

THE VILLAGE

Gazette™

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

Sniffles, Sneezing, Aches, or Fever?

HOW TO TELL WHETHER IT'S THE COLD, FLU, OR ALLERGIES

It's Monday, it's early, and your two-year-old won't stop sneezing. Your six-year-old is complaining of a headache and stuffy nose, and to top it off, you're feeling a little achy yourself. While we can hope we don't get unlucky enough to have the whole family sick at the same time, it could happen. But are all these different symptoms from the same illness, and if not, how can you tell what's what? When cold and flu season rolls around parents might be able to breathe a little easier if they know how to tell the difference between cold, flu, and allergy symptoms so they're better prepared to help their children—and themselves.



"It can be hard to differentiate between a cold and the flu, especially when your child isn't old enough to tell you exactly what's wrong," says Sara Woods, M.D., a pediatrician with The Austin Diagnostic Clinic (ADC). "But if you know what to look for, you can usually make a pretty good guess. Of course, if you aren't sure, your child's doctor can give you a more certain diagnosis."

FLU SYMPTOMS VS. COLD SYMPTOMS

The early symptoms of the flu and a cold can be similar, but there are some key characteristics of each one:

- **Onset.** If the illness came on suddenly, it's more likely to be the flu. Colds usually come on gradually.

- **Fever.** A fever usually accompanies the flu. It may be high and last up to four days. With young children, the fever may even be higher than 102° F. If you do have a fever with a cold, it is usually mild.
- **Headache.** If you or your child has an aching head, it could be the flu. Headaches are more common with the flu.
- **Body aches.** Significant body aches are more often a symptom of the flu.
- **Exhaustion.** The flu is usually accompanied by extreme feelings of exhaustion or tiredness. Colds can make you tired, but not nearly as tired as you feel with the flu.
- **Stuffy nose.** If you're constantly blowing your nose, it is more likely to be a cold.
- **Sore throat.** A sore throat is more common with a cold.
- **Sneezing.** Sneezing is usually a cold symptom.

"If your child suddenly starts feeling bad, is running a high fever, and complains of body aches, you're probably dealing with the flu," says Dr. Woods.

ALLERGIES

Allergies are another possible cause of runny noses, sneezing, headaches, and congestion. If your child has these symptoms, without body aches or fever, it could be allergies.

"In Central Texas, there are lots of things to be allergic to," says Dr. Woods. "Allergies often cause itchy, watery eyes and itchy noses. Colds and flu usually don't cause those symptoms."

Allergies can last for weeks or months, and usually occur around the same time every year if they are caused by pollen. Mold, dust mites, or pet allergies can be a year-round problem.

TREATMENTS

"Remember that colds and flu can't be treated with antibiotics, because these illnesses are caused by viruses. Antibiotics are used to treat bacteria-caused illnesses," emphasizes Dr. Woods. "Over-the-counter medications can help you feel better, but make sure to follow the dosage guidelines in the product instructions, especially for children."

Colds usually go away by themselves within a week. The flu can last longer, up to two weeks. To help your body fight a cold or the flu, you should get enough rest and drink plenty of fluids. For the flu, prescription drugs like Tamiflu can be taken within two days of the first symptoms. It can help shorten the duration of the flu and reduce the severity of flu symptoms. Tamiflu is approved for use by children one year of age or older.

You can also help prevent the flu by ensuring that everyone in the family gets a flu shot, including children older than six months. However, flu shots may not protect you against all strains of the flu. When new flu strains develop, it can take time for scientists to produce a new vaccine.

"For allergies, the best defense is to avoid exposure to allergens," says Dr. Woods. "But since that isn't always possible, taking an antihistamine or using a prescription nasal spray works well for many people. Another option might be allergy shots, so talk with your doctor about what might work for you or your child."

(Continued on Page 2)

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

Peel, Inc.	512-263-9181
Article Submissions	villagegazette@peelinc.com
Advertising.....	advertising@PEELinc.com

Sniffles, Sneezing, Aches, or Fever? - (Continued from Cover)

ARE MEDICATIONS SAFE FOR KIDS?

After the Food and Drug Administration (FDA) warned last year that over-the-counter cold and cough medications can have adverse effects on very young children—including potentially life-threatening effects—many parents are worried about giving these drugs to young children. Major drug manufacturers pulled their products labeled for children younger than two from stores. But are these drugs safe for older children?

“The FDA has issued a ban on some medications for children,” says Dr. Woods. “For children younger than six, cough and cold medications should only be administered when directed by a physician. Give children age-appropriate doses of ibuprofen or acetaminophen to help with pain, along with home remedies like hot showers and plenty of fluids.”

Parents may still have some of these cough and cold medications labeled for children younger than two years old in their medicine cabinets.

“It’s a good idea just to throw them away so you remember not to give them to children under six,” continues Dr. Woods. Also, if any medications are expired, throw them away.”

PREVENTION

One of the most important ways to prevent colds and flu is through frequent hand washing, so teaching your children this important skill can help keep illnesses at bay. Disinfecting the home if a member of the family is already sick can help others from getting sick as well. According to Dr. Woods, staying hydrated and getting enough sleep are also key tactics when it comes to prevention as well as treatment. With any luck, you won’t have to worry about figuring out everyone’s symptoms at the same time—but if it comes up, knowing the signs and symptoms of common ailments can make you feel more confident that you’re treating the right illness. And that added confidence should make any parent feel a little better.



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October 2011

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April 1, 2011 – September 30, 2011

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Active Listings:	10	11	39	8	1	1
Average List Price:	\$249,950	\$258,559	\$334,319	\$278,231	\$269,900	\$285,559
Average List Price per SQ. FT.:	\$124.21	\$123.49	\$125.87	\$115.58	\$108.52	\$123.49
Sold Listings:	33	33	164	27	6	9
Average Sold Price:	\$243,200	\$261,095	\$177,900	\$258,457	\$249,355	\$229,767
Average Sold Price per SQ. FT.:	\$130.16	\$106.23	\$119,800	\$111.84	\$107.27	\$123.37

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TAKING CONTROL OF YOUR DIABETES

IMPROVING SELF-MANAGEMENT

By: Concentra Urgent Care

According to the American Diabetes Association (ADA), approximately 21 million Americans have diabetes, and more people are being diagnosed every year. Diabetes is associated with many health problems, disability and premature death. Knowing how you can improve your lifestyle to better control diabetes is the key to reducing related complications, such as heart disease, stroke, blindness, kidney disease, and amputations. Actions you can take include:

- **Monitor your blood sugar and take your prescribed medications:** By keeping track of your blood sugar, you can achieve better control of your diabetes. Always take your insulin or oral diabetes pills as prescribed by your health care provider.
- **Watch your diet carefully:** By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal as possible. A dietician or books such as the ADA's 101 Nutrition Tips for People with Diabetes can help.
- **Lose weight:** The ADA stresses that losing even a small amount of weight can reduce your risk of complications from diabetes. A dietician can help you find ways to eat the foods you like while reducing your intake of calories.
- **Increase physical activity:** A personal health coach can help you become more active. And it doesn't mean that you have to go to the gym; it can mean walking around your house or working in your yard. Exercise helps improve your strength, flexibility, and endurance.
- **Sleep well and reduce stress:** Getting the appropriate amount of rest and managing your stress will improve diabetes control.

For more information about managing your diabetes, contact your health care provider, your Concentra health specialist, or you can visit the ADA's Web site at: www.diabetes.org.

DEER SEASON IS HERE

Submitted by Robin Abbott

November through December is deer season in Texas. It is the best deer-watching season of the year. Late fall is the time of year when bucks have grown their antlers and fawns are on the move with their mothers. It is also the deer-mating season, known as the "rut." During this season deer are most active and more likely to run and bolt, so it is a time of year to use extra caution in areas where deer are present.

Austin is one of very few large cities in Texas where you can still experience urban deer. Northwest and southwest Austin are home to most of our remaining neighborhood herds. Many area residents enjoy the deer's charismatic presence and quiet beauty. Young parents report finding teachable moments in watching does care for their fawns, while for seniors interaction with the deer can be life affirming. Others simply value the opportunity to observe wildlife living freely as they go about such daily business as walking the dog or driving to work.

DeerAustin is a group of Austin neighbors and animal lovers who are committed to living compatibly with urban wildlife and especially to protecting and preserving Austin's urban deer herds. Visit us at www.DeerAustin.org. We are providing the following information that is helpful to keep in mind during deer season:

- Always walk dogs on leashes.
- Observe the speed limit.
- Be extra cautious when deer or deer crossing signs are present and when driving from dusk to dawn.



To report an injured deer, call the Game Warden at 389-4848 or Austin 311. To report a dead deer for pickup, call Austin 311. Be prepared to give the operator an address or otherwise be able to describe the location of the deer (for example, "Loop 360 just north of Spicewood" or "the intersection of Mesa and Greystone"). If you need additional help – email admin@DeerAustin.org.

We hope you enjoy the fall season and the opportunity to interact with deer that is a part of what makes Austin a special place to live. Please take care, enjoy the wildlife, and Keep Austin Deered!



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Jaquevius (Nov 2003) & Ny'Asia (Aug 2005)

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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.

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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.samaritanspurse.org/index.php/OCC/>.



BUNCO GROUP



I would like to start a neighborhood BUNCO group. This is a simple dice game, played with tables of four, and would meet once a month.

We would rotate hosting the group, with the host serving snacks and drinks. If you are interested at all, please give me a call at 512-394-0975.

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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!



Puffball



Earthstar



Earthball



Bird's Nest

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.

Bird's 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 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.

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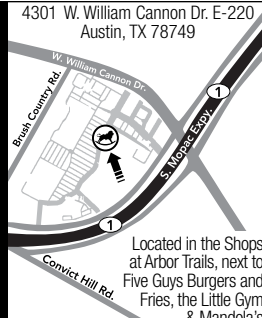


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Austin Newcomers Club is a social organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. Join us at our monthly luncheon to learn about and become involved in many varied Interest Groups.

DATES

**Wednesday, November 16, 2011,
Annual "Cornucopia of Creative Arts"**

Features arts and crafts created, displayed and for sale by members of Austin Newcomers Club. The luncheon speaker will be Matt Hoggle, Assistant Director of the Art School at Laguna Gloria. The Art School presents an array of art experiences in the fun, informal, and collaborative spirit of Austin. *Reservations are required by: November 9th.*

**Wednesday, December 7th,
seasonal music will be performed by the choir
of the Fine Arts Academy (FAA) at McCallum
High School, directed by Malcolm Nelson.**

The FAA provides a program for students across Austin to pursue an accelerated arts curriculum as fine art majors. In 2009 the orchestra and choir performed together at Carnegie Hall. *Reservations are required by: November 30th.*

TIME

11 a.m. Social Hour, Luncheon begins at noon

FOR LUNCHEON RESERVATIONS:

Email: LuncheonDirector@AustinNewcomers.com or contact
Dotti Thoms, New Member Services, at (512) 314-5100.

For more information visit the website at:
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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

Thank you!

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8:45 A.M. Blended Worship Service
10 A.M. Pathways Contemporary Praise Worship Service
11:15 A.M. Traditional Worship Service

LAKEWAY TO GET A WILD DUST STORM!

Let us harken back to the Wild, Wild West days when town brothels were built to last, and mysterious cowboys rode into town for shelter from the elements. The Lakeway Players return us to those days with their fall production of, Wild Dust: The Musical, which runs the first weekend in

November, Thursday the 3rd, Friday the 4th and Saturday the 5th.

We are all products of our families and traditions. Some may have a strong Western heritage while others got here as soon as they could! How has their past influenced our cast? The 'ladies of the night' are Cathy Rose as Denise, initially shy, but a central character in



the intriguing plot line, Becky Ames as Sally, a shrewd businesswoman, Theresa Lingren as Belle, not savvy about much of anything, and the fearless leader of the group, Julianne Debower as Marion.

Cathy Rose, (Denise) coming to us from North Carolina, is a

true Southern Bell. They were farmers (believed to have come to this country as indentured servants!). Her grandmother survived Polio, learned how to walk again, and taught herself how to read. Wild and woolly comes to mind! Playing the part of Denise allows Cathy to use her strong survivalist heritage in character development!

(Continued on Page 14)



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THE VILLAGE GAZETTE

Lakeway to get a Wild Dust Storm - (Continued from Page 13)

Becky Ames' (Sally) ancestors hail from Denmark with a branch settling in the wild west of Canada in Saskatchewan. (Hang 'em high, eh?) There are no dust storms there, but she believes that her family probably hung out with Bigfoot during bad snow storms.

Theresa Lingren's (Belle) father immigrated to the United States from The Netherlands and ended up in Cincinnati, Ohio. Theresa dreamed of life on the prairie, riding horses, but reality had her ending up in the 'burbs' taking riding lessons and cleaning out the stable. She is still waiting for someone to buy her a horse.

A Beaumont, Texas, gal, Julianne Debowe (Marion) grew up with big hair, an East Texas twang and a keen appreciation of family. Her Mama's daddy was a blacksmith who worked in the oilfields of Texas and Louisiana. She believes her upbringing will give depth to her role as Marion. She refuses to comment on how she learned to play the leader of the ladies of the night.

Portraying the "ladies of the day" are Linda Bradshaw as Hard Cora, the town Blacksmith, Karen Decker as Louise Styles, a rigid mother, and Lee Dilday as Louise's daughter, Gertrude, forced to a finishing school, while discovering if she even wants to go.

Linda Bradshaw's (Hard Cora) family hails from the Texas Panhandle. She is unaware of her genealogy past her grandparents since her Uncle 'Jeep' refuses to have one done stating, "There's probably too many cattle rustlers & horse thieves in our past." If that's the case, she's is happy she broke the mold, and has never been convicted of a crime!

Karen Decker (Louise Styles) was born in Boulder, Colorado, and has her family roots in the American Southwest. Her great granddaddy was a rancher and legend has it that his brother hung around with Billy the Kid, much to the family's chagrin. Karen was able to channel the family's attitude about this friendship for her character development of the indignant and judgmental Mrs. Louise Styles. Lee Dilday (Louise) is a real Southern Girl from the Piney Woods of East Texas. She grew up in Lufkin and her family has been in Texas for generations. She's a descendant of Robert E. Lee on her mother's side. Lee was a family name and her grandmother's middle name, so Lee Dilday carries on her family's tradition.

The mysterious cowboy and male lead who rides in on the storm, Cooper, is portrayed by Mark King. Most recently from Houston, *(Continued on Page 15)*

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Lakeway to get a Wild Dust Storm - (Continued from Page 14)

his western roots lie in the little town of Dime Box. There, cowboys and Indians lived and cattle roamed (when not chasing innocent young boys up a tree). He'll draw on those memories as he develops the character of the mysterious stranger.

A murder mystery needs a dead body, and a Western needs a villain. Bill Walker (Martin) provides us with a two for one special! Bill is from Ohio, not Texas, and he has never ridden a cow but he did ride a horse once. He has also ridden a camel but that doesn't count as a true Wild West experience. He has no prior experience being dead.

Directing this outstanding group is Barbara Calderaro. Her family heritage is a blend of Italian (Naples) and Sicilian (Catania), and our third time director is the first in her family to venture west. She has

recently been asked to join a 16-piece big band, the Lone Star Swing Syndicate, as their female vocalist. Singing with a big ol' Texas Swing band gives her an automatic Texas citizenship, right?

The Player's musical accompanist is Nancy Nichols. Raised in Daytona, Florida, as a young girl, she rode bareback along the ocean. When she married and moved to Houston, her family loved rodeos, where they performed on horseback! Nancy currently performs only on the piano.

Of course, the play would not go on without the critical roles of the production team. Members are Annette Brown, Producer, Donna Ferrie, Stage Manager, Anita Mapes, Assistant Director, Martha Kubala, Production Assistant, Maureen Mulroony, Choreographer, Delores Dolezal and Barbara

Carpenter, Makeup and Costumes, Nancy Keetch, Graphics, programs and banners, Linda Bradshaw and Sue Wright, Publicity and Marketing.

Come join us for a fun, nostalgic, and rollicking good time at the Lakeway Activity Center, 105 Cross Creek Dr. in Lakeway. Purchase tickets for \$15 each at 261-1010. BYOB and set-ups will be provided.

Busters Bar-B-Q is already supporting the Wild West theme. Stop in for a bite, show them your ticket, and they will knock \$2 bucks off your bill! YEE HAW Pardners. That's a heck of a deal right there!

For further info call the Activity Center 261-1010, or contact Annette Brown at pjbrownfam@aol.com.

Submitted by Linda Bradshaw



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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.



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Recipe of the Month Chicken Enchilada Soup

SAUTE IN LARGE PAN:

- 1 small onion, chopped
- 1 clove garlic, crushed
- 2 Tbs. vegetable oil

ADD & SIMMER 1 HOUR:

- 1 - 4 oz. can chopped chilis, undrained
- 1 - 14 ½ oz. can beef broth
- 1 - 14 ½ oz. can chicken broth
- 1 - 10 ¾ oz. cream chicken soup
- 1 - 6 ¾ oz. can chicken
- 1 ½ cup water
- 1 Tbs. steak sauce
- 2 tsp. Worcestershire sauce
- 1 tsp. cumin
- 1 tsp. chili powder
- 1/8 tsp. pepper

THEN ADD & SIMMER FOR 10 MORE MINUTES:

- 3 cups shredded cheese
- paprika
- 6 corn tortillas, cut in 1/2" strips

*Serve with tortilla
chips & Enjoy!*



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You've been looking forward to Thanksgiving dinner all year — turkey, mashed potatoes, cranberry sauce, and pumpkin pie. Mmm-mmm! But after you finish that second helping of turkey with gravy, you start to feel a little sleepy.

As your Uncle George starts to explain why eating turkey makes people so tired, you suddenly feel like curling up in front of the TV and napping until next Thanksgiving. But is gobbling up all that turkey really to blame?

THE USUAL SUSPECT: L-TRYPTOPHAN

Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan (say: el-trip-teh-fan). Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies. (L-tryptophan is just one kind of amino acid — there are many different kinds of amino acids in the foods we eat.)

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin (say: sare-uh-toh-nin). Serotonin calms us down and helps us sleep.

But scientists now know that L-tryptophan can really only make a person tired right away if it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

BLAME IT ON BLOOD FLOW

Most scientists think that there's a different reason why eating a special meal might make you drowsy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain.

AVOIDING DROWSINESS

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals (try to limit junk foods) throughout the day before you sit down for your big meal — don't starve yourself in anticipation of the feast to come.
- Have small portions of foods that are part of your Thanksgiving meal (including whatever veggies are on the table).
- Drink water and take breaks while you are eating to see how full you've become.
- Stop eating once you're full — there will always be leftovers tomorrow.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

Follow these tips and have a Happy Thanksgiving — gobble, gobble!

REVIEWED BY: Steven Dowshen, MD

DATE REVIEWED: August 2009

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



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