

Dogs On Leashes

As Spring draws near and warmer weather approaches, everyone is anxious to get outside, soak up the sunshine, and enjoy the community parks and playgrounds. Understandably, we like for our furry, four-legged family members to join us.

However, please remember that household pets should be restrained from entering a neighbor's property and should be controlled on a leash when entering any street, sidewalk or common area. Not only is this a courtesy to your neighbors and make for a safer community, but it is a General Restriction of the Parkside Master Covenant. Article 2.06 states, "No animal will be allowed to make an unreasonable amount of noise, or to become a nuisance, and no domestic pets will be allowed within the Development Area other than on the Lot of its Owner unless confined to a leash." Please refer to the Community documents online to view the rest of the regulations pertaining to pets. (http://www.southwestmanagement. net/parksideatmayfieldranch under the Documents tab.)

If you witness an off-leash pet and have a property address for the owner, please submit to a member of your service team at kady@ southwestmanagement.net or mark. kelly@southwestmanagement.net and a violation notice will be sent. You may also contact the Travis County Animal Control 512-972-6060.

Nearby Parks for Barkin'

Although Parkside dog owners must keep their canine friends on a leash when outside their yards in the neighborhood, there are several very nice dog parks close to home where dogs may run off-leash to their hearts' content!

To name just a few...

Dog House Drinkery & Dog Park

3800 County Road 175, Leander, TX 78641 Phone: (512) 630-5699 http://www.doghousedrinkery.com/

Georgetown Bark Park

151 Holly St Georgetown, TX, US

Dog Park in Cedar Park

2525 W New Hope Dr Cedar Park, TX, US 78613

To learn about more nearby and Austin-area dog parks, as well as dog-friendly stores, restaurants and other venues, visit http://www.bringfido.com/.

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CONTACT INFORMATION

ON THE WEB:

Parkside at Mayfield Ranch Official web site: www.southwestmanagement.net/parksideatmayfieldranch/ home.asp

Parkside at Mayfield Ranch Official Facebook page: www.facebook.com/pages/Parkside-at-Mayfield-Ranch-Community-Association/700383346741547?fref=ts&ref=br_tf

COMMUNITY PROFESSIONALLY MANAGED BY:

Southwest Management Services PO Box 342585 Austin, TX 78734 Phone: (512) 266-6771 Fax: (512) 266-6791 www.southwestmanagement.net

E-MAIL CONTACTS:

Accounting:......accounts@southwestmanagement.net (for questions about your HOA account or vendors with billing questions)

Architectural Review:.....acc@southwestmanagement.net (for questions about making modifications to the exterior of your home)

Board of Directors:.....parksidemr.hoa@gmail.com

(for feedback and requests to address the board at meetings)

Lifestyle Director:

Jan Scriven......jan.scriven@southwestmanagement.net (for questions or suggestions about events or activities)

Community Manager: Denise Gehrmann-Jimenez..denise@southwestmanagement.net

Assistant Manager: Lauren Hawthoren.....lauren@southwestmanagement.net

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire	911
Ambulance	911
Williamson County Sheriff (Non Emergency)512-943-13	300

SCHOOLS

Leander ISD	
Parkside Elementary School	
Stiles Middle School	
Rouse High School	

UTILITIES

AT&T/Uverse (phone, internet, cable)	
Atmos Energy	888-460-3030
City of Georgetown	512-930-3640
Pedernales Electric Co	512-331-9929
Time Warner (phone, internet, cable)	512-576-3521
Wastewater (Parkside MUD)	512-930-3640

OTHER NUMBERS

Williamson County Phone	
Williamson County Road Department	512-943-3330
Parks & Recreation Department	512-943-1920
Williamson County Regional Park	512-260-4283
Williamson County Animal Shelter	512-943-3322
Georgetown Post Office	512-868-9925
Georgetown Animal Control	512-930-3592
Round Rock Animal Control	512-218-5500
Travis County Animal Control	512-972-6060

NEWSLETTER PUBLISHER

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Responsible Cat Ownership

Many people view cats as "background pets" who come out to snuggle or play occasionally. While cats may not require as much immediate attention as some other pets, they do require their owners' time and energy. To help ensure you're attending to your cat's health, safety and lifestyle needs, follow these tips:

- Spay or neuter your cat. Discuss with your veterinarian the best age for your cat to have this procedure done. This eliminates cat's crying, howling, and frantic efforts to mate. Also, this makes cats more sociable and affectionate.
- Take care when outside. If your cat goes outdoors, speak with your veterinarian about how to help protect her from pests like fleas and ticks. Outfit her with a collar that includes identification should she get lost, most veterinarians recommend break away collars.
- Don't allow your cat to become a threat or nuisance. Veterinarians recommend keeping cats indoors because they live longer, healthier lives. This is due to the dangers cats face outdoors such as traffic, unfriendly animals, poisons, diseases, frostbite, dehydration and abuse from humans. Keeping tabs on your cat eliminates annoying cat behaviors (e.g. digging, meowing, mating, or spraying) that often cause disputes with neighbors.

Keep your Community Documents in mind. In consideration of

our residents and pets, please make sure that you are familiar with the community restrictions pertaining to pets. Article 2.06 of Parkside at Mayfield Ranch Master Declaration does state the following:

*No animal shall be allowed to make unreasonable amount of noise * All pets must be on leash when not on their owners' lot

* No pets shall be allowed to run at large and roam free on common area

Enjoy! Being a responsible cat owner means you get to appreciate all the joy your feline companion brings you every day. And the feeling will be mutual.



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PARKSIDE TOTS

January was a fun month for Parkside toddlers at Tot Time! Storytime followed by singing, playing, crafting and snacking, it's a great time for moms, dads and grandparents, too. On January 20, the children created beautiful Valentine's Day cards which will be delivered to Eldercare seniors.

Note: Tot Time has moved from 9am to 10am, and is held on the first and third Wednesdays of the month. Tot Time this month: February 3 & February 17.



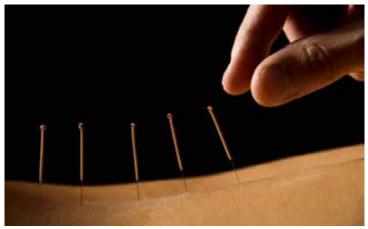








Acupuncture



Acupuncture and Traditional Chinese Medicine (TCM) are safe, effective and drug-free options for the treatment of most nonemergency medical conditions. Whether you're new to acupuncture or have years of experience, acupuncture can help your general health.

What is acupuncture?

Acupuncture is a form of treatment involving the use of very fine filiform needles that are inserted into certain specific points of the body. This stimulates the body to increase circulation and activate the body's own natural healing process. Acupuncture can be used to treat a wide range of conditions and illnesses and is a wonderful option when western medication does not work or is not tolerated.

What to expect?

Acupuncturists often use additional techniques, such as tui-na, cupping and moxibustion, in conjunction with acupuncture. Tui-na is a form of Chinese manipulative therapy, consisting of massage, acupressure and other forms of body manipulation. It works by applying pressure to acupoints, meridians and muscles or nerves to remove blockages that prevent free flow of Qi (energy) through the body. Cupping involves the use of glass globes placed on the body to create a suction effect. The vacuum effect that draws up the skin is believed to open up the skin's pores to stimulate the blood flow to the muscles, balance and realign the flow of Qi. Cupping may result in small, circular bruises in the area where the cups were applied, but these bruises are usually painless and disappear within a few days after the treatment. You may have seen these cupping marks on the back of the Chinese Olympic swimmer Wang Qun at the Beijing Olympics in 2008! Finally, moxibustion is a traditional therapy that involves the burning of moxa made from dried mugwort, a soft and wooly herb, to penetrate to a deeper level of the body. Moxibustion has been used throughout Asia for thousands of years; in fact, the actual Chinese character for acupuncture, translated literally, means "acupuncture-moxibustion".

What about herbal medicine?

Chinese herbal medicine refers to the use of a plant's seeds, berries, roots, leaves, bark or flowers for medicinal purposes. Traditionally, this involves formulating a mixture of various herbs to create a formula based on a patient's specific needs. These herbs can be taken in the form of herbal tea after boiling the herbs in hot water to extract the active ingredients. Although herbal medicine is still widely used and available, formulations in the form of tablets or capsules are more convenient and have become more popular these days.

What conditions can be treated?

Acupuncture and Traditional Chinese Medicine (TCM) is most commonly used to treat pain caused by various illnesses such as arthritis, bursitis, fibromyalgia and PMS. It can be very effective for treating migraine, back pain, neck pain, frozen shoulder and sciatica. Acupuncture can also achieve good results when treating stress related problems such as insomnia, anxiety and depression. It is an effective way to treat substance abuse, reduce substance dependencies (e.g. pain killers) or help you to quit smoking or reduce weight. Acupuncture may also be used as an adjunct to physical rehabilitation or surgical intervention to hasten functional recovery. Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)



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Are you a Parkside teenager looking for work? Now you can list your services in the monthly community newsletter.

The Teenage Job Seekers listing service will be offered free of charge to all Parkside at Mayfield Ranch teenagers seeking work. Job Seekers should be between 13-18 years old. There are four available job categories: Babysit, Housesit, Petsit, or Yard Work, and designations for certification in First Aid, CPR and/or Babysitting.

Submit your name and information to jan.scriven@ southwestmanagement.net by the 10th of the month.

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ARTICLE INFO

This newsletter is mailed monthly to all Parkside at Mayfield Ranch residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the Parkside at Mayfield Ranch newsletter, please email it to *jan.scriven@southwestmanagement. net.* The deadline is the 9th of the month prior to the issue.



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