



Legendary TIMES

November 2011

Volume 4, Issue 11

Official Newsletter of the Legend Oaks II Homeowners Association

The Legend Oaks **HOLIDAY PARTY IN THE PARK**

DECEMBER 3RD, 5PM – 9PM

THE PLAYGROUND PARK AT ESCARPMENT & CONVICT HILL

A neighborhood celebration of the holiday season! Lots of fun awaits the families of Legend Oaks 2 as we gather to celebrate the holiday season. We'll have Santa, his elf, a new tradition with a train ride, puppets, snacks and much more!



*Please bring this invitation to serve
as your ticket for a train ride.
Rides are first come-first served basis.
VOLUNTEERS NEEDED!
Contact Nikki Tate at 799-1795
or nikkiate@gmail.com*

Monthly **HOA BOARD MEETING MINUTES** OCTOBER 3RD, 2011 | AT 7PM | AUSTIN PIZZA GARDEN

I. LANDSCAPING/CLEANING UP THE GREENBELTS

- **a. Phase I** - all residents should take the time to clean up debris and dead limbs from around their home. A 30ft safe zone from your home is what all the experts recommend. However, in our neighborhood, that is very hard to do on all 4 sides of a home. We are encouraging everyone to pick up trash, debris and any other combustible material that is lying around your yard or just outside your yard. We have so many greenbelts in our neighborhood (some City of Austin Property, some HOA Property) that we can not get a large scale plan of attack together on such short notice. We have asked anyone willing and able to walk the greenbelts in your area and pick up trash, debris and fallen tree limbs and clear those out from the greenbelt area.
- **b.** We had a resident that backs up to the greenbelt behind Clay Allison Pass that spoke with the City of Austin about cleaning up the area behind those homes. The City of Austin representative gave a very stern warning that no one is allowed to do anything on City of Austin property. They are not authorizing any type of clean-up at this time. We have been warned that 911 will be called if people are seen working in the City of Austin greenbelt areas.
- **c.** As for HOA property, the board would appreciate general clean up in our greenbelt areas but will not authorize or permit any tree trimming or tree removal at this time. We have calls in to several experts to come and walk the areas with us and give us some recommendations. At the meeting last night we all agreed that we need to take this project on in phases.
- **d. Phase II** - will be further discussed once we have received recommendations from experts. As many of you know, our area has a severe problem with OAK WILT. Trimming of trees is extremely dangerous at certain times of the year as well as how to trim. If people do not clean their tools properly before and after each cut, OAK WILT will spread and cause devastating damage to our area. So, we are not allowing any trimming or cutting of trees at this time.
- **e.** If your home backs to the greenbelt and you have trees that are coming over onto your property please contact Nikki Tate, Board President, for further direction. She can be reached at 512.799.1795.

(Continued on Page 3)

LEGENDARY TIMES

ASSOCIATION INFO

HOA DIRECTORS

Nikki Tate, Board Presidentnikkiatate@gmail.com
Scott Strance..... scott_strance@yahoo.com
Darryl Pruett gdmpruett3@gmail.com

NEWSLETTER EDITOR

VOLUNTEERS NEEDED!.....

POOL COMMITTEE

Carrie Leonard bpcmleonard@yahoo.com
Caryn Crull c_crull@hotmail.com
Darryl Pruett gdmpruett3@gmail.com
Eric Clemons.....eric.clemons@sbcglobal.net
Farhad Madani fmadani@sbcglobal.net
Jane Prince Maclean janepm@gmail.com
Jonathon Mayor scatadelik@yahoo.com
Leanne Green leannezgreen@gmail.com
Maura Thomas maura@regainyourtime.com
Scott Strance..... scott_strance@yahoo.com
Shawn Thomas shawnpthomas@gmail.com

LANDSCAPE COMMITTEE

Craig Powell craig@powelllandscapedesign.com
Darryl Pruett gdmpruett3@gmail.com
Doug Mitchell happydawn1@yahoo.com
Eric Thompson.....Eric_Thompson@amat.com
Leanne Green leannezgreen@gmail.com
Michael Schwartz kazafox1@hotmail.com
Robyn Czarnecki robyncz@yahoo.com
Scott Strance..... scott_strance@yahoo.com
Susan Farley..... susancfarley@hotmail.com
Vanessa Gallagher vmlynn@hotmail.com

FINANCE COMMITTEE

Billy Mutschler billy@thedimestorepoets.com
Cameron Van Noy cvannoy12@yahoo.com
Darryl Pruett gdmpruett3@gmail.com
David Rockwell davidrockwell@gmail.com
Nathan Shilling nathan_shilling@yahoo.com
Russ Fallon russF53@gmail.com
Scott Strance..... scott_strance@yahoo.com

MAINTENANCE COMMITTEE:

..... OPEN

RECREATION COMMITTEE:

Amanda Hyde, Co-chair hyde.clan@gmail.com
Lisa Clemons, Co-chaireric.clemons@sbcglobal.net
Members: Amy Tillman, Nikki Tate, Shari Vars, Vanessa Gallagher

LOYALTY GROUP

<http://groups.yahoo.com/group/legendoaksneighbors>

APD REPRESENTATIVES

OFFICER ZACH LAHOOD

(covers north of Convict Hill toward William Cannon)
Desk 512.974.4415 / email: Zachary.lahood@ci.austin.tx.us

OFFICER JOSH VISI

(covers south of Convict Hill toward Slaughter)
Desk 512.974.4260 / email: Joshua.visi@ci.austin.tx.us

NEWSLETTER INFO

NEWSLETTER COMMITTEE

VOLUNTEERS NEEDED!.....

PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
Advertisingadvertising@PEELinc.com, 512-263-9181

ADVERTISING INFORMATION

Please support the businesses that advertise in the Legendary Times. Their advertising dollars make it possible for all Legend Oaks II residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 8th day of each month for the following month's newsletter.

Don't want to wait for the mail?

View the current issue of the Legendary Times on the 1st day of each month at www.PEELinc.com



Shipping & much, much more
9600 Escarment Blvd.
Suite 745 Austin, TX 78749
M-F 9:00 AM to 6:00 PM
SAT. 9:00 AM to 3:00 PM
SUN. Closed
512.301.3484 • postmarkd.com

20% OFF
UPS/FedEx Shipping
with this ad
Expires Jan. 15, 2012

Postmark'd
Starbucks
Slaughter Ln.

SERVICES
UPS, FedEx, USPS
-Packing Supplies
-B&W/Color Copier
eBay® Consignment
Private Mailboxes
Cards & Gifts
Wine Shipping
Notary
Shredding
Fax Service
Computer Repair
IT4Biz

Monthly HOA Board Meeting Minutes

(Continued from Cover)

II. RECREATION COMMITTEE NEEDS

- **a.** Jessica Vance has stepped up to lead the Holiday in the Park.
- **b.** The committee needs volunteers willing to help out the night of the party.

III. POOL UPDATE

- **a.** Family swim season is now over.
- **b.** Adult swim will remain open and evaluated on a month by month basis balancing resident use and required winterizing tasks.
- **c.** We heard positive feedback on the new improvements that were made at the pool for this past season and the board thanks the pool committee for all their hard work.

IV. OUTSTANDING ACC ISSUES

- **a.** Reviewed the policy for ACC issues. Any changes to the outside of the home including painting, roof shingles, landscape

changes or replacement of fence must have prior written approval from the ACC.

- **b.** ACC Committee is made up of the board members. Goodwin Management currently has an ARC Manager website for the ACC Committee to communicate on requests.
- **c.** A 209 Hearing was recently held concerning a converted garage. The current home owner purchased the home after the conversion happened but still must comply with our restrictions. A board decision will be made within the next week.
- **d.** A short discussion was held regarding wrought iron fences. Currently as written, the Restrictions only allow for wood or masonry. The Board recognizes the value in standardized wrought iron type fencing and is moving forward to change the restrictions to allow this material type. However, in the interim, wrought iron fences are still prohibited by the restrictions document. The objective of the

Board is to secure the proper number of votes to change this. If changed, an ACC request will still need to be completed, submitted, reviewed and approved by the ACC before installation.

V. MAINTENANCE ISSUES/BRICK WALL

- **a.** Lloyd Wiley provided an update on the bidding process for the brick wall.
- **b.** We discussed that this would have to be done in phases and choose the style of wall we would like.
- **c.** A resident requested that we communicate our plans with Legend Oaks I
- **d.** The high level funding options which were discussed to include a possible claim against Association insurance, a one-time assessment with resident approval, securing a loan, or raising dues. We tabled the discussion on financial decisions until we get better numbers to evaluate.

(Continued on Page 4)

Time for a heating Check-Up?

Not sure if your current system will get you through the coming seasons? Call us for a **Winter Special System Check-Up**. We'll evaluate your system's condition and recommend any needed repairs or replacement. Already know you need a new system? Get a **FREE Comfort Consultation** with each complete System Replacement!



Hot air, cold air. Call us...We're there!

Air Conditioning • Heating • Refrigeration

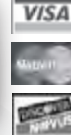
(512) 257-COLD (2653)

Toll-free (877) 413-COLD (2653)

Servicing all make and models!

TACLA26781C

www.bishopac.com SB Services, LLC



STAY COOL AND SAVE MONEY!

Energy Savings **\$125.00**
Maintenance Agreement

*\$125 for first unit. \$75 for each additional unit

Service includes -
• Two maintenance visits
• 15-point - AC System
• 15-point - Heating

Plus enjoy a 15% DISCOUNT on Parts & Labor during the agreement year.

Exp. 11/30/11

Winter Special **\$64.99**
Per System Check-Up

Service includes Start up heating and check:

• Safety lock outs • Inspect heat exchanger
• Electric motors • Gas Valve operation
• CO testing • General Safety inspection

Exp. 11/30/11

\$500 OFF
a complete

System Replacement
with a

Comfort Consultation

Exp. 11/30/11

Stop Wasting

Energy Heating your Attic!
Call today for
a Heating Duct Inspection!

Exp. 11/30/11

LEGENDARY TIMES

At no time will any source be allowed to use the Legendary Times Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Legend Oaks II Homeowner's Association and Peel, Inc. The information in the newsletter is exclusively for the private use of Legend Oaks II Homeowner's Association residents only.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Monthly HOA Board Meeting Minutes - (Continued from Pg. 3)

VI. LEGISLATIVE UPDATES

- **a.** Several changes in regards to Home Owner Associations and how to conduct business.
- **b.** The Board is working with our attorney to update all required docs and have them filed with the County as required.
- **c.** The Board is working on updating our deed restrictions and will need 67% of residents to vote on changes.

VII. NEW BUSINESS

- **a.** More discussion on the Brick Wall replacement
 - i.** Aprox. 4,521 Linear Feet has to be replaced.
 - ii.** Currently getting 5 national bids
- **b.** Next Board meeting will be held Nov. 7th at 7pm.

Monthly Board Meetings will be held the 1st Monday of each month at Austin Pizza Garden in the upstairs back room beginning at 7pm. Everyone is welcome to attend.

NORTH AUSTIN WOMEN'S CONNECTION

North Austin Women's Connection would like to invite you to their annual Holiday Fair Live & Silent Auction Tuesday, November 8th from 11:30-1:00pm at the River Place Country Club, 4207 River Place Blvd, Austin. Get some great gifts for the holidays and help a great cause! Guest speaker, Carol Graves, author of children's books will speak about "What's Your Focus". Cost is \$15 payable at the door and includes lunch. Bidding begins at 10:30. For reservations, contact Nancy Gregor at 512-608-6686. Childcare available. Affiliated with Stonecroft Ministries.

Experienced. Trusted.
Bringing You the BEST Value!



VALLURE™
REALTY

FEE-FOR-SERVICE LISTING PLANS TAILORED TO YOUR NEEDS
BUYER REBATE UP TO 2% & FULL-SERVICE SHOWING PACKAGES

Office #: 512-249-6299
Mobile #: 512-740-2300
np@vallurerealty.com

Nicole Peel
Broker/Realtor®

www.NicolePeel.com



Follow on Facebook - www.facebook.com/vallurerealty

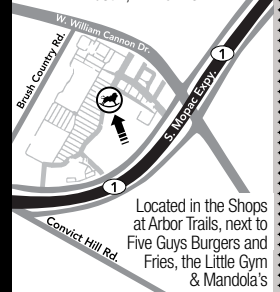
The greatest toys and books

**LIONS & TIGERS
& TOYS**

MON - SAT 10AM - 6PM
SUNDAY 11AM - 4PM

512.892.7627

4301 W. William Cannon Dr. E-220
Austin, TX 78749



**20%
OFF
ANY ONE
ITEM**

Limit one coupon
per customer
Expires: 12/31/11



lionsandtigersandtoys.com

Introducing Seton**ER**.com

LOG ON.



SHOW UP.



BE SEEN.™



Seton Southwest Hospital

A member of the Seton Healthcare Family

7900 FM-1826 Austin, Texas 78737 (512) 324-9000

A \$4.99 registration fee will apply. If you are not seen within 15 minutes of your designated time, or if you are not completely satisfied with your online registration experience, InQuicker, LLC will refund your online registration fee.

*If you are experiencing a life-threatening emergency, go directly to the ER or dial 9-1-1.
For more information, please visit SetonER.com.*

Powered by **InQuicker**.com®
HOLD YOUR PLACE ONLINE

LEGENDARY TIMES

NATURE WATCH - THE FUNGUS AMONG US

by Jim and Lynne Weber

Frequently upstaged by the brightly colored autumn leaves and hidden among the leaf litter on the forest floor are several types of interesting fungi. Separated from the plant kingdom because they do not contain chlorophyll, fungi also do not make their own food through photosynthesis but obtain it by breaking down other organic matter and sometimes other plants. Mycology, from the Greek meaning 'fungus', is the branch of biology dedicated to the study of these organisms, and is most often associated with mushrooms.

While mushrooms are the most common form of fungi, some of the more interesting forms that occur in the fall after sufficient rains include puffballs, earthstars, earthballs, and bird's nests. These forms are grouped based on the shape of their fruiting body, or structure that produces the spores needed for reproduction.

Puffballs (*Lycoperdon pyriforme* and *perlatum*) and earthstars (*Geastrum saccatum*) are characterized by fruiting bodies that look like a small ball, unlike a mushroom have no stalk, and are normally found growing on wood or directly on the ground. They can range in size from small marbles to baseballs, with the spores produced inside. Once mature, the spongy inside darkens and dries to a fine powder, and the spores are emitted out of a hole on top of the ball.


Often found around the drip line of trees, this strategic placement serves the dual purpose of providing sufficient moisture until they

are grown as well as sufficient force from the water droplets to act as a dispersal agent for the spores. When one translates the genus from Greek to English, 'lyco' meaning wolf and 'perdon' meaning to break wind, it isn't hard to guess that a common name for a puffball is wolf-fart! With a somewhat less flamboyant name but a more elaborate display, earthstars get their common name from their thicker outer membrane, which when fully developed splits into rays that curve backward to form a distinctly star-like structure.


Earthballs (*Astraeus hygrometricus*) are often found wholly or partly underground, and have a fruiting body that simulates a ball with a thick, rind-like skin. Their spores are produced in the center of the ball, but unlike earthstars, they are extruded not via a pore at the top but when the entire inner spore sac splits open. Often called a 'false earthstar' the outer rind of this fungus splits into seven to fifteen pointed rays that open when it rains or when humidity is high, and close again during drier periods. This repeated action relates to its species name, as if it were nature's hygrometer, measuring the changes in humidity.

Birds' nests fungi (*Cyathus stercoreus*) have fruiting bodies that resemble clusters of very small cup-shaped structures filled with tiny eggs. *Stercoreus* literally means 'growing on dung', and that is where


(Continued on Page 7)



512-282-4271
9901 Brodie Lane
Suite 130
Austin, TX 78748
www.smilesbydesigntx.com



Michael Flury, DDS



Tiffany Palva, DDS

Get Healthy Teeth & Gums

- preventative dental care
- digital x-rays
- straighten teeth
- fillings
- crowns
- root canals
- emergency dental care
- cosmetic dentistry

Family & Cosmetic Dentistry
Southwest Austin

Superior Service for You and Your Car



Southwest
www.kwikkarsw.com
3416 West William Cannon
@Brodie Next to Culver's
(512) 891-7800

Family Owned & Operated
Mark and Jan Welp



AAA Repair Facility
ASE Master Techs
Computer Diagnostics
12 Mo/12 K Nationwide
Repair Warranty

State Inspections
Full Service Oil Changes
ECO Friendly Oil Option
30/60/90K Maintenance

Coffee Bar • Children's Playroom • Courtesy Shuttle

National Fleet Service Center
(MAP /GE/Enterprise)

Nature Watch- (Continued from Page 6)

you are most likely to find this fungi. Also commonly found on woody mulch, each cup is only large enough to hold a drop of water, and the egg-like structures which contain the spores, are delicately attached to the cup by a finely coiled thread. When splashed out of the cup by raindrops, this thread-like structure uncoils, catches on to a chip of wood, blade of grass, or other organic matter, and the 'egg' splits open to release the spores inside.

The next time you take a walk in the woods to admire the colors and changes that define the fall, don't forget to look down at your feet, where you can discover the smaller mysteries of the forest, and appreciate its beauty from the ground up!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them.



OPERATION CHRISTMAS CHILD

Epiphany Lutheran Church and School is giving thanks for the chance to play an important role in providing needy children with a simple gift this Christmas season. Last year was Epiphany's first time participating in Operation Christmas Child, a ministry devoted to providing needy children shoe boxes full of toys, hygiene items, school supplies, candy, etc. The congregation collected over 80 boxes to send overseas. "We were strongly moved by this particular ministry" commented one member.

The church members felt that the increased visibility of the new location this year made it a prime spot to become a "drop-off" location for OCC. This means that during "Collection Week" (Nov. 14th-21st) they will be accepting shoe box donations from the general public. «We are so excited to serve our community in this way. What a wonderful beginning to the Christmas season.» remarks Lauren Thom, an Epiphany Member and OCC volunteer.

For more information about Operation Christmas Child and where you can donate your items go to <http://www.samaritanaspurse.org/index.php/OCC/>.



A lifetime of learning starts with Discovery.

At Bright Horizons, we provide an exceptional place for children to thrive. Our individualized, flexible curriculum and experienced teachers inspire children at every age and stage. Educators and families work together to ensure your child's needs and potential are being met.

- Newly Renovated Center
- New **Movement Zone** with rock climbing wall
- New Art Studio and art enrichment classes



Contact us to schedule your personal visit and learn more about a Bright Horizons' education.

Bright Horizons Early Education and Preschool

6111 Davis Lane, Austin

512.301.9449

www.brighthorizons.com/communitynews

AUSTIN KINDERGARTEN STUDENT PICKED NATIONAL POSTER CHILD!

By Connie Ripley

Five year old Max Whitney, kindergarten student at Rutledge Elementary, is named the 2012 National Poster Child for Autism Speaks. Max's picture was chosen from hundreds of entries by a New York advertising firm hired by Autism Speaks.

The announcement comes just as the Greater Austin Walk broke all goals and records for the local walk on the 24th with about 4,000 participants. The local Walk has thus far raised over \$140,000 in support of Autism Speaks' work, both locally and nationally, to increase awareness about the growing autism health crisis and fund innovative autism research and family services.

More children will be diagnosed with autism this year than with AIDS, diabetes and cancer combined, yet only 0.5% of the budget of the National Institute of Health goes to autism research. The research falls to private funding—like Autism Speaks, North America's largest autism science and advocacy organization.

Children with autism are normally fixated on one or two things. Max loves car washes and tornados (after watching *The Wizard of Oz*). He has his own "Favorites" on the computer where he goes and "studies" car washes and tornados for as long as his parents will allow. (A timer is always set.)



Many children with autism have food allergies and extreme food preferences. Max has both. He is allergic to milk products and eggs. He is on a casein-free, egg-free diet with a big accent on organics. He will only eat foods that are tan. He loves chicken nuggets and breads that are egg and casein-free with an occasional bite of broccoli or avocado. Peanut butter, applesauce and banana are also high on his list. (His mother, Traci Whitney, purees carrots and spreads them under the peanut butter. She also purees tofu and white beans with casein-free butter to pour over pasta.)

Recent research has shown that the bodies of many children with autism are not able to rid their body of toxins and metabolize some of the vitamins and minerals they consume. Max has shown improvement with Glutathione, Methyl B12 and Folate cream rubs and DMG orally, plus a super multi-vitamin.

Max is totally integrated into a normal kindergarten classroom with the help of an aide provided by the school district, Andrea Sour. His favorite time at school is "eating". He eats almost the same thing every day. His least favorite is writing in his journal. He has great difficulty with fine motor skills and holding a pencil.

**Advertise
Your Business Here
888-687-6444**



Weatherization Services we offer:

- Insulation, duct sealing & replacement
- Caulking, blower door & duct blaster testing
- ECAD Audits & Energy Audits



Registered Austin Energy Contractor

Rebates available for Austin Energy & Texas Gas customers that cover 40-60% of costs.

2011 Tax Credit for Insulation - 10% of cost up to \$500

Conservation Specialists of Austin, LLC
Free Estimates

512.590.4188

www.conservationaustin.com

jon@conservationaustin.com

*"Helping you save green while keeping Austin green,
 one home at a time."*

A/C & HEATING



- Sales & Installation of Trane Comfort Systems
- Service All Makes and Models
- Emergency Service Available

Registered Austin Energy Contractor

Rebates available for Austin Energy and Texas Gas
 Customers

Ask About Our \$50 Heating Tune-Up

phone: 288-COOL (2665)
brent@gogreenheatandcool.com



LEGENDARY TIMES

ADOPTION COALITION JAQUEVIUS (NOV 2003) & NY'ASIA (AUG 2005)

Jaquevius is a loveable, warm spirited child. Ny'Asia is an endearing child who enjoys being hugged and treated like a princess. Jaquevius enjoys watching cartoons, playing with cars, trucks and things he can "tinker" with. He absolutely loves going to movies. Ny'Asia's favorite things to do are coloring and playing with dolls. Jaquevius and Ny'Asia need a loving, nurturing family who is highly structured and experienced in working with children.

To find out more about Jaquevius and Ny'Asia, Please contact Grace Lindgren, LMSW, at the Adoption Coalition of Texas, (512) 810-0813 or gracelindgren@adopttexas.org.

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 www.adoptioncoalitiontx.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.



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.



**Winter Youth Sports
Register through Dec. 4**

SOUTHWEST FAMILY YMCA

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



Christmas

DECEMBER 11



**SUNDAY WORSHIP @ 11 AM
BIBLE LIFE (all ages) @ 9:30 AM**

**WATCH LIVE SUNDAY MORNINGS
OR VIEW ANYTIME ONLINE**

Great Hills Baptist Church
10500 Jollyville Road . Austin 78759 // 512.343.7763

www.ghbc.org

HEALTH BRIEFS - NOVEMBER 2011

POSTMENOPAUSAL BLEEDING COULD BE SIGN OF ENDOMETRIAL CANCER

After a woman goes through menopause, it is not normal for her to start bleeding again, said a gynecologic oncologist at Baylor College of Medicine. Most postmenopausal bleeding is caused by the thinning of the cervix; however, in some cases bleeding is a sign of endometrial cancer and should not be ignored, said Dr. Concepcion R. Diaz-Arrastia, professor of obstetrics and gynecology at BCM.

When caught in the early stages, endometrial cancer can be cured, Diaz-Arrastia said. However, there are few symptoms and no screening methods and often isn't found until later stages. That's why it is so important for women to be conscious of things that may be associated with the disease, like bleeding.

Endometrial cancer is the most common uterine cancer. It occurs in the endometrium or the lining of the uterus. More than 40,000 women are diagnosed with endometrial cancer every year in the United States. Women who are obese and/or have a history of irregular menstrual cycles have an increased chance of developing endometrial cancer, Diaz-Arrastia said. If you notice postmenopausal bleeding, contact your gynecologist and set up an appointment as soon as possible.

SYMPTOMS POINT TO DIABETES

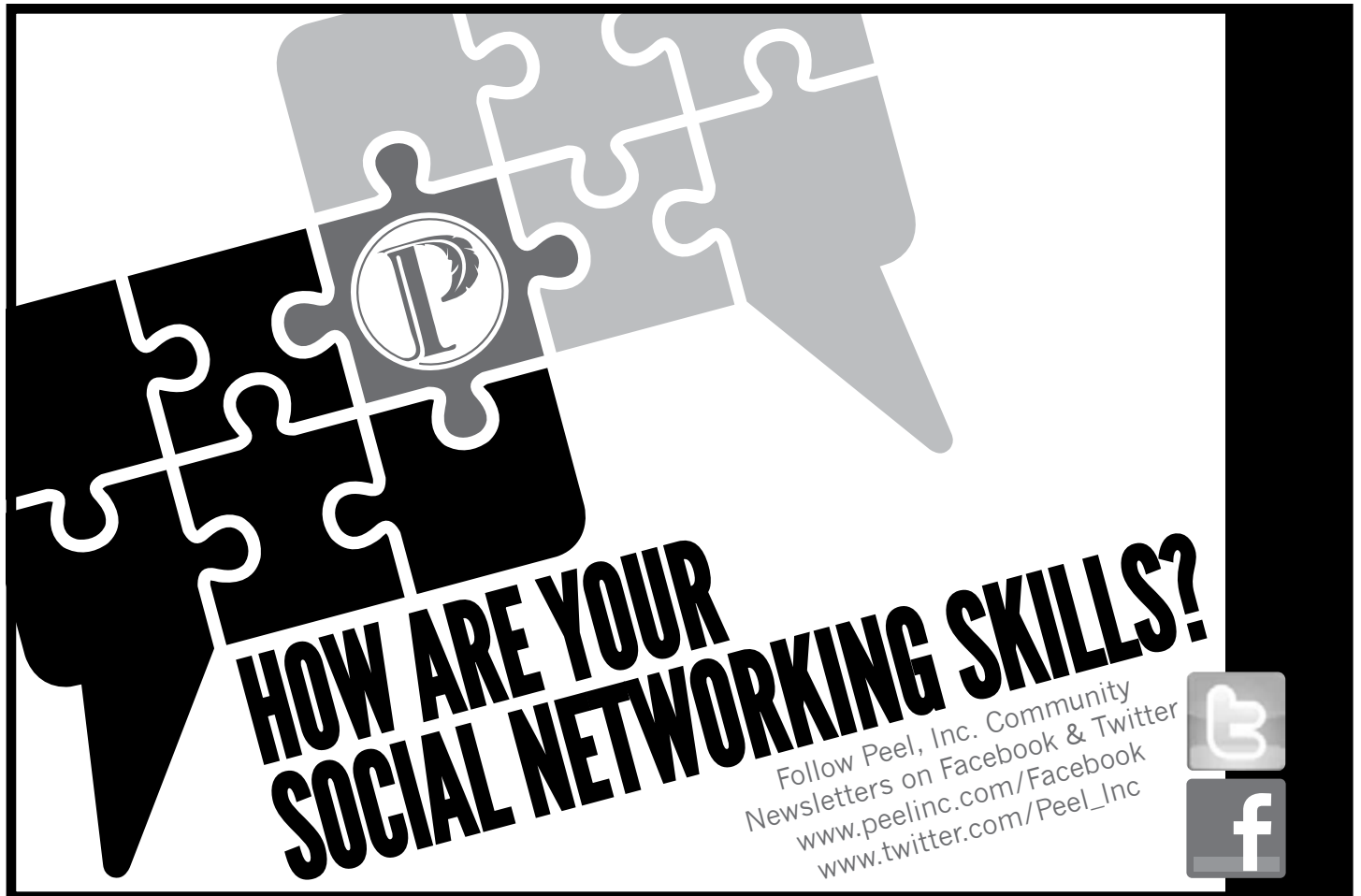
Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side affects of the disease, according to doctors at Baylor College of Medicine. Those with a higher risk of diabetes should also have their blood glucose levels screened regularly.

RISK FACTORS FOR DIABETES INCLUDE:

- Obesity
 - Sedentary lifestyle
 - Unhealthy eating habits
 - Family history and genetics
 - Increased age
 - High blood pressure and high cholesterol
- A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.



SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision
- Vomiting and stomach pain



**HOW ARE YOUR
SOCIAL NETWORKING SKILLS?**

Follow Peel, Inc. Community
Newsletters on Facebook & Twitter
www.peelinc.com/Facebook
www.twitter.com/Peel_Inc



PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

PRSRT STD
U.S. POSTAGE
PAID
PEEL, INC.

LO

Enjoying
nature
shouldn't cause side-effects.



AD The Austin
Diagnostic Clinic

PARKSIDE VILLAGE IN CIRCLE C

5701 W. Slaughter Lane
Austin, TX 78749

ADClinic.com/CircleC

*Opening
December 2011*

Featuring Pediatrics, Family
Practice, Podiatry, Allergy, Lab
and X-ray, including

ALLERGY TREATMENT

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. Medicare and most insurance plans will be accepted.

FEATURING AFTER HOURS AND WEEKEND *EASycare* SERVICES