

Information for New Residents

First and foremost-welcome to the neighborhood! Moving into a new community is both exciting and stressful. As your professional community association management company, we are here to help. There are many useful tips on living in Parkside at Mayfield Ranch as well as links and number that you will need to set up your utilities below. If you have any questions that are not answered below, please contact the Southwest Management Services office and we will be happy to assist you.

How do I obtain a pool key?

Please login to the community website with your user name and password and complete the online request form -Pool Use Agreement. Here you will agree to the terms and conditions of using the amenities, purchase, and submit your request to the management office. All requests will be filled within 48 and the card will be mailed to your home address on file with us.

How do I obtain a mailbox key?

Please take a copy of your closing papers or lease to the local post office box and they will issue a mailbox key.

How do I reserve the amenity center for a private event?

We make reservations easy for you! Please log in to the community website with your user name and password provided, and click on Activities-Reservation-Request a Reservation. There you can view dates available and submit your request. You will receive a response and further instructions from our office.

Who maintains the ponds at Parkside at Mayfield Ranch?

The Parkside MUD maintains the ponds.

Eight Reasons Why You Should Leash Your Doggie



1. Be a good neighbor. Not everyone likes dogs. Some cultures perceive dogs in ways that may differ from your own so even a friendly dog running up to them is very distressing. Someone truly afraid may act out of fear and injure your dog.

2. People can be injured by loose dogs. Whether intentional or not

your dog could bite, knock over, or injure someone

3. Loose dogs get into more fights with dogs and other animals. An off-leash dog could wander into another animal's territory provoking a fight.

4. Wildlife has a place too. Your best friend can become nature's enemy if taken off a leash and allowed to run free. Dogs that leave trails destroy the homes of ground-nesting birds, stress small mammals, destroy plants, leave feces that disrupts the natural balance of the ecosystem, and they are susceptible to the rabies virus through wildlife they may encounter.

5. Leashed dogs don't get run over. A leash can help you pull your dog to safety when a driver is too close. On the other hand, unleashed dogs can cause car accidents when drivers try to avoid hitting a loose dog.

6. Lowers costly veterinary bills. Dogs are known to eat many things they shouldn't and roaming dogs could drink contaminated water, tread through pesticides, be exposed to ticks, poison oak, or plants that have thorns and burrs.

7. Unleashed dogs eliminate at will. This will make you very unpopular with your neighbors. Owners that do not scoop will incur a fine. Dog that are not dewormed completely leave, parasitic worm eggs can be transmitted from feces to humans causing blindness.

8. It is a good birth control device. Leashing is one of the best ways to preventing random mating and unwanted puppies.

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:

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)

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

General Info Amenity Center & Pool Info:...... info@southwestmanagement.net (for general questions about your Owners Association, Reservations & Pool Keys)

Lifestyle Director:

Ali Vonal......ali.vonal@southwestmanagement.net (for questions or suggestions about events or activities)

Community Manager:

Assistant Manager:

Lauren Hawthoren.....lauren@southwestmanagement.net

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY91	1
Fire	1
Ambulance	1
Williamson County Sheriff (Non Emergency)512-943-130	00

SCHOOLS

Leander ISD	
Parkside Elementary School	
Stiles Middle School	
Rouse High School	

UTILITIES

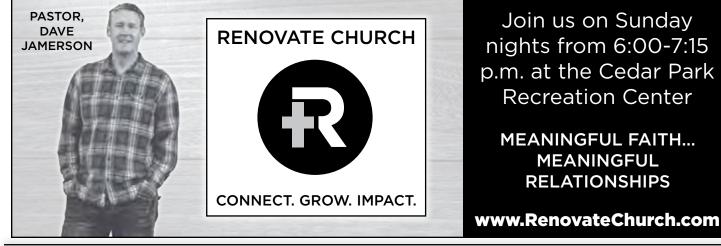
AT&T/Uverse (phone, internet, cable)	
Atmos Energy	888-460-3030
City of Georgetown	512-930-3640
Pedernales Electric Co	512-331-9929
Time Warner (phone, internet, cable)	512-576-3521
Wastewater (Parkside MUD)	512-930-3640

OTHER NUMBERS

Williamson County Phone	
Williamson County Road Department	512-943-3330
Parks & Recreation Department	512-943-1920
Williamson County Regional Park	
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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Heat Stroke

As the summer months heat up, the danger of heat exhaustion become a reality. Here are some ways to identify when your body is in peril, and what to do about it.

Let's start by identifying heat exhaustion:

Heat Stroke is a form of Hyperthermia in which your body's temperature escalates dramatically. This coupled with dehydration is a medical emergency and must be treated swiftly to avoid serious illness or death.

Symptoms:

Heat stroke can cause confusion, a massive, throbbing headache, agitation and disorientation and a lack of sweating which cools you down.

What to Do:

The first step is to get out of the sun. Get in doors and cool yourself off immediately. The next step is to notify emergency services and begin to hydrate yourself.

How to avoid it altogether:

Drink plenty of water and avoid unnecessary exertion on extremely hot days. High risk people, such as infants, the elderly, athletes and outdoor workers should be extra diligent in protecting themselves.

Round Rock New Neighbors

An organization of Women welcoming Women for Fun and Friendship

Whether you are a newcomer or have lived here for years WE WELCOME YOU! We are of all ages!! Ideal for empty nesters or women who have left the work place and are looking to get back to a social life. We enjoy monthly luncheons with a speaker or program of interest.

During the summer we are having summer coffees for our members and guests. These are at member's homes and are a time for fellowship, no agenda. We have coffee and simple breakfast fair and meet each other. It is a great venue for women who want to see what RRNN is "all about". Our August coffee is on August 10th from 10 am until noon, The place is the home of Jan Percy, 1909 Oak Forest Drive in Round Rock. For more info contact Traci Clegg at 512-992-1069

We have many groups: Card and game groups, gardening, Wine Tasting, Foodies, Antiquing, Hiking, Movie, Photo, Potluck, Safari, Walking and Caring Hands. There is something for everyone. Many activities take place during the day and some activities include couples. Please visit our website at www.rrnewneighbors.org for more information and to see our newsletter. Or call Jan Percy, 512-810-3214, Membership Chair for information.



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Adding a little Joy to Your Life

Life is hard sometimes. Here are some easy steps to bring a little joy to your everyday life.

Pay as much attention to the good things in your life. It's not all bad, but sometimes we choose to linger on the things that cause us pain, annoyance and sadness. Dwell a little longer on the good things.

Memorize a beautiful love poem. Learn it word for word and recite it to your loved ones. Once you've memorized it, and recited it, start over and learn another one. Etch them into your mind and heart.

Don't forget your dreams. Your dreams are what make you who you are. Your hopes and desires are what keep you going. Don't forget them, regardless of how unattainable they seem now, keep them close to you.

Everyone we meet has a lifetime of experience, learn from those around you. Don't discount what someone of lesser age or station have to say. Everyone is a teacher and everyone is a student. Learn all you can from those around you. Always be open.

Regardless of the situation, react with grace and patience. Be a symbol of self control to those around you.

Learn a few great jokes. Memorize them and work on their delivery. Everyone loves to laugh.

Bring joy to those around you. Nothing will lift one's own spirits more than lifting other's spirits. Be lighthearted.

Meet your neighbors. Bake a cake for them and take it over. If they have kids offer to babysit. Be someone they can depend on.

Write a toast for your best friends. No occasion is needed really, any will do. Declaring your affections will solidify your relationship. Don't worry about sounding wishy washy, just say what's in your heart.

Spoil yourself.

Learn to play an instrument. This one is tough, but remember that this is a lifetime of work, which will give you a lifetime of joy.



Indoor Plants

Unless you have a sunroom or greenhouse, the biggest dilemma of having plants indoor is providing them with enough light. Even if you have windows, they may be less than ideal is they're facing in a direction that gets little sun, or if they're shaded by a tree of porch overhang. Plants suffering from light depravation are often lanky, with pale of yellowed leaves. Luckily, you can lend a helping hand with artificial lighting.

The best type of artificial light is florescent. Incandescent light doesn't provide the right kind of light for optimal growth, and it also produces lots of heat, which can burn your plant. Fluorescent light comes in several varieties: the standard ones, which you can find at any hardware store. These are fine for growing small plants, such as African violets, but for larger plants, go for higher output fluorescents which emit much more light and can be found at most garden centers.

Here are some things to bear in mind:

When growing plants under artificial light, choose these that prefer low to medium sunlight.

Keep your pants very close to the light source, no more than 6 to 12 inches away. The intensity of light diminishes drastically the farther away you move from it. To increase intensity, just add some more fluorescent tubes grouped together.

Leave the lights on 14 to 16 hours a day. A couple of hours daily won't work. But don't leave the lights on all the time. Plants need periods of darkness for rest.



Pest Control Mosquito Control Termite Protection Weed Control Fertilization Horticultural



Jerry Naiser (Owner)

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all for details

Haley Naiser



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Teach your Kids the Joys of Reading

Children must learn to read before they can read to learn. Sounds pretty simple, but some steps are needed to ensure this happens right. It's us parents that play a leading role in this, and here are a few easy steps to make sure our kids learn early on the joys of reading and learning.

Read at bed time. From the time your children are very young, get in the habit of reading aloud to them at bedtime. If you haven't started this tradition, it's never too late, start now!

Take trips to the library together. Take your child to the public library regularly. Together explore all the resources available to you. Ask your librarian for tips, they know a lot about getting kids to want to learn and they'll be more than happy to help you out.

Encourage your children to write. Look for ways to motivate your child to write on a daily basis. Leave them a note, and have them write you back. Buy your little one a journal and have them write every day in it. Read what they write, ask them about their thoughts and help them to better express their ideas.

Play word games. Children can easily learn words through games. Fun is the best teacher.

Remember, these are just a few steps, there are many more that will work for your little ones and many that will not. Life is never one size fits all, but one thing is universally true: your kids will become better adults if they build a passion for reading early on.



STRESS, HORMONES, AND BELLY FAT Are You at Your Wit's End Trying to Get Rid of it?

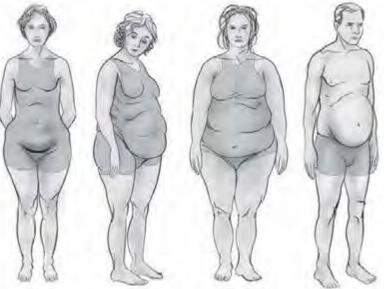
Presented by leading wellness expert Jimmy Yen, L. Ac.

FREE DINNER Immediately following our FREE training seminar entitled "Stress, Hormones, and Belly Fat"

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R.S.V.P at 512.260.1710 Seating is limited. AchieveIntegrativeHealth.com



You will learn how Hormone Imbalances can affect your sleep cycles, carbohydrate cravings, and fat burning-Why "Counting Calories" doesn't work with belly fat-Learn the Biggest Mistake that people make with exercise that prevents weight loss. WHAT REALLY WORKS for permanent loss of belly fat & bulges. Safely, Healthfully!

Pasta Salad

- 4 cups Elbow Macaroni
- 3 whole Roasted Red Peppers Chopped (more to taste, can also use Pimentos)
- 1/2 cups Black olives chopped fine/ can use Calamari olives
- Add pepperoncinis sliced to taste
- 6 whole Dill pickle slices -diced about 1/2 cup diced
 3 whole Green onions sliced white and dark green
- parts
- 1/2 cups Mayonnaise
- 1 Tablespoon Red Wine or Distilled Vinegar
- 3 teaspoon Sugar more or less to taste
- 1/4 Salt teaspoon
- Plenty of black pepper
- 1/4 cup Milk more if needed
- Splash of Pickle juice add more if needed/ can also add pepperoncinis juice also

Cook Macaroni in lightly salted water according to package directions. Drain and rinse under cold water to cool. Set aside.

Mix together mayo, vinegar, sugar, salt & pepper. Splash in enough milk (1/4 of milk) to make it pourable. Splash in pickle juice for extra flavor. Taste & adjust seasonings as needed. Set aside.

Place cooled Macaroni in a large bowl and pour 3/4 of the dressing. Toss and add more dressing if you if you like. (Dressing will seem a little thin, but it will thicken up as salad chills).

Stir in olives, Roasted red peppers(or Pimentos), pickles, and green onions. Add more of any ingredient if you'd like stuff going on. At the end, splash in a little more pickle juice and stir.

Chill for at least 2 hours before serving. Sprinkle with sliced green onion to serve.



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How does it work? Lets say you have a design you would like for a one-off custom shirt. We take your idea and design it for you. Once you approve the design we make it available in our store for you to purchase.

Who do we work with? We work with individuals as well as partner with organizations and businesses. Some of our partners are CrossFit boxes. We relieve the box owners of the hassle of mass shirt orders by creating their very own store within W4 Apparel. This allows their members to visit our site and order their shirts directly. We create custom designs at their request and even toss in a few of our own. We offer the same service for non-profits, businesses, and organizations of all kinds.

Visit us online and view our Partners to see who we are currently working with.

We would love to partner with you as well!

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BE PREPARED!

GET CPR AND FIRST AID TRAINING By: HOPECPT

- Who: Adults & Children 12 or older
- When: August 21st from 2pm 4:30pm
- Where: Hawaiian Falls Water Park
 - Aloha Events Center 18500 N SH-130 Pflugerville, TX 78660
 - **How:** Sign up at www.hope4minds.org (limited space)
 - **Cost:** Free. Suggested donation of \$5 per person to HOPE4MINDS
- **Certification:** \$20 for CPR (starts at 2:00pm) \$10 for First Aid (arrive at 3:00pm) \$25 for CPR and First Aid Certification is through the American Safety Health Institute (paid day of)

PRESENTED BY:

Wawailan Falls Pruservate

Each year 1 in 500 school-age children

receive a brain injury

serious enough to be

hospitalized.

Every day, about

10 people die from an

accidental drowning.

For more information, contact ronda@hope4minds.org

HOPE4MINDS is a public charity organized to foster hope and enrich the lives of children with an acquired brain injury through support and education.



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TENNIS TIPS

By USPTA/PTR Master Professional - Owner, Manager and Director of Tennis Grey Rock Tennis Club, Austin, TX



Step 1

Step 2

Step 3

How to execute The Forehand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley and the overhead "smash".

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Jill Schmidt, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position: When Jill is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

Step 2: The Back Swing: Once Jill realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her right foot and will be ready to step

forward to meet the ball

Step 3: The Point of Contact: Jill now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the left knee being slightly bent and the left foot is pointing to the ball meeting the racket

Step 4: The Extension of the Point of Contact: Jill is now directing the ball toward the opponent's court. Her eyes have now shifted toward her target and her body weight is now fully in front of her left foot. The left hand is still helping to keep the center of gravity in the center without opening up too early.

Step 5: The Follow Through: Once Jill has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her right elbow is pointing toward her target. Her body is now ready to take the "split step" with both feet in order to prepare for the opponent's returned shot.

Look for in the next Newsletter: The Two Handed Backhand Service Return

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