



11425 McCormick Rd • Jacksonville, FL 32225 • (904) 641-7089



## JAN/FEB 2024



## NOTES & NEWS

### Banish Winter Blahs

Banish the winter blahs with a dose of natural light. When sunlight hits the eye's retina, it boosts the body's levels of serotonin, which balances your mood. If cold weather keeps you indoors, get some sun by opening up room blinds, and sit near windows whenever possible.

### Celebrating MLK Jr. Day

The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.

### Walk and Talk

Walking is a convenient, low-intensity workout that can improve or maintain your overall health. Follow the talk test to gauge how hard you're working. If you can comfortably talk while walking, then you are successfully completing a moderate workout. But if you're able to sing, then you should up your pace.

## HIGHLIGHTS

### Stop Clutter in Its Tracks

Follow this minimalistic rule for a clutter-free home: One in, one out. It's as simple as it sounds! When you bring a new item into your space, whether an article of clothing or a cute trinket, you get rid of one already there—ideally by donating it. This practice not only helps with decluttering but also can stop you from making unnecessary purchases. Before buying something, you'll have to decide if it's really worth replacing an item you already own.

### Power Strip Pointers

Power strips are helpful tools in homes and offices, providing more outlets for all your electronic devices and appliances. Use power strips properly to keep yourself and your belongings safe:

- Use power strips that are also surge protectors. These protect electronics from damage during a storm or other power outage.
- Check the joule rating of the power strip. Small appliances need fewer joules, but for computers and similar devices, look for strips with a 1,000 joule rating or higher.
- Never "daisy chain" your power strips—plugging a power strip into another strip. This is a dangerous fire hazard. Always plug a power strip directly into a wall outlet.

## BULLETIN BOARD

### EMERGENCY MAINTENANCE

Emergency Maintenance Cell Phone (904) 627-4962 After Hours Only

### OFFICE HOURS HOURS

Monday–Friday 8:30 a.m.–5:30 p.m. Saturday CLOSED Sunday CLOSED



AK97926

### THE DUNES STAFF

Jessica Salas ..... Property Manager  
Yumi Ortiz ..... Leasing Specialist  
Robert Clark ..... Maintenance Supervisor  
Lindsey Chaney ..... Maintenance Tech  
Tom Patton ..... Grounds/Porter

### IMPORTANT NUMBERS

Office ..... (904) 641-7089  
E-mail ..... dunesapt@comcast.net  
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# TRIVIA WHIZ

## A-Plus Eats

This month marks a possibility for new beginnings, not only for the year but also for your diet. Get a fresh start with these delectable veggies and juicy fruits found at the beginning of the alphabet.

- There are over 7,000 varieties of apples. Red Kiku apples are possibly the sweetest, and green Granny Smith are among the most sour.
- Have you ever wanted to eat a flower? Well, if you've eaten an artichoke, you have! An artichoke is a flower bud that has been picked before it's had the chance to bloom.
- Tender and sweet, white asparagus has never been, or at least has rarely been, exposed to sunlight. The green color of regular asparagus comes from chlorophyll, stimulated by the sun.
- Native to the Americas, acorn squash has a slightly nutty flavor and can be substituted for your favorite starchy vegetable in almost any recipe.
- Shaped like peaches but tart like plums, apricots promote hydration and provide a hefty dose of vitamins A, C and E.
- Avocados, which are actually fruits (not vegetables), have more potassium than bananas—21% of the recommended daily value compared to a banana's 10%.
- As it grows, leafy arugula is practically pest-resistant because of its spicy aroma and flavor.
- Açai bowls are a trendy treat that features açai berry purée. These small purple fruits from the Amazon rainforest are full of antioxidants, healthy fats and fiber.
- Acerola cherries, also called Barbados cherries, grow on a shrub-like plant, are rich in vitamin C and taste like tart apples.



## A Successful Start to the Day

How you begin your day has a ripple effect: If you are rushing around to get ready, you're more likely to spend all day feeling behind and struggling to catch up. But having a set routine gives you a sense of control that you can keep with you all day, boosting your confidence and easing anxiety.

The first step of a successful morning routine is getting up on time. This looks different for everybody,

but a good rule of thumb is between 30 and 90 minutes before you need to be ready for the day. Instead of hitting the snooze button or lingering in bed, it's best to rise immediately and get your blood flowing.

Moving your body in some way raises energy levels, helping you wake up. Some people like to exercise in the morning, or you can simply do some stretches or take a five-minute walk.

Less screen time in the mornings is best. Instead of scrolling through social media or checking emails, carve out a few moments for some quiet time. Read a chapter of a book, write in a journal or meditate.

Finally, be sure to fuel your body in the morning. Drink a glass of water and eat something nutritious.

Higher energy, increased productivity and happier relationships—these are just some of the ways a morning routine can enhance your life.

## Get Creative With Journaling

Keeping a journal, scrapbook or sketchbook can improve creativity and ease mental and emotional stress. These artsy books are full of possibilities and fun for everyone. With all of the different journal variations, there's sure to be one that fits your fancy.

Scrapbooks are made to preserve and display photographs. Make your collection even more personal by adding hand-drawn or handwritten embellishments. Journal entries in a scrapbook help memorialize your stories.

Two common types of written journals are gratitude and reflective, designed to get deep into your emotions. Dream journals improve dream retention, and analyzing your dreams may even lead to new perspectives on life. Or simply use the pages to review topics like travel, food or books.

Some people find it hard to express themselves through words. Art journals are popular alternatives, and you don't need to be an artist to keep one. You can draw, color or paint whatever you want—the topics don't even need to tie into your life. Just sketch away!

Visual journaling, on the other hand, combines illustrations with personal reflection. Drawing your experiences or doodling around written journal entries may allow you to see events in a new light.

Still not convinced you can journal? Try out an easy collage journal. Simply cut out photos, words and quotes that speak to you and glue or tape them onto the pages.





## WIT & WISDOM



### Sub-Zero Cinema

Whether you prefer the majestic choreography of figure skating or the rough and rowdy crowd of ice hockey, bring the chilly fun into your home with one of these blockbuster movies:

*"The Mighty Ducks"* (1992).

This heartwarming Disney classic brought hockey to Hollywood. After a wild night, lawyer Gordon Bombay (Emilio Estevez) is sentenced to 500 hours of community service: coaching a youth hockey team.

*"The Cutting Edge"* (1992). D.B. Sweeney and Moira Kelly star in this icy romance where their clashing characters—a hockey player and a figure skater—must team up to win an Olympic gold medal.

*"Miracle"* (2004). Debatably the most famous game of American hockey was played on Feb. 22, 1980, in New York. This film tells the true story of how Coach Herb Brooks (Kurt Russell) led Team USA to an Olympic victory over the seemingly unbeatable Soviet Union.

*"Ice Princess"* (2005). Stuck between her mother's academic expectations and her own dreams of becoming a figure skater, Casey Carlyle (Michelle Trachtenberg) has a tough road ahead of her. The film's motivational message is perfect for family viewing.

*"Blades of Glory"* (2007). After being banned from the men's singles competition, two male ice skaters are forced to pair up if they hope to restore their former glory. While many sports movies focus on the drama, this spoof will have you belly-laughing with actors Will Ferrell and Jon Heder.

### Hot Cocoa Four Different Ways

A mug of hot chocolate doesn't warm just your hands, but also your soul. This sweet, creamy drink is a must for the winter season. Have you tried these versions?

*Mexican.* This cocoa holds a spicy kick with added cinnamon and cayenne or chili powder.

*Unicorn.* Made with white chocolate chips and pink food coloring, this pick-me-up is fun for all ages! Garnish with colorful sprinkles to make it a real party.

*French.* Chocolate lovers will enjoy this thick, rich drink made with heavy cream, powdered sugar and dark chocolate.

*Traditional.* Sometimes nothing beats a good, nostalgic cup of traditional hot cocoa. Try out the recipe below. (Makes four servings.)

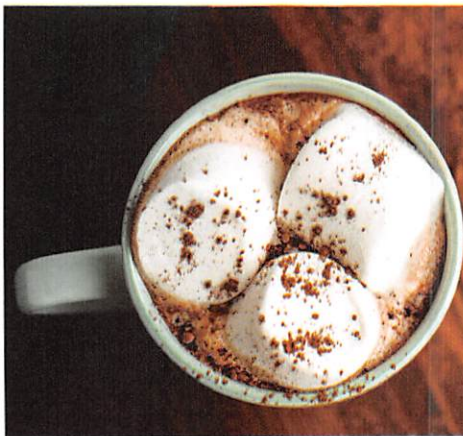
#### Ingredients:

- 1/2 cup sugar
- 1/4 cup unsweetened cocoa powder
- Dash of salt
- 1/3 cup hot water
- 4 cups milk of choice
- 1 teaspoon vanilla extract

#### Directions:

Combine sugar, cocoa, salt and water in a saucepan. Bring to a simmer, stirring constantly. Whisk in the milk, and warm to serving temperature. Remove from heat and add in vanilla.

Pour into mugs and garnish with marshmallows, whipped cream, ground cinnamon or a peppermint stick.



"And now let us believe in a long year that is given to us, new, untouched, full of things that have never been."

—*Rainer Maria Rilke*

"The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals."

—*Melody Beattie*

"Enter this new year with a gratitude for this new chance to create your dreams."

—*Avina Celeste*

"A new year inevitably leads to thoughts about both the future and the past."

—*Michael Dirda*

"I never want to say that I had glory days. I like to think that every new year there's something great that can happen; something great will happen."

—*Maya Moore*

"The new year begins in a snowstorm of white vows."

—*George William Curtis*

"Cheers to a new year and another chance for us to get it right."

—*Oprah Winfrey*

"The object of a new year is not that we should have a new year. It is that we should have a new soul and a new nose; new feet, a new backbone, new ears and new eyes."

—*G.K. Chesterton*

"The new year cometh with a magic key."

—*Gerald Massey*

"May all your troubles last as long as your New Year's resolutions."

—*Joey Adams*



## January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>New Year's Day</b> 1 Office Closed <u><b>RENT IS DUE!</b></u>	2	3	 4	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 <u><b>Rent Is Late Will Not Be Accepted Without Late Fee</b></u>
7	8	9 Pest Control (Outside) Apts. 1-74	10	11 <u><b>Eviction Begins!</b></u>	12	13
14	<b>Martin Luther King Jr. Day</b> 15	16	17	18	19	20
21	 22	23 Pest Control (Outside) Apts. 75-150	24 90 Day Inspections Units 1-50	25 90 Day Inspections Units 51-100	26 90 Day Inspections Units 101-150	27
28	29	30	31			

## February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <u><b>RENT IS DUE!</b></u>	2	3
4	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 <u><b>Rent Is Late Will Not Be Accepted Without Late Fee</b></u>	7	8	9	10
11	12 <u><b>Eviction Begins!</b></u>	13 Pest Control (Inside) Apts. 1-74	14	15	16	17
18	<b>Presidents Day</b> 19	20	21	22	23	24
25	26	27 Pest Control (Inside) Apts. 75-150	28	29		