

LONG CANYON Gazette

January 2013

Volume 6, Issue 1

A Newsletter for the Residents of the Long Canyon

A Focus On Resolutions

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

For more information on weight management and improving nutritional practices, visit the National Institute of Diabetes and Digestive and Kidney Diseases at www.win.niddk.nih.gov/publications/for_life.htm.

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged. For more information on getting fit, visit the President's Council on Physical Fitness and Sports at <http://fitness.gov/>. Happy New Year from Concentra Urgent Care!



NEWSLETTER INFO

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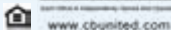
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Giddy Up ★ Gala ★

HILL COUNTRY EDUCATION FOUNDATION'S SPRING FUNDRAISER

HCEF Gala Committee Invites Four Points Community to Raise Vital Funds for Teachers and Students *at The 2013 Giddy Up Gala Set for February 23, 2013, at The Oasis*

The Hill Country Education Foundation's Giddy Up Gala Committee members invite you to strap on your boots and don your country-chic for the 3rd annual fundraising event at The Oasis. Area residents who attend will enjoy an evening of dining, dancing, games and auctions while helping HCEF to raise vital funds for our teachers and students in the Four Points area schools.

Gala Committee Chair Laura Lee is organizing the event with committee chairs that include Susan Arant, Pete Dwyer, Stephanie Johnson, Kai Lamb, Michelle Lamb, Chris Lee, Myra Roberts and Michelle Beck. Special thanks to Kimberly Sarantakes Photography for donating her time and talent for this photo shoot.

Along with a sit-down dinner and open bar, guests will enjoy participating in a raffle for high-end gifts for the man and woman, sponsored by the Arant Real Estate Team, along with the popular and entertaining Heads or Tails Game, emceed by VHS Football Coach Drew Sanders. Evening activities will also include live and silent auctions, an important Fund-A-Need for our high school and a live band. Table purchases and sponsorship options will be available. Learn more at www.HillCountryEdFoundation.org.



Hill Country Education Foundation Gala Committee Members invite you to take part in a festive evening at The Oasis to help raise vital funds for the Four Points area schools. Committee Chairs (background from left): Kai Lamb, Laura Lee, Michelle Beck, Stephanie Johnson, (foreground from left): Michelle Lamb, Myra Roberts and Susan Arant. Not pictured: Pete Dwyer and Chris Lee.

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View answers online at www.peelinc.com

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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.

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TORNADOS

Home Athletics Schedule January/February 2013

DATE	SPORT	OPPONENT	TIME
1/10	WBB	Hardin-Simmons	5:30 p.m.
	MBB	Hardin-Simmons	7:30 p.m.
1/13	MBB	Fisher College	3:00 p.m.
1/29	WBB	Mary Hardin-Baylor	5:30 p.m.
	MBB	Mary Hardin-Baylor	7:30 p.m.
2/1	BB	Lubbock Christian	4:00 p.m.
2/2	BB	Lubbock Christian	1:00 p.m.
2/7	WBB	Texas Lutheran	5:30 p.m.
	MBB	Texas Lutheran	7:30 p.m.
2/9	WBB	Schreiner	1:00 p.m.
	MBB	Schreiner	3:00 p.m.
2/14	WBB	Sul Ross State	5:30 p.m.
	BB	Texas Lutheran	7:00 p.m.
	MBB	Sul Ross State	7:30 p.m.
2/15	BB	Sul Ross State	10:00 a.m.
	SB	Trinity (DH)	4:00 p.m.
2/16	BB	Ozarks	10:00 a.m.
	WBB	Howard Payne	1:00 p.m.
	MBB	Howard Payne	3:00 p.m.
	BB	Howard Payne	4:00 p.m.
2/17	BB	Texas-Dallas	12:00 p.m.
	SB	George Fox (DH)	2:00 p.m.
2/22	BB	Louisiana College	7:00 p.m.
2/23	BB	Louisiana College (DH)	1:00 p.m.

MBB (Men's Basketball)
WBB (Women's Basketball)
BB (Baseball)
SB (Softball)

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Tennis

Tips

By USPTA/PTR Master Professional
Fernando Velasco

THE TWO-HANDED BACKHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures student Mindy Custer demonstrates the proper form and technique. Photos by Charlie Palafox.

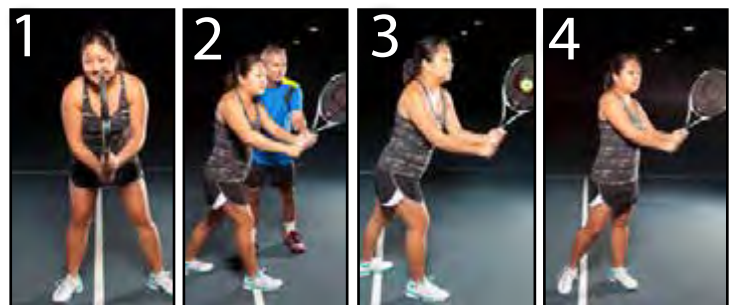
Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be "cocked" back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball. Here I am helping Mindy to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

Look for in the next Newsletter: The Serve



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Kids Tree Climb and an educational tree scavenger hunt with native tree saplings as prizes. Native trees and shrubs for sale and expert advice. In The Store Margie Crisp signs her book, *River of Contrasts: The Texas Colorado*.

NEVER THE SAME RIVERTWICE

January 12 through March 2

Artist Margie Crisp's book, *River of Contrasts: The Texas Colorado* displays hand-pulled prints in the McDermott Learning Center.

Spring Baseball and Softball *Register Now!*

Open to ages 5-15 for baseball and grades K-12 for softball, Northwest Little League is accepting online registrations through January 29th.

TO GET MORE INFORMATION OR TO REGISTER ONLINE,

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LONG CANYON

AUSTIN NEWCOMERS CLUB

This month our luncheon program will feature Peter Bay, Music Director of the Austin Symphony Orchestra, who will speak about the Symphony's repertoire for the upcoming symphony season. He will play recordings of excerpts of the pieces, and explain the background of the compositions and his approach to conducting them.

Mr. Bay has been the Symphony's Music Director since 1998, and is also the primary conductor for Ballet Austin. He has been music director of the Britt Festival Orchestra in Jacksonville, Oregon since 1993, and in 2011 was Music Advisor of the Hot Springs Music Festival in Arkansas. He has made many national and international guest appearances conducting famous orchestras. Mr. Bay is a native of Washington, DC and received degrees from the University of Maryland and Peabody Institute of Music.

The monthly luncheon will be held on Wednesday, January 16 at Green Pastures restaurant, located at 811 West Live Oak in Austin. We get together at around 11:00 a.m. for a social hour with lunch at 12:00 noon. The luncheon is \$20 per person; reservations are required, and payment must be received by Thursday, January 10.

The club website is www.AustinNewcomers.com and the telephone number is (512) 314-5100.



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Cedar Fever or Common Cold?

Knowing the Difference is Key to Effective Treatment

WINTER IS CEDAR FEVER SEASON

The common cold and the Mountain cedar allergy called “Cedar Fever” often begin the same way: runny nose, sneezing, sinus pressure, scratchy throat, and headache. Yet knowing the difference between a cold and cedar pollen allergies can be very important when it comes to effective treatment options.

Cedar Fever is the popular term for cedar pollen allergies, which strike many residents in Central Texas during the winter months, when mountain cedar plants emit large amounts of pollen. The common cold, meanwhile, is caused by a virus and can occur any time of year. The problem is that the cedar season is also the height of the cold and flu season.

COLD VS. ALLERGY SYMPTOMS

“Despite the many similarities in symptoms between Cedar pollen allergies and a cold, there are some clear indications that can help you understand which condition you are suffering from,” says Dr. John Villacis, an allergist and immunologist with The Austin Diagnostic Clinic (ADC). “While a cold and related symptoms may only last a few days to one or two weeks, symptoms of cedar pollen allergies may persist for several weeks or months.”

Another important difference in symptoms has to do with the excess mucus production that both conditions tend to produce. While people with a cold may experience discolored mucus, those with cedar pollen allergies will experience clear mucus production. And while people with a cold may develop a fever, people who have cedar pollen allergy will not develop a fever.

WHEN IN DOUBT, ASK A DOCTOR

Dr. Villacis says people who are not sure if they have a cold or cedar pollen allergies should consult with a physician as soon as possible in order to get an accurate diagnosis and effective treatment options.

John Villacis, M.D., is an allergist and immunologist for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than seven locations throughout Austin and Central Texas. Dr.

Villacis sees patients at the ADC Main Clinic, at 12221 North MoPac, and at ADC Circle C, 5701 West Slaughter Lane, Building C. For more information, visit www.adclinic.com or call 512-901-4052.





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