



# POST

The Official Newsletter of the  
Plum Creek Homeowner Association

March 2013  
Volume 4, Issue 3

## Plum Creek Easter Egg Hunt at McNaughton Park

*Saturday, March 30<sup>th</sup>, 2013  
from 9:30 AM to 11:30 AM*



Come on out to the Annual Plum Creek Easter Egg Hunt at McNaughton Park on Saturday, March 30th! It is important for you to have your children present by 9:30 am, as not to miss the fun! The hunt starts right on time!

With plenty of eggs to hunt, the park will be divided into four, color-coded sections by age group, as indicated below. Also, kids must bring their own basket to collect their tiny treasures.

### Age Groups:

0 - 3 years : pink section

4 - 6 year olds: green section

7 - 9 year olds: orange section

10 & up: yellow section

As always, volunteers are needed to help set up on event day. If you are interested in helping, please contact Brandee Otto at 405-0159 or [recreation@plumcreektxhoa.com](mailto:recreation@plumcreektxhoa.com)

## Sip and Sew

Join a group of talented individuals who are willing to share their talents. Come learn needlepoint, punch needle, knitting, crocheting, sewing and rug hooking. Or bring your current project and share with the group. Be inspired with neat ideas and fun conversations. Sip and Sew meets the second Tuesday of the month in the Fergus Community Center 6:30 PM - 9:00 PM. This month, February 12th.

If you need additional information, please contact: Iris Sandle - 405-0054, Pam Chapman - 656-6050, or Sandra Sigler - 405-0187

## Toddler Time on March 1st: Welcome Spring!

Let's get ready for spring and plant a flower or veggie, blow bubbles, and anything else we can imagine! Snack and drink provided. Meet at the picnic tables near the Plum Creek Community Center (450 Haupt) at 10:30am. If bad weather, we'll move inside! Please email [cb28655@earthlink.net](mailto:cb28655@earthlink.net) to RSVP!

## Annual Meeting

The meeting will be on 3/21/13 at the Plum Creek Golf Club. Registration will start at 630pm and the meeting will start at 7pm.

## GARDENTOUR MAY 4

Do you have a yard you want to show off? We know you do.

If you would love to let your neighbors wander in your lovely yard and ask you tons of questions and "oooooh" and "aaaaaah" at your hard work, please send me your name and address. It only takes a minute and your neighbors will love you for sharing.

Contact Suzanne at [landscaping@plumcreektxhoa.com](mailto:landscaping@plumcreektxhoa.com).

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## Committee Contacts

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### PLUM CREEK HOA MANAGER

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### PLUM CREEK POST AND WEEKLY ENEWS

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### DOG PARK COMMITTEE

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### LAKE COMMITTEE

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### LANDSCAPE COMMITTEE

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### RECREATION COMMITTEE

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### SOCIAL GROUPS

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## Newsletter Info

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### PUBLISHER

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## YARD OF THE MONTH

You could have braggin' rights with a sign in your front yard AND a gift card. The landscaping committee will be judging yards for April, May, and June using the following criteria: curb appeal, overall design, weed control, pruned and healthy trees and shrubs, clean and neat edging/borders. Judging will be the first week of the month and the signs will be in winning yards from 15th to the following 15th of the month.

Well, that is it from the landscaping committee. If you have any questions or comments please contact Suzanne Parr at [landscape@plumcreektxhoa.com](mailto:landscape@plumcreektxhoa.com).

## REMINDER:

### KEEP THOSE DOGS ON LEASHES AND PLEASE PICK UP AFTER YOUR PETS

Several reports have arrived about dogs roaming free without their owners and dogs with owners but off-leash. Please remember, the City of Kyle has a leash law. Dogs must be on a leash at all times when not in a fenced in areas. Also, please remember to be neighborly and clean up after your pet. *Thanks!*

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## BUSINESS CLASSIFIEDS

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### SPRINGYARD CLEAN UP:

Plum Creek resident My Hired Helper offers complete yard service. Tree & Bush Trimming, Spring Planting, Mulching, Weeding beds, Mow, Bow, and Edging are all available. We can also do acorn & leaf removal/ haul off. please visit [www.myhiredhelper.com](http://www.myhiredhelper.com) or call Kate to schedule 512-663-8389.

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**Save the Date:**



**is May 5th**

The 12th Annual Front Porch Days is fast approaching. Front Porch Days is our huge neighborhood gathering during May and includes music, local organizations, vendors, a pie baking contest, petting zoo, pony rides, jump castles, crafts, food, and more.

Excited? Here are the highlights of the upcoming activities and dates:

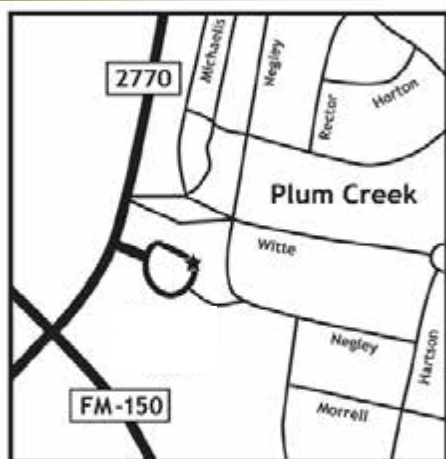
- Saturday, April 27th: Community Wide Garage/Front Porch Sale
- Saturday, May 4th: 8th Annual Plum Creek Golf Tournament, PC Golf Course AND 5th Plum Creek Garden Tour, Plum Creek
- Sunday, May 5th, early morning: 8th Annual Plum Creek 10k, 5K and Kids' Fun Run, Negley Elementary
- Sunday, May 5th, 12PM to 3PM: 11th Annual Front Porch Days, including the 8th Annual Plum Creek Music Festival, the KUMC Washers Tournament, and the Pie Baking Contest, Fergus Park.

Front Porch Days is a great time to get out with your family and neighbors. The entertainment and many of the events are FREE. Money is needed to purchase food, drinks, and products from vendors and community groups or to participate in the golf tournament, washers tournament, 10k, 5K, or fun run.

Interested in selling something? More details coming in April's PC Press. However, we are already taking applications for booth spaces. If you're an artist, craftsperson, business, or community group, we want you! Contact Jen LaCour for more info at [jen.lacour@gmail.com](mailto:jen.lacour@gmail.com) or 512-787-9611. Also, the application is online at [www.frontporchdays.com](http://www.frontporchdays.com)

Interested in another aspect of Front Porch Days? If interested in another aspect of the event, including volunteering, contact Brandee Otto at 512-557-2728 or [recreation@plumcreektxhoa.com](mailto:recreation@plumcreektxhoa.com).

## *Come grow well with us!*



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# PLUM CREEK POST



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## PLUM CREEK LOVES TO READ!

Negley Elementary is hosting a book swap! Plum Creek Development has donated \$500 that will be matched by a grant program from Usborne Books to supply books for this swap. Students that bring in four books they have outgrown will be able to "swap" them for a brand new book. Students that bring in one used book from home can exchange it for one used book. The books collected by this book swap will be donated to a partner school in Hays CISD that has many needy students. These donations will help insure a successful book swap on their campus as well.

Plum Creek residents and friends are encouraged to participate. If you have books you would like to contribute to this community effort, please drop them off in the Book Swap Box in the lobby of Negley Elementary in the next couple weeks or contact [sayger@gmail.com](mailto:sayger@gmail.com) to come pick them up. There is a need for books for kindergarten through 5th grade.

Special thanks to Plum Creek Developers for their continued support of Negley Elementary and community literacy!

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# CRIME PREVENTION FOR YOUR HOME

## Doors & Windows

- All exterior doors should be solid core or of metal construction.
- All entry doors should be equipped with a good quality deadbolt lock having a minimum of a one inch throw.
- A good quality double cylinder deadbolt lock should be used if there is glass within 40 inches of the lock. If using such a lock, be certain a key is readily available in case of emergency. In all cases, use a heavy duty strike plate with Number 12 gauge 3" woodscrews.
- All exit doors without side hinges should have their hinges pinned. Install a peephole with at least a 180 degree viewing area.
- Secure all sliding doors with an anti-lifting device and a secondary locking device, and install secondary locking devices on all windows.

## Exterior & Landscape

- Install lighting in areas around doors, walkway, and driveways.
- Use inexpensive timers to automatically turn the lights on and off at dusk and dawn. Do not leave ladders or tools outside. They can assist someone in gaining entry.
- Be certain your shrubs/trees do not hide your address & it is visible so if necessary, emergency personnel can find your home quickly.

## Alarm Systems

- Choose a reputable, well established company.
- Learn how to use your alarm system properly to reduce false alarms (fines can be assessed for false alarms).
- Do not write your alarm code/password on or near the alarm keypad. Put a warning sign on windows and entrances.
- Be certain your alarm call-back list is up-to-date.
- Additional Information
- Acknowledge all callers through locked doors and/or your peephole.
- Keep doors, windows and garage doors closed and locked, even when you're at home. Draw all curtains and shades at night to prevent viewing from the street.
- When traveling, keep your home looking lived-in by having the grass cut, mail and newspapers picked up and lights turned on and off with a timer.
- Before moving into a new house, re-key or change all exterior locks and also change the code to your garage opener.
- Engrave valuables with your Texas driver license (preceded by the letters "TX"). Engravers are inexpensive and are available in hardware departments.



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## *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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3	8		4	5				
		7					5	6
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							7	2
	6							
	3			1		4		

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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**DATE:** Tuesday, April 30th

11:00 am Registration - 1:00 pm Start

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**FORMAT:** 4-person scramble

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

\*Includes lunch, dinner and lots of swag

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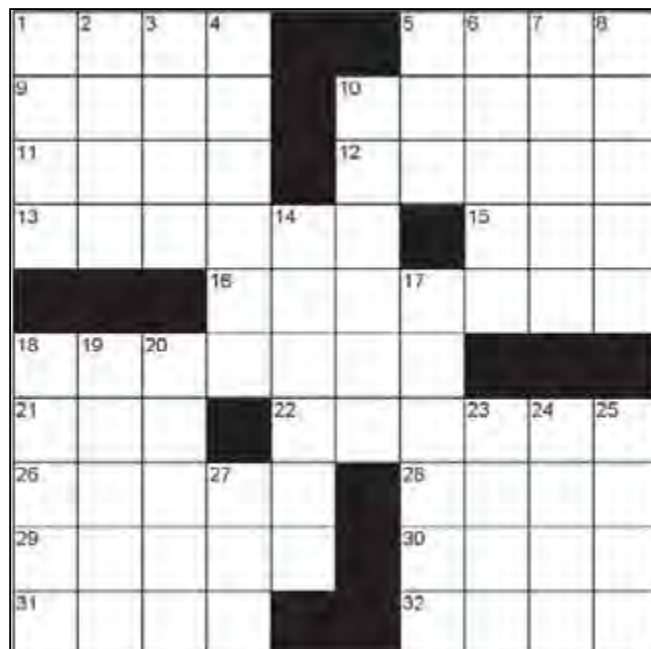
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### ACROSS

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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# - Kids Stuff -

Section for Kids with news, puzzles, games and more!



Eleven-year-old Cait was trying to fall asleep when her 8-year-old brother, Doug, came into her room. He looked around a bit, but seemed really out of it. Then Doug went back into the hallway and stood there staring up at the hall light. Little brothers can be weird, but this was really strange. Cait didn't know what to do. Just then, Cait's father appeared and explained that Doug was sleepwalking.

## WHAT IS SLEEPWALKING?

Not all sleep is the same every night. We experience some deep, quiet sleep and some active sleep, which is when dreams happen. You might think sleepwalking would happen during active sleep, but a person isn't physically active during active sleep. Sleepwalking usually happens in the first few hours of sleep in the stage called slow-wave or deep sleep. Not all sleepwalkers actually walk. Some simply sit up or stand in bed or act like they're awake (but dazed) when, in fact, they're asleep! Most, however, do get up and move around for a few seconds or for as long as half an hour.

Sleepwalkers' eyes are open, but they don't see the same way they do when they're awake and often think they're in different rooms of the house or different places altogether. Sleepwalkers tend to go back to bed on their own and they won't remember it in the morning. Researchers estimate that up to 15% of kids sleepwalk regularly. Sleepwalking may run in families and sometimes occurs when a person is sick, has a fever, is not getting enough sleep, or is stressed.

## IS SLEEPWALKING A SERIOUS PROBLEM?

If sleepwalking occurs frequently, every night or so, it's a good idea for your mom or dad to take you to see your doctor. But occasional sleepwalking generally isn't something to worry about, although it may look funny or even scary for the people who see a sleepwalker in action. Although occasional sleepwalking isn't a big deal, it's important, of course, that the person is kept safe. Precautions should be taken so the person is less likely to fall down, run into something, or walk out the front door while sleepwalking.

## WHAT WILL THE DOCTOR DO?

There's no cure for sleepwalking, but the doctor can talk to you about what's happening and try to find ways to help you sleep more soundly. Most kids just grow out of sleepwalking.

For kids who sleepwalk often, doctors may recommend a treatment called scheduled awakening. This disrupts the sleep cycle enough to help stop sleepwalking. In rare cases, a doctor may prescribe medication to help someone sleep.

## HERE ARE SOME TIPS TO HELP PREVENT SLEEPWALKING:

- Relax at bedtime by listening to soft music or relaxation tapes.
- Have a regular sleep schedule and stick to it.
- Keep noise and lights to a minimum while you're trying to sleep.
- Avoid drinking a lot in the evening and be sure to go to the bathroom before going to bed. (A full bladder can contribute to sleepwalking.)

## HOW DO I TAKE CARE OF A SLEEPWALKER?

One thing you can do to help is to clear rooms and hallways of furniture or obstacles a sleepwalker might encounter during the night. If there are stairs or dangerous areas, a grown-up should close doors and windows or install safety gates.

You also might have heard that sleepwalkers can get confused and scared if you startle them into being awake. That's true, so what do you do if you see someone sleepwalking? You should call for a grown-up who can gently steer the person back to bed. And once the sleepwalker is tucked back in bed, it's time for you to get some shut-eye, too!

**Reviewed by: Larissa Hirsch, MD**

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**Originally reviewed by: Michael H. Goodman, MD**

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