

THE VILLAGE

Gazette™

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NEWS FOR THE RESIDENTS OF THE VILLAGES AT WESTERN OAKS AND LEGEND OAKS I

"Circle C Members Tennis Club Donates Toys for Santa"

The Circle C Tennis Club hosted a tennis Mixer on December 17 where players were asked to donate an unwrapped new toy to be donated to children in Austin. There were so many toys given, that the gifts were split between the "Blue Santa" and "Brown Santa" organizations. Thanks to their generosity many children woke up with smiles on their faces on Christmas Day. This Mixer and drive has been a yearly event for the Club.



Congratulations **Grant Dorsey**



Congratulations are in order for James Bowie High School junior Grant Dorsey who recently was in-formed that not only had he achieved First Place honors in the Veterans of Foreign Wars District 28 Voice of Democracy Scholarship Program, but was further notified that he had also been selected as one of the top 10 District winners chosen from the 25 designated VFW districts within the Veterans of Foreign Wars Department of Texas.

The Voice Of Democracy Essay contest was created by the VFW in 1947 as a scholarship program open to all high school students in grades 9-12 and annually provides more than \$3 million in scholarships. It was designed to foster patriotism by al-owing students the opportunity to voice their opinion in a 3 to 5 minute essay and verbal presentation based on an annual theme. The theme for this year s contest was "Does My Generation Have a Role in America's Future?" The top ten in the state are slated to be guests of honor at the awards banquet at the annual VFW Mid-Winter Round Up, scheduled for January 27-30, 2011 at the Crown Plaza Austin. Grant, a linebacker with the Bowie High Central Tx 5A football area champions and member of the Bowie track team, was sponsored by VFW Post 856 of South Austin. He was excited to be chosen as winner and gratefully thanked Post 856 and their Commander Preston Rogers for giving him the opportunity to be a part of their scholarship program.

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Ambulance	911
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Bowie.....	512-414-5247

UTILITIES

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City of Austin (billing)	512-494-9400
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Problems	512-219-2628
ATT/SBC Telephone	
New Service	1-800-288-2020
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OTHER NUMBERS

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City of Austin	
Dead Animal Collection.....	512-494-9000
Abandoned/Disabled Vehicles	512-974-8119
Stop Sign Missing/Damaged	512-974-2000
Street Light Outage (report pole#).....	512-505-7617

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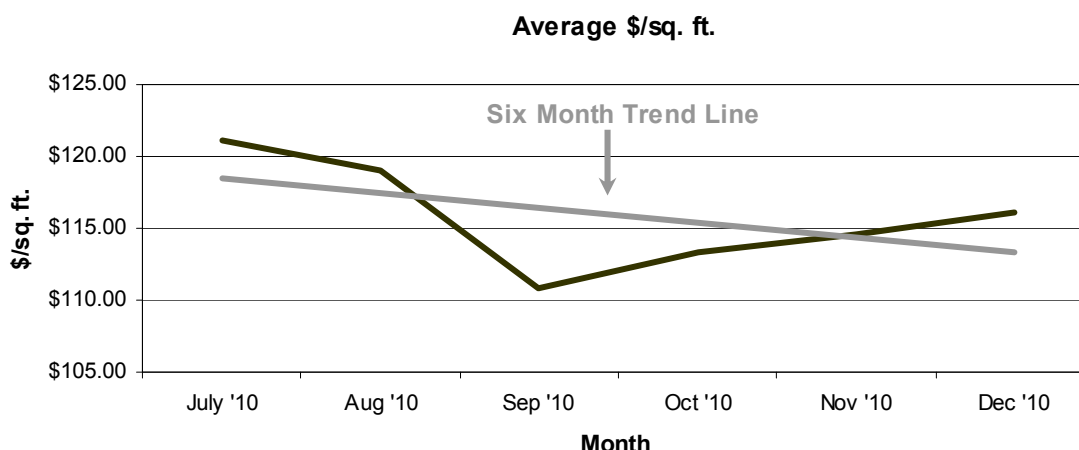
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Village at Western Oaks Market Update

Sold Data Past Six Months **July 1, 2010 thru December 31, 2010**

Number of homes	Price Range	Average \$/sq. ft.	Avg. Days on Market
23 sold between	\$175,000 - \$230,000	\$118.53	55
22 sold between	\$230,001 - \$270,000	\$116.05	38
13 sold between	\$270,001 - \$320,000	\$113.54	62
1 sold for greater than	\$320,000	\$115.51	18



Months of Inventory Calculation

Total Homes Sold in Past 6 Months: 59

Homes Sold Per Month: 9.83

Homes on the Market as of January 3, 2011 18

****Months of Inventory: 1.8 *****

***** Months of Inventory below 6 months is considered a sellers market**

**** Represents the number of months it would take to sell all of the homes currently on the market**



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Fitting in Fitness: Making Time for Exercise

By Sarah S. Jordan, MS

Finding time for exercise can be an ongoing challenge in our busy lives. We know that exercise will benefit our bodies and minds in many ways and that we should do it. But actually finding the time and making it happen can be difficult.

Here are a few tips to help you fit in fitness in the New Year.

- Remember that any movement is better than none. If you only have 15 minutes each day to go for a power walk, those 15 minutes will equal 105 minutes (almost two hours) by the end of the week, 420 minutes (seven hours) of exercise each month and 91 hours of exercise a year! Small things can add up to big victories over time.
- Find what works for you. For some people, a gym membership is very convenient. For others, it may not be convenient to their location, budget, job, or family. If

that is the case, see if your neighborhood has any exercise groups, hire a personal trainer that will come to you, or start your own lunchtime workout group for added camaraderie and accountability.

- Schedule exercise into your week. Workouts are much more likely to happen if we put them in our calendars. Schedule workouts as you would important business meetings or doctor appointments.
- Remember that sometimes, the hardest thing to get is going. Many times, just getting our shoes on and getting out the door is the hardest part of a workout. Once we are moving, endorphins kick in and we feel great for moving.
- Make use of the early hours. I used to dread getting up at 5:20 every morning. But now I love it, because after I get ready for work, it guarantees me a few minutes

to myself before anyone else is awake. Similarly, getting workouts in before the

(Continued on Page 5)



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Fitting in Fitness - (Continued from Page 4)

busy day kicks off ensures that they happen, and the day will be better because of it.

- Take the kids along. My baby and I have logged countless hours with the jogging stroller. But I know that if I didn't take him with me, the majority of those workouts would have never happened. Pack up the kids and remember that pushing the kids will mean more calories burned.
- Don't give up. If you are not reaching your goals, determine what is not working and create a roadmap to resolve it. Remember that fitness is a lifestyle and it goes through ups and downs, but always benefits us if we persevere.
- Make the time that you do have count. If you have just thirty minutes three days a week, step up the intensity of those workouts to get the most you can for your time. Add intervals and hills, or find a fitness class or DVD that offers a combination of cardio and strength training.

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Recipe of the Month

Chocolate Chip Cookies

INGREDIENTS

- 2 ¼ C. flour
- 1 tsp. soda
- 1 tsp. salt
- 1 C. shortening
- ¾ C. sugar
- ¾ C. brown sugar
- 1 tsp. vanilla
- ½ tsp. water
- 2 eggs
- 12 oz. semi-sweet chocolate chips
- 1 C. chopped nuts

DIRECTIONS

Preheat oven to 375°. Combine flour, soda, & salt. Set aside. Combine shortening, sugars, vanilla, & water. Beat until creamy. Beat in eggs. Add flour mixture. Mix well. Stir in chips and nuts. Drop by well-rounded teaspoons onto greased baking sheet. Bake for 10-12 minutes.

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LENDER

Seton Family of Hospitals Forms Seton Heart Institute *Leading Cardiologist to Oversee Integrated Practice*

The Seton Family of Hospitals announced it has recruited a top cardiologist to direct the new Seton Heart Institute (SHI), Dr. Mark J. Pirwitz, FACC. Dr. Pirwitz will lead efforts to increase the hospital network's cardiac research and growing medical education programs in conjunction with UT Southwestern Medical Center of Dallas, one of the top medical schools in the nation. SHI is another example of the Seton Family of Hospital's commitment to provide continuity of care to Central Texans.

Dr. Pirwitz, who will serve as president and chief executive officer of the institute,

began his practice in Austin as an interventional cardiologist in 1996 before joining Spokane Cardiology in Washington in 2005. He has extensive cardiac research experience that includes participating in more than 100 clinical studies published in major medical journals such as New England Journal of Medicine, Journal of the American College of Cardiology, Circulation, Annals of Internal Medicine and Archives of Internal Medicine. Dr. Pirwitz's research focuses on various interventional cardiology devices such as cardiac stents and numerous pharmacologic studies involving patients with congestive heart failure, acute

coronary syndromes, elevated cholesterol and heart rhythm and heart valve problems.

"The strong ties Seton Heart Institute will have with UT Southwestern in Dallas will lead to new innovations in high-quality cardiac care for Central Texans," Dr. Pirwitz said. "This new institute is the ideal environment for patients to experience person-centered care as well as leading edge medical innovations."

The new Seton Heart Institute delivers advanced cardiovascular care, including the use of innovative technologies such as the Impella device, a minimally invasive catheter pump that can



Dr. Mark Pirwitz

(Continued on Page 7)



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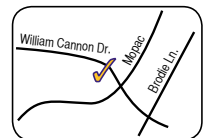
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Seton Family of Hospitals - (Continued from Page 6)

support the heart with up to five liters of blood per minute. The device is used to help a patient's weakened heart during coronary stent procedures that otherwise would not be immediately possible due to the patient's condition.

SHI also provides a broad range of other cardiology services ranging from diagnostic tests such as echocardiography, stress testing and nuclear cardiac imaging. Other therapies will include the latest catheter treatments for peripheral artery disease including carotid stenting and less invasive treatment for abdominal aortic aneurysms. Cardiologists Dr. Mary Beth Cishek, Dr. Michael Lenis, Dr. Paul Roach, Dr. Matthew

Rogers, Dr. Matthew Stahlman and Dr. Michael Watkins are the first members of the Seton Heart Institute.

Dr. Gerardo Kalife, FACC, FSCAI, also joins the Seton Heart Institute as an interventional cardiologist. Previously, Dr. Kalife was a member of Hall-Garcia Cardiology Associates in Houston. He is a recipient of several awards from the Baylor College of Medicine that recognize his dedication to training and mentoring medical residents. His Seton Heart Institute office will be located in Seton Medical Center Williamson in Round Rock, Texas.

"The association of outstanding cardiologists with a health care

network like Seton Family of Hospitals, Seton Heart Institute and UT Southwestern Medical Center will help ensure doctors are delivering compassionate care consistent with the highest standards of clinical quality," said Dr. Kalife.

Seton continues to be a regional leader in advanced care for heart failure and is the only health care system in Central Texas with the expertise and technology to perform heart transplants and implant ventricular assist devices.

About the Seton Family of Hospitals and Seton Heart Institute

The Seton Family of Hospitals is the leading provider of

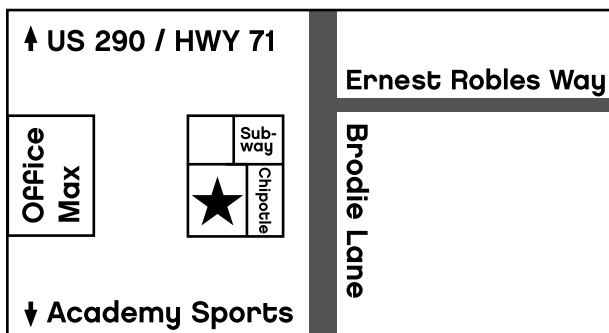


Dr. Gerardo Kalife

(Continued on Page 8)



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THE VILLAGE GAZETTE

Seton Family of Hospitals - (Continued from Page 7)



Dr. Michael Watkins

comprehensive, advanced health care services in Central Texas. As a growing center for medical research and innovation, Seton is increasing access to care and securing its mission to improve the health of all Central Texans, especially the poor and the vulnerable. In Fiscal Year 2009, Seton provided almost a quarter of a billion dollars in charity care. Seton is a member of Ascension Health, the largest not-for-profit health network in the nation.

Seton is the only healthcare system in Central Texas with the expertise and technology to perform heart transplants and implant ventricular assist devices. The Seton Heart Institute extends the full continuum of heart care to participating clinics. More information can be found at www.setonheart.com.

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Time: 11:00 AM Social - 12 Noon Luncheon

Date: February 16, 2011 (Reservations required by Thursday, February 10th)

For Luncheon Reservations email: LuncheonDirector@AustinNewcomers.com or Diane Israelson 512-467-4979

For other Newcomers information

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FEBRUARY PROGRAM: RECOUNTING MEMORIES OF WORLD WAR II

Isabelle Cedar Cook was born and raised in Amityville, New York. On September 1, 1939, when WW II was declared, Isabelle was a young woman living in New York City having just graduated from the Mount Sinai Hospital School of Nursing. The Army asked Mount Sinai Hospital for assistance and the hospital issued a call for volunteers.

Being unattached at the time, Isabelle felt it was her duty to serve. She immediately signed up without telling her family or receiving permission from her mother who was a widow with five children. Then she waited impatiently to be called for service. In September, 1942 she got that call asking her report to Camp Rucker, Alabama.

Thus, Isabelle entered one of the deadliest conflicts in human history, marked by horrific events including the Holocaust and the first and only use of nuclear weapons. On May 5, 1943, Isabelle boarded the HMS Pasteur, a former French luxury ship being used to transport troops. When out to sea, she learned her destination: Casablanca, Morocco. She had never before been abroad or even outside New York and New Jersey. As a member of the Army Nurse Corps, Isabelle served overseas for three years. After the war ended, Isabelle was discharged from the Army as a First Lieutenant and she returned to civilian life. She got married and moved to Brownsville, Texas.

Isabelle Cook wrote a book about nurses' experiences in a fictionalized memoir, In times of War: Memoirs of a World War II Nurse. She also participated in the Library of Congress Veterans History Project. She also wrote Depression's Child, a story told from a young girl's point of view about growing up during the Depression. She will share her experiences as a WW II nurse serving in North Africa, Italy and France.

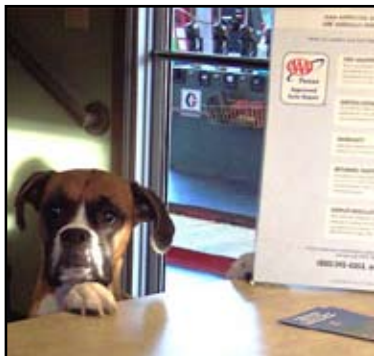
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Improve Running Workouts by Not Running

Whether you are training for a marathon or just getting into shape, keeping a regular running schedule is important. But doctors at Baylor College of Medicine (www.bcm.edu) say if you miss a workout, all is not lost. In fact, it can be beneficial.

"Rest days are important for runners to prevent injury as well as increase muscle strength," said Dr. Jane Corboy, associate professor of family and community medicine at BCM and certified sports medicine physician (<http://www.baylorclinic.com/find-a-doctor/details/index.cfm?id=231>). "They allow the muscles to replenish glycogen (the energy source used during exercise) as well as allow the muscles to repair minor 'wear and tear' injuries."

Running every day, even while sore, does not weaken the muscles or joints, but it may not allow them to recover enough to adapt to training as well, said Corboy.

Soreness is caused by microscopic tears to the muscle. It is part of adapting to a new activity and plays a role in eventually strengthening and conditioning the muscles, said Corboy.

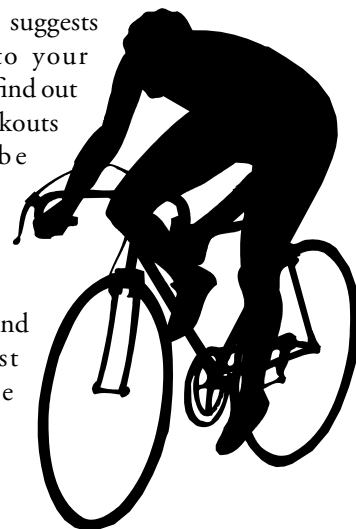
She adds that doing another hard workout during the peak soreness, usually 24 to 48 hours after the workout that caused it, may result in increasing the inflammation and prolonging the pain. This could prevent gaining as much benefit out of the hard workout as you would if you did it when the muscles had recovered somewhat.

Doing a lighter workout or run may help with soreness but if the muscle is especially stiff, it may be better to do an alternative activity such as swimming or cycling, or take a day off from working out to allow recovery.

Corboy also suggests including strength training, particularly of core muscles, in order

to avoid injury and improve performance. Having weak core muscles makes the wear and tear of a long run become more and more magnified as the leg muscles fatigue. If the core is "wobbly" so are the hips, knees and ankles, she said.

Corboy suggests talking to your doctor to find out what workouts would be best to add to your running schedule and when rest times are needed.



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The Hunger Games Trilogy

By: Suzanne Collins

Remember the compelling and cult-following TV show, *Lost*? To me, *The Hunger Games* is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while *Lost* was the result of a plane crash on a strange island where anything could happen, *The Hunger Games* is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game" where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.

When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

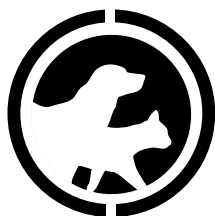
Their experience at the Capitol and the whole tradition around the hunger games is so intriguing and fascinating as are the people they encounter. However, it is the way the hunger games are so carefully and technologically orchestrated and Katniss' amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on the final book of the trilogy! This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar! *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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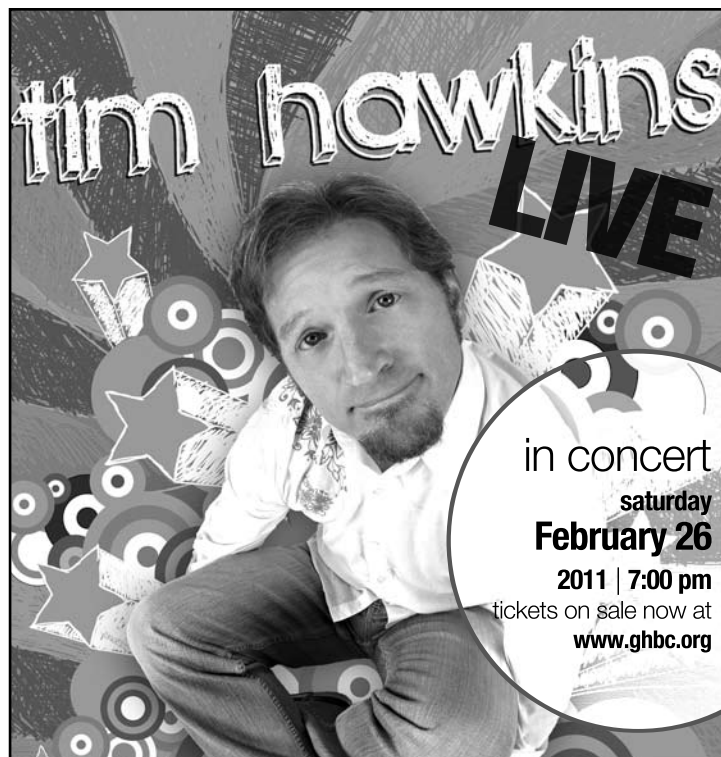
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Tips for Enjoying Networking Events

By Amy Wolfgang, M.Ed.

Many of us know someone who is in the midst of a job search. They may be looking for their first job after graduating, a new job after being laid off, or a totally new career. Job seekers use many different avenues to find a job but one of the most effective is networking. It is one thing to speak with your neighbor about opportunities at his or her company but, eventually, many job seekers will need to utilize different networking events.

Great opportunities are found at networking events but, at the same time, they can be intimidating because we may not know anyone there. Networking events can strike fear in many people, even those with outgoing personalities, so here are a few tips on how to make networking events more pleasant, less overwhelming and more productive.

Tip 1: Take a Deep Breath

Remember that many people are uncomfortable at networking events. It is much more prevalent than you probably know. With

that said, go into the event with a relaxed and positive frame of mind. Identify how you relax – taking deep breaths, visualizing a positive experience, etc. Employ those methods before you enter the networking event.

Tip 2: Appear Approachable

Smile! If you have a smile on your face, others will be encouraged to speak with you. Other open body language you should employ includes:

- keeping your arms uncrossed
- standing up straight (don't slouch)
- making eye contact with those around you

While you are at the event, take notice of others' body language. See if you can tell what aspect of their body language makes them look either approachable or closed off. That will help you with your own body language.

Tip 3: Utilize the Event Activities

The toughest networking scenario is when you don't



know anyone at the event and go by yourself. In this case, try to use the activities or functions at the event to your advantage. Does the event have a bar or buffet? Once you are in the food or beverage line, begin speaking to someone also in line. Are you at an art gallery? Approach a piece of art and chat about it with someone else who is also looking at it. It's much easier to speak to people

when you already have some common ground.

Networking isn't easy and intimidates many people, however, it can lead to a powerful advantage over other job hunters! Hopefully the tips above give you the confidence to attend networking events. Who knows, you might really enjoy meeting new people and be surprised at the doors it opens for you!

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