

West Lake Hills ECHO

Volume 5, Issue 3

March 2016

Trowel and Error Mayfield Park Gardening Symposium

Saturday, April 2, 2016 Rain or Shine!!

9:30 A.M. - 1 PM

Mayfield Park 3505 W. 35th Street Austin, Texas (next to
Laguna Gloria Art Museum)

On April 2, historic Mayfield Park combines topics dear to the heart of Central Texas gardeners in a series of “must hear” lectures.

- • 10 AM Jenny Peterson, landscape designer, author *Healing Gardens: Body, Mind, Spirit*
- • 11 AM Eva Maria VanDyke, insect advocate *Gardening on the Wild Side*
- • 12 noon Keri Anderson, terrarium designer *Terrariums Today: Go Undercover With Seeds and Plants*
BRING YOUR GARDENING QUESTIONS!!

What’s a garden event without a plant sale? Mayfield has the best deals in town for hard-to-find heirlooms and other perennials perfect for the April garden. A “garden goodie” raffle for the discerning gardener will round out the day.

As always, Trowel & Error benefits one of Austin’s favorite and enchanting parks, historic Mayfield. Guests tour the restored Mayfield-Gutsch home, surrounded by stone-walled gardens patterned in the 1920’s after the cottage gardens of England. Towering palms, flowering trees and perennials line meandering paths set among ponds filled with water lilies and fish. Gregarious peacocks supervise overflowing flower beds planted and maintained by community volunteers.

Sponsored by Friends of the Parks of Austin, a non-profit organization, TROWEL AND ERROR is the solitary fund-raiser for historic Mayfield Park. Although admission is free, a \$5.00 donation is requested.

For more information: 512-453-7074 , neenok@aol.com or mayfieldpark.org



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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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AUSTIN'S LIVE MUSIC RUNNING EVENT TAKING PLACE ON == APRIL 3 ==

North Austin is home to the Austin 10/20, the only race in town that can truly claim to be Austin's Live Music Running Event. The 5th Annual Austin 10/20 is a family friendly race that will be held on April 3 at the Domain. The 10 mile running and walking event will have 20 stages of live music along the course and a Headliner Concert featuring Grammy nominated rock band Fastball at the Finish. Over 5,000 participants are expected to attend.

From local bands, to local prize money, to a featured local charity (Capital Area Food Bank of Texas), the Austin 10/20 showcases all things that make Austin the best city in Texas.

Since the beginning of the Austin 10/20 in 2012, over 400 local bands have applied to play at the annual race but only twenty of the best can be selected each year. These talented bands are positioned every half mile along the route to keep athletes motivated and rocking as they move along.

Last year's winner Kenneth Rotich covered the race course in just 49:27. Runner up Erik Stanley was right on his heels finishing just a second behind in 49:28. Stanley was also the Travis County Champion and the winner of a special prize money purse available to the top five local male and female finishers.

Don't let the fast times discourage you as athletes of all abilities are welcomed and encouraged to participate. In addition to tons of music, the Austin 10/20 offers plenty of course support – water stations, cold towel stations, cheer zones and portapotties locations along the route to make race day enjoyable for everyone. The generous three hour time limit allows for walkers to participate.

Waiting at the Finish Line for all participants is a dazzling finisher medal and a rock 'n' roll Post Race Party with free beer (must be 21 or older). Rock band and Austin trio, Fastball will take the Main Stage at 10:30 AM. Friends and Family are welcome to cheer on their runners and stay for the Finish Line Concert.

The Austin 10/20 is sponsored by Third Base Sports Bar, Corner Bakery Café and Lyft. Turnkey Operations produces the race and is based in Austin, TX.

To learn more about the Austin 10/20 or to register for the race, visit Austin1020.com.

TENNIS TIPS

By USPTA/PTR Master Professional, Fernando Velasco



How to execute The Half Volley

In previous newsletters, I offered tips on how to execute a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, and the serve. In this issue, I will give you instructions on how to execute the half volley, which is usually played between the base line and the net. The player is not close enough to the net to hit it on the air and/or does not have enough time to retrieve back to hit it on the top of the flight. The ball is usually hit right after it hits the ground. In these pictures student Liz Stanis from the Grey Rock Tennis Club demonstrates the proper form and technique.

Step 1: The Split step: When the player realizes that she will have to play the ball right after it hits the ground, the player will stop and take the split step by bouncing off her toes at the same time and let her body lean forward to react to the ball. Both hands are on the racket so it can react to either move to the left or to the right. Eyes are focused on the incoming ball.

Step 2: The Back Swing: The secret of the half volley is to take the racket back early and have a short back swing. Also, it is critical to lay the wrist back slightly to allow for a good point of contact in front of the body. The player will then bend her knees and lunge forward to hit the ball as soon as it hits the ground. Notice the concentration of keeping her eye on the ball.

Step 3: The Point of Contact: As soon as the ball starts to rise, the player will make the contact with the ball and will aim to go away from the net person. Her eyes are focused on the point of contact and the left hand is still close the body for better balance. The left knee is still bent and the left toe is pointing toward the point of contact.

Step 4: The Finish: Once the ball leaves the racket, the left knee has now almost straightened up and the follow through is above the players' head. This will allow the ball to go high over the net and will land deep toward the baseline. The opponent will have to back off to hit the next ball, or will also be forced to hit another half volley. The left hand is ready to hold the racket on the handle to anticipate the next shot, which probably will be the volley.

Look for in the next Newsletter: The One Handed Backhand Volley

HOPE4MINDS Amplifies Hope for Children with Acquired Brain Injury with \$10,000 Matching Grant from DOCUmation

Volunteers and Donors to Kick Off 2016 Amplify Austin Fundraising Campaign at The Dogwood on March 8th



HOPE4MINDS, an Austin-based nonprofit that provides charitable support to Texas families of children with an acquired brain injury, aims

to raise \$30,000 in its 2016 Amplify Austin campaign that kicks off at 5:30 p.m. on Tuesday, March 8, at The Dogwood, 715 W. 6th Street in Austin. The Kickoff Party goes until 10 p.m. with live music from The Fixer & the Flaw & Mike Reardon Blues and complimentary appetizers from 6 to 7 p.m. The Dogwood will generously donate 10% of all alcohol and food sales to HOPE4MINDS during the party.

DOCUmation, a leading provider of business technology solutions from printing to document management systems, will match donations to HOPE4MINDS up to \$10,000. HOPE4MINDS is supported by more than a dozen individual fundraisers of all ages through Amplify Austin's website. Learn how to make a donation by searching "HOPE4MINDS" at www.iliveheregivehere.org/amplify-austin or go to www.hope4minds.org.

Since 2012, HOPE4MINDS has provided more than \$296,000 in services to families. They help families pay for things such as therapy, treatments, equipment, and home renovations that are not covered or only partially covered by insurance. They have a monthly support group in Austin, along with a Parents-4-Parents Support Program. They also offer CPR/First Aid Trainings and Concussion Baseline Screenings in the Austin area.

"HOPE4MINDS is truly changing the lives of the families it supports and our team wants others to know about the incredible impact they are having on kids' lives," says Denise Bodman, Real Estate Advisor for Engel & Völkers who has supported HOPE4MINDS as a donor and volunteer since its inception in 2011. "Amplify Austin is a unique opportunity to rally our community to learn what HOPE4MINDS is all about and to rally our community behind their cause."

According to The Center for Head Injury Services, approximately 1 in 500 school-age children each year receive a head injury severe enough to be hospitalized. Although families are eligible for state and federal financial support, funding is limited, and families are forced to pay for medical care on their own. A child who survives a head injury face a wide range of conditions, including short-term memory loss, a decline in functions such as reasoning, judgment, and synthesizing information; anomia, or difficulty with words, as well as visual disturbances. Other effects may include ataxia, or a lack of coordination; apraxia, or an inability to coordinate a familiar movements such as brushing teeth, combing hair, using eating utensils; spasticity, rigidity and myoclonus, disorders which can include a tendency toward jerky motions and trembling; and quadriplegia, a weakness of the arms and legs.

The HOPE4MINDS mission is to foster hope and enrich the lives of children with an acquired brain injury through support and education. For more information, visit www.hope4minds.org.



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XERISCAPE

Before you nix the xeriscape, know this: it doesn't mean you have to convert your lawn to a rock garden. Nor do you have to go cold turkey on turfgrass. But you do have to keep seven principles in mind.

www.gardenstylesanantonio.com

Coined in 1981 by Denver Water, xeriscape (xeris is Greek for dry) refers to the principles of matching low maintenance landscape with low water usage.

Xeriscape is not just rocks, cactus, agaves, synthetic turf, decomposed granite and rain barrels, although these could all be components of a xeriscape. A xeriscape in its simplest form is minimal lawn, native flowering perennials and shrubs with no more than two inches of mulch, and pervious patios or decks.

THERE ARE SEVEN PRINCIPLES OF XERISCAPE. THEY INCLUDE:

1. Planning and design
2. Soil amendment
3. Efficient irrigation
4. Appropriate plant selection
5. Mulch
6. Limited turf areas
7. Appropriate maintenance

Now let's look at what these principles really mean.

PLANNING AND DESIGN

Always begin with a plan. Consider aspect, shade, slope, soil, and existing and desired species. Always have in the back of your mind the goal of one third lawn, one third beds and one third pervious patio or deck.

SOIL AMENDMENTS

Soil holds moisture. The more soil, the less supplemental water needed. One way to increase water holding capacity is compost. Add one inch of compost to the soil. Expanded shale, while not organic, is excellent for heavy clay soils.

EFFICIENT IRRIGATION

Of course, the most efficient irrigation is rain. But the second best is a hose. Let this sink in — an in-ground irrigation system will use 50 percent more water (70 percent in the summer) than a hose-end sprinkler or hand held hose. Which do you think does a better job of conserving water?

APPROPRIATE PLANT SELECTION

Pick a good shade tree or two. Enjoy some native plants or ones well-adapted to our area. An extensive list of options is available at GardenStyleSA.com.

MULCH

Two inches of mulch, whether organic like woodchips or river rock, is sufficient. Xeric plants prefer limited mulch.

LIMITED TURF

It's really simple. Lawns uses an excessive amount water. Therefore, reduce the size of lawns. The recommendation of weekly mowing suddenly becomes much easier.

APPROPRIATE MAINTENANCE

Excessive pruning and fertilization does more harm than good. Just keep it simple – mow weekly, prune perennials no more than three times a year, prune trees once every five years and fertilize once a year or use compost in spring and fall.



ZIKA VIRUS



Zika virus is transmitted by Aedes mosquitoes and there is no specific treatment or vaccine currently available. The best way to avoid getting the virus is to avoid being bitten by infected mosquitoes. About 20% of people with Zika virus actually get ill. Severe disease, requiring hospitalization, is uncommon and death due to the virus is rare.

The incubation period of Zika virus is thought to be a few days to a week, but is still unknown. Symptoms include fever, skin rash, conjunctivitis, muscle and joint pain, and headache. Symptoms tend to be mild and last from 2-7 days. Zika virus can be contracted through the bite of an infected mosquito, through blood transfusions, through sexual contact, and from mother to child during pregnancy.

The mosquitoes that are able to transmit Zika virus are also able to transmit dengue and Chikungunya viruses. These mosquitoes are daytime biters, but can also bite at night. Aedes mosquitoes lay their eggs in standing water- buckets, tires, tree holes, animal water dishes, etc.

To protect yourself from mosquito bites, wear light-colored clothing that covers as much skin as possible, use insect repellent (read and follow label instructions), use screening on doors and

windows, use mosquito netting (if needed) while sleeping, and reduce standing water areas.

For more information on Zika virus, please see the CDC website here <http://www.cdc.gov/zika/index.html>

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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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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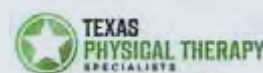
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Hosting a Foreign Exchange Student

Families host foreign exchange students for various reasons: to provide a learning experience for teens from another country, to forge friendships with their own children and to exchange cultural insights. The experience must be a good one, because some families host new exchange students year after year.

Hosting requirements are simple, says Vicki Odom, Senior Regional Director for AYUSA, a cultural exchange organization. Hosts “provide room and board, and a loving, nurturing environment,” says Odom, a host every year since 2009. “There’s no such thing as a perfect host family,” she says. Couples and singles, with or without children, and even empty nesters make good host families.”

Application Process

Participating in a foreign exchange program requires some paperwork to get started, followed by an interview process. Applications, which include background checks, “are not for the faint of heart,” admits Odom. “The safety of participants is the number

one priority,” she says. Much of the application process is designed to inform and prepare potential host families for their upcoming experience.

Cost of Housing a Student

Hosting an exchange student can add to your food bill, admits Odom. “It’s not so bad if you merely provide what you would normally buy for your family,” she says. Visiting students usually have their own spending money and are expected to buy their own cosmetics and other items. A discussion about money and expectations at the onset of the student’s visit will likely smooth the way for the year.

Family Dynamics

“Sibling” rivalries can develop between visiting and host kids who are the same sex or nearly the same age. But usually, “it helps other kids learn to share when there’s an extra person in the house,” says

(Continued on Page 10)

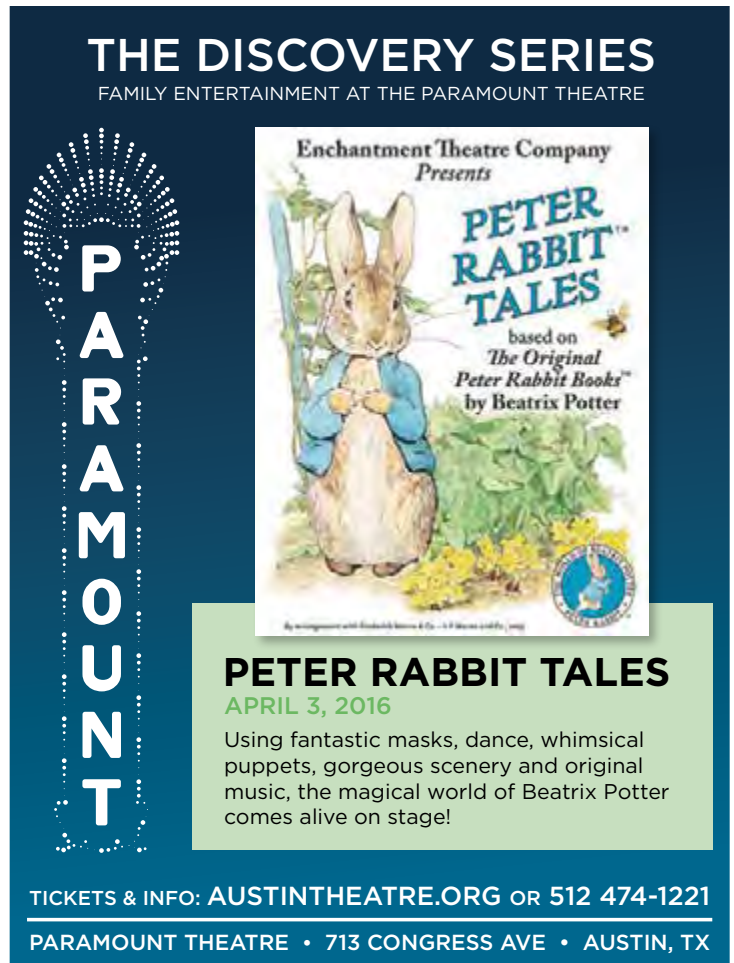


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The Echo

(Continued from Page 8)

Heather Wells, a Katy, TX mom who has hosted two students so far. “The exchange experience is often terrific for elementary-age kids in the host family, despite the age difference with a teen exchange student, because they learn so much,” says Wells.

“Hosting an exchange student can be a wonderful experience for the entire family,” states Vicki Odom. “It teaches your kids tolerance and gives them great respect for other cultures. It’s a way to learn more about the world without leaving home. You get a glimpse at least, by hosting a student. We can’t all be diplomats or ambassadors, but this is something American families can do to make a difference.”

30+ Years Connecting People & Cultures

Ayusa is a non-profit organization founded in 1981 to promote global learning and leadership through foreign exchange, study abroad, and leadership programs for high school students from the U.S. and 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 or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.

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– Jameson and Christina Shaw, 2015 Buyer



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