

LONG CANYON *Gazette*

APRIL 2016

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 10, ISSUE 4

The Walk to Cure Arthritis Austin Celebrates 10 Years

The Walk to Cure Arthritis Austin is celebrating 10 years of helping find a cure, raising awareness and supporting those suffering from arthritis.

Arthritis is a serious health crisis. America's number one cause of disability, it strikes one in every five adults and about 300,000 children — and it's growing. By the year 2030, an estimated 67 million Americans—that's one in four—will be diagnosed with some form of arthritis. Add family members and other caregivers, and the impact skyrockets.

Those who suffer from arthritis find everyday activities like climbing a few stairs, bathing, getting dressed or cooking a painful battle. They are accustomed to saying no to so many of the things that bring them joy. The Arthritis Foundation's purpose is loud and clear: to conquer arthritis and be the Champion of Yes for all those who suffer from it.

The Walk to Cure Arthritis Austin is Saturday, April 23 at Concordia University. Registration begins at 8 a.m. and the walk will start at 9:30 a.m. The event will feature one-mile and three-mile courses as well as activities for the whole family, including the family dog! This year's walk will feature a Senior Zone, a Kid

Zone, a Dog Zone, music from the Bruce Smith Band and breakfast tacos from Maudie's!

Whether you have a connection to arthritis or are just looking for a great community even to support, please join the hundreds of walkers fighting arthritis! Attendees will include our special 10th anniversary walk honoree Kaylan Berry who was the very first walk honoree ten years ago when she was just six years old. The walk will also recognize child honoree Jacob Lively, adult honoree Jane Ayala and medical honoree Dr. Hilton Gottschalk.

For more information or to form a team, visit www.walktocurearthritis.org/austin or contact Helen Ross Petty at 512.800.4060.

The Arthritis Foundation is the Champion of Yes. We lead the fight for the arthritis community and help conquer everyday battles through life-changing information and resources, access to optimal care, advancements in science and community connections. Our goal is to chart a winning course, guiding families in developing personalized plans for living a full life—and making each day another stride towards a cure. For free arthritis information, visit www.arthritis.org.



NEWSLETTER INFO

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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.

Wild Basin Celebrates 10 Years in Steiner Ranch

Fulfilling a dream, personal trainers Kirk and Julie Leavell opened Wild Basin Fitness 10 years ago this August. In a community where on any given day you can find people running, cycling, hiking, walking dogs or shuffling their kids to activities or sports, stating that Steiner Ranch is an active community is an understatement. The Leavells joined forces with co-owners Tom and Alica Harrison — all Four Points residents — to create a community-serving gym focused on a personalized and friendly level of service that's often hard to find in larger gyms.

Eager to share their knowledge of health and fitness with the community, the Leavells created programs and classes to fit a variety of needs, schedules and ages without intimidation or judgment. Walk into Wild Basin on any day, and you'll find a welcoming community of WBFX Student Athletes, parents, runners, professional athletes and retired veterans. And since you're in the Live Music Capital of the World, you might run into a musician or two.

Over the last 10 years, Wild Basin has provided personalized training options for those not only wanting to look fit but also for those looking for a sustainable and healthy way of life by concentrating on functional fitness and form. In addition to their long-tenured personal trainers and class instructors, Wild Basin has teamed up with Drs. Mike Bhatt and Ryan Anderson of Pinnacle Sports Performance and Rehabilitation, nutritionist Lindsay Cotter of Cotter Crunch and occupational and massage therapist Amy Sanders. Seeing members' health as an entirety has contributed to the success of the gym, empowered members and has shaped a welcoming, open community atmosphere that you're hard-pressed to find elsewhere. The Leavells, the Harrisons and their staff are excited and grateful to celebrate this 10-year milestone, and they're looking forward the next 10 years with the Wild Basin family.



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Pruning Guidelines for Prevention of Oak Wilt in Texas

Oak wilt, caused by the fungus *Ceratocystis fagacearum*, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from tree- to-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. Below is a brief description of how you can reduce the risk of fungal spread when pruning.

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.
- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding of oaks during the spring (currently defined as February 1 through June 30). Reasons to prune in the spring include:

- o To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.
- o To repair damaged limbs (from storms or other anomalies)
- o To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.
- o On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
- o Dead branch removal where live tissue is not exposed.
- Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February 1 or after June 30.
- Debris from diseased red oaks should be immediately chipped, burned or buried.

Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.



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Thank you, Viper Nation, for helping to raise more than \$125,000 at the 2016 Giddy Up Gala! These funds will directly impact students at our five elementary schools, two middle schools and Vandegrift High School. We especially thank you for exceeding our expectations on our Fund-a-Need by raising more than \$30,000 for redesigning the VHS Library into a Library Commons, a digital learning library, where students will share space for information technology, collaboration, group study, classroom instruction and more. Giving to the Learning Commons continues — visit HillCountryEdFoundation.org to learn more.

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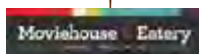


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April GARDENING TIPS

Offered by WeekendGardener.Net

Use this list to help you figure out what gardening tasks you want to accomplish this month.

Planning

When purchasing bedding annuals this spring, choose properly grown plants with good color. Buy plants with well-developed root systems that are vigorous, but not too large for their pots. Plants that bloom in the pack are often root bound and can be set back for several weeks after being transplanted. Plants not yet in bloom will actually bloom sooner, be better established and grow faster.

For hot-weather color, select one of the following: Gloriosa Daisy, Madagascar Periwinkle, Ornamental Peppers, Mexican Zinnia or Amaranthus 'Joseph's Coat. Plan to attract hummingbirds to your garden this year by planting red or orange flowers. Monarda (common names: beebalm, horsemint, Oswego tea, and bergamot) is a good perennial plant that thrives in sun and provides nectar for these small birds.

Planting

Begin to plant seedlings of warm-season vegetables such as tomatoes, peppers, and eggplants. You can also start your pumpkin seeds now.

Sow beets, beans, cucumbers, carrots, lettuce, sweet corn and radishes

Plant herbs such as thyme, sage, parsley, chives and basil

Sod or sow new lawns, and over seed damaged older lawns

Start planting out warm season annuals such as impatiens, marigolds, petunias, sunflowers, zinnia, lobelia, alyssum

Finish planting summer-flowering bulbs like tuberose, gladiolus, dahlias, and callas

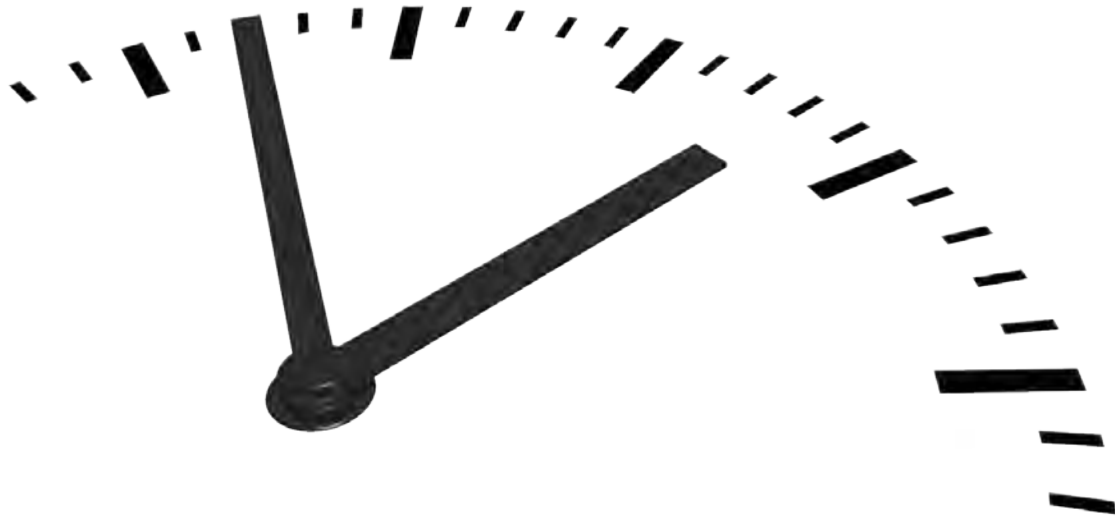
Plant chervil, coriander, dill, rosemary, and summer savory outside after the last spring frost date for your area. Your Extension agent should be able to give you the date.

Maintenance

Mulch soil to save water, smother weeds, keeps soil cooler. Spread 1-3 inches (2.5-7cm) of bark chips, compost, wood shavings, or other organic material under shrubs trees, annuals and vegetables. Thin vegetables that were sown too thickly, like basil, carrots, green onions, or lettuce. Prune spring-flowering shrubs and trees after bloom is over.

Fertilize everything right now, but do not feed spring-flowering shrubs like azaleas, camellias, and rhododendrons until after they have finished flowering. Use an acid based fertilizer. They also should be pruned after blooming.

NOW IS THE TIME!



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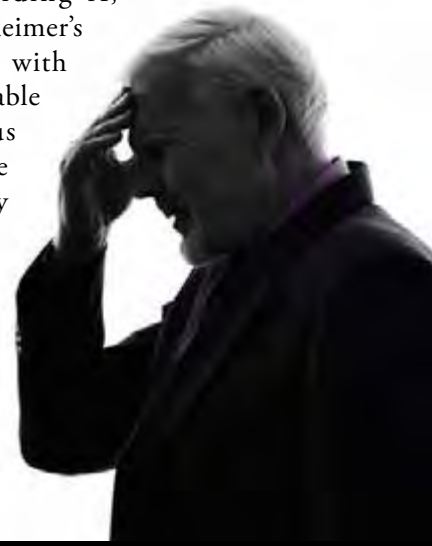
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Alzheimer's Respite Center in Austin

In today's world almost every family is touched by Alzheimer's. Someone in the family falls prey to this dreaded disease and it eventually impacts immediate and often extended family. The person with the greatest responsibility is the primary caregiver. Alzheimer sufferers often reach a stage of the disease that demands that someone be with them twenty-four hours every day. This places the caregiver in an extremely stressful position. If family does not live in the same city or if family is unavailable to help, the burden on the caregiver can become overwhelming. Accomplishing the simplest tasks becomes sometimes impossible because of the pressing needs of the person they are caring for.

A public, on-campus Alzheimer's respite center was established in Austin, TX several years ago. The center provides four hours of weekly care for people with Alzheimer's so that their caregivers can have a few hours of respite to do whatever they need to do. Great Hills follows the guidelines of the Alzheimer's Association Capital of Texas Chapter, and works closely with their Executive VP and Program Director to be sure that their Alzheimer's respite center meets all required standards.

The Great Hills Baptist Church Radiant Friends Alzheimer's Respite Center is located at 10500 Jollyville Road, Building A, Austin, TX 78759. Alzheimer's patients are welcomed with skilled caregivers, enjoyable activities, a nutritious meal, and safe exercise free of charge every Tuesday from 9:30 am until 1:30 pm. If you have a need in this area, contact Barbara Cross at 512-250-0826 for more information, and/or to apply for services.



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The Spotlight

QUARTERLY
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FOUR POINTS
EDITION
SPRING 2016



Photo by Chris Diaz,
Shutterbug Studios

Spring Forward with GOOD FOOT CARE

Ana Urukalo, DPM
ADC Podiatrist Steiner Ranch

TIRED, ACHY FEET?

Show your feet some love this spring!

According to estimates from the American Podiatric Medicine Association, the average person will travel 75,000 miles on their feet by the time they reach the age of 50.

Popular shoes like high heels and flip-flops lack good arch support so, it is no wonder many Americans are often complaining of tired, achy feet.

Feet need to last a lifetime, so ADC podiatrist, **Ana Urukalo, DPM** shares her tips for keeping your feet in tip-top shape this season.

Wear the appropriate shoe for the activity.

You might think this is common sense, but how many people still mow the lawn in flip-flops? Wearing the correct footwear for whatever activity you are doing will limit your risk of injury.

Wear the right size shoe.

Although feet do not actually "grow" past our teenage years (when growth plates close) they do "lengthen and widen" as we age. Dr. Urukalo recommends checking your shoe size at least once a year. Wearing shoes that are too small can cause hammertoes, bunions and ingrown toenails.

Change up your heel height.

If you wear high heels, be sure to alternate between high and low heels daily to limit your risk of injuring your tendons and muscles.

Apply sunscreen to the tops of your feet.

Remember to extend the sunscreen past your ankle and in-between your toes to help limit your skin cancer risk.

Take a nail polish vacation.

Going without polish every few months will keep your nails from becoming brittle or developing a fungus.

Dry your feet thoroughly after bathing.

Make sure your feet are dry, including between your toes, before putting on socks and shoes to decrease your chances of developing athlete's foot fungus.

Retire your running or walking shoes after six months or 500 miles.

The inside and support for your shoes begin to break down after repeated use. Replacing your shoes regularly will reduce the risk of foot and heel pain.

Keeping your feet in tip-top shape will reduce your risk of injury or pain. If you have had a nagging foot pain that hasn't gotten better with rest or home remedies, make an appointment with a podiatrist, your feet will thank you.

Dr. Urukalo is a board-certified, podiatrist practicing at ADC's Steiner Ranch Clinic where she is also an active resident in the Steiner Ranch and Lake Travis area. She joined ADC in 1999.



Resources

<http://www.crozerkeystone.org/news/press-releases/2013/april/treat-your-feet-april-is-foot-health-awareness-month/APMA>

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Braces at 7-Years-Old, Is That Too Young?

For years, orthodontics have been a “reactive” profession. Parents would slowly watch their child’s teeth go from bad to worse while waiting for the baby teeth to fall out, then finally visit an orthodontist for a set of braces. Today, orthodontics has evolved into a “prevention focused” profession. Longterm research studies have proven that preventing a problem from occurring is better than allowing the problem to occur and then fixing it. The American Association of Orthodontics (AAO) and the American Board of Orthodontics (ABO) both recommend every child have an evaluation no later than age 7. Timing is of the essence, because the ability to correct certain problems greatly diminishes as the child develops over time.

Early detection and correction can also prevent future extractions, improve self-esteem, decrease the overall cost of orthodontic treatment, and decrease the chances of dental complications later on. Another benefit of early correction includes

improved stability which decreases the likelihood of teeth shifting back to the original, improper position later in life.

Although there are many benefits to treatment at an early age, it is not recommended for every child. Children treated unnecessarily can negatively impact their dental health, and increase the total overall expenses for parents. This is one reason it is imperative for parents to choose a board-certified orthodontist for treatment. A board certified orthodontist has demonstrated competence and is held accountable for their work by the American Board of Orthodontics. Only 1 out of 3 orthodontists are board-certified, so do not make the mistake of assuming an orthodontist holds this recognition. Your board-certified orthodontist will inform you if the time is right for orthodontic treatment.

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Problems to Watch for in Growing Children

Malocclusions (“bad bites”) like those illustrated below, may benefit from early diagnosis and referral to an orthodontic specialist for a full evaluation.



Crossbite of Front Teeth

Top teeth are behind bottom teeth



Crossbite of Back Teeth

Top teeth are to the inside of bottom teeth



Crowding



Open Bite

Front teeth do not meet when back teeth are closed



Protrusion



Deep Bite



Underbite

The lower teeth sit in front of upper teeth when back teeth are closed



Spacing



Oral Habits

Sucking on thumb, fingers

In addition, if you notice any of the following in your child, check with your orthodontist:

- early or late loss of baby teeth
- difficulty in chewing or biting
- mouth breathing
- jaws that shift or make sounds
- speech difficulties
- biting the cheek or the roof of the mouth
- facial imbalance
- grinding or clenching of the teeth

Final treatment decisions should be made among the parent, child's dentist and orthodontist.

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 July. Call to reserve your space today: 512-263-9181.



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Laura Ringwood
Math Tutoring



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**Celebrating 10 years
in Steiner Ranch.**

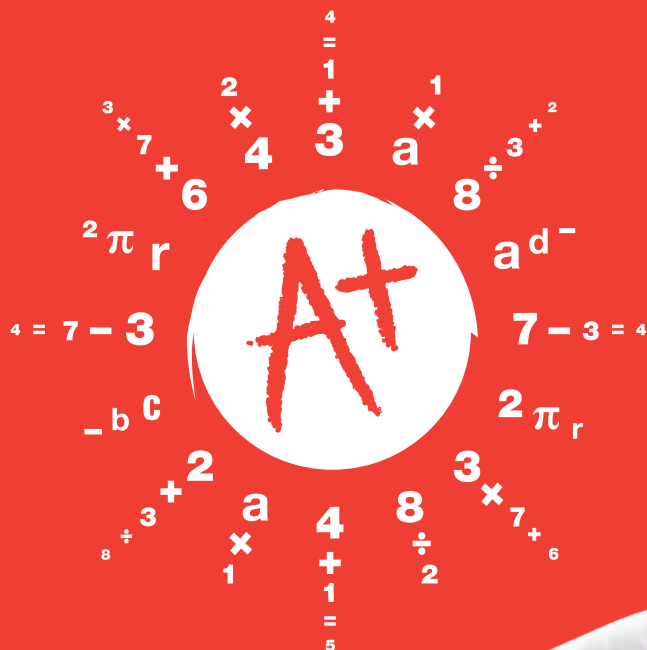
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