



AUGUST 2014

VOLUME 7, ISSUE 8

TWIN CREEKS NEIGHBORHOOD WATCH

As summer is wrapping up and we begin to prepare for the new school year, it is the perfect time to remind all drivers in your household of the speed limits throughout Twin Creeks. Speeding through your neighborhood, regardless if you feel you are traveling at a safe pace, is never a good idea. If there is a car driving at a slower pace in front of you, it is best to back off and drive at a safe distance until the road in front of you is clear. You never know if the car in front of you is traveling at their slower speed for a reason or to avoid an accident.

- Observe all posted speed limits
- Speed limit on Grand Oaks Loop is 25.
- Approach roundabouts with caution.
- Share the road. Be courteous of pedestrians, cyclists, and other drivers.
- Refrain from distractions while driving.
- Drive on all streets as if your loved ones live and/or play there.
- Do not tailgate or pass other vehicles.
- Report all unsafe drivers to authorities.

SAFETY TIP FOR AUGUST

If you observe unsafe driving in the neighborhood, please take down the license plate and report immediately to the Travis County Sheriff at (512) 974-0845, option #3. The more people that report unsafe driving, the more they will patrol our streets. Even if the driver you report isn't caught, the Sheriffs may catch someone else while they are patrolling.

BLOCK CAPTAIN POSITIONS STILL NEEDED

We have a few streets without Block Captains. Contact the Twin Creeks Neighborhood Watch Chairpersons, Brian & Shannon Tweedt, at tweedts@gmail.com to discuss volunteering.

Block Captains for the following streets are needed:

The Park: *Tattler Dr.*

The Reserve: *Granite Ct., Millstream, 3300's Crystal Hill Drive, Hidden Hills, 2700's Grand Oaks Loop, & Sugar Maple*

The Gardens: *3000-3020 Heathmount Dr. & 2500's Farleigh Lane*



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Please support the businesses that advertise in the Twin Creeks Tribune. Their advertising dollars make it possible for all Twin Creeks residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.

CLASSIFIED ADS

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Twin Creek residents, limit 30 words, please e-mail twincreeks@peelinc.com

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

BOAT RAMP ETIQUETTE: DON'T BE "THAT GUY" THIS SUMMER

By Dave West, Austin Wakesurf

With summer now officially here, our beloved lakes are filled with watercrafts of all shapes and sizes buzzing around towing enthusiastic tubers, intensity-high skiers, dedicated fisherman and exercise hungry paddle-boarders. However as the number of people using our aquatic playgrounds increase, so does the risk of accidents among the busy boat ramps and lakefront docks. If you're planning on using these areas during the busy summer season, here are a few pointers to remember when launching and retrieving your boat:

Avoid unnecessary delays and blocking the boat ramp when launching your boat by completing as much of the preparation (loading of your gear) in the staging area as possible. Make sure your tie down straps are removed, battery is on, and that all your required safety gear, as well as ski's, tubes, coolers and towels are already in the boat.

If there is a dock at the ramp, ask your passengers to meet you there while you and another experienced person launch the boat without any unnecessary distractions

Use at least two experienced people to launch and retrieve the boat—one to drive the towing vehicle and one to operate the vessel). It is also a great idea to have all your dock lines and bumpers already in place prior to launching.

Launch your boat slowly and safely – ensure the area immediately behind the boat is clear of other boats, personal watercraft and people.

As you approach the dock to pick up your passengers, have a dock line ready to hand off to someone on the dock and instruct everyone to wait until you tell them it is safe to board the boat.

At the end of you boating adventure, drop all your passengers off at the dock first and wait away from the dock while an experienced person retrieves your vehicle and trailer. It's often best to leave all you equipment in the boat until you reach the staging area where you can safely unload safely.

When retrieving, do not pull your boat into a launch lane until the towing vehicle is at the ramp. The line is formed by vehicles with trailers, not by vessels in the water.

Have the driver of the vehicle tow the boat to a staging area where you can meet your passengers and begin unloading and wiping down. Always double-check your tie downs prior to driving away from the boat ramp area.

Never block a ramp with an unattended vessel or vehicle.

Alcohol and boating don't mix.

Always wear a US Coast Guard Approved (USCGA) life jacket when conducting any type of watersport.

Do not power load your boat: Propeller wash can erode the sediment just beyond the ramp surface, creating a large hole. The eroded sediment is deposited behind the propeller, creating a mound. Trailer tires can get stuck in these holes, and boats can run aground on the mound.

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Tadah! Can You Believe This?

Your local Austin Music Teachers Association was just nominated the best in the country!

Submitted by: Nell Trimble, Benevolence Chair for A.D.M.T.A.

The Music Teachers National Association just awarded your local association as being the 2014 State Affiliate of the Year or the best in our country!

Why? Because of “programming for students” which includes 20 events and “community outreach” such as Youth Music Ambassadors which means the most opportunities for your child!

Also, our Dr. Martha Hilley right here in Austin at the University of Texas, was selected as the Teacher of the Year for Music Teachers National Association. We here in Austin nominated her for that award and then she was selected as that first at the state level and then nationally! Dr. Hilley’s teaching sparkles with a fountain of electrically inspiring ideas. She also is a writer and deeply involved on a statewide level with the governing of our colleges. Her picture

and caption supporting President Powers was on page 2 of the 7/13 Sunday Austin American Statesman.

In addition Dr. Sophia Gilmsom was just awarded silver in the Global Music Awards for her CD of the Goldberg Variations On Harpsichord and Piano by Johann Sebastian Bach. Dr. Gilmsom is the head of Piano Pedagogy at the university here.

Perhaps the most outstanding concert I have ever been to was her performance of that work both on the piano and harpsichord. How totally different was the music on the two instruments!


To find a piano teacher in your area, go to www.admta.org, click on the link to “Community Resources” on the home page for our new “Find a Teacher” registry with descriptions of each teacher’s program in their studios.

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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 stwincreeks@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.



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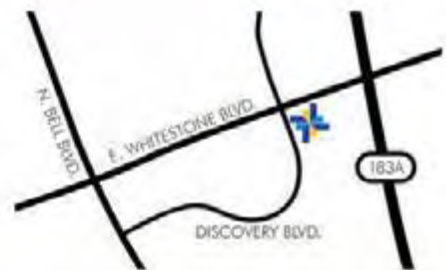
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A FOCUS ON HEAT EMERGENCIES

Healthy Tips To Stay Cool In Extremely Hot Weather

By: Concentra Urgent Care

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS AND SYMPTOMS:

Heat Cramps

- Sweating
- Pain in arms, legs, and abdomen
- Heat Exhaustion
- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

Heat Stroke

- No sweating
- Dry, hot, red skin
- Confusion/loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

CAUSES:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

WHAT TO DO IN HEAT EMERGENCIES...

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.

2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.

3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.

4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.

5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

- underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.
- give the person medications that are used to treat

fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

- give the person salt tablets.
- give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.
- use alcohol rubs on the person's skin.
- give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/topics/heatstress/



HOW'S YOUR "BRISKETIQUETTE?"

This article was contributed by the National League of Junior Cotillions – Travis County



With the summer vacation in full swing, the kids out of school, and noodles floating in the pool, it's no doubt the grill is staying fired up. But...before you kick off the flip-flops, here are a few barbecue etiquette tips to ensure your grill fest goes down as the best on the block. Wait. Barbecue etiquette, you say? Yes, it exists.

1. If you're invited to a barbecue party thrown by an individual/family, avoid showing up empty-handed. A side of coleslaw, apple pie, or pitcher of lemonade will do the trick.

2. A barbecue is an informal affair – no need to worry about which fork and knife to use. Go ahead and use your fingers in lieu of utensils. Larger pieces of food, however, should be cut with a knife and fork. No need to get medieval on us.

3. If you're like many people who wonder what is the proper way to squeeze a lemon slice and a lemon wedge? Well, here is the answer: if it is a slice, don't squeeze it-just drop it in the glass. If it is a wedge, cup your hand over it to prevent squirting, and squeeze it into the glass. Who likes lemon pulp in the eye? Not me.

4. Corn on the cob vs. man. For most people, eating corn on the cob is one of life's biggest challenges. Okay, well, maybe it's just a challenge. The best way to approach a hot cob: simply, butter a few rows of corn at a time, hold the corn firmly by the ends with two hands (or use corn skewers), and eat a few rows at a time from left to right. If you prefer to skip the bite-off-the-cob approach, you may also cut kernels off of the cob with a knife, cutting in a vertical, downward manner.

5. Similar to corn on the cob, ribs are meant to be eaten with your hands. Given their messy nature, however, it's important to have napkins on hand. For this barbecue favorite, bibs are not necessary.

6. Sauce is boss, unless it isn't offered. While Texans are usually proud of their barbecue sauce, some barbecue purists prefer no sauce to appreciate the natural, smoked flavor of the meat. Ask for sauce only when you know it's available, or if your child requests it.

7. Grilled shrimp can be easy to eat or take a little work, depending on how it is served. As a general rule of thumb, if the shrimp has the tail on, you can use your fingers. Tails off, use a fork!

8. When hosting a large group, be sure to have a wide variety of food options for vegetarians and children.

9. To pick or not to pick? Your teeth that is. Often times, meat can be tricky to eat and require some dental maintenance. At every expense, avoid removing food from your teeth in public. Toothpicks may be used, but only in private. So what should you do if you notice someone else in the same predicament? Be discreet, but do tell.

10. Last and not least, respect the griller's domain. If the host/griller has samples to offer, he/she will do so. Never assume you may help yourself to try what "smells good."

Now that the fundamentals are covered, what's for lunch?



Josh: Superscore of 36

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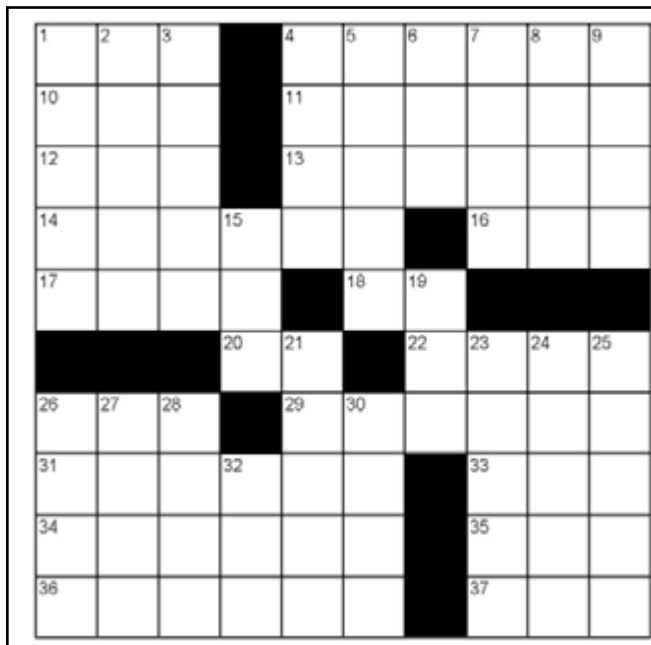
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18. Kilogram
20. Post script
22. Too
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29. Additions
31. Computer game
33. Killed in action
34. Ancient (2 wds.)
35. Antlered animal
36. Mourning
37. Ocean

DOWN

1. Land
2. Milk's food group
3. Type of enemy
4. Loony
5. __ havoc
6. Make a mistake
7. Stow
8. Greek stringed instrument
9. Defile
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21. Book holder
23. Enjoys
24. Steps for crossing a fence
25. City
26. Prod
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28. Plane
30. Nearly horizontal entrance
32. Poet Edgar Allen

View answers online at www.peelinc.com

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HOW TO CHOOSE A PEDIATRICIAN FOR YOUR BABY

By Theresa Willis, MD, ADC Pediatrics

If you need to choose a pediatrician for your baby, the task may seem daunting. Where do you start? When do you start? Does it really matter which doctor sees your baby? Here are a few guidelines to make the process a little easier and more organized.

1. Choose your pediatrician about six to eight weeks before baby is due. That way, even if your little bundle arrives early or things get busy towards the end of your pregnancy, you won't have to worry about who will be seeing your baby once he or she is born.

2. Start by checking with your medical insurance to see which doctors in your area are on your plan.

3. Talk to friends and neighbors to see who they bring their children to see. Personal recommendations are a good way to find physicians with a good reputation in your area.

4. Ask your Ob-Gyn's office. They often have a list of pediatricians that they like to refer their new families to.

5. Make sure the pediatrician you are choosing for your baby is board certified.

6. Meet the pediatrician ahead of time. If you have a couple of doctors in mind, or even just one, call their office and find out if the doctor has appointment times set aside to meet expectant parents. You'll have a chance not only to meet the doctor and find out if he or she is a good fit for you,

but you'll also have the opportunity to meet the staff and see the office itself.

Ask yourself:

- Do you feel comfortable talking with this doctor?
- Is the staff friendly and attentive?
- Is there a separate waiting room for sick and well children?
Bring questions with you. This is a great chance to ask some important questions ahead of time.
- Will the pediatrician see my baby in the hospital after delivery?
- If planning on circumcising a baby boy, who does the procedure?
- When do we come in to the office for our first visit?
- What are the office hours? What happens if I have questions or concerns after office hours or on the weekend? Is there a nurse available to answer questions during the day? What about at night?
- What is the expected vaccine schedule for my baby?
- If baby is sick, can you get same day appointments with your pediatrician?
- How many other doctors are in the practice? How often will you have to see a different doctor if your child is sick and your doctor is not available that day?
- Once you've chosen a pediatrician for your baby, you can relax and rest easy knowing who you will see and what to expect when baby is born.

FACT:

Social and emotional intelligence may be the most important determinant of a child's future success.

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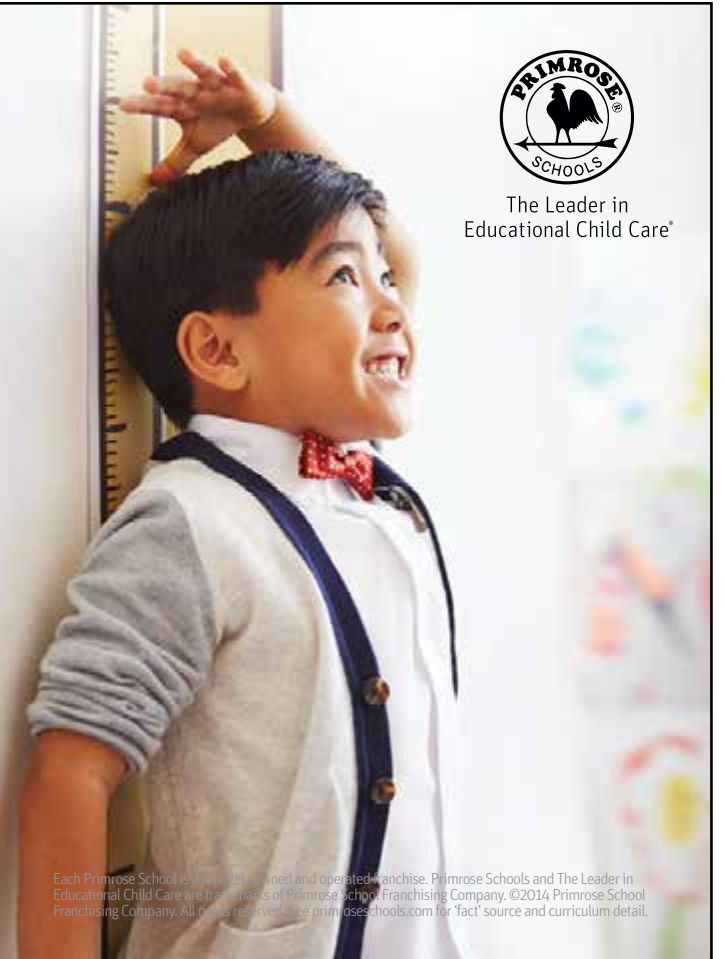
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Twin Creeks Real Estate Market Update

Per ABOR MLS as of 7.4.14 (180 Day Avg.)

	One Story	Two Story	Condos
# Homes For Sale	9	15	0
# Homes Contract Pending	2	10	2
# Homes Sold (Last 6 Months)	11	31	11
Average List \$/Sq. Ft.	\$145.59	\$136.50	n/a
Average Sold \$/Sq. Ft.	\$144.90	\$126.93	\$128.46
Average Days on Market (Sold)	11	49	110



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