



# St. Augustine Beaches

## News Journal

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

### Flip Flop 'Til You Drop



The annual Flip Flop 'Til You Drop walk was held in early July, with this year's proceeds solely supporting our local Boys & Girls Club. Over 500 participants rallied at 1 p.m. at Jack's Barbecue to kick off the event. Several businesses stretching along St. Augustine Beach joined together to host the event. In addition, more than 20 additional local businesses helped raise funds by contributing gift cards and certificates to the raffle. This event has donated nearly \$100,000 to local charities in the last 10 years.

The day was a huge success raising over \$15,000 for kids sake. The event encompassed lots of live music, flip flopping from and to various A1A venues, an auction, raffles and a T-shirt designer contest. There are several St. Augustine Beach businesses (see page 8)

### St. Augustine Orchestra Announces 2012-13 Concert Schedule

In preparing for its upcoming concert season the St. Augustine Orchestra has shortened its official name from "St. Augustine Community Orchestra". In addition, it has chosen an official logo as a recognizable identifier to be used on all the orchestra's printed materials. Music Director and Conductor William McNeiland has planned the following concert performance dates for the 2012-13 season:

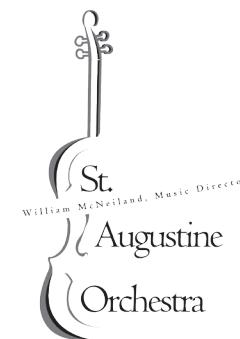
- At the Lightner Museum- (25 Granada St. St. Augustine) Fridays 8 pm- October 26, 2012; December 14, 2012; March 8, 2013; April 26, 2013.
- At Christ Episcopal Church- (400 San Juan Drive, Ponte Vedra Beach) Sunday Matinees at 3 pm- October 28, 2012; December 16, 2012; March 10, 2013; April 28, 2013.

Rehearsals began Tuesday August 28 from 7pm to 9:15 pm at Murray Middle School, 150 N. Holmes Blvd., St. Augustine. Musicians who wish to join the orchestra are encouraged to call Victoria Scarlett at 904-655-7944. New members will need to demonstrate proficiency on their instrument, and must be able to read music and music dynamics with skill and accuracy.

The October concerts will feature "An All-American Celebration" with selections from Howard Hanson's Symphony #2; George Gershwin's "Rhapsody in Blue" with guest pianist Joseph Williams, who is Music Director, pianist, and accompanist for the St. Barnabas Anglican Church in Jacksonville; and Aaron Copland's "Variations on a Shaker Hymn". Included on the program will be music of Richard Rodgers, Leonard Bernstein, and John Williams, with a repeat performance of the Orchestra's 50th Anniversary commissioned work: "Aurelia" by Jacksonville composer Bob Moore.

Admission prices will be \$15 for Friday evening concerts at the Lightner Museum, and \$10 for the encore matinee performances at Christ Episcopal Church.

The orchestra appreciates the in-kind support provided by Murray Middle School for its rehearsal space; and the Lightner Museum for its spectacular performance venue. The orchestra also depends on gifts from donors, sponsors, and on paid advertisements in concert programs. Persons wishing to make donations to the orchestra should mail their check made out to the St. Augustine Orchestra addressed to P.O. Box 2163, St. Augustine, FL 32085. For more information log on to: [www.staugustineorchestra.org](http://www.staugustineorchestra.org).



### City Hall Update

This update actually concerns three city commission meetings. The first was a special meeting held on July 16th on matters concerning the city's police department. By a 3-2 vote, the commission approved restructuring the department by reducing the number of employees from 18 to eight: a police chief, a sergeant, five officers and an administrative aide. The restructured department would be implemented when the new police chief is hired and will utilize an independent personnel selection advisory board composed of Undersheriff Joel Bolante; David Messenger, a commander in the sheriff's office; and St. Augustine's Police Chief Loren Leuders or his designee. The purpose of the committee will be to assist the city's new police chief in selecting the five officers and the sergeant from the ranks of the officers already employed by the city.



The second meeting was held on July 30th and concerned the city's Fiscal Year 2013 budget. At that meeting, the commission reviewed the budget and made the following

decisions concerning it:

- approved the rolled-back millage of 2.4325 mills;
- removed \$100,000 from the budget for the upgrading of Ocean Hammock Park;
- approved a 1.7% cost-of-living pay increase for the employees and the resumption of the city's merit pay plan with a limit of \$35,000 to be used for it;
- approved the proposed capital outlay plan; and
- scheduled the first public hearing on the budget on Monday, September 10, 2012 at 7:00 p.m. in the city hall. The proposed millage, 2.4325 mills. is a .0333 increase over the Fiscal Year 12 millage of 2.3992. A mill is a thousandth of the assessed value of a property. Thus, at 2.4325 mills, the owner of a home assessed at \$200,000 after the \$50,000 homestead exemption is deducted would pay a property tax of \$486.50. At 2.3992 mills, the owner would pay \$479.84, a \$6.66 difference. At its September 10th on public hearing, the commission could lower the millage, but not increase it. (see page 3)

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

- **City Manager:** Direction
- **Financial Focus:** Financial Tips for Newly Single Women
- **Spiritually Speaking:** "An Ode - Part 1"
- **St. Augustine Beautification Committee:** Sirens' Song
- **De-clutter Your Home for a Faster Sale**
- **70% Of Us Will Need Long Term Care**
- **Muscles Pulling**

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# St. Augustine Beaches News Journal

## St. Augustine Beaches News Journal

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

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City of St. Augustine Beach

Mayor S. Gary Snodgrass  
City Manager Max Royle

[www.staugbch.com](http://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](mailto:beachesnewsjournal@yahoo.com) or the editor at [clogsdon1@yahoo.com](mailto:clogsdon1@yahoo.com).

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

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

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

The Beaches News Journal's acceptance of advertising, articles, advertising, or other information does not constitute endorsement. Nor will the Beaches News Journal and its staff be held liable for information provided herein by submitters, including websites and/or emails listed, that may have the potential to constitute fraud or other violation of law. The publisher reserves the right to refuse advertising or information that does not meet the publication's standards.

The Beaches News Journal is published by an independent publisher and is not affiliated with any St. Augustine Beach community development, management company or Homeowners Association.

## DON PEDRO MENÉNDEZ DE AVILÉS AND THE FOUNDING OF ST. AUGUSTINE

Saturday, September 8, 2012 St. Augustine, Florida

Four hundred and forty-seven years ago, in September 1565, Admiral Don Pedro Menéndez de Avilés stepped ashore on Matanzas Bay and founded St. Augustine, Florida, the oldest, continuously occupied, European city and port in the continental United States.

On Saturday, September 8, 2012 – on the 447th anniversary, to the day – the annual, historical reenactment of Menéndez' landing and anniversary commemorations will be held at Mission Nombre de Dios ([www.missionandshrine.org](http://www.missionandshrine.org)) in St. Augustine, Florida.

This heritage Event will feature:

- the historical re-enactment of Admiral Don Pedro Menéndez de Avilés' landing in 1565 by La Compañía de Santiago/The Company of St. James, a member unit of Florida Living History, Inc.;

- a Mass of Thanksgiving, celebrated by Bishop Felipe J. Estévez, Bishop of St. Augustine;

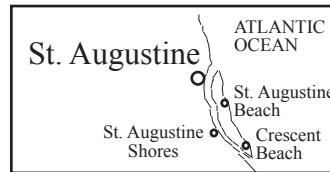
- a Grand Procession following the Mass of Thanksgiving;

- a lecture on the founding of St. Augustine by Dr. Timothy J. Johnson, Chairman of the Department of Humanities at Flagler College, will follow the Mass and Procession; this lecture is funded by a grant from the Florida Humanities Council through the National Endowment for the Humanities.

The anniversary commemoration will begin at 10AM; admission is free of charge to the public. Additional activities will take place next door at Fountain of Youth Archaeological Park ([www.fountainofyouthflorida.com/](http://www.fountainofyouthflorida.com/)), following Dr. Johnson's lecture.

This heritage Event is sponsored by Mission Nombre de Dios ([www.missionandshrine.org/](http://www.missionandshrine.org/)) and by La Compañía de Santiago/The Company of St. James, a member unit of Florida Living History, Inc. ([www.floralivinghistory.org](http://www.floralivinghistory.org)). Support is provided, in part, by NTE Energy, Inc., and the Florida Humanities Council. For more information on Florida Living History, Inc., please contact us at [info@floralivinghistory.org](mailto:info@floralivinghistory.org) or, toll-free, at 1-877-FLA-HIST (1-877-352-4478)!

La Compañía de Santiago is a member unit of Florida Living History, Inc., a 501(c)(3) non-profit, educational organization dedicated to the support of living history activities, events, and portrayals related to the history of colonial Florida. [www.floralivinghistory.org/](http://www.floralivinghistory.org/).



## News From Around St. Johns County

### High Holy Days at Temple Bet Yam

This is the Holiest time of year for Jews around the globe. It is a time of year for reflecting, forgiveness and redemption. Each of us comes to the Synagogue with the same worries and concerns, the same hopes and wishes, the same thoughts and feelings. But most of all, we all come to recite the same prayers... together... the whole world is one town. We would be honored to have you join us in fellowship at Temple Bet Yam this holiday season.

- S'lichot: Saturday September 8th, 8:00pm. The evening will begin with a discussion with Rabbi Mark Goldman followed by the S'lichot Service.

- Erev Rosh HaShana: Sunday September 16th, 7:30pm.

- Rosh HaShana: Monday September 17th, The morning will begin with a children's service at 9:30am. 10:15am will be the Rosh HaShana service. Tashlich, the casting away of sins with bread crumbs, will be at Treaty Park immediately following the service, at 1:30pm.

- Kol Nidre: Tuesday September 25th, 7:30pm.

- Yom Kippur: Wednesday September 26th, Services begin at 10:15am. The children's service will be at 1:00pm. A discussion with Rabbi Mark Goldman will follow at 2:15pm. The afternoon service begins at 3:15pm, followed by Yizkor at 4:15pm. Neilah (Concluding Service), Havdalah, Break-the-Fast and the Sukkot blessing will conclude the day's services.

Temple Bet Yam is located at 2055 Wildwood Drive in St. Augustine. We welcome all who wish to celebrate the High Holy Days with us, including out of town guests of our members as well as to any active military personnel and students who are in the area and need a place to observe the High Holy Days. For more information about TBV and the High Holy Days, please visit our website at [templebetyam.org](http://templebetyam.org) or call us at 904-819-1875. And from our family to yours: l'shana tova umetukah "a good and sweet year" and ketivah ve-chatima tova "may you be written and sealed for a good year." PHOTO: Rabbi Mark Goldman and the children of Temple Bet Yam during the Children's Service on Rosh HaShana.



### Call for ROWITA Lifetime Achievement Award Nominations

The St. Johns Cultural Council is seeking nominations for the fifth annual Dr. Gail Pflaster ROWITA Awards (Recognizing Outstanding Women in the Arts.)

The Cultural Council is asking members of the community to submit nominations of women who have made significant contributions to the arts (and to the community) in St. Johns County. To nominate an individual, please submit a one page letter that includes the following information:

- Nominee's name and contact information (e-mail, phone number, address)
- A brief history (background) of the (nominee)
- Community impact of the nominee's work, contributions, leadership, etc.
- Accomplishments, awards, special recognitions

- Arts advocacy initiatives
- Your contact information (e-mail, phone number), in case we need more info from you.

Optional materials may include:

- Photograph of the nominee
- Press/media clippings about the nominee

Nominees must be residents of St. Johns County. Lifetime achievement will be one of the most important criteria for determining

the final selections. Artists of all disciplines, including literary, visual, and performance are eligible.

Nominations may be e-mailed to [stjohnscultural@bellsouth.net](mailto:stjohnscultural@bellsouth.net) or mailed to St. Johns Cultural Council, 15 Old Mission Avenue, St. Augustine, FL 32084. The deadline for nominations is December 1, 2012. Only completed nominations will be considered. Past nominees who were not selected must be re-nominated.

Former winners include Georgie Altenbach, Emma Lee Carpenter, Roselyn Cole, Eva Doolittle, JoAnne Engelbert, Luba Estes, Betty Fell, Karen Harvey, Dr. Dorothy Israel, Carrie Johnson, Dr. Mildred Koger, Anne Kraft, Monika Macbeth, Chris Man, Jan Miller, Jean Rahner, Jean Troemel, Barbara Vickers, and Sally Walton.

For more information, contact 904-808-7330. To learn more about the Cultural Council visit [www.stjohnsculture.com](http://www.stjohnsculture.com).



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# News From Around St. Augustine Beach

## City Hall Update

(continued from page 1)

The third meeting was the commission's regular meeting on August 6, 2012. At that meeting, the commission did the following:

a. presented a plaque to Public Works Director Marc Chatten in recognition of his 15 years of employment with the city;

b. hired the executive search firm of Colin Baenziger and Associates to conduct the search for the city's new police chief. The firm will recommend five finalists for the commission to interview and the public to meet. This will likely happen in October 2012.

c. heard an update report on the 2012 summer beach season from Mr. Billy Zeits, the county's beach operations manager, and approved paying \$6,400 as the city's share of the cost for an off-beach parking study along the length of the county's coastline;

d. approved two resolutions: the first to declare as surplus various items of city property and to authorize their disposal; the second to include the provisions of Florida's whistleblower protection law in the city's personnel manual;

e. approved engaging the firm of Purvis Gray and Company to do the city's annual audit for the next three years;

f. decided to give the Arts Studio Group until November 16, 2012 to provide a detailed plan as to how it will renovate the former building department office adjacent to the former city hall on the south side of the county's pier park;

g. agreed to participate with the Civic Association in holding a Veterans' Day

ceremony at the city's Veterans' Memorial in Lakeside Park on November 11, 2012, and approved an appropriation of \$500 from the city for this event;

h. tabled an ordinance to regulate the parking of recreational vehicles, tractor trailers and other large trucks, so that the building official and the city attorney can work on new wording for it;

i. approved the public works director's proposal to have the city's engineering consulting firm revise plans for the piping of the 2nd Avenue ditch and for the construction of a drainage pipe in the 200 block of 10th Street;

j. approved two budget resolutions: the first to appropriate money for the police chief search and to pay the city's labor attorney; the second to appropriate \$5,874 for replacement of the city hall/police station emergency generator;

k. approved annexing into the city two properties on the west side of State Road A1A that are owned by Watson Reality.

As the Commission didn't finish all the items on the agenda, it continued the August 6th meeting to Monday, August 27, 2012 at 7:00 p.m. in the meeting room at city hall.

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.

## Call for Captains and Vounteers International Coastal Cleanup - 9/15/2012

For the 27th year Ocean Conservancy is partnering with local groups around the globe to cleanup our waterways and oceans. Friends of A1A is leading the charge in Flagler County and has established several access points for volunteers to sign in and cleanup on the third Saturday in September.

For more details review our webpage and contact Jenny Wolfe to volunteer. Cleanup supplies are arriving this week from our State Coordinator. As in years past, data collection is a big effort with this cleanup. Just marvel at how much we can improve by reading the latest report from Ocean Conservancy. Captain meetings are set for Wed 9 am and Thurs 4 pm at Beachside Bakery, Flagler Beach.

## Golf Again!! Play on A1A !!! We Like the Game!!!

When you have so many wonderful golf venues along the coast, you can't not play! Sign up to play in our FALL A1A Golf Cup Classic set for SUNDAY, SEPTEMBER 23rd at Royal St. Augustine Golf & Country Club. We challenge all to "make the birdies" sing down the fairways in St. John's County.

Proceeds from this event go toward supporting our facility and interpretive improvements and education programs along the byway. As a leader among the scenic byway community, we strive to stay active and engaged in all areas to promote the scenic beauty of our byway.

Become a sponsor, become a player, become a winner in enjoying our great treasures. Contact Sallie O'Hara for more information on how to support Friends of A1A in this and other fundraising events.

## Spoonbills & Sprockets A1A Byway Scenic Touring Ride

If golfing is not the way you play on A1A, perhaps biking is more your speed. On SUNDAY, October 28th, Friends of A1A will host its first touring bike ride. Thanks to new board member, Heather Neville, Friends volunteers are re-energizing interests in biking along the corridor. The day offers a 100 K ride, a 35 mile loop or a 20 mile loop - whatever suits your fancy.

Register now to make A1A history as a member of the inaugural ride! A BBQ luncheon follows the event at Marineland's Dolphin Adventure. To become a sponsor, contact Anne Wilson, or Sallie O'Hara at 904-425-8055. Registration details are found at www.scenic1a.org. Payment and registration available online.

## Sertoma Dodge Ball Tournament and Jet Ski Raffle

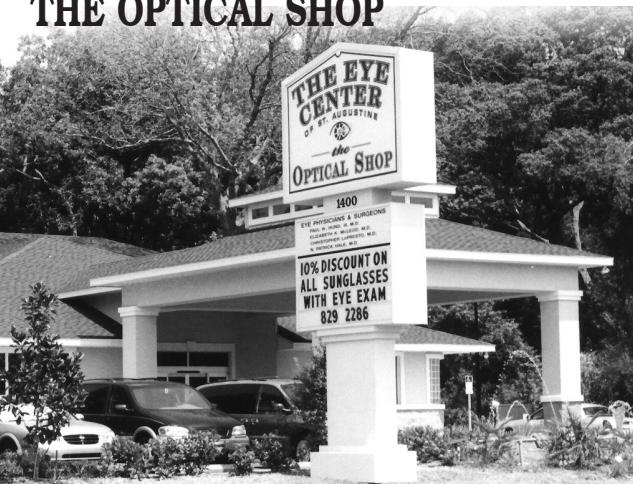
Do not miss the Sertoma Dodge Ball Tournament and Jet Ski Raffle at St. Augustine Beach Pier Park Septmeber 9th, 2012. The event is a major fundraiser for Homeless Children in the St. Johns County School District. Admission is free.

For more information please see: www.sertomastaugustine.org. Also email john@staugustinesertoma.org or jmiglis@gmail.com. Phone: 904-471-8480.



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## PONTE VEDRA CONCERT HALL

### CITIZEN COPE- Ponte Vedra Concert Hall, September 12th

Clarence Greenwood, also known as Citizen Cope, is a singer, songwriter and producer from Memphis, Tennessee. His eclectic mix of blues, laid-back rock, soul, and folk has a large and profoundly dedicated following, built over the past decade of touring due to solid word of mouth. Citizen Cope's compositions have been recorded by artists such as Carlos Santana, Dido, Pharoahe Monch and Richie Havens. He currently records and produces for his own record label, Rainwater Recordings, which he founded in 2010 after electing to no longer work with major labels.

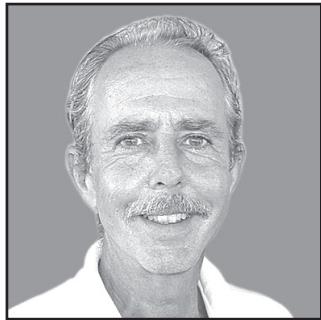
### Brantley Gilbert- St. Augustine Amphitheatre, September 13th

Brantley Gilbert was born and raised in the small town of Jefferson, Georgia, just outside of Athens city limits. It is that upbringing and small town influence that Gilbert credits toward allowing him to cultivate his unique sound. Gilbert's taste in music always swayed toward a southern country rock feel, but his true-to-life testimony of heartache, trials, triumph, and success found a home in country music.

### Blondie and Devo Tour- St. Augustine Amphitheatre, September 22nd

Blondie, founded by Deborah Harry and Chris Stein, has sold more than 40 million albums globally and repeatedly reached the top of the charts over the course of four decades with such hits as "One Way Or Another," "Heart Of Glass," "Rapture" and "Maria."

Devo was founded by Gerald Casale in Akron, Ohio, in 1973. Devo's early work caught the attention of such icons as Neil Young and David Bowie, and, with such hits as "Whip It" and "Girl U Want," and the accompanying, revolutionary music videos, the group became one of the defining acts of the 1980s.



## St. Augustine Beach Civic Association

By Robert Samuels, President  
St. Augustine Beach Civic Association

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

The Civic Association's Music by the Sea Concerts are concluding this month with our final 4 concerts. We have had tremendous season so far: great crowds, great music, great dancing and great food. Please note a different Navy band will be playing on September 5th.

- Sept. 5th: Navy Pride – R/R  
Amici's Italian Restaurant
- Sept. 12th: Roland Fleming – R/B Jazz  
Ripe Bistro
- Sept. 19th: ET Swing Band – Jazz  
Cafe 11
- Sept. 26th: All Star Band- Classic R/R  
Sunset Grille

The All-Star Band is made up of a core of selected musicians that have played at the concert series for a number of years and have been the pillars of our series. We have invited musicians from other bands to be a guest, represent their band and play one or two of their favorite songs. This will be the closing night for our 10th Anniversary program. It should be something very special.

Music is from 7pm – 9pm with dinners served at 6pm. Sister Shack's homemade Italian Ices are available. WYRE Radio will be broadcasting live. 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. Voltage Shuttle will end its free service for September and join us again next season.

The Pier Park parking lot will not be closed this summer and the Wednesday Market and Concerts will continue without interruption. The pier repairs are completed and has re-opened. Construction of new restrooms by the City continues in front of Splash Park. Splash Park renovations will not begin until after Labor Day and it will be open for use until then. Beach access is again easily available.

Meet the Candidates Night Forum last August 7th was attended by 18 primary contenders for 8 different seats. The event was well attended and hopefully viewed by many more on cable channel 2. I'd like to thank Civic Association volunteers John Reardon, Bill Jones, Frank Ward and Fr. Nick Marziani for their contribution to make the event successful. Plans are underway for a second Candidates Night in October for those running

in the general election on November 4th.

The board of the Civic Association approved Marshall O. Peters as the new board member and secretary. Mr. Peters and his wife Tasha were the original managers of The Groove restaurant. Mr. Peters is known to many of us in the community. We look forward to him working on Civic Association projects with the same enthusiasm he showed when working with the many local nonprofits that had events at the restaurant.

In July the Civic Association began meeting with Sterry Piano Company to create a program which would serve St Johns County students of Title 1 status with the opportunity to "own" a band instrument regardless of economic status. This merit program will allow students to take band classes in school under the direction of their Band or Orchestra Director and grow as a musician. The goal is to bring the joy of music to every household in the county. The new group has become Play It Forward and has been joined by representatives of the St Augustine Jazz Society, Wells Fargo Bank, Sterry Piano Company, Tommy Bledsoe of SJC Schools and Ray Nutter a local musician. So far the Civic Association has donated \$750 towards subsidizing instrument rentals which will be available locally at Sterry Piano. Arrangements have been made to receive donations of instruments which will be refurbished and awarded to students. If you have an instrument that can be put to use by a student please call Barry Clark of Sterry Piano at 904-829-9829.

The Fall A1A Golf Cup Classic will be held on Sunday September 23rd at the Royal St. Augustine Golf Club. Registration begins at noon with a 1pm shotgun start. The entry fee is \$75, a foursome is \$250. This includes 18 holes of golf, buffet dinner, cart, specialty contests, packed goody bags for each player and exciting awards. Win a car with a hole in one! For information and registration go to [www.scenic1a.org](http://www.scenic1a.org). Your participation will help to protect, promote, preserve and enhance the Scenic Byway. The Civic Association will again be sponsoring a team. Civic Association members can play for only \$25. Call 347-8007 to reserve a spot on our team. Another Scenic A1A event coming up on October 28th is the Spoonbills & Sprockets A1A Touring Ride. Come and experience the beautiful Scenic Byway in three different rides: 100k, 35 miles or 20 miles and enjoy a reception at JT's at



## Message from the Mayor

S. Gary Snodgrass, Mayor  
City of St. Augustine Beach, FL  
[comsgsnodgrass@cityofsab.org](mailto:comsgsnodgrass@cityofsab.org)

Greetings, fellow citizens! Here is an update of recent events and a snapshot of other projects on the horizon:

•Police Department Update – As outlined in a previous Message from the Mayor column, with the recent retirement of the St. Augustine Beach Police Chief, an opportunity developed to take a fresh look at how the city provides law enforcement services. At a special Commission meeting held July 16, 2012, the Commission in a 3 to 2 vote approved a blended approach as to how law enforcement services would be provided to the City going forward. Under this approach the City would retain a restructured Police Department and augment its efforts with a more effective use of services of the Sheriff's Office. The City will scale back its department to a Chief, a Sergeant and five Officers and an Administrative Assistant augmented by services from the Sheriff's Office. This approach should result in significant cost savings that could be used for needed infrastructure improvements. The Sheriff's Office already provides such services as records management, information technology, dispatching, CSI services, and investigative functions including crime scene, search and collection of evidence, follow-up investigations, containment and disposal of hazardous materials and, as needed, special operations units such as SWAT, a helicopter, a dive team. The Sheriff's Office, which is a fully accredited law enforcement organization in the State of Florida and nationally, has resources and expertise that the City doesn't have. The City's Police Department is not accredited. At a recent Commission Meeting, the Board unanimously agreed to engage Colin Baenzinger and Associates, a nationally recognized executive recruiting firm to conduct a search for the City's vacant Police Chief assignment. Over the past decade, the firm has focused its efforts on executive

search for local governments. During this period, Colin Baenzinger & Associates have conducted over 100 city, county and special district searches and approximately 200 local government searches overall including police chiefs and other law enforcement personnel. They are exceedingly well-qualified to provide search assistance to our City.

•Beach Re-nourishment - This effort, which is part of a 50 year plan to rebuild shoreline shaved away after the St. Augustine Inlet was carved in the 1940's, is nearing completion. The effort which commenced in March was expected to conclude by early July. 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 September or beyond. 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.

Marine Dolphin Adventure.

At the August 6th Commission Meeting the Civic Association's proposal for a Veteran's Day ceremony was approved. The event is scheduled for Monday November 12th from 3 – 5 pm at the Veteran's Memorial in Lakeside Park. Mayor Snodgrass will open the ceremonies and Fr. Marziani will provide the invocation and benediction. An honor guard will attend as well as speakers from various veterans' groups. Also, a number of local veteran nonprofits will be available to provide information about veterans' services. Refreshments will be provided. The City of St. Augustine Beach will be participating with the Civic Association to produce this event, the first in three years since the Memorial was dedicated. And, in answer to one of the Commissioner's question at the meeting of "who will profit from this event?" The Veterans, Commissioner!!

The Art Studio of Saint Augustine Beach is proud to announce its ongoing monthly event, "Second Saturdays at The Studio" for September, 8th from 3-7pm at 370 A1A Beach Blvd. featuring a Members' Art Show and Sale. This event is free and open to the public, musical entertainment and light snacks will be available. September 22nd The

Studio turns into a coffee house while you watch an art documentary film. Art classes are currently being offered with more being added to the schedule for Fall. Please visit [www.beachartstudio.com](http://www.beachartstudio.com) for more information and subscribe for any updates.

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. The market is open from 8:00am – 12:30pm. It's a great place to grab a quick lunch.



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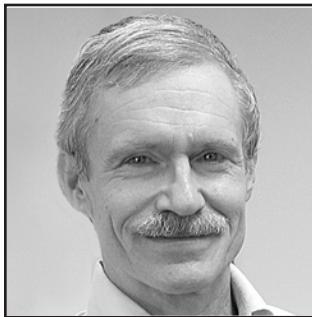
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# Direction

By Max Royle  
St. Augustine Beach City Manager

As I've remarked before in one of these underly profound but very overly grandiloquent essays, the hearing of public sector managers interested in self-preservation is acutely attuned to any reference by their elected bosses to the word "direction." Such a reference, even merely hinted at, can mean that the "ship" of the city or county is about to change course, but without the manager, who's to be set adrift in a leaky lifeboat on the turbulent and uncharted seas of unemployment. How much further do you want me to take this nautical metaphor? Not a millimeter more, you're going to answer. I'm happy to oblige your wishes.

However, there are times when the elected bosses, or a majority of them, decide on a change of direction that blessedly has absolutely nothing to do with the manager. The change may come from a confluence of circumstances that no one expects, circumstances that simply arise internally from a situation, and by doing so present the powers-that-are with an unplanned opportunity to take a hard look at how things are being done; and from that hard look options are seen as to what can be done differently, or more efficiently, or a mix of possibilities that the leaders believe will benefit the citizenry.

For our fair burg, that hard look opportunity concerns its police department, and was caused by events that have roiled the department in recent months. The imbroglio was started by a lengthy report, signed by 11 of the department's 14 sworn officers, that alleged the police chief and assistant chief had committed criminal acts and administrative errors. In response, the city commission suspended the chief and assistant chief with pay and had the Florida Department of Law Enforcement investigate the four instances of alleged criminal activity. Though the investigation, to quote it, "did not reveal any information indicative of any criminal actions on the part of [the police chief]," the chief and later the assistant chief resigned because of the turmoil in the department. Because of their resignations, the 10 alleged administrative errors weren't investigated.

The suspension in May of the chief and his assistant left the department without daily leadership. To fill that vacuum, the St. Johns County Sheriff, David Shoar, loaned one of his commanders to be the city's interim police chief. However, as this arrangement could be only temporary, the commission appointed Sergeant Ralph Correa of the department as the city's acting police chief, effective August 1st.

That the sheriff provided temporary leadership for the department caused some citizens and commissioners to think that the city should explore the possibility of contracting with the sheriff's office for law enforcement services. Such contracting by cities is common in Pinellas County on Florida's west coast and is done in other counties around the state. Most recently, the council of the central Florida city of Avon Park, population 8,865, in Highlands County voted to give up its police department.

However, for our city, there's language in its Charter that would have required interpretation gymnastics for the contracting to succeed. First, the Charter states the city is to have a police chief. The city couldn't have called a sheriff's sector commander its police chief, because the Florida Constitution prohibits the holding by one person of two public offices. Second, the Charter says the city's police officers are to be appointed by the police chief, and third, the Charter states the chief "shall be the head of the [city's] law enforcement department."

Though the city attorney opined (I love that

word. For some reason, it makes me think of a coniferous forest) – though the city attorney deemed from his reading of the Charter that the city could have its own police chief with a department comprised of county deputies, the sheriff decided that he couldn't support this option.

In response, Mayor Snodgrass proposed a restructured police department: instead of 16 sworn officers, there'd be seven: a chief, one sergeant, five patrol officers and a civilian administrative aide. (The number of officers is based on an estimate provided by the sheriff's office.) There'd be no assistant chief, no multiple sergeants. The city's seven officers would be backed up by sheriff's deputies. This restructured/"blended" department could save over \$700,000 a year, though the exact amount of savings can't be known until the change has happened and the city has paid severance and other benefits to those officers who will leave the department. The department's 2012 budget is over \$1.4 million.

These questions naturally follow. Will such a drastically reduced department be able to provide a timely response to calls from residents? Will it have sufficient manpower to protect the city's 6,000-plus residents and its many visitors? The answers can be found in this fact: The sheriff's deputies are already backing up the city's police officers and have been doing so for years. In effect, the restructuring will simply acknowledge an arrangement that already exists. Also, the city will continue to be served by the sheriff's office ample resources: its 911 dispatch center, its air, SWAT, marine and canine units; its specially trained detectives, and its crime scene analysts and forensic specialists.

Another result of the hard look that the turmoil in the police department caused is this: an analysis of the types of calls the officers respond to and the types of crime that occur in the city. It turns out that our little patch of Mayberry-by-the-Sea has remarkably few serious crimes, such as homicides, rapes and robberies. There are burglaries of vehicles, and, less commonly, burglaries of homes and businesses. More often, unfortunately, are cases of domestic

violence. There were five such cases in May 2012, and eight in June 2012. Then there are the violations of traffic laws and investigations required by vehicle crashes. There are also calls to the police about noisy parties, vandalism, barking dogs, loud music, suspected use of illegal drugs, and unruly patrons in motels and restaurants. Does the city need 16 sworn officers to handle the low volume of serious crimes and the monthly volume of routine calls? Can a department with fewer officers, augmented by sheriff's deputies, provide a level of law enforcement that's sufficient for the needs of the city's residents and visitors? Experience will provide the answers to these questions.

An interesting feature of the mayor's proposal, which was adopted by a majority of the city commissioners, is its flexibility. If seven officers augmented by sheriff's deputies aren't sufficient, then the commission can authorize the police chief to hire additional officers. Or, if

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seven officers prove to be the right number, then the taxpayers over a ten year period could save hundreds of thousands of dollars. Also, the proposal means that the city will retain as its police department a core of officers who know the community well and who can provide the personal attention that residents of a small town appreciate from their police officers.

What's next for the police department? At its August 6th meeting, the commission hired the executive search firm Colin Baenziger and Associates of Wellington, Florida, to handle all the basic tasks of finding the city's next police chief: advertising the position, checking the candidates' backgrounds, etc.

The cost of the search will be \$16,000. The company will recommend five candidates for the commission to interview and the public to meet. The interviews will likely happen in October or November. The new chief should be hired before the end of 2012.

Once the new chief is on board (are we back to our nautical metaphor?), the department's downsizing can begin. However, officers won't be summarily dismissed. They're members of a union, and the city and the union will negotiate severance benefits for them. The goal will be fairness for all concerned, as the city commission moves the police department in a new direction.

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## Financial Focus

Information Provided By  
Edward Jones

### Financial Tips for Newly Single Women

Within a marriage, a man and a woman's financial circumstances are generally pretty much equal. But if a divorce occurs, the woman's situation tends to be somewhat more challenging than that of her ex-spouse. And that's why, during this major life transition, you may want to meet with a professional financial advisor to go over your spending needs and your cash flow, so that you know what you absolutely need today — and how you can plan for tomorrow.

Before we get into some possible steps you can take, let's look at some of the reasons that women may fare worse than men, financially speaking, following a divorce:

**Lower income** — The average woman's family income drops by 37% after divorce, according to the U.S. Census Bureau. In many cases, divorce exacerbates a situation in which women were already trailing men in earnings. In fact, women still only earn 77 cents for each dollar earned by men, according to the U.S. Bureau of Labor Statistics.

**Smaller retirement accounts** — The average balance on women's defined contribution plans (such as 401(k) plans) is only 60% of men's average balances, according to LIMRA, a financial services research organization.

Of course, "averages" are just that — averages. But whether you recognize yourself in the above numbers or not, consider these suggestions:

Create an emergency fund. Try to put six months' to a year's worth of living expenses in a liquid account. Once you've established this emergency fund, you won't have to dip into long-term investments to pay for unexpected costs, such as an expensive car repair, a new furnace or a large medical bill.

Contribute as much as you can afford to your retirement accounts. Even if you will eventually receive some of your ex-spouse's retirement funds, you need to take full advantage of your own savings opportunities — because it's pretty hard to save "too much" for retirement. If money is tight, it won't always be easy, but contribute as much as you can to your 401(k) or similar employer-sponsored retirement plan. At a minimum, put in enough to earn the employer's match, if one is offered.

**Rebalance your investment portfolio.** If you are now investing for yourself, you'll want to take a close look at your asset mix to make sure it is appropriate for your situation. For example, your risk tolerance may be quite different than that of your ex-spouse's. So if you now have total control over an investment portfolio, you need to make sure it reflects your needs and preferences. Consequently, you may need to "rebalance" your holdings.

Above all, get some help. As mentioned above, now is a good time to meet with a financial advisor. And if you don't have much experience in managing your finances, you may even find it helpful to work with a trust company, which can collaborate with your financial provider to manage your assets and also provide a variety of other functions, including bill payment and record keeping. A trust company's services can prove especially valuable to you and your family should you ever become incapacitated.

Unfortunately, a divorce may leave you feeling "at sea" in many areas of your life. But by following the above suggestions, you can at least help keep your financial ship in calmer waters.

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

## 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.

### "An Ode – Part I"

The symbol of an era passed on from this life as of the time of writing today. The impact of what she represented very much lives on, having effected changes in society unparalleled in the history of Western Civilization. And that includes life here in our town named after a Christian saint who very much would have appreciated the significance of it all.

Helen Gurley Brown (1922-2012), aged 90, is now in a realm beyond this world. Even more than — far more than — the impact of Hugh Hefner's Playboy magazine (men have always been challenged to maintain sexual integrity, since Biblical days), Brown's signature enterprise, a transformed and sexually turbo-charged Cosmopolitan magazine, which she took over in 1965, utterly revolutionized the way young, and not so young, women regarded themselves, their bodies, their relationships, and society at large. The history of the world had hardly witnessed such a thing among the daughters of men.

Her personal story is intriguing. Of humble Ozark mountains origin, she lost her father, while she was but a vulnerable child of age 10, to an accident. Trying to negotiate her life thereafter in a world of men, she initially fought off, but eventually succumbed to, the predations of men who should have known better. Like I said, men have always been challenged to sexual responsibility (Augustus Caesar, transgressor as he himself was, at least managed to exhort ancient Roman men

to settle down and have families). What Ms. Brown brought to the mix was a radical repudiation of childbearing of any sort (she herself, was childless, as these things are reckoned, her entire life) and an unabashed celebration of "Sex and the Single Girl", both the title of a best-selling book she authored in 1962 and the inspiration for a movie starring Natalie Wood, just two years later.

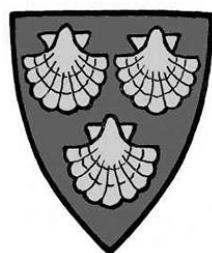
Actually, her impact far transcends American social life. She oversaw a veritable global empire of Cosmo spin-offs, in every imaginable — and unimaginable — corner of the world. According to well-attested sources she had a motto, later turned into part of the title of a biography by Jennifer Scanlon: "Good Girls Go to Heaven; Bad Girls Go Everywhere."

Well, I suppose the Judge of the Universe will have the last say on that one, certainly a discernment beyond my humble pay grade. What is clear to this commentator is that the entire Cosmo mentality has spawned a half-century spanning societal mindset that has become cannon fodder for a new national election campaign as regards the issue of religious liberty, and the right of churches and religious organizations to define their own ministries, and to set their own standards and establish their own ethos, even if it "goes against the flow" of what has become "normal" public sensibilities on topics relating to human sexuality. I will have more to say on this issue in Part II of this column which will appear next month.

In the meantime, it may be time to soberly consider the ways in which we as a community, and a nation, have changed in fundamental ways as regards the meaning of "family". Something has passed on, and what will take its place? Will it be freedom to speak to life's most sacred and salient issues unshackled, or are some of us to be muzzled in expressing — and living out — our most deeply held values.

Only time — and maybe a newly sworn administration — may tell.

May you all be blessed, Fr. Nick



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## St. Augustine Beaches Beautification Advisory Committee

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### Sirens' Song

According to Greek mythology, Odysseus was one of the few to have heard the Sirens' Song and lived to tell. Yearning to hear the legendary music and captivating song, Odysseus ordered his sailors to take beeswax and plug their ears, then tie him securely to the mast, and then row with all haste past the dangerous cliffs where the Sirens called. Odysseus was able to hear the seductive promises of desire and forbidden pleasures and being tied fast, Odysseus listened but fudged on paying the piper. Sirens are referenced in Greek and Roman mythology, Spanish, French, Italian, Polish, Portuguese folklore, Shakespeare, and even in the Old Testament. They were depicted as beautiful bird-women, aquatic mammals or even manatee. Tempresses all, they were called by many names including winged maidens, daughters of the Earth, and even mermaids and offered promises but if heeded, delivered only doom.

The Sirens' Song is heard only at the waters edge and hypothetically St. Augustine Beach could be a much loved rendezvous for Sirens. Folklore tells of visitors who were just passing through, say they heard the sweetest seductive invitation to come, relax, enjoy, and play. They returned because of the call of the sea, and because they heard lyrics flush with charm, promises of tropical delights, of captivating nights. They remembered alluring music designed for an endless summer by the sea, but wait, this is September, and alas there is the poignant truth (read a real bummer) the rhythm of Summer is almost over. September and Labor Day mark the end of Summer, sad but true. however, there is a bright note and a fitting end to Summer. You are invited to "A Celebration of a Remarkable Gift to Our Community." The gift of Art can be found in the Sculptures given to the City by Thomas Glover and Marianne Lerbs, his wife and Co-Founder of St. Augustine Sculpture Garden. The gift was Thomas - a creative visionary - who believed in Art in Public Places and along with Marianne and other artists worked tirelessly to make his dream a reality. Thomas will be remembered on Sunday September 30th, 2012 @ 4:00 P.M.. The Sculpture Garden

is located at Lakeside Veterans Memorial Park behind to Police Station. Bring your chairs, blanket, a dish to share, and enjoy the music and remember a life well lived. Call 904) 315-0162 or e-mail lisamackpa@aol.com for additional details. This is one occasion you don't want to miss so mark your calendar. My heartfelt thanks go to Marianne and family.

Progress on the Community Garden proves once again the ability of hard work to make a difference. With a lot of positive energy and even more sweat the irrigation system is in, the fence is up, the deer are out, and soon the garden boxes will be sporting green sprouts of lettuce, spinach, collards, onions, broccoli, carrots and other fall crops. Once again patience, sweat equity, and blisters have triumphed over negative rants and petty bullying. Some Community Garden members who are Master Gardeners and teachers want to offer classes for kids so they can learn where their food comes from and how to grow it. Another suggestion is a Flower/Friendship Box where children can grow flowers to give to the to their Mothers, for a friend's birthday, or say thank you to a teacher or friend. Plant-one-give one is the idea and another way the garden is reaching out to children and the community. Check out the web site www.sabcg.org for updates, progress, upcoming events, and a growing list of sponsors. The outpouring of support and goodwill from the community, neighbors and members has been encouraging. Neighbors, nearby renters, tenants with limited gardening space, have stopped by to help. DJ, a young man who lives across the street said he had been keeping an eye on the progress and is so happy to have the garden in his neighborhood. DJ said his mother taught him how to garden and she was a good gardener. DJ said he would be willing to help and wanted to share his knowledge of growing Datil Peppers and heritage seeds. His energy and knowledge, were like the seeds being planted, some will grow seasonal fresh produce and just maybe some heritage tomatoes and perhaps the best tasting -T - in a B-L-T . Ideas for the Great Salas Recipe (continued on page 8)

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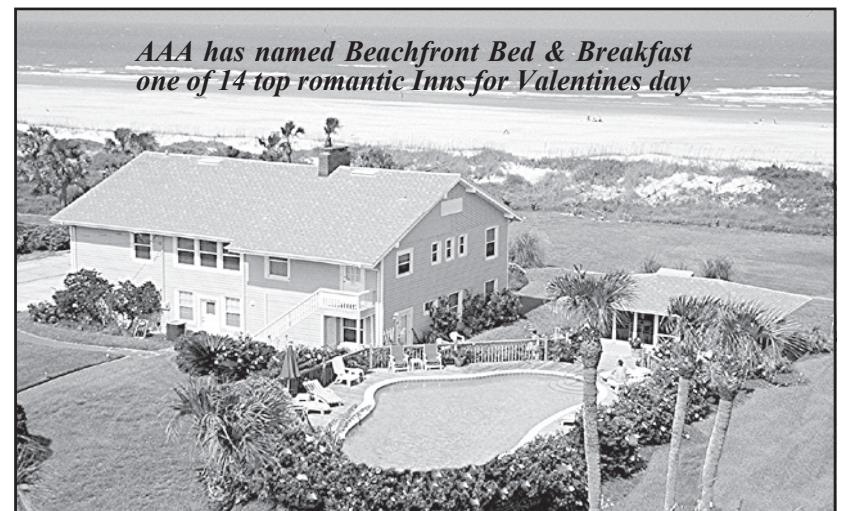


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## De-clutter Your Home for a Faster Sale

The one hard fast rule about selling your home is: PRICE IT RIGHT. A well priced home will sell before an overpriced one. (In fact, overpriced homes actually help well priced homes sell!)

After you've talked with your Realtor and decided on the right price there are a few more steps you can take to help your home sell. My favorite way to make your home shine is to remove the clutter.

Here are my tips for de-cluttering your home and making it appealing to potential buyers:

### THINK "MINIMALIST"!

- No more than one item on each section of counter in the kitchen.
- If possible, no more than one item per dresser, table top, shelf or desk.
- Remove all "papers" (newspaper, mail, school papers, catalogs, etc.) from countertops, tables and other areas.
- Remove at least one piece of furniture from each room of the house.
- Remove any stained, torn or worn furniture.
- Remove any heavily patterned rugs, wall

hangings, bedding, shower curtain, drapery, etc. such as heavy floral designs.

- Use neutral colored bedding, towels, etc.
- When in doubt use Taupe, Cream or White.
- Put away all family photos, awards, plaques, and knick knacks.
- If holiday season, decorate sparingly
- No more than one piece of art per wall, or leave blank.
- Remove large book collections, DVD collections or other "libraries".
- Cut back on children's toys, hide in under the bed containers and donate things your child has outgrown.
- Keep kids rooms tidy by taking extra "stuff" out.
- Remove extra pet items, keep pet areas clean and free of odors.

Follow these steps and you'll be well on your way to a home that shows beautifully for potential buyers! I'm here to help you with your real estate needs. Rebecca Romaine, Realtor® Prudential Network Realty 904-687-9488 [www.rebeccaromaine.com](http://www.rebeccaromaine.com).

## Sirens' Song

(continued from page 7)

Contest are welcome. The contest will open to all who have grown all of the ingredients. Introducing Datil Pepper to your recipe could add a historic flavor and be a winner. Hard work yes, but the promise of fresh vegetables and getting to know your neighbors goes far beyond the pale of easy.

Florida Native Plant Society and the local Sea Oats chapter meets at the St. Augustine Beach City Hall, 2200 A1A South. Adam Thacker was August's speaker and discussed backyard composting techniques, soil amendments and improvements. For upcoming programs visit [www.fnps.org](http://www.fnps.org) or call 904-347-2704.

Sirens of a political nature tell of a campaign in full swing but a low voter turn out is expected. Enticing political sound bites, offer promises, aptly described as making sound (read noise) while saying nothing. Candles made from recycled beeswax shines light in the dark and filtering sound rage improves credibility, check out [FactCheck.org](http://FactCheck.org). Abraham Lincoln's retort rings true today, "You can fool some of the people all of the time, and all of the people some of the time, but you can not fool all of the people all of the time." Make your voice heard. Make a little history, VOTE!

## Flip Flop 'Til You Drop

(continued from page 1)

that helped to support this event, Jack's Barbecue, the Taco Shop, Dunes Cracker House, Coquina Beach Surf Club, Panama Hattie's, FA's Cafe, and Holiday Isle. For those who did not wish to walk the entire event route, Old Town Trolley Tours provided trolley services.

THE PLAYERS Championship Boys & Girls Club located in West St. Augustine helps to serve St. Johns County's six-to-eighteen year old population that qualifies for free or reduced school lunch by providing after-school programs. The Club offers youth a fun, safe place with opportunities and age appropriate services overseen by trained mentors. According to the U.S. Department of Education and Justice, at risk students who attend quality after-school programs demonstrate better academic performance, more positive behavior and better school attendance than those who do not. They also develop greater expectations for the future. Boys & Girls Clubs of Northeast Florida offers time-tested and nationally recognized programs and activities in five distinct areas: character and leadership, education and careers, health and life skills, the arts, sports, fitness and recreation.

The St. Augustine Unit is a branch of Boys & Girls Clubs of Northeast Florida (BGCNF) and is an affiliate of the Boys & Girls Clubs of America. For further information regarding our local Boys & Girls Club please contact Jennifer Tesori, St. Augustine's Community Liaison at (904) 669-0107 or email [jstesori@gmail.com](mailto:jstesori@gmail.com).

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# Beaches Bistro

By Paolo Pece, Cafe Atlantico  
cafeatlantico@comcast.net

## Bulgur salad with summer vegetables

- 1/2 cup sliced zucchini
- 1/2 cup chopped yellow squash
- 1 cup of sliced Japanese eggplant
- 2 cups of peeled, seeded diced tomatoes
- 1 cup water
- salt and freshly ground pepper to taste
- 1/2 cup extra virgin olive oil
- 1/4 cup chopped basil
- basil sprigs for garnish

Soak the bulgur in warm tap water for 20 min., drain and set aside.

Heat 1/3 cup olive oil in a heavy wide sauce pan. Add the onion, carrot, zucchini, yellow squash and eggplant. Sautee for 10 min. Add the bulgur, tomatoes and water.

Simmer for 10 min. stirring occasionally and adding additional water if needed, to keep the bulgur from sticking. Season with salt and white pepper, and remove from heat. Test the bulgur for tenderness and let stand covered for 10 min. or longer if necessary for tenderness.

Cool to room temperature. Stir in 1/4 cup olive oil and chopped basil. Spoon onto serving plates and garnish with basil sprigs.

You've got a summer dish!

With summertime approaching, I would propose this refreshing, healthy and simple recipe.

Although fresh tomatoes are often too acidic for Chardonnay, they work in this dish because they take the place of the vinegar that might ordinarily be used to dress the salad.

serves six to eight

- 2 1/2 cups uncooked coarse bulgur
- 1/3 cup olive oil
- 1 cup chopped onion
- 1 cup sliced carrot



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# 70% Of Us Will Need Long Term Care

By Jane Tucker, First Florida Insurance

Long-term care services include personal care services like bathing, doing household chores, and other activities, to help you stay independent in your community. Long-term care also includes community services, such as meals, adult day care, and transportation services. Residential facilities, such as assisted living facilities and nursing homes, also provide long-term care services along with housing.

Depending on how much you need, these types of services can be expensive. Medicare and other health insurance do not include most long-term care services, so planning for how you might pay for long-term care becomes important. If you have fairly low income and savings, you may qualify for Medicaid, the federal public program that pays for most long-term care services. Other federal public programs, such as the Older Americans Act, and state-funded programs, pay for long-term care services, but, like Medicaid, these programs cover services for people with high levels of disability and low income and savings.

With 70 percent of us needing long-term care services at some point during our lives after turning age 65, and the limited coverage of public programs, there is a good chance you will have to pay for some or all of the services out of your personal income and savings. Even if you only need a little assistance at home with personal care, paying for long-term care out of your personal income and savings can be difficult. For example, you would pay more than \$19,000 on average for a

home health aide to assist three times a week, in 2010.

Long-term care insurance, on the other hand, will cover the costs of most of these "long-term care services." Long-term care insurance policies provide flexibility and allow for a great deal of choice. You can select a range of care options and benefits that allow you to get the services you need, where you need them.

The cost of your long-term care policy is based on the type and amount of services you choose to cover, how old you are when you buy the policy, and any optional benefits you choose, such as benefits that increase with inflation. If you are in poor health or already receiving long-term care services, you may not qualify for long-term care insurance. In some cases, you may be able to buy a limited amount of coverage, or coverage at a higher "non-standard" rate.

It costs less to buy coverage when you are younger. The average age of people buying long-term care insurance today is about 60. Research and consider different options through a First Florida professional who can help you make the right decision specifically suited to your needs.

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



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## Muscles Pulling

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

As muscles contract they pull on bones thus creating motion. Without muscles we would not be able to move. Sometimes a muscle can pull or be pulled beyond its natural capacity resulting in a muscle "strain" – not to be confused with a ligament "sprain."

When a muscle contracts, it produces varying degrees of force, thereby varying degrees of strength. The amount of force produced largely depends on the type of contraction and the task at hand. An isometric contraction is the gentlest type of contraction because although it produces tension in the muscle it does cause movement – it is a static hold. This is not to say isometric contractions are not strong, they can be very strong. Carrying a toddler on the hip or a golf bag on the shoulder are examples of strong isometric contractions. The gentle type of contraction I'm speaking of is a tool used during rehabilitation or while recovering from an injury or surgery. These gentle contractions are used to stimulate blood flow, helping the healing process but producing such low forces as to not injury the tissue.

When movement occurs as a product of a muscle contraction it is no longer isometric. It is either a "concentric" contraction - one that results in movement while the muscle shortens, or an eccentric contraction – force produced while the muscle lengthens. During the eccentric contractions the muscle maintains tension while elongating, which is a very efficient process. Examples of such a contractions are the lowering a heavy suitcase from the airplane overhead bin, walking downstairs vs. walking up them or getting out of a low lying chair vs. sitting down in the same. Because eccentric contractions are so efficient, they are the dominant contraction during locomotion. They are able to carry the weight of the body repetitiously and produce

great force while conserving energy. Eccentric contractions also have the ability to produce the greatest amount of soreness or injury. DOMS or Delayed Muscle Soreness is a product of eccentric contractions. It is the soreness felt 2 days after an exercise.

When a muscle is strained (pulled) the damaged tissue produces pain, some bleeding and its force production drops. If treated properly the tissue will heal very quickly because the muscle is rich with blood. The best treatment usually includes protection of the tissue for up to 72 hours to 2 weeks minimizing further damage and allowing the tissue to heal, followed by gentle exercises such as isometrics. Acetaminophen is often recommended instead of NSAID's (Non-steroidal anti-inflammatory drugs) but consult your MD. Ice is also usually used to minimize pain. Once the tissues start to heal, which is indicated by the decreased presence of pain/soreness and decreased warmth, higher level exercises and activities can be introduced. The key is to move and gently strengthen without causing re-injury.

Muscle strains vary in degree but are easily diagnosed and treated. If you think you have strained a muscle consult you MD or physical therapist to be certain. Give it a little time to start healing and then begin to move.

*Rob Stanborough is a physical therapist serving St. Augustine for more than 10 years. He is president and co-owner of First Coast Rehabilitation, as well as co-author of Myofascial Manipulation: Theory & Application, 3<sup>rd</sup> 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 www.firstcoastrehab.com.*

## Membership Fair at TBY

September 9th

Are you new to the area? Or if you have been around awhile and are looking for a fantastic synagogue, we want to meet you! Temple Bet Yam in St. Augustine is holding a Membership Fair on Sunday, September 9, 2012 from 1pm-3pm.

Have you ever driven by our location at 2055 Wildwood Drive and wondered what we were all about? Well this is your opportunity to explore and discover the only Reform Synagogue in the St. Augustine area. Rabbi Mark Goldman and the Board of Directors will be on hand to answer any questions you may have about our Temple. Light refreshments will be served and we welcome all. Please come out and see what a wonderful group of people worship at Temple Bet Yam. We would love to meet you!



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## Ask Mow!

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

Hello Beach Readers. We have had some great rain lately, and the grass has been growing like crazy. But let's remember what season it is. "HURRICANE SEASON" And we all know over the next few months there is no telling what can happen. Mow, how can Power House help us in this type of situation?

Hurricane Season. This means break out the stand by portable generator. Hopefully when it was stored last season, it had fuel stabilizer added to the fuel, or maybe run out of fuel all together. At any rate let's not wait until something is upon us to be prepared. If you have never experienced the devastation of a hurricane I hope you never have to.

**What if I don't have a generator Mow, does Power House offer any type of generators?**

Absolutely. We have several brands to choose from, from 1000 watts to 6000 watts. We also offer a Tune Up Special on generators. \$90.00 plus parts, this gets the whole generator tested from engine to stator.

**Mow, how would I know what size generator to get?**

Great question, basically you have to remember one important thing, these are stand by generators, in these circumstance there are some sacrifices being made, let's face it, when the power is off during one of these times, we are all basically in camping mode. So back to the question, take the appliances you want to run, fans, lights, maybe a refrigerator etc. and get the specifications of those units, the voltage and amps it takes to run the appliance, multiply those, example 120 volts X 10 amps = 1200 watts. Add all the appliance wattages together and that will determine the size of generator required to run those appliances.

One last thing, in regards to generators and safety. Never back feed a generator thru your house receptacle. If the power is out, remember somebody from the power company is working to repair it and we don't want them to get hurt. And also, make sure the area where your generator is running is well ventilated. And first and foremost, never fill a generator with fuel while it is running. Always let the generator cool off before refueling. Safety First!

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](http://www.staugpowerhouse.com) and if you have any questions for Mow email him ask "mow@staugpowerhouse.com."



## NEW "SAUCER SERIES" TO LAND AT PONTE VEDRA CONCERT HALL

Flying Saucer Presents is joining with the Ponte Vedra Concert Hall to present the Saucer Series, a celebration of Americana music. From the iconic to the up-and-coming, the series will feature top tier artists, whose styles cut across a variety of music genres. One evening you could be captivated by the new folk sounds of Ben Sollee, while another night could find you jukin' to the blues of Marcia Ball.

The first show, classically trained pop cellist **Ben Sollee** on September 25, went on sale August 3rd.

Other confirmed shows include:

Alejandro Escovedo  
Steve Forbert and Carrie Rodriguez  
Tyrone Wells  
Tom Rush  
Marcia Ball & Her Band  
Sonny Landreth  
Marshall Crenshaw & the Bottle Rockets  
Leon Redbone  
Carolina Chocolate Drops  
Leo Kottke

Thursday, October 24, 2012  
Saturday, November 10, 2012  
Sunday, December 9, 2012  
Thursday, January 10, 2013  
Saturday, January 12, 2013  
Thursday, January 17, 2013  
Friday, January 25, 2013  
Thursday, February 7, 2013  
Sunday, February 17, 2013  
Sunday, February 24, 2013

For more information, please visit the Ponte Vedra Concert Hall's website, at [www.pvconcerthall.com](http://www.pvconcerthall.com), or call the box office at (904) 209 – 0399. Media contact: Natacha McLeod, Marketing and Community Relations Manager, [nmcLeod@sjcf.us](mailto:nmcLeod@sjcf.us).



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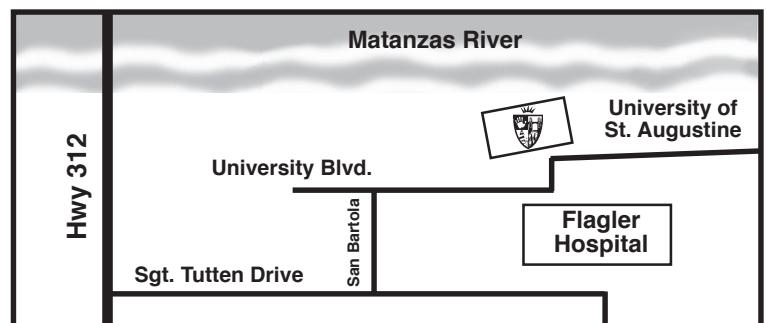
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St. Augustine's Top Producer, Elaine Wallace, has hit a level of achievement in real estate that few agents reach. Buying or selling, let Elaine put her experience to work for you.



**BEAUTIFUL ESTATE HOME IN PALENCIA.** 1788 North Loop Pkwy. 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. \$599,000.



**BEAUTIFUL BEACH HOUSE.** 12 Sandpiper Dr. This 4BRM/3BATH home is for all beach lovers, live the good life and enjoy the sounds and breezes of St Augustine Beach. Just 3 houses away from the ocean. Many updates include new a/c 15 seer 5 T, new paint, 2005 roof, and windows, tile floors throughout, large screened porch, laundry room and oversize garage. Lot size 117 x 123. A must see! \$490,000.



**JUST LISTED**  
**BEAUTIFUL WATER FRONT PROPERTY.** 218 Puebla Rd. Excellent price for this three story 3,536 square feet, 5BEDS/4.5BATH home in desirable Treasure Beach in Saint Augustine. Beautiful wood deck, pool, family room, utility room, additional game room on third floor, on canal with multiple boat docks and more. This high end house won't last! Offered at \$450,000



**GREAT VALUE IN THIS GREAT POOL HOME.** 507 Salt Tide Way. Great value in this 2 story, 4brm/2.5bth pool home with almost 3000 sq ft of living space, in Marsh Creek a gated community. This home has great privacy with the preserves on one side and on 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



**SEA COLONY GEM.** 713 Ocean Palm. Wow! Is the only word to describe this beautiful ocean view sea worthy gem. Bermuda style home with open floor plan, 4BRMS/4BATHS, energy efficient features include full house vinyl clad wrap barrier, cellulose insulation, 3 instant hot water units and a 6 zone Lennox HEPA/HVAC system for maximum comfort, hardwood and stone floors, 2 fireplaces, Anderson windows, private courtyard with pool, steps from the ocean and much more! Efficient and Quality describe this house. \$1,490,000.



**LARGE PRIVATE LOT IN A PRESTIGIOUS COMMUNITY.** 184 Herons Nest Ln. Nicest lot in Marsh Creek with intracoastal and marsh views. Marsh Creek has a country club, golf, tennis, exercise room, pro shops, pool and numerous activities for those that want to join. Is just minutes away from shopping and restaurants. \$229,000



**LOT LOOKS DIRECTLY DOWN THE LAKE.** 117 Spoonbill Point Ct. PELICAN REEF a gated community, is located on the intracoastal across downtown St. Augustine. Bring your boat and live the good life. Enjoy the spoonbills and herons as you enjoy the most beautiful sunrises and build your dream home in this upscale community. \$ 69,900



**MARSH FRONT PELICAN REEF LOT.** 191 Spartina Avenue. Approximately one acre on the marsh in the intracoastal community of Pelican Reef. This deep lot, 113 x 421, is one of the largest lots left on the island. Build your dream home and enjoy beautiful marsh views, sunsets, and wildlife. Gated security and community dock. \$144,900



**GRAND OAKS ESTATES.** 109 Grand Oaks Dr. Beautiful building lot in a community on the Intracoastal Waterway. Grand Oaks is a small community where boat slips are optional, a public park by and the beach a short bike ride away. It feels a lot like old Florida with abundant grand oaks, the waterway and the beach. Paved road, city water/sewer/cable. Community dock to enjoy fishing and sunset. \$199,000



**SEA COLONY LOT - GREAT PRICE!** 912 Ocean Palm Way. Have you ever wanted to build your dream home in Sea Colony, St. Augustine's premier oceanfront gated community? Well, now is the time. This beautiful treed lot has an irregular hexagon shape that is sized at 56x154x193x42x191. It is located in The Estates section and priced right for today's market. Live in a community of Old Florida style homes that offers 4 beach walks-over and a large pool and pavilion. \$119,900.



**GREAT LOT ON WEST DONDEVILLE.** 225 Dondanville Rd. Great location in Anastasia Island, steps to Intracoastal and across the street from the ocean. Come build your dream home on this 71 x 110 ft lot in a great neighborhood. Owner financing @ 5.5% available, terms negotiable. \$99,900.



**.39 ACRE SEA COLONY LOT.** 892 Ocean Palm Way. Beautiful deep treed lot in the Estates section of Sea Colony a gated oceanfront community. Existing house plans customized for this 95x173 lot, or use your own plans. Sea Colony offers upscale living with large pool, pavilion, and 4 beach walks-over. \$149,000.



**ISLAND LOT 174 FT. WIDE.** 353 Ocean Forest Dr. Beautiful lot in Anastasia Dunes a gated community with pool . 174 x 128, backs up to preserve. Build your dream home in one of the most prestigious communities on the island. Cross the street to the ocean. \$174,900.



**SEA COLONY ESTATE SIZED LOT.** 883 Ocean Palm Way. Over 1/3 of an acre, 101 x 162, in The Estates section where beautiful seaside homes sit on large lots in this gated oceanfront community. Enjoy community pool, pavilion, and 4 ocean walkovers. Lot is priced to sell. Take a look! \$199,900.



**MARSH VIEW PELICAN REEF LOT.** 136 Spoonbill Point Court. 65 x 116 lot in gated intracoastal community close to Old City, shopping, and Anastasia State Park. Community offers a marina with boat slips available for lease. Jump in your boat and cruise the St. Augustine waterfront. \$149,000.

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