

The Ranch Report

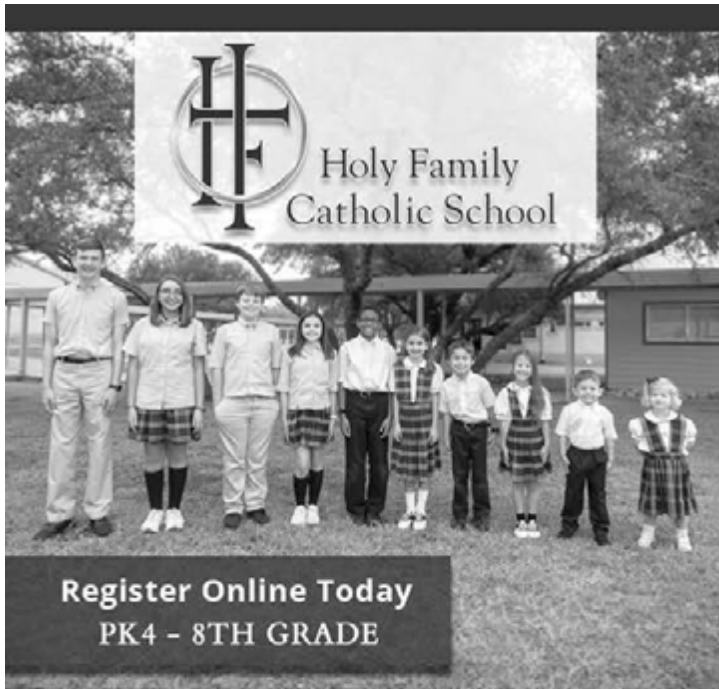
VOLUME 13 ISSUE 10

OCTOBER 2019

Easy Ways to Improve Your Home's Health

See Page 3





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 Ambulance.....911
 Sheriff – Non-Emergency..... 512-943-1300

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
 Pearson Ranch Middle School..... 704-1500
8901 Pearson Ranch Road
 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.

UTILITIES

City of Austin Water 512-494-9400
 Perdarnales Electric..... 512-219-2602

TEXAS GAS SERVICE

Custom Service.....1-800-700-2443
 Emergencies..... 512-370-8609
 Call Before You Dig..... 512-472-2822

AT&T

New Service.....1-800-464-7928
 Repair.....1-800-246-8464
 Billing.....1-800-858-7928

TIME WARNER CABLE

Customer Service..... 512-485-5555
 Repairs..... 512-485-5080
 Solid Waste Servies..... 512-494-9400

NEWSLETTER INFO

NEWS

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(Continued from Cover)

Maintaining a healthy home is a goal most Americans share, but not all are confident they're doing the best job they can to protect their home's health.

According to a survey conducted by Second Nature, the nation's largest home wellness subscription service, 62% of respondents admitted they could do a better job of attaining a healthy home, with clean air ranked as the most critical factor in achieving home wellness.

Gain more confidence in the health and cleanliness of your home with these tips:

- Remove your shoes when you enter the house. Add entryway seating to encourage guests to take off their shoes. The bottom of a pair of shoes can contain anything from fecal matter to E. coli and pesticides. Leaving shoes at an entryway is one of the easiest ways to combat home pollution and promote a healthy home.
- Replace air filters regularly. The air filter in your home dictates the air you breathe and ensures that it is healthy enough for ingestion. More often than not, air filters are not top of mind when thinking about home wellness, but they are crucial to every home. That's why it's important to replace air filters on schedule – every three months as recommended by the National Institutes of Health.



If you're like many homeowners who struggle to remember when it's time to change your filter, or never have a filter handy when you do remember, you may benefit from a service like Second Nature, which provides a home delivery subscription that ensures your air filters are replaced on time. The company's high-quality air filters help reduce the risk of contracting allergies, sickness and infection while also ultimately lowering costs associated with energy bills, repairs and health-related expenses.

• Change out your light bulbs. Choose the right color temperature for a calmer home and use energy-efficient bulbs. The selection for light bulbs is massive, and with smart home technologies that allow you to change the color of your bulb with the swipe of a finger, you can also easily control your mood. Warm lighting typically has an overall positive effect on everyone in the home. One of the keys to home wellness is ensuring you are truly happy in your home, and lighting can play a pivotal role in cultivating this emotion.

• Open windows on good weather days. Most Americans (61%) believe the air inside their homes is cleaner than it is outside, according to the survey. However, the Environmental Protection Agency estimates indoor air is 2-5 times more polluted than the air outside. This is in part because Americans tend to enclose themselves indoors, where the same air is recycled over an extended time. The smell of the meal you cooked for dinner, the trash in the garbage can and the candle you light on your nightstand all have an impact on the air quality in your home. Opening windows allows for polluted air to release itself from the home and, in turn, allows for cleaner air to circulate the space.

• Filter your water. Water is essential to any healthy lifestyle, and drinking clean water is a luxury that is often overlooked. However, what is also overlooked is how many chemicals and toxins that can affect your health are in the tap water you drink on a daily basis. Filtering your water is one simple step that can benefit not only your own health, but the health of everyone in the home.

Find more tips and advice for creating a healthier home environment at SecondNature.com.

Photo courtesy of Getty Images (parents and child in home)

Article downloaded from FamilyFeatures.com

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Sherry Salkhordeh O.D.

RANCH REPORT

Austin Music Lovers Can Park Close to ACL & Help Young Artists

Austin High School Band annual fundraiser offers affordable convenience to festival goers



Austin, Texas – With ACL Festival parking near Zilker Park being sold on Craigslist for hundreds of dollars, smart concertgoers who REALLY love music are using their parking fees to invest in the future of music. By choosing one of hundreds of paved spots available in the Austin High School parking lot, ACL Festival attendees not only get a short walk to Zilker Park via the Mopac Bridge, they'll also be investing their \$40 in the future of some great young musicians.

“The Austin music scene not only supports internationally-known events like ACL Festival, it also fosters young artists through great school music programs. Our parking fundraiser allows concertgoers to support both at the same time,” said Chessie Zimmerman, Austin High Band Boosters President. “On Saturday, October 5th, people not only get below-market rates for great parking, but they also get the satisfaction of knowing they’re supporting the next generation

of musicians.”

Located at 1715 W. Cesar Chavez Street, the Stephen F. Austin High School parking lot is accessible from Cesar Chavez, just east of the intersection with MOPAC. Parking is available off Veterans Drive by the tennis courts or on the east side of campus by Cesar Chavez. Look for the "Home of the Maroons" sign. Drivers are reminded that no animals can be left in vehicles. Parking at AHS is available on Friday and Saturday of both ACL weekends, with proceeds benefitting the band on Saturday, October 5th. New this year, guests can reserve parking in advance by purchasing online at www.parking.band.

DETAILS

ACL Parking at Austin High School
1715 Cesar Chavez Street
Friday and Saturday of both ACL weekends,
October 4 & 5 and October 11 & 12
\$40 per car

Proceeds support various student organizations at Austin High School, including the award-winning Austin High Maroon Marching Band on Saturday, October 5. www.parking.band



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Austin Area Pumpkin Patches

Barton Hill Farms

The Fall Festival & Pumpkin Patch in Bastrop will be open weekends from September 28 – November 3. Visit on Saturdays from 10am – 7pm or Sundays from 10am – 6pm

Sweet Berry Farm

Located in Marble Falls, this farm is open from September 21 – November 10 on Mondays, Tuesdays, Thursdays, Fridays, & Saturdays from 8:30 am – 5:30 pm and Sundays from 11am – 5pm. Closed on Wednesdays

The Jersey Barnyard

This Pumpkin Patch in LaGrange is now open Monday – Friday from 10 a.m. – 6 p.m., Saturday from from 9am– 6 pm and Sunday from 1 – 6 pm through November 28

Texas Big Worm Pumpkin Patch

Located in Bertram, TX the Texas Big Worm Pumpkin Patch is open from September 27th – October 27th on Fridays & Saturdays from 9 am – 6 pm and on Sundays from 10am–5pm

Crowe's Nest Farm

This farm, located in Manor is open each Saturday in October: Oct 5, 12, 19, 26 from 11 am – 5 pm

Nomad Ranch

Located in Bertram, TX, Nomad Ranch is open from 10 a.m. – 1 p.m. on Saturdays and Sundays



Lettuce Recycle

by Dena Houston

RECYCLING CONFUSION - Even though I have been a recycling block leader for 27 years, there are still some areas I find confusing. Recently, I had the pleasure of visiting with the CEO of the Balcones Recycling Facility (this is one of the two recycling sorting facilities in Austin). He gave me some wonderful information I want to share.

LIDS ON PLASTIC AND GLASS BOTTLES - All lids need to be separated from GLASS bottles, even if they are small. Magnets in the sorting facility pick up the metal lids. Plastic lids are easily separated out.

Lids on PLASTIC jars and bottles need to stay on the bottles – do not separate them.

SHREDDED PAPER - Shredded paper should not go into the blue recycling cart, not even in a separate paper bag. This paper is difficult to contain and sort. Please put shredded paper into the green compost collection bin. It does not have to be bagged.

AS A GENERAL GUIDELINE, DO NOT PUT ANYTHING IN YOUR BLUE BIN SMALLER THAN A CREDIT CARD (except for the lids mentioned above). Please remember, when it comes to recycling:

WHEN IN DOUBT – THROW IT OUT!

CURBSIDE COMPOSTING SPECIAL TIPS

By now, many of you have received your new green curbside compost can. Some of you may wonder if you will use this since you already have backyard compost. There are many things you can place in your curbside bin that you should not or may not want to put in a backyard bin. They are as follows:

Avocado seeds, Bones, Chopsticks, Toothpicks, Facial tissue, Meat and dairy products, Microwave popcorn bags, Napkins, Paper bags, Paper cups, Paper plates, Paper that has gotten wet, Paper towels, Pizza boxes, Popsicle sticks, Shredded paper, Spoiled food

Here are some items you cannot put into your green cart:

Plastic bags, Waxed juice and milk cartons, Glass, Dryer sheets, Antiseptic wipes & Baby wipes.

Only compostable plastic bags can be used to collect food product that is placed in the bin. The plastic bag must be BPI-Certified Compostable and display this label:



Please send any compost questions to me at recycling@hpwbana.org

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RANCH REPORT

The Ranch Report is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Ranch Report contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

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(Continued from Page 5)

QUESTIONS FROM OUR READERS

WHAT DO I DO WITH FERTILIZER, COMPOST, AND SOIL PLASTIC BAGS? These bags are treated with special polymers to make them hold more weight and therefore cannot be recycled at the plastic collection bins at the grocery stores. The Recycle & Reuse Drop-Off Center used to take them but can no longer accept them. Their vendors have concerns about the bags being contaminated from the products they contain.

NOT AVAILABLE ONLINE

Avery Ranch Golf Club
10500 Avery Club Dr
Austin, TX 78717
Sign Up www.vistaridgebaseball.com
CONTACT: vrhsbaseballp@gmail.com
Zach Berndmaier 512-923-9415

\$150
Single
\$500
Foursome
\$30
Dinner Only

VR
VISTA RIDGE HIGH SCHOOL BASEBALL BOOSTERS
11TH ANNUAL GOLF TOURNAMENT
FRIDAY NOVEMBER 1, 2019

PUTTING CONTEST @ 12:30pm
SHOTGUN START @ 1:30pm
DINNER & PRIZES Follow Tournament

All proceeds support the VRHS Baseball program and the Athletic Booster Scholarship Fund

3d/2n Pebble Beach Trip Hole in One Contest
5d/4n Cruise for Putting Contest & Women's longest drive
\$300 ticket vouchers to an event of your choice for Closest to the Pin & Men's lonest drive
Door Prizes, Mulligans, Dustin Johnson hole
Public Raffle Prizes: Big Green Egg, 50" Smart 4K LED TV, RTIC Backpack Cooler, Apple AirPods and Amazon \$100 Gift Card

The Vista Ridge Baseball Booster Club is an independent 501c corporation devoted to supporting Vista Ridge Ranger Baseball, and is not directly affiliated with Vista Ridge High School or the Leander Independent School District. For more information, contact Zach Berndmaier at vrhsbaseballp@gmail.com or visit www.vistaridgebaseball.com

This flyer has been approved by Vista Ridge High School and the Leander Independent School District.

STAY SAFE ON HALLOWEEN

Check your kids' candy for choking hazards like gum and hard candies.

Face paint is safer than masks.

Stay visible with a reflective bag.

Lighter-colored costumes are easier to see in the dark.

Always use a crosswalk to cross the street.

Fire-proof your pumpkins by lighting them with glow sticks.



MAKE SAFE HAPPEN



#MAKESAFEHAPPEN



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