

West Lake Hills ECHO

Volume 3, Issue 1

January 2014

A FOCUS ON RESOLUTIONS

RESOLVE TO BE A BETTER YOU

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes.

Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

Taking into account foods you like and dislike

A focus on fresh fruits, vegetables, and whole grains

Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk

Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts

Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils

Staying away from foods high in sodium and added sugars

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

Walking (15-minute miles or 4 miles per hour)

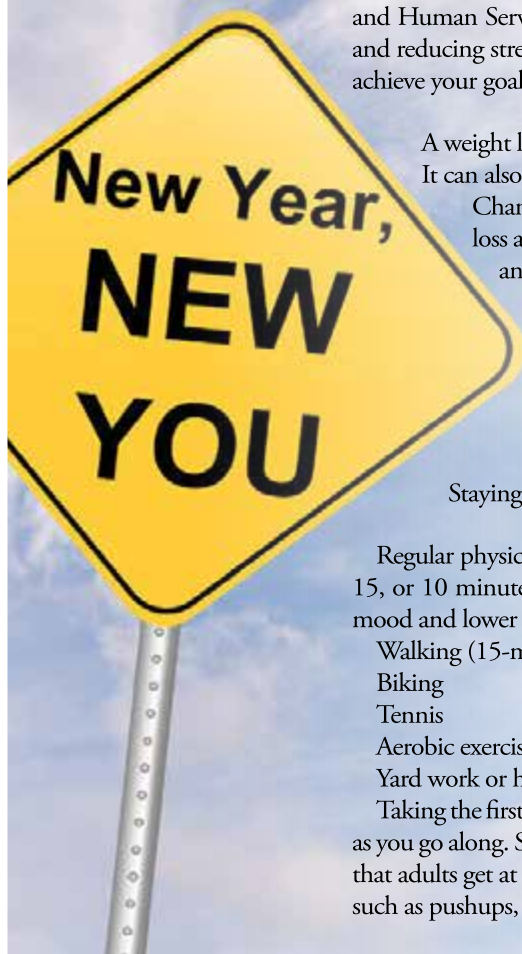
Biking

Tennis

Aerobic exercise classes (step aerobics, kickboxing, dancing)

Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.



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UTILITIES

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Austin Energy	512-322-9100
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New Service	1-800-464-7928
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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.



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BAG LADIES



NatureWatch
by Jim and Lynne Weber

While winter is the time of year when we hang man-made ornaments on our trees and shrubs to commemorate the holiday season, it is also the time of year when nature-made ornaments are most apparent in the landscape. These ornaments are as widely unique as snowflakes, and their appearance varies with the bits and pieces of leaves, twigs, and bark fragments woven into silken bags in a shingle-like fashion. They reveal themselves on the bare branches and limbs in winter, and they are created by female bagworms.

Members of the Psychidae family, there are about 1,350 species of bagworms worldwide, also commonly known as bagworm moths or bagmoths. Although different bagworm species vary slightly in habits and life cycle, bagworms spend the winter months in the egg stage sealed within the bags produced by females the previous fall. In late May to early June, very tiny caterpillars hatch, produce a silken strand by which the wind can carry them to new foliage (called 'ballooning'), and construct a tiny conical bag carried upright with them as they move. During leaf-feeding, the caterpillars emerge from the top of the bag and hang onto the host plant with their legs, sometimes aided with a silken thread. The bottom of the bag remains open to allow fecal material (called 'frass') to pass out of the bag.

By August or September, fully grown caterpillars have developed larger bags, and pupate within them. Seven to 10 days later, the pupae of the male moths work their way out of the bottom of the bag, and emerge from their pupal skin. These males have half-inch long clear wings, feathery antennae, hairy black bodies, and they spend their time seeking out a female to mate. Females, on the other hand, are immobile and stay in the larval stage, do not develop into moths, and remain inside the bags. After mating, the females produce a clutch of 500 to 1000 eggs inside their bodies and then die.

Bags vary in size, up to 2 inches long and about a half inch wide, and are spindle-shaped. They can be quite ornamental, covered in a somewhat patterned array of bits and pieces of plant matter. A wide range of broadleaf and evergreen trees and shrubs serve as hosts for bagworm species, including juniper, cedar elm, bald cypress, live oak, persimmon, sumac, sycamore, willow, yaupon, and native fruit and nut trees. Since these bags are composed of silk and plant materials, they are naturally camouflaged from predators such as birds and other insects. While birds can eat the egg-laden bodies of female bagworms after they have died, the eggs are very hard-shelled and can pass through the bird's digestive system unharmed. This represents yet another way to disperse bagworm species over a wide-ranging area, and helps in creating a whole new generation of bag ladies!



Bagworm in juniper



Bagworm in yaupon



The journey to excellence shouldn't end in the middle.

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Good Neighbors Can Be Great For Stress Levels

Do you live in a neighborhood where you feel safe and connected to others, or do you feel overcrowded, threatened, and otherwise unsafe in your surroundings? This, and other aspects of neighborhood life, can impact both your level of happiness and stress.

Socializing: With our busy schedules, we don't always see friends as often as we'd like. For a bit of socializing that takes only minutes out of your day, it's nice to stop and chat with people for a few minutes on your way out to your car. And the more people you have available for shared social support, the better, generally speaking.

Pooled Resources: I know people in some more-friendly neighborhoods who share dinners, minimizing the effort it takes to cook. Others trade fruit from their trees. A neighbor who borrows a few eggs may come back with a plate of cookies that the eggs helped create. Knowing your neighbors increases everyone's ability to share.

Security: Knowing the people around you can bring a sense of security. If you need something--whether it's a cup of sugar when you're baking cookies, or someone to call the police if they see someone lurking outside your home--it's nice to know you can depend on those around you and they can depend on you.

Home Pride: Knowing the people who live around you provides a strengthened sense of pride in your home and neighborhood. Coming

home just feels nicer. While you may not be able to change the neighborhood in which you live, you can change the experience you have in your own neighborhood by getting more involved with those around you and taking pride in the area in which you live. The following are some ideas and resources that can help you to feel more at home in your neighborhood:

Get Out More: If you live in a generally safe area, I highly recommend taking a morning or evening walk. It's a great stress reliever that also allows you to get to know many of your neighbors, get an understanding of who lives where, and feel more at home in your surroundings.

Smile: It's simple enough, but if you're not in the habit of smiling and giving a friendly hello to the people you encounter in your neighborhood, it's a good habit to start. While not everyone will return the friendliness immediately, it's a quick way to get to know people and build relationships, even if you've lived close for years and haven't really said much to one another.

Talk To Your Elders: The more veteran members of the neighborhood often have the inside scoop on the neighborhood. You may be surprised at how much you can learn if you stop to take the time to talk to the sweet old lady at the end of the block.



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Dates/Time:

Thur., Feb. 20 – noon – 8 p.m.
Fri., Feb. 21 – 10 a.m. – 8 p.m.
Sat., Feb. 22 – 10 a.m. – 8 p.m.
Sun., Feb. 23 – 10 a.m. – 5 p.m.

Admission:

Adults - \$8
Seniors Over 60 - \$4
Children 7-12 - \$4
Children 6 and Under – Free

Location:

Austin Convention Center
500 E. Cesar Chavez Street
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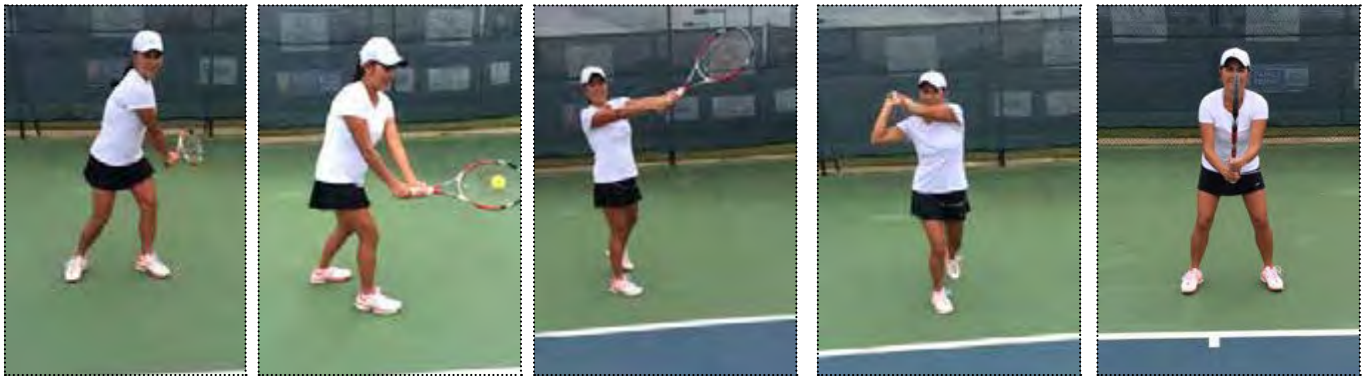
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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to execute The Two Handed Backhand Lob

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot, the one-handed high volley approach shot, and the forehand lob.

In this issue, I will offer instructions on how to execute the Two Handed Backhand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep to the backhand side of the player, and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for “air time” to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and “slam” the ball down, or force the opponent at the base line to retrieve back. In the illustrations, Marimel Ansdell, a Member of the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Back Swing: When Marimel is forced deep into the backhand side and realizes that she has to hit a defensive lob, she pivots to the left and gets her racket back early. Notice that the head of the

racket is low and her left hand is on the handle of the racket. Her eyes are focused on the path of the ball and her weight is on her left foot.

Step 2: The Point of Contact: Marimel is now ready to hit the ball. Her eyes are now focused on the point of contact and the face of the racket is tilted at a 45 degree angle in order to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

Step 3: The Follow Through: The success of a deep lob is the follow through. Marimel’s left wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right hand is holding the racket slightly, but still in control of the racket.

Step 4: The Finish: In order to create a natural top spin on the lob, Marimel is now finishing her stroke with the racket behind her right ear. This will make the ball bounce higher and/or force the opponent to hit a tennis ball that is still rotating on the air.

Step 5: The Shuffle Back: Once Marimel finishes the stroke, her goal is to either move forward toward the net top to hit an overhead, or to shuffle back to the middle of the court in order to drive the next ball back to the opponent. In this caption, she moved back to the center of the court waiting for the opponent’s shot to come back.

Look in the next Newsletter for: How to execute “The One-Handed Backhand Lob”

Reaching Your Neighbors

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- Fri., Jan. 17 – 12 p.m. – 9 p.m.
- Sat., Jan. 18 – 10 a.m. – 9 p.m.
- Sun., Jan. 19 – 10 a.m. – 6 p.m.

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AUSTIN RV EXPO

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ADMISSION:

Adults - \$8
Seniors Over 60 - \$4
Children 7-12 - \$4
Children 6 and Under – Free

LOCATION:

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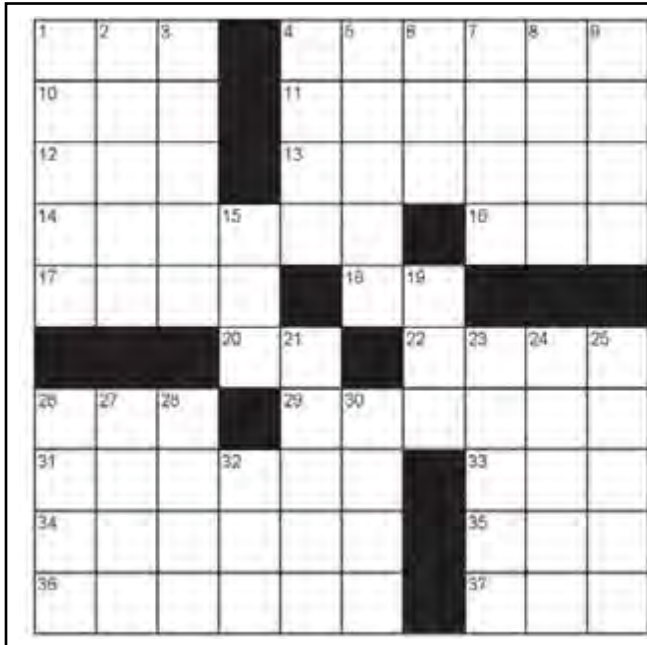
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11. Flower child
12. Certified public accountant
13. White fur
14. Breath mint
16. Rescue
17. Opposed
18. Scottish "one"
20. Acidity
22. Corn syrup brand
26. Insane
29. Angry
31. Relating to horses
33. Kimono sash
34. National capital
35. Reverend (abbr.)
36. Bath powder
37. East northeast

DOWN

1. Formal statement
2. Remove pins from
3. Playact
4. Popular stadium
5. Approximate date
6. Revolutions per minute
7. Capital of Western Samoa
8. Short
9. Origination
15. Lean
19. Stretch to make do
21. Large eastern religion
23. Before
24. Hot sandwich
25. ___ Oyl (Popeye's girlfriend)
26. Soften cheese
27. Greenish blue
28. Twofold
30. Stack of paper
32. Business abbr.

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- Kids Stuff -

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Holly loved nothing more than riding her bike. But one day, she missed a curb and hit the pavement - splat! Now her knee was scraped and her elbow was cut. Her brother Darren helped Holly up and used his T-shirt to dab at the blood on her elbow. "Wow," he said, "You're probably going to have a huge scar."

WHAT EXACTLY IS A SCAR?

A scar is the pale pink, brown, or silvery patch of skin that grows in the place where you once had a cut, scrape, or sore. A scar is your skin's way of repairing itself from injury. Look at your skin. You probably have one or two scars already. Most people do. Why? Because a lot of things leave behind scars - from falls, like the one Holly had, to surgeries.

Scars are part of life and they show what you've been through. For some people, scars are special. A kid in your class might have a scar on his chest because he had heart surgery as a baby. Or you might have a scar from the chicken pox. Centuries ago, warriors showed off their scars as symbols of their bravery and to impress their friends with the exciting tales about how each one happened. Do any of your scars have a story?

HOW DO I GET A SCAR?

No matter what caused your scar, here's how your skin repaired the open wound. The skin sent a bunch of collagen (say: ka-leh-jen) - tough, white protein fibers that act like bridges - to reconnect the broken tissue. As the body did its healing work, a dry, temporary crust formed over the wound. This crust is called a scab.

The scab's job is to protect the wound as the damaged skin heals underneath. Eventually, a scab dries up and falls off on its own, leaving behind the repaired skin and, often, a scar.

A scar isn't always a sure thing, though. "It's not so much how deep or severe a wound is that determines whether a scar will form, but rather the location of the wound and that person's genetic [inherited] tendency to form scars," says Brian Flyer, a doctor from California.

In other words, certain people tend to get scars more easily, and scars are more likely to form after wounds on certain parts of the body.

HOW DO I PREVENT A SCAR?

Of course, the best way to prevent scars is to prevent wounds! You can reduce your chances of getting hurt by wearing kneepads, helmets, and other protective gear when you play sports, ride your bike, or go in-line skating. But even with protective gear, a person can still get hurt once in a while. If this happens, you can take steps to prevent or reduce scarring. You can help your skin heal itself by treating it well during the healing process.

How do you do that? Keep the wound covered as it heals so you can keep out bacteria and germs. Avoid picking at the scab because it tears at the collagen and could introduce germs into the wound. Some doctors say vitamin C (found in oranges and other citrus fruits) helps by speeding up the creation of new skin cells and the shedding of old ones. Also, some people believe rubbing vitamin E on the wound after the scab begins forming can aid the healing process. Your parent can talk to your doctor about whether you should try this.

SO LONG, SCARS!

Some scars fade over time. If yours doesn't and it bothers you, there are treatments that can make a scar less noticeable, such as skin-smoothing medicated creams, waterproof makeup, or even minor surgery. Talk to your parent and doctor to find out if any of these treatments would be right for you.

Sometimes the best medicine might just be to talk. Tell your parent or doctor what's bothering you about your scar and how you feel on the inside. Because when the inside feels good, the outside always seems to look better!

Updated and reviewed by: Patrice Hyde, MD • Date reviewed: January 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



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