

THE VILLAGE

Gazette™

"It takes a Village..."

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

Tips for Mastering the Farmers' Market

By Melanie Dragger, M.Com.

Many people are taking steps to improve their health and the environment by eating organically grown and raised foods. While some people are selecting organic items at their local grocery store, farmers' markets are becoming increasingly popular. Over the past year, according to the Department of Agriculture, the number of farmers' markets in the U.S. increased by 858, or 16 percent, from 5,274 in 2009 to 6,132 in 2010. When the USDA first began tracking farmers' markets in 1994, there were only 1,755 markets.

Outside of growing your own produce and raising your own livestock, shopping at a farmers' market is the best way to obtain fresh, local, and seasonal fruits, vegetables, and herbs, as well as farm-fresh eggs, meat, poultry, and dairy products. Many farmers' markets also offer artisan breads, honey, and seasonal jams, jellies, and preserves.

Below are tips to help you master your local farmers' market:

1. Do Your Research – Before heading to the market, research what produce is in season in your area. Since all products sold at a farmer's market may not be organic, and some organic products sold may not be certified, familiarize yourself with the organic certification process and product labeling. Information on the USDA's National Organic Program can be found at <http://www.ams.usda.gov/nop>.

2. Bring Your Own Containers – While some vendors have bags and boxes

available for customers, bringing your own containers is the best way to ensure you will be able to transport and protect your purchases properly. Additionally, recycling containers helps the environment by reducing the number of natural resources used to produce new ones.

3. Bring Cash – Swing by your bank or ATM before hitting the farmers' market. Most vendors do not accept checks or credit cards. Bring small bills, since it may be difficult for some vendors to make change.

4. Go Early or Go Late – The best items usually go first, so try to get to the market early. However, before making a purchase, take a quick trip down the aisles, since prices can vary greatly among vendors. If you can't make it to the market when it first opens, go at the end of the market day to catch deals from vendors trying to unload their remaining products.

5. Speak with Vendors – Shopping at a farmers' market allows you an opportunity to speak directly with growers and farmers. Not familiar with Swiss chard? Looking for a new way to prepare eggplant? Most vendors love to share their knowledge, including discussing their production methods, providing storage and transportation advice, and sharing recipes and cooking tips.

Buying organic products at your local farmers' market offers numerous benefits, including boosting the local economy, reducing the amount of toxic chemicals that enter your body and the environment, and decreasing the amount of fossil fuels

used to transport products to consumers. However, organic products can be more expensive than conventionally grown and raised products, and some organic products may be difficult to find in some areas. If going 100% organic is not feasible, use the following list as a guide. According to the 2010 report of the Environmental Working Group, a non-profit organization specializing in research and advocacy related to public health and the environment, these 12 fruits and vegetables consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

1. Celery
2. Peaches
3. Strawberries
4. Apples
5. Blueberries (domestic)
6. Nectarines
7. Sweet Bell Peppers
8. Spinach
9. Cherries
10. Kale/Collard Greens
11. Potatoes
12. Grapes (imported)

The EWG's annual ranking of produce pesticide contamination is based on its analysis of tests conducted by the USDA and the federal Food and Drug Administration. More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>.

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Bailey 512-414-4990
Small..... 512-841-6700
High School
Austin 512-414-2505
Bowie..... 512-414-5247

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Emergency 512-972-1000
Texas State Gas
Customer Service 1-800-700-2443
Gas related emergency..... 1-800-959-5325
Pedernales Electric Cooperative
New service, billing 512-219-2602
Problems 512-219-2628
ATT/SBC Telephone
New Service 1-800-288-2020
Repair 1-800-246-8464
Billing..... 1-800-288-2020
Allied Waste 512-247-5647
Time Warner Cable..... 512-485-5555

OTHER NUMBERS

Oak Hill Postal Station..... 1-800-275-8777
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Stop Sign Missing/Damaged 512-974-2000
Street Light Outage (report pole#)..... 512-505-7617

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What's going on with the Southwest Austin marketplace? Nothing, other than the 78749 zip code was the second-fastest selling zip code in the United States in 2009-2010! That's right! The market for Southwest Austin is one of the best in the country. Being 12 miles to perhaps the most vaunted, hi-tech city in Texas doesn't hurt either. Big business is moving to Austin, Texas and they all want to be close to town, yet live in nice suburban neighborhoods, with good schools and amenities. There's none closer than the Southwest. The Squires family has been selling Austin since the 1977 and is very familiar with all of the communities. Below is a partial list of homes John Squires and the Squires Team have represented sellers and buyers on in recent past. We have sold over 100 homes in Villages at Western Oaks, Western Oaks, Legend Oaks, Woods of Legend Oaks, Westcreek and would like to help you too! The Squires Team offers move-up and move-down plans for empty-nesters and growing families. We offer variable commission rates, no hidden fees, and can meet with you 7 days or nights a week by appointment. Buyers, please call John for professional representation on any property. Sellers, please call John for a free, no-obligation market analysis on your valuable home at (512) 970-1970 or go to SquiresTeam.com! Thanks!

STREET#	STREET		STREET#	STREET		STREET#	STREET	
5714	ABILENE TRAIL	SOLD !	8214	ISAAC PRYOR	SOLD !	5235	SHADOW GLEN	SOLD !
5714	ABILENE TRAIL	SOLD !	8007	ISAAC PRYOR DR	SOLD !	7501	SHADOWRIDGE	SOLD !
6115	ABILENE TRAIL	SOLD !	5712	JANABYRD	SOLD !	5912	SHANGHAI PIERCE	SOLD !
9200	ASHEVILLE PLACE	SOLD !	6104	JUMANO LANE	SOLD !	5913	SHANGHAI PIERCE	SOLD !
9217	ASHEVILLE PLACE	SOLD !	591	KABAYE	SOLD !	5929	SHANGHAI PIERCE	SOLD !
9009	BILL HICKOCK PASS	SOLD !	7600	KIVA	SOLD !	8201	STRINGO PASS	SOLD !
8104	BILLY BONNEY CT	SOLD !	9107	LA SIESTA	SOLD !	5901	SHANGHAI PIERCE	SOLD !
6409	BILLY BONNEY PASS	SOLD !	8820	LA SIESTA BEND	SOLD !	4900	SUMERSET	SOLD !
8108	BILLY BONNIE	SOLD !	8900	LA SIESTA BEND	SOLD !	4901	SUMERSET	SOLD !
5908	BROWN ROCK TR	SOLD !	9100	LA SIESTA BEND	SOLD !	5713	TAYLOR CREST	SOLD !
6201	BURK BURNETT	SOLD !	9112	LA SIESTA BEND	SOLD !	9105	TAYLOR CREST	SOLD !
5810	CHARLES SCHREINER	SOLD !	9115	LA SIESTA BEND	SOLD !	6400	TAYLOR CREST	SOLD !
8000	CHENO CORTINA	SOLD !	5935	LOMITA VERDE	SOLD !	6511	TAYLOR CREST	SOLD !
8103	CHENO CORTINA	SOLD !	5915	MAGEE BEND	SOLD !	6520	TAYLOR CREST	SOLD !
8105	CHENO CORTINA	SOLD !	5104	MAULDING PASS	SOLD !	6404	TAYLOR CREST	SOLD !
6305	CLAIRMONT	SOLD !	9101	MEACHAM WAY	SOLD !	9101	TAYLOR CREST	SOLD !
6204	CLARION	SOLD !	9101	MEACHAM WAY	SOLD !	6528	TAYLORCREST DR	SOLD !
4304	CLARNO	SOLD !	6306	MESA GRANDE DR	SOLD !	15019	TERRA VERDE	SOLD !
5304	CONCHO CREEK BND	SOLD !	7505	MIFFLIN KENNEDY	SOLD !	7216	TWILIGHT MESA	SOLD !
6555	FAIR VALLEY TRAIL	SOLD !	6109	MORNING DEW	SOLD !	7508	VAL WALKER DR	SOLD !
3114	FESTUS	SOLD !	6501	OASIS DRIVE	SOLD !	6608	VIA CORRETO	SOLD !
8203	FOREST HEIGHTS	SOLD !	6624	OASIS DRIVE	SOLD !	7216	VIA CORRETO	SOLD !
8104	GANTTCREST	SOLD !	6715	Oasis Drive	SOLD !	7308	VOL WALKER	SOLD !
6120	GINITA	SOLD !	6121	OLIVER LOVING	SOLD !	5655	WAGON TRAIN	SOLD !
5917	KABAYE	SOLD !	6118	OLIVER LOVING	SOLD !	9005	WAMPTON WAY	SOLD !
7125	GENTLE OAK	SOLD !	7508	ORRICK DRIVE	SOLD !	7108	Wandering Oak Drive	SOLD !
5803	KAYVIEW	SOLD !	9202	PIZARRO COVE	SOLD !	10613	WATCHFUL FOX	SOLD !
7906	HENRY KINNEY	SOLD !	6733	PONCHA PASS	SOLD !	7921	WHEEL RIM	SOLD !
7906	HENRY KINNEY	SOLD !	7421	PONOMA TRAIL	SOLD !	7001	WHEELER BRANCH	SOLD !
8005	HENRY KINNEY	SOLD !	8101	RED ROCK COVE	SOLD !	7003	WHEELER BRANCH	SOLD !
6200	HONEY DEW CT	SOLD !	1850	RED ROCK DRIVE	SOLD !	4913	WING RD	SOLD !
8308	HOT SPRINGS CT	SOLD !	7037	RIDGE OAK	SOLD !	6304	ZADOCK WOODS	SOLD !
7911	ISAAC PRYOR	SOLD !	5954	SALCON CLIFF	SOLD !	6412	ZADOCK WOODS	SOLD !
8009	ISAAC PRYOR	SOLD !	9211	SAUTELLE LN	SOLD !			

Letter to the Editor

DEAR NEIGHBORS, RESIDENTS OF THE VILLAGES AT WESTERN OAKS AND LEGEND OAKS,

As a mother to two very little boys, I am very concerned about the neighborhood games children play outside of my babies' room windows. Ultimately we, parents, have the responsibility to teach our children nonviolence if we are to live in a peaceful world. As our children's guardians and advisors we influence the games they choose to play. I find it not only disrespectful of the values of other neighboring parents and their children, but also plain dangerous that some little boys run around with toy guns and BB guns around the neighborhood and at the Dick Nichols Park while little ones are at play in the same areas. Personally, I do not uphold the idea of violence and my children do not play with guns of any sort! There are many other exciting and constructive games that my children can play to foster their imagination, to boost their self esteem and to learn about the power of kindness. If you are a parent who despite of safety and civility concerns prefers to let your children play with guns, please keep their war games in the privacy of your own backyard. I do not want the sound of toy guns outside of my windows and I do not want my toddler to be hurt by a BB gun while he is playing in our front yard or at the park across the street. I ask that you respect this request. There are many other parents in the neighborhood who would agree with me and would ask you of the same courtesy.

*Sincerely and with gratitude for your attention and respect,
Your neighbor*



Huge Garage Sale on March 5 from 8am til 2pm at Abiding Love Lutheran Church/7201 Brush Country Road at Convict Hill Road. Rain or shine! Come save \$\$'s and have fun too as you shop for clothes, household items, furniture, office & school supplies, toys and much more! Food and drinks also for sale to give you energy to shop. Proceeds benefit Church Youth and other outreach ministries! If you have items you would like to donate take them to church on March 3rd after 2pm or all day on the 4th. Call 280-4533 or 751-6429 if you have questions or need assistance.



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Personal classifieds (one time sell items, such as a used bike...) run at no charge to Village at Western Oak and Legend Oak residents, limit 30 words, please e-mail VillageGazette@PEELinc.com.

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**In South Austin near the
intersection of Brodie & Slaughter**

Landscaping With Deer Resistant Plants

Submitted by Jack Williams

Landscaping in Austin can be fun, but also quite challenging. The unique setting of Austin blends the urban city with the Hill Country of Central Texas. This mix gives the Austin landscape a look and feel unlike any other part of Texas.

With wildlife and people living together, it is common to see deer in neighborhoods all around Austin. The deer can really give headaches to the novice landscaper. When landscaping in Austin, it is important to know the different types of shrubs and perennials you can use to make your yard beautiful and keep the deer from munching on your new plantings. Remember, the

plants mentioned are usually deer resistant, but deer will eat almost any plant if hungry in extreme drought conditions.

Every landscape should have the right mix of evergreen shrubs and flowering perennials. This way, your garden doesn't look dead in the winter and will provide color in the spring, summer and fall. Here are a couple of plants that I have had success with while landscaping in Austin.

Evergreen Shrubs:

- Silver Germander
- Pineapple Guava
- Dwarf Yaupon
- Cotoneaster

- Upright and Trailing Rosemary
- Bicolor and African Iris
- Jerusalem Sage

Flowering Perennials:

- Salvia species (Several varieties and colors to choose from--I like 'Hot Lips', Mexican Bush Sage and Salvia Greggii)
- Indigo Spires
- 4 Nerve Daisy
- Copper Canyon Daisy
- Turk's Cap
- Bat Face Cuphea
- Yellow Bell

These shrubs and perennials will vary in height and texture, so be sure to plant in the right location. For example, you don't

want to plant a Pineapple Guava in front of a window or an Upright Rosemary too close to a sidewalk--allow for adequate growth. If not, the plants will overwhelm the space and crowd your garden.

By planning ahead and before you begin landscaping in Austin, you will save valuable time, money AND keep deer from eating your plants! Best of luck and happy gardening.

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WHO/WHAT: Local artists, crafters and business owners will be selling their art & crafts to benefit the Gorzycki Middle School Art Department. Admission is free and raffles will be held hourly. Free parking is available on site. The event is sponsored by the Southwest Inclusive Networking Group, the Creative Arts Society, and Southwest Vertical Partners.

WHEN: Saturday, April 9, 2011 from 10am to 5pm

WHERE: Gorzycki Middle School

WHY: To support local artists and businesses, and to raise money for the Gorzycki Middle School art department

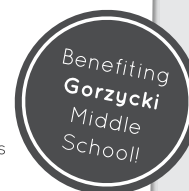
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Circle C Tennis Club News

Submitted by Fernando Velasco, General Manager and Director of Tennis, Circle C Tennis Club

“Wilson Demo Day at Circle C Tennis Club”

Paul Scheff, Wilson Rep in the area, came to the Circle C Tennis Club on Saturday, January 22 to show the new rackets to the Members of the Club. Those who attended not only got tips from Tennis Professionals Mari Toro, Danny Rodriguez, Manny Solorio, and Fernando Velasco, but also went home with a new set of NXT 16 strings. They also were able to purchase Wilson merchandise at a special 25% discount from the Retail Price. Many of those demos are now available in the Pro Shop



“WTTA Boot Camp”

The WTTA Winter Boot Camp not only enjoyed the beautiful “spring” days, but also had a chance to work out with great drills designed by Mari Toro, Director of Women’s Team Tennis. She was aided by pros Mandon, Danny, Manny and Fernando. On Thursday, the players got some extra tips from Dennis Ralston, guest of the day.

(Continued on Page 9)



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Circle C Tennis - (Continued from Page 8)

“Pro-Emeritus”

Richard “Dennis” Ralston has joined our staff as a “Pro-Emeritus.” Dennis is former US Tennis Champion; Wimbledon Champion; player, captain and coach of the U.S. Davis Cup Team; coach of SMU Tennis Teams; and traveling coach for Chris Evert, Yannick Noah, Gabriela Sabatini, John Lloyd and Beverly Bowes. He will be conducting special “Shot of the Week” Clinics and will be available for private and group lessons as soon as he moves to Austin.



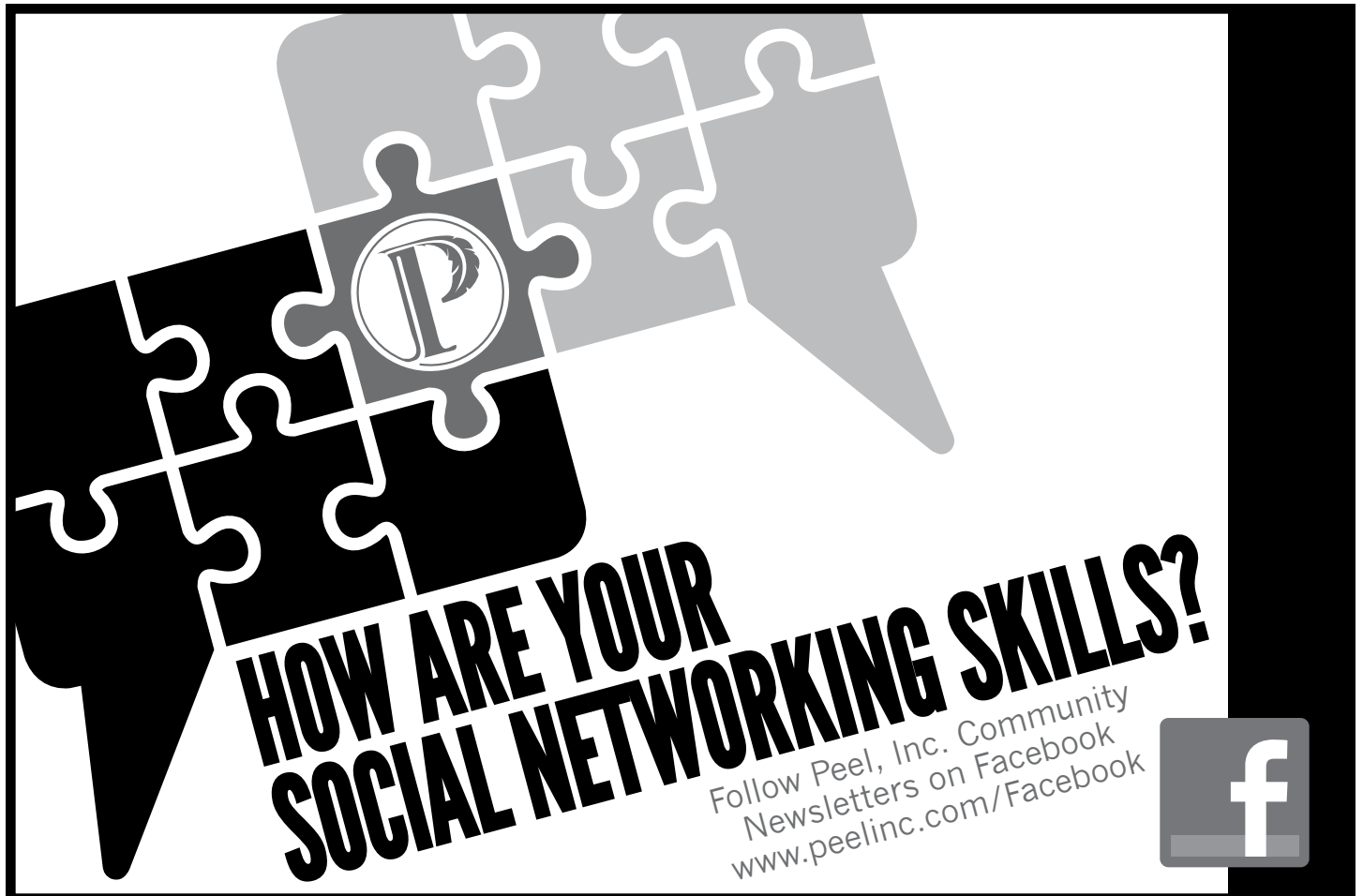
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Achhooooo! *What you can do about allergies for good!*

If you live in Austin and other allergen-laden locales, you are certainly familiar with the outward symptoms of airborne allergies. And if you've ever rushed to the bathroom after lunch, you may also be familiar with some food allergies and what they do to you. But did you know that depression can actually be a symptom of an allergy at work in your body? So can muscle aches, joint pain, anger and irritability, even an inability to think clearly. The list of allergy symptoms goes on and on.

The exact cause of allergies isn't known. Western science defines an allergic reaction as the body's defense mechanism against an allergen or foreign substance. The body's immune system takes over in an attempt to protect it. Ironically, your body is making you uncomfortable by fighting what are often benign substances. So why is Cedar kicking your butt right now and not your neighbor's or your spouses? It has to do with your Immune System strength and your immunity against the allergen!

Allergies to airborne substances, ragweed, mold, dust, mountain juniper, are often indicative of inflammation somewhere in the GI tract. They are typically secondary to a food allergy that is creating the inflammation. So rebuilding the stomach lining, will decrease allergies, even airborne!

Some allergens are actually inherited, but these are few. In fact, allergic reactions to soy, peanuts, dairy products, and wheat appear to be the only genetic allergies. Changing the pH and calming the inflammation of the bowels is the key to reducing or eliminating allergies. While it isn't an overnight process, the results are worth it—living without sinusitis, itchy watery eyes, headaches, pressure, fatigue, drainage, sinus infections, irritable bowels, spastic colon, diarrhea, and constipation.

You may be shocked to discover how many of your seemingly unrelated symptoms are actually allergies. Other symptoms of allergies include migraines, heartburn, fainting, blood-sugar problems, indigestion, and even mood disorders. Often, depression is actually a result of commonly ingested allergens, and many people find they can reduce or eliminate their need for psychotropic medications by modifying their food intake.

In my office we use homeopathic remedies, herbs, acupuncture and adjustments to alleviate allergy symptoms and rebuild the stomach to address and fix the cause. All of these combined together is how you can be allergy free! See below -

Immediate Relief :

Acupuncture-

Acupuncture can target the areas where the allergies may stem from. Acupuncture is a procedure, and therapy where I insert a tiny thin needle into certain acupressure points that are designed to open and increase the energy flow (Qi) throughout the body. Once the

(Continued on Page 12)



SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos.
We want pictures of your kids doing everyday things,
school events, plays, sports, etc.
Send in your pictures to be featured in
The Village Gazette.

E-mail your pictures to VillageGazette@peelinc.com
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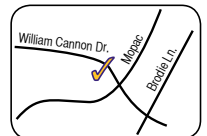
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THE VILLAGE GAZETTE

Achhoooo! - (Continued from Page 10)

body has a thorough energy flow, the body will become balanced both hormonally, physically and mentally. With allergies, I can treat the root of the problem, as well as where the problem manifests itself within the body.

Probiotics-

Again, working on the immune system is the most important defense against allergens. The good stomach bacteria (probiotics) train your immune system to distinguish between pathogens and non-harmful antigens, and to respond appropriately. This important function prevents your immune system from overreacting to non-harmful antigens, which is the genesis of allergies.

Natural D-Hist and Texas Allergy

Both are fast acting and help reduce allergy symptoms. Both are sold only by Dr.'s and I do carry both in the office as well as a high grade probiotic.

Natural D-Hist combines Quercetin, which is a mast cell stabilizers that inhibits compounds that affect the nasal passageways slowing down nasal discharge, with Bromelain which supports the mucousal

lining and slows down the mucus viscosity. D-Hist does not leave you with that "hang over" feeling benedryl or other over the counter medications may....

Texas Allergy Spray is a homeopathic remedy that slowly introduces Texas Allergens into your system such as Ragweed, Mold and Cedar. By introducing small amounts before allergy season hits, your body will build immunity to the allergen when it comes into contact with the real thing. I like to start my patients on this the month or so before the allergen that bothers them is at it's highest. For example I start my Cedar sensitive patients on Texas Allergy in late September for the November Cedar Season.

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Align Your WORK VALUES with YOUR CAREER

By Amy Wolfgang, M.Ed.

What is your ideal job? How do you make that determination? Many people are unhappy with their current career but are unsure what will make them happy. When individuals want to understand why they are unhappy in their current career the first area to examine is their *work values*.

Work values are characteristics of the activities and opportunities in a job that help make performing the job a satisfying experience. Examples of work values include: variety in work tasks, job security, ability to travel, recognition, etc. When you are evaluating your own career or making a decision on a new career, it is important for you to assess how your work values align with the career you are considering.

Action Steps

Identify Your Work Values

Before you can begin evaluating your work values, first you must identify them. What are the top 5 – 10 work values that are important to your career satisfaction? Sometimes it is hard to think of what we need, although it can be easy to identify what we do not like in a career. Think back

to those times that you may have been upset about your career situation. For example, the time when you did a lot of work on a project and no one recognized it. This could mean that recognition is an important work value to you. What if you are unhappy in your current career because every day you complete the same tasks as you did the week before? This could mean that variety is an important work value for you.

To get you started, here are samples of some work values that might be important to you:

- Variety of Work
- Autonomy
- Flexible Hours
- Education/Training Opportunities
- Workplace Environment
- Status of Job
- Pay/Salary
- Recognition/Praise
- Opportunities for Advancement
- Socialization/Interaction

Rank Your Work Values

Now that you have identified the items that are important to you in a career, you will need to rank them in order of importance.

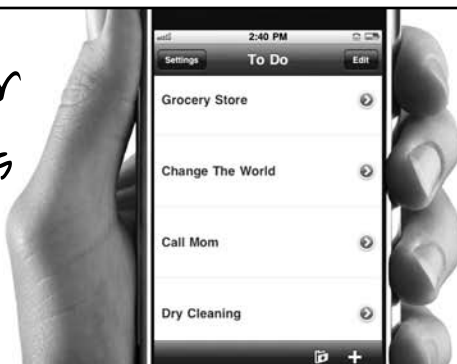
No one job may be able to meet all of your work values, however, a job that is a good match for you should be able to meet your most important ones.

Evaluate Your Current Job

Now that you know which values are the most important, ask yourself this question: Is your current job meeting your work values? If it's not, *don't worry*. It does not mean that this isn't the right career for you. It does mean that some things need to change in your job for you to achieve greater satisfaction. This may provide a great opportunity for you to speak with your supervisor about ways some of your work values can be met.

For example, if you value creativity, but always seem to be completing the tasks rather than helping to develop the solutions, talk to your supervisor about potential projects you can assist with on the creative side. If you value learning, then identify areas that seem interesting to you and ask your supervisor about helping in those areas so you can learn new skills. These tactics are also a great way to show your company that you are committed and capable.

What's on your
to-do list this
month?



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