

# West Lake Hills ECHO

Volume 3, Issue 7

July 2014

## Fit and Fun

### Health Tips for You and Your Children

*By Concentra Urgent Care*

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- **Take an active vacation:** It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a

trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

- **Visit a local park:** It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join



you, too. And remember: It's not just about the kids moving around – it's your time, too!

- **Hold a block party:** Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- **Go for a hike:** Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: [www.aahperd.com](http://www.aahperd.com).

**The Goal:** Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: <http://www.cdc.gov/healthyyouth/physicalactivity/>

# 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.



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://www.facebook.com/theaustinstone)



# APHIDS

Aphids feed on a wide variety of plants in Texas. They have high reproductive capabilities so their populations can grow to large numbers quickly.

Aphids are small, soft-bodied insects that come in a variety of colors. Some have wings while others may not, but all have cornicles, or “tailpipes” that come off the tip of the abdomen.

Aphids have piercing-sucking mouthparts which they use to pierce plant tissue and suck out the juices. Damage often appears as yellowing or curling of foliage. Aphids also secrete a sweet, sticky substance called honeydew. Honeydew often appears on the plant as a shiny spots or sometimes the honeydew may have sooty mold growing on it. Sooty mold is a black fungus that can block sunlight from reaching the

plant leading to a decrease of photosynthesis.

### Some ideas for managing aphids are as follows:

- Encourage natural enemies such as ladybugs, lacewing larvae & syrphid fly larvae; know what these creatures look like so you don't kill them
- Use high pressure water sprays to dislodge aphids from the plant
- Less toxic pesticides include active ingredients such as insecticidal soap, azadirachtin (neem), horticultural oils or d-limonene
- Other pesticides to manage aphids may include active ingredients such as permethrin, acephate (non-food items only), carbaryl or imidacloprid

*For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600. The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service or the Texas A&M AgriLife Research is implied. Extension programs serve people of all ages regardless of race, color, religion, sex, national origin, age, disability, genetic information or veteran status.*



Olive & June

## 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)



**Glossy Durable Garage Floors**  
**Quality Concrete Coatings**

Licensed-Insured  
Residential & Commercial

**\*WE DO ONE THING AND WE DO IT RIGHT!\***  
**\*EXCELLENT ADHESION TO CONCRETE\***  
**\*PERFECT FOR YOUR GARAGE, OFFICES**  
**RESTAURANTS, SCHOOLS, SHOW ROOMS**  
**HOSPITALS, HALLWAYS, GROCERY STORES**  
**AUTO BODY SHOPS AND MORE...**

**\*MANY COLORS: CHIPS, QUART SAND & NOW METALIC CHIPS\***  
**\*CALL FOR A FREE AND PERSONALIZED HOME ESTIMATE\***  
**\*OFFICE # (512)833-6121 MOBILE # (602)434-0000\***

WE ACCEPT ALL MAJOR CREDIT CARDS



"WHERE PROFESSIONAL SERVICE IS OUR PRIMARY COMMITMENT"

## TENNIS TIPS

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



### The Modern Game: The Forehand Approach Shot

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 in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Forehand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. 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. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Christian Smith, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Christian is coached by the Director of the Tennis Academy, Darin Pleasant.

**Step 1: The Back Swing:** When Christian sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the left hand in front of his body for balance. He has loaded his right hip to help him drive his weight forward.

His grip is relaxed and his 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. Christian started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His right shoulder is almost opening and his weight has now been shifted toward the front.

**Step 3: The Follow Through:** In order to get maximum control and power, Christian is keeping his left arm in front as he extends through the shot. He has “snapped” his left wrist and has the head of the racket facing down. His weight is in the process of shifting forward.

**Step 4: The Finish:** Christian’s upper body acceleration forced his head of the racket to “wrap around” his left hip, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley.

**Step 5: The Ready Position:** Once Christian hits the ball, he must get ready to volley if the ball was not a “winner”. By the smile on his face, his forehand approach shot was successful and is waiting for an easy return to “kill” the next shot. His knees are slightly flexed, he is in a good athletic stance and his eyes are focused on the oncoming ball.

*Look in the next Newsletter for: “The Modern Game: The Backhand Approach Shot”*

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



COLIN'S HOPE

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



Volunteer - Donate  
[COLINSHOPE.ORG](http://COLINSHOPE.ORG)

**At least 18 Texas children have fatally drowned this year.\***  
Keep your children and families safer in, near and around all bodies of water.  
**Take our Water Safety Quiz. [www.colinshope.org/quiz/](http://www.colinshope.org/quiz/)**



**Aug. 28th:** Got2Swim 11k Lake Austin. View event details. [www.tinych.org/Got2Swim](http://www.tinych.org/Got2Swim)

**Sept. 14th:** Colin's Hope Kid's Tri! Registration is now open. [www.tinych.org/KidsTri](http://www.tinych.org/KidsTri)

**Ongoing:** Volunteers needed to distribute water safety packets. [info@colinshope.org](mailto:info@colinshope.org)

**Ongoing:** Colin's Hope Athlete Ambassadors needed. [www.tinych.org/AthleteAmbassador](http://www.tinych.org/AthleteAmbassador)

\*Source: Texas DFPS, Watch Kids Around Water

## 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**

# - Kids Stuff -

Section for Kids with news, puzzles, games and more!



Did a bug ever fly in your mouth? Usually, the story ends there. You spit it out. Goodbye, bug. But sometimes — gulp! — you might swallow it so it ends up in your stomach. Less often, someone might inhale a bug into the lungs.

You have probably heard that old children's song "I Know an Old Lady Who Swallowed a Fly." Most people don't swallow flies. But we know of someone who's sure she swallowed a tiny gnat. Another boy had a close call when a yellowjacket flew out of his can of soda and into his mouth while he was taking a sip. (He spit it out before getting stung.) And would you believe that someone said she inhaled a lightning bug and could feel it in her lungs?

There are two paths a swallowed bug might take:

- down the esophagus (food tube) into the stomach
- down the trachea (windpipe) into the lungs

If the bug ends up in your stomach, it will

get mashed up and digested just like any other food. And whatever's left of it will "come out the other end" when you go to the bathroom. It's gross, but unlikely to cause you any more trouble.

If you feel like you inhaled the bug and you think it could be in your lungs, tell a parent or another adult. Usually this will make you cough and feel a little uncomfortable. Your mom or dad will want to check with your doctor. Unlike your stomach, your lungs won't digest the bug.

In your lungs, the bug will get trapped in a layer of slimy mucus. Maybe you're thinking "Gross, there's slime in my lungs!" But it's good to know the mucus is there for a reason. It protects your lungs and airways from situations just like this one. The mucus helps your lungs stay clear so that you can breathe properly. In other words, no bugs allowed!

*Reviewed by: Aaron S. Chidekel, MD Date reviewed: July 2011*

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](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation



**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**

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

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

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.

## 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**



### 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



**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

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

WES



## We Know Austin...

Right Now in West Lake Hills...

Homes on the Market:	94 homes
Avg Sales Price:	\$1,046,828
Avg Days on Market:	73.69 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. D/B/A Supreme Lending (NMLS ID #2129) at 14801 Quorum Dr., #300, Dallas, TX 75254. 877-350-5225. 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-SML Mortgage Banker Registration Residential Mortgage Loan Originator. For all other licenses, visit <http://www.nmlsconsumeraccess.org/>.

