

BARTON CREEK NEWS

*News for the Residents of
Barton Creek*

August 2012

Volume 3, Issue 8

Back To School Checklist

Ensuring a Healthy Return to the Classroom Begins at Home

As a parent, there's no doubt that back-to-school season requires a lot of effort to get your kids all set for the challenges of the classroom. But it's also an important time to consider your child's health, says Daniel Howard, M.D., a pediatrician with The Austin Diagnostic Clinic (ADC).

"From making sure all of the proper vaccinations have been administered on schedule, to getting their kids back on 'school year' sleep schedules, health is obviously a huge consideration for parents with school-age children," Dr. Howard says.

- **Vaccinations 101.** Children should receive a variety of vaccinations and booster shots to prevent them from getting many serious and highly contagious diseases.
- **Hearing and vision tests.** Consider getting your child's hearing and vision tested before they begin school to prevent learning challenges in the classroom.
- **Health information.** Parents should be prepared to provide schools with a list of emergency contact information that includes telephone numbers for parents, close family, pediatrician, and dentist.
- **Diet and sleep.** Healthy eating is a critical part of a child's physical and mental development and can help curb the risk of childhood obesity. Sleep is also essential—kids should get between eight to 11 hours per day, depending on their age.

Daniel Howard, M.D., is a pediatrician for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than six locations throughout Austin and Central Texas. Dr. Howard sees patients at the ADC Cedar Bend, at 2400 Cedar Bend Drive. For more information, visit www.adclinic.com or call 512-901-4016. To download an electronic version of this release, please visit www.delaune.com/ADC

BARTON CREEK NEWS

WELCOME

A newsletter for Barton Creek residents

The Barton Creek News is a monthly newsletter mailed to all Barton Creek residents. Each newsletter is filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it bartoncreek@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

Our goal is to keep you informed!

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Immunizations are not just for kids. Adults should receive a flu shot each year and those over 65 years should also receive a pneumonia shot. If you are unsure about which immunizations you need, ask your doctor, or visit ADClinic.com for more information.



The Austin Diagnostic Clinic Westlake

Cielo Center, Building 3
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Bailey Middle School Band Kicks Off Fundraising

The award-winning Gordon A. Bailey Middle School Wind Ensemble has been invited to participate in the January, 2013, Presidential Inaugural Festival in Washington, D.C. Bailey is the only Texas band honored with this extraordinary opportunity. Our students are very excited about representing the State of Texas at this historic event.

However, student contributions and fundraising projects will cover only a portion of the funding requirements. The Bailey Band Boosters are asking for your help in making this once-in-a-lifetime performance opportunity a reality. We are soliciting corporate sponsorships as well as individual donations, with a goal of raising \$25,000. All proceeds are tax deductible and will be applied directly to trip expenses.

Corporate sponsors at the \$1000, \$2500 and \$5000 levels will receive special recognition of their generosity; however any donation is greatly appreciated. Please visit www.baileyband.org for details and please donate at <http://www.gofundme.com/baileywindensemble>. Bailey Band is a 501c Non-profit Organization.

SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to bartoncreek@PEELinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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American Association of University Women

Submitted by Diane Brewer, Membership VP

The American Association of University Women is a group of degreed individuals which works to ensure that opportunities and access of all kinds remain available to women and girls throughout the country and across the globe. Most people are aware that Title IX transformed athletics across the academic spectrum. Today, largely due to the efforts of groups like the AAUW, more and more women are also receiving equal pay for equal work, achieving the highest positions in business, and are also reaching pinnacle positions in government. Due to AAUW, deserving academic researchers are rewarded for their achievements with annual fellowships.

The Austin branch of AAUW is in the middle of its annual membership drive. The organization does not advertise, so it is important that people learn of this group and the indelible effect it can have on the lives of women. In Austin, AAUW volunteers work in GirlsStart and Mindspring, groups reaching out to girls who need a hand up; they

support non-profits like Ten Thousand Villages on South Congress, which markets the handmade goods of women in Third World Countries. Others are out in the community registering voters or working at voting sites. Membership VP Diane Brewer says that the dues of \$75 are divided among the national, state, and local levels of AAUW, and due to the work of the association, all but \$3 is tax deductible. For more information, go to: <http://austin-tx.aauw.net>

Service is only part of the story, however. Interest and study groups pervade the organization offering everything from a common love of reading, stitchery, and art appreciation, to bridge, mah jongg, theatre, and dining.

If you would like to explore the organization further, come to the AAUW-Austin Summer Social, located at the Episcopal Church of the Good Shepherd's parish hall, Exposition Blvd. @ Windsor Drive on Sunday afternoon, August 19th, at 3 pm. There will be a raffle, food, beverages, and lots of information. Come and see!


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Oven Baked Tilapia with Leek Cilantro Salad

by The Four Points Foodie

This is just a yummy dish! Oven baked tilapia is a good staple. I breaded mine with panko for a really light and crunchy texture. But what sets this recipe apart is the leek and cilantro salad on top. Served over a bed of jasmine rice, this is the perfect summertime meal.



TILAPIA & RICE

Ingredients:

- Jasmine Rice, cooked per the package to serve 4
- 4 Tilapia fillets, rinsed and dried
- 2 T olive oil
- 12 oz panko bread crumbs
- salt and pepper

Directions:

Preheat oven to 350 degrees. Prepare Jasmine Rice per the package to make 4 servings. Rinse and dry tilapia fillets and rub each one with olive oil. Dredge through the panko bread crumbs, pushing with your fingers so it sticks. Add a little extra olive oil onto your pan and place the breaded tilapia on it. Season with salt and pepper and bake in the oven for about 20 minutes or until done.

LEEK AND CILANTRO SALAD

Ingredients:

- 2 leeks, green tops discarded, sliced in half, rinsed and patted dry
- 2 bunches cilantro, rinsed and dried
- 2 T rice vinegar
- 1 T butter
- 2 T olive oil
- Salt and Pepper

Directions:

Chop off the green tops of the leeks and slice in half, which makes cleaning easier. Remove all sand and pat dry. Slice the leeks and add to a saute pan with the 1 T of butter. Saute until tender, remove from heat and cool. Meanwhile, pick the clean cilantro leaves off the stems and add to a bowl. Add the cooled sauted leeks, rice vinegar, olive oil and season to taste with salt and pepper. To assemble: Start with a bed of jasmine rice, then the baked tilapia and topped with the delicious leek and cilantro salad. Serves 4.

VOTER REGISTRATION DIRECTOR RECEIVES EDUCATION CERTIFICATION AWARDS

Travis County Voter Registration Director Dolores (Dee) Lopez received two education certification awards at the IACREOT (International Association of Clerks, Recorders, Election Officials and Treasurers) annual conference held recently in Albuquerque, New Mexico. Dee was awarded Initial and Advanced Certificates for completing more than 115 hours of education and training in the areas of election administration, voter registration and education, election day procedures, and other issues designed to ensure efficient and fair elections. Along with five other recipients, Dee was recognized at an awards brunch during the annual conference.

A member of IACREOT since 1999, Dee currently serves as the Chair of the Continuing Education Unit Committee. Dee has held the Travis County Voter Registration Director position for 21 years. Previously employed with municipal government, she has served in the public service arena for over 38 years. Dee earned Bachelor and Master degrees in Public Administration from Texas State University and has achieved the designation of CERA from The Election Center and, Certified Public Manager from the William P. Hobby Center for Public Service.

Founded in 1971, IACREOT offers members the opportunity to exchange ideas, elevate standards through education, develop efficient ways to serve the public and promote the ethics of public service.

For more information about Travis County Voter Registration, visit us online at www.traviscountytax.org or call (512) 854-9473.

Gratitude is the key

UNLOCKING THE DOORS TO TREASURES IN OUR CHILDREN AND OURSELVES

By Sugandha Jain

Gratitude is an instant mood converter. Gratefulness is the knife that melds impatience to patience, fear to love and anxiety to peace. Enveloped by the clouds of thankfulness, we can soar high in the air of optimism. Our aura is immediately cleansed when we fill our thoughts with praise. Relationships glow under the varnish of a positive expression in mutual affection.

We only have to look around us to realize how blessed we are. Being mindful of the generosity of people, beauty in our surroundings and the uniqueness of our own spirits can help us appreciate our fortunate existence. Opening ourselves to receiving divine grace that is already a part of our lives makes us acknowledge our own sacredness. We appreciate our oneness with the universe and what we feel as a result, is gratitude on being a part of the whole. We feel love, we feel complete.

Modeling gratefulness with our families can help children open their hearts to the love and light in everything they do. Daily writing in their Gratitude Journal can gradually shift children's consciousness to a higher dimension. Constantly reminding children to see the lessons presented by events instead of sulking on challenges can be an exercise in life-long learning. When we encourage children to make choices, evaluate them and re-choose options that help them feel grateful, we show them how to be free. Together, we find that our interactions with each other have always been complete; the missing link in the puzzle in seeking out and seeding in the Om of smile- the symbol of thankfulness.

Sugandha Jain is a Master Registered Texas Trainer and Director of Accreditation at a local preschool.



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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.

Immunizations: Not Just for Kids

By: Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the immunization schedule to the right for generally healthy adults and adolescents.

For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: www.cdc.gov/vaccines.

**Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>*

IMMUNIZATION SCHEDULE RECOMMENDATIONS

INFLUENZA:

Yearly, especially if at risk

MENINGOCOCCAL:

One dose, age 11-12 or 13-18 if not previously immunized

TETANUS-DIPHTHERIA/TETANUS

One dose, age 11-12, then booster

DIPHTHERIA-PERTUSSIS:

every 10 years

HUMAN PAPILLOMA VIRUS

Three doses, age 11-26 (females only):

MEASLES - MUMPS - RUBELLA:

If born after 1956, one or two doses if never immunized up to age 65

PNEUMOCOCCAL:

One dose, at or after age 65

VARICELLA (CHICKEN POX):

Two doses if no prior infection or immunization received

ZOSTER (SHINGLES):

One dose, at or after age 60

Did you forget the name of that...



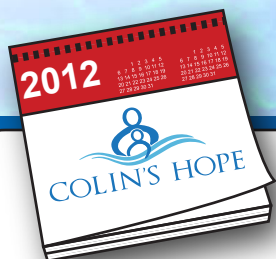
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Thank you to all of the volunteers and community partners who gave of their time, resources and talent this summer to help us raise water safety awareness to prevent children from drowning. We have made such an incredible difference! As the summer comes to an end, please continue to keep your children safe in and around the water. Put multiple layers of protection into place to prevent children from drowning. **Drowning is Preventable.**

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