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

HOMEonthe



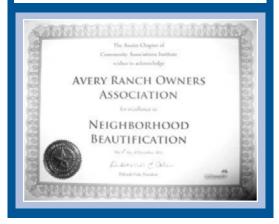
OFFICIAL NEWSLETTER OF THE AVERY RANCH HOA

Volume 6, Issue 1

Fellow esidents,

I had the pleasure of accepting the award for "Excellence in Neighborhood Beautification" from the Austin Chapter of the Community Associations Institute. You all should be proud that Avery Ranch was selected as the winner in this category, especially since we were up against other large associations such as Steiner Ranch and Sun City. This recognition could not have been possible without the hard work you all do to maintain the look and feel of the neighborhood. Thank you all for keeping Avery Ranch Beautiful.

Steve Roebuck, President - Avery Ranch Owners Association -



Chatter

N (`

By Rona Quejada, Newsletter Editor We're sharing below a note from our Property Management Company.

A message from Rody Timmons, President of Alliance Association Management. Congratulations! On Friday night December 9th, 2011 the Austin Chapter of the Community Association Institute (CAI) hosted their Inaugural Community Awards Gala at the Stephan F. Austin Hotel. The CAI recognized twenty eight communities in the greater Austin area for excellence in various categories. I am privileged to announce that Alliance Association Management's clients garnered a lion share of the awards at thirteen. I would personally like to recognize our team as well as the boards and committees for all of their hard work that enabled the Alliance family to make such an impressive showing.

Congratulations to the winning recipients below:

0 0 1
Community of the Year Estates at Settlers Park HOA(mid-size HOA category)
Community of the Year Southlake Ranch(small HOA category)
Communication Innovation
Community SpiritSage Meadow(large condo category)
Financial Stewardship Barton Creek Townhomes(small condo category)
Financial Stewardship Westland Office Park(mid-size condo category)
Financial StewardshipCastle Hill Terrace
(small condo category, dual winner as score tied with Barton Creek)
Green Community TrendsetterCobra Studios(small condo category)
Green Community Trendsetter
(large HOA category)
Neighborhood Beautification
Neighborhood BeautificationAvery Ranch(large HOA category)
Neighborhood Beautification
Safety & Security Initiatives Canyon Mesa(small HOA category)

Also, congratulations to Alliance's Senior Manager Christine Gamache for capturing the prestigious Manager of Excellence Award. This was an incredible way to end the year; our winning team looks forward to serving you in 2012.

Thank You & Happy Holidays!

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	
Fire	911
Ambulance	911
Sheriff – Non-Emergency	512-943-1300

SCHOOLS

ROUND ROCK ISD

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

LEANDER ISD

Rutledge Elementary	
	11501 Staked Plains Dr.
Henry Middle School	
	100 N. Vista Ridge Dr.
Vista Ridge High School	

UTILITIES

City of Austin Water	
Perdernales Electric	

TEXAS GAS SERVICE

Custom Service	1-800-700-2443
Emergencies	
Call Before You Dig	
AT&T	
New Service	1-800-464-7928
Repair	
Billing	
TIME WARNER CABLE	
Customer Service	
Repairs	
Solid Waste Servies	

NEWSLETTER INFO

EDITOR

Rona Quejada	. arnewsletter@hotmail.com

PUBLISHER

Peel, Inc.	
Advertising	. advertising@peelinc.com

BOARD MEMBERS

PRESIDENT

PRESIDENT
Steve Roebucksteveroe@swbell.net
VICE PRESIDENT
Khris Mirekhrismire@yahoo.com
SECRETARY
April Aguren april.aguren@averyranchhoa.com
TREASURER
Marc Bouchermbouchertx@sbcglobal.net
RESIDENT BOARD MEMBER
Mark Bittmanmbarhoa@hotmail.com
RESIDENT BOARD MEMBER
Pat WimberlyPatWimberly@gmail.com
RESIDENT BOARD MEMBER
Nick Sargologosnick.sargologos@gmail.com
RESIDENT BOARD MEMBER
Lance Goldsmithb.lance.goldsmith@gmail.com
RESIDENT BOARD MEMBER
Mike Steinkoenigmsteinkoenig@pobox.com
RESIDENT BOARD MEMBER
David Dziadziolazadz2@hotmail.com
D.R. HORTON
Tom MoodyTEMoody@drhorton.com
AVERY RANCH HOA WEBSITE
Visit the Avery Ranch HOA website at

/isit 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



CALENDAR

HOA MONTHLY BOARD MEETING

Next meeting - Monday, January 9th. 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, January 19th from 7-8:30p.m.(Monthly activity) Main Amenity Center (MAC). Join Master Gardener Bob Beyer and Landscape Professional Lisa LaPaso as they discuss Winter/Spring landscape do's and don'ts, design strategies and address your gardening questions. This is a free service for Avery Ranch residents.

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. Get a group of your neighbors together to make this event even more fun! Don't forget to pose for a picture in the photo booth. 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

Pay Your HOA Fees Automatically NEVER MISS A PAYMENT OR ADJUSTMENT

Don't forget, you HOA dues are increasing in January from 114 to 119.70 per quarter, and are late after Jan. 30. Are you E-connected? Are you living in the now world where your bills are all handled without your intervention? Does it bug you to have to write that quarterly check, or even log in to pay your HOA dues? Then consider using Direct Debit. *TAKE A LOOK BELOW:*

<u>.</u>	ALLIANCE DIRECT DEBIT	S ONLINE BILL PAY
соѕт	FREE	\$2.00 Per Transaction Fee
EXPIRES	No Experation Date	One year then you need to resubmit
QTR FEE	Will Adjust Automatically	Must login & Change

To register, contact Alliance for a form by mailing sperez@allianceonline.net or phone them at 512.347.3001. Ask for a Direct Debit form.

BUSINESS CLASSIFIEDS

SARASTYLE FITNESS - Be Healed in Style. *Yoga *Pilates *Core Coaching *Art - 9231 W. Parmer Suite 102 - (866) 547-3710 www.SaraStyleFitness.com. You have the freedom to change your life. Let us help you reignite your passion for health.

THE HOMEPRO - A professional for your home maintenance, repair, or other construction project need. Call us for - carpentry, tile, drywall, rotted wood, painting, fences, decks, doors, windows and so much more.....we are punch list specialists. 512-297-6305.

Board certified Family Medicine Physicians and Pediatricians



WE OFFER: Walk-in Flu Clinic Sports & Annual Physicals Allergy/Asthma Care Same Day Appointments Doctors on Call 24/7

Cedar Park Pediatric & Family Medicine Complete Medical Care for your Family

Call for Appt. 512 **336-2777** www.CedarParkDoctors.com

2 CONVENIENT LOCATIONS: 345 Cypress Creek Rd. Suite 104 , Cedar Park 920 N. Vista Ridge Blvd. Suite 500, Cedar Park



Lee Keegan, MD; Carrie Danner, MD; Cameron T. King, MD; Lisa Hutchens, MD; Elizabeth S. Neal, MD; Betzi Mathew, MD; Brent Cardwell, MD; Jennifer Cardwell, MD; Joseph Orgeron, MD

HOME ON THE RANCH

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.

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 day of the week is the Avery Ranch Yard & Garden Clinic held?
- What are three examples of plants that are well adapted to indoor climates?
- What award was granted to Avery Ranch from the Community Association Institute?
- What three shows can Avery Ranch residents get discounts on at the Cedar Park Event Center?
- If you would like to be a "beta tester" for the new HOA website, what email address do you send a request to?

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.



4 Avery Ranch Homeowners Association - January 2012

Discounts for Avery Ranch Residents

By Khris Mire

Avery Ranch residents can now enjoy special discounts on third party events at the Cedar Park Event Center. Avery Ranch was invited to join the Insider's Program, which offers residents discounts anywhere from 10-40 percent off the ticket price. Information on upcoming shows and their discounts will be posted on the official Avery Ranch website (www.averyranchhoa.com) in the HOA Announcement forum. Currently, discounts offered are for The Shrine Circus, Arenacross Series, and Quidam Cirque Du Soleil.

NEW WEBSITE

We are anticipating putting our new website into service early in January. It will contain a lot of information that you look for in the forums or the yahoo group, you will be able to access your Alliance Account information in real time, submit rental forms for the pool pavilion electronically, and keep an eye on the calendar of event so that you don't miss out on any Social functions. Most importantly, we will re-create the forums that have become so popular and that serve as your best place to discuss topics of interest between neighbors.

When this is done, the old site will be de-activated and www. AveryRanchHOA will direct you to the new site. You will need your Alliance Account Number in order to establish your login, so hang on to your January statement.

If you'd like to pre-register and check the site out, keeping in mind it's not fully developed, you can direct your browser to www. aam95.eunify.net.

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

NOT AVAILABLE ONLINE

Want to make your new year's resolution stick?

CELEBRATE RECOVERY Mondays @ 7:00 pm

Codependency Group (for those with loved ones struggling with addiction) Sexual Addiction Group (men's group) Anger Open Share Group (men's group) Chemical Addiction Groups (men's & woman's groups) Women's Support Groups (eating disorders, sexual addiction)

HOPE, HEALTH, HEALING Wednesdays @ 7:00 pm

Divorce Care Safe People Boundaries

A Man After God's Own Heart Sunday Morning

Series

SUNDAY WORSHIP @ 11 AM BIBLE LIFE (all ages) @ 9:30 AM

WATCH LIVE SUNDAY MORNINGS OR VIEW ANYTIME ONLINE

Great Hills Baptist Church 10500 Jollyville Road . Austin 78759 // 512.343.7763

www.ghbc.org

USTIA

POLICE

TEXAS

Northwest District Representatives

Northwest Area Command Requirements for Reduction in Homeowner Insurance Premiums. By appointment, an A.P.D. police officer or Crime Prevention Tech who is certified by the Texas Crime

Prevention Institute as an inspector will come to your residence to complete a security survey. They will also make recommendations on how to improve your current security and ascertain whether or not your home qualifies for a homeowner's insurance reduction.

HOME PREMIUM REDUCTIONS

A person's property qualifies for a Homeowner Insurance Premium Reduction if the property meets the following specifications:

- 1. Exterior doors must be metal doors or solid cores that are at least 1 & 3/8 inches thick. They must be secured by deadbolt locks; a deadbolt lock must lock with a minimum bolt throw of 1 inch that penetrates a metal strike plate.
- 2. Double doors must be metal doors or solid core that are 1 & 3/8 inches thick and must be secured by deadbolts; the inactive door must be secured by header and threshold bolts that penetrate metal strike plates. In the case of glass located within 40 inches of headers and threshold bolts, the bolts must be flush-mounted in the edge of the door.

- 3. Sliding glass doors must be secured by secondary locking devices to prevent lifting or sliding.
- 5. Garage doors must be equipped with key operated locking devices.
- 6. Windows must be secured by auxiliary locking devices.

ALARM REDUCTIONS Property must be equipped with an electronic burglar alarm that meets the following requirements:

- 1. All exterior structural openings are contacted. This includes all doors and windows.
- 2. The system must include both interior and exterior sirens.
- 3. All equipment must be U.L. approved and monitored by an U.L. approved central station. Sales, service installation, and monitoring of the system are done in compliance with the Private Investigation and Private Security Agencies Act. (Art. 4413 (22bb), Vernon's Texas Civil Statutes.) *The requirements in number three must be in writing from the Alarm Company.*

A home must meet these specifications prior to inspection for a Premium Reduction Certificate to be issued. The Certificates are good for three (3) years and may be renewed for an additional three-year period.

To schedule your free survey, call the Austin Police Department at 974.5743

Free AR Landscape & Garden Clinic

After taking the month of December off for the holidays, the Avery Ranch Landscape and Garden Clinic returns in January. We meet on the third Thursday of every month at 7 p.m. in the Main Activity Center meeting room.

So far, the Clinic has been a success with as many as 20 people showing up to talk and learn about landscaping and gardening issues that we as homeowners have been experiencing. With expert help and advice from Bob Beyer, Travis County Master Gardener and Lisa LaPaso, a professional landscape designer, homeowners can learn and ask questions about any gardening or landscaping problem they may have. The discussion is informal, sharing of experiences, and offering resources that can be of help. Future meetings will include presentations of a variety of horticultural topics in addition to Q & A. The topic that has drawn most interest lately is xeriscaping and how to recover our landscapes from the devastating summer of 2011. The Clinic is free and is not a garden club, but an open forum made available to residents by knowledgeable volunteers from our community, and supported by the HOA, to provide a resource to homeowners in developing and maintaining our landscapes in Avery Ranch.

Come join us and your neighbors every third Thursday for the Avery Ranch Landscape and Garden Clinic and learn environmentally friendly landscaping and gardening practices and techniques as we face water restrictions and other environmental challenges as homeowners and gardeners in Central Texas.



Glenfield Avery Ranch





A Message from your friend at D.R. Horton



Hello Neighbors,

I hope you all had a great Thanksgiving and are now slowing down to enjoy your Holiday Season with Family and Friends and enjoy your nice home (investment) in one of Austin's #1 communities. Avery Ranch has become a strong "brand name" in the Austin area

and very sought after by families looking for a good community with strong schools.

Because of these factors, our community is continuing to appreciate in value. I have listed just a few more closing in your area. I do this because not all of our closings get published in the MLS that most Realtors use to give you comparisons. If you are thinking of selling please feel free to contact me to get some information for you. I'd love to help!

What's new in Avery Glenfield?

We are getting ready to start our next section just west of the existing Glenfield; towards Hwy. 183. We will continue to build the same plans. Due to the great success of our newest Model, the Balboa, a one story with a loft option, we are developing more of the one stories with lofts and are considering adding lofts to some of our most popular plans. Our goal is to continue offering a beautiful, well featured yet affordable home for both young couples starting out, the young at heart simplifying their life style and, of course, families with children.

You have probably noticed the construction to open up the road on Staked Plains. Staked Plains Drive is a needed

collector street which will provide additional north/south access. It will provide access to the new community called Avery Station. "It is a 177 – acre, \$250 million subdivision that will eventually be home to about 700 residential units with prices ranging from about \$190,000 to \$450,00" says Gary Newman, president of land development and operations for Waterstone Development. Also opening soon and adjacent to Avery Ranch is Pearson Place. It is a 196 acre site that will feature 392 homes. Pricing will be from the mid \$200's to \$400's

As you can see everything around your community is set up for success and is growing right in front of us! The values have continued to appreciate. I have worked with several of you and with your families. I hope that you've loved Avery. And if you are thinking of selling your home to move up or down, please call me at 218-4881. I can give you the latest information on recent new home values so you can get the most when selling your home.

Happy Holidays From Raquel Atwell Avery Ranch specialist for the last 10 years! 218-4881

A MARKET UPDATE			
PLAN	SQ. FT.	CLOSED	SOLD PRICE
The Preston The Lily The Lily	1863 2204 2204	10/28/11 11/11/11 11/29/11	\$229,592 \$249,384 \$250,000
D'R'HORTON :			

arnorton.com/austin

HOME ON THE RANCH

A PLANT'S LIFE INDOORS by Bob Beyer, Travis County Master Gardener

Indoor plants(or house plants as they are more commonly called) consists of any plant that will grow well in household conditions. These conditions are generally low to medium humidity, reduced or low light, minimally varying temperatures, container growing, with human intervention such as manual watering. The main purpose of growing plants indoors is to provide a sense of nature within the home or space. Green plants also absorb CO2 and release oxygen for a mutually healthier environment. Plants add a calming and natural decor to indoor space as well.

Most indoor plants are of tropical or subtropical origin. These are plants that would not survive most outdoor environments unless related to their native growing conditions. They range from very large(such as palms) to very small(such as African violets), most of which grow in their natural environments as understory plants to the taller canopy of the tropical forest regions. These conditions are somewhat similar to most household or indoor environments. Watering and fertilizing should be proportional to light levels. Plants growing in very low light require less frequent watering and nutrient supplement because their growth is inhibited by lower light. Fertilizer stimulates new growth but without proper levels of light, to aid in photosynthesis, can become toxic to an indoor plant.

Overwatering is the number one cause of death to indoor plants. As container grown plants in low evaporative conditions, moisture is retained longer and overwatering causes root rot and soil borne diseases. Many tropical/indoor plants are sensitive to specific or levels of certain chemicals in our city water systems and will react by showing necrosis along edges of the foliage. Examples include Chlorophytum(spider plant), Rhaphs palm, Dracaena, Spathephyllum and most plants in the Araceae family. It is always best to use collected rain water or distilled water for indoor plants. An organically rich, well draining soil is preferred by most house plants. A loose organic soil allows more aeration for the confined roots and stimulates healthy root growth. Cacti and succulents prefer a mineral based very well drained soil. Being isolated from natural predators, indoor plants can become a target for small pests such as spider mites, aphids, white fly, scale, and other sucking type of insects. Also, the lack of drying from natural sunlight and wind can cause fungi and mildews to infest indoor plants, so water indoor plants from the base. Most insect and disease problems can be solved without use of harmful chemicals. It is very important to remove all dying and dead leaves and portions of a plant to prevent spread of disease. Know the plants you are growing around children and pets.

(Continued on Page 9)





8 Avery Ranch Homeowners Association - January 2012

A Plant's Life Indoors - (Continued from Page 8)

Dieffenbachia, pothos, philodendron, and Euphorbias are examples of frequently used indoor plants that are harmful if chewed on. During summer, most house plants enjoy being outdoors in shade and higher humidity and will respond with healthier and fuller growth. However, NEVER take a plant that has been grown in low light and place it in a much brighter light and vice versa, All plants require a period of gradual acclimation to light changes, perhaps up to a month or more of "light" adjustment therapy".

Examples of plants that do well indoors are Agloenema(Chinese Evergreen), Draceana, Dieffenbachia, Philodendron and their Araceae plant family relatives, Sansevieria and other shade tolerant succulents, Rhapis palm, Chamaedora(parlor)palms, Scindapsis (pothos), Gesneriads and the ZZ plant(Zamicaulus zamiafolia). The horticultural trade had developed, with the exception of palms and ZZ, so many attractive and different cultivars of these plants to add variety in appearance and color. These sports or mutations are propagated/cloned asexually. Many tropical plants are never meant nor will adapt to being indoors. Examples are the colorful Crotons, Poinsettias at Christmas, Ficus, and most flowering tropicals. They require and demand higher light and/or humidity levels. The finicky Ficus will drop it's leaves when moved to even slightly changed light levels. So, be aware that plants sold as indoor plants may not be meant to be grown indoors and choose only those proven to adapt to indoor conditions well.

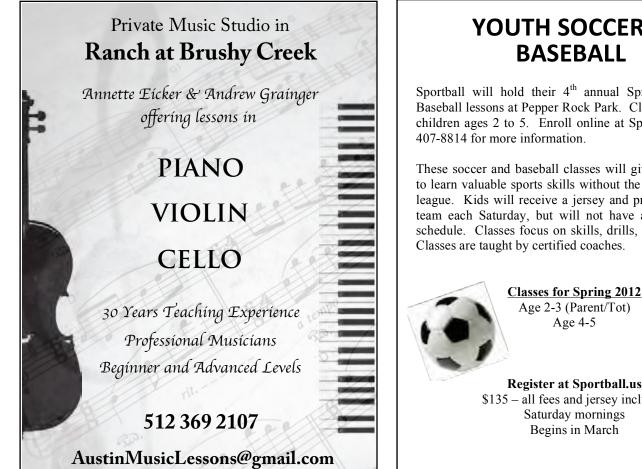
HOME ON THE RANCH

GRANITE STREET SIGNS REMAIN AVAILABLE

Here's the latest. We still have a good selection and quantity of the granite street signs that have been removed. These include all neighborhoods west of Parmer plus Parkside, Water's Edge and Westminster. There are no current plans to remove the remaining neighborhood signs (Morningside, Brookside, Creekside, Enclave, and Champions) as of this time. D. R. Horton paid for replacing the signs so far with city approved signs, but the HOA would bear the burden of \$800 per pole to replace the remaining signs. Until the City orders that to be done, the remaining signs will stay in place.

We are reducing prices to \$20 for inventory on streets that exceed 5 in quantity. These include Bainbridge Trail, Staked Plains Loop, Billingham Trail, Ennis Trail, La Llarona Lane, North Canoa Hills Trail, Quarry Oaks Trail, Shallow Water Road.

You can go to www.centraltexasgardening.info/arsigns.pdf to check real time on availability and get more information on street sign sales. If you see your street and wish to purchase a sign, just call Bob Beyer at 238-6732 when you ready to pick it up, but remember it's first come, first served., cash or check made to Avery Ranch Social Committee. We also have a large stock of the beautiful "A" logo granite signs. They are \$15 each whereas the street name signs are \$30. All sales are final and proceeds go toward the Avery Ranch Social Committee budget.



YOUTH SOCCER & BASEBALL

Sportball will hold their 4th annual Spring Soccer and Baseball lessons at Pepper Rock Park. Classes are open to children ages 2 to 5. Enroll online at Sportball.us or call 407-8814 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.

> Age 4-5 **Register at Sportball.us** \$135 - all fees and jersey included Saturday mornings

HOME ON THE RANCH Yoga for Weight Loss?

We've all heard the formula for weight loss. Just "burn more calories than you take in." But if weight loss is so simple, how come so many of us have a hard time with it? If we all know what to do, how come we're not doing it? There are many factors to weight loss, and there's a big gap between knowledge and action. It's a lot more than calories in, calories out. In between the "I know what I should be doing," and "how come I'm not doing that?" is a pause (and sometimes frustration). This 'pause' is where yoga can help.

Being aware of your actions - what you're eating, when you're eating it and why, are keys to weight loss success. Tuning in to your inner voice and actually hearing your body's signals is difficult. Diets fail a great deal of the time. What if you were able to smooth out your brain waves, so that you could notice the moment of choice? Yoga for weight loss? Maybe you've thought in the past that only heavy-duty cardio would do the trick, and the pounds would magically melt away. But if you are successful at this heavy-duty huffing and puffing, how come the pounds come back, and the change isn't permanent? It may surprise you to know that a recent study at the Fred Hutchison Cancer Research Center in Seattle found that an ongoing yoga practice correlates nicely with a healthy weight - and not only because of the calorie burn. (Excerpts from Natural Health, "The New Weight-Loss Math," by Hillari Dowdle). Yoga practitioners were found to be "more aware of what they were eating and better able to stop when they were full," characteristics that the study attributes to mindfulness.

In yoga, postures are practiced slowly, which is counter-intuitive to what the mind wants. We want to burn calories, and lose weight this instant, so we think we have to move fast. But, by practicing the postures



(Continued on Page 14)

Why choose Primrose[®]? Just ask a mom.

⁴⁴ My children are learning things I never imagined they could learn at this point in their lives. My preschooler can write his name and recite his alphabet and numbers. I also have a 15-month old who is learning his shapes and colors. It's just amazing how much Primrose is teaching my children.¹¹ — Jude & Ethan's Mom. Primrose Parent

Primrose School of Round Rock

15925 Great Oaks Drive Round Rock, TX 78681

512.733.2020 www.primroseroundrock.com

Educational Child Care for Infants through Private Kindergarten and After School

Enroll today and receive two weeks tuition credit!

al Child Care are trademarks of Primnese School Franchising Company. @2011 Primnese Schoo ompany. All rights reserved.

Primrose Schools The Leader in Educational Child Care®

10 Avery Ranch Homeowners Association - January 2012

HOME ON THE RANCH

Yoga for Weight Loss? - (Continued from Page 13)

slowly, we allow our minds to catch up with our bodies. We use the breath to actually feel what our muscles are doing. And this introspection, this reflection, will bring about an awareness. An awareness of choice. "Smoothing out the brain waves and calming down the nervous system give you an opportunity to notice the moment of choice," explains Ashley Turner, M.A. "You get to ask yourself, 'Do I really want to eat more?' Most of us never even encounter that moment," she adds.

Yoga can help you develop that awareness. And, it can also help you remove toxins from your body. New studies indicate that toxins in the body suppress thyroid function, slowing metabolism. "Scientists now believe that the obesity epidemic is going hand in hand with an increase in environmental toxins," says Gaetano Morello, N.D. from British Columbia. And fasting only slows your metabolism and causes more toxins to be released from your fat stores. Yoga can help remove these toxins.

You will get more benefits from yoga than you could ever imagine. And over time, it gets easier and more fun. No, it will not be a quick "fix" overnight. But what if you could develop the awareness to be more mindful of what you were eating, and better able to stop when you were full? These are all characteristics of mindfulness, which is practiced in every yoga class.

Hope to see you in class soon! - Submitted by Melinda Jennings

Community News LEGAL SMARTS FOR WOMEN

Estate Planning attorney Julia Nickerson and Family Law attorney Jodi Lazar host an informal workshop designed to help women learn more about legal matters that impact women and their families.

When: Thursday January 26 from 9:30 a.m. to 11:00 am
Location: Nickerson Law Group in Davenport Village
For more information, directions & to RSVP,
visit the Events page at julianickerson.com

Advertise Your Business Here 888-687-6444



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

OPEN YEAR ROUND

MON. - FRI. 7:00 A.M. - 6:00 P.M.

A Legacy of Excellence in Montessori Education



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



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

AR

AveryRanchHouses.com

SAVE up to \$8,000 with Our Flexible Commission Plan



- FREE Home Value Check
- Cancel Anytime Agreement
- FREE Move Up Program
- Lease Buy Out Program
- Creative Financing Expert



- Property Management
- 19 Years Experience & Over 2800 Homes SOLD
- Active Listings 43
- Avg Days on Market 80
- Avg List \$ vs. Sold \$ 98%

Stats taken from ABOR on 12-08-11



Military Discount

Buy or Sell through Us Get a 20% Rebate

Discount good for all active duty, prior military and family members



Mike Cusimano 795-9918

