



# The Grapevine



September 2012, Volume 6, Issue 9

Official Publication of Sonoma Homeowners Association

## Sonoma HOA ANNUAL MEETING

We were 10 ballots shy of successfully reaching a quorum of the needed 102 on August 8 so it is necessary to call another meeting. The next meeting is set for Wednesday, September 12 at Barefoot Pool, 7PM. You will be receiving another meeting packet in the mail...**PLEASE RETURN YOUR PROXIES!** The methods for returning your proxies on listed on the bottom portion. If none of these methods are convenient for you, you may drop your ballot off at 2838 Piper Sonoma Pl., or 734 Adler Falls.

We need your ballots so that we can fill the positions of 2 expiring Board positions.

Regards,  
Donna Kohn



## Lowering Your Cholesterol

*By Concentra Urgent Care*

September is Cholesterol Awareness Month. This is conveniently scheduled before a season known for overeating. Halloween, Thanksgiving, Christmas, Hanukah, and the New Year all fall after September. Each of these events include numerous hours spent planning and preparing foods such as candy, pies, cookies, stuffing, and mashed potatoes with gravy. Not only do the fall months bring holiday foods, the changing of the seasons to the cooler fall months make it easier to pack on pounds that can be conveniently hidden under bulky winter clothing.

Start by knowing your numbers, so you can be informed and prepared. People with numbers in the unfavorable range should try to do as much as possible to lower their total cholesterol, LDL, and triglycerides and to raise their HDL.

- For adults, 30 minutes of moderate physical activity daily and for those aged 6-17, at least one hour of physical activity each day.
- Maintain a healthy weight - Moderately active females need about 2,000 calories a day and moderately active males need about 2,400 to maintain a healthy weight. If you are trying to lose weight, decrease this number by roughly 500 calories per day.
- Don't smoke.
- Eat foods high in fiber and nutrients and low in saturated fat and cholesterol.

So what can you eat? Changing your diet to lower your cholesterol isn't hard; incorporating a few new, relatively painless habits into your routine can make a big difference. As long as your numbers aren't in the unfavorable range, you don't necessarily have to swear off cheeseburgers and French fries forever, but they shouldn't be part of your regular diet.

Here are some quick and easy cooking tips that will help you lower the cholesterol in your food: *(Continued on Page 6)*

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### NEWSLETTER PUBLISHER

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## ONLINE

### FOLLOW US ON FACEBOOK!

Sonoma HOA, Round Rock, TX

### SONOMA HOA WEBSITE

http://hoasonoma.com

## IMPORTANT NUMBERS

Emergency .....911  
 Fire Department..... 218-5590  
 Poison Control ..... 800-764-7661  
 Police Department ..... 218-5500  
 Round Rock Hospital..... 341-1000  
 Williamson County Sheriff's Department..... 246-1155  
 Post Office- 2250 Double Creek Road ..... 800-275-8777  
 Blackland Praire Elementry School..... 424-8600  
 http://schools.roundrockisd.org/bkldprairie/  
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 http://schools.roundrockisd.org/ridgeview/  
 Stony Point High School..... 428-7000  
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# August Yard of the Month



Congratulations to Puwei and Susana Huang of 801 Barefoot Cove, our August YOM winners!! Thank you for your efforts to keep our neighborhood beautiful.

We are always looking for *Yard of the Month* nominations!!! Please send addresses to [landscape@hoasonoma.com](mailto:landscape@hoasonoma.com).



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## Upcoming Sonoma Social Events for 2012

About 150 people came together on July 28, 2012 to watch Puss in Boots. A fun evening was had by all enjoying the movie while swimming around and keeping cool! The temperature had dropped to 90o by 10:00 pm when a less hot front came in!

**9/29/2012**

Neighborhood Garage Sale

**10/27/2012**

Kids Halloween Party at Barefoot Park

Wear your costume..Petty Zoo and fun for the whole family

3pm-5pm

**12/8/2012**

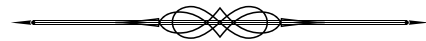
Santa Claus Returns to Sonoma

11am-1pm

Our events are drawing more Sonoma families than ever and your help is needed to ensure their success. If you could volunteer an hour or two of your time for any event, please contact Cyndi Wasserboehr @ social@hoasonoma.com or 512-294-2183.

## We Always Need An Extra Set Of Eyes

Please report any broken sprinklers or other irrigation irregularities to landscape@hoasonoma.com. This would include any areas sprinkling when you think they shouldn't or any water coming from sprinkler heads in an improper fashion. Currently the watering days for commercial property are Tuesday and Friday. Thank you for your assistance.



## From One Neighbor To Another

Sonoma is a family neighborhood made up of residents of all ages. **Please** be considerate when parking in your driveway to not block the sidewalk. We don't want young children, the elderly or handicapped neighbors to have to walk into the street to get around these cars...**it is just not safe for them to have to do so!** Thanks you for your consideration and for asking your guests to do the same!!

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(Cholesterol...Continued from Cover Page)

- Use lean cuts of meat with little visible fat. For beef, use the round, chuck, sirloin, or loin; for pork, use the tenderloin or loin chop; for lamb, use cuts from the leg, arm, and loin.
  - Buy “choice” or “select” grades, which have less fat than “prime” does. Use lean or extra lean ground beef.
  - Broil rather than pan-fry your hamburger, lamb chops, pork chops, and steak. Place meat on a wire rack to allow fat to drain when cooking. Instead of basting with drippings, keep meat moist with wine, fruit juices, or an acceptable oil-based marinade.
  - Prepare stews, boiled meat, and soup stock in advance, refrigerate overnight, then remove the hardened fat from the top.
  - Remove skin from chicken and turkey before cooking or eating.
  - Limit processed meats like sausage, bologna, salami, and hot dogs. They tend to be high in calories, saturated fat, and sodium.
  - Limit organ meats like liver, sweetbreads, kidney, and brains, which are very high in cholesterol.
  - Eat broiled, baked, grilled, or boiled seafood, which is lower in total fat and saturated fat than most meat and poultry.
  - Cook vegetables in a little vegetable oil and add herbs instead of butter.
  - Make cream sauces, soups, mashed potatoes, and scalloped potatoes with low-fat or non-fat milk.
  - Use canola, safflower, sunflower, soybean, or olive oil instead of butter, lard, and shortening.
  - Substitute egg whites for whole eggs. The cholesterol in eggs comes from the yolks.
  - Replace the oil in muffins, cookies, and cakes with pureed fruits or veggies.
  - Replace the breadcrumbs in your meatloaf with uncooked oatmeal.
  - Use brown rice instead of white rice, and try whole-grain pasta.
- With these diet and lifestyle changes your cholesterol will decrease, allowing your blood to flow freely through your arteries, bathing your heart and brain in oxygen.

## Overnight Parking

Overnight parking on our streets is becoming an issue in Sonoma. Just a reminder, it is violation of the CC & Rs to park a vehicle overnight on any street in Sonoma. If you, or a guest, are found in violation of this rule, you as the homeowner, can be subject to a fine.



## Round Rock Citizen Police Academy

The Round Rock Police Department is now accepting applications for our 24th Citizen Police Academy (CPA) scheduled to begin on September 11, 2012. The Round Rock CPA is an 11-week program that gives community members opportunities to experience some of the first-hand realities of life as a police officer. The Citizen Police Academy class is free for anyone interested in attending. This is one of many continued efforts to develop citizen awareness and understanding of the role of law enforcement.

Contact Officer Claypool: [jclaypool@roundrocktexas.gov](mailto:jclaypool@roundrocktexas.gov) for information about the upcoming academy



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## Sonoma Northwest PUD update:

The Commission found this proposal to be an appropriate and proper use of land for the intersection of 2 arterials and approved the zoning. The land across the street on Kenney Fort Blvd. is already zoned as a PUD that allows for a multi-family and commercial. The PUD fits the CORR guidelines and follows the MF1 low density guidelines that were drafted and, at the time, were pending approval. The property will have 2 site amenities and hike and bike trails on the north end of the site with a 7 acre greenbelt serving as a buffer between Sonoma and the proposed buildings. The majority of existing trees are protected by City ordinance.

RRISD was contacted by the City and provided no comments. This is an indication that they have no issues with this proposed project.

This now goes on to the City Council for public testimony with the potential for final action on August 23, 2012.

The PUD for this property can be found at [http://roundrock.granicus.com/MetaViewer.php?meta\\_id=85372&view=&showpdf=1](http://roundrock.granicus.com/MetaViewer.php?meta_id=85372&view=&showpdf=1).



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