

THE VILLAGE

Gazette™

"It takes a Village..."

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

RONALD MCDONALD HOUSE CHARITIES

APPOINT NEW BOARD PRESIDENT AND ELECT SIX NEW BOARD MEMBERS

Ronald McDonald House Charities® of Austin and Central Texas (RMHC Austin) is pleased to announce the appointment of Royce Poinsett as board president and the election of six new members to the RMHC Austin Board of Directors. Rick Bluntzer, Jennifer Bowden, Deb Brown, Jordan Mullins, Kim Rose and Jeanne Trogan join 13 returning board members.

Royce Poinsett is a government relations attorney at the Austin office of Baker Botts L.L.P., representing businesses and industry associations at the Texas Capitol. Previously, Mr. Poinsett served as an advisor to the Texas Governor and the Texas House Speaker. Mr. Poinsett and his wife became acquainted with the Ronald McDonald House in 2006 when their first child was born prematurely with a rare syndrome of multiple birth defects. He has served on the RMHC Austin Board since 2010 and in 2012, he and his wife were co-chairs of the 2012 Bandana Ball, RMHC Austin's signature fundraiser.

Rick Bluntzer is the senior vice president of communications and public affairs at EZCORP. Prior to joining EZCORP, Rick was the senior vice president of regulatory and government affairs for NRG Energy and served as the assistant general manager and chief administrative officer for LCRA.

Jennifer Bowden is a native Texan and an avid volunteer. She has volunteered for a variety of school and community organizations and served as the teaching director of Community Bible Study of Central Austin. Ms. Bowden has been a member of Impact Austin, Hospice Austin and the Dell Children's Women's Trust.

Deb Brown is the interim vice president and chief operating officer for Dell Children's Medical Center. Prior to accepting this assignment, Ms. Brown was director of business development

and strategy and previously director of trauma services for Dell Children's Medical Center. She concurrently served as director to the Surgeon in Chief and Austin Pediatric Surgery at Dell Children's.

Jordan Mullins is an oil and gas associate at McGinnis Lochridge, a multi-practice law firm located in Austin. Mr. Mullins also serves as president of Friends of the House, an organization of young professionals dedicated to supporting RMHC Austin, and serves as a committee chair for RMHC Austin's Bandana Ball. He is an active board member with the Austin Symphony Orchestra BATS and is a 2012 graduate of Leadership Austin.

Kim Rose is a private banker with J.P. Morgan in Austin. Prior to joining J.P. Morgan, Kim served as the chief financial officer of a prominent Austin family's financial and philanthropic affairs for over seven years. She also served as a senior finance manager for Dell Inc. from 1998 to 2006. Kim began her career with the Dallas and then Austin offices of KPMG in the audit group.

Jeanne Trogan is the executive director of social, digital and internal communications for Dell Inc. Prior to joining Dell in 2009, Ms. Trogan was the corporate communications director at the McDonald's Corporation located in Illinois and was an account supervisor at the public relations agency, Edelman.

"I am pleased to welcome Rick, Jennifer, Deb, Jordan, Kim and Jeanne as new Board members and Royce as our new president. Their experience, leadership and guidance will be tremendous assets to Ronald McDonald House Charities as we continue to advance our mission and ensure families stay together while their children receive treatment in Austin-area hospitals," commented Carolyn Schwarz, executive director of RMHC Austin.

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

SWING is proud to announce and host a very special event. Please mark your calendar and RSVP now for a presentation & book signing by Scott Shickler. Scott is one of the world's leading experts on personal empowerment and is a thought leader in his field. Mr. Shickler, CEO, Author & Co-Creator of 7 Mindsets, will discuss strategies for applying the 7 Mindsets to create a mindset revolution resulting in a positive, long-term impact on individuals and organizations all over the world. Change the course of your life by joining us on Thursday, March 13th, 8AM sharp, at the Waterloo Ice House. Please RSVP to this event by calling Carl Mehlman at 512-954-1978 or email at carl@7mindsets.com.

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 and we enjoy competition. So, bring your business cards and a good mindset and let's get to know you.

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



**GO GREEN
GO PAPERLESS**

**Sign up to
get this
newsletter
in your
inbox! Visit
peelinc.com
for details.**

Nature
Watch

FLYING CIGARS

by Jim and
Lynne Weber

While many birds are identified by their patterns, colors, and/or vocalizations, the Chimney Swift (*Chaetura pelagica*) is best identified by its silhouette – a smudge gray, streamlined bird, flying deftly overhead and looking a bit like a ‘cigar with wings.’ Its tiny body, curving wings, and stiff, shallow wing beats are as distinct as its high-pitched, chattering call.

Arriving back in central Texas in March after wintering in the upper Amazon Basin of South America, chimney swifts have round heads, short necks, tapered tails, and a wide bill so small it is often difficult to see. Slightly paler on the throat, they are dark gray-brown overall and when backlit against the sky, they can appear to be all black. Chimney swifts fly rapidly with nearly constant wing beats, often banking erratically and twisting from side to side. They frequent lakes, rivers, streams, and fields, where they forage for insects on the wing, often along with swallows.

Spending almost all of its life airborne, chimney swifts have short legs and very small feet and can’t perch when they land, so they use their long claws to cling to vertical walls inside chimneys or in hollow trees or caves. Chimney swifts even bathe in flight, gliding down to the water, smacking the surface with their bodies, and bouncing up to shake water from their feathers as they fly away. As European settlers came and built chimneys in America, their numbers surged, but the recent shift to covered, narrow flues has contributed to a decline in their numbers, and they are now classified as a ‘near threatened’ species. As such, many conservation-minded groups are building free-standing towers to provide nesting and roosting locations.

During the non-breeding season, chimney swifts roost together in a single chimney. When breeding, each mating pair occupies any one given chimney, although they may tolerate other non-breeders in their chimney. Using a glue-like saliva from a gland under their tongues, they cement their nests, made of short, dry sticks, to a chimney wall or rock face. Occasionally, an unmated swift may help the breeding pair raise the young, which outgrow the nest after only a few weeks and cling to a nearby wall, often before their eyes are open.

The genus name or *Chaetura*, is a combination of two Greek words: chaite, which means ‘bristle’ or ‘spine’, and oura, which means ‘tail.’ This aptly describes its tail feathers as the shafts of all ten end in sharp, protruding points. The species name *pelagica* means ‘of the sea’, and is thought to refer to its nomadic lifestyle and migration over the water to and from its wintering grounds.

Like all swifts, these flying cigars consume large numbers of insects each day, including highly maneuverable dragonflies and airborne spiders drifting on silken threads, and they even predate on red imported fire ants. Researchers have estimated that a pair of adults with three nestlings can consume the equivalent of 5000 to 6000 housefly-sized insects per day!



*Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, published by Texas A&M University Press.*



JOIN US FOR GOLF AND A GREAT CAUSE!

DATE: Wednesday, April 30th

11:00 am Registration - 1:00 pm Start

LOCATION: Flintrock Falls Country Club

FORMAT: 4-person scramble

COST: \$165 per golfer*

*Includes lunch, dinner and lots of swag

Register online at:
www.colinshope.org

Questions about the event?
**Contact Amy Domecq
or Tracie Garvens**
amy.domecq@colinshope.org
(512) 470-9470

We
envision
a WORLD
where
CHILDREN
DO NOT DROWN

WWW.COLINSHOPE.ORG

GRIEF SHARE

GriefShare (www.griefshare.org) will meet at Manchaca United Methodist Church, located at 1011 FM 1626, from 3-5 p.m. each Sunday beginning March 2nd, 2014. There is a \$15 charge for workbooks (scholarships available). GriefShare is a 13-week faith-based seminar and support group for people grieving the death of a loved one. It's a place where you can be around people who understand how you feel and the pain of your loss. You may begin the class at any point during the 13-week time frame. Call 512-970-6130 for further information.



JIM NORMAN

ATTORNEY AT LAW

Your Villages at Western Oaks Neighbor for 10+ Years

- Wills, Estate and Wealth Planning, and Inheritance Protection
- Trusts
- Designation of Guardians
- Powers of Attorney and other directives
- Medical Powers of Attorney
- Living Wills
- Guardianships

AUSTIN NATIVE

512.329.2024

WWW.JIMNORMANLAW.COM

Principal Office in Austin

ASHLEY AUSTIN

HOMES



We Win Awards for Selling Homes.

And we're ready to put our track record to the test for you. List your home with Ashley in 2014 and find out why we sell 25x more homes than the average Austin Realtor. Our commissions are flexible so call or text today!

Ashley Stucki Edgar, Realtor®
512.217.6103

ashley@ashleyaustinhomes.com
Visit AshleyAustinHomes.com
Follow us on Facebook and Twitter!

CIRCLE C DENTAL

512.301.BITE (2483)

9600 Escarpment Blvd, Austin TX 78749

www.circlecdental.com

www.facebook.com/southaustindentist

GREY ROCK TENNIS CLUB

Learn to Play Tennis at the
Adult's and Children's Programs

Winter Sessions begin the week of January 6, 2014

- Weekday Sessions for Children
- Weekday Sessions for Adults
- Weekend Sessions for Co-Ed Adults
- Evening Sessions for Co-Ed Adults
- Open to Members and Non-Members
- Taught by World Class Teaching Professionals

FOR INFORMATION, Call 301-8685
or visit our Website: www.greyrocktennis.com

OFFICIAL SITE
TENNISWELCOMECENTER

BIRDS BARBERSHOP NOW OPEN
on
SLAUGHTER LN

5000 w slaughter lane
512-758-7800

john, capitolist
shortcut, \$21

BIRDS BARBERSHOP

walk in or call ahead • birdsbarbershop.com

photo by alison narro



B.I.G. Love
www.biglovecancercare.org

BIG LOVE CANCER CARE

Please help B.I.G. Love collect toys for the cancer clinic at Dell Children's Medical Center. We are so excited to partner with Peel, Inc and Independent Title who have graciously opened there doors to help collect toys. Below are the addresses for the drop off locations and if you have any questions please email Sunshine at: sunshinecitko@biglovecancercare.org

Peel Inc- 308 Meadowlark St, Lakeway Tx, 78734

Independent Title Onion Creek- 11215 S. IH 35 Suite 102, Austin, TX 78747

Pflugerville- 203 West Main Street, Suite A, Pflugerville, TX 78660

Balcones- 5503 Balcones Drive, Austin, TX 78731

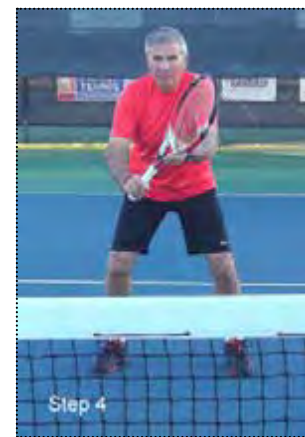
Barton Oaks- 901 S. Mopac Plaza II, Suite 150 Austin, TX 78746

Lakeway- 1913 RR 620, South, #101, Austin, TX 78734

Buda- 251 N. FM 1626 Ste. 1A Buda, TX 78610

TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Forehand Drop Shot

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the 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, the two handed high volley approach shot, the one-handed high volley approach shot, the forehand lob, the two-handed backhand lob and the one-handed backhand lob.

In this issue, I will offer instructions on how to execute the Forehand Drop Shot. This shot is used when a player is deep on the baseline and returns a short soft ball. The player hitting the drop shot is forcing the opponent to run toward the net. This ball should be hit high enough to clear the net and almost bounce back toward the net. If the player running for the shot can get it on the first bounce, it will likely be off balance and will be forced to make an error or return for an easy put away volley. In the illustrations, Fernando Velasco, Manager and Director of Tennis at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the base line when the opponent is expecting a deep return of a serve.

Step 1: The Back Swing: When Fernando detects the ball landing short and high, he starts his back swing high and compacted. He is using the continental grip and keeping his eyes focused on the flight of the ball. His left hand is up front to keep the proper body balance.

Step 2: The Point of Contact: Fernando is now ready to perform the drop shot. His eyes are now focused on the point of contact and the face of the racket is angled up to create the underspin on the ball. His goal is to keep his head still. His left hand is still in front and his weight is shifting toward his left foot.

Step 3: The Follow Through: The success of a drop shot is to keep the ball on the strings as long as possible. Fernando is almost “cupping” the ball during the follow through. Fernando’s grip is relaxed and the head of the racket is pointing toward the sky. His left shoulder is almost opening to the net and his eyes are following the path of the ball.

Step 4: The Ready Position: Once Fernando finishes the stroke, his goal is to follow the path of the drop shot. If he created a good drop shot and sees his opponent running with the head of the racket down, Fernando will move closer to the net or anticipate the angle shot. More likely it will be an easy sitter for a put away volley.

Look in the next Newsletter for: How to execute “The Backhand Drop Shot”

WANT YOUR SKIN TO GLOW?

"All Natural" Might Not Be The Way To Go

If you want your skin to glow, experts at Baylor College of Medicine say all natural products might not be the answer.

"Some people think that by going all natural with their skin care, that it will automatically be safer for their skin. That's not necessarily the case," said Dr. Rajani Katta, professor of dermatology at Baylor.

Whether it is cleansers or moisturizers, you can still have allergic reactions to the ingredients even if they are all natural or organic. Many natural ingredients, such as lavender extract or sandalwood oil, are actually types of fragrance additives. Even though these are natural fragrances, they can still cause the same type of allergic reactions. Other natural ingredients, such as tea tree oil, can also trigger allergic reactions.

Since it may be hard to pinpoint exactly what is causing irritation or allergic reactions just by reading labels, Katta suggests consulting a dermatologist.



SetonER.com

Hold your place in line and reduce your wait time
in the Emergency Room to 15 minutes or less.



Seton Southwest Hospital

7900 FM-1826 Austin, Texas 78737 512-324-9000

*SetonER.com is for minor emergencies only. If you are experiencing
a life-threatening emergency, go directly to the ER or dial 9-1-1.*

Powered by **InQuicker.com**
HOLD YOUR PLACE ONLINE

LOG ON.



SHOW UP.



BE SEEN.®



Olympic Fever Can Encourage Physical Activity In Children

According to an expert at Baylor College of Medicine, the Olympics are a great opportunity for children to learn about physical activity and goal setting.

According to Dr. Jorge Gomez, associate professor of pediatrics in the division of adolescent and sports medicine at Baylor, Olympic competitions will encourage children to do something fun and active.

"Research has shown that the strongest predictor of children remaining physically active into adulthood is having experiences of being active with their parents," said Gomez.

He offers the following tips for parents when watching the Olympic Games with their children:

- Point out that the athletes are participating because it's fun for them.
- Emphasize athletes are where they are after years of hard work.
- Discuss what it means to be a team player and to have good sportsmanship.
- Focus on the fact that the athletes are fit because they take care of themselves by eating well and exercising.
- While encouraging children to explore new activities, keep safety in mind.



FOLLOW UP ON YOUR HEART HEALTH

Eating healthy and exercising are well known tips to keep your heart healthy, but doctors at Baylor College of Medicine say don't forget about the follow-ups.

"Many times people will see a doctor and receive a diagnosis of high cholesterol or blood pressure, for example, but they won't follow up with another appointment," said Dr. Joseph Coselli, professor of surgery at Baylor. "These secondary doctor visits are needed to monitor progression of risk factors and to help find the most effective treatment options."

Coselli recommends asking your doctor some important questions:

- What is a healthy weight for me?
- What does a balanced diet consist of?
- How do I quit smoking?
- What exercises should I add to my daily routine?
- What health screenings should I have?
- When should I follow up with my next appointment?

"You have to be responsible for your health and make important changes to keep your heart healthy," Coselli said.

Prevent Colon Cancer In Less Than An Hour

Regular screenings for colon cancer can catch the deadly disease before it even begins, according to doctors at Baylor College of Medicine.

"Colon cancer is known as the silent killer because symptoms are not present until it's too late," said Dr. Waqar Qureshi, professor of medicine and chief of endoscopy at Baylor.

Symptoms include rectal bleeding, abdominal pain, weight loss or anemia. But if symptoms are apparent, then it's more than likely the cancer has already spread. Screening can catch precancerous growths at a time when life-saving treatments are still effective.

A colonoscopy is the most accurate way to find precancerous growths. A colonoscopy takes up to 20 minutes, and patients are sedated so most don't even remember the procedure.

"Usually screenings start at age 50 and continue every 10 years after that," said Qureshi. "However, if colon cancer runs in your family, screenings should be more frequent and begin sooner."

At no time will any source be allowed to use The Village Gazette's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Village Gazette is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER STARTS HERE

22 SUMMER CAMP LOCATIONS

Travis, Bastrop & Hays
Counties

- JUNE 9 – AUG 22
7:30am – 6pm weekdays
- Ages 4 thru 14
- Kinder, Theme, Sports
& Adventure Camps
- Financial Assistance
Available


SWIM LESSON
REGISTRATION
OPEN!

SOUTHWEST FAMILY YMCA
6219 Oakclaire Dr & Hwy 290
512.891.YMCA
AustinYMCA.org

NOT AVAILABLE ONLINE

SEND US YOUR *Event Pictures!!*

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. 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.

MARCH 2014

REALTY AUSTIN MARKET UPDATE SOUTHWEST NEIGHBORHOOD SALES TREND

Median Sales Price

Jan 2014

• \$354k

\$65K
MORE
THAN
2010

Jan 2013

• \$329k

Jan 2012

• \$260k

Jan 2011

• \$267k

Jan 2010

• \$289k

SPREADING THE WORD!

"We cannot say enough about Lori Goto, one of the agents at Realty Austin. Lori was incredibly professional, efficient and, most importantly, helped us get the most money for our house. She is very knowledgeable and even when unusual situations came up, she found answers and solutions quickly. We highly recommend working with Lori." -Elizabeth



Lori Goto

REALTOR®, ABR, CNE, CRS, e-PRO

512.461.1577 | lorigoto@realtyaustin.com



Looking to sell your home?
Want to know how much your
house will sell for in 2014?

MOVIES IN THE PARK 2014!

April 25th, Friday @ Sundown
Spy Kids: All the Time in the World

GoToAustinHomes.com

{ Call today for your FREE
market analysis of your home! }



Stats based on MLS from Austin Board of REALTORS® (ABOR).



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

VW

Sell Your Home with a Local SW Austin Neighbor!

*With SW Austin homes in high demand, market your home with a **broker** who understands and lives in the neighborhood who is flexible and willing to earn your business.*

Webb Real Estate

————— Your Circle C Neighbors —————

The Broker You Can Trust!

Flexible Commissions

We want to help you and we want Market Share!! Call Us - TRUST ME!!

Absolute Best Marketing Exposure!

Watch a Short Video at
www.bryanwebbtx.com/swa/

Always Available by our own Cell Phones

Risk Free Consultation



The Broker You Can Trust

"I highly recommend using the team at Webb Real Estate, they know the SW area. Not only did I get more than I expected for my home, they reduced their fees to help me out. I'd call them!" -A.L.

Bryan Webb

Broker, Owner

Cell: (512) 415-7379

bryan@bryanwebbtx.com

Patty Webb

Realtor

Cell: (512) 415-6321

patty@webbcirclec.com