



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

JUNE 2019



NOTES & NEWS

The Stars and Stripes

Did you ever wonder why June 14 is Flag Day? On this day in 1777, John Adams presented the following resolution before the Continental Congress in Philadelphia: "That the flag of the 13 United States shall be 13 stripes, alternate red and white; that the union be 13 stars, white on a blue field, representing a new constellation."

Our flag now boasts a magnificent total of 50 stars, while the 13 stripes remind us of our nation's beginning.

If you plan to display the U.S. flag this month, remember the following flag etiquette:

- An outdoor flag should be flown from sunrise to sunset. You can fly it at night as long as it is illuminated.
- It must not be flown during inclement weather unless it's an all-weather flag.
- Never let the flag touch the ground, the floor, or anything else beneath it.
- When displayed on a staff with other flags, the American flag must be flown above the rest.

HIGHLIGHTS



The Woman Behind Father's Day

It took a mother to bring equity to fathers.

As she sat in church more than 100 years ago in Spokane, Wash., Sonora Smart Dodd listened to a sermon about Mother's Day. It made her wonder why there was no Father's Day. Dodd, one of six children, was determined to find a way to honor her father, who raised the family after Dodd's mother died. That year, 1909, Dodd took her concerns to the Spokane Ministerial Alliance and suggested that fathers have their day. Her idea gained support. On June 19, 1910, Spokane recognized the first Father's Day on record. Dodd, who had a son of her own, must have appreciated it when President Calvin Coolidge approved a nationwide celebration of Father's Day in 1924.

Dodd, an Arkansas native, was 96 when she died in 1978.

Happy Summer!

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



AK97959

THE DUNES STAFF

Monique Bouchard	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

Fathers in Film

Father figures can be found not just in real life, but in movies, too. This Father's Day, consider the paternal pride shown in the following on-screen dads.

Atticus Finch. In the 1962 classic "To Kill a Mockingbird," Gregory Peck's Southern lawyer shows integrity, courage and compassion as he faces a perilous trial and the responsibilities of parenting his children, Scout and Jem, in troubled times.

Dr. Henry Jones. First appearing in 1989's "Indiana Jones and the Last Crusade," Sean Connery's senior Dr. Jones may irritate his globetrotting archaeologist son Indiana, but despite their bickering, audiences can tell there is a real bond between "Junior" and his dad.

Sam Baldwin. Though recently widowed and still grieving, Sam, played by Tom Hanks, is a positive and caring father for his son, Jonah, in the 1993 romantic comedy "Sleepless in Seattle."

Marlin. The overprotective clown fish in 2003's animated hit "Finding Nemo," Marlin, voiced by Albert Brooks, embarks on an epic journey filled with danger and self-discovery as he searches the sea for his kidnapped son Nemo.

Chris Gardner. In the 2006 drama "The Pursuit of Happyness," which is based on a true story, Will Smith portrays a devoted father who goes from homelessness to a career as a stockbroker. Gardner is determined to make the best possible life for his son, and no matter how difficult things get, he always finds the time and energy to be a good dad.

"The quality of a father can be seen in the goals, dreams and aspirations he sets not only for himself, but for his family."

—Reed Markham



Find the Freshest Fruit

A fresh fruit salad is one of the highlights of summer cuisine. Use your senses of sight, touch and smell to select the tastiest and freshest produce.

Blueberries. Pick berries that are firm, plump and completely blue, with no red tint.

Cantaloupes. The melons should have a sweet smell and be cream or golden in color, not green. Avoid fruits with soft spots.

Cherries. Choose those that

are plump and shiny. Cherries with intact stems will stay fresh longer.

Grapes. The best specimens will be firm, plump and heavy for their size. They should be firmly attached to the stems, which should be green, not brown and dried out.

Kiwifruits. Avoid fruits that are either rock hard or mushy, instead selecting those that give slightly when pressed.

Peaches. Choose fragrant, deeply colored fruits that are just a little soft at the stem end. Pass on peaches with wrinkles or bruises.

Strawberries. Select small to medium-sized strawberries that are fragrant, shiny and fully red, with no white at the top. The freshest will still have green stems.

Watermelons. The ripest melon will have a large yellow spot on one side where it sat on the ground, be heavy for its size, and sound hollow when you tap it with your knuckles.

Be a Great Wedding Guest

Wedding season is in full swing, and if you've been invited to share in the festivities of a friend or family member, be a model guest by brushing up on some wedding etiquette.

Always RSVP. Be sure to RSVP by the deadline. The couple needs to know who will be attending so they can plan details such as food and seating.

Review your wardrobe. Most couples will clearly state the dress code on their invitations. If you're not sure what is appropriate, ask someone familiar with the wedding, such as a bridesmaid. One rule etiquette experts agree on is that guests should never wear white; that is reserved for the bride.

Give a gift. Even if you can't attend the event, you may wish to give the couple a wedding present. If you shop from the registry, you'll know your gift is something they will enjoy. Cash or gift cards are also perfectly acceptable.

Don't play paparazzi. The bride and groom are likely looking forward to having photos taken by a professional photographer they hired to do the job. Guests should keep their phones and cameras out of sight until the reception.

Pause before you post. Respect the newlyweds' wishes when it comes to sharing photos and videos of the festivities on social media sites. A general rule is to not post anything online until after the couple has had a chance to do so.





WIT & WISDOM



Party of One

Traveling alone has advantages. You get to visit the sights you want to see, keep to your own schedule and feel a greater sense of independence. But solo travel has its challenges, too. Preparation and common sense are key to a successful trip.

First, give your friends and family a copy of your itinerary that includes departure and arrival times, hotel reservations, and an outline of your sightseeing schedule. Stay in touch regularly via phone, text, social media or email.

The best way to meet people while traveling solo is to hang out in coffee shops, public squares and museums. Take a walking tour of the city to learn about the town and meet other travelers. Talk to locals who know the area and can tell you where to visit and what to skip.

Use the opportunity of traveling alone to do something you wouldn't do at home or with friends, whether it's salsa dancing, surfing or eating an exotic food.

At mealtime, consider alternatives to formal dining. Try a food truck, deli or sidewalk café. During your meal, read a local newspaper, write in your travel journal or people-watch.

Always keep safety in mind. Stick to public places, especially at night. Look like you know what you're doing and where you're going, even if you have to fake it. If your instincts are telling you that something is not right, trust them.

Traveling solo has advantages and challenges



One Minute Chef

Cranberry-Orange Chia Granola

Ingredients:

- 2 1/2 cups old-fashioned oats
- 6 ounces pistachios, chopped
- 1/4 cup chia seeds
- 5 ounces dried cranberries
- 1 tablespoon orange zest
- 3/4 cup honey
- 3 tablespoons coconut oil
- 1 teaspoon vanilla
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon sea salt

Directions:

Heat oven to 325° F.

In large bowl, combine oats, pistachios, chia seeds, cranberries and orange zest. Toss until orange zest is evenly distributed.

In medium bowl, combine honey, coconut oil, vanilla, cinnamon and salt. Heat in microwave 1 minute; stir. Continue heating in 30-second intervals until coconut oil is melted.

Add honey mixture to oat mixture. Toss until thoroughly coated. Transfer to baking sheet lined with parchment paper. Spread into even layer and bake in center of oven 20 minutes. Stir and continue cooking until evenly browned, about 10 to 15 minutes.

Remove from oven and cool to room temperature. Granola can be stored in airtight container up to three weeks.

Find more recipes at www.Aldi.us.



"There are no rules of architecture for a castle in the clouds."

—G.K. Chesterton

"How sweet to be a cloud, floating in the blue!"

—A.A. Milne

"Not a breath of air stirred over the free and open prairie; the clouds were like light piles of cotton, and where the blue sky was visible, it wore a hazy and languid aspect."

—Francis Parkman

"Let's build us a happy little cloud that floats around the sky."

—Bob Ross

"Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds."

—Regina Brett

"You must not blame me if I do talk to the clouds."

—Henry David Thoreau

"Human minds are more full of mysteries than any written book and more changeable than the cloud shapes in the air."

—Louisa May Alcott

"The seasons do not push one another; neither do clouds race the wind across the sky. All things happen in their own good time."



—Dan Millman

"When you're a kid, you lay in the grass and watch the clouds going over, and you literally don't have a thought in your mind. It's purely meditation, and we lose that."

—Dick Van Dyke



June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Rent Is Due
2	3	4	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6	7	8
9	10	11 Pest Control Inside Apts. 1 - 74 Eviction Begins!	12	13	14  Flag Day	15
16  Honor Dad on Father's Day	17	18	19	20	21	22
23/30	24	25 Pest Control Inside Apts. 75 - 150	26	27	28	29

Word Search

Category: Birds

U N B S W A L L O W C M	1. Crow
N E D D W E D <u>C R O W</u> C	2. _____
I R G F L A P A R R O T	3. _____
U W B G S S N G E R D G	4. _____
G D A L L A R K N A X H	5. _____
N E D D U G C W O P C C	6. _____
E L P C D E F A O S C V	7. _____
P O S I P G J H L U A K	8. _____
S I D D G R D A C C N R	9. _____
D R O S D E C K Y V A O	10. _____
F O F G F T O D G H R T	11. _____
W C N I B O R N H J Y S	12. _____
	13. _____
	14. _____
	15. _____
	16. _____
	17. _____
	18. _____
	19. _____
	20. _____

Word Search Solution:

1. Bluejay	11. Parrot
2. Canary	12. Penguin
3. Crow	13. Pigeon
4. Cuckoo	14. Robin
5. Eagle	15. Sparrow
6. Egret	16. Stork
7. Hawk	17. Swallow
8. Lark	18. Swan
9. Loon	19. Woodpecker
10. Oriole	20. Wren



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



MAY 2019



NOTES & NEWS



Just Doing Her Job?

In addition to the demanding duties of motherhood, our moms worked second jobs as homemakers, accountants, teachers, scientists, writers, artists, chefs and more. If an award were to be given for Best Mother Ever, millions of women would be recognized because each mother excels in her own way. However, every last one would probably decline the award, saying that she was glad to do whatever she could to give her children the world. The team at our community would like to thank our mothers for their hard work and devotion. We hope your Mother's Day holds all the happiness (and rest) that you deserve!

HIGHLIGHTS

The Day to Remember Those We've Lost

Memorial Day, originally known as Decoration Day, began in the 1860s, when people would decorate the graves of soldiers who had fought in the Civil War. Gen. John Logan, leader of a Civil War veterans' organization, officially proclaimed May 30 as Memorial Day in 1868.

After World War I, May 30 became a day to honor fallen soldiers from all wars.

In 1971, Memorial Day became a federal holiday, and Congress declared it be celebrated on the last Monday in May, ensuring a three-day weekend.

Cities across the country hold Memorial Day parades and other events. American flags are often placed throughout cemeteries for veterans. At other cemeteries, many people choose to decorate the graves of all loved ones, not just service members.

On Memorial Day, the American flag should be flown at half-staff until noon, then raised to full staff in recognition of those currently serving in the military.

The Memorial Day weekend is often a time for picnics and barbecues, as it is considered the unofficial start of summer.



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



AK979S4

THE DUNES STAFF

Monique Bouchard 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

Green and Glorious

Emerald, the birthstone for May, represents honesty, loyalty and friendship. The green stone is part of a family of gems called beryl, and some specimens are valued more than diamonds. Here are some more fun facts about this dazzling jewel:

- Emerald is one of four recognized precious gemstones. The others are ruby, sapphire and diamond.
- The oldest emeralds ever discovered are almost 3 billion years old.
- One of Cleopatra's favorite gemstones was emerald. In fact, emeralds were first mined in Egypt around 1500 B.C. Those mines were used for more than 3,000 years.
- The South American country of Colombia yields more than 50 percent of the world's emeralds.
- The deeper an emerald's green color, the more valuable it is.
- Emeralds can chip and crack easily. This makes the stones more expensive to set into jewelry, since extra care is involved.
- Because emeralds have a lower density, a 1-carat emerald appears larger than a 1-carat diamond.
- Flawless emeralds are extremely rare. Each emerald's imperfections are embraced as unique features and are referred to as *jardin*—the French word for "garden."
- Synthetic emeralds were developed in 1935.
- Emerald is the traditional gift for a 55th wedding anniversary.
- Actress Elizabeth Taylor owned an emerald necklace that sold in 2011 for \$6.5 million, which comes out to about \$280,000 per carat.



To Mom, With Love

Make Mother's Day extra special this year by treating the moms in your life to a thoughtful gift that expresses your love and gratitude. Whether you are shopping for your mom, grandma, mother-in-law or a new mother, you're sure to find one of these gift ideas the perfect fit.

Out and about. For the mother who likes to spend time outdoors, select a chic straw hat and stylish pair of sunglasses she can wear to the farmers' market or on a walk

around the block. Make Mom's backyard a popular hangout for her feathered friends when you choose a new birdfeeder and supply of seeds. For a jet-setting mom, consider a set of eye-catching luggage tags and passport holder.

Homebody. Moms who like to hang out at home might enjoy an aromatherapy diffuser and selection of essential oils. Help her feel cozy no matter what the temperature with a new fuzzy robe and slippers, super soft sheets or a comfortable nightgown. A selection of crossword puzzle books, coloring books or best-sellers will keep Mom entertained during a relaxing night in.

Tried and true. Go-to gifts that will almost always be appreciated include framed photos of family members; a potted orchid or succulent; a specialty cookbook; pretty tea towels or an apron; a leather clutch or tote bag; and a fashionable scarf.

Grow Your Own Herbs

Add garden-fresh flavor and beneficial nutrients to your meals by growing herbs indoors year-round.

A mix of herbs known to have high concentrations of antioxidants are basil, oregano, rosemary and thyme. These four can also be used in a wide variety of dishes. Other popular cooking herbs include cilantro, chives, parsley, sage and dill.

When deciding what to grow in your indoor kitchen garden, choose the herbs that you cook with most frequently.

Herbs grow best from seedlings, which you can find at a garden center. You'll also need potting soil designed for indoor plants, pots with good drainage, and a saucer or tray to catch excess water.

Most plants prefer at least six hours of sun daily. Water and fertilize as needed, but don't overdo it. If you have trouble remembering when you last

watered, keep notes on a calendar.

Wait until the herb plant is mature to harvest the first time. Cut leaves off the top, not the sides. Never harvest more than one-third of the plant at a time. Afterward, wait for that one-third to grow back before you harvest again.

If you end up growing more than you can use, consider drying your herbs to preserve them for future use or to share with friends and family.



Add flavor to your meals by growing your own herbs



Plan Your Playtime

School's out soon, but summer fun isn't just for kids. Discover the joys of the season all over again by scheduling some fun in the sun during the next few months.

Be a sport. Sign up for a community softball team, play a pickup basketball game at the park, or meet friends for a game of bocce or Frisbee golf. Go for a bike ride or hike. Enjoy America's pastime with your favorite baseball team, whether it's Little League, Minor League or Major League.

Make a splash. Hit the nearest water park to cool down with some big waves. For a more peaceful outing, choose a lake, river or pool and spend your time learning a new swimming stroke, floating and staring at the sky, or just lounging on the shore or deck with a good book and some breezy tunes.

Tour your town. Check a community calendar for special events such as art fairs, flea markets, outdoor concerts and fireworks shows. Spend a few weekends hitting area farmers' markets, art galleries or antique stores. Learn about your town's past by touring historical sites or visiting a museum.

Hang out with Mother Nature. Grab some snacks and a blanket and enjoy a picnic at your favorite park. Bring along art supplies so you can sketch or paint the scenery. To do some stargazing, pick a clear night, find a quiet spot away from city lights, and use a telescope to pick out planets and constellations.

Pork Chops With Mushrooms

Ingredients:

- 4 boneless pork chops
- 1/2 teaspoon pepper
- 2 tablespoons canola oil, divided
- 12 ounces sliced portobello mushrooms
- 2 garlic cloves, minced
- 1/2 teaspoon salt, divided
- 2 tablespoons balsamic vinegar
- 2 tablespoons water
- 2 teaspoons Worcestershire sauce
- 1 teaspoon sugar
- 2 tablespoons chopped green onions

Directions:

Sprinkle both sides of pork chops with pepper.

In large skillet over medium-high heat, heat 1 tablespoon canola oil. Cook pork chops 4 minutes on each side, or until internal temperature reaches 160° F. Remove and set aside.

Add remaining canola oil to skillet. Cook mushrooms 4 to 5 minutes, or until tender and juices begin to release, stirring occasionally. Stir in garlic and 1/4 teaspoon salt; cook 15 seconds, stirring constantly. Place over pork chops; cover to keep warm.

Add vinegar, water, Worcestershire sauce, sugar and remaining salt to skillet. Bring to boil over medium-high heat and cook about 2 minutes, or until reduced to 2 tablespoons, scraping bottom and sides of skillet. Drizzle sauce over pork and mushrooms. Sprinkle with onions.

Find more recipes at www.CanolaInfo.org.



"A flower cannot blossom without sunshine, and man cannot live without love."

—Max Muller

"Challenge yourself, grow, blossom, and become who you were meant to be."

—Carolyn Aronson

"When the flower blossoms, the bee will come."

—Srikumar Rao

"Any human anywhere will blossom in a hundred unexpected talents and capacities simply by being given the opportunity to do so."

—Doris Lessing

"I like to think of thoughts as living blossoms borne by the human tree."

—James Douglas

"A flower blossoms for its own joy."

—Oscar Wilde

"Roses do not bloom hurriedly; for beauty, like any masterpiece, takes time to blossom."

—Matshona Dhliwayo

"Blossom by blossom the spring begins."

—Algernon Charles Swinburne

"If you want love to blossom in your heart, just sit in the garden, and watch the flowers grow."

—Anthony T. Hincks

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

—Anais Nin



May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY			1 Rent Is Due	2	3	4
5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 Oh, No! Late Fees Begin Today	7	8	9	10 <u>Eviction Begins!</u>	11
12 Mother's Day	13	14 Pest Control (outside) Apts. 1 - 74 A/C Filters Apts. 1 - 74	15	16	17	18
19	20	21 	22	23	24	25
26	27 MEMORIAL DAY	28 Pest Control (Outside) Apts. 75 - 150 A/C Filters Apts. 1 - 74	29	30	31	

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

5	9	7	8	6	1	2	3	4
4	8	6	3	2	7	5	9	1
3	1	2	5	4	9	6	7	8
8	7	1	2	3	5	4	6	9
6	5	4	9	1	8	3	7	2
9	2	3	6	7	4	8	5	1
1	3	5	7	8	6	9	4	2
7	6	9	4	5	2	1	8	3
2	4	8	1	9	3	7	5	6

	5				1		4	2
		1			4			
2			9	8				1
		8	4			3		
7			8		6			9
					2	1		
8				4	5			
			7			9		
4	3		1				6	