

# Remembering Dan

3RD ANNUAL TETCO DAN COOK MEMORIAL CLASSIC SLATED FOR JUNE 13

Alice Cook Ashton recalls that her dad, legendary sports anchor and writer Dan Cook, loved to play tennis; so much so that even when he was in ill health, the 81 year old was adamant about going to hit the ball at the courts. "Even when there was absolutely no way he could play, he would say, 'Pretty soon I'm going to go play tennis,' and he would go take out all of his tennis equipment," Ashton says.

Although Cook died July 3, 2008, his legend lives on with the 3rd annual **TETCO Dan Cook Memorial Classic starting at 8:30 a.m. Monday, June 13 at The Club at Sonterra**. Proceeds benefit SA Youth. Admission is \$225 per player and includes breakfast, goodie bag with golf shirt, lunch, cart and the awards ceremony. To register, visit [www.dancookgolf.com](http://www.dancookgolf.com) or call (210) 223-3131 Ext. 207.

In the early '90s, a San Antonio Express-News colleague told Cook about SA Youth and the financial difficulty and struggles it faced to keep its doors open. After Cook toured the center, he wrote a column about it. Soon after, readers donated \$40,000 to the nonprofit organization. Over the years, Dan raised thousands of dollars for SA Youth's programs. In 2001, it's very first center, the



former Downtown Youth Drop-In Center, was renamed the Dan Cook Center.

Incidentally, Cook had a decades-long friendship with Tom Turner Sr., founder of TETCO. "One of the reasons we got involved with SA Youth and the golf tournament is because of Dan Cook, who was one of my grandfather's best friends," says Jon Turner, TETCO vice chairman.

Ashton, who is the youngest of four siblings, remembers the stories her father shared regarding Babe Ruth and Joe DiMaggio, whom he got to know. As a 19 year old, he once stayed out all night with baseball Hall of Famer Dizzy Dean much to the worry of his two aunts, who raised him in his native Houston. "That was back in the day when there were no cell phones," she says with a laugh.

Ashton was grateful for the outpouring of support for her dad during funeral services, which, she says, he would not have expected at all. "It would have surprised him," she says, "because he was just doing what he loved to do – write about sports. He loved the people of San Antonio so much, which is why he never left. Toward the end of his life, he didn't understand why people wanted to use his name in a golf tournament."

TETCO is the title sponsor of the tournament. Other sponsors include KENS5, San Antonio Express-News, Blonde Creative, Silver Eagle Distributors, Anheuser-Busch, Coca-Cola, Valero, Pepsi, Diageo Guinness, GET Electric, MillerCoors, Sarma, generations federal credit union, TekSystems, and Crown Imports.

## ABOUT SA YOUTH

SA Youth is a 26-year old community organization that keeps at-risk children and youth off the streets and in school, and offers young adults a second chance in life by providing them with an opportunity to earn a high school diploma or GED while receiving workforce training in construction, technology or the green jobs sector.

---

## IMPORTANT NUMBERS

---

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance .....	911
Police Dept .....	210-822-2000
Police Dept – Non-Emergency .....	210-824-3281
Fire Dept.....	210-822-2000
Fire Dept – Non-Emergency .....	210-824-3281

### NEWSLETTER PUBLISHER

Peel, Inc. ....	512-263-9181
Advertising .....	advertising@peelinc.com

---

## MISSION STATEMENT

---

### THE OLMOS READER, FOR THE OLMOS PARK

The mission of The Olmos Reader is to provide the Olmos Park Community with one source of local news content that is written by Olmos Park residents. Our goal is to help build the community by connecting local businesses with residents and residents with relevant neighborhood information.

**"BE THE COMMUNITY."**

---

## ADVERTISING INFO

---

Please support the advertisers that make The Olmos Reader possible. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 20th of the month prior to the issue.

---

## ARTICLE INFO

---

The Olmos Reader is mailed monthly to all Olmos Park residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for The Olmos Reader please email it to [olmospark@peelinc.com](mailto:olmospark@peelinc.com). The deadline is the 20th of the month prior to the issue.

## WATER WISELY WIELD A WAND

*By Juan Soulas*

Hand watering is the easiest, most efficient means of irrigating your landscape. Although it seems time consuming, the effort you put into it often yields the best results with minimal water waste.

And, watering by hand is the only method allowed any day and time during drought restrictions.

### SOME TIPS TO KEEP IN MIND:

- Apply only the amount of water needed and at a slow, steady rate. When water is applied too quickly, it flows away from the plant rather than down to the roots.
- Use a circular motion when applying water to allow it to soak in more completely. Watering wands with a cut-off feature are helpful.
- Direct most of the water to the base of the plant and lightly dampen leaves.
- Be careful not to overwater large shrubs or trees. Unless they are newly planted, their root systems are well developed and don't need as much water as lawns, even during dry spells.
- Avoid watering at the hottest time of day; pooled water on the ground will simply evaporate and never reach its intended target. Instead, water in the evening or early at daybreak.

Another great benefit of hand watering: leisure time spent in your water-saving landscape. Don't have one? No problem. Just follow our recipe.

*Juan Soulas is a  
conservation planner  
for San Antonio  
Water System.*



**Not Available Online**

## FINANCIAL FOCUS

### *Know Your Investment Risks — and How to Respond*

When you invest, you take some risks. While you can't totally avoid these risks, you can take steps to help reduce their impact and increase your comfort level. And the more comfortable you are with your investments, the easier it will be to follow a long-term strategy that can help you meet your goals.

Let's look at the most common types of risk related to investing, along with some suggestions on helping to reduce these risks:

**Losing principal** — This type of risk is most closely associated with investing. For example, when you purchase a stock, you know that its value could go up or down. If it drops below your purchase price, and you then sell your shares, you will lose some of your principal.

**Your response** — You can't eliminate the risk of losing principal, but by owning a mix of stocks, bonds, government securities and other types of investments, you can help reduce the impact of volatility on your portfolio. Keep in mind, though, that diversification, by itself, can't guarantee a profit or protect against loss.

**Losing value when interest rates change** — This type of risk primarily affects fixed-income investments, such as bonds. If you purchase a bond that pays, say, a 4% interest rate, and the market rate goes up to 5%, then the value of your bond will drop because no one will be willing to pay you the full price for it when newer, higher-yielding bonds are available.

**Your response** — You can combat, or even ignore, interest rate risk by holding your bonds until they mature. By doing so, you'll get your full principal back, provided the issuer doesn't default, and you'll continue to receive regular interest payments unless the bonds are "called," or repurchased

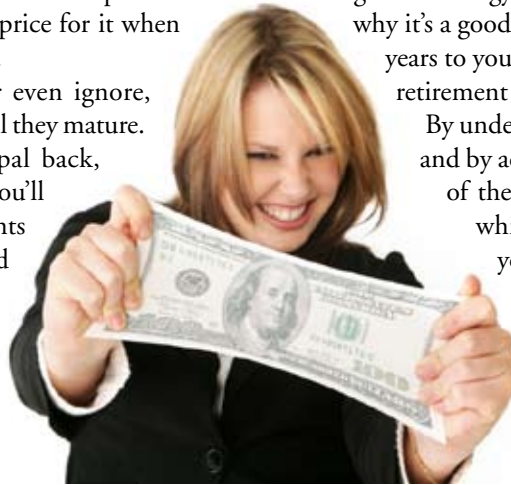
by the issuer. (You can help protect against this by purchasing bonds that have some degree of "call protection" and by owning bonds with different maturities.)

**Losing purchasing power** — This risk largely applies to fixed-rate investments such as certificates of deposit (CDs). To illustrate: If you purchase a CD that pays 2%, and the inflation rate is 3%, you are actually losing purchasing power.

**Your response** — Despite their vulnerability to inflation, CDs can offer you some valuable benefits, such as preservation of principal. Yet if you are concerned about fighting inflation, you may want to look for investments that have the potential to offer rising income, such as dividend-paying stocks. In fact, you can find stocks that have increased their dividends for many consecutive years. (Be aware, though, that companies can reduce or eliminate dividends at any time. Also, an investment in stocks fluctuates, and you could lose your principal.)

Apart from these individual techniques to reduce investment-related risk, you should also save early and save often — because the more money you accumulate, the greater your ability to follow a long-term strategy that reflects your personal risk tolerance. That's why it's a good idea to contribute as much as possible over the years to your IRA and 401(k) or other employer-sponsored retirement plan.

By understanding the different types of investment risk, and by acting to help lessen them, you can reduce much of the stress sometimes associated with investing — while you increase your prospects for achieving your objectives.



**Fitness Training • Massage**

#### **The average 8WW Patient...**

- Loses 15 lbs.
- Loses 4 inches off their waist
- Loses 2.5 inches off their hips
- Decreases Blood Pressure
- Decreases Body Fat 5.5%
- Decreases BMI 9%
- Decreases Insulin by 31%
- Decreases Cholesterol 11%
- Decreases Triglycerides 17%
- Increases Health Satisfaction 33%
- Decreases Medical Symptoms 55%



**Give us 8 weeks and we'll change the rest of your life!**



**Alamo Heights Chiropractic**  
8 Weeks to Wellness Center

4501 McCullough, Ste 107

210.828-9211

• ahchc.com





## HEALTH BRIEFS

MAY 2011

### *Do kids need sports drinks?*

Although children may request sports drinks, they offer little advantage over cool water, say nutritionists at Baylor College of Medicine (BCM) in Houston and the USDA/ARS Children's Nutrition Research Center at Baylor and Texas Children's Hospital. Sports drinks are designed to benefit athletes engaged in continuous, high-intensity aerobic workouts that last for 90 minutes or more.

But, if the availability of sports drinks encourages your kids to drink, consider making your own. Combine caffeine-free herbal tea, a little sugar, a pinch of salt, a few ounces of orange juice, and chill in individual bottles. Active kids need to fill up on fluids to prevent dehydration. Children should be encouraged to drink before heading outside and every 15 to 30 minutes during playtime activities.

### *Combination of limes, sun can result in 'margarita dermatitis'*

Adding a slice of lime to a favorite summer drink is nice to cool off with, but it could leave your skin burning, say dermatologists at Baylor College of Medicine.

The condition, called phytophotodermatitis, happens when a certain plant compound comes in contact with the skin, making that one area light

sensitive. During the summer, lime juice is the common cause for this condition, which is why some doctors call it 'margarita dermatitis.' The reaction usually looks like a sunburn, or a poison ivy rash, with redness and sometimes swelling and blistering, says Dr. Rajani Katta, associate professor of dermatology at BCM. It can be itchy and painful, and leave behind skin discoloration.

Treatment is similar to treating a poison ivy rash. Cool compresses and hydrocortisone creams along with oral antihistamines are used. Severe cases could require steroid pills. Preventative action is best. Be aware of what plant products you come in contact with and wash the area thoroughly before going out in the sun. As always, make sure to apply sunscreen and stay in shaded areas to maintain good skin health.

### *Physical activity keeps Parkinson's at bay*

The management of Parkinson's disease is much more effective when regular exercise is included, say experts at Baylor College of Medicine (BCM) in Houston. "There's no doubt that people who have a positive attitude and exercise generally cope with the disease much better than those who don't," said Dr. Joseph Jankovic, professor of neurology and director of BCM's Parkinson's Disease Center and Movement Disorders Clinic.

"Exercise is clearly a

positive force in dealing with Parkinson's."

Jankovic said that a regular exercise program, tailored to the needs of the individual patient, is critical for continued well being. Exercises for Parkinson's patients should be designed to improve strength (through the use of free weights, weight machines, and elastic bands) and overall fitness (by walking and swimming). Swimming and water exercises have the additional advantage in that there is very little stress on the joints and the resistance improves muscle strength.

### *Traditional colonoscopy recommended over virtual method*

The option for a "virtual" colonoscopy is now available but doctors at Baylor College of Medicine recommend sticking to traditional methods when screening for colon cancer.

A virtual colonoscopy is a CT scan image of the colon and does not require the use of an endoscope - a thin, flexible device that is inserted into the colon.

"While a virtual colonoscopy may sound less invasive than traditional methods, it isn't always as accurate," said Dr. Waqar Qureshi, associate professor of medicine and chief of endoscopy at BCM. "A scan is more likely to miss

small precancerous growths, and catching those polyps early is the key to preventing progression to colon cancer."

Studies have shown that polyps smaller than 6 mm are frequently missed by CT scanning, Qureshi said. For someone who is at high risk for colon cancer, missing a polyp can be deadly. Almost all instances of colon cancer begin as polyps, which are easily detected and removed during a colonoscopy.

Many times a virtual colonoscopy must be followed by the traditional method, he added, and both procedures require the same preparation, which includes laxatives, diet restrictions and in some cases certain medications must be stopped.

Colon cancer screening should take place every 10 years starting at age 50. If colon cancer runs in a family, testing should begin earlier and be performed more often.



## SUDOKU

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

View answers online

© 2007, Feature Exchange

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.




The Olmos Reader is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Olmos Reader contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

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

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

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

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

-   
CONSTANT VISUAL SUPERVISION
-   
LEARN TO SWIM
-   
WEAR LIFE JACKETS
-   
MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS
-   
KEEP BACKYARDS & BATHROOMS SAFE
-   
ALWAYS CHECK POOL/HOTTUB FIRST FOR MISSING CHILD
-   
LEARN CPR



## COLIN'S HOPE

Increasing water safety awareness and standards

Children under the age of 5 are at especially high risk.

### DROWNING IS PREVENTABLE



Drowning is a 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)



### JOIN US IN GETTING READY FOR A SAFE SUMMER IN THE WATER!

**June 14th World's Largest Swim Lesson at Schlitterbahn Waterpark in New Braunfels.** Join Colin's Hope as we partner with Schlitterbahn to try and break the world record for the World's Largest Swim Lesson on Tuesday, June 14th. Visit [www.Schlitterbahn.com](http://www.Schlitterbahn.com) for more information.

**June 26th Open Water Swim benefits Colin's Hope** Splash into Lake Travis for the Red Licorice Events Open Water Swim at the Mansfield Dam on June 26. The swim benefits Colin's Hope and you can choose from 800m, 1.2 mile or 2.4 mile options. Visit [www.redlicoriceevents.com](http://www.redlicoriceevents.com) for more information.

**August 27th & 28th 3rd Annual Colin's Hope Kids Triathlon** Athletes ages 5-15, mark your calendars for August 27th & 28th. Our Kids Triathlon will once again take place in the Lake Pointe neighborhood. Registration opens in early June and will fill up very quickly! [www.colinshope.org](http://www.colinshope.org)



Download a QRcode App on your phone & scan me!



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

## TEXAS EVENTS *June 2011*

### *Recipe of the Month* **CHILI CON QUESO**

#### INGREDIENTS

- 2 lbs. Velveeta cheese, cubed
- 1 - 13 oz. can evaporated milk
- ¼ lb. margarine
- 2 onions, chopped fine
- 2 or 3 garlic buds, minced
- 12 or 14 whole green chilies, seeded & mashed
- 1 large jar pimentos, chopped
- 1 large can taco sauce

-Melt cheese in double boiler with milk. Saute onions, garlic in margarine until soft but not brown.  
-Add green chilies, pimentos and taco sauce.  
-Cook about 10 minutes covered.  
-Add cheese mixture.  
-Blend well, but do not boil. Serve hot or cold. -  
Keeps well in a glass jar in refrigerator.  
-Reheat in double boiler or microwave.  
-Can be used as a dip, or a sauce on broccoli, cauliflower, or green beans; or a spread for toast or stuffing for celery. All 1 T to scrambled egg for "eggs Espanole".

**8-Sep. 11—SAN ANTONIO:** George Nelson: Architect, Writer, Designer, Teacher From the Vitra Design Museum in Weil am Rhein, Germany, this comprehensive retrospective focuses on the architecture and design work of George Nelson, one of the most influential American designers of the 20th century. McNay Art Museum, 6000 N. New Braunfels. [www.mcnayart.org](http://www.mcnayart.org) 210/824-5368

**10-12—SAN ANTONIO:** Texas Folklife Festival Institute of Texan Cultures, 801 E. Durango Blvd. [www.texasfolklifefestival.org](http://www.texasfolklifefestival.org) 210/458-2300 or 210/458-2224

**11-12—WESLACO:** Family Campout Enjoy a night under the stars, learn to make a campfire, tell ghost stories and search for creatures in the night with a park ranger. Camping gear is provided. In the morning, take a morning hike to look for alligators and other creatures in the park. Reservations required. Estero Llano Grande State Park—World Birding Center. 956/565-3919

**15-Aug. 28—SAN ANTONIO:** Burgoyne Diller: Abstract Pioneer Thirty drawings by this abstract artist range from Cubist experimentation in the 1930s to severe, geometric studies for sculpture in the 1960s. McNay Art Museum, 6000 N. New Braunfels. [www.mcnayart.org](http://www.mcnayart.org) 210/824-5368

**15-Sep. 18—SAN ANTONIO:** A Fine Line: The Woodcuts of John Lee Lee—a Trinity University assistant professor from Korea who makes his own inks, paper, and tools—creates woodcuts that are minimal and reserved in character. McNay Art Museum, 6000 N. New Braunfels. [www.mcnayart.org](http://www.mcnayart.org) 210/824-5368

**17-18—SAN ANTONIO:** Juneteenth Celebrations Festivals, fairs, pageants and picnics mark the city's annual observance of the anniversary of June 19, 1865, the date that Texas slaves learned of the Emancipation Proclamation's signing. Comanche Park and other locations. [www.juneteenthсанantonio.com](http://www.juneteenthсанantonio.com)

**18—WESLACO:** Spanish Nature Day Join a Spanish-speaking naturalist on a one-of-a-kind nature journey and discover the wonderful wildlife Estero Llano Grande State Park has to offer. This program will be mainly in Spanish. Bring a sack lunch. Hours are 10 a.m. to 2 p.m. 956/565-3919

**20-July 29—SAN ANTONIO:** Texas Tales and Trails Institute of Texan Cultures, 801 E. Durango Blvd. [www.texancultures.com](http://www.texancultures.com) 210/458-2300

**25—SAN ANTONIO:** Stan Irvin: "The Artist's Work" Talk and image presentation by Austin ceramist highlighting his single-fired, thrown and altered vessels. Begins at 12:15 p.m. Ellison Lecture Hall, Navarro Campus at the Southwest School of Art, 300 Augusta. [www.swschool.org](http://www.swschool.org)

*Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.*

**Advertise  
Your Business Here  
888-687-6444**



## MEET NATHAN

What is life like today for a typical ten year old boy? Skateboards, bicycles, computer games, school with kids he has known since he started kinder garden, neighborhood friends to hang out with, parents that make him clean his room and take a bath on a regular basis, but are always there for him; grandparents that spoil him? For a child in the foster care system, many of these things are missing. And those are the most important, namely the relationships with family and long term friends that tend to build trust and security that help the child develop a strong sense of self and build on self-esteem.

Meet Nathan, an active 10 year old child in foster care. He loves the Texas Longhorns and is a talented football and basketball player. He enjoys school, has lots of friends and is always respectful to his teacher. Nathan has so much potential for the future and in finding his forever home, he is destined to reach all of it!

Stability of loving relationships and predictability in a safe environment are essential elements to help each child reach their potential. Finding a "Forever Family" for a child like Nathan is critical to his continued growth and development. As long as kids like Nathan remain in the foster care system, they always have the mindset that tomorrow may mean another foster home, another school, another set of parents to adjust to. Could you help Nathan or other children like him to gain the trust and security that comes with having a permanent family?

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.

For more information, please contact Stephanie Berka, Wendy's Wonderful Kids Recruiter, Adoption Coalition of Texas at



512-450-8750 or email at [stephanieberka@adopttexas.org](mailto:stephanieberka@adopttexas.org)

To learn more about the adoption process and the Adoption Coalition of Texas, please call Bruce Thompson at 512-301-2825 or visit our website at <http://www.adoptioncoalitiontx.org>

An advertisement graphic with a black background. It features several interlocking puzzle pieces. One piece is black with a white outline and contains a white circle with a stylized 'P' inside. Another piece is grey with a white outline and contains a white speech bubble. The text "HOW ARE YOUR SOCIAL NETWORKING SKILLS?" is written in large, bold, white, sans-serif capital letters, slanted upwards from left to right. Below the text, there are three lines of smaller white text: "Follow Peel, Inc. Community Newsletters on Facebook &amp; Twitter", "www.peelinc.com/Facebook", and "www.twitter.com/Peel\_Inc". At the bottom right, there are two social media icons: a white Twitter bird on a grey square and a white Facebook 'f' on a grey square.



**PEEL, INC.**

308 Meadowlark St.  
Lakeway, TX 78734-4717

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

OMP

**100% FINANCING NOW AVAILABLE  
FOR A LIMITED TIME\***



# THE BROADWAY




24-HOUR STAFF  
RESORT AMENITIES  
CONTROLLED ACCESS  
EXQUISITE FINISHES  
UNPARALLELED LOCATION  
EXCLUSIVELY RESIDENTIAL

CALL NOW FOR YOUR PRIVATE TOUR!

4242 BROADWAY  
SAN ANTONIO, TEXAS 78209  
210-930-4242  
TheBroadwaySA.com



 We are in compliance with Title VIII of the Civil Rights Act of 1968. We have not, and will not, either directly or indirectly, discriminate against you or any other prospective purchaser on the basis of race, color, religion, sex or national origin. This is not an offer to sell or solicitation of offers to buy condominium units in states where such offer of solicitation cannot be made.

\*For Qualified Buyers