

THE VILLAGE

Gazette™ *"It takes a Village..."*

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

Travel the World Without Leaving Your Hometown

Host a Foreign Exchange Student

By Vicki Odom

Who hasn't dreamed about walking among the Egyptian pyramids, or soaking in the sun on a beach in Spain, or wandering along the Great Wall of China? Every parent wants to give their children a taste of the world, but the economic reality of international air travel for a family, not to mention hotels, passports and food, makes it tough for most of us to consider except in our daydreams.

There is a way to give your children the world - without leaving your living room. How? Host a foreign exchange student from a country you've always admired! Fascinated by France? Curious about China? Intrigued by India? By welcoming an international student from one of these countries into your home, you instantly open a portal to a far off land.

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English - and all high school exchange programs are regulated by the U.S. Department of State.

"We welcome host families of all shapes and sizes - families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Heather Wells, Regional Director of Ayusa, a non-profit that promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

"Hosting an exchange student is a life-changing experience - for the student, the host family, and the host community," says Wells. "There is no better way to teach your children about the world around them than through welcoming an international high school student into your home."

Ayusa is currently accepting applications for families to host an exchange student for the 2013 - 2014 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance	911
Sheriff – Non-Emergency	512-974-0845

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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

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Cedar Saturdays at ADC Circle C

Beginning Saturday, January 5, ADC Allergists Dr. Tom Smith and Dr. John Villacis will see patients affected by cedar pollen allergies during our three **Cedar Saturdays**. New patients and established patients are welcome and most insurances accepted.

To make an appointment call 512-334-2542.

ADC Circle C
5701 W. Slaughter Ln., Bldg C
Austin, TX 78749

Cedar Saturdays dates & times:

January 5, 2013 - 9am-2pm

January 12, 2013 - 9am-2pm

January 19, 2013 - 9am-2pm



The Austin Diagnostic Clinic Circle C
Allergy/Immunology
512/334-2542 | adclinic.com

AUSTIN NEWCOMERS CLUB

This month our luncheon program will feature Peter Bay, Music Director of the Austin Symphony Orchestra, who will speak about the Symphony's repertoire for the upcoming symphony season. He will play recordings of excerpts of the pieces, and explain the background of the compositions and his approach to conducting them.

Mr. Bay has been the Symphony's Music Director since 1998, and is also the primary conductor for Ballet Austin. He has been music director of the Britt Festival Orchestra in Jacksonville, Oregon since 1993, and in 2011 was Music Advisor of the Hot Springs Music Festival in Arkansas. He has made many national and international guest appearances conducting famous orchestras. Mr. Bay is a native of Washington, DC and received degrees from the University of Maryland and Peabody Institute of Music.

The monthly luncheon will be held on Wednesday, January 16 at Green Pastures restaurant, located at 811 West Live Oak in Austin. We get together at around 11:00 a.m. for a social hour with lunch at 12:00 noon. The luncheon is \$20 per person; reservations are required, and payment must be received by Thursday, January 10.

The club website is www.AustinNewcomers.com and the telephone number is (512) 314-5100.



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Cedar Fever or Common Cold?

Knowing the Difference is Key to Effective Treatment

WINTER IS CEDAR FEVER SEASON

The common cold and the Mountain cedar allergy called “Cedar Fever” often begin the same way: runny nose, sneezing, sinus pressure, scratchy throat, and headache. Yet knowing the difference between a cold and cedar pollen allergies can be very important when it comes to effective treatment options.

Cedar Fever is the popular term for cedar pollen allergies, which strike many residents in Central Texas during the winter months, when mountain cedar plants emit large amounts of pollen. The common cold, meanwhile, is caused by a virus and can occur any time of year. The problem is that the cedar season is also the height of the cold and flu season.

COLD VS. ALLERGY SYMPTOMS

“Despite the many similarities in symptoms between Cedar pollen allergies and a cold, there are some clear indications that can help you understand which condition you are suffering from,” says Dr. John Villacis, an allergist and immunologist with The Austin Diagnostic Clinic (ADC). “While a cold and related symptoms may only last a few days to one or two weeks, symptoms of cedar pollen allergies may persist for several weeks or months.”

Another important difference in symptoms has to do with the excess mucus production that both conditions tend to produce. While people with a cold may experience discolored mucus, those with cedar pollen allergies will experience clear mucus production. And while people with a cold may develop a fever, people who have cedar pollen allergy will not develop a fever.

WHEN IN DOUBT, ASK A DOCTOR

Dr. Villacis says people who are not sure if they have a cold or cedar pollen allergies should consult with a physician as soon as possible in order to get an accurate diagnosis and effective treatment options.

John Villacis, M.D., is an allergist and immunologist for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than seven locations throughout Austin and Central Texas. Dr.

Villacis sees patients at the ADC Main Clinic, at 12221 North MoPac, and at ADC Circle C, 5701 West Slaughter Lane, Building C. For more information, visit www.adclinic.com or call 512-901-4052.

January Events

at the Wildflower Center

FREE ADMISSION!

January 2 through 31

No charge for visiting the Wildflower Center any day in January. Enjoy the winter landscape!

TREE TALK WINTER WALK

9 a.m. to 5 p.m. Saturday, January 27

Kids Tree Climb and an educational tree scavenger hunt with native tree saplings as prizes. Native trees and shrubs for sale and expert advice. In The Store Margie Crisp signs her book, *River of Contrasts: The Texas Colorado*.

NEVER THE SAME RIVER TWICE

January 12 through March 2

Artist Margie Crisp's book, *River of Contrasts: The Texas Colorado* displays hand-pulled prints in the McDermott Learning Center.

Not Available Online

Fabulous Working Ladies of South Austin

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.

Come meet some Fabulous Women on Thursday, January 31st @ Mandola's in Arbor Trails (William Cannon & MoPac) at 11:30. To sign up go to www.SouthAustinFAB.com. See you soon!



SUDOKU

View answers online at www.peelinc.com

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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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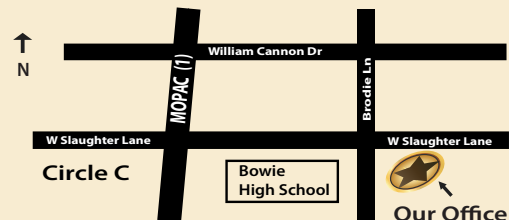
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The Live Oak Network of BNI

QUICK QUIZ:

1. Do you know a reliable and trustworthy service professional (residential, commercial, health and beauty, trades, or event planning) who places their customer's needs first?
2. Would you refer them to your friends and or family members without hesitation?

If you answered "Yes", tell them The Live Oak Network is looking for more good people to join our growing network of professionals today!

The Live Oak Network is a non-competitive professional referral organization that admits only one high quality individual or company per professional category to share ideas, contacts and most importantly referrals.

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SOUTHWEST AUSTIN REAL ESTATE UPDATE

January 2013

www.gotoaustinhomes.com

Thank you for all your generous donations and coming to the movie at Dick Nichols Park in 2012! We appreciate your support for our teachers in our community!

Together we have raised over \$1,500.00! Look for the next movie's in the park in 2013!

SOUTHWEST AUSTIN NEIGHBORHOOD MARKET UPDATE

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

	2011	2012
Total Home Sales:	148	152
Median Sold Price:	\$252,500	\$268,000
Median Sold Price per Sq. Ft:	\$115.58	\$124.19
Median Days on Market for sales:	25	43
Active Listings		15
Median Asking Price:		\$290,000
Median Price Per Sq. Ft.:		\$125.33
Median Days on Market:		43

WHAT MY CLIENTS ARE SAYING

"Karen and I want to extend our thanks to all that you did to get our house sold. After interviewing three different realtors, we were convinced that you had what it was going to take to make this happen. As it turned out, that was an understatement.

From market analysis to pricing to staging, you were right on the money. The listing, followed by an immediate open house, generated the kind of interest that brought our eventual buyer to the property in that first week. We would definitely recommend you, and your company, to any of our friends. And we will gladly take a call from any prospect you have that may want to talk to us first-hand.

Again, thank you very much for all you did to sell our home and successfully close the deal."

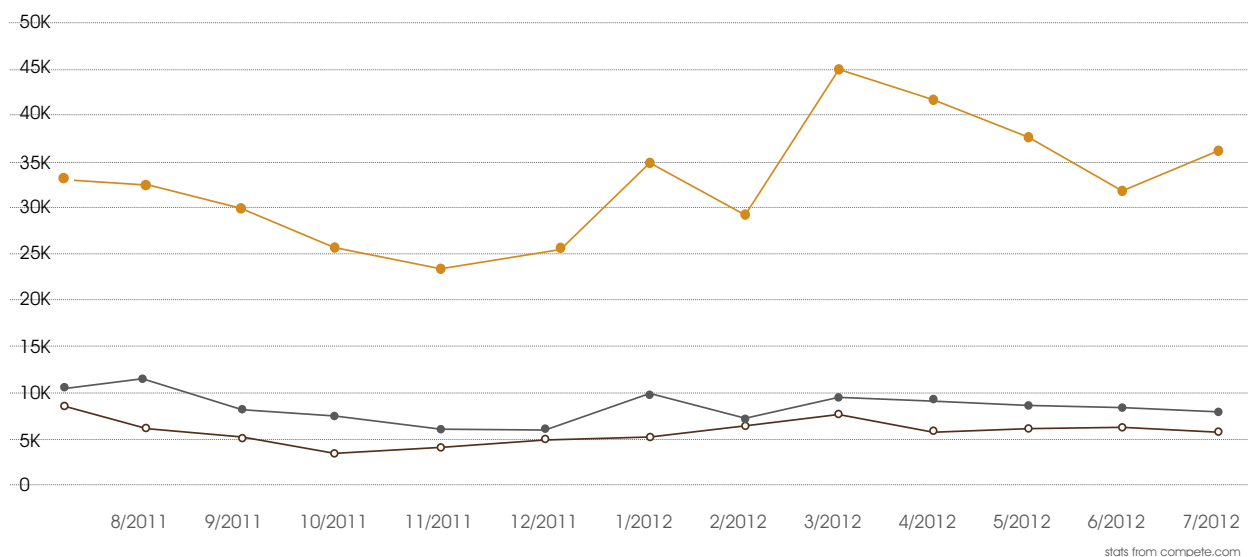
— Richard & Karen Gintz

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Tennis Tips

By USPTA/PTR Master Professional
Fernando Velasco

THE TWO-HANDED BACKHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures student Mindy Custer demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be "cocked" back slightly and the head of the racket should be



above the wrist. Eyes are still focused on the incoming ball. Here I am helping Mindy to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

Look for in the next Newsletter: The Serve

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