



St. Augustine Beaches

News Journal

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

Friends of St. Augustine Amphitheatre Holds Successful Childrens Arts Festival and Music & Arts Camp

By Carol Gladstone



It's been a busy summer for the Friends of the St. Augustine Amphitheatre, better known as FOSAA. In June FOSAA sponsored A Gathering of Friends, Children's Arts Festival - a free event held at the Amphitheatre. Children had the opportunity to experience hands-on arts activities with area visual artists, dancers, musicians, and crafts people who generously donated their time. Children also met Curious George and Clifford, played games with pirates, and lined up to have their faces painted. Over 1300 children and adults attended and activity areas were packed all day. Funding from a TDC grant helped defray expenses. Festival co-chairs, Jessica Ray and Carol Gladstone, were thrilled with the turnout and plans are already underway for next year.

In July FOSAA sponsored its first Music and Arts Camp, also at the Amphitheatre. Funds raised from last year's Celebrity Guitar Auction/Raffle covered expenses, enabling the Camp to be offered free of charge to all participating children. During the week children learned to play the ukulele, construct Muppet puppets, make and play drums, learn proper vocal techniques and sing and record an original song. The culmination was an enthusiastic last day performance for family and friends. "We could not have brought the Arts Festival or the Camp to fruition without the enthusiasm and generosity of Ryan Murphy and the Amphitheatre staff," said Dottie Acosta, President of FOSAA. "We are all in sync in recognizing the importance of the Amphitheatre as a community venue."

Ryan Murphy, General Manager of the Amphitheatre is one of FOSAA's biggest cheerleaders. "Every year the Amphitheatre presents a phenomenal schedule of



Photo: On the left is Nana Royer, right is Mayor Andrea Samuels. At its August 4th City Commission meeting, Mayor Andrea Samuels presented a plaque to Ms. Nan Royer, in appreciation for Ms. Royer's nearly four years of service to the community on the City's Tree Board/Beautification Advisory Committee.

City Hall Update

On July 28, 2014, the St. Augustine Beach City Commission held its first meeting on the proposed Fiscal Year 2015 budget. At that meeting, the commission set the property tax millage at 2.3992 mills, or \$2.3992 for every \$1,000 of the assessed value of a property. This millage is the same as the commission approved for FY 2014.



Other decisions made by the commission included:

- a. continuing the employees' current medical health insurance plan with Florida Blue;
- b. providing those employees earning less than \$50,000 with a 3% cost-of-living increase; employees earning \$30,000 or less will also receive a \$500 increase in pay; employees earning above \$50,000 will receive a 2.4% increase.

The commission discussed requests from the staff for projects and new equipment. A public hearing will be held by the commission on the proposed millage and budget on Monday,

September 8, 2014 at 5 p.m. in the commission meeting room at city hall. The budget can be reviewed on the city's website (staugbch.com) or at the city manager's office.

The commission held its regular meeting on August 4, 2014 and took the following actions:

1. Presented a plaque to Ms. Nana Royer for four years of service to the city on its Tree Board/Beautification Advisory Committee.
2. Approved on final reading an ordinance to allow parking on the north side of 16th Street, west of A1A Beach Boulevard.
3. Re-appointed to three-year terms Comprehensive Planning and Zoning Board members Mr. David Bradfield and Mr. Steve Mitherz.
4. Approved two resolutions: the first to authorize the sale of a surplus 2006 Chevrolet Impala used by the police department; the second to authorize the mayor to sign the master traffic signal maintenance agreement with the Florida Department of Transportation.
5. Approved five budget (see page 4)

What's Inside The News Journal This Month

- *Message from the Mayor*
- *City Manager: Leadership I*
- *Beautification Committee: September, Already?*
- *Financial Focus: Work to Become a Better Investor*
- *Spiritually Speaking: "A Generational Battleground"*
- *Health Focus: One-A-Day, is more than just a Vitamin*
- *Chief's Dish: Pasta E Piselli*
- *Sheriff's Corner: Back to School Safety*
- *Understanding what Affects the Cost of Homeowners & Tenants Insurance*
- *Regulatory Flood Plains & Flood*
- *Wind Mitigation Inspection Could Save You Money on Homeowners Insurance*

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St. Augustine Beaches News Journal

St. Augustine Beaches News Journal

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City of St. Augustine Beach

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

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

Articles or information may be sent to the Beaches News Journal, 1965 A1A South #180, St. Augustine Beach, Florida 32080-6509. Information may also be

e-mailed to beachesnewsjournal@yahoo.com or the editor at clogsdon1@yahoo.com.

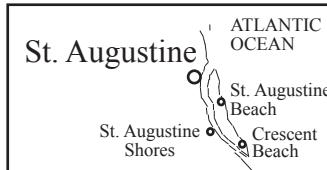
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Matters concerning advertising should be referred to the Publisher or mailed to 1965 A1A South #180, St. Augustine Beach, FL 32080-6509.

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News From Around St. Johns County

Friends of St. Augusting Ampitheatre Holds Successful Childrens Arts Festival and Music & Arts Camp

large concerts and events that we are proud to bring to the community," he explains, " but it is truly the events that we work on with FOSAA that brings us closer to our vision of bringing the Amphitheatre to the community and providing a space that is inclusive of all who live here. Utilizing the Amphitheatre as an educational facility as well as a concert venue fell perfectly in line with FOSAA's Summer Camp."

More non-profits and schools are also using the Amphitheatre for their events and performances and FOSAA offers grants to help defray their expenses. Grants are made possible by membership donations from FOSAA's six hundred Friend members and fifty-two corporate sponsors.. Membership Director, Carol Gladstone, explains " Our members are huge supporters of the Amphitheatre and its concerts as well as FOSAA's mission. Their support enables our hard-working Board to accomplish so much." President Dottie Acosta and the FOSAA Board is now planning its second annual Celebrity Guitar Auction/Raffle on October 25th. Proceeds will be earmarked for future children's events. Ryan Murphy sees this as just the beginning of the great work that can be done together.



Anastasia Library Flood Risk & Mitigation Workshop

James R. Schock, St. Johns County Floodplain Manager and Plans Examiner, is presenting a workshop in September 23 at Anastasia Liabray. During the free workshop he will assist the public in using the County website to find what flood area they may be in, the value of flood insurance, and any mitigation that may be possible.

The workshop from 10 a.m. to 4 p.m. Visit www.sjcpls.org for a list of library locations, and for more information about the workshops, please contact Mr. Schock at 904.827.6806 or jschock@sjcfl.us.

Family Integrity Seeks Foster Parent & Mentor Volunteers

The St. Johns County Family Integrity Program is seeking qualified volunteers to work with children in our local child welfare system as foster parents or mentors. Foster parents serve through their dedication to healing children, providing nurturing temporary homes, and striving to work with a team of professionals to reunify families and find permanency for children. Mentors work with older youth to establish a mutual friendship. The single variable that most accurately predicts the success of a youth aging out of foster care is whether that child has at least one adult friend in their lives that shows compassion and support and reflects success and morality.

Classes required to become a licensed foster parent, or to adopt a child through the child welfare system will begins September 8 and continue November 17. For more information, please call 904.209.6131.

Temple Bet Yam Buys Out House for "The Adams Family"

Temple Bet Yam of St. Augustine, has bought out the house for the Limelight Theatre's wonderful musical, "The Adams Family," on Saturday October 11th. There will be a wine and cheese reception at 6:30 PM followed by the performance at 7:30 P.M. This is a fundraising event. Tickets are \$30.00 and it is open seating. To place a reservation please contact Terre at terretsp@bellsouth.net or amarx46@comcast.net.

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Message from the Mayor

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

I had the honor of representing the City of St. Augustine Beach at the League of Cities conference. The conference was held in Hollywood, Florida. The theme of the conference was Technology and cities. One direction the league was advocating was for cities to have a 5 year IT strategic plan in place. Commissioner Snodgrass had presented that very idea at our August commission meeting. The commission will be holding a special meeting after January 2015 to discuss this and other plans to advance the city.

The commission directed the Planning and Zoning Board to evaluate the Vision Plan. This evaluation should include a review of goals that had been previously set. The Planning & Zoning board will be assessing to see if in fact those goals have been met, which goals need to be reviewed and they will then

make recommendations to the commission. The commission will be assessing the strategic plan, seeing which goals have been met, which have not. Together with the recommendations of the P/Z we should have a positive direction for the city. We will be able to see the accomplishments of meeting goals and seeing what areas need attention. This will be a very exciting time for all of St. Augustine Beach.

There is new legislation in regard to the keeping of records and how meetings are to be held. Florida legislation is moving forward in the education process for elected officials. Starting January 1st all elected officials will be required to take a course on Ethics.

Just a reminder school has started. Please be mindful of our children waiting for their bus or walking to school.

St. Augustine Travel Club

Please join us for our FREE St. Augustine Travel Club get together on Wednesday, September 10, at 3pm at the Southeast Branch Public Library on U. S. 1 when we will present on ECUADOR. Our own Mary Ellen Page will give a presentation on her experiences having spent some time in Ecuador with intentions of staying there. She will explain and talk about it. 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 Dytrych at 904 797-3736.

The St. Augustine Travel Club is a volunteer organization offering presentations and lectures on various countries and is free with no membership required.

Moultrie Creek Nursing & Rehab 5 - Star Rated Facility in Florida

The Moultrie Creek Nursing & Rehab Center has been identified by the Agency for Health Care Administration (AHCA) as a "5-Star" ranked facility. This ranking is based on the facility's survey score over the past 30 months, and indicates that they rank in the top 20% of nursing homes this Region. In addition to overall facility inspection, each facility receives stars for quality of patient care and their quality of life within the facility. The AHCA rating also scores the facility on administration, nutrition,



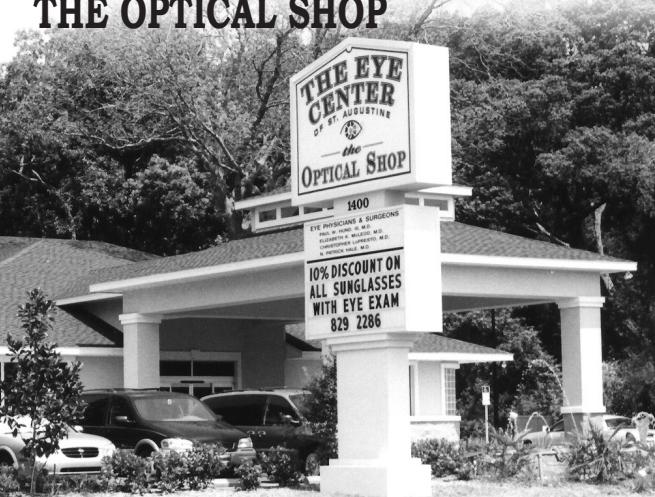
hydration, restraints and abuse, pressure ulcers, overall decline in patient conditions and dignity related issues.

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City Hall Update

resolutions to amend the Fiscal Year 2014 budget.

6. Discussed the opening of 2nd Street west of 2nd Avenue, and decided that access to 2nd Street is to be via 2nd Avenue from 1st Street. The city staff is to work with the lot owners on issues concerning the County Utility Department providing water and sewer lines to 2nd Street west of 2nd Avenue. Also, still to be resolved is who is to pay for the foundation and pavement for 2nd Street. The city administration has suggested that the city pay a third, while the lot owners will pay two-thirds of the cost. The lot owners will have to pay 100% of the costs to construct the water and sewer lines.

7. Decided that 7 1/2 feet adjacent to a lot at the west end of the 100 block of 2nd Street was part of a plaza, not an alley, and therefore would not be vacated for use by the owner of the lot.

8. Discussed allowing food trucks in the city. At this time, all mobile vending of food and other goods is prohibited except at the Wednesday farmers' market and at special events, such as the city's New Year's Eve Beach Blast Off. The city staff is to obtain more

information about food trucks. This topic is scheduled for further discussion at the commission's September 8th meeting.

9. Postponed to January 2015 discussion of a recent evaluation of city services and operations, and the connection of them to the city's vision and strategic plans.

10. Postponed to the September 8th meeting consideration of adopting the revised personnel manual. The city staff is to obtain information about paying the employees for a certain percentage of an employee's unused sick leave when the employee leaves the city in good standing.

11. Approved two topics for inclusion in the Northeast Florida Regional Council's 2015 legislative priorities: beach renourishment and public transportation.

The commission's next regular meeting is scheduled to be held on Monday, September 8, 2014 at 7:00 p.m. in the commission meeting room at city hall. The public is invited to attend.



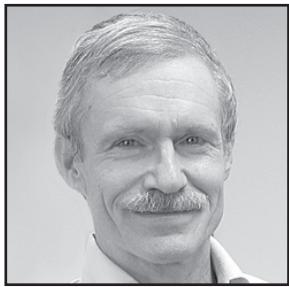
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LEADERSHIP I

By Max Royle
St. Augustine Beach City Manager

You don't know, so I'm going to have to tell you: I had to stare at a blank page here (except for the title above) for several minutes as I wondered where to begin this essay un-extraordinaire. Leadership isn't an easy subject to write about, though entire books have been devoted to it. Maybe leadership is like dieting: there are oodles of books and articles about the topic, but no one book, no one article, provides THE definitive and final word about what's the best diet, about what leadership really, truly is.

And because leadership is such a complex topic, I must by necessity divide my dissertation about it into three parts: first the overview, second an addition to the overview, and third the focus. The last will be a look at some examples of leadership in local government that I've seen over the years. Here's Part I.

There's a preciseness/impreciseness about who is a leader and how to define leadership. We think that we know leadership when we see it in action, and we certainly know about leadership from examples provided by history. There's George Washington, Revolutionary War leader and first president of our nation; and another George, last name Patton, a military general in World War II. There's Abraham Lincoln, who led the country during the Civil War, and Franklin Roosevelt who was our country's leader before and during World War II. There's Winston Churchill, Great Britain's prime minister during World War II; Mahatma Gandhi who, with his followers, changed the history of India; the Dalai Lama, spiritual leader of Tibet; and Mother Theresa, who showed leadership by

her example of service to the poor of Calcutta, India. Scholars of history and ordinary citizens who know history likely think well of leaders. But what's to be said about the likes of Adolph Hitler, Josef Stalin, Mao Zedong, Saddam Hussein, Jim Jones, perpetrator of the Jonestown Massacre of his followers in 1978, and many other so-called leaders whose beliefs and actions resulted in negative consequences?

The search for a definition of leadership leads one to wonder if there are there immutable personality traits that make a person a leader in all situations. What, then, are we to make of these paradoxes: Ulysses S. Grant, effective Civil War general, disastrous U.S. president; Herbert Hoover, skilled administrator of a complex World War I aid agency that saved millions from starvation in Europe, but whose leadership abilities didn't convince the voters to give him a second term as U.S. president in 1932; Winston Churchill, whose leadership in World War II rallied a nation, which then rejected him as its leader after the war; movie directors whose innovative techniques bring film making to its next level, but whose opinions about politics and morality may stamp them as naïve and ill-informed?

Are leaders born or made? Can leadership be learned in academic settings, training seminars, or is leadership the accidental merging of personality traits with an external need for action and direction in certain situations, which might mean that ordinary citizens, some with little formal education and no leadership training, could under the right circumstances be leaders? Leadership, I was surprised to learn, is a topic that can be studied

St. Augustine Beach Civic Association

by Bill Jones, President

www.thecivicassociation.com

Parking Survey Results Offer Suggestions & More Questions



City Hall was jam packed as local candidates tried to convince Civic Association members and others in attendance to cast their votes in their direction at the August 11th Candidate Forum. The most lively discussion came from Candidates for School Board who debated Common Core and its impact on teachers and students. The community also got a chance to hear from candidates Margaret England and Michael Longstreet who are competing for a seat on the City of St Augustine Beach Commission. The Civic Association will give the community a second opportunity to hear from the all the candidates on Monday October 13th at 7 pm.

September brings an end to another amazing concert season. Our final month features some old friends and a couple of new ones. "Mid Life Crisis" is back for a 10th straight year on September 3rd. On September 10th we welcome a new act to Music by the Sea when the band "Go Get Gone" entertains us with a mixture of swing and rockabilly. On September 17th its the "US Navy Pride"

Rock & Roll Band and on September 24th we hope you'll come out for our Tie Dye Hippie Night featuring the music of "Phoenix". Phoenix is a new band with some very familiar faces. Jim Stafford, formerly of the Falling Bones and owner of Eclipse Studios has teamed up with Ron Norris and a few other musicians to form Phoenix. The band will be seven pieces strong and Jim assures me music fans will not be disappointed. Get your hippie gear and get ready for fun on September 24th

Finally we invite you to our September membership meeting scheduled for Tuesday September 9th at 7 pm at City Hall. The Civic Association will update members on upcoming events, finances and more. Refreshments will be served and our guest speaker will be Richard Goldman of the St Johns County Visitors and Convention Bureau. Mr. Goldman will talk about the state of tourism in our county. For more information on the Civic Association we invite you to visit our website at www.thecivicassociation.org.

at a university, like engineering, physics, history, or literature. You can, for example, earn a Bachelor of Science in Leadership at Northeastern University in Boston. The core courses for that degree include psychology, writing, negotiation, finance, ethical decision making and logic. There's also a Master's degree in Educational Leadership offered by the University of West Florida. Southern New Hampshire University has online courses for a Master's degree in Business Leadership. So, you may wonder: does a person these days need a university degree to be a leader?

I know: many questions with no definitive answers. Maybe we can learn something about what leadership is by providing quotes from persons who are or were in their time recognized leaders. Thanks to Encyclopedia Googletanica, I could have given you dozens of pithy sayings, but let's just have a small sample here.

"As we look ahead into the next century, leaders will be those who empower others." Bill Gates

"The best executive is one who has sense enough to pick good men to do what he wants done, and self-restraint enough to keep from meddling with them while they do it." Theodore Roosevelt

"No man will make a great leader who wants to do it all himself, or get all the credit for doing it." Andrew Carnegie

"My own definition of leadership is this: The capacity and the will to rally men and women to a common purpose and the character which inspires confidence." World War II British general Bernard Montgomery

"A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent." World War II and Korean War American general Douglas MacArthur

"Men make history and not the other way around. In periods where there is no leadership, society stands still. Progress occurs when courageous, skillful leaders seize the opportunities to change things for the better." President Harry S. Truman

And for quotes from women leaders, I found many, thanks to Ms. Elaine Bernstein Partnow, who collected and edited them in her book "From Women on Leadership." Here are some:

"For, what is a family without a steward, a ship without (continued on page 10)

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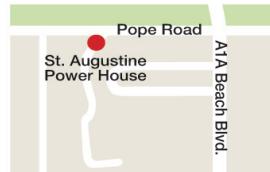
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September 10th - Go Get Gone - rockabilly/R & R - Sea Oates Cafe
September 17th - Navy Pride - Rock/Pop - Coquina Beach Surf Club
September 24 - Phoenix - Clasic Rock - Sunset Grille



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



September is here which is the PEAK month of the Hurricane Season. We know living here in Florida that we have to be prepared. Here are some questions we talked about in June with things you should know about maintaining your Generator or if you are considering a Generator purchase.

• *Mow, Hurricane Season is here. What should I do with my generator to make sure it going to work if I need it?*

Great question, first make sure it starts, Stale fuel is the No. 1 cause of generator starting problems. Manufacturers advise adding fuel stabilizer to the gas to minimize fuel breakdown, varnish and gum buildup. But it's no guarantee against problems. If it doesn't start bring it to us and we can check it out.

• *Mow, I just moved here and I have been thinking about purchasing a generator, how do I know what size I will need?*

Every generator lists two capacity ratings. The first is "rated" or "continuous" watts. That's the maximum power the generator will put out on an extended basis. And it's the only rating you should rely on when buying a generator. The higher "maximum" or "starting" rating refers to how much extra power the generator can put out for a few seconds when an electric motor—like the one in your fridge or furnace—starts up. Identify what items you need power for in an outage, then identify the wattage required for those items by their UL Rating Labels on the items.

• *Mow, when running a generator for long periods what safety considerations should we be aware of?*

First and foremost never run the generator indoors or in a garage as it may cause carbon monoxide (CO) poisoning. Never refill the gas tank when the generator is HOT, tanks are always on top of the engine so they can "gravity-feed" gas to the carburetor. But that setup can quickly turn into a disaster if you spill gas when refueling a hot generator. Some generators, especially low-cost models, can be damaged by running out of gas. They keep putting out power while coming to a stop, and the electrical load in your house drains the magnetic field from the generator coils. When you restart, the generator will run fine, but it won't generate power. You'll have to bring it into a repair shop to reenergize the generator coils. So keep the tank filled and always remove the electrical load before you shut down.

St. Augustine Power House can service your portable generator if needed and we have a full line Honda and Briggs & Stratton Generators and accessories. Our knowledgeable staff can answer any questions you may have.

So until next time please check our ad for a coupon to get a free blade sharpening, we are located at 125 Pope Rd across from the YMCA on the Island or visit our website www.staugpowerhouse.com. Please email your questions to Mow at Askmow@staugpowerhouse.com.

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Left to Right: Gingie MacQueen, Admissions Dir. Beverly Stoltzfos, Director of Nursing, Jason Davis, Administrator, Sally Howes, Rehab Program Mgr, Jignish Patel, Medical Dir.

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Gingie MacQueen, Admissions 904-864-1051



One - A - Day, is more than just a Vitamin

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

The Bayer company manufactured a variety of vitamins and called them "One-a-Day" because you only had to take them once each day. There are not many things we only have to do once a day. Although it doesn't apply to me, most folks have to comb their hair more than once a day. We usually eat and void more than once a day. We sit, stand, bend, and twist more than once a day. But some motions don't happen once a day or even once a week.

Starting with the feet and moving up, the ankles do okay. Walking, sit to stand and negotiating stairs keep them fairly mobile. The knees are the same. But the hips - they rarely move completely. Very few daily activities require full internal rotation, external rotation and extension. Over time this can make them tight and eventually prevent the motion or limit strength. If the hips get tight the lack of movement can be made up in the low back, which is not a good solution. But simple lunges can help maintain strength and most of the hips internal rotation and extension. Crossing the foot over the leg will help maintain external rotation.

In the back, most of us use full flexion when we put on socks and shoes but when we straighten back up we don't really go into extension. Few daily activities require us to go into extension or bend backward.

We don't lean back much, which helps with disc nutrition, keeps the joints mobile and stretches out the ligaments and other soft tissues. By simply placing your hands on your hips and leaning gently back (seated or standing), once a day can help keep this motion and minimize loss. Also, bending side to side by sliding the hand down the leg and up again (side bends) would be a good idea. And crossing your arms over your chest and turning side to side while sitting will also help.

The neck stays fairly mobile just by looking up at the beautiful Florida sky and down looking for shells on the beach. Sufficient rotation is maintained with driving, so that's covered too. Fingers wrists and elbows do fairly well. Fingers go through a variety of motions manipulating objects. The elbow goes into near full flexion with eating and extension is covered when we carry groceries.

The motion in the shoulders, however, is probably utilized the least of any joint and Physical Therapists treat a lot of shoulder problems. If you think about the amount of available motion in the shoulder it really is significant. We can reach overhead, around our backs and behind us. But very little of that is utilized each day. For the most part, we move and live right in front of us. (continued on page 10)

Cash for Gold, Diamonds and Coins



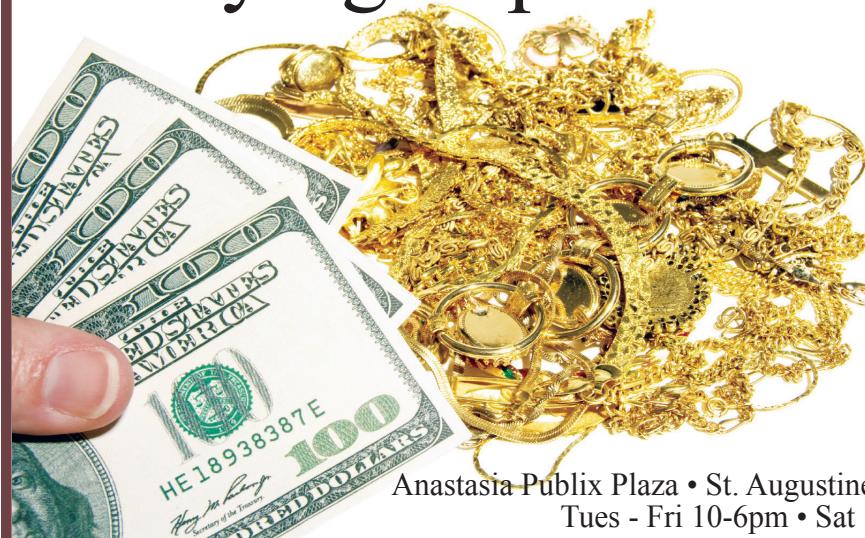
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"The Power Corner"

Welcome to "The Power Corner", a news article about outdoor power equipment with a look into the past and future of outdoor power equipment. For the next few months we "Futch's Power Depot of St Augustine" will discuss a topic with you in hopes to enlighten some truth or false information based on the type of equipment used in keeping your lawns and landscape manicured.

First of all a little background about myself, I have worked in the Outdoor Power Equipment Industry for 20 plus years. Many of you have read past articles of mine written under an alias name in this same paper and I believe that you deserve some new material. "The Power Corner" is intended to do just that. So sit back, read on and enjoy, if you have any questions or concerns or want to debate a subject, please feel free to email me, askapro@futchsdepot.com.

Having said that, let's start off this month's article with some trivia. What invention was patented in June of 1914 that forever changed the lawn mower industry? Hint. Not a machine but a tool that enhanced the machine that did the work. The answer will be revealed in next month's article. If you have an answer please email askapro@futchsdepot.com or call me @ 904-826-2488. We are open Monday thru Friday 7:30am to 5:30pm and Saturday 7:30am to 1:00pm. Stop by if you like and meet the staff and check out our newly remodeled facility. We are located at 23 Marion St. One block North of SR207 on US1. Look forward to seeing you!

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Thanks for reading along this month, I look forward to next month's article and reading your emails, please stop by and see us, we would like to get to know and be your first choice when you need parts or service on your lawn equipment.

Check out the new All-Wheel Drive Husqvarna Walk behind Mowers. Equipped with your choice of a Honda, Kohler or Briggs and Stratton engine.

The Husqvarna HU675AWD 22" Lawn Mower easily handles hills, thick grass and tough terrains. Its AWD technology provides simultaneous power to all 4 wheels giving the operator maximum control and maneuverability. The HU675AWD features a 149cc Kohler engine, 22" cutting width, comfort handle and a 2 bushel soft bag collection system.



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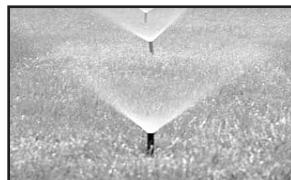
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St. Augustine Beaches Beautification Advisory Committee

Ann Palmquist, Chair
Palmquist@comcast.net

September, Already?

The month of September feels a lot like your first day of school. There seems to be a mixture of excitement and anticipation tempered by more than “just a spoonful” of angst. All washed and polished, you stand quietly kicking dirt with the toe of your new school shoes, waiting to be the first to see the big blue bird on the front of the yellow school bus. Questions buzz in your head like restless bees: Is your new book bag cool, is blue the right color, and does its superhero logo look bad enough so no one will mess with you? Will you like your teacher, and will you find a friend to sit next to at lunch? Good grief, Charlie Brown, Sept. 23 is the first day of autumn. How did it get to be September, already?

Similar feelings have been expressed about plans to celebrate St. Augustine’s 450th birthday and what role the City of St. Augustine Beach will play. History, like time and tide, waits for no one. It sets little store in measuring time, even using Greenwich Mean Time (GMT). Even less notice is given to bright-colored spots on a map outlining geographic borders. History is a continuum, joined at the hip, in this case joined at the shoreline. Without the contributions from Anastasia Island and the role played by the City of St. Augustine Beach during the turbulent civil rights struggle, only 395 birthday candles would be needed.

Some folks might view a 55-year history as a tiny morsel, more like an appetizer at a grand banquet. However, without the tasty appetizer the fine banquet is not complete. Knowing the past helps identify pivotal events and helps determine how best to mark with distinction a suitable legacy. Anastasia Island has made unarguable contributions to the security and survival of St. Augustine. The St. Augustine Lighthouse, preceded by a watchtower built by the Spanish in the late 1500s, has been burned, rebuilt, moved, and restored, and was Florida’s first lighthouse, in 1824. Maritime historic

records attest to the value of this lofty security system.

Coquina, used to build the Castillo de San Marcos (fort), was quarried on our island in 1672. These building blocks — pardon the pun — built a community to last. The city’s 400-year milestone was celebrated with the construction of the Great Cross, erected at the Mission Nombre de Dios. Now, 50 years later, our city recognizes the struggle for civil rights that took place on our beaches, with photographs of a remarkable historical event. To sit by and do nothing seems like a missed opportunity. The historic pages written by our fair city are remarkable and deserve to be remembered.

Come and take a walk on the wild side and visualize what might be possible. Among the many wonderful attributes our city offers is a common denominator — the beauty of good health. Stories of a fountain of youth may be mostly fabricated; however, there is a long history of people coming to our fair city seeking to improve their health. Contributing to the success for many is: finding a healthy lifestyle, clean air, a moderate climate, some of the freshest seafood and a pleasant, laid-back, natural environment.

Your Beautification Advisory Committee (BAC) is working with the efforts of Public Works to enhance and support the search for a concept design for a bicycle / walking path and to present it to the city commission. While the path is still in the early planning stage, three elements will be included in the discussion and incorporated into the design: use of Florida-Friendly Principles in landscape, and cold, drought and salt tolerant plants; safety/security features such as lighting, clear directional and informational signage in braille, and accessibility for all; wide sidewalks for strollers, walkers and joggers, with marked bicycle lanes. A fourth feature will consider the natural beauty of the environment and the rich history of our city.

This exciting concept for 2015 may also give a nod to art such as a sculpture, a wind chime or even a lovely setting for a bench in the shade. A large piece of coquina with a brief story of its role might be placed at 100-yard intervals along the pathway/route. This BAC project will be a living example of the contributions our city has made to history.

As always, your input and support are welcome. You are invited to attend the BAC meeting Sept. 23 at 7:00 p.m. at City Hall. There is an opening to serve as an alternate on the BAC, so give Max Royle a call at 471-2122 and ask for details. A wise proverb reminds us to remember the past and learn, plan for the future and dream ... and always live in the present. Make a little history and plant a more beautiful world in the most beautiful city by the sea.

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

“A Generational Battleground?”

While on the road this past summer and on my way to a “free” breakfast (nothing’s really free in this agenda-laden world), I picked up one of the national tabloids that many hotels make available to their clientele in the morning. While browsing through it I came across a very interesting ad.

It was a full-page shtick, with a rather smallish paragraph in the middle. Eye-catching to say the least. I don’t remember the exact words but it was for some Vegas resort, and its message in the middle basically came down to this (I paraphrase from memory by necessity):

“Congratulations for reading this far. If you had been a millennial [someone born between 1981 and 1996, by one definition] you probably wouldn’t have gotten this far, since they don’t read anymore anyway. And so to reward your [obviously maturity] we want to let you know about our blah, blah, blah offer to stay at our blah, blah hotel and whatnot for a special price. [Implication: you won’t have to deal with those “youngsters” when you come here].” End of ad . . .

Oooooooyyyyyy, got it! Wow! Now it’s grandpa/grandma vs. “the kids”. Except in this case “the kids” are, “like”, ah, at the very edge of the ages of my own children, good Lord!

Now just that one piece of “evidence”, as my 1981-born University of Chicago Law School graduate youngest daughter would cite it, is troubling enough. But there’s more.

This month, there will be a lecture by Mr. Paul Taylor, Executive Vice-President of the Pew Research Center and author of a new book, “Boomers, Millennials and the Looming Battle between the Generations” on the 23rd of the month at the Lewis Auditorium at Flagler College (7 p.m., if you’re really interested). I can only wonder what this researcher will have to say on this topic. I intend to be there to find out.

All I know is this. Putting this lecture title and the unnamed tabloid single-page Vegas ad together, we have, as the old song goes, “trouble in River City.” Only it’s not just the St. Johns River or any single river complex of the cities in our fair land. We may have a national major issue on our hands.

Oh, and if you well-heeled retirees here

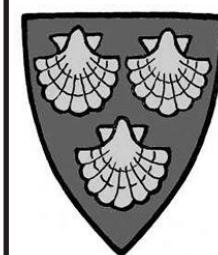
on “Paradise Island” on the Intercostal Waterway imagine this won’t affect you, think again!

Got a medical emergency? Who do you think will attend you in the ER, aside from the M.D./D.O. professionals who may (or may not) get to you “in time”? Why the very kiddos you may have ignored throughout their developmental years, including the consequences of underfunding of our locals schools and their reading programs that just might enable them to decode the correct strength of a prescription to pull you out of cardiac arrest.

Oh my, oh my. It’s the beginning of a new school year, and what will some of us do with all our free time this year? Another self-indulgent round of golf? Another weekly massage (well deserved, we imagine)? Or do we VOLUNTEER (oh, that word) at a local elementary or middle school, to help children grow well into our society?

The choice is yours — and mine. And guess what? We never “graduate” into blissful and indolent retirement in this world. We die with our boots on — or we die miserably. Just a thought at the beginning of this new school year.

God bless and love you all, Fr. Nick.



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Beaches Bistro

By Paolo Pece, Cafe Atlantico
cafeatlantico@comcast.net

PASTA E PISELLI

I recommend a bold Cabernet Sauvignon for this wintry dish.

The intensity and the luscious fruits of this full body is in balance with the sweetness of the onion and the smokiness of the bacon.

serves four

- 1 lb ditalini or broken spaghetti
- 1 1/2 tbsp extra virgin olive oil
- 1 oz (2 tbsp) butter

- 10 oz (2 cups) chopped onion
- 5 oz bacon
- 1 1/4 lb (4 cups) shelled fresh or frozen peas
- Salt and black pepper to taste
- 4 oz freshly grated Parmesan cheese

Preparations

Heat the oil and butter in a large pan and add the chopped onion.

Cook for about 5 minutes, then add the bacon cut into small cubes.

When the bacon is nearly cooked add the peas.

Season to taste and leave to cook gently.

Cook the pasta for 5 minutes less than the time stated in the packet.

Directions.

Drain and add to the pea mixture, together with 4 tablespoons of the pasta water.

Cover and cook for another 5 minutes.

Do not drain. Sprinkle with parmesan and serve hot.

Wind Mitigation Inspection Could Save You Money On Homeowners Insurance

By Jane Tucker, First Florida Insurance

We're always looking for ways to lower our insurance cost, and a little known Florida law may help do just that. The law requires insurance companies to provide discounts on the hurricane windstorm portion of homeowners insurance premiums for residents who install wind resistant features on their homes.

For your home to qualify for these discounts, insurers require a certified inspector to examine your home. While the homeowner must pay for the one-time inspection cost, typically as low as \$50, this is often offset by savings to your homeowners insurance premiums.

Certified inspectors will examine and document installation of fixtures and/or construction techniques which can reduce the amount of loss during a windstorm. Home improvements and construction techniques such as roof-to-wall connections, hurricane shutters, impact rated glass, roof deck fastening, building code equivalent roof covering, and even the shape of your roof (hip vs. gable shape) can determine discounts. Many qualified homeowners report a savings of up to 40% on their windstorm portion of insurance premiums.

Since St. Augustine and surrounding neighborhoods are close to the coast, we are more vulnerable to damage caused by hurricane winds, resulting in higher premiums for windstorm protection than inland areas of the state.

During your home inspection, a certi-

fied wind mitigation inspector will note when your roof was installed and if it meets building codes. The code standard was updated in 2001 in Florida.

An inspector will determine what type of roof decking is used and how it's attached to the underlying structure, such as nailed or stapled.

The more secure your roof, the better. Are roof trusses attached with nails or hurricane clips?

If your roof is a gable style, an inspector will review if the gable ends are braced securely.

Inspectors will determine the wall construction materials used on your home for framing, reinforcement, and outer fascia, and at what percentages.

Roofs installed after 2008 require a secondary water barrier and your inspector will check for this protection; hurricane rated protection to qualify for this discount.

First Florida can provide a list of certified inspectors in our area who provide Wind Mitigation inspection. Call us and we'll help you get the discounts you deserve.

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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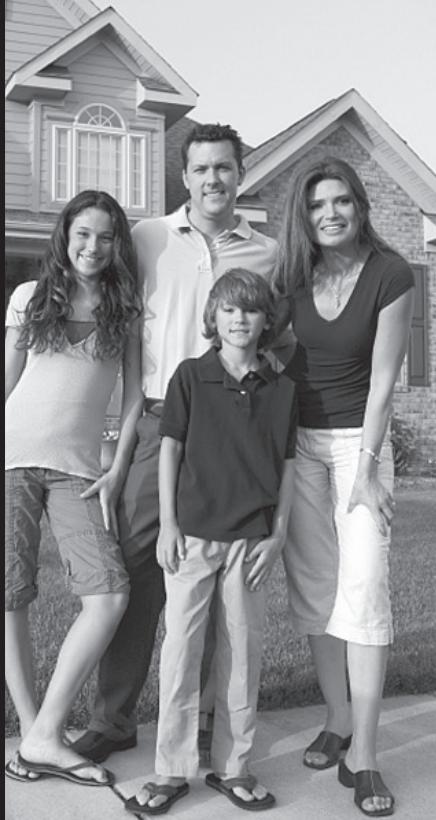


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St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

Back to School Safety

This month I would like to remind all of our citizens as well as visitors that schools went back in session late last month which means that our children are going to and from school daily. I would ask all of you to take extra time and be extremely careful in school zones as well as at bus stops. In heavily traffic areas, motorists should plan on longer commutes and follow the speed limit in School Zones. Deputies will be at school zones throughout the county to monitor those zones and to address any violations accordingly. Drivers need to be advised that speeding fines are doubled if they occur in a school zone. Deputies will also be in unmarked vehicles seeking any motorists who pass stopped school buses while loading or unloading students. Remember ALL traffic in both directions must come to a complete stop for school buses that are stopped, displaying the "stop" signal. Motorists traveling in the opposite direction are exempt from stopping if the roadway is separated by a median of at least five feet wide. These infractions will be strictly enforced.

Motorists are also reminded to take extra precaution at school bus stops where eager youngsters, many riding the bus for the first time, may dart into the street as the bus arrives. Here are some safety rules to pass along to children that ride a school bus. Arrive at your bus stop at least five minutes early and stand at least ten feet away from the roadway. Be sure to wait until the bus stops, the door opens and the bus driver says it's alright to enter

before stepping onto the bus. Be careful that clothing with drawstrings and book bags with straps or dangling objects do not get caught in the handrail or door when exiting the bus. Walk in front of the bus, never behind the bus. Remember if you can't see the bus driver, he or she cannot see you. After getting off the school bus, stop at the edge of the bus and look both ways before crossing. If you were to drop something beside the bus, make sure to you tell the driver before attempting to pick it up.

Students who walk to school should do so on a sidewalk if it is available. If there is no sidewalk, students should walk against the flow of traffic and be sure to cross at marked crosswalks. Those who ride a bicycle should remember to ride with the flow of traffic and follow all traffic signs and signals. Remember students are required to wear a bicycle helmet. Now that schools are open for another year, please take the extra time needed and watch out for our most precious resource, our children.

As I close this month, I would like to remind you that there is a wealth of information that you can obtain by visiting our website at www.sjso.org. Feel free to email me with any questions you may have as well as any topics you would like to see addressed here at dshoar@sjso.org. You can also download our new App by searching for the St. Johns County Sheriff's Office in your "App" store. Also, if you sign up for the Sheriff's Office social media sights on Facebook and Twitter you will be sure to receive important updates anytime.

The Art Studio of St. Augustine Beach

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



"Fall = Classes"

Fall at The Art Studio is a very busy time. Not only are the kids back in school, but we see an increase in people that want to take art classes and we have quite a variety.

We are introducing a new teacher to The Art Studio, but certainly no stranger to Saint Augustine, renowned artist **Teri Tompkins** and her new Portrait Painting class on Sundays from 3pm to 6pm. Open to all ages and experience, the students will work with both the live model and pictures. Teri will guide through the process of capturing likeness, realism and classic portraiture techniques. Call 904-347-9150.

Zentangle class with **Joan Deloney** is a relaxing method of art through the use of pattern drawing. Tuesdays and Thursdays in September. Call 904-294-8112.

Drawing: All Levels with **Mary Hubley**. New students learn fundamentals and experienced students sharpen their skills. Thursdays from 6:30pm to 9:00pm. Call 904-471-3138.

Oil and Acrylic Painting with Mary Hubley.

A new morning time on Tuesdays from 9:30am to 12 Noon offers adults with children time to exercise their inner artist while the kids are at school. Call 904-471-3138 to register.

Please visit our calendar/schedule on our website: www.beachartstudio.com for more information, supply lists and to register. Want to teach at the Art Studio? Please call 904-615-3197 or fill out a workshop request on our website. Our rental rates are low and we hope that translates into an affordable class for your students and our community.

Our featured artist for September is **George Paul**, join us for our First Friday, September 5th opening from 5pm to 9pm. where we will also be exhibiting a new member's show.

Calling All Artists! The Art Studio will be holding its first "Juried Art Show" in November. All mediums will be accepted. Members will be charged \$10. for each piece submitted and non-members \$15. There will be cash awards for prize winners. Details and deadlines will be forthcoming.

One - A- Day, is more than just a Vitamin

(continued from page 7)

When's the last time you stretched your hand overhead. I mean really stretched as high as you could, as if you were getting something off the top shelf you could barely reach. Likewise, when's the last time you were able to reach up and over, or around and behind, to scratch your back. Whether it itches or not these motions should be made at least once a day otherwise the range can be lost.

These are simple solutions but effective. Conveniences of today have minimized our need to move. But when we need motion but not kept it healthy it won't be there and we risk injury. The solution is as simple as taking a vitamin – move through full ranges of motion at least once a day.

If you've lost range or have suffered an injury, call us at 904-829-3411 (St. Augustine) or 386-325-2721 (Palatka). We may be able to help get it back and get you on a healthy track.

Rob Stanborough is a physical therapists, 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 14 years, is a Fellow of the American Academy of Orthopaedic Manual Therapists and trained/certified in a number of soft tissue techniques.

LEADERSHIP I

(continued from page 5)

a pilot, a flock without a shepherd, a body without a head, the same, I think, is a kingdom without the health and safety of a good monarch." Elizabeth I, Queen of England, 1558-1603

"If you have a sense of purpose and a sense of direction, I believe people will follow you. Democracy isn't just about deducing what people want. Democracy is leading people as well." Margaret Thatcher, prime minister of Great Britain, 1979-1990.

"A leader who doesn't hesitate before he sends his nation into battle is not fit to be a leader." Golda Meir, prime minister of Israel, 1969-1974.

"Professional intellectuals are the voice of a culture and are, therefore, its leaders, its integrators and its bodyguards." Ayn Rand, author and philosopher.

"The secret of a leader lies in the tests he has faced over the whole course of his life and the habits of action he develops in meeting those tests." Gail Sheehy, author and social critic.

"The urgent need today is to develop and support leaders on every level of government who are independent of the bossism of every political machine—the big city machine, the liberal Democrat machine, and the Republican kingmaker machine." Phyllis Schlafly, political activist and author.

As an aside, if I may, although I like many of the above quotes, the one that strikes me as closest to the essence of what I perceive true leadership to be is General MacArthur's. Notice the strong, positive words he used: confidence, courage, compassion, integrity. Implicit in the General's definition is the fact that leadership, like all human actions, has a moral (a "good" or "bad") component. This is why I have no respect for Hitler, Stalin and others of their ilk, for where was their compassion and integrity, especially when you compare them to leaders like Gandhi, Mother Theresa and Pope Francis? Leadership that uses other people to acquire power for selfish ends, such as the glorification of the leader; that embraces the paradox of "creating" by destroying people for some grandiose yet ignoble cause, is leadership not worthy of being followed.

Part II on leadership will appear in a few months. It'll feature information that I've come across about what might be called some "best practices" of leadership in today's America.

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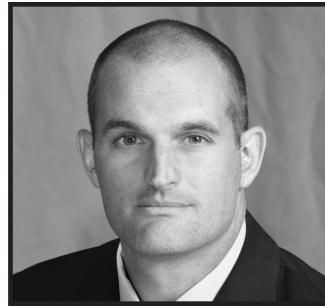
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Financial Focus

Information Provided By
Edward Jones

Work to Become a Better Investor

On Sept. 1, we observe Labor Day — a celebration of the American worker. Of course, you work hard at your own job, but, when you think of it, every worthwhile endeavor in life requires significant effort — and that's certainly the case with investing. The harder you work at it, the more likely you are to make progress toward your goals.

So as you think about investing, consider the following areas in which you will need to apply yourself:

- Work to identify your goals. It's important that you know just why you're investing. Do you want to send your children (or grandchildren) to college? Do you want to retire early? What sort of retirement lifestyle do you envision? What kind of legacy do you want to leave? Identifying your financial goals is the necessary first step toward achieving them.

- Work to know your own risk tolerance. It's essential that you know your own investment personality — that is, how much risk you can comfortably handle. If you think you can handle a relatively high level of risk, but you find yourself worrying excessively over every drop in the market, you may need to re-evaluate your risk tolerance and adjust your investment habits. Conversely, if you believe yourself to be highly risk-avoidant, but you find yourself frustrated over the relatively low returns you get from conservative investments, you may need to revise your thinking — and your actions.

- Work to avoid bad habits. Many investors chase after "hot" stocks or try to "time" the market. However, hot stocks can

cool off quickly, while efforts to predict market highs and lows are doomed to fail — because no one can accurately forecast those points. You will want to be especially diligent about learning to look past the headlines and beyond short-term price movements in the financial markets — because too many people overreact to these events. If you can avoid these bad investment habits, you'll be doing yourself a favor.

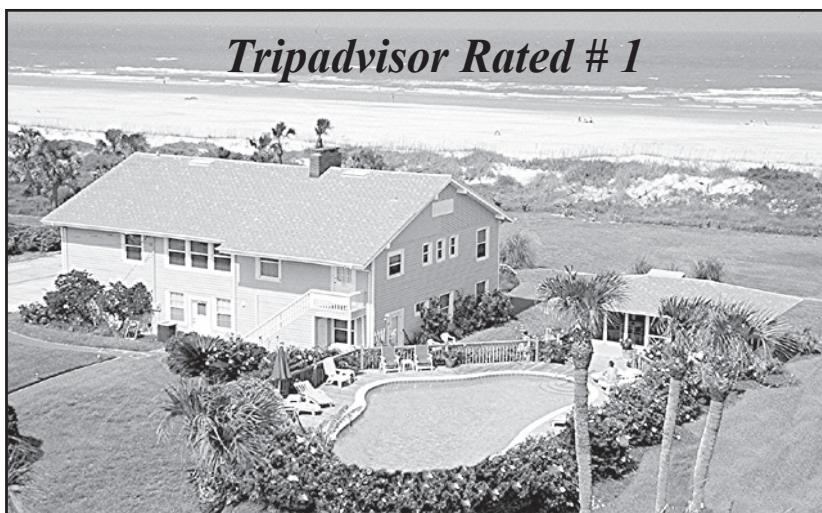
- Work to follow a consistent investment strategy. If you invest over the course of several decades, you are going to see a lot of ups and downs in the financial markets. And when the markets get choppy, you may be tempted to take a "time out" from investing. But if you do this repeatedly, you will certainly interrupt the progress you need to make toward your financial goals. If you can develop the discipline to follow a consistent investment strategy and to keep investing in all types of markets, you have a pretty good chance of "smoothing out" the effects of market volatility over time. And, as a bonus, you'll be far less likely to concern yourself over day-to-day price fluctuations.

- Work to review your progress. Along with your financial advisor, consistently review your progress toward your goals. Your investment professional should establish your portfolio review frequency and meet with you to discuss your investments at least once a year.

So, there you have it — some ideas on how you can work to be a better investor.

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

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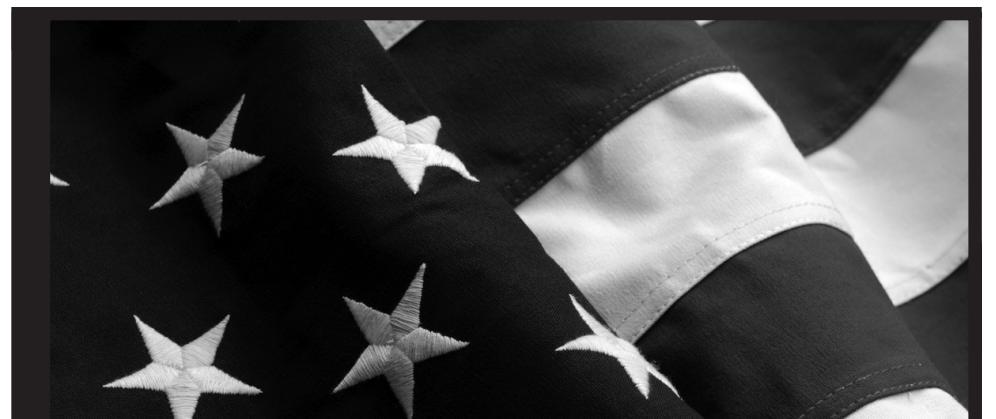
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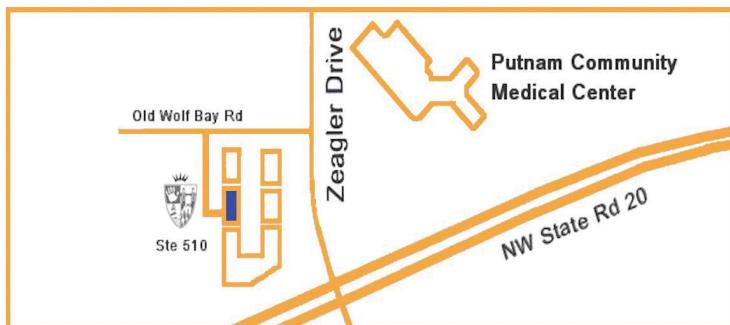


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