



Spring 2008

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Calendar

General Meeting
Tuesday May 6th
6:30pm-8pm
Pillow Elementary
Cafeteria

Neighborhood
Garage Sale
May 17th

Vertical Mixed Use is Coming

By: Jeff Russell

In the next month or so, the City of Austin will consider adding a Vertical Mixed Use (VMU) zoning overlay to the properties along Anderson Lane, a designated core transit corridor (between Burnet and Mopac). A VMU designation allows a property to be developed with residential uses above commercial uses. The base zoning category determines the type of commercial use and the height of buildings that can be constructed. For example, many of the properties on Anderson Lane are zoned general retail (GR) and can have buildings up to 60 feet tall. Under the GR-only rules, a tall building would need to be all commercial uses, for example retail stores on the ground floor and offices in the upper floors. With a VMU zoning overlay, those upper floors can be apartments or condominiums.

A common misconception is that VMU allows tall buildings to be constructed. It does not. VMU simply allows residential use above commercial use. The base zoning rules determine building height. Probably of more interest to our neighborhood is the Austin zoning code that defines compatibility standards between commercial development and nearby residential properties. [City Code, Sec.25-2, Article 10]. In the Code, height limitations are placed on commercial property located near single family residences. In a nutshell, all commercial buildings must be setback 25 feet from a residential property, and the height of the structure near residential property is limited as shown in the table. This is often called the “compatibility setback”, and applies to all commercial zoning irrespective of VMU.

Distance from residential property	Height limitation
< 50 feet	30 ft and 2 stories
50-100 feet	40 ft and 3 stories
100-300 feet	60 ft

The goal of VMU is to encourage desirable redevelopment of older properties along core transit corridors, especially properties like strip malls with big parking lots. Many of these properties have nearly 100% impervious cover, and a redevelopment under normal rules would require less cover, thereby making a complete redevelopment less likely. VMU provides development bonuses to encourage projects with increased density that mix commercial and residential uses, including walkable sidewalks and moving parking behind the main building. For example, to encourage developers, a site can keep existing impervious cover while parking space requirements are reduced. The theory goes that a mix of residential and commercial uses generates far less traffic than a commercial development, because the two uses can “share” parking. To take advantage of the development bonuses, VMU developers are required to provide affordable housing in a project. For example, in a multi-

(Continued on page 21)

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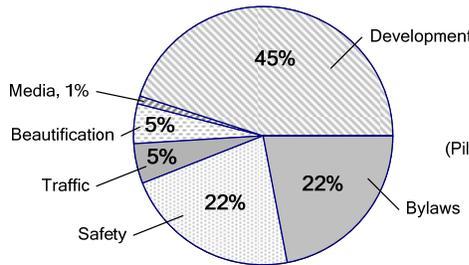
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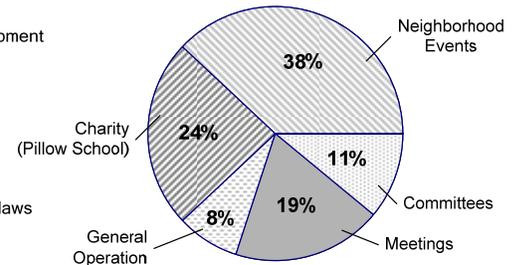
President's Corner

By: Jeff Russell

The board has been busy, meeting once a month, and finally settled on a budget for 2008 at the March meeting. Our budget of \$4,200 is funded by dues and newsletter ad revenue. As shown in the Expense Budget pie chart below, we continue to prioritize neighborhood events like the July 4th parade, and we also added a significant "slice" for donations to Pillow Elementary. Our general operating expenses cover post office box rental and filing fees, and meeting expense includes copies, notices, and occasional rental fees. The committees account for 11% of the budget, and the relative break down of committee budgets is shown in pie chart on the right.



Committee Budget Allotment



Expense Budget

The media committee, besides publishing this newsletter, has been busy adding content to our website, especially on the "history" pages. Almost all of the newsletters from the past ten years on are now available online. One outcome of the research to post the past newsletters was a discovery that our association pledged \$500 to Pillow Elementary in 2002 to help pay for the exterior sign. Once we confirmed this promise, we paid up!

If you want to help out and meet some of your neighbors, consider volunteering to help with some of the upcoming neighborhood-wide events. The social committee is organizing the July 4th parade and a Movie Night, and the safety committee will be promoting National Night Out. The beautification committee should soon be up and running, so we can get back to recognizing the "yard of the month".

Other committees are busy advocating for our neighborhood. The development committee has spent a lot of time working on neighborhood friendly features for the Village redevelopment project. They also proposed our association's recommendation for properties that should receive the Vertical Mixed Used zoning overlay. The traffic committee continues to follow the Steck re-striping project.

Our next general meeting is May 6, and we hope to see you there. Our general meetings are open to the public, so stop on by! We plan to devote less time to Roberts Rules trivia, and more time to guest speakers. For the May meeting, we invited a few city departments to talk about projects that impact our neighborhood.

It's easy to get involved: volunteer to help with an event, join a committee, or just attend our neighborhood events. See you there.

CORRECTION

In the Winter 2008 issue, we inadvertently left off Jeff Russell's name as the author of three articles he wrote. The articles were titled: "Why the September Vote to Give Money was Invalid", "Why Roberts Rules of Order?" and "The Nuts and Bolts of Our Association."

We apologize for any confusion and will ensure all future articles contain the correct bylines.

Sandy Perkins, Editor
Chris Jones, Media Chair

A Brief History of the NSCNA

By: Chris Jones

Located at the population center of Austin, TX, the North Shoal Creek Neighborhood Association contains over 880 households and 13 apartment/condo complexes. Six separate subdivisions make up the residential portion of the Association with the first subdivisions built in the early 1960's and the last built in the late 1990's when the Lucas tract was developed. The residents of NSCNA range from original homeowners who moved into their homes in the 60's, to the current generation of young adults moving into the neighborhood for its popular location and its close proximity to major Austin venues.

The NSCNA was first formed in the late 70's led by John Migl, the Association's first President, to stop the development of a Holiday Inn proposed in the north section of our neighborhood. The Association was successful in stopping that development and eventually the Holiday Inn was built in its current location across Mopac. The Association was also successful in stopping the relocation of the Yellow Rose, an adult entertainment business, from moving into the northern part of the neighborhood.

In 1998, the Association, led by Dallas Maham, successfully negotiated a \$25k donation from Nissan Town North to go toward traffic calming. Due to this \$25k, the Association became a Texas non-profit corporation in order to simplify taxes. While the Association worked to best use those funds, the City of Austin indefinitely postponed their traffic calming projects in 2000. After an 8 year hiatus, the City has started a pilot traffic calming project and we eagerly look forward to work with the City to fund projects that will help curb our current and future cut-through traffic volumes.

The year 2007 was a milestone for the NSCNA as we had over 180 paid households, the most since our inception. It takes dedicated people to volunteer and make a difference in our neighborhood and if you would like to contribute to the on-going history of the NSCNA, we look forward to seeing you at the upcoming general meetings and scheduled events.


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Committee Information

Beautification Committee

Purpose: Select yard of the month. Organize projects that improve the appearance of our neighborhood.

Chair: Katie Hutcheson, Email: beautificationchair@nscna.org

Current Events or Goals: Select the yard of the month. Write articles that feature gardening or yard work. Support ideas for projects that improve our neighborhood.

Previous Accomplishments: Yard of the month

Key Opportunity to Participate: Volunteer members are needed.

Meetings: As needed

Bylaws Committee

Purpose: Recommend changes, as the bylaws have not been updated since originally ratification in 1998.

Chair: Dallas Maham, Phone 452-3673 Email: bylawschair@nscna.org

Members: Julia Menegay, Vicki McFadden, Chris Jones, Jerry Horn, Merlene Waters.

Current Events or Goals: Goal is to have suggested bylaws amendments for Board of Directors review this summer. Also have proposed amendments available for NSCNA members review by August. Our goal is to have bylaws amendments ready for member's action at the fall general meeting.

Previous Accomplishments: There have been two meetings this year.

Key Opportunity to Participate: The bylaws committee welcomes all suggestions. If anyone would like to attend please check with the chair. Please submit all suggestions via email.

Meetings: As needed

Development Committee

Purpose: Gather information on proposed and pending new developments around or near our neighborhood that will potentially impact our quality of life.

Chairs: Betsy Todd and Jon Menegay, Email: development@nscna.org

Members: Randy Alexis, Chip Rosenthal, Jeff and Cheri Hartman, , Kevin and Mary Jane Wier, Lee Johnson, Mary Arnett, Harold and Ligia Zavalney; Roger Wines, Alyssa Hedge

Current Events or Goals: Negotiate neighborhood friendly features from area projects, such as the Village redevelopment. Follow other projects.

Previous Accomplishments: Met several times with Village developer to negotiate neighborhood friendly features.

Key Opportunity to Participate: Contact chairs.

Meetings: As needed to address issues.

Media Committee

Purpose: To effectively communicate news and events affecting the residents of the neighborhood.

Chair: Chris Jones, 587-5193, Email: mediachair@nscna.org

Members: Sandy Perkins, Jeff and Cheri Hartman, Melissa Ross, Carol Holmgreen, Penelope Nicols

Current Events or Goals: Increase and improve content on the website. Publish a newsletter 4 times per year. Endeavor to improve newsletter content.

Previous Accomplishments: Addition of past newsletters in organized archive. Creation of neighborhood map containing member rosters, local restaurants, apartment complexes, block captains, subdivision related information, etc. Organization of Association files. Bylaws, Articles of Incorporation, Floodmaps, Deed restrictions available online. Begun publishing newsletters after a year hiatus.

Key Opportunity to Participate: Always looking for news and information to post that is of interest to our residents. Have an idea? Let the chair know. Have history documents to share? We are always looking for material to add to the website that has unique neighborhood historical value. Always looking for help with the newsletter, including – feature article ideas, writers for articles, and help soliciting ad sales.

Meetings: Meetings to be held every 3-4 months and/or via online discussion as needed

Committee Information

Safety Committee

Purpose: Interact with Austin Police Department public forums, stay abreast of incidents in the neighborhood, and promote crime prevention techniques.

Chair: Roger Wines, Email: safetychair@nscna.org

Current Events or Goals: Attendance at Commander's Forums, organize National Night Out gathers in August.

Previous Accomplishments: Annual National Night Out gathers, last year's was a single gathering at Pillow. Other years have featured individual block parties. Inform neighbors of important (criminal) activity in area.

Key Opportunity to Participate: Contact Chair.

Meetings: As needed to address issues.

Social Committee

Purpose: To organize several fun events to encourage interaction with neighbors, including the July 4th Parade, an annual Movie Night and an Annual Neighborhood Wide Garage Sale.

Chair: Sandy Perkins, 797-7375, Email: socialchair@nscna.org

Members: Trish Ryan, Josh Kohl, Aleda Johnson, Candy Swindall, Vicki McFadden; Keith Harrell; Cheryl Carter

Current Events or Goals: Garage Sale May 17th will be organized by Aleda Johnson. July 4th Parade to be hosted by all other members. We intend to make it better each year! We will also coordinate another Movie Night as a way to give back to our community.

Previous Accomplishments: The July Parade has been going on for over 10 years and we will continue this tradition as well as improve it with better advertising and more family events. We were unable to host the Movie Night last year, so this year we hope it will be yet another way to get to know our neighbors, their children and grandchildren!

Key Opportunity to Participate: We would love volunteers for the Parade and the Movie Night! To physically be at each event and help with set up and clean up as well as preparation for each event. We need help with judging the contests, help cooking hot dogs, making popcorn and serving them.

Meetings: About 6 weeks before each event.

Traffic Committee

Purpose: Identify traffic problems associated with vehicles, bicycles, and pedestrians. Lobby the city for solutions.

Chair: Jeff Russell, 415-9809, Email: trafficchair@nscna.org

Members: Tom Byrne, Donna Eagar, Chris Jones, Ken Moyer, Stacy Sparks, Kenneth Web, Mary Jane Wier

Current Events or Goals: Goals for this year: Monitor Steck re-striping project. Support traffic improvement attempts by individual committee members. A long-term goal is to produce a graphical summary of sidewalk and traffic problems. Monitor neighborhood status for traffic calming (4th on the list Fall 2007)

Previous Accomplishments: In conjunction with Bicycle Advisory Council, asked the Urban Transportation Commission for help in getting Public Works to agree to a pilot study for a Steck "road diet", which re-stripes Steck from four lanes into two lanes, two bike lanes, and a shared left-turn lane. Continued dialog with Nissan dealer to prevent test drives and minimize truck unloading in the neighborhood. Met with Public Works last year to understand traffic calming and requests that can be acted upon. Started long traffic analysis report to describe neighborhood traffic problems. Based on feedback from Public Works, effort was abandoned. However, portions were used to explain individual traffic problems.

Key Opportunity to Participate: Issues of particular interest to you.

Meetings: Every 2 or 3 months.



Get Ready for the Annual Neighborhood Garage Sale!

When:

*Saturday May 17th 7am—2pm
(Alternate Rain Date—Sat, May 24th)*

*If you would like your address to be included in the fliers,
please contact: Aleda Johnson at 453-0672 or email her at:
aledathweatt@yahoo.com
no later than May 10th*

Austin Independent School District selects art work done by Kaylee Perkins, one of North Shoal Creek's Neighborhood youths for the 2008 Student Art Show "All Eyes on Art" Commemorating "National Youth Art Month".

Outstanding art work of students in kindergarten through grade twelve was on display at One Congress Plaza, 111 Congress Ave from April 4 - April 21, 2008.

This is a recognition of her achievement for her creativity in Art Class. Kaylee was 1 out of only 13 students selected from her school.



**If you would like to submit an article of interest or advertise
with us, please contact
the editor at newsletter@nscna.org**

Deadlines to receive advertisements and articles are: January 1st, April 1st, July 1st, and October 1st

Personal ads are free for NSCNA Residents. Limit 30 words

Tutoring

By: Donna Balsler

Do you need help keeping your kid's brains active during the summer? Are you struggling to coordinate all the camps, activities, and play dates that summer brings?

Keep learning alive during the summer with an active role model through College Nannies & Tutors of Austin! Whether you need a tutor or a nanny, we can help!

College Tutors understand how to work with children and make learning easy, fun, and rewarding. Whether the tutor is a college student, recent college graduate, certified teacher, or industry professional, they don't simply produce results, they make it enjoyable for everyone involved. The approach is to create a customized learning plan for each student and all tutoring is one-on-one with no contracts. Maybe one day it is math catch up for the fall semester and the next day is help advancing a reading level ...the structure is flexible and personal.

College Nannies are flexible to work any number of hours, any number of days...even if it is an occasional (or regular) date night! In addition, College Nannies are often asked to help with hectic summer schedules. A typical employment may involve picking the children up from their various camps, taking them to their activities, organizing fun daily events, or starting the dinner preparations before mom or dad gets home from the office. Imagine what a stress relief that can be after a hard day at work.

To learn more about how College Nannies & Tutors can help, visit their learning center conveniently located at 3908 C Far West Blvd. (across from Doss Elementary School) or call 372-8385. They can also be found online at www.collegetutors.com and www.collegenannies.com. Summer is a great time to keep learning skills sharp and there are many ways to make learning fun in the sun. Here's an example:

SIDEWALK CHALK

1 C. Water 2 C. Plaster of Paris 2 Tablespoons Tempera Paint (Wet or Dry)

Toilet Paper Tubes with duct tape over one end.

Combine and stir first three ingredients together. Let stand a few minutes. Place tubes on cookie sheet lined with foil or wax paper. Pour mixture into holders, let stand until semi-firm. Remove holders and let dry completely. Your chalk will be ready to use in about 2 hours.

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Trees and Foundations

By Kevin Belter—ISA Certified Arborist

As with many things in life, it is impossible to find a perfect solution for conflicts that arise between two things we don't want to give up. Both shelter and trees are a necessity, though we sometimes forget just how important a role trees play in the whole scheme of things. The homes in the area are built on expansive clay soil. This type of soil expands and contracts as the moisture content increases and decreases, respectively. The focus of this article is on the effects of the landscape and trees upon foundations with strategies to minimize the negative impact they can have upon our foundations due to a change in moisture content of the soil.

Proper drainage is important because a sudden increase in moisture content will cause the soil to expand, which can be detrimental to a structure. It is almost always more financially beneficial to address drainage issues with the objective of prevention rather than as a reaction to serious consequences. Drainage must be considered from a worst case scenario, such as floods and uncharacteristic rainfall years, and as much as possible from a projected approach which takes into account not only present factors, but also what other contingencies might occur during the desired life expectancy of the structure. This is primarily the duty of the developer, engineers, and the public officials that oversee construction of a subdivision. Properly designed drainage away from each structure's foundation is the best way to prevent sudden soil expansion as well as to keep trees from interfering with the foundation.

Some post-construction recourses to problematic drainage include: installing french drains, using gutters to direct water away from a structure, and improving natural drainage around a structure. Keep in mind though, that clay soil contracts when it dries out, so we must also consider how to keep soil moist in times of drought. Frequently the most cost effective solution is to install soaker hoses around the perimeter of the foundation. When the soil appears dry, run the soaker hose to moisten the soil.

When landscaping around your foundation, it is best to avoid planting anything within a few feet of it. Consider rockscaping, and integrate it with your gutters and natural drain ways (if you have any). As for trees, seriously consider removing any that are within the ratio of 1ft. per mature 1" diameter of that particular species. This may seem like quite a distance, but the potential for both substructure damage from the tree growth cannot always be remedied (without removing the tree). For those who wish to take the risk for the sake of preserving the tree – extra attentiveness and diligence at maintaining the proper amount of moisture in their soil around the foundation is required. There are numerous tools such as moisture meters, soil compaction testers, and soil analysis kits, which can greatly help homeowners monitor and address their landscape and foundation care.

Finally, I want to address a more philosophical issue – that of communal responsibility. There are those who would fix their situation at the expense and detriment of their neighbor. All construction plans should consider the impact upon other properties as a fundamental part of all engineering and future growth planning. When unable to foresee all ramifications the community ought to join together to address the problem with a solution that is most beneficial to all involved. This country was founded on the premise that the powerful and rich should have concern and compassion for all.



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Thanks to Ray Meinhardt, a foundations expert with Parma Jack in San Antonio for help with this article.

Kevin Belter spoke at the April 1st general meeting, and answered questions about trees and other plants.

Mortgage News

By Josh Kohl - Mortgage Planner
joshua.kohl@mortgagesdirect.com

As you have noticed in the past several months, there have been many changes in the mortgage industry including many banks going out of business. Qualification has changed as well, from the banks now requiring higher credit scores and/or more of a down payment. Mortgage insurance companies are big reasons for this. They have stopped insuring 100% loans. You need a credit score under 680 to reach a 97% LTV and a 620 score to reach a LTV of 95%. FHA is now the main way to structure a true 100% loan. In this loan, you receive a 3% down payment from a 3rd party company such as Nehemiah to cover your down payment and have this amount included in the sale price. Conventional mortgages still offer 100% financing in the form of bond programs and my community first and seconds. These are a little trickier because the property has to be located in an approved county and guidelines are stricter for the borrower. With either FHA or Conventional you can also roll into up to 6% seller paid closing costs. This can help you pay for all of your closing costs, interest and escrow fees. Investors, the days of finding 100% financing for you investment property are over. You will need in most cases a 10% down payment and credit scores of 680 or higher.

Refinance has been very popular lately due to lower rates. Refinancing can help you accomplish 3 goals; you can lower your rate/payments, you can lower your term, and you can take cash out of your home equity. If your credit scores are decent to very good and your rate is over 6.5% refinancing can be an excellent option. Reverse mortgages are a good way for someone 62 years or older to gain access to their home equity without going through a refinance. No payments are made until the house is no longer your primary residency. You will always have title to your home while you have a reverse mortgage. You can receive monthly payments, a lump sum or a combination of payment amounts. In closing, it is now more difficult for those with poor credit to attain financing for mortgages, but maybe that is a good thing. As long as you have good credit, you will be able to obtain a mortgage loan.



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Digital TV on Its Way – Prepare for the Switch

From dtv.gov

Big changes are coming in television broadcasting. On February 17, 2009, all full power television stations are required to stop broadcasting in analog and continue broadcasting in digital only. This is known as the DTV transition.

Some consumers are asking why the switch is required. First, all-digital broadcasting will free up bandwidth for needed communications channels to police, fire and emergency rescue personnel. It will also allow for new wireless services for consumers. In addition, since digital is more efficient than analog, it allows stations to broadcast several programs at the same time, instead of just one program with analog. This means broadcasters can offer consumers more choices. Digital also allows broadcasters to offer improved picture and sound quality, including high definition (HDTV) programming.

It is also important to know that the end of analog broadcasting does not mean that consumers must purchase new TVs, and you certainly don't need an HDTV to watch digital broadcasts. If you currently receive over-the-air programming on an analog television using a broadcast antenna, either through "rabbit ears" on your set or an antenna on your roof, you will only need a digital-to-analog converter box to continue watching broadcast television on that set after February 17, 2009. These boxes will cost approximately \$40 to \$70, and will be available in stores beginning in early 2008.

To help defray the cost of digital-to-analog converter boxes, each U.S. household can request up to two coupons, worth \$40 each, to be used toward the purchase of eligible boxes. This coupon program is being administered by the National Telecommunications and Information Administration (NTIA). For more information on the coupon program visit www.dtv2009.gov or call 1-888-DTV-2009.

If you watch over-the-air programming on a DTV (a TV with a built-in digital tuner), you will not need a digital-to-analog converter box. Also, an antenna you use to receive analog broadcasts should work for receiving digital broadcasts, both on a DTV and on an analog TV connected to a digital-to-analog converter box.

If you subscribe to a paid television service such as cable or satellite TV, you will not need a digital-to-analog converter box, and the TVs connected to your paid service will continue to receive local broadcast programming. However, consumers are advised to check with their providers to see if they will need any additional equipment in the future.



For More Information:

1-888-CALL-FCC (Voice)

DTV.gov

1-888-TELL-FCC (TTY)

The Media committee is searching for a number of old NSCNA newsletters that are missing from our archive. If you have any of the following issues, please let us know by calling Chris Jones at 587-5193 or email him at mediachair@nscna.org

Spring 2000 Issue 14	1996 Issue 3
Fall 1998 Issue 11	1996 Issue 1
Fall 1996 Issue 4	

Once we obtain copies of these newsletters, we will scan them in and add them to the Newsletter Archive located at: http://www.nscna.org/?page_id=96

We will gladly return your newsletters if you want them back! Thanks for helping complete our archive!

We Welcome Bridge Church to our Community

By **Kendra Croston**

The Bridge Welcomes All . Our people. That's what sets The Bridge apart.

The group of loving, genuine, fun and creative people who make up The Bridge Church of Austin have been my family for over five years. If you want a true community where you and your family will be embraced in a life-giving way, I invite you to come and drink coffee with us some Sunday.

The Bridge meets at Pillow Elementary at 10:30 on Sunday mornings. We start out with some great contemporary worship music, break for coffee and snacks, and then Pastor Kenny reads from the Bible and challenges us to apply it to our lives. We're done by 12 at the latest.

Our "Kingdom Kids" classes happen every Sunday, too. Our children (3 years old through fifth grade) sing songs, read stories, do all kinds of art, and learn how very much God loves them. We have a loving nursery for our smallest ones, a trained staff, and a secure check-in system for your peace of mind.

For our older youth, we have a dynamic youth group that meets in our leaders' home once a week. Our sixth through twelfth graders experience Bible study, friendship, and service in a fun and accepting environment.

We also have adult home groups that meet in various parts of Austin on a weekly or biweekly basis for worship, study, and fellowship.

And don't forget our women's and men's ministries, our mission trips, our outreach events, and oh, did I mention fresh Starbucks coffee?



Mmmm...Look good?



*Come join us for a meaningful cup of coffee
at The Bridge Church*

*Service Time: Sunday @ 10:30 in Pillow Creek Elementary
Come Check us out. We'd love to get to know you!*

Helping Women in Need: Shoe Boxes/Naot Donate \$15,000 of Shoes to Trinity Center

By Cindy Jacobs

On Monday morning, March 10, 2008, an amazing thing happened. Local shoe and clothing retailer, Shoe Boxes (2438 W. Anderson Lane), in collaboration with shoe manufacturer Naot, brought 150 pairs of high end shoes, boots, and sandals to Austin's Trinity Center. Working with Trinity Center volunteers, Shoe Boxes owner and employees distributed the shoes to women in downtown Austin experiencing homelessness and poverty. The Trinity Center's "Woman-2-Woman" program connects women in need and women volunteers who "bond over shopping." Downtown female neighbors can shop from Trinity Center's clothing closet of donated clothing and toiletry items. It's a very popular program, not only for the physical needs met, but for the relationships formed.

Shoe Boxes store owner, Chuck Banks, knew that Israeli shoe manufacturer, Naot, has a program that sends overstock and discontinued styles to retailers free of charge. The only stipulation: the retailers agree to give the items to a worthy cause in the area. Banks knew the Trinity Center and the Woman-2-Woman services would be a good "fit" for Naot's program. Shoe Boxes made arrangements to have the shoes shipped to Austin, then scheduled "Shoe Day" at the Trinity Center. On the morning of March 10, Banks, his son Brian, and Shoe Boxes Office Manager Cindy Jacobs brought cases and cases of shoes, sorted them, displayed them, and then fitted the women with the shoes of their choice.

"Usually all we have to offer our 'neighbors' are used, worn, often ill-fitting shoes. Shoes are always of short supply, especially comfortable ones," said Trinity Center Executive Director, Mary Rychlik. She said, "The women were overwhelmed by the choice and the quality of the shoes. The morning took on a party type atmosphere". Another volunteer, Leila Lederer said, "It was hard to tell who got the greater benefit: those doing the giving or those receiving the shoes." For more information visit Shoe Boxes at 2438 Anderson Lane #B2 in Austin, or contact them at shooboxesautin@sbcglobal.net.

For Trinity Center information, volunteer or donation needs contact, Donna Spence at donna@trinitycenteraustin.org or visit the website www.trinitycenteraustin.org.

PUT SOME SPRING IN YOUR STEP!

Women's Clark, Merrell, Dansko, Naot, Earth, Keen, Skechers, Beautifeel, Helle Comfort, New Balance, Taos, and a large selection of fashion shoes at:

Shoe Boxes, across from Northcross Mall,
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Come Play at Saturday's Pillow Playdate

By Cheri Hartman

Get to know your neighbors and their kids at Pillow Elementary School. Come meet us in the little kid's playground at Pillow every Saturday morning from 10 to 11. Everyone is welcome! Let's show off our precious (and often snotty-nosed) bundles of chaos and joy.

Since my son was born, I've decided to become more involved. When I was growing up I knew all of my neighbors, or at least their dogs. A weekly playdate is a small start on the way to knowing each other a little better. If you can't make the playdate, take an evening walk and meet people. Together we make a neighborhood. You can email me for more information at sweetpatina@mac.com.



Research on the Benefits of Massage

By Carol Krause

In 1985, at Miami's Touch Research Institute, psychologist Tiffany Field and her staff conducted a research study in which she divided a sample of healthy premature infants in a neonatal intensive care unit into control and treatment groups. The babies who received massage (through incubator portholes) for 15 minutes, 3 times a day for 10 days, had a 47% weight gain, greater responsiveness, and left the hospital six days sooner, at a savings of \$10,000 per baby. After one year, the massage group weighed more and had improved mental and motor development over the control group.

In another study, women with chronic lower back pain who were massaged 30 minutes, twice a week for 5 weeks had less pain, anxiety, and depression, compared to a group who participated in progressive muscle relaxation. They also had increased range of motion, improved sleep, and increased levels of serotonin and dopamine. Serotonin and dopamine help elevate mood.

In a study, 262 people who had suffered with lower back pain for at least six weeks were randomly assigned to a group who got massage, acupuncture, or self-care education (control group). After receiving 10 treatments over a 10 week period, the group who received massage improved 33% more than the acupuncture group or the control group. The benefits of the massage group were retained for a full year after the study was completed. Also the massage group used fewer medications and had overall lower medical costs.

In 1998, Field did a massage study on women with breast cancer. Natural killer cells and lymphocytes significantly increased. They had less anger, anxiety, pain, and depression, and improved body image awareness and well being. Additional research at the Touch Research Institute has found that massage creates an improvement in hypertension, arthritis, migraine headaches, eczema in children, multiple sclerosis, hyperactivity, asthma, and diabetes, to name just a few - in fact, on every malady TRI has studied thus far. The improvements are not only physical in nature but in anxiety, self-esteem, hostility, positive mood, and body image.

Touch is the first sense to develop in humans, and it may be the last to fade. PET scans of severely touch-deprived infants show that critical sections of their brains are barely active, stalling entire areas of development. When we say that someone touches us emotionally, it means he or she has gone to the core of our being. Physical touch, too, is more than skin-deep. There are as many as five million touch receptors in our skin - 3,000 in a single fingertip - that send messages along the spinal cord to the brain. A simple touch - a hand on a shoulder, an arm around a waist - can reduce the heart rate and lower blood pressure, so just think what a full-body massage can do. Massage affects the muscular, circulatory, and nervous systems simultaneously. It acts as a mechanical cleanser, pushing along wastes and accumulated toxins and replacing them with fresh blood and increased oxygenation of the tissue. Massage can compensate, at least in part, for lack of exercise and can shorten recovery time.

Carol Krause, Licensed Massage Therapist, lives and has her massage studio in Allandale Estates. She has experience massaging the elderly, and can make house calls. Carol welcomes new clients, and offers a discounted studio hourly rate of \$50. Gift certificates are available for all occasions. For more information on Carol and the services she offers, visit her website at www.carolkrause.com. And if you or someone you love could benefit from a massage, please give Carol a call at 512/294-6355.

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Join Scouting Now, Camp This Summer!

By Charles Mead

Families can join Scouting now and send their new Scout to camp this summer. However, your child's membership in Scouting will have benefits throughout the year.

Scouting reinforces the character development, ethics and values you teach in your home. It also allows young people to learn leadership skills that will benefit them for the rest of their lives. Plus, it's a lot of fun – Scouts go camping, learn about the outdoors and our natural resources and make new friends.

There are several Scouting units near the North Shoal Creek Neighborhood Association's boundaries. Contact the leader listed below for each group, if you're interested.

Cub Scouts (if your son has finished Kindergarten but hasn't started fifth grade)

Pack 1 – First Presbyterian Church of Austin - David Murray 258-6719

Pack 89 – St. Louis Catholic Church – Charles Orrison 260-3860

Pack 511 – St. Matthews Episcopal Church – Christopher Holtkamp 349-0764

Boy Scouts (if your son has finished fifth grade but isn't 18)

Troop 1 - First Presbyterian Church of Austin – Hilton Beckham 302-4938

Troop 89 – St. Louis Catholic Church - Damien Gray 795-9210

Troop 511 - St. Matthews Episcopal Church – James Miller 342-7074

Venturing (if your son or daughter is older than 14 but isn't 20)

Crew 7 - St. Louis Catholic Church – Greg Ruhl 346-1297

Crew 111 - First Presbyterian Church of Austin – Mark Barnett 694-3429

Crew 511 - St. Matthews Episcopal Church – Tim Saunders 219-8021



Congratulations

*Stephen Beckham on Stillwood
and
Chris Ricks on Thrushwood*

These two young men live in our neighborhood and were recently were awarded Eagle Scout Status.

Names provided by Julia Menegay

Girl Scout Summer Camps!

By Divina Ormsby

The Girl Scouts of Central Texas, recently formed by combining the Bluebonnet, El Camino, Heart of Texas and Lone Star Councils, serves nearly 20,000 girls, ages 5-17 years, and more than 12,000 adult volunteers in 46 Central Texas counties. Headquartered in Austin, Girl Scouts of Central Texas has program centers in Brownwood, Bryan, Killeen, San Angelo and Waco. As the largest organization with a commitment to girls, Girl Scouting offers an array of fun, educational programs focusing on art, science, technology, engineering, math, the environment and life skills. We build girls of courage, confidence and character, who make the world a better place. For more information about the Girl Scouts around your area please contact Divina Ormsby, Membership Development Executive, at 512-490-2360 or DivinaO@gscctx.org.

Upcoming Events:

EDGE Day Camps, Zilker Day Camps, and El Camino Twilight Camp with Girl Scouts!

Day camps are geared to Girl Scouts who want to experience camp and still return home each evening. They have the best of both worlds—the camp community which is built exclusively of girls, and their own home, which provides the security they need. Under the supervision of directors, leaders, and program aides, girls can feel successful and make new friends while having the time of their lives.

If you and your daughter are interested in registering for day camp sessions, come by and visit us at the Lone Star Program Center, 12012 Park Thirty-Five Austin, TX 78753. You can also find session information and Summer Day Camp registration forms at our website, www.gscctx.org. Take a look at one of the available sessions:

EDGE Session 4: GSCTX School of Rock

Do you dream about being a rock star? Join us for a week of fun and excitement as we explore all facets of the music industry and create your own music video. Form a band, make instruments, design promotional material, set up lighting and sound, film a music video and edit it! Camp ends with a live performance for parents and staff.

Event Date:	Monday, 7/14/08 - Friday, 7/18/08
Time:	9am - 3pm
Patch:	Earned Try-Its and badges
Fee:	\$150 per girl. \$50 for extended care 8 to 9am and 3 to 5pm
Place:	Lone Star Program Center 12012 Park Thirty Five Circle Austin, Texas
Placement Date:	04/15
Closing Date:	06/13

WE WANT YOUR HELP!

To write restaurant or business reviews of establishments in our area to publish in the newsletter. We would also like you to share your favorite recipes for publishing in future newsletters.

Please email them to:

newsletter@nscna.org or mail them
before June 1st to: NSCNA, P O
Box 66443, Austin, TX 78766-0443

Pillow Elementary News

By Huddie Murray

First of all, Pillow extends its THANKS to the North Shoal Creek Neighborhood Association for your generosity! The donations made for a new ELMO Presenter and towards our marquee are very much appreciated! Dr. Webb is making a big push for an ELMO in as many classrooms as possible. It totally revolutionizes teaching! And the marquee is essential in keeping parents informed about school activities. We hope the neighbors have found it useful as well.

The school year is flying! Since school resumed in January, we have had several events to note, including our annual Literacy Night, a Kindergarten and First grade "Moving", Groovin' Workout" CATCH production. The annual Kindergarten Circus, three Family Lunch Days, several Parent Coffees and PTA meetings, the Fourth Grade Valentine Carnation Sale, the Texas Primary Election, the TAKS reading test for Third and Fifth Graders** and a Pre-K Learning Walk. We thank all of our neighbors for their patience and understanding on Election Day. As you can imagine, allowing several hundred new faces into the school building can lead to a justifiable rise in concern for the welfare of our students. We appreciated everyone's understanding on March 4th. The results of the TAKS Reading test are in. Pillow outscored most of AISD with 100% of our Fifth Graders and 98% of our Third Graders passing the test. In addition, 42% of both groups scored in the "Commended" range! We are proud of our students and look forward to completing tests.

Other upcoming events include Pillow's annual Golf Tournament – to be held again at River Place on Monday, May 19th. If any neighbors would like to participate by forming a team (\$100 per player/includes a fajita dinner and door prizes), donating a prize for our Silent Auction, or buying a ticket for dinner, please contact Pillow at 414-2350. We'd love to have you! After TAKS, classes will be taking Field Trips and we would like to offer some after school classes for our Fifth Grade. With that in mind, if you have a particular talent you'd like to share over a period of four weeks, we'd love to hear from you! Please contact Huddie at 841-4837. Our Track and Field Days will be held on May 22nd and 23rd. The Book Fair will be held May 5th – 9th, with a Cinco de Mayo theme. May other activities will fill the days before our last day on June 4th. Thanks for your support!

Burnet Middle School News - Go Sailors!

By Dorothy Salas

Burnet began their school year with a new principal, Dr. Antonio Medina. The school is off to a good Spring semester, with TAKS tests in place, the school is making every effort to ensure all students are successful. The results of our first TAKS Reading Test came in with Burnet showing a 22% increase from last year's scores.

A School Carnival is set for Saturday, May 3, 2008...10:30-2:30. Booths are available to the community with a \$10.00 donation to the BMS PTO.

TEACHER APPRECIATION WEEK MAY 5-9.

8th Grade End of Year "FORMAL" Tuesday, June 3rd at 5:30. We are in need of donated formal wear for students. Please contact Mrs. Salas @ 296-5067 or 414-6274 if you would like to donate any type of formal wear. A prince & princess closet is being organized for the students who are in need of help with formal wear.

8th grade yard sale fundraiser Saturday, May 10th 8:00-2:00. Accepting donations ...contact Mrs. Salas or Mr. Howie, club sponsors.

8th grade fundraiser Taco Plate Sale @ Burnet Friday, May 9, 2008 11:00-1:00. Cost...\$5.00 donation Friday, May 31, 2008...End of Year school wide dance.

Science competition will be held at Burnet in May date TBA.

Burnet welcomes volunteers and mentors . Please contact Mrs. Salas or Mr. Howie in the Parent Resource Room @ 414-6274 or email d.salas@austinisd.org.

Anderson High School News

By Anne Gomez Sterrett

Summer of Success Trojan Days At Anderson

Trojan Days is the Anderson HS Freshman Transition Program. Get a Jump Start on the 2008-2009 school year. Learn your way around school, meet the teachers, learn survival skills and have fun with your friends. Three one-week sessions, all run from 9-12 noon:

June 16-20 for last names A thru H, June 23-27 for I thru O, June 30 -July 3 for P thru Z.

Registration is **NOT** required. Please check back in mid-May to see where you will meet. We realize summer plans may conflict so pick a different week but please come. Questions? Call 414-0912.

Vote for AISD Bonds on May 10

PLEASE ask 10 people you already know to vote for the school bonds on May 10th. Our neighborhood students win if all 3 proposals pass on Saturday, May 10, because these bonds will raise the money to improve facilities and technology throughout the vertical team and add badly needed classrooms and upgrade the fine arts facilities at Anderson High School.

A group of parents from around the district is using this simple concept to help pass the 2008 school bonds. Their goal? An email list of 4000 people who will commit to contacting ten friends each, for a total of 40,000 "YES" votes for ALL THREE AISD bond propositions.

Organizer Cathy Bruce Purdy says, "I know we all hate phone calls at dinner time from strangers, so we're asking each person to talk this up with people they already know - in the neighborhood, at work, at church, at the gym, at school. If each person can just remind 10 people to vote, we can make this happen for our schools." If you're willing to join this effort, please send your name and email address as soon as possible to cpurdy1@austin.rr.com.



ATTENTION PLAYERS:

This Summer the Austin Public Library invites you to join us in our Summer Reading Program "GAME ON!" The rules of the game are as easy as falling off a log:

1. Decide how many books you're going to read this summer.
2. Read.
3. Record your titles (along with your opinions about them) on your reading log.
4. Bring your completed Reading Log to your local library and choose a book to keep!

In addition to a summer full of great reading, we've got weekly events for young people of all ages in branches across the city. You can pick up a schedule at your local branch, or visit us on the web, at

www.austinsummerreading.org.

ON YOUR MARK, GET SET, READ!



For more information, call 512-974-7302
or visit www.cityofaustin.org/library

Library News

By: Walter Minkel

Hi, everyone; I'm the new Librarian III (sort of the assistant branch librarian) at the North Village branch of the Austin Public Library. My wife (she's a librarian, too) and I recently moved here from New York City, and we're now living in the North Shoal Creek neighborhood, and enjoying it very much.

If you've cruised up and down Steck Avenue between Burnet and Rockwood, you've undoubtedly seen that the new North Village Branch Library building gets closer every day to being finished. The rough concrete walls are built of blocks of a "green" material called Durisol. The interior of each block (we have one on display at the branch) is filled with ground-up recycled industrial pallets, and the blocks are designed to insulate the building and keep winter cold and—more critically in Austin—summer heat out. Although as you drive by, it may look as if the new library will have two floors, everything will actually happen on one level, under high ceilings and clerestory windows that will bathe readers, Net surfers, and DVD browsers in outside light. The target date for the branch library's grand opening remains the end of January 2009—right on schedule so far.

Why build a new library? With the growth of the Internet, there have been plenty of folks in the media who have been saying that Americans are reading less than they did ten years ago. We in the library business have not seen the number of readers diminishing, and in fact, having PCs with high-speed Internet for the public to use brings new people into the library every day. (If you have a library card or a valid photo ID, come in and we'll set you up on the Net.)

New Books: We get new books all the time—mainstream fiction, mysteries, science fiction and fantasy, and nonfiction for adults and young people of all ages. Here are three nonfiction books for adults we received recently; I chose them randomly because there are so many topics on our shelves—gardening, cookery, travel, history, politics, you name it—I couldn't hope to cover them all:

Paper Jewelry: 35 Creative Projects (The Art of Jewelry series) by Marthe Le Van (Library call number 745.5942 LE)

Jewelry made from paper? It doesn't sound practical. But this colorful book might change your mind, especially if you're a crafter. Le Van presents 35 innovative designs, from "Golden Paper Crystals," geometric forms cut and glued from colored paper and hung with wire from a necklace, to a "Blooming Charm Bracelet," made from magazine pictures of flowers mounted on a chain.

Hard Corps: From Gangster to Marine Hero by Marco Martinez (Library call number 956.70443 M3856M) Marco Martinez didn't seem at seventeen as if he'd ever be a role model for anyone; he was a "trash-talking thug," as he calls his younger self in this autobiography. He joined the Marines to try to make something better of himself, and ended up a hero in Iraq, awarded the Navy Cross for his courage defending his squad in a Baghdad ambush. If you don't mind a little profanity (okay, a lot of profanity), this is a gripping story of one soldier's time in Iraq.

Leading Ladies by Kay Bailey Hutchison (Library call number 920.72 HU; available in large type)

Hutchison, the Texas senator and author, describes the lives and accomplishments of 63 important women in American history, from Dolley Madison to Pearl Buck to Rachel Carson. Although she says that her goal is to inspire young people with these women's stories, Hutchison also says, "But it isn't just young people who can benefit from role models."

Summer Reading Program for children, teens, and adults: As we do every year, Austin Public Library will hold a summer reading program for young people of all ages—yes, babies and toddlers are included. The theme for the summer program for young people is "Game On!" centered around every kind of sport or game you can think of. The program begins on June 7 with a big kickoff event at Carver Branch.

Library News, continued

Kids can come in, sign up, and receive a Reading Record to keep track of what they read through the summer (and they can read and record anything they want, from the library or not). They can set a reading goal, and when they meet it by the end of the summer, they'll be awarded a paperback book. The official Game On! program runs until August 2, but prize books will be given out to readers until August 30. There will be special programs in every branch library throughout the program—watch for the schedule of events to be posted on the *Bridge*, Austin Public Library's youth newsletter, at <http://www.ci.austin.tx.us/library/downloads/bridge2008spring.pdf>. North Village Branch's programs will be held on Mondays at 2 p.m.

And don't forget that just about every Tuesday morning, we hold a Toddler Storytime (for ages 18 – 36 months) at 10:15 and a Preschool Storytime (3 – 5 years) at 11.

Teens are invited to two videogame programs this summer at North Village branch. The first is a Guitar Hero Game Tournament on Friday, June 13, from 2 to 4 p.m. The end-of-summer program is a Wii Guitar Show-down from 2 to 4 p.m. on Friday, August 15.

For the second year, there will be a summer reading program for adults, too, with prizes. To find out more about it, drop into the library and ask us about it. In fact, if you haven't come into the library for a while, come in anyway, say hello, and see what we have for you.

VMU is Coming, continued from page 1

family residential use, 10% of housing must be affordable at 80% of family median income.

The Vertical Mixed Use Opt-In/Opt-Out process is a procedure whereby individual neighborhoods may consider certain development characteristics of VMU buildings within their boundaries and communicate their preferences to the City Council. The public hearing process for Anderson Lane VMU Opt-In/Out-Out begins with the Planning Commission meeting on April 22, 2008. On behalf of our neighborhood, the Development Committee filed an application last summer to Opt-Out all properties on the north side of Anderson Lane.

At the April 1 NSCNA General meeting, the committee recommended (and it was adopted) that our neighborhood association amends its application to Opt-In most properties along Anderson Lane. The properties excluded from the recommendation are: 2620 Anderson (the Office Depot) and the two properties on the northeast and northwest corners of Shoal Creek Blvd and Anderson Lane. The Development Committee is conditionally supporting the Opt-In for the remaining properties so long as some density bonuses are withheld. (These bonuses allow up to 10% more residential units on a property.) The goal is to consider supporting density bonuses on a case-by-case basis.

The Village property on Anderson Lane had asked for an early Opt-in for VMU last October, but the project has withdrawn this request since the "normal" Opt-In process has started. The Development Committee has been in communication with the developer, to advocate for neighborhood friendly features that were identified at our association's February special meeting. The committee is confident the developer will include most of the features requested

In summary, City Council will soon consider adding VMU zoning to commercial properties along Anderson Lane. The height limits of future development are the same regardless of VMU or not. The goal of VMU is to encourage redevelopment of older strip-malls with big parking lots into more pedestrian-friendly, mixed-use projects. The VMU incentives make a mixed residential-commercial project more attractive to developers, and in exchange define more stringent rules for things like sidewalk and building appearance, as well as requirements for affordable housing. Our neighborhood association is recommending a VMU zoning overlay for most of the commercial properties along the north side of Anderson Lane.

Learn more about VMU at: <http://www.cityofaustin.org/planning/designstandards.htm>

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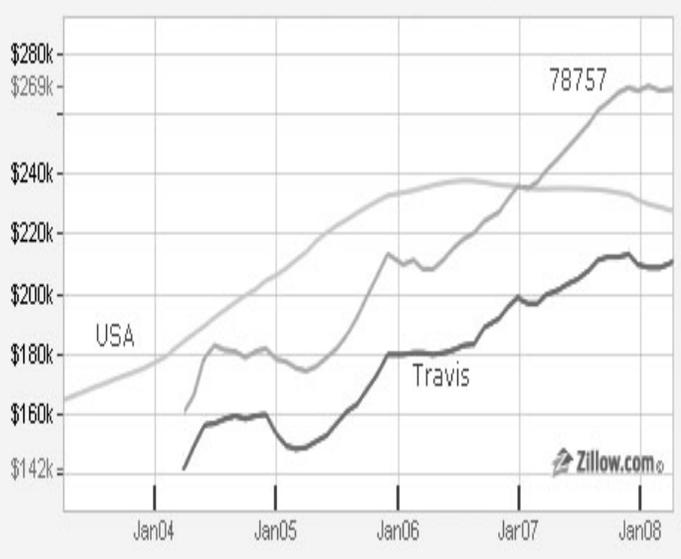
2700 West Anderson Lane / Next to Alamo Draffhouse / 459.9424

W W W . B O D Y B U S I N E S S . C O M

Real Estate News

Active	Pending	Sold
Allandale Estates		
8503 Daleview \$277,000	8307 Millway \$267,777	8411 Millway \$261,000
3105 Candlelight \$239,900	8510 Daleview \$435,000	8408 Millway \$269,000
-	8202 Daleview \$365,000	8607 Dawnridge \$247,000
-	-	3200 Crosscreek \$254,000
-	-	3100 Crosscreek \$242,500
-	-	8602 Millway \$206,000
Allandale Place		
-	2601 Steck \$229,000	-
Northtowne		
8401 Stillwood \$309,000	-	8502 Stillwood \$229,000
8510 Rockwood \$220,000	-	8510 Rockwood \$220,000
8309 Franwood \$269,000	-	-
8400 Briarwood \$259,500	-	-
Northtowne West		
8001 Vinewood \$244,900	8015 Rockwood \$204,713	-
3007 Steck \$227,000	-	-
Northwest Terrace		
8702 Stillwood \$229,000	8700 Melshire \$284,500	8623 Winding Walk \$247,600
8603 Primrose \$279,900	-	8612 Melshire \$293,000
-	-	8617 Winding Walk \$290,000
North Shoal Creek Cottages		
8721 Little Laura \$350,000	-	-

The information above was gathered from the Austin Multiple Listing Service and other sources from 01/01/2008 until 04/05/2008 by Sandy Perkins.



Median home value trends for 78757, Travis county and the US from 2004 to 2008. From zillow.com

Sandy Perkins, Realtor

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Become a Member of the North Shoal Creek Neighborhood Association

Support your neighborhood by joining NSCNA. Your \$15 membership will be used to improve safety, traffic and sponsor social events in our neighborhood. It also entitles all adults in your household voting privileges at NSCNA General meetings.

Just fill out this form and mail it along with your \$15 check (made payable to NSCNA) to:

NSCNA Membership
P.O. Box 66443, Austin, TX 78766-0443

Name: _____ Phone: _____

Address: _____

Email: _____