

LONG CANYON Gazette

September 2009

Volume 2, Issue 9

Outdoor Water Conservation Tips

Even though we use water every day, it's easy to take it for granted. Just imagine how you would function without clean water. It's everyone's responsibility to conserve and protect water resources. The decisions and actions you make today truly affect our water resources for the future. The following suggestions will help you get in the habit of saving water in the great outdoors:

- Use mulch around landscape plantings. Mulch will help eliminate weeds and hold moisture in the soil.
- Select hardy plants that don't need much water. Native plants that are well adapted to your climate and soils will survive well without supplemental watering. A copy of the Steiner Ranch Approved Plant list is available on the website at www.steinerranchhoa.org.
- Water during the cool part of the day to avoid rapid evaporation.
- When watering is necessary, water slowly and thoroughly. If you notice puddles or runoff, turn water off and wait for water to soak in. Also be sure your sprinkler puts water where you need it—not on driveways or sidewalks.
- Wash cars efficiently. First give the car a quick rinse, and then turn the water off. Wash one section of the car at a time and rinse that section quickly. Turn the water off each time.

Visit www.auduboninternational.org for more conservation tips.

Healthier Homes

Improve Neighborhood Air Quality ... Fragrance Free Dryer Exhaust

By: Charlie & Michelle Bubnis

Have you ever been walking in the neighborhood enjoying the fresh air and then suddenly you are hit by the sweet fragranced smell of a heated artificial, petrochemical based scent from someone's clothes dryer exhaust? Often times a headache will occur, similar to people's reaction to perfumes worn in the office or at church. This is a normal protective reaction by the body as these fragrances are harmful neurotoxins and should be avoided whenever possible. National surveys found that at least 10% of the population reacts adversely to laundry products vented to the outdoors. Young children are particularly affected by fragranced chemicals because their body's detoxification mechanism is not fully developed.

Some of the most common chemicals used in fragranced laundry products are benzyl acetate, camphor, ethyl acetate, limonene and pentane. Many of these substances are capable of causing cancer, birth defects, central nervous system disorders, allergic reactions and chemical sensitivities. Some are on the EPA's hazardous waste list. According to a joint study by NIOSH and the U.S. House Subcommittee on Business Opportunities, 778 of the chemicals used in the chemical fragrance industry cause acute toxicity.

So the next time you are considering picking up a box of fragranced laundry detergent or fragranced dryer sheets...think about the impact on the neighborhood air quality and the proliferation of second hand scents. Healthier options could be: Add baking soda to the rinse cycle, or add ½ cup vinegar to the wash cycle to soften fabrics and reduce static cling. Vinegar is a natural fabric softener.

Do the neighborhood a favor and make sure your dryer exhaust doesn't pollute the environment. Be kind to yourself and to your neighbors, use unscented laundry

(Continued on page 3)



NEWSLETTER INFO

NEWSLETTER PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
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ADVERTISING INFORMATION

Please support the businesses that advertise in the Long Canyon Gazette. Their advertising dollars make it possible for all Long Canyon residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

CLASSIFIED ADS

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Long Canyon residents, limit 30 words, please e-mail articles@PEELinc.com

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

NOT AVAILABLE ONLINE

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Sign up to receive *The Long Canyon Gazette* in your inbox. Visit PEELinc.com for details.

Dear Fat, It's over. I'm leaving you. And this time, I mean it.

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512-329-6633



One month's free tuition!

*Schedule a tour
for details
limit one per family

Healthier Homes- (Continued from Cover Page) products.

FOR MORE INFORMATION:

- <http://ehna.org> – Fabric Softener = Health Risks from Dryer Exhaust and Treated Fabrics by Julia Kendall
- www.mcs-global.org – Could it be your Fabric Softener?
- www.physorg.com – Toxic Chemicals Found in Common Scented Laundry Products, Air Fresheners
- www.scorecard.org – enter your zip code and you can get information regarding air, water and chemical releases for your county



Recipe of the Month

Dream Delight

Sandy Dinges



- 6 egg whites
- 2 cups sugar
- 3/4 tsp. cream of tartar
- 1 cup pecans
- 2 tsp. vanilla
- 2 cups crackers (Club or Waverly)

Beat egg whites until stiff. Gradually add sugar and cream of tartar. Add vanilla. Fold in crackers and pecans. Spread in a 9 x 13" pan cake pan. Bake at 350° until light brown about 20-25 minutes. Cool completely. Top with your favorite fruit and Cool Whip.

If you would like to submit YOUR recipe email it to articles@peelinc.com.

Limited Time Offer!

EXCLUSIVE TO LONG CANYON RESIDENTS

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LONG CANYON

Three Business Networking Groups in the Area

Are you looking to grow your business in 2009? If so, you might be interested in a few of the business networking groups in the area. There are a few to choose from:

Steiner Ranch Referrals BNI Group

Meetings are on Thursday mornings from 8:00 to 9:30 at Thai Harmony in Steiner Ranch. Visitors are welcome! If you are interested in visiting a meeting please contact Mark Taylor at marktaylor@actioncoach.com for more information or visit www.BNIAustin.com.

Four Points BNI

Meetings are on Wednesday at lunch from 11:30 to 1:00 at the River Place Country Club. Visitors are welcome! If you are interested in visiting a meeting please contact Amy Oehler at Amy@Lending360.net or visit www.BNIAustin.com.

A Business Referral Group Made Fun

Networking Northwest Austin is expanding its member base of businesses in our area. NWNWA members build close business and personal relationships. We believe in business by referrals and having a limited member base (not duplicating professions), so you will not see your competitors here. We have a caring, positive, involved group of people who not only wish to build their business, but also want to build the strength of our networking group. NWNWA meets on the 2nd and 4th Tuesday at Waterloo Ice House, 360 & FM 2222 from 7:00 am – 8:30am. And a fun happy hour once per month at a beautiful location. Come to a breakfast or call Dorothy Scarborough – President dscarborough5@austin.rr.com, 512-589-3678.

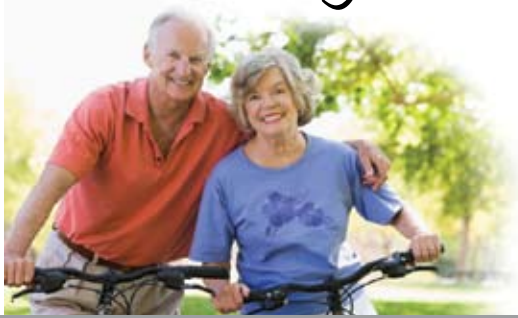
Welcome to the Long Canyon Gazette

The Long Canyon Gazette is a monthly newsletter mailed to all Long Canyon residents. Each newsletter will be filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it articles@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

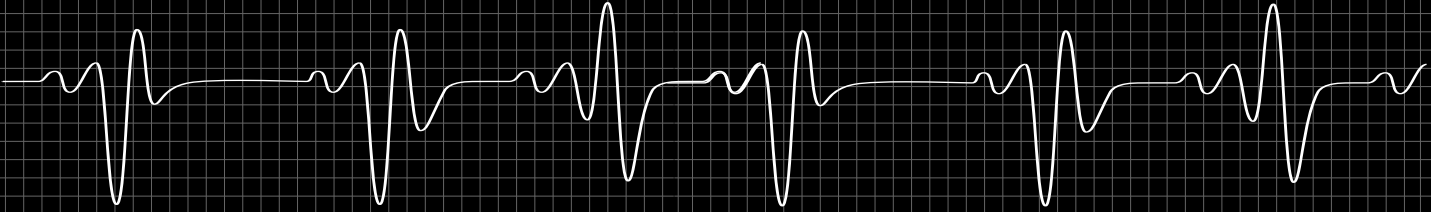
Our goal is to keep you informed!

Introducing A CARDIOLOGY PRACTICE
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KNOWLEDGE...NOT FEAR. JEFFREY B. MICHEL, MD FACC



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SIGN UP FOR THE FALL SESSION OF GO NATIVE U

Learn about sustainable gardening, as well as native plant gardening. And check out the new classes on special topics. Classes start September 19. For information and registration, check www.wildflower.org

OPEN LABOR DAY - September 7

THE ORIGAMI DIVA - Through October 4

Joan Son's intricate installation of origami, "Natural Rhythm" features birds and plants. In the McDermott Learning Center

WATER SPARKS - September 17 through December 20

View fine limestone and glass works by Damian Priour. A joint exhibit with Umlauf Sculpture Garden.

NATURE NIGHTS – PLANTS & PEOPLE

Friday, September 18, 6 to 9 p.m.

Dyes, jelly, medicine-discover the benefits of native plants. Spanish translations available. Admission \$1. Sponsored by KVUE.

AUSTIN MUSEUM DAY

Sunday, September 20,
Open 9 a.m. to 5:30 p.m.,
Program 1 to 3 p.m.

Admission free. Women in Science program inspiring children to pursue science careers.



SMITHSONIAN WEEKEND - September 26

Free admission for all Smithsonian members. Taste jellies and jams from Texas Traditions from noon to 2 p.m. Also, save 20% on 2010 calendars all weekend.



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APR* APR* APR*
UP TO 60 MONTHS 66 MONTHS 72 MONTHS
new or used

MONEY MARKET

1.31% **1.51%** **1.76%**
APY APY APY
\$25,000 TO \$74,999 \$75,000 TO \$124,999 \$125,000 AND ABOVE
minimum daily balance of \$2000 required

CERTIFICATE OF DEPOSIT¹

1.86% **2.07%** **2.42%**
APY APY APY
6 MONTHS 12 MONTHS 24 MONTHS
¹regular - minimum deposit of \$1000 required

CERTIFICATE OF DEPOSIT²

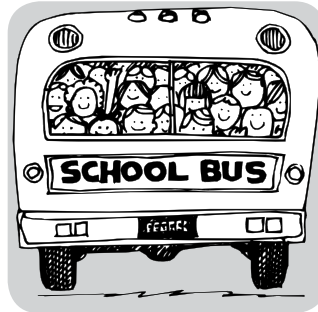
1.96% **2.27%** **2.57%**
APY APY APY
6 MONTHS 12 MONTHS 24 MONTHS
²jumbo - minimum deposit of \$95000 required

15 AUSTIN METRO LOCATIONS

It's Not Too Late to Get Organized for the New School Year

Submitted by Kelly Butcher

School has just begun and you probably feel like you are drowning in the sea of papers, activities, and homework. As a professional organizer, I work with a lot of busy families who need help setting up routines for handling the abundance of paper from school, the mail, and for getting homework done. I hope to offer a few suggestions about routines to set-up and implement to help you have smooth sailing through this school year.



SOME GENERAL SYSTEMS TO HAVE IN PLACE

INCLUDE:

- Calendar
- Incoming papers
- Homework

A large wall calendar with room enough to write each family member's activities is a must. Display the calendar in a location easily accessed by all family members. If you track your calendar

electronically, have a centrally located computer with easy access for all family members. Assign a color to each family member and color-code activities.

Papers consisting of incoming mail, school papers, both school work and items that require a response, and activity-related items (schedules, release forms, etc) are always an issue. Set up an action file system for handling the incoming paperwork such as a desktop hanging file organizer with files for each child or school. Teach your children to get into the habit of

putting important papers or papers requiring a signature in a folder marked with "Mom" or "Dad". After you have signed the paper, either place the paper in a folder to return to school or have your child put directly into their backpack. Also set up an archival system for the treasured school work that you want to save.

Fitting homework into our busy schedules is often difficult. Designate an area for your children to complete their work. For

(Continued on Page 7)

**Concerned About
Lower Lake Levels?
Join DELTA
Save Water.
Save Lake Travis.**



www.DrainingLakeTravis.org



The Original PowerBook

Go back to school this year more prepared than ever.

Great Hills Baptist Church Sunday Schedule

- 9:30 & 11 am - Bible Life Groups (all ages)
- 9:30 am - Celebration-Connection (Worship Choir & Orchestra)
- 11:00 am - Life-Connection (Worship Band)

10500 Jollyville Road . Austin, TX . 78759 | www.ghbc.org | 512.343.7763

It's Not Too Late to Get Organized - (Continued from Page 6)

younger students, the kitchen table is probably where most of the homework is completed, so make sure all of the necessary supplies are available, so there is no excuse not to get started. I recommend using lidded plastic shoe-box size containers to hold markers, crayons, scissors, glue sticks, etc. Label the containers for ease in cleaning up. For older students who may complete their homework at a desk in their bedroom, ensure they have the necessary supplies available as well. A well-lit, clutter-free area away from distractions will help them stay focused on their work.

Establish a set time for homework to be completed. It may not be the same time every afternoon or evening based on after school activities. Look at the week ahead on Sunday evening and map out with your child the time they should complete their homework for each day based on that day's activities and mark it on the calendar. Most importantly, help your child get into the habit of packing their backpack before they go to bed. That way during the morning rush, important papers and items needed for school will not be forgotten at home.

Remember that developing new habits requires consistency and time. Begin setting up and implementing new systems as soon as possible and this school year will be off to a great start!

Barktoberfest

The Central Texas SPCA invites all Austin-area animal lovers to its 7th annual Barktoberfest festival and dog walk. All proceeds benefit the CTSPCA's adoption program. This family-friendly event will be held a little earlier than usual this year - Saturday, September 26 - at Old Settlers Park in Round Rock.

The 3K dog walk will start the day with free event t-shirts for walkers raising \$25 or more in pledges. Registration for the pledge walk begins at 9:30 AM and the 3K walk begins at 10:00 AM. Festivities and entertainment will start at 10:30 AM and will include a canine costume contest, music, food booths, an education station, a kids' fun area, vendor booths, Greyhound Pets of America's Speed Alley, a low-cost microchip clinic, and much more!

Admission is free to walk participants and kids; a \$5 donation is suggested for other adults. It's a howling good time for dogs and humans of all ages!



River Place Country Club
4207 River Place Boulevard
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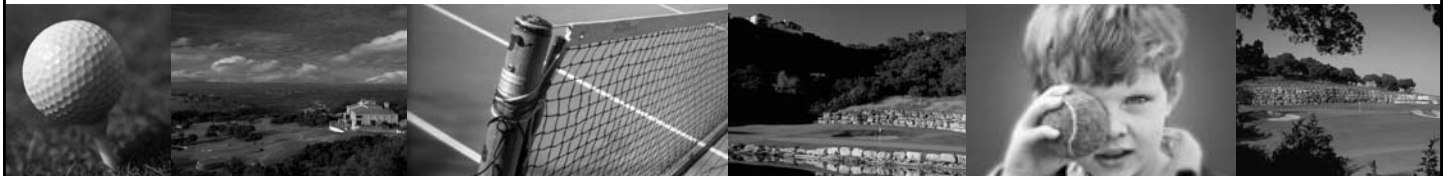
What are your Kids Doing after school?

Join the Fun this Fall!

Junior Programs are offered after school every day from September through December. Our programs include:
Golf, Tennis, Tap, Tumbling, Ballet, Hip Hop, Spanish, Sportball, and Karate

*Membership is Not Required to Trial After School Programs. Visit us online to view our 2009 Fall Junior Programs.

Save the Date! November 12-13th
Yuletide Treasures
Shopping Extravaganza



Please call Raquel Hebben, the Membership Director if you would like to receive information regarding Membership, Fall Junior Programs, or to schedule a personal tour of our facilities!

The Dominion  Golf Group River Place • The Dominion • Onion Creek • Twin Creeks



COLIN'S HOPE

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For more information,
check out our website at
www.colinshope.org

FACTS YOU NEED TO KNOW ABOUT DROWNING

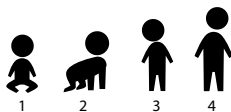
DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

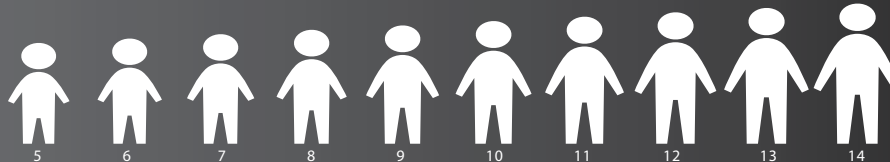
Falls, entrapments, and injuries lead to drowning regardless of swimming level.

NO ONE is "drown proof" – no matter their level of swimming ability.

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW



Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10

**Children who drown do not scream, splash, or struggle.
They silently slip beneath the water, even with adults & lifeguards present.**