

ABERDEEN Living

Your guide to the good life

INSIDE

May Calendar	PAGE 4
Welcome Summer Event	PAGE 8
Meet Your Aberdeen Staff	PAGE 10
Easter Photos	PAGE 11
Key Card Information	PAGE 12

MAY 2016 • VOLUME 2 • ISSUE 5



Spring Festival 2016

Thank you to everyone that joined us on Sunday April 10th for the Spring Festival. It was a great time and we had over 30 vendors. Mark your calendars now for the Fall Festival Sunday, November 13th.





Publication Policy

The function of Aberdeen Living is to serve the entire community of Aberdeen.

Priority will be given to reporting news and activities of neighborhoods, community organizations and other news and events that directly affect the residents of the community developments. Second priority will be given to articles of general interest as space permits. Articles and photos must be received by the deadline date below and may be sent to amenitycenter@aberdeen.comcastbiz.net. Due to space limitation, all articles are subject to editing.

Letters of opinion must be signed, as well as brief and in good taste. Views expressed are those of the writer and do not express the viewpoint of the publisher or Aberdeen CDD.

Aberdeen Living's acceptance of advertising does not constitute an endorsement or approval of any product or services by the publisher or Aberdeen CDD. The publisher reserves the right to refuse advertising that does not meet the standards of the publication.

The publisher of Aberdeen Living agrees to indemnify and hold harmless the Aberdeen CDD from any claims asserted against or financial liabilities incurred by them arising from commercial content of this publication or anything contained in any advertising copy, including without limitation any claims of whatever nature asserted by advertisers or potential advertisers.

Aberdeen Living is published for the residents of Aberdeen. Aberdeen Living is a product of The Florida Times-Union.

Community Development District Board of Supervisors

Rhonda Lovett
Chairperson
rklovet@yaho.com

Angela Andrews
Vice-chairperson
angelaandrews69@yahoo.com

Dennis Clark
Supervisor
dennclarke@gmail.com

Loyd Hogan
Supervisor
lwh5526@comcast.net

Beth Fore
Supervisor
bfore0810@yahoo.com

Jim Oliver
District Manager
joliver@gmsnf.com

Facebook

Be sure to check us out on our Neighbors of Aberdeen St Johns Facebook page. On this site we will post event reminders, event changes, community news.

Just a reminder post as we continue to have lots of new neighbors move in and join our page! First - WELCOME to Aberdeen! Second - let's keep this friendly!

This Aberdeen neighborhood page is for sharing community information and updates for the Aberdeen community. This includes posts such as Amenity Center programs or activities, neighborhood and security issues, HOA & ARC questions/concerns, CDD meetings/updates, school/School Board updates, questions related to our neighborhood and lost pets.

For sale items and or goods/services and personal small business advertisements should **NOT** be posted here and will be removed. Please use Aberdeen Swip-Swap or Aberdeen Small Business for those types of posts. Thanks for your understanding!



Follow us on Facebook [AberdeenAmenityCenter](#) or on Twitter [@AberdeenCDD](#)

Submit Your Stories

Help contribute to your neighborhood magazine!

This newsletter is compiled for the Aberdeen communities by Aberdeen recreation and administration staff. If you'd like to offer content for publication, here's how to get started:

Stories/Photography:

Send your articles and/or high-resolution JPEGs to: amenitycenter@aberdeen.comcastbiz.net — articles must be submitted as Microsoft Word documents. All images must be submitted as attachments. Do not embed images into Word documents or into the body of an email.

June Deadlines:

Content: Monday, May 9
Advertising: Wednesday, May 11

About This Newsletter

Editor: Jackie Krabill
amenitycenter@aberdeen.comcastbiz.net

Living Program Manager: Joe DeSalvo
joe.desalvo@jacksonville.com (904) 359-4366

Advertising Sales:
wecanhelp@jacksonville.com (904) 438-3950

Delivery Inquiries: Trish Webb
trish.webb@jacksonville.com (904)359-4208

Notice of Meetings Aberdeen Community Development District

The Board of Supervisors of the **Aberdeen Community Development District** will hold their regularly scheduled public meetings for **Fiscal Year 2016** at 4:00 p.m. at the Aberdeen Amenity Center, 110 Flower of Scotland Avenue, Saint Johns, Florida 32259 on the fourth Tuesday of each month as follows or otherwise noted:

May 24, 2016 @ 4:00 p.m.

Aberdeen has a website!

If you don't already know about this great site here is how to access it. Go to www.aberdeencdd.com! This site is the most convenient way for residents to keep in touch with what is going on in the community. This site has information on:

- Calendar of Events
- Room Rental Application Forms
- CDD Budgets and Meeting Minutes
- And So Much More!



ZUMBA FITNESS

Zumba Fitness is a fusion of Latin and International music - dance themes that create a dynamic, exciting and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Your instructor Nancy will guide you through this dance experience. Nancy has been an instructor for 8 years and loves her goal of getting people healthy and having fun.

Classes are from 7:00-8:00pm and will be every Wednesday night unless stated. Cost is \$5 per class for residents and \$6 per class for non-residents.

<http://www.signupgenius.com/go/20f0e49a5ac28a1fd0-zumba>

ONE OF A KIND

Great local products at the push of the buy button!

Locabuy's passion is for local goods. Check out all the unique, local items not found anywhere else!

Shop online at jacksonville.locabuy.com, support local merchants and grow the local economy.



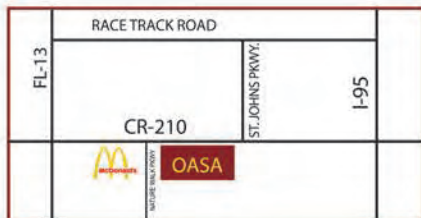
LOCABUY™

jacksonville.locabuy.com
JACKSONVILLE'S LOCAL MARKETPLACE

DR. KASRAEIAN & DR. McCLONE ARE NOW ACCEPTING BlueOptions HEALTH INSURANCE

Our CR-210 location is conveniently located to serve the communities of:

- 📍 Nocatee
- 📍 Julington Creek
- 📍 World Golf Village
- 📍 Ponte Vedra
- 📍 Mandarin
- 📍 Southside





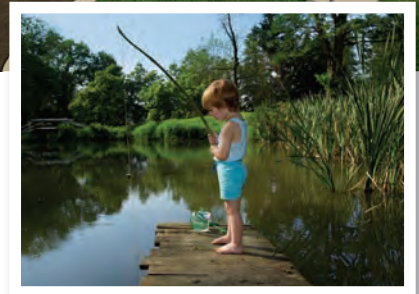
CALENDAR OF EVENTS

MAY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>2 - 6:00 PM Dixon (CLP)</p> <p>2 - 6:00 PM Caldwell (CP)</p>	<p>2</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>3</p> <p>10 AM - 12:00 PM Senior Women's Coffee Social</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>4</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p> <p>7:00 - 8:00 PM ZUMBA</p>	<p>5</p> <p>10:30 AM - 12:30 PM Men's Social Coffee Meeting</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>6</p>	<p>7</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p> <p>1 - 4:00 PM Essential Oils (SH) RSVP 540-9322</p>
<p>8</p>	<p>9</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>10</p> <p>10 AM - 12:00 PM Senior Women's Coffee Social</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p> <p>7 - 8:45 PM TOA Movie Night Kick-off</p>	<p>11</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p> <p>7 - 8:00 PM Zumba</p>	<p>12</p> <p>10:30 AM - 12:30 PM Men's Social Coffee Meeting</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>13</p> <p>5 - 8:00 PM Food Truck Friday</p>	<p>14</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p> <p>2 - 6:00 PM Muller (SH)</p>
<p>15</p> <p>2 - 6:00 PM Chum (SH)</p> <p>3 - 5:00 PM Welcome Summer Party at Aberdeen</p>	<p>16</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>17</p> <p>10 AM - 12:00 PM Senior Women's Coffee Social</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p> <p>6:30 - 8:30 PM May Mgmt/ Condo HOA Mtg</p>	<p>18</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p> <p>7 - 8:00 PM Zumba</p>	<p>19</p> <p>10:30 AM - 12:30 PM Men's Social Coffee Meeting</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>20</p>	<p>21</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p> <p>2 - 6:00 PM Cadiz (CLP)</p> <p>2 - 6:00 PM Ybanez (SH)</p>
<p>22</p>	<p>23</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>24</p> <p>10 AM - 12 PM Senior Women's Coffee Social</p> <p>4 - 6:00 PM Aberdeen CDD Mtg</p> <p>6:00 - 7:30 PM G.O.Y.A.</p>	<p>25</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p> <p>7 - 8:00 PM Zumba</p>	<p>26</p> <p>10:30 AM - 12:30 PM Men's Social Coffee Meeting</p> <p>5 - 8:00 PM School's Out Bash - Food Trucks</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>27</p>	<p>28</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p> <p>2-6:00 PM Ybanez (SH)</p>
<p>29</p>	<p>30</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>31</p> <p>10 AM - 12:00 PM Senior Women's Coffee Social</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>1</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>2</p> <p>10:30 AM - 12:30 PM Men's Social Coffee Meeting</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>3</p>	<p>4</p> <p>7:30 AM - 12:30 PM Rays Swim Meet (CLP and SH)</p> <p>9 - 10:00 AM G.O.Y.A. (AB Lot)</p> <p>10:00 AM - 2:00 PM Ybanez (CP)</p> <p>2 - 6:00 PM Negron (CP)</p> <p>2 - 6 PM / 6 - 10 PM Goselin (SH)</p>

Introducing EDGEWATER LANDING

A private waterfront community, just steps from Fleming Island



Edgewater Landing is blessed with the rare combination of deep waterfront, pristine wetlands, and a mature forest of giant old Oak and Cypress. This exceptional natural setting affords more than 80% of the large homesites to back onto lakes, wetlands, preserve, and waterfront, and creates over 50 acres of open space and parkland. The large waterfront park offers a very unique tot lot, picnic pavilion, kids fishing pond, and a community dock. Onsite boat storage, walking trails, 7 lakes, 7 cul de sacs, and no CDD fees.

Coming Soon

Edgewater Landing is proud to be associated with D.R. Horton as its exclusive builder.

For more information call 904-531-9785



Homes from the mid \$200's



a D.R. Horton Company

Homes from the mid \$300's.

Waterfront Lots

- Only thirteen 1/2 to 1 acre waterfront lots available
- Deep water with dock permits in place
- Boat storage space also included
- Priced from the \$300's

For an exclusive tour & information, please contact

Shelton Scaife
REALTOR

904-591-7722



VANGUARD REALTY

Each Office is Independently Owned and Operated



TEENS OF ABERDEEN

(TEEN'S OF ABERDEEN) is focused on middle school age teens ONLY!

We had 11 Teen's and 3 parents show up at our first TOA meeting that was held on 4/12/16 @ 7 pm. The group discussed future events of interest such as; movie nights, World Cup mini soccer teams, man hunt, cooking class, Sun's Baseball game, boys camp out, girls slumber party, bowling, Velocity, Rebounders and many more great ideas. TOA also, talked about some fund raisers to help with cost of transportation to off-site events like car washes, and community service projects to residents like

pulling weeds, washing windows etc. and all proceeds would go to the TOA. These young minds also, thought of making a TOA web page to post events and updates of what's happening at TOA. Kick-off Event is scheduled for:

**MAY 10TH @ 7:00 P.M.
MOVIE NIGHT AT THE CLUB**

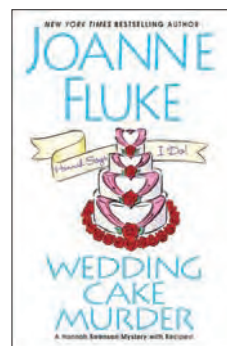
Cotton Candy available for \$2.00
(By: PB & J)
Popcorn available for \$1.00
Sodas Pepsi Machine \$1.50

BOOK REVIEW

By Wand Hogan

Wedding Cake Murder

By: Joanne Fluke



Cookie recipe collector/mystery writer Joanne Fluke can't be accused of "sugar and spice and everything nice" in her latest Hannah Swensen novel. Heroine Hannah juggles her cookie shop, a Food Channel dessert contest, and her own

upcoming wedding. The contest starts in the Big Apple, and who knows where they'll wind up. Are the contestants and judges what they're cracked up to be? Does Hannah have a chance of winning, and will she make it to the church on time? For readers who also enjoy baking, recipes are included.



The last few months in Aberdeen have been busy. As activities start to ramp-up we are always looking for volunteers to assist us with putting on an amazing activity for the residents here. A special thank you to our volunteers that have helped us here the last few months. Thank you to the **Bartram HS JROTC members** for outstanding support for the Basketball Tournament. Thank you to **Shaun McCarthy, Katy Ann Cockerham** and **Carter Cockerham** for helping our favorite Easter Bunny get around Aberdeen. Last but not least, thank you to the **Cockerham's, Noah Curlin** and **Matthew Caperton** for their amazing work with the Spring Festival! Without the help we would still be there cleaning up! If you are interested in volunteering or need any volunteer hours, please contact the office to get more information. amenitycenter@aberdeen.comcastbiz.net



SWIM TEAM REGISTRATION

The 2016 Season for the Swim Team has just started! If you missed the registration day don't worry, you can still come and check it out! Practices are Tuesdays - Thursday in the afternoons from 4:30-6 p.m. until school is out and then we will have morning practices as well from 8:00-9:30 a.m. The first meet of the season will be June 4th.

- **Price:** \$220 for your first child and \$20 off for the remaining children. This includes League registration, tee-shirt, ribbons and swim suits.

If you have any questions please contact Lauren Egleston at: aberdeenraysfl@gmail.com or visit the website for more information. www.aberdeencdd.com

Home Meet Schedule

During Home Meets the Lap Pool and Social Hall will be unavailable to Residents of Aberdeen:

- June 4th 7:30 a.m. - 12:30 p.m.
- June 18th 7:30 a.m. - 12:30 p.m.
- July 7th 3:00 p.m. - 8:00 p.m.

SCHOOL'S OUT BASH

May 26th, 5-9 pm @ The Club

Food Trucks, DJ, Pool Games and Movie at Dark in the pool.



COME VISIT OUR
ZOO-THEMED PEDIATRIC DENTAL OFFICES!
 YOUR CHILD'S DENTAL VISIT WILL BE AS ENJOYABLE AS A TRIP TO THE ZOO!



**TO SCHEDULE AN APPOINTMENT
 CALL OR VISIT US ONLINE:
 904.264.KIDS | 264KIDS.COM**



DR. PATRICK WEAVER

**TWO
 CONVENIENT
 LOCATIONS!**

JULINGTON CREEK OFFICE • 112-203 BARTRAM OAKS WALK • ST JOHNS, FL 32259
ORANGE PARK OFFICE • 1584-1 KINGSLEY AVENUE • ORANGE PARK, FL 32073



We are in-network providers for Metlife, Delta, AETNA, Cigna, United Healthcare, and most other PPO insurance plans.



facebook.com/264KIDS

**Enroll
 NOW**



Enroll today for a brighter tomorrow.

Our students consistently score above their peers on school readiness concepts. Visit our school and discover how Primrose provides a nurturing environment and engaging programs that provide *The Right Foundation to Build Active Minds, Healthy Bodies, and Happy Hearts®*.

Educational Child Care for Infants through Private Pre-Kindergarten and After School



Primrose Schools®
 The Leader in Educational Child Care®

Primrose School of Glen Kernan
 904.824.1105 | www.PrimroseGlenKernan.com

Primrose School of Julington Creek
 904.230.2828 | www.PrimroseJulingtonCreek.com

Primrose School of St. Johns Forest
 904.824.1100 | www.PrimroseStJohnsForest.com

- ✓ Proprietary Balanced Learning® curriculum
- ✓ Music, Spanish, Computer Technology
- ✓ Ongoing customized student assessment
- ✓ Surpasses state standards for student-teacher ratios
- ✓ Dietician-approved meals and snacks provided



Each Primrose School is a privately owned and operated franchise. Primrose Schools, Balanced Learning, and The Leader in Educational Child Care are trademarks of Primrose School Franchising Company. ©2012 Primrose School Franchising Company. All rights reserved.



How Physical Fitness May Promote School Success

By Stacey Bone

Certified Personal Trainer -

Children who are physically fit absorb and retain new information more effectively than children who are out of shape, a new study finds, raising timely questions about the wisdom of slashing physical education programs at schools.

Parents and exercise scientists have known for a long time that physical activity helps young people to settle and pay attention in school or at home, with salutary effects on academic performance. A representative study, presented at the American College of Sports Medicine, found that fourth — and fifth-grade students who ran around and otherwise exercised vigorously for at least 10 minutes before a math test scored higher than children who had sat quietly before the exam.

More generally, in a large scale study of almost 12,000 Nebraska school children published in *The Journal of Pediatrics*, researchers compiled each child's physical fitness, as measured by a timed run, body mass index and academic achievement in English and math, based on the state's standardized test scores. Better fitness proved to be linked to significantly higher achievement scores, while, interestingly, body size had almost no role. Students who were overweight but relatively fit had higher test scores than lighter, less-fit children.

Earlier studies of children's learning styles have shown that most learn more readily if they are tested on material while they are in the process of learning it. In effect, if they are quizzed while memorizing, they remember more easily. Straight memorization, without intermittent reinforcement during the process, is tougher, although it is also how most children study.

In this case, the researchers opted to use



both approaches to learning, by providing their young volunteers with iPads onto which several maps of imaginary lands had been loaded. The maps were demarcated into regions, each with a four-letter name. During one learning session, the children were shown these names in place for six seconds. The names then appeared on the map in their correct position six additional times while children stared at and tried to memorize them.

In a separate learning session, region names appeared on a different map in their proper location, then moved to the margins of the map. The children were asked to tap

on a name and match it with the correct region, providing in-session testing as they memorized.

A day later, all of the children returned to the lab and were asked to correctly label the various maps' regions.

The results show that, over all, the children performed similarly when they were asked to recall names for the map when their memorization was reinforced by testing.

But when the recall involved the more difficult type of learning — memorizing without intermittent testing — the children who were in better aerobic condition significantly outperformed the less-fit group, remembering about 40 percent of the regions' names accurately, compared with barely 25 percent accuracy for the out-of-shape kids.

This finding suggests that "higher levels of fitness have their greatest impact in the most challenging situations" that children face intellectually, the study's authors write. The more difficult something is to learn, the more physical fitness may aid children in learning it.

If children are to develop and maintain the kind of aerobic fitness that amplifies their ability to learn they should engage in "at least an hour a day" of vigorous physical activity. Schools, where children spend so many of their waking hours, provide the most logical and logistically plausible place for them to get such exercise, he said.

Or reducing or eliminating physical education in schools, as is often done in tight financial times, may not be the best way to ensure educational success among our young people.

WELCOME SUMMER PARTY

AT ABERDEEN POOL
MAY 15TH 3 - 5 PM
MUSIC, GAMES
ZOE SHAVED ICE AND NITROGEN
CREAMERY WILL BE HERE
TO PURCHASE COOL TREATS

SPONSORED BY:



AllWeather

CONTRACTORS

CMC 1250093 • CFC 1428601 • CGC 1523954



24 Hour Emergency Service

Commercial • Residential



HVAC

Installation, Service, Repairs, & Preventative Maintenance



Plumbing

Water Heaters, Repiping, & Repairs



turn to the experts



Military Appreciation Month

\$50 OFF

any New Water Heater
includes installation

Plumbing

MUST present coupon at time of service.
Cannot be combined with other offers.

Expires 5/31/16

Military Appreciation Month

We Thank you.

5% OFF

Active Military
receive an
additional 5% OFF

MUST present coupon and an active Military ID
at time of service.

Military Appreciation Month

Receive an additional
\$250 discount off **ANY NEW**
Complete System Installation

HVAC

MUST present coupon at time of service.
Cannot be combined with other offers.

Expires 5/31/16

904.781.7060

allweathercontractors.com



GET TO KNOW YOUR ABERDEEN STAFF



Lauren Stanford — Lifeguard

1st year with Aberdeen
School: Bartram Trail HS
Favorite Color: Green
Something you love to do: Running and hiking; spending time outdoors
What do you want to do when you grow up: I want to be an environmental scientist and travel the world
Favorite Character: Donald Duck
Lives with: Family including her, Sister Paige and a very spoiled dog, Fritz



Tiffany Tyndall - Monitor/Facility Attendant

2+ years with Aberdeen
School: Nease HS
Favorite Color: Pink
Something you love to do: Love art and love to draw
What do you want to do when you grow up: I want to be an artist
Favorite Character: Stitch
Lives with: Family and a pet snake. She also has 5 brothers and 4 sisters who live all over the US.

Harmoni Colbert - Lifeguard

2+ years with Aberdeen
School: Bartram Trail HS
Favorite Color: Pink
Something you love to do: Running track
What do you want to do when you grow up: I want to be a lawyer
Favorite Character: Minnie Mouse
Lives with: Family including 3 sisters; one who was a lifeguard for Aberdeen too!



Miranda Montgomery - Lifeguard

1st year with Aberdeen
School: Bartram Trail HS
Favorite Color: Blue
Something you love to do: Playing Soccer
What do you want to do when you grow up: I want to be an Air Traffic Control Specialist
Favorite Character: Tinker Bell
Lives with: Family, including her sister, brother and 4 fur babies; 2 cats and 2 dogs.



Dina Romero - Facility Attendant

1st year with Aberdeen
From: Moved here 4 years ago from Las Vegas
Favorite Color: Pink and Purple
Something you love to do: Going to the beach
Favorite Character: Taz
Family: Husband Mike, daughter and son, 4 fur kids and 3 grand-fur kids.



Thank you to everyone that made the Egg Hunt at Aberdeen a great Success. We had a great time and hope you did too. The Bunny was here, we had EGG-cellent egg hunts, the food was delicious and even some face painting too. Here are a few pictures for everyone to enjoy and more are posted on the website. www.aberdeencdd.com





Aberdeen Resident Key Card Information

To obtain your Key Card you must have the following:

- All residents/tenants of the household who are planning to use the Amenity Center must be present and/or in the photo to create a Photo ID (family photos may be sent via e-mail at the time of your visit.)
- Your current Key Cards will be updated in the new system (We are still using the same cards. If you need to purchase a new card please let us know during your visit. The price is \$25 per card.) **If you are a brand new resident you will be issued 2 complimentary cards. Tenants leasing in Aberdeen will receive 1 complimentary card.**
- All 18+ residents/tenants need to have a Driver's License to verify address.

Brand New Residents/Tenants Only must also have:

- A Copy of a Resident HUD Statement for proof of ownership, or:
- A Copy of a Lease Agreement.

If you would like to complete your form at home, please print off the form below. Forms are also available at the Amenity Center.

Don't forget if you have not updated your access cards you will need to complete this task before gaining access to our facility!

Additional Key Card Information

Planning on Moving:

Please return your Key Cards to the Amenity Center so we may remove you from the system and deactivate the cards.

Planning on Leasing Your Property:

Please return 1 of your Key Cards to the Amenity Center so we may reactivate the card under your tenant's information.

- Aberdeen Management

Upcoming Classes

Essential Oil Community Event

Essential Oils 101: An Introduction to Essential Oils

Saturday, May 7th, 2016

1:00-4:00 PM

Aberdeen Clubhouse,

110 Flower of Scotland Ave

St. Johns, FL 32259

Please RSVP by calling or text 904-540-9322

Check out the Aberdeen event calendar for our upcoming events, or contact Heather Dumadag directly at (904) 540-9322.

Many Healthy Blessings!

www.mydoterra.com/heatherdumadag



What moments mean the most to you?

When your husband became a dad?

When you're diagnosed with cancer, the moments that mean the most are the moments yet to be lived.

Let us create those moments for you.



Specializing in Cancer and Blood Disorders

CancerSpecialistsNF.com
Cancer Doesn't Care. **We Do.**

Sat. June 11th will be our

1st Year Anniversary Celebration!

Thank you to our clients!

Past, Present and Future!

All are welcome to join us from 1-4pm for an **Open House!**

- BBQ pork and chicken w/ fixins
- Face Painting
- Bounce House
- Live Music
- Hospital Tours
- Shaved Ice/Ice Cream Truck

**Enter Raffle
for BBQ Grill!**



Pets & Family
VETERINARY HOSPITAL

- Hours of Operation -

Monday thru Friday, 8:00 - 5:30

Saturday, 8:00 -12:00

Please come by and take a tour.

Located at **3035 CR 210 West**

(next to Hurricane Wings)

904-452-PETS(7387) 

www.PetsRFamilyVet.com

Summer Special

**FREE
BATH**

when you update your pet's
wellness exam and vaccines



Concussion Management: The Facts

Traumatic brain injuries (TBI's) and concussions (mild TBI's) have garnered a lot of attention from both the healthcare profession and the public. And for good reason!

The prevalence of concussions is evident and can occur outside of sport activities. No matter how a concussion occurs, it needs to be managed appropriately by a qualified healthcare professional. Keep in mind that not all physicians are experienced in or comfortable managing concussions.

So where does management of concussions begin? Assessing a child's neurocognitive baseline is a good start. Baseline tests can be computer-based, such as the popular ImPACT test, or paper and pencil (King-Devick). The test will score verbal and visual memory, processing/visual motor speed, reaction, and impulse control. Establishing baseline scores assist in knowing when a child has returned to their normal neurocognitive state.

Returning to "normal" includes being symptom free. A daily Symptom Checklist is used to establish that the child has had no symptoms during the previous 24 hours. Physical therapy is appropriate when strains/sprains, balance, or vestibular/ocular symptoms are present.

The physician may release the child for progression to normal activities at this point if they are not involved in sport or recreational activities. If they play sports, it is recommended (and mandated by FHSAA for all high school athletes) that the child pass progressive exertional testing which will determine their physical preparedness for return to sport. Each phase of test must be completed with no symptoms during or for the following 24 hours. Once exertional phase is completed, with no symptoms present, the child has to be cleared by an MD or DO for return to play.

Atlas Physical Therapy and Sports Medicine has a complete Concussion Management Program that includes ImPACT baseline and post-injury testing, physical therapists specializing in treating all symptoms related to concussions, and exertional phase testing appropriate for all sports/activities.

If you have questions regarding safety in sports or concussion management, please call 292-0195 or visit www.atlasphysicaltherapy.com.

MENTON & BALLOU GROUP

WATSON REALTY'S #1 SELLING TEAM

Locally owned Watson Realty is the #1 Selling Company In NE Florida. Doesn't It make sense to use their #1 Selling Team?



STELLA ALEXANDER

REALTOR®, GRI, MRP, CDPE

904-625-7924

SAlexander@WatsonRealtyCorp.com

www.MentonandBallouGroup.com



Lovely Lakefront Home in Durbin Crossing!
174 Quail Creek Cir. - \$344,900



Saltwater Pool & On Golf Course in South Hampton!
1884 S. Landguard Rd. - \$430,000



Fantastic Lake Front Home in St. Johns Forest!
1224 Matengo Circle - \$354,900



Lakefront Lot w/ Preserve in Front & Back in Del Webb PV!
272 Wandering Woods - \$585,900



Private & Gated in Julington Crk Plan!
1559 Summerdown Way - \$360,000



Golf Course & Water Views in St. Johns Golf!
1128 Eagle Point Dr. - \$434,900



Southern Charm on St. Johns River!
100 Rivers Edge Rd. North - \$645,000



End Unit Town Home w/ Water View in Wolf Creek!
3505 Nightscape Cir - \$135,000



Beautiful & Flexible Floor Plan in Johns Creek!
268 Johns Creek Pkwy. - \$364,900



Fantastic Gated Home in PVB!
121 Montura Dr. - \$659,000



Huge Fenced Backyard in St. Johns Golf!
1085 Eagle Point Dr. - \$435,000



Spectacular Lakefront Pool Home in St. Johns Golf!
272 St. Johns Golf Dr. - \$589,900



Private Waterfront Home on Trout Creek!
8215 Hardwood Landing Rd. - \$695,000



Freshly Painted with Oversized Back Yard!
3648 Hilliard Rd. - \$265,000



Gorgeous Water - Golf - Preserve Views in St. Johns Golf!
1516 Drury Ct. - \$344,900

THE GOLD STANDARD IN REAL ESTATE





Aberdeen CDD Common Areas, Preserves, Conservation Area, Easements & JEA Facilities

If you have a CDD-owned common area, preserves, conservation area or easement in back of or adjacent to your property, please follow the guidance below so the easements can be properly maintained, water permitting requirements are not violated, drainage is not obstructed and existing underground infrastructure is not damaged. Thanks for your assistance!

PLEASE DO NOT:

1. **FILL, OBSTRUCT, BLOCK OR ALTER the CDD's drainage easement** or permit an impediment in the drainage easement to remain.
2. **CONSTRUCT OR PLACE improvements such as pools, fences, sheds or other structures in the CDD's drainage easement.** Also, do not install temporary obstacles such as play stations, swing sets, etc. These may impede the flow of water within the easement and impact the landscape company's ability to maintain the area.
3. **MODIFY the existing topography of the easement** that could impair use or restrict the flow of stormwater within the drainage easement.
4. **PARK on common areas or green space other than parking lots and other designated areas.** Parking on common areas may result in damage to turf and irrigation systems.
5. **DISPOSE of brush, grass clippings, leaves, or other such materials within the CDD drainage easement.**
6. **ALTER conservation areas as designated by the St Johns River Water Management District.** Violations of permit requirements can result in penalties and fines assessed against the CDD, with costs borne by residents who fund the CDD.
7. **USE the easement for construction access** as equipment could damage the grounds and underground drainage pipes. If access is absolutely required (assuming the project is approved by the HOA), the homeowner should seek CDD permission in advance of using such access. If permission is granted in writing, the post construction area would be inspected by CDD staff and the homeowner would be required to pay District costs to return the affected area to its original state.

CUSTOM OUTDOOR KITCHENS



WE PROVIDE FREE DRAWINGS AND ESTIMATES.

COME VISIT OUR SHOWROOM OR CALL US FOR A FREE ESTIMATE TODAY!

Construction Solutions & Supply, located in Jacksonville FL, offers indoor and outdoor fireplaces, fire pits, outdoor kitchens, grills, screen enclosures, and seamless gutters for your home. We offer top brands including FireMagic outdoor grills, Heatilator fireplaces, and much more.

By providing superior products coupled with quality services, Construction Solutions & Supply completes each project with professionalism. We work quickly and efficiently to ensure our customers are completely satisfied. At Construction Solutions and Supply, we have built a solid reputation by serving the people in Northeast Florida area since 2007. From builders to homeowners and contractors, we ensure each project is completed in a timely manner! If you are looking for a company with the expertise and dedication needed to complete your home or business projects, you have come to the right place.

CONTACT US TO FIND OUT WHY PEOPLE IN NORTHEAST FL CHOOSE CONSTRUCTION SOLUTIONS AND SUPPLY TO GET THE JOB DONE RIGHT EACH AND EVERY TIME (904) 389-2700!



Windows • Fireplaces • Gutters • Screen Enclosures
Gas Piping • Tankless Water Heaters • House Wrap
Mantles • Marble • Outdoor Kitchens • Firepits

FIREMAGIC®

"LIKE" US ON FACEBOOK



CRC1331244

904.389.2700

WWW.CONSTRUCTIONSOLUTIONSJAX.COM

5225 EDGEWOOD COURT | JACKSONVILLE FL 32254





Swimming Pool FAQ

The Pool is Always Open

Guards will be on duty 11 a.m. to 6 p.m. Weekends ONLY until School is out for the summer. At that time, the Lifeguards will be here daily!

Access Cards are required for entry. Keep watch on our Aberdeen website, www.Aberdeencdd.com, or our Facebook page to view the monthly calendar for updated swimming information. You can download the policy and procedures on the Aberdeen website so we all have a clear understanding of the pool rules

Entrance to Pool

The ONLY entrance into the pool area is through the Main Gate in front of the Club. All residents will sign in at the Pool Entry Table located just inside the main gate, and let us know the number of guest you are bringing. The gate by playground will be an EXIT ONLY gate. This will help us to know how many residents and guest are using our pools on a daily, weekly, monthly and what we need to do to meet the demands of the facility usage.

If the gate is propped open we still ask that our resident's swipe their cards to keep track of the usage here at the facility.

Adult Supervision

Children who are 15 years or older may come to the pool without an adult when a Lifeguard or Pool Monitor is present. Children 14 or younger MUST be accompanied by an Adult who is at least 16 years old when a Lifeguard or Pool Monitor is present. Children under 15 must be



supervised at all times and not to be left unattended.

Flotation Devices

Noodles, safety floatation devices for infants that have holes in for the feet to go through, swimmies with adult supervision, and kick boards are permitted in pools. BOOGIE BOARDS, BODY BOARDS, LARGE INFLATABLES and RAFTS will NOT be permitted in any pool.

Diaper Changing

For comfort of others and privacy to infants and toddlers, "NO" diaper/swimmer diaper changing will be permitted on the

deck. Both, ladies and men restrooms are equipped with diaper changing areas. There is also a family restroom located under the slide with a changing table; for resident convenience.

Slide Height Requirements

Children must be 40" to go down slide and be able to swim to the side without assistance. Anyone less than 40" will not be permitted to go down slide. Adults are not permitted to catch slide riders at the end of the slide. Goggles and flotation devices are not permitted down the slide and must be removed prior to ride.

Coolers

Are permitted in pool area; no glass on pool deck.

Lap Pool

Lap swimmers have PREFERENCE to pool use. "NO" hanging on lane lines. "NO" interfering with lap swimmers. "NO" horse play in lap pool.

Smoking Policy

Smoking (including e-cigarettes and vapor pens, etc) is not permitted anywhere in the Amenity Center, or around the pool area; except for designated areas, or within 25 feet of any entrance to the Amenity Center.

For more updated rules and information please refer to the Aberdeen CDD Policies located on the website; under the documents page. www.Aberdeencdd.com



SENIOR WOMEN'S COFFEE SOCIAL

Tuesday Morning at 10:00 am

Coffee will be provided and all of our Women of Aberdeen are welcome — hope to see you there!

SENIOR MEN'S COFFEE SOCIAL

Thursday Morning at 10:30 am

Coffee will be provided and all of our Senior Men of Aberdeen are welcome — hope to see you there!

See our event calendar on page 4 for exact dates.



**May 18th 7:00 - 10:00p.m.
(Men and Women)**

You do not have to drink wine, many do not, but if you want you can bring your beverage of choice and a snack to share along with your favorite plastic drinking container. Also, if you are bringing a snack don't forget a serving dish and utensils. Paper plates and napkins will be provided. Don't miss out on meeting some new friends! As the song goes, "Make new friends but keep the old, one is silver and the other is gold."
R.S.V.P. Susan Clarke via email: hsueclarke@comcast.net or Come join us at: 151 Scotland Yard Blvd.

FIRST FLORIDA'S AUTO LOAN PERKS

satisfying savings and a few extra beans

Whether you're shopping for a new or used car, truck or SUV, or just looking to refinance your current loan, you can count on First Florida Credit Union to serve up satisfying savings.

Approval is fast and easy!

- Low Annual Percentage Rates*
- Up to \$100 Cash Back†
- Plus More



Enriching People Every Day.®

www.firstflorida.org

Stop by our County Road 210 Branch
 1950 CR 210 West, St. Johns
 Call (904) 808-4644 • (800) 766-4328, ext. 1
 Visit www.firstflorida.org

* APR = Annual Percentage Rate. Your APR will be based upon your individualized credit history. Visit firstflorida.org/auto-loan-rates/ or call (800) 766-4328, ext. 1 for auto, truck and SUV loan rate information.

† First Florida will pay 1% of the amount financed or a maximum of \$100 (whichever is less) on any new or used auto, truck or SUV. Excludes loans already financed at First Florida Credit Union. Offer is available starting January 1, 2016 and can be withdrawn at any time without prior notice. Offer cannot be used in combination with other cash back offers. Does not apply to indirect loans.

Everyone who lives or works in the following Florida counties can join: Saint Johns, Baker, Bradford, Broward, Clay, Duval, Flagler, Franklin, Gadsden, Hillsborough, Jefferson, Leon, Liberty, Madison, Miami-Dade, Nassau, Orange, Seminole, Taylor, Wakulla, and Union. Additionally, State of Florida employees and the employees of CSX Transportation are eligible for membership.



Federally insured
by NCUA





**YOUR CONCIERGE
CONSTRUCTION COMPANY**

- Roofing
- Roof repairs
- Roof cleaning
- Roof maintenance contracts
- Painting
- Masonary
- Pavers
- Cultured Stone
- Stucco Repairs



Family Owned and Operated Since 1990

Attention Homeowners!

CALL TODAY FOR A FREE EXTERIOR HOME EVALUATION

If your roof is 10 years old or newer, we can get the manufacturer to pay for the cleaning in most cases

No more roof stains!
10 yr. warranty against any staining
**Up to 25yr
Manufacturer Backed
Workmanship
Warranty**



223-6068
Jacksonville & The Beaches

541-1700
Westside & Orange Park



10yr Warranty
Licensed • Bonded • Insured

www.KandDRoofing.com
www.KandDRoofing.com



Marinela M. Nemetz, D.D.S.
Board Certified Pediatric Dentist

Robert J. Nemetz, D.D.S., M.S.
Adult Dentistry • Periodontics • Prosthodontics



Marinela M. Nemetz, D.D.S.



NemetzDentalAssociates
SPECIALTY DENTAL CARE FOR THE ENTIRE FAMILY
Pediatric Dentistry • Adult Dentistry • Periodontics • Prosthodontics

www.nemetzdental.com

WE ARE IN-NETWORK PROVIDERS FOR
METLIFE, DELTA, CIGNA, UNITED HEALTHCARE
AND MOST OTHER PPO INSURANCE PLANS

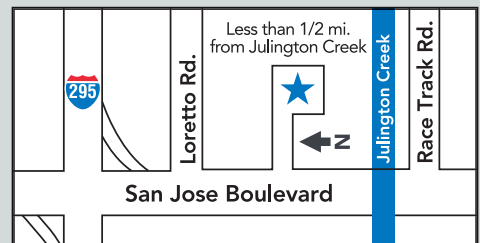


Mandarin South Business Center

12421 San Jose Blvd. • Suite 310/320
Jacksonville, FL 32223
(Between Sonny's BBQ & Care Spot)










(904)292-2210



When it comes to a medical emergency, what are the red flags?

Accidents happen and kids get sick — but when is it an **emergency**? At times like these, you may need to head to the ER:

-  A cut that won't stop bleeding
-  Your child took too much medicine
-  A bad hit to the head
-  Every breath is hard to take
-  Your infant up to 3 months old has a temperature of 100.4°F or higher
-  Your child between 3 months and 3 years old has a temperature of 102.2°F or higher
-  Really hurts for your child to move a stiff neck and has a fever

Where you take your child in an emergency matters. Wolfson Children's Hospital has specially trained staff in all of its children's ERs, with new locations opening in 2016.

For a full list of locations and helpful tips to know before taking your child to the ER, go to wolfsonchildrens.org/ER.



PUBLIX BAKERY

chantilly cake



HANDCRAFTED MASCARPONE
CREAM TO THE RESCUE



Publix

WHERE SHOPPING IS A PLEASURE®