

Canyon Creek CHRONICLE

NOVEMBER 2011

VOLUME 5 ISSUE 11

DEER SEASON IS HERE

November through December is deer season in Texas. For some outdoor enthusiasts, that means hunting. For many animal and nature lovers, however, it is the best deer-watching season of the year. Late fall is the time of year when bucks have grown their antlers and fawns are on the move with their mothers. It is also the deer-mating season, known as the "rut." During this season deer are most active and more likely to run and bolt, so it is a time of year to use extra caution in areas where deer are present.

Austin is one of very few large cities in Texas where you can still experience urban deer. Northwest and southwest Austin are home to most of our remaining neighborhood herds. Many area residents enjoy the deer's charismatic presence and quiet beauty. Young parents report finding teachable moments in watching does care for their fawns, while for seniors interaction with the deer can be life affirming. Others simply value the opportunity to observe wildlife living freely as they go about such daily business as walking the dog or driving to work.

DeerAustin is a group of Austin neighbors and animal lovers who are committed to living compatibly with urban wildlife and especially to protecting and preserving Austin's urban deer herds. Visit us at www.DeerAustin.org. We are providing the following information that is helpful to keep in mind during deer season:

- Always walk dogs on leashes.
- Observe the speed limit. Be extra cautious when deer or deer crossings signs are present and when driving from dusk to dawn.
- To report an injured deer, call the Game Warden at 389-4848 or Austin 311.
- To report a dead deer for pickup, call Austin 311. Be prepared to give the operator an address or otherwise be able to describe the location of the deer (for example, "Loop 360 just north of Spicewood" or "the intersection of Mesa and Greystone").
- If you need additional help – email admin@DeerAustin.org.

We hope you enjoy the fall season and the opportunity to interact with deer that is a part of what makes Austin a special place to live. ***Please take care, enjoy the wildlife, and Keep Austin Deered!***

COATS FOR KIDS

HELPING TO ENSURE THAT THE CHILDREN OF
CENTRAL TEXAS STAY WARM THIS WINTER

*HEB at 2222 and 620 Hosts Warm Coat
Donation Drop Off Location for Third Year*

Coats for Kids volunteers from the Four Points community need your help to ensure that the children of Central Texas stay warm this winter. For the third year running, the HEB located at 2222 and FM 620 will be hosting a warm coat donation drop off location from November 28th through November 30th, 2011. Community volunteers are encouraging friends and neighbors to drop off new or gently worn coats before or after they shop. Last year's drive collected more than 200 coats in just three days because of the central location. To encourage donor participation, Starbucks coffee will once again donate free coffee to all who stop by to donate. HEB is also providing hot coco for those who prefer a non-caffeinated beverage.

MORE ABOUT COATS FOR KIDS

Celebrating its 25th anniversary, Coats for Kids is an annual community project that collects and distributes warm winter coats to eligible children and teenagers in Central Texas. Each year, The Junior League of Austin, Jack Brown Cleaners, KASE 101, and KVUE partner to bring the community together to ensure that the children of Central Texas stay warm. Last year, with the help of our sponsors and 2,600 community volunteers, Coats for Kids distributed 35,157 new and gently used coats to young people in Central Texas. As we prepare for the Coats for Kids Distribution Day, we look forward to the continued support and participation of the Central Texas community. Watch the KVUE Austin news clip for more information.

IMPORTANT 2011 INFORMATION

Distribution Day: Saturday, December 10th from 8AM - 3PM
Distribution Site: Palmer Events Center, 900 Barton Springs Rd.
Community Coat Drive: Monday, November 14th
through Wednesday, December 7th.

School & Business Coat Drive Competition: Monday, November 14th through Friday, November 30th. Please drop your coats off at HEB at 2222 and FM 620 or any local Jack Brown Cleaners. To find a Jack Brown Cleaners location near you, go to <http://www.jackbrowncleaners.com/locations.htm>.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

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
Emergencies 512-370-8609
Call Before You Dig 512-472-2822
AT&T
New Service 1-800-464-7928
Repair 1-800-246-8464
Billing 1-800-858-7928
Time Warner Cable
Customer Service 512-485-5555
Repairs 512-485-5080

OTHER NUMBERS

Balcones Postal Office 512-331-9802

NEWSLETTER PUBLISHER

Peel, Inc. 512-263-9181
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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.

North Austin Women's Connection

North Austin Women's Connection would like to invite you to their annual Holiday Fair Live & Silent Auction Tuesday, November 8th from 11:30-1:00pm at the River Place Country Club, 4207 River Place Blvd, Austin. Get some great gifts for the holidays and help a great cause! Guest speaker, Carol Graves, author of children's books will speak about "What's Your Focus". Cost is \$15 payable at the door and includes lunch. Bidding begins at 10:30. For reservations, contact Nancy Gregor at 512-608-6686. Childcare available. Affiliated with Stonecroft Ministries.

*Do You Have Reason
to Celebrate?*

We want to hear from you! Email canyoncreek@PEELinc.com to let the community know!

**Canyon
Creek
HOA Members,
You Can Join!**

Lake Creek Branch

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HEALTH BRIEFS - NOVEMBER 2011

**POSTMENOPAUSAL
BLEEDING COULD BE SIGN
OF ENDOMETRIAL CANCER**

After a woman goes through menopause, it is not normal for her to start bleeding again, said a gynecologic oncologist at Baylor College of Medicine. Most postmenopausal bleeding is caused by the thinning of the cervix; however, in some cases bleeding is a sign of endometrial cancer and should not be ignored, said Dr. Concepcion R. Diaz-Arrastia, professor of obstetrics and gynecology at BCM.

When caught in the early stages, endometrial cancer can be cured, Diaz-Arrastia said. However, there are few symptoms and no screening methods and often isn't found until later stages. That's why it is so important for women to be conscious of things that may be associated with the disease, like bleeding.

Endometrial cancer is the most common uterine cancer. It occurs in the endometrium or the lining of the uterus. More than 40,000 women are diagnosed with endometrial cancer every year in the United States. Women who are obese and/or have a history of irregular menstrual cycles have an increased chance of developing endometrial cancer, Diaz-Arrastia said. If you notice postmenopausal bleeding, contact your gynecologist and set up an appointment as soon as possible.

SYMPTOMS POINT TO DIABETES

Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side affects of the disease, according to doctors at Baylor College of Medicine. Those with a higher risk of diabetes should also have their blood glucose levels screened regularly.

**RISK FACTORS FOR DIABETES
INCLUDE:**

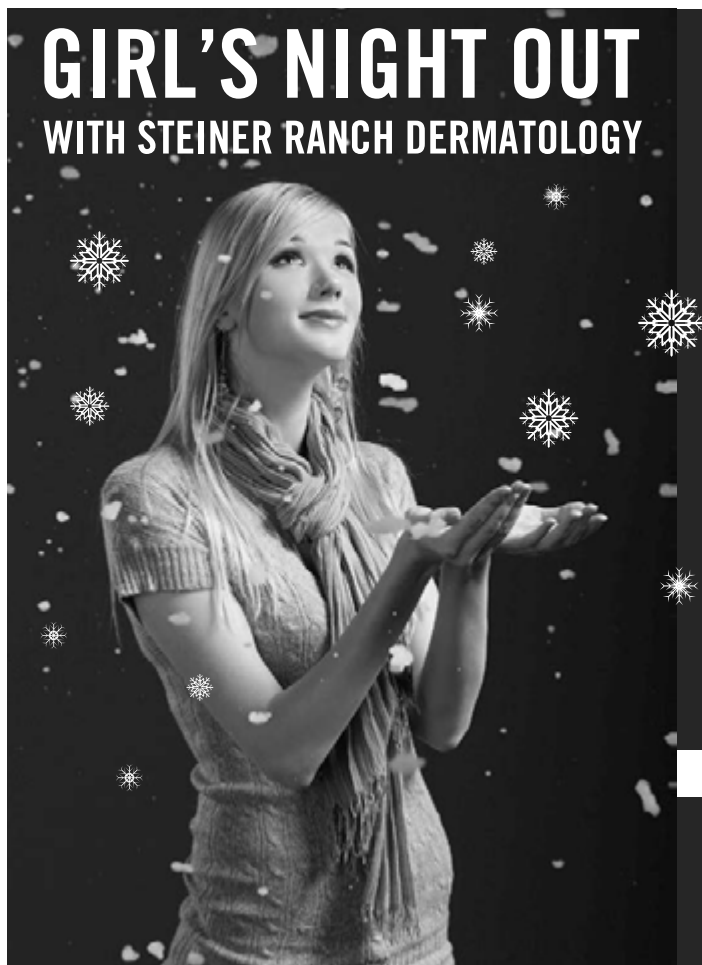
- Obesity
 - Sedentary lifestyle
 - Unhealthy eating habits
 - Family history and genetics
 - Increased age
 - High blood pressure and high cholesterol
- A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision
- Vomiting and stomach pain

GIRL'S NIGHT OUT

WITH STEINER RANCH DERMATOLOGY



THE HOLIDAY EVENT OF THE SEASON

NOVEMBER 10, 2011 6:30PM -9PM



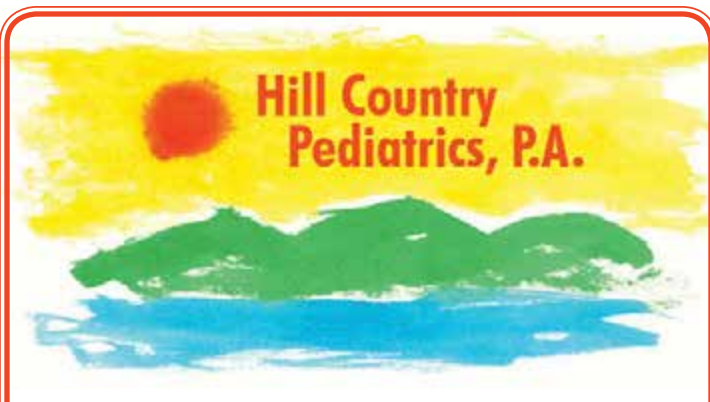
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dermatology

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512.266.0007
steinerranchdermatology.com



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 and to 'like' us on Facebook!



hillcountrypediatrics.com

6618 Sitio Del Rio #A101 | Austin, TX 78730
office: 512.241.1370 | fax: 512.241.1374

Austin Newcomers Club NOVEMBER & DECEMBER LUNCHEONS

Austin Newcomers Club 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 to learn about and become involved in many varied Interest Groups.

DATES

**Wednesday, November 16, 2011,
Annual "Cornucopia of Creative Arts"**

Features arts and crafts created, displayed and for sale by members of Austin Newcomers Club. The luncheon speaker will be Matt Hoggle, Assistant Director of the Art School at Laguna Gloria. The Art School presents an array of art experiences in the fun, informal, and collaborative spirit of Austin. **Reservations are required by: November 9th.**

**Wednesday, December 7th,
seasonal music will be performed by the choir
of the Fine Arts Academy (FAA) at McCallum
High School, directed by Malcolm Nelson.**

The FAA provides a program for students across Austin to pursue an accelerated arts curriculum as fine art majors. In 2009 the orchestra and choir performed together at Carnegie Hall. **Reservations are required by: November 30th.**

TIME

11 a.m. Social Hour, Luncheon begins at noon

FOR LUNCHEON RESERVATIONS:

Email: LuncheonDirector@AustinNewcomers.com or contact Dotti Thoms, New Member Services, at (512) 314-5100.

For more information visit the website at:



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Christmas
DECEMBER 11

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Nature Watch - The Fungus Among Us

by Jim and Lynne Weber

Frequently upstaged by the brightly colored autumn leaves and hidden among the leaf litter on the forest floor are several types of interesting fungi. Separated from the plant kingdom because they do not contain chlorophyll, fungi also do not make their own food through photosynthesis but obtain it by breaking down other organic matter and sometimes other plants. Mycology, from the Greek meaning 'fungus', is the branch of biology dedicated to the study of these organisms, and is most often associated with mushrooms.

While mushrooms are the most common form of fungi, some of the more interesting forms that occur in the fall after sufficient rains include puffballs, earthstars, earthballs, and bird's nests. These forms are grouped based on the shape of their fruiting body, or structure that produces the spores needed for reproduction.

Puffballs (*Lycoperdon pyriforme* and *perlatum*) and earthstars (*Geastrum saccatum*) are characterized by fruiting bodies that look like a small ball, unlike a mushroom have no stalk, and are normally found growing on wood or directly on the ground. They can range in size from small marbles to baseballs, with the spores produced inside. Once mature, the spongy inside darkens and dries to a fine powder, and the spores are emitted out of a hole on top of the ball.

Often found around the drip line of trees, this strategic placement serves the dual purpose of providing sufficient moisture until they are grown as well as sufficient force from the water droplets to act as a dispersal agent for the spores. When one translates the genus from Greek to English, 'lyco' meaning wolf and 'perdon' meaning to break wind, it isn't hard to guess that a common name for a puffball is wolf-fart!




With a somewhat less flamboyant name but a more elaborate display, earthstars get their common name from their thicker outer membrane, which when fully developed splits into rays that curve backward to form a distinctly star-like structure.

Earthballs (*Astraeus hygrometricus*) are often found wholly or partly underground, and have a fruiting body that simulates a ball with a thick, rind-like skin. Their spores are produced in the center of the ball, but unlike earthstars, they are extruded not via a pore at the top but when the entire inner spore sac splits open. Often called a 'false earthstar' the outer rind of this fungus splits into seven to fifteen pointed rays that open when it rains or when humidity is high, and close again during drier periods. This repeated action relates to its species name, as if it were nature's hygrometer, measuring the changes in humidity.

Bird's nests fungi (*Cyathus stercoreus*) have fruiting bodies that resemble clusters of very small cup-shaped structures filled with tiny eggs. *Stercoreus* literally means 'growing on dung', and that is where you are most likely to find this fungi. Also commonly found on woody mulch, each cup is only large enough to hold a drop of water, and the egg-like structures which contain the spores, are delicately attached to the cup by a finely coiled thread. When splashed out of the cup by raindrops, this thread-like structure uncoils, catches on to a chip of wood, blade of grass, or other organic matter, and the 'egg' splits open to release the spores inside.

The next time you take a walk in the woods to admire the colors and changes that define the fall, don't forget to look down at your feet, where you can discover the smaller mysteries of the forest, and appreciate its beauty from the ground up!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them.




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