

# West Lake Hills ECHO

Volume 4, Issue 2

February 2015

## WAYS TO PREVENT IDENTITY THEFT

Don't carry social security cards, Pin #, blank checks, Medicare card or keys in your wallet. Make photocopies of EVERY card in your wallet (both front & back)

### **IF YOUR WALLET IS MISSING FOLLOW THESE STEPS:**

Call credit card companies and request an account number change. Do not cancel your card. If your account is closed it will inconvenience you and hurt your credit score.

#### **File a Report with the Police.**

Get a copy of the report and send copies to your bank and credit card companies.

#### **Alert Your Bank**

Change Pin #'s, cancel ATM cards and get a new checking account number if your checkbook is missing.

#### **Contact Your DMV**

Replace your driver's license and ask that a stolen/lost warning be placed in your file.

#### **Put a Fraud Alert or Security Freeze**

On your file at the three major credit bureaus. experian.com; equifax.com; and transunion.com. Alerts are free, but freezes are more secure and free to people over 65.

#### **Private Medical Insurers**

Should be asked for new cards with new account numbers to prevent fraud. Call Medicare and your auto insurer in case someone tries to make an accident claim from your policy.

#### **Check Credit Reports**

After your wallet is lost 2 weeks, go to [creditreport.com](http://creditreport.com) to get a free report. That is usually time enough for thieves to open credit in your name. Recheck credit report in 2-3 months.



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## IMPORTANT NUMBERS

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### EMERGENCY NUMBERS

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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

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Westlake High School.....	512-732-9280
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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

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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	
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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
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Advertising.....	advertising@peelinc.com

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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](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

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## ARTICLE INFO

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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.

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	9		6			5		

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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## Easy Valentine Sandwich Cookies

*Recipe by Laria Tabul, [allrecipes.com](http://allrecipes.com)*

This recipe makes 17- 3 inch sandwich cookies and 17 - 1 1/2 inch heart shaped cookies. You'll need a 3-inch heart shaped cutter and a 1 1/2-inch heart shaped cutter. Frost with Pink Valentine Frosting (see recipe).

### Ingredients

- 1 cup butter
- 1 1/2 cups confectioners' sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract (optional)
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar

### Directions

In a large bowl, cream together butter and confectioners' sugar. Beat in egg, vanilla and almond extract. Mix well.

In a medium bowl, stir together flour, baking soda and cream of tartar; blend into the butter mixture. Divide dough into thirds and shape into balls.

Working with 1/3 of dough at a time, roll out dough into desired thickness on a lightly floured surface. For each heart sandwich cookie, cut out 2 3-inch hearts. Cut out the center of ONE of the 3-inch hearts with the 1 1/2-inch cutter.

Place each piece separately on an ungreased cookie sheet, 1 - 2 inches apart. Bake in a preheated, 350 degrees F (175 degrees C) oven until lightly browned (7-8 minutes for 1/4 inch thick cookies). Cool completely on wire rack. Frost bottom cookie with Pink Valentine Frosting and place an open centered cookie on top to form the sandwich. Also frost the small 1 1/2 inch hearts and serve as separate cookies.

### Pink Valentine Frosting

*Ingredients - makes 1 cup (approximately)*

- 1 cup sifted confectioners' sugar
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1 tablespoon water
- 2 drops red food coloring

### Directions

Blend sugar, salt and flavoring. Add just enough water to make it easy to spread. Add 2 drops red food coloring and mix well.



## TEXAS A&M AGRILIFE EXTENSION

# SILVERFISH

I recently noticed silverfish lurking in my house while handling holiday decorations, so I'm sure others may have the same problem. Silverfish can eat and stain books, fabrics, food and wallpaper, but are often considered being more of a nuisance than a pest. These insects have flattened carrot-shaped bodies with three long "tails" that come off the tip of the abdomen. The body is covered with fine scales that give them a silver sheen. Immatures look just like the adults, but are smaller in size.

Usually silverfish are not seen by homeowners because they are most active at night. They can commonly be found in attics, closets or near bookcases. They may also be found behind baseboards or around door and window casings. Silverfish feed on starchy foods like paper, flour, oats or glue.

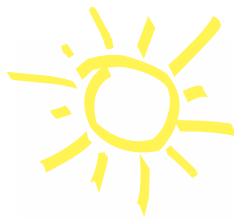
Tips for managing silverfish:

- Remove old books, papers & magazines
- Store items in sealed, plastic bags or plastic containers with tight-fitting lids

- Clean closets on a regular basis- vacuum/ sweep floors and wipe down any shelves
- Reduce humidity with fans, air conditioning or dehumidifiers
- Repair any water leaks
- Inspect all items before bringing them into the house
- Target treatments to where silverfish live- wall voids, closets, attics, behind baseboards, etc.



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## Bag Ladies

By Jim and Lynne Weber

NATUREWATCH

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.



*Bagworm in juniper*

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!



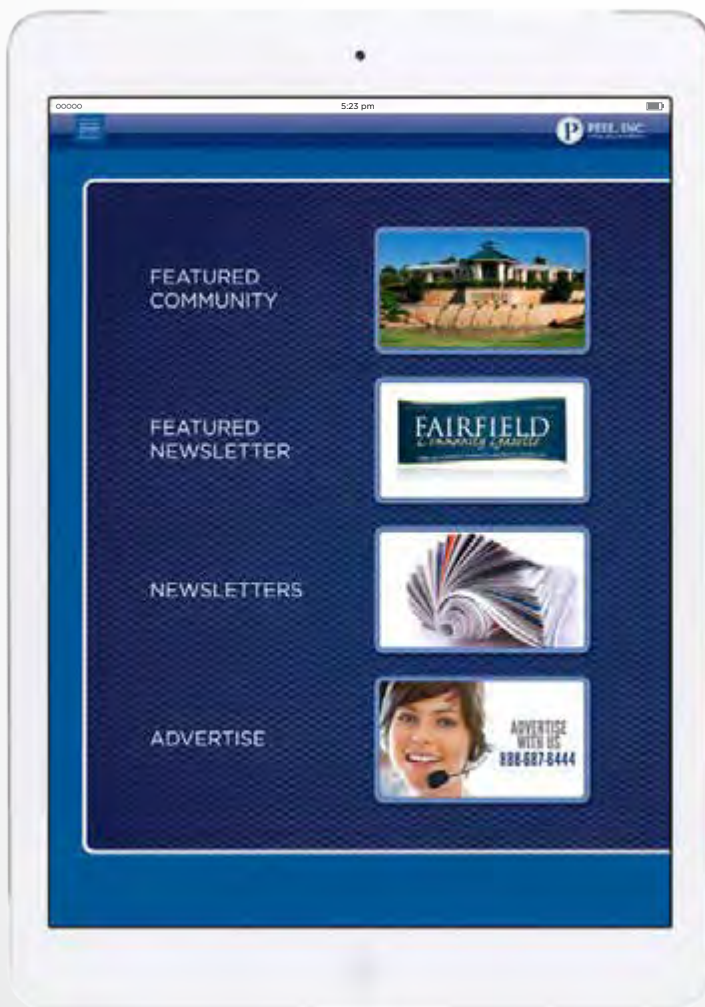
*Bagworm in yaupon*

*Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. Check out our blog at [naturewatchaustin.blogspot.com](http://naturewatchaustin.blogspot.com) if you enjoy reading these articles!*

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# The Echo



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FAGD (Fellow Academy of General Dentistry)  
LVIF (Las Vegas Institute Fellow)



## *Featured Smile Makeover of the Month* by Dr. Lance Loveless



When I met Dr. Loveless, my teeth were in very bad shape. Some were crooked or missing, and it was difficult for me to chew.

"Dr. Loveless showed me a dental system called the "All-On-4" implant. The implants permanently placed a horseshoe shaped denture over my teeth. I liked the idea of restoring my upper teeth with a denture that I did not have to remove or worry would slip.

"My bite was balanced with an orthotic device that I wore on my lower teeth. Once my bite was stabilized in its corrected position, my missing teeth were restored with implants that looked like real teeth. The appearance of my lower teeth was improved dramatically with porcelain veneers and porcelain crowns.

"Now people comment on how young I look. They notice something different about my appearance but they cannot seem to quite put their finger on what it is! I used to smile with my mouth closed, but now I smile big—revealing my beautiful teeth!" -- Ana - Austin, TX

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## TENNIS TIPS

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



### The Modern Game: “The Backhand Return Serve Drop 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 already be 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 Backhand Return Serve Drop Shot.” This shot is used when an opponent is expecting a deep service return and the player “surprises” the opponent with a short angle drop shot. It can be used in both singles and doubles play.

In the illustrations, Fernando Velasco, Director of Tennis and teacher at of the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Velasco is presently ranked #1 in Singles and Doubles in the USTA Men’s 70 Division in Texas,

and #13 in Singles and #8 and #10 in Doubles in the US.

**Step 1: The Back Swing:** When Fernando 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, and his eyes are focused on the incoming ball.

**Step 2: The Point of Contact:** The success of the drop shot is to “cup” under the ball with the strings. The grip is relaxed and ready to push the ball forward and under the ball as he makes contact with it. His left shoulder is almost opening and his weight is moving through the shot.

**Step 3: The Follow Through:** In order to get maximum underspin, Fernando is keeping the right hand extended as long as possible. His weight is going forward. The left hand is left leaning forward for better balance.

As the shot goes over the net, and it was successful, Fernando will run towards the net, expecting his opponent to either lift the ball short, or try to drop shot his drop shot.

*Look in the next Newsletter for: “The Overhead from the Baseline”*





## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club

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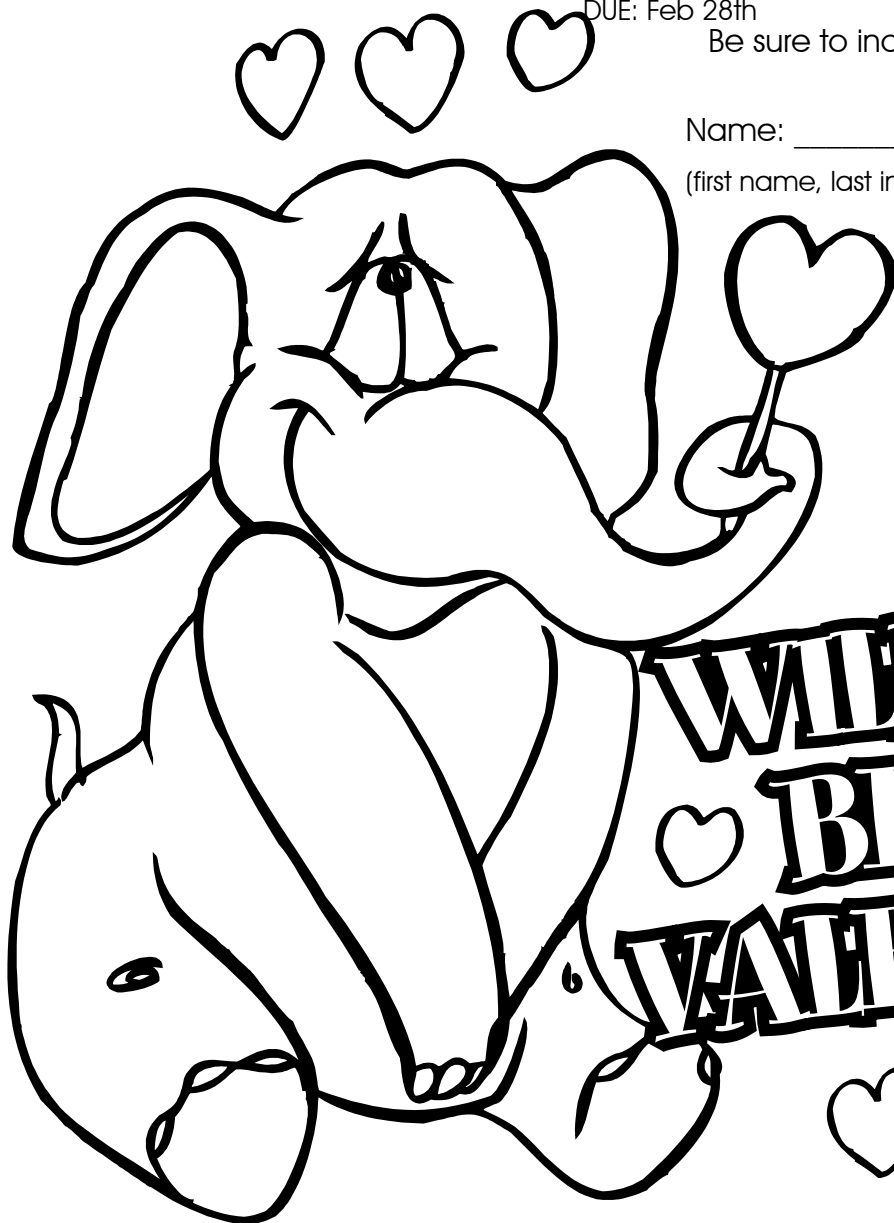
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