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RANCH



May 2012

OFFICIAL NEWSLETTER OF THE AVERY RANCH HOA

Volume 6, Issue 5

Avery Ranch 2012 Garden Tour – May 26th GETTING SERIOUS ABOUT XERISCAPING

by: Bob Beyer, Avery Ranch Garden Tour Coordinator

Reserve Saturday, May 26th for a day of delight, fun, inspiration, and a great opportunity to meet some of your Avery Ranch neighbors who have taken action to convert their yards into water saving xeriscapes as allowed by the Avery Ranch HOA. You will be inspired and see what others have done in response to last year's terrible drought and need to conserve water plus see some beautiful and unique gardens and designs created in response to this need. The Tour is free and open to Avery Ranch residents and their guests and includes 10 yards allowing a half hour to visit each during the 5 hour Tour period.

The Garden Tour, sponsored by your Avery Ranch Social Committee, is an opportunity to take a day off from your busy routines and enjoy a leisurely stroll through neighborhood gardens that will inspire you and meet many of your Avery Ranch fellow residents who share an interest in gardening.

It begins at 10 A. M at the picnic grounds near the entry to the Main Activity Center pool



parking lot, corner of Morgan Creek and Avery Ranch Blvd. The Tour lasts through 3 P. M. You will be greeted at the Tour booth, given a Tour Guide map, a bottle of water to take with you, fill out an entry slip for door prizes, and be on your way to visit the 10 gardens throughout Avery Ranch that are on the Tour. Our garden hosts will be delighted to meet and greet you at each location, talk about their garden, answer questions, and offer ideas. You need not be present to win a door prize but must be an Avery Ranch resident to enter.

A Travis County Master Gardener's Plant Clinic booth will be set up behind the Tour Greeter's Table to provide helpful materials, advice, and answer gardening questions you may have. This was very popular during last year's Tour.

You can get a preview of the yards on this years Tour by going to the Garden Tour Web Page at www.centraltexasgardening.info/ artour.html. A special thanks are extended to this year's garden tour hosts for allowing their yards and gardens to be shared for this event. If you have any questions about the Tour, please contact coordinator Bob Beyer at 238-6732 or txbeyer@austin.rr.com . SEE YOU SATURDAY, MAY 26th ON THE TOUR!



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	
Fire	
Ambulance	
Sheriff – Non-Emergency	

SCHOOLS

Patsy Sommer Elementary	
	16200 Avery Ranch Blvd.
Cedar Valley Middle School	
· · · · · · · · · · · · · · · · · · ·	8139 Racine Trail
McNeil High School	
	5720 McNeil Dr.

LEANDER ISD

Rutledge Elementary	
	11501 Staked Plains Dr.
Henry Middle School	
	100 N. Vista Ridge Dr.
Vista Ridge High School	
	200 S. Vista Ridge Dr.

UTILITIES

City of Austin Water	
Perdernales Electric	

TEXAS GAS SERVICE

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New Service	1-800-464-7928
Repair	1-800-246-8464
Billing	
TIME WARNER CABLE	
Customer Service	
Repairs	
Solid Waste Servies	512-494-9400

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AVERY RANCH HOA WEBSITE

Visit the Avery Ranch HOA website at www.AveryRanchHOA.com

FOR QUESTIONS OR CONCERNS

For questions or concerns in your neighborhood contact our Property Manager and HOA Board at GetHelp@ AveryRanchHOA.com.

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

CALENDAR

HOA MONTHLY BOARD MEETING

Next meeting - Monday, May 14th

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. Agenda can be found on the Avery Ranch Website in the discussion forums section no later than Friday prior to the meeting. 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 Morningside Amenity Center.

UPCOMING AVERY RANCH EVENTS:

Avery Ranch Garden Tour

Saturday, May 26th from 10 a.m. to 3 p.m. See article on Page 1 for details

Kids' Summer Cooking Program

June 11 to 14, from 2 to 5 p.m. at the MAC Space is limited to 16 participants. See article for more information

Summer Social: Adult Luau

New Avery Ranch Community Event!

Saturday June 16 from 6:30 p.m. to 9:30 p.m. at the Granite Shoals community pool on Staked Plains Loop

SAVE THE DATE FOR AN ADULT SUMMER SOCIAL EVENT – A HAWAIIAN LUAU!

Come dressed in your best Luau attire and join us on Saturday, June 16th. The Granite Pool area will exclusively



be used just for this event, so the pool will BE CLOSED for other resident activities during this period.

Food will be provided by the Avery Ranch Social Committee (Pineapple Mango Chicken Kabobs, Lime Mint Rice, Pulled Pork, Fresh Fruit, etc.). This event will be BYOB, but free set-ups will be provided (soda, some mixers). Since glass containers are strictly prohibited in the pool area, we will have a bartender on hand to keep any glass bottles you bring and refresh/mix your drinks in plastic cups.

There will also be a DJ for your listening/dancing pleasure. In addition, there will be karaoke contests. Prizes will be awarded for the best female, best male, best mixed group, best all male group, best all female group, best duet, etc. It's all in fun, so mark your calendars for June 16th, and enjoy a TROPICAL EVENING with your Avery Ranch neighbors!

Please RSVP to Luau@AveryRanchHOA.com

AVERY RANCH WATER AEROBICS

Lessons will be held Tuesday and Thursday beginning June 4 from 8 to 8:45 a.m. at the MAC pool, 10121 Morgan Creek Drive (Morningside) There will be 4 sessions, 8 classes per session at the cost of \$20/session. Aqua Fitness: Medium to high intensity workouts. Each class completes cardiovascular work, along with toning, flexibility and abdominal work. All levels welcome, you can work at your own pace. You must be an Avery Ranch resident to register and participate. Call Twin Lakes Family YMCA at 512-250-9622 for more details.

REGISTRATION FOR AVERY RANCH SUMMER SWIM LESSONS

Lessons will be held at the MAC pool, 10121 Morgan Creek Drive (Morningside) Registration at Twin Lakes Family YMCA, located at 204 E. Little Elm Trail, Cedar Park, Texas 78613. On-going Open Registration for Avery Ranch residents Swim Lesson Class Descriptions can be viewed at http://bit.ly/zmJq30. Swim Registration Form URL: http://bit.ly/wKdINb.



Granite Street Name Signs – Time Is Running Out!

This will be last call for purchasing the granite street name signs that were removed in Avery Ranch. Sale of street name signs ends June 30th. The Avery "A" logo signs will remain available for sale. A listing of available signs can be found at www. centraltexasgardening.info/arsigns.html. Street name signs have been reduced to \$25 in most cases with a few streets at \$20 due to quantity left The A-logo signs remain at \$15 each. Please contact Bob Beyer, Avery Ranch Social Committee Treasurer at 238-6732 or txbeyer@austin.rr.com to arrange for pick up of your signs.

Street sign sales may reopen if and when the remaining neighborhood street signs are replaced at some unknown time in the future. We will keep you informed through Home on the Ranch should this occur.

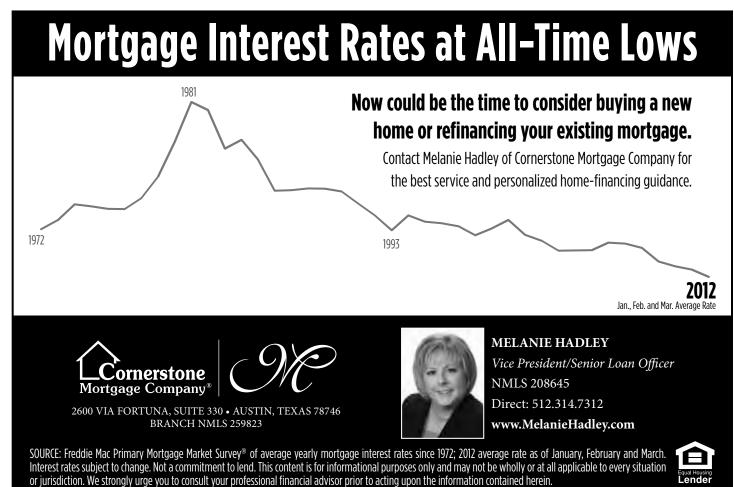
Kids Summer Cooking Program at the MAC

By Steve Roebuck, ARHOA President

In our continuing effort to provide quality activities for our residents, we have contracted Lori's Culinary Co. to put on a Summer Cooking Camp for children ages 5 to 10 years old. The summer program will run from June 11 to 14th, from 2 to 5 p.m. It will be held at the Main Amenity Center, 10121 Morgan Creek Drive.



Register early, class size is limited to 16. Secure your spot by contacting the cooking school through this link: http://txcookingschool.com/pages/summer-kids-camps.php To learn more about Lori's Culinary Co. check their website at www.txcookingschool.com.



Avery Ranch Easter Fun!



by Rona Quejada

The Avery Ranch Social Committee hosted the Easter Egg Hunt and Coloring Contest on March 31st, Saturday, at the Main Amenity Center.

There were two Egg Hunts held: the first was at 10:15 a.m. and the latter started at 11:15 a.m. There were about 400 children who participated. The candies and prizes for the Egg Hunt were provided by RBF Credit Union.

To the delight of everyone, the Easter Bunny made an appearance and posed with the children who wanted their photos taken.

A Coloring Contest was simultaneously held with the Egg Hunt. The contest was suggested by Carrie McKie, an 11-year old Avery Ranch resident. Carrie, together with 9-year old Angela Bauer and 12-year old Nicole Bauer, ran the event with the help of volunteers from Challenger School. Challenger School helped Carrie to stage the Coloring Contest by providing the coloring sheets, crayons and prizes.

The Austin Community College Ensemble Band played beautiful music that kept everyone in a joyous mood. There were about 25 band members led by Dr. Stephen Sodders. One of the band members is Jose Reyes, an Avery Ranch resident.

Hotdog, drinks and chips were also available for purchase.

Special thanks to the event sponsors RBFCU & Challenger School, The ACC Band, the AR Social Committee members, to the event chairpersons, Joan Boucher & Diane DeAgazio and to all the volunteers for their hard work! Most of all, thank you to all those who participated and made this event a success!"





Winners for 3-4 year old category: Alyssa and Kedar Panchal Winners for 5-6 year old category : Arihanth Nuka and Isabella Rees Winners for 7-9 year old category: Anna Depta and Ryan Chang Winners for 10-12 year old category: Eva Murillo and Madeleine Nguyen

New HOA Website is Fully Operational

Our NEW WEBSITE is off to a good start, with many residents already members.

It is intended to be a one-stop shop for anything a resident may need. Subscribing to the site will help the financial state of Avery Ranch, as we will begin to phase out paper documentation and home delivery of statements and violation notices.

Residents who sign on to the site have access to forums, ability to obtain copies of CCR's, forms for renting facilities, checking the status of your account, pay your HOA dues and communicate with both Property Management or Board Members.

You can find pool rules, schedules, tennis court rules, and have the calendar of events pop up on your home page. Never miss a hayride, bazaar or Kids Summer program again!

Access to the community budget as well as minutes to all official meetings held is available.

Point your browser to www.AveryRanchHOA.com, have your Alliance account number or if you are a renter, your pool card ID will allow you access.

New Resident Meet & Greet

By Juli Word, event chair

The ARSC held the first New Resident Meet & Greet of the year on March 24th. It was well attended with both adults and children. A continental style breakfast was served and toys were provided to the kids.

Steve Roebuck, the Avery Ranch HOA President, spoke about what Avery Ranch has to offer including the amenities throughout the neighborhood and upcoming activities and events.

Steve addressed questions the residents had including certain neighborhood restrictions, where to submit landscaping requests, where to find the code to the tennis courts, and how to find information about Avery Ranch. As a money saving tip for the HOA, he recommended residents opt in to pay the HOA fees online.



Dick Cowan with Alliance was onsite to answer any association questions and was able to help residents activate pool keys received in the welcome packets that were not working.

Toward closing, door prizes were given which included two \$25.00 gift cards to Home Depot and a granite Avery Ranch "A" from the replaced street signs. The next Meet & Greet is yet to be determined; however, a tentative timeframe is mid-to-late summer.

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SALES POSITION - Hill Country Wedding Ideas Publication is looking for someone to join our sales team. If you are enthusiastic, like meeting people, and enjoy the wedding industry, please contact Don at 512-826-1005 or email don@hcweddingideas.com. Very flexible hours.

SUMMER MATH CLASS - College math professor offers summer classes in Avery Ranch home at \$15/hour. SAT Math -6:30pm-8:00pm, Wednesday. Algebra - 6:15pm-7:45pm, Monday. Trigonometry 8:00pm-9:30pm, Monday. Email linia888@gmail. com for more information.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Avery Ranch residents, limit 30 words, please e-mail to ARNEWS@ AveryRanchHOA.com

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please Peel, Inc. Sales Office at 512-263-9181 or advertising@PEELinc.com.

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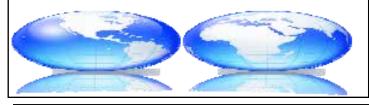
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GLENFIELD

SWIMMING POOL

A Message from your friend at D.R. Horton

We have welcomed SPRING once again! I hope that you find yourself in a great place and feeling good about the change of seasons. I see many of you outside starting to work on your lawns and replanting.

I love to see the pride of ownership that Texans take in their homes! Especially here in Avery Ranch! My phone has been ringing off the hook with neighbors asking me for the name of a good lawn service company.

Along with the change of seasons, we have a change in the Community as well. You've seen the construction, meaning we are about to start the next section of Avery Ranch. This is a great sign for us here in Austin. It shows that the economy is getting better and that we're getting ready for the anticipated growth within the next 3 to 7 years.

The legal description of the new section is Avery Ranch Far West Phase 3 Section 3 & 4. We have an estimated 80 lots available to start construction very soon!

Most of you have seen the progress we've had in a short time here in Glenfield, Section 3 Phase 2. We successfully sold out the neighborhood in a very short time and we have only 11 homes left in Glenfield. I love the calls from you saying "There's another Too Late sign" meaning

people continue to see the value and truth to the amazing reputation Avery Ranch offers. Our prices continue to be affordable for our location. Our new area will have prices ranging from the low \$200's to the \$280's.

Section 3-3 and 3-4 will have the same floor plans and we may add a few new ones that we are working on. If you know anyone who wants to enjoy everything that living in Avery Ranch has to offer, please refer them to me and when they buy a home, you will get a \$50 gift card! What a great opportunity to pick your neighbor. Tell a friend or co-worker about us. I sincerely appreciate your referrals. Plus, we will be offering a Bonus for the first 10 buyers in our new section!

I'm available at ratwell@drhorton.com or 218-4881 if you ever need anything. I look forward to hearing from you and wish you and your family all the best!

SOLD HOME:

1542 The Cartier Plan	\$220,000
1682 The Drake Plan	\$219,000
2234 The Balboa Plan	\$253,350
1868 The Holly Plan	\$229,500





Sales Consultant: Raquel Atwell • 218-4881 drhorton.com/austin

Help the HOA Save YOUR Money

Want to save \$6,000? That is the postage cost incurred by the HOA to mail your quarterly paper statements. On your statement, you'll find instructions on how to sign-up to get your quarterly statements via email. To register for this free service, visit www.estmt.net.

When you receive an email notification that your HOA quarterly statement is ready, you'll need to log-in to the site to confirm your request for electronic billing and this will prevent the mailing of your paper statement.

SAVE YOURSELF SOME MONEY WITH DIRECT DRAFT ALLIANCE DIRECT DEBIT VS ONLINE BILL PAY

СОЅТ	FREE	\$2.00 Per Convenience Transaction Fee
EXPIRES	No Experation Date	One year then you need to resubmit
QTR FEE	Will Adjust Automatically	Must login & Change

To register, contact Alliance for a form by mailing sperez@allianceonline.net or reach them at telephone number 512-347-3001. Ask for a Direct Debit form.

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.

Why choose Primrose[®]? Just ask a mom.

⁴⁴ My children are learning things I never imagined they could learn at this point in their lives. My preschooler can write his name and recite his alphabet and numbers. I also have a 15-month old who is learning his shapes and colors. It's just amazing how much Primrose is teaching my children.¹¹ — Jude & Ethan's Mom. Primrose Parent

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HOME ON THE RANCH What makes a good plant nursery?

Spring is here and the urge to revitalize your garden is overwhelming. Let's go get some new plants! Well, from where? There are many nurseries from which to select for purchasing your plant needs.. Some are top notch and some shouldn't even be in the business,. So how is the average gardener and plant consumer to know the difference? Here are some criteria for rating and choosing a Central Texas nursery with which to do business.

DOESTHE NURSERY STOCK PLANTSTHAT ARE IDEAL OR SUITABLE FORYOUR AREA?

This criteria is a big plus in rating any nursery. In Austin where water-wise gardening is necessary and actively promoted and a free 52 page Grow Green book is available to help gardeners make good plant choices, a good nursery would stock or regularly carry these native and adaptive plants as choice and availability need to go hand in hand.

Does the nursery try to market plants not meant to be grown for your area?

Conversely, if a nursery is selling plants suited for other areas of the country or climate zones, this is a red flag that this nursery is simply marketing plants based on appeal to the unwary and impulsive buyer., and has little knowledge of what grows best in Central Texas.

DOESTHE NURSERY RECOGNIZE & USE BOTANICAL NAMES FOR THE PLANTSTHEY SELL?

There is only one correct and universally recognized name for each plant and to make sure you are getting the real thing, correct botanical names are a must in addition to popular common names. Cultivar, hybrid, and variety names allow the buyer to research and get information about plants they buy or want.

IS THE STAFF TRAINED AND KNOWLEDGEABLE ABOUT THE PLANTS THEY SELL?

A sure clue as to the competency of nursery staff is to request a plant by it's botanical name and see the reaction – either HUH! or they *By Bob Beyer, Travis County Master Gardener* find that plant quickly.

If they don't know, they have the resources to research it on the spot – internet access, reference books, etc. A well trained and knowledgeable staff can tell you all you need to know in order to grow that plant well or as a basis for choosing it.

ARE PLANTS LABELED WELL AND CORRECTLY?

Do the plants in stock have a proper and correct identification and in some cases, information about the plant and how to grow it included? Are prices clearly noted? Nothing is more frustrating than to find a plant you like and have no idea, nor does the staff, of what it is – e.g. labeled "cactus" or "tropical plant" or "succulent" – Duh!

ARE THE PLANTS KEPT IN HEALTHY CONDITION UNTIL SOLD?

Does a nursery order or propagate fresh stock regularly and sell their stock within one year? Last year's stock is risky to buy. Are their plants trimmed back to maintain good shape and health, Are plants in appropriate sized containers relative to size? When you pull a pot bound plant out of a container, are the roots white or brown (alive or dead), and appearing healthy. Are sickly plants removed from stock? Are plants watered frequently to maintain good health?

WILL A NURSERY TRY TO FIND AND ACQUIRE PLANTS YOU WANT THAT ARE NOT IN STOCK?

No nursery can carry everything you want or seek, but a good nursery will take requests, know their wholesale sources, and attempt to acquire plants you need or want. Other nurseries will merely say they don't have it or don't sell it and not go beyond that level of help. Keeping a customer happy by helping to get the specific plants being sought is a big plus in the customer service category.

DOES THE ESTABLISHMENT SELL ONLY PLANTS AND RELATED GARDENING PRODUCTS?

How many stores have you seen selling plants where the plants are a sidelight or a way

to get you to spend more for something when you are shopping for something else? These places are marketing goods to the impulse buyer, not doing the gardener any favors. Let's see, plants at HEB, Drug Stores, Walmart, Lowes, Home Depot, etc don't qualify as a reputable plant nursery nor do the sales staff really know what they are selling

IS THE NURSERY LAYOUT USER FRIENDLY AND EASY TO FIND DESIRED PLANTS?

It is pretty frustrating to go to a nursery and see plants everywhere but what is located where? Is signage good and customer friendly? Are plants of like or comparative kind located together for comparison? Are pathways and access to plant stock clear and easy to navigate? Can staff easily find a plant for you.?

ARE PLANTS AT THE NURSERY REASONABLY PRICED RELATIVE TO ACTUAL SIZE?

Ah, and then there is the bottom line prices. The cost of buying plants has risen significantly in recent years due to increased transportation costs from grower to retailer so price becomes a shoppers concern. Are you getting the best deal and your money's worth? A local nursery that propagates much of it's stock can sell it for less than the same plant ordered from CA and trucked to market. Plants are priced by container size. I have seen plants in one gallon size that were much larger and more mature than the same plants in 3 gallon containers, but the price differential is significant. A good nursery will price and package plants according to size, quality, and actual cost to them with reasonable profit margin, rather than try to prematurely upgrade a plant to a larger container to increase profit margin. It's just part of giving the customer a fair price and value with their purchase.

Now the next time you go shopping for plants at your local nursery, ask yourself all these questions or make a checklist and rate the nurseries you visit. Are they true nurserymen or plant marketers?



Round Rock New Neighbors

Round Rock New Neighbors is a local organization of women for neighbors new or "old" (been here awhile) from Round Rock and surrounding areas.

We hold monthly luncheons with a program and a speaker. We have many "interest groups" and activities and we also do community outreach.

Come join us and meet new friends and enjoy our activities.

Check out our website at www.rrnewneighbors.org or call Candy Massaglia at 721-5439.

Advertise Your Business Here 888-687-6444

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Austin Newcomers Club MAY LUNCHEON

Folks who have been in Austin for a while are familiar with Sue Patrick's clothing emporium. She has been in the clothing business in Austin for 37 years and at her current location, 5222 Burnet Road, for the past 13 years. The store is not like any other in Austin. The merchandise includes everything from UT T-shirts to formal wear. Sue specializes in Vera Bradley and Brighton Collection handbags and carries some wonderful clothing lines including FDJ Jeans, Not Your Daughter's Jeans, Foxcroft shirts and Joseph Ribkoff. In addition to great clothing lines, you will find special candles and home fragrances and University of Texas clothing and memorabilia. This is a very popular event, so be sure to make your reservations early.

WHEN & WHERE

Wednesday, May 16, 2012 at Green Pastures Restaurant, 811 West Live Oak Street, pre-payment \$20.00 Reservations are required.

TIME

11:30 a.m. socializing, Luncheon begins at noon. For Luncheon Reservations: Email: LuncheonDirector@AustinNewcomers.com

Austin Newcomers Club is a non-profit social and recreational organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. To Join Austin Newcomers Club: Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00, membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at:

www.AustinNewcomers.com





TEXAS HIGHWAYS PHOTO EXHIBIT Monday, May 7 through Sunday, May 13 Celebrate National Wildflower Week at the McDermott Learning Center with a display of incredible wildflower photography. Extended hours—5:30 to 8:30 p.m. -- on Tuesday, May 8, and Thursday, May 10 **GARDENS ON TOUR** Saturday, May 12, 9 a.m. to 5 p.m. Five exquisite public gardens plus the Wildflower Center for \$25. Sign up at www.wildflower.org **MOLLIE STEVES ZACHRY TEXAS ARBORETUM OPENING** Saturday, May 19, 1:30 p.m.

A superb collection of Texas trees, including the Hall of Texas Heroes, on 16 acres. **MEMORIAL DAY**

Monday, May 28 Center is open. Sidewalk Sale at the Store

NOT AVAILABLE ONLINE



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Family Medicine

Both physicians are currently accepting patients at our newest clinic located at North Vista Ridge Blvd. & 1431, by HEB & Home Depot

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Lee Keegan, MD Board Certified Pediatric Medicine

A FOCUS ON PHYSICAL ACTIVITY

Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

- Any physical activity is better than no physical activity
- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness
- Most health benefits occur with at least 150 minutes a week

• Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

For most people, additional benefits occur when

- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make

sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: http://www.nsc.org/ resources/Factsheets/hl/fitness.aspx.



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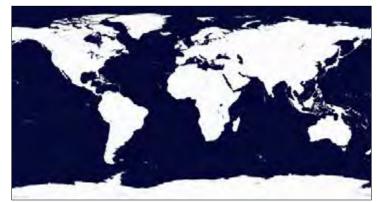
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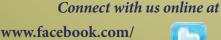
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Top Ten Tips for Improving Bad Breath

Suffering from bad breath, but not sure why? Think about drinking more water and using less mouthwash. Find out why and learn more ways to improve your breath with these top ten tips.

Call it by its fancy name, "halitosis," and it won't smell any sweeter. Bad breath is frequently a sign that you're not keeping up with your oral health. The source of this unpleasant odor is, in most cases, bacteria living on your teeth, gums or tongue. Follow these ten tips for a breath of fresh air:

Brush your choppers twice each day. Better yet, brush after every meal. If you eat lunch at work or school, keep an extra toothbrush there. Also, be sure to replace your toothbrush regularly. Every few months, swap your brush for a fresh one.

Reach between your teeth. Flossing daily helps you remove food particles from between your teeth, where your toothbrush just can't reach. Flossing also helps keep your gums healthy, preventing periodontal disease, which can also lead to bad breath. If using regular floss is difficult for you, try one of the many interdental cleaners available at drugstores.

Pick up an electric toothbrush. Along with floss, an electric toothbrush removes plaque better than a manual toothbrush.

Treat your tongue right. Bacteria can gather on the surface of your tongue, so use a soft-bristled toothbrush or a tongue scraper to clean it every time you brush.

Tap your inner teenager and chew gum. The act of chewing (sugarless!) gum stimulates the production of saliva, which naturally washes away bacteria and food particles. If you suffer from a lack of saliva due to "dry mouth," a condition sometimes caused by medication, let us know; we can help address the problem.



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Don't fall for the myth of mouthwash. Most mouthwashes merely mask the smell of bad breath and don't do anything to solve the underlying problem.

> **Hydrate, hydrate, hydrate.** Drink water regularly to keep your mouth moist, and go easy on alcohol and caffeine, both of which are dehydrating.

Turn off the tobacco. Smoking and chewing tobacco lead to bad breath. They also increase your risk of a host of serious health problems, from periodontal disease to cancer.

> Take note of what you take in. Certain diets, foods and medications can affect your breath. If your problem doesn't appear to be oral, make a list of the foods you eat and medications you take. Review it with your dentist or your family doctor to assess the source of the problem.

Call in the experts. It's important to have your teeth professionally checked and cleaned twice a year. Your dentist can give your teeth a thorough cleaning that isn't possible at home, as well as check for and treat early signs of problems such as cavities or periodontal disease.

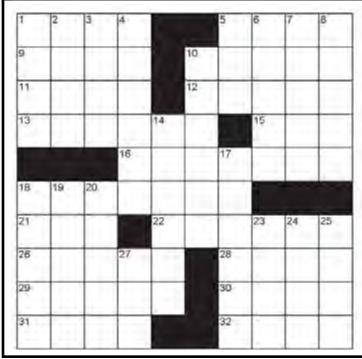
In rare cases, persistent bad breath can be a sign of a larger health problem. The American Dental Association lists possible medical sources of bad breath, including respiratory infection, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance,

and liver or kidney ailments. If your dentist suspects that your breath problem stems from a medical issue, he or she will recommend speaking with your family doctor immediately. *Submitted by Dr. Flury*



FIREDIT

CROSSWORD PUZZLE



ACROSS 1. Arabian 5. Partial

10. Hoax

11. Acres

- DOWN
- 1. Organization concerned with civil liberties (abbr.)
- 2. Colored horse
- 3. Green Gables dweller
- 4. Smear

5. Lanka

6. Comforts

10. Airmen 14. Steps

17. Linear

23. Manner

27. Olden

18. Facial hair

19. Orderly arrangement

20. Synthetic fabric

24. Eve's garden

25. For fear that

7. Many

- 12. Smooth tightly twisted
- thread 13. Insecure

9. Ice cream holder

- 15. Estimated time of arrival 8. Utopian
- 16. Knife
- 18. A feminine name
- 21. Epoch
- 22. Center of much political dispute

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- 26. Protective covering
- 28. Ill-mannered
- 29. Stair grips
- 30. Mined metals
- 31. Tinted
- 32. Lack

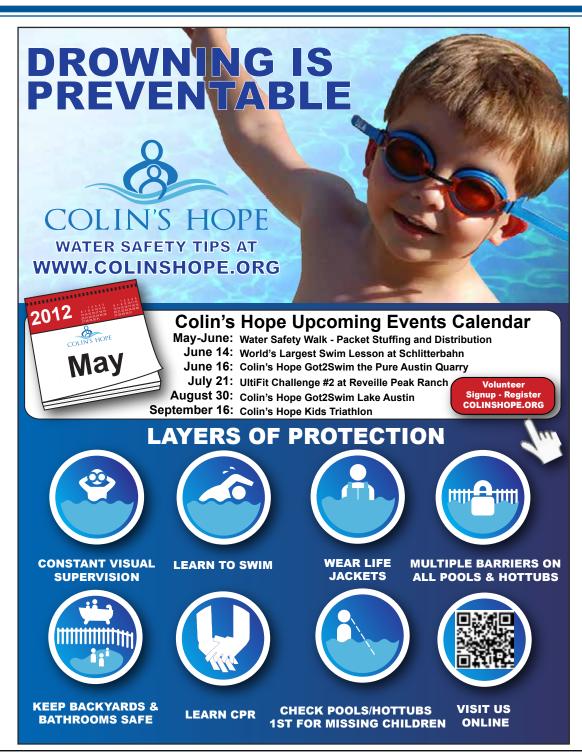
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