



News From MY HOMETOWN

January 2013
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THE OFFICIAL PUBLICATION OF THE HOMETOWN KYLE HOA

Holiday Party

The annual Hometown Kyle holiday party was held on December 2nd. There was food, crafts, music, and Santa Claus! Seems like everyone had a good time!

Would you like to be part of bringing social events to life here in your neighborhood? Margaret Aguilar has graciously led the team to arrange social events, but has opted to step aside from that with the recent increase in other activities in her life.

We could use your help in creating ideas, events, and interest for events for Hometown Kyle residents. There are a variety of ways in which you may participate. Or, if social events are not your passion, there are other committees on which you can participate.

Please let the board know through the Hometown Kyle website, or let Marilyn Childress know at marilyn.childress@goodwintx.com.



Happy New Year

MY HOMETOWN

Notification of HOA Meetings

Did you know you can sign up to be notified automatically about upcoming HOA meetings? Just go to www.boardmeetingnotices.com which is one of Goodwin Management's websites, and sign up. You will then receive an email notifying you in advance with the date, time, and location of upcoming HOA meetings.

We look forward to seeing you there!

Community Pride...

It is so nice to know there are so many talented young artists in our neighborhood.

But, please make sure your artist is creating the chalk (or other media) creations at your house only. Please keep the chalk creations off the common areas.

Thank you



Burned Out....

Do you know of a burned out street light? Do you have a question, concern or suggestion?

Please use the Hometown Kyle website eforms to communicate these or any other issue. Or, communicate any issue to our property manager, Marilyn Childress at: marilyn.childress@goodwintx.com

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Manager: Marilyn Childress

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Sharing with neighbors

I love walking around our neighborhood and admiring neighbor's yards and greeting the joggers, the dog walkers and the parents with their baby carriages. I enjoy the aroma of that fancy fabric softener when someone's dryer is going full blast, and once in awhile I get treated to an amazing smell from a neighbor's kitchen or grill.

That, my friends, is what I'm after. I'm no snoop but I want to know what's going on in that kitchen of yours...so please, share that recipe.

If you have a favorite recipe, please share it with us so we can all get a taste of that awesome stew, casserole, grill fare, pie, cake or whatever it is that slows me down when I walk by your house.

SOMETHING'S BREWING IN THE NEIGHBORHOOD...

Please share your favorite drink recipe so we can post it on the website. Let's be creative and come up with a Hometown Kyle signature drink and a cool name to go with it.

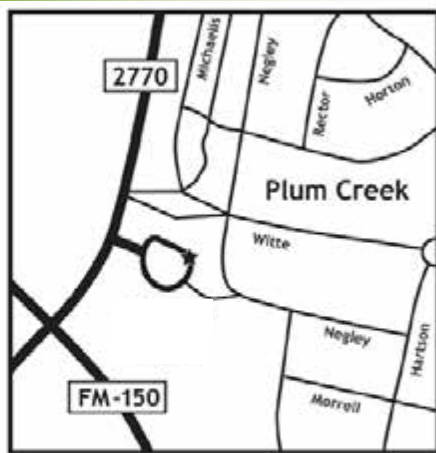
Reporting Issues

To report issues or concerns, please contact: Marilyn Childress, Goodwin Management: 512-502-7509 marilyn.childress@goodwintx.com To pose questions and issues directly to the Hometown Kyle HOA Board of Directors, please visit the website at: www.hometownkyle.com



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Your Dues Dollars

Budget time has come around again. As the HOA board, we look long and hard at the budget and the demands for the money collected. We are committed to maintaining and improving the ambience intended and created here at Hometown Kyle, as well as committed to keeping costs down. Here are major factors that impact budget and dues:

1 – The dues amount is originally set by the builders, who have a vested interest in setting the dues low because:

A – the builders want to sell homes, and high dues make that more difficult, and

B – the builder themselves has to pay dues on every platted, unsold lot.

2 – Plans made between the city and the builders left us with miles of walking trails which incur irrigation line expenses, water expense, and landscape maintenance expense.

3 – We also inherited miles of fence line, which now incur regular maintenance and upkeep expenses after the initial few years.

4 – We inherited a problematic irrigation system. Any irrigation system requires some maintenance and repair, but we have had, (and will continue to have for a while) more than anticipated, due to the quality of some of the components installed as well as the design of the system installed.

5 – As every homeowner knows, water rates have increased dramatically last year and will continue to rise for at least 2 more years.

6 – A portion of the money collected, at least in the early stages of an HOA, needs to be put away in reserve for future repairs, replacements, and maintenance.

We have been searching, and will continue to search, for ways to save money. We are exploring where we can reduce watering and save money. We would like to transition the landscape along walkways to more xeriscaping. Sometimes the long term savings require initial financial outlay. We will continue to weigh the needs and desires of the community with the finances and budget. Please use the website to communicate any ideas you may have for us to make our dollars go farther.





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- Pour bleach into your drain line 2 or 3 times a year. If you don't know exactly where to do this, call us and we can tell you or do it for you as part of a regular Maintenance Plan.
- Use a digital-programmable thermostat. These t-stats are better for your system because of the built in time delays, they save energy by running only when you want them to, and they are much more accurate.
- Keep your outdoor unit free from tall grass and intrusive shrubs. Be careful not to damage the Freon lines or electrical when you do this.
- Make sure your attic has the proper amount of insulation. Energy standards have increased in the last few years and energy costs have gone up. Have us, or an insulation company inspect this!
- Have your system cleaned and checked every year. We have established a system for smart homeowners who want to keep their systems operating at peak performance. Join now and get last years pricing! Its only \$149 for 2 tune-ups per year! Tune up the A/C in the Spring and Heater in the Fall. This can easily save you \$200 a year or more in energy costs and make you more comfortable in your home. In fact, we guarantee it!

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Trash Cans...It Bears Repeating

In case you missed this article last month, we are reprinting it to ensure you are not surprised with a violation notice.

Avoid that dreaded violation letter! Make plans now to get your trashcans out of sight!

A little over one year ago, the City of Kyle required us to organize waste into 3 separate trashcans. The board of directors at that time realized this would require some time for us to make arrangements to store them out of sight as stated in our Codes, Covenants and Regulations (CC&Rs). A grace period was established while people figured out their new solutions. During the transition, the board granted a temporary exception to the CC&R's, allowing for the trashcans to be stored in front of the homeowner's fence, but behind the air conditioning units.

We now need to finish making the transition to the 3 trash cans and ensure they are stored out of sight per our CC&R's. This can include inside garages, in the backyard behind the fence, or in front of your fence but behind some screening, such as lattice fencing, small fences, shrubbery, etc... Please make sure to request approval of any additions to your front yard from the Architectural Control Committee (ACC) before installing.

Until the first of the year, trashcans visible in front of the fence, but stored behind the air conditioning units will still be acceptable.

However, by January 1, 2013, all trashcans must be stored out of sight. At that point, violations will again be distributed for trashcans that are visible.

The most common complaints from fellow homeowners, as well as the most common violation issues, are related to yard appearance and visible trash cans. Details make a difference, and attention to those details keeps our neighborhood looking great! Please do your part to keep Hometown Kyle looking its best.



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TRAVEL THE WORLD WITHOUT LEAVING YOUR HOMETOWN

Host a Foreign Exchange Student

By Vicki Odom

Who hasn't dreamed about walking among the Egyptian pyramids, or soaking in the sun on a beach in Spain, or wandering along the Great Wall of China? Every parent wants to give their children a taste of the world, but the economic reality of international air travel for a family, not to mention hotels, passports and food, makes it tough for most of us to consider except in our daydreams.

There is a way to give your children the world - without leaving your living room. How? Host a foreign exchange student from a country you've always admired! Fascinated by France? Curious about China? Intrigued by India? By welcoming an international student from one of these countries into your home, you instantly open a portal to a far off land.

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English - and all high school exchange programs are regulated by the U.S. Department of State.

"We welcome host families of all shapes and sizes - families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Heather Wells, Regional Director of Ayusa, a non-profit that promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who

works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

"Hosting an exchange student is a life-changing experience - for the student, the host family, and the host community," says Wells. "There is no better way to teach your children about the world around them than through welcoming an international high school student into your home."

Ayusa is currently accepting applications for families to host an exchange student for the 2013 - 2014 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



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A Focus On Resolutions

By: *Concentra Urgent Care*

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
 - A focus on fresh fruits, vegetables, and whole grains
 - Fat-free or low-fat dairy products such as yogurt, cheese, and milk
 - Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
 - Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
 - Staying away from foods high in sodium and added sugars
- For more information on weight management and improving

nutritional practices, visit the National Institute of Diabetes and Digestive and Kidney Diseases at www.win.niddk.nih.gov/publications/for_life.htm.

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged. For more information on getting fit, visit the President's Council on Physical Fitness and Sports at <http://fitness.gov/>. Happy New Year from Concentra Urgent Care!



Cedar Fever or Common Cold?

Knowing the Difference is Key to Effective Treatment

WINTER IS CEDAR FEVER SEASON

The common cold and the Mountain cedar allergy called “Cedar Fever” often begin the same way: runny nose, sneezing, sinus pressure, scratchy throat, and headache. Yet knowing the difference between a cold and cedar pollen allergies can be very important when it comes to effective treatment options.

Cedar Fever is the popular term for cedar pollen allergies, which strike many residents in Central Texas during the winter months, when mountain cedar plants emit large amounts of pollen. The common cold, meanwhile, is caused by a virus and can occur any time of year. The problem is that the cedar season is also the height of the cold and flu season.

COLD VS. ALLERGY SYMPTOMS

“Despite the many similarities in symptoms between Cedar pollen allergies and a cold, there are some clear indications that can help you understand which condition you are suffering from,” says Dr. John Villacis, an allergist and immunologist with The Austin Diagnostic Clinic (ADC). “While a cold and related symptoms may only last a few days to one or two weeks, symptoms of cedar pollen allergies may persist for several weeks or months.”

Another important difference in symptoms has to do with the excess mucus production that both conditions tend to produce. While people with a cold may experience discolored mucus, those with cedar pollen allergies will experience clear mucus production. And while people with a cold may develop a fever, people who have cedar pollen allergy will not develop a fever.

WHEN IN DOUBT, ASK A DOCTOR

Dr. Villacis says people who are not sure if they have a cold or cedar pollen allergies should consult with a physician as soon as possible in order to get an accurate diagnosis and effective treatment options.

John Villacis, M.D., is an allergist and immunologist for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than seven locations throughout Austin and Central Texas. Dr.

Villacis sees patients at the ADC Main Clinic, at 12221 North MoPac, and at ADC Circle C, 5701 West Slaughter Lane, Building C. For more information, visit www.adclinic.com or call 512-901-4052.



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