

LONG CANYON Gazette

February 2011

Volume 4, Issue 2

A Newsletter for the Residents of the Long Canyon

FITTING IN FITNESS:

Making Time for Exercise

By Sarah S. Jordan, MS

Finding time for exercise can be an ongoing challenge in our busy lives. We know that exercise will benefit our bodies and minds in many ways and that we should do it. But actually finding the time and making it happen can be difficult.

Here are a few tips to help you fit in fitness in the New Year.

- Remember that any movement is better than none. If you only have 15 minutes each day to go for a power walk, those 15 minutes will equal 105 minutes (almost two hours) by the end of the week, 420 minutes (seven hours) of exercise each month and 91 hours of exercise a year! Small things can add up to big victories over time.
- Find what works for you. For some people, a gym membership is very convenient. For others, it may not be convenient to their location, budget, job, or family. If that is the case, see if your neighborhood has any exercise groups, hire a personal trainer that will come to you, or start your own lunchtime workout group for added camaraderie and accountability.
- Schedule exercise into your week. Workouts are much more likely to happen if we put them in our calendars. Schedule workouts as you would important business meetings or doctor appointments.
- Remember that sometimes, the hardest thing to get is going. Many times, just getting our shoes on and getting out the

door is the hardest part of a workout. Once we are moving, endorphins kick in and we feel great for moving.

- Make use of the early hours. I used to dread getting up at 5:20 every morning. But now I love it, because after I get ready for work, it guarantees me a few minutes to myself before anyone else is awake. Similarly, getting workouts in before the busy day kicks off ensures that they happen, and the day will be better because of it.
- Take the kids along. My baby and I have logged countless hours with the jogging stroller. But I know that if I didn't take him with me, the majority of those workouts would have never happened. Pack up the kids and remember that pushing the kids will mean more calories burned.
- Don't give up. If you are not reaching your goals, determine what is not working and create a roadmap to resolve it. Remember that fitness is a lifestyle and it goes through ups and downs, but always benefits us if we persevere.
- Make the time that you do have count. If you have just thirty minutes three days a week, step up the intensity of those workouts to get the most you can for your time. Add intervals and hills, or find a fitness class or DVD that offers a combination of cardio and strength training.

*Wishing you a happy and
movement filled 2011!*

Hill Country Education Foundation Launches Membership Drive

Submitted by Michelle Beck

The Hill Country Education Foundation launched a six-month membership drive to recruit families, individuals, students and faculty to their organization. Members of HCEF will help to support Four Points-area students achieve academic success in the areas of entrepreneurship, leadership, science, technology, engineering and math (STEM).

Specifically, memberships will help the Foundation reach their goal of providing:

- Grants to teachers, administrative and parent organizations that focus leadership, entrepreneurship and STEM education.
- Teacher development/training grants to support new or established curricula
- Enrichments programs, such as FIRST® LEGO® League Robotics Clubs

(Continued on Page 2)

NEWSLETTER INFO

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Article Submissions..... longcanyon@peelinc.com
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Hill Country Education - (Continued on from Cover Page)

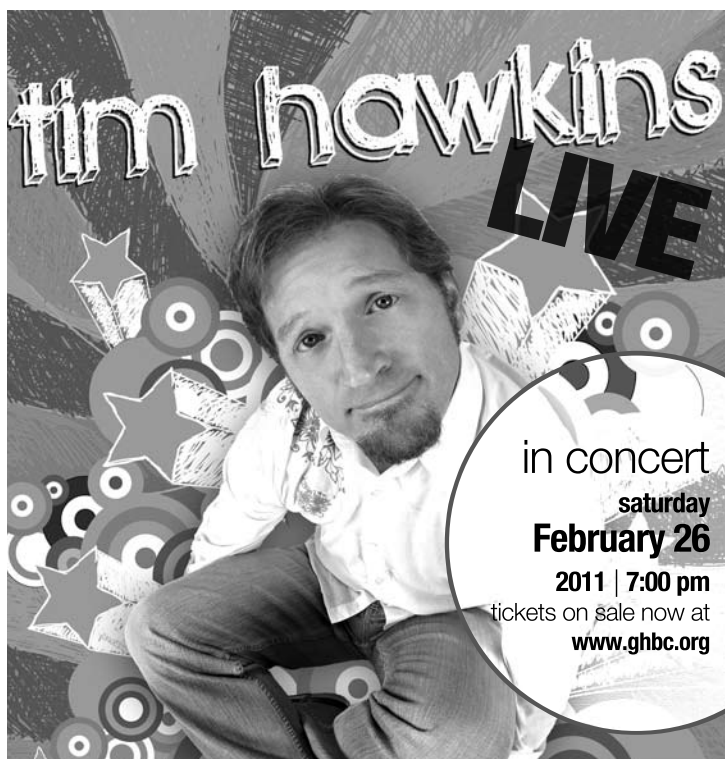
- Scholarships to Vandegrift High School students pursuing careers in science, technology, engineering or mathematics (starting in 2012)
- A community children's library in the Four Points community
- College Insider, a college-readiness program for parents and students

Annual membership levels range from \$100 for families and \$50 for individuals to \$15 for students and \$1 for faculty. To learn more about membership benefits and to pay online, interested parties can go to www.hillcountryedfoundation.org.

About Hill Country Education Foundation

A 501(c)(3) non-profit organization, the Hill Country Education Foundation enhances the educational experience of students living in the Four Points community of Austin, Texas. HCEF achieves this enhancement through the development and financing of innovative, quality programs and projects for students attending or preparing to attend Vandegrift High School, specifically in the areas of leadership, entrepreneurship, science, technology, engineering and math (STEM).

HCEF's vision is based on the belief that an exceptional education is essential both to the well being of individual students and to the civic health of a community. HCEF brings educators and citizens together to excel this educational experience by providing schools the additional tools needed to teach and engage children and by expanding the horizons of knowledge within the community through special programs and projects. HCEF endeavors to empower tomorrow's leaders while strengthening the community as a whole, now and into the future, in Austin and beyond.



THE RADIANT CHURCH | WATCH LIVE services Sunday mornings
or view any time at www.ghbc.org

Sunday Morning Schedule

9:30 - Blended Worship | 11:00 - Contemporary Worship
9:30 & 11:00 - Bible Life Groups (all ages)

Great Hills Baptist Church

10500 Jollyville Road . Austin, Texas 78759 | 512.343.7763

Not Available Online

Steve Harper says, "Relationships Have a Ripple Effect!" *At Four Points Chamber of Commerce Luncheon*

His specialty is connecting people. He's made it his mission to add value to those that he has come in contact with. Steve Harper, author of *The Ripple Effect: Maximizing the Power of Relationships for Life and Business* has a trail of successful business ventures in his wake that make his insights valuable to any business leader. Harper is the guest speaker of Four Points Chamber of Commerce February Luncheon. "Every action that we take has the power to create ripples; positive and negative. Taking the time to understand the impact you can make on others can enrich your life and increase your chances of

success ten-fold," said Harper. Come gain perspectives on how to grow client relationships:

- Thursday, February 17th
- Time: 11:30 a.m. to 1:00 p.m.
- At River Place Country Club, 4207 River Place Boulevard.


Membership is not a requirement to come to the luncheon but you'll want to register online by February 11 to ensure your seat and receive early-bird discount pricing! While you are at the Four Points Chamber of Commerce website be sure to check out the other networking activities offered by the chamber including the

monthly Happy Hour and bi-monthly networking meetings at Concordia University.

The Four Points Chamber of Commerce provides networking opportunities at social gatherings, luncheons and business network meetings. Now over 100 members strong and growing, the Four Points Chamber of Commerce brings businesses together along highway 620 from Hudson Bend and Mansfield Dam to Anderson Mill and along Ranch Road 2222 from Jester to Volente to support business growth in the community. For more information about upcoming events visit www.fourpointschamber.com or contact us at FourPointsChamber@gmail.com.



com or call (512) 551-0390. Membership inquiries may also be sent directly to membership@FourPointsChamber.com.



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Schedule a Tour
TODAY!

Austin Newcomers Club February Luncheon

Austin Newcomers is a social organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. Join us at our monthly luncheon as well as take the opportunity to learn about and become involved in many varied fun Interest groups.

Time: 11:00 AM Social - 12 Noon Luncheon

Date: February 16, 2011 (Reservations required by Thursday, February 10th)

For Luncheon Reservations email: LuncheonDirector@AustinNewcomers.com or Diane Israelson 512-467-4979

For other Newcomers information

visit www.austinnewcomers.com or call 512-314-5100

FEBRUARY PROGRAM: RECOUNTING MEMORIES OF WORLD WAR II

Isabelle Cedar Cook was born and raised in Amityville, New York. On September 1, 1939, when WW II was declared, Isabelle was a young woman living in New York City having just graduated from the Mount Sinai Hospital School of Nursing. The Army asked Mount Sinai Hospital for assistance and the hospital issued a call for volunteers.

Being unattached at the time, Isabelle felt it was her duty to serve. She immediately signed up without telling her family or receiving permission from her mother who was a widow with five children. Then she waited impatiently to be called for service. In September, 1942 she got that call asking her report to Camp Rucker, Alabama.

Thus, Isabelle entered one of the deadliest conflicts in human history, marked by horrific events including the Holocaust and the first and only use of nuclear weapons. On May 5, 1943, Isabelle boarded the HMS Pasteur, a former French luxury ship being used to transport troops. When out to sea, she learned her destination: Casablanca, Morocco. She had never before been abroad or even outside New York and New Jersey. As a member of the Army Nurse Corps, Isabelle served overseas for three years. After the war ended, Isabelle was discharged from the Army as a First Lieutenant and she returned to civilian life. She got married and moved to Brownsville, Texas.

Isabelle Cook wrote a book about nurses' experiences in a fictionalized memoir, In times of War: Memoirs of a World War II Nurse. She also participated in the Library of Congress Veterans History Project. She also wrote Depression's Child, a story told from a young girl's point of view about growing up during the Depression. She will share her experiences as a WW II nurse serving in North Africa, Italy and France.

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- Legend Oaks II
- Long Canyon
- Lost Creek
- Mayfield Ranch
- Meadows of Bushy Creek
- Pemberton Heights
- Plum Creek
- Ranch at Brushy Creek
- River Place
- Sendera
- Shady Hollow
- Sonoma
- Steiner Ranch
- Stone Canyon
- Sunset Canyon
- Travis Country West
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- Westminster Glen
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Presented by Northwest Austin Circle of Friends
Tickets \$50
Purchase tickets online at
DellChildrensCircleofFriends.org

A fun and exciting pre-Mardi Gras celebration filled with wonderful premier wines, delicious foods, and fine single malt scotches, in addition to silent and live auctions with unique and tempting items. Don your costumes (if you dare), throw on your party beads and feathered masks, and get funky to live jazz music on the veranda. All guests receive free beads and masks! 100% of funds raised benefit Dell Children's Medical Center.

Contact Lisa Sejnowski, chairman NWA COF, at sejnowski@sbcglobal.net or 345-3149.



Hope to See You There!

REMEMBER, PLEASE: Austin leash laws require all dogs to be on a leash when off the owner's premises.

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LETTER TO THE EDITOR

Windy in the Oaks.

How important is 2222? Think of an artery, say the carotid that feeds blood to your brain, or the vena cava superior that feeds blood to your heart! Not vivid enough? Think spinal column, the brain-to-body main route.

RR2222 is a lot more important than any of those! We all know that! The "We" are those of us who live up here and need to get down there, going to the Heart Hospital, Brackenridge, or St David's; to 10th and San Jacinto; to the Blanton; to the Capitol; to Fino's, Zax, Fonda San Miguel, or Marcellos; to ABE; to Bass, Bates, or Dell halls; to Book People; to ACL; to ...I hear you--don't belabor the point!

The regulars know all the spots. The single lane eastbound at 360 and the feckless drivers who start out in the middle lane and have to force their way in before they end up at the Arboretum! The right turn onto Mopac where the same feckless drivers (or their clones) prepare by being in the middle, or even the left lane, coming down to the Starbucks! The right hand turn lane leaving 620 for 2222 that floods with every shower, slowing traffic to a "pig-in-the-muck" crawl!

And who in their right mind shops at HEB between 3:30 PM and 6:30 PM? Talk about needing the charity of strangers? You could miss a birthday AND an anniversary waiting for a break! And if Aunt Molly is the first car in line, we could have a new president before you get home!

Speaking of waiting, who ever decided to put Steiner Ranch Elementary at the intersection of the only two ways out of the place? And now the same folks who gave you that one, the HEB exit, and the Shell station on the 90 degree curve, will be giving you the Randall's exit! This could be a real humdinger. The developers say the library is a pipe dream, but we are looking at a first class, colossal, "Ishtar" nightmare here! A good old Texas, mile long back up, before we even see the Safeway sign! And the turn lane will be one Humvee, or three Prius (or is it Prius's, or Priuses, or Priui?) long! "You betchum General Custer, we got a lot of angry Sioux, Blackfeet, and Comanche coming our way before this dustup is over."

"And what about traffic lights?" Already in the last three (maybe

four and a half), weeks we have two new lights and we are not even to 360 yet. (How many people out there have got the Trifecta, the River Place, Sitio Del Rio, and McNeil lights on one trip?)

"WE NEED THE LIGHTS TO GET PEOPLE OUT ONTO 2222!" is the explanation and/or justification of the TxDOT! No, **NO, NO!** Keep them OFF the road entirely! Okay, big concession here, they are mostly Texans, after all. No one between 620 and Mopac gets to enter 2222 until 10:00 AM in the morning and after 3:30 PM, or they have to watch continuous reruns of the UCLA, Iowa State, and Kansas State games! On a 72 inch, Blue Ray Screen! With no beer, no ribs, no potty break, and Bob Stoops doing the commentary!

Phew!

We're out of breath and we haven't yet hit on why there is no right turn arrow out of Steiner when there is a left arrow in! And what is the skinny on the cupcake wars at 2222 and 620? And how do you get out of Wells Fargo/Walgreens (WFW), at almost any time of day? And what about the "DO NOT DRIVE ON THE SHOULDER" sign halfway down the right turn lane from 620 onto 2222? Who would get to work if we waited for that three foot (okay, maybe it's five foot) long turn lane painted on the road? And do we have to wait for a seven- or eight-car pileup before we get some lines turning west from 2222 to 620? Aunt Molly almost had me in Smokey J's cooker one day as she headed for a \$100.00 cupcake!

And then we have the eternal questions surrounding 2222. Is the best way to I-35 (if you must go there at all), to take 2222 across Mopac, past Covenant Pres, past the HEB and the Walgreen's, past Lamar, past the State Smokies, past Leif Johnson, and hop the flyover? Where do the car jockeys at Chez Zee park your wheels? Is there an underground cavern someplace? And what is the story behind all the empty space at River Place, behind WSW, and next to Terry Davison? Are these guys sane? We are in an economic disaster and you cannot get in and out of these places in fewer than 30 minutes. What is it going to look like when things pick up? Oh yeah, see paragraph six!

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