

West Lake Hills ECHO

Volume 2, Issue 5

May 2013





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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.

IMPORTANT NUMBERS

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EMERGENCY	911
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Ambulance.....	911
Police Department	512-327-1195
Sheriff – Non-Emergency.....	512-974-0845
Fire Department Administration	512-539-3400
Travis County Animal Control.....	512-972-6060

SCHOOLS

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Westlake High School.....	512-732-9280
Ninth Grade Center	512-732-9260
West Ridge Middle School	512-732-9240
Hill Country Middle School	512-732-9220
Valley View Elementary.....	512-732-9140
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

UTILITIES

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Wastewater	
Crossroads Utility Service 24 Hour Number....	512-246-1400
New Accounts	512-402-1990
Austin Energy	512-322-9100
Texas Gas Service	
Custom Service.....	1-800-700-2443
Emergencies.....	512-370-8609
Call Before You Dig.....	512-472-2822
AT&T	
New Service.....	1-800-464-7928
Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080
Austin/Travis County Hazardous Waste	512-974-4343

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

The Echo

OAK PRUNING AND OAK WILT

By Guy LeBlanc, Certified Arborist

Oak Wilt is a fungal disease that is often fatal to live oaks and red oaks. The disease primarily spreads through root system connections from oak to oak. This spread can even occur under driveways and streets, often killing scores of oaks in an area. This has happened in dozens of neighborhoods throughout Austin over the last 40-plus years.

New infection centers can get started through fresh, unprotected wounds above ground. Most of these wounds are caused by severe weather, animals like squirrels and certain birds and insects, and by tree limbs being hit by vehicles or rubbing on things. However, tree pruning also creates wounds.

For years, the Texas Forest Service has said advised the public that pruning oaks at this time of year significantly increases the risk of getting Oak Wilt. "This time of year" has been defined in numerous ways over the years, and currently encompasses February through June. Obviously it is extremely impractical to avoid pruning oaks for nearly half the year when they make up about half the trees in Austin's residential areas. Low limbs pose a threat to safety and increase the risk of Oak Wilt if they are damaged. For this reason, in 2011 the Forest Service met with Certified Arborists from the International Society of Arboriculture to clarify these guidelines. As the arborist who coordinated this meeting, let me offer some details of the revision.

The importance of proper pruning is emphasized. This means retaining all live limbs that are not a safety concern or at risk of rubbing or buildings or even other limbs. If you must prune branches that are at risk of causing injury or damage during this time, make sure to only use arborists that use the proper pruning techniques recommended by the Forest Service (not all so-called arborists do). Most important in this regard is to make proper pruning cuts and paint them immediately. Consult with an I.S.A. Certified Arborist if you are unclear about how to make proper pruning cuts, sometimes referred to as "branch collar" cuts.

A common mistake I see made by homeowners and non-professional tree services is that pruning wounds are not painted immediately (within minutes), and/or only the largest wounds are painted. This is NOT proper technique, and can result in infection. By far the most injurious practice I see is that far, far too many live branches are removed from trees.

Please protect your neighborhood's trees by only hiring competent I.S.A. Certified Arborists to prune your trees during this time of year. I recommend looking for companies that use Certified Arborists to do the actual pruning.

Guy LeBlanc owns and operates Arbor Vitae Tree Care, which he established in 1983. In 2012 he was named Texas Arborist of the Year by the Texas A&M Forest Service and the Texas chapter of the I.S.A.

May Events For Westlake Chamber

BUSINESS LUNCH LEARNING SERIES

Learn To Use A Business Dashboard To Measure Your Success
with Michele Sweeten of Sweeten CPA.

Thursday, May 2nd, 11:30 a.m. – 1 p.m.

Northstar Bank Conference Room, 101 Westlake Dr.

\$20 Members/\$30 Guests

www.WestlakeChamber.com

BUSINESS BUILDER AT WATERLOO 360

Tuesday, May 7th, 7:15 a.m. to 9:00 a.m.

\$12 at the door/cash only

Greg@theaustinelawyer.com

NEW MEMBER ORIENTATION

Tuesday, May 7th, 5:30 p.m. – 7 p.m.

Trento's

A Get To Know The Chamber for all members who've
joined since Oct. 2012.

www.WestlakeChamber.com

BUSINESS BUILDER AT TRES AMIGOS

(1801 S. Capital of TX Hwy.)

Wednesday, May 8th, 11:15 a.m. to 1:00 p.m.

\$15 at the door/cash only

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CHAMBER LUNCHEON

Leadership with Teri Hill

Tuesday, May 21st, 11:30 a.m. to 1:00 p.m.

Austin Country Club

\$30 Members/\$38 Guests

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NETWORKING HAPPY HOUR

at The County Line on the Hill

Thursday, May 23rd 5:30 p.m. to 7:30 p.m.

Members and Guests Welcome

No Cover Charge

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Drowning Is Preventable

The Texas weather is warming up. Summer is almost here. Pools will soon open and the cool water will be calling your name. You can almost hear your kids laughing and the playing in the pool. Your family deserves to have many Best Day Ever moments in the water this summer. Please do not let those moments be ruined by the sound of a life guard whistle blast or the need to do CPR in order to save your child's life. Most families love a trip to the swimming pool, the lake or the beach during the summer...but the water can be deadly for a child.

Did you know that drowning is a leading cause of accidental death for children between the ages of 1 and 14, with kids under the age of 5 at even higher risk?

Colin Holst's parents did not know either. Sadly, June 13th marks the 5 year anniversary of his drowning in a public, lifeguarded pool in Austin. Since Colin's drowning in 2008, Central Texas-based Colin's Hope has become a nonprofit leader in water safety and drowning prevention.

My name is Alissa Magrum and I am the Executive Director of Colin's Hope. But I am also a parent to 8 year old Ella. So, from one parent to another, please listen to this message. It is simple but filled with purpose: DROWNING IS PREVENTABLE. YOU can help protect your children. Following a series of simple water safety tips creates multiple layers of protection. These layers WILL keep children safer in and around the water and CAN prevent drownings.

THE FIRST 3 OF THESE TIPS ARE KEY.

Practice constant visual supervision. Always assign an adult "water guardian" whose ONLY responsibility is to watch children who are in, near and around the water. If that water guardian needs to take a break, they must transfer their "watching" duty to another adult.

Learn to swim. Enroll children (and adults too) in formal swim classes. For kids under the age of 4, taking formal swim lessons reduces the risk of drowning by 88%.

Wear life jackets. Children who cannot swim should ALWAYS wear a U.S. Coast Guard-approved life jacket when in and around the water.

You can see additional tips, as well as more information on water safety and drowning prevention, on our website at www.colinshope.org.

Each year, Colin's Hope volunteers stuff and distribute 75,000 water safety packets to families in zip codes that have been targeted due to the high number of near drownings and drownings in recent years. This life saving information along with a Peel Inc. ad campaign, a Reagan National Advertising billboard campaign and a presence at many community events is helping to raise water safety awareness to prevent children from drowning.

WE ALSO NEED YOUR HELP. PLEASE SHARE THIS INFORMATION with family, friends, neighbors, teachers, babysitters...everyone! We have seen the difference that being aware and being prepared can make. Communities that have received our water safety information in prior years have seen child drownings and near drownings in their areas reduced to zero!

Please visit www.colinshope.org to find out how you can get involved in your own community. Find us on Facebook, follow us on Twitter, subscribe to our monthly newsletter or even support our efforts with a donation.

We envision a world where children do not drown. Please share that vision and together we will get there.

*Wishing you the SAFEST AND BEST SUMMER EVER,
Alissa Magrum Executive Director, Colin's Hope*

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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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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.

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.....www.childrenscenterofaustin.com.....

May Events AT THE WILDFLOWER CENTER

WILD NIGHT OUT

6 to 9 p.m. Thursday, May 2

See the art and meet the artists whose work benefits the Wildflower Center. Enjoy organic wine, appetizers, Brazilian music and more.

GARDENS ON TOUR - A MOTHER'S DAY WEEKEND TRADITION

9 a.m. to 5 p.m. Saturday, May 11

A self-guided tour of five inspirational private native plant gardens plus the Wildflower Center. Tickets available April 20 at Barton Springs Nursery, TreeHouse, Shoal Creek Nursery, the Natural Gardener and the Wildflower Center Store.

TEXAS HIGHWAYS WILDFLOWER PHOTOS

Saturday, May 4 through Sunday, May 12

In honor of National Wildflower Week, striking photos from Texas Highways are on display and photo editor Griffin Smith offers a photo workshop at 9 a.m. on Saturday, May 11. In the McDermott Learning Center. Closed at 3 p.m. Friday, May 3, for the Wildflower Gala. Open Memorial Day May 27. More information at www.wildflower.org.



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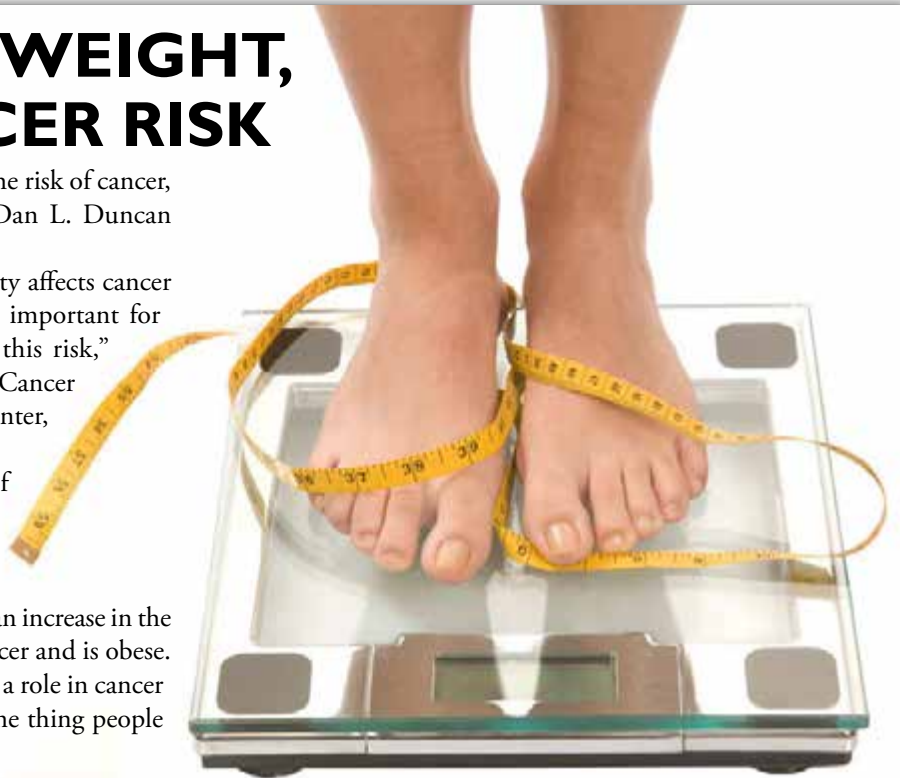
Controlling weight can help a person reduce the risk of cancer, said an oncologist from the NCI-designated Dan L. Duncan Cancer Center at Baylor College of Medicine.

"We do not know exactly how and why obesity affects cancer risk, but we know there is an increase, so it is important for everyone to control their weight to minimize this risk," said Dr. Kent Osborne, director of the Duncan Cancer Center and the Lester and Sue Smith Breast Center, both at BCM.

Research has linked obesity to a greater risk of developing esophageal, pancreatic, colorectal, breast, endometrial, kidney, thyroid and gallbladder cancer, Osborne said.

In some cancers like breast cancer, there is also an increase in the risk of recurrence if a patient already has the cancer and is obese.

Many other factors, such as genetics, may play a role in cancer development, but keeping a normal weight is one thing people can change and it may help, he said.





Miles of Smiles

PHOTOGRAPHY (By Sarah Jordan)

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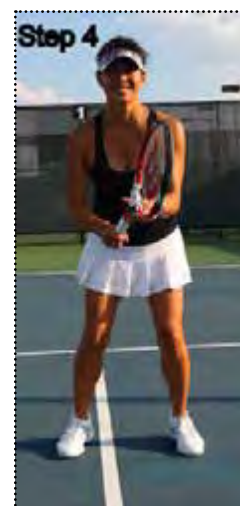
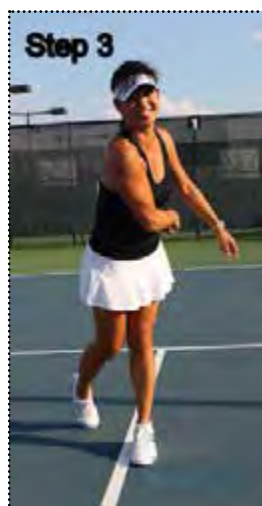


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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to Execute The Overhead “Smash”

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, the serve, the forehand half-volley and the one-handed backhand volley. In this issue, I will offer you instructions on how to execute the overhead “smash” when players get a high ball and they hit the ball above their head. In the illustrations, Matilda O’Connor, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Back Step: When Matilda realizes that a ball is high enough to hit the overhead, she takes a step back on the side to hit the ball. The upper body turns, the racket starts the back motion by keeping the elbow in 90 degree angle and the left hand is pointing to the ball. Notice that her head is looking at the ball and keeping the chin up.

Step 2: The Point of Contact: When Matilda is ready to hit

the ball, her racket starts accelerating from the back position. She is making perfect contact on the upper part of the racket and the right wrist is “snapping” to get on top of the ball. Her left arm is still pointing to the ball to assure a good hit on the “sweet spot”. Her weight has shifted from the back foot to the front foot.

Step 3: The Follow Through: After the ball has been struck by the racket, Matilda will continue the swing of the racket across the left side of her body. The eyes are now focused on the path of her stroke. The left arm is on her left side. Her right foot still kept her toes on the court to allow for maximum balance on the stroke.

Step 4: The Ready Position: Even though the overhead “smash” is a powerful weapon, many times the opponents will return it back to the players. Here Matilda is ready for the next ball coming back to her. By the looks of her smile, it seems that her overhead was successful and she has won the point.

Look for in the next Newsletter: The Forehand Service Return

ADOPTION COALITION OF TEXAS

Marcus

05/1997

Marcus is a smart, funny and passionate young man. He is a thinker and a planner who likes to explore new ideas and gain knowledge. He likes to write and listen to rap music. Marcus craves acceptance and responds well to positive attention from adults. He is determined to have a bright future and works hard to reach his academic potential.

Marcus wants very much to be adopted so that he can have a family to love and support him in the future. His adoptive family needs to be nurturing, firm, patient and willing to provide him with much needed one-on-one attention. Marcus will do best in a family with older children and one with parents that can help build his self-esteem while encouraging him to discover his strengths and find his place in the world.

For more information on Marcus, please contact Stephanie Berka at the Adoption Coalition of Texas by email stephanieberka@adopttexas.org or by phone: 512-450-8750.



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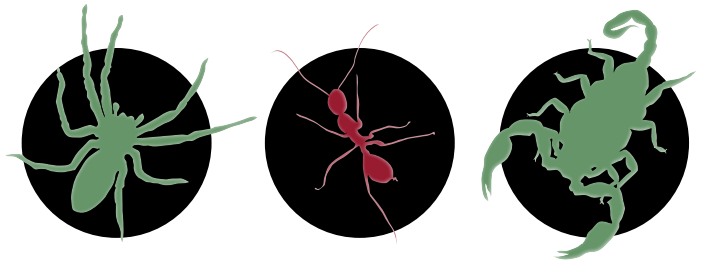
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May is Texas and National Water Safety Month

Ongoing: Volunteers needed to stuff and distribute water safety packets info@colinshope.org

Ongoing: Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

Now-June 18: Discount Schlitterbahn Tickets for sale. <http://www.tinych.org/tickets>

May 18: Colin's Hope Got2Swim Pure Austin Quarry Lake. <http://www.tinych.org/QuarryLake>



Water Safety Alert: 74 Texas children drowned last year.
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