# THE VILLAGE "It takes a Village..."

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

## Village at Western Oaks HOA meeting

Monday, May 20th 6:30 Mills Elementary cafeteria



## Neighborhood Watch, Train-the-Trainer meeting (part II)

Monday, May 13th 7-9pm Mills Elementary

# May Events at the Wildflower Center

#### **WILD NIGHT OUT**

6 to 9 p.m. Thursday, May 2
See the art and meet the artists whose work benefits the
Wildflower Center. Enjoy organic wine, appetizers, Brazilian
music and more.

## GARDENS ON TOUR—A MOTHER'S DAY WEEKEND TRADITION

9 a.m. to 5 p.m. Saturday, May 11 A self-guided tour of five inspirational private native plant gardens plus the Wildflower Center. Tickets available April 20 at Barton Springs Nursery, TreeHouse, Shoal Creek Nursery, the Natural Gardener and the Wildflower Center Store.

#### **TEXAS HIGHWAYS WILDFLOWER PHOTOS**

Saturday, May 4 through Sunday, May 12 In honor of National Wildflower Week, striking photos from Texas Highways are on display and photo editor Griffin Smith offers a photo workshop at 9 a.m. on Saturday, May 11. In the McDermott Learning Center.

Closed at 3 p.m. Friday, May 3, for the Wildflower Gala. Open Memorial Day May 27.

More information at www.wildflower.org

#### **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)	
Emergency	
Texas State Gas	
Customer Service	1-800-700-2443
Gas related emergency	
Pedernales Electric Cooperative	1 000 777 7327
New service, billing	512-219-2602
Problems	
ATT/SBC Telephone	
New Service	1-800-288-2020
Repair	
Billing	
Allied Waste	
Time Warner Cable	
OTHER NUMBERS	
Oak Hill Postal Station	1 800 275 8777
City of Austin	1-000-2/ )-0///
Dead Animal Collection	512 404 0400
Abandoned/Disabled Vehicles	
Stop Sign Missing/Damaged	
Street Light Outage (report pole#)	
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## Food Safety Tips Help Prevent Food Poisoning

When getting together to cook for loved ones, the last thing you want is to get sick from the food you eat. Roberta Anding, a registered dietitian at Baylor College of Medicine, has a few tips to keep your food safe

- Always use a meat thermometer to check if meat is fully cooked. The color of the meat can't determine the safety of the meat. All meat should be cooked to 165 degrees Fahrenheit.
- Wash your hands frequently and thoroughly during food preparation.
- Wash all produce before cutting and chopping.
- Refrigerator leftovers within two hours.
- Use a thermometer when reheating food as well. Following these basic guidelines will ensure that the food you serve is safe to eat, said Anding.



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## Welcome Dr. DeWitte

David DeWitte,
MD joins family
practitioner
Dr. Jennette
Cross at The
Austin
Diagnostic
Clinic Family
Practice at
Circle C.
Dr. DeWitte
completed his



David DeWitte, MD Board Certified in Family Practice

medical degree at Indiana
University School of Medicine,
Indianapolis, IN and his
internship & residency at
St. Francis Family Practice
Residency, Beech Grove, IN.
Dr. DeWitte has been caring for
patients since 2000.

New patients are welcome and appointments are available.

Call **512-901-4076** to make an appointment.

The Austin Diagnostic Clinic Circle C 5701 W. Slaughter Lane, Bldg. C 512-334-2500 | ADClinic.com My Health, My Doctor, My ADC

### THE VILLAGE GAZETTE





### Sunday, May 26, 2013, 7:30am AT CAMP MABRY

#### REGISTER ONLINE at

www.autism8k.com

Great prizes for top 3 male/female finishers and top 3 per age group. Athletic t-shirts provided for all 8k and 1k participants.

THE AUTISM SPEAKS 8K RUN & 1K FUN RUN presented by The Coffee Bean & Tea Leaf features a challenging 8k (~5 miles) race through the iconic grounds of Camp Mabry. Runners on this challenging course will pass historic military vehicles and aircraft as they make their way through the hilly, scenic grounds.

All proceeds benefit AUTISM SPEAKS—the world's leading autism science and advocacy organization, dedicated to funding research into the causes, prevention, treatments and a cure for autism.

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#### Ashley Stucki Edgar, REALTOR®

2013 Texas Monthly Five Star Agent 2013 Austin Business Journal Top 10 Agent 2012 #1 Top Producing Agent\*

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PRODUCING AGENT
2012

### PERSONAL CLASSIFIEDS

**FOR SALE:** Kohler digital piano w/bench. Like new. \$500.00 phone 512/ 288-6958.





Slaughter Land

## OAK PRUNING & OAK WILT

By Guy LeBlanc Certified Arborist

Oak Wilt is a fungal disease that is often fatal to live oaks and red oaks. The disease primarily spreads through root system connections from oak to oak. This spread can even occur under driveways and streets, often killing scores of oaks in an area. This has happened in dozens of neighborhoods throughout Austin over the last 40-plus years.

New infection centers can get started through fresh, unprotected wounds above ground. Most of these wounds are caused by severe weather, animals like squirrels and certain birds and insects, and by tree limbs being hit by vehicles or rubbing on things. However, tree pruning also creates wounds.

For years, the Texas Forest Service has said advised the public that pruning oaks at this time of year significantly increases the risk of getting Oak Wilt. "This time of year" has been defined in numerous ways over the years, and currently encompasses February through June. Obviously it is extremely impractical to avoid pruning oaks for nearly half the year when they make up about half the trees in Austin's residential areas. Low limbs pose a threat to safety and increase the risk of Oak Wilt if they are damaged. For this reason, in 2011 the Forest Service met with Certified Arborists from the International Society of Arboriculture to clarify these guidelines. As the arborist who coordinated this meeting, let me offer some details of the revision.

The importance of proper pruning is emphasized. This means retaining all live limbs that are not a safety concern or at risk of rubbing or buildings or even other limbs. If you must prune branches that are at risk of causing injury or damage during this time, make sure to only use arborists that use the proper pruning techniques recommended by the Forest Service (not all so-called arborists do). Most important in this regard is to make proper pruning cuts and paint them immediately. Consult with an I.S.A. Certified Arborist if you are unclear about how to make proper pruning cuts, sometimes referred to as "branch collar" cuts.

A common mistake I see made by homeowners and nonprofessional tree services is that pruning wounds are not painted immediately (within minutes), and/or only the largest wounds are painted. This is NOT proper technique, and can result in infection. By far the most injurious practice I see is that far, far too many live branches are removed from trees.

Please protect your neighborhood's trees by only hiring competent I.S.A. Certified Arborists to prune your trees during this time of year. I recommend looking for companies that use Certified Arborists to do the actual pruning.

Guy LeBlanc owns and operates Arbor Vitae Tree Care, which he established in 1983. In 2012 he was named Texas Arborist of the Year by the Texas A&M Forest Service and the Texas chapter of the

**SUN CLOSED** 

## What's Going On With Homes In Our Neighborhood?

As you are probably aware, your Southwest Austin home value has been rising at a remarkable rate. The last 12 months has seen a very significant increase in average sales price in Legend Oaks and the Village at Western Oaks as compared to the previous 12 months average sales price. The below statistics are based on MLS data from Legend Oaks and Village at Western Oaks.

04/01/2011-04/01/2012

Average Sales Price \$252,357 Median Sales Price \$253,650 04/01/2012-04/01/2013

Average Sales Price \$271,123 Median Sales Price \$268,500

#### Don't Wait Until Interest Rates Rise!

If you are considering selling your southwest Austin home, the timing is good. And although higher sales prices mean that buying a new home might be more expensive, taking advantage of low interest rates continues to motivate buyers. The average homebuyer can afford almost 25% more house than they could 5 years ago for the same house payment. Below is a payment chart for a \$350,000 home. The average house payment has fallen 23.9% in the past 5 years.\*

\*Assuming 20% down, financing \$280,000 over 30 years, fixed rate loan. Source: Freddie Mac's historical rate charts

Year	Annual Average Rate	Principal & Interest			
2008	6.03%	\$1,685.95			
2009	5.04%	\$1,509.95			
2010	4.69%	\$1,450.50			
2011	4.45%	\$1,410.41			
2012	3.66%	\$1,282.47			

#### What If I Sell My Home But Haven't Found a New Home?

It's true that home inventory is currently low in Austin, which means it can take a little longer than normal for a buyer to find their perfect home. If you are selling your existing home in order to buy a new one, this can make timing difficult. You may find that your current home sells very quickly, but you need more time to find your new home. One option for dealing with this situation is to add a seller's temporary residential lease addendum when negotiating your contract. This can give you the opportunity to lease your existing home back from the buyers for a few days, weeks or months so that you have a place to stay while you are continuing your new home search.\* Call The Gentry Group for more information on lease backs or additional Austin real estate statistics. If you would like to be included on our monthly newsletter, please email us at gentry@kw.com to sign up.

\*Allowable term of lease back will vary according to factors such as loan type, etc.



The Gentry Group Awards & Recognitions

- Austin Business Journal's
   Residential Top Producer Award 13 years running
- Rotary Family and Community Service Award for his service to SW Austin
- KWRI President's Award for Outstanding Leadership and Service
- 2012 Platinum Top 50 Award

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## **ADOPTION COALITION OF TEXAS**

## **Marcus**

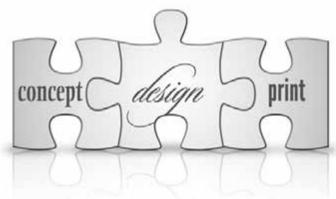
05/1997

Marcus is a smart, funny and passionate young man. He is a thinker and a planner who likes to explore new ideas and gain knowledge. He likes to write and listen to rap music. Marcus craves acceptance and responds well to positive attention from adults. He is determined to have a bright future and works hard to reach his academic potential.

Marcus wants very much to be adopted so that he can have a family to love and support him in the future. His adoptive family needs to be nurturing, firm, patient and willing to provide him with much needed one-on-one attention. Marcus will do best in a family with older children and one with parents that can help build his self-esteem while encouraging him to discover his strengths and find his place in the world.

For more information on Marcus, please contact Stephanie Berka at the Adoption Coalition of Texas by email stephanieberka@adopttexas.org or by phone: 512-450-8750.





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May 2013

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

#### **MARKET STATS - WESTERN OAKS**

	2012	YTD 2013		2013
Total Home Sales:	168	33	Active Listings:	3
Median Sold Price:	\$266,000	\$274,618	Median Asking Price:	\$332,833
Median Sold Price/Sq. Ft:	\$124.52	\$133.30	Median Price Per Sq. Ft.:	\$125.77
Median Days on Market:	7	30	Median Days on Market:	19
(as of March 1st, 2013)				

"Lori Goto has been a second mother to us on our first home purchase. Lori was recommended to us through word of mouth from another first time home buyer; and as with most personal referrals - it checked out.

She has been extremely personable, knowledgeable, patient, and helpful in any way imaginable through the entire home purchasing experience. I highly recommend using Lori as your realtor for the Austin area."

- Sheila Rahighi and Brian Yack

## **SAVE THE DATE** for the next movie in the park

Friday, September 27, 2013 at sundown Dick Nichols Park: 8011 Beckett Road

#### Ask me how your home can get sold before MLS and Market Value!

#### **BOTH SOLD BEFORE LISTED IN MLS!**





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CONTROLYOUR WEIGHT, MINIMIZE CANCER RISK

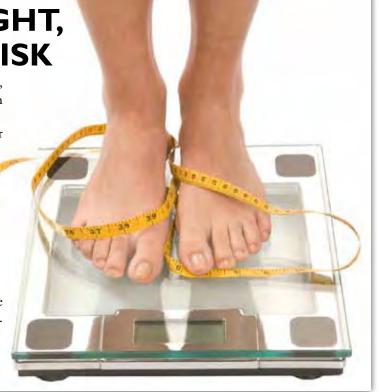
Controlling weight can help a person reduce the risk of cancer, said an oncologist from the NCI-designated Dan L. Duncan Cancer Center at Baylor College of Medicine.

"We do not know exactly how and why obesity affects cancer risk, but we know there is an increase, so it is important for everyone to control their weight to minimize this risk," said Dr. Kent Osborne, director of the Duncan Cancer Center and the Lester and Sue Smith Breast Center, both at BCM.

Research has linked obesity to a greater risk of developing esophageal, pancreatic, colorectal, breast, endometrial, kidney, thyroid and gallbladder cancer, Osborne said.

In some cancers like breast cancer, there is also an increase in the risk of recurrence if a patient already has the cancer and is obese.

Many other factors, such as genetics, may play a role in cancer development, but keeping a normal weight is one thing people can change and it may help, he said.





### 18 Benefits of Playing a Musical Instrument

Submitted by Rich Keith

Jeremy Spicer, Vandegrift High School Director of Bands, is dedicated to teaching music. He says, "Music is a part of everyone's life in some form. The study of music and all of the arts is critical to the complete education of society...it allows humans the tools to stir feelings and create emotion." This article will provide you with 18 benefits of playing an instrument and will hopefully give you a better sense of appreciation and pride for music.

- 1. Increases the capacity of your memory. Research has shown that both listening to music and playing a musical instrument stimulate your brain and can increase your memory: Preschoolers who had weekly keyboard lessons improved their spatial-temporal skills 34 percent more than the other children. Not only that, but researchers said that the effect lasted long-term. If you learn how to play an instrument, the parts of your brain that control motor skills (ex: using your hands, running, swimming, balancing, etc.), hearing, storing audio information, and memory actually grow and become more active.
- 2. Refines your time management and organizational skills. Learning how to play an instrument requires you to really learn how to be organized and to manage your time wisely. A good musician knows that the quality of practice time is more valuable than the quantity.
- 3. Boosts your team skills. Team skills are a very important aspect of being successful in life. Playing an instrument requires you to work with others to make music. In band and orchestra settings you must learn how to cooperate with the people around you.
- 4. Teaches you perseverance. Learning to play an instrument takes time and effort, which really teaches you patience and perseverance.
  - 5. Enhances your coordination. The art of

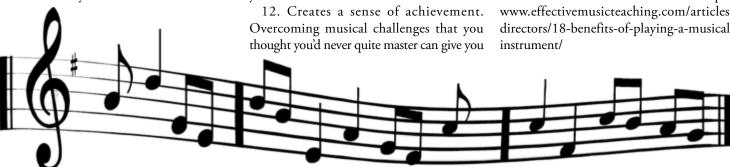
playing an instrument requires a lot of handeye coordination. By reading musical notes on a page, your brain subconsciously must convert that note into specific motor patterns while also adding breathing and rhythm to the mix.

- 6. Betters your mathematical ability. Reading music requires counting notes and rhythms and can help your math skills. Studies have shown that students who play instruments or study the arts are often better in math and achieve higher grades in school than students who don't.
- 7. Improves your reading and comprehension skills. Research shows that children exposed to a multi-year program of music tuition involving training in increasingly complex rhythmic, tonal, and practical skills display superior cognitive performance in reading skills compared with their non-musically trained peers.
- 8. Increases your responsibility. Playing an instrument comes with its responsibilities. Students must maintain their instrument and must remember music events (like rehearsals and performances) and making time to practice.
- 9. Exposes you to cultural history. Students learn a variety of music types such as classical traditions, folk music, medieval, and other genres. Music itself is history.
- 10. Sharpens your concentration. Playing music by yourself requires you to concentrate on things like pitch, rhythm, tempo, note duration, and quality of sound. Playing music in a group involves even more concentration.
- 11. Fosters your self-expression and relieves stress. It's your instrument, so you can play whatever you want on it! The more advanced you become on an instrument, the greater you'll be able to play what you want and how you want.

a great sense of pride about yourself.

- 13. Promotes your social skills. Playing an instrument can be a great way to enhance your social skills. Some of the best people join bands and orchestras, and many times the lifelong friends you make here become like family.
- 14. Boosts your listening skills. Although it's pretty obvious, playing an instrument requires you to listen very carefully to things. Examples are learning how to hear when you're playing a wrong note in order to correct yourself, tuning your instrument, and playing with ensemble group.
- 15. Teaches you discipline. Practicing often and working on the hard parts of music and not just the easy and fun stuff requires discipline.
- 16. Elevates your performance skills and reduces stage fright. One of the goals of practicing so much on your instrument is so that you can perform for others. The more you get up in front of people and perform, the more you'll reduce any stage fright.
- 17. Enhances your respiratory system (wind instruments only). If you have a good music director/tutor, you should hear them tell you quite often to "use more air!" Breathing exercises are highly recommended for musicians, and they can really strengthen your respiratory system.
- 18. Promotes happiness in your life and those around you. Playing a musical instrument can be very fun and exciting. Not only is it fun to play music that you enjoy, but it feels wonderful to hear an audience applaud you for giving a great performance.

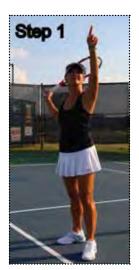
Mr Spicer adds, "I cannot imagine my life, or society, without music...it has defined me in nearly every way possible." Adapted from an article by by Michael Matthews. For the full article and sources visit http://www.effectivemusicteaching.com/articles/directors/18-benefits-of-playing-a-musical-instrument/



## **TENNIS**

## TIPS LISDTA/DTD Master D

By USPTA/PTR Master Professional Fernando Velasco









### How to Execute The Overhead "Smash"

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley and the one-handed backhand volley. In this issue, I will offer you instructions on how to execute the overhead "smash" when players get a high ball and they hit the ball above their head. In the illustrations, Matilda O'Connor, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Back Step: When Matilda realizes that a ball is high enough to hit the overhead, she takes a step back on the side to hit the ball. The upper body turns, the racket starts the back motion by keeping the elbow in 90 degree angle and the left hand is pointing to the ball. Notice that her head is looking at the ball and keeping the chin up.

Step 2: The Point of Contact: When Matilda is ready to hit

the ball, her racket starts accelerating from the back position. She is making perfect contact on the upper part of the racket and the right wrist is "snapping" to get on top of the ball. Her left arm is still pointing to the ball to assure a good hit on the "sweet spot". Her weight has shifted from the back foot to the front foot.

Step 3: The Follow Through: After the ball has been struck by the racket, Matilda will continue the swing of the racket across the left side of her body. The eyes are now focused on the path of her stroke. The left arm is on her left side. Her right foot still kept her toes on the court to allow for maximum balance on the stroke.

Step 4: The Ready Position: Even though the overhead "smash" is a powerful weapon, many times the opponents will return it back to the players. Here Matilda is ready for the next ball coming back to her. By the looks of her smile, it seems that her overhead was successful and she has won the point.

Look for in the next Newsletter: The Forehand Service Return





WATER SAFETY TIPS AT WWW.COLINSHOPE.ORG



#### May is Texas and National Water Safety Month

Ongoing: Volunteers needed to stuff and distribute water safey packets info@colinshope.org Ongoing: Colin's Hope Athlete Ambassadors needed! http://www.tinych.org/signup Now-June 18: Discount Schlitterbahn Tickets for sale. http://www.tinych.org/tickets May 18: Colin's Hope Got2Swim Pure Austin Quarry Lake. http://www.tinych.org/QuarryLake





Water Safety Alert: 74 Texas children drowned last year. Keep your children and families safe in, near and around all bodies of water. Multiple layers of protection can prevent drowning.

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### **BUSINESS CLASSIFIEDS**

**WOW SCIENCE CAMPS -** Gross Out Chemistry 1- Educational and fun experiments and activities. Ages 6-12, June 17-20, 9:30-12:30, \$175, register by June 10. Bugs- Explore nature through fun, educational activities. Ages 6-12, July 8-11, 9:30-12:30, \$175, Register by July 1. Gross Out Chemistry 2 - More exciting experiments and activities. Ages 6-12, July 22-25, 9:30-12:30, \$175, Register by July 15. Register online at www.wholechild.com/login or pick up a form at CCC Center or 512-514-0091, s.kelly@wholechild.com

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Villages at Western Oaks 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 at 512-263-9181 or advertising@PEELinc.com.

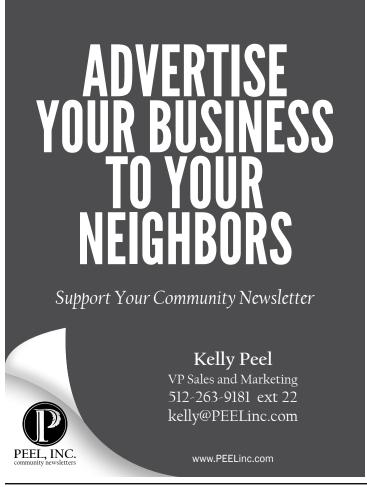
## Sinuses Can Be a Pain in the Head, Not Neck

That troublesome headache might not be a migraine or brought on by tension. It could be caused by sinus trouble, said doctors at Baylor College of Medicine.

"The sinuses work to humidify and cleanse the air, lighten the weight of the skull, and provide resonance to the voice. Sometimes, the sinuses fail to function correctly, leading to sinus pain caused by an infection or nasal congestion," said Dr. Mas Takashima, assistant professor of otolaryngology at BCM and director of the Baylor Sinus Center. Sinus headaches usually occur along with congestion. Many things can cause sinus pressure and pain, such as sinus infections, nasal allergies, nasal polyps, septal deviations as well as enlarged vascular structures in the nose called turbinates.

"Sinus pain can also be exacerbated by the weather or even plane travel as the pressure changes in the air around you," said Takashima.

Therapy is based on cleansing and decongesting the nose. This can be accomplished with something as simple as nasal irrigation using salt water. Steam, as found in a hot shower, may also provide decongestion and relief. If the problem is caused by infection then antibiotics are used. If it is allergy related, allergy medications may be prescribed. Occasionally surgery is required to keep the passages open.







## BASKETBALL CAMP

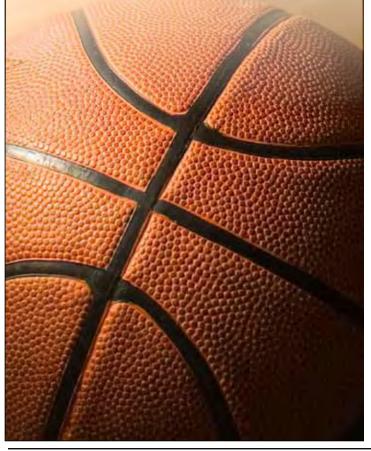
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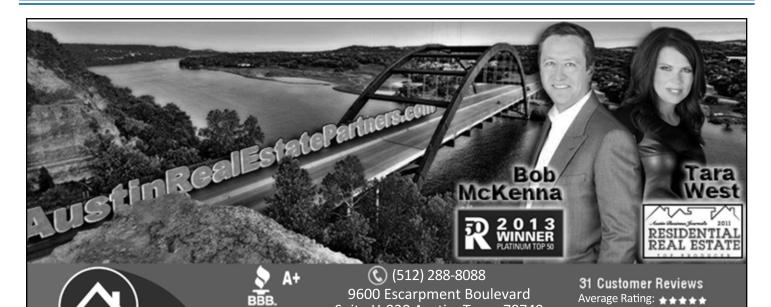
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	Suite H-930 Austin, Texas 78749							
AUSTIN	SW Austin Neighborhoods				CURRENT MARKET			
REAL ESTATE	TOTAL Average 6 Months Sold History (10/2012 - 3/2013)					TOTAL		
PARTNERS	Homes Sold	Square Feet	Price / Sq. Foot	Sold Price \$K	Year Built	Days On Market	Available	Pending Sale
Belterra	57	3,012	\$ 109	\$ 328	2008	79	27	26
Circle C Ranch	128	2,870	\$ 128	\$ 368	2001	39	17	38
Heights at Loma Vista	1	4,438	\$ 118	\$ 524	2005	64	2	0
Highpointe	17	3,095	\$ 112	\$ 345	2010	87	18	5
Legend Oaks	23	2,506	\$ 119	\$ 298	1993	45	1	12
Lewis Mountain	4	4,191	\$ 130	\$ 546	1993	128	0	1
Loma Vista	4	3,685	\$ 138	\$ 509	2003	49	0	0
Maple Run	49	1,710	\$ 121	\$ 208	1988	24	2	8
Meridian	24	3,217	\$ 130	\$ 419	2008	67	7	8
Oak Creek Parke	7	2,542	\$ 115	\$ 292	1993	11	0	1
Overlook at Lewis Mtn	1	4,131	\$ 157	\$ 650	1999	160	0	1
Reunion Ranch (New)	n/a	n/a	n/a	n/a	n/a	n/a	4	1
Sendera	5	2,323	\$ 109	\$ 253	2000	16	0	1
Shady Hollow	32	2,420	\$ 121	\$ 293	1988	37	6	12
Villages at Western Oaks	73	2,093	\$ 131	\$ 274	1994	32	0	20
Western Oaks	5	2,043	\$ 143	\$ 292	1983	2	0	4
Grand Total	430	2,605	\$ 124	\$ 322	1998	45	84	138
% Change Mo/Mo	-1%	1%	2%	2%	0%	5%	-2%	11%

Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 402/2013. In some cases new construction and