

# THE RIVER REVIEW

August 2009

News For The Residents of River Place

Volume 3, Issue 8

## Congratulations

River Place Garden Club  
July 2009 Yard of the Month



- 10105 Inshore Drive -

Congratulations to Timothy A. and Julie D. Novak, 10105 Inshore Drive for being chosen as the winners of the River Place Garden Club's YARD OF THE MONTH! This colorful and beautifully maintained yard is well worth driving by for a closer view. Timothy Novak shared one of his maintenance tips with us and it is the purchase of 15 yards of Dillo Dirt applied to the front yard last spring. After spreading and watering this rich soil for about three weeks, the lawn "came alive" and has remained green and beautiful ever since. He plans on doing the backyard next year as most of his family lives near by and he and his wife enjoy entertaining them outdoors. A member of the Garden Club, will award a \$50.00 gift certificate to Mr. and Mrs. Novak.

*The Garden Club meets the second Thursday of the month and will resume September 10th at 7:00pm. To receive the address and program information please call Ann Kennedy at 215-9089. Visitors welcome.*

## Austin Currents

*Submitted by Rich Keith*



This is a story about the lost Victorian Austin which once thrived here. The John H. Houghton House was one of the larger, more elegant residences built in the late nineteenth century in the Capitol area. John Henry Houghton built this handsome house around 1886 at the corner of 12th and Lavaca St. His family had been wealthy, but lost it all during the Civil War. The son started over again as a teamster, hauling goods from Hempstead to Austin and Georgetown. When he reached the pinnacle of his success, he asked noted Central Texas architect James Wahrenberger to design a house for his family. Wahrenberger had lately been a finalist for the design of the new State Capitol, placing second in the competition.

When driving south on Guadalupe Street it was impossible not to notice the round turret and stately central tower of the Houghton House. Over the years, as many of its fellows disappeared, the Houghton

*(Continued on Page 2)*

# RIVER REVIEW

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire .....	911
Ambulance .....	911
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Hudson Bend Fire and EMS	
Emergencies .....	512-266-1775
Information .....	512-266-2533

### SCHOOLS

Leander ISD .....	512-434-5000
Cedar Park High School .....	512-435-8300
River Place Elementary .....	512-434-7026

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Billing .....	1-800-858-7928
Time Warner Cable	
Customer Service .....	512-485-5555
Repairs .....	512-485-5080
IESI (Trash) .....	512-282-3508

### OTHER NUMBERS

River Place Postal Office .....	512-345-9739
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### NEWSLETTER PUBLISHER

Peel, Inc. ....	512-263-9181
Article Submissions .....	<a href="mailto:riverreview@peelinc.com">riverreview@peelinc.com</a>
Advertising .....	<a href="mailto:advertising@peelinc.com">advertising@peelinc.com</a>

### Austin Currents - (Continued from Cover page)

House became a striking landmark. Its roof exhibited all the features of a mature Victorian residence. An Historic American Buildings Survey completed just before its destruction notes that it had a “complex form with ridged and hipped projections and numerous dormers.... The central square tower over the entrance has a flared pyramidal steep roof with dormers on each of the four sides. The corner circular tower is topped with a steep-roofed conical tower with a single dormer. There were decorative metal finials on these towers” (HABS, p.11).

A visitor entered the house via an entrance foyer under the main tower. On the left were the stair hall, then the library, then a large ballroom. To the right of the hall was the parlor with wide folding doors opening to an octagonal dining room. Like many great houses of the period, its detailing was an eclectic mix: like stained glass windows, classically inspired mantelpieces, and fanciful woodwork.

In 1973, San Marcos contractor John Stokes purchased the house from Johnson Properties of Austin. Apparently Stokes was obligated to build a parking garage on the site under the terms of a pre-existing mortgage. Two months later, on May 8, 1973, “Mansion’s Fate Dims” reported the Austin Statesman. Stokes, who was kept very busy during Austin’s building boom of the 1970s, was quoted in the article as saying “I am not going to preserve that house. If someone wants to restore it, they can buy it for \$250,000.” It was the beginning of a protracted struggle. Many tried to use public and private money to save the home but ultimately it was torn down and replaced by The Stokes Parking Garage in 1973.

Sources: Austin History Center and Historic America web site. For more information contact Rich Keith at (512) 266-8498.

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## Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing [riverreview@PEELinc.com](mailto: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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THROUGH JUNE 2009

## RIVER PLACE

Number of homes sold	27
Average Sales Price	\$451,320
Average Price/SF	\$129
% of Asking Price	95%
Average Days on the market	88

## STEINER RANCH

Number of homes sold	93
Average Sales Price	\$412,561
Average Price/SF	\$120
% of Asking Price	94%
Average Days on the market	96

## WESTMINSTER GLEN

Number of homes sold	5
Average Sales Price	\$852,560
Average Price/SF	\$157
% of Asking Price	94%
Average Days on the market	182

## GLENLAKE/RIVER POINT

Number of homes sold	1
Average Sales Price	\$900,000
Average Price/SF	\$416
% of Asking Price	92%
Average Days on the market	216

## LONG CANYON

Number of homes sold	4
Average Sales Price	\$858,875
Average Price/SF	\$220
% of Asking Price	91%
Average Days on the market	81

## GREENSHORES

Number of homes sold	0
Average Sales Price	N/A
Average Price/SF	N/A
% of Asking Price	N/A
Average Days on the market	N/A

## TWIN CREEKS

Number of homes sold	19
Average Sales Price	\$319,133
Average Price/SF	\$106
% of Asking Price	95%
Average Days on the market	113

## GRANDVIEW/THE PARKE

Number of homes sold	8
Average Sales Price	\$370,850
Average Price/SF	\$102
% of Asking Price	97%
Average Days on the market	81



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## LEANDER ISD

### MIDDLE SCHOOL

Leander ISD middle schools will host orientation camps for all incoming sixth graders as well as middle school students new to LISD prior to the first day of school.

#### Times and Dates are Listed for the Following Campuses:

##### **Cedar Park "Leopard Camp" - 6th grade and new students**

Aug. 12: 9:30 a.m. - 11:30 a.m. A-L

Aug. 13: 9:30 a.m. - 11:30 a.m. M-Z

##### **Canyon Ridge "Eagle Camp" - 6th grade and new students**

Aug. 12: 8:30 a.m. registration

9:00 a.m. - 12:00 A-L

1:00 p.m. registration

1:30 p.m. - 4:30 p.m. M-Z

Parent's info 9:00 a.m. & 1:30 p.m.

##### **Henry "Hawk Camp" - 6th grade and new students**

Aug. 11: 9:00 a.m. - noon A-L

Aug. 12: 9:00 a.m. - noon M-Z

##### **Leander "Tiger Camp" - 6th grade and new students**

Aug. 11: 9:00 a.m. - 11:30 a.m. - A-L noon

Aug. 12: 9:00 a.m. - 11:30 a.m. M-Z

##### **Running Brushy "Cougar Camp" - 6th grade and new students**

Aug. 12: 8:30 a.m. - 11:30 a.m. - A-L

1:00 p.m. - 4:00 p.m. - M-Z

#### **Parent Orientation**

Aug. 12: 8:45 a.m. - 10:00 a.m. - A-L

1:15 p.m. - 2:30 p.m. M-Z

##### **Wiley "Coyote Camp" - 6th grade and new students**

Aug. 12: 9:00 a.m. - 11:30 a.m. A-M

1:00 p.m. - 3:30 p.m. N-Z

The camps are designed to help students get acquainted with their new campus in a more relaxed atmosphere before the first day of school. Students will have the opportunity to meet staff, tour the campus and learn about the variety of activities available at middle school.

LISD will open its doors on Monday, Aug. 24 for the 2009-2010 school year.

### HIGH SCHOOL INCOMING FRESHMAN

Leander ISD's high school campuses, Cedar Park, Leander, Rouse, Vandegrift, and Vista Ridge, will host a camp for all incoming freshmen, the Class of 2013, at their respective campuses.

#### Listed Below are the Times for Each Camp and the Dates and Times for Open Houses:

##### **LHS "Lion Camp" - For New Students**

Tuesday, Aug. 4 -(A-L), 6:00 p.m. - 8:00 p.m.

Wednesday, Aug. 5 -(M-Z), 6:00 p.m. 8:00 p.m.

Open House - Wednesday, September 9 6:30 p.m.

##### **RHS "Raider Camp" - For New Students**

Wednesday, Aug. 5 (A-K), 6:00 p.m. 8:00 p.m.

Thursday, Aug. 6 (L-Z), 6:00 p.m. 8:00 p.m.

Open House-Thursday, September 10 6:30 p.m.

##### **CPHS "Wolf Camp" - For New Students**

Tuesday, Aug. 11 - (A-K), 1:00 p.m. - 4:00 p.m.

Wednesday, Aug. 12 - (L-Z), 1:00 p.m. - 4:00 p.m.

Open House - Wednesday, September 9 - 6:30 p.m.

##### **VHS "Viper Camp" - At Four Points Middle School**

9th grade - Wednesday, Aug. 12 - 9:00 a.m.

10th grade - Wednesday, Aug. 12 - 1:00 p.m.

Open House Thursday, September 10 6:30 p.m.

##### **VRHS "Ranger Camp" - For New Students**

Wednesday, Aug. 12- (A-K), 1:00 p.m. 5:00 p.m. (café)

Thursday, Aug. 13- (L-Z), 1:00 p.m. 5:00 p.m. (café)

Open House - Wednesday, September 9 - 7:00 p.m.

All incoming freshmen are encouraged to attend orientation. Students will receive locker assignments, tentative schedules and textbooks as well as have the opportunity to ask questions and tour the campus.

For more information, call Cedar Park High School at 570-1200, Leander High School at 570-1000, Rouse High School at 570-2000, Vandegrift High School at 570-2300, or Vista Ridge High School at 570-1800.

LISD will open its doors on Monday, Aug. 24 for the 2009-2010 school year.



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*—Layne Brunner, Home Seller*



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# Leander

# ISD

## 2009 - 2010 District Calendar

### Important Dates

First Day of School .....Aug. 24  
 Last Day, First Semester ..... Jan. 15  
 First Day, Second Semester ..... Jan. 19  
 Last Student Day ..... June 4

### Major Holidays and Events

Labor Day .....Sept. 7  
 Rosh Hashanah..... Sunset Sept. 18  
 Yom Kippur..... Sunset Sept. 27  
 Columbus Day ..... Oct. 12  
 Veterans Day .....Nov. 11  
 Thanksgiving Day..... Nov. 26  
 Hanukkah ..... Sunset Dec. 11  
 Christmas Day.....Dec. 25  
 MLK Day .....Jan. 18  
 Spring Break ..... March 15 - 19  
 Good Friday .....April 2  
 Bad Weather Makeup Date .....April 12  
 Bad Weather Makeup Date .....May 31  
 Memorial Day .....May 31

### Proposed TAKS Dates

Oct. 20 - 23 .....Exit Level TAKS  
 March 1, 3 - 5..... TAKS All Levels  
 April 6 ..... TAKS Grades 5 & 8  
 April 26 - 30..... TAKS All Levels  
 May 3 - 28 .....HS End of Course Window  
 May 18 ..... TAKS Retest Grades 5 & 8

### Calendar Key

- Student/Teacher Holiday
- Staff Development/Student Holiday
- Bad Weather Makeup Day
- bold** First or Last Days - Semesters
- Proposed TAKS Testing Dates
- ◇ Last day, Nine Weeks Grading Period
- } Last day, Six Weeks Grading Period
- E** Early Release Day

### August 2009

S	M	T	W	T	F	S
16	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	22
23	{ <b>24</b>	25	26	27	28	29
30	31					

### September 2009

S	M	T	W	T	F	S
		1	2	3	4	5
6	<b>7</b>	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	<b>E</b>	24	25	26
27	28	29	30			

### October 2009

S	M	T	W	T	F	S
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4	{5	6	7	8	9	10
11	<b>12</b>	13	14	15	16	17
18	19	20	21	22	23	◇ 24
25	26	27	28	29	30	31

### November 2009

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8	9	10	11	12	13	} 14
15	{16	17	18	19	20	21
22	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	28
29	30					

### December 2009

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	26
27	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

### January 2010

S	M	T	W	T	F	S
					<b>1</b>	2
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17	<b>18</b>	{ <b>19</b>	20	21	22	23
24	25	26	<b>E</b>	28	29	30
31						

### February 2010

S	M	T	W	T	F	S
	<b>1</b>	<b>2</b>	<b>3</b>	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

### March 2010

S	M	T	W	T	F	S
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7	{8	9	10	11	12	13
14	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	20
21	22	23	24	25	26	27
28	29	30	31			

### April 2010

S	M	T	W	T	F	S
				1	◇ 2	3
4	5	6	7	8	9	10
11	<b>12</b>	13	14	15	16	17
18	19	20	21	22	23	} 24
25	{26	27	28	29	30	

### May 2010

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	<b>18</b>	19	20	21	22
23	24	25	26	27	28	29
30	<b>31</b>					

### June 2010

S	M	T	W	T	F	S
		1	2	3	4	◇ 5
6	<b>7</b>	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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## VANDEGRIFT NEWS



### *Dear Vandegrift Parents,*

I am pleased to announce that we have hired Mr. Andre Clark to be the Vandegrift High School Choir Director. Mr Clark will split his time between Cedar Park Middle School and Vandegrift High School for the 2009-2010 school year.

Andre Clark has taught in Georgetown ISD for the entire duration of his teaching career, as a founding faculty member of two campuses in addition to serving as Head Choral Director at Georgetown HS from 2006-2008. Mr. Clark is a member of TCDA, TMAA, and TMEA, currently serving as TMEA Region 26 Secretary. His undergraduate degree in Secondary Music Education is from Southwest Texas State University in San Marcos. Prior to teaching, he was the Choir Director at First Lutheran Church in San Marcos, later the Choir and Youth Director at Holy Cross Lutheran

Church in Yoakum, Tx. Mr. Clark currently resides in Georgetown with his wife, Kara. He is an avid off-road motorcycle enthusiast. We are excited to have Mr. Clark on our staff. He has the vision, experience and commitment to make Vandegrift Choir one of the best programs in the State.

Opening a 9th/10th grade campus poses many unique staffing challenges, especially in fine arts; however, with the full support of LISD for our creative staffing solutions we have been able to meet the needs of our growing campus and allowed us to hire the highest caliber of new staff. Please join me in thanking LISD Senior Administration and the LISD Board of Trustees for their long-range vision and continuing support of our fine arts programs and students!

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## Vandegrift News Continued

### Vandegrift High School Band Events

#### AUGUST 1 - PANCAKE BREAKFAST & CAMPUS TOUR

As the incoming students and staff of Vandegrift High School anticipate their opening year, much of the community shares their excitement. Many of you may already have driven by the new high school to catch a glimpse of the outside progress made on both Four Points Middle School, where the students of Vandegrift will be located for their first year, and the high school with its new stadium.

For those curious about the interior of the facility, the Vandegrift High School Band will be hosting a pancake breakfast on Saturday, August 1, with student-led tours of Four Points Middle School and Vandegrift's stadium. This will be the very first look at the inside of our new school, and it is open to everyone, whether your children will attend Vandegrift next year or later on.

Admission is \$7 at the door, and pancakes, sausage, orange juice and coffee will be served. You can pre-order tickets online at [www.vhsband.com](http://www.vhsband.com). Tours of the campus are included in the admission cost. The pancake breakfast is very much a community event, and an opportunity to enjoy a wonderful breakfast with friends while seeing the new school and meeting some of the students.

#### AUGUST 15 – MARCH-A-THON

The inaugural Vandegrift Marching Band will set out at 8am on Saturday, August 15, at John Simpson Park and march the Steiner Ranch neighborhood for 4+ hours, providing music and entertainment in a highly mobile fashion as well as providing customized lawn concerts for those who donate \$100 or more. The Band will be publicly performing the new school song and fight song for the first time during their March-a-thon. Students are collecting sponsors to support them in marching, and the proceeds will go to support the Vandegrift Band with start up fees, marching competitions, trips and supplemental instruction.

For a map of the parade route and information on donating online, go to [www.vhsband.com](http://www.vhsband.com). The VHS Band March-A-Thon is the band's biggest and most important fundraiser of the year. Private concerts in cul-de-sacs and on lawns are available by contacting Mr. Jeremy Spicer, Director of Bands at Vandegrift. Come join in the fun and hear the inaugural performance of the Vandegrift Band.

Contact Information for this article: If you have questions on this article, please contact Cathy Sorsby at [csorsby@hotmail.com](mailto:csorsby@hotmail.com). If she does not respond or you need a quick response, please contact Jeremy Spicer, Director of Vandegrift Bands, at [Jeremy.spicer@leanderisd.org](mailto:Jeremy.spicer@leanderisd.org).

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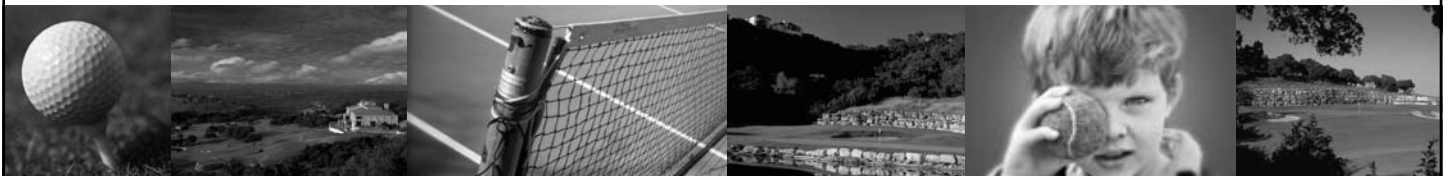
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***What are your Kids Doing after school?***

***Join the Fun this Fall!***

Junior Programs are offered after school every day from September through December. Our programs include:  
Golf, Tennis, Tap, Tumbling, Ballet, and Hip Hop.

\*Membership is Not Required to Trial After School Programs. Visit us online to view our 2009 Fall Junior Programs.



Please call Raquel Hebben, the Membership Director if you would like to receive information regarding Membership, Fall Junior Programs, or to schedule a personal tour of our facilities!

The Dominion  Golf Group River Place • The Dominion • Onion Creek • Twin Creeks

We recommend an even higher level of protection this summer.

## Great Hills Baptist Church

### Sunday Schedule:

9:30 & 11 am - Bible Life Groups (all ages)

9:30 am - Celebration-Connection  
(Worship Choir & Orchestra)

11:00 am - Life-Connection  
(Worship Band)

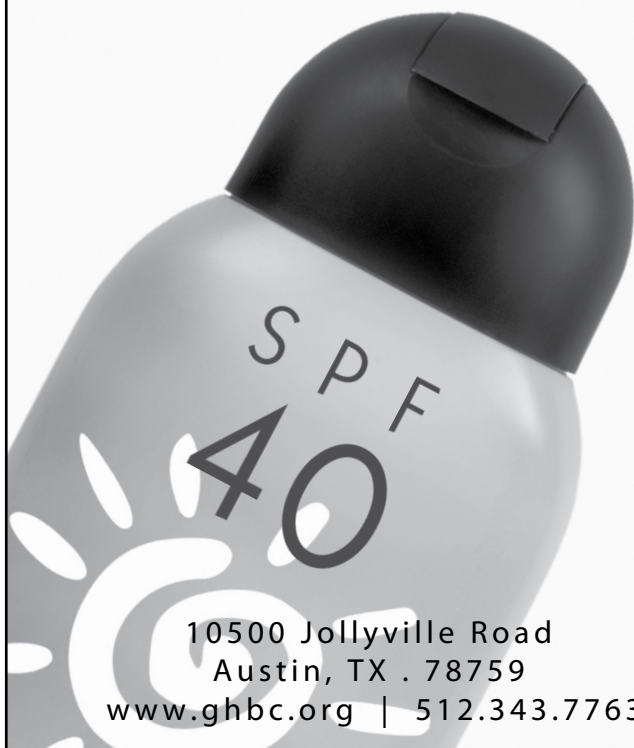
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## Vandegrift News Continued

### Vandegrift Viper Marching Band

#### March-A-Thon

Saturday, August 15th

*Submitted by Wayne Hall*

Did you know that there's a new High School in Leander Independent School District? Vandegrift High School opens for the 2009-2010 school year and you can support the VHS Viper Band by participating in the VHS Band March-A-Thon. The March-A-Thon is the band's biggest and most important fundraiser of the year.

On Saturday, August 15th, 2009, the inaugural Vandegrift Viper Marching Band will set out at 8am and march the Steiner Ranch neighborhood for 4+ hours, providing music and entertainment in a highly mobile fashion as well as providing customized lawn concerts for those who donate \$100 or more to the band. Come out and watch the band, hear us play and support the newest LISD High School.

Contact Vandegrift Band Director Jeremy Spicer for scheduling the band for your lawn. You can get more information, a detailed map of the marching route or contact us at [vhsband.com](http://vhsband.com). Note that you must be on the pre-established route to get a personal lawn concert, but all are welcome to enjoy the music and greet the new band.

YOU CAN DONATE ONLINE OR SEND A CHECK PAYABLE TO VHS BAND BOOSTERS. EITHER GIVE IT TO YOUR FAVORITE BAND STUDENT, BRING IT TO A BOOSTER MEETING OR MAIL IT TO:

#### VHS Band Boosters

7301 RR 620 N

Suite 155, #267

Austin, TX 78726-4359

*Please note that we accept funds towards this fundraiser all throughout the school year.*

Through fund raising activities, students earn and accumulate points that can be applied to band trips, banquet tickets, logo items, etc. If you would like a particular student to receive credit for your donation so that they can earn points, be sure to include the student's name in the payment notes.



### Vandegrift High School Boy's Lacrosse Team

The Vandegrift boy's lacrosse team is forming and is looking for players. If you are an incoming freshman or sophomore at Vandegrift HS and are interested, then we are looking for you. **NO PRIOR PLAYING EXPERIENCE NECESSARY!**



*For more information visit [viperslax.net](http://viperslax.net) or email the team at [viperslax@gmail.com](mailto:viperslax@gmail.com)*

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# RIVER REVIEW

## Host an Exchange Student- *Experience another culture without the cost of travel!*

*Submitted by Katie Robinson*

iE International Student Exchange is seeking host homes for high school exchange students from Germany and other nations. We are seeking couples, singles, or families who are willing to open their home to one special exchange student for 6 weeks or for the entire 2009-2010 school year. You will be amazed to find what you gain from the experience, as well as what you give: the chance for one international student to have a lifechanging encounter. This is a great opportunity to connect with someone from another culture! All you need to host is a spare bed and an open heart!

Contact Katie Robinson,  
Local Coordinator for  
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## Meet Johnathan

*DOB: 10/1997*

Johnathan is an affectionate child who loves to give and receive hugs. He loves trains, building with Legos and cardboard boxes. He also enjoys going on outings and watching cartoons, especially Scooby-Doo. His favorite food is pizza.

He has been diagnosed with an Autistic Spectrum Disorder which requires therapy. He is not able to communicate as easily as other children his age, which can be very frustrating for him. He has made tremendous progress in foster care and has a strong desire to please the adults around him. Johnathan requires a high level of supervision due to his activity level and his social skills. Johnathan's foster mom describes him as a "lovable child" and a "good kid."

For more information about adoption in general or Johnathan, please contact the Adoption Coalition of Texas at [info@adopttexas.org](mailto:info@adopttexas.org).

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# RIVER REVIEW

## Is Your Home an Internet Broadcaster?

*(It might be and you don't even know it)*

*Submitted by Laurie Scott*

Laptop computers have made computing mobile and very convenient. Wireless routers in our homes have made it possible to use our computers anywhere in the home, and not just where the connection comes into your home.

If you have a wireless router at home, then you are using one of three possible levels of security, 1) none, 2) poor and 3) what you SHOULD be using. "None" is real simple, open the box, plug in the router, connect to the Internet. With this connection, ANYONE within range, meaning your neighbors, passersby and that annoying teen-age kid down the who likes to hang around your house in the evening can use your wireless network to access the internet or worse, access your computers at home. Also, any illegal activity over the Internet is going to be traced back to your home, not to the person or computer that may have done it.

I often tell the story of the time I moved to Austin from Sacramento 4 1/2 years ago over the Thanksgiving holiday. I stayed overnight with a friend in Flagstaff, Arizona at her parents' home. Lots of relatives were there and they all smoked (and smoked a lot). Even though it was 35 degrees outside, I went and sat in my car for an

hour just to breath fresh air. While in my car I powered up my laptop and discovered a completely unsecured network within range. I connected to it and took the opportunity to check my email and do some web surfing. Then the good Samaritan in me decided to do them a favor. I figured they hadn't changed the default password on their router, and sure enough I was right. I logged onto their router and took a screen shot of it. Since they were also using the default name for their computer network, I changed mine to match and could see that they had a computer turned on with one of their hard drives shared (no, I didn't peek at it.) I also saw that they had an Epson printer connected to it, so I downloaded the printer driver and installed it on my laptop, opened Microsoft Word and pasted the screen shot of their router into it. I also included instructions on how to keep prying eyes out of their network, thanked them that I was able to check my email, and then I PRINTED the document out on their printer. Keep in mind I have no idea which house I had connected to. I imagine if they were home that they were a little shocked to have their printer start all by itself and print a note

*(Continued on Page 15)*

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## Is Your Home an Internet Broadcaster? - (Continued from Page 14)

from a complete stranger. Lucky for them I wasn't someone who wanted to copy their files, plant a virus or lock them out of their own network.

The two levels of security that are usually displayed with a padlock symbol are WEP and WPA. WEP falls into the "poor" category of security. WEP will keep honest people out of your network, and will prevent someone from accidentally getting connected to your network, but WEP was "cracked" several years ago, and nowadays it only takes a laptop and 60 seconds to break into a network secured with WEP.

What you should be using is WPA (or WPA2) to provides a connection that (with a good password) can't be cracked in a comfortable lifetime. Log into your router (usually at <http://192.168.0.1> or <http://192.168.1.1>), go to the wireless security settings and set it for WPA. Then change your laptops and other wireless devices to match.

There are many different routers on the market, but there are a few standard rules to follow: Changing the security settings on your router should always be done with the computer attached to the router via a network cable - don't change it over a wireless connection. If you make a mistake, you won't be able to get back

in to fix it. In the wireless security settings on your router, you will see WEP and SHOULD see WPA as options. If you don't see WPA as an option, your router is probably several years old. Go to the manufacturer's support page on their web site and look for updated "firmware" to download. Download the firmware and update the router per the instructions provided by the manufacturer. If the latest firmware doesn't provide WPA encryption, then it's time for a trip to Best Buy or Fry's for a new router. ANY new router will provide WPA encryption. Next use a strong password. A strong password should be at least 12 characters long, feel free to make it a lot longer - the longer the better. Be sure to use upper and lower case letters, use numbers AND use special characters like # \* ( \ } [ @ ! &. Write it down and put it in a safe place. If it helps, use 2 or 3 non-related words or numbers that you know but no one is likely to guess. Something like maybe the city you got married in with the year of your first car and the name of your brother's daughter. It might look something like Dallas@1989!Samantha#. Even people you know you won't guess this. Be creative and have fun, but MAKE IT STRONG!

Next month I'll talk about keeping your information secure when you're online both at home and away.



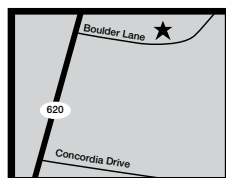
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## The Science of Grocery Shopping

Submitted by Kelly Bruneman, Certified Nutrition Specialist

The grocery store can be a scary place! All those aisles filled with grocery goodness! What is healthy and what isn't? How do you know where to start and what to buy? Follow these simple rules to ensure that you get the most out of your grocery shopping experience:

### • STAY TO THE OUTSIDE

- Most everything you need is on the perimeter of the store. Your produce, meats, and dairy cases are all on the outside. The aisles are where the boxed and processed foods reside.

### • ORGANIC...IS IT WORTH IT?

- Not all things are necessary to buy organic. The following produce list is often referred to as the "Dirty Dozen" because they contain the highest levels of pesticides.
  - THE DIRTY DOZEN: Peaches, Apples, Sweet Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Pears, Grapes (Imported), Spinach, Lettuce, Potatoes.
  - THE LEAST CONTAMINATED: Onions, Avocado, Sweet Corn (Frozen), Pineapples, Mango, Asparagus, Sweet Peas (Frozen), Kiwi Fruit, Bananas, Cabbage, Broccoli, Papaya.

- Beef, Poultry, and Dairy are also worth the organic price because they are produced without growth hormones and antibiotics.
- Currently the USDA has not developed organic certification standards for seafood.
- REMEMBER: buying organic foods that aren't good for you doesn't make them healthy!!

### • BUY FROZEN

- Frozen fruits and vegetables are often flash frozen locking in nutrients better than canned foods.
- Frozen fish and chicken is also flash frozen at the source locking in nutrients and making them convenient alternatives to store in your freezer.

### • DON'T BE AN IMPULSE BUYER

- Make a list according to how your grocery store is laid out and STICK TO IT! If ice cream isn't on your list, don't go down the ice cream aisle.
- Don't go to the grocery store when you are tired, hungry or irritable. This almost always leads to impulse buys.

(Continued on Page 17)

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## The Science of Grocery Shopping- (Continued from Page 16)

- If possible, don't take the kids! Grocery stores target impulse buyers and almost all kids are impulse buyers!
- Don't get distracted at the checkout line. As you are waiting to check out grocery stores stock the racks with tempting candy bars and sodas. Don't be fooled! If you think you might give in bring in water with you and pop a piece of sugar free gum! Or flip through the latest gossip magazine until it is your turn to pay.
- If you don't buy the junk food, you won't have it in the house!

### • CHECK OUT THE LABEL

- THE FDA requires that all ingredients be listed in descending order of predominance by weight. Try to pick foods that have a short ingredient list that don't have many artificial ingredients.
- Look for foods that have ingredients that you can pronounce
- Choose foods that are "real". Examples are 100% fruit juice or 100% whole-grain items with as little processing and as few additives as possible. If you want more salt or sugar, add it yourself.

Finally, just take a deep breath and go for it! You are in control and remember if you don't buy it; it won't find its way into your house!

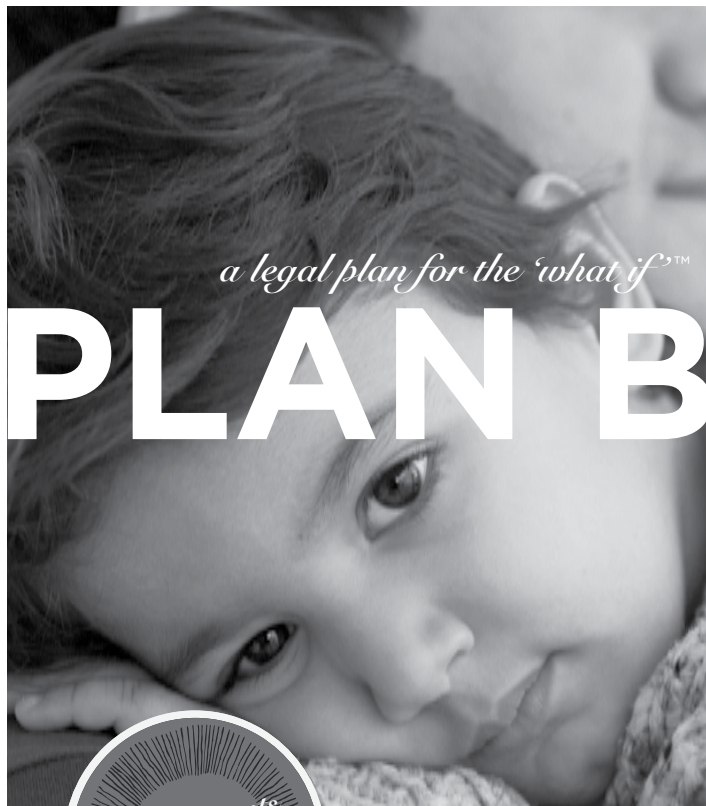
## Sudoku

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.

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

\*Solution at [www.PEELinc.com](http://www.PEELinc.com)

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# RIVER REVIEW

## The "Four Awareness" Points When Playing Tennis

Submitted by Fernando M. Velasco

In past issues, I have written about how to choose proper tennis equipment and efficient ways to practice. This issue offers advice on how to tackle the "critical points" in your matches.

In every match, you will find critical points that can determine whether a player wins or losses. At these critical points, I suggest reviewing what I call the "four awareness" points:

### First Awareness: Self

Every player possesses certain shots that they feel more comfortable hitting on a critical point. For example, it could be a forehand topspin, or a slice one. When choosing which shot to hit on a critical point, decisively utilize the shot that comes more naturally without changing your mind. That is when mistakes are made.

### Second Awareness: Opponent

When the players decide on a shot at a critical point, they need to consider their opponent's strengths and weaknesses. During the match, they should notice the shots the opponent has less success with than others. On a critical point, players should use the shot they feel more comfortable with but also they will aim towards their opponent's weaknesses.



### Third Awareness: Court

Once you decide on your most consistent shot, consider the opponent's weakness, you also need to take into account the court conditions. Factors such as the sun, wind, and surface will make a difference on the shot executed. When in doubt, you should either choose a shot toward an opening on the court, or directly at your opponent's feet; open spaces or shoe laces.

### Fourth Awareness: Score

When you decide on your shot, the placement and being aware of the court challenges, a good player should also remember the score in hand. Players will be aggressive when the score is in their favor, and be more conservative when tied, or behind. For example, when a player is serving at 40-15, the serve should be a powerful and assertive. In contrast, if the score is 15-40, the player should serve the first serve with some power, but with more placement.

Over time, these four awareness points will become both automatic and reactionary as players become more experienced in playing and competing. After the shot has been properly executed, they will sometimes give themselves a pat on the back for doing the right thing at the right time, and remind themselves that they followed the "four awareness" points.



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15 AUSTIN METRO LOCATIONS

## August Events at the Lady Bird Johnson Wildflower Center



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Joan Son's intricate installation of origami, "Natural Rhythm" features birds and plants. In the McDermott Learning Center

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### AUGUST IS BUTTERFLY MONTH! - *Saturday and Sunday, August 1 and 2*

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## *Britt's Book Buzz: It's Criminal!*

### THE ASSOCIATE BY JOHN GRISHAM

I am a positive person and I feel bad about putting negativity out there, especially in a book review. I must say, however, that *The Associate* by John Grisham was a terrible book. I hadn't read anything by Grisham since *The Firm* and *The Pelican Brief* while in high school. At the time, they seemed like somewhat smart novels. I came across *The Associate* at Half Price Books and thought "why not?" Boy, has time changed the author—and not for the better. My mom put it best, "he has a formula to his books." Meaning, he doesn't put much thought into the books other than to get them on the bookshelves as quickly as possible. Do lawyers even read these books or find them even mildly entertaining?

In the book, a hotshot law student has two great job offers and a bright future, but a blackmailing expert team has found a skeleton in his closet and exploits it to the fullest in order to obtain highly confidential information. Only in the last 50 or so

pages does the law student finally realize that he should just come clean and face the issue. Wouldn't a Yale law student know how to resolve the situation without having to work with the blackmailers? I have absolutely no law background, but I saw no evidence to even convict him!

Character development was poor and the book was loaded with cliché after cliché and stereotypes (i.e. the hot law student who dressed really great and showed off her perfect body to the enjoyment of her male colleagues). The ending was horribly lazy and unfinished.

Looking at the bright side, I hope this review saved you a worthless read.

Feel free to comment on this review or your thoughts on the book or suggest a book for me to review on my blog at <http://www.brittsbuzz.blogspot.com>.

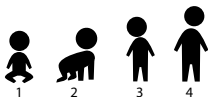


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### FACTS YOU NEED TO KNOW ABOUT DROWNING

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### DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW



Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

For more information, check out our website at [www.colinshope.org](http://www.colinshope.org)

### DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

### DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.

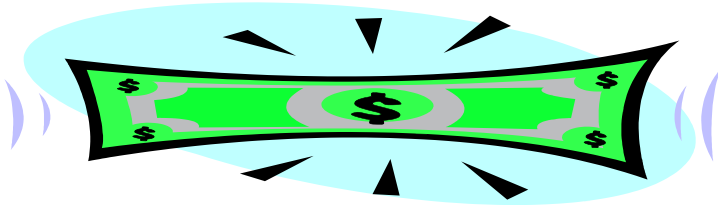


Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.

# A Sensible Plan for College Funding

Submitted by Rich Keith



As a parent, you may feel a moral obligation to fund your children's education, but you don't want to sacrifice your current lifestyle or rob your future retirement in order to fund education costs. Well, to make funding both their education and your retirement a non-issue, you must consider how to:

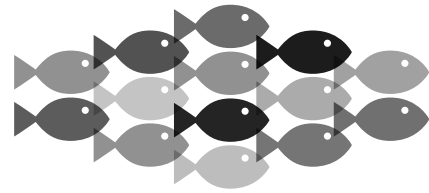
- Maximize your cash flow so that you can invest funds in education and retirement accounts. This includes both reducing debt and lowering expenses.
- Utilize the numerous education tax incentives provided by the IRS to reduce taxes and produce so-called "tax scholarships" for your family.
- Qualify for merit and need-based financial aid offered by colleges

If you can maximize the benefits produced by the above strategies, you may not have to compromise your education and retirement goals. Historically, we see that college costs have risen at 2 to 3 times the inflation rate of the Consumer Price Index. And college really costs you more than you think because it is paid with after-tax dollars. Depending on which tax bracket you are in, the amount you must earn to pay for college is a good deal more because you must first pay the IRS...before you pay the college.

How old will you be when your last child graduates from college? Assume that you are 45 years old and you plan to retire in 20 years and that a public college costs \$60,000 for 4 years. You take the money out of your retirement savings today. The money you give to a public college for four years will cost your retirement fund about \$280,000 at an 8% return. Elite colleges cost more, but there is a hidden benefit which we will get to later. And remember, these numbers are for just one child's college education.

Clearly this presents a funding dilemma shared by parents everywhere: how to fund college and retirement? Experts agree there are two methods to make this work:

The first method is by using your money through: (A) paying out of your current income, (B) paying with withdrawals from your savings accounts, or (C) borrowing. Most people use some combination of all three. The second method is to use money from others. This comes in the following forms: (A) financial aid, (B) by using special education tax strategies, (C) gifts from relatives, or (D) your child's resources (his/her income and assets). We will explore this topic in future columns, how to make a sensible, methodical plan for funding college expenses.



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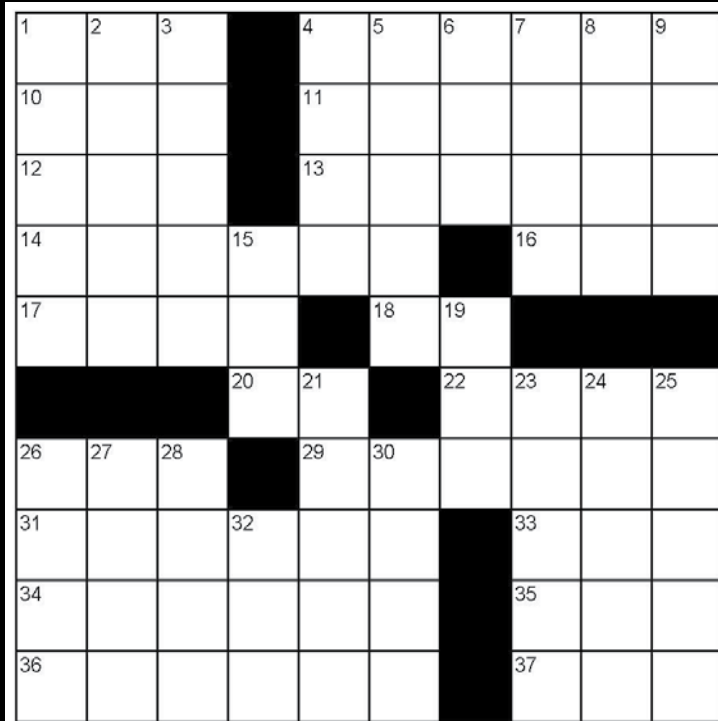
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## Crossword Puzzle



### ACROSS

1. Belong
4. Elevator alternative
10. Fire remains
11. Short guy, hairy feet
12. Manipulate
13. Indoor
14. Coaxing
16. Condensation
17. Adolescent
18. South Carolina (abbr.)
20. New Jersey (abbr.)
22. Hornet
26. Rock
29. Loves
31. Demonstrate
33. Government agency
34. Subordinate
35. Cause of sickness
36. Elapse (2 wds.)
37. Surface to air missile

### DOWN

1. Finds \_ -
2. Make available
3. Not here
4. Tibia
5. Fire iron
6. Abdominal muscles (abbr.)
7. As previously cited
8. Cycle
9. Soup
15. Hotel
19. Cash with order (abbr.)
21. Rachel's husband
23. Regions
24. Reddish brown
25. Sacred song
26. Pearls
27. Vile
28. Brief
30. Refuse to believe
32. Pinch

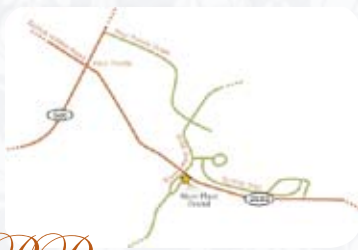
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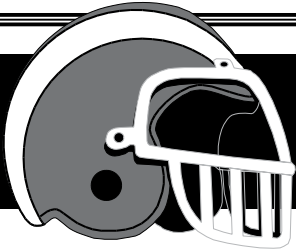
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## Attention River Place Elementary Parents

If your child will be playing Pop Warner Football in the fall, please keep track of your child's final report card. You will be asked to provide a copy of it when joining a team. If you misplace it and need to request a copy from the school, this process can take up to 10 days to fulfill.

Have a great summer!  
River Place Elementary Staff

## Three Business Networking Groups in the Area

Are you looking to grow your business in 2009? If so, you might be interested in a few of the business networking groups in the area. There are a few to choose from:

### Steiner Ranch Referrals BNI Group

Meetings are on Thursday mornings from 8:00 to 9:30 at Thai Harmony in Steiner Ranch. Visitors are welcome! If you are interested in visiting a meeting please contact Mark Taylor at [marktaylor@actioncoach.com](mailto:marktaylor@actioncoach.com) for more information or visit [www.BNIAustin.com](http://www.BNIAustin.com).

### Four Points BNI

Meetings are on Wednesday at lunch from 11:30 to 1:00 at the River Place Country Club. Visitors are welcome! If you are interested in visiting a meeting please contact Amy Oehler at [Amy@Lending360.net](mailto:Amy@Lending360.net) or visit [www.BNIAustin.com](http://www.BNIAustin.com).

### A Business Referral Group Made Fun

Networking Northwest Austin is expanding its member base of businesses in our area. NWNWA members build close business and personal relationships. We believe in business by referrals and having a limited member base (not duplicating professions), so you will not see your competitors here. We have a caring, positive, involved group of people who not only wish to build their business, but also want to build the strength of our networking group. NWNWA meets on the 2nd and 4th Tuesday at Waterloo Ice House, 360 & FM 2222 from 7:00 am – 8:30am. And a fun happy hour once per month at a beautiful location. Come to a breakfast or call Dorothy Scarborough – President [dscarborough5@austin.rr.com](mailto:dscarborough5@austin.rr.com), 512-589-3678.

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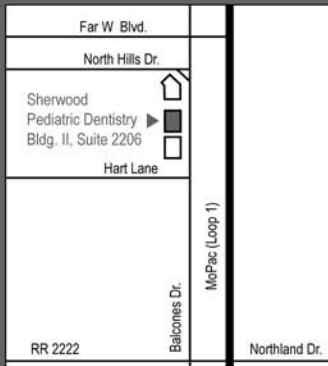
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In the Northwest Hills of Central Austin, Sherwood Pediatric Dentistry partners with parents in caring for your child's smile from infancy through adolescence.

Your child's first visit is recommended between 16 and 18 months of age. 10% of children already have decay by age two and 10% by age four. Early and regular dental visits make good sense.