

West Lake Hills ECHO

Volume 6, Issue 7

July 2017

26th ANNUAL ALZHEIMER'S TEXAS WALK OCTOBER 7, CAMP MABRY

"What's Raised Here, Stays Here! 100% Local!"



This year marks the 26th Annual Alzheimer's Walk for support, care, and research hosted by Alzheimer's Texas. The walk will be held on the morning of October 7 at Camp Mabry in Austin,

Texas. Alzheimer's Texas, a local nonprofit organization serving Central Texas for 35 years, separated from the National Alzheimer's Association in January 2016. As a result, 100% of the funds raised will remain local to be used here in Central Texas. Along with the new logo, Alzheimer's Texas changed its signature colors to blue and gold.

"We are, and always have been, deeply committed to providing families in Central Texas with compassionate services that are relevant to their needs, like our caregiver support groups and great educational programs," says Christian Wells, President of Alzheimer's Texas. "When people walk with us on October 7th, they know that they are supporting the services they value and will directly touch the people living with Alzheimer's in Central Texas."

The 2017 Honorary Family is The Amos Family. The Amos Family Team has participated in the event for several years and is led by family member, Sharhonda Broaders. "The Walk has always been a fun local event, but now more than ever it is an opportunity for Central Texans to get together to celebrate the difference we're making on a local level, for those affected by Alzheimer's, like the Amos Family," says Wells.

The Alzheimer's Texas Walk will be held Saturday, October 7 at the Camp Mabry, with check-in beginning at 8:15 am. There are two scenic

routes for Walkers to enjoy, a 1 mile course and a 2.5 mile course. In addition to the Walk, the event will feature food, music, activities for kids, prizes, and more. All participants who raise \$50 or more will receive a free event T-shirt. Teams who raise the most money and have the most members are recognized along with top fundraisers. To learn more and register for the 2017 Alzheimer's Texas Walk and keep your fundraising dollars for Alzheimer's local, visit www.txalz.org/walk.

About Alzheimer's Texas

Alzheimer's Texas is dedicated to eliminating Alzheimer's disease through the advancement of research and to enhancing care and support for individuals with Alzheimer's disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour help line, support groups, respite care, educational and social engagement programs, and professional training. Alzheimer's Texas was founded in 1982 and serves Central Texas. For more information, visit www.txalz.org.



IMPORTANT NUMBERS

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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

SCHOOLS

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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

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Peel, Inc.	512-263-9181
Editor.....	westlakehills@peelinc.com
Advertising.....	advertising@peelinc.com

ADVERTISING INFO

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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8

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Introducing: "GET TO KNOW YOUR NEIGHBOR"



We are all very fortunate to call West Lake Hills home. But, West Lake Hills is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so

busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making West Lake Hills a better place to live, please let us know. We would like to introduce them to your neighbors.

SUDOKU

View answers online at www.peelinc.com

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		5	4			1		
			5				7	
			9					
	1				8			
2	8	6	3		1			4

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NATURE WATCH

COMMON CENTAURIES

by Jim and Lynne Weber

As members of the Gentian Family, there are many species of *Centaureum* worldwide, and three of them are native right here in Central Texas. The genus was named after the centaur Chiron, famed in Greek mythology for being a great healer through his skill in using medicinal herbs. Herbalists today still use the extract from certain species in this genus, commercially often called 'stomach bitter', to aid in the process of digestion. More recently, molecular studies have reclassified the genus, and the species that belong to the 'Texas group' have been renamed *Zeltnera*.

Mountain Pink (*Zeltnera beyrichii*), also called Meadow Pink, Catchfly, or Quinine weed, is an annual herb less than a foot tall and best described as a neat bouquet of small, pink flowers. Blooming May through July, Mountain Pink sprouts up like an



Mountain Pink Bouquets

inverted cone 8 to 12 inches high, on rocky hillsides, limestone outcrops, and along gravelly roadways. Its leaves are threadlike and are held below the multiple 0.5 to 1.0 inch wide showy pink five-petaled blooms that provide nectar for moths, butterflies, bees, and other insects. Pioneers used this plant as a medicinal plant to help reduce fevers, which is the origin for one of its common names.

Lady Bird's Centaury (*Z. texensis*) is named in honor of Lady Bird Johnson, and is a delicate plant 3 to 7 inches tall with an open, branched habit. Found in dry, grassy areas of the Edwards Plateau and Blackland Prairies, its leaves are linear and shorten in length on the upper part of the plant. Smaller than the other *Centaureum* species, its light pink five-petaled flowers bloom June to August, and are only about 0.25 inches wide.

(Continued on Page 5)

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(Continued from Page 4)



Lady Bird's Centaury

occur in an open array along the stalks, and have distinct, spirally curved, yellow pollen-producing anthers. Of all three species in our area, this one is a bit less common.

Long used in herbal medicine, today's science has discovered another interesting pharmacological feature of plants such as Centaurium in the Gentian family. They naturally produce organic substances called xanthones that exhibit antioxidant properties, which are thought to inhibit microbial infection,

Rosita (*Z. calycosum*), also called Shortflower Centaury, Buckley Centaury, or Arizona Centaury, prefers moist, open areas in otherwise dry habitat, along streams, on hillsides, and in prairies and meadows with intermittent drainages. An erect, branching plant up to 18 inches tall, it has larger, oblong leaves at the base and smaller linear leaves on the uppermost stems. Blooming May to July, the rose-pink five-petaled flowers are 0.5 to 1.5 inches wide,



Rosita

inflammation, proliferation of cancer cells, and the aggregation of platelets, among other benefits. Not a bad resume for these common centauries!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our two books, *Nature Watch Austin* & *Nature Watch Big Bend*, both published by Texas A&M University Press, and our blog at naturewatchaustin.blogspot.com.

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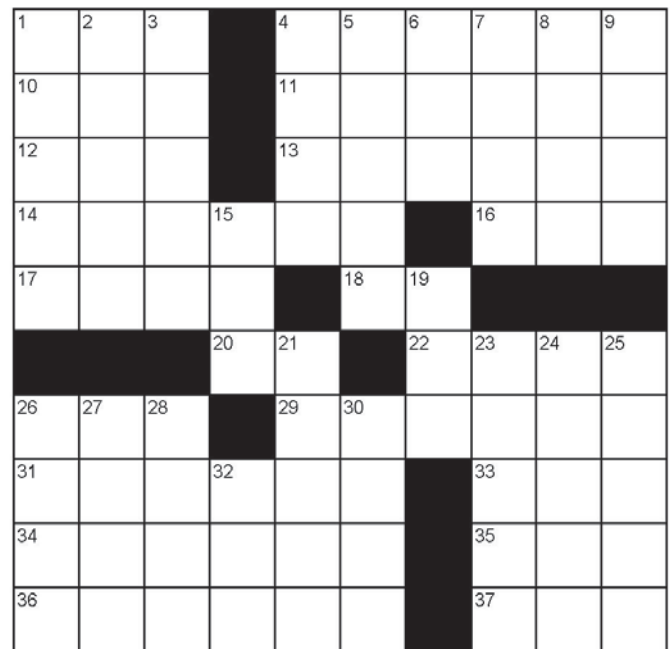
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ACROSS

1. Middle
4. Preoccupy
10. Is
11. Properly
12. Pat
13. Aviator
14. "Eagle" constellation
16. Most basic
17. Baseball glove
18. Road (abbr.)
20. Scale note
22. Object
26. Danish krone (abbr.)
29. Canyon
31. Wild beast
33. Digital audio tape
34. Movie "Total ___"withdraw
35. Genius
36. Handy
37. Type of partnership

DOWN

1. Dame
2. Iranian's neighbor
3. First public appearance
4. Opaque gem
5. Thistle
6. Title of respect
7. Austin novel
8. Block
9. In __ (together)
15. __ A Small World...
19. Division (abbr.)
21. Toothbrush brand
23. Large wave
24. Found
25. Doled
26. Drat!
27. Joint
28. Costa __
30. Unite
32. Mutil

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HOW IT WORKS:

Go to carryinghope.com, click "Make a Hope Pack," select the age and gender of a child you would like to help and go shopping to create a Hope Pack — a backpack stuffed with new items geared to help meet the needs of a foster child during their first 48 hours in a new home. Hope Packs contain everything from essentials (diapers and pajamas) to comfort items (stuffed animals and story books) designed to provide immediate comfort for an overwhelmed, frightened child while allowing foster parents to spend those first crucial hours bonding rather than rushing to the store. Each Hope Pack always belongs to the child, even if he or she is later placed in another home.

WHO CAN HELP:

Everyone — especially kids! Carrying Hope welcomes and encourages kids to be part of the entire volunteer process. After all, no one is a better expert at picking out things for kids than other kids!

ADDITIONAL INFO:

Drop off your completed Hope Pack and stick around as long as you can for some family-friendly fun and to learn about additional ways to help foster children in the area.

Find out more: www.carryinghope.com



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