

The OUTLOOK

News for the Residents of The Dominion

GATOR CAPTURED!

Carol Fisher, a Dominion resident, was playing golf when the alligator was captured on the 17th green. Texas Parks and Wildlife called in CMT's "Gator 911" star Gary Saurage, whom captured the gator. That gator is now being relocated to Saurage's Gator Rescue park in Beaumont.



2011 Real Estate Stats

Lot sales in Dominion are up approx 50% in first quarter of 2011 over 2010 and continue to show strength over the last six months. Great news! Homes sales in Dominion (On Average) are up approximate 19% first half of 2011 over 2010. Demand has been steady and prices are finally advancing up. I have seen an approximate 9% increase in the median price per square foot for the first half of 2011 over 2010. First half of 2011 totals \$157 per square foot over \$145 per square foot in 2010. However make note: "Houses that need updating and or maintenance will sell for less, while the opposite is true for houses that are updated, newer, and in pristine condition." Report date range is Year To Date. (1-1-11 to 6-19-11

31 houses Sold:

Sold price range Low \$285,000
 High \$3,000,000
 Median price range \$670,000

Sold price per sq. ft.

Low \$78.53
 High \$402.144

Houses Pending:

List Price range Low \$507,995
 High \$850,000
 Median price range \$649,497

(Continued on Page 2)

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY911
Fire..... 911
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DOMINION SECURITY

Chief of Security210-268-9932
Main Gate..... 210-698-2997 or 210-698-2998
North Gate..... 210-698-7812 or 210-698-1224
Automated Service210-698-9744

CITY

City Customer Service.....210-207-6400
Solid Waste (Trash)210-207-6428

OTHER NUMBERS

Cedar Elm Postal Office210-641-0278

NEWSLETTER PUBLISHER

Peel, Inc.512-263-9181
Advertising..... dominion@peelinc.com

MISSION STATEMENT

The Outlook, For The Dominion

The mission of The Outlook is to provide The Dominion Community with one source of local news content that is written by Dominion residents. Our goal is to help build the community by connecting local businesses with residents and residents with relevant neighborhood information.

"Be the community."

ARTICLE INFO

The Outlook is mailed monthly to all Dominion residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for The Outlook please email it to dominion@peelinc.com. The deadline is the 20th of the month prior to the issue.

NOT AVAILABLE ONLINE

Real Estate Stats- (Continued from Cover Page)

Price per sq. ft.

Low \$105.09

High \$267.71

111 homes Active for sale:

List Price range

Low \$297,300

High \$3,999,000

Median price range \$685,000

Price per sq. ft.

Low \$109.14

High \$460.14

7 Lots sold:

Sold price

Low \$115,000

High \$348,000

Median price \$235,00

Median Price per Square Foot \$5.21

2 Lot Pending:

List Price

High \$495,000

Low \$125,45043

Lots active for sale:

List Price range

Low \$77,900

High \$550,000

Median price range \$225,000

Median price per Square Foot \$9.81



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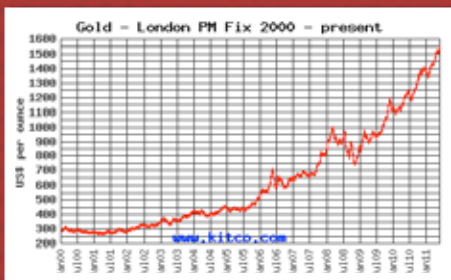
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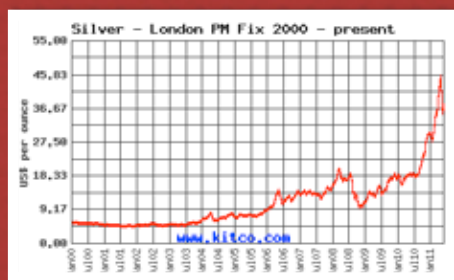
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THE OUTLOOK

TIPS FOR A HEALTHY SUMMER

Eat Smarter & Move More

Submitted by Sarah S. Jordan, MS

The 4th of July holiday is almost here, and along with it comes good food, parties, and great times with family and friends. These things pretty much go hand in hand with summer.

Summer is a very common time for people to fall off the “health wagon,” but it doesn’t have to be that way. Eating right and getting enough activity can certainly be a challenge, especially when holidays and travel are involved. But the keys are: being consistent, making good choices, eating in moderation, and purposely finding ways to move more. Here are some tips to make your summer a healthier one for your family and friends.



Small Changes = Big Results

Making small changes for your summer cookouts and potlucks can equal big nutritional improvements.

Traditional Summer Food

A More Healthy Alternative

Hot dogs	Turkey dogs
Hamburger	Turkey burger
Potato salad	Fruit salad
Chips and high fat dip	Assorted vegetables and hummus
Fried chicken	Grilled chicken kabobs with veggies
Pie	Fresh pineapple
Soda and sweet tea	Iced tea with lemon
Using high-fat mayonnaise in dishes Use low-fat mayo or the kind that has olive oil in it

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Tips for a Healthy Summer - (Continued from Page 4)

Healthy Recipe Swap

You can even request that guests bring a healthy dish and include the recipe along with the dish. After the event, the party host types up all of the recipes and emails them to party guests. Just like that - everyone is equipped with healthy things to try on their own!

Get Movin'!

Instead of a party revolving solely around the food involved, why not create a "buffet of games" and activity to center the event around instead? Here are some ideas for fun backyard games to try this summer with your family and friends. Just be sure to let your guests know the "active" theme ahead of time so they can dress accordingly and be prepared to move.

Host a miniature version of the Olympics.

This can consist of things like wheelbarrow races, three legged races, running, water balloon tosses, and team relays. Have prizes for the teams.

Create an art contest using chalk.

Have three judges and give out prizes for the most creative pieces of art. And maybe even to the adult with the most "artfully challenged" piece of "art."

Play a classic game of "Kick the Can."

Make sure you have at least 3-4 people playing this game. One

person is "it" and guards the "can." (Can needs to be in an open space.) Other players hide while the "it" person counts to 20 and then goes to find the other players. Captured (tagged) players go to "jail." Anyone not captured can kick the can, which sets all jailed players free. If the "it" person finds all players before the can is kicked, the "it" person wins the game.

Have a Hula-Hoop contest.

Crank up the fun music, and see who can twirl the longest!

Create a canvas.

Hang an old white sheet on your fence or clothesline and let the creativity flow while your guests create a beautiful work of art!

Send your guests on a scavenger hunt.

There are many ways to get creative with this, including giving the hunt a theme to match your party, having guests find things in nature and draw pictures of what they find, or having your guests do something (ex: 10 jumping jacks) every time they find something on the list.

Slip and Slide!

Give your party a water theme to beat the heat. Set up two identical slip and slides and see who slides the fastest and/or the farthest. Crown your champion. Test out other games like horseshoes, washers, Bocce ball, four-square, hopscotch, whiffle-ball, or kick ball.

Here's to a healthy and active summer ahead.

Cheers!



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community newsletters



JULY 2011



HEALTH BRIEFS

Keep Up With Routine Eye Exams

Maintaining good vision should be a top health priority for you.

Many eye diseases, such as glaucoma and macular degeneration, can go undetected and destroy your eye sight later in life.

It is important to keep up with routine eye exams to detect early onset of these and other diseases, according to Dr. Douglas Koch, professor of ophthalmology at Baylor College of Medicine. Family history and secondary condition such as diabetes can also increase your risk of developing these conditions.

At Baylor's Alkek Eye Center, there are highly skilled ophthalmologists who can diagnose and treat eye diseases before the damage occurs. We also offer expert care and the latest technology in contact lens care and treatment of cataracts, ocular surface diseases, dry eye, disorders of the eyelids, and visual problems related to the nervous system to make an appointment at the Alkek Eye Center, please call 713-798-6100.

Antacids May Mask Serious Problem

Taking an over-the-counter antacid on a regular basis could be a sign of trouble, warns a Baylor College of Medicine physician.

"If you are taking an over-the-counter antacid on a daily basis, you have more than just occasional heartburn," said Dr. Waqar Qureshi, associate professor of medicine and chief of endoscopy at BCM. "If that is the case, you should see a doctor."

Heartburn can occur when certain foods cause the muscle controlling the barrier between the stomach and the esophagus to relax, allowing stomach acid to rise more easily into the chest and leaving a burning sensation and a sour taste in your mouth.

You can improve the symptoms by avoiding large meals, eating several hours before bedtime and reducing your weight if you are overweight. If these measures don't help, prescription medications may be necessary, said Qureshi.

Frequent heartburn could signal a chronic condition or gastroesophageal reflux disease (GERD), which afflicts more than 7 million Americans annually. Ignoring frequent symptoms could lead to complications such as strictures (a narrowing of the esophagus), ulcers, difficulty swallowing and even esophageal cancer.

"The bottom line is to not ignore heartburn," Qureshi said, "If you are having heartburn several times a week, especially if it interrupts your sleep, or notice difficulty swallowing, you should see a doctor."

Summer Treats Should Not Replace Healthy, Balanced Meals

When you hear the familiar sound of the ice cream truck coming down the street this summer, be sure to consider how a summer treat fits into a balanced diet, said an expert at Baylor College of Medicine.

"Any snack needs to be in proportion to a person's nutrient needs based on age, gender and activity level," said Dr. Karen Cullen, associate professor of pediatrics-nutrition at the USDA/ARS Children's Nutrition Research Center at BCM.

Consider the frequency and portion size of summer treats, and be sure not to let snacks replace or interrupt regular meals, she said.

Summertime is a great opportunity to discover new fruits that are in season, including watermelons, mangos and strawberries. Fresh vegetables are also available at reasonable prices. Taking children to a farmer's market can be a fun activity with great benefits for the whole family.

Too Much Sodium Can Harm Your Health

When your blood pressure goes up, your sodium intake must come down, said an expert at Baylor College of Medicine.

"There have been many studies that suggest that too much sodium

(Continued on Page 7)

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Health Briefs - (Continued from Page 6)

impacts blood pressure, which increases the risk of cardiovascular disease and stroke," said Dr. Rebecca Reeves, assistant professor of medicine at BCM.

Studies show that Americans eat an average of 3,400 milligrams of sodium per day - that's 1,100 milligrams more than the recommended 2,300 milligrams per day, said Reeves.

Her tips on controlling sodium intake include:

- Eat more whole grains, fruits and vegetables and cut back on sweets and red meat.
- Read food labels for sodium levels per serving
- Replace salt with fresh herbs and spices when cooking
- Use low sodium products when available
- Rinse canned veggies and beans before cooking to reduce sodium levels
- Don't salt food at the dinner table

Foods high in salt and thus high in sodium include cured meats, pickled foods, many different snack foods and crackers and various types of seasonings.

Although medication also helps reduce high blood pressure, the results will be even better with dietary changes. Following a low sodium diet plus taking blood pressure medication daily will help lower and maintain blood pressure.

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When the beloved garden center, Pots & Plants closed its doors- several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in June, July and August benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit www.westlakemedical.com for more details or stop in The Hospital's Waterfall Café, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope.

August 28th 3rd Annual Colin's Hope Kids Triathlon
Athletes ages 5-15, mark your calendars for August 28th. Our Kids Triathlon will once again take place in the Lake Pointe neighborhood. NEW this year are athlete training clinics sponsored by Austin Cycle Camp, Jack & Adams and Nitro Swimming. Go online to register at www.colinshope.org.

For more information, check out our website at www.colinshope.org

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Lot For Sale

\$ 225,000

Exciting opportunity awaits those wanting to build a new home in "The Dominion" - Neighborhood has controlled access, lot is ready to build on. House plans available, bring your architect or builder to preview these great Dominion & Hill Country views. No time restrictions to build. THE CHATEAUX AT THE DOMINION -FORMER PARADE OF HOMES - MLS#896877



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