

# Canyon Creek CHRONICLE

MAY 2011

VOLUME 5 ISSUE 5

## *Four Points Chamber*

### **HOSTS AWARD-WINNING SOCIAL MEDIA MARKETER, RICARDO GUERRERO FOR MAY'S LUNCHEON AT RIVER PLACE COUNTRY CLUB**

Four Points Chamber of Commerce hosts guest speaker Ricardo Guerrero at the Chamber's May Luncheon. Guerrero established the core strategy for Dell's Twitter presence, which generated \$6.5M in their first 2.5 years. He has presented at SXSW Interactive and offers social media strategy coaching to "Generate Excitement and "Power your Brand." Guerrero (@ggroovin & @ESggroovin on Twitter) is the founder and CEO of Stwittergy™ (@STWITT3RGY) and the "Chief Buzz Generator" of Social Media Dynamo™ (@SoMeDynamo). Four Points Chamber luncheons provide stimulating discussions for local individuals, businesses and organizations to gain new insights and foster business growth. Membership is not a requirement to come to the luncheon but you'll want to register online to ensure your seat and receive early-bird discount pricing!

You can find all the details and register on the Four Points Chamber of Commerce Web site [www.fourpointschamber.com](http://www.fourpointschamber.com). While you



- Thursday, May 19, 2011
- Time: 11:30 a.m. to 1p.m.
- At River Place Country Club, 4207 River Place Boulevard.

are at the Chamber's Web site be sure to check out the other networking activities offered by the chamber, including the bi-monthly Connectors networking meetings at Concordia University and monthly Happy Hour. On Thursday, May 26th join us for fun by the lake at Carlos and Charlie's 5973 Hilina Road.

The Four Points Chamber of Commerce provides networking opportunities through social gatherings, luncheons and business network meetings. Now well 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 contact us at [FourPointsChamber@gmail.com](mailto:FourPointsChamber@gmail.com), visit [www.fourpointschamber.com](http://www.fourpointschamber.com) or call (512) 551-0390. Membership inquiries may also be sent directly to [membership@FourPointsChamber.com](mailto:membership@FourPointsChamber.com).

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## LOCAL AUSTIN CHARITY -IMAGINE A WAY-

### *Offers Hope for Central Texas Area Children Affected by Autism*

Imagine A Way announces the launch of their non-profit organization, established to offer Central Texas Area children diagnosed with Autism greater accessibility to services and therapies. This grass-roots charity was born less than a year ago in the hearts of Joel and Carolyn Price after their son, Joshua, was diagnosed as being on the Autism spectrum. Imagine A Way is now honored to observe Autism Awareness Month (April 2011) as an official non-profit organization whose mission is to support and provide hope and services to local families whose child has received this challenging diagnosis.

"After Joshua's diagnosis we recognized consistent, targeted therapies were critical for his development. We felt so grateful for our ability to provide these for him. The early intervention and therapies gave us the hope that we would get our son back," said Joel Price, founder and President of Imagine A Way.

And then they realized there are families who cannot afford these same essential therapies.

Statistically, the window for making the biggest difference in a child dealing with autism is between the ages of 2 and 6. While help and support slowly improve through legislation, children everyday are entering and leaving this window of time without having had the opportunity to get the help and resources they need at the most critical time they need it.

Early, consistent therapy is proven as one of the most influential factors for the successful socialization and development of Autistic children. Yet it is costly and not always covered by insurance or social services. Limited resources can mean the difference in reaching the child or losing them.

Imagine A Way was founded to help families provide their child with these essential therapies, enabling them to reach their full potential. The impact this local organization will have upon these families will be truly life changing.

Joshua was diagnosed with autism in March of 2007. At age 2 ½ Joshua was slowly drifting away and the Prices found themselves in unfamiliar territory, trying to bring him back to them. Last November, the therapies and commitment paid off. "While picking up my son from therapy," Joel remembers, "the therapist told me that when they asked him what he wants to be when he grows up, Joshua's answer was... "I want to be like my Daddy!" Wow! What a gift. A gift we are intent on sharing."

*Imagine A Way is just that. A gift for  
families affected by Autism.*

*(Continued on Page 4)*

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# CANYON CHRONICLE

## Imagine A Way- (Continued from Page 2)

Imagine A Way is planning their first annual Founder's Event for next month, and would like to invite anyone interested in joining with them as a Founding Partner to please visit their website ([www.ImagineAWayFoundation.org](http://www.ImagineAWayFoundation.org)) or call for more information. With intentions to touch local families in this very practical and personal way, this organization will make a huge impact.

"We are dedicated to making a difference one child, one family at a time," Joel explains. But with a heart as big as this, it won't be long before Imagine A Way touches the whole community.

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### *About Imagine A Way:*

*Founded in 2010, Imagine A Way is an Austin based 501(c)(3) non-profit organization bringing support, therapies and hope to Central Texas Area families affected by Autism.*

*For more information about Imagine A Way visit their website at: [www.ImagineAWayFoundation.org](http://www.ImagineAWayFoundation.org)*

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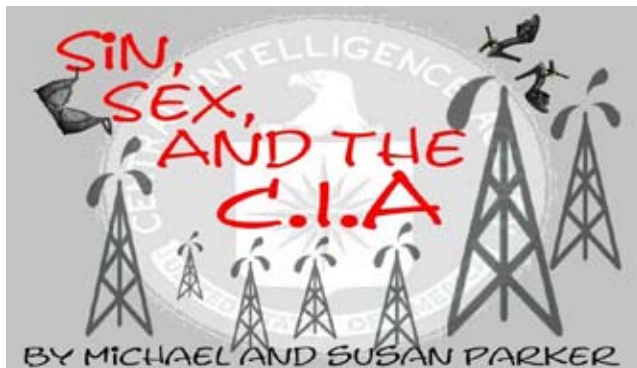
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## NatureWatch

by Jim and Lynne Weber



### Avian Aerobats



Small to medium-sized songbirds with long, pointed wings, forked or squared tails, and inconspicuous legs and feet, swallows are characterized by their adaptation to aerial feeding. Unlike other groups of birds, swallows have a streamlined body shape that has evolved to efficiently hunt insects on the wing, allowing for great maneuverability, endurance, and frequent periods of gliding. When not performing their avian acrobatics, swallows are often seen perching in long rows on branches and wires.

Spending most of their waking hours hunting for flying insects, swallows have short bills, strong jaws, and a wide gape. They feed at speeds up to 25 miles per hour and are selective about their prey, tending to choose the larger insects rather than scooping up every insect around them. Swallows also use aerial flights to attract a mate, and are monogamous breeders. While they can be territorial, most form at least loosely aggregated colonies with both the male and female jointly constructing their nests, made primarily with mud and sometimes added bits of dried vegetation.

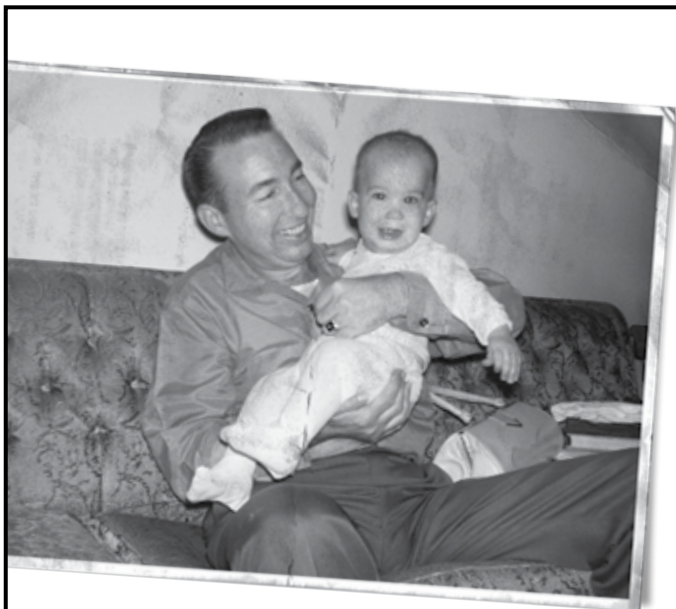
Swallows migrate to Central and South America for the winter and three species of swallows return to the Austin area in late March and April, with breeding occurring soon after. The most common is the Barn Swallow (*Hirundo rustica*), with a dark slate blue back, reddish brown throat, cinnamon or buffy chest, and deeply forked tail. They prefer to nest in suburban areas, often building their mud structures under the eaves of porches and overhangs. Males have 18% longer tails than females, and females generally choose a mate by the length of its tail. Barn swallows begin hawking for insects an hour or so before dawn, accompanied by their liquid, energetic chattering.

Found mostly flying around overpasses and bridges where they prefer to build large mud nest colonies, Cliff Swallows (*Petrochelidon pyrrhonota*) have a squarish tail, buffy rump, dark chestnut throat, and a pale forehead. Normal flights follow a rollercoaster path, with rapid ascents on quick wingbeats, followed by downward glides. Courtship flights in the spring are followed by copulation on the ground.

Cave Swallows (*Petrochelidon fulva*) look quite similar to Cliff Swallows, and are distinguished by their buffy throat and cinnamon forehead. Locally common and increasing their range to the north and east, Cave Swallows historically occurred only in dimly lit interiors of caves or sinkholes, but over the past few decades have begun utilizing man-made structures such as low bridges and culverts. When returning to the location of their mud nests, they fold their wings and plunge in at a high speed, then circle around inside the cave/structure to lose momentum before landing.

Adept aerialists, swallows do many things on the wing, including drinking and bathing. The next time you witness their swooping flight and distinctive chattering, take a moment to appreciate these avian acrobats!

*(Continued on Page 6)*



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# CANYON CHRONICLE

**Nature Watch-** (Continued from Page 5)

*Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, to be published by Texas A&M University Press in 2011.*



*Cliff Swallow*



*Barn Swallow*



*Cave Swallow*

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## WHAT CAUSES AUTISM?

By Connie Ripley

*Autism is diagnosed in one out of 110 children (1 in 70 boys). In 1975, autism effected 1 in 5,000. It is the fastest growing serious developmental disorder in the U.S., but is it a disorder or a disease?*

The reasons for this huge increase, especially the 57% increase between 2002 and 2005, are being explored by parents, physicians and scientists. The means of diagnosing being essentially the same, what in our current world is causing the escalation of autism at alarming rates?

*No totally supported cure exists. Early detection and intervention are the best treatments.*

Many concerned parents are blaming childhood immunizations—due in part to a well-publicized study by Dr. Andrew Wakefield (founder the Austin-based Thoughtful House) linking the measles-mumps-rubella (MMR) vaccine to autism. Medical organizations and drug companies have spent millions combating what they call his “fraudulent research findings”, yet Wakefield still holds his findings as factual. Who do you believe? The Centers for Disease Control (CDC) is finally citing studies showing that early exposure to mercury-based thimerosal is associated with motor and phonic tics in boys. Others are claiming the measles vaccine is a live virus that may continue to live in some children.

The age of parents, either mother or father, has been shown to possibly have an impact on the diagnosis. According to the federal government’s leading autism body, the Interagency Autism Coordinating Committee (IACC), “Recent studies suggest...that parental age...may confer environmental risk.” The Dr. Oz television show had a large portion of one show on the causes. This was a well-accepted cause, but why?

In-Vitro fertilization appears to also be in question. A recognized physician and autism specialist states that 29% of her autism patients were conceived in-vitro. (It is important to note that this is only one physician’s findings and is not a published study.) Could this also be linked to age of parents? The federal government is also studying Toxins as a possible cause. The unusually high incidence of autism in children around Texas power plants is cited in some studies.

Mitochondrial DNA damage is finally getting a lot of attention

from both physicians and the federal government.

Current scientific findings support the concept of a medical disease causing a dysregulated immune system to constrict the blood flow in some children’s brains, primarily the temporal lobes affecting motor skills, social integration and speech. Some physicians claim that when “the villain” that causes the damage can be identified and removed from the child, autism symptoms diminish. Is this a vitamin deficiency, a virus, a fungus, sensitivities to toxins or certain food allergies?

The CDC now wants to do a 5 year study on the potential risk for post vaccine “neurological deterioration” and a study of mitochondrial dysfunction. This comes after the IACC announced a shift in research priorities toward environmental triggers, which could include toxins, biological agents and “adverse events following immunization.” Does a genetic predisposition to the disorder exist in some children? While each gene appears to affect only a small percentage of cases, groups of genes appear to account for a greater percentage of autism risk. When children are exposed to certain toxins, viruses, fungi or conditions, autism could be the result, but not in all siblings and not in all twins.

Why are four times as many boys as girls affected with autism?

Something causes this early disruption in the development of the brain of one in 110 children (Some even say the number is more like one in 91. The U.S. military is stating 1 in 80 in ads on TV!), but what?

Autism Speaks is North America’s largest autism science and advocacy organization. Autism Speaks is funded primarily by local walks. The Greater Austin Walk Now for Autism Speaks committees and teams are being formed for the 2011 Walk at Dell Diamond on September 24. Your help is needed! Please contact Walk Manager Traci Whitney at [traci.whitney@autismspeaks.org](mailto:traci.whitney@autismspeaks.org) or go to [www.walknowforautismspeaks.org/austin](http://www.walknowforautismspeaks.org/austin)

*Every 15 minutes a parent is told his/her child has autism!*

## Do You Have Reason to Celebrate?

We want to hear from you! Email [canyoncreek@peelinc.com](mailto:canyoncreek@peelinc.com) to let the community know!

## DON'T WANT TO WAIT FOR THE MAIL?

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## OVERCOMING BARRIERS TO EXERCISE

### *Enjoyment, Time, & Know How*

By Sarah S. Jordan, MS

We live in a busy world where creating and sticking with a regular exercise routine can be challenging. Many obstacles can stand in the way of our routine, including the enjoyment factor, time, and exercise know-how. But with a little creativity, planning, and dedication, the rewards can be oh so sweet! (Not to mention life changing.)

#### **1st Barrier**

##### **I don't enjoy exercise.**

For some people, exercise is simply not enjoyable. Think about what you did as a child as "play." Most likely, you enjoyed doing it. See if you can weave that into your workouts to make them more fun. Or make it social by exercising with a workout buddy or in a group setting.

Whenever I have people tell me that they just don't find exercise enjoyable, I work hard to find a mode of exercise that they do enjoy in order to get them started. Once they are moving more, eating smarter, and feel their hard work and activity paying off, it is much easier to find other modes of exercise to challenge them and help them see results. And I love watching exercise become fun for them and the thing that they look forward to in their day!

#### **2nd Barrier**

##### **I just can't find the time.**

If there is one thing that I have learned about my workouts since becoming a mother, it is that they will not happen if I wait for the time to open up in my day. I have to create, devote, and stick to the time I make for them. Here are some tips for making more time for exercise:

- ANY exercise is better than none. Even if you just have 15 minutes, take it. Your body and mind will be glad you did, and 15 minutes a day can add up to great things over time!
- Put exercise on your calendar and treat it like you would a mandatory meeting.
- Find a reliable workout partner. This not only makes workouts more fun, but it holds you accountable to show up.
- Invest in a personal trainer. They can create an individualized workout plan that

fits your lifestyle and goals, and equip you with an incredible amount of education on healthy living.

- Make use of the early hours. Getting workouts in before the busy day kicks off ensures that they happen, and the entire day will be so much better because of it!
- Make it a family tradition. What a cool thing to expose our kids to - families moving together!
- Find what works for YOU. For some people, joining a gym is the most convenient option. If that is not realistic for you, find other activities, classes, and opportunities in your area.
- 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.

The other important thing is to make the time we do have count in the biggest ways possible. If we have just thirty minutes three days a week to exercise, it is essential that we step up the intensity of those workouts to get the most we can for our time. If duration is short, we need to increase intensity. Add intervals and hills to your routine, or find a fitness class or DVD that offers a combination of cardio and strength training.

#### **3rd Barrier**

##### **I don't know how to exercise.**

In today's world, exercise videos and how-to's are literally at our fingertips online. We also have options for FitTV, DVDs, and opportunities at gyms, studios, and parks around town. Finding what works for your schedule and lifestyle is essential, so test a few things out before you commit.

Here are some options for gaining exercise know-how:

- Talk to your doctor to get recommendations and approval when starting an exercise program.
- Use credible online resources. One that I use often is the "ACE Get Fit <sup>TM</sup>" section at [www.acefitness.org](http://www.acefitness.org).
- Put it in the hands of a professional and take out the guesswork by hiring an experienced personal trainer, or get involved in some group fitness classes.
- If you have a friend that is very fit and knows a lot about exercise, ask him/her if you can join them for their next exercise session.

***We all know that it is not easy to make time to exercise. But we have the power to make choices that can shape our future based on how much we move now. Sometimes all it takes is one step in the right direction.***





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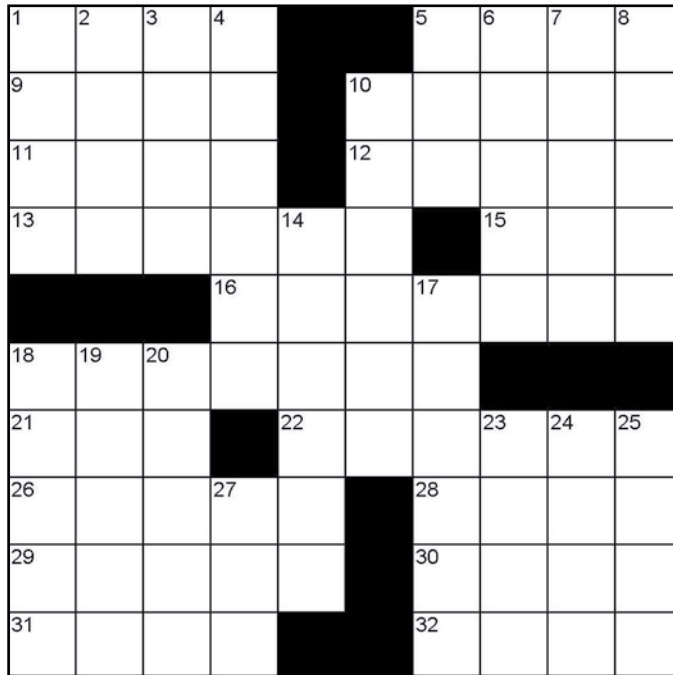
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### ACROSS

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5. Tussle
9. Soda
10. Author of "The Inferno"
11. Drug doer
12. Colder
13. Mr.s
15. Thai
16. Herself opposite
18. Kitten (2 wds.)
21. Government agency
22. Laughing dogs
26. Revoke
28. Guile
29. Beefy
30. Economics abrv.
31. Sold at a discount
32. Official document

*View answers online*

### DOWN

1. Water film
2. Sit for a picture
3. Beers
4. Quaggy
5. McDonald's "Big \_\_"
6. Join
7. Snitch
8. Stems of letters
10. Make gloomy
14. Opulently
17. Boiled
18. Supports
19. Sleep disorder
20. Trite
23. Naughty or \_\_  
(what Santa checks)
24. Lotion ingredient
25. Deliver by post
27. Southwestern Indian

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## RANGO

*Johnny Depp voices the scaly, heroic title character in "Rango."*



Industrial Light and Magic sure knows how to make a great first impression. "Rango," the first-ever animated feature created by the George Lucas company, is an impressive adventure film set in the Old West featuring a scrawny pet chameleon as it's courageous hero.

When Rango (Johnny Depp), an aspiring thespian, strolls into the small town of Dirt after landing in the desert, he is given the chance to start on a clean slate and become whoever he wants in his new surroundings. No one in Dirt knows who he is, so he conjures up a few lies and jumps into character as a mysterious gunslinger who isn't afraid of anything the big, bad desert has to offer, including the villainous Rattlesnake Jake (Bill Nighy).

Reminiscent of the storyline in the 1986 comedy "The Three Amigos," the towns people, made up of some bizarre looking creatures, accept Rango into their dried-up community and make him sheriff when he accidentally kills a terrorizing hawk. As sheriff, it's now up to Rango to somehow bring water to the thirsty people of Dirt before more of them pack up and take off in search of the one thing they need to survive the desert heat.

***Starring: Johnny Depp,  
Isla Fisher, Abigail Breslin***

***Directed by: Gore Verbinski  
("Pirates of the Caribbean")***

***Written by: John Logan  
("Gladiator")***

As an animated spaghetti Western, "Rango" takes its original narrative and sets it on a dark and dangerous path most cartoons would never tread. Leave it to director Gore Verbinski, who teamed up with Depp in the first two "Pirates" movies, to find inspiration from Western classics like those from director Sergio Leone. Along with exquisite imagery and witty dialogue from the title character, "Rango" is an imaginative and sort of hallucinatory tribute (see if you can spot the "Fear and Loathing in Las Vegas" reference) to a genre most kids aren't exposed to nearly enough. With a lizard as the lead, this is as kid-friendly as it's going to get.



**GRADE - B+**





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## COLIN'S HOPE

*Increasing water safety awareness and standards*

*Drowning is a leading cause of  
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for children ages 1-14.*

***May is National Water Safety Month.***

*NO ONE is "drownproof",  
but drowning is PREVENTABLE.*



**Join us in getting ready for a safe summer in the water!**

**Colin's Hope Night at Eastside Movies in the Park**  
**Tuesday, May 3rd, Doors open at 6PM, Movie at sundown**

Join us at The Expedition School Lagoon (On Lady Bird Lake in East Austin next to Fiesta Gardens) for a screening of Whale Rider. Bring your family and friends to enjoy the movie under the stars.

**Colin's Hope Day at Schlitterbahn-New Braunfels**  
**Saturday, May 21st**

Join us for a day to promote Water Safety and Drowning Prevention at Schlitterbahn-New Braunfels! Special tickets are available from Colin's Hope. Email [alissa.magrum@colinshope.org](mailto:alissa.magrum@colinshope.org) for more information.

**For more information, visit our website at [www.colinshope.org](http://www.colinshope.org)**

**BE SAFE IN THE WATER  
& HAVE THE  
BEST SUMMER EVER!**