

SEPTEMBER 9, 2008

The Beach Breeze



ISSUE 2

THE BEACHES REALTY GROUP / 904-249-2299
WWW.BEACHESREALTYGROUP.COM

Market Watch

Welcome to the 2nd issue of the Beach Breeze! In this issue we have a special note about the Jacksonville economy. Our local statistics show that we are still in a time of growth. People are still moving to our area and the slowing real estate market is not as bad as elsewhere in the state.

Please see the attached article by Blake Deal, a local real estate attorney, for a detailed look at the area economy. http://www.beachesrealtygroup.com/housing_news.htm

So please join The Beaches Realty Group in keeping a positive outlook on the market for Northeast Florida. We are celebrating our 14th year of business and truly enjoy assisting home buyers & sellers achieve their goals.

We hope you enjoy this publication and we sure would love to hear from you!



ATLANTIC
BEACH 3/1
\$164,000

GOOD TO KNOW . . .

From the Department of Motor Vehicles:

On December 7, 2005, the life of Christine Olson was changed forever. Christine's daughter, Tiffany Olson, was involved in a traffic crash on U.S. 19 in Manatee County, Florida. Tiffany received fatal injuries when the motorcycle she was a passenger on collided with another vehicle. Mrs. Olson was not notified of Tiffany's passing for several hours and was not able to say her last goodbyes. Mrs. Olson was heartbroken. She then found the silver lining to an otherwise dark cloud. Mrs. Olson, with the assistance of State Representative, Bill Galvano, from Bradenton District 68, began pushing for emergency information to be added to a person's driver's license. Since the information could not be printed directly on a license, Mrs. Olson and Rep. Galvano contacted the Department of Highway Safety and Motor Vehicles (DHSMV) and took the next best route-to have the information included in the D.A.V.I.D. (Driver And Vehicle Information Database) system which is a secured database used by most law enforcement agencies in the State of Florida. Mrs. Olson and her family and DHSMV are urging all licensed drivers in the State of Florida to input their information so families can be contacted more quickly when a family member is seriously injured or killed in a traffic crash. Mrs. Olson and her family have struggled to make emergency information readily available for law enforcement and her efforts have paid off so far. There have been thousands of hits to the website in the short period of time it has been active.

<https://www6.hsmv.state.fl.us/dlcheck/findcustomer>



RIVERSIDE
2/2
\$299K





Business Spotlight

In this area of the newsletter we will introduce some of our favorite professionals. These are people who we enjoy working with on a regular basis.



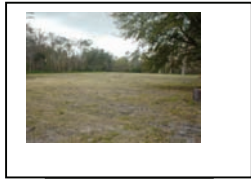
The Metropolitan Building
320 North 1st Street, Suite 709
Jacksonville Beach, FL 32250

904-270- CORE (2673)
oceanviewhealth.com



Dr. Fierro is a chiropractic physician in Jacksonville Beach specializing in advanced, soft tissue techniques for effective treatment of a variety of painful symptoms. Some of these conditions include plantar fasciitis, shin splints, tarsal tunnel syndrome, back and neck pain, headaches, carpal tunnel syndrome, shoulder pain and more.

Dr. Fierro is offering a *complimentary* consultation to all of The Beaches Realty Group referrals. *We love being his patients and have seen dramatic results from his treatments! Please just let him know you heard about him from us.*



SOUTHSIDE
4.55 ACRES
\$554,995



DID YOU KNOW?

TOLL FREE NUMBERS CAN BE LOOKED UP ON THE WEB

AT: http://www.gethuman.com/gethuman_list.asp

Focus on Fitness:

Study: Citrus can inhibit growth of tumors, reduce stroke risk

Eating an orange a day can keep certain cancers away, according to a new Australian study. The government's key research group, the Commonwealth Scientific and Industrial Research Organization (CSIRO), found consuming citrus fruits could reduce the risk of mouth, larynx and stomach cancers by up to 50 percent.

One serving of citrus a day — on top of the recommended five daily servings of fruit and vegetables — could also reduce the risk of a stroke by 19 percent.

"Citrus fruits...protect the body through their antioxidant properties and by strengthening the immune system, inhibiting tumor growth and normalizing tumor cells," CSIRO researcher Katrine Baghurst said in a statement.

The Australian study, which was based on 48 international studies on the health benefits of citrus fruits, also found "convincing evidence" that citrus could reduce the risk of cardiovascular diseases, obesity and diabetes.

Baghurst said oranges have the highest level of antioxidants of all fruit, with more than 170 different phytochemicals, including more than 60 flavonoids shown to have anti-inflammatory, anti-tumor and blood clot inhibiting properties.

Citrus fruit are being shown to be a dynamo package of health benefits. Citrus fruit contain hundreds of nutrients including high levels of Vitamin C and significant amounts of dietary fiber, beta-carotene and folic acid. They have low ratio of sodium to potassium, are low in fat, nutrient dense and energy-dilute, have a low glycemic index and are extremely rich in antioxidants.

They also abound in non-nutrient compounds called phytochemicals, which are believed to have a role in preventing a range of chronic health conditions including cancer and heart disease.

Article provided by Dr. Steven Fierro



BARTRAM PK
2/2.5
\$125,000
BANK OWNED
SPECIAL
FINANCING
AVAILABLE



SOUTHSIDE
3/2
\$197,499

Favorite recipe:

[HTTP://ALLRECIPES.COM/RECIPE/GRILLED-SAUSAGE-WITH-POTATOES-AND-GREEN-BEANS](http://allrecipes.com/recipe/grilled-sausage-with-potatoes-and-green-beans)

DIRECTIONS

Preheat an outdoor grill for high heat.

On a large sheet of foil, place the green beans, red potatoes, onion, and sausage. Season with salt and pepper, sprinkle with oil, and top with butter. Tightly seal foil around the ingredients, leaving only a small opening. Pour water into the opening, and seal.

Place foil packet on the prepared grill. Cook 20 to 30 minutes, turning once, until sausage is browned and vegetables are tender.

ENJOY!

HAPPINESS IS NOT AN ACCIDENT, NOR IS IT SOMETHING YOU WISH FOR. HAPPINESS IS SOMETHING YOU DESIGN.

JIM ROHN



NOCATEE
2/2
\$133,900
BANK OWNED
SPECIAL
FINANCING
AVAILABLE

Upcoming Local Events

- **Summer Jazz Concert Series** Sundays 5-9 pm Jax Beach Pavillion
- **Artwalk** 3rd Thurs of each mo. 5-9pm through Dec 19 Beaches Town Cntr
- **Sept 7, Oct 5, Nov 2** Songwriters Concert - Adele Grage Cultural Cntr 6-8pm
- **June 22 Oct 19, 2008** Acoustic Nights - Bull Park 6 to 8 pm
- **Sept. 12th** New fall season begins - Atlantic Beach Experimental Theatre
- **Oct 10-11** Family Fun Day & Campout Under the Stars - Jack Russell Pk
- **Oct. 11** Making Strides Against Breast Cancer - Jax Beach Pavilion
- **Oct. 18** 5th Annual Buddy Walk - Jax Beach Pavilion
- **Nov. 1** Out of the Darkness Community Walk - Jax Beach Pavilion
- **Dec. 6** Holiday Celebration & Tree Lighting - Beaches Town Center

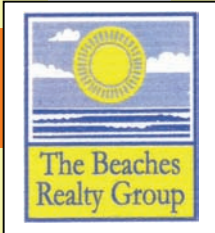
FOR MORE INFO SEE:

www.jacksonvillebeach.org

www.ci.atlanticbeach.fl.us



JAX GOLF
\$988K
6/5



**"THE BEACH
SPECIALISTS"**

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ABOUT US...



Kathy Karr-Garcia, Broker/Owner, 904-993-8614 / kathy@beachesrealtygroup.com Born in Beaver, Ohio, after her folks had their 4th child, they decided to move back to warm and sunny Florida. Kathy has lived in Florida since she was 3 years old, almost native. She grew up in Clearwater and moved to Jacksonville in 1983. She attended, St. Petersburg Junior College, and Florida State University Extension when she lived in The Republic of Panama. She has been in Real Estate since 1984, and opened The Beaches Realty Group in 1994. She is married to Adrian Garcia, who is an Operations Manager in his 'real' job, and currently in the Navy Reserves.

Michelle Pisula 904-651-1006 / mpisula@bellsouth.net Michelle was born in New Castle, PA and has lived in Jacksonville 14 years. She graduated from a small college in Columbus, OH with a bachelor's degree in Business. She has been in real estate the last 4 years and prior to that worked across business industries as a technology solution provider. She has two children.

Candice Moody 904-994-9922 / candicemoody@gmail.com Candice was born and raised here in Jacksonville, has just recently joined The Beaches Realty Group in March 2008, after completing the sales associate course in 2007. She attended the University of North Florida, where she obtained a bachelors degree in Communication.

Melissa Scott Gann 904-881-6124 / melgann@bellsouth.net Melissa was born in Portsmouth, VA raised a Navy brat, she has always lived near the ocean. She graduated from UF, with a bachelors degree in History. Formerly the Ticket Marketing Manager for the Jaguars, she has been a real estate agent since 1997. Melissa is the mom of 2 boys, and wife of Jim Gann, a Marketing Professional.



Click here to see details on
ALL of our office listings!

