

LONG CANYON Gazette

December 2011

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A Newsletter for the Residents of the Long Canyon

Secret Santa GIFT PROGRAM

Secret Santa is a special holiday gift program of the Adoption Coalition of Texas helping Child Protective Services and Foster Families provide gifts and spread holiday cheer to Central Texas foster children through the generosity of community donors.

If you would like to be a Secret Santa and purchase Christmas gifts for a Central Texas foster child, please email your name, email address and contact phone number to ACTSecretSanta@gmail.com. The gift drop-off days at four Austin-area locations are Wednesday-Saturday, December 7th-10th, and caseworkers will be picking up the gifts the following week. Once you sign up to be a donor, we'll send you all the details.

Thank you for helping make the holidays brighter for Central Texas foster children! The Adoption Coalition of Texas is a partnership of nonprofit adoption agencies and Child Protective Services working together to find forever families for older children, sibling groups and children with special needs.

For more information, visit
www.adoptioncoalitiontx.org.



SCOTT & WHITE CANCER RESEARCH INSTITUTE RECEIVES \$3.5 MILLION GRANT

ONLY CENTRAL TEXAS CANCER RESEARCH PROGRAM RECEIVING AWARD FROM CANCER PREVENTION RESEARCH INSTITUTE OF TEXAS

A grant in excess of \$3.5 million has been awarded to the Scott & White Healthcare Cancer Research Institute (CRI) to facilitate the production of new and investigational drugs for the prevention and treatment of cancer. It is the only Central Texas cancer research program receiving the award from the Cancer Prevention Research Institute of Texas (CPRIT), a center established to fund innovation and commercialization of cancer research in the state.

The CRI grant is among more than \$100 million in CPRIT funding to cancer research projects in Texas. Scott & White scientist Jung H. Woo, PhD, is the principal investigator awarded the grant and facility director of the CRI drug manufacturing facility. The funds will be used in physical plant upgrades to the facility, providing an environment expediting large-scale cultivation of cell lines that can lead to Phase 1 clinical trials, while also subsidizing costs for production of promising drug candidates, and improving processes of production.

“Onsite production of new therapeutic treatments enables us to move rapidly from the laboratory into early-phase clinical trials,” said Richard Beswick, PhD, senior vice president for research at Scott & White Healthcare and assistant dean for research at the Texas A&M Health Sciences Center College of Medicine in Temple. “The CPRIT grant is an investment in our facility strengthening that capability.”

Researcher Woo has extensive experience with drug development. He is the inventor of a cancer drug currently being tested in a phase I clinical trial for T cell lymphoma. Since joining the CRI in 2005, the CRI has successfully manufactured six investigational new drug materials for T cell lymphoma, AML (acute myeloid leukemia), melanoma, chronic pain, and pancreatic cancer. The Scott & White Cancer Research Institute (CRI) is a non-profit arm of Scott & White Healthcare. Established in 2005 and led by Arthur E. Frankel, MD, Executive Director, the CRI is designed to accelerate the development of therapies for human diseases, linking new discoveries and clinical care.

ABOUT SCOTT & WHITE HEALTHCARE (SW.ORG)

Scott & White Healthcare is a non-profit collaborative health care system established in 1897 in Temple, Texas. Among the leading health care systems encompassing one of the nation's largest multi-specialty group practices, Scott & White provides personalized, comprehensive and the highest quality health care enhanced by medical education and research. Scott & White Healthcare includes 12 hospital sites, two additional announced facilities, more than 60 clinic locations throughout Central Texas and staff exceeding 13,000 (including more than 900 physicians and scientists and nearly 400 specialized health care providers). Get the latest news from Scott & White Healthcare by visiting our online newsroom, News blog or on Twitter (@swhealthcare).

NEWSLETTER INFO

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Peel, Inc. www.PEELinc.com, 512-263-9181
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WASH YOUR HANDS

REDUCING SPREAD OF DISEASE WHILE AT HOME & WORK

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease – many could be avoided if everyone properly washed their hands. From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom
- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change diaper or clean up after children
- Handle an animal or animal waste

HAND WASHING BASICS

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands, fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)
- Rinse off soap under a stream of water

WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands. ®

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News Update from Mount Bonnell

The West Point Society has had a steady stream of projects this fall at Mount Bonnell. Here are just a few brief highlights: A new kiosk up at the summit is planned and is getting closer to installation every day. This will be a great way to keep visitors informed about the park, its history, and planned events. Workdays occurred in October and November. These involved trash pickup and even included repelling down the cliff where trash collects in large amounts. Painting the metal railing was the big workday project in November.

The granite marker replacement and pavilion changes have been presented to the City Historic Landmark Commission to ensure what changes are made have the official stamp of "Certificate of Appropriateness". Information about this project can be found at http://www.west-point.org/joseph_bonnell/pavilion.

Those who wish to make a contribution toward planned Mount Bonnell improvements such as the new kiosk, pavilion enhancements, and additional view restoration, may make a tax-deductible donation to the Friends of Mount Bonnell by going to the Austin Parks Foundation web site at <http://connect.austinparks.org/specialfunds> and selecting "West" under "Choose a Type" then "Mount Bonnell Covert Park" under "Choose a Program". Or they can write a personal check made out to Austin Parks Foundation with "Friends of Mt. Bonnell" indicated on the memo line, and sent to Austin Parks Foundation, 816 Congress Ave., Ste. 1680, Austin, TX 78701.

We greatly appreciate all the determination and hard work of members of the West Point Society in the stewardship of Mount Bonnell. Questions are welcomed by Stan Bacon at sbacon58@sbcglobal.net

COATS FOR KIDS

As a recipient of a gift, have you ever turned around to immediately give a gift back to the giver? Many who have received coats for their children and grandchildren at the annual Coats For Kids distribution day have returned the same day to volunteer. They gave their gifts right back to the community, a circle of service truly indicative of a successful program.

Coats for Kids is a program in its 25th year that provides warm winter coats each December to disadvantaged children and teenagers in Central Texas through a community-wide collection and distribution process. Each year, The Junior League of Austin, Jack Brown Cleaners, KASE 101 and KVUE partner with the community to ensure the children of Central Texas stay warm. On average, 30,000 coats are distributed per year with the help of over 2,600 community volunteers.

So how can you participate? Donate a new or gently-used coat to your nearest Jack Brown Cleaners, organize a coat drive through many outlets in your community (schools, places of worship, offices, neighborhoods), volunteer during sorting days or distribution days or spread the word.

FACTS

- Distribution Day: Saturday, December 10th from 8AM - 3PM
- Distribution Site: Palmer Events Center, 900 Barton Springs Road
- Community Coat Drive: Monday, November 14th through Wednesday, December 7th. Please drop your coats off at any local Jack Brown Cleaners.
- School & Business Coat Drive Competition: Monday, November 14th through Friday, November 30th. Please drop your coats off at any local Jack Brown Cleaners. To register, go to the JLA website: www.jlaustin.org/coats.
- Volunteer: Please join us to help sort coats December 6 - December 9 and/or to distribute coats to children on December 10. Register at www.jlaustin.org/coats.

*Find all details about Coats For Kids at
<http://www.jlaustin.org/coats>*



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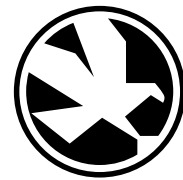
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NatureWatch - Silent Flight

by Jim and Lynne Weber

One of the most unique adaptations in the natural world is the silent flight of owls. Their primary flight feathers have comb-like leading edges, which break down the turbulence created by air flowing over their wings and allow these birds to fly with great stealth.

The Barred Owl (*Strix varia*) goes by many other common names, but is probably best known as the 'hoot owl', due to its call ('who cooks for you, who cooks for you all'). This owl prefers to live in large blocks of forest, especially near water, and in our area is most often found near the Colorado River and its associated lakes and streams. The only typical owl in the eastern United States with brown eyes instead of yellow, the Barred Owl has a pale face, dark rings around its eyes, and a yellow beak. Its head is round and lacks any ear tufts, and its body is a light gray-brown mottled by horizontal barring on its chest and lengthwise streaks on its belly.

A medium-sized owl at 17 to 19 inches tall with a 40-plus inch wingspan, the Barred Owl has been expanding its range westward in the last century. Like the Eastern Screech Owl, its main predator is the Great Horned Owl, and although they often live in the same area, they will avoid overlapping territories. They eat small mammals, birds, and invertebrates, as well as amphibians and reptiles, and often wade into water to catch crayfish, fish, and turtles. In fact, the belly feathers of some barred owls are tinged pink, most likely due to the amount of crayfish in their diet.

Barred Owls typically nest in cavities of deciduous trees, use open nests made by larger animals such as hawks, crows, or squirrels, and even man-made nest boxes. Although they are permanent residents, they may wander after the nesting season, often coming back the following year to reuse the same nesting site. In Central Texas, 2 to 4 eggs are laid in January, with hatching occurring in 4 weeks and the young fledging 4 to 5 weeks later. Hunting occurs largely at dusk and dawn, by waiting on a perch and swooping down on prey. Of all the owls in Texas, however, the Barred Owl is the one most likely to be active during the day, especially when hunting for food to feed hungry chicks.

The most widely distributed owl in the world and the most widespread of all birds is the Barn Owl (*Tyto alba*). With a white or mostly white underside, lightly spotted breast, dark eyes and a heart-shaped, white face surrounded by a tawny halo, its scientific name literally means 'white owl', but it is also known as ghost owl, death owl, and demon owl due to its appearance and eerily silent flight. Long legs, a round head with no ear tufts, and drawn-out, hissing scream for a call add to the image conjured up by its common names.

Found in open habitats such as grasslands, marshes, and agricultural fields, this owl hunts at night by flying low over the ground, looked for small mammals. While it has excellent low-light vision, it is its ability to

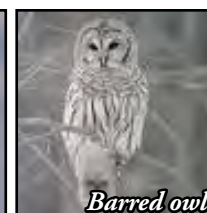
locate prey by sound alone that sets it apart from any other animal species. With a 12-15 inch length and a 40-50 inch wingspan, the Barn Owl is one of the few bird species where the female is showier than the male. Having a reddish chest marked by more numerous spots, those females that are heavily spotted appear to be more successful at mating, raising chicks, and resisting typical parasites and diseases.

Barn Owls can breed up to few times per year, depending on the food supply. During courtship, both the male and the female screech, and the male will then conduct what is known as a 'moth flight', where he hovers in front of the perched female with his long legs dangling, for several seconds. Barn Owl pairs typically remain together as long as both are alive. Their clutch size can vary widely from 2-18 eggs, which are laid in nest cups made from shredded owl pellets. These owls use both man-made structures such as nest boxes and buildings, or natural cavities in trees and cliffs, for locating their nests.

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



Barn owl



Barred owl

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