



News Northwood from

www.northwoodna.com

March/April 2013

Election Results

Open position - Vice President

The current officers were unanimously reelected at the January 27 meeting. Unfortunately, our Vice President Maria Barlow and family are leaving Northwood very soon. So the Vice President position is open.

The duties of the Vice President are to update the white board, assist the President and to coordinate activities when needed. If you are interested or want more information, contact President Cheryl Vanek, northwoodpresident@gmail.com.

Maria, thank you for all your work to keep Northwood a great place to live - we will miss you! ☺

Upcoming Events

Spring garage sale May 4

The Spring Neighborhood Garage Sale is scheduled for Saturday, May 4th, from 8 a.m. - 4 p.m., rain or shine, with a neighborhood preview Friday May 4 (details follow). Registration for the garage sale will be from April 25 through May 3. The registration form is in the back of this newsletter.

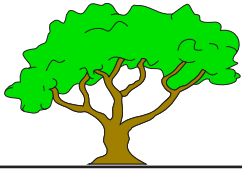
The garage sale will be advertised in the Austin American Statesman and signs will be put out the day of the sale.

Friday Presale - lots of professional garage sale shoppers start extra early on Saturday, before “normal” people, and lots of neighbors like to shop Friday night. So we’ll have a ‘pre-sale’ event Friday night just for Northwood people—it will not be advertised outside this newsletter.

If you are selling and want to be open Friday night, turn your porch light on and open your garage door. If you only want to sell Saturday and just get ready on Friday evening, keep your garage door closed and porch light off. For people who want to shop on Friday, around dusk is a good time to start shopping.

Remember to register by May 3! Check the back of this newsletter for your registration form and deposit it and the \$2.00 in the black Association mailbox at the curb of 4507 Tamarack Trail. If you have any questions about the sale, contact Cheryl Vanek at 244-4368. ☺

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.



Projects / Updates

Oak wilt survey

From austintexas.gov/page/oak-wilt-suppression and www.texasoakwilt.org/

If you have oak trees, now is the time of year to check for oak wilt. Watch the oak trees as their leaves bud. Oak wilt symptoms first appear in late spring or early summer. Leaves turn a dull, bronzed brown at the tips and along the outer margins, with a sharp line separating discolored from normal green tissue. Leaves discolor, wilt, and fall at the top of the tree first, and later at the tips of the lateral branches.

If you see any trees that match this description, contact one of the Association officers. The Association will soon contact the Texas Forest Service to conduct an overall survey of our neighborhood to look for signs of oak wilt. ☺

Neighborhood Notes

Lost a pet / found a pet?

If you lose or find a pet, the best way to let neighbors know are by posting the information on the Northwood Facebook page and/or the Yahoo discussion group. The Facebook page is public so anyone can join (and see posts); the Yahoo discussion group is limited to Northwood residents. The Northwoodna.com web site has details on joining both groups.



If posting to the Yahoo group, be sure to attach photos to the email, rather than adding them to the group's photos section; only people with a Yahoo email account and access to the group can see them, and few know to look. ☺

Keep dogs on leash / carry a scoop

Many Northwood residents have four legs and

either walk with their owners or are in their front yards, sometimes without a lease. Besides being against leash laws, unleashed dogs can be a (perceived) danger to other people who are walking or running nearby. Some neighbors have been chased by dogs while jogging, if only briefly, and that can be scary.

If you walk your dog or let it in your front yard, please keep it on a leash for safety. Also, when walking your dog, be sure to clean up after it (and deposit the waste in your own trash can). Your neighbors will thank you! ☺

Don't feed the deer (on Oak Creek)

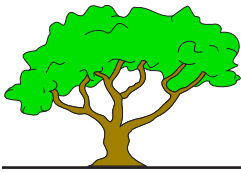
Some neighbors have been feeding the deer on Oak Creek on the undeveloped property at the front of Northwood. Feeding the deer that close to the road can be dangerous - some of the deer might run into the road, possibly into the path of an oncoming vehicle.

Although it can be fun to feed the deer, if enough people do so long enough, they may breed more than the "carrying capacity" of the land will support. This then becomes a problem if most people stop feeding them; they could slowly starve. ☺

Egg-cellent Easter Egg hunt

The weather was very enjoyable so we were surprised at the low attendance (8 kids total). Kids were happy, toddlers had much time and room to choose the best eggs and parents took the opportunity to chat while peeling. This year older kids were assigned a separate area, giving them the opportunity to run as they pleased. All baskets were overflowing with all sorts of candy.

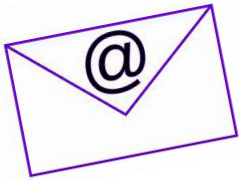
Special thanks to Max & Lily Sellers (Ann and Scott Seller's kids) whose thoughtful contribution made this year's egg hunt a success. We need more people to help; if you want to help next year, email northwoodvicepresident@gmail.com ☺



Home & Family Safety

Suspicious "need help" emails - spoofing or hacking?

Editor's note: about a month ago people on the discussion group received an email supposedly from me (northwoodna@yahoo.com) saying I was in the Philippines without money and needed help. I appreciate everyone who called and emailed to check on me. The next day I received a similar email from a friend outside Northwood who also has a yahoo address. Both were fake.



Nearly everyone with an email account has received messages, either from strangers (often in Nigeria) or supposedly from friends asking for help. Be suspicious of these - would the person in question actually contact you, and do so through an email (which may not be well written)?

If people you email have received a suspicious email from you, either your email was hacked - someone was able to log on as you (they figured out your password) or your account was spoofed: the message appears to be from your account but is actually from someone else. A pcworld.com article has details on spoofing, as does About.com.

If you suspect someone actually knows your email password, be sure to check your financial and other important accounts that use that email as the forgot password email. The hacker could have the reset password emailed to the address, then they can reset the password and gain access to your accounts... and lock you out.

If you do change email addresses, consider a Gmail account (www.gmail.com). Gmail has an optional 2-step account validation: you can add a mobile or land line phone number to the account. When you (or someone) logs onto the account from a new computer, a text or voice code is sent

to the phone. That number must be keyed to complete access to the email account. &

Are Binkies bad for babies?

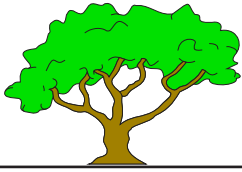
From wcpo.com, a Cincinnati news station

Tom Glass, professor of Forensic Sciences, Pathology and Dental Medicine at Oklahoma State University, wondered if pacifiers pose a health risk for babies. His team of researchers gathered pacifiers from randomly chosen families. They swiped the surface of the pacifiers in an agar plate, then cut them up and tested the inside to determine what was growing on the surface and in the pores.

They couldn't believe the bacteria they found: strep, listeria, various strains of staph including the bacteria that causes pneumonia and the thrush-causing yeast. 40 different species of bacteria were isolated from 10 pacifiers. They also found mold species that cause respiratory distress, asthma-like symptoms. They also found bacteria that release poisons into the system. In short, "We have no idea what this was doing to the child's immune system or system in general."

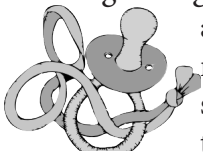
The team was concerned that pacifiers provide a way for certain germs to infect and then re-infect babies. Often children have a little red ring around their lip; in these cases it's likely the pacifier was infected rather than being overused.

The type of organisms the study revealed, and the levels on the pacifiers, led the doctor to believe binkies could make babies sick. "Persistent or recurring ear infections, persistent or recurring colic, all of those are the kinds of organisms that we found in or on the pacifier," said Glass. "The baby's colicky. What do we do? We put the pacifier in, which is supposed to make the baby less colicky. But in reality, it is providing everything we need to make the colic persistent."



The study found 3 ways that parents typically clean the pacifier: dust it on their sleeve, clean it with a wet wipe or put it in the mother's mouth. Putting it in the mother's mouth may actually be the best way to clean the pacifier – for the first 6 months, the baby's immune system comes from the mother.

Bleaching the pacifier or putting it in the dishwasher or boiling can help, but the germs keep growing. After 2 weeks the germs have formed a complex structure called a biofilm. It's rather impervious to chlorox, baking soda, to boiling. So at that point the safest thing to do is discard the pacifier.



The team at OSU Health Sciences Center went on to recommend new pacifiers at the following times:

1. First symptoms of illness
2. Once ill, after fever breaks
3. As soon as the child recovers

Read the OSU study at bit.ly/Vb4DG5. For a photo gallery of the results the researchers found go to goo.gl/xtiMy. 

Top Tips: When to Skip the ER

Knowing when to visit an Urgent Care Center will save you time and money By Jon Belsher, M.D., MedSpring Chief Medical Officer, board certified in both Critical Care and Internal Medicine.

Austin area emergency rooms are no stranger to the issue of overcrowding and long wait times. For many people, the immediate reaction in the face of an illness or injury is to head for the ER. While appropriate when the patient's life, limb or vision is endangered, most ER visits could be addressed much faster and at a lower cost in an urgent care center.

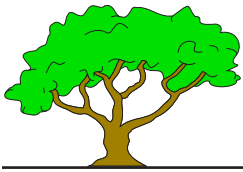
Urgent care centers offer quality care for non-life-threatening illnesses and injuries when your

primary care doctor can't treat you right away or if you don't have a doctor in the area. Knowing when you can avoid an emergency room visit will make your treatment both less time consuming and less costly.

When to visit an Urgent Care Center:

- **Minor Accidents.** Many urgent care centers are staffed by doctors supported by digital X-rays. Examples of a minor accident include: sprains or strains, puncture wounds, scrapes and cuts, and broken bones.
- **Illnesses.** Minor illnesses can pop up overnight, especially during the winter and spring seasons. With on-site lab equipment, urgent care physicians can quickly diagnose infections, colds and other illnesses. Examples of a minor illness include: coughs and sore throats, ear/eye infections, fever or flu-like symptoms, diarrhea and headaches.
- **Flu Shots.** Urgent care centers are an easy and convenient resource for flu shots. Walk-ins are welcome and no appointments are necessary for treatment or vaccines.
- **Student physicals.** During the summer and back-to-school months, getting an appointment with your primary care or family practice doctor can be especially challenging. Urgent care centers conduct physicals for sports teams, summer camps or schools and no appointments are necessary.

Additionally, while co-pays vary by insurance provider, urgent care patients can expect to pay \$35 to \$50, compared to typical ER co-pays of \$100 to \$200 or more. For those with high deductibles, the cost difference could be \$1,000 or more. Additionally, compared to the national average emergency room visit of more than four



hours, many urgent care visits last less than an hour.

If you are experiencing a non-emergency accident or illness and want to avoid the emergency room, consider visiting a local MedSpring Urgent Care Center for quality care and a time-efficient experience.

For more information about MedSpring Urgent Care including locations, patient reviews, and savings compared to an ER, visit www.medspring.com or find us on Facebook and Twitter. &

Join the Northwood email, discussion and Facebook groups!

If you want to get neighborhood news that is “hot off the press”, send a blank email to Northwood-NbrhdAssn-subscribe@yahogroups.com. We also have a discussion group and Facebook page where neighbors can discuss issues or ask questions. To join the discussion group, go to our web site www.northwoodna.com and complete the form, or find the Facebook link. &

2013 Due\$ are due

The 2013 dues are due. They are \$15 and are for the calendar year 2013. 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.

To join the Northwood Neighborhood Association, either pay via PayPal on our website, www.northwoodna.com or

complete the form on the back of this newsletter and mail a check to the treasurer at the address listed on the form. &

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

**Continuing Business
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. &

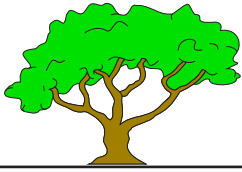
Police report

The incidents listed below were listed on the City police department crime report web page www.austintexas.gov/GIS/CrimeViewer/



Street	Crime	Time
<i>January</i>		
Timberside	Abandoned Vehicle	8:13
Trailwood	Theft of Bicycle	16:12
Pegasus	Criminal Mischief	7:45
Tamarack	Criminal Mischief	6:53
Tamarack	Criminal Mischief	9:08
Lovage	Suspicious Activity	12:42
Oak Creek Dr	Assault by Threat	16:11
Stepping Stone	Dating Disturbance	8:34
<i>February</i>		
Tamarack	Theft from Auto	6:40
Tamarack	Assault w/Injury - Fam/Date violence	17:19
Northfield Rd	Family Disturbance/parental	17:23
Tamarack	Online impersonation	13:47
<i>March</i>		
Pegasus	Criminal Mischief	13:14
Oak Creek Dr.	Assault w/Injury Family/Date Violence	21:10
Oak Creek Dr.	Junked/Nuisance Vehicle	7:51

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 and want to let others in Northwood know about it, contact the editor at 244 7500 or northwoodna@gmail.com. An anonymous description of the incident will be included in the newsletter. &

Calendar

May	4	Spring Garage Sale
July	4	Parade
October	12	Fall Garage Sale
December		Yard of the Month

Officers:

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NorthwoodPresident@gmail.com

Vice President vacant
NorthwoodVicePresident@gmail.com

Secretary Rosalia Nassaux 826-3111
NorthwoodSecretary@gmail.com

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Classified Ad rates:

Business card	\$15
1/4 page	\$35
1/2 page	\$60
Full page	\$85

THE HANDIEST MAN

KEN METCALF

4500 Oak Creek Dr. 512-501-0132
Austin TX 78727 metcalf.ken@gmail.com

Hello Northwood Neighbors!

Tired? Overworked? Not enough hours in the day?
Let us help lighten the load with your spring cleaning

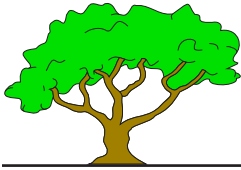
SQUEAKY KLEEN

With your busy schedule it's a jungle out there!! Wouldn't it be refreshing to step into a clean home?
Let the professionals at Squeaky Kleen do the work and make your life easier.

- Over 25 years experience
- Family owned and operated
- References available upon request

Now offering a 20% discount for first time clients

Gwendolyn Mask, Owner 512.589.3296



I've lived in Northwood for more than 22 years and have been a REALTOR for 13. We live in one of the most unique and desirable neighborhoods in North Austin.

My priority is to focus on your real estate goals

Austin is currently a seller's market, so I would love the opportunity to meet with you if you're considering buying or selling. I'll focus on your individual needs and provide you with the highest level of service.

Linda Holmbeck, REALTOR®
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512-653-4644

Northwood Garage Sale Registration \$2.00 - register by May 3

Name _____

Address _____

Place this form and \$2.00 in the black Association mailbox at the curb of 4507 Tamarack Trail

Northwood 2013 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) OR pay via PayPal on the website, www.northwoodna.com

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.