

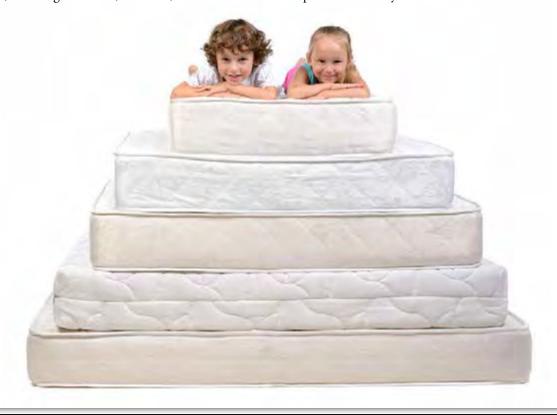
# 2<sup>nd</sup> Annual Mattress Sale

April 26 from 10am - 5pm

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.



# **NEWSLETTER INFO**

#### **NEWSLETTER PUBLISHER**

Peel, Inc. ...... www.PEELinc.com, 512-263-9181 Article Submissions......longcanyon@peelinc.com Advertising......advertising@PEELinc.com, 512-263-9181

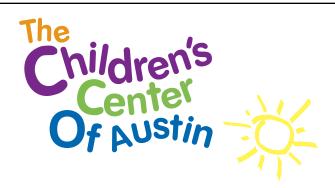
### **ADVERTISING INFORMATION**

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.



## **Currently Accepting Student Enrollment!**

### Why we are Austin's best kept secret...

- Low Teacher/Student ratios
- Compassionate, Professional Teachers Committed to Your Child's Success!
- An Educational, Theme-Based Curriculum
- New Developmental-Based Infant Curriculum
- Special Events & Field Trips
- Art Studio, Computer Lab, Library & Gymnasium

#### **Convenient Enrichment Activities:**

• Spanish • Little Wing • Martial Arts • Gym Station • Dance Adventures

#### STEINER RANCH

4308 N. Quinlan Park Rd. 6507 Jester Boulevard Suite 100 Austin, TX 78732 512.266.6130

### **NORTHWEST AUSTIN**

Building 2 Austin, TX 78750 512.795.8300

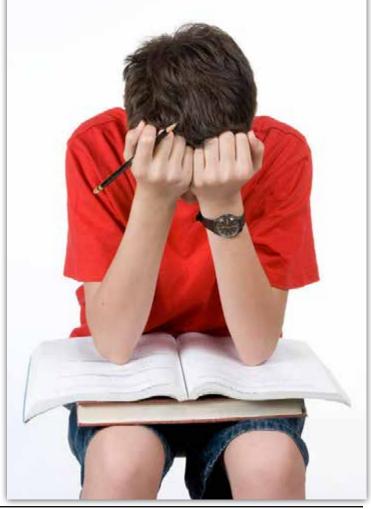
### **WESTLAKE**

8100 Bee Caves Rd Austin, TX 78746 512.329.6633

# HOMEWORK

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.





"I am a full time professional, fortunate enough to be associated with one of the most technologically advanced real estate companies in the U.S., but I am also a broker who can adapt, make changes and get the job done with the flexibility of a small broker. We do not sell more homes than anyone in our market, but you will not find anyone who will workharder, or more professionally to get you the most money for your home."



Better Home, Better Garden, Better Agent.

5-Star Award Winner in Texas Monthly Ranked in Top 100 of all Austin agents Recognized in the June 2014 Texas Monthly as a 5-Star Realtor, 3<sup>rd</sup> Year in a Row!

Direct: 512-698-3366 bfinnessey@gmail.com RealEstateinSteinerRanch.com

- Licensed in Texas





# NOW

IS THE **RIGHT** TIME TO TALK TO A REAL ESTATE AGENT

# NOW

IS THE **RIGHT** TIME TO LIST YOUR HOME

# NOW

IS THE **RIGHT** TIME TO CALL **BRANDY FINNESSEY** 

DO NOT GET LEFT BEHIND!

# LONG CANYON

# SADDLE UP

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 LAGOVISTA 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 visit our website at www.steinerranchcycling, 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 shiner.com/shinergasp.

**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

# ANID RIDE

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 RIDINGTIPS**

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:

- PavPal
- Texas Beef Council
- Austin City Living
- MapMyRide
- Resolute Fitness
- FrontYrd
- Descente Cycling
- Dream Smiles Dental
- 512 Market Kitchen





# BRIDGEVIEW DENTAL

MODERN FAMILY DENTAL CARE

Lance Loveless, DDS General Dentist FAGD (Fellow Academy of General Dentistry)

LVIF (Las Vegas Institute Fellow)

14 years and counting!

Same Great Location in the

Davenport Village Shopping Center

3801 N. Capital of Texas Hwy.
(360 and Westlake Dr.)
Suite J-240 Austin 78746
At the bottom of the hill
across from Maudie's

(512) 347-8299

www.BridgeViewDental.com

# Featured Smile Makeover of the Month by Dr. Lance Loveless



Before



After



Before



After



Before



After

......

"As a child, our home had well water; as a result, my teeth were flouride-stained. In 1999, I had some veneers done at another dentist. I ended up with a 'patchwork quilt' of veneers because they would often chip and break due to me grinding my teeth.

Finally, I went to see Dr. Loveless. His philosophy was to correct the root problem and not just to treat the symptoms. I had never experienced that before. Not only did Dr. Loveless apply the veneers, he stopped the grinding by fixing my bite. I can't imagine anyone being more technology-savvy to get this done. I was so impressed by his staff and their hands-on approach to dentistry.

I deal with people day-in and day-out. It's nice not having to worry about the appearance of my smile."

- Bryan, Attorney, Austin, Texas

CALL TO SCHEDULE YOUR COMPLIMENTARY CONSULTATION!

# LONG CANYON

# **NOT AVAILABLE ONLINE**

At no time will any source be allowed to use the Long Canyon Gazette 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 Long Canyon Gazette is exclusively for the private use.

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.





# **FORMOSAN TERMITES**



There are three main types of termites that can cause problems for homeowners in Central Texas- native subterranean termites, formosan subterranean termites and drywood termites. This article will focus of formosan termites.

Formosan termites are a more voracious type of subterranean termite. These termites have been spread throughout Texas through transport of infested material or soil. Formosan termites build carton nests that allow them to survive above ground without contact with the soil. Nests are often located in hollow spaces, such as wall voids.

Formosan subterranean termite workers and soldiers.

Formosan termites feed on a wider variety of cellulose than other subterranean termites, including live plants, consuming both spring and summer growth wood whereas native subterranean termites feed only on spring growth. Formosan termites have also been known to chew through non-cellulose materials such as soft metals, plaster or plastic.

The type of termite is determined by using soldiers (the group that defends the colony) or alates (winged reproductives) for identification. Formosan termite soldiers have a hardened head capsule that is tear-drop shaped. The alates have two heavy veins on the leading edge of the front wing along with hairs on the wings. If you suspect termites, you can submit sample insects to me for identification. Treatment would need to be carried out by a profession pest management company.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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.



envision a world

**Ouestions? Contact:** 

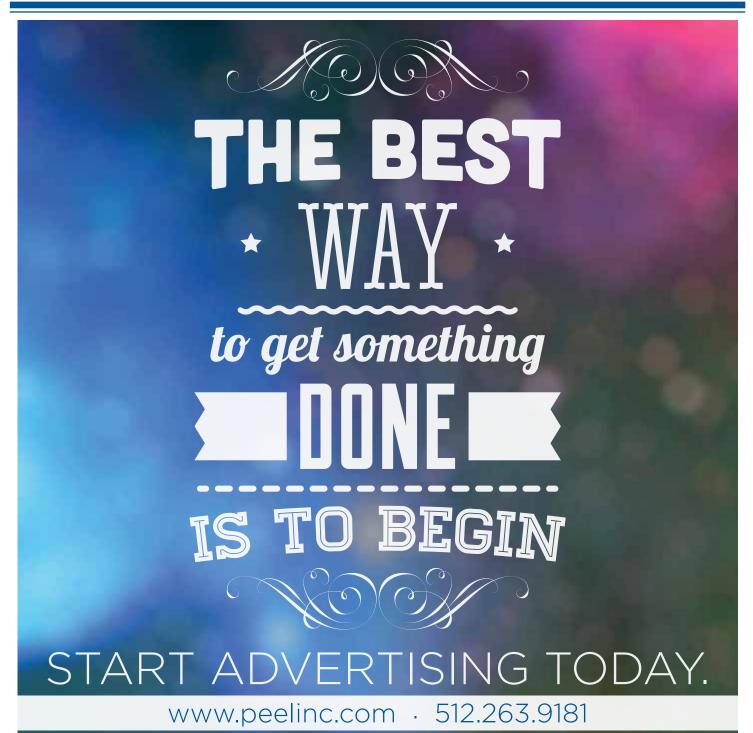
Kim Flasch: kim.flasch@colinshope.org

Sue Hart: sue.hart@colinshope.org

**WWW.COLINSHOPE.ORG** 

DO NOT DROWN

LY



Long Canyon Gazette - April 2015

Copyright © 2015 Peel, Inc.