

Canyon Creek CHRONICLE

APRIL 2015

VOLUME 9 ISSUE 4

VHS BAND AND VISION

2nd Annual Mattress Sale

Custom Fundraising Solutions – Central Texas will hold the 2nd Annual Mattress Sale at Vandegrift High School Band Hall and will donate a portion of the proceeds to support VHS Band and Vision.

The VHS Band Hall will be turned into a showroom where over 20 mattress sets, including Simmons®, Restonic®, and Southerland™ brands will be on display to test out. The mattress sets are brand new, 30%-60% off retail price and come with factory warranties. Financing and layaway are available and delivery is included.

Come out and support the Texas State Champion Vandegrift HS Band and Vision and give yourself the gift of a better nights' sleep and save money.

Four Points Homework Help

Could your child benefit from one-on-one homework assistance?

Four Points Homework Help is a volunteer-based organization that offers free tutoring on Tuesdays and Thursdays from 5-7 pm at Cups & Cones in Steiner Ranch.

Sign up for tutoring times, find more information, or get in touch with us at:

**www.fourpointshomeworkhelp.org
4ptshmwkhelp@gmail.com**

*Sign up now for a 30 or 60 minute session!
FPHH is staffed by NHS & PALS students from
Vandegrift High School*

SADDLE UP & RIDE!

The Steiner Ranch Cycling (SRC) is a group of fun loving cyclist that enjoy the outdoors, burning calories, and meeting new people. Cycling is easy on your body, good for your health and a great way to build community. There is no cost to ride, and we welcome new riders.

PACE BEND ROAD RACE RESULTS

On February 22nd several SRC riders participated in the Pace Bend Road Race. This was the first-ever race for SRC and the racers did extremely well, with several riders in the top 15! Check www.usacycling.org/results/index.php?year=2015&id=153 for the race results!

LA PRIMAVERA LAGO VISTA RACE RESULTS

On March 7th SRC took on the La Primavera Road Race in Lago Vista. Once again the team flew the flag and performed even better, with several top 10 finishes! The results are available at www.usacycling.org/results/index.php?permit=2015-435 (see "RR Men Masters 35-39 CAT 4/5").

SATURDAY RIDES

On Saturdays we host an open group ride, starting at Cups & Cones at 8:30am. Our Saturday rides have changed up a little and now include an advanced and intermediate group. The advanced group will have average speeds from 18 – 20 mph and the intermediate group will average between 15 - 17 mph. While each group will be travelling at different speeds each group will be tackling the same course and the typical course has distances between 45 up to 60+ miles. The turnout is typically between 10 – 20 riders depending on weather. Come on out and have some fun, everyone is welcome. The advanced and intermediate groups require a higher level of fitness and experience and there is NO designated sweeper.

SUNDAY COFFEE SHOP RIDE

On Sundays we host a mellow no-drop ride to a local coffee shop outside Steiner, great for new riders and/or recovery rides. The group will leave Cups & Cones at 8:30 a.m., and will target some not-too-far coffee shop for some espresso, pastries, and socialization. The ride will average around 14 – 15 mph and should be perfect for those looking to recover from the week's riding, or to extend their range out of Steiner. Each week we will pick a different destination, but they will typically be around 15 miles from Cups & Cones. This is a no-drop ride, but you should be able to ride the 30 – 40 miles at a 14 – 15 mph pace. Please

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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
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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

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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. 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

TRAVEL BARGAINS

Outsmart the airline reservation system. Try shopping for each passenger ticket separately. When you purchase two or more tickets in a single transaction, most airlines require seats be sold at the same price. If shopping for two people, and there is only one seat left at the \$150 promotional price, you will pay a higher amount for each ticket unless you do two transactions.

Price shop hotels online, but then call the front desk. You may get a better deal.



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Continued from Cover Page

visit our website at www.steineranchcycling.com to check out what is going on in the Steiner Ranch cycling community.

APRIL EVENTS

April 25 - Shiner GASP! Looking for a fun group ride? Shiner GASP is back on April 25 and features a 50 mile (½ GASP) and 100 mile (full GASP) ride that ends at the Shiner brewery. Details are at shinergasp.com.

SRC Oasis Ride Join us for the third Saturday of each Month when Steiner Ranch Cycling will host a ride starting from Cups & Cones, covering 50-70 miles and ending at the Oasis Brewing Company. Bring your bikes up on the deck and enjoy views of Lake Travis with discounted beer and lunch options from the Noble Pig. This is another new ride option ending with beer (looks like a trend!), and it's a great time.

Steiner Ranch Steakhouse Ride On the last Sunday of each month, join us for the Steiner Ranch Steakhouse ride. Wheels Down at 8:30. Details at www.meetup.com/Austin-Cycling-Meetup/events/220328352

It is a beautiful bike ride of 15 miles and 34 miles through the hills of west Austin. We break into three groups, Advanced, Intermediate, and the No Drop entry level ride. We will roll out of the Steiner Steakhouse parking lot at 8:30 a.m. for two distances of 15 miles and 34 miles. At the end of each ride there are 2 choices of long climbs to go down and back on.

APRIL RIDING TIPS

Intermediate: When in a paceline, try to ride as smoothly as possible. If you catch up to the rider in front, try not to brake - instead, stop pedaling, sit up, and if necessary briefly move outside of the paceline. The increased wind resistance will slow you down without the sudden speed change from braking. Also, don't overlap the wheel of the rider in front of you (their rear wheel, your front wheel); if they have to make a sudden move left or right, they could hit your wheel and cause you to crash. And after your turn at the front, always pull off into the wind; as you'll see below, the riders behind you may be off to the downwind side.

Advanced: If the riders in the group have similar abilities and there's available room to do so safely, a double paceline can be used. In this case the riders in the paceline continually rotate: After pulling at the front for a few seconds, check that you're clear then move off to the side into the wind. The next rider will do the same, forming a continuously-moving double line of riders. Once you reach the back of the line, move back over and accelerate back up to speed. This keeps everyone drafting as much as possible, and lets the group ride more efficiently - and faster!

SPONSORS

Please join Steiner Ranch Cycling in thanking the following sponsors for supporting cycling in our community and procuring our group the coolest cycling kits west of the Mississippi:

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| • Austin City Living | • Dream Smiles Dental |
| • MapMyRide | • 512 Market Kitchen |
| • Resolute Fitness | |

RIDE DISCLAIMER: Each rider is responsible for his or her own safety on our rides. Please join us at your own risk. Our weekly rides are open to public participation but ride leaders do NOT assume any liability for your participation. We will ask that all participants follow traffic laws and wear a helmet while on our rides.



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GET MORE FROM YOUR GARDEN

Raspberries require little care to grow, but can cost a lot at the store. You can even freeze them.

Mixed salad greens, like baby lettuce and arugula are tough and quick growing, even after cutting.

If you cut them correctly they will grow again. Start at one end of your garden and cut plants about an inch from the ground. The plant could grow back 3-4 times in a season.

Flat gardening was popular years ago, but now raised beds are much better. They prevent weeds from taking over, let water drain more efficiently and plants thrive in aerated soil.

A very common error in gardening is over watering and drowning plants. If it rains at least one inch per week, you can probably skip heavy watering. Purchase a rain gauge (under \$10) at garden stores to keep track of how much or how little water your plant is getting and add or subtract from there.



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RIDICULOUSLY CLEVER HOUSEHOLD HINTS

- The simplest way to slice a bunch of cherry tomatoes is to sandwich them between two plastic lids and run a long knife through all of them at once!
- Keep brown sugar soft by storing with a couple of marshmallows
- Install a regular coat rack low down the wall to store shoes safely off the floor
- Organize jewelry on a corkboard for easy viewing when deciding how to accessorize an outfit
- Fill an old wooden box with skewers to make an all-purpose knife block
- Remove pet hair from furniture and carpets with a squeegee.
- Cover paint trays with aluminum foil to make cleaning up afterwards a breeze.
- Flip the toaster on its side to make grilled cheese.
- Use a large muffin tin to cook stuffed peppers in the oven - it will help keep them upright.
- To prevent potatoes from budding, add an apple to the bag.
- Add half a teaspoon of baking soda to the water when hard-boiling eggs to make the shells incredibly easy to peel off.
- Use non-stick cooking spray in votive holders to prevent wax from sticking to the sides

- WD-40 can be used to remove crayon marks from any surface!
- When hanging a picture frame, put a dab of toothpaste on the frame where you need the nails to be. Then simply press against the wall to leave marks (which can later be wiped) as guides for hammering in the nails.
- Sprinkle salt in the spaces between patio slabs and at the bottom of walls to get rid of pesky weeds (but be careful NOT to get salt near plants you want to keep as salt will kill them!)
- To clean a wooden chopping board, sprinkle on a handful of Kosher salt and rub with half a lemon. Rinse with clean water and dry to ensure it is clean and germ-free. You can use the same lemon and salt to clean brass.
- Use ice-cubes to lift out indentations made by furniture on your carpets.
- Prevent soil from escaping through the holes in the base of flowerpots by lining them with coffee filters
- To sharpen scissors, simply cut through sandpaper.
- Rub a walnut on damaged wood furniture to cover up dings.
- To prevent your eyes watering while chopping onions, wipe the chopping board with white vinegar (which won't affect the taste of the onions.)

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REGISTER: WWW.TINYCH.ORG/GOLF

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Questions? Contact:
 Kim Flasch: kim.flasch@colinshope.org
 Sue Hart: sue.hart@colinshope.org

WWW.COLINSHOPE.ORG

PORTABLE FIRE EXTINGUISHER

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.

To operate a fire extinguisher, remember the word PASS:

- **PULL** the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
- **AIM** low. Point the extinguisher at the base of the fire.
- **SQUEEZE** the lever slowly and evenly.
- **SWEEP** the nozzle from side-to-side.

For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.

Choose a fire extinguisher that carries the label of an independent testing laboratory.

Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out.

Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.



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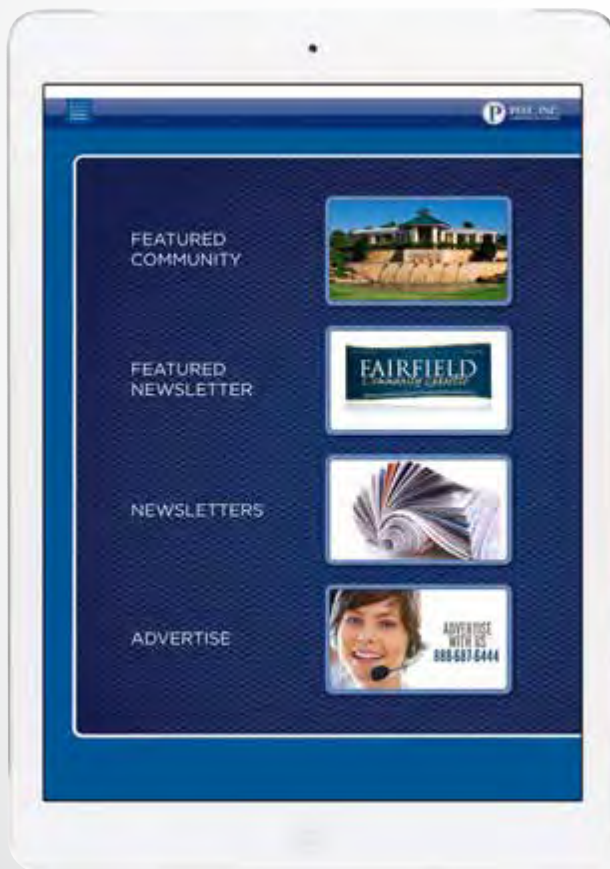
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