

LONG CANYON *Gazette*

JUNE 2015

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 8, ISSUE 6

THE LONG CANYON GAZETTE

*A Newsletter
for the residents of
Long Canyon*

The Long Canyon Gazette is a monthly newsletter mailed to all Long Canyon residents. Each newsletter is 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!

Nearly 65, Four Point 6th graders showing off their new “communicating with conviction” wristbands. These were given out to attendees on the April 30th Social Media Workshop hosted by Steiner Ranch moms Julie Petrucelli, Erin Turnley and Stephanie Draeken.



NEWSLETTER INFO

NEWSLETTER PUBLISHER

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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.

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.



summer Library Hours

River Ridge Elementary & Four Points Middle School

River Ridge Elementary, Mondays & Wednesdays, 9 am to noon:

June, July & August
 Special Presentations*

Mon 6/15 – 10 am, Joe McDermott, children's music recording artist
 Wed 8/5 – 10 am, Lucas Miller, the singing zoologist, all books due

	June	July	August
Mon	15*	6	3
Wed	17	8	5*
Mon	22	13	
Wed	24	15	
Mon		20	
Wed		22	
Mon		27	
Wed		29	

Four Points Middle School, Tuesdays, noon to 3 pm:

June, July & August
 Books Due*

	June	July	August
Tues	16	7	4*
Tues	23	14	
Tues		21	
Tues		28	

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TENNIS



By USPTA/PTR Master Professional
Fernando Velasco

TIPS

Match your age to ball and racket

Age 9-10	Age 9-10	Age 11 & Up
25" - 27"	25" - 27"	27" - 29"

Get your kids in the game today!

Minors, legal parents, USTA, International Code. No courts required. All you need is a flat surface to throw or stomach in the perfect place to play. Also, there are more engaging programs online than ever before that allow kids to get active and have fun with friends. Visit the USPTA to find local programs and courts near you.

Match Only with Age Group	Match Ball	Racket
Age 9-10	Soft Orange Ball	25" - 27"
Age 11 & Up	Green Ball	27" - 29"

CAPTION 1

78" x 36"

25" - 27"

27" - 29"

25" - 27"

27" - 29"

CAPTION 2

MAKE TENNIS YOUR KIDS' NEW Pick-Up Game

- Provides a Great Mind & Body Workout
- Develops Confidence & Character
- Promotes Self-Control & Discipline
- Improves Fitness & Focus
- Offers Both Individual & Team Play
- Great Cross-Training & Low Rate of Injury
- Teaches Problem Solving & Sportsmanship

CAPTION 3

“Tennis for Children 9-10 years old and under – Green Ball”

This series of Tennis Tips are focused on how to involve children of all ages learning to play tennis and offering tips to the parents on how to assist at home. In the last issue I offered advice for children 9-10 years old and under playing with the softer orange ball and on a 60' foot court. This issue, will focus on children 9 and 10 years old and under playing with the green soft ball and on a 78' foot regular size court.

Caption 1: Tennis Racket and balls: The children should be using rackets ranging in length from 25” to 27” long along with the green ball. These longer, lighter rackets and bouncier balls will make it easier for the child to control the swing and the point of contact with the ball. The appropriate racket to use will depend on the height of the child. Balls will bounce from 47” to 53”, which is within the comfort zone for most children of that age.

Caption 2: Tennis Court: For those players ready to cover the regular size court, they will now be playing on a 78” x 36’ tennis court. Lines are now painted regular white making it much easier to see the ball landing, especially while the opponents are serving. Players need to be physically ready to cover the entire court.

Caption 3: Make Tennis Your Kid’s New Pick-Up Game: Just like any other sport or skill, repetition is the key to learning. Once basic skills are learned the child will:

- Receive Mind and Body Workout

- Develop Confidence and Character
- Encourage Self-Control and Discipline
- Improve Fitness and Focus
- Offer Both Individual and Team Play
- Encourage Cross-Training and Low Rate of Injury
- Teach Problem Solving and Sportsmanship

Children at this age are already playing points and are given tips on how to hit groundstrokes, volleys and serves with control. The USTA provides tournaments and leagues for children 10 and under using the green ball on the 78’ courts. Matches are normally 4 game sets and they are encouraged to play round robins and/or consolation rounds.

Tips to parents:

- Take your child to a tennis court and encourage them to drop the ball and hit it on their own.
- Afterwards, feed the green balls from your own service line to them standing on the opposite service line. Feed the ball softly and with control. Make them move very slowly and with body control.
- Have them stand on their base line and feed balls next to them. Later move to the service line and once successful, move to the opposite side of the net.

Look in the next Newsletter for: “Tips for children 11 years old and older – Yellow Ball”. For more information about our programs and club information, you can visit us at www.greystacktennis.com or call us at 512-301-8685.



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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

I love being a general dentist. As a general dentist I get to perform all aspects of dentistry which makes my work exciting and challenging. This full-mouth makeover required me to pull from all my experience and training, and utilize multiple aspects of dentistry. We were able to achieve our results through the use of periodontal therapy, crowns, bridges, root canal therapy, extractions and implants all while finding and maintaining the correct jaw position (bite) using neuromuscular techniques. There is strong evidence now linking systemic diseases of the body and poor oral health. The work we did for this patient can help in achieving a healthy body by decreasing the amount of pathogenic (bad) bacteria getting into the bloodstream through the mouth and decreasing inflammation in the body. The balance of the mouth-body connection is significant, and now this patient not only looks and feels better about his smile, but also has a healthy mouth.

-Dr. Lance Loveless

**CALL TO SCHEDULE YOUR
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**Actual patient of Dr. Loveless*

***Actual results may vary*

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ONLINE**

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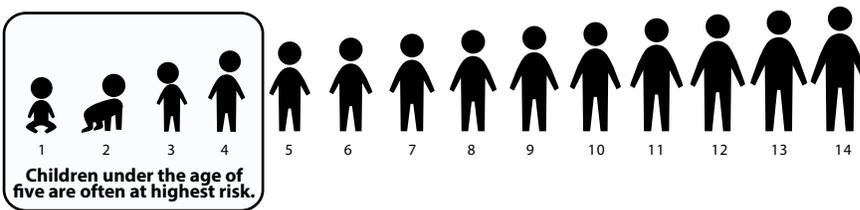
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- STAY AWAY SAFETY
- BE SAFER IN OPEN WATER
- LEARN CPR

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



CONSUMER ALERT

Avoid the storm chaser roofing scam. Don't let hail damage hurt your wallet and property value. Red flags homeowners should watch out for when selecting a contractor to fix storm damage

- The disappearing deductible
- Mysterious door to door salesman
- Fluctuating bid
- High pressure tactics

First steps after the storm

- Call your insurance agent
- Ask agent about process
- Wait to get estimates until after your adjuster has examined your roof

Selecting contractors

- Stay calm
- Be proactive selecting a company
- Avoid door to door solicitors
- Do your research check with BBB , Angie's List or similar
- Don't sign any document until you're sure you've selected the contractor you want
- Find a local reputable company
- Make sure it is in writing
- Verify bonding and insurance
- Check the companies referrals from neighbors and others you trust
- Avoid quick fixes and low prices
- Avoid contractors willing to "Save your deductible" which is unlawful
- Written manufacture warranties

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