

LONG CANYON *Gazette*

OCTOBER 2016

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 10, ISSUE 10

COME ONE – COME ALL

to the

LONG CANYON FALL BBQ

Sponsored by Long Canyon Phase I & II / III HOAs

SUNDAY, OCTOBER 16TH



Socializing and Children's Activities begin at 4:00
Dinner: 4:30 - 6:00 p.m.

Place: Hayden's Cove cul-de-sac

Children's arts & crafts activities, face painting, and
balloon fun

Bert's Bar-B-Q Brisket, Sausage, Chicken,
Beans, Potato Salad, Slaw
Bread, Pickles, Onions, Sauce
Iced Tea, Beer, and Water

BRING A DESSERT TO SHARE

PLEASE RSVP BY OCTOBER 10th with # of adults
and # of children so we can get an accurate count
for the caterer. The BBQ is free for all Long Canyon
homeowners and their families (includes renters).
Additional guests are welcome at \$15 for adults &
\$7.50 for children. Pay at the BBQ.

Volunteers (adults and teens) are needed to help
with set up, clean up, or the sign-in table.

Contact Ellen Nixon at 512.243.8730 or ellen.nixon@att.net

SEE YOU THERE!

NEWSLETTER INFO

NEWSLETTER PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
Article Submissions..... longcanyon@peelinc.com
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.

TEEN VOLUNTEERS NEEDED!

Teen volunteers needed!! Free food!! Come help with set-up, sign-in, kids' activities, etc. Long canyon annual BBQ on Hayden's Cove Sunday, October 16! Please call Ellen Nixon @ 512-243-8730.



REACHING YOUR NEIGHBORS *and many others...*

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- Bella Vista
- Belterra
- Canyon Creek
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- Forest Creek
- Highland Park West Balcones
- Jester Estates
- Ladera
- Lakeway
- Legend Oaks II
- Long Canyon
- Meridian
- Northwest Austin Civic Association
- Paloma Lake
- Parkside at Mayfield Ranch
- Plum Creek
- River Place
- Rocky Creek
- Sendera
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community newsletters



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.



Call today for more info
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Description: The position includes marketing our community newsletters to local and area businesses. It is a flexible position that allows you to work from home and set your own hours.

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Benefits: Commission Based
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PEEL, INC.

NATURE WATCH

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 (*Tamea 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.



Wandering Glider



Spot-winged Glider



Common Green Darner



Black Saddlebags



Variegated Meadowhawk

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WHAT DO ALL THESE PEOPLE HAVE IN COMMON?

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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.

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



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ONLINE**

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The
**Children's
Center
Of Austin**



**The Children's Center of Austin
is hosting their Fall Festival**

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The Spotlight

QUARTERLY
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FOUR POINTS
EDITION
FALL 2016



Photo by Chris Diaz,
Shutterbug Studios

BE WISE AND IMMUNIZE AGAINST FLU

Reviewed by Crystal Chericco, 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 of 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 ?

The 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.

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

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**.



Sources:

1. <http://www.cdc.gov/flu/index.htm>
2. http://www.nejm.org/doi/full/10.1056/NEJMoa1315727?query=featured_home&
3. <http://www.cdc.gov/media/releases/2016/s0622-laiv-flu.html>

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- ★ Flu shots after-hours and weekends at
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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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The remote control displays the desired and actual temperature of the unit. The desired temperature can be adjusted via the wireless remote control. The status of the power supply is displayed and the battery monitor can be adjusted.

If necessary, the cooler can be switched on and off by remote control. The performance of the compressor can be also regulated for optimal performance.

To use the remote control even in the dark, if necessary, the backlight of the display can be turned on. Integrated into the wireless remote is a handy LED flashlight.

All these powerful features from an integrated solar cells on the back of the remote for continuous charge.

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The SnoMaster Range:



The Traveller Series was designed for those looking for a smaller unit for shorter periods of travel like a weekend away. The unit is more compact and can fit into an average car boot. Also ideal for a second fridge / freezer at home.



The Classic Series range comprises Snomaster original range and is designed for general off road use, giving a larger size selection. Even though this is aimed at general usage, the specs have always been maintained to be comparable or in certain cases better than our competitors current product offer.



The Expedition Series was designed for those who don't have access to 110 / 220 volt for long periods of time and so the battery amperage draw is paramount. The unit's insulation is thicker at 70mm, for better maintenance of temperature.

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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	$11 + 12 = \underline{\quad}$
Second Grade	$1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 + 9 + 10 = \underline{\quad}$
Third Grade	How much is 99 plus 99 plus 99?
Fourth Grade	Count by $1\frac{3}{4}$ from 0 to 7.
Fifth Grade	Which is greatest: $\frac{17}{18}$, $\frac{23}{30}$, or $\frac{18}{19}$? (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)?

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For answers and explanations, visit:
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