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February 2012

OFFICIAL NEWSLETTER OF THE AVERY RANCH HOA

Volume 6, Issue 2

Casendar

HOA MONTHLY BOARD MEETING

Next meeting - Monday, February 13th

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. Agenda can be found on the Avery Ranch Website in the discussion forums section no later than Friday prior to the meeting. 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 Morningside Amenity Center.



Upcoming Events

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 & reference "Mardi Gras Happy Hour"

**Laissez les bons temps rouler!

REGISTRATION FOR AVERY RANCH SUMMER SWIM LESSONS

See article in this issue for details. YMCA member registration will start on February 25th and non-member registration begins on March 24th. Swim Lesson Class Descriptions can be viewed at http://bit.ly/zmJq30. Swim Registration Form URL: http://bit.ly/wKdINb

New Resident Meet & Greet

Saturday, March 24 from 10-12 a.m. - Main Amenity Center Invitations to follow. Come out and meet some of your HOA Board members & social committee members.

(Continued on Page 3)

GET INVOLVED IN YOUR COMMUNITY

We have community events because AR Residents make it happen! Join the Avery Ranch Social Committee! Help out your community by getting involved in just one event. If you have a passion for a certain activity, come out to our monthly social committee meeting and let us know. You don't have to attend every meeting all year long. 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

IMPORTANT NUMBERS

EMERGENCY NUMBERS	
EMERGENCY	911
Fire	911
Ambulance	911
Sheriff – Non-Emergency	
Ç ,	
SCHOOLS	
ROUND ROCK ISD	
Patsy Sommer Elementary	
Cedar Valley Middle School	
McNeil High School	
	5720 McNeil Dr.
LEANDER ISD	
Rutledge Elementary	570-6500
Henry Middle School	
Vista Ridge High School	
· · · · · · · · · · · · · · · · · · ·	
UTILITIES	
City of Austin Water	
Perdernales Electric	512-219-2602
TEXAS GAS SERVICE	
Custom Service	1-800-700-2443
Emergencies	
Call Before You Dig	
AT&T	
	1 200 464 7022
New Service	
Repair	
Billing	1-800-858-/928
TIME WARNER CABLE	
Customer Service	
Repairs	512-485-5080
Solid Waste Servies	512-494-9400

NEWSLETTER INFO

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Rona Quejada......ARNEWS@AveryRanchHOA.com

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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

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Upcoming Events - (Continued from Cover Page)

NEIGHBORHOOD EGG HUNT

Saturday, March 31st from 10 a.m. to 12 noon

Two egg hunts for two age groups happening at the same time. Egg hunts at 10 and 11 a.m. for ages 1-5 and 6-10. Bring your own basket! Visit with the Easter bunny. More info to follow.

BAZAAR! BAZAAR! AT AVERY RANCH Saturday, April 21st

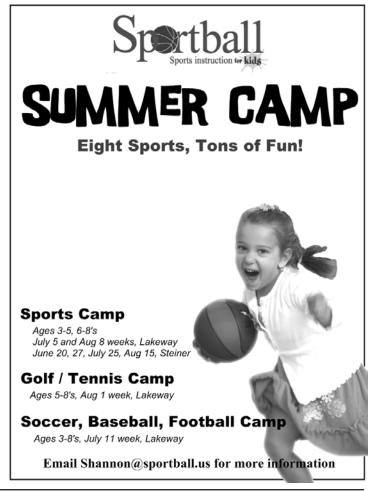
Shake off those Winter blues and mark your calendars for the biggest event of the Spring season! Food and merchandise, vendors and more. Stay turned for more details to come! Email information to bazaar@AveryRanchHOA.com

NEIGHBORHOOD GARAGE SALE

Saturday, April 28 from 7 a.m. to 1 p.m.

Start cleaning out your garage and closets and get your items ready! Sale to be advertised in the Austin American-Statesman and on Craig's List





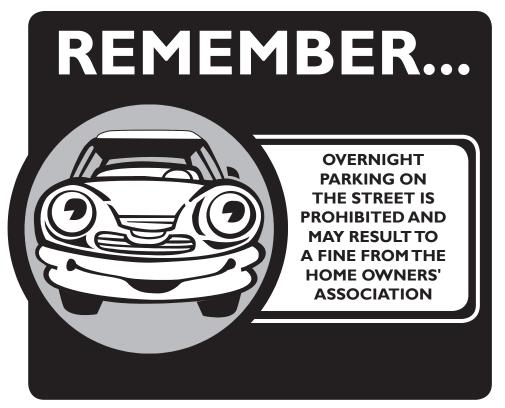
YOUR HOA FUNDS AT WORK

Steve Roebuck, AROA President

As our pools age, we occasionally need to resurface them. In December and January, the Waters Edge pool and the spa pool at Morningside were refinished with a blue pebble finish.

The circuitry behind the card readers at Morningside was replaced, which should result in fewer access problems there. Bikers and walkers will soon notice new signs on some of our trails.

By the way, we hope you enjoyed our Holiday Light display on the monuments at the four corners and the Morningside Amenity Center.





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HOLIDAY SLEIGHRIDE

By Jean Mayo, ARSC Chair

On Saturday, December 17th from 6 to 8 p.m., the Avery Ranch Social Committee held their annual Holiday Sleigh ride at the Main Amenity Center. The turnout was fabulous! Hundreds of residents came out for a horse drawn carriage ride by Decotah's Dream Team Carriage Co.

Decorations were done by event coordinator, Jeff Johnson. A roaring fire set the atmosphere for a visit with Santa, resident Bob Beyer. Cookies and hot chocolate were graciously provided by Judy Martinez at Primrose School of Round Rock located on Great Oaks Dr.

Special thanks to everyone who helped make this event a success!







NO PRUNING OF OAK TREES FEBRUARY TO JUNE

Anyone who has lived in Austin for any time at all is aware of the huge number of Oak Trees that have died due to Oak Wilt Disease. The beetle that carries this disease is the most active from February 1st to June 1st, therefore these are the months when it is best to refrain from making any pruning cuts on all varieties of Oak trees. Once a pruning cut has been made, the vascular system of the tree is vulnerable to catching this disease, which is a fungus transported by the tiny nitidulid beetle. If you have questions about Oak Wilt Disease, please contact Patty Hoenigman, Oak Wilt Specialist, at patty@thetaxcenter.us





Glenfield Avery Ranch







A Message from your friend at D.R. Horton



Raquel Atwell

Happy New Year Neighbors!

New Year's Eve is a time for appreciating the past, but more importantly, looking forward to the coming year. It is a time each year when we reflect on the changes we want (or need) to make and resolve to follow through on those changes. Here's a list of the ten most popular New Year Resolutions for 2012. Source: http://listverse.com/2007/09/05/top-10-new-year-resolutions/

Our Homes and our Community in Avery Ranch will give you options to make your goals possible!

10. Reorganize Life

It's a reasonable goal. Whether you want your home to be more organized so that you can invite friends over on a whim or organize your desk so you can save time when you are looking for your stapler. Organizing your life gives you more time to do the things that matter. A very wise client of mine once told me, "Being organized gives us more freedom".

9. Be More Charitable

A popular, non-selfish New Year's resolution, volunteerism can take many forms. Choose to spend time helping out at your local library, mentoring a child at a local school or supporting many of the local non-profit organizations. Rutledge Elementary is within walking distance or you can contact the Leander ISD for more information.

8. Learn Something New

Have you vowed to make this year the year to learn something new? Want to learn a new language, how to fix your computer or the art of photography? All these are possible because Avery Ranch has access to The ACC campus on Cypress Creek.

7. Get out of Debt

Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead. You are well on your way to save on your energy bills with our energy efficient homes.

6. Stop Drinking

I'm sure a lot of people try quitting cold turkey but for this one you need a support team.

5. Enjoy Life More

Given the hectic, stressful lifestyles of millions of people in the world, it's no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you! Our miles of hike and bike trails can show you the way to de-stress. Get up, get out and get going! The scenery is beautiful.

4. Stop Smoking

If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good.

3. Lose Weight

Weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of people who made a New Year's commitment to shed extra pounds. If the weather gets in the way, you have the Fitness 19 gym located closeby at 14900 Avery Ranch Blvd. in the shopping center at Avery Ranch Blvd. and Parmer Lane.

2. Get Fit

Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better. Avery Ranch offers you easy access to golf, swimming, tennis, running and walking. Studies also show this can be accomplished with as little as 20 minutes of walking four times per week.

1. Spend Time with Loved Ones

Recent polls conducted by General Nutrition Centers, Quicken and other research firms show that more than 50% of people asked would like to spend more time with family and friends this year. Have lunch with your child at school or at home, take them to the park after work or to check out the turtles in the pond by Granite Shoals. Quality time with your spouse or significant other can include a nice bike ride enjoying Avery Ranch's beautiful views! You can do all of this within your Community and it's FREE!

I wish you the best with your New Year's Resolutions and here are the most recent closings of New Homes in Glenfield:

PLAN	SQ. FT.	CLOSED	SOLD PRICE	
The Cabrillo	2344	Dec. 2011	\$263,000	
The Lilv	2204	Dec. 2011	\$250.000	





Raquel Atwell · 218-4881 · drhorton.com/austin

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ADMISSIONS OPEN HOUSE

Preschool - Grade 12 Sunday, February 12, 2012 2:00-4:00





2012 Avery Ranch Swim & Water Aerobics Lessons

Pool Location: Avery Ranch MAC Pool (Morningside) 10121 Morgan Creek Drive, Austin TX 78717

Dear Avery Ranch Residents,

Welcome to the 2012 Twin Lakes Aquatics Season located at the MAC Avery ranch resident pool. We are pleased to announce that over 230 Avery ranch kids went through our swim lesson program in 2011. Some kids learned how to swim for the first time and others expanded on their current skills.

In partnership with the Avery Ranch HOA, Twin Lakes YMCA offers the following lessons for this summer:

BEGINNER TO ADVANCED SWIMMING LESSONS (AGE 3 - 12)

- 2 Week Sessions Mon-Thurs. AM session (8 classes per session/ each class is 45 minutes long)
- 4 Week Sessions Tues. & Thurs. PM session (8 classes per session/ each class is 45 minutes long) Class Descriptions can be viewed at http://bit.ly/zm/q30

PRIVATE LESSONS (AGES 3 - 12)

(Please see Twin Lakes YMCA website for details and prices)

SHALLOW & DEEP WATER AEROBICS

You must be an Avery Ranch resident to register at Avery Ranch and must show proof at the time of registration at the Twin Lakes YMCA.

YMCA member registration will start on February 25th and non-member registration begins on March 24th. You must be an Avery Ranch resident to register and must show proof at the time of registration to sign up for any of the swim and water aerobics lesson sessions. However, you do not have to be a member of the YMCA to register. Registration will take place at the Twin Lakes Family YMCA, space is limited. You do not have to be a member of the YMCA to register. Lessons begin June 4th until August 9th.

Please refer to the registration sheet for date, time, and price that can be found at http://bit.ly/wKdINb (Swim Lesson Registration Form). Information on the Avery Ranch Swim and Water Aerobics lessons can also be found at www.ymcagwc.org located under the Twin Lakes location tab under Aquatics.

YMCA swim program has been teaching people to swim for more than a century. In YMCA aquatics programs, children learn to be safe around water and they feel the sense of accomplishment that comes with learning something new. It uses a problem-solving, guided-discovery teaching approach in a positive, caring environment. Kids can develop lifelong skills that can help them stay healthy. All instructors are YMCA swim lesson certified as well as CPR & AED trained.

We look forward to seeing you this summer for another great aquatic season!

Sincerely, Abby Stowers Aquatics Director of Twin Lakes Family YMCA

Help the HOA Save YOUR Money

Want to save \$6,000? That is the postage cost incurred by the HOA to mail your quarterly paper statements. On your statement, you'll find instructions on how to sign-up to get your quarterly statements via email. To register for this free service, visit www.estmt.net.

When you receive an email notification that your HOA quarterly statement is ready, you'll need to log-in to the site to confirm your request for electronic billing and this will prevent the mailing of your paper statement.

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	Trans	saction	n Convenience Fee
Expires	No expiration date		One year
	th	en yo	u need to resubmit
Qtr Fee changes	Will adjust automatically.	Mus	t login and change

To register, contact Alliance for a form by mailing sperez@allianceonline.net or reach them at telephone number 512-347-3001. Ask for a Direct Debit form.

Granite Street Signs You Gotta Have One!

We still have quite a number of the Avery Ranch granite street signs (if your street is available). To reduce this inventory, we are reducing the price of all available street name signs to \$25, so if you've been holding out on acquiring this piece of Avery Ranch memorabilia, now's the time to act! You can see what is available (a real time inventory) at the following website address: www. centraltexasgardening.info/arsigns.pdf. Please note that signs for streets in Morningside, Brookside, Creekside, Enclave, and Champions are not available at this time. The classic looking "A" logo signs are in good supply and available for \$15. These are one of a kind ornamental pieces that are fitting to any Avery Ranch yard or residence. To acquire them, contact Bob Beyer, Avery Ranch Social Committee Treasurer at 238-6732 or txbeyer@austin.rr.com. Sales are cash or check made to "Avery Ranch Social Committee" and are final. Proceeds supplement the Social Committee budget for events and activities that benefit all residents.



2012 Avery Ranch Garden Tour Set For May 26TH

The annual Avery Ranch Garden Tour sponsored by the Social Committee will take place on Saturday May 26th beginning at 10 A.M. Last year, we had 10 magnificent gardens on the Tour which were enjoyed by hundreds of Avery Ranch residents and guests. We look forward to another great garden tour this year. The theme this year will be "GETTING SERIOUS ABOUT XERIPHYTIC LANDSCAPING"

We can accept up to 10 gardens on a first come basis. We also need some volunteers to help with the Tour day operations. We especially are seeking gardens which reflect the theme and first time participants but rest assured that all garden hosting volunteers are

welcome on the tour. If you would like to place your garden on the Tour or have some time to help with the planning and Tour day activities, please contact Tour Coordinator Bob Beyer at 238-6732 or E-mail: txbeyer@austin.rr.com

We have a web page for the Avery Ranch Garden Tour so you can preview the yards in advance. The address is www. centraltexasgardening.info/artour.html . As new gardens are added to the tour, they are placed on this site (picture and description provided by the hosts), so check it out and

consider adding your garden to this year's tour. You can also see the gardens that were on previous tours as well.

Please keep in mind that this is NOT a competition and no awards will be given for this event. It is a social event where we can get out and meet our neighbors, share ideas about gardening and landscaping in our relatively new subdivision and just have a lot of fun getting new garden design and content ideas from others in our community.

All a garden host needs to do is to be present for the Tour hours of 10 AM until 3 PM (or a shorter period at the discretion of the host), open your yard and garden, and be available to talk to visitors about your

gardening experiences. Any other amenities for visitors is optional. There will be a pretour on May 19th plus a traditional afterparty for hosts and volunteers so they can see the other yards in advance and celebrate a successful event afterward. Now there's incentive to be involved of this event.

We plan to have informational booths in the picnic area for public informational and educational organizations such as Master Gardeners, Grow Green/Water-wise gardening - -City of Austin, or other related groups. There will be no commercial vendors at this event. A drawing for door prizes will take place immediately after the tour. You need not be present to win a prize.

This will be our fifth year for the Avery Ranch Garden Tour. It is an event you won't want to miss. Please mark your calendars for MAY 26TH, save the date, and come enjoy this event. Maps and guides will be available on Tour Day at the Tour Center in the picnic area of Avery Ranch MAC Park. If you have any questions, please call Bob Beyer at 238-6732. See you on the Tour!

Bob Beyer, Morningside, Avery Ranch Garden Tour Coordinator





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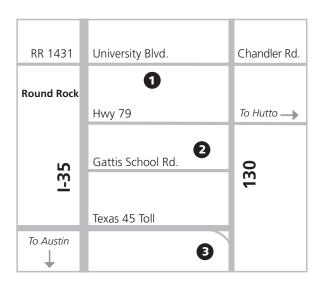
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Chatter

By Rona Quejada, Newsletter Editor

Are you a parent whose children attend the Leander Integrated School District? You just might find the following letter sent to us by Sheila Dhir Hughes. Sheila is a resident of Granite Shoals and a parent whose children attend the Leander Integrated School District (LISD).

"As you may know, the Leander school district just voted to open a new middle school and to change the attendance boundary lines so that Avery Ranch students in the Leander school district will attend this new school rather than Henry Middle School.

The new school (currently referred to as MS8) is in rural Leander on CR 179. CR 179 is off of Ronald Reagan Blvd., approximately 2 miles north of FM 1431. Our students will have to travel from Austin, through Cedar Park, and into rural Leander to go to school, more than doubling the distance they travel now. Our students will literally spend between 2 to 3 hours on a bus every day.

Since we found out about this possible change in attendance boundaries, about 700 Avery Ranch residents have been fighting the move

to a school so far away. We don't find this attendance boundary attractive, and it's unlikely that new homebuyers will either. The research supports this, and shows that this move will likely significantly affect our property values – potentially decreasing the average home sale price by \$18,000.

If this concerns you, we ask you to do a few things:

Join our Facebook page (http://www.facebook.com/LISDMS8) to keep up with our efforts to return our students to Henry Middle School or another middle school in our community.

Write to the LISD administration and school board expressing your concern about the attendance boundaries. You can contact all of them via one email address - governance.team@leanderisd.org.

Attend an LISD board meeting and speak during Citizens Comments to express your concern. For more information on meeting dates and locations, visit http://www.leanderisd.org/default.aspx?name=abt.board.meeting

Thank you for supporting the Concerned Parents of Avery Ranch.





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COMMUNITY NEWS

ROUND ROCK NEW NEIGHBORS

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.

MARDI GRAS STYLE WINE, SCOTCH & FOOD TASTING

2|23|12 | 6:30 – 9:00pm Twin Creeks Country Club Benefits - Dell Children's Medical Center

Northwest Austin Circle of Friends presents our 13th Annual CHEERS for Children event benefiting Dell Children's Medical Center of Central Texas. This exciting event, a premier wine, scotch, and food tasting, will be held Thursday, February 23, 2012, 6:30 to 9:00 pm at Twin Creeks Country Club (3201 Twin Creeks Club Drive, Cedar Park, 78613), nestled in the lovely hill country setting between northwest Austin and Cedar Park.

Your are invited to join us for a fun and exciting Mardi Gras celebration filled with premier wines, single malt scotches, delicious cuisine from local restaurants, funky jazz music on the veranda and complimentary Mardi Gras beads - all included in the ticket price - as well as live and silent auctions with unique and tempting items. Don your masks and costumes (if you dare), and join the fun – all for a good cause!

Tickets are \$55 in advance (\$65 at the door). 100% of funds raised benefit Dell Children's Medical Center and are directed to The Texas Child Study Center, the mental health program at DCMC.

For more information or to purchase tickets online go to DellChildrensCircleofFriends.org (listed under "upcoming events") or contact Elliott Weir, Chairman NWA COF, at eweir@austin. rr.com or 922-2231.

12TH ANNUAL DERBY GALA

Please join Chaparral Women's Club for our 12th annual fundraiser, Derby gala on Saturday, February 25, 2012 at the United Heritage Center at the Dell Diamond. Derby gala will be held from 6:00 pm to 12:00 am. The evening is cocktail attire and of course don't forget your fabulous DERBY hat!

Guests will enjoy a festive evening of fine dining, live music, dancing, silent and live auctions, horse racing, and casino. Please join us in supporting many wonderful organizations in Round Rock and Williamson County. We look forward to seeing you on February 25th! Please visit our website www.rrchaps.org to purchase tickets, become a corporate sponsor, or to donate items to the auction. If you need any additional information, please contact Jennifer Shockley-Daniels, Publicity Chair, at jsdaniels2@sbcglobal.net.CHEERS for Children

YOUTH JOB SEEKERS						
Name	Age			House Sit		Phone
Bailey, Kiera	11		•	·····• ···		244-0458
Bailey, Riana	10		•		808-	333-4115
Balcezak, Hannah#	14	•		294	4-2621/5	85-1728
Day, Sarah	19	•				658-6670
Friedman, Haley*	14	•				919-0427
Friedman, Jackie*						
Hahn, Delaney#						
Hillard, Blake*+	16		•	•	•	341-8887
Klinte, Adella	13	•	•	•		354-6017
Lutz, Megan#						
Meeker, Lauren*#						
Mendoza, Andrea	16	•	•	•		994-4895
Morgan, Katie*+	17	•	•	•	•••••	796-6961
Scheffer, Max	13	•	•	•	• :	291-2857
Traxler, Damon*+	18	•	•	•	• :	246-0757
Traxler, Justin*+	15	•	•	•	• :	246-0758
Traxler, Marcus						
Whittaker, Megan	13	•	•	•	512-	517-9396
Vacula, Nicholas	13	•	•	•	•	964-4359
*-CPR Training +-1	First Aid	Training	#-Cer	tification	n in Bab	vsitting

ATTENTION AVERY RANCHYOUTH

The Youth Job Seekers listing service is offered free of charge to all Avery Ranch youths seeking work. Submit your name and information to ARNEWS@AveryRanch HOA.com by the 7th of the month. **Note: This list was updated in January 2012.**



What is RSV?

By Dr. Lee Keegan

RSV, or respiratory syncytial virus, is a common virus that causes bronchiolitis in infants and cold symptoms in older children and adults. Almost every child has had RSV by the time they are 2 years old.

How is it spread?

RSV is spread by contact with an infected person's mucous or saliva. The best way to prevent this spread is by frequent hand washing and avoiding touching your face. Most people become sick about 4-6 days after they are exposed. People who are infected with RSV are usually contagious for 3-8 days.

Bronchiolitis

Bronchiolitis is an infection (caused by RSV and other viruses) that causes inflammation and swelling of the small airways (bronchioles) in the lungs. It occurs mostly in children under one year of age. Usually bronchiolitis begins with a runny

nose, mild cough, and sometimes fever. After a day or two the cough worsens and the child may have more difficulty breathing. Usually days 3-5 of the illness are the worst and improvement begins after that. The runny nose usually improves first, but the cough can last for about 2 weeks.

What to watch for

Some children will show signs of increased difficulty with breathing such as flaring the nostrils, breathing faster, making wheezing noises, or sucking in around the rib cage with each breath. If any of these occur, your child ought to be seen by their pediatrician. The other primary thing to watch for is dehydration. Signs that your child may be dehydrated include decreased wet diapers, dry mouth, and crying without making tears. Call your pediatrician if any of these occur.

What can be done to treat RSV?

Unfortunately, there is no specific treatment for RSV or the other viruses that cause bronchiolitis. One of the most helpful things that can be done is suctioning your baby's nose with a bulb after placing a few drops of saline in each nostril to loosen the mucous. This is especially important before bedtime and feeding. Using a humidifier and propping up the head of the bed can also make it easier to breathe while sleeping. Your child will likely take smaller amounts of fluid with each feed and need more frequent feedings. Some children who have wheezing with RSV will improve with breathing treatments and others will not. About 1-2% of infants with RSV do have to be hospitalized every year for oxygen or IV fluids, but most children recover well with close monitoring at home.

Note: Dr. Lee Keegan is a board certified pediatrician with Cedar Park Pediatric and Family Medicine.



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."

- Jude & Ethan's Mom. Primrose Parent

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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** A Man Safe People After God's **Boundaries** 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

New Years & Resolutions

By Hjalmar Perez, CPT, LMT and Q Estrada, CI-PT, MTI

So a New Year and again resolutions! Do we know the definition of a resolution? What lifestyle changes do I have to commit too? What are obstacles we have to work around that will challenge us to commit? These are probably questions that come across our mind, the day of the first of the year. Honestly, do we have to be ridged or just create enough awareness to give yourself the energy to move to the next step? We all want our resolutions to be manageable and easy to complete.

So let's begin with the definition of the word: resolution. The American Heritage Dictionary has 14 statements to define resolution. I will only state 3; 1. Firm determination. 2. The act of resolving to do something. 3. A course of action determined or decided upon. It seems, in our case, the 3rd is the most feasible. Let's face it; this is the toughest step in the process. Most of us need to sit and be methodical about taking action. This fulfills the how, what, when questions. What are yours?

With the start of any new endeavor, it's quite common to look at our lifestyle and look for areas we can improve on. One change I made several yrs ago was to not make a resolution. Yes, not to make a resolution. I decided to make a list of 6-12 things I wanted to complete or change throughout the year. All had to deal with a nutritional goal, a fitness goal and a spiritual goal. I even went as far as, adding some volunteer, community, self care goals...just in those you have six ideas. Now you can work on a list for the whole year. Take some time throughout the month to glance and stay on track...don't allow yourself to take two steps back. Now and again you might side steps but move forward. Take some quite time to glance at your list, to reflect on your journey and work towards fruition.

What obstacles will challenge you and how will you overcome them? Let's face it, there are going to be times when our Will will be challenged. Such things as our commitments to our family, our friends and our community will be barriers to overcome. The good news is, you have 365 days, 168 hrs per week and you only need a minimum of 30 to 45 minutes per week to 4 hrs per month to commit to one goal. Keep in mind, our resolutions should remain attainable and realistic. If you find there are too many goals, then scale back; reorganize and prioritize. No one likes feeling defeated. We do have the option to not put ourselves in the opportunity of failure.

This 2012, let's begin with a desire to set our course of action, to enjoy our journey to learn, to train, to maintain, to change; at all levels at all degrees. Also take time to reflect on positive changes; those that come from our desire to change but also by the outcomes of our actions. As always, my business partner and I wish you balance, harmony, and good health. Be well, be blessed.

Austin Newcomers Club - February Luncheon -

Austin Newcomers Club is a non-profit social and recreational organization of 500 member- households celebrating is 60th year. It is dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends.

The February luncheon speaker will be Daris Word Hale, who was a lecturer and researcher in Tanzania as a Fulbright Scholar from the United States for the 2010-2011 academic year. She taught music at Makumira University in Arusha, and collaborated with East African composers to create new music for western orchestral instruments. Just freshly repatriated, Daris teaches music at Texas State University, and is a bassoonist in the Austin Symphony Orchestra and Austin Lyric Opera Orchestra. She is a founding member of the international touring groups Wild Basin Winds and Trio 488 which have released four albums.

- When and Where: Wednesday, February?, 2012 at Green Pastures Restaurant, 811 West Live Oak Street, pre-payment \$20.00. Reservations are required.
- Time: 11 a.m. Social Hour, Luncheon begins at noon.
- For Luncheon Reservations Email: LuncheonDirector@ AustinNewcomers.com
- **WELCOME BACK!** To the 67 members who enjoyed the ANC Western Carribbean Cruise in January.
- MARK YOUR CALENDAR for our March ??Luncheon Speaker, Austin Police Chief Art Acevedo

To Join Austin Newcomers Club: Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00. Membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at: www.AustinNewcomers. com.



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Send Us Your

Event Pictures!!

Do you have a picture of an event that you would like to run in Home on the Ranch? Send it to us and we will publish it in the next issue. Email the picture to *ARNEWS@AveryRanch HOA.com*. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



A NEW YEAR & NEW GARDEN OPPORTUNITIES

by Bob Beyer, Travis County Master Gardener

Gardeners – get out of your beds(pun fully intended) and into your study. A new gardening year awaits your attention. What are your gardening intentions for the new year? What get's created should be planned before and maintained afterward, not just enjoyed when in prime time. So get your thinking hats on and think out of the box (you know, that old rut that says follow me and I will lead you nowhere new).

HERE ARE SOME IDEAS FOR YOUR NEW GARDEN YEAR

- Use internet resources more to learn about new plants and gardening in your specific area. Get to know what you grow.
- Once you've done your homework, grow plants you never have had experience with in the past (especially natives and adaptives).
- Plan your gardens to succeed within the environmental and climatic realities, rather than preferences. Learn when is the proper time to make changes.
- Break a few pencil leads and wear down a few erasers to put ideas on paper first, then analyze, revise, and improvise until you are satisfied.
- Develop a gardening strategy for years into the future, not just the coming year.

For example, intentionally make changes so you garden will have a new look from year to year. Those changes can be to hardscaping, area design, choice of plants, etc. A garden is always a work in process and never completed!

- Become active with other gardener groups, networks, and organizations to learn and share experiences that will be mutually beneficial. Share and swap plants with other gardeners. Make gardening a social activity in your life.
- Resolve to be an environmentally friendly gardener – no use of chemical pesticides, fungicides, and chemical fertilizers. Go organic, use more compost, and learn how to be a water saving gardener.
- If not already, consider becoming a Master Gardener. The training you'll receive is equivalent to a short college level course in horticulture designed for our local level, and the opportunity to serve the local gardening community is rewarding.
- Resolve to enjoy your garden more and in new ways, such as photographing the beauty of it, learning how to propagate more plants, adding artistry to the garden, or developing new ways to reduce maintenance needs.

Thinking out of the box will be my goal for 2012. My gardening has always been focused on perennials and ornamentals, and I have resisted seasonal gardening such as growing veggies. I have redeveloped my gardening space to allow space for a vegetable garden this year – a new experience for an old gardener. In view of the harsh summer of 2011, I have been gradually shifting my choice of plants from tender tropical and special care plants to native, adaptable, and tough plants that will endure our climatic extremes in Central Texas. We have completed the front yard phase, and are continuing to completely redevelop the rest of our yard to be xeriphytic and find that quite liberating in terms of reducing personal stress in addition to the physical stress on our

The most important thing is to garden "intentionally", not impulsively or haphazardly and there is no better time to begin the process of planning for the new garden season than during the dormant winter months where physical gardening activity comes to a standstill. Use this time to plant some new thoughts (yes pun intended again) before it's time to plant new plants for the coming garden season. Make it a Happy New Year for your yard and garden!









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"Hugged First, Then Taught" is the motto at Kids 'R' Kids. It is well known that children learn best when they have secure relationships with caring adults. When children from a very early age develop trusting relationships they feel more confident and able to explore and learn. In early childhood settings, when children feel emotionally secure they learn through play to develop the skills and understandings they need to interact positively with others and gradually learn to take responsibility.

Kids 'R' Kids Learning Academy provides an innovative educational program in which children excel academically, engage in meaningful work, acquire leadership skills, and learn to care for themselves, their peers, the environment, and their community. **Unlike our competition, we do not teach our children how to memorize.**

The accredited curriculum provides students with the experiences and skills that they will need in order to build a foundation of life-long learning and to be successful in any early childhood program. The NAEYC accredited learning environment reflects the developmental need for social interaction, self-expression, and self-knowledge. Our powerful and rigorous curriculum provides strategies and activities that engage students with significant ideas, and encourages them to connect what they are learning to their prior knowledge and to current issues, to think critically and creatively about what they are learning, and to apply that learning to authentic situations.

At Kids 'R' Kids, we conceptualize childhood as a time of belonging, being and becoming.

- *Belonging is the basis for living a fulfilling life. At Kids 'R' Kids, our children feel they belong because of the relationships they have with their teachers.
- * Being is about living here and now. We celebrate childhood as it is a special time in life and children need time to just 'be'—time to play, try new things and have fun.
- * **Becoming** is about the learning and development that young children experience. Children start to form their sense of identity from an early age at Kids 'R' Kids, which shapes the type of adult they will become.



Kindergarten Open House

During the month of February, prospective Kids'R'Kids kindergarten parents will have several opportunities to visit our school and learn about our very enriching curriculum. We will also have kindergarten night (Feb. 9th 7:00 pm – 8:30pm) where parents can come and meet the teacher and ask questions about the program.





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