

THE VILLAGE

Gazette™

"It takes a Village..."

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

Tennis Tips

In the previous issues, I answered questions about beginning to play tennis, how to select tennis equipment and clothing, and how to begin playing with friends and family. In this issue, I will offer you some advice on how to start playing competitive tennis.

Q: I have young children who are interested in playing against other players. What is the best way?

A: One way to measure a player's progress is by competing with children of their own age and ability. I suggest that once a player knows how to serve, keep score and the basic tennis rules, he/she is ready to enter special tournaments. Austin offers many opportunities to become involved and has programs for 10 and under and also for children ranging from 12 through 18 years old.

Q: My child is 10 and under and wants to play tournaments. Where can he/she play?

A: The Capital Area Tennis Association (CATA) offers many tournaments for children 10 and under. For children ages 5-8, they offer the 36' court playing with a red felt or foam reduced ball. The score is very simple, playing a 7-point tiebreaker. Players, who are 9 and 10 years old, will be playing on a 60" court with an orange felt reduced bounce. They play one 4-game set using the no-ad scoring system (first to win 4 games). These events are usually round robins, so no players get eliminated. For schedules, fees and sites, please contact CATA at 512-443-1342 or visit their

(Continued on Page 7)

Congratulations to our Grey Rock "10 and under Tournament winners"

The Grey Rock Tennis Club hosted its first "10 and under" CATA Tournament on May 12. Players from the Club and neighboring Clubs got a chance to start playing tournaments with special size courts and special reduced bounce balls. This will become a yearly event for the Club. The following Grey Rock players fared well in their respective events:



Sydney Marin, Winner
Girls' 10 and Under
Green Ball



Eleanore Nelson,
Winner Girls' 10
and Under Orange
Ball



Megan Zeng,
Runner up Girls' 10
and Under Orange
Ball



Coach Danny Rodriguez
with Jaxson Hataway,
Runner up, and Brayden
Michna, Winner, Boys' 10
and under Green Ball.

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Kiker.....	512-414-2584
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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

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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
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Stop Sign Missing/Damaged	512-974-2000
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SOUTHWEST AUSTIN REAL ESTATE UPDATE

July 2012

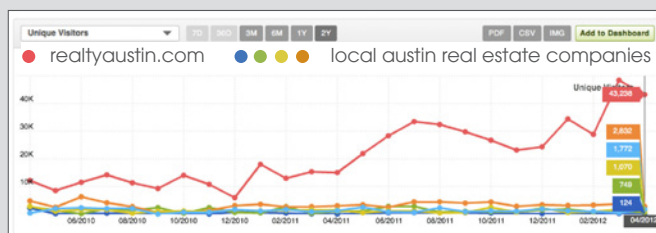
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SOUTHWEST AUSTIN NEIGHBORHOOD MARKET UPDATE

Western Oaks Market Stats (as of June 1, 2012)

	2011	2012
Total Homes sales:	148	53
Median Sold Price:	\$252,500	\$260,000
Median Sold Price per Sq. Ft.:	\$115.58	\$125.40
Median Days on Market for sales:	25	7

Active Listings	14
Median Asking Price:	\$268,450
Median Price Per Sq. Ft.:	\$120.40
Median Days on Market:	19



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Welcome Fabulous!

The Fabulous Working Ladies is a thriving sisterhood of women serving in business, life and community. There is a need for women to connect, to help & support one another in business. To share our life and experiences with others and we desire to make change in the lives of those in need, through local and nationwide charitable organizations. Through the Fabulous Working Ladies Nationwide organization you will have the ability to do all of those things and more. We invite you to join our nationwide community. Help us celebrate one another. Help our community pay it forward.

With that being said...you are invited to "Fabulous Working Ladies of South Austin" Luncheon at Mandola's in Arbor Trails (MoPac & William Cannon) on Thursday July 26th at 11:30. Please join us for laughter, sharing, having fun & giving back to the community we live in! For more information, please go to www.SouthAustinFAB.com but if you have any questions please feel free to contact Melinda McKenna @ Melinda@AustinReps.com



Grey Rock Tennis Academy player signs up to attend college



Adolfo Gonzales (center) is shown here with Director of the Grey Rock Tennis Academy, Darin Pleasant, and his mom, Blanca, during his formal signing to attend Tyler Junior College with a tennis scholarship. Tyler Junior College finished #2 in the country for the 2011-12 season. Adolfo has been training with Darin for the past two years at the Tennis Academy. Darin Pleasant is a resident of Shady Hollow and is in charge of the "Advanced Tennis Players (ATP)" Academy.

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Financial Focus - Student Loans Crushing College Grads

Submitted by Rich Keith

Today's college grads are facing the "real world" with an extra scoop of debt. Two-thirds of students graduating from college or graduate school have student loans – about \$25,000 on average. That's a 25% increase over the past 10 years. In fact, today's twentysomething holds an average debt of \$45,000, including everything from student loans to mortgages and credit cards. Unfortunately, unemployment for those aged 18-29 is 12.4%, well above the national rate of 8.2%.

Don't feel as if you have to be the savior. Six in 10 boomers report giving financial help (outside of college tuition) to a child or grandchild in the past five years. Of those, \$59,000 was the average amount of aid. If this sounds like you, ask yourself: Do I really have the resources? Am I saving enough for retirement? Try to share more financial wisdom and less cash with your adult offspring. The more you save for your own future means less possibility that you'll need their help later on.



Without going into too much detail, share the family financial picture with your children once they hit the mid-teen years. They need to know the family income is X and it takes Y amount to cover the mortgage and bills. Once they see X minus Y in action they will be surprised at how much it actually costs to run a household.

This may have a side benefit of limiting how much and how often your children ask you for money and gifts.

Children who have a basic understanding of money, especially the corrosive effects of debt, have a better chance of becoming financially independent later in life. They will be more resistant to the credit card offers sure to come to them in their freshman year at college. And they will more ready to partner with their parents as the family manages their college finances with them.



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Tennis Tips- (Continued from Cover Page)

website: www.austintennis.org.

Q: My child is between the ages 12-18 and wants to start competing. Who do I contact?

A: Again, CATA offers events for players 12-18 years old who are ready to compete. These events are for Non-Qualified USTA players, who are beginning their competition toward becoming State Ranked or move to Championship and Super-Championship level. There are two types of events: Open events, where players are grouped according to their age level (12 and under, 14 and under, 16 and under and 18 and under) and gender. They also can compete in singles and doubles. Usually these events are a one day tournament and they play 8 game pro-sets with no-ad scoring system. They also offer round robin events or first match consolation rounds.

The second type is called the "Grand Slam" events in the same age and gender categories. These events play the best of three sets, with no-ad scoring and if tied one set each, they play a "Super- Tiebreaker" (first one to win 10 points by 2). Play may start on Thursday or Friday nights after 6:00 pm for the larger draws, and continue the rest of the matches on Saturday and Sunday. For schedules, fees and sites, also please contact CATA at 512-443-1342 or visit their website: www.austgintennis.org

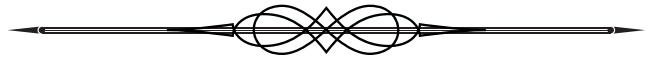
Q: Do these players get points for playoffs?

A: One incentive to play in these events, are that for every match that is played, they accumulate points. At the end of the season in August, the top players in each division are invited to participate in the "Junior Tour Masters Invitational" with the winners of this event, qualify to participate in the Grand Prix Invitational State Tournament against players from all over the State.

Both private tennis clubs and public facilities host these tournaments all over Austin. Sign up registration can be made either by visiting the USTA website or by visiting the tennis facility. Cost for the 10 and under events is \$18.00 per person; the Grand Prix Open is \$18.00, and for Grand Prix Grand Tour is \$28 per person. Deadlines are usually around 7-10 days prior to the event.

In the next issue, I will answer questions regarding how to encourage players to play the "USTA ZAT" Tournaments and become "Qualified" players. Until then, continue practicing and enjoying the game.

You also may have noticed that we have changed our name from "Circle C Tennis Club" to "Grey Rock Tennis Club". New name, but same service and programs.



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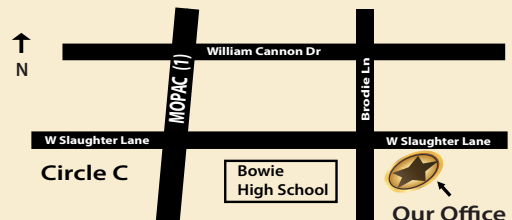
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WHAT TO LOOK FOR IN A PET FOOD

Pet nutrition and pet food selection has improved significantly over the last few years, however, there is still a lot of confusion regarding what to feed our four-legged friends.

Following the horrific melamine pet food recalls of 2007, much research has been dedicated to learning more about pet nutrition and how pet food is manufactured and distributed to consumers. This has spawned a greater selection of high-quality, pet super-foods. However, it has also prompted some companies who still make cheap, low-quality pet food to simply change their packaging to dupe consumers into believing that they're buying food filled with wholesome fresh meat, fruits, and vegetables.

Don't be fooled! A pretty bag with pictures of cascading corn and carrots does not a quality pet food make. Read the ingredient label to see what's really in the bag and in your pet's food bowl.

Here are some things to look for in the ingredient label and to consider when choosing a food for your furry family members.

PROTEIN

A named protein and/or protein meal should be first on the ingredient list. For example, if you're buying a chicken formula pet food, look for, "chicken," or, "chicken meal," as the first ingredient, not chicken by-product. Remember: meal is a good thing, by-product is a bad thing. Also, if a protein source is not named - beware. For example, if the ingredient label reads, "meat meal," you have no way of knowing what the protein source is and should be wary. It could be anything from aardvark to zebra. The best pet foods have two or three protein sources in the first five ingredients listed.

Confused about the difference between chicken and chicken meal? Chicken, or any other protein source listed in the ingredient label, means that fresh meat was added to the mix before cooking. This is great! But just like our bodies, animals are about 70% water. So, when the mixture is cooked, the fresh meat in it loses volume, thereby decreasing

the amount of protein in the final product. Chicken meal, on the other hand, is chicken meat, bone and some connective tissue that has been cooked, dried and added to the mix before cooking, which ultimately increases the protein level of the food.

VEGGIES, FRUITS & WHOLEGRAINS

Like humans, pets benefit from the vitamins and enzymes in fresh vegetables and fruits. Look for quality produce and complex carbohydrates like carrots, spinach, pumpkin, etc. as well as whole grain rice, oats, and/or barley. These healthy foods have lower glycemic index ranges, which will keep your pet more satisfied and will help to avoid sudden drops in energy levels. Avoid highly processed grains such as corn, wheat and rice. As with humans, these are empty fillers and fast burning carbohydrates.

US SOURCED

Do a little extra digging to find where the ingredients of a food you're considering are sourced. Often, you can find this information on the manufacturer's website. If not, call them and ask. Look for foods made with ingredients from the US. This will help you take advantage of the strict, governmental regulations that watch pet food manufacturers and that are there to protect you and your pets from contamination. Furthermore, buying products made in the US is just plain good sense for the local economy and environment.

WHAT TO AVOID

By-products and by-product meals should be avoided for a number of reasons. First, you have no way of knowing exactly what the ingredient is, but you can be sure that it is a low-value portion of the animal. In addition to the ingredient itself being dubious, low-value products are not handled with the same care as higher-value products, so they could become rancid or exposed to harmful bacteria. Also

avoid sweeteners, which are added to poor quality foods to enhance palatability. Other ingredients to avoid are artificial preservatives such as BHA, BHT, and ethoxyquin, and artificial colors.

Once you've narrowed your choices down to a few based on quality ingredients, then consider your pet's specific health needs. Is your pet overweight, underweight, young, adult, or senior? Does he/she have allergies or itchy skin? There are high-quality foods that are formulated to address all of these issues and more.

After you've finally chosen a healthy pet food and are ready to purchase, be sure to check the, "Best By," date. In quality, natural foods, this will be about 12 months from the manufacture date. When dishing out the new grub to your pet, start by mixing it with a bit of his last diet to help his tummy transition. Do this for about a week, adding a little more of the new food everyday. By day seven, your pet should be ready for full servings and a fuller life.



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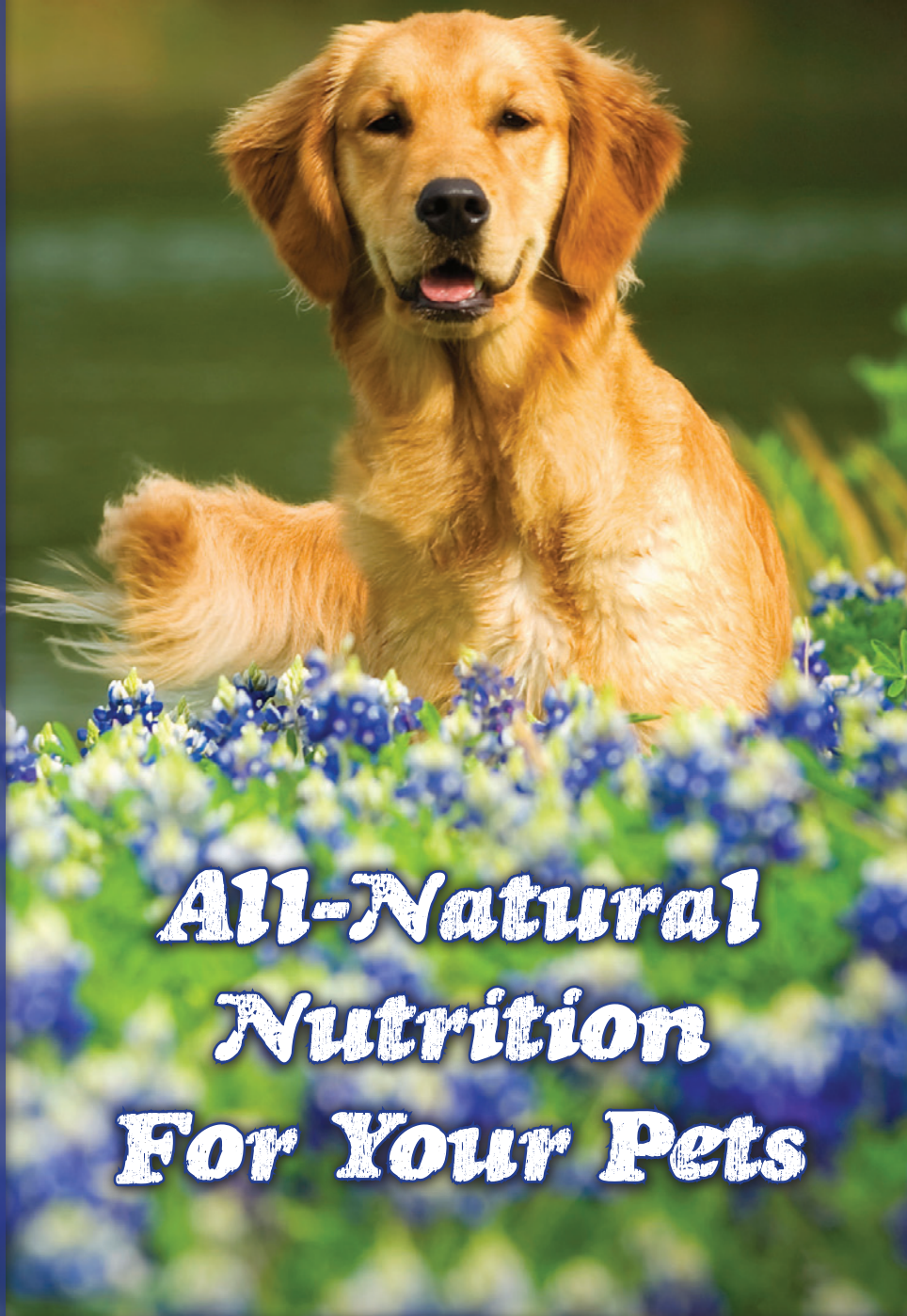
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Pruning Guidelines

for Prevention of Oak Wilt in Texas

Oak wilt, caused by the fungus *Ceratocystis fagacearum*, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from tree-to-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. Below is a brief description of how you can reduce the risk of fungal spread when pruning.

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.
- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding of oaks during the spring (currently defined as February 1 through June 30). Reasons to prune in the spring include:
 - To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.
 - To repair damaged limbs (from storms or other anomalies)
 - To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.
- On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
- Dead branch removal where live tissue is not exposed.

Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February

1 or after June 30.

Debris from diseased red oaks should be immediately chipped, burned or buried. Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.

References (available at <http://www.TexasOakWilt.org>):

Appel, D.N., and R.F. Billings (eds.). 1995. Oak wilt perspectives: Proceedings of the Nation Oak Wilt Symposium, June 22-25, 1992. Austin, TX. Information Development, Houston, TX. 217 p.

Billings, R.F., and D.N. Appel (eds.). 2009. Proceedings of the National Oak Wilt Symposium. June 4-7, 2007, Austin, TX. Texas Forest Service Publication 166. 267p.

Prepared January 12th, 2011 in cooperation between Texas Forest Service, Texas AgriLife Extension Service and International Society of Arboriculture Texas Chapter.

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Salt of the Earth: Sodium & Your Health

TIPS FOR REDUCING SODIUM FOR BETTER HEALTH

Sodium is everywhere—swirling in the oceans, stored in vast underground crystalline deposits—and contained in just about every food and drink imaginable.

The fact is, sodium is as an essential, life-sustaining ingredient for every known plant and animal on the planet. Without sodium, our bodies would cease to function. Sodium helps our cells draw in nutrients, maintains balanced pH levels, enables nerve function and muscle contraction, helps regulate your heartbeat, and is a key component of your bones, explains Jose Mejia, M.D., a cardiologist for The Austin Diagnostic Clinic (ADC).

Yet too much of this essential element can pose serious health risks in people, including high blood pressure, heart disease, stroke, kidney disease, and congestive heart failure. According to the U.S. Department of Health and Human Services (HHS), the average person should only consume 2,300 milligrams (mg)—about one teaspoon full—or less, per day. If you are 51 or older, are black, or already have high blood pressure, diabetes, or chronic kidney disease, then you should limit your intake to 1,500 mg or less per day, Dr. Mejia adds.

“Unfortunately, the average American gets about 3,400 mg of sodium a day, which is far more than is recommended for good health,” Dr. Mejia says. “Keeping the amount of sodium you eat under control can be challenging, but understanding the main dietary sources of sodium is one of the best ways to start lowering your intake.”

SALT BY ANY OTHER NAME

One of the most troubling parts of monitoring your sodium intake is understanding how extensively the food industry uses sodium as a flavor enhancer and as a preservative in everything from bread to canned soup. And then there’s a matter of naming conventions. Common table salt, otherwise known as sodium chloride, is just one form of sodium. There are many other compounds that contain sodium, including monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrite (sometimes just nitrite).

“Most of the sodium we eat comes from processed foods and foods prepared in restaurants. Sodium is already part of processed foods and cannot be removed. Even fresh fruits, meats, vegetables and dairy products contain sodium,” Dr. Mejia notes. “However, food manufacturers and restaurants can produce foods with far less sodium. In addition, you can select lower sodium foods when possible, and you can cook more foods yourself to better control how much sodium you eat.”

SHOPPING SMART TO REDUCE SODIUM

The most practical way to reduce your sodium is by altering what you bring home from the grocery store. Many items like baked goods, breakfast cereals, soups, and lunchmeats are very high in sodium.

“Pay very close attention to food labels,” Dr. Mejia says. “It may add extra time to your shopping trip, but it’s important to understand just what the food industry means when it uses sodium-related terms.

Portion size is just as important. Frankly, it’s the only way to make sure you are not eating too much sodium.”

Here are some of the most common terms used on food packaging. If it doesn’t have a label, your best option may be to avoid buying it.

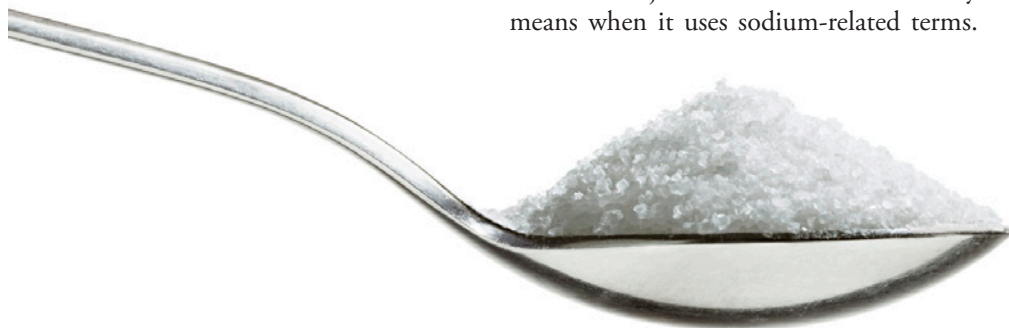
- **“Sodium free” or “Salt free.”** Each serving of this product contains less than 5 mg of sodium.
- **“Very low sodium”**- Each serving contains 35 mg of sodium or less.
- **“Low sodium”**- Each serving contains 140 mg of sodium or less.
- **“Reduced” or “Less sodium”**- The product contains at least 25 percent less sodium than the regular version. Check the label to see how much sodium is in a serving.
- **“Lite” or “Light in sodium”**- The sodium content has been reduced by at least 50 percent from the regular version.
- **“Unsalted” or “No salt added”**- Not salt is added during processing of a food that normally contains salt. However, some foods with these labels may still be high in sodium because some of the ingredients may be high in sodium.

A DASH OF SOMETHING ELSE

The widespread use of sodium means it can be challenging to avoid, especially if you are traveling with limited food options at airports. In that case, bringing low sodium snacks is a good option. At home, consider using alternative seasonings that are sodium free. Eventually, your taste buds will adjust to the lower sodium options.

“It takes some effort, but a low sodium diet can have tremendous health benefits,” Dr. Mejia says. “If you are concerned or curious, it may be a good idea with check with your physician about the amount of sodium you are eating.”

*Jose Mejia, M.D., Cardiologist
The Austin Diagnostic Clinic,*



THE DEDICATED RUNNER

Submitted by Steve Bernhardt

The heat is officially on in Central Texas, for the foreseeable future no matter the time of day it will be hot and often humid during our runs. Does this mean it's time to slow down, not run as often, or simply head indoors to the gym to run? If you are a dedicated runner none of these options sounds appealing. Fortunately none of them are necessary either if we take our time to understand how to acclimatize to the higher temperatures and take the necessary measures to run safely and comfortably under the bright Texas sun.

First, it takes our bodies about 7-10 days to begin to make the physiological adjustments needed to adapt to strenuous activity in the heat. Research has shown we can become fully acclimatized in 14-days based on spending at least one hour a day in the heat. During this time our blood plasma volume increases, sodium levels concentrate, and our core body temperature decreases. Keep in mind fitter runners usually adapt quicker, as well as younger runners often do better in the heat than older runners.

Next, dress properly to maximize evaporative heat loss. Wear clothing designed for running that does not hold moisture in the fabric (hydrophobic) and encourages evaporation. Our bodies cool as the heat is pulled away from us in our evaporating sweat. Avoid running in cotton as it holds the moisture in the fabric and makes wide scale evaporation nearly impossible. Running in a soaking wet cotton t-shirt is not cooling, it's basting. Also, don't forget a breathable hat to keep the sun off your head

and sunglasses to fight off the negative effects of UV sunlight on your eyes.

Lastly, our sweat rate increases as our bodies adapt to the stress of running in higher temperatures, because of this we need to replenish our fluids in order to maintain our effort and vital bodily functions. Water is ok for shorter duration runs (30 minutes or less) but for longer efforts we need to add some electrolytes like sodium chloride, magnesium, and potassium. There are many well designed hydration products available that are tasty and effective, as well as several different ways to carry fluids while on your runs like a hand-held water bottle or waist belt. If you are worried about the comfort of carrying a bottle while running, trust me after a few days you'll hardly notice it and grow thankful for having it with you.

Just because it's hot and humid doesn't mean we have to stop doing what we love to do, run. Being patient and giving our bodies time to acclimatize is critical. Wearing the right clothing to protect ourselves for the sun and encourage evaporative cooling is a must. Fluid replacement in order to maintain proper hydration is necessary to avoid heat related illness due to overheating and dehydration. With care and attention to each of these areas you'll be on your way to accomplishing your running goals no matter what the Texas summer decides to throw at us.

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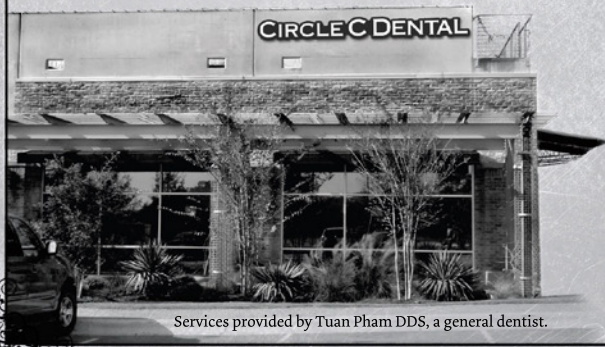
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By The Four Points Foodie

Cupcake Ingredients

- 1 1/2 C all purpose flour
- 3/4 C sugar
- 1 t baking powder
- 1 t baking soda
- 1 t sea salt
- 1 C special dark cocoa
- 1/2 C canola oil
- 2 large eggs
- 1 t Ancho Chili Powder
- 1 C Cabernet Sauvignon
- 1 special dark chocolate bar



Frosting Ingredients

- 1/2 C vegetable shortening
- 6 oz unsalted butter, softened
- 1 C confectioners' sugar
- 1 C special dark cocoa
- 2 T Cab Reduction {see note below}

Directions: Preheat your oven to 350 degrees and line a cupcake pan with papers. Sift the dry ingredients together in a large bowl. Add the oil, eggs, chili powder and cab and blend with a mixer. Using a 1 inch ice cream scoop, place 1 scoop in each paper. Add 1 piece of dark chocolate, and then add another scoop of batter. Place in oven and bake for 18 minutes. Remove from oven and cool.

Directions: Blend shortening and butter together until fluffy and add confectioners' sugar and cocoa. Mix to combine then add the Cab Reduction and blend well. If the frosting is too thick, add a hint of vanilla or cream to thin it out. Place in pastry bag and pipe onto cooled cupcakes and serve.



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