

THE RIVER REVIEW

July 2011

News For The Residents of River Place

Volume 5, Issue 7

Congratulations River Place Garden Club June 2011 Yard of the Month



- 8101 Big View Drive -

Congratulations to Cindy and Jimmy Ferguson of 8108 Big View Drive for being selected as the garden club "Yard of the Month" for June.

Each month, April through October one homeowner is recognized by the garden club for creating an outstanding environment within our community. Some of the criteria used to choose winners are the following: use of colorful plants, design and creativity, hardscape elements and use of native plants. Realtor, Mary Rachkind, a garden club member, awards Yard of the month winners with a gift certificate for \$50.00.

If you are interested in joining the River Place Garden Club, or would like to be on our mailing list, please contact Becky Wolfe at 344-9967. Meetings are held the second Thursday of the month, Sept. through May. There are no meetings during the summer. Our new year will begin with the Sept. meeting. - Submitted by Becky Wolfe, President, River Place Garden Club

Four Points *Chamber of Commerce*

Four Points Chamber of Commerce hosts Erin Hickok representing Go Local Austin, a grassroots marketing company representing the value of local business to the community. Hickok will talk about the impact of the local brand on sales and business traffic including:

- carbon reduction value
- local community economic value
- building business loyalty

Four Points Chamber luncheons provide stimulating discussions for local individuals, businesses and organizations to gain new insights and foster business growth. Membership is not a requirement to come to the luncheon but you'll want to register online to ensure your seat and receive early-bird discount pricing!

- Thursday, July 21, 2011
- Time: 11:30 a.m. to 1p.m.
- At River Place Country Club, 4207 River Place Boulevard.

You can find all the details and register on the Four Points Chamber of Commerce Web site www.fourpointschamber.com. While you are at the Chamber's Web site be sure to check out the other networking activities offered by the chamber, including the bi-monthly Connectors networking meetings at Concordia University and monthly Happy Hour. On Thursday, July 28th join us at Sobani located at 1700 North FM 620 Suite 110 in Lakeway, where we'll be celebrating our monthly Happy Hour.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire	911
Ambulance	911
Sheriff – Non-Emergency	512-974-0845
Hudson Bend Fire and EMS	
Emergencies	512-266-1775
Information	512-266-2533

SCHOOLS

Leander ISD	512-570-0000
Cedar Park High School	512-570-1200
Vandegrift High School	512-570-2300
Four Points Middle School	512-570-3700
River Place Elementary	512-570-6900

UTILITIES

River Place MUD	512-246-0498
City of Austin Electric	512-494-9400
Texas Gas Service	
Custom Service	1-800-700-2443
Emergencies	512-370-8609
Call Before You Dig	512-472-2822

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New Service	1-800-464-7928
Repair	1-800-246-8464
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
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Advertising	advertising@peelinc.com

Soak Up a Good Book this Summer at River Ridge Elementary

LISD and Hill Country Education Foundation have teamed up this summer at River Ridge Elementary's library to provide access to library books and to enhance story time. Thanks to LISD school librarians, River Ridge will be open on several days in June and July. The remaining Monday and Thursday July dates include July 11, 14, 18, 21, 25 and 28.

"Kids who don't read over summer months lose a lot of learning. If we can make more books available for kids, they can start back to school on the right track," said LISD Library Coordinator Megan Cooper.

One of the reasons LISD is offering the service is that some parts of the district do not have easy access to public libraries. The Hill Country Education Foundation has been working towards establishing a community library in the Four Points area.

"Libraries provide an integral component for education in our communities," said Kai Lamb, president of HCEF. "While we don't have the luxury of a nearby library in Four Points, teaming up with LISD provides us the opportunity to begin making an impact."

Joe McDermott, one of the nation's top children's music recording artists, performed for library goers in June. On July 21, Scott Sutton, author and illustrator, will entertain children of all ages with his magical world of the popular book series "Family of Ree."

Story time will take place each Thursday from 10:00 to 10:30 am. On the last day, July 28, Bartlett Real Estate Group will be on hand to exchange returned books for an ice cream.

Please note that there will be no restrooms available at the library. Non-registered LISD students may not check out books; however, the Hill Country Education Foundation is providing books for those students to borrow.

Please be sure to bring a gently used book or two. LISD librarians and the Foundation are holding a book drive for Principios Chiquitos, economically disadvantaged families in the Lake Travis area, and Inside Books Project, an organization that sends books and educational materials to incarcerated individuals. They hope to collect 200 books for distribution.

(Continued on Page 3)

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.

The perfect church for people who aren't

Celebrate Recovery | Mondays @ 7:00 pm

Codependency Group (for those with loved ones struggling with addiction)
Sexual Addiction Group (male group)
Chemical Addiction Groups (male & female groups)
Women's Support Groups (eating disorders, sexual addiction)

Health, Hope & Healing | Mondays @ 7:00 pm

Divorce Care
Safe People

Specialty Classes | Sundays @ 8:30 & 11:30 am

Re-married/Blended Families
Ladies Only and Men's Only Classes

Starting Soon: Men's Anger Management, Boundaries, Women's Wounded Heart (survivors of sexual abuse)

WATCH LIVE services Sunday mornings or view any time at www.ghbc.org

Sunday Morning Schedule | 10:00 Worship | 8:30 & 11:30 - Bible Life Groups (all ages) | Great Hills Baptist Church | the radiant church



Soak Up a Good Book - (Continued from Page 2)

For more information about summer reading, visit LISD at <http://ldl.leanderisd.libguides.com/SummerReading>

RIVER RIDGE ELEMENTARY JULY LIBRARY HOURS

River Ridge Elementary
12900 Tierra Grande Trail
Mondays and Thursdays in July
9:00 am to 12 noon
Story Time 10:00 to 10:30 am on Thursdays
No restrooms available

July 11
July 14 – Story Time with Grandview Hills Librarian
July 18
July 21 – Special performance by Author and Illustrator Scott Sutton
July 25
July 28 – Story Time with Four Points MS Librarian plus return your books and get an ice cream from Bartlett Real Estate Group

Camp Canyon Creek:

Big Apple Adventure
July 25th-29th
(9:00 a.m.-12:15 p.m.)
Church at Canyon Creek
9001 North FM 620,
Austin, Texas



Mark your calendars for Camp Canyon Creek: Big Apple Adventure VBS, July 25th-29th from 9:00 a.m.-12:15 p.m. In this one-week adventure, we will drive home answers about some of life's biggest questions through Bible stories, crafts, music, & games. Camp Canyon Creek is available for free to kids who are going into 1st-6th grade. Registration will be available soon at www.churchatcanyoncreek.com/VBS.htm



MY SUMMER TO-DO LIST:

- ☒ Make new friends
- ☒ Learn something new
- ☒ Have fun every day

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TIPS FOR A HEALTHY SUMMER

Eat Smarter & Move More

Submitted by Sarah S. Jordan, MS

The 4th of July holiday is almost here, and along with it comes good food, parties, and great times with family and friends. These things pretty much go hand in hand with summer.

Summer is a very common time for people to fall off the “health wagon,” but it doesn’t have to be that way. Eating right and getting enough activity can certainly be a challenge, especially when holidays and travel are involved. But the keys are: being consistent, making good choices, eating in moderation, and purposely finding ways to move more. Here are some tips to make your summer a healthier one for your family and friends.



Small Changes = Big Results

Making small changes for your summer cookouts and potlucks can equal big nutritional improvements.

Traditional Summer Food

A More Healthy Alternative

Hot dogs	Turkey dogs
Hamburger	Turkey burger
Potato salad	Fruit salad
Chips and high fat dip	Assorted vegetables and hummus
Fried chicken	Grilled chicken kabobs with veggies
Pie	Fresh pineapple
Soda and sweet tea	Iced tea with lemon
Using high-fat mayonnaise in dishes	
..... Use low-fat mayo or the kind that has olive oil in it	

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Tips for a Healthy Summer - (Continued from Page 4)

Healthy Recipe Swap

You can even request that guests bring a healthy dish and include the recipe along with the dish. After the event, the party host types up all of the recipes and emails them to party guests. Just like that - everyone is equipped with healthy things to try on their own!

Get Movin'!

Instead of a party revolving solely around the food involved, why not create a "buffet of games" and activity to center the event around instead? Here are some ideas for fun backyard games to try this summer with your family and friends. Just be sure to let your guests know the "active" theme ahead of time so they can dress accordingly and be prepared to move.

Host a miniature version of the Olympics.

This can consist of things like wheelbarrow races, three legged races, running, water balloon tosses, and team relays. Have prizes for the teams.

Create an art contest using chalk.

Have three judges and give out prizes for the most creative pieces of art. And maybe even to the adult with the most "artfully challenged" piece of "art."

Play a classic game of "Kick the Can."

Make sure you have at least 3-4 people playing this game. One

person is "it" and guards the "can." (Can needs to be in an open space.) Other players hide while the "it" person counts to 20 and then goes to find the other players. Captured (tagged) players go to "jail." Anyone not captured can kick the can, which sets all jailed players free. If the "it" person finds all players before the can is kicked, the "it" person wins the game.

Have a Hula-Hoop contest.

Crank up the fun music, and see who can twirl the longest!

Create a canvas.

Hang an old white sheet on your fence or clothesline and let the creativity flow while your guests create a beautiful work of art!

Send your guests on a scavenger hunt.

There are many ways to get creative with this, including giving the hunt a theme to match your party, having guests find things in nature and draw pictures of what they find, or having your guests do something (ex: 10 jumping jacks) every time they find something on the list.

Slip and Slide!

Give your party a water theme to beat the heat. Set up two identical slip and slides and see who slides the fastest and/or the farthest. Crown your champion. Test out other games like horseshoes, washers, Bocce ball, four-square, hopscotch, whiffle-ball, or kick ball.

Here's to a healthy and active summer ahead. Cheers!

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GET TO KNOW YOUR IRRIGATION CONTROLLER

Many residents put a lot of effort into maintaining their irrigation system, which is a necessary step towards efficient watering. However, people then often overlook an equally important aspect of irrigation—scheduling. An essential element of proper scheduling is knowing how to operate the controller. Not knowing that can cost you.

A normal flow rate for a residential irrigation system is around 14 gallons per minute. Compare that with your shower of 2 to 3 gallons per minute or a dishwasher that uses less than 10 gallons per load and you can see just how quickly minutes on the irrigation controller can add up. So if you see your usage dramatically rise in the summer months, check your irrigation settings before chastising your teenagers for their long showers. Well, I guess doing both would work.

COMMON FEATURES ON AN IRRIGATION CONTROLLER

1) Multiple Program Capability: Controllers give you the option of setting multiple programs, usually labeled A, B, C, etc. These programs let you fine tune your watering. For example, you could set up your turf stations to water twice per week in the summer while keeping shrubs on a once per week schedule. The important thing to remember is that no matter what program you leave the controller on, it will run all programs that are present! Even if two programs coincide with each other, the controller finishes the first program and stacks the next program to run directly afterwards.

2) Multiple Start Times: You can also set multiple start times for your program(s). Start times represent what time the program will begin and most controllers offer the option between 3 and 16 start times. There are very few controllers that require start times for each individual zone. The benefit of using multiple start

times is to allow for absorption in the landscape because many sprinkler heads can apply water faster than our soils can absorb it. Find the stations times you are happy with and then cut them in half. Instead of the program coming on at only 4:00 a.m., you could have the program (now with reduced station times) come on at 3:30 a.m. and 4:30 a.m. Remember, if using multiple start times, every minute you add or delete really equals 2 or 3 minutes depending on the number of start times present.

3) Seasonal Percentage Adjustment: Another handy feature, the seasonal adjust, allows you to increase or decrease all of your stations times in 5 to 10 percent increments. This is useful if your entire landscape needs more water, but often stress will only occur in certain areas. It's a good idea at that point to only add time to the stations that need more water and an even better idea to inspect those stations to make sure the stressed area isn't getting water due to a clogged nozzle or misaligned head. When setting station times, it's recommended to have the seasonal adjust at 100% because the seasonal adjust button uses 100% as the reference point and makes changes relative to what that number is. Some controllers will show the increased or decreased times while others will continue to show the original times, but are actually running something different.

4) Memory Back Up: Most controllers now come with a non-volatile memory built into the control panel. This helps retain your settings during brief power outages, but will usually clear itself out after long periods with no power. Other controllers will revert to a default program to run everyday for ten minutes per station after a loss of power. If you have a controller that does this, remember to change out the 9 volt battery every spring when you turn your controller back on and just to be safe, check the settings after thunderstorms.

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Get to Know Your Irrigation - (Continued from Page 6)

Plant material, watering components, sun exposure, soil health, and how important each area of your landscape is to you all goes into the decision of how long you should run each station. An irrigation program with the same time on every station is usually a signal that there is room for improvement. This may involve taking time from some stations that are doing well and adding them to others that are showing signs of stress. Monitor your landscape and make changes as needed. Remember, automatic irrigation systems are great for carrying landscapes from one rain event to another, but a lack of rain will highlight deficiencies in the irrigation system.

If you need help with programming your controller and use over 25,000 gallons of water in the summer months, you may schedule a free irrigation evaluation from Austin Water either by calling 974-2199 or visiting our website: www.waterwiseaustin.org.

Submitted by Jacob Johnson, Austin Water, LI#17528

Recipe of the Month **BROCCOLI CHEESE SOUP**

Ingredients

3 T oil
1 C chopped onion
6 C water
6 cubes chicken bouillon cubes
8 ozs. fine egg noodles
2 - 10 oz. pkg. chopped broccoli
garlic powder
6 C milk
1 lb. shredded Velveeta cheese
opt. 2-3 T thickened cornstarch

Saute onion in oil. Add water and bouillon. Cook until dissolved. Add noodles. Cook uncovered 3 min. Add thawed broccoli and garlic. Cook 4 minutes. Add milk and cheese. Heat until cheese melts. Thicken, if desired.



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NATURE WATCH

by Jim and Lynne Weber

CICADA CYCLES

A sure sign that we are in the midst of a hot summer is the sound of cicadas buzzing in the air. For their size, cicadas make as much noise as a large animal, and can be heard up to a quarter of a mile away. In fact, the word 'cicada' is a direct derivation from the Latin meaning 'buzzer.'

Most species of cicadas in North America are in the genus *Tibicen*, and are generally called the annual or 'dog-day' cicadas because they emerge every year in July and August, the dog days of summer. More widely known are the periodical cicadas from the genus *Magicicada*, who have a very long lifecycle of 13 to 17 years, and when they emerge, do so in great numbers.

Male cicadas have structures called 'timbals' on the sides of their abdomens, and it is with these structures that they create their buzzy songs. Unlike grasshoppers or crickets that rub their wings or legs together to produce sound, cicadas vibrate

these timbals against their hollow abdomens which amplifies the resonance of the sounds. They can even modulate the sounds by wiggling their abdomens toward or away from the tree trunk on which they are perched. Each species has its own distinctive sound, and they use different mating songs to attract the appropriate mate.

The lifecycle of a cicada is quite fascinating. After mating, females deposit hundreds of eggs in a slit made in the bark of a twig, normally on an oak tree. When the eggs hatch, the nymphs drop to the ground and burrow from 1 to 8 feet, feeding on the juices of the tree roots. These nymphs spend most of their lives

underground, from 2 up to 17 years, depending on the species. The nymphs then construct an exit tunnel to return to the surface in mid-summer, molt or shed

(Continued on Page 9)



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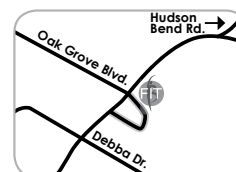
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Nature Watch- (Continued from Page 8)

their skin on the bark of the tree, and emerge as adults. These adult insects are usually 1-2 inches long, have prominent, wide-set eyes, short antennae, and transparent, membranous front wings.

While there are over 40 species of cicadas in Texas, the late summer afternoon air in Austin vibrates with the sounds of several annual cicada species such as *Tibicen resh* (which has no common name) and the Superb Green Cicada (*Tibicen superba*). Once every 13 years, the periodical cicadas *Magicicada septendecula* (which also have no common name) emerges but they are becoming increasingly scarce.

Cicadas go by a number of common names: locusts (which is technically not correct as cicadas are unrelated to true locusts which are part of the grasshopper family), jar flies (for the way they vibrate or 'jar' when held in the hand), June bugs or July flies (in the southeastern US), heat bugs (in Canada and the mid-West), and dry flies (in parts of the southern Appalachian mountains for the shell they leave behind). Whatever you call them, you'll be sure to hear and see them in the heat of a Central Texas summer!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, to be published by Texas A&M University Press in 2011.



A. *Tibicen resh*
(Photo by Brush Freeman)



B. Superb Green Cicada
(Photo by Brush Freeman)



C. *Magicicada septendecula*

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DIAGNOSING AUTISM?

By Connie Ripley

Autism is growing at epidemic proportions costing school districts and state and federal governments millions of dollars a year. One in 110 children was diagnosed with autism in 2005 affecting 4 times as many boys as girls. Today the figure is said to be more like one in 91. (The United States Military states 1 in 80.) If the current rate continues, one half the children born in the United States could be diagnosed with autism by 2046. This is an epidemic!

For parents, a diagnosis of Autism Spectrum Disorder (ASD) can be devastating. Every 15 minutes a parent hears this diagnosis. The hopes and dreams they might have had for their baby will be severely altered. The money and time involved in treating autism is staggering.

A formal diagnosis of ASD from a neurologist can help open doors for a child in necessary early therapies and training. Six of twelve diagnostic criteria are required for the diagnosis. The criteria are divided into 3 parts: Atypical Social Interactions, Atypical Communication and Atypical Responses to Social and Perceptual Stimuli in the Environment.

For an ASD diagnosis, the child must have 2 of the following: (a) Impaired non-verbal behaviors such as eye contact, facial expressions, body posture and gestures used in social interaction. (b) Lacks peer relationships. (c) Does not try to share enjoyment, interests, or achievements with others, such as by leading others to, pointing to or showing off things of interest. (d) Fails to demonstrate social-emotional reciprocity.

Atypical Communication involves at least one of these: (a) Delay in spoken language without compensating through other means of communication. (b) Noticeable inability to start or sustain conversation (c) Stereotyped repetitive or idiosyncratic use of language, as echolalia. (d) Does not engage in varied, spontaneous, make-believe play or social imitation.

At least one of the following must be observed: (a) Preoccupied by abnormally intense or focused stereotyped or restrictive patterns of interest. (b) Adheres compulsively to nonfunctional rituals and routines. (c) Stereotyped and repetitive movements. (d) Persistent preoccupation with parts of objects, such as their sensory aspects.

Many doctors and scientists believe that the criteria for the diagnosis are not as complete as they should be, omitting things like melt-downs, etc. For this reason, the criteria used for years will be changing in 2 to 3 years.

What can stop the progression of this disorder/disease? What is the cause? What is the treatment?

Some of the world's top medical doctors and scientists are fast working in numerous directions. Is the cause genetic? Is it fungal, bacterial, viral? Is it caused by toxins? Just what causes one child's brain to be affected while his brother is spared? Why are all the children in some families affected?

All these answers will take time and cost billions of dollars. Autism Speaks is North America's largest autism science and advocacy organization. Autism Speaks is funded primarily by local walks. The Greater Austin Walk Now for Autism Speaks teams are being formed for the 2011 Walk at Dell Diamond and Old Settlers Park on September 24. Please contact Walk Manager Traci Whitney at traci.whitney@autismspeaks.org or go to www.walknowforautismspeaks.org/austin to register your team.

Our children do not have the time! We need to do all we can now!! Please help!



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It's a true working meeting where we discuss your specific family situation and goals. You'll complete some information prior to our meeting, and in about a half hour, you'll know what it takes to properly protect your family and what the flat fee would be for us to develop your legal plan.

If you are ready to proceed, in about two hours, you can have your family's legal plan designed with your family's goals and values. And while timing will vary depending on your specific needs, you could have a smart legal family plan for your estate within a couple weeks.

Family Legal Planning Sessions are offered limited times each month and they do fill up, so don't procrastinate!

AUSTIN NEWCOMERS CLUB JULY LUNCHEON

Austin Newcomers is a social organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. Join us at our monthly luncheon as well as take the opportunity to learn about and become involved in many varied fun Interest groups.

**TIME: 11:00 AM Social
12 Noon Luncheon**
DATE: July 20, 2011

(Reservations required by Thursday, July 14th) For Luncheon Reservations email: LuncheonDirector@AustinNewcomers.com or Diane Israelson 512-467-4979 For other Newcomers information visit

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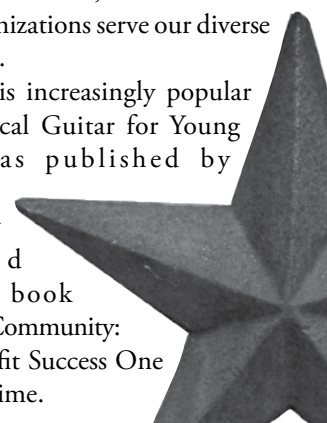
and presents a broad range of programming serving the Central Texas community.

ACGS programs include a seven-month International Concert Series, Summer Chamber Concert Series, Community Concert Series (30 free concerts), an Educational Outreach Program reaching nearly 800 students in 15 schools, free guitar lessons for low-income students, groundbreaking curriculum and teaching materials online at GuitarCurriculum.com. It also has a Community Guitarists program with amateur adult ensembles promoting life-long music education.

Executive Director, Dr. Matthew Hinsley, will present an engaging talk about the classical guitar in Austin. He will also perform a few selections. Hinsley will talk about the unique characteristics of the classical guitar that make it a powerful ambassador for the fine arts, discuss upcoming events, and entertain the group with music too.

Dr. Matthew Hinsley was trained as a classical guitarist and vocalist at the Interlochen Arts Academy, the Oberlin Conservatory of Music, and the University of Texas at Austin. Beyond performing and scholarly pursuits, Dr. Hinsley has cultivated two primary professional interests: to enhance the way young classical guitarists are trained in America, and to transform the way arts organizations serve our diverse communities.

In 2008 his increasingly popular book, *Classical Guitar for Young People*, was published by EnvisionArts. He recently published his second book *Creativity to Community: Arts Nonprofit Success One Coffee at a Time*.



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JULY EVENTS at the Wildflower Center

*Thanks to H-E-B,
Summer Nature Nights are Free!*

Thursdays in July

Snakes, fossils, birds of prey and more-- our family evenings offer fun and eco-education with talks, crafts, hikes and lots of action. Nature Nights are on Thursday evenings starting June 30 and continuing through August 4, from 6 to 9 p.m. Free gift at the store for each child under 12. H-E-B sponsorship also means that admission to the Wildflower Center is free all day on Nature Nights days.

Thursday, July 7 Wildlife Tracking
Thursday, July 14 Snakes
Thursday, July 21 Fossils
Thursday, July 28 Birds of Prey

Lady Bird Johnson Tribute Day

9 a.m. to 5:30 p.m. Sunday, July 24—Our founder, Lady Bird Johnson, would have been 99 this year. Once again, we honor her with a free admission day and a special exhibit of her memorabilia. We are celebrating her contributions to the environment and to more than 50 laws related to conservation, landscape preservation and beautification. Children's music in the courtyard by Lucas Miller noon to 2 p.m. Meet artist Catherine Flowers from 1 to 4 p.m. in the McDermott Learning Center and from noon to 3 p.m., author Jeannette Larson in the store.

-Art Exhibits- Vibrant Blooms & Aqueous Matters

Through August 21—Catherine Flowers' embellished painted silks in the McDermott Learning center and T.J. Mabrey's evocative sculptures in the gardens are a summer treat.



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READY MADE FAMILY?

Siblings can be a source of frustration, rivalry and competition as children learn some of the more important lessons in life like communication, negotiation, teamwork and forgiveness. Siblings can also be a source of support, friendship, security and loyalty as children learn to grow together and value the unique aspects of having a family.

Keeping a group of siblings together that have been waiting in the foster care system is a worthy and challenging objective. Finding a family that will take a group of siblings to be permanent family is an even more difficult task. However, the value of having a permanent family for a group of siblings is

immeasurable. Do you have the space in your home and in your heart to be the answered prayer for a sibling group looking for a home?

Maribel (15), Isabel (14), Noah (11), and Tereso (8) are a fabulous foursome looking forward to finding a forever family. As a group, they are smart, polite, engaging, active, and athletic. They hope to find a family that will allow them to stay together as well as encourage and support them in reaching their full potential.

To find out more about this wonderful group please contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter,

at the Adoption Coalition of Texas (512) 810-0813 or gracelindgren@adopttexas.org

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.

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>



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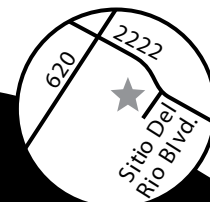
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Seven Business Networking Groups in the Area

Are you looking to grow your business in 2011? If so, you might be interested in a few of the business networking groups in the area. These are a few to choose from:

STEINER RANCH REFERRALS BNI GROUP

Meetings are on Tuesday mornings from 8:00am to 9:30am at Hill Country Pasta House. Visitors are welcome! If you are interested please contact Elicia Rudberg at eliciarudberg@gmail.com for more information or visit www.BNIAustin.com.

FOUR POINTS BNI

Meetings are on Wednesday at lunch from 11:30am to 1:00pm at the River Place Country Club. Visitors are welcome! If you are interested please contact Amy Oehler at amy.oehler@unitedlendingusa.com or visit www.BNIAustin.com.

FOUR POINTS CHAMBER OF COMMERCE

The Four Points Chamber of Commerce provides networking opportunities at social gatherings, luncheons with guest speakers and activities. The Chamber brings businesses together along highway 620 from Hudson Bend to Anderson Mill and Ranch Road 2222 from Jester to Volente. Four Points Chamber supports business growth in the community where we live, work and play. In less than 6 months

Four Points Chamber of Commerce exceeded its first year membership goals and continues to grow! For information about participating in upcoming events or membership benefits visit www.fourpointschamber.com or call (512) 551-0390. Membership inquiries may also be sent directly to membership@FourPointsChamber.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 is updating its meeting times. Call Rich Keith, President, for information. RKeith@primerica.com, (512) 632-0162, or visit <http://www.meetup.com/NetWorking-NorthWest-Austin/>

YOUR LOCAL CITY

Steiner Ranch has a new business networking group. Your Local City is a positive, membership based, business networking

(Continued on Page 16)



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Seven Business Networking Groups - (Continued from Page 15)

organization with 17 groups meeting all over the Austin area. The Steiner Ranch group meets every Friday at 8:00 am at Lakeside Pizza and Grill located in the Shops at Steiner Ranch at Steiner Ranch Blvd. and Quinlan. Come join us to grow your business.

LAKEWAY NETWORKING, INC.

We are a diverse group of business professionals in the Lake Travis area, helping our members to grow their businesses through qualified referrals. We meet every Wednesday at 8AM at Johnny Fins, located at 16405 Clara Van Street, in Lakeway. Come visit us and see how your business can benefit by being a member of Lakeway Networking. For more information, please contact Kelly Connor at Kellyconnor@austin.rr.com or 512-736-2495.

TOASTMASTERS INTERNATIONAL -

Ready to take your public speaking and leadership skills to the next level in a fun and friendly environment? Get up 'n Go Toastmasters can help you achieve your goals! We meet Monday's from 7:00 AM - 8:00 AM at the Waterloo Ice House located at the corner of 2222 and 360. Guests are always welcome. For more information, visit www.atxtoastmasters.org or contact Rob Carruthers at 512-422-1688.



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- Kids Stuff -

Section for Kids with news, puzzles, games and more!

Getting Muscles

Ever wish you could be as muscular as a superhero or your favorite professional athlete? Well, the big muscles you're thinking about aren't possible for kids. Superheroes, of course, aren't real, and professional athletes are grown-ups, whose bodies are different from kids' bodies in many ways.

Boys, especially, might wish for bigger muscles, but their bodies can't build that kind of grown-up muscle until they're older. On the bright side, both boys and girls can do a lot to build strong, healthy muscles. Let's find out how.

Playing Makes Muscles

It sounds too simple, but it's true. Playing, running, jumping, and riding your bike can make your muscles stronger. Any physical activity you like to do - from dancing to playing football - can make you stronger. Why? Because you're using your muscles when you do it.

Eat Strong

What should you eat if you want strong muscles? You might think you need a lot of foods that contain protein (such as meat and eggs) or foods that contain iron. But there's no one magical food that helps build muscles. Your muscles - and your entire body - will be strong and healthy if you eat a variety of nutritious foods.

Should You Pump Iron?

Some kids want to lift weights so they can look bigger and stronger. But lifting weights won't produce big muscles in kids who haven't gone through puberty yet, and lifting heavy weights can be dangerous to kids' muscles and tendons.

With supervision from a coach or trainer, kids can do some light weight lifting or exercise with resistance bands (large rubber bands). This kind of exercise can improve muscle tone, meaning a kid's muscles will be leaner and stronger, but not really bigger.

Push-ups, sit-ups, and chin-ups also help build strong muscles. But so can plain old running, jumping, and climbing. Get the message? More play time means stronger muscles. Now that's something to get pumped up about!

Reviewed by: Larissa Hirsch, MD

Date reviewed: July 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



A Quick Fix?

You might have heard about athletes who use illegal drugs called steroids to get muscles fast. Sports officials have started to punish athletes who use them. Not only is it unfair to other players, these artificial hormones can cause serious health problems. In other words, don't try them!



Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at:

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We will select the top few and post their artwork online at
www.PEELinc.com. DUE: July 31st

Be sure to include the following so we can let you know!

Name: _____
(first name, last initial)

Age: _____

Email Address: _____
[This information will only be used to notify you or your parents
if your artwork was selected.]



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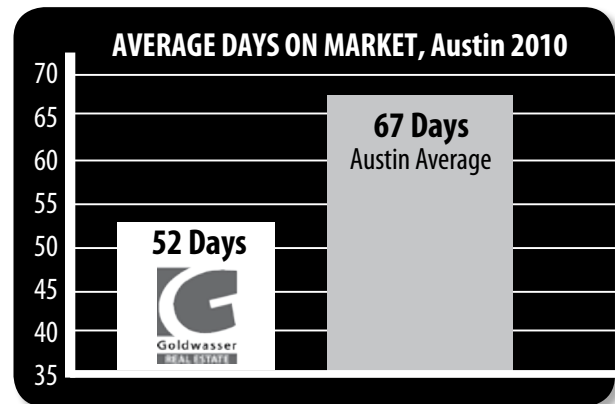
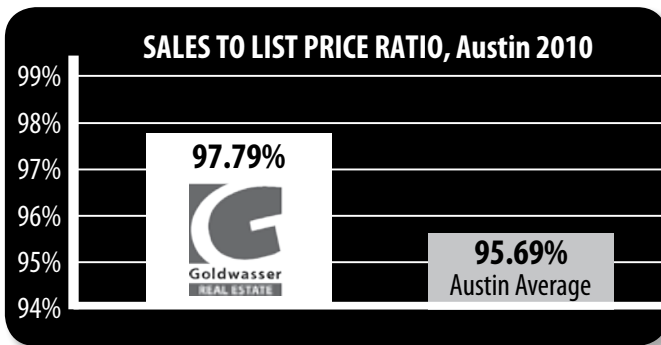
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