

West Lake Hills ECHO

Volume 3, Issue 10

October 2014

AMERICAN ASSOCIATION OF UNIVERSITY WOMEN (AAUW) AUSTIN BRANCH PROMOTES DIVERSITY IN MEMBERSHIP AND EQUITY IN MISSION

American Association of University Women (AAUW) is a mouthful to say but its mission is simple – to advance equity for women and girls through advocacy, education, philanthropy and research. The Austin AAUW was founded in 1923 by some of Austin's outstanding female leaders in religious, civic and cultural activities.

Reproductive choice, equal pay, domestic violence prevention, workplace discrimination, and promotion of STEM education are just some of the issues that AAUW promotes on behalf of women in Austin and throughout the world.

The Austin branch of AAUW has appealed to new members over the last year, partly due to recent legislative priorities and court decisions at the state and national levels, which many view as a threat to women's empowerment. Some of the lifetime and all the honorary members joined during the height of their careers several decades ago to make friends who support women's issues.

Our oldest member and former branch president is Kay Goodwin, who was instrumental in the publication of *Women in Early Texas* in 1975, and the founding of the Lifetime Learning Institute in 1977.

Membership VP and SW Austin member Diane Brewer entices prospective members by saying: "I can't tell you how much this group of women has enriched my life. I retired from teaching, like many of our members have done, and really missed the camaraderie of smart women. But we are not all educators; we are in business, social work, law, science, and engineering. We have a love of learning and a desire to help others achieve their dreams in common."



Members volunteering at a Latinitas conference for girls.

The Austin branch hosts many diverse events including an upcoming conversation with Dr. Shirley Franklin, visiting professor of Ethics and Political Values at the LBJ School, about women shaping public policy, scheduled for October 8; an update on the creative direction of Austin Playhouse from its artistic director, Don Toner, on November 11; and a briefing about human trafficking in Austin and abroad from Dr. Noel Busch, Director of UT's Institute on Domestic Violence and Sexual Assault. More information is available at <http://austin-tx.aauw.net/>

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Cedar Creek Elementary	512-732-9120
Bridge Point Elementary	512-732-9200
Barton Creek Elementary	512-732-9100

UTILITIES

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Austin Energy	512-322-9100
Texas Gas Service	
Custom Service.....	1-800-700-2443
Emergencies.....	512-370-8609
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Customer Service.....	512-485-5555
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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

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Peel, Inc.	512-263-9181
Editor.....	westlakehills@peelinc.com
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ADVERTISING INFO

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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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FALL IS IN THE AIR

By Rachel Lupercio, Licensed Marriage & Family Therapist Associate at Excelerated Living

With the change from summer to fall comes the regrouping for many of us to kick it in gear from our playful season to a more disciplined lifestyle. Students have settled in with homework and waking up early and parents stress over keeping it all together. Suddenly the seriousness of life begins to take a toll on the family as the everyday struggles take hold day in and day out. Even now, the holidays have made their presence in the department stores and our mindsets shift again as the build up towards the end of the year unfolds. We as humans are very busy with all the doing of life. Perhaps though we can take a step back and rewind how we determine to walk through this season and dare I say take it one step further our

life. I would bring to mind for your consideration that as humans we innately crave interaction and connection with others. If in fact that is true then our internal operating system could be activated and threaded in our doing by keeping in mind our need and value we place on relationships. When we bring to consciousness our values in creating a life that is fulfilling we can then attach our doing with our being. Being in a state of mindfulness towards our values assists us with remembering why we do what we do. That is to say, whether it is work or play knowing what you value most and letting them assist in determining your behavior and decisions make for a greater chance to have the life you most desire as a human being.

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- C.L., Austin, TX

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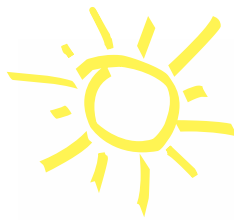
CRIME PREVENTION TIPS

- LOCK YOUR CARS!!!!
- Get to know your neighbors! Report suspicious activity immediately!
- Secure your vehicles, homes, garage doors at all times. (If you have an alarm, use it!) Remove garage door openers from your vehicle at night and when you are out of town.
- Utilize timers for lights, radios, and televisions to give the appearance that someone is home when you are out of town.
- Secure patio doors with a rod.
- Keep the perimeter of your home well lit.
- Take pictures of valuables and keep them stored in a secure location.
- Keep an inventory of all serial numbers for valuable items that can be given to Law Enforcement to track your items if stolen.
- Never leave a vacation message on your answering machine.
- Have a friend or family member pick up newspaper and mail, or stop delivery until you return.
- Keep shrubbery trimmed, to prevent hiding places.
- Park in well-lit areas at night.
- Do not leave valuables in plain sight. Lock them in the trunk or take them inside.
- Organize a community watch program in your neighborhood.
- Secure all windows and doors at all times.

DON'T BE A VICTIM

CitizenObserver is being used by the Travis County Sheriff Office to communicate information to Citizens ranging from crime alerts and offender notifications. Be in touch with what's happening! Visit www.citizenobserver.com today and Be Informed!

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Nature Watch

by Jim and
Lynne Weber

FIELDS OF GOLD

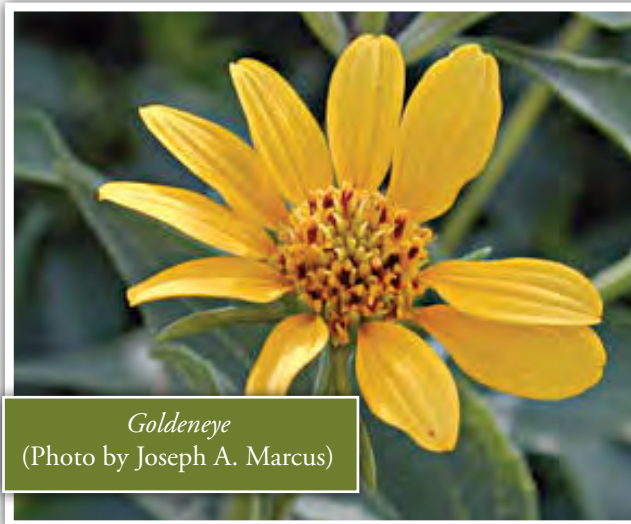
Cooler temperatures and shorter days mark the onset of autumn, and the golden colors of the season begin to surround us. Among the amber and scarlet hues making an appearance in the landscape, one cannot help but notice two of our most common fall-blooming native plants: Goldeneye (*Viguiera dentata*) and Prairie Goldenrod (*Solidago nemoralis*).

A member of the sunflower family, Goldeneye is a bushy, drought-tolerant, multi-branched plant that tends to

grow in colonies, providing rich swaths of golden color along our roadsides and in open areas. It has narrow leaves and numerous 1.5 inch daisy-like flowers at the tips of long, slender stalks. Growing to 3 feet tall in full sun or up to 6 feet tall in partial shade, this plant is native not only to Texas but to Arizona and New Mexico as well. It prefers relatively dry, partially shaded areas such as woodland edges and open prairies, and in Mexico is also known by the common name Chimalacate.

The mid to late fall blooms of Goldeneye not only provide seasonal color, but provide for native wildlife as well. Goldeneye is the larval food plant for both the Bordered Patch and Cassius Blue butterflies, and if spent flower stalks are left to stand through most of the winter, they will provide good seed forage for Lesser Goldfinches and other birds. Infusions of this plant are still used today as an antibacterial treatment for baby rash.

Prairie Goldenrod, also called Gray Goldenrod, is a slender-stemmed plant 1.5 to 2 feet tall, that blooms from June through October. A member of the aster family, it has thin, coarsely-toothed leaves and yellow flowers that are borne on the upper side of hairy stalks, arching out and downward to create a vase-shaped flower cluster. Individual plants bloom at various times, extending the flowering



Goldeneye
(Photo by Joseph A. Marcus)



Prairie Goldenrod
(Photo by R. W. Smith)

season, but they are most noticeable in fall, especially when paired with purple Gayfeather and red Autumn Sage. An excellent addition to a wildflower meadow or a sunny garden,

Prairie Goldenrod is naturally found in dry, open woods and upland prairies, and does well in full sun to part shade. A carefree plant, it can become invasive if left alone, but is also easily controlled.

Of special value to bees and butterflies for its pollen and nectar, and to several species of finches for its seeds, Prairie Goldenrod was also used by Native Americans to treat jaundice and kidney disorders, and as a wash for burns and skin ulcers. The Navajo burned the leaves as incense, and used the seeds for food.

As you wander along roadways and pathways this fall, admire these fields of gold that delight not only our senses, but provide a bountiful harvest for our wild neighbors as well!

*Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, published by Texas A&M University Press.*

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*Source: Texas DFPS, Watch Kids Around Water



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