

LONG CANYON Gazette

July 2012

Volume 5, Issue 7

A Newsletter for the Residents of the Long Canyon

Catch the Reading Bug this Summer

at River Ridge Elementary and Four Points Middle School

LISD and Hill Country Education Foundation have teamed up again this summer at Four Points area school libraries – River Ridge Elementary and Four Points Middle School – to provide support and access to library books and to bring programming to students. Thanks to LISD school librarians these schools will be open on several days in June and July.

“Statistics have shown that students that don’t read actively over the summer lose instructional gains made during the previous school year,” said Becky Calzada, LISD library coordinator. “Our goal is to provide neighborhood library access to prevent this “summer slide” in reading loss and get students ready for the next grade level.”

LISD is offering the service because some parts of the district do not have easy access to public libraries and due to the record-number of participants at the library last summer. The Hill Country Education Foundation has been working towards establishing a community library in the Four Points area.

“Libraries provide an integral component for education in our communities,” said Kai Lamb, president of HCEF. “While we don’t

have the luxury of a nearby library in Four Points, teaming up with LISD provides us the opportunity to begin making an impact.”

Kicking off the summer program at River Ridge on June 11, HCEF will host Joe McDermott, one of the nation’s top children’s music recording artists. McDermott will perform at 10:00 am. Staff from Bartlett Realty will give out delicious ice cream treats for library goers. On July 26, Bernadette Nason will bring excitement, enthusiasm and energy to her storytelling performance. Nason is a familiar presence in Central Texas theatre and among elementary and middle schools as an English born and bred storyteller extraordinaire.

On July 17, HCEF will bring Mark Mitchell, author-illustrator, to Four Points Middle School at 1:00 pm. Mitchell’s book for young people, “Raising La Belle: The Story of the La Salle Shipwreck” is about an early colonial ship found at the bottom of a Texas bay.

Please note that there will be no restrooms available at the library. Non-registered LISD students may not check out books.

For more information about summer reading, see information below:

River Ridge Elementary

<http://ldl.leanderisd.libguides.com/summerlibrary>

SUMMER LIBRARY HOURS

Mondays and Thursdays 9 am to 12 noon

Mon, July 9

Thurs., July 12

Mon., July 16

Thurs., July 19

Mon., July 23

Thurs., July 26: Bernadette Nason, storyteller, at 10am.

All Books Due

Four Points Middle School

<http://fpms.leanderisd.libguides.com/content.php?pid=332359>

SUMMER LIBRARY HOURS

Tuesdays 12 noon to 3 pm

July 10

July 17: Mark G. Mitchell, author-illustrator, at 1pm

July 24

July 31: All Books Due

NEWSLETTER INFO

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LONG CANYON

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The Vandegrift Swim Team already has numerous traditions and success, so come get to know the Vandegrift Swim coaches while gaining more swimming experience. All swimmers must already know all 4 strokes legally to attend. This camp will take each swimmer through each stroke and finesse their technique. At the same time, the swimmer will get to experience why swimming for Vandegrift is fun, motivating and filled with pride. Spots are limited so act fast to be a part of a great VIPER experience!

- **Bella Mar in Steiner Ranch**
- **Requirements - Bring water, a towel, swimsuit, goggles and a cap. Swim equipment will be provided**
- **\$90**
- **July 9-12 from 8am-10am**
- **Grades: Middle School - 9th Grade**



SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to longcanyon@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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Ski Shores Café Welcomes Summer with Dockside Pick-Up Service, Live Music and Family-Friendly Movie Nights All Summer Long



Fun in the sun and relaxed lakeside dining are on the menu this summer at **Ski Shores Café**, the 57-year-old iconic Lake Austin family restaurant and bar. The restaurant is ushering in Central Texas' summer evenings with spectacular sunset views and a menu packed with tempting burgers, tacos, pizza and much more! In addition, Ski Shores is now offering **dockside pick-up**, a service that allows restaurant patrons to call in their food orders to-go, cruise on over to one of Ski Shores' designated boat slips and pick up their meals by a friendly member of the Ski Shores wait staff.

Ski Shores Café is also offering an array of fun seasonal activities, including **live musical entertainment** and **family-friendly movie nights**. Throughout the summer, Ski Shores will welcome a variety of Austin musicians who will perform live music Friday, Saturday and Sunday afternoons on the café's newly improved outdoor stage. The recently added deck seating and covered palapa are

ideal for casual lakeside evenings spent kicking back, sipping on a cool beverage from the full bar and taking in a live show.

While Mom and Dad enjoy the live entertainment, the kids will be enthralled by the giant playscape, which will have extended evening hours during the summer. At sundown on **Friday Family Fun Nights** all spring and summer, families can gather around the Ski Shores fire pit, enjoy some free gooey s'mores and take in a family-friendly movie.

Located just off City Park Road south of Austin's 360 Bridge, Ski Shores Café is a full-service restaurant that boasts plenty of indoor and outdoor space for laid-back lakeside events. Guests can even park their boats in one of the many boat slips, and step off the lake and into the restaurant for a quick afternoon bite or an entire evening of dining while enjoying the lake atmosphere. With indoor and outdoor TVs, and lots of arcade games for the kids, Ski Shores ensures the whole family will be entertained in this cozy, beach-style environment.

The menu at Ski Shores Café is just as iconic as this captivating establishment. From appetizers and burgers, to tacos, pizzas and dessert, Ski Shores' recently updated menu has something to please every taste. The menu features longtime favorites like the Border Burger, the infamous Scooter Burger, and Ski Shores' legendary 14- and 16-inch pizzas. Some new classics and Austin staples include the Fish Tacos, Catfish and Shrimp Baskets, and the Garden Fresh Salad with Grilled Chicken, a "fave on the lake." The kids' menu features all-time classics like Chicken Tenders, Grilled Cheese, Corndog Bites, and Cheese Quesadillas, all served with a drink and a choice of fries, coleslaw, chips or applesauce.



For more information about the iconic Ski Shores Café, visit www.SkiShoresAustin.com.



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athletics.concordia.edu

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STORK

REPORT

PLEASE SUBMIT INFO AND PHOTO!

If you have a new arrival (baby or grandbaby), email us the pertinent information along with a photo and we'll publish it in the Warbler. Let your neighbors share in celebrating your happiness! Email info on the arrival of your little one to longcanyon@PEELinc.com

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Summer Camps @ Mopac & Braker
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Pruning Guidelines

for Prevention of Oak Wilt in Texas

Oak wilt, caused by the fungus *Ceratocystis fagacearum*, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from tree-to-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. Below is a brief description of how you can reduce the risk of fungal spread when pruning.

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.
- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding of oaks during the spring (currently defined as February 1 through June 30). Reasons to prune in the spring include:
- To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.
- To repair damaged limbs (from storms or other anomalies)
- To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.
- On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
- Dead branch removal where live tissue is not exposed.

Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February

1 or after June 30.

Debris from diseased red oaks should be immediately chipped, burned or buried. Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.

References (available at <http://www.TexasOakWilt.org>):

Appel, D.N., and R.F. Billings (eds.). 1995. Oak wilt perspectives: Proceedings of the Nation Oak Wilt Symposium, June 22-25, 1992. Austin, TX. Information Development, Houston, TX. 217 p.

Billings, R.F., and D.N. Appel (eds.). 2009. Proceedings of the National Oak Wilt Symposium. June 4-7, 2007, Austin, TX. Texas Forest Service Publication 166. 267p.

Prepared January 12th, 2011 in cooperation between Texas Forest Service, Texas AgriLife Extension Service and International Society of Arboriculture Texas Chapter.

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WHAT TO LOOK FOR IN A PET FOOD

Pet nutrition and pet food selection has improved significantly over the last few years, however, there is still a lot of confusion regarding what to feed our four-legged friends.

Following the horrific melamine pet food recalls of 2007, much research has been dedicated to learning more about pet nutrition and how pet food is manufactured and distributed to consumers. This has spawned a greater selection of high-quality, pet super-foods. However, it has also prompted some companies who still make cheap, low-quality pet food to simply change their packaging to dupe consumers into believing that they're buying food filled with wholesome fresh meat, fruits, and vegetables.

Don't be fooled! A pretty bag with pictures of cascading corn and carrots does not a quality pet food make. Read the ingredient label to see what's really in the bag and in your pet's food bowl.

Here are some things to look for in the ingredient label and to consider when choosing a food for your furry family members.

PROTEIN

A named protein and/or protein meal should be first on the ingredient list. For example, if you're buying a chicken formula pet food, look for, "chicken," or, "chicken meal," as the first ingredient, not chicken by-product. Remember: meal is a good thing, by-product is a bad thing. Also, if a protein source is not named - beware. For example, if the ingredient label reads, "meat meal," you have no way of knowing what the protein source is and should be wary. It could be anything from aardvark to zebra. The best pet foods have two or three protein sources in the first five ingredients listed.

Confused about the difference between chicken and chicken meal? Chicken, or any other protein source listed in the ingredient label, means that fresh meat was added to the mix before cooking. This is great! But just like our bodies, animals are about 70% water. So, when the mixture is cooked, the fresh meat in it loses volume, thereby decreasing

the amount of protein in the final product. Chicken meal, on the other hand, is chicken meat, bone and some connective tissue that has been cooked, dried and added to the mix before cooking, which ultimately increases the protein level of the food.

VEGGIES, FRUITS & WHOLEGRAINS

Like humans, pets benefit from the vitamins and enzymes in fresh vegetables and fruits. Look for quality produce and complex carbohydrates like carrots, spinach, pumpkin, etc. as well as whole grain rice, oats, and/or barley. These healthy foods have lower glycemic index ranges, which will keep your pet more satisfied and will help to avoid sudden drops in energy levels. Avoid highly processed grains such as corn, wheat and rice. As with humans, these are empty fillers and fast burning carbohydrates.

US SOURCED

Do a little extra digging to find where the ingredients of a food you're considering are sourced. Often, you can find this information on the manufacturer's website. If not, call them and ask. Look for foods made with ingredients from the US. This will help you take advantage of the strict, governmental regulations that watch pet food manufacturers and that are there to protect you and your pets from contamination. Furthermore, buying products made in the US is just plain good sense for the local economy and environment.

WHAT TO AVOID

By-products and by-product meals should be avoided for a number of reasons. First, you have no way of knowing exactly what the ingredient is, but you can be sure that it is a low-value portion of the animal. In addition to the ingredient itself being dubious, low-value products are not handled with the same care as higher-value products, so they could become rancid or exposed to harmful bacteria. Also

avoid sweeteners, which are added to poor quality foods to enhance palatability. Other ingredients to avoid are artificial preservatives such as BHA, BHT, and ethoxyquin, and artificial colors.

Once you've narrowed your choices down to a few based on quality ingredients, then consider your pet's specific health needs. Is your pet overweight, underweight, young, adult, or senior? Does he/she have allergies or itchy skin? There are high-quality foods that are formulated to address all of these issues and more.

After you've finally chosen a healthy pet food and are ready to purchase, be sure to check the, "Best By," date. In quality, natural foods, this will be about 12 months from the manufacture date. When dishing out the new grub to your pet, start by mixing it with a bit of his last diet to help his tummy transition. Do this for about a week, adding a little more of the new food everyday. By day seven, your pet should be ready for full servings and a fuller life.



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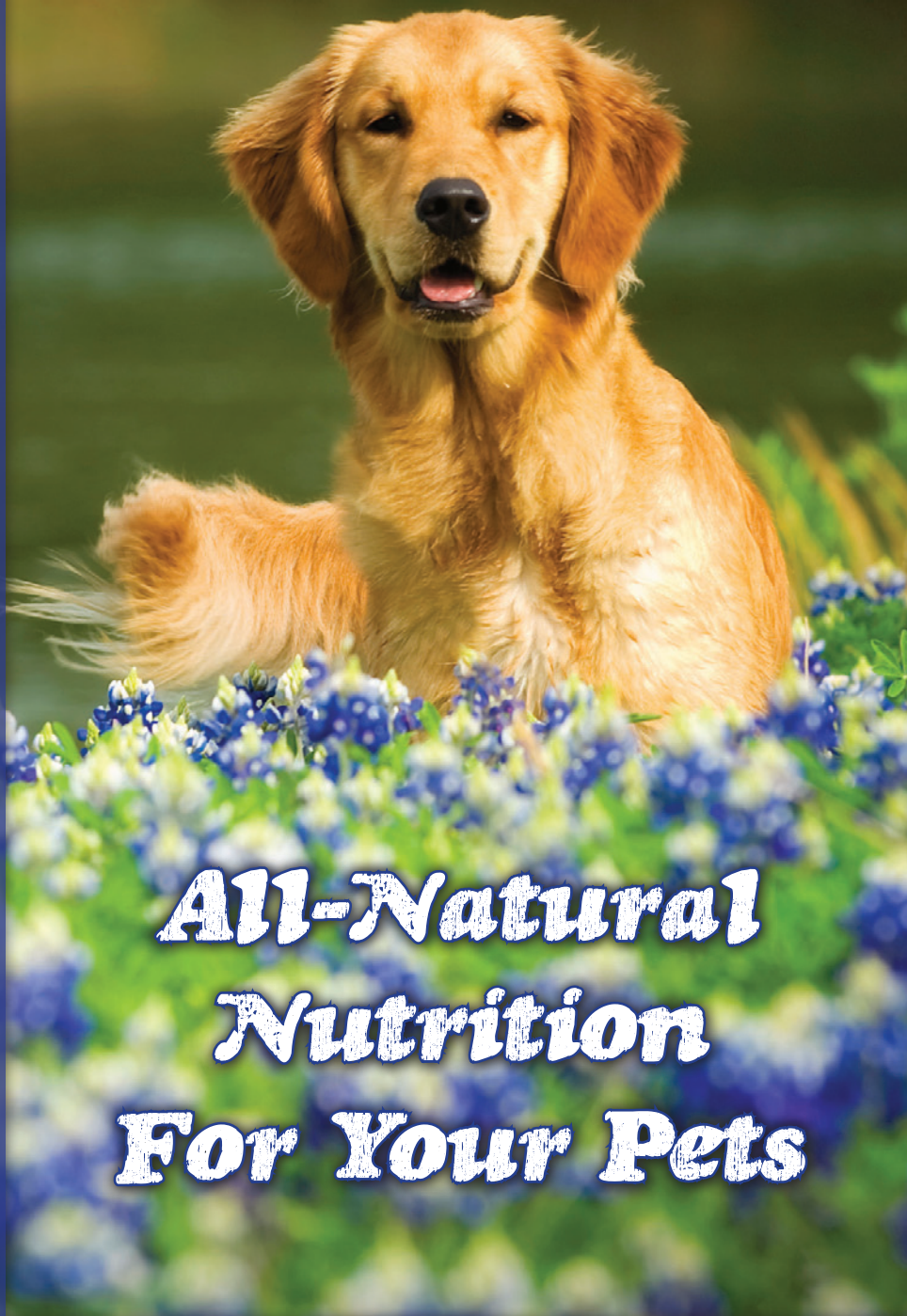
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Chocolate Cab Cupcakes

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By The Four Points Foodie

Cupcake Ingredients

- 1 1/2 C all purpose flour
- 3/4 C sugar
- 1 t baking powder
- 1 t baking soda
- 1 t sea salt
- 1 C special dark cocoa
- 1/2 C canola oil
- 2 large eggs
- 1 t Ancho Chili Powder
- 1 C Cabernet Sauvignon
- 1 special dark chocolate bar

Directions: Preheat your oven to 350 degrees and line a cupcake pan with papers. Sift the dry ingredients together in a large bowl. Add the oil, eggs, chili powder and cab and blend with a mixer. Using a 1 inch ice cream scoop, place 1 scoop in each paper. Add 1 piece of dark chocolate, and then add another scoop of batter. Place in oven and bake for 18 minutes. Remove from oven and cool.

Frosting Ingredients

- 1/2 C vegetable shortening
- 6 oz unsalted butter, softened
- 1 C confectioners' sugar
- 1 C special dark cocoa
- 2 T Cab Reduction {see note below}

Directions: Blend shortening and butter together until fluffy and add confectioners' sugar and cocoa. Mix to combine then add the Cab Reduction and blend well. If the frosting is too thick, add a hint of vanilla or cream to thin it out. Place in pastry bag and pipe onto cooled cupcakes and serve.

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