



St. Augustine Beaches

News Journal

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

Taste of the Beach 2012



Pictured left to right: St. Augustine Beach Commissioner Andrea Samuels, Betty Griffin House Board member Michael Cunningham, Executive Director Joyce Maher, St. Augustine Beach Civic Association President Robert Samuels, Civic Association Board member Mike Mele, and Civic Association Treasurer Frank Ward.

The 7th annual Taste of the Beach was held Sunday May 20, 2012. A special thank you to all the participating restaurants that help make this fund raiser for the Betty Griffin House fun and a success: Amici's Italian Restaurant, Dune's Cracker House, Gas Full Service, Mango Mango's, Napoli's Italian Restaurant, Paula's Beachside Grille, Purple Olive, Red Frog & McToad's, Ripe Bistro, Sister Shack, Snacktime Anytime, So. Beach Grill, Sunset Grille and The Wildflower Cafe.



The Celebrity Judges: Mayor of St. Augustine Beach S. Gary Snodgrass, Former Mayor of St. Augustine Beach Frank Charles, Former Chair of the VCB John Fraser, Beach Blast-Off Chair Steve Cupolo and Beach Blast -Off Co-chair Jennifer Sauvage rated the winning restaurants as follows:

- Appetizer: 1st Place: So. Beach Grill, 2nd Place: Paula's Beachside Grille, 3rd Place: Mango Mango's.
- Entree: 1st Place: Purple Olive, 2nd Place: Mango Mango's, 3rd Place: Amici's Italian Restaurant.
- Dessert: 1st Place: Purple Olive, 2nd Place: Sunset Grille, 3rd Place: SisterShack.
- Judges' Choice: 1st Place: Ripe Bistro, 2nd Place: Purple Olive, 3rd Place: Sunset Grille.
- People's Choice: 1st Place: Purple Olive, 2nd Place: Gas Full Service, 3rd Place: So. Beach Grill.

The St. Augustine Beach Civic Association wishes to express its thanks to all the participants that made the Taste of the Beach a success this year.

- St. Augustine Police Department: Sgt. Brian Frasca
- St. Augustine Beach Department of (continued page 7)

City Hall Update

The St. Augustine Beach City Commission held its regular meeting on June 4, 2012, and took the following actions:

1. Decided not to have a management study done of the Police Department because of the resignation on June 4th of Police Chief Richard Hedges. Other investigations by the Florida Department of Law Enforcement and the County Sheriff's Office will continue. The commission scheduled a special meeting on Monday, June 18th, to discuss the process for conducting a search for, and selection of, a new police chief.
2. Presented a certificate of appreciation to Mr. Brandon Bailey, Public Works Maintenance Worker, to mark his fifth year of employment with the city.
3. Held a public hearing and passed on final reading an ordinance to adopt regulations for Ocean Hammock Park, which is located on the east side of A1A Beach Boulevard between the Bermuda



Run and Sea Colony subdivisions. The ordinance was amended to prohibit alcoholic beverages in the park.

4. Approved a resolution to adopt provisions for the use of city meeting facilities by individual city commissioners for town hall meetings.
5. Approved budget resolutions that make mid-fiscal year adjustments to the city's two main budgetary funds: General and Road/Bridge.
6. Postponed to the July 2nd meeting a discussion of an ordinance to regulate the use of storage trailers.
7. Reviewed the priorities established by the commission at its April 24th strategic planning workshop. Each commissioner decided to take one or more of the nine priorities and to work with individual city staff members on a detailed plan to implement the priorities.
8. Reviewed the draft of a proposed ordinance to change (continued page 3)

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What's Inside The News Journal This Month

- **City Manager: Planning**
- **Financial Focus: Consider These Financial Moves When You Relocate**
- **Spiritually Speaking: "Of Thing Old - and Renewed"**
- **St. Augustine Beautification Committee: American Cuisine**
- **Sheriff's Corner: Distracted Driving**
- **Better Check Your Insurance Coverage**
- **Film Festival's "First Person"**
- **Youth in Government Students Learn to be Legislators**

St. Augustine Beaches News Journal

St. Augustine Beaches News Journal

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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@scrctc.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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Youth In Government Students Learn To Be Legislators

School is out, but a dedicated group of local middle school students continued learning about Florida's legislative protocol and procedures as they participated in a mock session at the County Commission Auditorium on Friday, June 8. Guest speaker, County Commissioner Mark Miner, applauded the students and encouraged them to continue taking an active role in local political activities.

Sponsored by the YMCA of Florida's First Coast, the Florida Youth in Government program enables students to learn how to

write and present bills they would like to see become laws for the state. This student driven national program helps them understand bill format and formulate their arguments in favor of their bill by learning to "debate ideas not people".

St. Johns County high school students David Bonaro, Peighton Jones, Katie Dyal, Brad James and Diana Oum assisted with the Junior Assembly and were among 600 students statewide that experienced Youth in Government in Tallahassee this past February. They organized the local proceedings by presiding over the youth "Senate", setting up the day's agenda, demonstrating the presentation of a mock bill, and assisting the middle school youth with their bills.

The sixth through ninth grade youth legislators and their bill topics were: Rohan Bhargava - transportation of unsecured animals in pick-up trucks, Samantha Cosme - funding for historical preservation and events, Will Colbert - increase of whole fish aggregates for charter fishing license holders, Grant Gregory - no daylight savings time for Florida, Shirindi Suresh - raising the legal age for marriage to 20, Vineet Doshi - the use of tasers in place of lethal weapons for household protection, Nick Hudson - annual inspection of motor vehicles, and Anisha Patel, no smoking on public beaches.

"I really like the formal debate part of Youth in Government. I can see how this

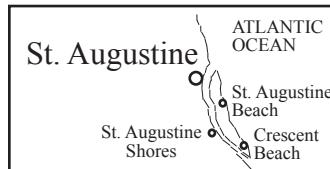


Samantha Cosme and Rohan Bhargava look on as middle schooler Nick Hudson interrogates the author of a proposed bill.



Bottom Row (left to right)- Grant Gregory, Samantha Cosme, Anisha Patel, Will Colbert, Shirindi Suresh, Nick Hudson, Vineet Doshi and Rohan Bhargava.

Top Row (left to right)- Jeani Taliaferro, Katie Dyal, David Bonaro, Brad James, Peighton Jones, Danielle Smith and Nancy Birchall.



News From Around St. Johns County

St. Augustine Film Festival's "First Person"



Dedication, hard work and cold cash. See what these have to do with the world of ballet when The Saint Augustine Film Festival presents a special screening of the ballet documentary, First Position. The film will be shown on Thursday, June 28 at 7p.m. in the Gamache-Koger Theatre in the Flagler College Student Center located at 50 Sevilla Street in Saint Augustine. All tickets are \$10 and proceeds will benefit Saint Augustine Ballet. First Position is a feature length documentary about a love of dance and a drive to succeed that trumps money, politics and even war. The film is suitable for all ages and running time is approximately 90 minutes.

With unprecedented access to the Youth America Grand Prix, the largest competition that awards full scholarships to top ballet schools, First Position takes audiences on a yearlong journey around the world to Italy, Japan, France, Great Britain, Colombia, Canada and various cities in the United States

At a time when art, music and dance for children are severely under-funded, the film reveals the struggles and success, the pain and extraordinary beauty of an art form so many dancers across the globe are determined to dedicate their lives to. The young dancers in the film were chosen just as much for their unique personal stories as their determination and talent. The director wanted to show a diverse range of subjects, both in terms of race, gender, socio-economic status and career goals. Visit the film's website for more information at www.balletdocumentary.com.

The Gamache-Koger Theatre seats 100 people. If you wish to make a reservation, contact Joy at 904-806-2729. Tickets go on sale at the theatre the day of the show Thursday, June 28, starting at 6:00p.m. and doors open at 6:30p.m.



"BIRDING FOR KIDS AT ANASTASIA STATE PARK"

- Anastasia Park to provide an outdoor classroom to children for birding basics-

The Florida Department of Environmental Protection's Anastasia State Park will be providing a program about birding basics in an outdoor classroom for kids.

This exciting 1.5 hour program is intended for kids ages 8-12. The program will begin with an outdoor classroom session on how to identify birds, followed by a scavenger hunt to find a list of target birds in the park. The scavenger hunt route will begin at the Sea Turtle Pavilion and run out to the beach, and back over the boardwalk. The goals of this program are to introduce kids to birding in a fun and educational manner, present birding as one of many ways kids can interact with nature and instill an overall appreciation of our natural resources. Class size will be limited to ten students and adult chaperones will be required. This program is free with regular paid park admission. Advance registration is also required by contacting Cristy Leonard at 904-461-2035 or cristy.leonard@dep.state.fl.us

Anastasia State Parks goal is to provide access for people of all abilities. If you have any special needs, please contact park staff at (904) 461-2033 before your arrival. Accessible parking is provided throughout the park. For more information, visit www.floridastateparks.org. The programs will take place Sunday July 15 and August 12 from 9:00 - 10:30 a.m.

will help me a lot after I get my law degree," commented Nick Hudson. Samantha Cosme remarked, "I learned a lot I didn't know before I started doing my research for my bill about historic preservation."

Created to prepare students for responsible leadership in the American democratic process, YMCA Youth in Government gives kids the support and encouragement to discover who they are and what they can achieve. Through

the program, students have the opportunity to learn first-hand how state government operates all while building leadership skills, self-confidence and earning college credit.

The Youth in Government program will start again in September and is open to any student in the 6th-12th grades. For more information call Danielle Smith, YMCA Family Program Director at 904-471-9622 extension 211.

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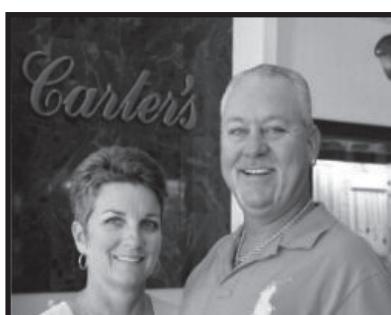
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News From Around St. Augustine Beach

City Hall Update

(continued from page 1)

the city's landscaping regulations in accordance with suggestions provided by the planning board and the beautification advisory committee. The city attorney will prepare a revised draft of the proposed ordinance.

9. Accepted the long range financial report prepared by the Finance Director, Ms. Melissa Burns.

10. Approved a request for proposals from auditing firms; approved a resolution to establish an audit committee and to adopt evaluation procedures for audit services; and approved the mayor being a member of the audit committee that will evaluate the request for proposals for audit services.

11. Agreed to have the city manager inquire whether the State Parks and Recreation Division would permit the city and county to lease a section of the Anastasia State Park for off-beach parking.

12. Approved the job description for the City Engineer/Public Works Director; reviewed the city manager's proposed process for the hiring on a city engineer/

public works director; and suggested that the city advertise the position throughout the state instead of just in northeast Florida. The current Public Works Director, Mr. Marc Chattin, will retire at the end of 2012.

13. Designated Commissioner Andrea Samuels to be the city's voting delegate at the Florida League of Cities' annual conference in Hollywood, Florida, in August.

The City Commission's next regular meeting will be held on Monday, July 2, 2012 at 7:00 p.m. in the city hall at 2200 A1A South. The public is invited to attend.

Max Royle, City Manager
City of St. Augustine Beach
2200 A1A South, St. Augustine Beach
FL 32080, 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.

St. Augustine Beach Commissioner Meetings

St. Augustine Beach Town Hall meetings with Commissioner Undine Pawlowski will be Friday, June 29th, 10 - 11:30am, and August 3rd, from 10 - 11:30 at the St. Augustine Beach City Hall Conference Room.

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

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St. Augustine Beach
Civic Association

Music by the Sea

Free Concert Series

Dinner At 6 p.m. **Bring A Beach Chair**
Concert At 7 p.m.

July 4th - **Those Guys** - Classic R/R - Panama Hatties
 July 11th - **Rob Peck & Friends** - Classic Southern Blues - Paula's Beachside Grill
 July 18th - **Funk Shui** - R/R - Coquina Beach
 July 25th - **Bush Doctors** - Reggae R/R - MangoMango's
 August 1st - **Steam the Band** - Motown revue - Raintree
 August 8th - **Mid Life Crisis** - Classic R/R - LaStrada
 August 15th - **Jimmy Parrish & the Ocean Waves** - Beach Music - FA Cafe
 August 22nd - **Smokin Mirrors** - R/R - Gypsy Cab
 August 29th - **Ain't 2Proud 2 Beg** - Classic R/R - Maui Grill

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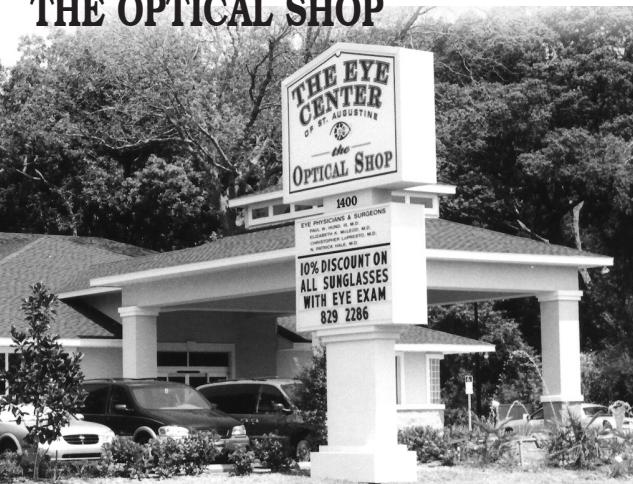
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ATTENTION!
ST. AUGUSTINE BEACH CITY RESIDENTS

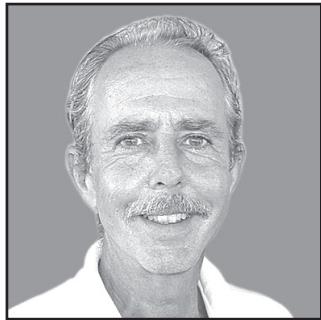
The St. Augustine Beach City Commission will hold a special meeting on Monday, July 16, 2012 at 7:00 p.m. at city hall. The purpose is to obtain citizen comment about three options concerning the city's police department:

1. Whether to keep the department and hire a new chief.
2. Whether to hire an interim chief and have a referendum in February or March 2013 to amend the City Charter to allow contracting with the Sheriff's Office for law enforcement in the city.
3. Whether to hire a police chief who will oversee a contract the city will have with the Sheriff's Office for law enforcement in the city.

Information concerning the three options will be available in early July either on the city's Website or by contacting the city manager at sabadmin@cityofsab.org or 904/471-2122.



- RINGO STARR JUNE 29
- BOSTON JULY 1
- 311 AND SLIGHTLY STOOPID JULY 18
- YES with Procol Harum JULY 28



St. Augustine Beach Civic Association

By Robert Samuels, President
St. Augustine Beach Civic Association

www.thecivicassociation.com

The Civic Association's Music by the Sea Concerts continue in July:

- July 4th - Those Guys Classic R/R Panama Hattie's
- July 11th - Rob Peck & Friends Southern Blues Paula's Beachside Grille
- July 18th - Funk Shui R/R Coquina Beach
- June 25th - Bush Doctors Reggae R/RMango Mango's

Music is from 7pm – 9pm with dinners served at 6pm. Come early for best parking, extra handicapped parking areas are provided. Bring a beach chair and a cooler of your favorite beverages. Sister Shack's homemade Italian Ices are available. WYRE Radio will be broadcasting live from the Pier Park before each concert. For a complete schedule see our website www.TheCivicAssociation.org. A special thanks to TD Bank and the Bailey Group for sponsoring the Concert Series this year. We'd like to remind our guests that grilling is not permitted in the Pier Park except at the picnic area by the bocce courts. New this year is free shuttle service from the parking lot at City Hall (16th St. and A1AS). Voltage Shuttle operated by Casey Duggen, is donating their "green" transport every 20 minutes starting at 5:30. Pickups on 16th St. are also available.

Meet the Candidates Night will be Tuesday August 7th at 7pm at City Hall. This event will be for primary candidates participating in the August 14th primary elections. Qualified candidates in primary races include:

County Commission- Dist 5: Rachael Bennett, Joesph (Ken) Bryan, Alan Kelso
School Board- Dist 5: Patrick Thomas Canan, Gary McMahon, Tom Rivers
Anastasia Mosq Control Dist 5: Gary Howell, Paul Linser, Vernon Tyrone Stroman Jr.

This event will be broadcast and rebroadcast on Comcast channel 2. Live streaming is usually available on the City of St. Augustine Beach website (www.staugbch.com).

The 7th annual Taste of the Beach was held Sunday May 20, 2012. A special thank you to all the participating restaurants that help make this fund raiser for the Betty Griffin House fun and a success: Amici's

Italian Restaurant, Dune's Cracker House, Gas Full Service, Mango Mango's Napoli's Italian Restaurant, Paula's Beachside Grille, Purple Olive, Red Frog & McToad's, Ripe Bistro, Sister Shack, Snacktime Anytime, So. Beach Grill, Sunset Grille and The Wildflower Cafe.

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Entree: 1st Place: Purple Olive, 2nd Place: Mango Mango's, 3rd Place: Amici's Italian Restaurant.

Dessert: 1st Place: Purple Olive, 2nd Place: Sunset Grille, 3rd Place: SisterShack.

Judges' Choice: 1st Place: Ripe Bistro, 2nd Place: Purple Olive, 3rd Place: Sunset Grille.

People's Choice: 1st Place: Purple Olive, 2nd Place: Gas Full Service, 3rd Place: So. Beach Grill.

The St. Augustine Beach Civic Association wishes to express its thanks to all the participants that made the Taste of the Beach a success this year.

St. Augustine Police Department: Sgt. Brian Frasca

St. Augustine Beach Department of Public Works: Troy Jones, Fred Neyhart and Richard Graham.

City of St. Augustine Beach: Mellissa Burns.

Artists: Doug Brown of Dixie Pottery Studio, Susan Mele, Patricia Pollack, Susan Dykstra and Kyle Hunter of Hunter Glassworks.

Musician: Kenyon Dye.

St. Johns County: Will Smith.

Burkhardt Beer Distributors, Tim's Wines, Andy's Taylor Rental, Signs Now, Outhouse Portable Restrooms, Inc.

Thank you to our volunteers:

From the St. Johns Business Network: Michael Cunningham, Allison Cunningham, Paul Wenglowsky, Maru Perez, Vincent Neugent, Pat Kane Connie Mista, Jay Kane,



Message from the Mayor

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

Greetings, fellow citizens!

Here is an update of recent events and a snapshot of other projects on the horizon:

- Police Department Investigation- In response to a 58 page document signed and submitted to the Commission by 11 Police Officers asserting criminal allegations and various other potential lapses in professional conduct and behavior by the Chief of Police and Assistant Chief of Police, the Commission took the following actions in a Special Commission Meeting held May 15, 2012: requested the Florida Department of Law Enforcement investigate the alleged violations of law and professional conduct; placed the Chief of Police on administrative leave with pay pending outcomes of the investigation and, with the assistance and cooperation of the St. Johns County Sheriff's Department, made arrangements with Sheriff David Shoar for a member of his command staff to be appointed Interim Police Chief for the City pending results of the comprehensive investigation into the allegations of ethics, law and police procedures. As of this writing (June 17, 2012), the investigation of the alleged violations is continuing.

Earlier this month, Police Chief Richard Hedges retired after serving the City for more than nine years. We appreciate the Chief's service and wish him well in his future endeavors.

A Special Commission Meeting will be held June 18, 2012 to review potential alternatives regarding the future direction and leadership of the City's Police Department. During this period of change and transition, the Commission is committed to ensuring that the best interests of the City and its citizens are protected including issues related to public safety and integrity of the City's Police Department.

- Strategic Planning Workshop – As

Suzy Booth, Michael Clay, Tanya Clay, Jennifer Davis, Audra Lester, Michael Salley, Dan Hubley, Mary Hubley, Carrie Gainor, Colleen Messner, Bruno Silva and Leslie Silva.

Civic Association Volunteers: Robert & Andrea Samuels, Frank Ward, Rachael Green, Monica Perez, Fran Madera, Rachael Bennett, Boy Scout Troop 247, Stan & Toby Weintraub, Bill & Nina Genovese, Adrienne Broere, Tony & Joannie Torella, Gayle Logan, Cheryl Robitsch, Lisa Payne, Susan Redmond, Linda Preston, Cassandra Pleasant, Nancy Perry, Kelly & Scott Mumford, Dave Nash, Audrey Lester, Carolyn Mudgette, Maxine & Rick McChesney, BobbiJo Manning, Dee Lexander, Jean LaRoche, Jamin Rubenstein, Ruby Hauder, Brian Hart, Lorraine Gallo, Kathy Furtado, Michelle & Greg Farrer, Jennifer Davis, Carol Bertacchi, Suzanne Brown, Cassidy, Taylor & Beth Neyhart, Lisa & Taigan Redenour and Debra Burlak. If we have forgotten anyone, our sincerest apologies.

We'd like to welcome our newest Participating Merchant- 312 Self

previously reported, the Commission and City Staff met in a one-day workshop on April 24, 2012. We spoke about our vision for the future of the City in 2022; assessed the strengths, weaknesses, opportunities and threats facing St. Augustine Beach; identified strategic issues that should be addressed in the planning horizon (3 to 5 years); and incorporated the list into seven broad, aspirational goals for the City. The Commission discussed budget parameters for the next fiscal year and then specified objectives under each goal. Priorities were selected for implementation. A listing of the highest priority objectives follows:

- Conduct pay and benefits survey and develop a compensation policy for City employees.
- Develop a performance appraisal process and guidelines for conducting annual performance assessments.
- Develop a management succession plan for key City Staff Management positions.
- Develop comprehensive economic plan that addresses existing and new businesses, partnerships, special events and develop an economic development philosophy for the City.
- Develop policies regarding financial investments, reserves, fund balance and debt.
- Review and update Land Development Regulations (includes the overlay district).
- Review and monitor inter-local agreements for compliance, modification, renewal.
- Update storm water master plan.
- Review and develop master plan for Development of Hammock Dune Park and other parks.
- Beach Re-nourishment - This effort, which is part of a 50 year plan to rebuild shoreline (continued page 8)

Storage. Manager Ed Wos is offering members \$25 off first month's rental. Located at 1725 Lakeside Dr. across from Cobblestone Mall, storage units and moving supplies are available. Call Joe for more information at 808-1312 or visit their website at www.staugustinestorage.com

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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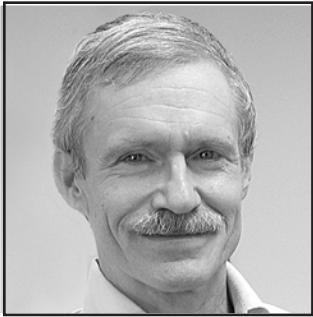
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Planning

By Max Royle
St. Augustine Beach City Manager

It may seem to be mental laziness to begin this month's opus by stating the obvious. No, not that I'm a ravingly handsome chap with a genius IQ and a world-renown reputation for pro-activity and being in the know of everything and anything that is hip, modern, in, with it, the latest, a person who's a DIP (Dynamo in Place) instead of RIP (Retiree in Place). I could go on, but why continue with such a squarely-in-your-face deception, namely that I'm not a ravingly handsome chap? But all the rest of the description, the genius IQ, etc., has to be true, or so I may think in that little mental box called "Dreams Gone Wild," to which my imagination often escapes.

The obvious I'm to state is that cities and counties, like many organizations, must do planning so that their activities have direction and goals, with specific actions to achieve those goals. There's normal nut-and-bolts planning, such as the yearly or bi-yearly budget; and there are as well multi-year planning efforts. Florida between 1985 and 2011 had a complex law that required cities and counties to do comprehensive plans, which were composed of a number of chapters or "elements": future land use, transportation, recreation/open space, infrastructure (potable water, sewage treatment, drainage), intergovernmental coordination, housing, capital improvements, conservation, and coastal management for those cities and counties along the state's Gulf and Atlantic coasts. Later, another element, public school facilities, was added to the required mix, and cities like St. Augustine Beach had to jump through the mandated public school facilities "hoops," even if those cities had little land area left for residential development that could affect school enrolment; even if they had no public schools within their limits and likely never would because the cities are located on barrier islands where land is expensive and public buildings, like schools, are vulnerable to storms. No matter, disregard reason and logic, a public school facilities element was in the law, and all cities and counties in the state had to comply. Period. End of discussion.

If I sound less than pleased with state-wide, mandated, comprehensive planning, it's because I am. Such planning was modeled on the one-size-fits-all concept, even though such a model simply isn't realistic, because cities are often so dissimilar in key ways from each other. The one-size model may have made easier the jobs of the bureaucrats in the state's land planning department, but it made needlessly complex and expensive the job of compliance for small cities. Also the one-size model struck me as akin to the Soviet Union/Eastern European style of centralized planning, which was based more on ideology than on pragmatism. However, I understand the Florida legislature's purpose for imposing comprehensive planning by law: as a tool to help Florida's cities and counties manage growth at a time when the state's population was booming and there were strong concerns about the

detrimental effects of that growth on the state's resources and environment.

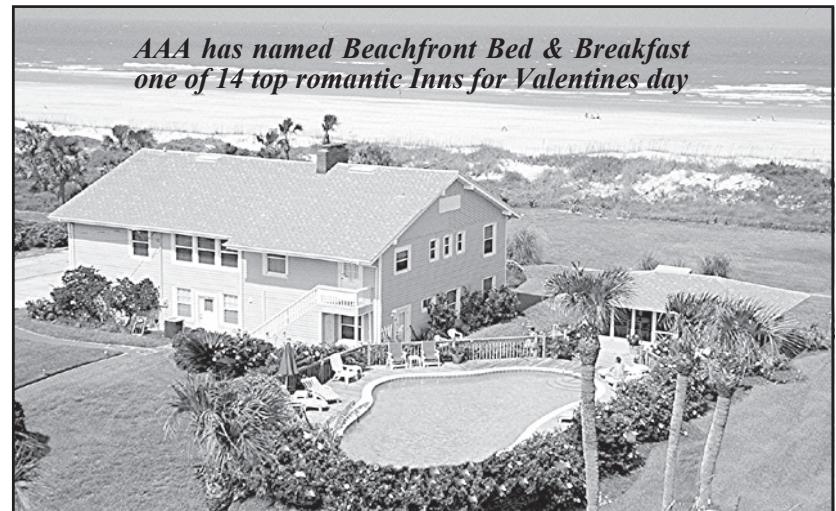
New governor, new legislature, new era, and most of the mandates of Florida's centralized planning/growth management law have been abolished, consigned for the time being to history's waste basket. More local control of planning is the rule of the day. We'll see in five or 10 years whether this change for cities and counties is good, bad, or a mix of good/bad. I suspect it'll be a mix.

Besides comprehensive planning, St. Augustine Beach has been involved with three other major planning activities: first, the development in 2005 of a plan for improvements to the city's "main street," A1A Beach Boulevard, as a segment of the scenic highway in St. Johns County; second, in 2006, the creation of a vision plan for the Boulevard; and finally, in the present, the development of a strategic plan for the entire city.

The plan for A1A Beach Boulevard was done in 2005 by an Orlando planning firm hired by the county. The firm met with citizens, who provided ideas for projects that would enhance the Boulevard's "scenicness." In its final report with pages of colorful, handsomely done drawings, the firm listed the following projects for the Boulevard: a scenic overlook at the east end of Pope Road; an information kiosk in the county pier park which would provide information about the city's history; and changes to several of the Boulevard's intersections that would improve their scenic "credentials." Several years later, the results of the two projects that were done under the county's direction are these: an overlook at Pope Road that, because of its low height, provides a view of little that's panoramic and scenic; and a simple information kiosk in the pier park that I hope was built at far less cost than the original \$40,000 estimate provided by the consultant. Because of their estimated \$143,000 to \$256,000 cost, it's a good bet that the intersection improvements will remain merely "scenic" drawings tucked away in an unscenic file.

The second planning effort also concerned A1A Beach Boulevard. After a competitive selection process, the city in late 2005 hired a south Florida firm to develop a "vision plan" for the Boulevard. From its meetings with citizens, the planning board, city commissioners, and city staff, the firm in 2006 presented a 50-page "A1A Beach Boulevard Corridor Vision Plan" to the city. It was, unfortunately, too similar in details to the scenic highway plan: rich in imaginative suggestions, poor in reality anchoring, meaning the vision would be both wonderful and workable were the Boulevard like it was in, say 1930: few buildings along it, nearly a perfectly blank slate, so to speak, for developing it to fit the "vision" that was portrayed in the "Corridor Vision Plan": businesses next to the road with their parking areas behind them; restaurants with outdoor dining areas next to the road; four- or five-foot wide bicycle lanes; a wider right-of-way so that trees could be planted between the Boulevard

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and the sidewalk; and a road with all the electric, telephone, cable-TV wires underground. Indeed a vision plan that would definitely make the city's main street much more attractive than it is today, but a vision that could not be achieved without the redevelopment of private property and considerable expense to redo the public property. However, unlike the scenic highway plan, the vision plan did produce some practical results: an ordinance to allow mixed uses (residential and commercial) in the same building or neighborhood; much closer scrutiny of architectural details for proposed large structures, such as the Courtyard by Marriott Hotel between 5th and 7th Streets on the Boulevard's west side, and continued beautification of the plazas adjacent to the Boulevard.

Our city's latest foray into planning are the steps that were taken at a special city commission meeting on April 24th to develop what's called "a strategic plan." When contemplating what to say in this paragraph, I thought that a definition/description of strategic planning might be helpful, as the word "strategic" is often used to lend faux importance and gravity to something that's otherwise commonplace. Politicians don't just have ordinary,

humdrum meetings: they have "strategic" meetings at which issues of "strategic" importance are discussed. Simply stated, thanks in part to Wikipedia, strategic planning is an organization's process of defining its direction and goals, and making decisions or allocating resources to attain those goals. "Glory be and whackydoodle," as my Granny Almiramay Puddin would say on the porch of her Kansas farm house as she knocked a horsefly out of the air with an expertly aimed shot of chewing tobacco juice, "ain't that as clear as a politician's promise!" Well, it'll have to do for the time being.

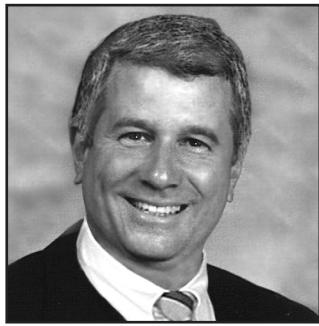
At its all-day meeting in April, the commission, with the help of an experienced facilitator from an institute at the University of Central Florida, developed a list of prioritized goals for its strategic plan. In summary, the first-ranked goals are: a. conduct a pay and benefits survey, and develop a compensation policy, b. develop a comprehensive economic plan that addresses existing and new businesses, partnerships, special events, and develop an economic development philosophy; c. review and update the city's Land Development Regulations, including the overlay (continued page 8)



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Spiritually Speaking

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

Father Marziani serves as the Pastor of St. James Mission in St. Augustine, and also as Vice-President of the St. Augustine Beach Civic Association.

“Of Thing Old - and Renewed ”

This mid-summer month's column offering is going to be rather personal. You see, on June 17th past I was ordained a Catholic priest with the Personal Ordinariate of the Chair of St. Peter, a wing of the Roman Catholic Church with a structure similar to the Military Archdiocese but with a different mission – to preserve the Anglican Patrimony of the Universal Church within the sacramental communion of the Catholic Church (go to www.usordinariate.org to visit the national website).

Former Episcopal and Anglican priests and communities have been handed a fantastic opportunity by Pope Benedict XVI to enter the Catholic Church while preserving much of their own Prayerbook traditions, hymnody, and English spiritual heritage. For the clergy, that includes liberal dispensations from the normal requirement for celibacy, at least for the time being. Being a married man of forty years with three adult children and five grandchildren (one of them “on the way”, as they say) I'd said this “Father's Day” ordination was like few others in the Catholic Church.

Actually I did make reference to all this, rather tentatively, back in January when the United States received its own Ordinariate from the Vatican (England and Wales had already received theirs the year before). As it is, Australia is now also in the pipeline, as will eventually all the places where the

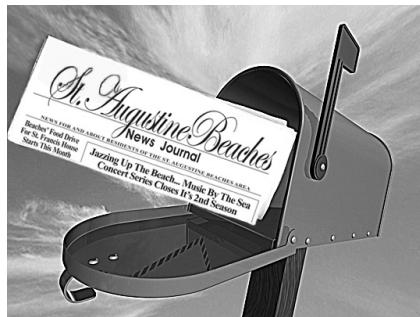
English colonial cultural influence has been felt.

Having once served in the Episcopal Church as an ordained minister for a total of twelve years the whirlwind retreading of this new Catholic priest, along with nearly sixty other men around the country, feels a bit like being on that carousel in uptown St. Augustine on Ponce de Leon. There are many, many things about this new reality that are comfortably old and familiar. There are many, many other aspects of this new arrangement that are dizzyingly new and exciting – and challenging.

And actually, life itself is like that, for all of us. Ever new day, every new season, every new year provides new contexts for old themes. Actually it was a 13th century Englishman, St. Richard, Bishop of Chichester (speaking of the Anglican Patrimony) who penned the words to the well-known song featured in the musical *Godspell*, “day by day”. And it is a day-by-day renewal of old hopes and themes that sustains and enriches our lives.

All that being said, let me extend a personal invitation to our St. Augustine beach community to come and worship with us at St. James Mission Church which meets nearly every Saturday at 5 p.m. at the House of Prayer near the downtown mission in St. Augustine – please see the ad piece just below (it's a good idea to call and check to see if some out-of-town business might call me away, as I am the only Ordinariate priest in town). We are fully Catholic in every sense sacramentally and pastorally, and subject to the Church's Latin Rite canon law. We are also truly anxious to preserve the English spiritual experience, and use liturgical resources familiar to any Anglican. But you don't have to be an Anglican to enjoy our services and fellowship; all are truly welcome.

Something old – and something new. And all here in St. Augustine! What a town!! May you all be blessed, Fr. Nick.



Financial Focus

Information Provided By
Edward Jones

Consider These Financial Moves When You Relocate

Almost everyone would agree: Moving is a hassle. In addition to selling your current home and finding a new one, you may need to deal with a new school for your kids, a new doctor, a new dentist — the list goes on and on. But you'll also need to consider the financial aspects of your move — specifically, your investments, insurance, taxes and even your estate plans.

How can you help make sure that your move doesn't slow your progress toward your financial goals? Consider the following relocation “checklist”:

Open new bank accounts, and set up automatic transfers. If your move requires you to change banks, open your new accounts as soon as possible. And if you had your previous bank automatically move money each month from a checking or savings account into an investment, set up a similar arrangement at your new bank.

Decide what to do with your employer-sponsored retirement plan. If you are leaving your job, you'll need to make some decisions about your 401(k) or other employer-sponsored retirement plan. For example, you might have the option of leaving your money in your former employer's plan, or you may be able to roll the money over to a new employer's plan. Alternatively, you could decide to transfer the assets into an Individual Retirement Account (IRA). Your financial advisor can help you make the choice that's right for your situation.

Discuss your situation with a tax professional. You may want to meet with your tax professional to consider the benefits or liabilities of any differences in tax laws between your new location and your old one. You may also need to address

any implications resulting from moving and changing jobs.

Review your financial goals. Some of your goals, such as those related to housing and where you want to retire, may have changed as a result of your move. So it's a good idea to meet with your financial advisor to review your objectives.

Evaluate your monthly budget. If you followed a budget detailing your expenses and cash flow before your move, you may need to update it after you've settled in to your new home. If you haven't set up a budget in the past, you've now got a good reason to establish one — because a well-planned budget can help you avoid dipping into your long-term investments to pay for short-term needs.

Update your insurance coverage. Make sure your vehicles, stored possessions and new residence are covered during your move. And if your health insurance is changing, be aware of what's covered under your new policy.

Review your estate plans. If your move coincides with other important life events, such as marriage, divorce or remarriage, you may need to make some moves related to your estate plans, such as ensuring you have the correct beneficiary designations on any life insurance policies and your 401(k), IRA and other investment accounts. Check with your legal advisor to determine which steps make sense for your situation.

Moving may require you to adjust many aspects of your life. Reviewing the items on this checklist can help you get your financial house in order when you move into your new home.

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

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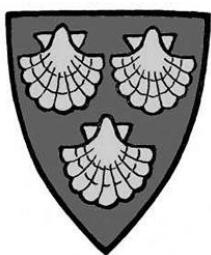
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St. Augustine Beaches Beautification Advisory Committee

Ann Palmquist, Committee Member
Palmquist@comcast.net

American Cuisine

From the sea to shining sea July 4th is our country's birthday. By birth or by choice, we celebrate and look back with gratitude, look forward with hope, and stay grounded in the knowledge we are the "We" in "We the people..." Our America story is like American cuisine as told in the old story Stone Soup. This story tells of a wonderful tasting soup, that needed just a little bit of garnish to enrich the exceptional flavor and be . Soldiers traveling home stopped in a small town and told of a wonderful soup that was made from stones. The town's people listen hungrily and watched as three smooth stones were carefully unwrapped, placed in a large caldron of water which had been hung over a fire. One by one each person left but returned in short order with a few potatoes tied in a apron, a basket of carrots, a sack of turnips, some onions, and pungent cloves of garlic. With each addition the flavors in the caldron mingled and in time filled the air with an aroma from the now truly remarkable soup, good for the body and for the soul. Stone Soup's recipe is analogous with American Cuisine, distinctively enhanced by flavors, spices, our customs and gifts each of us bring flavors and enriches the history we share.

St. Augustine Beach cuisine favors a historic recipe for chowder made from: flavorful treasures from the sea blended; Spanish spices add passion and zest; native corn and beans blend flavors; Minorcan datil peppers, capable of grabbing hold of your taste buds to get your full attention, introduce you to a whole new appreciation of flavor. Salt to taste with a cool ocean breeze and beach cuisine is sure to keep you coming back for more. Add a side dish of collards and cornbread hot from a cast iron skillet and serve with a cold tall glass of sweet ice tea and memories will flood back and wash over you like an incoming wave. The aroma of certain foods can trigger memories of just how sweet and cold the July 4th watermelon was, and who was with you sharing a perfect day at the beach.

Just as food nourishes the body Art feeds the soul. Creativity integrates our lives offering a glimpse of our better selves. Creative imagination was the vision and

gift to the city made by Marianne Lerbs and Thomas Glover. Thomas passed away this year but his dream of Art in Public Places was realized continuing to inspire and can be seen in the St. Augustine Beach Sculpture Garden. Muslihuddin Sadi, 13th Century Persian Poet said it best, "If I had but two loaves of bread. I would sell one of them & buy White Hyacinths to feed my soul." Thank you Thomas Glover White and Marianne for a lifetime of Art and music. Your BAC is grateful and proud to have played a part in working with Thomas to see his dream of a Sculpture Garden realized. Beauty and Art in Public Places helps define the community's unique character speaking volumes about what is important.

Your BAC has worked with Marc Chattin Public Works Director to provide advisory direction. Mr. Chattin's guidance and professional skills have made a positive contribution to this fair city. Thank you Marc and your staff for a job well done. The caliber and dedication will not soon be duplicated. We hope Marc enjoys his retirement and will stay close perhaps available with a suggestion when needed. The community garden is moving forward with the well and irrigation system in place. Community leaders, neighbors, and garden members have worked diligently with the St. Augustine Beach community, to involve the community in this project. Several Master Gardeners who are garden members have offered to have gardening classes for children. Fund raising is ongoing and sponsorship is welcome. The expertise of many out weights the myopic view of a few and knowledge shared by green thumbs and first timer gardeners can be transplant to yards and neighborhoods in this fair city. Growing vegetables and promoting sustainability promotes social interaction and a venue to get to know your neighbors. For a preview of what is possible check out www.citysprout.org You could grow a prefect tasty tomato and be part of growing your community. Sounds down right American.

Gardeners who want to move to the next level may want to check out the Master Gardner program, sponsored by

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the University of Florida IFAS Extension, and offered each fall. Call Keith Fuller, Horticulture Agent (209-0430) for details but you must hurry the class fills up fast and the deadline is near. The Extension service offers other classes throughout the year including how-to make a rain barrel and how to landscape for a Florida Friendly Yard.

While American Cuisine is flavored with collective memories, dreams, gifts of art, public servants who exemplify professionalism, volunteers who give their time and expertise, and neighbors who work together to grow their community, there is

a component that binds it all, the right to VOTE! The League of Women Voters, LWV, is America's premier grassroots non partisan citizen organization formally organized in February 1920, six months before the 19th Amendment to the Constitution was ratified, which gave women the right to vote. After the wonder of the July 4th fire works is over and sleepy heads are dreaming of sand castles and the next wave take time to savor flavors of the day. Come again to St. Augustine Beach and make a little history in this beautiful city by the sea.

Taste of the Beach 2012

(continued from page 1)

Public Works: Troy Jones, Fred Neyhart and Davis, Audra Lester, Michael Salley, Dan Richard Graham.

- City of St. Augustine Beach: Mellissa Burns.
- Artists: Doug Brown of Dixie Pottery Studio, Susan Mele, Patricia Pollack, Susan Dykstra and Kyle Hunter of Hunter Glassworks.
- Musician: Kenyon Dye.
- St. Johns County: Will Smith.
- Burkhardt Beer Distributors, Tim's Wines, Andy's Taylor Rental, Signs Now, Outhouse Portable Restrooms, Inc.



Hubley, Mary Hubley, Carrie Gainor, Colleen Messner, Bruno Silva and Leslie Silva.

Civic Association Volunteers: Robert & Andrea Samuels, Frank Ward, Rachael Green, Monica Perez, Fran Madera, Rachael Bennett, Boy Scout Troop 247, Stan & Toby Weintraub, Bill & Nina Genovese, Adrienne Broere, Tony & Joannie Torella, Gayle Logan,

Cheryl Robitsch, Lisa Payne, Susan Redmond, Linda Preston, Cassandra Pleasant, Nancy Perry, Kelly & Scott Mumford, Dave Nash, Audrey Lester, Carolyn Mudgette, Maxine & Rick McChesney, BobbiJo Manning, Dee Lexander, Jean LaRoche, Jamin Rubenstein, Ruby Hauder, Brian Hart, Lorraine Gallo, Kathy Furtado, Michelle & Greg Farrer, Jennifer Davis, Carol Bertacchi, Suzanne Brown, Cassidy, Taylor & Beth Neyhart, Lisa & Taigan Redenour and Debra Burlak. If we have forgotten anyone, out sincerest apologies.





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St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

Distracted Driving

Safety education is an important mission of your St. Johns County Sheriff's Office and one area that is becoming a growing concern is distracted driving. Although driver distractions have been frequent causes of traffic accidents since the advent of the automobile, cell phones have greatly increased the number of crashes resulting from one of the three types of distractions affecting your safe driving. First there is visual distraction... something that results in your taking your eyes off the road. The second distraction is cognitive... taking your mind off the road and lastly there is manual distraction that results in your taking your hands off the wheel.

In the case of cell phones, placing or receiving a call from your phone while driving without the benefit of the "hands free" option can result in all three of the typical distraction types occurring and increasing the likelihood of being involved in crash. With texting while driving the chances of being involved in a serious traffic accident increase 300% according to statistics compiled by the National Highway Traffic Safety Administration (NHTSA).

The NHTSA statistics are alarming. In 2008 there were 5870 people killed in accidents caused by texting while driving and 515,000 people were seriously injured. Fatalities in all accidents caused by texting drivers in 2009 amounted to 16% of the nationwide total of traffic deaths. The growing concern regarding the hazard of texting while driving has resulted in three states passing laws making it illegal. Federal law prohibits texting while driving for operators of commercial vehicles.

Last year an effort in the Florida Legislature to approve a similar ban failed. A comparative study published by a leading car magazine of texting while driving versus drunk driving statistics found texting drivers more likely to cause a crash. Many consider the problem of texting while behind the wheel a greater problem with teen

drivers. A survey by the Pew Research Center last year found that not necessarily true. Forty seven percent of adults said they did text and drive, while the figure for teens, was 39%. Major media outlets in our area are spearheading a campaign asking citizens to take a pledge not to use cell phones in any manor while driving. Even if you don't formerly join the Great First Coast Hang up I ask all drivers in St. John's County to follow the practice and help us save lives.

There are many other distractions that result in unsafe driving and traffic accidents. Among the most common are: looking at an accident or other incident where first responders are on the scene known to deputies as "rubber necking"; unruly and misbehaving children in the vehicle; eating, shaving or applying makeup while driving; reading roadmaps, newspapers, or interactive screens such GPS or audio options and retrieving dropped items such as a lit cigarette.

At the St. Johns County Sheriff's Office we take traffic safety seriously. I am proud that our efforts in deputy training, enforcement and traffic safety education last year won first place among counties of similar size in the Florida Law Enforcement Challenge. I urge you to help us keep the roadways of St. John's County safe. If you witness frequent incidents of speeding or other traffic violations please call our Traffic Safety Hotline at 904-810-6776 and record the location so we may increase our enforcement effort in that area. Also if you witness a someone driving recklessly please call 911 or your local law enforcement agency.

I hope this information assists you in your travels. There is much more information available from our website at www.sjso.org, and of course please feel free to contact me anytime at my e-mail address at dshoar@sjso.org. Thank you.

Planning

(continued from page 5)

district regulations. In addition, there were six secondary goals: develop an employee performance appraisal process and guidelines; develop a succession plan for senior management; develop policies regarding investments, reserves, fund balance, and debt; review and monitor interlocal agreements for compliance, modification, renewal, etc.; update the city's stormwater master plan; and create a master plan for the development of city-owned parks. During the rest of 2012 and into 2013 and beyond, the commission will be refining and implementing the strategic plan. I expect that each year, possibly in May, the commission will review the plan, what's been done/not done, and what needs to be added or deleted.

So what are we to learn from all these plans: comprehensive, scenic highway, vision, strategic? There may be two basic lessons: First, that planning for small cities (10,000 and under in population) doesn't need to be complex, as most small cities because of their size and the limited services they provide aren't complex. Second, that elected leaders need to be wary of planning consultants whose main work product seems to be pretty pictures: imaginative, fantasy-based pictures. Yes, I know that consultants must provide a report or plan. That's what they were hired to do. I just wish they'd be realistic and provide an honest plan that would take into account that the ugly duckling can never be made a swan, but within budgetary and certain other limitations, there may be some reality-based ideas that could improve the duckling's appearance.

Thus, of the four plans listed in the above paragraph, I think that the strategic plan is the one with the best chance of providing useful results. Its goals are simply stated, focused, and shouldn't require much money to accomplish. Most of them can be done by the elected officials, citizens, and city staff working as a team over several years. And it's likely that the strategic plan won't have any pretty pictures.

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Message from the Mayor

(continued from page 4)

shaved away after the St. Augustine Inlet was carved in the 1930's, is nearing completion. The effort which commenced in March was expected to conclude by the end of June. However, weather related events including nor'easters and storms, such as Beryl, have impeded progress and it now appears that completion of the project will slip to early July. Citizens and tourists are urged to exercise care and caution when visiting the beach during this re-nourishment effort. Ensuring your safety is our number one priority.

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 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.

Best regards, S. Gary Snodgrass



Taste of the Beach Entree winners
1st Purple Olive, 2nd Mango Mango's, 3rd Amici's



Beaches Bistro

By Paolo Pece, Cafe Atlantico

cafeatlantico@comcast.net

Beef Braciolo

The intensity of a good Cabernet pairs very well with the red meat, the saltiness of the prosciutto, and the depth of the tomato ragout.

serves 4

- 1 lb boneless beef round, cut into 4 thin slices approximately 1/3 inch thick
- 4 slices of prosciutto
- 1 tablespoon pignoli beans(pine nuts)
- 2 tablespoons grated pecorino romano cheese
- 2 garlic cloves, chopped
- 2 tablespoons parsley, chopped
- 1/2 cup olive oil
- 2 28oz cans imported Italian tomatoes
- 1/4 cup tomato puree
- 2 bay leaves
- 3 fresh basil leaves, torn into small pieces
- 1 medium yellow onion, chopped fine
- 2 carrots, peeled and chopped fine
- 2 celery stalks, chopped chopped fine
- 1 cup dry red wine
- flour spread on a plate for dredging
- salt & pepper to taste

Place each slice of beef between 2 sheets of plastic wrap and pound with a meat pounder until 1/4 inch thick. Sprinkle with salt & pepper. Lay a slice of prosciutto on each one and sprinkle

evenly with with the pignoli beans, pecorino romano cheese, garlic and parsley. Roll up the slices, tucking in the ends and tie with kitchen string.

Heat 1/4 cup of the olive oil in a large frying pan over medium heat. Dredge the braciolo in flour shaking off any excess, then place in the pan. Cook until browned on all sides, about 15 minutes.

Heat the other 1/4 cup of olive oil in a large saucepan over medium heat. Add the onion, carrots, and celery. Cook, stirring until tender but not browned, about 10 minutes. Add braciolo, bay leaves, and salt & pepper.

Add red wine and cook until most of liquid evaporates, about 2 minutes. Pass the tomatoes, with their juices through a food mill or sieve into the saucepan. Fill one of the tomato cans 1/2 way with water and add to saucepan. Add tomato puree, turn heat to low and cook at a simmer until beef is tender 1.5 - 2 hours.

Sprinkle the basil over the rolls, and cook for 2 minutes longer. Transfer to serving plates, spoon the sauce over the top and serve at once.

Planning To Take A Spin On Your Jet Ski Or Loaning It To A Friend? Better Check Your Insurance Coverage!

By Jane Tucker, First Florida Insurance

Wave Runners, Sea Doos and other personal watercraft are fun and so simple to use that it is easy to have a false sense of security while operating them. Dozens of deaths as well as thousands of injuries are reported each year by the U.S. Coast Guard that are attributed to these type of personal watercraft.

Don't put your life or your financial security at risk. A moment of carelessness can cause serious injury or even death. Be careful, stay safe, and only lend your machine to others who share your responsible attitude. Beware -the liability for damage or injury caused by your machine, regardless of the operator, follows the machine -meaning you are the legally responsible party! And, homeowners insurance or auto insurance does not generally cover these personal watercraft.

To be certain you carry the proper coverage you will most likely need to

purchase a Personal Watercraft Policy. The policy covers Bodily Injury and Property Damage Liability (applies to injury or property damage to others caused by the negligence of your machine's operator). You may also

include in the policy coverage for physical damage to your machine if you wish. Additional coverage can also be purchased for trailers and other accessories.

Arm yourself with the proper insurance and lots of attention to the safety

rules. Then get out on the water and ENJOY!

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Golfing: A Game Of Life Or Death?

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

As if avid golfers needed one more reason to play, here it is: golfing can improve your health and yes, add years to your life. According to a Swedish study published in 2008, people who play golf regularly without using a cart have a 40% lower mortality rate than those of the same age and sex who don't exercise. This could equate to adding as many as 5 years to your life. IF you play regularly and walk the course. Those with the lowest handicaps had the best rate, which probably means they play most often.

Playing often and playing well means playing injury-free. According to current research, golfers most often injure the low back, the non-dominant shoulder and the elbow. Professional golfers tend to experience overuse injuries due to constant practice and thousands of swings. Amateur golfers tend to acquire injuries related to an incorrect golf swing as well as overuse. Inadequate range of motion, strength and endurance are at the root of most injuries, particularly in the back and shoulder. Limited range of motion in one area of your body will result in compensation and overuse in a neighboring area. Back pain may be a result of poor 'core' or trunk control or tight hips. Forcing a follow-through when your hip rotation is limited can produce excessive strain in the low back.

Golf is all about mechanics. Faulty mechanics in the hip may lead to hip or low back pain. Faulty shoulder mechanics will produce undue strain in specific tissue, which can lead to a shoulder impingement, tendonitis, shoulder instability, or even a rotator cuff tear. Inadequate stability of the non-dominant hip allows the hips to open up. Inadequate strength in the non-dominant shoulder allows the club to get

away and opens up the face of the club. In both cases, the effect is certain death: the dreaded slice.

Speed is essential to producing power, but power is of no use without control. Balance, timing and endurance are also keys to playing a good round. No one enjoys shooting par, or less, on the front nine only to see everything fall apart on the backside due to muscle fatigue, dropping of the shoulders or poor backswing. Playing just one round of golf can require 200+ swings, including practice swings and hitting a bucket of balls at the range.

Frequent play can decrease your handicap and according to the Swedish study, also add years to your life. And if you didn't know it before, you now know, adequate range of motion, speed, strength, and endurance are all just as important for safe and pain free play. Limitations or deficiencies in any of these areas can often be remedied without the use of expensive equipment or fancy gadgets. Physical therapy can help locate impairments and provide simple do-it-yourself stretches and exercises.

If you and your game are healthy, keep going. But if you and your game are struggling or hurting, don't play through. Seek help. The answer may be simpler than you think' – consult your MD and/or physical therapist.

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.



Taste of the Beach Judges.

From left to right- Steve Cupolo, Jennifer Sauvage, former Mayor Frank Charles, Mayor Gary Snodgrass and John Fraser.

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Ask Mow!

Answering questions about Home Owner lawn equipment. Featuring "Mow" St Augustine Power House spokes person.

Hello Beach Readers. In the past articles we have covered fuel related issues with your lawn equipment. We have had some great questions and some interesting points of view from the readers. Thank you for the responses.

Hey Mow, going into the summer months what would you suggest to our readers they consider with their lawn equipment?

This time of the year the lawn equipment is being used hard. By that I mean every week, keep an eye on the oil level and clean that air filter. It's a chain reaction; a clogged air filter makes the engine use more gas then fouls the spark plug. Also let's make sure the blade is in good shape. A dull blade makes the whole mower work harder and it's not good for the grass either. Don't forget Power House is running that \$69 dollar tune up special right now so if you're having any issues with the lawn equipment, get that mower to us, the sooner you get it to us, the sooner we can return it to you.

Reader: **Hi Mow. The wife and I are looking at purchasing a new mower, what's the difference between buying a mower from a box store or purchasing one from a dealer like Power House?**

Great question! As far as equipment differences? One word, QUALITY. As far as Service after the sale? All the difference in the world. When a Home Owner purchases a new Snapper mower from us, they get the red carpet treatment. We have the "Power House Partnership Program". What does that mean to you? How about FREE assembly, FREE delivery, FREE blade Sharpening for the life of the blade, how about priority service in our shop, no waiting, straight to the front of the line. Our Service after the Sale is what we strive for.

Hello Mow, our son is looking @ making some extra money over the summer, what do you think about him mowing a few yards?

Now that's an eager person. We are currently working on a "Mow-tivate your Kid" program designed for those who would like the opportunity to earn a little extra cash. Look for more info on future issues.

That's all the time we have now, Thanks for the advice Mow. So until next month, remember St Augustine Power House is located at 125 Pope Road, right here on the island. Visit us at www.staugpowerhouse.com and if you have any questions for Mow email him askmow@staugpowerhouse.com.



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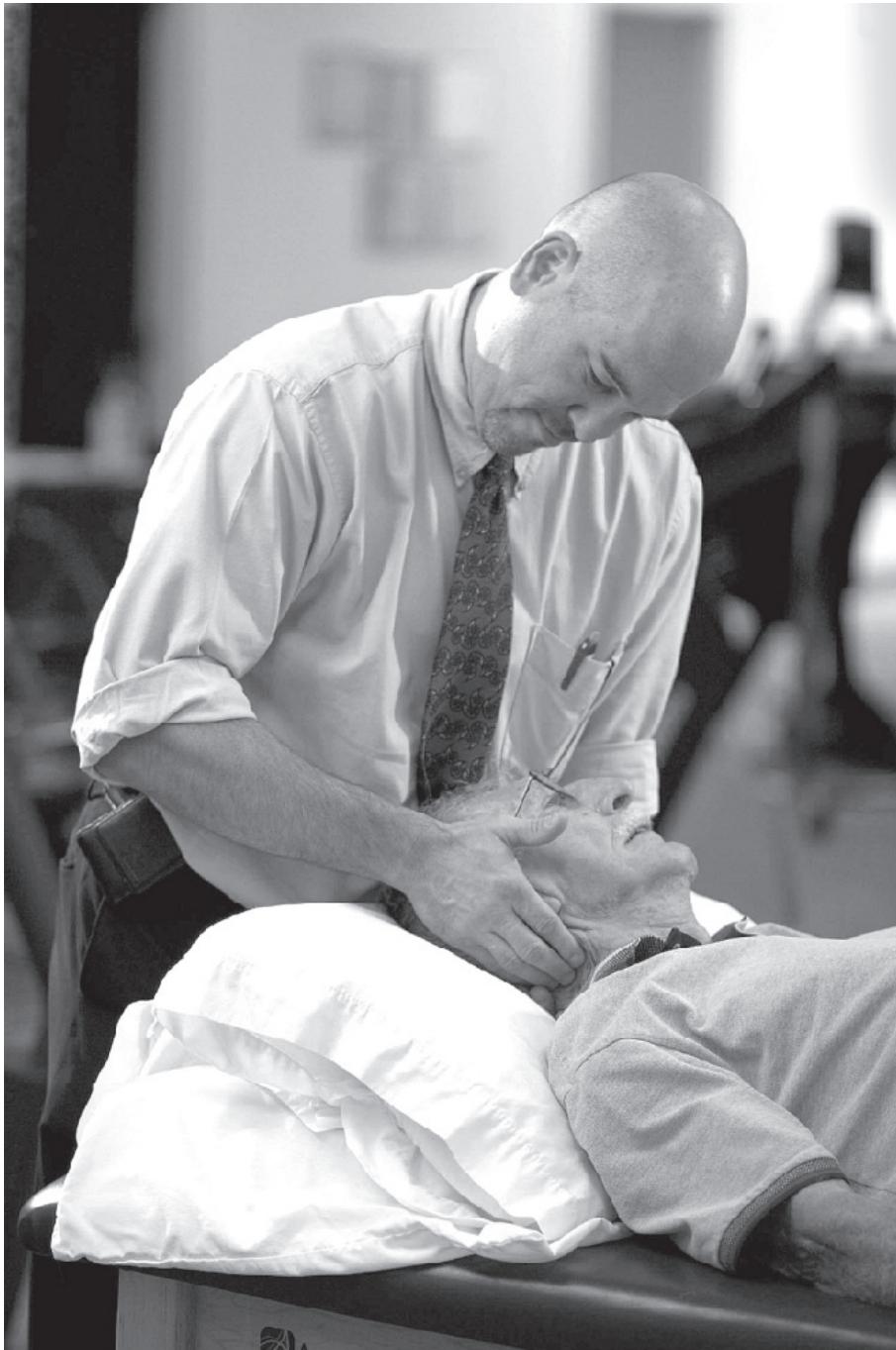
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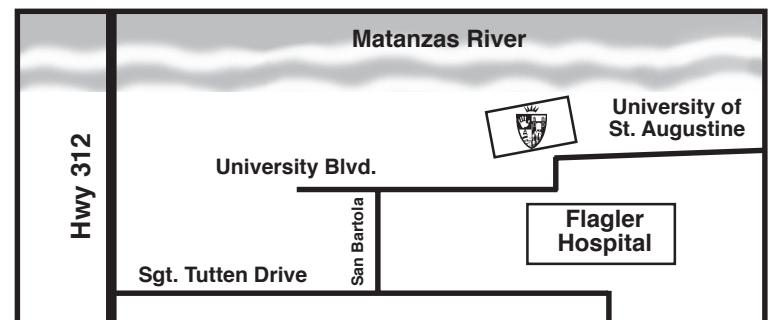
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GREAT LOCATION! Adorable 2BRM/2BTH house in Palm Coast-Matanzas Woods subdivision. Near golfing, beaches, shopping, biking and walking trails. Step from the large foyer into the great room and look through the veranda to your own solar heated pool with water features. Own irrigation well will save you lots of dollars. Make an appointment to see this today! You will not be disappointed. Offered at \$109,000.



BEAUTIFUL ESTATE HOME IN PALENCIA. This gorgeous home is located in a gated section of Palencia, it has 5 bedrooms, 4 baths, 3 car garage, all main living areas on first floor, 2nd floor has a bonus room that can be used as Mother-in-law suite. 5th bedroom on media room. Large kitchen with 41" uppers, great appliances, amazing amount of counter space. David Weekly home with children's retreat. Views galore with water views to make you feel you are in your own private island. The screened outdoor space with pool and Jacuzzi makes you feel you are on a constant vacation. \$650,000.



BEAUTIFUL CUSTOM HOME IN SEA COLONY. 4 bedrooms, 2 full & 2 half baths, and gorgeous ocean view for the discriminating buyer. One of the largest gourmet chef's kitchens you'll ever see w/granite counters, custom cherry cabinets & built-in China cabinet. Top of the line materials used throughout. Upscale features include: tower room, surround sound, 3 fireplaces, 3 zone a/c and upscale baths w/travertine. Also high impact glass, wood floors & large screened porch. Let the elevator take you to the 3rd floor for spectacular panoramic views. Home has own irrigation system. A great buy! \$1,075,000



OCEAN FRONT SAND DOLLAR END UNIT. This beautiful 3BRM/2BTH condo has large windows, lots of natural light, fantastic views. Light & bright condo to enjoy year round. Third floor is a great location in the building with views galore of the intracoastal and ocean. Building offers parking, pool & private walkover to beach. Complex has elevators, tennis, parking garage & additional owner storage area. \$499,000.



EXCLUSIVE SEA COLONY SEASIDE ESTATE™. Gorgeous estate nestled among magnificent oaks, beautiful landscaping and private entry bridge, in the private estate area of exclusive Sea Colony. This lovely home offers 4,700 sq ft of living space, 5BRM, 4.5BTH, 7 fabulous porches, imported cedar shake shingles, beautiful hardwood floors, 10 foot ceilings and extensive upgrades. Tower affords sunrise and sunset views of the ocean, the intracoastal and waterway. \$1,378,000.



OCEAN VIEW 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.



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. \$2,297,000.



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.



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! \$419,000.



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.



GREAT VALUE IN THIS POOL HOME. Great value in this 4brm/2.5bth pool home in Marsh Creek with almost 3000 sq ft in a gated community with a public country club. This home has great privacy with the preserves on one side and in the back. The 4th bedroom can be used as an office. Very spacious immaculate home with an over-sized garage. Large screened covered patio where you can enjoy the deer and other wild life. \$399,000.



GREAT PRICE, IT WON'T LAST Excellent opportunity with this corner lot two story home, has 3 BRM, 2.5Bath, 1726 sqft living space, central air/heat, range, dishwasher, garbage disposal and more. New carpet and freshly painted throughout interior, new sod lawn, auto sprinklers, and water heater. This is a great house for a great price. Do not miss this one, it won't last long! \$142,900.



GOOD PRICE IN ST. AUGUSTINE SHORES. This nice 1,603 square foot home has 2 bedrooms, 2 baths and one car attached garage. Concrete block, lot size 80 x 100. Hurry, it won't last! \$104,900.



GREAT PRICE, GREAT HOUSE This big two story home has 5 BRM / 5 BATH and 6082 sqft of living area. Shingle roof, 3 car attached garage and bonus room. New carpet, two new HVAC units, pool with new pool pump, spa, steam room, game room and much more! This is a great house for a great price. A must see! \$449,900.



BEAUTIFUL MARSH CREEK VILLA home on lake with preserve view. Elegant 3brm/3.5bth home with heated pool, spa and numerous upgrades. Great window treatments, upscale kitchen and breakfast room, high ceilings. This home is loaded with architectural details. Barrel tile roof, fountain, great curb appeal. A must see home! \$489,900.

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