

LONG CANYON *Gazette*

JANUARY 2017

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

VOLUME 11, ISSUE 1

Women's Wellness Seminar Addresses Latest Health Issues Striking Women

Concordia University Texas & Cru Austin Host Second Annual 'Living Fit' Seminar on January 14, 2017



How much sleep do I really need? How does stress impact my body? What are the keys to living a longer, healthier life and how do I break life-long habits that have prevented me from getting there?

These questions will be answered at Concordia University Texas and Cru Austin's second annual women's wellness seminar, 'Living Fit' on Saturday, January 14th, 2017. Internationally recognized physician, researcher and author, with Dr. Patsy Sulak, and Dr. Chris Thurman,

an Austin psychologist, popular seminar speaker and best-selling author will address these important health issues.

Dr. Sulak will discuss real wellness issues affecting women and Dr. Thurman will speak about the topic, 'Why Change is So Hard'.

"There's a lot of conflicting information, especially online, about important women's health issues," explained Dr. Sulak. "I'm honored to speak to the women of Central Texas again to help sort out fact from fiction on many of these conditions."

The seminar was strategically planned around the new year, a time when many people create resolutions to live a healthier lifestyle.

Dr. Thurman's talk about 'Why Change is So Hard', will address why the habits we form can be our biggest obstacles when it comes to making important life changes.

Dr. Sulak is an OB/Gyn, researcher, speaker, and medical school professor at Texas A & M College of Medicine. In addition to her busy clinical practice, teaching and research, she speaks throughout the country to businesses, organizations, schools and healthcare

institutions on numerous health issues with a focus on disease prevention.

Dr. Thurman is a best-selling author of many books including *The Lies We Believe*, *The Trusts We Must Believe*, and *The Lies Couples Believe*.

The half day seminar will take place at Concordia University Texas on Saturday, January 14th, 2017 from 8am to 12pm. Tickets are \$25 before January 1, 2017 and \$40 beginning January 1. To register for the seminar, click here.

ABOUT CRU AUSTIN

Cru is the name of Campus Crusade for Christ in the United States. Cru is an interdenominational Christian evangelism and discipleship ministry committed to giving people everywhere the opportunity to know and experience God's love and plan for their lives. Cru offers spiritual guidance, resources and programs tailored for people from all cultures in every walk of life. For more information about Cru Austin, please visit AustinCru.com

ABOUT CONCORDIA UNIVERSITY TEXAS

Concordia University Texas is an award-winning institution of higher education, offering undergraduate and graduate degrees, delivered both onsite and online. The main campus is located in Northwest Austin, with courses additionally delivered at satellite locations in Dallas/Fort Worth, San Antonio, and Houston. A privately held, accredited, liberal arts university, Concordia is under the auspices of The Lutheran Church—Missouri Synod. It is a member of the highly respected Concordia University System in which more than 36,000 students are enrolled nationwide. For more information, please visit Concordia.edu.

NEWSLETTER INFO

NEWSLETTER PUBLISHER

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

ADVERTISING INFORMATION

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.

NOW HIRING

Advertising Sales Representative

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.

Roles: Stimulate new advertising accounts in our community newsletters. Maintain current accounts assigned to you by Sales Manager. Service your accounts by assisting them from ad design to final proof approval.

Skills: Excellent communication through email and phone, with high level presentation and relationship-building skills. Strong prospecting and business development skills are a must. Previous sales experience preferred but not required.

Benefits: Commission Based
Apply by sending resume to jobs@peelinc.com



PEEL, INC.

Viper Nation Gala Early Bird Tickets On Sale January 2nd!

By Courtney Johnson, VNEF Executive Director

Viper Nation Education Foundation's 7th Annual Gala will be March 4th at the gorgeous J.W. Marriott, downtown Austin. Online ticket sales will begin on January 2nd, 2016, at:

WWW.VIPERNATIONEF.ORG

Apple Sport Imports is the Presenting Sponsor for the fantastic evening. In addition to Apple Sport Import's generous underwriting of the Gala, they will showcase a "Surprise Reveal Car" that evening in the Gala ballroom. Guests find out that night what car will be the "Viper Nation" car. If the car is sold within a month of the event, Sam Sinno, President of Apple Sport Imports, has promised to gift a percentage back to Viper Nation Education Foundation, in addition to his generous support of the Gala. Mr. Sinno and his wife Emily have children in the Viper Nation schools.

"I live and work in the Four Points area, and some of my best clients are also my neighbors. I feel strongly about supporting academic programs and Viper Nation Education Foundation, not only for my own kids, but also for my community. We are lucky to have some of the best schools in the Austin area," said Sinno.

Another local parent will also add to the evening's fun. Steiner resident and popular guitar teacher Charles Couch and his band, "Time Out" will play soulful acoustic jazz during dinner. Then they will turn it up a notch, playing funky jazz during the social dessert hour after the Live Auction. Guests will enjoy an evening of silent and live auction bidding, raffles, dinner, dancing and much more in support of all 8 Viper Nation schools.

In addition to Apple Sport Imports' sponsorship, Independence Title, Cedar Park Pediatrics and Family Medicine and Four Points News have already stepped up for sponsorship opportunities. Several exciting sponsorships are still available and the foundation hopes that community leaders and families will help support the foundation's most important fund-raiser of the year.

On January 2nd, early bird tickets go on sale online, starting at \$165 per person through Monday, January 30th. On Tuesday, January 31st, tickets prices increase to \$185 per person. Table and corporate sponsorships are available. Proceeds from the event support Impact Grants for teachers at all 8 public schools, and the entire portfolio of VNEF-supported academic programs. Viper Nation Education Foundation funds academic programs in the 8 public schools within the Four Points area (Grandview Hills Elementary, Laura Welch Bush Elementary, River Ridge Elementary, Steiner Ranch Elementary, Canyon Ridge Middle School, Four Points Middle School and Vandegrift High School.)

Tickets may be purchase online at www.ViperNationEF.org. To learn more about sponsorship opportunities and to purchase tickets, go to www.ViperNationEF.org or call Executive Director Courtney Johnson at (512) 750-9185.

Viper Nation Education Foundation Scholarship Committee Seeking Scholarship Sponsors

Though graduation is still five months away, the VNEF Scholarship Committee is preparing the process to award scholarships to Vandegrift Seniors. But in order to award these scholarships, they first need to recruit generous sponsors for these awards.

“We are thrilled that someone has already approached Viper Nation Education Foundation about establishing a new scholarship in an area not yet awarded,” said Dr. Brent Cardwell, a member of the Scholarship Committee for Viper Nation Education Foundation. “Our community is very supportive.”

Last year a total of 13 scholarships, totaling \$13,500 were given to Vandegrift students through Viper Nation Education Foundation and the following supporters:

- Cardwell Family Scholarship/Cedar Park Pediatrics and Family Medicine: \$1000 scholarship
- Mark and Karen Wisniewski Scholarship: \$2,500 scholarship
- Four Points News: \$ 1000 scholarship
- Four Points Chamber of Commerce: \$ 500 scholarship
- Texas A & M School of Engineering (anonymous): \$ 1000 scholarship

- Bhatt Family / Four Points Dermatology: 2 (two) \$1000 scholarships

- STEM Scholarship Award sponsored by Gloria & Mack Parker: \$ 500 Scholarship

- Hill Country Education Foundation Scholarships: 5 (five) \$1000 scholarships

“I love seeing a student’s excitement when their hard work in high school is recognized by a scholarship award. Often the event is just as meaningful for the donor as they are able to encourage a student to pursue their dreams,” said Lynette Haaland-Seitzler, Scholarship Committee member and VNEF Board member.

Interested in awarding a scholarship? For information about VNEF Scholarship criteria and processes, please email Courtney Johnson, Executive Director at CJohnson@ViperNationEF.org. Viper Nation Education Foundation’s 7th Annual Gala, presented by Apple Sport Imports, will be March 4th at the gorgeous J.W. Marriott, downtown Austin. Online ticket sales will begin on January 2nd, 2016, at:

WWW.VIPERNATIONEF.ORG

Little League Spring Baseball
Courage, Loyalty & Character

Register Today: www.NWLL-Austin.org
www.facebook.com/NWLLAustinTX

NORTHWEST
LITTLE LEAGUE
AUSTIN, TEXAS
EST. 1955

Animal Hospital at Steiner Ranch Offers a New Way to Help Animals in Need

The Animal Hospital at Steiner Ranch has enrolled in the AVMF Veterinary Care Charitable Fund, a program created by the American Veterinary Medical Foundation (AVMF) to support veterinarians in offering low or no-cost services to clients facing extraordinary hardships, as well as supporting animals rescued from abuse and neglect.

The Animal Hospital at Steiner Ranch donates considerable time and money each year to local animal health-related charitable endeavors in Austin. As a participant in the AVMF Veterinary Care Charitable Fund, The Animal Hospital at Steiner Ranch will be empowered to provide charitable care to those in need, including disabled veterans requiring a service dog, low income senior citizens, Good Samaritans who rescue domesticated animals, and victim of domestic violence. To support this important and compassionate work, The Animal Hospital at Steiner Ranch encourages community members to make tax-deductible charitable contributions to the AVMF Veterinary Care Charitable Fund at AVMF.org/CARE.

To learn more about the remarkable doctor and staff at The Animal Hospital at Steiner Ranch and the work they do to care for pets in Austin, visit steinervet.com. For more information on the AVMF Veterinary Care Charitable Fund and other animal health and wellness programs provided by the American Veterinary Medical Foundation, visit AVMF.org.

ABOUT THE AMERICAN VETERINARY MEDICAL FOUNDATION

The American Veterinary Medical Foundation (AVMF) is the charitable arm of the American Veterinary Medical Association, one of the oldest and largest veterinary medical organizations in the world. More than 88,000 member veterinarians worldwide are engaged in a wide variety of professional activities. For more than 50 years, the Foundation has been helping veterinarians help animals with support for education, advocacy, service, and research programs and activities. Visit AVMF.org to learn more.



NOW ENROLLING
childrenscenterofaustin.com

The Children's Center Of Austin

CCOA-STEINER RANCH 4308 N. Quinlan Park Rd. Suite 100 Austin, TX 78732 512.266.6130	CCOA NORTHWEST AUSTIN 6507 Jester Boulevard Building 2 Austin, TX 78750 512.795.8300	CCOA-WESTLAKE 8100 Bee Caves Rd Austin, TX 78746 512.329.6633
--	---	---



EASIER

DellChildrensER.com

At DellChildrensER.com, you can now hold your place in line. Meaning, you'll be seen within 15 minutes of your scheduled time. Remember, DellChildrensER.com is for mini emergencies only. If your child is experiencing a major emergency, get to the ER ASAP or dial 9-1-1.



LONG CANYON

At no time will any source be allowed to use the Long Canyon Gazette contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Long Canyon Gazette is exclusively for the private use.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

**NOT AVAILABLE
ONLINE**

**250 BUSINESS
CARDS FOR
\$16.50**



Price Does Not include tax and shipping
Some Restrictions Apply

512.263.9181
QualityPrintingOfAustin.com

**“
EDITOR
WANTED
”**

Call today to find out
how you can contribute
to your newsletter!
512.263.9181

Platinum Top 50 Winner



BROKER ASSOCIATE



Better Homes, Better Gardens,
Better Agent.

Direct: 512-698-3366
bfinnessey@gmail.com
brandyfinnessey.com
- Licensed in Texas

5-Star Award Winner in
Texas Monthly since 2010

Nominated Top 25 Agents
Austin Business Journal 2013 & 2016

"I am a full time professional, fortunate enough to be associated with one of the most technologically advanced real estate companies in the U.S., I am a broker who can adapt, make changes and get the job done with the flexibility of a small broker. We do not sell more homes than anyone in our market, but you will not find anyone who will work harder, or more professionally to get you the most money for your home."



BRADFIELD
PROPERTIES

PATRICK ACTON & CHRISTIE PORSCHEN COREY & AMY ONEIL JON & RACHEL NIVEN BOBBY BONES TRACEY MARINA AARON & TASHA THOMPSON LESTER GRANT JACKIE BARNES DENISE & IAN STEUSLOFF TERRENCE JONES NATE & KJERSTI BURNHAM LUCAS HARRELL DONNA PANGAN DR. CARL NUESCH KATHLEEN GULF CINDY & ED MIMS BRODIE MCDOUGALD GUS SCHLACHTER KEVIN & KIRA HAMM SUMMER THOMAS AMY & MIKE FLORES BRENDA & JOEL BOMIA DANIEL MARKER PEGGY KOHN (MARGARET) & GUS SCHLACHTER DON COUCHMAN & MARLYN HARRINGTON MARK WEST JENNIFER & DEREK CUNNINGHAM HUNTER POMROY FARES HOWARI HOLLIE SMITH & CHRISTIAN HUSTON TARA SIMS ADAM SIENS DR. DAO SETH JOHNSON & LAILA JOHNSTON BRIDGITTE & GENE PAYNE CARLOS & LORI RIVERA ANN & JEFF LEWIS VALERIE DONAHUE WALTER & CARMEN LACOUNT

WHAT DO ALL THESE PEOPLE HAVE IN COMMON?

SUSAN SULLIVAN MARIA & RICHARD HOPPERSTAD TAMIKO AMOS SAMANTHA BEDNARSKI NATHAN & NANCY GRUELL ANDREW DILLON HAYES FAMILY HUYNH FAMILY XIAOLAN MA JOHN & ADRIENNE LUTZ DANA LYNCH & NATASHA RANDOLPH MORALES FAMILY XIAOCI NIU HAIYU QI & PING LIU ALARIK & ERIKA RIOS SCOTT NORWOOD JAMIE SOHN TINA & STEPHEN HONGPING SONG & PING YE FRED & GINNA TREADWELL MICHELLE TUCKER SREEKANTH UPPALURU JOE WINNELL ALEX WONG QUAN WANG & LILING TIE AMI & KETAN SHAH FAMILY SHASHANK PORE HOWARD LU KRISHNA MURTHY FAMILY CISNEROS FAMILY PATRICK BAIN BRAD & KAREN KEUP JOHN MCEWAN DOUGLAS DOBBS GERALD MCCHESENEY MAJA DIVJAKINJA LISA CUMMINGS BILL CUMMINGS LOIS MERMELSTEIN EHAB ALI SAMMY HENSON FAYE BROOKS KRISTIN TURPIN REVA HOFFMAN MANDI FAUL MEGHAN MCCHESENEY SCOTT MONTS CRAIG MCDOUGALD SHANE BROWN

A SUCCESSFUL MARKETING PLAN THAT SOLD THEIR HOME.

DR. SCHIRO DUSTIN CRUMP PATRICK WOYDZIAK LARRY HEWITT JIM MAUNDER DEBBRA ANDERSON JOE AUGERI RON BAKER DR. SCOTT MONTS JOHN BARCZI DONNIE BECKER STACY BOWERS CASSIE BRAUN VEANNA CATTANACH KORTNEY CHASE TONI HAAS KATHY CLARK BILL MENZIES IAN HOWE DAPHNE PHILIPS DESI MAES MATT EDWARDS SHARON EISERT ERJON MANAJ DR. GARCIA JONATHAN ESCALANTE LAURIE FAY CRUZ FUENTES LEEANN GIBSON MANDY GONZALEZ TUCKER LAWS MICHAEL GUERRA DYLAN HARVILL LAURA & STEVE HARVILL MARK HAYNES FRED HILL JC TIMMONS CHRISTY HAVEL SHREE KANT NATE BURNHAM LISA LAJOUS CONNIE MENEFFEE JASON MEYER JEFF MURPHY TROY NEW STEVE VIROSTKO NIKKI WORLEY ART & ANN MAPLE CHRIS PELLERZI CHRISTINE REULE DEEDEE RITZINGER CARLINA ROLLINS AZIM SALEHI SANG CHUNG ANDREW SEINS IAN STEUSLOFF JOANI STOCKER VALERIE CASTRO QUAN WANG KATIE WOOD ROBERT WOODRUM BEVERLY WICKHAM



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSRST STD
U.S. POSTAGE
PAID
PEEL, INC.

LY



LET US HELP YOU
GROW YOUR NEXT

**BIG
IDEA**



PEEL, INC.
printing & publishing

CONTACT US TODAY!

512.263.9181

OR VISIT

PEELINC.COM