

# THE VILLAGE

## Gazette™

"It takes a Village..."

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

## HEART HEALTHY LIFESTYLES

By: Concentra Urgent Care



Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

***What can you do to live heart healthy? The AHA recommends:***

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake

- Women: 1 drink per day (maximum)
- Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

***What should be included in a family history?***

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at: [www.AmericanHeart.org](http://www.AmericanHeart.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) .....	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

### NEWSLETTER PUBLISHER

Peel, Inc. ....	512-263-9181
Article Submissions .....	villagegazette@peelinc.com
Advertising.....	advertising@PEELinc.com

## SWING NETWORKING GROUP

Get your New Year's resolutions off to a good start. Promote your business with local independent business owners. SWING (South west Austin Inclusive Networking Group) has been meeting every Thursday morning from 8AM to 9:30AM at the Waterloo Ice House on Escarpment for 8 years.

We have no dues, no initiation fees, we don't take attendance. Just pay for your own breakfast. The more often you show up the better we get to know you. We are an inclusive group, we will enjoy competition. So, bring your business cards and a good attitude and let's get to know you.

If you want more information, contact Liz Jensen at 512-301-6966 or lizleej@gmail.com or Peter Berardino (The King of SWING) at 512-695-2334 or peterberardino@gmail.com.



**Lee Ann LaBorde, Agent**  
8400 Brodie Lane, Suite 105  
Austin, TX 78745  
Bus: 512-282-3100  
leeann@leeannlaborde.net

## Privileged to help.

**We're honored to serve this community for 26 years.**

My staff and I look forward to many more with you. Thank you for your continued support and business.

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- Long Canyon
- Lost Creek
- Meadows of Bushy Creek
- Meridian
- Pemberton Heights
- Plum Creek
- Prairie on the Creek
- Ranch at Brushy Creek
- River Place
- Round Rock Ranch
- Sendera
- Shady Hollow
- Sonoma
- Steiner Ranch
- Stone Canyon
- Tarrytown
- Teravista
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- Villages of Western Oaks
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- Wood Glen

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community newsletters



## Need a Gorgeous Facility for Your Next Event?

*Submitted by Dorian de Wind*

One of the most beautiful and progressive Veterans of Foreign Wars (VFW) Posts in the nation is just a few miles North of Park West. Located on several acres of gorgeous Hill Country, VFW Post 4443 on Thomas Springs Road not only provides a peaceful meeting and relaxation place for its members, but the Post also makes its extensive facilities available to the community for reunions, weddings, receptions, and other events, accommodating up to 175 people, at very competitive prices. Discounts are available for local clubs and civic organizations.

Facilities include a large hall with full kitchen, ice machine and other amenities. Outside patio and decks for picnic, bands, dancing, etc. BBQ pits are built-in on the patios. Also available is a smaller hall that can accommodate up to 75 people. Other amenities include billiards, card tables and a great swimming pool. Proceeds of rentals are used to support the Post, veterans and the local community. Please contact Bob at 512-288-4443, or visit the Post's web site at [www.vfw4443.org](http://www.vfw4443.org) and click on "Facilities Rental."

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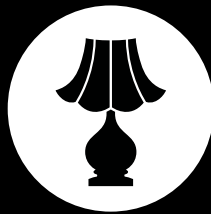
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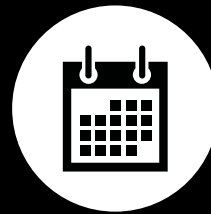
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photo by alison narro

## BIRDIES FOR BIKES JUNIOR CHARITY GOLF TOURNAMENT

River Place Country Club was the site in November of the third annual Birdies for Bikes Junior Charity Golf Tournament, a tournament for young golfers ranging in age from six through seventeen years. The tournament drew junior golfers from San Antonio in the south to Round Rock in the north and Pflugerville in the east to Bee Cave and Marble Falls in the west. The Birdies for Bikes tournament works in conjunction with the Mix 94.7 Bikes for Kids charity. In its short three year history, Birdies for Bikes has raised more than \$22,000 to help fund bicycles, helmets and bike locks as Christmas or Hanukkah gifts for underprivileged children of Central Texas. The young Birdies for Bikes golfers solicit donations and pledges from family, friends and neighbors for the birdies and pars that they make during tournament play. This year the tournament raised \$10,759.

Tournament founder Hailey Derrickson solicited donations from local businesses. Supporters of the tournament with cash donations as hole sponsors included Financial Solutions (Life Insurance, Retirement and Estate Planning), Field Photography, Jill Briley of Private Label Realty, NFP (Benefits, Insurance and Wealth Management), Paula Kaisner of CruiseOne Dream Vacations and several individual families. Many businesses donated prizes for the junior golfers that collected the most money for the charity, for closest-to-the-pin competitions and for raffle drawings. These donors included Strait Music with a guitar which was later autographed by The Plain White T's band, Alamo Drafthouse, Austin Park, Biejo Bags, Big Frog Custom T-Shirts, Brighton Collectibles (Lakeline Mall), Chili's Restaurant, Cinemark Theatres, Crowned Chick Designs, Cups and Cones, Flores Restaurant, Lake Travis Zipline Adventures, Main Event, Menchie's, Moviehouse & Eatery, Oasis Restaurant, Papa Murphy's, P. Terry's, Round Rock Express, San Antonio Spurs, Subway Restaurants of Four Points and Lakeway, Target of Four Points, Texas Junior Golf Tour, Texas Stars hockey, The League Kitchen & Tavern, Top Golf, Volente Beach Waterpark and Zack's American Bistro. Many thanks to these very community oriented businesses that helped the young Birdies for Bikes golfers prove that kids can help other kids less fortunate than themselves.

Some of the Birdies for Bikes Junior Charity Golf Tournament participants with Sandy McIlree, formerly of Mix 94.7 and Rich Beem, professional golfer, both of whom donated their day to come and play with the junior golfers.



*Hailey Derrickson presenting check to Alex Franco and Sarah Osburn of Mix 94.7.*





**A**s we start 2014, I want to thank you for your trust and support. This business is all about helping people, building relationships, providing knowledge and a helping hand. As I look back over the years, I am deeply grateful for the friendships I've made as I have assisted you, your families and friends make sound real estate investments.

It is with your support that I have been honored once again this year to be named a **Platinum Top 50 Realtor®**. Each year, **Platinum Top 50 Awards Program** recognizes 50 residential REALTORS® for their outstanding achievements in sales, education, industry participation and civic leadership. I could not have received this honor without your continued support. My commitment to you is to continue to devote time and energy to our community while providing you with real estate expertise and knowledge.

**Let's work together to make 2014 the best year yet for our neighborhood!**

Over the past 10 years, Gary has sold **3X** more than any other agent in your area\*



**Gary Gentry, REALTOR®**

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- Keller Williams International President's Award for Outstanding Leadership and Service
- 2013 & 2014 Platinum Top 50 Award

\*Based on MLS data from Legend Oaks, Village at Western Oaks & Shadowridge Crossing from January 1, 2004 through December 31, 2013.

# CHEERS FOR CHILDREN

## *Wine, Bourbon, and Food Tasting*

Northwest Austin Circle of Friends presents our 15th annual Cheers for Children wine, bourbon, and food tasting, benefiting Dell Children's Medical Center and the Texas Child Study Center Endowment. This fun event features premier wines, select bourbons, delicious cuisine from local restaurants, and live music, all included in the ticket price, as well as live and silent auctions with unique and tempting items. Returning for the 2nd year at this fun venue, the Roger Beasley Maserati showroom adds an extra level of excitement! All proceeds benefit Dell Children's Medical Center and are 100% matched by a generous donor. Age 21 and older only.

**February 22, 2014, 6:30pm**  
**At Roger Beasley Maserati of Austin**  
**12925 Pond Springs Road, Austin, 78729**

Website: [childrensaustin.org](http://childrensaustin.org) (listed under "upcoming events"). Get more info, view event video, or purchase tickets - available for a discount online until Feb. 20 or can be purchased at the door.

Contact: Karen Peoples, Chairman NWA COF, at [klpeoples@austin.rr.com](mailto:klpeoples@austin.rr.com) or (512) 563-2927



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# THE VILLAGE GAZETTE

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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 [villagegazette@peelinc.com](mailto:villagegazette@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](http://www.PEELinc.com).





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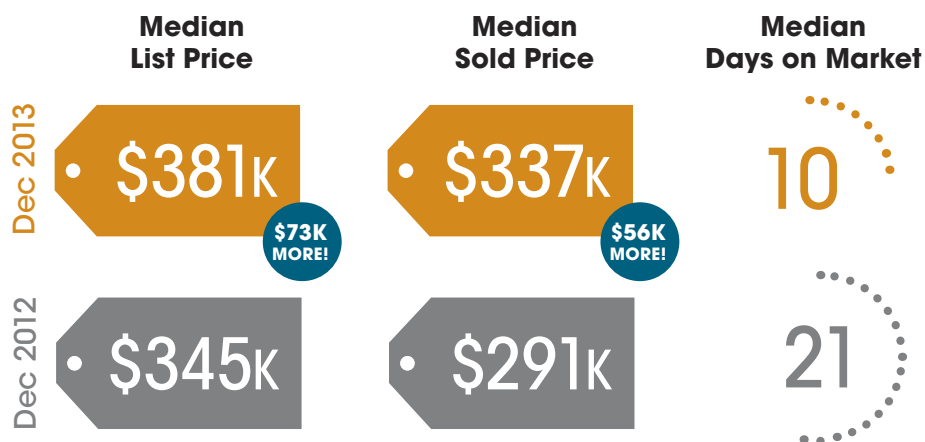
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FEBRUARY 2014

## SOUTHWEST MARKET UPDATE



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Friday, Sept 26

**{SPREADING THE WORD!}**

"I truly can not tell you how nice it was working with Lori Goto, my wife and I just loved her. She was always so nice and friendly all the time, along with very informative of all the communities in the Austin area. She took me to so many homes to visit and never got tired of showing me homes. When there was a problem with the builder, she was on my side and made the appropriate phone calls to back me up on my decisions. She is an asset to Realty Austin and they are lucky to have her working for their company."

-Tom O.

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**Patty Webb**

*Realtor*

Cell: (512) 415-6321

[patty@webbcirclec.com](mailto:patty@webbcirclec.com)