



The Harbour

COMMUNITY • CONNECTION • CULTURE

February 2013

Official Newsletter of the Chelsea Harbour Homeowners Association

Volume 4, Issue 2

Chelsea Harbour's Beautiful Lakes

Our neighborhood is unique. Most lake neighborhoods only allow home owners to look at the lakes or interact with the water in public areas. We are fortunate to have backyard access to our lakes. We all enjoy the lakes in a variety of ways. We have neighbors who canoe, kayak, paddle board, feed the fish, meditate, and drives their boats around the lake. It is relaxing to sit out back and look at the water. The wildlife is interesting and the breeze created in our backyard microclimate makes summer more enjoyable. Along with this opportunity to enjoy the water comes a responsibility to protect the lakes. The best plan is to keep everything out of the lakes. Watch for trash blowing from your yard along with coolers, plastic toys, balls, buckets, etc...

The Lake Management Company comes every Thursday and clean trash out of our lakes. The number one enemy of the fountains is plastic bags. If you see a plastic bag or other floating plastic items in the lake please remove it if you can do so safely. Keeping one plastic bag from being stuck in a fountain may save thousands of dollars. Our fountains are between seven and nine years old. They are nearing the end of their useful lives and the Board has a replacement plan ready when one fails.

Thanks for keeping the lakes safe and clean by watching the chemicals that you use around your yard and dock. Remember, our lakes are our most important amenity. The lakes make this community unique and desirable. With all of us working together our property values will continue to increase as our area develops. When the weather warms up a bit get outside and enjoy your lake!

NEWSPAPER POLLUTION

We know you didn't ask for the delivery but you got it anyway. Please, please, please pick up the papers that are thrown at your house. They turn into mush after they get driven over and watered for days and then it rains and the papers wash into our lakes. Please don't walk or drive over another paper! Bending down and picking up the paper is great exercise and then you can put the paper in your green recycling bin. The ducks and fish and fountains will all be very appreciative of your cleanup efforts.

*Let's Look Out
For Each Other*

Please watch out for your neighbors! Drive slowly and friendly. We should be extra cautious on our narrow streets. We would all feel terrible if two neighbors had an accident! Our neighborhood is full of pedestrian walkers and bike riders. Driving slowly lets you look out for them. Obey all the stop signs in the neighborhood. When you drive safely your travel time doesn't change much, you arrive in one piece at your destination and you follow the law. Next time you feel like you are in a hurry and want to drive fast just think about how long it could take you if have an accident.

Mailbox and Fence Maintenance

Has your mailbox seen better days? There seem to be a lot of mailboxes with duct tape in our neighborhood. The sun is hard on anything that stays outside all the time and that includes mailboxes and fences. You must maintain both. Some iron fences are so rusted that the bars fall off the frame. In our neighborhood we use mailboxes in the style called the Olde Town Series. You can find new boxes locally at Perfection Supply Company. Both mailboxes and our iron fences need painting periodically. Look in this newsletter for someone to hire to paint both!

COMMUNITY CONTACTS

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2013 HOA Dues

Thank you so much to all the homeowners who paid their annual fees on time. It is very important to have the funds necessary to run our lovely neighborhood. Trash must be picked up, street lights must be on, the common areas must be maintained and to do all that takes money. It is never too late to pay your dues, but to avoid any late charges please pay on time each year. You can pay on-line at www.realmanage.com.

While you are on the website is also a good time to check your information and make sure the email address is up to date. If you register your email address in your resident portal you get all the electronic information from our property managers.

Thanks again for supporting your community and your neighbors by taking care of your financial responsibilities on time each year. Have a great 2013.

SUDOKU

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1		5						
			9	5			6	
4	1	7			6			
				8				
5		8						2
	2			9			3	8
	9		6			5		

View answers online at www.peelinc.com

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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.

IF NOT NOW, THEN WHEN?

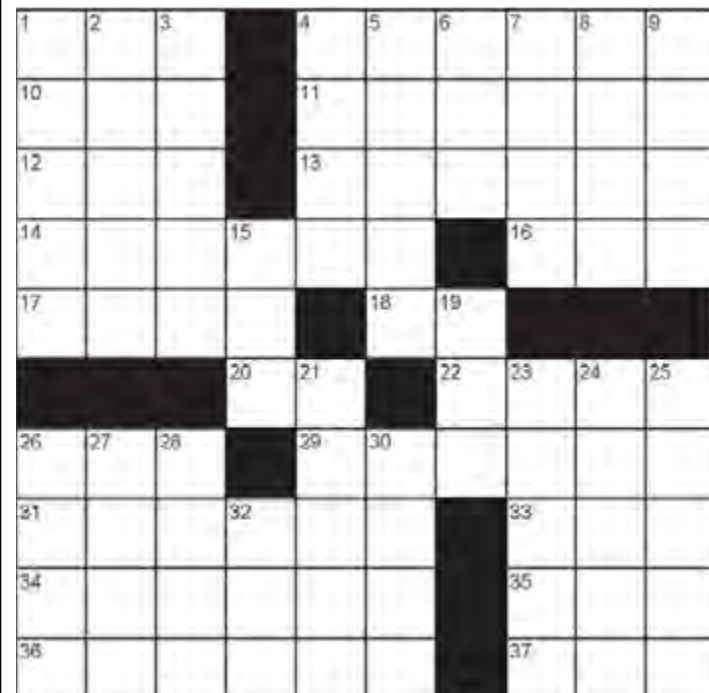
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CROSSWORD PUZZLE



ACROSS

- 1. Dad
- 4. Panther
- 10. Time period
- 11. A Nissan car
- 12. Admiral (abbr.)
- 13. Programmer
- 14. A deviated one makes you snore
- 16. Vane direction
- 17. Time periods
- 18. Letter afterward
- 20. Evening
- 22. Garden tools
- 26. Pod vegetable
- 29. Egg dish
- 31. List of errors
- 33. Wrath
- 34. Tie clip
- 35. Rival
- 36. Stoles

DOWN

- 1. " __ porridge hot..."
- 2. Special request
- 3. South American plain
- 4. Tropical island
- 5. Holding device
- 6. And so forth
- 7. Enjoy
- 8. Sign
- 9. Weed in a wheat field
- 15. Cooking measurement
- 19. Her
- 21. Pattern
- 23. __ Oyl (Popeye's girlfriend)
- 24. Spooky
- 25. Strong metal
- 26. Domestic friends
- 27. Little Mermaid's love
- 28. Region
- 30. Pilots
- 32. April (abbr.)

View answers online at www.peelinc.com

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A SEA OF SMILES AWAITS!

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Heart Healthy Lifestyles

By: Concentra Urgent Care

Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
 - Women: 1 drink per day (maximum)
 - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart

disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at www.AmericanHeart.org.



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Headaches

Submitted by Dr. Jeff Echols

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ...my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become

tight and develop knots in them. You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.

- Kids Stuff -

Section for Kids with news, puzzles, games and more!

Why Exercise Is Cool

Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your body will thank you later!

EXERCISE MAKES YOUR HEART HAPPY

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic (say: air-o-bik) exercise.

Aerobic means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you're doing aerobic exercise, you may notice you're breathing faster than normal. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body. So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing, biking, or rowing. And don't forget

that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

EXERCISE STRENGTHENS MUSCLES

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- push-ups
- pull-ups
- tug-of-war
- rowing
- running
- inline skating
- bike riding

EXERCISE MAKES YOU FLEXIBLE

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility:

- tumbling and gymnastics

- yoga
- dancing, especially ballet
- martial arts
- simple stretches, such as touching your toes or side stretches

EXERCISE KEEPS THE BALANCE

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic stuff. But if you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.

EXERCISE MAKES YOU FEEL GOOD

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called endorphins (say: en-dor-funz), which may make you feel happier. It's just another reason why exercise is cool!

Reviewed by: Mary L. Gavin, MD
Date reviewed: February 2009

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