



# HOME *on the* RANCH



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Overlook • Parkside • Reserve • Waters Edge • Westchester



August 2012

OFFICIAL NEWSLETTER OF THE AVERY RANCH HOA

Volume 6, Issue 8

## From the AROA *President*

Reminder to everyone that the Annual HOA Meeting will be held Monday, August 20 at the Golf Course Banquet Hall. Come and hear about the State of the Ranch, and learn more about your HOA.

The meeting will begin promptly at 7pm, so come early to get a good seat, meet the directors, and be prepared to vote on 6 seats that are available this year. In this issue, read the Candidate Statements.

By now, you may have already received voting information and your annual meeting notice in the mail, so if you cannot attend, please designate your proxy and mail the form back in.

Thanks, and see you at the meeting.

*Steve Roebuck*



## *Thank You!*

The Avery Ranch Homeowners Association are giving a shout out to the Avery Ranch Social Committee and to our community event sponsors Rudy's Country Store, Randolph Brooks Federal Credit Union and Mighty Fine Burgers!!

They continue to make our neighborhood activities possible!

# 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

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Billing..... 1-800-858-7928

#### TIME WARNER CABLE

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

Solid Waste Services..... 512-494-9400

## NEWSLETTER INFO

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### PRESIDENT

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### RESIDENT BOARD MEMBER

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

### RESIDENT BOARD MEMBER

Mike Steinkoenig.... msteinkoenig@AveryRanchHOA.com

### RESIDENT BOARD MEMBER

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

### RESIDENT BOARD MEMBER

Steven Pierce.....

### RESIDENT BOARD MEMBER

Robert Cummings .....

### D.R. HORTON

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

Note: Due to vacancies on the board, residents Steven Pierce and Robert Cummings have been appointed to serve until the Annual meeting, at which time, the board will have 5 positions up for election.

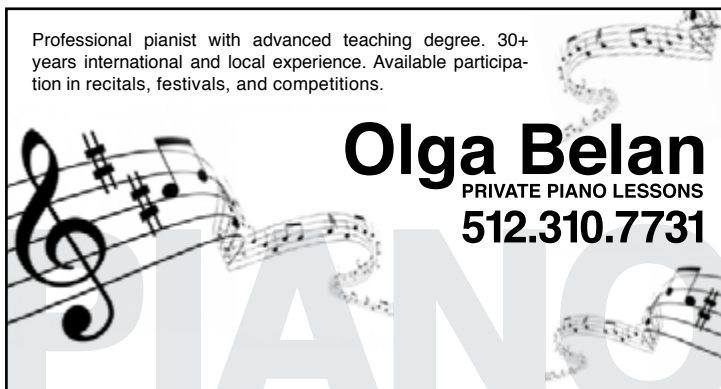
## AVERY RANCH HOA WEBSITE

Visit the Avery Ranch HOA website at AveryRanchHOA.com

## FOR QUESTIONS OR CONCERNS

For questions or concerns in your neighborhood contact our Property Manager and HOA Board at GetHelp@AveryRanchHOA.com.

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## Calendar of Events

### HOA MONTHLY BOARD MEETING

*Next meeting - Monday, August 13h*

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.

### NEW RESIDENTS MEET AND GREET

*Saturday, August 11th from 10 a.m. to noon*

MAC Meeting Room

(see article in this issue)

### NEIGHBORHOOD GARAGE SALE

*Saturday, September 29th 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.

### AVERY RANCH WATER AEROBICS

Lessons will be held Monday and Wednesday beginning June 4 from 8 to 8:45 a.m. at the MAC pool, 10121 Morgan Creek Drive (Morningside) There will be 4 sessions, 8 classes per session at the cost of \$20/session. Aqua Fitness: Medium to high intensity workouts. Each class completes cardiovascular work, along with toning, flexibility and abdominal work. All levels welcome, you can work at your own pace.

You must be an Avery Ranch resident to register and participate. Call Twin Lakes Family YMCA at 512-250-9622 for details.

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## CANDIDATE STATEMENT FROM

*Steven Pierce*

My name is Steven Pierce, my wife, Kate, and I have been residents of Avery Ranch in the Granite Shoals section since March 2008. I am currently serving on the Avery Ranch HOA Board after being appointed in May to fill vacancies on the board. I am running as a candidate for election to the HOA Board this August.

As an HOA Board member I have greatly appreciated the opportunity to be a part of the management of our community because I believe that Avery Ranch is a great place to live and raise a family. My goal is to use my professional experience to continue to increase the financial stability of our community. Financial stability is incredibly important in not only maintaining our home values, but also in ensuring that we can continue to provide the benefits that make Avery Ranch a great place to call home.

I have been employed at Dell since 2006 and am currently working as a member of the Internal Audit team after previously working as a Financial Analyst for Dell's Global Operations Team.

In my spare time, I am involved with the Central Texas Chapter of the Penn State Alumni Association. I serve on the Alumni Association board as Treasurer, plan and oversee events to raise money for our Scholarship Fund (which benefits local students currently attending Penn State), and assist in recruiting students from the Austin area. While at Penn State I played the trumpet in the Blue Band and graduated with degrees in Finance and Economics. I am passionate about helping local students get the financial support that they need to be afforded these same types of experiences and opportunities.

I would appreciate your vote at the annual meeting (or by proxy if you are not able to attend the annual meeting). If you have any questions for me, you can reach me at [steven.pierce@averyranchhoa.com](mailto:steven.pierce@averyranchhoa.com).

## HOA BOARD ELECTION AUGUST 20

## CANDIDATE STATEMENT FROM

*Robert Betts*

As a proud resident of Avery Ranch, I have watched our community grow and it would be hard for me to imagine living anywhere else but Avery Ranch. I am asking for your vote because I believe it is important to be diligent in our efforts to ensure that Avery Ranch remain a desired place to live in the Austin area. As a board member my primary guideline will be to ensure we maintain a high quality of life in our neighborhood where people can be proud to call Avery Ranch their home. I am prepared to balance difficult fiscal responsibilities with the necessary maintenance and operating expenses in a way that promotes a healthy community without undue burden on our HOA assessments. I bring a strong background of volunteer activity including RRISD Bond and Boundary Committees, Patsy Sommer Site Base Committee, Red Cross Shelter Coordinator, Forest North PTA Treasurer, and member of the United Way Young Leadership Society. I want to promote outreach of board activities and decisions with the community at large to promote community involvement.

Thank you for your consideration. Let's make sure Avery Ranch is the best place to live in Northwest Austin!

## CANDIDATE STATEMENT FROM

*Robert  
Cummings*

My name is Robert Cummings. My wife, Michelle, and our two children, Hannah and Austin, have enjoyed living in Avery Ranch since 2004, when we built a home in Brookside. I am a native Texan and grew up in southeast Texas, where by moving to Austin, I successfully evaded most of the mosquitoes, some of the humidity, and none of the heat. Austin has been home since 1984, when I moved here to begin employment with the Austin Police Department, where I am currently employed today as a Supervisor with the Highway Enforcement Command.

My family takes pride in our neighborhood and we appreciate the great effort it takes to maintain the high standard that the current and past Avery Ranch Board Members have set. I would like to offer my time and energy to this cause by serving as a member of the Avery Ranch Board.

# CAST YOUR VOTE!

## CANDIDATE STATEMENT FROM

*Khris Mire*

My name is Khris Mire and I'd like to introduce myself as a candidate for re-election to the Avery Ranch HOA Board. My husband Chris and I have two sons, Zach and Aden. We moved into the Brookside section of Avery Ranch in July 2006. We enjoy living in Avery Ranch, along with all the amenities Avery offers including the pools, park areas, and the hike and bike trails.

I have been a small business owner since September 1999. I am solely responsible for all aspects of my business, including financials, marketing, and keeping pace with the frequent changes and trends in my particular industry.

For the past five years I have been able to volunteer at our sons' school both in the classroom and with the PTA. In addition, I have been an Avery Ranch Board Member since 2009. I have served as one of the three Architectural Design & Review Committee members since November 2009 and was appointed vice president this past year. I am currently attending higher education classes with the goal of obtaining an accounting degree.

Avery Ranch residents have a diverse array of views, ideals, cultures, opinions, and objectives. As a board member it is important to represent all interests and carefully weigh all information before deciding on a particular course of action. Board members have a duty to uphold the CCR's while also taking into account special circumstances that arise and act accordingly. I feel it is important to keep an open line of communication between the board and residents, as the board holds many responsibilities including making financial decisions and overseeing the maintenance of the common areas plus individual residential areas.

I believe that Avery Ranch is located in a ideal location and is a wonderful place to raise a family. It's also a delightful place to live if you don't have kids. I want to see Avery Ranch continue to be a fantastic place and not fall into becoming just another mediocre neighborhood. That is precisely why I'm running for re-election to the Avery Ranch HOA Board. I wish to continue serving the best interests of the community and to keep Avery Ranch a neighborhood that we all enjoy and are proud to call home.

I appreciate your support by casting your vote for me at the annual meeting. Keep in mind that you can cast your vote by proxy if you are not able to attend the annual meeting.

# HOME ON THE RANCH

At no time will any source be allowed to use the Home on The Ranch Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc. and the Avery Ranch Homeowners Association.

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## NEW RESIDENTS:

*Welcome To Avery Ranch!*

Join us at the new resident Meet and Greet on Saturday August 11th, Saturday from 10 a.m. to Noon at the MAC Meeting Room (10121 Morgan Creek Drive)

*Hosted by the Avery Ranch Social Committee*

- Meet neighbors and board members.
- Learn about neighborhood events.
- Get answers on HOA and property management questions.
- Learn how you can support the social committee.

*Coffee and refreshments will be provided  
Door Prize Drawing (must be present to win)*



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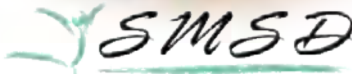




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## Avery Ranch Owners Association Charters New Boy Scout Troop 371

Avery Ranch Owners Association is proud to announce the chartering of a new Boy Scout Troop to serve the boys in Avery Ranch.

Do you have a boy that is entering grades 6 through 12? If you do, consider Scouting. Boy Scouting is a year-round program for boys around ages 11 - 17.

Through the Boy Scout program, young men can achieve the core objectives of strengthening character, personal fitness and good citizenship.

Boy Scouts is available to boys who have earned the Arrow of Light Award and are at least 10 years old or have completed the fifth grade and are at least 10, or who are 11, but not yet 18 years old. The program achieves the Boy Scouting of America's objectives of developing character, citizenship, and personal fitness.

In addition to the Boy Scout Troop, Avery Ranch Owners

Association is already the chartering organization for Cub Scout Pack 371.

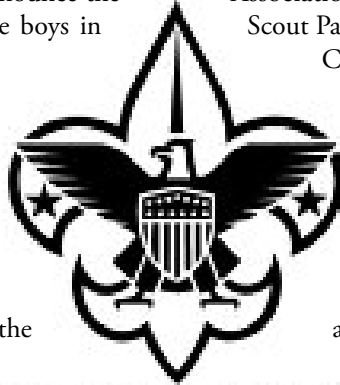
Cub Scouting is a year-round family program designed for boys who are about 7 to 10 years old. Parents, leaders, and organizations work together to achieve the purposes of Cub Scouting.

In Cub Scouting you'll have lots of fun, adventure, and activities with your den and pack. But there's more to it than that.

Being a Cub Scout means you are a member of a worldwide youth movement that stands for certain values and beliefs. Cub Scouting is more than something to do. It's all about the boy you are and the person you will become.

If you are interested in learning more about Scouting or how to become a member

of Avery Ranch's Pack or Troop, please contact April Aguren at [april.aguren@averyranchhoa.com](mailto:april.aguren@averyranchhoa.com).



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# HOME ON THE RANCH

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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.*

## 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, even 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 [april.aguren@averyranchhoa.com](mailto:april.aguren@averyranchhoa.com).



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**READY FOR SCHOOL!**

Hello neighbors.

Can you believe it's that time again?! Back to School supplies are out and families are scrambling to get the last bit of summer fun.

For those of you that own in Avery Ranch, while you were basking in the sun and enjoying the community and the activities, your home is increasing in value!

Avery Ranch is one of the last communities in Austin that offers accessibility and amenities plus an 18 hole public golf course.

We recently opened the newest section of Glenfield at Avery Ranch and we helped new homeowners accomplish their goal of home-ownership! We have several new available homes coming soon from the \$230's to the \$270's.

Let me know if you have any questions or know someone that may enjoy living in Avery Ranch. We have a referral program and a repeat buyer program as well!

## Here are my most recent closings in Glenfield at Avery Ranch:

The Drake Plan - 1628 sq. ft. closed at \$230,696  
The Holly Plan - 1909 sq. ft. closed at \$233,536  
The Hillary Plan - 2528 sq. ft. closed at \$274,112

If you are renting a home and would like to see how you can own a home for about the same payment as rent, please call me at 218-4881 or email me at [ratwell@drhorton.com](mailto:ratwell@drhorton.com).

## ENJOY THE REST OF THE SUMMER!



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# HOME ON THE RANCH



## Avery Ranch Luau

### THE SIZZLING NEW SUMMER SOCIAL EVENT

The June Adult Luau was a huge hit. Over 100 people attended and enjoyed an evening of great food, great weather, a lot of socializing and of course, fantastic Karaoke, with our three celebrity judges. We discovered that the singing talent in Avery Ranch could probably qualify for its own reality TV show, especially since the three stooges has been off the air for quite a while.

Our social committee created a pleasant, tropical atmosphere, complete with Tiki Torches, homemade Shish-Ka-Bobs, lime rice and pulled pork from our newest neighbor, the Meat House. This event was so much fun that we hope to make it an annual happening. Here's to seeing you all there next year!



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## July 3<sup>rd</sup> Events at the MAC

*By Steve Roebuck, AROA President*

This year the Social Committee put on another great event at the Main Amenity Center (MAC). There were two live bands, freshly grilled hot dogs and hamburgers with all the trimmings, as well as sodas, chips and ice cream. Decorations consisted of several hundred flags, displayed at the neighborhood marquees, as well as the amenity center, along with banners, flags and streamers.

Our management company, Alliance, provided a bounce house with slide for the kids to play in. With the unexpected event attendance, food ran out and late comers we didn't have any food to sell for those who came in later in the evening.

A fantastic fireworks show was planned and ran for about 8 minutes before we the operators had to shut down the fireworks show due to technical difficulties with the ignition system. Let's hope that next year the firework company can make up for that and provides us with a more spectacular fireworks show. I promise we'll have more food available, and just as much fun.

Thank you all for coming out, and special thanks are extended to all the Social Committee volunteers who continue to make these types of events possible. If you have an interest in helping with our events, please contact the social committee for more information by emailing [arsc@AveryRanchHOA.com](mailto:arsc@AveryRanchHOA.com).



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# HOME ON THE RANCH

## The Do's and Don'ts of being a Good Neighbor

By Kristy Alpert

There's an art to being a good neighbor. But just like anything else in life, it takes time to master the art of neighbor etiquette. Should you invite the entire block or floor to your next house party? Is it right to borrow tools from friends? Follow these do's and don'ts with your neighbors and see if you can turn polite encounters into lasting friendships.

### NEIGHBOR ETIQUETTE TIPS

- Do get to know your neighbors' names and take the initiative to give a friendly wave or approach them for conversation when you see them.
- Don't peek through the blinds to see what your neighbors are up to.
- Do keep your entrance, yard, and exterior of your home appealing and clutter-free.
- Don't leave holiday decorations up for a prolonged period of time.
- Don't play loud music or have noisy parties and try to host a neighborhood get-together or barbeque at least once a year.
- Don't let your pets wander freely through the neighborhood without you around.
- Do carry bags to clean up after your pet, even if it's your front yard.
- Don't be afraid to ask neighbor's advice about hobbies, gardening, or home maintenance.
- Do talk to your neighbors before purchasing items like fences, landscaping services and sprinkler systems – you may benefit from sharing the cost of upgrades and labor.
- Don't hesitate to invite neighbors over to your home for dinner or drinks.
- Do return all borrowed items quickly and with gratitude.



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Not a commitment to lend. Borrower must meet qualification criteria.



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## Recipe Corner

By Rona Quejada

Sweet muffins, usually with fruit or chocolate, are readily available in local groceries. Except for cheese muffins, other savory muffins are not. To me, savory muffins with fillings are a good alternative to sandwiches. I mix the batter with chopped vegetables, nuts, seeds, smoky bacon or other cooked deli meat. I found a savory muffin recipe on the internet which I've been using the past year. This recipe is a great way to add veggies into your family's diet.

I usually bake a couple of dozens and wrap them individually. They keep well in the freezer for a few weeks. When I want to serve them for breakfast or pack a couple for lunch, I wrap them in moist paper towels and heat them up in the microwave for 25 to 30 seconds (this may vary depending on the oven's power wattage). Remember, the muffin might be very hot after you take them out of the microwave.

### SAVORY MUFFINS – BASIC RECIPE

Makes 24 regular sized or 10 jumbo muffins

- 1 1/2 cups canola oil
- 3 large eggs
- 1 teaspoon chopped garlic
- 2 cups buttermilk
- 3 cups whole wheat flour
- 3 cups all-purpose flour
- 6 teaspoons baking powder
- Plus - 3-4 cups of chopped fillings and 1/2 cup of toppings-whatever you feel like. Here are some suggestions:
  - Chopped spinach, feta and tomato with sunflower seeds on top.
  - Roasted red pepper, onion and parsley with pumpkin seeds on top.
  - Ham, chopped green chilies, cilantro and tomato with cheddar cheese on top.
  - Chopped artichoke hearts, salami, basil and red pepper with a black olive on top. The combinations are endless!
- 2 1/2 teaspoon salt
- 1 teaspoon ground black pepper (optional)
- 2 tablespoon finely grated Parmesan cheese
- 1 cup grated cheese - any kind

1. Preheat the oven to 375 degrees. Grease two regular muffin tins or two jumbo tins.

2. With an electric mixer beat together in a large bowl the oil, eggs, garlic and buttermilk. If using spinach or fresh herbs, mix them in at this time.

3. In a separate large bowl, whisk together the flour, baking powder, salt and pepper, and cheeses. Stir in the filling ingredients

4. With a large spoon combine the wet and dry ingredients and stir only enough to mix. This is a delicate process, almost like folding. Batter should be moist but not runny. Adjust with extra flour or buttermilk.

5. Fill each muffin tin to the top- the muffins are thick enough not to run over the sides. Sprinkle nuts, seeds, cheese or olives on top.

6. Bake 30-40 minutes, depending on size of the muffin. Muffins are done when golden brown, firm to the touch and a tester comes out clean. Serve warm.

## SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to [ARNEWS@AveryRanchHOA.com](mailto:ARNEWS@AveryRanchHOA.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](http://www.PEELinc.com).



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# Gratitude is the key

## Unlocking The Doors To Treasures In Our Children

By Sugandha Jain

Gratitude is an instant mood converter. Gratefulness is the knife that melds impatience to patience, fear to love and anxiety to peace. Enveloped by the clouds of thankfulness, we can soar high in the air of optimism. Our aura is immediately cleansed when we fill our thoughts with praise. Relationships glow under the varnish of a positive expression in mutual affection.

We only have to look around us to realize how blessed we are. Being mindful of the generosity of people, beauty in our surroundings and the uniqueness of our own spirits can help us appreciate our fortunate existence.

Opening ourselves to receiving divine grace that is already a part of our lives makes us acknowledge our own sacredness. We appreciate our oneness with the universe and what we feel as a result, is gratitude on being a part of the whole. We feel love, we feel complete.

Modeling gratefulness with our families can help children open their hearts to the love and light in everything they do. Daily writing in their Gratitude Journal can gradually shift children's consciousness to a higher dimension.

Constantly reminding children to see the lessons presented by events instead of sulking on challenges can be an exercise in life-long learning. When we encourage children to make choices, evaluate them and re-choose options that help them feel grateful, we show them how to be free.

Together, we find that our interactions with each other have always been complete; the missing link in the puzzle in seeking out and seeding in the Om of smile- the symbol of thankfulness.

*Sugandha Jain is a Master Registered Texas Trainer and Director of Accreditation at a local preschool.*



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## Immunizations: Not Just for Kids

By: Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the immunization schedule to the right for generally healthy adults and adolescents.

For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

*\*Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>*

### IMMUNIZATION SCHEDULE RECOMMENDATIONS

#### INFLUENZA:

Yearly, especially if at risk

#### MENINGOCOCCAL:

One dose, age 11-12 or 13-18 if not previously immunized

#### TETANUS-DIPHTHERIA/TETANUS

One dose, age 11-12, then booster

#### DIPHTHERIA-PERTUSSIS:

every 10 years

#### HUMAN PAPILLOMA VIRUS

Three doses, age 11-26 (females only):

#### MEASLES - MUMPS - RUBELLA:

If born after 1956, one or two doses if never immunized up to age 65

#### PNEUMOCOCCAL:

One dose, at or after age 65

#### VARICELLA (CHICKEN POX):

Two doses if no prior infection or immunization received

#### ZOSTER (SHINGLES):

One dose, at or after age 60



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# Back To School Checklist

Ensuring a  
Healthy Return  
to the Classroom  
Begins at Home

\* \* \* \* \*

As a parent, there's no doubt that back-to-school season requires a lot of effort to get your kids all set for the challenges of the classroom. But it's also an important time to consider your child's health, says Daniel Howard, M.D., a pediatrician with The Austin Diagnostic Clinic (ADC).

"From making sure all of the proper vaccinations have been administered on schedule, to getting their kids back on 'school year' sleep schedules, health is obviously a huge consideration for parents with school-age children," Dr. Howard says.

- **Vaccinations 101.** Children should receive a variety of vaccinations and booster shots to prevent them from getting many serious and highly contagious diseases.
- **Hearing and vision tests.** Consider getting your child's hearing and vision tested before they begin school to prevent learning challenges in the classroom.
- **Health information.** Parents should be prepared to provide schools with a list of emergency contact information that includes telephone numbers for parents, close family, pediatrician, and dentist.
- **Diet and sleep.** Healthy eating is a critical part of a child's physical and mental development and can help curb the risk of childhood obesity. Sleep is also essential—kids should get between eight to 11 hours per day, depending on their age.

*Daniel Howard, M.D., is a pediatrician for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than six locations throughout Austin and Central Texas. Dr. Howard sees patients at the ADC Cedar Bend, at 2400 Cedar Bend Drive. For more information, visit [www.adclinic.com](http://www.adclinic.com) or call 512-901-4016. To download an electronic version of this release, please visit [www.delaune.com/ADC](http://www.delaune.com/ADC)*



## *Oven Baked Tilapia with Leek Cilantro Salad*

*by The Four Points Foodie*

*This is just a yummy dish! Oven baked tilapia is a good staple. I breaded mine with panko for a really light and crunchy texture. But what sets this recipe apart is the leek and cilantro salad on top. Served over a bed of jasmine rice, this is the perfect summertime meal.*



### *TILAPIA & RICE*

#### *Ingredients:*

- *Jasmine Rice, cooked per the package to serve 4*
- *4 Tilapia fillets, rinsed and dried*
- *2 T olive oil*
- *12 oz panko bread crumbs*
- *salt and pepper*

#### *Directions:*

*Preheat oven to 350 degrees. Prepare Jasmine Rice per the package to make 4 servings. Rinse and dry tilapia fillets and rub each one with olive oil. Dredge through the panko bread crumbs, pushing with your fingers so it sticks. Add a little extra olive oil onto your pan and place the breaded tilapia on it. Season with salt and pepper and bake in the oven for about 20 minutes or until done.*

### *LEEK AND CILANTRO SALAD*

#### *Ingredients:*

- *2 leeks, green tops discarded, sliced in half, rinsed and patted dry*
- *2 bunches cilantro, rinsed and dried*
- *2 T rice vinegar*
- *1 T butter*
- *2 T olive oil*
- *Salt and Pepper*

#### *Directions:*

*Chop off the green tops of the leeks and slice in half, which makes cleaning easier. Remove all sand and pat dry. Slice the leeks and add to a saute pan with the 1 T of butter. Saute until tender, remove from heat and cool. Meanwhile, pick the clean cilantro leaves off the stems and add to a bowl. Add the cooled sauted leeks, rice vinegar, olive oil and season to taste with salt and pepper. To assemble: Start with a bed of jasmine rice, then the baked tilapia and topped with the delicious leek and cilantro salad. Serves 4.*

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## FINANCIAL FOCUS

### Couples Can't Agree On Retirement Planning

*Submitted by Rich Keith*

Most couples disagree on a lot of important points when it comes to retirement planning. That lack of agreement can translate into lost financial planning opportunities. Knowing it's important for advisors to get couples to work together, Fidelity Investments launched a survey to address the topic. Almost half of couples — 47% — nearing retirement don't agree on whether or not they'll keep working, according to the study.

Couples also disagree (53%) on the age at which they'll retire, and 21% disagree about where they'll live. In most couples, either one partner or the other speaks to the advisor, with only 38% responding that they interact jointly with their planner. Usually, the primary contact, if there is one, is the husband (34%) rather than the wife (12%).

"Finding a way to engage couples jointly is not only important in designing successful retirement plans, it's critical to maintaining that couple's business for the long-term," said Larry Sinsimer of Fidelity. Using independent research firm Richard Day Research, they surveyed 648 married couples for the study. Respondents were at least 46 years old, and had a minimum household income of \$75,000 or at least \$100,000 in investable assets.



Another study suggests 71% of Americans don't have a retirement plan to help them reach their retirement goals. The study, conducted by the ING Retirement Research Institute, showed that nearly half (48%) of respondents aged 25 to 69 who are employed full-time and earn at least \$40,000 a year don't feel prepared for retirement. That's despite the fact that 75% of that same group do contribute to their workplace's retirement plan. "The good news is that more people are becoming aware of what it takes to reach their goals," said Maliz Beams, CEO of ING U.S. Retirement.

But there's still work to be done in this area, clearly. The study also found that only 43% of those surveyed calculated how much money they will need to continue their current lifestyle once they retire. And only 28% are working with a financial professional to help meet objectives. There were 4,050 adults, roughly evenly split between men and women, surveyed for the study during one week in October 2011, ING U.S. said in a statement. Source: Adapted from articles by Danielle Reed in Financial Planning, December 2011; and Primerica Financial Services.



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### Kindergarten Parent Comments:

"Isabella has received a first rate foundation at Kids 'R' Kids. The teacher and curriculum have been over the top. You have made a huge difference in her life"

—Monique Rivera

"The kindergarten program has gone beyond our expectations in every way"

—Jim Whitmire

"The kindergarten classroom has been the very best decision that we have made for his educational growth"

—Paula Bonick

## What Parents Want!

Kids'R'Kids offers a great learning environment for young children starting with the infants and it travels all the way to the afterschool program. When you enter the school you are greeted with warm smiles by the staff and your children feel welcomed every day. At Kids'R'Kids North Austin we strive hard to make sure our parents are happy with their child's level of education and safety. We cook fresh meals daily in our café and teachers sit with the children in a "Family Style Dining" environment to help keep the same values as our parents do at home. Our teachers are educated in Early Childhood Education and maintain state training requirements yearly. Our afterschool program is the BEST! All children are picked up in buses with CDL drivers. The buses are equipped with A/C and seatbelts for every child. We have the latest technology in games and computers, however we still love just playing outside on our playscape and the teachers help assist the children with their homework.

*Open House ~ August 2nd ~ 6-6:45pm*



## ADOPTION COALITION OF TEXAS

# Kelly

APRIL 20, 1997

Kelly is a friendly and outgoing young woman. She enjoys playing soccer, basketball and volleyball; Kelly also participates in her school FFA and adores animals. She enjoys swimming and has told her caseworker, that she doesn't care if it is a lake, river or swimming pool, she wants to swim. With her current foster family, she enjoys going to the swimming pool, shopping, eating out, rodeos, vacation bible school, church, youth group, dances, and a variety of other community and school events. Kelly thrives in any situation where she is given the attention that she needs, but freedom to be a teenager. She would do best in a home where her adoptive parents can give her the attention and proper guidance she requires. Kelly needs a good role model and a structured setting. For more information contact Grace Lindgren at the Adoption Coalition of Texas at (512) 810-0813 or [gracelindgren@adopttexas.org](mailto:gracelindgren@adopttexas.org)



# Did you forget the name of that...



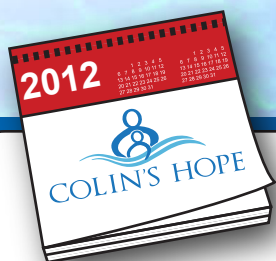
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## Colin's Hope Upcoming Events

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**September 16:** Colin's Hope Kids Triathlon

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Thank you to all of the volunteers and community partners who gave of their time, resources and talent this summer to help us raise water safety awareness to prevent children from drowning. We have made such an incredible difference! As the summer comes to an end, please continue to keep your children safe in and around the water. Put multiple layers of protection into place to prevent children from drowning. **Drowning is Preventable.**

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**Immunizations** are not just for kids. Adults should receive a flu shot each year and those over 65 years should discuss getting a pneumonia shot with their doctor. If you are unsure about which immunizations you need, ask your doctor, or visit *ADClinic.com* for more information.



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