

LONG CANYON Gazette

April 2013

Volume 6, Issue 4

A Newsletter for the Residents of the Long Canyon

SAFE KIDS SAFETY TIPS

By Concentra Urgent Care

Accidental injury is the number one killer of America's children, taking more lives than disease, violence, and suicide. Prevention is the cure. It's estimated that by taking these and other simple precautions, almost all (90%) of these accidental injuries can be avoided.

- Childproof your home. Look at every room as your child would. Ask yourself what looks interesting and what can be reached. Get down on your hands and knees, and check for small things children can choke on.
- Use the back burners on stoves, and turn pot handles to the back. Keep children away from the stove or microwave when cooking, and don't serve hot food or drinks to them. Keep knives, glasses, and scissors where young kids can't reach them.
- Cover electrical outlets that are not in use.
- Keep guns locked, unloaded, and where kids can't reach them.
- Take precautions to avoid fire in the home. Install smoke alarms on every level of your home and in every sleeping area. Test them once a month.
- Plan several ways to escape from each room if a fire starts. Practice the fire escape plan with your family. Identify a safe place to meet outside.
- Lock up matches, lighters, and gasoline. Keep space heaters where kids can't reach them and away from curtains, beds, and papers.
- Never put electrical cords under rugs
- Always supervise children while they are in the bathroom, and follow other important bathroom safety guidelines. Keep the

hot water heater at low-medium or less than 120° Fahrenheit. Mix hot and cold water in the bathtub, and test it on your forearm before putting children into the tub. Never leave the room while they are bathing.

- Keep toilet lids closed and locked, and doors to bathrooms and utility rooms closed when not in use. Put razors, curling irons, and hair dryers out of reach.
- Avoid exposing children to potential poisons. Lock up potential poisons out of children's reach, including cleaning supplies, pet food, medicine, vitamins, beer, wine, and liquor. Read labels and follow directions when giving medicine to children. Know which houseplants are poisonous and keep them where children can't reach them.
- Install carbon monoxide detectors in every sleeping area and test them every month. Make sure heating systems are vented outside and checked every year.
- Prevent serious falls. Keep furniture away from windows. Install guards or stops on windows that are not emergency exits.
- Install safety gates at the top and the bottom of stairs. Never use baby walkers.
- Keep emergency numbers by every telephone. Call 911 if a child is choking, collapses, can't breathe, or is having a seizure. If you suspect a child has been poisoned, call 1-800-222-1222.
- Keep first aid supplies on hand.

For more information about preventing child injury, you can visit the Safe Kids USA Web site at: <http://www.usa.safekids.org>

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Article Submissions longcanyon@peelinc.com
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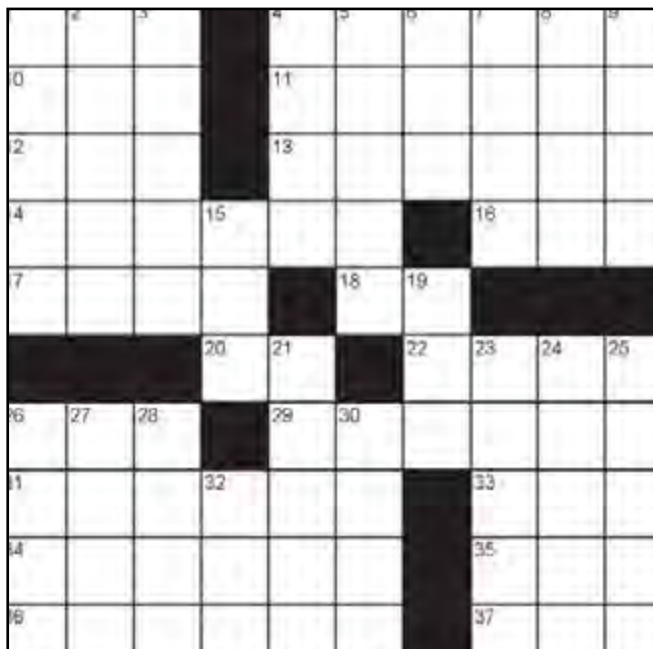


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ACROSS

1. Can
4. At sea
10. Maturity
11. Apt
12. Winter mo.
13. Cactus drug
14. Choose (2 wds.)
16. Long time
17. Tush
18. You
20. Hey!
22. Baby's "ball"
26. Fortify
29. Groove
31. Relating to the laity
33. Loose gown worn at mass
34. Accounts
35. Central Intelligence Agency
36. Stacking card game
37. Critical

DOWN

1. College field of study
2. Open mouthed
3. Rumormonger
4. Dog food brand
5. Zealous
6. Repose
7. Double-reed instrument
8. Singing voice
9. Adolescent
15. Saute
19. Move away
21. Toothbrush brand
23. Taken ___ (shocked)
24. Negate
25. Treed (2 wds.)
26. Alack's partner
27. Standing
28. Short
30. Too
32. Hat

View answers online at www.peelinc.com

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Kelly Peel

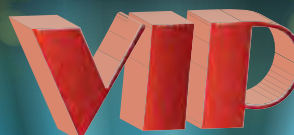
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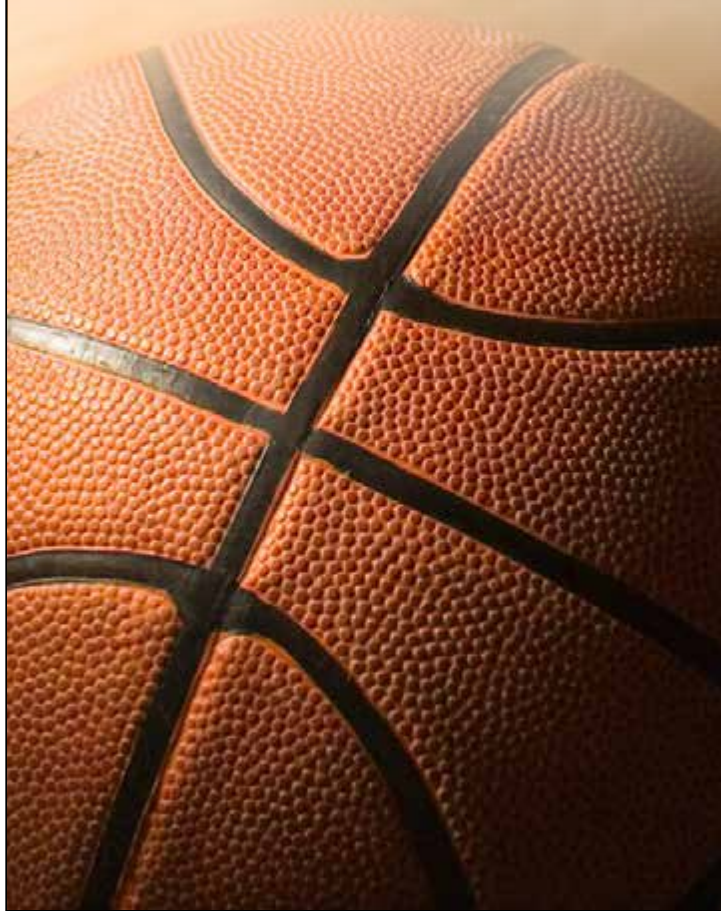
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FORMAT: 4-person scramble

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Home Athletics Schedule April 2013

| DATE | SPORT | OPPONENT | TIME |
|------|-------|---------------------|-----------|
| 4/9 | BB | Trinity | 7:00 p.m. |
| 4/12 | SB | Hardin-Simmons (DH) | 4:00 p.m. |
| 4/13 | SB | Hardin-Simmons (DH) | 2:00 p.m. |
| 4/15 | BB | Southwestern | 7:00 p.m. |

BB (Baseball)

SB (Softball)

**CTX Athletics is Now
Accepting Season Ticket
Pass Applications!!!**

**CTX Athletics is Now
Accepting Tornado Club
Applications!!!**

**Sign Up for the
Friends of Concordia
Golf Tournament on April 1!!!
alumni.concordia.edu/golf**

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Athletics, please check out our website at:

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SUDOKU

View answers online at www.peelinc.com

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| | 1 | 4 | 9 | | | | | 8 |
| | 4 | | | | | | 9 | |
| | | 1 | | | 7 | 2 | | 3 |
| 6 | 7 | | 3 | | | | | |

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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.

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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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to Execute The One Handed Backhand Volley

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, and the forehand half-volley. In this issue, I will offer you instructions on how to execute the one –handed backhand volley when players are at the net and have to hit the ball on the fly. In the illustrations, the Manager and Director of Tennis at the Grey Rock Tennis Club, Fernando Velasco, demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: The Split step: When the player comes up to the net, the player will stop and take the split step by bouncing off the toes at the same time and let the body lean forward to react to the ball. Both hands are on the racket so it can react to either move to the left or to the right. Eyes are focused on the incoming ball. Notice the left hand being on the throat of the racket, not next to the right hand

Step 2: The Back Swing: The left hand will guide the head of the racket at eye level and with a short back swing. The upper

body has made a turn and the weight of the body has been placed on the left leg. Eyes are focused toward the point of contact. The right hand is relaxed to allow the left hand to make the proper opening to meet the ball.

Step 3: The Point of Contact: As the swing comes forward, the left hand releases the racket and the right foot leans toward the ball. The left hand stretches back to allow proper balance on the point of contact. The head of the racket is slightly tilted up to allow a slice on the ball. This assures good height above the net and will force the ball to stay low when making contact with the court, thus making it tougher for the opponent to return the ball back to the player.

Step 4: The Follow Through: Once the ball leaves the racket, the follow through is extended toward the target. The weight of the player is now on the right leg and the left arm is still balancing the body as a “butterfly swing”. The shoulders are still slightly turned and are ready to come back to the split position.

Look for in the next Newsletter: *The Two-Handed Backhand Volley*

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