

DECEMBER 2016 • VOLUME 2 • ISSUE 12



SEASONS GREETINGS

Join us at Santa's Workshop

December 11

Please see page 3 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.

January Deadlines:

Content: Monday, December 5
Advertising: Wednesday, December 7

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:

December 20, 2016 @ 6:00 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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CONSIDERING A MOVE?

From now through February 28th, 2017, my listings come with a **FREE Seller and Buyer Home Warranty!**



Lovely 2 Bed + Screened Lanai in Del Webb PVI
144 Woodhurst Dr. - \$359,900



Brand New Roof, Siding & Paint in Hunters Ridge!
12395 Antler Hill Ln. - \$266,500



Lakeview 3 Bed + Den Beauty in Del Webb PVI
405 River Run - \$459,900



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



Fully Upgraded Former Model in Del Webb PVI!
101 Marsh Hollow Rd. - \$539,900



Panoramic Water Views w/ Pool in Murabella!
1893 S. Cappero Dr. - \$399,000



CDD Debt Paid Off! Lakeview Home in Del Webb PVI!
154 Thicket Creek Trl. - \$524,900



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



Front & Rear Pond to Preserve Views in Cascades!
429 N. Legacy Trl - \$319,900



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



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



Massive Fully Fenced Back Yard in Stonehurst!
1788 Ferncreek Dr. - \$244,900



Charming Cul-de-Sac Home in Julington Creek!
4429 N. Pennycrest Pl. - \$219,900



\$93K Lakefront Cul-De-Sac Lot in DWPV!
617 Mangrove Thicket Blvd. - \$459,900



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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rklovett@yahoo.com | Angela Andrews
Vice-chairperson
angelaandrews69@yahoo.com | Dennis Clark
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bfore0810@yahoo.com | Jim Oliver
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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

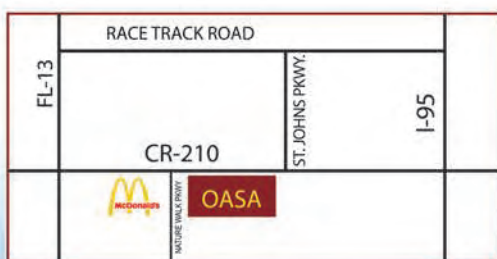
AFTER HOURS INJURY CLINIC

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

CONVENIENTLY LOCATED ON CR-210

**ALL SPORTS INJURIES TREATED
LESS EXPENSIVE THAN THE ER
NO APPOINTMENT NECESSARY**

5 pm to 9 pm | **9 am to 2 pm**
Monday - Friday | **Saturday**



ORTHOPAEDIC ASSOCIATES
of St. Augustine



CALENDAR OF EVENTS

DECEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<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>5:00 - 8:00 PM Food Truck Friday</p> <p>6:00 - 10:00 PM St. Clair (SH)</p>	<p>3</p> <p>9 - 10:00 AM G.O.Y.A. (AB Lot)</p> <p>6:00 - 10:00 PM Mayo (SH)</p>
<p>4</p> <p>2:00 - 6:00 PM Daivs (SH)</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>8:30 AM - 12:30 PM Essential Oils RSVP 904-540-9322</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>7:00 - 8:00 PM Zumba at Aberdeen</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>12:30 - 3:30 PM HS - Teen</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>2:00 PM - 8:00 PM Santa's Workshop</p>	<p>12</p> <p>Aberdeen Office Closed</p> <p>6:00 - 7:30 PM Girl Scout Troop 1480</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>7:00 - 8:00 PM Zumba at Aberdeen</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>5:00 - 8:00 PM Food Truck Friday</p>	<p>17</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p>
<p>18</p> <p>5:00 - 10:00 PM Ace Hardware Christmas Party (SH)</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>6 PM - 8 PM Aberdeen CDD Meeting</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>7:00 - 8:00 PM Zumba at Aberdeen</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>24</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p>
<p>25</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>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>7:00 - 8:00 PM Zumba at Aberdeen</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>31</p> <p>9 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p>



Santa's Workshop, 2-8 p.m.

Santa Claus will be visiting our clubhouse on **December 11, 2016.**

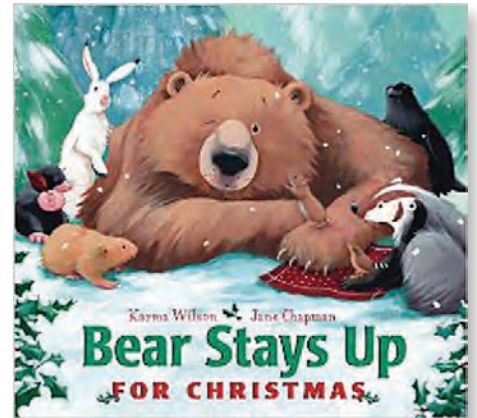
Bring your holiday spirit and come have some fun with Santa and the family.

There will be food trucks, train rides, classic Christmas movies, letters to Santa and more.

Also, Evan Hampton Photography will be there to take photos of your family with Santa that will be available for purchase later.

Sign up for a spot now to ensure your time with Santa Claus!

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



BEAR STAYS UP FOR CHRISTMAS

By Karma Wilson
Illustrated by Jane Chapman

Review by Wanda Hogan

Highly recommended by kiddie lit authorities for the toddler through pre-K crowd, this delightfully written and illustrated animal tale turns the hibernating bear theory on its head. Instead of a long December sleep, our friend Bear has a special strategy in mind for his friends. You'll have to check it out from Bartram Trail Public Library to find out but, when you do, you and your kids' will be artfully and pleasantly entertained!

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We invite the readers of this Living newsletter to support the local businesses in your area.

Their advertising makes it possible for the LIVING newsletter you are currently reading to be delivered **free** to your home every month.





Hugs

Across the County


LONGLEAF@210
 A Branch of Mandarin United Methodist Church

HALLOWEEN HARVEST

Thank you to everyone that joined us for the Halloween Harvest and Penny Carnival in October. It was a great time had by all.

The games were fun, bounce houses were a blast, the pumpkins looked amazing, the costumes were great, and who could forget the candy!!

We want to give a special thank you to **Jeff St.Clair** and **Longleaf @ 210** for sponsoring the Pumpkins.

Thank you as well to **Kayaking with Jeff, JaxPaddleSports** and **Matthew Caperton** of The Kohlaas Sales Team for sponsoring the different photo stops.

As a neighborhood we raised \$300 and gathered many personal item donations for Hugs Across the County.

We hope you had a great time and look forward to next year's Halloween festivities!



 **Jax Paddle Sports** 





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Happy Holidays, Friends and Family!

It's the season of gratitude and giving, so we want to take a moment to thank each and every individual who has chosen to trust our Real Estate expertise. Because of so many kind words, thoughtful feedback, and positive referrals, we were able to bring new homes to 178 (and counting) families this year alone! Thank you to every person who made that possible.

As your neighbors, we hope that everyone rings in the new year on a cheerful note. And that includes staying safe this holiday season by protecting your home from thieves while away on vacation. Take a look at our simple tips to help you do just that:

PEEK INTO SOME OF OUR **SOLD** HOMES:



Holiday Home Protection

Your Basic Guide

by **Sabrina Sirotkin**

You've just booked your trip, and the anticipation of ditching responsibilities is boiling over. But (unfortunately) worry-free fun is only as attainable as the preparation put forth the weeks before. So what steps should you take to avoid leaving your home vulnerable to malicious intruders?

No Vacancy

Simply put: don't let everyone know that your home is unoccupied from Day X through Day Z. That sounds obvious, but it's easy to get excited (and carried away) about an upcoming trip; you'll playfully brag to family and friends by posting across your favorite social media platforms, and will possibly "check in" on Facebook. As exciting as it may be that your family is spending a week learning how to ski in Utah, it signals a blaring horn that you're nowhere near your lonely home in Jacksonville, Florida... You never know who might come across your page, especially if your account is open to public browsing.

Lock up tight!

It's a no-brainer, right? Though most homeowners take care to lock up the obvious doors (front and back entrances), many don't think twice about securing their doggy doors, garage entrance doors, or windows, especially the ones located on a higher floor of a multi-level home. Oh, and you know the back-up key you hide under the welcome mat? You won't be needing it for a little while, so make sure to take it to a safe spot indoors. If you find that you have trouble remembering some of these features, consider creating a "Lock Up" task list to check off before you head out.



Sound the Alarms

Attaining an alarm system is the most significant way to protect your home, even when you are present. So if you've been teetering with the idea of getting one installed, now may be the best time to make arrangements. Likewise, if your home is already equipped, be sure to notify your security company of your leave so they know to monitor your home for strange activity. However, if choosing an alarm system isn't within the means of your timeline or budget, you could online-order an inexpensive "Security Warning" sign for your yard (no one has to know you're bluffing).

Stayed-in Feel

An overflowing mailbox, a mound of newspapers on the driveway, and stacks of tempting UPS packages by the door scream, "I'M NOT HERE!" The best way to avoid presenting your home as a susceptible target is by hiring a house-sitter to uphold your daily routines: taking in the mail, taking out the trash and recycling, turning on lights during the evening hours, etc... If you're unable to find someone for the job, just ask a trusted neighbor to keep an eye on things for you, and offer to return the favor whenever they make plans to head out of town.

Though we never expect to become victims of home invasions, it's always important to prepare for the worst situations. So make sure to maintain the security tips that suite your needs this season, and pass the information along to friends and family. Stay safe and have a happy New Year!

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



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.



DECEMBER FOOD TRUCK DATES

- December 2 Food Truck Friday
- December 11 Santa's
- Workshop December 16 Food Truck Friday

See website for the list of food trucks



WWW

WONDERFUL WINE WEDNESDAY

3rd Wednesday of the month

December 16
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.



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!! Please see the schedule below for the class times.

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



SCHOOL SAFETY

When driving, watch for young people who may be thinking about getting to school, but may not be thinking about their safety walking.

We also remind you to be alert and obey school bus stop procedures. School buses are one of the safest modes of transportation in the nation, 8 times safer than the family car. Average annual statistics for the 450,000 school buses operated nationally demonstrate this fact. Of the national average of 20 children killed annually near or on school buses, 15 were killed off the bus. Watch for children as you approach school buses.

- School zone yellow flashing lights mean a 15 mile per hour speed limit.
- School bus yellow flashing lights mean that the school bus is preparing to stop. Motorists should slow down and be ready to stop their vehicle.
- School bus red flashing lights and extended stop arms indicate that the school bus has stopped and children are boarding or exiting.
- On a two-lane road, all vehicles in both directions must stop.
- On a divided highway where no median or barriers exist, all vehicles are mandated

to stop.

- On a divided highway with raised median or physical barriers vehicles traveling in the opposite direction are not required to stop.

Back to School Safety Tips

School bus transportation is safe. In fact, buses are safer than cars. Even so approximately 20 students are killed annually across the nation in or around school buses. More often than not, these deaths and injuries didn't occur in a crash, but when students were off the bus. Remember these safety tips:

- Have a safe place to wait for your bus, away from traffic and the street.
- Stay 10 feet away from the bus until it comes to a complete stop and the driver signals you to enter.
- When being dropped off, exit the bus and walk ten giant steps away from the bus.
- Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are back away from the bus.
- Be aware of the street traffic around you. Drivers are required to follow certain rules of the road concerning school buses, however, not all do.
- Protect yourself and watch out.



Remember: Lil' Officer Walker is Watching

For more safety information about this and other topics visit the Sheriff's Office website, www.sjsso.org, Community Affairs Tab, then Safety Information.

Corporal Tommy Marmo
Chaplain Corp Member

COME VISIT OUR

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CONVENIENT
LOCATIONS!

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ORANGE PARK OFFICE • 1584-1 KINGSLEY AVENUE • ORANGE PARK, FL 32073

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

facebook.com/264KIDS





KAYAKING WITH JEFF

How does a Saturday on the water sound? Kayaking With Jeff is a great way for people to come together to experience God’s creation, to grow spiritually and to develop friendships that will last. Resident, Jeff StClair began Kayaking With Jeff in January 2016 with 15 people. Each month this group has continued to grow.

The group will travel to different locations each month and see some of the most beautiful scenery in St. Johns/Duval County!

“This Fresh Expression has far exceeded my expectations”, says founder Jeff StClair. “I knew there was a need to get out on the water, but didn’t realize just how popular this was going

to become. We have new kayakers each month, many who have never kayaked before! They now love kayaking. We also have seen kids as young as 8 yrs old come out with their parents. It’s a great family activity!”

As a bonus, Jeff has partnered with JaxPaddleSports, a mobile kayak/SUP outfitter. Kayak rentals for singles and tandems are \$10 for two hours. SUP rentals are \$10 also. To reserve for events, go to www.JaxPaddleSports.com

If you are interested in more information please visit their Facebook page, Kayaking With Jeff, with dates, locations and so much more!



ADVENTURES IN BABYSITTING



ABERDEEN BABYSITTING CERTIFICATION

Congratulations to all the participants in the Babysitting Class here at Aberdeen on November 11th. They are ready to get out there and start Babysitting. If you missed the class don't worry, we will be having another certification class in the Spring!





LOOKING FOR...

The perfect gift? The perfect pairing? The perfect party?

FIND THE PERFECT VARIETY IN OUR SPECIAL HOLIDAY WINE SECTION.

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HOLIDAY COOKIE RECIPES

Chocolate-Nut Cookies

¾ cup granulated sugar
 ¾ cup packed brown sugar
 1 cup butter or margarine, softened
 1 teaspoon vanilla
 1 egg
 2 ¼ cups all-purpose flour
 1 teaspoon baking soda
 ½ teaspoon salt
 1 cup coarsely chopped nuts
 1 package (12 ounces) semisweet chocolate chips (2 cups)

DIRECTIONS:

1. Heat oven to 375°F.
2. Mix sugars, butter, vanilla and egg in large bowl. Stir in flour, baking soda and salt (dough will be stiff). Stir in nuts and chocolate chips.
3. Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.
4. Bake 8 to 10 minutes or until light brown (centers will be soft). Cool slightly; remove from cookie sheet. Cool on wire rack.

Carrot Cake Thumbprint Cookies

1 stick unsalted butter, melted, plus 1/2 stick, room temperature, for frosting
 ½ cup packed light-brown sugar
 ½ cup granulated sugar
 1 Large egg yolk, room temperature
 1 cup all-purpose flour
 ½ teaspoon ground ginger
 ½ teaspoon ground cinnamon
 ¾ teaspoon coarse salt
 ¾ cup old-fashioned rolled oats
 ¾ cup packed finely grated carrots (from about 3)
 ¼ cup golden raisins, chopped
 ¾ cup pecans, finely chopped
 ¼ cup confectioners' sugar
 2 oz fresh goat cheese or cream cheese, room temperature
 1 ½ teaspoons apricot jam

DIRECTIONS:

1. Preheat oven to 350 degrees. In a large bowl, whisk together melted butter, brown and granulated sugars, and yolk. In another bowl, whisk together flour, ginger, cinnamon, and salt. Stir flour mixture into butter mixture to combine. Mix in oats, carrots, and raisins. Cover and refrigerate 30 minutes.
2. Roll dough into 1 ½-inch balls; roll balls in pecans to coat. Space 2 inches apart on parchment-lined baking sheets. Bake 10 minutes. Remove from oven; press an indentation into center of each cookie with the end of a wooden spoon. Bake until golden brown on bottoms, 10 to 12 minutes more. Transfer cookies to a wire rack; let cool.
3. In a bowl, beat remaining ½ stick butter and confectioners' sugar on medium until smooth. Beat in goat cheese until just combined. Swirl in jam. Fill center of each cookie with goat-cheese mixture; serve.

Sugar-free Peanut Butter Cookie Bites

¼ cup margarine, softened
 1 cup creamy style peanut butter
 ¼ cup egg substitute
 2 TB honey
 ½ tsp vanilla
 1 cup SLENDA® No Calorie Sweetener, Granulated
 1 ½ cup all-purpose flour
 ½ teaspoon baking soda
 ½ teaspoon salt

DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. Beat margarine and peanut butter in a large mixing bowl with an electric mixer until creamy, approximately 1 minute.
3. Add egg substitute, honey and vanilla. Beat on high speed for approximately 1 ½ minutes.
4. Add SLENDA® Granulated Sweetener and beat on medium speed until well blended, approximately 30 seconds.
5. Combine flour, baking soda and salt in a small mixing bowl. Slowly add flour mixture to peanut butter mixture, beating on low speed until well-blended, about 1 ½ minutes. Mixture may be crumbly.
6. Roll level tablespoons of dough into balls and drop onto a lightly oiled or parchment lined sheet pan, two inches apart. Flatten each ball with a fork, pressing a crisscross pattern into each cookie. Bake 7-9 minutes or until light brown around the edges. Cool on wire rack

Gluten Free Oatmeal Cookies

4 ½ cups gluten-free old-fashioned oats, divided
 2 tablespoons cornstarch
 1 ½ teaspoons ground cinnamon
 1 teaspoon gluten-free baking powder
 ½ teaspoon fine salt
 2 sticks unsalted butter, room temperature
 ¾ cup granulated sugar
 ½ cup packed light-brown sugar
 2 large eggs

DIRECTIONS:

1. Preheat oven to 350 degrees. In a blender, process 1 ½ cups oats into a fine meal. Whisk together ground oats, cornstarch, cinnamon, baking powder, and salt.
2. In a large bowl, using a mixer, beat butter and sugars until light and fluffy. Beat in eggs and vanilla. With mixer on low, gradually add oat mixture, beating until combined. Fold in chocolate chips, raisins, and remaining 3 cups oats.
3. In batches, drop dough in 2-tablespoonful mounds onto a parchment-lined baking sheet, 2 inches apart. Bake until cookies are golden brown at edges, 15 to 18 minutes. Let cool on sheet on a wire rack 2 minutes, then transfer to rack and let cool completely.
4. Store in an airtight container, at room temperature, up to 5 days, or in freezer, up to 1 month.





ABERDEEN OWNER'S ASSOCIATION, INC. ADOPTION OF 2017 BUDGET & ASSESSMENT

www.floridianpropertymanagement.com

NOTICE: November 10, 2016

The Board of Directors adopted the 2017 Budget & Annual Assessment on November 9, 2016. The Annual Assessment for 2017 will be \$50.00.

The Assessment shall be billed on December 5, 2016 and due on January 1, 2017. You will receive a payment coupon which should be returned with your payment.

Payments received after **January 31, 2017** will incur a one-time \$25.00 late fee. Payments received after **January 31, 2017** will also incur interest at 18% per annum on the past due amount. Interest will be charged each month on the past due balance in accordance with your Declaration of Covenants and Restrictions.

You may pay by credit card by accessing www.floridianpropertymanagement.com, There is a \$14.95 user fee if paying by

credit card.

Homeowners living in Stonehaven or Greenstone will not receive a payment coupon and should not pay the Master Association assessment directly as the master assessment is incorporated into your townhome or condo assessment.

If you did not attend the meeting, a copy of the 2017 Budget & Assessment will be posted to the website at www.floridianpropertymanagement.com. Please contact our office at 904-592-4090 if you would like to have a copy mailed to you.

If you have any questions, please contact me at your convenience.

By: **Kyle Meagher, Community Association Manager**

For: Aberdeen Owners' Association, Inc.



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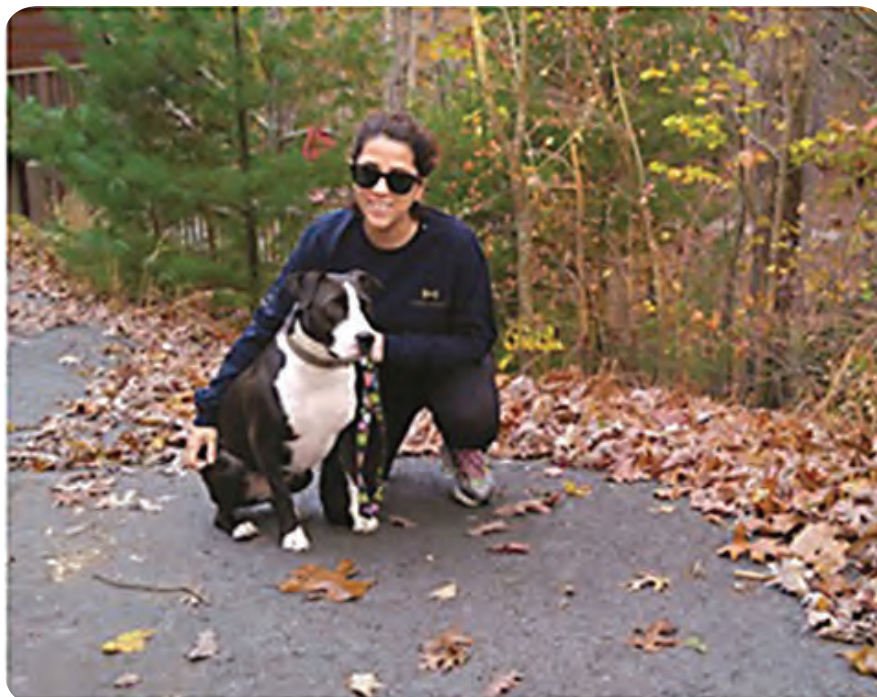
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Meet **Samantha Walters Price**, all her friends call her Sam. She's an avid runner that almost always has her best running mate Jamie, a Pitbull mix by her side running the roads or Aberdeen. We profiled Samantha for our first profile; she has been with Team GOYA for the past 2 years and has inspired others to get off their arse. She is always up-lifting, inspiring, and always has a positive outlook with life.



TEAM G.O.Y.A. Profile: Samantha Walters Price

Team GOYA: Where are you originally from?

Samantha Walters Price: Maryland, just outside of DC

TG: How long have you been a resident of Aberdeen?

Sam: Three years on Halloween

TG: When did you first start running?

Sam: in College, so almost 15 years ago

TG: What breed is Jamie: She a Pit mix

TG: Have Jamie and you ever run a race together?

Sam: No, we just run here around the Aberdeen area

TG: Do you have any lifetime running goals (bucket list)?

Sam: I like to run in as many places as I can, I always find time to go for a run when I travel

TG: What was your first marathon?

Sam: My first marathon was the Marine Corp Marathon in Washington DC. It was fantastic!!

TG: What was your most memorable race?

Sam: My first triathlon. It was a sprint and I did it for fun and I won my age group! Big surprise!

TG: What's your favorite shoe to run in?



Sam: New Balance 860, I have like 5 pairs, haha, I buy different crazy laces so I can tell them apart.

TG: Do you enjoy running with a group or alone?

Sam: Both, group runs are good for runs where you want to push yourself if you find a fast group. But generally I just get Jamie and run just the two of us.

TG: What's your favorite post-race nosh?

Sam: Watermelon, Hahah, It's full of water and some sugar. Easy to digest so it won't upset your tummy.

TG: You're expecting your first child, what are you hoping for?

Sam: We just want a healthy baby, but if it's a girl Adam is totally outnumbered now!

TG: How long do you plan on running during your pregnancy.

TG: The doctor said "I could run till I didn't want to run anymore. I'm 5 months now and still feeling ok, even though I've slowed down on my times and cut my miles.

TG: Ok Lighting Round

Sam: OK

TG: Superman or Batman

Sam: Batman

TG: Beer or wine

Sam: Beer

TG: Road or Trails

Sam: Road

TG: Hills or Heat

Sam: Heat

TG: Finish this sentence. I run therefore I _____

Sam: I run therefore I don't Kill people, Truth. You can't be mad after a run.

TG: What's your message to everyone that is reading this?

Sam: We live in a wonderful community, its prefect place to run or cycle. Everyone should meet a neighbor and make plans to head outside! I do three or four races a year with my neighbors and we have a blast each time!



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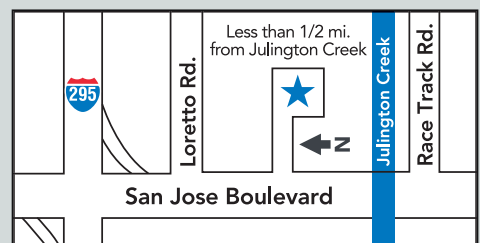


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LEARNING ABOUT YOUR TRIGGERS

Sometimes unhealthy eating can be triggered by your thoughts and feelings. This can happen when your thoughts and feelings become linked in your mind to a certain food. For example, people often have happy memories linked to food. There are several other common eating triggers. Lets take a look at some of them.

SOCIAL TRIGGERS

Do you ever overeat in situations like these?

- Your coworker offers you a homemade brownie. You don't want to offend her by saying no.

- You're at a birthday party where the tables are loaded with foods and treats.

If you answered "yes", you may be eating in response to a social trigger. Here is how to cope:

Create space: Put distance between you and the food. Stand further away from the table or move food off your table.

Be assertive: Tell someone, "No, thank you." Remind yourself that you are there for the company and not the food.

Avoid hunger temptations: You many also want to try eating before an event that you know will have tempting food. This way, you won't arrive hungry and are less likely to snack.

EMOTIONAL TRIGGERS

Do you ever overeat in situations like these?

- You feel depressed, lonely, anger, bored, happy, or nervous.
- You feel you deserve food as a reward.

If you answered "yes", you may be eating in response to an emotional trigger. Foods can mask the pain of dealing with thoughts or feelings.

Often, people use food to avoid dealing with how they feel.

Try recognizing why you want to eat and brainstorm other ways to deal.

SITUATIONAL TRIGGERS

Do you ever overeat in situations like these?

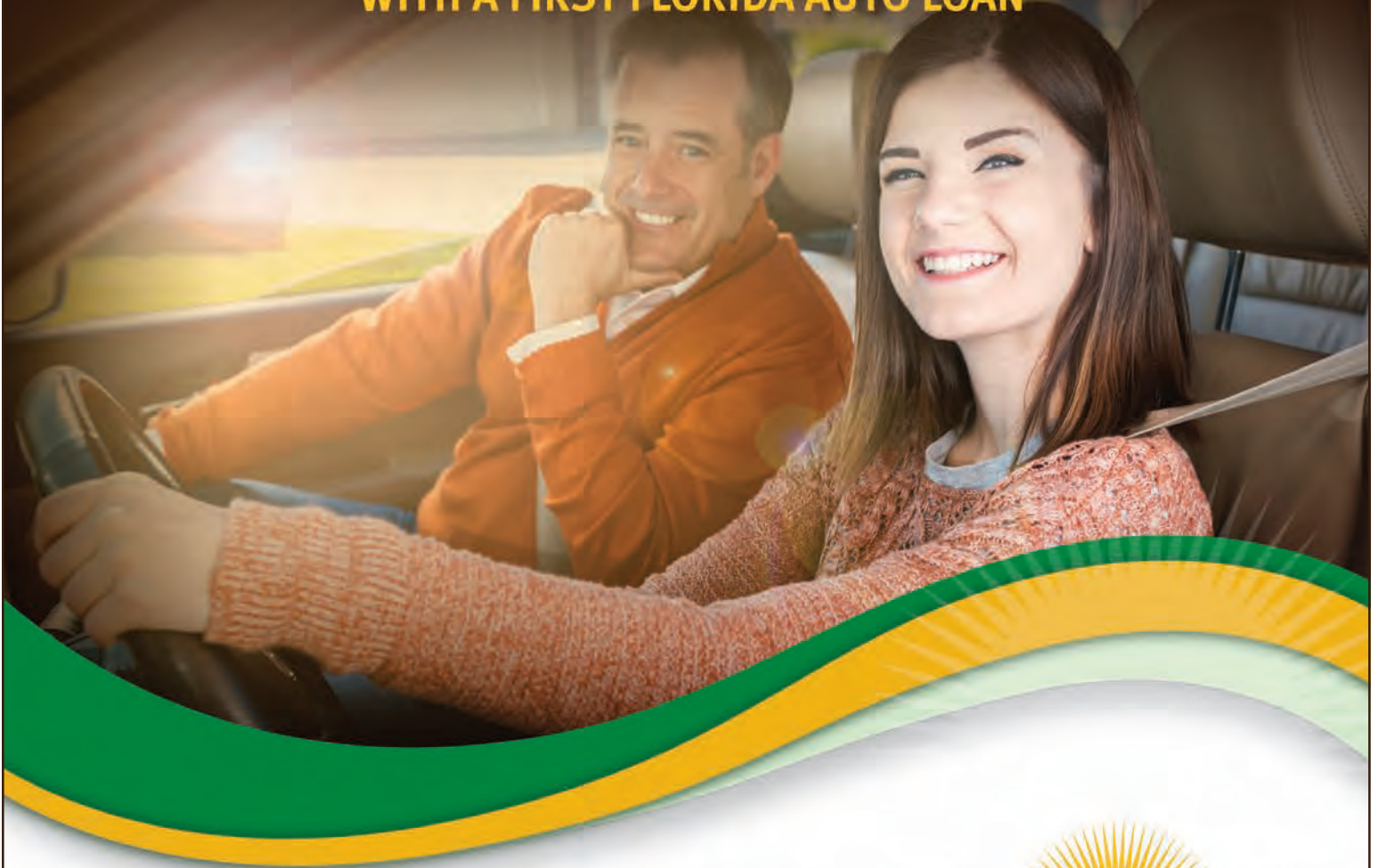
- You are watching TV or a movie.
- You are in a car or it is a certain time of day.

Avoid situations that trigger you to eat: If you usually buy food on your way into work, try a new route or bring a healthy snack instead.

Do something new instead of eating: For instance, if you always have a bedtime snack, try a new activity instead.

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