

LONG CANYON Gazette

October 2011

Volume 4, Issue 10

A Newsletter for the Residents of the Long Canyon

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.

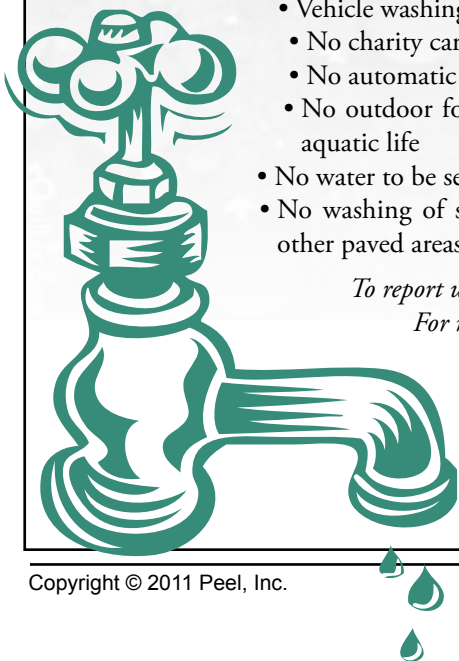
Violations of mandatory watering restrictions will result in an official warning followed by a citation if the violation is not corrected. Citations will be issued in Municipal Court with fines set during Stage 2 at \$475.

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.



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.

(Continued on Page 3)

HAPPY HALLOWEEN!



NEWSLETTER INFO

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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 longcanyon@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.

Four Points Chamber of Commerce Luncheon

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. While you 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.

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www.childrenscenterofaustin.com

Home Safety Tips - (Continued from Cover Page)

- 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.

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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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 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

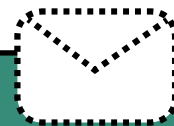
When your kids need something to drink, reconsider reaching for that juice box. It's easy to get confused about what is and what is not a fruit juice. According to Roberta Anding, a registered dietitian at Baylor College of Medicine, if the label does not say 100 percent juice, it is not genuine fruit 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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BRITT'S BOOK BUZZ: THE HUNGER GAMES

by Suzanne Collins

Remember the compelling and cult-following TV show, *Lost*? To me, *The Hunger Games* is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while *Lost* was the result of a plane crash on a strange island where anything could happen, *The Hunger Games* is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game" where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.




When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

Their experience at the Capitol and the whole tradition around the hunger games is so intriguing and fascinating as are the people they encounter. However, it is the way the hunger games are so carefully and technologically orchestrated and Katniss' amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on the final book of the trilogy!

This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar!

Feel free to comment on this review, your thoughts on the book or suggest a book for me to review on my blog:

<http://brittsbuzz.blogspot.com>



Recipe of the Month
Neiman-Marcus Cookies
(RECIPE MAY BE HALVED.)

Ingredients


| | |
|--------------------------|-------------------------------|
| 2 cups butter | 2 tsp. baking soda |
| 5 cups blended oatmeal** | 2 tsp. vanilla |
| 2 cups brown sugar | 2 tsp. baking powder |
| 4 cups flour | 1- 8 oz. Hershey bar (grated) |
| 2 cups sugar | 24 oz. chocolate chips |
| 1 tsp. salt | 3 cups chopped nuts |
| 4 eggs | (your choice) |

Measure oatmeal and blend in blender to a fine powder. Preheat oven to 375°. Cream butter and sugars. Add eggs and vanilla. Gradually add oatmeal, flour, salt, baking soda, and baking powder. Stir in Hershey bar, chocolate chips, and nuts. Roll into balls and place two" apart on an ungreased cookie sheet. Bake for 10-12 minutes. Makes 112 cookies.

FOR MARFA LIGHT COOKIES:

In place of the 24 oz. chocolate chips and the Hershey bar, replace with 32 oz. of a combination of vanilla chips, semi-sweet chocolate chips, and milk chocolate chips.

Enjoy!



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