

West Lake Hills ECHO

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HAND TO HOLD ANNUAL BABY SHOWER



Mom, GMA Meteorologist and Dancing with the Star's GINGER ZEE Takes the Stage for Hand to Hold's Annual Baby Shower on Nov. 2

Honorary Chair Camila Alves McConaughey to co-host Fifth Annual Baby Shower Luncheon, helping Hand to Hold care for families of premature and medically fragile infants

A beloved tradition for growing families, baby showers are celebrations to welcome new life. Yet when one out of eight Austin

babies arrive too soon, families' dreams are replaced with painful realities: life in the hospital, continual anxiety, debilitating fears of loss and death, and the stress of life-or-death medical decisions. That's why Austin-born nonprofit Hand to Hold is leading the way to help families get the support and best care when their fragile babies are born too soon.

Hand to Hold welcomes GINGER ZEE, a writer, dancer and Good Morning America Chief Meteorologist, as she headlines its fifth annual Baby Shower – Seasons of Life: Gathering Strength from the Storm in the Grand Ballroom of the JW Marriott in downtown Austin on Friday, November 2, 2018, from 11 a.m. to 1:30 p.m. The Hand to Hold Baby Shower raises funds to provide support and programs for families in Central Texas and beyond. Hand to Hold's resources and programs for families provide Peer Support, Psychological & Emotional Support, Whole Family Care and NICU & Beyond programs.

Two leading causes of disability or death among newborns are

premature birth and birth defects. Premature birth – a baby born before 37 weeks of gestation -- affects 54 families each week in the Greater Austin Area - Travis, Williamson, Bastrop, Hays and Caldwell Counties (Texas Department of State Health Services, 2012.). Other babies may be referred to the NICU because of a defect or other health concern -- five percent (5%) of all Texas babies are born with one or more birth defects (Texas Birth Defects Registry, 2011).

ZEE will inspire guests with her message of resilience and self-care, leaving attendees feeling renewed, empowered, and intensely moved by her raw, poignant chronicle of life as a Natural Disaster.

“When babies need intensive care and an extended hospital stay, we are right there with parents and families to make sure their emotional needs are met, too,” says Kelli Kelley, Austin resident and co-founder and executive director of Hand to Hold. “When hospital care centers on the whole family, their babies also do better. We help parents cope with in person support, podcasts and online information so that they have hope, courage and wisdom to parent their medically fragile child.”

Baby Shower guests represent many families who have experienced life with a baby in neonatal intensive care and also, infant loss. With luxury prizes from jewelry and spa treatments to fine dining, Hand to Hold's fanciful Baby Shower games will delight and surprise guests – some of whom didn't have their own baby showers due to premature birth or loss -- as they gather to raise support NICU families and also honor their own birth and parenting experiences.

Seasons of Life: Gathering Strength from the Storm is hosted by neonatal ICU Parent Graduates Heather Nichols and Beth Cohen, Co-Chairs with Honorary Chair Camila Alves McConaughey; Hand to Hold Founder and Executive Director Kelli Kelley; and a committee of 25 Central Texas volunteers.

Guest speaker GINGER ZEE is an Emmy Award-winning chief

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EMERGENCY 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

Eanes ISD	512-732-9000
Westlake High School.....	512-732-9280
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Bridge Point Elementary	512-732-9200
Barton Creek Elementary.....	512-732-9100

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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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meteorologist at ABC News and the face of our nation's weather headlines on Good Morning America and across all ABC News broadcasts and digital platforms. She is also the New York Times bestselling author of *Natural Disaster: I Cover Them; I Am One*. Since joining ABC News, Zee has covered almost every major weather event and dozens of historic storms. A mother of two, Zee lives in New York City with her husband.

Tickets for the Fifth Annual Baby Shower Luncheon are available at www.handtohold.org/babyshower.

Hand to Hold is a national nonprofit that helps families before, during, and after NICU stays and infant loss by providing powerful resources for the whole family, and most importantly, one-on-one mentoring from someone who has been there. Hand to Hold resources include in-hospital programs, articles and blogs, social networks, trained peer mentors, and its popular podcast, NICU Now. All were designed with the emotional, physical, and social needs of the whole NICU family. Hand to Hold was the 2012 recipient of the Becky Hatfield Family Support Award, given by the National Perinatal Association. In 2015, Hand to Hold was ranked as one of the top 10 resources for NICU parents by About.com. All services are offered without charge.

BEYOND THE DIAGNOSIS HAS ARRIVED IN TEXAS

Beyond the Diagnosis, an art exhibit that features the portraits of children with rare diseases, has arrived for display in Texas for the first time. Individuals, families, or private groups are invited to tour the exhibit at Willow Hall on the Texas State University Round Rock Campus. The Exhibit will be open to the public October 1st-November 9th, Monday-Friday from 10 a.m. to 4 p.m. at Willow Hall on the Texas State University Round Rock Campus. Parking on campus is \$5. Private tours are available in the evenings and on weekends by appointment. Please email Dr. Mary Elizabeth Parker at mary@urourhope.org for more information or to schedule a tour.



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Deductible Waiver	YES	NO
Kidnap Expenses	\$100,000	NO
Loss Prevention	\$2,500	NO
Loss Assessment	\$100,000	\$1,000
Guaranteed Replacement Cost	YES	NO
Green Upgrades	YES	NO
Pet Injury	\$5,000	NO
Back Up of Sewers & Drains	YES	NO
Broad Liability Coverage	YES	NO
Deductible Reserve Option	YES	NO
Mold	YES	NO
AUTOMOBILE COVERAGE		
Agreed Value Option	YES	NO
Original Equipment Manufacturers	YES	NO
New for Old Option	YES	NO
Full Glass Coverage	YES	NO
Airbag Replacement	YES	NO
Rental Reimbursement	YES	YES w/ Per day Limit
Rental Loss of Use	\$10,000	\$600
Tapes, Records, Disks or Other Media	YES	NO
Towing/ Roadside Service	YES	YES
UMBRELLA LIABILITY		
High Limit Liability	YES	NO
Shadow Defense Cost	YES	NO
Private Consultation	\$25,000	NO
Reputation Damage	YES	NO
Limited Employer's Liability	YES	NO
Director's & Officers Option	YES	NO
Family Trust Option	YES	NO
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Meet Team of Local Mystery Authors

Readers of mystery novels will have a chance to meet the authors of the latest Crispin Leads thriller on Saturday, October 20, 2018, from 6:00 to 8:00 p.m. at Book People.

Digging up the Dead, by Meredith Lee follows on the heels of the 2017 award-winning debut novel, Shrouded. Meredith Lee is the pen name for the Austin-based writing team of Sue Meredith Cleveland and Dixie Lee Evatt. Digging Up the Dead finds the young scholar, Crispin Leads, in Egypt where she dodges murderers and outwits con artists while tracking down the truth behind dark family secrets and ancient curses surrounding the tomb of King Tut.

Copies of the book will be on sale for \$16.99, plus tax. The authors will talk about the inspiration for their latest novel and sign copies of the book. The book is already receiving pre-publication praise. Jennifer Love Hewitt, New York Times best-selling author says of the heroine, "The authors had me rooting for her from the first heart stopping scene to the last heartbreaking moment." The mystery was a finalist in the 2018 Writers' League of Texas Manuscript Contest.

Book People is located 603 North Lamar, Austin 78703.

The book will go on sale on Amazon on October 15, 2018.

About the Authors

Meredith Lee is the pen name for the Austin-based writing team of Sue Meredith Cleveland and Dixie Lee Evatt. Their process includes

research trips to foreign counties to sample wine and food and, when required, the occasional dramatic performance of a scene to make sure it "works."

SUE MEREDITH CLEVELAND, Author and Artist

Sue is an award-winning artist who has worked in multiple media including oil, watercolor and fiber. Her earliest publications include articles advocating childbirth education and humanizing hospital care. Two mysteries that Sue collaborated on with Dixie were finalists in the 2017 and 2018 Writers' League of Texas Manuscript contests. One Slip Over the Line, Sue's work-in-progress Young Adult novel, was a 2015 finalist in the Cynthia Leitich Smith Writing Mentor Award. Sue's essays, literary memoir pieces, and short stories have been featured in award winning literary journals, magazines, and blogs. Sue has written two pre-published Middle Grade novels: A Shadow Over Silver and Blue Water Over Dark Secrets.

DIXIE LEE EVATT, Writer and Word-Wrangler

A former political writer for the Austin American-Statesman, Dixie later taught writing at the S.I. Newhouse School of Public Communication at Syracuse University. While there she published a book, along with colleagues, on the communication practices of small organizations, Thinking Big. Staying Small. When she teamed

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up with Sue to write fiction, they sold a screenplay treatment to a Hollywood producer. Although the movie was never made, they used the seed money to found ThirtyNineStars, their publishing company. They also produced a second screenplay based on the life of a Waco schoolteacher who was imprisoned in World War I because of his German heritage and his work with early radio broadcasting. That screenplay, *Wireless*, was a finalist for the Chesterfield Writer's Film Project in 2003.

More information can be found at
www.meredithlee.net

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We are all very fortunate to call Westlake home. But, Westlake 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 Westlake a better place to live, please let us know. We would like to introduce them to your neighbors.



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LOVELY LONGWINGS

by Jim and Lynne Weber



Zebra Heliconian

Longwing butterflies, also known as Heliconians, are brightly colored, tropical butterflies with long forewings that are now regarded as close relatives of the fritillaries. Their caterpillars feed on species of passionvine, which contain poisonous chemicals that render the adult butterflies noxious to predators. As such, the bold patterns on many of these butterflies are aposematic, defined as a 'warning coloration' designed to ward off predators. The result is a butterfly that can live for several months, far longer than most other butterflies.

The most common longwings in our area are the Zebra Heliconian (*Heliconius charithonia*), Julia Heliconian (*Dryas julia*), and Gulf Fritillary (*Agraulis vanillae*). The bold black and pale yellow stripes on the wings of the Zebra Heliconian, vibrant above but paler below, are unmistakable. Its flight is slow with shallow, almost shaky wingbeats, through open woodlands. Adults gather in late afternoon to roost communally as additional protection against predators. Its wingspan can reach up to 4 inches, and they are commonly seen in the fall.

With fast, direct flight and shallow wingbeats, Julia males are mostly bright orange above, with the female a more subdued orange with a black forewing band. Wingspan reaches just over 3.5 inches, and they are brown to dull orange below with no spots. Its distinctive shape and lack of markings make it easily recognizable, especially during its peak flight season in the fall. Curiously, these butterflies have been observed to land on the eyes of turtles and caimans, irritating them enough to sip on the tears they produce.

While the Gulf Fritillary is also an orange-colored longwing butterfly, it tends to be deeper in color, and has dark streaks and spots on the forewing, some white ringed in black and others solid black. Its underside is brown, but covered in many elongated, iridescent silver spots. With a wingspan up to 3.75 inches, this longwing can

fly year round, and adults often overwinter. Both male and female Gulf Fritillaries possess certain defensive glands located on their abdomens. When these butterflies sense a predator is close or they suddenly get disturbed, these glands emit a distinct and distasteful odor, typically causing the predator to leave them alone.

In spite of their unpalatable characteristics as prey, these longwings are some of the most beautiful and desirable butterflies to be observed in our area. Here's hoping your garden is graced by them!

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*, *Nature Watch Big Bend*, and *Native Host Plants for Texas Butterflies* (all published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



Julia Heliconian



Gulf Fritillary

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