



OFFICIAL PUBLICATION OF THE

Laurel Oaks Neighborhood Association

DECEMBER 2009 • VOLUME II, ISSUE XII

STAYING FIT

Through the Winter Months

Wow! The days are shorter, and the weather is colder. Winter is here once again. Luckily Texas winters, especially in Austin, only a few months. Nevertheless, winter can wreak havoc on fitness regimes for two reasons. Many individuals experience SAD (Seasonal Affective Disorder), which is winter blues or depression that occurs in people with normal mental health. It's due to the lack of sun light. According to the Mayo clinic, SAD can be treated with light therapy or antidepressants. If you think you might be suffering Seasonal Affective Disorder, talk to your doctor.

Second, many of us tend to hibernate in our homes in the winter. Sitting at home in front of the fireplace with a warm blanket and drinking hot chocolate or tea or eating warm soup is more pleasing than going out and exercising in the cold or going to the gym after work when it's already dark out. This makes it feel later than it is, when in reality it's only 5 or 6 o'clock. Need not to worry though; here are some fitness tips that will keep you going until spring arrives again.

1. WARM UP AND DRINK PLENTY OF WATER.

A proper warm-up is critical because cold temperatures can make your muscles tight and therefore more prone to injuries. Remember, always warm-up prior to engaging in any physical activity. Drink, drink, and drink plenty of water. Most people forget the importance of water during the colder months and are more likely to become dehydrated.

2. GO WINDOW SHOPPING AT THE LOCAL MALL!

Most local mall(s) open an hour early in order to provide a safe indoor walking haven during the winter months. If you can't make it in morning, take your sneakers with you and go right after work. Three or four times a week will help keep the pounds off.

3. REMEMBER THOSE EXERCISE VIDEOS.

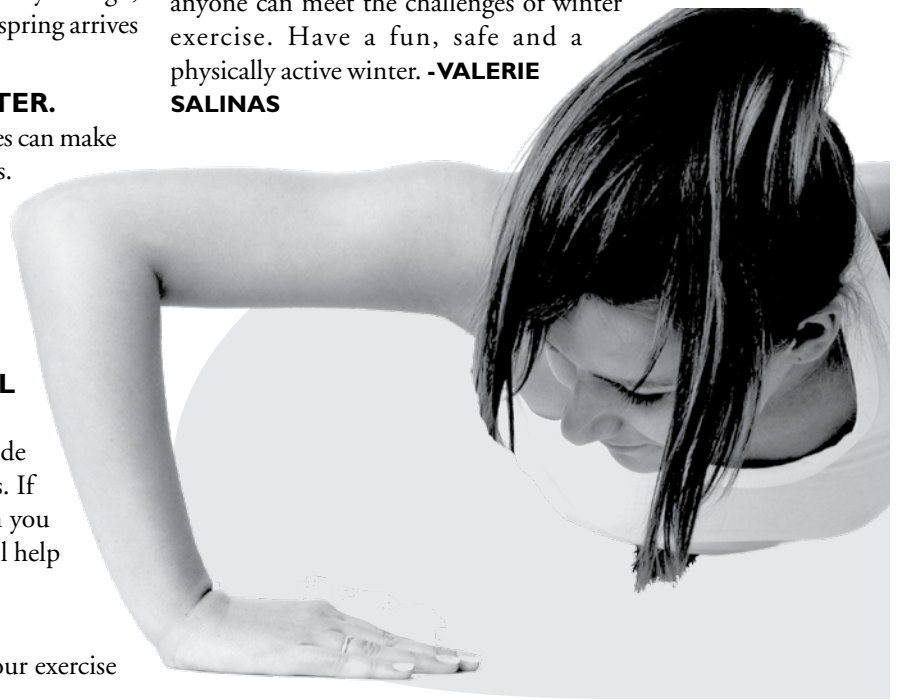
Just about everyone has had one. Wipe the dust off your exercise

video and use it on the days you can't exercise outdoors because of the darkness. If you don't have an exercise video, check one out at your local library and/or video rental stores. Also, some cable networks have exercise channels on-demand for no charge, so look at your channel menu.

4. CREATE A HOME GYM.

Most people have a home gym without realizing it. Check your garage, under the bed, storage room, and closet. You can easily set-up a great workout routine with just a set of dumbbells, an exercise ball and a jump rope. If you don't any of these items, you can purchase most of these items at a local athletic supplier or discounted resale store for about \$50 to \$60.

There's no need to hit the couch or hibernate during the winter months. Stay motivated. With a little knowledge and motivation, anyone can meet the challenges of winter exercise. Have a fun, safe and a physically active winter. **-VALERIE SALINAS**



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There has been new domain e-mail addresses created for the webmaster and selected LONA officers. The officers' appear as mailto links on the Officers page, and the new ones for the webmaster and the LONA Board are mailto links at the bottom of every page, as well as at other relevant spots on the LONA Yahoo! Website.

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TIPS FOR TEACHING CHILDREN

About Table Manners

Submitted by Rebecca Beavers

Teaching your children table manners may sound old fashioned, but it never goes out of style. Having good manners shows your respect for other people, and it's more than saying "please" and "thank you." It's about helping your children develop habits and behaviors that will help them relate to adults and other children in a positive way. "To make your family mealtime time special and relaxing, slow down, sit and talk with your children and expect good behavior. You will be pleasantly surprised at how much easier and enjoyable it will become," said Dr. Mary Zurn, vice president of education for Primrose Schools. "This is important because children with good manners often find it easier to make friends and get along with others at school and at home."

Dr. Zurn offers five table manners tips to get parents started:

1. Start early: Don't wait until you think your child is "old enough" to learn polite behavior. Just as children learn to crawl before they learn to walk, they also learn manners in stages. Even infants watch parents for rules of expected behavior. Very young children can learn to sign key phrases such as "please" or "thank you" and then transition to the spoken words around age two. By age three, children should be able to stay seated at mealtime if you sit down with them.
2. Give specific feedback: Children learn best when they receive specific feedback about their behavior which is far more effective than generic praise. For example, instead of saying, "Good job," you can say, "I'm so glad you set the table."
3. Encourage polite conversation: Children as young as two can learn to engage in polite conversation at the dinner table with the right kind of guidance. As you are at the table eating together, show them how to take turns listening, talking, and asking questions.
4. Set a good example: Make sure your words and actions match. Children watch parents all the time for behavior clues. For example, if you want your child to eat broccoli because it's a healthy food choice, you will need to let them see you enjoy eating it as well.
5. Create a routine: Children learn best from consistency because it helps them know what to expect. Start with the repetition of a few simple steps such as putting a napkin in your lap when you sit down. Create a routine that is easy for them to repeat and remember. For more tips from Dr. Zurn and a list of book suggestions on teaching your children table manners, visit www.Dr.ZandMe.com.



Recipe of the Month

Ham Roll-Ups

Ingredients

- Flour tortillas
- 8 oz. Philadelphia cream cheese (softened)
- 1 small can Hormel canned ham
- Picante sauce

Directions

Mix the cream cheese, ham, and picante sauce together. Spread on tortillas and roll up. Refrigerate several hours, then slice.



If you would like to submit YOUR recipe email it to articles@peelinc.com.

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Christmas Is... Program | December 12 & 13 - 7pm

Candlelight Christmas Eve Service | 5pm

Christmas Weekend Worship | December 27 - 11am

Sunday Morning Schedule

9:30 . Blended Worship | 11:00 . Contemporary Worship | 9:30 & 11:00 . Bible Life Groups (all ages)

Great Hills Baptist Church | www.ghbc.org | 10500 Jollyville Road . Austin, Texas 78759 | 512.343.7763



LBJ WILDFLOWER CENTER

December Events



WILD IDEAS SHOPPING EVENT

9 a.m. to 5:30 p.m. Friday and Saturday, December 4 and 5 - Noon to 5 p.m. Sunday, December 6

Find the perfect gift in the garden. Sales, discounts, demonstrations and book and ornament signings. On Saturday and Sunday some 14 artists and artisans display their work for sale. Sponsored by Majic 95.5.

LUMINATIONS

Members Night, 6 to 9 p.m. Friday, December 11 - Public, 6 to 9 p.m. Saturday and Sunday, December 12 and 13

Thousands of luminarias and twinkly lights, music, taste treats and children's crafts, all for the donation of two canned goods for the Capital Area Food Bank. Sponsored by Samsung, Silicon Labs, Majic 95.5 and the Austin American-Statesman



ART EXHIBITS

Nature inspired sculpture in the gardens through March 7. Collage and mixed media by artist Mary Frasher in the McDermott Learning Center through December 6. Water Sparks by sculptor Damian Priour--a joint exhibit with the Umlauf Sculpture Garden through December 20.

CLOSED FOR THE HOLIDAYS

The Wildflower Center will be closed from December 21 through January 1

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AUSTIN NEWCOMERS CLUB

December Luncheon

Austin Newcomers is a social organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. Join us at our monthly luncheon as well as take the opportunity to learn about and become involved in many fun Interest groups.

Join us to hear Emily Bem, an award-winning singer and actress as she sings for us at our holiday luncheon. Emily has been performing in Austin for the past ten years. Most recently, she appeared as Sister Robert Anne in Nunsense with TexARTS, a company she has previously performed with including The Music Man (Alma), Big River (Widow Douglas) and Damn Yankees (Doris). On the Zilker Hillside, Emily played Alice Miller in My Favorite Year (she won a B. Iden Payne award), the Wardrobe in Beauty and The Beast, and most recently, Eulalie Mackecknie Shinn in The Music Man (Payne nominee). Emily performed in eight consecutive Austin Musical Theatre shows. At Austin Playhouse she was Hattie in Kiss Me Kate and Miss Weston in Damn Yankees. She has played a variety of characters as well as playing Aldonza in Man of La Mancha--one of her all time dream roles--at the Sam Bass Theater in Round Rock. Emily directed Schoolhouse Rock Live! Junior for TexARTS at the Long Center, and teaches at their Academy in Lakeway. She also teaches acting and singing at Huntington Surrey High School, and offers lessons to people of all ages at her house in Southwest Austin. She will be accompanied on the piano is Marlene Nichols.


Time: 11:00 AM Social - 12 Noon Luncheon
Date: December 16, 2009 (Reservations required by Thursday, December 10th)
Location: Green Pastures Restaurant
 811 W. Live Oak Street, Austin, 78704
Luncheon Cost: \$20 per person
For more information visit www.austinnewcomers.com or call 512-314-5100
December Program: Fabulous Holiday Entertainment



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“A TRUE TEXAS INSPIRATION”

Same Kind of Different as Me
by Ron Hall and Denver Moore

At the core of *Same Kind of Different as Me*, a true story written by Ron Hall and Denver Moore, are the relationships that Ron and Denver have with each other, their friends, Ron's spouse and children, nature, the environment in which they were raised (especially Denver) and most importantly, God.

Denver, an illiterate and homeless African American man from Louisiana has suffered at the hands of many throughout his life but through it all become a true messenger for God. The book begins with Denver recounting his heartbreaking life—from the back breaking work of picking cotton to seeing the people he loved most in the world disappear. The book so graphically reveals the gut wrenching life of a boy who wants for almost nothing, but is treated terribly.

Ron is a self-made millionaire whose heart was open to being guided by God, at the hands of his wife Deborah. Deborah—a person so filled with faith—heard God speak to her and conveyed these very specific and detailed visions to Ron (including seeing Denver's face even though they had not met him yet) and together, they became an integral part of a community of homeless people in Forth Worth, Texas. And this is where Ron's and Denver's lives intersected and forever changed.

The writing is relatable and each personality (the book alternates between Ron's and Denver's voices) is clearly unique and endearing. For example Ron, who worked on this grandpa's farm during summers writes of the land, "...the land is miserable, cursed with soil that may well be the original inspiration for cement."

The book addresses a question that all of us have asked, "Why did God let that happen?" It challenges faith in a very personal way. The book also encourages each of us to believe that God has a purpose for us, even if it isn't clear at this moment.

Same Kind of Different as Me demonstrates that the human spirit is fragile while at the same time immensely strong. It shows how trust, prayer and unconditional love can bring out amazing change and a life long friendship.

The book ended with a wonderful reminder, "...everybody's different... We're all just regular folks walkin down the road God done set in front of us... this earth ain't no final restin' place. So in a way, we is all homeless—just workin our way toward home."

Feel free to comment on this review, your thoughts on the book or suggest a book for me to review on my blog: <http://brittsbuzz.blogspot.com>.

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