

LONG CANYON Gazette

MARCH 2017

A NEWSLETTER FOR THE RESIDENTS OF THE LONG CANYON

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Why acupuncture?

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist,
MAOM, Dipl. O.M. (NCCAOM)

Some people have regular acupuncture maintenance treatments as part of their pursuit to stay healthy and active, others prefer acupuncture to Western medicine because:

1. They have a condition that does not respond to conventional care, so that they have to look for alternative health care options.
2. Conventional care often involves drugs with undesirable side effects or unwanted, perhaps risky medical procedures.
3. Western drugs are expensive and when multiple drugs are used at the same time, they could interfere with each other.
4. Patients prefer a natural, holistic medical approach to healthcare.

Acupuncture and Traditional Chinese Medicine (TCM) are safe with little side effects, because the herbal ingredients are combined to minimize and counteract the possible side effects. They work together to balance the body and allow the body to heal itself.

Does it Hurt?

Acupuncture needles are very different from clinical, hollow needles used for ordinary injection, vaccinations, etc. Acupuncture needles are not much thicker than a human hair and insertion of an acupuncture needle is practically painless. In some cases, you may not even know the needles are in place, in others, there may be some tingling, warming, heaviness, or a feeling of the Qi moving up and down the channels in your body. Most people find acupuncture extremely relaxing and many fall asleep during the treatment.

What are the main objectives of acupuncture treatment?

The main objectives of an acupuncture treatment can be summarized in five main categories:

1. Relieve pain and other symptoms.
2. Relieve stress and emotional issues.
3. Treat addictions and substance abuse.
4. Strengthen the immune system.
5. Balance, harmonize and integrate functions of organs with each other, making for a unified and healthy person.

(Continued on Page 3)

Run Hard, Build Wells, Change Lives.



Join us for the Pump Run on April 8th, 2017! Whether you prefer running to beat a personal best, or walking to take in the beautiful scenery of the Concordia campus, come out and support Water to Thrive's mission to build wells and change lives.

There will be multiple events, including 5K, Virtual 5K, and Kids' 1K races. The fun starts at 8:00am on April 8th at Concordia University Texas. The kids will kick off the morning with their 1K, followed by the 5K shortly after. We'll have fun post-race activities at the finish line, like face-painting, balloon animals, music, and even a "walk for water" activity. Plus, you are welcome to bring your pups to run or walk alongside you, too (as long as they stay on a leash!).

Head to thepumprun.org for more information and to register. Registration for the 5K/Virtual 5K is \$30, and the Kids' 1K is \$15. And don't forget to check out our Facebook page for updates and to RSVP. Invite your friends and family, and come support the mission to change lives by providing clean, safe water to rural Africa.

Nature Lovers, Join us at NatureFest!

NatureFest is a free celebration of nature and the environment on Friday, March 31st, starting at 9:00AM. This year's expanded event includes guided tours of the Balcones Canyonlands preserve behind the campus, geocaching, a photo booth, mini tour talks by area specialists, a silent auction, and more. In addition, kids of all ages are welcome on campus hikes. Children 10 and up may hike short loop trails with a parent, and children 12 and up may hike the long loop trail with a parent. Tour talk topics include native wildflowers, useful plants in our area, and the importance of green spaces.

NatureFest is hosted by the Texas Master Naturalist Balcones Canyonlands chapter <http://txmn.org/balcones/at> Concordia University TX.

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WHAT DO ALL THESE PEOPLE HAVE IN COMMON?

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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**

(Continued from Cover)

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. For more information, please

Visit www.amarantnacupuncture.com or www.facebook.com/amarantnacupuncture.

What does the World Health Organization say about acupuncture?

The World Health Organization (WHO) updated their list of conditions, symptoms or illnesses that may be treatable with acupuncture. The list of indications for acupuncture includes over 100 conditions, including lower back pain, neck pain, sciatica, tennis elbow, knee pain, periarthritis of the shoulder, sprains, facial pain, headache, dental pain, temporomandibular (TMJ) dysfunction, rheumatoid arthritis, induction of labor, correction of malposition of fetus, morning sickness, nausea and vomiting, postoperative pain, stroke, essential hypertension, primary hypotension, renal colic, leucopenia, adverse reactions to radiation or chemotherapy, allergic rhinitis, including hay fever, biliary colic, depression, acute epigastralgia, peptic ulcer, acute and chronic gastritis, etc.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.

Free Educational Caregiver Series

PROVIDED BY

ALZHEIMER'S TEXAS™

During the months of March and April, Alzheimer's Texas will be holding free seminars for individuals who need guidance to take care of someone suffering from Alzheimer's or related dementia.

Lead by Steve Catoe, Certified PAC Trainer and Certified Validation Worker, these seminars provide complementary caregiver education on topics particular to caring for someone with Alzheimer's disease or related dementia. All sessions will be held at the Alzheimer's Texas office, 3520 Executive Center Drive, Suite 140, Austin, TX, 78731. Following are the dates and topics of each session:

Tuesday, March 14th

Part I – Introduction to Alzheimer's: ALZ 101

6:00 – 7:15 pm

What is Alzheimer's, Diagnosis and treatments, Stages, How to cope

Tuesday, March 21st

Part II – Behaviors and Communication

2:00 – 4:00 pm

Preserving Dignity and Sexuality, Agitation, Combativeness, Hallucinations, Communication Techniques

Tuesday, March 28th

Part III – Activities of Daily Living

2:00 – 4:00 pm

Bathing, Eating, Dressing, Toileting, Hydration and Nutrition, Safety, Driving, Activities

Tuesday, April 4th

Part IV – Care for the Caregiver

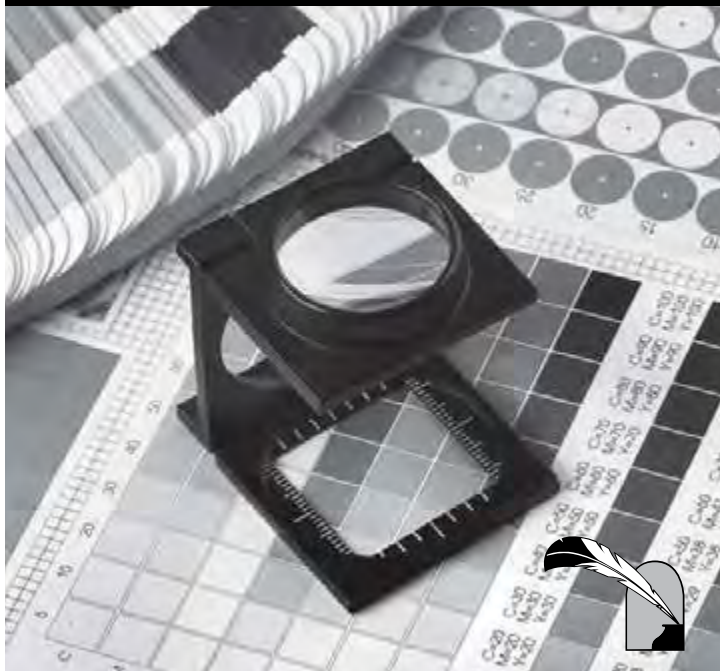
2:00 – 4:00 pm

Registration is required due to limited class size. Please call (512) 241-0420 or email [Rose, rrodriguez@txalz.org](mailto:rrodriguez@txalz.org) if you would like to attend.

Alzheimer's Texas provides information, referrals, and a variety of support programs for those with Alzheimer's disease and related dementias, and their family members, caregivers and professionals. Alzheimer's Texas serves 17 counties and has proudly served Central Texas since 1982. For more information visit www.txalz.org.

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NATURE WATCH

WINTER CHORUS

by Jim and Lynne Weber

Clear and bell-like, consisting of a single, quickly repeated note, the call of the male Strecker's Chorus Frog (*Pseudacris streckeri*) is unmistakable. In the midst of winter, especially in the peak calling season from January to early March, multiple males call at the same time, their alternating notes resulting in an unexpectedly delightful winter chorus rising up from the canyons!

Reaching an adult length of 1 to 1.5 inches, this largest chorus frog is identified by a stout gray, brown, olive, or green body, a dark brown mask-like stripe through the eye and a dark spot under the eye, dark longitudinal stripes along the back, and a deep golden or orange color in the groin. Males are slightly smaller than females and have greenish-yellow vocal sacs. The genus *Pseudacris* comes from the Greek *pseudes* meaning 'false' and *akris* meaning 'locust', and is likely a reference to the repeated rasping calls of most chorus frogs, which are similar to and can be mistaken for those of an insect.

Although Strecker's Chorus Frog is mainly a nocturnal frog, its call can be heard day or night. Males call as they hang on to or sit on vegetation, or from the bank above the water's surface. Typically feeding on insects, this chorus frog is seen most often in moist woodlands, rocky ravines, near streams or in swamps. While its range includes portions of Kansas, Illinois, Missouri, Oklahoma, Arkansas, and Louisiana, the individuals in Texas are of the subspecies *P.s. streckeri*, and occur in most counties in the eastern half of our state.

Aside from its distinctive winter chorus, Strecker's Chorus Frog is also distinguished by its ability to use its forelimbs to burrow headfirst, unlike other amphibians that typically use their hind legs to back into a burrow. It burrows deeply in sand or mud and hides under rocks and woody debris to protect itself from heat and predators, emerging mainly after heavy rains. Following these rains, it migrates a short distance to a preferred breeding site.

Strecker's Chorus Frog is a cold-tolerant, winter breeding frog, breeding anytime between November and March when rains are adequate. While most frogs prefer to breed in flowing water, Strecker's Chorus Frog prefers still, clear, temporary water bodies such as ditches, ponds, and pools in wet weather creeks. Females attach their small, jelly-covered clusters of eggs to vegetation below the water's surface, and the time to hatch, while water temperature dependent, is usually just a few days. Tadpoles take around two months to transform into adult chorus frogs. In spring, at a time when most other frogs are just beginning to seek their breeding ponds, Strecker's Chorus Frogs terminate their breeding activities.

Named after John Kern Strecker, Jr (1875 – 1933), a Texas naturalist and Curator of the Baylor University Museum (renamed the Strecker Museum in 1940 in his honor), this chorus frog with its peculiar and unusual habits and haunting winter chorus might have been a perfect candidate for "Strecker's Cabinets of Curiosities"! If you'd like to see and hear the chorus for yourself, check out the video

at <https://texaswild.me/2014/03/31/streckers-chorus-frogs-calling/>

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 two , Nature Watch Austin & Nature Watch Big Bend, both published by Texas A&M University Press, and our blog at: naturewatchaustin.blogspot.com.



Strecker's Chorus Frog



Strecker's Chorus Frog relative size.



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**MARCH MARKS
 NATIONAL NUTRITION MONTH**

**Five Key Nutrition
 Tips for a Health
 Lifestyle**

March is National Nutrition Month, and it marks the perfect time to assess the foods you eat and commit to a healthy lifestyle. It's never too late to make healthy eating a part of your everyday life and DyReil DiLorenzo, Hospitality Site Manager at Baylor Scott & White Medical Center – Lakeway, is ready to help get you started with these five key tips:

- **Highlight fruits, vegetables, and whole grains** - This category should be 45-60 percent of your daily calorie intake.
- **Fiber, fiber, fiber** - Fiber is important for our bodies during the digestion process, as it slows down how we process these foods.
- **Embrace lean proteins** - This includes poultry, fish, beans, egg whites, nuts, and other lean meats. 15-25 percent of our diet should come from proteins, according to the USDA.
- **Don't fear fats** - Although fats sound like something we should stay away from, it is essential to get between 20-30 percent of your daily calories from fats. Good fats include, olive oil, nuts, seeds, avocado and fatty fish.
- **Moderation is key** - Just because you are eating healthy doesn't mean you can't indulge on occasion. Just be wary of your sugar and calorie intake, read the ingredients, and decide "is this really worth it?"

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and stabilizing your mood.

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