



# St. Augustine Shores OBSERVER



NEWS FOR AND ABOUT RESIDENTS OF ST. AUGUSTINE SHORES

## Fall Yard Sale Rain-Out



The St. Augustine Garden Club Geranium Circle was one of a few booths set up at the Annual Fall Yard Sale at the Riverview Club lawn. This was one of their fundraisers. Picture to the far left is Geranium president Martha O'Reilly and beside her is Terry Nelson-former president of Geranium Circle and more recently president of the Garden Club of St. Augustine.

The Fall Yard Sale was sched for November 2nd but due to rain rescheduled to the 9th.

## Welcome to Beach Blast Off 2014!

This year we are doing things a little different. Beach Blast Off has turned into a 2-day Block Party complete with a takeover of A1A Beach Blvd. Throw in a Regional Chili Cook-off World Championship Qualifier, live music, kids zone, fireworks and you have fun for the whole family. Special 2-day wristbands can be purchased for a discounted rate at St. Augustine Beach City Hall from December 2nd through December 20th.



On the 30th, the International Chili Society will hold a Regional Homestyle Chili Cook-off Competition to include local and regional challengers. The winner will qualify for the World Chili Cook-off Championships in 2014 and a chance at \$25,000 in prizes. Tastes are available to the general public if you dare.

On the 31st, enjoy a full day of live music and activities leading up to the big FIREWORKS DISPLAY at 8:30pm. Visit BeachBlastOff.com for updated information and local specials.

On December 30th and 31st from 2-10pm each day Beach Blast Off will be held at St. Augustine Beach Pier Park. Free parking and shuttle service is available both days from 3-11pm; check www.BeachBlastOff.com for parking and shuttle information. Celtic Rock band Seven Nations will headline the event that will include Mojo Roux, Those Guys, Falling Bones, Man of Color, Mid Life Crisis, The Big Picture and Girl on Fire.

As in the past, a very large crowd is expected and special parking and shuttles will be provided to help regulate traffic around the Pier Park events. Please see page 6 for maps of Shuttles and street closures.

## New Artist Comes to the Shores

Just a few short years ago, in 2011, Claudette Dames of Andalusia Court discovered she had true artistic talent. To see her work, proves it! She loves to do landscapes and her attention to detail and color is outstanding!

Claudette is graciously donating two exquisite pictures to be raffled off at the Holiday Potluck Dinner. The other one is of our Riverview pier!!

On Saturday, November 9th, Claudette exhibited her artwork recently at the Fall Yard Sale at the Riverview Club.

Claudette says, "I was born in a mining town where my father worked in a gold mine all his life. I lived most of my life in Ottawa the Capital of Canada. I had two children, and four granddaughters. I later remarried, to my now husband Alfonzo Dames, an American, and moved to Manhattan N.Y. After retiring in 2001 moved to Bloomfield N.J. and recently relocated to the Shores. One day my husband bought me a little paint kit, and that's when it all started. Amazingly I discovered I was pretty good at it. I tried oil but didn't like it, it takes too long to dry. I sold some paintings that were on display in some Boutiques, some I gave away to some of my favorite people. I have a few in Doctor's office, actually two paintings on display at my doctor at the Flagler Hospital, and also did a painting for a restaurant also in St. Augustine. We love our new home, hopefully I'll be doing my thing on George street soon or the farmer's market at the Beach."



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The Shores Observer  
1965 A1A SOUTH #180  
St. Augustine, FL 32080-6509

## HAPPY HOLIDAYS

### What's Inside The Observer This Month...

- News From Around the Shores:
  - Golf Carts & 4 Wheel Vehicles are Illegal on Shores Roads
- Financial Focus: Financial Resolutions for the New Year
- Health Update: Why Would A Child Need a Chiropractor
- Sheriff's Corner: Holiday Crime Protection
- Safety Tips For This Holiday Season
- Community Workshop Dec 4
- Crooked Feet

## The St. Augustine Shores Observer

is published monthly for residents of St. Augustine Shores St. Augustine, FL.

St. Augustine Shores Observer  
(904) 607-1410  
1965 A1A South #180  
St. Augustine, FL 32080-6509  
clifflogsdon@att.net  
www.observer.vpweb.com

### The St. Augustine Shores Observer

The function of the St. Augustine Shores Observer is to serve the St. Augustine Shores Community.

First priority will be given to reporting news and activities of the residents of the St. Augustine Shores, Shores organizations and other news and events that directly affects St. Augustine Shores. Second priority will be given to articles of general interest as space permits.

Information must be received by the 10th of the month in order to appear in the following month's issue. Articles or information may be sent to the Shores Observer, 1965 A1A South #180, St. Augustine Florida 32080-6509. Information may also be e-mailed to clifflogsdon@att.net.

All material submitted to the Shores Observer is subject to editing. Publishing of submitted letters and information is at the discretion of the publisher. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the Shores Observer.

The Observer's acceptance of advertising does not constitute an endorsement or approval of any product or services by the Observer or its staff. The publisher reserves the right to refuse advertising that does not meet the publication's standards.

The Observer is published by an independent publisher and is not affiliated with the Shores Developer, the St. Augustine Shores Service Corporation or the St. Augustine Shores Civic Association.

### How To Reach The Shores Service Corporation (Shores Homeowners Association) (904) 794-2000

### Shores Community Calendar

- St. Augustine Shores Service Corporation monthly meetings are held on the second Thursday of each month. Meetings are at 7 p.m. at the Riverview Club.
- St. Augustine Shores Recreation Association board meetings are held on the first Tuesday of each month at 11:30 a.m. at the Riverview Club.
- Conquistador Condominium Board meetings are held on the third Thursday of each month.
- Fairview Condominium Board meetings are held on the second Tuesday of every other month at 4 p.m. at the Fairview Condo club house.
- Greens Condominium Board meetings will be held on February 1st, May 7th, August 6th and November 5th. The annual meeting will be held on October 1st.

### Shores Observer Policy For Classifieds

The Observer offers free community classified ads to all Shores residents. Ads May Not Promote A Business Or Service. Classified ads will not be printed without a name, address and phone number included with the request.

Send your ad to Shores Observer, 1965 A1A South #180, St. Augustine, 32080-6509. Or you may email your ad to clifflogsdon@att.net.

Deadline for all ads is the 10th of every month for the next month's issue.

## Community Classifieds

**FOR SALE:** (1.) 3 section 7 ft Christmas Tree with lights. \$20. (2.) 4 small designer dog carriers, \$15, \$10, & \$5. (3.) Hoover bagless Vacuum Cleaner, like new. \$20. (4.) 2 microwaves, \$12 ea. (5.) 3 Coffee Makers, Mamilton Beach Brew Station, \$30, Krumps Pro \$15. (6.) Bike Helmet, \$5. (7.) New Printer with phone, \$15. Call 904-433-2457.

**FOR SALE:** 89 GMC black P/U with cap. Engine, front end, & rear end. Under 30,000 miles (over \$10,000 invested). \$3,900. (2.) Celestron computerized telescope like new. Comes with many extras, also a camera for viewing on laptop. \$500 obo. (3.) Whites metal detector, hardly used (cost \$1,500 new). Comes with many extras. \$650 obo. 342-3892.

**FOR SALE:** Otter box, protective case & holster for Apple iPone 4. \$15. 794-0890.

**FOR SALE:** Dresser, \$30. File Cabinet, \$15. Table, \$75. Graves/Vaults negociable. 794-0877.

**FOR SALE:** 1.) 3ea. 5' Granite Bar Tops, Bullnose on both sides, green & black swirl. \$250.00. 2.) Cast Iron Chiminea, new. \$100.00. 3.) Double White Granite Cast Iron Sink. \$50.00 4.) Chrome Alternator for Classic V-8 Chevy. \$50.00. A/C Compressor for Classic V-8 Chevy. \$100.00. Call 794-5637.

**FOR SALE:** Cub Cadet Walk Behind Self Propelled Mower. 21 in cut with bagger. 125.00 Call 347.1325

**FOR SALE:** 2006 Toyota Avalon XLS in wonderful condition; owned by local Shores resident Peter Dytrych. You would enjoy this car as I have for 7 years. The car has almost exclusively highway miles. Total miles on car now are 56,000. Pearl white with neutral leather interior. Navigation system, tires in great condition (Michelin Primacy). Many, many features. Never a

problem ever encountered with this car. Car has a timing chain so no worry about having to replace it. You will enjoy many, many years of luxury driving. Please call if interested; I am asking \$14,600. You can check Edmunds.com, kbb.com, Nada.com to price this car's value. 904 797-3736.

**FOR SALE:** Camel back sofa \$380 and loveseat \$299 with mahogany ball & claw feet in excellent condition, very clean. White china interior decorator lamp \$35. Mirror, 40" x 60" frameless mounted on wood with beveled edge circa 1950, excellent quality priced to sell at \$189. Two antique ivory arm chairs with cognac cotton seats and backs \$195 ea. worth about \$400 ea. Silverplate flatware by Rogers, "Eternally Yours" excellent condition \$189. Pennsylvania House cherry oval dropleaf coffee table, like new \$149 (\$450 ecrater). Re-enacters, I have a black, long hooded cloak all handsewn of wool and silk by Heidi, \$150. Original oil paintings and drawings by local artist. Call 794.2594.

**FOR SALE:** Manual treadmill; Phoenix TR10; New; Provides excellent workout; Cannot jog on it; \$45. One twin bed (box spring, mattress, frame) New, Moving; \$150. 342-2790.

**FOR RENT:** 2BR/1BA, stove, refrigerator, washer/dryer hookups. New carpets. Application and lease required. \$750 per month, \$850 security deposit. 217-0430

**PERSONAL NOTICE:** "My daughters and I would like friends, neighbors and acquaintances for the cards, prayers and offering of food during the period Bob Tarrant was hospitalized and at his passing. Bob loved living in the shores and would have been pleased with the outflow of kindness you offered his family. We could not have survived this ordeal without your assistance." Kay Tarrant.



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### Water Problems? Ask Polly!



Polly Swindull

**Dear Polly: I am on water supplied by a public utility company. I have been told that I need a water softener. I am concerned about the amount of salt I will be using. I am hesitant!**

You do need a softener to protect all your fixtures, including your water heater. Water softeners now come with metered valves which calculate water usage and greatly reduces the amount of salt you use. A family of four will normally use less than 12 bags of salt per year. That calculates to less than one hundred dollars. Installing a softener is a wise thing to do.

**EAST COAST WELLS & WATER TREATMENT CALL 824-6630**

St. Augustine Beach Civic Association  
Presents

# SURF ILLUMINATION



**Saturday,  
December 7th  
4 pm to 7 pm**

Arts & Craft Vendors  
Santa Claus • Children's Activities  
Carolers & Holiday Music  
Food & Hot Beverages from Local Restaurants  
Tree Lighting & Park Illumination at Sunset

## Saint Augustine Beach Pier Park

350 A1A South Beach Blvd.

**Call 347-8007**  
For Information

# News From Around The Shores

## December Riverview Club Calendar

### ACTIVITIES MEMBERS:

#### TRANSPLANTS: CHRISTMAS PARTY-CLUBHOUSE

DEC 15TH Dessert will be served. We will have a gift exchange (\$10.00 maximum). 4:00 P.M. Please bring a donation (canned or boxed) for Food Bank. Ceelia Scully 797-4816

#### SINGLES: LUNCH AT REB LOBSTER

DEC 17TH There will be the usual gift exchange. Members will be called. 12:30 P.M. Margaret Hand 794-4698

**BILLARDS** - Monday, Wednesday & Saturday at 9:00 A.M. Tuesday & Thursday at 1:00 PM

**BOOK CLUB** - First Monday of the Month in the Library. Kathy@ Kesten@sjcfl.us

**BRIDGE** - Wednesday & Friday at 12:30 PM

**BRIDGE LESSON** - Resume Monday, Sept 9th, 10:30 A.M. Nancy Willis 794-1855

**CHICAGO BRIDGE** - Thursday at 12:30 PM. Nancy Willis 794-1855. Tuesday at 7:00 PM. Debbie Casey 347-9800 or Betty Barton 797-9097. Must have a partner to play.

**EXERCISE TEACHER** - Tuesday & Thursday at 10:00 AM. Donation at door

**FRENCH CLASSES** - Conversational French Thursdays @ 3:00 P.M.

**LINE DANCING** - Wednesday at 10:00 AM

**MAH JONGG** - Tuesday at 1:00 PM and Wednesday at 10:30 AM

**TAI CHI** - Wednesdays at 5:00 P.M.. An ancient Chinese discipline of meditative movements practiced as a system of exercise. It is not strenuous. The instructor will be teaching for beginners. Wear comfortable clothes. \$2.00 per person.

**YOGA** - Monday, Wednesday and Friday at 9:00 AM. Bring a mat and wear loose, comfortable clothing.

**CHAIR YOGA** - Friday @ 10:45 A.M. Additional mobility for those who have a hard time with the floor exercise. Wear loose comfortable clothing and bring a mat.

### ALL MEMBERS:

**DANCE CLASS** - Thursdays 2:00 P.M. starting Sept 19th. Members \$2.50 per person. Guests \$3.50. Call Dennis Salvati 461-6782

**BOARD MEETING:** - Second Tuesday of the month at 11:30 AM

### DECEMBER DANCES:

#### DEC 21ST CHRISTMAS HOLIDAY DINNER DANCE

SATURDAY Music by Frank Safi  
7:00-10:00 P.M. Committee Hosts: Sue Hill, Jim Paula, Lydia Vickery, Jean Michaels, Helen Darge, Joan Baggesen, Nancy Willis, Marcia Farrell  
Dinner catered by Valerie. Choice of prime rib or apricot chicken served with red-mashed potatoes, green beans, cheese cake, coffee and rolls. BYOB. Reservations will be taken on Tues, Dec 10th and Thurs, Dec 12th from 9:00 to 10:00 P.M. All members (dance and activity) \$17.00; non-members \$25.00.

#### DEC 30TH NEW YEARS PARTY

MONDAY Music by Nostalgia  
8:00-11:00 P.M. Reservations will be taken on Tues, Dec 17th and Thurs, Dec 19th from 9:00 to 10:00 P.M. Hosts Dennis & Kathy Salvati & Table #5 461-6782. Finger Food and Appetizers will be served. BYOB. All members (dance and activity) \$5.00; non-members \$15.00.

For information on any of the club activities please call 794-2000

## Writers In The Shores

By Donna Johnson

The December meeting for Writers in the Shores will be on Tuesday the 10th. Due to the Christmas holiday there will be no meeting on the 24th. We will resume our normal schedule in January. Come and check us out, everyone is welcome and we would like to invite anyone who loves to write. You do not have to be a member. We usually meet the 2nd and 4th Tuesday of each month at 1:30 pm here at the Riverview Club Library. We are a casual group who enjoy sharing their work and related discussion with each other. There are no officers, dues or requirements. All genres are encompassed. For information call me at 794-0789.

## Golf Carts-4 Wheel Vehicles Are Illegal on Shores Roads

by Shores President Winston Burrell

Several residents have registered complaints concerning golf carts and 4 wheel sports vehicles being driven on the Shores Community streets.

Based on a call to the St. Johns County Sheriff's Community Relations Office, the St. Augustine Shores is not a Golf Cart Approved community. to be. According to the Sheriff's office, a golf cart would have to be legally licensed prior to driving on the streets.

Recently a number of residents and non-residents have been riding on the community streets and onto private and community properties. The same Sheriff's Department has suggested that residents be advised to call the sheriff's office and report when this abuse is observed. Callers do not have to give a name. If possible, a photo taken with a cell phone will assist to identify and prosecution law breakers.

Many people are under the impression that the land and property under the Florida Power lines is property owned by the Florida Power and Light. The property is actually owned by the St. Augustine Shores Corporation and leased to FP&L.




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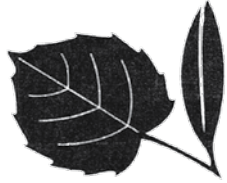
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Gingie MacQueen, Admission Director 904-864-1051

## St. Augustine Shores *Club News*



### The Corner Garden

By *Susanne Murphy*  
The Geranium Circle Garden Club

#### Winter is Here!

- If rainfall amounts are high, watch for brown patch fungus disease in lawns.
- Have soil tested for a spring lawn or garden. Testing every 3 or 4 years is usually enough to tell if lime is needed.
- Late December is the ideal time to begin transplanting plants if the weather has turned cool. If there hasn't been much cold weather, do not begin transplanting until the plants are dormant. Prune roots 4 to 6 weeks before digging by severing roots with a spade just inside the root ball to generate new root hairs and reduce transplant shock. Be sure to keep plants out of the ground as little as possible.
- During dry weather keep the lawn watered to withstand winter freezes.
- **Vegetables to plant now:**  
Beets, broccoli, cabbage, carrots, cauliflower, Chinese cabbage, bulbing onions and bunching onions, and radishes.
- **Annuals to plant now:**  
Carnations, digitalis, pansies, petunias, Shasta daisies, and snap dragons.

*Happy Gardening!*

#### 8th Annual Christmas Show "It's Christmas Time Again"

The VFW, Bryan Tuten Memorial Post 2391 located at 6184 US Hwy 1 South in St. Augustine will be hosting its 8th annual Christmas USO style show on December 7th. A ham dinner with all the trimmings and Christmas Cookies for dessert will start at 5 p.m. with the show to follow around 6:30. Tickets are \$15.00 and proceeds will go to help our Veterans have a Merry Christmas. For tickets and information please contact Debbie Tilley @ 460-9345 or Sue Hunter @ 767-5267.

#### St. Augustine Travel Club

Please join us for our FREE St. Augustine Travel Club get together on Wednesday, December 11, at 3pm at the Southeast Branch Public Library on U. S. 1 when we will present on Bavaria and the Black Forest. The video is 80 min. so we will have a brief introduction, then get right to the video. It is an excellent video and hope you will be able to stay for its entirety; however, you will still get much out of the video even if not through its entirety. I have been in the travel industry for 40 years and retired with a love of travel, and volunteer at the library to share my extensive background in the field. The Travel Club is intended to be educational and fun. We hope you will be able to come. The club is open to all St. Augustine residents and friends. For any questions, please call Peter at 904 797-3736.

#### St. Augustine Travel Club Cruise March 2014

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

#### Informational Meeting Valencia Apartments Development

An informational meeting for the purpose of discussing the proposed development of the Valencia Apartments on E. Watson Road in St. Augustine, Florida will be held at the designated date, time and location below.

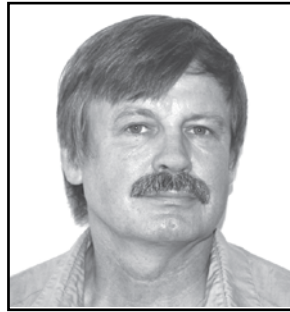
The meeting is intended to inform you of the proposed development plan and discuss any questions or concerns that may arise from the discussion. The meeting is December 10, 2013 at 6:00 PM at The Riverview Club, 790 Christine Drive.

#### After School Art Lessons

New AFTER SCHOOL ART LESSONS located next to Hartley Elementary with Gina Partos, M.A., NYU., Retired "Highly Qualified", Certified NK-12 Art Teacher. Oregon License #10408863. Convenient, Safe, & Fun! For more information, please call Gina at (904)-460-3027.

#### Reach The Shores By U.S. MAIL!

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- Documented delivery By U.S. Postal Service
- No Subscription Required... call 904-607-1410 to advertise your business or service.



## Computer Corner

By Gary Herrick, Computer Professor  
904-377-6785  
mainely2@bellsouth.net

### Adjusting to New Systems

Greetings from Computer Professor

It is the holiday season and some of you may get a new computer or tablet, if you haven't been too naughty. That means when it is turned on you will be faced with Windows 8 or an Android or Apple operating screen. This should be a good thing but it seems like the older we get we turn into the Grinch and say only bad things about new things. What ever happened to the joy of something new and different? We are getting to predicable: get forced to use a computer- hate it and complain all the time, get a little used to it and start to like it, then can't do without it. At that point a newer computer comes out (evolving like every other material thing in the world) and the cycle repeats. Funny how we forget that the thing we "can't do without" we had actually hated a few years earlier. Talk about being the cause of our own problems! I am hoping that some of you baby boomers will break that cycle and get excited about new things again, get inquisitive, explore and enjoy the new. Call it a second childhood if that will help.

Here is a hint to help you face that strange look of Windows 8 or 8.1; if you are comfortable on an earlier version of Windows then look at Windows 8 as two operating systems. One that is very close to what we have been using and another that is following the fashion that Apple started with iPad – independent Apps. It's like having two desktops but do not call it that; one is a "Desktop" and one is a "start page". The programs on your older computers are also called "application" they can be very powerful and involved in mastering. The newer "apps" driven version has smaller, more direct and simple applications/programs. If you are a Geek you already see the geek word play using the abbreviation of application to call the programs "apps".

If you own a smart phone or tablet you are already familiar with the apps part of Windows. Of the people I have trained so far on Windows 8 the people with LEAST computer experience has the easiest time with it. Because they are not trying to force it to look and act like something else. So come on Baby Boomers, you invented the thing – use it.

# Shore Things®

Susanne Murphy, REALTOR® GRI, CRS

Merry Christmas &  
Happy New Year  
from my house  
to yours!



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797-2525

# News From Around St. Johns County

## St. Johns County County Community Outreach Workshop December 4th

by Rachael Bennett

St. Johns County Board of County Commissioner, District 5

Communities are often measured by their natural amenities, job markets, or purchasing power. St. Johns County gets top ratings on so many things: our school system, our natural environment, and our visitor amenities receive high praise. Our economic development efforts are paying off with new jobs coming to the County. In my mind, the reason that St. Johns County is so great is that the people who live here are amazing. I consider our residents to be the greatest asset the County has.



During my time on the St. Johns County Commission, I have been fortunate enough to meet and spend time with residents from all areas of the County. These conversations have provided valuable feedback from the community regarding County programs and services, and the fact that there are many who are unaware of the programs that are in place that can be of benefit to them and their families and community. I believe that government close to the people best serves those people.

To that end, I (with the consensus of the Board) have initiated a series of community outreach presentations and workshops that are designed to provide St. Johns County residents with information regarding services and programs that exist in our community for our

senior, underserved, and fixed income population. The St. Johns County Health and Human Services Department hosts meetings for residents to learn more about Amendment 11 (Senior Exemptions), Fair Housing, Social Services, and Healthcare Reform. The last scheduled meeting is December 10 a.m. on December 4 at 10 am at the Solomon Calhoun Community Center in the Multi-Purpose room.

The St. Johns Property Appraiser's Office discusses the Senior Exemptions Summary and presents information regarding how Amendment 11 allows counties and municipalities to grant an additional homestead tax exemption for qualifying low-income seniors. In addition, St. Johns County Social Services staff members discuss various services tailored to low-income families and uninsured or underinsured residents, including assistance available for doctor's visits and limited prescription assistance. The St. Johns County Housing and Community Development Division presents a workshop on fair housing, and the Bailey Group will present information on healthcare reform and how it affects individuals.

This workshop will feature a services presentation from 10 a.m. to 11 a.m., and many Community partners will have booths open until 1 p.m. to showcase their programs. Providers scheduled to attend include Legal Aide, the Supervisor of Elections, County Social Services, Council on Aging, Home Again St. Johns, Community Hospice, Wildflower Clinic, West Augustine CRA/Weed & Seed, SHINE, and the St. Johns County Planning Department.

In today's world, we are bombarded with so much information that it is often challenging to determine what is accurate or specifically relevant to our individual needs or situations. The goal is to demystify and humanize the government process. The program ensures the segments of our community who are most in need of assistance are aware that it exists and have access to the information that will help them receive those services.

The St. Johns County Employees who help facilitate these programs are compassionate, caring, and more than willing to go the extra mile to help our citizens. I encourage you to attend one of these workshops to become more informed. If you know somebody who would benefit from these services, please let them know about this wonderful opportunity to obtain more information. The people who call St. Johns County home are our community's most valuable asset. Helping our family members, friends, and neighbors benefit from the many services and programs that are available to them will preserve a high quality of life for all St. Johns County residents and ensure our community remains one of the most desirable in which to live, work, and raise a family. For additional information, please contact the St. Johns County Health and Human Services Department at 904.209.6064.

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201 Health Park Blvd., Suite 215, St. Augustine

**Shores Residents....Send Us Your News. Send your news about what is going on in the Shores to the Shores Observer. E-mail clifflogsdon@att.net.**



### REX JEWELRY

"Not Just For Tourists"  
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Closed on Wednesdays



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### Carl Cunningham Painting

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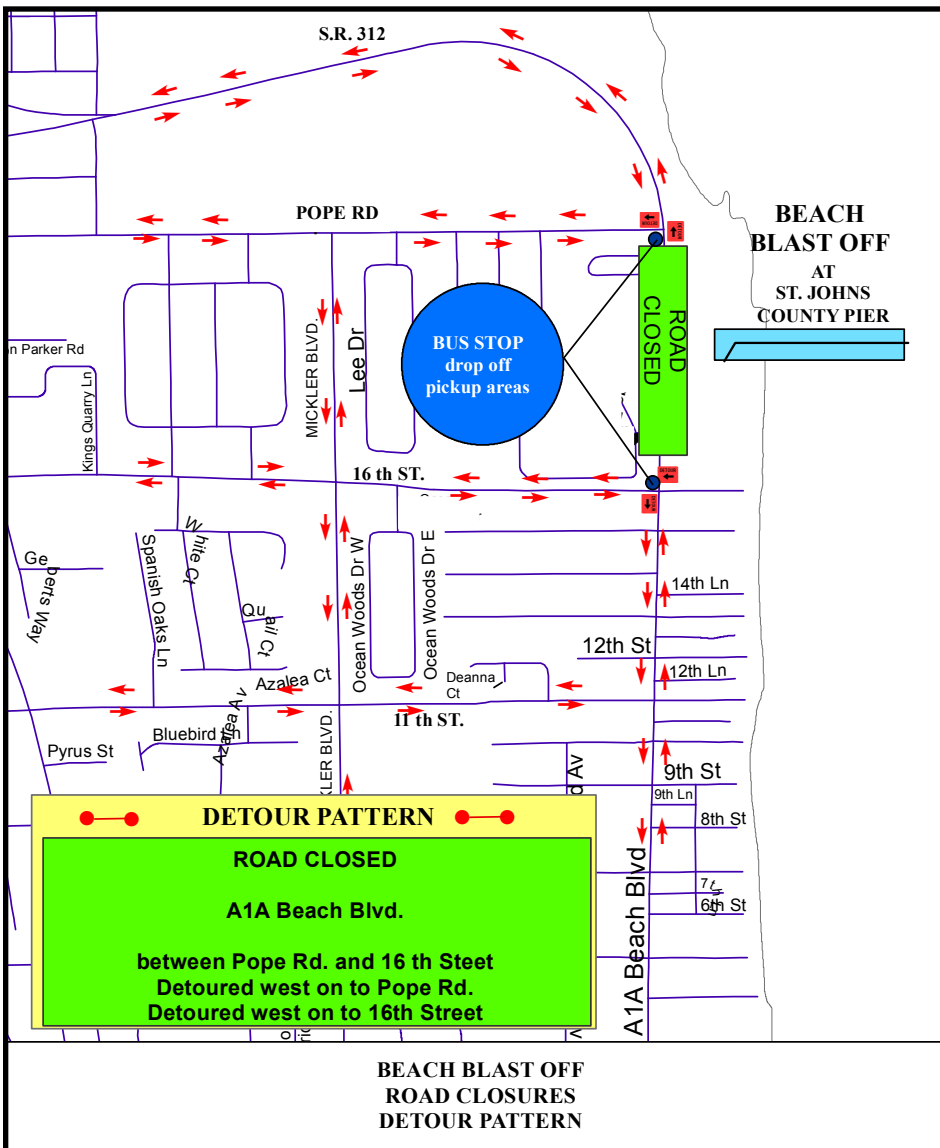
**Mow, with the Holidays coming do you have any suggestion for holiday gifts?**

Good question, with winter upon us and the leaves are gathered in our yards. Leaf Blowers are an idea as a gift for the person who is raking and removing the falling leaves. There are different types from Hand Held Blowers to Back Pack Blowers that can meet anyone's price range or needs. Chain Saws are another idea for the person who is trimming the dead limbs on the trees or gathering fire wood for the wood burning fireplaces and fire pits. There are many different types of chain saws from top handle saws good for trimming limbs to rear handle saws for log cutting, they priced for anyone's price range and needs.

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That's all the time we have for now, come by and check out all of our Holiday Specials on Chain Saws, Leaf Blowers and many other items that would be great for Holiday gifts. Come visit us at 125 Pope Rd. or at [www.staugpowerhouse.com](http://www.staugpowerhouse.com) and if you have any questions for Mow email him at [askmow@staugpowerhouse.com](mailto:askmow@staugpowerhouse.com).



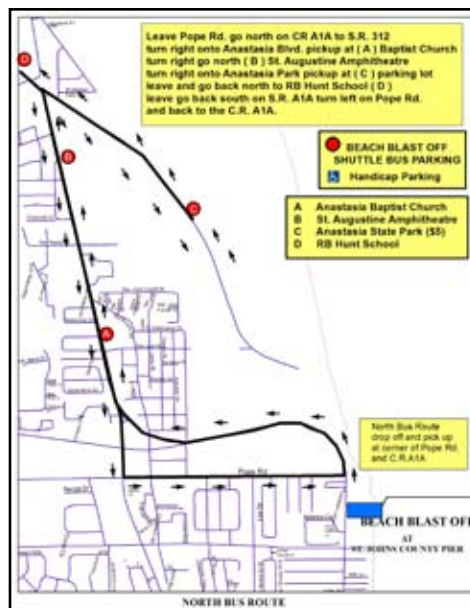
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## Crooked Feet

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

With the holidays approaching many of us will increase our walking. We will pound the terrazzo floors at the mall and the paved streets downtown. It's an enjoyable time for most unless you have painful feet. If so, it's just one more thing that can make this season a challenge. People experience foot pain for a number of reasons. We have people come for therapy due to plantar fasciitis, stress fractures, overuse injuries and bunions. It's the latter I'd like to focus on.

My grandmother had bunions and blamed it on her tight shoes but this is only partially correct. Believe it or not bunions form to protect the feet. As pressure is placed against the big toe (hallux), a bony protrusion or bunion develops in an effort to protect the joint and counter the pressure. It could be from ill-fitted shoes but also often occurs when the arches have fallen.

The arch we usually see in people's feet is called the "longitudinal arch." It runs from the inside of the heel to the big toe. Sometimes it does not develop and other times it just falls, forming "flat feet." When this happens the longest bone in the arch moves closer to the ground and rolls in, toward the arch. This puts the tendon on the underside of the foot on great tension which in turn pulls the tip of the big toe toward the other toes, called a "valgus" position. Sometimes it pulls so hard it causes the big toes to cross over the others. If this is you, you have what's called a "hallux valgus."

When a hallux valgus is formed the joint of the big toe presses and rubs against the inside of the shoe. Such constant or regular pressure will produce thickening of the tissues and the development of bony prominences – like a bunion. It doesn't hurt much initially but as

time goes on the pressure builds, the tendon gets sore and the joint does not function properly. It can become extremely painful as the bunion just keeps growing and growing.

So how is it treated? Well, first and foremost, prevention is best. If you have a family medical history of hallux valgus and your arches have or are falling, make sure you have proper footwear, with adequate arch supports. If you have already started to develop a bunion, it will not resolve itself but conservative treatment such as manual therapy, exercise and proper footwear may prevent further damage. However, if the bunion has grown too large and has become too painful, many folks choose surgery and have the bunion removed. Surgery is usually followed-up with physical therapy to assist in proper movement and healing.

I've helped many individuals recover following surgery and they've done very well – the surgery was a success. But, the one thing that is imperative is to treat that fallen arch, even after the bunion is gone. It can come back, especially if the arch does not get support it needs. So, if you have a bunion, get support. If you've had surgery and your arches are still flat, get support. But if your shoes are too tight, just loosen them up a little and enjoy the season. Happy Holidays from all of us at First Coast Rehabilitation.

Rob Stanborough is a physical therapist, president and co-owner of First Coast Rehabilitation (St. Augustine 904-829-3411 or Palatka 386-325-2721). He is co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. He's certified in manual therapy and a Fellow of the American Academy of Orthopaedic Manual Therapists. Read previous columns posted on [www.firstcoastrehab.com](http://www.firstcoastrehab.com).

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St. Augustine Shores author Richard Hébert is featured in a just-published Christmas anthology of short stories, titled Snowbird Christmas Vol. 2: Holiday Stories to Warm Your Heart. The collection is available from Amazon.com in both Kindle and paperback editions and through Kobobooks.com in epub format.

Hébert's story, "Jason's Gift," is a heartwarming tale about a father's construction of a special Christmas gift for his pre-teen son, a pensive, "bookish lad" who "thinks too much." The year is 1949. World War II may have ended but its memory is still fresh in everyone's mind, including the young boy's. To spur his son into joining others at their sometimes rough-and-tumble play Jason builds him a custom-made go-cart he believes will be the envy of the other boys.

The Snowbird collection is intended as a "Christmas card" to family, friends and anyone looking for holiday cheer. While not everyone can be together for the holidays, the book celebrates that all can be together in their hearts. The migratory "snowbird" has nothing on the resilience of the human heart.

The author, a former Atlanta Constitution investigative reporter and media relations specialist in Washington, D.C., and currently is principal writer of a political blog, Richard's Take. He has resided in St. Augustine Shores since 2003.

This is the second consecutive year one of his short stories has been selected in competitions for publication. In 2012 his story, "Ronald," was chosen for publication in the Florida Writers' Association anthology, My Wheels. It can be purchased from the FWA for \$14.95 at <http://shop.floridawriters.net>.

In 2011, Hébert's personal short-story collection, MindWarp: A Novella...And Other Strange Tales, won first prize as best novella of the year in FWA's Royal Palm Literary Awards competition. It was also named one of Kirkus Reviews' 51 "Best of 2011" independently published books in the nation.

Print editions of Snowbird Christmas are \$8.99 and e-book editions are \$7.99. In addition to Amazon and KoboBooks, a limited number of autographed copies are available from the author by contacting him at [rlhebert0906@att.net](mailto:rlhebert0906@att.net).

For more information about Hébert and his writings, visit his blog site, [www.richardhebert.com](http://www.richardhebert.com).



# Safety Tips For This Holiday Season

By Jane Tucker, First Florida Insurance

The holiday season is an exciting time of year for all families. To help ensure you and your family have a safe holiday, here are a few tips.

Look for and eliminate potential dangers from holiday lights and decorations that could lead to fires and injuries.

Each year, hospital emergency rooms treat more than 8,000 people for injuries, such as falls, cuts and shocks related to holiday lights, decorations and Christmas trees. In addition, Christmas trees are involved in about 400 fires annually, resulting in deaths, injuries and an average of more than \$15 million in property loss.

Make sure your Christmas tree is mounted on a sturdy base so children, elderly persons or family pets cannot pull it over on themselves.

Check the wiring of Christmas lights on your tree to ensure the wiring is not damaged or frayed. Many fires are caused by frayed or damaged wiring.

If you have a live, fresh cut Christmas tree in your home, place it in water or wet sand to keep it green.

When purchasing an artificial tree, look for the label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.

More than 10,000 candle-related fires occur each year. Discourage burning candles in your home and keep matches, lighters and candles away from children.

Do not burn wrapping papers in your fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

We know crime is everywhere. To help you be more careful, prepared and aware during this holiday season, the LAPD Crime Prevention Unit has prepared a list of do's and don't's:

Shop during daylight hours whenever possible. If you must shop at night, go with a friend or family member.

Dress casually and comfortably. Avoid wearing expensive jewelry.

Do not carry a purse or wallet, if possible. Keep cash in your front pocket.

Theft is most often a crime of opportunity - if your car looks easy to break into or steal, thieves will be drawn to it. Park your car in an area that is well-lit and near lots of people. Keep the windows rolled up and the car locked, even if it's parked at your own house. Hide valuables and recently purchased packages in your trunk.

We want to extend Best Wishes from our staff for a Happy Holiday Season.

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## Why Would A Child Need to go to a Chiropractor

By Dr. Jack R. Thompson  
 Doctor of Chiropractic  
 105 Mariner Way, Suite 204  
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I have been in private Chiropractic practice since 1996. I have taken care of lots of people – young, old and in between. And I've been asked more than once, "Why in the world would a child need to go to a Chiropractor?"

The purpose of Chiropractic care is to detect and correct spinal problems that Chiropractors call "subluxations" - the condition where the bones of the spine have lost their full range of motion. When this happens, the delicate nerves which branch off the spinal cord and exit out through the holes in the vertebra, or, in some cases, the spinal cord itself, can become irritated and introduce "interference" into the Nervous System. Having our Nervous System operating at full capability without interference will give our bodies the best chance to stay healthy on its own.

When considering taking a child to a Chiropractor, it's helpful to think about our decisions to take a child to a dentist. In general, we all understand and appreciate the concepts of dental care. We know that a small cavity in a tooth, although not painful, represents a significant potential problem. Why? Because we know a cavity will never heal itself and, over time, will eventually destroy the entire tooth. That is why most parents willingly take their children for dental check-ups and treatment.

In a similar manner, parents who understand that spinal subluxations are as common as dental cavities, find it natural to take their children in for spinal check-ups and treatments at the Chiropractor's office. Just like dental

cavities, spinal subluxations, in most cases, do not correct themselves. As long as the subluxations are present, nerve interference may exist and cause problems for the overall functioning of the Nervous System. To be Optimally Healthy, we need Optimal Nervous System Function.

In all my years of practicing, I have never ceased to be amazed and delighted at how children, even as young as two or three years of age, will eagerly climb onto my treatment table to receive their Spinal Adjustment! You and I both know full well that a child will never willingly submit to something that is painful to them.

Remember this - "Growing Pains" are not normal for children. Children, just like adults, have spines that commonly become locked-up and can cause nerve interference.

Spinal Adjustments for children are simple, gentle and feel good. Intuitively, children seem to understand that the treatments are helping them. Most children I take care of do not have back or neck pain. They receive regular periodic treatments because their parents understand the long term benefits of regular spinal adjustments given by a Chiropractor for the purpose of keeping their spinal bones moving and keeping Nerve System Interference at a minimum.

As a Doctor of Chiropractic, my purpose is to provide treatment for my patients and educate and my community about the importance of how spinal problems can adversely affect the function of the Nervous System.

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## St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

### Holiday Crime Prevention

We are coming up on one of the most festive times of the year for families with the celebration of several holidays. However, joy and fun can quickly turn to disappointment and sorrow when someone becomes a victim of a scam, burglary or online fraudulent holiday shopping scheme.

At a time of year when most people are filled with goodwill there are criminals who relish taking advantage of it. Crime statistics always rise during the holiday season and I wish to pass along a few tips to help you avoid becoming a victim. Business experts tell us that again this year the number of people who shop online for gifts will increase dramatically and therefore so do the opportunities for those who use new technology to take advantage of unsuspecting victims. The cyber-crimes that become more popular during the holiday shopping season include fraudulent auction sites, resale of stolen or counterfeit gift cards and reshipping merchandise purchased with stolen credit cards. One of the most common internet scams involves using an auction site or classified pages to advertise an item at a bargain price. If you place an order the crook will charge your legitimate credit card for the order then use a separate stolen credit card to purchase the product and have it shipped. This could make you liable for receiving stolen goods. I recommend if you wish to purchase a gift through an auction or classified site insist on paying with PayPal or some other reputable third party payment service. That way your credit card number and personal information is not shared with the seller.

Most of you already know the safety tips for traditional retail shopping: take your purchases to your vehicle frequently

and lock them in the trunk or out-of-site; carry purses with the strap going over one shoulder and the purse against your body on the opposite side; carry billfolds in a side pants pocket; pay by credit card or check if at all possible; and if you must use an ATM always shield the keypad when entering your PIN and put cash away promptly in your purse or wallet.

Home burglaries are more common during the holidays and sadly the thieves target the gifts under the tree. If you are going to be away from home, leave some lights on and a radio or television to make it appear and sound as if someone is home. After the celebration do not put the boxes of expensive gifts out for street garbage pickup without first breaking them down and folding them so only plain cardboard shows so they don't become an unintended billboard for what you have in your home.

Holiday parties can be wonderful fun but please remember to celebrate safely and if alcoholic beverages are served, moderation is the best practice. The concept of "friends don't let friends drive drunk" becomes even more significant. We will have impaired driver patrols out in full force to help keep your family safe during the holidays.

Whether you will be celebrating Christmas, Hanukkah, Kwanza or a holiday of another faith on behalf of all of us at the St. Johns County Sheriff's office I wish you a merry, happy, joyous and safe celebration and best wishes for the New Year. For any issue regarding law enforcement and/or public safety you can always contact me by email at [dshoar@sjso.org](mailto:dshoar@sjso.org). You can also follow us on Facebook and Twitter.



## Financial Focus

Informations Provided by  
Edward Jones

### Financial Resolutions for the New Year

About 45% of Americans usually make New Year's resolutions, according to a survey from the University of Scranton. But the same survey shows that only 8% of us actually keep our resolutions. Perhaps this low success rate isn't such a tragedy when our resolutions involve things like losing a little weight or learning a foreign language. But when we make financial resolutions — resolutions that, if achieved, could significantly help us in our pursuit of our important long-term goals — it's clearly worthwhile to make every effort to follow through.

So, what sorts of financial resolutions might you consider? Here are a few possibilities:

- Boost your contributions to your retirement plans. Each year, try to put in a little more to your IRA and your 401(k) or other employer-sponsored retirement plans. These tax-advantaged accounts are good options for your retirement savings strategy.

- Reduce your debts. It's not always easy to reduce your debts, but make it a goal to finish 2014 with a smaller debt load than you had going into the new year. The lower your monthly debt payments, the more money you'll have to invest for retirement, college for your children (or grandchildren) and other important objectives.

- Build your emergency fund. Work on building an "emergency fund" containing six to 12 months' worth of living expenses, with the money held in a liquid account that offers a high degree of preservation of principal. Without such a fund, you might be forced to dip into your long-term investments to pay for emergencies, such as a new furnace, a major car repair, and so on. You might not be able

to finish creating your emergency fund in one year, but contribute as much as you can afford.

- Plan for your protection needs. If you don't already have the proper amounts of life and disability insurance in place, put it on your "To Do" list for 2014. Also, if you haven't taken steps to protect yourself from the considerable costs of long-term care, such as an extended nursing home stay, consult with your financial professional, who can suggest the appropriate protection or investment vehicles. You may never need such care, but that's a chance you may not want to take — and the longer you wait, the more expensive your protection options may become.

- Don't overreact to market volatility. Too many people head to the investment "sidelines" during market downturns. But if you're not invested, then you miss any potential market gains — and the biggest gains are often realized at the early stages of the rally.

- Focus on the long term. You can probably check your investment balance online, which means you can do it every day, or even several times a day — but should you? If you're following a strategy that's appropriate for your needs, goals, risk tolerance and time horizon, you're already doing what you should be doing in the long run. So there's no need to stress yourself over the short-term movements that show up in your investment statements.

Do whatever you can to turn these New Year's resolutions into realities. Your efforts could pay off well beyond 2014.

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

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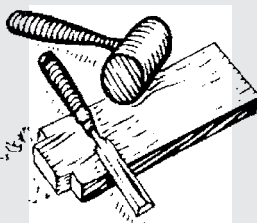
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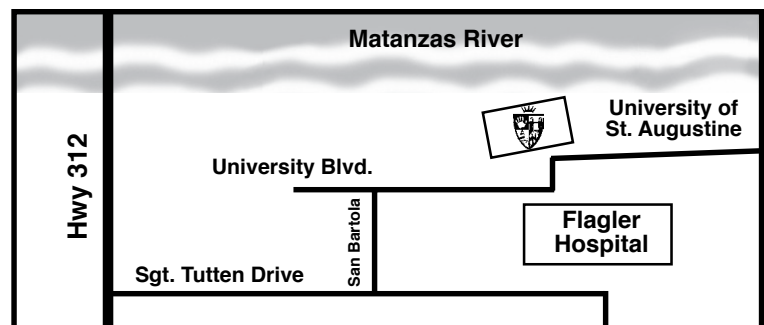
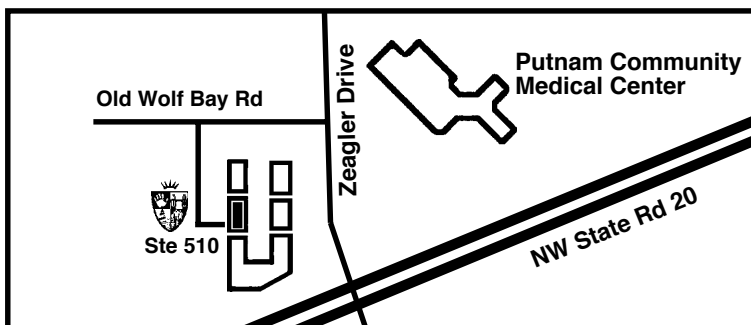
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