. The future is bright for children at the Boys & Girls Clubs. Picture is several Club kids, staff, Board Members and Rotarians.

For further information regarding The Boys & Girls Club please contact Jennifer Tesori, St. Augustine's Community Liaison at (904) 669-0107 or email jstesori@gmail.com.



PACT Prevention Coalition New Coordinator- LeAnn Daddario

PACT Prevention Coalition of St. Johns County, a non profit organization, is proud to announce the recent appointment of LeAnn Daddario as Coalition Coordinator. LeAnn brings years of prior non profit experience which includes areas of specialty in development, marketing and management. "We are very excited to have LeAnn as part of the team and we look forward to her having a positive impact on our community through her leadership," says Colonel Art May who is with the St. Johns County Sheriff's Office and the Chairman of the PACT Coalition board.

"I am delighted to work with the coalition members and the community to educate our youth and families in St. Johns County," says Daddario. Daddario earned her MBA from the University of North Florida and a BA in Political Science. She has resided with her family in St. Johns County since 2003.

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



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News From Around St. Augustine Beach

City Hall Update

(continue from page 1)

4. Approved the continuation for five years of two conditional use permits for the Oasis Restaurant on A1A South. One permit allows for the sale of beer outside a t-shirt shack; the other allows the outside serving of food and beverages on a deck.

5. Approved a conditional use permit for three years for the outside serving of food and beverages at the Ripe Bistro, a new restaurant which will be located in the south section of the Anastasia shopping plaza adjacent to the Panache beauty salon.

6. Approved on final reading an ordinance to regulate parking on 5th Street east of A1A Beach Boulevard.

7. Approved a contract with St. Augustine Animal Service and Trapping for the removal of feral chickens.

8. Approved the award of the bid from AWA Contracting of Jacksonville to construct the entry road and temporary parking lot in the City's Ocean Hammock Park, which is on the east side of A1A Beach Boulevard between the Bermuda Run and Sea Colony subdivisions. The project will cost \$49,500 and will be completed within 90 days from the date when the notice to proceed is issued to the contractor.

9. Approved two budget resolutions, one to appropriate \$2,000 for the removal of feral chickens; the other to appropriate \$20,000 to purchase computer hardware and software for the police department. The money for the latter comes from the County Communication Surcharge, which can be used only for law enforcement communication devices such as radios and laptop computers.

10. Took no action on a request by a local activist, Mr. Ed Slavin, for the city to pass a resolution to support the creation of the St. Augustine National Historical Park, Seashore and Coastal Parkway.

11. Approved Mayor Snodgrass's request that the city engage a facilitator, Ms. Marilyn Crotty of the Florida Institute of Government at the University of Central Florida, to assist the city with the development of a strategic plan for a cost not to exceed \$3,000. Ms. Crotty will likely hold a one-day workshop sometime in April with the city commission and city staff to develop the plan.

12. Discussed with representatives from the St. Johns Cultural Council and the newly formed Art Studio Group the fate of the former building department office adjacent to the former city hall on the south side of the pier park. The lease that the Cultural Council has with the city includes the former building department office. However, the Council has determined that it has no use or need for the smaller building because of its dilapidated condition. The city is concerned that the building is structural unsound and may be a danger to the public. The outcome of the discussion is that Cultural Council may ask the commission to remove the smaller building from the lease. The Art Studio Group could then have the building inspected by a structural engineer and on the basis of that inspection develop a plan for rehabilitation of the former building department office. The Group says the building has historical significance and could be used as a ceramics studio.

The city commission's next regular meeting will be held on Monday, February 6, 2012 at 7:00 p.m. in the city hall at 2200 A1A South. The public is invited 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. Max Royle, City Manager, City of St. Augustine Beach, 2200 A1A South, St. Augustine Beach, FL 32080, 904-471-2122

2012 Beach Blast Off

(continue from page 1)



The results from the cook off: Judges Choice: 1st place Sunset Grille, 2nd Cabo Taco & 3rd South Beach Grill. People's Choice: 1st South Beach Grill, 2nd Sunset Grille & 3rd Paula's Beachside Grille. Best Decorated Booth: Cabo Taco.

Visitors from near and far were able to cool their taste buds with ice cold Budweiser, sparkling champagne and wine in the "Chill Zone" while watching David Bearl from FCTC create his ice carving masterpieces.

Over forty five food and street vendors served up a variety of foods from funnel cakes to jambalaya. Clowns, face painting, pony & carousel rides and a HUGE inflatable Kids Zone added to the excitement of this family oriented event.

Event goers rested and digested in the large "Comfort Zone" watching football on 72" flat screen TV's donated for the event by Aarons Rent to Own. Once rested and relaxed event goers tried their luck at the

"Dunkin Donuts" Dunk Tank hoping to dunk local personalities: Wil Smith, Maxine McChesney, Rob West & Brad Brown... Who all were great sports!

Old Town Trolley's provided transportation along A1A Beach Blvd and free buses shuttled event goers from 6 remote parking locations on the Island. The highlight of the evening was the spectacular TDC funded "Fireworks Display" considered by most as the best in Northeast Florida. Folks along the coast were also able to watch and listen to the WYRE radio station live simulcast of the synchronized music to the Fireworks.

This event is a year long undertaking by the Beach Blast Off Committee with all proceeds from the event going back into the community. Projects such as Splash Park at The Pier & pavilions, the "Welcome to St. Augustine Beach" signs and the Veteran's Memorial at Lakeside Park. All have benefited from this event. This year's event netted approximately \$38k with proceeds going toward revitalization & expansion of the very popular and well used Splash Park at The Pier.

Special thanks to all of the Executive Committee: Jennifer Sauvage, Chair, Steve Cupolo, Co-Chair, Ken Gatchell, Dan Carignan, Rob Dowling, Rick McChesney & Robert Samuels.

Advisory Committee: Max Royle, Marc Chattin, Melissa Burns, Lori Mullinax, Chief Richard Hedges, Asst. Chief Dan DeCoursey & Wil Smith. Coordinators: Beth Neyhart, Sam Barresi, Charlene Gatchell & Jake Sauvage.

Outstanding and very special thanks to Ken Gatchell & the SAB Public Works Dept. SAB Police Dept & SJC Police & Mobile Command and all of our wonderful volunteers! This event is brought to you by: City of St. Augustine Beach, Tourist Development Council, St. Johns County & St. Johns County Chamber of Commerce. Next year's planning is already in the works!



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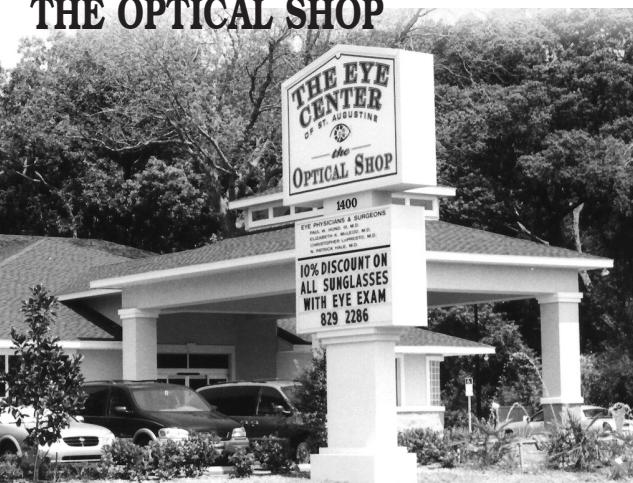
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the St. Johns County School District. If you are interested in opening the world of reading to young learners, call RSVP of St. Johns County at 904-547-3945 or email freemac@stjohns.k12.fl.us.



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With Sam Pacetti</p> <p>FEB 5- Second City Touring Company</p> <p>FEB 9- They Might Be Giants
With Jonathan Coulton</p> <p>FEB 14- The Robert Cray Band</p> | <p>With Willie Green</p> <p>FEB 17- Patrizio Buanne</p> <p>FEB 18- Brandi Carlile</p> <p>FEB 19- Shemekia Copeland
With Toots Lorraine and the Traffic</p> <p>FEB 22- Saw Doctors</p> <p>FEB 25- Pablo Cruise</p> <p>FEB 29- Dark Star Orchestra</p> |
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St. Augustine Beach Civic Association

By Robert Samuels, President
St. Augustine Beach Civic Association

www.thecivicasociation.com

Happy Valentine's Day! And because Valentine's Day falls on a Tuesday this month, the Civic Association meeting will be scheduled for Monday February 13 at 7:00pm at City Hall. Our featured speaker this month will be from The Art Studio Group, Inc. who will be discussing the long awaited venue for the arts at St. Augustine Beach. Renovation of their space in the Cultural Council building is nearing completion. It will be available for art classes, sessions, workshops, lectures, visiting artists, art shows, children's art camps and classes as well as a place for artists to meet for critiques and the sharing of ideas. Also appearing at our meeting will be one of Anastasia Island's original settlers, Jessie Fish authentically portrayed by beach resident John Stavely. This is sure to be an interesting and entertaining meeting. As always, the public is invited and refreshments will be served. Membership renewals for 2012 will be taking place. More information is available at www.TheCivicAssociation.org

We would like to thank Heather Neville of Velofest for presenting at last month's meeting. The two day event on April 13&14 should raise awareness about cars and bicycles sharing the roads. For more information about the event please visit www.velofest.org. Thanks also to Robert Gill for bringing Mr. Henry Flagler to life at the meeting. Mr. Gill has most recently been performing at the Raintree Restaurant as Mark Twain. His last dinner show will be on January 27.

The Civic Association is happy to introduce two new Participating Merchants. Brand new, just opened Maui Grill brings you a Taste of Aloha! Chef Don Locklin creates tasty Pacific Rim fare with use of his Maui Sauce, sweet 'n spicy, in which he grills meats and seafood. You will also find Maui Salsa, changing up the Soft Fish Tacos and Maui Mahi. Maui Grill is open Monday-Friday for lunch and dinner in the location formerly Old City Grill in the Staples Plaza, 1968 US 1 South at SR 312. Come by for a Taste of Aloha and enjoy a 10% discount- and check out our menu (new items being added daily) at www.mauidogz.com. Dine in or take out! Fly-bys will be introduced soon - stay tuned! 904-599-6391.

Civic Association members will get a 25% discount on all services



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offered at Jetway Parking DBA Park EZ Fly Jacksonville thanks to member Bill Genovese speaking with owner Shaun Nicholson. Bill parked at the airport lot and took their shuttle to JaxPort for his cruise. The overall cost was less than parking at the port. This family owned and operated business does things a little differently. Their 7 acre airport/cruise parking lot is partially paved for vehicles and grass for their pet friendly customers. It is the only 24hr parking and pet boarding combo facility at JAX. They also offer detail services while customers are away. On your next trip look for them at 1479 Airport Rd. For more information 904-741-6300 or www.JetwayParking.com.

At the January City Commission meeting Andy Ames of St. Johns County reported on the Beach Restoration Project. Bids have been awarded for 2.1 million yards of sand to be pumped beginning in March and continuing for 6 months. Work will take place 24/7 starting at the southern end of Anastasia State Park and taper off at A Street. Permits have been received to monitor turtle nesting and relocation of nests if necessary. It was hoped that work would have started sooner so as to cause less disruption during the busy tourist season. The city will monitor progress carefully with Mayor Snodgrass attending regular meetings. Joe Stephenson, St. Johns County Director of Public Works, reported on the Pope Road Pedestrian Signal. Installation of the light will be delayed until completion of the Beach Restoration Project some time after August because Pope Rd will be the staging area for all of the heavy equipment and piping. Matt Lahti, Project Manager for Pier Park Lighting Retrofit announced the Heath Electric of St. Augustine was the low bidder for installing fixtures, poles, panels, conduit, wiring and labor. Several of the poles will have solar collectors and batteries. Fixtures near the ocean will be amber LED turtle friendly, and dimmers will be used for all lighting zones throughout the park. Work should begin soon. Another project that will begin soon is the Ocean Hammock Park Entry Road and Parking Lot. Marc Chatin, Public Works Director, reported that a low bid of \$49,500 was accepted from AWA Contracting of Jacksonville. This unpaved project will have a circular loop parking lot for at least 20 cars. Included in this project will be an access to the walkway across from the lot. 2012 will see the completion of many projects that have been years in the planning.

Several new restaurants are in the works along Beach Blvd. Ripe Bistro owner Jeffery Holleran received conditional use approval for outside seating at his soon to open restaurant in the Anastasia Shopping Center. Last month the Planning and Zoning Board reviewed concept plans for a French Crepe restaurant to be built on the corner of B Street. In



Ask the Mayor

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

This is my first column as your Mayor. I am excited and honored to have been elected by the Commission to serve in this role for 2012. I thank my colleagues Vice Mayor O'Brien and Commissioners Helhoski, Pawlowski and Samuels for their commitment and hard work this past year. To my fellow Commissioners, City Staff and our citizens, I pledge to work with each of you to preserve our quality of life and welcome all those who visit our community.

We have many challenges and opportunities confronting our City this year and beyond. Here are some of the initiatives for our City in 2012:

- Strategic Planning Workshop – In April, the Commission and City Staff will participate in a one-day workshop designed to focus our thoughts and efforts in anticipating the future and figuring out how to get there. Because we spend so much effort on day-to-day operations, objectivity and creativity, essential ingredients of the planning process may suffer. An important outcome from this workshop will be to develop realistic, achievable, measurable goals and objectives for the City.

- Beach Re-nourishment – This effort, which is part of a 50-year plan to rebuild shoreline shaved away after the St. Augustine Inlet was carved in the 1930's, will commence in March and continue for approximately 6 months. While any inconvenience to our citizens from this effort is unfortunate, in the long run, our Community, citizens, businesses and tourists, are far better off with a beach that

has been renourished versus one that is allowed to deteriorate over time.

- Regency Center - Regency is revising their proposal to purchase/develop the former Atkinson property, the 6.1 acre tract north of Anastasia Plaza and adjacent to the Whispering Oaks subdivision (currently owned jointly by the County and City) after meeting with Whispering Oaks and Sea Colony Homeowners Associations to address issues raised in those meetings. Regency desires to build a new Publix and re-configure the Plaza. We expect them to present a proposal to the City Commission within the next 30 to 60 days.

Here is a quick listing of City sponsored/led projects for 2012:

- Renovation of wash rooms at Pier Park
- Renovation and expansion of Splash Park (at Pier Park)
- Installation of new energy efficient lighting at Pier Park
- Installation of four (4) drainage improvement projects (Lockhart Lane, east end of 2nd Street, E Street and 2nd Avenue and F Street and 3rd Avenue)
- Construction of the driveway and parking lot in the City's Ocean Hammock Park (between Bermuda Run and Sea Colony subdivisions)
- Construction of a bulkhead to stop the erosion along a section of the City's main drainage canal that goes through the Marsh Creek subdivision

We value your inputs and ideas for making our City a better community. For all of us, it's the place we call home.
S. Gary Snodgrass

mid January the P&Z Board will review plans for a two story Salt Life Restaurant to be built across from the Pier Park. A variance is being requested for reduced parking spaces. Parking at the pier area has become difficult recently as more events and amenities have developed. It is always encouraging to see commercial development in the City which adds to the tax base and job market. We will all have to adjust to the increased parking demands that progress brings.

Several agenda items carried over from last year were again postponed

because of the late hour of the meeting. Still needing to be considered are new policies about absenteeism, annexation and prohibition of discussion by city staff and/or elected city officials regarding legal issues. Also, a review of ordinances about trailers on commercial property and RV parking on private 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.



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ODDITIES

By Max Royle
St. Augustine Beach City Manager

It's been a spell since I've highlighted here for you some tales of the weird and the wacky in the public sector world. There is, most fortunately, a seemingly inexhaustible supply of such fables, as the duplicitousness and stupidity of human nature has remained unchanged since Eve enticed poor Adam with that delicious apple.

A side note: My computer just told me that duplicitousness isn't a proper word. Well, glory be, Samuel Johnson, in response I'm going to make a rude noise at the computer and continue my epigrammatic saga here and not change a single letter of the "offending" word. Yes, I know what the computer is telling me, namely to use the word "duplicity." But why use a five-cent word when an obscure 50-cent word will do perfectly fine? Because of such a question, kingdoms have risen and fallen, marriages have succeeded or failed. To continue:

Over the months, I've collected quite a number of newspaper articles about the weird and the wacky. However, space limitations here allow me to feature only three. Where to start? Oh, let's go to South Florida, which is forever, it seems, such a fertile ground for examples of behavior in local government that you're not likely to find in, say, western Nebraska, New England small towns, or certainly anywhere in Northeast Florida. Perish that thought! Therefore, ladies and gentlemen, I present for your delectation and edification (let's pile on those 50-cent words, shall we?) the following:

Manholegate. About a year ago a South Florida newspaper trumpeted in a headline the astonishing news: that the city of North Miami Beach, population over 41,000, was missing 254 manholes, despite paying \$782,000 for them.

Now, for the non-aficionados of what's built under the streets of most cities with a developed infrastructure, a manhole is literally a hole in a street, lined usually with concrete and covered with a circular piece of strong metal. A manhole allows a person access to do inspections and repairs to underground water, sewer, and other types of utility systems.

Side note here: When you think about, and I'm certain you're so enthralled with what I'm writing here that you will think about, you'll have to be shocked that in these politically correct times the English language is allowed to have such a word as "manhole." The word really should be "personhole," for it's likely that cities and utility companies now have female workers who go underground. Someone high up in the Political Correctness Movement may read my comments here, and a week from now you'll see in a major newspaper: GENDER DISCRIMINATION UNDER AMERICA'S STREETS!!

Back to North Miami Beach: So how did the manholes "go" missing? The answer is very simple: They never existed, i.e., they were never built, along with over four miles of water and sewer pipes that were paid for but not constructed, along with 142 valves to control water flow that were never installed.

How did such an imbroglio ever happen? It was, you likely are suspecting, an inside job. For over 12 years, the North Miami Beach public services director diverted \$2.3 million of taxpayer money to a shell com-

pany owned by his wife. He filled out purchase orders to the company. The city paid for work that wasn't done, items that weren't purchased. The director spent the money on goodies for himself and presumably the Mrs. If you're wondering who in the city administration was overseeing this fox as he cavorted in the henhouse the answer should be obvious: no one.

Capegate. This gem is really one for the record books. When I first read it, I had to think: How did this crazy, cock-a-doodle idea ever come into being? Was it the result of the collective, mental synergies of a group of folks sitting in a room, either drinking Alice in Wonderland tea or smoking those "Stash" brand cigarettes left over from the 1970s? Will wonders ever cease? Apparently not.

This oddity came not from a local government, but from a non-profit public agency, Workforce Central Florida, which is the region's federally-funded jobs organization. It's led by over 40 business persons. The conventional wisdom is that business types are more practical and reality-oriented than those who work in government. Thus, business leaders shouldn't dream up such absurdities as Capegate. Well, in this instance, reality went missing, like those manholes in North Miami Beach.

Here's what happened: In the spring of 2011, Workforce Central Florida began a campaign to generate public awareness of its programs to help jobless persons find work. A cartoon villain, "Dr. Evil Unemployment," was created, and over 6,000 shiny, red capes were to be manufactured for distribution to jobless persons who had participated in WCF's "Cape-A-Bility Campaign." On each cape would be the "Cape-A-Bility" logo and the WCF website address. The campaign would have cost the taxpayers \$73,000, including \$14,000 for the capes.

The sneering laughter and derision that greeted this misbegotten effort to "help" the unemployed stopped the Cape Campaign before it was unfurled. Silly, shiny red capes to be worn by whom, exactly? Perhaps Central Florida had many jobless folks who regularly wore a cape as a fashion statement, so the WCF cape would be a free addition to the wardrobe. Or maybe the area had some out-of-work, cape-clad comic book and movie characters, such as Superman and Superwoman, Batman and Batwoman, Count and Countess Dracula, and Darth and Mrs. Vader, who needed a replacement cape. A shiny red one that would make them stand out from the crowd and be noticed by potential employers. Perhaps.

Efficiencygate. Oh dear, this is a real oddity. It has nothing to do with dishonesty or stupidity, but with humankind's ever-inventive ability to create paradox: to make something seem to be real, when it really isn't real. I'm certain that after my explanation here you'll clearly understand my gibberish.

In September 2011, the Detroit News reported that, according to a study by the Michigan Townships Association, the state has fewer government employees and pays them less than other states do. The study determined that Michigan has 12.2 city and county employees per 1,000 residents, compared to the national average of 16.4 em-

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ployees. The average pay for government employees in Michigan is \$617 per taxpayer, compared to a national average of \$887 per taxpayer. The study concluded that Michigan has one of the most efficient systems for providing local government services.

Hooray and hallelujah! You're going to shout. Finally, one state has gotten it right. Well...maybe not exactly, especially when you consider this question: Does fewer really equal more efficient?

Think about the Michigan study the next time you're in the post office, there's one clerk, and the line of customers is out the door. Remember it when you're crammed in

a sausage machine formerly called an airliner, flying to Aunt Gertrude's third wedding, and there's nary a flight attendant in sight to bring you that that five-dollar thimble-size glass of water that you requested 30 minutes ago. Recall it when you're in a department store searching up and down the aisles for a particular item and it appears that all the sales personnel must be hiding among the mannequins or your eyesight has deteriorated, because you can't find anyone to help you. I bet each and every time you'll say to yourself: This sure is a marvelous example of efficiency. What a country we'd have if only all companies and levels of government were so efficient.

Volunteer Opportunities At Council On Aging

A **Meals On Wheels** route is now available on Monday or Wednesday mornings in the Fruit Cove area.

Volunteer counter help is needed at the **River House Cafe** on Monday or Friday mornings from 9 a.m. to 1:30 p.m. **COA's Sunshine Center** is seeking a volunteer Spanish interpreter from 9 a.m. to 2 p.m. on Monday, Wednesday, Thursday or Friday.

COA is seeking a volunteer to lead a large project team that would result in our **Senior Center's** reaccreditation. Expertise needed: Highly evolved administrative and

organizational skills, able to develop and follow a project plan, able to lead a meeting and work with a group of volunteers. Very computer literate and detail oriented.

The River House Chorus is looking for a few good singers—no experience necessary. Volunteer receptionists are needed for River House and Coastal Community Center—office experience and good communications skills required—morning or afternoon hours available.

To volunteer or for more information—please call Ginny Draper at 904-209-3686 or email gdraper@stjohnscoa.com.

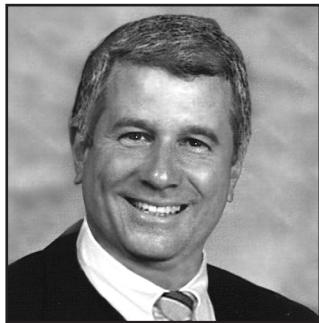
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Spiritually Speaking

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.

“Politics & Spiritual Sloth”

As we round the corner to the kick-off of Lent later this month, it occurs to me that in this political season - as in previous ones, but maybe especially now - there is one so-called “cardinal sin” (seven in all) of which far too many of us are guilty. Obviously this isn’t a sin that only applies red-capped cardinals of the Catholic church. Cardinal here is used in the root sense of the Latin word cardo, or hinge. A cardinal sin or “deadly sin” is a core attitude or behavior that left unchecked can spiritually and quite possibly physically kill off its willing victim (gluttony comes to mind here). And believe it or not, in the political arena, at least when it comes to the voting public, the premier capital sin is spiritual sloth.

Sloth is often misunderstood. It does not refer merely to laziness in a secular sense. In fact, one can be a very busy bee in an everyday sense indeed, on the job or whatever, and yet be grievously guilty of the sin of sloth. Sloth is fundamentally a failure to exercise due diligence in the realm of faith or morals, to lightly dismiss our higher instincts which bid us to attend with care to the love of God and the love of our fellow human beings.

How does this apply to the political sphere? Easy - just look at those who happily respond to slick, character-degrading political advertising. As of the writing of this article nearly \$20 MILLION dollars have been spent in negative and personal attack ads in early national political campaigns. Why all that money spent, trees killed

and trillions upon trillions of electrons pressed into media service for such ads? BECAUSE THEY WORK! And why do they work? Because too many people are guilty of spiritual sloth, are lazy consumers of such negative advertising, never checking the veracity of those ads and just assuming that because some newspaper or TV/Cable station carried the ad it must be true.

I’m sorry folks, but this kind of laziness is going to sink us as a nation if we continue to indulge in it. When you contrast such a disposition to that of our founding fathers and mothers one can get very alarmed indeed! The founding of this country and the careful crafting of its institutions was the work of diligent, spiritually responsible people of many faith groups. They shared a sense of sacred calling, of even “discipleship” to use that “churchy” word, as they created that then unprecedented entity we call a democratic republic born of its mother country, England, with its own extensive spiritual patrimony.

So how are we going to respond to the endless stream of irresponsible, misleading and often negative advertising that will come across the transom via our mailboxes, TV screens and telephones (through mindless, sound-bite robo-calls) this political season? How about praying for the wisdom and courage to investigate candidate claims and not just assume that a seemingly compelling ad piece truly represents political reality? And this applies to state and local elections as well as national ones. Candidate oversell and voter laziness are a deadly combination at any level of government, and if God has seen fit to make us judges (and we are, dear reader, as voters and electors) in our society, we will have to answer to him for how well we discharged our responsibility in this area.

Just a thought or two to roll around your heads as the 2012 race heats up. God bless one and all, Dr. Nick.



Financial Focus

Information Provided By
Edward Jones

Delay in Investing Could Prove Costly

You’ve no doubt heard that “time is money.” While this expression may be applicable in many areas of life, it’s especially relevant for investors — because the more time you spend not investing, the less money you are likely to have when you really need it, such as during your retirement. That’s why it’s essential that you don’t wait to start saving for your days as a retiree.

Many people think it won’t make much difference if they delay investing for a few years. As you know, time flies, and before you know it, “a few years” turns into a decade — and a decade’s postponement in saving for retirement can make an enormous difference in your life.

How big a difference? Suppose you plan to retire at age 65. If at age 25, you began putting \$200 a month into a tax-deferred vehicle, such as a traditional Individual Retirement Account (IRA), and your investments inside that IRA hypothetically earned on average 7% a year, you would accumulate about \$512,000 after 40 years. However, if you had waited until you were age 30 to start saving for retirement, with all else being equal, you’d end up with only about \$355,000 when you reached 65 — \$157,000 less — due to that five-year delay. And if you waited 10 years, until you were 35, you’d end up with about \$243,000 — far less than half of what you would have accumulated had you started saving at 25. (Keep in mind that you will eventually have to pay taxes on these accumulations, and the actual figures don’t reflect fees, commissions or expenses.)

Clearly, the cost of delay can

be considerable — which is why you should consider taking these steps:

- Develop a strategy with your financial advisor. It’s easier to stick to a strategy if you know where you’re going. Your financial advisor can help you determine how much you need to save to reach the type of retirement you’ve envisioned.

- If you haven’t started saving, begin now. If you wait until you feel more financially comfortable before you invest for retirement, you may never begin. Even if you can put away only a small amount, such as \$50 per month, you’ll have made a start.

To make it easier on yourself, set up your accounts to automatically move a set amount each month into your IRA. As the above examples show, the best way to build substantial savings is to start early, but even if you’re in your 30s or 40s, you can catch up — although you’ll need to save more to potentially get to the same level.

- Increase your investments when your income rises. Every time you get a salary increase, boost your contributions to your IRA and your 401(k) or other employer-sponsored retirement plan.

- Don’t take a “timeout” from investing. Keep on investing, whether the “news of the day” is positive or negative. The best investors are those who follow a consistent strategy and continue investing, year in and year out.

In short, save early, save often — and keep investing.

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



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Unconventional Love

February, the shortest month of the year, has a lot to offer: love found in unconventional places; love of a feathered kind; and love of friendship. The 29th of February is called Leap Day and all of 2012 is a Leap Year. The significance of this year long celebration raises the age old questions - can true love still be found, and how do you know when it is real?

A possible answer was once chronicled by the late cartoonist Al Capp in his long-running syndicated newspaper comic strip, Li'l Abner. Each Leap Year hope sprang anew with the starry-eyed, blond, buxom, beautiful, Daisy Mae Scragg. She would make plans to land her man, the forever-hunky-dashing- dufus, Li'l Abner, and pop the question. If Daisy Mae was successful, all the old maids of Dogpatch, would follow suit, give chase in hot pursuit, and hopefully, a slew of shotgun nuptials would follow.

Every February 29, Sadie Hawkins Day was celebrated and all the unmarried women would chase, jump and tackle Dogpatch bachelors, and lay claim to the ones they could trap. For just one-day, every Leap Year it was defiantly Ladies Choice. Just for fun put - Leap Day is for Unconventional Lovers - in the search <http://www.thedailygreen.com/green-homes/blogs/nontoxic/leap-day-lovers-460226#ixzz1izNsDUHl> and see if you find some interesting similarities between Mister Capps' '...unforgettable, totally magical, make-believe place', and the City of St. Augustine Beach. Makes one wonder if Mister Capp and Daisy Mae had visited our fair city if they would have agreed our beautiful city by the sea was a fit'n parallel habitat - unforgettable and a totally magical place. If the number of beach-side weddings is up, the reason could be it's Leap Year.

Finding true love, might mean learning about the care and feeling of one of the symbol of true love, the Turtle Dove, which mates for life. Finding interests to share might include long walks along the beach and learning more about the birds and the bees. Speaking of birds, the results of the annual Christmas Bird Count, CBC, are in. The longest running citizen science project in the world, Audubon's CBC, ran from December 25, 2011 through Jan. 5, 2012. We learn the ..."count grew out of a revolution in the way people appreciated birds. Begun in New York's Central Park on Christmas Day in 1900, American Museum of Natural History scientist Frank Chapman posed an alternative to the traditional holiday "side hunt," when teams competed to see who could shoot the most birds and small mammals. Instead, Chapman proposed they "hunt" birds to identify, count, and record their numbers. Read more. <http://www.thedailygreen.com/environmental-news/latest/christmas-bird-count-47121203#ixzz1i7oHtbu>. The data is gathered and analyzed by the Audubon Society, and it informs scientific conclusions



about the state of bird populations across North America. The annual State of the Birds report, which this year detailed alarming trends in population loss among dozens of U.S. birds, would not be possible without the thousands of citizen scientists who have participated in projects like the Christmas Bird Count over the years.

Diane Reed, member of Audubon, shared the results of the St Johns CBC, conducted on December 17, 2011. "With 37 participants covering the survey circle, the total species tallied are tentatively 146. The circle includes seven territories that have been established since the 1980's. The survey area includes boat surveys conducted to the south of the SR 312 bridge and north to Pine Island, as well as ocean viewing. The land areas include portions of the GTMNERR/WMA properties, south and western St Johns County, Anastasia Island, Stokes Landing and downtown St Augustine. Participants also survey for wild birds at the St Augustine Alligator Farm. Beach surveys and sea watches are also conducted throughout the day.

The day begins pre-dawn in search of owls and other nocturnal birds. It ends at sunset with a compilation dinner at a local restaurant. This is where participants get together to share their stories and accounts of their surveys. Rarities this year included Purple Sandpipers seen at Porpoise Point. Other rarities for winter species include Common Tern, Painted Bunting, Northern Parula, Greater Scaup and Golden-crowned Kinglets. Written documentation is required for the rarities, which is forwarded to the National Audubon Society CBC database along with the total statistics", Diane said. Read more at: <http://www.thedailygreen.com/environmental-news/latest/christmas-bird-count-47121203#ixzz1i7oHtbu>.

Sharing what we love with those we love is a gift enjoyed by people who love. This has been called friendship and I have been blessed with friends who listened, shared laughter, and tears, comforted, understanding when there were not enough words to tell what was in my heart. Such a friend was Robin Nadeau who passed on January 6, 2012. Robin was a gift who stood ready to fight the fight believing that the pen is mightier than the sword. Her letters to the Editor of the St. Augustine Record succinctly gave the facts, cited and backed with reasoned specifics, outlined in detail the situation, and offered positive corrective action where needed.

Robin was a long standing member of the St. Augustine Beaches Beautification Advisory Committee, BAC, and worked tirelessly to promote and protect her beloved trees, the environment, and her adopted city she loved so dearly. The start up of the City's first Community Garden was the latest project that Robin had been excited to work on in its fledgling stage. For those who wish to remember Robin a donation to support the St. Augustine



St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

Aggressive Dogs

The topic for this column was suggested by a reader. They are concerned about aggressive, unleashed dogs that are allowed to roam in their neighborhood. They wrote: "There have been so many incidents in our county with Pit Bulls and dog attacks recently that I thought residents would benefit from your advice on this subject." I know this really is an animal control issue, but many people (including myself) contact the Sheriff's Office for help with this type of problem.

From my own personal experience over the past few months in dealing with a Pit Bull that runs loose through our neighborhood, your department has been so helpful in doing what they can.

The owners of those dogs are in violation of the St. Johns County leash law ordinance and likely are soon to have their pets classified as dangerous and thus can be charged with another misdemeanor. In this case, the reader called to my attention the dogs in question are pit bulls. This breed is often involved in vicious attacks although responsible owners of pit bulls will tell you they can be docile and are wonderful pets.

As the reader suggested the enforcement of ordinances involving dogs and cats is the responsibility of St. Johns County Animal Control. Those trained officers have as a major part of their job description the safe return of healthy pets to their rightful owners but they also issue citations to pet owners who are repeat offenders of the county ordinances regarding dogs and cats. That said, a call to the Sheriff's Office is appropriate when a dangerous situation regarding aggressive dogs, or any other issue, threatens public safety. We will respond as promptly as possible.

These situations can be very serious. As you probably recall last June in neighboring Putnam County a 76 year old man died from injuries he sustained in a pit bull attack. The

owner of the two dogs involved was recently indicted by a Grand Jury and faces the likelihood of stiff fines and/or jail time. No fine or jail time however will compensate for the loss of life as a result of their alleged negligence.

Nearly one thousand people in the U.S. go to emergency rooms for treatment of dog bites each day. Many of those victims are children and most of them have been bitten in the face. Here are some recommendations from animal control experts to help prevent a dog attack:

Keep on the lookout for aggressive dogs when you are walking or jogging. If you spot one in the distance, try to alter your route or simply cross the street. If you see a dog in the distance, be sure not to surprise it. An unknown person entering a dog's space can be interpreted as threatening, especially if the dog is unaware of your approach. Don't be afraid to say something to the dog when you are heading its way.

If you spot an aggressive dog off leash and approaching you, stop walking or running. Even though this goes against your instinct, it will stop the "game" in which you are the prey and it is the hunter. Avoid eye contact with the dog. Do not strike the dog unless he has already attacked you - but also do not put your hand out to the dog if it is snarling or acting aggressive in any other way. If the dog does attack you, try to get something in its mouth that is not a body part - such as a shirt or jacket or even a water bottle or iPod. Report the incident to our office or animal control right away.

I hope that this information assists you in the event an aggressive dog confronts yourself. If you have a suggestion for a future column or a comment or just wish to contact me on any matter involving county law enforcement please e-mail me at dshoar@sjso.org. As always thank you for taking the time to read my monthly comments.

Beach Community Garden Inc. will gratefully be accepted. Please contact Nana Royer at 461-3541, or Max Royle City Manager 471-2122. The master plan for the garden has a gathering place under the giant trees and perhaps this will be known as "Robin's Nest."

February, the month of love, reminds us that "it is better to have loved and lost

than never to have loved at all." Alfred, Lord Tennyson, 'In Memoriam.' Make a little history and tell someone that you love them. I will always treasure the friendship that Robin and I shared and feel privileged to have known such an exceptional lady.

(Photo of Robin Nadeau by Floyd Boatwright)

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Pneumococcal Pneumonia

What's that? We use the term "pneumonia" to describe inflammation of the lungs. Usually the inflammation is from some form of infection like a virus, bacteria or even a fungus. But inflammation can also be caused by chemicals or microscopic particles that irritate the lungs and set off an inflammatory reaction.

One type of bacteria that causes pneumonia is called "Streptococcus pneumoniae." This is what we immunize against when we give the "pneumonia vaccine" to older adults or younger people with certain types of medical problems. I'll talk more about this in a minute.

Why is "Strep pneumo" special? Granted, any type of pneumonia can be serious. However, Streptococcus pneumoniae is a common bacterium that can cause Pneumococcal pneumonia. This particular type of pneumonia mainly produces illness in those younger than 2 years of age and those 65 and older. The elderly are at particular risk of dying from this disease or becoming very, very ill.

Streptococcus pneumoniae also called pneumococcus, causes 40,000 deaths and 500,000 cases of pneumonia each year in the United States according to the Center for Disease Control and Prevention (CDC). Pneumococcus is also responsible for an estimated 3000 cases of meningitis, 50,000 cases of sepsis (bacteria in the blood stream), and 7,000,000 cases of middle ear infections each year in the United States alone!

More facts about Strep pneumo:

- At any given moment, 7 out of 10 healthy people will have pneumococcus in their nose and throats.

- Children generally have more pneumococcus "on board" than adults.

- Pneumococcus is spread by breathing the bacteria into the lungs directly thereby skipping the normal immune system defenses.

What are the symptoms of Pneumococcal pneumonia?

- Often, people will experience the

hallmark of Pneumococcal pneumonia: a "bone shaking" chill followed by further symptoms. The chill is usually sudden in onset and called "rigors" to delineate it from your run-of-the-mill, average chill.

- The other symptoms are as expected: high fever, cough, shortness of breath, rapid breathing and chest pain. Some of the other typical symptoms may be: nausea, vomiting, headache, fatigue and body aches.

How does my doctor find out if I have pneumonia? First, like all things, taking a good history and doing a thorough physical exam are always in order. Then, if needed, blood tests or a chest x-ray may be done. Many times a fairly firm diagnosis of the type of pneumonia is made with the history and physical alone. How ill you are, if there is any possibility of further problems, or even the information gleaned from the history often determines what testing is done next.

Often, the appearance of the pneumonia on chest x-ray helps diagnose the type of pneumonia it is (or what "bug" is causing it). Blood tests or testing of other fluids (sputum and lung fluid) can be evaluated to determine what is most likely causing the pneumonia. Just so you know, the other fluids are rarely checked in the office and you have to be really sick to get to the point of checking fluid directly from the lungs.

Omygosh! How do I get treated? Antibiotics: Penicillin, penicillin derivatives or something as effective for those allergic to penicillin. Usually after starting medication the symptoms will resolve within 12 to 36 hours. That's it! Of course, your physician will also treat the symptoms for comfort and prevention of further problems.

When I was in medical school I was lucky enough to have a professor who practiced medicine just at the time before penicillin was available. His stories were vivid memories of treating injured or ill children and adults with (what we would now consider to be simple) infections and feeling helpless as they died. In 1942, 122 million units of penicillin became available

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and the first clinical trials were started at Yale University and the Mayo Clinic. In 1943 the results of the trial involving only 200 people were so spectacular, the Surgeon General of the Military ordered further testing with a military hospital. Soon afterward this miracle of medicine was shipped overseas to our troops during WWII. By 1950, the United States was producing 150 tons of penicillin a month.

He was a remarkable man that lived in remarkable times. His lectures were exciting, not only because of his ability to convey the feeling of hope and triumph in medicine, but also because he was so old we were scared to death he would keel over any minute at the podium.

How can I prevent this from happening to me? Vaccinate. The "pneumonia shot" is a vaccination available for those in the following "high risk" categories:

- Age 65 or older.
- Long-term serious health problems: diabetes, heart disease, sickle cell disease,

lung disease (not including asthma), liver cirrhosis, alcoholism, cerebrospinal fluid leaks.

- Compromised (or poorly functioning) Immune System: Cancer, cancer treatment with x-rays or drugs, lymphoma, leukemia, long-term steroid use, transplants (bone marrow or organ), kidney failure, nephrotic syndrome, damaged or no spleen, AIDS or HIV disease, and those taking medications that lower their resistance to infection.

- Alaskan natives or certain Native American populations.

- Children under 23 months of age get a regular immunization now of a specially produced vaccine made just for the little ones.

No, you don't have to get a shot every year. In fact, for many, a single shot during a lifetime is all that is needed.

The best prevention is to begin with good health (if you can) and good sanitary practices. Exercise regularly, eat well and in moderation and wash your hands.

Stay well!

Rain Barrel Class February 17th

On Friday, February 17 from 10 a.m. until 12 Noon, the St. Johns County Extension Office will be holding a Rain Barrel class. The class is a "make and take" class with participants leaving with a finished barrel. The cost of the class is \$40.00. The barrels are 55 gallons. During the dry season, rain barrels can come in handy for capturing what little rain we do get. You must pre-register to attend and do so by calling 209-0430. The class will be held at the St. Johns County Agriculture Center-3125 Agricultural Center Drive, in St. Augustine.

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We call them pork wings. Fall off the bone pork served with Caribbean Jerk Sauce.

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Chicken • Pulled Pork • Chipotle Shrimp

- TROPICAL CHICKEN WINGS **\$38.95**

Southwest Chicken • Caribbean Chicken Salad

- SIDES Plantains • Tostones • Coleslaw • Tropical Fruit Salad • Black Beans • Caribbean Sun Rice - Mix It Up! **\$1.75 per person**
- SOUPS Creamy Clam & Shrimp Chowder Soup of the Day



Beaches Bistro

By Paolo Pece, Cafe Atlantico
cafeatlantico@comcast.net

Pasta e ceci

This is a thick wintery soup that can easily be matched well with a Cabernet Sauvignon. The eucalyptus/mint flavors, often found in this wine, will pair with the oregano and the pancetta used in this recipe.

Pasta e ceci
serves 6

- 1 1/2 Pounds Dried Ceci (Chickpeas)
- 1/4 Cup Pancetta, Cut Into Small Dice (Optional)
- 3 Cloves Garlic, Peeled, And Minced
- 2 Celery Stalks, Diced
- 2 Carrots, Peeled And Diced
- 1 Small Onion, Peeled And Diced
- 4 Tablespoons Olive Oil
- 2 (14 ounce) Cans Chopped Tomatoes
- Chicken Broth As Needed
- Salt & Pepper To Taste
- 1 Teaspoon Dried Oregano
- Pinch Of Dried Red Pepper Flakes (Optional)
- 4 to 5 Sheets Fresh Pasta For Lasagna (See Recipe Below To Make Your Own Or Use Store Bought)
- 1/4 Cup Chopped Fresh Parsley

Rinse the beans and then place in a large bowl. Cover with water and add a pinch of baking soda. Let sit for at least

12 hours. Drain. In a large pot add the beans and then cover with water by at least 4 inches. Bring the water to a boil, then decrease the heat to a medium low simmer and cook until tender, about 50 to 60 minutes. Drain.

In a large pot, heat the olive oil and cook the pancetta until no longer pink. Add the chopped celery, carrot, and onion and cook 3 or 4 minutes. Add the garlic and cook an additional minute or two. Return the beans to the pot and add the chopped tomatoes, salt, pepper, red pepper flakes if using, and dried oregano. Bring to a boil and then reduce the heat to medium low heat. Add enough of the broth to create a soup consistency. Cook for 10 minutes.

Cut the lasagna sheets first into 1 1/2 inch long strips, then cut the strips into two inch long pieces on the diagonal. Add the cut pasta pieces to the soup along with the parsley and cook just until the pasta is "al dente". If the soup seems too thick once the pasta starts cooking add a little additional broth. Spoon the soup into bowls, drizzle with a little extra virgin olive oil, then pass the bowl of grated Pecorino cheese at the table.

Who Pays For Long Term Care?

By Jane Tucker, First Florida Insurance

A recent consumer survey reveals some common misunderstandings about which public programs pay for long-term care services. Many people believe they can rely on Medicare to pay for their long-term care services. However, Medicare only pays for long-term care if you require skilled services or rehabilitative care for a short period of time. Medicare does not pay for non-skilled assistance with "activities of daily living," which makes up the majority of long-term care services. You will have to pay for long-term care services that are not covered by a public or private insurance program.

Medicaid is a joint federal and state program that pays for the largest share of long-term care services. However, Medicaid only covers you if your income is below a certain level and you meet minimum state eligibility requirements. Other federal programs such as the Older Americans Act and the Department of Veterans Affairs pay for long-term care services, but only for specific populations and in certain circumstances.

Most employer-sponsored or private health insurance, including health insurance plans, cover only the same kinds of limited services as Medicare. If they do cover long-term care, it is typically only for skilled, short-term, medically necessary care.

Most long-term care is not medical care, but rather assistance with basic personal tasks of everyday life, such

as: bathing, dressing, using the toilet, transferring (to or from bed or chair), caring for incontinence, and eating.

Other common long-term care services are household and other tasks that you may do every day, such as: housework, preparing and cleaning up after meals, taking medication, shopping for groceries or clothes, using the telephone or other communication devices, managing money, and caring for pets.

There is an increasing number of private payment options that can help you pay for long-term care services. These include long-term care insurance, reverse mortgages, life insurance options, and annuities.

It is important that you understand the differences among the public programs and private financing options for long-term care services. Each public program and each private financing source has its own rules for the services it covers, and its own eligibility requirements, co-payments, and premiums.

One of our agents can help you analyze your sources of long-term care insurance, and determine whether additional coverage would be wise.

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 - "How Many Should I Do?"

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

When it comes to exercise I'm often asked "How many should I do?" The standard answer people are used to is "3 sets of 10 reps". This can be a good place to start but there's no 'one-size fits all'. Ultimately it depends on the objective. What is the goal of the exercise? Tissue healing? Strength? Coordination? Endurance? The truth is, to achieve optimal results; exercise regimes should be individualized. The purpose of exercise is to bring about a positive change without overloading tissues to the point of failure.

Exercising with three sets of 10 reps was initiated by Dr. Tom Delorme in the 1950's for the purpose of efficiently increasing strength. He based it off what is called the "1 max rep" - the most you can lift one time. Delorme calculated if a 1 max rep was 100 pounds, the optimal exercise results would be produced by performing 3 sets of 10 repetitions using 80% of the max rep, or 80 lbs. This method of exercise has lasted through the years and served many well. It's easy to remember and easy to do. But how does one determine a 1 max rep safely and is it necessary to do perform a 1 max rep in order to produce results?

If Delorme's calculations are correct his formula should work in reverse. For instance, if I can lift 80# 10x. I should be able to assume my 1 max rep is 100#? I would suggest the safety of this assumption outweighs the risk of injury.

So how does one use this information to achieve optimal results?

- If strength is your goal, use the 80% rule and 3x10. Why not? It works.
- If endurance is your goal, use lighter

resistance (60% of 1 max rep) or what you can do safely for 30 reps, 3 sets. The lighter resistance and higher repetitions increase the oxygen demand of the muscle causing it to fatigue. These parameters also work to develop improved coordination.

• If tissue healing is your goal, depending on your stage of condition use much lighter resistance (40%) or what you can do safely 50 times. Low resistance and high repetitions promote circulation which will flush waste products from the muscle and bring nutrients to it.

One point I can't emphasize enough is that exercises should be performed correctly. It seems simple enough but I often say, "we are masters of compensation." If the resistance is too great or the muscle fatigue, we shift a little and compensate so we can finish the set. Doing exercises incorrectly not only can cause injury - it can be a waste of time. Why spend the time and energy if ineffectual.

The benefits of individualizing an exercise regimen are not only physiological but can combat the boredom of "routines." Use the information when consulting with your MD or PT. Start or modify any routine slowly and begin exercising with purpose.

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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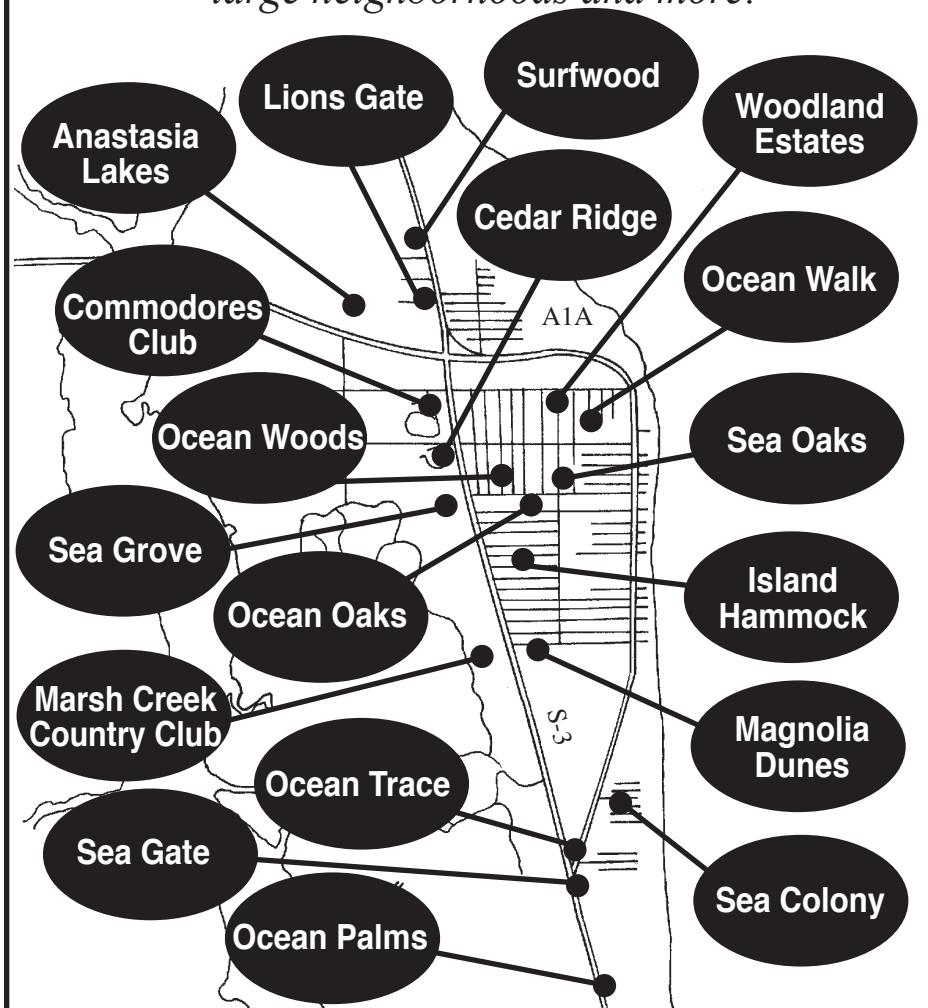
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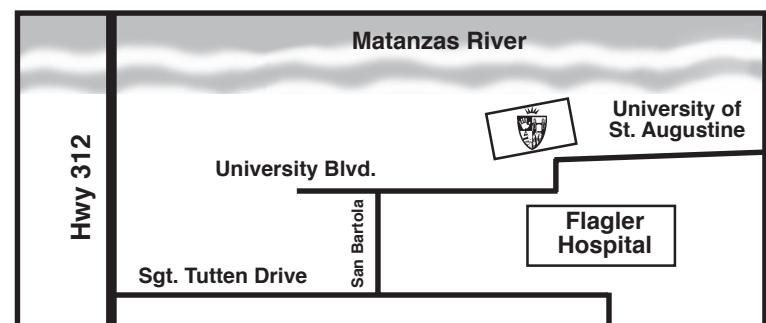


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GREAT OPPORTUNITY IN SEA COLONY. Beautiful 3BR/3BA home w/2 car garage, upgrades galore and custom quality throughout. Large kitchen w/granite counters and breakfast room, 10' ceilings and wood flooring in main living areas, and wood ceiling in great room. Great porches outdoors, plus metal roofing and threaded hurricane hold down system. Best buy of any home in Sea colony. \$399,000.



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. Outdoor tropical retreat features an inground pool and spa with waterfall that flows into the pool. Interior crown molding, high ceilings, fireplace and gourmet kitchen. Clay tile roof, fountain and tropical landscaping provide fantastic curb appeal \$499,500.



ISLAND HAMMOCK HOME ON HALF ACRE LOT. What a buy in one of the most desirable neighborhoods on Anastasia Island. You can hear the waves from this upscale home, or take a short walk to the beach. Home features 3 bedrooms plus office, 2.5 bathrooms and 2 car garage. It has a spacious split floor plan, chef's kitchen w/granite island and gorgeous master suite w/2 walk-in closets. Huge lot, 149x152 and beautiful entry w/ welcoming majestic oaks. \$449,000.



TROPICAL LUXURY IN BERMUDA RUN. Step into paradise. Arthur Rutenberg 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. \$329,500.



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! \$769,000.



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.



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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