

VOLUME 6 ISSUE 5 MAY 2014



Official Publication of The Ranch at Brushy Creek HOA



## COLIN'S HOPE

WATER SAFETY TIPS AT WWW.COLINSHOPE.ORG



#### **May is National Water Safety Month**

Ongoing: Volunteers needed to stuff & distribute water safety packets. info@colinshope.org
Ongoing: Colin's Hope Athlete Ambassadors needed. www.tinych.org/AthleteAmbassador
Now-June 21: Donate \$30, get a free Schlitterbahn ticket. www.tinych.org/tickets
May 5th: Otter Spotter Day Storytime at Backwoods Austin from 10:30am-11:30am

Volunteer - Donate COLINSHOPE.ORG

Take our Water Safety Quiz. www.colinshope.org/quiz/

Keep your children and families safe in, near and around all bodies of water.

### LAYERS OF PROTECTION CAN PREVENT DROWNING



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SUPERVISION



LEARN TO SWIM



WEAR LIFE JACKETS



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MULTIPLE
BARRIERS
AROUND WATER



& HOT TUB FIRST



STAY AWAY FROM DRAINS



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## COVER PHOTO

On the cover is RBC resident, Brady Woodford (pictured at 8 years old) who couldn't resist jumping in this sea of blooming bluebonnets. As soon as fields of these bright blue wildflowers spring up all over Central Texas, so do plenty of beautiful and fun photo opportunities. Brady and his family moved here from Tucson, Arizona 5 years ago. They were ready for a change in scenery, so after 14 years they decided to trade the desert and saguaro cactus for the hill country and wildflowers! Photo taken by Erica Woodford Photography near Brenham, Texas.



#### Do you take great photos?

Would you like to see your photo published? We are looking for great cover photos for upcoming November issue of the Ranch Record.

#### **REQUIREMENTS FOR SUBMISSION:**

Must have been taken in R@BC (some exceptions)

Be of High Resolution (240 dpi or higher)

Prefer "portrait" orientation

#### **ADVERTISING INFO**

Please support the businesses that advertise in the Ranch at Brushy Creek HOA newsletter. Their advertising dollars make it possible for all Ranch at Brushy Creek residents to receive the monthly newsletter at **no charge**. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or <u>advertising@PEELinc.com</u>. The advertising deadline is the 8th of each month for the following month's newsletter.





# RANCH AT BRUSHY CREEK LONGEST FIELD GOAL CHALLENGE WINNERS

By Carlos Ojeda

This year the RBC Longest Field Goal Challenge had over 80 participants of all ages. From 2 year olds to grown ups, we had a lot of fun.

In the end and after a close battle Nicholas Wahman took home a brand new XBOX ONE. It was great competition, congratulations to all the kids who registered. In the younger age group, Kyler Mandeville took home the IFLY pass.

An impressive 50 yard field goal earned Dan Gorlick a brand new IPAD. Dan and Stale Bjordal gave competition some teenagers (who were kicking like professionals). In the end Dan ended up with the admiration of all the participants with a winning 50 yard field goal.

Congratulations to all and thank you for signing up! Next year we will make it bigger!!



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MAY 16TH

MAY 23RD

**MAY 30TH** 

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#### ARE YOU READY TO BUILD FUN?

Half-day camp sessions for kids aged 5-12 Register online before May 31 and save \$20! Use promo code: 5344853CCD8EC

#### 2014 BRICKTASTIC CAMP THEMES:

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- **\* Digital Comic Creator**
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BIRTHDAY PARTIES \* AFTER SCHOOL \* FIELD TRIPS \* SCOUT WORKSHOPS

#### **2014 SOCIAL COMMITTEE EVENTS CALENDAR**

**IUNE** 

**Summer Launch Party Event** 

**IULY** 

4th of July Bike Parade

**AUGUST** 

**National Night Out** 

**AUGUST** 

**Back to School Picnic** 

**AUGUST** 

Neighborhood Garage Sale

**SEPTEMBER** 

Quote Along Movie Night in the Park

SEPTEMBER 27TH

Fit Happens 5K

OCTOBER 25TH

Fall Festival

**NOVEMBER** 

Music in the Park #2

**DECEMBER 14TH** 

Tour of Lights

**DECEMBER 13TH** 

**Lights Contest** 

DECEMBER

Santa on a Firetruck

We hope you enjoy all the new events this year!

Candace Lambert Social Committee Chair (512)784-0754



## Holi Event

The Holi event drew a big crowd this year. Tons of colors, and great fun for the whole family following a great tradition. We hope to make it a bigger event next year. Thank you to our resident AxelB Photography as always for the great shots!

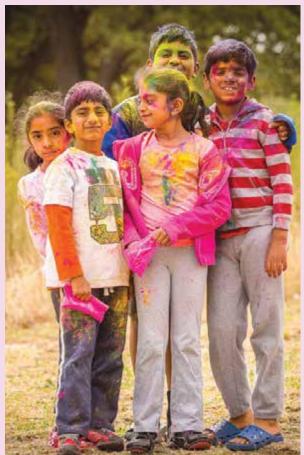












## You probably have life insurance right?

But what if you are sick or hurt and unable to work?

## Would you have Income?





This assumes no further changes to salary, and disability to a retirement age of 65, for simplicity.

## Protect Your Income

Sure, you may have protection at work through a group long term disability plan, but do you realize that most plans cover 60% of base salary and don't protect bonus, commission or other incentive income? Also, the benefit amount under a typical group plan is taxable. And then what would happen to your ability to save for retirement?

### Check if you need to protect your Income

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vgrogan@gain1776.com



# Easter Egg Hunt Event

Thank you to Elisa Bohnsak and all the volunteers who put best place to live in Austin! together an amazing Easter Egg hunt event. Elisa managed to bring together kids from all ages to a great event. We are lucky to have residents like Elisa helping make our neighborhood the

The kids had a blast, and the grown ups got to visit with other residents. The Easter bunny made a grand appearance, thank you Sameer, you made many kids really happy.











## R@BC FITNESS CORNER

#### **Cross Training and its Benefits**

Cross training is not a new concept and essentially everyone has an idea of what it is, but we may not all understand the array of benefits and we may not all be actively incorporating cross training into our fitness regimen or plans. Whether you're a long time athlete or someone about to dive into fitness, ensuring cross training is part of your routine will support you fitness goals and keep you energized and happy.

The definition of cross training by Webster's is the following: "to engage in various sports or exercises especially for well-rounded health and muscular development". The definition itself includes some of the expected awesome results. Additional awesome outcomes from cross training include:

- Increased athletic performance as a runner, swimmer, basketball player, you name it, you absolutely improve your abilities through practicing that sport. Including cross training like resistance training into your program will increase your power and efficiency while preserving your body. For example, non impact kettlebell moves like the swing, squat and snatch have proven to increase a runner's performance output. You can play harder, longer with less fatigue and while reaping benefit number 2...
- Injury avoidance and recovery repetitive action on joints and muscles can lead to overuse injury, reduced efficiency, and pain and can keep you out of commission for your beloved activity.
- Total fitness adding resistance training to your pure cardio (or vice versa) schedule will promote the well rounded healthy noted above.
- Weight loss goals those seeking to lose weight benefit greatly from cardio for calorie burning, strength training for building muscles that burn more calories at rest and through flexibility exercises that keep them limber and able to continue with their program.
- Exercise adherence cross training is just fun! It eliminates boredom, stretches your mind and your body, makes your schedule dynamic and interesting, and gets you outside of your comfort zone.

For more fun, outdoor ideas feel free to contact me at: www.facebook.com/ReniosRenee

Buen Viaje and Bon Voyage! - Renee Geist













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### 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 carloshojeda@ gmail.com. Be sure to include the text that you would like to have as the

Pictures will appear in color online at www.PEELinc.com.





## - Kids Stuff-

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



When it's hot outside and you've been sweating, you get thirsty. Why? Thirst can be a sign of dehydration (say: dee-hye-DRAY-shun). Dehydration means that your body doesn't have enough water in it to keep it working right. A person gets water by drinking and eating. You lose water when you sweat, urinate (pee), have diarrhea, or throw up. You even lose a little water when you breathe. Our bodies need water to work properly. Usually, you can make up for the water you lose — like when you come in from outside and have a long, cool drink of water. If you don't replace the water your body has lost, you might start feeling sick. And if you go too long without the water you need, you can become very ill and might need to go to the hospital.

#### WHY AM I DEHYDRATED?

Many times kids get dehydrated when they're playing hard and having fun. Have you ever gotten really sweaty and red-faced when you've been playing? This often happens when it's hot outside, but it can happen indoors, too, like if you're practicing basketball in a gym. Kids also can get dehydrated when they're sick. If you have a stomach virus, you might throw up or have diarrhea (say: dye-uh-REE-uh) or both. On top of that, you probably don't feel very much like eating or drinking. If you have a sore throat, you might find it hard to swallow food or drink. And if you have a fever, you can lose fluids because water evaporates from your skin in an attempt to cool your body down. That's why your mom or dad tells you to drink a lot of fluids when you're sick.

#### SIGNS OF DEHYDRATION

In addition to being thirsty, here are some signs that a person might be dehydrated:

- feeling lightheaded, dizzy, or tired
- rapid heartbeat
- · dry lips and mouth

Another sign of dehydration is not peeing as much. Normally, urine should be a pale yellow color. Dark or strong-smelling pee can be a sign of dehydration.

#### WHAT TO DO

If you can, try not to get dehydrated in the first place. If you're going to be going outside, it's a good idea to drink water before,

during, and after you play, especially if it's hot. Dehydration can happen along with heat-related illnesses, such as heat exhaustion and heat stroke. In addition to drinking water, it's smart to dress in cool clothes and take breaks indoors or at least in the shade.

If you're sick, keep taking small sips of drinks like water or diluted juice, even if you're not that thirsty or hungry. Eating an icepop is a great way to get fluids. How is an icepop a liquid? Well, it's basically frozen water and flavoring. The warmth in your mouth and stomach turns it from a solid to a liquid. Other foods, such as fruits and vegetables, contain water, too, but if your stomach is not feeling well you might not be ready for them.

#### DO I NEED A DOCTOR?

Some cases of dehydration can be handled at home. But sometimes, that isn't enough to get a kid feeling better: A kid may need to go to the doctor or emergency room if he or she has a heat-related illness or a virus with vomiting or diarrhea that just won't quit. At the hospital, the good news is that an intravenous (say: in-truh-VEE-nus) (IV) line can get fluids into your body fast. An IV line is a special tube (like a very thin straw) that goes right into your vein, so the liquid goes right to where your body needs it most. It may pinch a little when the nurse is inserting it, but it will help you feel much better.

#### THIRST-QUENCHING TIPS

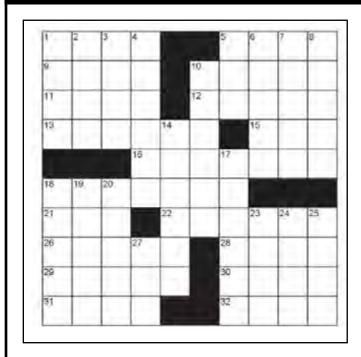
So do you have to drink eight glasses of water a day? No, but you do need to drink enough to satisfy your thirst, and maybe a little extra if you're sick or if you're going to be exercising.

The best drink is water, of course, but milk is another great drink for kids. Juice is OK, but choose it less often than water and milk. Sports drinks are fine once in a while, but water should be considered the drink of champions. Limit soda and other sugary drinks, such as fruit punches, lemonades, and iced teas. These drinks contain a lot of sugar that your body doesn't need. Some of them also contain caffeine, which can cause you to urinate (pee) more often than normal. In other words, it tells your body to get rid of fluids. And as you now know, that's the opposite of what you need to do if you're dehydrated!

Reviewed by: Mary L Gavin, MD Date reviewed: July 2013

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006.The Nemours Foundation

## **CROSSWORD PUZZLE**



#### **ACROSS**

- 1. Canned meat brand
- 5. Tussle
- 9. Soda
- 10. Author of "The Inferno"
- 11. Drug doer
- 12. Colder
- 13. Mr.s
- 15. Thai
- 16. Herself opposite
- 18. Kitten (2 wds.)
- 21. Government agency
- 22. Laughing dogs
- 26. Revoke
- 28. Guile
- 29. Beefy
- 30. Economics abrv.
- 31. Sold at a discount
- 32. Official document

#### DOWN

- 1. Water film
- 2. Sit for a picture
- 3. Beers
- 4. Quaggy
- 5. McDonald's "Big \_\_"
- 6. Join
- 7. Snitch
- 8. Stems of letters
- 10. Make gloomy
- 14. Opulently
- 17. Boiled
- 18. Supports
- 19. Sleep disorder
- 20. Trite
- 23. Naughty or \_\_\_ (what Santa checks)
- 24. Lotion ingredient
- 25. Deliver by post
- 27. Southwestern Indian

View answers online at www.peelinc.com

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# Your Neighborhood at Your Fingertips



Peel, Inc. iPhone App Expected Release Date Spring 2014

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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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#### MARCH MARKET UPDATE\*

\*Based on Austin Board of Realtors® MLS sales in March

| ADDRESS                | LIST PRICE | SOLD DATE | DOM | BEDS | BATHS | SQ FT |
|------------------------|------------|-----------|-----|------|-------|-------|
| 100 Arrowhead Trail    | \$269,990  | 3/20/2014 | 4   | 4    | 2     | 2,156 |
| 119 Arrowhead Trail    | \$270,000  | 3/28/2014 | 17  | 4    | 3     | 2,265 |
| 3711 Tall Cedars RD    | \$300,000  | 3/28/2014 | 7   | 3    | 2     | 2,389 |
| 505 Spanish Mustang DR | \$300,000  | 3/04/2014 | 70  | 4    | 3     | 2,343 |
| 3701 Steer Creek CT    | \$335,000  | 3/31/2014 | 14  | 3    | 2     | 2,711 |
| 4106 Remington RD      | \$327,000  | 3/25/2014 | 13  | 2    | 2     | 2,181 |
| 4208 Tiger Horse TRL   | \$365,000  | 3/24/2014 | 33  | 3    | 3     | 2,640 |
| 4312 Remington RD      | \$398,500  | 3/28/2014 | 1   | 3    | 3     | 2,892 |
| 4306 Remington RD      | \$406,368  | 3/06/2014 | 2   | 5    | 3     | 2,989 |
|                        |            |           |     |      |       |       |

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