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Office Hours

Mon - Fri 8:00 am - 5:00 pm
Saturday Closed
Sunday Closed



Five Tips For A Classic Summer Cut

Warmer weather usually means a few things for guys — the return of baseball, grilling season and a shorter haircut. In fact, about 21 percent of males opt for a buzz cut throughout the year because of the clean, low-maintenance appeal.

Cutting hair at home is a great time — and money saver. The average family can save several hundred dollars a year, and most people are comfortable giving a haircut at home after a few tries. If you haven't cut hair at home before, the summer cut is one of the more simple styles to achieve right out of the gate. Below are five tips to get started:

- 1. Get set up.** Most prefer the bathroom or kitchen for haircutting, but using a clipper outside during the warmer months can be a great way to simplify cleanup.
- 2. Start longer and move shorter.** If you aren't comfortable with the clippers, start with a longer guide comb and work down to the desired length.
- 3. Back to front.** Start with the back of the head and work to the sides. After getting the desired length, the top can be cut accordingly.
- 4. Even it out.** Brush off the freshly cut hair with a towel. Use the unguarded hair clipper to straighten around the ears and neckline.
- 5. Experiment with longer styles.** Despite its name, the summer cut comes in multiple lengths, from the military cut to a ½ inch or more. If the plan is to go with a tight buzz cut, try longer styles before completely buzzing off to get comfortable with the clipper for when cooler months return.

Six Simple Ways To Get Ready For the Swimsuit

Here are some shape-up-for-summer tips to get you ready for the season:

- 1. Enjoy seasonal fruits and vegetables to add variety without sacrificing satisfaction.** Freshly steamed asparagus, blanched green beans and chilled ripe strawberries have wonderfully robust flavors when picked at their peak.
- 2. Substitute a sprinkle of chopped walnuts for hollandaise sauce, a splash of olive oil for butter, and sliced almonds for whipped cream to get the benefits of heart-healthy fats.**
- 3. Limit casseroles, cream-based sauces and other "comfort foods."** Instead, enjoy a chef's salad filled with luscious tomatoes and fresh greens and accented with lean meats and low-fat cheeses. Top it off with seasonal berries garnished with a dollop of fat-free whipped topping for dessert.
- 4. Grab your walking shoes and hit the pavement, beach or trails.** Instead of focusing on how far you need to walk, pay attention to the unique sights, sounds and smells around you. You'll feel rejuvenated by the time you return home.
- 5. Add 15 to 20 minutes of light weight training twice a week to tone up muscles.** You can use common household items, such as a water-filled, plastic milk jug or detergent bottle. For every pound of muscle you gain, you burn an extra 35 calories—which can add up to a 10-pound weight loss over the course of a year.
- 6. Dig out your gardening tools.** Clean out the attic. Go through the stuff in the garage. Chase the kids around the playground. Thirty minutes of brisk activity several days per week energize you and burn off extra calories.



Gas Prices Steer Buyers To Fuel-Efficient Cars

With oil hovering around \$100 per barrel and gasoline prices continuing to rise, more car buyers are interested in cars, trucks and utilities that offer fuel economy, especially those with EPA-certified ratings of 40 mpg or more.

One of their newest cars is the Focus SFE, EPA certified at 40 mpg highway and 28 mpg city. Focus joins the 41-mpg-city Fusion Hybrid and 40-mpg-highway Fiesta in the 40-mpg-and-over club.

In addition, Lincoln MKZ Hybrid is the most fuel-efficient luxury sedan in America, with its 41-mpg-city EPA-certified rating.

The arrival of the 2.0-liter EcoBoost engine later this year in the Edge crossover and Explorer SUV will see two more nameplates join the best-in-class mpg club.

More of the company's fuel economy stars include:

- **Mustang V6:** the first car in history to deliver the combination of 300-plus horsepower and more than 30 mpg.
- **F-150:** Its 302-horsepower 3.7-liter V6 engine and six-speed automatic deliver a best-in-class 17 mpg city and 23 mpg highway.
- **Fiesta:** The combination of a 120-horsepower 1.6-liter four-cylinder and available six-speed dual-clutch PowerShift automatic transmission delivers 40 mpg on the highway.
- **Super Duty:** The 6.7-liter Power Stroke diesel engine delivers as much as 20 percent better fuel economy than the 6.4-liter it replaced.
- **Edge:** Edge delivers 19 mpg city and a best-in-class 27 mpg highway. The upcoming 2.0-liter EcoBoost engine in the 2012 Edge is expected to deliver even greater economy.
- **Fusion Hybrid** remains America's most fuel-efficient midsize family sedan, topping the Toyota Camry Hybrid by 10 mpg in the city, according to the EPA.
- **Escape Hybrid, Transit Connect, Ranger and Lincoln MKZ Hybrid** also lead their segments.



JULY DVD Release Dates

July 5
Hobo with a Shotgun

July 12
Insidious
Miral
REC 2
The Lincoln Lawyer

July 15 [Friday Release]
Rango

July 19
Limitless
Potiche
Take Me Home Tonight
Tekken

July 26
Source Code



DIM A LITTLE, SAVE A LOT

Rising energy costs and recent legislation called the Energy Independence and Security Act are encouraging many homeowners to reduce energy consumption. This means new, energy-efficient light sources are more popular than ever. It also makes dimming the lights more than a way to set a nice mood. It's a way to save electricity.

Dimming an incandescent or halogen light just 25 percent can save you up to 20 percent in energy—and makes your lightbulbs last up to 20 times longer.

Though compact fluorescent lamps (CFLs) and screw-in light-emitting diode (LED) bulbs use less energy than typical incandescent and halogen bulbs do, historically, they've not been compatible with light dimmers. Lights have been known to drop out, not turn on and/or turn off unexpectedly.

A dimmer switch can help you save energy while setting the right light level to improve mood and ambience.

Use What You Have To Stay Healthy And Fit

Anyone, anywhere can maintain a healthy weight and prevent or delay certain health problems by getting regular physical activity and eating healthy. Fortunately, it doesn't have to be difficult or expensive. To help, the experts at the Weight-control Information Network (WIN) suggest you:

- Talk with your health care provider about your weight and your fitness activities.
- Start with a small goal of being active for 10 minutes a day and slowly build up your time.
- Form a walking group with friends and use the track at a nearby high school.
- Ask friends and co-workers to be active with you. Having exercise "buddies" may help you stay interested in being active.
- Save time by buying foods that are easy to prepare. Consider fixing whole-wheat pasta

and tomato sauce or rice and beans. Be sure to freeze or refrigerate leftovers right away to keep them safe to eat.

- Check out a farmers market or roadside stand if one is near you. You may find fresh fruits, vegetables and other foods that are in season.

You can learn more about using what you have to be healthy and fit from "The World Around You," a publication offered by the Weight-control Information Network, a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health. WIN provides the general public, health professionals and the media with up-to-date, science-based health information on weight control, obesity, physical activity and related issues.

This publication offers tips on easy ways to be physically active in your daily life. It also suggests ways to select and prepare food that will help you maintain a healthy weight and feel better overall. You don't need costly weights, treadmills or organized classes to be physically fit. Walking the dog will do. The important thing is to get and stay active.



Texas BBQ Chicken

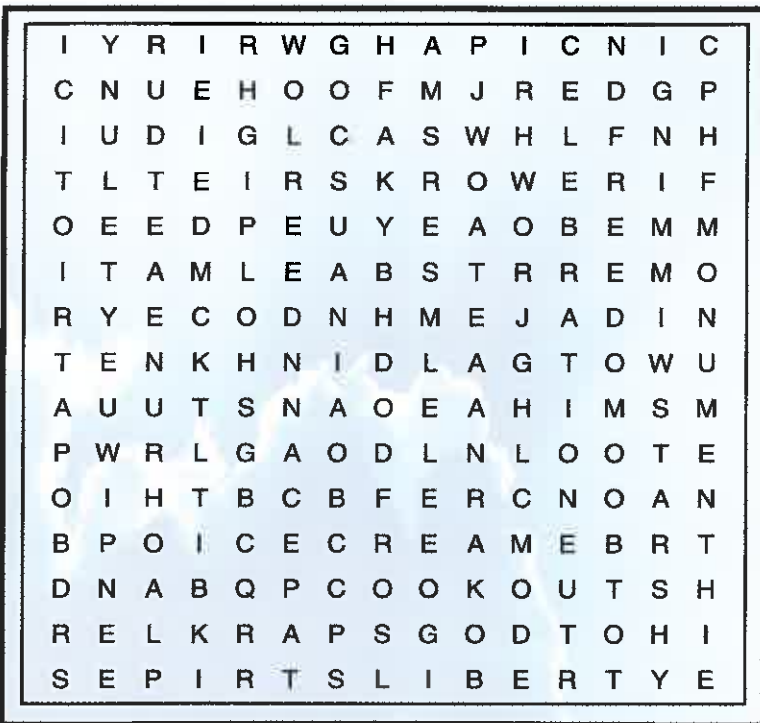


- 8 boneless, skinless chicken breast halves
- 3 tablespoons brown sugar
- 1 tablespoon ground paprika
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 1/2 teaspoon chili powder
- 1/4 cup distilled white vinegar
- 1/8 teaspoon cayenne pepper
- 2 tablespoons Worcestershire sauce
- 1 1/2 cups tomato-vegetable juice cocktail
- 1/2 cup ketchup
- 1/4 cup water
- 2 cloves garlic, minced

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Place the chicken breasts in a single layer in a 9x13 inch baking dish. In a medium bowl, mix together the brown sugar, paprika, salt, dry mustard, chili powder, vinegar, cayenne pepper, Worcestershire sauce, vegetable juice cocktail, ketchup, water and garlic. Pour the sauce evenly over the chicken breasts.
3. Bake uncovered, for 35 minutes in the preheated oven. Remove chicken breasts, shred with a fork, and return to the sauce. Bake in the oven for an additional 10 minutes so the chicken can soak up more flavor. Serve on a bed of rice with freshly ground black pepper.

word search

BAND	FREEDOM	PICNIC
BASKET	HAMBURGER	RED
BIRTHDAY	HOLIDAY	ROCKET
BLUE	HOTDOGS	SPARKLER
BOOM	ICECREAM	STARS
CELEBRATION	INDEPENDENCE	STRIPES
COOKOUT	LEMONADE	SWIMMING
COOLER	LIBERTY	UNCLESAM
FIREWORKS	MONUMENT	WASHINGTON
FLAG	PATRIOTIC	WHITE



Making Lemonade from Lemons

By Brad Bell

One of the problems with being a photographer and traveling to a specific location with a particular shot in mind is that you either have to do a lot of homework to insure that the scene you shoot will be what you want it to be, or play a little Russian roulette. I was in NYC in February for just one night and I wanted to shoot the downtown Manhattan skyline from Brooklyn, shooting across the East River with the Brooklyn Bridge in the frame. Sadly, on the one night I was in town, it rained.



I was unexpectedly back in New York again a few weeks ago. Ah ha! Another chance for that shot. I was staying in a downtown hotel which would be close by, the weather was supposed to be perfect, but something that I often run into in Europe caught me off guard. As we were driving to the hotel, we actually drove across the Brooklyn Bridge. That was when I noticed something was a little odd. As we got closer, I realized I was once again facing the dreaded scaffolding dilemma. The entire bridge was under renovation and was covered with wood, metal, and various construction netting.

With the invention of wide-format inkjet printing, it's common practice in Europe for the authorities to cover the scaffolding in a printed image of what the building under renovation looked like, or will look like when completed. Some times the image is so good that you have to look twice to even notice it's not the actual facade. In this case, there was no inkjet wrapper, just ugliness everywhere. Alas, my image with the Brooklyn Bridge was not meant to be – at least not on this trip.

You have to make the best of what you have to work with. I still ended up with some nice New York City images to add to my portfolio, and now I have another reason to go back to The City the next time the opportunity presents itself.

Don't give up and don't settle for less than what you really want. Make your plans and realize that life doesn't always turn out the way you hoped it would. When that happens, think on your feet and shoot something else instead. You may even end up with a better image than what you were after in the first place!

Brad Bell is an international traveller, photographer and writer who loves to eat. You can read his weekly blog at www.bradbellphoto.com

B.Z. Toons

by Brian Zeikowski

www.bztoons.com



Hey Mike, I was wondering, if we really don't want to be seen, how come we fly around with all these fancy lights on?





Tips For Getting The Best Sound Quality From Digital Music Files

It's not just your imagination that digital music doesn't sound as good as a CD. This is because music files must be compressed for easier storage and playback on mobile devices. CDs, with a file size of 1,411.2 kbps (or 1,411,200 bits of information per second), typically deliver over 10 times more fidelity than the same song in one of the most popular digital formats, like MP3, AAC and WMA, at 128 kbps. The act of compressing the audio file, in effect, strips

some of the high and low frequencies that actually provide great detail and fidelity to a song, so what you hear sounds washed out and flat.

But there are ways to make your digital music sound better. Here are a few tips:

- 1. Bitrate Size:** When choosing an MP3, AAC or WMA format, look for files that deliver music at 192 kbps. That's a nice compromise between file size and audio quality. Online music retailers, including iTunes, have begun carrying titles at a higher bitrate already.
- 2. CD Ripping:** The audio experience of a CD ripped at home versus a professional system is substantially different. To optimize the quality when ripping CDs on a home computer, choose either 2x or 4x speed to burn your disc. Burning at the maximum speed can cause instability in the recording, which leads to pops, clicks and gaps in your ripped music.
- 3. Audio Enhancement Adaptor:** If you use an iOS device such as an iPad or iPhone, another way to optimize your listening experience is with a simple and sleek add-on device that connects to the bottom of your iPad, iPhone or iPod and restores the audio cues that were buried during the compression process, delivering an incredibly immersive and rich surround sound experience.

Take The Tap Water Pledge

An average of 38 billion water bottles per year—85 percent of all plastic water bottles used in the U.S.—end up in the trash, rather than being recycled, according to the Container Recycling Institute. In response, the largest publicly traded U.S. water and wastewater utility company, American Water, encourages all consumers to drink tap water instead for both environmental and economic reasons.

Tap water is typically available from the faucet for less than a penny a gallon, while bottled water, depending on the brand, can cost up to 10,000 times more.

