North Shoal Creek

Library of the Future

SPRING 2007

Message From The President (page 2)

Spotlight on Our Neighbors: Joe & Sharon Cayton (page 3)

Calendar of Events

General Meeting May 1st

Neighborhood Garage Sale Saturday May 12th 7am -2pm

July 4th Parade 9:30 -11:30 Celebrating with music, food, and special entertainment, Austin Public Library and community leaders broke ground on April 21 at 2505 Steck Ave., site of the long-awaited North Village Branch replacement Library.

This project will provide an 11,000 SF permanent home for the North Village Branch Library, which has been housed in leased spaces since its inception in 1970. It is presently located in a 5,000 SF storefront space in the Star Home Shopping Center at 2139 W. Anderson Lane, near the intersection of Anderson Lane and Burnet Road.

The Grand Opening of the new North Village Branch Library has been rescheduled for January, 2009. The project has been designed along Green Building Program lines, including such unusual features as modular stay-in-place concrete forms, concrete framing, a "Turf Cell" alternative paving system, "Ecocreteo" porous pavement areas, and an underground "Rain Tank" sedimentation basin among others.

Kathleen Ash (www.studiokglass.com) has been commissioned to create artwork for the North Village Branch Library. Her final design includes a hanging iridized glass "chandelier" comprised of glass letters inscribed with quotes, and a 6-panel window wall into the browsing area made of laminated decorative glass. The concept of her work is one of journey and discovery. The letters in the chandelier will form an anagram and quotes painted on them are derived from a wide-range of books. The imagery for the glass wall invites especially the young viewer to be curious about the journey we take when we open a book.

A design input meeting was held with the community and customers of the North Village Branch in February of 2003, and the architects, Limbacher & Godfrey, were just completing schematic design of the new library in September of 2003 when the City of Austin was unfortunately forced to put most of its construction projects, including the North Village Branch Library Replacement Project, on hold for two years due to the economic downturn suffered throughout the Central Texas region.

While the project was on hold, Library staff and the consultant architects used the time to research models for branch library services delivery which had proved successful in other parts of the world. It was discovered that "the library for the future" model first championed by the <u>Ironwood Branch Library</u> in British Columbia, and subsequently benchmarked by the <u>San Jose Public Library</u> among other innovative library systems, was proving to be extremely popular among library customers. Circulation rates at branch libraries recast in this mold were more than doubling in many instances. The "library for the future" model borrows many of its attributes from upscale bookstores, and now those design concepts have been incorporated into the plans for the new North Village Branch Library. An update on the progress of this much anticipated project will be included in future newsletters. (*This report was compiled and adapted from public information on the City of Austin website and from city employees by Cheryl Carter.*)

NSCNA 2007 Board of Directors

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We're proud to announce Randolph- Brooks Federal Credit Union

As the sponsor of NSCNA 2007 Newsletter. Please stop in and meet them at their new location at 8620 Burnet Rd and Rockwood and see what financial opportunities they may have for you. Hello Neighbors,

I appreciate all of the hard work that previous NSCNA Board members contributed prior to this time of immediate interest in Wal-Mart. I'd like to thank all of our current Board members for their active participation. They are going above and beyond the call-of-duty.

Mostly, I'd like to thank each of you for living in our neighborhood. If you live here, it is probably because you like the way the area feels, the award winning Pillow Elementary School or the proximity this location has to work. Maybe it is a combination of each of these ideas. Regardless of the reason why, we share the opinion, "I like living here."

I am planning to be here for a long time. I moved to this neighborhood in 1999. I have lived in Austin since 1985. I have been married for over 18 years to a wonderful woman. I also have two great kids, a 15 year old daughter and a 10 year old son. I was elected President of our neighborhood association on January 23, 2007. Here is what your North Shoal Creek Board of Directors and Association members have been busy doing since January.

Since that January meeting:

1) The corporate charter of our Association has been reinstated.

2) A calendar of events for the entire year has been created and posted to the website.

3) The new and improved NSCNA newsletter was created, printed and distributed. 4) Regarding the redevelopment at Northcross Mall, the Board has worked hard to ensure that the interests of all members are represented. During the last general meeting (on March 6th) the entire Neighborhood reached a consensus: North Shoal Creek Neighborhood Association is very concerned about the traffic problems associated with the development of Northcross, particularly with the lack of a traffic impact analysis for our neighborhood and the other surrounding neighborhoods, and is especially concerned about cut-through traffic.

5) On March 2nd, we were presented a Term Sheet by the City of Austin (see our website). This Term Sheet is the list of concessions negotiated by the City of Austin from Wal-Mart and Lincoln Properties. The NSCNA response to this term sheet (which is also on the website) was presented to Laura Huffman, Assistant City Manager on March 30th. She was very positive and agreed to have a follow up meeting to discuss getting formal COA commitments within 30 days.

6) New committees are being formed to address specific outstanding issues as they relate to our Neighborhood (By-laws, Commercial Development, etc.)

Soon the new library will be here. The city is actively trying to influence growth and change. If you actively participate to influence these changes, then the place you love will be here for you. Let us continue to work with the City of Austin to make sure that the growth that happens around us is the "type" of change we want for ourselves and our families.

Malcolm St. Romain 2007 NSCNA President From the Heart of Texas, For Cowboys & Cowgirls Across the Fruited Plains



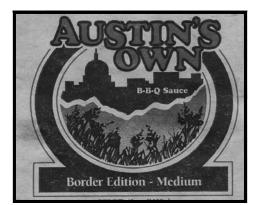
In 2005, Whole Foods was in search of the best BBQ sauce to use in their Smoke House before the new flagship store opened at 5th and Lamar. A corporate tasting event was held and the prestigious title of "Best BBQ Sauce" was bestowed upon a brand called Austin's Own BBQ Sauce made by our neighborhood's very own King and Queen of BBQ - Sharon and Joe Cayton of Millway Drive, residents of North Shoal Creek since 1984.

That special recipe has a long history entwined with Joe and Sharon's own journey from Amarillo to Austin. They were sweethearts since the 2nd grade in Amarillo, Texas where Sharon received her first box of Valentines Day chocolates from a shy little boy in her homeroom, Joe Cayton. They dated during high school and married in 1972. It must have been a match made in heaven....they recently celebrated their 35th wedding anniversary on March 14th!

Joe became a fireman in his hometown but also pitched in at his family's restaurant, The Hickory Hut, where the sauce recipe was first formulated. It soon became famous with patrons and friends. After the restaurant closed many years later, the recipe was passed on to family members who continued to make the sauce from scratch. Joe and Sharon had always received raves at the many gatherings where they entertained and made BBQ for their friends and family so that by the time they got to Austin in 1984, it was just a natural progression to try their hand at producing the sauce and selling it commercially.

Keeping their "day jobs", Joe and Sharon began leasing space at a commercial kitchen, working on weekends and evenings making and marketing the product themselves. It was carried by the entire roster of grocery stores known here in Austin: Whole Foods, Skaggs, Simon and David, HEB and Tom Thumb. When demand was sufficiently high, they turned production over to a custom food maker in San Antonio, Creative Food Works, where it has been produced for the past 10 years.

That 2005 recognition given by the Whole Foods chain has led to an even bigger national presence for Austin's Own. They sell it on the shelf and by the gallon to Whole Foods for their in-store Bowie BBQ mini-restaurant. Just this week the Caytons learned that Whole Foods will now take Austin's Own to all their stores nationally. The sauces' fame has also spread to Costco's where it has been on their shelves for the past 4 years. That's a lot of sauce!



Made from all natural ingredients and no preservatives, Sharon says it's so good you can even put it on Blue Bell ice cream! So if this story has your mouth watering for some good BBQ, don't get caught serving anything but the best... Original, Chipotle or Border style.

- Mary Arnett

Austin's Own Barbeque Sauce



Get ready for the Neighborhood Garage Sale!

When: Saturday May 12th, 7am – 2pm

(Alternate Rain Date - Sat May 19th, 7am - 2pm)

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 7th by 5pm



Come check out the most modern and comforting dental office in Austin, where 'ZOOM' teeth whitening can be done in just over an hour, fillings match your teeth, and high tech cameras let you see exactly what we see! We also do Invisalign braces, Porcelain Veneers, Mercury-free fillings, implants, crowns and bridges.

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Please bring in the attached Dental Health Pass to have a FREE consultation, exam, x-ray, and cosmetic evaluation. Shoal Creek Dental Care is located at 8015 Shoal Creek Blvd., Suite 120 across the street from Lowe's. Phone: 512.453.8181



AISD's Best Kept Secret

Isn't a Secret Anymore .. Recently Pillow Elementary received the prestigious 2007 Excellence in Education Award from the San Diego National Center for Urban School Transformation. We are the first and only Texas school to win this honor although outstanding schools in cities such as Dallas and Houston joined others from California to New York for consideration. Pillow received outstanding ratings on criteria such as curricular rigor, engaging instruction, and positive relationships within our learning community. This award is a testament to our school's famous "family spirit" of cherished values and dedicated support for one another as we reach for shared goals. Pillow's diversity of worldwide backgrounds, ethnicities, and 31 different languages gives us special strengths. We mirror the United Nations and our commitment to live in peaceful harmony as we seek each individual's developmental potential as a model for that famous organization. - **Dr. Linda Webb**

Pillow Principal Honored by HEB!

Pillow Elementary Principal, Dr. Linda Webb was honored April 2 when representatives from HEB surprised her with the announcement that she has been named a Regional Finalist in their annual Excellence in Education contest. Along with the surprise visit to the school came a check to Dr. Webb in the amount of \$1000.00 and a check to the school for \$2500.00! We are so proud of Dr. Webb's accomplishment and wish her the best in the next round in Excellence in Education process.

Some Dates to Highlight

Thursday and Friday: April 26 & 27 Pillow Track and Field Days

We are trying to highlight nutrition and health during our Track and Field Days this year. If you would like to participate as a volunteer or just come to watch, feel free to stop by on either or both of these days! Call Huddie Murray for more information at **841-4837.**

Monday, April 30: Pillow's Annual Golf Tournament at River Place.

We welcome our neighbors to come play golf, or join us for dinner and a Silent Auction that evening. If you would like to help by sponsoring a hole, sponsoring a player, providing an item for our Silent Auction, playing golf, or having dinner with us, please contact Tournament Chair Ginger Weber at Pillow **414–2350**. We thank you for your support!

Tuesday, May 1: Kindergarten Round Up at Pillow.

If your child will be five years old by September 1, 2007, you will want to register him/her for Kindergarten next year. The date for registration is Tuesday May 1st, at 9am. Be sure to bring are the child's Birth Certificate, Social Security Card and immunization record, your proof of residence, and your Photo ID (Driver's License). For questions, call Elizabeth Rodriguez at **414-4310**

- Huddie Murray, Pillow's Neighborhood Liaison, hwmswim@yahoo.com



The New Development Committee—Get in on the Action!

North Central Austin is heating up! Did you know that Phase II of the Domain will bring in an estimated 80,000 new residents and 40,000 new employees just north of us? Or that the groundbreaking for construction of the new North Village Branch Library is scheduled for April? Or that NSCNA has only a limited window of time to let the City know whether we intend to "opt-in" or "opt-out" of the Vertical Mixed Use or that the Austin-San Antonio Intermunicipal Commuter Rail District is planning regional commuter rail service along MoPac on the railroad tracks adjacent to our neighborhood?

Do you want to help enable NSCNA to take advantage of opportunities to influence and participate in the development projects that will shape the future of our neighborhood for the next generation and beyond?

The NSCNA Board of Directors has just authorized a new committee that will focus on gathering information on proposed and pending new development around or near our neighborhood that will potentially impact the quality of life of the North Shoal Creek Neighborhood. The new **"Development Committee"** will be co-chaired by Betsy Todd and Jon Menegay. The Development Committee's "kick-off" meeting was held April 2, 2007 where the committee defined their work plan for the next six months.

Do you know anything about the City of Austin zoning rules? Do you have a background in commercial real estate? Have you ever applied for a building permit? If you have even a smidge of experience or knowledge related to commercial development of the City of Austin rules and procedures that apply, then your neighborhood needs you! Contact (development@nscna.org) or Betsy Todd (betsy.todd.nscna@earthlink.net)or Jon Menegay (jon@eatzen.com) and

become involved in this exciting new committee to help NSCNA shape the future of our neighborhood ASAP!

Traffic Report

The Traffic Committee has been busy documenting problems and advising the NSCNA board on specific cut-through traffic problems in our neighborhood. During the special general meeting on March 6, cut-through traffic was identified as a key neighborhood concern of the Northcross redevelopment. Based on this focus point, the traffic committee held several meetings to discuss ways to improve neighborhood safety through well-planned solutions to traffic problems. Our short-term objective is to seek solutions to traffic problems that are likely to be exasperated by the Northcross redevelopment. The results of the committee meetings were presented at the March board meeting to better prepare our neighborhood representatives during future discussions with the city and the Northcross developer.

A key conclusion of the committee meetings was that, instead of the developer or city providing resources for a new traffic study, any immediate available resources should be applied to solving our neighborhood's traffic problems. A "study" that summarizes cut-through traffic, assembled from the combined experience of the traffic committee and NSCNA members, should be sufficient to identify the traffic problems. The committee feels this organic study will be more productive than spending the time and resources to hire outside experts to tell us about traffic problems. We experience them every day!

The traffic committee is currently working on a detailed traffic analysis report that defines our cut-through traffic problem and potential solutions. The basis for describing problems is by identifying significant pedestrian and bicycle routes within the neighborhood. In addition, the numerous vehicle cut-through routes will be mapped, as well as some of the high-speed roads. This overlap of pedestrian, bicycle, and vehicle routes will objectively identify the safety risks that need attention. These hot spots will be the focus of lobbying for improvements in the neighborhood. A draft of this analysis is planned for release at the next general meeting, at which time the committee will welcome comments, additions, and adjustments to the traffic analysis.

Currently, the City of Austin is not funding traffic calming. However, roadway improvements such as street markings and signs are possible when a need is demonstrated. Some of the specific improvements that have been discussed by the committee include re-striping of Rockwood and Ashdale to include bike lanes, raising the priority of the planned re-striping of Steck (to one lane in each direction with bike lanes), a crosswalk across Steck at Stillwood, and other changes suggested at the last general meeting. These ideas, as well as the best way to approach the city, are still under discussion within the committee and the board.

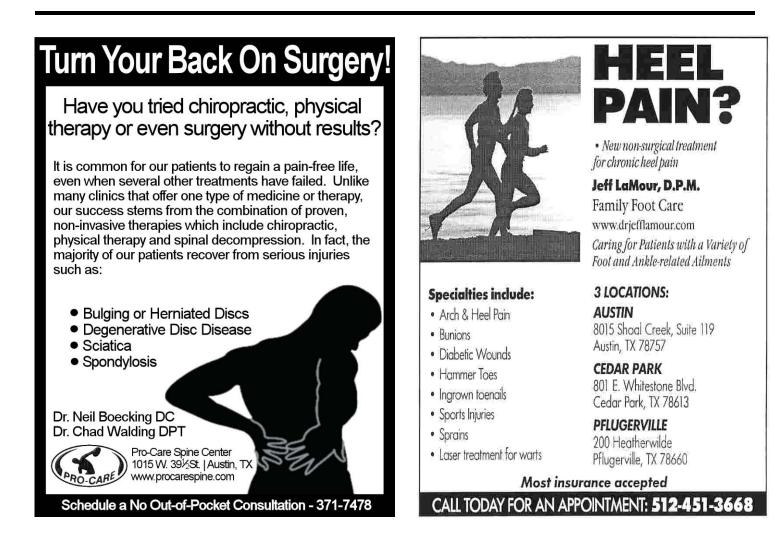
Another aspect of the traffic committee effort is to coordinate enforcement of existing traffic laws. For example, commercial trucks should not be entering the neighborhood at McCann or Buell, and police department traffic patrols can temporarily reduce speeding on "major" streets like Steck and Rockwood. Several neighbors have been working to solve enforcement problems for many years, so this will be an ongoing effort. With this combined strategy of traffic analysis and a focus on enforcement the traffic committee expects to positively impact this increasingly important issue in our neighborhood.

- Jeff Russell



. Let's Celebrate—50 Golden Years

The 50th anniversary celebration continues at **St. Louis School** as they host their annual school carnival, Fun Fest 2007, on **Sunday, May 6th from 10am to 4pm** on the school grounds, 2114 St. Joseph Blvd. at Burnet Road. This community-wide event is hosted by the school's Home and School Association and will feature wonderful music, fun and games, and delicious food. Entrance is free to the public and food & entertainment tickets may be purchased that day. Come join us on May 6th!



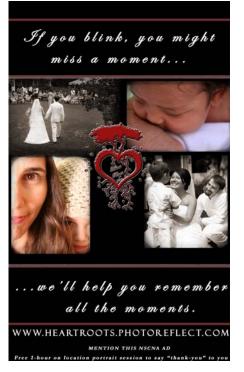
From Modern Men to Cavemen Is Back Pain Making You Grunt?

Office work is turning us back into cavemen. We hunch over computers all day and grunt about neck pain, back pain, and tingling in our fingers. We get tired, we get headaches, we hurt and ultimately our knuckles drag to a halt. Did you know that 80% of all Americans will have back or neck pain severe enough to seek professional help? It's obviously a problem.

In the textbooks we learned about the evolution of man where the human body has gradually risen from a stooped caveman to a tall standing creature. However, it seems we are undergoing the reverse effect. Look around you. Our bodies were not meant to stay seated, gazing into a computer monitor. The pains we are having are the result of stooped posture in the workplace that has distorted our anatomical makeup. Because we are so much smarter than cavemen, we take pain relievers to make the pain go away. However, we are not smart enough to understand that pain relievers only mask the pain, as the underlying root of the problem continues to get worse, possibly making the damage permanent.

Luckily the solution is pretty simple. We need to move! It gets a bit more complex when the body is already showing pain symptoms, but that is what Chiropractors and Physical Therapists are for. Once we give you the tools to get moving correctly, your body has an incredible ability to heal itself. See your local Chiropractor or Physical Therapist before your pain turns you into a caveman!

Dr. Chad Walding, Doctor of Physical Therapy Pro-Care Spine Center



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We want you! to help celebrate America at our Annual July 4th Parade 9:30 - 11:30 am

on the 4th in front of Pillow Elementary

*

*

Prizes will be given for: Best decorated stroller Best decorated trike & bike Best dressed dog Best entertainers

Free popcorn, snowcones, water bottles, balloons and more provided by your volunteer neighborhood association (NSCNA) One more reason to join!

We need volunteers to help! If you would like to help out, call Sandy at 452-6860 or sandyperkins@earthlink.net

The "Sensitive Periods" for Children 0-6 Years Old

What They Are and How to Recognize Them

Written by Carey Youngblood, Director of Heartsong Music,

located in the Village Shopping Center

Maria Montessori discovered that children go through different <u>"sensitive periods."</u> These sensitive periods are universal for all children. They are also transitory, lasting only for a short time then they are gone. The sensitive periods overlap with each other. Each one is an irresistible impulse toward a well-defined activity, a burning intellectual love between the child and the environment. They only come for a moment, and if allowed to establish deeply within the child, it functions at a heightened level within the child and lasts for the child's lifetime. For each sensitive period we miss, we lose an opportunity of perfecting ourselves in some particular way – often forever! It is like a "dropped stitch" – the child will still grow into an adult but won't be as strong and perfect an individual as could have been. There are 6 sensitive periods for the 0-6 year old.

1. Small objects – 1.25 – 2.25 years old. The child has an interest in almost invisible objects. Will bring you the tiniest items off the carpet with great pride and wonder! Loves small manipulatives: pasting, necklace making, sewing, and sorting. Notices the smallest details when cleaning, polishing, sweeping.

2. Order -1 - 3 years old. The child has a need for order. Is trying to make order out of chaos. Wants everything in its place and thrives on routine. Consistency = safety. The child has a mental photographic impression of the position of everything in his/her environment. He/she is calm and has a spiritual repose when all is in order. They find joy in putting things back in place. When all is in place, then they can get on with constructing the self.

3. Social Relations -2.25 - 6.0 years old. The child is interested in his/her own bodily actions. Good manners can be taught. The child is not self-conscious and is very willing to practice good manners. The child insists on doing things in the accustomed way, the <u>right</u> way.

4. Refinement of the Senses -0 - 3.75 years old. The child has a natural interest in sensorial impressions. Is very sensitive to qualities around self; can make distinctions with a clear perception of the senses. Good to focus on one sense at a time: smells, touch, colors, hearing, tastes, work with dimensions for sight. Give your child as much sensorial experiences as possible at this age. Their senses are most heightened and open to exploration. The more they are exposed to at this age the greater their ability will be to distinguish their senses for the rest of their life! For example, I wasn't given much experience with colors as a young child. It is now very hard for me to distinguish between grades of the same color. In the Montessori classroom, the children could do this with ease.

5. Movement – 1 – 4 years old. This is the refinement of the gross motor skills of the whole body as well as fine motor skills of the hands, feet, legs, and arms. If the perfecting of movement and coordination is allowed then the normal development of the mind occurs! It also will bring the child contentment, concentration, and inner nourishment. If the perfecting of movement and coordination are not allowed then the personality is out of balance, the child is less happy, and is insecure. The teachers at Heartsong Music are often saying out loud to the parents, "It is okay if your children move in class. We honor all types of learning styles." Now you know even more why we encourage <u>safe</u> movement. (The running is not safe…but galloping, jumping, skipping, hopping are wonderful, slower movements!) Maria Montessori says that movement IS learning and when perfected creates happy, content children.

6. Language - 0 - 5.25 years old. Language is the longest sensitive period because it is the hardest and most intricate to master. It is important for the child to master because it maintains the country's spiritual unity.

- Infants (0 2.5) are drawn to human sounds. The infant listens, imprints on the unconscious mind so will be able to begin speaking and in an orderly way.
- 2.5 spoken language is acquired along with the structure of sentences: syntax, order, grammatically correct.
- 2.5 4.5 vocabulary is attached to the child's experience. The child enjoys hearing the sounds of words broken down then built back up. For example, using the word "cat", first you break it apart: "What is this word? K (make the sound of a "k"), a (make the sound of "a" in "cat"), t (make the sound "t")?" The child then echoes those sounds, slowly then while connecting the sounds together, and finally gets that it is the word "cat." This is the precursor to reading. Great fun for all!
- 3.5 4.5 the child begins to write. Has an interest in the shapes of letters and learns that each has its own sound. This explodes into writing.
- 4.5 5.5 the child is writing and begins to read.

Math and music have their own languages!

When you are working with the senses, you often use the language of adjectives: large/small, round/square, fast/slow, loud/quiet, light/dark, soft/hard... Children love to learn these words. Children love to know the name of every object in their environment. Be as detailed as you can, even getting information from encyclopedias, with whatever your child is interested in. They will remember more than you will, then will be teaching you!

Also, remember that math and music have their own languages! Music Together[®]'s research shows that the most critical time to develop ones musical skills is between the ages of 0 - 5. I believe this is because it is a language and the child's sensitive period for language is at this same time. It is never too late to develop ones musical skills, it is just easier, the brain is more flexible, and is most open to the language of music at this time.

In Conclusion:

Knowledge of these sensitive periods will allow you to know your child is normal when he needs everything to be in its place, or when she begins picking up each tiny object off the carpet! Also, this information allows you to focus on specific areas of your growing child's life and heighten the exposure of the senses, language of movement and of manners. Know that your child is hungry for the above experiences and will be thankful to you for giving him what he is most open to at this young time of his life.





Austin's Quick Spring Guide to a Beautiful Lawn By David Dettmer, Founder of Expertunity.com

Spring is here and it's time to get green. This is a guide to help you create a lawn that is healthy, lush and green. If you want to get second looks from your neighbors, follow these tips and you'll be on your way.

Cleaning

Get started by putting on a pair of spiked shoes (golf cleats will work, too) and walk your lawn. This aerates your lawn, while you're busy removing weeds, debris, and tree branches.

When it comes to weeds, the best method is to pull them strongly at the base being sure to get a hold of the root. Let's stay away from using any man-made weed killer, which ends up soaking into the earth and infiltrating our ground water. Go ahead and pull out the blower if you have a lot of leaves. Be sure to bag them to keep that lawn clean and breathing. You can use those leaves to create or add to a compost pile that can be used later for feeding your lawn and flower beds. Your mower will be able to pick up anything smaller left behind.

Mowing

Don't mow when your grass is wet, like after a heavy rain or watering. This can leave unattractive footprints and wheel ruts behind. Change directions every time you mow. Mowing in different patterns – circles this week and lines the next – will create a more even appearance without tread marks. It also inserts variety to a commonly mundane task! Always bag your grass clippings and leaves. You don't want to let anything sit on top of your lawn that stifles its growth. It can also mean the difference between a "just cut" look and a well manicured lawn.

Watering

It's best to water in the early morning, which allows your grass to hydrate itself throughout the day. There's a large amount of water loss through evaporation when watering in the afternoon and mold can be introduced if watered in the evening. A 15-minute watering is sufficient for a good soaking on a clean lawn. It's important not to over water, which can cause wasteful runoff and/or foundation problems to your home. In moderate weather, watering once a week is adequate. When higher temperatures are the norm, it may be necessary to increase to every 3-4 days. Remember, water is an important resource and we should be conscious of its use. Pick sprinklers that water closer to the ground. Water that sprays into the air will quickly evaporate before it can provide any benefit to your grass.

Feeding & Protecting

If you choose to feed your lawn, use manure compost. Again, please try to stay away from any man-made fertilizers. Horse manure, although difficult to find, is preferred over cow since the cow has four stomachs which remove more nutrients. Most common insect infestation issues can be resolved by using nematodes. Beneficial nematodes are microscopic, non-segmented worms that seek out and kill the immature stages of harmful soil-dwelling insects, such as flies, ants, termites, and fleas. They are not harmful to animals or humans.

Following these simple guidelines should help you on the quest for a great lawn. I wish you all the luck and hope this information is helpful to you!

David Dettmer is the founder of Expertunity.com, an online resource for homeowners searching for landscapers, plumbers, roofers, handymen, painters, remodelers, and more.



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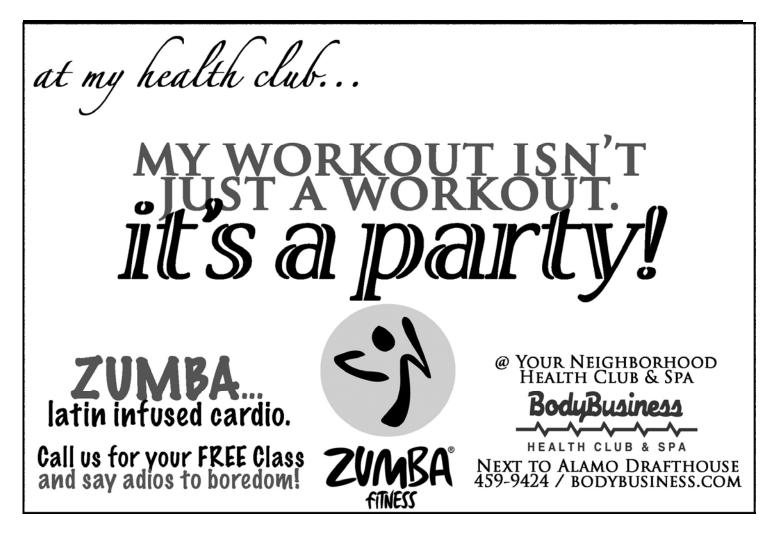
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Study Shows Why Exercise Boosts Brainpower

Can't find your keys? Forget your sister's birthday? Ask your kids the same questions over and over again? The following article is an interesting peek into research that suggests humans – that's us - actually gain brain cells as a result of working out. Just imagine yourself getting stronger & smarter all at the same time. Put on your walking shoes – improved brainpower and memory is just steps away!

WASHINGTON (Reuters) -- Exercise boosts brainpower by building new brain cells in a brain region linked with memory and memory loss, U.S. researchers reported Monday. Tests on mice showed they grew new brain cells in a brain region called the dentate gyrus, a part of the hippocampus that is known to be affected in the age-related memory decline that begins around age 30 for most humans.

The researchers used magnetic resonance imaging scans to help document the process in mice -- and then used MRIs to look at the brains of people before and after exercise. They found the same patterns, which suggests that people also grow new brain cells when they exercise. "No previous research has systematically examined the different regions of the hippocampus and identified which region is most affected by exercise," Dr. Scott Small, a neurologist at Columbia University Medical Center in New York who led the study, said in a statement.

Writing in the Proceedings of the National Academy of Sciences, the researchers said they first tested mice. Brain expert Fred Gage, of the Salk Institute in La Jolla, California, had shown that exercise can cause the development of new brain cells in the mouse equivalent of the dentate gyrus.

Article provided by BodyBusiness, Your Neighborhood Health Club & Spa locally Owned & Operated since 1984

Update on Tree Trimming

Many of you recall that in 2006, Stillwood Lane residents sprang into action when Austin Energy proposed to clear cut as many as 200 trees due to potential interference with power lines. These trees were located in a buffer zone which separated back property lines from an adjacent commercial area between Buell and Steck. Before the trees were cleared, residents were notified by Austin Energy and trees were marked for removal. Several residents, led by Kevin Wier, appealed to City Council members, Austin Energy and the City Forester for help with the issue. The impact of loosing this large number of trees was significant on this section of our neighborhood. Thanks to their persistent efforts, a visit was paid by City Manager Toby Futrell and staff who walked the area to view the situation firsthand. Brewster McCracken and others were instrumental in helping the residents receive at least a gesture of restoration from Austin Energy in the form of replacement trees.

Recently, Austin Energy came through with approximately 70 replacement trees. Residents were allowed to choose from a selection of varying circumference sizes and heights. Austin Energy dug holes for the new trees to be planted. Kevin Wier researched and distributed information to his neighbors regarding nurturing these new trees through the period of transplant.

The new replacement trees vary in height up to 3 feet high. Although these are smaller than what residents were promised by Austin Energy, the trees have now been planted. The North Shoal Creek Neighborhood Association would like to thank everyone who contributed to the resolution of this issue by working together and with the City. In particular, Mary Jane and Kevin Weir were instrumental in leading the issue to this final resolve. Their efforts sparked a review of Austin Energy policies for future tree clearing projects in our City. -Mary Arnett



I have helped over 50 families in our neighborhood sell their homes—if you are thinking of selling—give me a call!

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The Ventura Family is Keeping Shoal Creek Beautiful!

Neighborhood volunteers Brian and Rachael Ventura of Dawnridge were looking for a service project to sponsor in conjunction with Lone Star Land Cruisers, a Texas non-profit association of Toyota Land Cruiser Owners chartered with the Toyota Land Cruiser Association. The local chapter is one of the largest and most active Land Cruiser organizations in the U.S. The club is interested in creating a family-oriented environment where they can gather for the purpose of exploring, preserving and enjoying the remote areas of Texas and surrounding states in their 4wd vehicles.

Making an inquiry with the City, they were referred to Keep Austin Beautiful (<u>www.keepaustinbeautiful.org</u>) where they linked up with the Adopt-A-Creek program. Their club adopted Shoal Creek from 183 all the way to Northwest Park. The Ventura family personally adopted the section between 183 and Crosscreek Dr. Their son Lan also invited members of his Boy Scout Troop 88 to assist with this project and other family friends have contributed as well.

Through KAB, the project contract is for 2 years, with a commitment to clean the creek at least 3 times per year. All supplies are provided by KAB, and the city picks up the trash and debris from a specified location. The City also keeps track of how much is being collected from the area.

North Shoal Creek Neighborhood Association proudly salutes the Ventura's and their friends for helping to keep our neighborhood beautiful!

- Mary Arnett



Where our neighbors are our customers.





www.casachapala.com

3010 W. Anderson Lane Suite D Austin, Texas



Casa Chapala - North Shoal Creek Neighborhood's New Best Friend!

Tucked away in a quiet corner of the Creekside Square shopping center at Shoal Creek and Anderson Lane is Casa Chapala Mexican Grill and Cantina. With a unique and tantalizing menu that's not your usual Tex-Mex fare, prepare yourself for some extra touches that make each visit memorable.

Fresh takes on new meaning with this first impression: Staff will bring ingredients for salsa and, with pestle and molcajete in hand, create the salsa while you watch! A focus on interior Mexican food provides an alternative to the usual and expected fare with some interesting and unusual twists: Try the cactus salad (nopalitos, pinto beans, onion, avocado, peppers and cilantro) or the popular Chapala fireball (fried avocado stuffed with chicken). The Panchita Del Mar is a delicious combination of crab, shrimp, fish, vegetables and a cream sauce baked together in a foil pouch--not to be missed!

The food is only a part of what keeps people coming back to Casa Chapala. A warm and inviting ambiance includes a wall of windows overlooking a serene Shoal Creek - the perfect spot to relax and entertain your friends and family. Casa Chapala will happily devote sections of their restaurant to private groups for happy hour or dining.

Lupe and Lucina Barragan know plenty about family-oriented restaurants. They operated a successful restaurant in Washington State before deciding to make Austin their home. The family portrait graces the entrance way with eight beaming children, some of whom work in the restaurant alongside their parents. The Barragans live very near their restaurant and recognize the importance of a neighborhood gathering spot that is close to home but convenient to other entertainment venues and Mopac.

Casa Chapala's reputation as a first quality Mexican restaurant is fast becoming a destination of choice for dining in, takeout, delivery, catering and banquets. And now you can stop by for a weekday quick breakfast taco on the go!

So if you haven't been, stop by and you are bound to become a regular. Upon entering the first time, you will feel like an old familiar friend.

North Shoal Creek Neighborhood Association is proud to announce that Mr. Barragan has generously agreed to sponsor our Second Quarter Membership Contest with a \$50 Gift Certificate!

- Mary Arnett

Next General Meeting Tuesday May 1st At 6:30 pm Pillow Elementary Cafeteria

<u>Classified Ads—Looking for Advertisers!</u> Personal ads are free for NSCNA Residents. Limit 30 words. Business classifieds are \$45. Limit 40 words. If you have an item to sell or home based business to advertise in the upcoming quarterly newsletter, please contact Sandy Perkins at 452-6860 or email—sandyperkins@earthlink.net NSCNA Committee Volunteers

If you are interested in volunteering for a NSCNA Committee Safety, Social Events, Traffic, Beautification, Media, Development

Please contact a committee member at www.nscna.org

NSCNA Membership Drive

Contest Winners 1st quarter are:

Todd & Tori Boullion of Little Laura.

They won a <u>\$50 gift certificate</u> to Veranda Restaurant

Just for joining/renewing their membership! Please be sure to enter the contest for the 2nd quarter! Next drawing to be held June 30th .

Just fill out the membership form on the back page and mail it in along with your \$15 check.

Your dues help sponsor our annual July 4th Parade, our Neighborhood Garage Sale, our Movie Night and many other exciting events. We urge our readers to continue to support our local businesses and advertisers who allow us to print and mail this quarterly newsletter to your home.

Still Looking for Teen Job Seekers

We've had several neighbors contact us looking for teens who:

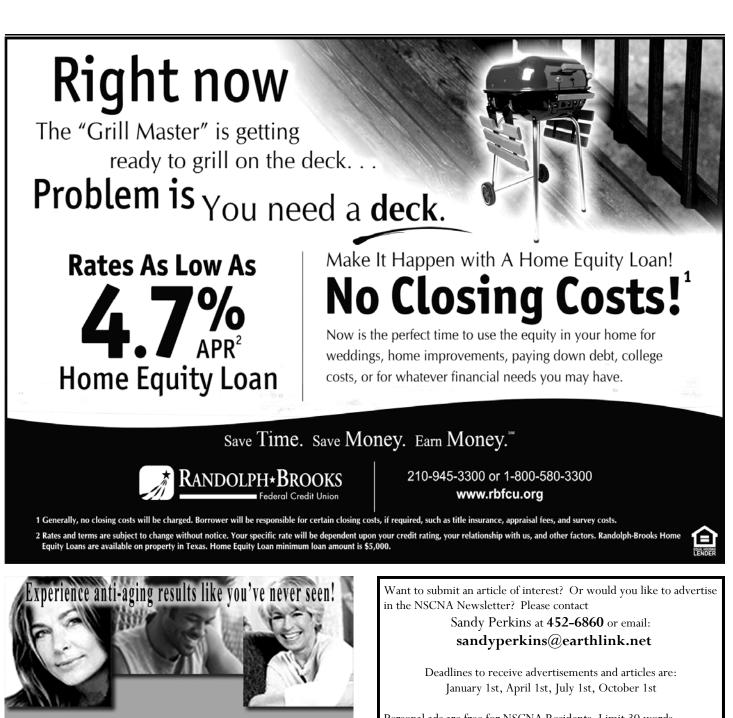
Baby Sit, Pet Sit, House Sit, Rake Leaves, Wash Cars, Wash Windows and do other odd jobs.

If you are interested in advertising for free, please submit your name and contact information to: sandyperkins@earthlink.net or 452-6860.

Must have parent permission.

We would need your age, phone number and type of work desired.





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Personal ads are free for NSCNA Residents. Limit 30 words Business classifieds are \$45. Limit 40 words. If you have an item to sell or a home based business to advertise in the upcoming quarterly newsletter please contact Sandy

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Win Big in Our Membership Contest!

If you join the neighborhood association or renew your membership between April 1st and June 30th—your name will go into the hat for a \$50 gift certificate to: Casa Chapala's Restaurant. See 1st quarter winners name on page 18

Your membership will allow you to become a voting member of the association, will help pay for exciting neighborhood events and will help pay for resources that assist in solving issues which effect our area. Support your Neighborhood Association by joining NSCNA and help continue to make our area great!

	and mail it (along with your \$15 check made payable to NSCNA) Membership, P.O. Box 66443, Austin, TX 78766-0443
Name:	Phone:
Addresses	

Address:

Email Address: