

LONG CANYON Gazette

April 2012

Volume 5, Issue 4

A Newsletter for the Residents of the Long Canyon



CARNIVAL

APRIL 14, 11 AM - 3 PM

Peace Lutheran Church & Pre School, 10625 RR 620,
is having a Carnival on Saturday, April 14, 11AM - 3 PM.
Fun for all ages with carnival games, food and a silent action.
Tickets for food, games or rides are 50 cents each.

WWW.PEACEAUSTIN.ORG | 512-258-2293

*Happy Easter
Long Canyon!*

34th Annual Pecan Street Festival Celebrates Austin This Spring

**ENJOY LOCAL ARTISTRY & MUSIC
SATURDAY, MAY 5 & SUNDAY, MAY 6**

The celebrated bi-annual Pecan Street Festival is pleased to announce the Spring 2012 festival will take place on May 5 and 6, 2012 in downtown Austin. The FREE festival features artisans and musicians from all over the U.S. and introduces observers to cultures from around the globe. Festival goers can find paintings, woodwork, candles, jewelry, clothing, home décor other useful and whimsical household items.



This year, the festival aims to encourage green living with the use of recycling programs and organic vendors. It will also promote healthy living by providing fresh food options and a “calorie counting” challenge. Proceeds benefit local city and non-profit organizations, such as The City of Austin and Austin Boxer Rescue in years past. Speaking of pets, the Pecan Street Festival invites Austin residents to bring their four-legged friends for some canine fun, courtesy Austin Pets Alive.

In its 34th year, The Pecan Street Festival is a local tradition that celebrates the city’s artistic and diverse culture and commemorates everything “Austin.” From magic shows for the kids to three live music stages for the adults, there is something for everyone to enjoy. This Spring, the Festival is also placing an emphasis welcoming the Hispanic community in conjunction with Cinco de Mayo. Without a doubt, attending The Pecan Street Festival is the best FREE weekend Austinites can have!

The Pecan Street Festival is the oldest and largest art festival in Central Texas. What started in 1978 as an opportunity for Austin merchants to sell their products has become an Austin tradition that attracts more than 300,000 people every year and generates \$43 million in economic impact. Visit www.oldpecanstreetfestival.com to learn more about the festival.

NEWSLETTER INFO

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ADVERTISING INFORMATION

Please support the businesses that advertise in the Long Canyon Gazette. Their advertising dollars make it possible for all Long Canyon residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. 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 8th of each month for the following month's newsletter.

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 APRIL LUNCHEON

WHAT'S HAPPENING AT THE ZACH?

Founded in 1933 as Austin Civic Theater, ZACH has been a major player in the Austin Theatre and Theatre Education life of this region for almost 80 years. Our speakers this month are Joy Selak, the Board President at ZACH, and Nat Miller, ZACH's Education Director. They will be telling us about the work they do in theatre education and theatre for youth at ZACH as well as working with arts education in the Austin school system. They will also share with us the progress on their new state of the art Topfer Theatre under construction on the expanding campus. Joy has served on ZACH's board for 8 years. Nat recently joined the organization from the Paramount, where he was education director. Nat is also a former high school teacher and received his MFA in Theatre Education from the University of Texas.

WHEN & WHERE

**Wednesday, April 18, 2012 at Green Pastures Restaurant,
811 West Live Oak Street, pre-payment \$20.00.**

Reservations are required.

TIME

11:30 a.m. socializing, Luncheon begins at noon.

For Luncheon Reservations Email:

LuncheonDirector@AustinNewcomers.com

Austin Newcomers Club is a non-profit social and recreational organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. 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.



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TORNADOS

Home Athletic Events Schedule April 2012

DATE	OPPONENT	TIME
4/5 - Thu.	Schreiner	7 p.m.
4/6 - Fri.	Schreiner (DH)	1 p.m.
4/6 - Fri.	Sul Ross State (DH)	5 p.m.
4/7 - Sat.	Sul Ross State (DH)	12 p.m.
4/20 - Fri.	Schreiner (DH)	5 p.m.
4/20 - Fri.	Texas Lutheran	7 p.m.
4/21 - Sat.	Texas Lutheran (DH)	1 p.m.
4/21 - Sat.	Schreiner (DH)	1 p.m.

Baseball games are in white.
Softball games are in gold.

2012 Summer Camps

Boys Basketball

June 4-8

contact: 512-313-4504

Girls Basketball

June 25-29

contact: 512-313-4509

Baseball

June 18-21 & July 9-12

contact: 512-313-4507

Softball

June 11-15

contact: 512-313-4502

Boys & Girls Volleyball

June 11-15 & July 16-20

contact: 512-313-4510

For up to the date information
please check out our website at:

athletics.concordia.edu

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HELP US SHINE A LIGHT ON AUTISM MONDAY, APRIL 2

Visit LIUBAustin.org to
learn how you can help
"Light It Up Blue"!

Save-the-Date:

**Greater Austin Walk Now
for Autism Speaks
September 22nd
at the Dell Diamond**



Legacy We Leave For Our Children

Undoubtedly, as parents, we have thought about the money we will leave behind for our children. Have we ever thought about the part of our spirits that we want our children to inherit? Granted, our children are unique individuals. But, we can still leave footprints in the sands of time that will continue to connect us with our children, long after we die.

Our children will learn their own life lessons. But, that should not stop us from modeling survival skills to our children that have helped us handle the struggles of life. We can nurture resilient children by talking to them about our core values through sharing photographs, conversations and dining table games. Our children will learn from us, both consciously and sub-consciously, the skills that can help them weather the physical and mental storms of life. The time spent in reflecting on what really matters to us and communicating the same to our children can make our bonds with our children richer and more meaningful.

My parents actively reinforced the value of gratitude in me. Being mindful and expressing thankfulness for every experience has

attracted many positive forces in my life. Gratitude is the legacy that my parents have left for me. Legacy is a priceless gift that we can pass down to the generations that come after us. Legacy unites us with our ancestors, children and grand-children. Legacy is thinking about what qualities our ancestors have blessed us with, that we will continually strive to transmit in our kin.

It is important to ask ourselves some questions. Which qualities do we value: Humor and Power of laughter; Faith and Spirituality; Forgiveness; Pride; Compassion or something else? Do our children know of our values? What effort am I making in leaving a physically, mentally, emotionally and spiritually strong legacy for my children? What difference can I make in the lives of my children in April 2012 through daily affirmations and encouragement?

We leave a legacy when we make a positive impact on our children's souls. This legacy is pure, powerful and long-lasting. Just like wood becomes stronger and harder when immersed in water, our legacy can preserve the resilience of our children.

*Sugandha Jain, Master Registered Texas Trainer
& Director of Accreditation at a local preschool.*

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Early Packing List: When to Get Travel Vaccinations

PLANNING AHEAD IS THE KEY TO SAFE, HEALTHY GLOBE-TROTTING

Submitted by Laura Guerrero, M.D., medical director for The Austin Diagnostic Clinic's Travel Clinic

There are just a few days to go before your big trip overseas. You've triple checked your itinerary, memorized important maps, and maybe even practiced speaking a bit of the local language. But unless you have taken the proper vaccination measures well in advance, your health may be at risk.

One of the most overlooked to-dos on a busy pre-travel itinerary checklist is the need to get vaccines and other medical preparations taken care of weeks, sometimes even months, before a trip, says Laura Guerrero, M.D., an internal medicine physician and medical director of the Travel Clinic at The Austin Diagnostic Clinic (ADC).

"Depending on where in the world you are going, you may be exposed to diseases and other pathogens that your body just hasn't had to cope with here in the United States. Often, vaccines are the best preventative measure to protect your health," says Dr. Guerrero. "But what people sometimes forget is that many vaccines have to be taken over an extended period of time before they can effectively prevent an illness."

ROUTINE, RECOMMENDED, & REQUIRED VACCINATIONS

The Centers for Disease Control and Prevention (CDC) divides travel vaccines into three categories: routine, recommended, and required. Dr. Guerrero says the number and type of vaccines you should receive will vary depending on what part of the world you are traveling to.

"Your particular vaccination and health needs can be as different as the Amazon jungle is to the Sahara desert," says Dr. Guerrero. "The only way to know what vaccinations are recommended for you is by consulting with your doctor at least one month before you plan on traveling abroad."



THE RIGHT VACCINE AT THE RIGHT TIME

Routine vaccinations are designed to protect you from diseases that rarely occur in the United States, but are still common in many parts of the world. According to the CDC, routine vaccinations should be administered for things such as influenza, tetanus, hepatitis A and B, measles, chickenpox, and zoster (shingles).

Exactly what routine vaccinations travelers should get will also depend mainly on your age and gender. And if you are traveling with children, they will likely require different vaccinations than an adult. Infants may need to have their vaccines administered over a period of several days or weeks, explains Dr. Guerrero. Recommended vaccinations will also depend on where you are traveling. The CDC lists vaccine information about specific destinations around the world on its website, <http://wwwnc.cdc.gov/travel/destinations/list.htm>. The site includes detailed health information about specific countries.

"We will update your shot record so we know what vaccines you should be receiving," says Dr. Guerrero. "And we will also counsel you about what diseases may be present in your destination, and how you can avoid exposure." As far as required vaccinations

go, international health regulations currently only require a vaccination for yellow fever for travelers visiting certain countries in sub-Saharan Africa and tropical South America. Meningococcal vaccination is also required by the government of Saudi Arabia for annual travel during the Hajj—the term for the annual pilgrimage to Mecca, Saudi Arabia, which occurs sometime between November and January.

"Even if you do not get your travel vaccines in time, it's always a good idea to see your doctor before you travel abroad because you can still benefit from medications and other information about how to protect yourself from illness and injury while on vacation in another country," adds Dr. Guerrero.

HEALTHY TIPS WHILE ABROAD

Once you have followed the vaccination schedule exactly, there are many other health considerations to take into account, Dr. Guerrero says. If you are taking prescription medications, for example, make sure you bring enough to last your entire trip and that you keep them stowed in their original containers. It's also a good idea to bring medicine for diarrhea, and to be cautious about drinking from local water supplies or eating things like raw seafood or other uncooked items.

"Part of ensuring a memorable travel experience abroad is making sure you are prepared for any potential health situations," explains Dr. Guerrero. "For example, if you have a preexisting health condition, it's always a good idea to know what your emergency care options are if something were to happen abroad. By taking the proper health planning measures, your trip of a lifetime can be filled with good memories instead of bad ones."

DROWNING IS PREVENTABLE



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 WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



Colin's Hope Upcoming Events Calendar

April - May: Water Safety Walk - Packet Stuffing Distribution

April 18: Colin's Hope Classic Golf Tournament at Flintrock Falls

June 14: World's Largest Swim Lesson at Schlitterbahn

June 16: Colin's Hope Got2Swim the Pure Austin Quarry

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