

THE RIVER REVIEW

October 2007

News For The Residents of River Place

Volume 1, Issue 6

River Place Garden Club

The home of Bob Bonar and Van Do at 10401 Treasure Island Drive, Austin, Texas 78730 was the winner for The River Place Garden Club's September "Yard of the Month."

The winner for August was the home of Clay Speer at 5124 China Garden Drive.

The River Place Garden Club meets on the second Thursday of each month at 7:00 p.m. from September through May. Interested parties can inquire about the location and topics of meetings via Email: suzanne9792@sbcglobal.net. We welcome guests and new members.



*River Place Garden Club's September "Yard of the Month."
10401 Treasure Island Drive*

Not Available Online

***Don't want to wait for the mail?
View the current issue of the
River Review on the 1st day
of each month at
www.PEELinc.com***

RIVER REVIEW

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Sheriff – Non-Emergency512-974-0845
Hudson Bend Fire and EMS
 Emergencies512-266-1775
 Information.....512-266-2533

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Cedar Park High School.....512-435-8300
Canyon Ridge Middle School.....512-424-7500
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IESI (Trash).....512-282-3508

OTHER NUMBERS

River Place Postal Office512-345-9739

NEWSLETTER PUBLISHER

Peel, Inc.....512-989-8905
Article Submissions riverreview@peelinc.com
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Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing riverreview@PEELinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The River Review. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.



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RIVER REVIEW

Fall Gardening After A Wet Summer

By Elizabeth Drozda-Freeman
LCRA Conservation Landscape Specialist



The summer of 2007 has been a unique experience for many Hill Country gardeners. With July bringing 17 days of rain, more than nine inches in the rain gauge, and relatively mild temperatures in the 80s, many yards were transformed into jungles — a far cry from the hot, parched plots we usually encounter as summer comes to a close. Now as fall approaches it is the perfect time to undertake most landscaping activities.

Abundant moisture has produced extraordinary growth in all of our landscape plants, including weeds. Begin your gardening efforts by removing weeds that have taken root in your yard. Try to remove weeds before they set seed. If you don't have time to remove the whole weed, at least remove the flowers.

In an established garden, an important task is keeping plants pruned, shaped and divided to maintain the original design intention. Many of our landscape plants will likely require pruning following this wet summer. Pruning perennials prevents spindly plants and helps keep

them vigorous. Shrubs may also need shaping now. Use clean, sharp pruning equipment, and disinfect pruning shears between plants to help prevent the spread of disease.

Fall is the ideal time to divide and transplant perennials. The lush growth this year may mean that you have many plants to share with friends and neighbors. Keep the plant roots dark and moist while you are moving them to their new locations, and plant them as soon as possible after digging them up.

Perennials and shrubs planted now will have a great advantage over those you plant next spring because of the extra time over winter to establish deep roots. August through October is the time to sow spring wildflower seeds, and October heralds the beginning of tree planting season in Central Texas.

Soil can benefit from the addition of compost at this time of year, especially in areas such as vegetable beds that have been in full production all summer. If you have thin soil under your turf, top dress your yard with ¼ to ½ inch of compost now. This will

work wonders for your turf, eliminating the need for fertilizer while improving the water holding capacity of the soil.

Finally, don't forget to check in with your irrigation system. Although you may not have run the system much during this wet summer, this is a good time to check for broken and misaligned sprinkler heads. Also, cut back your watering schedule to 50 percent of the summer schedule for the cooler, wetter days of fall.

Now is the perfect time to take advantage of prime gardening season in Central Texas, under the harvest moon. And, don't forget: Just because we've had a wet year doesn't mean conserving water isn't a good idea. Test your knowledge and obtain water-saving landscaping tips for your area at <http://lcra.wateriq.org>.

The Lower Colorado River Authority protects the people, property and environment of Texas. Learn more by subscribing to Currents, LCRA's electronic newsletter, at <http://lcra.org/subscribetocurrents..>

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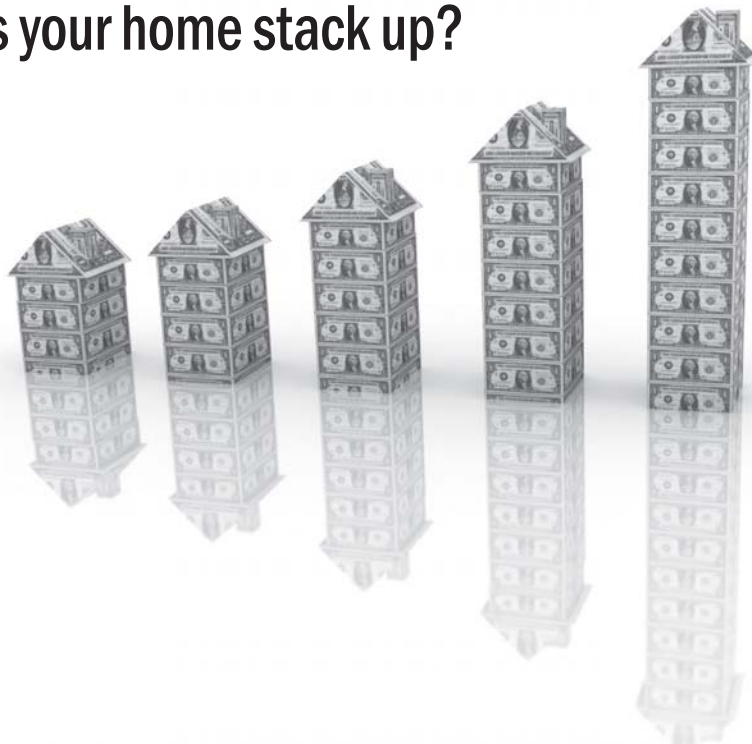


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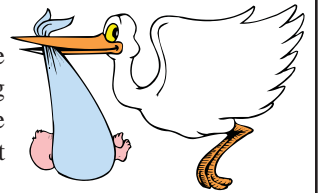
Teenage Job Seekers

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Stork Report

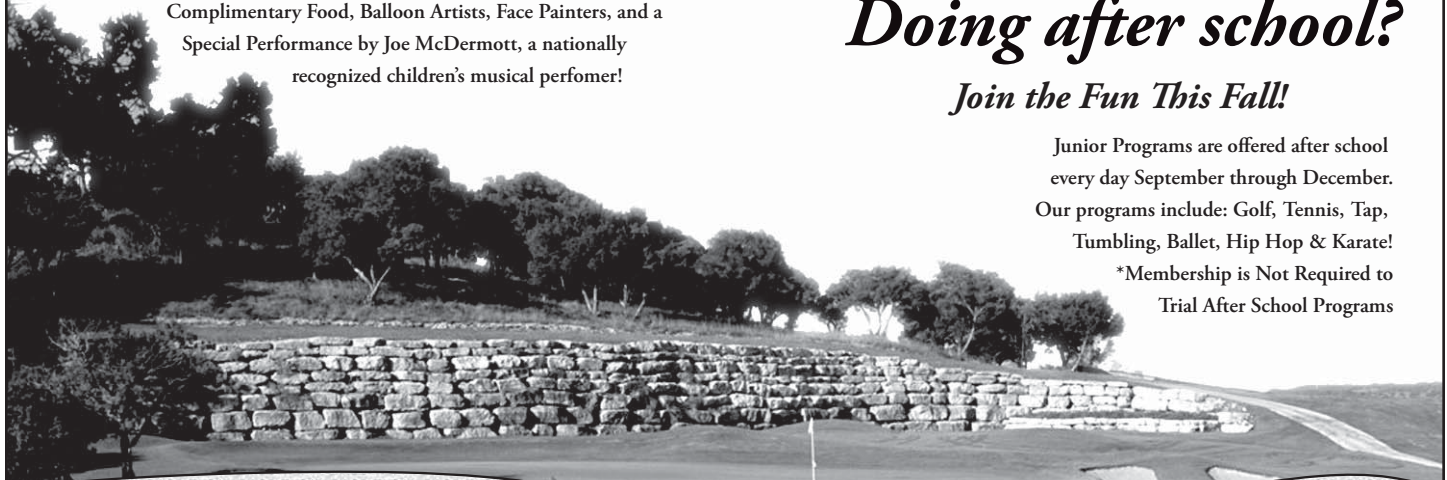
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To Our Membership Open House Event
Sunday, October 21st From Noon To 4pm

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Please call Raquel Hebben, the Membership Director if you would like to receive information regarding Membership, Fall Junior Programs, or our Open House Event!

4207 River Place Boulevard Austin, Texas 78730 | Phone: 512.346.1114 | Fax: 512.346.0527 | www.riverplaceclub.com

**Save the Date! Yuletide Treasures
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Junior Programs are offered after school every day September through December. Our programs include: Golf, Tennis, Tap, Tumbling, Ballet, Hip Hop & Karate!
*Membership is Not Required to Trial After School Programs

Recognizing National Breast Cancer Awareness Month

Submitted by Mary Esther Middleton

October is National Breast Cancer Awareness Month (NBCAM). Since the program began in 1985, mammography rates have more than doubled for women age 50 and over and breast cancer deaths have declined.

While this is exciting progress, there are still women who do not take advantage of early detection at all. Others do not get screening mammograms and clinical breast exams at regular intervals.

- Women age 65 and older are less likely to get mammograms than younger women even though breast cancer risk increases with age.
- Hispanic women have fewer mammograms than Caucasian women and African-American women.
- Women below poverty level are less likely than women at higher incomes to have had a mammogram within the past two years.
- Mammography use has increased for all groups except American Indians and Alaska Natives.

If all women age 40 and older took advantage of early detection methods – mammography plus breast exam – breast cancer death rates would drop much further, up to 30 percent.

The key to mammography screening is that it be done routinely – once is not enough!

For more information about NBCAM, please visit www.nbcam.org. For additional information, please call one of the following toll-free

numbers:

- American Cancer Society (800) 227-2345,
- National Cancer Institute (NCI) (800) 4-CANCER
- Y-ME National Breast Cancer Organization (800) 221-2141

For a local source of information, education and support contact the Breast Cancer Resource Center of Austin: www.bcrc.org or by phone (800) 309-0089

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For special events in Austin during National Breast Cancer Awareness Month: <http://www.lululemon.com/austin/austinshowroom/events>

The National Breast Cancer Awareness Month program is dedicated to increasing public knowledge about the importance of early detection of breast cancer. Fifteen national public service organizations, professional associations, and government agencies comprise the Board of Sponsors, who work together to ensure that the NBCAM message is heard by thousands of women and their families.



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Music Education and Your Child: Part 2 - How to Start Your Music Study?

By Cyrus Albertson

“When should my children begin music lessons? What instrument should they start with? How do I find the right teacher? Is music just a waste of time?” I hear these questions daily from concerned parents who want the best for their children. Over time, music education is being removed from the primary and secondary education curriculum, and more and more parents are finding themselves in the position of being responsible for their child’s musical education.

To get started, first decide what instrument to pursue. The age of the student has a bearing on instrument selection. Many students as young as three years old can be successful with either piano or violin. Students should usually be at least 7 or 8 years old to pursue guitar, drums, or voice study. Woodwind and brass instruments are usually best undertaken after the age of 9 or 10. The cost of the instrument should have less bearing on the instrument choice, as rental instruments are readily available. Many parents choose to rent an instrument during the beginning phases of study, until they are sure that the students likes the instrument they have chosen. That way, parents can postpone a sometimes expensive purchase.

Regardless of the student’s age, piano is an excellent first instrument for several reasons. First, children learn to read both treble and bass

clefs. Second, piano is a linear instrument which helps develop an understanding of musical scales and note reading. Third, piano is the only instrument that teaches both chords and melody, and how the two relate. Fourth, students don’t have to be concerned about proper tuning of the notes - this is helpful because beginning students can be easily demotivated if the music they produce sounds bad because the notes are not in tune. Many parents are concerned about pursuing piano because of the size and cost of pianos. However children can begin their study on an inexpensive keyboard for the first few years. During that time, parents can make sure the child is interested in continuing piano study before purchasing one.

Once you and your child choose the instrument to study, the next challenge is finding the right teacher. Unfortunately, too often, parents pick teachers for all the wrong reasons. Parents often choose teachers because they play their instrument well, because they have a master’s or doctorate degree in their instrument, because they are located close by, or because they charge a low tuition rate. However, the most competent player or the most educated person may not interact well with children. The neighborhood teacher may not have any training

(Continued on page 9)



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Music Education- (Continued from page 8)

in how to teach. The cheapest teacher is almost never the best teacher. So what should a parent look for when choosing a teacher? First, find someone with formal musical training, which will ensure that your child will be taught the correct fundamentals of music. Second, it is essential that you find a teacher who enjoys working with young people and can help inspire and motivate your child. Remember, this person will have a huge influence on your child. Third, ensure that the teacher you choose has been properly trained in the proper methods to use when teaching children. There is a good chance that your child will remember their music teacher for the rest of their life – choose wisely!

Cyrus Albertson is a concert pianist, taught in the secondary school System.

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Do you have a picture of an event that you would like to run in The River Review? Send it to us and we will publish it in the next issue. Email the picture to riverreview@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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Kirk Leavell, owner of **Wild Basin Fitness**, has impressed me with his sincere encouragement and expertise. *I can't believe it, but I actually look forward to working out.* Having a trainer provides accountability which helps me keep focused.

It will take a long time for me to achieve my fitness objectives, but with the encouragement and pacing by the trainers, I have everything I need to go the distance. *Thank you Kirk and Julie for bringing Wild Basin Fitness to Steiner Ranch.*
Kim P.

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Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-989-8905 or advertising@PEELinc.com.

Advertising Information

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Recipe of the Month:



Peach Cobbler

1 stick margarine 1 C flour
1 C sugar 1 C milk
2 tsp. baking powder 1 quart peaches (sweetened)

Melt margarine in baking dish in 350° oven.

In another bowl, combine sugar, flour, milk and baking powder.

Pour this mixture into the melted margarine and stir. Pour the peaches (and juice) into the dough mixture. Do not stir. Bake until brown.

*If you would like to submit YOUR recipe to
The River Review, email it to riverreview@peelinc.com.*

October Events at the Lady Bird Johnson Wildflower Center

Selah Exhibit--the Story of the Bamberger Ranch Restoration
Artwork by Margaret Bamberger. Photography by Kathleen Wilson. Book and prints at the store. Saturday, October 6, to Sunday, November 11

Annual Fall Plant Sale & Gardening Festival

Nearly 300 species available. Special feature--Live oak and red oak seedlings from the LBJ Ranch. Members Preview: 1 to 7 p.m. Friday, October 12. Public Sale: 9 to 5 p.m. Saturday and Sunday, October 13 and 14

Nature Nights

Spiders. "Spider Joe" Lapp and David Moellendorf bring their 8-legged friends. 6 to 9 p.m. Friday, October 19

Gourd Art

A mini-exhibit by Frances Cushing at the store. Saturday, October 27 to Sunday, November 18

Goblins in the Garden



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RIVER REVIEW

Infused Oils and Vinegars

Submitted by the River Place Country Club

I think many people have seen the growing selection of oils and vinegars available at grocery stores and specialty markets. There is also the countless variety of decorative bottles at home stores with different herbs, fruits, and vegetables inside that make a great accent to any bare space in a kitchen or dining area. Infusing oil or vinegar is a fairly simple process that can really add some extra dimension to any dish they are added to, as an Executive Chef at River Place Country Club I incorporate infusing oil or vinegar in many of my dishes.

They can be used in salad dressing recipes or stand alone as is. They can be used as dips for bread, vegetables, or many other things. They lend flavor to marinades or can be used to flavor foods after they have been cooked such as pastas or grilled meats. The odd shaped bottles that are filled with various things are eye pleasing, but not always safe for human consumption. Jars or bottles need to be able to undergo a sterilization process in order for them to be presentable and edible. We'll cover the less aesthetically appealing procedures for

infusion. Extraction of flavor will be the main goal in the following recipes:

Garlic and Basil Oil

- 1 oz. fresh basil
- 2 oz. garlic cloves, crushed
- 1 T. peppercorns, crushed
- 2 C. extra virgin olive oil

Wash the basil and dry thoroughly. Roughly chop the basil. Place the basil, garlic, and peppercorns in a heatproof container. In a saucepan, slowly heat the olive oil but do not get it too hot. Carefully pour the oil into the container with the other ingredients. Allow to cool to room temperature. Refrigerate at least overnight and up to a few days. Strain the mix and discard all solids. Keep oil refrigerated.

Ancho Chile Oil

- 4 each Ancho chiles
- 2 oz. garlic cloves, crushed
- 2 C. olive oil or extra virgin olive oil

Remove the stem end from the Ancho peppers. Split open and remove all the seeds. In a saucepan, lightly toast the Anchos for a few minutes or until they give a strong aroma.

Do not cook for too long or it will burn and have an off flavor. Add the garlic and the oil. Cook on low heat for just a few minutes. Cool to room temperature. Puree the mix in a blender. Refrigerate overnight. Strain the mix and discard any solids. Refrigerate until ready to use. *This oil has a nice red color that can be used to garnish plates*

Lemon Thyme Vinegar

- 2 each lemons
- 1 oz. thyme sprigs
- 2 C. white wine vinegar or white vinegar

Wash the lemons and slice thinly. Wash and dry the thyme. Place the lemons and thyme in a jar or bottle. Heat the vinegar just to a light boil. Pour over the lemons and thyme. Make sure there is enough to cover the contents. Cool to room temperature. Cover the container and allow it to sit overnight or up to a few days. Strain the vinegar pressing on the thyme and lemons. Discard the solids. The vinegar should be fine at room temperature, but will hold longer under refrigeration.

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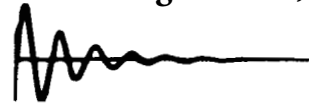
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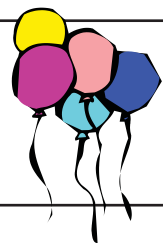
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The live wire

- October 6**.....Billy Joe Shaver
Nuttly Brown Cafe
- October 11**.....Willie Nelson
Floore's Country Store, Helotes, Tx
- October 12**.....Bob Sshneider
La Zona Rosa
- October 12**.....The Derailers
Broken Spoke
- October 12**.....Cory Morrow
Midnight Rodeo
- October 13**.....The Gourds
Threadgill's World Headquarters
- October 15**.....Lyle Lovett
Stubb's BBQ
- October 18**.....Texas Renegade
Nuttly Brown Café
- October 19**.....Kelly Willis
Gruene Hall
- October 19**.....Derailers & Roger Creager
Fire Fest, Buda
- October 20**.....RayWylie Hubbard and more
Fire Fest, Buda
- October 20**.....Joe Ely
Gruene Hall
- October 26**.....Stoney LaRue

The "Live Wire" is not a paid advertisement or endorsed by the performers or venues. The list of suggested events is provided as a convenience in support of Austin's status as the "Live Music Capital of the World"; it is compiled from information available at the time of submittal, and may change. Readers are encouraged to validate accuracy with the performer or the venue.



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