



**Don't Forget!**

\*June 20th,  
Summer Begins!

\*July 4th,  
Independence  
Day



# Mackenzie Meadows HOA News

A PUBLICATION OF THE MACKENZIE MEADOWS  
HOMEOWNERS ASSOCIATION, INC.

→ **SUMMER 2008**

## Hello Community Members,

My name is Rabah Mezenner. I am glad to serve the community as a member at large on the board of our association. I moved to my home at 3505 Moroney Drive in 2001 and have been serving on the ACC committee for the past few years. I work at Texas Instruments in DLP® Products so if you need DLP® information, just let me know. I am married and have two sons with my wife, Hakima. I have an older daughter in college and a son in high school. I enjoy my wife's cooking, working out and spending time with my kids. If I can be of assistance to you, please contact me at 214-882-0028 or by email at [mznr@tx.rr.com](mailto:mznr@tx.rr.com) or [mznr@ti.com](mailto:mznr@ti.com).

*Sincerely,*  
Rabah Mezenner

**LOG ON >>**



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Premier is proud to be able to offer you a remarkable web-based service that utilizes proprietary software to give you real-time information about your community and your homeowner's account. By logging on to [www.premiermgmtconnect.com/mackenzie](http://www.premiermgmtconnect.com/mackenzie) you will be able to:

- View your account balance and history in real-time
- Be the first to know the latest news in your neighborhood
- See your community calendar
- Access the governing documents for your association
- Search frequently asked questions
- Read current and archived newsletters
- View account information, including address, phone number and email registered to your account
- Submit Association and warranty service request



Dear Homeowners,

A special note of thanks goes out to Margot Thibodeau for her service on the Board of Directors. Thank you Margot for your dedication & commitment to Mackenzie Meadows!

And also, Please welcome Rabah Mezenner who was recently elected to the Board and congratulations to Thomas Wu who was re-elected to the Board for another term.

*Thanks to all the residents who attended this year's annual meeting!*

We hope that everyone is enjoying a wonderful & safe summer! What a difference it has made with all much needed rains. Although Richardson and many surrounding cities have lifted the water restrictions, we urge you to conserve water when and where you can.

Please remember that even though we love to play with our pets, for safety and ordinance restrictions they are not allowed in the pool & play areas. Please remember to pick up after your pets while on daily walks as well. We thank you in advance for your cooperation...picking up after pets is not just a rule, but common courtesy!

Remember, school is out, so please drive extra slow thru the alleyways & streets.

Please note that we are currently offering an internet special on pool access cards at half price (regular price is \$25.00) if any household should need an additional pool access card. The address is [www.mmhoa.org](http://www.mmhoa.org).

We hope you noticed that the Mackenzie Meadows website was given a facelift recently...we hope you take the time to familiarize yourself with it. The web address is [www.mmhoa.org](http://www.mmhoa.org). If you have not registered on the PremierConnect/Mackenzie Meadows Website we encourage you to do so today!

A letter announcing this exciting new benefit was mailed to you with your individual code. You were asked to enter your email address and choose a pin number. Once you have done that, you will be redirected to the live community website. We have seen many residents making improvements to their homes this summer. The Architectural Control Committee thanks each of you for helping to maintain and improve the property values in Mackenzie Meadows. Please remember that if you are painting or staining with any type of potentially toxic materials, to please dispose of these in an environmentally friendly manner. Please contact your city health dept for more information. Until Next Time... Please enjoy your summer season!

Pete Willding, *Association Manager*

## Easter Egg Hunt Re-Cap >>

The MMHOA Spring Egg-stravaganza was held on Sunday March 9th, and was a huge success! The kids got to enjoy hunting for eggs as well as having the opportunity to be awarded a special prize if they found one of the shiny metallic eggs! Pizza, cookies and drinks were served and it was a great time for neighbors to get out and socialize! Thank you to all of you that were able to attend, and most of all thank you to the following volunteers: Daniel Brozak, Carol Atkins, Chris & Martha Clark, Autumn Davidson, Ken Hewes, Ana Hajek, Camille Hughes, Christian & Gabriella Navarrete, Deedra Schmidt, Terry Turner, Timberli Valdez, & Kristen Warner



## Mackenzie Meadows HOA: March 2008 Anita Hord, Treasurer

### Financial Summary

**Income** \$8,937 vs. Budget \$9,009 = (\$72)

**Expenses** \$6,702 vs. Budget \$8,267 = \$1,565

Positive due to 1) no committee expenses (\$238), 2) fewer general and administrative expenses than budgeted (\$843), and 3) lower utility expenses than budgeted (\$448).

February electricity \$769.62 vs. 874.57 in 2007.

February water \$71.87 vs. \$105.93 in 2007.

### Delinquent Dues

At the end of March, 8 residents had balances totaling \$400.50 plus \$56 collection fees.

### Banking Information

Operating Account Balance \$32,779.44

Investment Account Balance \$4,553.97

Reserves \$95,822.73

Total Financial Account Balance \$133,156.14

We are right on target with our operating budget year to date through March, with \$27,744 in income as compared to our budgeted income of \$27,094.

We continue to contribute a monthly allocation of \$2,500 to our Replacement Reserve Fund (which is for funding of major projects TBD)

Expense for the Easter Egg Hunt will be reflected on the April financial statement

Expense for the Annual Meeting will be reflected on the April financial statement

Total expenses year to date are \$20,223 versus our budget of \$23,729 for a positive variance of \$3,506.

### Improvement expenses forthcoming include:

Storage facility building being added within the confines of the pool area

Replacement lettering on one of the main entry signs along Renner

Playground mulch

Kick plates on pool restroom doors to stop deterioration

## FUN WATER FACTS

- You could survive about a month without food, but you could only survive 5 or 6 days without water.
- Less than 1% of all the water on Earth is available or clean enough to drink. The rest is salty or frozen.
- The average person takes in about 16,000 gallons of water in his or her lifetime.
- Families turn on the faucet an average of 70 times in one day.
- Once evaporated, a water molecule spends ten days in the air.
- Every person in America uses about 160 gallons of water a day. During medieval times a person used only 5 gallons per day.
- 2/3 of the water your family uses is used in the bathroom. About 2 gallons of water are used when you brush your teeth. Flushing a toilet requires 2 to 7 gallons of water, and a 10 minute shower can use 25-50 gallons of water.
- About 48,000 gallons of water are used to produce the typical American Thanksgiving dinner for eight people.
- The amount of water is constant and recycled throughout time. It is possible to drink water that was part of the dinosaur era.
- Where does the water go? About 70% evaporates into the air, 3.12% is used for industry, 2.46% is used for irrigation, 0.42% is used in cities, and the last 24% are unused precipitation that returns to the sea.
- To stay healthy, you need 2 to 3 quarts of water each day. Four hundred gallons of water are recycled through our kidneys each day.
- Your body is 2/3 water. Your brain is 3/4 water. You can refill an 8 oz. glass of water approximately 15,000 times for the same cost as six pack of soda pop.

1. Plant fall blooming bulbs in June.
2. Divide daffodils and hyacinths in early June.
3. Plant gladiolas in early June for bloom this summer.
4. Sow biennial seeds during summer months
5. Feed roses with a complete fertilizer in June.
6. Deadhead flowers for continuous bloom through the season.
7. Plant perennial seeds for next year at the end of June.
8. Stake and tie perennials.
9. Trim hedges and topiaries in June.
10. Plant fall pansy seeds in July.
11. Clean up spring bulbs after foliage has ripened.
12. Fertilize all flowering annuals every two weeks during summer.
13. Cut back baby's breath in July for a second late summer bloom.
14. Sow poppy seeds outdoors in August.
15. Divide bearded iris and lily of the valley bulbs in August.
16. Water container plants daily during hot dry weather.

# Whoopie Pies

Two pillowy devil's-food cookies enclosing a cloudlike marshmallow filling -- it's a child's dream of a cookie, but you'll no doubt find them quite tasty, too.

### **Cookie Dough:**

- 2 cup(s) all-purpose flour
- 1 cup(s) sugar
- 3/4 cup(s) milk
- 1/2 cup(s) unsweetened cocoa
- 6 tablespoon(s) butter or margarine, melted
- 1 teaspoon(s) baking soda
- 1 teaspoon(s) vanilla extract
- 1/4 teaspoon(s) salt
- 1 large egg

### **Marshmallow Creme Filling:**

- 6 tablespoon(s) butter or margarine, slightly softened
- 1 cup(s) confectioners' sugar
- 1 jar(s) (7- to 7 1/2-ounce) marshmallow crème
- 1 teaspoon(s) vanilla extract

- Preheat oven to 350 degrees F. Grease 2 large cookie sheets.
- Prepare Cookie Dough: In large bowl, with spoon, mix all dough ingredients until smooth.
- Drop dough by heaping tablespoons, 2 inches apart, on each prepared cookie sheet. (There will be 12 rounds per sheet.)
- Bake 12 to 14 minutes, rotating sheets between upper and lower racks halfway through baking, until puffy and toothpick inserted in center comes out clean. With wide spatula, transfer cookies to wire racks to cool completely.
- Prepare Marshmallow Crème Filling: In large bowl, with mixer at medium speed, beat butter until smooth. Reduce speed to low; gradually beat in confectioners' sugar. Beat in marshmallow crème and vanilla until smooth.
- Spread 1 rounded tablespoon filling on flat side of 12 cookies. Top with remaining cookies.



## << 16 Summer Garden Tips



## Pest Check

### Watch Out For the Chiggers

As summer approaches, so do the chiggers. There are two species of chiggers that affect humans and other animals. One species lives in fields, grass and weed areas, while the other species likes moist habitats such as in swamps, rotten logs and stumps. Chiggers develop in four life stages: egg, larva, nymph and adult. The chigger eggs hatch into six-legged larvae. The larvae climb up onto vegetation, so they can crawl onto a passing host. This is the only stage that feeds on humans and animals. Chigger larvae prefer to bite people in places where clothing fits tightly over the skin such as around the waistline, under socks, or where the skin is thin or creased such as around the ankles or the back of knees. Chigger larvae insert their mouthparts into a skin pore or hair follicle, and then inject a digestive fluid to dissolve skin cells. This results in itchy, reddish welts on the skin. It is the dissolved skin cells, not blood that chiggers ingest as food. The tiny larval chigger mites are not a real medical health concern, but they can make outdoor events unpleasant. After feeding, the larvae drop off of the host to molt into eight-legged nymphs which then molt into adults. Chigger nymphs and adults feed on eggs of springtails, isopods, and mosquitoes. Adult chigger mites are about 1/20 inches in length, bright red in color and have hairy bodies. The adult chiggers will overwinter in protected places and then become active in the spring. Under favorable conditions, most chigger species complete their development from egg to adult in 40 to 70 days.

### Suggestions for Prevention:

1. Clear away brush and weeds, mow grass close to the ground and remove conditions that may attract small animals that can serve as chigger hosts. This will reduce the amount of chiggers found in your area, since chiggers usually do not survive in areas that are well maintained.
2. Wear tightly woven socks, long pants, long sleeved shirts, and high shoes when entering a potentially chigger infested area. Also tuck pant legs inside boots and button cuffs and collars tightly to prevent chiggers from climbing inside your clothes.
3. Avoid sitting on the ground when camping, picnicking, or working outdoors.
4. Apply repellents such as DEET or permethrin to both the skin and clothing. Powdered sulfur is another repellent that can be dusted around the opening of your pants, socks, and boots or rubbed on skin.

### Suggestions for Chemical Control:

Chiggers sometimes become a problem in home lawns, so chemical control may be desirable. Insecticide sprays may provide some temporary reduction of chiggers and are more effective when applied in areas where chiggers and their animal hosts are living and/or roaming. Insecticides such as those containing the active ingredients permethrin or cyfluthrin are some suggestions for chemical control. Sprays should be applied to grass, shrubs and the soil. Be sure to follow label directions for any insecticides used.



### Suggestions for relief after exposure:

1. Wash field clothes in hot, soapy water to kill chigger larvae. Take a hot bath or shower and soap repeatedly after chigger exposure. If you bathe quickly after exposure, then you can wash crawling chiggers off your body before they bite.
2. Apply creams or ointments such as hydrocortisone or calamine lotion to relieve itching temporarily.

Photo of a chigger, *Trombicula* spp. Photo by: Department of Entomology and Plant Pathology, Auburn University.

## Start Slapping Those Mosquitoes

As we walk into our backyards for a nice relaxing evening, we will be joined by another unwanted pest, the mosquito. Mosquitoes are a diverse group of flies that are found worldwide. Currently, there are 85 species of mosquitoes found in Texas. Mosquitoes develop through complete metamorphosis with an egg, larva, pupa and adult stage. Mosquito eggs may be laid individually or in clusters on the surface of water or individually in dry locations that will flood periodically. The eggs hatch into larvae that eat microscopic plants, animals and organic debris in the water. The larvae will develop into pupae, which do not feed. The adult stage will emerge from the water to take flight. Adult male and female mosquitoes will feed on nectar, honeydew and fruit juices. Male mosquitoes will have hairy antennae that they use to locate females. The female mosquito will consume blood in order to develop her eggs. This causes mosquitoes to be considered one of the biggest medical threats to humans, since they are capable of transmitting such diseases as West Nile Virus, Eastern Equine Encephalitis, and Yellow Fever.

### Controlling Mosquito Populations Outdoors:

#### Some Control Options Outdoors:

The number one way to reduce mosquito populations in your yard is **source reduction!** Mosquitoes need as little as a bottle cap full of water to complete their lifecycle, so all areas where water collects needs to be emptied or changed weekly. If standing water is eliminated in your backyard, then the overall mosquito population in your area will be reduced.

- 1) Areas containing water should be changed or emptied, such as wading pools, buckets, bird baths, pet dishes, ponds, boat covers, irrigation systems, and French drains.
  - 2) Holes or depressions in trees should be filled with sand or mortar.
  - 3) Leaky pipes and faucets should be repaired.
  - 4) For standing water that can not be drained, one suggestion is to use mosquito dunks containing *Bacillus thuringiensis israelensis (Bti)*.
- Mow tall grass and reduce the amount of foliage to reduce the resting sites for adult mosquitoes.
  - Insecticides can be applied to trees and shrubs, such as those containing permethrin, to kill adult mosquitoes.

### Some options to prevent mosquito bites:

- 1) Avoid wearing dark colors, since mosquitoes rely on visual cues to locate hosts.
- 2) Avoid exercising or yard work in the heat of the day, since mosquitoes are attracted to carbon dioxide and perspiration.
- 3) Avoid wearing fruity or floral fragrances in perfumes, hair products, or sunscreens, since these scents are usually more attractive to mosquitoes.
- 4) Wear long, loose-fitting clothing to avoid mosquito bites.
- 5) Chemicals can be applied to the skin and clothes to prevent bites. One chemical, DEET, has been an effective repellent to mosquitoes for around 50 years. There are also other mosquito repellents on the market such as picaridin, oil of lemon eucalyptus, oil of eucalyptus, and soybean oil-based repellents.



**Asian tiger mosquito, *Aedes albopictus* (Skuse) (Diptera: Culicidae).** Photo by Dr. Bart Drees, Professor and Extension Entomologist.

### Are Azalea Bark Scales Attacking Your Crape Myrtles?

The azalea bark scale, *Eriococcus azaleae* Comstock, is not a new pest since it was discovered on outdoor azalea plantings throughout the South in 1881. However, it was found in Dallas attacking crape myrtles four years ago. This seems to be a new host plant for the azalea bark scale and the population seems to be expanding year after year into new areas. These scales appear white in color, since the adults are covered with waxy secretions. They can be found anywhere on the plant, but tend to be found mainly in the branch crotches and pruning wounds. The females can lay around 50-250 reddish eggs and they will protect them under their bodies. Once the eggs hatch, the nymphs (crawlers) are light yellow in color and will crawl to a new location to begin feeding. This scale usually has two generations per year and overwinters in the egg or nymphal stage. One of the first signs of infestation is the presence of sooty mold that will appear on the trunk and branches of crape myrtles. Also honeydew will be noticed on the limbs and leaves. Unfortunately these scales are hard to control and control recommendations for Texas are still being developed. One suggestion is to mix dishwashing soap with water and wash the trunk and branches with a brush. This will remove many of the female scales and eggs. It will also remove some of the sooty mold. Systemic insecticides such as those containing the active ingredients imidacloprid or acephate can also be used to control these scales. In addition, insecticidal sprays containing such chemicals as malathion or bifenthrin will also provide control when the scale is in the crawler stage. Please visit <http://citybugs.tamu.edu> for more information

Photo of azalea bark scale, *Eriococcus azaleae* Comstock, on crape myrtle. Photo by: Michael Merchant, Professor and Extension Entomologist, Texas A&M University.



### Irritating Fleas Jumping Around

The most common type of flea is the cat flea. However, there are a number of other flea species which occur in Texas, including the dog flea, *Ctenocephalides canis* (Curtis), and the oriental rat flea, *Xenopsylla cheopis* (Rothschild). All of these fleas are around 1/8 inches in length, dark brown in color and have a wingless flattened body. Mated female fleas lay eggs that are white and round, after consuming host blood. Eggs fall to the ground in the near vicinity where host spends time and rests. Whitish, legless larvae hatch from eggs in 2 to 3 weeks. The larvae develop in 9 to 15 days under optimum conditions. Fully developed larvae will then pupate by spinning a cocoon of silk that becomes covered with soil particles and debris. This protects the pupa and makes them hard to detect. The pupal stage lasts from 7 days up to a year before adults emerge. Under optimum temperature and humidity conditions, fleas can complete their lifecycle from egg to adult in 30 to 75 days. Adult mouth parts are modified for piercing and sucking blood and they can bite repeatedly. Not only are flea bites irritating due to an itchy reaction, but they can also transmit diseases. Sometimes buildings can become infested with fleas even when there are no pets around. Other animals such as bats, roof rats, squirrels, raccoons, and wild dogs and cats commonly have fleas and may bring them within structures. The building should be inspected and all openings should be sealed so wildlife can not enter.

### Non-Chemical Control Suggestions:

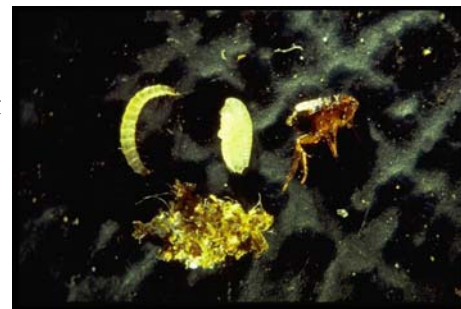
Change pet bedding regularly and vacuum thoroughly. Vacuum under furniture, cushions, chairs, beds, and along walls. Make sure to discard vacuum cleaner bags at least once a week, since fleas can continue to develop inside vacuum cleaner bags

### Some Chemical Control Suggestions:

**Treat your pets.** One suggestion is to use a product containing an insect growth regulator that are available as sprays, spot-ons, pills or food additives. Insect growth regulators work by disrupting the normal development of flea eggs and larvae. With all products, read and follow label directions carefully. Products designed for use on adult dogs should not be used on puppies or cats, unless specified on the label.

**Treating homes.** The pet's living area should be treated at the same time that the pet is treated. This will hopefully kill immature and newly emerging fleas and will prevent re-infestation of the pet. Citrus sprays containing limonene is one suggestion that can be applied to rugs, carpeting and pet bedding. Also, insect growth regulators such as methoprene and pyriproxyfen can be used indoors. Methoprene is unstable in sunlight so it is an effective indoor treatment. However pyriproxyfen sprays, can be applied both indoors and outdoors. Outdoors, treat areas where pets spend most of their time, such as bedding areas or under shade trees. Remember to inspect your pet for fleas regularly and carefully follow the label directions on the insecticide products.

Photo of a cat flea, *Ctenocephalides felis* (Bouché) (Siphonaptera: Pulicidae), larva, pupa, adult and pupal case (bottom). Photo by Bart Drees, Professor and Extension Entomologist, Texas A&M University. \_\_\_Mention of commercial products is for educational purposes only and does not represent endorsement by Texas AgriLife Extension or The Texas A&M University System. Insecticide label registrations are subject to change, and changes may have occurred since this publication was printed. The pesticide user is always responsible for applying products in accordance with label directions. Always read and carefully follow the instructions on the container label.



## Energy Conservation Tips >>

Energy conservation not only protects and improves the environment, it also results in savings on your electric bill. You can lower your monthly electricity costs by taking a few simple steps to reduce your electricity consumption.

### No Cost Conservation Tips

#### Cool and Heat your Home Wisely

- Set your thermostat to 78°F in the summer and 68°F in the winter-every degree of extra heating or cooling will increase energy usage 6% to 8%.
- Setting your thermostat to a lower temperature than normal will not cool your home faster.
- On warm days raise your thermostat to 80°F or higher if leaving for more than four hours.
- Using ceiling or portable fans instead. Fans move the air and make the room feel four to six degrees cooler, and will use much less energy than the air conditioner.
- Keep windows and door shut tight. Going in and out of the house repeatedly will make your air conditioner or furnace work harder.
- Use shades or curtains to block the sun and heat during warm weather and open them to let the sun warm your home during cooler months.
- Make sure your air-conditioner is clean. Washing the outside coils and clearing high grass and debris will prevent blockage of the air-flow.



**Do not use humidifiers or evaporator ("swamp") coolers with the air conditioner.**

### Appliances

#### Refrigerators and Freezers:

- Minimize opening and closing your refrigerator and freezer. Every time you open it, cool air will rush out and be replaced with warm air, causing the refrigerator to run more to stay cool.
  - Keep it full. Refrigerators and freezers actually operate most efficiently when full, so keep your refrigerator and freezer as full as possible (with bottles of water if nothing else).
- Keep condenser coils on the back of your refrigerator and freezer clean.**

#### Water Heater

- Set temperature to 120°F if your dishwasher has its own water heater, otherwise set it at 140°F.
- Repair leaking faucets. Warm-water leaks should be given immediate attention because they can raise your electric consumption rapidly.

**Drain your hot water tank regularly to remove sediment.**

#### Dishwashers and Clothes Washers/Dryers

- Only run dishwashers and clothes washers when fully loaded. This will save water in addition to electricity. Use cold water for laundry.
- Use the air-dry setting on your dishwasher. Using the heat-dry setting can also heat the kitchen, causing the air conditioner to run more.
- When drying clothes, do not overfill the dryer and use the automatic setting if available. Dry loads back-to-back if possible, but remember to clean the lint screen between each load.
- Ensure that the outside clothes dryer air vent is well-sealed.

**Use at night.** Using dishwashers and clothes washers/dryers at night will keep the house cooler and reduce strain on the power grid during the peak usage hours of 4 PM and 6 PM and reduce the chance of an emergency.

### Lighting and other Electrical Equipment

- Turn them off. Turn off lights, TVs, and other equipment when you leave a room. You'll save electricity, and generate less heat, meaning the air conditioner will run less.
  - Use power strips. Even when turned off, electronic and other home office equipment can continue to consume electricity when plugged into the wall. Shutting off power at a power strip will eliminate this standby electricity consumption.
- Don't leave bathroom or kitchen ventilation fans running longer than necessary; they replace inside air with outside air.**

### Home Computers

**Use power management tools.** Set monitors and computers to switch to sleep mode when idle for more than a few minutes. This will not only use less energy, but will run cooler and reduce the need to run air-conditioning. Turn machines completely off at a power strip when not in use.



### Energy Efficiency Improvements

#### Reduce lighting costs

- Replace incandescent light bulbs with compact fluorescent bulbs (CFLs). CFLs use 75 percent less electricity and produce 90% less heat.
  - Make sure bulbs do not exceed the recommended wattage indicated on the light socket.
  - One larger wattage bulb is more efficient than two smaller wattage bulbs.
  - Directed light, such as for reading, is more efficient than brightly lighting an entire room.
- Clean light bulbs regularly.**

#### Install and use a programmable thermostat

Set them to raise the temperature during the day when you're not home, and to cool the house down before you arrive home. Properly used, a programmable thermostat can save 10-20% of your energy use.

#### Stop Leaks

- Increase the comfort of your home while reducing your bills by investing in proper insulation and weatherization products. Reduce air leaks and increase the efficiency of your home by caulking, sealing and weather-stripping all seams, cracks and openings to the outside. Check with the Insulation Contractors Association of America to make sure your home meets current insulation recommendations.
- Check your ducts to see if there are any leaks and seal them with mastic tape if needed. Caulk and weather-strip doors, windows and pipe clearances. You can save as much as 10% on cooling costs relatively inexpensively by sealing these leaks.**

#### Properly size and maintain your air conditioner

- Ensure that your HVAC system is properly sized for your home and correctly installed. Bigger is not always better.
- At the beginning of cooler or warmer weather have a professional come out to inspect your HVAC system.

- Have your duct system checked for air leaks and proper insulation.
- Consider installing a "whole house fan" to improve circulation and ventilation throughout your home.
- Outside air conditioning units, or condensers, should be shaded.

Check air filters once a month and replace at least every three months as dirty filters make your system run and work harder than necessary. If your air-conditioner is more than 15 years old, consider replacing it with a newer, more efficient model that can use up to 40% less energy than older models.

#### Ventilate and insulate the attic

Proper ventilation reduce the temperature and moisture buildup, which can cause the air conditioner to work harder. Proper insulation with high R-value insulation will keep more cool air in the house.

#### Add shade

A properly landscaped home can significantly reduce your household energy consumption for heating and cooling. Consult your local nursery for information on trees and shrubbery that can serve as shade in the summer and wind blocks in the winter. You should consider mature size, growth rate, strength and brittleness before planting.

#### Consider energy cost when buying new appliances

- When buying an appliance, remember that it has two price tags: what you pay to take it home and what you pay for the energy and water it uses.

ENERGY STAR qualified appliances incorporate advanced technologies that use 10-50% less energy and water than standard models. The money you save on your utility bills can more than make up for the cost of a more expensive but more efficient ENERGY STAR model.

**Consider a tankless water heater: they are 35% to 45% more efficient, and you will never run out of hot water.**



#### Improve your windows

- If your home has single pane windows, consider replacing them with more energy efficient windows, or adding solar shades or tinting film.

#### Helpful Websites!

Electric rates are increasing like crazy and remember to check out <http://www.powertochoose.org/> if you want to be sure you are getting the best deal possible!

Here's a link for the website - if someone wants to be on the City of Richardson email list:

<http://discovery.cor.gov/Public/CIS/MayorNotify.nsf/NominationForm?OpenForm>

Buy an indoor water conservation kit for \$8 and an outdoor water conservation kit for \$16 through City Hall or the Municipal Center:

<http://www.cor.net/waterconserve.aspx?id=5542>

## City of Richardson Up-Coming Events >>

Sparks will fly at the City of Richardson's annual "Family Fourth Celebration" on Friday, July 4, in Breckinridge Park. This traditional, patriotic salute is free and open to the entire community. Attendees are encouraged to bring picnics, blankets and/or lawn chairs and enjoy the evening under the stars!

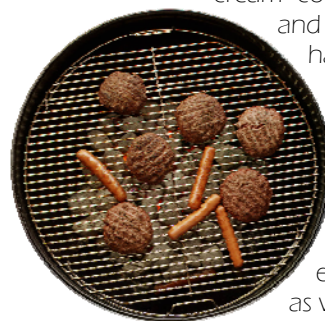
Event hours are 6:00 p.m. to 10:15 p.m.

Attractions include **Uncle Sam**, strolling **balloon artists**, **bounce houses**, and a **climbing wall** for the kids!



**Food concessions** available for those who wish to buy or supplement their picnic dinner:

- **Hungry Howie's Pizza:** fantastic pizza by the slice
- **Bovine Dreams:** Try some of Ben & Jerry's wild flavored ice cream combinations. These utterly delicious and completely unexpected flavors will have you over the moon.



- **Ala Carte Catering** featuring fajitas, quesadillas and skillet nachos
- **Texas Sourdough Café:** Fresh bread sets these Indian tacos apart from the rest. You'll find hamburgers, hot dogs, and twister taters here as well.

#### Stage entertainment:

- The JR Byrd Trio - 6:30 pm
- The Richardson Community Band - 8:45
- Fireworks show - approximately 9:45 p.m. Once again, the show will feature six colored Skylights choreographed to the fireworks and music score!

All entertainment takes place on the stage located near Entrance B. On-site parking is very limited, so beginning at 6 p.m. on July 4th the City of Richardson will provide free round-trip DART shuttle service from the Rockwell-Collins International Campus located at the intersection of Renner and Shiloh roads.

Breckinridge Park is located just south of the intersection of Renner and Brand Roads in northeast Richardson and features 4.5 miles of multi-use trails, a 10-acre lake, 29 picnic areas and three pavilions. It's the perfect place to enjoy an evening with family and friends while celebrating our nation's independence!

## MACKENZIE MEADOWS 4TH OF JULY PARADE!

Please plan to celebrate with friends and neighbors at the annual Mackenzie Meadows 4<sup>th</sup> of July parade.

Display your patriotism and creativity by dressing as your favorite American symbol or historical figure, or decorate your bike, trike, big wheel, wagon, stroller, electric car, tractor, scooter, or skateboard and march the streets of the neighborhood.



**MACKENZIE MEADOWS HOA**  
c/o PREMIER COMMUNITIES MANAGEMENT COMPANY  
2711 N. HASKELL, SUITE 2650  
DALLAS, TX 75204

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**PREMIER COMMUNITIES  
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### **\* Drink to Your Health . . . With Water! Mother Nature's Healthy "Cocktail"**

Some nutritionists insist that 80% of the country is walking around dehydrated. We drink too much coffee, tea, and sodas containing caffeine, which prompts the body to lose water. More troubling is that fact that when we are dehydrated, we don't know what to drink.

#### **The answer is simple: drink water!**

Water is pure liquid refreshment and accounts for a large percentage of what makes each of us "human." The average 150 lb. adult body contains 40 to 50 quarts of water. Almost 2/3rds of our body weight is "water weight":

- Blood is 83% water
- Muscles are 75% water
- The brain is 74% water
- Bone is 22% water

#### **The Fountain of Youth, Health, and Everything Else that's Good**

Water is necessary for your body to digest and absorb vitamins and nutrients. It also detoxifies the liver and kidneys, and carries away waste from the body. And when it comes to digestion . . . it's just not happening without water. Fiber alone cannot aid proper digestive function by itself. In fact, without water as its partner, good fiber goes bad, causing constipation and extreme discomfort. If you're dehydrated, your blood is literally thicker, and your body has to work much harder to cause it to circulate. As a result, the brain becomes less active, it's hard to concentrate, your body feels fatigued, and you just "poop out."

#### **Water - The Miracle Worker**

Simple water -- when it's pure and free of contaminants -- is truly a "wonder drug." Without chemicals, additives, or anything unnatural, a steady dose of 8 glasses of water a day (ideally ½ your body weight in ounces of water) will:

- Improve Your Energy
- Increase Your Mental and Physical Performance
- Remove Toxins & Waste Products from your body
- Keep Skin Healthy and Glowing
- Help You Lose Weight
- Reduce Headaches and Dizziness
- Allow for proper Digestion
- Help to keep you more Alkaline
- Drinking Water is Heart-Healthy

