

HOME *on the* RANCH

VOLUME 9 ISSUE 12

DECEMBER 2015

HOLIDAY SLEIGH RIDE



**DECEMBER 19TH
6:00 PM – 8:00 PM**

Ho, Ho, Ho, Neighbors! The magic of the holidays is right around the corner and Santa will soon be on his way to greet all the girls and boys of Avery Ranch.

Join Santa, Mrs. Claus and the Social Committee Elves for a fun time.

- Saturday, December 19th from 6:00 pm to 8:00 pm. at the MAC (main activity center) Morningside.
- Visit with Santa, (seated by the fireplace at the main pool area) while enjoying hot cocoa, cookies and holiday music.
- Take a leisurely ride on one of the three festive decorated horse drawn wagons. You and your family can relax during the ride and enjoy beautiful holiday decorations. Wagons will be located near the tennis courts at the Morningside Park.
- Mrs. Claus will be delighting us with holiday stories.

Come on out and enjoy the fun, meet your neighbors and celebrate the holiday spirit!

Volunteer help is always appreciated and needed. If you would like to volunteer for this event, please contact: Rita Rear at arsc@averyranchhoa.com

HOME ON THE RANCH

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..... gibyparackal@gmail.com

EVERY 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 911
Fire..... 911
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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.

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NEWSLETTER INFO

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PUBLISHER

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Advertising..... advertising@peelinc.com

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.



Monthly Meeting of the AROA Board of Director's

JANUARY 11, 2016 AT 7 PM
FEBRUARY 8, 2016 AT 7 PM

MAIN AMENITY CENTER MEETING ROOM
10121 MORGAN CREEK DR
AUSTIN TX 78717

Meeting 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.

TEXAS HUMANE HEROES
A CHRISTMAS STORY

Winter Wonderland

8th Annual WINTER FUNDRAISER

EVERY RANCH GOLF CLUB
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DECEMBER 12th
7 - 10 PM

TICKETS
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Wine Toss

Terri Gruca from KVUE will be our MC for the evening!

TO PURCHASE TICKETS, PLEASE VISIT:
www.TexasHumaneHeroes.org/WinterWonderland
FOR MORE INFORMATION, CONTACT:
Christine Rankin, (512) 260-3602 X106

Other Ways You Can Help

PREMIUM SPONSORSHIPS
Premium sponsorships are available starting at \$500 and ranging up to \$4000. You and your business can get escalating levels of public recognition at the event as well as free tickets to the event and other perks. Contact us for details.

DONATIONS
Any denomination is greatly appreciated. Just \$10 can get a nail trim for a dog. \$100 saves the lives of 2 dogs by helping to find a home for a homeless dog or cat and by opening up a space in the kennel to save another life. \$1,200 saves 2 lives each month for an entire year.

SILENT AUCTION
Donate products or services from your business for the silent auction. The entire community of Avery Ranch (4000 homes) will be invited to this event so this is a great way to get your business out in front of the residents of this community.

SHARE THE NEWS
Thanks in advance for your generous support of this event. Even if you are unable to make a donation, simply sharing this with your family and friends will help us get the word out to attract other animal lovers and sponsors in and around Avery Ranch.

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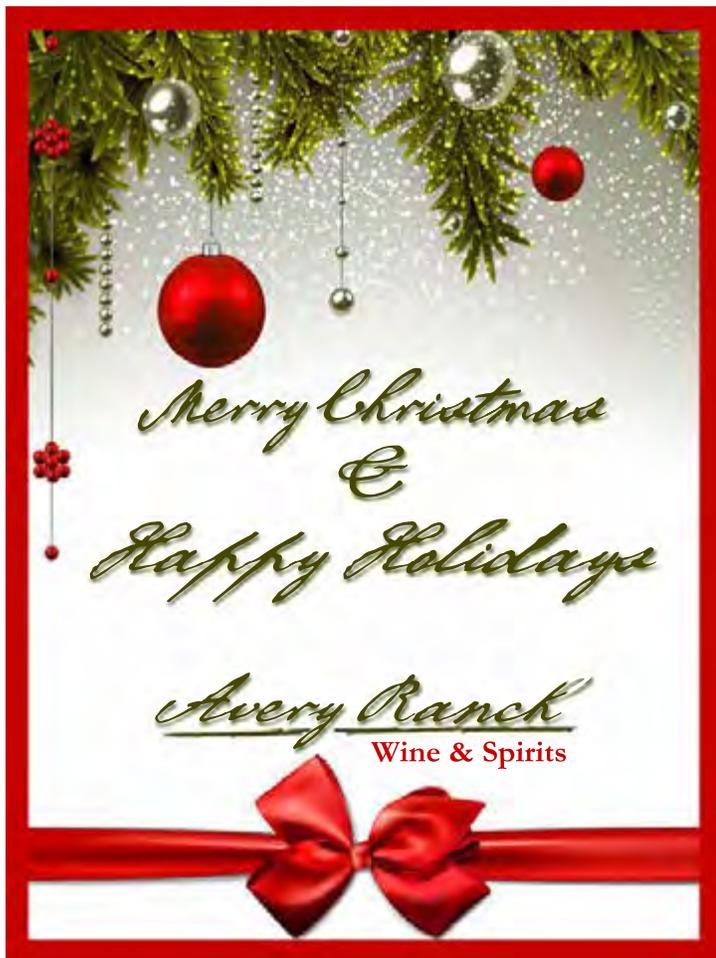
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Polar Bear Splash & Chili Cook Off JANUARY 2016

Start your 2016 off with a SPLASH in the 2nd Annual Polar Bear Splash hosted by the Avery Ranch Redfish. This year we are adding a chili cook-off to the event. The event will take place at the MAC pool on January 1, 2016 from 2pm – 4pm. Bring your family and neighbors to have some fun and taste the best chili in the neighborhood. Last year we had about 30 participants of all ages in the splash along with lots of spectators and encouragers. Come out and jump in or hold a warm towel for one of the adventurous jumpers. The fire pits will be lit and there will be plenty of hot cocoa to go around.

Do you make great chili? Email spiritredfish@gmail.com to enter the contest. Polar Bear Splash shirts are available for pre-order at www.averyranchredfish.com. While at the Polar Bear Splash make sure to stop by the merchandise table to see what merchandise will be available for the 2016 year. GooOOO Redfish Swim Fast!

A young child with blonde hair, wearing a red Superman costume, is swinging happily on a swing set. The child is looking up and smiling. The background is a blue sky with white clouds.

Here for all the ups and downs.

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stdavids.com/kids

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Scouting Corner

The boys have been having fun this past fall. Pack 371 had their littlest cubs attend Tiger Cub Adventure Day while some of the other boys had fun at the overnight Zoo Snooze at the Waco Cameron Park Zoo.



Our Boy Scout Troop 371 has been this quarter as well. We had 12 rank advancements and 40 merit badges awarded. They hosted Pack 371 at a campout at Mother Neff this Fall and also kicked off Halloween for both the Troop and Pack 371.

If you have a boy who is in first through twelfth grade or is at least 7 years old and are interested to know more about scouting, please email April Aguren at april.aguren@averyranchhoa.com for more information.

(Continued from Page 6)



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(Continued from Page 5)



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“HOW CAN I GET IN SKI-SHAPE?”

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

Ski conditioning begins about 6 weeks prior to travel, and involves three phases:

1. Muscle training 2. Stamina 3. Agility

Muscle training for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

Stamina is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using “interval” periods to increase your heart rate. Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the athletic agility that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are “ski-adaptive” sports. “Ski-specific” training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes— perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as a autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

By Kelly Cunningham, MD, Sports Medicine specialist and Founder, Austin OrthoBiologics.

Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society. Learn more about preventing and treating sports injuries at:

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A FEW HOLIDAY THOUGHTS...

It is good to be children sometimes, and never better than at Christmas, when its mighty founder was a child Himself.
Charles Dickens

There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.
Albert Einstein

The way you spend Christmas is far more important than how much.
Henry David Thoreau



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Energy Tip: Prepping Your Home for Winter

From American Home Shields

With winter just around the corner, now is the time to make sure your home is ready to withstand the season's harsh elements, both inside and out. Taking care of some essential things now can help save energy and keep you safe and warm all winter.

Seal air leaks. Hidden air leaks allow heat to escape, causing your heating system to work harder. Leaks around doors and windows are easy to feel. Hidden holes in attics and basements are harder to detect, however, so you may want to hire a contractor to measure the air leakage. Seal leaks with spray foam, caulk or weather stripping.

Check the heating system. Dirt and neglect are major causes of heating equipment breakdown. Schedule an annual professional maintenance inspection to prevent this. Plus, clean or change your system's air filters once a month.

Add insulation. Insulation is measured by "R-value," the ability to resist heat flow. The best investment is to add insulation to your attic and seal leaks in the attic floor. It's an easy job that's well worth the savings you'll see.

Get a programmable thermostat. These thermostats offer pre-

programmed temperature settings that drop temperatures when you're away and raise them when you're home. Using a programmable thermostat in such a manner could save you up to 15% on your heating bill.

Clean the gutters. Removing debris from your gutters helps prevent foundation problems and sagging gutters. If you want to prevent water damage, be sure you do this.





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View answers 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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2015 Holiday Event Calendar

- 11/13 - 12/31 Holidays at the Domain & Horse-Drawn Carriages
- 11/27 - 11/29 Rudolph the Red-Nosed Reindeer (Long Center)
- 11/29 Chuys Children Giving to Children Parade
- 11/29 - 12/20 North Pole Flyer Steam Train (Cedar Park)
- 11/29 - 1/4 Ice Skating at Whole Foods (Downtown Austin)
- 12/4 Cedar Park Holiday Lights & Santa's Workshop
- 12/5 City of Leander Christmas Parade & Tree Lighting
- 12/8 - 12/22 Trail of Lights, Downtown Austin



Wishing you and your family a safe and happy holiday season! -The Ealy Team

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