

Anastasia Lakes Newsletter *December 2016*



Happy Holidays to you, and you, and all of you!

This community is comprised of some very smart and helpful people.
SO

If you've got a problem/question put it in the newsletter, or on a blast email, and I'll bet you get an answer.

SOCIAL AGENDA(S)

December Ladies Lunch

The Lunch bunch for December will be on **December 7th, 11:30 am** at

Cucina Giovanni Italian Restaurant

2730 S/R 16 (by the outlet mall)
St. Augustine, FL
(904)823-8999

Please **RSVP** Karen Palmer (904)707-2738 or
email kspalmerwgv@bellsouth.net by **Sunday, December 4th.**

Karen Palmer
Coldwell Banker Premier Properties
559 West Twincourt Trail #610
St. Augustine, FL 32095
(904)342-2345 - Office..... (904)707-2738 - Cell

MEN'S BEER AND SANDWICH GET TO GETHER..... THURSDAY DECEMBER 8TH - NOON - AT HURRICAN E PATTY'S.....ON RT. 1, ON THE RIGHT, ON THE RIVER NORTH OF TARGET. SEE YA'LL THERE.

GENERAL INFORMATION

From a neighbor concerning dog droppings in the neighborhood.....

Addressing the message about dog owners leaving waste in the neighborhood, I would like to suggest in a couple locations by the mailboxes and sanctuary we put up garage cans and dog waste bags with signs. As a dog owner myself it would be most helpful.

Sherri A. Nowatzki

THE GREEN MACHINE

Nutrition

Sweet Potato Surprises

The ultimate holiday vegetable is shockingly good for you

• With more fiber than a bowl of oatmeal, more vitamin A than a cup of carrots, and more potassium than a banana, a sweet potato is the healthiest—and possibly least appreciated—holiday food.

Rich in vitamin C, it's loaded with carotenoids—powerful antioxidants that protect against cancer and heart disease and boost immune function. Its high potassium content helps control blood pressure.

And at 110 calories, it is naturally low calorie, says nutritionist Joy Bauer, author of *Slim & Scrumptious*.

Alas, we tend to dress this nutritional powerhouse in butter and sugar, negating all its natural goodness. But Art Smith, Oprah Winfrey's former personal chef, says unadorned sweet potatoes are making a comeback.



"I use sweet potatoes instead of white potatoes in all my favorite recipes," adds Smith, who recently shed 100 pounds.

For a healthier alternative

to classic candied yams, try Smith's sweet potato salad (see recipe, at right). There's no better match for roasted turkey or ham. —Mónica Biale



CHEW ON THIS
By Fred Norcia, PhD

THE TROUBLE WITH LEFTOVERS

Here's a holiday-leftovers quiz: You just finished dinner and you're full, but you see two spoonfuls of room-temperature casseroles left in the dish. Do you throw it out or eat it? Your answer has a lot to do with your age. At the Cornell Food and Brand Lab, we found that people born in the 1930s were more likely to finish leftovers than people born in the 1950s, living during the Depression and the war years affected their eating habits. But you'd have to take a long walk to burn off that extra 60 calories worth of food. If you're not prepared to walk a mile, leftovers aren't worth your while.

Recipe

ART SMITH'S SWEET POTATO SALAD



Serves 8

- 4 small sweet potatoes
- 1/4 cup mayonnaise
- 1 tablespoon mustard
- 4 celery stalks, sliced 1/4-inch thick
- 1 small red bell pepper, cut into 1/4-inch dice
- 1 cup diced fresh pineapple
- 2 scallions, finely chopped
- Salt and pepper
- 1/8 cup coarsely chopped toasted pecans
- Chopped fresh chives

1 Preheat oven to 400°F. Wash each sweet potato in foil and bake for 1 hour. Unwrap, let cool 15 min, cut into 1/4-inch chunks.

2 In a large bowl, mix mayonnaise and mustard. Add sweet potatoes, celery, red pepper, pineapple, and scallions; toss gently. Season to taste with salt and pepper. Cover and refrigerate about 1 hour.

3 Fold in pecans and sprinkle with chives.

Nutrients per serving: 116 calories, 2g protein, 14g carbs, 14g fat, 2g fiber, 2g fat, 2mg cholesterol, 24mg sodium

RESTAURANT/MOVIE/BOOK REVIEWS

St. Augustine's Top-Rated Restaurants *All restaurants have a 4-

5.0 RATING

1. Woodpecker's Backyard BBQ, 531-5670
2. The Balefire Brasserie, 513-2873
3. The Press, 217-8254
4. Uptown Scratch Kitchen, 377-6050

4.5 RATING

5. Mojo Old City BBQ, 342-5264
6. The Ice Plant, 829-6553
7. Mango Mango's Caribbean Grill & Bar, 461-1077
8. Palm Valley Fish Camp, 285-3200
9. O'Steen's Restaurant, 829-6974
10. GAS-Full Service Restaurant, 217-0326
11. Cousteau's Waffle and Milkshake Bar, 342-5627
12. Collage Restaurant, 829-0055
13. The Present Moment Cafe and Market, 827-4499
14. Back 40 Urban Café, 824-0227
15. Barley Republic Public House, 547-2023
16. The Kookaburra, 209-9391
17. Gaufre's & Goods, 829-5770
18. Manatee Café, 826-0210
19. Playa Chac Mool, 471-1131
20. Ned's Southside Kitchen, 794-2088
21. Maple Street Biscuit Company, 460-2483
22. The Blue Hen Café, 217-3777
23. Mi Carnal, 794-5175
24. Prince of Wales, 810-5725
25. Restaurant Medure, 543-3797
26. 180 Vilano Grill & Pizza, 827-1009
27. Blondi's Oasis Diner, 819-6605
28. Haszard's at the Beach, 461-4201
29. Mediterranean Shish-Kebab Restaurant, 460-2846
30. Metro Diner, 758-3323
31. Trasca & Co Eatery, 395-3989
32. Tank's Sushi Bistro, 940-8799
33. Cafe Alcazar, 825-9948

34. Old City House Inn & Restaurant, 826-0113
35. Purple Olive, 461-1250
36. Barb and Wally's Down South Barbecue, 273-9902
37. The Floridian, 829-0655
38. Hong Kong Café, 342-2380
40. Nalu's, 501-9592
41. Blackstone Grille, 287-0766
42. The Hyppo Café, 342-7816
43. Five Star Pizza, 824-9868
44. Everything Bagel, 819-9282
45. Zaba's, 770-2976
46. Cafe Genovese, 829-0707
47. Hazel's Hot Dogs, 824-8484
48. DOLCE Café, 615-1583
50. Falafel Queen, 217-4886

4.0 RATING

51. Harry's Seafood Bar & Grille, 824-7765
52. Cap's On The Water, 824-8794
53. Casa Maya, 823-0787
54. Sunset Grille, 471-5555
55. Pizza Time, 819-0133
56. Michael's Tasting Room, 810-2
57. South Beach Grill, 471-8700
58. Pizzalley's Chianti Room, 825-
59. A1A Burrito Works Taco Shop, 823-1229
60. Cellar 6, 827-9055
61. Creekside Dinery, 829-6113
62. The Gourmet Hut, 824-7477
63. Smokin' D's BBQ, 797-2050
64. The Bunnery Bakery & Café, 6166
65. La Pentola, 824-3282
66. Cantina Louie, 770-2608
67. Les Petits Pleasures, 679-3411
68. Georgie's Diner, 819-9006
69. Cafe del Hidalgo, 823-1196
70. Spanish Bakery, 342-7859
71. Carmelo's, 494-6658
72. Moon Dog Pie House, 287-3683

73. Restaurant And Cafe Solo, 810-2399
74. Harbor View Café, 825-0193
75. Tuptim Thai, 429-7390
76. Poppy's Italiano, 273-7272
77. Mojo's Tacos, 829-1665
78. Sakada Japanese Steak House, 819-5857
79. Sea Oats Caffe, 471-7350
80. Pacific Asian Bistro, 808-1818
81. Flavors Eatery, 824-4221
82. Schmagel's Bagels, 824-4444
83. South-A-Philly, 824-0666
84. Stir It Up, 461-4552
85. Beach Diner, 273-6545
86. Table 1, 280-5515
87. Sharky's Burgers and Fries, 686-1150
88. Terra & Acqua, 429-9647
89. Mulligans Pub, 285-1506

90. Zoës Kitchen, 273-1100
91. Obi's Fillin Station, 217-7689
92. Romano's, 797-8989
93. Napolis Pastaria, 273-0006
94. PDQ Jacksonville: Jurlington Creek, 638-5959
95. Viola's Pizza Pasta & Seafood, 4471-2981
96. Bite a Bagel, 460-2495
97. Nineteen At TPC Sawgrass, 273-3238
98. Ripe Bistro and Social Lounge, 471-3177

*All numbers are in the 904 area code

OK HERE IS YOUR ASSIGNMENT.....Go and check out as many of these top-rated restaurants as your pocketbook and tummy can handle. AND THEN ... share that information in next months newsletter.....please!

COMMUNITY INFORMATION:

Check Anastasia Lake's web site

www.anlakes.com.

DO YOU KNOW SOMEONE WHO IS CELEBRATING A HAPPY OCCASION OR EXPERIENCING A ROUGH PATCH? Call Mary Lou Cooper, 461-6877 and she will send a card from all of us. Also if you tell us, we can print the details in the next newsletter.

Changing your telephone or email address? Don't forget to notify Coastal Realty and the Newsletter so everyone, even those without email, will be informed. Wouldn't want people to lose touch with you now, would you?

Anastasia Lakes Management information

Management Co. Coastal Realty and Property Management, Inc. Andrea LaValle Coastal Realty & Property Management, Inc.
904-471-6606 ext 309 904-471-2866 Fax andrea@coastalrealtyfl.com

Anastasia Lakes Board members are:

John Hackman, President- Peter Peterson, VP- Kitty Martin, Treasurer- Sandy Norton, Secretary- Michael Sally

The Anastasia Lake committees.... for more info. contact a member.

Covenant Rules.... John Miller, Chair, David Dean, Kitty Martin, Charlene Petersen, & Michael Salley

Pool.... Jake Jacowski, chair... Mona Donofrio, Ellen Grolman, Lynn Helfer, Kathy Howell, Gail Payette, & Keith Schlegal,.

ARC.... Lee Bailey, chair... Cathy Howell, Gene Kovacs, Art Martin, & Norm Reed.

Irrigation.... John Hackman chair... Kirby Nelson

Finance.... Kitty Martin, chair... Don Gulick, & Susie Hackman

Social... Verna Brown, chair...

Grounds/Beautification... Jacky Lang, Sandie Norton

Welcome committee..... Lee and Dorothy Bailey/Barrett

From Jake the Pool Chair.... Please add to the news letter that the new pool furniture now is not expected until the second or third week of December. Due to a backlog of items being made, sorry for the inconvenience to the sun worshippers. Bring you chair and enjoy the sparkling pool water, think of your favorite getaway.

NEW PEOPLE if you moved in recently and we missed you, please call us. We will get your vitals, introduce you to the neighbors in the next newsletter, give you information about our community, covenants, social agenda, pool hours & rules, trash & recycling info., and local discounts available. Lee/Dorothy 501-0938 or 377-5876

Please welcome a new neighbor to the best kept secret in St. Augustine.

**Demitri (Kalos) Kalogeropoulos..... 60 Anastasia Lakes Dr.....cell=571-262-1180....
email=dkn7c@hotmail.com**

Demitri is a writer and a young addition to our neighborhood. WELCOME DEMITRI, hope you enjoy your new home.

**Also welome Becky Barber and Tom Johnson.....121 Anastasia Lakes Dr.....954-661-5304
email barberdeke@gmail.com**

Brother and sister are retired.....Hobbies are fishing, walking, and golf

Welcom Becky and Tom to a lovely neighborhood

editor and cub reporter Dorothy & Leelee.dorothy1986@gmail.com or 501-0938 or 377-5876

EDITOR'S NOTE: all information printed in this newsletter is the opinion of the editors, unless authored by someone else. Nothing should be taken seriously and all facts should be doubted.

Progressive Holiday Party



Friday, December 9th

6:00pm – 9:00pm

Heavy Appetizers @ Larry & Ginny Dozier's
Desserts @ Betty Conlon's

This is a potluck – please contact Verna Brown if you plan to go and let her know whether you'll be bringing an Appetizer or a Dessert.

You **must sign up** for this - vjbrown@bellsouth.net



St.
Augustine
Orchestra

Thank you to those that attended our November 2 benefit concert. It was a great success with close to \$2,000 raised and donated to our in-need St. Johns County neighbors via United Way.

Back on schedule, the St. Augustine Orchestra is pleased to announce and invite you to their holiday concert entitled *"Home for the Holidays"* December 9, 2016 at 8:00 p.m. in the Lightner Museum under the direction of Scott Gregg, Music Director and Conductor for the St. Augustine Orchestra.

This year's holiday concert will feature pieces from:

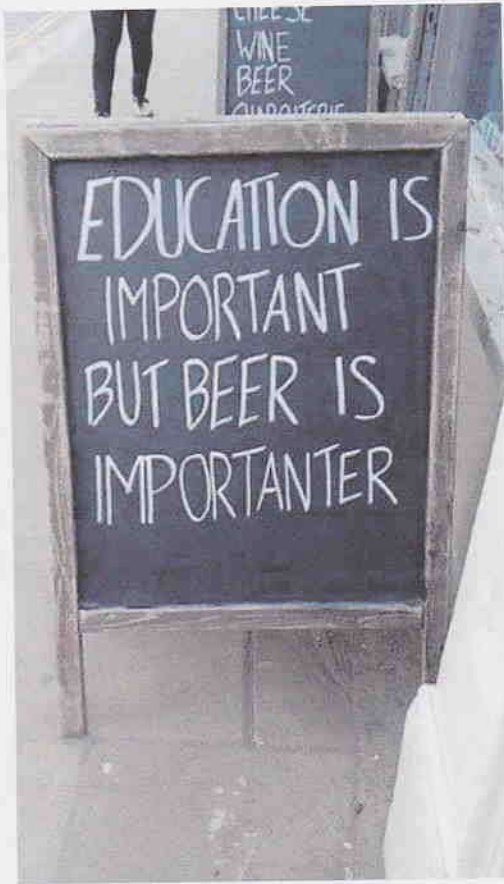
- Tchaikovsky's Nutcracker Suite
- March of the Toys from Babes in Toyland by Victor Herbert
- The Christmas Song by Mel Torme
- Plus many time honored holiday classics

Join us for what promises to warm hearts with holiday spirit. Tickets are \$20 for adults, \$5 for students w/ID and free for children under 12.

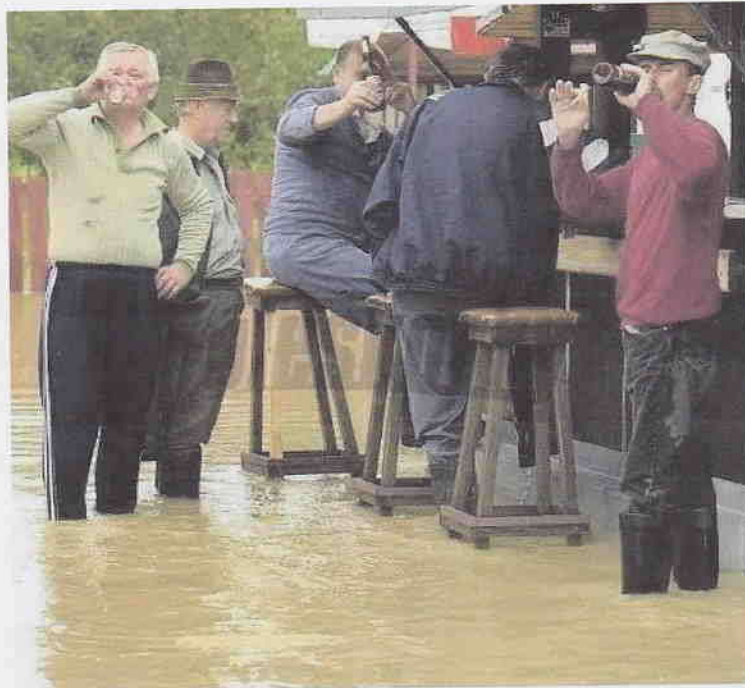
For more information about the St. Augustine Orchestra's upcoming concert schedule or to purchase tickets for concerts, please visit the SAO website at:

<http://www.staugustineorchestra.org>

JOKE OF THE MONTH (remember jokes are truths disguised to make them funny)



And some news from Ireland...



Crowds panic as flooding threatens Ireland...

That's it folks!