

The Ranch Report

VOLUME 13 ISSUE 11 NOVEMBER 2019

Girls Empowerment Network Presents We Are Girls Austin 2019 Where Central Texas Girls Can “Believe It & Be It”



12th Annual Event brings girls in grades 3-8 and adults who care about them together for more than 60 different activities that ignite the power in girls

Girls Empowerment Network welcomes its 2019 featured speakers Aisha Thomas of San Antonio and April Bowman of Dallas to reinforce a powerful message for girls, BELIEVE IT & BE IT, at its twelfth annual WE ARE GIRLS AUSTIN on Sat., Nov. 16, 2019 from 9 a.m. – 3 p.m. (doors open 8 a.m.) at Anderson High School, 8403 Mesa Dr., in Austin, Texas. This year’s honorary chair is Dr. Collette Pierce Burnette.

“We Are Girls is an incredible day of education and self-discovery for girls,” says Julia Cuba Lewis, MSW, executive director, Girls Empowerment Network. “Girls walk through the doors and they learn that they are in charge of their day, choosing sessions where they can learn how to believe in their ability to succeed. We see many girls who open up their hearts to their moms who attended with them, transforming themselves and expanding their own views of what they believe is possible for themselves and for their relationships.”

WE ARE GIRLS is designed especially for girls in grades 3

through 8 and the adults who care about them. Its 2019 theme is BELIEVE IT & BE IT with inspiring speakers and dozens of activities and workshops covering everything from creativity and entrepreneurship to body image, bullying, and healthy relationships.

Aisha Thomas – Confidence Creator and Mental Health Advocate

Aisha Thomas aims to embed inclusion, self-love and motivation into the culture of each young person she encounters, resulting in healthier homes, schools and community climates. With an unstoppable mindset, Aisha overcame challenges including dating violence and sexual assault, to become an honor roll student at her high school. She graduated in the first computer networking program in her district, completed college, and joined the United States Air Force (USAF), where she has served for more than 14 years. She is a member of RAINN (Rape, Abuse & Incest National Network), the nation’s largest anti-sexual violence organization, and speaks at universities, community organizations and churches. She is also a lead Facilitator for the Department of Defense, educating civilian and military members on suicide and interpersonal violence.

April Bowman – Founder & Chief Executive Officer of Bold Believers United

Empowering people to reach their full potential is at the core of everything that April Bowman, M.S. does. She has worked in education for over 15 years, impacting more than 20,000 young people across the country. Her experience includes leading afterschool programs and summer camps with Parks and Recreation; coaching and consulting with non-profits, schools and foundations; college and career guidance counseling; working in student affairs at Northwestern University; serving as the inaugural Director of Alumni Programs for Uplift Education – the

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RANCH REPORT

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
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
Perdernalles Electric.....	512-219-2602

TEXAS GAS SERVICE

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

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NEWS

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PUBLISHER

Peel, Inc. 512-263-9181
Advertising..... advertising@peelinc.com

(Continued from Cover)

largest charter school in North Texas; and, facilitating trainings on how to talk to about race, racism and equity through the Center for Racial Justice in Education. She currently leads Bold Believers United.

April is a recipient of the 2019 Dallas Business Journal Top 40 Under 40 award. She was also a 2018 finalist for the Dallas Startup Evangelist of the Year Award. In 2018, her client, Church Farm School, was awarded funding by the Oprah Winfrey Foundation for work April led with a 9th-12th grade boarding school to develop a successful college completion program.

As the first person in her family to graduate from college, April earned a Master of Science degree from Northwestern University in Learning and Organizational Change and a Bachelor of Arts from the University of Washington in Sociology and Geography. She is currently pursuing a Master of Divinity from the King's University, where she also serves as President of the Graduate Student Council.

In addition to its featured speaker, We Are Girls Austin offers girls and adults a wide range of presentations, workshops and hands-on activities designed to promote well-being, creativity, goal-setting and more. Conference organizers recruit experts from areas including arts, education, social/emotional learning, health and wellness, dance, parenting, counseling, technology and entrepreneurship.

Tickets to We Are Girls Austin are \$30 and are available for purchase at the event and online at www.wearegirlsAustin.eventbrite.com. Scholarships are available. Admission includes lunch, GIRLSFair, supplies, goodie bag, access to all Featured Conference Speaker's presentations, breakout workshops and resource fair.

About Girls Empowerment Network and We Are Girls - Girls Empowerment Network knows girls are powerful, and it's their mission to help girls know it too. Through schools, camps and conferences, girls experience a self-efficacy curriculum that teaches them how to believe in their ability to succeed. WE ARE GIRLS was created in 2008 as a one-day event for girls to expand their view of what's possible alongside experts and the people who care about them.



A Focus on Influenza: What You Should Know About the Flu

By Concentra Urgent Care



The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. Every year in the United States, on average:

- 5% to 20% of the population gets the flu
- More than 200,000 people are hospitalized from flu complications
- About 36,000 people die from flu

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

How flu spreads

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Apparently healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Key facts about seasonal flu vaccine

The single best way to protect against the flu is to get vaccinated each year. There are two types of vaccines:

The “flu shot”: an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

The nasal-spray flu vaccine: a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). LAIV is approved for use in healthy

people two to 49 years of age who are not pregnant. The viruses in the vaccine change each year based on international surveillance and scientists’ estimations about which types and strains of viruses will circulate in a given year. About two weeks after vaccination, enough antibodies build up to provide protection against the influenza virus.

Symptoms of the flu

- Fever (usually high)
- Headache
- Fatigue (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults)

Having these symptoms does not always mean that you have the flu. Many different illnesses, including the common cold, can have similar symptoms.

Diagnosing the flu

It is very difficult to distinguish the flu from other infections on the basis of symptoms alone. A doctor’s exam may be needed to tell whether you have developed the flu or a complication of the flu. There are tests that can determine if you have the flu as long as you are tested within the first two or three days of illness.

If you develop flu-like symptoms and are concerned about your illness, especially if you are at high risk for complications of the flu, you should consult your health care provider. Those at high risk for complications include people 65 years or older, people with chronic medical conditions, pregnant women, and young children.

Good health habits for flu prevention

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your mouth when you cough and washing your hands often can help prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose when you cough or sneeze.
- Clean your hands.
- Avoid touching your eyes, nose or mouth due to the spread of germs.
- Practice other good health habits:
 - Get plenty of sleep
 - Be physically active
 - Manage your stress
 - Drink plenty of fluids
 - Eat nutritious food

Excluding Pests



When the weather turns towards autumn and leads into winter, many pests start looking for a cozy place which can often lead them inside your home. By performing a thorough inspection, you can locate areas where these pests may enter and stop them before they become a problem.

Inside the home, look around doors and windows and if you see light around them it's a sign there isn't a good seal and weather stripping should be replaced. Inspect the attic for holes or entry points for small mammals such as rats, mice, and squirrels. Attic vents should be covered with stainless steel screening to block animals from entering. Outside, inspect the perimeter of the home for cracks and crevices in the foundation that should be sealed. Locate pipe and wire penetrations that enter the structure and seal areas that allow pests to enter.

Ideas on how to exclude pests from your home:

- Trim back or prune any trees and shrubs that touch or overhang the home
- Seal pipe & wire penetrations with copper mesh, sealant, or expanding foam

- Replace weather stripping around doors and windows if there is not a good seal
- Repair or replace window screens with holes
- For homes with brick or stone facades, stuff weep holes with copper mesh
- Clean debris from gutters to reduce harborage areas for pests
- Inspect all furniture, boxes, and bags for pests before carrying them into the home
- Inspect all plants for insect pests before bringing them into the home
- Do not store firewood inside the home, against outside walls, or near doors
- Use sheet metal, hardware cloth, or steel wool to seal any areas where animals have chewed to enter the home**

**make sure animal is not in the home or you'll seal it inside!

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at:

www.urban-ipm.blogspot.com

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 / project accession no. 1013905] from the USDA National Institute of Food and Agriculture.



FOR MORE THAN A WORKOUT

At the YMCA of Austin, we're more than just a gym. The Y is a nonprofit committed to helping everyone thrive at each stage of life. Our community brings together people of all abilities, ages, ethnicities, financial circumstances, genders, races, religions and sexual orientations.

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@ New Wal-Mart
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Cedar Park, TX 78613
512-259-1255

3 Holiday Activities to Engage with Loved Ones

Any time can be the right time to enjoy memorable moments with family members, but the holidays present a special opportunity to have meaningful conversations and interactions with loved ones.

One of the best ways to spark creativity and generate memories is through activities that get the conversation started, whether it's remembering favorite moments from the past or simply sharing notes of appreciation. This holiday season, consider these activity ideas from the Funeral and Memorial Information Council, which created the "Have the Talk of a Lifetime" initiative to encourage families to facilitate conversations that become invaluable when the time comes to honor a loved one.

While these conversations can be difficult to engage in and even harder to begin, the natural bonding moments that stem from activities like these can help make the process easier.

Gratitude Tree

Start a new tradition by creating a gratitude tree, a simple decoration you can look forward to using each year as a reminder of what you and your family are thankful for.

To make a gratitude tree, collect twigs or branches, dry them out and cut them to the desired lengths. Put the branches in a vase or decorative container. Punch holes at the tops of fall-colored paper to be used as tags then instruct guests to write what they're grateful for on each tag.

Take turns reading the tags and tie them to the branches then keep the handwritten tags in a safe place until they can be read again each holiday season. Over the years, as the tree fills up, you'll have a lifetime of memories to share.

Time Capsule

Making a holiday-inspired time capsule can help strengthen family bonds while preserving treasured memories and creating opportunities for future holidays when it's time to reopen the contents.

Use a sealed container or plastic bag to protect items from moisture and mold then place the container in a box that can be decorated and stored in a safe place with related holiday decorations. Mark on the container the date it was created for future reference, and pack it with items like family-favorite recipes; notes about significant



events from that year like births, weddings, graduations and more; copies of newspapers detailing high-profile happenings; and pictures, drawings and notes from the year.

If you're patient enough to wait, try leaving the contents undisturbed at least five years to give the memories even more meaning when the time comes to relive those special moments.

Memories Tablecloth

To help keep important family footnotes front and center during future celebrations, a memorial tablecloth provides each person an opportunity to personalize a piece of popular decor. As you gather around the table for holiday meals, ask each family member to jot down a favorite memory or something he or she is thankful for along with a signature and date.

You can make it an annual event by using the same tablecloth each year and, before long, it will be filled with personal memories as a way to cherish relationships as time goes on. Just use an appropriately sized, inexpensive white canvas drop cloth. Place fabric markers in the center of the table before inviting guests to participate, and to help distinguish each year, try using different colored markers.

Find more ways to celebrate the holidays with your loved ones at talkofalifetime.org.

Photo courtesy of Getty Images #14949

Source: Funeral and Memorial Information Council

Content downloaded from familyfeatures.com.

SHEDDING LIGHT ON NEW BULBS



Standard incandescent light bulbs may soon become a thing of the past. Under the Clean Energy Act of 2007, required the sale of energy-inefficient incandescent bulbs to be phased out over a two-year period, beginning with 100-watt bulbs in January 2012. Compact fluorescent lights (CFLs) have become the most popular replacement choice. The typical CFL uses 66 percent less energy and lasts up to ten times longer than an incandescent bulb.

Making the switch to CFLs doesn't require that you throw out all your incandescent bulbs right away. Even a gradual change can result in significant savings. Just replacing your home's five most frequently used light fixtures can save you more than \$65 each year, as CFLs provide the most savings when a lighting source is used for at least two hours a day. You can continue to use incandescent bulbs for fixtures that are only on for a few minutes at a time, such as closet lights, changing to CFLs as your supply of incandescent bulbs runs out.

One important point to know about CFLs is that they contain an average of 4 milligrams of mercury (about the amount that would cover the tip of a ballpoint pen). The mercury is sealed within the bulb's glass tubing, and no mercury is released when the bulb is intact or use. Special caution must be taken when disposing of used bulbs or cleaning up broken bulbs, however. Some states require used CFL bulbs (broken and unbroken) to be taken to local recycling centers for disposal. And if a bulb breaks in your home, you should follow the Environmental Protection Agency's guidelines to clean up the debris:

Before Clean-up: Air Out the Room

- Have people and pets leave the room, and don't let anyone walk through the breakage area on their way out.
- Open a window and leave the room for 15 minutes or more.
- Shut off the central forced-air heating/air conditioning system, if you have one.

Clean-Up Steps for Hard Surfaces

- Carefully scoop up glass pieces and powder using stiff paper or cardboard and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.

- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- Wipe the area clean with damp paper towels or disposable wet wipes. Place towels in the glass jar or plastic bag.
- Do not use a vacuum or broom to clean up the broken bulb on hard surfaces.

Clean-up Steps for Carpeting or Rug

- Carefully pick up glass fragments and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.
- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- If vacuuming is needed after all visible materials are removed, vacuum the area where the bulb was broken.
- Remove the vacuum bag (or empty and wipe the canister), and put the bag or vacuum debris in a sealed plastic bag.

Clean-up Steps for Clothing, Bedding and Other Soft Materials

- If clothing or bedding materials come in direct contact with broken glass or mercury-containing powder from inside the bulb that may stick to the fabric, the clothing or bedding should be thrown away. Do not wash such clothing or bedding because mercury fragments in the clothing may contaminate the machine and/or pollute sewage.
- You can, however, wash clothing or other materials that have been exposed to the mercury vapor from a broken CFL, such as the clothing you are wearing when you cleaned up the broken CFL, as long as that clothing has not come into direct contact with the materials from the broken bulb.

- If shoes come into direct contact with broken glass or mercury-containing powder from the bulb, wipe them off with damp paper towels or disposable wet wipes. Place the towels or wipes in a glass jar or plastic bag for disposal.

Disposal of Clean-up Materials

- Immediately place all clean-up materials outdoors in a trash container or protected area for the next normal trash pickup.
- Wash your hands after disposing of the jars or plastic bags containing clean-up materials.
- Check with your local or state government about disposal requirements in your specific area. Some states do not allow such trash disposal. Instead, they require that broken and unbroken mercury-containing bulbs be taken to a local recycling center.

Future Cleaning of Carpeting or Rug: Air Out the Room During and After Vacuuming

- The next several times you vacuum, shut off the central forced-air heating/air conditioning system and open a window before vacuuming.
- Keep the central heating/air conditioning system shut off and the window open for at least 15 minutes after vacuuming is completed.



Keep Our
Neighborhood
Beautiful!

**PLEASE REMEMBER
TO PICK UP
AFTER YOUR PETS**

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Happy Thanksgiving



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