



OCTOBER 2018
VOLUME 11 ISSUE 10

Power for Parkinson's

The Power for Parkinson's Circle C \"Move & Shout\" exercise class has relocated to the Circle C Community Center. Previously held in Spero Rehab at 5401 La Crosse Ave., the relocation will give the class more space for the growing number of participants and caregivers.

Power for Parkinson's offers free exercise classes to people who suffer from the Parkinson's Disease as well as their caretakers. Lauren Lewis leads the Move & Shout class. For class schedules and more information, please visit www.powerforparkinsons.org.

New location:

Mondays at 1-2pm

No cost to attend

Circle C Community Center

7817 La Crosse Ave., Austin, TX 78739



Meet Team of Local Mystery Authors

Readers of mystery novels will have a chance to meet the authors of the latest Crispin Leads thriller on Saturday, October 20, 2018, from 6:00 to 8:00 p.m. at Book People.

Digging up the Dead, by Meredith Lee follows on the heels of the 2017 award-winning debut novel, Shrouded. Meredith Lee is the pen name for the Austin-based writing team of Sue Meredith Cleveland and Dixie Lee Evatt. Digging Up the Dead finds the young scholar, Crispin Leads, in Egypt where she dodges murderers and outwits con artists while tracking down the truth behind dark family secrets and ancient curses surrounding the tomb of King Tut.

Copies of the book will be on sale for \$16.99, plus tax. The authors will talk about the inspiration for their latest novel and sign copies of the book. The book is already receiving pre-publication praise. Jennifer Love Hewitt, New York Times best-selling author says of the heroine, "The authors had me rooting for her from the first heart stopping scene to the last heartbreaking moment." The mystery was a finalist in the 2018 Writers' League of Texas Manuscript Contest.

Book People is located 603 North Lamar, Austin 78703.

The book will go on sale on Amazon on October 15, 2018.

About the Authors

Meredith Lee is the pen name for the Austin-based writing team of Sue Meredith Cleveland and Dixie Lee Evatt. Their process includes research trips to foreign counties to sample wine and food and, when required, the occasional dramatic performance of a scene to make sure it "works."

SUE MEREDITH CLEVELAND, Author and Artist

Sue is an award-winning artist who has worked in multiple media including oil, watercolor and fiber. Her earliest publications include articles advocating childbirth education and humanizing hospital care. Two mysteries that Sue collaborated on with Dixie were finalists in the 2017 and 2018 Writers' League of Texas Manuscript contests. One Slip Over the Line, Sue's work-in-progress Young Adult novel, was a 2015 finalist in the Cynthia Leitch Smith Writing Mentor

(Continued on Page 3)

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

(Continued from Cover)

Award. Sue's essays, literary memoir pieces, and short stories have been featured in award winning literary journals, magazines, and blogs. Sue has written two pre-published Middle Grade novels: *A Shadow Over Silver* and *Blue Water Over Dark Secrets*.

DIXIE LEE EVATT, Writer and Word-Wrangler

A former political writer for the Austin American-Statesman, Dixie later taught writing at the S.I. Newhouse School of Public Communication at Syracuse University. While there she published a book, along with colleagues, on the communication practices of small organizations, *Thinking Big. Staying Small*. When she teamed up with Sue to write fiction, they sold a screenplay treatment to a Hollywood producer. Although the movie was never made, they used the seed money to found ThirtyNineStars, their publishing company. They also produced a second screenplay based on the life of a Waco schoolteacher who was imprisoned in World War I because of his German heritage and his work with early radio broadcasting. That screenplay, *Wireless*, was a finalist for the Chesterfield Writer's Film Project in 2003.

More information can be found at
www.meredithlee.net



the Y
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR MORE THAN A WORKOUT

At the YMCA of Austin, we're more than just a gym. The Y is a nonprofit committed to helping everyone thrive at each stage of life. Our community brings together people of all abilities, ages, ethnicities, financial circumstances, genders, races, religions and sexual orientations.

For more than a workout. For a better us.™

8 locations across
Travis, Hays & Bastrop counties

Learn more at
AustinYMCA.org

Save the Date for Bethany Marketplace

November 10th

9am-4pm at Bethany Lutheran Church, 3701 W. Slaughter Lane
Austin 78749.

100 Artisans • Free parking • Cafe • Bake sale

Proceeds go the Women of Bethany Mission grants.

Bethany Women in Mission Mission Outreach Grants 2018

Camp Lone Star – Bethany Member Scholarships.....	\$1500
Upbring New Life Center (Canyon Lake).....	\$1000
South Austin Assistance Ministry (SAAM).....	\$1000
Concordia Seminary – Adopt a Student Program.....	\$1000
Concordia University – Austin (DCE Program).....	\$1000
LWML Mites.....	\$1000
LWML – Lutheran World Relief Quilts (Bethany – Supplies).....	\$900
University Lutheran Chapel – Texas A&M.....	\$500
University Lutheran Chapel – University of Texas.....	\$500
Water to Thrive (to go toward 5th Water Well).....	\$200
TruCare Pregnancy Center (Austin).....	\$500
Deaf Youth Ministry of Texas.....	\$700
LINC Austin.....	\$1000
Young Lives – SE Austin Ministry for Teen Moms.....	\$600
Cornerstone – New Lutheran Mission Ministry in Buda.....	\$1000
LWML – Dorcas /Pillowcase Dresses (Bethany – Supplies).....	\$100
Mission Start-Up, Naguru, Uganda (Africa).....	\$500

Total: \$13,000



The Rainbow Room is a 247 resource center located in the Child Protective Services office where caseworkers can gather new and essential items needed for the kids in their caseload whose lives are in crisis. The Rainbow Room is in constant need of brand new items for the more than 700 children it serves each month.

Click on **donate items** on our homepage
www.partnershipsforchildren.org

Items Needed:

- diapers/pull ups (all sizes)
- baby wipes
- shampoo/body wash
- rash cream
- bottles
- sippy cups
- pacifiers
- onesies
- pack 'n' plays
- car seats



**PARTNERSHIPS
for
Children**





Bethany Marketplace

FREE ADMISSION | LOCAL ARTISANS | CAFE

SATURDAY, NOVEMBER 10 9AM-4PM | BETHANY LUTHERAN CHURCH

3701 W. SLAUGHTER LN AUSTIN TX 78749

10 Tips for a Healthy Fall

by Laura McMullen



Seeya, summer.

Welcome back, short days, crisp air and colorful leaves. Think of the new season as a fresh start to your healthy habits. Stow away the swim suit and dust off the sweaters for apple picking. Enjoy the seasonal produce that makes this season so tasty. And celebrate the holidays like

a health pro – by enjoying foods without overindulging. Here's how to enjoy your healthiest autumn yet.

Think beyond pies and jack-o-lanterns.

All hail The Great Pumpkin! The pulp of this fall favorite is dense with vitamins A and C, and its tasty seeds, called pepitas, are rich in phytosterols, which may help to lower cholesterol. With all the health benefits of pumpkins, don't they deserve to be more than a craft project that rots a few weeks later? Check out Eat + Run blogger Keri Glassman's recipes for roasted pepitas, pumpkin spread and roasted pumpkin, plum and pecan spinach salad.

Get your flu shot.

Want to spend a week of autumn cooped up at home, suffering

from fever, fatigue and aches? Didn't think so. According to the U.S. Centers for Disease Control and Prevention, "The single best way to prevent the flu is to get a flu vaccine each season." And no, no, no, the flu vaccine cannot give you the flu.

And while you're at it, steer clear of the common cold, too.

Hydrate with tons of water throughout the day, and your immune system will thank you. The foods you eat can also help prevent the cold. Yogurt, with all its probiotic glory, has been shown to boost the immune system, and one serving of seaweed packs more vitamin C than an orange. Another immunity booster? The aforementioned autumn favorite: pumpkins.

Sign out of Facebook, ditch the fall lineup and head outside.

The leaves are bright on the trees and satisfyingly crunchy under your feet. The (usually) moderate temperature is a reprieve from the sweltering summer and a gift before the frigid winter. What better season to throw on a beanie and head outside? Plus, spending time outdoors increases your vitamin D levels, makes you happier and improves your concentration, according to Harvard Medical School.

(Continued on Page 5)

LAURA
MORRISON
FOR AUSTIN MAYOR

A Mayor who
will continue
to fight for
neighborhoods
at City Hall!



Pol. adv. Laura Morrison Campaign, Steve Bercu, Treasurer. This campaign has not agreed to comply with the contribution and expenditure limits of the Austin Fair Campaign Chapter.

**GET PRE-QUALIFIED
TODAY!**

At Independent Bank Mortgage, we offer a winning combination of personal service, loan programs and industry expertise. It's our goal to make your next home purchase an easy-to-manage process.



**Independent Bank
Mortgage**

Ryan Hawkins
Mortgage Loan Originator
NMLS#1746570
512.640.6978 | ryhawkins@ibt.com

RAISING STANDARDS TOGETHER

1011 W. 40th St., Ste. 100 | Austin, TX
NMLS#411428 | ibtx.com | Equal Housing Lender

(Continued from Page 4)

And while you're outside, get a workout.

Take in the changing scenery on a run, hike or bike ride. Join an intramural fall sport, such as flag football, soccer or Ultimate Frisbee. Want a workout that's a little less intense? Consider this: For a 150-pound person, 30 minutes of raking leaves, 30 minutes of planting and weeding and 30 minutes of playing with the little ones each burn roughly 150 calories.

Scare off those Halloween candy cravings.

Maybe don't swear off every candy corn kernel – where's the fun in that? Just don't morph into a sugar zombie. If you buy candy for trick-or-treaters, buy only enough for the kids. And wait until Halloween day to buy the candy, so the in-house sweets aren't haunting you throughout October. If you buy the candy sooner, keep it out of sight in a cupboard.

Eat like an athlete – not a couch potato – on game day.

"My favorite football player outperformed another skilled athlete. I'll celebrate his fitness by eating five servings of greasy potato chips!" Not this season. Set out raw veggies and dip instead of chips, and you'll graze much more healthfully. Eat + Run blogger Keri Gans suggests other simple improvements to game day favorites, such as cutting pizza into smaller slices, doling chili

into cups instead of bowl-sized portions and more.

Buy in-season veggies, such as beets, broccoli and Brussels sprouts.

Not to mention cabbage, carrots, cauliflower, eggplant, kale and squash. An abundance of tasty autumn vegetables makes it easy to reap the benefits of a plant-based diet, such as diabetes prevention, hypertension control, heart health and more. Eat + Run blogger Rebecca Scritchfield believes the best way to enjoy fall veggies is by roasting them with just a little oil, salt and pepper.

Enjoy a healthier Thanksgiving.

Start Turkey Day with a protein- and fiber-packed breakfast, which will boost metabolism and help prevent sugar cravings, says Eat + Run blogger Heather Bauer. Then make a plan before the big meal, Glassman adds. Don't mindlessly grab heaps of every dish available. Think through which you could do without, and which you really want – and for the latter, practice portion control.

Give back

Ideally, we're giving yearlong, but what better reminder to boost our good deeds than Thanksgiving? Giving takes many forms, big and small, so the possibilities are endless. Give your co-workers a sweet surprise by bringing treats to share. Give older people some attention by visiting them at the nursing home. Simply give your fellow driver a break by letting him merge into your lane.

Does Newsletter Advertising Work?

IT JUST DID!

To Reach Your
Community Today Call
512.263.9181
www.peelinc.com



When "That
will never
happen
to me"
happens.

Lee Ann LaBorde, Agent
8400 Brodie Ln Ste 105
Austin, TX 78745
Bus: 512-282-3100
leeann@leeannlaborde.net

I'm ready to help.

There's never a good time
for an accident to happen. But
when it does, you can count on
me to be there quickly so you
can get your life back to normal.
GET TO A BETTER STATE®.
CALL ME TODAY.



1101204.1

State Farm, Home Office, Bloomington, IL

The Gazette is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the 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 newsletter 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.

TIPS FOR PACKING A HEALTHY SCHOOL LUNCH

Packing lunches for your back-to-schoolers is no easy task. Plus, every parent knows that just because you pack it, doesn't guarantee your kids will actually eat it. However, this doesn't mean you have to fill your kids' lunchboxes with pizza and cookies everyday. Below we offer 5 tips for how to pack a nutritious lunch that your kids will look forward to eating and you'll feel good about giving them.

Tip #1: Get Your Kids Involved

- Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.
- Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.
- Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.

Tip #2: Turn Healthy Foods into Fun Foods

- Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.
- Use kid-friendly skewers to make colorful food kebabs.
- Create a theme for the day and have all of the foods in their lunch relate to the theme

Tip #3: Make Your Own Snacks – and limit processed ones

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

Tip #4: Incorporate All Food Groups

A balanced diet includes all of the food groups. Luckily, there are so many different ways to enjoy each food group:

- Fruits: fresh, frozen, dried, canned, baked (think apple chips!) or pureed.
- Vegetables: fresh, frozen, or baked (think kale chips!)
- Lean protein: baked chicken, deli meats, hard boiled eggs, beans or nuts (be aware of nut allergy regulations at your child's school).
- Low-fat dairy: milk, cheese or yogurt
- Whole Grains: pita, sandwich bread, tortillas, wraps, and pastas

Tip#5: Encourage Hydration

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).

- Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they are completing a challenge!
- If the "flavor" of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up – and keep it cooler.

With these tips in mind, you and your child are ready to start out the school year on the right foot. Good luck – and happy packing!



AUSTIN TELCO
FEDERAL CREDIT UNION

512-302-5555

www.atfcu.org

24 Metro Locations

Free Checking



- No Minimum Balance
- 300+ Free ATMs
- No Monthly Service Charge
- No Per Check Charge

Join Online Today

Federally Insured by NCUA

NATURE WATCH

LOVELY LONGWINGS

by Jim and Lynne Weber



Zebra Heliconian

Longwing butterflies, also known as Heliconians, are brightly colored, tropical butterflies with long forewings that are now regarded as close relatives of the fritillaries. Their caterpillars feed on species of passionvine, which contain poisonous chemicals that render the adult butterflies noxious to predators. As such, the bold patterns on many of these butterflies are aposematic, defined as a 'warning coloration' designed to ward off predators. The result is a butterfly that can live for several months, far longer than most other butterflies.

The most common longwings in our area are the Zebra Heliconian (*Heliconius charithonia*), Julia Heliconian (*Dryas julia*), and Gulf Fritillary (*Agraulis vanillae*). The bold black and pale yellow stripes on the wings of the Zebra Heliconian, vibrant above but paler below, are unmistakable. Its flight is slow with shallow, almost shaky wingbeats, through open woodlands. Adults gather in late afternoon to roost communally as additional protection against predators. Its wingspan can reach up to 4 inches, and they are commonly seen in the fall.

With fast, direct flight and shallow wingbeats, Julia males are mostly bright orange above, with the female a more subdued orange with a black forewing band. Wingspan reaches just over 3.5 inches, and they are brown to dull orange below with no spots. Its distinctive shape and lack of markings make it easily recognizable, especially during its peak flight season in the fall. Curiously, these butterflies have been observed to land on the eyes of turtles and caimans, irritating them enough to sip on the tears they produce.

While the Gulf Fritillary is also an orange-colored longwing butterfly, it tends to be deeper in color, and has dark streaks and spots on the forewing, some white ringed in black and others solid black. Its underside is brown, but covered in many elongated, iridescent silver spots. With a wingspan up to 3.75 inches, this longwing can

fly year round, and adults often overwinter. Both male and female Gulf Fritillaries possess certain defensive glands located on their abdomens. When these butterflies sense a predator is close or they suddenly get disturbed, these glands emit a distinct and distasteful odor, typically causing the predator to leave them alone.

In spite of their unpalatable characteristics as prey, these longwings are some of the most beautiful and desirable butterflies to be observed in our area. Here's hoping your garden is graced by them!

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 books, *Nature Watch Austin*, *Nature Watch Big Bend*, and *Native Host Plants for Texas Butterflies* (all published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



Julia Heliconian



Gulf Fritillary



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

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

VW



ASHLEY AUSTIN
HOMES

*Based on 2010 - 2017 ASO's Data

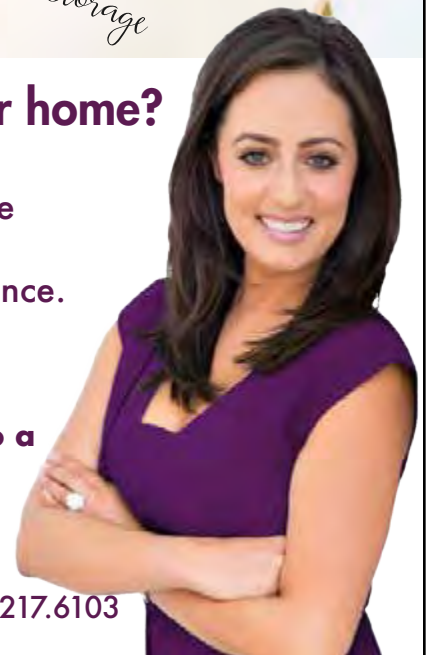
Growing wish list? Or, simply outgrowing your home?

- Gain pre-MLS access to homes with the highest volume producing agent in Southwest Austin
- Make informed decisions supported by data and experience.
- Fierce and focused negotiations and problem-solving skills to promote your best interest.

Don't keep a growing wish list, let's get you settled into a new home, with strong profits from your home sale!

ASHLEY STUCKI

BROKER, REALTOR, CHLMS, CIPS, CRS
ashley@ashleyaustinhomes.com - 512.217.6103



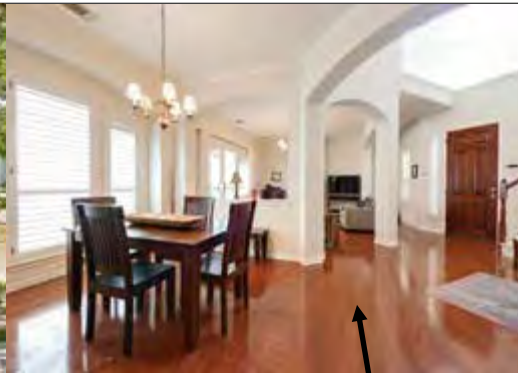
“The #1 virtual tour real estate website, originally designed in 1999 and still serving our Southwest Austin residents today.”

John Squires and the Squires' Team with **Keller Williams Realty**, your neighbors and realtors for life.

Looking for the **#1** realtor in Southwest Austin that gives your home the best chance of selling at the absolute top price? The Squires Team has sold over 1,050 homes in Austin and over **650+** homes, *just* in Southwest Austin, including Western Oaks, Villages at Western Oaks, Legend Oaks, etc. The homes below and on the next page are John Squires' latest Southwest and Austin transactions, showing price per foot, property description, etc.. The market has remained strong, although we are starting to see a shift in some areas and homes are lingering on the market a while. For a free, detailed analysis on your valuable home, give John a call! **512 970-1970**.



10904 Cusseta Lane -John's Listing is **"Just Listed!"** at **\$754,500**. Stunning Streetman Wentworth 2 w/wood floors, media room, 5 beds, 4.5 baths. Heated pool and hot tub w/deep end. Quick walk to Clayton through the greenbelt! 4215~sq. ft. is \$182.~ per foot. Most highly sought-after plan ever built by Streetman Homes!



6360 Tasajillo Trail -John's listing is **"Just Listed!"** at **\$510,000**. Hammonds plan backing to private greenbelt with huge oak trees. 4/3.5 with game room and 2 masters! Hot tub pad w/220v is just waiting for a party. Gated and private! \$178.~ per foot. Call John!



7113 Magenta Lane John's listing is **"Coming Soon!"** Incredible Plantation home featuring wood floors, soaring ceilings, a large back yard and more! It'll be around the mid-high **\$500's**.



John's sell phone **(512) 970-1970**

SquiresTeam.com

kww KELLER WILLIAMS
REALTY

SquiresTeam.com



10913 Canfield in the Estates—John's buyer is **"Just Sold!"** on this absolutely incredibly upgraded home that was listed at **\$725,000.** at 3023~ sq. ft. or at \$240. per sq. ft. This gorgeous remodel has approx. \$200k in recent upgrades and was professionally renovated by a leading Austin designer. John obtained this property for his buyer while competing in a rabid multiple offer situation for the home and his buyers are thrilled with the outcome.



1811 Hawthorne Loop—John's listing is **"Just Listed!"** for **\$629,000.** in Rim Rock. Stunning, custom 1-story on 1.2 acres~ w/manicured lawn, pool, fire pit and tree-shaded, outdoor living areas. Perfect if you need a little elbow room and a place for kids and pets to play. 4 bedrooms, 3 full baths, sep. office. This stunning lot is one of the nicest in Rim Rock and exudes hill country living at it's best. Call John for more info!



"OMG John, dude, you totally rock! Thank you so much for selling our home so quickly and getting us off to our next venture in building our new home. Also, thank you sooo much for allowing us the use of your trailer for three weeks when we thought it was going to be three days. Sorry about that! If you ever need a referral from us, please have them call us directly. Thanks, Bryan and Katie Lewis" 11112 Pairnoy Lane