

Canyon Creek CHRONICLE

AUGUST 2012

VOLUME 6 ISSUE 8

Back To School Checklist

Ensuring a Healthy Return to the Classroom Begins at Home

As a parent, there's no doubt that back-to-school season requires a lot of effort to get your kids all set for the challenges of the classroom. But it's also an important time to consider your child's health, says Daniel Howard, M.D., a pediatrician with The Austin Diagnostic Clinic (ADC).

"From making sure all of the proper vaccinations have been administered on schedule, to getting their kids back on 'school year' sleep schedules, health is obviously a huge consideration for parents with school-age children," Dr. Howard says.

- **Vaccinations 101.** Children should receive a variety of vaccinations and booster shots to prevent them from getting many serious and highly contagious diseases.
- **Hearing and vision tests.** Consider getting your child's hearing and vision tested before they begin school to prevent learning challenges in the classroom.
- **Health information.** Parents should be prepared to provide schools with a list of emergency contact information that includes telephone numbers for parents, close family, pediatrician, and dentist.
- **Diet and sleep.** Healthy eating is a critical part of a child's physical and mental development and can help curb the risk of childhood obesity. Sleep is also essential—kids should get between eight to 11 hours per day, depending on their age.

Daniel Howard, M.D., is a pediatrician for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than six locations throughout Austin and Central Texas. Dr. Howard sees patients at the ADC Cedar Bend, at 2400 Cedar Bend Drive. For more information, visit www.adclinic.com or call 512-901-4016. To download an electronic version of this release, please visit www.delaune.com/ADC

IMPORTANT NUMBERS

EMERGENCY NUMBERS

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

SCHOOLS

Canyon Creek Elementary.....512-428-2800
Grisham Middle School.....512-428-2650
Westwood High School.....512-464-4000

UTILITIES

Pedernales Electric.....512-219-2602
Texas Gas Service
Custom Service.....1-800-700-2443
Emergencies.....512-370-8609
Call Before You Dig..... 512-472-2822
AT&T
New Service.....1-800-464-7928
Repair.....1-800-246-8464
Billing.....1-800-858-7928
Time Warner Cable
Customer Service.....512-485-5555
Repairs.....512-485-5080

OTHER NUMBERS

Balcones Postal Office512-331-9802

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Randall's Shopping Center
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512.306.1121

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M-S 9-7 | Sun 12-5
512.344.9111

CIRCLE C

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Escarpment Village
M-S 9-7 | Sun 12-5
512.276.2057

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H-E-B Shopping Center
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Oven Baked Tilapia with Leek Cilantro Salad

by The Four Points Foodie

This is just a yummy dish! Oven baked tilapia is a good staple. I breaded mine with panko for a really light and crunchy texture. But what sets this recipe apart is the leek and cilantro salad on top. Served over a bed of jasmine rice, this is the perfect summertime meal.



TILAPIA & RICE

Ingredients:

- Jasmine Rice, cooked per the package to serve 4
- 4 Tilapia fillets, rinsed and dried
- 2 T olive oil
- 12 oz panko bread crumbs
- salt and pepper

Directions:

Preheat oven to 350 degrees. Prepare Jasmine Rice per the package to make 4 servings. Rinse and dry tilapia fillets and rub each one with olive oil. Dredge through the panko bread crumbs, pushing with your fingers so it sticks. Add a little extra olive oil onto your pan and place the breaded tilapia on it. Season with salt and pepper and bake in the oven for about 20 minutes or until done.

LEEK AND CILANTRO SALAD

Ingredients:

- 2 leeks, green tops discarded, sliced in half, rinsed and patted dry
- 2 bunches cilantro, rinsed and dried
- 2 T rice vinegar
- 1 T butter
- 2 T olive oil
- Salt and Pepper

Directions:

Chop off the green tops of the leeks and slice in half, which makes cleaning easier. Remove all sand and pat dry. Slice the leeks and add to a saute pan with the 1 T of butter. Saute until tender, remove from heat and cool. Meanwhile, pick the clean cilantro leaves off the stems and add to a bowl. Add the cooled sauted leeks, rice vinegar, olive oil and season to taste with salt and pepper. To assemble: Start with a bed of jasmine rice, then the baked tilapia and topped with the delicious leek and cilantro salad. Serves 4.

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 canyoncreek@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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TORNADOS

Home Athletics Schedule August/September

Date	Sport	Opponent	Time
8/31	VB	Concordia Ann Arbor%	5 p.m.
9/1	VB	Concordia Wisconsin%	10 a.m.
	VB	Concordia Chicago%	2 p.m.
	WS	Dallas!	5 p.m.
	MS	Dallas!	7 p.m.
9/9	WS	Huston-Tillotson!	5 p.m.
	MS	Huston-Tillotson!	7 p.m.
9/19	WS	Trinity!	7 p.m.
9/21	VB	Mary Hardin-Baylor\$	7:30 p.m.
9/22	VB	Mississippi College\$	12:30 p.m.
	WS	East Texas Baptist^	2 p.m.
	MS	East Texas Baptist^	4 p.m.
	VB	Texas-Tyler\$	5:30 p.m.
9/23	WS	Austin College^	2 p.m.
	MS	Austin College^	4 p.m.
9/28	VB	Sul Ross State	7 p.m.

VB (Volleyball)
MS (M. Soccer)
WS (W. Soccer)

% Concordia Invitational

\$ ASC Dig Pink Crossover Challenge

! at St. Stephen's

^ at Vandegrift High School

CTX Athletics All-Access Ticket Pass Now Available For Only \$25!!!

For up-to-date information about CTX Athletics and to register online for the ticket pass, please check out our website at:

athletics.concordia.edu

American Association of University Women

Submitted by Diane Brewer, Membership VP

The American Association of University Women is a group of degreed individuals which works to ensure that opportunities and access of all kinds remain available to women and girls throughout the country and across the globe. Most people are aware that Title IX transformed athletics across the academic spectrum. Today, largely due to the efforts of groups like the AAUW, more and more women are also receiving equal pay for equal work, achieving the highest positions in business, and are also reaching pinnacle positions in government. Due to AAUW, deserving academic researchers are rewarded for their achievements with annual fellowships.

The Austin branch of AAUW is in the middle of its annual membership drive. The organization does not advertise, so it is important that people learn of this group and the indelible effect it can have on the lives of women. In Austin, AAUW volunteers work in GirlsStart and Mindspring, groups reaching out to girls who need a hand up; they

support non-profits like Ten Thousand Villages on South Congress, which markets the handmade goods of women in Third World Countries. Others are out in the community registering voters or working at voting sites. Membership VP Diane Brewer says that the dues of \$75 are divided among the national, state, and local levels of AAUW, and due to the work of the association, all but \$3 is tax deductible. For more information, go to: <http://austin-tx.aauw.net>

Service is only part of the story, however. Interest and study groups pervade the organization offering everything from a common love of reading, stitchery, and art appreciation, to bridge, mah jongg, theatre, and dining.

If you would like to explore the organization further, come to the AAUW-Austin Summer Social, located at the Episcopal Church of the Good Shepherd's parish hall, Exposition Blvd. @ Windsor Drive on Sunday afternoon, August 19th, at 3 pm. There will be a raffle, food, beverages, and lots of information. Come and see!



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VOTER REGISTRATION DIRECTOR RECEIVES EDUCATION CERTIFICATION AWARDS

Travis County Voter Registration Director Dolores (Dee) Lopez received two education certification awards at the IACREOT (International Association of Clerks, Recorders, Election Officials and Treasurers) annual conference held recently in Albuquerque, New Mexico. Dee was awarded Initial and Advanced Certificates for completing more than 115 hours of education and training in the areas of election administration, voter registration and education, election day procedures, and other issues designed to ensure efficient and fair elections. Along with five other recipients, Dee was recognized at an awards brunch during the annual conference.

A member of IACREOT since 1999, Dee currently serves as the Chair of the Continuing Education Unit Committee. Dee has held the Travis County Voter

Registration Director position for 21 years. Previously employed with municipal government, she has served in the public service arena for over 38 years. Dee earned Bachelor and Master degrees in Public Administration from Texas State University and has achieved the designation of CERA from The Election Center and, Certified Public Manager from the William P. Hobby Center for Public Service.

Founded in 1971, IACREOT offers members the opportunity to exchange ideas, elevate standards through education, develop efficient ways to serve the public and promote the ethics of public service.

For more information about Travis County Voter Registration, visit us online at www.traviscountytax.org or call (512) 854-9473.

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2012 - 2013 District Calendar

July 2012

S	M	T	W	T	F	S
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Dates, Holidays & Events

- First Day of School.....Aug. 27
- Labor Day.....Sept. 3
- Rosh Hashanah.....Sept. 17-18
- Yom Kippur.....Sept. 26
- Columbus Day.....Oct. 8
- Veteran's Day.....Nov. 12
- Thanksgiving.....Nov. 22
- Hanukkah.....Dec. 9
- Christmas.....Dec. 25
- MLK Day.....Jan. 21
- Spring Break.....March 11-15
- Good Friday.....March 29
- Bad Weather.....April 29
- Bad Weather.....May 27
- Memorial Day.....May 27
- Last Day.....June 7

Calendar Key

- Student/Teacher Holiday
- Staff Development/Student Holiday
- Bad Weather Makeup Day
- Proposed Testing Dates
- E** Early Release Day
- ◆ Last day, Nine Weeks Period
- } Last day, Six Weeks Period
- Italic* First/Last Day Semester - Elementary
- bold** First/Last Day Semester - Secondary

Proposed Testing Dates

- Oct. 22-25.....TAKS Exit Retest
- Dec. 3-14.....STAAR EOC Testing
- March 4-7.....TAKS Testing & Exit Retest
- April 1-5.....STAAR Testing
- April 22-26.....TAKS Testing & Exit Retest & STAAR Testing (3-8 grades)
- May 6-17.....STAAR EOC Testing (HS only)
- May 14-15.....STAAR Retest (5 & 8 grade)

This calendar was sponsored by LEEF.

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**Did you forget the
name of that...**



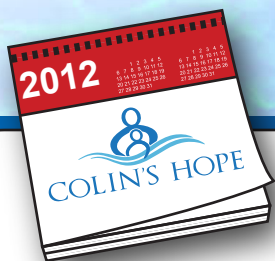
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Colin's Hope Upcoming Events

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September 16: Colin's Hope Kids Triathlon

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Thank you to all of the volunteers and community partners who gave of their time, resources and talent this summer to help us raise water safety awareness to prevent children from drowning. We have made such an incredible difference! As the summer comes to an end, please continue to keep your children safe in and around the water. Put multiple layers of protection into place to prevent children from drowning. **Drowning is Preventable.**

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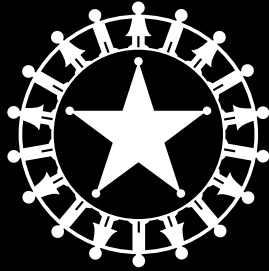


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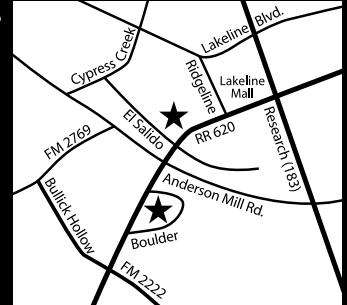
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