INDEPENDENCE DAY PARADE & POOL PARTY

Saturday, July 2nd
Parade - 9:30am
Pool Party - 9:30am to 1:30pm

Come be a part of this year’s festivities at the Independence Day Parade and Pool Party!

Decorate your bikes, scooters, wagons, strollers, even your pets for our annual Ranch at Brushy Creek Independence Day Parade down Ranch Trails! Line up starts at 9:15 am at the corner of Ranch Trails and Saddle Ridge.

The parade will start moving at 9:30 am and head down Ranch Trails finishing at the pool. If you aren't in the parade then come out and support our littlest neighborhood participants and line up along Ranch Trails to cheer them on.

Then stay for a pool party! Bring your swim suit (and pool key card). We'll have music, free watermelon, a bounce house and water slide and all kinds of summer fun activities!

This will be an event you and your family will not want to miss.

If you are interested in becoming a volunteer or sponsor for our Independence Day Parade and Pool Party, please contact co-chair, Theresa Galella at RBCSocialCommittee@gmail.com for more details.

GARDENING TIPS - JUNE

- An excellent web site for gardening tips and plant selection for Central Texas, is www.growgreen.org
- Continue to use good watering techniques. A deep soaking on the lawn in the early morning is better than frequent light watering.
- Check for summer insects and diseases and treat accordingly. A local nursery should be able to help with the proper solution. Spider mite is especially troublesome in hot summer months.
- If you fertilized your lawn in Feb/Mar, you may consider another application.
- Keep an eye on your container plants and hanging baskets. They may require daily watering. The heat and wind will dry them out quickly. For smaller hanging plants, you may want to soak them in a bucket of water once a week.
- Analyze your landscape during these hot summer months. See what worked good and what needs to be changed for next year.
- Pray for rain.

REMINDER: If you plan to make major landscape changes, you are required to submit a request to the Architectural Review Committee.

-Byron Stephens, Landscape Committee
Community Member Spotlight

Let's get to know each other! This month, meet Vineet (a.k.a Vinny) Rohatgi!

- How long have you lived in the neighborhood? 3+ years
- How are you involved with the community? Even though I, literally, had no time (an infant + work), I decided to volunteer as the neighborhood watch chairman late last year. I did so for a couple of reasons: 1) There was a need to fill and 2) I wanted to get involved in implementing ways to keep our community safe. As many of you have seen, we had our very 1st neighborhood watch committee meeting in May, and we’ll continue to build on that as the year goes on. I’d like to leverage the program not only to keep the neighborhood safe, but also to build stronger ties within the neighborhood.

- Occupation: Software Support Manager @ IBM
- Family: I have a wonderful & beautiful wife (Romi Rohatgi) with whom I have one cute, lovely energetic 17-month old child named Ayaan Jay Rohatgi (Ayaan means God's Gift). Both grandparents live in Katy, TX and just love to come up to Austin and see their grandchild. My sister-in-law, Suchika, who happens to be my wife's identical twin sister also lives in Austin and while they may look similar to each other, they are completely different whether it's interests, friends, foods, cars, etc :) My big brother, Dr. Anand Rohatgi, lives with his wife and two sons and two dogs in Dallas, Texas. They might be in Cowboy land, but our whole family are die-hard Saints fans! Geaux Saints! Who Dat!

- Favorite thing about Austin / Cedar Park: I was born and raised in New Orleans, LA and miss it quite a bit; however, Austin reminds me of a cleaner, prettier New Orleans. I love the scenic Beauty it has to offer as well as the culture. Cedar Park is just such a family friendly place and enjoy the overall friendly nature of my neighbors and folks in and around Cedar Park!

- Favorite restaurant: Chuy's by far - Chuychanga with Boom-Boom sauce ... mmmm tasty :)

- Thing you are most proud of: My family

- Hobbies: Wish I had more time to do these things: Tennis, Golf, Ultimate Frisbee, Bowling

- One thing people don't know about you: I was an Aggie for a year and a half, and as my wife says, came to my senses, and became a Longhorn. I really did enjoy Aggieland, but I was following a girl... my now wife :)”

- What is the first thing you'd do if you won the lottery? I'd be answering phone calls from friends or family I didn't know I had, Depends on the size of the jackpot, but I'd first figure out how to make the money work for me by investing a sizable portion. Pay off any remaining debts, and start working on one of my life’s goals: starting my own school (K-12).

(Continued on Page 3)
Hey Ranch at Brushy Creek...Too much to do and not enough time?
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The Ranch at Brushy Creek HOA Newsletter - June 2011 3

Community Member Spotlight
-(Continued from Page 2)
• If you had $10,000 to give away, how would you do it? Kids with muscular dystrophy are close to my heart so I’d try to find the most deserving kid(s) and/or family and distribute it accordingly. Maybe let the MDA community nominate the most deserving persons.

• If you could develop a super power, what would it be? Gosh... I always wanted to be able to see through objects like walls, doors, buildings, etc. Not really sure why, but Superman did it once, so I wanted it)

• Beach resort, mountain retreat, or cruise? All of them... I like my sleep and can do that anywhere :)

Help build neighborhood community relationships! If you’d like to be featured in the Community Member Spotlight, or know someone who should, please email Erin Lundie at erin.lundie@gmail.com.
THE BULLETIN

SOCIAL COMMITTEE CO-CHAIRS
By Angel Carter

Please allow me to introduce…
Our Social Committee Co-chairs! These neighbors have stepped up to volunteer their time and creative talents for the various neighborhood events you enjoy throughout the year. I’m excited to see what new ideas they have! Be sure to thank them for their efforts as there is a lot of planning and preparation that goes into each of these events. The success of our annual events is completely dependent on the support of neighborhood volunteers and sponsors. If you have not had a chance to help out in the past please consider doing so by contacting the listed co-chair and finding out how just a small amount of your time or talents can best be utilized! Email rbcsocialcommittee@gmail.com for more details.

THANK YOU!
- Easter Egg Hunt (past event) - Patti Salzman
- Independence Day Parade/Pool Party (Sat., July 2, 9:30-1:30) - Theresa Gallela
- Fall Festival (Sat., Oct 29th, 12-4) - Fred and Stefanie Herdman
- Holiday Tour of Lights (Sun., Dec. 11th) - Candace Lambert

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WEBSITE WATCH

R@BC Facebook Group: http://www.facebook.com/#!/group.php?gid=28494084658

Comprehensive online source of crime information: http://www.spotcrime.com

SOME GREAT DEAL SITES
- Compilation of other social deal sites such as Groupon and Living Social: http://slickdeals.net/localdeals/austin/
- All about savings, especially electronics: www.deals2buy.com
- One great deal each day: www.woot.com
- Coupons, freebies and savings deals: www.hip2save.com
- Coupon Codes and Printable Coupons: http://www.retailmenot.com/

FAMILY RESOURCES:
- Free Family activities in Austin: www.freethininaustin.com
- Everything about the little ones in Austin. Calendar, coupons, activities, etc: www.littleaustinite.com

Do you have some websites that are worth watching?
Send your suggestions to Erin Lundie at erin.lundie@gmail.com

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UPCOMING EVENTS

SCHOLASTIC BOOK FAIR
- Monday, June 6, and Tuesday, June 7, 9am – 4pm Cedar Park Library
- Join us for the Kick-Off for the Summer Reading Club! Stop by the Book Fair to get some fabulous deals on books and to support your library! Clifford and Curious George will be there from 10 am to 12 pm, so be sure to bring your camera!

BROWN SANTA FAMILY
FUN RUN/WALK AND FAIR
- Saturday, June 11
- Williamson County Southwest Regional Park located at 3005 C.R. 175, just north of F.M. 1431. The Family Fun 5K Run/Walk will begin at 8:00 a.m. The Kids’ K Run for children 12 and younger will begin at 9 a.m. Registration for the Kids K is $10. Registration for the run/walk is $20 for adults and $10 for children 12 and under before June 9. Running groups of five or more can run for a reduced rate of $15/person. Early registration is encouraged to ensure that participants receive a race t-shirt. On race day, registration is $25 adults and $15 children 12 and under. Registration is available online at www.signmeup.com/75812.

(Continued on Page 6)
Oak Haven Massage is now in Austin!

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For more information on Dr. Keegan or any of the Cedar Park Regional Medical Center physicians, visit us online at CedarParkDoctors.com.

**LEY Keegan, M.D.**

Pediatrician

920 North Vista Ridge Blvd., Suite 500

Cedar Park

512-336-2777

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**VISUALIZING FITNESS SUCCESS**

*by Sugandha Jain*

*“What the mind conceives, you can achieve.”* – Oliver Wendell Holmes

**The Power of Visualization**

Famous golfer Jack Nicklaus says he never hits a shot, not even in practice, without first having a sharp, in-focus picture of it in his head. And, his strategy is not uncommon - many professional athletes attribute their peak sports successes to mental imagery or visualization.

Psychotherapist and performance consultant Dr. Keith Wilson uses springboard diver Greg Louganis as an illustration of the power of visualization. During the 1988 Olympics, Louganis hit his head on the springboard, injuring himself. With only 10 minutes to get back on the board, Louganis blocked out the disaster and instead put the visual image of his past successes in his mind. From disaster, he visualized himself into victory, and this mental discipline won him a gold medal.

While most of us are at physical levels far from Olympic or professional athletes, we can apply their successful strategies to our own fitness formulas. When getting back into our exercise routines this spring, we can incorporate visualization techniques to help propel us forward toward our fitness goals.

**Visualization is Creative Imagery**

“Imagery is creating a full sensory picture (what we see, feel, hear, smell, and taste) in our mind without moving our bodies in any way,” says Dr. Trent Petrie, Professor and Director of Sport Psychology at the University of North Texas. He says when an exerciser imagines herself reaching a certain exercise goal, such as losing five pounds or increasing bench press strength by 10

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(Continued on Page 7)
Visualizing Fitness Success - (Continued from Page 6)

percent, this imagery increases confidence and motivation about reaching that goal.

“Imagery can be used to increase one’s motivation for engaging in certain tasks, such as getting up early before work to exercise. The exerciser might see herself waking up with energy, getting ready, and being excited about working out.

Glenn Pfenninger, Mental Trainer at Mental Training Inc. in Dallas, agrees. “If you see yourself doing the physical routine and enjoying it (in your head,) then you are more likely to go to the gym or go to the park and run.”

Getting in The Zone

“When people are looking at getting back to exercise, they have to first start by creating a personal performance zone,” says Wilson. “People have to create in their mind the ability to shift out of an anxious, distracted state into a more focused state.”

The first step toward creating a personal performance zone is visualizing a relaxing scenario, such as spending time at the beach. Seeing the sun and sand, hearing the sounds of the ocean, smelling the aromas, feeling the coolness of the water and the roughness of the trees helps an exerciser synchronize the mind and body so they can work in tandem.

Next, explains Wilson, the exercisers simply imagine themselves doing the actual hard work of exercising. This could be exercising on the elliptical machine or learning a new skill on the balance ball. By using these levels of visualization, an exerciser develops the mental toughness to sustain these fitness goals. “By practicing imagery regularly, in conjunction with being in a relaxed state, exercisers can become proficient in its use,” says Petrie.

Whether used to increase motivation and confidence or to create a performance-boosting mental zone, visualization is a skill that can be incorporated into most lifetime fitness routines. It’s no quick-fix, but this acquired skill may be just the edge we need to achieve those elusive fitness goals!
FINANCIAL FOCUS

Know Your Investment Risks — and How to Respond

When you invest, you take some risks. While you can’t totally avoid these risks, you can take steps to help reduce their impact and increase your comfort level. And the more comfortable you are with your investments, the easier it will be to follow a long-term strategy that can help you meet your goals.

Let’s look at the most common types of risk related to investing, along with some suggestions on helping to reduce these risks:

Losing principal — This type of risk is most closely associated with investing. For example, when you purchase a stock, you know that its value could go up or down. If it drops below your purchase price, and you then sell your shares, you will lose some of your principal.

Your response — You can’t eliminate the risk of losing principal, but by owning a mix of stocks, bonds, government securities and other types of investments, you can help reduce the impact of volatility on your portfolio. Keep in mind, though, that diversification, by itself, can’t guarantee a profit or protect against loss.

Losing value when interest rates change — This type of risk primarily affects fixed-income investments, such as bonds. If you purchase a bond that pays, say, a 4% interest rate, and the market rate goes up to 5%, then the value of your bond will drop because no one will be willing to pay you the full price for it when newer, higher-yielding bonds are available.

Your response — You can combat, or even ignore, interest rate risk by holding your bonds until they mature. By doing so, you’ll get your full principal back, provided the issuer doesn’t default, and you’ll continue to receive regular interest payments unless the bonds are “called,” or repurchased by the issuer. (You can help protect against this by purchasing bonds that have some degree of “call protection” and by owning bonds with different maturities.)

Losing purchasing power — This risk largely applies to fixed-rate investments such as certificates of deposit (CDs). To illustrate: If you purchase a CD that pays 2%, and the inflation rate is 3%, you are actually losing purchasing power.

Your response — Despite their vulnerability to inflation, CDs can offer you some valuable benefits, such as preservation of principal. Yet if you are concerned about fighting inflation, you may want to look for investments than have the potential to offer rising income, such as dividend-paying stocks. In fact, you can find stocks that have increased their dividends for many consecutive years. (Be aware, though, that companies can reduce or eliminate dividends at any time. Also, an investment in stocks fluctuates, and you could lose your principal.)

Apart from these individual techniques to reduce investment-related risk, you should also save early and save often — because the more money you accumulate, the greater your ability to follow a long-term strategy that reflects your personal risk tolerance. That’s why it’s a good idea to contribute as much as possible over the years to your IRA and 401(k) or other employer-sponsored retirement plan.

By understanding the different types of investment risk, and by acting to help lessen them, you can reduce much of the stress sometimes associated with investing — while you increase your prospects for achieving your objectives.
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June is Jumping – Preparing for Vacation Times

Those Doggone vacations can be great for you, but what about Fido? If you’re able to have a family getaway, consider taking your furry friends. If that just won’t be feasible, you may want to hire a professional to take care of your beloved pet while you’re away.

Should you board your dog at a kennel or hire a reliable pet sitter for the job? Either option is viable, with pros and cons to both. Your best choice has to do with finding the highest comfort-level for both you and your dog. For instance, many dogs do very well in a boarding/kennel environment, but many dogs do not. So, before you make your final decision, ask yourself a few questions:

Will my dog do well in a kennel?
- Gregarious dogs who are well socialized and love new things and enjoy going to new places often love going to the kennel. High energy and very active dogs may thrive with the stimulation of a kennel environment, with lots of canine buddies and human interaction. It can be just like having their own personal doggie-vacation. Many kennels offer extras like walks, playtimes, snack times, training and grooming.
- Dogs who are fearful or shy can be very stressed in a kennel full of strangers and barking dogs. Dogs who have spent most of their time at home and have not been socialized to other dogs, new situations, or meeting strangers can be very stressed when boarded. Rescue dogs can be very nervous when boarded in a kennel situation. Dogs who are fearful of thunderstorms or loud noises may not do well. Very young or elderly dogs can find kennel life extremely harsh. Dogs quit eating, quit drinking and can become seriously ill from the stress of kennel life.

What kind of kennel?
- Some kennels are beautiful dog parks with play times and freedom to run in tree shaded yards. But some kennels are no more than wire cages with a potty break or two. Be aware, holidays (Continued on Page 11)
and summers are extremely busy at kennels and the staff can be stretched thin with dog runs bursting at the seams. So, if you are using a kennel go take a tour, check it out and ask lots of questions to make an informed decision. Make sure your dog’s shots are up to date and be sure to call far ahead to make reservations, as good kennels fill up quickly during holidays and summer.

**Will my dog do better at home?**
- Pet sitters allow your pet to stay in his home environment where he is comfortable and feels safe. Many pet sitters will also water your plants, take in your mail, set your garbage out and alternate your lights if you like. Some offer dog walks, trips to the park, rides to the vet, or anything else your pet may need. Some sitters will spend the night with your dog, or, if you prefer, just come over for quick potty breaks.

**Will my dog like a sitter?**
- Most dogs do very well with sitters in their own homes. Dogs are very comfortable in their own surroundings and stay relaxed and care free. However, very aggressive or protective dogs may not do well with a stranger in the home. Extremely high energy or destructive dogs may also not do well with this arrangement.

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*Take some time to introduce your sitter to your dog and vice-versa to make sure everyone feels comfortable. A good pet sitter is your dog’s advocate and can also be your eyes at home while you are away.*

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HEALTH BRIEFS

MAY 2011

Do kids need sports drinks?

Although children may request sports drinks, they offer little advantage over cool water, say nutritionists at Baylor College of Medicine (BCM) in Houston and the USDA/ARS Children’s Nutrition Research Center at Baylor and Texas Children’s Hospital. Sports drinks are designed to benefit athletes engaged in continuous, high-intensity aerobic workouts that last for 90 minutes or more.

But, if the availability of sports drinks encourages your kids to drink, consider making your own. Combine caffeine-free herbal tea, a little sugar, a pinch of salt, a few ounces of orange juice, and chill in individual bottles. Active kids need to fill up on fluids to prevent dehydration. Children should be encouraged to drink before heading outside and every 15 to 30 minutes during playtime activities.

Combination of limes, sun can result in ‘margarita dermatitis’

Adding a slice of lime to a favorite summer drink is nice to cool off with, but it could leave your skin burning, say dermatologists at Baylor College of Medicine.

The condition, called phytophotodermatitis, happens when a certain plant compound comes in contact with the skin, making that one area light sensitive. During the summer, lime juice is the common cause for this condition, which is why some doctors call it ‘margarita dermatitis.’ The reaction usually looks like a sunburn, or a poison ivy rash, with redness and sometimes swelling and blistering, says Dr. Rajani Katta, associate professor of dermatology at BCM. It can be itchy and painful, and leave behind skin discoloration.

Treatment is similar to treating a poison ivy rash. Cool compresses and hydrocortisone creams along with oral antihistamines are used. Severe cases could require steroid pills. Preventative action is best. Be aware of what plant products you come in contact with and wash the area thoroughly before going out in the sun. As always, make sure to apply sunscreen and stay in shaded areas to maintain good skin health.

Physical activity keeps Parkinson’s at bay

The management of Parkinson’s disease is much more effective when regular exercise is included, say experts at Baylor College of Medicine (BCM) in Houston. “There’s no doubt that people who have a positive attitude and exercise generally cope with the disease much better than those who don’t,” said Dr. Joseph Jankovic, professor of neurology and director of BCM’s Parkinson’s Disease Center and Movement Disorders Clinic.

“Exercise is clearly a positive force in dealing with Parkinson’s.” Jankovic said that a regular exercise program, tailored to the needs of the individual patient, is critical for continued well being. Exercises for Parkinson’s patients should be designed to improve strength (through the use of free weights, weight machines, and elastic bands) and overall fitness (by walking and swimming). Swimming and water exercises have the additional advantage in that there is very little stress on the joints and the resistance improves muscle strength.

Traditional colonoscopy recommended over virtual method

The option for a “virtual” colonoscopy is now available but doctors at Baylor College of Medicine recommend sticking to traditional methods when screening for colon cancer.

A virtual colonoscopy is a CT scan image of the colon and does not require the use of an endoscope - a thin, flexible device that is inserted into the colon.

“While a virtual colonoscopy may sound less invasive than traditional methods, it isn’t always as accurate,” said Dr. Waqar Qureshi, associate professor of medicine and chief of endoscopy at BCM. “A scan is more likely to miss small precancerous growths, and catching those polyps early is the key to preventing progression to colon cancer.”

Studies have shown that polyps smaller than 6 mm are frequently missed by CT scanning, Qureshi said. For someone who is at high risk for colon cancer, missing a polyp can be deadly. Almost all instances of colon cancer begin as polyps, which are easily detected and removed during a colonoscopy.

Many times a virtual colonoscopy must be followed by the traditional method, he added, and both procedures require the same preparation, which includes laxatives, diet restrictions and in some cases certain medications must be stopped.

Colon cancer screening should take place every 10 years starting at age 50. If colon cancer runs in a family, testing should begin earlier and be performed more often.
As far as courtroom dramas are concerned, you'd be hard-pressed to find something as generic as "The Lincoln Lawyer." Forget about the excitement brewing because Matthew McConaughey ("Ghosts of Girlfriends Past") is actually starring in a film that doesn't require him to remove his shirt or offer up his rugged good looks for an insulting rom com role opposite Kate Hudson or Sarah Jessica Parker – as much as everyone would like it to be, this is not a sequel to 1996's "A Time to Kill." Instead, "Lawyer" is an overrated, underwritten crime schlock that plays like an irritating Dick Wolf-produced legal TV show. Call it "Law & Order: Luxury Sedan."

That title might even be a stretch, since the titular vehicle doesn't make much of an impact in the film besides serving as a shiny prop for the laid-back soundtrack featuring blues, R&B, and old-school hip-hop from artists including Bobby "Blue" Bland, Erick Sermon, and Marlena Shaw. As a suave, street-smart criminal defense attorney practicing in Beverly Hills, Mickey Haller (McConaughey) is chauffeured around town in style inside his vintage Lincoln Town Car.

Adapted from the novel of the same name by crime-fiction writer Michael Connelly (this is the first of four books in the Haller series), Lawyer struggles to find its footing within a cliché storyline reworked by screenwriter John Romano ("Nights in Rodanthe") and helmed by novice director Brad Furman, whose only other film is the straight-to-DVD armored-truck thriller "The Take."

In "Lawyer," Mickey lands the case of his career when he is hired to defend Louis Roulet (Ryan Phillippe), a spoiled, rich socialite charged with the brutal assault of a prostitute who propositions him at a nightclub. While Louis maintains his innocence (he cries "Set up!" on more than one occasion), Mickey and his investigator friend Frank Levin (William H. Macy) figure out a way to get their client off the hook even after indispensable evidence seems to mount against them.

From here, "Lawyer" becomes part morality thriller, part courtroom drama with Mickey caught in the middle wondering if he's fighting for a scumbag's exoneration. Despite McConaughey's satisfying performance, none of it is very original. The pool of shallow characters (Marisa Tomei as the ex-wife prosecutor; John Leguizamo as a shady bail bondsman; Michael Peña as an ex-client who is now in San Quentin) don't help us sympathize with our conflicted lawyer, whose character is never fully explored past his slicked-back hair, dog-tired eyes, and vulnerability to the bottle.
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June 14th World’s Largest Swim Lesson at Schlitterbahn Waterpark in New Braunfels.
Join Colin’s Hope as we partner with Schlitterbahn to try and break the world record for the World’s Largest Swim Lesson on Tuesday, June 14th. Visit www.Schlitterbahn.com for more information.

June 26th Open Water Swim benefits Colin’s Hope
Splash into Lake Travis for the Red Licorice Events Open Water Swim at the Mansfield Dam on June 26. The swim benefits Colin’s Hope and you can choose from 800m, 1.2 mile or 2.4 mile options. Visit www.redlicoriceevents.com for more information.

August 27th & 28th 3rd Annual Colin’s Hope Kids Triathlon
Athletes ages 5-15, mark your calendars for August 27th & 28th. Our Kids Triathlon will once again take place in the Lake Pointe neighborhood. Registration opens in early June and will fill up very quickly! www.colinshope.org