

# LONG CANYON Gazette

February 2012

Volume 5, Issue 2

A Newsletter for the Residents of the Long Canyon

## Need Mulch? *Get it Delivered Free*

*Submitted By Rich Keith*

Love how your yard looks after it's mulched but hate picking up dozens of bags? Now residents of Four Points and the surrounding area can buy all the landscaping mulch they need at the same price as local home-improvement stores, and Vandegrift Viper band members will deliver it to your home free of charge. The mulch comes in 2 cubic foot bags. The price is \$3.50 a bag with discounts beginning with orders of 20 bags or more. Kirk Gravely, the coordinator of the annual fundraiser, indicated that most homeowners need between 20 and 80 bags of mulch for all their beds. Larger lots require more mulch. Delivery of mulch will be Saturday, February 18, 2012. Homeowners do not have to be home to take delivery.

Residents can choose between two types of premium quality mulch from Landscapers Pride, a company in New Waverly, Texas. The Black Velvet Hardwood Mulch is composted on site in New Waverly using a natural colorant, producing a rich black colored mulch. Use it as you would any other top dressing. The Hardwood Bark Mulch is ideal for areas subject to wind or water erosion. Use on flower beds, walkways, play areas, or running tracts as a general ground cover. Not recommended, however, for tilling into the soil.

The band is taking orders now through February 9, 2012. Mr. Gravely suggests that residents get their orders in early, before the LISD winter break. To order mulch with free home delivery, call your friendly neighborhood VHS band student or visit [www.vhsband.com/mulch](http://www.vhsband.com/mulch).

The VHS Band Booster Club is a registered 501(c)3 non-profit organization and helps support the band program by providing funds to offset expenses and keep student fees as low as possible. They also offer "effortless giving" through shopping at Amazon and Randall's, and by getting haircuts and ordering pizza locally. Visit [www.vhsband.com/fundraising/effortless-giving](http://www.vhsband.com/fundraising/effortless-giving) for details.



## Pick up the Pile

Happy New Year to all! As we embark on 2012's journey, some will think of ways to improve upon themselves. I'd like to offer an idea to those that still think dog poop is fertilizer, let's try picking up after our dogs. In case you were not aware, scientists have established the fact that the dog's gut harbors a particular type of bacteria known as the coli form bacteria. This bacterium includes the dreaded E. coli bacteria and also contains strains of salmonella and giardia. Now, since the rains have finally come, all the piles that have been left behind will be washed into our storm drains and contaminate our water supply. Not only is our water supply affected but perhaps even the air we breathe...I came across this article:

### SCIENCEDAILY (AUG. 18, 2011)

"Bacteria from fecal material -- in particular, dog fecal material -- may constitute the dominant source of airborne bacteria in Cleveland's and Detroit's wintertime air, says a new University of Colorado Boulder study."

This was the first test conducted, for air borne disease so far, however, scientist presume other cities, with an abundance of the canine kind, will show similar results. Please be kind, don't leave it behind. To those that pick up....THANK YOU

[www.pickupthepile.com](http://www.pickupthepile.com)



## NEWSLETTER INFO

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### CLASSIFIED ADS

**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.

**NOT AVAILABLE  
ONLINE**

## Austin Newcomers Club February 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.

The February luncheon speaker will be Daris Word Hale, who was a lecturer and researcher in Tanzania as a Fulbright Scholar from the United States for the 2010-2011 academic year. She taught music at Makumira University in Arusha, and collaborated with East African composers to create new music for western orchestral instruments. Just freshly repatriated, Daris teaches music at Texas State University, and is a bassoonist in the Austin Symphony Orchestra and Austin Lyric Opera Orchestra. She is a founding member of the international touring groups Wild Basin Winds and Trio 488 which have released four albums.

- **When and Where:** Wednesday, February 22, 2012 at Green Pastures Restaurant, 811 West Live Oak Street, pre-payment \$20.00. Reservations are required.
- **Time:** 11 a.m. Social Hour, Luncheon begins at noon.
- For Luncheon Reservations Email: LuncheonDirector@AustinNewcomers.com
- **WELCOME BACK!** To the 67 members who enjoyed the ANC Western Caribbean Cruise in January.
- **MARK YOUR CALENDAR** for our March Luncheon Speaker, Austin Police Chief Art Asavado

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. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at: [www.AustinNewcomers.com](http://www.AustinNewcomers.com).





## Viper Band Member is First All-State at VHS

*Submitted By Rich Keith*

For the first time in the history of Vandegrift High School, a Viper Band member has achieved the distinction of reaching All-State with the TMEA (Texas Music Educators Association). Matt Szostak, who plays tuba and Sousaphone, advanced after the auditions in December 2011. Jeremy Spicer, VHS Band Director says, "This honor recognizes Matt as one of the top 21 tuba players in the entire state of Texas. This is the highest award a high school band student can receive. Great job Matt – we are very proud of you!"

All-State, as students call it, is the final step of a five-month journey that begins in September, when 55,000 students audition at regional tryouts; the 1,500 of them who descend on the River Walk for the four-day event represent the mere 2 percent "who survived," as TMEA folks like to say. At the convention, they audition once more, for

chairs in the thirteen All-State ensembles, and then plunge into rehearsals for the weekend's final concerts.

Matt's mother Teresa Szostak said, "Making the All State Band has been a goal of Matthew's since he started high school. Through hard work and focus, outstanding direction and instruction from the Vandegrift HS band staff, and the support of his fellow band members, it's no surprise that he's made it a reality. We're very proud of him for this and all of his accomplishments."

The All-State audition process for high school winds and percussion students leads ultimately to qualification in one of seven All-State Bands that perform at the annual TMEA Clinic/Convention: ATSSB Jazz Ensemble, ATSSB

Concert Band, ATSSB Symphonic Band, TMEA Jazz Ensemble, 4A Symphonic Band, 5A Concert Band, and 5A Symphonic Band. With this honored distinction, Matt will participate with other "All-State" musicians from across the state at the TMEA All-State Clinic and Convention to be held in San Antonio, February 8-11, 2012.




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## CHEERS for Children

*Mardi Gras Style*

### WINE, SCOTCH AND FOOD TASTING

- February 23, 2012 6:30 – 9:00pm
- Twin Creeks Country Club
- Benefits Dell Children's Medical Center

Northwest Austin Circle of Friends presents our 13th Annual CHEERS for Children event benefiting Dell Children's Medical Center of Central Texas. This exciting event, a premier wine, scotch, and food tasting, will be held Thursday, February 23, 2012, 6:30 to 9:00 pm at Twin Creeks Country Club (3201 Twin Creeks Club Drive, Cedar Park, 78613), nestled in the lovely hill country setting between northwest Austin and Cedar Park.

Your are invited to join us for a fun and exciting Mardi Gras celebration filled with premier wines, single



malt scotches, delicious cuisine from local restaurants, funky jazz music on the veranda and complimentary Mardi Gras beads - all included in the ticket price - as well as live and silent auctions with unique and tempting items. Don your masks and costumes (if you dare), and join the fun – all for a good cause!

Tickets are \$55 in advance (\$65 at the door). 100% of funds raised benefit Dell Children's Medical Center and are directed to The Texas Child Study Center, the mental health program at DCMC.

For more information or to purchase tickets online go to [DellChildrensCircleofFriends.org](http://DellChildrensCircleofFriends.org) (listed under "upcoming events") or contact Elliott Weir, Chairman NWA COF, at [eweir@austin.rr.com](mailto:eweir@austin.rr.com) or 922-2231.



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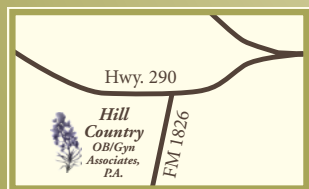
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## Breast Cancer Awareness

Breast Cancer Awareness and Tennis Event, Rally For The Cure, benefiting Susan G Komen non- profit will take place on Saturday February 4 from 9-Noon at the Barton Creek Country Club. Andy Roddick and the University of Texas Girls Tennis Team will be providing exhibition matches and teaching clinics for the whole family. Light breakfast and prizes for all who attend!! 25\$. To RSVP, please call 512/329-4008 by February 3, 2012.



## 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  
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# MARCH 3RD 2012

**Schedule of Events**

Registration: Noon

Shotgun Start: 1pm

Dinner & Prizes: 5:30pm

Concert: 6:00pm

Golfers welcome of any level! Come out for fun and to support a great cause!

REGISTRATION FEE: \$125/player or \$450/team of four (includes dinner)

DINNER & CONCERT (only): \$20/adult, \$5/child under age 10

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## American Diabetes Association

### ANNOUNCES INAUGURAL AUSTIN-BASED CENTRAL TEXAS TOUR DE CURE CYCLING EVENT IN 2012

#### *Planning committee seeks sponsors, riders and volunteers*

Now in its eleventh year, the American Diabetes Association Tour de Cure has been a fundraising cycling ride from San Antonio to Austin, Texas. For the first time, in 2012, the event's fundraising efforts will be focused on twenty-six (26) Central Texas counties, and the ride will start and end in Austin at the Travis County Expo Center on May 5, 2012.

"The ADA has decided that it needs to turn up the volume on its efforts to heighten our nation's sense of urgency about the disease, and to move beyond just awareness to encourage people to engaging with the Association in meaningful ways and become a part of the movement to Stop Diabetes®. The Tour de Cure takes place in 43 cities nationwide, and the Central Texas one has been so successful that the national organization encouraged Austin-area leaders to forge its own ride and focus on getting local word out about the cause," says Mercedes Feris, Tour Manager of the Austin-based chapter.

The new one-day, family-focused event, sponsored by lead sponsors Austin Energy and Seton Healthcare Family, will feature various cycling routes for all skill levels (from 15 to 100 miles in length). No matter which distance riders choose, they will be fully supported with route marshals, SAG vehicles, mechanical support, and rest stops stocked with hydration and a variety of snacks. At the finish, there will be an Austin-style



celebratory theme at the Travis County Expo Center with cheering volunteers, live music, great food and much more.

"Though we have made substantial progress in combating diabetes, the number of Americans burdened by this disease continues to grow at a rapid pace," says Jane Koble, Executive Director of the association's Central Texas chapter. "Approximately 8.3 percent of Americans have diabetes. In Central Texas, we're looking at 10% of our population. It's an urgent health issue that touches Texans at a much higher percentage than the general population of the United States and the number of adult Texans with diabetes is expected to quadruple over the next three decades if the current trend continues."

Diabetes can have a devastating impact on the health and well-being of those it affects. People with diabetes are more likely to suffer from complications such as heart attacks, strokes, high blood pressure, or kidney failure.

Type 1 diabetes inhibits the body's ability to produce insulin and can be managed with

insulin injections, diet, and exercise.

Type 2 diabetes accounts for 90 percent of diabetes cases in the U.S. and for those with this type, either their body does not produce enough insulin or the cells ignore the insulin. Individuals can reduce their risk of developing Type 2 by adopting a healthy diet, exercising regularly, and consulting a medical professional about their individual needs and risk factors. The increase in Type 2 diabetes among the Nation's children is linked to the rise of childhood obesity.

Traditionally, Tour de Cure has been the Central Texas chapter's largest annual fundraiser. The planning committee for the 2012 Austin Central Texas Tour de Cure hopes to attract 550 riders to the inaugural event, who will each raise a minimum of \$200 to help prevent, treat, and manage the disease.

For more information, to volunteer or to sign up, go to <http://www.diabetes.org/austintourdecure> or call 1-888-DIABETES. Ongoing updates are also available on Twitter at @DiabetesAustin or the event's Facebook page: "Austin Central Texas Tour de Cure."

The American Diabetes Association is leading the fight against the deadly consequences of diabetes and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes.

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