

LONG CANYON *Gazette*

JANUARY 2016

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 9, ISSUE 1

WHAT TO FEED YOUR NEW FURKID

By Natural Pawz Co-Owner Nadine Joli-Coeur

New pets at Christmas used to mean puppies and kittens. That is no longer the case. Many of us adopt a new family member from one of the local rescues or pet organizations. The new pet can be young, old, small or large and may also have some special needs.

It's a time of great joy but it's challenging to determine the best food for your new pet. There are so many choices out there. Whether you get a pet from a breeder or adopt from a rescue or shelter, it's important to ask a couple of questions:

- 1) What has he/she been eating? How much and how often is he/she fed?
- 2) How old is the pet?
- 3) Does the pet have any allergies or skin issues?
- 4) Are there any medical conditions that you should know (past or present)?



A little information can help guide you on what to do next. If your pet has been on a poor diet or you have a multi-pet household, you might want to change the food. The first thing to do is find a food that meets the best needs of your pet. Should you buy canned food, dry food or something else? The answer really is that there is no one right answer.

Puppies – What to Feed

Feeding your pet healthy food is essential if he/she is to grow into a healthy adult. A puppy diet will provide the extra nutrients and fat needed. Additionally, other ingredients are critical such as DHA for brain development, omegas for a shiny coat and enough (but not too much) calories for energy. For small and medium breeds, you should feed puppy food for at least the first nine months. For large to giant breeds or breeds that tend to have hip and joint issues, you can feed a breed-specific puppy food for up to 18 months. (Timing is determined on when they stop growing).

Rescue Pets – What to Feed

Often newly adopted pets are stressed and may not have been on a proper diet prior to their arrival in your household. Select a diet based on needs, including overweight, dry coat, poor digestion....

POOR COAT – A better food will improve the pet's coat. Start with a food that provides additional omegas or ingredients for the coat (such as coconut oil, fish protein, fish oil, canola oil, flax). If the pet's ears and between the paw pads are irritated, the pet probably has allergies. Look to feed a diet formulated with limited ingredients and a protein source that they haven't had before such as duck, rabbit or lamb.

POOR DIGESTION / LOOSE STOOL – If your pet has loose stools or diarrhea, it may be due to stress, a poor diet, too fast a transition to a new diet or feeding too much. If you are feeding a good diet, you may be feeding too much during a meal. Either cut back or feed more often. A good diet starts with high-quality ingredients as opposed to lower quality or highly processed ingredients such as

(Continued on Page 3)

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.

SUDOKU

View answers online at www.peelinc.com

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

© 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.



ADVERTISE
YOUR BUSINESS
TO YOUR
NEIGHBORS

support your community newsletter

Kaylene Hindman

Khindman@peelinc.com • 512-791-1130

THE DISCOVERY SERIES

FAMILY ENTERTAINMENT AT THE PARAMOUNT THEATRE

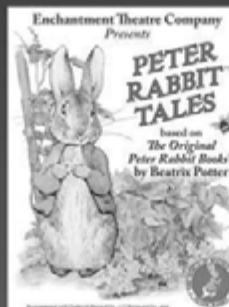
PARAMOUNT



ELEPHANT & PIGGIE'S "WE ARE IN A PLAY!"

JANUARY 31, 2016

Get ready for a musical experience ripped from the pages of your favorite books. You'll be doing the "Flippy Floppy Floory" dance all night long!



PETER RABBIT TALES

APRIL 3, 2016

Using fantastic masks, dance, whimsical puppets, gorgeous scenery and original music, the magical world of Beatrix Potter comes alive on stage!

TICKETS & INFO: AUSTINTHEATRE.ORG OR 512 474-1221

PARAMOUNT THEATRE • 713 CONGRESS AVE • AUSTIN, TX

(Continued from Cover)

glutens, starchy grains and by-products. A pet cannot be healthy without a healthy intestinal tract. To improve intestinal health, add the following to the diet:

- Pre and/or probiotics: a supplement specifically designed for pets will work better than plain yogurt
- Enzymes: Try a supplement, raw food or bones; Pumpkin is also a good option that's full of fiber and minerals.

Food transition Guide

Day 1 & 2: 75% old food, mixed with 25% new food

Day 3 & 4: Equal amounts of both food

Day 5: If poop looks good, feed 75% NEW and 25% old. Otherwise, repeat the 50:50 split.

Note : many less-processed will require less feeding than the directions say. Start with 3/4 the amount and add more or less, depending if your pet starts to gain or lose weight. For more details, you can pick up a Pet Food Transition Guide at Natural Pawz.

Transitioning to a New Diet

OVERWEIGHT – Overweight pets are susceptible to many health issues (joint pain, heart stress). Feeding a low-fat diet often

will not result in reduced weight. Your pet needs high-quality protein for optimal health. Here are some ways to lose those extra pounds:

- Replace 1/3 of the diet with canned pumpkin. Feed a good senior or weight management diet. (The extra glucosamine in a senior diet helps the joints.) Cut back the current diet and slowly increase the pet's exercise.

SENIOR PETS – If you adopted a pet over seven years old, I thank you. Increasingly, old pets find themselves in shelters or rescue groups because their owners cannot take care of them. Senior pets are some of the most loving animals and with a little focus on nutrition and supplements, there is no reason why senior pets can't live a long and happy life. As our pets age, their bodies do not process foods as efficiently, so look to feed a less-processed diet, make sure to manage their weight and increase water /moisture in their diet.

As parents of a new furkid, you are responsible for what your pet eats. Not all pets are the same and not all pets like the same things. With some research and a little trial and error, you can make a difference in what your pet eats and the life your pet enjoys.



NOW ENROLLING

The Children's Center Of Austin 

CCOA-STEINER RANCH 4308 N. Quinlan Park Rd. Suite 100 Austin, TX 78732 512.266.6130	CCOA NW AUSTIN 6507 Jester Boulevard Building 2 Austin, TX 78750 512.795.8300	CCOA-WESTLAKE 8100 Bee Caves Rd Austin, TX 78746 512.329.6633
--	--	---

childrenscenterofaustin.com

\$25,000+ raised in the
2015 Fall Giving Campaign



Thank You *Four Points Community!*

Your generous contributions will make a positive impact in education.
Vandegrift High School

Canyon Ridge Middle School—Four Points Middle School

Grandview Hills Elementary—Laura Welch Bush Elementary

River Place Elementary—River Ridge Elementary—Steiner Ranch Elementary

www.HillCountryEdFoundation.org

Valedictorian (+\$2,500)

Lamb Foundation

Salutatorian (\$1,000 to \$2,499)

Doug & Michelle Beck

John & Tracey Graff

Lance & Brenda Langford

John & Kathleen Pasquarette

Brian & Shelle Pitman

The Don & Dana Schwent Family

Rebecca & Kevin Temple

Scholar (\$500 to \$999)

Dr's Brent & Jennifer Cardwell

Tim and Stacey Dehne

iQuest Global Enrichment Center

Stephanie & Michael Johnson

Michael & Lisa Lewis

Laurie & Stephen Moore

Brett & Hillary Pittsenbargar

Pam & Chris Province

Geoff & Mary Scherer

Craig Smyser, RE/MAX Capital City

Dr. Theresa Willis,

Austin Diagnostic Clinic

Dave & Carrie Yeats

Gerald Zuraski

Dean's List (\$250 to \$499)

Matthew Cartwright

Bob & Stephanie Collins

David & Nathasha Collmann

Holly & Chris Dees

Pete & Misti Dwyer

Biff & Cris Farrell

Dean's List (\$250 to \$499)

Rhett & Jill Francis

Julie & Trevor Hildebrand

Iglesias Family

Chris & Laura Lee

Solaris Private Wealth Mgmt

Jill & Ben Sheppard

Laura & Mike Schmuellen

Mike & Karen Stevens

Chris & Danika Taylor

Julie & Tom Wolk

Brady & Karen Wunsch

Honor Roll (Up to \$249)

Dave & Jan Allgire

Jessica & Ted Beck

Merchant & Ann Buchanan

Ken & Pamela Campbell

The Carpenter Family

Chris & Debbie Chase

Chi-Jui Chung

Honor Roll (Up to \$249)

Rebecca Cole

Richard Collins

Amy & Brian Cussimano

Kurt & Nadine Delius

Laura Devaney

The Ely Family

Gina Faist

Mark & Cynthia Flickinger

Four Points News

Daniel & Brooke Garces

Lisa Gilbert

Cherise Ginsburg

Erika Gonzalez-Lima, PhD, LPC

Stephanie & Stephen Haug

Alison Hoffmann

John & Sue Holstrom

Carol Killgore

Cathy Kirkpatrick

Andrew & Chiaki Krupp

Honor Roll (Up to \$249)

Jim & Daisy Longmire

Laura Ludvigson

Dawn Metzler

Kathy Mills

Sapna & Krishna Murthy

Gloria & Mack Parker

Stewart & Lisa Pickard

The Tamara & Tim Prucha Family

Arin & Chris Reid

Myra & Jim Roberts

Michele & David Robison

Robert & Lisa Roth

Julie & Jeff Sabuda

Jill & David Sandal

Mike & Laura Schmuellen

Sean & Kim Skelton

Tonya & Adam Stahl

Lisa Stephens

Mark & Ann Thompson

Topfer Family Foundation

Percy & Jean Wong

*Join us for an Evening of Dining,
Dancing & Auctions*

6th Annual Giddy Up Gala

February 27, 2016

The Westin Austin at The Domain

Tickets On Sale January 5

HillCountryEdFoundation.org



YOUR FOUR POINTS ACADEMIC BOOSTER CLUB

Protect Your Home From Freezing Weather

- Wrap all exposed pipes located outside or in unheated areas of the home.
- Remove garden hoses from outside faucets.
- Cover vents around the foundation of your home.
- Know where your property owner's cut-off valve is located and how to use it. The valve is located adjacent to the water meter box under a 6" metal lid.

In Sub-Freezing Weather

- Drip outside faucets 24 hours a day (5 drops per minute). This is not necessary unless temperatures are expected to be 28 degrees or below for at least 4 hours. (Be sure to turn off the faucets after the threat of freezing weather.)
- Open cabinet doors under sinks adjacent to outside walls.
- In unheated garages, shut off water to washing machines. Water softeners should be drained and protected from freezing temperatures.

- In sustained sub-freezing weather, let water drip slowly from inside faucets.
- Take extra precautions to protect pipes that have frozen in the past.

If You Are Not Going To Be Home:

- Shut water off at the property owner's cut-off valve.
- Drain all outside water faucets if your house will be unoccupied for several days (leave outside faucets open).
- Or, leave home heating system on at a low setting.
- Open cabinet doors under sinks adjacent to outside walls.
- Renters and tenants may be responsible for personal property damage caused by broken water pipes during severe weather conditions. Residents should contact property management/landlord or maintenance personnel to locate property owner's cut-off valve and find ways to avoid pipe breakage during a freeze.



Photo by Jeanne Chizzonite

Spring baseball @ Northwest Little League



T-Ball: Ages 4-5
A6 (tee then coach pitch)
AA7 & AAB (coach pitch)
AAA & Majors (player pitch)
Softball
Pony Baseball

**Come join us for the
finest youth baseball/
softball facility and
program in Austin!**

**Sign up today:
www.NWLL-Austin.org**

FOR UP TO DATE INFORMATION JOIN OUR FACEBOOK PAGE...

www.facebook.com/NWLLAustinTX

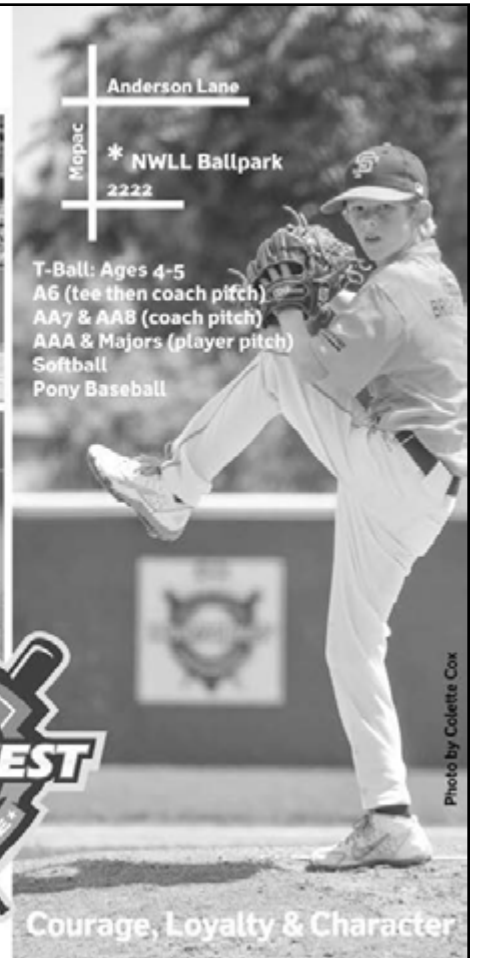


Photo by Colette Cox

Courage, Loyalty & Character

* 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.



Quality

PRINTING COMPANY

Call today for more info
512.263.9181

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

QualityPrintingOfAustin.com



"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 work harder, or more professionally to get you the most money for your home."



Brandy Finnessey

Better Home,
Better Garden,
Better Agent.

5-Star Award Winner in
Texas Monthly since 2010

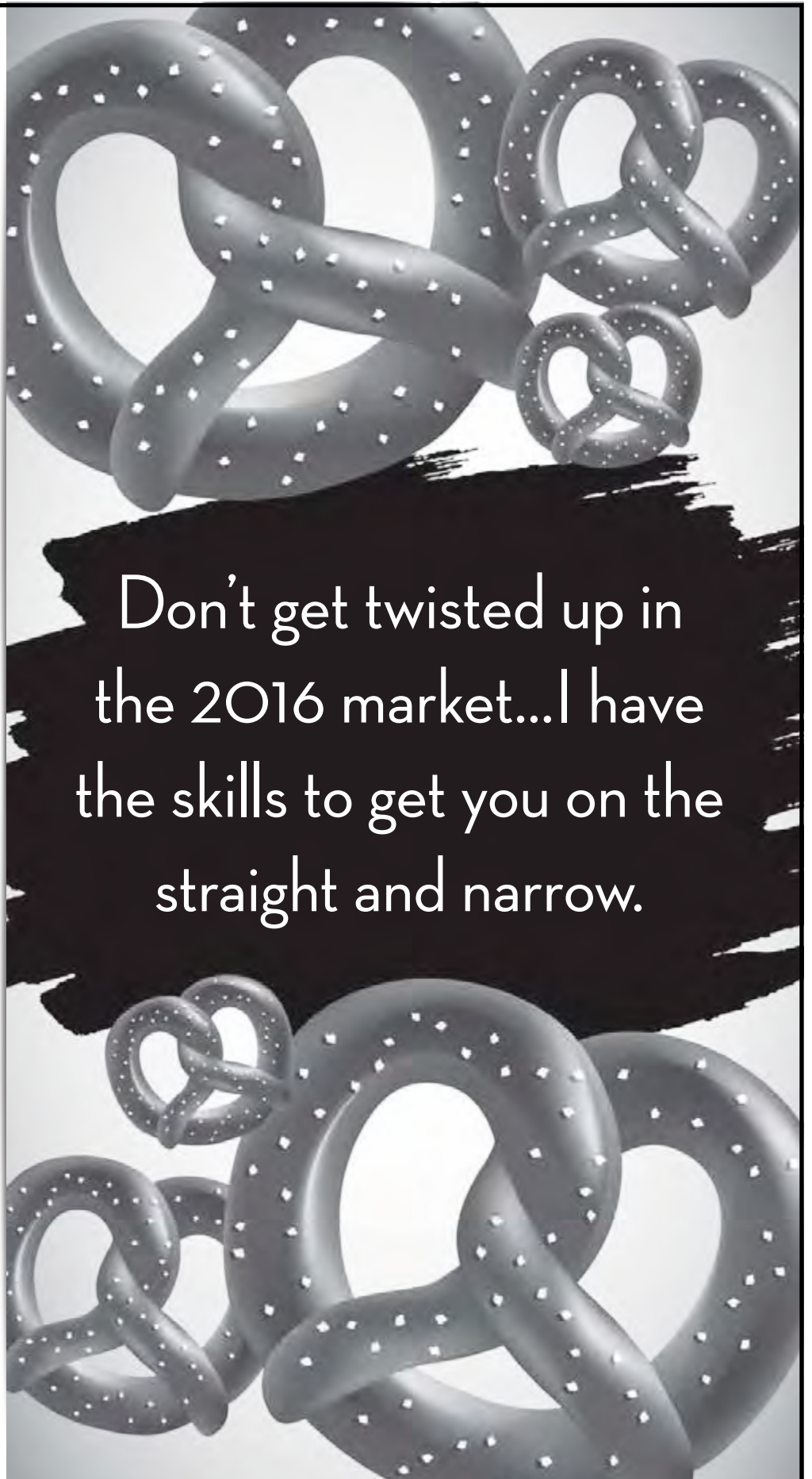
Nominated Top 25 Agents
Austin Business Journal 2013 & 2014

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

- Licensed in Texas



**BRADFIELD
PROPERTIES**



Don't get twisted up in
the 2016 market...I have
the skills to get you on the
straight and narrow.



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

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

LY



PEEL, INC.
community newsletters

www.peelinc.com
512.263.9181

The Spotlight

QUARTERLY
BUSINESS
DIRECTORY

FOUR POINTS
EDITION
WINTER 2016



Photo by Chris Diaz,
Shutterbug Studios

DON'T LET THE FLU KEEP YOU DOWN

Reviewed by Danielle Fryer, RN,
ADC Practice Manager

FLU SEASON

It's that time of the year when hand sanitizer, tissues and "vampire sneezes" are the talk of the town. Influenza is a serious, potentially life-threatening disease that begins to show up between October through March in the U.S. Flu can cause absences at school and result in lost production at work.

The Centers for Disease Control (CDC), estimate that in the United States, each year on average 5% to 20% of the population get the flu and more than 200,000 people are hospitalized from seasonal flu-related complications. Flu seasons are unpredictable and can be severe¹.

So, who should get the flu vaccine?

Anyone over 6 months of age should get a flu shot yearly, especially those individuals at high risk for flu including:

- Children younger than 5 (especially those younger than 2 years old);
- Adults 65 years and older;
- Pregnant women and
- Residents in nursing homes or long-term care facilities.

People with the following medical conditions are considered at high risk for flu and should also be immunized yearly:

- Asthma;
- Neurological conditions;
- Heart disease;
- Blood disorders (like sickle cell anemia);
- Kidney and liver disorders;
- Metabolic disorders;
- Weakened immune systems;
- People who are younger than 19 on aspirin therapy and people who are morbidly obese.

Are there people who should not get a flu shot?

Talk to your doctor if you . . .

- have had a past reaction to the flu shot;
- are recovering from a moderate to severe illness, or
- have a history of Guillain-Barré Syndrome.

When should you get vaccinated?

Flu season usually runs from October through May. Doctors recommend you get the vaccine as early as September to maximize protection for you and your family. It usually takes two to four weeks for the vaccine to give you immunity.

Can I get the flu from a flu shot?

No. The *injection* you will receive is a dead virus - it cannot give you the flu. However, you may experience side effects such as a sore arm, mild fever or achiness that may last up to two days.

Some people may choose the flu vaccine *nasal mist*. The nasal mist is a live, weakened flu virus that is squirted in your nostrils. It cannot give you the flu. Side effects are minimal and include a runny nose, headache, sore throat, or fever lasting 1-2 days. It can only be given to people from 2 years of age up to the age of 50.

What is the High Dose Flu Vaccine or Fluzone High Dose?

The high dose vaccine contains four times the amount of antigen (which prompts the body to make antibodies) as the regular flu vaccine. The high dose vaccine is approved for use in adults 65 years and older. As we age our immune systems weaken and immune responses decrease. A recent study² indicated that a high-dose vaccine was more effective in preventing flu in adults 65+.

What is the difference between the flu and a cold?

A cold may begin gradually and develop over several days. The flu comes on suddenly and is accompanied by some or all of the following symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever.

The Austin Diagnostic Clinic, will offer flu shots for adults 18 years and older at all doctor's offices, including Steiner Ranch, during regular business hours. Parents should contact their pediatrician or family doctor to schedule flu shots for children under 18 years old.

- Flu shots \$40 (or will file insurance)
- High Dose Flu Shots \$60 (will file insurance)

For additional hours and information please visit **ADClinic.com/flu** or call our **Flu Hotline at 512-901-7117**.

Sources:

1. <http://www.cdc.gov/flu/index.htm>

2. http://www.nejm.org/doi/full/10.1056/NEJMoa1315727?query=featured_home6

AVOID THE FLU VISIT AN ADC OFFICE NEAR YOU

ADClinic.com/flu
512-901-1111



ADC Steiner Ranch
5145 RM 620 N., Building I

**Get a flu shot and protect
yourself and your family
this flu season.**



- ★ Flu shots for adults 18 years and older at all ADC offices
- ★ Cost: \$40 or we will file insurance - ask us about high-dose flu shots for adults 65+
- ★ Available during regular business hours Monday- Friday (check adclinic.com)
- ★ Flu shots after-hours and weekends at ADC Urgent Care in North & South Austin
- ★ Parents should contact their pediatrician to schedule flu shots for children under 18.



DID YOU KNOW:
A TYPICAL FLU SEASON
CAN LAST FROM
OCTOBER - MAY

512-901-1111
ADClinic.com
Keeping Central Texas Healthy Since 1952



Steiner ORTHODONTIST

BOARD CERTIFIED TREATMENT

Celebrating 20 Years in Dentistry

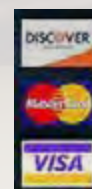
- Complimentary Exam and screening X-Ray
- All Insurances accepted, 0% payment plans
- State of the Art facility
- Friendliest staff & Superior Customer Service
- Available After Hours for Emergencies
- Supporter of local schools and clubs with over \$20,000 donated yearly to local groups



Open Mon through Friday

512-266-8585

www.BracesAustin.com



Dr. Waters is a 1996 graduate from UT Dental School in San Antonio, a 1997 graduate of Advanced Dentistry from the University of Nebraska Medical Center and the 2001 Valedictorian from the St.

Louis University Orthodontic Program being the recipient of the 2001 J.P. Marshall Award for Clinical Excellence. He holds a Bachelor's Degree in Biology, Doctorate in Dental Surgery, a post-Doctorate certificate in Advanced Dentistry, post-Doctorate certificate in Orthodontics & Dentofacial Orthopedics and a Master's Degree in Orthodontics. Dr. Waters is a Diplomate of the American Board of Orthodontics since 2006 and a **Proud Steiner Ranch Resident** since 2001.

Our Community. Your Family Orthodontist.

Steiner Ranch at Vista Ridge
4302 N. Quinlan Park
Austin, TX 78732



Central Austin on 35th
1814 W. 35th Street
Austin, TX 78703

Excellence.

ner Ranch ODONTICS

MENT FOR CHILDREN, TEENS & ADULTS

Board Certified in Early Treatment:



Board Certified in Traditional Braces:



For mild cases, Dr. Waters offers **Orchestrate Clear Aligners** created by Specialists for Specialists; why go with the 20 year old 1st generation systems used by general dentists that outsource your treatment when you can have a more customized treatment designed and fabricated specifically for YOUR needs and by YOUR specialist?



Right Here.

Member
American Association of
Orthodontists®



Community Newsletters

About Peel, Inc.

Peel, Inc. specializes in publishing community newsletters for neighborhoods and homeowner associations. Our goal is to help build communities by connecting local businesses with residents and residents with relevant neighborhood information. We currently work with over a hundred communities and homeowner associations throughout the state of Texas. You can find us in Austin, Houston and San Antonio. To view our coverage map visit us online at www.peelinc.com.

Professional Quality

Our newsletters are designed using industry-standard tools like Adobe InDesign, printed on offset presses, folded, and saddle-stitched. This produces a higher-quality professional-looking newsletter than consumer-level tools like Microsoft Publisher and high-speed copiers. By mailing the newsletters directly to the residents we eliminate the need for costly door-to-door delivery services.

Reputable History

Peel, Inc. has been in business since 1977 and printing community newsletters continuously for over 24 years. That's twenty-four years of working with community leaders, homeowner associations, neighborhood associations, and management companies to help them communicate

effectively with their residents. Twenty-four years of working hand-in-hand with local editors ensuring articles are informative and relevant to the residents. Twenty-four years of helping local businesses advertise their presence. Twenty-four years of helping build communities.

Advertising:

Advertising is an investment in the growth and future of your business. Consumers who buy products or services from businesses like yours almost always buy them from a business that they knew about before their need occurred. Advertising increases the likelihood that more consumers will know who you are when they are ready to buy. Advertising has other important benefits: it helps defend your revenue from competitors, it encourages repeat business, it can improve employee morale, and make it easier to hire the best people.

So should you advertise? Absolutely. The trick is finding the right medium for your business and budget. It's vital that whatever you choose, the media must reach enough of the right people, reach them frequently, and reach them with a compelling enough message to stick in consumer minds. Advertising monthly in a community newsletter is a great way brand yourself as well as reach people near your place of business. Call 512-263-9181 and start today.



Four Points Spotlight

The Four Points Spotlight is a quarterly supplement inserted in to all of our Four Points area newsletters and has a reach of 8,500 homes. Advertising is exclusive to only one business in their respective field. The next issue will go out in April. Call to reserve your space today: 512-263-9181.



When we began the process of starting our new business, my business partners and I drew out an advertising plan that we felt confident would produce steady revenue and growth. However, we learned quickly that we couldn't afford to limit ourselves to phone directories and internet marketing. After spending countless hours and more money than I care to admit we met Kelly Peel with Peel Inc. Kelly wasted no time in helping us determine the best market for our ad and custom tailoring an ad that would make our phone ring. Peel Inc. got us into the homes of 4000 residence in our target audience for for just a few cents per home. We have yet to find a more affordable and explosive form of advertisement. Peel Inc. has an obvious commitment to excellence and this is most evident in their diligent follow through, creative design work, and high quality newsletters.

Wade Lombard

Owner, Square Cow Moovers



PEEL, INC.
printing & publishing

www.peelinc.com

512.263.9181

Think.
Create.
Make it
Happen.



LOOKING FOR AN EXPERT THAT WILL SELL YOUR HOME AT TOP DOLLAR IN RECORD TIME?

The THATE TEAM has proven to be your FOUR POINT EXPERT. Our leading internet presents, marketing knowledge and networking has proven successful for our clients. Give us a call, let us show you how we work.



15012 Flat Top Ranch Road
\$1,500,000



12500 Tierra Grande
\$475,000



3805 Standfield Drive
\$415,000



11933 Granite Bay Place



12001 Mira Mesa Drive



12105 Rayo De Luna



13004 Bloomfield Hills



1817 Val Verde Drive



14900 Flat Top Ranch Road

David & Kelly Thate

REALTORS® CHLMS, CRS, GRI, LHS

kellythate@realtyaustin.com • www.thateteam.com

C 512.750.5777 F 512.220.4935

Austin Business Journal Top 5% Producing Agent

Texas Monthly Five Star Agent 2014-2015, Austin's Platinum Top 50 Award 2014-2015



MORE MONEY! LESS STRESS! COMPETITIVE COMMISSIONS!