

ABERDEEN
Living
Your guide to the good life

INSIDE

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OCTOBER 2016 • VOLUME 2 • ISSUE 10

HALLOWEEN HARVEST

OCTOBER 29TH

4-8PM

See page 14 for details





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.

November Deadlines:

Content: Monday, October 10
Advertising: Wednesday, October 12

About This Newsletter

Editor: Lauren Egleston
amenitycenter@aberdeen.comcastbiz.net

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

Advertising Sales: Karen Ritchie
karen.ritchie@jacksonville.com (904) 359-4394

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:
October 25, 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!

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AND

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Please give me a call for all of the details!



Entertainer's Dream in St. Johns Forest!
105 Dumont Pl. - \$469,900



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 - \$837,500



Southern Charm on St. Johns River!
100 Rivers Edge Rd. North - \$615,000



Pool Home w/ Golf/Water/Preserve Views in St. Johns Golf! 1524 Drury Ct. - \$439,500



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



Fantastic Gated Home in PVB!
121 Montura Dr. - \$649,000



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



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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





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

- | | | | | | |
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Vice-chairperson
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Supervisor
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Open Gym Fridays
Boys Classes
Private Classes
Birthday Parties

Bring this add in
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Julington Creek
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230-7778
106 Julington Plaza Dr.

www.tumblingkids.com

AFTER HOURS INJURY CLINIC

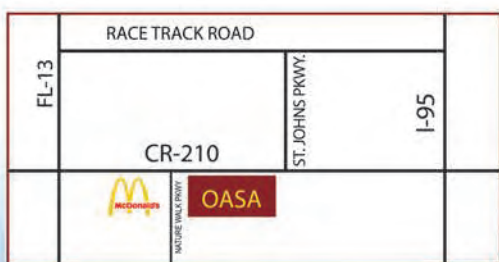
Sidelined with an injury? We are open when accidents happen!

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5 pm to 9 pm
Monday - Friday

9 am to 2 pm
Saturday



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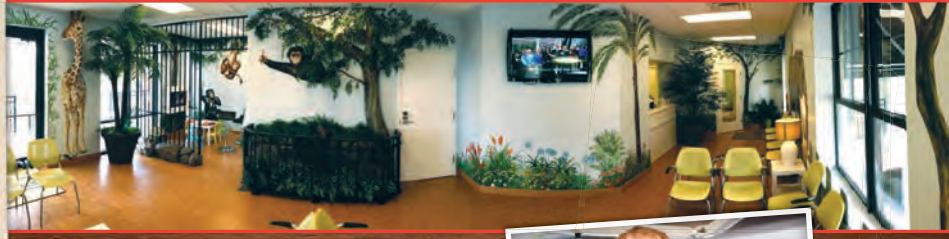


CALENDAR OF EVENTS

OCTOBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>25</p> <p>10:00 AM - 2:00 PM Schreurs (SH)</p>	<p>26</p> <p>Aberdeen Office Closed G.O.Y.A. (AB Parking Lot)</p>	<p>27</p> <p>10 AM - 12:00 PM Senior Women's Coffee Social 4 - 6:00 PM Aberdeen CDD Meeting 6:30 - 7:30 PM Kyle Meeting 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>28</p> <p>6:00 - 7:00 PM Boot Camp 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot) 7:00 - 8:00 PM Zumba at Aberdeen</p>	<p>29</p> <p>10:30 AM - 12:30 PM Men's Social Coffee Meeting 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 Lot) 10:00 AM-2:00 PM Hurley (CP) 2-6:00 PM Monsalud (SH)</p>
<p>2</p>	<p>3</p> <p>Aberdeen Office Closed 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>4</p> <p>10 AM - 12:00 PM Senior Women's Coffee Social 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>5</p> <p>6:00 - 7:00 PM Boot Camp 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot) 7:00 - 8:00 PM Zumba at Aberdeen 7:00 - 8:30 PM Essential Oils RSVP 904-540-9322</p>	<p>6</p> <p>10:30 AM - 12:30 PM Men's Social Coffee Meeting 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>7</p> <p>5:00 - 8:00 PM Food Truck Friday 6:00 - 7:00 PM Boot Camp</p>	<p>8</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot) 9:30 AM - 12:00 PM Book Sale Bartram Trail Branch Library 2:00-6:00PM Ricketts (CP) 2-6:00 PM Fileger (SH)</p>
<p>9</p>	<p>10</p> <p>Aberdeen Office Closed 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>11</p> <p>10 AM - 12:00 PM Senior Women's Coffee Social 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>12</p> <p>6:00 - 7:00 PM Boot Camp 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot) 7:00 - 8:00 PM Zumba at Aberdeen</p>	<p>13</p> <p>10:30 AM - 12:30 PM Men's Social Coffee Meeting 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>14</p> <p>12:30 - 3:30 PM HS - Teen 6:00 - 7:00 PM Boot Camp</p>	<p>15</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p>
<p>16</p> <p>1:00 - 4:00 PM Jags vs. Chi Food Truck Sunday 2-6:00 PM Johnson (SH)</p>	<p>17</p> <p>Aberdeen Office Closed 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>18</p> <p>10 AM - 12 PM Senior Women's Coffee Social 6:00 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>19</p> <p>6:00 - 7:00 PM Boot Camp 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot) 7:00 - 8:00 PM Zumba at Aberdeen</p>	<p>20</p> <p>10:30 AM - 12:30 PM Men's Social Coffee Meeting 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>21</p> <p>5:00 - 8:00 PM Food Truck Friday 6:00 - 7:00 PM Boot Camp</p>	<p>22</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p>
<p>23</p> <p>10:00 AM - 2:00 PM Schreurs (SH)</p>	<p>24</p> <p>Aberdeen Office Closed 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>25</p> <p>10 AM - 12:00 PM Senior Women's Coffee Social 4 - 6:00 PM Aberdeen CDD Meeting 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>26</p> <p>6:00 - 7:00 PM Boot Camp 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot) 7:00 - 8:00 PM Zumba at Aberdeen</p>	<p>27</p> <p>10:30 AM - 12:30 PM Men's Social Coffee Meeting 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>29</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p>
<p>30</p> <p>NO RENTALS HALLOWEEN</p>	<p>31</p> <p>Aberdeen Office Closed 6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>7:00 - 8:00 PM Zumba at Aberdeen</p>			

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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



GARAGE SALE

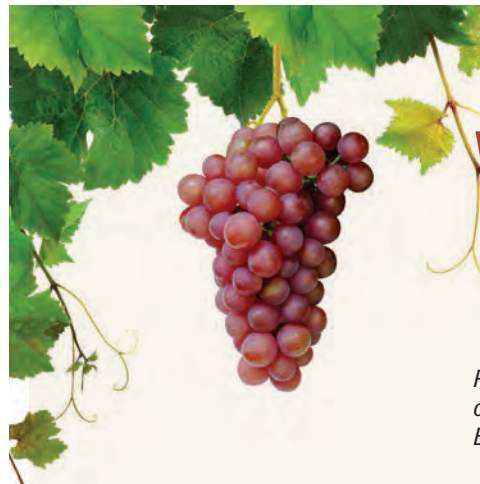
October 8th 8 a.m. - 1 p.m.

Time to clean out those garages, empty the attic and declutter. We are having our semi-annual garage sale in Aberdeen October 8th, 8 a.m - 1 p.m.

We will have signs up throughout the community and along the major roads for the community.

We will even have a mobile Shred-it unit in the community for those that need to get rid of that personal information. The cost is \$5.00 per box that you shred, compared to by weight at the store.

Tell your friends, post on Facebook and get ready to clear out your clutter this fall!



WONDERFUL WINE WEDNESDAY

3rd Wednesday of the month

October 19th

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.

Pumpkin & Treats

Been craving all year?
Get them while
they're here!



PUMPKIN
LOAF CAKE



PUMPKIN
CREAM CHEESE
COOKIES

LIMITED
TIME



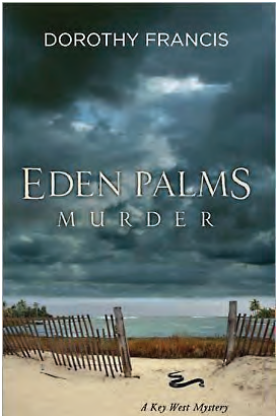
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EDEN PALMS MURDER

By Dorothy Francis

Review by Wanda Hogan



Ever wanted a birds-eye view of exotic Key West and its quirky characters without leaving the comfort of your living room? Well, here it is in murder mystery form by an entertaining, observant

writer. Musician Bailey Green arrives for a job but immediately becomes entangled in a swiftly moving, diabolical plot. Whom can she trust? Appearances can be deceiving, but author Dorothy Francis hits a high note as the palms sway and drumbeats crescendo to an inevitable conclusion. Available at Bartram Trail Public Library.

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**



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Preschool Dance Programs

Fairy-tale in Motions for 2 yr olds

Mommy & Me

Birthday Parties Available

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Morning • Afternoon • Evening Classes

Beginner through Advanced Levels

Fall classes just started. Register Today!

Mark Spivak Dance Extension Locations

Fruit Cove Julington Creek Mandarin

287-4619 230-7778 268-3583

774 N. SR 13 106 Julington Plaza Dr. 3740 San Jose Place
Located half mile south Located at the corner of Race Track Road and Flora Located one block north
of Julington Creek Bridge Branch of Crown Point Road

Visit our website for schedules & forms
WWW.MARKSPIVAK.COM

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Board Certified Pediatric Dentist

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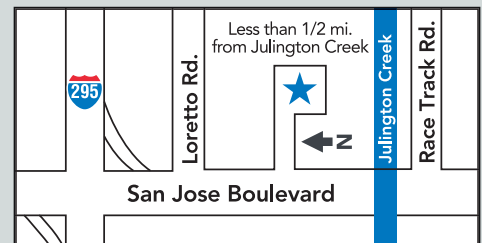


Mandarin South Business Center

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



(904)292-2210





Halloween Safety Tips

Safety Tips for Motorists

- Watch for children walking on roadways, medians and curbs
- Enter and exit driveways and alleys carefully
- Put down all electric devices when you are operating a vehicle
- At twilight and later in the evening, watch for children in dark clothing

Safety Tips when Trick-or-Treating

- A parent or responsible adult should accompany young children
- Plan your route and know where to meet if you get separated
- Instruct your children to travel only in familiar, well-lit areas and trick-or-treat in a group
- Do not approach a home that does not have a porch light on
- Tell your children not to eat any treats until they return home
- Teach your children to never enter a stranger's home

Safety Tips for Costumes

- All costumes, wigs and accessories should be fire-resistant
- If children are allowed out after dark, fasten reflective tape to their costumes and bags to make sure they are visible — stay well lit
- When buying Halloween makeup, make sure it is nontoxic and always test it in a small area first
- Secure emergency identification (name address and phone number) inside of the Halloween attire or on a bracelet



Go Online to find out what your home is worth in today's market

www.StJohnsCountyHomeValues.com

www.WelchTeam.com | 904-476-5539

From Haunted House to Inviting Home

How to Stop Scaring Away Potential Buyers



by Sabrina Sirotkin

Halloween is approaching, but if your home has looked "holiday ready" for months, then it's time for a change... especially if you're trying to sell. One of the most important factors that attract potential buyers is **curb appeal**: it's a direct representation of what individuals can expect to find inside the home. So if the outside of your home looks worn and torn, don't expect too many Private Tour requests. Thankfully, making the necessary adjustments can be fairly easy and inexpensive, so let's take a minute to decide how you can bring some extra value to your home, and turn heads (for the right reasons).

Clean Up

Now before you worry about anything else, spend a day power-washing EVERYTHING: the driveway, the sidewalk, the sides of your home, the garage door, and anything else that's built up dirt and mildew over the years. While you're at it, take some time to scrub your windows (inside and out) and remove any and all cobwebs. This step alone will make a world of difference, and any other improvements will be so much more noticeable against a clean slate.

Basic Repairs & Maintenance

Missing roof shingles, cracked asphalt, and rotted wood will not only deteriorate the look of your house, but may also negatively impact the value during appraisals. These issues are easier to handle when you're constantly mindful of upkeep, but good results are still attainable with patch jobs. And in accordance with the bigger problems, small changes like adding new house numbers, or replacing light bulbs will add up to big improvements.

Fresh Paint

This can become a big project if you find that your house's paint has extensive chipping or peeling, but you might also find that you only need a few touch-ups. Keep in mind that most homebuyers are attracted to neutral colors, but you can always get a little daring by painting your door, or trim and shutters a fun, bright color. Though this won't physically raise the value of your home, the plus is you'll present any curious eyes with a big welcome.

Yard Care

You don't have to have a green thumb to create a great first impression with a well-manicured lawn. Stick to the basics: pull unsightly weeds, mow your lawn regularly, and keep your grass green and vibrant with lawn food. And if you can spare to go an extra step: add a couple potted plants by the entrance steps, other colorful or leafy plants around the front of your home, and mulch to create a sense of warmth.

Keep it Going

Even if you're not looking to sell right now, a well-kept home exterior will always be a welcome treat for you and your guests. So whenever you notice your home is starting to resemble The Haunted Mansion, take care to make immediate changes; you can avoid having to spend more time and money, at once, on all the issues that would've otherwise accumulated.

TAKE A LOOK AT OUR ACTIVE LISTINGS WITH GREAT CURB APPEAL



Welch Team

Keller Williams Jacksonville Realty

If you're searching for a beautiful home, or need assistance in selling yours, let's get in touch! We're your community experts and we're always here to help.

Go Online to find out what your home is worth in today's market

www.StJohnsCountyHomeValues.com

www.WelchTeam.com | 904-476-5539



Aberdeen Fall Festival

Sunday, November 13, 2016

Aberdeen Amenity Center 110 Flowers of Scotland Ave., Saint John's, FL 32259

12:00-5:00pm

VENDOR APPLICATION

(PLEASE PRINT)

Name of Organization/Person: _____

Contact Person: _____ Phone # _____ Cell # _____

Email: _____

Address: _____

City, State, & Zip Code: _____

Specific Type of Craft/Activity/Business: _____

Early Registration \$25 - (Prior to October 31st.) After October 31st. Registration fee is \$30.

One space rental - Electricity is \$5 additional: Check# _____ Cash _____ Money Order _____

Vendor Raffle Item: _____

- ✿ All Checks are made payable to **AberdeenCDD**
- ✿ 75 Maximum Vendors Allowed. Spaces will be reserved only with paid applications and on a first come, first serve basis.
- ✿ The fee covers a 10'x10' space for regular vendors and 12'x12' space for food vendors.
- ✿ All vendors are responsible for their displays and must supply their own table and/or tent.
- ✿ **Food Vendors-** an additional \$50.00 refundable deposit is required. This deposit will not be refunded IF clean-up is required in your space after the event is over. *(Must be a separate check from registration fee)*
- ✿ We are asking each vendor for a donation item or service to raffle. Vendors will need to note what the raffle item is on the application. You will also need to make sure you have the appropriate items on your table in order to do the raffle i.e. a bowl, paper cut outs for the names, etc.
- ✿ Food Vendors only should arrive by 10:00am, Vendors by 10:30am to set up.
- ✿ Rain plan: Hopefully we will have amazing weather, but if it rains before the event starts, we will wait for bad weather to pass and proceed after.

I agree to abide by the rules set forth by the Aberdeen Amenity Center and I understand that the Aberdeen CDD, its Staff, or assistants are not responsible for the loss or damage of work, personal injuries, property damage. Management reserves the right to decline an application for a competing business or vendor.

Signature

Date

Please return application and fee(s) to:
Aberdeen Amenity Center
110 Flowers of Scotland Ave
Jacksonville, FL 32259
Attn: Fall Festival

For any questions, please contact us at 904-217-0925 or
aberdeenfestival@gmail.com



Greenstone at Aberdeen Condominium Association Inc. welcomes **Cindy Chapman** of Alliance Realty and Management as the Association Manager effective Sept 1st. Condo Owners — feel free to reach out to Cindy with any questions or concerns. (904) 429-7624 or CChapmanAlliance@gmail.com.

- In the meantime, just a few reminders to help keep our Community GREAT!!!
- Please don't throw trash on the ground. If you see a piece of trash on the ground, please pick it up.
 - Make sure to pick up after your pets and put the waste in the Doggy Stations throughout the Community.
 - And finally, remember not to park on the grass or sidewalks.

Let's work together!



Jack and Henry Casey ready for the first Mustang's football game day



William Lowrie at his first football game of the season.



Local resident George Varkanis shares two amazing shots taken here in Aberdeen. We live in a beautiful neighborhood!



DON'T WASTE YOUR TIME IN THE GYM!

By Stacey Bone

If there's one thing frustrating in the fitness industry, it's seeing people put a lot of time and effort into their routines only to be disappointed by a lack of results. Don't be fooled. Here are the five biggest myths when it comes to exercise and weight loss.

1 More crunches = greater abdominal definition: Crunches do little or nothing to address the real limiting factor for abdominal definition—having too much fat on your abdominal area. Try adding in more cardiovascular interval training and making sure you are consuming a balanced diet. When it comes to doing targeted abdominal work, try planks, v-sit ups, and Russian twists.

2 Running is a beginner's exercise: You don't run to get in shape; you get in shape to run. Each mile you run is 1,500 plyometric jumps on a single leg, where you strike the ground with five times your body weight. This means that if a 200-pound man runs 3 miles, he hammers his body with 4.5 million pounds of impact. If you're new to fitness, resistance training is going to be much easier on your body. It will help create the foundation you need if you want to become a runner without hurting yourself.

3 Soreness is success: Being sore mostly means that what you did was excessive, or that you're not recovering well from

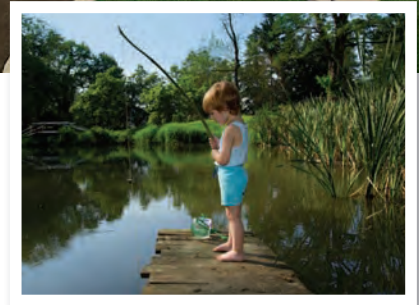
your workouts. The effectiveness of a workout is measured by the results produced. If you want to lose fat, you should be dropping clothing sizes (provided your diet will allow you to lose fat). If you want to get stronger, pounds lifted should increase. You might get moderately sore in the process, but that's not the goal. The goal is the goal.

4 Each body part needs its own exercise: Training under this mentality costs a lot of time and will not produce superior results. It is actually impossible to isolate just one muscle in a living body. For the best results, do a mixture of resistance and interval training. Now that the weather's nice, you can do these exercises outside.

5 You can judge a workout by how much you sweat: Sweating is something your body does to cool down. You will sweat more when it's hot and humid than in cooler temperatures. Sweat is water loss, not fat loss. Increasing heart rate (cardio workout) burns calories stored as fat.

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Tech Tips:

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.

Disaster Recovery and Business Continuity Planning

The title of this article speaks for itself. The importance of getting your business back up and running from a disaster is paramount. Studies show that over 20% of businesses that suffer a disaster, man-made or otherwise, never fully recover. Having a plan in place to ease the transition of rebuilding your day to day transactions will save more than just time and money. It will save your business.

Recently, I've been called out to a few small businesses to recover files from damaged computers and bad Windows 10 installs. For one reason or another, the customer information was damaged, lost, or unrecoverable. My first question to them is always, "When was your last backup?" If that question is answered with a blank stare, it looks like rough seas ahead. Here are two tips to avoid that.

Local Backups: Having your files automatically backed up to an external device such as a harddrive or Apple's Time Capsule can expedite recovery of important files. As a general rule, keep this device unplugged from your network/computer until backups are being done, as it's possible for something like a virus to infect both your operating system and your peripherals. My personal suggestion is a fire safe box. Although, while it's great to have a local/external backup, losing them both to the same disaster still rewards the same result; loss of data.

Cloud Backups: Programs/websites like Carbonite and iDrive automatically backup your selected files to "The Cloud" (some server somewhere) and is typically encrypted with passwords so no one else can easily open them. Recovering these files in this manner is dependent on a stable internet connection and the number of files to be recovered.

There are many options for backing up your information. Start looking into Disaster Recovery and Business Continuity!

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



Brad Sarver
I/O Tech, Owner
Cell: 904-323-0947
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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.





2016 JACKSONVILLE JAGUARS FOOTBALL SCHEDULE

Date	Opponent	Time/TV
Sunday, Oct. 2	Indianapolis Colts Wembley Stadium, London, UK	9:30am ET CBS
Sunday, Oct. 9	BYE	
Sunday, Oct. 16	at Chicago Bears Soldier Field, Chicago, IL	1:00pm ET CBS
Sunday, Oct. 23	Oakland Raiders EverBank Field, Jacksonville, FL	1:00pm ET CBS
Thursday, Oct. 27	at Tennessee Titans Nissan Stadium, Nashville, TN	8:25pm ET NFLN
Sunday, Nov. 6	at Kansas City Chiefs Arrowhead Stadium, Kansas City, MO	1:00pm ET CBS
Sunday, Nov. 13	Houston Texans EverBank Field, Jacksonville, FL	1:00pm ET CBS
Sunday, Nov. 20	at Detroit Lions Ford Field, Detroit, MI	1:00pm ET CBS
Sunday, Nov. 27	at Buffalo Bills Ralph Wilson Stadium, Orchard Park, NY	1:00pm ET CBS
Sunday, Dec. 4	Denver Broncos EverBank Field, Jacksonville, FL	1:00pm ET CBS
Sunday, Dec. 11	Minnesota Vikings EverBank Field, Jacksonville, FL	1:00pm ET FOX
Sunday, Dec. 18	at Houston Texans NRG Stadium, Houston, TX	1:00pm ET CBS
Saturday, Dec. 24	Tennessee Titans EverBank Field, Jacksonville, FL	1:00pm ET CBS

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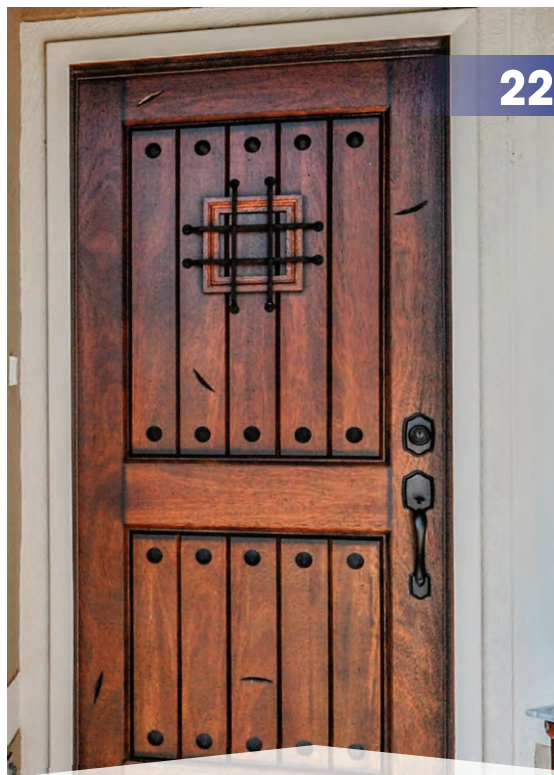
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