

# LONG CANYON *Gazette*

SEPTEMBER 2016

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 10, ISSUE 9

## Retired Docs Launch New Group Oct. 10



Lake Travis Retired Physicians, a new monthly group for retired doctors who live in areas served by Baylor Scott & White Hospital—Lakeway will gather for their first meeting on Monday, Oct. 10, 11 a.m., in the medical office building across from the hospital.

Spearheading the retired physicians' group, Dr. William Evans of Lakeway practiced 23 years with Austin Diagnostic Clinic, serving tenures as chief of family

practice and heading up ADC's urgent care initiative. Prior, Dr. Evans served 20 years in the U.S. Air Force.

"Lakeway Retired Physicians is both social and educational...a way for docs like me to get together and hear the latest innovations in a variety of practice areas. Plans are to meet the second Monday of each month," Evans said.

Hospital-affiliated physicians Dr. Pavan Karnati, cardiologist, and Dr. Greg Morper, internist, will provide overviews of recent innovations in their practice areas. After Q&A, lunch will be provided in the hospital cafeteria. There is no charge for retired physicians.

Dr. Pavan Karnati specializes in the evaluation and treatment of coronary and peripheral vascular disease. Dr. Greg Morper's internal medicine practice, which accepts Medicare, places a heavy emphasis on wellness and prevention.

"I'm grateful to these fine physicians for coming to speak; also to Christin Cross and Jewell Kibling of the hospital's marketing team who have provided wonderful support in launching this new program. I encourage all area retired docs to sign up for this or future meetings," Evans said.

Retired physicians who would like to attend or join, please contact Dr. Bill Evans at 512-261-3536; or email his wife Pat, chief bottle washer, [patevans39@gmail.com](mailto:patevans39@gmail.com).

## New Staff Member & Events at Peace Lutheran Church, RR 620



You are invited to Peace Lutheran Church's "Rally Day" and "God's Work, Our Hands" Day of Service on Sunday, September 11. Rally Day is the start of Peace's programming year, and for the Day of Service, care packages will be assembled for homeless people. It is a great opportunity to connect and serve at Peace and also to meet Jacob Thogmartin, who has joined Peace's staff, as the Pastoral

Associate for Children and Family Ministries.

Jacob, a graduate of Texas Lutheran University in Seguin, has extensive experience in camping and campus ministries and has previously served as Director of Youth ministries at Shepherd of the Hills Lutheran Church. Jacob is enjoying getting to know the community of Peace Lutheran church, whether it be youth, adults, children or anything in-between. He's always on the lookout to serve the community by creating relationships through service projects, non-profit work, missionary work, adventure trips, music, games, religious education, bible study, worship, new technology, or good old-fashioned fellowship. If you have a connection or idea that could help or empower Peace Lutheran Church to be a healthy ministry please feel free to contact Jacob, he'd love to hear about it!"

***Worship is at 8:30 AM & 11:00 AM,***

***Education Hour is at 9:45 AM***

***Service Project about 12:00 PM (after the 11:00 AM service)***

***For more information see: [peaceaustin.org](http://peaceaustin.org)***

## NEWSLETTER INFO

### NEWSLETTER PUBLISHER

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# CHLOROSIS

*abnormal reduction or loss of the normal green coloration of leaves*



Late summer too early fall is the time when this particular tree malady becomes most pronounced. The species of trees most commonly chlorotic are: Shumard Red Oak, Silver Maple, Chinese Tallow, Bald Cypress, and Live Oaks. Except for the Chinese Tallow and Silver

Maple – the other species are most likely from seed stock or cuttings of parent plants that were not local and have no acclimation to our alkaline clay soil. Knowledgeable local nurseries do not sell you trees that are meant to grow in acidic, peat moss soil. In the early stages the tree's leaves will turn from green in the spring to a lime or yellow and finally have some leaf margin death and then curl up and fall off the tree. The later stages of this malady is characterized by the severe deformation and stunting of tree leaf size as well as new spring leaves start out the year yellow. Chlorosis can and usually does start a tree into a downward mortality spiral. Without a healthy capacity for producing food, a tree will become weak and often will succumb to minor pest or disease issues a healthy tree could survive without treatment.

What causes this condition is a deficiency of one or more nutrients. Often times in central Texas, it is usually the micronutrients: iron and manganese; yet it can be caused also by the deficiency of the other 20+ nutrients. Fixing the problem is not as simple as putting out fertilizer. First off, the most frequently used fertilizers have little or no micronutrients present. Second, the deficient nutrient may be present in the soil but because of the soil polarity of our calciferous clay soil – the tree is not able to extract the nutrient. Third, if it is a tree with genetic incapacity to obtain certain nutrients present in soil, a fertilizer can just be bound up by soil after application.

Can anything be done? Yes, there are sure methods of successfully providing your tree the missing nutrients. One way is to prepare soil drenches with fertilizers containing humic acid, chelated iron and various other nutrients in a soluble form. Another method is to do a foliar spray – basically give the tree a fertilizer shower. Yet another, and most effective, is to inject the nutrients directly into the cambium tissue of the tree. Lastly, one method of "treatment" is to dig up tree and replace it during the fall or winter season.

Questions or comments this article or previous articles have generated, may be directed to me at: kevin@arborcareandconsulting.com

# EDITOR WANTED

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# Nature Watch: Sun Trackers

by Jim and Lynne Weber

*Common Sunflower*



*Maximilian Sunflower*



This time of year, the most notable family of plants are the Helianthus, or sunflowers. From the Greek 'helios' or sun and 'anthos' or flower, these plants are usually tall annuals or perennials that during their growth phase exhibit a subtle behavior in the daylight hours. This behavior, called heliotropism, is the ability for the young flower buds and leaves to gently tilt toward the sun, tracking it as it moves across the sky. By the time the flower heads mature, they are stationary but generally facing east to greet the rising sun.

Sunflowers are typically tall plants with one to multiple flower heads, consisting of bright yellow ray florets or flowers, surrounding yellow or maroon disc florets. In wild or native species, the rough and hairy stems are normally branched, and the leaves are often sticky and lance or heart-shaped. Sunflowers also exhibit phyllotaxis, or the arrangement of leaves on a stem that forms a distinct pattern, in this case a repeating spiral. Additionally, the disc florets also display a phyllotactic pattern, one that creates the optical effect of criss-crossing spirals in the flower's center.

In our area, the two most abundant sunflowers are the Common Sunflower (*Helianthus annuus*) and the Maximilian Sunflower (*Helianthus maximiliani*). Blooming from May to October, the Common Sunflower grows on dry soils, especially in disturbed areas. It can reach 1.5 to 8 feet tall, and various parts of the branched stems can be either green or dark purple. The heart-shaped leaves are coarse and covered in rough hairs, and grow from 2.5 to 10 inches long. Up to 4 inches across, the flower heads have yellow ray flowers and reddish brown disc flowers. As their scientific name suggests, these plants are annuals.

Maximilian Sunflowers, on the other hand, are perennials that bloom in September and October. They grow 1 to 6 feet tall in colonies on both the dry ground of prairies and the moist ground of roadside ditches and other low places. Shorter, rough hairs cover the narrow lance-shaped leaves, which average 2 to 4 inches long. The 1.5 to 3 inch wide flower heads have yellow ray flowers surrounding

yellow disc flowers, with numerous flower heads growing along the unbranched stems.

Aside from their aesthetic value to humans, sunflowers are generally palatable to deer and numerous species of birds eat their seeds. Their flower heads support nectaring bees, and they are the food plants for several butterfly species such as the Bordered Patch and Silvery Checkerspot. When mixed with other native annuals, these sun trackers provide good cover for many species of wildlife, and would be a great addition to your native wildscape.

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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# TENNIS TIPS

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



## How to execute The Backhand 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, the overhead “smash” and the forehand service return.

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, Susan Herb, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

**Step 1: The Ready Position:** When Susan 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 Susan 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 left foot and will be ready to step forward to meet the ball.

**Step 3: The Point of Contact:** Susan 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 right knee being slightly bent and the right foot is pointing to the ball meeting the racket.

**Step 5: The Follow Through:** Once Susan 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 left 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.



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# Children's Center of Austin Names Tanya Saenz

## to Head of Schools

childrenscenterofaustin.com



Highly regarded Austin-area child-care and education center creates new Head of Schools position to direct growth for all three of its campuses; promotes Tanya Saenz to fill roll.

AUSTIN, TX (July 28, 2016) — The Children's Center of Austin announced today that Tanya Saenz has been named the institution's first Head of Schools. In this roll, Saenz will oversee the management of all the Children's Center of Austin schools including fiscal, personnel, curriculum, quality assurance, and customer relations, as well as the overall administrative success for all schools.

"I am excited about my next chapter with the Children's Center of Austin," said Saenz, who was promoted from the Regional Director position. "We have an amazing school system with incredible families, teachers, and staff

all working together to ensure the physical, social, and intellectual needs of every child are met on a daily basis. My goal is to build upon this solid foundation and pave a path for our students to have the most well-rounded, safe, and caring start to their education."

Some of the new initiatives Saenz will be addressing early on include physical upgrades to some of the schools such as outdoor sport courts for enhanced student activity and health. Also, she will continue to seek out the best ongoing educational and training opportunities for teachers to stay atop their fields and continue to provide the best care for all students.

Saenz brings 17 years of early childhood education and management experience to the newly appointed Head of Schools position. Six of those years have been spent at the Children's Center of Austin serving as Curriculum Coordinator, School Director, and Regional Director. She holds a degree in Early Childhood Education with a concentration in Infant and Toddler studies from Del Mar College, and is working towards a second degree in Business Administration from Concordia University.

Prior to joining the Children's Center of Austin, Saenz worked in schools in south Texas as well as three years with the Lake Travis Independent School District. Now, in the newly appointed position as Head of Schools, Saenz will rely upon that experience to continue the growth of the Chil-

dren's Center of Austin, its staff, and students, as well as provide continuity of management across all campuses.

### About Children's Center of Austin

The Children's Center of Austin is devoted to a love of learning based on the premise that every child is a unique individual with a definite growth and development pattern. The Children's Center of Austin is committed to the belief that early childhood education is vital to our children's futures, and thus the curriculum is developmentally based and focuses on the individual child's social, emotional, and intellectual needs. The Children's Center of Austin serves infants, toddlers and preschoolers, and offers after school programs for kindergarten through fifth grade at three Austin area locations: Westlake, Northwest Austin (at Jester Blvd.), and Steiner Ranch.

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