

NEWS FOR THE RESIDENTS OF CANYON CREEK

# Canyon Creek CHRONICLE

AUGUST 2014

VOLUME 8 ISSUE 8

## **Tadah! Can you believe this?**



### **Your local Austin Music Teachers Association was just nominated the best in the country!**

*By Nell Trimble, Benevolence Chair for A.D.M.T.A.*

The Music Teachers National Association just awarded your local association as being the 2014 State Affiliate of the Year or the best in our country! Why? Because of “programming for students” which includes 20 events and “community outreach” such as Youth Music Ambassadors which means the most opportunities for your child!

Also, our Dr. Martha Hilley right here in Austin at the University of Texas, was selected as the Teacher of the Year for Music Teachers National Association. We here in Austin nominated her for that award and then she was selected as that first at the state level and then nationally! Dr. Hilley’s teaching sparkles with a fountain of electrically inspiring ideas. She also is a writer and deeply involved on a statewide level with the governing of our colleges. Her picture and caption supporting

President Powers was on page 2 of the 7/13 Sunday Austin American Statesman.

In addition Dr. Sophia Gilmsom was just awarded silver in the Global Music Awards for her CD of the Goldberg Variations On Harpsichord and Piano by Johann Sebastian Bach. Dr. Gilmsom is the head of Piano Pedagogy at the university here. Perhaps the most outstanding concert I have ever been to was her performance of that work both on the piano and harpsichord. How totally different was the music on the two instruments!

To find a piano teacher in your area, go to [www.admta.org](http://www.admta.org), click on the link to “Community Resources” on the home page for our new “Find a Teacher” registry with descriptions of each teacher’s program in their studios.

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# How's your "brisketiquette?"

With the summer vacation in full swing, the kids out of school, and noodles floating in the pool, it's no doubt the grill is staying fired up. But...before you kick off the flip-flops, here are a few barbecue etiquette tips to ensure your grill fest goes down as the best on the block. Wait. Barbecue etiquette, you say? Yes, it exists.

1. If you're invited to a barbecue party thrown by an individual/family, avoid showing up empty-handed. A side of coleslaw, apple pie, or pitcher of lemonade will do the trick.

2. A barbecue is an informal affair – no need to worry about which fork and knife to use. Go ahead and use your fingers in lieu of utensils. Larger pieces of food, however, should be cut with a knife and fork. No need to get medieval on us.

3. If you're like many people who wonder what is the proper way to squeeze a lemon slice and a lemon wedge? Well, here is the answer: if it is a slice, don't squeeze it-just drop it in the glass. If it is a wedge, cup your hand over it to prevent squirting, and squeeze it into the glass. Who likes lemon pulp in the eye? Not me.

4. Corn on the cob vs. man. For most people, eating corn on the cob is one of life's biggest challenges. Okay, well, maybe it's just a challenge. The best way to approach a hot cob: simply, butter a few rows of corn at a time, hold the corn firmly by the ends with two hands (or use corn skewers), and eat a few rows at a time from left to right. If you prefer to skip the bite-off-the-cob approach, you may also cut kernels off of the cob with a knife, cutting in a vertical, downward manner.

5. Similar to corn on the cob, ribs are meant to be eaten with your hands. Given their messy nature, however, it's important to have napkins on hand. For this barbecue favorite, bibs are not necessary.

6. Sauce is boss, unless it isn't offered. While Texans are usually

proud of their barbecue sauce, some barbecue purists prefer no sauce to appreciate the natural, smoked flavor of the meat. Ask for sauce only when you know it's available, or if your child requests it.

7. Grilled shrimp can be easy to eat or take a little work, depending on how it is served. As a general rule of thumb, if the shrimp has the tail on, you can use your fingers. Tails off, use a fork!

8. When hosting a large group, be sure to have a wide variety of food options for vegetarians and children.

9. To pick or not to pick? Your teeth that is. Often times, meat can be tricky to eat and require some dental maintenance. At every expense, avoid removing food from your teeth in public. Toothpicks may be used, but only in private. So what should you do if you notice someone else in the same predicament? Be discreet, but do tell.

10. Last and not least, respect the griller's domain. If the host/griller has samples to offer, he/she will do so. Never assume you may help yourself to try what "smells good."

Now that the fundamentals are covered, what's for lunch?

*This article was contributed by the National League of Junior Cotillions – Travis County, a contemporary etiquette, social skills and dance training program that serves 6th, 7th and 8th grade students in Austin. A parent informational session will be held at Barton Creek Country Club on Wednesday, August 13th at 7:30 p.m., and at the Lakeway Resort & Spa on Thursday, August 14th at 7:30 p.m. To RSVP for the informational session or learn more about the program, contact Directors, Marisol Foster or Courtney Duncan at 512.369.8302, or [duncan.foster@nljc.com](mailto:duncan.foster@nljc.com). Class enrollment is limited, but registration is now available online at [www.nljc-austin.com](http://www.nljc-austin.com).*

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## A FOCUS ON HEAT EMERGENCIES HEALTHY TIPS TO STAY COOL IN EXTREMELY HOT WEATHER

*By Concentra Urgent Care*

Heat emergencies fall into three categories of increasing severity:

### **Heat Cramps, Heat Exhaustion, and Heatstroke.**

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs.

If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

### **SIGNS AND SYMPTOMS:**

#### **Heat Cramps**

- Sweating
- Pain in arms, legs, and abdomen

#### **Heat Exhaustion**

- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

#### **Heat Stroke**

- No sweating
- Dry, hot, red skin
- Confusion and loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

### **CAUSES:**

The following are common causes of heat emergencies:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

### **What to do in heat emergencies...**

#### **FIRST AID**

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.

2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.

3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.

4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.

5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

#### **DO NOT:**

- DO NOT underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.
- DO NOT give the person

medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

- DO NOT give the person salt tablets.
- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.
- DO NOT use alcohol rubs on the person's skin.
- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

#### **PREVENTION:**

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: [www.cdc.gov/niosh/topics/heatstress/](http://www.cdc.gov/niosh/topics/heatstress/)

#### **References**

- Auerbach PS. Wilderness Medicine. 4th ed. St. Louis, Mo: Mosby; 2001:240-316.*
- DeLee JC, Drez Jr. D, Miller MD, eds. DeLee and Drez's Orthopaedic Sports Medicine. 2nd ed. Philadelphia, Pa: Saunders; 2003:763.*



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# TENNIS TIPS

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



## The Modern Game: The Backhand Approach Shot

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 in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Backhand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. 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. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Kaylen Combs, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Kaylen is coached by the Director of the Tennis Academy, Darin Pleasant, who is showing her the proper point of contact on step 2. Kaylen plays with her left hand.

**Step 1: The Back Swing:** When Kaylen sees the opportunity, she makes a quick turn of her upper body and takes the racket high and back. The head of the racket is now at shoulder height, her shoulders are turned, the right hand gripping the racket and her left

hand relaxed. Her weight is on the front foot as her momentum carries her forward to attack the ball. Her right 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. Kaylen 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 left shoulder is almost opening and her weight has is moving through the shot.

**Step 3: The Follow Through:** In order to get maximum control and power, Kaylen is keeping her right arm extended through the shot. She has “snapped” her right wrist and has the head of the racket facing down. Her weight is going forward.

**Step 4: The Finish:** Kaylen’s upper body acceleration forced the head of the racket to “wrap around” her left ear, thus creating the most power and topspin on the ball. Her legs are already in position to move forward the net for a volley. Her right foot should naturally move forward due to her momentum and racket speed. From her looks, she apparently hit a very wide cross court approach shot for a defensive return.

**Step 5: The Volley Winner:** Once Kaylen hit, she moved to the net for a “winner”. By the smile on her face, her backhand approach shot was successful and she won the point with a backhand volley.

*Look in the next Newsletter for: “The Modern Game: The Swinging Forehand Approach Shot”*





## 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.*

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# Boat Ramp Etiquette

## Don't be "that guy" this summer

*By Dave West – Austin Wakesurf*

With summer now officially here, our beloved lakes are filled with watercrafts of all shapes and sizes buzzing around towing enthusiastic tubers, intensity-high skiers, dedicated fisherman and exercise hungry paddle-boarders. However as the number of people using our aquatic playgrounds increase, so does the risk of accidents among the busy boat ramps and lakefront docks.

If you're planning on using these areas during the busy summer season, here are a few pointers to remember when launching and retrieving your boat:

1. Avoid unnecessary delays and blocking the boat ramp when launching your boat by completing as much of the preparation (loading of your gear) in the staging area as possible. Make sure your tie down straps are removed, battery is on, and that all your required safety gear, as well as ski's, tubes, coolers and towels are already in the boat.

2. If there is a dock at the ramp, ask your passengers to meet you there while you and another experienced person launch the boat without any unnecessary distractions

3. Use at least two experienced people to launch and retrieve the boat—one to drive the towing vehicle and one to operate the vessel). It is also a great idea to have all your dock lines and bumpers already in place prior to launching.

4. Launch your boat slowly and safely – ensure the area immediately behind the boat is clear of other boats, personal watercraft and people.

5. As you approach the dock to pick up your passengers, have a dock line ready to hand off to someone on the dock and instruct everyone to wait until you tell them it is safe to board the boat.

6. At the end of you boating adventure, drop all your passengers off at the dock first and wait away from the dock while an experienced person retrieves your vehicle and trailer. It's often

best to leave all you equipment in the boat until you reach the staging area where you can safely unload safely.

7. When retrieving, do not pull your boat into a launch lane until the towing vehicle is at the ramp. The line is formed by vehicles with trailers, not by vessels in the water.

8. Have the driver of the vehicle tow the boat to a staging area where you can meet your passengers and begin unloading and wiping down. Always double-check your tie downs prior to driving away from the boat ramp area.

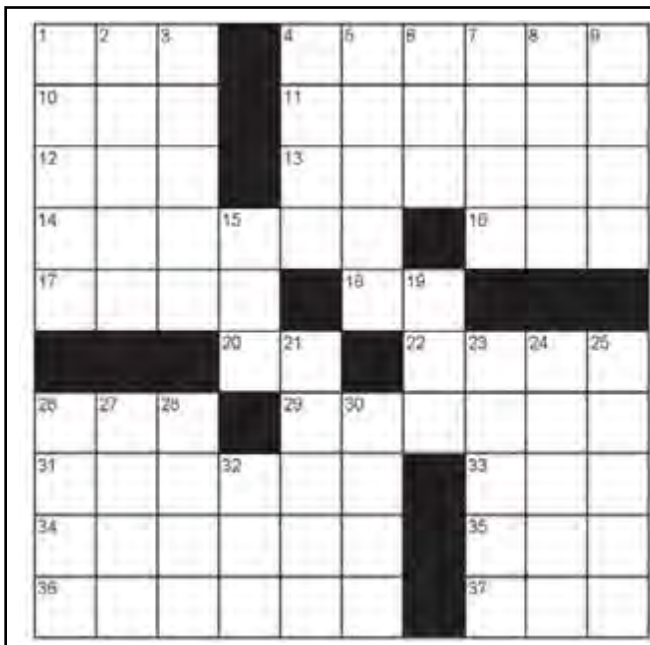


Also:

- Never block a ramp with an unattended vessel or vehicle.
- Alcohol and boating don't mix.
- Always wear a US Coast Guard Approved (USCGA) life jacket when conducting any type of watersport.
- Do not power load your boat: Propeller wash can erode the sediment just beyond the ramp surface, creating a large hole. The eroded sediment is deposited behind the propeller, creating a mound. Trailer tires can get stuck in these holes, and boats can run aground on the mound.



## CROSSWORD PUZZLE



### ACROSS

1. Advertisements
4. Inhabits
10. Crow's cry
11. Gully
12. Rio de Janeiro
13. Sports car brand
14. List of errors
16. New Jersey's neighbor
17. In \_\_ (together)
18. Kilogram
20. Post script
22. Too
26. Concord e.g.
29. Addictions
31. Computer game
33. Killed in action
34. Ancient (2 wds.)
35. Antlered animal
36. Mourning
37. Ocean

### DOWN

1. Land
2. Milk's food group
3. Type of enemy
4. Loony
5. \_\_ havoc
6. Make a mistake
7. Stow
8. Greek stringed instrument
9. Defile
15. American College of Physicians (abbr.)
19. Chitchat
21. Book holder
23. Enjoys
24. Steps for crossing a fence
25. City
26. Prod
27. Prudent
28. Plane
30. Nearly horizontal entrance
32. Poet Edgar Allen

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