

October 2016 Volume 10 Issue 10



GS TROOP 1164 PARTNERS W/HOPE AUSTIN CHARITY FOR FALL FOOD DRIVE

CC neighbors - please watch your doorstep for paper bags w/items listed for donation being placed at your door during the weekend of 10/7-10/9. The Cadettes of Troop 1164 are launching their 2nd Annual Fall Food Drive benefitting students in need in our nearby local schools of RRISD including Grisham MS, 2 other schools on board, and 3 more waiting to be added to the program. These student will receive these much-needed donations via Hope Austin's BackPack program and the needs are great this year, with already over 100 bags being required per week - 50 of those

at GMS alone! The Cadettes will be returning at a designated time marked on the information letter during the following weekend of 10/14-10/16 to collect your donations. This drive was a HUGE success last year and we look forward to another successful drive this year but we need your help - our wonderful CC neighbors - and we know we can count on you for this very meaningful endeavor! Thank you in advance for your assistance! Please contact barbcowman@yahoo.com with any questions.



IMPORTANT NUMBERS

EMERGENCY NUMBERS			
EMERGENCY	11		
Fire			
Ambulance			
Sheriff – Non-Emergency512-974-55			
Hudson Bend Fire and EMS			
SCHOOLS			
Canyon Creek Elementary512-428-28	300		
Grisham Middle School			
Westwood High School512-464-40			
UTILITIES			
Pedernales Electric	502		
Texas Gas Service			
Custom Service1-800-700-24	443		
Emergencies512-370-86			
Call Before You Dig512-472-28			
AT&T			
New Service1-800-464-79	28		
Repair1-800-246-84			
Billing1-800-858-79			
Time Warner Cable			
Customer Service512-485-55	555		
Repairs512-485-50			
OTHER NUMBERS			
Balcones Postal Office512-331-98	302		
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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**



Partnership For Children

Submitted by Megan Ransom

Meet 10 year old Jamarrian, he is an energetic, friendly and outgoing child. He enjoys doing puzzles, playing video games and being outdoors. Jamarrian is a very intelligent young boy and does well academically. The ideal forever family would provide him with ample love and support, as well as consistent rules, boundaries and expectations. Learn more about Jamarrian on the Heart Gallery of Central Texas Website- www.heartgallerytexas.com.

There are no fees to adopt from the foster care system regardless of which agency you work with. There is only one pool of children, and they are all in care of the state, every licensed agency has the ability to assist in adoption of any foster child in Texas. Child placing agencies are also foster care providers. The first step is to choose a child placing agency to begin your journey. Learn more about starting the adoption process and the children waiting for forever families at www. heartgallerytexas.com.

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CANYON FUN RUN

Please join the community in the annual Fun Run around the school on Tuesday, October the 18th. This year the theme will be the "Canyon Creek Ninja Warrior Obstacle Course Fun Run" with elementary appropriate obstacles. This is a short 1K run for all ages that encourages healthy living and having fun. The run start and finish will be located at the school. Registration is at 6:00 pm, a warm up with Coach Barnard is at 6:20 pm and the race starts at 6:30 pm sharp. The run costs \$5, cash or check only, please. Contact Lori Thomas with any questions. loridukethomas@gmail.com



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West Austin Chamber of Commerce October 2016 Luncheon

West Austin Chamber of Commerce is delighted to have Richard E. Hellen of Pathways as the speaker for the October Luncheon. Richard created Pathways, a leadership and relationship coaching organization committed to helping people grow so they can intentionally assist in growing others. Richard is also a certified speaker, trainer, coach and author with the John Maxwell Team.

Membership is not a requirement to come to the luncheon but you'll want to register online to ensure your seat and receive early-bird discount pricing!

- Thursday, October 20, 2016
- Time: 11:30 a.m. to 1p.m.
- Location: River Place Country Club, 4207 River Place Boulevard.

For details and to register go to the West Austin Chamber

of Commerce Web site www.westaustinchamber.org. While you are at the Chamber's Web site be sure to check out the other networking activities offered by the Chamber, including the monthly Happy Hour and monthly Breakfast Club networking meetings at Black Walnut Cafe.

With over 135 members and growing, the West Austin Chamber of Commerce brings businesses together along Highway 620 from Hudson Bend and Mansfield Dam to Anderson Mill, and along Ranch Road 2222 from Jester to Volente, to support business growth in the community. For more information about upcoming events visit www.westaustinchamber.org or call (512) 551-0390. Membership inquiries may also be sent directly to Linda@ westaustinchamber.org.





NATUREWATCH Mysterious Migration

by Jim and Lynne Weber

Fall migration season is upon us, and that usually conjures up thoughts of songbirds and hawks using the central flyway through Texas to make their way south to the subtropics and tropics for the winter. However, birds are not the only ones who migrate, and while much has been said about the complex, annual migration made by Monarch butterflies, the record for the longest insect migration (twice the distance of the Monarch) belongs to a dragonfly species, the Wandering Glider (Pantala flavescens). In fact, dragonfly migration has been suspected for over 100 years, and up to 50 of the world's 5,200 dragonfly species are thought to migrate (about 16 out of 326 in North America), but not much is known about where they are coming from or where they are going.

In Texas, there are several species of dragonflies that migrate in addition to the Wandering Glider. They include the Common Green Darner (Anax junius), Black Saddlebags (Tramea lacerata), Variegated Meadowhawk (Sympetrum corruptum), and Spot-winged Glider (Pantala hymenaea). Cooler nights seem to trigger the dragonflies' journey south, and like birds, they build up their fat reserves before setting out. They may use the lay of the land as a navigation guide, and some scientists speculate that they have an internal magnetic compass, as those that fly off course and out to sea appear to realize their mistake and reorient themselves. Dragonflies migrate during daylight hours, and green darners have been found to break their journeys every three days to rest and feed, using oak and juniper trees as stopover sites. Like monarchs, the full migration circuit takes multiple generations to complete, as it is the offspring of the generation that traveled south in the fall that is migrating north again in the spring.

Swarms of dragonflies can create one of nature's most impressive spectacles, with tens to hundreds of thousands of individuals streaming southward along lakeshores, mountain ridges, and coastlines. Even with the origins and destinations poorly known, the migration in the fall is more noticeable than that in the spring, presumably because the spring event occurs over a wider front and a longer period of time. However, migration is the only explanation for how dragonfly adults appear in early spring in places where their nymphs or larvae from the previous year or years have not yet emerged.

The ecological role of migrating dragonflies is another facet of the mystery yet to be resolved. Since several species use the same migration strategies and timing as migratory birds, traveling at the same times and concentrating in the same places, it is likely that certain bird species are exploiting the abundance of dragonflies as a source of fuel for their own migration. More research is being done to solve these mysteries, most notably the Xerces Society's Migratory Dragonfly Partnership initiative, which uses "research, citizen science, education, and outreach to understand North American dragonfly migration and promote conservation."

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





FINDING BALANCE ONE ROOM AT A TIME

Taking a Systematic Approach To De-Cluttering & Organizing Your Home This Fall

Now that the kids are back in school and the hotter days of summer are over, it is a good time to focus on your home. While it may seem like a daunting task, an easy place to start is fall cleaning, the counterpart to spring cleaning. This includes both de-cluttering & organizing.

De-cluttering-Before you begin, have the right mindset and tools in place. I always find it helpful to have 5 labeled containers ready to go. The labels should read 1) Use 2) Store 3) Donate 4) Sell and 5) Trash. As you move from room to room or closet to closet think about the cooler temperatures and pull out those items that will come in handy like winter clothing and bed linens. Also, you might want to take out spring and summer colors in your décor and place those things in your "store" bin. The benefit to taking this systematic approach is that it can be much easier to make decisions on items when you only have the 5 choices right in front of you as well as a place to put items rather than on the floor in several piles. Using the right types of containers is also helpful-plastic bins for use and

store, cardboard boxes for donate and sell and trash bags for trash. That way, no more thought goes into how it gets to the right place, it's all ready to go.

Organizing-After cleaning out unnecessary items, it's time to organize the things you want to keep. I love to containerize my things. What containers you use depend on what it is for; jewelry, make-up, seasonal clothes, purses, books, magazines, toys, etc. All types are available at a variety of stores. The key is to determine what you want to place in bins and make a list of what size, shape and material you need before you head out to shop for the containers. A place for everything and everything in its place is a smart motto.

From here, you will have a clean slate and can create a warm and inviting home this fall for you to enjoy with family and friends and be ready for all of the upcoming holidays.

Article by Rita Lopez, business owner and creative designer. If you would like more home organization and/or design tips, please contact rita@tarragonadesigns.com

REACHING YOUR NEIGHBO and many oth

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- · Paloma Lake
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- · Plum Creek
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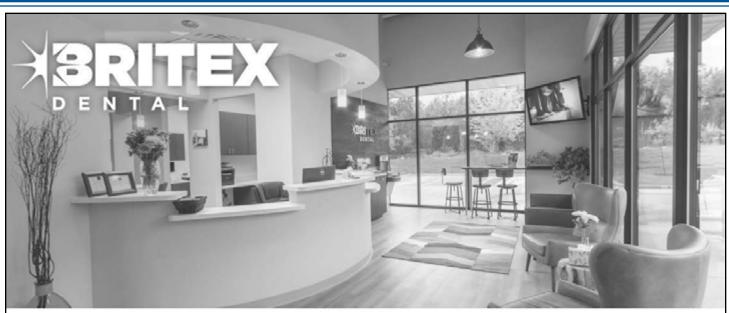
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Spotlight Spotlight

QUARTERLY BUSINESS DIRECTORY

FOUR POINTS EDITION FALL 2016



BE WISE AND IMMUNIZE AGAINST FLU

Reviewed by Crystal Cherico, RN ADC Clinical Supervisors and Travel Clinic Director



Influenza is a serious, potentially life-threatening disease but cases increase between October and March in the U.S. Flu can cause absences at school and result in lost production at work.

The Centers for Disease Control (CDC), estimate that in the United States, on average 5% to 20% of the population get the flu each year and more than 200,000 people are hospitalized from seasonal flu-related complications. Flu seasons can be unpredictable and severe.

So, who should get the flu vaccine?

Anyone over 6 months of age should get a flu shot yearly, especially those individuals at high risk for flu including:

- Children younger than 5 (especially those younger than 2 years old);
- Adults 65 years and older;
- Pregnant women and
- Residents in nursing homes/long-term care facilities.

People with the following medical conditions are considered at high risk for flu and should also be immunized yearly:

- Asthma;
- Neurological conditions;
- Heart disease:
- Blood disorders (like sickle cell anemia);
- Kidney and liver disorders;
- Metabolic disorders;
- Weakened immune systems;
- People who are younger than 19 on aspirin therapy and people who are morbidly obese.

Are there people who should not get a flu shot?

Talk to your doctor if you . . .

- have had a past reaction to the flu shot;
- are recovering from a moderate to severe illness, or
- have a history or Guillain-Barré Syndrome.

When should you get vaccinated?

Flu season usually runs from October through May. Doctors recommend you get the vaccine as early as September to maximize protection for you and your family. It usually takes two to four weeks for the vaccine to give you immunity.

Can I get the flu from a flu shot?

No. The injection you will receive is a dead virus - it cannot give you the flu. However, you may experience side effects such as a sore arm, mild fever or achiness that may last up to two days. In years past the alternative to the flu shot was Flu Mist, a nasal flu spray. However, earlier this summer, the Centers for Disease Control stated they DO NOT recommend Flu Mist because of studies showing its ineffectiveness in protecting individuals from getting the flu.

What is the High Dose Flu Vaccine?

Th high dose vaccine contains four times the amount of antigen (which prompts the body to make antibodies) as the regular flu vaccine. The high dose vaccine is approved for use in adults 65 years and older. As we age our immune systems weaken and immune responses decrease. A recent study² indicated that a high-dose vaccine was more effective in preventing flu in adults 65+.

What is the difference between the flu and a cold?

A cold may begin gradually and develop over several days. The flu comes on suddenly and is accompanied by some or all of the following symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

The Austin Diagnostic Clinic, will offer flu shots for adults 18 years and older at all doctor's offices, including Steiner Ranch, during regular business hours. Parents should contact their pediatrician or family doctor to schedule flu shots for children under 18 years old.

- Flu shots \$40 (or will file insurance)
- High Dose Flu Shots \$65 (will file insurance)

For additional hours and information please visit ADClinic.com/flu or call our Flu Hotline at 512-901-7117.



- 1. http://www.cdc.gov/flu/index.htm
- 1. ntp://www.cuc.gov/jucinuex.ntm 2.http://www.nejm.org/doi/full/10.1056/NEJMoa13157272query=featured_home& 3. http://www.cdc.gov/media/releases/2016/s0622-laiv-flu.html

^{*} It's important to note that not everyone with flu will have a fever.

BE WISE & IMMUNIZE AGAINST CAINST

ADClinic.com/flu 512-901-1111



ADC Steiner Ranch 5145 RM 620 N., Building I 8am to 5pm Monday-Friday Get a flu shot and protect yourself and your family this flu season.



- ★ Flu shots for adults 18 years and older at all ADC offices
- ★ Cost: \$40 or we will file insurance. High-dose flu shots (\$65) for adults 65+
- ★ Available during regular business hours Monday- Friday
- ★ Flu shots after-hours and weekends at ADC Urgent Care in North & South Austin
- ★ Parents should contact their pediatrician to schedule flu shots for children under 18.





We welcome Pediatrician
Christopher Saenz, MD to
ADC Steiner Ranch!
Now accepting appointments.

512-901-1111 ADClinic.com

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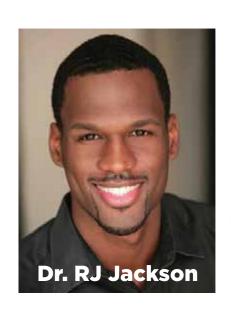
Braces at 7-Years-Old, Is That Too Young?

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.





512-363-5792 www.rjorthodontics.com

Located Behind the Walgreens at the Intersection of 620/2222

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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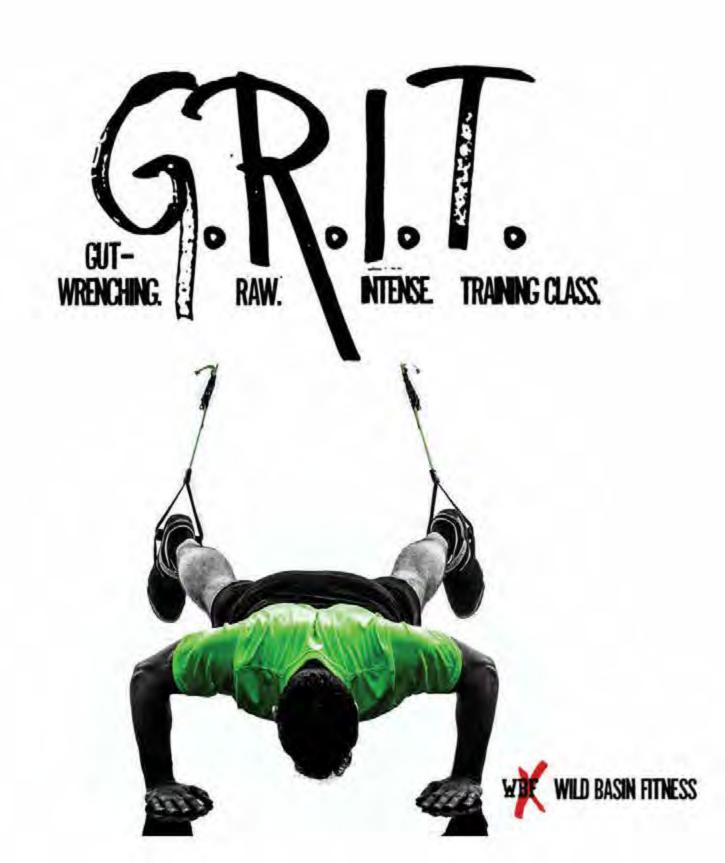
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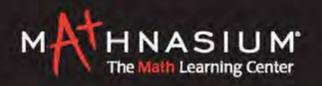


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Is your child on pace for math success?

The fall semester is well underway, and it's time for a math checkup! Can your child answer these mental math questions? The results may surprise you! If they can solve questions at and above grade level, they could be ready for a challenge! If they are unable to answer questions at their grade level or below, they may be in need of extra help.



-		
	First Grade	11 + 12 =
	Second Grade	1+2+3+4+5+6+7+8+9+10=
	Third Grade	How much is 99 plus 99 plus 99?
L US HEDULE A E TRIAL!	Fourth Grade	Count by $1\frac{3}{4}$ from 0 to 7.
	Fifth Grade	Which is greatest: 17, 23 or 18 ? (Explain how you got your answer.)
	Sixth Grade	Halfway through the second quarter, how much of the game is left?
	Seventh Grade	How much is $6\frac{1}{2}\%$ of 250?
	Pre-Algebra	On a certain map, 6 inches represents 25 miles. How many miles does 15 inches represent?
	Algebra	When you take 3 away from twice a number, the answer is 8. What is the number?
	Geometry	What is the Absolute Value of the point (3, 4)?

Whether your child is far behind, performing at grade level, or eager to get ahead, Mathnasium's personalized programs can help. Contact us today to get started!

For answers and explanations, visit: mathnasium.com/answers

Mathnasium of Steiner Ranch

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