

SENDERA

Volume 9, Number 11

November 2014
Sendera Homeowner's Association

Official Community Newsletter

MESSAGE FROM THE PRESIDENT

Greetings Sendera,

A quick word about Xeriscaping...

...If you haven't had a chance, please check out the guidelines at <http://www.senderahoa.org/files/163>.

These guidelines were designed to permit us to modify our yards slightly to combat the drought while maintaining a great visual appearance. In general most projects turn out great and are compliant with the guidelines. However, there is an increasing number of projects that have been left unmaintained and are no longer meeting the expectations or intent of the guidelines.

Allowing plants to overgrow not only can look unsightly but may cause safety hazards for both pedestrians and motorists. Here are a few quick reminders to keep in mind when planning or maintaining

your xeriscape projects:

1) Public Safety: It is recommended that no plant with thorns, spines, or sharp edges be used within SIX FEET of the public sidewalk or clear zones.

2) Maintenance: Xeriscaped areas MUST be kept maintained at all times; trimmed, thinned, weeded, borders edged, and sick or dying plants removed or replaced.

3) Sidewalk strip area: NO plants higher than 18 inches should be planted in the sidewalk strip area as this constitutes a visual safety hazard to pedestrians and drivers.

For those of you that have undertaken xeriscape projects or are thinking about it, thanks in advance for helping Sendera look great.

Todd Moore



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37th Annual Marketplace

November 8, 2014
9AM-4PM

Bethany Marketplace is planned for SATURDAY, November 8 from 9AM-4PM. This craft show, featuring handcrafted items from over a hundred craftsmen is the major mission fundraiser for the Bethany Women in Mission LWML. Lunch and baked items will be available for purchase. Admission & parking is FREE.

This Event Will Be Held At
Bethany Lutheran Church
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For More Information 512-292-8778 or blcms.org



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The Art of Fitness Walking

by Austin FIT

Most people think that running is the only fitness you can find on the track, trail or road, but did you know that walking has its benefits, too? It's a form of cardiovascular exercise that has been proven to be good for us, if not better, than strenuous jogging. Brisk walking:

- Strengthens the heart and lungs
- Helps burn as many calories as running or jogging
- Tones up muscles, especially in the lower body
- Helps prevent varicose veins
- Allows you to sleep better
- Improves your mood
- Reduces depression and stress
- Promotes loss of waste products in the tissues
- Lowers the potential for injury

compared to running or jogging since it's low impact

- Puts less stress on your spinal discs
- And, most of all, is easy!

If you don't have a gym membership or a treadmill at home, don't worry. It takes no special skill, no need for long practice sessions and no other equipment other than a good pair of walking shoes.

"Getting off the sofa or out of bed is the hardest thing about training. If you can get out of bed, the rest is easy," says Austin FIT head walking coach Elayne Barber. Having a walking partner or group is also great motivation and support. So great ready, get set and take that first step toward a fitter, healthier life.



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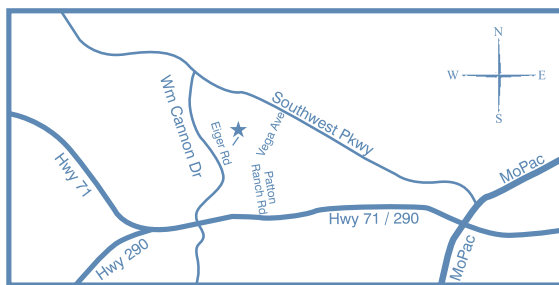
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Email the picture to *advertising@peelinc.com*. Be sure to include the text that you would like to have as the caption.

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.

Teenage Job Seekers

Baby Sit House Sit Pet Sit Yard Work Tutor/ Music Lessons

- Braden, 13•.....512-417-7946
- Dezra, 12•.....512-660-3010
- Iliana, 14•.....512-288-3386
- Jenna, 13•.....512-292-4860
- Jenna G, 15.....•.....512-466-9370
- Matthew, 16.....•.....512-364-4166

**Important Notice to All
Sendera Teenage Job Seekers**

The Teenage Job Seekers listing is offered free of charge to Sendera teenagers looking for work opportunities. With your parent's permission, you may send your name, age, contact information and job interests to newsletter@senderhoa.com. To appear in the next issue of the newsletter, your information must be received by the 8th of the month.



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