



The Harbour

COMMUNITY • CONNECTION • CULTURE

March 2012

Official Newsletter of the Chelsea Harbour Homeowners Association

Volume 3, Issue 3

Community Wide Spring Clean Up Day

**SATURDAY, MARCH 31
RESOLUTIONS # 6 & 7**

6. Resolve to spruce up your dwelling place where needed, i.e. power wash tile roof, sidewalk or drive way if needed.

7. Resolve to remove from your lot any objects that are in violation of the Deed Restrictions.

Chelsea Harbour is a beautiful community and we want to keep it this way. For this to happen, everyone must be actively involved in maintaining the appearance of their house and Lot in fine condition. Our 2012 spring clean up day is Saturday, March 31, and we invite everyone to get in on the action in sprucing up the community. We have several Common Facilities scheduled for cleaning.

- The Tennis court, Club house tile roof, entrance walkway, and ceiling will be power washed as well as the parking areas in front of the clubhouse and tennis court.
- The wrought iron fence around the pool will get a fresh coat of paint.
- The main entrance and all other existing flower beds will get a seasonal color change.
- Recycle bins, one per Lot, will be distributed.

Let's all hope for great weather on the 31st. It's time to do a little cleaning, get out & meet the neighbors & enjoy the community we call HOME.

It's All About Property Value & Keeping Chelsea Harbour Beautiful

**SOME CHELSEA HARBOUR DEED RESTRICTIONS FOR
THOUGHT... ARE YOU IN VIOLATION OF ANY OF THESE?**

- **Please do not park your car or any vehicle on the sidewalk:** To do so is a violation of Article IV Section I... "No vehicle shall be parked so as to obstruct or block sidewalk or upon any portion of the unpaved areas or yard." No vehicle may be kept or stored on the street for longer than a period of 24 consecutive hours.
- **You are responsible for repairing the cement curb in front of or on the side of your Lot:** Article V Section D, "The owner of the applicable Lot shall be responsible for maintaining the sidewalk in a condition of good repair, even if the sidewalk is located within the right-of-way area of adjacent to such Lot.
- **Dead trees should be removed from your lot and replaced with those specified:** Dead palm tree branches are not attractive and distract from your Lot's appearance. "All required planted trees which are not installed in a timely manner or which subsequently die or are uprooted for any reason must be planted or replaced, according to the requirements within one growing season following the occurrence or omission involved." Article V Section J.
- **Please take pride in your Lot's appearance by keeping your grass cut, watered and fertilized:** "The Owners or occupants of all Lots (inclusive of adjacent easement areas) shall at all time keep all weeds and grass thereon cut in a sanitary, healthful and attractive manner." Article V Section Q.

These are just a few of the Restrictions that will help maintain the beauty of Chelsea Harbour and keep our investments sound. Happy Spring Cleaning.



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MARCH - AHS News

The many stars are shining at Austin High School

Each year, up to 141 students are named as Presidential Scholars, one of the Nation's highest honors for high school students. AHS had 2 students selected as candidates for the United States Presidential Scholars Program: **Aditya Srivatsan and David Zhao**.

Two NJROTC cadets have qualified to compete at the NJROTC National Championship, 12-14 February 2012, at Camp Perry, Ohio. **Shawn Cleary and Mandi Major**. This will be the second time in three years that Shawn has advanced to Nationals.

Many Austin Bulldogs will be traveling to competitions during March

DECA to New York, Orchestra to Austria, &
The Austin Angels to Fort Worth for MA Nationals.
Wish them all good luck.

EOC & TAKS TUTORIALS HAVE BEGUN

Your content area teachers have EOC tutoring for 9th graders and TAKS tutoring for 10th and 11th graders. The last day to drop a level is March 9th.

AHS Spring Open House

AHS will be hosting their Spring Open House Thursday, March 8th. Activity booths, student performances, and exhibits will be available for perusal. The theme for this year's showcase is "*What We Have In Common Is Far Greater Than How We Differ*".

AHS Talent Show

Want to help ProGrad- attend the AHS Talent Show, Mar. 10. For more information, go to <http://www.austinbulldogprograd.org/>. Ford Drive One 4 Your School is March 3rd. It will be held at AHS. Ford will donate \$20 per eligible test drive to AHS ProGrad.

Just an update on YES - Youth Expanding Service

April 27th is the last day for seniors to turn in their hours for YES. Are there any 4th or 5th graders out there that would like to attend Mini Mathletes hosted by AHS Mu Alpha Theta? The event is March 31st. For more information, contact Mrs. Teresa Baevich at Teresa.baevich@fortbendisd.com

Stay connected to AHS Sports...

Visit the AHS Booster Club Website austinboosterclub.com. You can also join the Facebook Group The Dawg Pound (FBISD Austin High School Booster Club). Make sure to check <http://ahsaccess.weebly.com/index.html> for the most up to date information.

2012 Lake Maintenance Schedule

The lakes are typically serviced on Thursdays.

Two (2) visits per month for January-March

Four (4) visits per month April-December

Chemical and Dye is accessed during these visits.

There is no schedule for these services.

ORAL HEALTH UPDATE

IT MAY NOT BE "JUST A TOOTHACHE".

Going to the dentist may not be on the top of your To Do list, but if you're experiencing dental pain, a trip to the dentist may be just what you need. If you have a toothache that lasts more than one or two days, you notice swelling around a tooth, bleeding, or experience severe pain or fever, it's time to make an appointment with the dentist as soon as possible. A thorough examination and diagnosis is important to prevent more serious complications to your teeth, jaw, and gums. Dental decay and gum disease are progressive in nature. Early diagnosis is essential to a quicker and easier treatment.

THERE ARE SEVERAL CAUSES OF DENTAL PAIN, INCLUDING:

- Tooth decay affecting the enamel and the dentin, or inner layer of the tooth
- Tooth abscess caused by severe tooth decay or a trauma causing an infection at the root of the tooth or between the gum and tooth
- Damage to existing fillings due to pressure from chewing, grinding, or clenching
- Teeth grinding that causes fracturing, loosening, and excessive wear
- A fractured tooth from a traumatic dental injury
- Infected gums as a result of gingivitis or gum disease (periodontitis)

During your exam, your dentist will typically ask about the nature of your dental pain, when it started, and if anything makes it better or worse. Then, your dentist will conduct a physical examination of your mouth, teeth, gums, jaws, tongue, and throat. X-rays and other tests may be recommended, depending on what the dentist suspects is causing your toothache.

Once your dentist has determined the cause of your dental pain, you will be

presented with treatment options. If a cavity is causing your pain, a simple filling may do the trick. However, if there is an infection that has spread to the tooth's nerve, a root canal may be necessary. An antibiotic may also be prescribed if you have swelling of the jaw or a fever.

DENTAL PAIN IS PREVENTABLE!

Because most toothaches are caused by decay, practicing good oral hygiene is the easiest way to prevent dental pain. This includes brushing and flossing every day and visiting your dentist for professional cleanings and checkups on the schedule determined by the Dental Hygienist. In addition, eating a healthy, balanced diet that is low in sugar will not only help you prevent cavities but will improve your body's overall health.

Submitted by Dr. Flury



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15 Things to do Today to Simplify Your Life

By Karin Flagg, Organize With Purpose!

Here are 15 simple things you can do immediately to take you from overwhelmed to back in control in just minutes.

1. CREATE AN 'IN-OUT' OR 'LANDING PAD' AREA BY YOUR ENTRANCE DOOR

Whether you use your front door or garage, use this area to collect the things you use every day like keys, a charging station for phones, and a bulletin or whiteboard to jot down reminders and tack papers you need the next day. You'll eliminate last-minute frantic hunting and actually start your day stress-free.

2. DECLUTTER, JUST MINUTES AT A TIME

You may not have time to thoroughly declutter a room, but you can at least start small every day. Go through a room with a laundry basket and pick up any items that don't belong there. When the basket is full, put those things back where they should go.

3. SORT YOUR INCOMING MAIL IMMEDIATELY

Instead of piling up that stack of mail, sort it over a trash can and immediately toss junk mail making sure to shred sensitive items. (If you don't have a shredder use a pair of 'shredding scissors'). Open the rest of the mail throwing away all envelopes. Now sort this small pile into bills to pay, things to read, items to keep and file.

4. LIMIT THE AMOUNT OF MAIL YOU HAVE TO SORT THROUGH EVERY DAY

Stop wasting precious time sorting through your crammed mailbox filled with unsolicited mail. Opt-out of receiving credit card offers, fliers and catalogs you don't want or need by registering at the Direct Marketing Association website: www.DMAchoice.org.

5. GO PAPERLESS

Whenever possible, opt for paperless statements. Most banks, utility and service companies offer online statements instead of having them mailed to you. That means less paper for you to sort and file – not to mention saving trees.

6. SWITCH TO ONLINE & AUTOMATIC BILL-PAY

Sign up with your bank for online bill-pay to ensure you never miss a payment again. As soon as you get a new bill enter the amount to pay and the due date in the bill-pay section. That's it! Your bank makes sure it's sent and delivered on-time so you don't have to. And think about signing up for automatic recurring payments for things like your mortgage and car payment – then won't even have to remember to remember to pay them! No more hunting for stamps and running to the post office.

7. EMBRACE THE 'ONE-IN ONE-OUT' RULE

This is a great system for almost any area of your life. Whether it's a new item of clothing or a book, decide that for every new item you bring home one will be removed. This will help keep you from being overwhelmed by all your stuff.

8. CREATE A MAGAZINE & CATALOG BASKET

Have a container, like a basket or box, to hold all your magazines and catalogs. When it gets full, that's your cue to recycle the old ones.

9. MULTI-TASKING IS A MYTH

Studies show that trying to do 2 or more things at once that require your complete attention just doesn't work. Instead, block out chunks of time to focus on one project at a time. You'll be amazed how much more you'll actually get done working this way.

10. CLEAR OUT MENTAL CLUTTER

It's exhausting trying to keep all those thoughts, ideas, projects and to-do lists in your head – instead, get them out of your head and out where you can see them. Whether you use technology or paper, it's a quick way to make lists of all those mental thoughts swirling in your head. Then divide those lists into categories like Work and Personal.

11. HAVE A WAY TO CAPTURE YOUR THOUGHTS & IDEAS

Throughout the day, have some way to capture all your 'to-do's' and 'must-

remembers'. It might be high-tech like your Smartphone or as simple as a notepad. The key is to make a note of them somewhere whenever they pop up.

12. TURN OFF YOUR EMAIL NOTIFICATIONS

Are you distracted every time you see and hear "You've got mail?" Those reminders can be a big distraction so take back control by turning off the email icon and sound. Instead either set it up so YOU have to go retrieve them when you're ready, or change the settings so that it doesn't notify you for every email but rather in batches every 30 or 60 minutes instead.

13. BE THE RULER OF YOUR EMAILS

Did you know that programs like MS Outlook let you set up 'rules' for your emails? Instead of clogging your inbox set up a rule for things like newsletters that you want to read at a later date, when you have time. It will go into a folder and be there when you're ready. Think of 'Rules' as like having your very own personal assistant for email!

14. PLAN YOUR TOMORROW – TODAY

At the end the day take a few moments to plan the key things you need to accomplish tomorrow. By following a plan you'll be productive first thing - instead of wasting time with emails or Facebook. And pull tomorrow's outfit together the night before, down to all the accessories and shoes. A few moments of planning today will make your tomorrow easier.

15. EMBRACE TECHNOLOGY

I'm not a techie but I've come to realize that many apps and features of your phone help make life easier and many are free. Use the calendar to set reminders to yourself throughout the day, or use the voice recorder app to record messages to yourself while you're running around. Or check out notes and to-do list apps. There's even a voice-to-text app that turns your message into an email. Once you start looking you'll be amazed what's available.



Austin Angels Junior Dance Clinic 2012



When: Saturday, April 28, 2012

Time: 8:00 am – Noon

Where: Austin High School Gyms

Cost: \$25.00 (Checks Payable to AHS)

Performance: 12:00-12:30pm (Auditorium)

Walk ins are Welcome

Mail Registration to: Betsy Heathcock, AHS Angels Director
3434 Pheasant Creek Dr., Sugar Land, TX 77478
281-634-2069

Includes: Dance instruction, T-shirt, snacks.

ANGELICA SPRING SHOW PERFORMANCE

All Angel Jr. Clinic participants are invited to perform at Angelica on *Friday, May 11th* at 7:00 pm. There will be a dress rehearsal on *Wednesday, May 9th* at 6:30 pm in the AHS auditorium. At that time, t-shirts will be handed out. If not performing you can still pick up your t-shirt that evening or we will mail them if requested.

My daughter _____ has permission to take part in the Austin Angels Jr. Dance Team Clinic. I understand that the students will be supervised at all times and will not hold Fort Bend ISD, Austin High School or Betsy Heathcock liable for any accident or injuries. In case of an emergency, please contact _____ (Name of parent or guardian) at the following phone # _____.

Please complete the following form (please print):

Student's Name: _____ Age _____ Current Grade _____

Address _____

City, State, Zip Code _____

Parent's Name _____ Phone # _____

T-shirt size: Youth Medium _____ Youth large _____ Adult small _____ Adult Medium _____ Adult large _____ Adult X-large _____

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A Focus On Body Mass Index

KNOWING YOUR NUMBERS MEANS KNOWING YOUR RISK

By: Concentra Urgent Care

Overweight and obese refer to ranges of weight that are considered unhealthy for a given height. Being overweight can lead to obesity, and obesity is defined as having too much body fat. Excess fat, especially around your waist, may put a strain on your heart and can lead to serious health problems such as: Type 2 diabetes, heart disease, high blood pressure, sleep apnea, varicose veins, and other chronic conditions.

Body Mass Index (BMI) is a number calculated using your weight and height. Knowing your BMI is one simple way to determine if your weight is putting you at risk for health problems.

HOW TO CALCULATE YOUR BMI

Your BMI estimates how much you should weigh based on your height.

Here's how to calculate it:

- Multiply your weight in pounds by 703.
- Divide that answer by your height in inches.
- Divide that answer by your height in inches again.

How to Calculate Your Waist Circumference

You can easily measure your own your waist circumference to determine if you are storing too much body fat in your abdomen:


- Place a cloth measuring tape around your bare abdomen just above your hip bones (do not use your belly button as a guide).
- Make sure the tape is horizontal all the way around, and snug (but not pulling your skin in).
- Breathe normally, and read the measurement.

BMI CATEGORY FOR ADULTS

Below 18.5.....Underweight
18.5 - 24.9..... Healthy
25.0 - 29.9.....Overweight
Over 30..... Obese

Women with a waist measurement of more than 35 inches or men with a waist measurement of more than 40 inches may have a higher risk for developing diabetes or heart disease.

Lowering your BMI or waist circumference by just a small amount may lower your risk significantly. You can decrease these numbers by exercising regularly and eating a healthy diet. For more information about BMI or waist circumference, contact your health care provider or visit the National Heart Lung and Blood Institute at www.nhlbisupport.com




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