

THE VILLAGE

Gazette™

"It takes a Village..."

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

VILLAGE AT WESTERN OAKS

KAB KARST KLEANUP

On Saturday, October 18th, 2014, from 9am until 2pm, there will be a trail cleanup at our karst preserve, with tools supplied by Keep Austin Beautiful (KAB).

5401 DAVIS LN, AUSTIN, TX 78749

On the evening of September 4th, 2013, a fierce storm whipped through our neighborhood which proved to be a destructive event for many homeowners.

Mighty oaks were tipped onto their sides! Mature trees were sheared in half! Full fences were toppled! Tree limbs were snapped off and blown into the streets!

Then the rains that followed in October caused devastating flooding and washouts throughout the area.

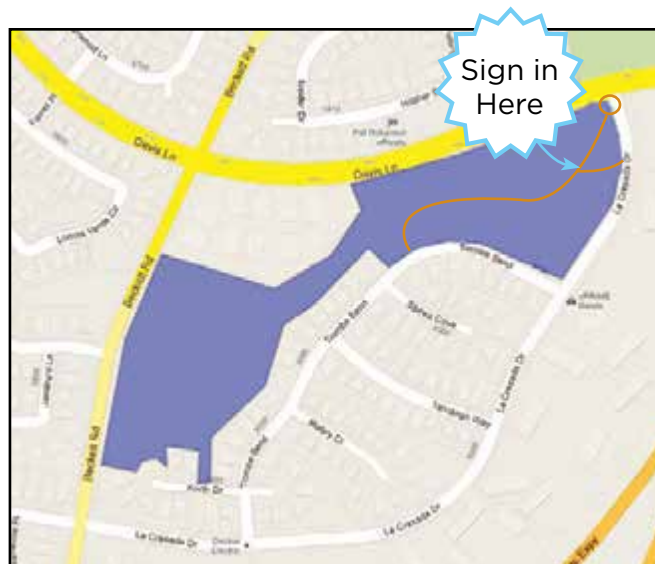
Anyone who has walked our Village at Western Oaks Karst Preserve trail since these major weather events will see that the same destruction occurred within the preserve as well!!!

The Barton Springs/Edwards Aquifer Conservation District (BSEACD) has reviewed the current state of the trail and areas around the karst features, and we will be following their recommendations on what actions should be taken. This includes debris removal, dragging out downed limbs, backfilling the trail with the washed out decomposed granite, and reviving the cave and sinkhole signage.

Additionally, the BSEACD has volunteered their time to walk and talk with us during the event! They will be there to answer questions and provide information about the caves and sink holes in our karst preserve. So feel free to bring the entire family for this educational opportunity!

Look for an event posting on our NextDoor. This will include a web-based signup for help with the pre and post event logistics.

This is an event where 'many hands make light work', so we ask that neighbors 'come-as-you-can' around your busy Saturday schedules. Look forward to seeing y'all there!



<http://www.keeptaustinbeautiful.org/>



<http://www.bseacd.org/>

Village at Western Oaks Karst Preserve is approximately nine acres of land located in the recharge zone of the Barton Springs portion of the Edwards Aquifer. The karst features are named:

- Equinox Cave
 - Get Down Cave
 - Live Oak Cave
 - Survey Line Cave
 - Senatorial Sink Cave
- Come learn more about our hidden gem and its importance to the Barton Springs recharge.

IMPORTANT NUMBERS

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Ambulance	911
Sheriff – Non-Emergency	512-974-0845

SCHOOLS

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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

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GriefShare

GriefShare (www.griefshare.org) will meet at Manchaca United Methodist Church, located at 1011 FM 1626, from 3:30-5:30 p.m. each Sunday beginning September 14, 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.



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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.



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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Sept. 14th: Colin's Hope Kid's Tri! Registration is now open. www.tinych.org/KidsTri

Ongoing: Volunteers needed to distribute water safety packets. info@colinshope.org

Ongoing: Colin's Hope Athlete Ambassadors needed. www.tinych.org/AthleteAmbassador

Ongoing: Colin's Hope Community Ambassadors needed. info@colinshope.org

*Source: Texas DFPS, Watch Kids Around Water



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SAFER**



**CHECK POOL
& HOT TUB
FIRST**



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BEACH**



**LEARN CPR
& REFRESH
SKILLS YEARLY**

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- Hometown Kyle
- Hunter's Chase
- Jester Estates
- Lakeway
- Lakewood
- Legend Oaks II
- 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
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TEXAS A&M AGRI LIFE EXTENSION

CICADA KILLERS

Large wasps flying low over the lawn can be a common, and sometimes frightening, sight at this time of year. Things can get alarming when those wasps become territorial and fly around your head until you leave the area. These wasps are usually accompanied by holes in the yard or flower beds that are surrounded by small piles of dirt. The wasps are cicada killers and aren't anything to panic over.



(top) Hole created by a cicada killer. (bottom) Cicada killer.

Cicada killers are about 1 ½ inches long with a reddish-brown head and thorax and an abdomen that is black with yellow markings. Wings have a rusty tinge. The males can be aggressive and buzz near people, but males are unable to sting. Females are capable of stinging but are rarely aggressive towards humans or animals.

Females dig burrows in the ground and use these burrows as nesting areas. Females sting and paralyze cicadas, take them back to the burrow and then lay an egg upon it. When the egg hatches, the larvae feed upon the cicada provided.

Cicada killers usually do not warrant any control methods. They are actually beneficial insects that help to reduce populations of cicadas. If you feel that you must do something to manage them, you can sprinkle insecticidal dust around the opening of the burrow.

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600.

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A FOCUS ON BACKPACK SAFETY TIPS FOR YOUR FAMILY

Wear both straps

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed.

Wear the backpack over the strongest mid-back muscles

Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.



Lighten the load

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

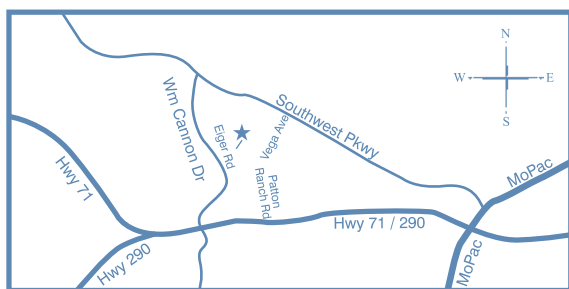
Proper backpack usage

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA).

(Continued on Page 8)



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***Learn more:* EllenforAustin.com**

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Backpack Safety (Continued from Page 6)

Improper backpack use can cause injury, especially to children with young, growing muscles and joints.

Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of the back to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

What to look for in a backpack

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis

- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles

- Reflective material so that the child is visible to drivers at night

The results

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

How a physical therapist can help

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at www.apta.org.



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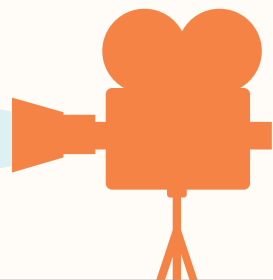
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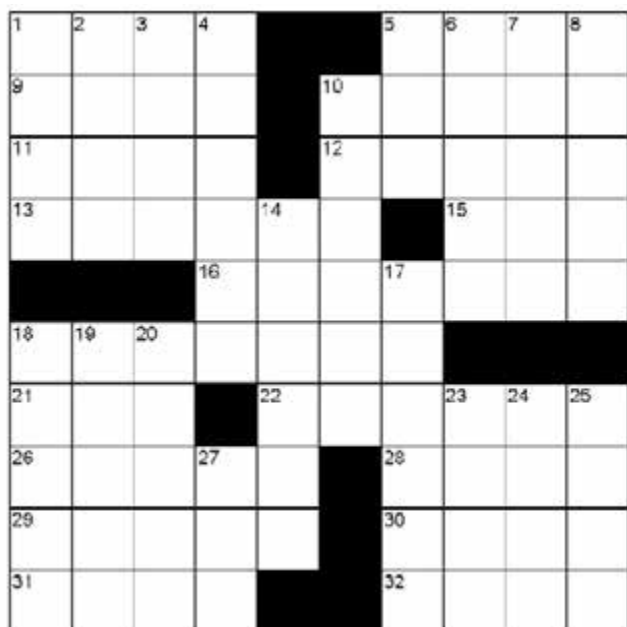


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ACROSS

1. Canned meat brand
5. Recommend
9. Volcanic rock
10. Strength
11. Consumer
12. Refastens
13. Mire
15. Flurry
16. Remove a light bulb
18. Easier to get at
21. Frosty
22. Pretended
26. Spring flower
28. Basic's opposite
29. Buddy
30. Sliding toy
31. Ball player __ Aaron
32. Food

DOWN

1. Ghetto
2. El __ (Texas city)
3. Maintain
4. Plunder
5. Vase
6. Measuring instrument
7. Point
8. Render capable
10. Public transportation vehicles
14. Short-tempered
17. Put a fold in
18. Catch a ride
19. Sporty car brand
20. Synthetic fiber
23. Ca. University
24. Abstain from certain foods
25. Chances of winning
27. Writing liquid

View answers online at www.peelinc.com

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