

ROUND ROCK RANCH

Official Newsletter for the Residents of Round Rock Ranch

February 2012

Volume 2, Issue 2

WELCOME NEW BOARD OF DIRECTORS

The February newsletter welcomes the new Board members that were voted in at the Annual Meeting on January 19th. Timing being what it is, the newsletter content had to be submitted before the meeting, so check next month's newsletter for information about your new directors. As always, feel free to check out the updates on the neighborhood website.

Volunteers

The HOA runs on volunteers. Your talents and a little time can make a big difference. To volunteer, call any Board member or committee chairperson. Contact info is on page 2.

Email List

for Announcements

Did you know that Round Rock Ranch has an email list to announce news affecting residents? If you want to be "in the know" about neighborhood events, police reports in the neighborhood, lost pets, and other important information, go to: <http://www.roundrockranch.com/contact.html>.

It's Never Too Early to Mark Your Calendar and Save the Date!

Upcoming events in 2012 at the Will Co. Regional Animal Shelter

DATE	TIME	EVENT
Sat. Feb. 11.....	Sat/Sun 11-4	Come to our 'Valentine Pawty'! Special rates, treats and promotions will be going on all week. Open your heart for Valentine's Day to a shelter pet!
Sat. Feb. 18-6.....	Tues-Fri 12	
Sun. Feb. 2.....	11-4 6	It's Academy Award night, but we have our own "Acatemy" Award- winners! Come see our gorgeous Oscar-worthy felines who can go home with no fee..
Mon. Feb. 27.....	8:30-5:30	Emancipet's mobile spay/neuter van will be at the shelter to perform low-cost procedures. Make an appointment at www.emancipet.org .
Wed. Feb. 29.....	12-6	It's Leap Day! Go ahead – take the leap – adopt a shelter pet! You - and your heart - will be SO glad you did! All adoptions only \$29!

Happy _____
Valentines Day!



ROUND ROCK RANCH

BOARD OF DIRECTORS

ROUND ROCK RANCH BOARD OF DIRECTORS

Melissa Yehl..... President
255-1671president@roundrockranch.com
Derek Kirby Vice President
731-5153 vp@roundrockranch.com
Jena Richards Treasurer
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Khris Tuffentsamer Secretary
925-7322 secretary@roundrockranch.com
Rich Denis Director at Large
251-6122 director@roundrockranch.com

ENCLAVE BOARD OF DIRECTORS

Jennifer Smith President
Rene Franco VP Treasurer
Polly Middlebrook Secretary

PROPERTY MANAGERS

ROUND ROCK RANCH PHASE ONE HOA

Certified Management of Austin (CMA)..... 512-339-6962
.....9600 Great Hills Trail, Suite 100E. Austin, TX 78759
Fax/Email 512-339-1317/frontdesk@cmaaustin.com
Jennifer English, Manager jenglish@cmaaustin.com

ENCLAVE AT ROUND ROCK RANCH HOA

www.roundrockranch.com/contact

PS Property Management Co., Inc. 512-251-6122
..... PO Box 7079 Round Rock, TX 78683
Fax 512-251-3470
Phyllis Starr-Johnson, Manager psproperty@psprop.net

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DON'T WANT TO WAIT FOR THE MAIL?

View the current issue of the Round Rock Ranch on the 1st day of each month at www.PEELinc.com



& Pinktober365

Team Tiara is a 501(c)(3) dedicated to raising money to fund research and education for breast cancer as well as provide outreach services to those affected by it. 2012 will mark our 7th year in this fight against breast cancer. To date, we have raised over \$600,000 for breast cancer awareness, research and direct support for survivors. In 2012, Team Tiara will begin directly funding research into metastatic breast cancer. This is an under-funded area of research where we need to have a lasting impact. Men and women do not die when their cancer is confined to their breasts. We lose them when that cancer spreads to their bones, liver, lungs, brain and other organs -- robbing them of time with their families and friends. This is the heart-breaking side of breast cancer, and an area of research we need to be a part of.

Our goal is to raise \$100,000 in 2012, specifically targeted to metastatic breast cancer research. SO WE are excited to announce that www.pinktober365.com launched January 1. This new website will profile 365 pink warriors -- survivors, walkers, researchers, and advocates. We want to hear your story, whether you are a fighter, survivor, family or friend affected by breast cancer. Go to www.pinktober365.com to share your story or obtain more information. Team Tiara would be honored to hear from you.

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



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

CHEERS for Children

Mardi Gras Style

WINE, SCOTCH AND FOOD TASTING

- February 23, 2012 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.

REACHING YOUR NEIGHBORS

and many others...

- Avery Ranch
- Barton Creek
- Bee Cave
- Bella Vista
- Belterra
- Canyon Creek
- Cedar Park Town Center
- Chandler Creek
- Cherry Creek on Brodie Lane
- Circle C Ranch
- Courtyard
- Crystal Falls
- Davenport Ranch
- Forest Creek
- Hidden Glen
- Highland Park West Balcones
- Highpointe
- Hunter's Chase
- Jester Estates
- Lakeline Ranch
- Lakeway
- Lakewood
- Legend Oaks II
- Long Canyon
- Lost Creek
- Mayfield Ranch
- Meadows of Bushy Creek
- Pemberton Heights
- Plum Creek
- Ranch at Brushy Creek
- River Place
- Round Rock Ranch
- Sendera
- Shady Hollow
- Sonoma
- Steiner Ranch
- Stone Canyon
- Teravista
- Travis Country West
- Twin Creeks
- Villages of Westen Oaks
- Vista Ridge
- Westside at Buttercup Creek
- Wood Glen

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What Causes Sensitive Teeth & What To Do About It

Do you experience discomfort in your teeth? Do you find it difficult to drink icy or hot beverages? You may have a case of sensitive teeth. Luckily, it's very treatable. Find out what causes sensitive teeth and how to change your habits to avoid sensitivity.

What does it mean to have sensitive teeth?

If you experience pain or discomfort when consuming foods or beverages that are hot, cold, sweet, or sour; when brushing or flossing; or even when breathing sharp, cold air, you may have sensitive teeth.

What is the reason for sensitive teeth?

COMMON CAUSES OF TOOTH SENSITIVITY:

- **Over-brushing** – brushing your teeth too hard may wear down enamel or irritate the gum line, causing it to recede and expose the tooth's sensitive roots.
- **Cracked teeth** – a crack or chip in your tooth may expose the underlying dentin or may fill with bacteria from plaque, causing the nerve to inflame.
- **Teeth grinding** – over time, grinding or clenching your teeth can erode enamel and expose dentin.
- **Gum disease** – gum disease leads to tooth decay which breaks down enamel; gum disease can also lead to infection which may attack the tooth's roots or cause the gum line to recede.
- **Tooth whitening** – using products with peroxide or baking soda can seriously aggravate exposed roots or dentin.
- **Age** – studies have shown that tooth sensitivity occurs most often in people between the ages of 25 and 30.

It is possible to experience tooth sensitivity after routine dental procedures such as the placement of a filling or crown, tooth restoration, or even tooth cleaning. Such sensitivity is temporary; if it does not cease after four to six weeks please consult your dentist.

How should I take care of my teeth if they are sensitive?

Tooth sensitivity is very treatable, no matter what the cause.

Here are a few remedies you can take advantage of at home:

Try a **desensitizing toothpaste** which contains chemicals that block sensations like hot and cold from reaching the nerves in your teeth. Use a **soft-bristled toothbrush** that will be gentler on both your teeth and gums. Switch to a **fluoride mouthwash**. **Avoid acidic foods** such as tea, tomatoes, and citrus fruits. Maintain **good oral hygiene** by brushing twice every day and flossing once daily.

Depending on the cause and severity of your sensitivity, you may benefit from professional treatment. If you suffer from sensitive teeth, please be sure to contact your dentist. We can set up an appointment to discuss what is bothering you and determine the best way to

Seton Care For Your Entire Family

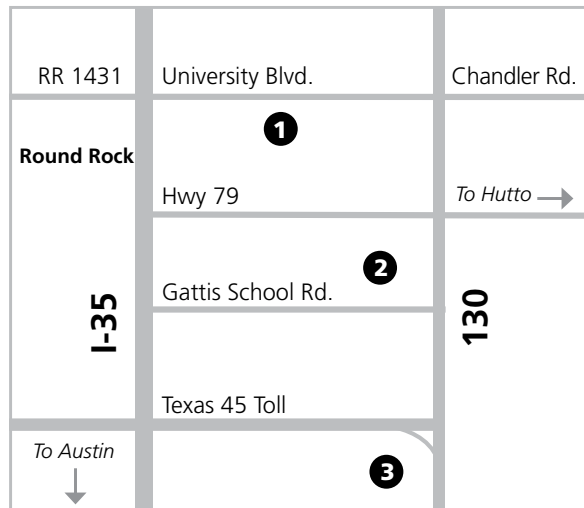
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ROUND ROCK RANCH

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

View answers online at www.peelinc.com

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John Cornyn

512-469-6034

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Dist. 31 John R. Carter

512-246-1600

STATE SENATOR

Dist. 5, Steve Ogden

512-463-0105

STATE REPRESENTATIVES

Dist. 52, Larry Gonzales

512-463-0670

Dist. 20, Charles Schwertner

512-463-0309

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Pct. 1, Lisa Birkman

512-244-8610

Pct. 3 Valerie Covey

512-943-3370

Pct. 4, Ron Morrison

512-238-2111

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New Years and 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. Well, we are here to assist you one more time. Last time we talked about S.M.A.R.T, how this acronym should be your golden rule too completing your goals, in this case your resolutions.

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.



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