

LONG CANYON Gazette

September 2013

Volume 6, Issue 9

A Newsletter for the Residents of the Long Canyon



Hill Country Education Foundation YOUR FOUR POINTS ACADEMIC BOOSTER CLUB 2013-2014 Activities

The Hill Country Education Foundation volunteers are busy preparing for another active year. Please participate in these upcoming events and **help Your Four Points Academic Booster** achieve academic success in the areas of entrepreneurship, leadership, college-readiness, science, technology, engineering and math (STEM).

Monday, September 9 – VHS Open House. Visit the HCEF table to learn more.

October 1 – HCEF Giving Campaign Begins. HCEF 4th Giving Campaign gets underway. Consider how easily we write a check for one of our kids to participate for a few months on swim team or basketball, or even more for marching band, cheer or a club sport. Now consider the impact we can make as a community when we co-mingle an HCEF donation with the other 6,200 Four Points-area families and create an empowering educational experience for our students. For quick and easy giving, go to www.HillCountryEdFoundation.org.

Wednesday, October 16 – VHS Homecoming Parade & Pep Rally. Visit HCEF volunteers inside the stadium and find out how you can help your Academic Booster Club.

Early November – 5th Annual FIRST® LEGO® League Scrimmage. To learn more this HCEF event, email HCEF Robotics Chair BeckyLCarter@gmail.com.

Friday, February 21 – HCEF Gala at the Oasis. Dinner,

Drinks, Silent and Live Auctions, Heads or Tails Game, Live Band and more planned for HCEF's largest fundraiser of the year. To volunteer, donate or learn more, contact mlbeck@HillCountryEdFoundation.org.

Early May – 4th Annual Impact Grant Awards. HCEF Grant Committee will surprise area teachers and administrators with program funding during the annual grant patrol. To date, HCEF has awarded more than \$80,000 in Impact Grants.

ABOUT HILL COUNTRY EDUCATION FOUNDATION

As the Academic Booster Club for eight public schools in the Four Points community, the Hill Country Education Foundation enhances the educational experience of students attending or preparing to attend Vandegrift High School by developing and financing innovative, quality programs and projects. HCEF focuses on leadership, entrepreneurship, college-readiness, science, technology, engineering and math (STEM). HCEF is a 501(c)(3) non-profit organization. The eight schools include Grandview Hills, Laura Welch Bush, River Ridge, River Place and Steiner Ranch Elementary Schools, Canyon Ridge and Four Points Middle Schools and Vandegrift High School.

NEWSLETTER INFO

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Please support the businesses that advertise in the Long Canyon Gazette. Their advertising dollars make it possible for all Long Canyon residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. 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 8th of each month for the following month's newsletter.

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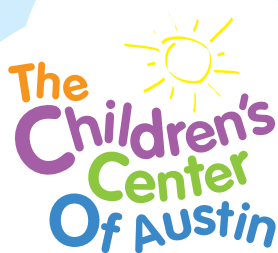
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Conference & Expo Will Teach Best Practices to Help You Become the Best Volunteer Community Leader You Can Be

Community association volunteer leaders almost without exception look to preserve the value of their residents' homes and maintain the quality of life their homeowners have come to expect through their homeowner association (HOA) or similar community governing body. But we don't always have the requisite knowledge and experience to do the best job possible. The school of hard knocks, trial-and-error, may get us there eventually, but it can be a long and arduous journey.

Join us at Austin Community Associations Institute's (CAI) 2013 Conference & Expo on Friday, September 27th, at the University of Texas Alumni Center for an afternoon learning best practices. Hear what others have discovered is working to help build better neighborhoods. And admission is free!

"Hear industry leaders speak on a range of topics from 'The 7 Deadly Sins of New Board Members' to 'Where Will The Water Come From?' to 'It's Not My Problem – Right?', just to name three of the twelve lectures to choose from in this year's Conference Lecture Series" notes Katie Uhler, Chair of CAI Austin's Conference & Expo.

Visit with more than 65 exhibitors - experts delivering solutions to

the problems keeping you and your board awake at night. Energize your HOA board and your residents with new, imaginative ideas. Enhance your community's spirit, gain recognition for your community as one of the best places to live in Central Texas, attract new residents. Come celebrate "what's good" about common interest community living.

Full details on our website at <http://www.caiastinevents.org/2013conf&expo>.

With more than 32,000 members dedicated to building better communities, Community Associations Institute (CAI) works in partnership with 60 domestic chapters, a chapter in South Africa and housing leaders in a number of other countries, including Australia, Canada, the United Arab Emirates and the United Kingdom. Texas chapters include Austin, Dallas/Ft. Worth, Houston and San Antonio. CAI provides information, education and resources to community associations and the professionals who support them. For information on the Austin Chapter, visit our website at www.caiatx.org, or call 512-858-5228. Or visit CAI's National website at www.caionline.org, or call 888-224-4321 for more information.

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Nutrition know-how helps prevent 'Freshmen 15'

Brushing up on nutrition basics can help college-bound freshmen avoid extra pounds while pursuing their higher education.

College students are often under stress and respond by eating, said Dr. Karen Cullen, a behavioral nutrition researcher at the USDA/ARS

Children's Nutrition Research Center at Baylor College of Medicine. What's more, a smorgasbord of foods is available almost around the clock.

To help freshmen get a healthy start on the academic year, Cullen offers these tips:

- Deal with stress in a positive manner, like playing or listening to music or exercising.
- Keep fat-calories in check by choosing low-fat cafeteria fare like

grilled or baked fish and fruits and vegetables. Limit high-fat and high-sugar treats to once a day.

- Choose beverages wisely. Good daily choices include fat-free milk, a glass or two of fruit juice and plenty of water.
- Keep dorm-room snacks healthy.
- Make time to be physically active every day.
- Don't skip meals, especially breakfast. Meal-skippers rarely reduce their actual caloric tally, and often shortchange themselves nutritionally.

If weight gain begins to exceed three to five pounds, consider starting a food diary and physical activity diary to help identify problems. Many campus health centers have nutrition professionals who can help students struggling with weight problems, Cullen noted.





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Ongoing: Colin's Hope Athlete Ambassadors of all ages needed! www.tinych.org/signup

September 8: 5th annual Colin's Hope Kids Tri, and All Star Burger Fundraiser (10% of sales donated).

October 19: Sharkfest Austin Swim benefiting Colin's Hope. Volunteers needed.

November: Underwater Holiday Photos (multiple locations and dates).

February 16: Austin Marathon. Runners, walkers, and water stop volunteers needed.

Be a Water Guardian and Watch Kids around Water. Drowning is preventable!

Thank you to all who supported our efforts this year to raise water safety awareness to prevent children from drowning.

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