

# LONG CANYON

## Gazette

JUNE 2014

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 7, ISSUE 6

## A FOCUS ON SUNBURN

*Protect Your Skin From Our Powerful Sun*

*By: Concentra Urgent Care*

Sunburn is caused from over-exposure to the harmful ultraviolet rays of the sun. While the symptoms (such as red skin that is painful to the touch) are usually temporary, the skin damage is often permanent and can cause serious long-term health effects, including skin cancer, pigmentation and premature aging. In addition to the skin, eyes can get burned from sun exposure; sunburned eyes turn red, dry, and painful, and can feel gritty.

Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. Sunburn in a very light-skinned person may occur in less than 15 minutes of midday sun exposure, while a dark skinned person may tolerate the same exposure for hours.

Sunlight contains an invisible form of radiation called ultraviolet (UV) rays. UV A and possibly UV B can harm skin, connective tissue and increase risk for developing skin cancer. Certain drugs such as some blood pressure medication, antibiotics and nonsteroidal anti-inflammatory drugs increase sensitivity to sunlight and the risk of getting sunburn.

### **SYMPTOMS**

The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer. Possible symptoms include:

- Red, tender skin that is warm to touch. (1st degree burn)
- Blisters that develop hours to days later. (2nd degree burn)
- Severe reactions (sometimes called "sun poisoning"), including fever, chills, nausea, or rash.
- Skin peeling on sunburned areas several days after the sunburn.

### **FIRST AID**

- Try taking a cool bath or shower. Or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. Small children may become easily chilled, so keep the water tepid.
- Apply a soothing lotion to the skin.
- Aloe gel is a common household remedy for sunburns. Aloe contains active compounds that help stop pain and inflammation of the skin.
- Over-the-counter steroid cream can also be applied several times a day.
- Over-the-counter pain medication, such as nonsteroidal anti-inflammatory drugs, or NSAIDs, including aspirin, may be helpful, and are excellent for reducing burn inflammation whereas Tylenol only reduces pain, not the burn itself.

For more information, check out: [www.cdc.gov/niosh/topics/uvradiation](http://www.cdc.gov/niosh/topics/uvradiation).



## 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.

### CLASSIFIED ADS

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Long Canyon residents, limit 30 words, please e-mail longcanyon@peelinc.com

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

## Bring the World to your Child By Hosting a Foreign Exchange Student

By Vicki Odom

If you've read the newspaper lately, you know that the world can be a scary place: wars, economic crisis, revolutions, climate change, border disputes, refugees, and protests. So, how do we teach our children about the world, and the variety of people in it, when most of the examples we read about in the press are so negative?

One life changing way to broaden your child's world view is to volunteer to host a high school foreign exchange student. Foreign exchange programs have been around for almost 100 years, and their mission has always been the same – to educate people about different cultures through person-to-person exchange. What better message to pass on to your children?

There are quite a few misconceptions about foreign exchange programs – especially around who can host. The biggest misconception is that you must have high school aged children when you host a high school exchange student. Nothing could be further from the truth.

“We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families,” says Heather Wells, Senior Regional Director for Ayusa, a non-profit promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. “The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture.”

Families with young children find that hosting an exchange student provides their children with an especially unique

*(Continued on Page 4)*



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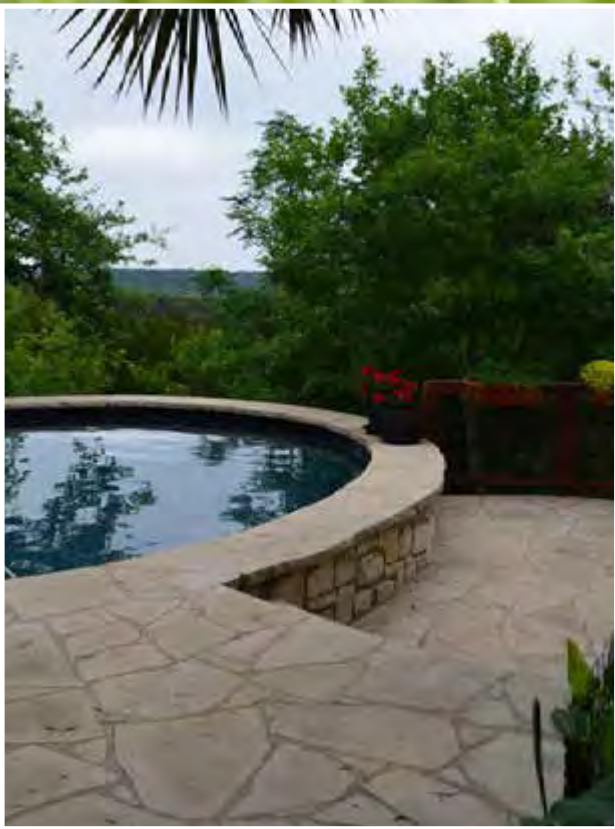
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This stunning home at 9218 LEANING ROCK is truly a unique property. A 1 story home sitting on over 1 acre w/ a pool surrounded by breath taking Hill Country views. The owners have updated with designer paint inside & out. Chef's kitchen with dark granite and timeless white cabinets opening to the family room & breakfast. Priced at \$725,000



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**BRADFIELD  
PROPERTIES**

# LONG CANYON

*(Continued from Page 2)*

educational experience in the form of an international big brother or sister. Without even realizing it, children learn about different types of people and different cultural traditions.

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English – and all high school exchange programs are regulated by the U.S. Department of State.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a

program, host families can view profiles of students to find the right match for their family.

Ayusa is currently accepting applications for families to host an exchange student for the 2014-2015 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at:


[www.ayusa.org](http://www.ayusa.org)




 The Austin Stone


**JOIN US FOR WORSHIP**  
at our new church campus in West Austin

**SUNDAY mornings at 10A**

 Westlake Performing Arts Center  
4100 Westbank Dr, Austin, TX 78746

[austinstone.org](http://austinstone.org)

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# Upcoming Chamber Events

May and June 2014

## FOUR POINTS CHAMBER of COMMERCE



Mitch Fuller

### June 19th Monthly Luncheon

“A community based non-profit organization dedicated to providing assistance to our Military Heroes, Veterans, and their Families.”



Held at: **RIVER PLACE**  
COUNTRY CLUB

From 11:30 am - 1:00 pm

RSVP online by June 16th to receive the early bird discount! Please visit [www.FourPointsChamber.com](http://www.FourPointsChamber.com) to register today!

### May 19th

#### WordPress for Business West

The West Austin location will meet the third Monday of the month.

Building and Administering Your WordPress Site for Beginners Series (7 classes) Class 1: Getting Started with WordPress – Installing WordPress and Understanding the Dashboard.

Located at:

Austin Baptist Church  
7016 Ribelin Ranch Drive  
Austin, TX 78750

Cost: FREE - Open to all!

7 pm - 9 pm

### New date: May 28th

#### Happy Hour hosted by Blake Miller State Farm



Join us for Blake Miller's State Farm Business After Hours for a fun evening of Cajun Jambayala, Beer and Wine at his office. Bring a friend!

Located at:

6507 Jester Blvd Suite 103  
Austin, TX 78750-8367

5:30 pm - 8 pm

Cost: FREE - Open to all!!

### June 14th



Towne Square Park in Steiner Ranch  
Kids K @ 8AM • 5K & 10K @ 8:30 AM

### June 4th

#### Ribbon Cutting - Escape at Four Points

Ribbon cutting will be at 6:00 pm.



Located at:

11210 FM 2222  
Austin, Texas 78730

4:30 pm - 7 pm

For additional event information please visit [www.FourPointsChamber.com](http://www.FourPointsChamber.com)



# TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



## The Modern Game: The Top Spin Backhand

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Spin Backhand. This shot is used when a player is presently hitting the ball long and out. The ball will be aimed high over the net and hit with power. The ball will have a “top spin” so that when the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise.

In the illustrations, Tyler Duncum, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Tyler is coached by the Director of the Tennis Academy, Darin Pleasant. This shot can also be executed from the service line as an “approach shot” to the net.

**Step 1: The Back Swing:** When Tyler is pulled wide to her backhand, she makes a quick turn of her upper body and takes her racket back. The head of the racket is now at waist height, her shoulders are turned, the left hand holding the racket, and her right hand changing to the “continental grip”. She has loaded her left

hip to help her drive her weight forward. Her left grip is relaxed and her wrist is “laid back” to allow maximum point of contact.

**Step 2: The Point of Contact:** The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Tyler started the swing high and “looped” it to allow the head of the racket to drop down. She will be brushing around the outside of the ball as she makes contact with it. Her right shoulder is almost opening and her weight has now been shifted toward the front.

**Step 3: The Follow Through:** In order to get maximum control and power, Tyler is keeping her left arm almost straight as she extends through the shot. She has “snapped” her left wrist and her right hand helps with the stability and power. She has now allows her left side to transfer forward towards the net.

**Step 4: The Finish:** Tyler’s upper body acceleration is creating a high finish over her right shoulder. Her legs are already in position to recover back towards the middle of the court.

**Step 5: The Ready Position:** Once Tyler returns the ball to her opponent, she goes back home (towards the center of the court), to be ready for the next shot. Her knees are slightly flexed, she is in a good athletic stance and her eyes are focused on the oncoming ball.

Look in the next Newsletter for: “The Modern Game: The Forehand Approach Forehand Volley”

**NOT AVAILABLE  
ONLINE**

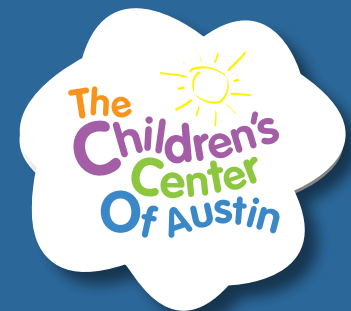
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WATER SAFETY TIPS AT  
[WWW.COLINSHOPE.ORG](http://WWW.COLINSHOPE.ORG)



**Most childhood drownings in Texas occur in the month of June**

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

**Ongoing:** Colin's Hope Athlete Ambassadors needed. [www.tinych.org/AthleteAmbassador](http://www.tinych.org/AthleteAmbassador)

**Now-June 21st:** Donate \$30, get a free Schlitterbahn ticket! [www.tinych.org/tickets](http://www.tinych.org/tickets)

**Sept. 14th:** Colin's Hope Kid's Tri! Registration is now open. [www.tinych.org/KidsTri](http://www.tinych.org/KidsTri)

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



**Take our Water Safety Quiz.** [www.colinshope.org/quiz/](http://www.colinshope.org/quiz/)

Keep your children and families safer in, near and around all bodies of water.

## LAYERS OF PROTECTION CAN PREVENT DROWNING



CONSTANT  
 VISUAL  
 SUPERVISION



LEARN  
 TO  
 SWIM



WEAR  
 LIFE  
 JACKETS



MULTIPLE  
 BARRIERS  
 TO WATER



KEEP BACKYARDS  
 & BATHROOMS  
 SAFER



CHECK POOL  
 & HOT TUB  
 FIRST



STAY AWAY  
 FROM  
 DRAINS



BE SAFER  
 AT THE  
 BEACH



LEARN CPR  
 & REFRESH  
 SKILLS YEARLY