



# Neighborhood Compassion Watch!

What does it mean to be a compassionate neighborhood? Our City Council has designated Austin as a Compassionate City by the Resolution passed April 14, 2016. Now what do we do in our neighborhoods to own and strengthen that identity?

Join in the "Neighborhood Compassion Watch"! Send in your responses to the question: "What does it mean to be a compassionate neighborhood? We want your stories of compassionate action, your goals and resolutions for good, your comments to inspire. Share them with us! We need to support and mobilize the positive! Sure, we can identify the needs we have, but let's add to that a constructive action that can help meet that need. Compassion exists in 3 key dimensions: caring for others, self, and the Earth. Do you have a recycling goal? Share it and inspire others to join you in that goal. What do you see happening in your neighborhood that makes you smile? Share it and encourage more of it. What has a school, library, business, or organization done in your neighborhood that shows compassionate action? Share it and honor the value that this brings to the neighborhood. These are just some examples of what you can share. Our day to day compassionate actions are important! Let's create a thriving neighborhood of 3D Compassion! Send your responses, stories, comments, words of inspiration to Compassionate Austin at [compassionateaustin@gmail.com](mailto:compassionateaustin@gmail.com). Be sure to identify your neighborhood in your email! We may be able to publish them in this newsletter or on the Compassionate Austin website or Facebook page. Also, we are looking for stories that we can highlight in Citizen Communications at Austin City Council meetings.

Breaking News! The "Peace Day Austin" celebration is coming up in September! From September 11-21, Austin celebrates the International Day of Peace and the 11 Days of Global Unity. Let's make Peace Day Austin and the 11 Days of Global Unity part of our homes and our neighborhood! Let's live peace and compassion! The Global Unity Games offer a simple and free way for you to get involved. Register NOW to access information and resources to engage your family, your neighbors and your community. Go to the Compassion Games website to sign up: <http://compassiongames.org/global-unity-games/>. From September 11-21, share what you discover in our Neighborhood Compassion Watch on the global Compassion Map! Let's put our neighborhood and Austin on the map!! Act locally and impact globally! The Peace Day Austin website has more information: [www.peacedayaustin.org](http://www.peacedayaustin.org).

Announcement! Open invitation for the "3D CAM" Project (3D Compassionate Austin Mobilization) "Youth Ambassadors Program" and also student internship opportunities. Go to the Compassionate Austin website for more info: [www.compassionateaustin.org](http://www.compassionateaustin.org). Let's engage youth from our neighborhood in creating a better neighborhood, a better Austin, and a better world!

Research shows the personal and community benefits of strengthening our compassion skills. We grow stronger in what we practice! Let's bring 3D compassion to life! We ALL are Compassionate Austin! Find out more at: [www.compassionateaustin.org](http://www.compassionateaustin.org).

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## FINANCIAL FOCUS

### Best Response to Volatile Markets? Stay Calm

In recent months, stocks have fallen sharply from their record highs, with one-day drops that can rightfully be called “dizzying.” As an investor, what are you to make of this volatility?

For one thing, you’ll find it useful to know the probable causes of the market gyrations. Most experts cite global fears about China’s economic slowdown, falling oil prices and anticipation of a move by the Federal Reserve to raise interest rates as the key factors behind the stock market’s decline.

On the other hand, the U.S. economy is still doing fairly well. Employers are adding jobs at a pretty good clip, wages are rising, home prices are up and overall economic growth has been reasonably solid. In other words, we are in a vastly better place than in the period before the Great Recession of 2008 and early 2009, when the financial markets bottomed out.

Nonetheless, it’s only natural that you might feel some trepidation over what’s been happening in the financial markets over the past few weeks. So, what should you do? Here are a few suggestions:

- Expect more of the same. Be prepared for more volatility, potentially including big drops one day followed by big gains the next. Until the factors considered responsible for the current volatility – that is, China’s slowing economy, low oil prices and the Federal Reserve’s decision on rates – have been fully absorbed into the market’s pricing mechanisms, big price swings, one way or another, are to be expected.

- Don’t panic. The headlines may look grim, but today’s newspapers are tomorrow’s recycling pile. Volatility is nothing new, and the financial markets are more resilient than you may think.

- Look for opportunities. By definition, a downturn occurs when investors sell massive amounts of stocks, but it actually may be a good time to buy them, while their price is down. Look at the most successful businesses and their products and services. If you can envision these companies still being around and thriving in ten years, why wouldn’t you want to buy their stocks at potentially lower prices?

- Diversify. During the downturn, just about everyone’s portfolio was affected. But if yours took a particularly large hit, it might be because your holdings are over-concentrated in stocks, especially the types of stocks that fared the worst. You may need to further diversify your portfolio through a mixture of domestic and international stocks, bonds, government securities, real estate, certificates of deposit (CDs) and other vehicles. Diversification, by itself, can’t guarantee a profit or prevent against all losses, but it can help blunt the harshest effects of volatility.

- Review your investment strategy. Unless your goals have changed, there’s no reason to revise your long-term investment strategy, even in the face of wild fluctuations in the financial markets. Still, it’s always

*(Continued on Page 4)*

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\*Based on 2014 residential home sales through Austin Board of REALTORS.



(Continued from Page 2)

a good idea to review your strategy at least once a year, possibly in consultation with a financial professional. You may need to make smaller-scale adjustments in response to changes in the economy, interest rates, and so on, but don't abandon your core principles, such as maintaining a portfolio that reflects your goals, risk tolerance and time horizon.

Investing will never be either risk-free or predictable. But by taking the steps described above, you can relieve some of the stress associated with volatility and help yourself stay on track toward your financial objectives.

Past performance does not guarantee future results. Investors should understand the risks involved of owning investments, including interest rate risk, credit risk and market risk. The value of investments fluctuates and investors can lose some or all of their principal. Special risks are inherent to international investing, including those related to currency fluctuations and foreign political and economic events.

This article was written by Edward Jones for use by your local Edward Jones Financial

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## Dead spots in the lawn? Look for chinch bugs....

Chinch bugs often appear in Texas lawns during hot, dry conditions. Usually damage starts in sunny locations or near driveway and sidewalk areas. Damage appears as irregular dead patches in the lawn surrounded by yellowing or dying grass. Chinch bug damage can be mistaken for other lawn problems like white grubs or fungal diseases, so confirmation of chinch bug activity is needed before choosing proper treatment.

So how do you tell if you have chinch bugs? The easiest way is to look for the insects. One way to look is to cut both ends out of a can, push it into the ground using a twisting motion and then fill the can with water for about 10 minutes and wait for any bugs to float to the top. Another way would be to get down on your hands and knees and part the grass to look for the insects. For both methods, samples should be taken in the damaged (yellowed grass), not dead, grass areas.

Chinch bugs are small (about 1/5 of an inch as adults; immatures are smaller). Adults are black with white wings containing triangular markings. Nymphs, or immatures, are yellowish or pinkish with a light colored band across their body. Nymphs do not have fully developed wings.

Treatment is usually a liquid or granular formulation. Liquid formulations are often bottles that attach to the end of the garden hose or concentrates that you mix with water in a tank sprayer. Granular formulations are applied with push spreaders and need to be watered in after treatment.

Treatment should be applied to the area where damage is occurring and several feet out from the damaged area; the entire yard does not have to be treated. All label instructions should be read and followed before and during the treatment.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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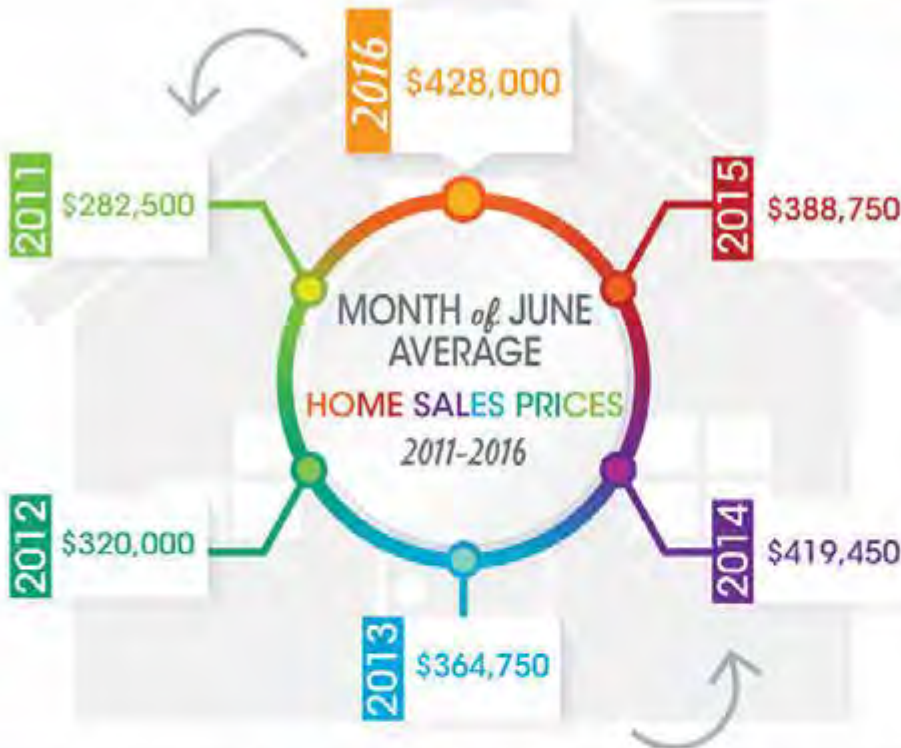
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## Pasta Salad

- 4 cups Elbow Macaroni
- 3 whole Roasted Red Peppers Chopped (more to taste, can also use Pimentos)
- 1/2 cups Black olives - chopped fine/ can use Calamari olives
- Add pepperoncinis sliced - to taste
- 6 whole Dill pickle slices -diced about 1/2 cup diced
- 3 whole Green onions sliced - white and dark green parts
- 1/2 cups Mayonnaise
- 1 Tablespoon Red Wine or Distilled Vinegar
- 3 teaspoon Sugar more or less to taste
- 1/4 Salt teaspoon
- Plenty of black pepper
- 1/4 cup Milk - more if needed
- Splash of Pickle juice - add more if needed/ can also add pepperoncinis juice also

Cook Macaroni in lightly salted water according to package directions. Drain and rinse under cold water to cool. Set aside.

Mix together mayo, vinegar, sugar, salt & pepper. Splash in enough milk (1/4 of milk) to make it pourable. Splash in pickle juice for extra flavor. Taste & adjust seasonings as needed. Set aside.

Place cooled Macaroni in a large bowl and pour 3/4 of the dressing. Toss and add more dressing if you if you like. (Dressing will seem a little thin, but it will thicken up as salad chills).

Stir in olives, Roasted red peppers( or Pimentos), pickles, and green onions. Add more of any ingredient if you'd like stuff going on. At the end, splash in a little more pickle juice and stir.

Chill for at least 2 hours before serving. Sprinkle with sliced green onion to serve.

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## Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

**Weight Training + Protein:** Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.

**Long Distance Running + Carbohydrates:** For long workouts, the performance edge goes to people who have the most glycogen (the

stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

**Aerobics, Kickboxing and Spinning + Fat:** For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

**Yoga and Pilates + Complex Carbohydrates:** The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.



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## BLUE JAYS ARE NOT BLUE?

By Cheryl Conley, TWRC Wildlife Center



Blue Jays are easy to recognize because of their crest and their beautiful blue, black and white markings. They are also one of our larger birds, some reaching a foot long. Although beautiful, some consider them a nuisance because they can be aggressive.

Aggressiveness towards humans can occur when a Blue Jay is protecting its nest. They've also been known to dive-bomb cats and dogs. They can imitate the sounds of the Red-shouldered Hawk and often do this to keep predators away from the nest. Because they are such good parents and very protective, TWRC Wildlife Center rarely receives any eyes-closed nestlings at the Center.

Did you know that Blue Jays aren't really blue? The color we see is

the result of the inner structure of the feathers. There are two types of color in birds—pigmented and structural. The cardinal looks red because the feathers really are red. This is pigmented. Blue and green are unique colors in the animal kingdom and are considered structural colors. To explain as simply as possible, the blue in the Blue Jay is caused by microscopic structures in the feather that refract light like a prism. When the light passes through a dark layer of melanin, some wavelengths are filtered out, and the bird looks blue. Feathers look blue for the same reason the sky looks blue.

In late summer you may see a bald Blue Jay. Don't automatically assume that it is sick or has been attacked by another animal. Blue Jays, as well as Cardinals, go through a complete molt of their head feathers but they do grow back.

During the spring, TWRC Wildlife Center admits hundreds of Blue Jays, both adults and babies. They are admitted to our on-site care program and require daily care. If you'd like to learn how to feed and care for Blue Jays, volunteer and become a part of our Baby Bird Program. It's fun, it's rewarding and you'll be helping our wildlife. For more information go to [www.twrcwildlifecenter.org](http://www.twrcwildlifecenter.org).



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