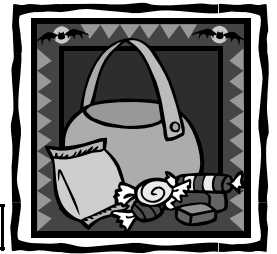




Westchester Times

Serving the communities of:
Coventry, Newcastle and Sheffield

October-November 2007



Collecting Box Tops Can *Really* Help

By Heather Papolos and

the site www.boxtops4education.com

Did you know that our school can earn up to \$60,000 through Box Tops each year? That fact really blew me away. After all, I see the box top symbol on products I already buy all the time! So I found a bit more about the program.

According to www.boxtops4education.com, there are three ways to earn box tops:

1. Clip Box Tops from your favorite brands: You can find the familiar 10¢ Box Tops coupon on hundreds of your family's favorite products from General Mills. And now, you can find Box Tops on Ziploc® and Kleenex® products, too! Plus you can find Box Tops in more grocery aisles than ever before.



2. Shop at your favorite online stores: Box Tops has partnered with dozens of popular online stores to help you earn even more cash for your school. At the [Box Tops Marketplace](#), you can shop at over 60 online stores including JC Penney, Lands' End, Wal Mart, Baby Gap, Kohl's, Gap and Gap Kids and Oriental Trading. Whenever you start your shopping trip at the Marketplace, a portion of every qualifying purchase is automatically donated to your school – all at no additional cost to you!

3. Earn cash for your school with every purchase you make: With the Box Tops for Education Visa® card you can make a bigger difference every day. It's unlike any other card you carry because your school will earn a full 1% cash back on every purchase you and other cardholders make (up to \$20,000). It's just that easy! Apply online at www.boxtops4education.com.

What a great way we can help our schools! I'd be happy to be a collection spot for everyone's box tops. Just drop them at my front door 11907 Northumberland Drive, in the very back of Newcastle and I'll periodically turn them into the box top coordinator for our area.

Oh yes, and be sure to visit the site for lots of coupons on box top products! ■



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HAPPY THANKSGIVING!

Check out the Westchester website at www.westchesterhoa.com. It's loaded with information including newsletters, board meeting agendas and minutes, business recommendations, our Deed Restrictions in a fully text-searchable PDF file, Property Alteration Form and the Design Review Manual and Color Selection Book, Classified Ads, Contacts Page, Community Information, and a resident Forum.

October-November 2007

Westchester Committees

Westchester Home Owners Association is managed by:
The Property Group of Central Florida
11902 Race Track Road Tampa, FL 33626
Phone: 813-855-4860 ext. 16 ~ Fax: 813-855-5692
Manager: Leigh Slement Email: Leigh@pgcf.com

Board of Directors

- E-mail: board@westchesterhoa.com
- Don Blake - President (Coventry)
- Tony Surber - Vice President (Sheffield)
- C. J. Baier - Treasurer (Newcastle)
- Michelle Clark - Director (Newcastle)
- Kim Melendez - Secretary (Sheffield)
- Ellen Faingold - Committee Director (Sheffield)

Design Review Board

- E-mail: johnw@davisbews.com
- John Wagner, Chairperson Newcastle
- Ron Guido, Newcastle
- Wendy Samuels, Sheffield
- Ryan Schneegold, Sheffield
- Jesse Kline, Sheffield

Grounds

- E-mail: grounds@westchesterhoa.com
- Roy Carwile, Chairperson
- Ken Leonard
- Ellen Faingold
- Roger Akerman

Welcoming

- E-mail: welcme@westchesterhoa.com
- Heather Papolos, Chairperson
- Bridget Stasonis

Newsletter

- Email: newsletter@westchesterhoa.com
- Heather Papolos, Editor
- Karen Uhlig, Designer/Publisher
- All Residents, Article Writers

Garage Sale

- Arnie Korshin
- Judy Kunkel
- Shauna Trower
- Chantel Reda
- April Reinhart
- Jennifer Welch
- More Volunteers Needed!

More Home Color Choices, Instant Approvals!

Repainting your home? Check out the Westchester Color Selection Book, AND a new Sherwin Williams color wheel with hundreds of combinations, at The Property Group. Residents may choose their colors, complete an application, and receive approval on the spot! The color books may also be borrowed for up to one week, with a \$25 refundable deposit. If your chosen colors are not in the color books, a 2' square color sample must be painted on your home for approval.

Upper Tampa Bay Library Hours

Monday through Wednesday
9 am to 9 pm

Thursday and Friday
9 am to 6 pm

Saturday
9 am to 5 pm

Sunday
12:30 pm to 5 pm



WESTCHESTER BUDGET MEETING

October 3, 2007

This is the next Board Meeting which will also be the Budget Meeting. So, resident attendance is encouraged.

Directions to The Property Group From Westchester

Turn left on Race Track Road. Pass Repron Blvd. on the right. Turn right at 2nd driveway access to Tri-County Business Park. Make an immediate left and proceed to the building directly behind Ellies Restaurant (formerly Bizzy Bites). The office is on the corner, #11902.

Westchester Garage Sale Oct. 6, 2007

More information will be posted on the website.



Thank You Hillsborough County Neighborhood Relations Department

Submitted by Leigh Slement

Westchester was the recipient of County Grant Funds! We received \$1,500 in Mini Grant Funds which went towards the upgrading of the Tot Lots in Sheffield. The tot lots boast refreshed shelters and we trust that all our young families are enjoying the revamped parks which have improved overall immensely!

We received \$2,500 in Tree Grant Funds which have afforded the Association nine beautiful trees. Five Magnolias have been installed between Coventry and Newcastle and have contributed towards aesthetics along this stretch of Countryway right-of-way. A Hickory Pignut and a Sugarberry Tree have been installed at each tot lot and we look forward to their color and shade abilities for the enjoyment of the residents at these two locations.

On behalf of all the residents in Westchester, we thank the County for giving back to the community so generously and fully support their interest in neighborhoods!■

Friends of Upper Tampa Bay Regional Library

By Maureen B. Gauzza, President
<http://www.uppertampabaylibrary.org>

The Friends Gazebo Book Store has been a great success since we opened on May 3, 2007 on the Honor System.

For those who have been away for the Summer, you'll find our self service Gazebo Book Store opened the same hours as the Library



except on Mondays when it is closed. Enjoy browsing at your leisure and discovering some great almost-like-new books at fantastic bargain prices.

Our Friends Volunteers have done a great job of keeping the shelves full in the Gazebo Book Store for the Summer. If you have some time to spare to help place a few books on the shelf or to sort, please let us know. You will find Volunteer forms on the desk in the Gazebo Book Store. When you complete the short form, you can hand it in at the Reference Desk in the Library and we will contact you.

There are many great programs coming in October and November in the UTB Library for all age groups. Remember to pick up your copy of Page by Page listing programs at the Reference Desk in the UTB Library. The web site listing is: <http://www.hcplc.org/hcplc/happenings/branch/UTB.pdf>

Also, from time to time you might want to check our Friends of UTB Web site for announcements and information at <http://www.uppertampabaylibrary.org>

Beginning October 1, all Library branches will open at 10:00 a.m. Call 273-3652 for details.■

Westchester
**FALL
FESTIVAL**
Saturday - October 20, 2007
More information will be posted on the website!

Deer Park Function

Submitted by event coordinator, Kristina Young
princessparteeas@tampabay.rr.com

Hopefully this newsletter arrived in time for you to plan on attending the following event:

On Saturday, October 6th Deer Park Elementary will be sponsoring our first annual Community Health fair and fun with family fitness expo.

This event will be both fun for the kids and educational for all. Local doctors, dentists and health and fitness experts will be available to provide information and answer your questions. The children's events will include bounce houses, games and competitions.

The expo will be FREE and will be held at Deer Park Elementary school grounds from 11:00-3:00. Everyone in the community of all ages is welcome.

So, mark your calendar, round up your family, friends and neighbors and we will see you on October 6th!■

Property Manager's Corner

By Leigh Slement

Compliance

The three most prominent maintenance items are:

1. Lawns, lawns, lawns - chinch bug and/or fungi are the causes of browning, patchy lawns.
2. Easement trees need to be trimmed before the colder months get here - all easement trees need to be 7 feet above the sidewalk grade for pedestrian clearance and 12 feet above roadway grade, contingent on maturity of tree. Please remember that "shaping" of trees is not approved - the street trees are required to be pruned maintaining a natural canopy shape.
3. Many mail boxes and or posts need refreshing!

Reminder

ALL HOMES have reached the age where repainting is required. The deadline for each home to be painted is by the end of this year!

Street Parking

Street Parking is not permitted – if a vehicle is established as Owner owned and is street parked in excess of two nights, it will be towed! – all repeat offenders will be towed without notice.

Look out for signage with tow company details.

New Landscaper For Common Areas

The Board has approved the proposal for a new landscaping company who commenced servicing the community's common areas, August 1, 2007. We look forward to working with them and ask homeowners to advise us of any areas omitted. We have already received some reports, so are hopeful that all the areas are now regularly being maintained.



Welcome!

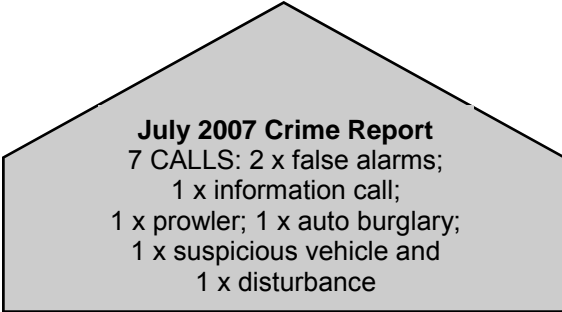
All the Governing Documents for the Association are on the website and, if you were not supplied a set before you closed on your home, it would behoove you to take a moment and at the very least review the Restrictions sectors. It is most unfortunate when we have to greet a new homeowner with a notice relative to a Covenant infraction – we'd much rather allow you time to settle in, meet your neighbors and enjoy your new home with the knowledge that you are aware of the rules and regulations which you agreed to at closing.

Please contact Management to arrange gate access.

Thank you Welcome Committee volunteers for extending a "Warm Welcome" to our new residents!

Please note new telephone extensions at the management office

Accounting - 317
Leigh Slement (Manager) - 316
Reception - 300
Emergencies - 325



New Homeowners

Rebecca Jacobs	11235 Cypress Reserve Drive	05/31/07
Robert & Lynne Sheppard	12137 Bishopsford Drive	06/01/07
Charles & Kathleen Rudie	11606 Windsorton Way	06/27/07
Jacob Armstrong & Nicole Keys	11532 Cypress Reserve Drive	07/26/07
Minishkuma & Binta Patel	12213 Coldstream Lane	08/14/07





Babysitters

Kirsten Akerman - 854-2253
Red Cross Certified

Pressli Champion - 855-2028

Meagan Gross - 855-9775
Red Cross Certified

Elizabeth Lewis - 818-9152

Megan Luginsland - 854-3409

Nicolas Luttmann - 818-0990

Lucille McCann - 891-0523



Petsitters

Megan Luginsland - 854-3409
Nicolas Luttmann - 818-0990
Alex Singleton - 818-4518
Chelse Singletary - 818-4518



Dylan Quick
925-8938

Lawn Mowers



Approved Mailbox Post and Trim Colors

Body Color: Sherwin Williams, Behr Brand
Elegant Ivory PWN-40
Trim Color: Sherwin Williams, Behr Brand
SW 2258, Ivy Wall


A Sheffield resident, Nicole Quick, is offering free Notary services to Westchester residents.

Phone 813-477-3226, email
nicolemquick@yahoo.com.

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Property Manager's Corner...
Continued from Page 6

\$\$ Mid-Year Financial Report \$\$	
Financial status as at June 30 th , 2007:	
Cash:	\$52,909.66
Accounts Receivable:	\$2,155.87
Reserves General:	\$66,831.57
Expenses to Budget:	\$95,417.15 / \$92,190 (excludes reserve funding)
One major line item has been expensed for the year and is the reason for the over budget amount (prepaid master	



The yard of the month is awarded to 12121 Bishopsford Drive. The home was chosen as it displays a healthy lawn, clean mailpost, freshly painted home, pruned easement tree, simple but beautifully maintained landscaping, clear address numbering, clean concrete surfaces and healthy palms – thank you for your contribution towards your neighborhood, we certainly appreciate it!

Sheffield Entrance

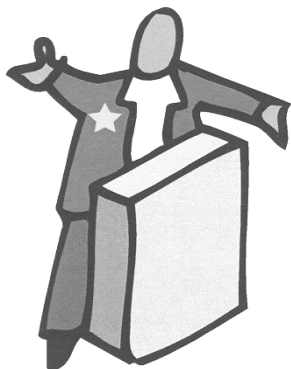
Now that school has reopened, the bus stop at Sheffield is again congesting traffic flow due to parent vehicles. Please do not interfere with traffic flow when picking up or dropping off children at this bus stop!

BE SAFE, STAY ALERT, BUCKLE-UP & DRIVE SMART!

You Are Invited To The Sheriff's Town Hall Meeting At Sickles High School

What: Town Hall Meeting To Learn About Your Sheriff's Office

- Get Answers To Your Questions
- Sheriff's Strategic Operations Plan
- Gangs
- Sexual Predators
- Traffic
- Burglaries
- and more....



When: Tuesday, October 2, 2007

6:00 p.m. to 7:00 p.m. - Sheriff's Informational
& Tactical Equipment Displays

7:00 p.m. to 8:30 p.m. - Town Hall Meeting

Where: Sickles High School

7950 Gunn Highway, Tampa

- Sheriff David Gee and his Staff will be present.
- Questions from citizens will be addressed in an open forum.
- Questionnaires are available at www.hcso.tampa.fl.us

For questions or more information, contact JD Callaway at 813-247-8058.

Created by Elena Tewmey

Questionnaire Form For The Sheriff's Town Hall Meeting At Sickles High School October 2, 2007

Dear Sheriff Gee,
I would like you to address my question at your Town Hall Meeting.

Name _____ Age _____

Mailing Address _____

Telephone: _____ Home : _____ Business: _____

E-mail Address: _____

Where in unincorporated Hillsborough county do your reside?
(Carrollwood, Westchase, etc.): _____

Do you desire to make a statement or ask the Sheriff a questions YES or NO
If so, did you personally want to address the Sheriff or have a HCSO personnel read it for you?

My question is: _____

Signature: _____ Date: __/__/__

Please return the completed application to the attention of JD Callaway, in person at the event or via the following:
Fascimile - 813-247-8113
In person - Crime Prevention Bureau, 2008 E. 8th Avenue, Ybor City, Tampa
US Mail - Hillsborough County Sheriff's Office, P.O. Box 3371, Tampa, FL 33601

For Sheriff's Office Use Only:
District/Division _____ Major: _____

- | | | |
|---------------|------------------|----------------|
| Street Crimes | CRD | Traffic |
| Gangs | Vice | Intelligence |
| OCB | Off-Duty | Comm. Center |
| SRD | Crime Prevention | Non-HCSO Issue |

Changes Made To Florida Statute 720 Governing Homeowners Associations

Submitted by Leigh Slement

Effective July 1st substantial changes have been made with respect to governing homeowners associations. The full text involves over 50 pages of reading ...summarized briefly for you are some of the most significant and pertinent changes....



Governance

§720.302 is amended to clarify that homeowners associations may be governed by either the Florida for-profit or not-for-profit corporations act.

Board Meetings

§720.303(2)(a) is amended to clarify that notice requirements for board of directors' meetings also apply to committees and similar bodies when they meet to make a final decision concerning spending association funds or with authority to approve or disapprove architectural decision concerning parcels/lots and deletes contradictory provisions adopted in 2004.

Records

§720.303(5) is amended to clarify that the association is not required to provide information to individuals who are not owners; however, if the association desires to do so, then the association may charge a reasonable fee for a good faith disclosure, subject to a maximum of \$150, for that effort.

Budgets

§720.303(6) is amended to provide that budgets must include annual operating expenses for all association expenses. The budget may also include reserve accounts. Once reserves have been kept, then reserves must be budgeted thereafter unless waived by the owners. A budget without reserves must include a conspicuous warning that reserves have not been kept. If reserves are kept, then the funds must be utilized for the purpose collected unless approved by a majority of all voting interests.

Financial Reporting

§720.303(7) is amended to provide longer dates for financial reporting of fiscal year to members and to require compliance with Board of Accountancy regulations.

Architectural Control

§720.3035 is created to limit homeowner associations architectural control to those matters that are specifically stated or reasonably inferred in the declaration of covenants. If a

declaration provides that authority and the authority is not specific, then the association must publish guidelines as authorized by the declaration of covenants. Setbacks are defined, as well as remedies for associations failing to comply with the law. A parcel owner who suffers a loss because of unreasonable, knowing and willful infringement of rights may seek damages incurred in preserving or restoring the owner's rights.

Fees

§720.305(1) is amended to clarify that a member who prevails in a lawsuit against the Association pursuant to the Homeowners Association Act may not only recover their attorneys' fees, but also a sum to reimburse the member for the attorney's fees expended by the association on that litigation.

Mediation

§ 720.311 is significantly amended to remove the State of Florida from most mandatory pre-suit mediation efforts. Most covenant enforcement disputes still must proceed to mediation before a suit is filed, except for many matters seeking monetary damages. Emergency temporary injunctions can be sought in court. Instead of seeking mediation through the State of Florida, the "aggrieved party, which is usually the association, provides a notice to a member/owner of a dispute and provides a list of alternative mediators.

Collections

Homeowners association collection efforts are impacted by Senate Bill 1844/House Bill 1465. In response to the clamor arising because of the significant number of foreclosures and the perception that homeowners associations foreclose too fast, the legislation requires homeowners associations to provide owners notice 45 days before a lien is recorded and an additional 45 day notice before a lien foreclosure action is filed.

The full text is available at <http://www.flsenate.gov>

The Architectural Control change has a big impact on Associations and your attorney has recommended that a stop-gap policy be adopted by the Board which has been done and is as follows:

"This community was developed with the intent that homes harmonize with each other and present a pleasing and consistent style. Except as required by the sets of Governing Documents, this style is not the result of a formal architectural code but rather the result of the vision of the original developers. In response to recent legislative changes, this community is in the process of adopting more detailed guidelines and standards.

"To ensure the preservation of the existing harmonious design and to prevent the introduction of design that is not in keeping with the community, the Board of Directors and ACC hereby recognizes and adopts the style and form of the existing, as-built (and properly approved as otherwise required by the Governing Documents) as the standard, excluding developer variances. This standard shall continue in effect until the adoption and publication of new guidelines and standards.

(Continued on page 16)

Changes Made To Florida Statute 720 (Continued from page 14)

"Owners shall be permitted to use any of the architectural styles, setbacks, colors and color combinations, materials, roof pitches and doors and windows that are already in use within the community for comparable lot types."

Collections

Very Important Notice

Attention Homeowners!

Effective July 1, Florida Statutes Chapter 720 (governing Homeowners Associations) has been amended. Please read and be advised of the changes that affect Homeowners Association Collections

Senate Bill 1844/House Bill 1465 refers:

Legislation now requires homeowners associations to provide owners a 45-day notice before a lien is recorded and an additional 45-day notice before a lien foreclosure action is filed.

Upon consultation with the Association's attorney, your Association's collection policy has changed accordingly:

- a) Late assessments/and or homeowner's dues will receive a friendly reminder from The Property Group of Central Florida, Inc.
- b) Unpaid assessments/and or dues will be turned over to an attorney 15 days after the homeowner's receipt of the friendly reminder (as described in a.). Therefore, the required 45-day notice letter will be sent by the attorney.
- c) In accordance with the amended law, actual costs are collectable from the homeowner. The cost for the "Certified" 45-day Intent to Lien letter sent from the attorney is estimated at \$200. This cost will be added to the delinquent assessments/and or dues.
- d) In accordance with the amended law all payments received will be applied in the following order: interest, late fees, costs, attorney fees and then assessment/ and or dues. The full amount is required to be settled to prevent the filing of the lien on the 45th day.
- e) Should the lien be filed the costs will escalate an additional estimated \$250 - \$400.

Therefore, this notice serves as a reminder that you will only receive ONE friendly reminder from our office before the matter is turned over to an attorney.

By statute, the costs have been passed on to YOU, the homeowner, and therefore, we stress the importance of paying your dues on time!

Thank you. ■

Drivers Now Required To "Move Over"

Florida Highway Patrol
A Nationally Accredited Law Enforcement Agency

Drivers are now required to "move over" or "slow down" when approaching an authorized emergency vehicle that is stopped on a highway in Florida. The "Move Over Act", passed during the 2002 session of the Florida Legislature, was signed by Governor Jeb Bush on May 1, 2002.



There are several important provisions concerning this new law. Effective July 1, 2002, on interstate highways or other highways with two

or more lanes traveling in the direction of the emergency vehicle, and except when otherwise directed by a law enforcement officer, drivers approaching a law enforcement or other authorized emergency vehicle parked on a roadway with their emergency lights activated, are required to vacate the lane closest to the emergency vehicle, as soon as it is safe to do so.

When approaching a law enforcement or other authorized emergency vehicle parked on a two-lane roadway with their emergency lights activated, and except when otherwise directed by a law enforcement officer, drivers are required to slow to a speed that is 20 miles per hour less than the posted speed limit when the posted speed limit is 25 miles per hour or greater; or travel at five miles per hour when the posted speed limit is 20 miles per hour or less.



The "Move Over Act," designed to protect law enforcement and other emergency workers on our highways, was sponsored by Senator Victor Crist, District 13, Tampa, and Representative Mark Flanagan, District 68, Bradenton. The support of the International Union of Police Associations (IUPA) was instrumental in getting this important piece of legislation passed.

During the five-year period of 1996-2000, motorists in Florida crashed into working law enforcement vehicles that were stopped/parked along Florida roadways 1,793 times, resulting in five deaths and 419 injuries.

Credit Card Scam

Submitted by Leigh Slement

Community Officers recommend we pass on the following information:

Please pass this on to your residents or organization members. I spent six years in the credit card industry, so I can testify to this information being accurate. NEVER give credit card information to anyone who CALLS YOU!! If the fraud department calls, hang up and call the number on the back of your credit card. And wait 30 minutes before you call or call from a different phone number. This isn't listed in the article below, but when companies call from dialing machines, they can hang onto your line even after you hang up. It's very easy for them to wait for you to pick up the phone and attempt to call your credit card company. Once you're done dialing, all they have to do is say, "hello." You will think you're speaking to a customer service rep, but you're still on the phone with the thief. And remember, your credit card company will never ask you for information they already have, and they do have the CVV number on the back of your card. They have more information about you than you know.

New Credit Card Scam Snopes.com says this is true. See this site - <http://www.snopes.com/crime/warnings/creditcard.asp>

This one is pretty slick since they provide YOU with all the information, except the one piece they want.

Note, the callers do not ask for your card number; they already have it. This information is worth reading. By understanding how the VISA and MasterCard Telephone Credit Card Scam works, you'll be better prepared to protect yourself.

One of our employees was called on Wednesday from "VISA," and I was called on Thursday from "Master Card."

The scam works like this: Person calling says, "This is (name), and I'm calling from the Security and Fraud Department at VISA. My badge number is 12460. Your card has been flagged for an unusual purchase pattern, and I'm calling to verify. This would be on your VISA card which was issued by (name of bank). Did you purchase an Anti-Telemarketing Device for \$497.99 from a Marketing company based in Arizona?" When you say "No," the caller continues with, "Then we will be issuing a credit to your account. This is a company we have been watching and the charges range from \$297 to \$497, just under the \$500 purchase pattern that flags most cards. Before your next statement, the credit will be sent to (gives you your address), is that correct?"

You say "yes". The caller continues - "I will be starting a Fraud investigation. If you have any questions, you should call the 1- 800 number listed on the back of your card (1-800-VISA) and ask for Security.

You will need to refer to this Control Number. The caller then gives you a 6 digit number. "Do you need me to read it again?"

Here's the IMPORTANT part on how the scam works. The caller then says, "I need to verify you are in possession of your card." He'll ask you to "turn your card over and look for some numbers." There are 7 numbers; the first 4 are part of your card number, the next 3 are the security Numbers' that verify you are the possessor of the card. These are the numbers you sometimes use to make Internet purchases to prove you have the card. The caller will ask you to read the 3 numbers to him. After you tell the caller the 3 numbers, he'll say, "That is correct, I just needed to verify that the card has not been lost or stolen, and that you still have your card. Do you have any other questions?" After you say, "No," the caller then thanks you and states, "Don't hesitate to call back if you do," and hangs up.

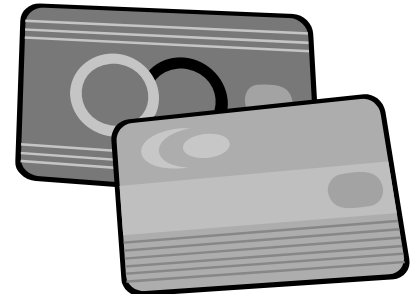
You actually say very little, and they never ask for or tell you the Card number. But after we were called on Wednesday, we called back within 20 minutes to ask a question. Are we glad we did! The REAL VISA security Department told us it was a scam and in the last 15 minutes a new purchase of \$497.99 was charged to our card.

Long story - short - we made a real fraud report and closed the VISA account. VISA is reissuing us a new number. What the scammers want is the 3-digit PIN number on the back of the card. Don't give it to them. Instead, tell them you'll call VISA or Master card directly for

verification of their conversation. The real VISA told us that they will never ask for anything on the card as they already know the information since they issued the card! If you give the scammers your 3 Digit PIN Number, you think you're receiving a credit. However, by the time you get your statement you'll see charges for purchases you didn't make, and by then it's almost too late and/or more difficult to actually file a fraud report.

What makes this more remarkable is that on Thursday, I got a call from a "Jason Richardson of Master Card" with a word-for-word repeat of the VISA scam. This time I didn't let him finish. I hung up! We filed a police report, as instructed by VISA. The police said they are taking several of these reports daily! They also urged us to tell everybody we know that this scam is happening.

Please pass this on to all your family and friends. By informing each other, we protect each other. ■



Staying Healthy During Cold and Flu Season

By Dan Pick

Its back to school time and cold and flu season is right around the corner. Here are some simple tips to help keep you and your family healthy this school year.

Wash your hands! We've been told to do it from day one and there is still no better way to help keep yourself from getting sick than by washing your hands. A little soap and water can go a long way in keeping everyone at school and home healthy. For those moments when soap and water isn't practical pocket sized hand sanitizers work great!



Eat your veggies! As the saying goes you are what you eat, nothing can be more true when it comes to the immune system. Junk food, fast food and candy do nothing more than make us unhealthy! Our bodies, in particular our immune system requires good solid nutrition to function properly and to be maintained optimally. Something can be said for three squares a day with a couple of high quality snacks in between meals to help keep mind and body running all day long.

Don't forget your vitamins! Not all days are created equal and we may not be able to eat what we should, when we should. Taking a high quality vitamin supplement can go along way in helping to assure your body is getting the most out of what we are feeding it. With classes starting at 9:00 or earlier, band practice at 3:30, soccer at 5:00 then homework! Our bodies are in overdrive from August until June. Proper supplementation can be beneficial for the family on the go during the school year.

To read this article in full, plus more, visit www.westchasepharmacy.com. ■

Back in School Fitness Plan

By Phil A. Lalli

Hard to believe that October is now upon us and the kids are lining up at the corner again waiting for the bus. Now that you have survived another summer of pool parties, trips to the zoo and countless baseball and soccer games, what are you planning to do for yourself with the few extra minutes of free time you are about to acquire each day? I know you were thinking "get myself back in shape" right? Of course you were!

Hopefully, you still have your old Schwinn in the garage and it can be made ride-ready with a little air in the tires and some WD-40 on the chain. Now, get on that bike and ride! You should be able to pedal comfortably for at least 20- 30 minutes and at a suggested 70-90 rpm's that translates into about 8-10 calories burned per minute of exercise. Let us now add the strength exercises back into your routine to get the rest of the body in shape. *Be sure to check with your physician if it has been a while since you did any physical exercise or if you have any history of illness or injuries. For proper form, log on to www.sunfitpt.com and click on "exercises".*

Legs:

Wall sits. Aim for 30 seconds to one minute each. Perform 2 times.

Stationary Lunges. 2 sets of 10 each. Keep weight on heel, not toes!

Optional – Swiss Ball Squat. 2 sets of 12. Again, emphasize using heels, not toes.

Abdominals

Plank Position. This is the most effective exercise to condition, flatten and sculpt the stomach muscles. It does not encourage the midsection to get larger or thicker and it allows you to control your posture throughout the day. Perform for as long as you can hold it and repeat. Feel it in the stomach, not the low back or arms. Minor weight shift forward or backward will help isolate the intensity.

Swiss Ball Crunch. Start with 20 and add 5 reps each week per set. Try for 2 sets.

Upper Body.

Pushups. Keep that midsection rigid but the elbows should stay soft. Chin looks forward, not at the ground. If doing these on the floor is too difficult, do them on an incline, such as leaning up against the kitchen counter or the seat on the sofa and then you gradually build up enough strength to use the floor position. Two sets and as many in each set that you can do.

Bicep Curl. Use dumbbells or exercise tubing. 2 sets of 12 repetitions.



Activities That Add Up

Walk to the bus stop instead of driving the kids (it's only a few hundred yards!!!). Park away from the store instead of next to the handicapped spot. Walk up the stairs instead of the elevator at the office. Jump rope for 50 jumps every morning and evening. Walk the dog around the neighborhood instead of him out in the yard. These activities can burn an additional 150 calories and more per day. Do these 5 days a week and 4 weeks per month and the calories add up quickly with very little effort!!!

See you in December!

Just move!■

Got Stress? Try Yoga

The ultimate goal of yoga is to reach complete peacefulness in your body and mind. While traditional yoga philosophy requires that students adhere to this mission through behavior, diet and meditation, chances are you aren't looking for a complete change in lifestyle but rather increased flexibility, relaxation or stress relief. If that's the case, then like most people in the United States, you're interested in hatha yoga — a style of yoga designed to encourage a more flexible body and a calm mind.

Hatha Yoga : the most popular form of yoga:

Hatha yoga focuses on physical poses and controlled breathing. Several versions of hatha yoga exist. Which version you choose depends on your personal preferences. But all varieties of hatha yoga include two basic components — poses and breathing.

Poses

In a typical hatha yoga class, you may learn anywhere from 10 to 30 poses. More experienced yoga students might know many more, including more-advanced poses that require advanced stretching and twisting. Poses range from the seemingly easy, such as the corpse pose, which involves lying on the floor, completely relaxed, to the most difficult poses that take years of practice to master.

Remember that you don't have to do every pose your instructor demonstrates. If a pose is uncomfortable, or you can't hold it as long as the instructor requests, don't do it. Good instructors will understand. Spend time sitting quietly, breathing deeply until your instructor moves the class on to another pose that's more comfortable for you.

Breathing

Controlling your breathing is an important part of yoga. In yoga, breath signifies your vital energy. Yoga teaches that controlling your breathing can help you control your body and gain control of your mind.

You'll learn to control your breathing by paying attention to it. Your instructor might ask you to take deep, loud breaths as you concentrate on your breathing. Other breathing techniques involve paying attention to your breath as it moves into your body and fills your lungs, or alternately breathing through one nostril.

Yoga, Stress relief and other health benefits:

Yoga offers a good means of relaxation and stress relief. Its quiet, precise movements focus your mind less on your busy day and more on the moment as you move your body through poses that require balance and concentration. Other health benefits of yoga include:

Increased flexibility. As you learn and refine new poses— such as touching your toes — you'll find that each time you practice, you can reach a little farther. More range of motion means you'll be less likely to injure yourself in other physical activities.

Management of chronic health conditions. The breathing and relaxation methods used in yoga might help you if you have asthma, carpal tunnel syndrome, depression, low back pain, multiple sclerosis, osteoarthritis of the knees or memory problems. Yoga can also be helpful when combined with other therapies for heart disease and high blood pressure. Yoga, when combined with a vegetarian diet, aerobic exercise and medication, has reduced cardiovascular disease rates and blood pressure levels.



Weight loss. If you're overweight, yoga may help you make the healthy lifestyle changes necessary to drop those extra pounds.

Balance. Yoga classes tailored for elderly adults can help them stay steady on their feet and avoid falls and hip fractures.

Coping with cancer. People with cancer and their caregivers who practice yoga may improve their quality of life and sleep better at night..

While you shouldn't expect yoga to cure you, it can help some health conditions when combined with treatment recommended by your doctor. And, if you're perfectly healthy, yoga can be a good way to supplement your regular exercise routine.■