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DOES THEIR PART
TO PROTECT THE
ENVIRONMENT



Coastal Response

Community Newsletter Compliments of Servpro - Fernandina Beach
and the UPS Store (Yulee) Issue 3

“Joy to the Children” a Local Nassau County Charity



Sixteen years ago a group of adult friends gathered for Christ-

mas and formulated a plan to share the joy of Christmas with underprivileged children in Nassau County. This is how the charity *Joy to Children* began. Over the years they have served closed to 2500 children and families. Last year over 165 children attended the party on Christmas morning and received toys, bedding, hygiene supplies, books, school supplies and various other types of gifts. They also enjoyed a scrump-

tious feast. This event would not be possible if not for the generous support of the community from businesses and individuals. This support comes in the form of monetary donations, new toy donations, time and effort.

The children and families that benefit are selected through various local organizations including: Big Brothers Big Sisters, Micah's Place and schools.

Joy to the Children is an all volunteer organization. Their primary focus is on the Christmas Day Celebration however they assist with other activities that assist children in need.

For more
Information Contact:
www.joytothechildren.org

If you would like to volunteer or provide a monetary donation please contact Caroline Tunkel at 491.8518

PO Box 16404
Fernandina Beach, Fl.
32035

No Reason Not to Recycle Nassau!

The City of Fernandina Beach, Keep Nassau Beautiful, with funding provided through an Anheuser-Busch Environmental Grant , has put into place a recycling drop off center at Lime and 5th Street.

In addition to accepting Aluminum, Glass, #1 & #2 Plastics, Paper, this site also has a bin to collect corrugated cardboard.

For more info contact:

Keep Nassau Beautiful:
www.keeptnassaubeautiful.org
Or Follow them on Twitter at:
<http://twitter.com/RecycleNassau>

904.261.0165



FREE ENERGY EVALUATION AVAILABLE!



Florida Public Utilities will conduct a free energy evaluation for your home or business. This energy inspection will give you energy and money saving recommendations and increase the value of your property.

They will send out a specially trained Florida Public Utilities Energy Expert that will go through your business or residence and evaluate the building, electronics, lighting systems, appliances and heating and cooling systems.

When they are finished you will receive a detailed list offering suggestions and tips of the many things you can do to become more energy efficient.

Until then, here are a few no-cost things you can do right now to start saving money!

-Air dry your dishes instead of using the dishwasher's dryer setting. -Keep heat producing appliances away from your thermostat because in the warmer months they will have your air conditioner turning on more often than necessary. -Take showers instead of baths. -Turn off your power strips to your electronics when not in use. -Turn off ceiling fans when you are not in the room. -Turn off your computer and monitor when not in use.

For more ideas call [Florida Public Utilities](http://www.floridapublicutilities.com) today for a FREE survey of your home or business at (904) 261-3663.

ARTICLE TAKEN FROM WWW.SEARCHAMELIA.COM

Meet Your Neighbor



Mark Combs has been a resident of Fernandina Beach since the summer of 2003. He was born in Jacksonville and moved away to attend college in Texas. If you don't know him as your local Aflac Guy then you might know him as the Moderator of the Amelia Business Network. Networking is a passion of Mark's. He began ABN in April of 2007 with the help of David Keay of First Coast Community Bank. When he began a new career with Aflac he wanted to meet business people in the community. He searched for a networking group but could not find one. Invention's Mother Necessity got involved and ABN was born..

We recently interviewed Mark to learn a little bit more about him so we may share it with you.

Q: What is your Favorite Restaurant in Town?

Mark: The next one playing host to an ABN Meet and Greet, of course!

Q: What do you love most about the Island?

Mark: It just feels like home.

Q: If you could live anywhere else where would it be?

Mark: Maybe the Napa Valley area of California. It's beautiful out there. If the British had known it existed they would probably still be putting up a fight.

Q: Cake or Pie?

Mark: I can't resist cheesecake.

Q: Winter or Summer?

Mark: Spring & Fall

Amelia Perfect Tan has NEWS!

Amelia Perfect Tan is open under New Ownership!

They are holding a food drive and would love for everyone to participate. From now until 12/18 you can bring in up to 3 non-perishable food items and get 1 entry per item into a drawing for 1 FREE month of tanning. They are located at 1000 S. 14th St in Fernandina. Their hours are Monday-Friday 10-7 and Saturday 9-4.

Go Check them Out!

Fifi's Amelia Island Open House

Dec. 9th - From Noon to 3pm

Make - Up Consults with True Beauty Artistry.

Gold Buyer will be paying Cash on Site
Bring your unwanted Gold, Sterling Silver Jewelry or Flatware!

Come in your Ugly Christmas Sweater and get Extra Discounts!!!!!!

Free Refreshments will be Served.

For More Info Call: 277.4430

Trivia Contest - Win a Breakfast Delivery Compliments of Servpro

Trivia Questions will be posted on our Facebook and Twitter Pages on the following dates: Dec. 16th, Jan 6th and Jan 13th

- The first person to respond via a Facebook or Twitter posting will receive an Office Lunch delivered to your location on the following Monday.

Trivia Questions will come directly from the Newsletter – keep it handy!

Only applies to businesses in the Nassau County or North Jacksonville areas. Breakfast Deliveries can accommodate up to 15 people. Winners must respond before 5pm on Friday to receive the delivery on Monday. The delivery will include a brief overview of Servpro services along with brochures and promotional items.

Follow us on Twitter: Servproamelia Become a Fan on Facebook: ServproFernandinaBeach



**Bridgeview is offering a
Free Wrapping Room
to wrap all your Christmas gifts!**



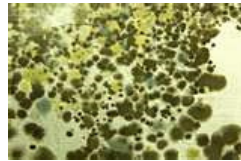
All supplies are provided! The wrapping room will be open during office hours starting 11/29 thru 12/23 Monday 8 to 4 Tuesday – Friday 9 to 5 and Saturday 8-3.

We are also offering a Santa's Secret hiding space for the low price of \$25.00 for the month of December.

Growing Concerns for Mold in Florida

Indoor Mold has been around for years so why do we now hear more and more about it?

One issue is proper ventilation. The construction practices are quite different now as opposed to in the past. Remember your mom or grandmother opening up all the windows and airing the house out and letting the breeze in on nice days. We just don't do that anymore. Homes today are built for energy efficiency and are in fact air tight. The Florida climate is known for being hot and humid and many times people retreat to their air conditioned homes. We over use our air conditioning and assume it does the same job as the cool air outdoors when in fact it does not. Many air conditioning units may remove the moisture but they recycle the same air over and over without pulling in the outdoor air. The recycled air can become polluted. Mold and Fungus grow as a result of elevated moisture levels. Given the right conditions mold can begin to grow within 48 hours and can not always be seen by the naked eye. Here are some Facts about Mold to keep in mind.



- Mold has existed for years.
- The human species has always lived in the presence of mold.
- There are over 100,000+ species of mold identified. The unique flavor of bleu cheese is produced by mold.
- We are constantly exposed to thousands of different types of fungi in our everyday lives. Certain types of fungi tend to exist naturally in soils, plants, fruits and textiles.
- Exposure to these fungi in naturally occurring doses is generally not harmful to health.
- While the types and concentrations of fungi existing in the environment vary from one geographic region to another, the most common types are as follows: Aspergillus (most common), alternaria, bipolaris, chaetomium, fusarium, penicillin, and paecilomyces.

The Key to Keeping Mold Problems from Occurring is to Deal with Water and Moisture Problems Quickly. Servpro has a Certified Mold Inspector on Staff and works along with Environmentalists and Hygienists to remediate any Mold Issues you may have. If you feel you have a Mold issue contact Servpro in Fernandina Beach 904.729.2401



**Prudential Chaplin Williams Realty
Presents "Cabaret" The Musical
A Benefit Performance for Freedom Park**

Come join us at The Amelia Community Theater on February 16th, 2010 for an evening performance of "Cabaret" the musical. Doors open at 7:00 with a preshow reception and curtain is 8:00. Tickets will be \$25 per person and a portion of the proceeds will benefit the construction of The Freedom Park playground on Atlantic Avenue. The Park will be free to the public. The building materials and design will encourage children of all levels to utilize the recreational aspects of the playground. Please call Michele Cook - Realtor for ticket information at 904-583-1900.



This Edition of The Coastal Cookin Corner is brought to you by Micah's Place. Micah's Place is a Certified Domestic Violence Center, and the only one serving Nassau County Florida. Their mission is to provide prevention and intervention services to victims of domestic violence; and to provide education within the community to effect change in behavior and attitudes relating to domestic violence. They offer a safe, confidential shelter, advocacy, a 24 hour toll free hotline, counseling, legal advocacy, and support groups to victims of domestic violence. All services are free and confidential.

24 Hour Hotline: 800.500.1119 (toll free) or 904.225.9979 (local)
Courthouse (Yulee) Outreach: 904.548.4646
Callahan/Hilliard Outreach: 904.879.6270

Coastal Cookin Corner



Shrimp Casserole Recipe

Contributed by:
Micah's Place

Please see Recipe located to the Right.

Each Coastal Response Newsletter issue will feature a Coastal Recipe. We want you to try it out and let us know what you think.

Email us at
servpro.fernandinabeach@yahoo.com

Send pics of your version and we will post it on our facebook page. If you have a Coastal Recipe that you would like posted in the next issue email us.

Enjoy!

Ingredients:

1 1/2 to 3 lbs shrimp, cleaned and cooked
1 1/2 teaspoons Tabasco
2 Bunches Green Onion, Chopped
2 Tablespoons Worcestershire Sauce
1 Can Cream of Mushroom Soup
1 (6 ounce) Box Uncle Ben's Long Grain Wild Rice, cooked according to directions.
1 Green Pepper, thinly sliced
2 cups sliced Mushrooms
1 Cup Butter
2 Cups Bread Crumbs

Preparation

In a bowl, combine cooked shrimp, cooked rice, Tabasco, Worcestershire sauce and mushroom soup. Sauté green pepper, green onions, and mushrooms in 1/2 cup of butter and add to shrimp mixture. Melt another 1/2 cup of butter and add breadcrumbs. Put shrimp into 9 x 13 inch baking dish and top with breadcrumbs. Bake at 350 degrees for 1 hour or until bubbly.

Serves 8 to 10

Recipe is from "A Savory Place" Cookbook that benefits Micah's Place programs to support survivors of domestic violence and their dependents. The Cookbook is **\$24.95** and can be purchased at several local locations including: Amelia Island Chamber, Amelia Island Inn Plantation Gift Shop, At Home Amelia, Baptist Hospital Nassau Gift Shop, Divine Finds, Eileen's Art and Antiques, Elizabeth Pointe Lodge, Fernandina Beach Golf Club, Front and Centre, Intercoastal Wine Company, Madis Salon, Marche Burette, Monkey Barrel, Resorts to Home, The Plantation Shop, The Purple Dove, Twisted Sisters.

Local The UPS Store® does their part to Protect the Environment

With concerns regarding identity theft continuing to be on top of the mind for consumers and new regulations emerging on how businesses should handle and destroy customer information, shredding services provide an opportunity for everyone to breathe a small sigh of relief when that service is provided to them.

Secure destruction of sensitive materials is essential today for consumers and organizations of all sizes. Today companies are producing more information than ever, while the number of privacy and information disposal laws at the federal and state levels has grown exponentially. A single instance of unauthorized access to information could have significant consequences, from loss of brand or reputation to the loss of market share and customer trust.

The UPS Store® in Yulee, FL, located at 463688 State Road 200, has partnered with Iron Mountain® to provide a safe and secure service for document shredding. We use locked containers that are filled and then removed using a chain of custody procedure that ensures that the documents are handled securely to the point they are shredded. One of the benefits of using such a service is that the documents do not hit the local landfill. The Iron Mountain network of shredding facilities shreds over 410,000 tons annually. The shredded material is baled and then sent to a pulping machine for recycling into other products, saving over 7 million trees every year. What a great environmental challenge all that paper could be, and customers are relieved to know their documents don't get into the hands of the wrong individuals.

If you find that you have too much paperwork and no place to get rid of it, call The UPS Store® at 904-225-8840.



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The UPS Store