

BARTON CREEK NEWS

News for the Residents of Barton Creek

January 2013

Volume 5, Issue 1

A LEGACY OF GIVING

A Legacy of Giving, a local nonprofit that teaches children the value of philanthropy as part of their school curriculum, announced the results of this year's Day of Service food and

clothing donation drive. A Legacy of Giving students from 36 Austin-area schools raised more than 47,496 pounds of food and more than 3,700 coats for Central Texas charities.



Austin-area students from the Legacy of Giving program cheer for philanthropy during the Day of Service celebration last week.



Central Texas students raised more than 47,400 pounds of food and 3,700 coats for the Capital Area Food Bank and Coats for Kids. The donation drive was student-led through participation in A Legacy of Giving.



Students from 36 Austin-area schools participated in a food and clothing drive to raise donations for Capital Area Food Bank and Coats for Kids this season. A Legacy of Giving is a local nonprofit that teaches children the value of philanthropy as part of their school curriculum.

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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Tell Your Family's Story with Thoughtful Home Decorating

Article provided by Gary Gentry

Have you ever walked into a home, looked at something that caught your eye, and thought, "Wow, that is so cool"? After you noticed some unique piece of art, a wall of photos or a travel keepsake, you probably turned to the owner of the home and said, "Tell me the story behind that". Decorating by focusing on your family's interests and unique style will not only create a warmer, more comfortable place to come home to, but also invite visitors to ask questions and get to know you a little better.

For the creative type, this may come easily. My friend's daughter recently took an old window from her shed, refinished it, added hooks and hung it on the wall as a coat rack. When someone asks her about it, she tells them, not only about the window, but also the history of the shed that she removed and replaced with a newly constructed garage.

Even if you don't have the time or patience for more in-depth craft projects, you probably do have time for some basic but unique design projects. Everyone has a stack of photos that are stored away in a closet, never to be looked at again. Why not choose 10 or 15 of your favorite photos, pick up matching black 8x10 frames and hang the photos staggered on a wall that guests will notice when they come over. It creates an instant conversation starter and invites storytelling on both sides.

The next time you are on a trip, instead of buying the t-shirt souvenir, look for something more unique. In foreign countries this might be a small statue, a wall-hanging, or a beautiful piece of pottery. If you're on a beach vacation, maybe you take a collection of beach findings and place them in a pretty glass jar. When you finish a bottle of your favorite wine, consider repurposing it into a lamp by putting string lights in the bottle and using it as a nightlight in the bathroom or hall.

Decorating should be stylish, tasteful & functional, but it should also include an element of you and your family. Let your home tell a story by choosing decorative items that have meaning, bring warmth and invite conversation.

Not Available Online



WOW, What's Happening With My Home?

Submitted by Bryan Webb

You probably know someone in your neighborhood that sold their home in 2013. You might be asking yourself, what is happening in the real estate market and what can I expect for the future? Overall, the news is going to be a positive message that you will want to hear. The interesting part is why it's happening and is it going to continue?

This past week, I attended the annual economic forecast produced by the Angelou Economics Group here in Austin. For 29 years, Angelos Angelou has been analyzing a number of key metrics, talking to city leaders and reporting the results each year, which can directly track to 'what's happening in Austin'.

If you talk to people around the country, many of them either wants to move to Austin or visit Austin. We are known as a great place to live, have lots of entertainment, and still are an affordable place to live. We are becoming an 'Entertainment Hub' with events that have an incredible impact on our economy. Here are a few of the key events:

- Austin City Limits - economic impact of \$105M
- South by Southwest - economic impact of \$218M
- Formula 1 and Moto GP - economic impact of \$400M-\$500M

The total of these three events is considered the equivalent to about one third of the economic impact of the Super Bowl. Austin will also be hosting the X Games beginning in 2014.

First and foremost, Austin is one of the shining stars in the US Economy for many reasons. Here are a few key reasons:

- Job Growth: Austin added 27,200 jobs in 2013, the forecast for 2014 is 28,900 and 2015 is 30,400. Many of these jobs are in high paying areas such as Professional Services.
- Population Growth: Austin population grew by 54,000 in 2013 and is estimated to increase by 57,000 in each of the next two years.
- New Business Formation: This is a leading indicator of job and population growth in future years. In 2013, over 1,000 new businesses were started in Austin.

No review of the city would be complete without the mention of Google Fiber coming to Austin. With Internet speeds topping 1GB, download speeds will be increased by 100X and upload speeds will be increased by 500X. It isn't even known which types of industries and applications may be created from this incredible improvement

(Continued on Page 4)



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(Continued from Page 3)

to Internet performance. While the impact can't be forecasted, it is clear that Austin Entrepreneurs will capitalize on the capabilities with the creativity that has always been at the heart of the Austin Technology Sector.

Were there any concerns about the future of Austin? The two primary concerns addressed were the local traffic issues and congestion and a more national view of issues facing our country. However, the positive things in Austin far outweigh these concerns. If you have any questions about your home or the real estate market, always reach out to a local real estate professional for guidance.



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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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POSTURE TIPS FOR MOMS AND DADS

Mike McTague PT, DPT, OCS

Lifting and carrying a child, picking up toys off of the floor, and pushing a stroller are normal daily tasks for many parents. Below are some quick tips to avoid overstraining your spine and other body areas.

LIFTING YOUR CHILD FROM THE FLOOR

When picking your child up off the floor, you should use a half-kneel lift. First, stand close to your child on the floor. While keeping your back straight, place one foot slightly forward of the other foot, and bend your hips and knees to lower yourself onto one knee. Once down on the floor, grasp your child with both arms and hold him or her close to your body. Tighten your stomach muscles, push with your legs, and slowly return to the standing position. To place your child onto the floor, the same half-kneel technique should be performed.

CARRYING/HOLDING YOUR CHILD

When holding or carrying your child, you should always hold him or her close to your body and balanced in the center of your body. Avoid holding your child in one arm and balanced on your hip. When using a child carrier be sure to keep your back straight and your shoulders back to avoid straining your back and neck.

PICKING UP TOYS FROM THE FLOOR

As a parent you will too often be involved in cleaning up after your child. When picking toys up from the floor, keep your head and back straight, and while bending at your waist, extend one leg off the floor straight behind you. This is often called a “golfer’s lift”, as you may see some “seasoned” golfers retrieve their ball from the hole this way.

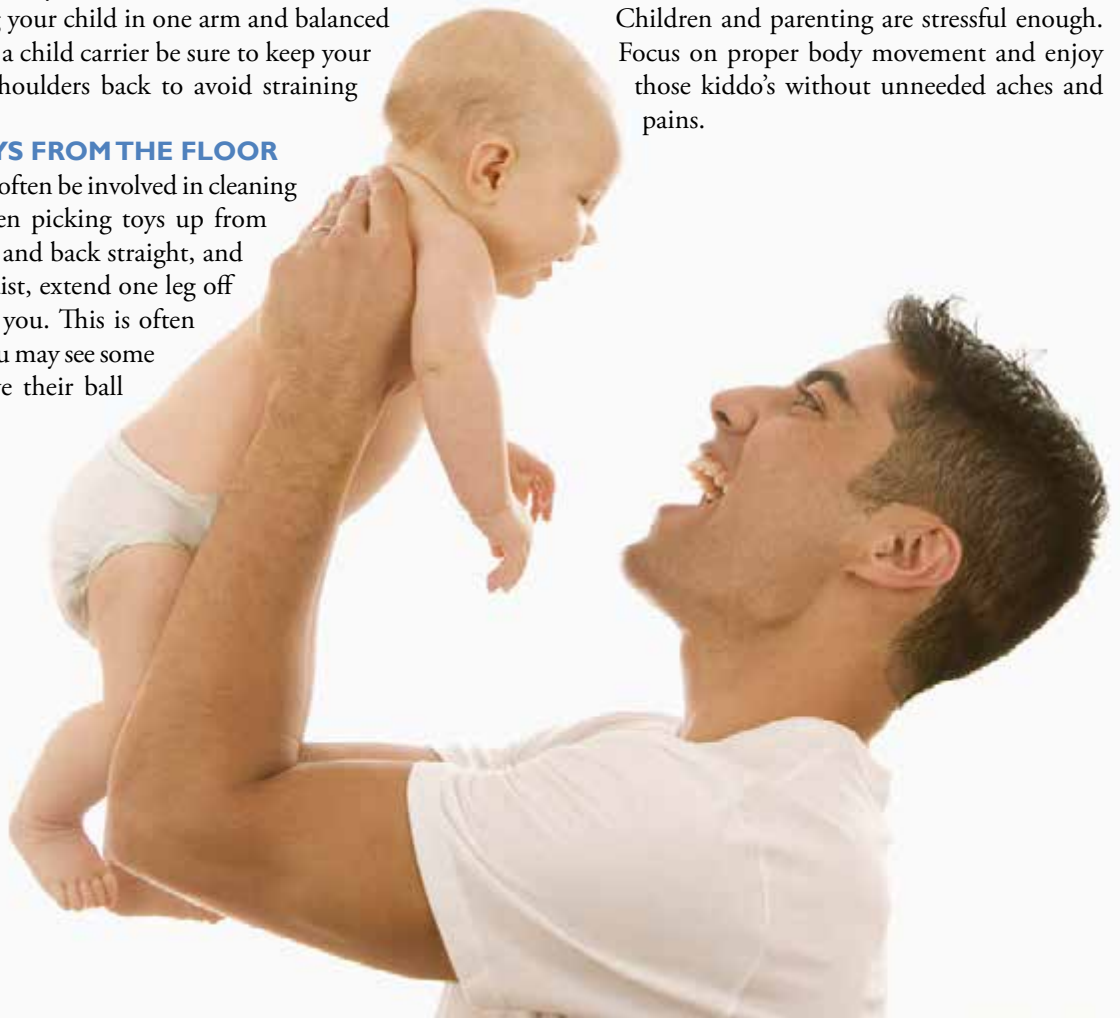
LIFTING YOUR CHILD OUT OF THE CRIB

If your child’s crib has a rail that lowers, you will want it in the lowest position when lifting your child out of the crib. As you lift, keep your feet shoulder-width apart, knees slightly bent. Arch your low back and, while keeping your head up, bend at your hips. With both arms, grasp your child and hold him or her close to your chest. Straighten your hips so you are in an upright position, and then extend your knees to return to a full stand. To return your child to the crib, use the same technique and always remember to keep your child close to your chest.

PUSHING A STROLLER

When pushing your child in a stroller, you will want to stay as close to the stroller as possible, allowing your back to remain straight and your shoulders back. The force to push the stroller should come from your entire body, not just your arms. Avoid pushing the stroller too far ahead of you because this will cause you to hunch your back and shoulders forward.

Children and parenting are stressful enough. Focus on proper body movement and enjoy those kiddo’s without unneeded aches and pains.





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