

# Canyon Creek CHRONICLE

NOVEMBER 2015

VOLUME 9 ISSUE 11

## 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](http://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](http://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!



# Save the Date

25TH ANNIVERSARY OF  
"EASB LIVE!"  
TO RAISE FUNDS FOR  
NEONATAL INTENSIVE  
CARE UNIT (NICU) AT  
SETON MEDICAL  
CENTER AUSTIN

The Elizabeth Ann Seton Board announces its annual benefit, EASB LIVE! TWENTY FIVE! at Camp Mabry, on Saturday, April 23, 2016 at 6 p.m.

Event chairs Elisabeth Anderson and Lesley Pitts anticipate another successful sell-out event to raise funds to support building and equipment needs for neonatal intensive care unit (NICU) and mother/baby services at Seton Medical Center Austin.

"Our board is excited that our work will maintain the utmost in care, including new equipment and enhanced surroundings for babies and their families in Seton's NICU," explained Elisabeth Anderson. "The community has been amazing in their support of EASB Live! for 25 years, and we can't wait to improve the lives of our very most vulnerable with this year's gala. What we are doing will give a baby the hope and help it needs to live, thrive and have a full life's story."

The 1,300 plus attendee event features a lively cocktail party, elegant dinner buffet, incredible auction packages, exciting live concert and "The

Backyard" after-party, sponsored by Horizon Bank, hosting some of Austin's most craved food trucks, music and more. 2016 Sponsorships and tables begin at \$4,000. Tickets start at \$500.

"This year's Live Auction promises to offer items you simply can't buy anywhere else," added Lesley Pitts, Gala Co-Chair. Our little ones are our future, and ensuring them a successful beginning in life is motivation in itself for our board to knock it out of the park for our 25th anniversary."

The Elizabeth Ann Seton Board is dedicated to improving the lives of Central Texas communities by supporting the work and vision of the Daughters of Charity healthcare ministries through fundraising, education and community advocacy with The Seton Fund. The name honors America's first native born saint, Elizabeth Ann Seton, who founded the American branch of the Daughters of Charity in 1809.

To learn more visit [www.setonfund.org/easb-live-2016](http://www.setonfund.org/easb-live-2016), or contact Susan Hewlitt at 512.324.3275 – [schewlitt@seton.org](mailto:schewlitt@seton.org)

## IMPORTANT NUMBERS

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### OTHER NUMBERS

Balcones Postal Office .....512-331-9802

### NEWSLETTER PUBLISHER

Peel, Inc. ....512-263-9181  
 Article Submissions .....canyoncreek@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](http://www.peelinc.com)

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View answers online at [www.peelinc.com](http://www.peelinc.com)

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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.

## EXTERIOR LANDSCAPING SERVICES

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### Tree Services:

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Fall is a great time to trim and remove damaged or undesired trees.

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Offers expire 11/18/2015 and 11/30/2015, respectively. Offers cannot be combined with any other offer or special.

**We also do Christmas Lighting installation and removal.**



# Twelve Top Travel Tips When Traveling with Your Pet

Traveling with your pet can be fun and rewarding – especially when you’re prepared. In addition to the pet travel “basics” (safely restraining your pet, allowing adequate time for potty breaks, bringing comforting items from home, and so on), several additional simple practices can help make every trip easier and more pleasant for both you and your pet.

1. Schedule a veterinarian visit to insure overall health and current vaccinations. Ask for a health certificate and vaccination records, especially if you’re traveling out of state.
2. Make sure your pet’s identification tags are up-to-date and legible. Also, be sure his rabies tag and vaccinations are current.
3. Include your destination address and/or phone number on your pet’s tags and cage/crate (if applicable).
4. Remember to pack water to prevent dehydration. To help insure convenient feedings bring along a collapsible food bowl.
5. Pack all medications and supplements to avoid missed doses.
6. Pack a first aid kit to insure readiness in the event of an injury or medical emergency.
7. Exercise your pet prior to departure. A tired pet is typically much more amenable to travel. Also, bring a lead or harness to allow exercise during pit stops.
8. Feed your pet at least four hours prior to departure to prevent car sickness. If the trip is long, feed a smaller amount that normal at least two hours before you leave.
9. Use a travel remedy, if necessary. If your pet is extremely anxious about travel, try a soothing non-prescription calming product.
10. Trim toenails to prevent snags and injury, especially if your pet will travel in a cage or crate.
11. Cover your car seats to keep them clean and free of hair shed on your trip.
12. Know your travel rules and restrictions, especially if you will travel on an airplane.



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

## Breast Cancer: Importance of Early Detection

By: *Concentra Urgent Care*

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths.

Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: [www.cancer.org](http://www.cancer.org), or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>



### Fall Fresh Faces Party

Wednesday, November 11

5:00-7:30 p.m. at Balcones Dermatology

- ◆ Special discounts on Xeomin®/Belotero®
- ◆ Product purchases qualify participants to enter to win one syringe of Belotero® (a \$450 value)
- ◆ Enjoy cocktails and nibbles
- ◆ *Must RSVP by phone at (512) 459-4869.* Space is limited!

### 2015 Holiday Sale

Visit us during the month of December for these great specials:

- ◆ \$10/per unit of Botox® and Xeomin®
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[www.balconesdermatology.com](http://www.balconesdermatology.com) • (512) 459-4869 • 7800 N MoPac, Ste. 315 (in the BB&T Bank building)

# MEALYBUGS

Mealybugs are pests of landscape plants and houseplants. They are often active during times of warm, dry weather, but can also become a problem indoors at any time of year. Infestations usually start at the base of stems and then spread from there as populations increase.

Mealybugs are a type of unarmored scale insect. They are sexually dimorphic (males & females look different). Males have wings while females remain wingless and nymph-like throughout their life. Females are oval, soft-bodied and covered with a white waxy powder.

These insects have piercing-sucking mouthparts which they use to penetrate plant tissue and suck out juices. This can lead to chlorosis (yellowing of the plant), wilting and distortion. With larger infestations, the insects may cause stunted growth, premature leaf drop or death of the plant. Mealybugs are also known for secreting honeydew, a sweet, sticky substance on which a fungus called \*sooty mold may grow.

\*Sooty mold is a fungus that grows on honeydew excretions. Sooty mold can indirectly harm the plant by covering plant surfaces and

- \*\*Horticultural oils
- \*\*Insecticides labeled for mealybug control
- For severely infested plants, it may be best to throw the plant away and buy a new one

\*\*If treating houseplants, move plants outside during treatment then move back inside once treatment has dried.

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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reducing the amount of sunlight that reaches plant tissues, resulting in reduction of photosynthesis.

Since all but male mealybugs are wingless, adult females have to be placed near a host plant for them to infest it. They can crawl short distances to plants. Immatures can be blown to new locations by the wind, move by water or be transported by animals.

Tips for mealybug management:

- Conserve beneficial insects; there are many insects that will feed on mealybugs or parasitize them
- \*\*Use high pressure water sprays to dislodge the insects from the plant
- \*\*Insecticidal soap

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## GONE TO SEED

# NATUREWATCH

by Jim and Lynne Weber

Often used as an informal figure of speech meaning to deteriorate or go downhill, 'gone to seed' can have a negative connotation. But each seed contains a new beginning: a tiny plant just waiting for the right conditions such as water, warmth, and a good location, to germinate and grow. Seeds and seed heads form fascinating shapes, varying sizes, and intricate patterns, often adorning the fall and winter landscape.

Plants have many ways of dispersing their seeds, and most have evolved over millions of years. While the methods are tried and true, certain seeds have developed in very particular ways to take advantage of such methods, and some plants only release their seeds in response to specific triggers.

Wind helps seeds float or flutter away, often aided by seed structures such as thin wing extensions or long, feathery tails like those on the endemic Scarlet Clematis (*Clematis texensis*). Texas Bluebonnets (*Lupinus* sp.) employ the expulsion or explosion method, where the small, pebble-like seeds are forcibly expelled when the dried pods twist open in the warm sun. Gravity plays a part in many plants seed dispersals, where weighty seeds fall off the plant and roll to a new location. The best example of this are the round, heavy fruits that simply fall off a plant when ripe, such as those on Mexican Plum (*Prunus mexicana*) or Texas Persimmon (*Diospyros texana*). If the fruits have a tough outer shell, they may travel some distance from the parent plant, and if they have a soft skin, they



*Scarlet Clematis seeds have long, feathery tails that aid in wind dispersal. Photo by Lee Page.*



*Illinois Bundleflower seeds are eaten and dispersed by ground birds such as quail. Photo by Joseph A. Marcus.*



*Texas Star is name after the five-petaled flower and star-shaped seed head left behind after it blooms.*

may break open where they fall and scatter the seed or seeds within.

Some plants produce very light seeds, seeds with buoyant fluff, or seeds with air trapped in them, so they can float away from the parent plant that grows in or around water, like Common Buttonbush (*Cephalanthus occidentalis*) or Black Willow (*Salix nigra*). Others employ the assistance of animals, which can come in the form of seed or fruit eating (where the seed can pass undigested through the animal), seed caching or burying, or seed transportation. Often unbeknownst to the animal, seeds can be covered with tiny hooks or spines that catch on a passing animal's fur, and eventually rubbed off in another location. Common examples include Cedar Waxwings and American Robins eating juniper and yaupon berries, both ground and tree squirrels eating and caching acorns, and many animals (including humans) that emerge from the wilds carrying the seeds of Beggarsticks (*Bidens* sp.).

This fall and winter, let the seeds linger! Not only do they provide much needed food for wildlife, but leaving them allows for some beautiful and mysterious patterns in your winter landscape, and the promise of renewing the cycle of life that begins again each spring!

Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. If you enjoy reading these articles, check out our book, *Nature Watch Austin* (published by Texas A&M University Press), and our blog at [naturewatchaustin.blogspot.com](http://naturewatchaustin.blogspot.com).

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References upon request

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