



# POST

The Official Newsletter of the  
Plum Creek Homeowner Association

November 2012  
Volume 3, Issue 11

## Santa Claus is Coming to Plum Creek

**SATURDAY, DECEMBER 8TH FROM 9AM TO 1PM**



Don't fight the lines at the mall for Santa pictures. Come by the Haupt Community Center on Saturday, December 8th to get your picture taken with Santa. Families are welcome or just kiddos. While you are waiting, do some Christmas shopping from local vendors. The event runs from 9am to 1pm.

Digital photos will be taken by the Recreation Committee and printed for you to pick up. You are welcome to snap some photos on your own, too. Since this is the season of giving, we ask that everyone bring a donation of canned foods to give to the Hays County Area Food Bank. Check donations made out to the Hays County Area Food Bank will be accepted, as well.

If you would like to decorate our community Christmas tree, please bring one ornament per family to place on the tree. Feel free to have a family picture or your names on the ornament. We will continue to add to the tree each year as we watch our community family grow.

If you would like to have a table at the event that day, the table fee is \$10. Checks should be made payable to the Hays County Area Food Bank. Space is limited and first come, first serve.

For questions or to reserve a vendor space, please call Brandee Otto at 512-557-2728 or email questions to [recreation@plumcreektxhoa.com](mailto:recreation@plumcreektxhoa.com). See you and Santa on December 8th from 9AM to 1PM!!!



## Judging for the Lights Contest

*Saturday, December 8th*

Beginning Saturday, December 10th, the PC Landscape Committee will judge the holiday lights of Plum Creek. With three categories, everyone can get into the spirit of the season.

Our first category is Traditional, which includes the simpler designs of house trimming and lots of greenery. It's the classic winter wonderland and Christmas of old with 1st, 2nd, or 3rd awarded!

Next, we encounter the Religious category, which embraces all major religious holidays. These holidays include Christmas, Hanukkah, Kwanzaa, and more. We award 1st place only.

In the Novelty category, you can run amuck! This category accepts all of the rest! Once again, you can receive 1st, 2nd, or 3rd.

Judging begins the night of Saturday, December 8th at 6PM and runs through the night of Wednesday, December 12th. Winners receive a gift card and sign in their yard through the holidays and will be announced in the PC eNews in December and the February PC Press.

Feel free to nominate your own home or your neighbor! Just email [landscape@plumcreektxhoa.com](mailto:landscape@plumcreektxhoa.com).

Remember, have your decorations up and lights shining by Saturday, December 8th at 6PM and every night at that time until Wednesday, December 12th!

## Committee Contacts

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## Newsletter Info

### PUBLISHER

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### Classified Ads

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Plum Creek residents, limit 30 words, please e-mail to [announcements@plumcreektxhoa.com](mailto:announcements@plumcreektxhoa.com)

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please Peel, Inc. Sales Office at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

## Our Community Receives Almost 200 Free Antique Roses

A few spots throughout Plum Creek and Kyle were blessed to receive some beautiful antique roses recently. The Antique Rose Emporium in San Antonio closed its doors in July this year and wanted to donate much of their existing stock to public spaces. With the help and guidance of Manager Robbi Will, our community was blessed with about 200 roses. Through several trips over a few days, volunteers gathered about 50 roses for Negley Elementary, about 50 for Rector Park, 15 to 20 for the dog park, 15 to 20 for a Mather roundabout, several for the Plum Creek Community Center, about 25 for the Claiborne Kyle Log House, and more sprinkled here and there. All had to go to public spaces, but it equaled about \$4000 in roses! It was a pretty amazing gift, even under some sad circumstances.

After the roses arrived in Plum Creek in late July, residents began caring for them and planting began! Sandy Fortenberry and Christina Baese created the landscaping design at Rector Park. Suzanne Parr designed the Mather roundabout and Dog Park roses. Sandra Sigler tackled the Plum Community Center. Cale and Christina Baese helped place and plant them at the Kyle Log House. Stacy Thomas, Darby Rodriguez, and numerous others have assisted with Negley's landscape efforts.

Aside from the great rose donations, volunteers have tackled a few other landscape projects in Plum Creek earlier this year. Suzanne Parr and Valerie Marburger worked very hard to design and spruce the

entrance to McNaughton Pool and redesign a few other roundabouts on Mather.

All in all, it has been a great community effort to place these roses and tackle landscape projects throughout our neighborhood and Kyle. A sad situation truly resulted in a wonderful beautification effort in our community. Hope everyone enjoys the new landscapes and takes time to smell the roses!



*Photo of Rector Park by Sandy Fortenberry.*

## *Come grow well with us!*



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**Erik Anderson, MD**  
General Surgery



**Stuart Shapiro, DO**  
Orthopaedics/Sports Medicine



**Eric Arhelger, MD**  
Family Medicine



# PLUM CREEK POST

## At The Fence!

*Toddler Time on Friday, November 30th 10:30AM:*

Keep the kids in their pajamas, bring some blankets and pillows, and come enjoy a Christmas movie (one of the TV classics!). Will provide some popcorn, drinks, and fun! After the movie, we'll have a little craft for the kids! Geared toward the 18 month to 4 year old crowd, but older siblings welcome. Meet at 10:30AM at the Plum Creek Community Center at 450 Haupt on Friday, November 30th. Email Christina to RSVP at cb28655@earthlink.net.

### *No BB Guns In Plum Creek.*

The Plum Creek HOA wants to remind you, that BB Guns are NOT aloud to be fired off in Plum Creek. Thank you for your cooperation.



## Button Corn Craft for Kids

Grab some yellow and green construction paper and create a corn cob and some leaves.

Then, glue your leaves and corn together. Use buttons or other found objects (big sequins, rhinestones, etc.) from around the house in hues of brown, orange, yellow, and red and glue them all over your corn!

The result is simply adorable and very festive, and one you'd be proud to show off on your fridge!

You can find the corn template and project at the URL below.  
[www.allkidsnetwork.com](http://www.allkidsnetwork.com)

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An advertisement for N&S Domestic. The background is light blue with a pattern of small white dots. On the left, a cartoon illustration of a maid in a white dress and black shoes is sweeping. On the right, a vintage-style illustration of a woman with brown hair, wearing a green top and a white apron, is shown from the waist up. The text is arranged as follows: 'N&S Domestic' in a large, stylized font at the top; 'A Full-Service Household Agency' in a smaller font below it; 'Serving Travis & Hays Counties' in a pink, cursive font; 'Housekeeping, Nannies, Adult Care' in a large, bold, black font; 'nsdometics@gmail.com' in a smaller black font; '512-698-6178' in a large, bold, black font; and 'www.NSDomestics.com' in a black font at the bottom.

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## Double Layer Pumpkin Cheesecake

### INGREDIENTS:

- 2 (8 ounce) packages cream cheese, softened
- 1/2 cup white sugar
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1 (9 inch) prepared graham cracker crust
- 1/2 cup pumpkin puree
- 1/2 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- 1/2 cup frozen whipped topping, thawed

### DIRECTIONS:

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a large bowl, combine cream cheese, sugar and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside.
3. Add pumpkin, cinnamon, cloves and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust.
4. Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving.



## Turkeys Tackling Hunger

**OCTOBER 4TH – NOVEMBER 30TH  
AT HAYS COUNTY FOOD BANK  
220 HERNDON STREET SAN MARCOS, TX 78666**

You can help families throughout Hays County enjoy the comfort and tradition of a Thanksgiving meal by taking a few hours this holiday season to help spread the word about Turkeys Tackling Hunger. Share your good fortune and help others by putting up posters, coordinating a fund drive at your office, or even donning a turkey suit for special events. For every \$20 that you raise, a family enjoys a home-cooked Thanksgiving dinner! Call 512-392-8300 or email Lisa Henggeler to get started!

## SUDOKU

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View answers online at [www.peelinc.com](http://www.peelinc.com)

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## Tips to Turn Your Walk Into a Workout



Walking is a great mode of exercise because it requires no equipment, it is low-impact, and something that many people can do regardless of their fitness level or experience.

### Benefits of Walking

Any movement is good movement and the same is true for walking. Like other forms of exercise, walking can help you improve cholesterol levels, lower blood pressure, control weight, improve mood, decrease stress, and it also provides numerous other health benefits. Here are some tips to turning your walk into a workout.

### Get the Goods

Proper footwear is essential for any kind of exercise. It is important to select shoes with good arch support and soles that absorb shock and provide cushioning. If you are unsure about fit, Austin has several local shoe stores that will personally fit you to a new pair of sneakers.

Choose clothing that is comfortable to move in and that you feel good wearing. Dress in layers if the weather is cool so that you can adjust as needed during your workout. And take a bottle of water along so that you can hydrate along the way. You may find that taking an iPod along will help keep you motivated.

### Walking for Fitness: *Proper Speed and Technique*

Although the act of walking is simple, walking for fitness takes more effort, attention to speed, and technique. In order to get the most out of your walking workout, the speed should be brisk and above your “stroll in the park” comfort level. Also, your heart rate should be elevated. A good estimate: 10 - 15 heartbeats in a 6-second pulse count. (Multiply that number by 10 to get heartbeats per minute.) Strike the ground with the heel and drive off from heel-

*(Continued on Page 10)*

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## Reduce your electric Bill Now!

**The largest user of energy in the typical Texas home is your A/C Heating system which can account for more than 50% of your utility bill.**

Energy use by your AC -Heating system is affected by many factors such as system cleanliness, freon levels, attic insulation, system operating efficiency, shading on the home, quality and sealing of the windows and doors, duct leakage and, of course how well it is taken care of!

- ☐ Change your filters every 30 days. Even if you use filters that say 90 days, do it every 30! Maximum airflow is the key to your systems performance and efficiency!
- ☐ Pour bleach into your drain line 2 or 3 times a year. If you don't know exactly where to do this, call us and we can tell you or do it for you as part of a regular Maintenance Plan.
- ☐ Use a digital-programmable thermostat. These t-stats are better for your system because of the built in time delays, they save energy by running only when you want them to, and they are much more accurate.
- ☐ Keep your outdoor unit free from tall grass and intrusive shrubs. Be careful not to damage the Freon lines or electrical when you do this.
- ☐ Make sure your attic has the proper amount of insulation. Energy standards have increased in the last few years and energy costs have gone up. Have us, or an insulation company inspect this!
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# PLUM CREEK POST

(Continued from Page 8)

to-toe in order to effectively engage the muscles of your lower-body.

A few minutes after starting your walking workout, take a moment to stretch the calves, quadriceps, and hamstrings. Hold stretches for several seconds (with no bouncing) on each side. After your workout, reward your muscles and improve flexibility by taking a few minutes to stretch. Hold stretches longer here because muscles are warm and can make gains in flexibility at this point.

## Just Getting Started?

If you are new to exercise, it is important to check with your doctor before starting an exercise program. Start slowly and gain confidence before adding distance. For example, you might try walking 10 minutes in one direction and 10 minutes back. Slowly build up to 15 minutes in one direction and 15 minutes back. Over time, build up to 2-3 miles or 40-60 minutes of walking at a brisk pace most days of the week.

## A Seasoned Walker?

If you have been walking for quite some time, you may be looking for something new to add to your walking workout. With a few quick additions, you can further challenge and tone muscles and increase the intensity of your workouts.

- Add speed. Turn your walk into a speed walk. Engage the arms and the core muscles.

- Incorporate intervals. Walk for five minutes. Do an interval for two minutes. Repeat. Intervals can include things like walking lunges, moving side squats, push-ups, and jogging.

- Hit the hills. Adding an incline will increase intensity in a hurry!

- Add resistance. Use a weighted backpack or vest. Or push your child in the stroller. I did not realize just how much weight I was pushing when I exercise with my son until I did the math recently. He is 25 pounds, and the stroller is 15. That extra 40 pounds adds great intensity (and a whole lot of cuteness) to my workouts!

If this is the year that you have devoted to improving health, walking is a great way to start! Remember... "The journey of a thousand miles begins with a single step."



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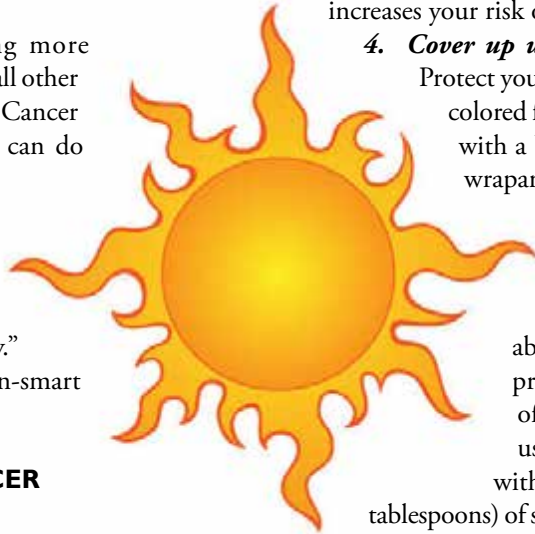
## *Skin Cancer Screenings, Prevention Tips*

By Adam J. Mamelak MD, FRCPC, FAAD

Skin cancer is on the rise, affecting more Americans over the past three decades than all other cancers combined, according to the Skin Cancer Foundation. The good news is that you can do much to prevent it.

"The danger in skin cancer is gravest when it goes undetected," says Dr. Adam Mamelak of Sanova Dermatology in Austin. "It is extremely treatable, and in a large sense preventable when caught early."

To help reduce your risk, follow these sun-smart practices.



rays are often strongest. Avoid getting burned; even a single sunburn increases your risk of developing melanoma.

#### **4. Cover up with clothing and UV-blocking sunglasses.**

Protect your skin with densely woven and bright- or dark-colored fabrics, which offer the best defense. Wear a hat with a brim of 3" or greater to protect the face. Use wraparound sunglasses that block 99-100% of the sun's UV rays, which helps prevent cataracts and melanomas of the eye.

#### **5. Use a broad spectrum (UVA/UVB)**

#### ***sunscreen.***

Every day, year-round, use broad spectrum sunscreen with UVA and UVB protection and an SPF (Sun Protection Factor) of 15 or higher. For extended outdoor activity, use a water-resistant broad-spectrum sunscreen with an SPF of 30 or more. Apply 1 ounce (2

tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every 40-80 minutes or immediately after swimming or excessive sweating.

**6. Help protect children from sun damage.** Keep newborns out of the sun, since their skin possesses little melanin, the pigment that provides some sun protection. Sunscreen should be used on babies over the age of six months. Make sure your children are well-protected with clothing, hats, sunscreen and sunglasses. Ask the pediatrician to examine your child's skin thoroughly as part of a yearly check-up – especially important for those with fair skin, light eyes and hair, and those with a family history of skin cancer.

**7. Examine your skin head-to-toe each month.** Look for skin changes and let your doctor know about any sore that does not heal or spot that changes in size, texture or color.

*Adapted from the Skin Cancer Foundation*

### **7 WAYS TO REDUCE SKIN CANCER**

#### **RISK:**

**1. See your physician every year for a professional skin exam.** Regular total-body checkups are the best way to make sure your skin is healthy and stays that way. The American Academy of Dermatology recommends annual skin exams. You can receive a FREE skin cancer screening through 2012 at Sanova Dermatology, 12319 N. Mopac in Austin. To schedule your free screening, call (512) 837-3376; no purchase or insurance coverage is necessary.

**2. Avoid tanning and UV tanning booths.** Even occasional sunbed use almost triples your chances of developing melanoma, the deadliest form of skin cancer. Young people – including teenagers – are especially sensitive to the ultraviolet radiation from tanning booths.

**3. Seek the shade and do not burn.** Stay in the shade especially between the hours of 10 a.m. and 4 p.m., when the sun's

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