

West Lake Hills ECHO

Volume 6, Issue 3

March 2017

TROWEL AND ERROR

Mayfield Park Gardening Symposium

Saturday, April 1, 2017 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 1, historic Mayfield Park combines topics dear to the heart of Central Texas gardeners in a series of “must hear” lectures.

- 10 am Jay White, contributing editor for Texas Gardener, Masters in horticulture [Pest-free Organically](#)
- 11 am Patty Leander, Texas master gardener vegetable specialist, contributing editor for Texas Gardener [Tiny Garden/Small Garden: From Microgreens to Hay bales](#)
- 12 noon Bruce Leander, biotechnology, art, photography, golf, “sort of” the Photographer in Residence at Lady Bird Wildflower Center [It's a Snap To Take Good Garden Pictures: A Few Simple Tricks to “Develop” Outstanding Digital Pictures.](#)

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 fundraiser 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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City of West Lake Hills	www.westlakehills.org

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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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DARRELL K ROYAL RESEARCH FUND FOR ALZHEIMER'S DISEASE FUNDS NEW CAREGIVER SUPPORT AND EDUCATIONAL PROGRAMS FOR IN HONOR OF EDITH ROYAL

The Darrell K Royal Research Fund for Alzheimer's Disease announces the funding of the 2017 Edith T. Royal Care Initiative. This series of trainings, support opportunities, and disease-specific education will be offered to the general public, caregivers and those affected by AD through Alzheimer's Texas, a charitable organization founded in 1982 that provides education, support services, respite care, and professional training to individuals and families dealing with AD and related diseases in central Texas.

"We are honored to receive the 2017 Edith T. Royal Care Initiative grant funding. Alzheimer's Texas proudly supports the great work of the Darrel K Royal Fund for Alzheimer's Research and their commitment to excellence in research and care for Texans. This effort named in honor of Mrs. Royal will go far in providing meaningful, quality services and programs to caregivers in Texas," states Christian Wells, President of Alzheimer's Texas.

The 2017 services that will be offered to the community include 45+ monthly caregiver support groups, a monthly Alzheimer's 101 class, a caregiver education series, Lewy Body dementia education forum, the Annual Alzheimer's Symposium on April 28, 2017, tele-group support, Effective Communication classes offered throughout Central Texas, among many other programs. For specific schedules, please visit: www.txalz.org.

The DKR Research Fund's officers include Ava Late, Chair; Ben Crenshaw, Vice-Chair; Debbie Hanna, President; and Directors Julie Crenshaw, Rita Hortenstine, David Kazen, Mike Myers, Laurée Moffett, and Don Reese.

The board of advisors includes Beau Armstrong, Mack Brown, Lisa Dawson, Eloise DeJoria, Frank Denius, Melissa Edwards, Larry Gatlin, Angie Harmon, Alfred Jackson, Red McCombs, Matthew McConaughy, Jim Bob Moffett, Kit Moncrief, Willie Nelson, and Corby Robertson.

About the Darrell K Royal Research Fund for Alzheimer's Disease

Established in 2012, the Darrell K Royal Research Fund for Alzheimer's Disease is building a legacy of lasting significance in honor of a man whose contributions to the lives of so many cannot be measured. The DKR Fund is taking a lead in providing a high profile and increased national awareness of Alzheimer's Disease (AD), as well as Mild Cognitive Impairment (MCI), Traumatic Brain Injury (TBI), and related diseases. With no cure or drugs currently available to alter the course of these diseases, the DKR Fund is helping advance the pace of research by funding researchers in the state of Texas. Coach Royal's legacy continues to give a voice and face to a disease that has too long been hidden behind closed doors. For more information, visit www.dkrfund.org.

FREE EDUCATIONAL CAREGIVER SERIES PROVIDED BY ALZHEIMER'S TEXAS

During the months of March and April, Alzheimer's Texas will be holding free seminars for individuals who need guidance to take care of someone suffering from Alzheimer's or related dementia.

Lead by Steve Catoe, Certified PAC Trainer and Certified Validation Worker, these seminars provide complementary caregiver education on topics particular to caring for someone with Alzheimer's disease or related dementia. All sessions will be held at the Alzheimer's Texas office, 3520 Executive Center Drive, Suite 140, Austin, TX, 78731. Following are the dates and topics of each session:

Tuesday, March 14th Part I

Introduction to Alzheimer's: ALZ 101 6:00 – 7:15 pm

What is Alzheimer's, Diagnosis and treatments, Stages, How to cope

Tuesday, March 21st Part II

Behaviors and Communication 2:00 – 4:00 pm

Preserving Dignity and Sexuality, Agitation, Combativeness, Hallucinations, Communication Techniques

Tuesday, March 28th Part III

Activities of Daily Living 2:00 – 4:00 pm

Bathing, Eating, Dressing, Toileting, Hydration and Nutrition, Safety, Driving, Activities

Tuesday, April 4th Part IV

Care for the Caregiver 2:00 – 4:00 pm

Getting support, Adjustment and Grief, Caregiving Issues, Communicating with Family and Physicians

Registration is required due to limited class size. Please call (512) 241-0420 or email Rose, rrodriguez@txalz.org if you would like to attend.

Alzheimer's Texas provides information, referrals, and a variety of support programs for those with Alzheimer's disease and related dementias, and their family members, caregivers and professionals. Alzheimer's Texas serves 17 counties and has proudly served Central Texas since 1982. For more information visit www.txalz.org.



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Searching for a Forever Home.

By Megan Ransom



Meet 17-year-old Aurilena and her sister, 16-year-old Lorna! Aurilena and Lorna are looking for a forever home. They need to be adopted by a family who has experience in raising teenagers. It is important that the forever family for these children understand that they are very bonded to each other. They would love more than anything to be adopted together. Learn more about the girls on the Heart Gallery of Central Texas website: heartgallerytexas.com

The Heart Gallery of Central Texas, a program featuring portraits of Central Texas children in the foster care system who are available for adoption. We believe through working together, our community can raise awareness around adoption, foster care that leads to permanency for our waiting children.

SUDOKU

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View answers online at www.peelinc.com

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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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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.

MARCH MARKS NATIONAL NUTRITION MONTH

Five Key Nutrition Tips for a Health Lifestyle

March is National Nutrition Month, and it marks the perfect time to assess the foods you eat and commit to a healthy lifestyle. It's never too late to make healthy eating a part of your everyday life and DyRell DiLorenzo, Hospitality Site Manager at Baylor Scott & White Medical Center – Lakeway, is ready to help get you started with these five key tips:

- **Highlight fruits, vegetables, and whole grains** - This category should be 45-60 percent of your daily calorie intake.
- **Fiber, fiber, fiber** - Fiber is important for our bodies during the digestion process, as it slows down how we process these foods.
- **Embrace lean proteins** - This includes poultry, fish, beans, egg whites, nuts, and other lean meats. 15-25 percent of our diet should come from proteins, according to the USDA.

- **Don't fear fats** - Although fats sound like something we should stay away from, it is essential to get between 20-30 percent of your daily calories from fats. Good fats include, olive oil, nuts, seeds, avocado and fatty fish.

- **Moderation is key** - Just because you are eating healthy doesn't mean you can't indulge on occasion. Just be wary of your sugar and calorie intake, read the ingredients, and decide "is this really worth it?"

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and stabilizing your mood.

The Echo

Red Imported Fire Ants

TEXAS A&M
AGRI LIFE
EXTENSION

I was making dinner the other night and my kiddo was outside playing. He came rushing in panicked. He discovered the fire ants of the season. While I knew it was inevitable, I was hoping that it would occur a bit later in the year. But, it's true. Fire ants have begun to yet again, dot the landscape with their mounds.

Spring time is usually when people see fire ants swarming (although it can also happen in the fall). Swarming is a reproductive process that usually occurs on warm days after a rain event. Winged males and females leave the mound and fly into the air to mate. After mating, they fall to the ground where males die and females break off their wings and search for a location to establish a new colony. Mated females dig a small chamber in soil, lay a few eggs and rear those young by themselves until the young become mature worker ants. At that point workers take



Fire ant queen without wings.

over colony functions and the queen continues to expand the population of the colony by laying more eggs.

While searching for a new colony location, many mated fire ant queens are killed by lizards, birds, spiders, other ants, and often my shoe stomping on them. Queens that survive can be managed by broadcasting fire ant bait over your entire property. New colonies are usually very small and may not have substantial mounds for locating easily for individual treatment. When worker ants forage for food, they would have the opportunity to locate, pick up, and carry fire ant bait back to the colony to share with other ants including the queen.


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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A large blue circular logo with a white stylized 'P' and a leaf-like design. To the right, a red banner contains the text 'ADVERTISE Your Business Here Call 512.263.9181 for details'. Below the banner, the website 'www.peelinc.com' is listed.

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