

News Northwood from

www.main.org/northwood

July/August 2012

Upcoming Events

Fall Garage Sale Oct 13

The fall garage sale is scheduled for Saturday, October 13. Start gathering all those unused items and outgrown or never worn clothes! The sign-up will be held for approximately two weeks before October 13. ☞

and dogs, many of whom dressed in red white and blue. Some residents on the route brought out chairs to watch the parade and wave flags as we passed on foot, on bicycles, in wagons and strollers. At the end of the route, refreshments were provided. If you missed the event this year, we hope you will join us next time! ☞

Neighborhood Notes

Newsletter help needed

One of our Section Captain positions has become vacant. The newsletters are bundled by each block; the Section Captains gets the bundled newsletters to the block captains. The Section Captain can either tell their block captains where the newsletters are available (“on my porch”) or can deliver them to the block captains. If you are interested, call or email the editor Donna Blumberg at 244-7500 or northwoodna@yahoo.com. ☞

Online Grow Green Guide

If you’re wondering what plants will survive and even thrive in the Texas heat and drought, go to the City’s web site and browse their plant guide pages. It has excellent information and photos on trees, shrubs (including flowering shrubs such as roses and oleander), ground covers, perennials, bulbs and more.

www.austintexas.gov/faq/where-can-i-get-copy-native-adapted-landscape-plants-guide. ☞

Another Great 4th of July parade

A fun time was had by all at the July 4th neighborhood parade. The group included nearly over 30 adult marchers with numerous children, babies



2012 Dues are Due! see page 3

Oak Wilt Alert: only prune and paint oak trees when it is very hot or very cold, then prune and immediately paint (you can use latex spray paint). Avoid pruning between February and June when the beetles transmitting the fungus are most active.



Home & Family Safety

Walk dogs on a leash - City ordinance



A recent topic in the neighborhood discussion group focused on neighbors who walk their dogs without a leash. This is a safety concern; an unleashed dog can easily run after anything or anyone that attracts its attention. One neighbor was chased by an unleashed dog while she was in her own yard and again by another dog while walking. This is another reason to carry a stick while walking —loose dogs and coyotes.

If the unleashed dog is actively threatening someone, call 911. Otherwise call 311 and provide the owner's address; they refer these calls to Animal Control. 311 needs the owner's address so the Animal Control person can locate the owner. Initially the Animal Control person educates the owner and verifies the dog's rabies shots are current. If the same owner has repeated complaints, they may fine the owner. 🐾

Sippy Cups and Other Little-Known Childhood Hazards

From articles.mercola.com/sites/articles/archive/2012/05/31/child-safety-tips.aspx

An average of 2,270 children under 3 are treated in emergency rooms every year due to injuries related to bottles, pacifiers and sippy cups. Most often, the injury occurs when a child falls while using the product, often leading to a laceration of the mouth. One year olds are injured most often, likely because they're still unsteady on their feet and are more prone to falling down. Bottles are the most common cause of injury, followed by pacifiers and then sippy cups.



Magnets have been linked to deaths and serious injury in children. Particularly dangerous are neodymium magnets used as Buckyballs, which are small, very high-powered magnets, but any magnet can pose a danger. Once ingested, magnets can connect across the intestinal wall, causing serious intestinal injury, like punching holes in the stomach and intestines.

Button batteries, particularly the 20 mm lithium variety used in children's toys, hearing aids, remote controls and watches, are incredibly dangerous. When the batteries are swallowed, they release an electrical current that causes a hazardous chemical reaction in just two hours. The esophagus and vocal cords can be so badly damaged that a feeding tube is required.

If a child eats enough **hair**, it can lead to a hairball trapped in the stomach. Along with causing pain and stomach obstruction, surgery may be required to remove it in severe cases.

Certain **medications and even vitamins** (especially those that contain iron) can be deadly to small children, as can small amounts of alcohol, including medications containing alcohol. Prescription pain medications, heart pills, aspirin, antidepressants, and diabetes drugs are particularly dangerous. Because medications are so common, a child can be exposed not only at home but also just about anywhere a pill can fall out of someone's pocket or be left on a table.

Nails, Pins, needles and tacks are also dangerous. Young children are drawn to these shiny metal objects, which can easily puncture their esophagus, stomach or intestines when swallowed. Seek medication attention immediately if you see your child swallow any sharp object, although fortunately in most cases, the above items will pass through



naturally in a day or two. Parents should watch for any signs of complications, including blood in the stool, pain or vomiting.

Be aware of these dangers and plan accordingly to keep the little ones safe. ♪

How to help a heart attack victim

If you saw someone who either was unconscious or was clearly having a heart attack, what should you do? To learn, visit www.heartrescuenow.com/ ♪

Community Emergency Response Team (CERT) training starts in September

In an emergency, such as when thousands of people evacuate to Austin to avoid a hurricane, Austin's Emergency Operations Center relies on volunteers for help in handling the situation. The next (free) training class for residents who are interested begins in September. Visit austincert.org for details. ♪

Can lush lawns contribute to canine cancer?

from healthypets.mercola.com

If you have a dog, be careful what pesticides you use on your lawn. A 6-year study puts the increased risk of canine malignant lymphoma (CML) at 70 percent for certain dogs.



Don't apply pesticides to your yard, and if you use a lawn care service, don't allow them to use them, either. Avoid lawn care and other gardening products that contain insect growth regulators (IGRs). If your dog has rolled around on chemically treated grass, bathe him or her. If the dog has walked in treated grass, soak the feet for several minutes. ♪

General & Continuing News

Northwood Sign Project Update

The completed sign proposal has been submitted to TxDOT for approval. We hope to receive approval soon and then will be able to have the sign installed at the Silver Creek and Parmer Lane location. ♪

Join the Northwood email and discussion groups!

If you want to get neighborhood news that is "hot off the press", send a blank email to NorthwoodNbrhdAssn-subscribe@yahoo.com. We also have a discussion group where neighbors can discuss issues or ask questions. To join this, go to our web site main.org/northwood and complete the form, ♪



2012 Due\$ are due

The 2012 dues are due. They are \$15 and are for the calendar year 2012. The dues pay for the gift certificates for the yard of the month and help pay for the newsletter and some of the special activities. ♪

Dues must be current to be eligible for financial assistance for treatment of oak wilt

To join the Northwood Neighborhood Association, just complete the form on the back of this newsletter and mail a check to the treasurer at the address listed on the form. A Texas-size Thank You! to everyone who has paid their dues! ♪



Deer - uninvited visitors?

As fawns that were born in June grow, they and their mothers may begin (or increase) their munching on landscaping. If you do not want deer around your property, refresh or activate your deer repellent. A web site for commercial and homemade deer repellent recipes and other deer tips is www.deer-departed.com &

Yard of the Month

The May Yard of the Month award goes to Russell and Denise Haertl, 12912 Oak Bend, who created a beautiful landscape combining rocks, mulch and drought resistant plants under a canopy of trees. &

Police neighborhood contact

Our neighborhood police contact is Officer Michael Whetston. Contact him at 974-5553 or Michael. Whetston@austintexas.gov. To just report an incident, you may call 311. &



Police report

The City's Crime Viewer is available at www.ci.austin.tx.us/GIS/crimeviewer/CrimeReportSearch.html. You can subscribe to a daily crime report for any area (such as for 1 mile) around your address at spotcrime.com.

July

Tamarack Trl Criminal Mischief 10:07
Oak Bend Dr Harassment 11:58

Any time you see a person or vehicle that doesn't seem to belong, get as detailed a description as possible and notify the police – call 311 (or 911 if they are still present). If you are aware of a theft or other problem, contact the editor at 244-7500 or northwoodna@yahoo.com. An anonymous description of the incident will be included in the police report section of the newsletter. &



Calendar

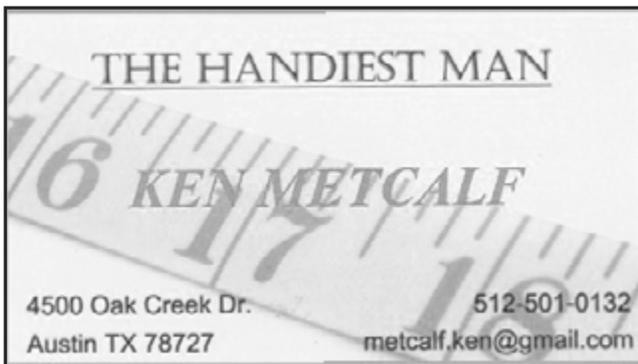
October 13 Fall Garage Sale
December Holiday Yard of the Month

Street	Crime	Time
<i>May</i>		
Palfrey	Assault by threat	19:08
Palomar	Assault with injury	1:30
Northfield	Assist Complaint	15:00
Council Bluff	Disturbance – other	1:26
<i>June</i>		
Pegasus	Abandoned vehicle	7:52
Oak Creek	Aggravated assault family/date violence	16:01
Palfrey	Burglary of residence	19:49

Classified Ad rates:	
Business card	\$15
1/4 page	\$35
1/2 page	\$60
Full page	\$85



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 the Northwood Neighborhood Association
 Editor Donna Blumberg 244-7500
 northwoodna@yahoo.com



Northwood 2012 dues \$15.00

Name _____ Phone _____

Address _____

Email _____

Make check payable for Northwood Neighborhood Association and mail to Nancy Grijalva, 4507 Tamarack Trail, Austin, TX 78727 (do not drop in the Association mailbox, it isn't waterproof). Be sure to subscribe to the Northwood email alerts: send a blank email to NorthwoodNbrhdAssn-subscribe@yahoogroups.com. Also join our Facebook and Yahoo discussion groups.



Hello Neighbors and Friends!

Summer is upon us! Bikinis and BBQ's! Let's get Started!
Living Health 2day and 4Ever!

I am Living Healthy 2day, and have started a new business from our home this year and I thought I'd let you know about it.

I'm now working with Herbalife International! Perhaps you have heard of them? Have you ever tried their products? They are the fastest growing health and nutrition company in the world, and now in their 32th year of business, are licensed in over 80 countries. This past year Herbalife marked \$5 billion in sales. WOW!



Weight Management



Women's, Mens & Children's Health



Digestive Health



Energy and Fitness



Heart Health

Herbalife promotes proper nutrition and a healthy lifestyle through the retail of products targeted at specific health conditions, including:

Herbalife products help people with health and weight management concerns with an emphasis on weight loss, weight gain, and increasing energy. Millions of people worldwide use Herbalife **inner nutrition** products, but Herbalife also carries an exclusive line of the absolute best in **outer nutrition**, skin care, hair care and personal care products.

After a well deserved year off, I decided it was time to concentrate on myself and make some positive changes in my life. I now enjoy a daily exercise regiment; managing my weight, experiencing more energy, and sleeping better. Most of all, I am helping people with their wellness and nutrition goals!!

As I mentioned, the purpose of this letter is to simply let you know about these products and to let you know that I'm in a great business, helping people! So please keep my phone number handy and if you think you or someone you know may be interested in Herbalife products, give call me. I would very much appreciate it! Visit my website below, or keep in touch by email, I would love to hear from you.

Allyson Mueller, Your Personal Wellness Coach



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www.livinghealthy2day.herbalhub.com



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www.AustinPianoSchool.com

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