

HOME *on the* RANCH



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Granite Shoals • Glenfield • Greens Highlands • Landing • Morningside
Overlook • Parkside • Reserve • Waters Edge • Westchester



September 2012

OFFICIAL NEWSLETTER OF THE AVERY RANCH HOA

Volume 6, Issue 9

Semi-Annual Neighborhood Garage Sale

SEPTEMBER 29TH, SATURDAY FROM 7 A.M. TO 1 P.M.

Submitted by Rona Quejada

De-clutter your home and garage from top to bottom, the semi-annual Neighborhood Garage Sale could help you get rid of all the things you've identified as no longer necessary to you.

To help determine what those items are, ask yourself the following questions: Do I really need it? Have I used it in the past couple of years? Do I still enjoy it? Does it still work? If you answered "no" to the first 3 questions and "yes" to the last question, put them on sale on September 29th.

With almost a hundred individual neighbors participating as sellers and many more people driving to our neighborhood in search of a "good buy", our neighborhood garage sale has proven to be one of our neighborhood's most popular events. As with previous neighborhood garage sales, AR residents are invited to participate. Each resident sets up and conducts their yard sale.

The Avery Ranch Garage Sale will be advertised in the Austin American-Statesman and on Craig's List.

Remember, "One man's junk is another man's treasure."



Avery Ranch Cave Day

Submitted by Bob Beyer, ARSC

The Avery Ranch Cave will be open to the public on September 15th for viewing between 10 AM and 4 PM. The Cave is located on Morgan Creek Drive, across from the tennis courts. This cave, under the ownership of the Texas Cave Conservancy, is small but magnificent with very colorful formations to enjoy - just 10 feet underground. The cave is open twice a year in spring and fall. Be prepared to descend a 10' vertical ladder to enter the cave.

If you haven't seen this Avery Ranch treasure, you are in for a treat!

Landscaping Enforcement

Submitted by Khris Mire, AROA Director

The decision was made at the August HOA board meeting to reactivate the enforcement of the landscaping guidelines. As a result, homes in violation of the Master Declaration of Covenant, Conditions, and Restrictions will begin receiving violation notices by way of a first letter being a warning and subsequent letters producing fines. Per Article IV Residential Restrictions and Requirements 4.02 (F) front yards must be fully sodded with the approved turf and include at least two (2) live trees. A xeriscaping variance has been created to allow up to 75% of a front lawn to be converted using drought tolerant plants and materials. Any modifications must be approved before the work is started. The MDCCR's, Xeriscaping standards, and the Architectural Design Improvement Request can all be found on the official Avery Ranch website (www.averyranchhoa.com).

HOME ON THE RANCH

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.
Cedar Valley Middle School..... 428-2300
..... 8139 Racine Trail
McNeil High School..... 464-6300
..... 5720 McNeil Dr.

LEANDER ISD

Rutledge Elementary..... 570-6500
..... 11501 Staked Plains Dr.
Henry Middle School 570-3400
..... 100 N. Vista Ridge Dr.
Vista Ridge High School..... 570-1800
..... 200 S. Vista Ridge Dr.

UTILITIES

City of Austin Water 512-494-9400
Perdernal 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

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RESIDENT BOARD MEMBER

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D.R. HORTON

Tom Moody..... TEMoody@drhorton.com

Note: Due to vacancies on the board, residents Steven Pierce and Robert Cummings have been appointed to serve until the Annual meeting, at which time, the board will have 5 positions up for election.

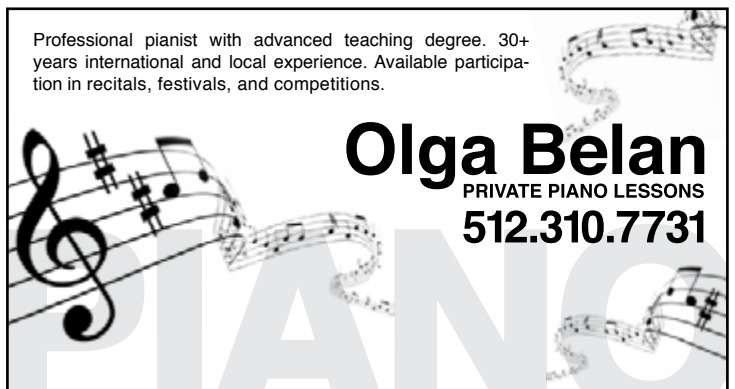
EVERY RANCH HOA WEBSITE

Visit the Avery Ranch HOA website at AveryRanchHOA.com

FOR QUESTIONS OR CONCERNS

For questions or concerns in your neighborhood contact our Property Manager and HOA Board at GetHelp@AveryRanchHOA.com.

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Calendar of Events

HOA MONTHLY BOARD MEETING

Next meeting - Monday, September 10th

Board Meetings are held on the 2nd Monday of each month at 7pm, except for holidays. Board members will meet on these dates to discuss issues related to Avery Ranch. Agenda can be found on the Avery Ranch Website in the discussion forums section no later than Friday prior to the meeting. If you have an item you would like discussed during one of these meetings, please contact Alliance Association Management, Inc. at 347-2888. The location for meetings is at the Morningside Amenity Center.

UPCOMING AVERY RANCH EVENTS:

Avery Ranch Yard & Garden Clinic

Thursday, September 20th at 7 p.m.

Meeting Room, Main Amenity Center

Master Gardener Bob Beyer and landscape professional Lisa LaPaso offer free landscape advice.

(See article in this issue for details)

Neighborhood Garage Sale

Saturday, September 29th from 7 a.m. to 1 p.m.

Start cleaning out your garage and closets and get your items ready!

Sale to be advertised in the Austin American-Statesman and on Craig's List

Harvest Hayride and Children's Costume Contest

Saturday, October 27th from 4-6 pm at the Main Amenity Center

Costume contest for kids 12 and under, Judging at 5 pm and prizes will be awarded

Come out for a hayride in horse drawn carriages.

If you're motivated to volunteer, get in touch with the co-chairs Jean Mayo and/or Karen Niefert or send an Email message to arsc@averyranchboa.com. In particular, we are looking for an Avery Ranch resident that can help out as a magician for this event.

Movies in the Park is back!

Saturday, November 17th at dusk, Main Amenity Center

Your Social Committee is bringing back the "Movies in the Park" at the MAC with a date set for November 17th. Plans are underway to revive this popular family social event coinciding with the return to standard time, earlier nightfall and cooler weather, A family friendly movie for young and old alike will be selected. As plans develop, we will provide more information through Home on the Ranch, the Avery Ranch website, and Avery Ranch Neighborhood Events Facebook page.

NOT AVAILABLE ONLINE

James Stinson

512-801-2547
james@homeloansbyjames.com
NMLS# 918950

7731 Manchaca Rd
Austin, TX 78745



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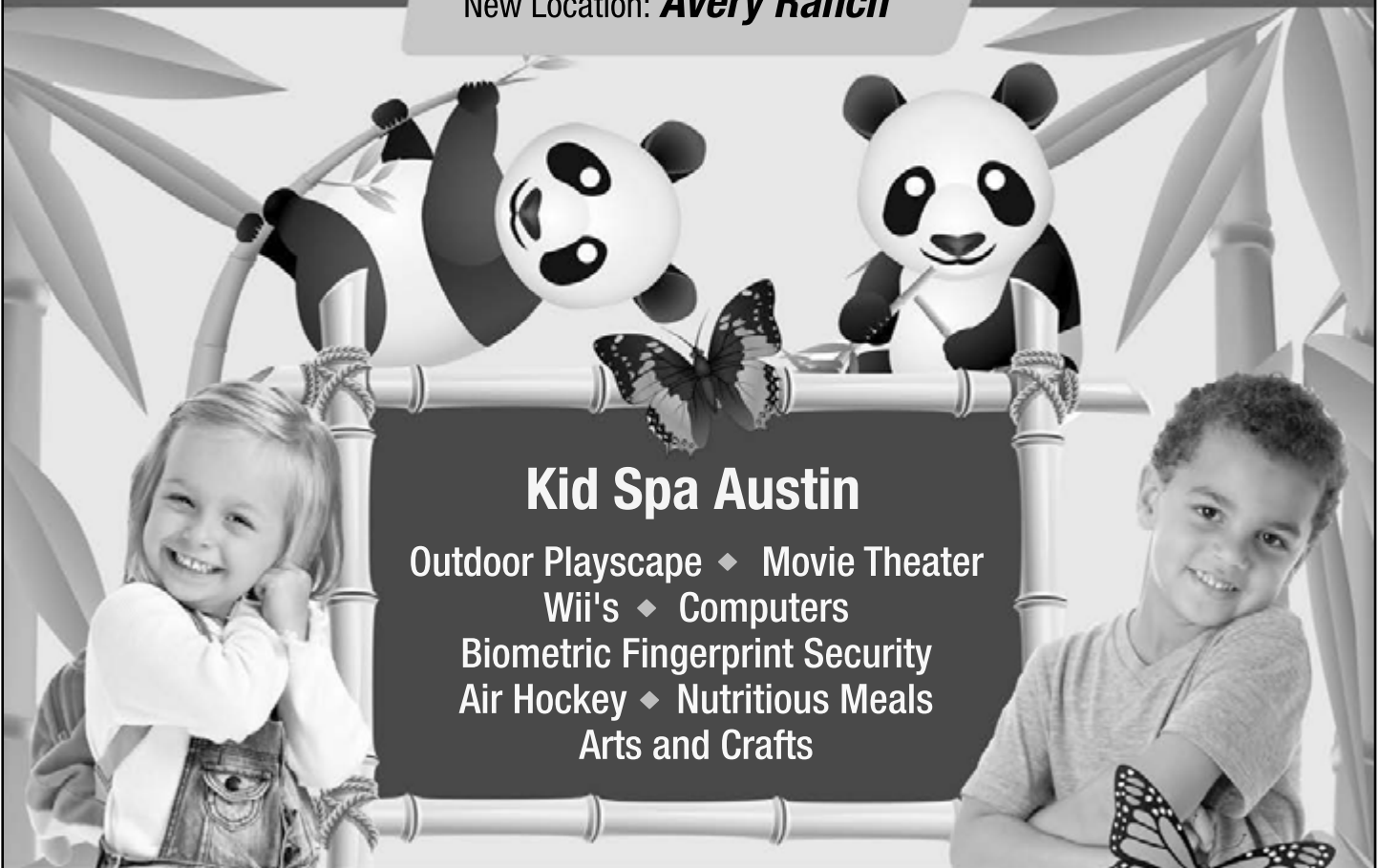


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LOCATIONS:

Circle C Ranch in SW Austin, TX
5700 W. Slaughter Lane Ste. 380
Austin, TX 78749
(512) 301-5772

Avery Ranch in NW Austin, TX
10526 W. Parmer Lane Ste. 501
Austin, TX 78717
Opening Fall 2012

HOURS OF OPERATION:

M-Th 7:30am-10:00pm
Fri 7:30am-12:30am
Sat 9:00am-12:30am

Sundays we are closed, but available
for Birthday Parties!!!

Visit our website at www.KidSpaAustin.com

Avery Ranch Facility Rental

Need a place for a birthday party or meeting? Remember, Avery Ranch has several facilities available. There is the pool pavilion, where you can rent the complete area, or just half. If you need indoors with air condition, a refrigerator and chairs, there is a room at the main pool that can handle up to 35 guests.

Do you simply want a small room to have a business conference? Try the Glenfield Amenity Center. It has U-shaped seating with seating for 14 people. For more information on rentals and rates, contact Alliance at 347-2888 or via email info@allianceonline.net.

Ever want to find a number or a link for a city ordinance, common code violation? Perhaps you'd like to report a dead animal, or read the city council minutes, take a look at crime statistics or just to file an online report for a streetlight that is out? Now, Under LOCAL INFO tab of the www.AveryRanchHOA.com website, there is a CITY OF AUSTIN USEFUL CONTACT document listing useful links.



The Avery Ranch Homeowners Association are giving a shout out to the Avery Ranch Social Committee and to our community event sponsors

Rudy's Country Store, Randolph Brooks Federal Credit Union and Mighty Fine Burgers!!

They continue to make our neighborhood activities possible!

Avery Ranch Summer Swim Lessons 2012

Submitted by Steve Roebuck, AROA President

Once again, the YMCA has provided a wonderful service to Avery Ranch. This year, around 260 of our children participated in swimming lessons over the summer, taught at the Main Amenity Center Pool. At the end of season party, all attendees were provided with hot dogs, snacks, ice cream, drinks and of course the YMCA/Avery Ranch Swimming T-shirt. A big thanks to Social Committee volunteers who made the party possible.

Go paperless with your HOA quarterly statement!

Want to save homeowners \$6,000 annually? That is the postage expense incurred by the HOA to mail your quarterly paper statements. Opt to receive your quarterly statement electronically. To register for this free service, visit www.estmt.net. Then watch out for an email notification that your HOA quarterly statement is ready for viewing, you'll need to log-on to the site to confirm your request for electronic billing.

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View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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Avery Ranch Landscape and Garden Clinic

The Avery Ranch Landscape and Garden Clinic will resume monthly gatherings this fall beginning with a program by Lisa LaPaso entitled "Fall Gardening" on Thursday evening at 7:00 P. M. in the Main Activity Center meeting room. Come and be inspired by the opportunities fall present to extend the growing season, prepare for winter, and develop plans for next year's gardening. Fall is the ideal time to begin reconstruction and transition of your landscape to more water efficient xeriphytic landscape.

This Clinic will be held each **THIRD THURSDAY** of the month at the same location. Meeting dates for Fall include September 20th, October 19th, and November 16th. If there is sufficient community support, we will continue the Clinics through Spring beginning in January. Volunteer Clinic facilitators are Bob Beyer and Lisa LaPaso, Following a 30 minute educational presentation, the floor is open for discussion, questions, and sharing of information about the challenges we face in creating and maintaining a home landscape and garden. The Avery Ranch HOA supports this clinic as a means to provide expert help to our residents with their gardening and landscaping issues.

We hope you will take advantage of this opportunity to learn and share your gardening questions so that we may all collectively learn more about how to have a more beautiful and carefree landscape that will help make our community proud!

For more information about the Clinic, contact Bob Beyer at txbeyer@austin.rr.com or Lisa LaPaso at lisalapas@yahoo.com. Hope to see you at the Clinic on Sept. 20th!

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HOME ON THE RANCH

Planning a Curbside Garden

By Patty Hoenigman, Master Gardener,
Landscape Design Consultant

Are you planning to remove the grass between your sidewalk and the street and make it into a low-water-usage garden? September is a great time to make your plans since October is the best planting season in central Texas.

One of the nicest examples of a curbside garden is in Morningside at 15301 Whistling Straits Dr. You can drive by any time to see what Randy and Becky Washington have done. Enter Morningside by the pool and take the second right. They have used Gulf Muhly Grass, Green and Gray Santolina, Blackfoot Daisy, Walker's Catmint and Blue Daze (*Evolvulus*). You can search the internet for these plants by name, and any other that may interest you, to see what they look like, if they require sun or shade, how big they will grow and if they are drought tolerant. We are in zone 8b, which is based on the average freeze date, so I like to choose plants that will tolerate zones 7, 8 and 9 in case we get an early cold snap or have a summer that's hotter than normal.

You might decide to use just one variety of plant to cover your entire strip, giving a unified look to the space. For more variety, select 3 or 4 different plants that give a contrast of color, size and texture. If you like the way they look together when they are in pots, you will like them when they get bigger in your garden.

What plants should you choose for such a small space? Native plants that are drought tolerant will be your best choice. Our HOA rules say they need to stay under a maximum height of 18" and not have thorns. You also want to choose plants that will stay within the space you have available at their mature size. Start by measuring your space and draw it on graph paper; allow 1 square to represent 1 foot. Choose some plants and see how big they are supposed to grow. If they are going to grow 3 feet wide, you will want them to have at least that much growing space, less if you want them to overlap, more if you like seeing some space between your plants. Draw circles on your graph to represent your plants and visualize how they will look.

Curbside gardens can be a lovely addition to your garden space. They will still require weeding and maintenance, but will save water. Even drought-tolerant plants need to be watered regularly at first until their roots are established, and then they will do well with occasional hand-watering during hot summer months. You might opt to install a drip system that waters the ground, rather than over-spraying onto sidewalks and roads. Plan to add 2 inches of mulch on top after you've put your plants in the ground.

If you are feeling unsure about plant choices, remember that if one plant doesn't do well, you can always choose again!

**Remember that making this change to your landscape requires HOA permission. Go to www.averyranchhoa.com "Documents Library" for the ADRC application, which can be sent in electronically. A drawing and description of work & materials needs to be provided with the application.*

MOMS Club **OPEN HOUSE**

The MOMS Club Round Rock South chapter would like to invite you to their **FALL OPEN HOUSE Bubble Day:**

**Cat Hollow Park
Friday, Sept. 28th @ 10am**



**Come play at the park,
meet new friends & enjoy**

- Bubble blowing
- Balloons
- Popsicles
- Snacks
- Learn about MOMS Club

MOMS Club is a non-profit organization with chapters made up of local stay-at-home mothers that offer support and social activities for moms in the area.

More info at <http://momsclubRRS.tripod.com>
or contact: momsclub.roundrocksouth@gmail.com



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Avery Ranch



GLENFIELD MODEL



SEPT. 9TH AT THE POOL!



READY FOR SCHOOL!

Leander ISD Back to School 2012-2013 First day of school is Monday August 27th

I would love to welcome all the new families that have recently moved into the Avery Ranch Community. You will love living in Avery and your children will really enjoy the schools.

I invite you to join us on Sunday September 9th between 2-4 p.m. for our annual **Summer Splash** at the D.R. Horton model at 14205 Marathon Rd. and at the pool across the street. We will have snacks and Kona Ice snowcones to cool you down. Bring your swim suits. Please R.S.V.P. to Raquel at 218-4881 or email ratwell@drhorton.com

Just a few things I have found that may be helpful:

- Leanderisd.org is the school website that has everything you need.
- Spartan Camp is a half-day orientation held for students planning to attend Stiles Middle School. Please contact 570-3800 for info. You will be able to take a tour and ask questions.
- Parents of Students that will attend Stiles Middle School are invited to an informational meeting on Wednesday, August 15th. Check the website because 6th, 7th & 8th grades have different times.

- 6th Grade Open House - August 22nd - 6:30 - 8:00 p.m.
- 7th & 8th Grade Open House - August 30th - 6:30 - 8:00 p.m.
- School supplies are posted on the website for all grades

Dates, Holidays & Events

First Day of School	Aug. 27	Christmas.....	Dec. 25
Labor Day	Sept. 3	MLK Day	Jan. 21
Rosh Hashanah.....	Sept. 17-18	Spring Break	March 11-15
Yom Kippur	Sept. 26	Good Friday.....	March 29
Columbus Day	Oct. 8	Bad Weather	April 29
Veteran's Day	Nov. 12	Bad Weather	May 27
Thanksgiving	Nov. 22	Memorial Day	May 27
Hanukkah	Dec. 9	Last Day of School	June 7

Most Recent New Homes Closed

1905 Plan - The Kensdale - \$251,741
2480 Plan - The Hillary - \$268,880

Please contact me if you know anyone that would like information on our New Homes in Glenfield @ Avery Ranch. We have a referral program and can help you sell your home and move you in to a larger home or a smaller home!



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Reflections On A Xeriscape

by Bob Beyer, Travis County Master Gardener

In fall of 2011, we stripped our entire yard of St. Augustine grass (mostly dead after the record heat and drought of summer), and did a completely xeriphytic landscape, front and back. BEST MOVE WE EVER MADE! It was hard work as we - nearing 70 senior citizens - did 90% of it, and it took a chunk out of our budget for the materials, but the rewards we are enjoying this summer rivals that of an Olympian receiving a gold medal. That investment in time, energy, and resources, or better expressed as "the up front investment", has reaped enormous reward.

Reflecting on it now, in the middle of summer 2012, we:

1. Don't have to spend hours mowing a lawn in the hot and muggy weather
2. Don't have to water, except in prolonged dry spells – saving water and dollars.
3. Enjoy a beautiful, self- sustaining garden-type landscape from indoors.
4. Enjoy seeing the various wildlife that are attracted to a natural type landscape
5. Do minimal maintenance, which can be easily done within an hour in early morning.
6. Have time to enjoy other pursuits due to less time needed to maintain it.
7. Don't worry about losing plants due to severe heat or cold using adaptive plants
8. Have created a yard of interest and diversity to be enjoyed by the neighborhood
9. Enjoy having the yard look good at all times

Does this mean we can just sit back and forget about the yard? NO, not at all. Leaf drop in fall, weed infestation, watering plants in containers, limited edging, and trimming of shrubs as needed still remain on the maintenance chore list. But by walking the yard regularly, a list of needed chores can be made and done during the cooler part of the day. By not putting off these minor chores,

maintenance becomes a less stressful and strenuous thing. Also the very design of the xeriscapes can reduce maintenance needs. There is no such thing as a maintenance free yard, but the degree and amount of maintenance can be greatly reduced. This is something to appreciate in the heat of summer in central Texas

What about changing the look of the garden occasionally? A xeriscape need not be a static or permanent thing. During appropriate times of the year, plants can be transplanted, replaced with something different without further bed preparation once the basic xeriscapes design is created, Hardscape materials can be moved or added to give a different look, Seasonal plants can always be integrated at any time.

Experience is said to be the best teacher, so now that we have had the experience of making a transition to a xeriscaped yard, we are eager to share our evaluation of this effort. We learned:

1. Planning and designing well ahead is critical to success – on paper, researched, well thought out the process. Check for HOA restrictions and guidelines first.
2. It is advantageous to stockpile materials (rocks and other natural items to be used) in advance to facilitate a smooth work schedule.
3. Fall and winter are the best times to do the construction when it's comfortable weather and more importantly, plants have an opportunity to become established by spring. If planting in spring, do so as early as possible.
4. Doing the project in realistic segments and time phases allowed mid stream adjustments to be made. Even the best layed plans can go astray or have faults.
5. We found stripping existing lawn to the ground with a weed eater to work very well although follow up might be necessary – and the finely cut grass can be raked to create wonderful compost.
6. Do expect to lose some of your initial plantings. Even using native and xeriphytic plants, they need more water up front and time to get their roots established, but there may be a few casualties.

(Continued on Page 11)



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HOME ON THE RANCH

(Continued from Page 10)

7. Use the City of Austin's Grow Green free booklet and other growing green free resources for choosing appropriate native and adaptive plants. It has all the information you need to make good choices.

The only mistakes made during our experience was that some plant choices didn't work well, requiring replanting with a different selection. The reason why more mistakes weren't made was that we took so much time up front to design and plan well – the old “ounce of prevention beats a pound of cure” approach.

Does a project like this seem overwhelming to you? Believe me, it's all worth it! We have years of relatively carefree gardening and landscape maintenance ahead and can sit back and marvel at the benefits of a xeriphytic landscape. Life has become more enjoyable, less stressful, and to repeat, it's the “BEST MOVE WE EVER MADE”.

You can see the story about our xeriscape transition to be aired September 15th on KLRU-TV's Central Texas Gardener show, which will also be posted on YouTube afterward. We hope you will consider the value and benefit of making the move to a xeriscaped yard. It makes so much sense and is so rewarding as we can personally testify.



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HOME ON THE RANCH

Get Involved in Your Community

We have community events because AR Residents make it happen!

Join the Avery Ranch Social Committee! Help out your community by getting involved, even in just one event. If you have a passion for a certain activity, come out to our monthly social committee meeting and let us know. You don't have to attend every meeting all year long. Contact our Avery Ranch Social Committee Chairperson Jean Mayo at jmayo002@austin.rr.com

The Social Committee meets every 1st Thursday at 7p.m. at the Meeting Room located by the pool of the Main Activity Center (Morningside).

The Event Calendar is posted on the HOA website under the Social Committee Forum and at the Avery Ranch Neighborhood Events Page on FaceBook

<http://www.facebook.com/pages/Austin-TX/Avery-Ranch-Neighborhood-Events/132212366794767>

Playtime for kids... Adult time for parents! Become a part of the Avery Ranch Playgroup! To know more about it, contact April Aguren at april.aguren@averyranchhoa.com

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4. Delete unused online accounts and keep only the accounts you most frequently use
5. Let your contacts know that your email account was hacked

Completing these steps may take some time. However, it's worth the effort in safeguarding not only your personal information, but also your contacts' personal information.

This content is for informational purposes only and may not be wholly or at all applicable to every situation or jurisdiction. We strongly urge you to consult your professional advisor prior to acting upon the information contained herein. Not a commitment to lend. Borrower must meet qualification criteria.

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Local dog rescue collecting unwanted pet items

SEPTEMBER 6-9

Wags, Hope and Healing (WHH), a rescue and rehabilitation center for neglected dogs, is collecting new or slightly used pet items from Thursday, September 6, through Sunday, September 9.

The organization recently moved to a remarkable six-acre plot in southwest Austin to better enable them to assist dogs in need. WHH is reaching out to the community to help them prepare for their growing number of rehabilitating dogs and increasing financial costs.

ITEMS ON THEIR WISH LIST INCLUDE:

- * Canned and dry dog food
- * Clean bedding/towels
- * Collars and leashes
- * Dog toys
- * Kiddie pools
- * Bleach
- * Paper towels
- * New or used fencing material (please call ahead with large items so they can be picked up same-day 512-777-9936)


Drop-off zones in the Austin area include:

- * Spicewood: Paleface Feed & Garden Supply at 21120 W Hwy 71, Austin, 78669

* Bee Cave: Petsmart in Austin/Bee Cave at 12812 Shops Parkway Ste 400, Austin, 78738


* Steiner Ranch: Steiner Ranch H.O.A. office on behalf of Gusto Dogs Dog Walking, at 12550 Country Trails Ln., Austin, 78732

* Downtown: Woof Gang Bakery at 1204 North Lamar, Austin, 78703
For those who are unable to donate items on these days but would still like to contribute, please call WHH volunteer Kristen West at 512-940-1926 to make arrangements. WHH also encourages the community to learn more about their organization and make much-needed, tax-deductible online donations at www.wagshopeandhealing.org.



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Dripping With Taste

Wine & Food Festival 2012

By Around Dripping Springs - www.AroundDrippingSprings.com

The 5th annual Dripping with Taste Wine & Food Festival will take its popular foodie-tainment event to another level on Saturday, September 8, with a new location and expanded offerings of gourmet foods, local wines, craft beers, artisans, and live music.

Shannon Moler, Director of the Dripping Springs Visitors Bureau which sponsors the festival, said the venue relocation to the Texas Hill Country Olive Company offers the perfect setting.

"The Texas Olive Company's Tuscan-styled tasting room and orchard is breathtaking, and right in the heart of Dripping Springs," Moler said.

Moler, who is also the event chair, said the festival showcases the variety and quality of foods and wines throughout the Central Texas Hill Country region, starting with Dripping Springs.

"Local wineries like West Cave Cellars and Bell Springs are coming, and Fredericksburg wineries like Grape Creek and Becker are coming," Moler said. "We have more than 20 wineries from throughout the region, as well as chefs and dozens of area gourmet and specialty foods, plus, more than two dozen creative artisan vendors, too."

"Another surprise for visitors to Dripping Springs is the local craft beers, which will be represented at DWT2012 by area breweries like Jester King, Thirsty Planet, Independence, and Twisted X."

Moler said other locally crafted, unique beverage options at this year's festival will include sparkling hard cider from Argus Cidery, and Texas Sake. Making their first appearance also will be Texas Coffee Traders from Austin. Even Williams Sonoma is sending a chef to the festival for the first time, to present two cooking demonstrations.

The lineup of live music entertainment will be varied and upbeat, with five bands scheduled to play throughout the day. The festival will close with a VIP awards ceremony from 7pm - 8pm, for the best in show chefs, wines, and foods. And speaking of VIP, even the women's bathroom facilities on site will be upscale, with "Elite Silver Platinum" air-conditioned trailers featuring individual stalls with sinks and mirrors.

Proceeds from this year's festival benefit the non-profit Dripping Springs Visitors Bureau, launched in early 2012 with a mission to attract Hill Country visitors and guests to the town. According to Moler, the Dripping with Taste festival is made possible through a concerted community effort that pays off for visitors and residents alike.

"This event takes a lot of energized volunteers, community leaders and business owners but the effort is worth it," Moler said. "Visitors are delighted to learn they can experience all the Hill Country has to offer this close to Austin. Everyone loves this event and it just gets better each year."

Tickets on sale online: www.drippingwithtaste.com

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Understanding Cholesterol For Healthy Living

Balancing "Good" and "Bad" Cholesterol

Cholesterol is found in hamburger, steak, chicken, fish, and just about every other animal-based food. It's also a natural substance created by the liver which has both health benefits and health risks.

David Joseph, M.D., a Texas -based family practitioner, says people seeking to lower their levels of "bad" cholesterol—called low density lipoprotein (LDL)—can begin by eating less food sources that contain LDL.

The three main food sources of LDL in your diet are saturated fat, which is a type of fat found mostly in foods that come from animals; trans fat, found mostly in foods made with hydrogenated oils and fats—such as stick margarine, crackers, and french fries; and cholesterol, which comes only from animal products.

"Cutting your intake of these food sources could help to lower your cholesterol levels," says Dr. Joseph. "Some foods, such as whole grains and whole-wheat products, and nuts such as walnuts, almonds, and brazil nuts, may have a healthy effect on blood cholesterol levels."

Instead of animal-based foods like hydrogenated oils and fats, Dr. Joseph suggests considering things like omega-3 fatty acids, which are found in fatty fish like tuna, salmon or mackerel, as well as fish oil supplements, flaxseeds and flaxseed oil.



September is National Cholesterol Awareness Month



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18th Annual Hairy Man Festival - Saturday, September 29th

Each year, the festival raises about \$40,000 in food and cash donations to help local children and families in need. The net proceeds from the Hairy Man Festival are donated to local food banks (Round Rock Serving Center and St. Vincent de Paul) as well as multiple local nonprofit organizations. Proceeds will also benefit CASA (Court Appointed Special Advocates). The mission of CASA is to be a voice for abused or neglected children through the power of volunteer advocacy and changes in the child protection system. CASA volunteers are appointed by judges to watch over and speak up for abused and neglected children. For many abused children, their CASA volunteer is the one constant in their lives - and often the one adult who cares only for them. www.texascasa.org.

The family fun-centered event raises money for many local charities, and offers a full day of food, arts & crafts shopping gallery, children's activities, and live entertainment all day. Admission to

the festival is two non-perishable food items or \$2 per person to go to local food banks. This event is sponsored by The Brushy Creek Women's Association. The festival is located at Cat Hollow Park off of RM 620 at 8600 O'Connor Drive.

For more information please visit www.HairyManFestival.org or www.BrushyCreekWomen.org





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Ingredients:

- 1 C seedless watermelon, cubed
- 1 t sugar
- 2 oz Vodka {I love Tito's}
- juice of 1 lime
- splash of beer
- lime and watermelon wedge as garnish

Directions:

In a tall shaker muddle the watermelon and sugar together until well mixed and very juicy. Fill a glass with crushed ice then drain the watermelon liquid into the glass {it should fill it 2/3 full}. Add 2 oz vodka, lime juice and splash of beer. Mix and sip... delicious!

by the Four Points Foodie

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Lowering Your Cholesterol



By Concentra Urgent Care

September is Cholesterol Awareness Month. This is conveniently scheduled before a season known for overeating. Halloween, Thanksgiving, Christmas, Hanukkah, and the New Year all fall after September. Each of these events include numerous hours spent planning and preparing foods such as candy, pies, cookies, stuffing, and mashed potatoes with gravy. Not only do the fall months bring holiday foods, the changing of the seasons to the cooler fall months make it easier to pack on pounds that can be conveniently hidden under bulky winter clothing.

Start by knowing your numbers, so you can be informed and prepared. People with numbers in the unfavorable range should try to do as much as possible to lower their total cholesterol, LDL, and triglycerides and to raise their HDL.

- For adults, 30 minutes of moderate physical activity daily and for those aged 6-17, at least one hour of physical activity each day.
- Maintain a healthy weight - Moderately active females need about 2,000 calories a day and moderately active males need about 2,400 to maintain a healthy weight. If you are trying to lose weight, decrease this number by roughly 500 calories per day.
- Don't smoke.
- Eat foods high in fiber and nutrients and low in saturated fat and cholesterol.

So what can you eat? Changing your diet to lower your cholesterol isn't hard; incorporating a few new, relatively painless habits into your routine can make a big difference. As long as your numbers aren't in the unfavorable range, you don't necessarily have to swear off cheeseburgers and French fries forever, but they shouldn't be part of your regular diet.

Here are some quick and easy cooking tips that will help you lower the cholesterol in your food:

- Use lean cuts of meat with little visible fat. For beef, use the round, chuck, sirloin, or loin; for pork, use the tenderloin or loin chop; for

lamb, use cuts from the leg, arm, and loin.

- Buy "choice" or "select" grades, which have less fat than "prime" does. Use lean or extra lean ground beef.
- Broil rather than pan-fry your hamburger, lamb chops, pork chops, and steak. Place meat on a wire rack to allow fat to drain when cooking. Instead of basting with drippings, keep meat moist with wine, fruit juices, or an acceptable oil-based marinade.
- Prepare stews, boiled meat, and soup stock in advance, refrigerate overnight, then remove the hardened fat from the top.
- Remove skin from chicken and turkey before cooking or eating.
- Limit processed meats like sausage, bologna, salami, and hot dogs. They tend to be high in calories, saturated fat, and sodium.
- Limit organ meats like liver, sweetbreads, kidney, and brains, which are very high in cholesterol.
- Eat broiled, baked, grilled, or boiled seafood, which is lower in total fat and saturated fat than most meat and poultry.
- Cook vegetables in a little vegetable oil and add herbs instead of butter.
- Make cream sauces, soups, mashed potatoes, and scalloped potatoes with low-fat or non-fat milk.
- Use canola, safflower, sunflower, soybean, or olive oil instead of butter, lard, and shortening.
- Substitute egg whites for whole eggs. The cholesterol in eggs comes from the yolks.
- Replace the oil in muffins, cookies, and cakes with pureed fruits or veggies.
- Replace the breadcrumbs in your meatloaf with uncooked oatmeal.
- Use brown rice instead of white rice, and try whole-grain pasta.

With these diet and lifestyle changes your cholesterol will decrease, allowing your blood to flow freely through your arteries, bathing your heart and brain in oxygen.



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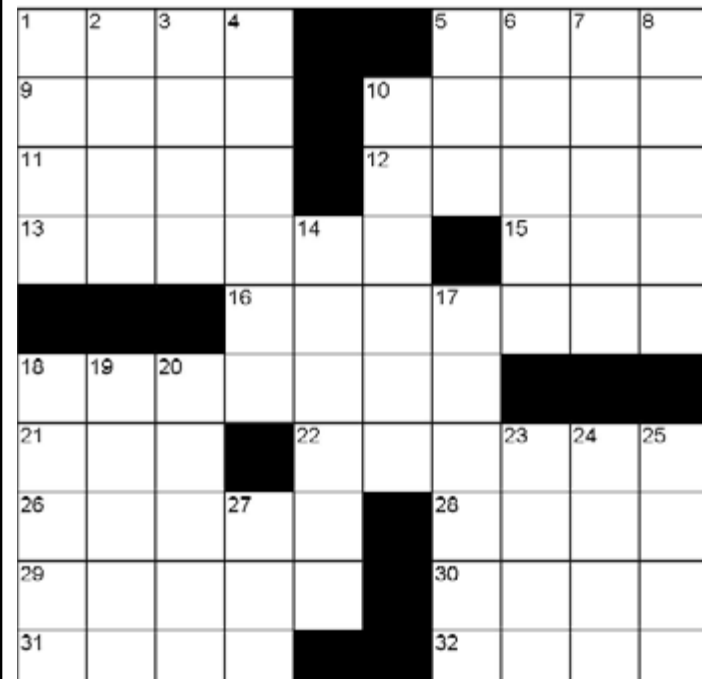
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9. Against
10. Landing
11. Leaves
12. Boom box
13. Allure
15. African antelope
16. Polite
18. Leafy green
21. Marry
22. Esophagus
26. Woken
28. Goad
29. Type of tooth
30. Refer
31. Posttraumatic stress disorder
32. Sieve

DOWN

1. Nativity scene piece
2. Competition at the Greek games
3. Capital of the Ukraine
4. Symbol
5. Expression of surprise
6. Emblem
7. Pickle juice
8. A ball out of bounds (2 wds.)
10. Twist violently
14. Ripper
17. Strums
18. Slough
19. Ross ____, philanthropist
20. Gods
23. Brand of sandwich cookie
24. Seaweed substance
25. Cabana
27. Blue

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