

# LONG CANYON *Gazette*

NOVEMBER 2013

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 6, ISSUE 11

## HCEF Launches Fall Fundraising Campaign

### *Why give to local schools?*

*By John Pasquarette Member, HCEF Board of Directors*

The Hill Country Education Foundation (HCEF) is launching its first annual Fall Fundraising Campaign to support local schools with tools, technology, and programs to enhance the educational experience for our children. Campaign kickoff starts October 1 and runs for six weeks with a goal of raising \$30,000.

I'm sure many of you chose the Four Points area to live for the same reasons I did – the beautiful hill country, gleaming new and successful schools, and a vibrant community. Many people, however, don't understand why we need private funding to supplement education. Leander ISD is under the same pressures as all public schools districts, even more as its population booms (one of the fastest growing school district in Texas) while budgets shrink. LISD serves over 35,000 students and adds between 1,000 and 2,000 students per year. Meanwhile, the state cut more than \$1.7B in education funding, which reduced LISD's budget by more than \$16M, or more than \$400 per pupil. Our district must make the best with the funding they do receive and balance the benefits and programs across the district.

Bottomline, our teachers are the real issue here. If you recall the fondest memories from your education, the true source of inspiration and discovery doesn't come from the glistening new facilities or textbooks, but rather from great teachers. True inspiration and "a-ha moments" come from experiences. Exceptional teachers create these experiences. They are teachers who run the after-school clubs, who bring in outside professionals, who introduce new technology to enliven the curriculum. It's these teachers, and the programs they use, who need our help. HCEF has donated more than \$150,000 to support teacher grants for equipment and programs over the past three years. We're looking to extend that tradition.

Vandegrift Principal Charlie Little once shared that he had the rare opportunity to hire every one of his teachers with the opening of VHS. Judging by the set of teachers I met at Open House, he's an exceptional recruiter. HCEF is committed to supporting these great

teachers at VHS, Canyon Ridge and Four Points Middle Schools and the five elementary schools. It's similar to the support we provide our athletic teams. That's why HCEF is adopting a new tagline "Your Four Points Academic Booster Club." We want to ensure these principals and teachers have the additional tools, technology and programs to raise their level of instruction.

Now its time to show our support. Get involved with the fundraiser this week and "join our academic booster club." The amount you give is not important. We're looking for broad-based support from the community. Four Points has more than 6,000 homes. If just 10% of us contributed \$100, we easily blow away our goal of \$30,000 this Fall. Visit [www.HillCountryEdFoundation.org](http://www.HillCountryEdFoundation.org) for more information.



John Pasquarette is vice president of e-Business at National Instruments. He received his bachelor's degree in electrical engineering at Texas A&M. He and his wife Kathleen have two children. Ellie is a freshman at Vandegrift High School and Will is a 7th grader at Canyon Ridge Middle School. The Pasquarette's have lived in the Four Points community since 2009.

## NEWSLETTER INFO

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## Diabetes Prevention: Four Steps On the Road to Health

### *November is Diabetes Awareness Month*

The old adage is true that every journey begins with a single step. On the road to improving your health, small lifestyle changes can lead to dramatic results, especially for people at risk of developing Type 2 diabetes.

"It's never too late to make lifestyle changes and reduce your risk of developing Type 2 diabetes," says Dr. Valerie Espinosa, an endocrinologist with Texas Diabetes and Endocrinology.

Diabetes comes in two forms: Type 1, which mainly affects children and is not currently preventable, and Type 2, which is usually diagnosed later in life and is often preventable. Most people who develop Type 2 diabetes go through a phase called pre-diabetes in which their blood sugar is slightly elevated. But some simple steps can help people with pre-diabetes avoid the progression to Type 2 diabetes.

#### **Step 1: Get More Physical Activity**

Exercise can help people to lose weight, lower blood sugar, and boost the body's sensitivity to insulin, which helps the body regulate sugar.

"While aerobic exercise is important for overall good health," says Dr. Espinosa, "resistance training to build up muscle mass is especially important for someone with pre-diabetes."

#### **Step 2: Eat More Vegetables, Beans, Nuts, Whole Grains**

Adding more fiber and whole grains to your diet can reduce your risk of progressing from pre-diabetes to Type 2 diabetes.

When shopping for breads, pasta products, and cereals, look for the words "whole grain" on the label. Aim for making at least half of the grains you eat whole grains.

#### **Step 3: Lose a Few Pounds**

Small weight loss goals can have remarkable results in lowering blood glucose levels in people with pre-diabetes.

A weight loss of five to seven percent in someone who is overweight can significantly improve their health.

"Someone who is 200-pounds and overweight can set a goal to lose 10 pounds," says Dr. Espinosa.

#### **Step 4: Make Healthier Choices**

Eliminate the temptation to eat foods that you know will raise your blood sugar level, like cookies, potato chips, and sugary drinks, by making healthier choices in the grocery store.

"If you don't have potato chips at home, you won't be tempted to eat them," says Dr. Espinosa.

According to the American Diabetes Association's 2011 statistics, a whopping 79 million adults have pre-diabetes. Small, healthy steps can help keep people with pre-diabetes from joining the 25.8 million adults in the United States who have full-blown Type 2 diabetes. Both pre-diabetes and diabetes can be diagnosed with a simple blood test.

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# NOVEMBER EVENTS *at the Wildflower Center*

*Submitted by Saralee Tiede*

## PHOTOGRAPHY CONTEST WINNERS NOVEMBER 1-30

Winning photography from the Wildflower Center/Texas Highways photo contest in the McDermott Learning Center.

## NATURAL PATTERNS THROUGH DECEMBER 8

Colorful nature paintings by Billy Hassell and exquisite painted metal wildflowers by Charles Allen in the McDermott Learning Center.

## WILDFLOWER DAYS™ POSTER NOVEMBER 9 & 10

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# AUSTIN BAPTIST CHURCH *You're Invited!*

### Sundays

Traditional Worship, 9 am  
Bible Fellowship Groups  
for All Ages, 10:10 am  
Contemporary Worship  
11:11 am

DR. GARY DYER, PASTOR



## Celebrate the Season

### *A Christmas Portrait*

SUN, DEC 8, 6 PM  
Music Presented by the  
ABC Choir, Orchestra,  
& Drama Ministry  
RECEPTION FOLLOWS

### *White Christmas*

SUN, DEC 15  
9 & 11:11 AM  
Gifts of food wrapped  
in white are donated by the  
congregation and given  
to those in need.

### *Christmas Eve Services*

TUES, DEC 24, 5 & 7 PM  
Join us in remembering the wonderful story of God's amazing  
Gift of love, hope, peace, and joy. These candlelight services  
include carols, a message for children, and a word from  
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## BREAST CANCER

### Importance of Early Detection

By: Concentra Urgent Care

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: [www.cancer.org](http://www.cancer.org), or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>



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# House OF THE Month

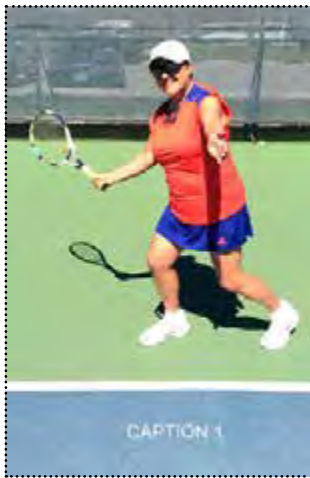
6609 CUESTA TRAIL



# TENNIS TIPS



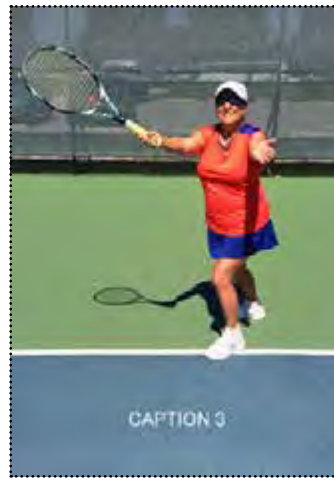
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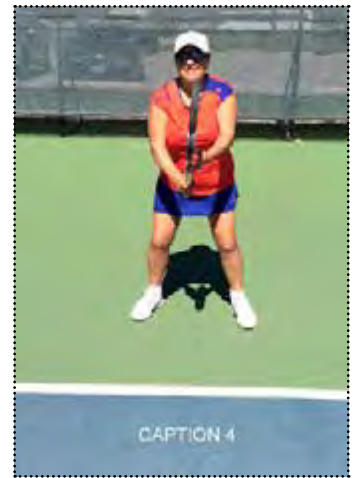
CAPTION 1



CAPTION 2



CAPTION 3



CAPTION 4

## How To Execute The Forehand Lob

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the 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, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot and the one-handed high volley approach shot.

In this issue, I will offer instructions on how to execute the Forehand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for “air time” to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and “slam” the ball down, or force the opponent at the base line to retrieve back. In the illustrations, Carmen Manzur, Member of the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

**Step 1:** The Back Swing: When Carmen is forced deep into the

court and realizes that she has to hit a defensive lob, she pivots to the right and gets her racket back early. Notice that the head of the racket is low and her left arm is up in front to keep her balance. Her eyes are focused on the path of the ball and her weight is in her right foot.

**Step 2:** The Point of Contact: Carmen is now ready to hit the ball. Her eyes are now on the point of contact and the face of the racket is tilted at a 45 degree angle to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

**Step 3:** The Follow Through: The success of a deep lob is the follow through. Carmen’s wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right arm is still in front of her in order to allow maximum balance.

**Step 4:** The Shuffle Back: Once Carmen finishes the stroke, her goal is to either move forward toward the net top to hit an overhead, or to paddle back to the middle of the court to drive the next ball back to the opponent.

*Look in the next Newsletter for: How to execute “The Two-Handed Backhand Lob”*

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