

# Canyon Creek CHRONICLE

JULY 2014

VOLUME 8 ISSUE 7

## Fit and Fun

### Health Tips for You and Your Children

*By Concentra Urgent Care*

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- **Take an active vacation:** It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

- **Visit a local park:** It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not

just about the kids moving around – it's your time, too!

- **Hold a block party:** Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- **Go for a hike:** Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: [www.aahperd.com](http://www.aahperd.com).

**The Goal:** Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's

Web site at: <http://www.cdc.gov/healthyyouth/physicalactivity/>



## 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](mailto:advertising@peelinc.com). The advertising deadline is the 9th of each month for the following month's newsletter.

## DON'T WANT TO WAIT FOR THE MAIL?

View the current issue of *The Canyon Chronicle* on the 1st day of each month at [www.peelinc.com](http://www.peelinc.com)



**GO GREEN  
GO PAPERLESS**

Sign up to get this newsletter in your inbox! Visit [peelinc.com](http://peelinc.com) for details.



**ADVERTISE**  
Your Business Here  
Call 512.263.9181 for details  
[www.peelinc.com](http://www.peelinc.com)



Home Improvements • Dream Vacations • Debt Consolidation

Make it happen with a  
**Low-Rate Home Equity Loan**  
Apply today!

Austin 512-833-3300 | Toll-free 1-800-580-3300 | **RBFCU** [rbfcu.org](http://rbfcu.org)

Loans subject to credit approval. Home Equity Loans are available only on property in Texas. Some restrictions may apply. Contact our Real Estate Center for complete details. Lender licensed by the National Mortgage Licensing System under registration number 583215.



## APHIDS

Aphids feed on a wide variety of plants in Texas. They have high reproductive capabilities so their populations can grow to large numbers quickly.

Aphids are small, soft-bodied insects that come in a variety of colors. Some have wings while others may not, but all have cornicles, or "tailpipes" that come off the tip of the abdomen.

Aphids have piercing-sucking mouthparts which they use to pierce plant tissue and suck out the juices. Damage often appears as yellowing or curling of foliage. Aphids also secrete a sweet, sticky substance called honeydew. Honeydew often appears on the plant as a shiny spots or sometimes the honeydew may have sooty mold growing on it. Sooty mold is a black fungus that can block sunlight from reaching the

plant leading to a decrease of photosynthesis.

### Some ideas for managing aphids are as follows:

- Encourage natural enemies such as ladybugs, lacewing larvae & syrphid fly larvae; know what these creatures look like so you don't kill them
- Use high pressure water sprays to dislodge aphids from the plant
- Less toxic pesticides include active ingredients such as insecticidal soap, azadirachtin (neem), horticultural oils or d-limonene
- Other pesticides to manage aphids may include active ingredients such as permethrin, acephate (non-food items only), carbaryl or imidacloprid

*For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600. The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service or the Texas A&M AgriLife Research is implied. Extension programs serve people of all ages regardless of race, color, religion, sex, national origin, age, disability, genetic information or veteran status.*

We can help you get the most out of your health insurance.

# Trusted care.

KRISTIN C. BELL, M.D.  
INTERNAL MEDICINE



Cedar Park Physician Associates is pleased to announce a convenient new office location in Northwest Austin for internal medicine physician Kristin C. Bell, M.D. Dr. Bell specializes in caring for patients from adolescence through senior adulthood. She is accepting new patients and accepts most insurance, including Medicare. Ask about services your plan may cover at no cost to you. Same-day appointments may be available. Call 512-219-0670 to schedule an appointment.

Member of the Medical Staff at Cedar Park Regional Medical Center



11521 FM 620, Bldg. C, Suite 800 • Austin, TX 78726  
512-219-0670 • CedarParkPhysicians.com



# - Kids Stuff -

## Section for Kids with news, puzzles, games and more!

Did a bug ever fly in your mouth? Usually, the story ends there. You spit it out. Goodbye, bug. But sometimes — gulp! — you might swallow it so it ends up in your stomach. Less often, someone might inhale a bug into the lungs.

You have probably heard that old children's song "I Know an Old Lady Who Swallowed a Fly." Most people don't swallow flies. But we know of someone who's sure she swallowed a tiny gnat. Another boy had a close call when a yellowjacket flew out of his can of soda and into his mouth while he was taking a sip. (He spit it out before getting stung.) And would you believe that someone said she inhaled a lightning bug and could feel it in her lungs?

**There are two paths a swallowed bug might take:**

- down the esophagus (food tube) into the stomach
- down the trachea (windpipe) into the lungs

If the bug ends up in your stomach, it will get mashed up

and digested just like any other food. And whatever's left of it will "come out the other end" when you go to the bathroom. It's gross, but unlikely to cause you any more trouble.

If you feel like you inhaled the bug and you think it could be in your lungs, tell a parent or another adult. Usually this will make you cough and feel a little uncomfortable. Your mom or dad will want to check with your doctor. Unlike your stomach, your lungs won't digest the bug.

In your lungs, the bug will get trapped in a layer of slimy mucus. Maybe you're thinking "Gross, there's slime in my lungs!" But it's good to know the mucus is there for a reason. It protects your lungs and airways from situations just like this one. The mucus helps your lungs stay clear so that you can breathe properly. In other words, no bugs allowed!

*Reviewed by: Aaron S. Chidekel, MD Date reviewed: July 2011*

## A MAGICAL PLACE that kids love & parents can trust!



**ASHLEY'S PLAYHOUSE**  
DROP-IN CHILDCARE

**FOR CHILDREN AGES  
6 WEEKS- 12 YEARS OLD**

**DAILY ART PROJECTS  
& ACTIVITIES**

**WE SERVE SNACKS  
& MEALS**

**BEAUTIFUL  
OUTDOOR PLAYSPACE**

**AVAILABLE FOR  
BIRTHDAY PARTIES!**

**HOURLY, BLOCK AND  
MEMBERSHIP PRICING  
AVAILABLE**

**25% OFF  
MEMBERSHIP**  
(with this ad / PEEL2014 / exp. 12/31/14)

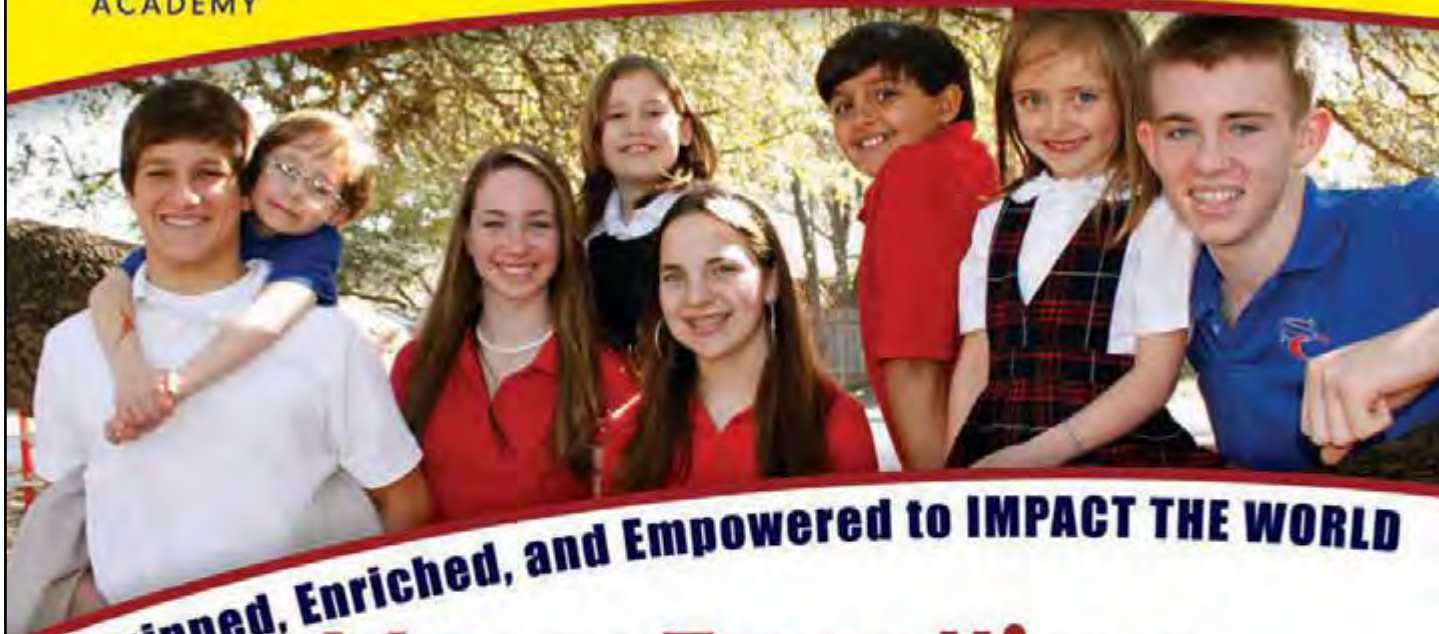
**13343 N. Hwy 183, Ste. 200 • 512-872-2755**  
(Anderson Mill & Hwy 183 by Main Event)  
**www. AshleysPlayhouseAustin.com**  
Open Late! Mon.-Thur. 7am-10pm, Fri. 7am-midnight and Sat. 8am-midnight





Come see for yourself why we are

# Voted BEST Private School



**Equipped, Enriched, and Empowered to IMPACT THE WORLD**

## Now Enrolling Pre-K - 12th Grade

*It takes courage to embrace the possibilities of your child's future.  
Let us show you how SCA can partner with you to IMPACT their lives!*

**DARE  
TO  
SOAR**



Summit Christian Academy  
**\$100 off**  
New Student Fee  
One coupon per new student enrolling

**(512) 250-1369**

**[www.SummitEagles.org](http://www.SummitEagles.org)**

**Introducing Dell Children's at Cedar Park Regional Medical Center.** If your child needs hospital care, now there's a special place, just for kids, close to home. We've partnered with Dell Children's Medical Center of Central Texas to bring you the area's newest pediatric inpatient care with an eight-bed unit designed around kids' unique needs.

**To learn more, visit [CedarParkRegional.com/children](http://CedarParkRegional.com/children).**



A partner of the  Seton Family of Hospitals

[CedarParkRegional.com](http://CedarParkRegional.com)



AT CEDAR PARK REGIONAL MEDICAL CENTER

NOW, CEDAR PARK REGIONAL BRINGS YOU  
**SPECIALIZED CARE  
JUST FOR KIDS.**





## NOT AVAILABLE ONLINE

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.

## Hilderbrand Jewelers

512.506.9766 • hilderbrandjewelersatx.com

### New Store Opening!

Opening Hours

10-6pm Tues-Sat • Closed Sun-Mon



**10% OFF**  
Watch Repair

**25% OFF**  
Watch Batteries

The Trails at 620 • 8300 620 North Bldg D, Suite 500 Austin, Texas 78726

**50%  
OFF**



**PERSONAL  
TRAINING  
PACKAGE**

\*Applies to on-ramp personal training with purchase of Northside Fitness membership



**REAL COMMUNITY  
REAL RESULTS**

**WWW.NORTHSIDEFIT.COM**  
**(512) 743 - 9873**



PEEL, INC.

308 Meadowlark St. South  
Lakeway, TX 78734

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

CN

# DROWNING IS FAST & SILENT KEEP KIDS IN ARM'S REACH



COLIN'S HOPE

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



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

**At least 18 Texas children have fatally drowned this year.\***  
Keep your children and families safer in, near and around all bodies of water.  
**Take our Water Safety Quiz.** [www.colinshope.org/quiz/](http://www.colinshope.org/quiz/)



**Aug. 28th:** Got2Swim 11k Lake Austin. View event details. [www.tinych.org/Got2Swim](http://www.tinych.org/Got2Swim)  
**Sept. 14th:** Colin's Hope Kid's Tri! Registration is now open. [www.tinych.org/KidsTri](http://www.tinych.org/KidsTri)  
**Ongoing:** Volunteers needed to 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)

\*Source: Texas DFPS, Watch Kids Around 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