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IOME on the



December 2011

OFFICIAL NEWSLETTER OF THE AVERY RANCH HOA

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Volume 5, Issue 12

CALENDAR

HOA MONTHLY BOARD MEETING

Next meeting - Monday, December 12th. 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

AVERY RANCH YARD & GARDEN CLINIC

Thursday, December 15th from 7-8:30 p.m. (Monthly activity) Main Amenity Center (MAC). Master Gardener Bob Beyer and landscape professional Lisa LaPaso offer free landscape advice. If you have received an HOA landscape violation letter, have a tree concern, stressed lawn, questions about plant selection, soil conditioning, watering, or organic gardening, then the third Thursday meetings at the MAC is the place to be.

HOLIDAY SLEIGHRIDE

Saturday, December 17th from 6-8 pm. Main Amenity Center (**Morningside**) Back by popular demand! There will be two horse drawn wagons decorated for the holidays by Decotah's Dream Team Carriage Co. Come visit with Santa, seated by the fireplace at the main pool area. Hot chocolate, coffee and cookies will be given out. See the Winter Wonderland in Avery Ranch!

MARDI GRAS 2012

Friday, February 10th from 6:30–9:30 pm. Avery Ranch Golf Club Lakeview Room. Save the date for our annual Mardi Gras Happy Hour! Hot & cold appetizers will be served. A cash bar will be available. This is an Adult only event. Music by DJ Jason Lynum of CPR Mobile DJ's. RSVP to arsc01@austin.rr.com to attend. Please reference Mardi Gras Happy Hour. Laissez les bons temps rouler!

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

lehristmas IN THE COUNTY

By Williamson County Commissioner Lisa Birkman Williamson County hosts several annual events to celebrate the Christmas season. It officially starts the day after Thanksgiving with

the annual Lighting of the Courthouse Square event on Friday, November 25.. More lights are being added this year to make it an even bigger and better event! Courthouse lights will come on each night at dusk through New Year's Eve. You can also enjoy the historic Georgetown Square during the annual Christmas Stroll on Dec. 3rd, a festival with vendors, live entertainment and a parade.



For more info, go to www.visitgeorgetown.org.

Photos with Santa benefiting Brown Santa will be held each weekend from Nov. 26 through Dec. 18th at the Wolf Ranch Shopping Center in Georgetown, located just west of the intersection of IH 35 and SH 29. Brown Santa is part of the Williamson County Sheriff's Office and provides Christmas toys and gifts to local needy children. For more info, go to www.wilcobrownsanta.com

On Thursday, Dec. 1st, from 4-6 p.m., you are invited to attend an Open House at my office, located in east Round Rock at the Williamson County Jester Annex, 1801 E. Old Settlers Blvd., #110. Light refreshments will be served. You are encouraged to bring a toy or cash donation to be donated to the Brown Santa program. For more information, contact me at 244-8610 or lbirkman@wilco.org.

December 2, Pct. 1 Constable Robert Chody will close his office to hold a Williamson County Brown Santa Toy Drive. They will be collecting toys and cash donations at the Walgreens on Avery Ranch.

On December 3 and 4, the Williamson County Regional Animal Shelter will offer Pet Photos with Santa from 11 a.m. to 4 p.m. The shelter is located at 1855 S.E. Inner Loop, Georgetown. For more info, go to www.wilcopets.org.

Additional events may be scheduled. Check the county website at www.wilco.org for other event announcements and updates.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	
Fire	
Ambulance	
Sheriff – Non-Emergency	

SCHOOLS

ROUND ROCK ISD

Patsy Sommer Elementary	
	16200 Avery Ranch Blvd.
Cedar Valley Middle School	
·	8139 Racine Trail
McNeil High School	
-	

LEANDER ISD

Rutledge Elementary	
	1501 Staked Plains Dr.
Henry Middle School	
	100 N. Vista Ridge Dr.
Vista Ridge High School	
	200 S. Vista Ridge Dr.

UTILITIES

City of Austin Water	
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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



Did You Know?

By Steve Roebuck, President – Avery Ranch Owners Association

With the recent increase in Association Dues, you may wonder what some of your dollars are spent on each year. Avery Ranch Owners Association is served by a board of 11 elected who set the budget each year. Your board members are constantly exploring ways to save you money and enhance your experience in Avery Ranch. Each of us sitting on the board bear fiduciary responsibility to the Ranch, and our decisions are not made lightly or without research.

TAKE A LOOK AT JUST SOME OF OUR ACTIONS DURING 2011:

- We have 78,937 feet of wrought iron fence. We painted 34,394 feet of that for \$206,108.71 dollars. (Includes rail and picket replacement 1855 of them)
- We watered 41 acres of common ground and median. (\$128,764.77) This amounts to about 800,000 gallons per day during peak season and 178,000 during off season.
- We maintained 7 pools at four amenity centers. \$46,618.22 (plus cost of supplies in the amount of \$20,459.55)

- Our landscapers cared for 46.5 acres. (\$325,261.50)
- Resurfaced all five tennis courts (\$19,482.80)
- Converted five entrance marquees irrigation systems from City of Austin Water to Brushy Creek, which will provide for ongoing savings (\$7,580.13)
- Upgraded trails that were subject to washout with concrete. (\$28,378.17)
- We supplemented our entry beds with new plantings. (\$6,030.00)
- We repaired the rusted metal hand rails at the Morningside Pool and Amphitheater. (\$3,139.25)
- We replaced the severely damaged perimeter lights at the Morningside Pool. (\$3,422.76)

Transferred to the Capital Reserve Account a total of \$289,170.00 Editorial Note: The HOA Website is undergoing some improvement, after which residents will have easier access to official documents, such as CCR₃s, Budget and Meeting Minutes, as well as ADRC Forms, rental forms for the pool, etc.



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.

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Major HOA Website Announcement

By Steve Roebuck, President – Avery Ranch Owners Association

Due to popular demand, we will be introducing a NEW WEBSITE in the not so distant future. We intend for it to be a one-stop shop for anything a resident may need. Subscribing to the site will help the financial state of Avery Ranch, as we will begin to phase out paper documentation and home delivery of statements and violation notices.

Included will be access to forums, ability to obtain copies of CCR's, forms for renting facilities, checking the status of your account, pay your HOA dues and communicate with both Property Management or Board Members. You can find pool rules, schedules, tennis court rules, and have the calendar of events pop up on your home page. Never miss a hayride again!

Access to the community budget as well as minutes to all official meetings held will be available. Get ready for classified ads, full service weather information, event calendars, and even a searchable database of residents, should they wish to be located, of course.



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 pril.aguren@averyranchhoa.com

COMMUNITY NEWS

Round Rock New Neighbors is a local organization of women for neighbors new or "old" (been here awhile) from Round Rock and surrounding areas. We hold monthly luncheons with a program and a speaker. We have many "interest groups" and activities and we also do community outreach. Come join us and meet new friends and enjoy our activities. Check out our website at www.rrnewneighbors.org or call Candy Massaglia at 721-5439.

NOT AVAILABLE ONLINE

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— Jude & Ethan's Mom, Primrose Parent

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HARVEST TIME FUNTIME!

By Jean Mayo, ARSCC Chair On October 22nd the Avery Ranch Social Committee organized a Harvest Hay Ride at the Main Amenity Center from 4-6 PM. Hundreds of families attended. Two horse drawn wagons/carts were provided by Decotah's Dream Team Carriage Co. from Elgin. Cider, cookies and Halloween candy was served. There was even a costume contest for kids under 12.

THE WINNERS WERE:

- Most Original Costumes: Zoe Montez dressed as a hot dog and Marina Sofia Bou dressed as a poodle
- Scariest Costumes: Kyle Feliciano dressed as a pumpkin head and Anouka Saha dressed as a vampire
- Best Costumes: Anaiya Gomez dressed as Dorothy from the Wizard of Oz and Amirtha Jay dressed as Carmen Miranda.
- Additional winners for Awesome Costumes were awarded to Isabella Flores dressed as a Candy Corn and Ella Nixon dressed as Ariel from The Little Mermaid.

A good time was had by all.



6











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CHATTER

by Rona Quejada, Newsletter editor

Recently, I received a postcard from our Alliance Association Management, our community's property management company. The postcard asked me if I was availing all the free services available to me as an Avery Ranch home owner. "Free service?", that got my attention. So, I put my fingers to work and surfed the net and sent out emails to get more information. As my holiday sharing gesture, I'm printing below an excerpt of what Dick Cowan, our property manager, sent me.

- Begin Quote -

Alliance Association Management, an Associa member company, is pleased to announce a free service available to homeowners in Avery Ranch: Associerge[®]. Associerge[®] is your 24/7 virtual assistant. Is your "to-do" List constantly growing? With a few clicks on the website or a quick phone call, those items can be taken care of with the help of Associerge[®].

WHAT CAN ASSOCIERGE® DO FOR YOU?

In a word: everything! From small tasks, such as picking up the dry cleaning and making dinner reservations – to larger tasks, like planning a vacation or arranging a party for your son's upcoming birthday – Associerge[®] can take care of it. The professional and courteous experts at Associerge[®] will make your life easier. Forgetting

Aunt Martha's birthday is a thing of the past. Associerge[®] will not only remind you to call her but will ask you two weeks ahead of time if you'd like to arrange for a gift to be purchased and delivered to her, just in time for her special day. Never forget a special event again.

Associerge[®] is the personal assistant you've always wanted. And since you live in an Associa-managed community, the Associerge[®] Essential membership has been provided to you, and all the residents within your association, at absolutely no cost or obligation. As your association management company, this complimentary service is simply our way of saying, "Thank you."

Designed with you in mind, the Associerge[®] Essential menu of services include: Auto detailing appointments, auto maintenance, Car rental reservations, Courier service arrangements, Cruise vacation reservations, Dining reservations, Dry cleaning/laundry arrangements, Event tickets, Fresh flower service, Gifting services, Golf tee times, Key date maintenance, Movie times, Nightclub reservations, Spa reservations, Sports scores, Stock quotes, Tour reservations.

(Continued on Page 9)



Chatter - (Continued from Page 8)

ISYOUR "TO-DO" LIST DIFFERENT?

Maybe you're a professional road warrior, with airline miles and hotel points to spare. Then have Associerge[®] help you with your ever-changing travel arrangements. Flying to a new city? Associerge[®] can provide you with a list of "must see" items, so you can check out the sights after your full day of meetings. Associerge[®] is flexible enough to provide services that fit your lifestyle – no matter what that lifestyle is.

HOW DO I GET STARTED?

To get started, simply visit your Alliance website at http://community.associawebsites. com/sites/AveryRanchOwnersAssoc/Pages/ AcwDefault.aspx and click the Associerge[®] link on the left side. You can also call tollfree 800.560.9015, 24 hours a day. All you'll need is your community name and your account number, found on your payment coupon or billing statement.



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)

- What were the four costume contest categories at the Avery Ranch Harvest Hay Ride?
- How much money does the Association spend on office supplies annually?
- What are five of the services listed with the Associerge Essential?
- What is the location in Georgetown that you can have photos with Santa taken?
- Where will the Brown Santa Toy Drive be located within Avery Ranch on Dec. 2nd?

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. Congratulations to the November newsletter quiz winners: Carrie Cheney, Denise Trybalski, Bernable Flores.

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Avery Ranch Granite Keepsake Street Signs

We are continuing to sell the removed granite Avery Ranch Street Signs, a wonderful piece of memorabilia with many potential uses. Named Streets are \$30 and the classic Avery Ranch A-logo signs are \$15. Signs from all neighborhoods west of Parmer, and Westminister, Water's Edge, and Parkside are currently available. Signs for Morningside, Brookside, Creekside, Enclave, and Champions have yet to be removed but will eventually become available. No advanced reservations will be taken.

Check www.centraltexasgardening.info/arsigns.pdf for a real-time listing of availability. Signs are sold on a first come, first served basis, cash or check made to Avery Ranch Social Committee, and sales are final. Yes, they are too heavy and big to wrap and put under the tree, but still might make a nice Christmas present for your home.

Contact Bob Beyer, Treasurer of the Social Committee at 238-6732 or by e-mail: txbeyer@austin.rr.com to arrange for your purchase and pick up.



OR VIEW ANYTIME ONLINE

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www.ghbc.org

RECIPE OF THE MONTH

By Rona Quejada

In the last couple of years, I have come to know more people with gluten intolerance or Celiac disease. Being a person living with food allergies, I empathize with the change in lifestyle they are going through. An excellent resource for gluten-free recipes is the blog site of Karina, the GlutenFreeGoddess (http://glutenfreegoddess. blogspot.com/). Here's a flavorful gluten-free soup recipe from Karina's kitchen. It's easy to make as it practically cooks itself in the slow cooker.

Moroccan Coconut & Chick Pea Soup Recipe

- (Serves 4) -

- 3 cups light tasting vegetable broth
- 4 cloves garlic, chopped
- 1 large yam or sweet potato, peeled, diced
- 1 yellow bell pepper, seeded, cored, diced
- 2 Granny Smith apples, peeled, cored, diced
- 1/2 cup chopped roasted green chiles- mild or hot, to taste
- 1 14-oz. can Muir Glen Fire Roasted Diced Tomatoes
- 1 15-oz. can chick peas, rinsed, drained
- 1 14-oz. can coconut milk
- 1 lime, juiced
- 1 tablespoon Thai Kitchen curry paste (red or green), or to taste
- A pinch cinnamon and cumin
- Sea salt and pepper, to taste

Combine all of the ingredients in a slow cooker and cook according to the manufacturer's instructions for your make and model and personal time frame.

Add just before serving:

- 1-2 tablespoons chopped fresh cilantro or mint
- 1 cup packed baby greens
- Hot red pepper flakes, to taste, if desired

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A New Xeriscaped Front Yard by Bob Beyer, Travis County Master Gardener

Following a devastatingly hot and dry summer, reality has set in and we knew we had to made a dramatic change to our landscape in view of future forecasts of continuing drier and hotter than normal weather for years to come. So we designed an entirely new front yard landscape which removed all St. Augustine turf and replaced it with native and adaptive perennials in hardwood mulched areas and a minimum of turf area using prairie buffalo grass. HOA guidelines had to be followed and fortunately our HOA has proactively adopted xeriphytic landscaping guidelines and encourages this transformation.

We are not unlike most homeowners with a small residential lot. who have a limited budget so cost was indeed a consideration. Our approach to constructing this in a cost effective way was as follows:

Identify those tasks that are beyond our physical or technical capability and contract that work. In our case that resulted in St. Augustine turf removal (done effectively with a strong weed eater) and some masonry work to expand a raised bed to match the house architecture. Identify and stage materials needed. This mainly involved purchasing of 4" steel bordering strips to outline turf vs. mulched areas and to provide bordering along property lines to keep out neighbors St. Augustine grass.

Gather decorative limestone boulders and rock from construction sites when permissible or possible. You never know when or how these can be used in a garden landscape. We were able to use natural rock that we

collected 5 years ago which saved a lot. Do construction work in planned phases, pacing the work so that as each step progresses, you can better envision the outcome and make any necessary adjustments during rather than after construction. In our case, the steps were grass removal, bordering, masonry and dry river bed building, sodding, mulching and stone pathways, and final perennial planting.

Order natural materials in bulk a day ahead of placement. We first ordered a palette of buffalo grass and layed it the next day, followed by hardwood mulch - also spread the next day. Any surplus materials were used elsewhere in the yard. Any sod work requires loosening the soil, shaping and tampering the sod firmly and watering daily for up to 3 weeks following to ensure the grass has taken root. Our sodded areas are about 1/3rd of the total front yard area. Buffalo grass, when 3-4" tall will add a nice contrast to the mulched perennial beds.

Last step is the planting of perennials. We chose natives that will provide a variety of flowering colors and textures, using the City of Austin Grow Green book as our primary reference. Finding sources may be challenging at times but local nurseries were able to order the plants they didn't already have which met our needs. Our planting layout incorporated evergreen with deciduous plants in groupings. The last step was the placement of decorative natural rocks and boulders to provide a natural look. These are the rocks we had collected and saved over time. We added some additional décor like three décor pots of different sizes and coloring in a grouping. Our curbside

strip was incorporated into the overall front yard landscape as well to give it a unified look and feel.

Now the final accounting. We were able to do all this work in a weeks time (being retired), not counting the time developing the design and plan, The total cost was below \$2,000. Normally we wouldn't consider spending even that much on landscaping, but consider it an investment that will pay off time and time again as we enter a period of water restriction and continued unfavorable climate conditions. We will use much less water, have to do much less work to maintain it, and get to enjoy a variety of beautiful native/adaptive plants rather than just look at a solid green (or dead looking) St. Augustine lawn.

We share this story with you because we feel many are reluctant to take this plunge for a variety of reasons. If we in our late 60's, on a fixed retirement income, can do it, so can you. The important thing is to realize that it is a good investment of time and resources that will provide years of benefit to you and your neighbors down the road. Our next step is to do the same to the back yard in spring 2012. So bye bye St. Augustine grass. We won't miss you! Drive by 15420 Whistling Straits in Morningside to see for yourself. You will note that this landscape doesn't have a 'desert' look which is a common misconception of xeriscaping. Xeriscape means using water saving plants of all types. Hopefully, you will be inspired to go xeriphytic also. Be sure to get HOA approval first.



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HOME ON THE RANCH COATS FOR KIDS

As a recipient of a gift, have you ever turned around to immediately give a gift back to the giver? Many who have received coats for their children and grandchildren at the annual Coats For Kids distribution day have returned the same day to volunteer. They gave their gifts right back to the community, a circle of service truly indicative of a successful program.

Coats for Kids is a program in its 25th year that provides warm winter coats each December to disadvantaged children and teenagers in Central Texas through a community-wide collection and distribution process. Each year, The Junior League of Austin, Jack Brown Cleaners, KASE 101 and KVUE partner with the community to ensure the children of Central Texas stay warm. On average, 30,000 coats are distributed per year with the help of over 2,600 community volunteers.

So how can you participate? Donate a new or gently-used coat to your nearest Jack Brown Cleaners, organize a coat drive through many outlets in your community (schools, places of worship, offices, neighborhoods), volunteer during sorting days or distribution days or spread the word.

FACTS

- Distribution Day: Saturday, December 10th from 8AM 3PM
- Distribution Site: Palmer Events Center, 900 Barton Springs Road
- Community Coat Drive: Monday, November 14th through Wednesday, December 7th. Please drop your coats off at any local Jack Brown Cleaners.
- School & Business Coat Drive Competition: Monday, November 14th through Friday, November 30th. Please drop your coats off at any local Jack Brown Cleaners. To register, go to the JLA website: www.jlaustin.org/coats.
- Volunteer: Please join us to help sort coats December 6 December 9 and/or to distribute coats to children on December 10. Register at www.jlaustin.org/coats.

Find all details about Coats For Kids at http://www.jlaustin.org/coats

Keeping Children Safe on Holiday Road Trips

As millions of families prepare for their annual holiday road trips, Texans In Motion at Scott & White Healthcare would like to encourage parents and caregivers to keep safety in mind as they travel. The National Highway Traffic Safety Administration estimates that three out of four car seats are improperly installed.

FOLLOWING ARE SOME TIPS TO ENSURE THAT YOUR CHILD IS RIDING SAFE:

- ALWAYS Buckle Up no matter if the trip is long or just a quick ride into town.
- Keep your child in the back seat at least through age 12.
- The best car seat is the one that fits your child, vehicle and budget.
- Read car seat and vehicle instruction manuals to ensure proper installation.
- Safety seats should move no more than 1" from the car seat's belt path.
- Harnesses should be snug with the retainer clip at chest level.
- Booster seats are highly recommended for fourth to seventh graders who are under 4'9 tall and may not fit the adult seat belt.

Keeping these simple tips in mind may not reduce backseat sibling squabbles, but will help increase peace of mind when it comes to your child's safety.

Texans In Motion is an injury prevention program sponsored by the Trauma Center at Scott & White Healthcare, in cooperation with the Texas Department of Transportation. The program serves 11 Central Texas counties and focuses on child passenger safety. Our mission is to increase child passenger safety restraint use and reduce the number of deaths and injuries to children in motor vehicle crashes through educational programs, activities and check-up events. Staff is certified under part of the National Highway Traffic Safety Administration's National Standardized Child Passenger Safety Training Program.

All services provided by Texans In Motion at Scott & White Healthcare are FREE. For more information about car seats or to find a car seat inspection event in your area, please contact Texans In Motion at Scott & White Healthcare at 512-336-3423 or 512-509-0200 or visit sw.org.



Glenfield Avery Ranch







drhorton.com/austin

A Market Update from D.R. Horton



Hello Neighbors,

The Real Estate market is heading up!

I've included some market information which indicates that sellers are gaining pricing power.

Raquel Atwell

You are living in a great community with quality lifestyle and steady appreciation. Take a look at the homes that recently closed in your neighborhood.

I think everyone will agree that Avery Ranch owners benefit when the values go up. If you have any questions on the information provided or know of any friends or family that may be interested in living in Avery Ranch please give me a call at 218-4881.

Happy Holidays From Raquel Atwell

SOLD HOMES			
PLAN	SQ. FT.	CLOSED	SOLD PRICE
The Lily	2204	11/30/11	\$245,357
The Hillary	2528	10/26/11	\$259,037
The Balboa	2250	10/26/11	\$256,993
The Balboa	1790	10/14/11	\$231,927
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According to MetroStudy, the most recent employment figures from the Texas Workforce Commission indicate there was 15,500 "net" jobs gained in the Austin MSA (MetroStudy Area) in the 12 months ending August 2011. In addition, the average rental rate for apartments in Austin was \$1.05/SF. up from \$.98/SF in 3Q10 with occupancy levels at 96%. Source: MetroStudy Report, Third Quarter 2011.*

HEALTH BRIEFS - DECEMBER 2011

ALLERGIES:

KNOW YOUR TREATMENT OPTIONS

Allergies got you down? Dr. Madhu Narra, assistant professor of medicine in the section of allergy, immunology and rheumatology at BaylornCollege of Medicine offers some tips to help manage. Fall is the blooming season for weeds such as ragweed while spring allergies are from blooming trees and grasses. Indoor allergens such as dust mites can cause symptoms all year round. it is important to be aware of what you are allergic to so that you know when to look out for these allergens, said Narra.

Symptoms include runny and itchy eyes and nose, sneezing, congestion, drainage and cough. Some people may experience wheezing and trouble breathing.

- For mild allergies, consider over-the-counter medications like loratadine or cetirizine that usually do not cause drowsiness
- Keep your windows closed during peak pollen season. You can track pollen counts online.
- Clean pets before they enter the house so that they don't carry pollen into the home
- Do not dry clothes outside where they can pick up pollen
- Wear a mask or nasal filters when mowing the lawn to prevent allergens from getting into the nose
- If prescription medications and nasal sprays do not help much or if long-term relief from severe allergies is desired, consider getting allergy shots, which can provide long lasting relief with four to five years of treatment

WINTER WEATHER & SKIN CARE

Summer may be over, but protecting your skin should remain a priority. "Colder temperatures, wind and sunlight work together to cause irritation to your skin," said Dr. John Wolf, professor and chair of dermatology at BCM. "It is difficult to distinguish between windburn and sunburn, so it is a good idea to focus on overall skin care." Wolf suggests using extra moisturizer as well as moisturizing sun block with an SPF of 30 or higher, especially if planning a winter trip to a higher altitude where ultraviolet rays from the sun are more intense. Chapped lips and fever blisters also can be provoked by the cold, wind and sun. People who suffer from severe outbreaks of fever blisters may want to talk to their doctor to see if there are prescriptions to prevent such outbreaks Wolf says. Chapped lips are more prevalent during colder

months as well, but using a lip balm with an SPF factor of 30 or even a thick coat of zinc oxide may help keep them at bay. During colder weather many people will take hot showers, sit in a sauna or even enjoy a hot tub. Wolf said this can actually increase dry and itchy skin. He suggests using moisturizer while still damp, before completely drying off.

TEACH KIDS TO ENJOY TREATS IN MODERATION

From Halloween to the new year, kids are tempted by pies, cakes and other treats. However, according to experts at Baylor College of Medicine, the holidays are no excuse for parents to let kids overeat and divert from their normal eating routine.

"You have to keep meals and snacks under some control no matter what day of the year it is," said Dr. Karen Cullen, associate professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at BCM. Cullen says a good plan is to save holiday treats for snacks, and be sure that they are an appropriate portion size for that snack. Consider freezing treats to save for later use. Parents should be serve as positive role models by continuing to serve and eat regular balanced meals. In addition, they should encourage children to try fruits and veggies that are offered at holiday parties.

OLDER ADULTS CAN FIGHT FRAILTY THROUGH RESISTANCE WEIGHT TRAINING

Imagine not being able to stand up because you can't carry your own body weight. To prevent this, incorporate resistance weight training into your routine, said an expert at Baylor College of Medicine. "As we age, we slowly start to lose lean muscle mass, and resistance weight training is the only way to slow this down," said Dr. Robert Roush, associate professor of medicine - geriatrics at BCM. "It's never too late to start." Resistance weight training can consist of weight lifting, using weight machines or any other exercise activity that creates some sort of resistance. This should go along with a regular cardiovascular exercise plan, said Roush, who is also with the Huffington Center on Aging at BCM.

Always check with a qualified health care provider before starting any exercise routine. Try to find a gym with senior benefits or share a personal trainer with friends to learn proper technique. If a gym is not an option, try using stretch bands and dumbbells at home. Activities such as swimming, climbing stairs and walking at an incline can also provide resistance. Regardless of whether one goes to a health club or exercises at home, the key is to follow recommended regimens and proper technique.



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