

# HOME *on the* RANCH

VOLUME 7 ISSUE 3

MARCH 2013



Brookside • Casitas • Champions • Creekside • Enclave  
Granite Shoals • Glenfield • Greens Highlands • Landing • Morningside  
Overlook • Parkside • Reserve • Waters Edge • Westchester







Hello Avery Ranch Neighbors,

It's time for everyone to come out of hibernation! Spring and Summer are right around the corner and isn't it great to live in Avery Ranch? It's such a fantastic community with many great amenities and is so close to the Brushy Creek Trail.

In preparation for warmer weather, many neighbors have started sprucing up their yards. Now's the time to start mowing and fertilizing the yards and to plant the spring annuals like Petunias, Zinnias and Marigolds. Visit your local nursery for other recommendations.

Easter comes early this year! Mark your calendar for an Easter Egg Hunt at D.R. Horton's Glenfield Model on March 30th from 2:00 – 4:00 pm. Age groups from 1-3 , 4-6 and 7-10. More details will be sent out soon, or call Raquel for information.

Here at Avery Ingleside Townhomes we are busy with our last two buildings now under construction. We still have great floor plans available that just might fit the needs of one of your friends or family. Please spread the word and bring them to visit us or call me at 716-0886. If they decide to buy a new D.R. Horton Townhome before April 30th, mention this offer and you'll receive a \$50 Gift Card! Have a Happy Spring!

## Glenfield Avery Ranch Ingleside



### Available Homes at Glenfield:

11617 Harpster Bend	The Cartier	1607 sq. ft.	\$243,827
13801 Turkey Hollow	The Holly	1905 sq. ft.	\$250,900
11600 Harpster Bend	The Hillary	2568 sq. ft.	\$280,896

### Most recent under contract / sold at Glenfield:

13901 Turkey Hollow	The Holly	1905 sq. ft.	\$257,842
13713 Turkey Hollow	The Preston	1863 sq. ft.	\$258,870
11600 Faubian Lane	The Hillary	2568 sq. ft.	\$291,104

**Glenfield Sales Consultant:**  
**Raquel Atwell • 218-4881**  
[ratwell@drhorton.com](mailto:ratwell@drhorton.com)



### Available Homes at Ingleside:

The Adeline	3 bed, 2.5 baths,	\$209,550
The Bellamy	3 bed, + Loft, 2.5 bth.	\$227,269
The Chateau	3 bed, 2.5 baths,	\$232,000

### Recently Closed at Ingleside:

The Bellamy	1698 sq. ft.	\$215,000.
The Chateau	1839 sq. ft.	\$224,400.
The Mirabella	1909 sq. ft.	\$231,825.

**Ingleside Sales Consultant:**  
**Pat Fulford • 716-0886**  
[pkfulford@drhorton.com](mailto:pkfulford@drhorton.com)

Prices, plans, features, options and co-broke are subject to change without notice. Additional restrictions may apply. Square footages are approximate. March 2013 DRH©

## Calling All Amateur Egg Hunters!

*Saturday, March 23rd from 11 a.m. to 1 p.m.*

Avery Ranch will hold the traditional Easter Egg Hunt. Come comb through the Main Amenities Center grounds for all those eggs (and other fun stuff). This is good practice for all you apprentice egg hunters since Easter is coming early this year. You can hone your hunting skills and have fun with your neighbors. Hope to see you there!



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## Avery Ranch Social Committee

### 2013 Calendar of Events

*March 23rd, Saturday*

Easter Egg Hunt

*April 7th, Sunday*

ACC Music Ensemble

*April 27th, Saturday*

AR Garage Sale

*May 4th, Saturday*

Meet & Greet for New Neighbors

*May 18th, Saturday*

Garden Tour

*June 22nd, Saturday*

Luau - Adult Only Party

*July 3rd, Wednesday*

Independence Day Celebration

*October 26th, Saturday*

Harvest Hayride & costume contest

*November 9th, Saturday*

Movie in the Park

*December 7th, Saturday*

Holiday Sleighride



# HOME ON THE RANCH

## BOARD MEMBERS

### PRESIDENT

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

### VICE PRESIDENT

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

### SECRETARY

Khrist Mire ..... khristmire@averyranchhoa.com

### TREASURER

Steven Pierce..... steven.pierce@AveryRanchHOA.com

### RESIDENT BOARD MEMBER

Pat Wimberly..... PatWimberly@gmail.com

### RESIDENT BOARD MEMBER

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

### RESIDENT BOARD MEMBER

Mike Steinkoenig.....msteinkoenig@AveryRanchHOA.com

### RESIDENT BOARD MEMBER

April Aguren ..... april.aguren@AveryRanchHOA.com

### RESIDENT BOARD MEMBER

Robert Betts..... Rbetts@AveryRanchHOA.com

### RESIDENT BOARD MEMBER

Robert Cummings.. robert.cummings@AveryRanchHOA.com

### D.R. HORTON

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

## 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.

## 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.  
Elsa England Elementary School ..... 704-1200  
..... 8801 Pearson Ranch Road  
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.  
Stiles Middle School ..... 570-0000  
..... 3250 Barley Rd.  
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  
Repair..... 1-800-246-8464  
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





## Avery Ranch Calendar

### HOA Monthly Board Meeting

**NEXT MEETING - MONDAY, MARCH 11<sup>TH</sup>**

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:

#### **EASTER EGG HUNT**

*Saturday, March 23rd from 11 a.m. to 1 p.m.*

Main Amenity Center - See Article in this issue for details

#### **ACC MUSIC ENSEMBLE**

*Saturday, April 6th from 5 p.m. to 7 p.m.*

MAC Amphitheater

See Article in this issue for details

#### **NEIGHBORHOOD GARAGE SALE**

*Saturday, April 27th from 7 a.m. to 1 p.m.*

Start cleaning out your closets!

Rain Date is Sat. May 4 from 7-1 pm

Advertised in Austin American Statesman and on Craigslist.

#### **MEET AND GREET FOR NEW NEIGHBORS**

*Saturday, May 4th*

Main Amenity Center

#### **AVERY RANCH GARDEN TOUR**

*Saturday, April 27th from 10 a.m. to 3 p.m.*

See Article in this issue for details

#### **SECOND ANNUAL ADULT LUAU**

*Saturday, June 22nd from 6:30 to 9:30 p.m.*

Save the Date for the Second Annual Adult Luau to be held on Sat. June 22 from 6:30-9:30 AT the Granite Shoals Pool. More info to follow in our next newsletter. RSVP's will be required. Space will be limited. Mark your calendar for this fun event!

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# HOME ON THE RANCH

## MUSIC IN THE PARK

*April 6th, Saturday from 5:00 p.m. to 7:00 p.m.  
MAC Amphitheater*

The Avery Ranch Social Committee would like to invite you out to enjoy a stroll back in time with the sounds of the Austin Community College Stage Ensemble Band. Performing hits from the Big Band Era and popular Jazz hits is the 22 piece band that is sure to please "kids of all ages and the young at heart." The ACC Stage Ensemble Band has become a highlight of our community and we are glad to have them back out to entertain us. Hughes BBQ will be serving up their delicious menu once again so come with an appetite and don't forget lawn chairs, as this is sure to bring a crowd!



## Shout Out!

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, Mighty Fine Burgers, G's Dental Studio, Peace Frog Carpet Cleaning and Campbell Dental!

They continue to make our neighborhood activities possible!



**AVERY RANCH EYE CARE**

**512.255.7070**  
[averyrancheyecare.com](http://averyrancheyecare.com)

You are cordially invited to  
Avery Ranch Eye Care's Annual

## *Spring Trunk* **SHOW**

**Wednesday, April 17, 2013 4pm - 7pm**

Featuring lafont & prodesign collections  
Individualized Frame Styling  
Trunk Show Package Pricing

*Prize Drawings, Food, Fun & Frames!*

**15004 Avery Ranch Blvd., Suite 103, Austin 78717**  
(Next to Walgreens at Avery Ranch Blvd & Parmer Lane)



## Come Kick it in Avery Ranch!

Contact:  
[Eddie@soccershots.org](mailto:Eddie@soccershots.org)  
512-420-9450

[www.soccershots.org](http://www.soccershots.org)





**June 10, 2013 – August 22, 2013**



Summer is right around the corner and you want to make sure you have it all mapped out for your child.

Kids'R'Kids Learning Academy has everything you need including planned themed activities, a safe spacious environment inside and outside, air conditioned buses with seat belts, and trained professional staff. We give parents the flexibility of planning their weeks of attendance for the summer months. Stop by Kids'R'Kids and take a tour of our wonderful campus; you will feel right at home!

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**15111 AVERY RANCH BLVD – AUSTIN, TX – (512)218-9669 – [WWW.KRKAUSTIN.COM](http://WWW.KRKAUSTIN.COM)**

## GO AVERY RANCH REDFISH! SWIM FAST!

Our new neighborhood summer league swim team is well on its way! The Avery Ranch Redfish Swim Team has been organized exclusively for educational, competitive and recreational swimming for the residents of Avery Ranch. With a full volunteer Board of Directors slate and the support of the Avery Ranch HOA Board (and some friends), our probationary 2013 season is ready to take our next steps.

This year's Avery Ranch Swim Team will be limited to the first 100 participants that register. Age groups include six categories: 6 & Under; 7-8; 9-10; 11-12; 13-14; 15-18.

The cost for the 10 week season will be \$175 for your first enrollee and \$165 for subsequent sibling enrollees. Checks and credit cards will be accepted at Registration. Enrollment fees provide a single team t-shirt, 10 weeks of practice, six dual meets, a CHAMPS meet and some social events. Other social events may be available at an extra charge and participants will need to purchase team swim suits and likely team swim caps. Other team spirit merchandise will also be available.

Each child that registers for the team must also register a swim team parent volunteer (maximum of two per family). Many key opportunities to support the team remain available for dedicated individuals to bring a huge impact to our neighborhood children's quality of life. Please contact us if you'd like to learn more about playing a pivotal role with this fun group of residents.

If you are interested in being a part of the inaugural year team of the Avery Ranch Redfish, please make note of these important dates!

**IN-PERSON REGISTRATION:** Saturday, March 23, 5:30pm-7:30pm at the Avery Ranch MAC Pool Amphitheater (Pavilion in case of inclement weather)

We do anticipate the swim team filling to capacity quickly and will have limits on age groups by gender (creating wait lists thereafter). Our goal is to form a diverse team of swimmers, but recognize as a first year team that we may be limited in that regard. After our best efforts at diversity, we will fill the team with previously wait-listed swimmers. Please plan to come early and be patient.



*The 2013 Avery Ranch Redfish Board of Directors (L to R: Daksha Sangani, Treasurer; Sheridan Spillman, Assistant Meet Director; Tracy Beeman, Vice President; Julie Williford, Secretary; Chris Copeland, Spirit Committee Chairperson; Traci Whitney, President; Darren Tompkins, Meet Director)*



### PARENT ORIENTATION & SWIM TEAM POOL PARTY:

Tuesday, April 9, 5:30pm-7pm at the MAC Swimming Pool and Pavilion

Come and learn all about the swim team, volunteer opportunities, order your team suits and spirit gear and meet the Board members, coaches and other swim team families!

### SWIMMER ASSESSMENTS:

Monday - Wednesday, April 15 - 17, 4:30pm-6pm at the MAC Swimming Pool

Come show the coaches your stuff! In order to participate on this year's team, we do ask that all swimmers attend one of the assessment sessions, be comfortable putting their faces in the water and be able to swim the length of the pool in something resembling freestyle, without stopping on lane lines or putting their feet on the bottom of the pool. Swim team is not swim lessons, and individuals not meeting these criteria will be removed from the swim team roster. After assessments are complete, swimmers will be assigned a practice time slot. Practice time slots will be from 30

minutes to one hour in length.

### PRACTICE AT THE MAC SWIMMING POOL

**AFTER SCHOOL PRACTICE:** Monday - Thursday, April 22 - June 6, 4:45pm - 7:45pm (no practice Mon, May 27)

**MORNING PRACTICE:** Monday - Thursday, June 10 - June 28, 6:15am - 9:15am

### TENTATIVE SWIM MEETS: SIX DUAL SWIM MEETS PLUS CHAMPS

"Away" Swim Meets the following Saturdays:

*May 18, May 25, June 8 and June 22*

"Home" Swim Meets the following Saturdays:

*June 1, June 15*

### CHAMPS Meet June 29 or 30

Swim Meets begin early Saturday mornings and break before 1pm.

Questions about the Avery Ranch Redfish swim team should be directed to [ARSwim@averyranchhoa.com](mailto:ARSwim@averyranchhoa.com). Our developing website can be found at [www.averyranchredfish.com](http://www.averyranchredfish.com). We hope to see you March 23 for neighborhood registration and thank you in advance for your support, enthusiasm and participation!



A photograph of a woman with light brown hair, wearing a white shirt, holding a sleeping baby in a pink shirt. The woman is looking off to the side with a gentle expression. The background is a soft-focus indoor setting.

Only the baby should  
need diapers.

Incontinence is a common result of childbirth, age and other factors. If urinary leakage is affecting exercise, laughing or lifting, give Dr. Shaw a call. Our experienced team can restore dryness and return you to an active lifestyle with safe and effective treatments.

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



## JOIN US FOR GOLF AND A GREAT CAUSE!

**DATE:** Tuesday, April 30th

**11:00 am Registration - 1:00 pm Start**

**LOCATION:** River Place Country Club

**FORMAT:** 4-person scramble

**COST:** \$165 per golfer\*

\*Includes lunch, dinner and lots of swag

Dinner provided by:

**Craig O's**



**Pizza & Pastaria**  
Homestyle Italian Cooking

Register online at:  
**www.colinshope.org**

Questions about the event?  
**Contact Jancy Darling**  
jancy.darling@colinshope.org  
(512) 413-7641

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**WWW.COLINSHOPE.ORG**

## SPRING IS COMING

**AND SO IS THE AVERY RANCH GARDEN TOUR!**

March is the time to be planning for and thinking about participating in the 6th Annual Avery Ranch Garden Tour to be held on Saturday, May 18th. First and foremost, we need volunteers to place their yards and gardens on the Tour. OK, admittedly our yards are not looking good in March, but spring is just around the corner and we all look forward to the garden renewal that goes with the new growing year. We have been privileged to have had wonderful garden hosts in years past and hope to see a lot of new hosts on the Tour for this coming year. We can take up to 10 gardens in total, so don't miss out!

Once again, Bob and Lana Beyer, Social Committee members from Morningside, will be chairing this event. Please contact them at 512-238-6732 or [txbeyer@austin.rr.com](mailto:txbeyer@austin.rr.com) if you would like to participate as a garden host for the Tour this year. We are on the lookout for new yards to feature so may contact you first. It is easy, enjoyable, and we will be glad to provide further information about being on the Tour. We emphasize that this is NOT a competition, but a social event where we can get out and meet our neighbors, share and get new ideas by seeing what our neighbors have done in response to water restrictions and the gardening challenges we face..

Due to our continuing drought and emphasis on xeriscaping and water-wise gardening, we will continue this theme for the Tour again in 2013. Please visit the Avery Ranch Garden Tour web page at [www.centraltexasgardening.info/artour.html](http://www.centraltexasgardening.info/artour.html) to learn more and see pictures from the 2012 Tour. As 2013 garden hosts emerge, their gardens will be highlighted on this page real time!

If not hosting, you won't want to miss taking the Avery Ranch Garden Tour so put May 18th on your calendar for a fun-filled day. We scheduled it so as to not conflict with Memorial Day weekend. All Avery Ranch residents and their guests are welcome on the Tour. More information will be forthcoming in the April and May editions of Home on the Ranch.





# *Your Avery Ranch Specialists* Featured Listing



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kwunsch@sbcglobal.net



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Barbara.Neill@prutxrealty.com



# HOME ON THE RANCH

## Go paperless with your HOA quarterly statement!

Want to save homeowners \$6,000 annually? That is the postage expense incurred by the HOA to mail your quarterly paper statements. Opt to receive your quarterly statement electronically. To register for this free service, visit [www.estmt.net](http://www.estmt.net). Then watch out for an email notification that your HOA quarterly statement is ready for viewing, you'll need to log-on to the site to confirm your request for electronic billing.

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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.*


## Social Committee Help Wanted

Avery Ranch residents, do you enjoy and participate in the activities put on in the community by resident volunteers?

These activities include: Adult Mardi Gras Happy Hour, Spring Egg Hunt with visit from the Easter Bunny, Spring Crafts Bazaar, twice a year neighborhood Garage Sales, Garden Tour, Adult Luau, July 3rd events, Harvest Hayride & Costume Contest, Movie in the Park, Holiday Sleighride and visit from Santa along with New Resident Meet & Greet and hand delivery of Welcome Wagon bags.

If your answer is YES, then we need your help. Less than 2 dozen people offer their time volunteering and assisting with coordination of events throughout the year. Without an increase in the level of volunteerism, the community is in danger of shortening our list of events. The most popular events (ie.. Spring Egg Hunt, Holiday Sleigh Rides and July 3rd events) are the most labor-intensive, hence in most need of volunteers.

We know everyone has a busy lifestyle which makes volunteering a hard commitment. Volunteers come and go as circumstances arise so having a fuller roster makes all tasks lighter. We welcome you to our monthly meetings, held the first Thursday of every month from 7-9 PM at the MAC. Please consider coming out and joining us! Email us at [ARSC@AveryRanchHOA.com](mailto:ARSC@AveryRanchHOA.com) for information.




### CEDAR PARK EYE CARE

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## Avery Ranch Recognized for Positive Action

In a feature article in the January 31st edition of the Texas Tribune, subject "Texas Bills Aim to Douse HOA's Limits on Xeriscaping", the Avery Ranch HOA was acknowledged as being an example of a large community taking positive action to help reduce water usage through sensible xeriscaping guidelines. Legislation is pending (HB449) that would restrict HOA's from preventing implementation of xeriscaping as is the case with many other communities. Previous legislation directed at HOA's prevents their restriction on solar energy installations.

Take time to read this article on-line which can be found at <http://www.texastribune.org/2013/01/31/texas-legislation-would-restrict-hoas-love-grass/>

Avery Ranch is proud to be a leader and example of what proactive HOA regulation can achieve to help solve area-wide problems like diminishing water supplies. Please consider doing your individual part in reducing water usage in your landscaping. HOA xeriscape guidelines can be easily found on the HOA web site at [www.averyranchhoa.com](http://www.averyranchhoa.com).

## Vista Ridge High School Project Graduation 2013 4th Annual Spring Bazaar!

Easter, Mother's Day and Graduation Day are just around the corner! Please join us for some springtime shopping

### WHEN

Saturday, March 23rd, 2013 10:00AM-4:00PM

### WHERE

Vista Ridge HS Cafeteria, 200 S. Vista Ridge Blvd, Cedar Park

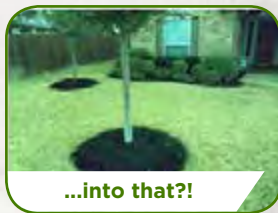
**We will also feature a Silent Auction, Bake Sale and Concessions**  
**Check out the Silent Auction at the Vista Ridge Project Graduation Facebook Page**

Interested vendors please contact us at [vhspgspringbazaar2013@gmail.com](mailto:vhspgspringbazaar2013@gmail.com) or Monica Hanzel at 512-497-5146 or go to our Project Graduation website at [vrhsprojectgraduation.com](http://vrhsprojectgraduation.com).

*APPROVAL OF THIS ORGANIZATION AND ITS ACTIVITIES  
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### Matthew Sanders

Owner of TexasTurfTrim  
Neighbor of Avery Ranch  
512-743-1358

[mcsanderslawns@gmail.com](mailto:mcsanderslawns@gmail.com)



## Brushy Creek Montessori School

Brushy Creek Montessori School  
3017 Polar Lane, Cedar Park Texas, 78613  
512.259.3333

Educating: Infants- Private 3<sup>rd</sup> Grade  
[www.brushycreekmns.com](http://www.brushycreekmns.com)

## Cypress Creek Montessori School

Cypress Creek Montessori School  
2600 Sun Chase Blvd., Cedar Park, Texas 78613  
512.250.3000

Educating: 18 Months- 6 Years  
[www.cypresscreekmontessori.com](http://www.cypresscreekmontessori.com)

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Learning environment • Part-time & Full time schedules  
7:00 am to 6:30 pm

*"A school where children truly learn through discovery."*

# HOME ON THE RANCH

## SPRING GARDEN FAIR 2013

Spring will soon be in the air and that means the Williamson County Master Gardeners Association's Spring Garden Fair isn't far behind. This year the Fair will be on Saturday, April 6th, 9:00 a.m. to 2:00 p.m. at the AgriLife Extension Grounds.

The Fair is always a good chance to listen to experts present interesting topics about gardening. This year's list of speakers is shown below:

### **The Value of Composting**

9:00am Jason Sanders, M.Ag.Ed

### **Causes of Tree Stress**

10:15 Emsud Horozovic

### **The Good Guys In Your Yard**

11:30 Ken Lakin, PhD, Entomology

### **Native Plant Identification - The Importance of Using Native Plants in your Home Landscape**

1:00pm Flo Oxley

This year's Fair will also include Demonstration Stations. These are designated locations that will have step-by-step demonstrations on how

to propagate a rose, create composting, develop rainwater harvesting, enhance your garden with herbs and vegetables, and much more! All brought to you first hand by our Master Gardener Specialists!

Opportunities to sign up as a volunteer at these Stations can be done by going to the WCMGA website, <https://wcmg.ivolunteer.com/>, then click on volunteering.

The WCMGA Spring Garden Fair will have lots of fun things for you and your family to do this year. In addition to the above, the Spring Garden Fair will have many things designed specifically for the "younger gardeners." There will be the Junior Master Gardener Station with lots of fun hands-on activities for first to sixth graders. A Chickens in the Garden Station will be a new addition this year. Children and adults both will have fun at this creative Station complete with live chickens!

In addition to all of the above, our Master Gardener Country Store will have books and garden items that tie in with the topics at the Fair. Of course, beautiful plants, mainly native perennials, will be available for purchase. Plants will be sold on Saturday only, with no Friday pre-sale. We hope you will join us for what should be a fun and exciting day in our "Garden" on the AgriLife grounds.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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**Visit [www.KidSpaAustin.com](http://www.KidSpaAustin.com) for the Avery Ranch Opening Date!**

# Mardi Gras Recap

*By Jean Mayo, Event Chair*



Mardi Gras Adult Happy Hour was held at the Avery Ranch Golf Club Sunset Grill on Friday Feb. 8 from 7-10 pm. Music was provided by DJ Jason Lynum of [cprmobilejds.com](http://cprmobilejds.com). Back by popular demand was the photo booth. The room was filled with Mardi Gras excitement, a lot of beads, neighborhood socializing and good food by the Avery Ranch staff. Special thanks to Howard! If you missed this event, look for it next year and plan to attend. "Laissez Les Bon Temps Roulez" ... and we did let the good times roll!





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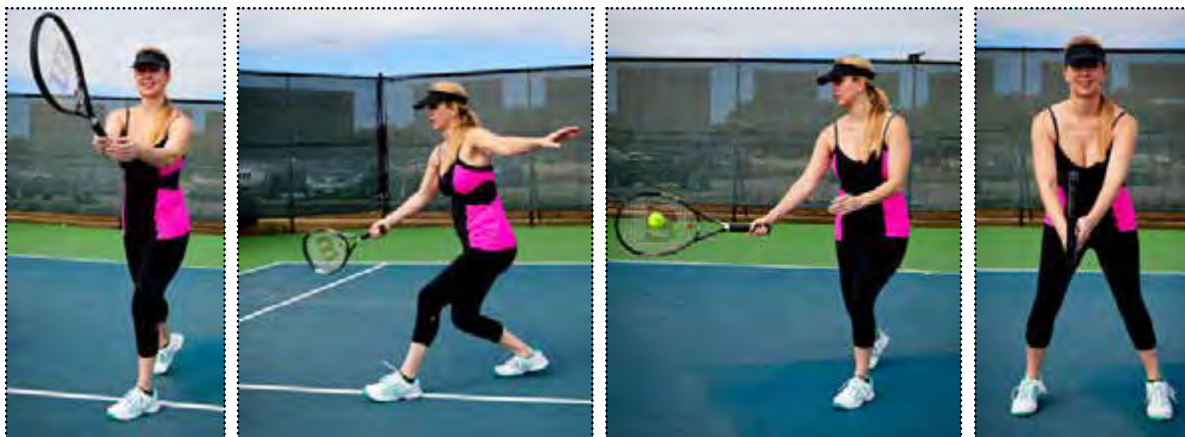
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## TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



### How to execute The Half Volley

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, and the serve. In this issue, I will give you instructions on how to execute the half volley, which is usually played between the base line and the net. The player is not close enough to the net to hit it on the air and/or does not have enough time to retrieve back to hit it on the top of the flight. The ball is usually hit right after it hits the ground. In these pictures student Camille Palafox demonstrates the proper form and technique. Photos by Charlie Palafox.

**Step 1: The Split step:** When the player realizes that she will have to play the ball right after it hits the ground, the player will stop and take the split step by bouncing off her toes at the same time and let her body lean forward to react to the ball. Both hands are on the racket so it can react to either move to the left or to the right. Eyes are focused on the incoming ball.

**Step 2: The Back Swing:** The secret of the half volley is to take the

racket back early and have a short back swing. Also, it is critical to lay the wrist back slightly to allow for a good point of contact in front of the body. The player will then bend her knees and lunge forward to hit the ball as soon as it hits the ground. Notice the concentration of keeping her eye on the ball.

**Step 3: The Point of Contact:** As soon as the ball starts to rise, the player will make the contact with the ball and will aim to go away from the net person. Her eyes are focused on the point of contact and the left hand is still close the body for better balance. The left knee is still bent and the left toe is pointing toward the point of contact.

**Step 4: The Finish:** Once the ball leaves the racket, the left knee has now almost straightened up and the follow through is above the players' head. This will allow the ball to go high over the net and will land deep toward the baseline. The opponent will have to back off to hit the next ball, or will also be forced to hit another half volley. The left hand is ready to hold the racket on the handle to anticipate the next shot, which probably will be the volley.



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# HOME ON THE RANCH

## A Focus on Healthy Snack Ideas

By: Concentra Urgent Care

March is National Nutrition Month. Celebrate by trying out some of these healthy snack ideas:

- Whole grain bagel with melted low fat or non-fat cheese
- Baked tortilla chips and salsa
- Cereal (preferably whole-grain) and low-fat or fat free milk
- Homemade trail mix of wheat or bran Chex or cheerios, pretzels, raisins, and nuts
- Whole wheat toast with butter or margarine and jam
- Baby carrots, broccoli, cauliflower, or celery and yogurt-based dip
- Fruit, including fresh, frozen, canned, or ready-to-eat fruit, such as apples peeled and sliced, oranges cut into sections, cantaloupe and pineapple in bite-sized cubes, or fruit salad
- Fruit shake or smoothie made with frozen fruit and a cup of fat free or low-fat milk or yogurt
- Vegetable soup
- Bean burritos or burrito bites containing canned, fat-free refried beans, low-fat cheese, and salsa on a tortilla – roll up and cut into bite-sized pieces
- Tortilla roll-ups: spread chicken breast strips, salsa, and lettuce on a tortilla. Roll up and cut into bite-sized pieces. Or, leave out the tortilla and roll up the chicken and salsa in the lettuce
- Yogurt, alone, or as a dip or topping for fresh fruit
- Layer fruit, yogurt and grape-nuts in a glass for a parfait
- Nuts
- Peanut butter on graham crackers
- Peanut butter on sliced apple or celery
- Milkshake made with nonfat or low-fat frozen yogurt
- Sugar-free pudding or Jello cup
- Oatmeal raisin or peanut butter cookies and fat free or low-fat milk
- Zucchini or pumpkin bread
- Low fat Cottage cheese and fruit
- Turkey sandwich on wheat bread
- Granola or cereal bar

For more information about healthy snacks and diets, contact your health care provider, your Concentra health specialist, or visit the Department of Health and Human Services at: <http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>

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— Jude & Ethan's Mom, Primrose Parent

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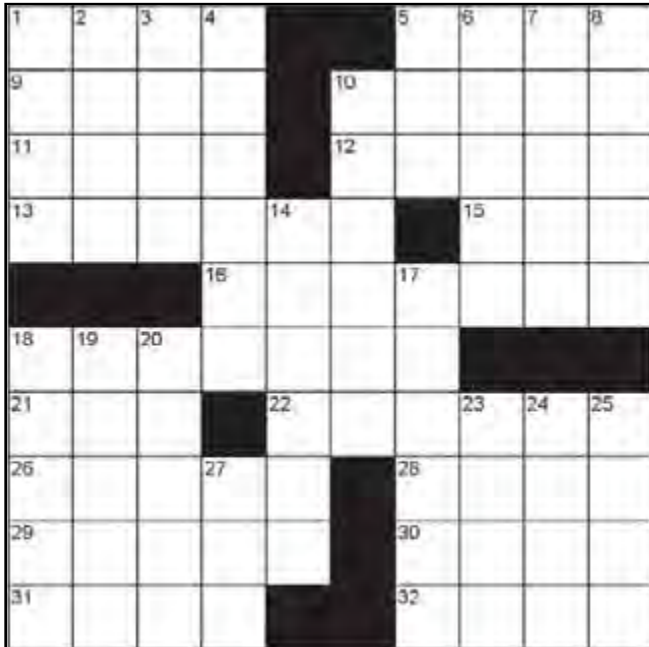
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### ACROSS

1. Tails
5. Tableland
9. Billy or nanny
10. Expressing dislike word
11. Capital of Norway
12. Dote
13. Eludes
15. Beverage
16. Crime
18. Crayon name
21. Cause of sickness
22. Merchant
26. Arc
28. Dwell
29. Ballerina skirts
30. Among
31. Dueling sword
32. Fly alone

### DOWN

1. Id's counterparts
2. Eat
3. Painter of melting clocks
4. Breezy
5. Soil
6. Show emotions
7. Lark
8. In the lead
10. Fuss
14. Booths
17. City
18. Social position
19. Shred (2 wds.)
20. Having wings
23. Fancy car
24. Vile
25. Do it again
27. Regret

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

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