

HOME *on the* RANCH



Brookside • Casitas • Champions • Creekside • Enclave
Granite Shoals • Glenfield • Greens Highlands • Landing • Morningside
Overlook • Parkside • Reserve • Waters Edge • Westchester



August 2011

OFFICIAL NEWSLETTER OF THE AVERY RANCH HOA

Volume 5, Issue 8

CALENDAR

HOA MONTHLY BOARD MEETING

Next meeting - Monday, August 8th

Board Meetings are held on the 2nd Monday of each month at 7pm, except for holidays. Board members will meet on these dates to discuss issues related to Avery Ranch. If you have an item you would like discussed during one of these meetings, please contact Alliance Association Management, Inc. at 347-2888. The location for meetings is at the Glenfield Amenity Center.

UPCOMING EVENTS:

Neighborhood Garage Sale

Saturday, September 10th from 7 AM - 1 PM

This will be advertised in the Austin American Statesman and on Craig's List. Banners will also be placed at two of the four corners at Avery Ranch Blvd & Parmer Lane.

If you have unsold items, we will be having a drop off site at the Main Amenity Center (Morningside) parking area from 12-3 PM. The Eastside Community Connection, a local non-profit organization will only be accepting reusable items (Clothes, shoes, furniture etc. and NO mattresses) when it comes to furniture and not broken or damaged items. They will refuse to accept any items that are really damaged.

Avery Ranch Swim & Water Aerobics Lessons

On-going Swim Lesson Sessions and Water Aerobics Swim Sessions at MAC Pool. ***Swim Lesson Schedule & Registration Form URL: <http://bit.ly/eAyyqTM> Water Aerobics Schedule & Registration Form URL: <http://bit.ly/f1m4MO>***

We want to hear from you....what events would you like to have in Avery Ranch? Let us know. Contact our Avery Ranch Social Committee Chairperson Jean Mayo at jmayo002@austin.rr.com

FAMILY SOCIAL EVENT

By Jean Mayo, ARSC chairperson

On Saturday June 11 from 4-6 PM the Avery Ranch Social Committee hosted a Summer Family Social at Waterloo Ice House.

The weather was typical for Austin in June, SUNNY & HOT! A nice appetizer spread with ice tea was funded by the social committee. We had the New Polka Band perform for the residents listening pleasure. Maggie the Clown was also present for balloon tying and face painting. The only thing missing were Avery Ranch residents. This event was less attended than in past years. Let's try next year to come out & support the community events while visiting with our neighbors!



HOME ON THE RANCH

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY911
Fire.....911
Ambulance.....911
Sheriff – Non-Emergency..... 512-943-1300

SCHOOLS

ROUND ROCK ISD

Patsy Sommer Elementary 704-0600
..... 16200 Avery Ranch Blvd.
Cedar Valley Middle School..... 428-2300
..... 8139 Racine Trail
McNeil High School..... 464-6300
..... 5720 McNeil Dr.

LEANDER ISD

Rutledge Elementary..... 570-6500
..... 11501 Staked Plains Dr.
Henry Middle School 570-3400
..... 100 N. Vista Ridge Dr.
Vista Ridge High School..... 570-1800
..... 200 S. Vista Ridge Dr.

UTILITIES

City of Austin Water 512-494-9400
Perdernalles Electric..... 512-219-2602

TEXAS GAS SERVICE

Custom Service..... 1-800-700-2443
Emergencies..... 512-370-8609
Call Before You Dig..... 512-472-2822

AT&T

New Service..... 1-800-464-7928
Repair..... 1-800-246-8464
Billing..... 1-800-858-7928

TIME WARNER CABLE

Customer Service..... 512-485-5555
Repairs..... 512-485-5080
Solid Waste Services..... 512-494-9400

NEWSLETTER INFO

EDITOR

Rona Quejada..... arnewsletter@hotmail.com

PUBLISHER

Peel, Inc. 512-263-9181
Advertising..... advertising@peelinc.com

BOARD MEMBERS

PRESIDENT

Steve Roebuck..... steveroe@swbell.net

VICE PRESIDENT

Pat Wimberly..... PatWimberly@gmail.com

TREASURER

Glen Colby glen@texas.net

SECRETARY

April Aguren april.aguren@averyranchhoa.com

RESIDENT BOARD MEMBER

Mark Bittman mbarhoa@hotmail.com

RESIDENT BOARD MEMBER

Marc Boucher mbouchertx@sbcglobal.net

RESIDENT BOARD MEMBER

Clint Miller clintonwmiller@gmail.com

RESIDENT BOARD MEMBER

Khris Mire khrismire@yahoo.com

RESIDENT BOARD MEMBER

Joe Pero..... jpn2004@hotmail.com

RESIDENT BOARD MEMBER

Gary Wilks wilksg@swbell.net

D.R. HORTON

Tom Moody..... TEMoody@drhorton.com

AVERY RANCH HOA WEBSITE

Visit the Avery Ranch HOA website at
www.AveryRanchHOA.com

FOR QUESTIONS OR CONCERNS

Contact our Property Manager & HOA Board for any
questions/concerns about your neighborhood at

GetHelp@AveryRanchHOA.com

WE WANT TO HEAR FROM YOU...

What events would you like to have in
Avery Ranch? Let us know. Contact our
Avery Ranch Social Committee Chairperson
Jean Mayo at jmayo002@austin.rr.com

HOME ON THE RANCH

GET INVOLVED IN YOUR COMMUNITY

*We have community events because
AR Residents make it happen!*

Are you an organizer? Maybe a person who has an eye for detail? Do you like creating checklists? Are you an arts & crafts person? Your community needs you. Join the Avery Ranch Social Committee! Contact our Avery Ranch Social Committee Chairperson Jean Mayo at jmayo002@austin.rr.com

The Social Committee meets every 1st Thursday at 7p.m. at the Meeting Room located by the pool of the Main Activity Center (Morningside).

The Event Calendar is posted on the HOA website under the Social Committee Forum and at the Avery Ranch Neighborhood Events Page on FaceBook <http://www.facebook.com/pages/Austin-TX/Avery-Ranch-Neighborhood-Events/132212366794767>

Playtime for kids. Adult time for parents! Become a part of the Avery Ranch Playgroup! To know more about it, contact April Aguren at april.aguren@averyranchboa.com

AVERY RANCH GRANITE STREET SIGN SALE

The Avery Ranch Social Committee will be continually selling the granite street signs that are being removed and replaced by City of Austin approved signage. As signs are delivered to us by the removal contractor, they will be posted at the following web address: www.centraltexasgardening.info/arsigns.pdf. We have received most of the street signs from neighborhoods west of Parmer Lane and the current availability is posted real-time daily at this website. As signs are removed, they will be replaced temporarily with cardboard white and black signs until the permanent signs are received and installed. This means that the granite signs will be delivered to the Social Committee for sale shortly thereafter. Please bookmark the webpage www.centraltexasgardening.info/arsigns.pdf and check it regularly if you are interested in acquiring your street's sign. It's a piece of Avery Ranch history! Sales are made on a first come, first served basis, cash or check made out to Avery Ranch Social Committee.

Once you see your street listed as available, call Bob Beyer, Avery Ranch Social Committee Treasurer, 238-6732 to arrange for pickup. The cost is \$30 for street name signs, and \$15 for the "A" logo sign. Receipts benefit the Social Committee activities on behalf of all residents. This is a service being provided by your Avery Ranch Social Committee. Don't wait, once your street becomes available or it may be too late to acquire this piece of Avery Ranch memorabilia.



Lawn & Pool

HDLawnandPool.com

(512) 799-0326



**OPEN YEAR ROUND
MON. - FRI.
7:00 A.M. - 6:00 P.M.**

Toddler, Pre-K,
Private Elementary (K – 6th grade)
Now enrolling ages 18 months – 12 years
for 2011-12, including summer programs.

- Highest level of Montessori accreditation worldwide 
- Oldest family of Montessori schools in Greater North Austin
- Decades of family and staff experience in education, with highly accredited teachers
- Advanced socio-academic, character and sensory-motor development
- Highly specialized and fun learning environments
- Individualized lesson focus and variety of group activities
- Peaceful, secure and spacious facilities
- Multiple after-school and unique enrichment programs

*A Legacy of Excellence in
Montessori Education*

 **SAPIENTIA MONTESSORI**
WISDOM

 **Cedar Park Montessori**

Sapientia Montessori
512.260.2261
1220 Cottonwood Creek Trail (CR185)
Cedar Park, TX 78613
www.sapientiamontessori.com

Cedar Park Montessori
512.259.8495
400 E. Whitestone Blvd (FM1431)
Cedar Park, TX 78613
www.cedarparkmontessori.com

HOA ARCHITECTURAL DESIGN & REVIEW COMMITTEE NEWS

ADRC Definition

The Architectural Design and Review Committee (ADRC; aka Architectural Control Committee-ACC) is your neighborhood committee responsible for approving all exterior property modifications. The committee is comprised of three volunteer members who work to conserve the natural beauty of our neighborhood while helping to maintain property values.

STORAGE, SHEDS, AND SOLUTIONS

By Pat Wimberley, AROA Vice President

Every year as the seasons pass, our garages seem to get more crowded and cluttered. I personally have several fishing poles, a box of kitchenware, a collection of vases, and two piles of scrapbooks, which for the time being cannot seem to locate their owners', but have nested in my garage. To free up some space there are a number of available solutions which meet neighborhood standards and requirements for design and appearance, while hopefully remaining relatively light on the old pocketbook.

To start with, the CC&Rs for Avery Ranch specifically prohibit sheds taller than 6' in height in order to preserve our nice neighborhood views. Sheds (or greenhouses) must also be located more than seven and one half feet from an interior lot line and are subject to the provisions of Section 4.02(a). In short this means, most of the time, (a) 7.5 feet to 10 feet from the lot line, (b) shorter than 6' in height, (c) less than 80 sq. ft., (d) an ACC Application from www.averyranchhoa.com, (e) approval, and all is good. For many, this is a great place to store the lawnmower and garden materials. Greenhouses and small workshops have been setup this way as well. Whether you choose to install a pre-built shed from a local store, which can be setup in about 1-2 hours, or have a contractor install something a bit more customized to your taste, it is a quick way to clear out some garage storage while maintaining the beauty of our neighborhood.

Please insure that you submit an ACC Application form before starting your project to avoid any unknown complications about which the ARDC may be able to help in advance. In case you have any questions in regards to the specifics, please reference the Governing Docs section of www.averyranchhoa.com. Assistance

(Continued on Page 5)

THE LAX FARM

"Growing Players with a Passion"

Boys Youth Lacrosse / Fall League / Grades 1-6



Is your son looking for an alternative to the same old fall youth sports?

Registration is now open for The LAX Farm's Fall 2011 House League. The league is structured for novice players and it is organized to emphasize fun and skill development.



If your son was looking for a way to enter the sport, this recreational league is an ideal way for him to test the waters. The league is designed for entry level players, but it is also for boys with some lacrosse experience who want to keep their skills honed during the off season. We offer full equipment rental packages as well.



512-568-7597

www.thelaxfarm.com

**Avery Ranch
HOA Members,
You Can Join!**

RBFCU

Lake Creek Branch
10135 Lake Creek Pkwy.

Join online - rbfcu.org
512-833-3300 | 1-800-580-3300
Federally insured by the NCUA

HOME ON THE RANCH

HOA ARCHITECTURAL DESIGN & REVIEW COMMITTEE NEWS *CONT.*

Storage, Sheds and Solutions *-(Continued from Page 4)*

can be offered as well at gethelp@averyranchhoa.com. Alternately, offsite storage can provide a quick and easy setup for rarely used, or soon to be moved/sold, items. Check the forums at www.averyranchhoa.com and you will likely find a number of good recommendations. I have used the facility on 620 for about 6 months in the past and found it to be a great solution during a move. The climate controlled units are relatively inexpensive and are a huge improvement over sorting through items in the Texas heat.

Recently I visited with a couple who have modified their home's ceiling to add a ladder and storage. It might be worth reviewing whether or not your attic could be floored. Please be sure to use a reputable contractor and pull any necessary permits if you do choose this route. No one wants a good storage solution and a collapsing ceiling! And now finally, my favorite solution for the storage dilemma is the Garage Sale! The Avery Ranch Social Committee hosts neighborhood-wide garage sales twice a year. This includes signage and advertising in local papers and online. On these weekends, the increased number of sales in our area and variety of items seems to bring in many more people from further away. For me this has been a great way to free up space while raking in a little cash. Garage sales are permitted at any time by any individual who wishes to hold a sale. However, the best traffic and most visitors definitely come to visit on the neighborhood-wide sale weekends.

COMPLETE QUIZ TO WIN A PRIZE

Provided by RBFCU

Courtesy of your Architectural Design & Review Committee (ADRC) All answers can be found in this issue of "Home on the Ranch" and the official Avery Ranch HOA website (www.averyranchhoa.com)

- 1. When is the next Avery Ranch Garage Sale?
- 2. What day is the Greater Austin Walk Now For Autism Speaks fundraiser?
- 3. What depth of mulch is recommended under the drip line of a tree?
- 4. How much does it cost to rent the indoor room at the MAC on the weekends?
- 5. Who do you call to report a streetlight that is out?

The first three residents with accounts in good standing who submit correct answers via email to ContestAvery@gmail.com will win a gift certificate chosen by the ADRC and funded by a local business. Answers must include your Name, Address, and Phone Number in the email. Board Members or Committee Officers are not eligible. Winners are limited to once every twelve months.

Why choose Primrose®?

Find out at our

Kindergarten Open House

Beginning July 16th, 2011

9 am-12 pm

RSVP at 512.733.2020

Primrose School of Round Rock

15925 Great Oaks Drive
Round Rock, TX 78681

www.primroseroundrock.com



Each Primrose School is a privately owned and operated franchise. Primrose, Primrose Schools, and The Leader in Educational Child Care are trademarks of Primrose School Franchising Company. ©2011 Primrose School Franchising Company. All rights reserved.

Open House on Saturdays



Primrose Schools®

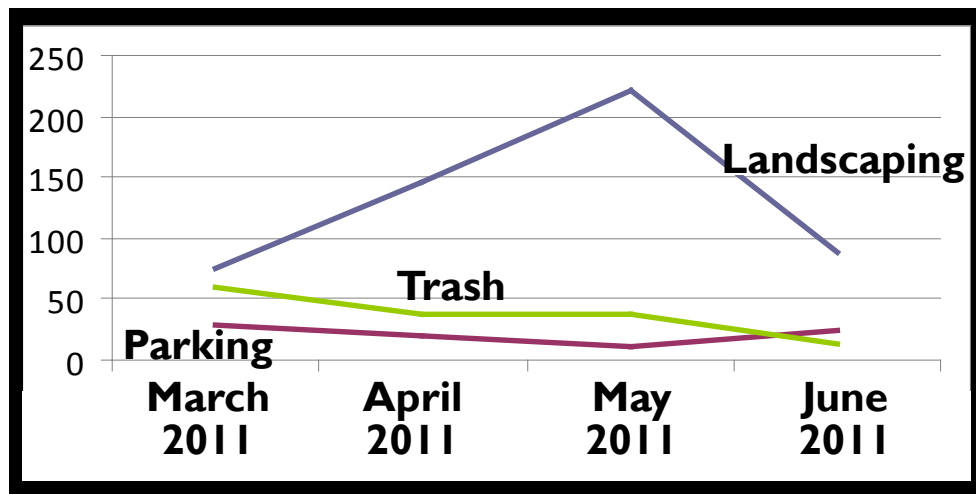
The Leader in Educational Child Care®

HOME ON THE RANCH

HOA ARCHITECTURAL DESIGN & REVIEW COMMITTEE NEWS *CONT.*

Landscaping	76	145	221	88
Vehicle Parking.....	28	19	12	24
Rubbish & Debris ...	10	14	17	39
Architectural.....	45	32	36	26

- **Landscaping** = We've relaxed guidelines due to drought. This category covers weeds, overgrown sidewalks, dead grass.
- **Parking** = Overnight on-street parking continues to be a problem. This practice is unsafe and not permitted.



- **Rubbish & Debris** = Trash and recycle bins need to be stored out of street view.
- **Unsightly** = Broad category, such as trash in yard, cars on blocks, ripped netting on trampolines.
- **Architectural** = Any change to the outside appearance of the home/yard that has not been submitted for approval.

CEDAR PARK EYE CARE

Dr. Dennis R. McCarty
Therapeutic Optometrist

- Diabetic Eye Exams
- Blade-Free Custom iLASIK comanagement
- Routine Eye Exams
- Dry Eye Treatment & Management
- New Bifocal Contact Lenses
- Designer Eyewear
- Eye Infections & Minor Injuries
- Financing for products and iLASIK available through Care Credit.
- EyeScreen allows us to examine your retina without dilation drops for all ages!

Get Ready for Back to School!

Mention this ad for a \$59 Kids Exam. Some restrictions apply. Call or come in for details!

Cedar Park Eye Care - 302 S. Bell
249-0808
(Just N. of Buttercup Creek Blvd; behind Dominos)
WWW.CEDARPARKEYECARE.COM

CONVENIENTLY LOCATED AT PARMER AND MCNEIL

INTERNAL MEDICINE CLINIC

6301 W. Parmer, Suite 102
Austin, TX 78729

Same Day Appointments!

Treating adults when they are sick ... and keeping them healthy in the meantime.

ALICIA W. GROSSMANN, MD
www.doctorgrossmann.com

Call 512-568-3565
for your appointment

Most major insurance carriers accepted

MORNINGSIDE BEAUTIFICATION PROJECT

a "Pay it Forward Campaign" - by Lisa LaPaso

With the heat, lack of rain, water shortages and bad builders' landscaping many of you may be feeling overwhelmed about your landscape problems. My name is Lisa LaPaso and I am a professional landscape designer, but I am submitting this article to volunteer my services for those who would like to participate in my Morningside Beautification Project as a "Pay it Forward" campaign.

I am offering 10 completely free front yard consultations to either any resident who will "Pay it forward", meaning you will help a neighbor/neighbors make their yard beautiful with the knowledge you learn, or... you can nominate a neighbor who needs and wants the help. Those who are chosen for the consult will be trained to be a steward of the "Pay it Forward Program". In other words, you will be educated and able to assist your neighbors with simple labor or information

on how to create a beautiful chemical free, low water, native landscape.

I would like to begin in Morningside as this is my home base and see how well the concept takes off then to hopefully bring it to all of the A/R community. I would like to create a palette of easy to use plans available for you to use to create low maintenance (as is possible) low water, native landscapes, trees, shrubs and lawn care for people to have better success in their landscapes.

If you are tired of having a sad yard and are stressed from receiving HOA notices for the lack of a solution, then please contact me at lisalapaso@yahoo.com to set up a "Pay it Forward" consultation. I will choose 10 residents from different streets (no more than one consult per street) to start this project. So the more desperate your landscape, the better. However, you can then

invite as many people from your street as you wish to attend the session, and the time and dates will be posted on the A/R board for those who might also like to attend one or more of these sessions.

The consults will begin in August and I will do 2 a week in the evening with the intention of getting all 10 homes and their participating neighbors ready for Fall planting. Lets make this a project one that sets precedence for the rest of A/R and make Morningside the most beautiful example of clean, efficient and practical, but attractive landscapes we can dream of. By paying it forward we are creating a community who as stewards and gardeners, create an environment we can all be proud of while nurturing our Earth and our spirits.

Happy Gardening!



CONSTANT VISUAL SUPERVISION



LEARN TO SWIM



WEAR LIFE JACKETS



MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS



KEEP BACKYARDS & BATHROOMS SAFE



ALWAYS CHECK POOL/HOTTUB FIRST FOR MISSING CHILD



LEARN CPR



COLIN'S HOPE

Increasing water safety awareness and standards



TEXAS has more drownings than any other state so far this year and we still have a long HOT summer ahead of us. Please be safe in and around the water.

Source: U.S. Consumer Product Safety Commission's Pool Safety Campaign www.poolsafely.gov

For more information, check out our website at www.colinshope.org

Download a QRcode App on your phone & scan me!



JOIN US IN HAVING A SAFE SUMMER IN THE WATER!



COLIN'S HOPE KIDS TRIATHLON
08.28.11 • AUSTIN, TEXAS



Sunday, August 28th The 3rd Annual Colin's Hope Kids Triathlon
The Colin's Hope Kids Tri will once again take place in the Lake Pointe neighborhood on Sunday, August 28th. Almost 300 athletes (ages 5-15) are registered and now we need VOLUNTEERS to help us cheer them on! Volunteers are needed to help with packet pickup on Saturday, August 27th and at the race on Sunday, August 28th. This is a great family or group volunteer activity and there are variety of volunteer positions and shifts available! Please go online to volunteer at www.colinshope.org.

August-September 2011 The Hospital at Westlake Medical Center Flamingo Sale to Benefit Colin's Hope!
When the beloved garden center, Pots & Plants closed its doors- several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in July, August and September benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit www.westlakemedical.com for more details or stop in The Hospital's Waterfall Café, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope!

Friday, September 2nd- The 2nd Annual Got2Swim 4 (and 8) Miles for Colin's Hope
In celebration of Colin's Birthday on September 2nd, 50 swimmers will be heading down Lake Austin to the Walsh Boat Landing (near the Tom Miller Dam). Some of the swimmers will be going 4 miles while others will be swimming 8 miles. Their journey will be safeguarded by kayak Water Guardians, a team of volunteers and The Expedition School. The goal of this swim is to raise \$50,000 for Colin's Hope while raising awareness for water safety and drowning prevention. Please go to www.tinych.org/got2swim to meet our swimmers and make a pledge towards our \$50,000 goal. All funds raised from this event will go directly to Colin's Hope. Visit www.colinshope.org to find out where you can go on September 2nd to cheer on the swimmers.

Children who drown often do not **scream, splash, or struggle**. They can silently slip beneath the water, even with adults & lifeguards present.

HOME ON THE RANCH

WATERING TREES

by Patty Hoenigman, Master Gardener

People tend to remember to water their vegetable garden, flower beds and lawn, but forget to water the largest plants in their yard....the trees! Many trees have died in recent years due to the drought. The small ones suffer the most without supplemental water. If you want your trees to stay healthy, give them a drink. They have a lot of leaves and branches that are dependent upon water to support their vascular system.

How much water should my trees get? Trees require an inch of water per week, especially during these hottest summer months.

What's the best way to water my trees? It's easy to do with a soaker hose, which should be placed at the outermost perimeter of the tree's branches. Turn the soaker hose on high and let it run for an hour.. Even with a high setting, the water will only be dripping out, so don't worry about your water bill spiking up. There are timers that can be screwed on between the

faucet and the hose that have automatic timers to make this job super easy. The timer will turn the water off automatically.

If my trees are in my lawn and getting watered by my sprinklers, is that enough water? If you have old and well established trees, the water provided by your sprinklers will likely be enough to sustain them. But, most of the trees in our yards have been planted when our homes were built and still require additional watering.

Is grass that's growing around a tree bad for the tree? Grass roots are in the uppermost layer of the soil, so they take in the first available water, robbing tree roots from getting as much as they require. It is best for a tree to clear away all the grass from within the drip-line of the tree, and cover the soil with no more than 2 inches of mulch. This gives the tree a fair shot at taking up the water that's available.

GARDEN CLUB Meeting Invitation

The September meeting for the Avery Garden Rancheros will be on Friday, September 16th, at the home of Patty Hoenigman. Sam and Leslie Myers, Master Gardeners, will be giving a talk titled, Good Bugs and Bad Bugs in the Garden. They are very knowledgeable and will show excellent photos so that we can learn which bugs are destroying our plants and which ones are beneficial to the garden.

If you're interested in attending, please email Patty at patty@thetaxcenter.us. A potluck will follow the talk, which is when we all get to know each other, eat great food and tell each other what's happening in our gardens. It's free and we'd love to have you!



AVERY RANCH EYE CARE

NOW OPEN IN CEDAR PARK!

- **Comprehensive Eye Exams**
- **Ocular Disease & Glaucoma**
- **Diabetic & Cataract Exams**
- **Dry Eye Treatment and Management**
- **LASIK Refractive Surgery Consultation**
- **Designer Eyewear and Sunglasses**



15004
Avery Ranch Blvd
Suite 103

512-255-7070

www.averyrancheyecare.com

\$50.00 off*

your first pair of sunglasses.

*Not valid with insurance or any other offers. Offer expires 12/31/11.

IQ ISN'T ENOUGH:

How to Raise Kids With Emotional Intelligence - By Sugandha Jain

Emotional intelligence is the awareness of, and the ability to, manage our emotions in a healthy and productive manner. "[Emotional intelligence] is actually an easy intelligence to nurture if we are aware of what it is and find simple little practices to weave it in during the day," says Dr. Michele Borba, author of the book *Building Moral Intelligence*.

Emotional intelligence does not, however, happen by chance. Parents must be intentional in training their children to learn and use it. It's akin to teaching a child to read a book, says Dr. Borba: just as you would teach your child letters and sounds and build on those to eventual reading, so too must you begin teaching EI when a baby is learning to mimic their parents' facial expressions and build on that over time.

Self-awareness is the first step to learning EI, says Robin Schafer, a certified

emotional intelligence trainer who founded the website www.MasterfulKids.com. In evaluating the emotional intelligence of children, Ms. Schafer suggests parents to ask the following questions: Does my child understand and label different emotions? Can she control negative impulses? Does she let anger get the better of her? Is my child motivated to accomplish goals in life? Is my child a positive thinker? Does my child have empathy for others?

Unlike regular intelligence and personality, emotional intelligence is a flexible skill that can be improved, says Dr. Lawrence Shapiro, author of the book *author of How to Raise a Child with a High E.Q.* EI skills can be learned in people of all ages if the right part of the brain, the limbic system, is activated in this effort. The limbic system is primarily responsible for emotional behavior, reactivity,

impulses, drives, certain motivations or the storage of memories. "[Emotional intelligence] is something every child has to learn just like walking or reading," says Dr. Katrin Hille, developer of the website www.KidsEmotions.net. "Some [kids] have better starting points to learn how to develop emotional intelligence, others [such as those with autism] don't. Still, every child and adult, no matter how good they are in the moment can improve their emotional intelligence".

Building an Emotional Vocabulary

Parents are their children's first and best teachers when it comes to learning emotional intelligence. To become emotionally intelligent adults, children from a young age must be allowed to explore the world of emotions. Parents should provide a safe atmosphere in which to do this.

(Continued on Page 14)

BUSINESS CLASSIFIEDS

NO TIME FOR HOUSE CLEANING? Paying too much for house cleaning? Call Natalie's Maid Service for a free estimate at 512-771-3060. Affordable prices * Quality Work * Supplies Furnished * Bonded * Call now for a free estimate and \$15.00 off your first clean. www.nataliesmaids.com.

APKA SALON AND SPA I am Devika Gajera and I am a certified cosmetologist. I live in Stone Canyon subdivision. I offer these services: Eyebrows threading, Waxing, Henna Tattoo, Facial and Back treatment. For more details visit www.apkasalonspa.com or Call 512-628-0161.

PERSONAL CLASSIFIED

SWIM LESSONS. My name is Katie Morgan, 17 years old. I can give swim lessons. I am CPR certified and have had first aid training. Contact number: (512) 796-6961

The perfect church for people who aren't.

Celebrate Recovery | Mondays @ 7:00 pm

Codependency Group (for those with loved ones struggling with addiction)
Sexual Addiction Group (male group)
Chemical Addiction Groups (male & female groups)
Women's Support Groups (eating disorders, sexual addiction)

Health, Hope & Healing | Mondays @ 7:00 pm

Divorce Care
Safe People

Specialty Classes | Sundays @ 8:30 & 11:30 am

Re-married/Blended Families
Ladies Only and Men's Only Classes

Starting Soon: Men's Anger Management, Boundaries, Women's Wounded Heart (survivors of sexual abuse)

WATCH LIVE services Sunday mornings or view any time at www.ghbc.org

Sunday Morning Schedule | 10:00 Worship | 8:30 & 11:30 - Bible Life Groups (all ages) Great Hills Baptist Church | the radiant church



YOUTH SOCCER & BASEBALL

Sportball will hold their 4th annual Fall Soccer and Baseball lessons at Pepper Rock Park. Classes are open to children ages 2 to 5. Enroll online at Sportball.us or call 608-2634 for more information.

These soccer and baseball classes will give kids a chance to learn valuable sports skills without the pressure of little league. Kids will receive a jersey and practice with their team each Saturday, but will not have an official game schedule. Classes focus on skills, drills, and scrimmages. Classes are taught by certified coaches.

Classes for Fall 2011

Age 2-3 (Parent/Tot)

Age 4-5

Register at Sportball.us

Saturday mornings

Sept 17 to Nov 5

\$125 - all fees and jersey included



WHAT CAUSES AUTISM?

By Connie Ripley

Autism is diagnosed in one out of 110 children (1 in 70 boys). In 1975, autism effected 1 in 5,000. It is the fastest growing serious developmental disorder in the U.S., but is it a disorder or a disease?

The reasons for this huge increase, especially the 57% increase between 2002 and 2005, are being explored by parents, physicians and scientists. The means of diagnosing being essentially the same, what in our current world is causing the escalation of autism at alarming rates?

No totally supported cure exists. Early detection and intervention are the best treatments. Many concerned parents are blaming childhood immunizations —due in part to a well-publicized study by Dr. Andrew Wakefield (founder the Austin-based Thoughtful House) linking the measles-mumps-rubella (MMR) vaccine to autism. Medical organizations and drug companies have spent millions combating what they call his “fraudulent research findings”, yet Wakefield still holds his findings as factual. Who do you believe? The Centers for Disease Control (CDC) is finally citing studies showing that early exposure to mercury-based thimerosal is associated with motor and phonic tics in boys. Others are claiming the measles vaccine is a live virus that may continue to live in some children.

The age of parents, either mother or father, has been shown to possibly have an impact on the diagnosis. According to the federal

government’s leading autism body, the Interagency Autism Coordinating Committee (IACC), “Recent studies suggest...that parental age...may confer environmental risk.” The Dr. Oz television show had a large portion of one show on the causes. This was a well-accepted cause, but why?

In-Vitro fertilization appears to also be in question. A recognized physician and autism specialist states that 29% of her autism patients were conceived in-vitro. (It is important to note that this is only one physician’s findings and is not a published study.) Could this also be linked to age of parents? The federal government is also studying Toxins as a possible cause. The unusually high incidence of autism in children around Texas power plants is cited in some studies.

Mitochondrial DNA damage is finally getting a lot of attention from both physicians and the federal government. Current scientific findings support the concept of a medical disease causing a dysregulated immune system to constrict the blood flow in some children’s brains, primarily the temporal lobes affecting motor skills, social integration and speech. Some physicians claim that when “the villan” that causes the damage can be identified and removed from the child, autism symptoms diminish. Is this a vitamin deficiency, a virus, a fungus, sensitivities to toxins or certain food allergies? The CDC now wants to do a 5 year study on the

potential risk for post vaccine “neurological deterioration” and a study of mitochondrial dysfunction. This comes after the IACC announced a shift in research priorities toward environmental triggers, which could include toxins, biological agents and “adverse events following immunization.”

Does a genetic predisposition to the disorder exist in some children? While each gene appears to affect only a small percentage of cases, groups of genes appear to account for a greater percentage of autism risk. When children are exposed to certain toxins, viruses, fungi or conditions, autism could be the result, but not in all siblings and not in all twins. Why are four times as many boys as girls affected with autism? Something causes this early disruption in the development of the brain of one in 110 children (Some even say the number is more like one in 91. The U.S. military is stating 1 in 80 in ads on TV!), but what?

Autism Speaks is North America’s largest autism science and advocacy organization. Autism Speaks is funded primarily by local walks. The Greater Austin Walk Now for Autism Speaks committees and teams are being formed for the 2011 Walk at Dell Diamond on September 24. Your help is needed! Please contact Walk Manager Traci Whitney at traci.whitney@autismspeaks.org or go to www.walknowforautismspeaks.org/austin *Every 15 minutes a parent is told his/her child has autism!*

FINE EYEWEAR

Eyecare and Sunglass Boutique

Higher Quality. Better Vision.™



Official UT Maui-Jim sunglasses available exclusively at Fine Eyewear! (other universities available)

2800 E. Whitestone Blvd Suite 210 • 512.260.9779 • www.FineEyewear.Net

Get back to school LOOKING & SEEING great!

- Affordable glasses for kids
- Fashion eyewear for mom
- Sport Sunglasses for dad
- Contacts for teens
- Advanced eye care for all!



Ready to kick off that new
home renovation project?

Make it happen with a
home equity loan
from **Austin Telco.**

4.45%*

10 Year Fixed Rate • Plus No Closing Costs**

Contact a Loan Specialist, 512.302.5555 Ext. 7194

Free Checking
250+ Free ATMs
Excellent Rates

**You
Can
Join**

Membership
is open to
anyone
in the 5
county Austin
Metro area



*Annual percentage rate (APR). Rate is expressed as low as and may vary depending on credit qualifications. Rate and term are subject to change without notice. Austin Telco Federal Credit Union is federally insured to at least \$250,000 per member by the National Credit Union Administration. **These costs include: title search, flood determination, credit report, and county filing fees. If necessary, additional fees for member requested appraisal, survey, and title company closing costs will be the responsibility of the borrower. Estimated costs will be disclosed upon receipt of application. Loans of \$100,000 and above will require an appraisal, title policy, and title company closing costs at the member's expense.

HOME ON THE RANCH

COMMUNITY EVENT

CarFit Event for Senior Drivers

When: October 8, 2011, 8:30am - 12:30pm

Where: Reavis Rehab & Wellness Center

Where: 1250 South A.W. Grimes Blvd., Round Rock, TX 78664

Contact us : Phone: 512-381-1744

Email: events@ReavisRehab.com www.ReavisRehab.com

At a CarFit event, a team of trained technicians and health professionals work with senior drivers to ensure they "fit" their vehicle properly for maximum comfort and safety. Drivers can improve their safety by ensuring their cars are properly adjusted to meet their specific needs. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others. A CarFit check takes approximately 20 minutes to complete. Call 381-1744 today to sign up for this no cost CarFit event.



*Saturday,
September 24,
2010*

Join us for the 17th Annual Hairy Man Festival on Saturday, September 24th from 11am to 6pm at Cat Hollow Park in Round Rock. Admission to the festival is two non-perishable food items or \$2 per person to go to local food banks. This event is sponsored by The Brushy Creek Women's Association and the Brushy Creek MUD. The family fun-centered events raises money for many local charities, and offers a full day of food, arts & crafts, children's activities, and enjoy special performances and live music all day. This year the proceeds will benefit Project Care Case. Project Care Case provides new and age appropriate suitcases on wheels to each child in foster care. The "care case" has their names permanently embedded on it and contains socks, underclothing, two changes of clothing, teddy bear, and a pillow/blanket of their own and a child friendly Bible.

For more information visit www.projectcarecase.org, Connie Bellows 512-852-9276. The festival is located at Cat Hollow Park off of RM 620 at 8600 O'Connor Drive. For more information please visit www.HairyManFestival.org or www.BrushyCreekWomen.com.

CHATTER *By Rona Quejada, Newsletter editor*

As I was sorting old magazines for recycling, I came across an article in Reader's Digest about the unusual uses of freezers. It made me curious and so I searched the worldwide Web for freezer uses other than storing food. Below are some useful tips I learned:

- Cameras using film are seldom used nowadays with most camera users preferring the convenience of digital cameras and phone cameras. If you previously bought film in bulk, you can extend the life of your film by storing the film in a Ziploc bag in the freezer. Remember to thaw the film overnight before using it.
- Keep your unused popcorn supply in the freezer. You'll have less unpopped kernels when you cook them.
- Salvage your photographs that have stuck together when water was spilled on them. Stick them in the freezer for about 20 minutes then carefully separate them by using a butter knife. Place them back in the freezer if they don't separate, then try again.
- Place your candles in the freezer before using them to make them last longer.
- Put onions in the freezer for about 20 minutes before chopping them, it will prevent or lessen tears while chopping it.
- Remove the musty smell of a book or fishy- smell from a food container by keeping them in the freezer overnight.
- Chilling a messy pot in the freezer for a couple of hours will make it easier to peel off the frozen burned food.
- The shelves on a freezer door are a little warmer than the interior, making it a better place to store items like coffee beans and bread.

Before our children return to school, clean out the refrigerator/freezer to make sure that everything will be a fresh start!

The advertisement for Faith Montessori House of Children features a black and white photograph of a young girl sitting on the floor, focused on a Montessori activity. Above her, several hands are shown holding wooden blocks that spell out the word 'FAITH'. The text 'Montessori House of Children' is prominently displayed, followed by the tagline 'Tending the child to bloom into creativity'. Below this, a list of offerings includes '18 Months to 6 Years', 'Montessori Certified Teachers', 'Full Time & Half Day Programs', 'Open Year Round', and a list of activities: 'Gymnastics', 'Spanish', 'Dance', and 'Art'. The website 'www.faithmontessorihouse.com' is provided. At the bottom, the full address and contact information are listed, accompanied by a graphic of three colorful geometric shapes (a green cube, an orange cone, and a red cube).

Montessori House of Children
"Tending the child to bloom into creativity"

18 Months to 6 Years
Montessori Certified Teachers
Full Time & Half Day Programs
Open Year Round
Gymnastics
Spanish
Dance
Art

www.faithmontessorihouse.com

Faith Montessori House of Children
9006 Anderson Mill Road
Austin, TX 78729
P: 512.219.9191
C: 512.909.0090



15111 Avery Ranch Blvd

Austin, Texas 78717

(512) 218-9669

www.krkaustin.com

Establishing Excellence in Education Since 2004



Dyanne Alvarado, Crystal Montoya, & Heidi Ericson have been nurturing and educating children at Kids'R'Kids Learning Academy since 2004. Our families have been touched by their love of children and passion for learning. Kids'R'Kids has invested in their teachers to make sure they have the necessary learning tools and the educational training in Early Childhood Education. Teachers at Kids'R'Kids strive to be the best in the field of education. We have achieved NAEYC accreditation and Advanced Ed accreditation so we can offer your children the very best. We set the foundation for high quality childcare and learning seven years ago on August 9, 2004. We plan on continuing on the path of excellence in education and set a high standard on focus-driven learning.

Stop by and tour our wonderful facility and see the great learning opportunities for your child. We offer a hot nutritional lunch every day with three menus to choose from. We also offer breakfast, morning and afternoon snacks. We have an interactive Smart Board in our custom library with state-of-the-art technology. Most of all, we offer Hugs and Love.



Join us for "Open House" in August 6:45 pm – 7:45pm

August 8th (Kinder), August 9th (12 mo- 24 mo), August 10th (2yrs. - 3yrs.),
& August 11th (Jr. Pre – Pre-K)



HOME ON THE RANCH



Sam Wong

Real Estate Broker

A realtor who lives in Avery Ranch & knows Avery Ranch !

Buy / Sell / Lease

Sell your house on MLS for \$595, why for Sale by Owner?

www.sam-realty.com

Samcwong@gmail.com

(512)743-3039

Agent Realty

MAHARAJA INDIAN CAFE



8650 SPICEWOOD SPRINGS ROAD, SUITE 119, AUSTIN, TX 78759

We Serve Authentic Goan Food, Fish Curry Rice, Fish Fry, Goan Shrimp Okra Curry, Fish Cutlets & Many Other Vegetarian, Veg. Tali & Non Vegetarian Dishes Including Chat. We also take large party order upon request. With an order of \$35 or more get one free order of samosa.

Now Open!
512.249.9122



IQ Isn't Enough - (Continued from Page 9)

"Just as children learn new vocabulary in their native language, they can begin to learn to name their emotions and feel safe talking about those feelings," says Deborah Havert, a Houston-based program manager of Six Seconds Emotional Intelligence Network.

Dr. Charlotte Reznick, a clinical professor of psychology at UCLA says parents should start naming emotions from the time their children are very young—and do it often as the child grows up.

"If parents use emotional words, words that mean something, they can build it into the language of children," she says. "Then that kind of emotional vocabulary becomes natural."

The bottom line? "Children are watching us more than they are listening to us," says Linda Anderson, a parent education specialist. "We cannot expect of our kids any behavior that we are not expecting of ourselves first."

Sugandha Jain is a Master Registered Texas Trainer and an internationally published journalist.

An Avery Ranch resident serving the Avery Ranch Area!



My *word* matters!

Juli Word, REALTOR®

Keller Williams Realty

Mobile: 512-689-7156

www.juliword.com

juli@juliword.com

On the fence about your next move?
Contact me and I will help you decide.



In-home music lessons.

**any age
skill level
instrument**

**BEST
OF
PARENTING
2010**

**BEST
OF
PARENTING
2008
WINNER**

**BEST
OF
PARENTING
2009
WINNER**

512.301.8589

MMAMusic.com

**NOT AVAILABLE
ONLINE**

At no time will any source be allowed to use the Home on The Ranch 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 Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc. and the Avery Ranch Homeowners Association.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

PoolScapes
Inc.

- Custom swimming pool/spa construction
- Each project carefully engineered
- Creatively designed renovations
- Quality pool service and repairs

Create your own outdoor living!



Phone: (512) 341-7665
www.austinpoolsapes.com



PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

AR

AveryRanchHouses.com

We'll Sell Your Home



For as Little as 1%*

- *FREE Home Value Check*
- *Cancel Anytime Agreement*
- *FREE Move Up Program*
- *Lease Buy Out Program*
- *Creative Financing Expert*
- *Property Management*
- *Residential Leasing*



19 Years Experience & Over 2600 Homes SOLD

***We will Sell your Home Faster
& for More, Guaranteed!***



Mike Cusimano
795-9918

