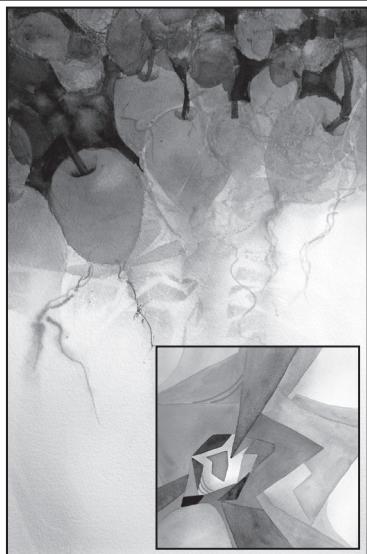




St. Augustine Beaches

News Journal

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



The Art of Aging

Provided by Susan Johnson - Council of Aging
Artistic pursuits can be powerful activities for older adults. For many, the creative arts have been a lifelong passion while others don't begin to follow their artistic dreams until later in life, when they have the leisure time to do so. Situations aside, accessing the inner artist can contribute substantially to the overall quality of life for the elder community.

The process of creating art can be engaging, appealing and extremely rewarding. For an older population, creativity in the arts can enhance communication and socialization, ease stress and the pain of loss, and provide a sense of empowerment.

Linda Hammons is a local artist and art instructor who teaches older students at Council On Aging's River House and understands the importance of the creative process. "So many people are very timid when they first come to class but they find a new confidence as they begin to paint more. The change in how they feel about themselves is just amazing to see. And I see it all the time!" In fact, one of Hammon's first students was 98 years old! "It was an abstract art class and that experience led to my discovery that older adults absolutely LOVE the

challenge of working in the abstract. There is something about not begin confined to the 'realness' of a subject that is exciting and liberating for them." Samples of her art shown above: "Beet Red" and "Mystical Point".

As humans, we all love to express ourselves in creative ways! And our delight in discovery does not deteriorate as we age. The only question is, "How do we honor this creativity in ourselves and acknowledge it in others?" The answer could be as easy as offering encouragement and providing creative opportunities. Art and music require trying and testing, evaluating and trying again. The process itself is so rewarding that every attempt is fun - even when the results aren't quite what we expected! Linda Hammons agrees! "The first thing most people tell me is that they can't draw a straight line." She laughs. "Who says you need to be able to draw a straight line to create art? Art is all about expressing what YOU see. Once students realize that lines can be crooked and apples can be blue, they begin to relax, have fun and get in touch with the more humorous side of being creative!"

Gene Cohen, MD, Ph.D is the director of the Center on Aging, Health & Humanities at George Washington University in Washington, DC. His findings show that expressive artistic exercises have a positive effect on health and wellness as we age. Barbara Bagan, PhD, ATR-BC and professor of expressive arts therapy at Ottawa University in Phoenix AZ., explains that exploring creative outlets offers a wide range of benefits including increased self esteem and relaxation, enhanced playfulness and humor, a greater sense of self control and reduced feelings of anxiety and depression.

At *Council on Aging*, we are always looking for ways to provide opportunities that allow our older residents to experience the joys of life-long learning and creativity. Whether it is dance lessons, painting classes, choral groups, writing classes, or digital photography, we are here to support you in your lifelong passion or encourage you to explore a new one. For more information on these and other creative pursuits, please call Council On Aging at (904) 209-3700.

St. Johns Business Network is Golfing to Save Lives!

Royal St. Augustine, one of St. Johns County premiere golf courses; will be the setting for the 2nd annual St. Johns Business Network Charity Golf Tournament on Sunday July 13, 2014 (rain date July 20). This event is open to men, women and mixed foursomes with prizes for 1st, 2nd, 3rd and last place. Proceeds from the event will support the Betty Griffin House 24-hour crisis hotline, counseling, emergency safe shelter, rape crisis response unit, advocacy and educational programs of the nonprofit agency serving victims of domestic and sexual abuse in St. Johns County.

The outing, designed for golf enthusiasts features a 9am tee-off with a 4 player scramble best ball format. The 18-hole event includes breakfast provided by Leroy's Hole in the Wall, lunch provided by Ned's Southside Grill, special golf contests, 50/50 raffle, prizes and gifts, with the chance to win a White Hawk Ultra Lite from Ocean Grove RV. The cost to play is \$60 per person and \$240 per team.

Golf and a charitable deduction - What a Great Deal! This is the most fun and best-value tournament in North East Florida. Lots of sponsorship opportunities are available that include signage. This tournament is a great way to promote your business while supporting a great cause.

Current Sponsors include: Sponsors include the following: Ocean Grove RV, Pop-a-lock, Meehan's, Rulan, St. Johns Business Network, Flagler Hospital, Tanner Martinez, Anciet City Accounting, Matanzas GEO, GE Sales & Marketing, Five Star Pizza, Morris, Big Fat Coupon Book, Memory Hopkins, Tim's Wine Market, Craig Funeral Home, Kresge, Platt & Abare, Casa Maria and Cantina Louie.

As a private, nonprofit agency, Betty Griffin House provides emergency shelter to abused women, men and 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, (continued on page 2)



ST. JOHNS
Business Network



City Hall Update

At its June 9, 2014 regular meeting, the St. Augustine Beach City Commission took the following actions:

1. Discussed with County Commissioner Rachael Bennett what might be done to make the beach accessible to non-four-wheel drive vehicles. The city's public works director is to discuss possible options with county staff persons.

2. Approved the permit for the Eastern Surfing Association's 48th annual July 4th surfing contest north of the fishing pier.

3. Passed on final reading the ordinance to adopt the changes to the city charter. Some of the changes will be on the ballot for the August 26th primary election; others will be on the ballot for the November 4th general election.

4. Approved a budget resolution to transfer money for various purposes in the

police department's budget.

5. Approved a resolution that authorizes the renewal of an agreement with the Florida Department of Transportation to reimburse the city for maintaining the landscaping along State Road A1A from Pope Road to Owens Avenue.

6. Directed the Art Studio Group and the St. Johns Cultural Council to work out their issues concerning air conditioning and sound proofing the space in the former city hall that the Art Studio Group leases from the Cultural

Council.

7. Directed the city staff to prepare a request for proposals for a new telephone system.

8. Discussed the city's current noise regulations and directed that the staff obtain St. Augustine's noise regulations and the regulations from a few (page 4)



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

- *Message from the Mayor*
- *City Manager: Legacy*
- *Beautification Committee: A Penny for Your Thoughts*
- *Financial Focus: What Can Vacations Teach You about Investing*
- *Spiritually Speaking: "Under God" - a Tutorial*
- *Health Focus: Pain & Posture*
- *Chief's Dish: Fusilli with Wild Asparagus*
- *Civic Association News Update*
- *Don't Make \$100,00 Mistake on Social Security Benefit*
- *Civic Association -Parking Survey Results & Suggestions*

St. Augustine Beaches News Journal

St. Augustine Beaches News Journal

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

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City of St. Augustine Beach

Mayor Andrea Samuels
City Manager Max Royle

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sabadmin@cityofsab.org

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

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

Articles or information may be sent to the Beaches News Journal, 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.

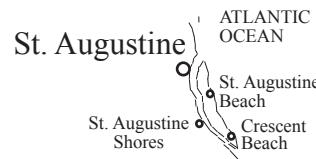
All articles, news, ads, or other information submitted to the News Journal are subject to editing. Publishing of submitted letters and information is at the discretion of the publisher. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial 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 Publisher 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 government, St. Augustine Beach community development, management company or Homeowners Association.



News From Around St. Johns County

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St. Johns Business Network is Golfing to Save Lives!

(continued from page 1)

Ponte Vedra Beach, St. Johns, (St. Augustine and St. Augustine Beach. For more information or to make a donation, please visit our website at www.bettygriffinhouse.org. You may also like us on Facebook. If you or someone you know is being abused, please call our hotline at (904) 824-1555.

St. Johns Business Network is an organization of businesses in St. Johns County that support each other and build community awareness of their member businesses. The group promotes business activity and local interaction in St. Johns County through shared contacts and advocacy. They are an organization of producers that roll up their sleeves and work to better the community.

Don't Make A \$100,000 Mistake On Your Social Security Benefits

By Jane Tucker, First Florida Insurance

When you elect to take Social Security, you want to create a strategy coordinating your social security benefits with your other assets to maximize your benefit.

Specific strategies can help maximize savings, but couples also need to avoid a common mistake. Almost everyone thinks of it as their own earnings record, their own benefit, as opposed to integrating what they receive.

Instead, make the decision as a couple. Consider a hypothetical situation. The husband, the higher earner, believes he's going to die relatively early and the wife thinks she'll live a long time. So the husband claims his benefits as early as possible and the wife delays. That's exactly opposite of the scenario that should happen.

Each year you delay claiming your benefits past your normal retirement age, your benefit ticks about 8% higher, up to age 70, thanks to what the Social Security Administration calls "delayed retirement credits." And in the event of a spouse's death, the surviving spouse can take the higher of her own benefit or that of the dead spouse.

If the husband claims early and then dies first, effectively he's shortchanged his wife's survivor benefit. Instead, that husband should delay his claim, so if need be the wife can claim the highest possible benefit for the rest of her life. If the wife dies first, the husband simply keeps his own benefit.

You're trying to maximize benefits over both spouses' lives. That's the key that most people miss.

A claiming strategy called "file and suspend"

can help get the most money. Say a husband plans to delay his benefit until age 70. He is allowed to claim his benefit at his normal retirement age—say it's 66—and then immediately suspend it.

That way, his benefit amount keeps growing—thanks to those delayed retirement credits—but since he did make that initial claim, his wife, at her full retirement age, can file a "restricted" application to claim spousal benefits based on her husband's record, but not her earned benefit.

Generally, spousal benefits are up to 50% of the other spouse's monthly benefit at full retirement age (some age restrictions apply). In this scenario, her own benefit now can grow until she hits 70, too.

In one hypothetical "file and suspend" scenario, a couple, both 66, could collect an additional \$60,000 by delaying their benefits and the wife taking spousal payouts while they wait.

Another use of a "restricted" application: Say a 66-year-old husband decides it makes sense for him to delay his benefits until he's 70. His wife started her benefits at 62. What the husband doesn't realize is he is entitled to 50% of his wife's benefit while he waits, because she already filed.

When he turns his full retirement age, the husband can tell the Social Security Administration that, rather than filing for his own benefits, he wants to restrict his benefits to his wife's record. If he changes his mind, he can switch over to his own benefits at any time. In one scenario, that couple would receive an additional \$42,000 by the husband claiming spousal benefits.

Note that the spouse who files a restricted application must be at least full retirement age. If you apply for spousal benefits prior to full retirement age, then "deemed filing" applies. You are deemed to have filed for both your own benefit and the spousal benefit at the same time.

First Florida Insurance will help you put together a strategy that helps you decide when to take your benefit to MAXIMIZE your benefit. First Florida will provide a personalized four page report for free on the best way to maximize your benefit. Call for a report.

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- Lowest unemployment in the state.
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- Office of Management and Budget Receives National Award.

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CUSTOM BEACH HOUSE. 757 Ocean Palm Way. This beautiful 4BA/5BA home is located in the exclusive ocean community of Sea Colony with 4 private beach walkovers, community pool, clubhouse & 24 hour manned guard gate. Open floor plan with pool, professional landscaping, Chef's kitchen and much more! This is a must see! **\$1,395,000**



CUSTOM HOME AND BEAUTIFUL ICW LOT. 120 Grand Oaks Dr. Spacious Great Room design by Arthur Rutenberg Homes. Home to be constructed when contract is accepted. 3BR/2.5BA, 2,619 sf home w/ open, gourmet kitchen & walk-in pantry & granite. Elegant foyer, private den, formal dining room, 12' ceilings in main living area, 10' 4-panel sliding glass door opening onto a covered paver lanai. Gorgeous ICW lot with grand oaks, private boat slip and shared dock (w/1 homeowner). **\$968,900**



KEY WEST STYLE HOME. 926 Deer Hammock Cir. Adorable 3BR/3BA open floor plan home that backs up to preserves in gated community of Sea Colony. All bedrooms with baths. Enjoy the 18'x18' great room w/vaulted wood ceiling & high windows--lets the light in no matter what time of the day. Chef's kitchen w/granite and stainless, custom doors and woodwork throughout the home. **\$679,000**



ADORABLE MOBILE HOME. 4225 A1A S, #106A. 1BR/1BA w/ new carpet, refrigerator & range. New roof in 2009. 94 years left on lease. Gated cmtty has large pool & lots of outdoor spaces. Low HOA includes water, cable, internet, security, management, clubhouse, pool & dock. **\$74,900**



BUILD IN GRAND OAKS ESTATES. 109 Grand Oaks Dr. Beautiful lot (90 x 120') in a community on the ICW. Boat slips are optional, a public park is close by and the beach is a short bike ride away. Feels like old Florida w/abundant grand oaks, the waterway and the beach. Paved road, city water/sewer/cable, community dock to enjoy fishing and all your perfect sunsets. **\$139,000**



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! **\$699,000**



GREAT LOCATION ON THE ISLAND. 176 Bay Bridge Dr. Immaculate 3BR/2.5BA home is close to shopping, restaurants and all beach amenities. Open floor plan on main living area. Upstairs den w/bedrooms. Privacy wall and extra parking. **\$249,000.**



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**



BEAUTIFUL LOT IN PALENCIA. This 100' X 137' lot is located in a wonderful subdivision with its own elementary school. Community has private golf course, state-of-the-art Clubhouse and pool. Great location--convenient to St. Augustine and Ponte Vedra. Bring your custom plans, and build your dream home here!! Sold as is, buyer to verify all measurements. **\$85,000**



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. **\$699,000**



BEAUTIFUL BEACH HOME. 19 Seascape Circle. 5BR/3.5BA home is a must see! Many upgrades in this 3-story Crescent Beach home--2 balconies, 3 fireplaces, granite counter tops, wood floors & custom elevator. This home offers an ocean view from most all rooms in main living area & roof top. Sold as is but in terrific condition. **\$849,000**



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. **\$859,000**



GREAT LOCATION TO BUILD! 225 Dondanville Rd. 71'x110 beautifully treed lot located between the Intracoastal Waterway and the ocean. Have the best of both worlds and build your true dream home. All beach amenities within walking/biking distance. Bring your builder and start your dreams right here in St. Augustine. **\$111,000**



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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News From Around The Beaches

The Art Studio

of St. Augustine Beach
by Jan Heusdens
heusdensjan@yahoo.com
www.beachartstudio.com



Art by the Sea

July's First Friday Art Walk will be postponed because of the 4th of July holiday to the 2nd Friday Art Walk on July 11th from 5-9pm.

Featured Artist for the months of July and August will be Tim Starr, a photographer that made his way here from Maine and Colorado. His National Geographic caliber photographs, beautiful vistas and landscapes from his travels are from varied locations that range from Utah to Alaska, California to Maine and everywhere in between. Tim is one of The Art Studio's newest members. One of his photographs is shown below.

It is not too late to register for Stacey Barden's Children's Summer Art Camp. Sessions are available in July and August. Don't forget the Wednesday evening event, Art By the Sea. For more information on Stacey's classes or to register, please contact her at 904.599.0086, www.thesmilingeasel.com or

find complete details on TAS calender at www.beachartstudio.com.

Current art classes, upcoming events and membership information can be found by visiting TAS website above. The Art Studio is located at 370 Beach Boulevard, St. Augustine Beach in the Cultural Arts Center Building at St. Johns County Pier Park. For further information, please call The Art Studio at 904.615.3197.



City Hall Update from page 1

other Florida beach cities. This topic will be discussed at the Commission's July 7th meeting.

9. Discussed with a property owner the opening of 2nd Street west of 2nd Avenue, so that the owner and the owners of other lots along this section of 2nd Street can have access to their property. It's likely that the commission will by special assessment have the property owners pay their share of the costs to open 2nd Street.

10. Decided to change the city's parking regulations to allow parking on the north side of 16th Street west of A1A Beach Boulevard.

11. Discussed food trucks and whether the city's regulations prohibiting such trucks need to be changed. No decision was made. The city manager is to obtain food truck regulations from other Florida cities.

12. Approved on first reading an ordinance to adopt by reference the St. Johns County School Board's five-year facilities work plan.

The city commission's next meeting will be held on Monday, July 7, 2014 at 7:00 p.m. in the commission meeting room at city hall, 2200 A1A South. The public is invited to attend.

Summer Continues to Heat up At Shores UMC

July brings several fun activities at Shores United Methodist Church. Saturday, July 19, 2014 is the second installment of the Shores Summer Series. It starts with a Farmer's Market from 4-6:00 PM, followed by free hamburgers and hotdogs and fixins' with reservations (call to reserve your meal now!) at 6 pm and a family-friendly movie side the sanctuary at 7 pm.

Vacation Bible School this year will be Monday, July 28th to Friday, August 1st from 9 am to noon every day. VBS registration is free and open to children ages 4 to those who have just completed the 5th grade. The theme this year is

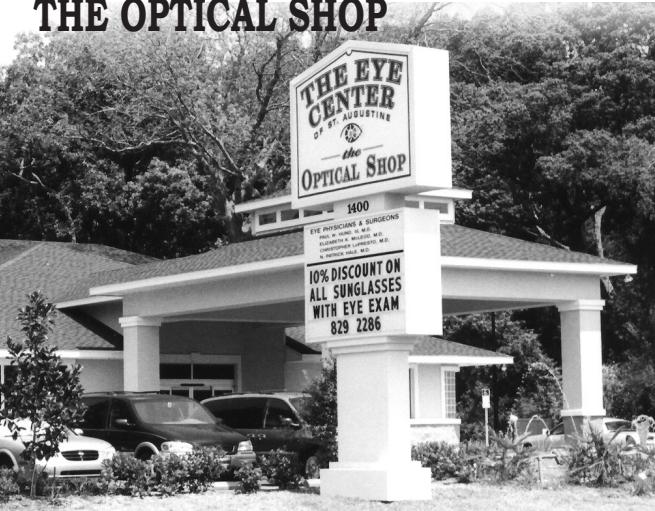
"Son Treasure Island" and treasure seekers will play island games, create colorful crafts, and enjoy tropical snacks. More importantly they will discover the rich treasure of God's love through the life of Jesus.

Shores UMC is located at 724 Shores Blvd., between the golf course and Hartley Elementary. Call 797-4416 to reserved dinner for the Summer Series or to register for Vacation Bible School. Rev. Randy Strickland is pastor.



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Message from the Mayor

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

I thought that we should have a conversation about the Pier Park and some of our roads in our city. This is just to help with some questions that I had recently been asked. The Pier Park is located within the City of St. Augustine Beach, however it is owned and operated by St. Johns County. Certain facilities at the park are also owned by the county. These facilities are the volleyball courts, pavilion, visitor information center, the newly renovated Bait Shop, fire station, beach rescue headquarters and of course, the pier itself. Maintaining these facilities is the county's responsibility and repairs/improvements are paid for through the county budget. Events that take place at the pavilion must be approved by the county through the Parks and Recreation Department. Any short or long term planning concerning the park is entirely the County's responsibility.

Ocean Trace Road and A Street provide vehicular access to the beach. Both of these access roads are in the City of St. Augustine, however they are owned by St. Johns County. Again maintenance and repairs of these roads are paid for through the county budget. The City of St. Augustine Beach does not manage the access to the beach. Decisions in regard to vehicular access are made by the St. Johns County Beach Management division.

The City of St. Augustine Beach has active inter local agreements with St. Johns County that help define the roles and obligations we have together to maintain and improve specific areas, including some of the pier area. Examples of the cooperative efforts can be seen in the renovation of the County restrooms and building of new restrooms at Splash Park. We provided the supervision for the design and construction for these facilities. The county provided \$200,000. We also provided extra funds of \$25,000 from our Recreational Impact Fees to help complete this much needed addition to the pier park. The city provided and built all the electrical improvements at the palm area of the median walk with funds from the Tourist Development Council. This was paid from monies granted for upgrading our Nights of Lights in St. Augustine Beach.

St. Augustine Beach and St. Johns County have a unique partnership. Both entities are working to preserve our natural resources and enhance our lifestyle with better amenities and easy access to these amenities. However, nature and finances can be difficult obstacles to navigate. I hope this helps you to understand that we as a city do not own the Pier Park but that we can negotiate to work with the county and have done so in the past and will continue to do so in the future.

St. Augustine Travel Club

The St. Augustine Travel Club, which meets regularly each month at the Southeast Branch Public Library, will take a vacation break for the months of July and August and will return to its regular schedule in September. An announcement of our upcoming topic will be published in the August issue of the local papers. Have a fun and safe summer.

St. Augustine Beach Civic Association

by **Bill Jones, President**
www.thecivicassociation.com

Parking Survey Results Offer Suggestions & More Questions



The results are nearly compiled in the Civic Associations' recent survey on parking and the future of Pier Park. With over 300 surveys completed online and over a hundred hard copies that were completed a couple of things seems evident. The residents and users of the the St Johns County Pier Park want more parking in and around Pier Park and most people want the parking lot used for those visiting and using the facilities at the park. Several citizens have shared those concerns with elected and appointed officials with both the city and county. We will of course share the final results on our website and with our elected officials with the hope of making sure the community has a voice in the what unfolds. I greatly appreciate the good communication we have had with both our Mayor Andrea Samuels, Police Chief Robert Hardwick, Public Works Director Joe Howell from the City as well as County Commissioner Rachael Bennett and Billy Zeits from Beach Services. Hopefully this good communication will lead to a cooperative effort on a long term plan for the area.

One issue that has come to forefront are the volleyball courts at Pier Park. Our survey shows that most people want the courts to remain at Pier Park. The volleyball community has been vocal and has raised several questions that really deserve an answer. In a conversation with local resident and volleyball enthusiast Jim Luteran I learned that the volleyball community rakes and grades all of the courts. Local volleyballers have also paid for nets and other equipment at Pier Park. The courts are used regularly by people of all ages. One has to ask why the courts don't get the same kind of attention as baseball and softball fields. The volleyball community is also unhappy about being shut out of night time volleyball

allegedly because of sea turtle nesting. According to Mr. Luteran "the county engaged the services of MUSCO Lighting to install lights at Pier Park that were sea turtle and Eco-friendly." Currently the lights are shut off by about 9:15 pm because the lights allegedly "confuse hatchlings". Luteran says "there is no good reason why the lights at the volleyball courts should not stay on until 11 pm. According to Luteran research that shows "turtles avoid areas like beach by the Pier because it's a man made beach and turtles instinctively know the difference".

So the questions of the day seems to be "do turtles have more rights to use our Pier Park more than residents and tourists? And "are policy decisions being made about lighting with inaccurate or incomplete data?". Luteran has asked MUSCO and others for data so that an informed and accurate discussion can occur. I think most people love turtles, dolphins and even the infamous beach mouse. With that being said it certainly seems that are a lot of restrictions on people at Pier Park. Are the rules to strict? Are they based on the complete body of data available? When you look at the amount of shoreline in our county, Pier Park is a very small area. If you do the math and Mr. Luteran has, the area near Pier Park equates to less than four tenths of one percent of the entire shoreline in St Johns County.

Music by the Sea Continues each Wednesday night at the Pier Pavilion. Our second theme night of the 2014 Free concert season takes place on July 30th when Jimmy Parrish and Ocean Waves come to the beach for our 1st Annual Parrot Head Night. It's an evening of beach music, Tommy Bahama shirts and fun. Fore more info please visit our website at www.thecivicassociation.org.

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Location: St. Johns County Pier Park
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LEGACY

By Max Royle
St. Augustine Beach City Manager

In early May of this year, a long-time St. Augustine Beach resident, Emmett W. Pacetti, died at age 88. He was involved for many years in the city's civic fabric, first as a member of its planning board, later as a commissioner and for 10 consecutive years (1993-2002) as its mayor.

I first spoke with Emmett by telephone in May or June of 1989, when I was in Seward, Alaska, and applying for the position of St. Augustine Beach city manager. He was the city commissioner in charge of personnel, and therefore of vetting manager candidates. At that time, the city, though it had a manager, police chief and other department heads, also had a rather unique hybrid system with the mayor and each commissioner having both legislative and administrative responsibilities. After an election, the commissioners would decide amongst themselves who was to have oversight of which city functions and departments. Thus, there'd be a commissioner of planning, another of streets, a third of finance, and so on; the mayor might have oversight of the police and/or personnel. Fortunately, as far as my employment prospects with the city were concerned, the commission had taken personnel oversight away from the mayor at that time, Pete Dodson, because of his abusive treatment of some employees, especially the man whom I replaced as city manager.

Emmett had a rather high-pitched, "reedy" voice. From its sound on the telephone, I pictured him as a typical Florida retiree: grey-haired, wearing a colorful Hawaiian shirt, light colored pants, white shoes, and having a set of golf clubs in the trunk of his new Cadillac. My only correct assumptions were the grey hair and the Caddy, though the latter wasn't

new or even fairly new, but true to Emmett's frugal ways, was a long, large, 1978 "boat," paid for and perfectly suited for transportation between his home and his office on Hypolita Street in St. Augustine's historic district, and for chauffeuring his real estate business clients. He didn't play golf, and I never saw him wearing a colorful Hawaiian shirt or white shoes.

The "chemistry" that develops between persons can be a mystery. On the surface, Emmett and I would seem to be opposites: nearly 15 years apart in age; from different parts of the U.S. (Florida for him, Massachusetts for me); and each with very different life experiences: he, long time married, the father of four, from one of St. Augustine's oldest families and thus with deep roots in the community; while I was unmarried, the father of no one, and for many years an unsettled sojourner through life. Yet, oddly, these differences didn't matter in the slightest. We developed during the first year I was employed by the city a bond of mutual trust and respect that endured for 25 years and that made us an effective team. Most curious, we shared the same sense of humor, and could make each other laugh, not by telling jokes, but by a unique, back-and-forth bantering about each other, and about people and events in the city's political life. I have to wonder how many city managers and their elected bosses can joke the way Emmett and I did for so many years.

His leadership style wasn't a loud, bullying, in-your-face, my-way-or-the-highway style, nor was it meant to draw the spotlight to him, but was like the man himself: quiet, direct, firm. I think it was intimately linked to Emmett's core of integrity, and that made him an extremely effective leader, because there was no deviousness about him, no hidden agendas. He knew who he was, and was comfortable with himself. He saw needs and problems in the city, and calmly proposed, with no equivocating, actions and solutions. He seemed to have a strong awareness of what was important and what wasn't in the city's political life, and thus wouldn't let himself be distracted by those minor "crises du jour" that drove others to paroxysms of drama. (Chicken Little would have had a hard time convincing Emmett that the sky was falling.)

Now and then, though, there was a problem he thought was so significant that he took personal responsibility for a solution, let the political cards fall where they may. The major one concerned fire protection. Since its incorporation in 1959, the city had relied on volunteers. Yet, by the mid-1990s, it was apparent that such reliance was no longer feasible. Many of the volunteers were unavailable to fight fires during the day because they worked far away; it was sometimes difficult to find enough volunteers to man the station at night; there was more and more property to protect as new subdivisions and commercial structures were built. Emmett's proposed solution for this critical public safety need was for the city to contract with the county to have its professional, paid firefighters man the city's station. One day in 2001, this proposal caused vehement opposition and a packed meeting room in the former city hall with citizens who insisted (continued on page 8)

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A Penny for Your Thoughts

July 4th means different things to different folks. For some it's the food: cookouts, grilling burgers, hot dogs — the works — all washed down with lots of ice-cold liquids. For others, it's fireworks that light the night sky and loud explosions followed by a million falling stars. The spirit of the Fourth is summed up in the oohs and aahs of appreciation after each blast. St. Augustine Beach is a great place to celebrate our nation's birthday, so gather your family and friends and let the party begin.

The observance of July 4th also offers a time to pause and remember. After the sight and sound of the red glare has faded, some may reflect on our country's history. Having walked Omaha Beach and felt the stillness of American Cemetery in Normandy, I can say that the spirit of the day carries a strong message from those who died and their service.

Closer to home, the history of St. Augustine Beach is more than just the location; it is the people and the services they gave to make this community a place to call home. People stepped up and served as elected officials, community leaders and good neighbors. Our city has been enriched with the skills, talents and collective memory — also called institutional memory — of folks who have been there, done that — have pitched their ideas, shared their time and treasure and enriched the city exponentially. When people have gotten involved, spoken up, shared their ideas and stepped forward to serve, the benefits, large and small, have been outstanding.

One such example of leadership is found in the folks who shared the idea of having a community garden, and worked to make it grow. The following is a brief update. "At the moment there are 44 gardeners (or w/spouses) who have boxes. Nine community boxes — herbs, flowers, sunflowers, potatoes, summer squash, cucumbers, tomatoes, green beans, peas — shared with all gardeners. Catherine Calabria was the mural winner and is doing the art. We are nearing the end of another successful gardening season in our bit of Eden. We've harvested lots of string beans, peas, collards, kale, summer squash, cucumbers, potatoes and herbs. The children planted a productive garden tower, and butterflies have been fluttering over the passion flowers and coral honeysuckle along the fence. For wildlife, we seem to be attracting an increasing number of birds, including a red-shouldered hawk which hangs out with us. Also, a gopher turtle resides outside the fence. We're looking forward to seeing a diminution in the number of air potatoes as air potato beetles discover the delectable leaves this summer. The next planting season begins in August–September.

New members are welcome to sign up and be assigned a box in July.

Evidence of service and giving back can be found in the splendid Sculpture Garden at Lakeside Park. Sculptures were donated to the city by Thomas Glover W., whose passion was art in public places. Marianne Lerbs, also a creative sculptor, has offered music in the park as a gift to St. Augustine Beach and a legacy to her late husband, Thomas.

The list of folks who have left their fingerprints on the city is long. Finding a proper way to recognize these contributions is being investigated. A fountain at Lakeside Park in Lake Anhinga has been suggested as a living legacy. Because of expenses, the cost might be shared by family, friends, and the City, as a memorial for public servants, elected officials or appointed board members and citizens who have contributed outstanding service to our fair city.

Great changes in the works for our city have been compared to undergoing a facelift — some would suggest it is overdue. Our collective memories, along with the "new" City Charter, will serve as a guide. Your BAC will continue to serve as an advisory committee, listening to citizens' suggestions of how to improve, maintain and move forward. The lasting impact and benefits of a Florida Friendly Yard (FFY) on public land and in our neighborhoods will continue to play an essential role. Your suggestions and assistance are always welcome as our city faces opportunities and challenges.

The question, "Can one person make a difference?" was answered 25 years ago on June 4, when a lone man took center stage and faced down four Chinese army tanks. Seeking comments from students, reporters showed an iconic photo of the event and were met with puzzled responses and a case of collective amnesia. However, the horrific events of June 4, 1989, did take place and cannot be deleted. Ironically, the smallest Chinese coin bears an image of Tiananmen Square, thus giving even the poorest citizen a medal commemorating the events of the day.

Celebrating the Fourth of July includes remembering why. "What's on your bucket list?" was asked in a movie of the same name. Two additional questions posed, asked about a life well lived: "... the ancient Egyptians had a beautiful belief about death. When their souls got to the entrance to heaven, the guards asked two questions. Their answers determined whether they were able to enter or not. 'Have you found joy in your life?' 'Has your life brought joy to others?'" In the most beautiful city by the sea, joy is boundless, so be sure to share your joy and make a little history.

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

"Under God" - a Tutorial

Somehow in the increasingly historically-uniformed consciousness of the body politic, it has become fashionable to relegate the two "offending" words of our national Pledge of Allegiance cited above to the ash heap. So I thought with the Fourth of July coming up it would be a good time, along with gathering at Pier Park to watch the fireworks, to review how the words "Under God" came to be in our Pledge.

The most common complaint against the inclusion of the words "Under God" into the Pledge is that it is a "Johnny-come-lately" kind of thing, only coming into existence by Congressional Resolution (some would argue pejoratively, "intrusion") on Flag Day in the year 1954. I was but a lad of nearly four years old at the time, and I seem to remember a country that — admittedly miserable race relations and strident McCarthyism aside, both of which I was personally unaware — seemed to be at peace with itself and confident of its place in the world. Maybe too confident. In a letter sent to the Knights of Columbus later that summer by President Dwight D. Eisenhower, who signed the Resolution into law, the man who would subsequently warn the nation of a developing military-industrial complex (not exactly a wacko right-winger) said, "These words [under God] will remind Americans that despite our great physical strength we must remain humble." Hmm. Over ten years beforehand, just as we were offering our nation's lifeblood against Nazi aggression, the U.S. Supreme Court had already struck down an earlier ruling requiring public school students to say the Pledge at all (which falls under the "gee, it seemed like a good idea at the time" category, imho).

Anyway, the unvarnished truth of the matter is that one of the earliest uses of the phrase "under God" on these shores may be discerned even today up there in Beantown, where an etched stone inscription above the entrance of the Harvard Law School Library bears the Latin words, "NON SVB HOMINE SED SVB DOE ET LEGE" ("Not under man, but under God and the law"). Good ol' Harvard, who knew?

Probably one of the most famous precedents for use of the phrase, however, goes back to Abraham Lincoln, who spontaneously inserted the words "under God" while he delivered his masterpiece speech, the Gettysburg Address, delivered November 19, 1863. (For the sake of brevity

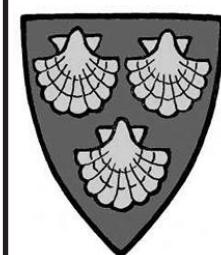
I won't discuss here the equally famous words "endowed by their Creator" found in the Declaration of Independence of 1776, although that's certainly and obviously relevant to our Fourth of July observances).

Lincoln seems to have been swept up into deep emotion and spiritual sensitivity when he delivered his moving oratory and tribute to the fallen of that horrible battle (I remember being moved as a young Boy Scout on a trip to the battle site by the clear sense of its savagery, well preserved by the various interpretive exhibits). Seeming by Divine Inspiration he inserted the words "under God" into the speech, and later at the request of Colonel Alexander Bliss he wrote, signed and dated by his own hand this fifth forensic document, now preserved to this day at the White House.

Recent court challenges by atheist groups and individuals to the "under God" phrase have not met with success, including up in Massachusetts, where both a lower court and the state Supreme Judicial Court drove back the attempt to remove the phrase from their jurisdictions' schools.

We have a phrase of our own here in St. Johns County — "Character Counts". While it is technically possible to possess requisite character for successful self-government without reference to God, the prudential judgment of most responsible sectors of our society seem to think otherwise. Even "Rock Star Pope" Francis by his own example represents that mode of thinking, even if he gives certain atheists a pass in his speeches. Let us please keep these things in mind along with the fun and frolic of this year's Fourth Celebration.

God bless and love you all, Fr. Nick
(I gratefully acknowledge Columbia magazine's June 2014 edition as the source for some of the research for this article)



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Evaluation

(continued from page 6)

that the city should have its own fire department. Emmett faced that crowd, and despite the shouts, pleas, threats of "wait 'till the next election," he as mayor held firm with two other commissioners: the day of the volunteer firefighter was past; it was time for a change. Though not likely remembered by many citizens now, this was one of the most significant decisions made by any of the city's many commissions over the years. Emmet saw not only that the city no longer could rely on volunteers for fire protection, it also couldn't afford to have its own 24/7 labor- and capital-intensive paid, professional fire department.

He was sensitive to the criticism sometimes thrown at him that, because he was a realtor, he was using his position as mayor for personal gain. I never saw even a hint of that. He did what many of the other commissioners did: base his decisions on what he perceived was best for the city. One of the few times I saw him angry was when he discovered that a member of the city's sidewalk/bikepath committee was using his position to propose work for his engineering firm.

There were also grumbings that Emmett was anti-environment and pro-development. Yet he consistently supported the city obtaining grants to purchase the 110-acre Fleeman property (now Sea Colony subdivision) to protect it from development, and voted against a neo-urbanism project of 400 residential homes on those 110 acres. He worked with the county on trying, without success, to find the \$2 million needed to bridge the gap between the \$8 million in grants the city had been awarded to buy the property and the Fleemans' asking price of \$10 million. Had the \$2 million been found and the 110 acres purchased to be a park, the environmentalists would have applauded Emmett and the park might have eventually been named after him, though I think he wouldn't have liked that. For all his achievements in business and as mayor, he was a man who didn't need his ego

stroked, or awards to define who he was.

Yet a list of the achievements in the city for which he was directly responsible is in order here, as they are his legacy. In his calm, methodical way, he prepared the city for its future. You'll see from the progression of dates that it's almost as if Emmett had had a vision of what he thought needed to be done and where he wanted the city to go. There was first the renovation of the city's fire station in 1991; then over the next several years, starting in 1992, the sidewalks along Pope Road, A Street, Ocean Trace Road, 5th Avenue and Mickler Boulevard; the purchase of land on Mizell Road for the city's new public works facility and the building of that facility in 1992-93; also starting in 1993 the development of a master drainage system, which, if the city had to construct it today to solve its drainage problems, would cost millions; the purchase of land on State Road A1A for the city's new police station and city hall in 1993; the building of the station in 1999 and the city hall in 2000-01. Most of all, he made certain that there was a beach in the city's future by working for 10 years (1992-2002) to get federal, state and local tourist tax money for the restoration of a beach that by the late 1990s had become so severely eroded there was sometimes during a high tide practically no dry sand on which to walk from Pope Road to what is now Sea Colony.

Though the physical Emmett is no longer with us, who he was and what he was lives on, first, through his large and loving family, second through what he did for our city. Without him, St. Augustine Beach wouldn't be what it is today. I consider myself to have been blessed with incredible good fortune to have known him, worked with him, been a guest in his home and included by him in family celebrations. As a sojourner through life in many places, both in the U.S. and overseas, I've known and worked with many persons. Emmett was truly one of the most remarkable.



Beaches Bistro

By Paolo Pece, Cafe Atlantico

cafeatlantico@comcast.net

Fusilli with Wild Asparagus

The acid contained in the asparagus tend to make wines taste metallic. Stay away from tannic reds or oaky whites and go for something citrusy, herbal and unoaked, for instance a Sancerre or Pouilly Fumé from France's Loire Valley, Grüner Veltliner from Austria, Alsace Riesling, New Zealand Sauvignon Blanc.

serves 4

ingredients:

- 14 oz. fusilli pasta
- 2 lb. wild asparagus
- 5 tbsp. olive oil
- 12 oz. tomato puree
- parmesan cheese
- salt pepper

Wash the asparagus well and cut off the tips. In a pan with oil, sauté for 3/4 min., until golden, stirring with a wooden spoon. Add the tomato puree, season with salt and pepper and cook for 20 min. covering with a lid. Check from time to time that

the sauce doesn't thicken too much, and if it is necessary, add some water or chicken broth. Cook the pasta in plenty salted water and drain. Pour into a serving dish, and sprinkle with parmesan cheese and dress with the asparagus sauce. Serve warm.

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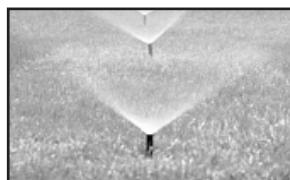
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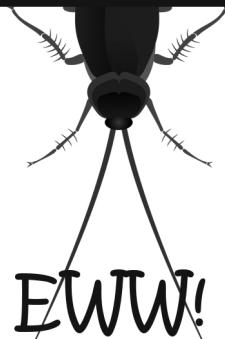
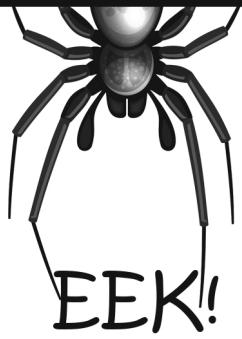
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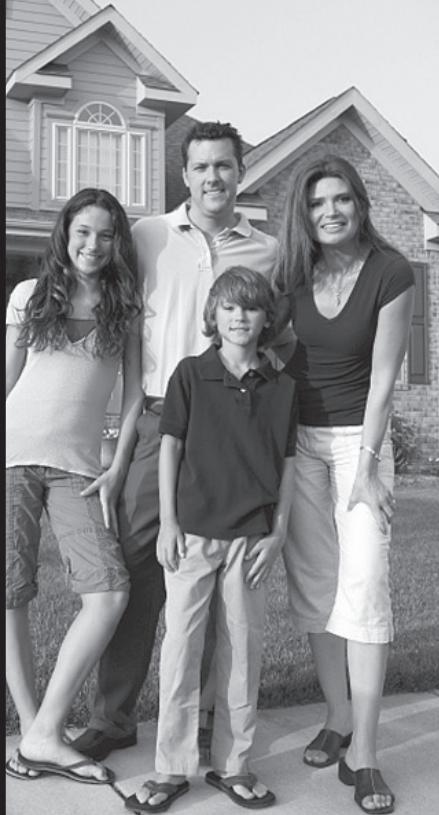
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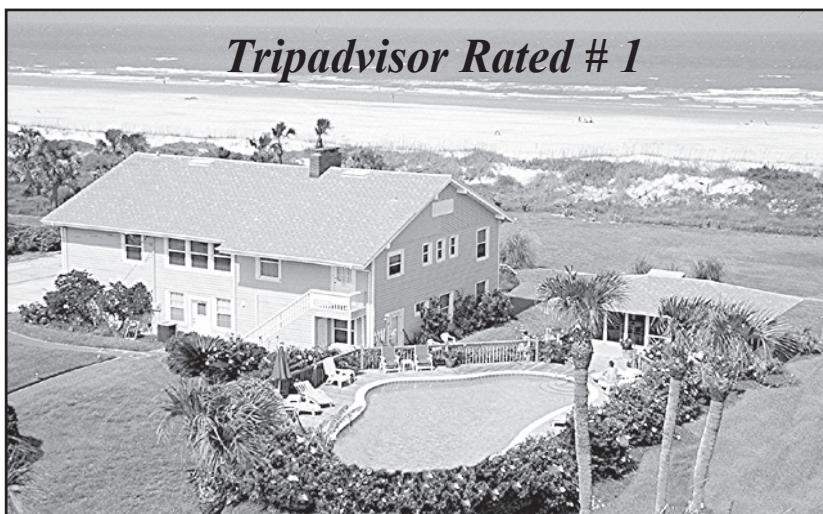
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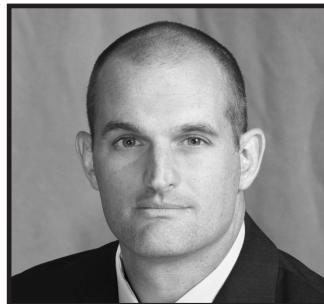


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Financial Focus

Information Provided By
Edward Jones

What Can Vacations Teach You about Investing?

Summer is almost here — which means it's officially vacation season. You may be looking forward to "getting away from it all," but, as you know, vacations actually require a fair amount of planning. And it might surprise you to learn that some of the efforts required for successful vacations can impart some valuable lessons in other areas of your life — such as investing.

Here are some vacation-related moves that you may want to transfer to the investment and financial arenas:

- **Secure your home.** If you're going on vacation for a week or so, you may need to take some steps to safeguard your home: stopping your mail and newspaper, putting on a timer to turn on lights, alerting your neighbors that you'll be out of town, and so on. But while it's important to secure your home today, you will also want to help ensure it will be there for your family in the future, should anything happen to you. That's why you'll want to maintain adequate life and disability insurance.

- **Know your route.** If you are driving to your vacation destination, you will want to plan your route beforehand, so that you can avoid time-consuming delays and detours. And to reach your financial goals, such as a comfortable retirement, you will also want to chart your course — by creating an investment strategy that is designed to help you work towards those goals based on your specific risk tolerance, investment preferences and time horizon.

- **Keep enough gas in the tank.** As you set out on a road trip, you need a full tank of gas in your car, and you'll have to keep refueling along the way. And to "go the distance" in pursuing your financial goals, you will need to have sufficient "fuel" in

the form of investments with reasonable growth potential. Without a reasonable amount of growth-oriented vehicles in your portfolio, you could lose ground to inflation and potentially fall short of your objectives — so, over time, you may need to "refuel" by reviewing your portfolio and rebalancing if necessary.

- **Protect yourself from getting burned.** If your vacation plans include a stay at the beach, you'll need to protect yourself and your family from the hot sun — so make sure you're all using sunscreen. When you invest, you can also get "burned" if you are not careful — especially if you are inclined to chase after "hot" investments. By the time you hear about these so-called sizzlers, they may already be cooling off, and, even more importantly, they just might not be appropriate for your goals and risk tolerance. Instead of becoming a "heat-seeking" investor, focus your efforts on building a diversified array of quality investments appropriate for your needs. If you only own one type of financial asset, and a downturn hits that asset class, your portfolio could take a big hit. But by diversifying your holdings, you can help reduce the effects of volatility. Keep in mind, though, that diversification, by itself, can't guarantee profits or protect against loss.

As we've seen, some of the same principles that apply to creating a vacation may also be applicable to your investing habits. So, put these principles to work to enjoy a pleasant vacation—and a potentially rewarding investment experience.

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

**Happy 4th
of July**



Connie Reep

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MAKING SENSE OF INVESTING



Pain And Posture

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

Months ago I wrote a column entitled "Stand Tall" where I addressed our need for efficient posture to balance the forces that move through our bodies (please see www.firstcoastrehab.com). Recently, I examined a patient who told me he experiences bothersome neck pain almost every time he travels. He is rather tall, and like most of us these days, he doesn't fit properly in those tiny airplane seats. Because of his height, his head is well above the headrest, and if he naps during his journey, he wakes in pain.

The reason for his pain is simple. Without support, his head falls forward, pulling on the posterior neck muscles. The prolonged pull on these muscles causes them to "guard," or contract just a little, which leads to that feeling of tightness and pain, and can even result in a headache—not a good way to begin a vacation. The same kind of thing can happen if you read in bed or watch TV slouched in your favorite chair. As you probably know, the pain doesn't go away just because you wake up and change position.

Not every painful condition is complicated. In this case, I showed the patient how best to sleep on a plane, and during treatment, we devised a simple intervention for the pain using two tennis balls inserted into a sock. They conform nicely to the right and left sides of his neck. The solution resolved his pain so quickly that he's decided to carry these items in his luggage from now on.

You might be surprised to learn how many painful conditions and musculoskeletal dysfunctions can be alleviated by simple adjustments to daily patterns, especially those soft tissue-related injuries that arise from postural or habitual imbalances. For example, if you wake up with persistent neck pain, your pillow could be the culprit. Over time, pillows compress and flatten,

which can change the stresses on your neck. If you wake up with back pain, it may be time to invest in a new mattress. Pain with standing sometimes indicates that you need to change which "stance" leg you habitually use. This kind of pain can be relieved by using certain stretches and by stabilizing your back. Back pain can also come from an ill-fitting chair, or from sitting at the computer for too long without a break. Try getting up from the computer every thirty minutes to change your posture and exercise your eyes. We've all experienced foot pain caused by shoes that don't fit properly, but even a pair of tight pants can restrict your motion and lead to pain.

It's easy to accept these kinds of pain as part of our daily lives, but simple solutions are often within reach. Stretches, exercises, and changes in your routine can help you become stronger and more flexible. Your body is responding to the stressors placed upon it. If you do nothing, your body will become debilitated, weak, and tight.

Of course, not every physical pain is caused by a musculoskeletal imbalance, and you should consult a physician to rule out a medical origin for your pain. The key is determining the source of the problem. Physical and occupational therapists are trained to analyze and correct musculoskeletal imbalances. If your pain and dysfunction originate there, the solution may be simpler than you think.

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 has been in practice for over 13 years, is a Fellow of the American Academy of Orthopaedic Manual Therapists and trained/certified in a number of soft tissue techniques.

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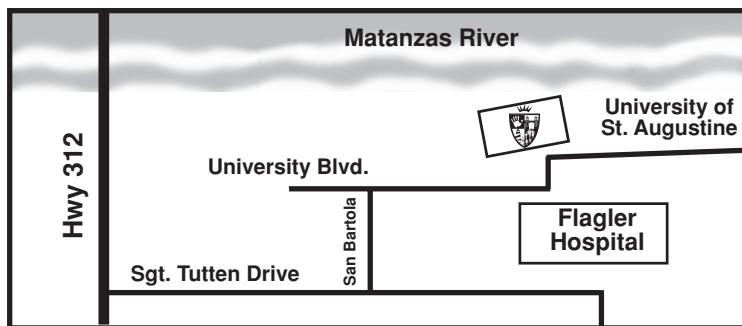
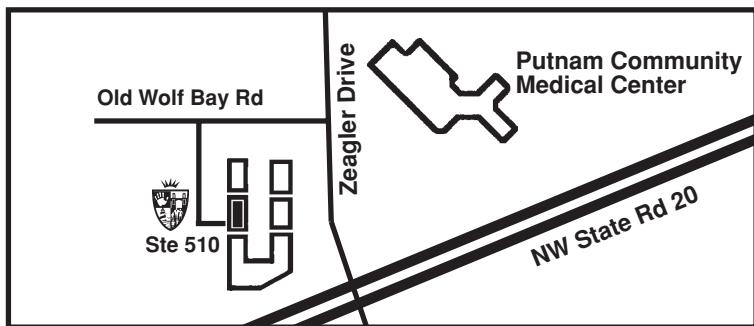
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