



# PARKSIDE AT MAYFIELD RANCH

VOLUME 4, ISSUE 2

FEBRUARY 2018



## 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.

# Round Rock New Neighbors

Round Rock New Neighbors is a non-profit social club for women with over 180 members from Round Rock and surrounding communities. Since 1978, RRNN has been active in providing women the opportunities to come together and meet new friends and neighbors. The name may fool you, but you do not have to be new to the area to join the fun. We have new members who have lived in Round Rock for many years. All women are welcome!

You are cordially invited to attend one of our monthly luncheons and coffees. To find out more about these events and who to contact, please visit our website at [www.rrnewneighbors.org](http://www.rrnewneighbors.org)

# 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:**

### COMMUNITY PROFESSIONALLY MANAGED BY:

#### *First Service Residential*

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Austin, TX 78734

Phone: (512) 266-6771

Fax: (512) 266-6791

[www.fsresidential.com](http://www.fsresidential.com)

### E-MAIL CONTACTS:

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

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

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

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

#### **Lifestyle Director:**

Ali Vonal ..... ali.vonal@fsresidential.com  
(for questions or suggestions about events or activities)

#### **Community Manager:**

Sophie Carrington..... sophie.carrington@fsresidential.com

#### **Community Assistant Manager:**

Kerbie Anderson ..... kerbie.anderson@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)..... 800-288-2020  
Atmos Energy..... 800-460-3030  
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

Peel, Inc. .... 512-263-9181  
Article Submissions .....Parkside@peel.com  
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## MEET OUR STUDENTS

Hosting an international exchange student is a great way of opening the world to your children and teaching them about new cultures.

STS Foundation is currently looking for families for the 2018/2019 school year. What does it take to be a host family? STS accepts all types of families, be it single parents, young marrieds, empty nesters or same sex couples – we are looking for families that are willing to Share their America with a high school student for the year. All you need to provide is three meals a day and a room for them to sleep in. The student can share a room with a same sex sibling that is within five years of their age. Each student comes with their own spending money and health insurance. Most of all, they come with an excitement to learn all they can about our American way of life.

Here are just some of the many students that are available for placement:

Abby from Denmark – loves being active in sports, nature and at the beach. She is a competitive swimmer and enjoys horseback riding.

Dominik from Switzerland – an open minded, uncomplicated boy, with a real interest in American sports

Maria from Norway – she describes herself as an outgoing, adventurous, mature, compassionate person.

Saana from Finland – she is both sympathetic and empathetic. She enjoys music and sports, and according to her bio – she has a great laugh!

If you are ready for this amazing experience, please give me a call, I'd love to talk with you more about it. I am one of the Houston area STS Local Coordinators, I've worked with foreign exchange students for seven years and have also hosted 13 students on my own. I can tell you anything you need to know about hosting. Please contact Vicki Odom at 832-455-7881 or via email at [vicki.stsfoundation@gmail.com](mailto:vicki.stsfoundation@gmail.com).

STS Foundation is a 501(c)(3) not for profit organization who mission is to facilitate educational opportunities where all participants can break down cultural barriers, and gain respect and understanding of each other's way of life.

# Dr. Randal Watson

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## CIRQUE ITALIA

CIRQUE ITALIA IS THRILLED TO PRESENT THEIR NEWEST AND GREATEST CREATION - AQUATIC SPECTACULAR. YOU DON'T WANT TO MISS ITS DEBUT IN AUSTIN, TX!!

What comes to mind when you hear the phrase "Aquatic Spectacular"? Water, entertainment, excitement.....? You can expect all these things and so much more from the brand new themed Cirque Italia production with its perfectly fitting new title. After six years of enhancements, a rigorous casting selection, and countless performances nationwide, this newest form of Cirque Italia's innovative and unique "traveling circus" spectacular production is set to be its finest to date.

Aquatic Spectacular came to life all thanks to its imaginative creator Manuel Rebecchi, along with invaluable direction and production management by Chanté DeMoustes. Cirque Italia's brand-new theme show is an artistic blend of human abilities, technology and the element of water. This one-of-a-kind production combines water fountains, jet-skis, pirates, and more in a fun filled atmosphere all ages are sure to enjoy.

Performers from all over the world have been brought together under the enchanted spiral of the white and blue big top. The merging of their astonishing skills with the poetic element of water has led to the creation of a truly unforgettable experience. Cirque Italia has managed to create a beautifully unique theatrical production by combining the gracefulness of the human body with the calming fluidity of water, along with bursts of power and excitement as well.

Aquatic Spectacular offers two hours of high-end entertainment. Beautiful aerialists dazzle and shimmer on a chandelier high above the ground, but they aren't the only ones that will draw your eyes toward the sky. You can expect to see contortion in a bubble, a Venetian aerial duo, and even someone hula hooping while in the air. Don't worry about getting your eyes checked, you aren't seeing double; there are TWO laser men. Duo jugglers, duo roller-skaters, the always breathtaking wheel of death.....the list goes on and on. It is even possible for a pre-historic dinosaur to make an appearance. Let your imagination wander, because anything is possible in this new whimsical production.

One might be concerned that such a spectacular entertainment opportunity is out of his/her price range, but Cirque Italia is committed to bringing a Las Vegas quality production to your hometown at an affordable price. They also feature many special offers and promotions.

Cirque Italia continues to contribute to the modernization of the performing arts and the circus industry by abiding by a strict animal free policy.

For more information visit [www.cirqueitalia.com](http://www.cirqueitalia.com) and make sure to check all our social media accounts.

When: February 2-5 & 8-11

Where: 2901 S Capital of Texas Hwy, Austin, TX 78746

At: Barton Creek Square

Located: In the parking lot near Dillard's

Under the grand, swirling White and Blue tent!

- February 2 Friday: 7:30pm
- February 3 Saturday: 1:30pm, 4:30pm, & 7:30pm
- February 4 Sunday: 1:30pm, 4:30pm, & 7:30pm
- February 5 Monday: 7:30pm
- February 8 Thursday: 7:30pm
- February 9 Friday: 7:30pm
- February 10 Saturday: 1:30pm, 4:30pm, & 7:30pm
- February 11 Sunday: 1:30pm, 4:30pm, & 7:30pm

Box office hours:

The box office opens on-site on Tuesday, the week of the show.

Non-show days: 10am – 6pm

On show days: 10am – 9pm

You can purchase tickets through our website ([cirqueitalia.com/tickets](http://cirqueitalia.com/tickets)) or by phone: (941) 704-8572. We also respond to text message.



**Please remember to pick up  
after your pets and  
"scoop the poop"**

## TALKING BASEBALZ, FIGHTING MEMORY LOSS

Jim Kenton has been a self-described “baseball geek” since the age of seven. He fondly recalls immersing himself in the world of baseball every summer of his childhood, glued to the radio listening to broadcasts of games, and racing to collect the latest baseball cards and magazines. Over a lifetime, Kenton’s knowledge of baseball has grown so vast that now he is using it to give back through a truly innovative program. Beginning on January 29, Jim and Alzheimer’s Texas will launch an effort to help people living with dementia reconnect with a lifetime of memories through conversations about a shared passion: baseball.

The program will provide a form of what’s called reminiscence therapy. While people with early-stage Alzheimer’s may have difficulty with their short-term memory, their long-term memories remain intact for many years. Through guided, focused reflection on a beloved childhood pastime like baseball, people with Alzheimer’s can explore and enjoy early life memories and reconnect with their essential sense of self. Additionally, the group allows people to connect with supportive peers who share

their interests and can relate to the experience of memory loss.

Research into reminiscence therapy is very promising and indicates that the simple act of sharing memories can have outcomes like improved mood, communication, and even functional ability. The practice can involve not only conversation, but interacting with sounds, smells, and sensory experiences that trigger long dormant memories.

The program will not only help participants reconnect with meaningful memories from childhood, but will also allow them to create new ones. The group is currently recruiting participants in the early stages of dementia with an interest in baseball. Meetings will be held on alternating Mondays starting January 29 from 11:00 am-12:30 pm at the Alzheimer’s Texas Office (3520 Executive Center Dr. #140, 78731). Lunch will be provided. A pre-screening interview is required to participate in the program, please contact 512-241-0420 x10 or [vcardenas@txalz.org](mailto:vcardenas@txalz.org) for more information and to schedule your interview.



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## Hitting the Slopes this Ski Season?

*By Kelly Cunningham, MD, Sports Medicine specialist*

As a former US Olympic Men's Ski Team physician and orthopedist, every year during the winter months I treat many ski & snowboard injuries in Austin recreational athletes of all ages and abilities.

For 15 years, as a traveling doctor for the team, I accompanied the athletes throughout the US, Canada and Europe on the World Cup tour and was responsible for the triage, stabilization, and treatment of injuries in these world-class skiers.

One of the most frequent questions I get this time of year from my patients who ski is

“How can I avoid hurting myself on the ski slopes?”

So what do I tell recreational skiers about staying healthy on the hill?

First and foremost, adjust to the altitude in your first few days. While there are medications that will improve your blood oxygen, they require a prescription and can have side effects. Perhaps the easiest to take along are low-dose aspirin or ginko biloba, as both are safe (unless allergic) and easy to take. Low-level exercise and lots of water (especially during the first night) are also key, as is abstinence from alcohol during the first 24 hours at altitude. Early trip moderation equals a better mountain experience!

Modern skis, boots, and bindings are universally safe now, unlike in decades past. Multi-release bindings help you come out of your skis safely in a fall and with less stress on your knees, the most commonly injured joint in a skier. Make sure they are set correctly.

Speaking of knees, in most solid, intermediate skiers, unlike beginners (learning to stop) and racers (ACL injury from shear forces), serious knee injuries are actually quite rare.

The best way to protect yourself from ski injury is:

- Get in good “ski-shape”
- 6 weeks of strength and some aerobic training will suffice
- Ski within your limits
- Stay relaxed, focused & well hydrated
- Watch out for that last, fatigued run of the afternoon
- If you fall, fall forward and throw your hands in front of you
- it's proven that less knee and shoulder injuries occur in the forward lean of a fall.

And always, always, wear a helmet!

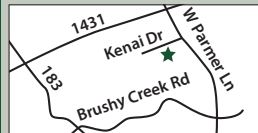
Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society

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