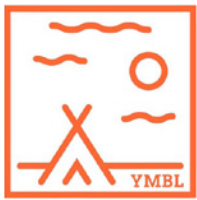




The Gazette

DECEMBER 2017
VOLUME 10 ISSUE 12

CHRISTMAS ON CONGRESS TO BE HOSTED AT PARAMOUNT THEATRE BENEFITTING ALZHEIMER'S TEXAS AND AUSTIN SUNSHINE CAMPS



**Austin
Sunshine
Camps**

Christmas on Congress is set to be an elegant and meaningful night where remarkable musicians and guests come together to support and further the

legacies of Alzheimer's Texas and Austin Sunshine Camps. Presented annually by the National non-profit, Music and Memory, this wonderful evening will lead with a goal of making music the gold standard for healing.

Christmas on Congress will take place on Friday, December 15th at the Paramount Theatre and will feature performances by Marc & Ted Broussard, Reed Turner, Jackie Venson & Eve Monsees, along with Roses & Cigarettes with Circling Drones & Jeff Anderson. For over 100 years, the Paramount Theatre has served as an essential venue in Austin, Texas. Paramount Theatre continues to play a significant role in supporting the many causes in the community that continue to make Austin, Texas unique.

Prior to the performance, a featured VIP reception featuring the top ranked chef in the world will be held on the balcony level. Award-winning chef, Matt Peters led the United States team to their first ever gold in the prestigious cooking competition, Bocuse d'Or. Prior to Peter's appearance, the United States had never placed higher than second place in over thirty years of the world's most elusive cooking competition. To enjoy this rare opportunity, email Matt Stanley for information on VIP ticket options.

Beneficiary, Alzheimer's Texas offers a variety of programs and services for people battling the disease, their families and their friends. These programs and services provide information, education, support and guidance for every stage of their Alzheimer's journey.

Serving the Austin, Texas community's youth through after school programs and summer camps, beneficiary Austin Sunshine Camps is one of the oldest continuously-operating nonprofits in Austin and has empowered generations of youth through education and outdoor experiences.

If you are interested in being a presenting sponsor, there are many levels still available. Please contact Matt Stanley for details. For general admission ticket information, visit: <http://bit.ly/2ziRO8m>. For more information regarding release material, please contact: Matt Stanley, Founder/CEO of Sundance Memory Care and Hinson-Matthews, at mstanley@hinsonmatthews.com.





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NOVEMBER ELECTION TURNOUT

More than 23% of voters in Precinct 366, which encompasses much of Western Oaks, voted in the local November 2017 election.

The next election will be the state-wide primary election on Tuesday, March 6, 2018. Candidates seeking state-wide office, state representative, congressional representative, as well as positions within Travis County, will be vying for their party's nomination.

Early voting will begin Tuesday, February 20 and will last until Friday, March 2, 2018.

Are you registered to vote? You have until Monday, February 5 to register. Contact tcprecinct366@gmail.com to receive a voter registration form. If you are already registered to vote, but need to change your address or name, visit votetexas.gov.



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Pedernales Electric Cooperative	
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Problems	512-219-2628
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New Service	1-800-288-2020
Repair	1-800-246-8464
Billing	1-800-288-2020
Allied Waste	512-247-5647
Time Warner Cable.....	512-485-5555

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Street Light Outage (report pole#).....	512-505-7617

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SHARE YOUR AMERICA



What if you didn't have chocolate chip cookies, Dr. Pepper, corn dogs or *gasp* Tex-Mex food or Whataburger? These are just some of the things that we

sleep in. The student can share a room with a same sex sibling that is within five years of their age. Each student comes with their own spending money and health insurance. Most of all, they come with an excitement to learn all they can about our American way of life.

Hosting is a great way to learn about the student's culture as well, perhaps even learn a few new words in a new language. It's a way of opening a new world to your children as well. Most importantly, it's a way of making the world just a little bit smaller, so that we can all live in peace and harmony together.

If you are ready for this amazing experience, please give me a call, I'd love to talk with you more about it. I am one of the Houston area STS Local Coordinators, I've worked with foreign exchange students for seven years and have also hosted 13 students on my own. I can tell you anything you need to know about hosting. Please contact Vicki Odom at 832-455-7881 or via email at vicki.stsfoundation@gmail.com.

STS Foundation is a 501(c)(3) not for profit organization who mission is to facilitate educational opportunities where all participants can break down cultural barriers, and gain respect and understanding of each other's way of life.

take for granted every day. Imagine having a whole year to experience new foods, a new culture, a whole new life! That's what hosting an exchange student is all about!

STS Foundation is currently looking for families for the 2018/2019 school year. What does it take to be a host family? STS accepts all types of families, be it single parents, young marrieds, empty nesters or same sex couples – we are looking for families that are willing to Share their America with a high school student for the year. All you need to provide is three meals a day and a room for them to

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"It is my goal to deliver the highest quality and most effective care to patients suffering from varicose veins and venous reflux disease in a caring and safe environment." -Michael Di Iorio, MD, RPVI, RVT, RPhS



NEW TECHNOLOGY FOR BOWIE HIGH SCHOOL STUDENTS

By January, 2018 every student at Bowie High School will be assigned their own computer. The Austin Independent School District's EVERYONE: 1 initiative extends the opportunity for every students to take a computer home. The current state of the art for these computers is a laptop that converts to a tablet with a touchscreen. This is known as a "two-in-one" Chromebook.

Students at several other AISD high schools received their Chromebooks earlier this year in the initials phases of the successful program and soon it will be Bowie's turn.

As the district explains, "Our children need today...to communicate, collaborate, be creative, think critically, connect, and be culturally proficient. These are the power skills, and the context is increasingly digital. In this digital context, access is crucial. Access to computers and the Internet provides resources for students to thrive. Ensuring everyone has access increases equity in many ways. It also opens the doors to transformative learning environments. It greatly increases the ability for teachers to design lessons that allow for flexibility in time, place, path, and pace for each learner. "Blended learning", as this is known, is more engaging and relevant for students, which

improves their learning outcomes. We can no longer view technology as separate from teaching and learning. Therefore, we embrace blended learning as a model which is a "blend" of face-to-face learning experiences AND digital learning experiences that influence and enhance one another.



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CARPET BEETLES



Carpet beetles adults can be found outdoors on crape myrtles or other plants where the adults eat pollen and nectar. The adults may also be found in rodent or bird nests. When these adults move into homes, they may lay eggs which can lead to problems.

These beetles can be pests in warehouses, homes, museums and other locations.

Carpet beetle adults are small, round to oval shaped and often brightly colored. Larvae are small, tan, and ringed with bands of long hairs.

Carpet beetle larvae feed on high protein foods, usually animal based, but they can also feed on plant material. They can be found in a variety of locations throughout the home. In the pantry, you may find them in items such as powdered milk, dried meats (jerky), or pet food. Other areas of the home they can be attracted to items made from wool, fur or feathers, areas where dead insects accumulate (i.e. light fixtures), leather book bindings, hair, silk or dried plant products. If the larvae are seen feeding on synthetic fibers, it is because the material is stained with body oils or food.

A program utilizing sanitation, exclusion and insecticides should be able to get a carpet beetle problem under control.

- Clean accumulations of hair, dead insects, and bird, rodent

or wasp nests

- Regularly clean rugs, carpets, upholstery, etc.
 - o make sure to get along edges, under cushions, and under furniture where debris may collect
- Inspect animal based items (taxidermied animals, leather, wool, silk, etc.) once a year to avoid infestations
- Keep pantry items/ dry goods in sealed, air-tight containers
- Infested items (if possible, depending on the items) can be heated or cooled to kill any beetles
 - o freeze 2 weeks at temperatures below 18°F
 - o heat for at least 30 minutes to temperatures above 120°F
- Insecticides should be used as spot treatments- make sure carpet beetles are listed on the label as well as the area/ item you are treating
 - o make sure the product will not stain

If you find a few adult carpet beetles in your home, squish them on vacuum them up. A few adults usually do not warrant a full treatment, but you should watch for a developing infestation.

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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Happy Holidays
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VARICOSE VEINS, NOT JUST A COSMETIC ISSUE

By Michael M. Di Iorio, MD, RPVI, RVT, RPhS. Medical director of South Austin Vein Center.



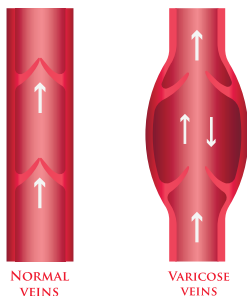
If you suffer from problems related to varicose veins and spider veins you are not alone! Venous insufficiency, also known as venous reflux disease, is the most common cause of varicose veins and affects nearly 30 million adults in the United States.

Veins serve an important function bringing blood back to the heart. We have two sets of veins in our legs, deep veins and superficial

veins. These veins have one-way valves that normally direct blood flow in one direction, toward the heart. When these valves fail blood can flow the wrong way and pool, increasing the pressure in the veins. This is called venous insufficiency and is the driving force behind the development of varicose veins.

Varicose veins are not just a cosmetic issue. They can cause pain, throbbing, heaviness, leg fatigue, restless leg and swelling often worse at the end of the day.

In more advanced cases patients can develop skin discoloration and even ulceration.



Risk factors include increasing age, a family history of varicose veins, professions that require long periods of standing or sitting, obesity and in women, pregnancy.

Unfortunately, venous insufficiency and varicose veins are a progressive problem and will only get worse over time. But don't worry treatment is available and covered by most insurances.

Diagnosis begins with a thorough examination



of the legs followed by a venous ultrasound. Ultrasound allows the vein



specialist to see under the skin, giving a clear picture of how the veins look and are functioning. Treatment may include one or a combination of minimally invasive procedures. These include endovenous ablation which closes the diseased vein down from the inside with heat, or alternatively, placement of a medical adhesive in the vein to seal it shut. Large ropey veins sometimes need to be removed through tiny incisions in a procedure called ambulatory phlebectomy and sclerotherapy is a procedure where medication is injected into a vein causing it to collapse and eventually be reabsorbed.

All of these procedures are performed in an outpatient setting and often take less than an hour. Pain is minimal and recovery is quick with most people returning to normal activities the same day.

If you would like more information on venous insufficiency and varicose vein treatment please visit www.southaustinvein.com



TIS THE SEASON FOR CHILDREN'S HOLIDAY ARTS PROJECTS

Make this holiday season a festive one with creative arts activities that children can do at home. Kids will enjoy the fun and easy projects that they can use as decorations or give as gifts. "Nothing makes the season more special than spending time with family," said John D. Kemp, CEO of Very Special Arts. "Fun arts projects that parents can do with kids add special meaning to the holidays and make gifts and decorations more special than any you can buy." Very Special Arts recommends the following holiday arts activities designed for young children:

- **ALL IN THE FAMILY!** Making puppets for holiday story games: Cut out and paste photos of family members on popsicle sticks and add other decorations to make puppets. Begin by telling a story about your family with the puppets. Encourage your child to tell their part of the story. Use stories of family celebrations and everyday activities. Encourage your child's participation by asking questions such as "What happened next?" and "What do you think the person did then?" Display the puppets with your holiday decorations.

- **WRAP UP THE SEASON!** Creating handmade gift paper and holiday cards: Provide your child with water-soluble markers, crayons or paint and large sheets of paper. Encourage your child to draw a self-portrait or paint a picture of his or her favorite holiday activity. Kids can also cut simple shapes out of heavy sheets of folded paper

to create a stencil. Open the stencil, place over another sheet of paper and color in the designs using markers or crayons. Help children write their own holiday message on the paper to practice writing and spelling skills. Children can then use the paper to wrap gifts or fold to make their own greeting cards.

- **KEEPSAKES FOR KIDS!** Creating a holiday book: To capture special memories, help your child create a holiday book. Provide sheets of paper, colored markers, brushes and washable paints. Turn the paper sideways and fold in half to form a book. Join your child in drawing pictures of holiday memories or family events. Guide your children in writing simple words or sentences to describe the drawing and then read their writing aloud to practice verbal skills.

- **BELLS AND WHISTLES!** Drumming up the sounds of the holidays: Have kids pick a favorite holiday song and produce the rhythm to accompany the song using homemade instruments. Use pots, pans and coffee cans to double as cymbals and drums, and add pencils and chopsticks with their ends wrapped with rubber bands for the drumsticks. To simulate the sound of bells, try a variety of bottles, partially filled with water, and tap them gently with pencils. Kids can sing along, then talk about the sounds and why the song is special to them.

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A BRIEF HISTORY OF CHRISTMAS TREE LIGHTS

Quoted and edited for length from Library of Congress and ThoughtCo.com

Before electric Christmas lights, families would use candles to light up their Christmas trees. This was often dangerous and led to many home fires. Edison created the very first strand of electric lights. In 1880, they were strung around the outside of his Menlo Park Laboratory. Edward H. Johnson (of the Edison Company) put the very first string of electric Christmas tree lights together in 1882. He hand-wired 80 red, white and blue light bulbs and wound them around his Christmas tree. The tree also revolved.

Until 1903, when General Electric began to offer pre-assembled kits of Christmas lights, strung lights were very expensive (\$2,000) and reserved for the wealthy and electrically savvy. The wiring required the hiring of the services of a wireman, our modern-day electrician.

Albert Sadacca is credited for seeing a future in selling electric Christmas lights. The Sadacca family owned a novelty lighting company and in 1917, Albert, a teenager at the time, suggested that its store offer brightly colored strands of Christmas lights to the public. By the 1920's Albert and his brothers organized the National Outfit Manufacturers Association (NOMA), a trade association. NOMA soon became NOMA Electric Co., with its members

cornering the Christmas light market until the 1960's.

Of course, incandescent lights are slowly being replaced with LED's which have the advantages of creating little heat, having longer life, and using less energy usage. While many came before and after him in this field, Nick Holonyak of G.E. created the first visible light LED (Red). Others followed with other vital colors.



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Betty Crocker Date-Filled Cookies

This recipe is from Betty Crocker's Picture Cook Book, Second Edition, 1956. My mom used Ethel's Sugar Cookie Recipe as the basic cookie.

MIX THOROUGHLY:

3/4 cup soft shortening (part butter)
1 cup sugar
2 eggs
1/2 tsp. flavoring (vanilla or lemon or a combination of the two)

Sift together and stir in:

2-1/2 cups sifted Gold Medal Flour
1 tsp. baking powder
1 tsp. salt

Chill dough. Roll very thin (1/16"). Cut 3" rounds or squares. Place on lightly greased baking sheet. Place a rounded teaspoon full of cooled filling on each. Fold over like a turnover, pressing the edges together with floured fork tines.

Temperature: 400 degrees F

Time: Bake 6 to 10 minutes

Amount: About 4 doz. 3" cookies

DATE, FIG, RAISIN, OR PRUNE FILLING

Cook together slowly, stirring constantly until thickened...

2 cups dates, figs, or raisins, finely cut up, or 2 cups mashed cooked prunes (2-2/3 cups uncooked)

3/4 cup sugar

3/4 cup water

Add, if desired...1/2 cup chopped nuts

Cool.

Filling is sufficient for about 5 dozen cookies.

Kids' Club

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