

THE VILLAGE

Gazette™

"It takes a Village..."

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

Food Allergies Annual Walk and Lemonade Stands!

Submitted by Nancy Flores

The Austin Families with Food Allergies (AFFA) will be having its second annual Walk on Saturday, October 1st at 11:00. The Walk will be at Mueller Park. AFFA is a local support group for parents and caregivers of children with food allergies and adults with food allergies. For more information about AFFA, visit our website at www.bigtent.com/groups.affa.

My four-year-old son, Noah, will be having two lemonade stands! They will be on September 17th and 24th from 9-1. The location is at 5329 Spirea Cove (corner of Spirea Cove and Tiombe Bend). All proceeds will be going to the AFFA Walk. Noah is allergic to egg, dairy, peanuts and treenuts.



WANTED !!

Photos of Historic Manchaca

By Marilyn Dunnahoo McLeod

Manchaca Onion Creek Historical Association
www.mochaonline.org

Tucked into a quiet forested area just a few miles south of Austin, Manchaca is just a small dot on the map when you look at the state of Texas. Don't let its size fool you though. Manchaca has an old and very interesting history.

The Manchaca Onion Creek Historical Association is a non-profit organization made up of history buffs that are passionate about preserving the history of the area. We are in the process of putting together a pictorial history of Manchaca that spans the years 1835 to 1970. We could really use your help!

If you or anyone you know has access to original old photographs of the Manchaca area we would love to hear from you! Photos of people with buildings in the background, pictures of the businesses that used to thrive there, photos of the schools or activities would certainly be welcome additions to our collection. Your photos can be scanned while you wait and handed right back to you.

If you have a treasured photo you would like to share with us, please contact Ann or Barry Trask at 282-3315 or e-mail them at latrask@austin.rr.com.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY 911
Fire..... 911
Ambulance 911
Sheriff – Non-Emergency 512-974-0845

SCHOOLS

Elementary
Clayton 512-841-9200
Kiker..... 512-414-2584
Mills 512-841-2400
Patton 512-414-1780
Middle
Bailey..... 512-414-4990
Small..... 512-841-6700
Gorzycki 512-841-8600
High School
Austin 512-414-2505
Bowie..... 512-414-5247

UTILITIES

Water/Wastewater
City of Austin..... 512-972-0101
City of Austin (billing) 512-494-9400
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
City of Austin
Dead Animal Collection..... 512-494-9400
Abandoned/Disabled Vehicles 512-974-8119
Stop Sign Missing/Damaged 512-974-2000
Street Light Outage (report pole#)..... 512-505-7617

NEWSLETTER PUBLISHER

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ONLINE

Do You Have Reason to Celebrate?

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VillageGazette@PEELinc.com to let the community know!



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SOUTHWEST AUSTIN REAL ESTATE UPDATE

September 2011

www.gotoaustinhomes.com

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2011 is a Good Time to Make the Move



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6104 La Naranja
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5613 Wagon Train
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8404 Forest Heights
SOLD IN 5 DAYS!



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5604 Camp Fire Trail
JUST LISTED

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Lori consistently demonstrates professionalism. I highly recommend Lori as your realtor.

Sincerely,
L. Rios (Buyer and Seller)

SOUTHWEST AUSTIN NEIGHBORHOOD UPDATE

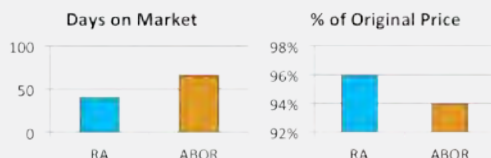
February 2011 to July 2011

	VILLAGE AT WESTERN OAKS One Story Homes	VILLAGE AT WESTERN OAKS Two Story Homes	CIRCLE C	LEGEND OAKS WOODS LEGEND	BECKETT MEADOWS	SMITHS JW WESTERN OAKS
Active Listings:	6	15	51	6	0	2
Average List Price:	\$243,150	\$268,900	\$337,215	\$287,933	n/a	\$209,425
Average List Price per SQ FT:	\$135.41	\$111.61	\$122.98	\$100.01	n/a	\$138.58
Sold Listings:	32	35	145	28	6	6
Average Sale Price:	\$244,019	\$262,422	\$320,124	\$255,755	\$245,306	\$217,483
Average Sale Price per SQ FT:	\$127.01	\$106.11	\$117.23	\$112.28	\$108.73	\$126.35

*Data based on statistics from the Austin Board of Realtors® Multiple Listing Service (MLS). Does not include pending sales.

REALTY AUSTIN STATISTICS

Realty Austin listings sell one month faster and for \$3,925 more on average than homes listed with traditional agents.



SAVE THE DATE



Movie in the Park Kung Fu Panda

September 24, 2011
Dick Nichols Park
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Information on this flyer is deemed to be accurate, but it is not guaranteed.

CONGRATULATIONS TO OUR CIRCLE C PLAYERS *USTA NTRP OPEN TENNIS TOURNAMENT*

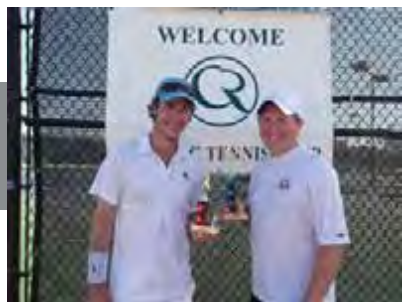
Submitted by Fernando Velasco, General Manager Circle C Tennis Club

The Circle C Tennis Club hosted the 2011 USTA NTRP Open Tournament during the week of July 14-17, 2011. Over 103 players from the Austin and neighborhood areas entered this yearly event. The level of competition ranged from 3.0 to 4.5 rating in singles and doubles play.

Players of the Circle C Tennis programs that participated in this event and reached the finals or semi-finals are shown below. Their names are highlighted in Bold Letters.

In order from left to right, top to bottom:

- 1) Christopher Foley and **Mark Kizer** (Winner Men's 3.5 singles) 2) **Danny Rodriguez**, Winner; and **Carlos Almeida**, Finalist, Men's 4.0 Singles 3) **Ken Comey**, Winner and Giulio Chiarenza, finalist Men's 4.0 Singles Consolation 4) Edwin Chien, Winner and **Jeff Rausch**, Finalist Men's 4.5 Singles 5) **Jack Shriver** and **Joseph Springli**, Winners Men's 3.5 Double 6) Rachel May, Finalist and **Masami Fujita**, Winner Women's 4.0 Singles 7) **George and Mark Kizer**, 3rd Place and **Roger Keen and Louie Zeng**, 2nd Place Men's Doubles 8) Cindy Harbeson and Julie Magnuson, Winners, and **Ceci Griffis and Kathy Mungle**, finalists Women's 3.5 Doubles 9) Randy Harris and Raajeev Kalyanaraman Winners, and **Austin Maddux** and Scott Dorf, Finalist Men's 4.0 Doubles



Other Circle C Tennis Club Players who participated were:

- Hector Perez, Quarter Finals Men's 4.0 Singles
- David Laird, Semis Men's 4.0 Singles Consolation
- Glenn Jorden, Quarters Men's 4.0 Singles Consolation
- Jack Shriver, Men's 3.5 Singles
- Jason Nickell, Men's 4.5 Singles

- Tracy Nickell, Women's 3.5 Singles
- Maria Fer Candil and Julie Comey, Women's 3.5 Doubles
- Adriana Streetman and Julie Asbra, Women's 3.5 Doubles
- Matilda O'Connor and Kathy Smith,

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SUPERHERO
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THE VILLAGE GAZETTE

SEPTEMBER EVENTS

at the Wildflower Center

SIGN UP FOR GO NATIVE U!

Classes start September 24 for this six-class native plant gardening series. Classes in garden design, native plant selection, installation, maintenance and Integrated Pest Management at the Wildflower Center. Information at www.wildflower.org/gonativeu

ART EXHIBITS

Opens Saturday, September 3

Damian Priour's sculpture exhibit on the grounds and Darwin Jones' show of paintings in the McDermott Learning Center.

Open Labor Day / Monday, September 5

ANNUAL SEED SALE

Saturday and Sunday, September 17 and 18

Smithsonian Museum Day

Saturday, September 24

Free admission to Smithsonian members.

AUSTIN MUSEUM DAY

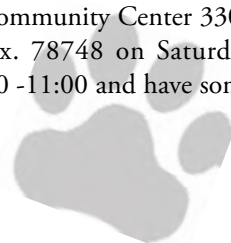
Sunday, September 25

Free admission, extended hours. Meet Austin Women in Science, 2 to 4 p.m. Meet artist Darwin Jones in the McDermott Learning Center, 1 to 4 p.m.



CUB SCOUT *Pancake Breakfast*

Kiwanis Pancake Breakfast and Cub Scout fun day September 17 The Shady Hollow Kiwanis Club and Cub Scout Pack 82 will be hosting a Pancake breakfast and membership recruitment Saturday September 17, 2011 from 8:00 am to 11:00 am. The Cub Scouts from Pack 82 will be there with some of the fun games and activities they do in Pack 82. All are invited to come have a great breakfast, have some fun and learn about the many ways the Kiwanis club and the Cub Scouts serve our community. So come out to the Shady Hollow Community Center 3303 Doe Run Austin, Tx. 78748 on Saturday September 17th 8:00 -11:00 and have some good food and fun.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL FAMILY FUN STARTS HERE

At the Y, we support families in their efforts to **EAT HEALTHY, PLAY EVERY DAY, GET TOGETHER** and **GO OUTSIDE**. Join us for fall family fun. Y member benefits include:

- FREE Youth Programs
- FREE Family Events
- FREE Family & Group Exercise classes
- FREE Child Watch while exercising
- FREE Active Older Adult programs

Plus Discounts on sports leagues, swim lessons & camps.



**JOIN IN SEPT.
and SAVE \$48!**

SOUTHWEST FAMILY YMCA
6219 Oakclaire Dr. & Hwy. 290
AustinYMCA.org • 891-YMCA

What would church look like
if it dropped everything
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real life.
A U S T I N

Find out Sunday, Sept. 11 at 10:15 am.
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IMAGINE A WAY NOW ACCEPTING SPONSORSHIP APPLICATIONS FOR CENTRAL TEXAS CHILDREN AFFECTED BY AUTISM

Every child should have the chance to reach their full potential. Imagine A Way provides financial support and resources to help families with children diagnosed with autism provide their child with the therapies needed to help them achieve their full potential. Our focus is on children in the critical early childhood years of 2 to 6, when the window of opportunity exists to make the greatest impact on their lives.

We invite any family with a child (age 2-6) diagnosed on the Autism Spectrum to please visit our website www.ImagineAWayFoundation.org or call (512) 220-4324 for more information on how to apply.

BUSINESS CLASSIFIEDS

SOUTHWEST FAMILY YMCA: MOTHER'S DAY OUT PROGRAM Enroll now for the 2011-2012 school year! This half-day program for children ages 3-5 offers age-appropriate instruction as they prepare for kindergarten. Conveniently located in Oak Hill. Call 891-YMCA or visit www.austinyymca.org for details.

SUSIE'S PIANO STUDIO: Susan Duschatko is a private piano teacher in SW Austin, teaching beginning and intermediate levels. Located near Davis and Escarpment, one block from Mills Elementary. NEW WEB: susiespianostudio.musicteachershelper.com 512-301-4939 duschatko@att.net. Member of ADMTA.

CLASSIFIED ADS

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.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

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September 24, 2011
The Dell Diamond
Doors Open at 9am, Walk Starts at 11am

www.walknowforautismspeaks.org/austin

Thanks to our sponsors:

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ADOPTION COALITION

Omar is a sweet, loving boy—and he almost always has a smile on face! While he is extremely active and loves to play sports and be outside, Omar does well academically and is a very polite young man. Omar, who turns ten in November, needs an active and involved family who can provide him with consistent expectations, boundaries and structure. An abundance of support and patience will help Omar achieve success in his promising young life.

To find out more about Omar, please contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter, at the Adoption Coalition of Texas (512) 810-0813 or gracelindgren@adopttexas.org. Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group. To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825, email info@adopttexas.org and visit our website at <http://www.adoptioncoalitiontx.org>

www.adopttexas.org

oak hill united methodist church *christian living series*

The Christian Living Series of classes has included subjects such as discipleship, exploring the sacraments, prayer, how to connect with your teen, yoga, women of the Bible, an overview of world religions, healthy eating and other topics to help you live a Christian life.

For a complete list of classes and to register for a course, contact Sharon Douglass at 288-3836 or programs@oakhillumc.org

MINISTRY FOR THE DEAF

Sign Language Interpreters Begin Deaf Ministry at Oak Hill UMC

Oak Hill UMC will provide an interpreter for deaf persons at the 11:15 worship service each week. An interpreter will also be provided for Sunday School classes with advance notice.



Come Worship With Us!

8:45 a.m. Blended Worship Service
10:00 a.m. Pathways Contemporary Worship Service
11:15 a.m. Traditional Worship Service

7815 Hwy. 290 W., Austin, Texas 78736 512-288-3836 www.oakhillunitedmethodistchurch.org

9th Annual Barktoberfest & PLEDGE WALK FOR HOMELESS PETS

Have a howling good time and help the Central Texas SPCA save homeless pets in our community. This year's event will be bigger and better than ever on Saturday, September 10th at Old Settler's Park in Round Rock, Texas. The morning starts with a 2K pledge walk for homeless pets and then the festival fun begins. We'll have music, food, vendors, fun games and activities for kids, activities for dogs, low cost microchipping, a costume contest for dogs and humans, and much more.

The top fundraisers in the 2K pledge walk will win great prizes! Please visit www.centraltexasspca.org for more information.



The Live Oak Network of BNI

QUICK QUIZ:

1. Do you know a reliable and trustworthy service professional (residential, commercial, health and beauty, trades, or event planning) who places their customer's needs first?
2. Would you refer them to your friends and or family members without hesitation?

If you answered "Yes", tell them The Live Oak Network is looking for more good people to join our growing network of professionals today!

The Live Oak Network is a non-competitive professional referral organization that admits only one high quality individual or company per professional category to share ideas, contacts and most importantly referrals.

Curious? Do you want to learn how to build your business by word-of-mouth referral? Visit us this Wednesday morning 7:45 to 9:30 a.m.... have a great time, meet new people - and there is no obligation to join. Please contact Susan Hale for more information at susan@ubeuinc.com, 369.3692 or visit www.bniaustin.com for specific location.

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10 Year Fixed Rate	4.45%*
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Money Market

\$75,000 to \$124,999	0.85%***
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5 Year Fixed Rate	4.99%**
7 Year Fixed Rate	5.25%**

- **Exceptional rates**
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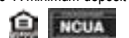
Mortgage Loans

Contact Mark Crowley at Ext. 7388 to set up an appointment. NMLS #458989

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*Annual Percentage Rate. All rates are expressed "as low as". Actual rate may vary depending on credit qualifications.
Rate applies to 1st lien commercial real estate loans with a loan to value of 80% or less; construction/development loan rates/terms may vary. *Annual Percentage Yield. Penalties for early withdrawal may apply. Jumbo- A minimum deposit of \$95,000 is required. Rates and terms are subject to change without notice. Federally insured by NCUA. Austin Telco NMLS #422857





Dear Friends,

Greetings! It's time again to gather your neighbors and team up with your Law Enforcement Agency to give crime a going-away party.

National Night Out (NNO) is an annual event held on the first Tuesday of October. NNO is sponsored by the National Night Out Association of Town Watch. This past year's NNO campaigns involved citizens, law enforcement agencies, civic groups, business, neighborhood organizations and local public officials from more than 9,000 communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide. In all, more than 29.5 million participated in National Night Out last year.

NNO is designed to heighten crime and drug prevention awareness, generate support for and participation in local anti-crime efforts, and to strengthen neighborhood spirit and law enforcement – community partnership. But its primary goal is to send a strong message to criminals to let them know neighborhoods are organized and fighting back.

FIND THE REGISTRATION FORM ON PAGE 12

Along with the traditional display of porch lights and front-yard vigils, cities, towns and neighborhoods celebrate NNO with a variety of events and activities such as block parties, cookouts, visits from local law enforcement officers, parades flashlight walks contests and youth programs. NNO has proven to be an effective, inexpensive and enjoyable program to promote neighborhood spirit and police-community partnerships in our fight for safer communities. The benefits that your community will derive from NNO will most certainly extend well beyond the one night.

The Travis County Sheriff's Office has promoted NNO for the past 27 years. Our participation has grown from helping with a handful of neighborhood get-togethers to more than 4,000 participants enjoying block parties, carnivals, parades and an assortment of other activities. Our involvement has grown from a couple of crime prevention officers, to dozens of patrol officers, Sergeants, Lieutenants, Captains, Majors, County Commissioners and the Sheriff.

NNO is a great way to get together with your neighbors, find out what's going on in your community and visit with local law enforcement officers about what you can do to help reduce the opportunities for crimes to occur. Participation can be as simple as a small block party, or as big as a parade or carnival. To get involved, or to find out how to register your event for NNO, call the Travis County Sheriff's Office at 854-8413.

Deputy James Kitchens

Travis County Sheriff's Office

Community Services & Outreach Unit

(512) 854-8413

Fax: (512) 854-4719

James.kitchens@co.travis.tx.us

www.tcsheiff.org

LIFE'S HEALING CHOICES

SUNDAYS THIS FALL // 11 AM

WATCH LIVE SUNDAY MORNING 10-11 AM ANYTIME @ www.ghbc.org

SUNDAY WORSHIP @ 11 AM • BIBLE LIFE (ALL AGES) @ 9:30 AM

Great Hills Baptist Church • 10800 Juddville Road, Austin, TX 78738 • 512.343.7763

www.ghbc.org

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888-687-6444**



Bake Sale!

to support pediatric cancer research

be a
Good
Cookie

On Saturday, September 10, Austin will host a large, city-wide bake sale, with 100% of proceeds going to Cookies For Kids' Cancer.

Cookies For Kids' Cancer raises funds for pediatric cancer research through local bake sales. It was founded by Gretchen Witt, a very determined mother, to help increase her young son's odds in his cancer battle. When 2.5-year-old Liam was diagnosed in 2007, Gretchen was shocked to learn that the main reason over 25 percent of kids diagnosed with cancer do not survive is because of a lack of effective therapies. And the reason for the lack of therapies was very simple: lack of funding. Cookies for Kids' Cancer support research at leading pediatric cancer hospitals, including Texas Children's in Houston.

Sadly, Liam lost his battle to the disease this past January. Now, a group of Austin residents, Austin's Good Cookies, are determined to honor Liam's life and raise funds for pediatric cancer research.

The Austin City-Wide Bake Sale will take place at several locations throughout Austin, the main event being at the Hill Country Galleria Amphitheatre. We will have live music by Joe McDermott and Staci Gray, dance troupe performances, bounce houses, Kiwi the Clown, Gymboree on the Go, Beary Stuffables, raffles for Hill Country Galleria stores gift cards and more!

Austin City-wide Cookies For Kids' Cancer Bake Sale

WHAT: A bake sale to raise funds for pediatric cancer research.

WHERE: Steiner Ranch: Bella Mar & Towne Square soccer fields

WHEN: Saturday, September 10; 10 am – 3 pm

COST: All donations for activities and cookies go directly to Cookies for Kids' Cancer!

For more information on satellite locations for the bake sale and the Hill Country Galleria event, or if you are interested in volunteering, please go to our blog, www.austinsgoodcookies.com

Let's make the letter C mean cookies | cookiesforkidscancer.org



POLICE • COMMUNITY PARTNERSHIPS

OFFICIAL REGISTRATION FORM

October 4, 2011 • 7-10 p.m.

Your name (Please PRINT neatly): _____

Name of Neighborhood/NHW / HOA: _____

Address, City, Zip: _____

Cell Phone: _____ Home Phone #2: _____

E-Mail (Please PRINT neatly): _____

Name of Event Location & Address: _____

Event start time: _____ Event end Time: _____

Are you participating using only your porch light? Yes or No (Please circle one)

Affiliated Police or Sheriff's Department _____

Size of area you hope to organize: _____ houses _____ people _____ blocks

Would you like a representative from Sheriff's Office to be present: Yes or No (Please circle one)

Do you have a neighborhood newsletter? Yes or No (Please circle one) Contact Person: _____

Did your community participate in National Night Out 2010? _____

You may e-mail the application to:
James.kitchens@co.travis.tx.us

PLEASE RETURN ASAP TO:

Travis County Sheriff's Office
Community Outreach Unit
P.O. Box 1748 Austin, Texas 78767
Att: Deputy James Kitchens
Main Line: (512) 854-8413
Fax: (512) 854-4719

Important Note: This form must be returned to: (1) officially register your area, (2) receive organizational materials and updates.

HEALTH BRIEFS - SEPTEMBER

EASE YOUR CHILD BACK INTO SCHOOL

Establishing a normal school routine can be hard for children of any age after the long lazy days of summer. Dr. James H. Bray, a family psychologist and associate professor of family and community medicine at Baylor College of Medicine, offers the following tips to help make going back to school a less stressful experience for children and parents.

- Get kids into the school mode early. Many children have a summer schedule that includes staying up late and sleeping in. Kids need at least a week before school starts to get back into the school schedule.
- Develop a plan. Doing things like buying supplies and clothes, and finding out about schedules and teachers in advance, rather than waiting to the last minute, helps reduce stress for parents and kids.
- Talk with children about their fears and concerns and do some advance problem

solving and planning.-Get involved with your child's school by getting to know the teacher and discussing their expectations.

- Talk to your children about what they want to accomplish and get out of their school year. Discuss their academic and social goals, but emphasize balance.

BACK-TO-SCHOOL CHECKLIST SHOULD INCLUDE EYE EXAM

Preparing for the start of a new school year? Remember to get a new backpack, paper and pencils, and get your children's vision screened as part of their back-to-school checklist.

"Poor vision can interfere with learning, school performance, participation in sports and other activities, as well as self esteem," said Dr. Kimberly Yen, assistant professor of ophthalmology at Baylor College of Medicine in Houston and an ophthalmologist at Texas

Children's Hospital.

Yen said if parents know that eye problems run in their family or if they suspect problems, it is especially important that their child receive eye exams regularly. All children should have their eyes examined, as part of their well-child check ups and children who exhibit no signs of visual problems should have their vision screened by age 3.

Good eye care should also include wearing protective eyewear during sports activities. Children who play basketball, baseball and racquet sports are more susceptible to eye injuries. Sports goggles can significantly reduce the likelihood of potentially sight damaging injuries. Good vision not only helps children develop in the classroom, but it teaches them the life-long value of regular vision screenings.

(Continued on Page 15)



CIRCLE C DENTAL



Laser Gum Treatment is here!!!

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95% of patients remain stable after 5 years!

We are currently only 1/5 dentists in Austin to offer laser LANAP!



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www.CIRCLECDENTAL.com

THE VILLAGE GAZETTE

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Health Briefs - (Continued from Page 13)

STUDENT ATHLETES' HEALTH STARTS OFF THE FIELD

Even though it is students who will be taking the field as extracurricular school activities begin, doctors at Baylor College of Medicine say parents play an important role in keeping their kids safe. Family health history, especially heart illnesses, is important information for doctors to know during an exam, said Dr. John Rogers, professor of family and community medicine at BCM.

A certain type of heart murmur and rapid heart beats can be detected during a physical, but the exam can't determine if past family members have heart problems or if anyone has died suddenly due to a cardiac problem. Being armed with that information helps doctors know whether the student-athlete should undergo an echocardiogram or ultrasound for a more in-depth examination.

Parents' knowledge of their child's previous injuries can also be helpful. Teens may downplay an injury, because they don't want it to prevent them from taking part in their favorite sport. However, a parent might remember lasting effects that will help doctors determine the severity of the injury.

Rogers said other issues that cannot be detected during a physical are light-headedness or shortness of breath that is not proportionate to the exertion level of the activity. Parents should keep an eye out for these issues and let their doctor know at the time of the physical exam.

TEENS BENEFIT BY MAKING TIME FOR BREAKFAST

Teens who start their day without breakfast are twice as likely to have diets low in iron - a shortfall that could be hurting their grades. "Breakfast supplies more than just the energy kids need to get through the morning," said Dr. Theresa Nicklas, a professor of pediatrics at Baylor College of Medicine in Houston. "Teens who eat breakfast are also two to five times more likely to consume at least two-thirds the recommended amounts of most vitamins and minerals, including iron."

Iron-deficiency anemia has long been known to have a negative affect on behavior and learning. Eating breakfast has been linked to improved memory, grades, school attendance and punctuality in children. In addition, intakes of other vitamins and minerals, including zinc, calcium, and folic acid, are higher among breakfast-eaters, while fat consumption is lower.

"It's important for parents to realize that the nutrients teens miss when they're allowed to skip breakfast are rarely recouped during other meals," said Nicklas, also a researcher at the USDA/ARS Children's Nutrition Research Center.



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September 2011 The Hospital at Westlake Medical Center Flamingo Sale to Benefit Colin's Hope!
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 July, August and September benefits Colin's Hope. You can add to The Hospital'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!



September 2011 - Sign up for Ourgift and Colin's Hope will receive donations during September!
OurGift.Org™ has chosen Colin's Hope as one of the charities that will benefit from donations in September. Please visit www.ourgift.org to learn more and sign up to receive the daily deals from local businesses. It's a great way to help prevent childhood drowning! You get a great deal, a local business is supported and Colin's Hope will get a donation! Follow them on Twitter @ourgiftlists and find them on Facebook at <http://www.tinych.org/ourgift>



October 1 - Colin's CrossFit Challenge
CrossFit Lakeway is hosting a community event from 8:00am-10:00am at BACKWOODS in the Hill Country Galleria to benefit Colin's Hope. The Crossfit Challenge will be open to all fitness levels. There are Beginner / Intermediate / Advanced divisions and prizes will be awarded to 1st and 2nd place in each division. Registration is \$30. For more information or to sign up, please visit www.crossfitlakeway.com or call 512-689-3798. Help us Prevent Drowning...One workout at a time!

Children who drown often do not **scream, splash, or struggle**. They can silently slip beneath the water, even with adults & lifeguards present.



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