

# West Lake Hills ECHO

Volume 4, Issue 7

July 2015

## THE WEST LAKE HILLS ECHO

*A Newsletter  
for the Residents of West  
Lake Hills*

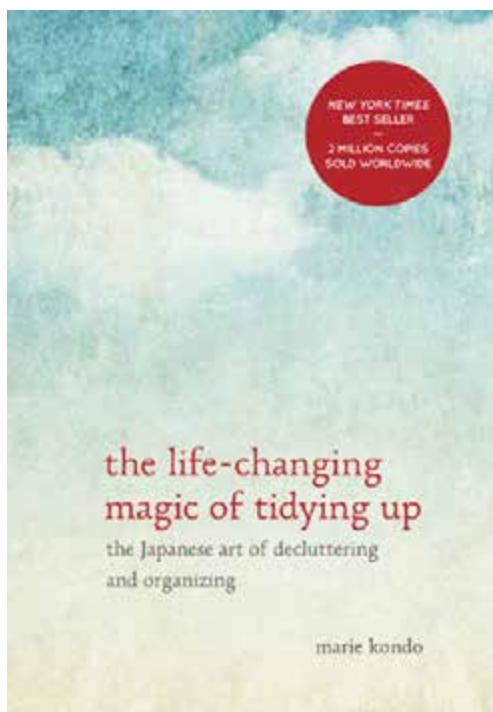
The West Lake Hills Echo is a monthly newsletter mailed to all West Lake Hills residents. Each newsletter is filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at [www.PEELinc.com](http://www.PEELinc.com). Personal news (announcements, accolades/ honors/ celebrations, etc.) are also welcome as long as they are from area residents.

**GO GREEN!** Subscribe via [Peelinc.com](http://Peelinc.com) to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

## Surround Yourself With Things That Spark Joy

*"When you put your house in order, you put your affairs and your past in order too."*



A book review by Claudia Scott & Sean Kubicek

This past week, I read the book: "The Life Changing Magic of Tidying Up" by organizing guru Marie Kondo. Kondo's organizing concept focuses on the importance of reducing "stuff" and surrounding yourself with those things that spark joy. The magic of tidying up transcends cleaning up and organizing your house as the

process of eliminating clutter is a great way to discover the things that matter and how you want to live your life.

Kondo's "declutter" program starts with systematically purging things - decide what you want to keep, evaluate what things spark happiness and discard those items that bring up negative memories and emotions. Kondo states: "To truly cherish the things that are important to you, you must first discard those that have outlived their purpose." (Kono, p.61)

According to Kondo, focus on sorting your items by categories such as clothes, sentimental items, tools rather than by locations - start with one category at a time but dive deep within that particular category. The process of evaluating and eliminating resembles a quiet conversation, with oneself. Thank those items you discard for the lessons they've taught you and cherish those items you keep. As a matter of fact, the Marie Kondo system emphasizes the importance of caring for your items as if they were "real."

A large segment of the book goes into detail on storing and caring for the individual categories of "things" in your home: from clothes, shirts, socks, books, electronic boxes, sentimental and miscellaneous items such as photos, gifts and spare buttons - the focus for each category is first to reduce and then to organize.

The magic of tidying has a life transforming  
*(Continued on Page 3)*

# 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   |

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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.

# 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.



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(Continued from Cover)

impact. Putting your house in order is a great way to discover the things you really like, memories, and belongings that made/make you happy. The question of what you want to own is actually a question of how you want to live your life. Often times, we aren't sure what would satisfy us or what we're looking for so we increase the number of unnecessary possessions, burying ourselves both physically and mentally in material things. Letting go of "stuff" is an extremely difficult and painful task. What we own is a reflection of choices we made in the past - including hopes, dreams, or fears we had for the future. As you maneuver through the discarding process, you will begin to distinguish between the essential and non-essential things we all accumulate in life.

Kondo's book is a good reminder to find clarity in life. Oftentimes, less is more, especially if you find the right thing. Interestingly, while Kondo's book has nothing to do with real estate per se, buying or selling a home is not unlike "things" we "accumulate" - on a much larger scale of course. Our homes embody so many of our dreams, fears and hope. Homes are

part of our story and the memories we made - memories of bringing your firstborn home, memories of raising our families, memories of challenging times and wonderful moments, memories of seeing your children graduate from school and move away. Deciding to sell a home resembles letting go of the past, a necessary step to make room for a new beginning. If you are getting ready to sell your home and pave the way for the next phase in your life and a new home, we highly recommend Marie Kondo's book and system. When it comes to selling or purchasing your home, we'd be honored to support and consult with you for all of your real estate needs.

Warm regards,

*Claudia Scott & Sean Kubicek*

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## IN THE BLINK OF AN EYE

# NATUREWATCH

*by Jim and Lynne Weber*

For many of us, the outdoor magic and mystery of summer nights was best embodied by the blink of fireflies or 'lightning bugs', which are neither flies nor bugs, but beetles. With over 170 species of fireflies in North America, and about 36 of those species in Texas, fireflies fall into three main genera: the Photuris, Photinus, and the Pyracomena. The most common species in Texas is the Pennsylvania Firefly (*Photuris pennsylvanicus*), which ranges from the eastern U.S. to Kansas and into Texas.

Most likely to be spotted at night in fields and near wooded areas, the adult Pennsylvania Firefly's elytra (hardened forewings that form a protective covering over flight wings) are dark brown with yellowish margins and slanted stripes. The head is yellow around the sides and red in the middle, and their overall length is about half an inch. After mating, the female lays tiny, spherical eggs singly or in small groups in damp soil, around grass or moss, and they hatch in about 4 weeks. The larvae feed in the grass on slugs, snails, earthworms, and cutworms, and in this immature phase their light isn't visible unless they are turned over. They overwinter as larvae in small chambers within the ground, waiting for the spring months when they pupate and emerge in early summer as adult fireflies, giving them an average lifespan of approximately two years.

Firefly mating is dependent on the female seeing the distinct flashes of a mate-seeking male, and each must find the exact right blinking pattern in order to mate successfully. Males begin flying after dark, emitting yellow or yellow-green flashes, some flying above the tree canopy. Interestingly, ambient light

around a firefly's natural habitat decreases the chance it will find a mate. In order to rise to the challenge of producing offspring with artificial light around, fireflies must increase the intensity of the flashes they produce in order to be seen. This increased light emission decreases the stored energy supply in the firefly that would normally be used directly for reproduction. Artificial light also exposes the fireflies to nighttime predators, even when they are not blinking. This combination of effects from artificial light directly decreases the chance that fireflies will survive and mate.

Flashes of light can be emitted by both male and female fireflies, and can also be used for purposes other than mating. One additional use is to lure prey to them; in fact, females from the *Photuris* genus will often mimic the flashes of a female *Photinus* firefly, and a male *Photinus* that falls for it will quickly be devoured! Not all female fireflies are capable of flight, however, as some species are wingless and bear a strong resemblance to larvae rather than to adult males of the same species. Often, these types of fireflies are



referred to as 'glowworms'.

The abundance of fireflies has been decreasing over the years, greatly challenged by both the increasing presence of artificial light and the rapid development of our open fields and forests. As human light pollution and development continues to spread, fireflies just might disappear altogether, in a blink of an eye!

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



*Before*



*After*



*Before*



*After*



*Before*



*After*

*\*Actual patient of Dr. Loveless*

*\*\*Actual results may vary*

Sometimes our patients have to split up their cosmetic treatment. This patient has had tetracycline staining on his teeth since he was a young child. He also had a "bad bite" which caused his muscles to "grind" through his teeth. He noticed his teeth getting shorter and shorter especially on his right side. By balancing out his bite, we were able to reestablish a better length for his teeth and best of all he doesn't grind his teeth anymore. He plans to do his lowers sometime in the future, but for now he's extremely happy and we are in a good place for him to wait for the right time to finish up his lower teeth.

- Lance Loveless, DDS, FAGD, LVIF

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## Hosting an Exchange Student

Did you ever wonder what hosting a foreign exchange student is about? Well here it is in a nutshell....

Hosting an exchange student is a great way to learn about another country and culture without leaving your home town. It provides a cultural exchange experience for the entire family while providing a student from another country with a slice of American life.

Hosting an exchange student is like adding an international branch to your family tree. Many host families develop lifelong friendships with their exchange students and keep in regular touch with them. Some even visit them in their home countries, or invite them back for weddings and graduations

Hosting an exchange student provides your family, your high school and your community with a direct window into another country and culture, providing an opportunity for

life-long learning.

Families of all shapes and sizes can host an international exchange student. We've had host families with young children, no children, high school aged children – as well as empty nesters and single parent households.

Ayusa is a non-profit based in San Francisco that promotes global learning and leadership through foreign exchange and study abroad programs for high school students from around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or [vodom@ayusa.org](mailto:vodom@ayusa.org) or Ayusa at 1.888.552.9872 or by visiting the website at [www.ayusa.org](http://www.ayusa.org).

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