THE VILLAGE "It takes a Village..."

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

Pruning Guidelines for Prevention of Oak Wilt in Texas

NOW IS THE TIME TO PRUNE YOUR OAK TREES

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 treeto-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 February1 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.



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New service, billing
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ATT/SBC Telephone
New Service1-800-288-2020
Repair1-800-246-8464
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Allied Waste
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RESTAURANT REVIEW

YOUR MOMS BURGER BAR

VEGGIE, VEGAN AND GLUTEN FREE OPTIONS AVAILABLE

Four Tastebuddies headed over to the new Oak Hill location of Your Mom's Burger Bar during their "soft opening" week.

If you've decided to ditch the jeggings and have a little more gravitas and a lot more fun, this is the place to bulk up. Here you will learn to fill out your new, more mature wardrobe. Don't judge this book by its cover. Located in the well-worn strip mall that houses Postal Annex and the popular Flores Mexican Restaurant, this is a young local entrepreneur's culinary venture into the hallowed burger-joint niche.

The interior is clean and creatively lit, with a mid-century modern meets honkytonk vibe. The service is uber-friendly in that old-fashioned steampunk way the millenials have revived.

Chef/Owner Ryan takes personal pride in everything that is served - he even makes his own pickles. Everything is made fresh daily - nothing is frozen. The housemade veggie burger would pass for real meat with everyone except the most finely attuned carnivore. It is so amazing that it had a starring role on Food Network's Crave - episode Burgers: Between the Buns shortly after Chef Ryan perfected it.

The onion rings were a favorite with everyone - huge, fluffy, too hot to eat, not too sweet or too salty - just like Goldilocks would like them. In fact, they really are just like mom used to make back before the war on calories.

The fried potato-salad balls are the most heavenly, fluffy-on-the-inside, crispy-on-the-outside hush-puppyesqe appetizers this Tastebuddy has ever had.

They come with a hint of a smoky, creamy sauce that couldn't be a more perfect match. Word on the street is that people come buy buckets of this magical sauce.

The fries are just the right thickness, hand battered, and fried to crunchy perfection. The Hook 'em fries are battered sweet potatos dusted with salt, sugar and a little drizzle of caramel sauce. Mmmm mmmmm mmmm.....

The Tastebuddies sampled the following stuffed burgers:

Buffalo Bill - Don't eat breakfast and bring a bib for this one. A big, juicy burger drenched in a proprietary buffalo sauce with a powerful dose of blue cheese, jalapeños, bacon, green chile, lettuce, tomato, onion and ranch dressing. It will leaving you begging for mercy.

Norma Jean - Ordered with the house made veggie burger substituted for beef. A simple, creamy burger with the traditional fixings, stuffed with cheddar cheese and served on a large, soft, perfectly-grilled bun. Homey and old-fashioned.

The maverick in the group ordered The Fez from the "Birds & Dogs" section, but fried rather than grilled. Creamy chipotle lime sauce, bacon, avocados and breaded green chiles were the perfect accompaniment to crunchy fried chicken.

In addition to stuffed burgers, you can build your own sandwich or order deepfried mac-n-cheese on toast. A fried egg can be added to your burger just in case you have a friend from Australia in town, or need a little extra zip in your step.

If you have a friend or relative whose ribs are showing or they are growing like a weed, treat them to lunch at Your Mom's Burger Bar. The four Tastebuddies came away happy, stuffed to the gills, and each with a box of leftovers for about \$10 per person.







TRAVIS COUNTY SHERRIF'S OFFICE

CRIME PREVENTION TIPS

- LOCK YOUR CARS!!!!
- Get to know your neighbors! Report suspicious activity immediately!
- Secure your vehicles, homes, garage doors at all times. (If you have an alarm, use it!) Remover garage door openers from your vehicle at night and when you are out of town.
- Utilize timers for lights, radios, and televisions to give the appearance that someone is home when you are out of town.
- Secure patio doors with a rod.
- Keep the perimeter of your home well lit.
- Take pictures of valuables and keep them stored in a secure location.

- Keep an inventory of all serial numbers for valuable items that can be given to Law Enforcement to track your items if stolen.
- Never leave a vacation message on your answering machine.
- Have a friend or family member pick up newspaper and mail, or stop delivery until you return.
- Keep shrubbery trimmed, to prevent hiding places.
- Park in well-lit areas at night.
- Do not leave valuables in plain sight. Lock them in the trunk or take them inside.
- Organize a community watch program in your neighborhood.
- Secure all windows and doors at all times.

DON'T BE A VICTIM!

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*On average, home sales in 2013 | **Texas Monthly | ***KW #199

What Buyers Love Sellers Should Market!

Here's a list of 5 great selling points to focus on when marketing your home.

Article provided by Gary Gentry

When selling your home and preparing to "move up" you may be overlooking in your own home the very items that buyers are hoping to find. Perhaps you've been in your home for several years and feel that you've outgrown it or it doesn't have all the amenities that you need. Don't forget that there is a buyer out there that is excited to find what you might consider standard features of your home. Be sure to market these 5 items when placing your house on the market.

Location:

It's true that buyers usually have a certain area, zip code or school district in mind for their home purchase, but that doesn't mean that they know everything about the neighborhoods in the area of their home search. Be sure to market what makes your location unique. Maybe it is your proximity to downtown, walkability to shopping and restaurants, a great nearby park, or easy freeway access.

Storage:

For buyers who have lived without much storage in the past, this might just be one of the biggest selling points for them. Highlight large closets, garages, attics and sheds. Talk about not only the space, but what can be stored there, so that a buyer can visualize the extra space for all of their belongings.

Energy Efficient Items:

You may see your home as plain & simple, but if it has features like double pane windows, new insulation, or a tankless water heater, be sure to mention this. You can also talk about the average savings per month on utilities that are a result of your energy efficient appliances.

Green Features:

Even beyond energy efficiency, many buyers are interested in a green lifestyle. They start to visualize themselves in your green home when you mention things like your organic vegetable garden, compost bin, drip sprinkler system or energy efficient blinds.

Senior Friendly Features:

Older buyers are often looking for a home they can live in for the rest of their lives. If your home has features like level-in entrances, minimal stairs or an easily maintained yard, be sure to mention it. In addition, some families may be looking for a home where their in-laws can live with them. If you have a guest bedroom with private bathroom, this can be a huge selling point.

The bottom line is, market what is unique to your home. Sometimes features that you are accustomed to and might tend to overlook when marketing your home, are exactly what a buyer needs to convince them that your home is perfect for them. If you have questions about which features you should focus on when marketing your home or even what upgrades make financial sense for a future sale, email us or give us a call. We are happy to help!

Please join us for the.....

11th Annual Pumpkin Patch & 17th Annual Capital Area Food Drive

Donate to the Food Bank, Pick a Pumpkin & Have Pictures Made in the Pumpkin Patch!

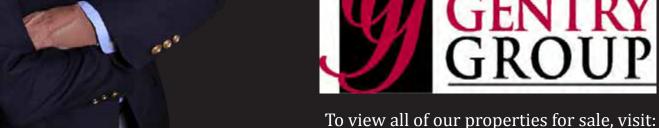
> Date: Saturday, October 19th

Time: 9am-11am

Place: Pool @ Corner of Convict Hill

& Escarpment

Pumpkins and photos are complimentary! Dress up the family for cute Halloween photos, or just come as you are. If you can't join us at the Pumpkin Patch event, you can still donate to the Food Bank. Leave your donation sack outside your door on October 19th.



GARY GENTRY





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36TH ANNUAL MARKETPLACE

November 9 from 9AM-4PM

Bethany Marketplace is planned for SATURDAY, November 9 from 9AM-4PM. This craft show, featuring handcrafted items from over a hundred craftsmen is the major mission fundraiser for the Women of Bethany LWML. Lunch and baked items will be available for purchase. Admission & parking is FREE.

This event will be held at
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Dysfunkshun Junkshun

at 6pm

Admission: \$10 for Adults and \$5 for Kids. Free admission for kids under 3. Activity wristbands are \$5. Buy tickets online at HOPE4JD.org or at the gate. Signed waivers are mandatory for participation. They are available at hope4jd.org or at the event.

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TENNIS TIPS

By USPTA/PTR Master Professional Fernando Velasco













How To Execute The One-Handed High Backhand Volley Approach Shot

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, the one-handed backhand volley, the overhead "smash", the forehand service return, the backhand service return, the forehand high volley approach shot, and the two handed high volley approach shot.

In this issue, I will offer you instructions on how to execute the one-handed backhand high approach shot. This shot is used when a player is caught in "no-person's land" (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley at the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put into a defensive mode. This will cause the player to hit a softer ball so the player can now move closer to the net for the "killer or placement volley". In the illustrations, Darin Pleasant, Director of the ATP Academy at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position and Split Step: When Darin realizes that he is caught in "no-person's land", he takes the split step by bending of the knees and staying on his toes. His racket is in the volley position and his feet are angled toward the path of the incoming ball. Notice that the left hand is on the throat of the racket.

Step 2: The Back Swing: Once Darin realizes that the ball has been directed to his backhand, he will turn his upper body and will take the racket slightly back. Notice that the left hand is still on the throat of the racket. He has loaded his weight onto his left foot and will be ready to step forward to meet the ball. He will make a slight change toward the continental grip on the right hand.

Step 3: The Point of Contact: Darin is now ready to step into the ball. He his kept her eye on the ball and his center of gravity now is shifted toward the point of contact. Notice the right toe pointing to the ball meeting the racket. The face of the racket is open to allow him to hit behind the ball and allow maximum net height and allow him to hit the ball deep. The control of the ball will be made with the right hand, which is holding the racket tighter. The right hand will keep the face of the racket at a 45 degree angle at the point of contact.

Step 4: The Follow Through: Once Darin has made contact with the ball, he finishes the follow through with his left wrist laid back. His left arm is pulling back for better body balance and his eyes are still watching the racket where he made contact with the ball.

Step 5: The Move for the Kill Volley: As the ball is headed toward the opponent and Darin realizes that his shot is deep He now moves closer to the net for the put away volley. If his shot was not deep, Darin will decide to stay close to the service line to protect the lob over his head. By the look in his eyes and his smile, he just did a "kill volley".

Look in the next Newsletter for: How to execute "The Lob"

BREAST CANCER: IMPORTANCE OF EARLY DETECTION

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. disease are easier to treat. The American Cancer Society recommends women:

- beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:
 - Having started menstrual periods at a young age
 - Having a first child after age 30

By: Concentra Urgent Care

- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons Screening is vital because early stages of the familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and · Obtain yearly mammography screenings, men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: http://nbcam.org/

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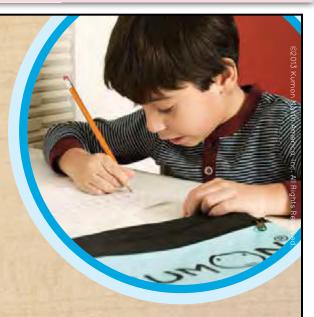
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SET SIMPLE NUTRITIONAL GOALS

Many people make it a goal to lose weight through diet and exercise. But a nutrition expert at Baylor College of Medicine suggests that goals should be about more than just weight loss.

"Beyond weight loss, set goals to improve the one thing that only you can do – take care of the body you have been given," said Roberta Anding, registered dietitian at BCM.

One way to do this is by adopting some simple nutritional strategies, Anding said. These include:

• Set goals to eat breakfast, such as oatmeal, fruit and milk. This keeps

you from being hungry throughout the day.

- Plan to add more fruits and vegetables to your diet. Fill half your plate with fruits and veggies.
- Choose lean protein. Look for meats that have the words "loin" and "round" in their names.
- Consume fat-free or low-fat dairy.

"Although the scale may not show the results in the short run, subtle changes like a gradual drop in cholesterol and blood pressure are possible," Anding said.





FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

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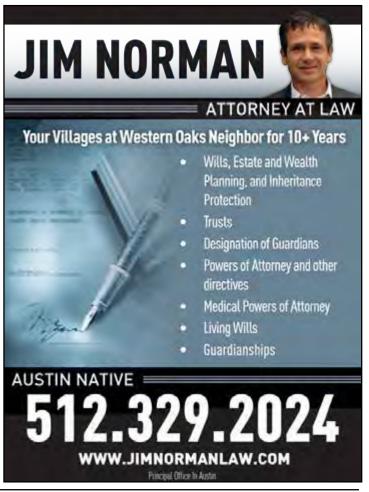
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October 2013

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MARKET STATS - WESTERN OAKS

Number of New Listings:
Average Sales Price:
Average Days on Market

Average Price Per Sq. Ft.: (as of May 1st, 2013)

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27 \$246,848 33 \$114

2012

\$264,506 13 \$128

2013

\$288,137 \$142

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