

# Canyon Creek CHRONICLE

AUGUST 2016

VOLUME 10 ISSUE 8

## Four Points Chamber Name Changed to West Austin Chamber of Commerce

The West Austin Chamber of Commerce will be the new name of the Four Points Chamber of Commerce in order to more accurately represent our geographical area. Our greater regional voice for businesses and community has grown, rebranding will allow us to expand our area, better positioning us to take the lead on regional issues such as transportation, employer challenges, and education. Two of the largest issues are traffic throughput on the 620 and 2222 corridors and the lack of workers to assist with running our area businesses.

"This rebranding effort will allow also us to be identified more closely with the city of Austin, enabling a more collaborate alignment with our political and other public service representatives. It will provide a platform to facilitate a stronger, unified voice for economic growth and the community interests of our area." -Ray Freer, Chairman

With over 135 members and growing, The West Austin Chamber of Commerce represents the West Austin businesses and our community. For more information about upcoming events and membership, visit [www.westaustinchamber.org](http://www.westaustinchamber.org) or call (512) 551-0390.

## West Austin Chamber of Commerce August Luncheon

Our Guest Speaker for August 18th Luncheon:

Brandon Cates

"Helping Veterans Find Jobs"

Location: River Place Country Club

4207 River Place Blvd.

Austin, TX 78730

Date/Time Information: 11:30am-1pm

Fees/Admission:

Member - \$25 per person

Member Early Bird - \$20 per person (By August 15th at 5pm)

Future Member \$35 per person

## Dead spots in the lawn? Look for chinch bugs....

Chinch bugs often appear in Texas lawns during hot, dry conditions. Usually damage starts in sunny locations or near driveway and sidewalk areas. Damage appears as irregular dead patches in the lawn surrounded by yellowing or dying grass. Chinch bug damage can be mistaken for other lawn problems like white grubs or fungal diseases, so confirmation of chinch bug activity is needed before choosing proper treatment.

So how do you tell if you have chinch bugs? The easiest way is to look for the insects. One way to look is to cut both ends out of a can, push it into the ground using a twisting motion and then fill the can with water for about 10 minutes and wait for any bugs to float to the top. Another way would be to get down on your hands and knees and part the grass to look for the insects. For both methods, samples should be taken in the damaged (yellowed grass), not dead, grass areas.

Chinch bugs are small (about 1/5 of an inch as adults; immatures are smaller). Adults are black with white wings containing triangular markings. Nymphs, or immatures, are yellowish or pinkish with a light colored band across their body. Nymphs do not have fully developed wings.

Treatment is usually a liquid or granular formulation. Liquid formulations are often bottles that attach to the end of the garden hose or concentrates that you mix with water in a tank sprayer. Granular formulations are applied with push spreaders and need to be watered in after treatment.

Treatment should be applied to the area where damage is occurring and several feet out from the damaged area; the entire yard does not have to be treated. All label instructions should be read and followed before and during the treatment.

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](http://www.urban-ipm.blogspot.com)

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## ADVERTISING INFO

Please support the businesses that advertise in the Canyon Chronicle. Their advertising dollars make it possible for all Canyon Creek residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 9th of each month for the following month's newsletter.

## DON'T WANT TO WAIT FOR THE MAIL?

View the current issue of *The Canyon Chronicle* on the 1st day of each month at [www.peelinc.com](http://www.peelinc.com)

## 13 Things Your Dog Can Teach You

- When loved ones come home, always run to greet them.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- Let others know when they've invaded your territory.
- Take naps and stretch before rising.
- Run, romp, and play daily.
- On hot days, drink lots of water and lie under a shady tree.
- When you're happy, dance around and wag your entire body.
- No matter how often you're scolded, don't buy into the guilt thing and pout - run right back out and make friends.
- Delight in the simple joy of a long walk.
- Eat with gusto and enthusiasm. Stop when you have had enough.
- Be loyal.
- Never pretend to be something you are not.
- If what you want lies buried, dig until you find it.

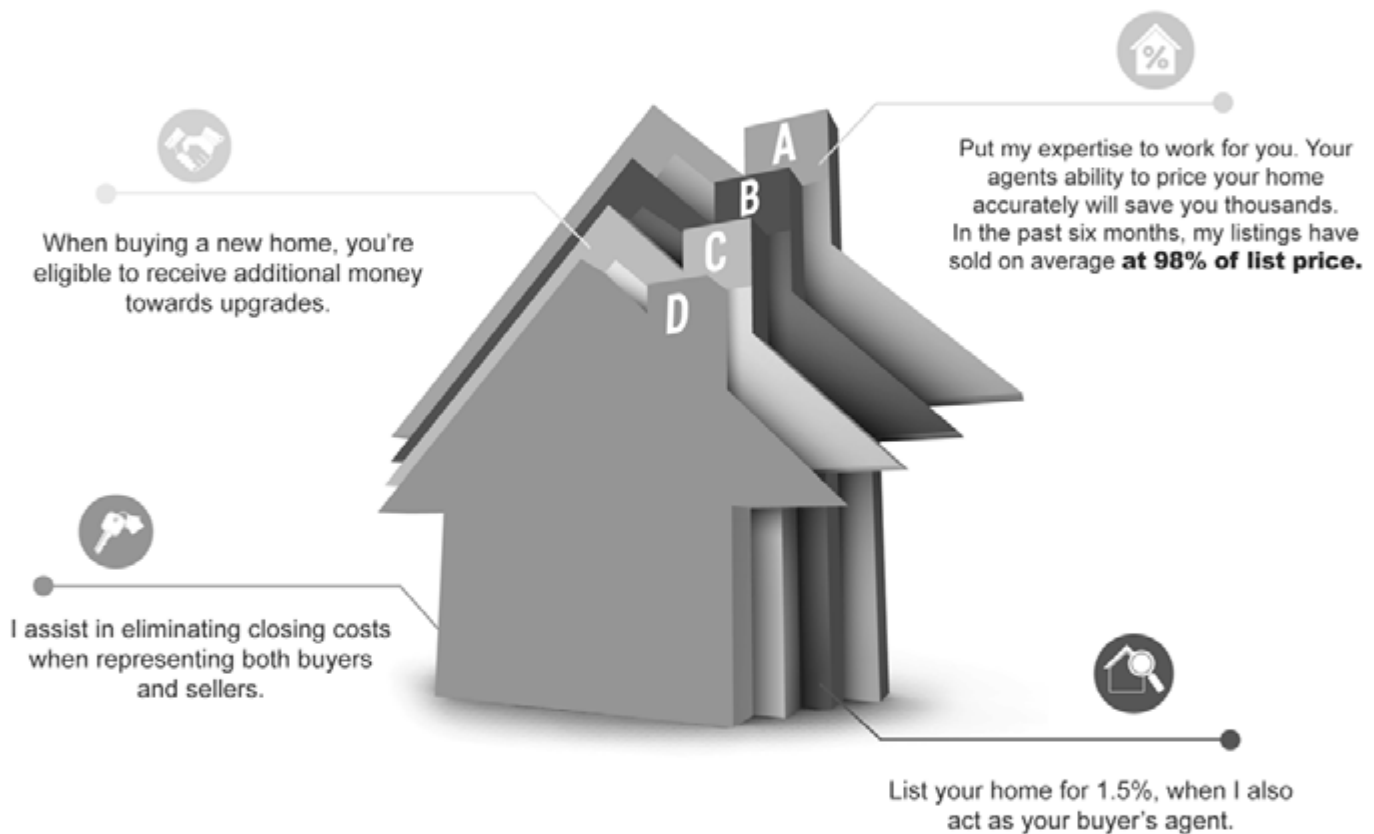


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## NatureWatch

### SUMMER SULPHURS

*by Jim and Lynne Weber*

The family of butterflies known as Pieridae includes the whites and sulphurs, our most conspicuous and abundant butterfly species. They easily draw the attention of even the most casual observer as they flit about our gardens, fields, and open habitats in summer. Sulphurs are usually some shade of yellow, orange, or white, and avidly visit flowers. Their uppersides often feature black borders or patterns and while they usually perch closed, these patterns can sometimes be seen faintly through the wing or glimpsed in flight. The most widespread sulphurs in our area include the Orange Sulphur (*Colias eurytheme*), Southern Dogface (*Zerene cesonia*), Little Yellow (*Pyrisitia lisa*), and Dainty Sulphur (*Nathalis iole*).

Found throughout most of North America, the coloration of the Orange Sulphur can be quite variable, but the typical male has a yellow upperside with orange overlay, yellow veins, a wide black border, and a dark black cell spot. Females can be yellow or white with an irregular black border surrounding several light spots. Both sexes have a silver spot surrounded by two concentric dark rings and a spot above it on the underside of the hindwing. With a wingspan of about 1.5 to almost 3 inches, males patrol around for receptive females, who lay eggs singly on the leaf tops of host plants in the pea family, such as alfalfa and clovers. Orange Sulphurs have 4 to 5 broods from March to November, and overwinter in the chrysalid form.

The Southern Dogface is easily identified by both sexes having the shape of a yellow dog's head surrounded by black on the upperside of their forewings, with the black and white 'eye' not touching the black border. The underside of the hindwing in summer is pale to bright yellow, becoming tinged with pink markings in the fall. With a wingspan of 2 to 3 inches, the males seek out females who lay eggs on the undersides of terminal leaves of host plants such as alfalfa, clovers, and indigo. Three broods are produced almost year round, with adults overwintering in reproductive arrest during the coldest months.

As their name suggests, Little Yellow butterflies are on the small side with a wingspan of 1 to 2 inches. The upperside of the male has a yellow forewing with a wide black tip or apex and a hindwing with a black border. While the female is usually yellow and sometimes white with black borders, both sexes usually have two tiny black dots at the base of the hindwing underside. Four to five broods occur in the south, and females lay eggs singly on midveins or between leaflets of partridge pea, wild sensitive plants, and sennas.

Our smallest sulphur, the Dainty Sulphur, has a wingspan of  $\frac{3}{4}$  to slightly over 1 inch, and is identified by a yellow upperside with

black markings that are more extensive on the female. The underside of the forewing has an orange or yellow patch near the base with a few strong black spots closer to the outer wing edge. In summer, the hindwing underside is pale yellow, and turns to dusty green in winter. Both males and females tend to fly low, rest with their wings closed and held perpendicular to sun's rays to gather warmth, and overwinter in adult form. Flying year round, the females lay single eggs on sneezeweed, dogweed, and other asters.

Send your nature-related questions to [naturewatch@austin.rr.com](mailto: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](http://naturewatchaustin.blogspot.com) if you enjoy reading these articles!

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# Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

**Weight Training + Protein:** Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.

**Long Distance Running + Carbohydrates:** For long workouts, the performance edge goes to people who have the most glycogen (the stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

**Aerobics, Kickboxing and Spinning + Fat:** For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

**Yoga and Pilates + Complex Carbohydrates:** The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.

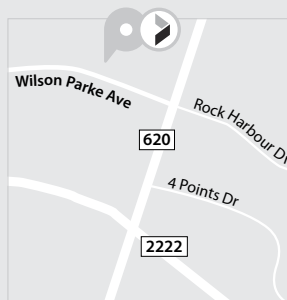


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# TENNIS TIPS

*By USPTA/PTR Master Professional - Owner, Manager and Director of Tennis  
Grey Rock Tennis Club, Austin, TX*



## How to execute The Forehand Service Return

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, the one-handed backhand volley and the overhead “smash”.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Jill Schmidt, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position: When Jill is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

Step 2: The Back Swing: Once Jill realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her right foot and will be ready to step

forward to meet the ball

Step 3: The Point of Contact: Jill now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the left knee being slightly bent and the left foot is pointing to the ball meeting the racket

Step 4: The Extension of the Point of Contact: Jill is now directing the ball toward the opponent's court. Her eyes have now shifted toward her target and her body weight is now fully in front of her left foot. The left hand is still helping to keep the center of gravity in the center without opening up too early.

Step 5: The Follow Through: Once Jill has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her right elbow is pointing toward her target. Her body is now ready to take the “split step” with both feet in order to prepare for the opponent's returned shot.

Look for in the next Newsletter: The Two Handed Backhand Service Return

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