

LONG CANYON *Gazette*

MAY 2016

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 10, ISSUE 5

How We Can Help Our Neighbors This May

May brings both Mother's Day on May 8th and Older Americans month. Many of our neighbors across Central Texas can use an extra hand.. These simple acts of kindness can make the world of difference for a mom, senior or child. Find an organization that you can do good for today, such as these four local non-profits:

SafePlace- This shelter for women and children who are escaping abuse can use many things you likely have hiding unused in a closet or cabinet. For example, clean out your shoes, clothing, purses, wallets, twin sheets/blankets and even dishes and flatware. You can deliver these items to 1515-A Grove Blvd. Check their website for hours: www.safeaustin.org.

Any Baby Can- With a variety of programs, classes and support groups for children and families, Any Baby Can can use help with supplies, including copy paper (white and color), preschool art supplies, gently new or used nursery equipment, high chairs, educational toys and even safety gates. More information can be found at <https://anybabycan.org/contact-us/>.

Austin Diaper Bank- This organization accepts diapers of all kinds and sizes, even opened packages, and provides them to over 45 different social service agencies across Central Texas. They also accept new packages of wipes and diaper creams. Children and seniors benefit with this gift of good health. There are several drop-off locations around the metro area: <http://www.austindiapers.org/p/drop-off-locations.html>

AGE of Central Texas' Health Equipment Lending Program (HELP)- Unneeded medical equipment can be transformative when it is passed on. The HELP program loans a variety of health and mobility equipment for free to seniors and those in need. Some of the most in demand items are wheelchairs, shower chairs and adult incontinence products. More information, including their hours, check their website: <http://www.ageofcentraltx.org/help.php>.

Giving Back this Mother's Day How Austin's Largest Baby Shower is Saving Moms and Little Ones from Abuse

What if Mother's Day was a month long? That's the goal of the Austin's Largest Baby Shower is to help vulnerable moms by holding a month long fundraiser through of May. The fundraiser benefits expectant moms and children escaping abuse through the Austin's Children Shelter, Hope Alliance Crisis Center and Dell Children Hospital's Care Team.

In 2014, there were 7,509 confirmed victims of child abuse and neglect in Central Texas. Many of these victims are infants, toddlers and expectant moms who leave with very little clothing diapers, food and supplies. Starting May 4th through May 31st, Austin's Largest Baby Shower will hold a city-wide baby clothes and diaper drive benefiting these three great organizations.

Several local business are providing space for the baby clothes and diaper drive donation box: Hat Creek Burger Company, BookPeople, BerryAustin, Dragonfly Wellness Center, Canyon Resort, and Eileen's Colossal Cookies. "Community involvement is key for the success of the Austin's Largest Baby Shower," remarks founder, Doreen Hunter. "Austin is such an inclusive city. Without the generosity of companies donating floor space for the donation boxes, we wouldn't be able to make the event so convenient for everyone." For directions and more drop off locations, visit atxbabyshower.com

HOW CAN YOU HELP?

There are several ways to give. On the evening of May 4th the 2016 Lifeline Awards Banquet and Fundraiser will raise money for the Lifeline Award winner. The Banquet celebrates the programs and community impact that the Austin's Children Shelter, Hope Alliance Crises Center and Dell's Children Hospital of Central

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LONG CANYON

(Continued from Cover)

Texas provide. In addition, through out the month there are free community drive events that are festive and family friendly. You can also make a monetary donation online after May 4th. The money goes directly to the nonprofits. There is no middle man. A plus, all online donations are tax deductible.

To learn more about the Austin's Largest Baby Shower and the three organizations they are honoring, visit atxbabyshower.com. If your organization or group would like to form a donation team, please contact us at hi@atxbabyshower.com or by phone at (512) 537-8948.



RECIPE OF THE MONTH Watermelon Salad

- 2 tablespoons white wine vinegar
- 1 lime, zested and juiced
- 1/4 cup extra-virgin olive oil
- 1 red onion, thinly sliced
- 4 cups seeded watermelon chunks
- 1 cup crumbled feta cheese
- 1/4 cup mint chiffonade
- 2 cups baby arugula

Directions:

Add the white wine vinegar, lime zest and juice to a small bowl. Whisk in the olive oil and season with salt and pepper. Add the thinly sliced red onion and let marinate for 5 to 10 minutes as you prepare the rest of the salad.

Add the watermelon, feta, mint, and arugula to a large bowl. Toss with the vinaigrette and serve immediately after dressing.

Recipe courtesy of The Neelys, www.foodnetwork.com

NEWSLETTER INFO

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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.

NOW ENROLLING

The Children's Center Of Austin

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childrenscenterofaustin.com

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6 Health Benefits of Eating Dark Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

Bottom Line: Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guilt-free if you don't overdo it.

NUTRITIONAL PERKS

HEART-HEALTHY

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure and may help keep arteries from hardening.

BRAIN FOOD

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

MOOD CHANGER

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

CANCER FIGHTER

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

SOMETHING TO SMILE ABOUT

Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

SUN BLOCKER

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets.

Written by: Claudia Mosley, Moms Making Six Figures

Reviewed by: Dr. Barbara Ryan, MD



NOBODY IS DROWNPROOF WATCH KIDS AROUND WATER



COLIN HOLST

14 Texas children have already fatally drowned in 2016

DROWNING IS PREVENTABLE

THESE WATER SAFETY TIPS CAN SAVE LIVES



WATCH KIDS & KEEP IN ARM'S REACH



LEARN TO SWIM



WEAR LIFE JACKETS



MULTIPLE BARRIERS AROUND WATER



KEEP YOUR HOME SAFER



CHECK WATER SOURCES FIRST



PRACTICE DRAIN SAFETY



BE SAFER IN OPEN WATER



LEARN CPR

BECOME a Water Guardian for your child

TAKE the Water Safety Quiz → PREVENT drowning

www.colinshope.org/quiz

LEARN more at www.colinshope.org





WHITEFLIES

Whiteflies are small, soft bodied insects with piercing-sucking mouthparts. They are creamy white and adults have a mealy wax coating their body and wings. Immatures, also called nymphs, are small, oval, flattened and wingless.

Whitefly populations can increase quickly when temperatures are warmer. The insects like to be on the underside of leaves, often in clusters. Common species of whiteflies have a wide host range and can switch host plants.

Whiteflies suck plant juices and large populations can cause foliage to turn yellow, appear to be dry or even fall off the plant. Some whiteflies cause plant distortion or foliage to turn silver in color. Whiteflies produce honeydew, a sticky substance secreted by some insects. Honey dew causes foliage to become shiny in appearance and can attract a fungus called sooty mold. Some whiteflies are capable of transmitting plant viruses.

Try to encourage natural enemies to help manage whitefly populations in your garden. To do this, make wise pesticide choices. Try to choose pesticides to target specific pests and/ or specific areas. Also, you may need to manage ants that tend the whiteflies to obtain honeydew. The ants protect whiteflies from natural enemies that may normally keep the pest population at manageable levels.

In vegetable gardens, you may want to try reflective mulches to make the underside of the leaves where whiteflies hide less habitable.

As for chemical treatment, you can use high pressure water sprays, insecticidal soap, azadirachtin, d-limonene, botanicals or a synthetic product. Target your treatment to the underside of the leaves to get to where the whiteflies like to hide.

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

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TENNIS TIPS

By USPTA/PTR Master Professional, Fernando Velasco



How to execute The Overhead “Smash”

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley and the one-handed backhand volley. In this issue, I will offer you instructions on how to execute the overhead “smash” when players get a high ball and hit the ball above their head. In the illustrations, Matilda O’Connor, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Back Step: When Matilda realizes that a ball is high enough to hit the overhead, she takes a step back on the side to hit the ball. The upper body turns, the racket starts the backwards motion by keeping the elbow at a 90-degree angle and the left hand is pointing towards the ball. Notice that her head is looking at the ball and she is keeping her chin up.

Step 2: The Point of Contact: As Matilda prepares to hit the ball, her racket begins accelerating from the back position. She

is making perfect contact on the upper part of the racket and the right wrist is “snapping” to get on top of the ball. Her left arm is still pointing to the ball to assure a direct hit on the “sweet spot” of the racket. Her weight has shifted from the back foot to the front foot.

Step 3: The Follow Through: After the ball has been struck by the racket, Matilda will continue the swing across the left side of her body. Her eyes are now focused on the path of her stroke. The left arm is at her left side. Her right foot still keeps her toes on the court to allow for maximum balance of the stroke.

Step 4: The Ready Position: Even though the overhead “smash” is a powerful weapon, many times the opponents will return it back to the players. Here Matilda is ready for the next ball coming back towards her. By the looks of her smile, it appears that her overhead stroke was a success and that won the point.

Look for in the next Newsletter: The Forehand Service Return

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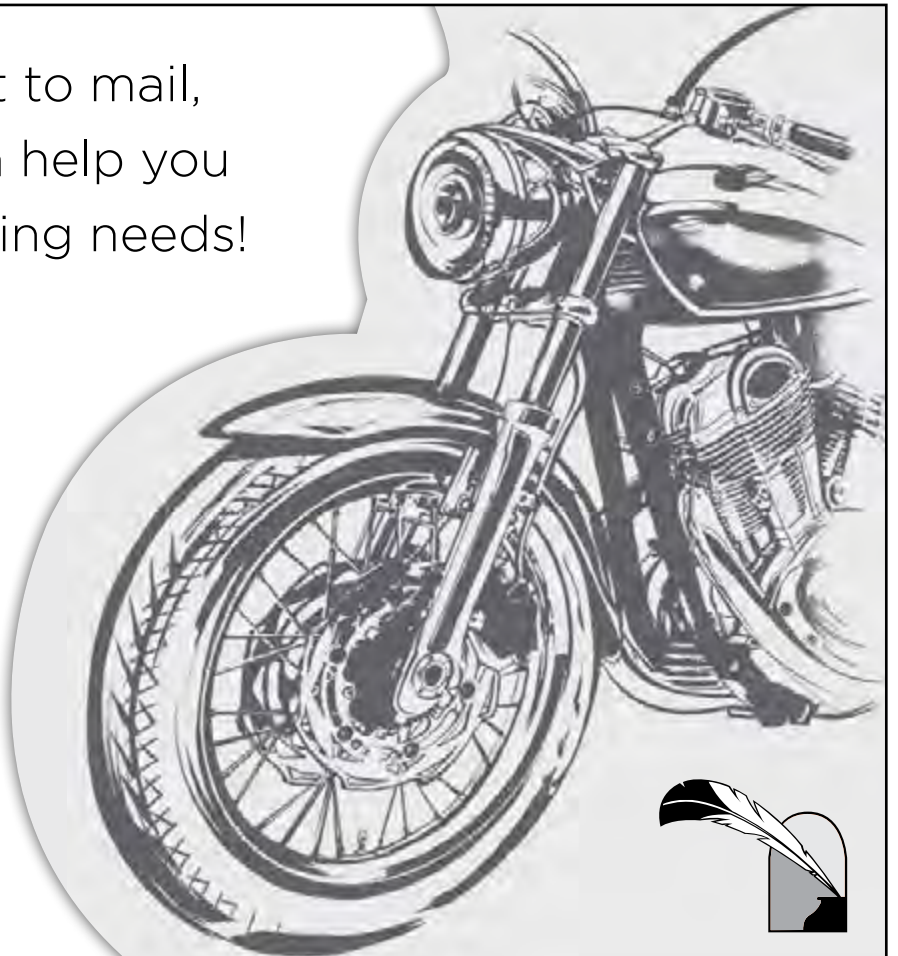
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