

LONG CANYON *Gazette*

JULY 2016

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 10, ISSUE 7

Girl Scout Leadership Award Earned



Members of Girl Scout Troop 735 earned their Bronze Award by organizing a pet supply donation drive that benefited Austin Pets Alive. The Bronze Award is the third highest leadership award a girl scout can earn, the Silver Award is earned in Middle School and the Gold Award is the pinnacle leadership award which is earned in high school.

The Bronze Award is the highest leadership award a Junior girl scout can earn. Working toward obtaining this award demonstrates each girl's commitment to helping others, improving her community and the world, and becoming the best she can be. The Bronze Award Project is a team effort by all members of the troop. The project's objective must be to benefit the local community and/or benefit Girl Scouting as a whole in some way. Each scout is expected to contribute 20 hours to the project. The project must be girl-led and may be monitored by the troop leader.

The scouts of Troop 735 voted for their project to benefit the animal shelter, determined the tasks that needed to occur, and then assigned roles and responsibilities to each girl. These duties included meeting with the community outreach director at Austin Pets Alive, the manager of Natural Paws, the owner of Cups & Cones, the principals of LWBE and RRE and then creating promotional materials. The two week long donation drive resulted in nearly 200 needed items provided to the shelter. River Ridge Elementary, Laura Welch Bush Elementary, Natural Pawz store and Cups and Cones were donation locations coordinated by the scouts. Thank you to all that contributed with donated pet supplies and helping the troop earn their Bronze Award!

Partnership for Children

Fabian, 5 and Julio, 7 are two happy little boys who are always laughing and interacting with one another, they are searching for a forever family. They enjoy playing games and watching videos, and are quick to show others how much fun they're having. Fabian and Julio are healthy children and will do well with a patient family who offers structure and a routine. They respond well to encouragement and motivation and will enjoy having positive role models in their lives.

A program of Partnerships for Children, The Heart Gallery of Central Texas is both a traveling portrait exhibit and outreach opportunity for individuals to learn more about children in the foster care system and the adoption process. The children are in foster care because they have been removed from their biological homes because of abuse and neglect, and are awaiting adoption. Learn more at:

www.partnershipsforchildren.org



NEWSLETTER INFO

NEWSLETTER PUBLISHER

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Advertising.....advertising@PEELinc.com, 512-263-9181

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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.

HCEF Excellence in Education Scholarship Award Winners

AUSTIN, TX - MAY 25, 2016 - The Hill Country Education Foundation is pleased to announce these 2016 Excellence in Education Scholarship winners, announced at the Vandegrift High School Senior Awards ceremony on May 25.

“These seniors represent an impressive array of graduates who will pursue degrees in the STEM fields, business, journalism and medicine,” said Michelle Beck, executive director of HCEF. “We applaud their hard work and wish them great success in their higher education journey. We especially thank our sponsors for honoring these students with scholarships.”

Mark and Karen Wisniewski Scholarship: \$2,500
Shivani Pandya
University of Miami
Neuroscience major

Four Points News: \$1,000 scholarship
Kate Murphy
Communications Broadcast Journalism
University of Alabama

Four Points Chamber of Commerce: \$500 scholarship
Shahyar Sotoudehnia
Business/Accounting/Statistics
Texas A&M University

Cedar Park Pediatric & Family Medicine/Cardwell Family Medical Scholarship: \$1,000 scholarship
Renee Morton
Carnegie Mellon University
Biomedical Engineering

Texas A & M School of Engineering (anonymous): \$1,000 scholarship
Antonio Cordova
Biomedical Engineering
Texas A&M University

Bhatt Family / Four Points Dermatology: \$1,000 scholarship
Caroline McKenzie
Biochemistry
Georgia Institute of Technology

Bhatt Family / Four Points Dermatology: \$1,000 scholarship
Malavika Perinchery
FAME (Facilitated Acceptance to Medical Education)
University of Texas San Antonio

STEM Scholarship Award sponsored by Gloria & Mack Parker: \$500 Scholarship
Victor Floyd
Mathematics
The University of Texas at Austin

(Continued on Page 4)

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HCEF Grant Patrol Awards Educators in Viper Nation with Nearly \$35,000

The Hill Country Education Foundation surprised 13 faculty members and parent volunteers with nearly \$35,000 in program funding during the Foundation's 6th Impact Grant Patrol on Friday, May 20. Ms. Karie Lynn McSpadden, incoming interim superintendent of Leander ISD, Pam Waggoner, vice president of the Board of Trustees for Leander ISD and Trustee Trish Bode joined Impact Grant committee members, HCEF board members and campus representatives on the prize patrol to award recipients.

Christine Bailie, HCEF board member and Impact Grant Committee co-chair, said, "This grant window has been our most competitive yet. Our teachers are so creative and innovative and excited about engaging our students more deeply. This funding supports campus-based systemic change that is impossible without the financial support of the HCEF community and campus PTA programming. We have been able to support both River Place Elementary and Steiner Ranch Elementary with their implementation of the Leader in Me program. We were also able to bring new equipment and tools into the Physics, Mobile Applications Development and Metal Fabrication and Ag Mechanics classrooms at Vandegrift High School, which expand opportunities to learn industry valued skill-sets that make our kids more employable."

Vandegrift High School was awarded seven grants. Anne Goshorn, teacher of physics and engineering design and development, received \$5,000 on behalf of the physics team to purchase electricity and magnetism equipment to conduct hands-on, inquiry-based experiments about electric circuits. Agriculture Science Teacher Joe Lemmons received \$5,000 to purchase equipment that allows students to learn how to calculate the bending and shaping of solid rod, flat bar, pipe and square tubing and brings the lab to another level of industry-standard equipment used in modern-day industrial companies. Rad Allen, technology applications and computer science teacher, received \$2,000 to purchase mobile devices allowing

students to test program applications they created using gyros, cameras, GPS, Wi-Fi, integrated sensors and slide panels. Spanish 3 teacher Erin Segura was awarded \$690 to purchase applications that enable students to create multimedia products in the foreign language classroom that allows students to engage and collaborate in various modes of communications. Lead Counselor Amy Rodriguez and her team in the guidance and counseling department were awarded \$1,995 to implement a peer-mentoring coaching program to expand their capacity to better serve transitioning freshmen through outreach and support services. Athletic Coordinator Coach Sanders received \$3,200 to provide leadership training for athletes within the football, basketball, and volleyball programs.

Erin Kolecki, parent volunteer at Four Points Middle School, received \$457 to launch a Mathematics Pentathlon program, which focuses on spatial/geometric, computational and logical/scientific reasoning. Canyon Ridge Middle School science teacher Patrick Stinson received \$1,411 to purchase three Flinn Goggle Sanitizers shared between 17 science classrooms that will enable teachers to conduct more chemistry labs and hands-on learning without compromising safety.

Niki Prindle, principal of River Place Elementary, received \$5,000 to implement the second year of the Leader in Me (LIM) program based on the 7 Habits of Highly Effective People. LIM is a whole-school transformation process that integrates principles of leadership and effectiveness into school curriculum. Similarly, at Steiner Ranch Elementary (SRE), Nikki Aguirre, instructional coach, received \$5,000 to launch the first year of Leader in Me. Also at SRE, PTA Environmental Chair and teachers Britteny Clifford, Anne Witt, Laura Elorreaga and Casey Lindbloom were awarded \$1,500 to complete phase two of building an outdoor learning classroom. Laura Welch Bush Elementary teachers Kim Tagge, Marla DeGilio, Maggie Justel and Ann Scott received

(Continued on Page 4)

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LONG CANYON

(Continued from Page 2)

Hill Country Education Foundation Scholarships: Five (5) \$1,000 scholarships

Reagan Gibson
Mechanical Engineering
The University of Texas at Austin

Sandeep Guggari
Electrical Engineering
The University of Texas at Austin

Holly Hodge
Neuroscience
The University of Texas at Austin

Jessica Pronga
Aerospace Engineering with a minor in Music
The University of Texas at Austin

Drayton Whiteside
Engineering/Natural Sciences
The University of Texas at Austin

(Continued from Page 3)

\$1,500 to build a garden. Librarian Dee Porter and teachers Rheata Bell, Jackie Coleman and Becky Blackwell at Grandview Hills Elementary received \$1,000 to expand STEM-related instructional resources for grades K-5. Special thanks to area photographer Allmond McDermott of McDermott Photography for recording the event.

"These awards are only possible because of our very generous parents and sponsors who support the Foundation with their time, talent and resources through the annual Gala and Fall Giving Campaign. We are also enormously grateful to companies who maintain employee matching programs and grants," said Michelle Beck, executive director of HCEF. "Watching these teachers and students respond with excitement and gratitude is more than rewarding; it's a reminder of the great opportunity we have to support education in the community we care so much about."

To learn more about your Viper Nation Academic Booster and be part of the Impact Grant Committee next year, please contact info@HillCountryEdFoundation.org.

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Platinum Top 50 Winner



BROKER ASSOCIATE

NatureWatch ANT ANTICS

by *Lynne & Jim Weber*

The most infamous ant species in Texas is the imported red fire ant, but did you know that there are many native or adapted ant species in our area that compete with them? While any ant species can be considered a nuisance when locally abundant, with a little study of their characteristics and habits, these beneficial species may even help us humans in the war against imported fire ants.

Like all insects, ants have six jointed legs, three main body parts (head, thorax, and abdomen), a pair of antennae, and a hard exoskeleton that provides a protective casing around the body. The head contains jointed antennae and powerful mandibles or jaws, the thorax is where the legs attach, and the abdomen houses important internal organs including those of the respiratory, reproductive, and excretory systems.

Of the many species of native or adapted ants in Texas, some of the most interesting are the Big-headed Ant (*Pheidole* spp.), the Longhorn Crazy Ant (*Paratrechina longicornis*), and the Little Black Ant (*Monomorium minimum*). Reddish-brown in color, Big-headed Ants come in two sizes – soldiers or major workers about ¼ inch in length, and minor workers about 1/8 of an inch in length. The major workers have big heads in proportion to the rest of their bodies. Because they usually nest in the soil either in open areas or under wood, rocks, landscape timbers, and patio pavers, they are often confused with imported fire ants. While they typically feed on dead or live insects, they also eat tiny seeds and honeydew produced by aphids and scale insects. Big-headed Ants are considered major predators of imported fire ant queens which can be present in large numbers following a fire ant swarm.

Adapted in Texas, Longhorn Crazy Ants are grayish-black ants 1/8 of an inch in length that are recognizable due to their extremely long legs and antennae. Colonies of these ants can often be found in soil under items such as logs, stones, and debris, and they generally feed on the larvae of fleas and flies. Longhorn Crazy Ants get part of their common name from their behavior, which includes the habit of erratically running about with no apparent sense of direction. However, immediately following an imported fire ant swarm, they have been observed carrying away the imported fire ant queens.

Only 1/16 of an inch in length and overall black in color, Little Black Ants can be found feeding on honeydew, but they more typically scavenge dead insects and other arthropods during the heat of the day. Once these foraging workers find a suitable meal, they release a pheromone to recruit other nest mates to help them cut up larger items or cart away smaller ones. When these ants run across other ant species that may compete for a food source, they resort to ‘gaster-flagging’, a behavior in which they raise and vibrate their gasters, or the enlarged part of their abdomens, to release a poisonous gland secretion that chases away their rivals. Like the other ants described here, these little ants can pack a real punch and often invade imported fire ant colonies and take right over!

Bigheaded Ant (soldier or major worker)



Longhorn Crazy Ant



Little Black Ant



Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. Check out our book, *Nature Watch Austin*, published by Texas A&M University Press, and our blog at naturewatchaustin.blogspot.com if you enjoy reading these articles!

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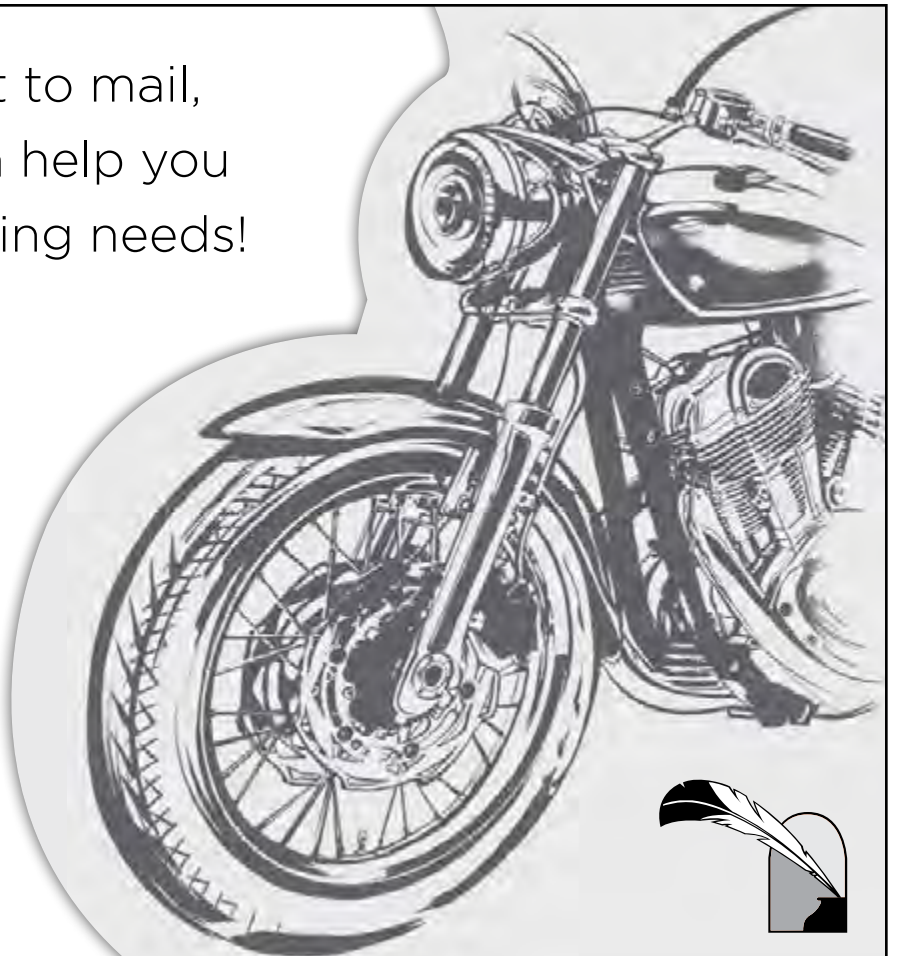
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The Spotlight

QUARTERLY
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FOUR POINTS
EDITION
SUMMER 2016



Photo by Chris Diaz,
Shutterbug Studios

Making the Most of SCHOOL SPORTS & ACTIVITIES

Reviewed by: Gustavo Rodriguez, MD
ADC Cedar Park Family Practice

KEEPING YOUR CHILD HEALTHY THIS SUMMER

Participation in school sports and activities benefits students in many ways; emotionally, socially and

physically. According to Safe Kids worldwide, 2.6 million children age 19 and under receive treatment for sports and recreation activities. At ADC, we want to help you keep your child healthy so they can stay engaged with their teammates and friends and not sidelined by injury. **Dr. Gustavo Rodriguez**, family practitioner at ADC Cedar Park shares some advice for keeping your student healthy and active.

Make sure they are ready to play

- ★ Schedule their annual exams and /or school physicals. Make sure your student is up to date on their vaccines and that you inform their family doctor or pediatrician about any physical or emotional changes over the summer.

- ★ Let your coaches or directors know of any medical conditions that may affect your child's play or participation in the activity, such as allergies or asthma.

Keep them hydrated: for students participating in band and football, temperatures may remain in the mid to high 90s throughout September and even October.

- ★ Drink enough water and fluids throughout the day, not just at practice.

- ★ Encourage students to drink water every 30 minutes before an activity and then every 15 to 20 minutes during the activity.

- ★ Avoid sodas, sports drinks or drinks with added sugar or artificial sweeteners. Use an infuser water

bottle which allows you to add fresh fruit to flavor water, naturally.

Have the right equipment

- ★ From mouth guards to helmets, shoes to shin guards, athletic equipment and uniforms should fit properly to prevent or reduce injury. If you are unsure about the fit, ask your child's coach or trainer.

Know the signs of concussion

- ★ Visit www.healthychildren.org for a list of concussion symptoms

- ★ Students should not return to their activity until after they have seen a doctor.

- ★ Returning to play too soon following a concussion may lead to another concussion or more serious injury.

- ★ The State of Texas has a vigorous return to play protocol that should be followed.

- ★ When in doubt, sit them out.

Get some rest

- ★ Take breaks during practice and games to avoid overuse injuries.

- ★ Encourage your student to try and take 1-2 days "off" each week and make sure they are getting enough sleep at night.

- ★ Encourage your athlete to tell their coach about any pain, injury or illness.

Finally, have fun. Staying safe on the field and in school will help your child enjoy their activity and make memories that last a lifetime.

Resources:
healthychildren.org and safekids.org

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

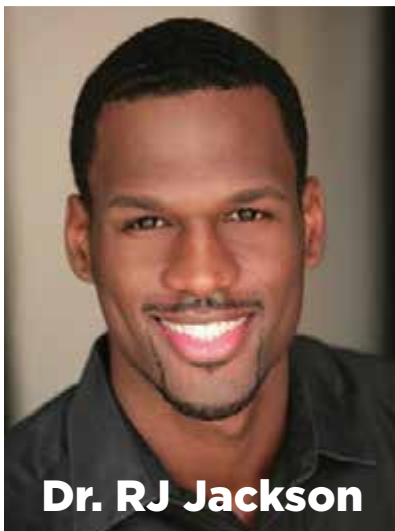
For years, orthodontics have been a “reactive” profession. Parents would slowly watch their child’s teeth go from bad to worse while waiting for the baby teeth to fall out, then finally visit an orthodontist for a set of braces. Today, orthodontics has evolved into a “prevention focused” profession. 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.

Contact RJ Orthodontics today to schedule a complimentary examination with a board-certified orthodontist.



Dr. RJ Jackson



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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



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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



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