

Dry Creek Run News

Spring 2012

Spring Ahead to Cleaning

Let's face it, dirt happens. The kids track it all over the clean kitchen and the dog runs through the house right after you're done cleaning carpets. I think we can all agree - dirt stinks!

But, there is something we can do about it. Follow these tips to maximize your spring cleaning efforts.

Tips for Spring Cleaning

Define deep cleaning: It isn't just sweeping, it is sweeping and mopping. It isn't just vacuuming, it is vacuuming and steam cleaning the carpets. Determine what needs to be cleaned from the top of the fridge to behind the toilet and your house will be spotless!

Use a checklist: A list of the entire house can be overwhelming - start with one room and add things particular to that room.

Use cleaning secret weapons: Keeping a clean kitchen is a task that should

not be taken lightly. The burner drip pans can be extremely difficult to clean - consider replacing them, they're inexpensive and make the stove top sparkle!



Or for fresh smelling carpets, sprinkle baking soda (make sure it isn't chunky) lightly over your carpet - a bit more in heavy traffic areas - before vacuuming.

If you have children or pets at home, consider using vinegar as opposed to harsh cleaners. Add water and you can clean almost anything including your coffee-maker and dishwasher.

Using vinegar as your main cleaning

solution will save you time, money, and keep the environment safe - and we all like that!

Ramp up your cleaning: Using your spring cleaning checklist as mentioned above will help, but the real answer is speed cleaning - it is okay to work fast!

Turn on the radio and get a good workout while you clean. All joking aside, you can work faster with a plan, and it only takes a few minutes to put one together. Now write it down on the back of your spring cleaning checklist. A plan is useless unless it is written down!

Armed with these tips for spring cleaning, your checklist, a plan, your 'secret weapon', and speed cleaning, you are ready to get your house clean FAST - one room at a time!

About The Author: *Jordan Mardis is the creator of Help Mommy Stay Home*

Association Management Changes

In early March, the Dry Creek Run Homeowners Association chose to begin working with a new Association Management company to better serve owners and residents.

Total Property & Association Management, or "TPAM" for short, is now responsible for handling the community's day-to-day needs, as well as long-term goals and finances.

The organization is led by Tallahassee resident Andrew Elekes, who maintains a Community Association Manager (CAM) license in addition to being a Certified Public Accountant.

"We appreciate the opportunity to manage, and essentially improve, the quality of life and return on investment for Dry Creek Run homeowners," said Andrew.

And, we invite you to come to the next Dry Creek Run Homeowners Association meeting on May 3, 2012 at 6:00 p.m. in the Community center.

Let us know ways we can improve our services to better meet residents' needs. Contact Andrew at 850-583-1173 or via email at Andrew@TPAM.biz for more information.



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Running on Empty?

Karen Collins, MS, RD, CDN
American Institute for Cancer
Research

As people everywhere complain of needing more energy, the number of Americans consuming energy drinks nearly doubled from 17.4 million in 2003 to 34.5 million in 2008. For people who frequently feel their energy lagging, other strategies probably offer a better solution.

Energy drinks provide caffeine and often sugar. Studies show that 100 to 200 milligrams (mg) of caffeine (about 1 to 2 cups of regular coffee) are sufficient to increase energy and alertness. Many energy drinks provide caffeine in this range, but extra large portion sizes and additional stimulant ingredients may bring caffeine as high as 500 mg per can or bottle. When people push consumption beyond 250 mg per day, they may experience headache, sleep difficulties or increased anxiety. If caffeine exceeds 1000 mg, they may have heart palpitations.

Energy in food simply means calories, but feeling low on energy does not necessarily mean you need more calories. Energy bars typically contain 200 to 300 calories, mostly carbohydrate.

Some drinks are marketed in 16- to 24-ounce containers, and it's easy to forget that the calories and sugar

listed on the label refer to an eight-ounce serving – a half or third of the container.

B vitamins may be added, but though important in metabolic processes to produce energy from food, adding more B vitamins is not some sort of tonic that makes you feel more energetic.

Using caffeine to increase energy can end up worsening energy problems in the long run. Caffeine can stay in the body longer than people realize, impairing sleep and promoting daytime sleepiness and low energy. It takes at least three hours to clear even half the caffeine from the body, and 15 to 35 hours to eliminate virtually all of it. Certain medications and diseases can make clearance time even longer.

Indeed, lack of sleep is the reason for many people's lack of energy. The number of Americans reporting less than six hours of sleep nightly climbed to 20 percent in the 2009 Sleep in America Poll by the National Sleep Foundation. Average weekday sleep is now down to 6.7 hours a night. The optimal amount for adults varies, but is typically seven to nine hours a night. Children and teens need more.

Lack of adequate sleep can stem from too little time in bed – going to bed too late for the intended wake up time – or from sleeplessness in

bed. Experts recommend setting a regular bedtime. To help your body be ready to sleep, avoid television and computer use near bedtime, turn lighting low near bedtime and don't exercise within three hours of bedtime. Avoiding caffeine, at least in the evening and late afternoon, can help.

Relaxation techniques such as yoga, deep breathing or meditation, especially near bedtime, may reduce anxiety to promote a better sleep.

If you often feel tired, talking with your doctor could determine if you suffer from other underlying conditions.

So remember, the next time you're running on empty, sleep it off.

Community Calendar

May 3 - Dry Creek Run
Homeowners
Association Meeting

May 13 - Mother's Day

May 28 - Memorial Day

June 17 - Father's Day

July 4 - Independence Day