



Village at Western Oaks Neighborhood-Wide Garage Sale Saturday, April 22nd, 8:00am - Noon

The Village at Western Oaks spring neighborhood-wide garage sale will be held on Saturday, April 22nd from 8am - 12pm. Everyone is encouraged to set up sales in their own garages and driveways. This is a great opportunity to meet your neighbors, make some extra money, and do a little spring cleaning all at once. The sale will be advertised in the Austin-American Statesman in order to publicize the event and attract buyers, and we will also promote the sale by putting up signs in the neighborhood.

Build Up Bowie - 2016/17 Clean Water Solution for Students & Less Waste for the Environment

Bowie High School's PTSA is conducting a major fundraising campaign to upgrade the school's water stations. Their goal is to provide 6 Elkay rapid filling water stations for the students and staff to use throughout their long days of academics and extra curriculars.

Elkay is an American owned and operated company that provides convenient hydration with a rapid fill of filtered water to quench thirst and minimize plastic bottle waste.

The Build Up Bowie campaign fills in the gap where district funding falls short ~ every dollar donated, regardless of size, makes a difference!

The Bowie PTSA appreciates you for considering a donation to this Bowie High School fundraiser.

Donate Options:

- Make your check payable to Bowie PTSA and mail to: Bowie PTSA 4103 W. Slaughter Lane, Austin TX 78749, or drop off at the Bowie front office
- Donate via Paypal by visiting www.BowiePTSA.org and viewing the Build Up Bowie page

(Continued on Page 3)



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(Continued from Cover)

Recognition Options:

- Buy A Fountain: \$500 Engraved name plate fixed on or by the fountain & recognition through the PTSA weekly Bowie Bulletin, Facebook page & website
- Gold Donation: \$300 and up PTSA website HOME & SPONSOR page name or company logo will scroll on the website home page.
- Silver Donation: \$100 and up PTSA website SPONSOR page name, short business description and website link posted.
- Bronze Donation: \$20 and up Thank you listing on our website. Once you make a donation, please email your company logo or picture and/or your name/company name to Susie Blagdan: sblagdan@austin.rr.com.

Heart Gallery of Central Texas

By Megan Ransom





Meet 17-year-old Aurilena and her sister, 16-year-old Lorna! Aurilena and Lorna are looking for a forever home. They need to adopted by a family who has experience in raising teenagers. It is important that the forever family for these children understand that they are very bonded to each other. They would love more than anything to be adopted together. Learn more about the girls on the Heart Gallery of Central Texas website: heartgallerytexas.com

The Heart Gallery of Central Texas, a program featuring portraits of Central Texas children in the foster care system who are available for adoption. We believe through working together, our community can raise awareness around adoption, foster care that leads to permanency for our waiting children.

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REAVER

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DellChildrens.net/EmergencyCare

ASSASSIN & AMBUSH BUGS



Assassin and Ambush bugs are predators and are considered beneficial insects. They are generalists that attack a variety of caterpillars, flies, and other bugs. These predators either stalk their prey or wait to ambush prey when they come to a plant. Prey is stabbed with tube-like mouthparts, paralyzed with a toxin, and body fluids sucked up.

Assassin and ambush bugs have 3 segmented piercing-sucking mouthparts. These bugs come in a variety of colors with assassin bugs usually being darker in color than ambush bugs. Assassin bugs also have a more elongated head compared to ambush bugs. Ambush bugs have thickened front legs used to capture and hold prey. Immatures, or nymphs, look similar to the adults but do not have fully developed wings. Eggs are usually deposited in masses

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and are cylindrical in shape.

While most assassin bugs are beneficial, the kissing bug or cone-nose bug is considered a pest. Kissing bugs feed on blood of mammals, including humans.

For assassin bugs that are feeding on insects, control is not required. For more information on kissing bugs see this site https://kissingbug.tamu.edu/

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

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STS Foundation Seeks U.S. Families in Austin area to Host High School International Exchange Students for the 2017-2018 School Year

STS Foundation a not-for-profit corporation dedicated to intercultural student exchange is looking for American families in the Austin area interested in sharing their America with international high school students for the 2017-2018 school year. Applications for interested Austin area host families are currently being accepted.

STS Foundation was founded on the belief that international student exchange promotes understanding, respect, and goodwill among people of all nations. Opportunities to increase intercultural awareness are offered to students, parents, host families, and communities who are all involved in the exchange experience.

STS Foundation foreign exchange students come from around the globe, are fully insured, bring their own spending money, and are proficient in English. Whether from New Zealand or Brazil, India or Sweden, Ukraine or Italy, France or Lebanon, foreign exchange students are a window into another culture and a great way to travel the world without leaving your home.

"I have been involved in foreign exchange for eight years now and have hosted twelve students so far." said Vicki Odom, Local Coordinator for STS Foundation, and the local contact for Austin area. "Our city is such a great place to host a student, it offers a great deal of attractions for both the student and the families. Families that have hosted students over the years have been changed by the experience and have gained new family members in their lives."

STS Foundation welcomes all interested families, with or without children, from both urban and rural communities, single parents or same-sex couples. Host families provide three meals a day and a bedroom (either private or shared). Each student is supported by a professionally trained STS Foundation Local Coordinator who works with the family and student for the entire program. All host families must pass a criminal background check and a home visit by an STS Foundation representative.

STS Foundation is a 501(c)3, and an official U.S. Department of State designated Exchange Visitor Program Sponsor. Families interested in learning more about hosting an exchange student can visit http://www.stsfoundation.org or contact Vicki Odom at 832-455-7881 or at vicki.stsfoundation@gmail.com.

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WOMEN'S HEALTH

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How to Raise a Confident Child

Neena Hamamcy, MA, LPC, LMFT

A child's self-worth is the gateway to social success and sound mental health. Developing healthy self-esteem is the building blocks of child development and affects us at every age of our lives, determining how we act, not just in childhood, but also as adults. Having low self-esteem drives behavior problems, troubles in relationships and school performance, to name a few. As parents, we are greatly influential in how our children perceive themselves, thus ensuring that we raise our children to grow to have confidence and positive self-worth is essential for their success as adults. Here are some ways to help improve your child's self-esteem:

Help Your Child Express and Embrace their Feelings

When your child looks in the mirror and sees themselves, you want to make sure that they like who they see. One way to ensure this is to cultivate a relationship where you encourage your children to express their feelings openly. When you take the time to listen and accept their feelings, you are sending a message that they matter and how they feel is important. A child's feelings are part of who they are as individuals, thus embracing their feelings is in effect embracing them. When a parent listens and validates their child's feelings, it makes a child feel valued and worthy. If a parent repeatedly responds to their child's feelings with hurt, anger, shame or judgment, the child receives a message from a parent that their feelings are wrong and that their parents are not emotionally available. This can lead a child to shut off their emotions, which in turn can lead to behavior problems down the road. The way a child feels about themselves reflects in their behaviors. By listening and accepting your child's emotions, your child will feel loved, valued and reassured that you are capable of meeting their needs emotionally.

Teach Ownership

It is important to distinguish between a child's feelings and their actions. You want ensure that your child feels loved, but you also want to hold your child accountable for undesirable actions. Setting clear expectations and having consequences is essential for teaching accountability and promoting self-esteem. Helping your child take ownership for their actions helps them learn that their actions have consequences and that they can control the outcome based on their choices. "If I make good choices, then good thing follow, if I make bad choices, then bad things follow." Just as kids learn to be accountable for their mistakes, they also learn to own their achievements and success. Without this accountability, children miss the opportunity to experience the joy and satisfaction that comes from mastering their efforts. It is important to allow children to learn from their missteps and develop the resiliency to deal with their failures and the difficult feelings that accompany. We have morphed into a society that struggles with negative emotions and what we often see are parent's trying to protect their children from

unpleasant feelings. Where everyone is a winner and there are no losers; where in an effort to preserve self-esteem, we try to protect our children from feeling bad about themselves. This approach actually produces the opposite outcome; it creates children that are spoiled, entitled and view themselves as victims. A parent who intervenes and tries to protect their children from difficult feelings and situations, inadvertently interferes in learning lessons that build self-esteem and resiliency that set the path for success in adulthood. Parenting with accountability allows children to own their failures as well as their achievements and empowers kids to see they have control over the outcome of their lives.

Create Experiences to Help Your Child Feel Successful

Help your child find their strengths and acquire skills, whether it be academically, socially or in extracurricular activities. One way children measure their self-worth is by how other's perceive them, and in our society that is full of measuring and comparing, children can be vulnerable to heightened criticism and comparison. Emphasize to your child that you accept and love them regardless of their performance. Create opportunities for them at home and outside the home, where they can accomplish goals and feel the satisfaction of completing a task. Experiences of success create confidence and foster self-esteem. Experiences that can foster self-esteem include having chores and responsibilities at home, participating in athletics, or other areas of social or extracurricular interest. Encouraging their independence and helping your children be responsible will encourage positive self-worth.

Try to Understand and Heal your own Self-Worth Issues

Parenting can be emotionally intoxicating as well as draining. Becoming a parent tends to bring out the best and worst of ourselves. As we navigate through such an intensely emotional relationship with our children, we are often confronted with our own insecurities and fears. Becoming a parent has a way of bringing to the surface our own unresolved emotional issues stemming from our relationships with our own family or origin. Our children's self-worth is not genetic, but rather learned and especially in early childhood, is a reflection of the parent's sense of self, particularly the mother. A parent's unhappiness is passed down to a child, and children view your unhappiness as unhappiness with them. It is important to address your own insecurities and fears because no matter how many parenting books you read, if you don't address your own self-worth issues, you are bound to pass them to your kids. Looking at your own wounds from your early childhood and trying to understand the positive and negative ways your parents influenced your self-esteem can help you identify ways to break the cycle in your own relationships with your children and help promote your own self-worth as well as your children's.

The Gazette

Eating Right Isn't Complicated

by Sharon Denny, MS, RDN

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes.

Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the Nutrition Facts panel on food labels for total fat and saturated fat.







THREE TERRIFIC TREES by Jim and Lynne Weber

Trees are often planted for their ornamental value, or to provide shade, but there are many other reasons to plant them. They improve air quality by producing oxygen and storing carbon, which offsets the harmful byproducts of burning fossil fuels. They can moderate the effects of sun and wind, reduce air conditioning costs, and clean the air by trapping dust and pollen. Trees can also be credited with increasing property values, lowering our heart rates and reducing stress, and providing shelter and food for many types of wildlife.

In Central Texas, three terrific trees that are native to our area include Escarpment Black Cherry (Prunus serotina var. eximia), Mexican Plum (Prunus mexicana), and Carolina Buckthorn (Frangula or Rhamnus caroliniana). All three of these trees are medium-sized, deciduous, display fall color, and benefit wildlife by producing fruit.

Escarpment Black Cherry is a distinct variety of Black Cherry, found only on the calcareous soils in our wooded hill country canyons, slopes, and floodplains. Up to 50 feet tall, this tree is prized for its attractive silvery trunk and branches, five-inch long clusters of showy white blooms that occur in March and April, juicy summer fruits, and vivid yellow to red fall foliage. While the small dark red to purple-black cherries it produces are edible, the rest of the plant is not, and the cherries are often eaten first by birds. Several butterflies, including Viceroy, Eastern Tiger Swallowtail, Two-tailed Swallowtail, Red-spotted Purple, and Striped Hairstreak use this tree as their host plant.

Often called the 'star of our native plums', Mexican Plum is easily recognizable in spring, as it is an early bloomer. Before the leaves appear, white to pale pink, five-petaled flowers cover the 15 to 35 foot tall tree from February to April, and they are extremely fragrant, attracting several species of native bees and butterflies. Plums up to one-inch wide turn from yellow to mauve to purple as they ripen July through September, and they are edible for humans and wildlife alike. Thick, five-inch long leaves provide food for the Eastern Tiger Swallowtail and Cecropia Silkmoth, and turn a showy shade of orange in autumn. Mature trunks are a beautiful satiny blue-gray with horizontal striations, typical of most fruit trees.

Lesser known is the Carolina Buckthorn, an understory tree 12 to 15 feet tall, with oval, shiny green leaves and small yellow clusters of blooms produced near the leaf stems in May and June. It prefers bottomlands, canyons, and streamsides, and in light shade it is airy and tiered. Bright red fruits turn to black when ripe, and are relished by many birds and mammals. The leaves stay green into late fall, turning various colors from yellow-gold to bronze-sienna as the weather cools. Carolina Buckthorn is also the host plant for Spring Azure, Gray Hairstreak, and Painted Lady butterflies.

Consider adding one or all of these terrific trees to your property. While the best time to plant trees in Central Texas is in the fall, it's never too late to plan for future enhancements to your native landscape!

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, check out our two books, Nature Watch Austin & Nature Watch Big Bend, both published by Texas A&M University Press, and our blog at: naturewatchaustin.blogspot.com.





Escarpment Black Cherry (blooms & fruit)





Mexican Plum (blooms & fruit)





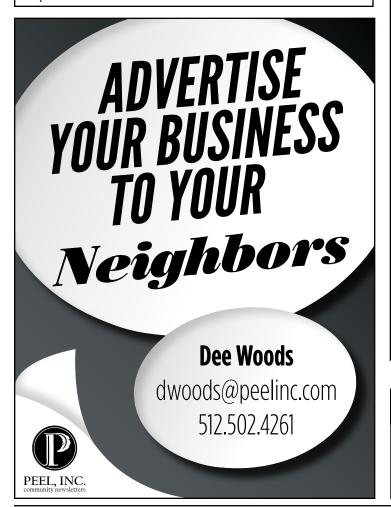
Carolina Buckthorn (blooms & fruit)

The Gazette

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CROSSWORD PUZZLE

1	2	3	4			5.	6	7	8
0	+	+	+		10			+	+
11	1	1			12			t	+
13	t	\pm	H	14			15	t	†
			16	+		17	1	t	
18	19	20				1			
21				22			23	24	25
26	+		27			28		+	+
29			1		П	30			+
31	+	+	+			32	+	+	+

ACROSS

1. Syllables used in songs (2 wds.) 1. Worship

5. Swiss mountains

10. Expression

11. Unwanted plant

12. Striped animal

13. Seasickness symptom

15. Affirmative

16. Set loose

18. Pups

21. Epoch

22. Vapors

26. Vapor

28. Singing voice

29. Japanese city

30. Not mine

31. In (together)

32. Skewer

DOWN

- - 2. Domain

9. Waterless

3. In __ of (instead of)

4. Totals (2 wds.)

5. Wood chopper

6. African country

7. Tiny skin holes

8. Hit

10. Rhododendron

14. Mystery

17. School writings

18. Spanish coins

19. Salaam

20. Encomium

23. Pig food

24. Decorative needle case

25. Classify

27. American Kennel Club (abbr.)

View answers online at www.peelinc.com

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PERSONAL CLASSIFIEDS

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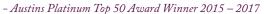
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