Mother's Day...

...is May 11, 2008. Why not use the annual tradition of honoring mothers to set a few resolutions that nurture you, your own mother, and your relationship with your children? By taking care of yourself, the other resolutions will be easier to keep when you feel rejuvenated and relaxed.

Mothering Yourself- Make a commitment to self-care this Mother’s Day. Choose something you have always wanted to do and make plans to do it. A happy, contented mother is better able to respond to the demands of her children, so do not feel guilty about taking the time to care for yourself. Make it happen!

- Take French lessons, or tour all of the museums in your city, or have a private chef make a meal for you and your family
- Consider a regular monthly time out for you, a massage and a movie possibly

Being a Daughter- Make a resolution to do something really special this year, something beyond the requisite lunch and flowers. Even if you can’t do something exactly on Mother’s day, make plans to do something together soon.

- Perhaps a drive to a quaint town for a day of antiquing and wandering about?
- Consider making is a gift of forgiveness. If there are old resentments between you, make a commitment to let them go in favor of a stronger, deeper relationship with your mother. Even if you decide to keep your resolution to yourself, your mother will surely feel the effects of your decision.

Being a Mother- If you are like most mothers, you probably have values and beliefs you would like to pass down to them. Habits are hard to break, but when you start changing your behavior, you will see immediate results in the way your children relate to you. This Mother’s Day, make a commitment to focus on fostering those values and traditions in your children.

- For example, if you hope to raise children with a commitment to charity, you might make a resolution to start a family charity project, or even just instill the value by your own example of volunteerism.
- Change the way you treat one or all of them.
- Perhaps you have been long on advice and short on listening, and you would like to switch that up so that your child can feel heard.

Remember, even the tiniest change can make a huge difference in your life and the lives of the people around you. Whatever you resolve to do, make Mother’s Day resolutions an annual tradition; a time to check in, regroup, and make simple changes with lasting, positive effects.

Happy Mothers Day!

Community Events

Save the Date! Mark your calendars for the following events:

May 29, 2008 – Preserves HOA members meeting

June 12, 2008 – Stone Oak HOA members meeting

**See event details inside this month’s newsletter**
Yard of the Month Subcommittee

The YOTM Subcommittee organizes, scouts, and secures prizes for the yard of the Month. As this is a community effort, all nominations are voted on by YOTM and M&S members.

If you feel you would like be a part of our monthly community program, please contact a board member.

Local Happenings Around Town

May 11 Round Rock Concert Series – Alpha Rev (free live music) at the Round Rock Amphitheater

May 17 Round Rock The Boat Regatta at Old Settlers Park lake, 9 am to noon

June 6 Movies in your Park – The Bee Movie, 7:30 – 11 pm at the Rabb Pavilion in Old Settlers Park

More information on all these events at http://www.roundrocktexas.gov/parksandrec/, then choose “Special Events” section.

Goodwin Management, Inc.
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Preserve at Stone Oak HOA Annual Meeting & Pizza Party

Date:  May 29
Time:  6 – 7 p.m.  Pizza and refreshments for all who attend
       6:30 p.m.  Sign in starts
6:00 p.m.  Meeting called to order
Place:  Westside Church of Christ
        3300 RR 1431, Round Rock, TX. 78681

One lucky attendee will win 1 year of paid HOA dues at this year’s annual meeting.

Must be present to win!  See you there!

More information regarding the meeting will follow in the mail. If you cannot attend the meeting, please mail or fax in a proxy to Goodwin. You can also give it to one of our board members (also listed in the newsletter) or neighbors attending the meeting. We need your votes, so please get us those proxies! If you need another copy of the proxy, you may download a new copy from www.stoneoakhoa.org.

Goodwin Management, Inc.
512-346-4873 Fax
Martha.Morgan@Goodwintx.com
11149 Research Blvd., Suite 100
Austin, Texas 78759

Committee Vacancies

Recreation Committee:  Both communities have Recreation Committee Chairperson opening’s (2).
The Recreation committee’s duties include:

• Advise the Board of Directors on all matters pertaining to any recreational programs and /or activities of the Association
• Help organize neighborhood play groups
• Help organize neighborhood clubs or groups
• Plan neighborhood parties and other Association events

If you feel you can liven up the community, organize gatherings, and create a homely, neighborly vibe, please contact a board member. We also would like some committee members to help out the chairperson.

Stone Oak HOA Annual meeting & Pizza Party

Date:  June 12
Time:  6 – 7 p.m.  Pizza and refreshments for all who attend
       6:30 p.m.  Sign in starts
       7:00 p.m.  Meeting called to order
Place:  Westside Church of Christ
        3300 RR 1431, Round Rock, TX. 78681

A $50 Home Depot gift card will be awarded to 2 lucky attendees at the annual meeting.

Must be present to win!  See you there!

More information regarding the meeting will follow in the mail. If you cannot attend the meeting, please mail or fax in a proxy to Goodwin. You can also give it to one of our board members (also listed in the newsletter) or neighbors attending the meeting. We need your votes, so please get us those proxies! If you need another copy of the proxy, you may download a new copy from www.stoneoakhoa.org.

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Back Pain? Neck Pain?
The Pain Relief Center
Full Service Chiropractic, Massage and Nutrition Clinic.
Dr. Jon N. Group, R.D., D.C.
512.260.4020 - Leander, TX

Call NOW to schedule an appointment! or
Visit one of our weekly FREE SEMINARS.
Dr. Jon N. Group, R.D., D.C.

If you have a Herniated or Bulging Disc, Degenerative Disc, Sciatica, Numbness or Tingling, the DRX-9000 Spinal Decompression is the FASTEST and EASIEST way to heal your Back or Neck condition. Come in for a complimentary consultation to see why the DRX-9000 is THE MOST ADVANCED and clinically proven Spinal Decompression system available worldwide.

www.AustinDRX.com

New Patient Special
$79 Initial Exam, Adjustment and 1 hour massage

Introductory Offer
$20 30 minute massage or Nutritional consultation
Calling All Women!

If you need a night out, want to meet other neighbors, or just want to have some fun, come join our Stone Oak Bunco Group!!!! We meet the 2nd Thursday of each month at a member’s house for fun, food and Bunco playing! If you've never played Bunco before, it takes just a few minutes to learn how to roll those dice! It’s a lot of fun and getting to know some neighbors is great too! If you're interested in playing, please contact Cynthia Segrest as jsegrest@austin.rr.com or 255-8397.

Residents,

If you’d like to report a maintenance issue, please visit the appropriate Goodwin management website: Stone Oak website on Goodwin is http://soh.goodwintx.com.

Preserve website on Goodwin is http://pst.goodwintx.com

If you’d like to report Deed Restriction violations, such as a fence in need of maintenance or a yard that needs some care, please report them on our community website http://www.stoneoakhoa.org/accreport

This report will be submitted to the respective Maintenance & Security committees, Boards, as well as Goodwin Management. A new community event calendar is at www.stoneoakhoa.org/events. You can submit your own events, as well as see other community communications happening on the website.

Architectural Control/Maintenance & Security Committee

We have 2 open positions to be a part of the ACC/M&S process in our community. These positions will fulfill both ACC and M&S responsibilities.

The ACC’s duties include:

• Review all plans and specifications for Improvements to all Lots within the Association
• Assist in reporting and enforcement of the Deed Restrictions
• Make recommendations to the Board regarding maintenance of common areas

The M&S’s duties include:

• Security of Neighborhood
• Maintenance of common areas
• Coordinate the “Neighborhood Watch” program
• Assist in the reporting and enforcement of the Deed Restrictions

If you feel you would like to continue to uphold our Deed Restrictions, creating a cleaner safer neighborhood for our kids and visitors, please contact a board member.

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Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

*Solution at www.PEEInc.com © 2006. Feature Exchange
A.C.C Update

Spring is in the air and many of us are taking advantage of the nice weather and starting “home fix up” projects. The Architectural Control Committee is here to help ensure your projects fall within the guidelines in our community’s bylaws. Are you considering a new deck? Thinking about building a shed? Adding a sun room? Wanting a trampoline, basketball goal, tree house or playscape? Adding an irrigation system or upgrading your landscaping? A new pool (in-ground only)? Or is it just time to paint the house? All of these projects as well as any other improvements/enhancements within your property line require approval of our Architectural Control Committee (A.C.C.). This committee reviews each request to ensure compliance with our neighborhood’s covenant/deed restrictions including but not limited to height requirements, color selections, visual aesthetics, etc. Please do not proceed with a project without obtaining approval from the A.C.C.. If your project fails to meet the Codes, Covenants & Restrictions, you will be required to tear down/remove/restore the property to its original condition at your own expense. The A.C.C. is an invaluable service; saving our homeowner’s time & money as well as upholding community standards for all who call Stone Oak home.

And speaking of painting houses… Stone Oak is now approaching the 10 year mark! Many homes throughout the neighborhood are beginning to show their age with faded and peeling paint. If your home hasn’t been repainted in the last 5 years, it’s time to consider a face lift! Not only will this small investment dramatically increase your home’s value; it is also considered general upkeep required by the community’s bylaws. Approvals from the ACC usually have a quick turnaround, so if you are planning on using the same color, or something new, please submit an ACC request. Please be sure to submit your request including color samples to the A.C.C. before starting this project.

If you have additional questions or need clarifications about proposed enhancements or projects, please contact the A.C.C. Chair via the website.

May Landscaping

By Ron Kerwin

May is a great month to get full usage of our outdoor areas. The morning temps are nice and it has not yet become really hot in the afternoons. Continue to freely plant shrubs, trees, flowers and vegetables. Remember to put down a minimum of 2 inches of new mulch in all your beds. A good layer of mulch keeps the plant roots cooler, helps with weed control, and helps slow the water you apply from evaporating from the root zone.

Water your lawns less frequently and more deeply. Frequent short duration watering leads to shallow root systems. Less frequent longer duration watering leads to deeper root systems. Deeper root systems are more healthy and better for your lawns. They will hold up better in the extreme heat. Our lawns need one inch of water per week. Put out a container with straight sides and catch the water as you irrigate, you can easily measure the result. Two watering times at ¼ inch each are better than 4 times at ¼ inch, the water penetrates further and this will force the roots down to find it. Regular mowing is critical for good lawn health. Mow only the top 1/3 of the total length. Letting the grass grow long and then cutting off more than the 1/3 is damaging to the grass, and makes the mulching process less efficient and less attractive.

There is a new soil disease coming into our area that I was made aware of late last year. It reveals itself in St Augustine grasses. It is not cinch bugs, it is not grubs although it does resemble their grass damages. The grass blades die and fall off the runners. The runners remain in place, but somewhat resemble a cobweb. It is NOT a grass disease, it IS a soil disease. The big chemical companies do have chemicals to treat it. This is a Gulf Coast epidemic that is moving North. Homeowners with no foot traffic and do their own yard work still get it. Its origins are a guess at this point. I am trying to be proactive and let you know your turf may get the problem & to watch out for it.

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Personal Classified

CALLING ALL STONE OAK HOMESCHOOLERS! Please contact Wendy Britt at 254-718-7314 or brittorders@gmail.com. I would like to facilitate friendships, social opportunities and possible cooperative situations.

Advertising Information

Please support the businesses that advertise in the Stone Oak & Preserve at Stone Oak Community Newsletter. Their advertising dollars make it possible for all Stone Oak & Preserve at Stone Oak residents to receive the monthly 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. The advertising deadline is the 10th of each month for the following month’s newsletter.

STONE OAK & PRESERVE
Diet and Your Health
By Jeannette Quickenden S.A.C. Dip, MICHT, AADP

Welcome to our new feature ‘what you eat and your health’ our aim is to help you help you.

The old saying “we are what we eat” is so true. Everything we consume is digested and absorbed into our bloodstream to ‘fuel’ our bodies. At the same time, without realizing it, we are feeding ourselves large quantities of chemical additives and preservatives, which can cause numerous health issues.

A large number of the things on your grocery list contain food additives that are intentionally added to modify visual appearance, taste, texture, processing, or the storage life of food. Not all of us can tolerate these additives. A reaction for some can lead to major health issues.

We all know that eating too much junk food is bad for the waistline but did you know that there are also numbers of ‘good’ foods that can have an adverse effect on some individuals?

For example do you or a family member suffer with any of the following?
- headaches
- indigestion
- depression
- candida
- difficulty sleeping
- poor memory
- constipation
- poor digestion
- menstrual problems
- irritability
- fatigue

And these are to name just a few ailments which can be diet related.

Finding the right dietary combination has also been known to help those suffering from autism, heart disease, diabetes, osteoporosis and certain cancers – while increasing your energy and stamina. Healthy eating can even lower “bad” LDL cholesterol.

Our first article will hit home to many parents - A hyperactive nightmare on two legs – does this sound like your child? We will be looking at possible dietary causes for behavioral problems.

If you have any questions please e-mail us at jeannette@qhealth-naturally.com.

Please note to assist others, individual questions may be used in further features but no personal details will be disclosed.
Recreation & Welcoming Committees

Recreation & Welcoming are looking for volunteers to help with community projects.

For more information on your neighborhood committees, please go to www.stoneoakhoa.org/comminfo. No committee will turn away volunteers if it can, so please let us hear from you!

Kelly Peel, Sales Manager
kelly@PEELinc.com • 512-989-8905

The community website located at www.stoneoakhoa.org contains links, resources, and forums for our neighborhood. Please feel free to drop by and take a look, and if you think something is missing, email Isaac at webmaster@stoneoakhoa.org. Don't forget, you can get a free email address like jane.doe@res.stoneoakhoa.org by just signing up for one at the website. There is no spam involved, no promotional incentive, and no strings.

We currently publish newsletters for the following subdivisions in Austin:

- Avery Ranch
- Barker Ranch
- Barton Creek
- Barton Hills
- Belterra
- Brushy Creek Village
- Canyon Creek
- Cherry Creek on Brodie Lane
- Circle C Ranch
- Courtyard
- Davenport Ranch
- Forest Creek
- Granada Hills
- Highland Park West Balcones
- Hill Country and Westview Estates
- Jester Estates
- Lakewood
- Legends Oaks II
- Lost Creek
- Pemberton Heights
- River Place
- Scenic Brook
- Sendera
- Shady Hollow
- Sonoma
- South Lamar NA
- Steiner Ranch
- Stone Canyon
- Stone Oak and Preserve at Stone Oak
- Tanglewood Oaks
- The Hills of Lakeway
- Travis Country West
- Twin Creeks
- Villages at Western Oaks
- Westcreek
- Wood Glen

Stone Oak & Preserve at Stone Oak Homeowner's Association Newsletter - May 2008