



ABERDEEN

LIVING

Your guide to the good life

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JULY 2016 • VOLUME 2 • ISSUE 7

Jason Evans Band Concert JULY 9, 2016



See page 5 for more information

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LOT: 5 PM / SHOW: 6 PM BRING YOUR CHAIRS
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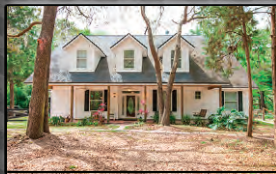
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THE GOLD STANDARD IN REAL ESTATE



ABERDEEN

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.

August Deadlines:

Content: Monday, July 11
Advertising: Wednesday, July 13

About This Newsletter

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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:

July 26, 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!



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.

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!

Community Development District Board of Supervisors

- | | | | | | |
|--|---|--|---|--|---|
| Rhonda Lovett
Chairperson
rklovett@yahoo.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 |
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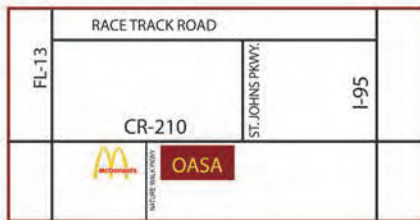


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- 📍 **Mandarin**
- 📍 **World Golf Village**
- 📍 **Southside**





CALENDAR OF EVENTS

JULY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>26</p>	<p>27</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>28</p> <p>10 AM - 12:00 PM Senior Women's Coffee Social</p> <p>6 - 8:00 PM Aberdeen CDD Meeting</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>29</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p> <p>7:00 - 8:00 PM ZUMBA (all levels)</p>	<p>30</p> <p>10 - 11:00 AM SJC Book Mobile</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>1</p>	<p>2</p> <p>9 - 10:00 AM G.O.Y.A. (AB Lot)</p> <p>10:00 AM - 2:00 PM Johnson (CP)</p> <p>5 - 8:00 PM Food Truck Saturday</p>
<p>3</p>	<p>4</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>5</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</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p> <p>7 - 8:00 PM Zumba (all levels)</p>	<p>7</p> <p>10 - 11:00 AM SJC Book Mobile</p> <p>10:30 AM - 12:30 PM Men's Social Coffee Meeting</p> <p>3:00 PM - 8:00 PM Rays Swim Meet (Lap Pool and Social Hall)</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>8</p>	<p>9</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p> <p>9:30 AM - 12:00 PM Book Sale Bartram Trail Branch Library</p> <p>10 AM - 2:00 PM Carrigg (CP)</p> <p>5-10:00 PM Jason Evans Band Concert Parking Lot</p>
<p>10</p> <p>2 - 6:00 PM Wanchik (CP)</p>	<p>11</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>12</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>13</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p> <p>7 - 8:00 PM Zumba (all levels)</p>	<p>14</p> <p>10 - 11:00 AM SJC Book Mobile</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>15</p>	<p>16</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p> <p>2-6:00 PM Intellini (SH)</p>
<p>17</p> <p>2 - 6:00 PM Baba (CLP)</p>	<p>18</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>19</p> <p>10 AM - 12 PM Senior Women's Coffee Social</p> <p>6:00 - 7:30 PM G.O.Y.A.</p>	<p>20</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p> <p>7 - 8:00 PM Zumba (all levels)</p>	<p>21</p> <p>10 - 11:00 AM SJC Book Mobile</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>22</p> <p>5 - 8:00 PM Food Truck Friday</p>	<p>23</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p>
<p>24</p> <p>10:00 AM - 2:00 PM Cole (SH)</p> <p>2-6:00 PM MBC (CLP)</p>	<p>25</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>26</p> <p>10 AM - 12:00 PM Senior Women's Coffee Social</p> <p>6 - 8:00 PM Aberdeen CDD Meeting</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>27</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p> <p>7 - 8:00 PM Zumba (all levels)</p>	<p>28</p> <p>10 - 11:00 AM SJC Book Mobile</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>29</p>	<p>30</p> <p>9 - 10:00 AM G.O.Y.A. (AB Lot)</p>
<p>31</p>	<p>31</p>	<p>31</p>	<p>31</p>	<p>31</p>	<p>31</p>	<p>31</p>



Back by popular demand

The Jason Evan's Band to perform on July 9th. The concert is being sponsored by Atlantic Coast Bank and D.R. Horton at Aberdeen Amenity Center, in St. John's Florida. We will also have local food trucks; Muzzi's Madhouse, 5 Loaves 2 Fish, Rocco's Pizza, and the St. Augustine Margarita Man, with yummy eats available for purchase. Come early for a free concert and a great evening out. The lot opens at 5 p.m. and the concert starts at 6 PM.

Artist Spotlight – Jason Evan's Band

Jason Evan's, a local resident, has been following his dream of writing and producing music since moving to Nashville, TN in 2008. Jason was offered numerous publishing deals and over the last couple of years he has gone on to write with some of Nashville's most elite writers (Jim McBride, Jack Williams, Terry Brown, Jake Owen, etc.).

After moving back to Jacksonville in 2010, Jason teamed up with his brother, Matt Evans to form The Evans Brothers. Jacksonville natives, the brothers have played locally as a country duo for the last five years and have been tearing up the music scene playing Kingfish Tournaments, Oyster Music Fest, big corporate events, and local venues. Now, the Jason Evans Band has grown and includes Bob Fitzmaurice on Percussion, Chris Choto on guitar, and Ross Kevles on bass.

For booking info please call 904-347-3695



SAFETY FIRST

Corporal Tommy Marmo

Chaplain Corp Member

As the summer months are upon us it's a good time to remind ourselves of all the multiples of young people out in our neighborhoods walking, riding and doing other outdoor activities.

In most of our neighborhoods in Aberdeen the maximum speed limit varies from 30mph to 25mph.

Please be cognizant of your speed, it only takes a second for a child to run out into the road chasing a ball or riding their bike and you have to be ready to "stop on a dime".

You'll never get in trouble for "5 under". Have a great summer and be safe out there!



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.



SWIMMING LESSONS

Lessons are in full swing here in Aberdeen. Aberdeen's lessons are a total learn-to-swim and water safety curriculum program for all ages and stages of aquatic development—toddlers through competitive swimmers. Children will learn water safety, body positioning, proper technique and recovery. Class placement will be based on age and ability. Group, Semi-private and Private lessons are available. Contact the office for more information.



ABERDEEN RAYS HOME SWIM MEET SCHEDULE

Come down to cheer on the Rays as they swim in their first meet of the season. Concessions will be available and the action will be exciting. Don't forget to bring your chairs!

Go Rays!

Home Meet Schedule

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

July 7th 3:00 p.m. – 8:00 p.m.



TRIVIA NIGHT 2.0

July 23rd , 7:00 p.m.

Main Pool Cabana

We will be having another team trivia night. Teams can be 3-4 players. Participants are asked to gather a team of no more than 4 people and register their team name on our sign-up page. Registration is \$5 per team. This registration fee will allow us to have a 50/50 raffle at the conclusion of the evening. As an added bonus to the trivia night we will be having a food truck and other refreshments.

To accommodate the teams we will also be hosting a Kids Night in the Social Hall; \$10 for the 1st child, \$5 each additional child. Space is limited.



THE BOOKMOBILE IS COMING TO ABERDEEN!

The Bookmobile will be at the Club every Thursday from 10-11:30 a.m. Come on out and connect with your Library on the Bookmobile!

July 7, 14, 21, 28
August 4, 11, 18, 25

Sign up for a library card, check out books, DVDs and CDs, pickup items on hold, learn about our many free databases, or ask for reference information at your library on wheels.

For further information call 827-6944, email libbe@sjcfl.us or visit our website at www.sjcpls.org



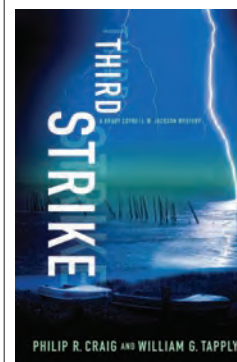
JULY FOOD TRUCK DATES

July 9th – Jason Evans Concert
July 22nd – Food Truck Friday
July 23rd – Trivia Night

See website for the list of food trucks

THIRD STRIKE

Review by Wanda Hogan



Narrated both by an ex-cop and a Boston lawyer, Third Strike is the last of a three part series, jointly written by William Tapply and the late Philip Craig. Set in Martha's Vineyard, it features angry vacationers who can't get home. A strike, murders, a widow's request,

an eccentric hermit and secretive activities must be sorted out and acted on by ex-cop J.W. Jackson and visiting lawyer Brady Coyne. Will they uncover a deadly plot in time to save lives?

Good summer read—check it out at the Bartram trail Branch Public Library.

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simple
things.*



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SUPPORT LOCAL BUSINESS!

**Shop Local.
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FOR HURRICANE PREPARATIONS

Log onto: Jax4News.com Click on the Weather tab, then click on Hurricane Info. Next, click on the Hurricane 2015 Survival Guide by The Weather Authority's an 18-page Hurricane 2015 Survival Guide to help prepare for, track and recover from tropical weather.

Hurricane Evacuation Shelters for this area are:

Bartram Trail High School
7399 Longleaf Pkwy
St. Johns 32259

Cunningham Creek Elementary
1205 Roberts Road
St. Johns 32259

Creekside High School
100 Knights Lane
St. Johns 32259

Pet Friendly Shelter:
Timberlin Creek Elementary School
555 Pine Tree Lane
St. Augustine 32092

Special Needs Evacuation Shelter
Pacetti Bay Middle School
245 Meadowlark Lane
St. Augustine 32092

***NOTE:** The Special Needs Shelters are for persons with special medical needs that cannot be met in a Public Shelter. Pre-registration is strongly encouraged for assignment to a Special Needs Shelter, prior to a disaster. If you have some type of "Special Need," you may register with us either online, or by mail. We have an On-Line Registration Program. A Printable Registration Form. Or you may contact the Department of Emergency Management at (904) 824-5550 and we will mail a Request Form to your home for you to fill out and return.

IMPORTANT EMERGENCY NUMBERS:

St. Johns County Emergency Management
100 EOC Drive
St. Augustine 32092
904-824-5550

JEA Electric Service
Power Outages
904-665-6000

St. Johns County Sheriff's Office
4015 Lewis Speedway
St. Augustine 32084
Main Line: 904-824-8304

St. Johns County Fire Rescue
Dial 911 for emergency



ALL YOU NEED TO KNOW ABOUT SPORTS SUPPLEMENTS

If you're a competitive athlete or a fitness buff, improving your sports performance is probably on your mind. Lots of people wonder if taking sports supplements could offer fast, effective results without so much hard work. But do sports supplements really work? And are they safe?

What Are Sports Supplements?

Sports supplements (also called ergogenic aids) are products used to enhance athletic performance that may include vitamins, minerals, amino acids, herbs, or botanicals (plants) — or any concentration or combination of these. These products are generally available over the counter without a prescription. Sports supplements are considered dietary supplements. Dietary supplements do not require U.S. Food and Drug Administration (FDA) approval before they come on the market. Supplement manufacturers do have to follow the FDA's current good manufacturing practices to ensure quality and safety of their product, though. And the FDA is responsible for taking action if a product is found to be unsafe after it has gone on the market.

How Some Common Supplements Affect the Body?

Whether you hear about sports supplements from your teammates in the locker room or the sales clerk at your local vitamin store, chances are you're not getting the whole story about how supplements work, if they are really effective, and the risks you take by using them.

Creatine

Creatine is already manufactured by the body in the liver, kidneys, and pancreas. It also occurs naturally in foods such as meat and fish. Creatine supplements are available over the counter. People who take creatine usually take it to improve strength, but the long-term and short-term effects of creatine use haven't been studied in teens and kids. Research in adults found that creatine is most effective for athletes doing intermittent high-intensity exercise with short recovery intervals, such as sprinting and power lifting. The most common side effects of creatine supplements include weight gain, diarrhea, abdominal pain, and muscle cramps.

Fat burners

Fat burners (sometimes known as thermogenics) were often made with an herb called ephedra, which acts as a stimulant and increases metabolism. Some athletes use fat burners to lose weight or to increase energy — but ephedra-based products can be one of the most dangerous supplements. Evidence has shown that it can cause heart problems, stroke, and occasionally even death. Because athletes and others have died using this supplement, ephedra has been taken off the market.

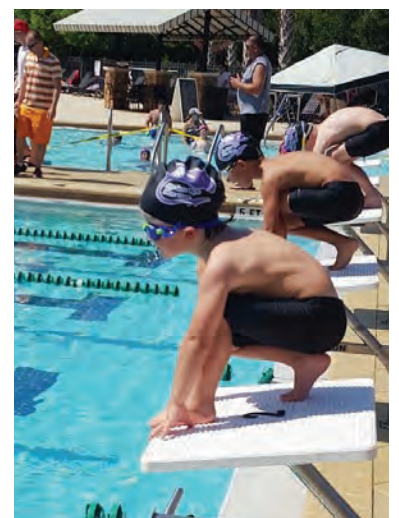
Will Supplements Make Me a Better Athlete?

Sports supplements haven't been tested on teens and kids. But studies on adults show that the claims of many supplements are weak at best. Most won't make you any stronger, and none will make you any faster or more skillful. Many factors go into your abilities as an athlete — including your diet, how much sleep you get, genetics and heredity, and your training program. But the fact is that using sports supplements may put you at risk for serious health conditions. So instead of turning to supplements to improve your performance, concentrate on nutrition and training, including strength and conditioning programs.

Tips for Dealing with Athletic Pressure and Competition

Ads for sports supplements often use persuasive before and after pictures that make it look easy to get a muscular, toned body. But the goal of supplement advertisers is to make money by selling more supplements, and many claims may be misleading. Teens and kids may seem like an easy sell on supplements because they may feel dissatisfied or uncomfortable with their still-developing bodies, and many supplement companies try to convince teens that supplements are an easy solution. Don't waste your money on expensive and dangerous supplements. Instead, try these tips for getting better game:

- **Make downtime a priority.** Studies show that teens need more than 8 hours of sleep a night, and sleep is important for athletes.
- **Learn to relax.** Your school, work, and sports schedules may have you sprinting from one activity to the next, but taking a few minutes to relax can be helpful.
- **Choose good eats.** Fried, fatty, or sugary foods will interfere with your performance. Instead, focus on eating foods such as lean meats, whole grains, vegetables, fruits, and low-fat dairy products.
- **Get enough fuel.** Sometimes people skip breakfast or have an early lunch, then try to play a late afternoon game. Not getting enough food to fuel an activity can quickly wear you out — and even place you at risk for injury or muscle fatigue.
- **Train harder and smarter.** If you get out of breath easily during your basketball game and you want to increase your endurance, work on improving your cardiovascular conditioning. If you think more leg strength will help you excel on the soccer field, consider weight training to increase your muscle strength.





WELCOME TO THE METAMORPHOSIS LIFE

Pat Wanas

Aberdeen resident

What is the metamorphosis life, you may ask? Metamorphosis is all about embracing the process that happens internally to release into the world a better you! Or at least, that is my definition of metamorphosis...

Allow me to introduce myself. My name is Pat Wanas. I have been an Aberdeen resident for 5 years. I am a holistic colorist, master stylist, certified aromatherapist and nutritional health coach. I specialize in helping people to release their inner beauty by embracing the internal changes that are necessary to create your outward beauty. The number one change we can all make is to just start using less chemicals, especially with our children. Our society is laced with chemicals that are polluting us. We can't escape them but we can take control by simply making informed choices to better our bodies. I have two very simple and easy suggestions using essential oils, namely lemon eucalyptus and geranium oil.

As if we did not have enough to worry about with mosquito and tic season, we are now being warned of yet another mosquito bred illness, the ZIKA Virus. But did you know that just simply using one essential oil will repel mosquitos and tics just as effectively as DEET? Without all the side effects? Yes it is true, lemon eucalyptus oil will do exactly that. I would like to present the evidence...

<http://www.treehugger.com/lawn-garden/cdc-confirms-lemon-eucalyptus-oil-as-effective-as-deet.html>

According to the CDC, lemon eucalyptus oil could be a much safer and more natural weapon. The CDC confirmed that lemon eucalyptus oil can be as effective as DEET in repelling mosquitoes, a story reported on Mattermore:

Oil of lemon eucalyptus [active ingredient: p-menthane 3,8-diol (PMD)], a plant- based repellent, is also registered with EPA. In two recent scientific publications, when oil of lemon eucalyptus was tested against mosquitoes found in the US it provided protection similar to repellents with low concentrations of DEET.

So safe, effective and inexpensive! Just make sure that you use a carrier oil or an aloe based product and not use essential oils by themselves on your skin. They can be very irritating to some and you can prolong the action of the oils by combining with a carrier oil. I like to use almond oil as it is quickly absorbed into the skin.

Another little tidbit that can make a huge difference this time of the year is geranium oil. It is the best treatment for swimmer's ear. As a prevention, combine geranium oil with an oil like almond or grapeseed and place into a 10ml roller bottle and when the kids come out of the pool, just apply it behind the ear extending into the jawline. As a therapy, you can apply this every time they come out of the pool. A good ratio would be about 7 ml of a carrier oil mixed with 20 drops of geranium. Please note, this is not to be used on children under 2. Their systems are much too immature for essential oils.

These are just 2 very simple ideas to help in your journey into the world of essential oils.

If you have any other questions, please feel free to call or text me at 904-868-0886. Or if you prefer to email, please email questions to gottobepretty@yahoo.com. I have a studio located inside Sola Salon called Metamorphis and I have an office for the practice of aromatherapy with Dr. Jon Thomas at Vibrant Life Health Center.



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.



WONDERFUL WINE WEDNESDAY

July 20th 7:00 – 10:00p.m.
(Men and Women)

R.S.V.P. Susan Clarke via email:
hsueclarke@comcast.net or Come join us
at: 151 Scotland Yard Blvd.

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TECH TIPS

By Brad Sarver

I/O Tech, Owner and resident of Aberdeen

Technology can be a very useful tool. As with most advances, there are also a few setbacks and dark corners to the simplicity it is supposed to offer. Hopefully in reading this, you learn a bit more about our cyber world, both online and offline.

Keep It Clean!

Computer cleaning is a very useful tool in keeping your assets healthy and decrease potential problems. Human hair, dust, dirt and pet fur are all throughout our homes. These hazards for computers get sucked into the fans and block important cooling system operations. Overheating computers can fry your video cards, overheat your power supplies, and in some cases, cause a meltdown to your entire motherboard. This is avoidable by purchasing a can of compressed air and following a few simple



steps to blow out your computer. Save yourself the hassle of a broken PC! (The methods for cleaning a laptop are a little different, as you need to disassemble it, typically.)

1. Unplug your computer and take it to a well ventilated area.
2. Open the device (typically by removing the side panel) and put on eye protection.
3. Using the can of air, blow the components in short sweeping movements left to right, from top to bottom.

4. Be sure to hit major areas such as: front, back, or side fans; video card fans, and your CPU cooling fan.
5. Make sure that you are getting the dust, dirt and hair out of the areas, and not just packing them further inside these components.

Please be sure to follow all the safety precautions of both your PC as well as the can of compressed air. Failure to follow safety precautions can cause damage to your computer, or more importantly, to yourself. By taking a little extra time, you can have a cleaner and healthier PC, prepared to last another year. Personally, I clean out my desktops and laptops every few months, but springtime is a great time to start!

If you have any questions or concerns, please feel free to contact me.

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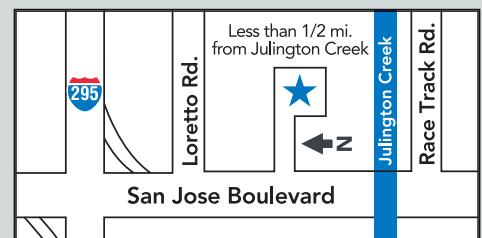


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