

Canyon Creek CHRONICLE

SEPTEMBER 2012

VOLUME 6 ISSUE 9

DRIPPING WITH TASTE WINE & FOOD FESTIVAL 2012

By Around Dripping Springs

www.AroundDrippingSprings.com

The 5th annual Dripping with Taste Wine & Food Festival will take its popular foodie-tainment event to another level on Saturday, September 8, with a new location and expanded offerings of gourmet foods, local wines, craft beers, artisans, and live music.

Shannon Moler, Director of the Dripping Springs Visitors Bureau which sponsors the festival, said the venue relocation to the Texas Hill Country Olive Company offers the perfect setting.

"The Texas Olive Company's Tuscan-styled tasting room and orchard is breathtaking, and right in the heart of Dripping Springs," Moler said. Moler, who is also the event chair, said the festival showcases the variety and quality of foods and wines throughout the Central Texas Hill Country region, starting with Dripping Springs.

"Local wineries like West Cave Cellars and Bell Springs are coming, and Fredericksburg wineries like Grape Creek and Becker are coming," Moler said. "We have more than 20 wineries from throughout the region, as well as chefs and dozens of area gourmet and specialty foods, plus, more than two dozen creative artisan vendors, too."

"Another surprise for visitors to Dripping Springs is the local craft beers, which will be represented at DWT2012 by area breweries like Jester King, Thirsty Planet, Independence, and Twisted X."

Moler said other locally crafted, unique beverage options at this year's festival will include sparkling hard cider from Argus Cidery, and Texas Sake. Making their first appearance also will be Texas Coffee Traders from Austin. Even Williams Sonoma is sending a chef to the festival for the first time, to

(Continued on Page 3)

NATUREWATCH

by Jim and Lynne Weber

Summertime Blues

The gossamer-winged butterflies (or Lycaenidae) are a large family of small butterflies that include the coppers, hairstreaks, and blues. Usually noticed when flying erratically in an up-and-down fluttering motion, they bask in the sun with their wings open, and when perched sit with their wings closed, often rubbing their hind wings together. The blues are especially small with a wingspan of about one inch, and while mostly blue above, the identifying field marks are found mainly on the undersides of their wings. In Central Texas, the most commonly seen blues in open, sunny habitats are the Eastern Tailed-blue, Marine Blue, and Reakirt's Blue.

Eastern Tailed-blues (*Cupido comyntas*) are common and can be identified by the one to three orange spots near the tail on the underside of the hind wing. The males are deep blue on their uppersides while the females are a lighter blue to brown. They occur in the eastern half of the United States from the coast to the Great Plains.

The Marine Blue (*Leptotes marina*) is a fast flier (for a blue) and is found from Texas west to Southern California and south to Mexico. Its underside is strongly striped gray-brown often with a pale purple fringe. The male has a blue upperside with a strong purple overlay, while the female has a brown upperside with some blue at the base of the wings.

While the other blues fly mostly spring to fall, Reakirt's Blue (*Echinargus isola*) flies year round in Texas. The males are lavender-blue above while the females are primarily gray-brown with a touch of blue basally, and they are identified by the conspicuous row of five white-ringed black spots on the underside of their forewings.

Each of these blues utilizes legumes as their larval food plants, so

(Continued on Page 3)

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Food & Wine Festival - (Continued from Cover Page)

present two cooking demonstrations.

The lineup of live music entertainment will be varied and upbeat, with five bands scheduled to play throughout the day. The festival will close with a VIP awards ceremony from 7pm - 8pm, for the best in show chefs, wines, and foods. And speaking of VIP, even the women's bathroom facilities on site will be upscale, with "Elite Silver Platinum" air-conditioned trailers featuring individual stalls with sinks and mirrors.

Proceeds from this year's festival benefit the non-profit Dripping Springs Visitors Bureau, launched in early 2012 with a mission to attract Hill Country visitors and guests to the town. According to Moler, the Dripping with Taste festival is made possible through a concerted community effort that pays off for visitors and residents alike.

"This event takes a lot of energized volunteers, community leaders and business owners but the effort is worth it," Moler said. "Visitors are delighted to learn they can experience all the Hill Country has to offer this close to Austin. Everyone loves this event and it just gets better each year."

Tickets on sale online: www.drippingwithtaste.com

"Like" on Facebook: www.facebook.com/DrippingWithTaste

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Nature Watch - (Continued from Cover Page)

you can often see them flying around plants in this family, including alfalfa, mesquite, clover, dalea, mimosa, and indigo species. The caterpillars of these butterflies are slug-shaped, somewhat flattened, and are often tended to by ants, which feed on the sweet liquids secreted by the larvae and in turn protect the larvae from other predators. As adult butterflies, they feed on nectar from a variety of herbs found flowering in grasslands, fields, meadows, and along creeksides.

Interestingly, these blues are part of a group of butterflies called the Polymmatous blues, originally studied by the self-taught butterfly expert and famous mid-twentieth century novelist Vladimir Nabokov, who hypothesized that they arrived in the New World from Asia in waves over millions of years. While few professional scientists took his ideas seriously at the time, recent DNA and gene-sequencing technology has proved him absolutely correct – that this group of butterflies originated in Asia, moved over the Bering Strait at a time when the land was relatively warm 10 million years ago, and eventually headed south all the way to Chile!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, published by Texas A&M University Press.

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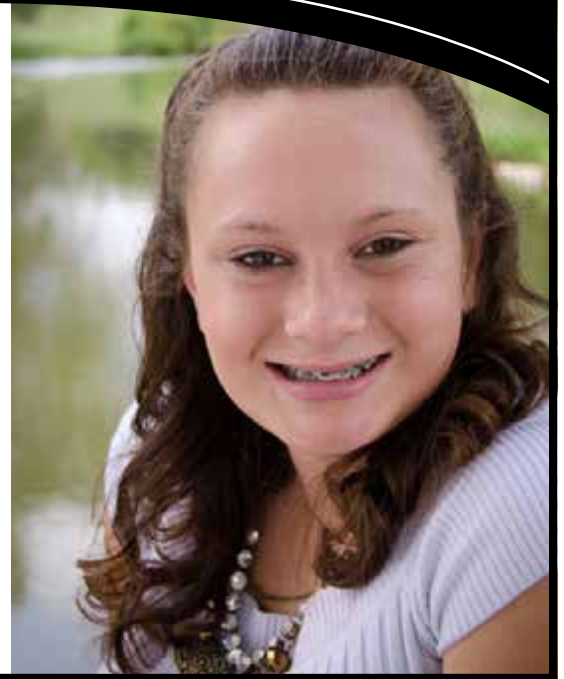
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ADOPTION COALITION OF TEXAS

Kelly

APRIL 20, 1997

Kelly is a friendly and outgoing young woman. She enjoys playing soccer, basketball and volleyball; Kelly also participates in her school FFA and adores animals. She enjoys swimming and has told her caseworker, that she doesn't care if it is a lake, river or swimming pool, she wants to swim. With her current foster family, she enjoys going to the swimming pool, shopping, eating out, rodeos, vacation bible school, church, youth group, dances, and a variety of other community and school events. Kelly thrives in any situation where she is given the attention that she needs, but freedom to be a teenager. She would do best in a home where her adoptive parents can give her the attention and proper guidance she requires. Kelly needs a good role model and a structured setting. For more information contact Grace Lindgren at the Adoption Coalition of Texas at (512) 810-0813 or gracelindgren@adopttexas.org



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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.



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

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Happy Labor Day!



Tennis Tips

By USPTA/PTR Master Professional

Fernando Velasco Owner, Manager and Director of
Tennis Grey Rock Tennis Club, Austin, TX

Starting with this issue, I will be giving tips on the fundamentals of the game of tennis. We will begin with the forehand groundstroke:

Step 1: Early Anticipation: The upper body turns with the right wrist slightly cocked back and level with the shoulder. Notice the eyes focused toward the incoming ball and the balance of the left hand in front of the body. The left foot started to move forward and it is pointing to the point of contact.

Step 2: Point of contact: Once the racquet starts accelerating, the right wrist is still slightly cocked back, but will have a small snap when making contact with the ball. Optimum point of contact is in front of the opposite foot. Notice that the eyes are still focused on the tennis ball

Step 3: Follow Through: Once the ball has made contact with racket, the arm needs to follow through for a long period of time to allow maximum compaction of the ball and help from the strings and the frame. Notice that the body has slightly turned watching where the ball is landing. The knee has flexed some to allow more flexibility and power for the ball.

Step 4: If the racket has great momentum, let it continue coming through the body and finish it around the neck. This will allow for a more powerful impact and depth on the ball. The smile on her face shows that she hit a great shot!!

Look for next Issue: The Backhand Groundstroke





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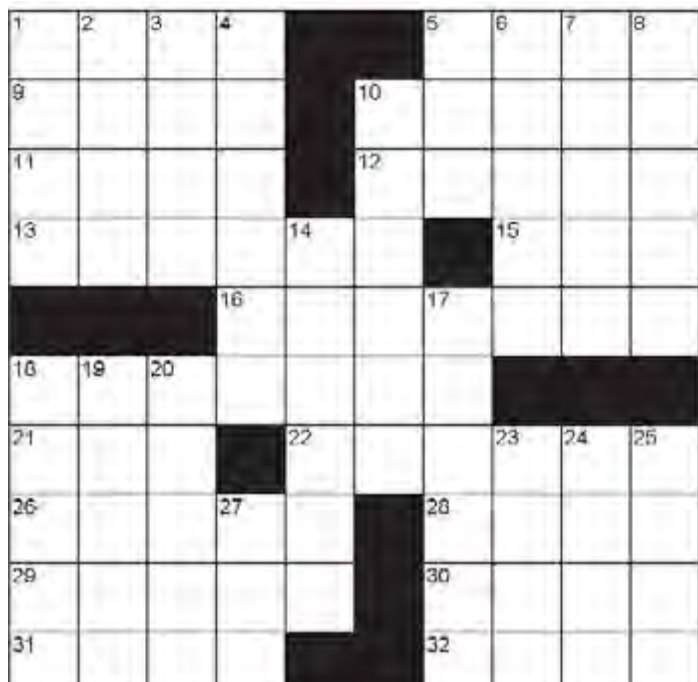
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ACROSS

1. Charge
5. Syrian bishop
9. Against
10. Landing
11. Leaves
12. Boom box
13. Allure
15. African antelope
16. Polite
18. Leafy green
21. Marry
22. Esophagus
26. Woken
28. Goad
29. Type of tooth
30. Refer
31. Posttraumatic stress disorder
32. Sieve

DOWN

1. Nativity scene piece
2. Competition at the Greek games
3. Capital of the Ukraine
4. Symbol
5. Expression of surprise
6. Emblem
7. Pickle juice
8. A ball out of bounds (2 wds.)
10. Twist violently
14. Ripper
17. Strums
18. Slough
19. Ross ____, philanthropist
20. Gods
23. Brand of sandwich cookie
24. Seaweed substance
25. Cabana
27. Blue

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New Beginnings

Sunday, September 9, 2012 • RM2222 @ McNeil



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8		7			2		4	9
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5				1		2		
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	7						8	
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	2	1			8			

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

Understanding Cholesterol For Healthy Living

Balancing "Good" and "Bad" Cholesterol



Cholesterol is found in hamburger, steak, chicken, fish, and just about every other animal-based food. It's also a natural substance created by the liver which has both health benefits and health risks.

David Joseph, M.D., a family practitioner with The Austin Diagnostic Clinic (ADC), says people seeking to lower their levels of "bad" cholesterol—called low density lipoprotein (LDL)—can begin by eating less food sources that contain LDL.

The three main food sources of LDL in your diet are saturated fat, which is a type of fat found mostly in foods that come from animals; trans fat, found mostly in foods made with hydrogenated oils and fats—such as stick margarine, crackers, and french fries; and cholesterol, which comes only from animal products.

"Cutting your intake of these food sources could help to lower your cholesterol levels," says Dr. Joseph. "Some foods, such as whole grains and whole-wheat products, and nuts such as walnuts, almonds, and brazil nuts, may have a healthy effect on blood cholesterol levels."

Instead of animal-based foods like hydrogenated oils and fats, Dr. Joseph suggests considering things like omega-3 fatty acids, which are found in fatty fish like tuna, salmon or mackerel, as well as fish oil supplements, flaxseeds and flaxseed oil.

David Joseph, M.D., is a family practitioner 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. Joseph sees patients at the ADC Cedar Bend, at 2400 Cedar Bend Drive. For more information, visit www.adclinic.com or call 512-901-4076. To download an electronic version of this release, please visit www.delaine.com/ADC

September is National Cholesterol Awareness Month



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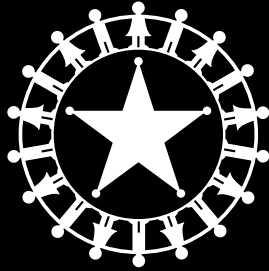


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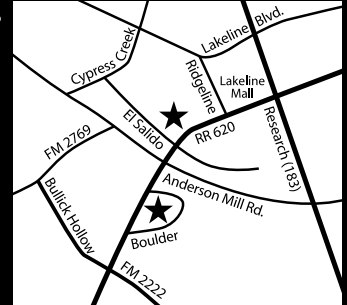
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