

West Lake Hills ECHO

Volume 7, Issue 2

February 2018

CIRQUE ITALIA IS THRILLED TO PRESENT THEIR NEWEST AND GREATEST CREATION - AQUATIC SPECTACULAR. YOU DON'T WANT TO MISS ITS DEBUT IN AUSTIN, TX!!

What comes to mind when you hear the phrase “Aquatic Spectacular”? Water, entertainment, excitement.....? You can expect all these things and so much more from the brand new themed Cirque Italia production with its perfectly fitting new title. After six years of enhancements, a rigorous casting selection, and countless performances nationwide, this newest form of Cirque Italia’s innovative and unique “traveling circus” spectacular production is set to be its finest to date.

Aquatic Spectacular came to life all thanks to its imaginative creator Manuel Rebecchi, along with invaluable direction and production management by Chanté DeMoustes. Cirque Italia’s brand-new theme show is an artistic blend of human abilities, technology and the element of water. This one-of-a-kind production combines water fountains, jet-skis, pirates, and more in a fun filled atmosphere all ages are sure to enjoy.

Performers from all over the world have been brought together under the enchanted spiral of the white and blue big top. The merging of their astonishing skills with the poetic element of water has led to the creation of a truly unforgettable experience. Cirque Italia has managed to create a beautifully unique theatrical production by combining the gracefulness of the human body with the calming fluidity of water, along with bursts of power and excitement as well.

Aquatic Spectacular offers two hours of high-end entertainment. Beautiful aerialists dazzle and shimmer on a chandelier high above the ground, but they aren’t the only ones that will draw your eyes toward the sky. You can expect to see contortion in a bubble, a Venetian aerial duo, and even someone hula hooping while in the air. Don’t worry about getting your eyes checked, you aren’t seeing double; there are TWO lasermen. Duo jugglers, duo roller-skaters,

the always breathtaking wheel of death.....the list goes on and on. It is even possible for a pre-historic dinosaur to make an appearance. Let your imagination wander, because anything is possible in this new whimsical production.

One might be concerned that such a spectacular entertainment opportunity is out of his/her price range, but Cirque Italia is committed to bringing a Las Vegas quality production to your hometown at an affordable price. They also feature many special offers and promotions.

Cirque Italia continues to contribute to the modernization of the performing arts and the circus industry by abiding by a strict animal free policy.

For more information visit www.cirqueitalia.com and make sure to check all our social media accounts.

When: February 2-5 & 8-11

Where: 2901 S Capital of Texas Hwy, Austin, TX 78746

At: Barton Creek Square

Located: In the parking lot near Dillard’s

Under the grand, swirling White and Blue tent!

- February 2 Friday: 7:30pm
- February 3 Saturday: 1:30pm, 4:30pm, & 7:30pm
- February 4 Sunday: 1:30pm, 4:30pm, & 7:30pm
- February 5 Monday: 7:30pm
- February 8 Thursday: 7:30pm
- February 9 Friday: 7:30pm
- February 10 Saturday: 1:30pm, 4:30pm, & 7:30pm
- February 11 Sunday: 1:30pm, 4:30pm, & 7:30pm

Box office hours:

The box office opens on-site on Tuesday, the week of the show.

Non-show days: 10am – 6pm

On show days: 10am – 9pm

You can purchase tickets through our website (cirqueitalia.com/tickets) or by phone: (941) 704-8572. We also respond to text message.

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

NEWSLETTER PUBLISHER

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

HITTING THE SLOPES THIS SKI SEASON?

Keep in mind these tips to preventing injuries on the slopes.

By Kelly Cunningham, MD, Sports Medicine specialist

As a former US Olympic Men's Ski Team physician and orthopedist, every year during the winter months I treat many ski & snowboard injuries in Austin recreational athletes of all ages and abilities.

For 15 years, as a traveling doctor for the team, I accompanied the athletes throughout the US, Canada and Europe on the World Cup tour and was responsible for the triage, stabilization, and treatment of injuries in these world-class skiers.

One of the most frequent questions I get this time of year from my patients who ski is

"How can I avoid hurting myself on the ski slopes?"

So what do I tell recreational skiers about staying healthy on the hill?

First and foremost, adjust to the altitude in your first few days. While there are medications that will improve your blood oxygen, they require a prescription and can have side effects. Perhaps the easiest to take along are low-dose aspirin or ginkgo biloba, as both are safe (unless allergic) and easy to take. Low-level exercise and lots of water (especially during the first night) are also key, as is abstinence from alcohol during the first 24 hours at altitude. Early trip moderation equals a better mountain experience!

Modern skis, boots, and bindings are universally safe now, unlike in decades past. Multi-release bindings help you come out of your skis safely in a fall and with less stress on your knees, the most commonly injured joint in a skier. Make sure they are set correctly.

Speaking of knees, in most solid, intermediate skiers, unlike beginners (learning to stop) and racers (ACL injury from shear forces), serious knee injuries are actually quite rare.

The best way to protect yourself from ski injury is:

- Get in good "ski-shape"
- 6 weeks of strength and some aerobic training will suffice
- Ski within your limits
- Stay relaxed, focused & well hydrated
- Watch out for that last, fatigued run of the afternoon
- If you fall, fall forward and throw your hands in front of you
- it's proven that less knee and shoulder injuries occur in the forward lean of a fall.

And always, always, wear a helmet!

Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society

TALKING BASEBALZ, FIGHTING MEMORY LOSS

Jim Kenton has been a self-described “baseball geek” since the age of seven. He fondly recalls immersing himself in the world of baseball every summer of his childhood, glued to the radio listening to broadcasts of games, and racing to collect the latest baseball cards and magazines. Over a lifetime, Kenton’s knowledge of baseball has grown so vast that now he is using it to give back through a truly innovative program. Beginning on January 29, Jim and Alzheimer’s Texas will launch an effort to help people living with dementia reconnect with a lifetime of memories through conversations about a shared passion: baseball.

The program will provide a form of what’s called reminiscence therapy. While people with early-stage Alzheimer’s may have difficulty with their short-term memory, their long-term memories remain intact for many years. Through guided, focused reflection on a beloved childhood pastime like baseball, people with Alzheimer’s can explore and enjoy early life memories and reconnect with their essential sense of self. Additionally, the group allows people to connect with supportive peers who share

their interests and can relate to the experience of memory loss.

Research into reminiscence therapy is very promising and indicates that the simple act of sharing memories can have outcomes like improved mood, communication, and even functional ability. The practice can involve not only conversation, but interacting with sounds, smells, and sensory experiences that trigger long dormant memories.

The program will not only help participants reconnect with meaningful memories from childhood, but will also allow them to create new ones. The group is currently recruiting participants in the early stages of dementia with an interest in baseball. Meetings will be held on alternating Mondays starting January 29 from 11:00 am-12:30 pm at the Alzheimer’s Texas Office (3520 Executive Center Dr. #140, 78731). Lunch will be provided. A pre-screening interview is required to participate in the program, please contact 512-241-0420 x10 or vcardenas@txalz.org for more information and to schedule your interview.

KELLY CUNNINGHAM, MD

Austin Ortho + Biologics
www.austinthobio.com

Innovations in Orthopedic Sports Medicine & Cartilage Care

Stem Cell Therapy • Platelet-Rich Plasma • Regenerative Medicine

Kelly Cunningham, MD, board certified in orthopedic surgery with specialty training in sports medicine.

In addition to traditional surgical sports medicine he provides the latest treatment techniques in the evolving area of biologics & regenerative medicine.

- Enhanced recovery for sports injuries at any age
- Knee & Shoulder acute and chronic injuries
- Joint cartilage repair and restoration
- Alternatives to joint replacement surgery
- Surgical and non-surgical options

Call Today: 512.410.0767

Like us on Facebook
@KellyCunninghamMD

**3003 Bee Cave Road Suite 200
Austin Texas 78746**



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CHANGE FOR GOOD

Lasting change requires heart and support along the way. At the Y, we're here to help you strengthen yourself, your family and your community in 2018.

\$0 JOIN FEE
FEBRUARY 12-28

Join today at
AustinYMCA.org

For more than a workout. For a better us.

TOWNLAKE YMCA 1100 W. Cesar Chavez • 512.542.9622

NATURE WATCH

RASCALLY RACCOONS

by Jim and Lynne Weber

Although easily recognized by its bandit mask and ringed tail, the Northern Raccoon (*Procyon lotor*) is a widespread mammal but not often seen due to its nocturnal habits. It consumes a highly varied diet, is very intelligent and curious, and possesses a far greater manual dexterity and mental ability than cats and dogs, enough to defeat any but the most determined defense of garbage cans or home gardens. Much has been made of the intelligence of raccoons, with recent studies showing they are capable of remembering tasks for up to three years, possessing a mental acuity more closely approximating that of monkeys.

Denning above ground in tree cavities, chimneys and attics, underground in old burrows, storm sewers and crawl spaces, raccoons mate from February to August with 2 to 5 young (or kits) in each litter. Previously thought to be solitary, related females can share a common breeding territory, while unrelated males live together in small groups to guard their mating opportunities against potential rivals. Raccoons have a large array of over 50 vocalizations, including hissing, growling, purring, squealing, and chirping. They can run up to 15 mph, are efficient tree climbers, and can survive unharmed if dropped from heights of up to 40 feet. Raccoons are found throughout all regions in Texas, but they are seldom found far from water, which has an important influence on their distribution and breeding success.

Contrary to popular belief, raccoons do not wash everything they eat, but they do manipulate their food (appearing to wash it when water is available) in order to tactually experience the object rather than actually clean it. In fact, the word 'raccoon' was adopted into English from a now extinct language called Powhatan, which was spoken by the native peoples of Tidewater

Virginia, and translated to mean 'one who rubs, scrubs, and scratches with its hands.'

Raccoons exhibit rascally behavior by stealing food out of pet dishes, eating fish out of backyard ponds, and knocking over trash cans and scattering the contents. Additionally, they can carry and spread disease like rabies and parvovirus. However, since they are scavengers, they play an important role in keeping our ecosystems healthy by cleaning up carrion (keeping our surroundings sanitary), eating other species we humans consider pests (when numbers get out of control), and spreading the seeds of native

plants (by consuming berries and nuts).

You can do your part to keep their destructive behavior at bay by resolving conflicts compassionately. Contain available food sources by putting your trash out in the morning instead of the evening, feeding your pets indoors, and placing netting over ponds containing fish. Close all entry points to your home and other outdoor structures, so they are not used as dens to raise young. If a family of nesting raccoons is found in or around your home, they should not be removed until the end of nesting season in the fall. Separating the young from their mother will mean they will starve to death, and trapping and moving the family will



Northern Raccoon

likely result in death from resident raccoons, and is a Class C misdemeanor in Texas (this applies to transporting or selling live raccoons, coyotes, and foxes from, to, or within the state).

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 books, *Nature Watch Austin* and *Nature Watch Big Bend* (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.

ALZHEIMER'S CAREGIVER SUPPORT GROUP



In Texas alone, roughly 1,270,000 caregivers provide an average of 20 hours a week of unpaid care for friends and loved ones. Caregiving is a demanding undertaking and results in high levels of stress. One core service of Alzheimer's Texas is to provide support to caregivers through volunteer facilitated support groups.

"These groups educate and inform participants about dementia and help caregivers develop methods and skills to solve problems," says Christian Wells, President of Alzheimer's Texas. "They encourage caregivers to maintain their own personal, physical and emotional

health as well as providing peer guidance on how to care for the person with dementia."

At 7:00 pm on the third Tuesday of every month, caregivers in the Austin area can gather at Tarrytown Methodist to share their experiences in a safe, supportive environment. Meetings last about an hour and there is no charge to attend.

"We provide a safe, confidential space for caregivers to share what only other caregivers might understand," says Barbara Wiederaenders, facilitator at Tarrytown Methodist. "The mutual trust is precious and supportive."

Event Details:

When: 3rd Tuesday of Every Month, at 7:00 pm

Where: Tarrytown Methodist, 2601 Exposition, Room 227, Austin, TX 78703

Contact: Barbara Wiederaenders, (512) 451-0684 or (512) 845-6117

To find out more information about this program, Alzheimer's disease or Alzheimer's Texas, email vcardenas@TXAlz.org or call (512) 241-0420.



It's time to take AIM at your fitness goals!

The Athletes In Motion (AIM) Training Center at Hill Country Indoor is open and ready for you!

- Experienced Coaches-
- New facility and equipment-
- Innovative evaluation technology-
- Challenging & supportive environment-

Private, Semi-Private and Small Group Sessions are available

www.hillcountryindoor.com/aim-training

The Echo

The West Lake Hills Echo is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the West Lake Hills Echo contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

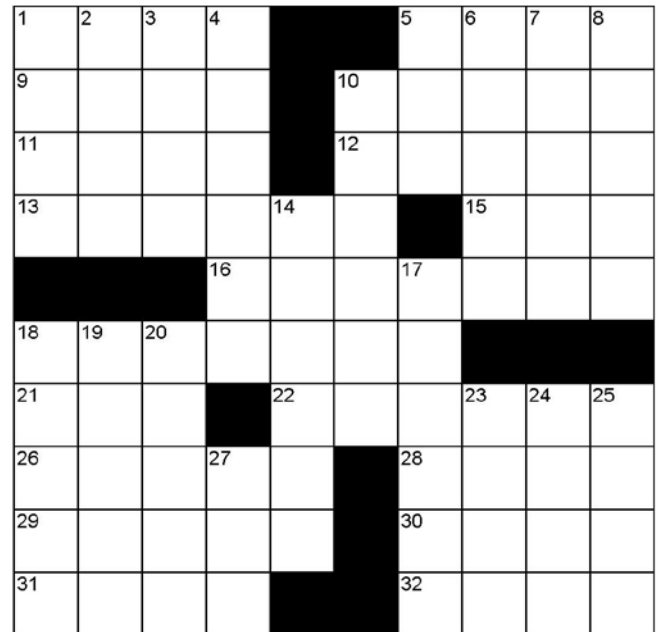
DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

CROSSWORD PUZZLE



ACROSS

1. Green seedless plant
5. Syrian bishop
9. Singing voice
10. Tapestry
11. Oracle
12. High School dance
13. Camel seat
15. Kimono sash
16. Moslem
18. Ancient time piece
21. Environmental protection agency (abbr)
22. Naval fleet
26. From Asia
28. Aroma
29. Jeans
30. Back of the neck
31. Tuber
32. Removes the water

DOWN

1. Squash
2. Tub spread
3. Soup
4. Dirty
5. Creative work
6. Sweeper
7. Deer
8. Molded salad
10. Precision cut stone
14. People from Asia
17. Kitchen appliance color
18. Large mammals
19. Defeat
20. Simple
23. 6th month (Jewish calendar)
24. Foolish
25. Greek god of war
27. Place

View answers online at www.peelinc.com



ADVERTISE
YOUR BUSINESS
TO YOUR
NEIGHBORS

support your community newsletter

Nichole Taylor

ntaylor@peelinc.com • 512-263-9181
Sales Representative

STEVE'S PLUMBING REPAIR

Master License: M-39722

- Water Pressure Problems
- Sewer & Drain Service
- Fiber Optic Drain Line Inspections
- Free Estimates
- Satisfaction Guaranteed

Steve Brougner
512.276.7476

2605 Buell Ave





Voices of Belmont Village

*"We haven't missed our house
or car since we got here!"*

Aging together is a gift. Couples who call Belmont Village home celebrate every day in a luxurious setting alive with engaging activities, spirited friendships and award-winning wellness programs. Our licensure ensures that couples can continue to live together, even with differing care needs.

Together. Like always.

BELMONT *Village*

SENIOR LIVING
WEST LAKE HILLS

Distinctive Residential Settings | Chef-Prepared Dining and Bistro
Premier Health and Wellness Programs | Award-Winning Memory Care
Professionally Supervised Therapy and Rehabilitation Services

The Community Built for Life.®

belmontvillage.com/westlakehills • 512-347-1700



© 2018 Belmont Village, L.P. | ALF 105870



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

WES



We are your concrete coating experts!

Turn your garage into a showroom!



Make Your Patio More Relaxing!



OUR COMPANY: Urbane coatings floor treatments turn blah into beautiful! We use the highest quality resin, stain or custom finish to create new floors for our clientele.

OUR EXPERIENCE: Whether the treatment is indoor, outdoor, new or refinished, residential or commercial, we've been there and done that over the last 15 years! We're the epoxy and cement floor coatings experts.

OUR MISSION: We provide the best value, service, consultation and quality solutions. We have been tried and tested and always outperform our competition. Our work is guaranteed and our quality can't be beat!



www.UrbaneConcreteCoatings.com

512.791.7453

concrete@UrbaneConcreteCoatings.com

FAMILY OWNED & OPERATED