



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

8:30 a.m.-5:30 p.m.

Sunday
CLOSED

Service
with a
smile

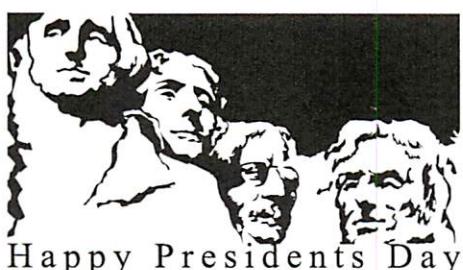


11425 McCormick Rd • Jacksonville, FL 32225 • (904) 641-7089

FEBRUARY 2020



NOTES & NEWS



HIGHLIGHTS

Goodbye, Dry Skin

Winter's cool, dry air can leave skin rough and itchy. Take these steps to banish dry skin:

Bathing. Hot water can zap skin of essential moisture, so take lukewarm showers and baths, and limit them to 10 minutes or less. Use a gentle soap and dry off by blotting gently with a towel.

Moisturize. Apply moisturizer immediately after bathing while skin is still damp. Try creams or ointments, which are thicker than lotions, and look for products that contain shea butter, olive oil or petroleum jelly.

Hydrate. You've probably heard the expression "You are what you eat." Drink plenty of water and avoid caffeine, which can contribute to dehydration. Many fruits and vegetables are high in water content, and the omega-3 fats found in foods such as salmon, tuna, nuts and olive oil can help your body retain moisture.

Heating. Avoid sitting near a fireplace, furnace vent or other heat sources. If possible, use a humidifier to combat dry indoor air.

Bedtime. Hands and feet are often the driest parts of the body, so slather them with lotion before bed. To treat especially dry skin, wear cotton gloves and socks overnight to trap moisture.

THE DUNES STAFF

Gene Newlon	Property Manager
Joni Burns	Assistant Manager
Robert Clark	Maintenance Supervisor
Tom Keyes	Maintenance Tech
Thomas Patton	Grounds/Porter

IMPORTANT NUMBERS

Office	(904) 641-7089
E-mail	dunesapartment@bellsouth.net
Website	www.thedunesjax.com

TRIVIA WHIZ



The Presidential Penny

Presidents Day on the third Monday of February celebrates all U.S. presidents, including one of the most admired, Abraham Lincoln. Since 1909, Lincoln has been in pockets and purses throughout the country in the form of the 1-cent coin. Here's a history lesson about the plentiful penny.

- The official term for the American penny is "1-cent piece." However, when the U.S. Mint struck its first 1-cent coins in 1793, British pennies were still widely circulated throughout the Colonies, and Americans continued to use the British term out of habit.
- The Lincoln penny was first minted in 1909 and celebrates the 100th anniversary of the 16th president's birth. It was the first U.S. coin to feature a historical figure.
- Sculptor and engraver Victor David Brenner designed the coin with Lincoln's portrait on the "heads" side and two wheat stalks on the "tails" side.
- The back of the penny has changed over the years. Coins minted from 1959 to 2008 feature the Lincoln Memorial. To commemorate Lincoln's 200th birthday, 2009 pennies have four different reverse sides showing scenes from his life. A shield is on the back of pennies from 2010 to the present.
- Pennies are 97.5% zinc and 2.5% copper.
- The U.S. Mint produces more than 13 billion pennies a year.
- In the 1980s, U.S. military bases overseas stopped using the penny and began rounding all transactions up or down to the nearest 5 cents.



Boost Your Mood With Food

Getting the right nutrients can improve mood, tame stress, ease anxiety and even help fight depression. The following foods contain the vitamins, minerals, fiber and other substances that will help you feel more upbeat.

Fruits and vegetables. A research review found the more fruits and vegetables you eat, the lower your risk of depression. Avocado, bananas and berries are among the most recommended fruits. The best mood-boosting vegetables include beets,

bell peppers, broccoli, leafy greens, okra, sweet potatoes and zucchini.

Nuts, beans and grains. At snack time, reach for almonds, Brazil nuts, cashews, sunflower seeds and walnuts. Incorporate brown rice, chickpeas, lentils, oatmeal, peas and quinoa into meals.

Fish. Eating salmon, sardines, tuna and other fish containing omega-3 fatty acids can help lower anxiety. A 3-ounce serving of fish two or three times a week is a good goal.

Fermented foods. Kimchi, kombucha, sauerkraut, tempeh and certain yogurts are good sources of healthy bacteria called probiotics. Studies are still underway, but these foods may help reduce stress and anxiety.

Chocolate. A bit of dark chocolate can provide a pick-me-up. The antioxidants in this sweet treat have been shown to reduce levels of cortisol and other stress hormones.

Soothing Sounds

The pages of a book gently turning. The scratch of a pencil on paper. Fingers lightly tapping on a table. For many people, these ordinary sounds create a relaxing experience that is known as ASMR, or autonomous sensory meridian response.

ASMR is characterized by a tingling sensation that usually begins at the scalp and spreads down the neck and spine to the rest of the body, resulting in feelings of happiness and calmness. A range of sounds can trigger the response, with whispering being the most common. For that reason, ASMR is sometimes called "whisper therapy."

Since the phenomenon first gained attention in the early 2000s, many enthusiasts experience it by watching and listening to videos and audio clips of routine tasks. There are now more than 10 million internet videos of people trying to create an ASMR experience for others. For

example, a video may show someone brushing their hair, with the sound of the moving bristles as the ASMR trigger. Others feature the chopping of vegetables on a cutting board, typing on a keyboard or a ticking clock.

ASMR videos are primarily a source of relaxation, often used by people to help them fall asleep. Based on early research, ASMR may also improve mood and provide temporary pain relief.



The sound of a ticking clock can be relaxing



It's Nice To Be Neighbors

Did you ever think about how your relationship with your neighbors can impact your quality of life? Creating a community of considerate people is key to a peaceful and enjoyable home. Begin by being the kind of neighbor you would like to have: respectful, kind and generous.

First, you can be friendly, even if you aren't really friends. You don't have to be close to your neighbors to be sociable. Simply greet your neighbors when you see them with a "hello" or a polite wave.

A 2018 survey found that six of the top 10 complaints people have about their neighbors involve noise, whether from music, voices, parties, kids, pets or TVs. Be mindful of the noise coming from your home, especially late at night or early in the morning.

Your home's appearance means a lot to the overall feel of your neighborhood. Keep visible areas, such as windows and your front door, clean and uncluttered. Help maintain common spaces and shared amenities.

Doing good deeds for your neighbors helps build a strong, trustworthy community. Look for opportunities to lend a hand, such as helping someone carry their trash out or scraping their windshield on a frosty morning.

If you'd like to form a closer bond with your neighbors, introduce yourself the next time you cross paths. Consider exchanging phone numbers with the people living closest to you.

One Minute Chef

Chocolate Cherry Thumbprints

Ingredients:

- 1 cup butter, softened
- 2 cups sugar
- 2 eggs
- 2 teaspoons vanilla
- 3 cups flour
- 1 cup cocoa
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 can (21 ounces) cherry fruit filling
- 1/2 cup chocolate chips

Directions:

Heat oven to 350° F.

Cream butter and sugar until light and fluffy. Mix in eggs, one at a time. Add vanilla and mix until combined. Add flour, cocoa, salt, baking soda and baking powder. Mix until combined.

Roll dough into 2-inch balls. Place on greased baking sheet or baking sheet lined with parchment paper. Press thumb into center of each cookie to make a well. Spoon cherries into each cookie.

Bake for 12 minutes. Allow cookies to cool.

Melt chocolate chips according to package directions. Drizzle over cookies. Let chocolate set and serve immediately or store in airtight container.

More recipes at www.LuckyLeaf.com.



WIT & WISDOM

"Cheerfulness is the best promoter of health and is as friendly to the mind as to the body."

—Joseph Addison

"Be healthy and take care of yourself, but be happy with the beautiful things that make you, you."

—Beyoncé

"The root of all health is in the brain.

The trunk of it is in emotion. The branches and leaves are the body. The flower of health blooms when all parts work together."

—Kurdish proverb

"A healthy outside starts from the inside."

—Robert Urich

"I do try to eat lots of salads and healthy foods. But cakes are healthy, too; you just eat a thin slice."

—Mary Berry

"Good health is a duty to yourself, to your contemporaries, to your inheritors, to the progress of the world."

—Gwendolyn Brooks

"Keep your vitality. A life without health is like a river without water."

—Maxime Lagacé

"Eat healthily, sleep well, breathe deeply, move harmoniously."

—Jean-Pierre Barral

"Treasure the love you receive above all. It will survive long after your good health has vanished."

—Og Mandino

"Happiness is nothing more than good health and a bad memory."

—Albert Schweitzer



February 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

♥ ♥ FEBRUARY ♥ ♥

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Rent Is Due

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16 Presidents Day

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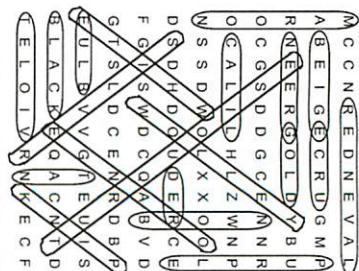
Category: Colors

M C C N R E D N E V A L
 A B E I G E C R U G M P
 R N E E R G O L D Y B U
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1. Tan
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18. Violet
19. White
20. Yellow

Word Search Solution:

1. Beige	11. Orange
2. Black	12. Pink
3. Blue	13. Purple
4. Brown	14. Red
5. Ecru	15. Silver
6. Gold	16. Tan
7. Green	17. Turquoise
8. Lavender	18. Violet
9. Lilac	19. White
10. Maroon	20. Yellow



Word Search