

LONG CANYON *Gazette*

FEBRUARY 2015

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 8, ISSUE 2

LTHS HOSEA and TRACK TEAMS PRESENT

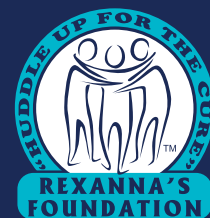
Run for a
Purpose

5K
& KidsK

TO FIGHT LUNG CANCER

— Lakeway, Texas —

MARCH 1, 2015



NEWSLETTER INFO

NEWSLETTER PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
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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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VHS BAND & VISION MULCH SALE

FREE Delivery in Vandegrift Zip Codes March 27 and 28

The Texas State Champion Vandegrift HS Band and Vision is helping Four Points residents get their homes ready for Spring with their biggest fundraiser of the year: Mulch Sales! Online sales of the mulch have begun – visit: vhsband/fundraising/mulch.com. Students will also be visiting residents door to door from January 8th to March 8th to personally take orders - The Deadline to place orders is March 8. FREE delivery is available in all Vandegrift HS feeder neighborhoods including the following zip codes: 78726, 78730, 78732 and parts of 78714 and 78750. All other areas and zip codes must pick up at a local location provided at later date.

Deliveries are scheduled for March 27 and March 28. The mulch is 100% Organic and comes in bags of 2 cubic feet. Two types are available: Black Velvet Hardwood and Hardwood Bark. There is a discount for cash and check sales.

Online Pricing is as follows:

5-26 bags @ \$4.90 per bag | 27-51 bags @ \$4.65 per bag
52 bags (one pallet) @ \$240 per pallet

Contact your friendly neighborhood Band/Vision Student to get the cash and check discount!

Cash & Check Pricing is as follows:

5-26 bags @ \$4.75 per bag | 27-51 bags @ \$4.50 per bag
52 bags (one pallet) @ \$230 per pallet

There is a minimum order is 5 Bags. Students and parents of VHS Band participate in all aspects of this fundraiser from order taking to delivery. All funds raised go towards band equipment, marching show design, scholarships, competition fees & supplies, transportation, and uniforms.





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DO NOT GET **LEFT** BEHIND!

Easy Valentine Sandwich Cookies

Recipe by Laria Tabul, allrecipes.com

This recipe makes 17- 3 inch sandwich cookies and 17- 1 1/2 inch heart shaped cookies. You'll need a 3-inch heart shaped cutter and a 1 1/2-inch heart shaped cutter. Frost with Pink Valentine Frosting (see recipe).

Ingredients

- 1 cup butter
- 1 1/2 cups confectioners' sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract (optional)
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar

Directions

In a large bowl, cream together butter and confectioners' sugar. Beat in egg, vanilla and almond extract. Mix well.

In a medium bowl, stir together flour, baking soda and cream of tartar; blend into the butter mixture. Divide dough into thirds and shape into balls.

Working with 1/3 of dough at a time, roll out dough into desired thickness on a lightly floured surface. For each heart sandwich cookie, cut out 2 3-inch hearts. Cut out the center of ONE of the 3-inch hearts with the 1 1/2-inch cutter.

Place each piece separately on an ungreased cookie sheet, 1 - 2 inches apart. Bake in a preheated, 350 degrees F (175 degrees C) oven until lightly browned (7-8 minutes for 1/4 inch thick cookies). Cool completely on wire rack. Frost bottom cookie with Pink Valentine Frosting and place an open centered cookie on top to form the sandwich. Also frost the small 1 1/2 inch hearts and serve as separate cookies.

Pink Valentine Frosting

Ingredients - makes 1 cup (approximately)

- 1 cup sifted confectioners' sugar
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1 tablespoon water
- 2 drops red food coloring

Directions

Blend sugar, salt and flavoring. Add just enough water to make it easy to spread. Add 2 drops red food coloring and mix well.

TEXAS A&M
AGRI LIFE
EXTENSION

SILVERFISH



I recently noticed silverfish lurking in my house while handling holiday decorations, so I'm sure others may have the same problem. Silverfish can eat and stain books, fabrics, food and wallpaper, but are often considered being more of a nuisance than a pest. These insects have flattened carrot-shaped bodies with three long "tails" that come off the tip of the abdomen. The body is covered with fine scales that give them a silver sheen. Immatures look just like the adults, but are smaller in size.

Usually silverfish are not seen by homeowners because they are most active at night. They can commonly be found in attics, closets or near bookcases. They may also be found behind baseboards or around door and window casings. Silverfish feed on starchy foods like paper, flour, oats or glue.

Tips for managing silverfish:

- Remove old books, papers & magazines
- Store items in sealed, plastic bags or plastic containers with tight-fitting lids
- Clean closets on a regular basis- vacuum/ sweep floors and wipe down any shelves
- Reduce humidity with fans, air conditioning or dehumidifiers
- Repair any water leaks
- Inspect all items before bringing them into the house
- Target treatments to where silverfish live- wall voids, closets, attics, behind baseboards, etc.

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Featured Smile Makeover of the Month by Dr. Lance Loveless



When I met Dr. Loveless, my teeth were in very bad shape. Some were crooked or missing, and it was difficult for me to chew.

"Dr. Loveless showed me a dental system called the "All-On-4" implant. The implants permanently placed a horseshoe shaped supported denture over my teeth. I liked the idea of restoring my upper teeth with a denture that I did not have to remove or worry would slip.

"My bite was balanced with an orthotic device that I wore on my lower teeth. Once my bite was stabilized in its corrected position, my missing teeth were restored with implants that looked like real teeth. The appearance of my lower teeth was improved dramatically with porcelain veneers and porcelain crowns.

"Now people comment on how young I look. They notice something different about my appearance but they cannot seem to quite put their finger on what it is! I used to smile with my mouth closed, but now I smile big—revealing my beautiful teeth!" -- Ana - Austin, TX

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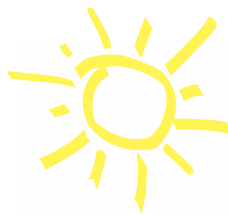
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