

# Canyon Creek CHRONICLE

OCTOBER 2011

VOLUME 5 ISSUE 10

## Austin Water to Enact Stage 2 Watering Restrictions

Beginning Tuesday, September 6, Austin Water will enact Stage 2 Mandatory Watering Restrictions due to the exceptional drought in Central Texas.

Stage 2 Watering Restrictions are in line with the City's Drought Contingency Plan which states, in part, that the City Manager may order additional water restrictions when the combined lake storage levels of Lakes Travis and Buchanan reaches 900,000 acre-feet. It is anticipated that the trigger will be reached next week.

The City of Austin believes it is necessary to implement additional restrictions to help ensure adequate water supply during the drought. To ensure that both residential and commercial customers follow restrictions, Austin Water staff will begin stepped-up enforcement.

Violations of mandatory watering restrictions will result in an official warning followed by a citation if the violation is not corrected. Citations will be issued in Municipal Court with fines set during Stage 2 at \$475.

### STAGE 2 INCLUDES:

- Watering allowed 1 day per week for all Austin Water customers
- Hand-watering allowed anytime
- No automatic-irrigation after 10 a.m. on designated watering day
- Vehicle washing on designated day before 10 a.m.
- No charity carwashes
- No automatic fill valves for pools or ponds
- No outdoor fountains except to provide aeration for aquatic life
- No water to be served at restaurants unless requested
- No washing of sidewalks, driveways, parking areas or other paved areas

*To report water waste, residents should call 3-1-1. For more information on Stage 2 Restrictions and water conservation programs, visit [WaterWiseAustin.org](http://WaterWiseAustin.org).*

## Canyon Creek Elementary

### ★ Fun Run ★

Please join the community in the annual Fun Run around the school. All ages can participate in this short 1K run that encourages healthy living and having fun. The run start and finish are located at the school with a start time of 6:30pm sharp. Registration opens at 6:00pm followed by an energetic warm-up by Coach Tighe from the elementary school beginning at 6:20pm.

The run costs \$5, cash or check only please. Please contact Heather Forshay if you'd like to volunteer or participate at [heather.forshay@yahoo.com](mailto:heather.forshay@yahoo.com) or 258-6547.

October 4th!

## Go Green Go Paperless

Sign up to receive the *Canyon Creek Chronicle* in your inbox. Visit [PEELinc.com](http://PEELinc.com) for details.

## IMPORTANT NUMBERS

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EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Sheriff – Non-Emergency.....	512-974-5556
Hudson Bend Fire and EMS	

### SCHOOLS

Canyon Creek Elementary .....	512-428-2800
Grisham Middle School .....	512-428-2650
Westwood High School.....	512-464-4000

### UTILITIES

Pedernales Electric.....	512-219-2602
Texas Gas Service	
Custom Service .....	1-800-700-2443
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Call Before You Dig .....	512-472-2822

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### Time Warner Cable

Customer Service .....	512-485-5555
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### OTHER NUMBERS

Balcones Postal Office .....	512-331-9802
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### NEWSLETTER PUBLISHER

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## ADVERTISING INFO

Please support the businesses that advertise in the Canyon Chronicle. Their advertising dollars make it possible for all Canyon Creek residents to receive the monthly newsletter at no charge. 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 9th of each month for the following month's newsletter.

## National Night Out

National Night Out is a time to get outside and meet and greet your neighbors - it is an anti crime and drug prevention event held throughout the nation...in Texas, it is held on Tuesday, October 4<sup>th</sup>.

See how many neighbors you can get outside

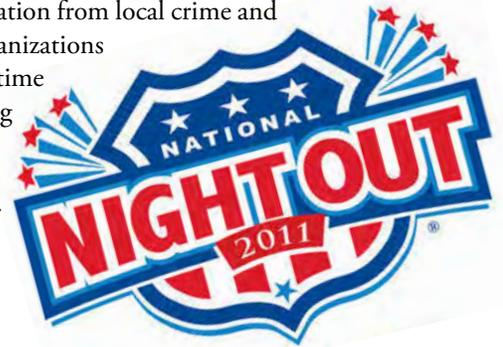
Use ice cream social or hotdogs to lure people from their homes

Get to know your neighbors...they can function like a secondary security system

Exchange information and work to create a master contact list to distribute to each other

Distribute information from local crime and drug prevention organizations

This also is a great time to discuss upcoming events on your street for Halloween and safety for your children.



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## Home Safety Tips

This information was provided by the Travis County Sheriff's Office Community Services and Outreach Unit. For more information on crime prevention tips contact Deputy James Kitchens.

### PROTECTING YOURSELF AT HOME, IN YOUR DORM ROOM OR APARTMENT

- Lock your door, even when you intend to return home shortly or even if you are just going down the hall. It takes a thief ten seconds or less to enter an open room and steal your property.
- Lock or secure doors and windows when you are alone or asleep.
- Keep emergency numbers by your phone.
- Do not leave messages on your door indicating that you are away and when you will return.
- Do not let strangers enter dormitory or premises.
- Do not prop open outer doors.
- If someone asks to use your phone for an emergency call, offer to telephone for them instead of allowing them access.
- Do not put your address on your key ring.
- Know your neighbors and neighborhood watch groups.
- Do not leave keys in hiding places. Thieves will find them. Carry your keys or make sure that anyone who truly needs them has their own copy.
- Call 911 to report suspicious persons or activity in or around your neighborhood.
- Open a savings or checking account instead of keeping money in your room.
- Keep automatic teller machine cards in a safe place; keep your PIN number secret. When possible, only use ATMs during the day.
- Instead of carrying large sums of cash use a charge card. Some charge cards insure property purchased with those cards against loss, theft or damage.
- If you find yourself in immediate danger, call 911; try to stay calm and get away at the first opportunity.



# LIFE'S HEALING CHOICES

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## ADOPTION COALITION



### MEET DENVER

Denver is 14 years old and is always smiling! He has a very sweet personality and is a friendly, polite young man. He makes friends easily and loves to have fun. Denver enjoys riding bikes, reading comic books, playing basketball and video games. He is a huge animal lover! Denver enjoys school and receives special education services. Denver needs a family to open their hearts and provide him with unconditional love.

To find out more about Denver, Please contact Stephanie Berka, Wendy's Wonderful

Kids Recruiter, at the Adoption Coalition of Texas, (512) 301-2825 or [stephanieberka@adopttexas.org](mailto:stephanieberka@adopttexas.org). To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825. Email [info@adopttexas.org](mailto:info@adopttexas.org) and visit our website at [www.adoptioncoalitiontx.org](http://www.adoptioncoalitiontx.org).

*Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.*

[www.adoptioncoalitiontx.org](http://www.adoptioncoalitiontx.org)

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## HEALTH BRIEFS OCTOBER - 2011



### ***Tobacco smoke can trigger child's asthma attack***

Exposure to smoke can worsen your child's asthma and should be eliminated to help effectively manage symptoms, said a pediatric pulmonologist at Baylor College of Medicine. "Sometimes treating a child's asthma means treating the parent's tobacco addiction," said Dr. Harold Farber, associate professor of pediatrics - pulmonary at BCM and associate medical director of the Texas Children's Health Plan at Texas Children's Hospital.

If your child has asthma and you are a smoker, Farber said it's critical to get your tobacco dependence treated. "When you smoke, whether it's indoors or out, your

child is exposed to the irritant," said Farber. He encouraged smokers to talk to their doctors and to call the free national smoker's help line at 1-800-QUIT-NOW (1-800-784-8669) for assistance to become smoke free.

### ***Vitamin C protects, maintains healthy bone mass***

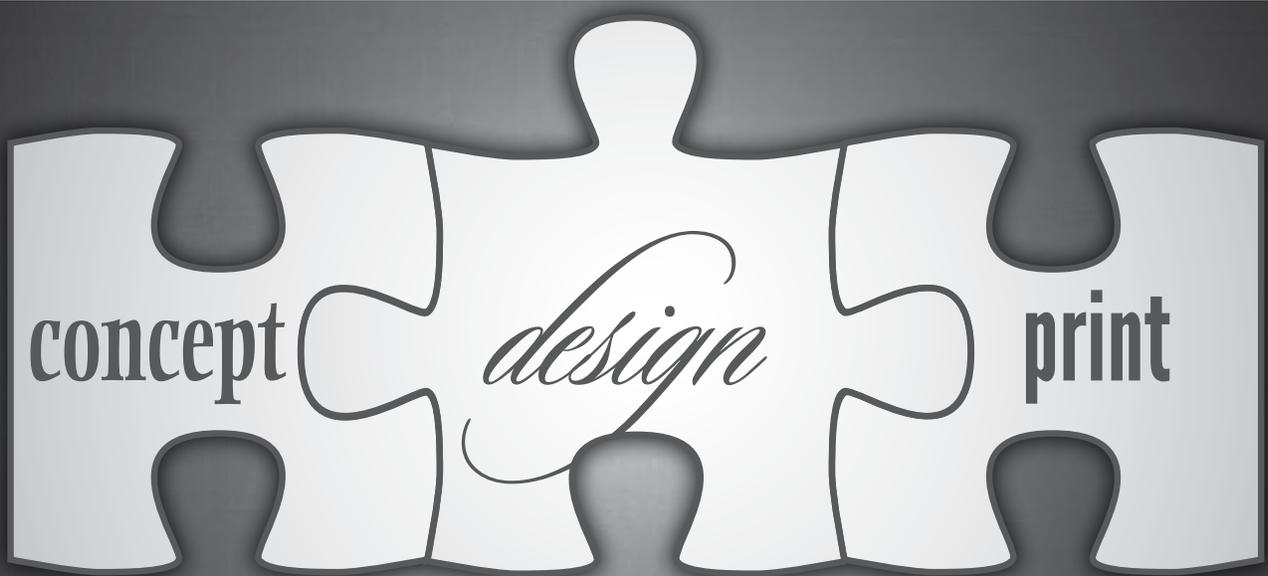
Vitamin C plays an important role in maintaining bone mass - promoting the balance between old bone resorption and new bone formation, said a Baylor College of Medicine doctor. Most experts recommend vitamin D, calcium, exercise and bisphosphonates to keep bones healthy, said Dr. Kenneth Gabbay, professor of pediatrics - molecular diabetes and metabolism at

BCM. Vitamin C is sometimes left out of the healthy bone equation but studies show that it's equally important. Food high in vitamin C includes oranges, strawberries, dark, leafy lettuce, broccoli, bell peppers and fresh herbs. Most daily vitamin supplements also contain vitamin C.

### ***Sleeping pills not easy answer***

When sleep doesn't come easily, some people turn to what they think is an easy solution - sleeping pills. But according to a Baylor College of Medicine sleep expert, sleep medications - whether prescription or over-the-counter - shouldn't be taken lightly. "All medications have side effects that need

*(Continued on Page 7)*



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## HEALTH BRIEFS CONTINUED



*(Continued from Page 6)*

to be weighed whenever you take them,” cautioned Dr. Phil Alapat, assistant professor of pulmonary, critical care and sleep medicine at BCM and medical director of the BCM Sleep Center. Some of the most common prescription sleep medications are non-benzodiazepine hypnotics, like Ambien and Lunesta. These medications are not physically addictive and will not cause withdrawal symptoms when a person stops taking them. However, many people depend on them because they believe they cannot sleep without them, Alapat said.

One of the most common over-the-counter sleep aids is the nutritional supplement melatonin. It is helpful for some people but Alapat cautioned that it is not , an FDA regulated substance. Over-the-counter sleeping pills may also contain antihistamines and while these can help a person sleep, they have other side effects, including dry eyes and mouth. They may also cause an altered mental state, and this can be especially concerning in older adults, Alapat said. Before turning to any type of sleep aid, Alapat recommends a visit to a physician, or a sleep disorders specialist.

### ***Best bets in beverages for kids***

When your kids need something to drink, reconsider reaching for that juice box. It's easy to get confused about what is and what is not a fruit juice. According to Roberta Anding, a registered dietitian at Baylor College of Medicine, if the label does not say 100 percent juice, it is not genuine fruit juice but fruit-flavored instead. Such fruit-flavored beverages, like many of those handy little juice boxes, have higher sugar content than fruit juice and are even comparable to sodas. A better option is to substitute actual pieces of fruit for fruit juice or fruit-flavored drinks.

Healthy beverage choices are important throughout the day to keep hydrated and provide good nutrition. Anding suggests following a beverage pyramid, much like the well-known food pyramid. “Kids should drink mostly water, then low-fat or skim milk, and then real fruit juice in moderation,” she said. “Limit sodas since they are full of sugar and have no nutritional value.”

***Parents can help their children make healthy beverage choice by making healthy options available and being a good role model.***

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**We would like to announce that, together with our call partner, Dr. Mary Petropoulos, we are extending our Saturday sick visit clinics year round!**

**The phones are on from 8AM-11:30AM.**

**If your child has an urgent, same day sick issue, you can call **512.323.5465** to find out which office is open for Saturday morning hours and schedule an appointment.**

*You can call our office directly at 512-241-1370 to schedule an appointment with our nurse practitioner, Pat Budd, RN, CPNP. The phones are on from 1PM-5PM.*

**Hill Country Pediatrics is now open on Sunday afternoons for sick visits by appointment only.**

*In addition to these exciting additions to services, we are pleased to announce that a new physician has joined our growing family!*

Dr. Theresa Willis started with Hill Country Pediatrics on July 18, 2011. Dr. Willis completed her residency in June 2011 at Baylor College of Medicine in Houston after attending medical school there as well. She brings with her 20 years of experience providing therapy, educating and advocating for children and their families in a variety of settings: as a speech therapist, as a resident counselor for at-risk adolescents, as an elementary school teacher (Austin Independent School District) and as a caseworker for at-risk children. She has 3 adolescent children (including a set of twins!)



*We think she will be a wonderful addition to our team, and will have a wide breadth of knowledge and experience to offer our patients.*

Please remember to sign up for our newsletter at [hillcountrypediatrics.com](http://hillcountrypediatrics.com) and to 'like' us on Facebook!



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