

WESTSIDE NEWS

Volume 2, Number 9

October 2011

Official Newsletter of the Westside at Buttercup Creek HOA

MESSAGE FROM THE HOA BOARD

New legislation from the State that affects HOA's is now in place. The HOA Board has already reviewed the legislation with the help of our attorney and filed the necessary documents for changes to our HOA rules. These documents will soon be posted on our website, www.westsidehoa.org, but for now can be reviewed with the July 2011 meeting minutes in the documents section of the website. Here is an overview of some of the major changes:

- Rain water harvesting and rain barrels are now permitted. They must be behind a fence and cannot be between the front of the house and the street. The location and appearance must be approved by the Modifications Committee.
- Solar energy devices are now permitted. Solar panels must be on a roof, preferably on the back side of the house, and must be below the roofline. The location must be approved by the Modifications Committee.
- U.S., Texas and Military flags can be displayed. Flagpoles attached to a dwelling or a freestanding flagpole must be constructed of a permanent, long-lasting material. The pole and the flag must be kept in good condition. No more than one flagpole may be constructed on any property and cannot exceed 20 feet in height. Lighting of the flag cannot create a nuisance.

We as a Board have been discussing some of these things for some time now since there has been no mention of these items in our Bylaws and CCR's. We now have some guidelines. Remember that all of these things still need to be approved by the Modifications Committee.

Darrell Park, HOA President

CEDAR PARK PREPARES

The Cedar Park Office of Emergency Management has set up a website (www.cedarparkprepares.com) that is very useful to us all, considering the recent fires. It contains a wealth of information, but perhaps the most important feature is the "CLICK HERE FOR ONE-STEP NOTIFICATION" link. Here you are able to give the city your email and other contact information so that in the case of an emergency the city can send you an alert or updates. It's worth your time to check it out.

WESTSIDE AT BUTTERCUP CREEK HOA ANNUAL MEETING

The Annual Meeting for our HOA will be held on October 10 at 6pm in the community room of the Cedar Park Police Department. During the meeting we will discuss the things that have taken place the past year, review and approve the budget for the next year, and vote for HOA Board candidates. In order to be able to conduct the business of the annual meeting according to our HOA Bylaws, we will need a little over 500 homeowners at the meeting either in person or by proxy. If this doesn't happen, a regular monthly board meeting will take place and the Annual Meeting will then be held on November 7th, at the same time in the same location. At this rescheduled meeting we are able to conduct the business of the annual meeting with the homeowners present and there by proxy. We hope to see you there.

CHILDREN'S HALLOWEEN PARTY

SATURDAY, OCTOBER 22ND
AT GODZILLA TRAIL | 4:30-6:30



Anyone interested in volunteering for this event, please contact Tracy Flavin at tracy_flavin@hotmail.com. Let's make this another fun and exciting event for our children!

Westside at Buttercup Creek

BOARD OF DIRECTORS

President, Darrell Park.....darrelljpark@yahoo.com
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Secretary, Randy Woodsrandy1@radiatorandy.com
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ADVERTISING INFO

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COMMITTEES

Do you want to help out in the community but don't have a lot of time? Join one of the following Committees and help out as much or as little as you want.

Cave Preserve..... Darrell Park..... darrelljpark@yahoo.com
Communications..... Darrell Park..... darrelljpark@yahoo.com
Fence Ross Burns..... rburns@texas.net
Landscaping.....Jerry Bordic jbordic@sbcglobal.net
Lighting..... Rand Zumwalt
..... zumwalt@zumwaltlawgroup.com
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Neighborhood Watch..... Paul Blor
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Wade Phillips - Owner & Westside Resident

Westside at Buttercup Creek

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You've been telling yourself each month that you would love to write an article or give your opinion about this or that. You always have something to say. Everyone always wants to listen to you. Write an article for the Westside News. Articles must be emailed to westsidenewseditor@yahoo.com by the 8th of the month to be published in the following month's newsletter. Let's see some articles!



THE HOA IS ON FACEBOOK!

Go check it out and see what all your neighbors are talking about.

WESTSIDE HOA'S NEIGHBORHOOD 4TH ANNUAL Haunted Trail is coming to Godzilla Trail

October 21st & 22nd | 7:30pm to 9pm

We will be collecting canned goods on both evenings for the local Food Bank. Look for signs posted in the neighborhood

WE NEED VOLUNTEERS!

- Set-up crew (Friday)
- Tear-down crew (Sunday AM)
- Actors (Friday & Saturday PM) – age 15 or older
- Trail Guards (Saturday 8am to 4pm – in shifts)

*For more information or to get involved,
please email committee at:
westsidehauntedtrail@gmail.com*

Does your home back up to Godzilla Trail on Shea or Nelson Ranch? One of our biggest challenges is electricity. If you are willing to let us "plug in" into a backyard outlet, please email committee.

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Dental Tips from the Dark Corner of the Mouth

As technology changes, so does dentistry. There are always new materials out there for use in various situations. You may have noticed over the past several years that there are fewer and fewer silver fillings being placed. Many dentists now fill your tooth with a material called Composite. This is a tooth colored material that is soft and moldable until it is hit with a high intensity light that makes it hard. Unlike silver fillings, a composite filling is bonded to your tooth. This creates a seal that helps protect from any leaking. Composite comes in many shades so that your dentist can try to match your existing tooth as closely as possible.

The American Dental Association still says that silver fillings are safe, so there's no need to rush out and get all those silver fillings replaced with composite filings. However, if a silver filling starts chipping or breaking, it would be a good time to look at your options for replacement. Regular visits to your dentist will help you keep on top of this.

Darrell J. Park, D.D.S.

Hardscape Standards

(WALKWAYS, PLANTER BEDS AND EDGING)

This Standard is to serve as an interpretation of the contents of the Declaration and as a guideline for the actions of representatives of the Association, including the Modifications Committee, the Management Company, and the Board of Directors. This Standard does not replace or amend the Restrictions, and should dispute arise, the contents of the Declaration shall take precedence over this Standard. In case of dispute, the decision of the Board regarding the validity of this Standard and the suitable interpretation of the Declaration shall be final.

HARDSCAPE

“Hardscape” items are those parts of the property landscaping other than plants. Examples of hardscape items are planters, walkways, retaining walls and edging.

Listed below are the hardscape modifications that are considered to be “automatically approved” and can be installed without applying to the Modifications Committee:

WALKWAYS

- None - all walkway modifications require approval of the Modifications Committee.

PLANTER BORDERS / LAWN EDGING

- Constructed of mortared brick that matches the brick of the house.
- Constructed of native limestone.
- Planter borders constructed of stacking concrete garden wall block, such as Pave Stone products, white, off-white or gray in color.
- Steel landscape edging.
- Unstained (white) concrete edging.

Planters and edging must be neat and attractively constructed and installed. Remember: All other hardscape modifications require approval by the Modifications Committee.

ARTICLE X

OF THE DECLARATION OF COVENANTS, CONDITIONS AND RESTRICTIONS FOR WESTSIDE AT BUTTERCUP CREEK

Each month a section of this Article will be reviewed to help homeowners be better informed. The complete set of Bylaws and CCR's were given to you when you closed on your house, but can also be found at the HOA website which is www.westsidehoa.org.

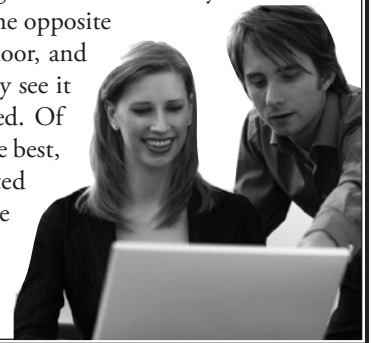
Section 15. House Numbers and Mail Boxes. House numbers, mail boxes and similar matter used in the Property must be harmonious with the overall character and aesthetics of the community and be continually maintained in an attractive manner.

Comment: The builders build in to each house in our HOA the house numbers. This is the standard. It's a good idea to keep these numbers clean and well lit.

The New HOA Website

We all want our neighborhood to be kept up and looking good. That is why we have neighborhood rules which are called the Covenants, Conditions and Restrictions. If you notice something in the neighborhood that isn't following these rules, you can easily report it on the HOA website. Just go to www.westsidehoa.org and click on “Report a Vioation” in the left column. That will take you to a page where you can easily send in the details of the violation.

Although the word “violation” sounds very negative, the HOA tries to make this a positive thing. The first letter that anyone receives informing them of a violation is a courtesy letter and there is no fine attached. The HOA Board understands that life is busy, and sometimes things get missed. You may have a broken fence picket on the opposite side of your house from your door, and never notice it. A neighbor may see it and wonder why it never gets fixed. Of course, talking about it would be best, but some people are intimidated by that, or think it might make a good neighbor relationship go bad. This is where the website makes it easy. Go check it out!



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Westside at Buttercup Creek

Target Heart Rate Range for Cardiovascular Exercise:

DO YOU KNOW YOURS? - By Sarah Jordan, MS

Are you getting the most you can from your cardiovascular exercise program? Determining your target heart-rate range may help you see more results and become more aware of the intensity of exercise that you are completing. I love to empower my clients by educating them on this personalized range. And even more so, I enjoy seeing their faces light up when they tell me about the results they are seeing because of their success in using it.

A few things to remember about calculating target heart-rate range (THRR):

- Always check with your doctor before starting or changing your exercise program. To best determine your fitness level and training zones, seek a fitness assessment from a certified professional personal trainer. Numbers provided here are just estimates.
- **These estimates are for healthy individuals. Remember that conditions**

like pregnancy, health issues, and some medications can affect your heart rate.

- There are times when your mid-exercise heart rate will be below or above your target heart rate range, and that is okay. But use the THRR as a goal to work within most of the time.
- A good estimate of your maximum heart rate is $220 - \text{your age}$.

Calculating your target heart-rate range:

Knowing how to take your pulse and find your heart rate during exercise can help you evaluate the effectiveness of your exercise program. Using the Karvonen formula, we can calculate target heart-rate range (THRR). We do the following to calculate our low and high end of our THRR:

$$220 - \text{age} - \text{resting heart rate} \times \text{low end of training zone} + \text{resting heart rate} = \text{_____}$$

(low end of THRR)

$$220 - \text{age} - \text{resting heart rate} \times \text{high end of training zone} + \text{resting heart rate} = \text{_____}$$

(high end of THRR)

— Step 1 —

Calculate your resting heart rate.

The best time to do this is first thing in the morning before you get out of bed. Take a 60-second count, and write your resting heart rate value down.

— Step 2 —

Determine what training zone you will use based on your current level of fitness.

Estimates provided by www.acefitness.org: Low level of fitness: 45-55%; Fair level of fitness: 55-65%; Good level of fitness: 65-75%; Excellent / elite level of fitness: 75-85%. (These are just examples and can be changed to best fit your current level of fitness. For the most accurate calculation, get a fitness assessment.)

(Continued on Page 7)

LIFE'S HEALING CHOICES

SUNDAYS THIS FALL // 11 AM

WATCH LIVE SUNDAY MORNINGS OR VIEW ANYTIME @ www.ghbc.org

SUNDAY WORSHIP @ 11 AM // BIBLE LIFE (ALL AGES) @ 9:30 AM
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Target Heart Rate....- (Continued from Page 6)

— Step 3 —

Calculate your target heart-rate range using the Karvonen formula.

— Step 4 —

Learn how to use this heart-rate range regularly in your cardiovascular workouts.

For example: A healthy 30-year old female with a good level of fitness and a resting heart rate of 60 beats per minute and using a training zone of 60-80%:

$$220 - 30 - 60 \times .60 + 60 = 138 \text{ beats per minute}$$

$$220 - 30 - 60 \times .80 + 60 = 164 \text{ beats per minute}$$

Using this calculation, her target heart-rate range is 138 – 164 beats per minute.

So the question is, “Now that I know my target heart-rate range, how do I actually apply that to my workouts?”

Follow these steps for success:

- Calculate your target heart-rate range and write it down where you can easily find it.
- Find a range that you can remember. For example: For the 30-year old female above, her range is 138-164 beats per minute. That is hard to remember mid-exercise, so she should do this:
 - Determine and remember the range you should find in a 6-second pulse count. (Ex: 13-17 beats in 6-second pulse count,

as this would equal 130 – 170 beats in a minute, which aligns with her THRR.) – She takes her pulse (mid-exercise) for 6 seconds, and should get 13-17 beats.

- Practice and learn to take your pulse properly.
 - Taken from <http://my.clevelandclinic.org/heart/prevention/exercise/pulsethr.aspx>:
 - Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck on either side of your windpipe.
 - Press lightly with your fingers until you feel the pulse beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing. If placing fingers on neck, be sure you don't press too hard.
 - Use a watch with a second hand, or look at a clock with a second hand.
- Count your pulse for 6 seconds. Multiply this number by 10 (add a “0”) to get your heart rate (pulse) / beats per minute.
- Give yourself time to get comfortable using this method. It will pay off in the long run!

Everyone wants to find ways to make their fitness routines more efficient. It is my hope that using the target heart-rate range will be one way of doing just that.



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