



EL DORADO HOMES ASSOCIATION

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The Legendary land of wealth and happiness

February, 2012

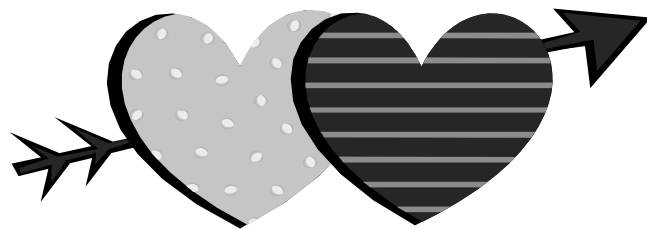
Sunburst

Published Monthly from September ~ June



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Happy Valentine's Day!



**EDHA
NEIGHBORHOOD
MEETING
Monday,
February 13th
7:00 PM
AT THE
CLUBHOUSE
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Deadline for
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February 15th

Sunburst Email Address:
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&
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p resident's Notes

By Rich Taylor

The year so far has not been pleasant for some El Dorado residents. There has been a confirmed break-in attempt at one home and suspected attempts at others. Please be careful to secure your home at all times. If you do not have a security system, please consider the importance of a system as the least you can do to contribute to the security of your home, your family and your belongings.

This is a good time to announce that the San Antonio Police Department has appointed a new SAFFE Officer for El Dorado and surrounding areas. She is Claudia Guerrero Torres, Badge #0819, of the North SAFFE Unit. Her Cell phone number is (210) 219-8531, the office telephone number is (210) 207-5184 and the fax number is (210) 207-8127. Her email address is claudia.guerrero@sanantonio.gov.

Any El Dorado resident can contribute to the security of the area by becoming active in our Cellular on Patrol (COP) program. The very evidence of the COP signs on our vehicles when we patrol in the area alerts observers that we are concerned about security, and actively watching for any indication of inappropriate activity. Since our COP patrols always go in two person teams, I encourage you to select a friend in the neighborhood with whom you will team up, and then get scheduled for the required training. Training sessions are scheduled for Saturday, February 4, from 9AM until 1PM, and Monday, March 5 from 6 to 10 PM, at the North Police Substation at 13030 Jones Maltsberger, 78247. Only one session is required. Call (210) 207-6086 to be scheduled.

Those of us who are currently active in the COP program meet at the clubhouse on the third Monday of each month at 7:00 PM. Please join us at the next meeting to find out how you can be involved.

The January Sunburst announced revised payment terms for the community maintenance fees. There is no increase in the fees when you take advantage of the early payment opportunities. When you pay before May 1, the full maintenance/ pool fee is \$160.00 and the general maintenance fee is \$85.00. After May 1, the full maintenance/pool fee will be \$175 and the general maintenance fee will be \$95. Since the Association's many bills must be paid as soon as they come in, it is to the advantage of both you and the Association to pay early in the year. Please make your payment as soon as possible.

Yours for a better El Dorado.
Rich Taylor

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 ★ Know an El Dorado resident who has ★
 ★ gone above and beyond? Nominate ★
 ★ them for recognition in our regular ★
 ★ column, ★
 ★ "Hats Off To..." ★
 ★
 ★ Contact the editor or any EDHA ★
 ★ Board Member with your nominations! ★
 ★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★

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<p>THE SUNBURST IS PUBLISHED MONTHLY (SEP-JUN) BY THE EL DORADO HOMES ASSOCIATION TO PROVIDE COMMUNICATION TO ALL HOMES IN THE EL DORADO SUBDIVISION. THE STAFF ARE ALL VOLUNTEERS AND THE PAPER SUPPORTS ITSELF THROUGH ADVERTISING. MAILING ADDRESS: 12606 PRIMA VISTA, 78233.</p>		

SUNBURST ADVERTISING

Classified Ads \$3.00 per month
 Business Cards \$15.00 per month
 1/4 Page \$24.00 per month
 1/2 Page \$48.00 per month
 Full Page \$96.00 per month

****All adds must be copy ready,
additional fee for ad setup.**

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CLASSIFIED ADS

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We've been providing honest,
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\$55.00 minimum. References. Call
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Classified ads and miscellaneous notices
are available to El Dorado residents for
\$3.00 (approx. 25 words). Ads by students
are free. Contact Jamie Gifford at 655-9594
or EDHASunburst@satx.rr.com
by the 15th of the month.

Acorn Hill Animal Hospital

4153 Acorn Hill Dr. - San Antonio, TX 78217
(210) 654-7117

CLINT POWELL, DVM

Saturday Vaccine Clinic

Feb 11, 2012 9am – noon

Special One Day Only Prices incl. heartworm & flea!

More details at our new website - www.acornhillanimalhospital.com



El Dorado Homes Association Annual Calendar

February	2 nd Monday 3 rd Monday	Neighborhood Meeting Cellular on Patrol Meeting
March	2 nd Monday 3 rd Monday 3 rd Monday	Neighborhood Meeting Cellular on Patrol Meeting District 10 Neighborhood Alliance Meeting (at Tool Yard)
April	1 st Saturday 2 nd Monday 3 rd Monday	Easter Egg Hunt Neighborhood Meeting Cellular on Patrol Meeting
May	1 st Week 2 nd Monday 3 rd Monday 3 rd Monday 4 th Saturday	Exemplary Homes Judging Neighborhood Meeting Cellular on Patrol Meeting District 10 Neighborhood Alliance Meeting (at Tool Yard) Pool opens Memorial Day Weekend
June	2 nd Monday 3 rd Monday	Neighborhood Meeting Cellular on Patrol Meeting
July	July 4 2 nd Monday 3 rd Monday 3 rd Monday	Independence Day Parade Neighborhood Meeting Cellular on Patrol Meeting District 10 Neighborhood Alliance Meeting (at Tool Yard)
August	1 st Week 2 nd Monday 3 rd Monday	Exemplary Homes Judging Neighborhood Meeting Cellular on Patrol Meeting
September	1 st Monday 2 nd Monday 3 rd Monday 3 rd Monday 3 rd Saturday	Pool Closes on Labor Day Neighborhood Meeting Cellular on Patrol Meeting District 10 Neighborhood Alliance Meeting (at Tool Yard) Exemplary Homes Party
October	1 st Saturday 1 st Tuesday 2 nd Monday 3 rd Monday	Neighborhood Garage Sale National Night Out Annual Neighborhood Meeting Cellular on Patrol Meeting
November	2 nd Monday 3 rd Monday 3 rd Monday	Neighborhood Meeting Cellular on Patrol Meeting District 10 Neighborhood Alliance Meeting (at Tool Yard)
December	2 nd Monday 2 nd Saturday 2 nd Week/Weekend 3 rd Monday	Neighborhood Meeting Breakfast with Santa Christmas Lighting Judging Cellular on Patrol Meeting

Senior Citizens Update

By Art Garza

Scam Targeting Seniors:

The City Triad Committee has issued a warning to its citizens, but in particular to senior citizens, concerning a city-wide scam. Perpetrators of this scam target seniors, pretend that they represent Medicare and wear a patch that says, "Medicare." They tell the seniors that they owe Medicare for their prescription drugs. They ask for and take the prescription drugs from the seniors and get the seniors to give them \$1,000 or up to \$2,000 to satisfy this imaginary "debt." If you are targeted, ask the individual to wait for a few minutes on your porch, close your door and call the Police to report these scammers.

Permanent Senior Center for District 10:

Councilman Carlton Soules' Committee on Senior Citizens has recommended to the City Council to approve \$10,000,000 from the Bond proposal for construction of a permanent Senior Center at the southwest corner to the entrance to Northern Hills on Thousand Oaks. The land has already been purchased two years ago. In addition to the Senior Center, the building would also be used by the City Link Office, Police Substation and other City Offices. The bond election will take place in May 2012.

Israel's Income Tax and Bookkeeping Services

Individual Tax Returns	IRS Audits
Sole Proprietor	IRS Problems
Corporate Tax Returns	Delinquent Filing
Partnership Tax Returns	Installment Agreements
Employment Tax Returns	Offers in Compromise
Non-Profit Organization Tax Returns	IRS Liens

International Tax Returns

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**I am a retired Internal Revenue Agent
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13327 Nacogdoches, Suite 4 Phone 210-599-8133
San Antonio, Texas 78233 Fax 210-590-0383

District 10 Councilman Carlton Soules

City Hall Office

P.O. Box 839966
San Antonio, TX 78283
210-207-7276


Constituent Office

Catholic Life Building
1635 NE Loop 410, Ste. 604
San Antonio, TX 78209
210-207-0999

**Go to Carlton Soules' section of the City of
San Antonio portal to sign up for helpful and
informative email newsletters from your
Councilman.**

[http://www.sanantonio.gov/Council/d10/
index.asp](http://www.sanantonio.gov/Council/d10/index.asp)

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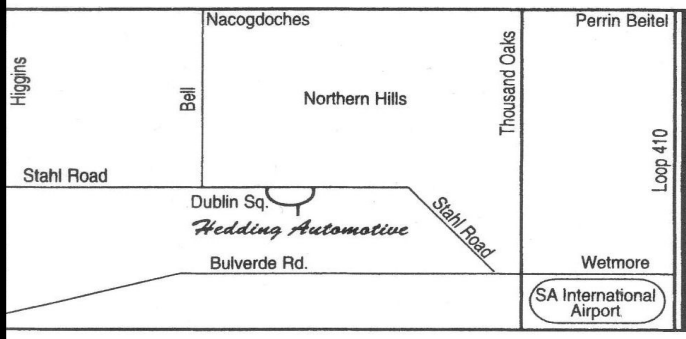
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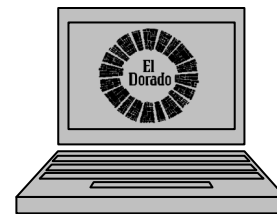
M-F: 8-6
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http://neighborhoodlink.com/El_Dorado/home

You can also connect with us on
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El Dorado Animal Hospital

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Dr. Dennis McIntosh



For Appointments :
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For Emergencies:
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822-2873 - Broadway



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Contractor's Corner

Four things to make your home safer from fire and flooding:

INSPECT ALL ELECTRIC CORDS

Damaged electric cords and overloaded outlets can cause failure to the fixture, appliance or receptacle they are connected to. Many people do not see the safety hazards hidden behind large pieces of furniture, power strips and extension cords, until it's too late. Check behind entertainment centers, computer desks and anywhere else you use a lot of electronics, and replace damaged cords. If you find that circuit breakers trip periodically, check outlets and power strips to make sure they are not overloaded. Use surge protectors if you have more than two fixtures or appliances plugged in to one outlet.

COST: Free or \$30 - \$50 if you need new cords or surge protectors
TIME: 30 minutes

SAFEGUARD YOUR GARAGE

Make sure your lawn mower, gas-powered tools, paint and extra portable gas tanks are as far away as possible from the pilot light of a furnace or water heater.

COST: Free
TIME: Up to an hour

CHECK PLUMBING FOR LEAKS IN THE KITCHEN, THE BATHROOMS AND LAUNDRY ROOM.

Check everywhere, from the water heater to behind the refrigerator to inside the toilet tank; any faulty connection can lead to flooding. If you catch a leak early on, you can have the plumbing repaired before the drip becomes a deluge. The largest number of homeowner's insurance claims is due to water damage caused by broken pipes and supply lines.

COST: Free
TIME: Up to an hour

CHANGE THE BATTERIES IN YOUR SMOKE DETECTORS AND HAVE FIRE EXTINGUISHERS IN STRATEGIC PLACES

Smoke alarms provide the best early warning signal of a fire in your home. If you can detect the fire quickly, you can minimize the damage. In the kitchen, store a dry chemical Class B or Class ABC fire extinguisher near the stove to put out grease fires, NEVER USE WATER, and make sure it is new and operable.

COST: \$10 - \$15 batteries, \$12 per extinguisher
TIME: 15 - 45 minutes, depending on the number of smoke detectors

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Our Area and Beyond

FEBRUARY 9 – 26

SAN ANTONIO STOCK SHOW & RODEO

3201 East Houston Street, San Antonio, TX

MILITARY DAYS – FEB 10, 17 & 24

Complimentary grounds admission with military ID

DOLLAR DAYS – FEB 10, 17, 20 & 24;

valid 8:00 am – 5:00 pm

Grounds admission, rides, hot dogs, popcorn and sodas in the carnival area only each \$1.00

COLLEGE DAYS – FEB 9 -16 and 23

Complimentary grounds admission with current college ID

SCOUT DAY – FEB 12

Special grounds admission, badge or patch, and tickets to rodeo. Tickets must be purchased at councils. Performer Hot Chelle Rae.

SENIOR DAYS – FEB 14 & 21

Complimentary grounds admission for anyone 55 years or older

FAMILY DAY – FEB 26

Special grounds admission and parking prices.

CARNIVAL DISCOUNTS

\$50 Mega Pass (Unlimited rides, all day, every day)

\$70 Mega Pass Plus (Mega Pass plus Seasons Grounds Pass)

Valid February 9 – 26

FEBRUARY 10 – 12

ST VALENTINE'S DAY MOTORCYCLE MASSACRE

8:00 am if pre-registered and 12:00 noon for public

Kendall County Fairgrounds, Boerne, TX

Live music, vendors and bike contests. Giveaway of 2012 Harley Davidson Dyna.

www.massacrerally.com

FEBRUARY 11 – 12

BOERNE MARKET DAYS

10:00 am – 5:00 pm

Main Plaza

Great shopping in outdoor setting. Home-grown musicians perform. Jewelry, plants, collectibles, antiques, food and more. FREE admission.

www.boernemarketdays.com

FEBRUARY 11

2ND SATURDAY ART & WINE

5:00 pm – 8:00 pm

Boerne, Texas

Galleries and “Other Walls”. Enjoy a glass of wine and latest art in Boerne. Park your car and take free trolley to the “Best art East of Sante Fe”

FREE

www.secondsaturdayartandwine.com

FEBRUARY 17 – 19

Fredericksburg Trade Days

Fri-Sat – 9 am—6 pm, Sunday 9 am—4 pm

US 290 East of Fredericksburg, TX

Over 350 vendors and 6 barns in one location.

Acres of antiques, collectibles and much more.

Live music, food and Biergarten.

\$3.00 parking fee.

www.fredericksburgtradedays.com

FEBRUARY 18 – 19

OLD GRUENE MARKET DAYS

10:00 am – 5:00 pm

Gruene, Texas

Vendors sell their wares. FREE

www.gruenemarketdays.com

FEBRUARY 25

KERR COUNTY MARKET DAYS

9:00 am – 4:00 pm

Kerr County Courthouse Square, 700 Main Street,

Kerrville, TX

Pet-friendly, child friendly open air market.

Crafts, growers, artists and food producers.

www.kerrmarketday.org

FEBRUARY 23 – 26

16th ANNUAL WHOOPING CRANE

FESTIVAL

Port Aransas Texas on Mustang Island Expert Speakers. Tours by Boat & bus. Workshops and field trips. Nature related trade show. Art, food and much more.

Lecture Series Speakers, Butterfly Tent, Children's Corner, Exhibits and Guided Tours FREE.

www.whoopingcranefestival.org

Pool News

It is hard to think about the 2012 Pool Season in the dead of winter, but thinking and planning now is a must.

Collecting membership dues at the pool is a subject that we need to address. I really need your cooperation as it has become an increasingly stressful task. Residents may not know or may simply forget that our membership year starts on May 1 and end on April 30. Membership fees have not increased for several years now. However, some changes have already occurred as you may have noted on the current form in the Sunburst. Dues paid before May 1 will remain at \$160.00. After May 1, they will be \$175.00. Please take advantage – get on track with the EDHA calendar year, save money at the same time and relieve the stress on the volunteer pool staff.

Operation cost is always foremost in my mind. It is a struggle to keep membership cost down when operating cost only continues to spiral upward.

Our membership enrollment has held steady, but attendance at the pool has been low for the past two or three summers.

As a result of the increasing operating cost and because of low attendance early in the day, there are some potential changes on which I would like your input.

Proposed schedule change:

Pool Hours

Monday & Tuesday:	Pool closed
Wed – Fri:	3-8 pm (lifeguards on duty)
Sat & Sun:	2-7 pm (lifeguards on duty)
Adult Swim:	Tues – Sun, 12-2 pm
Swim Lessons:	Tues – Fri, 9-11:30

Any suggestions to keep our pool operating smoothly will be greatly appreciated.

Linda Garris

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9 “Diet” Foods That

by Sarah B. Weir, Yahoo! blogger, on Tue Nov 1, 2011 7:32am PDT

Put down that light yogurt, it may be making you fat. As it turns out, a number of foods that are commonly thought to be great for [weight loss](#) can actually stimulate the appetite. We spoke with [Marjorie Nolan, R.D.](#), National Spokesperson for the [American Dietetic Association](#), to get the skinny on foods that can trigger hunger and sabotage your diet.

1. Light yogurt

The blast of sweet (often artificial) flavor causes the stomach to start producing gastric juices. With only four to six ounces of yogurt and no fat in a typical container, the body doesn't have enough food to digest leaving the tummy rumbling for more. **Better choice:** Nolan likes the creaminess and high protein content of plain, low-fat Greek yogurt. Add fruit and a sprinkle of cinnamon for flavor. If you choose the non-fat variety, add a tablespoon of sunflower seeds for crunch and satisfaction—the fat in nuts and seeds is slow to digest so a small serving keeps you feeling full.

Related: [The new Nordic diet: The next big weight loss trend?](#)

2. Puffed cereal with skim milk

The combo of skim milk and puffed cereal has too few calories to keep you energized for long. Many dieters reach for puffed cereal because it looks filling in a big bowl. However, the low fiber content leaves you wanting more soon after breakfast. Puffed cereal also has a high [glycemic index](#), which causes blood sugar to drop after an initial boost of energy. **Better choice:** Rolled or steel cut

oats. Oatmeal is high in fiber, which makes it a satisfying breakfast. Add a spoonful of maple brown sugar if you need something sweet. Cooking your own plain oatmeal and adding a small amount of sweetener is much more nutritious than using pre-sweetened packets. Nolan likes to cook oats with low fat milk or stir in a tablespoon of peanut butter for even more stick-to-your-ribs goodness.

3. Big green salad with low fat or fat free dressing

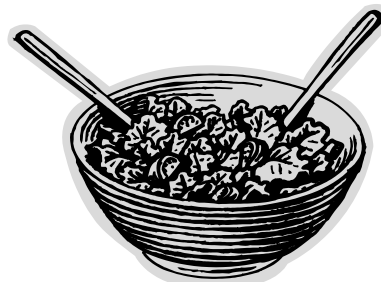
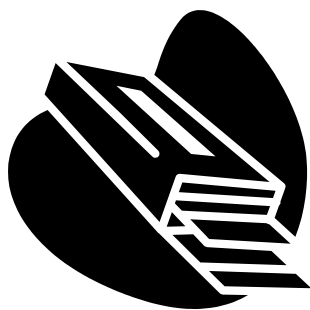
The typical dieters' lunch of a salad with low fat dressing can have a boomerang effect on the appetite. It's full of fiber and visually filling but the low protein and fat content won't satisfy for long. Stay away from fat-free dressings, which are loaded with sugar. **Better choice:** Add three to six ounces of lean protein such as lean beef, chicken, or beans (the leaner the choice, the more you should eat) to your salad bowl.

4. Rice cakes

One rice cake=good, four rice cakes=overindulgence. And that's about how many it will take to feel truly satisfied. Low in fiber with a high glycemic index, these classic diet snacks won't leave your tank full for long. **Better choice:** Spread a tablespoon of peanut butter or cream cheese onto a rice cake for a more balanced nosh. Or choose whole grain crackers with a spread or small portion of cheese for fiber and carbs plus protein.

5. Chewing gum

A little stick of gum is a stealth saboteur. While some chewing gum advocates say that it can stave



Make You Hungrier

off snacking, Nolan disagrees. She explains that the burst of flavor gets the gastric juices flowing. The act of chewing revs the digestive system even more, preparing it for a meal. If you want an express ticket to the all-you-can-eat buffet, chomp on some gum.

Better choice: We all have our munchy days, so if you are just looking for something to keep your mouth busy, air-popped corn or raw veggies are a safer bet.

6. Diet soda

Like gum, the sweet flavor wakes up the digestive process with no nutritional pay off which stimulates the appetite. Caffeine and carbonation may dampen your hunger pangs for a short time only to have them come roaring back along with an energy slump. If that's not enough to make you rethink your daily fix, a study carried out by the University of Texas Health Center in San Antonio showed that people who consumed diet soda had a 70-500% increase of abdominal fat over ten years compared to those who didn't drink diet soda.

Better choice: Drinking a hot beverage can slow down the appetite and allow you to think through your craving. Also, sometimes thirst signals are confused with hunger, so you may just need hydration. Non-caffeinated herbal teas won't cause an energy crash.

7. Apple

Yes, apples are great for you—they contain lots of vitamins and fiber, but a single apple is not a balanced snack. If you don't eat anything else with your afternoon apple, you may overeat at dinner.

Better choice: Apple with 5-10 almonds or a cheese stick. Spend a few more calories on your

snack so you won't be ravenous later

8. Low-calorie frozen entrees

Light frozen entrees contain little fiber and only about half the calories you will need to feel satiated. They are also loaded with salt. If you don't have another option, look for a frozen dinner that contains 400-500 calories, 20-30 grams of protein, around 5 grams of fat, and 5-10 grams of fiber.

Better choice: If you are too busy to cook, Nolan suggests an "assembly based meal." Roast chicken from the deli, a slice of whole grain bread, some salad bar vegetables, and a piece of fruit add up to a quick, healthy dinner.

9. Fat-free graham crackers or other baked goods

Nolan says people who are watching their weight tend to automatically reach for food labeled "fat free" on the package assuming it is more diet-friendly than the regular version. However, when manufacturers make fat-free foods, they often up the sugar content. Check the nutritional information on the back--the light versions sometimes contain more calories.

Better choice: Regular graham cracker. A small indulgence such as a graham cracker or square of quality chocolate keeps things interesting and won't break the bank calorie-wise. Nolan points out that boredom is the enemy of dieters and causes people to fall off the wagon. "You are better off eating real food and more calories and feeling physically and emotionally satisfied than eating 'diet food' and being hungry in an hour."



Play Clay Heart

Materials

- 3 Cups of white flour
- 1 1/2 Cups of salt
- 1 1/2 Tablespoons of cream of tartar
- 3 1/4 Cups of water
- 6 Tablespoons of vegetable oil
- Red food coloring
- Rolling pin
- Heart-shaped cookie cutter
- Small cellophane bags
- Scissors
- White paper
- Markers
- Hole punch
- Ribbon



Total Time Needed: 1 Hour

Instructions

1. Mix the flour, salt, and cream of tartar in a medium saucepan.
2. In a separate bowl, mix the liquids, adding drops of food coloring until you reach your desired shade.
3. Pour the liquid over the dry ingredients and stir. Cook over medium-low heat, stirring constantly, until the mixture holds together and gets too stiff to stir (it will stiffen even more as it cools), about 5 to 10 minutes. Let it cool.
4. Knead the clay briefly, then roll or pat it to a 3/4-inch thickness and cut with the cookie cutter.
5. For each valentine, place a clay heart in a cellophane bag. Cut a tag out of white paper, decorate it with markers, and punch a hole in one end. Thread a length of ribbon through the tag's hole and tie the bag shut with a bow.

Tips: An older child can make the play clay (with adult supervision) while a younger one makes the tags. Then both children can roll and cut the clay hearts and bag their own valentines.

SAN ANTONIO PUBLIC LIBRARY

Thousand Oaks Library
February 2012
4618 Thousand Oaks Dr.
657-5205

Hours of Operation
Mon. & Wed. 12-8p
Tue., Thurs.-Sun. 10a-6p

Feb. 6th (Monday)

6:30 -7:30p Monday Evening Book Club

Discussion of the book *The Thirteenth Tale* by
Diane Setterfield

Feb. 13th (Monday)

**6:00p-7:30p Home Repair: How the City can
help with \$\$!**

Come learn about the City of San Antonio's home
repair assistance program.

Feb. 16th (Thursday)

2:00p Thursday Book Club

Call library for book title.

Wednesdays (Feb. 1st, 8th, 15th, 22nd, & 29th)

5:00p Teen Time

Games, books, crafts, movies and snacks...ages 13
and up.

Thursdays (Feb. 2nd, 9th, 16th & 23rd)

Story time

10:00a Toddlers actively participate in stories,
music and movement enhancing their social,
emotional and language development.

Recommended for children 18 to 36 months.

11:00a Preschoolers enjoy stories and songs that
develop early

literacy skills and foster curiosity. Recommended
for three to five year olds.

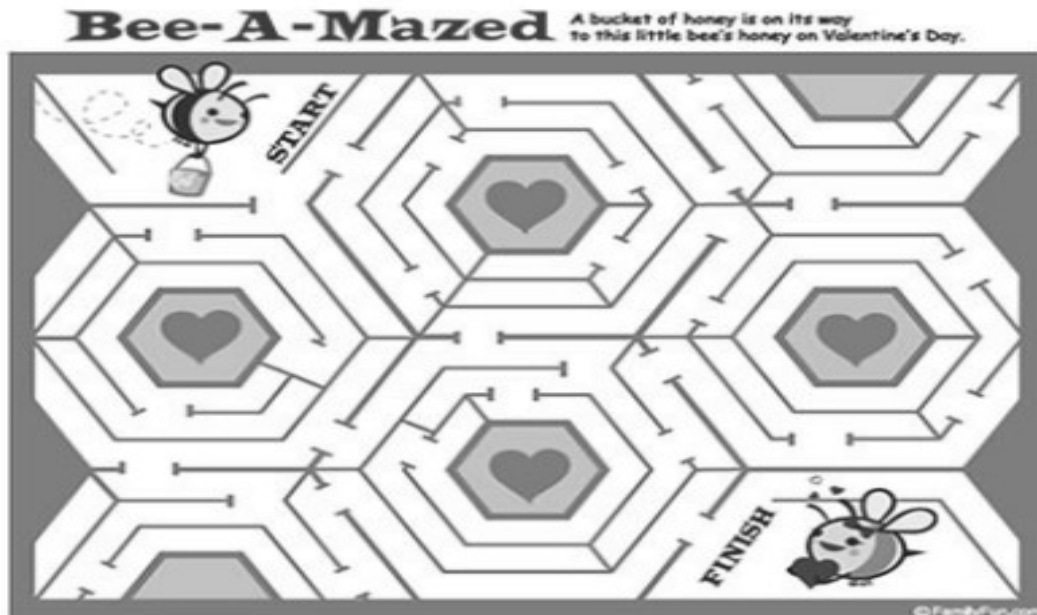
TAX SEASON!

**VITA Program (Volunteer Income Tax
Assistance)** offers free tax help to low- to
moderate-income people who cannot prepare
their own tax returns. Certified volunteers will
be here to help with basic tax preparation.

Starting Jan 20^h – April 17th

**Mon 12-5, Tue 10-5, Fri 10-4, Sat 10-4, and Sun
10-4**

Call library for details for any of the above mentioned programs and/or events.



To Your Health

Despite the fact that the U.S. is one of the wealthiest nations on earth; there has been an alarming increase in degenerative diseases. For example, of the 311 million people living in the U.S., 26 million have diabetes, and 79 million are pre-diabetic. This means that 1/3 of the population of the U.S. either has diabetes or is pre-diabetic! Obesity contributes to diabetes. Obesity is the accumulation of excess fat and is caused by an imbalance in hormones. Insulin is the primary hormonal regulator of the storage of fat. If insulin is elevated, the body accumulates fat in the adipose tissues. When insulin levels drop, fat is released from the adipose tissues and used for fuel. Increases in insulin are most highly stimulated by the consumption of starches and sugars, especially the consumption of refined starches and sugars. Eating bad carbohydrates increases insulin production, which in turn encourages storage of energy as fat rather than making the food energy available to the body to burn. The more highly refined the carbohydrate, the more its consumption stimulates insulin levels. By causing fat storage instead of making energy available for immediate use of the body, refined carbohydrates result in hunger.

For this reason, a person who eats, for example, a large muffin and sweet coffee for breakfast will have a spike in blood sugar, setting off an internal alarm or insulin rush. The body will take the excess sugar out of the blood, causing a “crash” where the blood sugar goes too low. In response the person feels hungry, and if they eat a snack of chips or sweets, this will again spike the blood sugar, setting off an alarm and a rush of insulin, which will be followed by another “crash” where the blood sugar then goes too low. This yo-yo effect keeps the body out of balance, and leads to obesity.

What is an easy way to forecast our health? Dr. Oz stated that waist size and weight are the best predictors of health. Doctors state that twenty percent of disease is due to genetic weakness; and 80% is due to one's lifestyle. And, in fact, lifestyle can contribute to genetic weaknesses. What does lifestyle involve? It includes what, how much and when we eat; how much water we drink; the quality of the vitamins and supplements we consume; how often we exercise; how much sleep we get; and recreation to enjoy the life God has given us.

First, let's examine food. There are good carbohydrates, like fresh fruits and vegetables, which will not spike our blood sugar. Most people know that bad carbohydrates such as chips, doughnuts, cakes, cookies, sodas, breads, white flour tortillas, white potatoes, etc. quickly convert to sugar, which not only spike our blood sugar, but are also addictive.

So, what is the answer? It is considered ideal to eat 5-6 small, nutritious, low-glycemic meals a day. It is important to avoid white breads, white sugars and white vegetables. It

is essential to consume whole fruits and vegetables, lean proteins, good fats (such as olive oil), whole grains, high quality vitamins and supplements, to avoid sodas, unfiltered sugared juices, to limit alcohol and to drink 8-10 glasses of water daily.

The Glycemic Index is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to a standard food. The standard food is glucose or white bread. A lot of starchy foods have a high glycemic index. Choose low- and medium Glycemic Index foods more often.

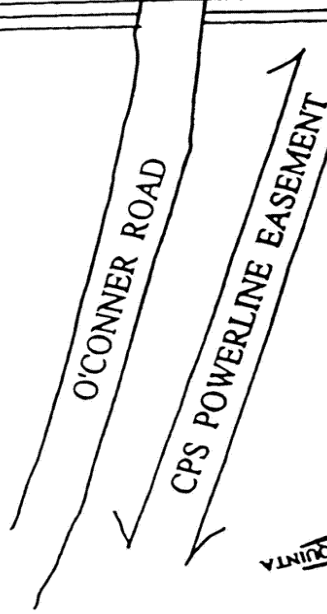
Lower glycemic index foods (less than or equal to 55) include sprouted wheat bread or tortilla, oat bran bread, heavy mixed grain bread, pumpernickel, All BranTM, Bran Buds with PsylliumTM, slow cook oats, Oat BranTM, Red RiverTM, barley, bulgur, quinoa, vegetables, fruit, black beans, lentils, chickpeas (garbanzos), kidney beans, split peas, soy beans, skim milk, soy milk, yogurt

Medium glycemic index foods (56-69) include whole grain breads that are coarse, whole grain rye bread, whole wheat pita, whole wheat or flax tortillas, GrapenutsTM, Shredded WheatTM, quick oats, Basmati rice, brown rice, couscous, parboiled or converted rice, pasta and noodles al dente, red or new potatoes, sweet corn, RyvitaTM (rye crisps), Stoned Wheat ThinsTM, black bean soup, green pea soup, popcorn.

High glycemic index foods (greater than or equal to 70) include white bread and buns, whole wheat flour bread, bagels, croissants and baguettes, pancakes and waffles, bran flakes, corn flakes, Rice CrispiesTM, CheeriosTM, Instant oats, granola, short grain and instant rice, grits, canned pasta, macaroni and cheese, instant noodles, Russet baking potatoes, French fries, pretzels, rice cakes, soda crackers, granola bars, cake, cookies, fruit roll-ups, candy, pop, fruit juice.

A healthy lifestyle includes choosing foods that are low glycemic, getting daily exercise, drinking 8-10 glasses of water a day, getting plenty of sleep and enjoying life! Such a lifestyle results in shedding unnecessary pounds, losing inches, improved blood pressure and better sleep. Remember, it's not an occasional slice of chocolate cake that kills you; it's what you do every day.

--Sources: “The 21 Day Trim Down” by Tom Dirks, The American Diabetes Associate website, Healthy for Life by Dr Ray Strand



2012 MEMBERSHIP DRIVE

Maintenance fees are the lifeblood of the El Dorado Homes Association. They are the main source of the revenue required to keep our neighborhood safe, attractive and vibrant. These fees pay for the many expenses that we have as a community, including, but not limited to the following:

- ◆ Keeping the lake mowed and trash-free
- ◆ Paying for insurance, utilities and taxes on the clubhouse, pool and common areas
- ◆ Sponsoring social events and gatherings where neighbors can build relationships
- ◆ Providing for upkeep of the common areas
- ◆ Creating a unique atmosphere that shows a sense of pride in our community!

We are fortunate to live in a neighborhood where the homes association is still active. Because of our residents and the work of the EDHA, we have a beautiful community, a unique paseo and a fantastic pool. We have an assortment of informational signage, which is kept current and relevant. The Social Committee plans events all year for residents' enjoyment, and the Cellular On Patrol program keeps plugging along in attempt to keep the neighborhood safe and crime-free.

2012 MAINTENANCE FEE INFORMATION

*****NOTICE: DUES WILL NOT INCREASE FOR 2012***
HOWEVER, PAYMENT TERMS ARE REVISED**

Last Name: _____ First Name: _____

Spouse: _____ Telephone: _____

Street Address: _____

Email Address: _____

Other household members at this address:

BEFORE MAY 1, 2012

- | | |
|--|----------|
| <input type="checkbox"/> Full Maintenance/Pool Fee | \$160.00 |
| <input type="checkbox"/> General Maintenance Fee | \$ 85.00 |
| <input type="checkbox"/> Partial Payment * | \$ _____ |

*For Full, 2 payments of \$80.00

*For General, 2 payments of \$42.50

AFTER MAY 1, 2012

- | | |
|--|----------|
| <input type="checkbox"/> Full Maintenance/Pool Fee | \$175.00 |
| <input type="checkbox"/> General Maintenance Fee | \$ 95.00 |
| <input type="checkbox"/> Partial Payment * | \$ _____ |

*For Full, 2 payments of \$87.50

*For General, 2 payments of \$47.50

All fees must be paid in full prior to use of facilities

Please Return to:

El Dorado Homes Association
12606 Prima Vista
San Antonio, TX 78233