

Canyon Creek CHRONICLE

JANUARY 2012

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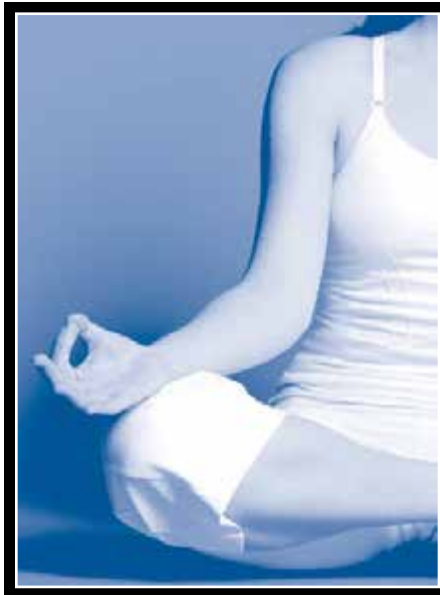
YOGA FOR WEIGHT LOSS?

We've all heard the formula for weight loss. Just "burn more calories than you take in." But if weight loss is so simple, how come so many of us have a hard time with it? If we all know what to do, how come we're not doing it? There are many factors to weight loss, and there's a big gap between knowledge and action. It's a lot more than calories in, calories out. In between the "I know what I should be doing," and "how come I'm not doing that?" is a pause (and sometimes frustration). This 'pause' is where yoga can help.

Being aware of your actions - what you're eating, when you're eating it and why, are keys to weight loss success. Tuning in to your inner voice and actually hearing your body's signals is difficult. Diets fail a great deal of the time. What if you were able to smooth out your brain waves, so that you could notice the moment of choice? Yoga for weight loss? Maybe you've thought in the past that only heavy-duty cardio would do the trick, and the pounds would magically melt away. But if you are successful at this heavy-duty huffing and puffing, how come the pounds come back, and the change isn't permanent? It may surprise you to know that a recent study at the Fred Hutchinson Cancer Research Center in Seattle found that an ongoing yoga practice correlates nicely with a healthy weight - and not only because of the calorie burn. (Excerpts from Natural

Health, "The New Weight-Loss Math," by Hillari Dowdle). Yoga practitioners were found to be "more aware of what they were eating and better able to stop when they were full," characteristics that the study attributes to mindfulness.

In yoga, postures are practiced slowly, which is counter-intuitive to what the mind wants. We want to burn calories, and lose weight this instant, so we think we have to move fast. But, by practicing the postures slowly, we allow our minds to catch up with our bodies. We use the breath to actually feel what our muscles are doing.



And this introspection, this reflection, will bring about an awareness. An awareness of choice. "Smoothing out the brain waves and calming down the nervous system give you an opportunity to notice the moment of choice," explains Ashley Turner, M.A. "You get to ask yourself, 'Do I really want to eat more?' Most of us never even encounter that moment," she adds.

Yoga can help you develop that awareness. And, it can also help you remove toxins from your body. New studies indicate that toxins in the body suppress thyroid function, slowing metabolism. "Scientists now believe that the obesity epidemic is going hand in hand with an increase in environmental toxins," says Gaetano Morello, N.D. from British Columbia. And fasting only slows your metabolism and causes more toxins to be released from your fat stores. Yoga can help remove these toxins.

You will get more benefits from yoga than you could ever imagine. And over time, it gets easier and more fun. No, it will not be a quick "fix" overnight. But what if you could develop the awareness to be more mindful of what you were eating, and better able to stop when you were full? These are all characteristics of mindfulness, which is practiced in every yoga class.

*Hope to see you in class soon!
Submitted by Melinda Jennings*

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

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Grisham Middle School 512-428-2650
Westwood High School..... 512-464-4000

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Pedernales Electric..... 512-219-2602
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Customer Service 512-485-5555
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JANUARY EVENTS AT THE WILDFLOWER CENTER

LIVING WITNESS: OUTSTANDING TREES OF TEXAS

January 7 through March 11

Ralph Yznaga's photographic odyssey is on display in the McDermott Learning Center.

URBAN FOLK

January 7 through March 11

Judy Paul's mixed media exhibit on display in the store.

TREE TALK, WINTER WALK

Saturday, January 28, 9a.m. to 5:30p.m.

If the worst drought in decades damaged your trees, this is your chance to replace them with hardy Texas natives & plant a few more for the future. Guided walks for all & a Tree Climb for kids from 10a.m. to 3p.m.

GO NATIVE U

This is the year you should learn about native plant gardening. Take a class or a course at Go Native U. Registration information at www.wildflower.org

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Start the New Year by Attending AUSTIN NEWCOMERS CLUB JANUARY LUNCHEON

Austin Newcomers Club is a non-profit social and recreational organization of 500 member- households celebrating its 60th year. It is dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. Attend the January luncheon to learn about the forty-five Interest Groups, including book clubs, card and board games playing, dining, gardening, kayaking, golfing, hiking, dancing and special events for both couples and singles. The Austin Chronicle has named the club as the “Best Way to Get Acquainted with the Best of Austin.”

The January luncheon speaker will be **Mike O’Krent**, founder of *LifeStories Alive, LLC*, specializes in making personal history videos for families that value their heritage. They create family heirlooms in video – digitally mastered records of life stories with personal accounts, photos and mementos of family history.

- **When & Where:** Wednesday, January 18, 2012 at Green Pastures Restaurant, 811 West Live Oak Street, pre-payment \$20.00. Reservations are required by: January 11th.
- **Time:** 11 a.m. Social Hour, Luncheon begins at noon.
- **For Luncheon Reservations: Email:**
LuncheonDirector@AustinNewcomers.com
- **Welcome Coffees:** You are invited to attend a morning or evening Welcome Coffee & Orientation. For more information visit the website at: www.AustinNewcomers.com
- **To Join Austin Newcomers Club:** Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00. Membership includes The Welcome Mat, the monthly newsletter, and the annual Members’ Directory. Contact Dotti Thoms, New Member Services, at (512)314-5100. For more information visit the website at: www.AustinNewcomers.com



**NOT AVAILABLE
ONLINE**

Want to make your
new year’s resolution stick?

CELEBRATE RECOVERY Mondays @ 7:00 pm

- Codependency Group
(for those with loved ones struggling with addiction)
- Sexual Addiction Group *(men’s group)*
- Anger Open Share Group *(men’s group)*
- Chemical Addiction Groups *(men’s & woman’s groups)*
- Women’s Support Groups *(eating disorders, sexual addiction)*

HOPE, HEALTH, HEALING Wednesdays @ 7:00 pm

- Divorce Care
- Safe People
- Boundaries



SUNDAY WORSHIP @ 11 AM
BIBLE LIFE *(all ages)* @ 9:30 AM

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www.ghbc.org

SIGNED, SEALED, & DELIVERED **TRAVIS COUNTY TAX BILLS FOR 2011 SHOULD BE IN YOUR HANDS!**

If you own property in Travis County, chances are you already received a 2011 property tax bill. And if you are among the 121,880 homeowners who escrow through a mortgage company or lending institution, don't worry, the mortgage company probably received the bill and will pay your property taxes. But you might want to check with them to be sure. "All taxpayers or their mortgage companies should have received their bills," said Travis County Tax Collector Nelda Wells Spears. "Especially for owners of multiple properties, this is the time of year to make sure you have received all bills." Spears said many taxpayers want the advantage of federal tax deductions that require paid taxes by the end of the year.

Any payment postmarked by December 31 will be recorded as a December payment and the receipt issued will show the same. "Some taxpayers believe that if they do not receive a bill, they are not liable for tax payment," Spears said. "Taxpayers are responsible for requesting a tax bill if they do not receive one." Spears said anyone who needs a tax bill can download a copy at www.traviscountytax.org

or call (512) 854-9473 to request a mailed copy. Over the past several weeks, 266,953 bills hit mailboxes, Spears said.

Seniors and disabled taxpayers may take advantage of a special provision in the law that allows for four installment payments with no penalty and interest provided payments are made before February 1, April 1, June 1 and August 1. Last year 3,234 persons participated in the program. Senior and disabled taxpayers interested in the installment payment plan should call (512) 854 9473 for details. One of the most common questions this time of year concerns the ability to pay taxes. "If you can't pay any or all of your tax bill, please call or come in and make arrangements," Spears recommended.

The deadline to pay 2011 property taxes is January 31, 2012. Those who want a tax receipt showing payment in calendar year 2011 must make payment in the current calendar year. Payments postmarked December 31, 2011 will be recorded in 2011 regardless of when the payment arrives by mail.

For those who wish to pay online, the deadline is midnight on December 31. Payment in person should be made Friday, December 30. All county offices will be closed Monday, January 2 in observance of New Year's Day. Finally, payment by check or money order may be deposited in the tax office drop box by midnight, December 31.

The Travis County Tax Office main location is 5501 Airport Boulevard, between Koenig Lane and 5312 Street. The office opens at 7:30 a.m. and closes at 5:30 p.m., Monday through Friday. Drive-through service is available. Satellite offices offer convenience to those in East Austin, Oak Hill, Pflugerville and near Austin-Bergstrom International Airport.

All satellite offices open at 8:00 am and close at 5:00 pm. East Austin-4705 Heflin Lane at Springdale and MLK Blvd (drive through service) Oak Hill Office - 8656 Highway 71W Building B, second floor Pflugerville Office-15822 Foothill Farms Loop (drive through service) Southeast Office -4011 McKinney Falls Parkway (drive through service) Call (512)854-9473 for assistance at all locations.

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In 2011, more than 50 Central Texas children have drowned or nearly drowned. This number is higher than in recent years. Please continue to keep kids safe in and around the water.

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HEALTH BRIEFS + JANUARY 2012

IT'S OKAY TO SKIP YOUR WORKOUT, IN SOME CASES

Although exercise should be a part of your daily routine, it's important to know when your body needs a break, according to an expert at Baylor College of Medicine. It's not ideal to work out when you're sick because you're stressing your system out, said Dr. David Green, assistant professor of orthopedic surgery at BCM.

The same thing is true after a recent surgery; your body is trying to recover from the surgery. If you still want to stay active, consider using simple things such as arm bands for gentle exercises, but stay away from heavy aerobic exercises, he said. If you're experiencing some joint or muscle pain, it's your body's way of telling you that you're overdoing it, so you should back

off. Try using a heating pad or taking anti-inflammatory medication to help with the pain, said Green.

In general, be sure to have some type of snack about an hour before a workout; do not try to exercise on an empty stomach. If you're over the age of 40 and just starting heavy exercise for the first time, be sure to consult with your physician first. Also consult with a physician if you've had any respiratory, cardiac or joint issues in the past. Look out for hidden calories in holiday drinks.

While many people think twice before taking a second serving of a delicious holiday dessert, they may not do the same when it comes to that holiday beverage. But liquid calories can quickly add up, said a nutrition expert at Baylor College of Medicine.

SOME TIPS TO REMEMBER INCLUDE:

- Combine alcohol with a diet mixer or low-calorie tonic
- Remember to pace yourself and alternate alcoholic beverages with a glass of water or club soda with lime
- When it comes to popular cocoa and coffee drinks, choose non-fat milk, skip the whipped cream
- Pay attention to portions; different beverages are served in different size glasses and cups so be aware of what you are drinking and how many servings you consume at one time. Remember that after drinking alcohol, the desire for salty foods is also enhanced, said Reeves.

(Continued on Page 7)

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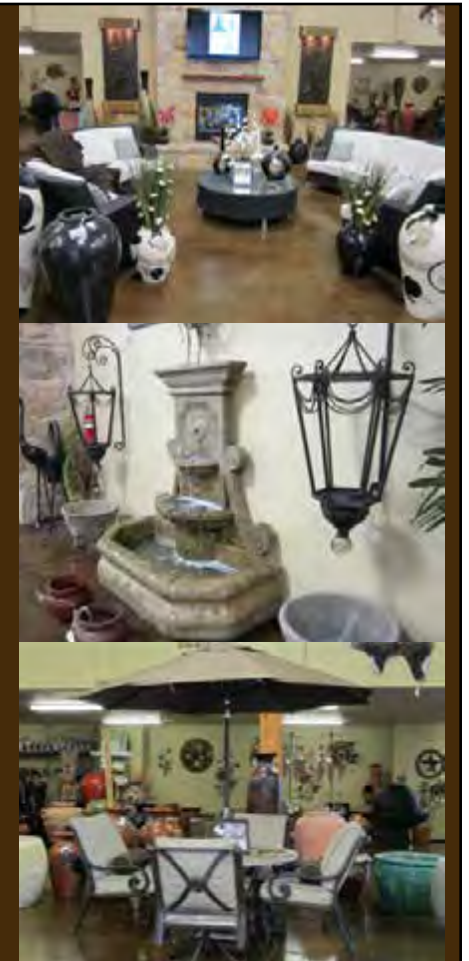
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Health Briefs - (Continued from Page 6)

HECTIC HOLIDAYS CAN RAISE SPIRITS OF A CHRONICALLY ILL CHILD

The typical craziness of the holiday season can offer an emotional boost for a chronically ill child. The holidays usually are very hectic, but the benefit of seeing family and friends outweighs the hassles of travel and preparation, said Dr. Ernest Frugé, associate professor of pediatrics at Baylor College of Medicine and director of psychosocial programs at Texas Children's Cancer Center.

It's no different for a child in a chronic illness. Planning ahead is the key to travel success, whether it is allowing for extra breaks on a long road trip or reminding older relatives about childproofing needs. Parents should always consult with their child's physician before the trip, pack all medications in their original prescription containers and bring along a copy of appropriate medical information.

Involving the child in the planning and preparations for trips and gatherings reinforces the importance of reconnecting with family and friends, said Frugé. Keeping children away from the usual holiday traditions because they have been ill would separate them from what is a normal experience for the family, he said.

GET THROUGH MENOPAUSE BY REEVALUATING YOUR HEALTH CARE NEEDS

Menopause is called "the change" for a reason. As hormone levels begin to change, so do health concerns, such as osteoporosis, said experts at Baylor College of Medicine. Decreasing estrogen levels can affect bone mass, making a woman more susceptible to osteoporosis, said Dr. Elizabeth Nelson, associate professor of medicine and director of the Women's Center for Comprehensive Care at BCM. Osteoporosis is a condition that can develop if bone is not replaced as quickly as it is worn away, leaving behind porous or weak bones.

Many factors can affect this condition such as heredity, age and nutritional intake. Modify your risk factors by limiting alcohol intake and not smoking, which can increase bone loss by 10 percent. Exercising three times a week and increasing calcium and vitamin D intake can also improve bone health. However, since each woman's health care needs differ as they enter menopause, it is important to talk to a doctor to be sure what course of action will be the most beneficial. Screening for osteoporosis should begin at age 65, but many times women will have a screening done at age 50 to use a baseline for future tests.



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