

Canyon Creek CHRONICLE

AUGUST 2013

VOLUME 7 ISSUE 8

National Night Out – October 1, 2013

Submitted by Zainab Banks, Travis County Sheriff's Office

National Night Out is a great opportunity for citizens and law enforcement to partner up against crime. We invite you to attend the event, meet your neighbors and commit to helping law enforcement reduce crime in your community.

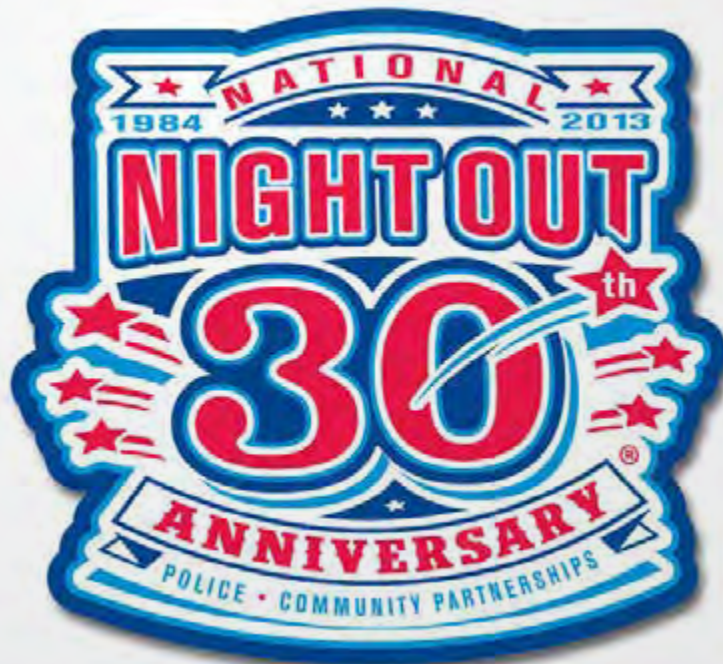
National Night Out is designed to:

- Heighten crime and drug prevention awareness
- Generate support and participation in crime efforts
- Strengthen neighborhood spirit and police community relations
- Let criminals know that neighborhoods are organized and fighting back

During the event, residents in neighborhoods throughout Travis County and across the Texas are asked to turn on their porch lights, lock their doors and spend the evening outside with their neighbors, police officers, firefighters and EMS paramedics. Events such as cookouts, block parties and neighborhood walks will all occur simultaneously throughout the state.

Please visit our website at <https://www.tcsheriff.org/community/events/199-national-night-out-2013> for more information and party registration forms.

OR you can scan the QR Code.



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.

**NOT AVAILABLE
ONLINE**

**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

TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The High Volley Approach Shot

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, the overhead “smash”, the forehand service return and the backhand service return.

In this issue, I will offer you instructions on how to execute the forehand high approach shot. This shot is used when a player is caught in “no-person’s land” (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley to the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put in a defensive mode and hits a softer ball so the player can now move closer to the net for the “killer or placement volley”. In the illustrations, Kathy Smith, a player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Ready Position and Split Step: When Kathy realizes that she is caught in “no-person’s land”, she takes the split step by bending the knees and staying on her toes. Her racket is in the volley position and her feet are angled toward the path of the incoming ball.

Step 2: The Back Swing: Once Kathy realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket slightly back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her right foot and will be ready to step forward to meet the ball.

Step 3: The Point of Contact: Kathy now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the left toe pointing to the ball meeting the racket. The face of the racket is open to allow her to hit behind the ball and allow maximum net height and allow her to hit the ball deep.

Step 4: The Follow Through: Once Kathy has made contact with the ball, she finishes the follow through with her wrist laid back. Her left arm is next to her body and her eyes have shifted toward her target.

Step 5: The Move for the Kill Volley: As the ball is headed toward her opponent and Kathy realizes that her shot is deep, now she moves close to the net for the put away volley. If her shot was not deep, Kathy will decide to stay close to the service line to protect the lob over her head. By the look in her eyes and her smile, she is ready to go for the “kill volley”.

Look in the next Newsletter for: The One Hand Backhand Volley Approach Shot



Back To School

School starts in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

Time To Slow Down!



We solve all the pieces to the puzzle.

Call Today to Get Started On All Your Printing Needs.

512-263-9181

LOCALLY OWNED & OPERATED
308 Meadowlark St. • Lakeway, TX 78734



PEEL, INC.
printing & publishing
EXPERIENCE MATTERS doing business for 30+ years.

DROWNING IS PREVENTABLE



COLIN'S HOPE
WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



Ongoing: Volunteers needed to distribute water safety packets, info@colinshope.org
August 19: Got2Skate for Colin's Hope Fundraiser, 6:30-8:30pm at Playland Skate Center
August 29: Colin's Hope Got2Swim Lake Austin 10K/10 miler, <http://www.tinych.org/got2swim>
September 8: 5th Annual Colin's Hope Kids Triathlon, <http://www.tinych.org/KidsTri>
October 19: Sharkfest Austin Swim benefitting Colin's Hope, www.sharkfestswim.com

Volunteer - Donate
COLINSHOPE.ORG



ALERT: 36 Texas children have lost their lives to a fatal drowning this year. Many more have survived non-fatal drowning incidents. Be a Water Guardian and Watch Kids around Water. Drownings are preventable!

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

- Kids Stuff -



You're very excited — your mom and dad promised to take you on a fun camping trip this year. Or maybe your scout group is gearing up for an awesome canoe trip. Enjoying the beauty and nature of the woods is fun — if you are careful. Here are some tips to keep you safe.

PACKING BASICS

Before you leave, pack these few important things to make your trip more comfortable and safe:

- map of the area
- compass or GPS (learn how to use it beforehand)
- cell phone (though you can't be sure it will work in remote areas)
- whistle
- bottled water and food
- sleeping bag
- flashlight with extra batteries
- sunscreen and sunglasses
- waterproof matches (for an adult to bring)
- first-aid kit with gauze pads, adhesive bandages, tape, tweezers, and antiseptic
- waterproof tent (set it up beforehand to practice)
- warm clothing, clean socks, and rain gear

INTO THE WOODS

Staying safe in the woods means using common sense. That means being aware of your surroundings and always camping with an adult. Never go into the woods by yourself. Some things you need to be careful of while you're camping are insects, poison ivy, extreme hot or cold temperatures, rain or snow, and areas where you could trip or fall.

BUGS

If insects bug you, ask an adult to set up camp away from the water and build a small fire. The water attracts bugs, and the smoke from the fire will keep most of the bugs away. Another thing you can do is to remember to keep the tent door zipped at all times, even if you're just going in or out for a minute. Also, turn off your flashlight

before you enter your tent because insects such as moths are attracted to the light and will follow you.

Always check for ticks at the end of the day when you've been in the woods. Ticks can carry disease and germs. Some ticks are tiny, like the size of the head of a pin! You'll want an adult to help you inspect your body for ticks. Check behind your knees and ears, under your arms, and in your groin — that's where your legs meet your abdomen, or belly area. If you're camping with a pet, have an adult check your pet for ticks, too — dogs and cats can pick up ticks in their fur even more easily than humans. If you do find a tick, it needs to be removed. Get an adult to help you.

POISON IVY

Poison ivy is a plant that can cause an itchy skin rash in some people. Its leaves grow in groups of three, but the plant can still be hard to spot. If you accidentally touch poison ivy, wash the area with soap and water as soon as possible. The oil from the poison ivy plant can spread on clothes or even your dog. To try to prevent a poison ivy rash, there are products you can apply to your skin before going into the woods. Stores that sell outdoor equipment and sporting goods may carry them.

STAYING SAFE OUTDOORS

Your Campsite

Roasting marshmallows and singing songs by an open fire are favorite camping activities. Adults, not kids, should start campfires. Adults also need to watch the fires and make sure they are out when you're done. Never leave a fire without anyone to watch it. Don't forget to put out your fire by dumping water or shoveling dirt on it when you sleep or leave your campsite. Feel the ground around the area where the fire was to make sure it isn't warm.

Your Food and Water

When you're exploring outdoors, eat or drink something only if an adult says it is

safe. Even if streams or lakes look crystal clear, they could contain germs and the water may not be safe to drink. Bring bottled water to drink. Likewise, never eat wild berries. Some are poisonous and it may be tough to know which are safe. Good snacks for the outdoors include fruit, trail mix, crackers, granola bars, bread, and peanut butter.

Your Clothing

Wearing layers is a good idea when you're outdoors. That way, you can take off a layer or two if you get too warm. Wear comfortable boots when hiking so your ankles are supported and you don't get blisters. Keep your arms and legs covered while hiking to avoid ticks and insect bites and wear knee-high boots and long pants when you are in an area with snakes. Make sure to take rain gear, such as ponchos and waterproof jackets, to keep you dry if an unexpected shower occurs.

Watch Out for Wildlife

Although animals are cute to look at, wild animals are best enjoyed from far away. Don't go near or try to feed a strange animal. It's better to enjoy these animals at the zoo, in books, or on the Internet. To keep animals such as bears or wolves away from your campsite, keep it clean. Food and anything else an animal might smell must be packed away. In fact some campers put all their food, even candy bars, in a bag (called a "Bear Bag") and hang it from a tree branch away from the campsite. If they can smell it, the animals will be led away from where the campers are.

What if You Get Lost?

Stick with your group when you're in the woods. Carry a whistle and blow it if you get separated from the group. If you have a cell phone and it's working, use it to make contact with your group. If you do get lost, wait in a safe, sheltered place for an adult to find you. The sooner you're found, the sooner you can go back to having fun in the great outdoors!

Reviewed by: Steven Doushen, MD Date reviewed: June 2011

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

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.

AUSTIN FAMILY ORTHODONTICS

AUSTIN • ROUND ROCK • LEANDER

In-network with all major insurance!



FREE INITIAL CONSULTATION \$5800 value

BRACES \$4480

Includes records, full braces, and one set of retainers. Based on a typical 24 month case.

\$500 Down and \$199 per month!

512-258-9007



Expires 9-1-2013

Get Paid to Shop!

Get 10¢ cash back on every debit card purchase.

FREE Cash Back Checking
Join today - rbfcu.org

Austin
512-833-3300

Toll-free
1-800-580-3300

RBFCU

Program subject to change. Federally insured by NCUA.

\$69 \$160 value

Exam, cleaning, 2 bitewing x-rays and fluoride.

Expires 9-1-2013

Offers good for self pay new patients only.

FREE EXAM
ages 6 mo. To 3 yrs.

AUSTIN CHILDREN'S DENTISTRY

Accepting all Major Insurance!

NW AUSTIN 512-682-5437

ROUND ROCK 512-255-1900

LEANDER 512-220-2729

Saturday Appointments Available

www.AustinChildrensDentistry.com



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

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

CN



LET US HELP YOU
GROW YOUR NEXT

**BIG
IDEA**



PEEL, INC.
printing & publishing

CONTACT US TODAY!

512.263.9183

OR VISIT

PEELINC.COM