

West Lake Hills ECHO

Volume 1, Issue 5

November 2012

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ARE ALL AROUND

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See page 3 for more details.

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Please support the advertisers that make the West Lake Hills Echo possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or advertising@peelinc.com. The advertising deadline is the 8th of the month prior to the issue.

ARTICLE INFO

The West Lake Hills Echo is mailed monthly to all West Lake Hills residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the West Lake Hills Echo please email it to westlakehills@peelinc.com. The deadline is the 15th of the month prior to the issue.

COVER PHOTO

Do you take great photos?

Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming issues of the West Lake Hills Echo. Our deadline for submittals is always the 9th of the month prior to the issue. All photos should be submitted electronically by the deadline date in high resolution (300 dpi) to westlakehills@peelinc.com. Portrait (vertical) photos work best.

To view other photos submitted please visit www.PEELinc.com/WestLakeHills.

By submitting your photo you agree to allow your photo to be published in future issues of the West Lake Hills Echo or other Peel, Inc. publications.

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City of West Lake Hills	www.westlakehills.org

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Peel, Inc.	512-263-9181
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Advertising.....	advertising@peelinc.com



Secret Santa Gift Program

Would you like to help us make the holidays brighter for hundreds of Central Texas foster children! Secret Santa is a special holiday gift program of the Adoption Coalition of Texas (ACT) helping Child Protective Services and foster families provide gifts and spread holiday cheer to Central Texas foster children through the generosity of community donors.

If you would like to be a Secret Santa this year and purchase holiday gifts for a Central Texas foster child, please email your name, email address and contact phone number to ACTSecretSanta@gmail.com. The gift drop-off days will be at several Austin-area locations on Wednesday through Saturday, December 5 – 8, and caseworkers will be picking up the gifts the following week. Once you sign up to be a donor, we'll send you all the details. Last year, thanks to the kindness of people like you, we brought smiles to the faces of more than 350 foster children!

The Adoption Coalition is a partnership of nonprofit adoption agencies and Child Protective Services working together to find forever families for abused and neglected children waiting for adoption. These are usually older children, sibling groups and children with special needs. For information about ACT and adoption, visit www.adoptioncoalitiontx.org.

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- Moldy Furniture ·
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WELCOME TO THE WEST LAKE HILLS ECHO

The West Lake Hills Echo is a monthly newsletter mailed to all West Lake Hills residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com, or you can email to westlakehills@peelinc.com. Personal news (announcements, accolades, honors, celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

Visit www.PEELinc.com for other newsletters published throughout the Greater Austin Area.

Why Knowing About Kilowatt-Hours Can Help You Save Money

By Chris Lee

Let's all admit it - we've all taken electricity for granted. As soon as we were young enough to reach the light switch to turn on the lights, we've never thought about electricity since it's been integrated into our lives as a basic necessity. By understanding a little bit about a Kilowatt-Hour (kWh) of electricity use, you'll more easily measure and compare the costs to operate your appliances in order to figure out how you can save some money.

The concept of kWh is difficult to visualize since most of us have forgotten the details of our high-school physics class (for those of us that actually took high school physics). Power, energy, time?...how can we define kWh? If you turned on twenty 100-watt lightbulbs in your house and left them on for 1 hour, you would have used 2 kWh (20 lightbulbs x 100w x 1 hour = 2000 watt-hours). And if you used your clothes dryer for an hour and your dryer is rated at 5000 watts, then you used 5 kWh (5000w x 1 hour). While each family uses electricity differently based on their living habits, here's a website that will give you an idea on energy use of common household appliances. Caution: the dollar figures used in this chart are based on \$0.07 per kWh instead of the typical \$0.10 per kWh in Texas:

www.glendalewaterandpower.com/rates/appliance_operating_costs.aspx

(Shortened: <http://goo.gl/kCelA>)

So if you looked at your energy bill, you'll see that you're paying for the amount of kWh's that you and your family use. By knowing the concept of kWh you'll be able to more easily correlate your energy use to your energy bill and therefore be able to do more to save money. To help you save energy and therefore more money, here are some resources with helpful energy saving tips:

www.takealoadofftexas.com/index.aspx?id=energy-efficiency-tips

(<http://goo.gl/meydE>)

http://energy.gov/sites/prod/files/energy_savers.pdf (<http://goo.gl/u3fuE>)

I hope you've understood the basics of a Kilowatt-Hour and how it's measured to help you see your energy usage. If you have any



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NatureWatch by Jim and Lynne Weber

a Plethora of Parakeets

Established in Austin in the early 1970s from escaped caged birds, Monk Parakeets (*Myiopsitta monachus*) also known as the Quaker Parrot, are native to the temperate and subtropical regions of Argentina and surrounding countries in South America. Monks are often heard before they are seen, as their call is a loud and throaty chap(-yee) or quak quaki quak-wi quarr, and their sometimes startling screeches sound like skveet! They have grown in numbers by being able to survive our mild winters, and as such have now been included on the official list of accepted Texas species.

A colorful bird with bright green upperparts, pale grey forehead and breast with darker scalloped edges, and very light green to yellow underparts, Monks also have an orange bill, stiff dark blue flight feathers, and a long tapered tail. Technically a parrot, it is this tail that makes them a parakeet, which is a term for small to medium sized species of parrots that generally have long tail feathers.

Monks are the only parrot that builds a stick nest, either in a tall tree or man-made structure, rather than using a hole in a tree. They often breed in colonies, building a single large nest that has separate entrance holes for each pair. In the wild these colonies can become quite large, with communal nests reaching the size of a small automobile! Also unusual for a parrot, these birds occasionally have 'helper individuals', typically grown offspring, which assist in feeding the young. Highly intelligent and social birds, Monks can live anywhere from 15 to 30 years, and like other species of parrots kept as pets routinely develop quite a large vocabulary.

Monk Parakeets readily adapt to urban neighborhoods, as they are an open woodland species. A recent informal survey found over 65 nests in Austin, mostly in cell phone towers, tall telephone poles, and sports facility light poles. Even if the nests are cleared out, many colonies return to the same place to rebuild their nest. While mainly constructed out of willow branches, these nests may include man-made items such as rope, carpet, newspaper, and scraps of cloth. The Monks' diet consists of berries, tree buds, and seeds, which can be plentiful in both the native and non-native tree species common in the Austin area.

The exact number of wild Monks in our area is unknown, and evidence of harm by feral colonies of Monks is disputed. While they can be agricultural pests by eating fruits, grains, and other crops, they can also benefit local economies through birdwatching-based ecotourism. It is also important to remember that tens of millions of parrots have been removed from the wild worldwide, and have been traded in greater numbers and for far longer than any other group of wild animals. Many parrot species are still threatened by this trade, as well as by habitat loss, predation by introduced species, and hunting for food or feathers. As such, let's respect their existence enjoy our plethora of parakeets!

*Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, published by Texas A&M University Press.*

The Echo

SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to westlakehills@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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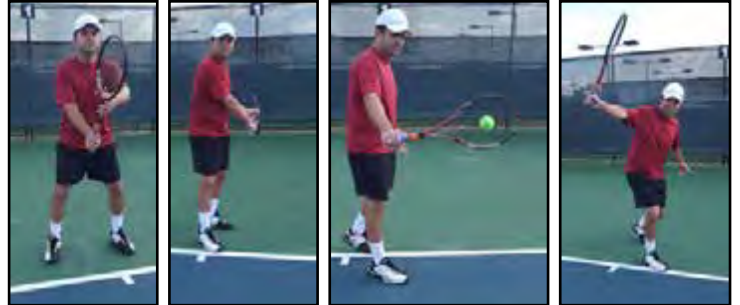
HOW TO HIT A ONE-HANDED BACKHAND

In previous newsletters, I offered tips on how to hit a Forehand and a Two-Handed Backhand. In this issue, I will give you instructions on how to execute a one-handed backhand for a right hander. This stroke is still used by many league and tournament players since it gives players a wider range of reach and flexibility to hit slices and drop shots.

Step 1: Ready position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is on the throat of the racket. The left hand is holding the racket slightly tighter than the right hand. Feet are shoulder width apart and the body is in good balance.

Step 2: Back swing: When the opponent's ball is headed to the backhand side, the left hand takes the racket back and the right hand changes the grip with one quarter turn placing the index knuckle at the upper ridge of the handle. The body should start taking the racket back before the ball bounces. Notice the turn of the upper body and the right foot leading the left foot. Eyes are still focused on the incoming ball.

Step 3: Point of Contact: The eyes now shift toward the point of contact which should be about 12-18 inches in front of the right foot.



The right hand is holding the racket tight. The racket has made contact with the ball and weight of the player has shifted toward the point of contact. It is important to keep the right shoulder closed and not open the left hip too early. Flexing the right knee will allow more flexibility and power on the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, both of the arms need to be extended for better balance. The right arm should be straight and the follow through upwards above the head.

Look for next Issue: The Forehand Volley



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Fire Roasted Hatch Green Chile & Jalapeno Pulled Pork Sliders



by the Four Points Foodie

FIRE ROASTED CHILE AND JALAPENO INGREDIENTS:

- 5 Hatch Chiles
- 5 Jalapenos
- 1 paper sack

Directions: Over a high flame on the grill, char and blister the skin of the chiles and jalapenos. Place in the sack to steam. Once cool, peel the charred skin. Split open, remove seeds and chop.

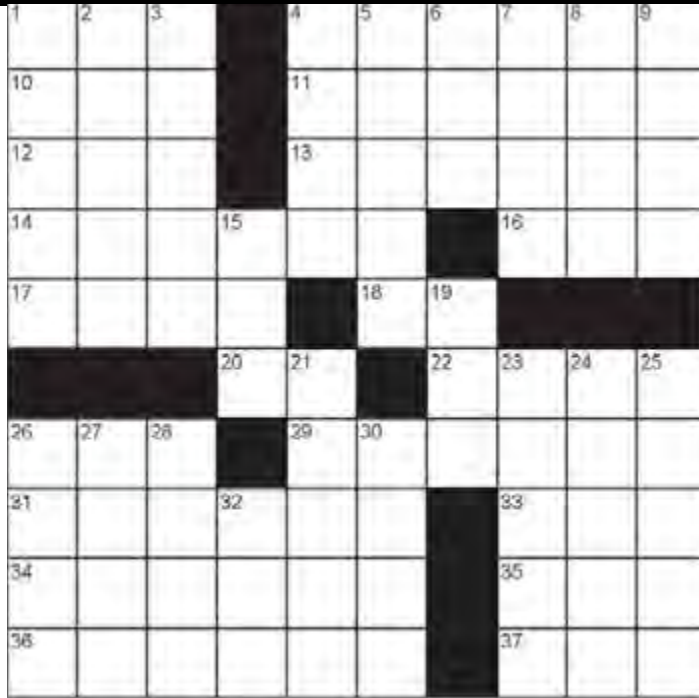
PULLED PORK INGREDIENTS:

- | | |
|---|---|
| • 2 lb boneless pork shoulder
roast, trimmed | • 1 T olive oil |
| • 1 t paprika | • 1 C apple juice |
| • 1 t ground cumin | • 1 C Woody's Sweet BBQ
Sauce |
| • 1/2 t ground cinnamon | • 1 T finely chopped chipotle
peppers in adobo sauce |
| • 2 T salt | |
| • 1 T cracked black pepper | |

Directions: Combine dry ingredients and rub over trimmed pork should roast until ready to cook, a day in advance. In a large crock pot insert or regular pan, heat olive oil and sear roast on all sides. Add apple juice and simmer, again in either the crock pot or on the stove top, until the pork is very tender. Drain as much fat off the top as possible, then remove and shred or "pull". Return to the crock and finish with the Woody's Sweet BBQ Sauce, chipotle in adobo sauce and keep warm until ready to serve.

To assemble: Toast slider buns on a hot griddle with a bit of butter. Add the pulled pork and top with a mixture of the fire roasted chile's and jalapeno's. Slap the top on it and devour! Perhaps you could add a slice of jalapeno jack cheese, but it's not necessary!

CROSSWORD PUZZLE



ACROSS

1. Belong
4. Elevator alternative
10. Fire remains
11. Short guy, hairy feet
12. Manipulate
13. Indoor
14. Coaxing
16. Condensation
17. Adolescent
18. South Carolina (abbr.)
20. New Jersey (abbr.)
22. Hornet
26. Rock
29. Loves
31. Demonstrate
33. Government agency
34. Subordinate
35. Cause of sickness
36. Elapse (2 wds.)
37. Surface to air missile

DOWN

1. Finds _ -
2. Make available
3. Not here
4. Tibia
5. Fire iron
6. Abdominal muscles (abbr.)
7. As previously cited
8. Cycle
9. Soup
15. Hotel
19. Cash with order (abr.)
21. Rachel's husband
23. Regions
24. Reddish brown
25. Sacred song
26. Pearls
27. Vile
28. Brief
30. Refuse to believe
32. Pinch

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Football Schedule

DATE	DAY	TEAM	SITE	TIME
11/02/12	Friday	Lake Travis(Senior Night)	Westlake	7:30
11/09/12	Friday	Austin	House Park	7:30



STAY *Sun* SMART

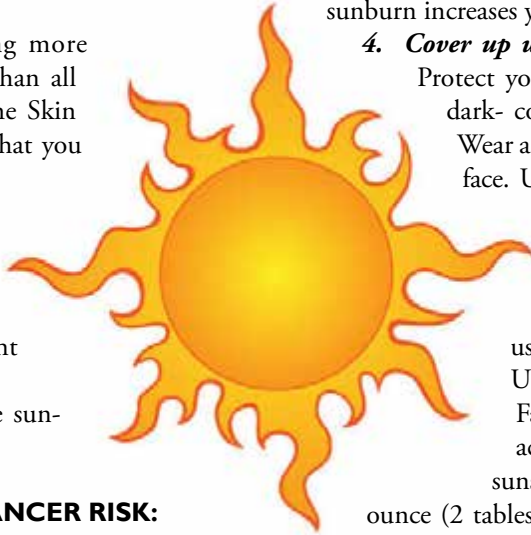
Skin Cancer Screenings, Prevention Tips

By Adam J. Mamelak MD, FRCPC, FAAD

Skin cancer is on the rise, affecting more Americans over the past three decades than all other cancers combined, according to the Skin Cancer Foundation. The good news is that you can do much to prevent it.

"The danger in skin cancer is gravest when it goes undetected," says Dr. Adam Mamelak of Sanova Dermatology in Austin. "It is extremely treatable, and in a large sense preventable when caught early."

To help reduce your risk, follow these sun-smart practices.



7 WAYS TO REDUCE SKIN CANCER RISK:

1. See your physician every year for a professional skin exam. Regular total-body checkups are the best way to make sure your skin is healthy and stays that way. The American Academy of Dermatology recommends annual skin exams. You can receive a FREE skin cancer screening through 2012 at Sanova Dermatology, 12319 N. Mopac in Austin. To schedule your free screening, call (512) 837-3376; no purchase or insurance coverage is necessary.

2. Avoid tanning and UV tanning booths. Even occasional sunbed use almost triples your chances of developing melanoma, the deadliest form of skin cancer. Young people – including teenagers – are especially sensitive to the ultraviolet radiation from tanning booths.

3. Seek the shade and do not burn. Stay in the shade especially between the hours of 10 a.m. and 4 p.m., when the sun's

rays are often strongest. Avoid getting burned; even a single sunburn increases your risk of developing melanoma.

4. Cover up with clothing and UV-blocking sunglasses.

Protect your skin with densely woven and bright- or dark-colored fabrics, which offer the best defense. Wear a hat with a brim of 3" or greater to protect the face. Use wraparound sunglasses that block 99-100% of the sun's UV rays, which helps prevent cataracts and melanomas of the eye.

5. Use a broad spectrum (UVA/UVB) sunscreen.

Every day, year-round, use broad spectrum sunscreen with UVA and UVB protection and an SPF (Sun Protection Factor) of 15 or higher. For extended outdoor activity, use a water-resistant broad-spectrum sunscreen with an SPF of 30 or more. Apply 1

ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every 40-80 minutes or immediately after swimming or excessive sweating.

6. Help protect children from sun damage. Keep newborns out of the sun, since their skin possesses little melanin, the pigment that provides some sun protection. Sunscreen should be used on babies over the age of six months. Make sure your children are well-protected with clothing, hats, sunscreen and sunglasses. Ask the pediatrician to examine your child's skin thoroughly as part of a yearly check-up – especially important for those with fair skin, light eyes and hair, and those with a family history of skin cancer.

7. Examine your skin head-to-toe each month. Look for skin changes and let your doctor know about any sore that does not heal or spot that changes in size, texture or color.

Adapted from the Skin Cancer Foundation

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