Habitat For Humanity Teaming Up With David Bradfield Of Casa Bay Development

Volunteers work on a Habitat home in St. Johns County. Habitat volunteers experience the joy of helping families realize their dream of home ownership.

David Bradfield, a local to St. Augustine since 1983 and local realtor at Endless Summer Reality, has come up with the idea to utilize the location of his recent development Casa Bay. Conveniently located across the street from the St. Augustine Amphitheater, David decided to partner with local charities and give back to his community by hosting charity parking events during concerts at

NAVIDAD EN EL VIEJO SAN AGUSTÍN
CHRISTMAS IN OLD ST. AUGUSTINE

On Saturday, December 15th, the second, annual Navidad en el Viejo San Agustín (Christmas in Old St. Augustine) heritage Event will take place in St. Augustine, Florida, the oldest, continually occupied European city, port, and parish in the continental United States!

Featuring the Christmas customs and music of 16th-century Florida, Navidad en el Viejo San Agustín is hosted by Florida Living History, Inc. (FLH-www.floridalivinghistory.org) and Mission Nombre de Dios (www.missionandshrine.org). Presented by FLH’s member groups—Alondra: Interpreting the Music of Colonial Florida (c. 1565 - 1821); La Compañía de Santiago (c. 1565); Los Compañeros de la Cocina (c. 1513-1704); and Theater with a Mission—this living-history Event will take place at Mission Nombre de Dios—27 Ocean Avenue, St. Augustine, FL 32084. This holiday, heritage celebration will include:
- living historians in period garb, representing the citizens of 16th-century San Agustín de la Florida;
- Las Posadas—a 500-year-old colonial Spanish Christmas tradition, this procession re-enacts Mary and Joseph’s search for lodgings in Bethlehem on the first Christmas Eve;
- colonial Spanish musical entertainment;
- a performance of El Auto de los Reyes Magos (“The Play of the Three Wise Kings”), the oldest known Spanish play, which follows the Magi on their journey to Bethlehem, to welcome the new-born Messiah;
- samples of colonial Spanish holiday treats (available for purchase);
- all presented by torch and candlelight on the grounds

CITY HALL UPDATE

At its September 24, 2012 meeting, the St. Augustine Beach City Commission did the following:

1. Adopted 2.3992 mills as the property tax millage for Fiscal Year 2013, which began on October 1, 2012, and will end September 30, 2013. The 2.3992 mills is the same millage that the City levied for Fiscal Year 2012. It means that each owner of real property in the same will pay about $2.40 for each $1,000 of the property’s assessed value. Thus, the owner of a home assessed at $200,000, after the homestead exemptions have been deducted, will pay a City property tax of $479.84. The rest of the property taxes paid by the owner will go to the school board, St. Johns County government and other taxing authorities, such as the Mosquito Control Board and the Water Management District.

2. Adopted the Fiscal Year 2013 budget. The combined total of the two major funds of the budget, General and Road/Bridge, is $6,110,873.

3. Approved the appointment of commander Barry Fox to the board that will advise the new police chief, when he or she is hired, on the restructuring of the city’s police department. The other two members of the advisory committee are members of the Sheriff’s Office: undersheriff Joel Bolante and chief David Messenger.

4. Passed two ordinances on first reading: a. to provide a definition of “head of household”; b. to adopt new flood regulations.

The City Commission next met on October 1st, when it held its regular monthly meeting. Decisions made at that meeting include:

1. Presentation of plaques to two city employees to mark 10 years of employment with the city. The employees are Ms. Melissa Burns, Finance Director, and Mr. Anthony Johns, Information Technology Specialist.

What’s Inside The News Journal This Month

- City Manager: Squash
- Financial Focus: Have Your Parents Made Their Financial Plans
- Spiritually Speaking: “Where are the Fathers”
- St. Augustine Beautification Committee: Bacon and Beans and Limousines
- Sheriff’s Corner: Identity Theft
- Health Focus: Sun, Fun and Your Skin
- Protect Yourself with Flood Insurance
- Pet Corner: Choosing the Right Pet
- Compression is not a Friendly Force
First Coast Opera opens its 2012-2013 season with scenes of love and passion from Italian opera with La Passione on Sunday, November 18 at 4:00 p.m. in Trinity Hall, Trinity Episcopal Parish, 215 St. George St. in downtown St. Augustine. This elegant concert-style performance features scenes from some of the most beautiful and passionate operas, including the quartet from La Bohème, “Nessun Dorma” from Turandot, the duet from Norma, and more!

We welcome back Jacksonville native Regina Torres as our director, who has thrilled audiences with productions of Opera Noir, Cabaret Americana, plus Grandi Voci and Viva Espana last season. Ms. Torres has selected vignettes from Italian Opera which capture the passion that encompasses the character of passion.

Gracing our stage will be several faces familiar to Oldest City audiences. Karl and Ronda Paoletti, a dynamic baritone and soprano duo from Valdosta, Georgia, enhanced our stage with their polished voices in Voices of Love – Encore!, and were featured in last season’s Grandi Voci. Mezzo-soprano Janet Rube-Meyer has appeared in many First Coast Opera productions, including her dramatic portrayal of Maria Callas in Master Class. New to our audience are soprano Nathalie Fares, and tenor Austin Hallock. Ms. Fares, who holds a Master’s degree from the University of Florida, was one of the soloists in Night at the Opera, St. Augustine First Coast Festival at the Amphitheatre (2009). Austin Hallock is a graduate of Stetson University and was featured soloist on a 30-city tour of the U.S. by the college. He is currently a soloist with the Orlando Philharmonic in their concert series.

Advance tickets are priced at $20; $25 at the door. Students with ID: $10 (only at door or by phone). Tickets are available online at www.FirstCoastOpera.com or by calling 904-417-5555. Advance tickets by phone or through PayPal will be available for pick up at Trinity Hall on the day of the performance, starting an hour and a half before concert time. Open seating is offered, and there will be a wine & beer bar.

First Coast Opera is in its thirteenth season of providing Northeast Florida with professional performances of opera, operetta, cabarets and more. This season’s productions include Puccini’s Turandot on February 9, 2013, and An Evening of Gilbert & Sullivan on May 16, 2013, part of the week long “Romanza” celebration. The company was founded by Barbara Norris and Anthony Fast, and is located in the historic city of St. Augustine, Florida. The Barber of Seville, Tosca, Threepenny Opera, La Bohème, Manfreda Butterfly, The Magic Flute, The Pirates of Penzance, Amahl and the Night Visitors, HMS Pinafore, Babes in Toyland, The Mikado and many concerts and cabarets. First Coast Opera is a 501(c)(3) non-profit corporation and is exclusively staffed by volunteers.

233 West King Gallery Hosts Introduction to Oil Painting Class

233 West King is pleased to host a three week Introduction to Oils class taught by local artist Jackie Rock. Rock will use her vast experience and talent to teach students the basics of oil painting and all its intricacies. Once they have completed the mini-course, students will have a strong foundation to continue to create art in this rich and timeless medium.

Classes will be held at 6pm on Thursday nights beginning October 25, and will last three weeks. The cost is $75 and students will be given a supply list at the time of registration. Registration can be done by calling 904-217-7470 or email 233WKing@gmail.com.

Rock began working in watercolor in 1987 and later changed to oils. She attended Kutztown University in Pennsylvania where she received her BFA. After graduating, she began private art instruction in Casselberry, Florida.

She sells her own one-of-a-kind artwork. She also owns Rock Art where she works with local businesses and homeowners to integrate murals and faux finishes into their surroundings.

“We cannot wait to bring this class to the Saint Augustine community,” said Stephanie Showalter, Gallery Director. “Jackie is truly talented as an artist and also has teaching experience that sets her apart from others. Students are going to love her personality and finish the class knowing that they will understand how to use oil paints, which can be daunting at first. They are going to be happy that they signed up.”

“We have always seen 233 West King as a creative space. We present local and regional artists in monthly shows, but we also want to use the space for events and demonstrations as well. The Introduction to Oils class is a direct tie to the first of many programs that we will be having in the studio.”

West King is an art gallery located in the West King Business District, near the Oldest City’s historic downtown. It features monthly exhibits of rising and well-established regional and national artists who are new to the St. Augustine arts community. Artists are selected across a full range of mediums and styles and offer a point of view that is unique and engaging.

For more information contact Stephanie Showalter, Gallery Director at (904) 217-7470, 233wking@gmail.com.
News From Around St. Augustine Beach

City Hall Update

(continued from page 1)

2. Heard a presentation by Mr. Marty Cohen about the pre-litigation service of the 7th Judicial District, which includes St. Johns County.
3. Heard an update report on beach revenues and expenditures by the county’s beach operations manager, Mr. Billy Zeitz.
4. Approved a resolution to authorize the counting of absentee ballots in the November 6th general election by the supervisor of elections and the county’s canvassing board.
5. Approved a proclamation to designate October 2012 as Domestic Violence Awareness Month.
6. Approved the county’s project to erect a pedestrian safety signal at the intersection of Pope Road and A1A Beach Boulevard. The project will cost $250,000. The city commission has agreed to pay half the cost. The money will come from road impact fees, not from the city’s taxpayers.
7. Approved a budget resolution to appropriate $3,000 to the contractual services account of the road/streets budget to pay for temporary labor that the city hires to help public works employees do various maintenance tasks.
8. Approved the contract with Fireworks by Santore for the fireworks show which is part of the city’s New Year’s Eve Beach Blast Off celebration.
9. Heard a presentation by commissioner Andrea Samuels of the joint City/Civic Association event on Monday, November 12, 2012 in honor of Veterans’ Day. The event will be held at the city’s Veterans’ Memorial in Lakeside Park and will begin at 3 p.m.
10. Set dates for special meetings concerning the interviewing of candidates for the police chief’s position, and the hiring of one of them. The dates are Monday, Tuesday and Wednesday, November 27, 28, and 29, 2012. On November 26th, there’ll be a reception for the police chief candidates. This will be an opportunity for the commissioners and members of the public to meet with the candidates in a social setting. On November 27th, the commission will interview the finalists for the chief’s position. On November 28th, the commission will decide which candidate to hire. All three meetings will begin at 7:00 p.m. The location of the meet-and-greet on November 26th will be announced.
11. Discussed a report about changes to the city’s police department that was prepared by chief David Messenger of the Sheriff’s Office when he was the city’s interim police chief this past summer. The commission agreed to review it in more detail at its next regular meeting in conjunction with a memo concerning Chief’s Messenger’s report that commissioner Undine Pavlowski had prepared.
12. Reviewed the determination by the city attorney that a majority of those residents who voted in the 2004 primary election approved a change to the city charter that requires four votes, or a super majority of the commission, to hire or fire the chief of police.

The city commission’s November regular meeting will be held on Tuesday, November 13, 2012, at 7:00 p.m. because the commission meeting room on the first Monday will have voting equipment in it for the general election on Tuesday, November 6th.

Max Royle, City Manager
City of St. Augustine Beach
2200 A1A South
St. Augustine Beach, FL 32080
904-471-2122

PLEASE NOTE: Under Florida law, most communications to and from the City are public records. Your e-mails, including your e-mail address, may be subject to public disclosure.

Police Chief Selection

St. Augustine Beach residents are invited to several public meetings in November that concern the city commission’s selection of the next police chief. The public meetings will be:

a. Monday, November 26th, 7 p.m., an informal meet-and-greet at city hall by citizens and the commission with the semi-finalists for the position.
b. Tuesday, November 27th, 7 p.m., city hall. The commission will conduct formal interviews of each of the semi-finalists.
c. Wednesday, November 28th, 7 p.m., city hall. The commission will meet to decide which of the candidates to hire.

Alligator Farm’s Rare Reptiles Took Center Stage at Reptile Awareness Weekend

The St. Augustine Alligator Farm Zoological Park shines the spotlight on rare and endangered reptiles like the critically endangered Chinese alligator to raise awareness and fuel public support of worldwide conservation efforts October 20 and 21 as it hosts Reptile Awareness Weekend. Guests had a special opportunity to take a photo with a small Chinese alligator.

The Chinese alligator, the American alligator’s closest living relative, is considered one of the most endangered reptiles in the world. Habitat loss and pollution have pressed the species to the brink of extinction. It now only inhabits a tiny region of the Yangtze River system.

The St. Augustine Alligator Farm has participated in an international effort to breed and reintroduce Chinese alligators into their native habitat in China.

Other weekend activities included the chance to feed rats to alligators, a raffle drawing to benefit Chinese alligator conservation, and Maximo feedings on Saturday and Sunday. Alligator artwork was also available for purchase throughout the weekend.

The St. Augustine Alligator Farm Zoological Park is one of Florida’s oldest and most treasured attractions. Since 1893, it has provided visitors with exciting and educational opportunities to interact with a wide range of crocodilians, reptiles, mammals and birds. Located on Anastasia Island in St. Augustine, The Alligator Farm features natural exhibits, wildlife shows and educational demonstrations. It is the only place in the world where visitors can see every species of alligator, crocodile, caiman and gharial. In 1992, The Alligator Farm was designated a U.S. Historic District. For more information, visit www.alligatorfarm.com.
The Civic Association will change the night of its regular meeting in November to Wednesday the 14th due to the Commission meeting being pushed back a week because of election day voting being held in the commission room instead of the usual meeting room at City Hall. Civic Association members will be voting for several board members. Nominations were taken from the floor at the October meeting. The topic in October was about the Florida Constitution Amendments on the November ballot. The consensus a ‘no’ vote on all.

The second Meet the Candidates Night Forum was held on October 11th for the general election in November. We’d like to thank Civic Association members John Reardon, Bill Jones, Frank Ward, Marshall Peters and Jen Edenfield for making this an informative and successful event. This event will be rebroadcast on Comcast channel 2.

The Wednesday Market continues without interruption while construction of new restrooms is finishing up. Public Works Director Marc Chittin and Building Official Gary Larson continue to supervise the project. Splash Park renovations will begin and the new area is taking shape. There will be a changed pedestrian pattern to enter the area that will allow beach goers to circle around the play area and not have to walk through the splash pads. The Civic Association will be donating money for shaded seating areas when the construction is completed.

Plan to attend the Civic Association’s Veterans’ Day Ceremony scheduled for Monday November 12th from 3 – 5 pm at the Veteran’s Memorial in Lakeside Park. Commissioner Andrea Samuels and Former Marine John Reardon have organized this event. At approximately 2:45 the Ancient City Bagpipers will perform. At 3:00 Master of Ceremonies John Reardon will begin the program with the Color Guard, Pledge and National Anthem. Mayor Gary Snodgrass will welcome the community and Fr. Nick Marziani will do the Invocation. The featured speaker will be Col. Larry, US Army National Guard; Bill Dudley, USN, Ret. Chair of the Veterans Council; and Dan McCarthy, US Senate Representative to the Wounded Warrior Fund. The Marsh Creek Chorale will perform and Chaplin Doug Woodall will do the Benediction. Fourteen non-profit veterans organizations have been invited to share information about services available locally for our veterans. We’d like to thank Panama Hattie’s, Purple Olive and Sunset Grille for donating platters of food to be enjoyed along with music after the ceremony.

The City of St. Augustine Beach will be participating with the Civic Association to produce this event.

Coffee House at the Art Studio is held the 4th Saturday of every month from 7-10 pm at the Studio (370 A1A Beach Blvd in St. Augustine Beach). A different theme is explored each month. November’s theme is “The Motif.” Everyone is encouraged to bring a brief reading to share, as well as their own personal insights and observations. The Coffee House on Saturday, November 24 will include live music by The Island Duet (& Friends), topical readings, a 15 minute video on the work of Henri Cartier-Bresson, illuminating dialogue, and tasty beverages & treats. The Coffee House offers a unique, casual setting designed to entertain, encourage, and inspire all people to engage in practicing the arts. Cover: $5.

We’d like to welcome a new participating merchant Ohana Acres who is offering members a 15% discount on horseback rides on the beach. Come and enjoy St. Augustine’s beauty and serenity. Their horseback rides leave from Vilano & Crescent Beach beginning Nov 1 after turtle season. They are by appointment and customized to your ability. English/ western, beginner/advanced. “There is no such beauty as that between a rider, his horse and the sea!” For reservations call Nancy at 757-969-9889 or visit Ohana Acres on facebook.

Another new participating merchant is the Sterry Piano Company located at 1333 Old Dixie Highway. They are offering all SABCA & St. Johns County Business Network Members and their Families the following offers and discounts: 10% off all our pianos in stock (both here and on the web); 10% off all Yamaha Maintenance kits; Local Sales/Service and Band Instrument Rentals (No more driving to Jacksonville!) and an opportunity for all Title 1 eligible students to participate in band through Play It Forward. Arrangements have been made to receive donations of instruments which will be refurbished and awarded to students. If you have an instrument that you would like to donate, please call Barry Clark of Sterry Piano at 904-829-9829.

Don’t forget to visit the Wednesday Farmers/Arts Crafts Market at the Pier Park. We always have new vendors joining the market. The produce is fresh, the food delicious and the shopping always unique. The market is open from 8:00am – 12:30pm. Holiday shopping is upon us. The Market is the perfect place to get beautiful locally hand made items for that special someone. It’s a great place to grab a quick bite, hear some music and enjoy the view. Free WiFi is always available and provided by the St. Augustine Beach Civic Association at the Pier.
At a city commission meeting this past summer, I was dazily dozing at the dais, as is my custom at such events, for what else can an elderly, retired-in-position city manager do most of the time but exist in a state of semi-somnolence, though if I’m to be in such a condition, I do wish that my chair at the dais was a good, old-fashioned, massive, wooden rocking chair, just like the one my dear Grandma Almiramay Puddin had on the front porch of her Kansas farmhouse where she’d sit hour after hour, rocking back and forth, forth and back, her gaze fixed firmly on the horizon, that faint, distant line that marks the boundary between earth and sky, where she might have been seeing mirages of famous old west personages, such as Buffalo Bill, Wyatt Earp, Wild Bill Hickok, the Lone Ranger, and Donald Trump with his posse of casino hotel developers, though not even the ghastly, ghostly specter in her mirage of The Donald’s scowling face could disturb Granny Almiramay’s roving gaze. She was one determined woman, let me tell you! Yes, a wooden rocking chair is what I need to more successfully dazily doze at the dais. Maybe some money can be put in the city’s next budget for one.

As I was saying or writing before I got so involved in the above convoluted, wordily-larded paragraph, I was at that commission meeting, eyelids barely fluttering and a nanosecond away from starting to snore, when out of the fog of whatever blissful reverie I was deep within at the moment, I thought I heard a citizen at the podium of a city commission meeting call out to me, something like “Squash!” which, how, what? But I had left the ear trumpet in my ear and asked the citizen to assist my hearing. I could have put its width by using my Victorian-era ear trumpet, shut my eyes and said the word by using my Victorian-era ear trumpet, and thought to myself, “Squash!” and see if it made any sense.

While I might be able to give you a definitive answer to the first two questions, and could make a good educated guess of an answer to the third one about the “American Idol” winner, “I’m afraid that the fourth question is a stumper. An answer may be beyond the powers of any mere mortal, even an Einstein or a Dr. Phil, to provide.

In place of answers, two simple observations. First, that being an elected or appointed public official makes one a Primary Target A for all sorts of nasty names. Second, that the names, despite often being offensive, could be considered a manifestation of a healthy democracy: that the citizens aren’t in awe of their so-called political leaders. The name calling dampens the preening, superior airs that some officials like to assume, as if they were members of a ruling, hereditary aristocracy instead of members of what they should be: the people’s humble, public servant class.

I must say that the citizenry is most inventive with its name calling. I’ve learned this over the past several weeks from reading in the online editions of several Florida newspapers the comments that have accompanied articles about public officials. Here are some of the names I’ve found: loser, idiot, weasel, clown, moron, leftist, zealot, puppet, windbag, elitist, crybaby, lazy biased, fanatie, dolt, slut, sick, brat, sociopath, turncoat, scophant, pimple, phony, loon, flip-fopper, scumbag, Commie, and some of my favorites: bottom feeder, (continued on page 11)

St. Augustine’s Boys & Girls Club Bestow Member of the Month Honor

THE PLAYERS Championship Boys & Girls Club in St. Augustine announced it has selected Judah Gainey, a third grade A/B Honor Roll student at Liberty Pines Academy, as its Youth of the Month. Judah comes from a large family where he is the youngest boy. He has three brothers and five sisters. Four of his sisters and one of his brothers also attend the Boys & Girls Club daily.

Each month, staff selects a club a member who demonstrates exemplary character and who often serves as a leader to his or her peers in the club and in the community. Factors considered in bestowing this honor include: service to the Club, community and family, performance, moral values, life goals, and leadership abilities.

Judah was chosen for his leadership and positive interaction in club activities; for example, his help to other club members on a summer camp fishing trip. Judah not only caught the most fish (7) but also helped fellow members score their own fish. His favorite sport is football, and he is interested in Web Design as well. Judah participates in other Club programs including Healthy Habits, Smart Moves, Money Matters and Triple Play.

The St. Augustine Club, located at 555 W. King Street, is devoted to youth development outcomes and incorporates key elements into activities that encourage its members to become productive, caring and responsible citizens. Through researched and nationally prescribed programs, the Club promotes positive values, a commitment to learning, positive self-identity, and social competency, a healthy lifestyle.(continued on page 10)
Financial Focus
Information Provided By
Edward Jones

Have Your Parents Made Their Financial Plans?

As an adult, you’re fortunate if you still have your parents. However, as they get older, you may well have to assist them in some key areas of their life. Specifically, they may need you to get involved in some of their financial issues. And if you do, you may need to focus on two areas: leaving a legacy and managing finances during retirement.

While initiating these conversations may not be easy for you, it is important, and you may find your parents more willing to discuss these issues than you had thought. In any case, if your parents haven’t already done so, encourage them to work with an estate-planning professional to develop the necessary legal documents, which may include wills, trusts and financial durable powers of attorney. These documents and services can be invaluable in helping individuals find efficient ways to pass assets from one generation to the next. An estate-planning attorney can identify which arrangements are the most appropriate for you and your family.

In your discussions on leaving a legacy, you may also want to bring up the topic of the beneficiary designations that may appear on your parents’ life insurance contracts and qualified plans, such as 401(k)s and IRAs. If the family picture has changed in recent years, and your parents had intended to change these designations, they should take action sooner rather than later.

While your parents need to deal with the legacy issue, they still may have plenty of years of living ahead of them — and they might need help managing their money during these years. For starters, you may want to have a discussion about their savings, investments, insurance and so on, and where these assets are held. Are they kept in banks or investment companies? Do your parents have safe-deposit boxes? This knowledge could be valuable if you ever become involved in managing or distributing your parents’ resources.

Also, you might want to talk to your parents about the income sources they may be drawing from during their retirement. For example, how much are they taking out each year from their 401(k)s and IRAs? They don’t want to withdraw so much that they deplete their accounts too soon, but at the same time, they would no doubt like to maintain their standard of living in retirement. You may want to suggest to your parents that they evaluate their investment portfolio for both growth and income potential — because they will need both elements during a long retirement.

If your parents aren’t already working with a financial advisor, you may want to encourage them to do so. Managing an investment portfolio during retirement is no easier than doing so during one’s working years — and there’s less time to overcome mistakes. A qualified financial advisor can help your parents choose the right mix of investments that can help meet their needs.

During the course of your lifetime, your parents have done a lot for you. You can help pay them back by doing whatever you can to assist them in managing their financial strategy.

This article was written by Edward Jones Financial Advisor Edward Jones Financial Advisor. Edward Jones does not provide legal advice. Please consult a qualified legal advisor on all issues related to estate planning.

We Have Many Reasons To Give Thanks.

You are one of them. On this Thanksgiving holiday, we thank you for your business. We value you as a client and look forward to continuing to help you reach your long-term financial goals.

We hope you enjoy Thanksgiving Day with your family and friends.

Connie Reep, AAMS
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Edward Jones
Making Sense of Investing

Spiritually Speaking

By Dr. Nicholas A. Marziani
askfrnicholas@aol.com

Father Marziani serves as the Pastor of St. James Mission in St. Augustine, and also as Vice-President of the St. Augustine Beach Civic Association.

“Where are the Fathers”

At the time of writing the elections are now fait accompli, something for the justifications of the four-year have no idea at this point (mid-October) who will have won, nor frankly, am I going to be overly exercised by the outcome. Either way, we are a nation in peril, and no candidate or political party is going to save our collective bacon (although there will doubtless still be a lot of “pork” in whatever Congress does next).

No, heck with all that. There’s something ageless, yet more important for us to deal with, and I was provoked to write this after re-reading a (sometime-in-September) USA Today piece written by Naomi Riley, a religion and culture commentator. The piece or her short article was “A Girl Still Needs a Father”, and I caught my attention, as much for the accompanying photo as anything. Adorning the column was a picture of four pre-K girls looking little girls from a West Virginia beauty pageant, complete with salon hairstyles and ornate gowns, in a Toddler & Tiara type “competition” season, with numbered squares attached to their fluffy dresses. Something was definitely WRONG, in my opinion – and Ms. Riley’s – with that picture.

The fact of the matter is that as a nation we fail miserably to protect our children from exploitation of all sorts, especially as it applies to girls of all ages. Football season is ramping up now, and too many dads are preoccupied with the office pool concerning the next game (and next spring with the pretty girls in the Swimsuit issue – complicit as they are with the problem) than they are with the whereabouts and activities of their pre-teen and teen-aged women-clients.

And although I had fairly recently taught public high school even I was unaware that in some places the kids put on so-called P&H (pimp and ho) post prom parties where everybody strips down to their underwear and, well...I’m sure you can figure out the rest. I wonder how many fathers had any idea this was going on.

Naomi Riley had a solid statistic to offer that served as a slap with a wet towel across the face: according to reliable sources the number of children living apart from dad jumped from 11% in 1960 to 27% in 2010. And as she pointed out, that doesn’t even take into account uninvolved fathers who technically are still at home. Our ancestors would be appalled. No wonder the Cosmo culture I referred to in my past two columns has taken such a hold on our nation.

The holidays are coming up, and then the New Year in which we make resolutions and set course for another twelve months. Hey dads, how about interacting more with your daughters...and sons, while you’re at it. Your girls, however, may need you more than you realize; delegating parental oversight of them to your wife alone is a big mistake. As Naomi Riley wrote, quoting Caitlin Flanagan in 2011’s Girl Land, “Punks” can’t stand “coming under the authority and scrutiny of a powerful adult male”. Shoot, even the comedic 1989 movie “Uncle Buck” made that point, and made it very well. Yes, “Dutch Uncles” will work as well as dads, if necessity requires!

So gentlemen, what do you say? This Catholic priest, by the grace of God, has three adult children, two of them young women and one son, and just about five grandchildren in the quiver (the last one due in mid December). Making sure my young ladies were kept on the path pleasing to the Lord was a high priority in my younger days. I must say, the satisfaction I enjoy during these days of semi-retirement when I look at my family is one of the prime natural joys of my life. It’s an investment of time and care, gentlemen, as important as any investment you’ll ever make, and the dividends are grand!

Be Blessed, Fr. Nick
St. Augustine Beaches Beautification Advisory Committee

Ann Palmquist, Committee Member
Palmquist@comcast.net

Bacon and Beans and Limousines

“There are three kinds of men. The one that learns by reading. The few who learn by observation. The rest of them have to pee on the electric fence for themselves.” These iconic words belong to Will Rogers, one of America’s most beloved humorist. In a speech delivered during the President’s Organization on Unemployment Relief radio broadcast, October 18, 1931, 81 years ago last month. Will showed an uncanny understanding of the pulse of the people. Will’s delivery wrapped truth in his aw shucks humor and his wit still remains a clarion call: “So here we are in a country with more wheat and more corn and more money in the bank, more cotton, more everything in the world—that’s not a product that you can name that we haven’t got more of it than any other country ever had on the face of the earth—and yet we’ve got the people starving. We’ll hold the distinction of being the only nation in the history of the world that ever went to the poor house in an automobile.” Goodness covers this Limousines but where did Will put the bacon and beans?

“You know, there’s not a one of us who has anything that these people that are without now haven’t contributed to what we’ve got. I don’t suppose there’s the most unemployed or the hungriest man in America has contributed in one way to the wealth of every millionaire in America. It wasn’t the working class that brought this condition on at all. It was the big boys themselves who thought that this financial drunk we were going through was going to last forever. They over—merged and over—capitalized, and over—everything else. That’s the fix we’re in now.” Will Rogers’ wit spilled the beans by reducing “financial drunk” to the lowest common denominators hunger and greed. The entire speech can be found at unsinkablecork.com/WillRogers.

November’s holidays offer time much to remember and much to be thankful for: Daylight Savings time; Veterans Day; and my all time favorite Veterans Day, born at the 11th hour of the 11th day of the 11th month of 1918 when an armistice between Germany and the Allied nations came into effect, would first be proclaimed Armistice Day by President Woodrow Wilson, November 11, 1919, to be “filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory”. In 1954, the word “Armistic” was changed to “Veterans” and Veterans Day is observed on the 11th of November. A Presidential Proclamation -- Vietnam Veterans Day proclaimed March 29, 2012 as Vietnam Veterans Day, marking the 50th anniversary. “Our Nation stands stronger for their service, and on Vietnam Veterans Day, we honor their proud legacy with our deepest gratitude,” Barack Obama.

Your Beautification Advisory Committee is inviting you and your neighbors to help celebrate the holiday season with decorations and lights. The Holiday Lighting Display Contest will be looking at three categories: best business, best residential yard, and the best neighborhood entrance. Selection criteria includes the use of eco-friendly design, use of LED and/or solar lighting, and the overall aesthetics and creativity. More is not always better when it comes lighting or a winning design. Talk with your neighbors and let your little lights shine. The following is a list of neighborhood entrances in the City. Call Max Royal 471-2122 for details.

1. Ocean Walk, south side of Pope Road, east of Mickler Boulevard.
2. Ocean Woods, south side of 16th Street, east of Mickler Boulevard.
3. Woodland Estates, south side of 16th Street, west of Mickler Boulevard.
4. Spanish Oaks, north side of 11th Street, east of A1A South.
5. Island Hammock, south side of 11th Street, west of Mickler Boulevard.
6. Ocean Oaks, north side of A Street, east of A1A South.
7. Sea Grove, west side of A1A South at A Street.
8. Serenity Bay, east side of A1A South, opposite Watson Reality office.
9. Magnolia Dunes, east side of A1A South, opposite the bowling alley.
10. Ocean Trace, west side of A1A South, adjacent to Walgreen’s drugstore.
11. Sea Colony, east side of A1A Beach Boulevard, opposite the Publix shopping plaza.
12. Whispering Oaks, west side of A1A Beach Boulevard, north of the Publix shopping plaza and south of the Comfort Inn.
13. Anastasia Dunes/Makarios condominiums, west side of A1A Beach Boulevard.

The Tree Board/Beautification Advisory Committee next regular meeting will be Tuesday, November 27, 2012, at 7:00 p.m. at City Hall and always open and you are welcome to attend.

November 6 is Election Day. Will Rogers cautioned voters “We shouldn’t elect a President; we should elect a magician.” If this Oklahoma Cowboy could see facts being randomly shuffled he might admonish, shuffle the cards, cut the deck, but only deal from the top, and keep your facts where the people can check em. FactCheck.org is a good place to start. Playing fast and loose with facts works if people have incurable amnesia or apathetic caused by sound bite overload. “No matter how much I may exaggerate … rumor travels faster, but it don’t stay put as long as truth.” and “If we got one-tenth of what was promised to us in these acceptance speeches there wouldn’t be any inducement to go to heaven.” Will wraps truth in a scrap of humor and makes you smile. Thanksgiving is a time to give thanks and remember we all share this beautiful city, a time to give to those in need, and a time to make a little history, VOTE!

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A Buyer’s Market for Real Estate Investors

Turn on any financial news program and at some point you’ll hear the experts extolling the virtues of diversification. Real estate, even through the market downturn, has long been considered a conservative, long-term strategy to growing wealth.

In fact, that very downturn has created a historic buying opportunity for potential home buyers and investors alike. The combination of lower home prices across America and historically low mortgage rates, two essential factors that usually don’t trend in the same direction, have triggered a buyer’s market in many areas of the country.

For real estate investors who want to rent their properties, this can make the difference in achieving positive cash flow sooner or right off the bat.

While some seasoned real estate investors make it look easy, to be successful, beginners should follow some basic principles.

• Learn all you can. Before committing your cash, you should have a fundamental understanding of real estate.
• Consider cash flow. You’ll need to have enough capital on hand to cover any short-term losses due to vacancies between tenants.
• Start small. Look into buying a condominium, single-family home or a duplex. Leave large apartment buildings and commercial properties to the pros.
• Find a property that will be in demand. Look for a moderately priced home with three or four bedrooms, two bathrooms, and a garage that sits on a quiet street.
• Research the property. The most common way first-time investors lose is by failing to investigate a property thoroughly. Look beyond the front door.
• Inspect the home you’re considering for signs of water damage, such as stains on the ceiling and crinkling or gathering wallpaper; open and close every door and window; and check all electrical sockets by plugging in an appliance. Get an independent home inspection, roof inspection and termite inspection.
• Spend time driving the streets of the neighborhood noting the condition of other properties. Are lawns maintained? Are roofs in good shape? Are homes kept up?
• Be ready to make fixes quickly and respond to the renter’s needs. If you’re not prepared to be a hands-on landlord, consider hiring a property management firm.
• See your tax adviser for related planning and laws that can affect your investment decisions.
• Remember, investing in a property is much different than living in one, and while emotion and attachment can be prime motivators when it comes to homes, it is return on investment that counts when investing in real estate. Call me for help finding a great investment property Rebecca Romaine 904-687-9488 www.rebeccaromaine.com.

Habitat For Humanity Teaming Up With David Bradfield Of Casa Bay Development

(continued from page 1)

the Amphitheater. The 10 lot development can hold approximately 100 cars and at a charge of $10 per car, his efforts have been a great success.

Teaming up with Bradfield has given Habitat for Humanity the opportunity to raise money for the Carrie Johnson House Fund. Carrie Johnson is a 77 year old women living in challenging housing conditions in Lincolville. It is Habitat for Humanity’s goal to make her the proud owner of a new Habitat home. Carrie is well recognized within the community as a humanitarian who has contributed to her community in numerous ways. Her story is an inspiring one. “What we have discovered is that if we put ourselves out there and most truly want to help, people get inspired by Carrie’s story and want to contribute,” said Laura Lee New, a Habitat volunteer and coordinator of the charity parking event.

David Bradfield has become a positive face in the St. Augustine community for his willingness to participate in local efforts to provide resources for those in need. In order for the community to produce resources for those less fortunate, it not only takes donations and volunteers, but it also takes certain individuals that take advantage of the opportunities they have to do “good” and give back. This is what Bradfield has done. His creative efforts have been an inspiration. It seemed like a logical choice for Habitat for Humanity to team up with Bradfield and to join in its efforts. After all, Habitat for Humanity’s mission is to bring people together to build homes, communities and hope.

Habitat for Humanity of St. Johns County, a Christian based organization, has helped 108 families locally and 21 internationally escape the cycle of poverty housing. Run down and abandoned homes have been replaced by neat, new homes with well kept yards and happy families. Habitat for Humanity is a volunteer-driven organization, welcoming people from all walks of life to help build simple, decent, affordable houses in partnership with God and families in need. Working side-by-side with the family who will live in the house, Habitat volunteers experience the joy of helping that family realize their dream of home ownership. Habitat homes are sold at no profit with a zero percent interest mortgage. For more information on volunteering or donating to Habitat for Humanity of St. Augustine/St. Johns County, call 904-826-3252 or www.habitatstjohns.org.
Beaches Bistro

By Paolo Pece, Cafe Atlantico
cafeatlantico@comcast.net

Pizza Nicoise on Puff Pastry

The freshness and acidity of a Sauvignon Blanc are requisites for the enjoyment of the saltiness of the anchovies on this pizza. A high acid blush wine also works well with this recipe. Serves Six

• 4 med. onions, thinly sliced
• 2 tsp. olive oil
• 1 tsp. fresh thyme leaves or 1/2 tsp. dried dried thyme leaves
• 1 tbsp. chopped Italian parsley
• salt and freshly ground pepper to taste
• 1 sheet frozen puff pastry, thawed
• 1/4 cup grated Asiago or parmesan cheese
• 6 anchovy fillets
• 12 pitted Nicoise olives

Cook the onions in the olive oil in a sauce pan over low heat for 30 min. or until tender. Stir in the thyme, parsley, salt and pepper.

Preheat the oven to 400 degrees. Line a baking sheet with parchment. Place the pastry on the prepared baking sheet and prick with a fork. Fold up the edges and crimp.

Spread the onions over the pastry and sprinkle with the cheese. Arrange the anchovies in a decorative pattern over the top. Bake for 30 or 40 min. or until the pastry is light brown. Sprinkle with the olives.

This pizza is equally delicious hot or just slightly warm and can be cut into small pieces for a great hors d’ oeuvre.

Message from the Mayor

(continued from page 4)

• Renovation of wash rooms at Pier Park
• Renovation and expansion of Splash Park (at Pier Park)
• Installation of new energy efficient lighting at Pier Park
• Construction of a bulkhead to stop the erosion along a section of the City’s main drainage canal that goes through Marsh Creek subdivision
• Construction of a wellhead to stop the erosion along a section of the City’s main drainage canal that goes through Marsh Creek subdivision

We value your inputs and ideas for making our City a better community. For all of us, it’s the place we call home.

Happy Thanksgiving! S. Gary Snodgrass

Protect Yourself With Flood Insurance

By Jane Tucker, First Florida Insurance

Just a few inches of water from a flood can cause tens of thousands of dollars in damage. From 2007 to 2011, the average residential flood claim amounted to almost $30,000. Flood insurance is the best way to protect yourself from devastating financial loss.

Flood insurance is available to homeowners, renters, condo owners/renters, and commercial owners/renters. Costs vary depending on how much insurance is purchased, what it covers and the property’s flood risk.

All policy forms provide coverage for buildings and contents. However, you might want to discuss insuring personal property with your agent, since contents coverage is optional. Typically, there’s a 30-day waiting period from date of purchase before your policy goes into effect. That means now is the best time to buy flood insurance.

As a homeowner, it’s important to insure your home and its contents. Depending on your property location, your home is either considered at high-risk or at moderate-to-low risk for a flood. Your insurance premium will vary accordingly.

Moderate To Low Risk
Most condo owners or renters in moderate-to-low risk areas are eligible for coverage at a preferred rate. Preferred Risk Policy premiums are the lowest premiums available through the NFIP, offering building and contents coverage for one low price. In fact, residential premiums start as low as $49 per year for contents-only coverage.

If you don’t qualify for a Preferred Risk Policy, a standard-rated policy is still available. Even though flood insurance isn’t federally required, anyone can be financially vulnerable to floods. People outside of high-risk areas file over 20% of NFIP claims and receive one-third of disaster assistance for flooding. When it’s available, disaster assistance is typically a loan you must repay with interest.

High Risk
Even if you live in a high-risk area, a standard-rated policy is an option. It offers separate building and contents coverage.

Flood insurance premiums are calculated based on factors such as:

• Year of building construction
• Building occupancy
• Number of floors
• The location of its contents
• Its flood risk (i.e. its flood zone)
• The location of the lowest floor in relation to the elevation requirement on the flood map (in newer buildings only)

Flood insurance premiums are accordingly.

Your insurance premium will vary based on factors such as:

• The deductible you choose and its flood zone
• The location of its contents
• Building occupancy
• The location of the lowest floor in relation to the elevation requirement on the flood map (in newer buildings only)
• The location of its contents
• Building occupancy
• The location of the lowest floor in relation to the elevation requirement on the flood map (in newer buildings only)
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I have spent the last several months writing columns about exercise, the muscular tissues, posture and corrective methods. There is one common element with all of these--its force. Physics defines force (F=ma) or mass times acceleration. Given a constant mass (one’s weight), force produces movement or acceleration.

Forces come in a variety of forms: tension, shear, rotation and compression—all of which act on the body daily. The most constant force of all acting on our body is the force of gravity. It is very helpful, as it keeps us grounded to the earth but can also be problematic. The problem is it constantly pulls us down at a rate of 9.8 m/s². Given the equation above (F=ma) the greater the mass, the greater the force. The more weight we carry either due to being overweight or carry objects, the greater the compressive forces placed through our tissues. Although compression does play a positive role in development and growth, excessive compression or unbalanced compression can be harmful.

Compression can be a contributing factor to degeneration, pain and dysfunction. Arthritic joints ache more. Nerve roots may be more painful or can refer pain if compressed. In such cases, physical therapists will try to reduce such forces. Treatment may include manual traction, where two joint surfaces are gently pulled apart to provide relief and perhaps improved blood flow for tissue healing. If traction forces are needed for longer periods of time, mechanical traction can be used or an inversion table. Although both of these techniques are effective, they are applied while the patient is lying on his/her back. Treatment in this position is helpful and feels great but it’s not “functional” because most of us don’t work or function on our backs or upside down. Treatments applied in an upright position are “functional.” Two functional treatments used at First Coast Rehabilitation, applied in an upright position to ‘decompress’ or reduce the affects of gravity, are: 1) an un-weighting harness system and 2) an Alter G treadmill. All decompression techniques are usually followed by exercises and/or postural correction to maintain balance of the forces.

The un-weighting harness system can be used over ground or treadmill. The patient is fitted with a harness wrap-

ping around the pelvis with straps over the shoulders. The straps are secured to a pulley system, which lifts the patient to varying degrees, decreasing the weight, and compressive forces, though their low back, hips, knees ankles and feet. They can then walk with distraction, which allows fluid and blood to flow through the tissues and reduces pain. It is a superb system for those with low back pain, stenosis, disc issues, arthritic hips/knees and even neurological gait disorders.

Because the lower extremities are accessible, therapists can assist in the movement of the legs to retrain proper movement patterns.

The Alter G treadmill system is like walking on the moon. The patient is fitted with a pair of neoprene shorts and zipped into a plastic bubble-air chamber, from the waist up. The air chamber fills, lifting the patient, reducing the compressive forces in the hips, knees, ankles and feet. Because no harness is involved it allows for more freedom of movement needed with a quicker pace or running, as well as more freedom of arm swing. It is an outstanding treatment for those with lower extremity pain and is the intervention of choice for high level athletes and runners. Because the legs are in the air chamber, they are not accessible for manual assistance by the therapist like the harness system.

The force of gravity may be a constant factor in your life but pain need not be. Choosing the best intervention is just as critical to proper diagnosis. No one treatment is a one-size fits all--hence the need for choices. If you are suffering from low back or lower extremity pain–choose today to get help. Consult your MD or PT. The solution may be simple.

Rob Stanborough is a physical therapist serving St. Augustine for nearly 10 years. He is president and co-owner of First Coast Rehabilitation, as well as co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. He is certified in manual therapy, a Fellow of the American Academy of Orthopaedic Manual Therapists and has presented on the topic of soft tissue dysfunction in a variety of venues. Read previous columns posted on www.firstcoastrehab.com.
Crock full of Nourishment for Young Souls

October 24th First Coast Technical College Culinary Arts Program hosted a Crock Pot Cooking Class in conjunction with the Boys & Girls Club of St. Augustine. This program was being offered to promote healthy eating while instilling a life skill that holds both economic and time benefits. This slow cooking technique will foster fulfillment of a families basic needs, while giving young families the opportunity to assist their own caregiver with household duties. Each B&G kid will leave with the session with their own crock pot, recipe book and additional food items to make a meal at home, plus a full belly from sampling the fare. "I feel strongly that this program will foster a sense of self confidence in these young adults. We hope to inspire them to realize that regardless of their age, they can be a huge asset to their families” stated Chef David Beal of FCTC Culinary Arts, Director of College Advancement.

Community leaders and outreach agencies were invited to attend and duplicate this program for their clients. It is our goal to help educate, stamp out hunger and nourish our less fortunate population within Northeast Florida. We hope that this start up program will spread quickly and ultimately help us fight hunger together, one community at a time.

The crock pots were generously donated by Kiwanis Club of St. Augustine’s noon group. The Boys & Girls Club is still seeking a food sponsor to underwrite the program’s costs. If interested please contact Jennifer Tesori, St. Augustine’s Community Liaison at (904) 669-0107 or email jstesori@gmail.com.

THE PLAYERS Championship Boys & Girls Club located in West St. Augustine helps to serve St. Johns County’s six-to-eighteen year old population that qualifies for free or reduced school lunch by providing after-school programs. The Club provides youth with safe and monitored educational atmosphere with fun activities. The accredited program helps its members to experience life skills and values. Children rotate throughout the day to different areas of our club such as the computer lab, game room, arts & crafts room, gymnasium, and outdoor play area. The Boys & Girls Club is truly committed to providing educational and life experiences that will help each member grow, develop positive friendships and relationships, as well as foster teamwork and good life choices.

The St. Augustine Unit is a branch of Boys & Girls Clubs of Northeast Florida (BGCNF) and is an affiliate of the Boys & Girls Clubs of America.

Squash

(continued from page 5)

Cab picker, silly liberal, rabid conservative, and spineless coward.

Now that last one, spineless coward, brings up an interesting question: Is a coward with a spine a brave coward? That one is a real puzzler. Einstein? Dr. Phil? Anybody have an answer?

You’ll note, I’m certain, that in the list of names I’ve culled form the newspaper bloggers, there’s not a single one for a vegetable. This must mean that being called a “squash” makes me unique, perhaps the lowest of the low, even lower than a moron or bottom feeder. If the name caller at the commission meeting intended that, then indeed I should feel special to be so singularly honored.

But wait a minute. Here I am, almost at the end of my little essay, and I must acknowledge a shame-inducing mistake. I just checked the minutes of the meeting when I thought the citizen had so misguidedly labeled me a “squash,” and the minutes show that what the citizen actually said is that I had “quashed a report.” Now how could I ever have confused “squash” with “quash”? And if we make “quash” a noun, what am I then? A “squash”? And what is a “quasher” anyway? I guess it’s someone who “quashes.” It’s all so, so confusing and embarrassing. But on second-and-a-half thought, maybe it’s all understandable. Let’s just substitute “quash” for “squash.” How much more simple could that be? After all, if the shoe fits…

So at your family’s Thanksgiving Day dinner this year, you can say: “Please pass the bowl of Aunt Martha’s delicious pecans and winter squash. That’ll work.”

In the meantime, it’s 8 a.m. and time for my afternoon nap. When you get to be my age, you take your afternoon naps early, so that you won’t forget to take them when it actually is afternoon. We call that “pro-active” napping.

Also, I need to be fully rested. There’s a city commission meeting soon. I want to be refreshed and alert and not dazedly dozing at the dais, so that when that citizen next calls me a name, I’ll hear it correctly and can respond in this newspaper accordingly.

St. Johns County Sheriff’s Corner

Identity Theft

This month, I would like to address a very real concern and offer tips in an effort to combat Identity Theft. It is one of the fastest growing crimes in America today and affects nearly 10 million victims every year. The most recent yearly dollar loss was estimated at $52 billion.

In order to combat identity theft you should know how it is committed and take precautions. In public places, criminals may engage in “shoulder surfing” or watching you from a nearby location as you punch in your PIN or credit card number. Some criminals may engage in “dumpster diving” where they go through your garbage cans or commercial dumpsters to obtain copies of your check, credit card or bank statements or other records that may bear your name, address or telephone number. They may simply steal your wallet or purse. If you received any applications for “pre-approved” credit cards in the mail and discard them without shredding the information, criminals could retrieve them and attempt to activate the cards without your knowledge.

Thieves could open up a new credit card account, using your name, date of birth and Social Security Number. When they use the card and don’t pay the bills, the delinquent account is in your name, not reported on YOUR credit report. They could establish cell phone service or bank accounts in your name if that obtain your personal information. So please remember to protect that information.

That protection could include limiting the amount of confidential or personal information you carry in your wallet or purse. Avoid carrying more blank checks than you actually need and NEVER have your Social Security Number printed on your checks. Keep information about your accounts in a safe place in the event you lose your wallet or purse. Never ever respond to unsolicited requests for your Social Security Number or financial data. If you do not have one, invest in paper shredder and be sure to shred any documents containing your name and any other personal information. Check all credit card and bank statements regularly for accuracy and obtain a copy of your credit report yearly and check that for accuracy. Another useful Internet site is: www.idsafety.org. They have a wealth of valuable information about protecting your personal information. Here are some additional tips from the FBI in an effort to combat Identity Theft: Never throw away ATM receipts, credit cards, or bank statements in a usable form. Never give your credit card number over the telephone unless you make the call. Reconcile your bank account monthly, and notify your bank of discrepancies immediately. Report unauthorized financial transactions to your bank, credit card company, and the police as soon as you detect them. Review a copy of your credit report at least once each year.

Notify the credit bureau in writing of any information contained in your name and any other personal information.

Have News?

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

Please forward those items of general interest to the Editor at:

Email: beachnewsjournal@yahoo.com or phone 904-607-1410

St. Augustine Beaches News Journal - November 2012

Temple Bet Yam

TEMPLE BY THE SEA

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**Sun, Fun and Your Skin**

It’s beautiful out there! By all means enjoy the weather… however, be safe. The sun can cause skin damage as easily as it brings light.

Most of us know someone or have a relative that has had cancer. Skin cancer is the most commonly diagnosed cancer in the United States. Most (85% to 95%) of all skin cancer cases are completely cured and account for less than 1% of all cancer deaths. Still, needless suffering occurs due to ignoring warning signs of skin cancer and risky behavior.

A, B, C, D and E

The National Cancer Institute (part of the National Institute of Health) states the cure rate for skin cancer could be nearly 100% if they were all checked by a doctor before they had a chance to spread.

Of the three main types of skin cancer (melanoma, squamous cell carcinoma and basal cell carcinoma) melanoma is by far the deadliest. Because melanoma usually begins as a mole, dermatologists devised the mnemonic A, B, C, D (and now E) to help us remember when to seek a doctor’s help:

- Asymmetry – an irregularly shaped (“lopsided”) mole
- Borders – ragged, uneven edges of the mole
- Color – a red, white, blue, brown mixture (not a smooth, uniform brown mole)
- Diameter – any mole wider than a pencil eraser
- Evolving – any mole that changes size or shape; or one that itches, burns or hurts.

The Other Two

Even though melanoma is the deadliest form of skin cancer, basal cell carcinoma and squamous cell carcinoma are the most common forms of skin cancer. Commonly turning up on sun exposed areas (head, face, neck, hands, arms) they grow more slowly than melanoma. Nonetheless, they need to be treated as well. A good description has been: the pearly mole with or without a central ulceration. For example, smooth, small, shiny, pale, waxy lumps; or firm (hard) red bumps that may or may not have an area that is scaling or bleeding.

Dress for the Weather

While staying cool is the name of the game during the summer, staying alive is how we win. The two are not mutually exclusive. Wear cool long sleeve shirts and a hat to block out the sun’s harmful rays.

When I was a kid, SPF was a brand-new term for Sun Protection Factor for sunscreens. I still remember trying to smear SPF 30 on my arms and pulling out all the little hairs as it was worked in by my well-meaning, up-to-date mother. Today there is absolutely no excuse for not wearing at least SPF 15, reapplying frequently. The microchip may be the invention of the century but spray-on SPF 30 sunscreen has to be a close second.

If possible, avoid the midday sun. This is important as the sun’s rays are the strongest and most intense at this time.

Overall, risky behavior is ignoring common sense and not protecting your skin.

Samming it up

If something on your body looks weird or follows the rules above, see a dermatologist or your primary care doctor. Remember, skin cancer does not have to occur in the common areas. Sometimes a mole or skin lesion can turn up on the scalp (even where there is hair) or even between your toes. So, just because it’s in an odd spot, don’t ignore it! Take care of yourself and dress right and use sunscreen.

So, now that we are ready, let’s get out there and enjoy the weather and our beautiful beaches!

**“Beach Hot Dogs” Comes to St. Augustine Beach**

“Coming from Ohio.... GO BUCKEYES! My family through marriage owned and operated a well know Hungarian hot dog restaurant in Toledo, Ohio called, Tony Packo's Hungarian hot dogs. If you have ever watched Mash, Klinger talked about Tony Packo's restaurant in several episode's. Tony Packo's was also know for their signed hot dog buns on the wall from MANY famous people. Unfortunately, they sold all the restaurants after many years. After being down here for 18 years I decided to open my own hot dog restaurant. It’s a small but friendly atmosphere and I'm ALWAYS open to suggestions! My hot dogs and my CONEY ISLAND sauce comes from Flint Michigan, they have that snap when you bite into them. However, don't take my word for it come in and find out for yourself and mention you saw this ad and receive 10% off. Come see what we have to offer.” Kim Packo, owner. See us at www.beacheshotdogs.com or email beacheshotdogs@att.net.
THANK YOU FOR VOTING US BEST IN ST. AUGUSTINE FOR

- Family Restaurant
- Lunch Restaurant
- Breakfast
- Happy Hour
- Servers
- Hamburger
- Hot Wings
- Chowder
- Crab Cakes
- Pancakes

AND RUNNER-UP FOR

- Restaurant Overall
- Live Music Venue
- Bar/Pub
- Dessert
- Shrimp

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Pet Corner
Anna Maxwell D.V.M.
Palencia Resident
(904)886-2751

Choosing The Right Pet

I am sure all of you have had an “impulse buy.” Standing in line at the grocery store as you look to the right there is a plethora of gum, candy and magazine choices. You grab the latest fashion magazine. Your intent was food but you came out with the magazine as well.

The same is true for pets. Your plan is to go with your friend and help her pick out a new pet from the adoption center. One hour later, both of you have a new member of the family. I hear it all the time. “But Dr. Maxwell I just couldn’t just leave him there”. According to Dr. Becker, Veterinary Economics advisor, most pet purchases are an impulse buy. People will spend more time picking out a car than they do picking out a pet.

Pets are a lifetime responsibility and careful consideration should be given prior to your acquisition. Below are just a few of the factors to consider:

• How much time are you going to spend with your pet? If you work 60 hours a week will there be enough time to walk the dog.
• How big is the yard? A larger dog will need more room than a smaller dog.
• What activities are you hoping to do with your pet? Hiking all day - a larger dog is better equipped than a small dog. If you want your dog to sit in your lap while you are on the computer, a smaller dog is best.
• Do you have other pets? If you have a dog and you want a cat will they get along? Perhaps another dog is best.
• Does anyone have allergies? A pet with scales may be better than a pet with fur.
• Consider the breed and species–Greyhounds like to run, retrievers need companionship, and cats are very independent.

One person that will be able to give you some insight is your veterinarian. They can give you information about size, weight, grooming requirements, and medical conditions to consider. So before you walk into the adoption center or pet store, do your homework and consider. So before you walk into the adoption center or pet store, do your homework and make an informed choice. Remember your veterinary team is there to help.

St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on St. Patrick’s Day, Sunday, March 17 to 24, 2013, on the beautiful Royal Caribbean Freedom of the Seas out of Port Canaveral to the Western Caribbean ports of Labadee, Haiti; Falmouth, Jamaica; George Town, Grand Cayman; and Cozumel, Mexico. This is a beautiful ship for those of you who have never been on it, and, at a future Travel Club get together at the Southeast Branch Library we can view pictures of the ship. Prices start from $771.73 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Book now with deposit and receive $50 per stateroom.

On Board Credit. Call Peter, St. Augustine Travel Club at (904) 797-3736 for more information and reservations.
Visit Us At Our Convenient Location:

1 University Boulevard        Phone: (904) 829-3411
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topproducer@oldcitystaugustinehomes.com

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

Superior Classic oceanfront estate built by top builder EC Kenyon in prestigious gated Sea Colony. Over 7000 sq ft of exquisite lavishing ocean views and 7 bedrooms, 5 full and 2 half baths ocean view home for the discriminating buyer. One of the largest gourmet chef’s kitchens you’ll ever see w/ granite counters, custom cherry cabinetry & built-in China cabinets & top of the line materials used throughout. Upscale features include: tower room, surround sound, 5 fireplaces, 7 zone a/c and upscale baths w/travertine. Also high impact glass, wood floors & large screened porch. Let the elevator take you to the 3rd floor for spectacular panoramic views. Home has own irrigation system. A great buy! $1,075,000.

OCEAN GRANDE CONDO SERENATA BEACH, 415 N Ocean Grande Unit 203, located in a serene and peaceful setting, this like new 3BR/3BA unit has upgrades galore. Chef’s kitchen has center island, granite countertops and 42” maple cabinets. Gas fireplace for those cool winter evenings. Gas grill on large screened porch overlooking the marsh and Intracoastal for spectacular views. Tranquility and beauty in Ponte Vedra await you! $419,000.

Beautiful Palencia! 140 Calle El Jardín Unit 109. Just the perfect location for those who commute between Jacksonville and St. Augustine. Gorgeous 3BRM/2BTH bright and immaculate first floor end unit condo with chef’s kitchen/granite countertops. Tray ceilings in large master bedroom, screened porch and, phone, cable and security in all rooms. Condo fee includes water, sewer, pool, exercise room and more. Enjoy all that Palencia has to offer while centrally located between historic St. Augustine and metro Jacksonville. $95,000.

OCEANFRONT SAND DOLLAR END UNIT. 8050 A 1A S, Unit 308. This beautiful 3BRM/2BTH condo is located in a gated section of Pelican Reef. 3,358 sq ft of living space, gorgeous Brazilian cherry wood floors throughout with marble in the entry. Granite counters and stainless steel appliances in the gourmet kitchen. Huge great room with a full size bar. Enjoy the downtown and the Intracoastal water views throughout the home from 3rd floor. Boat slips available for rent. A must see! $689,000.

OCEANFRONT IN SEA COLONY. 716 Ocean Palm Way, Amazing panoramic views from 4B/R/5BA European style home with in-ground pool and numerous upgrades. Great architectural features, high end windows, doors & appliances, coquina shell concrete walk, privacy wall, premium community amenities galore, granite countertops, tumbled travertine stone floor, and elevator! Gated oceanfront community in St. Augustine Beach. $2,297,000.

Beautiful Beach House. 12 Sandpiper Dr. Live the good life and enjoy the sounds and breezes of St Augustine Beach. Just 3 houses away from the ocean. Many updates include new a/c 15 seer 5 T, new paint, 2005 roof, and windows. This beach home features 4 large bedrooms/3 baths with oversized garage. A must see! $490,000.

OCEAN VIEW BEACH HOME. 464 Ocean Grove Cir. in Sea Colony of St. Augustine Bch. 4BR/4.5BA and over 3,000 sq ft of luxury. This home was built with the finest maintenance free materials available. Hurricane resistant windows to 125MPH, upscale kitchen with granite, warming oven, wine cooler, SS appliances and more. Everything a great beach home should be. Gated oceanfront community offers beach walkovers, pool and clubhouse. $1,190,000.


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