

Canyon Creek CHRONICLE

JUNE 2015

VOLUME 9 ISSUE 6

THE CANYON CREEK CHRONICLE

*A Newsletter
for the Canyon Creek
Community*

The Canyon Creek Chronicle is a monthly newsletter mailed to all Canyon Creek residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!



The Benefits of Hosting Span Borders

Traveling the world and experiencing new cultures is something many dream of but few are able to do. Hosting an Ayusa exchange student provides the opportunity to experience the world while bringing other benefits to their family and local community.

For schools, opening their doors to an exchange student provides their students the opportunity to experience new cultures and expand their understanding of the global society. Not only will students be able to expand their circle of friends, they will be able to reference different perspectives of world events. The new perspectives that both local and exchange students gain through the exchange experience are invaluable for the ever-expanding global community.

Ayusa exchange students are eager to learn and participate in school and community programs. They take their role as ambassadors for their country seriously. Ayusa students are not simply bystanders to their program year; they are active participants looking to make a difference in their host school and community.

Ayusa exchange students are strong academic

performers, well-rounded, and open-minded. Prospective students go through an extensive interview process in their home countries and are evaluated for maturity, strength of goals, leadership skills, and academic background. Ayusa honors all school enrollment standards, academic requirements and student placement criteria specified in school or district policies.

Host families also reap the benefits of opening their home by sharing their America. When they share with their exchange student, they are also able to see America with fresh eyes through the student. Families often learn new things about the U.S. and have different perspectives after hosting. The experiences and memories that are shared during the program last a lifetime and span international borders.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



ABOUT AYUSA

Ayusa is a non-profit educational organization that promotes global learning and leadership through foreign exchange and leadership program programs for high school students from around the world. Ayusa offers unique, richly personal cross-cultural experiences for students, volunteer host families, schools, and local communities.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY 911
 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 School512-464-4000

UTILITIES

Pedernales Electric.....512-219-2602
 Texas Gas Service
 Custom Service.....1-800-700-2443
 Emergencies.....512-370-8609
 Call Before You Dig..... 512-472-2822
 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 Office512-331-9802

NEWSLETTER PUBLISHER

Peel, Inc.512-263-9181
 Article Submissionscanyoncreek@peelinc.com
 Advertising..... advertising@PEELinc.com

ADVERTISING INFO

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

SUDOKU

View answers online at www.peelinc.com

8			5	6		4		
			2		8		1	
1						2		7
		3	9				5	
5					3			4
		1			4			
			6	9				
6		7						
		4				1		2

© 2006. Feature Exchange

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



Keep the Fun in Summer

At Neighbors, we know that sun and fun can turn into sunburn and injury if you're not careful. Slipping by the pool, overshooting the slide, canoeing without sunscreen, or an unexpected wasp sting can sour any good day. Luckily, Neighbors is there to treat you 24/7 with little to no wait time. Our Board Certified physicians will get you back to enjoying summer fun.

12701 RR 620 N.
 AUSTIN, TX 78750
 512.258.1195

NEC24.COM



TEXAS A&M AGRI LIFE EXTENSION

FOUR-LINED PLANT BUGS



Four-lined plant bugs are brightly colored. Nymphs (immatures) are red while older nymphs start to have wing pads with yellow and black stripes. Adults have fully developed wings that are yellow and black striped. Adults look similar to, and may be mistaken for, striped cucumber beetles.

These insects have piercing-sucking mouthparts which they use to suck out plant juices. The plant bugs suck out chlorophyll and leave a "window" between the upper and lower epidermis of the leaf. Damage appears as white, dark or translucent spots of foliage and is sometimes mistaken for fungal damage. Feeding may also cause curling and browning. Fortunately, damage is mostly cosmetic, but if you are trying to eat the foliage of the damaged plant it may become a problem.

The insects feed on a wide variety of hosts, including fruits and vegetables, annuals and perennials and woody plants. When disturbed, the insects are fairly good at hiding. They either crawl to the underside of the leaves or drop to the ground to hide among foliage.

If you feel the need to manage these insects, try insecticidal soap. If that doesn't work, you can try azadirachtin (neem- concentrate, not oil; it's getting too hot to use oil formulations) or pyrethrins. If that doesn't work then try a residual contact product.

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.



**BOARD-CERTIFIED
ORTHODONTIST**

**FAMILY DISCOUNTS
FOR SIBLINGS AND
PARENTS**



Dr. RJ Jackson
*Board-Certified Specialist
in Orthodontics &
Dentofacial Orthopedics*

512-363-5792 | www.rjorthodontics.com
Located Behind Walgreens at the Intersection
of 620/2222

**APPOINTMENTS AS EARLY AS
6:45AM & AS LATE AS 7PM**

Asthma can be controlled, not cured

Medications and lifestyle changes help manage asthma, but they will not actually cure it

"You still have airway inflammation that needs to be treated," said Dr. Nicola Hanania, associate professor of medicine at BCM.

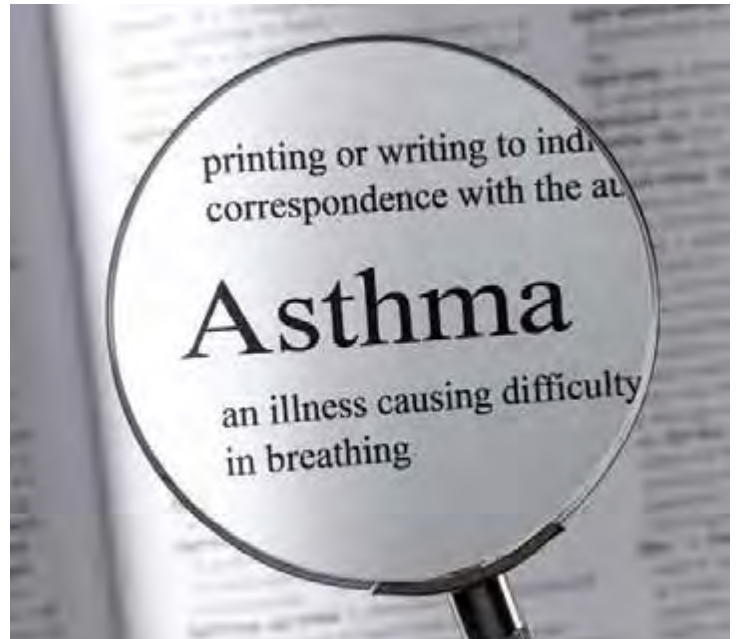
Asthma has a higher prevalence in the inner city population. Treatment incorporates anti-inflammatory medications and lifestyle changes.

Hanania stresses controlling indoor allergens such as dust mites and mold, as well as controlling exposure to second hand smoke.

Although asthma symptoms may not be as apparent when medication and lifestyle changes are incorporated, asthma is not actually cured. If medication or lifestyle changes are stopped, signs of poor control, such as exacerbations and an increased use of an inhaler, will appear and can lead to emergency room visits, hospitalizations and sometimes even death.

Hanania suggests proper education about asthma and having an action plan and knowing when to get help or when to go to the emergency room.

It is possible for adults to develop asthma even though it was not present previously.



BECAUSE PAINTING IS PERSONAL™



At **CertaPro Painters®**, we understand painting is **personal for you**, because it's personal for us and we have a system to ensure your **satisfaction**.

CertaPro Painters®



866-386-6282

austin.certapro.com



**\$100 OFF
ANY PAINTING
PROJECT***

**Minimum project of \$1000. Cannot be combined with any other offers. Must present coupon at time of estimate. Offer expires 04/01/2015.

INTERIOR & EXTERIOR PAINTING

RESIDENTIAL • COMMERCIAL • WALLPAPER REMOVAL • CARPENTRY • DECKS & STAINING
POWERWASHING • REFERENCES • 2 YEAR WARRANTY • INSURED • LOCALLY OWNED & OPERATED

CROSSWORD PUZZLE



ACROSS

1. Among
5. Cubby
9. Santa call (2 wds.)
10. British princess
11. Absent
12. Praise
13. Her former last name
15. Ball holder
16. Surpasses
18. Bar enforcer
21. Trail
22. Humorous
26. Bets
28. Information
29. Vista
30. Paradise
31. Animal group
32. Lady

DOWN

1. Hit
2. State
3. Tai
4. Saucy Girl
5. Tyrannosaurus
6. Speak
7. Eyed
8. Tiny insects
10. Wears mesh mask to fight
14. Tax
17. Worn
18. Cheeky
19. Small measurement 1/16 of a pound
20. Whoop
23. Cipher
24. Object
25. Walking stick
27. The __ (final word)

View answers online at www.peelinc.com

© 2006. Feature Exchange

As a member of the Canyon Creek HOA,
you and your family are eligible for membership.

Low-Rate Mortgage Loans

- ★ Purchase or Refinance
- ★ Home Equity
- ★ Home Improvement

Lake Creek Branch | 10135 Lake Creek Pkwy.

Apply Today — rbfcu.org
512-833-3300 | 1-800-580-3300

RBFCU ★

Certain restrictions may apply. Loans subject to credit approval.
Mortgage loans are available only on property in Texas. NMLS# 583215.
Federally insured by NCUA.



**50%
OFF**



**PERSONAL
TRAINING
PACKAGE**

*Applies to on-ramp personal training with
purchase of Northside Fitness membership



**REAL COMMUNITY
REAL RESULTS**

WWW.NORTHSIDEFIT.COM
(512) 743-9873

The Value of Sleep for Children and Teens

Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

- a set bedtime and wake time that does not vary by more than 2

hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.



NOT AVAILABLE ONLINE

The Canyon Chronicle is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Canyon Chronicle Newsletter 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 newsletter is exclusively for the private use of Peel, Inc.

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.

From design to
print to mail,
Quality Printing
can help you with
all of your
printing needs!



Call today for more info
512.263.9181

Or visit our website at:
www.QualityPrintingofAustin.com



PEEL, INC.
308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

CN

NOBODY IS DROWNPROOF WATCH & KEEP KIDS IN ARM'S REACH



www.colinshope.org

**COLIN
HOLST**

THESE TIPS CAN SAVE LIVES



**CONSTANT VISUAL
SUPERVISION**



**LEARN
TO SWIM**



**WEAR
LIFE JACKETS**



**MULTIPLE BARRIERS
AROUND WATER**



**KEEP YOUR
HOME SAFER**



**CHECK WATER
SOURCES FIRST**



**STAY
AWAY
PRACTICE DRAIN
SAFETY**



**BE SAFER IN
OPEN WATER**



**LEARN
CPR**

LEARN MORE: www.colinshope.org/RESOURCES

**DROWNING IS THE NUMBER ONE CAUSE OF ACCIDENTAL DEATH FOR CHILDREN
UNDER FIVE, AND A LEADING CAUSE FOR CHILDREN AGES 1 - 14.**



13 Texas children have already lost their lives to drowning in 2015

DROWNING IS PREVENTABLE