# HOME the RANCH

VOLUME 9 ISSUE 1

JANUARY 2015





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





JANUARY 2015



Wear your favorite Mardi Gras colors and beads for a fun evening with your neighbors. Delicious hot & cold appetizers will be served and a cash bar will be available. Back by popular demand, DJ Jason Lynum will spin our favorite music for an evening of dancing and fun. There will be a photo booth for some souvenir photos of the event.

Kindly email your RSVP to mardigras@averyranchhoa.com. An RSVP is required to ensure that we have plenty of great food. If non-resident guests are in your party, a donation is appreciated. Please RSVP by February 3rd.

#### (This is an event for adults only)

"Laissez Les Bon Temps Roulez" Let the good times roll!



OCIAL

OMMITTEE <sup>OF</sup>AVERYRANCH

### **BOARD MEMBERS**

#### PRESIDENT

Pat Wimberly.....PatWimberly@gmail.com

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#### **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	
Fire	
Ambulance	
Sheriff – Non-Emergency	

#### SCHOOLS

ROUND ROCK ISD	
Patsy Sommer Elementary	
	16200 Avery Ranch Blvd.
Elsa England Elementary School	
8	3801 Pearson Ranch Road
Cedar Valley Middle School	
McNeil High School	

#### LEANDER ISD

Rutledge Elementary	
Stiles Middle School	
	3250 Barley Rd.
Vista Ridge High School	

#### UTILITIES

City of Austin Water	
Perdernales Electric	
TEXAS GAS SERVICE	
Custom Service	
Emergencies	
Call Before You Dig	
AT&T	
New Service	1-800-464-7928
Repair	
Billing	
TIME WARNER CABLE	
Customer Service	
Repairs	
Solid Waste Servies	

### **NEWSLETTER INFO**

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### **SOCIAL COMMITTEE OFFICERS FOR 2015**

At the December 2014 meeting of the Avery Ranch Social Committee, the following individuals were elected to serve as your Social Committee Officers for 2015:

Chairperson: Rita Rear, Morningside Vice-Chair: Lana Beyer, Morningside Secretary: George Grossling, Glenfield Treasurer: Bob Beyer, Morningside

We extend our gratitude to Aleece Oberholzer of Waters Edge for her service as Secretary during the past year.

Everyone serving on the Social Committee is a volunteer. Please consider joining the Social Committee and have fun while helping to plan activities and events for 2015. Our success is directly related to the number of dedicated volunteers we have on the Social Committee. Your input is needed and welcomed for planning the Avery Ranch community events. Thanks to local business sponsorships, we have a healthy budget and can do some amazing things in the coming year with your help.

The e-mail address for contacting the Social Committee is arsc@averyranchhoa.com



# AROA BOARD OF DIRECTOR'S MONTHLY MEETINGS

#### JANUARY 12, 2015 FEBRUARY 9, 2015 MARCH 9, 2015 APRIL 13, 2015 7 PM, MAC MEETING ROOM

Topics may include general association business, including old business and new business, covenant enforcement and budgeting/assessment. Executive session matters may include contract negotiations, enforcement actions, confidential attorney communications, matters involving the invasion of owners' privacy, personnel matters, litigation, or matters involving parties who have requested confidentiality and the board has agreed to honor that request.

All members of the AROA are welcome to attend the monthly Board meetings. For a detailed Agenda of the meeting, please visit www.averyranchhoa.com. Agenda is posted 72 hours before the meeting date.

# 2015 AVERY RANCH EVENT CALENDAR

02/TBD – Meet & Greet 02/07 Mardi Gras 03/28 Spring Egg Hunt 04/25 Garage Sale - Spring 05/TBD Meet & Greet 05/16 Garden Tour 06/TBD Luau 07/03 Independence Day Celebration 08/TBD Meet & Greet  09/19 Garage Sale - Fall
10/24 Harvest Hayride
11/TBD Concert in the Park(TGIFT)
11/TBD Meet & Greet
11/07 Bazaar
12/19 Holiday Sleigh Ride



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Did you know there are several ways you can connect with Avery Ranch residents and board members? Want to know where the best place is to get information regarding activities, concerns, assistance, or just want to know what the community has to offer? Have a question for a board member or need to contact the property management company? We have many online sources that can get you on the path to communicating with Avery Ranch folks from our website, to Facebook, and Twitter are just a few.

Avery Ranch Official Website:

#### www.averyranchhoa.com

Avery Ranch Owners Association Official Facebook Group:

www.facebook.com/averyranchhao.com (not a newsletter typo - it is hao)

> Avery Ranch Neighborhood Events Official Facebook Page:

https://www.facebook.com/ ARNeighborhoodEvents

Avery Ranch Twitter:

@AveryRanchHOA

Avery Ranch YouTube Channel:

#### **AveryRanchHOA**

Need help, information, or guidance? Send an email to:

#### gethelp@averyranchhoa.com

You can also find all board members contact info on both the AR website and the newsletter.

# 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 <u>ARNEWS@AveryRanchHOA.com</u>.

# SHOUT OUT!

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!** 





At the Northwest YMCA, we make getting fit fun for the whole family! Choose from more than 100 group exercise classes every week and get personalized workouts from our Trainers—all while your kids stay safe, learn and grow in our FREE Child Watch center.

#### JOIN US TODAY, THE NEW YOU STARTS TODAY AT THE Y!

FREE GIFT\* for NEW members!

\* while supplies last

NORTHWEST FAMILY YMCA 5807 McNeil Dr • 512.335.9622 AustinYMCA.org



#### MARK YOUR CALENDARS!

Our neighborhood summer league swim team is gearing up for the season and registration is right around the corner. IMPORTANT DATES:

*MARCH 14:* Online registration for returning families. *MARCH 22:* Tryouts & Registration for new families. *APRIL 27:* First Day of Practice

MAY 23: First Meet & hosted at our pool

JUNE 27 & JUNE 28: CHAMPS Meet at Avery Ranch MAC pool

#### REGISTRATION:

This year's Avery Ranch Swim Team will be limited to the first 175 participants that register.

**RETURNING FAMILIES:** Online March 14 – 21.

**NEW FAMILIES:** All new swimmers are required to demonstrate their ability to swim one lap of the pool unassisted to join the team.

Tryouts & Registration on Sunday March 22nd from 3:00 – 5:00 PM at Springwoods pool. This heated pool is located at 9117 Anderson Mill Road, Austin, TX 78729.

Swimmers between the ages of 4 and 18 years old are eligible to join the Redfish.

#### NEW THIS YEAR!!

The CHAMPS meet will be held over the weekend of June 27th and 28th with 10 & under age groups swimming on Saturday and 11 & Up swimming on Sunday 28th. We are so excited to roll out the red carpet to our guests and show off our wonderful neighborhood. Don't worry non-swimmers, we will have off-site parking and a shuttle service for this weekend to ensure open and safe roads.

Questions about the Avery Ranch Redfish swim team should be directed to chair@averyranchhoa.com. For more information, check out our website at www.averyranchredfish. com. We hope to see you March 22nd for neighborhood registration.

# FLU GOT YOU DOWN?

Cedar Park Emergency Center is here to help! With NO WAIT time to be seen by a doctor, you can skip the hospital waiting room and come see us.



**KEEPING YOUR CARE CLOSE TO HOME** 

C\*P\*E\*C

1431

- \* Emergency care for adults & children
- \* Open 365 days a year / 24 hours a day
- \* Immediate service & test results
- \* On-site imaging & lab processing
- \* Locally owned & operated

#### **CEDAR PARK EMERGENCY CENTER**

3620 E.Whitestone Blvd. Cedar Park,TX 78613 (512) 260-2732



# Say No to Lung Cancer!

Today, lung cancer is the most common cancer killer in the world, and takes more lives than the next top four cancers combined, including prostate, pancreas, breast, and colon cancer. Recent surveys show that many people do not know exactly what causes the cancer, how to prevent it, or that there were even different types of it! This shows our communities how little we know about one of the most fatal cancers in the United States and how we must work together to bring awareness to it.

The first thing that pops into our minds about the disease is the popular myth that it is caused by 'just smoking'. Of course, smoking often does cause cancer, but it is certainly not the only cause of lung cancer. Every year, 16,000 to 24,000 Americans die of lung cancer even though they have never smoked! In fact, if lung cancer in nonsmokers had its own separate category, it would rank among the top 10 fatal cancers in the United States. One of the main causes after smoking is none other than second-hand smoke, which leads to more than 3,000 deaths from lung cancer each year itself.

The most common type of lung cancer is non-small cell lung cancer, which accounts for about 85 to 90% of lung cancers. The other main type is small cell lung cancer, which is the more aggressive of the types. However, both forms of cancers are often discovered in late stages, and this is why it is important to know how to prevent lung cancer. Perhaps the most effective action one can take for prevention is to stay away from smoking and second-hand smoke. We can also keep our lungs healthy by eating a diet full of fruit and vegetables along with plenty of exercise! Even spreading a little bit of knowledge about lung cancer can help protect ourselves, impact others, and create a healthier community!



Anjali Nigam, Misbah Ali, Aanandya Mittal, and Yeonseo Jung

#### ABOUT US

We are members of the HOSA (Health Occupation Students of America) organization at McNeil High School. This year, our group has chosen 'Community Awareness' as our competition project for HOSA, and have made it our goal to help spread the awareness of lung cancer to our communities!



Avery Ranch resident youth offers Tutoring services: I live in the neighborhood, I am an A+ Advanced Placement--Senior High school student experienced tutor offers expert tutoring for middle school, high school and adult students. Subjects include: Math (prealgebra, algebra, geometry, trigonometry and pre-calculus) Please call or email me at: 512-299-6240 / ammarsawaya1@gmail.com.

**New mom in the neighborhood offering child care**: I am Kinana and my family recently moved to Avery Ranch. I am making a switch from being behind a desk all day as a Civil Engineer to a stay-athome mom! I live in the neighborhood and have two children; a 17-year old son and an 8-year old daughter. Kids are now able to enjoy chores and activities as well as take care of themselves. I am looking to provide care to other children in the community and share my experience. Please call me or email me at: 512-299-6240 / kinanabadin@gmail.com







STEP 1

STEP 2

STEP 3

### The Modern Game: The Forehand Return Serve Drop Shot

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the "modern" game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may already be playing for leagues or in tournaments and are looking for more "weapons" on the court.

In this issue, I will offer instructions on how to execute "The Return Serve Drop Shot." This shot is used when an opponent is expecting a deep service return and the player "surprises" the opponent with a short angle drop shot. It can be used in both singles and doubles play.

In the illustrations, Fernando Velasco, Director of Tennis and teacher at of the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Velasco is presently ranked #1 in Singles and Doubles in the USTA Men's 70 Division in Texas, and #13 in Singles and #8 and #10 in Doubles in the US.

Step 1: The Back Swing: When Fernando sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, and his eyes are focused on the incoming ball.

Step 2: The Point of Contact: The success of the drop shot is to "cup" under the ball with the strings. The grip is relaxed and ready to push the ball forward and under the ball as he makes contact with it. His left shoulder is almost opening and his weight is moving through the shot.

Step 3: The Follow Through: In order to get maximum underspin, Fernando is keeping the right hand extended as long as possible. His weight is going forward. The left hand is left leaning forward for better balance.

As the shot goes over the net, and it was successful, Fernando will run towards the net, expecting his opponent to either lift the ball short, or try to drop shot his drop shot.

Look in the next Newsletter for: "The Backhand Return Drop Shot"



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Fruit flies can become a problem at any time of year because they are attracted to ripe or fermenting fruit. Fruit flies can be brought into the home from ripe fruits or vegetables picked from the garden or items purchased at the grocery store.

Adults are small (about 1/8 of an inch) and usually have red eyes. The front portion of the body is tan while the back portion is dark brown or black. If given the opportunity, females can lay up to 500 eggs. Larvae feed near the surface of fermenting foods or other organic matter.

Prevention is the best way to deal with fruit flies. Do not purchase over ripened fruit or vegetables. Fruit and vegetables should be eaten in a timely manner or stored in the refrigerator. If storage in the refrigerator is not an option because you are ripening the item, place it in a paper bag and use a

# **FRUIT FLIES**



clothespin or chip clip to close the bag. All recyclables should be rinsed thoroughly before placing them into the recycling bin. The recycling bin and garbage can should be cleaned out on a regular basis to eliminate any spilled material.

To eliminate a fruit fly infestation, all sources must be located and eliminated. Insecticides will not help if sources are not eliminated. While searching and eliminating breeding sources, a trap can be constructed to capture adult flies. Create a paper funnel by rolling notebook paper and

place the funnel into a jar that contains a small amount of apple cider vinegar in the bottom.

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600.

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# Your Community at Your Fingertips



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# **INPATIENT PEDIATRIC**





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#### Lockie and Warren Ealy

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