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KALLISON RANCH *Review*

Tips for Safe Swimming

Nothing says summer vacation like warm days spent at the pool or a quick weekend retreat to the beach. Whether you're jumping waves in the ocean or splashing around in a pool, these tips from the Federal Citizen Information Center will help keep you and your family safe this summer:

Teach your kids to swim. Check for swimming lessons in your area on USA.gov. Giving your kids the basic water skills they need will help keep them safe.

Keep an eye on your kids. With lots of kids splashing around in public pools, it's easy for someone to get dunked by accident. Know where your kids are so if you see them go under you can make sure they come right back up.

Check your drains. If you have your own pool, make sure your drains meet safety standards. Drains that don't could catch children's hair or limbs and pull them with great force to the pool's bottom.

Don't panic in a rip tide. Before you or your kids go in the ocean, make sure you all know what to do if you get caught in a rip tide. Try to swim parallel to the shore. Don't fight your way directly back to the beach, but swim sideways until you are out of the current. Wave for a lifeguard to help get you back to shore safely.

Play it safe in the lake. Lake water can be murky, making it hard to see what hides below the surface. Wear water shoes to protect your feet from sharp rocks or other debris. And don't swim too far from shore. You may not realize how far you've gone until you try to stand and can't find the bottom.

Playing in the water should be a fun family activity. With the proper safeguards, your family can stay safe while cooling off. For more ideas on water safety, visit The Federal Citizen Information Center's website at pueblo.gsa.gov.



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Three Realities You Can't Escape

All community associations have three things in common.

Membership is mandatory. Buying a home in a community association automatically makes you an association member—by law.

Governing documents are binding. Association governing documents can be compared to contracts. They specify the owners' obligations (following the rules, paying assessments) and the association's obligations (maintaining common areas, preserving home values).

You could lose your home if you fail to pay assessments. Associations have a legal right to place a lien on your property if you don't pay assessments.

But, take heart! Associations also have three realities they can't escape. Associations have an obligation to provide three broad categories of service to residents.

Community services. For example, these can include maintaining a community website, orienting new owners or organizing social activities.

Governance services. For example, establishing and maintaining design review standards, enforcing rules and recruiting new volunteer leaders.

Business services. For example, competitively bidding maintenance work, investing reserve funds responsibly, developing long-range plans and collecting assessments.

By delivering these services fairly and effectively, community associations not only protect and enhance the value of individual homes, but they provide owners an opportunity to participate in decisions affecting their community and quality of life. And those are realities we can live with.

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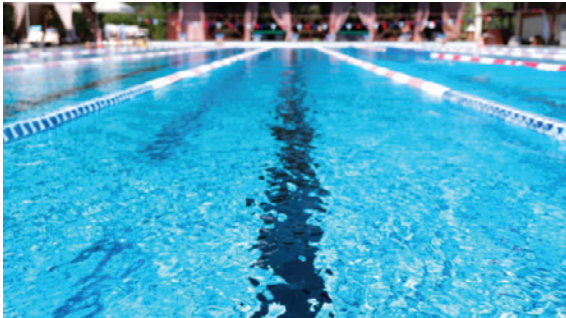
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Why Acupuncture?

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)

Some people have regular acupuncture maintenance treatments as part of their pursuit to stay healthy and active, others prefer acupuncture to Western medicine because:

1. They have a condition that does not respond to conventional care, so that they have to look for alternative health care options.
2. Conventional care often involves drugs with undesirable side effects or unwanted, perhaps risky medical procedures.
3. Western drugs are expensive and when multiple drugs are used at the same time, they could interfere with each other.
4. Patients prefer a natural, holistic medical approach to healthcare.

Acupuncture and Traditional Chinese Medicine (TCM) are safe with little side effects, because the herbal ingredients are combined to minimize and counteract the possible side effects. They work together to balance the body and allow the body to heal itself.

DOES IT HURT?

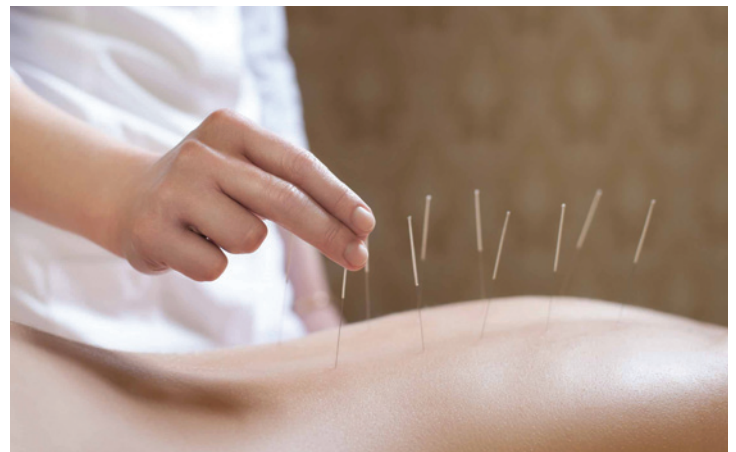
Acupuncture needles are very different from clinical, hollow needles used for ordinary injection, vaccinations, etc. Acupuncture needles are not much thicker than a human hair and insertion of an acupuncture needle is practically painless. In some cases, you may not even know the needles are in place, in others, there may be some tingling, warming, heaviness, or a feeling of the Qi moving up and down the channels in your body. Most people find acupuncture extremely relaxing and many fall asleep during the treatment.

WHAT ARE THE MAIN OBJECTIVES OF ACUPUNCTURE TREATMENT?

The main objectives of an acupuncture treatment can be summarized in five main categories:

1. Relieve pain and other symptoms.
2. Relieve stress and emotional issues.
3. Treat addictions and substance abuse.
4. Strengthen the immune system.
5. Balance, harmonize and integrate functions of organs with each other, making for a unified and healthy person.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. For more information, please visit www.amaranthacupuncture.com or www.facebook.com/amaranthacupuncture.





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