

West Lake Hills ECHO

Volume 2, Issue 3

March 2013



The Art of Eye Surgery

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Zarmeena Vendal, M.D. | Ximena de Sabra, M.D. | Soo Y. Kim, M.D.



ADVERTISING INFO

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.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
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Ambulance.....	911
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Travis County Animal Control.....	512-972-6060

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Forest Trail Elementary.....	512-732-9160
Eanes Elementary.....	512-732-9100
Cedar Creek Elementary	512-732-9120
Bridge Point Elementary	512-732-9200
Barton Creek Elementary.....	512-732-9100

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Water District 10	512-327-2230
Wastewater	
Crossroads Utility Service 24 Hour Number....	512-246-1400
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Austin Energy	512-322-9100
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Time Warner Cable	
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OTHER NUMBERS

City Administration	512-327-3628
Municipal Court	512-327-1863
Property Tax.....	512-854-9473
Appraisal District	512-834-9317
Chamber of Commerce.....	512-306-0023
City of West Lake Hills	www.westlakehills.org

NEWSLETTER PUBLISHER

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

Barton Creek FARMERS MARKET

Barton Creek Farmers Market is every Saturday rain or shine from 9 AM - 1 PM on the backside of Barton Creek Square Mall overlooking the City of Austin.

At farmers markets in March find some of the freshest and most beautiful nutrient-dense greens, fresh artichokes, romaine lettuce, shallots and other veggies. There are fresh local eggs and pasture raised, grass fed meats like bison, longhorn, goat and lamb. We will have low pasteurized milk along with artisan breads, gluten-free breads and treats, pesto, pasta, salsas and sauces and lots of great healthy eating ideas at the market!

March 2nd Heartsong Music will be at the Barton Creek Farmer's Market for a Music Together class, a music and movement program for children from birth to age 5 and parents. Have fun and get ideas on how to make music a part of your daily life!

Saturday, March 30 Barton Creek Farmers Market will hold a special egg focused Easter Celebration with an Easter Egg Hunt for kids. The same day the market hosts Chef, Joel Welch from Kerbey Lane Cafe for a cooking demo & tasting featuring eggs and fresh foods from farmers at Barton Creek Farmers Market.



**Barton Creek Farmers Market Music Series is hosted by
The Better Halves with musical guests:**

MARCH 2ND

Darrin Kobetich An upbeat percussive style and great jamming.

MARCH 9TH

Austin Family Jewels with multi-instrumentals and awesome harmonies, banjo, bass guitar and mandolin.

MARCH 16TH

Showcases at least a half dozen musical guests from SXSW!!!

MARCH 23RD

Lynette Perkins, raggaelfolk-rock.

MARCH 30TH

Award winning Byrd and Street bring classic country and folk music to the market.



Frame Sale

20%-40% OFF ALL FRAMES!

Some of the many frame lines we carry are:

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MARCH 1ST-31ST

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Located 1 mi. east of Hwy 71 Preserve
Shopping Center Next to Regions Bank

Westlake Chamber of Commerce March Event List

BUSINESS BUILDER BREAKFAST

Waterloo Ice House at 360 & 2222

Great opportunity to strengthen your networking skills and get one on one contact with Chamber members.

Tuesday, March 5th from 7:15 a.m.—9:00 a.m.

Registration at www.WestlakeChamber.com

\$12 Members

BUSINESS LUNCH LEARNING SERIES

at Northstar Bank

A monthly educational seminar focusing on various methods to improve your business. This month's topic is The Board Meeting's in the Morning, Where is Your Report?

This interactive educational session teaches how to create effective paper and electronic files that: Contribute to your business rather than hinder it, Eliminate confusion about paper, Put you in control of your paper rather than your paper in control of you. Presented by: Susan Hale & Catharine Murphy

Thursday, March 7th from 11:30 a.m.—1:00 p.m.

Registration at www.WestlakeChamber.com

\$20 Members/\$30 Guests

BUSINESS BUILDER AT TRES AMIGOS

Tres Amigos at 1801 South Capital of TX Hwy

Network with fellow Chamber Members and improve your networking skills.

Wednesday, March 13th from 11:30 a.m.—1:00 p.m.

Registration at www.WestlakeChamber.com

\$15 Members

CHAMBER LUNCHEON

at The Austin Country Club

Featuring Guest Speaker Teri Hill of T.H. Enterprise

Tuesday, March 19th from 11:30 a.m.—1:00 p.m.

\$30 members/\$38 guests

HAPPY HOUR

at the Grove Wine Bar

Sponsored by Authorized Credit Card Services

Network with fellow members and guests in a casual setting.

Thursday, March 28th from 5:30 p.m.—7:30 p.m.

No Cover Charge - Members and Guests Welcome



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Bee Caves
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Austin Tx 78746
512-329-6633

www.childrenscenterofaustin.com



JOIN US FOR GOLF AND A GREAT CAUSE!

DATE: Tuesday, April 30th
11:00 am Registration - 1:00 pm Start
LOCATION: River Place Country Club

FORMAT: 4-person scramble

COST: \$165 per golfer*

*Includes lunch, dinner and lots of swag

Dinner provided by:

Craig O's



Pizza & Pastaria
Homestyle Italian Cooking

Register online at:
www.colinshope.org

Questions about the event?
Contact Jancy Darling
jancy.darling@colinshope.org
(512) 413-7641

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WWW.COLINSHOPE.ORG

TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco

How to execute The Half Volley

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, and the serve. In this issue, I will give you instructions on how to execute the half volley, which is usually played between the base line and the net. The player is not close enough to the net to hit it on the air and/or does not have enough time to retrieve back to hit it on the top of the flight. The ball is usually hit right after it hits the ground. In these pictures student Camille Palafox demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: The Split step: When the player realizes that she will have to play the ball right after it hits the ground, the player will stop and take the split step by bouncing off her toes at the same time and let her body lean forward to react to the ball. Both hands are on the racket so it can react to either move to the left or to the right. Eyes are focused on the incoming ball.

Step 2: The Back Swing: The secret of the half volley is to take the racket back early and have a short back swing. Also, it is critical to lay the wrist back slightly to allow for a good point of contact in front of the body. The player will then bend her knees and lunge forward to hit the ball as soon as it hits the ground. Notice the concentration of keeping her eye on the ball.

Step 3: The Point of Contact: As soon as the ball starts to rise, the player will make the contact with the ball and will aim to go away from the net person. Her eyes are focused on the point of contact and the left hand is still close the body for better balance. The left knee is still bent and the left toe is pointing toward the point of contact.

Step 4: The Finish: Once the ball leaves the racket, the left knee has now almost straightened up and the follow through is above the players' head. This will allow the ball to go high over the net and will land deep toward the baseline. The opponent will have to back off to hit the next ball, or will also be forced to hit another half volley. The left hand is ready to hold the racket on the handle to anticipate the next shot, which probably will be the volley.





BASKETBALL CAMP FOR WOMEN OVER 45

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\$160 before May 1st

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www.player4lifecamp.weebly.com



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.

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Personal classifieds (one time sell items, such as a used bike...) run at no charge to West Lake Hills residents, limit 30 words, please e-mail westlakehills@peelinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or advertising@PEELinc.com.

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March Events

at the Wildflower Center

WILDFLOWER DAYS™

Monday, March 11 through Friday, May 31

Our bluebonnets will be spectacular, but our gardens go way beyond bluebonnets with all sorts of Texas spring wildflowers on display.

ARTISTS AND ARTISANS FESTIVAL

9 a.m. to 5 p.m. Saturday and Sunday, March 9 and 10.

Texas artists and craftspeople display their works in wood, metal, photography, silk, watercolor and much, much more.

JIM LAPASO'S SCULPTURE IN THE GARDENS

Saturday, March 9 through Monday, May 27

SHOU PING'S PAPER SCULPTURES

Saturday, March 9, through Monday, May 27.

Meet the artist from 1 to 4 p.m. Sunday, March 10, in the McDermott Learning Center

TEXAS MAJESTY, WATERCOLORS BY DENISE COUNLEY

Saturday, March 9, through Monday, May 27

Meet the artist from 1 to 4 p.m. Saturday in The Store.

CENTER OPEN EASTER SUNDAY

March 31

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Kelly Peel

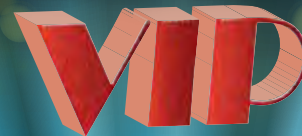
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===== EVOO 101 =====

What's In YOUR Olive Oil?

IMPOSTERS: Did you know that most olive oils labeled “extra-virgin” are not? Most of the extra virgin olive oil (or EVOO) sold to your local grocery store has been adulterated with other oils and made with factory processes that destroy most of its nutrients. The United States doesn’t abide by the standards of the International Olive Oil Council—the term “extra-virgin” has no true meaning here.



FRESHER IS BETTER. Olive oil has been revered for its health-giving properties for centuries. In its freshest, most vital state it is rich in antioxidant polyphenols, essential fatty acids, and vitamins and has been shown to reduce risk of cancer, increase cognitive function and lower blood pressure and cholesterol. These

healthful compounds are perishable; as soon as the olives are harvested from the branch their nutritional value begins to diminish—not good for long hauls and warehouses. Commercial processing further destroys the oil’s nutrient content and, along with light exposure from clear bottles, slashes the oil’s shelf life dramatically and turns the oil rancid more rapidly.



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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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TICKETS \$29



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