

THE VILLAGE

Gazette™

"It takes a Village..."

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

Get Healthy Program

The Austin Diagnostic Clinic, with new Circle C location well underway, touts 5-2-1-0 kid's get healthy program

- Though construction is still in progress at The Austin Diagnostic Clinic's (ADC's) new facility at the Parkside Village development in Circle C, the trusted health provider to Austinites for nearly 60 years is wasting no time in touting the 5-2-1-0 Kid's Get Healthy program for the new school year.
- ADC's 5-2-1-0 Kid's Get Healthy program is an initiative that emphasizes healthy nutritional choices and behaviors. The program seeks to help kids live a healthy lifestyle by asking them to do four simple things:
 - Eat 5 fruits or vegetables per day,
 - Limit screen time (TVs, computers) to 2 hours or less per day,
 - Get 1 hour or more of physical activity per day, and
 - Drink 0 sugar-sweetened beverages per day.
- Developed by the National Initiative for Children's Healthcare Quality in 2003, the 5-2-1-0 program has since been recommended by the American Academy of Pediatrics and adopted by wellness programs across the country.
- "Our goal in promoting the 5-2-1-0 Kid's Get Healthy program is to make a positive impact on the health of children and families in our community," said Dr. Beth Nauert, a Pediatrician who will serve ADC's Circle C location. "Childhood obesity is an extremely serious issue, and by raising awareness of healthy behaviors as early as possible, we're hoping to make an impact that will last a lifetime."
- ADC's 13,500-square-foot Circle C clinic will be located in the new Parkside Village development on the southwest corner of MoPac and Slaughter Lane. It will feature primary care, with Allergy, Family Practice, Pediatrics and Podiatry, as well as lab and X-ray services. The southwest Austin location also will offer EasyCare walk-in and same-day urgent care seven days a week.

For more information regarding the new ADC clinic in Southwest Austin, visit www.ADClinic.com/CircleC.

Support Your Neighborhood and Neighbors

Purchase a T-shirt to Support Oakhill

"Y Be Weird" Oakhill T-shirts are available at Nutty Brown, Senor Buddy's and Persistent Threads for \$12 or contact Charlotte Ballard (charlottes_web@live.com). All profits will go to Oakhill Fire Relief Fund (25%) and the Abiding Love Food Pantry (75%).

Fall 2011

Neighborhood-Wide Garage Sale

**Saturday, October 22nd
8:00am – Noon**

The New Villages at Western Oaks Fall neighborhood-wide garage sale will be held beginning at 8am on Saturday, October 22nd. Everyone is encouraged to set up sales in their own garages and driveways. This is a great opportunity to meet your neighbors, make some extra money and do a little spring cleaning all at once. The sale will be advertised in the Austin-American Statesman in order to publicize the event and attract buyers, and we will also promote the sale by putting up signs throughout the neighborhood.



IMPORTANT NUMBERS

EMERGENCY NUMBERS

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

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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

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September 2011

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5604 Camp Fire Trail
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*Armando Martinez and
Danielle Salas*

SOUTHWEST AUSTIN NEIGHBORHOOD UPDATE

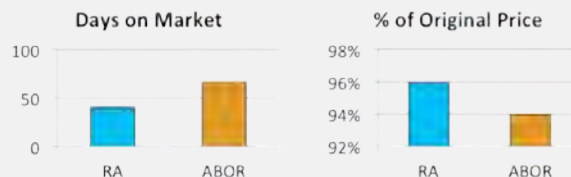
March 1, 2011 to August 31, 2011

	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:	7	13	37	8	2	4
Average List Price:	\$256,121	\$277,695	\$335,588	\$260,978	\$259,950	\$236,213
Average List Price per SQ FT:	\$124.56	\$111.62	\$122.26	\$115.37	\$114.45	\$146.19
Sold Listings:	32	36	159	31	7	4
Average Sale Price:	\$240,966	\$261,591	\$123.09	\$259,408	\$249,548	\$236,750
Average Sale Price per SQ FT:	\$126.52	\$107.21	\$347,976	\$112.52	\$108.84	\$117.86

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

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FAQ's About Cholesterol

By: *Concentra Urgent Care*

WHAT IS CHOLESTEROL?

Cholesterol is a waxy, fat-like substance found in your body. In fact, it is needed for the body to function normally. Your body makes enough cholesterol for its needs. When there is too much cholesterol in your body, it is deposited in arteries, including those of the heart, which can lead to narrowing of the arteries and to heart disease.

WHY IS IT IMPORTANT?

High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States. About 17% of adult Americans have high blood cholesterol (240 mg/dL or more total cholesterol).

How to tell if you have high cholesterol?

High blood cholesterol does not produce symptoms, so many people may not know that their cholesterol is too high. However, cholesterol can be easily checked and can be controlled. Also, there are things that you can do to help keep your cholesterol levels in the normal range.

WHAT AFFECTS CHOLESTEROL LEVELS?

A number of things can affect the cholesterol levels in your blood. These include:

- **Diet.** Certain foods have types of fat that raise your cholesterol level. These types of fats include saturated fat, trans fats, and dietary cholesterol. Saturated fats come largely from animal fat in the diet, but also some vegetable oils such as palm oil. Trans fats are made when vegetable oil is hydrogenated to harden it. Research suggests that trans fats can raise cholesterol levels. Dietary cholesterol is found in foods that come from animal sources such as egg yolks, meat, and dairy products.
- **Weight.** Being overweight tends to increase LDL levels, lowers HDL levels, and increases total cholesterol level
- **Physical Inactivity.** Lack of regular physical activity can lead to weight gain, which could raise your LDL cholesterol level.

- **Heredity.** High blood cholesterol can run in families. An inherited genetic condition results in very high LDL cholesterol levels. This condition is called familial hypercholesterolemia.
- **Age and Gender.** As people get older, their LDL cholesterol levels tend to rise. Men tend to have lower HDL levels than women. Younger women tend to have lower LDL levels than men, but higher levels at older ages (after age 55 years).

WHO IS AT RISK OF HAVING HIGH CHOLESTEROL?

An estimated 106.9 million American adults have total blood cholesterol levels of 200 milligrams per deciliter (mg/dL) and higher, which is above desirable levels. Of these, 37.7 million have levels of 240 mg/dL or higher, which is considered high risk. All persons, including children, can develop high blood cholesterol. It is a major risk factor for heart disease, the leading cause of death in the United States.

WHO SHOULD BE CHECKED?

The National Cholesterol Education Program recommends that children ages 8 and up, and all adults have their cholesterol checked. In 2004, there were 6.5 million visits to doctors' offices that included a cholesterol test being done or ordered.

HOW TO PREVENT HIGH CHOLESTEROL?

There are several things that you can do to keep your blood cholesterol normal. These include keeping a healthy diet, maintaining a healthy weight, and being physically active. Other things such as not smoking also are important. These actions should be a part of your regular lifestyle. If you are found to have high blood cholesterol, your doctor may prescribe medications, in addition to lifestyle changes, to help bring it under control. You should discuss with your health care provider the best ways for you to address these issues.

LIFE'S HEALING CHOICES

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Serving families in Austin since 1952, The Austin Diagnostic Clinic is now moving to a location near you in Circle C. Our new office will open this fall in Parkside Village on the southwest corner of Mopac and Slaughter Lane. It will feature after hours and weekend *EasyCare* services. Medicare and most insurance plans will be accepted.

Breast Cancer: *Importance of Early Detection*

By: Concentra Urgent Care

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths.

Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should

promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>



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Target Heart Rate Range for Cardiovascular Exercise: Do You Know Yours?

- By Sarah Jordan, MS

Are you getting the most you can from your cardiovascular exercise program? Determining your target heart-rate range may help you see more results and become more aware of the intensity of exercise that you are completing. I love to empower my clients by educating them on this personalized range. And even more so, I enjoy seeing their faces light up when they tell me about the results they are seeing because of their success in using it.

A FEW THINGS TO REMEMBER ABOUT

CALCULATING TARGET HEART-RATE RANGE (THRR):

- Always check with your doctor before starting or changing your exercise program. To best determine your fitness level and training zones, seek a fitness assessment from a certified professional personal trainer. Numbers provided here are just estimates.
- **These estimates are for healthy individuals. Remember that conditions like pregnancy, health issues, and some medications can affect your heart rate.**
- There are times when your mid-exercise heart rate will be below or above your target heart rate range, and that is okay. But use the

THRR as a goal to work within most of the time.

- A good estimate of your maximum heart rate is $220 - \text{your age}$.

CALCULATING YOUR TARGET HEART-RATE RANGE:

Knowing how to take your pulse and find your heart rate during exercise can help you evaluate the effectiveness of your exercise program. Using the Karvonen formula, we can calculate target heart-rate range (THRR). We do the following to calculate our low and high end of our THRR:

$$220 - \text{age} - \text{resting heart rate} \times \text{low end of training zone} + \text{resting heart rate} = \text{_____ (low end of THRR)}$$

$$220 - \text{age} - \text{resting heart rate} \times \text{high end of training zone} + \text{resting heart rate} = \text{_____ (high end of THRR)}$$

— STEP 1 —

CALCULATE YOUR RESTING HEART RATE.

The best time to do this is first thing in the morning before you get out of bed. Take a 60-second count, and write your resting heart rate value down.

(Continued on Page 9)

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Target Heart Rate - (Continued from 7)

— STEP 2 —

DETERMINE WHAT TRAINING ZONE YOU WILL USE BASED ON YOUR CURRENT LEVEL OF FITNESS.

Estimates provided by www.acefitness.org: Low level of fitness: 45-55%; Fair level of fitness: 55-65%; Good level of fitness: 65-75%; Excellent / elite level of fitness: 75-85%. (These are just examples and can be changed to best fit your current level of fitness. For the most accurate calculation, get a fitness assessment.)

— STEP 3 —

CALCULATE YOUR TARGET HEART-RATE RANGE USING THE KARVONEN FORMULA.

— STEP 4 —

LEARN HOW TO USE THIS HEART-RATE RANGE REGULARLY IN YOUR CARDIOVASCULAR WORKOUTS.

For example: A healthy 30-year old female with a good level of fitness and a resting heart rate of 60 beats per minute and using a training zone of 60-80%:

$$220 - 30 - 60 \times .60 + 60 = 138 \text{ beats per minute}$$

$$220 - 30 - 60 \times .80 + 60 = 164 \text{ beats per minute}$$

Using this calculation, her target heart-rate range is 138 – 164 beats per minute.

So the question is, “Now that I know my target heart-rate range, how do I actually apply that to my workouts?”

FOLLOW THESE STEPS FOR SUCCESS:

- Calculate your target heart-rate range and write it down where you can easily find it.
- Find a range that you can remember. For example: For the 30-year old female above, her range is 138-164 beats per minute. That is hard to remember mid-exercise, so she should do this:
 - Determine and remember the range you should find in a 6-second pulse count. (Ex: 13-17 beats in 6-second pulse count, as this would equal 130 – 170 beats in a minute, which aligns with her THRR.)
 - She takes her pulse (mid-exercise) for 6 seconds, and should get 13-17 beats.
- Practice and learn to take your pulse properly. Taken from <http://my.clevelandclinic.org/heart/prevention/exercise/pulsethr.aspx>:
 - Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or,

(Continued on Page 10)



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THE VILLAGE GAZETTE

Target Heart Rate - (Continued from 9)

place the tips of your index and second fingers on your lower neck on either side of your windpipe.

- Press lightly with your fingers until you feel the pulse beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing. If placing fingers on neck, be sure you don't press too hard.

- Use a watch with a second hand, or look at a clock with a second hand.

- Count your pulse for 6 seconds. Multiply this number by 10 (add a "0") to get your heart rate (pulse) / beats per minute.
- Give yourself time to get comfortable using this method. It will pay off in the long run!

Everyone wants to find ways to make their fitness routines more efficient. It is my hope that using the target heart-rate range will be one way of doing just that.

SUDOKU

		7	1					
		6			3			2
	4					8		1
		8		2				
	6	1						7
3	7			9			6	8
			3				2	
6						5		3
	1				2			6

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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BRITT'S BOOK BUZZ: THE HUNGER GAMES

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.

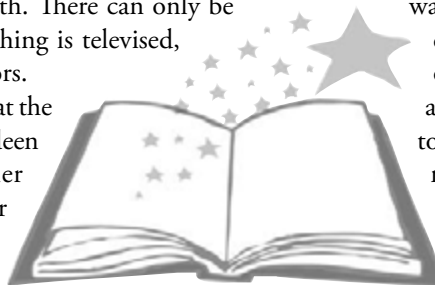
Their experience at the Capitol and the whole tradition around the hunger games

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>



Oak Hill United Methodist Church

TENT REVIVAL

Spring Branch, Texas

Tent Revival is a time for worship, confession, revival, renewal and fellowship for youth. It's open to any student from 6th to 12th grade of any church or denomination.

It's for all who want to come and see that the Lord is good. Go to reachingyouth.org for more info.

We'll meet at 11a.m. Saturday, October 15th at Oak Hill UMC to leave, and return around 1:30 Sunday afternoon. Registration deadline is October 8!



FALL FESTIVAL

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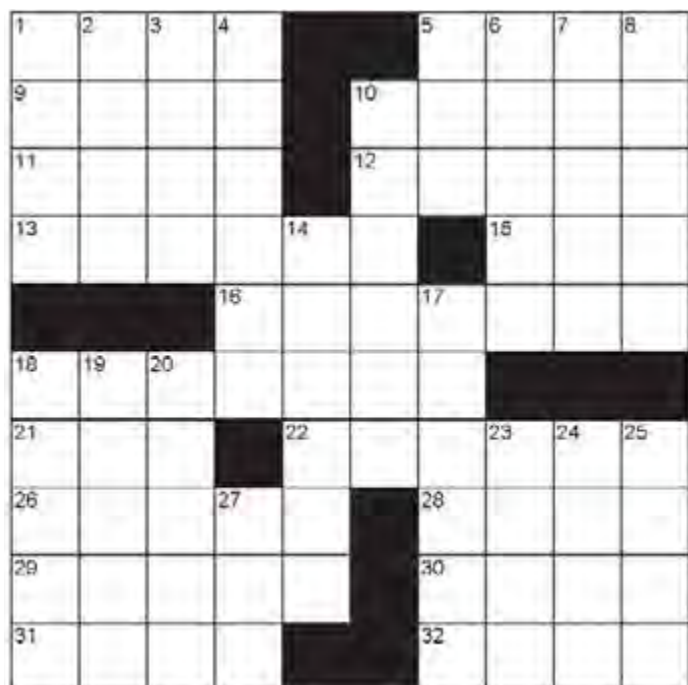
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10 A.M. Pathways Contemporary Praise Worship Service
11:15 A.M. Traditional Worship Service

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1. Southwest by south
5. Prophet who built the arc
9. In ___ of
10. Short poem
11. Iraq's neighbor
12. More able
13. System
15. Conger
16. Avows
18. Angora (2 wds.)
21. Finale
22. Growls
26. Do penitence
28. Has 4 identical siblings
29. Automaton
30. Ancient Indian
31. Espy
32. Tier

DOWN

1. Skinny
2. Flexible metal thread
3. Lick
4. Sunbonnet
5. Catch
6. Cargo ship
7. BB Player Abdul Jabar
8. Throws violently
10. Played (2 wds.)
14. Counterbalance
17. Iranian's neighbors
18. What you shift
19. Upon (2 wds.)
20. Philippine dish with marinated chicken or pork
23. Peewee
24. Aphids
25. Fasten
27. Negative

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Recipe of the Month

Neiman-Marcus Cookies (RECIPE MAY BE HALVED.)

Ingredients

2 cups butter	2 tsp. baking soda
5 cups blended oatmeal**	2 tsp. vanilla
2 cups brown sugar	2 tsp. baking powder
4 cups flour	1- 8 oz. Hershey bar (grated)
2 cups sugar	24 oz. chocolate chips
1 tsp. salt	3 cups chopped nuts
4 eggs	(your choice)

Measure oatmeal and blend in blender to a fine powder. Preheat oven to 375°. Cream butter and sugars. Add eggs and vanilla. Gradually add oatmeal, flour, salt, baking soda, and baking powder. Stir in Hershey bar, chocolate chips, and nuts. Roll into balls and place two" apart on an ungreased cookie sheet. Bake for 10-12 minutes. Makes 112 cookies.

FOR MARFA LIGHT COOKIES:

In place of the 24 oz. chocolate chips and the Hershey bar, replace with 32 oz. of a combination of vanilla chips, semi-sweet chocolate chips, and milk chocolate chips.

Enjoy!

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