



# Neighborhood News

News and information for the residents of Wells Branch.  
Vol 21, Issue 3, May 2012

## Getting the VOTE out in Wells Branch

Submitted by Michele Samuelson

As many of you know, Wells Branch has a great registered voter rate, but a really terrible history with voter turnout. In an effort to help alleviate this, I've written up some info on this year's election cycle, pulling from both the county and the two major political parties. This year's election calendar is kind of cluttered and complicated (early voting for the primary election has begun), so I wanted to share some information with everyone.

**1 - Voter Registration Cards.** By the time you read this, if you are a registered voter in Travis County, you will have received your yellow voter registration card. If you did not, you should verify that you are registered here:  
<http://www.traviscountytax.org/showVoterSearch>.

**2 - Voter Registration.** The deadline to register to vote in time for the primary election has passed, but there is plenty of time to register to vote in the general election in November. If you or a neighbor is not a registered voter in Travis County (applies if you have moved to your current home since the last election from another county and you have not registered to vote), you can get it taken care of a few different ways. These also apply if you moved from elsewhere in Travis County and want to update your registration to reflect your current legal residence. You can pick up a voter registration card at:

- The Wells Branch Library
- The DMV or driver's license office.
- Post Office (also fill it out there and mail it!)
- Either of the political party headquarters in Travis County can help you out. Their websites are as follows:  
<http://www.traviscountymocrats.org/> or  
<http://www.traviscountygop.org>
- A few of your neighbors, including me, are also Volunteer Deputy Voter Registrars and can get you registered. Contact me at [michele.samuelson@gmail.com](mailto:michele.samuelson@gmail.com).

**3 - Election Precincts and Districts.** You probably heard about redistricting on the news (indeed, it's why our election calendar is so complicated); Wells Branch was affected by some of the changes. The major change is that precincts 215, 216, 217, 225, and 229 are all now in Congressional District 17, and we have a different congressman (Congressman Bill Flores) and will be voting in a new race than we have in past years. Those who live just over the Williamson County line (that's WilCo precinct 138) are still in Congressional District 5 (Congressman John Carter). All of our other election districts remained the same as they were in previous years.

*See "Elections" on page 2*

## Silent Auction items needed

The WBNA will be hosting the Silent Auction during the annual Wells Branch FourthFest on July 4th. This is our BIG fundraiser for the year - how we pay for the Easter Egg Hunt, National Night Out, our participation at Halloween, Luminary Fest and New Year's Eve as well as all the meetings we host throughout the year.



We are seeking donations of merchandise, gift cards/certificates, theme baskets, services.... to auction. Some ideas are: Gift certificates for movie and dinner for 2; body care products; unique candles or household items; family fun packs for an activity and meal; sports memorabilia; gift certificates for babysitting.... use your imagination! In return, you receive exposure for your business at the auction, through flyers, a special "Thank You" section in the September issue of the WBNA Neighborhood News and on our website with links to your site. If you have items or services to donate OR if you would like to help solicit items, please email us at [silentauction@wbna.us](mailto:silentauction@wbna.us).



## Inside this Issue

Calendar of Events ..... page 12	KUDOS ..... page 4
Classified Ads ..... page 2	Library News ..... page 9
Community Corner ..... page 10	MUD Events ..... page 5
Easter Egg Hunt ..... page 8	Recycling ..... page 11
Friends of the Library ..... page 8	Speed Limit ?'s ..... page 4
Garden Guild ..... page 12	VIN Etching FREE ..... page 2
Give a Kid a Summer ..... page 5	WB Trails/Streams ..... page 6
Join WBNA ..... page 12	Weight Loss Tips ..... page 3

# CLASSIFIED ADS

**Hannah's Petsitting:** \$11/day for 1 pet (\$5 for ea. addl) to water, feed & play with your pet twice a day. References available. 922-3853

**Mary Kay Independent Beauty Consultant,**  
Vernis McGill, Phone (254) 423-3680,  
website: marykay.com/vmcgill1

**\$5.00 OFF FIRST ORDER expires 5/31/12.**

*Elections from page 1*

**4 - Upcoming Democratic and Republican Primaries.** Texas has an open primary system, which means you do not have to "register" in a specific party in order to vote in their primary. You can only vote in one primary election in a given cycle, but you are not bound to vote in the same primary that you may have chosen in 2010. You can find out who is on the Travis County ballots at the party websites referenced previously. Early voting continues through May 25. Both primaries will take place on Tuesday, May 29.

**6 - Upcoming Precinct Chair Elections:** The election for the office of precinct chair will be held concurrently with the July 31st, 2012 runoff, with a plurality vote required for election. Candidates for precinct chair may file, amend, or withdraw their application for a place on the ballot no later than 6:00 p.m., June 1, 2012. Go to [www.wbna.us](http://www.wbna.us) for the list of precinct chairs and open positions and information on becoming a precinct chair.

## Keep WB Beautiful - Texas Trash Off Event

We had a great turn-out for the 3rd Annual MUD sponsored Keep Wells Branch Beautiful Clean-Up Day. The 35 volunteers who worked on the trails cleared truckloads of invasive species and cleaned up volumes of debris and trash.

Our household hazardous waste collection completely filled the 3-yard trailer the MUD provided with over 180 gallon cans of paint, 66 five-gallon cans and 206 quarts. We collected 35 gallons of antifreeze, 20 gallon jugs of oil and at least 100 quarts, 13 car batteries, 15 computer batteries and 12 boxes of smaller household batteries (sorry I don't have a number on that one). At least 68 households participated in the HHW Collection. Great job, Wells Branch!



## WELLS BRANCH VISION CARE

Great deals on vision care for the whole family!

**50%  
OFF**

SUNGLASSES  
WITH THE  
PURCHASE OF A  
YEAR SUPPLY  
OF DISPOSABLE  
CONTACTS\*

**\$75  
OFF**

EXAM AND A  
COMPLETE PAIR  
OF GLASSES\*

**50%  
OFF**

A SECOND  
COMPLETE PAIR  
OF GLASSES\*\*

Bringing life into focus.

**512.251.4040 • [wbvision.com](http://wbvision.com)**

2013 Wells Branch Parkway • Suite 102 • Austin, TX 78728

\*Some restrictions apply. Not valid with other offers. Not to be combined with insurance. Offer expires 05/01/2012  
\*\* When a first complete pair is purchased at regular price. Some restrictions apply.  
Not valid with other offers. Not to be combined with insurance. Offer expires 05/01/2012



## Lost & Found - Mini-Art Camps!

Looking for Dianne Koehler's mini-art camps which were taught at the library each summer? They've moved! This year, Dianne will be offering sessions through the WB MUD at the Annex on Wells Port. Go to [www.wells-branchmud.com](http://www.wells-branchmud.com)=>Parks & Recreation=>Camps & Programs for more info or call or stop by the Rec. Center on Shoreline (251-9814). A portion of the proceeds will benefit Trees for Trails.



## FREE VIN ETCHING in Wells Branch

**Protect your vehicle from Auto Theft  
Wednesday, June 13, 4- 7pm**

(see [www.wbna.us](http://www.wbna.us) for location update)



Join your neighbors in taking advantage of this free service and take the time to talk to the detectives about other ways you can protect your vehicle from theft and auto burglary.

In case of inclement weather, the event will be re-scheduled.

Presented by the Sheriff's Combined Auto Theft Task Force and hosted by the Gold Fish Pond/Maple Hollow Neighborhood Watch.

**Like a Good  
Neighbor,  
State Farm  
is there!**

- Homeowners
- Auto



**Lee Cramer  
251-3473**

**2013 Wells Branch Pkwy.  
Between IH35 & MoPac**

- Renters
- Life

[lee.cramer.b4hp@statefarm.com](mailto:lee.cramer.b4hp@statefarm.com)

**...28<sup>th</sup> year serving Wells Branch...**

## Coach Mike's Top 10 Weight Loss Tips

Michael Massie, B.A.A.S, C.P.T

(The following is an excerpt from Michael's book, *The Simplified Diet*.)

If you're looking for quick, easy-to-implement tips on losing weight, then this article is expressly written for you.

Although this list is not comprehensive, these are the best tips I know of for losing weight permanently. Some of these tips may be things you already know and accept as common knowledge. However, if you're not doing them, then saying, "I know that already" doesn't help. If you see something here that you already know but aren't doing, start doing it!



### Tip #1: Skip The Sugar

Sugar signals your body to release insulin, which in turn tells your body to store excess calories as fat. It also contributes to inflammation which elevates cortisol, another hormone that keeps you fat. Among all my tips on losing weight this one seems the most obvious, but the problem is that most people think they're doing this but they aren't. If you are trying to lose weight, skip *all* sugary foods except for a treat once or twice a week.

### Tip #2: Skip the Bread and Pasta

This is another really important one among my tips on losing weight. You see, even whole wheat bread can be fattening. Why? For one, it's calorically dense, but that's not the end of the story. Starches are mostly digested in your mouth by ptyalin, an enzyme-containing compound in your saliva. In a nutshell, ptyalin breaks starch down into sugars, which leads us back to weight loss tip #1. So, save your breads and pastas for a treat once or twice a week when you're trying to lose weight, or limit yourself to just one serving before or during lunch each day.

### Tip #3: Eat More Fruits and Veggies... Especially Veggies

Fruits and veggies are just plain good for you. Also, due to their fiber content the carbs you get from them are much more slowly absorbed than those derived from sugary and starchy foods. However, you should enjoy only limited amounts of fruits, and as much non-starchy veggies as you want, this means skipping the baked potato bar and that morning banana if you're trying to lose weight.

### Tip #4: Eat LOTS of Lean Protein

Among the tips on losing weight this one gets the most resistance from women, since they think eating protein will make them fat. It doesn't! Protein is lower in calories per gram than carbs or fat, and it has a favorable effect on your insulin when ingested with carbohydrates. Basically, proteins, fats, and fiber slow down the absorption of carbs into your blood, blunting the release of insulin. Since insulin makes you store excess calories as fat, this is a good thing. In addition, protein helps build lean muscle tissue, which burns more calories than fat. So, load up on lean cuts of fish, white meat, and limited amounts of lean red meat.

### Tip #5: Eat More Fiber

As I mentioned in tip #4, fiber slows the absorption of carbs into your body. In addition, a certain amount of calories remain bound to fiber and are flushed out of your system without being absorbed. Finally, fiber fills you up without adding much in the way of calories. So when it comes to green leafy vegetables, eat up!

See "Weight Loss" on page 7

## TEJAS LIQUOR #2

2113 Wells Branch Pkwy, Ste 700, Austin, TX 78728

Phone: (512) 989-9437 • [www.tejasliquor2.com](http://www.tejasliquor2.com)

(Next to Raggedy Anne's Bar, Papa John's)

### PUBLIC NOTICE

"Tejas Liquor #2" is an independent store and is not affiliated with any other "Tejas Liquor". Since 2003, it has been serving the neighborhood under the same ownership. Our only other location is Dany's Liquor (Pflugerville, TX). Thank you for your continued patronage. - **Desh & Roopa**

### MONTHLY SPECIALS

#### VODKA

360 COLA 750ML	\$8.99
ABSOLUT 750ML/1.75L	\$16.99/\$28.99
NEW AMSTERDAM 750ML/1.75L	\$12.99/\$18.99
PINNACLE 1.75L	\$16.99
RUSSIAN STANDARD 1.75L	\$21.99
SKYY INFUSION (ALL FLAVORS) 750ML	\$15.99
THREE OLIVES (4 FLAVORS) 375ML	2 FOR \$14.99
UV 1.75L	\$14.99

#### WHISKEY

BUSHMILLS BLACK BUSH 750ML	\$31.99
BULLEIT 750ML	\$21.99
CROWN ROYAL 750ML/1.75L	\$24.99/\$49.99
CHIVAS REGAL 12Yrs 750ML/1.75L	\$26.99/\$52.99
GENTLEMAN JACK 750ML	\$22.99
GLENLIVET 12 YRS SINGLE MALT 750ML	\$32.99
JACK DANIEL'S BLACK 750ML/1.75L	\$19.99/\$35.99
JAMESON IRISH 750ML	\$19.99
JIM BEAM WHITE 750ML/1.75L	\$13.99/\$22.99
MAKER'S MARK 750ML	\$22.99

#### RUM/TEQUILA

BACARDI LT/GOLD/SELECT 1.75L	\$18.99
FLOR DE CANA WHITE/GOLD 1.75L	\$17.99
MALIBU COCONUT 1.75L	\$19.99
SAILOR JERRY SPICED RUM 1.75L	\$19.99
1800 SILVER 100 PROOF 200ML	2 FOR \$15.99
CAMARENA SILVER/REPOSADO 750ML/1.75L	\$15.99/\$31.99
EL JIMADOR SILVER/REPOSADO 1L/1.75L	\$19.99/\$31.99

#### GIN

BEEFEATER 1.75L	\$32.99
BOMBAY SAPPHIRE 1.75L	\$36.99
NEW AMSTERDAM 750ML/1.75L	\$12.99/\$18.99

#### COGNAC/BRANDY

HENNESSY VS 750ML	\$32.99
PAUL MASSON VS 1.75L	\$16.99
REMY MARTIN VSOP 750ML	\$32.99

#### LIQUEUR

JAGERMEISTER 750ML/1.75L	\$20.99/\$41.99
TEQUILA ROSE 750ML	\$18.99

#### WINES/CHAMPAGNES - 15% OFF 2 OR MORE

BUDWEISER • BUD/MILLER/COORS LT \$9.99/12PK \$14.99/12PK

### 10% OFF ALL OTHER PRODUCTS

VISIT OUR WEBSITE FOR THE FULL LIST OF  
MONTHLY SPECIALS & TASTING CALENDAR.

We will **MEET OR BEAT** any neighborhood liquor store prices.  
Prices valid EVERY DAY 'til June 30<sup>th</sup> while supplies last.



**FIGHTING FIT**  
**BOOT CAMP™**  
 - **Get in shape fast!**  
 - **FUN workouts!**  
 - **Lasting results!**  
**512-670-9333**  
 www.FitnessBootCampAustin.com  
 14735 Bratton Lane #285 - Austin, Texas



# KUDOS

Thanks to all who delivered our March issue. Getting the word out on neighborhood events directly affects turnout and community involvement. Thanks to your efforts, we had plenty of both at ALL events in April!

Mary Alverson; Henry & Owen Bennett; Emily Berver; Mike & Joyce Best; Kathy Brown; Garland Bullock; David Burke; Marlene & Jennifer Cantu; \*Meaghan Cruz; Dan & Cleta Ernst; Michelle & Jenny Gadush; Miriam, Melissa & Briana Garate; David Gezana; Georgene Goforth; George & Wanda Holcombe; Travers Hough; Abbie & Thierry Joffrain; Deanna Johnson; \*Gus Kohn; Dan, Kim, Brendan & Sarah Lanicek; Brian & Rachel LeBansky; Ray, Samantha & Alexandra Lee; Brian Litke; Erik Mackdanz; Sivaram, Jyoti & Arjuna Manda; Jim & Judy Mauldin; Jeaneane McNulty; William Olson; Angela Orth; Mekala Padmanabhan; Marisa Sawatphadungkij; Peggy Simmons; Scott Smith; Virgil Smith; Diane Starkey; Debby Thompson; Jill Traffanstedt; Pam King-Wachholz; Kevin, Lisa, Sarah, Faith, Grace & Liam Ward; Wally Wingfield; Pamela & Bre'Anna Woodward

\*Volunteered to do additional sections – THANK YOU!

As always... **Thanks to all of you for keeping Wells Branch Great!**

If you would like to deliver the newsletter, please contact our distribution team at info@wbna.us or 656-0654. We'll bring the newsletters over to you along with a map of the delivery area. If you've never done this before, it takes about 45 minutes to an hour. We always try to match up everyone with the area they live in. Sometimes there's a lot of response for one area and none for other areas. If so, we try to "get you close". Or, if you'd like to see other parts of Wells Branch, let us know and we'll gladly find a section for you.

Also, thank you to all who've been contributing articles! It's wonderful having all the WB neighbors share their talents!



## Event Photos!!!

See the WBNA facebook page for photos of all MUD and Neighborhood Association events. Post your pictures, too!

On Facebook, search for WBNA-Wells-Branch-Neighborhood

## Safe Driving in OUR Neighborhood

By Deputy D. Pierce, Travis County Motor Division

We'll be featuring one subject an issue for the next few months and would love to hear your questions/suggestions for more articles at info@wbna.us.

### Speed Limits—This article is in response to questions about unposted speed limits

The State has set what is called prima facie speed limits. Sec 545.352 of the Transportation code says,

(a) A speed in excess of the limits established by Subsection (b) or under another provision of this subchapter is prima facie evidence that the speed is not reasonable and prudent and that the speed is unlawful.

(b) Unless a special hazard exists that requires a slower speed for compliance with Section 545.351(b), the following speeds are lawful:

(1) 30 miles per hour in an urban district (Neighborhood Street) on a street other than an alley and 15 miles per hour in an alley;

(2) 70 MPH (State Roadway) if the vehicle is a passenger car or motorcycle, passenger car or light truck towing a trailer bearing a vessel.

(3) 60 MPH in daytime (County Road) if the vehicle is a passenger car or motorcycle on a highway that is outside an urban district and not a highway numbered by this state or the United States;

(4) 60 MPH outside an urban district if a speed limit for the vehicle is not otherwise specified by this section.

If the roadway has a posted speed you must follow that. In the event that the roadway is not posted you would follow the prima facie speed limit. Please watch for regulatory signs (black and white); you could be stopped and possibly cited for any speed over the posted limit. I would suspect that most officers' tolerance is lower at nighttime due to limited visibility. Police officers, especially traffic officers, typically have a tolerance of their own that they stop and cite violators.

Warning signs (black and yellow) are just that—a warning sign. You could be stopped and cited for disobeying the warning sign, however, the officer needs to note how he believes your actions were a violation. Like it says above, unless a special hazard exists that requires a slower speed (i.e. nighttime, rain, fog, curve, school, or any other type of warning that might then exist.)

*If you are stopped I would recommend that you stop in a safe location. At nighttime, a well lit location is appreciated. First acknowledge that you see the officer, slow your speed and even put your hazard lights on. Find a safe location to stop, however, do not drive too far as the officer might think you are trying to evade or trying to hide something in the vehicle. As the officer approaches your vehicle keep your hands in view, at nighttime turn on your interior light and wait for the officer to tell you what to do. Stay calm, be courteous and do what the officer tells you to do. In the event that you feel unsafe or you feel the officer might not be a real officer, call 911 and the dispatcher will be able to tell you right away how to proceed. Your odds are better at winning the lottery than being stopped by someone posing as an officer.*

See "Traffic" on page 5

# Chicoine Chiropractic

www.chicoinechiropractic.com

**How's your posture?** Small changes in your spine's alignment can make a big difference in how you move and feel. Let us help make 2012 your healthiest year yet.



**\*We accept Most insurance plans and Medicare.**



(Residents of Wells Branch)  
**Shelly Chicoine Hogan, D.C.**  
**Nicole Chicoine Edwards, D.C.**

## Happy New Year

### \$50 Invitation to Better Health

♦Includes a 20 minute therapeutic massage

Initial consultation, exam, x-rays if necessary, and a discussion of the results.

**3407 Wells Branch Pkwy. #625 - Austin, TX 78728**

**(512)255-1777**

**Near Walgreens at the corner of Wells Branch Parkway and Mopac.**

*Our Family Has Been Caring For Your Family Since 1989.*

"Traffic" from page 4

*I've stopped thousands of vehicles and most of the time everything thing goes very well, or as well as one can expect when possibly receiving a citation. Do not do anything that lets you stand out from the other violators. If a violator is rude or extremely angry, I promise the officer will remember you. Most all of us make notes after the violator drives away, for recollection in court at a later time. Do not argue on the side of the roadway; you will have your day in court, if you so choose.*

## NW Group Celebrates 5 yrs

WBNA would like to congratulate the Gold Fish Pond & Maple Hollow Neighborhood Watch Program on celebrating their 5th year as a NW group. Block Captains Salvador & Nina Aguirre keep the spirit alive by involving their neighbors and planning events throughout the year. All of which are well attended.



They have neighborhood barbecues, potlucks, evening "supper strolls" in which they all walk to dinner at local restaurants, July 4th fireworks together, as well as safety

related meetings. Your group is what "community" is all about. Thanks, Salvador & Nina!

For more info on Neighborhood Watch, please see [www.wbna.us](http://www.wbna.us) under "Safety"



## Give a Kid a Summer

The fact of the matter is: Kids NEED a place to "be" in the summertime. Staying at home by themselves is only good for so long before boredom sets in and they go in search of entertainment. If you give a kid someplace to be, something to do, they're far less likely to get into trouble on their own. We have wonderful facilities available in Wells Branch: two pools and a recreation center – safe, clean environments with adult supervision.

Unfortunately, with the economic downturn, many families are strapped for funds and a WB Rec. Pass is the last thing in their budget. That said, the WBNA would like to ask for your help. It only costs \$35 for an individual quarterly rec. pass and just \$75 for an annual membership for a child in need.

We'd love to tell you that your donation is tax deductible, but unfortunately, it isn't. Think about it, \$5, \$10, \$20, even \$35 isn't going to make that big a difference on your tax return and you can make a HUGE difference in a child's life. For questions, or if you know of a child, age 10–16, in need, contact Debby at [deborah\\_thompson@earthlink.net](mailto:deborah_thompson@earthlink.net). Needs will be met on a first come, first served basis.

Help us out, please – Give a Kid a Summer. Mail your check (in any amount) made out to WBNA with Rec. Tag Donations in the memo box to: WBNA, 2104 Klattenhoff, Austin, TX 78728.


Last year, we were able to buy TEN youth full one-year passes. Please help us do it again. Donors will be recognized in the September issue of the WBNA News. Thank you in advance for taking this opportunity to help a child enjoy their summer vacation safely.



**Stepping Stone  
SCHOOL**

Voted "Best in Child Care" for 12 Years!  
Infant Care • Preschool • Pre-K • After-School  
Care • Summer Camp • NAC Accredited

**2001 Wells Branch Pkwy.  
512-990-0044  
SteppingStoneSchool.com**

**Lynn's Pet Sitting**  
Professional Pet Sitter

Experienced, dependable, loving care of your  
pets and home while you're away.  
Dog walks. Pet transport. Insured.

Lynn Vaughan (512) 989-5701  
www.lynnspetsitting.com (512) 587-8221

## **Wells Branch MUD Trails & Streams Strategies:** Submitted by the Facilities Committee: Chuck Walters, Director & President; Bob Bauhs, Director; Jesse Kennis, District Mgr.; Richard Fadal, TexaScapes and Robert Ferguson, Murfee Engineering

We know that many of you are concerned about the health of the trees, stream banks and pond. The purpose of this memo is to provide a brief outline of our stewardship of these precious assets and our strategy for watching over them.

### **Trees and Bushes**

The trees have suffered during the drought despite our efforts to keep the key trees along the trail watered. As you walk the trails now, you will see many trees still in distress. Our intent is to avoid cutting any trees down for as long as we can safely leave them in place. Many trees that are under stress go dormant for extended periods and we want to give them as much chance to recover as we possibly can. Very few of us are old enough to have any experience with a drought of such a duration. Most arborists are recommending a "Wait and See" approach unless an obviously dead tree is a hazard to people and property.

Local tree professionals are reviewing all trees within 30 feet of our trails and around our facilities, parking lots and side-walks. Dead trees that are hazardous to pedestrians or vehicles will be marked and scheduled for removal soon. Dead trees that are outside such use areas will be marked for removal during the dry summer and cold winter months; a long standing practice in Wells Branch. Trees that are bare of foliage and/or stressed in appearance will be monitored throughout the year. We expect some to recover if normal rainfall returns, and expect others to dwindle and die during the hottest part of this and next summer. Those that die will be scheduled for removal accordingly.

Replacement trees will be planted during the winter planting season. The chances of survival go up when new trees are planted during the cooler winter months. We prefer to plant the trees in groups to facilitate their continued maintenance. For more details, go to the MUD web site at: [www.wells-branchmud.com](http://www.wells-branchmud.com) and click on the Trees for Trails tab.

As always, the MUD welcomes input from residents. Please don't hesitate to contact our office at 251-9814 or [jkennis@wellsbranchmud.com](mailto:jkennis@wellsbranchmud.com) with questions or comments about our park system.

### **Stream Beds**

Murfee engineering, the MUD's engineering consultant, recently presented a stream stability assessment and restoration study to the MUD board. It is based on a 10 month study of the stream from the base of the dam to its exit on Thermal Drive. They outlined a strategy that recommends that we

keep the stream as free flowing as possible by using natural channel designs based on the Wildland Hydrology approach developed by Dave Rosgen, PHD. These techniques include:

1. Eliminating as many obstructions as possible.
2. Retaining well rooted grasses near and in the stream bed.
3. Relocating streambeds using natural channel design techniques.
4. Using cross vanes to direct channel flow.
5. Installing scour chains to monitor erosion.

In the area above the pond they observed that a slowed stream flow is OK as it will lessen the amount of silt deposited in the pond. The inclusion of natural grasses and clump grasses along the stream beds leading into the pond are recommended to stabilize the stream banks.

The full engineering report will be posted on the MUD's web-site at: [www.wellsbranchmud.com](http://www.wellsbranchmud.com) under the Projects tab.

### **The Pond**

The pond has the potential for being more beautiful and attractive by using a combination of park planning and riparian techniques. Preliminary ideas for improving the vitality of the pond are underway and include seeking advice not only from our landscape consultant, but also from local park and riparian experts. We hope to start incorporating their recommendations during the winter growing season in conjunction with Trees for Trails projects. The challenge is to bring multiple users and uses together in a functional yet beautiful and natural way.

The recommendations for these changes and improvements will be presented by the Facilities committee to the board. Watch the agendas posted on the website for these upcoming improvements.

## **Relay for Life Team Raises More than \$6k!**

Submitted by Mary Williams-Flint

On April 20, Wells Branch neighbors and friends supported the American Cancer Society in the Pflugerville Relay For Life. **Neighbors and merchants donated \$6,055.00 and counting** in support of team: CURVES for a CURE. The team appreciates the enthusiastic support of all, and wishes to mention the following merchants who also helped the team reach and exceed its goal: Donut Palace, Massage + Yoga, Mezzaluna's Italian Grill, Edible Arrangements and Fire Bowl in La Frontera. Your support positioned the team as 3rd highest fund raiser. Thanks for helping us to care for those with cancer and provide hope for a cure through research.



#### Tip #6: Eat More Good Fats!

Good fats are unsaturated fats, particularly omega-3 fatty acids of the type found in fish. We get way too many omega-6 fats in our diets, and too few omega-3 fats. Your body needs fat, but you want to replace unhealthy fats with healthy ones. This helps reduce inflammation in the body, which in turn helps reduce cortisol, and some researchers even believe it lowers leptin resistance as well (leptin being the hormone that increases the amount of fat you burn – being leptin-resistant is bad for weight loss). So, increase your intake of healthy fats and cut back on your intake of unhealthy fats.

#### Tip #7: Skip the Fried Foods

I just told you to cut back on unhealthy fats in tip #6, and this is how you're going to do it. Fried foods tend to be laden with unhealthy saturated fats. Moreover, they are often stuffed with trans fats, which wreak havoc on your metabolism. Finally, fried foods are often breaded, which ends up being a double-whammy (fat + starch = calories going straight to your hips, thighs, and tummy). So, skip the fried foods, as well as margarine and other processed spreads.

#### Tip #8: Cut Processed Foods from Your Diet Entirely

Processed foods are filled with trans fats, added sugar, and added chemicals – we really have no idea how they affect our bodies. Show me a person who eats all processed food and I'll show you someone with a high body fat percentage. Even "skinny" people who eat a lot of processed food have high percentages of body fat. Take the extra time to eat food that is as close to its natural state as possible. You'll feel better and the weight will come off easier.

#### Tip #9: Eat Less, But More Often

Among this entire list of tips for losing weight, this one seems to be the best known but least done. Eating smaller meals and portions more often has a positive effect on your insulin, so long as those meals align with the previous eight tips above. Portion control = calorie control, and eating more often has a stabilizing effect on your metabolism. Plan to eat 5-6 small meals a day to keep your metabolism higher and to keep your blood sugar levels stable.

#### Tip #10: Plenty of Water, Exercise and Sleep

Okay, so that's three tips in one. Drink at least 64 ounces of water a day, as studies have shown increased water intake may assist with weight loss. And be sure to exercise at least three times a week; a study of 160 people who lost twenty pounds or more permanently, showed that 70% exercised at least three times a week. Finally, get enough sleep. Lack of sleep leads to increases in cortisol, which I've already told you can contribute to weight gain.

And there you have it; my top ten weight loss tips. Follow them and you will find it much easier to lose weight. I sincerely hope this list helps you in your weight loss and fitness journey, and I invite you to contact me through my website at [Staff@FitnessBootCampAustin.com](mailto:Staff@FitnessBootCampAustin.com) or on Facebook @fightingfitbootcampaustin if you have any questions concerning the information in this article. To learn more about Michael, go to [www.wbna.us](http://www.wbna.us).



### Get our 3-Bed, 2-Bath, 4-Door, V-6 discount.



**Carmina Eaton, Agent**  
4201 W Parmer Lane Bldg B  
Austin, TX 78727  
Bus: 512-244-6641  
[carmina.eaton.cao9@statefarm.com](mailto:carmina.eaton.cao9@statefarm.com)

**Put auto and home together  
for hundreds in savings.**  
When you have a State Farm® car  
and a State Farm home, get ready  
to drive around with a big, money-  
saving State Farm smile.  
**GET TO A BETTER STATE.™**  
CALL ME TODAY.



1103161.1 State Farm Mutual Automobile Insurance Company,  
State Farm Indemnity Company, Bloomington, IL



**Steven L. Wilson**  
Principal

14908 Yellowleaf Trail  
Austin, TX 78728  
p 512.694.6212  
f 512.852.4722  
[steve@elitemetalandfence.com](mailto:steve@elitemetalandfence.com)

Commercial and Residential Fencing Services

Welding and Custom Fabrication

Carports, Awnings, and Patio Covers

ADA and Custom Handrails

[www.elitemetalandfence.com](http://www.elitemetalandfence.com)

#### ESD #2 Commissioner Mike Howe "Promises Made, Promises Kept"

Longtime Wells Branch resident Mike Howe was honored by the Travis County Emergency Services District No. 2 / Pflugerville Fire Department at a reception on May 10 for his many accomplishments during 18 years of service as Commissioner for the District.

Thank you Mike, for all your hard work and dedication to the residents of Wells Branch.



## Friends of the Library Ice Cream Social

submitted by Gus Kohn, Vice President, Friends of the Library

On Sunday April 29, 2012 neighbors got together for an old-fashioned ice cream social hosted by the Friends of the Wells Branch Community Library.

Neighbors from across the district gathered to learn about the history of the library from its meager beginnings in a storefront in Bratton Square to the current location in its own building on Wells Port Dr.

Donita Carlquist-Ward, Library Director, gave a talk on the current financial situation and explained how the library receives ½% tax of dollars spent at merchants within the district and what programs and services were hardest hit by the recent state budget cuts.

Scott Smith, President of the Friends of the Library (FOL) Board spoke about the need for members and volunteers to help the library succeed in its funding goals for necessary items like subscriptions to newspapers, periodicals and needed equipment.

Library Board of Trustees, Faye Cormier, Karen Mappin and Jill Traffanstedt, were on hand to dish out ice cream and meet the neighbors. Many memberships to the FOL were received and a great time was had by all.

If you are interested in becoming a member of the FOL you may pick up an application at the library or download online at [www.wbna.us](http://www.wbna.us) under the Community tab. Members interested in supporting the library through volunteer efforts, donations or fund raising or those having a talent in graphic design, marketing or IT are needed as well. For more info, please call the Library at 989-3188.

## Logo Contest for Friends of the Library

Be creative, show your talent! Submit a new logo design for the Friends of the Wells Branch Community Library. Interested? Challenged? Contact [friends@wblibrary.org](mailto:friends@wblibrary.org) for details. Design entries are due by June 24th. The winner will receive a \$50 gift card for use at merchants in Wells Branch. The winner will also be announced in the next WBNA newsletter and at the WB FourthFest celebration.



## WB Resident Receives Honor

WB resident Paul Wadehra received the President's Volunteer Service Award, which included a letter from the White House. According to the certificate, the award is "In recognition and appreciation of your commitment to strengthening our Nation and for making a difference through volunteer service".

Paul volunteers in a variety of ways in our community, including serving as President of the Wells Branch Armada youth swim team; running the Watch Dog program at WB Elementary, where fathers and father-figures volunteer; and serving as President of the Austin Civic Wind Ensemble, Austin's oldest community band, which gives free public concerts throughout the year.

Thank you Paul for your service to our community!

## Easter Bunny Visits WB

Thanks to everyone who came out for our Annual WBNA Easter Egg Hunt: both volunteers and participants. We had a great turnout!

The WBNA would like to thank all our neighbors who volunteered their time preparing over 5000 eggs, hiding the eggs, running the event and cleaning up afterwards: Lara Bennett, Debby Thompson, Tom Cheshire, Linda Baird, Faye Cormier, Chuck Walters, Janet Maxey, Gus Kohn, George & Wanda Holcombe, Madonna & Kristen Johnson, Pam Wachholz, Karen Mappin, Jacob Dawson, Meaghan Cruz, Ravyn Drysdale, Hannah Wachholz, and a young man named Will who was riding by on his bike and offered to help hide eggs.

**EXTRA, EXTRA SPECIAL THANKS to Lara Bennett** for pulling it off **AGAIN** this year and to her amazing sons, Henry, aka the Easter Bunny and Owen who helped manage the event and her wonderful husband, Clay, for helping Lara run the Easter Egg Hunt (and for putting up with our Easter goodies taking over his home each Spring). We had an extra treat this year, Dianne Koehler ran a craft table decorating frames with the kids. This made our event even more FUN! Thank you so much to all who made it possible! Your efforts are appreciated. And thank you to everyone who came out to participate. Wells Branch is such a great place to raise a family!

Photos by Madonna Johnson and Gus Kohn. THANK YOU!!!

For more pictures, please visit our facebook site: <https://www.facebook.com/pages/WBNA-Wells-Branch-Neighborhood-Association/205101652856649>



*The Easter Bunny poses with Ravyn Drysdale and from L-R, Lara Bennett, Debby Thompson, Meaghan Cruz, Jacob Dawson, Hannah Wachholz, Dianne Koehler, Kristen Johnson, George Holcombe and Chuck Walters.*





## GET A CLUE! SUMMER Reading 2012 JUNE 2-AUGUST 11



Reading Incentives for ALL ages:

Pick up a log any time after June 2 and track how many pages you read until August 10. Turn in your logs for awesome prizes!

### SUMMER Reading Kick-Off PROGRAM-

The Texas A&M University  
Chemistry Road Show!  
June 2 at 11am. All ages.



### SUMMER STORYTIMES

- Mondays at 10am: Monkey in the Middle (12-24 months)
- Mondays at 10:45am: Toddler Storytime (18-36 months)
- Mondays at 11:30am: Preschool Storytime (3-6 yrs)
- Tuesdays at 6pm: Storytime and Craft (all ages)
- Tuesdays at 7pm: Storytime and Craft (all ages)
- Fridays at 10am: Baby Storytime (0-18 months)
- Fridays at 10:45am: Toddler Storytime (18-36 months)
- Fridays at 11:30am: Preschool Storytime (3-6 yrs)
- Saturdays at 11am: Storytime (all ages) *French storytime on June 9 & 23, July 21 and August 4*

### SUMMER YOUTH PROGRAMS

**Mystery Science:** 5pm Wednesdays: Hands on science experiments for ages 8+ or with an adult

**Arts & Crafts:** 6pm Wednesdays: Fun and creative projects for kids of all ages to enjoy with an adult

**Mystery Book Club:** Read any book in the series (ages 6+)

- June 7 at 2pm: A-Z Mysteries
- July 12 at 2pm: The 39 Clues
- August 9 at 2pm: The Mysterious Benedict Society

**Video Game Nights:** (ages 8+)

- June 14 at 6pm: Mario Kart Tournament
- July 19 at 6pm: Super Smash Brothers
- August 2 at 6pm: Wii Karaoke Revolution

**Mystery Board Game Night:** June 21 at 6pm (all ages)

**Mystery Movie Night:** June 28 at 6pm (all ages) Walt Disney's The Great Mouse Detective Rated G



### SUMMER Adult PROGRAMS

**Potluck Mystery Book Club:** Read any book from the series and try one of the recipes. You can even bring some to share while we discuss the series.

- June 14 at 7pm: Diane Mott Davidson's Goldy Schulz series
- July 12 at 7pm: Tamar Myers' Pennsylvania Dutch series
- August 9 at 7pm: Joanne Fluke's Hannah Swensen series



**Scavenger Hunt:** June 2-30: Pick up a clue page at the Information Desk, complete the hunt, and turn it in for a chance to win a prize!

**Needles Hooks & Books:** 3rd Sunday of each month at 2pm in the Quiet Reading Room: Bring your project (knitting, embroidery, whatever)

- June 17: *Possession* by A.S. Byatt
- July 15: *Good Omens* by Neil Gaiman and Terry Pratchett



**Wine, Women and Words Book Club:**

Newcomers are always welcome. This group meets at 7pm on the first Thursday of the month.

- June 7: *The Art of Fielding* by Chad Harbach
- July 5: *The Night Circus* by Erin Morgenstern



**Find us on Facebook!** "Like" us to be linked for up-to-date information!

**Adult Computer Classes:** Space is limited, so be sure to reserve your spot. There is NO CHARGE for these classes.

- May 21: Resume Workshop at 6pm
- May 23: Overdrive Digital Library at 6pm
- May 26: Computer Basics at 10:30am
- June 7: Microsoft Word Basics at 6pm
- June 9: Internet Basics at 10:30am
- June 13: Mango Language Learning at 6pm
- June 23: Email Basics at 10:30am
- June 23: Social Media Workshop at 1pm
- June 27: Overdrive Digital Library at 6pm
- July 5: Resume Workshop at 6pm



**Everyone Reads:** *Dewey, the Small Town Library Cat that Touched the World* by Vicki Myron

This 3-month program will focus on books and pets. We have many copies of the book available, for adults and youth. Programs include:

- Recycled Book Art: What else can you do with a book that's falling apart? June 9 at 4pm
- Book Club Finale Reception: July 14 at 4pm
- Our Own Library Cat: We'll have a naming contest and the cat will have a blog for you to follow, telling all about adventures and what he/she sees in the library!



# Community Corner

## Join Scouting for Summer Fun!

Are you looking for fun activities to do this summer? Do you have a son going into 1st grade thru 5th grade? The Wells Branch Homestead Charter Cub Scouts Pack 140 has some exciting adventures planned, and they don't want you to miss out. Join Pack 140 this summer for some action packed fun and build a little character on the way! For more information, contact us at [join@pack140.org](mailto:join@pack140.org) or visit our website at [www.pack140.org](http://www.pack140.org).



## Hurray! More pool time!



Special thanks to the MUD Rec. Committee, Janet Maxey & Chuck Walters, for responding to the requests of residents asking for extended pool hours at KF Pool.

Last year, hours were cut at this pool and we're pleased to report that the board voted to expand times at their May 15 meeting. New summer hours for KF Pool beginning May 26 are as follows, Mon.-Thurs. & Sat. 10am-9pm, Fri. 4-9pm and Sun. 1-9pm. The new hours give us mornings five days a week (as per requests by parents with young children) and extend closing until 9pm every night.

Please note: *Usage will be monitored by the MUD – if we don't use it, we WILL lose it! Get out there and hit the pools everybody—show the MUD we appreciate the new hours!*

Pool times remain the same at Willow Bend Pool with open swim from 2-9pm daily. Please see [www.wellsbranchmud.com](http://www.wellsbranchmud.com) for lap times.

Reminder: WB MUD offers swim lessons, including group, private and adult. For more info, see [www.wellsbranchmud.com](http://www.wellsbranchmud.com) or contact Katie Hutcheson at 251-9814, ext. 111.

## Silver Brancher News

WB Silver Branchers volunteered their time in April at the Homestead Pioneer Festival by helping out with Elmo, our "resident" buffalo on display at KF Park. Neighbors could tour Elmo's house and hear about life in Central Texas during the 1800's.



Elmo & Caroline Beard

The Silver Branchers meet for fun & fellowship the first three Thursdays of each month from 1-3pm in Room 4 of the Wells Branch Rec. Center, 3000 Shoreline Drive. Membership is free and all Wells Branch Seniors are welcome. For more information, call 251-9814 or just stop by.

## Northwest Elementary News

The Northwest PTO would like to thank all the parents, as well as the corporate and community sponsors during our 25th Birthday Party and throughout the 2011 - 2012 school year. Your support has made this year a successful one for us all! We would like to offer a special thanks to Pam Boe for her hard work this year as the PTO President. We look forward to a great summer and anticipate a wonderful 2012 - 2013 school year!

## Open Ears Concerts Presents: Beth Wood

Submitted by Matt Hyland

Folk singer Beth Wood will perform at St. Andrew's Presbyterian Church on Saturday June 16. Potluck will start at 6:00 pm, and the show will start at 7:00. All ages are welcome. \$10 suggested donation, but no one will be turned away.



## Upcoming MUD Events

### Casino Night

Saturday, May 26, 6-9pm, WB Community Center

We have a winner—it's Wells Branch! From 6 to 9 p.m., the MUD presents an adult only evening of gaming for our residents. This event is for residents 21 and up only and ID's will be checked at the door.

Join us at 2106 Klattenhoff Dr. as the MUD transforms the Community Center into a casino using professional tables and dealers. Stick around following the gaming for more fun and the opportunity to "spend" your winnings on a variety of prizes.

### Movies in the Park

June 9, *How to Train your Dragon*

Wells Branch MUD presents Movies in the Park at Katherine Fleischer Park. Admission is free. Bring your blankets and chairs and enjoy these free family events. Pre-movie activities start at 8 p.m. with the movies starting at twilight. Check [www.wbna.us](http://www.wbna.us) for July & August dates and movies.



Neighbors  
in NEED

**A loving hand to take care of small needs around your home.**

Wells Branch Community Church would like to help with some of the needs in our community. Some of us may be reaching an age that makes it difficult to do work around our home.

Others are suffering from medical conditions that render it difficult to take care of things that were once routine.

We are here to help.

**Please call 512-775-2660**

 **Wells Branch**  
COMMUNITY CHURCH  
Live For More!



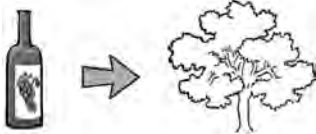
## Questions about Wells Branch?

Send them to [info@wbna.us](mailto:info@wbna.us)

We'll do our best to get answers for you. Questions that may be of interest to multiple residents will be published in upcoming newsletters and on our website.



## How do you turn a bottle into a tree?



It's been a year since we began our Single Stream Recycling Program and it's starting to look like we need to "renew our vows" if you

will. We started out with a bang last June and our participation numbers continued to grow up until January, when participation started declining. We were up over 78% in November & December and March participation was 64.4%. Any ideas as to why the decline in participation? Whatever the reason, we need to ramp it back up.

IESI pays the WB MUD \$20 in rebates for each ton of recycling collected. Those funds, in turn, are dedicated to purchasing trees for our park system. And now we're able to recycle more products curbside than ever before! The more we pitch in and recycle, the more trees get planted.

It's easy!! I have two trash cans (side by side) in my kitchen. One for trash, one for recycling. This is something simple and easy that EVERYONE can do to make Wells Branch better. Please help get the word out!

**Think before you pitch it in the trash!**  
**Trash isn't trash anymore. Trash is TREES.**

**Tell your neighbors! Recycle!**

## Recycling schedule

Recycling pickup only occurs every other week on regular trash pickup days. Clip and save this calendar of recycling pickup days or download a calendar thru December 2012 from our website: [wbna.us](http://wbna.us). Visit our Recycling page under "Community" for the calendar and list of materials accepted.

### WB Recycling Schedule

#### May 2012

S	M	T	W	T	F	S
20	21	22	23	24	25	26
27	28	29	30	31		

#### June 2012

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



## 30 Days FREE!

**It's Your Time!**

National Women's Health Week is the perfect time to commit to the healthy lifestyle you've always wanted. If you're thinking about trying something new, drop by anytime and see how Curves can help you get started.

You'll receive a 30-Day FREE MEMBERSHIP just for stopping by!

  
**May 13-19, 2012**

Curves



512-238-9899

14611 Burnet Rd #107  
Austin, TX 78728

**\*Offer Extended until  
May 30, 2012**

CURVES IS GIVING AWAY ONE MILLION FREE 30-DAY MEMBERSHIPS!

## Wells Branch vision planning

Submitted by George Holcombe

So far we have completed the Vision, Challenges and Strategies by neighbors in the 'hood and we have the next section, planning Actions, before us. Unfortunately, there hasn't been an open weekend to get together and it looks like we'll have to forward this effort until the Fall.

Please go to [www.wbna.us](http://www.wbna.us) and for the rest of this article and to review the charts, all posted to the Visions page at [www.wbna.us](http://www.wbna.us) under "Community".

# Mezzaluna

## ITALIAN GRILL

14735 Bratton Ln.  
Open lunch and dinner  
512-252-1444  
[www.mezzalunaaustin.com](http://www.mezzalunaaustin.com)

Bring in for

## \$7 OFF!



Minimum \$15 purchase. Limit one coupon per table. Dine In only. Must present coupon.





# Community Calendar

May 22, 7pm: MUD Town Hall Meeting re: Disc Golf, WBCC\*\*

May 25, Early voting ends

May 25: Last day of school for RRISD

May 26, 6-9pm: Casino Night, WBCC\*\*

May 29, 7am-7pm: Primary Elections at precinct sites

May 31: Last day of school for PISD

June 8: WBNA newsletter deadline (ads & articles)\*

June 9, Dusk: Movies in the Park "How to Train your Dragon"\*\*\*

June 13, 4- 7pm: VIN Etching, location TBD

June 16: Garden Guild\* Field Trip to Boggy Creek Farm

June 16, 7pm: Open Ears Concert presents Beth Wood, St. Andrews Presbyterian Church

June 30: Next issue of WBNA Neighborhood News

\*See [www.wbna.us](http://www.wbna.us) for details

\*\*Contact the MUD for more info, 251-9814

MP=Mills Pond; WBCC=Community Center on Klattenhoff; WBCL=WB Comm Library; WBRC=Rec Center on Shoreline.

Have a free event to share? If so, send the details - date, place and time via email to: [wbnaews@sbcglobal.net](mailto:wbnaews@sbcglobal.net). PLEASE NOTE: Events put on by for-profit entities do not qualify for this space.

## Garden Guild Submitted by George Holcombe

Your WB Garden Guild is looking forward to some fun summer events. Saturday, June 16, we'll be taking a trip. Not that far - just over to the Boggy Creek Farm ([www.boggycreekfarm.com](http://www.boggycreekfarm.com)) in East Austin to get some images and information from this established and productive garden. Community gardens like this are increasing locally and across the nation as there is a resurgence of locally grown fruits and vegetables. For dates & times of any upcoming meetings, check [www.wbna.us](http://www.wbna.us)



Tammy

Judy



## Your Wells Branch Neighbor & Specialist!

**3401 Bratton Heights:** Super yard, granite cntrs — *Coming Soon*  
**2408 Water Well:** Granite cntrs, walk to WB Elem — *Coming Soon*  
**14765 Montoro:** Renovated, 4 beds, backs to greenbelt—*Pending*  
**14401 Weldon:** Backs to greenbelt, huge kitchen—*Pending*  
**3405 Bratton Heights:** Remodeled master bath —*Sold in 4 days!*  
**1609 Gaylord:** Immaculate Newmark 1-story—*Sold in 5 days!*  
**2511 Tracy:** Updated & move-in ready 2 bedroom—*Sold in 15 days!*

Like "Wells Branch Real Estate" on Facebook—inside tips, prize drawings!

**Judy DeWitt**, Realtor®, GRI, ABR  
(512) 917-5037



**Tammy DeWitt Le**, Realtor®  
Wells Branch Resident  
(512) 773-3214

[www.familypair.com](http://www.familypair.com)



The Hottest New Thing in Candles!™



**Pam Wachholz**

Experience Scentsy, a safer option for candle lovers. Enjoy the glow and the scent without an open flame or dripping wax.

**Scentsy makes a great gift!**

[www.scentsy.us/pamwachholz](http://www.scentsy.us/pamwachholz) | Ph. 512.925.5309

**Support your Neighborhood Association**  
by joining the WBNA and continue to make Wells Branch great!

Here is my check (made out to WBNA) for \$20 annual dues for 2012.

May 2012

I am: \_\_\_\_\_ renewing my membership \_\_\_\_\_ a new member

Name(s) \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

I/we want to help with: \_\_\_\_\_ Newsletter Delivery \_\_\_\_\_ Crime Watch  
 \_\_\_\_\_ 4th of July \_\_\_\_\_ Easter Egg Hunt \_\_\_\_\_ Nat'l Night Out

**MAIL TO: WBNA Membership, 2104 Klattenhoff, Austin, TX. 78728**