

# Canyon Creek CHRONICLE

MAY 2013

VOLUME 7 ISSUE 5

## A FOCUS ON PHYSICAL ACTIVITY

### *Pathway to Improved Health*

*By Concentra Urgent Care*

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

#### **HOW MUCH PHYSICAL ACTIVITY DO I NEED?**

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
  - Includes people with disabilities
  - Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
  - Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial
3. For most people, additional benefits occur when
  - You increase the intensity of your physical activity
  - You increase the frequency of your physical activity

- You increase the duration of your physical activity
- #### **SHOULD OLDER ADULTS EXERCISE, TOO?**

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

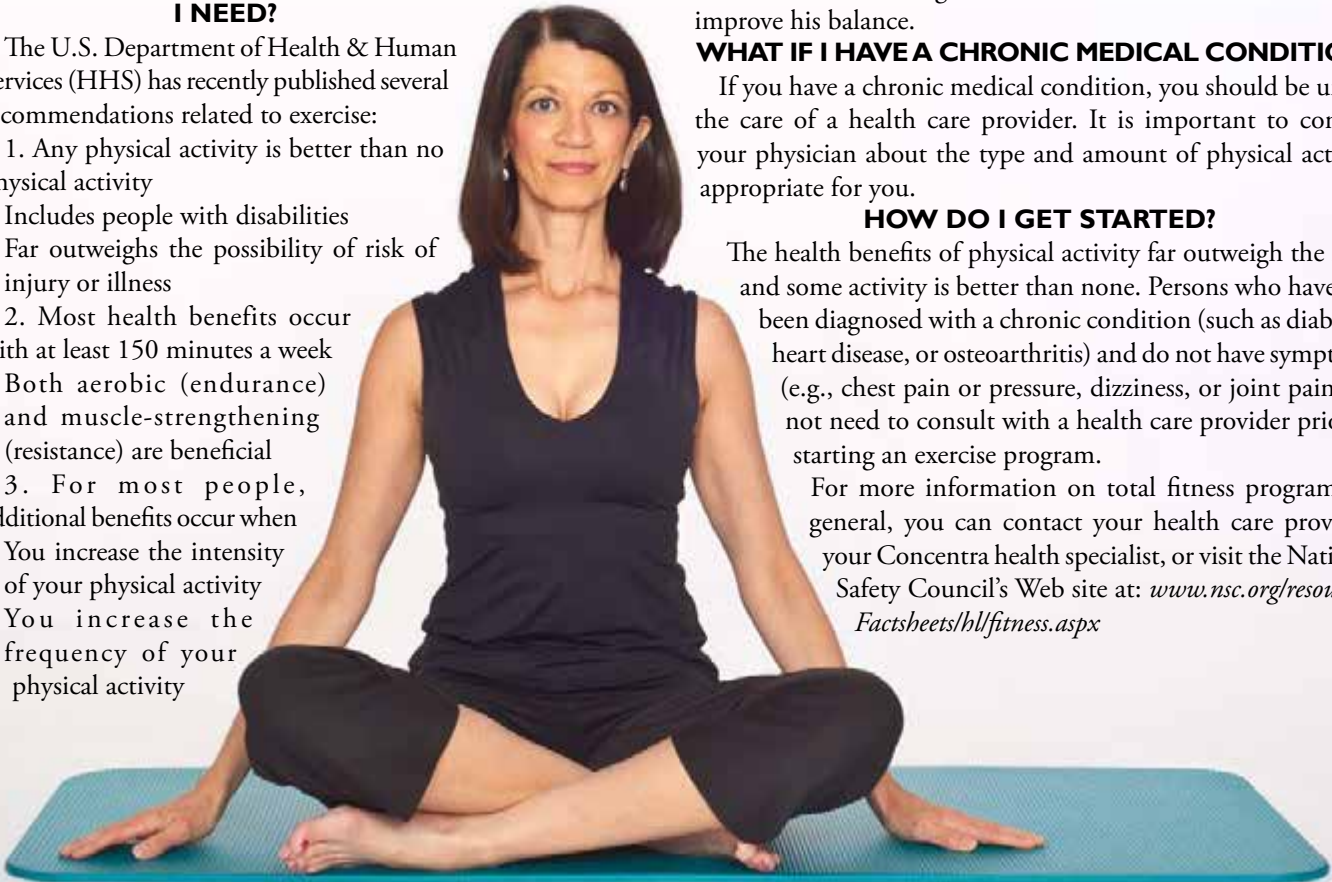
#### **WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?**

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

#### **HOW DO I GET STARTED?**

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: [www.nsc.org/resources/Factsheets/hl/fitness.aspx](http://www.nsc.org/resources/Factsheets/hl/fitness.aspx)



## 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 Office .....	512-331-9802
------------------------------	--------------

### NEWSLETTER PUBLISHER

Peel, Inc. ....	512-263-9181
Article Submissions .....	canyoncreek@peelinc.com
Advertising.....	advertising@PEELinc.com

## ADVERTISING INFO

Please support the businesses that advertise in the Canyon Chronicle. Their advertising dollars make it possible for all Canyon Creek residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@peelinc.com. The advertising deadline is the 9th of each month for the following month's newsletter.

## VANDERGRIFF HIGH SCHOOL BAND

### Garage Sale

*May 4th 8am to Noon*

*River Place Elementary School*

*Submitted by Rich Keith*

High school band garage sale: We'll pick it up!

The Vandegrift High School Band program invites the entire community to participate in their garage sale. We want your gently-used items and we will pick them up for you. All monies raised from the sale of items benefit the band students.

Please contact us at vhsbandgaragesale@gmail.com to get location of drop-off sites or to request pick up of larger items. Please include name, address for item being donated, subdivision or apartment complex, cell phone, and item descriptions. Boutique / higher-end items will be priced accordingly and sold from our "Boutique" area.

The garage sale will be held Sat. May 4 from 8:00 a.m. - Noon

River Place Elementary School

6500 Sitio Del Rio Boulevard Austin, TX 78730

## DIRECTV is rolling out the RED CARPET

**VIP** Pricing exclusively  
for Residents



**FREE 5 tuner Genie HD/DVR**

**Instant rebate on all packages**

**Record, watch and playback in**

**HD from any room**

**FREE Installation**

**Up to 3 FREE additional  
HD client boxes**

**FREE HBO, Cinemax, Starz  
& Showtime for 3 months**

Mention this ad for your VIP deal.  
**CALL NOW!**

**1.888.799.0512**



# VANDERGRIFF HIGH SCHOOL BAND

*Submitted by Rich Keith*

## ITEMS OR SERVICES WANTED FOR SILENT AUCTION BENEFITING HIGH SCHOOL BAND

Do you have a service or some item of value which you can donate to the The Vandegrift High School Band program? Or a gift card? The band will enter your item in their upcoming silent auction on Thurs. May 16. This is your chance to give back to the community and if you have a business you'll get free advertising while you're at it. All proceeds go toward the benefit of the band students.

We love unique and special items too! Please contact us to discuss your donations, questions, and ideas at [secretary@vhsband.com](mailto:secretary@vhsband.com).



Sunday, May 26, 2013, 7:30am  
AT CAMP MABRY

**REGISTER ONLINE at**  
[www.autism8k.com](http://www.autism8k.com)

Great prizes for top 3 male/female finishers and top 3 per age group. Athletic t-shirts provided for all 8k and 1k participants.

**THE AUTISM SPEAKS 8K RUN & 1K FUN RUN**  
presented by The Coffee Bean & Tea Leaf features a challenging 8k (~5 miles) race through the iconic grounds of Camp Mabry. Runners on this challenging course will pass historic military vehicles and aircraft as they make their way through the hilly, scenic grounds.

All proceeds benefit AUTISM SPEAKS



## TORNADOS

### 2013 Concordia Texas Summer Sports Camps

Baseball: June 17-20 & July 8-11

Boys Basketball: June 10-13 & July 22-25

Girls Basketball: June 24-27

Co-Ed Volleyball: June 17-20 & July 15-18

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

CTX Athletics is Now  
Accepting Tornado Club  
Applications!!!

For up-to-date information about CTX  
Athletics, please check out our website at:

[athletics.concordia.edu](http://athletics.concordia.edu)



## CONTROL YOUR WEIGHT, MINIMIZE CANCER RISK

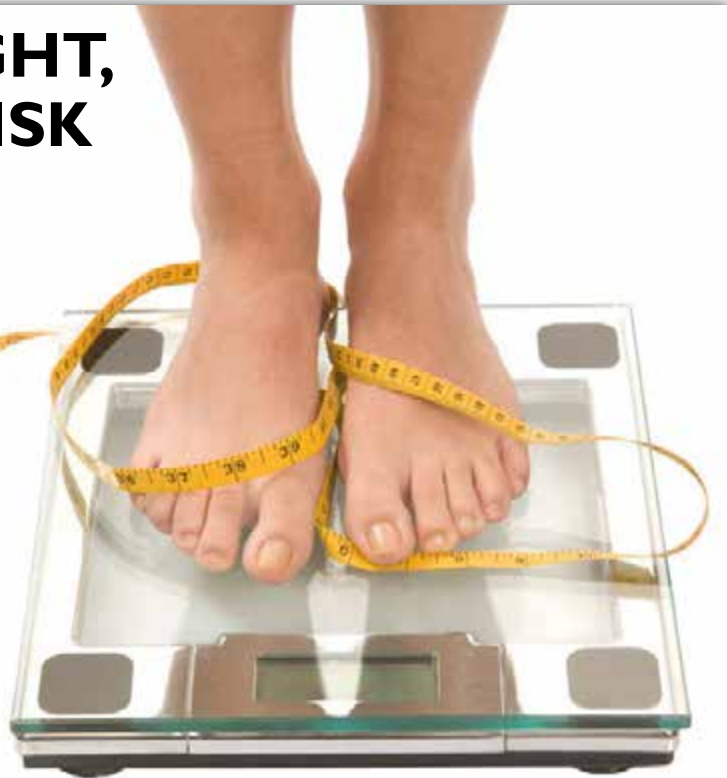
Controlling weight can help a person reduce the risk of cancer, said an oncologist from the NCI-designated Dan L. Duncan Cancer Center at Baylor College of Medicine.

"We do not know exactly how and why obesity affects cancer risk, but we know there is an increase, so it is important for everyone to control their weight to minimize this risk," said Dr. Kent Osborne, director of the Duncan Cancer Center and the Lester and Sue Smith Breast Center, both at BCM.

Research has linked obesity to a greater risk of developing esophageal, pancreatic, colorectal, breast, endometrial, kidney, thyroid and gallbladder cancer, Osborne said.

In some cancers like breast cancer, there is also an increase in the risk of recurrence if a patient already has the cancer and is obese.

Many other factors, such as genetics, may play a role in cancer development, but keeping a normal weight is one thing people can change and it may help, he said.



## ADVERTISE YOUR BUSINESS TO YOUR NEIGHBORS

*Support Your Community Newsletter*

Kelly Peel

VP Sales and Marketing  
512-263-9181 ext 22  
kelly@PEELinc.com



PEEL, INC.  
community newsletters

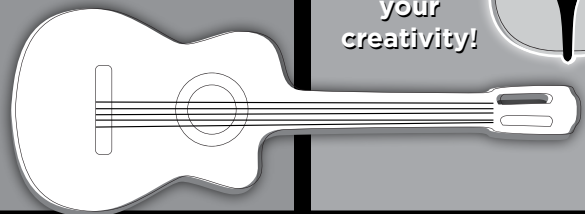
[www.PEELinc.com](http://www.PEELinc.com)



Learn to play a musical instrument, learn to sing, take a group music camp or rock out in our **ROCK CAMPS!**

Keep their minds tuned this summer with the best music lessons! Work with the best professionals. Fun for beginners to advanced!

Visit our website for details and discover your creativity!



(512) **26-MUSIC**



PRIVATE LESSONS ~ CAMPS ~ ROCK CAMP

[www.26MusicSchool.com](http://www.26MusicSchool.com)

26-MUSIC SCHOOL | 512-26-MUSIC or 266-8742  
[www.26MusicSchool.com](http://www.26MusicSchool.com)

# DROWNING IS PREVENTABLE



COLIN'S HOPE  
WATER SAFETY TIPS AT  
[WWW.COLINSHOPE.ORG](http://WWW.COLINSHOPE.ORG)



Volunteer - Donate  
[COLINSHOPE.ORG](http://COLINSHOPE.ORG)

## May is Texas and National Water Safety Month

**Ongoing:** Volunteers needed to stuff and distribute water safety packets [info@colinshope.org](mailto:info@colinshope.org)

**Ongoing:** Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

**Now-June 18:** Discount Schlitterbahn Tickets for sale. <http://www.tinych.org/tickets>

**May 18:** Colin's Hope Got2Swim Pure Austin Quarry Lake. <http://www.tinych.org/QuarryLake>



Water Safety Alert: 74 Texas children drowned last year.  
Keep your children and families safe in, near and around all bodies of water.  
Multiple layers of protection can prevent drowning.

## LAYERS OF PROTECTION



**CONSTANT VISUAL  
SUPERVISION**



**LEARN TO SWIM**



**WEAR LIFE  
JACKETS**



**MULTIPLE BARRIERS ON  
ALL POOLS & HOTTUBS**



**KEEP BACKYARDS &  
BATHROOMS SAFE**



**LEARN CPR**



**CHECK POOLS/HOTTUBS  
1ST FOR MISSING CHILDREN**



**VISIT US  
ONLINE**





# BASKETBALL CAMP

**FOR WOMEN OVER 45**

**JUNE 7-9, 2013**

At Santa Fe Christian Gym  
Solana Beach, CA

**COST:**

\$160 before May 1st

Email - [player4life2013@gmail.com](mailto:player4life2013@gmail.com)

[www.player4lifecamp.weebly.com](http://www.player4lifecamp.weebly.com)

**NOT AVAILABLE  
ONLINE**



**RESOLVE TO BE MORE.  
BE RESOLUTE.**

**WANT TO TAKE  
A CLASS?**

BRING IN THIS AD FOR

**\$10 OFF**

A SINGLE CLASS  
OR CLASS PASS

Before May 31, 2013. Cannot be combined  
with any other offers. One use per guest.

**-&-**

**MEMBERSHIP  
FOR TWO?**

BRING IN THIS AD  
AND A FRIEND AND

**YOU'LL BOTH  
ENJOY \$25 OFF**

YOUR FIRST MONTH  
OF MEMBERSHIP

Offer expires May 31, 2013.  
Don't miss it!



Learn more about us online at:  
[ResoluteFitness.com](http://ResoluteFitness.com)

5145 North FM 620 Suite F-120  
Austin, TX 78732

**T: 512.298.3400**

The Canyon Chronicle is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Canyon Chronicle Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

**DISCLAIMER:** Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

# Get Paid to Shop!

Get 10¢ cash back on every debit card purchase.



**FREE Cash Back Checking**  
Join today - [rbfcu.org](http://rbfcu.org)

Austin  
512-833-3300

Toll-free  
1-800-580-3300

Program subject to change. Federally insured by NCUA.



“You are a true professional—the perfect blend of responsiveness and follow-up. Of the many (home) purchases I have made in the past 25 years, this was **simply the best experience I have had.**” —Will S

Just sayin’.



MARGARET  
**Jolly**  
homes

Margaret (Reed) Jolly\*  
**512.496.2281**  
[Margaret.jolly@kw.com](mailto:Margaret.jolly@kw.com)

\* Formerly with ReedThompson Homes

[www.margaretjollyhomes.com](http://www.margaretjollyhomes.com)

**NW AUSTIN REAL ESTATE SPECIALIST**  
CANYON CREEK • STEINER RANCH  
GRANDVIEW HILLS • RIVER PLACE



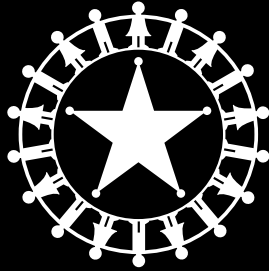


**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

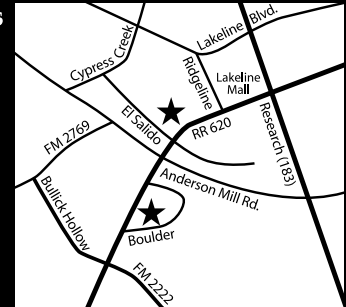
CN



# Bluebonnet School

*Private Preparatory Preschool*

Our Two Locations



**Our summer day camp  
is not only great fun,  
it's a whole lot more!**



**Enroll  
Today!**

## *It's Educational & Fun*

- Interesting sessions on topics like space travel, sports, dinosaurs, Lego engineering, and old-time Texas
- Field trips which enhance children's learning and awareness of their community
- Small group sizes allow for more personal time with teachers who enjoy children
- Mandarin, Lego engineering, guitar & piano lessons, karate, swimming, Sportball, etc.
- Fun play with water cannons & dumping buckets on the Cedar Park water park
- Spacious playing fields for soccer & other games
- Creative art projects, cooking and music

## *It's Safer & Convenient*

- Secure & locked facilities
- ParentWatch Internet viewing of rooms
- Licensed & monitored by the state of TX - DFPS
- Teachers who are professional, experienced, mature and trained
- Buses equipped with 3-point, child-sized, factory-installed seatbelts
- Air-conditioned facilities
- Sunscreen provided for all children
- Delicious, nutritious snacks & hot lunches provided by our on-site chef

**Bluebonnet School of Canyon Creek**  
**512-219-5100**  
10321 Boulder Lane (at 620)  
Austin, Texas 78726

**Bluebonnet School of Cedar Park**  
**512-331-9009**  
3420 El Salido Pkwy (at 620)  
Cedar Park, Texas 78613



**[www.bluebonnetschool.com](http://www.bluebonnetschool.com)**