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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](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

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## ARTICLE INFO

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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](mailto: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](mailto:westlakehills@peelinc.com). Portrait (vertical) photos work best.

To view other photos submitted please visit [www.PEELinc.com/WestLakeHills](http://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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Ambulance.....	911
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Sheriff – Non-Emergency.....	512-974-0845
Fire Department Administration .....	512-539-3400
Travis County Animal Control.....	512-972-6060

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Westlake High School.....	512-732-9280
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Wastewater	
Crossroads Utility Service 24 Hour Number....	512-246-1400
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City Administration .....	512-327-3628
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Property Tax.....	512-854-9473
Appraisal District .....	512-834-9317
Chamber of Commerce.....	512-306-0023
City of West Lake Hills .....	<a href="http://www.westlakehills.org">www.westlakehills.org</a>

### NEWSLETTER PUBLISHER

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## AUSTIN NEWCOMERS CLUB

Austin Newcomers is dedicated to introducing new residents to Austin while extending a hand to make new acquaintances and join fun Interest Groups.

Our program this month is Malcolm Nelson directing the choir First Edition. Mr. Nelson is currently in his seventh year as choir director at McCallum Fine Arts Academy.

First Edition is the premier mixed choir at the McCallum Fine Arts Academy. Its members are auditioned each year and chosen because of their singing ability and commitment to excellence. The group performs all types of music but is best known for its seasonal offerings and pop Broadway style. Members of First Edition have performed at Carnegie Hall and Lincoln Center in New York City. Each year First Edition sings at numerous private parties, celebrations and luncheon meetings. This promises to be a lively and popular program.

The monthly luncheon will be held on Wednesday, December 5 at Green Pastures Restaurant, 811 Live Oak St, Austin TX 78704. The luncheon is \$20 per person; reservations are required, and payment must be received by Thursday, November 29.

The club website is [www.AustinNewcomers.com](http://www.AustinNewcomers.com) and the telephone number is (512) 314-5100.



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## Think Adoption

by Sarah Bremer

As I walked through the Dog Adoption Center at Austin Pets Alive for the first time a month ago, I admit that I was nervous about what I would find when I entered the external hallways housing the organizations adoptable dogs. Nervous because the last time I visited the animal center at Town Lake Austin was still a kill city and the experience left me worried and anxious about whether or not the animals I came into contact with would still be alive the next day. I took a deep breath and walked through the bright red door.

On the other side I found a large open courtyard with several fenced in play areas, each occupied with potential adopters getting to know one of the organization's adoptable dogs. Encouraging staff and volunteers hustled from one part of the courtyard to the next tending to the needs and nourishment of the 150 (give or take) dogs housed at APA's Town Lake Center. I took my time and walked through each part of the dog adoption area- observing the color coded signage (green for walkable and red for adoption counselor assistance) and short vignettes describing each dog. I paused at the pen holding "Barbie" and read her story carefully. She is a nine year old pit mix whose family of seven years had recently moved on without her; she had spent her first few nights in the shelter trembling. My heart broke. I put my hand to the chain linked gate fence, a small effort to ease her anxiousness. It was greeted by a cold nose that timidly sniffed at the flesh of my overturned palm. Gradually that shy initial contact gave

way to tongue licks and tail wags. There are so many stories and so many animals looking for homes. I breathed a sigh of relief – Barbie would still be alive tomorrow. So much hope. But, hope that needs constant tending by the community – a hope sprung from donations, volunteers, foster families and, perhaps most importantly, adopters.

Adoptions are the bread and butter of animal rescue organizations like Austin Pets Alive. The best possible outcome is to see animals find good, loving forever homes so that more animals can be rescued – and in APA's case, particularly from shelters where adoptable pets are at risk of euthanasia. In putting together the photos for this essay, I was privileged to speak with several individuals and families considering adoption from Austin Pets Alive. I met one family who had recently lost their young boxer. They weren't sure they were ready for a new pet, but they were at least ready to start looking. I talked with one couple who were excitedly adopting an 8 week old puppy – a sibling for their 14 month old dog and their second adoption from Austin Pets Alive. I had the pleasure of photographing them as they met their puppy for the first time. I met a single mom looking for a dog that would be able to keep up with her nine year old son. I made the acquaintance of Max, Sasha and Katie who were excitedly waiting with APA foster parents, Monica Delgado and Chelsea Ruiz, for their

*(Continued on Page 6)*





# The Echo

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mom to complete the adoption paperwork for Butterfly. The people I spoke with had any number of reasons for adopting a pet, but the two (perhaps the obvious two) that stood out were to save a life and to be a part of something larger than one person or one animal.

With cold weather moving in, the holidays fast approaching and recent funding and inspection issues for Austin Pets Alive (for more information, visit <http://www.austinpetsalive.org>) the organization hopes that you'll be interested in adoption as a way to grow your family. The adoption process is informative and thorough and any one of the organization's adoption counselors will enthusiastically and empathetically guide you through the process. For APA, one adoption is one more life that can be saved and one more step to maintaining Austin's No Kill Status. If you're looking for a new pet, consider stopping by APA's Town Lake Animal Center or any one of their off-site adoption locations. Counselors will work with you to find a pet that matches your needs and personality, advise you on everything from veterinary care to potty training, work with you to address any behavioral concerns that may be facing your potential companion and provide you with phone numbers to offer you assistance of all kinds.

If you're contemplating a new pet for your family, consider adoption and consider Austin Pets Alive. Save a life. Be a part of something BIG.



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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

## 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](http://www.PEELinc.com), or you can email to [westlakehills@peelinc.com](mailto: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](http://www.PEELinc.com) for other newsletters published throughout the Greater Austin Area.







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# The Echo

## Barton Creek Farmers Market

Now there are two! Barton Creek Farmers Market Saturdays at Barton Creek Square Mall and Barton Creek Farmers Market Sundays at Highland Mall. Just in time for Thanksgiving preparations Barton Creek Farmers Market announces the grand opening of a new added location on Sunday at Highland Mall. Knowing your farmer gives you the opportunity to know your food better. The new farmers market is a benefit to local farmers and adds to the diversity of Austin's healthy eating options. The festive atmosphere makes grocery-shopping fun for the whole family.

Barton Creek Farmers Market continues every Saturday and celebrates the grand opening of Barton Creek Farmers Market at Highland Mall, their new added location on Sundays starting on Sunday, November 18th from 10 a.m. to 2:00 p.m. Wolfgang Puck has endorsed this market, it was voted one of top 5 farmers markets in Eating Well Magazine and Audubon Society ranked it as one of the top 10 Farmers Markets in the country along with Madison, Santa Fe, Ithaca, and Ferry's Plaza.

### BARTON CREEK FARMERS MARKET

Saturdays 9AM – 1 PM at Barton Creek Square Mall  
(back parking lot overlooking Austin)

Sundays 10 AM – 2 PM at Highland Mall  
(in the parking lot by Airport Blvd. entrance)

The grand opening celebration, celebrated at both locations, Barton Creek Square Mall and Highland Mall includes special activities for the whole family:

- Tiny Tails To You Petting Zoo with bunnies, hedgehogs, chicks, ducklings, geckos and more ...
- Three Ring Circus Moonwalk, Slide and Playscape for Kids
- Face painting by Melissa Morgan, Woo Who Kids!
- Street Performers Schave & Reilly - "baggy-pants" physical comedy duo
- Special Live Music:

Live music with Avenue Elle featuring Chrissie Natoli and Alison Lumley who were recent finalists in Garrison Keillor's duet contest on A Prairie Home Companion just last month and at Kerrville Newfolk Competition earlier in the year! They play a mix of rhythm guitar and tasteful, melodic leads adding mandolin to the mix from time to time accompanying their unique lyrical harmony.



## Traveling with your pet over the holidays?

**HERE ARE SOME TIPS THAT WILL HELP  
MAKE YOUR DRIVE SMOOTH SAILING.**

*Submitted by Kristen West*

1. Take your pet on short trips prior to the big day to let him get used to traveling by car.
2. Keep your pet safe in a secured, well-ventilated crate or carrier. It should be large enough for your pet to stand, sit, lie down and turn around. Letting him have free range in the car not only puts him at risk, but it also poses a risk to your family if you were to stop suddenly.
3. Never let your dog travel in the bed of a truck. Even if he is secured on a short line to prevent him falling or jumping out, your pet can experience discomfort from the weather and wind or sustain injury from debris.
4. Feed your pet three or four hours prior to departure and avoid giving him any food or treats in the car.
5. Never leave your pet in a parked vehicle, which can quickly become a furnace and cause heatstroke, even with open windows. In cold weather, the car holds the temperature like a refrigerator.
6. Your pet's microchip should be up-to-date and he should be wearing a flat collar and ID at all times.
7. Bring a bowl and extra water in case you get stuck in the inevitable holiday traffic jam!
8. Take lots of breaks to let your pet stretch his legs and relieve himself. It's a great excuse to do some sight-seeing or pick up a fun treat for yourself!







*Happy Holidays!*

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## Poised or Poisoned?

### TEEN GIRLS IN TRANSITION

By Sugandha Jain | Master Registered Texas Trainer and Director of Accreditation at a local preschool

#### WHAT ARE ALPHA GIRLS?

The term comes from a 2006 book of the same name by Dr. Dan Kindlon, a child psychologist at Harvard University. Dr. Kindlon interviewed nearly 1,000 girls, in 6th through 12th grades, before writing the book. In it, he describes Alpha Girls on the cusp of incredible achievement.

Statistics released by the National Assessment of Educational Progress (NAEP), from studies conducted by the U.S. Department of Education, seem to bear this out in terms of academics. Girls consistently outperform boys in reading and writing: the 2004 NAEP reading scale results show that girls' outscore boys by five points at age nine, 10 points at age 13, and 13 points by age 17. Young women also head to college in larger numbers: they currently encompass 58% of students enrolled in two- and four-year colleges.

"Young women are achieving more than young men," says Dr. Linn Goldberg, a professor of medicine at Oregon Health and Science University. Dr. Goldberg has conducted extensive studies on drug and alcohol use among adolescents. He says girls simply aren't falling prey to the same pitfalls as boys. "They are less likely to be deviant and be engaged in many harmful behaviors, such as substance use and abuse," he says. "[Or] be involved in altercations, be arrested, among other maladaptive actions."

What's more, says Dr. Kindlon, is that girls aren't just succeeding, they're doing so in a psychologically healthy manner.

"Today, we have a generation of girls who have more psychological skills to play both the feminine roles and the roles that men played in the past," says Dr. Kindlon. "They are poised to do great things."

#### HOW CAN PARENTS RESPOND?

Parents of Alpha Girls likely are proud when their daughters exhibit high achieving traits; some may think their girls aren't prone to any particular problems. Either way, it's important for parents to convey the message that girls don't have to be "perfect" to be successful and happy in life.

Teaching girls media literacy—how to evaluate the information they receive through television, magazines and other media—is one way to help them combat potentially harmful messages. Several organizations offer parents tools to do this, including the Center for Media Literacy ([www.medialit.org](http://www.medialit.org)) and Commercial Alert ([www.commercialalert.com](http://www.commercialalert.com)).

Parents also have to be vigilant about being models of appropriate body image. This means mothers, in particular, have to mean what they say when they talk with their daughters about their bodies. A mother shouldn't in one breath tell her daughter she is perfect and beautiful, then in the next make disparaging comments about her own body, says Ms. Martin.

Most important: parents should focus on their daughter's well being as well as her achievements—and consistently convey the message that there are myriad ways to be successful in life.

"Help your daughter develop her potential," says Dr. Diane Halpern, a psychology professor at Claremont McKenna College in California and the author of *Sex Differences in Cognitive Abilities*. "The only way parents can do that is to make sure that their daughters have a wide range of opportunities and know what their choices are."



# Tennis Tips

By USPTA/PTR Master Professional  
**Fernando Velasco**

Owner, Manager and Director of Tennis  
Grey Rock Tennis Club, Austin, TX

## HOW TO EXECUTE THE FOREHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand and a one-handed backhand. In this issue, I will give you instructions on how to execute a forehand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures student Camille Palafox demonstrates the proper form and technique. Photos by her husband Charlie Palafox.

**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 next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

**Step 2: Back Swing:** Since the volley is usually executed when a player is close to the net and there is very little time to react to the

incoming ball, the back swing is very short. The right arm should take a short turn and the head of the racket should align to the flight of the ball. The right wrist should be "cocked" back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball. Here I am helping Camille to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

**Step 3: Point of Contact:** The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

**Step 4: Follow Through:** Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The left arm should be close to the body.

Look for in the next Newsletter: The Two-Handed Backhand Volley



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## Signed, Sealed, and Delivered: Travis County Tax Bills for 2012 Should Be In Your Hands!

*Submitted by Tina Morton, Travis County Tax Assessor-Collector & Voter Registrar*

If you own property in Travis County, chances are you already received a 2012 property tax bill. Over the past several weeks, 269,550 bills hit mailboxes. And if you are among the 122,569 homeowners who escrow through a mortgage company or lending institution, don't worry, the mortgage company probably requested the bill and will pay your property taxes. But you might want to check with them to be sure. Anyone who needs a tax bill can download a copy at [www.traviscountytax.org](http://www.traviscountytax.org) or call (512) 854-9473 to request a mailed copy.

"All taxpayers or their mortgage companies should have received their bills," said Travis County Tax Collector Tina Morton. "Especially for owners of multiple properties, this is the time of year to make sure you have received the bills for all of your properties."

The deadline to pay 2012 property taxes is January 31, 2013. Morton said many taxpayers want the advantage of federal tax deductions that require taxes be paid by the end of the year. Any payment postmarked by December 31 will be recorded as a December payment regardless of when the payment arrives by mail. Payments can be made in person at any of the five tax office locations during

normal business hours. Taxpayers can deposit checks or money orders in the tax office drop box after hours or pay online by credit card at [www.traviscountytax.org](http://www.traviscountytax.org) by midnight, December 31.

"Some taxpayers believe that if they do not receive a bill, they are not liable for tax payment," Morton said. "Taxpayers are responsible for requesting a tax bill if they do not receive one."

Seniors and disabled taxpayers may take advantage of a special provision in the law that allows for four installment payments with no penalty and interest provided payments are made before February 1, April 1, June 1 and August 1. Last year 3,943 eligible property owners participated in the program. Senior and disabled taxpayers interested in the installment payment plan should call (512) 854-9473 for details.

One of the most common questions this time of year concerns the ability to pay taxes. "If you can't pay any or all of your tax bill, please call or come in to our main office on Airport Boulevard and make payment arrangements," Morton recommended. "You don't need to wait until the deadline. We can assist taxpayers even before the bill becomes delinquent."

*(Continued on Page 13)*



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(Continued from Page 12)

The Travis County Tax Office main location is 5501 Airport Boulevard, between Koenig Lane and 531 1/2 Street. The office opens at 7:30 a.m. and closes at 5:30 p.m., Monday through Friday. Drive-through service is available.

Satellite offices open at 8:00 a.m. and close at 5:00 p.m. and include the following locations

- East Austin – 4705 Heflin Lane at Springdale and MLK Blvd (drive-through service)
- Oak Hill Office – 8656 Highway 71W Building B, second floor
- Pflugerville Office – 15822 Foothill Farms Loop (drive-through service)
- Southeast Office – 4011 McKinney Falls Parkway (drive-through service)

Call (512) 854-9473 for assistance.



## NatureWatch by Jim and Lynne Weber

### Merry Mistletoe

From the earliest times mistletoe has been considered one of the most magical, mysterious, and sacred plants found in European folklore. Originally used to bestow life and fertility, as a protection from poison, and as an aphrodisiac, in medieval times branches of mistletoe were hung from the ceiling to ward off evil spirits. With the process of immigration and settlement of North America, traditions associated with the European plant were transferred to the New World and evolved into a folklore all its own.

In Central Texas, two species of mistletoe are native, the Christmas Mistletoe (*Phoradendron tomentosum*) and Oak Mistletoe (*Phoradendron leucarpum*). The genus comes from the Greek 'phor' which means thief and 'dendron' which means tree, as both species are semiparasites that steal water and nutrients from their host trees. Christmas mistletoe has small, elliptical evergreen leaves and smooth green stems covered by short hairs, with tiny green flowers on the male plant and shiny white berries on the female plant. It is widely used in the United States as a Christmas decoration, and is especially common growing on Sugar Hackberry, Cedar Elm, and Honey Mesquite trees in Texas, Louisiana, and Oklahoma.

(Continued on Page 14)

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# The Echo

(Continued from Page 13)

Native north to New York State, south to Florida, and west to New Mexico, Oak Mistletoe is another common mistletoe hung at Christmastime. It is a larval host plant for the Great Purple Hairstreak butterfly, and while similar in appearance to Christmas Mistletoe, its berries are covered with a sticky substance poisonous to humans but relished by winter resident birds such as Cedar Waxwings, Eastern Bluebirds, and American Robins. These birds eat the berries and spread the seeds through their droppings and by wiping their beaks on tree branches, both of which may cause a new plant to take hold and become established.

While ancient folklore has attributed a wide range of mystical abilities to mistletoe, none is more fascinating than the myth of Frigga, the Norse Mother Goddess worshiped by pre-Christian people of northern Europe, and how mistletoe became her sacred plant. She was believed to be the mother of Balder, the God of the Summer Sun, who had a dream of death. Alarmed by this dream, Frigga went to all the elements, plants, and animals to seek a promise that no harm would come to her son. Balder was thought to be safe from harm by anything on or under the Earth.

But Balder's enemy, Loki, was the God of Evil, and he knew of the one plant that Frigga overlooked. It was the lowly mistletoe, which grew neither on nor under the Earth itself, but on the branches of

oaks and other trees. Loki made an arrow tip with the mistletoe, and gave it to the Hoder, the blind God of Winter, who used it to strike Balder dead. The sky paled and everything wept for the Sun God, who was restored by Frigga after working with the elements for three days. The tears she shed for her son were said to be the pearly white berries of the mistletoe, and in her joy at his resurrection she kissed everyone who passed beneath the tree on which it grew.

Thus began the custom that whomever should stand beneath the humble mistletoe will come to no harm, but receive only a kiss as a token of love. Merry mistletoe to you and yours!

Send your nature-related questions to [naturewatch@austin.rr.com](mailto: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.



Christmas Mistletoe



Oak Mistletoe



## HOLIDAY WISHES 2012

Each year, neglected and abused children in the Austin area must be removed from their homes by Child Protective Services caseworkers.

Separations occur all year, but it is especially difficult during the holidays. Partnerships for Children is making a difference in the lives of these children and we invite you to join us by participating in our Holiday Wishes program.

With your help, how many children can we impact this year?  
Please contact us at:

**512.834.4756**

[holidaywishes@partnershipsforchildren.org](mailto:holidaywishes@partnershipsforchildren.org)

## GET INVOLVED:

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- ✓ **MAKE** a donation and we will shop for you
- ✓ **DONATE** general gifts for children that are not matched with community donors
- ✓ **ORGANIZE** a drive to collect gifts commonly requested on children's wish lists

*Thank you for your support!*



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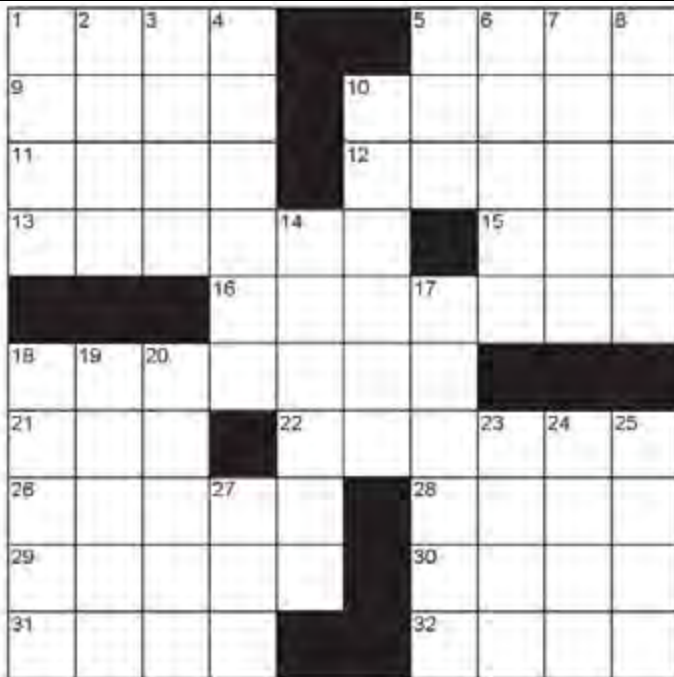
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## CROSSWORD PUZZLE



### ACROSS

1. Syllables used in songs (2 wds.)
5. Dress
9. Time periods
10. Satan
11. Tap in lightly
12. Adult insect
13. Prioress
15. Today
16. Chapel
18. 10,000 squared meters
21. Cutting tool
22. Scents
26. Small herring
28. Two
29. Fish tank dweller
30. Volcano
31. Otherwise
32. Hold

### DOWN

1. Soft white cheese
2. Arabian
3. Mutton
4. Facet
5. Jewel
6. \_\_\_-garde
7. Severity
8. Wispy
10. Render harmless
14. Soft drink brand
17. Lacked
18. Hurry
19. Deport
20. Tic tac's competitor
23. Pear shaped instrument
24. Alley
25. Close the door hard
27. Be

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# Russian Tea Cakes

By the Four Point Foodie | [www.fourpointsfoodie.com](http://www.fourpointsfoodie.com)

## INGREDIENTS:

- 1 C butter, softened
- 1/2 C powdered sugar
- 1 t vanilla
- 2 1/4 C all-purpose flour
- 3/4 C finely chopped pecans
- 1/4 t salt
- Powdered Sugar to roll in

## DIRECTIONS:

Preheat the oven to 400 degrees. Cream butter with 1/2 C powdered sugar and vanilla in a large bowl. Stir in flour, nuts and salt until the dough holds together. With clean hands, roll dough into 1 inch balls and place about 1 inch apart on an ungreased cookie sheet. Bake 10 - 12 minutes or until set but not brown. Remove from cookie sheet, cool slightly, then roll the warm cookies in powdered sugar. This makes about 40 cookies.

*Whether you call them Mexican Wedding Cookies or Russian Tea Cakes, these treasures will melt in your mouth! Always on our Christmas Cookie making list, there are so many variations of the recipe. What I am sharing with you today is the best of my best - tweaked here and there - but with amazing results.*



# 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](mailto: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](http://www.PEELinc.com).



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