



St. Augustine Beaches News Journal

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

Home Again St. Johns Receives Donation



The St. Augustine, Ponte Vedra & The Beaches VCB recently presented a check for \$5,000 to support the work of "Home Again St. Johns" using funds from VCB partner dues and not bed tax dollars.

This is the third consecutive year that the VCB has made a donation to Home Again St. Johns. In addition, the Oct. 10 Top Chef Cook-off, an event that is part of the Flavors of Florida's Historic Coast month-long celebration, will benefit Home Again St. Johns for the second consecutive year.

The mission of Home Again St. Johns is to promote and foster support in the community to resolve issues related to homelessness in St. Johns County, Fla., compassionately and effectively.

"Home Again St. Johns provides services essential to improving the quality of life for the most vulnerable residents in St. Johns County," said Richard Goldman, executive director of the VCB. "By helping more people make the transition from homelessness to healthy, productive citizens, the entire county becomes stronger economically and our standard of living improves." (Continued on page 14)



Beaches Salt Life Food Shack

Schedule to open across from Pier Park in late 2013 or early 2014.

"We are thrilled to be opening our next location in St. Augustine Beach," said Jeff Jabot, Partner, Salt Life Restaurant Group. "We have been working on this location for nearly two years now and we know this is the ideal location for Salt Life Food Shack."

The new restaurant is being built at 321 A1A Beach Boulevard, across the street from the St. Augustine Pier. The two-story open air space will offer ocean views, a stunning 1,000 gallon salt water aquarium, and significant indoor and outdoor seating. Unlike other locations, this Salt Life Food Shack will feature a rooftop bar – a design element sure to draw in locals and visitors alike.

"The flexibility of new construction at this salty location called for a new prototype and we felt the rooftop bar with dining and ocean views was just the thing," said Greg Saig, Managing Partner, Salt Life Restaurant Group.

St. Augustine is no stranger to the Salt Life. Recently, the signature Caliche Poke Bowl took home the prize of best entrée in St. Augustine's Taste of the Beach contest held in May. It is described as "Straight from wishbones" (continued page 2)

City Hall Update

At its September 9, 2013 regular meeting, the St. Augustine Beach City Commission took the following actions:

1. Accepted the proposal from the Florida League of Cities' Florida Municipal Insurance Trust to provide workers' compensation insurance for Fiscal Year 2014, which begins on October 1, 2013.

2. Passed on first reading two ordinances: The first one adopts a property tax levy of 2.3992 mills for Fiscal Year 2014, which is the same level of millage the city has levied for the past four fiscal years. This is less than the rolled-back millage of 2.5443 mills, which is the level of millage that will bring in the same amount of revenue that 2.3992 mills provided to the city in Fiscal Year 2013. The second ordinance adopts the FY 14 budget. Both ordinances will have another public hearing on September 23rd at 7:00 p.m. in city hall.

3. Passed two ordinances on final

reading: the first vacates an unused section of 2nd Avenue south of F Street; the second regulates the parking of storage trailers on a person's private property.

4. Approved two proclamations: the first to declare September 11, 2013 as International Day of Peace; the second to declare September 15-21 as "Child Safety Week."

5. Passed two resolutions: The first to adopt job position descriptions for the Police Department's administrative assistant and executive assistant; the second to have the city's department heads by August 20th of each year do the annual work performance reviews of their employees.

6. Approved the contract with Fireworks by Santore for the city's annual New Year's Eve fireworks event.

7. Adopted three budget resolutions to amend the current fiscal year's budget.



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What's Inside The News Journal This Month

- **City Manager: Lessons**
- **Financial Focus: How Should Your Risk Tolerance Influence Investment Decision?**
- **Spiritually Speaking: "Of Facts and Opinions"**
- **St. Augustine Beautification Committee: The Whole is Greater Than the Sum of it' Parts**
- **Health Focus: Muscle Myths**
- **Chief's Dish: Minestrone Vegetale**
- **Sheriff's Corner: Domestic & Dating Violence**
- **Halloween Insurance Tips For Homeowners**

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Monarch Butterflies for the Backyard Enthusiast

Saturday, October 12th at 2:00 P.M. Sara Fenwick, aka "The Monarch Midwife", will share her personal experiences and expertise with these magnificent butterflies and teach us how we can help keep them from declining further. Learn how you can provide the perfect environment to attract Monarchs to your property. Everyone is invited to attend as we explore the Monarch Butterfly... it's needs, it's host plant, habitat loss and the weather conditions essential for survival. It will be held at the Southeast Branch Library, 6670 US 1 South, St. Augustine, FL 32086.

Salt Life Food Shack

(continued from page 1)

in Playa Jaco —fresh tuna seasoned with Caliche's secret marinade. Served with steamed spinach over sticky rice. Finished with diced avocados, green onions and sesame seeds."

Other menu favorites include fresh rolled sushi, mix and match tacos, various seafood dishes, burgers, skirt steak and more. With pricing favorably ranging from \$5 – \$18, the casual yet trendy space offers a carefully crafted eclectic menu catering to all tastes.

The Shack not only brings great food, but a great appreciation for the "Salt Life" way of life. Once a simple phrase uttered on a spearfishing trip out of Jacksonville Beach, "Salt Life" represents a widely recognized sub-culture amidst avid divers, surfers, fishermen and everyone who loves the sound of surf, sand in their shoes and beautiful seas. Many St. Augustine residents are familiar with this phrase, and more importantly, adhere to the beach lifestyle.

Salt Life Food Shack of St. Augustine is the third of its kind, expected to open in late December 2013 or early 2014. The first location opened in Jacksonville Beach in 2011, followed by the Coral Springs location in 2012. Each location is locally owned and operated by local partners. All are deeply committed to the local communities they serve. There are currently plans to open additional locations in ideal coastal communities throughout the coast of Florida and eventually on the West Coast.

To learn more about Salt Life Food Shack or to view the full menu, visit SaltLifeFoodShack.com.

St. Augustine Beaches News Journal

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

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City of St. Augustine Beach

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City Manager Max Royle

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

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

Articles or information may be sent to the Beaches News Journal, 1965 A1A South #180, St. Augustine

Beach, Florida 32080-6509. Information may also be e-mailed to beachesnewsjournal@yahoo.com or the editor at 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 1965 A1A South #180, St. Augustine Beach, FL 32080-6509.

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.

Attention Marines

The Oldest City Detachment 383 of the Marine Corps League will be meeting on October 1, 2013 at 1900 (7:00 pm) at the Elks Lodge on A1A. Please contact Walter Mosher at 904-315-0392 or email me at mosher400@bellsouth.net. Also the Oldest City Unit Marine Corps League Woman's Auxiliary will also meet on October 1, 2013 at 1900 (7:00 pm) at the Elks Lodge on A1A. If you would like to attend their meeting please contact Ellen Maguire, President of MCLA at ellen.r.maguire@gmail.com or call or call 904-315-6870.

Anastasia Island Library Fall Book Sale

The Friends of Anastasia Island Branch Library will be holding the Fall Book Sale on October 10, 11 and 12, 2013. The times are Thursday, October 10: 10 am to 8 pm; Friday, October 11: 10 am to 6 pm; Saturday, October 12: 10 am to 5 pm.

Approximately 10,000 books/items will be available. Books include like-new hardcover bestsellers with dust jackets at \$1 each. Most other books are priced at \$1 each. Mass market paperbacks are priced at \$.50 each. Children's books are priced from \$.25 to \$1 each. Videocassettes (VHS) are priced at \$.25 each. Audio cassettes are priced at \$.25 each. Music CD's are \$1 each. DVD's are \$2 each. Specially-priced items include sets of books, books by local authors or about St. Augustine/Florida, and like-new coffee-table titles from \$2 to \$100 each. On Saturday, prices will be reduced by 50%. A grocery sack can be filled for \$7 (doesn't include specially priced items).

Inventory is comprised of about 90% donations from the community, and 10% from library discards. These books have been sorted by volunteers who select books for special pricing. No commercial consignor has scanned our inventory since the last sale. A small collection of books is available on an on-going basis in the library for a \$2 donation. Library staff selects books for the collection. Donations are accepted throughout the year. Especially needed are children's materials in good shape, and new fiction and nonfiction.

Proceeds from the book sale are used for the library to purchase items on its "wish list."

The wish list includes the summer Florida Library Youth Program (FLYP) for children, adult/children/teen book collections and programs as well as specialized equipment (e.g., movie screen, furniture) needed to implement targeted programs. The proceeds supplement funds from the county. With continuing cuts in the county budget, the money raised is critical to provide ongoing quality programs and materials.



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CUSTOM HOME IN SEA COLONY. 240 N. Forest Dune Dr. This 3BR/4BA beautiful home has everything you desire—plantation shutters, custom pool, two gas fps for the cool winter evenings, upscale molding, and wood floors. Lg MBR with gorgeous bath & large walk in closets. Central vac sys w/hardware for each floor & kit sweep. Three porches to listen to the Ocean sounds as you enjoy the peace and quiet on the preserves. **\$925,000**



PRIVATE SETTING IN SEA COLONY. 916 Ocean Palm Way. This pristine 5BR/5.5BA home will impress and inspire the most discerning buyer. This gorgeous home's floor plan w/first-class finishes and picturesque vistas from each deck and every room create a sense of tranquility and calm. Gourmet kitchen, Bonus Room, patio with pool and spa—everything you need to relax and entertain. **\$1,395,000**



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The WOW House!!! 312 S Forest Dune Dr. Spacious 5BR/4.5BA home in the gated community of Sea Colony. Chef's kitchen with all the bells and whistles & large bkfst room. Elevator takes you to all 3 levels of this magnificently appointed home. Maintenance-free decking on front porch, Anderson wndws, wd flrs, granite counters, stainless steel appliances, much more to see. **\$1,365,000**



REMARKABLE ISLAND ESTATE! 413 Night Hawk Ln. Beautiful custom home w/new roof, boasts 4,950 sf of living area w/5BR/5.5BA, multiple decks & 4 car garage-- A/C & wkshp. Screened Patio and Pool. Separate guest qtrs perfect for visitors, 25x20 bonus/media room, 2 full kitchens (Stainless apples), fireplace—all this, only a short stroll to St. Aug beach! **\$739,000**



BEACH COTTAGE ON TWO LOTS! 315 B Street. 3BR/1.5BA on 2 lots w/old majestic oaks. Remodeled eat-in kitchen w/granite. Enjoy the "salt life" on an amazing street. Beautiful backyard surrounded by oaks. B Street is one of the nicest streets at the beach. Short walk to the Ocean. A great buy! Sold "as is". **\$259,000**



SALT RUN ESTATE. 953 Lew Blvd. 5BR/4.5BA waterfront estate with private entry. Old World Charm with all the amenities—Chef's kitchen, distressed hard pine floors, wood burning fp, beveled glass French doors, pool and Jacuzzi, patio w/beadboard ceiling and balcony views from 2 floors. 35' deep water access with floating dock. Dusk to dawn lighting lets you truly enjoy this paradise estate. **\$1,975,000**



NEW LISTING
GREAT LOCATION. 224 Boulevard Des Pins. If you want to walk to the beach and shopping this house is for you. Great starter home. with a Florida Room and FP to keep you cozy. 2 YR heat pump and AC and updated stainless steel appliance. Updated kitchen. Large lot for pets and children. A FP to keep you cozy. Two year heat pump and a/c and updated appliances This home has been well kept by the owner. **\$237,000**



DIRECT OCEAN FRONT CONDO! 8550 A1A South, Unit 259. Recently remodeled 2BR/2.5BA—new Lennox 2 Ton A/C and air handler with 10 year warranty. New paint, carpet, balcony and much more. Completely furnished and located in a complex with 4 heated pools, tennis, racquetball, playground, and boat storage. Great investment property for the discriminating condo buyer! **\$369,900**



NEW CONSTRUCTION. 353 Ocean Forest Drive. Open living spaces in this 4BR/3.5BA home in Anastasia Dunes. Gourmet kitchen features large island and is open to the Dining Room. Large bonus space under the house—great for boat or beach toys. Oversized porch w/fireplace and patio. Side entry oversized garage with extra storage to help keep your dream home organized. **\$749,900**



SEA COLONY GORGEOUS! 464 Ocean Grove Circle. 4BR/4.5BA open floor plan home built with the finest maintenance-free materials. Windows are hurricane resistant to 125 MPH. Kitchen w/granite, SS appliances and more. In beautiful gated community with pool, clubhouse and private access to the ocean. Perfect upscale beach house! **\$1,190,000**



ADORABLE COTTAGE IN SEAGROVE. 488 High Tide Drive. Lovely 3BR/2BA cottage w/Chef's kitchen—granite and 42" upper cabinets w/crown moulding. Two covered patios—one is screened in. Seagrove community has Clubhouse, pool, boat ramp, Town Center with restaurants, banks, Post Office and City Library. Just minutes from the Ocean. **\$289,000**

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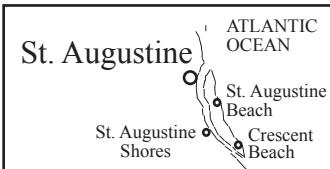
- 4233 Bradfish Lane Moultrie Trace \$49,900
- 54 Kon Tiki Circle Hawaiian Isle Estates \$59,000
- 117 Spoonbill Point Ct Pelican Reef \$69,900
- 225 Dondanville Road Williamson Manor \$111,000
- 136 Spoonbill Court Pelican Reef \$117,000
- 109 Grand Oaks Drive Grand Oaks \$169,000
- 887 Ocean Palm Way Sea Colony \$249,000

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News From Around St. Johns County

Sertoma 2013 Compassion 5K Race

Sertoma of St. Augustine presents the 2013 Compassion 5K on Saturday, November 9th 2013. The race starts at 0800 next to 49 Shores Blvd. with same day registration beginning at 0700. Pre registration ends on October 30th and on line registration is available at www.compassion5k.org.

There will be an awards ceremony following the race. Custom made medals will be awarded to the 1st, 2nd, and 3rd place per age category. The top male and female finisher will be awarded a cash prize. For all registered participants there will be a post race prize drawing as part of the race day activities. Vendors that will be on site for this years event will be Cold Cow, Smoothie King, Starbucks, Enterade USA LLC, Thompson's Chiropractic, Papa Johns Pizza and Powell Heating and Air Conditioning Inc.

The goal of the Compassion 5K is to raise money to help ease the financial burden of local families that are currently living with a major health crisis, many of which are life threatening. With the help of the Sertoma of St. Augustine, many local businesses and community volunteers, the Compassion 5K is able to help these families manage their crises during their greatest time of need. All proceeds from the race are used to help community members in St. Johns County. If you need additional information please contact me at 904.806.2730.



St. Johns County Fire Rescue's Summer Season Response Statistics

Between Memorial Day and Labor Day, when St. Johns County provides seasonal lifeguard towers in addition to career response from St. Johns County Fire Rescue (SJCFR), the SJCFR/lifeguard team responded to approximately 7,200 calls for emergency service on County beaches.

Most notably, there were zero drowning accidents. Averaging a response rate of 71 events daily, responses included 180 calls to help swimmers in distress, 156 calls for medical attention, 49 calls for missing persons, 44 calls for traumatic injury, 47 calls for vessel assistance, and 4 calls for assistance to extinguish fire in a vessel. The majority of calls were for marine rescue staff to assist citizens (6,719).

Roughly 18 lifeguard towers cover 42 miles of St. Johns County coastline during the spring/summer beachgoer season. Approximately 50 seasonal personnel, enhanced by career firefighters, are responsible for keeping the beaches safe.

Although lifeguard towers will no longer be staffed as of September 3, mobile truck patrols through the various beach zones will continue until mid-September 2013. Beach patrons are reminded to utilize the 911 system for any emergency occurring on St. Johns County beaches. These emergencies will continue to receive a SJCFR response throughout the year.

SJR State Offers Reviews for Teaching Students

St. Johns River State College offers non-credit courses to prepare students for the Florida Teacher Certification Exam. The review courses will be held from 8:00 a.m. to 12:00 p.m. on the following dates:

- Review for General Knowledge English
Palatka campus- Saturday, October 12
- Review for Professional Education Exam
St. Augustine campus - Saturday, November 9
- Review for Professional Education Exam
Orange Park campus - Saturday, December 14

The registration fee for each course is \$25.00. Students may register for one or several courses. For more information, call SJR State's Open Campus at (386) 312-4211 or visit the website at SJRstate.edu/continuing.html to download a registration form.

Betty Griffin House Tribute to Domestic Violence Awareness

Please join Betty Griffin House for a candlelight vigil on Thursday, October 3, 2013, 7:00pm Downtown St. Augustine in the Plaza de la Constitucion, as we honor survivors of Domestic Violence and the women, men and children who were murdered in St. Johns County in acts of domestic violence. Betty Griffin House has been hosting this vigil for 4 years, providing a way for domestic violence survivors, family members and friends of victims, staff, and Betty Griffin House supporters to come together as a community of individuals dedicated to the mission of eliminating domestic violence.

The Silent Witness exhibit that will be displayed is made of red, life size silhouettes each representing a person who once lived, worked, had neighbors, friends, and family before their death. The exhibit will specifically honor the victims of St. Johns County. For additional information on this DVAM event please call Kim at 904-808-9984.

As a private, nonprofit agency, Betty Griffin House provides emergency shelter to abused women, men, their minor children. Other support services available to shelter residents and non residents include a 24-hour crisis hotline, individual and group counseling, forensic / medical rape exams, and legal assistance. Confidential individual and group counseling are available in all parts of St. Johns County including, Hastings, Ponte Vedra Beach, St. Johns, St. Augustine and St. Augustine Beach. For more information or to make a donation, visit their website at www.bettygriffinhouse.org

If you or someone you know is being abused, please call our hotline at (904) 824-1555.



Runway to Safety Fashion Show for Betty Griffin House

Betty Griffin House, the safety shelter for victims and their families in St John County, is having its annual benefit luncheon and fashion show "Runway For Safety", October 29th 11 a.m. at Sawgrass Marriott Ponte Vedra Resort, advanced tickets only, \$55.00 p.p. For information or ordering tickets call Florie 543-1086 florieadiu@aol.com. Fashions from Stein Mart at the Beaches. Plus come say hello to our local Sheriff, David Shoar.

Some of our models include: Mary Baer and Richard Nunn of WJCT. Rhiannon and Natalie of the, Jewels, Jacksonville Giants, Haeli, of the Sunbeams, Jacksonville Suns plus a host of other models from Vicars landing ladies football players wives.

St. Johns County Improves ISO Classifications May Lower Insurance Rates

St. Johns County achieved an improved Building Code Effectiveness Grading Schedule (BCEGS) classification of Class 3 for one- and two-family residential properties and a Class 2 for commercial and industrial properties. The new BCEGS classification will apply to new buildings receiving a Certificate of Occupancy during or after January 1, 2013.

Communities like St. Johns County with well-enforced, up-to-date building codes and an active enforcement program demonstrate better loss experience, and insurance rates can reflect that. The prospect of lessening catastrophe-related damage and ultimately lowering insurance costs provides an incentive for communities to rigorously enforce their building codes - especially as they relate to windstorms, tornadoes and hurricane damage. Safer buildings means less damage and lower insured losses from catastrophes.

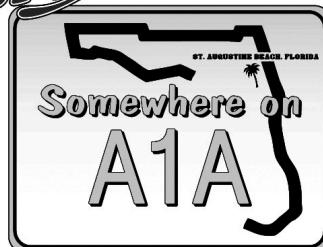
The ISO BCEGS program is an advisory insurance underwriting information and rating tool that evaluates communities on a scale of 1 to 10, with 1 representing exemplary enforcement of a model building code or local building code demonstrating equivalency to a model building code. A community's classification is based on administration of codes, review of building plans, and field inspections. ISO assesses the building codes in effect in a particular community and how the community enforces its building codes, with special emphasis on mitigation of losses from natural hazards.

ISO reviews a community's BCEGS classification approximately every five years. If a community significantly changes its building code adoption and/or enforcement program within that time period, and ISO is made aware of this, a reevaluation will be scheduled.

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News From Around The Beaches

City Hall Update

8. Approved a letter to the County Administrator to support the county obtaining community development block grant funds for various projects.

9. Approved an amendment to the contract between the city and a civil engineering consulting firm, the Stone Engineering Group, for additional work done by the consultant on the 2nd Avenue drainage project.

10. Adopted the position descriptions and performance evaluations for the police chief and the city manager.

11. Discussed a proposed ordinance to allow by permit golf carts to be driven in the city. Because of questions, the city attorney will work on a new draft of the ordinance, which will be on the agenda the commission's October 7th meeting, as will a proposed ordinance to regulate the sale of

vehicles on private property.

12. Approved the mayor signing an interlocal agreement with the county and area cities for the new intergovernmental radio system.

13. Discussed at length the proposed Courtyard by Marriott Inn, which is to be built on the west side of A1A Beach Boulevard between 5th and 7th Streets. The original planned unit development authorization for the Inn will expire on October 6, 2013. An ordinance to extend the authorization may be discussed by the commission at its September 23rd special meeting and later at its October 7th regular meeting.

The commission next regular meeting is scheduled for Monday, October 7, 2013 at 7 p.m. in the commission meeting room at city hall. The public is invited to attend.

City Charter Review Update

On August 28, 2013, the St. Augustine Beach charter review committee held its second meeting and decided the following concerning the charter: not to recommend any changes to the city's commission/manager form of government; to replace the details of the city's boundaries that are now in the charter with a simple reference that the boundaries are on file at city hall; not to change how the city's mayor is elected, which is each year by the members of the city commission; when a vacancy occurs on the commission because of illness or other reason for the commission to select a citizen to fill the vacancy within 60 days or hold a special election; to use language from the model city charter for powers of the city. The committee's facilitator, Ms. Marilyn Crotty, will research language concerning the following: the holding of emergency meetings by the commission

and appropriate notice of such meetings to the public; the commission adopting its own rules and procedures; and residency requirements for commissioners.

These matters were further discussed at the committee's September 25 meeting, along with the following topics: term limits for commissioners; when commissioners are to take office; removal of commissioners for unexcused absences; forfeiture of office by a commissioner; duties and powers of the city manager, and whether the manager should be required to live in the city; and, finally, the positions of city clerk and city attorney.

The public is invited to attend the committee meetings. Also, citizens can submit suggestions for changes to the city charter to the deputy city clerk, Ms. Cathy Benson, at cbenson@cityofsab.org; by telephone: 471-2122; or by regular mail: 2200 A1A South, St. Augustine Beach, FL 32080.

Bonnie Miller Receives Service Award



Ms. Bonnie Miller, Building Department Administrative Assistant, receives a plaque from Mayor Snodgrass to mark her 15 years of employment with the City. Ms. Miller initially was hired as the Department's secretary in 1998. In addition to assisting the Director of Planning and Zoning on daily administrative matters and long range planning issues, she provides staff support for the city's Planning and Zoning Board, and its Tree Board/Beautification Advisory Committee.

St. Augustine Beach Kids' Garden Begins First Kids' Season

The Kids' garden at Pier Park is ready to begin its first season Oct 5 at 9AM. The St John's County Library will have their bookmobile at the site, with videos, video games and books.

Master Gardeners from the St John's County Extension Service will oversee making a rainbarrell that first class, and 4 week program with projects ranging from planting, and caring for plants, garden ecology, composting and water collection and management.. Garden fun will be Saturday at 9 AM and Wednesday at 3PM. Get ready to get dirty.

This will be a participatory program and preregistration is appreciated. There is no charge. Contact SABCivic@yahoo.com or call 904-814-8557 for more information.



EYE CENTER OF ST. AUGUSTINE

THE EYE SURGERY CENTER OF ST. AUGUSTINE THE OPTICAL SHOP



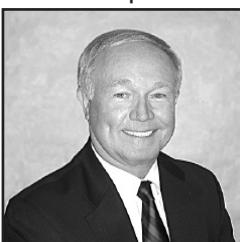
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*Cornea Specialist**



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Resident Jane Bozzone brings Salem, her 15-year-old yellow Lab to the City Manager's office for his yearly dog tag. Residents are reminded that all dogs in the city must be licensed. The fee is \$3 for a male and spayed female, and \$5 for an unspayed female. The new licenses go into effect at the start of the city's fiscal year, October 1st. Salem received License #1 for fiscal year 2014 and is wearing it proudly.



Message from the Mayor

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

Greetings fellow citizens! Here are some comments about important developments within our City:

Fiscal Year 2014 CITY BUDGET

The City's fiscal year is from October 1st to September 30th. With its two major funds, General and Road/Bridge, the City's annual budget is approximately \$8 million. These two funds provide financial resources for the City's general operations including law enforcement, building and zoning, solid waste collection, general city government and for specific capital projects and authorized purchases.

As outlined in last month's column, budget preparations began in June when City department heads provide schedules of proposed expenditures for the coming year including suggested capital projects or other infrastructure improvements. The County Property Appraiser provides information about the assessed value of privately owned real estate in the City. Estimates from the State of projected revenues from such sources as the half-cent sales tax and State shared revenues and other sources are then determined. The end result is that a draft balanced budget of projected revenues and projected expenses is developed by City administration and submitted in late July to the City Commission. By State law, the City must have a balanced budget.

At its first of three budget related hearings, the City Commission reviews the proposed draft budget including such elements as requests for capital projects, purchase of equipment or sanitation vehicle, employee salary increases and other matters. Changes or modifications to potential initiatives and budget issues may be made at that time. The Commission determines the level of property tax millage which is sent to the County Property Tax Appraiser who puts

it on a notice that is sent to property owners. The first formal public budget hearing is held in early September with a second session later in that month so that the budget can be formally adopted by October 1st, start of the new fiscal year.

The amount of property tax owners pay is determined by two factors: the assessed property value as determined by the County Property Tax Appraiser and the level of millage the City will levy. The City's current millage rate for the past several years has been 2.3992 mills or \$2.3992 for each \$1,000 of the assessed property value.

At its second budget related hearing held in early September the Commission voted to retain the current 2.3992 millage rate for FY 2014. The proposed budget delays certain purchases such as new floor covering for City Hall and the replacement of equipment that can be safely maintained, postpones other non urgent expenditures and allocates modest funds from the undesignated general funds account for unplanned or unexpected developments. The proposed budget enables the City to ensure public safety, pursue important infrastructure improvements, grant modest employee cost of living and merit salary adjustments and keep the City moving forward.

The final budget hearing for FY 2014 will be held September 23. By the time this letter reaches citizens, my expectation is that the Commission will have adopted the proposed budget and retained the current millage rate, holding taxes at their current rate for the fourth consecutive year. The budget is fair, reasonable, affordable and, as required by State law, balanced.

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, Mayor

The Art Studio of St. Augustine Beach

by Jan Heusdens
heusdensjan@yahoo.com
www.beachartstudio.com

"The Haunting at the Art Studio"



On the Eve of October the 25th at 7:00 PM, The Art Studio at St. Johns County Pier Park will open its doors for "The Haunting.....! All attending are invited to come dressed in costume for this first annual Halloween party. Prizes will be awarded for the most frightening, and most artistic, etc. Judges, Wim Heusdens and Chuck Willoughby will award prizes in each category.

Don't be too afraid to attend. Come with your friends to meet local artists and haunted spirits. The evening will be filled with ghostly tales of Anastasia Island and dancing to live music provided by The Island Duet, a local acoustic duo. A cash wine bar will be available with complimentary small bites of food and

sweet table. Tickets for the event are \$15/per person for advance sales and \$20 at the door. Your first glass of wine is included with the price of admission. Please contact Jodi Hunter for advance ticket sales at 904.268.2351.

Proceeds of the fundraising evening will benefit The Art Studio and its future project, the renovation of a vintage coquina building to house a working clay and sculpture studio. The Art Studio, a not for profit entity, is located at St. Johns County Pier Park at 370 A1A Beach Blvd in St. Augustine Beach.

Please visit www.beachartstudio.com for studio/gallery hours, class schedules, activities and membership information. Everyone is invited to become a member.

St. Augustine Beach Civic Association

by Bill Jones, President
www.thecivicassociation.com



"The Truth Will Set You Free... and then some."

My comments last month about the flawed TDC funding panel drew quite a bit of attention and some less than polite remarks. While deemed controversial by some, I stand by the information put forth. I am also pleased that the City of St. Augustine Beach did receive funding for the Beach Blast Off festival. Thank you to City Event Coordinator Michael Cunningham for representing the City so eloquently. My comments were not a condemnation of the entire Tourism Development Commission. Many of us in the community have legitimate concerns about the Category II grant funding process. Organizations like the Gamble Rogers Folk Festival, the annual Easter Parade and the St. Augustine Art Association have been shut out of the process. These organizations and others helped create the historic, quaint and charming character that make our community a place people want to visit. I encourage each of you to learn more about the process that is leaving what is best about our community out of the grant process.

Season 11 of the Music by the Sea Concert Series drew record numbers. The concert series was made possible by our sponsors TD Bank, Longstreet Auto, Petros Estate & Retirement Planning and a grant from the St. Johns County TDC. Special thanks go out to Will Smith and the staff

at Parks & Recreation and the St. Augustine Beach Police for all of their help and support. Planning has already begun for season 12 which will include a few surprises. Look for the new schedule in mid January on our website at www.thecivicassociation.org

Civic Association members received tips on how to avoid internet scams at the September 10th meeting. Corporal Diana Bryant of the St. Johns County Sheriff's Department reminded members especially senior citizens that they should never respond to emails or phone solicitations that ask for personal information. Corporal Bryant advised the group to err on the side of caution. "If you have any doubt about who you are talking to do not share personal or financial information", Bryant said. "Initiate the call to your bank or credit card company to insure that you are talking to someone you actually have a business relationship with." If you have questions about scams feel free to email Corporal Bryant at dbryant@sjsso.org

Finally we remind you to save the date of December 7th. It's our annual Surf Illumination celebration. The annual event features live holiday entertainment, delicious food and the lighting of the tree and holiday lights at the St. Johns County Pier Park. The event starts at 3 pm and the switch will be thrown by the Mayor at 6pm. Details on this event and on becoming a member can be found at www.thecivicassociation.org

Shores United Methodist Church Fall Family Activities

Starting in early October, the fall season kicks off at Shores UMC. All activities are family-friendly. Local author and performer, Lee Weaver will present his original production "The Secret" on Saturday, October 5th at 7:00 pm. Tickets are \$10 and will be available at the door.

Then the pumpkins arrive on Saturday, October 12th and the Pumpkin Patch opens on Sunday, October 13th. The Pumpkin Patch will be open on weekends from 11 a.m. to 7:30 p.m. and from 2 p.m. to 7 p.m. on weekdays. Stop by to buy a pumpkin or just to take your fall photos.

The annual Fall Festival will be held on Saturday, October 26th from 3 to 6 p.m. The festival will feature games, a jump house, food, and face painting. There will be a costume contest for children at 4:30 p.m. and a doughnut eating contest for middle-schoolers and high-schoolers at 5 p.m. Hot dogs, chips, desserts, and drinks will be served. Everything is FREE!

Shores United Methodist Church is located at 724 Shores Blvd, between Hartley Elementary and the Shores Golf Course. For more information on these events, call the church at 797-4416. Rev. Randy Strickland is pastor.

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LESSONS

By Max Royle
St. Augustine Beach City Manager

Among the pleasures that come from living for a fair number of years in one location and forming a strong attachment to it are the people you come to know and the enduring vividness of their personalities. The passing of time adds depth and color to your recollection of them. In this essay, I'll highlight three citizens of our little corner of the Florida paradise, and will describe an aspect of them that made them memorable and me grateful for the opportunity to have known them.

1. Saying Goodbye. Rudy White was one of St. Augustine Beach's pioneering founders. He and a small group of other residents of what was in the late 1950's an unincorporated area of Anastasia Island decided to create an identity for that area by making it a municipality. The reasons were eminently practical: to promote tourism and to get revenue from such sources as tobacco and alcohol taxes to pay for the most basic of services: street lighting, law enforcement, and trash collection.

Between 1960 and 1985, Rudy was a jack of many municipal trades: volunteer fire chief, city judge, building inspector, building official, and planning director. Often, when he wasn't an employee, he was on the city commission and in 1964-65 and 1968-70 served as the mayor.

I met Rudy shortly after I'd been hired as city manager in 1989. In his late 60s, he was short, stocky, and balding. With his thick shoulders and brawny forearms, he exuded raw physical strength. I imagined him when younger to have been a "scrapper": someone quick to take offense and not at all hesitant to resolve issues with his fists.

He was originally from Tennessee and I was originally from Massachusetts. For whatever reasons, perhaps my "Yankeeness" or because he thought I was a somewhat young (age 49), Northern interloper with sealskin carpet bags from my last job, which was in Alaska, Rudy initially didn't like me. He was gruff and seemed poised to catch me in a mistake that would justify his questioning my fitness for the job. He may have thought that with my hiring, the city was definitely going into serious decline. But his days of wielding much influence at city hall were over. Most of the city commissioners in 1989 were Yankees from careers in the military or corporate America. In time, Rudy and I did adjust to each other. He would call or visit me at city hall to tell me his opinions about issues and to offer advice, some of which I found useful.

Then, in 1991, after I hadn't seen or heard from him for several weeks, he called to tell me in a weak voice that he was very ill and wanted to say goodbye. He told others this news as

well, not, I think, to get sympathy, but because he wanted to have peace as he approached the end of his life. He did this in a simple and effective way: by apologizing, making amends, with the persons with whom he had had differences, some of them apparently very strongly felt, over many years. By doing this, Rudy made his former adversaries significant allies in his transition from this life to whatever was to come after it.

2. "Enjoy Your Walk" Harry Knoll, short, slender, white-haired, was 71 in November 1994 when he applied to serve on the city's planning board. His background was classic American blue collar: left school after the 8th grade to find work and help his family survive during the Great Depression; served in the Army in Europe in World War II; worked post-war for 31 years at the hot, gritty job of steel manufacturing at Bethlehem Steel in Pennsylvania; retired with his wife to Florida because, as he wrote on the planning board application, he "needed some sunshine away from the rain, snow, hail and sleet." Harry served on the board until 1998, when illness forced him to resign.

What makes Harry unique isn't his service on the planning board, but his crusade for as mundane a public improvement as you can imagine: a sidewalk. Walking, not golf, gardening or taking cruises, was Harry's retirement passion, and he and his wife loved to walk on the beach. But they lived on Sabor de Sal, east of the Oasis Restaurant, which had no access to the beach. The nearest access was Ocean Trace Road with its lumpy/bumpy, sidewalkless shoulders. Harry decided that something had to be done.

So calmly, methodically, he became a committee of one to get a sidewalk built along Ocean Trace Road. Beginning in 1995, through 1996 and into 1997, at commission meeting after commission meeting, there was Harry asking "when" and "why not" and again "when" would that sidewalk be built. The commissioners listened respectfully and shared his concern, but there were other projects to do, other demands to be met. But Harry persisted, his resolve strengthened by the most powerful force a citizen can have when dealing with a bureaucracy: strong, relentless patience.

Finally, in the summer of 1998, the sidewalk was built. To commemorate it and Harry, the city had him put the imprint of his walking shoes on a block of soft concrete and with a stick etch the words "Enjoy Your Walk:" above the imprints. The block was then put into the ground at the corner of Sabor de Sal and Ocean Trace Road. A metal plaque on it reads:

(continued on page 12)



Financial Focus

Information Provided By
Edward Jones

How Should Your Risk Tolerance Influence Investment Decisions?

As an investor, how much risk can you tolerate? It's an important question — because the answer can help you make the right investment choices.

Before you know your risk tolerance, you'll want to make sure you first understand the nature of investment risk — the risk of losing principal. This risk is especially prevalent when you invest in stocks, because stock prices will always fluctuate — and there are never any guarantees about performance. Of course, a decline in value does not mean you need to sell; you can always hold on to the stock with the hope that its value will bounce back. And this can certainly happen, but again — no guarantees.

How you respond to this type of investment risk will tell you a great deal about your own risk tolerance. Of course, no one, whether he or she has a high tolerance for risk or a low one, particularly likes to see declines. But people do react differently. If you're the sort of person who can retain your confidence in your investment mix and can focus on the long term and the potential for a recovery, you may well have a higher tolerance for risk. But if you find yourself losing sleep over your losses (even if, at this point, they're just "paper" losses), becoming despondent about reaching your goals, and questioning whether you should be investing at all, then you may have a low tolerance for risk.

This self-knowledge of your own risk tolerance should help inform your investment decisions — to a point.

Even if you determine you have a high tolerance for risk, you almost certainly should not load up your portfolio exclusively with stocks. If the stock market enters a prolonged slump, you could

face heavy losses that may take many years to overcome, causing you to lose significant ground in the pursuit of your financial goals. Conversely, even if you discover you don't have much tolerance for risk, you won't want to invest only in supposedly "safe" vehicles, such as certificates of deposit (CDs). During those periods when rates on CDs and similar instruments are low, as has been the case in recent years, your interest payments from these investments may not even keep up with inflation — meaning that, over time, you could end up losing purchasing power, which, over the long term, can be just as big a risk as market declines.

Ultimately, then, you'll probably want to let your risk tolerance guide your investment choices — but not dictate them with an "iron hand." So, if you believe you are highly tolerant of risk, you might have a somewhat higher percentage of stocks in your portfolio than if you felt yourself to be highly risk-averse — but in any case, you'll likely benefit from building a diversified portfolio containing stocks, bonds, government securities, CDs and other investments. While this type of diversification can't guarantee profits or protect against loss, it can help reduce the effects of volatility on your portfolio.

By knowing your own risk tolerance, and the role it can play in your choices, you can help yourself create an effective, suitable investment strategy — one that you can live with for a long time and that can help you avoid the biggest risk of all: not reaching your long-term goals.

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

To Help You Create an Investment Strategy, We'll Consult with an Expert - You.



Connie Reep
Financial Advisor



Ben Reep
Financial Advisor

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The Whole is Greater Than the Sum of it's Parts

October, the harvest month, is time to share the bounty from our gardens and remember: "The whole is greater than the sum of its parts."—Aristotle

The sum of six starter plants produced enough cucumbers to necessitate learning how to make pickles. October is also time to have fun and since October 2010, the inaugural year, fall has been ushered in with a visit to the Sykes and Cooper corn maze in Elkton, Florida. With over 50 years of farming experience, Sykes and Cooper Farms now offers their newest addition ... "Agritainment"! Agritainment combines a 9-acre corn maze full of "cornfusing" twists and turns, "live" entertainment including Jack, the loudest hee-hawing donkey around and some more good ol' family fun. The 2013 maze dates and times run from October 5 through November 3 on Fridays, 5:00 p.m. to 10:00 p.m.; Saturdays, 10:00 a.m. to 10:00 p.m.; and Sundays, 11:00 a.m. to 5:00 p.m. You don't want to miss it this year! With a ton of new and exciting things to do, including a "Spookley the Square Pumpkin" kiddie maze and some yummy new treats, you are sure to have an a-MAZE-ing time at Sykes and Cooper Farms! Visit www.sycofarms.com or phone 904-692-1370.

Agriculture continues to play a pivotal role in our fair city's and in all of St. Johns County's economic turnaround. The Economic Development of Agriculture, Natural Resources and Related Industries in St. Johns County, Florida—a Sponsored Project Report to the Board of County Commissioners of St. Johns County, Florida—provides data. "The economic impact has been \$1,240,000,000 (that's a "b" as in billion) from agricultural endeavors," said Jerry Cameron, Assistant County Administrator. Go to: <http://edis.ifas.ufl.edu/FE935>. Agriculture's economic impact, in a word, is amazing!

The combination St. Johns County Home & Garden Show and the Datil Pepper Festival are October 5 and 6 at the St. Johns County Extension Office, 3125 Agricultural Center Dr. (I-95 at SR 16), Saturday from 9:00 a.m. to 4:00 p.m., and Sunday from 10:00 a.m. to 3:00 p.m. Attendance is expected to top last year's 1,000 plus, and with cash prizes being offered, the Datil Pepper Cook-Off Contest, vendors offering garden-related items and Master Gardeners available to answer your questions, you won't want to miss this show.

On October 17 the new class of Master Gardeners will graduate, having completed extensive training. They have agreed to continuing education classes and to give back to their community—70 hours the first year and 50 hours each subsequent year. Kudos to the University of Florida Institute of Food and Agricultural Sciences (UF/IFAS), St. Johns County, the MG program

and five MGs who serve on the BAC.

In response to Jane West inquiring if something could be done to enhance the corner of A1A and Pope Road, Mayor Snodgrass requested the BAC to provide a Beautification Plan. Tanya Frantzen incorporated suggestions from other BAC members to include Florida Friendly landscape principles. This plan visualizes how one of the gateways to this fair city could look. This excellent plan now moves forward for input from the commission and DOT. Way to go, Tanya! Way to go, BAC! Thanks to Jane West for taking the time to voice concerns and for asking the "what if" question.

Harvest time, when the chaff is blown from the wheat, is a perfect time to tell ghost stories. Move your chair a little closer to the fire and let the shivers and goose bumps begin. "The Legend of Sleepy Hollow," by Washington Irving, is a short story about a lean and lanky Connecticut schoolmaster, Ichabod Crane. Ichabod, an outsider, sees marriage to Katrina Van Tassel as a way to the heart of her father's extravagant wealth. However, at a party, Ichabod must compete with Abraham "Brom Bones" Van Brunt, the town's rowdy, and proposes. When Katrina rejects Ichabod's proposal, he leaves dejected, and starts for home. We can almost see Ichabod as he mounts the borrowed, old, tired plow horse and embarks on the ride of his life. Facts get befuddled, but we are told how a large pumpkin morphs into an ominous jack-o'-lantern whose menacing eyes glow from a fire within. Fact or fiction? Who's to say?

The poet Ogden Nash may have shared an idea in his inspired traditional Scottish prayer: "From ghoulies and ghosties and long-legged beasts, And things that go bump in the night, Good Lord, deliver us!" In this most beautiful city by the sea, we ask the same.

The Sculpture Garden concerts offer music in the park from 4:00 p.m. to 6:00 p.m. the second Sunday of the month. Go to www.st-augustine-sculpture-garden.org or phone 829-0873. The Sculpture Garden is a remarkable collection of sculptural works all donated by the artists. This incredible public art project is an offshoot of Thomas Glover's sculpture in front of City Hall.

In saying goodbye to Barbara Doris Ellis, we remember an extraordinary lady. Barbara was seated in 2004 as a commissioner in this beautiful city. She was instrumental in helping to create and organize the St. Augustine Beach Blast Off, an annual New Year's Eve event. She played an essential part in the arts by enhancing support for the idea of Art in Public Places. The Thomas Glover sculpture in front of City Hall reflects the rich life of the sea and moves beyond the norm to the extraordinary. The same can be said in describing Barbara. She will be missed in this most beautiful city by the sea.

Spiritually Speaking

By Fr. Nicholas A. Marziani, D. Min.
askfrnicholas@aol.com

Pastor, St. James Church, a Catholic Community of
the Personal Ordinariate of the Chair of St. Peter



"Of Facts and Opinions"

We're back in full swing now as far as schools and training institutes are concerned in our land, summer diversions and excursions quite in the rear view mirror. For the next nine months – in some cases, longer – mega-money and mega-hours will be spent by students, parents, teachers, administrators, and taxpayers alike in pursuit of that thing we call "getting an education." From pre-K through Ph.D., the sheer magnitude of this enterprise staggers the mind, when you really think about it. So you would also think that few things could be clearer in terms of what our objectives are than such an endeavor.

Well, no, not really. You see, dear reader, we are really challenged as a society to define what makes for quality education. Opinions abound, but consensus eludes us. In point of fact, we have a crisis – a crisis of facts and opinions, and the crucial difference between them.

Dr. William Jeynes, a senior fellow at the Witherspoon Institute in Princeton and professor at California State University-Long Beach, has decried what he calls "defactualization", the tendency in some societies to suppress or outright deny very real facts as they truly exist, and to substitute subjective opinion in their place. This is bad enough when politicians and business leaders engage in such practices, but when young minds are bent to satisfy

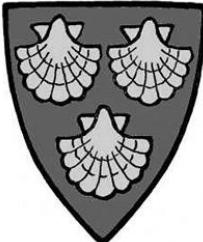
the wayward agendas of their elders, it's truly horrendous.

According to Dr. Jeynes, "In thousands of public schools in the U.S. and Europe, defactualization is expanding exponentially . . . Opinions count, but not to the place in which they change undeniable facts." One thinks immediately of countries like Iran, where the leadership has told the naked lie that the Holocaust never occurred. Closer to home, Dr. Jeynes asserts, "Many Westerners are increasingly denying biological and historical facts." Polls are demonstrating more and more that especially young people are utterly ignorant of things that we all used to take for granted; and beyond ignorance, they – and their deluded elders – will freely opine about such things and manufacture a new reality to suit their current tastes. I can remember my world history/civics teacher in junior high school back in the mid-60s (we didn't have so-called "middle schools" back then, as many of you will recall) telling us that in the Soviet Union of the day history books were essentially in loose leaf binders – all the better to accommodate the retrofitting of the facts when it was perceived to be in the interest of the Communist Party then in power.

Recently Russian president Vladimir Putin took some major heat for writing in an op-ed column in a major American paper that U.S. President Obama was out of line in asserting that we Americans were an "exceptional" people. The sad thing here is that modern America seems to be taking the lead in dragging the West into a pit of depravity as regards the redefinition of the ancient and venerable institution of marriage, and a host of other basic life issues. We virtually provide, without cost, the potential raw and rank material for al-Qaeda recruitment posters. No, Mr. Putin, until recently we HAVE been a most exceptional people, when we still feared God and obeyed his commandments. Why, oh, why, then do we insist on cutting off the branch that supports us?

Something to ponder as we will all especially have to answer to a Higher Power for the ways in which we set up our youth for eventual failure. And as a recent film about the life of St. Augustine, the ancient bishop of Hippo in north Africa put it, "that's not just an opinion, that's a FACT!"

Prayerful regards, Fr. Nick



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Beaches Bistro

By Paolo Pece, Cafe Atlantico

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Minestrone Vegetale

Typical Tuscan soup, this version is a lighter one, because of the absence of ham or bacon.

It is a fall/winter dish that can be easily matched with the power of an intense Cabernet.

The use of rosemary, which is a member of the mint family, highlights the eucalyptus/mint flavors often found in this wine. Serves four

Ingredients:

- 2 cups chicken stock
- 1 cup water
- 1 large potato, finely diced
- 3 garlic cloves, thinly sliced
- 2 medium zucchinis, grated

- One 8 3/4-ounce can red kidney beans, drained
- 1/4 tsp. kosher salt
- Pinch of fresh rosemary
- 1/4 tsp. fresh ground pepper
- Pinch of dried red pepper flakes
- Extra virgin olive oil for drizzling

Directions:

Combine the chicken stock, water, potato and garlic in a large saucepan. Bring to a boil over medium heat and cook until the potato becomes tender, about 15 minutes. Using a spoon or large fork, mash the potato slightly. Add the zucchini and kidney beans; cook until the beans are heated, 3 to 5 minutes. Add the salt, pepper and crushed red pepper. Divide among four soup bowls and drizzle a small amount of extra virgin olive oil over each serving.

Halloween Insurance Tips For Homeowners

By Jane Tucker, First Florida Insurance

Most families plan Halloween by stocking up on treats, buying a pumpkin, and putting up a few scary decorations. But what about homeowners insurance? Just the fact that a substantial number of people, i.e., trick or treaters, will be visiting your home on Halloween, could result in a claim if someone happens to get injured on your property.

Here are a few ideas that can help you avoid an insurance claim at Halloween.

- If you own a dog, check to see if your homeowners policy provides coverage if a dog attacks a child on your property. If your dog lives with you in your home, keep Buddy away from the front door as repeated ringing of the doorbell or strangely dressed people can cause dogs to become excited. A dog jumping up on a trick or treater, knocking them to the floor can result in a liability suit.

- Keep your driveway and walkway well lit and free of obstacles. Keep extension cords and all wiring away from walking paths.

- If you host a Halloween party, you can be held liable if a drunk guest injures someone or damages property, even after leaving your home.

- Think safety. If your children are planning to trick or treat, provide small flashlights for each individual. Avoid oversized costumes that may cause your child to stumble or fall, and plan a route for your trick or treaters and make sure they stick to it

- If you must use candles, exercise extreme caution by placing them around

non-combustible materials and practice constant monitoring. An emergency visit from the fire department will surely put a damper on your family's Halloween plans.

- Consider upgrading your homeowners coverage. Call your insurance agent to find out how much it will cost to

strengthen homeowners liability limits to cover the increased holiday exposure. Now, you can sit back and only worry about having enough candy for the neighborhood trick or treaters.

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Back to Taking Care of Your Back

By Dr. Jack R. Thompson
Doctor of Chiropractic
105 Mariner Way, Suite 203
(904) 794-5500

It's been over nine months since I've written an article for this column. For those of you who don't know, the reason I stopped writing is because on New Year's Eve of 2012, my beloved wife of twelve years, Debra (Debbie) Hidalgo Thompson died suddenly and without warning.

In previous articles, I have covered topics ranging from how Chiropractic can help with Back and Neck Pain and other ailments like Headaches and other types of pains. In this month's column, however, I want to talk just a bit about what I have gone through since my beloved Debbie passed from this world on 12/31/2012 in hopes that it might help others who have gone through or are now having to deal with the death of a loved one.

Debbie was in overall good health. Rarely was she sick and seldom took medications of any type. About four weeks prior to her passing, she had been complaining of loss of stamina and some headaches that she attributed to approaching menopause. On the day of her passing, we had a full, fun day - working in the yard and enjoying a wonderful dinner out before returning home around 9 p.m. we sat to watch TV and I was dozing in my Easy Chair. Debbie was playing with her new puppy and I heard her open the front door to let all the dogs out. And then, after a few moments, I became aware that she had not come back into the house - which was unusual. I opened the front door only to find her lying on the porch.

That quickly, she was gone.

I will say this - having known and lived with Debbie for a long time, I am sure that is exactly how she wanted to finish her life here - quickly and painlessly. She did not suffer and, I believe, her angels caught her when she went unconscious, and lowered her gently to the ground. Of course, the trauma of finding her blew me away. But even in the short amount of time she has been gone, the "sting" of the blow associated with her passing is lessening and my heart has opened like never before in my life.

I am honored to have been her husband and life partner. In one word, we had FUN! Lots of it! Debbie lived life hard - she worked hard and played hard. She had no time for self-pity and endured more pain (due to her child's death) than any of us could ever comprehend. She saw the best in life and didn't have time for fear or self-doubt.

I am now far enough along in my healing process to announce that I have fully returned to my Chiropractic Practice and I am accepting New Patients. I invite anyone who is having health problems to make an appointment to see if Chiropractic Treatments may be helpful. I more fully understand the fragile nature of Life and urge all my readers to live your lives as if today might be your last. I thank God for my healing. And I thank all of you so much for the outpouring of love and support!

Dr. Jack R. Thompson, CHIROPRACTOR

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Cancer Aid & Research Fundraiser

Veterans of Foreign Wars, Bryan Tuten Memorial Post 2391 and its Auxiliaries will be hosting their 4th annual La Cage Aux Folles on October 12th. A ham dinner with all the trimmings will start at 5 p.m. with the La Cage following it. If you have never attended a La Cage, you are in for a real treat. We have 11 brave men who will be dressing as "ladies" for a great cause. They will have two wardrobe changes and will move through the audience to perfectly selected music hoping to collect money.

The "lady" who collects the most money will then be crowned Queen of the Folles. Cost for the dinner and show is \$10.00 with all proceeds going to Cancer Aid & Research! For tickets or more information please contact Sue Hunter at 797-5267.

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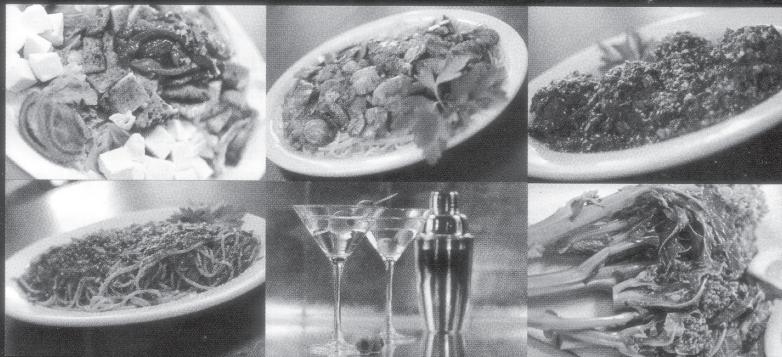
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St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

Domestic & Dating Violence

October is Domestic Violence Awareness Month. It was designated by the U.S. Congress in 1989 in an effort to end violence against women and their children and domestic abuse in general. From the National Coalition Against Domestic Violence, one in every four women will experience domestic violence in her lifetime. Nationally an estimated 1.3 million women are victims of physical assault by an intimate partner each year. The cost of intimate partner violence exceeds \$5.8 billion each year with the majority going for direct medical and mental health services.

Domestic violence is a pattern of controlling behaviors, violence or threats of violence, that one person uses to establish power over an intimate partner in order to control that partner's actions and activities. Domestic violence is not a disagreement, a marital spat, or an anger management problem. It is however abusive, disrespectful, and hurtful behaviors that one intimate partner chooses to use against the other partner. In St. Johns County, over the past two calendar years, there have been 1650 reported cases of domestic violence. Nearly ten murders during that same time were reported to Law Enforcement Agencies in the county.

Here are some signs of domestic violence if your partner is doing any of these or other unwanted behaviors: Hurting you physically, slapping, hair pulling, strangling, hitting, kicking, twisting your arms, or intentionally injuring you in any way. Using your children against you, calling you names or hurting you emotionally. Harming your pets, or acting with extreme jealousy and possessiveness. Isolating you from family and friends or

threatening to commit suicide or to kill you. Also controlling your money, withholding medical help or even stalking you.

Here are some safety tips from the Florida Coalition Against Domestic Violence: Identify a safe place to go if an argument occurs—avoid rooms with no exits or rooms with weapons. Calls for assistance should be made from phones in safe locations. If someone is threatening you or your children, take the threat seriously. Keep important items in a bag with someone you trust to include ID cards, keys, cell phone, money, medicine, visas or passports, birth certificates, etc. Change your shopping habits and travel routes. Also, establish a code word so that family, trusted friends, teachers, or coworkers know when to call for help. In St. Johns County, the Betty Griffin House or the Safety Shelter of St. Johns County, Inc., is working to end domestic and sexual violence. They can assist if you are in immediate danger and need safe housing. They can also assist in filing for emergency, temporary, and permanent injunctions for protection against the abuser. They also have a Batterers' Intervention Program that can help the abuser. They have a 24-hour Crisis Hotline of 824-1555. In addition, if you are a victim of domestic violence, or you know someone that is, please contact your local law enforcement agency or 911.

You may also get additional information on Domestic Violence on our website at www.sjso.org. Let's combat domestic violence together. Also, follow the St. Johns County Sheriff's Office on Facebook and Twitter.

Please feel free to contact me if you have a topic you would like to see addressed in this column. My email address is dshoar@sjso.org.

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Ask Mow?

Answering Questions About Homeowner Lawn Equipment. Featuring "Mow", St. Augustine Power House Spokesperson.

Hello readers and welcome to another edition of "Ask Mow". A monthly publication dedicated to answering questions about Consumer Lawn Equipment. Featuring "Mow" St. Augustine Power House spokesperson.

Hello Mow, fall is in the air, I guess Power House will be changing gears from Mowers to Blowers?



That's right. Leaf Blowers. Rather you want to get one tuned up or purchase a new one we have you covered. We are an Echo, Stihl and Shindaiwa dealer. Blowers starting at \$149. And let's not forget about the Chain Saws. At the Power House we stock two types of Chain Saws. Good saws and really good saws. Choosing the right saw for the right job is the key. If your application is maintaining your property then I would recommend going with an entry level \$200 saw. Echo has a good saw in this price range backed by a 5 year warranty. If I'm making a bigger backyard, I would look at a really good \$300 to \$400 saw. If I'm considering more than that, I'm calling in a Professional Arborist company. Why not pay a professional, let them pull the proper permits and let them haul off the debris. Our county allows for some curb side debris pick up, but I'm sure there are limits.

Mow any recommendations on the Arborist Company? What should a home owner look for when considering contracting out a job like that?



A few things the Power House recommends. First make sure they are licensed and insured. Second, know who and how many of their employees will be at your house to perform the work and most important, hold back some funds until the work has been completed.

Good advice Mow, if a consumer is interested in any other Arborist information who could they contact?



The best information I have found is through the building department. There is a list of what you can and cannot cut down. It is a pretty extensive list, the beach is considered a "Tree City" so be careful what you cut down. Forgiveness is an expensive alternative as the city will fine you by the inch for the diameter of the tree that was removed without the proper permission.

That's all the time we have this month, so until next month, remember St. Augustine Power House is located at 125 Pope Road. Visit us at www.staugpowerhouse.com and if you have any questions for Mow call 904-461-0310 or email him askmow@staugpowerhouse.com.

Temple Bet Yam Salutes a Decade of Jewish Composers

You are invited to a celebration of Broadway music when the Temple Bet Yam Choir presents, Give My Regards to Broadway: A Salute to Jewish Composers. The performance took place at Temple Bet Yam on September 28th. Along with the music and mayhem, guests enjoyed a wine/cheese/dessert intermission. Temple Bet Yam is located at 2055 Wildwood Drive in St. Augustine, close to SR207 and I95.



Pinsky served as the Regional Director of the Midwest Council of the Union for Reform Judaism. He earned his BA from Franklin and Marshall College, his Master of Arts in Hebrew Letters (MHL) from Hebrew Union College, and was ordained in 1971. He served congregations in New York, New Jersey, Minnesota and Florida. In 1996 Rabbi Pinsky was awarded the

Doctor of Divinity (honoris causa) from Hebrew Union College-Jewish Institute of Religion celebrating his 25th anniversary of rabbinic service.

Temple Bet Yam is a Reform congregation, located at 2055 Wildwood Drive in St. Augustine. For more information, call 819-1875 or visit the Temple's website at www.templebetyam.org.

Temple Bet Yam Installs Rabbi Fred Raskind

Rabbi Fred Raskind will be installed as the new spiritual leader of Temple Bet Yam in St. Augustine, on Sunday, October 13th, at 3:00 PM. The congregation invites the public to join them for the ceremony and reception.

Rabbi Raskind moved to St. Augustine in August and conducted his first service on August 23rd. Before coming to Temple Bet Yam, he served as Rabbi of Congregation B'nai Abraham in Hagerstown Maryland for ten years. Within that community he was active in the Interfaith Coalition,

HARC (Hagerstown Area Religious Council) and TORCH club. Rabbi Raskind graduated from Boston University and then attended Columbia University where he studied philosophy and comparative religion. He also took coursework at three Divinity Schools, Boston University, Union Theological Seminary (NYC) and Lutheran Theological Southern Seminary. He was ordained at Hebrew Union College, New York and later served on pulpits in South Carolina, Georgia, Alabama and Florida. Rabbi Raskind also served for two years as part-time Jewish Chaplain at the V.A. facility in Martinsburg, West Virginia.

The installation ceremony will be conducted by Rabbi Stephen H. Pinsky, Rabbi Emeritus of Temple Beth Torah in Wellington, Florida. Immediately prior to his installation at Temple Beth Torah in 1996, Rabbi



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Lion's Golf is a First!

Article and Photos by Susan Johnson

The Ancient City Lion's Club hosted their 1st Annual Golf Tournament recently at the St. Augustine Shores Golf Club, 707 Shores Blvd. in St. Augustine! A putting contest and BBQ lunch followed the tournament which all agreed was an unqualified success! Taking top honors for Overall Win was Team PC Boys, (top left-pictured from left: David Simmons, Jerry Weaver, Nick Minnicuzzi and Tim Drummond). Other winners included Sam Harrell (youngest winner), pictured below, Donna Catrambone, Chris Bowles and Erika Cook (closest to pin) pictured below.

All proceeds from the event go to support the Florida School for the Deaf and Blind as well as other Lion's charities.

With over 1.3 million members, Lion's Clubs International is the world's largest service club organization. The Ancient City Lion's Club supports approximately ten area non-profit agencies including the Florida School for the Deaf and Blind. Meetings are held twice each month at noon at Le Pavillon Restaurant, 45 San Marco Avenue in downtown St. Augustine. The next meeting is scheduled for Thursday, September 26th.

Anyone interested in attending should email ancientcitylions@gmail.com or call (904) 461-0448 for more information. Lion's Clubs...we're ready to help!



St. Johns County Supports Home-Steps First Annual Girls Basketball Charity Tournament

St. Johns County is proud to partner with Home-Steps in the upcoming First Annual Girls Basketball Charity Tournament scheduled for 9 a.m. – 6 p.m. on Saturday, October 26, and Sunday October 27. Tournaments will be held at 555 King Street, and the Solomon Calhoun Community Center, 1300 Duval Street.

As a non-profit organization which strives to assist low-to-mid income families achieve the dream of home ownership, Home-Steps is pleased to host this exciting, team oriented event that helps local residents become aware of substantial purchase assistance available to first time home-buyers. Program participation is open to girls ages 14 – 18 with teams competing in a 3x3 double elimination format.

For registration information and to learn more about Home-Steps, please visit www.home-steps.org or contact Latasha Looper at 904.553.2234. Home-Steps can also be liked on Facebook and followed on Twitter.

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LESSONS

(continued from page 7)

“In Honor of Harry Knoll, October 1998. ‘Enjoy Your Walk.’” I’m certain many people have since then. A year or so later, Harry died from lung cancer.

3. “Call the Question, Mr. Mayor!” With his booming laugh, height (over 6 feet) and no hesitation in stating his opinions, John Rowland was an imposing man. When you met him, you understood how he was able to rise from the humble position of bus driver in St. Louis to the International Presidency of the Amalgamated Transit Union. Likely his years of negotiating on behalf of his union’s members with hard-headed management types toughened him. He wasn’t interested in excuses; he expected solutions to problems and he’d back to the fullest the person who proposed them. He served on the city commission from 1991 to 2001; was the city’s mayor in 1993 and its vice mayor from 1999 to 2001.

For a city manager, John was a joy to work with. He had no hidden agendas, no desire to find fault for the sake of finding fault, and he was forgiving of mistakes IF the person who made them took responsibility. You always knew where you “stood” with him. When I did well, he told me; when I did the opposite, he’d chastise me in my office, never at a public meeting. He had high ethical standards and expected others to have the same until they proved otherwise. Ethical lapses he wouldn’t forgive.

He also had a threshold of patience. Yes, he believed at commission meetings there should be ample time for discussion with the public of the issues; but always there came a point when, if the discussion had gone on too long in John’s opinion,

he’d barked from his seat at the dais: “Call the question, Mr. Mayor!” meaning enough jawboning. Time for a vote and to move on to the next topic.

John was 70 when first elected to the commission. He showed then by a shuffling walk the residual effects of the stroke he had had several years before. During his time in office, he had a heart attack and other health problems, none of which weakened his commitment to serve the city. But, eventually, aging did take its toll and John resigned from the commission in June 2001. I know it pained him to do so, because this proud man wept when he told me in his home of his decision. Giving up wasn’t in John’s nature. Four months later, he passed away at age 80.

So what lessons do these three men have for us? In Rudy’s case, it’s that despite his rough edges, he had wisdom worthy of a philosopher. He took the long view in the short time before his death by forgiving those with whom he had had differences, and seeking their forgiveness in return. By doing this, he made better his life and the lives of others. What Harry teaches us is that yes, the little guy can fight city hall and win. All it takes is a calm, not angry, not accusatory, repeating of a request until the Powers That Are simply have no choice but to say yes. With John Rowland, the lesson is that he could have let his physical ailments make him a reclusive, bitter old man, but he didn’t. Almost to the very end of his life he served on the commission, doing what he could to make his city a better place. You’ll see, I hope, the thread linking the three men: Their actions exemplified the positive.

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Temple Bet Yam to Hold Annual Brunch/Card Party at Panama Hatties

On October 24th Temple Bet Yam of St. Augustine will hold its annual Brunch and Card Party at Panama Hattie's at St Augustine Beach. The event will start at 10:00 AM with mimosa's and a continental breakfast. A delicious lunch will be served at noon. The event will end at 2:00 PM. Guests are invited to bring their Mahjong sets, cards, or favorite board game. Tables can be formed there or prearranged. Tickets are \$28.00. For more information please e-mail Terre Wallach at terretsp@bellsouth.net.

Runway for Safety Fashion Show Supports Betty Griffin House

The Ponte Vedra Beach volunteer auxiliary for Betty Griffin House, will host its annual benefit luncheon and fashion show. "Runway for Safety" Tuesday October 29, 2013 at the Marriott Sawgrass Resort in Ponte Vedra Beach. The show will feature fashions for the entire family from Stein Mart, lunch and silent auction items to bid on. The event is commemorative with October as National Domestic Violence Awareness Month.

The funds raised from the luncheon will go towards helping to continue this private, nonprofit agency; Betty Griffin House provide emergency shelter to abused women, men, and their minor children. Other support services available to shelter residents and nonresidents include a 24-hour crisis hotline, individual and group counseling, forensic / medical rape exams, and legal assistance. Confidential individual and group counseling is available in all parts of St. Johns County including, Hastings, Ponte Vedra Beach, St. Johns, St. Augustine and St. Augustine Beach.

The cost per person is \$55 and tables of eight to ten are welcome. Interested parties should contact Florie Adiutori, at 904-543-1086 or mail payment by October 12 to: Florie Adiutori 24492 Harbour View Drive, Ponte Vedra Beach, FL 32082.

Holy Trinity Orthodox Church 16th Annual Greek Festival



Greece is one of the few countries in the world where folk music and dance are as alive today as they were in ancient times. At the 16th Annual Greek Festival, October-11-13th, you can hear and see the stories of the islands, the mountains and the villages of Greece translated into music and dance. Francis Field, 29 Castillo Drive, will be transformed into a virtual Greek village with all its vibrant sights and sounds. Hosted by Holy Trinity Greek Orthodox Church, festival hours are Friday, from 4-9 p.m., Saturday, 11 a.m. – 9 p.m. and Sunday, 12 – 5 p.m.

The festival is proud to present The Hellenic Band who will perform live all weekend in the main tent. Interpreting the Greek culture through dance will be the Nisiotes, and Asteria Greek dancers. You can also learn the beautiful steps of Greek dance by participating in the free dance lessons.

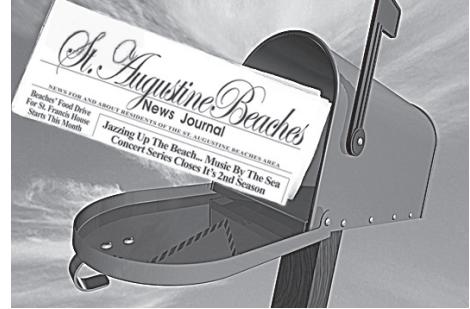
In addition to the great entertainment, plan to dine on delicious Greek foods, pastries, and beverages. The parishioners of Holy Trinity Greek Orthodox Church have been busy preparing pans of mouthwatering pastitsio (macaroni with a delicious meat sauce topped with a crema), and dolmathes (stuffed grape leaves). The Grill will serve up souvlaki (pork and chicken shish- kabobs), gyros and kid friendly fare. The village will also have a Cafenio where you can enjoy steaming Greek coffee with your favorite Greek pastries from the bakery. Stop by the Taverna for a classic glass of Greek wine or a cold beer.



The Agora (or marketplace) will delight the shopper with jewelry, apparel, cookbooks, and art. You can pick up all your hard to find Greek grocery items at the Bakaliko (Greek grocer). Unique pastas, cheeses and coffees are some of the items that will be available. The village bookstore will have a large selection of reading material on the Orthodox faith, icons and other unique items for purchase. And if you are bringing the younger ones with you, stop by the Kids Center for games, rides and more!

There is something for every age at the 16h Annual Greek Festival. Admission is \$3.00 for adults and free for those 12 and under. Free admission for active military and their immediate family with ID. For more information call (904) 829-0504 or visit www.staugreekfest.com.

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Muscle Myths

By Rob Stanborough
PT, DPT, MHSc, MTC, CMTPT, FAAOMPT
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Almost all of us get to the point in our lives where those extra pounds start creeping up on us and eventually get our attention when we find we can't quite fasten those pants anymore.

Since exercise is most often the first thing we attempt in trying to lose weight, I would like to dispel some exercise and muscle myths that I often hear in the clinic.

1. No pain – No gain

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

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

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

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

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

produce results of increased tone and moderate muscle mass, depending on the type of routine. As your body changes it may indirectly lead to a new wardrobe.

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

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

5. I tried before. It never sticks

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

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

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. Visit www.firstcoastrehab.com.

Home Again St. Johns Receives Donation

(continued from page 1)

This makes our destination even more attractive to visitors and potential residents alike."

The mission of the VCB is to market all of St. Johns County to prospective visitors primarily for overnight stays. For more information on events, activities, holiday getaways and vacation opportunities in St. Augustine, Ponte Vedra & The Beaches, go to the Visitors and Convention Bureau website at www.FloridasHistoricCoast.com, become a fan on Facebook ([Facebook.com/OfficialStAugustine](https://www.facebook.com/OfficialStAugustine)) or call 1.800.653.2489.

Home Again Needs 1000 Friends

Home Again St. Johns is beginning a fundraising campaign, 1000 Friends For Home Again, for development of the One Stop Home Again Facility the community so desperately needs.

Diane Quick, the newly hired Director of Development stated: "Our hope is that if 1000 of our friends contribute \$100 each to the campaign, Home Again St. Johns will have the means to begin the first phase of construction on the One Stop Home Again facility."



Home Again St. Johns Executive Director, David Hoak, showing Diane Quick, newly hired Director of Development, the location where the One Stop Center will be built.

Thus far, Home Again St. Johns has secured 13.5 acres of mostly undeveloped land located at 1850 State Road 207 to be the location of the One Stop Center. Currently, a parking lot and two modular buildings utilize less than 10% of the property. These facilities house Salvation Army Social Services, Food Pantry and the Home Again St. Johns office.

Phase One, targeted to begin in late 2013, is to complete the infrastructure of a paved road and utilities; build a large multi-use building containing offices, dining hall and commercial

kitchen and two housing structures with multiple living environments.

Through shared office space, the campus will be a true multi-agency one stop campus. Numerous agencies, such as the Wildflower Clinic, will collaborate and schedule time each week to bring access of their services on campus. These participating agencies will include healthcare services, mental health, substance abuse, domestic violence services, technical service training, basic education, job placement and homeless prevention services. The site will continue to be the location of Salvation Army Social Services. St. Francis House, the only homeless shelter in St. Johns County, will be responsible for building and providing housing services on campus.

Since November 2010, Dining with Dignity, the very successful homeless meal facilitated and coordinated by Home Again St. Johns, has involved over thirty faith-based and other community groups; each has taken total responsibility to provide a hot meal one night each month. At this time, the meal is being served outdoors in downtown St. Augustine with an additional meal being served two nights a week at the Home Again office. Phase One of the multi-use building would be the permanent home for the dining hall and kitchen for these volunteer groups and this vital service.

Several businesses in the area of construction have offered their services when the time comes to build. While Phase One, on the open market, would cost in excess of \$1.5 Million to build, facilitating the contribution of materials and manpower should greatly reduce this cost.

"Getting to this point has been a true community effort", said David Hoak, the Executive Director of Home Again St. Johns. "Without the private sector, there is no community incentive to remedy the problem. There's too much work behind the scenes for volunteers to do alone. It's time for the rest of the private sector to become part of the solution."

Major support has come from the St. Johns County Visitor and Convention Bureau in the form of a direct contribution of funds and in 2012, they designated Home Again as the recipient of the very successful First Annual Top Chef Cook-Off fundraiser. The St. Augustine Rotary Club and Sunrise Rotary Club have annually supported Home Again with donations. Home Again St. Johns was the sole beneficiary of The City of St. Augustine Night of Lights Mayor's Gala in 2012 and have been selected as the beneficiary in 2013. There have also been some very generous personal donations and hundreds of small contributions from individuals to keep the effort going.

"The One Stop Campus is being developed to be the right place for homeless in St. Johns County to connect with and receive the services they need," said Hoak. "A brief initial assessment of new arrivals will be done and immediate needs of food, a place to sleep, shower and laundry will be met. Continuous engagement would guide these individuals as they stabilize to an in-depth evaluation and development an individualized service plan to return to stable participation in the community that is best suited for them."

The wide range of agencies supporting this campus will involve many community volunteers. Those receiving service will be included wherever possible in doing work to support the campus. In cooperation with St. Francis House, two residents of their program have already been employed part-time in maintaining the current operation.

Home Again St. Johns began in 2008 as an initiative of local business and community leaders to address the issues of homelessness. With the help of United Way of St. Johns County this effort grew to a point in October 2011 that it became appropriate to incorporate. The agency received its 501(c)3 nonprofit status in January of this year.

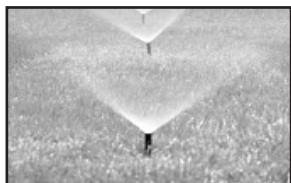
"The success of the 1000 Friends for Home Again fund development campaign is crucial to Home Again and the community at this time," said Quick. To contribute to the 1000 Friends For Home Again Campaign, please send your check today to Home Again St. Johns, 1850 SR 207, St. Augustine, 32086, visit the website at www.homeagainstjohns.org or to contact Home Again St. Johns, please call (904)881-1167.



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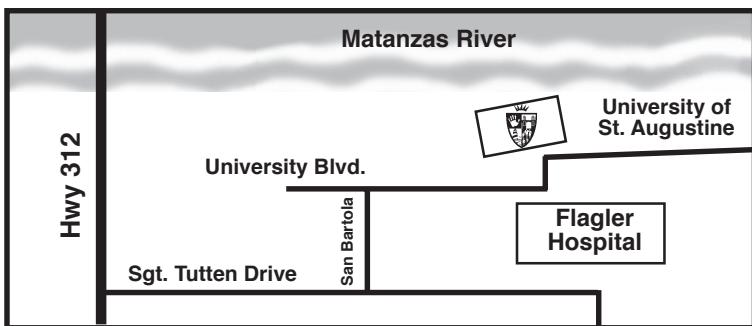
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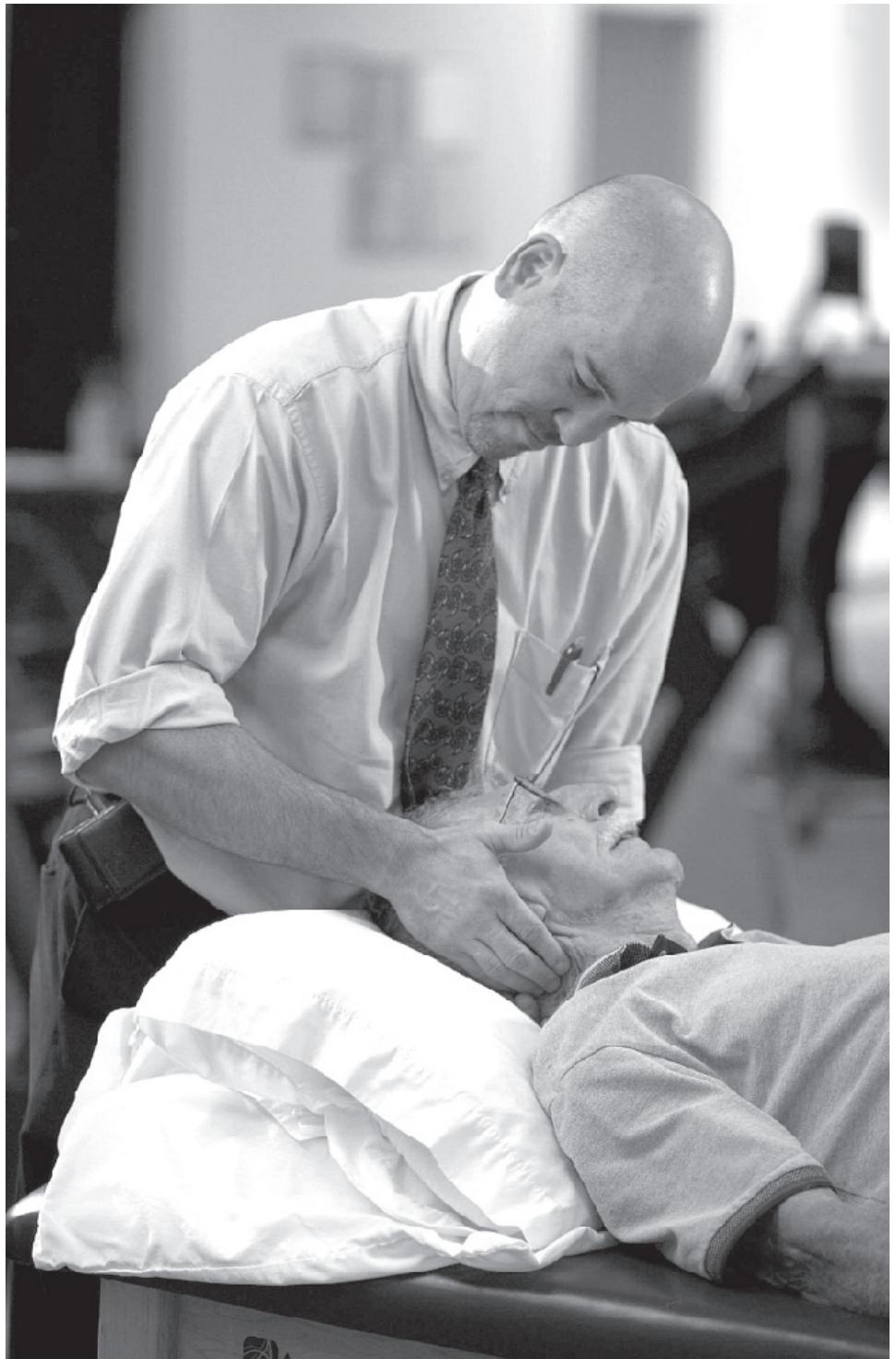
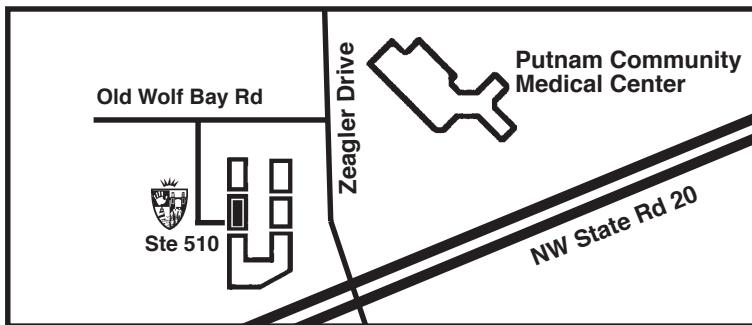
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WHAT IS THIS?

CREATURE!

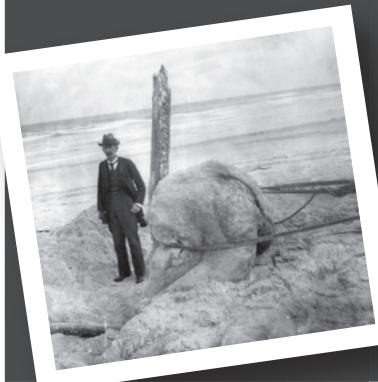
ST. AUGUSTINE GLOBSTER CONTINUES TO MYSTIFY!

8-ARMED DEVILFISH FOUND ON ANASTASIA ISLAND!

In December of 1896 two boys were riding their bicycles along Anastasia beach when they stumbled upon the remains of an enormous creature, half buried in the sand. Word of their mysterious discovery spread like wildfire and within a few days "it" was the main attraction of that holiday season. Onlookers, including fishermen and journalists, thought they could detect tentacles, maybe an eye, possibly a head or a mouth! Conspicuously missing were any signs of bone structure or cartilage and no trace of internal organs.

Careful examination of the decomposing blob was conducted by Dr DeWitt Webb, local physician, naturalist and founder of the St. Augustine Scientific, Literary and Historical Society. Dr Webb made

MONSTROUS CEPHALOPOD CANNOT BE IDENTIFIED



numerous photographs of the deceased monster, and even sent a good-sized tissue sample to a natural history museum in Washington DC (which would later become the Smithsonian).

The badly mangled bio-mass was estimated to weigh over seven tons; dragging the carcass up the beach proved unsuccessful. After several months, storms and tidal surge eventually carried The Glob out to sea.

Debate raged on for a hundred years; shark, whale, squid, octopus, alien from outer space?? Using the original tissue sample a positive identity was finally made in the 1990's with the use of DNA analysis. The verdict? Pure collagen from a species of whale. (Which doesn't prove that Sea Monsters DON'T exist.)