

# West Lake Hills ECHO

Volume 3, Issue 6

June 2014

## A FOCUS ON SUNBURN

*Protect Your Skin From Our Powerful Sun*

*By: Concentra Urgent Care*

Sunburn is caused from over-exposure to the harmful ultraviolet rays of the sun. While the symptoms (such as red skin that is painful to the touch) are usually temporary, the skin damage is often permanent and can cause serious long-term health effects, including skin cancer, pigmentation and premature aging. In addition to the skin, eyes can get burned from sun exposure; sunburned eyes turn red, dry, and painful, and can feel gritty.

Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. Sunburn in a very light-skinned person may occur in less than 15 minutes of midday sun exposure, while a dark skinned person may tolerate the same exposure for hours.

Sunlight contains an invisible form of radiation called ultraviolet (UV) rays. UV A and possibly UV B can harm skin, connective tissue and increase risk for developing skin cancer. Certain drugs such as some blood pressure medication, antibiotics and nonsteroidal anti-inflammatory drugs increase sensitivity to sunlight and the risk of getting sunburn.

### **SYMPTOMS**

The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer. Possible symptoms include:

- Red, tender skin that is warm to touch. (1st degree burn)
- Blisters that develop hours to days later. (2nd degree burn)
- Severe reactions (sometimes called "sun poisoning"), including fever, chills, nausea, or rash.
- Skin peeling on sunburned areas several days after the sunburn.

### **FIRST AID**

- Try taking a cool bath or shower. Or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. Small children may become easily chilled, so keep the water tepid.
- Apply a soothing lotion to the skin.
- Aloe gel is a common household remedy for sunburns. Aloe contains active compounds that help stop pain and inflammation of the skin.
- Over-the-counter steroid cream can also be applied several times a day.
- Over-the-counter pain medication, such as nonsteroidal anti-inflammatory drugs, or NSAIDs, including aspirin, may be helpful, and are excellent for reducing burn inflammation whereas Tylenol only reduces pain, not the burn itself.

For more information, check out: [www.cdc.gov/niosh/topics/uvradiation](http://www.cdc.gov/niosh/topics/uvradiation).



# IMPORTANT NUMBERS

## EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
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

Eanes ISD .....	512-732-9000
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

Water District 10 .....	512-327-2230
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

# 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](mailto: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](mailto:westlakehills@peelinc.com). The deadline is the 15th of the month prior to the issue.



## join us for sunday night dinner!

featuring new locally-sourced, seasonal specialties each week, dinner is served family-style in bountiful portion sizes.  
\$29 per adult, kids under 12, gratis!

reservations recommended

3411 glenview ave. | austin, texas 78703  
512 467 9898 | [www.oliveandjune-austin.com](http://www.oliveandjune-austin.com)





**Please remember to pick up after your pets and "scoop the poop"**



**A view of the world from the Texas Hill Country.**

Limited placements for Autumn 2014 for Nursery through Middle School

4105 Eck Lane, Austin, TX 78734  
(512) 351-3403

**International School of Texas**  
www.internationalschooloftexas.com

International School of Texas admits students of any race, color and national or ethnic origin.

## STEVE'S PLUMBING REPAIR

Master License: M-39722

- Water Pressure Problems
- Sewer & Drain Service
- Fiber Optic Drain Line Inspections
- Free Estimates
- Satisfaction Guaranteed

**Steve Brougner**  
**512.276.7476**



2605 Buell Ave

# Free

**Your newsletter is provided 100% Free of charge ...**

*and is made possible by the advertisers within.*

Please frequent their businesses and let them know where you saw their advertisement.

While there, be sure to say "Thanks!"

[www.peelinc.com](http://www.peelinc.com)



**PEEL, INC.**  
community newsletters



**Join in June for Only \$49.**

**Join with a Family Member. They receive: 3 MONTHS FREE (\$165 VALUE)**

**Offer Expires 6/30/2014.**

Call for details.



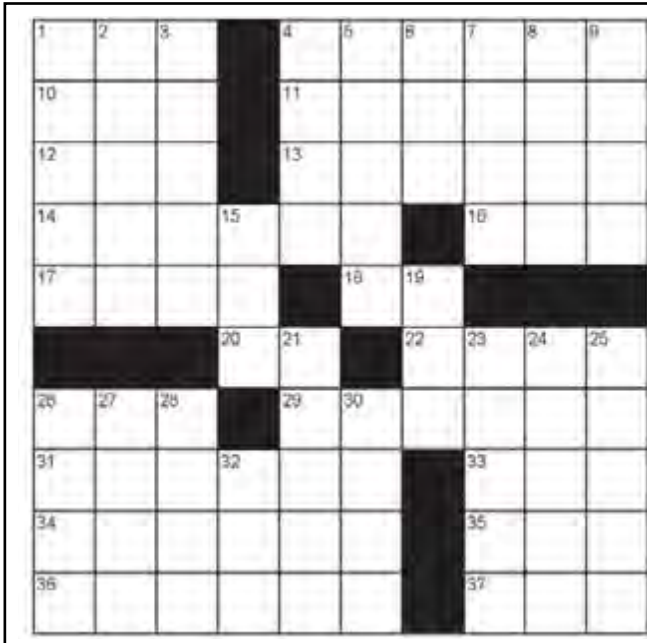
**Another Firm Believer In The Hills**



The Most Complete Health Club in West Lake Hills.  
Proudly Serving the West Bank Area For 35 Years.

4615 Bee Caves Rd, Austin | 512-327-4881 | [www.thehillsfitness.com](http://www.thehillsfitness.com)

## CROSSWORD PUZZLE



### ACROSS

- 1. Dawdle
- 4. Permanent
- 10. Brew
- 11. Brand of adhesive strip
- 12. Charged particle
- 13. A Nissan car
- 14. Parallelograms
- 16. Male cat
- 17. France & Germany river
- 18. Father
- 20. Strontium (abbr.)
- 22. Animal oil
- 26. Part of a min.
- 29. Saudi \_\_\_
- 31. Singer Bing
- 33. No. eggs in a package
- 34. One-celled water animal
- 35. Southwestern Indian
- 36. Raving
- 37. Hallucinogen

### DOWN

- 1. Dens
- 2. Hawaiian 'hello'
- 3. City
- 4. Replace a striker
- 5. Spring flower
- 6. Music
- 7. Lure
- 8. Type of car
- 9. Cheese
- 15. Married woman
- 19. Wing
- 21. Jewish religious leader
- 23. BB player Kareem \_\_\_ Jabar
- 24. Public disorder
- 25. Groggy
- 26. Blemish
- 27. Writer Bombeck
- 28. Racoon's nickname
- 30. Baseball's Nolan
- 32. Scene

View answers online at [www.peelinc.com](http://www.peelinc.com)

© 2006. Feature Exchange



The Austin Stone

**JOIN US FOR WORSHIP**  
at our new church campus in West Austin

**SUNDAY mornings at 10A**



**Westlake Performing Arts Center**  
4100 Westbank Dr, Austin, TX 78746

[austinstone.org](http://austinstone.org)



[theaustinstone](https://twitter.com/theaustinstone)



[theaustinstone](https://facebook.com/theaustinstone)

# HILL COUNTRY GALLERIA INDEPENDENCE DAY FESTIVAL

Brought to you by  
**SPECIAL EVENTS LIVE**  
Producers of Austin's beloved  
Pecan Street Festival

SATURDAY  
**JUNE 28<sup>TH</sup>**  
4PM - MIDNIGHT

**TWO FIREWORK  
SHOWS!**

★ THE BEST FIREWORK SHOW  
IN CENTRAL TEXAS AT 11PM ★

**LIVE MUSIC ALL DAY!**



★ SHOP OVER 75 ART VENDORS ★

★ FAIR RIDES & GAMES ★

★ FESTIVAL TREATS ★ BARBECUE ★

★ **FREE ADMISSION & FREE PARKING** ★

**WWW.HILLCOUNTRYFEST.COM**

12700 Hill Country Blvd. Bee Cave, Texas 78738  
Located on Highway 71 between Bee Cave Road and Highway 620 • 512-263-0001



## TENNIS TIPS

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



### The Modern Game: The Top Spin Backhand

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing. I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or tournaments and are looking for more “weapons” on the court. In this issue, I will offer instructions on how to execute the Top Spin Backhand. This shot is used when a player is presently hitting the ball long and out. The ball will be aimed high over the net and hit with power. The ball will have a “top spin” so that when the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise.

In the illustrations, Tyler Duncum, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Tyler is coached by the Director of the Tennis Academy, Darin Pleasant. This shot can also be executed from the service line as an “approach shot” to the net.

**Step 1: The Back Swing:** When Tyler is pulled wide to her backhand, she makes a quick turn of her upper body and takes her racket back. The head of the racket is now at waist height, her shoulders are turned, the left hand holding the racket, and her right hand changing to the

“continental grip”. She has loaded her left hip to help her drive her weight forward. Her left grip is relaxed and her wrist is “laid back” to allow maximum point of contact.

**Step 2: The Point of Contact:** The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Tyler started the swing high and “looped” it to allow the head of the racket to drop down. She will be brushing around the outside of the ball as she makes contact with it. Her right shoulder is almost opening and her weight has now been shifted toward the front.

**Step 3: The Follow Through:** In order to get maximum control and power, Tyler is keeping her left arm almost straight as she extends through the shot. She has “snapped” her left wrist and her right hand helps with the stability and power. She has now allows her left side to transfer forward towards the net.

**Step 4: The Finish:** Tyler’s upper body acceleration is creating a high finish over her right shoulder. Her legs are already in position to recover back towards the middle of the court.

**Step 5: The Ready Position:** Once Tyler returns the ball to her opponent, she goes back home (towards the center of the court), to be ready for the next shot. Her knees are slightly flexed, she is in a good athletic stance and her eyes are focused on the oncoming ball.

*Look in the next Newsletter for: “The Modern Game: The Forehand Approach Forehand Volley”*



David A. Bushore, M.D. • Amanda N. Cooper, M.D. • Robert M. Jackson, M.D.



David A. Bushore, M.D.

**Balcones Dermatology** is a full service dermatology practice where all providers are board-certified physicians. We offer general medical, surgical and cosmetic skin care. Cosmetic services include Botox®, Juvéderm®, chemical peels, and products including Obagi® and EltaMD®. We also offer narrowband UVB treatments for psoriasis, vitiligo, eczema and other conditions.

We accept most insurance plans and *have appointment availability within 1 to 2 weeks.*



Amanda N. Cooper, M.D.

## OUR SPRING SALE WILL BE STARTING MAY15<sup>th</sup>!

Visit our website for more details on our Botox® Cosmetic sale as well as 20% off Obagi® and EltaMD® products!



Robert M. Jackson, M.D.

*Please visit us at:*  
**[www.balconesdermatology.com](http://www.balconesdermatology.com)** for more information on our practice, physicians, and location

**Balcones Dermatology • 7800 N MoPac, Ste. 315 (in the CitiBank building)  
(512) 459-4869 • [www.balconesdermatology.com](http://www.balconesdermatology.com)**

## Bring the World to your Child By Hosting a Foreign Exchange Student

*By Vicki Odom*

If you've read the newspaper lately, you know that the world can be a scary place: wars, economic crisis, revolutions, climate change, border disputes, refugees, and protests. So, how do we teach our children about the world, and the variety of people in it, when most of the examples we read about in the press are so negative?

One life changing way to broaden your child's world view is to volunteer to host a high school foreign exchange student. Foreign exchange programs have been around for almost 100 years, and their mission has always been the same – to educate people about different cultures through person-to-person exchange. What better message to pass on to your children?

There are quite a few misconceptions about foreign exchange programs – especially around who can host. The biggest misconception is that you must have high school aged children when you host a high school exchange student. Nothing could be further from the truth.

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families,"

says Heather Wells, Senior Regional Director for Ayusa, a non-profit promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

Families with young children find that hosting an exchange student provides their children with an especially unique educational experience in the form of an international big brother or sister. Without even realizing it, children learn about different types of people and different cultural traditions.

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English – and all high school exchange programs are regulated by the U.S. Department of State.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

Ayusa is currently accepting applications for families to host an exchange student for the 2014-2015 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at [www.ayusa.org](http://www.ayusa.org).





# Enrollment season has begun!



**Educating children from  
15 months to 15 years**

**Openings available at  
the pre-K level**

**Extended care program available  
from 7:30 am until 5:30 pm**

**Streamlined application process**

**Rolling admissions**

**Three beautiful campuses totaling  
over seven acres of grounds**



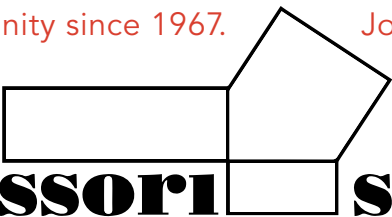
**Child-centered, parent-friendly**

**Austin's premier Association  
Montessori Internationale (AMI)  
certified school**

**School tours available  
upon request**

Creating community since 1967.

Join us!

**austin**  **school**

5006 SUNSET TRAIL · AUSTIN, TEXAS 78745 · [INFO@AUSTINMONTESSORI.ORG](mailto:INFO@AUSTINMONTESSORI.ORG) · 512.892.0253

# The Echo

The West Lake Hills Echo is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the West Lake Hills Echo contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

## 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).



### Intelligent minds are nurtured by a peaked curiosity and love for learning.

A child with confidence is built on a foundation of love and support. The Children's Center of Austin's educational and developmental curriculum is like none other and reaches to all types of early learners.

Learning doesn't only take place in our classrooms! Learning continues to be fostered in our school library, gym, art studio, computer labs, and playgrounds.

[www.childrenscenterofaustin.com](http://www.childrenscenterofaustin.com)



Call any of our  
schools and schedule  
a tour today!

#### STEINER RANCH

4308 N. Quinlan Park Rd.  
Suite 100  
Austin, TX 78732  
512.266.6130

#### JESTER

6507 Jester Boulevard  
Building 2  
Austin, TX 78750  
512.795.8300

#### BEE CAVES

8100 Bee Caves Rd  
Austin, TX 78746  
512.329.6633

# DROWNING IS FAST & SILENT KEEP KIDS IN ARM'S REACH



COLIN'S HOPE

WATER SAFETY TIPS AT  
[WWW.COLINSHOPE.ORG](http://WWW.COLINSHOPE.ORG)



Help keep your family safer around water.

Take our Water Safety Quiz.

[www.colinshope.org/quiz](http://www.colinshope.org/quiz)

Colin's Hope Athlete Ambassadors needed.  
Swim, bike, play tennis, hula hoop and more!

[www.tinych.org/AthleteAmbassador](http://www.tinych.org/AthleteAmbassador)



## LAYERS OF PROTECTION CAN PREVENT DROWNING



**CONSTANT  
VISUAL  
SUPERVISION**



**LEARN  
TO  
SWIM**



**WEAR  
LIFE  
JACKETS**



**MULTIPLE  
BARRIERS  
AROUND WATER**



**KEEP BACKYARDS  
& BATHROOMS  
SAFER**



**CHECK POOL  
& HOT TUB  
FIRST**



**STAY AWAY  
FROM  
DRAINS**



**BE SAFER  
AT THE  
BEACH**



**LEARN CPR  
& REFRESH  
SKILLS YEARLY**



**VISIT  
US  
ONLINE**





**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

PRSRST STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

WES

# homecity

## REAL ESTATE

### We Know Austin...

Right Now in West Lake Hills...

Homes on the Market:	86 homes
Avg Sales Price:	\$1,043,986
Avg Days on Market:	73.33 days



**For Mortgage Info Call:**

**Jason Lewis**

Senior Loan Officer

P: 512.279.1134

NMLS #207770

[jasonlewis.supremelending.com](http://jasonlewis.supremelending.com)

3420 Executive Center Dr. #300

Austin, TX 78731

**Partnering to make real estate the  
way it's supposed to be.**



**For property info call:**

512.872.6083

**Search for homes:**

[austin.homecity.com](http://austin.homecity.com)



Everett Financial, INC. DBA Supreme Lending (NMLS ID #2129) 8614001 Quorum Dr., #300, Dallas, TX 75254. 877-950-5225. Copyright © 2014. All rights reserved. This is not an offer to enter into an agreement. Not all customers will qualify. Information, rates, and programs are subject to change without prior notice. All products are subject to credit and property approval. Not all products are available in all states. Other restrictions and limitations may apply. Supreme Lending is not affiliated with any government agency. Supreme Lending is required to disclose the following license information: Texas-SAL Mortgage Banker Registration Residential Mortgage Loan Originator. For all other licenses, visit <http://www.nmlsconsumeraccess.org/>.

