

# LONG CANYON *Gazette*

APRIL 2015

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 8, ISSUE 4

## VHS BAND AND VISION **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.

# HOMESCHOOL 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](http://www.fourpointshomeworkhelp.org) | [4ptshmwkhelp@gmail.com](mailto:4ptshmwkhelp@gmail.com)

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



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

## DO NOT GET **LEFT** BEHIND!

# LONG CANYON

## SADDLE UP AND 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&cid=153](http://www.usacycling.org/results/index.php?year=2015&cid=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](http://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.steineranchcycling.com](http://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 [shiner.com/shinergasp](http://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](http://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:

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

**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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**Lance Loveless, DDS  
General Dentist**

*FAGD (Fellow Academy of General Dentistry)*

*LVIF (Las Vegas Institute Fellow)*

## *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*

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COMPLIMENTARY CONSULTATION!**

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ONLINE**

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FORMOSAN TERMITES

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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](http://www.urban-ipm.blogspot.com)

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**JOIN US FOR GOLF  
AND A GREAT CAUSE!**

**DATE:** Wednesday, April 29th

**TIME:** 11:00 am Registration, 1:00 pm Start

**LOCATION:** Flintrock Falls Golf Course

**FORMAT:** 4-person scramble

**COST:** \$165 per golfer\*

*\*Includes lunch, dinner, hat & swag.*

**REGISTER: [WWW.TINYCH.ORG/GOLF](http://WWW.TINYCH.ORG/GOLF)**

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where **CHILDREN**  
**DO NOT DROWN**

**Questions? Contact:**

Kim Flasch: [kim.flasch@colinshope.org](mailto:kim.flasch@colinshope.org)

Sue Hart: [sue.hart@colinshope.org](mailto:sue.hart@colinshope.org)

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