

# HOME *on the* RANCH

VOLUME 8 ISSUE 6

JUNE 2014



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# ALOHA!

Adult Social event  
Saturday, June 21st from 6:30 p.m. – 9:30 p.m.  
At the Granite Shoals pool

## AVERY RANCH HAWAIIAN LUAU

The luau fun will be here soon so save the date and start looking for your Hawaiian shirts, dresses and grass skirts. There will be great food and dancing along with a Karaoke contest with prizes. Music will be provided by Livewire Music Express. RSVP's are required and space will be limited so RSVP early. This event will be BYOB and since NO GLASS is ALLOWED at the pool area there will be a bartender on hand to keep any glass bottles you bring and refresh/mix your drinks in plastic cups. Set-ups (soda, juice and ice) will be provided. The Granite Shoals pool area will be used exclusively for this event, so the pool will be CLOSED for other resident activities during this period.

This is an adult only event. Look for updates on the HOA website, Facebook page and the June issue of Home on the Ranch.

To RSVP please respond to [luau@averyranchhoa.com](mailto:luau@averyranchhoa.com)

Please contact event Chair Rita Rear at [rdrear@gmail.com](mailto:rdrear@gmail.com) if you would like to volunteer to help with this fun event. Mahalo!



## Avery Ranch Annual Independence Day Celebration

July 3rd, Thursday

Celebrate our Independence Day on Thursday, July 3rd from 4 to 8 PM at our Main Amenity Center (MAC) at Morningside. Hot dogs, hamburgers, chips, soft drinks and ice cream will be available for purchase, so bring some cash. Music will be provided along with other entertainment. We'll distribute patriotic handouts to children.

Best of all (conditions permitting), the day's festivities will conclude with our annual fireworks display between 9:00 and 9:30 PM.

So y'all come on down to the MAC and celebrate our nation's birthday with your family, neighbors and friends!

Volunteers are needed for this event. If you would like to have fun while getting involved with your community, please send an email to [ARSC@averyranchhoa.com](mailto:ARSC@averyranchhoa.com) to volunteer.

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# HOME ON THE RANCH

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### RESIDENT BOARD MEMBER

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Jan Lunday .....JanLunday@AveryRanchHOA.com

### D.R. HORTON

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

## AVERY RANCH HOA WEBSITE

Visit the Avery Ranch HOA website at [AveryRanchHOA.com](http://AveryRanchHOA.com)

## FOR QUESTIONS OR CONCERNS

For questions or concerns in your neighborhood contact our Property Manager and HOA Board at [GetHelp@AveryRanchHOA.com](mailto: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

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Perdernalles Electric..... 512-219-2602

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Emergencies..... 512-370-8609  
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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

## 2014 AVERY RANCH UPCOMING EVENTS

### **Luau (adult only event)**

June 21st, 6:30 - 9:30 p.m. | Granite Shoals Pool

### **Independence Day Celebration and Fireworks**

July 3rd, 4-8 p.m. | MAC Pool

### **Social Committee Monthly Meeting**

July 10th, 7-9 p.m. | MAC Indoor Room

### **Social Committee Monthly Meeting**

August 7th, 7-9 p.m. | MAC Indoor Room

### **AR BOD Monthly Meeting**

August 11th, 7 p.m.. (promptly) | MAC Indoor Room

### **New Resident Meet and Greet**

Aug. (date T.B.D.) 10 a.m.-12 noon | MAC Indoor Room

### **Social Committee Monthly Meeting**

September 4th, 7-9 p.m. | MAC Indoor Room

### **AR BOD Monthly Meeting**

September 8th, 7 p.m. (promptly) | MAC Indoor Room

### **Community Wide Garage Sale**

September 20th, 7A - 1P

(advertised time, rain date following weekend)

### **New Resident Meet and Greet**

Nov. (date T.B.D.) 10 a.m.-12 noon | MAC Indoor Room

### **Social Committee Monthly Meeting**

October 2nd, 7 - 9 p.m. | MAC Indoor Room

### **AR BOD Monthly Meeting**

October 13th, 7 p.m. (promptly) | MAC Indoor Room

### **Harvest Hayride**

October 25th, 4 - 6 p.m. | MAC parking lot (near tennis courts)

### **Social Committee Monthly Meeting**

November 6th, 7 - 9 p.m. | MAC Indoor Room

### **Bazaar-Bazaar**

November 8th | Date & Time T.B.D.

### **AR BOD Monthly Meeting**

November 10th, 7p.m. (promptly) | MAC Indoor Room

### **Social Committee Monthly Meeting**

December 4th, 7 - 9 p.m. | MAC Indoor Room

### **AR BOD Monthly Meeting**

December 8th, 7 p.m. (promptly) | MAC Indoor Room

### **Holiday Sleigh Ride**

December 13th, 6 - 8 p.m.



The Avery Ranch Homeowners Association is giving a shout out to the Avery Ranch Social Committee and to our latest community event sponsor- PLAZA DENTAL ARTS!

We are grateful for the businesses who continue to support us: ISS Grounds control (our landscapers), Lifeline Aquatics (our pool company) and Randolph Brooks Federal Credit Union. They continue to make our neighborhood activities possible!

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# HOME ON THE RANCH

## ROUND ROCK NEW NEIGHBORS

*Women Welcoming Women for Fun and Friendship since 1978*

**Call us about our first Summer Coffee to be held  
Wed, June 11th from 10:00 – Noon  
Other Summer Coffees: July 9th and August 13th**

Members Also Enjoy: Lunch Bunch, Canasta, Movies, Mah Jongg, Walk & Talk, Volunteering, Girlfriends' Happy Hours, Scrabble, Wine Tasting, Bridge, Day Trips, Book Discussion, Bunco, Mexican Train Dominoes & more!

*Whether you are new or lived here for years, WE WELCOME YOU!*

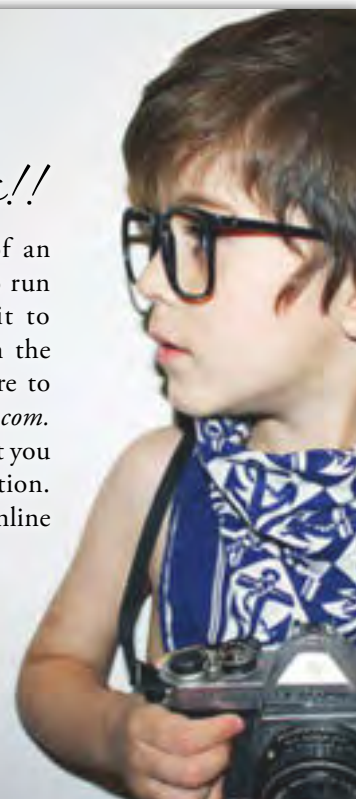
*Visit our website [www.RRNewNeighbors.org](http://www.RRNewNeighbors.org).*

*For general information call Pam at 512-487-8249 or  
Maureen at 512-520-8023.*

For Summer Coffee information, Tamie 512-218-1116 or  
[Tamie@rrnewneighbors.org](mailto:Tamie@rrnewneighbors.org)

### 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](mailto: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](http://www.PEELinc.com).



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## Symptoms of Low Testosterone Are A Mystery for Many Men

*June 9-15th is Men's Health Week*

Sometimes, men have unusual symptoms that seem to have no cause: unexplained weight gain, low libido, or decreased energy levels. But, a simple blood test can provide a surprising answer to these mysterious symptoms: Low Testosterone or Low T.

Learning more about conditions that can affect the men in our lives is one way we can help make them healthier – whether they are 35 or 55.

“We see young men as well as older ones who develop Low T,” says Dr. Kerem Ozer, an endocrinologist with Texas Diabetes and Endocrinology.

### TESTOSTERONE: A HORMONE WITH A BIG IMPACT

“Testosterone is a naturally occurring hormone in both men and women,” says Dr. Ozer, “But it’s important to more than sexual function and libido as it affects bone density, muscle strength, fat composition, and mood.”

Symptoms of Low T can include weight gain, decrease in muscle mass despite working out, feelings of depression, fatigue, loss of libido or sexual interest.

Because the symptoms of Low T can mimic other conditions, it often goes undiagnosed. Men assume they are just tired from working too hard or have lost interest in sex due to stress.

### SEE YOUR DOCTOR

Fortunately, prescription testosterone supplements are available. But, it’s important for men to consult a physician about their symptoms and not just rely on over-the-counter or fad testosterone boosters.

If your husband or brother or boyfriend is showing symptoms of Low T, encourage him to get it checked out. There’s no need to suffer when easy treatment is down the street at his doctor’s office.

*Texas Diabetes and Endocrinology helps people with a variety of health problems, including Low T, diabetes, thyroid disease, high cholesterol, and osteoporosis. Texas Diabetes was founded in 2001 by Thomas Blevins, M.D., and has grown to include seven physicians and locations in Austin and Round Rock. For more information, visit [texasdiabetes.com](http://texasdiabetes.com) or call 512-458-8400.*



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Father's Day is June 15th

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Nicole, age 5

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Avery Ranch Homeowners Association - June 2014 7



# HOME ON THE RANCH

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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](http://www.AveryRanchHOA.com), click on payments, then click on Donate.

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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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## 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](mailto:ARNEWS@AveryRanchHOA.com).



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# HOME ON THE RANCH

YOU HAVE NOW ENTERED



**THE Redfish ZONE**  
*Welcome to Avery Ranch, visitors!*



## 2014 SEASON IMPORTANT DATES

*Please be advised that some of these  
dates may be subject to change*

**Monday, June 2**  
Lap-a-Thon

**Saturday, June 7**  
FAST Frogs & Piranhas  
@ Redfish

**Monday, June 9**  
Morning Practice Starts  
(timeslots TBD)

**Sunday, June 15**  
Redfish & Orcas @ Piranhas

**Friday, June 20**  
CHAMPS Pep Rally

**Saturday, June 21**  
CHAMPS

**Saturday, June 28**  
Awards Banquet  
(alternate possible date of  
Thurs, June 26)

The Avery Ranch  
Redfish extend their  
heartfelt gratitude  
and support of their  
2014 Gold Sponsors:  
Austin Orthodontics,  
Big Blancken  
Insurance Group  
and Capitol KIA. We  
couldn't do it without  
these generous  
supporters!

**Thank You**

## 2014 HOME MEET SCHEDULE:

On the following dates, the Avery  
Ranch Redfish will be hosting  
home swim meets for the Austin  
Aquatics League. Please expect  
moderately increased traffic  
and neighborhood population  
between the hours of 5am-1pm  
these dates:

**Saturday, May 24**

**Saturday, May 31**

**Saturday, June 7**

We welcome community  
volunteerism at these events! If  
you'd like to have some fun with  
us, please contact us at ARswim@  
averyranchHOA.com.

Check us out at [www.averyranchredfish.com](http://www.averyranchredfish.com)  
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# Top 5 Reasons to Be an Avery Ranch Redfish

## #5: We Take Care of Our Newcomers!

Redfish families meet at Parent Orientation at the Waters Edge Pool to learn about the swim team.

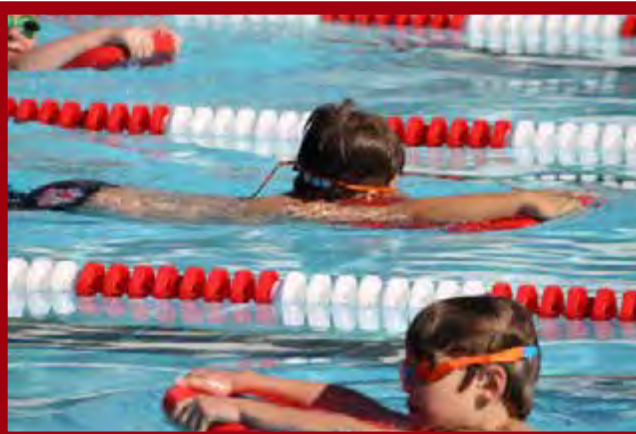


## #4: Relationships Galore!

The kids get a lot from being a Redfish - but their parents do, too! Strangers become neighbors, neighbors become friends and friends become family.

## #3: Our Coaches ROCK!

Head Coach Erin Murphy of the Vista Ridge High School Swim Team and Avery Ranch Redfish works with 6 year old Megan Denny to make her even faster!



## #2: Water Safety & Swimming Skills!

Your children WILL leave the Redfish Swim Team a better swimmer than when they arrived. GUARANTEED!

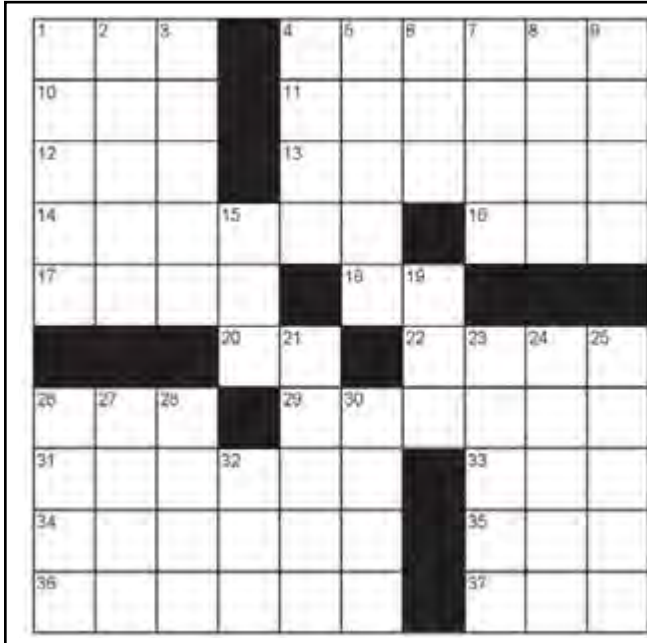
## #1: FUN!

If there's one thing we've got down to a science, it's how to have fun. Hearts soar, hips shake, high fives fly and smiles abound, just like this one on 7 year old Tristen Burger.



# HOME ON THE RANCH

## CROSSWORD PUZZLE



### ACROSS

1. Dawdle
4. Permanant
10. Brew
11. Brand of adhesive strip
12. Charged particle
13. A Nissan car
14. Parallelograms
16. Male cat
17. France & Germany river
18. Father
20. Strontium (abbr.)
22. Animal oil
26. Part of a min.
29. Saudi \_\_
31. Singer Bing
33. No. eggs in a package
34. One-celled water animal
35. Southwestern Indian
36. Raving
37. Hallucinogen

### DOWN

1. Dens
2. Hawaiian 'hello'
3. City
4. Replace a striker
5. Spring flower
6. Music
7. Lure
8. Type of car
9. Cheese
15. Married woman
19. Wing
21. Jewish religious leader
23. BB player Kareem \_\_ Jabar
24. Public disorder
25. Groggy
26. Blemish
27. Writer Bombeck
28. Racoon's nickname
30. Baseball's Nolan
32. Scene

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

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## A FOCUS ON SUNBURN

*Protect Your Skin From Our Powerful Sun*

*By: Concentra Urgent Care*

Sunburn is caused from over-exposure to the harmful ultraviolet rays of the sun. While the symptoms (such as red skin that is painful to the touch) are usually temporary, the skin damage is often permanent and can cause serious long-term health effects, including skin cancer, pigmentation and premature aging. In addition to the skin, eyes can get burned from sun exposure; sunburned eyes turn red, dry, and painful, and can feel gritty.

Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. Sunburn in a very light-skinned person may occur in less than 15 minutes of midday sun exposure, while a dark skinned person may tolerate the same exposure for hours.

Sunlight contains an invisible form of radiation called ultraviolet (UV) rays. UV A and possibly UV B can harm skin, connective tissue and increase risk for developing skin cancer. Certain drugs such as some blood pressure medication, antibiotics and nonsteroidal anti-inflammatory drugs increase sensitivity to sunlight and the risk of getting sunburn.

### **SYMPTOMS**

The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer. Possible symptoms include:

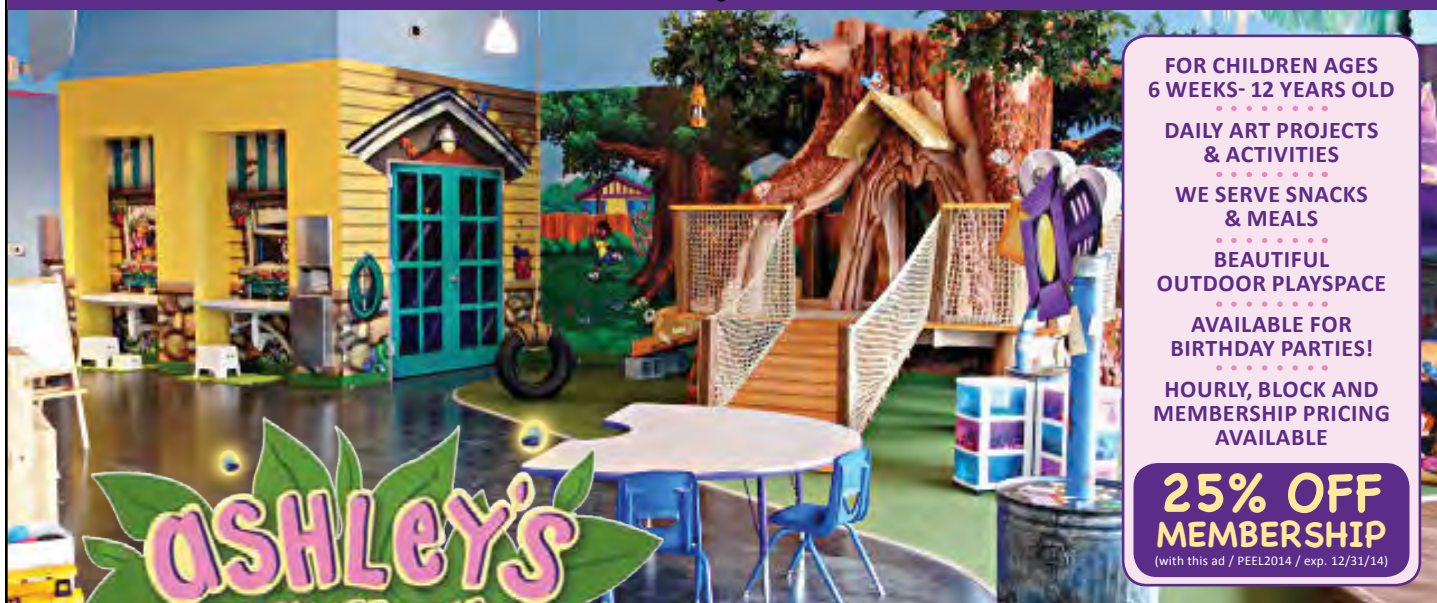
- Red, tender skin that is warm to touch. (1st degree burn)
- Blisters that develop hours to days later. (2nd degree burn)
- Severe reactions (sometimes called "sun poisoning"), including fever, chills, nausea, or rash.
- Skin peeling on sunburned areas several days after the sunburn.

### **FIRST AID**

- Try taking a cool bath or shower. Or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. Small children may become easily chilled, so keep the water tepid.
- Apply a soothing lotion to the skin.
- Aloe gel is a common household remedy for sunburns. Aloe contains active compounds that help stop pain and inflammation of the skin.
- Over-the-counter steroid cream can also be applied several times a day.
- Over-the-counter pain medication, such as nonsteroidal anti-inflammatory drugs, or NSAIDs, including aspirin, may be helpful, and are excellent for reducing burn inflammation whereas Tylenol only reduces pain, not the burn itself.

For more information, check out: [www.cdc.gov/niosh/topics/uvradiation](http://www.cdc.gov/niosh/topics/uvradiation).

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(Anderson Mill & Hwy 183 by Main Event)

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# Kids 'R' Kids Learning Academy



15111 Avery Ranch Blvd.  
Austin, Texas 78717  
(512) 218-9669  
[www.krkaustin.com](http://www.krkaustin.com)



Heidi Ericson, an infant teacher at Kids 'R' Kids Learning Academy North Austin, received the **Sallie Beth Moore Classroom Teacher of the Year Award on May 1, 2014**, from AAEYC (Austin Association for the Education of Young Children). This award is given to AAEYC members who are directly involved with young children and who have demonstrated outstanding service. We are so proud of Heidi and her dedication to young children. She has been a teacher at Kids 'R' Kids for 10 years now and will continue to promote excellence in quality care for infants and toddlers.

Kids 'R' Kids offers quality education for children six weeks to twelve years old. We are open Monday – Friday 6:30 am to 6:30 pm. Our teachers are educated in early childhood education that will support your child's developmentally appropriate best practice lessons. Our Pre-Kindergarten classes are partners with the Children's Learning Institute – Learning from Science which is supported by a researched-based curriculum. We offer a private kindergarten program with a Texas certified teacher. The classroom offers a low ratio that can help the children maximize their learning potential. Kids 'R' Kids' goal is to help every child be successful in the early years, so they can meet their full potential later in life. Start and end with the best!



*Open House – July 8, 2014 – 6:45 pm to 7:45 pm*

Come out and meet our amazing preschool teachers and staff. Learn about our accredited curriculum and how your child can benefit by being a part of a center that offers a full day of learning activities that enriches their lives every day.

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## Starting June 9th



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**Dr. Michael Melanson, DMD**

Dr. Melanson graduated from Brigham Young University and Portland State University. He then obtained his Doctor of Dental Medicine from Oregon Health & Science University. During his time there, Dr. Melanson was active in organizing and participating in several community outreach programs including the Special Olympics Healthy Athlete Program and a Pediatric Dental Mission to Cambodia serving multiple orphanages.

Dr. Jones attended Louisiana State University to obtain her undergraduate degree and Doctor of Dental Surgery degree before moving to San Antonio to complete her pediatric training at the University of Texas Health Science Center. She strives to provide a fun and comfortable experience for each child. She also values her duty as an educator for children and their families regarding oral health.



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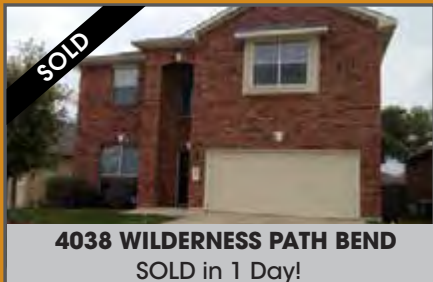
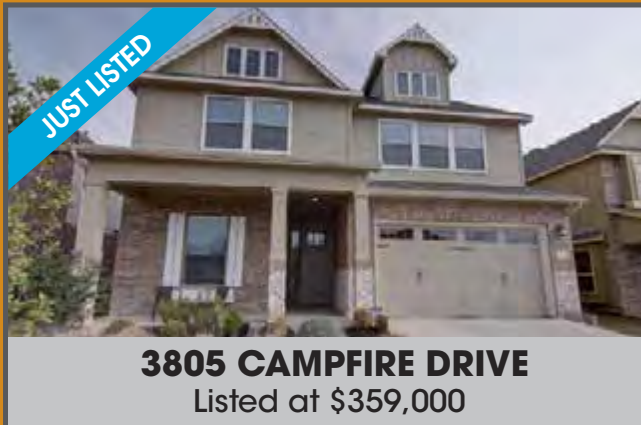
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