

ABERDEEN Living

Your guide to the good life

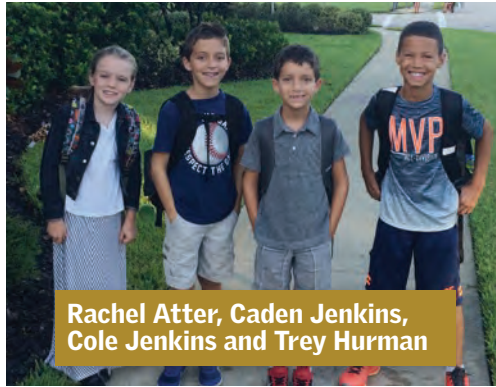
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SEPTEMBER 2016 • VOLUME 2 • ISSUE 9



Hera Swoap



Rachel Atter, Caden Jenkins, Cole Jenkins and Trey Hurman



Montanez boys



Tuckman Boys



Abby and Kayleigh Johnson

FIRST DAY OF SCHOOL



Kaylee Redmer



Ethan Redmer



Montanez



William Lowrie



Tavares Girls

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126 Senora Ct. - \$874,000



Lake View Carriage Home in Del Webb PVI!
86 Fawn Gully Lane. - \$279,900



Two-Story Craftsman Style in the Enclave!
81 Hillsong Way - \$329,900



Immaculate Condo w/ Water View in the King & Bear!
194 Laterra Links Cir - \$337,500



Southern Charm on St. Johns River!
100 Rivers Edge Rd. North - \$615,200



Pool Home w/ Golf/Water/Preserve Views in St. Johns Golf!
1524 Drury Ct. - \$449,500



Private & Loaded with Upgrades in Del Webb PV -
80 Pebble Lake Lane - \$409,900



UNDER CONTRACT!

Fantastic Gated Home in PVB!
121 Montura Dr. - \$649,900



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



Spectacular Lakefront Pool Home in St. Johns Golf!
272 St. Johns Golf Dr. - \$549,900



Charming Cul-de-Sac Home in Julington Creek!
4429 N. Pennycrest Pl - \$224,900



Freshly Painted with Oversized Back Yard!
3648 Hilliard Rd. - \$255,000



Outstanding Lakefront Lot in DWPV!
321 River Run Blvd. - \$529,900

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.

October Deadlines:

Content: Monday, September 12

Advertising: Wednesday, September 14

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:
September 27, 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

- | | | | | | |
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Vice-chairperson
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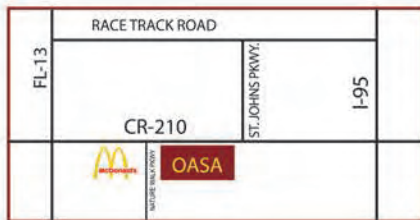


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- 📍 **Southside**





CALENDAR OF EVENTS

SEPTEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>28</p> <p>10:00 AM - 2:00 PM Tavares (CP)</p> <p>2 - 6:00 PM Sylvester (CP)</p>	<p>29</p> <p>Aberdeen Office Closed</p> <p>6 - 8:00 PM Greenstone (SH)</p> <p>HOA Meeting</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>30</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>31</p> <p>6:00 - 7:00 PM Boot Camp</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p> <p>7:30 - 9:30 PM Kyle (Closed Door Meeting)</p>	<p>1</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>2</p> <p>6:00 - 7:00 PM Boot Camp</p>	<p>3</p> <p>9 - 10:00 AM G.O.Y.A. (AB Lot)</p>
<p>4</p>	<p>5</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>6</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</p> <p>6:00 - 7:00 PM Boot Camp</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>8</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>9</p> <p>6:00 - 7:00 PM Boot Camp</p>	<p>10</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>11</p>	<p>12</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>13</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>14</p> <p>6:00 - 7:00 PM Boot Camp</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>15</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>16</p> <p>6:00 - 7:00 PM Boot Camp</p>	<p>17</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p> <p>2-8:00 PM Domazet (SH)</p>
<p>18</p>	<p>19</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>20</p> <p>10 AM - 12 PM Senior Women's Coffee Social</p> <p>6:00 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>21</p> <p>6:00 - 7:00 PM Boot Camp</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>22</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>23</p> <p>6:00 - 7:00 PM Boot Camp</p>	<p>24</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p> <p>10:00 AM - 2:00 PM Cassity (SH)</p> <p>2:30-6:30 PM CPR Class</p>
<p>25</p> <p>10:00 AM - 2:00 PM Schreurs (SH)</p>	<p>26</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>27</p> <p>10 AM - 12:00 PM Senior Women's Coffee Social</p> <p>4 - 6:00 PM Aberdeen CDD Meeting</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>28</p> <p>6:00 - 7:00 PM Boot Camp</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>29</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>30</p> <p>6:00 - 7:00 PM Boot Camp</p>	<p>1</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p> <p>10:00 AM - 2:00 PM Hurley (CP)</p> <p>2 - 6:00 PM Monsalud (SH)</p>

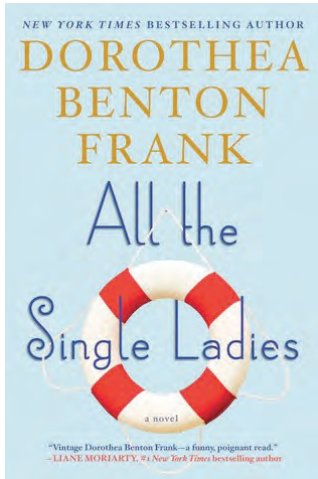
Reserved Codes: SH — Social Hall, CP — Cabana Playground, CLP — Cabana Lap Pool



ALL THE SINGLE LADIES

By Dorothea Benton Frank

Review by Wanda Hogan

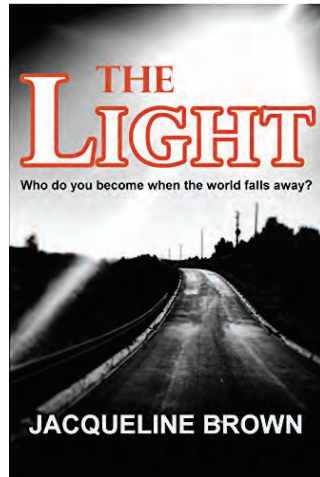


Although this is not Frank's most recent South Carolina Low Country novel, she manages to turn a sad situation into one with new relationships. Is a family always related by blood or marriage, or are there other

decent arrangements? How are conflicts successfully resolved? Change is fast and furious in this light-hearted tale, available at the Bartram Trail Public Library branch.

THE LIGHT

by Jacqueline Brown



Bria Ford, a college student with a distant wealthy father and the seemingly perfect boyfriend, is driving to Florida with her three best friends, but they never arrive.

In the predawn hours of Thanksgiving, a bright light flashes and everything electronic stops. Stranded on a frozen highway, the group's only hope rests in two strangers, the handsome Jonah Page and his sister. The strangers lead the way as the six of them battle freezing temperatures, dehydration, and hunger to make it to the Page family home in rural North Carolina. Once there, their lives become a battle against both nature and those who try to take their lives.

While struggling to survive in a world she has never known, Bria discovers that her life was based on lies, and these strangers know the truth. In this first book of the New Dawn series, Bria must learn who she is, find a way to forgive, and open her heart to those who love her.

Check out the author's website for more information.
<https://jacqueline-brown.com/>

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BABYSITTING SAFETY CERTIFICATION COURSE

Fri, Nov 11, 9:30 a.m. -2:30 p.m.
(SJC School Holiday.)

This is a great course for youth ages 11-16 who already babysit, are ready to start, or who simply want to stay home alone or with younger siblings safely. Participants will earn an official certification card from the American Safety & Health Institute and the course is being taught by Safety First CPR & Safety Training. Cost is \$45 and pre-registration is required at www.1111cabs.eventbrite.com.

Aberdeen residents can register with promo code resident and receive a 15% discount. Info about course topics can be found at <http://www.safetyfirstjax.com/babysitting-classes.html>. Space is limited, so don't wait to register!



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.



BOOT CAMP

Come sweat out your mid-week blues in Boot Camp at Aberdeen! It is a fun-filled hour that is suitable for many fitness and ability levels, all lead by an ACE Certified Personal Trainer.

We focus on strength and endurance, all using only our body weight. Classes are on \$6 per person! Hope to see you there!! The schedule is listed below with the regular schedule starting July 13th.

Wednesday's and Friday's
6 p.m.-7 p.m.
Aberdeen Social Hall



COMMUNITY CPR/AED (PEDIATRIC & ADULT) CERTIFICATION COURSE

Sat, Sept 24, 2:30-5:30 p.m.

This course offers an official 2-year certification from the American Safety & Health Institute. Instruction in CPR, Choking and use of the AED machine will be taught for use with infants, children and adults. This is a great course for parents, babysitters, grandparents and professionals of many occupations! Cost is \$40 and pre-registration is required at www.0924cpr.eventbrite.com.

Aberdeen residents can register with promo code resident and receive a 15% discount. Space is limited, so don't wait to register!



WONDERFUL WINE WEDNESDAY

3rd Wednesday of the month

September 21st
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.



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.

School's in.

Take steps to get your child there safely.

With school starting, teaching your kids to walk safely is more important than ever. Here are a few tips:

1 Dress your child in light-colored or reflective clothing.

Drivers have less reaction time to stop if they can't see your child. Wearing something reflective helps drivers see pedestrians from further away.

2 Remind them to only cross the street at the corner crosswalk.

Crossing someplace other than the corner is dangerous.

3 Eyes before feet.

Teach your child to look left, right and left again to make sure the coast is clear. And to make eye contact with drivers before crossing the street.

4 Sidewalks are safer!

Children are more protected on a sidewalk, but if there isn't one, they should walk facing traffic as far from vehicles as possible.



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HEALTHY SNACKING OPTIONS — DESKTOP SNACKS

By Stacy Bone

Working eight or more hours a day can make it difficult to eat healthfully unless you plan ahead. Research shows that eating every four hours helps to keep your metabolism charged and your energy level high. Before you dig in your drawer for spare change and head to the vending machine, plan ahead and stash low-calorie, nutritious snacks in a cabinet, drawer, or your briefcase. Each of these snacks has less than 200 calories and are sure to satisfy when the 3 p.m. cravings hit.

Whole Wheat Crackers and Peanut Butter

Save your quarters by skipping the vending machine's peanut butter crackers and pack your own nutritious snack. For a hunger-curbing option, try 10 multigrain wheat crackers (such as Multigrain Wheat Thins) and a tablespoon of peanut butter. This nutrient-rich snack rings in at just 193 calories and offers 2 grams of fiber. The combination of complex carbs and protein help to keep your blood sugar stable and keep you feeling full longer.

Fruit

Grab an apple, banana, pear, grapes, or other portable fruit as you dash out the door every morning. If you grab a different fruit every day (and change with the seasons), you'll obtain a good variety of nutrients plus fiber, and won't get bored with the same old snack. The average serving of fruit is around 70 calories.

Popcorn with Parmesan

Take regular bagged popcorn to the next level by topping with 2 tablespoons of shredded Parmesan cheese. The nutty flavor of the popcorn pairs well with the rich flavor of Parmesan resulting in a quick, 150-calorie snack. Simply top 3½ cups of 94%-fat-free popcorn with the cheese and your snack is served.

Instant Oatmeal

When you're in a rush at work and want something warm and comforting, heat a packet of plain instant oatmeal (just 110 calories) in the microwave for a quick and satisfying treat. Choose plain

oatmeal and add your own flavorings to control the calorie and sugar content. Top with a 42 calorie mini box of raisins for a sweet flavor and added nutrients or sprinkle with cinnamon and nutmeg. Doubling as a fiber-rich breakfast or daytime snack, oatmeal helps lower cholesterol and reduces the risk of heart disease.

Mini Pitas with Hummus

Use mini pita pockets to scoop up creamy hummus. Whether you make your own hummus or choose a favorite brand at the grocery store, hummus is made from chickpeas, a great source of soluble fiber. This soluble fiber helps to lower cholesterol and prevent heart disease. Pair one serving of hummus, 2 tablespoons, with 3 mini pita rounds for a 150 calorie snack. If you want a protein boost, fill the mini pita pockets with an ounce of low-sodium deli ham or turkey.

Snack Bars

If you're having a sweet attack and are looking for a healthy "bar" that isn't loaded with sugar, reach for one that is all natural. Brands like LaraBar and KIND are good sources of fiber, contain no added sugar, and are made from whole, natural ingredients like dates, almonds, cashews, and cranberries. These bars are rich in fiber, low in sodium, loaded with vitamins and minerals, and run around 200 calories per serving.

Veggies with Ranch

Beat the high-fat, high-sodium snacks featured at the convenience store and pack a container of fresh veggies like carrots, celery, and grape tomatoes. Raw veggies fill you up because of their high water and fiber content. If you struggle eating veggies in the buff, try dipping them in 2 tablespoons of low-fat Ranch dressing (80 calories), hummus (70 calories), or salsa (10 calories).

Strawberry-Hazelnut Graham

You don't have to limit your chocolate and strawberry cravings to dessert time or fondue. Satisfy your sweet tooth in small portions with a chocolate-hazelnut graham topped with fresh strawberries.



ADULT PICK-UP BASKETBALL

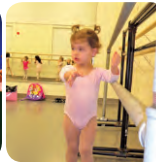
Want to have a good time and shoot some hoops with your friends? Pick-up Basketball games are going on right now at the Club

Wednesdays at 7:00 p.m. and Sundays at 8:00 a.m.
Aberdeen Basketball Court



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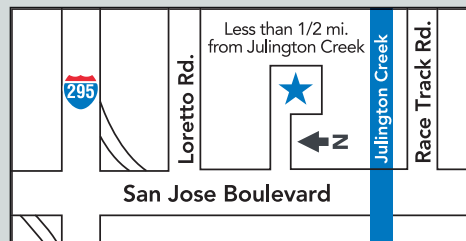


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Thank you for another successful party here at Aberdeen. The boats were awesome, the food was great and the movie was a great end to a wonderful night. Thank you to Mathnasium and Heather Davenport from Ignite Health and Fitness for the awesome information to get us safe and ready for the start of school. Thank you again for joining us at the Back to School Bash!







VETIVER GRASS

THE METAMORPHOSIS LIFE

Pat Wanas

Aberdeen resident

The Journey continues this month with one of my favorite topics, essential oils. They are gaining so much popularity right now and there is a reason for it...they work! Even science is catching up to the age old practice of aromatherapy. This month I would like to explain briefly what an essential oil is and how it affects the brain.

Essential oils are the lifeblood of the plant. Pure unadulterated essential oils have the conversations with people when there are no words available. We know that they stimulate the limbic region of the brain (seat of emotions), the pineal gland (which is the gland that produces melatonin), and the pituitary gland.

Of the five senses of the body, only the sense of smell is directly connected to the the brain and can cross the blood brain barrier. This is why the aroma of homemade apple pie baking in the oven will bring you back to memorable times.

Essential oils also have the ability to affect the hypothalamus, which happens to be the hormone command center of the body.

The roof of the nose has nerve endings that receives the aromas emanating from people, objects or animals and converts it into electrical impulses that are relayed into the limbic system, which now becomes responsible for the evolving emotions. Deep in the limbic region of the brain is the amygdala gland. This gland was not discovered until 1989. The amygdala stores and releases emotional trauma and ONLY odor or fragrance stimulation has a profound effect in triggering a response with this gland. This is why essential oils have conversations with people when there are no words available. They are the most unique healing tool that we have today.

Now, I know most of you might not care enough as to why they work so well with the emotions, but it is interesting to note a few ways to put some of this in practice, namely ADHD.

I am not a doctor (although I am working on my certification as a clinical aromatherapist) but I have quite a bit to say about ADHD, having had to deal with my husband close to 20 years with

this so called disorder. I have learned many things through the years on how to function with him. He was diagnosed in 1997 by a neurologist, only to get re-diagnosed 10 years later by a well known psychiatrist, with a celebrity clientele. We were told he was in the 2% worse case scenario and all drugs had an adverse effect on him. Lucky me! This was the beginning of our journey. I learned so much, which I would be happy to share with anyone on a one on one scenario, but I will tell you about the essential oils that do work!

There was a private study that was done with a group of children with ADHD. Not one of them was on a medication. In a classroom setting, 3 essential oils were diffused one at a time to see how the children would respond. The three oils were lavender, cedar wood and vetiver.

It was found that lavender had a 53% favorable rate in effectively approving their performance.

Cedar wood was found to have an 83% success rate. Vetiver had a 100% success rate. Yes 100% of the children had improved performance just from inhaling the aroma of vetiver.

Vetiver is a grass. It has the strongest aromatic and artsy scent that is grounding and calming, stabilizing the body and the brain. Vetiver dispels anger as well. Vetiver will also help with restlessness, anxiety and sleep. Just putting 2 drops on the side of your neck or as most mothers of ADHD children know, on the brain stem. It is miraculous for some people.

Vetiver is the #1 selling oil that I carry because it works! There are too many testimonies to list on how this little miracle oil has changed these precious lives for the better, without doing any harm and without drugging them.

Well, I hope you enjoyed this month's article and perhaps gained a little more understanding of essential oils. Once again, I can be reached for questions or comments at gottobepretty@yahoo.com.



SAFETY FIRST

Corporal Tommy Marmo
Chaplain Corp Member

Schools are back open which means that our children are going to and from school daily. Please take extra time and be extremely careful in school zones as well as at bus stops.

Also, speeding fines are doubled if they occur in a school zone. Traffic has to stop completely in both directions for school buses that are stopped. If the roadway is separated by a median of at least five feet wide, motorists traveling in the opposite direction are exempt from stopping.

Remind your child to stand on the sidewalk or on the grass while waiting for their bus. Students who walk to school should do so on a sidewalk if it is available. If there is no sidewalk, students should walk against the flow of traffic and be sure to cross at marked crosswalks.

Teach and continue to remind your children not to talk to strangers, go anywhere with them, or accept gifts from them. Also, tell children that if they see a suspicious stranger or a suspicious vehicle hanging around their bus stop or school, they should tell an adult or a teacher immediately.

Let's keep out next generation safe!



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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

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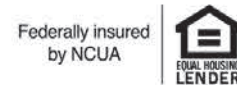
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Membership is open to anyone who lives or works in the following Florida counties: Saint Johns, Baker, Bradford, Broward, Clay, Columbia, Duval, Flagler, Franklin, Gadsden, Hillsborough, Jackson, Jefferson, Leon, Liberty, Madison, Miami-Dade, Nassau, Orange, Palm Beach, Pinellas, Seminole, Taylor, Union, Volusia, and Wakulla.



2016 Bartram Bears Football *VARSITY SCHEDULE*

August 19	Mandarin (Preseason)	Away	7:00 PM
August 26	Bishop Kenny	Away	7:00 PM
September 2	Mainland	Home	7:00 PM
September 9	Ridgeview	Away	7:00 PM
September 16	Fleming Island (Pop Warner night)	Home	7:00 PM
September 23	St. Augustine	Home	7:00 PM
September 30	Creekside	Away	7:00 PM
October 7	Ponte Vedra (Homecoming)	Home	7:00 PM
October 14	Buchholz (Senior Night)	Home	7:00 PM
October 21	Bye		
October 28	Oakleaf	Away	7:00 PM
November 4	Nease	Away	7:00 PM

IV SCHEDULE

August 25	Bishop Kenny	Home	5/7 PM
September 1	Mandarin	Away	6:00 PM
September 8	Ridgeview (Middle School game @ 5)	Home	7:00 PM
September 15	Fleming Island	Away	6:00 PM
September 22	St. Augustine	Away	6:00 PM
September 29	Creekside	Home	5/7 PM
October 6	Ponte Vedra	Away	6:00 PM
October 13	Nease	Away	6:00 PM



HEALTHY IMMUNE SYSTEM FOR BACK TO SCHOOL

Germs are **EVERYWHERE** at school but that doesn't mean you have to be sick the whole year! Support your immune system naturally and fight off the sicknesses quickly!

There are many convenient ways to boost your family's immune system this school year! With the OnGuard line you have throat drops, beadlets that fit in your pocket, a roll on of essential oil, or the incredibly powerful OnGuard + softgels— they will be there to help you fight off the germs of the week! I also love OnGuard toothpaste to help promote healthy oral health and still get the benefits of the antiviral and antibacterial essential oils. You will also have a clean toothbrush which is a great way to prevent the spread of germs!

Did you know that using essential oils is a powerful way to:

- raise your mood
- support emotional healing
- build your immune system
- assist in first aid and pain relief
- clean the air in your environment
- release stress and combat symptoms of hypertension and anxiety
- use as household products like bug repellent, beauty, and cleaning products

Upcoming Classes

Sept 22th Essential Oil Experience 7 PM Please RSVP at eventbrite website or call 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



How to use OnGuard

- Rub 1-2 drops on bottom of feet daily as a preventative
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- Dilute 3 drops in 32 ounces of water to clean surfaces
- Take 1-3 drops in an empty gel capsule or take a beadlet



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CREEKSIDE HIGH SCHOOL 2016 FOOTBALL SCHEDULE



DATE	Level	Day	WEEK	OPPONENT	SITE	TIME
19-Aug	both	Fri.	0	Pedro Menendez	Away	7pm
25-Aug	JV	Thurs.	1	Orange Park	Away	6pm
26-Aug	Var	Fri.		Orange Park	HOME	7pm
1-Sep	JV	Thurs.	2	Nease	Away	6pm
2-Sep	Var	Fri.		Nease	HOME	7pm
8-Sep	JV	Thurs.	3	St. Augustine	HOME	6pm
9-Sep	Var	Fri.		St. Augustine	Away	7pm
15-Sep	JV	Thurs.	4	Pontre Vedra	HOME	6pm
16-Sep	Var	Fri.		Providence*	HOME	7pm
22-Sep	MS	Thurs.	5	SJMSAA	HOME	5pm
22-Sep	JV	Thurs.		Mandarin	HOME	7pm
23-Sep	Var	Fri.		Mandarin	Away	7pm
29-Sep	JV	Thurs.	6	BARTRAM TRAIL	Away	6pm
30-Sep	Var	Fri.		BARTRAM TRAIL	HOME	7pm
7-Oct			7	OPEN		
14-Oct	Var	Fri.	8	FLEMING ISLAND	Away	7pm
21-Oct	Var	Fri.	9	OAKLEAF	Away	7pm
28-Oct	Var	Fri.	10	BUCHHOLZ#	HOME	7pm
4-Nov	Var	Fri.	11	Ponte Vedra	Away	7pm

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- Place your ad online anytime: jacksonville.com/classifieds
- Call 359.4321- Monday through Friday



ABERDEEN'S UP AND COMING EVENTS

We have a bunch of exciting activities coming up this fall and winter so mark your calendars now. We will have more information and details so stay posted to our newsletters, e-blasts, Facebook and Twitter.

October 8th
Aberdeen Community Garage Sale
 10:00 a.m. - 4:00 p.m.

- Community Garage Sale

October 29th
Aberdeen Halloween Harvest
 4-8:00 p.m.

- Food Trucks
- DJ
- Bounce House
- Harvest Fun
- Candy
- Kids Crafts
- Games and much more

November 13th
Fall Festival
 12-5:00 p.m.

- Food Trucks
- DJ
- Rock Wall Climbing
- Bouncy Houses
- Bungee Jumping
- 40+ Various Vendors

December 11th
Santa's Workshop
 2-8:00 p.m.

- Food Trucks
- DJ
- Letters to Santa
- Holiday Movies
- Kids Crafts
- Santa Pictures



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