HOME The RANGE

VOLUME 7 ISSUE 5

MAY 2013





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





Happy Mother's Day to all Avery Ranch Moms!!!

Spring is here! The trees are blooming, lawns are greener and everyone, especially in Avery Ranch, is out enjoying the nice weather with a nice walk or working in their yard. We are fortunate to be in a community that offers so much. Our amenity centers, the Brushy Creek hiking trails and soon the swimming pools will be warm enough to swim in again. And look around to see all the new homes that are being built. As you have probably noticed, the market has taken an upward turn and homes are not staying on the market very long, especially new construction. Here in Ingleside Townhomes, the last two buildings will be completed by the end of May. Most of the units are already sold but we still have some great floor plans available ranging from 3 bedrooms to 4 bedrooms. Prices begin in the low \$200's. Don't forget, refer a friend or family member and you will receive a \$50 gift certificate from D.R. Horton. Don't forget May is for our Mothers. Happy Mother's Day to all Avery Ranch moms!

We know spring means more bugs so here are a few tips to deal with pesky mosquitos.

Mosquito Control Checklist

The number one way to control mosquito populations in your yard is source reduction. Mosquitoes need as little as a bottle cap full of water in order to complete their lifecycle. If standing water is eliminated, then the overall mosquito population in your area will be reduced.

- Change water twice a week in birdbaths, flower containers and pet water bowls.
- Empty plastic wading pools and toys that catch water and store them under a cover.
- Replace plant saucers with 'pot feet' or fill saucers with pea gravel.
- Keep lids closed on garbage containers.
- In ornamental ponds, add mosquito-eating minnows for mosquito larva control or aerate with a pump.
- In fountains, add mosquito dunks to control larva.
- Avoid over-watering your yard.
- Fill tree stumps and holes with sand and/or mortar.
- Turn upside down or store under cover your wheelbarrows, yard/utility carts, and wagons. Mow tall grass and reduce the amount of foliage to reduce the resting sites for adult mosquitoes. Insecticides, such as those containing pyrethrins, can be applied to trees and shrubs to kill adult mosquitoes.

Glenfield Avery Ranch Ingleside





The Hillary 2568 sq. ft. \$290,688

11500 Turkey Hollow The Holly 1607 sq. ft. \$268,500

11616 Harpster Bend The Balboa 2568 sq. ft. \$295,457

11617 Harpster Bend The Cartier 1607 sq. ft. \$261,496



Available Homes in Ingleside:

The Chateau	3 bed, 2.5 baths
The Mirabella	4 bed, 2.5 baths
Recent Sales in Ingleside	

830 sq. ft.	\$231,750
909 sq. ft.	\$240,000

The Bellamy 3 bed+loft, 25 baths 1698 sq. ft. \$212,000 The Adeline 3 bed, 2.5 baths 1628 sq. ft. \$215,500

1

1

Glenfield Sales Consultant: Raquel Atwell • 218-4881 ratwell@drhorton.com

Available Homes in Glenfield:

Recent Sales in Glenfield:

11628 Yeadon Way



Ingleside Sales Consultant: Pat Fulford • 716-0886 pkfulford@drhorton.com

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

Avery Ranch Garden Tour Don't Miss It!

Saturday, May 18th, beginning at 10am thru 3pm is the 2013 Avery Ranch Garden Tour. This will be the seventh year of the Tour and once again, we have a wonderful variety of yards and gardens thanks to our volunteer garden hosts. Our theme remains "Getting Serious about Xeriscaping", which means making our landscapes more water saving. Taking the Tour is so easy! Just go to the picnic area at the Main Amenities Center where you begin the Tour. You will be given a Tour Guide map and can visit the gardens in any order you choose. You will also receive a free bottle of water to take with you (recycling appreciated), plus given a chance to win a door prize which will be garden related – of course!

In the picnic area will be a Travis County Master Gardener's booth with trained volunteers to answer your questions and provide help and advice. This booth will be open from 10 AM until 1 PM.

The real benefit and enjoyment of the Tour is the opportunity to get out and meet your Avery Ranch neighbors who share an interest in gardening or to just enjoy the beauty of late spring when gardens are just coming into their prime. Our hosts will be happy to talk with you about what has worked well and what has not, and answer any questions you have. It is LEGAL to steal some ideas from what others have done which may inspire you to try new things.

For a preview of the Tour and more information, see the Avery Ranch Garden Tour web page at www.centraltexasgardening.info/ artour.html. If you have any questions about the Tour, please contact Bob Beyer, Avery Ranch Social Committee Garden Tour coordinator at txbeyer@austin.rr.com or 23.8-6732. The Tour is free, sponsored by your Social Committee and open to Avery Ranch residents and their invited guests. SEE YOU ON THE TOUR!



Join Us for the New Resident Meet and Greet!

Saturday, May 4th -10am to Noon Come meet some of your neighbors, learn about Avery

Come meet some of your neighbors, learn about Avery Ranch, ask your top-of-mind questions about the HOA, and find out about neighborhood events hosted by the Social Committee. We will have housewarming door prizes, coffee, and a light breakfast. Welcome to Avery Ranch!!



Second Annual ADULT LUAU

Sat. June 22nd from 6:30-9:30 pm Held at the Granite Shoals pool

The pool will be closed to other residents during the time period for this event. **RSVP's required and space will be limited**.

Music will be provided by DJ Jason Lynum and back by popular demand a karaoke contest with prizes! A photographer will be on site for photos to take home.

This event will be BYOB with bartenders to serve your drinks. Set-ups provided. NO GLASS is ALLOWED at the pool area so drinks will be served in plastic cups. Food will be catered with a menu consisting of pork sliders, chicken kabobs, garlic ginger meatballs, mango rice, fruit platter, iced tea and fruit infused lemonade.

NOTE: This is the first Avery Ranch event with a fee. It will be \$10 per person and an **RSVP** is required to attend. Please respond to **luau@** averyranchhoa.com. Come on out for a great evening to meet and socialize with your AR neighbors!

BOARD MEMBERS

PRESIDENT

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

VICE PRESIDENT

Marc Boucher marcboucher @Avery RanchHOA.com

SECRETARY Khris Mirekhrismire@averyranchhoa.com

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

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

RESIDENT BOARD MEMBER

Lance Goldsmithb.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

Vacant Position

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.

YOUR COMMUNITY, YOUR VOICE



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	
Fire	
Ambulance	
Sheriff – Non-Emergency	

SCHOOLS

ROUND ROCK ISD	
Patsy Sommer Elementary	
	16200 Avery Ranch Blvd.
Elsa England Elementary Scho	ol
	8801 Pearson Ranch Road
Cedar Valley Middle School	
McNeil High School	
e	5720 McNeil Dr

LEANDER ISD

Rutledge Elementary	
Stiles Middle School	
	3250 Barley Rd.
Vista Ridge High School	

UTILITIES

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City of Austin Water	
Perdernales Electric	
TEXAS GAS SERVICE	
Custom Service	1-800-700-2443
Emergencies	
Call Before You Dig	
AT&T	
New Service	1-800-464-7928
Repair	1-800-246-8464
Billing	
TIME WARNER CABLE	
Customer Service	512-485-5555
Repairs	
Solid Waste Servies	

NEWSLETTER INFO

EDITOR

Rona Quejada ARNEWS@Ave	ryRanchHOA.com
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PUBLISHER

Peel, Inc.	
Advertising	advertising@peelinc.com



AVERY RANCH Social Committee

The Avery Ranch Homeowners Association are giving a shout out to the Avery Ranch Social Committee and to our community event sponsors ISS Grounds control (our landscapers), Lifeline Aquatics (our pool company), Rudy's Country Store, Randolph Brooks Federal Credit Union, Mighty Fine Burgers, G's Dental Studio, Peace Frog Carpet & Tile Cleaning, Campbell Dental and Hang Ups Framing in Cedar Park! They continue to make our neighborhood activities possible!



From the HOA Board Reminder to Avery Ranch Residents

Steve Roebuck, AROA President

Throughout May, we will be inspecting sidewalk access more closely and issuing notification letters for those that need attention.

It's time for the annual reminder to homeowners to take care of the shrubs, trees and plants that are intruding into the right of way. People on the sidewalks need to have a clear path. This may seem frivolous to some, but imagine if you are confined to a wheelchair, encountering bushes that cause you to have to go into the road to pass. Please trim back all plants to allow for sidewalk access. Additionally, tree limbs overhanging the walk should be 6 feet or higher.





205 Denali Pass Suite A, Cedar Park, TX 78613 | 512.218.1500 | www.DrJennySmiles.com

<u>HOME ON THE RANCH</u> 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 7-9pm at the MAC. Please consider coming out and joining us! Email us at ARSC@AveryRanchHOA.com for information.

Do you enjoy the events organized by the Avery Ranch Social Committee?

Did you know that ARSC is an all-volunteer organization made up of your neighbors? Funded by the Avery Ranch Owners Association and volunteer donors, the ARSC puts on the annual Mardi Gras, Easter Egg Hunt, Halloween Hay Ride, Movies in the Park, Holiday Sleigh Ride and many more activities. Please consider a donation that will stay in the community and help fund events that we all enjoy. To donate using PayPal, Navigate to www.AveryRanchHOA.com, click on payments, then click on Donate.

Calendar of Events HOA MONTHLY BOARD MEETING

Next meeting - Monday, May 13th

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:

Meet and Greet for New Neighbors Saturday, May 4th Main Amenity Center Meeting Room See article in this issue for details.

Avery Ranch Garden Tour Saturday, May 18th 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. RSVP required See article in this issue for details.

> Independence Day Celebration July 3rd, Wednesday



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6 Avery Ranch Homeowners Association - May 2013

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LOCATIONS:

Avery Ranch in NW Austin, TX 10526 W. Parmer Lane Ste. 501 Austin, TX 78717 (512) 828-5772

Circle C Ranch in SW Austin, TX 5700 W. Slaughter Lane Ste. 380 Austin, TX 78749 (512) 301-5772 HOURS OF OPERATION:

M-Th 7:30am-10:00pm Fri 7:30am-12:30am Sat 9:00am-12:30am

Sundays we are closed, but available for Birthday Parties!!!

Register your family online at www.KidSpaAustin.com *today!*

Avery Ranch Homeowners Association - May 2013 7

Austin's BEST

Drop-In Center Visit the center nearest you

today!



Swim Lesson Class Descriptions:

Parent Child: Ages 6—35 months (Parent is in the water with child) (Ratio 12:1)

Fun with games, songs and nursery rhymes while introducing basic swimming play during this water adjustment class. Get to know other parents and have fun with your child during this interactive time.

Ages 3-5 Years (Ratio 6:1)

Pike A: Ages 3—4 Preschool: *Two age categories

First level without a parent, designed for the <u>true beginner</u>. Introduction to basic skills: kicking, blowing bubbles, and putting head in water. Goal is basic skills, water safety and being comfortable in the water, along with the socialization in a class environment. Child needs to be able to be comfortable in the water, and show independence with swimming with a float belt and/or barbell to move to Pike B. Child needs to be able to swim 8—10 feet and float 5 seconds with OR without a floation aid to move into Eel. (Comfort and independence in the water is key for advancement from this level).

Pike B: Ages 4—5 years Preschool: *Two age categories

Second level without a parent. Introduction to basic skills: kicking, paddling, blowing bubbles, and putting head under water. Goal is independent swimming with float belt and/or barbell, along with the socialization in a class environment. Child needs to be able to swim 8—10 feet and float 5 seconds with OR without a flotation aid to move into Eel. (Comfort and independence in the water is key for advancement from this level).

Eel: Ages 4—5 years Preschool: (3 year olds must be approved for this class by Aquatics Director or Instructor)

Advanced beginner level for children who can swim independent from the instructor, but still need the assistance of a float belt. Stroke development is emphasized and children will begin to swim further distances unassisted. Child needs to be able to swim unassisted without a float belt half the pool length with face in water to move into next level.

Ray: Ages 4—5 years Preschool: (This class is <u>ONLY</u> offered at Avery Ranch Pool due to water depth and length)

Intermediate level class using minimal floatation aid. Correct body positioning and swimming with face in water emphasized. Backstroke and deep water skills are developed. Student needs to swim the length of the pool unassisted with no flotation aid on both front and back to advance to the next level.

Ages 6-11 Years (Ratio 8:1)

Polliwog: Ages 6—10 years Youth:

Inexperienced through beginner. Introduces basic floats, freestyle, breathing control and water safety. Students need to swim length of pool and float 10 seconds unassisted to move to the next level.

Guppy: Ages 6—10 years Youth:

Advanced beginners. Introduces front crawl, rotary breathing and backstroke. For children to move to the next level, they should swim freestyle with rotary breathing the length of the pool and tread water for 30 seconds

Minnow: Ages 6—10 years Youth: (This class is <u>ONLY</u> offered at Avery Ranch Pool due to water depth and length)

Intermediate level emphasizes endurance, refines freestyle and backstroke. Breaststroke and side stroke introduced. Students should have the ability to continually swim freestyle for 2 lengths and backstroke 1 length to move to the next level.

Fish: Ages 7—11 years Youth: (This class is ONLY offered at Avery Ranch Pool due to water depth and length)

Participants will refine breaststroke and side stroke while increasing endurance with freestyle and backstroke. Butterfly is introduced and more advanced water safety skills are discussed.

<u>Private & Semi Private Lessons:</u> (Twin Lakes & Avery Ranch) Ages 3-12 Years (Ratio 1:1 or 2:1)

We offer multiple options in private swimming lessons that will help get you or your kids swimming at the level you desire. Our certified, patient and knowledgeable YMCA swim instructors offer private and semi-private swim lessons for ages 3-12 beginner to intermediate levels. Note we do not do advance training due to pool size. When choosing a lesson type, think about your needs and what type of instructor will fit best. We will contact you within 3 days after you have purchased your lessons to talk about a structure that will fit your needs. **See the Front Desk for Private Lesson Registration Form

Vote an Avery Ranch Friend to the Leander ISD Board!

LEANDER ISD ELECTIONS IS ON MAY 11TH, EARLY VOTING: APRIL 27TH TO MAY 7TH

Leander ISD Candidate Profile:

My name is Jim MacKay and I am running for a spot on the Leander ISD Board of Trustees, Place 3. I am a devoted husband, father, firefighter with the Texas Air National Guard and for more than twenty years I have volunteered in and around public education. I currently am a member of the Vista Ridge High School Campus Site-based Committee, and a member of the School Health Advisory council and Nutrition Advisory Council. I am the voice of the Vista Ridge Rangers football program and have been the stadium announcer for the past four seasons. I am also a concerned citizen in our community and over the past year I have become increasingly concerned with our school district. We currently have \$2.7 Billion in total debt and our property taxes are among the highest in the state. Our current Board of Trustees has failed to lead in key areas and yesterday I was told by the Cedar Park Police Officers> Association that they have been frustrated in their attempts to conduct critically-needed training due to an unresponsive administration. I believe the time has come for fresh perspective, fresh ideas and fresh focus. Our children deserve the best we have to offer and I believe that, quite frankly, we can do better. My key concerns are the debt, lack of leadership and lack of effective communication. I would like to change that. Please visit my website, www.jim-mackay.com and Facebook page, Jim MacKay for



Leander ISD, and look at the research I have conducted over the past eight months. The vast majority of my information comes from public records and since posting this information on Feb. 6th, I have not received a single challenge to the validity of anything contained on the pages.

I very-much want to hear from you! Please let me know what your concerns are. I am the voice of the Vista Ridge Rangers and now I want to be your voice in the District.

Regards,

Jim MacKay, Candidate, Leander ISD Board of Trustees, Place 3. ERRATUM: In the April issue, we incorrectly referred to the candidate as an Avery Ranch Resident. We apologize for the error. - Editor



2013 Avery Ranch Easter Egg Hunt

The Avery Ranch Social Committee hosted the Easter Egg Hunt on March 23rd, Saturday, at the Main Amenity Center.

There were two Egg Hunts held: the first was at 11 a.m. and the latter started at 1 p.m. There were about 300 children who participated. This year, we had 3 egg hunt areas and this allowed us to hold a separate egg hunt for the toddlers. The Social Committee did not hide candies inside the plastic eggs. Instead, each participant exchanged the eggs they collected for a gift bag.

To the delight of everyone, the Easter Bunny made an appearance and posed with the children who wanted their photos taken.

Special thanks to Boy Scout Troop 317 for putting the gift bags together, to the event chairpersons, Joan Boucher & Karen Nieft and to all the Avery Ranch Social Committee volunteers for making our community egg hunt possible! Most of all, thank you to all those who participated and made this event a success!!





HOME ON THE RANCH AVERY RANCH REDFISH



Avery Ranch Redfish Parent Orientation Event

REMEMBER

- Afternoon Practice Continues M-Th through June 6th from 4:45pm 7:45pm
- Morning Practice Begins June 10th

IMPORTANT UPCOMING SWIM TEAM DATES:

- Swim Meet #1: Saturday, May 18 (away at JCC Pirhanas)
- Swim Meet #2: Saturday, May 25 (away at Balcones Woods Blue Wave)
- Swim Meet #3: Saturday, June 1 (HOME MEET #1 vs. FAST Frogs & JCC)
- Lap-a-Thon Fundraiser DURING PRACTICE: Wednesday, June 5



Lori Reuter and her Redfish son Elijah

For more information, visit www.averyranchredfish.com



Henry & Judy Ho with their Redfish daughter Vanna



Jey Iyempandu ぐ Malathy Jey with their Redfish daughter Kavya



Merideth and Chris Copeland and their Redfish children Kelly and Cade



Manuel Ruiz with his 2 Redfish daughters, Cindy and Yeraldin

Peace Lutheran Church Invites You to Visit...



ATHENS VACATION BIBLE SCHOOL

June 10 -14, 2013 9:00 – 11:30 Ages 4 years old – 6th grade

Join us and be a part of Paul's dangerous journey to share the truth! You'll travel back into Bible times to see, hear, touch, and even taste what it was like to live in ancient Athens. You'll explore the marketplace shops, visit Paul, take part in games, dance to lively Bible songs, and sample tasty snacks as you discover more about Paul's missionary adventures.

Registration begins May 1. Forms may be found at www. peaceaustin.org or at the church office. Please return complete forms with payment to the church office, 10625 RR 620 N, Austin, 78726, Tuesday through Friday 9 am to 4 pm. Cost is \$35 for each participant and nonrefundable. Space is limited so register early.

Adults and students who have completed the 6th grade or older are welcome to serve as a leader, be a shopkeeper, serve snacks, act in dramas, or play games. Contact Connie Collins at peacevbs@gmail.com if you are interested in helping with Peace's great Athens adventure.

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*. 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*.







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Priority Program Registration





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Cypress Creek Montessori School 2600 Sun Chase Blvd., Cedar Park Texas 78613 512.250.3000 Educating:18 Months- 6 Years www.cypresscreekmontessori.com

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Avery Ranch Homeowners Association - May 2013

Drowning Is Preventable

The Texas weather is warming up. Summer is almost here. Pools will soon open and the cool water will be calling your name. You can almost hear your kids laughing and the playing in the pool. Your family deserves to have many Best Day Ever moments in the water this summer. Please do not let those moments be ruined by the sound of a life guard whistle blast or the need to do CPR in order to save your child's life. Most families love a trip to the swimming pool, the lake or the beach during the summer...but the water can be deadly for a child.

Did you know that drowning is a leading cause of accidental death for children between the ages of 1 and 14, with kids under the age of 5 at even higher risk?

Colin Holst's parents did not know either. Sadly, June 13th marks the 5 year anniversary of his drowning in a public, lifeguarded pool in Austin. Since Colin's drowning in 2008, Central Texas-based Colin's Hope has become a nonprofit leader in water safety and drowning prevention.

My name is Alissa Magrum and I am the Executive Director of Colin's Hope. But I am also a parent to 8 year old Ella. So, from one parent to another, please listen to this message. It is simple but filled with purpose: DROWNING IS PREVENTABLE. YOU can help protect your children. Following a series of simple water safety tips creates multiple layers of protection. These layers WILL keep children safer in and around the water and CAN prevent drownings.

THE FIRST 3 OF THESE TIPS ARE KEY.

Practice constant visual supervision. Always assign an adult "water guardian" whose ONLY responsibility is to watch children who are in, near and around the water. If that water guardian needs to take a break, they must transfer their "watching" duty to another adult.

Learn to swim. Enroll children (and adults too) in formal swim classes. For kids under the age of 4, taking formal swim lessons reduces the risk of drowning by 88%.

Wear life jackets. Children who cannot swim should ALWAYS wear a U.S. Coast Guard-approved life jacket when in and around the water.

You can see additional tips, as well as more information on water safety and drowning prevention, on our website at www.colinshope. org..

Each year, Colin's Hope volunteers stuff and distribute 75,000 water safety packets to families in zip codes that have been targeted due to the high number of near drownings and drownings in recent years. This life saving information along with a Peel Inc. ad campaign, a Reagan National Adverstising billboard campaign and a presence at many community events is helping to raise water safety awareness to prevent children from drowning.

WE ALSO NEED YOUR HELP. PLEASE SHARE THIS INFORMATION with family, friends, neighbors, teachers, babysitters...everyone! We have seen the difference that being aware and being prepared can make. Communities that have received our water safety information in prior years have seen child drownings and near drownings in their areas reduced to zero!

Please visit www.colinshope.org to find out how you can get involved in your own community. Find us on Facebook, follow us on Twitter, subscribe to our monthly newsletter or even support our efforts with a donation.

We envision a world where children do not drown. Please share that vision and together we will get there.

Wishing you the SAFEST AND BEST SUMMER EVER, Alissa Magrum Executive Director, Colin's Hope

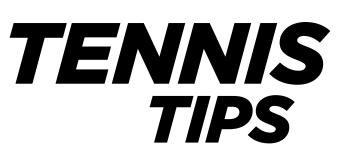


Chris Beltran

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By USPTA/PTR Master Professional Fernando Velasco





How to Execute The Overhead "Smash"

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, the serve, the forehand half-volley and the one-handed backhand volley. In this issue, I will offer you instructions on how to execute the overhead "smash" when players get a high ball and they hit the ball above their head. In the illustrations, Matilda O'Connor, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Back Step: When Matilda realizes that a ball is high enough to hit the overhead, she takes a step back on the side to hit the ball. The upper body turns, the racket starts the back motion by keeping the elbow in 90 degree angle and the left hand is pointing to the ball. Notice that her head is looking at the ball and keeping the chin up.

Step 2: The Point of Contact: When Matilda is ready to hit

the ball, her racket starts accelerating from the back position. She is making perfect contact on the upper part of the racket and the right wrist is "snapping" to get on top of the ball. Her left arm is still pointing to the ball to assure a good hit on the "sweet spot". Her weight has shifted from the back foot to the front foot.

Step 3: The Follow Through: After the ball has been struck by the racket, Matilda will continue the swing of the racket across the left side of her body. The eyes are now focused on the path of her stroke. The left arm is on her left side. Her right foot still kept her toes on the court to allow for maximum balance on the stroke.

Step 4: The Ready Position: Even though the overhead "smash" is a powerful weapon, many times the opponents will return it back to the players. Here Matilda is ready for the next ball coming back to her. By the looks of her smile, it seems that her overhead was successful and she has won the point.

Look for in the next Newsletter: The Forehand Service Return



Investing In Young Minds Today

Kids'R'Kids Learning Academy of North Austin is dedicated to educating young children. We start with infants 6 weeks old and continue our learning program until kindergarten. Our extended Afterschool and summer camp programs serve the children in the local public and private elementary schools.

We strive to meet the needs of a demanding modern household today. With both parents working outside the home, they need to know that their most precious asset is being cared for and educated to the highest. Kids'R'Kids teachers and staff deliver that and more to our parents. Stop by for a tour today to see why parents are talking about the best preschool in Austin that offers:

+NAEYC and AdvancEd Accreditations +Degreed Professional Staff +Internet viewing inside and outside +Accredited Curriculum +Assessments of child's progress +Fresh cooked meals daily +Large spacious playgrounds/ plus new infant water park +Technology driven lessons with the curriculum +ABCmouse for children enrolled in Suite 400 to kindergarten +Private Kindergarten with a certified teacher (Texas Certification) + Coming Soon: A Fresh Fruit Tree Garden to teach children to live healthy lives not just today; but for the future.







ADOPTION COALITION OF TEXAS

Marcus 05/1997

Marcus is a smart, funny and passionate young man. He is a thinker and a planner who likes to explore new ideas and gain knowledge. He likes to write and listen to rap music. Marcus craves acceptance and responds well to positive attention from adults. He is determined to have a bright future and works hard to reach his academic potential.

Marcus wants very much to be adopted so that he can have a family to love and support him in the future. His adoptive family needs to be nurturing, firm, patient and willing to provide him with much needed one-on-one attention. Marcus will do best in a family with older children and one with parents that can help build his self-esteem while encouraging him to discover his strengths and find his place in the world.

For more information on Marcus, please contact Stephanie Berka at the Adoption Coalition of Texas by email stephanieberka@adopttexas.org or by phone: 512-450-8750.



Why choose Primrose[®]? Just ask a mom.

⁴⁴My children are learning things I never imagined they could learn at this point in their lives. My preschooler can write his name and recite his alphabet and numbers. I also have a 15-month old who is learning his shapes and colors. It's just amazing how much Primrose is teaching my children.¹¹ — Jude & Ethan's Mom, Primrose Parent

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May is Texas and National Water Safety Month

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Water Safety Alert: 74 Texas children drowned last year. Keep your children and families safe in, near and around all bodies of water. Multiple layers of protection can prevent drowning.

CONSTANT VISUAL SUPERVISION



KEEP BACKYARDS &

LEARN TO SWIM

LEARN CPR



MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS





VISIT US CHECK POOLS/HOTTUBS ONLINE **1ST FOR MISSING CHILDREN**

BATHROOMS SAFE

- Kids Stuff-

You're very excited — your mom and dad promised to take you on a fun camping trip this year. Or maybe your scout group is gearing up for an awesome canoe trip. Enjoying the beauty and nature of the woods is fun — if you are careful. Here are some tips to keep you safe.

PACKING BASICS

Before you leave, pack these few important things to make your trip more comfortable and safe:

- · map of the area
- compass or GPS (learn how to use it beforehand)
- cell phone (though you can't be sure it will work in remote areas)
- whistle
- bottled water and food
- sleeping bag

- flashlight with extra batteries
- sunscreen and sunglasses
- waterproof matches (for an adult to bring)
- first-aid kit with gauze pads, adhesive bandages, tape, tweezers, and antiseptic
- waterproof tent (set it up beforehand to practice)
- warm clothing, clean socks, and rain gear INTO THE WOODS

Staying safe in the woods means using common sense. That means being aware of your surroundings and always camping with an adult. Never go into the woods by yourself. Some things you need to be careful of while you're camping are insects, poison ivy, extreme hot or cold temperatures, rain or snow, and areas where you could trip or fall.

BUGS

If insects bug you, ask an adult to set up camp away from the water and build a small fire. The water attracts bugs, and the smoke from the fire will keep most of the bugs away. Another thing you can do is to remember to keep the tent door zipped at all times, even if you're just going in or out for a minute. Also, turn off your flashlight before you enter your tent because insects such as moths are attracted to the light and will follow you.

Always check for ticks at the end of the day when you've been in the woods. Ticks can carry disease and germs. Some ticks are tiny, like the size of the head of a pin! You'll want an adult to help you inspect your body for ticks. Check behind your knees and ears, under your arms, and in your groin — that's where your legs meet your abdomen, or belly area. If you're camping with a pet, have an adult check your pet for ticks, too — dogs and cats can pick up ticks in their fur even more easily than humans. If you do find a tick, it needs to be removed. Get an adult to help you.

POISON IVY

Poison ivy is a plant that can cause an itchy skin rash in some people. Its leaves grow in groups of three, but the plant can still be hard to spot. If you accidentally touch poison ivy, wash the area with soap and water as soon as possible. The oil from the poison ivy plant can spread on clothes or even your dog. To try to prevent a poison ivy rash, there are products you can apply to your skin before going into the woods. Stores that sell outdoor equipment and sporting goods may carry them.

STAYING SAFE OUTDOORS

Your Campsite

Roasting marshmallows and singing songs by an open fire are favorite camping activities. Adults, not kids, should start campfires. Adults also need to watch the fires and make sure they are out when you're done. Never leave a fire without anyone to watch it. Don't forget to put out your fire by dumping water or shoveling dirt on it when you sleep or leave your campsite. Feel the ground around the area where the fire was to make sure it isn't warm.

Your Food and Water When you're exploring outdoors, eat or drink something only if an adult says it is safe. Even if streams or lakes look crystal clear, they could contain germs and the water may not be safe to drink. Bring bottled water to drink. Likewise, never eat wild berries. Some are poisonous and it may be tough to know which are safe. Good snacks for the outdoors include fruit, trail mix, crackers, granola bars, bread, and peanut butter.

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S SAF

Your Clothing

Wearing layers is a good idea when you're outdoors. That way, you can take off a layer or two if you get too warm. Wear comfortable boots when hiking so your ankles are supported and you don't get blisters. Keep your arms and legs covered while hiking to avoid ticks and insect bites and wear kneehigh boots and long pants when you are in an area with snakes. Make sure to take rain gear, such as ponchos and waterproof jackets, to keep you dry if an unexpected shower occurs.

Watch Out for Wildlife

Although animals are cute to look at, wild animals are best enjoyed from far away. Don't go near or try to feed a strange animal. It's better to enjoy these animals at the zoo, in books, or on the Internet. To keep animals such as bears or wolves away from your campsite, keep it clean. Food and anything else an animal might smell must be packed away. In fact some campers put all their food, even candy bars, in a bag (called a "Bear Bag") and hang it from a tree branch away from the campsite. If they can smell it, the animals will be led away from where the campers are.

What if You Get Lost?

Stick with your group when you're in the woods. Carry a whistle and blow it if you get separated from the group. If you have a cell phone and it's working, use it to make contact with your group. If you do get lost, wait in a safe, sheltered place for an adult to find you. The sooner you're found, the sooner you can go back to having fun in the great outdoors! *Reviewed by: Steven Doushen, MD Date*

reviewed: June 2011

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