

November

Entertainment

A number of their friends

The association's January ce, "Swing in the New r", is scheduled for

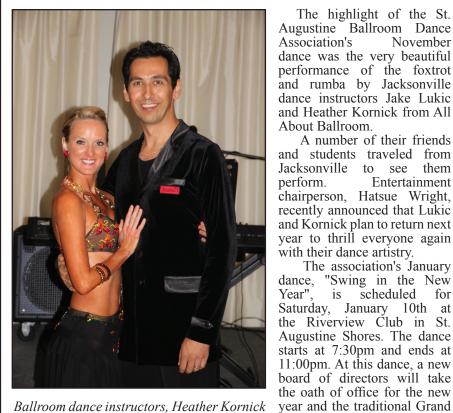
March will be the highlight of

Roy Olsson's Nostalgia band

the evening.

**NEWS FOR AND ABOUT RESIDENTS OF ST. AUGUSTINE SHORES** 

## "Swing in the New Year"



Ballroom dance instructors, Heather Kornick and Jake Lukic, from All About Ballroom in Jacksonville, performed a foxtrot and rumba at SABDA's November dance.

will provide the dance music and hors d'oeuvres will be served at the second break.

Guest attire is a dark business suit with tie for the gentlemen and a cocktail dress for the ladies. For members, it's formal attire. The cost is only \$10 per person for first time guests and \$15 per person for repeat guests.

For an invitation, call association president, Dennis Froio, at 810-0683. To see lots of fun pictures, go to facebool.com/SABDStAug.

**Cathedral Basilica's First Friday Art Walk Concert Series** 



The North Florida Women's Chorale will be featured in the season finale program of the Cathedral Basilica's First Friday Art Walk Concert Series on Friday, January 2, 2015 at 6:00 pm at 38 Cathedral St, St Augustine. The event is free and open to the public.

Come and experience the beautiful harmonic sounds of women's voices in the history-filled setting of the Cathedral Basilica. Enjoy this peaceful interlude of lovely seasonal music after the Christmas and New Year's rush. This 45-minute program will reflect on the joys and frustrations of the rushed season just passed. The Chorale will sing a concert of American carols that includes;" I Wonder as I Wander", "What Sweeter Music", "The Moon in Wintertime" and "Seal Lullaby". The 30-voice Chorale is in its 22nd performance year,



its 8th under the direction of Kerry Fradley who is founder and director of the St Augustine Youth Chorus and former director of the Flagler College Singers. The group performs regularly throughout the First Coast region. Notable among events and venues in which they have been featured are the Jacksonville Symphony Orchestra Guild and Mayport Naval Air Station Wives Club special programs; and St Augustine's Romanza Arts Festivale.

**January 2015** 

This season Nancy Hughes, formerly of the Washington DC Chorus' Chamber Ensemble, has joined the Chorale as Accompanist, Nancy's skilled musicianship is adding renewed inspiration as the group continues its mission and commitment to performing music composed for treble voices. For more information go to: www.womenschorale.org.

### "COME TO A "50s - 60s OLDIES DANCE PARTY" WITH THE "REMINISTYX" The St. Augustine Shores Recreation Association

Friday Evening, February 6th, 2015 - 7:00 PM to 10:00 PM

"50s Association's 60s Oldies Dance & Party" on Friday evening,February6th, 2015 from 7:00 PM to 10:00 PM at the Riverview Club in the Shores. This is a "Special Friday Evening Event". "REMINISTYX" is made up of three performers

who are well known in the

St. Augustine area. Roy Olsson and his band Nostalgia, and Frank and Denise Saffiotti, of the Frank Saffi band have been entertaining us and others in Northeast Florida for many years. Frank and Denise have joined forces with Roy to take you on a musical journey back to hear many of the classic "50s & 60s Golden Oldies" tunes of yesteryear. You will be entertained by songs of such oldies groups as; the Four Seasons, the Four Tops, the Beach

Vocal show group the "REMINISTYX" Boys, the Beatles, Jay & the Americans, are returning to perform at the Recreation Danny & the Juniors, Rosie & the Originals,

Santana, the Skyliners, the Duprees, the Platters, and much, much more. You will hear extensive vocals and unique takes on 50's and 60s Doo-Wop, R&B, Soul and other popular favorites. We oldies invite all Rec. Club dance members and guests to come join us. Tap your feet, clap your hands,

Frank, Denise & Roy sing along, party and "dance-dance-dance" to the wonderful music of a by-gone era". This dance is BYOB & snacks. Rec. Club Dance Members/House Guests are \$5.00 and Rec. Club Activities Members/Non-members/ Guests are \$10.00. Sign-ups will take place on Tuesday, Feb. 3rd & Thursday, Feb. 5th, 2015 only (between 9 & 10 AM) at the Riverview Club. For additional information, please contact Dennis at (904) 461-6782.

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

- **News From Around the Shores:** - January Rec. Calendar
- Shores Service Corp December **Board Update**
- Chili Cook Off Health Update: What Part
- Would You Want To Be?
- Sheriff's Corner: Elder Fraud

**Financial Focus: Use "Tax Diversification**" to Help Manage Retirement Income

**Computer Corner: Habits of Highly Infected Computers** 

• New Year's Resolution: **Examine Yoiur Insurance** Coverage

• Supplemental Health

**Insurance and Obama Care** 

• A Simple Resolution



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



The function of the St. Augustine Shores Observer is to serve residents of 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. It is agreed that the Beaches News Journal and its staff be held liable for information provided herein by submitters, including pictures, graphics, websites and/or emails listed, that may have the potential to constitue fraud or other violation of law including copywriting infringements. 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**

 Shores Service Corporation monthly meetings are held on the second Thursday of each month. Meetings are at 7 p.m. at the Riverview Club.

 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 fourth Monday of each month at 6 p.m. at the Riverview Club.

• 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. Classifed 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

For Sale By Owner - Palm Coast 2BR/2B House \$94,995 Call 904-607-1410



Great 2 bed/2 bath home in Palm Harbor neighborhood. Walking distance to local shops, restaurants, and bowling alley. Convenient to I-95 and 10 minutes to the Beach. Some features include, tile floors, kitchen island, and a very nice fenced and shady back yard.

#### **Council on Aging January Activity**

Senior Singles Social Club: This group invites all senior singles to attend their monthly luncheon on Tuesday, January 6, at Amici Restaurant, 1945 A1A, South, St. Augustine, FL 32080. This is a great opportunity to make new friends, enjoy laughter and a delicious meal. Please call the River House reception desk at 209-3655, for reservations.

Veteran Connection - New :: Calling all veterans! The Council on Aging and VITAS Hospice will partner to establish a bi-monthly meeting group for area veterans. This will offer socialization, a time to share your military experiences, and programs of interest to veterans in the St. Augustine area. Meetings will be held every other month at River House, 179 Marine Street, beginning Thursday, January 8, from 1-2:30 PM. Refreshments will be served. Please call 209-3655 to RSVP.

#### **DaVita Decorates and Donates to St. Francis House**

Holiday lights add a special sparkle to any home. Employees from DaVita Dialysis visited St. Francis House on December 3rd bringing decorations and donations of toys and clothing. The dozen teammates from DaVita spent the morning hanging lights and wreaths on the three buildings. The results were amazing! Deanna Soltis from DaVita in St. Augustine, presented Judy Dembowski, St. Francis House's Executive Director, with a \$1,000. donation. DaVita has more than 34,000 employees and is the nation's leading provider of dialysis services and kidney care.

St. Francis House is the only full-time emergency shelter between Jacksonville and Daytona. To donate or volunteer please call (904)829-8937.

## **Community Classifieds**

FOR SALE: Pet/child gate, white, expands to approx. 3 feet, with a gate that opens both in and out. Very good condition. \$20.00 Call 904-797-3736.

FOR SALE: 26" Black color Magma Mens/boys' Bicycle. 14 Speeds. Bought in 01/2014 for \$129 & tax. Has front/rear lights, rear view mirror, warning bell and hold-all carrier. Also has upgraded super seating...all extras. Bike is in excellent condition. With all the recently added extras \$75. Call 904-217-0940 FOR SALE: Mercedes Benz carpeted mats

- excellent, like new. Beige with a metal Mercedes logo on the front 2 mats. Asking \$100.00/set of 4. Call 904 797-3736. Can send pics

FOR SALE: Ice Maker for GE refrigerator. \$40, Bicycle rack. \$5, Genuine milk urn. From farm in Northern Friesland, Holland. Farm no.132. At least 70 years old and really used for milk collection from farms. \$100, 2 nice garden high back recliners with cushions.Green/white stripe. \$45 for

both. Hardly used, Thule (Swedish made) 3 stage wheel levelers/ramps for camping vehicle. Used once \$30, Sears hydraulic 2 ton jack. \$20, New 4mtr jump lead for stating/charging batteries.Used between cigarette lighter socket. Simple plug in & start. \$10, Please call 904 679 5821.

FOR SALE: Twin size bed complete with bookcase headboard, mattress, box springs and metal frame. \$50. Call 794-1838.

FOR SALE: Wooden trailer 5'x9' with hinged gate \$150. Oak reversable top card table with 4 swivel chairs \$150. Full size cherry head and foot board with rails \$75.

Call 904-797-6322. FOR SALE: L. L. Bean women's 12P and 14P chinos, in khaki color. They are in excellent condition; and they are of excellent quality. Great for cooler weather in Florida, and can be dressy with the right accessories. \$10.00/per pair. Call 904 797-3736

WANTED: Typist to type 25 to 30 pages. Good job for a college or high school student. Call 794-4143.

#### **REQUEST FOR BIDS NOTICE TO BIDDERS** POOL BATH HOUSE RENOVATION PROJECT

Notice is hereby given that the St. Augustine Shores Service Corporation will receive sealed bids until 2:00 p.m. on January 14th 2014 for the renovation of the Riverview Facility Pool Bath House, 790 Christina Drive, St. Augustine, FL 32086

Work to commence January 19, 2014 and be completed by March 31, 2014. Mandatory Pre-bid meeting. Bid Specifications and pre bid meeting appointments can be obtained by calling Joseph Smith at (904) 797-6441 Monday through Friday between the hours of 8:00 a.m. and 5:00 p.m.





(904) 315-8550

Shores References Available



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## St. Augustine Shores Club News

### January Riverview Club Calendar

**ALL MEMBERS:** 

January 17th Main Social- Rec. Club "Dance Members" Appreciation Social 7:00PM-10:00PM Music by: Ernie at the Keyboard. Chair Person: Cheryl & Dennis Donahue. Reservations: Tuesday 1/13/15 and Thursday 1/15/15 \*9:00-10:00AM. Dance Members Free and Activity Members & Outside Guests \$10.00. \*BYOB\*

**ACTIVITY MEMBERS:** 

ART CLASS- This is a private art class you do not need to be a Rec. Member to participate. Please contact Shirley Depasquale to sign up 904-461-4632.

**RUBBER BRIDGE-** Monday and Friday at 12:30PM BRIDGE LESSONS- Every Monday at 10:30am

CHICAGO BRIDGE- Must have a partner to Play, Tuesday at 7pm and Thursday at

12:30pm.

CHAIR YOGA- Every Wednesday at 12:30pm Friday at 10:45am. A gentler form of

yoga for those for whom balance is an issue. DANCE CLASS- Dance & Activities Members Welcome. Classes with resume Thursday Jan. 22, 2015 Every Thursday at 2pm. Members \$2.50 per person, Guests \$3.50

EXERCISE CLASS Every Tuesday and Thursday at 10:00AM. Donation at door \$2.00, call Nancy Willis 794-1855.

FRENCH CLASS- learn French conversation on Thursdays at 3:00pm

LINE DANCING-Every Monday at 7pm and Wednesday at 10:00AM MAH JONGG-Tuesday at 1:00PM & Wednesday at 10:30AM WRITERS IN THE SHORES- The January meetings for Writers in the Shores will be on Tuesday the 13th and again on the 27th. The chosen subject "I Wish I Had ......" was suggested for this month's topic on the 27th. Once again please note - There has been a change in the time, meetings now begin at 1pm Rec. Membership is not required for more info please call Donna Johnson @794-0789.

**YOGA-** Every Monday, Wednesday and Friday at 9:00AM. Bring a non-skid mat & wear comfortable clothing (no belts or anything tight around your waist). The class is geared to all levels.

#### To All Members of the Recreation Association

1. If you know of anyone who should receive a greeting card, please call Cecilia Scully at 797-4816.

2. March Private Party Board Meeting will be held on Jan. 12, 2015 @ 7pm. SPECIAL NOTICE - CHILI COOK OFF

#### Open to the Public

Come and Vote for your Favorite Chili! Tickets for tasting available for \$5 (all donations will be made to the South Branch Library). Chili Chefs need to make their reservation by 1/18/15 by calling Nancy Willis 794-1855 or Marcia Farrell 794-7888. FEBRUARY EVENTS

#### EARLY SOCIAL- 50's-60's Oldies Dance

Feb. 6th 7-10pm. Entertainment: the *"Reministyx"* are back! Dance Members (& Houseguests) - \$5/ Activity Members & All outside guests- \$10 MAIN SOCIAL- Rec. Club "ALL MEMBERS" Appreciation Social

**Feb. 21st 7-10pm.** Entertainment: Phil Farino (Duo) All Rec. Club Members & Houseguests- FREE/ All outside Guests- \$10.

## St. Augustine Travel Club by Peter Dytrych

Please join us for our FREE St. Augustine Travel Club get together on Wednesday, January 14, at 3pm at the Southeast Branch Public Library on U.S. 1 when we will present on Music Lover's Europe. 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

The St. Augustine Travel Club will again be sailing the seas on Sunday, March 1 to 8, 2015, on the beautiful Norwegian Sun out of Tampa to the ports of Roatan Bay Island, Honduras, Belize, Costa Maya, Mexico and Cozumel for a 7-day cruise. Call for pricing. A \$50 per stateroom On Board Credit is offered. Call Peter, St. Augustine Travel Club at (904) 797-3736 for more information and reservations.

# **Robert C. Kelsey MD**

Accepting New Patients

**Board Certified** Cardiology and Internal Medicine

## (904) 827-0078

2720 U.S. HWY 1 SOUTH, STE B ST. AUGUSTINE, FL 32086



## The Corner Garden

*By Susanne Murphy* 

The Geránium Circle Garden Club

lowering bulbs such as tulips and hyacinths. (Follow instructions on the package)

Begin transplanting plants in the landscape, keeping them out of the ground as short a time as possible.

Plant bare root and balled and burlap wrapped plants. Be sure to keek them well watered.

- Avoid pruning spring blooming plants.
- Use a dormant oil spray on dormant fruit trees and woody ornamentals.
- Roses can be pruned in late January.

If hard freeze is predicted wter lawn and ornamenal plants 24 to 48 hours before the freeze to improve cold protection.

Plant seeds indoors or in a greenhouse.

Vegetables to plant: beets, broccoli, cabbage, carrot, cauliflower, celery, Chinese cabbage, mustard, bunching onions, English peas, radishes and turnips.

Ânnuals to plant: carnations, pansies, petunias, snapdragons, delphiniums, larkspar, dianthus and foxgloves.

#### Happy Gardening!

## Writers In The Shores By Donna Johnson

Once again please note - There has been a change in the time, meetings now begin at 1pm

The January meetings for Writers in the Shores will be on Tuesday the 13th and again on the 27th. The chosen subject "I Wish I Had ......" was suggested for this month's topic to write about on the 27th. 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 meet the 2nd and 4th Tuesday of each month at 1pm 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.

#### Wild Flower Meadow Group

by Cindy Taylor

We meet the first Saturday of each Claire at 794-7473 for more information.

month at 8:30 by the Riverview Club House and welcome newcomers - old timers too. Our goal is to tend the wild flower meadow, learn about native plants, what grows in this location, and how to care for it. We want to share our knowledge, learn what others know, and occasionally visit state and county parks. We're an informal group without officers or dues and hope you will join us. Call and advice from these experts!

December is not a showy month at the meadow. Most of the flowers are "gone by" as we like to say, but there are numerous seeds which give promise of new delights in the months ahead. We were pleased in December to welcome to the meadow the Sea Oats Chapter of the Florida Native Plant Society for their annual potluck holiday picnic. We appreciate the insights





### News from Around the Shores St. Augustine Shores Service Corporation's **Board of Directors December Meeting**

The St. Augustine Shores Service Corporation's Board of Directors held their December 11 regular meeting and conducted the following business:

Approval of the Minutes – November 13, 2014.

Treasurers Report – Approved and accepted for audit. 2.

The ACC Committee had 1 meeting in the month of November and the ACC Committee approved: 1 carport, 1 sun room, 1 pergola, 2 new homes, 1 pool enclosure, 1 pool, 2 screen enclosures, 1 shed. Total approved YTD 118.

4. The Board heard an update on the pool re-marcite project.

The General Manager informed the Board that he was in possession of the performance bond and the building permit for the project.

The project commenced Saturday December 6. Jim LePetrie, P.E., Wet Engineering, inspected the site December 12 and approved the progress made.

The General Manager provided the Board with a preliminary draft of the Bid Specification Document for the Pool Bath House Renovation Project on the demolition, floor plan, ceiling plan, plumbing and lighting.

He informed the Board that the final draft will be complete December 19 and the Request For Bids will be issued. Deadline for completion is still March 31so the pool can open on time with totally renovated facilities.

6. The Board was provided with the adjusted Personnel Policies and voted to approve them. The complete review and update of all policies are now done.

7. The General Manager informed the Board that Fire Services had postponed the mitigation work for 6 to 8 months due to equipment issues and other commitments.

He had contacted Forestry Services Supervisor Gary Carpenter for an update to see if progress had been made to set a new date. In preparation of resuming the work in the buffers behind several houses a Minor Modification Application has been completed and the General Manager and Carpenter submitted it to St. Johns County. However no specific date has been set as yet. All affected properties will be notified once a date is set.

8. In New Business concerning Committees the Board was informed that Lance Conner has been appointed Election Committee Chair. The Board will serve as the Search Committee.

9. The Board was presented a Management issue with the Corporations 2006 GMC Truck. The truck has 146500 miles on it and needs computer controls replaced, 4 tires, axle and oil pan leaks repaired. The repair estimates are in the \$1500 - \$1800 range. Checking with Ford, Chevrolet and Dodge, the trade in value of the truck would be in the \$6337 to \$9000 range. Ford offered \$9000. The Board voted to buy a new Ford Truck recognizing expensive repairs plus the loss of trade in value to drive the 2006 GMC another year did not make sense. The Dreux Isaac Reserve Fund Study had recommended considering replacement this year or next and funds were allocated for this purchase.

10. The General Manager provided a Deed Violation packet to each Board member that included the initial report of the violations, a printed copy of the entry into the Pride system, a printed copy of the follow up detail from the County Code Enforcement Department and a follow up report on violations reported in the prior month which explained the process.

### Shores United Methodist Church Fish Frv

On Saturday, January 24, 2015 from 1-5 pm, Shores United Methodist will hold a Fish Fry. Dinners are \$12 and will be available for eat in or take-home. The meal includes fish, fries, seasoned green beans and cole slaw.

Tickets can be purchased ahead of time by calling the church, 797-4416. Shores UMC is located at 724 Shores Blvd, between the golf course and Hartley Elementary. Rev. Randy Strickland is pastor.

#### **REMINDER FOR DEADLINE BOARD ELECTION CANDIDATES FEBRUARY 15, 2015**

THE ST AUGUSTINE SHORES SERVICE CORPORATIONS BOARD OF DIRECTORS WOULD LIKE TO REMIND ALL MEMBERS THAT FEBRUARY 15, 2015 IS THE CUTOFF DATE TO SUBMIT AN APPLICATION TO RUN FOR ONE OF THE FOUR SEATS ON OUR BOARD THAT WILL BE VACATED AT THIS CURRENT FISCAL PERIODS ANNUAL MEMBERSHIP MEETING.

APPLICATIONS CAN BE PICKED UP AT BUSINESS OFFICE AT 790 CHRISTINA DRIVE BETWEEN 8:00 A.M. AND 5:00 P.M. MONDAY - FRIDAY OR THEY CAN BE PRINTED FROM OUR WEBSITE STAUGSHORES-HOA.ORG



The Shores Riverview club Pool Remarcite project is underway and is planned to be completed by the end of January.





200 Mariner Health Way • St. Augustine • Tel: 904-797-1800 • Fax 904-797-1803 Gingie MacQueen, Admission Director 904-864-1051

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## **News From Around St. Johns County** St. Johns County Offering Vehicle Beach **Access Passes at Preseason Discounts**

St. Johns County will offer 2015 vehicle beach access passes at the discounted prices of \$30 for a St. Johns County resident pass, \$40 for a non-resident pass, and \$20 for a handicap pass, beginning November 24, 2014 through March 1, 2015. Passes will be available during normal business hours at the following locations: Tax Collector's Main Office, 4030 St. Lewis Speedway, Tax Collector's Dupont Center, 6658 US1 South, Tax Collector's Julington Creek Office, 725 Flora Branch Blvd, Tax Collector's Ponte Vedra Office, 5430 Palm Valley Road, Tax Collector's Hastings Office, 6195 S. Main Street, St. Johns County Beach Services Office, 901 Pope Road, and the Pier Gift Shop, 350 A1A Blvd.

Residents must present a valid I.D. with a St. Johns County address or present proof of property tax payments in St. Johns County. When requesting a handicap pass, a vehicle with a handicap hang-tag or license plate must be presented. 100% Disabled Military are eligible for a free annual pass by presenting military I.D. or a letter from Veterans Affairs (VA).

Vehicle beach access passes will be required between March 1 and September 30. Beginning March 2, prices will increase to \$40 for St. Johns County residents, \$60 for non-residents, and \$30 for handicap. Additional passes, such as daily passes, will be available for purchase on March 1, 2015 at all beach access ramps. For more information about annual passes, please call the St. Johns County Beach Services Office at 904.209.0331, ext. 3. Visit the Reach the Beach Mobile App, www.sjcfl.us/Beach/index.htm, for beach access updates and beach driving conditions.

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# **Dr. Howard Epstein, Urologist Dr. Anthony Cantwell, Urologist**

**Board Certified In Female & Male Urinary Disorders** 





Howard B. Epstein, M.D., FACS Anthony L. Cantwell, M.D., FACS Mary K. Schupp ARNP has joined the medical group. She brings over 9 years Urology experience We welcome her and look forward to her addition to our staff.

- Incontinence We offer the newest and most effective therapies. • Cancer Detection & Treatment - Screening for prostate cancer.
- Ultrasound exams. Biopsies. Radiation Seed Therapy.
- Impotence Non-surgical and surgical correction. • Kidney & Urinary Tract Stones - Latest laser correction.
- Medicare & Most Insurances Accepted

atlantic 824-1450 urological associates Now accepting appointments and referrals 201 Health Park Blvd., Suite 215, St. Augustine

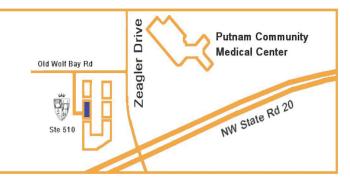
Gregory E.	Oxford	Isabell G.
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IV Sedation		Cosmetic •
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Bone Grafts		Whitening •
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See a full listing of our services and specialists at: www.firstcoastrehab.com