

West Lake Hills ECHO

Volume 5, Issue 2

February 2016

Award-Winning Exhibit Coming to Austin as Part of National Tour

The World Vision Experience is coming to Austin in February to bring national news headlines to life. Visitors to the Experience will step into a “global village” inside this 1000 square-foot trailer. Inside they will don headsets and walk through an inspiring 20-minute journey while listening to the voices of children. Three visual “sets” will allow the visitors to also see how these children live in their country.

These true, life-changing stories will open eyes to untold stories associated with the most pressing causes of our time: human trafficking (Bangladesh), the Syrian refugee crises and the protection of vulnerable children (Uganda). Visitors will also find out how World Vision is providing hope in these specific areas and in other parts of the globe.

This Experience exhibit will be available February 19-21. Hours are: Friday 11:00-6:00; Saturday 10:00-6:00 Sunday 9:00-2:30.

The Lakeway Church is providing their parking lot for this exhibit at 2203 Lakeway Blvd, Lakeway, TX 78734.

Walk-ups are welcome. Reservations (for one person or even groups of 10 or more) can be made in advance by going to worldvisionexperience.org.

World Vision is a Christian humanitarian organization dedicated to working with children, families, and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice. World Vision serves all people regardless of religion, race, ethnicity, or gender.

Contact Jo Carlson at:

jo4kids@outlook.com or call 512-300-0812



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Ambulance.....	911
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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
Ninth Grade Center	512-732-9260
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Hill Country Middle School	512-732-9220
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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

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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
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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

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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. 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. The deadline is the 15th of the month prior to the issue.

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Interested in adoption for your family? The Adoption Collaborative of Central Texas is made up of organizations that are adoption focused and committed to raising awareness about the children in our communities that are awaiting families. The

collaborative is driven by the mission of sharing the responsibility to strengthen the adoption community and build forever families. You can work with these agencies to become licensed to foster and/or certified to adopt. There are no fees to adopt from the foster care system regardless of which agency you work with. There is only one pool of children, and they are all in care of the state, every licensed agency has the ability to assist in adoption of any foster child in Texas. Child placing agencies are also foster care providers. The first step is to choose a child placing agency to begin your journey.

Learn more about starting the adoption process and the children waiting for forever families at www.heartgallerytexas.com.



THEY LIVE WITH THAT CONSTANT REMINDER... THE EMPTY CHAIR

Campaign Overview

Our platform seeks to engage and inform the citizens of this country of our solidarity movement to honor our brave. This campaign's mission and purpose, is to show our gratitude to troops, veterans, law enforcement and their families, that we understand and appreciate the sacrifices they've made for the freedoms we're privileged to enjoy.

A representation of your heartfelt THANK YOU will be on display when wearing the Token of Appreciation pin. It's an impactful salient message that demonstrates our understanding of the difficulties and dangers those who protect and serve experience while keeping us safe. It allows for opportunities to show our gratitude to the unidentifiable (those not in uniform). We hope you'll join in this effort.

To kick start this campaign, we're orchestrating a Fund Raising Drive during the month of February. Share the Will is a nonprofit and recipient of 5,000 Tokens donated by Chasco Constructors. Our goal is to see Tokens of Appreciation on the shirts, coats and caps of many and raise upwards of \$25,000. Thank you Chasco, for making it possible in that 100% of every dollar received, will go towards the immediate needs of our military and or law enforcement members in our community.

We encourage you to give pause more than just a few days a year...our brave are on duty 24/7/365. We ultimately hope to bolster our military and law enforcement members confidence in how they're perceived by the people. Lastly, let us not forget the sacrifices of the loved ones...for they live with their constant reminder...the empty chair.

Wear your pin, show your appreciation and let it serve as YOUR constant reminder...FREEDOM IS NOT FREE.

If this resonates with you and you'd like to participate in this fund raiser, we are seeking Ambassadors. A representative for each neighborhood would certainly optimize our organizational strategy and be instrumental in the success of achieving our goal.

Contact emails: Vikinggirl1010@gmail.com or Sharethewill@gmail.com Will Williams retired Sergeant was deployed 6 times, is retired, yet still serves...his community. Visit www.tokensfortroops.com for a list of local charities.



How to Correct Your Computer Posture

Sitting with poor posture in front of the computer or at a desk for prolonged periods can cause what's called "computer neck" and "computer posture". As you sit and gradually allow your head to lean forward, your neck and upper back will suffer from joint stress and muscle imbalance. When we sit upright with our head carried in neutral position in line with our shoulders, very little muscle effort is required to carry our head. Conversely, sitting with an anterior head carriage causes strain of the muscles in the back of the neck. This can produce symptoms such as neck pain, upper back pain, and headaches. A person's head weighs about 10-12 pounds. For every inch that the head is carried in front of the neutral midline, the lower neck feels twice the weight of the head. This causes joint stress over time and can lead to degenerative joint disease in the neck.

Computer Posture not only affects the neck, but it can also involve the upper back and shoulders. Often, the upper back and shoulders round forward. This would essentially create two additional imbalances in posture. 1) One is the front to back imbalance. The shoulders rounding forward simultaneously causes tight pectoral muscles and weak rhomboid muscles, the muscles between the shoulder blades. 2) Secondly, there is an upper and lower imbalance. The upper trapezius muscles become tight, while the lower trapezius muscles become weak.

Here are 3 daily exercises acquired from Pilates principles that can help correct Computer Posture.

Stretch your pecs. Lie on a foam roller lengthwise with the back of

your head and entire back on the roller. Keep your knees bent with your feet planted on the floor. Outstretch your arms by your side with palms up, and let gravity stretch the pectoral muscles across the chest and shoulders. Your elbows can be slightly bent. Hold for about 30 seconds to one minute.

Strengthen your rhomboids and lower trapezius muscles with rowing exercises. Sit in neutral spine, and keep your shoulders down. Holding the resistance bands with palms down, start with your arms outstretched in front of you at shoulder height. Pull back, bending at the elbows and keeping your arms at shoulder height. You should feel the shoulder blades "kissing". Do 10 repetitions at a comfortable weight. Now do the rowing starting in the same position but by bending the elbows past your sides to feel the lower trapezius muscles contract in the mid back.

Strengthen your neck muscles by translational movement. Sitting or standing, actively push your head back to neutral position. Hold for a second and relax. Do 10 repetitions. You can do these while sitting at a stop light or at your desk.

It would be beneficial to have a licensed chiropractor evaluate your spine and take Pilates classes from a certified instructor who can customize to your condition and goals. Stretching and meditation like in yoga can also help facilitate better range of motion and muscle toning. Moreover, being mindful of your posture and incorporating these exercises into your daily routine will help correct your Computer Posture and help prevent related muscle and joint disorders.



Pectoral muscles stretch



Starting position for rhomboid and trapezius strengthening



Ending position for rhomboid strengthening



Ending position for trapezius strengthening

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UNHITCH THE WAGON FROM YOUR WARM-UP

If you are like me, you have an innate desire to make the first 5-10 minutes of your run, bike, or swim a substitute for the “warm-up.” The thought being it saves time in your already pressed schedule. Often I find myself feeling unshackled after those first 5-10 minutes, sometimes longer, and then the quality work begins. If you have not had the introduction to a dynamic warm-up then allow me to introduce you to the key that will unlock those shackles in a more effective and efficient manner.

A dynamic warm-up provides four essential parts to ready your body for activity: increase blood circulation, increase core body temperature, prime the muscle elasticity, and prime coordination of muscles and nervous system. With your increased core temperature and blood circulation your muscles will better receive the necessary ions that produce proper muscle function. With proper movement you will enhance the muscle elasticity, allowing for a more efficient muscle contraction.

Let's reflect on the difference between the dynamic warm-up and traditional static stretching. The dynamic warm-up will include movements that place the muscle fibers in a ready position while the traditional static stretch moves the muscle fibers beyond their optimal length and may reduce the power and efficiency of the muscle contraction. Please do not hear me say that traditional static stretching is wrong or bad, but it should be reserved for the end of your workout.

Allow your dynamic warm-up to be specific to the demands of your sport or activity. Seek to lightly activate the muscles that will be utilized throughout the activity. Any activity will require that your core muscles be adequately prepared. Start by engaging the core stabilizers with a plank-like activity. Your next movement needs to challenge your balance. Be sure to challenge your left and right sides equally. For most activities, finalize your warm-up by working the larger muscle groups of

your hips and thighs progressively making your exercise more dynamic. If you have a sport that involves your arms such as swimming or baseball, focus on exercises that would bring a burn to the shoulders with light weight.



For runners, start with your plank activity for 1-2 minutes. Then move into performing a lateral walk as though stepping over a fence and then ducking under a fence. Go the length of 10 feet and return facing the same direction. Next perform single leg deadlifts and focus on holding as done with yoga Warrior-3 pose performing 10 repetitions on each leg. Finish-up with inchworm. Start inchworm in a push-up position. Keeping your knees as straight as possible walk your feet up to your hands and then your hands back out into a push-up position. Cycle

through 3 times and you are ready for your run.

I hope you have found this introduction to a dynamic warm-up helpful for your routine. By incorporating this type of dynamic warm-up you will optimize your workout and prevent injury.



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LEAF CUTTING ANTS

Leaf cutting ants are reddish-brown with three pairs of spines on the thorax and one pair of spines on the back of the head. Workers come in various sizes, but can be up to ½ an inch long. Mounds can become large and are sometimes mistaken for fire ant mounds.



Leaf cutter ant mounds have a central opening and often a crater shape at the top.

Leaf cutting ants typically forage when the temperatures are cooler, such as at night or in the morning. They can sometimes cause complete defoliation of plants or small trees overnight. These ants remove leaves and buds from plants in the landscape. The ants do not eat the plant pieces, but take the pieces back to their colony and feed them to a fungus garden. They tend a particular species of fungus and weed out any other fungus from the garden.

Colonies may exist for years and can exceed over two million ants. It is not unusual for a single colony to cover an acre of land. Colonies are usually found in well drained, sandy or loamy soils.

Plants can be temporarily protected by using spray adhesives around the base of the plant. The adhesive would need to be refreshed often when dirt or debris accumulates. Temporary protection can also be provided with contact insecticidal spray or dusts labeled for “ants”. If mounds are located in an area, the bait product labeled for leaf cutter ants, Amdro Ant Block, can be broadcast with a hand-held

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NOW ENROLLING

The Children's Center Of Austin 

CCOA-STEINER RANCH 4308 N. Quinlan Park Rd. Suite 100 Austin, TX 78732 512.266.6130	CCOA NW AUSTIN 6507 Jester Boulevard Building 2 Austin, TX 78750 512.795.8300	CCOA-WESTLAKE 8100 Bee Caves Rd Austin, TX 78746 512.329.6633
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childrenscenterofaustin.com

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spreader around the mound area. If no mounds are seen, then residual sprays and dusts labeled for "ants" can be used along foraging trails and around openings.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com.

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Acupuncture

By: Yunguang Yang (Lily)

Acupuncture and Traditional Chinese Medicine (TCM) are safe, effective and drug-free options for the treatment of most non-emergency medical conditions. Whether you're new to acupuncture or have years of experience, acupuncture can help your general health.

WHAT IS ACUPUNCTURE?

Acupuncture is a form of treatment involving the use of very fine filiform needles that are inserted into certain specific points of the body. This stimulates the body to increase circulation and activate the body's own natural healing process. Acupuncture can be used to treat a wide range of conditions and illnesses and is a wonderful option when western medication does not work or is not tolerated.

WHAT TO EXPECT?

Acupuncturists often use additional techniques, such as tui-na, cupping and moxibustion, in conjunction with acupuncture. Tui-na is a form of Chinese manipulative therapy, consisting of massage,

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★ THE PICNIC ★

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The Echo

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acupressure and other forms of body manipulation. It works by applying pressure to acupoints, meridians and muscles or nerves to remove blockages that prevent free flow of Qi (energy) through the body. Cupping involves the use of glass globes placed on the body to create a suction effect. The vacuum effect that draws up the skin is believed to open up the skin's pores to stimulate the blood flow to the muscles, balance and realign the flow of Qi. Cupping may result in small, circular bruises in the area where the cups were applied, but these bruises are usually painless and disappear within a few days after the treatment. You may have seen these cupping marks on the back of the Chinese Olympic swimmer Wang Qun at the Beijing Olympics in 2008! Finally, moxibustion is a traditional therapy that involves the burning of moxa made from dried mugwort, a soft and wooly herb, to penetrate to a deeper level of the body. Moxibustion has been used throughout Asia for thousands of years; in fact, the actual Chinese character for acupuncture, translated literally, means "acupuncture-moxibustion".

WHAT ABOUT HERBAL MEDICINE?

Chinese herbal medicine refers to the use of a plant's seeds, berries, roots, leaves, bark or flowers for medicinal purposes.

Traditionally, this involves formulating a mixture of various herbs to create a formula based on a patient's specific needs. These herbs can be taken in the form of herbal tea after boiling the herbs in hot water to extract the active ingredients. Although herbal medicine is still widely used and available, formulations in the form of tablets or capsules are more convenient and have become more popular these days.

WHAT CONDITIONS CAN BE TREATED?

Acupuncture and Traditional Chinese Medicine (TCM) is most commonly used to treat pain caused by various illnesses such as arthritis, bursitis, fibromyalgia and PMS. It can be very effective for treating migraine, back pain, neck pain, frozen shoulder and sciatica. Acupuncture can also achieve good results when treating stress related problems such as insomnia, anxiety and depression. It is an effective way to treat substance abuse, reduce substance dependencies (e.g. pain killers) or help you to quit smoking or reduce weight. Acupuncture may also be used as an adjunct to physical rehabilitation or surgical intervention to hasten functional recovery. Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.



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Timely Tips for February Gardeners

February may be the toughest gardening month. Thank goodness it's short. In Texas we do not know what kind of weather to expect from day to day or from day to night. Keep in mind that the average last freeze for our area is not until mid-March. Even so, many plants normally begin to show signs of growth in February, which makes it the perfect time, to get outside and work in the yard.

This is the perfect time to get your garden tools in good working order. So that when Spring arrives you are ready to plant those plants, mow the grass and prepare all those beds in preparation for a beautiful landscape.

Pruning is both an art and a necessary maintenance function. Most trees and shrubs can be lightly pruned at any time; however mid-winter is generally the best time for major pruning.

Summer flowering trees and shrubs should be pruned before buds begin to swell for Spring, generally they bloom on new growth; examples are crape myrtle, butterfly bush, spiraea and honeysuckle. If those seed heads on crepe myrtles bother you,

remove them this month. Just clip back the ends of the branches, do not destroy the beauty of the gracefully sculptured trunks by severe pruning. Please never top a crape myrtle. Spring flowering plants such as azalea, Carolina jessamine, wisteria, forsythia, and quince should not be pruned until after the blooms are spent.

February is the best time for pruning most roses. Remove any old and diseased canes then cut the remaining canes back by 50%. Make your cuts above a bud that faces away from the center of the plant.

Early to mid-February marks the time to apply a pre-emergent herbicide for lawns. These products kill germinating seed. A second application may be needed in late May or early June. Remember that the best defense against lawn weeds is a healthy, thick turf resulting from good management.

Trim back perennials and ornamental grasses before the new growth appears in Spring. Clean up around plants and mulch well to protect.





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