

# STONE CANYON

## Neighborhood Newsletter

www.stonecanyonhoa.org

July 2006

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Official Publication of Stone Canyon Homeowners Association

### Stone Canyon Pool

*By Richard Horton*

Summer is finally here, and that means we're all heading off to the pool to soak up the rays and beat the heat. Unfortunately, when the pool opened this season, many of us found ourselves with pool keys that failed to open the gate. If you have found yourself with pool keys that don't work, please contact me or Goodwin Management and we'll get functional keys in your hands. Hopefully, by the time you're reading this, we'll have already replaced all the non-working keys.

Summer at the pool also means that we'll all be covering ourselves with sun block to protect our sensitive skin from the Sun's harmful UV rays. We're so clever! Let's just remember to put on the sunscreen well before climbing into pool, so it will have time to get soaked up and not just get washed off in the pool, making the water murky.

Also, remember that while the Stone Canyon pool may be used by residents for small parties (up to 25 people), arrangements must be made to make sure we don't overbook the pool and to make sure there are enough lifeguards. Please be aware of and follow the following guidelines when planning your party:

1. All reservations need 7-day Notice in advance of scheduled event.
2. Fill out Pool Cabana Policy Use & Reservation Form.
3. \$100.00 Refundable Deposit made out to Stone Canyon OA
4. Brightwater – 25 Person Limit. Non-lifeguard hours – must hire 2 additional lifeguards. Lifeguard hours – party of 1-15 must hire additional lifeguard. If party size is 16+ required to hire 2 additional lifeguards.
5. Checks will be returned or destroyed after 14 days of scheduled event (minus any damages).
6. Please contact Don Frazier – Family Swim Gym at 971-0324.

Have a great summer, and don't hesitate to contact me if you have any questions or concerns regarding the pool!

Rich Horton, Pool Committee Chairperson

poolguy@richandjudy.com

### Neighborhood Watch

*By Vincent Haile*

Hello Stone Canyon,

It is summer again and many of you have vacations planned. Don't let a possibility of your fun being spoiled by not completing a few easy tasks to protect your home and property. I have attached a Vacation Planner from the Law Enforcement Web Directory (Contra Costa County) We are fortunate to live in a great community and with the watchful help of our neighbors and other residents we will continue to live in a very safe and secure area! Don't forget, August 1, 2006 is National Night Out and your neighborhood watch captains will be lining up some block parties. We will also have some festivities in Brightwater Park. Remember, school is out and kids are playing, so please slow down while in the neighborhood! Please feel free to email me with any questions or concerns!

Thanks,

Vincent

(Shinwa@earthlink.net)

### Vacation Planner

Did you stop all deliveries and arrange for a trusted neighbor or family member to pick up your mail, newspaper and packages?

Did you ask a trusted neighbor to watch your residence while you are away?

Did you leave your vacation address and telephone number with a trusted neighbor so you can be reached in case of emergency?

Did you test your smoke and burglar alarms?

Did you arrange for someone to mow your lawn, rake leaves and maintain the yard to give the home a lived in look?

Did you plug in timers to turn lights, radio or television on and off at appropriate times?

Did you turn the bell or ringer on your telephone down low?

If you have call forwarding, did you have your calls forwarded to a trusted friend or relative?

Did you leave shades and blinds in a normal position?

Did you close and lock garage doors and windows?

Did you ask a neighbor to park in your driveway so it appears someone is home?

Did you arrange for your garbage to be put out on trash day?

Did you ask the Sheriff for a vacation house check while you are away?

**View the Stone Canyon Neighborhood  
Newsletter each month on-line at  
[www.PEELinc.com](http://www.PEELinc.com)**

# Stone Canyon

## Stone Canyon

Owners And Association Management Teams

[www.stonecanyonoa.org](http://www.stonecanyonoa.org)

### Stone Canyon Owners Association

#### Board of Directors

##### President/Newsletter & Good Neighbor Director

##### Vice President/ Architectural & Website Director

Justin Pape ..... [justin.l.pape@accenture.com](mailto:justin.l.pape@accenture.com)

##### Treasurer/ Neighborhood Watch & Pool Director

Walt Lockwood ..... [walterlockwood@sbcglobal.net](mailto:walterlockwood@sbcglobal.net)

##### Secretary/ Recreation, Yard of the Month, and External Relations Director

Jessica Stempko ..... [jessicastempko@yahoo.com](mailto:jessicastempko@yahoo.com)

##### Parliamentarian/ Landscaping Maintenance and Singles Director

Dick Wilgoren ..... [wilgoren@netzero.net](mailto:wilgoren@netzero.net)

#### Committee Chairs

##### Recreation Committee

Monroe Garner ..... [mgarner2@austin.rr.com](mailto:mgarner2@austin.rr.com)

##### Swimming Pool

Richard Horton ..... [poolguy@richandjudy.com](mailto:poolguy@richandjudy.com)

##### Website Chairperson

Justin Pape ..... [justin.l.pape@accenture.com](mailto:justin.l.pape@accenture.com)

##### Yard of the Month

Kim Parker ..... [lildabby@aol.com](mailto:lildabby@aol.com)

##### Landscape

Dick Wilgoren ..... [wilgoren@netzero.net](mailto:wilgoren@netzero.net)

##### Neighborhood Watch

Vincent Haile ..... [shinwa@earthlink.net](mailto:shinwa@earthlink.net)

##### Publicity

Vicky Lockwood ..... [vickylockwood@sbcglobal.net](mailto:vickylockwood@sbcglobal.net)

##### Good Neighbor Committee

Laura Kouns ..... [laura.kouns@cpa.state.tx.us](mailto:laura.kouns@cpa.state.tx.us)

##### Maintenance

Al Maus ..... [amaus@austin.rr.com](mailto:amaus@austin.rr.com)

##### External Relations

Jeff Bradley ..... [jeffbfbm@aol.com](mailto:jeffbfbm@aol.com)

**Goodwin Management, Inc.** ..... (512) 502-7510

11149 Research Blvd, Suite 100, Austin TX 78759

Bob Nardo- Association Manager ..... cell (512) 422-3075

[Bob.Nardo@goodwintx.com](mailto:Bob.Nardo@goodwintx.com) ..... (fax) (512) 346-4873

**Fern Bluff MUD** ..... (512) 238-0606

7320 Wyoming Springs, Round Rock, Texas 78681-4309

Jean Cochran-President

Jean I. Cochran Community Center ..... (512) 244-2744

[www.fernbluffmud.org](http://www.fernbluffmud.org) or mail [fbccc@austin.rr.com](mailto:fbccc@austin.rr.com)

**Fern Bluff Neighborhood Association** ..... (512) 388-0941

Kim Oakley —President ..... [knoakley@austin.rr.com](mailto:knoakley@austin.rr.com)

**Round Rock Sheriff 's Department** ..... (512) 943-1300

**Sam Bass Volunteer Fire Department** ..... (512) 255-0100

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## BLOOD DRIVE

My name is Alex Schlamp and I am a Life Scout with Troop 97 that is working on my eagle project. I am organizing a Blood Drive for July 8, 2006 from 10 am to 2pm. We will be giving away a pint of Blue Bell Ice Cream for everyone that donates a pint of blood. We will have door prizes from different restaurants like Mesa Rosa, free car washes, \$50 pet visit and various other prizes. The Blood Drive will be held at St. Vincent DePaul Catholic Church, 9500 Neenah Avenue Austin, Texas 78717, located in the Davis Springs Neighborhood.

Sincerely, Alex Schlamp  
Life Scout - Boy Scout Troop 97  
341-2429

## Advertising Information

- Please support the businesses that advertise in the Stone Canyon Community Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter at no charge.
- No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our Sales Office at 512-989-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com) for ad information and pricing.

## YARD OF THE MONTH

### Congratulations June Yard of the Month winners:

- 1st 7411 W. Magic Mountain
- 2nd 9003 Sunburst Terrace Cove
- 3rd 8303 Full Moon Trail
- Honorable Mentions: 8105 Broken Branch,  
8202 Miller's Falls, 8313 Ironweed Run,  
18105 Whitewater Cove, 8509 Sea Ash Circle

## Put a space on your calendar

Cub Scout Pack 562 will be sponsoring a Bicycle Rodeo on August 5th from 9:00am to 11:00am. The rodeo is tentatively scheduled to be held at the Fern Bluff School. Check back in the August newsletter for final details or keep your eyes peeled for flyers in the neighborhood as the time approaches.

-Brian Booth, Pack 562



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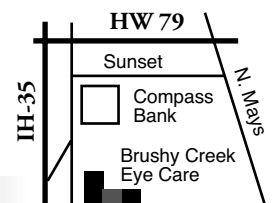
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# Stone Canyon

## Fern Bluff Municipal Utility District JULY 2006

### Jean I. Cochran

#### Community Center

7320 Wyoming Springs Rd.

Round Rock, TX 78681

M-F; 10-1pm and 2-5pm

(512) 238-0606

<http://fernbluffmud.org>

Email: [fbccc@austin.rr.com](mailto:fbccc@austin.rr.com)

### BOARD OF DIRECTORS

- President,

Jean I. Cochran

- Secretary, Joe Teiber

- Asst. Secretary-

Treasurer, Julie Bassett

- Janey Miller

- Jeff Bradley

### PARK RESERVATIONS

To reserve the pavilions at all District parks, contact the Community Center.

### STRAY & LOOSE PETS

All of the communities within Fern Bluff MUD are experiencing problems with stray and loose pets. All pets must be on controlled leashes while on MUD property.

### TENNIS COURT AND RESTROOM KEYS

The Tennis Courts are newly resurfaced. To purchase Tennis Court and Olson Meadows Restroom keys, contact the Community Center.

### CAUTION: RATTLESNAKES

Everyone please be cautious of snakes, keep children away from piles of debris, old building materials, and a special caution to gardeners.

### Use of Alcohol in District Parks

Alcoholic beverages are prohibited throughout the park area. If you wish to serve alcohol at an event held at one of the Fern Bluff MUD parks, a written request must be sent to the Fern Bluff MUD Board of Directors for their approval.

### Games of Texas

The Texas Amateur Athletic Federation's Games of Texas is an Olympic-style event featuring a multitude of sports for athletes of

(Continued on pg. 5)

## Business Classifieds

**HOUSEWIVES PET SITTING:** Don't leave your family pet in a kennel at vacation time! Let us take care of them for you. Services offered include daily visits, grooming, administering meds, exercise, play, love and attention. Amy Szewczyk and Alison Summers 658.6966.

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# Stone Canyon

## Fern Bluff MUD - (Continued from pg. 4)

all ages. For two consecutive years Williamson County will host the Games of Texas.

Williamson County anticipates more than 10,000 athletes and 40,000 spectators July 2006 for seven days of competition. The Sports for the 2006 Games of Texas include: Archery, Badminton, Baseball, Bowling, Boxing, Disc Golf, Fencing, Golf (youth/adult) Gymnastics, Lifeguard Competition, Racquetball, Sand Volleyball, Soccer (youth), Softball (adult), Swimming, Tennis (youth/adult), Track and Field

### COMMUNITY CLASSES

Please pay for classes using a check, MasterCard or Visa credit card. The community center is not accepting cash at this time. Due to space, there is a limit on the number of students allowed. Please sign up in advance. In addition, classes will be canceled 24 hours before class date if there are no students signed up.

#### Summer Activities

##### Storytelling Every Thursday at 10am

Storytime will be EVERY Thursday at 10am at the Community Center between June 15 th July 27 th . FREE

##### 4 th of July Parade, July 4 th starting at 9:30am

Come all decked out in red, white & blue on your bike, scooter, wagon, stroller, roller blades or your feet for our annual parade. Gather at the corner of Fern Bluff Ave and Park Valley at 9:15am. The fire trucks will (hopefully) lead us down the street to Fern Bluff Park. Ice cream will be served. Food donations for the RR Serving Center will be collected. Small raffle will be held. FREE

##### Movie of the Week, Community Center Tuesdays at 2:30pm

We will be hosting movies on Tuesday afternoons at 2:30pm. Everyone is welcome to attend. Please check the website or call the Community Center the Monday before the movie to see the title of the Movie of the Week .

FREE

**Dates: July 11 and 18 at 2:30pm.**

#### Summer Camps

Summer Camps at the Community Center July 28 th  
The Fern Bluff MUD is excited to be hosting the Week of Hope volunteers again to help with our summer camp programs in June and July. The Week of Hope is a group of volunteers from around the United States that are sent out on missions to provide services for the community and serve as role models for others. For a list of camps,

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References Available Upon Request



please visit the MUD web site or call the Community Center.

### Math and Reading Tutoring for K-5 th Grades

Sign up for our tutoring program being held at the Community Center. Exemplary students from the Week of Hope will provide individual help with math and reading on all levels from K-5 th . Students are encouraged to bring in their own tutorial materials for areas in which they would like to specialize, but the center will provide curriculum for all others. Please visit our website or contact the office for registration forms and more information.

**Classes: Mondays - 1:00-2:00pm**

**July 10, 17, 24**

Cost for Summer Camp and Tutoring: \$5 per class per child and \$3 for next members of family.

### Do you have a Home Based Business right here in Stone Canyon?

You can get information about your service or products to every home in Stone Canyon, by running a business classified in Stone Canyon. It is a great way to get your name and contact information to many potential customers in your neighborhood. The cost is \$45 for up to 40 words. Display ads are also available. For more information, please contact Peel, Inc. at 512-898-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The deadline is the 10th of each month for the upcoming month's newsletter.

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## Texas Events - July

4—AUSTIN: July 4 Concert & Fireworks [www.austinsymphony.org](http://www.austinsymphony.org) 512/476-6064

7-9—AUSTIN: Beautiful Horses of Texas Painting Exhibit Equine artist Karen Brenner's newest series of oil paintings are based on horses from the Lone Star State. Twenty-nine oil paintings will be displayed. Sheplers, 6001 Middle Fiskville Road. [www.karenbrenner.com](http://www.karenbrenner.com) 330/263-1023

7-Aug. 12—AUSTIN: Zilker Summer Musical — Seven Brides for Seven Brothers Outdoor musical production depicts the classic story of newlyweds who take the groom's six rowdy bachelor brothers in the wild Oregon backwoods. Zilker Hillside Theatre. [www.zilker.org](http://www.zilker.org) 512/479-9491

8—AUSTIN: Kalinka — Kids Series Sergey and Vladimir explore their native country of Russia through vivacious, invigorating folk and popular music. One World Theatre. 512/329-6753

8-9—AUSTIN: 37th National Insulator Association Annual Convention & Sale Offers 120 dealer tables and 28 educational exhibits. Includes seminars and on-site appraisals planned throughout the show. Hours are 9 a.m. to 4 p.m. Saturday and 9 a.m. to 1:30 p.m. Sunday. Doubletree Hotel, 6505 I-35 N. E-mail: [batesjimjr@aol.com](mailto:batesjimjr@aol.com) • [www.nia.org/shows/national](http://www.nia.org/shows/national) 512/255-2006

14—AUSTIN: Bossacucanova This is a Rio-based trio whose music

is both freshly modern and deeply, traditionally Brazilian. One World Theatre. 512/329-6753

15-16—AUSTIN: 12th Annual Pond Tour Pond owners open their properties to the public to demonstrate how luscious a backyard can become with a splash of water, flash of bright fish and aroma of many plants and herbs. Hours are 9 a.m. to 5 p.m. [www.austinpondsociety.org](http://www.austinpondsociety.org) 512/627-3483

15-16—AUSTIN: Citywide Garage Sale Palmer Events Center. [www.cwgs.com](http://www.cwgs.com) 512/441-2828 16—AUSTIN: Eliot Fisk & the Miro String Quartet Prepare to be dazzled when one of the premiere string quartets in the world meets one of the greatest guitar virtuosos for an afternoon of Spanish music — both new and old. Begins at 2:30 p.m. Northwest Hills United Methodist Church, 5070 Village Center Drive. [www.austinclassicalguitar.org](http://www.austinclassicalguitar.org) 512/300-ACGS

23—AUSTIN: Sax Pack Consists of three all-star sax players: Jeff Kashiwa, formerly of the Rippingtons; Kim Waters, king of urban smooth jazz; and Steve Cole, sizzling soul man. One World Theatre. 512/329-6753

*Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.*

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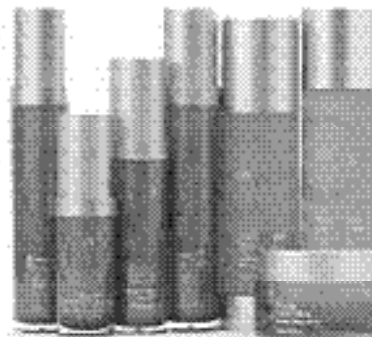
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## Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

## Summer Skin

Once again, winter has faded into spring and spring has burst into summer. Along comes the invincible summer sun, your skin's arch-enemy, particularly if you exercise outdoors. Most people know that using a sunscreen is essential protection, but knowing and doing are often two different things. There are a number of ways to promote a healthy glow without exposing your skin to harmful rays.

### Sunscreen

Every sunscreen has a sun protection factor, or SPF, which is a measure of its strength or effectiveness. Each of us needs a different SPF, depending on whether, and to what degree, our skin burns or tans. A tan is the direct result of melanin, a brown pigment found in the epidermis that is produced when skin is exposed to sunlight. Melanin protects the skin by absorbing, reflecting and scattering ultraviolet radiation before it penetrates the dermis, or underlying skin. However, armor that it is, melanin can't prevent all the negative effects of the sun, and is often representative of damage. That's why we need to use sunscreens. To determine what SPF your skin requires, you must know how long it takes your skin to burn when unprotected and exposed to sunlight. As a rule of thumb, anyone whose skin burns, whether or not it turns into a tan, should use an SPF of 15. Check with your doctor or pharmacist if you are taking antibiotics, antidepressives or antidiuretics. Some of these medications increase your skin's sensitivity to sunlight and may decrease the time it takes your skin to burn.

### Creating a Barrier

When exercising outdoors on a hot, sunny day, light-weight, light-colored clothing combined with plenty of sunscreen on both exposed and unexposed skin is the way to go. However, if overheating isn't a concern, dark-colored, tightly woven clothing is more effective at blocking UV rays than say, a white T-shirt, which allows UV rays to reach the skin. Another barrier against sun damage comes in the form of eyewear. Protect not only your eyes, but the skin around them by wearing sunglasses that block 90 percent to 100 percent of the sun's UV rays.

And, last but not least, wear a hat. Though a cap may be more comfortable for jogging, try a wide-brimmed hat that will shade your neck and face while gardening or walking outside.

### Sunscreen Facts

- Wear sunscreen every day if you will be outside for more than 20 minutes, even when it's cloudy.
- Sunscreen should be applied 15 to 30 minutes before going outdoors, and reapplied every two hours or after swimming or

*(Continued on pg. 9)*

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## Fit Facts - (Continued from pg. 8)

sweating.

- Don't skip: One ounce—enough to fill a shot glass—is considered the amount needed to properly cover exposed skin.
- Limit your exposure to sunlight from 10 a.m.–4 p.m. during Daylight Savings Time (9 a.m.–3 p.m. during Standard Time) when the sun's rays are the strongest and most harmful.
- When choosing a sunscreen, look for one with an SPF of 15 or higher that provides broad-spectrum coverage against all ultraviolet light wavelengths.
- Throw out old bottles of sunscreen, which can lose strength after three years.

Source: American Academy of Dermatology

## Start with the Inside

Now that you know how to protect the skin's surface, it's time to start thinking about what you can do to make it glow from the inside out. You're already off to a good start with exercise, which gets the blood circulating and delivers fresh oxygen to the skin all over your body. The next step is to drink plenty of water. Outdoor exercise, especially in the summer, increases your risk of dehydration. This is one risk you don't want to take since it not only affects your performance and robs your skin of its vitality, but may be potentially hazardous to your health. Be sure to drink fluids before, during and after activity. To replenish your fluids after any outdoor activity, weigh yourself before you participate and then again after. Any weight you

lost is water and should be replaced by drinking two glasses (16 ounces) of water for every pound you have lost.

## Everyone Needs a Little Sunlight

It's been shown that a lack of sunlight can cause depression. After all, most plants won't even grow without sunshine. And when the sun comes around and makes the days longer, our first instinct is to peel off our sweaters and bask in it. Go ahead. Just take precautions so you won't have to deal with the unpleasant (and unnecessary) consequences.

## What SPF Do You Need?

Follow these steps to calculate what SPF you should look for in a sunscreen:

1. Determine how many minutes your bare skin can be exposed to the sun before it burns.
2. Divide that number of minutes into the total number of minutes you want to remain in the sun.
3. The result is the SPF you should look for in a sunscreen. For example, if your unprotected skin burns in 10 minutes, and you plan on being in the sun for three hours, you would need a sunscreen with an SPF of at least 18 (180 minutes divided by 10 minutes).



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Output Temp. Before PF: 85.5

Temp. Difference before: 10.0 degree F

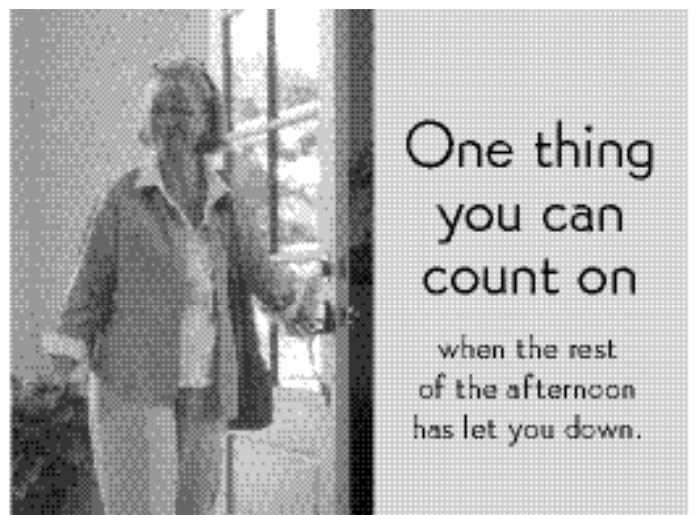
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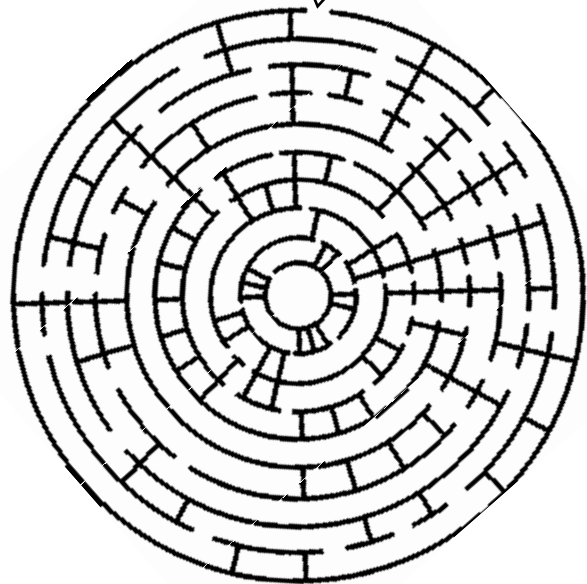
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