



VOLUME 2, ISSUE 10

OCTOBER 2016

## 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.

## Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

**Weight Training + Protein:** Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.

**Long Distance Running + Carbohydrates:** For long workouts, the performance edge goes to people who have the most glycogen (the stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

**Aerobics, Kickboxing and Spinning + Fat:** For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

**Yoga and Pilates + Complex Carbohydrates:** The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.

# PARKSIDE

## CONTACT INFORMATION

### ON THE WEB:

**Parkside at Mayfield Ranch Official web site:**

[www.southwestmanagement.net/parksideatmayfieldranch/home.asp](http://www.southwestmanagement.net/parksideatmayfieldranch/home.asp)

**Parkside at Mayfield Ranch Official Facebook page:**

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### E-MAIL CONTACTS:

**Accounting** ..... [accounts@fsresidential.com](mailto:accounts@fsresidential.com)  
(for questions about your HOA account or vendors with billing questions)

**Architectural Review:** ..... [acc@fsresidential.com](mailto:acc@fsresidential.com)  
(for questions about making modifications to the exterior of your home)

**Board of Directors:** ..... [board@fsresidential.com](mailto:board@fsresidential.com)  
(for feedback and requests to address the board at meetings)

**General Info Amenity Center & Pool Info:** .....  
..... [info@fsresidential.com](mailto:info@fsresidential.com)  
(for general questions about your Owners Association, Reservations & Pool Keys)

**Lifestyle Director:**  
Ali Vonal ..... [ali.vonal@fsresidential.com](mailto:ali.vonal@fsresidential.com)  
(for questions or suggestions about events or activities)

**Community Manager:**  
Sophie Carrington ..... [sophie.carrington@fsresidential.com](mailto:sophie.carrington@fsresidential.com)

**Assistant Manager:**  
Lauren Dominguez ..... [lauren.dominguez@fsresidential.com](mailto:lauren.dominguez@fsresidential.com)

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY ..... 911  
Fire ..... 911  
Ambulance ..... 911  
Williamson County Sheriff (Non Emergency) ..... 512-943-1300

### SCHOOLS

Leander ISD ..... 512-434-5000  
Parkside Elementary School ..... 512-570-7100  
Stiles Middle School ..... 512-570-3800  
Rouse High School ..... 512-570-2000

### UTILITIES

AT&T/Uverse (phone, internet, cable) ..... 866-288-2020  
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 ..... 512-943-1100  
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

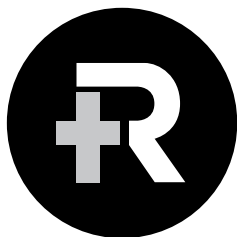
### NEWSLETTER PUBLISHER

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Article Submissions ..... [Parkside@peel.com](mailto:Parkside@peel.com)  
Advertising ..... [advertising@peelinc.com](mailto:advertising@peelinc.com)

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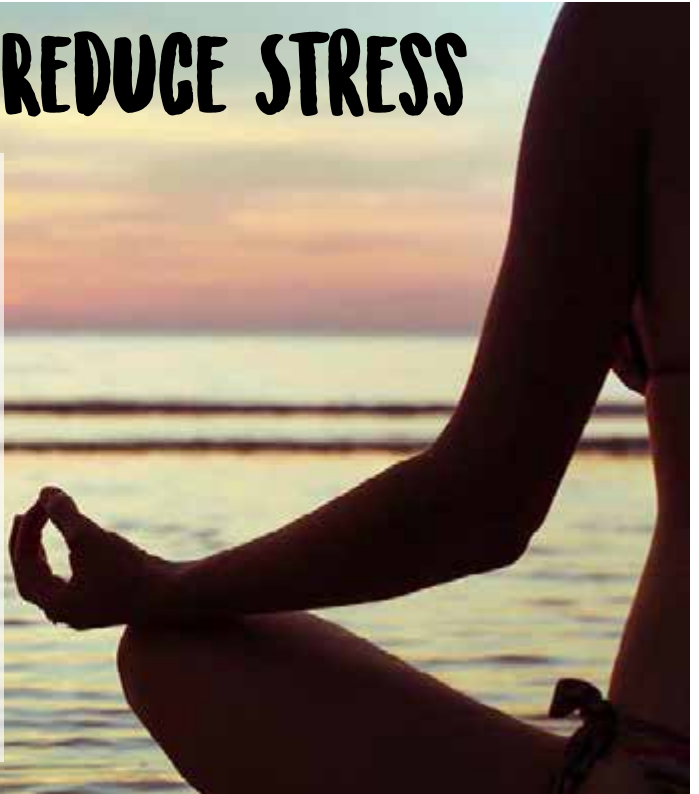
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## SOME HELPFUL TIPS TO REDUCE STRESS

- Before going to bed, set out breakfast items and lay out everything you'll need for work or school, so you simply pick up and go in the morning. This seems like a small thing, but really, people can set themselves up for a whole day of stress because things get slowed down in the morning.
- Get up 20 earlier so you can have an unrushed breakfast.
- Walk whenever possible. Take the stairs, hand deliver things at the office. It gets your blood circulating, and increases your overall health.
- Plan grocery shopping, banking and post office visits during off times. Going to H.E.B. on a Saturday afternoon will stress you out. Why do this to yourself?
- Go to the bathroom before leaving for work or home. Believe me, this sounds silly, but it isn't.
- Look for the humor in every situation. Humor allows you to jump out of the picture, and allows you the clarity needed to solve the issue at hand.



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## Fido Faux Paws

It's hard, nay, impossible not to love dogs. After all, mankind entered into a societal pact with them millennia ago. In exchange for food, our dogs will offer us unconditional love, loyalty, protection and play. Your dogs want nothing more than to please you. If you've been around for a while, you'll understand the value of that since, really, who else loves you like that?

They'll roll over, play dead, they'll literally jump through hoops to please you. They guide the blind, they search for the missing, and they call for help when needed. Dogs really are an integral part of the human experience, woven into the fabric of our species' history. But there is one thing they can't do well and must depend on their humans to do for them. Dogs, cannot clean up their own poos. While I am almost certain Dog Whisperers throughout history have tried, it's obvious they have failed in training our dogs to take care of the ugly business themselves. They need us to do it for them.

If you are a dog owner, please pick up after your dog. Until breeders find a way to develop a dog with opposable thumbs and can take care of this themselves, it is your responsibility, to yourself, to your neighbors and yes even your dog, to pick that poo up!



## Easy Steps to Use Less Gas

- Lighten up. Don't carry heavy unnecessary items in your car, and remove accessory racks when not in use.
- Drive the speed limit. Yeah, I know you want to speed on I-35 in your new convertible Ferrari, but believe me, going the speed limit will save you tons of gas.
- Minimize passing. When you speed up to pass another car, you use more gas.
- Check your tires. If tire pressure isn't perfect neither is your gas efficiency.
- Shift gears on manual cars appropriately. Higher the gear the less gas being used.
- Get a smaller vehicle. No elaboration required.
- Drive less. Look, we all love to drive about, we could all use a little more exercise, if the store is close, walk.
- Buy Gas Early or Late in the Day
- Purchase gas early or late in the day, especially during warm months. Gas is cooler earlier in the day, and denser. As temperatures rise, gas density falls and you get less of it when you pump.
- Also, buy gas early in the week. Prices typically rise between Wednesday and Saturday, but stay lower during the early days of the week.
- Monitor When and How You Brake. Braking excessively wastes gas and causes your brake pads to wear out quickly. Maintain a safe distance between yourself and the car in front of you when you're in heavy traffic – that way, you won't need to brake as often as if you were tailgating. Also, by keeping a bit more distance between you and the car ahead, you can begin braking earlier, especially when approaching a traffic light. By not having to slam on the brakes at the last minute, you'll improve the efficiency of your car and save gas.



## FINDING BALANCE ONE ROOM AT A TIME

### Taking a Systematic Approach To De-Cluttering & Organizing Your Home This Fall

Now that the kids are back in school and the hotter days of summer are over, it is a good time to focus on your home. While it may seem like a daunting task, an easy place to start is fall cleaning, the counterpart to spring cleaning. This includes both de-cluttering & organizing.

**De-cluttering**-Before you begin, have the right mindset and tools in place. I always find it helpful to have 5 labeled containers ready to go. The labels should read 1) Use 2) Store 3) Donate 4) Sell and 5) Trash. As you move from room to room or closet to closet think about the cooler temperatures and pull out those items that will come in handy like winter clothing and bed linens. Also, you might want to take out spring and summer colors in your décor and place those things in your "store" bin. The benefit to taking this systematic approach is that it can be much easier to make decisions on items when you only have the 5 choices right in front of you as well as a place to put items rather than on the floor in several piles. Using the right types of containers is also helpful-plastic bins for use and

store, cardboard boxes for donate and sell and trash bags for trash. That way, no more thought goes into how it gets to the right place, it's all ready to go.

**Organizing**-After cleaning out unnecessary items, it's time to organize the things you want to keep. I love to containerize my things. What containers you use depend on what it is for; jewelry, make-up, seasonal clothes, purses, books, magazines, toys, etc. All types are available at a variety of stores. The key is to determine what you want to place in bins and make a list of what size, shape and material you need before you head out to shop for the containers. A place for everything and everything in its place is a smart motto.

From here, you will have a clean slate and can create a warm and inviting home this fall for you to enjoy with family and friends and be ready for all of the upcoming holidays.

*Article by Rita Lopez, business owner and creative designer. If you would like more home organization and/or design tips, please contact [rita@tarragonadesigns.com](mailto:rita@tarragonadesigns.com)*





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Sept 17 @ Auburn Tigers  
Sept 24 Arkansas Razorbacks  
Oct 1 @ South Carolina Gamecocks  
Oct 8 Tennessee Volunteers  
Oct 22 @ Alabama Crimson Tide  
Oct 29 New Mexico State Aggies  
Nov 5 @ Mississippi State Bulldogs  
Nov 12 Ole Miss Rebels  
Nov 19 UTSA Roadrunners  
Nov 24 LSU Tigers

## UNIVERSITY OF TEXAS

Sept 4 Notre Dame Fighting Irish  
Sept 10 UTEP Miners  
Sept 17 @ California Golden Bears  
Oct 1 @ Oklahoma State Cowboys  
Oct 8 Oklahoma Sooners @ Red River Showdown  
Oct 15 Iowa State Cyclones  
Oct 22 @ Kansas State Wildcats  
Oct 29 Baylor Bears  
Nov 5 @ Texas Tech Red Raiders  
Nov 12 West Virginia Mountaineers  
Nov 19 @ Kansas Jayhawks  
Nov 25 TCU Horned Frogs

## BAYLOR UNIVERSITY

Sept 2 Northwestern State Demons  
Sept 10 SMU Mustangs  
Sept 16 @ Rice Owls  
Sept 24 Oklahoma State Cowboys  
Oct 1 @ Iowa State Cyclones  
Oct 15 Kansas Jayhawks  
Oct 29 @ Texas Longhorns  
Nov 5 TCU Horned Frogs  
Nov 12 @ Oklahoma Sooners  
Nov 19 Kansas State Wildcats  
Nov 25 @ Texas Tech Red Raiders  
Dec 3 @ West Virginia Mountaineers



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