



St. Augustine Beaches

News Journal

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

New City Mayor for 2014



2013 St. Augustine Beach outgoing Mayor Gary Snodgrass swears in new 2014 Mayor Andrea Samiels (above) and Vice Mayor Rich O'Brien (left) at the January Commission Meeting. Samuels begins her first term while O'Brien begins his second term as Vice Mayor.

Beach Blast Off a Huge Success

by Michael Cunningham, Beach Blast Off Coordinator

The results are in and all agree that the 8th Annual St. Augustine Beach New Year's Eve Celebration known as Beach Blast Off was a huge success. Increases in attendance and revenues along with multiple articles written about the event and the area contributed to the success.

Based on numbers provided by the St. Augustine Beach Police Department and St Johns County Beach Services Department, attendance has been estimated at 18,500. All profits from Beach Blast Off are used for improvements to the St. Augustine Beach Community. Past projects include Splash Park, Welcome Signs and improvements to Pier Park.

"Everything ran so smoothly that it made me nervous," said Chief of Police Robert Hardwich. From street closures to shuttle buses to valet bicycle parking, live music and the fireworks; the event went off with the precision of a finely tuned instrument.

"I am very happy with the results of the 2014 Beach Blast Off," said Michael Cunningham, Event Coordinator. He went on to say, "We had a few challenges and learned some lessons to improve upon next year, but the feedback and media coverage has been outstanding. We had writers from AAA Go Magazine, Yahoo, and many others from as far away as Canada, <http://touristmeetstraveler.com/2013/three-unique-fun-ways-to-spend-new-years-eve/>; taking pictures



and writing stories. We sold out all but one local hotel room, the restaurants were full and the local Kangaroo station has their best sales day ever. I have already received several phone calls from tour operators around the state requesting information on the 2015 Beach Blast Off; they begin selling travel packages 10 months out." We had many visitors from all over the Southern United States travel to see the fireworks and enjoy the celebration.

Other highlight included Fred Frog McToad winning the Regionally Sanctioned International Chili Cook Off. They will represent St. Augustine Beach at the World (continued on page 2)



High School Volunteers worked long schedules throughout the event. (L to R): Michael Ettel, Kimber Spaun, Mercy Anderson, MacKenzie Connor, Elise Parker

City Hall Update

At the January 6, 2014 meeting of the St. Augustine Beach City Commission took the following actions:

1. Witnessed the swearing in by former Mayor Gary Snodgrass of Commissioner Andrea Samuels to the position of Mayor and Commissioner Rich O'Brien to the position of Vice Mayor for 2014.
2. Presented a plaque to Mr. Tom Large, Public Works Department Building and Grounds Foreman, for 20 years of employment with the City.
3. Upheld the Planning Board's recommendation not to approve an amendment to a conditional use permit that would have allowed music, live or recorded, to be played on the outside deck of the Coquina Beach Surf Club, 451 A1A Beach Boulevard.
4. Approved Change Order #3 for the 2nd Avenue drainage project and three



resolutions to amend the Fiscal Year 2014 budget.

5. Discussed an amendment to the planned unit development for the 204-room Courtyard by Marriott Hotel that's proposed to be built between 5th and 7th Streets on the west side of A1A Beach Boulevard. The amendment concerned the preservation of two trees, the reserving of lots north of 7th Street by the Hotel's owner

for overflow parking from the Hotel and for use by the public, and the amount of money to be paid to the city for the vacating of the 6th Street right-of-way between A1A Beach Boulevard and 2nd Avenue. The commission proposed alternative language for the amendment, which the city attorney will put in a proposed ordinance for the commission's February 3rd meeting.

6. Approved a social media policy for the city with (continued on page 3)

What's Inside The News Journal This Month

- **Message from the Mayor**
- **County Commissioner Message**
- **City Manager: AIR**
- **Financial Focus: Use Tax Diversification to Help Manage Income**
- **Spiritually Speaking: "The Power of Spiritual Synthesis"**
- **St. Augustine Beautification Committee: Words of Love**
- **Sheriff's Corner: Sheriff's Advisory Councils**
- **Health Focus: I Wish I Could Just Relax**
- **Chief's Dish: Paper Wrapped Chilean Sea Bass**
- **Is Your Home Easy to Insure?**

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St. Augustine Beaches News Journal

St. Augustine Beaches News Journal

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City of St. Augustine Beach

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 City Manager Max Royle
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The function of the Beaches News Journal is to serve the Neighborhoods of the St. Augustine Beaches area.

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

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

The Junior Service League of St. Augustine Presents The Lighthouse 5K & Fun Run 2014

The Junior Service League (JSL) of St. Augustine presents the 22nd annual Lighthouse 5K Run/Walk & Fun Run on Saturday, March 1st. This year's 5K chip race (timed start and finish), administered by Racesmith, is a flat and fast course through historic Lighthouse Park and Davis Shores. The 5K Run/Walk, sponsored by Michelob Ultra, will begin at 4:30 p.m. in front of the St. Augustine Lighthouse. The Fun Run will follow the 5K and begin at 5:30 p.m.

The Lighthouse 5K is a great opportunity for anyone who made a New Year's resolution to get healthy and active, especially those who committed to a couch to 5K plan. It's also the perfect way to qualify for a seeded position at the Gate River Run two weeks later on March 15th. A \$100 cash prize will be awarded to the top Male runner overall and to top Female runner overall. The top three racers in each age division will also receive an award.

Participants can enjoy post-run festivities in the Runner's Tent, featuring live music, the 5K Awards Ceremony, food and beverages. Racers will also receive free

admission to the Lighthouse "Night Fest," beginning at 5 p.m. on the Lighthouse grounds. "Night Fest" will feature free admission to the Lighthouse, food, drinks, entertainment, and a Shipyard play area for kids. For more details, please visit http://www.staugustinelighthouse.org/events/lighthouse_festival.

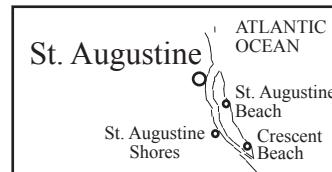
Proceeds from the Lighthouse 5K & Fun Run will benefit the JSL's community service projects including the Children's Museum of St. Johns, Willich Kids Bridge Family Visitation Center, SAYS (St. Augustine Youth Services), and the Lightner Museum, just to name a few. To register online or to inquire about becoming a sponsor, please visit: <http://www.lighthouse5krun.com/>.

The Junior Service League of St. Augustine, Inc. (JSL) is a non-profit organization founded in 1935 to address civic, cultural, and community service needs. The League is committed to the legacy of promoting volunteerism in St. Johns County and developing the potential of its members. For more information, visit www.jslofstaugustine.org/.

Matters concerning advertising should be referred to the General Manager or mailed to 1965 A1A South #180, St. Augustine Beach, FL 32080-6509.

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



News From Around St. Johns County

Red Heart Rock

The Red Heart Rock concert is Saturday, February 15th, from 7pm-1am at The Standard on Anastasia Blvd. Tickets are just \$5. The opening act is "The Davita All Star Blues Band" and local favorites, "Oh No" will close out the night. There will be complimentary appetizers, a silent auction and specialty drinks. We'll even have "Love" and "Hate" shots (because you either love or hate Valentine's Day!) to benefit Artbreakers & The Kidney Relief Fund. Come out and show us some love!

Event sponsors include: Davita, Haven Hospice, Amy Kozsuch & Associates, Paradise Title, McChesney Law Firm, The Standard, Southern Wine & Spirits, Pro Show Disc Jockey Service, Alarion Bank Mortgage and Uncorked Occasions. If you would like to be a sponsor, please contact Gaye Jones at 904-599-2551.



Anastasia Island Library is Going to the Birds Again

Last Year We Housed Our Birds, This Year Let's Feed Them in a Community-wide Bird Feeder Decorating Competition.

Get out the paint, glitter, and your imagination. Anastasia Island Library (AI) is going to the birds again this year by sponsoring a bird feeder decorating contest. Last year's birdhouse contest had 57 entries with lots of amazing birdhouses; let's top it this year.

Everyone can enter – and there are three categories – kids (12 and under), adults (13+) and Intergenerational (Families, Friends, etc). Build it, buy it, sculpt it, any type structure will do; just add imagination, ideas and decorate it however you like. No experience necessary, just your creativity and desire to create a bird feeder for your backyard and neighborhood birds.

Hang it, build a platform or put it on a post, it just needs to be able to sit upright on a shelf for display. Bring it to Anastasia Island Branch Library no later than Friday, February 7, by 4 p.m. Bird feeders will be on display at AI library from February 8 – February 22, 2014, and then move to one of our community partners, the City of St. Augustine Beach City Hall from February 24 – March 3. Winners will be selected by public voting held at each location and announced at the St. Augustine Beach City Commission Meeting on March 3, 2014. Cool prizes await the winners in each category. Join the fun; you can do it.

Guidelines are available at the Anastasia Island Library or by sending an email to airbirdcount@gmail.com. Anastasia Island Library is located at Sea Grove Town Center, AIA, St. Augustine Beach, Florida 32080.

This contest is just one of the many activities planned for a community-wide effort to participate in the "Great Backyard Bird Count" on February 15, 2014.

St. Augustine Travel Club

Please join the Travel Club for our FREE St. Augustine Travel Club get together on Monday, February 10, at 3pm at the Southeast Branch Public Library on U. S. 1 when we will present on PORTUGAL'S Heartland. I have been in the travel industry for 40 years and retired with a love of travel, and volunteer at the library to share my extensive background in the field. The Travel Club is intended to be educational and fun. We hope you will be able to come. The club is open to all St. Augustine residents and friends. For any questions, please call Peter at 904 797-3736.

Habitat for Humanity

Join Habitat for Humanity offerint A Hand Up and Not A Hand Out to families living in unsafe and at risk housing situations in St John's County.

Meet and work alongside our partner families as they fulfill the sweat equity requirement, a condition of the zero interest loan program.

Volunteer opportunities are available on Wednesday, Thursday, Friday, and Saturdays. To register visit www.habitatsfjohns.org

A very useful site with answers about directions, how to prepare for the day, etc.

Volunteers must be 16 years or older Parental consent is required for all those under 18 years. Community service hours are available for high school and college students.

If you have additional questions or concerns please contact Candy Radford 904-826-3252 ext. 2002.



Beach Blast Off

Chili Cook Off Championships in Arizona, August of 2014. Seven Nation Celtic Band rocked the event to closing after the best fireworks display in Beach Blast Off history.

This event was founded eight years ago from local community organizers. There are so many to thank it would be impossible in this article, but special recognition should go to Old Town Trolley for the free shuttle service both days, Law Enforcement from the Sheriff's Office, St Augustine Police Department, Fire Rescue, Beach Services and the St Augustine Beach Police Department. Velo Fest for the Valet Bicycle parking, The Dance Company and St Augustine Beach Public Works for their herculean efforts to assemble and clean up. For our major sponsors the St Augustine Beach Civic Association, Burkhardt Distribution Co and FPL. All the volunteers, city employees and community leaders- THANK YOU!

"We live in a beautiful city and I am proud to represent a community that can come together and host 20,000 people for an event with no issues, I look forward to another great year in 2014", said St. Augustine Beach Mayor Andrea Samuels.



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News From Around The Beaches

City Hall Update from Page 1

two changes: that it not include emails and that the section in the policy regarding the posting of comments be deleted.

7. Took no action on the regulating of pedicabs.

8. Approved removing from the agenda the topic of allowing golf carts to be driven by permit in the city.

9. Approved amending the budget to appropriate \$50,000 to provide match money for grants, and continued the discussion of grants to the February meeting.

10. Discussed the erection of street lights along A1A Beach Boulevard north of the city's limits from Pope Road to Santander Road.

11. Discussed Vice Mayor O'Brien's suggestion that there be a threshold for review and approval of certain variances by the commission, but decided not to

make any changes. At this time, the planning board approves variances unless the granting or not granting of one is appealed to the city commission.

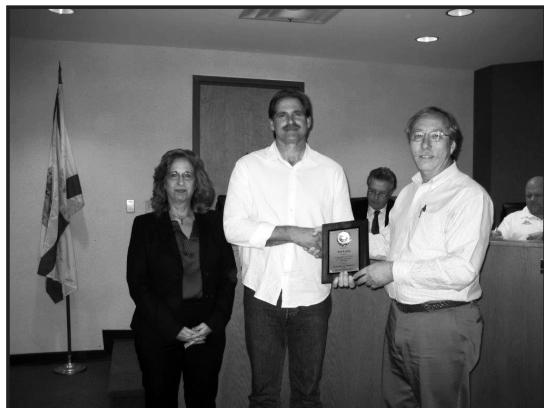
12. Selected Wednesday, January 29th, as the date to hold a workshop meeting with the county commission. The workshop is scheduled to begin at 9 a.m. and end at noon. The location will be announced by the county.

13. Approved Mayor Samuels' request that the city join the Florida League of Mayors.

14. Approved the change of title to commander for the position of lieutenant in the police department.

The commission's next meeting will be held on Monday, February 3, 2014 at 7 p.m. in the commission meeting room at city hall. The public is invited to attend.

Tom Large Recognized for 20 Years City Service



Left to Right: Mayor Andrea Samuels, Mr. Large, Joe Powell, Public Works Director

Public Works Director Joe Howell presents a plaque to Mr. Tom Large, Public Works Grounds Foreman for 20 Years of employment with the City. Mr. Large was hired by the City on March 22, 1993 as a maintenance worker. In 2000, he was promoted to equipment operator, and in 2006 to the position of grounds foreman. Since then, he has achieved certifications in herbicide/insecticide applications, and in the operation and maintenance of the equipment at the city's Splash Park next to the pier.

Friends of A1A Scenic & Historic Coastal Byway

Robert Samuels, President

As the new year begins, activities along Scenic A1A continue. In our area there was a roadside cleanup coordinated by Friends of Anastasia State Park. About a dozen volunteers gathered early on a Saturday morning to collect trash along A1A Beach Blvd from Pope Rd. to Santander Rd. This is done quarterly by this group and it really makes a difference in the appearance of this section of Scenic Highway which is the entrance way to our community through the natural setting of the state park. Keep an eye out for announcements of the next cleanup in April, volunteers are always welcome.

Also in January I participated in a ceremonial removal of a billboard along Scenic A1A in the Hammock section of Flagler County. The event drew over 50 people including most Flagler County Commissioners, other elected officials and many dedicated volunteers from local community organizations. This accomplishment was years in the making and was only the first of 10 billboards to be removed in the next three years.

This came about through funding that was negotiated into the large PUD (Planned Unit Development) of Hammock Dunes which included monies set aside for beautification when it was built out. The other billboards have been purchased and will be taken down when their leases expire.

Closer to home, a billboard was removed along the Scenic A1A corridor last July at the southern end of Sea Grove. It was done without the fanfare that took place in Flagler County, but is important nonetheless. This was a very similar situation in that the Sea Grove PUD called for the removal of that billboard when the community was built out. Friends of A1A would like to recognize the Sea Grove neighborhood for this action taken.

Friends of A1A are now working on the upcoming events for the year. Those include beach cleanups, roadside cleanups, an Environmental Educational Fair for elementary students, Spoonbills & Sprockets touring ride, 72 Mile Super Scenic Garage Sale and other events. We are always welcoming volunteers to help with our events and other programs. To get involved contact us at 904-425-8055 or by email at Sallie_OHara@scenic1a.org Finally, if you are one of the many people who walk the beach and can't help but pick up trash along the way (as I do) please call and report your hours. Your efforts can help Friends of A1A financially as we can credit your time \$22/hr as in-kind matching funds towards some grants.

Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Saturday, March 15 to 23, 2014, on the beautiful Carnival Breeze out of Miami to the Southern Caribbean ports of Turks & Caicos, Dominican Republic, Aruba and Curacao for an 8-day cruise. Prices start from \$863.00 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Book now with a \$300 deposit and receive \$100 per stateroom On Board Credit. Call Peter, St. Augustine Travel Club at (904) 797-3736 for more information and reservations.



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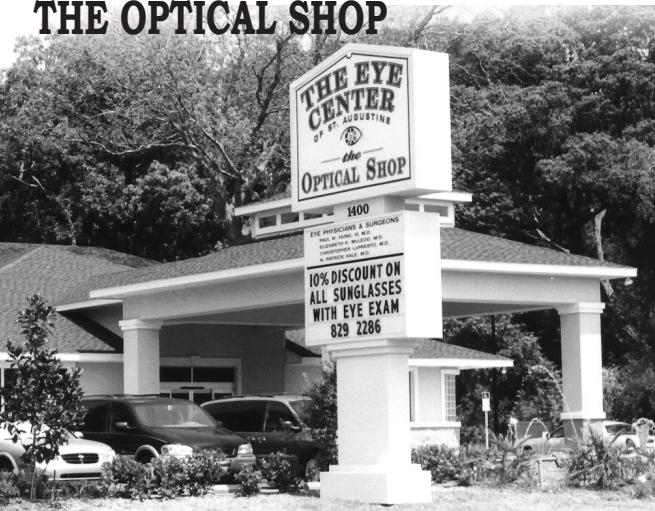
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CITY CHARTER REVIEW UPDATE

The St. Augustine Beach charter review committee held its sixth meeting on Wednesday, December 18, 2013, and did the following: a. discussed at length with the city's director of building and zoning, Mr. Gary Larson, putting a building height limit of 35 feet in the charter. (At this time, the 35-foot limit is in the city's land development code, which can be changed by an ordinance approved by the city commission.) It was decided that the charter should reference the city's current building height regulations. This topic will likely be discussed by the committee at its January 29th meeting; b. agreed to put in the charter that the supervisor of elections and the county canvassing board will count absentee ballots; c. instead of candidates for the commission running for a particular seat, have all qualified candidates run and those receiving the most votes would win the open seats; d. have the committee's

facilitator, Ms. Marilyn Crotty of the Institute of Government at the University of Central Florida, draft language for the charter that the recall of elected officials will be subject to the state law governing recalls; e. have language in the charter to provide for citizen initiative to amend the charter by referendum; f. have Ms. Crotty draft language for a preamble in the charter.

The charter review committee's next meeting will be held on Wednesday, January 29, 2014 at 6:30 p.m. in the commission meeting room at city hall, 2200 A1A South, St. Augustine Beach. The public is invited to attend, Citizens can submit suggestions for changes to the charter to the deputy city clerk, Ms. Cathy Benson, at cbenson@cityofsab.org; or by telephone (471-2122), or by regular mail at 2200 A1A South, St. Augustine Beach, FL 32080.



Message from the Mayor

Andrea Samuels, Mayor
City of St. Augustine Beach, FL
comasamuels@cityofsab.org

Welcome to the New Year. We as a city celebrated the coming of the New Year with our annual Chili Cook Off and fire works display. This New Year saw our city event grow from a one day to a two day event. Beach Blast Off saw a 28.7% earnings growth from its best year of \$13,446. After expenses and incorporating the TDC grant the city brought in \$17,307.

I would be remiss if I did not acknowledge the hard work and dedication to our city and these events from our employees and volunteers. A special thanks for making Beach Blast Off success, congratulations to the winners and thank you to all the participants and volunteers.

Our January commission meeting was very productive.

As a follow up, the ordinance related to the use of Golf Carts has been sent for legal review. It was decided not to take any action in regard to the ordinance for Pedicabs on our city streets. The policy in regard to Social Media was accepted by the commission. All departments of the City of St. Augustine Beach will be looking for appropriate grants that benefit our city and community.

The City of St. Augustine Beach Commission and the St. Johns County Commission met for a joint work shop

on Wednesday January 29, 2014. Issues in regard to beach renourishment, pier renovation and other matters were discussed. A report by the commission to the residents of St. Augustine Beach will be forthcoming.

In closing I encourage every citizen of the City of St. Augustine Beach to either attend or watch your Commission meetings. You can also write or call us individually to express your thoughts and ideas. We have citizen advisory boards that need your involvement. Please check the city web site www.staugbch.com for more information or call (904) 471-2122.

Have News?

We welcome Community and Civic news and information about the Anastasia Island area.

Please forward those items of general interest to the General Manager or Publisher/Editor.

email: beachesnewsjournal@yahoo.com
or clifflogsdon@att.net
Phone: 904-607-1410

St. Augustine Beach Civic Association

by Bill Jones, President
www.thecivicasociation.com

2014 - Can it be better than 2013?



2013 was an incredible year for the St Augustine Beach Civic Association and it's programs. We truly are blessed to live in paradise and to be able to serve the community. The Civic Association milestones included saying farewell and thank you to long time President Robert Samuels, record crowds at the Music by the Sea Concert Series and a banner year for The Wednesday Market. Over the holidays I wondered if 2014 could be any better than the year we left behind?

2014 is off to a great start and we are certainly going to try and top last years success. Here are some great things that are already happening...

The Wednesday Market now has five produce vendors to go with the already terrific roster of arts, crafts, clothing and food vendors. Kudos to our manager Ms. Nico Recore and Board Member Paul Slava for their hard work. The Wednesday Market is entering it's 15th year of operation and is open each Wednesday from 8 am until 12:30 pm at the St Johns County Pier Park

Membership is off to its best start in the history of the Civic Association. Thanks Peter Darios of the Sunset Grill who not only purchased the Corporate Membership for ownership but then bought individual memberships for his employees as a holiday gift! Individual memberships are just \$10, Family & Corporate Memberships are just \$20 per year. Membership pays for itself since all members receive discounts on products and services from over 75 businesses. Your membership also helps support all of our programs including The Wednesday Market, Music by the

Sea, Play it Forward, Children's Garden, Surf Illumination and more. Memberships can be purchased online at www.thecivicasociation.org

Commissioner Herb Rippe of Port & Waterway Authority spoke to our members in January about the economic impact of our beaches & waterways. Mr. Rippe complimented to City government for working diligently with county, state and federal officials to procure the funding that made the last round of beach re-nourishment possible. We too appreciate the hard work of our City Manager Max Royle and the Beach Commissioners. It should be noted that many of the beach re-nourishment efforts started under the leadership of former Mayor Emmet Pacetti.

Finally I wanted to issue a challenge to all who took time to read this far. Attend a local government meeting every month. Become informed on what is happening in our local community. Respectfully ask questions of both elected and appointed government leaders. Asking tough questions and making our officials accountable can be risky. It takes courage to stand up and be heard. You risk losing business and maybe even losing friends. We allegedly live in the greatest country in the world but I ask how great will it be if we don't expect and demand more from our leaders, ourselves and our children. Sitting idly by on the sidelines is no longer an option. You're not too young and you are never too old. Do your homework, be courageous, ask the hard questions. Washington, D.C. is 800 miles away but the things that matter most are right here in your backyard.

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The Art Studio of St. Augustine Beach

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



February is a Busy Month

Benefit Concert & Silent Auction

Starting off Saturday, February 1st is a Benefit Concert and Silent Auction with international folk music artist, Zoe Lewis. The Opening Reception with a silent auction and music by The Island Duet will be held from 5-7pm with food and refreshments available. Zoe Lewis, Live in Concert, begins at 7:00 PM.

Concert tickets are available at \$20.00 each. For advance sales, please contact Jayne Moon at 904-377-2893 or stop by A Hair Off the Beach, 531 A1A Beach Blvd. Tickets are also available at The Art Studio.

First Friday Artwork Exhibition

February 7th is our First Friday Artwalk Exhibition with featured artist, Dante Donofrio to warm up your days with his "Sun, Sand and Surf" show as well as exhibiting TAS members' works of art. Please plan to stop by.

The Studio is proud to welcome new teachers and classes beginning in February. Mary Hubley will be teaching in Oil and Acrylic Painting as well as Drawing. Joan Dorrill, as was mentioned last month, will be teaching in Watercolor. Please check

our website at www.beachartstudio.com for class schedules and upcoming events, workshops and membership information. Membership is open to the public.

The Art Studio at 370 A1A Beach Blvd in St. Augustine Beach is located in The Cultural Arts Center Building at St. Johns County Pier Park.



Presents



Live In Concert Saturday, February 1st

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AIR

By Max Royle
St. Augustine Beach City Manager

So you who live in our fair city, our little 2 1/2 square mile of the Florida paradise, you think that there can be absolutely nothing wrong with our oasis of tranquility adjacent to the turbulent Atlantic Ocean: How far out of touch with reality can you be? And then, you, worthy citizens, who dwell in our community with its pleasant mix of beach bungalows, humble duplexes and triplexes, condominiums, 1960s ranch-style homes and modern three-story mansions, and you think that every nook and cranny of our little utopia is steeped with the tea of honesty and forthrightness: How is such utter delusion possible? And you, happy denizens of our lively, energetic city with its exercise enthusiasts—joggers, bicyclists, skateboarders, walkers, dog walkers, surfer dudes and dudettes—and you think the very ambiance of such a halcyon haven nurtures only behavior by your city government that meets the highest standard of the purest integrity: How can you be so blind to the skullduggery that's festering beneath the surface at city hall?

Oh, dear friends, I must tell you a sad and sordid tale. (Come on, now, it's not really that bad!) I'm certain that you'll weep copious tears of sorrow when you read it. (Honestly, you can put away the hankies.) My tale may so distress and de-vastate you (that's devastation multiplied a thousand fold) that you'll take to your bed for months, perhaps years, utterly supine with grief at how riddled with knavery your little city's government is. (You can remain standing: The reality is otherwise.)

As city manager of a small city and frequently out and about in the community, I hear gossip, tall and short tales, rumors, sly whisperings and whatnot, the infernal/eternal chitty-chat that humans do so dearly seem to love to dish out by the barrelful. It makes me wonder whether other social creatures on our planet, like dogs, crows, monkeys, dolphins, elephants, also whisper to each other the juiciest "dirt" about other

members of the pack, flock, troop, pod, herd. (Bet you that they do.) Much of what I hear, especially if it's told second- or third-hand, I don't give much heed to (in one ear, out the other, as the saying goes).

However, remarks made on the public record—that's a different kettle of clams entirely. I do pay close attention to such. Public officials in our hopefully transparent democracy either endure or are swept out the door to unemployment partly on the basis of the citizens' evaluation of their public record. In turn, it seems only fair that citizens who make pronouncements that are on the public record should also face evaluation because of their comments.

There's no problem with citizen comments, whether critical or otherwise, that are accurate, based on facts and spoken or written in the spirit of seeking constructive improvement, not in a quest to demean and destroy reputations. But, alas! now and then, a citizen does make negative statements and provides not a single shred of substantive, factual evidence in support of them. I call this misleading the citizenry by AIR: allegations, rumors and innuendoes. Need some specific examples? Here are a couple that come to mind and that are, yes, most definitely on the public record.

I heard a citizen state at a public meeting that there are two persons currently on the city commission who "would stand to gain a lot of money" if a building height limit isn't put in the city's charter. Really? Well, some questions naturally have to follow such a serious allegation: specifically, which two commissioners? (The citizen didn't name them.) Would they get that money by selling property they now own to developers? (No details provided.) What facts did the citizen state to support this allegation? (None were given.) Might there possibly be other persons, non-commissioners, who would also benefit if there wasn't a height limit in the charter? (The citizen didn't identify any other persons, such as developers, land owners, contractors, just the vague "two commissioners.") The final question: What are the city's residents to do with such an allegation? Answer: It was made not to get the residents to do anything, but to cast doubt on the integrity of two unnamed persons currently serving on the commission. Ironically, by this vaporous allegation, the citizen has called into question the integrity of the entire commission, because the public may wonder which of the five current members could be the two who would allegedly profit from their position. Of course, such doubt makes the caster of it appear by contrast noble and pure. Remember: the noxious fumes of doubt combined with AIR can corrode the most sterling of reputations.

Then there's the allegation/innuendo that concerns your humble city manager here. In 2013 the commission authorized the hiring of a part-time events coordinator. The position was advertised, a number of responses were received, and the finance director and I interviewed several persons. The one we both agreed had the qualifications we were looking for and thus should be hired, and whom I did hire, had also been the campaign manager for a city commissioner who was re-elected in 2012. Well.... So the innuendo that was put in the public record is this: the hiring of the events coordinator by yours most truly was political payback for this candidate. Among a number of comments the citizen made on the public record concerning this was: "...we're talking about lobbying and the nefarious things that go on here [presumably in the city's government]."

My, oh my. Now over the years I've been associated with quite a variety of names: four-eyes (when I wore glasses in primary school), pimple-face (high school), reckless (post-high school driving record); and various girlfriends over the years have had their own less than



St. Johns County Update

Rachael L. Bennett, Vice - Chair
Commissioner (District 5)

Office: 209-0305
Email: bccd5@sjcfl.us

In thinking of how best to describe the City of St. Augustine Beach the phrase that leaps into my mind is, "Small but MIGHTY"!

I have been a resident of the Beach for only 4 years, but have been consistently impressed with the dynamic and vibrant nature of the community. I see a beachside pavilion that is in constant use, a farmer's market filled with neighbors talking and laughing and simply buzzing with activity, a fantastic music series, volleyball tournaments, charity runs, and so much more.

I enjoy the ability to ride my bicycle to the hardware store and to the grocery store. Sometimes I have a hard time finding a space to 'park' at the bicycle rack at the grocery store. The "bicycle/pedestrian" lifestyle that so many planners seek to achieve through regulation is alive and well here at the Beach.

Although it is not my intent here to throw out a lot of statistics and numbers, I can also say that I am impressed that the Beach contributes as much or more in Bed Tax as does City of St. Augustine or even Ponte Vedra. That money contributes to funding community, arts, cultural and heritage events for our volunteer organizations that do so much to make our community great. I know that Mayor Samuels is dedicated to seeing a

greater percentage of the bed tax revenues returned to the Beach for its events, and I am supportive of that. The Beach has some very unique talent and opportunities and I will be delighted to see them supported even more in the future.

I am in a unique position, being both a County Commissioner and a Beach resident. I attend the City Commission meetings as the County liaison and follow the decisions of Planning & Zoning and the Commission as a resident. I am pleased that the Commission is consistent in its support of civil discourse, and look forward to some dynamic decisions in our new year.

On that line, I am also pleased that the City and the County will be holding a joint commission workshop on January 29th. The venue will be the St. Augustine Airport Convention Center which will accommodate both commissions at a 'round' table, with plenty of additional room for public attendance.

We all have the same goals, and with a strong and positive partnership we can maximize the benefit that we bring to the Beach. Let's work together to make this great (small but MIGHTY) City even better in 2014. I am interested in what you have to say: my email is BCCD5@SJCFL.US. Talk to me!

endearing appellations for me, especially at "dump" time. (None of those names need be listed here.) But "nefarious"? That's a first.

So to the dictionary we go: "nefarious—flagrantly wicked or impious, evil." OK, let's understand the innuendo: by hiring a person with more than sufficient qualifications to be the city's part-time events coordinator, I was flagrantly wicked or impious. Folks, that's serious, heavy duty innuendo.

Were any facts provided for the public record to support the innuendo that the hiring was the outcome of "you scratch my back, I'll massage yours"? I honestly don't know why I waste print space (and your time) on such a silly question. Of course, the citizen didn't furnish any facts, for to have done so would have been against the very motto of those who practice the black arts of allegation, innuendo and rumor: "AIR: Oxygen for the Truth."

But I think not, at least not in our little corner of the Florida paradise. For more than two decades, I've seen citizens run for the commission on this or that platform, and you know what: those who ran for negative reasons, those who used allegations,

innuendos and rumors against their opponents, tended not to win elections. The majority of the city's voters obviously recognize when they're being AIR-ed.

Facts are the bleach that kills the dark and dirty bacteria of allegations, innuendos and rumor. This is why I beg, implore citizens who think there's something wrong with their city government not to indulge in AIR, but to bring all the facts they have to the State Attorney as soon as possible. Show by the facts where and by whom in the city government there's nefariousity, misuse of authority or city resources for personal gain and so on, and demand that a thorough investigation be done. But what facts to date have the AIR believers given the State Attorney? To my knowledge none, not even the hint of a single one. Is this maybe because the believers have only fables, fabrications, flimsy flights of fantasy (i.e., AIR), which come not from reality, but from someone's pro-actively overheated imagination and an inexplicable compulsion to ruin the reputation of others? If I'm right, then you're not likely ever to see this headline in the St. Augustine Beaches News Journal: "CITY OFFICIALS GUILTY OF VIOLATIONS OF AIR."

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St. Augustine Beaches Beautification Advisory Committee

Ann Palmquist, Vice Chair
Palmquist@comcast.net

Words of Love

February, short but sweet, provides words of love to share, dates to celebrate, and reasons to smile. Punxsutawney Phil is slated to emerge from his hole at 7:20 a.m. Eastern Time on February 2, 2014. Spoiler alert – if Phil learns about the price paid for a 30 second commercial during the 2013 Super Bowl, over \$4 million dollars, he will not only return to his hole but will pull the dirt in after. The first Groundhog Day was celebrated on February 2, 1887, in Punxsutawney, Pennsylvania. Pennsylvania has had Phil for a mere 127 years while St. Augustine Beach has had our very own beach mouse for 449 years and counting. It may be time to start a new exciting event, The Beach Mouse Perambulation –also known as a walk about or show and tell. Stay tuned for details about a name the beach mouse contest.

February celebrates birthdays for two United States President's, George Washington and Abraham Lincoln and one outstanding lady, Susan B. Anthony, an icon for women's right to vote. Each demonstrated courage, vision, and leadership, and gave love in full measure when it was sorely needed. Remembering Black History, we celebrate our countries' rich heritage of diversity, the solidarity of foot soldiers continue to inspire unshakable efforts of heroic examples of love. Inspired by deeds of Dr. Martin Luther King, Jr. his words resound today "I have decided to stick with love. Hate is to great a burden to bear."

Valentine's Day originated around the 14th or 15th century and for some, this red letter day, is relegated to couples. However, the times they are a changing. Words will be written, cards sent, and flowers given in hope of expressing feelings of love, affection, and friendship. February is also Healthy Heart Month so celebrating Fabulous Florida Strawberry month is a delicious gift to share. "Love is always bestowed as a gift – freely, willingly, and without expectation. We don't love to be loved; we love to love." Leo Buscaglia. – chocolate dipped berries takes this gift to a whole new level.

St. Augustine Beach, ... It's back! The Great Backyard Bird Count (GBBC) is road tested and expanded from last year. This community event is for all ages includes a four-day bird-a-thon from February 14-17 for everyone to identify and count birds in their backyard, parks and beaches. The "Big Day" of birding is February 15 with guides, woodlands, beach, and marsh all rolled into one location – Ocean Hammock Park on A1A Beach Blvd. (just north of Publix mall). Free parking and a long, accessible boardwalk through varied terrain make this a special location for enjoying nature and birding. Art and poetry contests are back along with a talk on Feb. 8, 2pm, at Anastasia Island Library. A speaker with Florida Audubon will share the sweet details, Build a Backyard for Birds and Wildlife. For additional information call CJ, 954-663-2262 or write aibirdcount@gmail.com. "What we have once enjoyed we can never lose. All that we love deeply

becomes a part of us." Helen Keller words offer a clear understanding of why we take to wing and soar even loving what we can not see.

Greg Dunn, senior forester for the Florida Forest Service, shared exciting information with the BAC about the U.S. Forest Service's I-Tree program, developed by USDA Forest Service and numerous cooperators. i-Tree is a free state-of-the-art software program, available to communities of all sizes to input an inventory of all the species of trees in their jurisdictions and get informational feedback on them. i-Tree's public education component endeavors is to garner public support by providing

urban and community forestry analysis and benefits assessment tools to strengthen their urban forest management and advocacy efforts by quantifying the environmental services that trees provide – energy, storm water retention, air quality, stored carbon dioxide, aesthetic and other benefits– found within the structure of the urban forest. Details about this exciting program are found at www.itreetools.org. Several opportunities for the City to apply for urban forestry grants could be used to improve the quality of the inventory of the City's nursery and engage youth groups, master gardener, local gardening groups to provide community support and involvement for projects. Funds from a urban forestry grant would enable the city to make significant progress on the remaining project areas and further progress on the master urban tree plan that was developed for the City by arborist Chuck Lippi in 2007.

Recent freezing temperatures have many homeowners taking a second look at the advantages of going native. A good starting point is to analyze your yard, ask some questions, how do you create a functional, attractive, and ecologically sound surroundings that complement your home? Answers can be found on February 20, when Keith Fuller, St. Johns County Extension Horticulture Agent, and Master Gardeners will provide help you save money, reduce water, fertilizer, and pesticide use and achieve a garden at peace with it's surroundings. The program, Landscape with Natives, is free and open to the public and professionals are welcome to attend, the St. Johns County Extension Service, at the St. Johns County Windstorm Training Center, 3111 Agricultural Center Drive from 2-4 PM. For more information, call 209-0430, or go to www.nativeplantconsulting.com. "Love possesses not nor will it be possessed, for love is sufficient unto love," Khalil Gibran.

While words are seldom sufficient to express the feelings of the heart, "Tis better to have loved and lost than never to have loved at all," Alfred Lord Tennyson.

Our beautiful trees, captivating flora and fauna, and fly bys of amazing birds, all serve to grace this most beautiful city by the sea but in the end as Carl Sandburg reminds us, ... it's the people, yes the people, who share our lives and love.



Photo Credit: Alan D. Wilson
www.naturespicsonline.com

Spiritually Speaking

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

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

"The Power of Spiritual Synthesis"

The fact that he is my ultimate earthly boss aside, I just plain love Pope Francis!

This month of February will be special for me as I head off for ten days around mid-month on a pilgrimage to Rome with other priests (and their spouses! – most of us are married, thanks to the good graces of another pope, Benedict XVI) of the Personal Ordinariate of the Chair of St. Peter. My own bride, unfortunately, must stay back home on the beach while I'm gone (someone has got to go to work around here), but I think Joanne will forgive me under the circumstances (she, my resident "Saint Yohanna").

Being able to be a part of at least a general audience with especially this Roman pontiff is going to be very special indeed. It's interesting, actually. The Latin word "pontiff" means "bridge", and this pope has been a bridge person par excellence since his election nearly a year ago. More specifically, he is planning a three-day visit to the Holy Land this coming May that was described by the auxiliary bishop in Jerusalem, Monsignor William Shomali, as "a new glimmer of light . . . in relations with the Orthodox (Eastern Christians), with Muslims and Jews."

Beyond mere "make nice", kumbaya-style ecumenism, or for that matter any kind of "ism", this overture will quite possibly prove to go well beyond any previous initiative by a Bishop of Rome. Popes John XXIII and John Paul II – slated for canonization April 27th, about a month before Francis' Holy Land mission – also broke historic ground in their ecumenical outreach efforts, but there seems to be something new in the wind swirling around the person of Francis I.

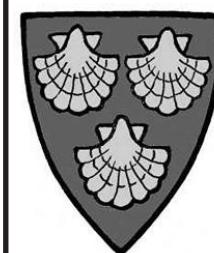
What I believe this current leader of over a billion global Catholics will bring to bear on the proceedings of late May is a keenly intuitive, and not only "left-brain" theological, appreciation for the power of unity among spiritually-minded people. Mind you, I'm not talking about a blurring of the historical boundaries that will probably continue to provide much fodder for learned discussion and debate in years to come, but a deeper connection among the hearts and souls of adherents of the core faith of Father Abraham, the "friend of God" according to all the Semitic-derived religious traditions.

In the end, academic theology – which is my indisputably favorite subject – must give way to

the deepest whisperings of the Spirit of God. I find it interesting that, in particular, the Eastern Orthodox theological tradition (which I greatly admire even if I as a Roman Catholic priest am not in formal communion with the Patriarch of Constantinople) emphasizes the need to engage in discourse about divine things sparingly, only to the extent that we have direct, scriptural revelation about something pertaining to God. A high premium is placed on an ascetically and liturgically derived inner sense of divinity; too many speculative words tend to get in the way according to this way of thinking, not unlike other spiritual traditions such as derive from Asiatic Indian sources.

So we'll see what develops in a few months. In the meantime, I intend to, Lord willing, enjoy Rome and attempt to get the "feel" of the place since my last visit there as a then-Episcopal priest (with my wife accompanying) over a decade ago. Hopefully I'll have something of substance to share in my April column after I will have had the opportunity to chew on my experiences. Pope Francis I is a "baby-pope", just turning one-year old in that office next month. I hope to be able to report that the "baby" is doing well, and is continuing to be a profound blessing to his See city, and to the entire world.

God bless and love you all, Fr. Nick



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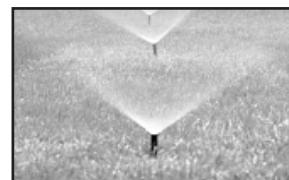
Temple Bet Yam, a Reform congregation, is located at 2055 Wildwood Drive, St. Augustine, FL 32086. For more information on the Temple, call 819-1875 or visit the Temple's website at www.templebetyam.org.



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St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff
Sheriff's Advisory Councils

This month I would like to draw attention to our Sheriff's Advisory Council here at the St. Johns County Sheriff's Office. This is just one way that our citizens work closely with me, and other members of your Sheriff's Office to promote the essential partnership between this office and our communities. These councils, called ShAdCo's, serve as information exchanges between citizens and the Sheriff's Office. Regularly scheduled meetings offer residents an opportunity to communicate directly with the command staff and deputies on issues of importance to their own neighborhoods. These councils provide an opportunity to develop mutual understanding and encourage community participation in the development of Sheriff's office programs, as well as policy considerations. This program not only demonstrates a full accountability to the residents of our county it also serves to reduce the fear of crime in our communities.

St. Johns County spans over 600 square miles and presents uniquely diverse issues affecting our various Districts. The advisory councils have been established in the different areas of the county to address specific problems and find solutions in those areas. These volunteers work closely with the Sheriff's Office and participate in meetings. They receive information concerning the latest efforts from our office and provide feedback and advice on how the agency can improve the delivery of services to their neighborhoods.

There are two ShAdCo's presently, and are formed in the fastest growing areas of the county, the Northwest and Northeast. Any resident of St. Johns County that is over the age of 18 is encouraged to apply to be a member of the Sheriff's Advisory Council. Commander Brian Lee leads the Advisory Council in the Northwest section of the county. They meet on the 2nd Monday of the month at 7:00 p.m. at the Julington Creek Annex, 725 Flora Branch Blvd. You can reach Commander Lee by email at bclee@sjso.org, or by phone at (904) 209-1451. In the Northeast District, Commander Samuel Williams heads up the Advisory Council. They meet on the 2nd Thursday of each month at Pusser's Caribbean Grill Restaurant, 816 A1A North, Suite 100 at 12:00 p.m. You can reach Commander Williams by email at spwilliams@sjso.org, or by phone at (904) 209-1963.

I would also like to remind our residents that there are several ways you may be a part of your Sheriff's Office. The Civilian Police Academy is an excellent way to learn what we do and how we train to combat crime in our communities. I will discuss the academy in a future column. You can also follow us in various social media settings such as Facebook and Twitter. As always, feel free to contact me by phone or appointment at the Sheriff's Office, or you can reach me by e-mail at dshoar@sjso.org. And for additional information on the many programs we offer at the Sheriff's Office, please go by our website at www.sjso.org.

I look forward to your input.



I Wish I Could Just Relax

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

The National Sleep Foundation recently reported that worries are keeping one in ten Americans awake at night. Topping the list of our concerns: economic worries, job security, and personal relationships. If you're one of those who can't seem to shut off the stress when your head hits the pillow be sure to eat right and exercise. Besides that, is there more you can do to relax?

The answer is yes. Jacobson Exercises, also called Progressive Relaxation Exercises, can help you release physical tension, and may even help you fall asleep. These exercises take about 10-20 minutes to do, and they may even be more effective than the traditional glass of warm milk, especially if you are lactose intolerant.

To perform Jacobson exercises, begin by lying on your back with your head and legs supported. Then, following the sequence outlined below, tense and release your muscles individually. If you really want to relax, minimize distractions like excessive light and noise during the exercises. Remember to keep breathing during this process. It may help to breathe in before you contract the muscle, breathe out during the contraction, and breathe in again as you relax the muscle. While lying on your back, the sequence of contractions should be as follows:

1. Slowly tighten both fists while counting for 8-10 seconds, then slowly release the tension. Rest for 10-15 seconds.
2. Straighten your fingers and thumbs and slowly release.
3. Tighten your biceps by bending your elbows and release.
4. Tighten your triceps by straightening your arms and release.
5. Raise your eyebrows high into your forehead and release.
6. Close and slowly squeeze your eyelids tight as you count to 8 or 10 and release.

7. Progress to your jaw by gently clenching your teeth and release.

8. Move to your neck by gently, progressively pushing your head into your pillow, and release. (Since this tends to be an area of tightness, you can do this twice.)

9. Tighten the muscles in your chest by pressing your hands together and release.

10. Pull your shoulder blades together and push your shoulders into the floor/bed, and release.

11. Squeeze your buttocks together, hold and release.

12. Tighten the muscles of your thigh all the way to your knees (without contracting your calves), and release.

13. Point your feet/toes away from you, hold, and rest. Then pull your feet/toes up toward you, hold and release.

14. Finally, curl your toes, slowly building the tension for 8-10 seconds and relax.

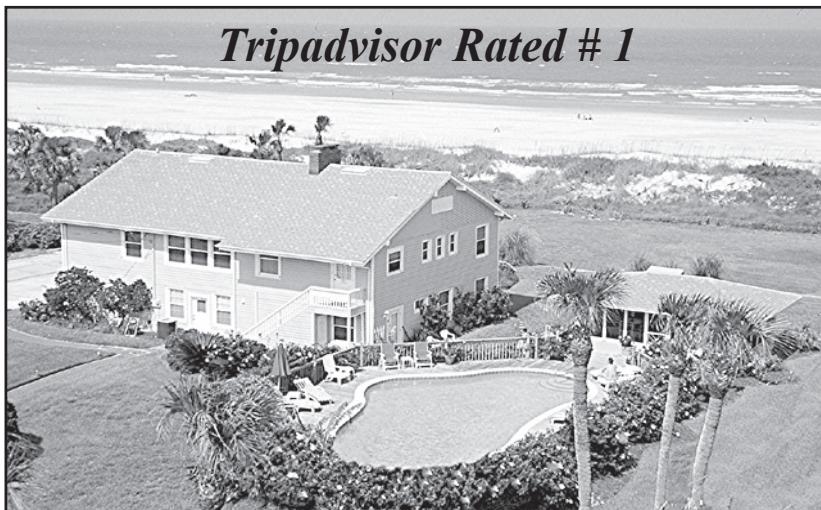
Contractions should be pain-free and should slowly build for up to 8-10 seconds. After the contraction, relax the muscle for 10-15 seconds. Only tense the desired muscle group, not the neighboring muscles. For example, when you squeeze your fist, do not contract the muscles in the upper arm. If you've been able to remain awake, this process should take approximately 20 minutes.

Jacobson exercises can be done any time of day or night for the purpose of relaxation and are just one form of exercise used by Physical and Occupational Therapists. As with any form of exercise, it is always good to consult your physician or health practitioner regarding your health status and any contraindications.

Rob Stanborough specializes in musculoskeletal conditions and lectures regularly on the subjects of muscular pain, soft tissue injuries, and treatment.

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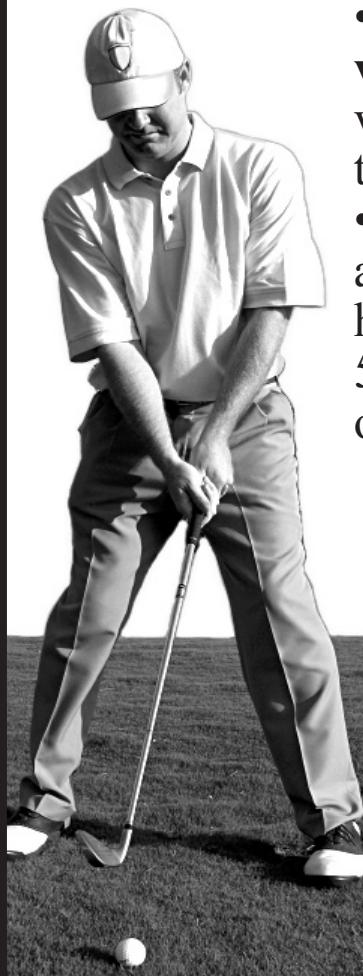
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Chiropractic Care

**By Dr. Jack R. Thompson
Doctor of Chiropractic
105 Mariner Way, Suite 204
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Improved Health for the New Year

It's the beginning of a new year and most of us have vowed to do some new things to improve our lives and some others to improve our health. For most of us, change is not easy and we wind up not being able to follow through with our New Year's Resolutions. It's best to take changes in small steps. Diet changes are one of the hardest. Picking one aspect of your diet to change, like cutting down on carbs, is a good way to ease your body into different habit patterns.

In my Chiropractic practice, the beginning of the year is traditionally very busy. People are tired of dealing with

neck and/or back pain, or other stubborn health problems, and have decided that now is the time to do something about it. Unlike diet and exercise changes, starting into Chiropractic care is relatively simple and the results are usually quick in coming. And because the spine and nerve system affects the entire body, people receiving Chiropractic treatments usually experience other improvements in their body than just their pain getting better. If you've never tried Chiropractic care before, you just might be in for a pleasant surprise. It's a great way to start the New Year!

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Beaches Bistro

By Paolo Pece, Cafe Atlantico

cafeatlantico@comcast.net

Paper Wrapped Chilean Sea Bass

A smoky Sauvignon Blanc would pair very well with the acids of the capers in this intense yet delicate dish, which is one of the staples of my restaurant. Enjoy, and please always try to buy your ingredients locally!! Serves one.

Ingredients:

- 6/8 oz. Sea bass filet
- 2 shrimp, peeled deveined
- 4 fresh black mussels
- 1 tbsp. butter

- 1 tsp. capers
- flour
- 2 tbsp. red onion, chopped
- fish stock
- 1 tbsp.. Béchamel sauce
- 1/4 cup cream sherry
- salt, pepper, oregano to taste
- 2'x1' parchment paper
- Few stripes of pappardelle pasta.

Directions:

In a hot medium size skillet, melt the butter, on medium heat.

Coat the filet in flour, and sauté` it on both sides, adding the onions and capers.

Deglaze it with cream sherry, add the stock enough to barely cover fish. Add seasonings, shrimp, mussels, and pappardelle pasta.

Place the parchment paper in a oven proof pan.

Transfer everything into the parchment, and wrap it to avoid spilling.

Bake it for 15 min. in a 375 preheated oven.

Simple! Simple things sometimes are the hardest to make well!

Buon appetito!

Is Your Home Easy To Insure?

By Jane Tucker, First Florida Insurance

Why would an insurer deny homeowners insurance for your property? The reasons for rejection could fall into many categories, but they all have one undeniable fact - insurance companies don't like to sell insurance to home owners who are likely to use it. Insurance companies have become increasingly adept at spotting potential problems before offering coverage on a particular home. In Florida, there isn't much homeowners can do about living in a hurricane prone area, but consider these things you CAN do:

Avoid anything on your property that could bring about liability claims. Many insurers will refuse coverage, or charge a higher rate if you have an unfenced pool, and especially if your pool has a diving board or slide. A trampoline may also result in a liability claim due to an injured child or adult.

Is your home a fixer-upper? How you maintain your property could have a detrimental effect on an insurer's choice to write or renew a policy on your home. Is your home in disrepair? Does it have broken or cracked steps? Missing shingles or a leaky roof?

Do you own dogs? Unfriendly or even unleashed dogs on your property may send up a red flag to insurance companies worried about liability claims. Insurers have been known to decline coverage when they view a property and find a threatening dog.

Installed a wood-burning stove in your home? The warmth and charm of

an old-fashioned wood-burning stove has become a popular trend in many homes, but insurers see them as a source of accidental house fires and may refuse to write a homeowners policy or at least increase your premium.

Location, location, location. If the location of your home is in an area far from fire hydrants, or a nearby fire station, you may also see an increase in the cost of homeowners insurance.

Take good care of your home and possessions. Have you had several small claims in the past year, such as lost rings, broken Grandfather clock, or missing golf clubs? Insurers would rather see one very large claim, such as your roof blowing off, rather than several small claims. If your insurance company feels that you are not taking good care of your home and possessions, they may deny coverage.

Remember, if you are denied coverage, an independent insurance agent can help you find a new policy through one of the many companies they represent. And, he or she can go to bat for you in finding the policy that is right for you and your family.

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



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Ask Mow?

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

Winter is here and we have been lucky that we have not had to sever of a freeze to set the lawns and plants back so far. Spring will be here before you know it and it will be time to start thinking about Spring Cleaning.

Mow, in the Spring I always Pressure Wash my house and driveway but sometimes my pressure washer won't start after the winter what do I need to do to keep this from happening?

Good question, many times Pressure Washers stored over the winter have gasoline in the Carburetor and fuel tank which has a short life span and can cause Ethanol Gel and Corrosion. We see this all the time and some of the preventative measures you can take before storage is to remove the fuel from the fuel tank and run all the gasoline out of the engine. You can also use a fuel stabilizer in your fuel to help prevent this or use non-ethanol fuel.

Mow, sometime when I start to use my Pressure Washer in the Spring it will run but not have any pressure or very little when I try to use it, what causes this situation.

We see this problem often and it can be many different issues. A common problem over the winter Mud Dauber's make a nest in the hose or spray nozzle coupler during the winter. Sometimes the Pressure Washer was stored with water in the pump and the pump or valves have started to corrode and causing the pump to not turn or work properly. This issue can be prevented by using a pump saver product after the last use of the pressure washer for the year. It attaches to the garden hose inlet and you spray it until the product has gone through the pump. This will lubricate and protect the pump and valves from rust and corrosion.

That's all the time we have for now, come by the Power House and check out our new Pressure Washer area with a full range of Pressure Washer's and accessories. We are located at 125 Pope Rd. St. Augustine Beach or at www.staugpowerhouse.com



Financial Focus

Information Provided By
Edward Jones

Use "Tax Diversification" to Help Manage Retirement Income

You need to save and invest as much as possible to pay for the retirement lifestyle you've envisioned. But your retirement income also depends, to a certain degree, on how your retirement funds are taxed. And that's why you may be interested in tax diversification.

To understand the concept of tax diversification, you'll need to be familiar with how two of the most important retirement-savings vehicles — an IRA and a 401(k) — are taxed. Essentially, these accounts can be classified as either "traditional" or "Roth."

When you invest in a traditional IRA or 401(k), your contributions may be tax-deductible and your earnings can grow tax deferred. With a Roth IRA or 401(k), your contributions are not deductible, but your distributions can potentially be tax-free, provided you meet certain conditions. (Keep in mind, though, that to contribute to a Roth IRA, you can't exceed designated income limits. Also, not all employers offer the Roth option for 401(k) plans.)

Of course, "tax free" sounds better than "tax deferred," so you might think that a Roth option is always going to be preferable. But that's not necessarily the case. If you think your tax bracket will be lower in retirement than when you were working, a traditional IRA or 401(k) might be a better choice, due to the cumulative tax deductions you took at a higher tax rate. But if your tax bracket will be the same, or higher, during retirement, then the value of tax-free distributions from a Roth IRA or 401(k) may outweigh the benefits of the tax deductions you'd get from a traditional IRA or 401(k).

So making the choice between "traditional" and "Roth" could be tricky. But here's the good news: You don't necessarily have to choose, at least not with your IRA. That's because you may be able to contribute

to both a traditional IRA and a Roth IRA, assuming you meet the Roth's income guidelines. This allows you to benefit from both the tax deductions of the traditional IRA and the potential tax-free distributions of the Roth IRA.

And once you retire, this "tax diversification" can be especially valuable. Why? Because when you have money in different types of accounts, you gain flexibility in how you structure your withdrawals — and this flexibility can help you potentially increase the amount of your after-tax disposable income. If you have a variety of accounts, with different tax treatments, you could decide to first make your required withdrawals (from a traditional IRA and 401(k) or other employer-sponsored plan), followed, in order, by withdrawals from your taxable investment accounts, your tax-deferred accounts and, finally, your tax-free accounts. Keep in mind, though, that you may need to vary your actual sequence of withdrawals from year to year, depending on your tax situation. For example, it might make sense to change the order of withdrawals, or take withdrawals from multiple accounts, to help reduce taxes and avoid moving into a different tax bracket.

Clearly, tax diversification can be beneficial. So after consulting with your tax and financial advisors, consider ways of allocating your retirement plan contributions to provide the flexibility you need to maximize your income during your retirement years.

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

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



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Undine C. Pawlowski, Esq.

So Much Planning Goes into Retirement.

Have You Thought About Taxes As Well?

It's likely that your retirement income may come from many sources, such as social security, pension distribution, a 401(k) or IRA withdrawals. That's why, if taxes are a concern for you, it's important to choose the right investments for your portfolio. At Edward Jones, we have many options that can give you more control over your taxes, so you can enjoy what you've worked so hard to achieve.

Edward Jones, its employees and financial advisors cannot provide tax advice. You should consult with a qualified tax specialist for professional advice on your specific situation.

Call today to see how our unique, face-to-face approach makes us best suited to help long-term investors meet their current needs and future financial goals.

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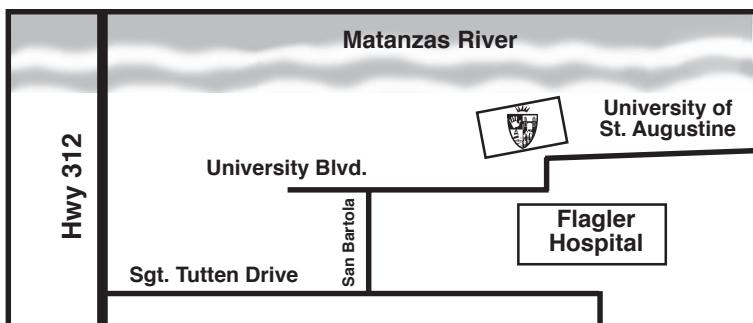
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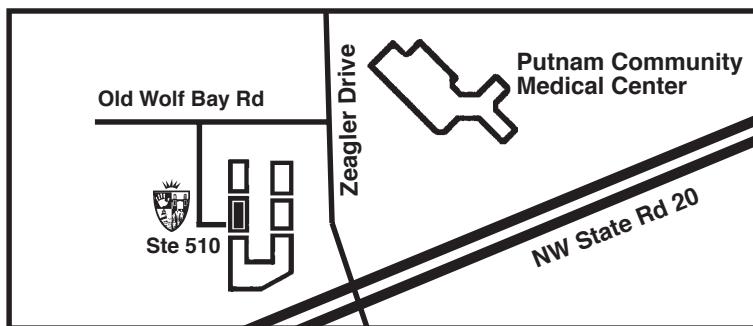
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QUADPLEX STEPS FROM THE OCEAN. 4 B Street. Two buildings/4 units—all with BR/BA/kitchenettes—2 with balconies & ocean views. Carriage House has been remodeled & converted to suites. Rental program generates over \$52K in yearly gross income—monthly and short term. Garages and off storage parking. **\$799,000**



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 appls), fireplace—all this, only a short stroll to St. Aug beach! **\$739,000**



ADORABLE HOME IN OAK GROVE. 4225 A1A South, #106A. This tidy 1/BR/1BA mobile home has 94 yrs left on the lease. Brand new carpet, refrigerator and range. New roof in 2009. Located in lovely gated community with large pool and lots of outdoor spaces. Low HOA fees include water, cable, internet, security, clubhouse, pool and dock. **\$85,000**



ANASTASIA ISLAND TWO STORY HOME. 108 Casters Court. 3BR/2.5BA home on cul-de-sac within walking distance of ocean, shopping, restaurants and entertainment. Open floor plan, den on 2nd floor w/3BRs and laundry room. 9 ft ceilings, premium lot—many extras. **\$224,900**



BEAUTIFUL DEEP WATER LOT ON THE INTRACOASTAL. 120 Grand Oaks Dr. Amazing water views with a shared dock and private boat slip. Located in a small exclusive enclave of custom homes. Just a few minutes' walk to the beach, shopping, restaurants, and endless water activities. Bring your plans and build your perfect dream home. **\$535,000**



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. **\$369,900**



NEW HOME. 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 storage space under the house—great for boat or beach toys. Oversized porch w/fireplace and patio. Side entry 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, stainless steel appliances and more. Beautiful gated community with pool, clubhouse and private access to the ocean. **\$1,190,000**



CUSTOM HOME IN SEA COLONY. 240 N. Forest Dune Dr. 3BR/4BA home w/everything you desire—plantation shutters, 2 gas fpls, upscale moulding & wood floors. Lg MBR w/gorgeous bath & large walk-in closets. 3 porches with preserve views. Owner is licensed realtor. **\$897,000**



GREAT INVESTMENT CONDO. 880 A1A Beach Blvd #2306. Beautiful 2BR/2BA Tommy Bahama look in this furnished unit. Steps from the ocean in well-maintained complex -- Jacuzzi, 2 pools (including a heated pool), tennis courts, clubhouse, racquetball courts, private ocean walk-over, and on-site rental program. This condo is on the income-producing program. **\$167,000**



THE WOWHOUSE!!! 312S 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**

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