



# BELLA VISTA *Bulletin*

August 2011

Official Publication of the Bella Vista Homeowners Association

Volume 3, Issue 8

## *Letter From* THE PRESIDENT

Hello Neighbors,

It's time to nag you all about the landscaping again... Please remove any tree stakes that were installed by the builder. Ties used to fasten the stakes to trees can cause indentations which can significantly weaken a tree and constrict bark growth and stakes aren't needed if the tree is over 6' tall. Once the stakes are removed the tree can now sway in the wind which will help the trunk become stronger and wider. I was able to remove most of my stakes by soaking the ground well enough to pull and wiggle until they came out, sort of like pulling teeth! However, I did have to call a professional landscaper to remove three stakes that would not budge. Also, you MUST trim any trees, shrubs or plants away from the sidewalk. It is unsafe for your neighbors who may be injured by hanging branches or overgrown limbs.

*Sincerely, Veronica (vfrederick@austin.rr.com)*

*Bella Vista Website: <http://www.bellavista-hoa.com/bellavista>*

## *The* RECREATION COMMITTEE

We want to express a huge THANK YOU to Melodee Sadeghi and the Recreation Committee for the 1st Bella Vista 4th of July Fire truck parade which was a wonderful success! We also want to thank the Volente Fire Department for spending time in our neighborhood. Enjoy the photos. Please make sure the pumpkin seeds that were delivered to your homes are planted as soon as possible. There will be several categories for your pumpkin to compete in at the Fall Festival. The Recreation Committee wants your helping hands and creative minds. To get involved please contact Melodee at [melodeesadeghi@yahoo.com](mailto:melodeesadeghi@yahoo.com). (*Photos Pg. 2*)

## *Upcoming Events*

NEIGHBORHOOD GARAGE SALE - October 1st

FALL FESTIVAL/PUMPKIN GROWING CONTEST - October 29th

SANTA & PONY RIDES - December 10th

## BOARD REPORT

The previous Board meeting was held on July 6 and attended by our new RealManage property manager, Bill Brooks. The Board reviewed outstanding deed restrictions, collection candidate report and monthly financials. Recently passed laws affecting HOAs were discussed briefly and RealManage will provide training for its clients in the future. Bids were requested to replace missing monument lights. In June the Board reviewed the current insurance coverage and added an umbrella policy. Reports were provided by the ACC, Pool maintenance and welcome committees. RealManage completed repairs to the pergola covers and were scheduled to power wash the playscape by mid-July. Homeowners that attended the Deer Creek Ranch annexation meeting with the City provided an update before the meeting. The Board discussed voluntary annexation for Bella Vista and requested the President contact the Cedar Park City Manager for additional information.

## ALERT!

*All homeowners with alarm system monitoring should notify your alarm service provider to direct emergency calls to 512-476-4333 which will dispatch to the Volente Fire Department instead of Cedar Park.*

# Bella Vista

## IMPORTANT CONTACTS

President, Veronica Frederick.....vfrederick@austin.rr.com  
Vice President, John Shumaker ..... john.h.shumaker@att.net  
Treasurer, Bill Chapman.....wchapman@ctrma.org  
Director, Shelley Lee ..... Shelley\_Lee@mac.com  
Secretary, Jeremie Gordon ..... jeremie.gordon@motorola.com  
.....jeremie.gordon@gmail.com

## HOA MANAGEMENT

RealManage Resident Services (pool, issues, etc).....  
1-866-473-2573.....Service@RealManage.com  
Association Manager: Kathy Frazier, RealManage, 10800 Pecan  
Park BLVD, Ste. 100, Austin, TX 78750

*When calling 911 for assistance, let the dispatcher know we  
are served by Cedar Park Fire Station #2 on Cypress Creek.*

## MISSION STATEMENT

Peel, Inc. Community Newsletters

Our goal is to provide the Bella Vista community with one source of local news content that is provided by Bella Vista residents. Our goal is to help build Bella Vista by connecting local businesses with residents and residents with relevant neighborhood information.

*"Be the Community."*

## NEWSLETTER INFO

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

## ARTICLE INFO

The Bella Vista Bulletin newsletter is mailed monthly to all Bella Vista residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

If you have an article of interest to the community please submit to vfrederick@austin.rr.com by the 8th of the month. The newsletter can also be viewed online at www.PEELinc.com.

## POOL COMMITTEE

### TRASH:

Please help keep the pool area looking nice by disposing of any trash regardless of who left it behind. Also, it is greatly appreciated if someone could return the emptied trash containers to the bottom of the stairs on Tuesday.

### VANDALISM:

The pool electrical system was vandalized recently and the HOA will need to fund the repairs. Please contact the Travis County Sheriff if you notice anyone destroying any property in or around the Pool.

### POOL SAFETY REMINDER:

Alcohol or Glass Containers are NOT allowed in or around the pool. Violators will be requested to leave the pool area.

## YARD OF THE MONTH JULY 2011

*Congratulations to  
Dee Dee & Stephen  
Dawson of 3202  
Appennini Way  
for a picture  
perfect yard!*



**Rec. Comm. (4th of July photos)- (Cont from Cover Page)**



## WILL MY CHILD BE READY FOR ELEMENTARY SCHOOL?

Submitted by: Brandi Muse

More and more parents are recognizing the importance of enrolling their children in preschool to help them develop the right foundation for success in elementary school and beyond. However, the best programs go beyond helping children master basic academic skills to supporting their development as happy, confident, well-rounded individuals.

Research shows that from birth to age five, development in all areas is rapid. Children form strong neural connections during this time as a result of experiences they have with everyone and everything they encounter. The quality of those early interactions determines how children continue to learn and form relationships, strongly influencing their future success and happiness.

“Parents should look for preschool, pre-K, kindergarten and first grade programs that take a balanced approach to developing motor,

social-emotional, creative and academic skills,” said Brandi Muse, of Primrose School at Summerwood. “It takes quality instruction, a well-rounded curriculum and a positive teacher relationship to prepare a child to succeed.”

- **Academics:** Let’s go beyond concentrating only on basic math and reading skills. Academic success is not just about memorization – it requires learning how to think critically, use mathematical concepts, express curiosity and develop competence in language skills like listening, speaking and writing.
- **Technology:** In today’s technology-rich world, children need to have a grasp of technology as a tool for creative expression and problem solving. Computers equipped with developmentally-appropriate educational software and online resources should be integrated into the classroom.

- **Physical Development:** Children who participate in daily physical activity develop basic motor skills like throwing, jumping and balance that help them become healthy adults. Physical activity also creates neural connections that support academic achievement.
- **Music and Art:** Young children naturally engage in “art,” or spontaneous, creative play, but when educators involve children in music and art activities regularly from an early age, they encourage cognitive and emotional development.
- **Social-Emotional Development:** Preschool programs should focus on social and life skills to help your child establish positive relationships and transition easily to elementary school.

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# Bella Vista

## HOW'S YOUR "BRISKETIQUETTE?"

*Submitted by Marisol Foster and Courtney Duncan*

With the summer vacation in full swing, the kids out of school, and noodles floating in the pool, it's no doubt the grill is staying fired up. But...before you kick off the flip-flops, here are a few barbecue etiquette tips to ensure your grill fest goes down as the best on the block. Wait. Barbecue etiquette, you say? Yes, it exists.

1. If you're invited to a barbecue party thrown by an individual/family, avoid showing up empty-handed. A side of coleslaw, apple pie, or pitcher of lemonade will do the trick.

2. A barbecue is an informal affair – no need to worry about which fork and knife to use. Go ahead and use your fingers in lieu of utensils. Larger pieces of food, however, should be cut with a knife and fork. No need to get medieval on us.

3. If you're like many people who wonder what is the proper way to squeeze a lemon slice and a lemon wedge? Well, here is the answer: if it is a slice, don't squeeze it—just drop it in the glass. If it is a wedge, cup your hand over it to prevent squirting, and squeeze it into the glass. Who likes lemon pulp in the eye? Not me.

4. Corn on the cob vs. man. For most people, eating corn on the cob is one of life's biggest challenges. Okay, well, maybe it's just a challenge. The best way to approach a hot cob: simply, butter a few rows of corn at a time, hold the corn firmly by the

ends with two hands (or use corn skewers), and eat a few rows at a time from left to right. If you prefer to skip the bite-off-the-cob approach, you may also cut kernels off of the cob with a knife, cutting in a vertical, downward manner.

5. Similar to corn on the cob, ribs are meant to be eaten with your hands. Given their messy nature, however, it's important to have napkins on hand. For this barbecue favorite, bibs are not necessary.

6. Sauce is boss, unless it isn't offered. While Texans are usually proud of their barbecue sauce, some barbecue purists prefer no sauce to appreciate the natural, smoked flavor of the meat. Ask for sauce only when you know it's available, or if your child requests it.

7. Grilled shrimp can be easy to eat or take a little work, depending on how it is served. As a general rule of thumb, if the shrimp has the tail on, you can use your fingers. Tails off, use a fork!

8. When hosting a large group, be sure to have a wide variety of food options for vegetarians and children.

9. To pick or not to pick? Your teeth that is. Often times, meat can be tricky to eat and require some dental maintenance. At every expense, avoid removing food from your teeth in public. Toothpicks may be used, but only in private. So what should you do if you notice

*(Continued on Page 5)*

**ARE YOU**

**ODD OR EVEN?**

**DROUGHT ALERT**

Due to the drought in Central Texas, following your watering schedule is more important than ever. Odd-numbered addresses water on Wednesdays & Saturdays. Even-numbered addresses water on Thursdays & Sundays.

**CEDAR PARK**

**WATER IQ**

Help us conserve Lake Travis.

The WATER IQ logo is a licensed service mark of the Texas Water Development Board.

## How's Your Brisketiquette? - (Continued from Page 4)

someone else in the same predicament? Be discreet, but do tell.

10. Last and not least, respect the griller's domain. If the host/griller has samples to offer, he/she will do so. Never assume you may help yourself to try what "smells good."

### *Now that the fundamentals are covered, what's for lunch?*

This article was contributed by the National League of Junior Cotillions – Travis County, a contemporary etiquette, social skills and dance training program that serves 6th, 7th and 8th grade students in Austin. A parent informational session will be held on Tuesday, August 9th at the Lakeway Resort and Wednesday, August 10th at Barton Creek Country Club. Classes will commence in September 2011. To RSVP for the informational session or learn more about the program, contact Directors,

Marisol Foster or Courtney Duncan at 512.369.8302, or [duncan.foster@nljc.com](mailto:duncan.foster@nljc.com). Class enrollment is limited, but registration is now available online at [www.nljc.com/chapter/westaustin](http://www.nljc.com/chapter/westaustin) or [www.nljc.com/chapter/lakeway](http://www.nljc.com/chapter/lakeway).



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**PEEL, INC.**  
community newsletters



## THE LAX FARM

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**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.



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# Bella Vista

## GOING 100 PERCENT ORGANIC NOT FEASIBLE?

By Melanie Dragger, M.Comm.

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated "Dirty Dozen" list of the 12 fruits and vegetables containing the most pesticides. Topping this year's list? Apples. This begs the question, "Can eating an apple a day really keep the doctor away?"

The answer may lie in where you get your apples. Although the EWG's ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including

developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG's list offers a good starting point for consumers.

According to the EWG's 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the "Dirty Dozen") consistently contained the highest

amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

- |                          |                            |
|--------------------------|----------------------------|
| 1. Apples                | 7. Grapes (imported)       |
| 2. Celery                | 8. Sweet bell peppers      |
| 3. Strawberries          | 9. Potatoes                |
| 4. Peaches               | 10. Blueberries (domestic) |
| 5. Spinach               | 11. Lettuce                |
| 6. Nectarines (imported) | 12. Kale/collard greens    |

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying organic products in order to limit their exposure to pesticides:

*(Continued on Page 7)*



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## Going 100 Percent Organic... - (Continued from Page 6)

- |               |                          |
|---------------|--------------------------|
| 1. Onions     | 6. Sweet peas            |
| 2. Sweet Corn | 7. Mangoes               |
| 3. Pineapples | 8. Eggplant              |
| 4. Avocado    | 9. Cantaloupe (domestic) |
| 5. Asparagus  | 10. Kiwi                 |

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet.

More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>. More information on the Alliance for Food and Farming can be found at <http://www.foodandfarming.info>. To learn more about the USDA's MyPlate, visit <http://www.choosemyplate.gov>, and to discover more about the WHO, visit <http://www.who.int/en>.

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Chemical Addiction Groups (male & female groups)

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**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](http://www.ghbc.org)

Sunday Morning Schedule | 10:00 Worship | 8:30 & 11:30 - Bible Life Groups (all ages)

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For more information,  
check out our website at  
[www.colinshope.org](http://www.colinshope.org)



# 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.poolsafety.gov](http://www.poolsafety.gov)

## JOIN US IN GETTING READY FOR A SAFE SUMMER IN THE WATER!

- 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**



**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](http://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](http://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.tinch.org/got2swim](http://www.tinch.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](http://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.