

# WootenNews

A newsletter serving the Wooten community

August 2010

Wooten Neighborhood Association • Box 10171 • Austin, Texas 78766 • blog: [wootenna.com](http://wootenna.com)

## ***Next WNA meeting: Monday, Sept 13, 7:00pm***

Redeemer Lutheran Church cafeteria, 1500 W. Anderson (Burrell Drive entrance)

***Come to the meeting to vote on our new officers!***

### ***Letter from the president: Thank you***

I want to thank all the Wootenites who come out to the Wooten Neighborhood Association's bi-monthly meetings, those who volunteer in our community, and everyone who strives to make Wooten Neighborhood a better place to live.

I've had the privilege of serving as president for the past two years. Now it's time for someone else to provide vision and passion to lead our community. With that in mind, I ask that if you are not already, ***please become a paying member of the Wooten Neighborhood Association by August 13th*** for a mere \$5. Our bylaws state that only paid members may vote in our elections. Fill out the form on page 4 and send it in with your dues, and come out to the September 13th meeting for elections, and meet some of your neighbors.

Thank you again,  
Adam Turner, WNA President  
[president@wootenna.com](mailto:president@wootenna.com)

### ***Wooten Park work day!***

Join us to help build raised beds for the students to farm, clean up the trails and spruce up the area. Bring your gardening tools and your energy!

- Saturday, August 7  
8:00am - noon

If needed, rain day will be August 14.

Later in the fall we'll have a park planting day for trees and plants. Watch for updates on [wootenna.com](http://wootenna.com) and on our Yahoo group.

### ***Neighborhood participation opportunities***

This little newsletter, which goes out to 1000 houses every two months, is asking if you might have something to offer to your neighbors. There are many ways to participate.

- *Delivery* usually takes one to two hours. We have a wonderful crew who delivers: Adam Turner, Andy Casey, Betsy Thaggard, Elaine Granoff, Jim Bedrich, Joy Roberts, Linda Ritzen, Opie Gonzalez, Sarah Gregory and Steve Rogers. It would be lovely to have a few extra people helping out in this area to cover when people are out of town, and it is nice to keep distribution at 80 or fewer per delivery route.
- *Articles* take both writers and researchers. If you know of something interesting happening in the neighborhood, please share! For example, we need better contact with the schools about their programs. Even if you're not a writer, you can send information to [joy.roberts@att.net](mailto:joy.roberts@att.net).
- We have great *ad sales* support from Wooten residents, and our treasurer Opie Gonzalez has led the way in contacting businesses and handling billing. This newsletter is self-supporting, so if you know of any local business that would like to support us, ads cost \$25 for a business-card-size ad. The length of the newsletter is dependent on the number of ads we have sold.

If you have ideas you would like to share, please contact me at the e-mail address above.

—Joy Roberts

## Wooten's outside world

Texas Action for Healthy Kids has been plugging away on the Wooten Park project for several years, and Redeemer Lutheran has been a very active partner in this effort. At the last meeting a timeline was set up for completion. As of the last weekend of July, the project had secured a city building permit to install a hose bib near the cafeteria, and Barry Samsel from Redeemer did the plumbing to give this project convenient access to water.

The City of Austin donated dirt to build another berm to address some of the drainage issues, and John Saegert, also from Redeemer, used his equipment to move that dirt into a berm that is now covered with sod. This project is moving along quickly, so watch our YahooGroup list and [WootenNA.com](http://WootenNA.com) for opportunities to help. Hope everyone gets this newsletter in time for a request for a **Saturday workday on August 7** to install raised beds and tidy up the project before school begins on August 24. More volunteers will be needed to water in August and September when rain doesn't do the job.

The project has also asked Wootenites to walk the path to help compress the crushed granite tight to inhibit weeds. New Wootenite Joshua

Merritt has been walking the path with his two young children as they enjoy the playground in the park. On a recent outing they were surprised by five or six bright green birds in the park. Upon returning home he used our e-mail list to identify the birds. Victor Engel said that they are Quakers or Monk parakeets, adding that the species is one of the top ten birds most likely to talk in captivity. Austin has several colonies of these birds and it looks like a group is trying out Wooten as their new home.

The City of Austin has a new project to reduce the amount of animal waste in our parks and watersheds called Scoop the Poop. Although the visible part of this project is to educate the public with signs, in our neighborhood, Wooten might have a problem on our streets. Our neighborhood is shared by two watersheds that both run to the Colorado River. The western section runs into Shoal Creek and the eastern section runs into Little Walnut Creek. Any animals waste that is left on the street eventually will run into these two tributaries and add to the bacteria count of our water. Please when you walk your dog, carry at least two plastic bags to help in this effort of keeping both our streets and creeks healthy.

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## 10 Tips to Stay Hydrated This Summer

—by Chris Heidel, [librafitnessaustin.com](http://librafitnessaustin.com)

It's hot out there. (Like you didn't know this). Not only do you need to drink lots of water to stay hydrated in the Texas heat, but did you know that dehydration can impede weight loss? Water suppresses hunger, lowers sodium levels, and helps us to maintain muscle tone. Here are my top 10 tips to stay hydrated this summer!

1. Buy a Camelbak. If you live in Texas, you need one. Wear it while you hike, walk the dog, mow the lawn. There are some great small packs that can carry your keys, etc. while you hydrate.
2. You tend to get dehydrated while you sleep. Drink a full 16 oz. glass of water when you get up. Chug it.
3. Carry water with you all day. Sip religiously.
4. Chug a 16 oz. glass of water before bed.
5. Keep a water bottle by your bed.
6. Finish a water bottle with each workout.
7. Limit sodas and coffee, which can dehydrate you. If you miss the soda, buy LaCroix carbonated water in a can. You can get a case at Costco or Sam's. It is like soda in so many ways. It's cold and it makes that nice sound when you open it, but it's just water, maybe some flavoring if you get lemon or lime. No calories, no sweetener.
8. Limit alcohol consumption. If you drink alcohol, chase it with twice as much water.

Some summertime alcoholic drinks like Mojitos lend themselves to a water refill in the same glass.

9. When you start to feel hungry, have a glass of cold water and see if it helps. Don't confuse thirst with hunger.

10. Eat 7 to 9 servings of fruits and vegetables each day. They are 80-90% water by weight.

## DIY in the 'hood


"What...add me to Woodcraft's mailing list? I am totally not talented with wood."

That was me three years ago when I was purchasing a four-foot piece of birch dowel at one and a half inches in diameter to roll out my homemade pastas. Since that time I have been back many times to the store where everyone has a happy vibe at 8904 Research and am now on the e-mail list for advertised specials.

When I was trying to match the patina of 40-plus years in my kitchen on a new little mahogany cabinet, it was only the finish expert, Jerry Davis, at Woodcraft who worked with me on dyeing the wood with an alcohol-based dye and then rubbing a stain in to get a match. Next visit was to purchase 27 new pulls at a discounted price due to my purchase of more than four to replace the corroded bulky handles in my touched-up kitchen. Now I have a caning kit to replace the seat on an old chair, and I can see many more projects that this store has supplies for.

Store manager Sandy Sternadel says that Woodcraft offers 36 classes. I might take the Woodworking Basics for Women class to become better acquainted with woodworking. Betsy Thaggard of Wooten took that class to make a cutting board and still has all of her fingers, but her description of her first encounter with a table saw was a little like the kick from a shotgun.

High schools no longer teach shop class, so I could see this as a perfect place for a young person of 16 or more to learn some helpful skills for later in life. Visit their web page at <http://stores.woodcraft.com/austin> for information about classes and hours and photos of finished projects.



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**Chris Heidel**  
A.C.E. Certified Personal Trainer

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## Best deal in the neighborhood.

Be part of the Wooten Neighborhood Association. Just bring \$5 to the next meeting or mail it to:

WNA  
P.O. Box 10171  
Austin TX 78766

Name/e-mail: \_\_\_\_\_

Wooten address: \_\_\_\_\_

Neighborhood concerns: \_\_\_\_\_

Join by August 13 and you'll be eligible to vote and run in the September officers' elections.

### Connect!

Join your neighbors online to stay informed and discuss topics from crime incidents to new local businesses to garage sales.

- Wooten Neighborhood newsgroup: [groups.yahoo.com/group/wootenna/](http://groups.yahoo.com/group/wootenna/)
- Crestview Gardeners: [groups.google.com/group/crestview-gardeners](http://groups.google.com/group/crestview-gardeners) What's growing and how we grow it in the area.
- Crestview For Sale: [groups.yahoo.com/group/crestview\\_forsale/](http://groups.yahoo.com/group/crestview_forsale/) Items for sale, fundraisers and services offered in nearby North Austin neighborhoods.
- Central West police district: [groups.yahoo.com/group/centralwestdr/](http://groups.yahoo.com/group/centralwestdr/) APD district and crime information.
- National Night Out 2010 will be Tuesday, Oct 5. Will your block participate? Info at [ci.austin.tx.us/police/nno.htm](http://ci.austin.tx.us/police/nno.htm)

### Wooten's on Facebook, too

Sandra Shannon has created a Facebook group called Wooten Neighborhood, and it's about ... well, you know. Join and post on the wall at: [facebook.com/group.php?gid=110597812294949](http://facebook.com/group.php?gid=110597812294949)




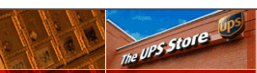

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*Se habla Español*

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What do you want from your newsletter? Volunteer, offer suggestions or send news items: [president@wootenna.com](mailto:president@wootenna.com)