

LONG CANYON *Gazette*

MARCH 2016

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 10, ISSUE 3

AUSTIN'S LIVE MUSIC RUNNING EVENT TAKING PLACE ON — APRIL 3 —

North Austin is home to the Austin 10/20, the only race in town that can truly claim to be Austin's Live Music Running Event. The 5th Annual Austin 10/20 is a family friendly race that will be held on April 3 at the Domain. The 10 mile running and walking event will have 20 stages of live music along the course and a Headliner Concert featuring Grammy nominated rock band Fastball at the Finish. Over 5,000 participants are expected to attend.

From local bands, to local prize money, to a featured local charity (Capital Area Food Bank of Texas), the Austin 10/20 showcases all thing that make Austin the best city in Texas.

Since the beginning of the Austin 10/20 in 2012, over 400 local bands have applied to play at the annual race but only twenty of the best can be selected each year. These talented bands are positioned every half mile along the route to keep athletes motivated and rocking as they move along.

Last year's winner Kenneth Rotich covered the race course in just 49:27. Runner up Erik Stanley was right on his heels finishing just a second behind in 49:28. Stanley was also the Travis County

Champion and the winner of a special prize money purse available to the top five local male and female finishers.

Don't let the fast times discourage you as athletes of all abilities are welcomed and encouraged to participate. In addition to tons of music, the Austin 10/20 offers plenty of course support – water stations, cold towel stations, cheer zones and porta-pottie locations along the route to make race day enjoyable for everyone. The generous three hour time limit allows for walkers to participate.

Waiting at the Finish Line for all participants is a dazzling finisher medal and a rock 'n' roll Post Race Party with free beer (must be 21 or older). Rock band and Austin trio, Fastball will take the Main Stage at 10:30 AM. Friends and Family are welcome to cheer on their runners and stay for the Finish Line Concert.

The Austin 10/20 is sponsored by Third Base Sports Bar, Corner Bakery Café and Lyft. Turnkey Operations produces the race and is based in Austin, TX.

To learn more about the Austin 10/20 or to register for the race, visit Austin1020.com.

NEWSLETTER INFO

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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

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ZIKA VIRUS



Zika virus is transmitted by Aedes mosquitoes and there is no specific treatment or vaccine currently available. The best way to avoid getting the virus is to avoid being bitten by infected mosquitoes. About 20% of people with Zika virus actually get ill. Severe disease, requiring hospitalization, is uncommon and death due to the virus is rare.

The incubation period of Zika virus is thought to be a few days to a week, but is still unknown. Symptoms include fever, skin rash, conjunctivitis, muscle and joint pain, and headache. Symptoms tend to be mild and last from 2-7 days. Zika virus can be contracted through the bite of an infected mosquito, through blood transfusions, through sexual contact, and from mother to child during pregnancy.

The mosquitoes that are able to transmit Zika virus are also able to transmit dengue and Chikungunya viruses. These mosquitoes are daytime biters, but can also bite at night. Aedes mosquitoes lay their eggs in standing water- buckets, tires, tree holes, animal water dishes, etc.

To protect yourself from mosquito bites, wear light-colored clothing that covers as much skin as possible, use insect repellent (read and follow label instructions), use screening on doors and

windows, use mosquito netting (if needed) while sleeping, and reduce standing water areas.

For more information on Zika virus, please see the CDC website here <http://www.cdc.gov/zika/index.html>

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



NOW ENROLLING

The Children's Center Of Austin

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childrenscenterofaustin.com

HOPE4MINDS Amplifies Hope for Children with Acquired Brain Injury with \$10,000 Matching Grant from DOCUmentation

Volunteers and Donors to Kick Off 2016 Amplify Austin Fundraising Campaign at The Dogwood on March 8th



HOPE4MINDS, an Austin-based nonprofit that provides charitable support to Texas families of children with an acquired brain injury, aims to raise \$30,000 in its 2016 Amplify Austin campaign that kicks off at 5:30 p.m. on Tuesday, March 8, at The Dogwood, 715 W. 6th Street in Austin. The Kickoff Party goes until 10 p.m. with live music from The Fixer & the Flaw & Mike Reardon Blues and complimentary appetizers from 6 to 7 p.m. The Dogwood will generously donate 10% of all alcohol and food sales to HOPE4MINDS during the party.

DOCUmentation, a leading provider of business technology solutions from printing to document management systems, will match donations to HOPE4MINDS up to \$10,000. HOPE4MINDS is supported by more than a dozen individual fundraisers of all ages through Amplify Austin's website. Learn how to make a donation by searching "HOPE4MINDS" at www.iliveheregivehere.org/amplify-austin or go to www.hope4minds.org.

Since 2012, HOPE4MINDS has provided more than \$296,000 in services to families. They help families pay for things such as therapy, treatments, equipment, and home renovations that are not covered or only partially covered by insurance. They have a monthly support group in Austin, along with a Parents-4-Parents Support Program. They also offer CPR/First Aid Trainings and Concussion Baseline Screenings in the Austin area.

"HOPE4MINDS is truly changing the lives of the families it supports and our team wants others to know about the incredible impact they are having on kids' lives," says Denise Bodman, Real Estate Advisor for Engel & Völkers who has supported HOPE4MINDS as a donor and volunteer since its inception in 2011. "Amplify Austin is a unique opportunity to rally our community to learn what HOPE4MINDS is all about and to rally our community behind their cause."

According to The Center for Head Injury Services, approximately 1 in 500 school-age children each year receive a head injury severe enough to be hospitalized. Although families are eligible for state and federal financial support, funding is limited, and families are forced to pay for medical care on their own. A child who survives a head injury face a wide range of conditions, including short-term memory loss, a decline in functions such as reasoning, judgment,

and synthesizing information; anomia, or difficulty with words, as well as visual disturbances. Other effects may include ataxia, or a lack of coordination; apraxia, or an inability to coordinate a familiar movements such as brushing teeth, combing hair, using eating utensils; spasticity, rigidity and myoclonus, disorders which can include a tendency toward jerky motions and trembling; and quadriplegia, a weakness of the arms and legs.

The HOPE4MINDS mission is to foster hope and enrich the lives of children with an acquired brain injury through support and education. For more information, visit www.hope4minds.org.

The logo for Ranch Road Vision Source, featuring a stylized "RR" monogram and the text "RANCH ROAD VISION SOURCE".

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A black and white photograph of Dr. Shazeen Ali, a woman with long dark hair, wearing a white lab coat over a dark top, standing in front of a counter.

Dr. Shazeen Ali

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XERISCAPE

Before you nix the xeriscape, know this: it doesn't mean you have to convert your lawn to a rock garden. Nor do you have to go cold turkey on turfgrass. But you do have to keep seven principles in mind.

www.gardenstylesanantonio.com

Coined in 1981 by Denver Water, xeriscape (xeris is Greek for dry) refers to the principles of matching low maintenance landscape with low water usage.

Xeriscape is not just rocks, cactus, agaves, synthetic turf, decomposed granite and rain barrels, although these could all be components of a xeriscape. A xeriscape in its simplest form is minimal lawn, native flowering perennials and shrubs with no more than two inches of mulch, and pervious patios or decks.

THERE ARE SEVEN PRINCIPLES OF XERISCAPE. THEY INCLUDE:

1. Planning and design
2. Soil amendment
3. Efficient irrigation
4. Appropriate plant selection
5. Mulch
6. Limited turf areas
7. Appropriate maintenance

Now let's look at what these principles really mean.

PLANNING AND DESIGN

Always begin with a plan. Consider aspect, shade, slope, soil, and existing and desired species. Always have in the back of your mind the goal of one third lawn, one third beds and one third pervious patio or deck.

SOIL AMENDMENTS

Soil holds moisture. The more soil, the less supplemental water needed. One way to increase water holding capacity is compost. Add one inch of compost to the soil. Expanded shale, while not organic, is excellent for heavy clay soils.

EFFICIENT IRRIGATION

Of course, the most efficient irrigation is rain. But the second best is a hose. Let this sink in — an in-ground irrigation system will use 50 percent more water (70 percent in the summer) than a hose-end sprinkler or hand held hose. Which do you think does a better job of conserving water?

APPROPRIATE PLANT SELECTION

Pick a good shade tree or two. Enjoy some native plants or ones well-adapted to our area. An extensive list of options is available at GardenStyleSA.com.

MULCH

Two inches of mulch, whether organic like woodchips or river rock, is sufficient. Xeric plants prefer limited mulch.

LIMITED TURF

It's really simple. Lawns use an excessive amount of water. Therefore,

reduce the size of lawns. The recommendation of weekly mowing suddenly becomes much easier.

APPROPRIATE MAINTENANCE

Excessive pruning and fertilization does more harm than good. Just keep it simple — mow weekly, prune perennials no more than three times a year, prune trees once every five years and fertilize once a year or use compost in spring and fall.

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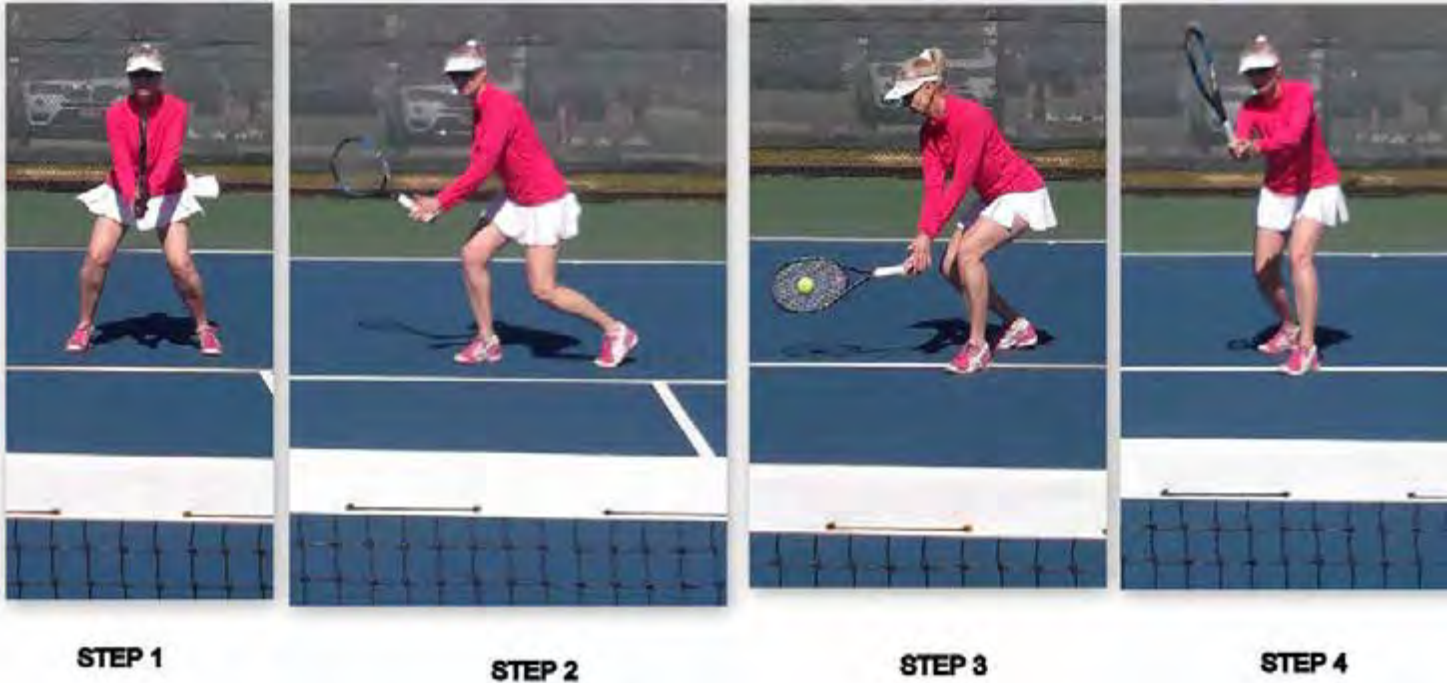
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TENNIS TIPS

By USPTA/PTR Master Professional, Fernando Velasco



How to execute The Half Volley

In previous newsletters, I offered tips on how to execute a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, and the serve. In this issue, I will give you instructions on how to execute the half volley, which is usually played between the base line and the net. The player is not close enough to the net to hit it on the air and/or does not have enough time to retrieve back to hit it on the top of the flight. The ball is usually hit right after it hits the ground. In these pictures student Liz Stanis from the Grey Rock Tennis Club demonstrates the proper form and technique.

Step 1: The Split step: When the player realizes that she will have to play the ball right after it hits the ground, the player will stop and take the split step by bouncing off her toes at the same time and let her body lean forward to react to the ball. Both hands are on the racket so it can react to either move to the left or to the right. Eyes are focused on the incoming ball.

Step 2: The Back Swing: The secret of the half volley is to take the racket back early and have a short back swing. Also, it is critical to lay

the wrist back slightly to allow for a good point of contact in front of the body. The player will then bend her knees and lunge forward to hit the ball as soon as it hits the ground. Notice the concentration of keeping her eye on the ball.

Step 3: The Point of Contact: As soon as the ball starts to rise, the player will make the contact with the ball and will aim to go away from the net person. Her eyes are focused on the point of contact and the left hand is still close the body for better balance. The left knee is still bent and the left toe is pointing toward the point of contact.

Step 4: The Finish: Once the ball leaves the racket, the left knee has now almost straightened up and the follow through is above the players' head. This will allow the ball to go high over the net and will land deep toward the baseline. The opponent will have to back off to hit the next ball, or will also be forced to hit another half volley. The left hand is ready to hold the racket on the handle to anticipate the next shot, which probably will be the volley.

Look for in the next Newsletter: The One Handed Backhand Volley



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