

HOME *on the* RANCH

VOLUME 7 ISSUE 6

JUNE 2013



Brookside • Casitas • Champions • Creekside • Enclave
Granite Shoals • Glenfield • Greens Highlands • Landing • Morningside
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10 **#1 FOR 10 YEARS IN A ROW**
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BUILDER MAGAZINE

Summer is upon us and being in Austin, fun is just around the corner! Along with your summer fun, you may want to catch up on some very important home maintenance that was put off during the cold winter months. Here are a few tasks you might want to tackle in the next few months.

Home Improvement

1. Clean and seal decks. Ideally, you'll need three consecutive warm, sunny days. On day one, dry out the deck. Apply deck cleaner and scrub the deck on the second day. Let it dry 24 hours. On the third day, apply deck sealer.
2. Hire a certified chimney sweep to inspect and clean chimneys. Doing this task now instead of the fall allows plenty of time for repairs before the next heating season. It's also easier to schedule a sweep.
3. Wash the exterior of your house using ordinary garden hose pressure and a mild detergent. Beware of the pressure washers -- they are powerful enough to force water under the siding where it may encourage mildew and rot.
4. Caulk exterior joints around window and doors.
5. Clean lint from the entire clothes dryer vent system and from the dryer to the exterior vent cap.
6. Inspect and repair or repaint all patio and deck furniture.
7. Check operation of attic fans and roof-mounted turbine vents.

Air Filter Replacement

Your heating and cooling system is the biggest user of energy in your home. So it only makes sense that it should run as efficiently as possible. One of the most important parts in this system is the filter because all of the air that is distributed throughout the duct work of your heating and cooling system has to go through the filter at the return air grill.

In most homes the grill is located in a hallway. Pay attention to the air filter. A dirty filter restricts air flow, makes your heating and cooling system work harder and will end up costing you more money each month. Here's how simple filter replacement is. Look at your existing filter to get information about the correct size, drop by your local home center and pick up another filter of the same size. That's all there is to it.

Place the new filter right back into position, close the grill and it's ready to go. You might also consider writing the date that you replaced the filter on the edge of the filter so there's no mistaking when it needs replacing again. Changing the filter regularly will ensure the system is operating as efficiently and inexpensively as possible.

We hope you've found these simple suggestions helpful. Please let us know if we can help with any other ideas or questions!

Avery Ranch continues to be one of the fastest growing communities in Austin. It has experienced more New Home Starts than any other New Home Community in Austin. You can see this demonstrated by how fast we have been building our homes and your new neighbors move in!

The following lists plans that we have recently sold and closed. We also included a list of available homes in case you know anyone that you would love to have as a neighbor. Please send them our way and we'll send you a referral Gift Certificate when they mention your name! Avery Ranch continues to be one of the fastest growing community in Austin. It has experienced more New Home Starts than any other New Home Community in Austin. Please send them our way and we'll send you a referral Gift Certificate when they mention your name!

Glenfield Sold Homes:

Cartier 1542 sq. ft.	\$258,000	• Holly 1868 sq. ft.	\$258,000
Balboa 2237 sq. ft.	\$282,000	• Cortez 2120 sq. ft.	\$264,536

Glenfield Available Homes:

11604 Yeadon Way	Cartier 1542 sq. ft.	\$261,496 + \$5k for CC*
11613 Harpster Bend	Holly 1909 sq. ft.	\$265,000 + \$5k for CC*
11612 Yeadon Way	Drake 1743 sq. ft.	\$267,738 + \$5k for CC*

Ingleside Available Homes:

Adeline 3/2.5	1628 sq. ft.	\$209,071
Bellamy 3+L/2.5	1698 sq. ft.	\$221,960
Chateau 3/2.5	1839 sq. ft.	\$231,750



Avery Ranch
Glenfield **Ingleside**

Glenfield Sales Consultant:
Raquel Atwell • 218-4881
ratwell@drhorton.com



Ingleside Sales Consultant:
Pat Fulford • 716-0886
pkfulford@drhorton.com



*Builder will pay \$5000 for Closing Costs. Offer valid at Glenfield Avery Ranch. Up to 2 pt. of additional Closing Costs will be paid by seller if buyer funds and closes with seller's affiliated lender OR another "Preferred Lender". This is not a commitment to lend; not all buyers will qualify. Buyer is not required to finance through DHI Mortgage or another "Preferred Lender" to purchase a home; however, buyer must use DHI Mortgage or another seller "Preferred Lender" and DHI Title to receive the incentive. See sales agent for complete details including a list of all seller "Preferred Lenders." DHI Mortgage Company, Ltd. 10700 Pecan Park Blvd., Suite 200. Branch NMLS #38686. Company NMLS #14622. For information on DHIM licensing please visit <http://www.dhimortgage.com/other-pages/licensing/>. Additional restrictions may apply. Prices, plans, features, options, availability and co-broke are subject to change without notice. Square footages are approximate.

Second Annual ADULT LUAU

Saturday, June 22nd from 6:30-9:30 pm
Granite Shoals Pool, 14515 Staked Plains Loop

Come on out for a great evening to meet and socialize with your AR neighbors!

The pool will be closed to other residents during the time period for this event.

RSVP's REQUIRED. Please respond to luau@averyranchhoa.com

Music will be provided by DJ Jason Lynum and back by popular demand a karaoke contest with prizes!

A photographer will be on site for photos to take home.

This event will be BYOB with bartenders to serve your drinks. Set-ups provided.

NO GLASS IS ALLOWED at the pool area so drinks will be served in plastic cups.

Food will be catered with a menu consisting of pork sliders, chicken kabobs, garlic ginger meatballs, mango rice, fruit platter, iced tea and fruit infused lemonade.

NOTE: This is the first Avery Ranch event with a fee. It will be \$10 per person and an **RSVP is required** to attend.

Please bring your PAYPAL Receipt as confirmation if you don't pay by check. Deadline to RSVP is Monday, June 17th.

Avery Ranch Annual Independence Day Celebration

July 3rd, Wednesday

Celebrate our Independence Day on Wednesday, July 3rd at our Main Amenity Center (Morningside) from 4 to 8 PM. Hot dogs, hamburgers, chips, soft drinks and ice cream will be available for purchase, so bring some cash. Music will be provided along with other entertainment. We'll distribute patriotic handouts to children.

Best of all (conditions permitting), the day's festivities will conclude with our annual fireworks display between 9:00 and 9:30 PM.

So y'all come on down to the MAC and celebrate our nation's birthday with your family, neighbors and friends!



Announcing....

The Avery Ranch July 4th Bike Parade

Get out those streamers, pinwheels, and flags. Bring your decorated bikes, wagons, strollers, scooters or walking shoes and join us for the

Avery Ranch Bike Parade!

Beginning at 10am on July 4th, the parade will leave from the front of Rutledge Elementary in Granite Shoals, make the block around the school, and end at the starting point. The parade route is approximately 1/2 mile.

You won't want to miss this festive event with your family and neighbors!

Spectators Welcome!

Bring your flags and lawn chairs, and line the sidewalk on the parade route. The paraders would love the cheers!



****If you are a current military member or veteran, we would love to have you join our parade.****

Please contact Mandy Erickson
aboilerbacker@hotmail.com

HOME ON THE RANCH

BOARD MEMBERS

PRESIDENT

Steve Roebuck..... steveroe@AveryRanchHOA.com

VICE PRESIDENT

Marc Boucher..... marcboucher@AveryRanchHOA.com

SECRETARY

Khrist Mire khristmire@averyranchhoa.com

TREASURER

Steven Pierce..... steven.pierce@AveryRanchHOA.com

RESIDENT BOARD MEMBER

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RESIDENT BOARD MEMBER

Lance Goldsmith b.lance.goldsmith@gmail.com

RESIDENT BOARD MEMBER

Mike Steinkoenig..... msteinkoenig@AveryRanchHOA.com

RESIDENT BOARD MEMBER

April Aguren april.aguren@AveryRanchHOA.com

RESIDENT BOARD MEMBER

Robert Betts..... Rbetts@AveryRanchHOA.com

RESIDENT BOARD MEMBER

Vacant Position

D.R. HORTON

Tom Moody..... TEMoody@drhorton.com

AVERY RANCH HOA WEBSITE

Visit the Avery Ranch HOA website at AveryRanchHOA.com

FOR QUESTIONS OR CONCERNS

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

YOUR COMMUNITY, YOUR VOICE

Do you have an article or story that you would like to run in this newsletter? Send it to us for consideration in the next issue. Email your document to ARNEWS@AveryRanchHOA.com.



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.
Elsa England Elementary School 704-1200
..... 8801 Pearson Ranch Road
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.
Stiles Middle School 570-0000
..... 3250 Barley Rd.
Vista Ridge High School..... 570-1800
..... 200 S. Vista Ridge Dr.

UTILITIES

City of Austin Water 512-494-9400
Perdernalles Electric..... 512-219-2602

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Billing..... 1-800-858-7928

TIME WARNER CABLE

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Repairs..... 512-485-5080

Solid Waste Servies..... 512-494-9400

NEWSLETTER INFO

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Advertising..... advertising@peelinc.com

Call for Candidates

HOA Board of Directors

Having a successful and effective HOA Board of Directors (BOD) is crucial to the well being of a large association. Board members need to understand the strengths and weakness of the community, its history, and what goals are to be accomplished. Additionally, the Board is charged with making sure assets are maintained and fiduciary responsibilities are met. Some of the roles of the BOD's are to enforce the MDCCR's, establish sound fiscal policies, create a workable budget, attend and contribute in monthly meetings, and effectively communicate with the association at large. Being an AR HOA BOD can be a rewarding volunteer position as you are taking an active role in shaping our community to be the best it can be.

Every year at our August annual meeting, elections are held to fill seats on the Avery Ranch Owners Association Board of Directors. The Board consists of 11 members, which are elected by homeowners for a three-year term. This year we have four (4) seats up for election.

If you are interested in serving on the Board of Directors please submit a small profile article no later than June 12th to arnewsletter@hotmail.com. You may also submit your candidate article to the social media sites: Avery Ranch website (www.averyranchhoa.com), the Facebook Group: (Avery Ranch Owners Association), and the Yahoo Group: (Avery Ranch).



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HOME ON THE RANCH

From the HOA Board **Pool Card Issues**

As many of you are already aware, many residents are having difficulty with our access cards at the pool areas. We are very sorry for this inconvenience, and by the time this article is published in the June newsletter, I hope it has been resolved. Rest assured that many people are working diligently at finding root cause, applying temporary fixes and seeking a long term solution. In the meantime if your card is still not working, please email gethelp@averyranchhoa.com, including your name, address and number off of your card. Be aware that each pool operates on a separate system, so if your card works at one and not another, we would like to know about it.

Fellow resident Chris Mire is working alongside our gate contractor and our management company in an effort to resolve this quickly. The HOA always appreciates it when a resident volunteers their skills and time to help solve community issues.

Steve Roebuck
AROA - President



The Avery Ranch Homeowners Association are giving a shout out to the Avery Ranch Social Committee and to our community event sponsors ISS Grounds control (our landscapers), Lifeline Aquatics (our pool company),

Rudy's Country Store, Randolph Brooks Federal Credit Union, Mighty Fine Burgers, G's Dental Studio, Peace Frog Carpet & Tile Cleaning, Campbell Dental and Hang Ups Framing in Cedar Park!

Calendar of Events **HOA MONTHLY BOARD MEETING**

Next meeting - Monday, June 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. 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:

Second Annual Adult Luau

Saturday, June 22nd from 6:30 to 9:30 p.m.

RSVP required

See article in this issue for details.

Independence Day Celebration

July 3rd, Wednesday from 4 p.m. to 8 p.m.

See article in this issue for details.

July 4th Bike Ride

July 4th, Thursday at 10 a.m.

Granite Shoals, commencing in front of
Rutledge Elementary School.

See article in this issue for details.

Harvest Hayride

October 26th, Saturday

Save the Date!

Avery Ranch Bazaar

Daytime of November 9th, Saturday

Save the Date!

Movie in the Park

Evening of November 9th, Saturday

Save the Date!

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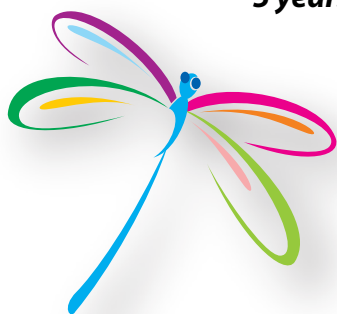


COLIN'S HOPE
WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



**5 years ago this month, Colin Holst tragically and silently drowned at the age of 4.
10 Texas children have already drowned this year.**

Be a Water Guardian and help prevent children from drowning.



Ongoing: Volunteers needed to stuff and distribute water safety packets info@colinshope.org

Ongoing: Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

Now-June 18: Discount Schlitterbahn Tickets for sale. <http://www.tinych.org/tickets>

June 18: World's Largest Swim Lesson at Schlitterbahn Waterpark New Braunfels

July 1: Colin's Hope Got2Swim Lake Austin 4 Miler (solo or relay) <http://www.tinych.org/got2swim4>

July 21: Colin's Hope Kids Got2Swim Pure Austin Quarry Lake <http://www.tinych.org/got2swimkids>

Volunteer - Donate
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1ST FOR MISSING CHILDREN**



**VISIT US
ONLINE**

HOME ON THE RANCH

Social Committee Help Wanted

Avery Ranch residents, do you enjoy and participate in the activities put on in the community by resident volunteers?

These activities include: Adult Mardi Gras Happy Hour, Spring Egg Hunt with visit from the Easter Bunny, Spring Crafts Bazaar, twice a year neighborhood Garage Sales, Garden Tour, Adult Luau, July 3rd events, Harvest Hayride & Costume Contest, Movie in the Park, Holiday Sleighride and visit from Santa along with New Resident Meet & Greet and hand delivery of Welcome Wagon bags.

If your answer is YES, then we need your help.

Less than 2 dozen people offer their time volunteering and assisting with coordination of events throughout the year.

Without an increase in the level of volunteerism, the community is in danger of shortening our list of events. The most popular events (ie.. Spring Egg Hunt, Holiday Sleigh Rides and July 3rd events) are the most labor-intensive, hence in most need of volunteers.

We know everyone has a busy lifestyle which makes volunteering a hard commitment.

Volunteers come and go as circumstances arise so having a fuller roster makes all tasks lighter.


We welcome you to our monthly meetings, held the first Thursday of every month from 7-9 PM at the MAC.

Please consider coming out and joining us! Email us at ARSC@AveryRanchHOA.com for information.




*Do you enjoy the events organized by
the Avery Ranch Social Committee?*

Did you know that ARSC is an all-volunteer organization made up of your neighbors? Funded by the Avery Ranch Owners Association and volunteer donors, the ARSC puts on the annual Mardi Gras, Easter Egg Hunt, Halloween Hay Ride, Movies in the Park, Holiday Sleigh Ride and many more activities. Please consider a donation that will stay in the community and help fund events that we all enjoy. To donate using PayPal, Navigate to www.AveryRanchHOA.com, click on payments, then click on Donate.




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HWY 183
N



Cedar Park Eye Care

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512.249.0808





Avery Ranch Residents Interested In Playing Bridge?

Let's start a Ladies group and a Couples bridge group!
If interested, please e-mail Manorama Khinduka at
manokhinduka@yahoo.com



Parent-child workshop at Kids 'R' Kids on Saturday, June 1 from 10am to 11 am: Researchers from the Department of Psychology and Center for Learning and Memory at the University of Texas at Austin will be giving a one hour long, interactive science workshop for children and their parents. The workshop will be geared towards understanding **basic facts about the brain through a series of hands-on activity stations.** Workshop participants will get to see and touch real animal brains to learn about how they differ from human brains. Children will also play games to learn how our brains help us see, and perform experiments about how we learn, move and act! You can read more about the researchers' areas of expertise here: <http://labs.la.utexas.edu/church-lang/> and <http://clm.utexas.edu/preston>.

To sign up for this workshop, please email:
sugandha007@yahoo.com



Jennifer L. Kiening, D.D.S.

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Travel the World without Leaving Your Hometown by Hosting a Foreign Exchange Student

By Heather Wells

Who hasn't dreamed about walking among the Egyptian pyramids, or soaking in the sun on a beach in Spain, or wandering along the Great Wall of China? Every parent wants to give their children a taste of the world, but the economic reality of international air travel for a family, not to mention hotels, passports and food, makes it tough for most of us to consider except in our daydreams.

There is a way to give your children the world – without leaving your living room. How? Host a foreign exchange student from a country you've always admired! Fascinated by France? Curious about China? Intrigued by India? By welcoming an international student from one of these countries into your home, you instantly open a portal to a far off land.

"My husband and I have been hosting for the past three years and have enjoyed every minute of it!" said Vicki Odom, an Ayusa host mom from Pearland, Texas. "The various students we've had in our home have taught us a great deal about their home countries. The students also love learning about life in Texas and participate in a good deal on community service. Their latest service projects was volunteering to be Super Scoopers at the San Antonio Battle of Flowers Parade."

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English – and all high school exchange programs are regulated by the U.S. Department of State.

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Connie Coutu, Regional Manager of Ayusa, a non-profit that promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

"Hosting an exchange student is a life-changing experience – for the student, the host family, and the host community," says Coutu. "There is no better way to teach your children about the world around them than through welcoming an international high school student into your home."



Chris Beltran

Mortgage Market Manager

NMLS ID 418640

901 S MoPac Expy Bldg 3 Suite 140

Austin Texas 78746

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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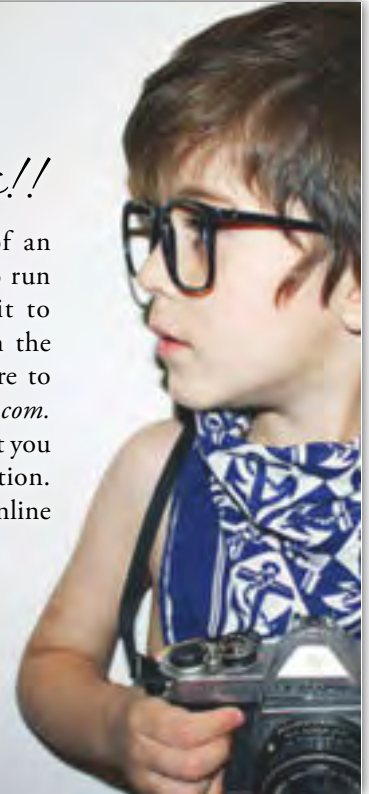
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AustinYMCA.org
236-9622

SEND US YOUR

Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to ARNEWS@AveryRanchHOA.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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Older Adults Express Anxiety In Different Ways

While there are several factors that can cause anxiety in older adults, it can be difficult to identify because they express anxiety in unique ways, according to an expert at Baylor College of Medicine. According to Dr. Melinda Stanley, professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, common types of anxiety disorders in adults include:

- Generalized anxiety
 - Social phobias
 - Specific fears and phobias
 - Post-traumatic stress disorder
- Anxiety symptoms that older adults and their family members should watch for include:

- Shortness of breath
- Difficulty sleeping
- Increased heart rate
- Muscle aches and pains
- Dizziness

Anxiety is not a normal part of aging and can be treated. The first important step is to have a physical exam. Cognitive behavioral therapy is a treatment option that teaches learning skills to manage anxiety. Skills that can help reduce anxiety include relaxation, changing thoughts, facing fears, learning how to solve problems and learning behaviors to improve sleep.

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Allergy Prevention, Management Tips

It is important for parents to remember the basics about prevention and management of allergies, said a pediatrician from Baylor College of Medicine.

Dr. Armando Correa, an assistant professor of pediatrics at BCM and a pediatrician at Texas Children's Hospital, offered the following tips:

- Seek immediate medical attention for difficulty breathing, swelling of the face, tongue or other extremities.
- Consider short-term medication for symptoms such as a runny nose, itchy eyes or sneezing.
- If symptoms persist, contact your pediatrician.
- For children under the age of 2 experiencing allergies, always seek medical attention.
- Help manage environmental allergies by avoiding places that have just been cleaned or places where pets frequent.

Correa also offered tips on food allergies:

- If your child has multiple or severe allergies, they should always carry an injectable medication.

-Always read the food labels and be aware of where foods are manufactured.

-Consider allergy testing for children with severe or multiple allergies.

Always consult a pediatrician on questions related to allergy prevention and management.



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You can do so by emailing Rona Quejada at arnewsletter@hotmail.com. All news must be received by the 12th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for Home on the Ranch. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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Runner's Knee Pain Usually Linked To Foot, Hip Problem

If running is turning into a pain in the knees, it might actually be the hips that need your attention.

When runners have knee pain, it's usually related to foot or hip problems, according to Dr. Joseph Chorley, associate professor of pediatrics adolescent and sports medicine at BCM and Texas Children's Hospital. If a runner is not in control at the foot, ankle or hip, the knee is what gets twisted, has to overwork and develops irritation.

Chorley makes the following suggestions:

- Stretch properly before running
- Don't increase mileage by more than 10 to 15 percent per week
- Walk when knee pain begins
- Replace shoes every six to nine months or every 500 miles
- Know what your foot type is and be sure you have proper cushioning
- Consider cross-training and strengthening exercises to help strengthen the core, glutes or hamstrings
- Multi-vitamins are helpful for all runners and fish oil is good for long distance runners

However, there are some symptoms that may indicate a more severe problem that should be seen by a sports medicine physician:

- Fluid accumulating in the knee
- Painful popping or a mechanical sensation
- Someone who had a previous structural injury such as torn ACL or PCL that's now experiencing pain

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TENNIS

TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to Execute The Forehand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley and the overhead “smash”.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve.. In the illustrations, Ken Comey, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Ready Position: When Ken is getting ready to return the serve, his eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip..

Step 2: The Split Step: When the opponent tosses the ball into the air, Ken will take a hop with both feet off the ground, trying to time the split step with the contact of the ball on the opponent’s racket

Step 3: The Back Swing: Once Ken realizes that the ball has been directed to his forehand, he will turn his upper body

and will take the racket back. Notice that the left hand is up in front to allow him to keep his center of gravity in the center. He has loaded his weight on his right foot and will be ready to step forward to meet the ball

Step 4: The Point of Contact: Ken now is ready to step into the ball. He has kept his eye on the ball and his center of gravity now is shifted to the point of contact. Notice the left knee being slightly bent and the left foot is pointing to the ball meeting the racket

Step 5: The Extension of the Point of Contact: Ken is now directing the ball toward the opponent’s court. His eyes have now shifted toward his target and his body weight is now fully in front of his left foot. The left hand is still helping to keep the center of gravity in the center without opening up too early.

Step 6: The Follow Through: Once Ken has finished his stroke, the momentum of the racket continues to move almost to a point behind his neck. His left hand is next to his body and his right elbow is pointing toward his target. His body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.

Look for in the next Newsletter: The Two Handed Backhand Service Return

HOME ON THE RANCH

A Hearing Or Vision Test may be the solution to "Bad Behavior"

For some children a health problem could be to blame for acting up in class or even a drop in grades. Doctors at Baylor College of Medicine say what might look like a behavioral issue could actually be a sign of hearing or vision problems.

If a child cannot hear or see properly, they cannot pay attention in class, said Dr. James H. Bray, associate professor of family and community medicine at BCM.

Bray said children may think they can hear what the teacher is saying but actually are getting the information wrong, so it looks like they aren't paying attention or are being defiant.

Bray said it is important to see a doctor for a proper diagnosis.

Before a parent begins to worry, a family medicine doctor or pediatrician can conduct a basic hearing and vision test that can identify whether a hearing or vision specialist is needed, or if another problem is to blame, Bray said.

Bray said once a diagnosis is made there may be simple solutions, such as making sure a child sits in the front of the class.



Physical Symptoms Could be Sign of Depression

*Depression and chronic mood
disorders can manifest themselves
through physical symptoms*

"Physical symptoms often drive a patient to see a primary care physician, and then the diagnosis of depression may emerge," said Dr. Sanjay Mathew, associate professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Symptoms include gastrointestinal syndromes or chronic pain conditions. Many patients will have diagnoses of both a physical illness as well as depression.

The first step is to get a complete medical history and physical exam to rule out any medical conditions before making a psychiatric diagnosis.

Certain types of antidepressants and medications that help treat seizures also help with the physical symptoms of depression at low doses. This can help avoid the use of multiple medications.



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Smoking is one of the worst things kids or adults can do to their bodies. Yet every single day about 3,900 kids between the ages 12 and 17 start smoking. Most middle school students don't smoke — only about 1 in 16 does. And most high school students don't smoke either — about 1 in 5 does (that means 4 out of 5 don't). **BUT WHY DO THOSE WHO SMOKE EVER BEGIN?** There's more than just one answer. Some kids may start smoking just because they're curious. Others may like the idea of doing something dangerous — something grownups don't want them to do. Still others might know lots of people who smoke and they might think it's a way to act or look like an adult. Fortunately, fewer people are starting smoking than a few years ago. Maybe that's because more and more people have learned that smoking and tobacco use can cause cancer and heart disease. But sometimes kids can't really think that far into the future to worry about an illness they might not get for many years. So let's talk about the problems that might affect kids more quickly:

- bad breath
- yellow teeth
- smelly clothes
- more colds and coughs
- difficulty keeping up with friends when playing sports
- empty wallet — cigarettes and tobacco products are very expensive!

Let's find out more about cigarettes and tobacco.

WHAT ARE SMOKING AND SMOKELESS TOBACCO? Tobacco (say: tuh-BA-ko) is a plant that can be smoked in cigarettes, pipes, or cigars. It's the same plant that's in smokeless tobacco, known as dip, chew, snuff, spit, or chewing tobacco. Smokeless tobacco is not lit or inhaled like tobacco in cigarettes, pipes, and cigars. Instead, smokeless tobacco is put between the lip and gum and sucked on inside the mouth. Tobacco contains nicotine (say: nih-kuh-teen), a chemical that causes a tingly or pleasant feeling — but that feeling only lasts for a little while. Nicotine is also addictive (say: uh-DIK-tiv). That means that if you start to use nicotine, your body and mind will become so used to it that you'll need to have it just to feel OK. Anyone who starts smoking could become addicted to it. If you're addicted to something, it's very hard to stop doing it, even if you want to. Some kids get addicted right away. And adults are often addicted, which is why so many of them have a hard time quitting smoking.

WHY IS IT SO BAD FOR YOU? Cigarettes and smokeless tobacco kill hundreds of thousands of Americans every year. You know those rubber bracelets that were created to bring attention to different causes? The Campaign for Tobacco-Free Kids created a red one with the number 1,200 on it. Why 1,200? That's the number of people who die each day due to smoking. The nicotine and other poisonous chemicals in tobacco cause lots of diseases, like heart problems and some kinds of cancer. If you smoke, you hurt your lungs and heart each time you light up. It also can make it more difficult for blood to move around in the body, so smokers may feel tired and cranky. The longer you smoke, the worse the damage becomes.

THE OTHER COST OF SMOKING Using tobacco eats up a lot of money, too. A pack of cigarettes costs about \$6, on average. That means, even if you buy just one pack a



Selling Smoke

You won't see cigarettes advertised on TV or billboards, but cigarette companies still spend billions of dollars each year to promote their products. Have you ever seen an ad for cigarettes or tobacco? Did it make you want to try it?

week, you'll spend \$312 in a year. Some people smoke a pack a day, which adds up to \$2,190! That's a lot of computer games and clothes you could buy instead.

WHAT'S IT LIKE? Usually, people don't like smoking or chewing tobacco at first. Your body is smart, and it knows when it's being poisoned. When people try smoking for the first time, they often cough a lot and feel pain or burning in their throat and lungs. This is your lungs' way of trying to protect you and tell you to keep them smoke free. Also, many people say that they feel sick to their stomachs or even throw up. If someone accidentally swallows chewing tobacco, they may be sick for hours. Yuck.

WHAT IF MY FRIEND SMOKE? If you have friends who smoke or use tobacco, you can help them by encouraging them to quit. Here are some reasons you can mention:

- It will hurt their health.
- It will make their breath stinky.
- It will turn their teeth yellow.
- It will give them less endurance when running or playing sports.
- It's expensive.
- It's illegal to buy cigarettes when you're underage.

If you think it will help, you could print out articles like this one to give to a friend who smokes. He or she may be interested in learning more about the dangers of smoking. But people don't like to hear that they're doing something wrong, so your pal also could be a little angry. If that happens, don't push it too much. In time, your friend may realize you are right. In the meantime, it could help to talk with a parent or a school counselor if you're worried about your friend. When your friend is ready, a grownup can help him or her quit for good. If your friend decides to quit, lend your support. You might say it's time to kick some butts!

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

HOME ON THE RANCH

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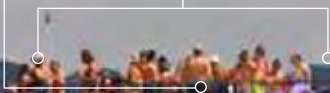
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