



ISSUE 01
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KALLISON RANCH *Review*

CONGRATULATIONS Yard of the Season Winners



14555 Clydesdale Trail



8743 Winchester Way



8814 Hideout Bend

ENERGY SAVERS

With all the holiday decorations safely stored away, here's a few quick and easy tips on how to save a few dollars on energy use. Without all those extra lights and blow up yard decorations, energy bills should return to normal rather quickly. But with a few little adjustments, you could lower your energy bill even more.

Pull the Plug - Appliances draw power even when not in use. Unplugging devices (laptops and cell phone chargers) and small appliances (coffee pots and toasters), could add up to hundreds of dollars in savings per year.

Turn down the Thermostat - Lowering the thermostat on your water heater can save 3%-5% in energy costs for every 10°F decrease. Many manufacturers set water heater thermostats at 140°F, but acknowledge 120°F is more than adequate for most households.

Change those Filters - Regularly replacing filters on your furnace and AC can save 5%-15% on heating and cooling costs.

Fill it Up - Load up that dishwasher. Experts claim, a load of dishes cleaned in a dishwasher requires approximately 35% less water than washing dishes by hand. Additionally, opening the door after final rinse to air dry dishes, and running the dishwasher during off-peak hours will reduce your energy costs even more.

Choose Cold - Much of the energy used to launder clothes is for heating the water for hot and warm water cycles. Many laundry detergents available today are formulated to clean using cooler water temperatures. When possible, choose "Cold" to wash your clothes.

Put it in Reverse - Ceiling fans are a great way to cool your house in the summer. But did you know you can use those same fans to warm your house in the winter. Simply reverse the direction of the fan blades to recirculate the warm air collecting near the ceiling, throughout the room.

Adopting even one of these money saving ideas could add up to a little extra spending cash within a few short months. Happy new year Spring Trails!

ATTENTION: Pool is now closed for the season and will reopen in March.

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DRAIN FLIES

By Wizzie Brown



Drain flies are small brownish-grey insects with two wings. They have fuzzy wings and bodies and when at rest, the wings are folded over the body making them look like tiny moths. This is why they are sometimes called moth flies.

Drain flies may be seen in kitchens and bathrooms near sinks or tubs. They

tend to be more active in the evening. Female flies lay eggs in the thin film of organic matter that builds up on the inside of drain pipes. Larvae develop in the slime layer, feeding on fungi and other microorganisms.

Unfortunately, targeting adult drain flies will only temporarily solve the problem. To manage drain flies, the source should be located and treated to reduce the population of developing flies. To track down where the flies are coming from, place tape over one side (don't cover the drain completely) of drains in sinks and tubs before you go to bed. In the morning, check tape for flies that emerged during the night to find out which drain(s) is/ are infested.

Once the drain is located, take a stiff brush and scrub the inside of the drain, following up by flushing the drain with boiling water. There is no need to treat the drain with bleach or ammonia. It may take several days to see a reduction of the adult flies once the drain has been cleaned; you have to allow the emerging adults to die. If you have drains that you cannot access to clean, there are biogels that consume the organic matter where they larvae develop. Read and follow all label instructions.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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Spiking up your Metabolism at any Age

Submitted by Dr. Jane Riley, Ed.D. , MS, BA, CPT

It is a well-known phenomenon that our metabolism declines with advancing years. Some of that has to do with declining muscle mass, and some of it has to do with decreased hormones as well as the diminishing effectiveness of the digestive tract. But at any age, whether you are north of fifty or at the polar ends of the scale, there is much we can do to maximize our metabolism and live healthily and lean.

Metabolism is essentially all of the various chemical processes that occur within that wonderful chemistry set known as the human body. We often simply use the term to describe how your body turns food into energy. As we age the metabolism typically slows down by about 5% per decade after the age of about 40 years of age, but there is much we can do to avoid and arrest that occurrence. Estrogen levels decrease in women's bodies, causing insulin levels to rise, and the thyroid (the body's chief metabolism regulator) to decrease its output of thyroid hormones. These changes result in an increase in appetite, which when taken with a decrease in muscle mass, leads to an overall shift in the lean body mass/ fat ratio. The shift is not in a positive direction!

To keep your metabolism at its peak and fight this decline, you must focus on your digestive tract health, and enhancement of your muscle mass with a prudent exercise regime. Detoxification of the decades of build-up in the digestive tract is a good start to speeding up your metabolism. A very beneficial way to start each day to help remove the intestinal "clog" is to drink cleansing teas, or drink warm water and lemon. Also important is to drink at least half your weight in ounces of water every day. Get your 30 grams of fiber each day, to help stay clean in your gut. Then, eat as cleanly as possible, avoid sugars, artificial colors and flavors and go by the rule if it wasn't "food" a century or two ago, it still



isn't. Cleaning up your digestion is a primary way of speeding up your metabolism and also ensuring your health. The old adage that death starts in the bowel is apt.

The other aspect of speeding up your metabolism and staying healthy all lifelong is to exercise. The World Health Organization advocates that we should all get at least thirty minutes per day of aerobic exercise at a medium rate and at least a couple times a week get a good 45 minutes of anaerobic or resistance training in. This resistance training is especially important to maintain the muscle mass that is crucial for strength and to support your metabolism. Muscle mass uses food energy to move you, and fat of course does not. Exercise has many other benefits including correcting cholesterol ratios, improving lung capacity, regulating blood sugar levels and reducing high blood pressure, as well as making you fit, happy, strong and balanced. Live well, live long Fair Oaks Residents!

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