

HOME *on the* RANCH



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Granite Shoals • Glenfield • Greens Highlands • Landing • Morningside
Overlook • Parkside • Reserve • Waters Edge • Westchester



October 2011

OFFICIAL NEWSLETTER OF THE AVERY RANCH HOA

Volume 5, Issue 10

Calendar

HOA MONTHLY BOARD MEETING

Next meeting - Monday, October 10th

Board Meetings are held on the 2nd Monday of each month at 7pm, except for holidays. Board members will meet on these dates to discuss issues related to Avery Ranch. If you have an item you would like discussed during one of these meetings, please contact Alliance Association Management, Inc. at 347-2888. The location for meetings is at the Glenfield Amenity Center.

Upcoming Events

HARVEST HAYRIDE & CHILDREN'S COSTUME CONTEST

*Saturday, October 22nd from 4-6 pm
at the Main Amenity Center*

Costume contest for kids 12 and under, Judging at 5 pm and prizes will be awarded. Come out for a hayride in horse drawn carriages. (back by popular demand!) We will have 2 carriages this year to accommodate residents. Cider & cookies will be served, along with Halloween candy!

We want to hear from you....what events would you like to have in Avery Ranch? Let us know. Contact our Avery Ranch Social Committee Chairperson Jean Mayo at jmayo002@austin.rr.com

2011 Annual Meeting ELECTION RESULTS

By Steve Roebuck President, AROA

If you've never attended an annual meeting, you've missed your chance until next year. It's a great place to meet concerned neighbors, meet your board members, get informed on the status of the community and even ask questions that someone will likely have an answer for. Oh, and let's not forget to mention the great chocolate chip cookies that are served! At the 2011 Annual Meeting held at the Golf Course on 8/22/2011, an election was held for the three Director seats that expired this year, and the 1 seat that expires next year which was vacated when Glen Colby tendered his resignation just prior to the election.

THESE SEVEN CANDIDATES RAN FOR THE FOUR SEATS

Gary Wilks
(incumbent)
Nick Sargologos
Anna Latka

Lance Goldsmith
Mike Steinkoenig
Larry De LaGarza
David Dziadziola

THESE THREE DIRECTORS WILL SERVE THREE YEAR TERMS

Lance Goldsmith | Nick Sargologos | Mike Steinkoenig

THIS ELECTED DIRECTOR WILL SERVE A ONE YEAR TERM

David Dziadziola

Congratulations to our newest Directors and as always, a big thank you to all the Directors for their time they devote to serving the community.

HAVE A SAFE & HAPPY HALLOWEEN!



HOME ON THE RANCH

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY 911
Fire..... 911
Ambulance..... 911
Sheriff – Non-Emergency 512-943-1300

SCHOOLS

ROUND ROCK ISD

Patsy Sommer Elementary 704-0600
..... 16200 Avery Ranch Blvd.
Cedar Valley Middle School..... 428-2300
..... 8139 Racine Trail
McNeil High School..... 464-6300
..... 5720 McNeil Dr.

LEANDER ISD

Rutledge Elementary..... 570-6500
..... 11501 Staked Plains Dr.
Henry Middle School 570-3400
..... 100 N. Vista Ridge Dr.
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AVERY RANCH HOA WEBSITE

Visit the Avery Ranch HOA website at
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FOR QUESTIONS OR CONCERNS

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EMERGENCY PREPAREDNESS INFO

By Williamson County Commissioner Lisa Birkman

Williamson County Office of Emergency Management has been very busy lately with the fires and other weather related events in our area. As you know, we are in extreme drought conditions, which have led to water restrictions, fires and more. To find out more about current disasters, burn bans, disaster declarations and to get updates, go to www.wilco.org/oem. You can also follow them on Facebook under the name of www.facebook.com/preparingwilco.

Williamson County participates in the Capital Area Council of Governments (CAPCOG) Emergency Notification System. It is sometimes called reverse 911. You can go to the website, <http://wireless.capcog.org/ENS/PhoneMap.aspx?NewUser>, and register your cell phone so that you will be called in case of an emergency in your area. You can register several phones for the same address and you can also register several locations, such as your home, your office and your child's school. I urge everyone to take the time to register as soon as possible, so you can be notified, if needed. Please be advised, however, that your phone number may not be activated for this service immediately so it is important to watch local news coverage for immediate danger information.

Also, you should have a family evacuation plan and a "grab and go box." From the Texas A & M AgriLife Extension Office, here is a list of some possible items for your box:

- Cash or traveler's checks for several days living expenses.
- Emergency phone numbers
- Copies of important prescriptions such as medicines, eyeglasses and so forth
- Copies of immunization and medical records.
- Copies of health, dental, and/or prescription insurance cards or numbers.
- Copies of auto, flood, renter's or homeowner's insurance policies (at least policy numbers).
- Insurance company telephone numbers, including local agent and company headquarters.
- Copies of birth, death, adoption and marriage certificates, passports, deeds, titles, wills and/or trust documents, durable power of attorney, wills and/or trust documents, healthcare directives, stock and bond certificates, and such
- Keys to safe deposit box.
- Combination to safe.
- Copies of irreplaceable personal photos.
- Computer user names and passwords.
- List of numbers: Social Security, Credit Cards, Bank Accounts, Driver's License, Loans, Investment Accounts
- List of debt obligations, due dates, and contact information.

For more information on any county issue, please contact me at lbirkman@wilco.org or 244-8610.

Get Involved in Your Community

**WE HAVE COMMUNITY EVENTS BECAUSE
AR RESIDENTS MAKE IT HAPPEN!**

Are you an organizer? Maybe a person who has an eye for detail? Do you like creating checklists? Are you an arts & crafts person? Your community needs you. Join the Avery Ranch Social Committee! Contact our Avery Ranch Social Committee Chairperson Jean Mayo at jmayo002@austin.rr.com

The Social Committee meets every 1st Thursday at 7p.m. at the Meeting Room located by the pool of the Main Activity Center (Morningside).

The Event Calendar is posted on the HOA website under the Social Committee Forum and at the Avery Ranch Neighborhood Events Page on FaceBook



<http://www.facebook.com/pages/Austin-TX/Avery-Ranch-Neighborhood-Events/132212366794767>

Playtime for kids... Adult time for parents! Become a part of the Avery Ranch Playgroup! To know more about it, contact April Aguren at pril.aguren@averyranchhoa.com

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HOA Architectural Design & Review Committee News

COMPLETE QUIZ TO WIN A PRIZE

ADRC DEFINITION

The Architectural Design and Review Committee (ADRC; aka Architectural Control Committee - ACC) is your neighborhood committee responsible for approving all exterior property modifications. The committee is comprised of three volunteer members who work to conserve the natural beauty of our neighborhood while helping to maintain property values.

Provided by RBFCU

COURTESY OF YOUR ARCHITECTURAL DESIGN & REVIEW COMMITTEE (ADRC)

*All answers can be found in this issue of "Home on the Ranch"
and the official Avery Ranch HOA website
(www.averyranchhoa.com)*

- What are three items suggested to have in a "grab and go box?"
- What ingredient has been reduced or eliminated from vaccines since 1999?
- What is the name of the four new HOA Board members?
- Who is the Avery Ranch Social Committee Chairperson?
- What is the maximum allowed height of plants in the nuisance strip?

*Congratulations to the August newsletter quiz winners!
Kerri Gold and Eve Lollar.*

The first three residents with accounts in good standing who submit correct answers via email to ContestAvery@gmail.com will win a gift certificate chosen by the ADRC and funded by a local business.

Answers must include your Name, Address, and Phone Number in the email. Board Members or Committee Officers are not eligible. Winners are limited to once every twelve months.

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HOA Architectural Design & Review Committee News

VIOLATION REPORT SUMMARY - OCTOBER

LANDSCAPING

We've relaxed guidelines due to drought. This category covers weeds, overgrown sidewalks, dead grass.

PARKING

Overnight on-street parking continues to be a problem. This practice is unsafe and not permitted.

RUBBISH & DEBRIS

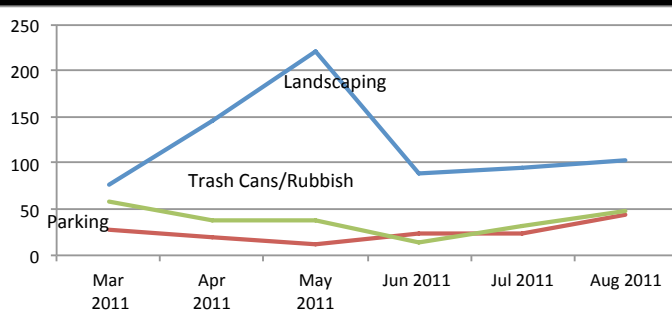
Trash and recycle bins need to be stored out of street view.

UNSIGHTLY

Broad category, such as trash in yard, cars on blocks, ripped netting on trampolines.

ARCHITECTURAL

Any change to the outside appearance of the home or yard that has not been submitted for approval.



	MAR 2011	APR 2011	MAY 2011	JUN 2011	JUL 2011	AUG 2011
LANDSCAPING	76	145	221	88	94	102
VEHICLE PARKING	28	19	12	24	23	45
RUBBISH & DEBRIS	59	37	38	14	31	48
UNSIGHTLY	10	14	17	39	55	91
ARCHITECTURAL	45	32	36	26	25	23

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Avery Ranch Yard & Garden Clinic

by Lisa LaPaso & Bob Beyer

Master Gardener Bob Beyer and landscape professional Lisa LaPaso offer free landscape advice on the third Thursday of every month at the Main Amenity Center (MAC) from 7 p.m. until 8:30 p.m. or until the conversations end. The October clinic is scheduled for Thursday, October 20th.

If you have received an HOA landscape violation letter, have a tree concern, stressed lawn, questions about plant selection, soil conditioning, watering, or organic gardening, then the third Thursday meetings at the MAC is the place to be. We know that many of you are struggling with your landscapes especially in this heat and drought and this is your chance to get some great free info from those who know!

*We hope to see you at the
MAC Meeting Room by the pool
- third Thursday of each month at 7 PM!*

CHATTER

By Rona Quejada, Newsletter Editor

Here is a Letter to the Editor in reaction to an article we published in our August issue. Thank you Dr. Charity Jackson, for allowing us to publish your letter.

As a pediatrician living in the Avery Ranch community, I feel a certain obligation to reply to the article in the previous edition of Home on the Ranch, "What Causes Autism," by Connie Ripley. In the article she discusses concern by many parents that childhood vaccinations cause autism, referencing Dr. Andrew Wakefield's study that linked the measles-mumps-rubella (MMR) vaccine to autism.

Ms. Ripley casts doubt and suspicion upon the efforts of the medical community to combat the effects of Dr. Wakefield's study, yet she did not include other pertinent facts in the discussion such as: subsequent researchers have not been able to reproduce the results of his study; the British General Medical Council has revoked his ability to practice medicine after an investigation, and; the medical journal which initially ran the study, The Lancet, retracted it with the notation that parts were falsified. Unfortunately, this part of the story does not attract as much media attention as the initial study by Dr. Wakefield. And unfortunately, many parents are not aware of it.

Many parents have been, and continue to be, concerned about the presence of thimerisol, a mercury derivative used in vaccines since the 1930's, and its potential link to autism. There is no convincing evidence that it causes harm. However, due to these concerns, thimerisol has been reduced or eliminated from vaccines since 1999.

It is certainly true that more research is needed into what causes Autism and if it is preventable. It is also evident that early interventions and therapy can help the family and the child better manage the condition. However, as a pediatrician, I fear the debate about Autism and vaccines has caused many parents to fear childhood vaccinations as a whole. Childhood vaccinations are extremely important in the care of a child and in prevention of disease. There are many diseases that we no longer see today in our country (i.e. Polio) that are still devastating in third world countries around the world. However, if we do not continue to prevent against these diseases they will return – something that has been recently noted in outbreaks of Measles in Arizona and California a few years ago, as well as an outbreak of Pertussis (Whooping Cough) here in Texas last year.

If you have concerns about giving vaccinations to your child, I strongly encourage you to talk with your pediatrician. He or she can listen to your concerns and address them appropriately, and give you more detailed information about individual vaccines. Many will work with you on an alternate schedule if you choose to use one. The most important thing to parents and pediatricians alike is to care for children in such a way that allows them to grow and reach their upmost potential.

LIFE'S HEALING CHOICES

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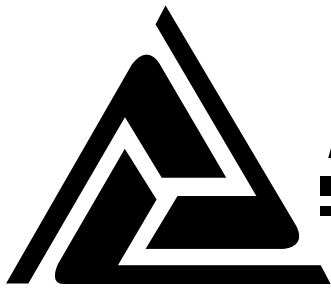
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HOME ON THE RANCH

GRANITE STREET SIGN SALES UPDATE

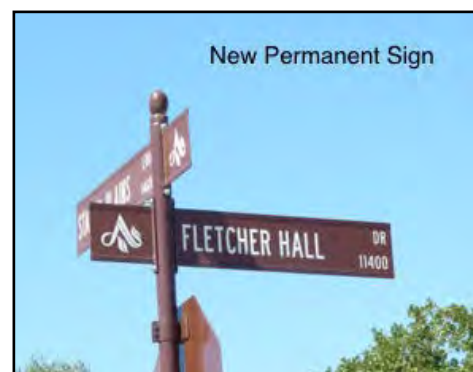
The Avery Ranch Social Committee continues to sell the beautiful granite street signs that are being removed and replaced by City of Austin approved metal signs. We have received signs from Water's Edge, Westchester, and Parkside in addition to all neighborhoods west of Parmer Lane and the list of sign availability is updated daily at www.centraltexasgardening.info/arsigns.pdf Sales are first come, first served, no advanced reservations, cash or check made to Avery Ranch Social Committee and all sales are final. Proceeds support Social Committee activities and events which make Avery Ranch a standout place to live.

Sign removal for remaining neighborhoods, Brookside, Morningside, Creekside, Campions and the Enclave is on hold until the HOA Board determines who will be removing them, but once removed, will be delivered to the Social Committee for sale.

Unfortunately, we can't say when that will occur, so please be patient. Once the heavy granite signs are removed, they are replace with temporary cardboard black on white signs until new City signs are installed. The picture below shows this transition.

If you see a sign available at the webpage above, don't hesitate to contact Bob Beyer, Treasurer of the Avery Ranch Social Committee at 238-6732 or txbeyer@austin.rr.com to make arrangements to get the sign(s) you want.

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Recipe of the Month

By Rona Quejada

CHICKEN AND WHITE BEAN SOUP

Experiencing another dash-to-get-dinner on the table moment? Here's a recipe from EatingWell Magazine that uses store-bought rotisserie chicken or seasoned chicken breast fillets. Grab a loaf of crusty bread to accompany this autumn soup. If it's an adult dinner, your favorite red wine will complement the meal very well.

INGREDIENTS

- 2 teaspoons extra-virgin olive oil
- 2 leeks, white and light green parts only, cut into 1/4-inch rounds
- 1 tablespoon chopped fresh sage, or 1/4 teaspoon dried
- 2 14-ounce cans reduced-sodium chicken broth
- 2 cups water
- 1 15-ounce can cannellini beans, rinsed
- 1 2-pound roasted chicken, skin discarded, meat removed from bones and shredded (4 cups) or a pack of seasoned chicken breast fillets

PREPARATION: Heat oil in a Dutch oven over medium-high heat. Add leeks and cook, stirring often, until soft, about 3 minutes. Stir in sage and continue cooking until aromatic, about 30 seconds. Stir in broth and water, increase heat to high, cover and bring to a boil. Add beans and chicken and cook, uncovered, stirring occasionally, until heated through, about 3 minutes. Serve hot.

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October is National Breast Cancer Awareness Month!

Your First Screening Mammogram: What To Expect

QUESTIONS AND ANSWERS ABOUT THE TESTING PROCESS

Did you know hundreds of thousands of women are diagnosed with breast cancer every year? Last year in Texas alone, an estimated 12,920 women were diagnosed with breast cancer and another 2,780 women died from breast cancer, according to the American Cancer Society. In the face of these troubling statistics, one early breast cancer test has been shown to save lives: a screening mammogram.

With October being National Breast Cancer Awareness Month, many women may have questions about their first screening mammogram. Dr. Curtis McClurg, Breast Imaging Section Chief at the Austin Radiological Association (ARA) and Dr. Sarah Avery, a fellowship-trained breast imager and board certified diagnostic radiologist at ARA, answer some of the most common questions about mammography and its importance.

WHAT IS A SCREENING MAMMOGRAM?

A digital breast mammogram is an X-ray examination that uses extremely low doses of radiation to obtain accurate images of the breasts, Dr. McClurg says.

"It is the best way of detecting small cancers even before they can be felt. The test itself takes about 10 minutes," he adds. "Once you are at the clinic, a registered female technologist will perform the actual exam by compressing each breast for a few seconds while the X-rays are taken."

"We do everything we can to make it a fast and worry-free experience," Dr. Avery says. "The actual test may be slightly uncomfortable, but it's a necessary process to get an accurate image of the breast."

WHAT HAPPENS AFTER THE MAMMOGRAM TEST?

Once the mammogram has been made, Dr. Avery and her fellow radiologists at the Women's Imaging Centers will examine the breast image for any visual signs that could indicate breast cancer. One of

ARA's board-certified radiologists will then write and send a report to your physician and you will receive a letter with the findings.

"There's quite an overlap between findings that can be benign but could be suspicious for breast cancer," Dr. Avery explains. "That's why it takes a lot of thought and judgment to make a decision in terms of who requires a biopsy for further testing and who doesn't."

WHEN SHOULD I START GETTING A SCREENING MAMMOGRAM?

The American Cancer Society and other health organizations recommend women begin with a baseline screening mammogram at age 40, followed by an annual screening thereafter. However, women with certain risk factors, such as dense breasts or a family history of breast cancer, should consult with their doctor about getting mammograms at a younger age, Dr. Avery says.

WHERE SHOULD I GO TO GET A SCREENING MAMMOGRAM?

There are dozens of clinics offering screening mammograms in the greater Austin metropolitan area. In Cedar Park, ARA recently opened a new Women's Imaging Center on West Parmer Lane, close to an existing ARA office. Dr. McClurg says the new Women's Imaging Center offers an array of radiological services including screening and diagnostic mammography, breast and pelvic ultrasound, ultrasound-guided and stereotactic breast biopsy, and bone densitometry.

"Expanding our services and opening the ARA Women's Imaging Center in Cedar Park brings vital expertise to the Cedar Park community," adds Dr. McClurg. "We know that convenience is a factor in selecting a healthcare provider and patients choose to receive medical care close to their homes. Patients in this area will now have a comprehensive women's imaging program close to their neighborhoods."

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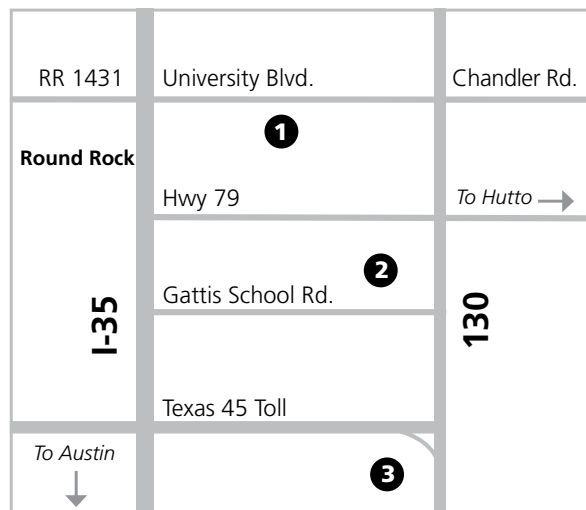
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ONLINE**

NOTICE

We will be publishing a fresh Teenage Job Seekers list in December. Please send an email to arnewsletter@hotmail.com if you are still interested to be in the list by November 7, 2011. Your email must include any age, phone number, what kind of work you wish to do (baby sit, pet sit, house sit, yard work) and relevant certificates. If you sent updates or submitted your name for inclusion since January 2011, you do not have to re-submit it again

Community Event Announcement

WHO: *Food Addicts in Recovery Anonymous (FA)*

WHAT: *Free yourself from food addiction and food obsession.*

Come to a community information meeting for anyone suffering from food obsession, overeating, under-eating and bulimia. Everyone is welcome to this free meeting, including those who think they may have a food problem or those who are concerned about someone who may. FREE AND OPEN TO THE PUBLIC

WHEN: *Saturday October 15, 2011, 9:00am – 10:30am*

WHERE: *Tarrytown United Methodist Church*

2601 Exposition Blvd, Austin. Room 101 A/B.

enter from side door on McCullough St.

WEBSITE: *www.foodaddicts.org*

ABOUT FOOD ADDICTS IN RECOVERY ANONYMOUS:

Food Addicts in Recovery Anonymous is a 12 Step fellowship based on the principles of Alcoholics Anonymous (AA). Many adult and teen members were overweight, some by as much as 200 pounds. Others were dangerously underweight or controlled their eating to the point of obsession through under-eating, bulimia or exercising. Today, many lead fulfilling lives without abusing food.



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HOME ON THE RANCH

THE SUMMER FROM HELL!

by Bob Beyer, Travis County Master Gardener

After driving through every neighborhood in Avery Ranch in early September, it was depressing to see the sad condition of our yards due to the cruelty of this summer's drought and excessive heat. But, please don't despair. We will recover and fall is the best time to take positive steps to do this.

There is help available from a number of local resources as provided by the list below. Take advantage of these and be thinking about rebuilding your landscapes. This colder than usual past winter and brutal summer has been a wake up call for all of us. Remember that the condition of your property and curb appeal is a critical factor in resale value, not to mention the pride that every resident shares in being a part of a community that takes pride in it's appearance, one yard at a time. Be thinking about a more xeriphytic landscape. The Avery Ranch HOA is actively supporting this for our neighborhoods and guidelines for doing so are presented on the HOA website.

HELPFUL CENTRAL TEXAS GARDENING RESOURCES

Gardening in Central Texas' environment is unique and challenging. Trust only regional references and resources for reliable information.

A. Local Avery Ranch Resources: HOA Website: Xeriphytic Landscaping Guidelines @www.averyranchhoa.org. Home on the Ranch: Gardening articles submitted monthly. Avery Ranch Landscape & Garden Clinic: 3rd Thursday of every month, MAC 7 PM. Annual Avery Ranch Garden Tour: Sat. before Memorial Day weekend in late May. Avery Garden Rancheros: an informal garden group coordinated by Patty Hoenigman. Williamson County Master Gardener (email: patty@thetaxcenter.us)

B. Websites: Central Texas Gardening @www.centraltexasgardening.info Aggie

Horticulture @<http://aggie-horticulture.tamu.edu> Travis County Master Gardeners @ www.tcmastergardeners.org Central Texas Gardener @www.klru.org/ctg(also has a Blog)

C. City Resources: City of Austin Grow Green program @www.ci.austin.tx.us/growgreen City of Austin Grow Green Book (free at Austin nurseries & garden centers), 52 pages. Grow Green Program: 10 different design template brochures (free). Grow Green Program 40+ Water Wise Guide Booklets (free)

D. Other Resources: Blogs: Central Texas Gardening @ www.centraltexasgardening.wordpress.com. Lisa's Landscaping & Design @www.lisalapasowordpress.com. TV Show: Central Texas Gardener @KLRU Austin, Sat. noon & 4 PM, Sun. 9 AM

Book: "Creating a Drought Resistant Garden in Central Texas" by Travis County Master Gardeners Assoc., 2011, 245 pages.

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Get more info and enroll at: **TheRhythmStudio.com**

Target Heart Rate Range for Cardiovascular Exercise: Do You Know Yours?

- By Sarah Jordan, MS

Are you getting the most you can from your cardiovascular exercise program? Determining your target heart-rate range may help you see more results and become more aware of the intensity of exercise that you are completing. I love to empower my clients by educating them on this personalized range. And even more so, I enjoy seeing their faces light up when they tell me about the results they are seeing because of their success in using it.

A FEW THINGS TO REMEMBER ABOUT CALCULATING TARGET HEART-RATE RANGE (THRR):

- Always check with your doctor before starting or changing your exercise program. To best determine your fitness level and training zones, seek a fitness assessment from a certified professional personal trainer. Numbers provided here are just estimates.
- **These estimates are for healthy individuals. Remember that conditions like pregnancy, health issues, and some medications can affect your heart rate.**
- There are times when your mid-exercise heart rate will be below or above your target heart rate range, and that is okay. But use the THRR as a goal to work within most of the time.
- A good estimate of your maximum heart rate is $220 - \text{your age}$.

CALCULATING YOUR TARGET HEART-RATE RANGE:

Knowing how to take your pulse and find your heart rate during exercise can help you evaluate the effectiveness of your exercise program. Using the Karvonen formula, we can calculate target heart-rate range (THRR). We do the following to calculate our low and high end of our THRR:

$$220 - \text{age} - \text{resting heart rate} \times \text{low end of training zone} \\ + \text{resting heart rate} = \text{_____} \text{ (low end of THRR)}$$

$$220 - \text{age} - \text{resting heart rate} \times \text{high end of training zone} \\ + \text{resting heart rate} = \text{_____} \text{ (high end of THRR)}$$

— STEP 1 —

CALCULATE YOUR RESTING HEART RATE.

The best time to do this is first thing in the morning before you get out of bed. Take a 60-second count, and write your resting heart rate value down.

— STEP 2 —

DETERMINE WHAT TRAINING ZONE YOU WILL USE BASED ON YOUR CURRENT LEVEL OF FITNESS.

Estimates provided by www.acefitness.org: Low level of fitness: 45-55%; Fair level of fitness: 55-65%; Good level of fitness: 65-75%; Excellent / elite level of fitness: 75-85%. (These are just examples and can be changed to best fit your current level of fitness. For the most accurate calculation, get a fitness assessment.)

— STEP 3 —

CALCULATE YOUR TARGET HEART-RATE RANGE USING THE KARVONEN FORMULA.

— STEP 4 —

LEARN HOW TO USE THIS HEART-RATE RANGE REGULARLY IN YOUR CARDIOVASCULAR WORKOUTS.

For example: A healthy 30-year old female with a good level of fitness and a resting heart rate of 60 beats per minute and using a training zone of 60-80%:

$$220 - 30 - 60 \times .60 + 60 = 138 \text{ beats per minute}$$

$$220 - 30 - 60 \times .80 + 60 = 164 \text{ beats per minute}$$

Using this calculation, her target heart-rate range is 138 – 164 beats per minute.

So the question is, “Now that I know my target heart-rate range, how do I actually apply that to my workouts?”

FOLLOW THESE STEPS FOR SUCCESS:

- Calculate your target heart-rate range and write it down where you can easily find it.
- Find a range that you can remember. For example: For the 30-year old female above, her range is 138-164 beats per minute. That is hard to remember mid-exercise, so she should do this:
 - Determine and remember the range you should find in a 6-second pulse count. (Ex: 13-17 beats in 6-second pulse count, as this would equal 130 – 170 beats in a minute, which aligns with her THRR.)
 - She takes her pulse (mid-exercise) for 6 seconds, and should get 13-17 beats.
- Practice and learn to take your pulse properly.
 - Taken from <http://my.clevelandclinic.org/heart/prevention/exercise/pulsethr.aspx>:
 - Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck on either side of your windpipe.
 - Press lightly with your fingers until you feel the pulse beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing. If placing fingers on neck, be sure you don't press too hard.
 - Use a watch with a second hand, or look at a clock with a second hand.
- Count your pulse for 6 seconds. Multiply this number by 10 (add a “0”) to get your heart rate (pulse) / beats per minute.
- Give yourself time to get comfortable using this method. It will pay off in the long run!

Everyone wants to find ways to make their fitness routines more efficient. It is my hope that using the target heart-rate range will be one way of doing just that.



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