

THE VILLAGE

Gazette™

"It takes a Village..."

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

Clayton Elementary

Submitted by Teresa Rodriguez

Congratulations to Clayton Elementary and their PTA board that celebrated their First Clayton Cultural Celebration (C3) which was held Friday December 2, 2011! Dr. Robinett & Mrs. Beachum and their incredible staff offered nonstop support from initiation to culmination. Dr. Robinett MCing the event was the icing on the cake. She brought out the inner sparkle of all the participants and talented performers.

Spearheading this magnificent event were Teresa Rodriguez & Lisa Haney. Thanks to the generosity & support of the PTA, these amazing women and a group of 30+ wonderful volunteers, were able to make their vision for the first multicultural family event in Clayton Elementary a reality that was enjoyed by all. That evening Clayton was transformed into a Country Showcase with hands-on learning environment for the children and gave a vivid depiction of their countries via photos, artifacts, murals, video, live music, amazing native dress & more! It was like visiting a professional exhibit at the Austin Convention Center.

Clayton's hallways dressed in their best with all the children's cultural artwork and participation. Over 45 cardinals represented their culture in front of a crowd of 550+ in an exceptional parade.

The entertainment was extraordinary as well. Four rows of chairs were set up for guests to come and go, but there was never an empty seat! Even the ample seating space for children was overflowing!

Entertainment was one of a kind and graciously provided by: Tarang School of Dance, April Rain Chinese School of Dance Performance, Mariachi soloist (former Clayton Alumni), and Mu Sool Won of South Austin – Martial Arts. Food was brought from Clayton's diverse community. That evening everyone was able to savor the mouth watering international dishes prepared and shared by all the attendees.

A very special thanks goes out to our local businesses & organizations that supported C3 via donations of food, entertainment & volunteers: HEB of Escarpment Village, Panda Express of Arbor Trails, Peel Inc., Gorzycki's NJHS, and Bowie High School's French Club. It truly is a community effort that has made this very first event a pleasurable accomplishment. Thank you all!

Thanks again to our wonderful community!

Get 'Em While You Can!

Support Your Neighborhood and Neighbors - Purchase a T-shirt to Support Oakhill "Y Be Weird" Oakhill T-shirts are available at Senor Buddy's and Persistent Threads for \$12 or online at www.charlotteswebshoply.com for \$15 with free shipping. ALL profits will go to Oakhill Fire Relief Fund (25%) and the Abiding Love Food Pantry (75%).

Shirts in M/L/XL in Wow Pink, Lime Green, Indigo, Purple and Blue



A Focus on Resolutions

Resolve to be a better you.

Submitted by Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes.

Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk

(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

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Advertising.....	advertising@PEELinc.com

A Focus on Resolutions - (Continued from Cover)

- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

For more information on weight management and improving nutritional practices, visit the National Institute of Diabetes and Digestive and Kidney Diseases at www.win.niddk.nih.gov/publications/for_life.htm.

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged. For more information on getting fit, visit the President's Council on Physical Fitness and Sports at <http://fitness.gov/>.

PERSONAL CLASSIFIEDS

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SOUTHWEST AUSTIN REAL ESTATE UPDATE

January 2012

www.gotoaustinhomes.com

SOUTHWEST AUSTIN NEIGHBORHOOD UPDATE

June 1, 2011 – November, 30 2011

	VILLAGE AT WESTERN OAKS One Story Homes	VILLAGE AT WESTERN OAKS Two Story Homes	CIRCLE C RANCH	LEGEND OAKS WOODS LEGEND	BECKETT MEADOWS	JW SMITH – WESTERN OAKS
Active Listings:	6	5	22	7	1	1
Average List Price:	\$ 237,708	\$269,820	\$360,564	\$273,962	267,500	\$280,000
Average List Price per SQ FT:	\$133.80	\$109.73	\$124.99	\$ 118.63	118.78	\$133.21
Sold Listings:	25	29	157	25	8	6
Average Sale Price:	\$243,602	\$268,177	\$328,018	\$255,304	\$251,656	\$237,592
Average Sale Price per SQ FT:	\$123.52	\$107.91	\$118.14	\$112.95	\$108.32	\$116.30

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

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6104 La Naranja Lane



5613 Wagon Train



6107 La Naranja Lane



6407 Wolfcreek Pass



3405 Socorro Trail



8404 Forest Height



6007 La Naranja Lane



11300 Poppywood Cove

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Thank you for all your Donations to our Community Movie Night at Dick Nichols Park! In 2011 you help raise over \$600.00 for the local Schools!” Look for the next one in May and September 2012

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Information on this flyer is deemed to be accurate, but it is not guaranteed.

THE VILLAGE GAZETTE

Start the New Year

by the Attending Austin Newcomers Club January Luncheon

Austin Newcomers Club is a non-profit social and recreational organization of 500 member- households celebrating its 60th year. It is dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. Attend the January luncheon to learn about the forty-five Interest Groups, including book clubs, card and board games playing, dining, gardening, kayaking, golfing, hiking, dancing and special events for both couples and singles. The Austin Chronicle has named the club as the "Best Way to Get Acquainted with the Best of Austin."

The January luncheon speaker will be **Mike O'Krent**, founder of *LifeStories Alive, LLC*, specializes in making personal history videos for families that value their heritage. They create family heirlooms in video – digitally mastered records of life stories with personal accounts, photos and mementos of family history.

When and Where: Wednesday, January 18, 2012 at Green Pastures Restaurant, 811 West Live Oak Street, pre-payment \$20.00. Reservations are required by: January 11th.

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

For Luncheon Reservations: Email: [LuncheonDirector@](mailto:LuncheonDirector@AustinNewcomers.com)

AustinNewcomers.com

Welcome Coffees: You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at: www.AustinNewcomers.com.

To Join Austin Newcomers Club: Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00. Membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. For more information visit the website at: www.AustinNewcomers.com.



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10 A.M. Pathways Contemporary Praise Worship Service

11:15 A.M. Traditional Worship Service

Oak Hill United Methodist Church is located on Hwy. 290, just west of the Hwy. 290/Hwy. 71 split ("the Y") in Oak Hill. We are directly across from the ACC Pinnacle Building. Visit our website at www.oakhillumc.org or call 288-3836 for more information.



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WESTERN OAKS RESIDENT AND DIRECTOR OF TENNIS VISITS HOME COUNTRY

Fernando Velasco, General Manager and Director of Tennis at the Circle C Tennis Club, visited his home country, Bolivia, in November. This is the second time that Velasco travelled to his native city Cochabamba since he and his family moved to the United States in 1963. The first time was 5 years ago. Velasco, with his wife Frances and son Anthony, enjoyed 10 days of celebrations of his 50th High School Class reunion, plus the 100th year that his home school, the American Institute, first started in Bolivia.

In addition to the school celebrations, Velasco gave tennis clinics in the Tennis Club of Cochabamba, where he played until moving to America at the age of 20. He conducted a ladies' clinic, a junior clinic and gave a two hour seminar on "The Role of a Tennis Teacher, Coach and Parent." Velasco mentioned that "the quality of tennis in both the junior, adult and advanced players was very high. The players and parents were most appreciative of the advice that Velasco gave to the players. With some exposure to better quality of teaching and coaching, several could develop into top players. The conditions were mostly good, but the availability of equipment is thin and very expensive. It was an honor to be back again on the red clay courts where I learned to play tennis and competed during my youth"

Group of youngsters getting advice from Master Tennis Pro, Fernando Velasco

CIRCLE C TENNIS CLUB DONATES TOYS TO BLUE/BROWN SANTA

The Circle C Tennis Club hosted its annual "Toys for Blue/Brown Santa" on Friday, December 9, 2011. Participants of this yearly event, had to provide an unwrapped new gift to be donated. There were so many great gifts, that it was decided to split half and half between the organizations for Blue Santa and Brown Santa. Director of Women's Tennis, Mari Bishouty, organized a great event that combined a round robin, lunch and drinks. She mentions that "these incredible gifts will brighten up many children's Christmas Day holiday. This is of my favorite event and the Members of the Club are most generous with their donations. Kids will be excited to see the quality and quantity of gifts donated" This is the 10th year of this event.

Circle C Members who participated in the Mixer and Tree surrounded by the many gifts donated by the Members of the Club

Provided by: Fernando Velasco, General Manager, Circle C Tennis Club.

(Continued on Page 7)

CIRCLE C DENTAL



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Pruning Guidelines- (Continued from Page 4)



Grief Share

Submitted by Nancy Zaloga

GriefShare (www.griefshare.org) will meet at Manchaca United Methodist Church located at 1011 FM 1626, each Sunday beginning January 22, 2011, from 3-5 p.m. There is a \$15 charge for a workbook (scholarships available). GriefShare is a 13-week faith-based seminar and support group for people grieving the death of a loved one. It's a place where you can be around people who understand how you feel and the pain of your loss. You may begin the class at any point during the 13-week time frame. Led by Nancy Zaloga and Ginny Lee. Call 280-3469 for further information.

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Living Witness: Outstanding Trees of Texas
January 7 through March 11

Ralph Yznaga's photographic odyssey is on display in the McDermott Learning Center.

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January 7 through March 11

Judy Paul's mixed media exhibit on display in the store.

Tree Talk, Winter Walk

Saturday, January 28, 9 a.m. to 5:30 p.m.

If the worst drought in decades damaged your trees, this is your chance to replace them with hardy Texas natives and plant a few more for the future. Guided walks for all and a Tree Climb for kids from 10 a.m. to 3 p.m. Go Native U

This is the year you should learn about native plant gardening. Take a class or a course at Go Native U. Registration information at www.wildflower.org

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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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Personal classifieds (one time sell items, such as a used bike...) run at no charge to Village at Western 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.



SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc.

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IT'S OKAY TO SKIP YOUR WORKOUT, IN SOME CASES

Although exercise should be a part of your daily routine, it's important to know when your body needs a break, according to an expert at Baylor College of Medicine. It's not ideal to work out when you're sick because you're stressing your system out, said Dr. David Green, assistant professor of orthopedic surgery at BCM.

The same thing is true after a recent surgery; your body is trying to recover from the surgery. If you still want to stay active, consider using simple things such as arm bands for gentle exercises, but stay away from heavy aerobic exercises, he said. If you're experiencing some joint or muscle pain, it's your body's way of telling you that you're overdoing it, so you should back off. Try using a heating pad or taking anti-inflammatory medication to help with the pain, said Green.

In general, be sure to have some type of snack about an hour before a workout; do not try to exercise on an empty stomach. If you're over the age of 40 and just starting heavy exercise for the first time, be sure to consult with your physician first. Also consult with a physician if you've had any respiratory, cardiac or joint issues in the past. Look out for hidden calories in holiday drinks.

While many people think twice before taking a second serving of a delicious holiday dessert, they may not do the same when it comes to that holiday beverage. But liquid calories can quickly add up, said a nutrition expert at Baylor College of Medicine.

SOME TIPS TO REMEMBER INCLUDE:

- Combine alcohol with a diet mixer or low-calorie tonic
- Remember to pace yourself and alternate alcoholic beverages with a glass of water or club soda with lime
- When it comes to popular cocoa and coffee drinks, choose non-fat milk, skip the whipped cream
- Pay attention to portions; different beverages are served in different size glasses and cups so be aware of what you are drinking and how many servings you consume at one time. Remember that after drinking alcohol, the desire for salty foods is also enhanced, said Reeves.

HECTIC HOLIDAYS CAN RAISE SPIRITS OF A CHRONICALLY ILL CHILD

The typical craziness of the holiday season can offer an emotional boost for a chronically ill child. The holidays usually are very hectic, but the benefit of seeing family and friends outweighs the hassles of travel and preparation, said Dr. Ernest Frugé, associate professor of pediatrics at Baylor College of Medicine and director of psychosocial programs at Texas Children's Cancer Center.

It's no different for a child in a chronic illness. Planning ahead is the key to travel success, whether it is allowing for extra breaks on a long road trip or reminding older relatives about childproofing needs. Parents should always consult with their child's physician before the trip, pack all medications in their original prescription containers and bring along a copy of appropriate medical information.

Involving the child in the planning and preparations for trips and gatherings reinforces the importance of reconnecting with family and friends, said Frugé. Keeping children away from the usual holiday traditions because they have been ill would separate them from what is a normal experience for the family, he said.

GET THROUGH MENOPAUSE BY REEVALUATING YOUR HEALTH CARE NEEDS

Menopause is called "the change" for a reason. As hormone levels begin to change, so do health concerns, such as osteoporosis, said experts at Baylor College of Medicine. Decreasing estrogen levels can affect bone mass, making a woman more susceptible to osteoporosis, said Dr. Elizabeth Nelson, associate professor of medicine and director of the Women's Center for Comprehensive Care at BCM. Osteoporosis is a condition that can develop if bone is not replaced as quickly as it is worn away, leaving behind porous or weak bones.

Many factors can affect this condition such as heredity, age and nutritional intake. Modify your risk factors by limiting alcohol intake and not smoking, which can increase bone loss by 10 percent. Exercising three times a week and increasing calcium and vitamin D intake can also improve bone health. However, since each woman's health care needs differ as they enter menopause, it is important to talk to a doctor to be sure what course of action will be the most beneficial. Screening for osteoporosis should begin at age 65, but many times women will have a screening done at age 50 to use a baseline for future tests.



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

Yoga for Weight Loss?

We've all heard the formula for weight loss. Just "burn more calories than you take in." But if weight loss is so simple, how come so many of us have a hard time with it? If we all know what to do, how come we're not doing it? There are many factors to weight loss, and there's a big gap between knowledge and action. It's a lot more than calories in, calories out. In between the "I know what I should be doing," and "how come I'm not doing that?" is a pause (and sometimes frustration). This 'pause' is where yoga can help.

Being aware of your actions - what you're eating, when you're eating it and why, are keys to weight loss success. Tuning in to your inner voice and actually hearing your body's signals is difficult. Diets fail a great deal of the time. What if you were able to smooth out your brain waves, so that you could notice the moment of choice?

Yoga for weight loss? Maybe you've thought in the past that only heavy-duty cardio would do the trick, and the pounds would magically melt away. But if you are successful at this heavy-duty huffing and puffing, how come the pounds come back, and the change isn't permanent? It may surprise you to know that a recent study at the Fred Hutchison Cancer Research Center in Seattle found that an ongoing yoga practice correlates nicely with a healthy weight - and not only because of the calorie burn. (Excerpts from Natural Health, "The New Weight-Loss Math," by Hillari Dowdle). Yoga practitioners were found to be "more aware of what they were eating and better able to stop when they were full," characteristics that the study attributes to mindfulness.

In yoga, postures are practiced slowly, which is counter-intuitive to what the mind wants. We want to burn calories, and lose weight this instant, so we think we have to move fast. But, by practicing the postures slowly, we allow our minds to catch up with our bodies. We use the breath to actually feel what our muscles are doing. And this introspection, this reflection, will bring about an awareness. An awareness of choice. "Smoothing out the brain waves and calming down the nervous system give you an opportunity to notice the moment of choice," explains Ashley Turner, M.A. "You get to ask yourself, 'Do I really want to eat more?' Most of us never even encounter that moment," she adds.

Yoga can help you develop that awareness. And, it can also help you remove toxins from your body. New studies indicate that toxins in the body suppress thyroid function, slowing metabolism. "Scientists now believe that the obesity epidemic is going hand in hand with an increase in environmental toxins," says Gaetano Morello, N.D. from British Columbia. And fasting only slows your metabolism and causes more toxins to be released from your fat stores. Yoga can help remove these toxins.

You will get more benefits from yoga than you could ever imagine. And over time, it gets easier and more fun. No, it will not be a quick "fix" overnight. But what if you could develop the awareness to be more mindful of what you were eating, and better able to stop when you were full? These are all characteristics of mindfulness, which is practiced in every yoga class.

Hope to see you in class soon!

Submitted by Melinda Jennings

Pick up the Pile

Happy New Year to all! As we embark on 2012's journey, some will think of ways to improve upon themselves. I'd like to offer an idea to those that still think dog poop is fertilizer, let's try picking up after our dogs. In case you were not aware, scientists have established the fact that the dog's gut harbors a particular type of bacteria known as the coli form bacteria. This bacterium includes the dreaded E. coli bacteria and also contains strains of salmonella and giardia. Now, since the rains have finally come, all the piles that have been left behind will be washed into our storm drains and contaminate our water supply. Not only is our water supply affected but perhaps even the air we breathe...I came across this article:

SCIENCEDAILY (AUG. 18, 2011)

"Bacteria from fecal material -- in particular, dog fecal material -- may constitute the dominant source of airborne bacteria in Cleveland's and Detroit's wintertime air, says a new University of Colorado Boulder study."

This was the first test conducted, for air borne disease so far, however, scientist presume other cities, with an abundance of the canine kind, will show similar results. Please be kind, don't leave it behind. To those that pick up....THANK YOU

www.pickupthepile.com

**Want to make your
new year's resolution stick?**

CELEBRATE RECOVERY | Mondays @ 7:00 pm

Codependency Group
(for those with loved ones struggling with addiction)

Sexual Addiction Group (men's group)

Anger Open Share Group (men's group)

Chemical Addiction Groups (men's & woman's groups)

Women's Support Groups (eating disorders, sexual addiction)

HOPE, HEALTH, HEALING | Wednesdays @ 7:00 pm

Divorce Care
Safe People
Boundaries

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

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TOP TEN TIPS *for Protecting Your Enamel from Erosion*

The outer coating of enamel on your teeth may be the hardest substance in your body, but if it erodes, there's no way to get it back. Follow these top ten tips for keeping your enamel — which will help you keep your teeth! Enamel, the outer coating on your teeth, is the hardest substance in your body. But while it's tougher than bones, enamel has a key weakness: it lacks the ability to regenerate itself as bones do. If you break a bone, it can grow back together. If your enamel wears away, it's gone and you can't get it back. Since enamel defends your teeth against cavities, it's extremely important to take care of this protective layer.

Enamel erosion can occur for a variety of reasons, and the three major categories are diet, health issues and physical wear and tear. Many people are unaware of the effect diet has on enamel. Acid sources like carbonated drinks and citrus drinks, when consumed with regularity, can have a serious effect on your enamel. Health issues including dry mouth, acid reflux disease, gastrointestinal problems and bulimia can also lead to enamel erosion. Wear and tear includes friction from your teeth rubbing against each other, fractures due to stress on the teeth, and damage from outside sources, such as brushing your teeth too vigorously or chewing on hard objects. Watch your diet



FOLLOWING ARE OUR TOP TEN TIPS FOR HOLDING ON TO YOUR ENAMEL.

- **1** - Drink fewer carbonated drinks like soda pop and citrus drinks like grapefruit juice, or eliminate them altogether.
- **2** - If you do occasionally indulge in these types of beverages, drink them through a straw, so the liquid goes straight to the back of your mouth instead of surrounding your teeth.
- **3** - Rinse your mouth with water after eating or drinking.

- **4** - Chew sugar-free gum to increase saliva, which helps clean your teeth.

ADDRESS HEALTH ISSUES

- **5** - If you experience dry mouth, let us know; your dentist can help you with this condition.
- **6** - If you suffer from acid reflux, gastrointestinal problems, or bulimia, talk to your family doctor to address the issue; each of these conditions affects more than just your teeth.

BE GENTLE WITH YOUR TEETH

- **7** - Always avoid biting pens and other hard objects, and use your teeth for chewing food only — not as tools to open containers.
- **8** - If you are a habitual tooth-grinder, your dentist can help you address the habit.

STAY ON TOP OF ORAL HYGIENE

- **9** - Brush with fluoride toothpaste to strengthen your teeth.
- **10** - Keep up with your regular oral care, including brushing and flossing daily and getting professional cleanings every six months.

- Submitted by Dr. Flury

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- 5) Home prices are more affordable than the peak prices of a few years ago...bringing more buyers into the market!**
- 4) Pent up demand is starting to show in certain sub-markets as fewer homes are on the market!**
- 3) The economy is showing continued improvement... which boosts confidence in the real estate market!**
- 2) Low, Low, Low Interest Rates which improves buying power... and rates aren't likely to go any lower!**
- 1) All the stars may be in alignment... if you are thinking of moving up your wait is over...take advantage of the market in 2012!**

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