

West Lake Hills ECHO

Volume 2, Issue 11

November 2013

NOVEMBER EVENTS *at the Wildflower Center*

Submitted by Saralee Tiede

PHOTOGRAPHY CONTEST WINNERS NOVEMBER 1-30

Winning photography from the Wildflower Center/Texas Highways photo contest in the McDermott Learning Center.

NATURAL PATTERNS THROUGH DECEMBER 8

Colorful nature paintings by Billy Hassell and exquisite painted metal wildflowers by Charles Allen in the McDermott Learning Center.

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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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EMERGENCY NUMBERS

EMERGENCY	911
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Ambulance.....	911
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Forest Trail Elementary.....	512-732-9160
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Emergencies.....	512-370-8609
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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	www.westlakehills.org

NEWSLETTER PUBLISHER

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

The Echo

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.

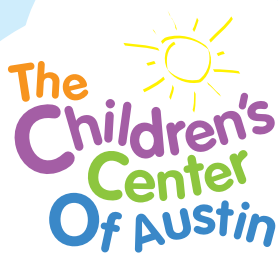
If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com, or you can email to westlakehills@peelinc.com. Personal news (announcements, accolades, honors, celebrations,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

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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DIABETES PREVENTION: FOUR STEPS ON THE ROAD TO HEALTH

November is Diabetes Awareness Month

The old adage is true that every journey begins with a single step. On the road to improving your health, small lifestyle changes can lead to dramatic results, especially for people at risk of developing Type 2 diabetes.

"It's never too late to make lifestyle changes and reduce your risk of developing Type 2 diabetes," says Dr. Valerie Espinosa, an endocrinologist with Texas Diabetes and Endocrinology.

Diabetes comes in two forms: Type 1, which mainly affects children and is not currently preventable, and Type 2, which is usually diagnosed later in life and is often preventable. Most people who develop Type 2 diabetes go through a phase called pre-diabetes in which their blood sugar is slightly elevated. But some simple steps can help people with pre-diabetes avoid the progression to Type 2 diabetes.

Step 1: Get More Physical Activity. Exercise can help people to lose weight, lower blood sugar, and boost the body's sensitivity to insulin, which helps the body regulate sugar.

"While aerobic exercise is important for overall good health," says Dr. Espinosa, "resistance training to build up muscle mass is especially important for someone with pre-diabetes."

Step 2: Eat More Vegetables, Beans, Nuts, Whole Grains. Adding more fiber and whole grains to your diet can reduce your risk of progressing

from pre-diabetes to Type 2 diabetes.

When shopping for breads, pasta products, and cereals, look for the words "whole grain" on the label. Aim for making at least half of the grains you eat whole grains.

Step 3: Lose a Few Pounds. Small weight loss goals can have remarkable results in lowering blood glucose levels in people with pre-diabetes. A weight loss of five to seven percent in someone who is overweight can significantly improve their health.

"Someone who is 200-pounds and overweight can set a goal to lose 10 pounds," says Dr. Espinosa.

Step 4: Make Healthier Choices. Eliminate the temptation to eat foods that you know will raise your blood sugar level, like cookies, potato chips, and sugary drinks, by making healthier choices in the grocery store.

"If you don't have potato chips at home, you won't be tempted to eat them," says Dr. Espinosa.

According to the American Diabetes Association's 2011 statistics, a whopping 79 million adults have pre-diabetes. Small, healthy steps can help keep people with pre-diabetes from joining the 25.8 million adults in the United States who have full-blown Type 2 diabetes. Both pre-diabetes and diabetes can be diagnosed with a simple blood test.



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LATINITAS VOLUNTEERS

AAUW has been empowering women since 1881! This year the Austin Branch of AAUW is celebrating its 90 year history with a luncheon at the Austin Woman's Club, on Wednesday, November 13. (See <http://austin-tx.aauw.net> for more information and to RSVP to join us as a former member and/or community supporter.) An important part of our Austin history is the fact that AAUW Austin brought the city's first public library into being, purchased the first Bookmobile in 1952, for \$7000, which was a staggering amount of money then. Our members are active in supporting and volunteering in a number of noteworthy organizations which support women both at home and abroad. We have 14 living members who have become Honorary meaning they have been active for over 50 years! Locally, we recently gave a \$2700 dollar scholarship, in memory of a special member active at branch and state level, to a deserving young UT student who is an intern at Girlstart. We have been very involved with Mainspring Schools since its founding in the 1940's, and we recently gave two \$500 scholarships to deserving teachers to attend an important pre-school conference. UT has a leadership development program for women, and one of our members, Dr. Mary Braunagal-Brown, recently made a \$25,000 gift for matching funds to develop that program further. We give thousands of dollars to worthy PhD candidates in fellowships each year. STEM education and careers are a local and national priority, but our mission includes equity for women and girls through advocacy, education, philanthropy, and research.



Pictured are members of the Austin Branch of AAUW (American Association of University Women) volunteering at the recent Latinitas College Chica conference for middle school girls. Member Lilac Bauer is chair of Women's Issues. Besides being the liaison with Girlstart, she has also been focusing on Latinitas, a program whose mission is to empower young Latinas through media and technology.

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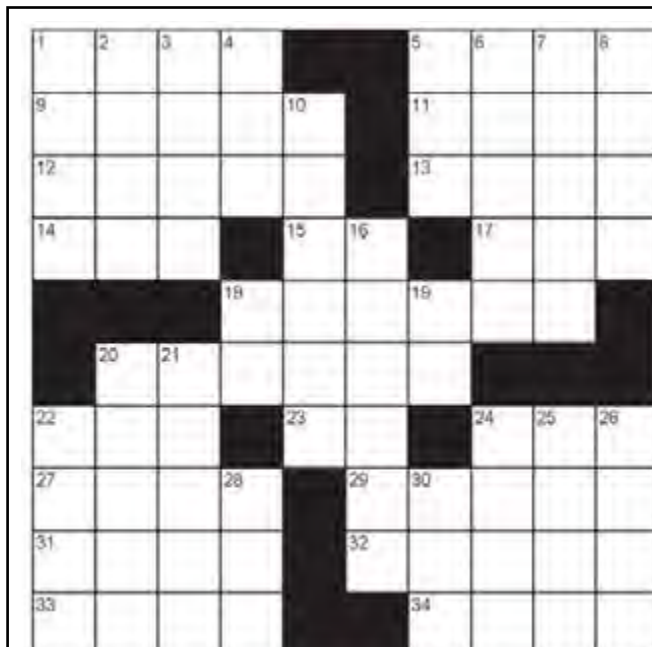
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5. Black
9. Confuse
11. Dog food brand
12. Flat
13. Sticky black substances
14. Mr.
15. Advertisement
17. No
18. Make better
20. Pre-Nissan
22. Electric spark
23. Miss lang
24. Tire
27. Saloons
29. Immense
31. Shine
32. Santa's helpers
33. Madam
34. Ribald

DOWN

1. Tides
2. Cafe
3. Far away
4. Day of wk.
5. Sup
6. Mont __
7. Ms. Winfrey
8. Curious
10. City
16. Toil
18. Movie alien
19. Fashionable
20. Play
21. Smoky
22. Cain killed him
24. Skimp
25. Afresh
26. Posttraumatic stress disorder
28. Pigpen
30. Unwell

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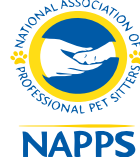
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6						8	9	
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