

NEWS FOR THE RESIDENTS OF CANYON CREEK

Canyon Creek CHRONICLE

JUNE 2013

VOLUME 7 ISSUE 6

June Events at the Wildflower Center

Submitted by Saralee Tiede

NATURE NIGHTS

June 13—Roots and Shoots

June 20—Amphibians

June 27—Insects

These Thursday evening events give kids a fun-in-nature experience with hikes, crafts and hands-on activities. Free admission for Nature Nights and the entire day of Nature Nights thanks to our sponsor, H-E-B. 6 to 9 p.m.

ART ON DISPLAY

Through September 2

Jan Heaton's painting exhibit, titled "Quiet" is in the McDermott Learning Center June 1 through August 18. Jim La Paso's colorful kinetic flowers remain in the garden.

FATHER'S DAY SPECIAL

Sunday, June 9, through Sunday, June 18.

Bring Your Dad Free. Or Mom! Or your guardian! For every paid admission, the parent or guardian receives a free admission.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

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 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
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 AT&T
 New Service.....1-800-464-7928
 Repair.....1-800-246-8464
 Billing.....1-800-858-7928
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OTHER NUMBERS

Balcones Postal Office512-331-9802

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Teenage Job Seekers

Name	Age	Baby Sit	Pet Sit	House Sit	Yard Work	Phone
Doe, John.....	15.....	111-1111

*-CPR Training

+First Aid Training

Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Canyon Creek teenagers seeking work. Submit your name and information to canyoncreek@peelinc.com by the 9th of the month!

If your information was listed in a previous issue and you would like to resubmit, please e-mail canyoncreek@peelinc.com with your current, updated information.

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At NIK'S we use San Marzano tomatoes imported from the Sarno Valley region of Italy. Our cream sauces are made fresh with heavy cream and cooked to order...never pre-made. We create 5-Layer Lasagna fresh every morning along with all our salad dressings, sauces, croutons, focaccia, and flatbreads. We invite your family to enjoy our unique style of Italian comfort food with a Texas twist!

Italian Classics \$13 or less

- Spaghetti with Meat-balls or Italian Sausage
- 5 Layer Lasagna
- Chicken Parmesan
- Fettuccini Alfredo
- Eggplant Parmesan
- Chicken Marsala
- Penne alla Vodka



- Pints of Beer Starting at \$2
- \$4 Wine by the Glass: Chardonnay, Pinot Grigio, Pinot Noir & Chianti
- \$3 Frozen Margaritas
- Plus: Daily Drink Specials!

Dishes unique to NIK'S

- Pot Roast Nachos with Jalapeño Lime Alfredo
- Meat Ball Sliders with Roasted Peppers
- Chicken Parmesan with Vodka Sauce or Jalapeño Lime Cream
- Artichoke Spinach Pasta

Great Specials.....AWESOME FOOD.....For Every Day of the Week

- MONDAY** - Buy 1 Burger or Panini, Get 1 Half-Price! ...Made in true Texas fashion, hand pattied, and flat grilled with a fresh baked bun and hand cut fries.
- TUESDAY** - 3 For 2'sday ...Buy Two Regular priced entrees get a third of equal or less value for FREE. Enjoy it right then or take home.
- WEDNESDAY** - KIDS EAT FREE ...Kids 10 & under eat FREE from our kids menu. Get one free with each adult meal.
- THURSDAY** - Board-n-Bottle ...Get a Specialty Flatbread with a Bottle of our Featured Red or White wine of the day for just \$20.
- FRIDAY** - Fridays are for Fish ...Whether for spiritual discipline or just good health, give meat a break in favor of fish.
- SATURDAY** - Seafood Saturday ...Weekly Chef Specials using fresh fish, clams, oysters, shrimp and lobster.
- SUNDAY** - Family Feast ...Family Style Dining Specials starting at \$20 for a family of 4. Entrée, Salad, & Bread.



When Downtown Austin seems too far away, don't forget we're close by!

- Steiner Ranch (5.5 Miles),
- Riverplace (3.3 Miles)
- Canyon Creek (3.0 Miles)
- Lakeway (12 miles)

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Older Adults Express Anxiety In Different Ways

While there are several factors that can cause anxiety in older adults, it can be difficult to identify because they express anxiety in unique ways, according to an expert at Baylor College of Medicine. According to Dr. Melinda Stanley, professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, common types of anxiety disorders in adults include:

- Generalized anxiety
 - Social phobias
 - Specific fears and phobias
 - Post-traumatic stress disorder
- Anxiety symptoms that older adults and their family members should watch for include:
- Shortness of breath
 - Difficulty sleeping
 - Increased heart rate
 - Muscle aches and pains
 - Dizziness

Anxiety is not a normal part of aging and can be treated. The first important step is to have a physical exam. Cognitive behavioral therapy is a treatment option that teaches learning skills to manage anxiety. Skills that can help reduce anxiety include relaxation, changing thoughts, facing fears, learning how to solve problems and learning behaviors to improve sleep.

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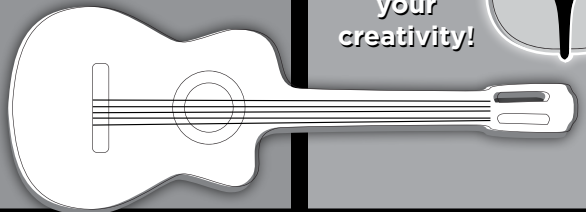
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DROWNING IS PREVENTABLE



COLIN'S HOPE
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**5 years ago this month, Colin Holst tragically and silently drowned at the age of 4.
 10 Texas children have already drowned this year.**

Be a Water Guardian and help prevent children from drowning.



Ongoing: Volunteers needed to stuff and distribute water safety packets 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>

June 18: World's Largest Swim Lesson at Schlitterbahn Waterpark New Braunfels

July 1: Colin's Hope Got2Swim Lake Austin 4 Miler (solo or relay) <http://www.tinych.org/got2swim4>

July 21: Colin's Hope Kids Got2Swim Pure Austin Quarry Lake <http://www.tinych.org/got2swimkids>

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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to Execute The Forehand Service Return

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, the forehand half-volley, the one-handed backhand volley and the overhead “smash”.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve.. In the illustrations, Ken Comey, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Ready Position: When Ken is getting ready to return the serve, his eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip..

Step 2: The Split Step: When the opponent tosses the ball into the air, Ken will take a hop with both feet off the ground, trying to time the split step with the contact of the ball on the opponent’s racket

Step 3: The Back Swing: Once Ken realizes that the ball has been directed to his forehand, he will turn his upper body

and will take the racket back. Notice that the left hand is up in front to allow him to keep his center of gravity in the center. He has loaded his weight on his right foot and will be ready to step forward to meet the ball

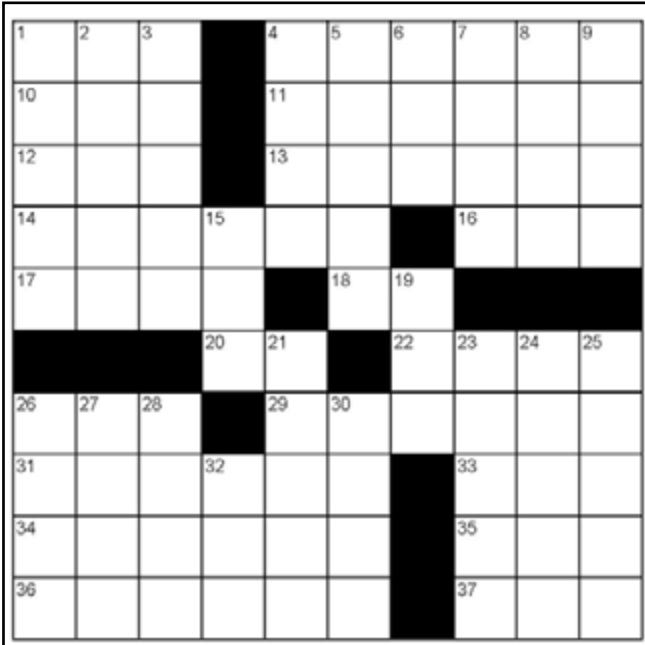
Step 4: The Point of Contact: Ken now is ready to step into the ball. He has kept his eye on the ball and his center of gravity now is shifted to the point of contact. Notice the left knee being slightly bent and the left foot is pointing to the ball meeting the racket

Step 5: The Extension of the Point of Contact: Ken is now directing the ball toward the opponent’s court. His eyes have now shifted toward his target and his body weight is now fully in front of his left foot. The left hand is still helping to keep the center of gravity in the center without opening up too early.

Step 6: The Follow Through: Once Ken has finished his stroke, the momentum of the racket continues to move almost to a point behind his neck. His left hand is next to his body and his right elbow is pointing toward his target. His body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.

Look for in the next Newsletter: The Two Handed Backhand Service Return

CROSSWORD PUZZLE



ACROSS

1. Unrefined metal
4. Young pigeons
10. Gender
11. Australian
12. Alternative (abbr.)
13. Climbing
14. China stone
16. Hoopla
17. Shaft
18. Teacher's assistant, for short
20. Doctor
22. Believe
26. Terminal abbr.
29. Skin problem
31. Infamous Nazi concentration camp
33. Tear
34. Wring
35. Sick
36. Work fussily
37. Hurricane center

DOWN

1. City
2. Mellow
3. Worship
4. Japanese dress
5. Fivesome
6. Ship initials
7. Continent
8. Tie
9. Segoe lily's bulb
15. Limb
19. Wood tool
21. Sea jewel
23. Spooky
24. Author Dickinson
25. Tree
26. Eve's garden
27. Cab
28. Acting (abbr.)
30. Nice looking
32. Pig

View answers online at www.peelinc.com

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