

West Lake Hills ECHO

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Get to Know Your Neighbors



Karen Elisabeth Knight has had a penchant for enhancing her community, like leadership in the Rollingwood Women's Club before she moved to West Lake Hills where she renovated her own mid-century Stenger home to receive the Austin Energy Green Building program's 5-star rating, demonstrating clearly that it is

possible to integrate modern architecture in an energy-positive environment.

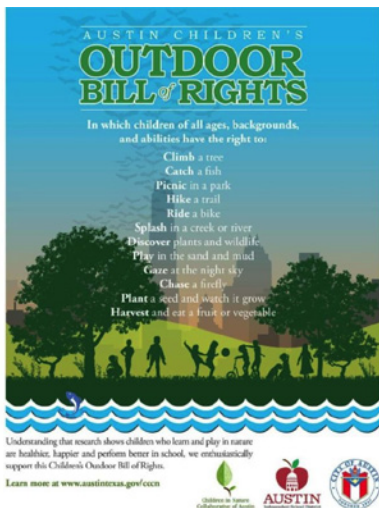
With an academic and professional background in communication and marketing, Karen Knight has developed an enduring passion for energy policy, civic ecology, and high-performance architecture. Her mother has also been an environmental professional, advocate and volunteer; and she is proud that Karen

has adopted an environmental focus and career. Karen's certifications include Biomimicry for the Built Environment Inspired by Nature, Biomimicry Thinking for Social Innovation, Holistic Management International Whole Farm Planning Program for Beginning Farmers and Ranchers, Understanding the Living Building Challenge, Foundations of Generative Leadership, and Energy

Technology & Policy.

As an Ambassador for the Living Building Challenge (LBC) in Austin, Karen is trained through the Ambassador Network to deliver informal introductory presentations to peers, local organizations, institutions, companies and community groups. She aspires to the LBC mission, "to transform communities to be socially just, culturally rich and ecologically restorative." She believes that "each and every person is a part of a community, and it becomes a beautiful world, that we create together, when each one of us uses our unique gifts and talents in service to community." She has supported the healthy engagement of kids with nature through the Shoal Creek Conservancy, Austin Families in Nature, and the Dell Children's Medical Center Trust. Along with her partner, Graham Pierce, she is currently stewarding 67 acres at Ardor Wood Farm in Red Rock, TX to be shared as a holistic, regenerative wildlife and human retreat experience.

Karen Knight has a new temporary role with the Austin Parks and Recreation Department to assist with the Cities Connecting Children to Nature (CCCN) grant and program implementation. In January, Austin passed the Children's Outdoor Bill of Rights; and as a result of Austin's CCCN collaboration, Austin is 1 of 7 cities to receive the CCCN grant. Currently a key imperative is the Parks and Recreation Department/AISD "greening schoolyards initiative", and UT is handling the collection and analysis of success metrics. There is lots of research on the benefits to physical and mental health by connecting kids and families with nature, and Karen and Austin are committed to that.



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

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Clara Jane Lack will attend Cornell University in Ithaca, New York. She graduated with honors from St. Stephen's Episcopal High School.



SUMMER'S STILL HERE... AND SO ARE SWIM LESSONS AT THE Y

Summer may be winding down, but families are still hitting the water to cool off. That's why it's never too late to learn how to swim. And the YMCA is here with classes available year-round to keep kids safe.

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Lake Travis Retired Physicians to Meet in September



Lake Travis Retired Physicians will host Dr. Johnny Shane Ross on Wed., Sept. 6, from 11:30 a.m. to 1 p.m. at The Hills of Lakeway. Dr. Ross specializes in physical medicine a rehabilitation for Vibra Rehab Hospital of Lake Travis. His topic will be

current concepts in inpatient acute rehab, and outpatient wound care and hyperbarics.

Retired physicians and their guests are welcome to attend. Reservations are required. Buffet lunch is Dutch treat at approximately \$20/pp. For information, contact Dr. Bill Evans, group chair, at 512-261-3536, or by email to club organizer Pat Evans, patevans39@gmail.com.

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.

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How Would You Tell Your Child That You Have Cancer? Or Explain Why Dad Can't Give Piggyback Rides Anymore?

THREE TEXAS ORGANIZATIONS PARTNER TO OPEN SAN ANTONIO'S FIRST WONDERS & WORRIES – A THERAPEUTIC SPACE WHERE CHILDREN AGES 2-18 WHOSE PARENT IS SUFFERING A SERIOUS ILLNESS, CAN RECEIVE SUPPORT TO HELP THEM COPE

San Antonio physician Jeff Hallett knows a thing or two about talking to patients about illness. But when his wife, Robin, was diagnosed with breast cancer, they felt at a loss for how to tell their daughter, Rachel, aged 10.

"It doesn't matter your background or experience," Jeff Hallett, MD, said. "When you have to tell your child this kind of news, you want to do it the right way. And we didn't know how. So we called Wonders & Worries."

Wonders & Worries is an Austin-based nonprofit that teaches parents how to parent and kids how to cope during a parent's serious illness. It's the only program of its kind in the US, and first in San Antonio. It is the fifth office for the organization.

For the Halletts, they now have specialized support in their own backyard. "We have found Wonders & Worries to be a tremendous resource for us at a time when help is sorely needed," said Jeff Hallett, MD. "Robin and I can see that it has helped Rachel to cope with her mother's illness."

Since its inception in 2001, Wonders & Worries has served more than 6,500 family members in central Texas, and expects to reach about 100 San Antonio families in its first year. Services are offered free of charge and available in English and Spanish.

"The partnership between the START Center for Cancer Care, the Children's Bereavement Center of South Texas, and Wonders & Worries meets a growing need," said Pam Sparks, director of physician integration at the START Center. "Nearly 3 million children in the US are living with a parent who is battling or has survived cancer."

Executive director of Wonders & Worries, Alex Gabbi, agreed. "Austin doesn't have a monopoly on sick parents." Gabbi is not only the executive director, but also received services from Wonders & Worries when his late wife, Heather, was diagnosed with ovarian cancer. "I look at my three kids and know that our program works."

My children are well-adjusted and thriving because of what they learned from Wonders & Worries."

Rounding out this innovative venture is the Children's Bereavement Center of South Texas. "We are honored to partner with two premier organizations that have a vision of healing and understand the impact that it has on children," said Marian Sokol, PhD, executive director for the Center.

Wonders & Worries co-founder, Meredith Cooper, praised the initiative for executing the vision she's had for the organization from the beginning. "This is another step towards all children and teenagers being able to reach their full potential despite a parent's illness," Cooper said.

Counseling and support groups are offered at the START Cancer Center location in the San Antonio Medical Center area. Referrals are welcome from physicians and families facing cancer, ALS, Parkinson's disease, MS and other serious diagnoses. For more information or to schedule an appointment, visit:

www.wondersandworries.org or call 210-736-4847, ext. 247.



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WILDLAND FIRE PRECAUTIONS



With warmer temperatures and drying vegetation, residents need to be reminded of the need for wildfire/brush fire safety awareness and preparedness.

Do not park vehicles on the dry grass. The heat from the vehicle's exhaust system can cause the grass to catch fire.

Remove combustible materials from around your home. Keep grass mowed short.

Pack critical medicines, important documents, and family heirlooms to be ready to leave at a moment's notice.

Agree on an evacuation plan that includes what to do if you get separated and where you'll go in case of evacuation.

TEN SIMPLE STEPS TO PROTECT YOUR HOME FROM WILDLAND FIRE

Wildfire can strike home if you have not taken some steps to protect your house and property. The actions and precautions listed below are designed to help you prepare your home and lessen the threat of wildland fire damage to you and your property.

1. LPG/propane tanks should be far enough away from buildings for valves to be shut off in case of fire. Keep area around the tank clear of flammable vegetation.
2. Store gasoline in an approved safety can away from occupied buildings.
3. All combustibles such as firewood, wooden picnic tables, boats and stacked lumber should be kept away from structures.
4. Clear roof surfaces and gutters regularly to avoid build-up of flammable materials such as leaves and other debris.
5. Remove branches from trees to a height of 15 feet or more.
6. In rural areas, clear a fuel break of at least three times the fuel length around all structures.
7. Have fire tools handy such as: ladder long enough to reach your roof, shovel, rake and a bucket or two for water.
8. Place connected garden hoses at all sides of your home for emergency use.
9. Assure that you and your family know all emergency exits from your home.
10. Assure that you and your family know all emergency exits from your neighborhood.

Each family should be proactive to prepare for emergencies: Prepare a Basic Emergency Supply Kit; Make a Plan for Safety and Communicating with Family; Be Informed; and Get Involved in Preparing the Community.

A wealth of information to help you is available at:

<http://www.ready.gov/wildfires>

<http://txforests.tamu.edu/main/article.aspx?id=8512>

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CHINCH BUGS NO EASY FIX

Author: Nathan Riggs

The heat and high temps of July and August aren't the only culprits that take a toll on your landscape and lawn. If your St. Augustine grass is looking sad and jaundiced, it may be under attack.



Summertime means a lot of different things to people — grillin', fun in the sun, barefoot walks in the lawn and other outdoor activities.

Unfortunately, the hot temperatures in July and August also have a daunting impact on local lawns and landscapes by creating water stress. When St. Augustine lawns in full sun become water stressed in July and August, they fall victim to attack by the Southern Chinch Bug (*Blissus insularis*).

Chinch bugs suck the sap from the grass at the point where the blade emerges from the runner, or rhizome. As they feed on the sap, chinch bugs release saliva into the wound, causing the grass to turn yellow and die.

This yellowing usually begins at a central point and radiates in a circular pattern outward as the chinch bugs expand their feeding area. St. Augustine grass is a chinch bug's favorite meal, but Bermuda and Zoysia grasses may be attacked as well.

Here are a couple of ways to test for chinch bugs in the affected area.

- Drench method: flood an area on the edge of the sick grass with a soapy solution (2 tablespoons of liquid soap to 1 gallon water). If chinch bugs are present, they will emerge from the grass to get away from the soapy water.

- Flotation method: take a metal can with both ends removed and push one end into the ground at the border of the sick grass. Slowly fill with water and see if chinch bugs float up. Repeat for several different areas.

Once you've determined chinch bugs are present, you must target the infestation. To reduce chinch bug populations, treat a 15-foot radius around the damaged area with a liquid insecticide approved for turf grasses. It is NOT NECESSARY to treat the entire yard because a) non-target beneficial insects will be adversely impacted by the treatment, and b) chinch bugs won't be present in the entire yard.

After treatment, you must PATIENTLY rehab the affected turf areas. Do not overwater your grass in an effort to get it back to health because the root system is still recovering from the chinch bug onslaught. Instead, water thoroughly, but infrequently to encourage a deeper, more drought-tolerant root system.

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TEXAS A&M AGRI LIFE EXTENSION

CHIGGERS

Chiggers are the immature stage of a mite. They climb onto people walking through infested areas, crawl upwards, and wander around the body seeking a good site to settle down and feed. Feeding preference for these mites is in areas where skin is thinnest or where clothing fits tightly, such as the ankles, waist, behind the knees, and the groin area.

Chiggers do not burrow into skin as many people believe, so “smothering” them with nail polish is useless. When chiggers feed, they inject a digestive enzyme that breaks down skin cells which are then eaten. Itching and redness is caused by our body reacting to the enzymes injected into our skin. Itching typically begins 3-6 hours after being bitten, peaks at 24 hours, and can last up to two weeks.

The best way to avoid getting chiggers is to avoid infested areas. Since this is not always possible, here are some other things to try:

- Wear protective clothing- tightly woven items that fit loosely; including long sleeves & pants; shoes or boots
- Tuck pant legs into boots
- Avoid sitting on the ground
- Remove & launder clothing ASAP after being in infested areas
- Shower/ bathe after being in an infested area; scrub vigorously

with a washcloth

- Use an insect repellent with DEET or picaridin

To treat chigger infestations around the home try the following:

- Keeping lawn trimmed
- Maintain vegetation; do not allow weeds to grow up & keep brush cleared
- Targeted residual pesticide sprays, usually pyrethroids

For chigger bites:

- Do not scratch pustules; opening pustule might lead to infection
- Oral antihistamines or topical anti-itch creams to relieve itching sensation

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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