

# HOME *on the* RANCH



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March 2012

OFFICIAL NEWSLETTER OF THE AVERY RANCH HOA

Volume 6, Issue 3

## *Calendar*

### HOA MONTHLY BOARD MEETING

*Next meeting - Monday, March 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. 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 AVERY RANCH EVENTS

#### *Registration for AR Summer Swim Lessons*

Registration at Twin Lakes Family YMCA, Located at 204 E. Little Elm Trail, Cedar Park, Texas 78613. Avery Ranch residents who are YMCA members too may register starting on February 25th. Open registration for Avery Ranch residents begin 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 10-12am at the Main Amenity Center. Invitations to follow. Come out and meet some of your HOA Board members & social committee members.

#### *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 10:15 and 11:15 for ages 1-5 and 6-10. Bring your own basket & Visit with the Easter Bunny. Music provided by the ACC Ensemble Band. Stay for lunch...hot dogs, chips and drinks will be sold

#### *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 tuned for more details to come! For more information, send email to [bazaar@AveryRanchHOA.com](mailto: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

### NEW HOA WEBSITE IS FULLY OPERATIONAL

Our NEW WEBSITE is off to a good start, with many residents already members. It is intended 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.

Residents who sign on to the site have 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, bazaar or Easter Egg hunt again!

Access to the community budget as well as minutes to all official meetings held is available. Point your browser to [www.AveryRanchHOA.com](http://www.AveryRanchHOA.com), have your Alliance account number or if you are a renter, your pool card id will allow you access.



*Steve Roebuck, President  
Avery Ranch Owners Association*

# HOME ON THE RANCH

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

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

### SCHOOLS

#### ROUND ROCK ISD

Patsy Sommer Elementary ..... 704-0600  
..... 16200 Avery Ranch Blvd.  
Cedar Valley Middle School..... 428-2300  
..... 8139 Racine Trail  
McNeil High School..... 464-6300  
..... 5720 McNeil Dr.

#### LEANDER ISD

Rutledge Elementary..... 570-6500  
..... 11501 Staked Plains Dr.  
Henry Middle School ..... 570-3400  
..... 100 N. Vista Ridge Dr.  
Vista Ridge High School..... 570-1800  
..... 200 S. Vista Ridge Dr.

### UTILITIES

City of Austin Water ..... 512-494-9400  
Perdarnales Electric..... 512-219-2602

#### TEXAS GAS SERVICE

Custom Service..... 1-800-700-2443  
Emergencies..... 512-370-8609  
Call Before You Dig..... 512-472-2822

#### AT&T

New Service..... 1-800-464-7928  
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Billing..... 1-800-858-7928

#### TIME WARNER CABLE

Customer Service..... 512-485-5555  
Repairs..... 512-485-5080

Solid Waste Servies..... 512-494-9400

## NEWSLETTER INFO

### EDITOR

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

### PUBLISHER

Peel, Inc. .... 512-263-9181  
Advertising..... advertising@peelinc.com

## BOARD MEMBERS

### PRESIDENT

Steve Roebuck..... steveroe@AveryRanchHOA.com

### VICE PRESIDENT

Khris Mire .....khrismire@AveryRanchHOA.com

### SECRETARY

April Aguren ..... april.aguren@averyranchhoa.com

### TREASURER

Marc Boucher ..... marcoucher@AveryRanchHOA.com

### RESIDENT BOARD MEMBER

Mark Bittman ..... mbarhoa@hotmail.com

### RESIDENT BOARD MEMBER

Pat Wimberly.. PatWimberly@AveryRanchHOA.com.com

### RESIDENT BOARD MEMBER

Nick Sargologos ..... nsargologos@AveryRanchHOA.com

### RESIDENT BOARD MEMBER

Lance Goldsmith ..... b.lance.goldsmith@gmail.com

### RESIDENT BOARD MEMBER

Mike Steinkoenig.....msteinloenig@AveryRanchHOA.com

### RESIDENT BOARD MEMBER

David Dziadziola ..... zadz2@hotmail.com

### D.R. HORTON

Tom Moody..... TEMoody@drhorton.com

## AVERY RANCH HOA WEBSITE

Visit the Avery Ranch HOA website at  
[www.AveryRanchHOA.com](http://www.AveryRanchHOA.com)

## FOR QUESTIONS OR CONCERNS

Contact our Property Manager & HOA Board for any  
questions/concerns about your neighborhood at  
[GetHelp@AveryRanchHOA.com](mailto:GetHelp@AveryRanchHOA.com)

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

## BUSINESS CLASSIFIEDS

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## PERSONAL CLASSIFIEDS

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— Jude & Ethan's Mom, Primrose Parent

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# HOME ON THE RANCH

## BAZAAR! BAZAAR!

On Saturday, 4/21, Avery Ranch Social Committee and KASE 100 radio station are hosting the event of the season - BAZAAR! BAZAAR! at Avery Ranch. Opening at 10 a.m., residents are invited to the Main Amenities Center at 10121 Morgan Creek for great shopping, food and music. Stroll the rows and find jewelry, candles, pottery, lawn decorations and furniture along with other great stuff. Take a break and enjoy the great food from pizza to funnel cakes, homemade lemonade, candies and kettle corn.

KASE 100 will be on site with their "Cash Cow" and the giveaways will flow from cash to concert tickets. The party ends at 2 p.m. and won't be back for another year. Come, enjoy! This is what living at Avery Ranch is all about. We have a great neighborhood and Sat 4/21 is the day to enjoy it to the fullest!

*Inquiries can be sent to [bazaar@averyranchhoa.com](mailto:bazaar@averyranchhoa.com)*

## REMEMBER...



**OVERNIGHT  
PARKING ON  
THE STREET IS  
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## IS THAT A FOG MACHINE IN YOUR YARD?

Austin Water supplies water to customers at varying degrees of pressure due to elevation changes and differences in infrastructure. In cases of excessive supply pressure, the builder, plumber, irrigator or homeowner is tasked with regulating the pressure down to the optimum pounds per square inch (PSI). Water pressure inside a house should be around 65 PSI, but automatic irrigation systems are a different story.

The typical pop up sprinkler head has an ideal operating pressure of around 35 PSI, yet many installed systems' actual head pressure is much higher. If the actual head pressure exceeds the manufacturer's recommendation, the end result is misting and distorted coverage. Misting is water that is being treated, pumped and paid for—only to waft away even on a still morning. Excessive misting in an irrigation system is considered water waste within the City of Austin and can result in warnings and even citations.

There are multiple ways to regulate pressure, but in cases where the entire system is operating at high pressure, it is a good idea to install a pressure regulating valve (PRV) on the irrigation mainline. This will not affect anything in the house, but will make the irrigation system more efficient meaning less water is needed to maintain the landscape. Bigger drops will hit the landscape, wear and tear on components will decrease and the system will have better spray patterns overall. Correcting high pressure in an irrigation system is a win, win, win scenario. Your landscape, irrigation system and pocketbook all benefit. In many cases a PRV can pay for itself within a couple of years. If you suspect your irrigation system is operating at high pressure, talk to your irrigator about the issue or if you are a customer of Austin Water, set up a free irrigation evaluation through Austin Water's Conservation Division. All evaluations are performed by licensed irrigators and properties that have had an Austin Water evaluation may be eligible for certain rebates, including partial rebates on irrigation PRVs and pressure regulating heads. Call 974-2199 or visit [waterwiseaustin.org](http://waterwiseaustin.org) to schedule a free irrigation evaluation.

*Jacob Johnson, Austin Water  
LI#17528*





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# HOME ON THE RANCH

## AVERY RANCH GARDEN TOUR WHERE HAVE ALL THE GARDENS GONE?

SATURDAY, MAY 26TH, 10 AM – 3 PM

So, we've had a bad year in 2011 for our gardens and landscapes, but, this year's Avery Ranch Garden Tour will offer help and new ideas about how you can transition your yard and garden to adapt to our climate change and water shortages by xeriscaping. We do need more garden hosts for the tour! Please consider putting your yard on the tour.

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 Xeriscaping."

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 are especially seeking gardens that reflect the theme and first time participants but 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 [txbeyer@austin.rr.com](mailto:txbeyer@austin.rr.com)

We have a web page for the Avery Ranch Garden Tour to preview the yards. The address is [www.centraltexasgardening.info/artour.html](http://www.centraltexasgardening.info/artour.html). As new gardens are added to the tour, they will be placed on this site (picture and description provided by the hosts). 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.

This is not a competition so 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 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. There will be a pre-tour on May 19th so they can see the other yards in advance and celebrate a successful event afterward.

We plan to have informational booths in the picnic area at the MAC 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. If you have a nice plant or item you'd like to donate for door prizes, please let us know.

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*

*Avery Ranch Garden Tour Coordinator*



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**Monday March 5th**

**6:30 - 9:00 PM**

**Rib Eating Contest 7:30 - 7:45 PM**

- ★ Round Rock I-35: Round Rock High School
- ★ 620 Four Points: Vandegrift High School
- ★ 360 South: Westlake High School
- ★ 183 North: *Defending Champions* Anderson High School
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- ★ High school contest 7:30- 7:45 PM.

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Rudy's  
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## Ten Spring Gardening Tips for Central Texas Gardeners

Bob Beyer, Travis County Master Gardener

*Thinking spring? Here's a few related thoughts for preparing for the spring garden.*

- Planning, planning, planning: Develop a garden plan for the coming season, both short, and longer term. Know what it is you want to do before digging – what goes where and why.
- Select your plants for the coming season carefully. Research them on the internet or check with a non-commercial reliable sources for advice as to adaptability and growing features of plants that you are considering for your garden. Remember, there is the right plant for the every place depending on the micro-environment of the growing location. Impulse buying at a plant center can be wasteful and disappointing.
- Prune back any dead wood or expired vegetation to allow new growth the opportunity to take over in spring. It is usually best to wait until new growth actively occurs before pruning.
- Enrich bed areas to aerate and refresh them. Add new organic materials and compost to encourage microbial activity. The health of your soil will directly affect your gardening success.

- Don't be too eager to begin planting tender plant materials as we are always subject to late freezes or wintry blasts. In central Texas, April 1st should be a safe date for planting anything tender.
- If moving plants from indoors or low light areas where they were protected over winter, re-acclimate them to the higher light intensity levels in slow gradual phases.
- Most nurseries carry fresh stock in spring through summer but phase out stock in fall and winter, so your healthiest plants will be those purchased as early as they become available. Many nurseries have difficulty taking good care of container stock during off seasons so buying prior year stock can be risky.
- When planting new shrubs or perennials, cut through tightly wound root balls and spread roots outward before covering with soil. This allows new feeder roots to spread and the plant to establish itself faster. The consequence of not doing that might be "girdling" or the plant strangling itself over time.
- If you have yard maintenance service, tell them not to pile mulch around tree trunks, not to prune back plants more than 1/3rd

*(Continued on Page 9)*

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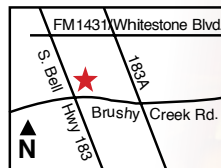
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## Ten Spring Gardening Tips... (Continued from Page 8)

their size (esp. Crepe Myrtle), or use their string trimmers within striking distance of any plant trunk or base. These are common problems with such services.

- Learn about the plants you grow. The more you learn, the more economical and enjoyable gardening will become. Consider taking the Master Gardener class in your county or attending gardening seminars..

You should learn about which plants do well in your specific environment and climate zone and not try to “push the limit” of plant tolerances. Use of native and adaptive plants is always a good bet. If you don’t already have a copy, drop by your local garden center or nursery within the City of Austin to pick up a free copy of the “Grow Green Book” which has all the information you will need to make wise plant choices. A good place for further helpful information on the web is “Central Texas Gardening”, at <http://www.centraltexasgardening.info/>

And finally, come to the Avery Ranch Landscape and Garden Clinics held each third Thursday of the month at 7:00 P. M. at the main MAC meeting room. This HOA supported activity enables Avery Ranch residents an opportunity to get free expert garden advice by gardening experts in our community.

## 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](http://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](mailto: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.

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# HOME ON THE RANCH

## Mardi Gras Happy Hour 2012

*By Jean Mayo,  
AR Social Committee Chairperson*

For the past 5 years the Avery Ranch Social Committee has held a Mardi Gras Happy Hour. On February 10th, it proved to be another great event for the residents. It was held at the Avery Ranch Golf Club in the Sunset Grill room from 6:30-9:30 pm. Appetizers were served with a cash bar available. It was a good way to meet and socialize with our Avery neighbors. Music was provided by Jason Lynum of CPR Mobile DJ's who even brought a photo booth! Special thanks to the staff at the golf club. They made it a great night and yes, the good times were rolling!





# Top Ten Reasons to Choose



15111 Avery Ranch Blvd  
Austin, Tx 78717  
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## Accredited Programs

Kids'R'Kids holds the NAEYC accredited (National Association for the Education of Young Children) status. We are the only center in Williamson county to be NAEYC, and AdvancED accredited as well as awarded with Texas Rising Star and Texas School Ready. We uphold the highest standards in quality care for children. We are a center par excellence. No center can compare to Kids 'R' Kids in high-quality care and education.

## Highly Trained Teachers

Our teachers are professional degreed in Child Development/Early Childhood Education. They are consistently trained to offer the best care to implement our exclusive curriculum for the complete benefit of your child. Our specific grade-level training on implementing the curriculum equips teachers to utilize every part of the Kids'R'Kids program to the fullest advantage. All teachers are certified in CPR and first aid.

## Commercial Kitchen & Café

Fresh meals are prepared on-site in our commercial kitchen by a special trained chef. We offer a hot breakfast, lunch, and two snacks which have been approved by the USDA. Your child can eat outside the classroom in a kid size café designed especially for the fine dining experience. Children practice family-style dining, table manners and social skills while teachers model proper mealtime behavior.

## Nurturing Environment

At Kids'R'Kids, we believe children should be "Hugged First, Then Taught". Children learn best when they are in a nurturing environment. Your child will feel welcomed the moment he/she comes through the door and will develop strong relationships with teachers and friends.

## Educational Technology

We are proud to implement the TeachSmart learning system. Our highly trained teachers engage students with this easy to use, interactive whiteboard system designed exclusively for early childhood education. Children interact with large, colorful, moveable images and diagrams by moving letters, words, numbers, and pictures with a finger. With the addition of sound, this system makes the lesson engaging for auditory, visual and kinesthetic learners.

[www.krkaustin.com](http://www.krkaustin.com)

## Facility Advantages

Our facility offers many advantages. Our glass walls and doors provide a unique atmosphere with total visibility for security purposes and a smoother transition to the next classroom level. Our covered Kiss'N Go lane is great for convenience and rainy days. Each classroom is equipped with child-size amenities, sinks and restrooms. Our separate, gated playgrounds are designed for each age group to play safely while meeting their developmental needs.



## Communication

We want your experience at Kids'R'Kids to be a friendly one. Phones are available in every classroom for parent/teacher communication if needed during the day. Our open-door policy encourages parents to come by and visit their child anytime. Parents also receive a daily report, explaining activities such as curriculum, meal & nap times, and your child's continued progress.

## Safety and Security

From our buses to the classrooms, we provide ultimate child safety and security. Our building are designed with front door coded entry and front desk administrators as well as classroom cameras where each child is watched for safety and security. You will also be able to watch your child online with a password-protected log-in. Every classroom is designed with safety features and has direct access to the outside in case of an emergency.

## Age Appropriate Classrooms

Your child can grow with other children who are at the same development stage. Separating children by advancing milestones allows for a safer and more organized efficient classroom and thus, a better learning environment. You'll find our classroom to be clean, orderly and comfortable for each child so he/she feels at home when they're at school.

## Owner Involvement

Kids'R'Kids is a family owned learning academy. With active, involved owners, the highest standards are confidently upheld in each facility and program. As owners, we have proudly owned and managed our school for over seven years. We are on site to ensure availability to our staff and families. We look forward to meeting each new child and getting to know the family.



# HOME ON THE RANCH

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## GET INVOLVED IN YOUR COMMUNITY

*We have community events because  
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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](mailto: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](mailto:pril.aguren@averyranchhoa.com)



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## ARE YOU PREPARED FOR A DENTAL EMERGENCY?

*Submitted by Chad and Shelby Denman*

Thousands of dental emergencies—from injuries to a painful, abscessed tooth—take place every day. Would you know what to do if your child broke a tooth or had a tooth knocked out while playing outdoors? What if you had a bad toothache in the middle of the night and couldn't get to the dentist until the next day? Knowing what to do can lessen the pain and save a tooth that might otherwise be lost.

Keep your dental office phone number and an emergency number where the dentist can be reached after hours with other emergency numbers, such as your family doctor, and fire and police departments. Some families post these numbers on the refrigerator or inside a kitchen cabinet door near the phone. Call the dentist immediately for instructions on how to handle a dental emergency.

### TOOTHACHE

Rinse the mouth with warm water to clean it out. Gently use dental floss or an interdental cleaner to remove any food or other debris that may be caught between the teeth. Never put aspirin or any other painkiller against the gums near the aching tooth. This could burn gum tissue. If the toothache persists, try to see the dentist. Don't rely on painkillers. They may temporarily relieve pain but your dentist should evaluate the condition.

### KNOCKED-OUT (AVULSED) TOOTH

Try to find the tooth! This may not be as easy as you think if the injury took place on a playground, basketball court or while skateboarding, so try to stay calm. Hold the tooth by the crown and rinse the root in water if the tooth is dirty. Don't scrub it or remove any attached tissue fragments. If it's possible, gently insert and hold the tooth in its socket while you head to the dentist. If that's not possible, put the tooth in a cup of milk and bring it to the dentist. Time is critical for successful reimplantation, so try to get to your dentist immediately.

### BROKEN TOOTH

Rinse your mouth with warm water to clean the area. Use cold compresses on the outside of the cheek to help reduce the swelling.

### TONGUE OR LIP BITES OR WOUNDS

Clean the area gently with a clean cloth and apply cold compresses to reduce any swelling. If the bleeding can't be controlled, go to a hospital emergency room or clinic. You may be able to reduce bleeding from the tongue by pulling it forward and using gauze to put pressure on the wound.

*(Continued on Page 14)*



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# HOME ON THE RANCH

**Are You Prepared for a Dental Emergency?...**  
(Continued from Page 13)

## **OBJECTS CAUGHT BETWEEN TEETH**

Try to gently remove the object with dental floss. Never use a sharp instrument to remove any object that is stuck between your teeth. If you can't dislodge the object with floss, contact your dentist.

## **POSSIBLE BROKEN JAW**

Apply cold compresses to control swelling. Get to the hospital emergency room immediately.

## **Empowering Children through Meditation**

**LEARNING MINDFUL AWARENESS CAN BENEFIT  
YOUR CHILDREN FOR A LIFETIME**

*By Suganda Jain*

Parents, teachers and researchers are discovering how meditation can relax children and help them thrive in life and academics. Studies abound on the benefits of meditation for adults, and recent research is beginning to confirm that benefits extend to children as well.

Psychotherapist Gina Biegel has studied the impact of meditation on teenagers and found that it does in fact decrease anxiety and depression. Her eight-week study of over 100 teenagers even found improvements in sleep patterns and changes in medication use. "We tend to be going-going-going all the time," says Biegel, who practices at Kaiser Santa Teresa Hospital in San Jose. "We need to take a moment and not feel the need to do-do-do all the time."

The benefits of meditation go beyond stress-reduction. Meditation can help kids understand that feelings are okay, build confidence and establish closer relationships.

Nancy Brady has taught meditation to kids for the past seven years. She was able to use meditation to enable 8-year-old Joey to handle his grief after his grandmother passed away. Brady helped Joey "visit" his grandmother, and he was able to tell her that he missed her and loved her. Afterwards, he was no longer sad.

"It enriches my life to watch a child establish strong inner connections that strengthen his or her abilities in school and will continue to grow through life," says Brady. "I like knowing that children have a more complete set of tools—beyond anger and frustration—to live the best life they can."

*(Continued on Page 15)*

## **TAX PREP 101**

*Compliments of Melanie Hadley*  
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**Tax forms will be in the mail soon, and it's time to get organized for the federal income tax season.**

Start by scheduling—and committing to—a time to work on your taxes. Gather all the appropriate forms, from W-2s for reporting wages to 1098s for deducting interest and taxes, and any applicable receipts you have and place them in a central location. Next, it's important to understand what tax changes have taken place.

Among the changes in 2011, those with Flexible Spending Accounts (FSAs) could no longer use pretax funds to pay for many over-the-counter medications (unless prescribed by a doctor). Energy tax credits for homeowners saw the credit amount shrink to a maximum of \$500 per taxpayer per lifetime. To learn more, visit [www.irs.gov](http://www.irs.gov).

Now that you've done your homework, it's time to sharpen those pencils and get started! Stick to your tax time commitment and start completing those forms.

### **FOR EXTRA CREDIT:**

It's not too early to meet with your tax advisor and financial planner to determine strategies for next year's taxes.

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# HOME ON THE RANCH

## Empowering Children through Meditation...

(Continued from Page 14)

### SHARING MEDITATION TOGETHER

When a parent and child experience meditation together, they can enjoy the benefits while also creating a special bond with one another. Moms-to-be can even use yoga and meditation to bond with their unborn babies.

"You are connecting with the soul of your baby in utero. It's a feeling of connection, of oneness with your child inside of you," says Mallika Chopra, author of two inspirational books for moms, and daughter of spiritual guru Deepak Chopra. For her, meditating during pregnancy was a beautiful and magical experience.

Whether children experience meditation with a parent or on their own, the benefits can last a lifetime. "Meditation is a precious gift that your child(ren) will have for their entire lives," says Chopra. "It's something they will always have at moments of stress and frustration, and when they want to be at a (more balanced) place." TRY IT!

### THE FROZEN POPSICLE MEDITATION

Have your child lie down in a comfortable position and lead her through this simple meditation: Imagine that you are a frozen popsicle. Even if you wanted to, you couldn't move your fingers or toes. Be as still as possible. Think about being cold, and see if you can make yourself feel cold. Tense all of your muscles as if you are really frozen. Now, defrost yourself little bit by little bit, becoming more and more floppy until you feel like a melted Popsicle puddle on the floor.



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# HOME ON THE RANCH

## How to Give Your Finances an Extra Boost

*Submitted by: Jee Kim, Finance Expert of a local credit union*

Just because the nation's economic conditions seem to be improving, it doesn't necessarily mean your personal finances are doing the same. For those of you who need that extra financial boost, Amplify Credit Union offers these tips:

**Start at the Beginning.** It's crucial to start with a brutally honest look at where you are now, financially. Make a comprehensive list of what you own (your assets) and what you owe (your liabilities). Subtract your liabilities from your assets and you'll have your current net worth.

**Cash In, Cash Out.** Next, track your income and expenses. If the amount of cash coming in each month exceeds your expenses, you can start saving, paying down debt and investing. If you're in the red, it's time to look for places to cut back. You might think you "need" cable television, for example – but multiply the monthly cost times twelve and you may be shocked at its annual cost. Would those funds serve you better in a savings account or invested in your 401(k)?

**Pay Yourself First.** No, that's not very original, but it works. Treat your monthly savings like a bill you owe a creditor and don't miss a payment – to yourself and a more secure future.

**Chip Away at Your Debt.** Growing the "assets" side of your net worth is just one part of the equation. The other is reducing

your liabilities. Choose a plan of attack and stick to it. You may want to work at paying off the debt that carries the highest interest rate first. Some people prefer to pay off their smallest debt first, because it gives them a feeling of accomplishment that helps them stay motivated.

**Take Advantage of Expert Help.** Most experts recommend keeping a certain amount of money in an account that can be easily accessed in case of an emergency – for example, a savings account or money market account. Amplify can work with you to determine which option might work best for you.

When it comes to funds in excess of your target savings, you might want to consider investing. If you work for a company that offers a 401(k) plan and matches part of your contribution, this should be the first place you invest. It offers two advantages – income tax reduction and the extra money contributed by your employer as the match.

If you have funds to invest beyond your savings and 401(k), it's a good idea to consult with a financial adviser who can help you choose investments that are in line with your risk tolerance and that will help you achieve your financial goals. Most financial advisers, including those at Amplify Financial, offer a complimentary initial consultation. This helps you find someone you feel comfortable with to guide you on your financial journey.

## SHRED DAY 2012

### FREE HOUSEHOLD DOCUMENT SHREDDING

With the increased awareness of identity theft, it is more important than ever to carefully dispose of personal records such as credit card statements and checking account records. ARMA, the Financial Fitness of Greater Austin and Austin Resource Recovery Department are sponsoring a free "Shred Day." Mark your calendar for Saturday, May 19, 8:00 a.m. to 1:30 p.m. at the Austin High School parking lot.

Households can bring up five boxes of paper records for shredding. Box size should not be larger than 24" X 24". Mobile shredding trucks will be on site to shred all materials. Please make sure your records are paper only (no hard plastics, no plastic bags, electronic media or three-ring binders) and are not wet or moldy. In lieu of a fee – monetary donations will be accepted for the Capital Area Food Bank. Last year, the event shredded over 83,500 pounds of material and collected 302 pounds of food and over \$7,100 for the Capital Area Food Bank. All of the shredded material and cardboard boxes were recycled.

*For more details regarding the free household shredding, e-mail Jannette. goodall@austintexas.gov or call 974-9045.*

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## St. Patrick's Day Facts

- St. Patrick is the patron saint of Ireland, although he was born in Britain, around 385AD. His parents Calpornius and Conchessa were Roman citizens living in either Scotland or Wales, according to different versions of his story.
- As a boy of 14 he was captured and taken to Ireland where he spent six years in slavery herding sheep. He returned to Ireland in his 30s as a missionary among the Celtic pagans.
- Legend has it that he used the native shamrock as a symbol of the holy trinity when preaching and brought the Latin alphabet to Ireland.
- Miracles attributed to him include the driving of serpents out of Ireland. However, evidence suggests post-glacial Ireland never had any snakes in the first place.
- Wearing green, eating green food and even drinking green beer, is said to commemorate St Patrick's use of the shamrock - although blue was the original colour of his vestments.
- St Patrick was said to have proclaimed that everyone should have a drop of the "hard stuff" on his feast day after chastising an innkeeper who served a short measure of whiskey. In the custom known as "drowning the shamrock", the shamrock that has been worn on a lapel or hat is put in the last drink of the evening.
- Popular Irish toasts on St Patrick's Day, include: may the roof above us never fall in, and may we friends beneath it never fall out.
- St. Patrick's Day was first celebrated in America in Boston, Massachusetts, in 1737. Around 34 million modern Americans claim Irish ancestry.
- It is believed that St Patrick died on March 17 in 461AD. It is a national holiday in Ireland, and on the island of Montserrat in the Caribbean, which was founded by Irish refugees. It is a bank holiday in Northern Ireland and a provincial holiday in the Canadian province of Newfoundland.
- Dublin has a parade that attracts hundreds of thousands of people, while in Chicago the river is dyed green for a few hours. The biggest parade is normally held in New York, while the largest celebration in the southern hemisphere is in Sydney, Australia.



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## Establishing Flexibility & Momentum for Resolutions

*By Hjalmar Perez and Humberto Estrada*

Plenty has been written over the past months regarding the art of setting resolutions for 2012. By now, the initial excitement has diminished and the work continues. In any career there is a stage is called the 'Implementation Phase.' If you are still focused on implementing your goals, kudos to you! Studies show by mid February, gym participation declines and the resolutions of the New Year begin to be forgotten. For those still working on goals, here are a few suggested strategies: be flexible, establish momentum and celebrate small wins.

### BE FLEXIBLE

Realize unplanned situations may arise. Try to avoid wasting energy getting frustrated over situations you cannot control. Instead, use your creativity to find ways to support your fitness goals. For example, if you are unable to complete a 45 minute workout, consider a run/walk for 30 minutes followed by calisthenics. Research supports a broken down 30 minute workout, in increments of 10 minutes is beneficial.

### ESTABLISH MOMENTUM

Let's take Newton's Law of Physics; an object in motion remains in motion...It takes less work to keep moving once you have some momentum. Take consistent steps to create a steady rhythm and to build confidence. This will make it easier to stay focused, make progress and work through any unforeseen challenges.

### CELEBRATE SMALL WINS

Take time to celebrate those small moments that may seem insignificant but contribute to your fitness goals. Reward yourself for the small accomplishments. Take time to acknowledge, reflect and celebrate. After all, it's your hard work and you know what you bring to the table when it's all sweat and all heart.

*As always, we wish you balance, harmony,  
and longevity. Be well, be blessed.*

### Join us for 2 Upcoming Events at your Neighborhood H-E-B Store!!!

• Wine, Beer, & Cheese Class on Wed., March 14th from 630p-730p. Learn wine, beer, and cheese education in a fun and informative setting as we pair great wine and beer with fabulous specialty cheeses from our in-store cheese shop. **The cost is \$10 per person.**

• Cooking Class on Wednesday March 21st from 7pm-8pm. Our cooking coaches will take you through a culinary adventure showcasing the incredible flavors of Mediterranean cuisine. All dishes will be paired with perfect wines. **The cost is \$20 per person.**

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# Glenfield



## A Message from your friend at D.R. Horton

### Hello Neighbors

We are now in March and most of us take this time of the year to get out in our yards and start preparing our yards for the growing season. A healthy lawn makes for an appealing community and home. This is especially true for those of you that might have your home on the market or are planning on it this spring! I have found a few basic ideas that we all can use for this time of year.

For those of you that have not heard of Red Barn Nursery, they are locally owned and relatively close but, most of all, they are so informative! Here's what they have to say in their spring planer:

- Plant bare-root and container fruit trees, blackberries and grapes as soon as possible, so they will be established for Spring.
- Transplant dormant trees, shrubs and roses now. Trim top back 1/3 to 1/2 to compensate for root loss and shock. Don't forget to use root stimulator, such as Superthrive, vitazyme or liquid seaweed to help with transplant shock.
- Spray dormant oil on fruit trees and evergreens now if you have not already done so to prevent scale and for insect control etc.
- It is a great time to plant veggies such as beets, broccoli, cabbage, cauliflower, collards, chard, potatoes, lettuce, shallots and turnips just to name a few. Soak beans and peas overnight in a vitazyme solution to help sprouting.
- You may want to get tomatoes and pepper plants started inside or in a green house.
- Prune deciduous trees and oak trees now. Don't forget to seal open ends and cuts with pruning paint or spray to protect from insect damage.
- Avoid Oak tree pruning from Feb. 15th thru June 15th to prevent oak wilt.
- Fertilize iris, calla lily, and fall planted bulbs with a 3-1-2 ratio fertilizer. Divide if necessary every two or three years.
- Wait until March for lawn fertilizer.
- Apply pre-emergent or corn gluten for weed control. "Amaze" works in flower beds also.
- Watch out for broad leaf or grassy weeds. Use Weed Free Zone or other liquid post-emergent herbicides for existing weeds.

**Free Mulch** – Austin School Garden Network has resources while supplies last. Call 512-974-6700

**Free Glass Cullet** – Glass mulch/glass cullet is made from recycled glass and is available at the Landfill. [www.ci.austin.tx.us/sws/residential\\_fm812\\_center.htm](http://www.ci.austin.tx.us/sws/residential_fm812_center.htm)

**Free Rocks** – Austin Memorial Park Cemetery Surplus of rocks free for the taking -2800 Hancock Drive

I am also getting ready in Glenfield @ Avery Ranch for our peak season. We have started several inventory homes. One and two story homes will be available March/April in our newest section. If you know someone that would like to build, have them give me a call. Or if you are interested in moving up, please contact me. I would be happy to see how we can help you save thousands of dollars!

### Most recent closing:

1607 1 story, 3 bedroom 2 bath, \$218,00 - December 2011

### March Homes of the Month :

11201 Wyola Bend, 1717 sq. ft.; \$214,084 Paying Closing cost \$5,000  
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### Available Inventory Homes for March /April:

11308 Wyola Bend, 4 bedrooms, 1743 sq. ft.. \$228,286

11238 Wyola Bend, 4 bedrooms, 3 full baths, 2204 sq. ft. \$251,328

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