

HOME *on the* RANCH

VOLUME 7 ISSUE 11

NOVEMBER 2013



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



A Time to be Thankful

Hello Neighbors!

Here it is again! Fall is in the air and with that comes tons of fun and fall decorating! I will be looking for the best fall decorations. Make your home show with fall enthusiasm and win our decorating contest. Contestants MUST register for their home to be judged and be eligible to receive the prize. Homes will be judged on **the weekend of Thanksgiving**. Judging starts on November 21st. Please send your address by e-mail to ratwell@drhorton.com.

The 1st place winner will receive 2 tickets to the Domain iPic Theater.

The 2nd Place winner will receive a Gift Certificate for a Mani/Pedi at Avery Ranch Nail Salon.

D.R. Horton's decision is final and entries received after November 21st will not be eligible for this contest. This promotion is valid for residents in Avery Ranch only and expires November 21, 2013. Winner will be notified by e-mail or phone before November 30th, 2013.

Most of you have received a notice from the City of Austin that we will be breaking ground on our New Section this month. We received approval on our final plat and we anticipate being able to start selling sometime in the Spring of 2014.

I am compiling a list of clients that are interested in this New Section of Granite Shoals. Please call me at 512-218-4881 or email me at ratwell@drhorton.com if you or someone you know would like additional info.

RECENT SALES IN AVERY GLENFIELD:

The Hillary Plan 2568 sq. ft. \$303,413

The Holly 1905 sq. ft. \$265,500

The Cartier 1607 sq. ft. \$263,000

I look forward to answering any questions you may have in regards to our NEW HOMES and don't forget about our referral rewards program!
Have a Happy Thanksgiving!



Glenfield Sales Consultant:
Raquel Atwell • 512-218-4881
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Prices, plans, features, options and co-broke are subject to change without notice. Additional restrictions may apply. Square footages are approximate. Rev. 100713

EVERY RANCH 6TH ANNUAL

HOLIDAY BAZAAR!

Saturday, November 9, 2013

Main Amenity Center

By W. Cavin Weber, Event Chair

The Avery Ranch Social Committee is excited to announce our 6th Annual Avery Ranch Holiday Bazaar! Please join us on November 9th from 10:00 a.m. to 3:00 p.m. at the Avery Ranch Park at the Main Amenity Center where you will find a selection of vendors and services that will help you with your holiday shopping. Don't be surprised when you find a little something for yourself too!

There will be food trucks, bouncy houses and train rides for the kids and more! This is not an event you will want to miss. Bring your friends and family to this fun-filled annual bazaar!



TENNIS TONIGHT ANYONE?

*Residents - your HOA board
is soliciting feedback from you.*

Your HOA now enjoys a very healthy financial condition and has been accumulating funds to allow for capital improvements. We are considering investing in a lighting system for the five tennis courts located at the Main Amenity Center. By equipping them for night play, it is our belief that we will be able to extend play time for residents, host tournaments and further enhance the property values and attractiveness of Avery Ranch. Please submit your responses/observations/questions via email to: Tennis@AveryRanchHOA.com

Thank you,

Steve Roebuck, Avery Ranch Owners Association - President



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HOME ON THE RANCH

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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
Perdernalles 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

YOUR COMMUNITY, YOUR VOICE

Do you have an article or story that you would like to run in this newsletter? Send it to us for consideration in the next issue. Email your document to ARNEWS@AveryRanchHOA.com.



Holiday Sleighride

By Karen Niefert, event chair

Ho, Ho, Ho Neighbors! Isn't it almost time for Santa Claus? The recent chill in the air has turned my thoughts to the holidays and I hope to influence yours too.

The biggest social event of the season will be on Saturday, December 21st at the MAC (Main Amenities Center). From 6PM-8PM Avery Ranch will host every child's favorite guy - Santa Claus. He will be taking wishes and dispensing love by the fireplace. Mrs Claus is coming again this year! She had such a good time last year she said she wouldn't miss it for all the snow in the North Pole. She will be telling stories and will have some small goodies to give away. The Avery Ranch Elves will be serving cookies, hot cider and cocoa to keep everyone sustained while wandering the grounds.

Of course there are sleighs - due to the great attendance last year we have increased the order. This year there will be 3 horse drawn wagons festooned with twinkle lights.

This event is sure to warm the cockles of your heart and get you in the holiday spirit. Come!



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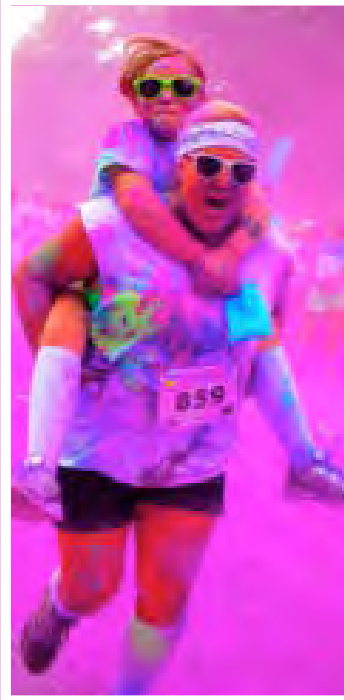


COLOR RUN/WALK 5K AT THE RIDGE

To be held at Vista Ridge HS
Saturday, December 14, 2013 at 8:00am

To register and Q&A go to: www.vrhsprojectgraduation.com

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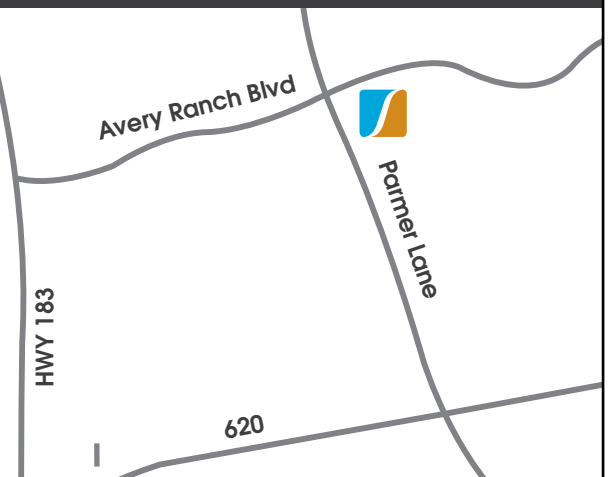
We're the fastest growing real estate company in Austin with the #1 home search website, and we're opening an office in your neighborhood! We've been busy hand-picking a team of top-producing agents; they're tech savvy, they know this market, they average 10 years experience and they outperform the competition many times over.

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Third Annual Birdies for Bikes Junior Charity Golf Tournament

River Place Country Club will be the site on Saturday, November 9 of the third annual "Birdies for Bikes", a tournament for young golfers ranging in age from seven through seventeen years.

The first annual Birdies for Bikes tournament was the vision of then 10 year old junior golfer Hailey Derrickson who wanted to help less fortunate children receive bicycles for Christmas. She wanted to give other junior golfers an opportunity to do what they love (golf) while at the same time helping under-privileged kids...kids helping kids. The first tournament raised more than \$6,400 (after corporate matching) for bikes, helmets and bike locks for the Bikes for Kids charity. The second annual tournament raised \$8,042.

The junior golfers participating in the tournament collect donations or solicit pledges for each birdie and par that they may score in the tournament. Local businesses donate prizes for the junior golfers that collect the most money, for a raffle and for closest-to-the-pin competitions. This year's prize for the golfer that collects the most money for the charity will be a guitar donated by Strait Music and autographed by The Plain White T's band. The Plain White T's have had several Platinum recordings, a couple of Grammy nominations and the number one Billboard chart hit, Hey There Delilah. Other prizes include passes for ziplining donated by Lake Travis Zipline Adventures, tickets for Volente Waterpark (summer 2014), movie and sporting event tickets, game gift cards, Brighton jewelry, gift certificate for Big Frog Custom T-Shirts, a purse and incidentals bags from Beijo Bags, Austin Park passes, iTunes gift cards, and restaurant gift cards from Zack's, Cups and Cones, Oasis, The League, Lakeside Pizza and Grill, Chili's, Menchie's and Subway, and much more.

Details about the tournament as well as pledge sheets are available at www.birdiesforbikes.com. To make a donation or pledge to a golfer or to donate prizes to be used in the tournament, please email info@birdiesforbikes.com.



Kaylee Vesely, tournament founder Hailey Derrickson and Cole Sherwood presenting a check for \$8042 to JB and Sandy of radio 94.7 for the Bikes for Kids charity.



Secret Santa Gift Program

Would you like to help us make the holidays brighter for hundreds of Central Texas foster children! Secret Santa is a special holiday gift program of the Adoption Coalition of Texas (ACT) helping Child Protective Services and foster families provide gifts and spread holiday cheer to Central Texas foster children through the generosity of community donors.

If you would like to be a Secret Santa this year and purchase holiday gifts for a Central Texas foster child, please email your name, email address and contact phone number to ACTSecretSanta@gmail.com. The gift drop-off days will be at several Austin-area locations on Wednesday through Saturday, December 4 – 7, and caseworkers will be picking up the gifts the following week. Once you sign up to be a donor, we'll send you all the details. Last year, thanks to the kindness of people like you, we brought smiles to the faces of more than 350 foster children!

The Adoption Coalition is a partnership of nonprofit adoption agencies and Child Protective Services working together to find forever families for abused and neglected children waiting for adoption. These are usually older children, sibling groups and children with special needs. For information about ACT and adoption, visit www.adoptioncoalitiontx.org.



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HOME ON THE RANCH



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Give Us the Bird.



Shown: Citrus cranberry turkey roasted on a Kamado Joe.

Let's talk turkey. Roasting a turkey in a Kamado Joe grill is just as easy as using your oven. The difference is that turkeys that come out of our grills are incredibly juicy with a mouth-watering charcoal flavor.

Here's why. Ovens are made of metal and they're very efficient at pulling the moisture from food. On the other hand, Kamado Joe grills have a thick ceramic shell that locks in the moisture and natural oils of the turkey and keeps it where it belongs—in the turkey.

Our grills also use 100% natural lump charcoal. It's made from hardwoods like oak and it's the only heat source that infuses true charcoal flavor.

We've made it easy for you. We posted our own grill-tested recipe with simple cooking instructions, so you can serve a turkey they'll be thanking you for all year long.

Kamado Joe "Citrus Cranberry Turkey" Recipe:
KamadoJoe.com/recipes/turkey2010.html



\$899⁹⁹



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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.

GAME ON!



WINTER Youth Sports registration NOW OPEN

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POSTURE TIPS FOR MOMS AND DADS

Mike McTague PT, DPT, OCS

Lifting and carrying a child, picking up toys off of the floor, and pushing a stroller are normal daily tasks for many parents. Below are some quick tips to avoid overstraining your spine and other body areas.

LIFTING YOUR CHILD FROM THE FLOOR

When picking your child up off the floor, you should use a half-kneel lift. First, stand close to your child on the floor. While keeping your back straight, place one foot slightly forward of the other foot, and bend your hips and knees to lower yourself onto one knee. Once down on the floor, grasp your child with both arms and hold him or her close to your body. Tighten your stomach muscles, push with your legs, and slowly return to the standing position. To place your child onto the floor, the same half-kneel technique should be performed.

CARRYING/HOLDING YOUR CHILD

When holding or carrying your child, you should always hold him or her close to your body and balanced in the center of your body. Avoid holding your child in one arm and balanced on your hip. When using a child carrier be sure to keep your back straight and your shoulders back to avoid straining your back and neck.

PICKING UP TOYS FROM THE FLOOR

As a parent you will too often be involved in cleaning up after your child. When picking toys up from the floor, keep your head and back straight, and while bending at your waist, extend one leg off the floor straight behind you. This is often called a “golfer’s lift”, as you may see some “seasoned” golfers retrieve their ball from the hole this way.

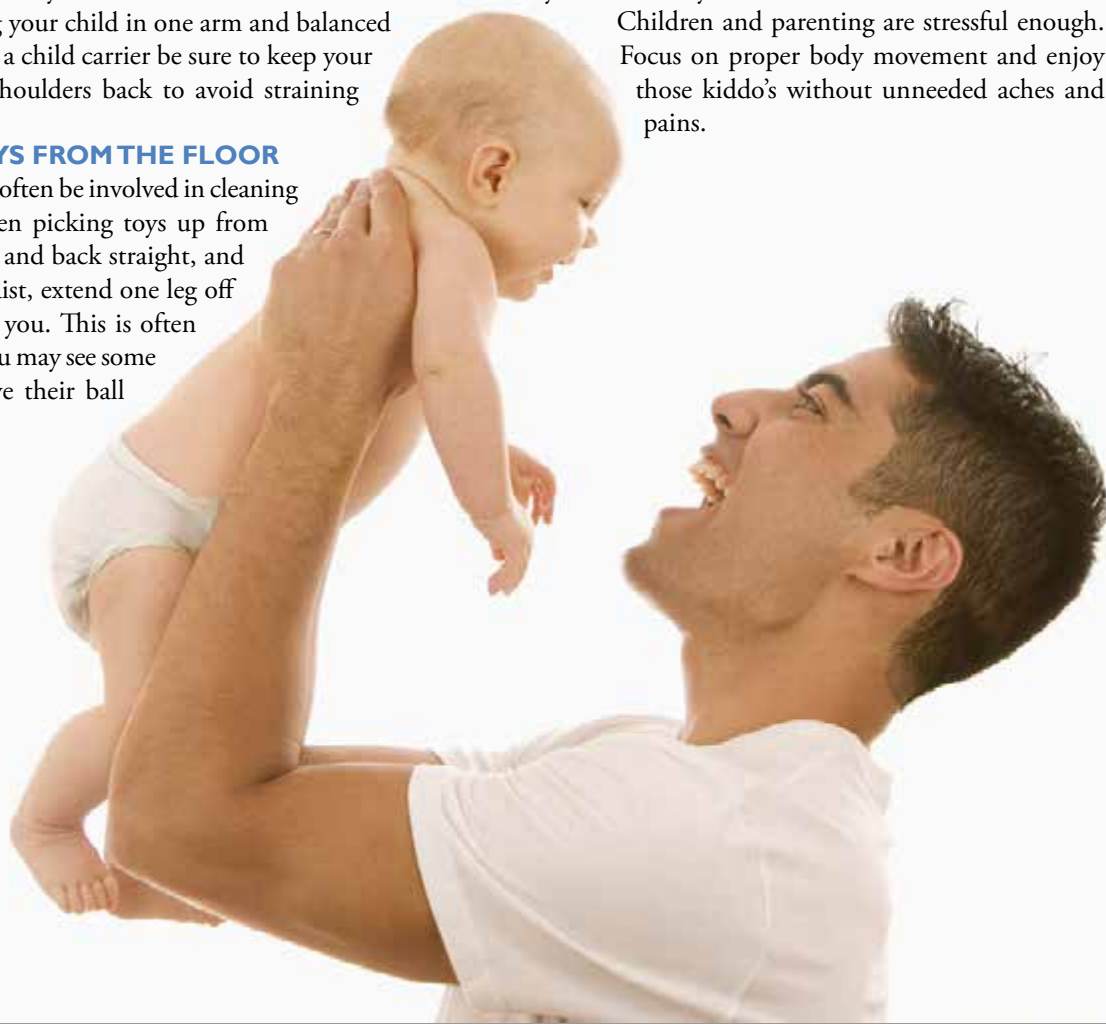
LIFTING YOUR CHILD OUT OF THE CRIB

If your child’s crib has a rail that lowers, you will want it in the lowest position when lifting your child out of the crib. As you lift, keep your feet shoulder-width apart, knees slightly bent. Arch your low back and, while keeping your head up, bend at your hips. With both arms, grasp your child and hold him or her close to your chest. Straighten your hips so you are in an upright position, and then extend your knees to return to a full stand. To return your child to the crib, use the same technique and always remember to keep your child close to your chest.

PUSHING A STROLLER

When pushing your child in a stroller, you will want to stay as close to the stroller as possible, allowing your back to remain straight and your shoulders back. The force to push the stroller should come from your entire body, not just your arms. Avoid pushing the stroller too far ahead of you because this will cause you to hunch your back and shoulders forward.

Children and parenting are stressful enough. Focus on proper body movement and enjoy those kiddo’s without unneeded aches and pains.



HOME ON THE RANCH



Back To School

School started in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

Time To Slow Down!



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HOME ON THE RANCH

NOVEMBER EVENTS *at the Wildflower Center*

Submitted by Saralee Tiede

PHOTOGRAPHY CONTEST WINNERS NOVEMBER 1-30

Winning photography from the Wildflower Center/Texas Highways photo contest in the McDermott Learning Center.

NATURAL PATTERNS THROUGH DECEMBER 8

Colorful nature paintings by Billy Hassell and exquisite painted metal wildflowers by Charles Allen in the McDermott Learning Center.

WILDFLOWER DAYS™ POSTER NOVEMBER 9 & 10

The official 2014 wildflower print for sale at The Store.

CLOSED THANKSGIVING DAY, NOVEMBER 28



More information at www.wildflower.org

AveryRanchHomesForSale.com

Avery Ranch's #1 real estate website for buyers and sellers.

Search for Avery Ranch homes for sale by map. No sign-in or registration required.



- As a seller, **maximum exposure** is critical in order to create a buzz for your home — even in a competitive market.
- As a featured listing, **your home will be viewed every day** by buyers searching for Avery Ranch homes.
- Interested buyers and sellers can read blogs, research market stats, learn about available inventory and much more!
- Need some help now? Call or text **Shannon Ensor, Broker Associate** at **512-740-8279**.

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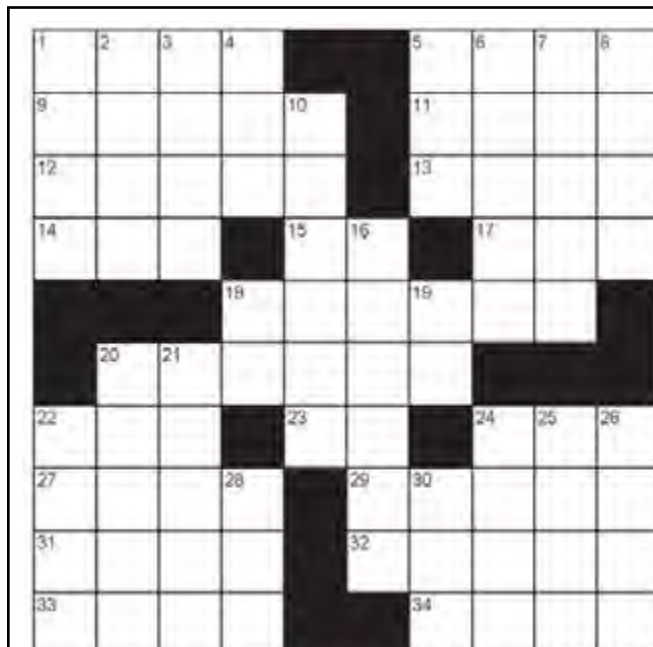
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ACCEPTS MOST MAJOR INSURANCE PLANS

HOME ON THE RANCH

CROSSWORD PUZZLE



ACROSS

1. Swiss-like cheese
5. Black
9. Confuse
11. Dog food brand
12. Flat
13. Sticky black substances
14. Mr.
15. Advertisement
17. No
18. Make better
20. Pre-Nissan
22. Electric spark
23. Miss lang
24. Tire
27. Saloons
29. Immense
31. Shine
32. Santa's helpers
33. Madam
34. Ribald

DOWN

1. Tides
2. Cafe
3. Far away
4. Day of wk.
5. Sup
6. Mont __
7. Ms. Winfrey
8. Curious
10. City
16. Toil
18. Movie alien
19. Fashionable
20. Play
21. Smoky
22. Cain killed him
24. Skimp
25. Afresh
26. Posttraumatic stress disorder
28. Pigpen
30. Unwell

View answers online at www.peelinc.com

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Jennifer L. Kiening, D.D.S.

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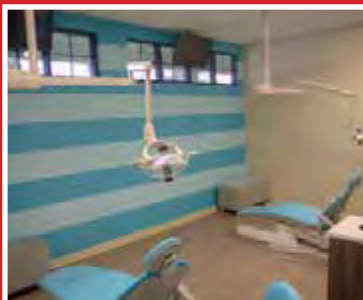
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Texas Physical Therapy Specialists Opens New Clinic!

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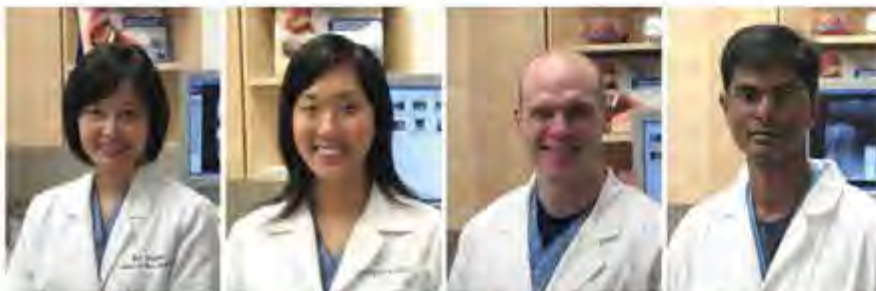


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You've been looking forward to Thanksgiving dinner all year — turkey, mashed potatoes, cranberry sauce, and pumpkin pie. Mmm-mmm! But after you finish that second helping of turkey with gravy, you start to feel a little sleepy.

As your Uncle George starts to explain why eating turkey makes people so tired, you suddenly feel like curling up in front of the TV and napping until next Thanksgiving. But is gobbling up all that turkey really to blame?

THE USUAL SUSPECT: L-TRYPTOPHAN

Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan (say: el-trip-teh-fan). Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies. (L-tryptophan is just one kind of amino acid — there are many different kinds of amino acids in the foods we eat.)

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin (say: sare-uh-toh-nin). Serotonin calms us down and helps us sleep.

But scientists now know that L-tryptophan can really only make a person tired right away if it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

BLAME IT ON BLOOD FLOW

Most scientists think that there's a different reason why eating a special meal might make you drowsy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain.

AVOIDING DROWSINESS

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals (try to limit junk foods) throughout the day before you sit down for your big meal — don't starve yourself in anticipation of the feast to come.
- Have small portions of foods that are part of your Thanksgiving meal (including whatever veggies are on the table).
- Drink water and take breaks while you are eating to see how full you've become.
- Stop eating once you're full — there will always be leftovers tomorrow.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

Follow these tips and have a Happy Thanksgiving — gobble, gobble!

REVIEWED BY: Steven Dowshen, MD

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