Stop the Spread of H1N1
Information is the Best Defense!

Despite predictions from researchers at Purdue University that the H1N1 outbreak will peak soon, the reality is that it won’t be going away in the near future. Let’s not forget that the news is filled with shortages of the vaccine and the number of H1N1 cases continues to surge across the country. In fact, just recently President Obama declared H1N1 a national emergency. And federal officials have warned that a second, larger outbreak could occur in early January when everyone returns to school and work after their holiday travels.

The reality is that the best way to stop the spread of H1N1 is to know the symptoms and to take steps to protect yourself – and others – from it. The following information can help.

What Are the Symptoms of H1N1…and How Are They Different from the Common Cold?

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Cold</th>
<th>H1N1 Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Fever is rare with a cold.</td>
<td>Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.</td>
</tr>
<tr>
<td>Aches</td>
<td>Slight body aches and pains can be part of a cold.</td>
<td>Severe aches and pains are common with the flu.</td>
</tr>
<tr>
<td>Stuffy Nose</td>
<td>Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.</td>
<td>Stuffy nose is not commonly present with the flu.</td>
</tr>
<tr>
<td>Chills</td>
<td>Chills are uncommon with a cold.</td>
<td>60% of people who have the flu experience chills.</td>
</tr>
<tr>
<td>Tiredness</td>
<td>Tiredness is fairly mild with a cold.</td>
<td>Tiredness is moderate to severe with the flu.</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Sneezing is commonly present with a cold.</td>
<td>Sneezing is not common with the flu.</td>
</tr>
<tr>
<td>Sudden Symptoms</td>
<td>Cold symptoms tend to develop over a few days.</td>
<td>The flu has a rapid onset within 3–6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.</td>
</tr>
<tr>
<td>Headache</td>
<td>A headache is fairly uncommon with a cold.</td>
<td>A headache is very common with the flu, present in 80% of flu cases.</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Sore throat is commonly present with a cold.</td>
<td>Sore throat is not commonly present with the flu.</td>
</tr>
<tr>
<td>Chest Discomfort</td>
<td>Chest discomfort is mild to moderate with a cold.</td>
<td>Chest discomfort is often severe with the flu.</td>
</tr>
</tbody>
</table>

What Should You Do If You Think You Have the Flu?

If you think you have the H1N1 flu, contact your doctor’s office and discuss your symptoms. They should be able to advise you over the phone on whether you might have the flu and what you should do to take care of yourself. If the symptoms are very bad or last for a prolonged period of time, they may ask you to come in for a doctor visit. But in many cases, they can provide sound advice over the phone to help you deal with your symptoms.

(Continued on Page 3)
The Ranch at Brushy Creek HOA Newsletter - December 2009

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.................................................... Randy.Vogel@Goodwintx.com

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Byron Stephens ..................................... byronstephens@earthlink.net

Social Committee
Angel Carter ........................................ rbcsocialcommittee@gmail.com

Neighborhood Watch
Mike Bouldin ........................................ mbouldin@austin.rr.com

Newsletter Info

Editor
Lolita Amazeen ...................................... Lolita@lolitasellsaustin.com

Publisher
Peel, Inc. ........................................ www.PEELinc.com, 512-263-9181
Advertising ............... advertising@PEELinc.com, 512-263-9181

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Please support the businesses that advertise in The Bulletin. Their advertising dollars make it possible for all Ranch at Brushy Creek 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 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month’s newsletter.

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Not Available Online
H1N1 - (Continued from Cover Page)

You should also take a few common-sense steps to protect your friends, family members, and coworkers. For instance, if you feel sick, stay home until you feel better and have gone at least 24 hours without relying on medicine to break your fever.

In addition, wash your hands, linens, dishes, and so on thoroughly. And cover your mouth and nose with a tissue when you cough or sneeze – and then throw the tissue away immediately. Finally, if you have to share a small space with other people, consider wearing a facemask to help make sure you don’t spread the flu to the people around you.

Follow these steps and monitor your symptoms to help stop the spread of H1N1...and remain happy and healthy!

Ranch at Brushy Creek
Night Out at the Cedar Park Center
Texas Stars vs. Rockford IceHogs
Dec 11th at 7:30PM

As a resident of The Ranch at Brushy Creek, you are cordially invited to attend the December 11th Texas Stars Game against the Rockford IceHogs at a discounted rate. Tickets start at $7 for this exclusive group and can be claimed at:

https://oss.ticketmaster.com/html/go.htm?l=EN&t=txstars&o=111&g=45

Promotional Code: RANCHSTARS1.

There will be a special announcement over the PA system and message on the Video Board recognizing the Ranch at Brushy Creek Residents in attendance. As an added bonus, all residents that purchase tickets to the December 11th game will also receive a ticket voucher good for 4 seats to a future Texas Stars Game.
Deck the... HOUSE with strings of LIGHTS!

The 3rd Annual Ranch at Brushy Creek - Tour of Lights is just around the corner! Do you have your lights up? Residents around the neighborhood will enjoy an evening outside with their neighbors as they take in the decorated houses that help make our neighborhood so festive! Don't be left out of the fun and be sure to have your lights up in time! Details will be posted at the mailboxes.

If you are interested in being a part of the planning for this event or a sponsor, please contact Angel Carter at rbcsocialcommittee@gmail.com

Thank You

The Fall Festival this past October was a HUGE SUCCESS!! It could not have been so without the help of our Social Committee, neighborhood volunteers, vendors and sponsors! Thank you to everyone that came out to enjoy the festivities!

A special thanks to our sponsors for their generous donations. Please help support our local sponsors by giving them a chance to do business with you.

- The Ranch at Brushy Creek HOA
- RE/MAX Austin Skyline - Lolita Amazeen
- ATX Roofing & General Contracting
- Christian Brothers Automotive - Vista Ridge
- JB Goodwin Realtors - Michael Sanguiliano
- Edward Jones Investments - Kent E. Brenneman
- LK Jordan & Associates - Staffing & Recruiting Professionals
- Texas Stars Hockey Club - Cedar Park Center

In Your Neighborhood

There is a Steeple...
Inviting ALL God's People

Round Rock Presbyterian Church

8:15am - Traditional
9:30am - Contemporary
11:00am - Traditional

www.RoundRockPresbyterian.org
4010 Sam Bass Rd Round Rock 78681
512-244-2152

FYI Websites:
www.Stilltastey.com
The Doctors Are In.

New Internal Medicine Clinic in Round Rock

Seton Family of Hospitals is proud to bring comprehensive primary care for adults. Conveniently located in the Forest Creek community in Round Rock, the practice is committed to providing high quality, preventive care to our patients and to treating acute and chronic illnesses. We care for patients with many common health problems, such as high blood pressure, diabetes, asthma, arthritis and heart disease. We also are experienced in the diagnosis and treatment of a variety of uncommon illnesses. Full array of primary care services including:

- Comprehensive primary care
- Blood pressure and cholesterol management
- Diabetes care and prevention
- Preoperative assessment
- Wellness & disease management

**What is an Internal Medicine doctor?**

Doctors of internal medicine focus on adult medicine and have special training focusing on the prevention and treatment of adult diseases. Internists are experts in dealing with a wide range of illnesses and conditions simple to complex, and are experts in solving puzzling diagnostic problems. They also bring to patients an understanding of wellness (disease prevention and the promotion of health), as well as effective treatment of common problems of the eyes, ears, skin, nervous system and reproductive organs.

**Currently accepting new patients. For appointments, please call (512) 324-4870.**

**Seton Family of Doctors at Forest Creek**

4112 Links Lane, Suite 200
Round Rock, Texas 78664
Office: (512) 324-4870
Fax: (512) 324-4871
www.setonfamilyofdoctors.com
Are You Socially Connected??

if you are new to the neighborhood, want to stay informed, or maybe just looking for other ways to meet your neighbors here are a few options to get connected:
• HOA Official Website - www.theranchatbrushycreek.net
• Goodwin Management Website - rbc.goodwintx.com
  o Service Requests, Deed Restriction Violations, Architectural Approval, Pool Key, Accounting Questions, Auto Draft, Association Newsletters, Annual Meeting Minutes, Committee Chair Contacts
• The following websites are not HOA approved but great resources for staying connected, uploading photos, finding out about events, meeting neighbors, asking questions, etc.
  o General Yahoo Group - groups.yahoo.com/group/RaBC_Online_Community
  o Ladies Yahoo Group - groups.yahoo.com/group/RaBC
  o Facebook Group - Become a member of the “Ranch at Brushy Creek” group on facebook
  o Meetup.com - www.meetup.com/RBCMoms

Meet other moms in the neighborhood, (working, SAHM, single, same age kids, by school district, etc.), schedule play dates

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**Gardening Tips**

**December:**
- Select Christmas trees early, cut off end of trunk and stand in a bucket of water until ready to use. If you desire fresh cut trees, they're available at several tree farms in the area.
- Consider buying a “live” Christmas tree and plant in your landscape after the holiday season.
- Plant tulip and daffodil bulbs that have been chilled in the refrigerator.
- Follow the drought watering restrictions as long as they last. Remember to continue to keep some water on trees and shrubs, even though it's cooler.
- This is a good time to make that dormant oil spray to control scale and other hard to control insect pests.
- Keep cool season weeds such as chickweed and dandelions under control before they become established. They will continue to grow all winter long.
- Keep fallen leaves raked up, so they don't smother your lawn.

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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.

```
 3 9 2 6 3 1  
 4 2 7 5 1 8  
 7 5 4 1 5 6  
 8 3 1 2 9 4  
```

*Solution at www.PEELinc.com © 2007. Feature Exchange*

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“**It’s that time of year again!**

Bathing suits, sandy beaches, and of course... **sunglasses**!

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So come on in, bring a friend, and we will help you find the perfect pair of shades so you can see summer in a whole new light!

*See web site for sunglass rep schedules.*

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**sunglasses every day in April.**

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**THE BULLETIN**
Christmas is... something different to everyone. What is it to you? We invite you to celebrate with us this year.

LightFest | December 6 - 6:15pm
Christmas Is... Program | December 12 & 13 - 7pm
Candlelight Christmas Eve Service | 5pm
Christmas Weekend Worship | December 27 - 11am

Sunday Morning Schedule
9:30 . Blended Worship | 11:00 . Contemporary Worship
9:30 & 11:00 . Bible Life Groups (all ages)

Great Hills Baptist Church
www.ghbc.org
10500 Jollyville Road . Austin, Texas 78759 | 512.343.7763

Submit your information on the arrival of your little one to lolita@lolitasellsaustin.com

At no time will any source be allowed to use the The Ranch at Brushy Creek HOA Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the The Ranch at Brushy Creek Home Owners Association and Peel, Inc. The information in the newsletter is exclusively for the private use of The Ranch at Brushy Creek residents only.
The BulleTin

Recipe of the Month:

“Better Than Homemade” Chicken and Dumplings

2 T olive oil
1 cup each chopped celery, onion and carrot
1 rotisserie chicken, meat picked
1 32 oz. box chicken broth
1 can cream of chicken soup
1 tsp. poultry seasoning or sage
1 large tube refrigerator biscuits

In a large Dutch oven with tight fitting lid, cook vegetables over low heat until crisp tender but not brown. They should be nicely scented.

Add broth, seasoning, shredded meat and cream soup. Allow to simmer while preparing biscuits.

Open biscuits and separate, then cut each biscuit into quarters. Drop biscuit portions into the simmering soup and stir to coat. Cover and cook for 20 minutes at a simmer. Biscuits will puff up but look glossy. Serves 4 hearty appetites or 6 modest appetites. Excellent reheated.

Know what to do in an emergency? We do.

Our commitment, 24/7:
• Quality, compassionate care.
• Board certified emergency physicians and a highly trained ER nursing staff.
• Specialists on call.
• Advanced technologies for rapid diagnosis and treatment.
• Accredited Chest Pain Center.

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THE BULLETIN

LBJ WILDFLOWER CENTER

December Events

WILD IDEAS SHOPPING EVENT
9 a.m. to 5:30 p.m. Friday and Saturday, December 4 and 5 - Noon to 5 p.m. Sunday, December 6
Find the perfect gift in the garden. Sales, discounts, demonstrations and book and ornament signings. On Saturday and Sunday some 14 artists and artisans display their work for sale. Sponsored by Majic 95.5.

LUMINATIONS
Members Night, 6 to 9 p.m. Friday, December 11 - Public, 6 to 9 p.m. Saturday and Sunday, December 12 and 13
Thousands of luminarias and twinkly lights, music, taste treats and children’s crafts, all for the donation of two canned goods for the Capital Area Food Bank. Sponsored by Samsung, Silicon Labs, Majic 95.5 and the Austin American-Statesman

ART EXHIBITS
Nature inspired sculpture in the gardens through March 7. Collage and mixed media by artist Mary Frasher in the McDermott Learning Center through December 6. Water Sparks by sculptor Damian Priour—a joint exhibit with the Umlauf Sculpture Garden through December 20.

CLOSED FOR THE HOLIDAYS
The Wildflower Center will be closed from December 21 through January 1

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Email Address: ______________________________________
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