



# The Pemberton Journal

OFFICIAL PUBLICATION OF PEMBERTON HEIGHTS NEIGHBORHOOD ASSOCIATION

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## History of the Silberstein House



Max Silberstein was a prominent Austin merchant selling men's wear at "The Austin Man's Shop" on 6th Street. In 1940, he and his wife, Sadye, selected the land at 2506 Harris Boulevard to build their beautiful new Tudor Revival style house designed by architect Ed Small.

In the early 1950s, Max and Sadye helped their twin sons open another retail store at 23rd and Guadalupe called "Jorace Men's Wear". They arrived at this name by combining the names of their two sons, Horace and Jonas. This was a common practice among the Jewish merchants at that time.

After Max's death, Sadye sold the house to Alex and Dorothea Severino in 1968. Alex taught Portuguese language and literature at the University of Texas during his time in this house. He moved to Nashville and was one of the preeminent scholars on Brazilian culture and language at Vanderbilt University. Henrietta and John Henry Steinle, Jr. owned the house for the following thirteen years. John Henry was the treasurer of Austin Concrete Works.

In 1982, Ann Cofrin, also known as Ann Cofrin Baldeschwiler, purchased the house. Ann was a prominent Austin artist and earned a reputation as one of the country's foremost colorists. She was honored several times with awards by the Texas Fine Arts Association, and her work has been displayed in galleries and one woman shows across the continent.

Cofrin restored the Gilfillan House on W. 8th Street as a gallery, studio, and fine arts academy. The Gilfillan House is also a designated city historic landmark.

Merle Thomas, who moved to Austin to be close to her children, owned the house from 1983 to 1994. She sold the house to the current owners, Jane and Bill Pollard, in 1994. The Pollards did an extensive renovation of the house while making certain to retain its architectural integrity. Jane and Bill are both lawyers, and Jane now works as a legal recruiter. They have three children: Sam, a fifth grader at Casis, Scott, an employee of the Presidential Inaugural Committee, and Adrienne, a kindergarten teacher at Mills Elementary.

The Silberstein House received its City of Austin historic landmark designation in December and is a wonderful addition to that growing list of historic homes in Pemberton Heights.

## Nature Watch

by Jim and Lynne Weber

### Cat Tracks

Of the 36 species of wild cats in the world, 7 species roam North America, and only 2 range widely in the state of Texas. In the desert mountain ranges of West Texas, the dense brushlands of the Rio Grande Valley, and parts of the Edwards Plateau in Central Texas, the mountain lion is the top predator. Preferring heavily wooded uplands and bottomland forests, as well as the rocky limestone regions of the Edwards Plateau, the bobcat is present throughout Texas.

A large, long-tailed, unspotted cat, the mountain lion has a lithe, muscular body covered in short, tawny fur with darker markings on the face, ears, and tip of the tail. Also known as the cougar or puma, mountain lions can run up to 43 mph, leap 20 feet from a standing position, and jump a distance of 16 vertical feet! Unlike other big cats, they cannot roar, but they do purr like their close relative, the house cat. They can grow up to eight feet long, weigh up to 150 pounds, and can kill prey to up seven times their body weight. Their diet consists chiefly of large and small mammals, and although mainly solitary, they will come together to mate.

A medium-sized cat with a spotted and barred gray to reddish brown coat, black-tufted ears, and a stubby tail, the bobcat inhabits more of North America than any other wild native feline. With its flexible body measuring up to three feet long and weighing up to 30 pounds, it also depends on surprise to ambush and kills its prey. It prefers to eat a wide variety of small mammals and is more of a generalist predator than its relative the mountain lion. While the bobcat is highly adaptable and in most areas has learned to cope with the inroads of human settlement, both the bobcat and the mountain lion face threats due to hunting by humans as well as from habitat loss and fragmentation. Little has been learned about these wild cats due to their stealth and mainly nocturnal habits, and while fairly common, they leave little evidence of their presence. Often the only evidence that presents itself is a set of tracks.

While the front tracks of felines (such as mountain lions and bobcats) and canines (such as coyotes and foxes) are larger than the hind tracks, there are some key differences that can aid in proper identification. Cat tracks do not usually have claw marks as their claws are retractable, and only show when they are pouncing or running. In terms of their palm pad, cats have three lobes on the hind edge and two lobes on the leading edge, where dogs have two lobes on the hind edge and one lobe on the leading edge. Lastly, the two front middle toe pads of a cat are not aligned as they are in a dog track, and the positioning of the leading toe pad can help you identify a left from a right foot. If the toe that is furthest forward is on the right, the track is made by the left foot, and if it is on the left,

*(Continued on Page 3)*

# The Pemberton Journal

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## Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

			6					
	5	1			9	3		
					5	1		
6				5				4
			3					
	9				7		1	5
					1	4		
	8			7				6
3		4						2

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14 METRO LOCATIONS



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## Nature Watch - (Continued from Cover Page)

the track is made by the right foot. Needless to say, the tracks of a mountain lion are generally larger than that of a bobcat (roughly 3-4 inches wide versus 2-3 inches wide). However, a large bobcat can splay its foot over 3 inches, and in those rarer cases the size of the palm pad is used to determine which feline left the tracks.

While you may never actually see a mountain lion or bobcat in Central Texas, you can be sure these magnificent animals are present. Tracks and signs are everywhere, and if you spend the time to study them, they can tell you much about the secret lives of these elusive felines!



**Left Front Feline Track**

Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them.



**Canine Tracks**



## New Pemberton Heights Neighborhood Association Website

<http://www.pembertonheights.org/>



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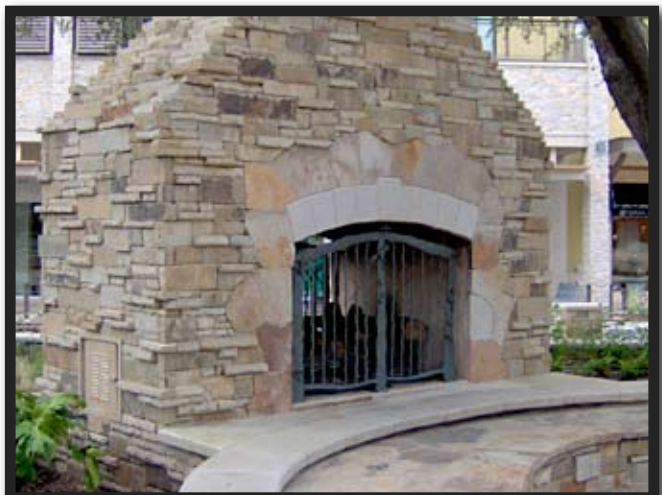
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## Meet Rebecka

As we look forward to 2009, maybe we have kids graduating from high school, maybe we ourselves decided to go back to school, or maybe we are looking forward to a career change. Either way, we are looking forward to this year with optimism and hope – hope for health and happiness. Whatever our goals are for the new year, the children in foster care remain in pretty much the same place, with the same goals. You see, the children were removed from their homes, from their families – not because of something they did, but something their parents did. Now, they live in a temporary foster care system wondering what the future holds. Foster care is a time for these children to heal, but it is not the end. It is supposed to be a temporary system until the children can move on to permanency, and permanency being the safe, stable and loving family that will be there for them forever.

Meet Rebecka. She has been in foster care a few years and has hopes. Her biggest hope is that someone will love her enough to claim her. Her other hopes include the person, or family, being patient enough for her to learn and grow, and catch up for all of the time missed. For some children, they need that one on one time, the time to be special, the time to feel the object of others attention.

Rebecka, 11, is an active, intelligent and engaging child, who needs direction, and assistance in staying focused. Rebecka likes to read, listen to country music, sing, attend church and play with friends.



Rebecka is talented, intelligent and a gifted vocalist. She likes to play with kids her age. Rebecka however, at this time, requires supervision while with peers. She vies for attention. She is a young girl with a beautiful smile and a lot of potential. Although she may exhibit challenging behaviors, she will thrive with a committed family.

Rebecka would benefit from being adopted by parents who have strong parenting skills. Rebecka will need time to bond. She would benefit from a permanent placement with a loving, supportive and understanding family where she continue to grow and learn. Rebecka

needs consistent care from parents who will promote her future success. If you would like to learn more about adoption from foster care, please contact the Adoption Coalition of Texas at [info@adopttexas.org](mailto:info@adopttexas.org) or 512-301-2825. If you are interested in learning more about Rebecka, contact Grace Lindren, LMSW, Wendy's Wonderful Kids Recruiter/Adoption Coalition of Texas at 512-687-3209/fax 512-692-2540, [gracelindgren@adopttexas.org](mailto:gracelindgren@adopttexas.org).

If you are interested, you can view a story with Rebecka on News 8 Austin Forever Families ~ just click the link: [http://www.news8austin.com/content/living/forever\\_families/?ArID=226023&SecID=428](http://www.news8austin.com/content/living/forever_families/?ArID=226023&SecID=428)

*Photo Courtesy of the Adoption Coalition of Texas/The Heart Gallery of Central Texas, Photo by HJ Brockway, Photo Gusto*



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## February is American Heart Month

Submitted by Karen Behrend

February is American Heart Month! Here are some facts and tips to help you keep your heart healthy and help prevent Heart Disease.

### COOL HEART FACTS:

- o The heart beats 2.5 billion times in a lifetime (65 yrs) (if you take care of it, maybe more!)
- o It takes 23-24 seconds for a drop of blood to circulate through the entire body
- o Your body pumps 1 million barrels of blood in a lifetime!
- o Your body has 60,000 miles of blood vessels
- o Every day over 650 Americans have coronary bypass surgery.

### RISK FACTORS:

#### I. Unalterable Risk Factors you CAN NOT change:

- o Family History (father/brother had heart disease before age 55, or mother/sister

before age 65).

- o Gender (men have a higher risk)
- o Age (Men over 45 and Women over 55 are at increase risk)

#### II. Risk Factors you CAN alter:

- o High Blood Pressure (three readings at 140/90 in a month, see your doctor)
- o Smoking (#1 preventable cause of heart attacks in the US. Smokers have a 70% great risk than nonsmokers). Tough habit to break, but sooner or later you will quit!
- o Cholesterol (Blood cholesterol of 200 mg/dl is desirable, 239 mg/dl is borderline and 240 mg/dl+ is high) Know your numbers and get a complete breakdown of your total cholesterol, HDL, LDL and Triglycerides. Have your doctor explain the numbers to you!
- o Obesity (more than 30% of your desirable weight) Eating too much of the wrong foods can make you fat! Focus on 5 fruits or veggies a day for the next 20 days.

- o Physical Inactivity (Choose to move! 30-60 minutes 3-4 times a week!)

#### III. Other contributing Factors

- o Diabetes
- o Stress/Tension
- o Hormonal Factors
- o Alcohol

Primary Risk Factors have the strongest relationship to heart disease (family history, smoking, high blood pressure, high cholesterol and physical inactivity), when two or more of these are present, the likelihood of heart disease greatly increases.

### 10 TIPS TO HELP DEVELOP HEALTHY HABITS AND PREVENT HEART DISEASE IN YOUR FAMILY

Take care of your heart and your children's hearts by:

(Continued on Page 7)

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## February is...- (Continued from Page 6)

1. Regular daily physical activity (walk, bike, hike together)
2. Participate in age-appropriate sports, lesson or clubs. Let kids try a variety and find what they like
3. Participate in household chores (the physical kind)
4. Follow a healthy diet; low in fat and high in complex carbohydrates. Be supportive. Focus on positive instead of negative. Praise for a job well done!
5. Don't reward kids with food...find other ways to celebrate!
6. Be supportive. Focus on positive instead of negative. Praise for a job well done!
7. Limit TV, video game and computer time... disconnect from it! 1-2 hours a day max!
8. Be a positive role model and practice what you preach
9. Set goals and limits. Daily activity, 1-2 desserts a week
10. Learn CPR. The next life you save may be someone you love!

### Classified Ads

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Pemberton Heights residents, limit 30 words, please e-mail [c\\_johanson@sbcglobal.net](mailto:c_johanson@sbcglobal.net).

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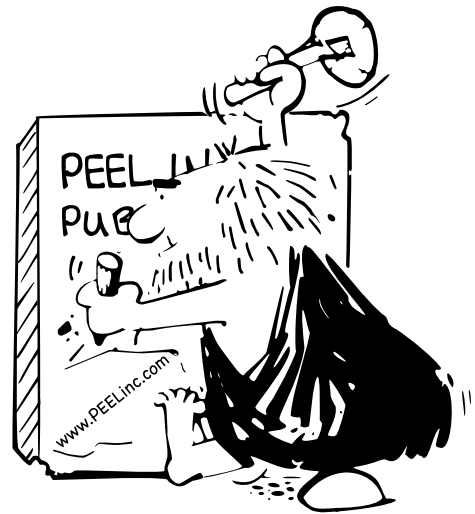
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