



## Upcoming Yard Sale

Colonial Gables Homeowners Association will sponsor a community yard sale. This will include advertisement in various publications for **March 24, 2012** from 8 AM to 1 PM. **Rain date March 31, 2012.**

A listing of those yard sales that have made a donation will be listed in a master yard sale listing that will be provided to guests as they arrive, along with a map.

Please see the attached flyer for more information, or email Casey Martin (Vice President) or Lori Rinker (Treasurer/Secretary).

Your information must be submitted by **March 9, 2012**



### Free tax aid offered to help people file for valuable tax credits

Free tax aid is available at locations throughout Sarasota County for quick filing of federal individual income tax returns at AARP tax aid sites and Volunteer Income Tax Assistance (VITA) sites.

Residents who earned \$50,000 or less last year can use the VITA tax aid sites in Sarasota County. There are no income limits or age limits at the AARP sites. This service is not for business returns or complex tax issues.

The United Way of Sarasota County will operate six VITA sites in Sarasota County as part of a coordinated effort between the United Way's Financial Stability Partnership and the Sarasota County Earned Income Tax Credit (EITC) Task Force. The goal is to help ensure that residents who are eligible for the various tax credits receive their earned share. The other 10 tax aid sites will be operated by the AARP Foundation. There are no appointments at the AARP or VITA sites.

The Sarasota County Commission issued a proclamation recognizing February as Sarasota County Tax Credit Awareness Month. Since these tax credits also are generally spent locally, this helps to improve the county's economy. In addition, this valuable service helps older residents and middle-income and lower-income residents who either need assistance in filing their taxes or who need to consult on a tax issue.

For more information, including a link to online EITC filing, visit the Sarasota County government website at [www.scgov.net](http://www.scgov.net). If you do not have computer access, call United Way 2-1-1 of Manasota Inc. by dialing 211 for more information. Those with mobile or pay phones should call 941-308-4357



### Holiday Closings

Most Sarasota County Government offices will be closed Monday, Feb 20, to observe the national holiday that celebrates Presidents Day.

### Other upcoming Events

**Parents:** If you would like your child to attend a public school other than their districted school in 2012-13, you may submit a **school choice application** from Monday, Feb. 6 through Friday, Feb. 24 by calling 927-9000, ext. 32255.

Or visit Sarasota County Schools website.

<http://www.sarasotacountyschools.net>

### Adults age 50 and older urged to get shingles vaccine

Health officials are urging adults age 50 and older to get vaccinated against shingles. Caused by the same virus associated with chickenpox, shingles is more common and serious in older adults.

Health officials estimate that one out of three people in the United States will develop shingles during their lifetime. About half of the nearly 1 million Americans who experienced shingles in the past year were those 60 years and older. For some, the blistering skin rash can lead to severe pain that can last for months or even years. Other complications of shingles include eye problems and, less often, pneumonia, hearing problems, blindness and brain inflammation (encephalitis). In rare instances, shingles also can lead to death.

"After a person recovers from chickenpox, the virus stays in the body in a dormant state. For reasons that are not fully known, the virus can reactivate many years later, causing shingles," says Dr. William Heymann, Sarasota County Health Department medical executive director.

"The likelihood of getting shingles or experiencing severe and lasting complications is greatly reduced in those who get the shingles vaccine," says Dr. Heymann. "Shingles vaccine is only needed once. You can get shingles more than once so it is advisable to get the vaccine even if you have had the disease. Those who have been vaccinated and then later get shingles usually have a much milder experience."

The U.S. Food and Drug Administration (FDA) has approved the vaccine for use in persons 50 years of age and older. The vaccine, which is 60 percent effective in preventing shingles, has few -- if any -- side effects.

"Those who receive the shingles vaccine at the Sarasota County Health Department may only be required to pay their co-pay if they have coverage for the vaccine through Medicare Part D. Be sure to bring your card with you so we can file the appropriate claim for payment," says Sarasota County Health Department Immunization Program Director Donna Keith.

The Sarasota County Health Department offers adult vaccines, including the shingles vaccine, daily at its two Sarasota County locations. The department also will hold shingles vaccine clinics for groups of 30 or more at a single location such as a manufactured home community or recreation center.

For information or to make an appointment for a shingles vaccine, call 941-861-2784 in Sarasota or 941-861-3864 in North Port. For a shingles vaccine clinic, call 941-861-2784. Visit the health department's website at [www.sarasotahealth.org/services/immunizations-shingles.htm](http://www.sarasotahealth.org/services/immunizations-shingles.htm) for additional information.

CGHA board announces new prices for advertising within the Newsletter. Please contact the Treasurer Lori Rinker via email at [rinkld@aol.com](mailto:rinkld@aol.com) for more information.

Business card - \$5.00 / month

Quarter page - \$10.00 / month

Half page - \$15.00 / month

Full page insert - \$30.00 / month

### **Newsletter Submissions**

All articles, ads, and payments must be

submitted by the 15th of each month.

You can submit articles through the

website or email [rinkld@aol.com](mailto:rinkld@aol.com)



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## **Kids Corner**

Art

Laced Heart

- Hole punch
- Cardboard heart shapes
- Long shoelaces or ribbons with ends taped

- (1) Punch holes around edge of heart
- (2) Let children weave shoelace or ribbon through holes
- (3) Help Children tie ends in bow.



# Colonial Gables News

*Colonial Gables News*

February 2012 Edition



### **Self Defense Class for Women**

The Sarasota County Sheriff's Office and Sarasota County Technical Institute (SCTI) Adult & Community Enrichment (ACE) program have teamed up to offer Women's Self Defense classes as part of their 2012 Winter Session.

The nine-hour course, taught by two experienced Sheriff's Deputies, is divided over either two days or three nights on successive weeks. Both classroom instruction and hands-on training is included. Because of the positive feedback from the inaugural Fall class, several sessions have been scheduled to give more women the opportunity to learn how to protect themselves. Options include:

- Wednesdays - February 8, 15 and 22 from 6:00 p.m. to 9:00 p.m.
- Saturdays - March 3 & 10 from 9:00 a.m. to 2:00 p.m.

The classes are held at the Criminal Justice Academy on the SCTI campus, 4748 Beneva Road, Sarasota. Cost is \$99.

For more information or registration call the ACE office at 941.361.6590 or visit their web site [www.ace-sarasota.com](http://www.ace-sarasota.com).



AFC – New England Patriots  
VS  
NFC – New York Giants

February 5, 2012  
Super Bowl Kickoff at 6:30PM ET  
in Indianapolis

**Colonial Gables  
Homeowners Association  
Founded 1980**

### **GENERAL MEETINGS**

**Feb 7, 2012**

**7:00 - 8:00 p.m.**

Colonial Oaks Park  
5300 Colonial Oaks Blvd.

**Room C**

Sarasota, FL 34232

### **BOARD MEETING**

January 10, 2012 - 7:00 PM

Call for location

### **ASSOCIATION OFFICERS**

**~ President ~**

Nicholas Mavrikas

[NickMavrikas@verizon.net](mailto:NickMavrikas@verizon.net)

232-8710

**~ Vice President ~**

Casey Martin

[PamperedMovers@aol.com](mailto:PamperedMovers@aol.com)

**~ Treasurer ~**

Lori Rinker

[rinkld@aol.com](mailto:rinkld@aol.com)

**~ Secretary ~**

Lori Rinker

[rinkld@aol.com](mailto:rinkld@aol.com)

**~ Newsletter ~**

Dan Patterson

[djpat77@verizon.net](mailto:djpat77@verizon.net)

### **WEB SITE**

[www.colonialgablesnews.net](http://www.colonialgablesnews.net)

Ivonne and Sean Malo

[colonialgables@yahoo.com](mailto:colonialgables@yahoo.com)