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in the Ranch at Brushy Creek 2013, 2014, 2015

**#1 SELLING AGENT** 

in Cedar Park

**TOP 21 AGENT** 

In Austin 2014 - Austin Business Journal

#1 SELLING AGENT

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### Some Of My RBC Closed Transactions And Listings In 2015



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Candace Lambert..................designertexan@aol.com ............rbcsocialcommittee@gmail.com

Neighborhood Watch

Brian Banasik....

#### **ADVISORY BOARD**

Blake Contine, Declarant ..... blake@pioneerdevelopment.net Carlos Ojeda ...... carloshojeda@gmail.com

### **NEWSLETTER INFO**

### **Editor**

Carlos Ojeda......carloshojeda@gmail.com

### **Publisher**

Peel, Inc......www.PEELinc.com, 512-263-9181 Advertising......advertising@PEELinc.com, 512-263-9181

### 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.

### **COVER PHOTO**

Scott and Angel Carter recently celebrated their 10th wedding anniversary with a trip to Italy. They spent 10 days eating the best pasta and gelato while visiting Venice, Florence and Rome. Their favorite city was Florence as it reminded them a little of the "old" Austin with little cafes and family owned businesses that they could just walk to. There they were also able to spend a day visiting a winery in Tuscany sipping on one of their favorite chiantis. Their favorite hotel though was on a private island just a short boat ride away from the busy streets of Venice. It was a dream vacation and one they are planning to take again sooner than later.

Scott and Angel have called The Ranch at Brushy Creek home for 8 years. Scott works for a startup company as the Director of Web Properties and Angel is a Wedding and Event Coordinator. They have 2 elementary aged boys, Trevor and Brandon, 2 dogs and a bearded dragon who were the only reasons they decided not to buy a villa and start their own winery in Tuscany.



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# Community Service Corner THE BACKPACK COALITION OF ROUND ROCK

by: Kristina Kirby

The RBC Social Committee is pleased to announce the addition of a new role for their team. In an effort to help spread awareness of local non-profits, various 501C3 organizations will be partnering with select Social Committee events. These organization will educate us on their community impact and provide opportunities for RBC residents to participate in service events. In the spirit for back-to-school, The BackPack Coalition of Round Rock will be highlighted this month at the RBC Elementary Back to School picnic. This event is scheduled for Friday, 8/21/2015 at 11:00 AM and will be held at the RBC Ranch Trails Park. Please RSVP via the Facebook invite.

One in four children in the Central Texas Area is at risk for going hungry. Did you know it only costs \$5 to feed a child for one weekend? The Backpack Coalition is a collaboration of various organizations designed to meet the needs of hungry children in the Round Rock Independent School District by providing them with nutritious and easy to prepare food to take home on weekends. Each week, volunteers from their partners and other groups in our community come together to prepare food kits for the children, deliver the kits to the schools, and distribute those kits to students in need. In the 2014 - 2015 school year, they had teams in 13 elementary schools and 2 high schools in Round Rock ISD.

The RBC Social Committee will be collected individual serving Mac & Cheese (cups or packets) to help The BackPack Coalition kick off their 2015 - 2016 school year. Donations can be brought to the event or dropped off in advance at 3910 Remington Road (there will be a large box on the patio). The donation of \$5.00 HEB gift cards for the organization to buy supplies is also appreciated. For all gift card donations, please bring them to the event or PM Kristina Kirby to coordinate a drop off. The tally for Mac & Cheese and gift card donations will be published in the October newsletter.

For more information of the BackPack Coalition of Round Rock please visit: http://www.backpackcoalition.com/

Do you know of a non-profit/501C3 organization who could be considered for partnering with a RBC Social Committee event? If so, please contact Kristina Kirby at kristinakirbyphotography@gmail.com.







# FITNESS CORNER

### Strengh vs. Muscle Mass

Renee Geist, Renegade Inside Out Solutions

Strength is a critical component of fitness and is necessary to build and maintain as we age so that we can be functional and safe in life. Some may shy away from strength training for fear it would produce bulkiness or hypertrophy. Strength and muscle mass training can effect each other — meaning there will be some cross over - but strength does NOT equal muscle size. The very physically developed folks have trained specifically for that esthetic look and would not compete well in a match of strength with some who are less muscularly developed. Simplistically, you can't judge someone's strength by how thick their musculature is and you can safely strength train without approaching Arnold status. Here are some key differences in the two types of training and the responses in the body. You can choose a path depending on your goals and a well -developed plan will include elements of both.

#### TRAINING FOR STRENGTH

- Goal is to increase force production
- Resistance or weight is high: 85% or more of someone's 1 rep max
- Reps are very low: 8 or less reps
- Rest is high: 3 minutes between sets, calculated rest days
- Is neuromuscular training that incorporates the central nervous system and creates motor units to support force output
- Exercises should be focused on compound exercises using larger muscle movements for total body use which maximizes fast twitch muscle activation

#### TRAINING FOR SIZE

- Goal is to do progressive overloading to tear down muscle and connective tissue so that it grows back thicker
- Resistance is moderate: 60% to 75% of one's 1 rep max
- Reps are higher there is more work volume on a muscle in a given period of time: 8 to 15 reps per set of a particular muscle group
- Rest is shorter: 90 seconds or less between sets
- Is physiological, not neuromuscular
- The eccentric or negative of a move should be slow and focused (the lower of a weight in a bicep curl for example) and the muscle should be taken to full exhaustion to elicit tissue damage or tear down so it can be built back up

One's body type (an article I shared a few months ago) also plays a big part in how quickly (or not) they can build muscle.

If you have any questions about this or ideas for future articles, please reach out to me! Be well!

### 90% of Women Taking Thyroid Hormones Will Fail to Feel Normal Again...

No Matter What Their Lab Tests Say!



Are You One Of Those **Discouraged Women?** 

### **Free Gourmet Dinner**

Logan's Roadhouse

2702 Parker Road (in La Frontera), Round Rock, TX Tuesday, September 22<sup>nd</sup>, at 6:30 pm

Discover the likely reasons why you suffer from:

Continual Weight Gain | Insomnia | Fatigue Brain Fog | Constipation | Depression

- Learn what mechanism causes 90% Hypothyroidism in the U.S.
- What missing lab tests are needed to identify your problem.
- Why simply taking thyroid medication may not impact your condition.
- WHAT REALLY WORKS to improve your condition...Safely. Healthfully!

### PRESENTED BY



TIRED OF NOT KNOWING WHY YOU FEEL THE WAY YOU DO? IMAGINE YOUR LIFE WITHOUT THESE SYMPTOMS! WE **GUARANTEE IT WILL BE TIME WELL SPENT.** 

Dr. Madden's professional education includes doctor of chiropractic, functional endocrinology, functional immunology with a focus on natural functional health and functional wellness. He advocates restoring Prevention to healthcare, offering natural, non-invasive programs for gaining and preserving wellness through broad lifestyle enrichment rather than "treating" or "curing" disease. As a licensed provider for the PMA (www.pmai.us), Dr. Madden serves members of the association's free Member Share Network. This free educational seminar is directed toward individuals interested in learning about natural health and wellness and is not an offering of conventional medicine or chiropractic services. John J. Madden PScD, PMA License



### 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 caption.

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





# R@BC PLAYGROUPS SCHEDULE

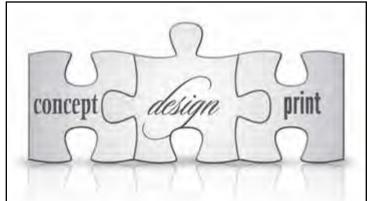
Sept. 4 First Friday 10 am Ranch Trails Park

Sept 11 Visit neighboring park 10 am Olsen Meadows Park

Sept 18 Field trip Friday 10 am The Thinkery

Sept 25 Foodie Friday 11:30 am Five Guys on 1431





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### TREE RETREATS

### NATUREWATCH

by Jim and Lynne Weber

One of the most common lizards in the Austin area is the Texas Spiny Lizard (Sceloporus olivaceus). It is also one of the largest, averaging 7.5 to 11 inches in length, with the females being larger than the males.

A Texas spiny lizard is often hard to spot, as its dorsal pattern can vary by locality, serving as adequate camouflage in its chosen habitat. Typically grey in color with black, white, or reddish-brown blotches or crossbands down its back, it blends in perfectly against the bark of resident trees. Its underside is usually uniformly light grey, and males commonly have bright blue patches on either side of the belly. The scales appear particularly pointed and spiny, and it has long toes and sharp claws suitable for climbing.

All of these features serve this lizard well, as it is diurnal and arboreal, spending much of its time in trees. While it prefers larger tree species with a significant amount of leaf litter below, such as live oaks, post oaks, red oaks, pecans, hackberries, and elms, it may also be found in brushy trees such as mesquites and junipers. This lizard can also be seen climbing on man-made structures such as fence posts, walls, and telephone poles, especially when the base of these objects is covered in brush.

Typically shy and wary, this lizard quickly retreats to the opposite side of a tree trunk in the presence of a predator or human observer. If startled when approached closely, it will suddenly jump from a tree trunk and flee noisily into the leaf litter below, making it almost impossible to locate. Trees not only provide protection for this lizard, but they also provide for its food. Being insectivorous, it can find cicadas, crickets, grasshoppers, beetles, ants, butterflies, and caterpillars in the leafy canopy.

Male Texas spiny lizards are territorial, often defending a single tree from encroachment by other males. When challenged, the two males will have what appears to be a push up contest, until one is intimidated enough to give up and scurry away. Active on the surface from March to November, these lizards are reproductively



Texas Spiny Lizard

active throughout the warmer months of the year. Females lay up to four clutches of eggs in a shallow depression in leaf litter, with hatchlings emerging 45-60 days later. In the cooler months of the year, they take cover for weeks at a time under rocks, logs, and in deep leaf litter, and are occasionally seen basking in the sun on warmer, sunnier days.

So when you're out and about in your yard or at a park, and you hear something skittering in the leaf litter or retreating up a tree, it most likely is a Texas Spiny Lizard!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our book, Nature Watch Austin (published by Texas A&M University Press), and our blog at naturewatchaustin. blogspot.com.











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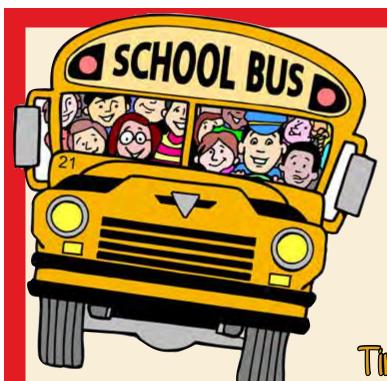
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### **Back To School**

School started in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

### Other changes to be aware of include;

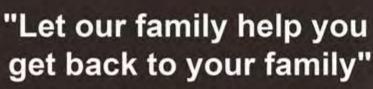
- Children behaving unpredictably
- School Bus Stops
- Crossing Guards please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and midafternoons and remember if you are traveling in a school zone to slow down.

Time To Slow Down:







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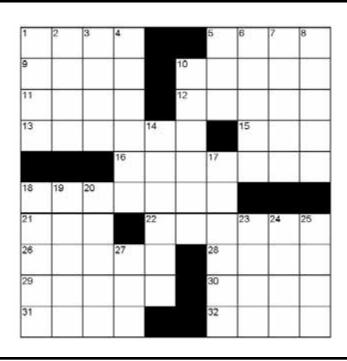
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### **CROSSWORD PUZZLE**



### **ACROSS**

- 1. Canned meat brand
- 5. Recommend
- 9. Volcanic rock
- 10. Strength
- 11. Consumer
- 12. Refastens
- 13. Mire
- 15. Flurry
- 16. Remove a light bulb
- 18. Easier to get at
- 21. Frosty
- 22. Pretended
- 26. Spring flower
- 28. Basic's opposite
- 29. Buddy
- 30. Sliding toy
- 31. Ball player Aaron
- 32. Food

#### **DOWN**

- 1. Ghetto
- 2. El (Texas city)
- 3. Maintain
- 4. Plunder
- 5. Vase
- 6. Measuring instrument
- 7. Point
- 8. Render capable
- 10. Public transportation vehicles
- 14. Short-tempered
- 17. Put a fold in
- 18. Catch a ride
- 19. Sporty car brand
- 20. Synthetic fiber
- 23. Ca. University
- 24. Abstain from certain foods
- 25. Chances of winning
- 27. Writing liquid

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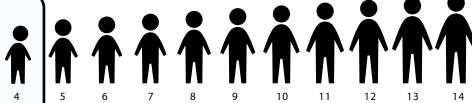


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### LEARN MORE: www.colinshope.org/RESOURCES

DROWNING IS THE NUMBER ONE CAUSE OF ACCIDENTAL DEATH FOR CHILDREN UNDER FIVE, AND A LEADING CAUSE FOR CHILDREN AGES 1 - 14.





56 Texas children have already lost their lives to drowning in 2015

### DROWNING IS PREVENTABLE



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Peel, Inc. - Kids Club, 308 Meadowlark St, Lakeway, TX 78734-4717

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DUE: September 30th

Be sure to include the following so we can let you know!

Name: \_\_\_\_\_\_(first name, last initial)

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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.



**Description:** The position includes marketing our community newsletters to local and area businesses. It is a flexible position that allows you to work from home and set your own hours.

**Roles:** Stimulate new advertising accounts in our community newsletters. Maintain current accounts assigned to you by Sales Manager. Service your accounts by assisting them from ad design to final proof approval.

**Skills:** Excellent communication through email and phone, with high level presentation and relationship-building skills. Strong prospecting and business development skills are a must. Previous sales experience preferred but not required.

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2013, 2014 #1 Listing Agent in the Ranch at Brushy Creek 2014 Austin Business Journal Top 25

Top Selling Agent In Cedar Park

In 2013 & 2014 I closed more transactions in the Ranch at Brushy Creek than any other agent or team!"

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3501 TWIN BRANCH SOLD IN 10 DAYS



312 LONGHORN RIDGE



**425 RIDGETOP BEND** 

### Neighborhood Sold Listings in August 2015

				DAYS ON	
ADDRESS	BEDS	BATHS	LIST PRICE	MARKET	SQ FT
3703 Tall Cedars Rd	3	2.5	\$305,000	2	2,389
3800 Juniper Hills St	4	2.5	\$325,000	63	3,050
807 Arrowhead Trl	4	2.5	\$369,900	48	2,898
4101 Charbray Ct	5	4	\$440,000	55	3,292
4300 Zacharys Run	5	4	\$478,000	367	3,435
3501 Twin Branch Dr	5	3.5	\$489,000	16	3,677
208 Belgian Bend	4	4.5	\$550,000	5	3,897
119 N Saddle Ridge Dr	5	4	\$589,900	3	4,487

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To view all homes for sale in the R@BC and prices visit: www.RBCHomesForSale.com

### Carlos Ojeda

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2013, 2014 #1 Listing Agent in the Ranch at Brushy Creek 2014 Austin Business Journal Top 25 Top Selling Agent In Cedar Park

# HOW LONG WILL YOUR HOUSE STAY ON THE MARKET?

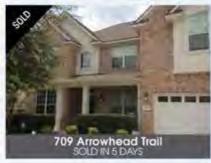
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