December 2014

ugustine



New Year's Eve St. Augustine Beach Pier Park

NEWS FOR AND



DECEMBER 31, 2014 4:00 - 10:00 pm

oves

Family Fun

Kids' Zone Area with 9 Inflatables Face Painting Human Hamster Balls Dunk Tank Arts & Crafts

Comfort Zone

Thirty Food Vendors Beer and Wine

Entertainment Red River Band Man of Color 8:30pm Fireworks Display

FREE ADMISSION

Free shuttle service with free satellite parking

for more information: www.beachblastoff.com

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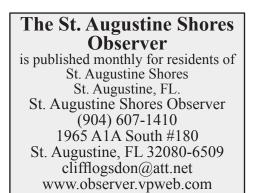




The Shores Observer 1965 A1A SOUTH #180 St. Augustine, FL 32080-6509



Shores Christmas Lighting for 2014 Pictured above is Baker Company roundkeepers installing lights on the Riverview Clubhouse and to the the right installing lights on the large trees around the Riverview Clubhouse.



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

Community Classifieds FOR SALE: 10 boxes of christmas net lights \$2.00 ea,.3 Lighted christmas reindeer \$4.00 ea. xmass tree stand \$10. 904-794-6556

FOR SALE: Living Room Set. Beige tweed sofa with green and beige tropical leaf back cushions and oak trim on arm rests and bottom. Size 90 in long by 40 in wide. Matching chair is in tropical leaf pattern with oak legs and arms. Coffee table is matching oak with glass top. Used very little in second home. \$350. Can send pics. Call 570-540-6795 or 570-540-6794

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: Panasonic stereo 5 CD player and radio with sub-woofer and 5 speakers (great sound and in fine condition)\$35; 2 wrought iron end tables with black marble tops \$30 each or \$55 for both. Call 908-812-3110

FOR SALE: 2 unframed beveled mirrors. Size 34 x 34. \$35 for both. Call 797-2204. FOR SALE: 2 authentic Japanese garden seats. Heavy ceramic, royal blue & gold, beautifully embose, for indoor or outdoor use. \$150.00. 6 foot christmas tree, lighted and professionally decored. \$20.00. Call and 797-3298.

FOR SALE: Adult Black Tricycle. \$150.00

Call 904-377-3731

FOR SALE: 2 miltispeed bicycles. One boy & one girl. \$25 each. Call 797-6752 FOR SALE: Wood coffee table with glass inset purchased at Badcock 3 years ago asking \$75.00 size 24 x 50. 3 Outdoor mesh patio chairs \$12.00 each. Yellow

and gray comforter with matching pillows

\$ 25.00. Queen size air mattress self inflatable \$50.00. Precious moments doll and Precious Moments collectable plates call Bob for price 904-547-2973.

FOR SALE: 16 foot All American Aluminum Extension Ladder. Very lightly used. No paint/other spots. Perfect condition. In time to install Holiday Lights. Perfect Bought at Home Depot. Like new. \$70 Call 904-217-0940

FOR SALE: Faux sisal 5 x7 rug, 8 ft. Diameter rug, dog crate 46"x30"x28" high; \$15 each. 6 ft artificial tree \$10. Call 797-5801

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

FOR SALE: Antique HO Trains - 3 boxes of cars, engines, related items some date from the 50"s. \$200.00. Large Hess Trucks in boxes. excellent condition from 1991 - 2012. \$350.00. 904-797-5893.

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 \$85. Call 904-217-0940.

FOR SALE: Dining Room Buffet 44Lx18Wx35H. Excellent Condition. \$95. Room Buffet 2 green ceramic DR lamps with shades \$15 New electric wine cooler \$25. Ladder back chair \$35 794-5855.

WANTED: Ancle and wrist weight and 8 & 10 lbs. hand weights. Call 904-377-3731. WANTED: Anyone interested in card game "Hand & Foot". Call Phyllis at 797-7436.

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.



Will Russell • Shores Resident • Real Estate Agent • Whether Buying or Selling I can help make it happen! SUMMEr realty

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HOLIDAY TRIBUTE **TO ELVIS** RANDY ELVIS FILIPPI **DECEMBER 12th, 2014** 7:00 PM **RIVERVIEW CLUB** FOR RESERVATION CALL 904-540-3795

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St. Augustine Shores Club News



Shores Ladies' Golf Club Tea Leaves by Peggy McGovern

The Ladies' of the St. Augustine Shores Golf Assoc. held their President's Cup tournament on Oct. 23 & 30. That event is a 36 hole, low net tourney & the winner is MARGARET CROOKS.

The awards were presented at our FALL LUNCHEON which was well-attended & catered by MARCENE, which was delicious & the deserts were sinful. All this took place with a short meeting in our pretty decorated dining room, as the gals that did well were recognized

Over all winner: MARGARET CROOKS.

- A flight 1 Linda Zupko 2 Shay Hall B flight 1 Jean Burns 2 tie Ruth Willis
- and Terry Dubek
- C flight 1 tie Fran Bennett and Peggy Oliveira D flight 1 Peggy McGovern 2 Eileen Collomb
- closest to the line 1 Shirley Chase 2 Marcia Macpherson

A big THANK YOU to Marcene & Jean Viscariello & her gals for a super job. Wishing all our golfers & the staff at the Shores a Blessed & Joyful Christmas & a Happy New Year. See you in 2015, Peggy McGovern...

November Riverview Club Calendar ALL MEMBERS:

Holiday Dinner Dance

December 6th 6:00PM-10:00PM Music by: Roy Olsson's Nostalgia, Chair Person: Len & Camille Kay 904-461-4111 and Ron & Joy Viafore. Volunteers Needed. Reservations: Tuesday 11/18/14, Thursday 11/20/14, and Tuesday 11/25/14. 9:00-10:00AM. All Rec. Members & Houseguests (Dance & Activities Members) \$20.00 and all outside guests \$30.00. BYOB

December 30th Pre-New Year's Eve Celebration Dance/Social

8:00PM- 11:00PM Music by: The Frank Saffi Band, Chair Person: Members of the Rec. Club Table #5. Contact Dennis Salvati 461-6782. Volunteer needed. Reservations: Tuesday 12/16/14 and Thursday 11/18/14, 9:00-10:00AM. Members and Houseguests \$7:00, Outside guests \$15.00. 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 904-464-4632.

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

CHICAGO BRIDGE - Must have a partner to Play, Tuesday 7pm & 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 every Thursday at 2pm. Members \$2.50 per person, Guests \$3.50. Holiday Dance Class Party Dec. 18th 1:30-3:30pm. Classes return mid-Jan 2015.

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 December meeting for Writers in the Shores will be on Tuesday the 9th at 1:00pm. Due to the Christmas holiday there will be no meeting on the 25th. Rec. Membership is not required. For more info please call Donna Johnson at 794-0789

YOGA- Every Monday, Wednesday and Friday at 9:00AM and Wednesday at 12:30. Bring a non-skid mat & wear comfortable clothing (no belts or anything tight around your waist). The class is geared to all levels.

January Early Social "Dance Members Appreciation"

January 17th Saturday 7:00-10:00 at Riverview Club. Entertainment by Ernie at the Keyboard. Ticket Sales are 1/13/15 & 1/15/15 at 9am. Dance members free & outside guests \$10.00. To All Members of the Recreation Association, If you know of anyone who should receive a greeting card, please call Cecilia Scully at 797-4816.

St. Augustine Travel Club

by Peter Dytrych

Please join us for our FREE St. Augustine Travel Club get together on Wednesday, December 10, at 3pm at the Southeast Branch Public Library on U.S. 1 when we will present on Christmas Markets throughout the World. 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. Prices start from \$821.98 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Book now with a \$250 pp deposit and receive \$50 per stateroom On Board Credit. Call Peter, St. Augustine Travel Club at (904) 797-3736 for more information and reservations



The Corner Garden

By Susanne Murphy The Geranium Circle Garden Club



• If rainfall amounts are high and temperatures are mild whatch for brown patch fungus disease in lawns.

Have soil tested for a Spring lawn or garden. Testing every 3 to 4 years usually is enough to tell if lime is needed.

This sample will give an overall view of what your lawn or garden needs.

• Late December is the ideal time to begin transplanting plants if the weather has turned cool. If there has not been 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.

• Vegetables to plant now: Beets, broccoli, cabbage, carrots, Chinese cabbage, bulbing onions, bunching onions, and radishes.

• Annuals to plant now: Carnations, digitalis, pansies, petunias, shasta daisies, and snapdragons.

Happy Gardening!

Writers In The Shores

By Donna Johnson

First of all please note - There has been a change in the time, meetings now begin at 1pm.

The December meeting for Writers in the Shores will be on Tuesday the 9th. Because of the Christmas Holiday there will be no meeting on the 25th. Come and check us out and bring something to share. 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 1:00 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.

Wild Flower Meadow Group

by Cindy Taylor

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

In September and October the dominate flowers were blue curls, rattle box, and golden rod. The wild poinsettia (painted leaf) spotted horse mint were still thriving and so were Spanish needles. Now it's the bushy aster.

With the winter months quickly approaching the meadow is preparing for a rest period. This month when the bushy asters have subsided we plan to mow the meadow and sow wildflower seeds. We mow the meadow each year to prevent the area from reverting to a hammock or treed area.



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3

St. Augustine Shores Service Corporation Board Meeting November 13, 2014

The St. Augustine Shores Service Corporation's Board of Directors meeting was called to order at 7:00 P.M. and a quorum established.

Minutes of the October 9, 2014 meeting were presented and approved. Treasurer's report showed solid financials with \$397,117 in operating and \$520,153 in reserves ready to do planned substantial pool and pool bath house renovations. No assessments will be needed. The ACC report was presented showing approval of 1 Commercial Building, 2 fences, 1 patio cover, 3 pool enclosures, 3 pools, and 1 shed. 108 total approved during the year.

Managers' Report

Old Business

Pool Resurfacing Bid Presentation

The General Manager provided the Board with a copy of the specifications developed with Wet Engineering covering the basis for holding a sealed bid process for the job. The General Manager opened the sealed bids and presented quotes to the Board. After discussion about differing surfacing preparation the Board awarded the contract to Capital T Enterprises

Revised Policy Manual Discussion

Suggested revisions:

• ServCorp Pers 052 intentionally left blank

Accountability chart moved to ServCorp Adm/Ops 006. Downward slash inserted from Board of Directors to committees.

• ServCorp Adm/Ops 002 Accessibility Of Records. We are going to add that any requests to copy more than 10 pages will be charged a fee of \$.10 per page.

• ServCorp Adm/Ops 003 Records Retention. We will change wording in third paragraph to read: Records not specified by Florida Statute 720.303 shall be maintained no longer than the current fiscal year and we will remove the four sheet guide attached.

ServCorp Adm/Ops 023 Deed Restriction Violation Reporting. Third sentence will read Code Enforcement violations will be introduced to the PRIDE system.

• Section B number 1 we will add (certified) after the word letter. We will add a sentence to number 1 that reads: Letter states that any noncompliance to the Deed Restriction will be corrected and the charges applied to the homeowners account.

Section B number 2 we will add (certified) after the word letter.
ServCorp Adm/Ops 024 Pool Policy. We will replace the text with the Rules and Regulations page as provided.

• We added Members are allowed to bring (5) house guests for free. Group rate passes can be obtained at the office for an additional 5 house guests. Special event passes will be referred to the Riverview Coordinator.

• ServCorp Adm/Ops 025 Motorized Vehicles. We added the sentence: Posted official NO TRESPASS signs being enforced. • ServCorp Finan 001 Collections. We changed the General Managers authorization

from 6 months to 12 months.

After Board discussion the Board accepted the changes to the Policy Manual as discussed

Pool Bath House Project update

The General Manager presented an Architectural Rendition of the proposed renovation to the pool bath houses. The Board instructed the General Manager to have the Architect prepare a materials list for bidding the job. Riverview Facility Curbing Project Status

The General Manager indicated pavers were installed on top of concrete in flagpole area of Center Island.

Landscape Project Deltona Billing

An invoice has submitted to Deltona Corporation for financial contribution from Tony Gram as requested.

New Business

ACC Personnel Replacement:

The Board confirmed appointment of Richard Nowell to the ACC Committee to fill a vacancy

Bookkeeper Function Project

The General Manager informed the Board of the current status of the Bookkeeper position, which has been expanded to better utilize new software as recommended by the auditors in their recent report.

Discuss Fence Issues Relative to Possible Action

The Board was informed of two major fence issues which were referred by the ACC. Management is working on action plans.

Deed Restriction Report.

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. The General Manager explained the process

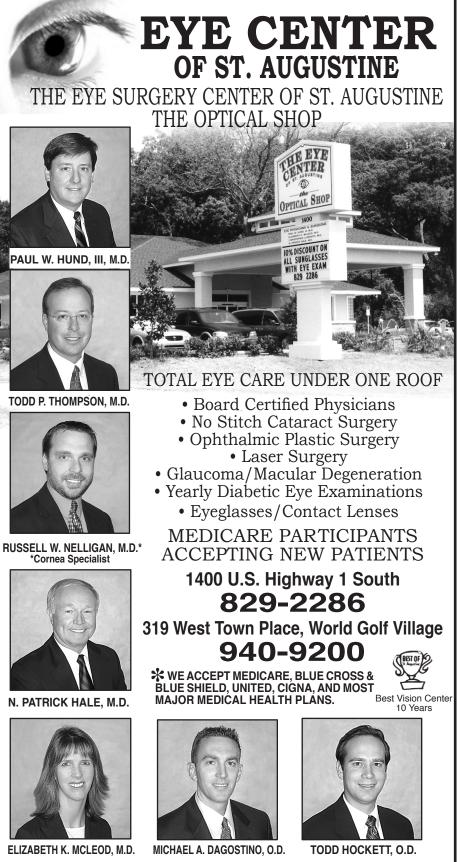
Discussion Landscaping Contract

Because of budget preparation for the 2015-2016 fiscal year, the Board discussed options for the General Landscaping Contract. To rebid or to renegotiate the contract currently held by J. M. Baker Company. The Board unanimously decided to renegotiate which is legal under the terms of Florida Statute 720.

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.





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4



A Night in Bethlehem

Friday, December 12 6:30pm - 8:30pm

"A Night in Bethlehem" is a joyful outreach event that our church and Chapel School are hosting to make the season "come alive" for our community. Imagine entering the

ancient city of Bethlehem being counted in the census - exploring an unforgettable Marketplace tasting authentic foods - making crafts - visiting a stable with live animals - and chatting with "Joseph and Mary" as they hold their newborn baby!

PleasejoinusatMemorial Lutheran Church & Chapel School, 3375 U.S. 1 South (next to Tractor Supply)! more information (904)797-8777 visit For call LutheranChapelSchool.com.



A Hands-On Holy Land Experience

Shores United Methodist Church December Events

Shores UMC Hosts FSDB Dance Troupe---December 9, 2014

Once again, Shores UMC will host a lively and fun performance by the Florida School for the Deaf and the Blind Dance Troupe. The free event will be held on Tuesday, December 9, 2014 at 7 pm, and will feature the Troupe's Holiday Performances. For more than 30 years, the FSDB Dance Troupe has been entertaining audiences across the State and beyond, performing for various educational and civic organizations. Participating students receive High School class credit in Fine Arts, combining song, dance, and sign. This is one of the few local performances of this renowned group. Farmers' Market--December 13, 2014

The church will present it's popular outdoor Farmer's Market on Saturday, December 13, 2014 from 3-5 pm. Gift items, fresh produce, gift items, and other fun activities will be available.

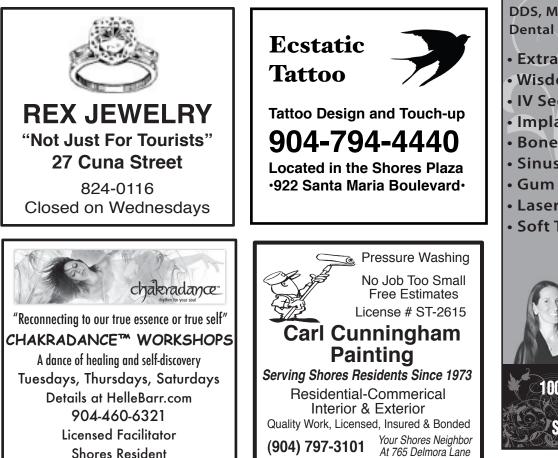
Children's Theater and Christmas Cantata---December 17, 2014 The Children's Express Theater will perform "Charlie Brown's Christmas Stocking"

on Wednesday, December 17, 2014 at 6 pm and the Shores UMC Chancel Choir will perform it's annual Christmas Cantata at 7:30 pm in the church sanctuary.

Christmas Eve Services---December 24, 2014

Christmas Eve Worship services, celebrating the birth of the Christ, will be held on Wednesday, December 24, 2014. Two candlelight services will be held. The first will be at 5:30 p.m. and will be oriented for children and families. The second service, a traditional worship service, will be held at 7 p.m.

Plenty of free parking and the public is invited to all activities and no charges or reservations are required. Shores UM Church is located at 724 Shores Blvd, between the Shores Golf Course and Hartley Elementary. Rev. Randy Strickland is pastor. Merry Christmas from the Shores United Methodist Church Family to Yours!!!



Shores Resident

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.

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- Ultrasound exams. Biopsies. Radiation Seed Therapy.
- Impotence Non-surgical and surgical correction.
- Kidney & Urinary Tract Stones Latest laser correction. Medicare & Most Insurances Accepted



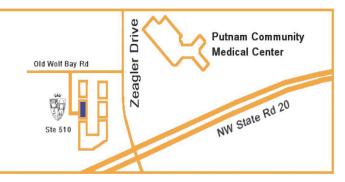
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Power Depot Inc. Husqvarna^{*} "The Power Corner"

Welcome to "The Power Corner", a news article about outdoor power equipment with a look into the past and future of outdoor power equipment. From all of us at Futch's Power Depot, Jeff, Randy and Gene, Happy Holidays. We hope everyone has the Holiday Spirit. I know we do. This time of the year the Mower Shop is not always on the top of everyone's list. However, we have some really neat Toys from Husqvarna we thought you might enjoy. Real toys. For ages 3 and up. Only \$29.95 each, collect all four and save 10%. Limited quantity available so don't delay.



Last month we touched on who and where a lot of Power Equipment is manufactured and owned by, since that article Husqvarna announced that the Dixon Mower has been discontinued from the line-up. Hard to believe that a company that had over a 1000 dealers and built over 200,000 mowers can go from \$50 million in sales to extinct in just a short time. This year we said farewell too many friends of ours, the loss of Claude Nordan, Paul Taylor and everyone's buddy Elery Price, that was saddening, but with the sadness of death is the rejuvenation of life with the Connor Outley story, what a courageous young man.

I would like to thank each and every one of you for taking the time to read our articles. It brings me great pleasure when we get a response to an article that has been published or I see someone in the grocery store that knows they have the answer to a trivia question or has something to ad. You are truly the best customers anyone could possibly hope for, and I want you to know that we really appreciate the support the community has given us this first year in business, and if we have said something that offends you or just really got your grinder going, then mission accomplished! Just kidding. It's a tough world out there and we just wanted to bring some reading material to the paper that was not bad news. But rather something with interest that lets us forget just briefly of our troubles. We sincerely hope that you have a "Great Holiday" and we look forward to helping you in 2015!

Please stop by and see us, we are open Monday thru Friday 7:30am to 5:30pm and Saturday 7:30am to 1pm. If you need to call us, 904-826-2488, or if you like drop us an email, askapro@futchsdepot.com, we would like to get to know you and be your first choice when you need parts or service for your lawn equipment. *Futch's Power Depot of St Augustine* • 23 Marion St • St Augustine Fl. 32084

Hastings 904-692-3673 • Palatka 386-385-5658 •Keystone Heights 904-473-4001 • Starke 904-368-0131

Wii-itis

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

What is Wii-it is? (Pronounced "weitis")

Is it real or am I making it up?

The answer is yes, Wii-itis is a real medical diagnosis just like tendonitis but with a specific cause. When a tendon becomes inflamed its called it tendonitis. When a tendon becomes inflamed because of playing the Wii, it's called Wii-itis. For those of you who may not know, the Wii is an electronic device that connects to your TV. It allows you to do many things, including play games.

Whether north or south, there are times of the year we prefer to not go outside. Certain seasons promote less activity because it's either too hot or too cold. It's any time of year where the weather conditions are used as an excuse to be immobile. Here in Florida, the summer tends to be the less active time of year for many because it is so hot. So why talk about that now as we head toward our winter? Because it's Christmas!

Our bodies are made to move. Movement



Licensed Insurance Agent



keeps them lubricated and mobile. Movement promotes blood flow, which aids healing. Movement keeps us healthy, balanced and prevents stiffness. Believe it or not, the Wii is a great way to move (or exercise) during the months we prefer to stay indoors, or any other time of year.

Now I'm not endorsing the Wii and I'm not getting anything from the Sony Company for writing about the Wii. I'm promoting movement in the way of Wii tennis, Wii golf, Wii baseball, basketball, bowling and more. All these games can be used to stimulate movement, strength, coordination and balance.

I mention these devices now because of the approaching holidays. The weather will be, and has been, nice. Evening walks, afternoon tennis or playing catch feels good this time of year. But summer is coming and Christmas is here. Why not give the gift of movement, to yourself, a friend or loved one. The devices are available new or used, as well as the games. Why not schedule (continued on page 10)

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Don't Become A Holiday Season Statistic

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.

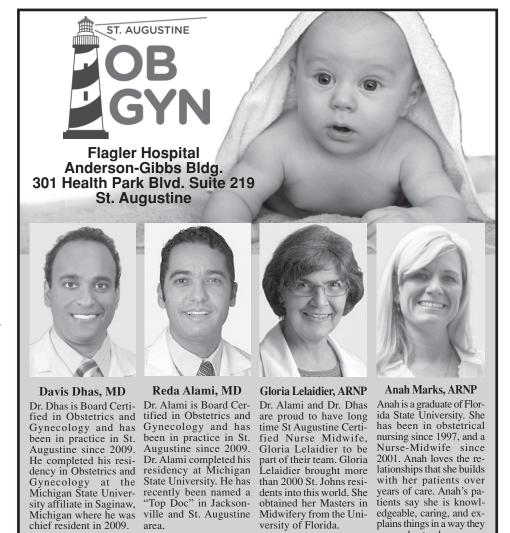
Dress casually and comfortably. Avoid wearing expensive jewelry.

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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As 2014 draws to a close, you may want to look back on the progress you've made this past year in various areas of your life — and that certainly includes progress toward your financial goals. At the same time, you may want to make some endof-year moves that can close out 2014 on a positive note while paving the way for a productive 2015.

Here are a few such moves to consider:

Boost your retirement plan contributions. This actually isn't an "endof-year" move because you have until April 15, 2015, to contribute to your Roth or Traditional IRA for the 2014 tax year. Nonetheless, the sooner you get extra dollars working for you in your IRA, the better. You can put in up to \$5,500 to your IRA (or \$6,500 if you're 50 or older) for 2014. If you are self-employed, or run a small business, you also have until April 15 to contribute to a retirement account, such as a SEP IRA or a SIMPLE plan. In addition to helping you build resources for retirement, these types of plans can offer you some tax advantages so if you haven't established a retirement plan yet, consult with your financial and tax professionals

• Sell your "losers." If you own investments that have lost value since you purchased them, you can sell them before 2014 ends and use the tax loss to offset some capital gains you may have earned in other investments. If you don't have any capital gains, you can use up to \$3,000 of your tax losses to offset other ordinary income. And for a loss greater than \$3,000, you can "carry over" the excess and deduct it from your taxes in future years. If you still liked the investment that you sold at a loss, and you want to keep it

Financial Focus

Informations Provided by

Edward Jones

Check Out This Year-end Financial Checklist

in your portfolio, you could repurchase it, but you'll have to wait 31 days to avoid violating the IRS' "wash sale" rules. Keep in mind that these suggestions only apply to investments held outside your employer-sponsored retirement account; you can't take a tax deduction on capital losses in a 401(k) or similar plan.

• Evaluate your 401(k) investment mix. You may be able to adjust the investment mix in your 401(k) as often as you like. So when evaluating your 401(k), make sure your holdings aren't concentrated in just a few investments, and try to determine if your portfolio is still appropriate for your risk tolerance — not too aggressive or too conservative. Also, if your plan offers a "Roth" option, consider taking advantage of it — with a Roth, you won't be able to deduct your 401(k) contributions from your taxes, but once you retire, you won't be taxed on your withdrawals.

• Review your insurance coverage. If you've experienced any changes in your life in 2014 — new spouse, new child, divorce, new job, etc. — you may need to review your life insurance coverage to make sure that it's still sufficient for your needs and that you have the correct beneficiaries in place.

By making these and other moves, you can say a fond farewell to 2014, knowing that you've done what you could to help bolster your financial position — for 2015 and beyond.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

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

St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

Toy Vehicle Safety Tips And 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. During this time, many youngsters receive motorized gifts and then don't know where they can be driven.

We in law enforcement receive many inquiries on where a child can drive a motorized scooter, 4-wheeler, or a mini-bike. The main thing for parents to be made aware of is where that child can ride. It is simple, on private property only. Any child under legal driving age is NOT permitted to drive any vehicle with an engine of any kind on county or state roads. Please keep this in mind when purchasing a motorized toy vehicle for a youngster this time of year.

Taking a look at ATV's and some important guidelines involving them. Remember that ATV's are very powerful and potentially dangerous vehicles. They can travel at speeds of over 60 mph and can weigh over 700 pounds. They can easily roll and tip over and are very unpredictable in off-road conditions. All riders should always wear a helmet when riding an ATV. According to ATVSafety.gov, about one-third of ATV-related deaths and injuries involve children. Anyone younger than 16 years of age should never be on an adult ATV. Remember to stay off paved roads and avoid unfamiliar terrain. Never carry a passenger on a single-rider ATV and never drive an ATV while under the influence of alcohol or drugs.

Now on to another subject. At this

<image>



• Computer Repair - Your Home or My Shop

- Remote Repairs Handled Via Internet
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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 a 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.

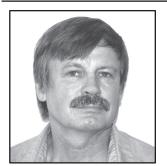
• Carry billfolds in a side pants pocket.

• Pay by credit card or check if at all possible.

• 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 (continued on page 10)





Computer Corner

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

Windows - what is happening?

Greetings from Computer Professor

Windows - what is happening: have run Windows 8/8.1 since the first day of release, I will admit if I hadn't given it a chance, I also may be saying I didn't like it. But I quickly saw how easy it was and that it was just the human emotion of not liking to change that I fought with at first. I have also installed and am running Windows 9 Beta, now called 10, on another test machine. For the average user this is still Windows 8 but now jammed into a smaller viewing area.

I want to congratulate all you selfmade technicians, personal advisors, and salesmen of computers (if you do not consider yourself"less than qualified to give advice" and you honestly took time to learn Windows 8, then this is NOT directed at you), those hasty rumors have succeeded in denouncing one of the easiest to see, control and faster modern day operating systems Microsoft has ever made. Due to your response to Windows 8, Microsoft is going to give us a permanently structured Windows 10 sometime mid to late 2015, which will take the nice clearly laid duel view OS and jam it into a smaller more confusing menu that many people never learned how to use anyway. In Windows 10 very little will be changed for popular features other than jamming everything in a very small menu so we can go back to enjoying miss-clicking on things again. Microsoft decided to name it Windows 10 instead of Windows 9, there are no "official" reasons but plenty of rumors, it is still the same version, just

a squashed up Windows 8 with a couple of new buttons and possible room for future changes.

Microsoft is going to do with Windows 10 the same thing they did with Windows XP. Windows XP was the most hated operating system there ever was for its first two years. Most printers and scanners were not compatible and we had to learn a new way of doing things. When it stayed around people started to "like" it, even though there were three additional major changes (SP-1, SP-2, SP-3) they just kept the XP name. Now Windows 10 is planning to do the same thing. Give you the Windows 8 OS in a newly designed format, name it Windows 10 and that will be it, from there on out they will just call it updates so fewer people will complain about change. This evolution we seem to all resist always has, and always will, proceed throughout our lifetime, it is up to you if you wish to enjoy the ride or jump off.

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Wii-itis (continued from page 7)

325-2721).

Wii matches or tournaments. Have a holiday dance competition, just no video recording or blackmail (joke). You can even pretend to be Lance Armstrong and to the Tour de France. We should move year round. The simple

matter is many don't - including me. We are approaching the holidays – looking

for gifts to give. Why not give movement?

Do not be deceived. If you are not used to exercising, the Wii games can cause fatigue and muscle soreness. If you have any concern, consult with your MD or PT about your health and the games you may play.

All of us at First Coast Rehabilitation

Sheriff's Corner

(continue from page 9)

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.

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.

thank you for continued support and wish

you a healthy and happy holiday season. And

don't forget to check in about our potluck. (St.

Augustine: 904-829-3411 or (Palatka: 386-

therapist, president and co-owner of First

Coast Rehabilitation. He is co-author

of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. He has been

in practice for over 14 years, is a Fellow of

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