



Spring 2004

# Neighborhood News

## Annual Homeowners Meeting

*Come & vote for the new officers!*

The Great Hills Reserve Homeowners Association is run by a board of volunteers: your neighbors. The board changes once a year, in May, which coincides with our Annual Homeowners Meeting.

Although all of the positions are filled by volunteers, there are four elected positions: President, Vice President, Treasurer, and Secretary. Every year, the Vice President from the previous board moves into the Presidential position for the next year's board. This prevents the entire Association Board of Directors from turning over within 1 year. Any association business that has not been completed will not be forgotten, or dropped.

This year's board Nominees are:

**President** - Paul Helfinstein

**Vice President** - Elizabeth Lescher

**Treasurer** - Pat Dreiling

**Secretary** - Amy Whelan

Please come out and attend our Annual Homeowners Association Meeting, and vote for the new officers.

The Annual Homeowners Association Meeting is being held:

**When**

May 10, 2003 at 6:30 pm

**Where**

Laurel Mountain Elementary School Cafeteria.

**Featured Speaker**

Representative Jack Stick, House District 50 (which includes Great Hills and goes all the way to Pflugerville!) is our guest speaker at the May 10th GHRHA meeting. He'll update us on the current special session of the Texas Legislature and have a question/answer session for our residents.

He's the Texas House of Representative incumbent and is currently running for his 2nd term to the House. Rep. Stick is a member of the House Appropriations Committee, Chairman of the Budget and Oversight Subcommittee and he was named Freshman of the Year by at the Texas Young Republican Federation. He is a former state and federal prosecutor and is an attorney in Austin.

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### *Winter 2004 Newsletter Correction*

*We regret that the ad for Martha Ruth's art classes was incorrect in the Winter 2004 edition of the Neighborhood News. Please notice Martha Ruth's ad on page 4*

*Also, the drawing in the Winter 2004 edition of the Neighborhood News was a pencil drawing of an old man by one of our reserve young adults, 6<sup>th</sup> grader, Michelle Updegrove.*

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## Upcoming Events

May 10, 2004

Great Hills Reserve  
Homeowners Association  
Annual Meeting  
6:30 pm, Laurel Mountain  
Elementary School Cafeteria

Vote in our new President, Paul Helfinstein, and Vice President. Door Prizes will be given away!

July 4, 2004

4<sup>th</sup> of July Parade  
8:30 am

Parade starts at Laurel Mountain Elementary school. Refreshments are served following the parade.



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## Dues Paying Time

It is time to pay your annual dues for the GHRHA. Our dues are \$35.00 for the period from May 1 to April 30. Your dues fund all of our social events, pay for our newsletter, directory, and website, and help promote neighborhood safety through the block-captain program.

Invoices will be mailed the first of May. You can pay your dues at the annual meeting on May 10 or by return mail to: P.O. Box 202643, Austin, TX 78720-2643.

Thanks very much for your support!

## Newsletter Opt Out

Get your newsletter before your neighbors & save a tree at the same time. Instead of getting the Great Hills Reserve newsletter delivered to your door, have it delivered to your inbox. Sign up on the Great Hills Reserve website & get your newsletter electronically. It's easy!

The newsletter will be formatted in Adobe Acrobat, so all you need to view the newsletter is the free reader that you can download from Adobe! When the newsletter is ready, you will receive a notification by email that you can view the newsletter at the Great Hills Reserve website.

### How Do I Opt-Out?

To opt out of receiving a paper copy of the newsletter, fill out the online form at [www.greathillsreserve.com](http://www.greathillsreserve.com), or email [newsletter@greathillsreserve.com](mailto:newsletter@greathillsreserve.com)

### *What You Can and Cannot Change about Your Metabolism*

Your resting metabolism – the rate at which your body burns calories throughout the day – is a major factor in how well you lose or maintain weight. True, there are some aspects of metabolism that are beyond your control. But contrary to popular perception, you need not be stuck with slow metabolism, since there are many things you can do to increase it.

#### **What You Can't Change**

These factors influence metabolism, and there's little we can do about it:

- **GENES:** Chances are your parents or their parents had metabolisms similar to yours.
- **GENDER:** In general, men have higher metabolisms than women.
- **AGE:** Metabolism tends to become a bit slower with age.

#### **What You Can Change**

These habits can increase your metabolism:

- **EATING BREAKFAST.** Eating soon after you arise in the morning gets your metabolism going. If you skip breakfast, you miss out on several hours of higher calorie-burning. In fact, research studies suggest that people who eat breakfast are better able to manage their weight.
- **BECOMING MORE ACTIVE IN YOUR EVERYDAY LIFE.** Even if you have a sedentary job, you can introduce small bursts of activity into your routine—taking the stairs instead of the elevator, walking instead of driving—that burn extra calories.
- **BUILDING LEAN MUSCLE THROUGH EXERCISE** Muscle tissue burns calories at a faster rate than fat does. By strength training (working out with weights) regularly, you can increase your body's amount of muscle and increase your metabolism.

## Disposal of Paints, Chemicals and Batteries

By Martha Ruth

If you are spring cleaning and have household paints, chemicals and batteries to discard, remember that they should not be thrown away in the trash. The City of Austin does not have a program for bulk pick up of these items because no one wants a truck of hazardous chemicals driving through the neighborhoods! Paints, chemicals and batteries should be boxed but a lid is not necessary because the Hazardous Waste Center must be able to quickly check inside to see what's there.

The Center is located at 2514 Business Center Drive. From our neighborhood drive south on I-35 and go east on Ben White Blvd. Take a right on Burleson Road. Go over the railroad tracks and take a right at Business Center Drive. The hours are Tuesdays and

Wednesdays from noon to 7:00 pm. Any questions, call the Center at 974-4343. Be a good citizen and round up your neighbors' hazardous stuff too and offer to drive it there for them! Thanks for helping to keep our environment clean!

One other note: Radio Shack stores will accept worn out rechargeable batteries for disposal.

***Come to the Annual Meeting***

**May 10**  
6:30 pm  
At the Laurel Mountain Cafeteria

***Win a Free DVD Player***

*Gift Certificates to local restaurants,*  
*Amy's Ice Cream & More!*

## Real Estate News

House Sales January 1, 2004 – April 29, 2004

Compliments of Sheri Brummett, Coldwell Banker, R. Smith

### Actives

Address	Bdrms	Bath	SqFt	\$/sqft	List Price
7601 Ashleaf Cove	4	2.5	2529	\$114.27	\$289,000
7725 Yaupon Drive	5	3.5	3238	\$111.18	\$359,999
7704 Yaupon Drive	5	3.5	4140	\$101.21	\$419,000
10702 Cassia	4	3.5	3905	\$117.77	\$459,900
7736 Yaupon Drive	4	3.5	3493	\$105.64	\$349,000
6701 Yaupon Drive	4	2.5	2988	\$125.47	\$374,900
7908 Yaupon Drive	4	3.5	3784	\$105.44	\$399,000
10609 Skyflower Drive	4	3.5	3362	\$114.19	\$399,000
10215 Skyflower Drive	4	3.5	3797	\$125.89	\$478,000

### Solds

Address	Bdrms	Bath	SqFt	\$/sqft	Sold Price
10216 Skyflower Drive	4	3.5	2969	\$120.58	\$358,000
7713 Yaupon Drive	4	3	3302	\$116.14	\$365,000
10231 Skyflower Drive	3	3		\$150.80	\$422,000

\* Email callsheri4homes@austin.rr.com if you have any questions I can help with or provide comps in the area for challenging your tax appraisals this year!

## Great Hills Reserve Homeowners Association

PO Box 202643  
Austin, Texas 78720-2643

### President

Ajit Gokhale

401-9644

president@greathillsreserve.com

### Vice President

Paul Helfinstein

258-2881

vice\_president@greathillsreserve.com

### Treasurer

Pat Dreiling

331-7886

treasurer@greathillsreserve.com

### Secretary

Amy Bruno Whelan

918-2248

secretary@greathillsreserve.com

### Safety & Block Captain

Coordinator

Sheri Brummett

335-9602

crime@greathillsreserve.com

block\_captain@greathillsreserve.com

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Elizabeth Lescher

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### Communications Distribution

Sheri Brummett

335-9602

crime@greathillsreserve.com

### Reserve Directory

Tom Wood

918-3876

tom-wood@austin.rr.com

### Architectural Review

architecture@greathillsreserve.com

### APD District Representative

Officer John Nelson

974-5556

john.nelson2@ci.austin.tx.us

## The Greathills Reserve

### Website

[www.greathillsreserve.com](http://www.greathillsreserve.com)

Have you visited our neighborhood website? greathillsreserve.com went live 2 years ago.

On our Website you will find:

1. Updates on Neighborhood Events
2. Email addresses of GHRHA Officers
3. Online forms to submit Architectural approval requests and complaints
4. GHRHA By-Laws & the New Amendments
5. Useful Web links (GHRHA Yahoo Group, Round Rock ISD, Williamson & Travis County Tax offices & more)
6. Pictures from past neighborhood events

Have a suggestion for our website? Please let us know. You can use the suggestion form on the website ([www.greathillsreserve.com](http://www.greathillsreserve.com)) or send an email to [webmaster@greathillsreserve.com](mailto:webmaster@greathillsreserve.com).

*Remember: This is your neighborhood, and your website. So help make it great!*

*Need a babysitter or someone to pet sit while you're away?*


**Call Michelle, CVMS 6th grader  
335-9472**

*Email: [miniha@austin.rr.com](mailto:miniha@austin.rr.com)*

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*Looking for a Babysitter?*  
**Pallavi Mathur: 336-5159**  
 Email: [surfinsoccer@hotmail.com](mailto:surfinsoccer@hotmail.com)  
*I love kids and I am patient!*

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824 West 10<sup>TH</sup> St., Suite 100  
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**Tom Ussery**



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**MARtha RUTH**  
 DRAWINGS & PAINTINGS

**SUMMER ART CLASSES**

**CHILDREN** 2 - 8 Grades  
 Monday through Friday  
**June 14 - 18 June 21 - 25**  
 1:00 - 3:00 or 3:30 - 5:30  
 Sketching, Painting, Cartooning

Classes taught in home near Laurel Mountain School.  
 School year classes:  
 Tuesday & Wednesday 4 - 5:30

Call **219-7944**  
[martharuth@austin.rr.com](mailto:martharuth@austin.rr.com)  
[www.martharuth.com](http://www.martharuth.com)



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