



Local Authors Honored

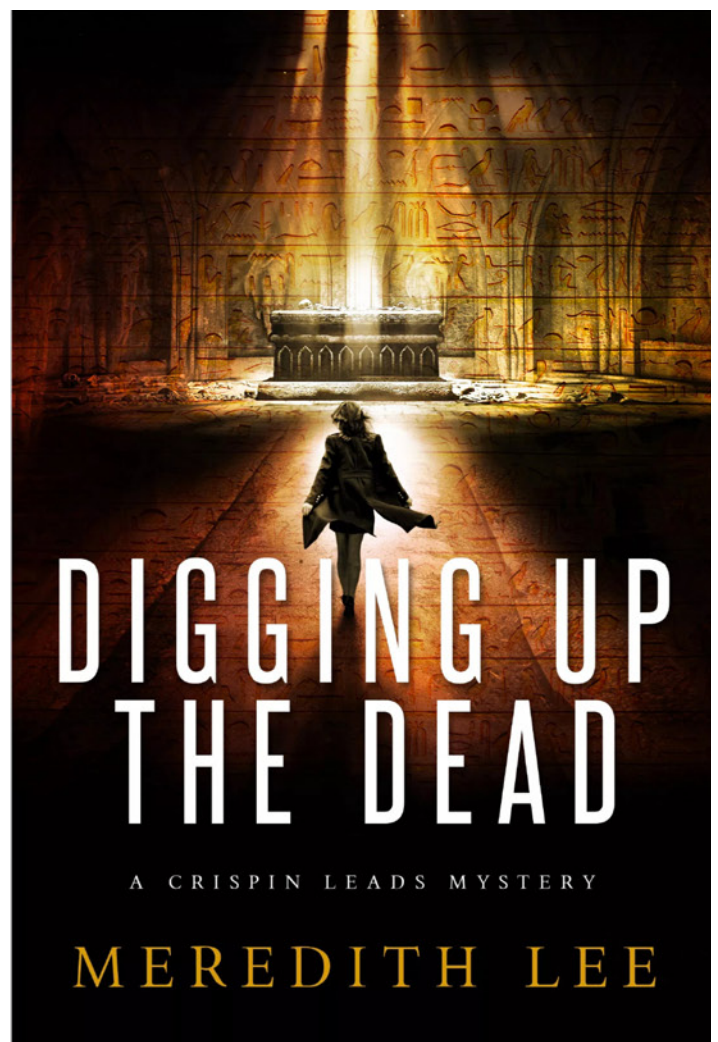
Digging Up the Dead: A Crispin Leads Mystery by the Austin-based writing team of Sue Meredith Cleveland and Dixie Lee Evatt has been singled out by BlueInk Reviews as one of its favorite books of 2018.

Out of the thousands of titles reviewed by the independent review service last year, BlueInk highlighted books in eight categories. For more information visit www.blueinkreview.com.

Digging Up the Dead, the second in a series of thriller-mysteries published under the writing team's penname Meredith Lee, finds a young scholar, Crispin Leads, in Egypt. There 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 sell for \$16.99 at bookstores and online. The e-book is \$10.99.

To learn more visit www.meredithlee.net



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Bailey.....	512-414-4990
Small.....	512-841-6700
Gorzycki	512-841-8600
High School	
Austin	512-414-2505
Bowie.....	512-414-5247

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City of Austin (billing)	512-494-9400
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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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Introducing "Get to Know Your NEIGHBORS"

We are all very fortunate to call Villages of Western Oaks home. But, Villages of Western Oaks is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Villages of Western Oaks a better place to live, please let us know. We would like to introduce them to your neighbors.

Email Kelly@peelinc.com to be featured in a future issue.



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TENNIS TIPS

By USPTA/PTR Master Professional Fernando Velasco

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures player Robyn Fuller from the Grey Rock Tennis Club demonstrates the proper form and technique.



STEP 1



STEP 2



STEP 3



STEP 4

Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be "cocked" back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball.

It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

Look for in the next Newsletter: The Serve



PEANUT BUTTER

By Janet Rourke

Did you know that peanut butter is surprisingly good for your health?

Eating peanuts and peanut butter can lead to weight loss by suppressing hunger and can lower your risk of getting heart disease, colon cancer, gallstones, Alzheimer's Disease, and type 2 diabetes. Peanuts are high in niacin, potassium and healthy monosaturated fats.

When buying peanut butter, check the label and get the ones with no hydrogenated fats or added sugar. The peanut oils and solids will separate, so turn it upside down. The oils and solids will remix. Store it in the refrigerator.

The following recipe is so easy to make and is great for breakfast, snacks, putting in lunch kits, ...

Peanut Butter Balls

1 cup oats, ground (I ground mine in coffee grinder)
1/2 cup flaxseed, ground
1/2 cup peanut butter
1/3 cup honey
1/2 cup raisins (can substitute chocolate chips)
1/2 cup coconut

Mix together all ingredients until a dough forms. Roll dough into bite-size balls. Place in storage container with wax paper between layers. Refrigerate about an hour. Enjoy.

To store, place in ziplock bag or storage container. Good in refrigerator up to 3 weeks and in freezer up to 6 months.

Information from an article in Care2 by Diana Herrington – article submitted by Manjula Lannan.

HOW CAN I GET IN SKI-SHAPE?

By Kelly Cunningham, MD, Sports Medicine specialist and Founder. Austin OrthoBiologics.

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

Ski conditioning begins about 6 weeks prior to travel, and involves three phases:

Muscle training

Stamina

Agility

Muscle training for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

Stamina is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using "interval" periods to increase your heart rate. Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the athletic agility that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are "ski-adaptive" sports. "Ski-specific" training involves side-to-side training tools



that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes—perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as an autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society.

HEADING OFF BURNOUT

Burnout is more than just stress—it's how your mind and your body tell you a change is needed. Do you find yourself withdrawing from work and caring less about results? Are you working harder, often mechanically or to the point of exhaustion? Just going through the motions?

Try a few tips for keeping burnout at bay.

Exercise at least three times a week. Running, weight lifting, bike riding—anything that gets your heart and lungs working burns off stress. Exercise releases endorphins that boost your mood and it dissipates built-up stress that otherwise leads to burnout.

Make time for a hobby. An art class, cooking, reading, sewing—anything that's not part of the regular grind and that

helps you relax will balance the things that wear you down.

Practice breathing exercises. "Just breathe!"

Yes, it's an old cliché, but there is a grain of truth behind every cliché. Deep breathing gives your body a boost of oxygen and it releases tension in your abdomen around your heart.

Get away. Take a walk at lunch, and don't take work home. Leave the office at the office. At home, find a time and place where you can relax and unwind. Even 15 minutes of relaxation can relieve stress.

Laugh. Sometimes it helps to look at a situation and just laugh. If that fails, read the jokes that your uncle's cousin's best friend is e-mailing you three times a week. Pick a comedy next time you go to the movies or surf channels.

Take up yoga or tai chi.

These disciplines have a restorative effect and are sure burnout busters.

Burnout can creep up on you slowly. Watch for the warning signs and stay ahead of it. Your heart, family and employer will thank you.

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EARTHQUAKE CAKE

- 1 cup coconut
- 1 cup chopped pecans
- 1 - 2 layer pkg. German chocolate cake mix
- 8 ounces cream cheese, softened
- 1/2 cup melted oleo
- 1 - 1lb. pkg. confectioners sugar
- Sprinkle coconut and pecans in greased and floured 8 x 14" cake pan. Prepare cake mix using package directions. Pour into pan. Beat cream cheese and oleo in mixing bowl. Add confectioners sugar; mix well. Pour over batter. Bake at 350° for 45 minutes or until cake tests done.
- Yield 15 servings.



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Shedding Light on New Bulbs



Standard incandescent light bulbs may soon become a thing of the past. Under the Clean Energy Act of 2007, required the sale of energy-inefficient incandescent bulbs to be phased out over a two-year period, beginning with 100-watt bulbs in January 2012. Compact fluorescent lights (CFLs) have become the most popular replacement choice. The typical CFL uses 66 percent less energy and lasts up to ten times longer than an incandescent bulb.

Making the switch to CFLs doesn't require that you throw out all your incandescent bulbs right away. Even a gradual change can result in significant savings. Just replacing your home's five most frequently used light fixtures can save you more than \$65 each year, as CFLs provide the most savings when a lighting source is used for at least two hours a day. You can continue to use incandescent bulbs for fixtures that are only on for a few minutes at a time, such as closet lights, changing to CFLs as your supply of incandescent bulbs runs out.

One important point to know about CFLs is that they contain an average of 4 milligrams of mercury (about the amount that would cover the tip of a ballpoint pen). The mercury is sealed within the bulb's glass tubing, and no mercury is released when the bulb is intact or used. Special caution must be taken when disposing of used bulbs or cleaning up broken bulbs, however. Some states require used CFL bulbs (broken and unbroken) to be taken to local recycling centers for disposal. And if a bulb breaks in your home, you should follow the Environmental Protection Agency's guidelines to clean up the debris:

Before Clean-up: Air Out the Room

- Have people and pets leave the room, and don't let anyone walk through the breakage area on their way out.
- Open a window and leave the room for 15 minutes or more.
- Shut off the central forced-air heating/air conditioning system, if you have one.

Clean-Up Steps for Hard Surfaces

- Carefully scoop up glass pieces and powder using stiff paper or cardboard and place them in a glass jar with metal lid (such

as a canning jar) or in a sealed plastic bag.

- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- Wipe the area clean with damp paper towels or disposable wet wipes. Place towels in the glass jar or plastic bag.
- Do not use a vacuum or broom to clean up the broken bulb on hard surfaces.

Clean-up Steps for Carpeting or Rug

- Carefully pick up glass fragments and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.
- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- If vacuuming is needed after all visible materials are removed, vacuum the area where the bulb was broken.

• Remove the vacuum bag (or empty and wipe the canister), and put the bag or vacuum debris in a sealed plastic bag.

Clean-up Steps for Clothing, Bedding and Other Soft Materials

- If clothing or bedding materials come in direct contact with broken glass or mercury-containing powder from inside the bulb that may stick to the fabric, the clothing or bedding should be thrown away. Do not wash such clothing or bedding because mercury fragments in the clothing may contaminate the machine and/or pollute sewage.

• You can, however, wash clothing or other materials that have been exposed to the mercury vapor from a broken CFL, such as the clothing you are wearing when you cleaned up the broken CFL, as long as that clothing has not come into direct contact with the materials from the broken bulb.

• If shoes come into direct contact with broken glass or mercury-containing powder from the bulb, wipe them off with damp paper towels or disposable wet wipes. Place the towels or wipes in a glass jar or plastic bag for disposal.

Disposal of Clean-up Materials

- Immediately place all clean-up materials outdoors in a trash container or protected area for the next normal trash pickup.
- Wash your hands after disposing of the jars or plastic bags containing clean-up materials.
- Check with your local or state government about disposal requirements in your specific area. Some states do not allow such trash disposal. Instead, they require that broken and unbroken mercury-containing bulbs be taken to a local recycling center.

Future Cleaning of Carpeting or Rug: Air Out the Room During and After Vacuuming

- The next several times you vacuum, shut off the central forced-air heating/air conditioning system and open a window before vacuuming.
- Keep the central heating/air conditioning system shut off and the window open for at least 15 minutes after vacuuming is completed.



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Hey Southwest Austin, the holidays have come and gone and this year is different than all of the other 22 years I've been selling in Southwest Austin and Austin in general. The market *never* slowed down this year.. We had few slower weeks and many extremely busy weeks, but in general, we have been very steady all year, through the holidays and now into the new year. This year, there's no cyclical "ramp up" of our business at all as we have been placing listings and buyers under contract straight through October, November, December and into January and even February closings. It has turned into a year-round marketplace with rabid buyers still trying to take advantage of the low interest rates before the spring hike we are all anticipating happening. Right now, we're hovering at 5.25%~~ or so for fixed 30 year rates. Anyway, if you are interested in listing your home with me or shopping the marketplace for your next rental home or homestead, please give me a quick call. I work by appointment 7 days and evenings per week for your scheduling convenience. Thank you! John



John Squires' "sell" phone is (512) 970-1970.



"JUST SOLD!" John's listing at 1811 Hawthorne in Rimrock is a stunning hill country home loaded with upgrades and on approximately 1.25 acres of one of the most gorgeous lawns in all of Rimrock. In-ground pebble-tech pool, fire pits and outdoor sitting areas. **\$619,000.** Under contract in 2 weeks and closed in a month.

"CONTRACT PENDING!" John's new listing at 5036 Bluestar. Beautiful 4 bedroom, 2.5 bath home with huge game room, wood floors, stone fireplace and treed homesite. Priced at **\$419,000.!** Nice in Wildflower Park subdivision of Circle C. :)



"CONTRACT PENDING!" John's new listing at 7118 Magenta Lane is a gorgeous, Plantation Home at 3592~ sq. ft. and features 5 large bedrooms, 4 full baths and is a mother-in-law plan with 2 full baths and 2 bedrooms downstairs! Asking **\$567,000.**



"JUST SOLD!!!" 8008 Cheno Cortina— John's new listing. John was hired to sell this listing after it had been with a previous brokerage for 110 days. John sold the house in approx. 4 weeks after some light renovation and proper marketing of the home. Home was listed at **\$370,000.**



"CONTRACT PENDING!" 5020 Tiger Lily is John's brand new listing that he placed under contract in 7 days. Listed at **\$419,000.**



"COMING SOON!" John's new listing at 11421 Archstone— Simply gorgeous, Fedrik Harris, custom Winchester plan with 3-car garage, gleaming wood floors, outdoor fireplace and a huge, open floor plan. Gated subdivision of Circle C. Priced at **\$535,000.**

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kw KELLERWILLIAMS.
REALTY

Hey southwest Austin, well another great year has passed and we are continuing to see this entire southwest Austin area as the leading MLS areas in all of Austin taking into account affordability, location to town, age of homes, schools and ease of living. With all the dynamic changes we see (45/Mopac, additional new homes and townhomes) it is sure to maintain it's value very well into the coming years. The one constant with the southwest Austin market is that you have historically "gotten the most home" for your money and it is still true to this day in spite of the fact that we are actually very close to downtown. My out-of-state buyers (mostly Californians and New Yorkers) are amazed at how close the southwest area is to downtown and the prices you pay as compared to far north Austin, which is actually much further from downtown. It will be very interesting to see how values are affected in the coming year with the new 45 extension going through and the continual development of the area. If you ever want to chat about the market in general or list your house for sale please give me a call. Thanks! John Squires

No one works harder or smarter than John Squires to help you list and sell your valuable Southwest Austin real estate. What we do for you:

- 1) An honest and accurate "*maximum* seller net profit" pricing strategy for your home. We won't exaggerate price just to get the listing.
- 2) Provide professional staging for you at no cost.
- 3) Offer professional home renovation services to have your home show at it's best to garner top dollar.
- 4) Offer professional landscape services from minor curb appeal to entire yard transformations.
- 5) Professional photography to provide the cleanest sharpest pictures available for internet and brochure advertising.
- 6) Provide a list of different strategies/facets to advertise your home for maximum marketing exposure to the internet as quickly and effectively as possible.
- 7) Offer generous "move-up and move-down" with negotiable commission plans to fit every family's needs.
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