

# WESTSIDE

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## NEWS

Volume 7, Number 2

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Official Newsletter of the Westside at Buttercup Creek HOA

## Leander ISD's LEEF Gala

Leander ISD Educational Excellence Foundation (LEEF) held its inaugural gala, Drop the Mic, on Saturday, January 9 at the Westin at the Domain. The first time gala was a sold out event with over 360 attendees raising over \$100,000 for the education foundation! The seated dinner and live auction event was enjoyed by all but the highlight of the evening's entertainment was an epic lip sync battle courtesy of LISD high school principals + staff. Each high school competed for votes by a panel of celebrity judges (Bob Ballou, Bob Pickett, Olga Campos, and Quan Cosby) to win a cash prize for their high school Project Graduation. The judges had a very difficult time picking winners of the lip-sync battle - because they were ALL so awesome! The 2016 LEEF Lip-Sync Battle Winners: 1st place: \$2,000 for Project Graduation: Rouse High School. 2nd place: \$1,000 for Project Graduation: Vista Ridge High School and 3rd Place: \$500 for Project Graduation: Cedar Park High School, Leander High School. A heavy Vandegrift contingent voted with their applause giving Vandegrift High School the "crowd favorite" award which earned the high school \$500 for Project Graduation.

The event raised over \$100K in one evening for the foundation.

These funds will support LISD schools with classroom grants, reading books for children, dual-credit textbooks, AP exams and college coaches.

At A Glance:

- LISD is comprised of 40 schools in four cities (Austin, Cedar Park, Leander, Georgetown)
- The district encompasses 200 square miles.
- LEEF programs serve 37,000 students.

About Leander ISD Educational Excellence Foundation (LEEF)

The mission of the Leander ISD Educational Excellence Foundation (LEEF) is to provide resources to support innovation, enrichment, and equity in pursuit of academic excellence within the Leander Independent School District community. LEEF supports its mission through three main program initiatives: foundations for learning focusing on early literacy, enriching great teaching through innovative teaching grants and professional development, and college bound programs to build a college and career-ready culture among all students. LEEF is making a difference in Leander ISD and strives to ensure that every student in LISD has the opportunity to succeed.



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## COMMITTEES

Do you want to help out in the community but don't have a lot of time? Join one of the following Committees and help out as much or as little as you want.

Neighborhood Watch - Vacant ..... [neighborhoodwatch@westsidehoa.org](mailto:neighborhoodwatch@westsidehoa.org)  
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**Kaylene Hindman**

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## Spirit of Hope Caregivers Support Group (FOR CAREGIVERS OF DEMENTIA/ALZHEIMER'S FAMILY MEMBERS)

Many caregivers are under high emotional stress due to the demands of caregiving. This can lead to anxiety, fear, doubt, feeling alone, isolated or stigmatized. Many caregivers are not aware of community resources available to them or feel uneasy in reaching out for help. The challenges of caregiving can be even more difficult if there are problems with thinking such as dementia involved. Support groups offer a safe and confidential place where you can get help with coping and problem-solving as you meet the daily challenges of caregiving a loved one with dementia/Alzheimer's. There is something tension relieving about being with others who share similar experiences and challenges as you do.

The Spirit of Hope Caregivers Support Group was birthed from the faith-based "God's Transforming Journey of Caregiving" Seminars

in Leander, Texas in 2015. Several attendees felt a need to continue the bonding, information sharing, and support they had received on an on-going basis. I am pleased to offer this faith-based support group to caregivers of dementia/Alzheimer's family members in the Hill Country area. All are welcome!

I am a Licensed Clinical Social Worker by the Texas State Board of Social Worker Examiners, retired Professor of Social Work from the University of Mary Hardin-Baylor (2010), former caregiver, and facilitator of God's Transforming Journey of Caregiving Seminars.

The support group is held every third Monday of each month at Generations Church in Leander, Texas at 1461 E. Woodview Drive 78641 at 7:00-8:30 p.m. The small donation is \$10.00/month. You are not alone. We hope to see you there!

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# Westside at Buttercup Creek

## LRCA LINE

The LCRA has proposed a Massive Transmission Line Project that will run the length of the Brushy Creek Corridor. This Project will decimate huge portions of Brushy Creek Trail with

140 foot tall towers and 100 foot wide clear-cut easements beneath.

Due to the growth in our region, there is a need to transport more electricity to the Cedar Park and Leander areas. Two new substations are being built in Leander and the LCRA has proposed connecting them to the existing station in Round Rock. The Pedernales Electric Cooperative (PEC) requested the Lower Colorado River Authority (LCRA) to study possible routes, with the end product to be a set of alternative routes to take to the Public Utilities Commission (PUC).

One route being proposed would run along the Brushy Creek Regional Trail system - from the Brushy Creek Lake Park, along Champion Park, through Olson Meadows Park, down Hairy Man Road, and past the end of the existing trail. The 140 foot towers will require that all trees and vegetation within 60-100 feet be cleared.

These transmission lines and required clear-cut easement below would decimate huge portions of the Brushy Creek Trail. Other routes are possible including ones that have the required easement already in place.

It is going to take a series of actions, individually and collectively, to win this battle and save our Trail. This website will provide a current Action Checklist, so you can know that you are doing everything you can to be heard: <http://www.savebrushycreektrail.com>

One voice may get lost in the noise. With hundreds of voices, they will take notice!

### Teenage Job Seekers

Name	Baby Age	Pet Sit	House Sit	Yard Sit	Cmpt Work	Lessons/Phone
Doe, Jon*	14					512-123-1234
Darling, Jane*+^	16					512-123-1234

**SAMPLE**  
 CPR Training, First Aid Training, Lifeguard  
**Attention Teenagers**

The Teenage Job Seekers listing service is offered free of charge to all neighborhood teenagers seeking work. Submit your name and information to [communications@westsidehoa.org](mailto:communications@westsidehoa.org) by the 15<sup>th</sup> of the month!

## THE CEDAR PARK TEAM YOU CAN TRUST

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## Acupuncture



Acupuncture and Traditional Chinese Medicine (TCM) are safe, effective and drug-free options for the treatment of most non-emergency medical conditions. Whether you're new to acupuncture or have years of experience, acupuncture can help your general health.

### What is acupuncture?

Acupuncture is a form of treatment involving the use of very fine filiform needles that are inserted into certain specific points of the body. This stimulates the body to increase circulation and activate the body's own natural healing process. Acupuncture can be used to treat a wide range of conditions and illnesses and is a wonderful option when western medication does not work or is not tolerated.

### What to expect?

Acupuncturists often use additional techniques, such as tui-na, cupping and moxibustion, in conjunction with acupuncture. Tui-na is a form of Chinese manipulative therapy, consisting of massage, acupressure and other forms of body manipulation. It works by applying pressure to acupoints, meridians and muscles or nerves to remove blockages that prevent free flow of Qi (energy) through the body. Cupping involves the use of glass globes placed on the body to create a suction effect. The vacuum effect that draws up the skin is believed to open up the skin's pores to stimulate the blood flow to

the muscles, balance and realign the flow of Qi. Cupping may result in small, circular bruises in the area where the cups were applied, but these bruises are usually painless and disappear within a few days after the treatment. You may have seen these cupping marks on the back of the Chinese Olympic swimmer Wang Qun at the Beijing Olympics in 2008! Finally, moxibustion is a traditional therapy that involves the burning of moxa made from dried mugwort, a soft and wooly herb, to penetrate to a deeper level of the body. Moxibustion has been used throughout Asia for thousands of years; in fact, the actual Chinese character for acupuncture, translated literally, means "acupuncture-moxibustion".

### What about herbal medicine?

Chinese herbal medicine refers to the use of a plant's seeds, berries, roots, leaves, bark or flowers for medicinal purposes. Traditionally, this involves formulating a mixture of various herbs to create a formula based on a patient's specific needs. These herbs can be taken in the form of herbal tea after boiling the herbs in hot water to extract the active ingredients. Although herbal medicine is still widely used and available, formulations in the form of tablets or capsules are more convenient and have become more popular these days.

### What conditions can be treated?

Acupuncture and Traditional Chinese Medicine (TCM) is most commonly used to treat pain caused by various illnesses such as arthritis, bursitis, fibromyalgia and PMS. It can be very effective for treating migraine, back pain, neck pain, frozen shoulder and sciatica. Acupuncture can also achieve good results when treating stress related problems such as insomnia, anxiety and depression. It is an effective way to treat substance abuse, reduce substance dependencies (e.g. pain killers) or help you to quit smoking or reduce weight. Acupuncture may also be used as an adjunct to physical rehabilitation or surgical intervention to hasten functional recovery. Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. Please refer to the Classical Ads of this newsletter for our detailed information or visit [www.amaranthacupuncture.com](http://www.amaranthacupuncture.com).

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)

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# Westside at Buttercup Creek

## NATUREWATCH: **WINTRY WONDERS**

by Jim and Lynne Weber

While our winter weather is milder than most, our thoughts often turn to visions of ice and snow. From first frost to ice storms to snow storms, these frozen precipitation events are sporadic in Central Texas, but when they occur, they can also be spectacular!

How does frost, this sparkling layer that sometimes covers the landscape, form? When the temperature of the air reaches a point where the water vapor in it can condense out into water, it is called the dew point. The frost point is when the dew point falls below freezing, and rather than producing dew, it creates frost. Consisting of tiny, spike-like crystal structures called 'spicules' that grow out from a solid surface, frost generally forms on surfaces that are colder than the surrounding air. Even the size of the crystals can vary, depending upon the amount of time they took to grow, the relative changes in temperature, and the amount of water vapor available.

Cold air is denser than warm air, so quite often when night skies are clear and calm, lower areas become colder due to differences in elevation. Known as surface temperature inversion, this phenomenon forms 'frost pockets' or areas where frost forms first, due to cold air trapped against the ground. On such days, there can be a 40 to 50 degree difference in air temperature between dawn and early afternoon. Getting out early can reward you with a rare and wonderful spectacle of nature when something called 'hoar frost' is formed.

Referring to white ice crystals that are deposited on the ground or loosely attached to exposed objects such as leaves and branches, hoar frost forms on cold, clear nights when heat radiates out to the open sky faster than it can be replaced by nearby sources such as wind. This allows objects in the landscape to cool below the frost point of the surrounding air, and well below the freezing point of water. Hoar frost can form in low-lying cold air even when the air temperature a few feet above ground is well above freezing. The name 'hoar' comes from an Old English adjective meaning 'showing signs of old age', and refers to the frost making the vegetation look like it has grown white hair. When hoar frost forms on objects above the

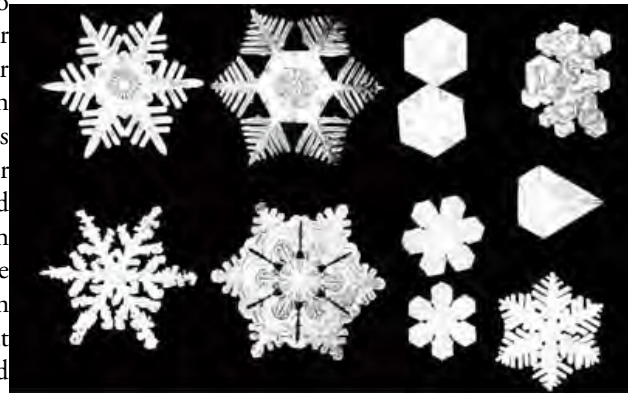
surface, like branches and leaves, it has a feathery-like appearance and is specifically called air hoar.

Snow, on the other hand, is an entirely different matter. When a cold water droplet freezes onto a pollen or dust particle high in the sky, it creates an ice crystal. As this primary crystal falls toward the ground, more water vapor freezes on it, building new crystals that form the six characteristic arms of a snowflake. This process of crystallization builds in a symmetrical or patterned way, because it reflects the internal order of the water molecules as they arrange themselves in pre-determined spaces to form the six-sided snowflake.

The most significant factor that determines the basic shape of the ice crystal is the temperature at which it forms, and to a lesser degree humidity. The intricate shape of a single arm of a snowflake is determined by these atmospheric conditions as the entire crystal falls. As slight changes in temperature and humidity occur minutes or even seconds later, a crystal that begin to grow in one way might then change and branch off in a new direction. Since all six arms of a snowflake experience the same changes in atmospheric conditions, they all grow identically. And since individual snowflakes encounter slightly different atmospheric conditions as they take different paths to the ground, they all tend to look unique, resembling everything from simple prisms and needles to intricately faceted plates and stellar dendrites.



*Hoar frost on barbed wire*



*Snow crystal forms*

On the surface, winter may seem as if nature is shutting down all around us, but take the time for a second look. Aside from the visual beauty they provide, the frozen forms of precipitation during the season are just another part of the ongoing cycle of life and renewal for our native plants and animals.

Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. Check out our book, *Nature Watch Austin*, published by Texas A&M University Press, and our blog at [naturewatchaustin.blogspot.com](http://naturewatchaustin.blogspot.com) if you enjoy reading these articles!

## THEY LIVE WITH THAT CONSTANT REMINDER..... THE EMPTY CHAIR.

### Campaign Overview

Our platform seeks to engage and inform the citizens of this country of our solidarity movement to honor our brave. This campaign's mission and purpose, is to show our gratitude to troops, veterans, law enforcement and their families, that we understand and appreciate the sacrifices they've made for the freedoms we're privileged to enjoy.

A representation of your heartfelt THANK YOU will be on display when wearing the Token of Appreciation pin. It's an impactful salient message that demonstrates our understanding of the difficulties and dangers those who protect and serve experience while keeping us safe. It allows for opportunities to show our gratitude to the unidentifiable (those not in uniform). We hope you'll join in this effort.

To kick start this campaign, we're orchestrating a Fund Raising Drive during the month of February. Share the Will is a nonprofit and recipient of 5,000 Tokens donated by Chasco Constructors. Our goal is to see Tokens of Appreciation on the shirts, coats and caps of many and raise upwards of \$25,000. Thank you Chasco, for making it possible in that 100% of every dollar received, will go towards the immediate needs of our military and or law enforcement members in our community.

We encourage you to give pause more than just a few days a year... our brave are on duty 24/7/365.

We ultimately hope to bolster our military and law enforcement members confidence in how they're perceived by the people. Lastly, let us not forget the sacrifices of the loved ones...for they live with their constant reminder....the empty chair.

Wear your pin, show your appreciation and let it serve as YOUR constant reminder.....FREEDOM IS NOT FREE.

If this resonates with you and you'd like to participate in this fund raiser, we are seeking Ambassadors. A representative for each neighborhood would certainly optimize our organizational strategy and be instrumental in the success of achieving our goal.

Contact emails: [Vikinggirl1010@gmail.com](mailto:Vikinggirl1010@gmail.com)

Or [Sharethewill@gmail.com](mailto:Sharethewill@gmail.com) Will Williams retired Sergeant was deployed 6 times, is retired, yet still serves.... his community. Visit [www.tokensfortroops.com](http://www.tokensfortroops.com) for a list of local charities.



## Interested in adoption for your family?



The Adoption Collaborative of Central Texas is made up of organizations that are adoption focused and committed to raising awareness about the children in our communities that are awaiting families. The collaborative is driven by the mission of sharing the responsibility to strengthen the adoption community and build forever families. You can work with these agencies to become licensed to foster and/or certified to adopt. There are no fees to adopt from the foster care system regardless of which agency you work with. There is only one pool of children, and they are all in care of the state, every licensed agency has the ability to assist in adoption of any foster child in Texas. Child placing agencies are also foster care providers. The first step is to choose a child placing agency to begin your journey.

Learn more about starting the adoption process and the children waiting for forever families at [www.heartgallerytexas.com](http://www.heartgallerytexas.com).

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