

VOLUME 6 ISSUE 7 JULY 2014



Official Publication of The Ranch at Brushy Creek HOA

Introducing Dell Children's at Cedar Park Regional Medical Center. If your child needs hospital care, now there's a special place, just for kids, close to home. We've partnered with Dell Children's Medical Center of Central Texas to bring you the area's newest pediatric inpatient care with an eight-bed unit designed around kids' unique needs.

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COVER BLICTO

COVER PHOTO

Liliana and her family, Lily and Art, are new residents to the Ranch at Brushy Creek. Liliana will be entering the second grade and her pastimes include swimming, drawing, playing soccer and spending time with her new puppy Lola. They are all excited to be part of this wonderful community.

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 Resolutionm (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.



THE "COOL DE SAC" AT RIDGETOP BEND

What better way to meet your neighbors than a good ole block party! Every year around May Ridgetop Bend does just that. We throw burgers on a grill, open some cold beverages, and let the good times roll. The kids play in the water, ride bikes, and munch on hot dogs. This year we added some competition and played washers and had races. Parents get to mingle and kids get worn out. Everyone wins when you have a block party so get started RBC or come see us next year on Ridgetop Bend!











R@BC Playgroups AUGUST

FRIDAY AUGUST 1

Field Trip. Details on facebook page time tbd.

FRIDAY AUGUST 8

Craft project led by our own Vicki Aronson with Humble Hobbies 9:30 am

FRIDAY AUGUST 15

Fitness Challenge with Janelle Green 9:00 am

FRIDAY AUGUST 22

Back to School Picnic and scavenger hunt 11:30 am

FRIDAY AUGUST 29

Preschool playgroup fall kickoff pool party and lunch. Noon

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2014 SOCIAL COMMITTEE EVENTS CALENDAR

JULY 4

4th of July Bike Parade

AUGUST

Back to School Picnic

SEPTEMBER

Quote Along Movie Night in the Park

SEPTEMBER 27

Fit Happens 5K & Health Expo

OCTOBER 3

Neighborhood Garage Sale

OCTOBER 7

National Night Out

NOVEMBER TBD

Music in the Park

DECEMBER 13

Lights Contest

DECEMBER 14

Tour of Lights by Hayride

DECEMBER 20

Santa on a Firetruck

We hope you enjoy all the new events this year!

Candace Lambert
Social Committee Chair
rbcsocialcommittee @gmail.com
(512)784-0754

FITNESS CORNER

EXERCISE & STRESS

According to the Mayo Clinic, "exercise in almost any form can act as a stress reliever. Being active can boost your feel-good endorphins and distract you from daily worries". Excellent! In addition to fitness promoting anti aging, stronger muscles, better muscle tone, positive affects on the brain, our abilities to succeed at work, less sick days, stronger joints, more functionality, reduction of illnesses, great skin, toxin release and much more it also helps us with the big, bad S word that we all deal with sometimes all too often. We all know stress comes from good and not so good experiences and affects us at work, in the home, at family functions, in school and everywhere in between. But, did you know stress affects hormones, causes magnesium loss, hair loss, sleep loss, leads to digestion issues and weight gain around the mid section, and much more? Yikes!

Exercise can be hugely helpful reducing the effects of stress on us and can give us the energy, stamina and creativity to better tackle what comes our way. It supports mindfulness (as you focus on the physical activity, not the stressor), accelerates the flow of endorphins and oxygenates the blood so we feel happier, puts you in a position of control (during the activity), helps you sleep better and increases your feeling of accomplishment and success. Word of caution, when done too much, too intensely or with bad form, exercise can lead to more stress so it's important to listen to your body and know your capabilities. So whether you're stressed about bathing suit season, the rapidly approaching kids' summer break or planning the family vacation, a good bout of exercise may clear your mind and give you that positive mental attitude and strength to conquer anything that lies ahead!!! Exercise with a friend for an added jolt of fun!

If you have any questions or want to share ideas for future topics, please contact me at 512.461.6114, reneelgeist@gmail. com or through www.facebook.com/ReniosRenee

Ciao Stress! Renee



AUSTIN CHILDREN'S DENTISTRY



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 orphanges.



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 familes regarding oral health.

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As the sole provider for her family of three, Allison, 29, wants to make sure that her children, ages 4 and 5, will still be able to attend college in the event of her premature death. Allison expects to need \$250,000 to fund both children's college educations within 17 years.¹

GENERAL AGENTS INSURANCE NETWORK

For more information:

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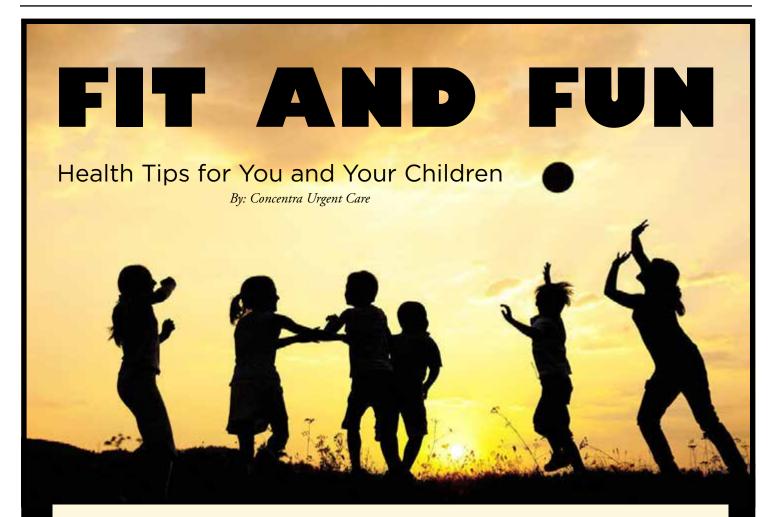
- ¹ Not an actual case. Presented for illustrative purposes only.
- ² Premium rates current as of March 17, 2014, rates may vary by state. Premiums available for other rate classes, ages and payment plans. Premium charges depend on evidence of insurability. Premiums increase at the end of the guaranteed level premium period if renewed. Death benefit remains level.



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Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.
- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around —

it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hideand-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.
- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: http://www.cdc.gov/healthyyouth/physicalactivity/



BE SAFER

AT THE

BEACH

CHECK POOL

& HOT TUB

FIRST

STAY AWAY

FROM

DRAINS

VISIT

US

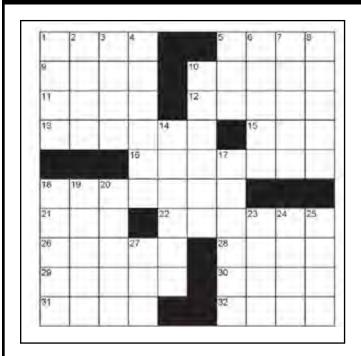
ONLINE

LEARN CPR

& REFRESH

SKILLS YEARLY

CROSSWORD PUZZLE



ACROSS

- 1. Chunk
- 5. Tramp
- 9. Run
- 10. Confuse
- 11. Cain killed him
- 12. To that time
- 13. Fraud
- 15. Compass point
- 16. Taught
- 18. Hides
- 21. Brew
- 22. Large meals
- 26. Sheer, triangular scarf
- 28. Midwestern state
- 29. Electronic mail
- 30. First letter of the Arabic alphabet
- 31. September (abbr.)
- 32. Polish

DOWN

- 1. Attired
- 2. Earring need
- 3. Organization of Petroleum Exporting Countries
- 4. Efface
- 5. Egg layer
- 6. Many times
- 7. Capital of Idaho
- 8. Eyed
- 10. Combustible material
- 14. Angry
- 17. Old Testament prophet
- 18. Fireproof storage areas
- 19. Climate
- 20. Summary
- 20. Summany
- 23. Fly alone
- 24. Matching
- 25. Secure
- 27. Whack

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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 caption.

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









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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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MAY MARKET UPDATE*

*Based on Austin Board of Realtors® MLS sales in April

ADDRESS	LIST PRICE	SOLD DATE	DOM	BEDS	BATHS	SQ FT
400 Arrowhead TRL	\$269,900	5/09/2014	0	3	2.5	2,273
605 Arrowhead TRL	\$272,000	5/22/2014	3	3	2	2,149
302 Longhorn Ridge	\$315,000	5/02/2014	3	4	3.5	2,611
4038 Wilderness Path	\$319,900	5/09/2014	2	4	2.5	2,865
107 Shorthorn St	\$460,000	5/28/2014	3	5	4	3,919
400 Cheyene	\$528,125	5/16/2014	37	4	3	3,113
207 Dakota Dr	\$530,477	5/20/2014	84	5	4.5	4,174
3813 Avery Woods Ln	\$535,000	5/14/2014	5	5	3.5	4,168

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