



St. Augustine Beaches

News Journal

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

“Peter and the Wolf” at Kirk Memorial Auditorium



CJ Katz as The Duck in last year’s production. She will reprise her role May 4th & 5th this year. Photos by Julie Guintard.

A duck, a bird, a cat, a wolf, and a young boy are at the center of the action in Saint Augustine Ballet’s production of Peter and the Wolf. The ballet will be performed at Kirk Memorial Auditorium located at 207 San Marco Avenue in Saint Augustine. Show times are Friday, May 4 at 7p.m. and on Saturday, May 5 at 2p.m. and 7p.m. (continued on page 10)

2013 Celtic Festival and Parade Dates Set

Romanza, parent organization of the St. Augustine St. Patrick’s Day Parade and St. Augustine Celtic Music & Heritage Festival, has announced the dates for the 2013 event: Saturday and Sunday, March 9 & 10, with the Parade Kicking of Saturday March 9 at 10AM.



The 2012 Celtic Festival, March 10 & 11, which made its debut just last year was hugely successful, drawing over 6,000 people. Albert Syeles, spokesperson for Romanza, said, “Not only did we have great support from our St. Augustine community, for which we are grateful, but people attended from as far away as Arizona and Canada. We did not know whether having a Celtic Festival the weekend before St. Patrick’s Day would be such a winner, but obviously it is. It means we can all celebrate the whole week!”

“Our whole community gets the credit for the success as well as the great hard working volunteers, the vendors, the reenactors, the bands, and St. Augustine’s three Irish pubs. They all deserve a heartfelt thank you for a job well done. The citizens of St. Augustine not only enjoyed the Celtic Festival they made it possible by their work, their support and their enthusiasm.

“On behalf of Romanza I can promise that next year’s St. Patrick’s Day Parade and Celtic Festival, also at Francis Field, will be bigger and better – more bands, more clans, more Highland Games, more community exhibits and vendors, more children’s activities, and even more happy fans of all ages.”

Romanza’s next event will be the first ever ROMANZA WEEK, a full seven day celebration, beginning May 14, 2012, right after Mother’s Day. It will feature the cultural diversity of St. Augustine, including dance, music, theater, visual arts, and cuisine, while commemorating St. Augustine’s special connection to the Bicentennial of Spain’s 1812 Constitución. For more information visit www.RomanzaWeek.com. Romanza is dedicated to promoting the creative energy and Romantic splendor of the Nation’s Oldest City, St. Augustine, FL., through high-quality performing arts and cultural events.



City Hall Update

At its March 5, 2012, the St. Augustine Beach City Commission took the following actions:

1. Appointed to the city's Tree Board/ Beautification Advisory Committee Ms. LeaAnn Lombardi as a regular member and Ms. Linda Avery as the second alternate.
2. Approved a permit for the Somebody Cares 5K run on city streets on Saturday, May 12, 2012 from 6:30 a.m. to noon.
3. Approved the donation of sick leave by city employees to another employee who has used up his accrued sick leave.
4. Approved an ordinance on final reading that will allow chocolatiers in the city to sell bottles of wine dipped in chocolate.
5. Approved three budget resolutions: one to appropriate \$2,000 for urban forestry grant consulting fees and \$27,291 for the



6. Approved several budget resolutions that will pay for wages and other costs for the transfer of a public works department employee to the building department to do code enforcement.
7. Adopted a policy that city commissioners absent from meetings due to extraordinary circumstances can participate in the meetings if such is allowed by a simple majority of the commissioners present.
8. Adopted a policy that city commissioners at the time of an absence by a commissioner can determine if the absence is excused or not excused based on the information (continued page 3)

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What’s Inside The News Journal This Month

- **City Manager: In Appreciation**
- **Financial Focus: Early IRA Funding Can Pay Off Over Time**
- **Spiritually Speaking: “Confronting Death, Discovering Deeper Life”**
- **St. Augustine Beautification Committee: El Pollo Loco is Slang for the First Day of Spring**
- **Sheriff’s Corner: E-Commerce Awareness**
- **If You’re Dropped By Your Homeowners Insurance...**
- **Prevention Vs. Correction**

St. Augustine Beaches News Journal

St. Augustine Beaches News Journal

"Official News Source for the
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PO Box 51593, Jacksonville Beach, FL 32240

Todd Logsdon, General Manager
(904) 505-0301

Email: beachesnewsjournal@yahoo.com

Cliff Logsdon, Publisher/Editor
(270) 537-5304

Email: col@srtc.com

Online at www.beachesnewsjournal.com



City of St. Augustine Beach

Mayor S. Gary Snodgrass
City Manager Max Royle

www.staugbch.com
sabadmin@cityofsab.org

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

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

Articles or information may be sent to the Beaches News Journal, P.O. Box 51593, Jacksonville Beach, Florida 32240. Information may

also be e-mailed to beachesnewsjournal@yahoo.com or the editor at col@srtc.com.

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

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

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

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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.

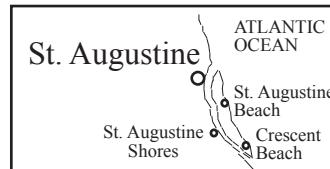
SJR State Administrator Receives Top UF Award

St. Johns River State College administrator Anna Lebesch, Ed.D., was recently presented with an Outstanding Graduate Award from the University of Florida.

According to a press release from UF, officials at the Institute of Higher Education present the awards every five years. Eleven recipients were selected for the competitive program that recognizes selected professionals—all Ph.D. or Ed.D. graduates of UF's higher education administration program—for their effectiveness as community college administrators, participation in college-wide strategic planning, community involvement, and professional activities at the state, regional and national levels.

Dale Campbell, interim director for the UF School of Human Development and Organizational Studies in Education, presented the award to Lebesch during SJR State's February Board meeting. The recipients emerged from a pool of 30 nominees reviewed earlier in the month by a panel of leading higher education professionals from the Community College Futures Assembly organization.

Lebesch earned her Doctorate Degree in Education from UF in 2011. She is currently the Vice President for Workforce Development at SJR State, serving Clay, Putnam and St. Johns counties. Photo: University of Florida Director Dale Campbell (right), presents Dr. Anna Lebesch with an Outstanding Graduate Award. Lebesch, SJR State's Vice President for Workforce Development, is a recent graduate of UF's higher education administration program. Standing with her are SJR State President Joe Pickens, J.D. and Board Chairman Diane Leone.



News From Around St. Johns County

Betty Griffin House supports DENIM DAY In honor of Sexual Assault Victims

April is Sexual Assault Awareness Month and Betty Griffin House is proud to present Denim Day on Wednesday, April 25, 2012 - a campaign aimed to raise awareness about the dynamics of sexual violence a call to action for all people to come together for the health and safety of everyone in our community. Take part in this effort by wearing denim as a visible symbol of support for ending sexual violence in our community.

Why denim day, you ask? A symbolic gesture – an Italian court overturned a rape conviction due to the judges believing that the victim had consented to sexual contact since, in their opinion; her jeans were so tight the perpetrator could not have gotten them off without her assistance. Sounds outrageous, yet in Italy, and all over the world, victims of sexual assault continue to be disbelieved and accused of causing the rape due to their behavior... or fashion sense.

This has to stop! Be part of the solution to end sexual violence by wearing denim on April 25th, 2012. Companies are encouraged to support their employees in choosing denim for this one day event, as a visible sign of their commitment to ending violence.

We are also asking for donations of denim to each Betty Griffin House Thrift Shoppe throughout the month of April, and especially on April 25th. We will give you a special donation sticker when you bring in denim items. Please wear this sticker and let everyone know you are a part of the solution to ending sexual violence in our community.

As a private, nonprofit agency, Betty Griffin House provides emergency shelter to abused women, men, their minor children. Other support services available to shelter residents and non residents include a 24-hour crisis hotline, individual and group counseling, forensic / medical rape exams, and legal assistance. Confidential individual and group counseling are available in all parts of St. Johns County including, Hastings, Ponte Vedra Beach, St. Johns, St. Augustine and St. Augustine Beach. For more information or to make a donation, visit their website at www.bettygriffinhouse.org. Become our fan on Facebook. If you or someone you know is being abused, please call our hotline at (904) 824-1555.

2012-13 Major Humanities Grant Award Florida Humanities Council / Florida Living History, Inc.

The Directors of Florida Living History, Inc. (FLH), are pleased to announce that Florida Living History, Inc., has been awarded a Major Grant of \$15,000 by the Florida Humanities Council (FHC), the state affiliate of the National Endowment for the Humanities.

The grant funding is to be used for the planning and implementation of large-scale humanities projects for the grant-award period of March 1, 2012 - August 31, 2013. Aside from the livinghistory events and lectures that FLH is already committed to for this grant period, the funding will be used for FLH's production of a free, interactive, educational e-booklet on early colonial Florida for the state's schoolchildren, ages 8 to 10, which will support the State of Florida's social studies standards for grade 4.

Florida Living History, Inc., a 501(c)(3) non-profit, educational organization, would like to thank the Florida Humanities Council for entrusting FLH with this acknowledgement of FLH's ongoing dedication to presenting and promoting Florida's early colonial history! For more information on Florida Living History, Inc., please contact info@floralivinghistory.org or phone us, toll-free, at 1-877-FLA-HIST (1-877-352-4478).



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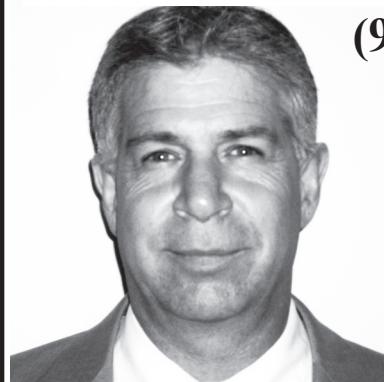


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News From Around St. Augustine Beach

May Town Hall Meeting

The next St. Augustine Beach Town Hall meeting with Commissioner Undine Pawlowski will be Friday, May 4th, 10-11:30 am, Anastasia Island public library.

City residents are invited to join the informal, round table discussions and review the Saint Augustine Beach City Commission meeting agenda and supporting materials.

City Hall Update

(continue from page 1)

provided to the commission, and the decision can be amended if the information is forthcoming within two months after the absence has occurred.

9. Adopted policies prepared by the city attorney that individual commissioners shall not speak publicly on matters pertaining to pending litigation involving the city, and shall not meet with parties that have filed litigation or administrative complaints against the city.

10. Decided at this time not to provide a pension benefit to two police officers who aren't eligible to participate in the Florida Retirement System because the two officers have retired from other police departments and are already receiving retirement benefits from the Florida Retirement System. The commission will decide whether to provide a pension benefit to the two officers once collective bargaining negotiations between the city and the police union are concluded.

11. Forwarded to the planning board for review the changes to the city's recreational vehicle regulations proposed by the building official.

12. Approved an agreement with the St. Augustine Beach Community Garden Association for the association to lease land from the city along 2nd Avenue between A and 1st Streets as the site for the garden.

13. Directed that a budget resolution be

prepared for the April commission meeting that will appropriate \$5,000 for the drilling of a well on the city's land for the community garden.

14. Continued the March 5th meeting to March 26th, 7 p.m., when the commission will discuss removing the former building department office from the lease that the St. Johns Cultural Council has with the city for use of the former city hall, which is adjacent to the pier park. Also postponed was discussion about leasing the former building department office to the Art Studio Group, the approval of two subleases concerning the former city hall, and the proposal to allow a restaurant to be put on the second floor of the former city hall. The public is invited to attend the continuation of the March 5th meeting and to attend the city commission's next regular meeting, which will be held on Monday, April 2, 2012 at 7:00 p.m. in the commission meeting room at city hall, 2200 A1A South. For information contact: Max Royle, City Manager
City of St. Augustine Beach
2200 A1A South, St. Augustine Beach, FL 32080 Phone: 904-471-2122

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

16th Annual Merrill Lynch 'A Taste of St. Augustine'

Having trouble deciding where to go for dinner when in St. Augustine? Then join St. Augustine in welcoming the 16th annual Merrill Lynch's "A Taste of St. Augustine" Saturday, April 28, 2012 from 12 noon – 8 pm. A Taste of St. Augustine has grown to be the city's premiere outdoor food festival, conveniently located at the St. Augustine Amphitheatre on A1A South. This signature food festival serves up exciting "tastes" from over 20 of St. Augustine's famous restaurants. Restaurants will compete for the prestigious TOSTa (Taste of St. Augustine) awards, with categories including Best Family Dining, Best Ethnic, Best Upscale and Best Dessert, as well as the ever popular "People's Choice", so make your vote count!

This year's event includes an accompanying music festival designed to showcase a variety of genres of music. A Taste of St. Augustine incorporates all things local: local cuisine, local brewery, local winery, local music all benefitting a local cause – EPIC Community Services, Inc.

Admission to A Taste of St. Augustine is \$5.00, and food and beverage tickets cost \$1.00 each, with most "tastes" somewhere between 2-5 tickets. Free parking and children under 11 receive free admission. New this year – all Taste patrons can use their tickets to receive discounts at local attractions including Ripley's Believe It or Not and Marineland.

Back by popular demand is the "Race to the Taste" - A 5K run starting and ending at the Amphitheatre with the course going through Anastasia State Park and surrounding neighborhoods. The only 5K in St. Augustine tied to an extraordinary culinary event. Registration is \$25 in advance, \$30 day of. For more information on the Race, visit www.racetothetaste.org.

Proceeds from both the Taste and the Race will benefit EPIC Community Services, serving St. Johns County families for over 38 years! Call (904) 829-3295 or visit www.epiccommunityservices.org for more information. Keep track of Taste news via the Taste facebook page too! See you at the "Taste".

Ponte Vedra Concert Hall Over the Rhine with Lucy Wainwright Roche – April 12th

Over the Rhine, named for the downtown Cincinnati neighborhood where the band got their start in the late eighties, is comprised of husband-and-wife singer-songwriters Linford Detweiler and Karin Bergquist. Their fan funded album, The Long Surrender, was released in early 2011 and Over the Rhine has shared the stage with iconic names such as Bob Dylan, John Prine, and Ani DiFranco, among others.

Lucy Wainwright Roche, the singing, songwriting daughter of Grammy Award winner Loudon Wainwright III and Suzzy Roche, has made a name for herself on the music scene following the release of her debut album, Lucy, in October of 2010. Wainwright Roche has been recognized by the Independent Music Awards, Falcon Ridge Folk Festival and the Grassy Hill Kerrville Folk Festival for her unique contributions to folk music. Tickets on sale at the Ponte Vedra Concert Hall and St. Augustine Amphitheatre box offices, findmytix.com, and all Ticketmaster outlets.



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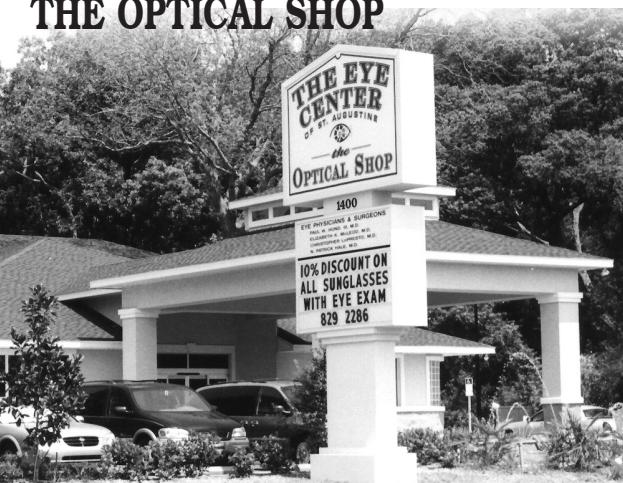
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MARTINA MCBRIDE TO PERFORM AT THE ST. AUGUSTINE AMPHITHEATRE APRIL 13th

Continuing its tradition of successful country shows including Miranda Lambert, Alison Krauss and Union Station, Zac Brown Band, Willie Nelson, Darius Rucker, Alan Jackson and the upcoming Hank Williams Jr. show on March 3rd, the St. Augustine Amphitheatre has announced its newest addition to the 2012 amphitheatre season: country superstar Martina McBride will perform at the St. Augustine Amphitheatre on Friday, April 13th, 2012 at 8pm. Doors will open at 7pm.

Martina McBride is a multi-platinum performing artist who has sold over 18 million albums worldwide. McBride started out selling merchandise on Garth Brooks' 1990 tour, and impressed Brooks enough that he offered her a slot as his opening act. Her debut album "The Time Has Come" was released in 1992. Wild Angels was her first number one single, from her album of the same name. McBride has had several number one country hits (A Broken Wing, Wrong Again, I Love You, Blessed), and two crossover adult contemporary hits (Valentine and I Love You). Her most recent album, "Eleven" was released on October 11, 2011.

In addition to album success, Martina has won the Country Music Association's "Female Vocalist of the Year" award four times (tied with Reba McEntire for the most wins) and the Academy of Country Music's "Top Female Vocalist" award three times.

Tickets on sale at the St. Augustine Amphitheatre and Ponte Vedra Concert Hall box offices. Tickets also available at findmytix.com, all Ticketmaster outlets or by phone at 800-745-3000.



St. Augustine Beach Civic Association

By Robert Samuels, President
St. Augustine Beach Civic Association

www.thecivicassociation.com

The Civic Association meeting is scheduled for Tuesday April 10th at 7:00pm at City Hall. Our featured speaker this month will be Mr. Max Royle, City Manager of St. Augustine Beach. Also presenting will be a representative from Advanced Disposal, St. Augustine Beach's recycling provider. 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. In January, Advanced Disposal, along with the City of St. Augustine Beach, announced their joint goal of increasing the amount of recyclable items collected from residents by 30 percent in 2012. We are three months in to the expanded recycling program, and the current rate of recycling is not keeping pace with that goal.

"Earth Day is April 22, and we're asking all residents to start recycling if they aren't currently and to take advantage of the expanded program," said Grant Dienell, Advanced Disposal's general manager who oversees the company's contract with the city. "Those who are already participating in the recycling program, thank you, and please consider encouraging your neighbor to join the cause. We need all the recyclable items we can collect to reach our citywide goal."

Residents can register for weekly recycling collection and pick up their bin at City Hall, located at 2200 SR A1A in St. Augustine Beach. Customers are welcome to pick up their second or replacement 18-gallon recycling bin at no extra cost from City Hall as well.

Advanced Disposal now collects 25 different recyclable items, and all items can be tossed in the recycling bin. No sorting is necessary. It's just that simple. Please contact Advanced Disposal regarding any solid waste and recycling needs at (904) 827-2005. To learn more about recycling initiatives and fun facts, please visit www.AdvancedDisposal.com.

New Recyclables:

- Plastic food, beverage, detergent bottles and jugs labeled #1 - #7
- Pill bottles
- Water bottles
- Glass bottles (green, brown and clear)
- Glass jars (green, brown and clear)
- Metal cans
- Aluminum cans
- Newspapers and inserts (on rainy

days, please hold until next collection)

- Magazines
- Catalogs
- Telephone books
- Brown paper bags
- Corrugated cardboard (flattened out and cut in pieces 2' by 3' or smaller)
- Office paper
- Copy paper
- Shredded paper in paper bag
- File folders
- File or packing boxes
- Junk mail
- Cereal boxes
- Brown or gray fiber packages (soda cartons, dry food packages, etc.)

The Music by the Sea Concerts have been scheduled and can be viewed on our website. There will be some surprises for our 10th Anniversary. The concerts begin on May 9th with performances by two school groups: the St. Augustine High Jazz Ambassadors and the Florida School for the Deaf and Blind Outta Sight Band. The Wildflower Cafe will be serving dinners. On May 16th the Soul Operation will play rhythm & blues and Motown with dinners provided by South Beach Grill. Several new restaurants will be participating in the concert series this year. We look forward to introducing to the community Gas, Maui Grill, Paula's Beachside Grille and Ripe Bistro. Music is from 7pm - 9pm with dinners served at 6pm. Come early for best parking, extra handicapped parking areas are provided.

The 7th Annual Taste of the Beach will take place on Sunday May 20th from 12pm - 6pm at the Pier Pavilion. This culinary event is a fund raiser for the Betty Griffin House. So far 13 restaurants have signed up to compete for recognition in the categories of best appetizer, entree, dessert, judges' choice and people's choice. Be sure to come out and vote for your favorite and enjoy the music of Kenyon Dye and his piano bar. This year the Civic Association is partnering with the St. Johns Business Network to produce the event.

The Beach Restoration Project is underway. The pumping of 2.1 million yards of sand has begun at Anastasia State Park about half way between the Pier and the Park parking lot. When I observed during the first week of March, three bulldozers were busy pushing the slurry of sand into huge piles moving in a southerly direction. By the time you are reading this, the renourishment should be at the Pier area. It may just be a "guy thing" but the viewing area from the Pier should be just perfect. I'm sure the kids at Splash Park would enjoy watching the heavy equipment in action. Pope Road will continue to be blocked off. The city will continue to monitor progress carefully with Mayor Snodgrass attending regular meetings.

The Commission initiated policy in regard to elected official absenteeism and prohibition of discussion by city staff and/or elected city officials regarding legal issues. The review of ordinances about trailers on commercial property and RV parking on private property was sent to the Planning & Zoning Board for their recommendation. These issues should be back before the Commission in



Ask the Mayor

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

Greetings, fellow citizens!

As outlined in previous columns, there are many challenges and opportunities confronting our City this year and beyond. Here is an update of recent events and a snapshot of other projects on the horizon:

- 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. Citizens are invited to attend this session which will be held at City Hall on Tuesday, April 24, 2012 from 8:30 AM to 4:00 PM.

- 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, is underway with an anticipated completion date of July 2012. While any inconvenience to our citizens from this project is unfortunate, in the long run, our Community, citizens, businesses and tourists, are far better off with a beach that has been re-nourished versus one that is allowed to deteriorate over time. Studies show that investing in beaches results in increased tourism spending, increased sales, income and employment and provides habitat for animals and vegetation. These are outcomes we seek. Please exercise care and caution when visiting the beach during this re-nourishment effort.

- Ocean Hammock Park - This area, formerly known as Maratea and before that the London Tract, located between beach communities Bermuda Run and Sea Colony, was purchased by the City as a green space and public beach access point, will soon have parking spaces for citizens and tourists who want to use the 1,700 foot boardwalk to the beach. The park will have twenty parking spaces when the effort is completed by early May 2012. Plenty of green space and natural environment will remain with sand and marshland which serves as home to cedar trees, live oaks, birds and other wildlife.

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 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

April for further consideration and approval. Congratulations to Ms. LeaAnn Lombardi and Ms. Linda Avery for being appointed to the Tree Board/Beautification Advisory Committee. Thanks for your volunteer service. Also at the Commission meeting, it was decided that the City would take responsibility for having an artesian well drilled for the newly incorporated St. Augustine Beach Community Garden Association. In order to have the irrigation possible for late summer planting season, the Civic Association volunteered to provide up to \$2,000 toward repayment to the city for the Community Garden Association.

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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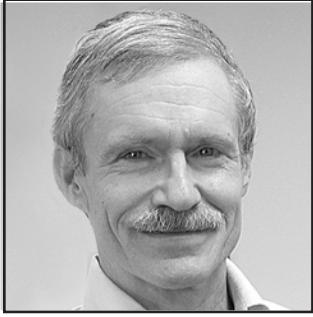


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In Appreciation

By Max Royle
St. Augustine Beach City Manager

On February 13th of this year, Mr. Albert P. Holmberg of St. Augustine Beach passed away. He was in his early 80s. He was a remarkable man, not because of wealth, power, high status or fame, but because of his integrity, his strong and enduring interest in the welfare of his city and the larger St. Johns County community, and his commitment to the public good that he showed by many years of active service on various governmental and public organizations.

His interest in local government began after he had retired from a career in teaching, first in local area public schools, and then for 30 years as a civilian educator for the U.S. Army. He lived for a time in what was then West Germany, where he taught the dependents of U.S. military and civilian personnel. In the late 1980s, he retired to the St. Augustine area, where he had grown up. He and his wife bought a home in the Woodland subdivision of St. Augustine Beach.

In connection with Al, the word "retired" is hardly accurate, as he wasn't interested in the usual activities—golfing, fishing, taking cruises—of the typical Florida retiree. Though his interests or passions were few in number, he was intensely invested in them. First, there was his family—his wife of over 50 years and their two daughters. Then there was his church, the Cathedral Basilica of St. Augustine. Then there was the Florida Gators football team. Al was an alumnus of the University of Florida, and during the football season he'd go to Gainesville in a bus filled with other local Gator fans to cheer on the team at home games. He even, if my memory is correct, went to some of the team's games outside of Florida. He and I discussed one time how long it would take to drive from St. Augustine to Fayetteville, Arkansas, where the Gators were to play. Too long, Al decided. Finally, there was his interest in what was happening, politically, in his little corner of the Florida paradise: St. Augustine Beach and the larger area of St. Johns County and northeast Florida.

As he was at his church, Al was a regular attendee at all kinds of government meetings: city commission, county commission, other boards and committees. His willingness and ability to sit through the meetings month after month astounded me. He seemed to have an infinite amount of patience as well as stamina to pay attention to, absorb, and comment on, the many issues that were of concern to local government and that he thought were important and needing comment from a citizen such as himself. Yet I never thought he spoke just to hear himself speak, or to have for a few minutes the attention of the city or county commission (and any local government channel TV cameras) focused on him.

Ironically perhaps, over the years he was both a local government outsider as well as an insider. His record as a local government official is remarkable. He served six years (1989-1995) on the St. Augustine Beach Comprehensive Planning and Zoning Board; eight years (1997-2004) on

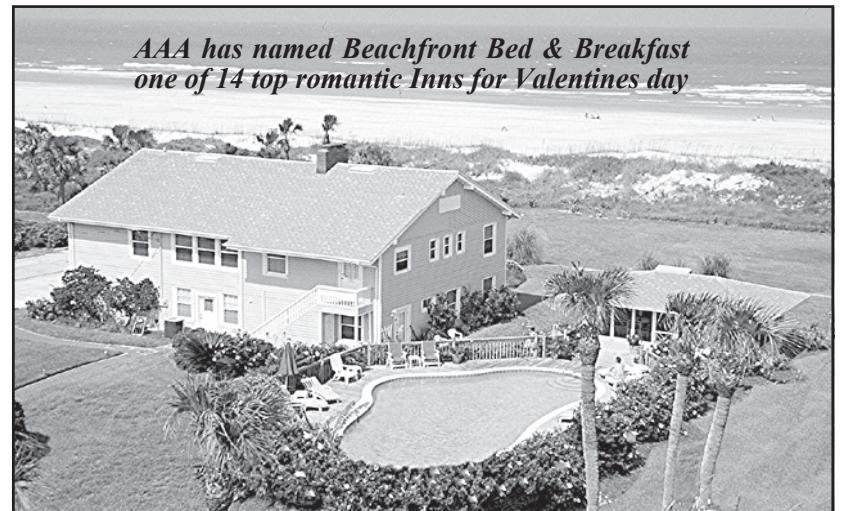
the City Commission; and six years (2005-2010) on the city's Code Enforcement Board. He also served as the city's vice mayor, and over the years as its representative on various boards and committees: the Tourist Development Council; the Northeast Florida Regional Council, and the Intergovernmental Committee. He was also on the Northeast Florida League of Cities board of directors. Sometimes he'd attend meetings of city boards and committees when he no longer was a member, just to see what they were doing and if he could constructively contribute to whatever topics were being discussed. I remember him as serving as the city commission's unofficial liaison to the Beautification Advisory Committee, and later, when he no longer was a commissioner, often being the sole member of the public at the committee's meetings.

My first direct meeting with Al wasn't the auspicious beginning for what later became a productive relationship of mutual respect and liking. Sometime in the early 1990s, he appeared one morning at my office in the former city hall by the county pier park to complain about the wording on a street sign. He lived on Lakeshore Drive, and he was upset that the name on the sign was, to my recollection "Lake Shore." He was in a high state of agitation (voice quivering, face red), a reaction I thought was much more intense than the mere misspelling of a street name warranted. Perhaps some other, more significant annoyance had set him off that morning. At the time, it was rumored that he planned to run for the city commission. I thought that his reaction to the street sign didn't bode well for me if he were elected. The public works director at the time, Gene LeMay, agreed. We were both wrong. Gene unfortunately died from a heart attack in 1997 and thus never had the good fortune to work with Al.

During the years he was a commissioner and later as a private citizen, Al would become passionate about an issue, though never again over such a minor one as that street sign. He particularly thought that the city shouldn't be involved with providing parks and recreational activities, which he believed were the county's responsibility. Yet even when excited by an issue, Al never made personal any disagreement he had with a fellow commissioner, a citizen, or a city employee. He would succinctly state his opinion. If he lost a vote, then so be it. I'm sure he felt dismay about being on the losing side of some votes, but he seemed to shrug off any disappointments and to move on to the next issue, the next decision. I don't think he saw decision making in local government as a zero sum game, a do-or-die, my-way-or-the-highway process. Rather, he knew that when a vote was taken, that was the will of the commission, and it was time to look ahead, without complaining and without grudges, to the next problem, the next challenge, facing the city.

His passing marks the departure of another member of what I call the city's "Old Guard":

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those citizens who were active in city affairs in 1989 when I first arrived, and who over the years served on the commission, or various boards or committees, or simply as city hall watchers. As time passes, the list of departed Old Guard members grows longer. I know that such is inevitable, but I cannot help but feel sad that it's happening, as it seems with each departure there's a further unraveling, if even temporary, of the city's fabric. In the case of Al Holmberg, this seems doubly true, because he was so steadfastly, year after year, such a strong presence in the city's political life in his low-key, quiet, and undramatic way.

Al's presence was strong and memorable because he had integrity, which is the gold standard in both private and public life. In all the years I worked with Al, talked with him, watched him, I never saw anything in what he said or did that would make me doubt his integrity. He had that quality, seemingly so often so elusive these days, to the nth degree.

I may have made Al appear to be almost saint-like here. To contrast that, I'd like to tell you an anecdote about him that will show you he was very much a normal man. It happened on a drive to a Northeast Florida League of Cities' meeting, perhaps in Starke or Lake Butler. The year was either 2003 or 2004, because Grace Guido was driving. She was a city commissioner

then, as was Al. Funny, how you can remember sometimes exactly where you were when some perfectly unremarkable event happened. We were on State Road 16, just west of U.S. 17 in Green Cove Springs. Al was describing where he had taught after receiving a degree from the University of Florida. He pointed to a public school to the right of the highway and said he had taught there. He then described getting the job with the Army and leaving the U.S. to teach in West Germany, and how, perhaps in the late 1950s, he was at a French beach and he saw for the first time a woman in a bikini bathing suit. I'm in the back seat, and my attention perks up, not just because I'm imagining what a French woman in a bikini would look like, but also because of what I detect in the tone of Al's voice: awe, amazement. And suddenly from that tone I had an awareness of him as a person: raised in a quiet corner of Florida; never travelled far from that area until he took the teaching job with the Army; an American Innocent abroad, inexperienced with the world and certainly with what might have been seen at that time on a French beach. And yet, despite the passing of decades, the memory of that woman in her bikini could still produce in him the same awe that he had originally felt. I think about what that memory apparently meant to Al, and it makes me smile. I think, were he here, he'd smile with me.

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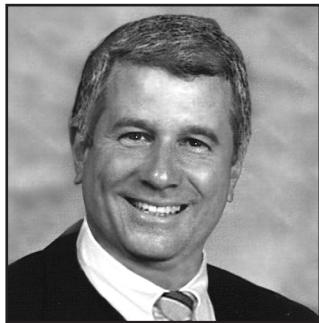
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Spiritually Speaking

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.

“Confronting Death, Discovering Deeper Life”

Last fall a book was released that, while no longer is “hot” publishing news, may actually be better considered in this new month of April just before us. “Neuroreality: A Scientific Religion to Restore Meaning” by University of Hawaii researcher Dr. Bruce E. Morton is a breakthrough piece of secular scholarship that nonetheless addresses THE deepest issues that engage the human heart and soul: death, and enriched and transformed life.

Mind you, I’m not one of those who anxiously await every pronouncement from the scientific community with some bearing on religion in order to “prove” once again the “reasonableness” of my faith. Faith, dear reader, is a gift. It’s a gift offered to many – indeed, in due course to all – though some refuse it. It’s a way of seeing the world that flips on the fog lights in a stormy night and comes to acknowledge new contexts and contours previously unimagined and unavailable to merely “rational” beings. That being said, my love of both science and history so often puts a smile on my face when I realize that honest folk through the ages have discovered no real conflict between faith and reason, although they do occupy distinct if complementary modes of “knowing”.

“Neuroreality” for all its academic

erudition has a simple message. Put a “bright but suffering primate” into some extreme life event – a near death experience, a tribal “coming of age” initiation, and the like – and so often what pops out on the other side of that experience is a “wise and happy human being.”

Morton expands on this idea. “The final result of this, once in a lifetime rite of passage, is a permanent transformation of the individual, including significant expansion in their intelligence.” Hmmm. Well, I have seen what boot camp can do to some individuals, and while they may not come out of thirteen weeks of virtual hell expounding on the elegant intricacies of quantum physics, they so often do seem more connected to reality. But I digress. One of Morton’s foundational points is that these transformative periods create a real brain crisis that “brings the unavoidable acceptance of death.” And it’s that acceptance that also leads to wisdom, peace and increased value to everyone else around those who experience such moments of transformation.

When you think about it, the application of all this to the Christian Paschal Mystery (Good Friday – Easter Sunday) or the Jewish Passover experience is obvious. Consider the latter for a interpersonal, truly national example of this principle. The Hebrew nation teeters on the brink of destruction according to the biblical record. The whole Egyptian episode has turned foul after auspicious beginnings through the influence of the patriarch Joseph many years before. It’s going to be all or nothing according to scripture’s testimony, especially while fleeing pharaoh’s chariots at the Sea of Reeds. A nation is rescued from a frightful confrontation, and the people never forget it for centuries, even millennia to come. And the heck with the “scholarly” naysayers who minimize the whole Exodus (or Easter Resurrection) story – like one good Catholic priest in Yonkers once said to one Exodus/Passover story heckler: “And so, you were there?!”

No, science is simply rediscovering what people of faith have always known. You suffer, you go down – and then you come back up, better for it all. It’s a mystery – one that I seek to better own, and pray that you will as well!

God bless one and all,
Dr. Nick



Financial Focus

Information Provided By
Edward Jones

Early IRA Funding Can Pay Off Over Time

You’ve got until April 17 to contribute to your Individual Retirement Account (IRA) for the 2011 tax year. That’s not a lot of time, but if you have some money available, and you haven’t completely funded your IRA for 2011, consider doing so before the deadline. And once you’ve “maxed out” on your IRA for last year, why not get a jump on 2012?

Actually, you could have started contributing to your 2012 IRA as early as Jan. 2. In fact, if you can get into the habit of fully funding your IRA each January, you’ll give your money 15 extra months of growth potential, as opposed to waiting until mid-April of the following year. If you factor in all the years you’ll be contributing to your IRA before you retire, those extra months of growth opportunities, repeated over decades, could end up providing you with a fair amount of extra cash when you start tapping into your IRA at retirement.

Of course, you may not find it all that easy to come up with the full IRA contribution amount at one time. (In 2012, you can put up to \$5,000 into a Roth or traditional IRA, or \$6,000 if you’re 50 or older.) But if you look at your entire financial picture, you may be able to think of some resources. Here are a few suggestions:

- Put your tax refund to work. In 2011, the average tax refund was about \$3,000, according to the IRS. If you received that amount in 2012, and you applied it toward your IRA, you would already have met half the contribution limit (if you are 50 or older) or more than half (if you’re younger than 50).

- Take advantage of interest payments or dividends. If you own income-producing investments, you may find that they can help you fund your IRA early. For example, if you own dividend-paying stocks, and you don’t typically reinvest the dividends, consider putting some of these funds into your IRA. (Keep in mind, though, that stocks can reduce or discontinue dividends at any time). And you can do the same thing with any interest payments you receive from bonds.

- Put other “windfalls” into your IRA. If you receive a windfall, such as a bonus from your employer or a gift of cash, think about putting it into your IRA.

If none of these options present themselves, and you can’t afford to write out a big check to fund your IRA very early in the year, do the best you can to reach the contribution limit as soon as possible. To make this happen, consider setting up a monthly automatic transfer from your checking or savings account into your IRA. Even if you were to divide these transfers into 15 equal payments totaling \$5,000 (or \$6,000 if you’re 50 or older), you would still be funding your IRA more quickly than if you would have scrambled to contribute in the last few months before the tax filing deadline.

No matter when you do it, fully funding your IRA is a great way to help build resources for retirement. But the earlier, the better — so do whatever you can to beat that tax deadline each year.

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



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Retirement May Be Far Off, But the April 17 Deadline for IRA Contributions Isn’t.

You have only so many years to prepare for retirement. That’s why contributing to your Individual Retirement Account (IRA) is so important. Fortunately, you still have time to maximize your 2011 IRA contribution before the April 17 deadline.

By contributing now, your retirement savings can have more opportunity to grow. Even if you already have an IRA elsewhere, it’s easy to transfer it to an Edward Jones IRA and begin receiving the face-to-face guidance you deserve.

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St. Augustine Beaches Beautification Advisory Committee

Ann Palmquist, Committee Member
Palmquist@comcast.net

El Pollo Loco is Slang for the First Day of Spring

In the slang of the United Kingdom, boffins are scientists, engineers, and other people engaged in technical or scientific research, and, I hasten to add, other curious blokes qualify as boffins. Slang and riddles like bite-sized chunks add spice to everyday jargon.

In Florida, the Sunshine State, Sunshine is slang for keep-'em-honest. The public's business must be conducted in an open, smoke free environment. Sunshine is also a great sanitizer for political, civil, or social conundrums; however, blue skies are optional.

The St. Augustine Record reported an ongoing conundrum. The Islands' Historic Chickens, possible descendants of the original 1565 Spanish flocks, were under siege again. Actions directed against these feral, feathered fowl is causing anxiety because the classification is neither domestic nor wild life thus poses a riddle: when is a chicken not a chicken? Answer: when there is a \$2,000 dollar bounty on the fowl's fluffy backside. The solution, catch and release, might work but if a few birds escaped new problems could surface. With the diminished numbers the remaining birds will now need protection and might be reclassified as an endangered species and would promote biodiversity because none of the Island's Dixie Chicks have been genetically modified. These efforts could prove costly and trigger an internal audit. Questions can be directed to Mayor Gary Snodgrass who feels an even hand is warranted. Allowing chicken in every plot might dovetail nicely with Nana Royer's support of a program to adopt a hen or two or three or more. She understands you can't make an omelet without breaking some eggs; in fact you can't make an omelet without eggs. Staff has promised only appropriate means would be used to keep the Little Red Hen safe and in full Sunshine.

The celebrated civic association, LIRPA, Inc., - Less Is Right Please Agree - promotes safety and Sunshine. At long last, the answer to the riddle might be at hand; why did the chicken cross the road? If the crossing flags, at 16th St and F St. were reduced in size and weight, the Little Red Hen could carry one in her beak and cross the road safely.

Promoting solutions before there are problems has always been the goal of the membership committee of LIRPA, Inc. with a written purpose, "to promote and stimulate

interest in the improvement, operation and management of the City, ... the County ..., the State, and the World." Membership is open to all, not just folks who agree with us, because restricting who can join would be counterproductive, promote narrow-mindedness, and discrimination a clear sign of intimidation which is slang for bullying.

Being called a Tree Hugger once was sarcastic slang but today being called one is related to the very air you breath and is worn like a badge of honor.

Your BAC members have been working on plans for Arbor Day, scheduled May 11 at 5:00PM, at City Hall. This year will continue to emphasize the environment, conservation, education, as well as promoting the benefits of trees. Activities for children include: a poster and poem contest and Learning Stations where you have fun learning about your world and get your Passport stamped. This year's Arbor Day budget, \$2,500, will be a little tight so your BAC welcomes outstanding volunteers and support. Interested venders should contact Max Royal 471-2122.

Arbor Day in Palm Coast will be May 5th from 9:00 AM till 2:00 PM. Carol Bennett told BAC when she started working 6 years ago around 40 people came in 2011 there were over 4,000. WOW! Carol is an Urban Forester/Certified Arborist, and encourages the green side of this event. Venders are encouraged to share educational/informational materials, products, and services that relate to: energy saving products; environmental sciences; conservation of water and land use; principals of Florida Friendly Yards (FFY); native plants, trees, and the importance of biodiversity. A budget, \$25,000, funded by Waste Pro Recycling, makes celebrating trees a walk on the green side. After checking out Arbor Day in Palm Coast replay Arbor Day celebrations May 11th at the St. Augustine Beach City Hall.

All flower lovers are invited to attend the EPIC Flower & Garden Expo at the St. Johns County Agriculture Extension Office, April 21st & 22nd. Green thumbs, or new-bees don't want to miss this show so give Keith Fuller, IFAS Horticulture Agent, a call, 209-0430, for details. If you want to be a vender and are green give Mr. Fuller. There will be a silent auction, education classes, plants sales and a full day of



St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

E-Commerce Awareness

Here is an example of an advertisement placed on a popular E-commerce classified site: "For Sale: 2005 Denali Yukon. Excellent condition. 46,000 miles. Must sacrifice as I am being deployed to Afghanistan next month. Will deliver anywhere in Southeast United States."

This used car ad is most likely fraudulent and could result in someone being scammed for a lot of money. This month I would like to share with you some tips for safely using E-commerce sites or for that matter, any online classified buy and sell social network.

E-Commerce sites are a great resource for selling things, finding apartments, locating services and meeting people. Most of the time transactions go smoothly and both seller and buyer are satisfied with the experience.

Last year the murder of four men, who were lured to Ohio after responding to an online ad in the belief they had been hired to work on a farm, made national headlines. The more frequent type of classified ad type crime involves the loss of money in buying or selling.

One E-commerce site advises that any business dealings be done with people locally. Trust your instincts and if the offer appears too good to be true, it probably is, and be leery. If you have something for sale and someone emails or calls offering more than you are asking, be skeptical and careful. This is usually the first step in getting some of your cash. In this scenario you may be asked to put some money in a phony escrow account supposedly to insure a safe transaction for both parties. Even being asked to make a deposit in legitimate escrow service such as BidPay, Squaretrade or PayPal should raise a red flag to proceed with caution. In all E-commerce transactions I would like to add "let the buyer be smart" to the old adage of

"let the buyer beware."

E-Commerce scams frequently involve rental property. If you are seeking a home to rent, do not send deposit money or first and last month rent before you confirm the property is actually a legitimate rental. The FBI has posted a warning about such a scam operated from Nigeria. The response to a "wanted to rent ad" will say they have a home available in your community because they are missionaries and have accepted an assignment from their church in Nigeria. They will e-mail you pictures of the home then tell you they will give you the address after you send a Western Union money order for the deposit.

These sites are also popular for personal ads. If you post such an ad never reveal contact information. Many sites will allow you to setup an email response box that will be forwarded to your undisclosed email address. When meeting someone in response to a posting, always make it in a very public place. Always tell a friend or family member where you are going and when you plan to return.

Even after you have met the individual and start to feel comfortable don't let your guard down too soon. If during the first meeting the other person suggests to go to some place quieter, say no and use your best intuition as to whether you want to continue the meeting and conversation.

Using E-commerce or other social sites can be fun and rewarding if you use some of these tips to insure your safety and protect yourself from being scammed, or worse, harmed.

Thank you for taking the time to read my column. If you have suggestions for future topics or any issue related to law enforcement and public safety in St. Johns County contact me at dshoar@sjsco.org.

Flowers and Gardens.

A last riddle asks: Is filling a bucket with a thimble different from fundraising? They are the same but fundraising seems to take longer. The Community Garden is interested in water conservation. Mr. Marc Chaten, Director of Public Works, shared first hand information about drip irrigation. Fundraising need to cover the garden's start up costs and mean many thimbles are needed. Promises of support made are still outstanding and have not been kept. The level in the bucket did rise in March thanks to many volunteers who filled many thimbles and proved every drop helps. Thank you for your generous drips and drops. www.sabgarden.org.

Another funding source may be the U.S.

Department of Agriculture (USDA), Department of Health and Human Services' Food and Drug Administration (FDA), Department of Homeland Security (DHS) and the Federal Bureau of Investigation (FBI) who announced a new collaboration with states and private industry to protect the nation's food supply from terrorist threats. New funding? Maybe?

Your BAC look forward to working with Ms. LeaAnn Lombardi, will serve as the a new member, and Ms. Linda Avery, as Alternate. Welcome. If you are a Boffin or El Pollo Loco, you and Sunshine make our Blue skies brighter and St. Augustine Beach such a beautiful city to call home. It is April, so have some fun and make a little history.



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Crescent Beach Easter Sunrise Service Expects Thousands

On Sunday morning, April 8, at 7:00 a.m. the people of the St. Johns area will have the opportunity to attend what has become one of the largest beach, Easter Sunrise Services in the world today.

This yearly event was first held on Crescent Beach in 1994, with less than 100 people attending. For the past several years crowds surpassing the 5,000 mark, according to police estimates, have enjoyed this special service celebrating the resurrection of Christ.

This year's service will feature Dr. David Beauchamp, speaker, the Celebration Singers, a ladies' ensemble, soloist Jeff Varnadoe, and lively crowd singing directed by Lindsay Terry.

People are urged to bring cameras to capture the event, especially a giant cross silhouetted against an early morning sunrise. That scene has become a favorite of photographers from distant cities who attend the service.

A state-of-the-art sound system, with huge speakers arranged so that all can hear, is used for the benefit of the great crowd. A temporary outdoor platform, complete with risers for the choir, will be in place on the beach near Crescent Beach Ramp.

Each year people bring their beach

chairs and blankets to relax, listen to the music, join in the singing of the great outdoor congregation, and hear the Easter message presented by Dr. Beauchamp.

If you have never witnessed an ocean baptism than you will be thrilled to see people, young and old, baptized in the Atlantic. From the beginning this has become a favorite feature of the Sunrise Services.

Experienced parking attendants, assisted by police officers, will be on hand to help each driver find a space on the beach or on nearby paved lots with hundreds of spaces available. Motorists are urged to come a little early in order to get parked and find a place near the platform before the service begins.

The people of North Florida, who have heard about this remarkable Easter service, will now have the opportunity to experience it for themselves. Past services have been attended by people from many near-by towns and communities in addition to the tourists who come out of the beach hotels.

The location for the service is the Crescent Beach Ramp area on Easter Sunday morning, April 8th at 7:00 a.m.



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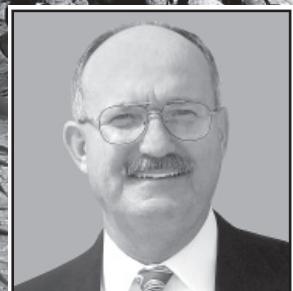
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"Easter Sunday morning is an exciting time, especially as we celebrate Jesus Christ's death, burial, and resurrection on Crescent Beach. Let me share with you a message of happiness and hope."

- Dr. David Beauchamp





Beaches Bistro

By Paolo Pece, Cafe Atlantico
cafeatlantico@comcast.net

Pollo alla Cacciatore

My personal suggestion for vino in this dish, is a bold Chianti Classico. Its' blend is 80% for Sangiovese, red grape typical of the area, 20% for other native grapes such as Canaiolo and Colorino, as well as other international varieties such as Cabernet Sauvignon and Merlot.

Its peculiarities are a limpid ruby red color, floral notes, and dry, sapid flavor with a good level of tannins that will bring out the sweetness of the braised vegetables used in this dish.

- Serves 4**
Ingredients
- 4 chicken thighs, 4 chicken legs (skin on or off to your liking)
 - 1 sprig of thyme, and/or 2 bay leaves (if you have it)
 - 1 green bell pepper julienne cut
 - 1 medium yellow onion julienne cut
 - 1 clove of garlic
 - 1/4 cup of olive oil
 - salt, pepper, oregano to taste
 - 1 glass of red wine, Chianti if possible
 - 1/2 gallon chicken stock
 - 1 cup medium diced tomatoes
 - few basil leaves
 - crushed red pepper (if a little zest is desired)

Preparation
In a sauce pot, on medium heat, add the oil and sauté the chicken 2 min. on each side. Incorporate the spices, then the onions, peppers, and garlic.

Cook it for 5 more min., then deglaze it with the wine, let evaporate it for 1 min., then add the stock, and the tomatoes.

Place a piece of parchment paper on it, and bake it at 375 for 1 hour.

This dish can be accompanied with your favorite starch. Bon appetit!

If You're Dropped By Your Homeowners Insurance...

By Jane Tucker, First Florida Insurance

It's no secret that many areas in Florida are considered "high risk" to Homeowners Insurance companies. And, insurance companies have had to deal with excessive claims due to natural disasters such as hurricanes and flooding in past years. While St. Johns County has been fortunate to have avoided catastrophic losses for homeowners, there are some insurance companies not renewing home policies in the county.

If your homeowners policy is dropped or simply not renewed, rest assured there are still lots of good, solid companies still insuring homes in Florida.

If you've received a 30 or 60 day non-renewal or cancellation notice from your homeowners insurance, then it's time to begin diligent research into securing a new insurance company.

Use this non-renewal notice as an opportunity to see if you can save some money compared to your old homeowners insurance. At First Florida, we can help you compare policies and rates from many insurance companies prior to buying a new policy. In many cases, independent agents may be able to give you a better deal for becoming one of their customers.

Avoiding Getting Dropped Or Cancelled Again

Once you've found new insurance coverage with a fresh company, plan to take steps to avoid getting cancelled. First,

raise your deductible as high as possible. This helps you in two ways: you'll save on monthly premiums, and you'll be less inclined to make small claims since a small loss will require out-of-pocket expense.

Keep in mind, small claims such as a broken tile in the kitchen can be a cancellation magnet. Your roof blowing off during a storm is another story.

Keep your property in good repair, with a tight, waterproof roof. Consider self-insuring water damage claims by paying for the repair yourself. Water damage claims seem to be a concern to insurance companies, and could lead to cancellation of the policy. Make sure that you don't even report the damage to your insurance company unless you are sure that you will be filing a claim. Just the report of damage can cause some insurers to discontinue coverage, even if no claim is made.

And, remember, don't wait till you have a loss to find out if you have the right type and amount of insurance.

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

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\$450,000.....	\$1409.....	home/auto discount up to 20%
\$500,000.....	\$1562.....	home/auto discount up to 20%
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Prevention Vs. Correction

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

I recently had a patient tell me, "I wish I would have started this long ago." He's developed neck and shoulder pain from years of faulty posture. His forward head, neck and shoulder posture has caused years of compensatory movement, muscle imbalances and tissue strain. He's doing well but he's correct, it would have been easier if he had prevented or minimized the faulty posture in the first place.

Our bodies are always adapting to the stresses they encounter. Tissues grow and change depending on these forces. Over time, muscles, ligaments and tendons begin to yield to gravity. Some shorten. Others lengthen. Low backs tend to flatten and necks tend to curve as the head moves forward. The result of these imbalances can be painful, producing pressure on discs, nerves and joints. The longer these imbalances remain, the more difficult they are to reverse. Prevention is better, and easier than correction.

I often ask patients if they regularly change the oil in their car to prevent engine breakdown, rotate the tires or if they were vaccinated as a child to prevent diseases. Without thinking the answer is always yes. But when it comes to the mechanics of the body (wheels, tires, shocks), the condition of the cardiovascular system (the engine) or the nervous system, maintenance is often an afterthought.

Maintenance of the body and its systems is called "Wellness." Many think it consists of exercise and conditioning only. Although these are important components, exercise and conditioning alone cannot correct mechanical problems such as faulty posture or compensatory movement patterns. Physical and Occupational

Therapists use manual therapy to make these corrections. We gently push/pull the joints and stretch the muscle to establish movement and then use exercise help to lubricate and maintain the correction.

The advantages of prevention vs correction are many. Staying mobile and healthy is easier than trying to get back into shape after allowing oneself to get out of shape. I've experienced this firsthand. Although it may not seem like it at the time, staying healthy is easier on the wallet. Keeping your body moving can potentially shield you from facing some of the rising costs of healthcare. And lastly, staying mobile and healthy makes you feel better. It can prevent those aches and pains from gaining ground.

Correction is always an option but in the long run, prevention is always better. All that is need is a plan. Consult your MD and then your physical Therapist. As a musculoskeletal specialist, your therapist can develop a maintenance plan designed specifically for you. At First Coast Rehabilitation we say we have One Therapist, One Patient, One Goal and One Plan because one plan does not fit all.

Rob Stanborough is a physical therapist serving St. Augustine for nearly 10 years. He is president and co-owner of First Coast Rehabilitation, as well as co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. He is certified in manual therapy, a Fellow of the American Academy of Orthopaedic Manual Therapists and has presented on the topic of soft tissue dysfunction in a variety of venues. Read previous columns posted on the website www.firstcoastrehab.com.

Peter & the Wolf

continued from page 1

Tickets are \$20 for adults and \$10 for children 10 and under. Tickets may be purchased online at www.saintaugustineballet.com. They are also available at Abella's School of Dance located at 1765 Tree Blvd in Saint Augustine Monday through Thursday from 3:30 TO 6:30 p.m.

The area's most talented ballet dancers from Saint Johns, Duval, and Flagler County take to the stage under the direction of Saint Augustine Ballet's Artistic Director, Luis



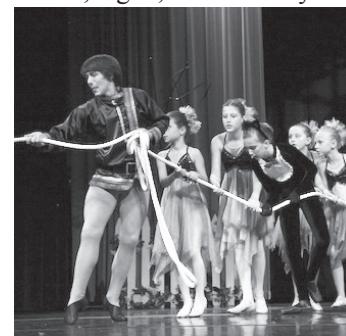
Abella. The multigenerational cast also features local Pilates and dance teacher, Jennifer Dournaux, as the Wolf, and arts educator and musician, Tommy Bledsoe, as the Narrator/Grandfather. Peter and the Wolf, written by Sergei Prokofiev in 1936 tells the tale of Peter as he ventures out into the meadow against his grandfather's orders. It also serves as an introduction

to various instruments in the orchestra as each character is represented by a different instrument and melody.

Following a brief intermission, Spring Variations will showcase a selection of variations from ballet classics including Le Corsaire, La Esmeralda, Agon, Tchaikovsky Pas De Deux, and La Sylphide.

Kirk Memorial Auditorium is located at 207 San Marco Avenue, St. Augustine 32084. To purchase tickets, visit www.saintaugustineballet.com or email tickets@saintaugustineballet.com. For more information call 904-810-5670.

The St. Augustine Community Ballet is a 501(C)3 non-profit organization supported in part by VyStar Credit Union. Saint Augustine Ballet's mission is to provide high quality ballet performances to the public while offering local dancers the experience of dancing in full-length classical ballets.



"2013 Day Without Violence" Art and Poetry Project

It's time to enter the Betty Griffin House 2013 "Day Without Violence" Calendar Art and Poetry Project before the April 13, 2012 deadline! Thirteen Art winners and Twelve Poets will receive cash prizes and will have their art or poem published in the "2013 A Day Without Violence" Calendar, which is distributed free to every classroom in the county, pending funding.

The project is open to all St. Johns County students ages 6 - 18, whether they attend public school, private school or are home schooled. Entry forms have been delivered via e-mail to participating schools. If you did not receive one please e-mail: education@bettygriffinhouse.org

Winners will be honored at an award ceremony in October of the 2012 school year. Winning art and poetry will be displayed at the ceremony. The top one hundred pieces of art will also be selected, and exhibited at the Ponce de Leon Mall during October, which is Domestic Violence

Awareness Month. Winners will receive a color, framed copy of their art to keep. Students submitting poems should keep a copy for themselves.

All entries should be dropped off at one of the following collection sites:

Either Betty Griffin House Thrift Shoppe locations:

- 445 SR 13 North, St. Johns, Florida in the Plantation Plaza ½ mile south of Racetrack Rd
- 1961 A1A South, St. Augustine, FL.
- Any of the 6 County Libraries will collect entries. Look for the decorated entry box.

For entry forms and contest rules, contact your child's school or call Kim Brumfield, Community Awareness Coordinator at Betty Griffin House 904-808-9984 or e-mail education@bettygriffinhouse.org.

Florida Living History - May

De Soto's Landing, Bradenton, Florida

On April 21st the Calderon's Company will take part in the 63rd annual re-enactment of De Soto's landing commemorates the arrival of that conquistador at Tampa Bay on May 30, 1539, to begin a four-year journey that took him and his army of over 700 through the American Southeast.

Sponsored by De Soto National Memorial (www.nps.gov/deso/index.htm), the Event features activities and demonstrations on the daily lives of the early Spanish explorers and the Native Americans they encountered. This heritage Event will take place from 10 a.m. to 3 p.m. Admission is free.

For more information, contact Daniel Stephens / De Soto National Memorial. E-mail: daniel_stephens@nps.gov or call 941-792-0458. You can also contact Tim Burke / Calderon's Company, E-mail: burke.calderon@verizon.net or call 1-877-FLA-HIST.

Los Presidiales de San Agustín at Fort Mose

On April 28th the members of Los Presidiales de San Agustín (The Presidiales of St. Augustine) present 18th-century, historical interpretation from 10a.m. to 2p.m. at Fort Mose Historic State Park (www.floridastateparks.org/fortmose/default.cfm), in St. Augustine, FL.

This month's Event will focus on the medicinal plants and herbs used by Native Americans and white and black settlers, in colonial Florida. Fort Mose is the site of the first, legally sanctioned free black settlement in the continental U.S., established in 1738. For more information, contact Terri Newmans / Fort Mose Historic State Park, E-mail: terri.newmans@dep.state.fl.us or call 904-823-2232.

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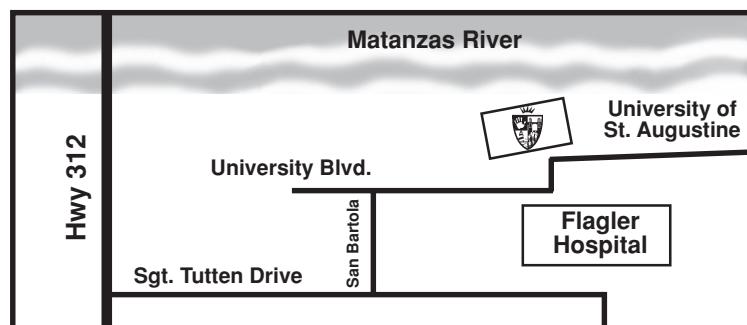


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ISLAND HAMMOCK HOME ON HALF ACRE LOT. What a buy in one of the most desirable neighborhoods on Anastasia Island. You can hear the waves from this upscale home, or take a short walk to the beach. Home features 3 bedrooms plus office, 2.5 bathrooms and 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.



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.



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.



OCEAN FRONT SAND DOLLAR END UNIT. Looking for the best unit on the beach? Look no further. This beautiful END unit has large windows, lots of natural light, fantastic views, light and bright condo to enjoy year round. Third floor is a great location in the building with views galore of the intra coastal and ocean. Building offers parking, pool & private walkover to beach. Complex has elevators, tennis, parking garage & additional owner storage area. Onsite rental & mgmt office makes this a great rental investment. \$499,000.



BUILT TO LAST! The features in this home are only found in more expensive homes. Built to last! Just a few blocks from the ocean and one block from the Intracoastal. Steel frame with 9" walls to save on heat and air. This 3 bedroom 2 1/2 bath home has an office, open floor plan for main living area w/ 19 ft ceilings. Home features a fireplace, large utility room, shed for extra storage, spiral staircase to the loft/office and a large screen porch to enjoy year round. A must see! \$239,000



GREAT VALUE IN THIS POOL HOME. Private lot with lovely home in Marsh Creek with almost 3000 sq ft with a large pool, public country club, tennis court, golf, pro shop, restaurants and more. This home has a great privacy with the preserves in one side. The 4th bedroom can be used as an office. \$399,000.



UPSCALE WATERRONT CONDO offers 3BR/2BA and beautiful views of the Intracoastal and Salt Run. Take your boat out to the ocean only 1/2 mile away. Comes with its own boat slip and 2 parking spaces in the garage. Large balcony to take in the views. Community pool and elevator. \$575,000.



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. \$949,000.



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



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.



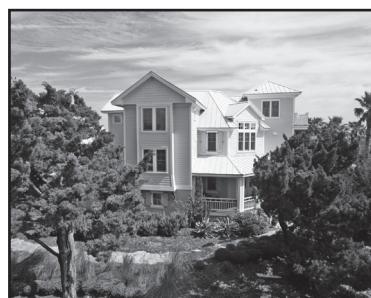
LIKE NEW SEAGROVE HOME. This 3 bedroom, 2 bath home has hardly been occupied. Home offers over 1,800 sq ft of living with a master suite, den and 2 car garage. Features tile floors, granite counters and chef's kitchen with a breakfast nook. Covered front porch and back porch that overlooks a pond. Enjoy the convenience of Seagrove's Town Center concept, as well as the community pool for residents. \$299,500.



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.



OCEANVIEW HOME WITH ELEVATOR in Sea Colony of St. Augustine. Beautiful 4 bedroom, 4.5 bath home features windows from floor to ceiling to let the gorgeous beach views in. Home features a bright open floor plan with chef's kitchen, fireplace, plantation shutters, and an elevator to take you from the first to the third level. Ocean views from second and third levels and the tower room. Over 3,600 sq ft of upscale coastal living awaits you! \$1,090,000.



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.



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 \$489,900.

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