

THE RIVER REVIEW

November 2011

News For The Residents of River Place

Volume 5, Issue 11

Coats for Kids

Helping to ensure that the children of Central Texas stay warm this winter

HEB at 2222 and 620 Hosts Warm Coat Donation Drop Off Location for Third Year

Coats for Kids volunteers from the Four Points community need your help to ensure that the children of Central Texas stay warm this winter. For the third year running, the HEB located at 2222 and FM 620 will be hosting a warm coat donation drop off location from November 28th through November 30th, 2011. Community volunteers are encouraging friends and neighbors to drop off new or gently worn coats before or after they shop. Last year's drive collected more than 200 coats in just three days because of the central location. To encourage donor participation, Starbucks coffee will once again donate free coffee to all who stop by to donate. HEB is also providing hot coco for those who prefer a non-caffeinated beverage.

MORE ABOUT COATS FOR KIDS

Celebrating its 25th anniversary, Coats for Kids is an annual community project that collects and distributes warm winter coats to eligible children and teenagers in Central Texas. Each year, The Junior League of Austin, Jack Brown Cleaners, KASE 101, and KVUE partner to bring the community together to ensure that the children of Central Texas stay warm. Last year, with the help of our sponsors and 2,600 community volunteers, Coats for Kids distributed 35,157 new and gently used coats to young people in Central Texas. As we prepare for the Coats for Kids Distribution Day, we look forward to the continued support and participation

of the Central Texas community. Watch the KVUE Austin news clip for more information.

IMPORTANT 2011 INFORMATION

- Distribution Day: Saturday, December 10th from 8:00 AM - 3:00 PM
- Distribution Site: Palmer Events Center, 900 Barton Springs Road
- Community Coat Drive: Monday, November 14th through Wednesday, December 7th.

SCHOOL & BUSINESS COAT DRIVE COMPETITION

Monday, November 14th through Friday, November 30th. Please drop your coats off at HEB at 2222 and FM 620 or any local Jack Brown Cleaners. To find a Jack Brown Cleaners location near you, go to <http://www.jackbrowncleaners.com/locations.htm>.



North Austin *Women's Connection*

North Austin Women's Connection would like to invite you to their annual Holiday Fair Live & Silent Auction Tuesday, November 8th from 11:30-1:00pm at the River Place Country Club, 4207 River Place Blvd, Austin. Get some great gifts for the holidays and help a great cause! Guest speaker, Carol Graves, author of children's books will speak about "What's Your Focus". Cost is \$15 payable at the door and includes lunch. Bidding begins at 10:30. For reservations, contact Nancy Gregor at 512-608-6686. Childcare available. Affiliated with Stonecroft Ministries.



IMPORTANT NUMBERS

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

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Cedar Park High School.....	512-570-1200
Vandegrift High School.....	512-570-2300
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River Place Elementary.....	512-570-6900

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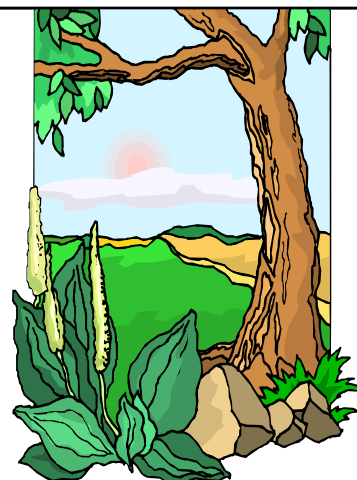
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Deer Season is Here

November through December is deer season in Texas. For some outdoor enthusiasts, that means hunting. For many animal and nature lovers, however, it is the best deer-watching season of the year. Late fall is the time of year when bucks have grown their antlers and fawns are on the move with their mothers. It is also the deer-mating season, known as the “rut.” During this season deer are most active and more likely to run and bolt, so it is a time of year to use extra caution in areas where deer are present.

Austin is one of very few large cities in Texas where you can still experience urban deer.

Northwest and southwest Austin are home to most of our remaining neighborhood herds. Many area residents enjoy the deer’s charismatic presence and quiet beauty. Young parents report finding teachable moments in watching does care for their fawns, while for seniors interaction with the deer can be life affirming. Others simply value the opportunity to observe wildlife living freely as they go about such daily business as walking the dog or driving to work.

DeerAustin is a group of Austin neighbors and animal lovers who are committed to living compatibly with urban wildlife and especially to protecting and preserving Austin’s urban deer herds. Visit us at www.DeerAustin.org. We are providing the following information

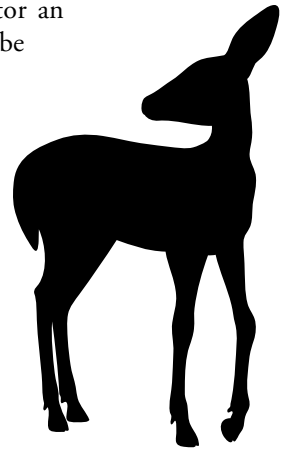
that is helpful to keep in mind during deer season:

- Always walk dogs on leashes.
- Observe the speed limit. Be extra cautious when deer or deer crossings signs are present and when driving from dusk to dawn.
- To report an injured deer, call the Game Warden at 389-4848 or Austin 311.

To report a dead deer for pickup, call Austin 311. Be prepared to give the operator an address or otherwise be able to describe the location of the deer (for example, “Loop 360 just north of Spicewood” or “the intersection of Mesa and Greystone”).

If you need additional help – email admin@DeerAustin.org.

We hope you enjoy the fall season and the opportunity to interact with deer that is a part of what makes Austin a special place to live. Please take care, enjoy the wildlife, and Keep Austin Deered!



RIVER REVIEW

Austin Kindergarten Student Picked National Poster Child!

By Connie Ripley

Five year old Max Whitney, kindergarten student at Rutledge Elementary, is named the 2012 National Poster Child for Autism Speaks. Max's picture was chosen from hundreds of entries by a New York advertising firm hired by Autism Speaks.

The announcement comes just as the Greater Austin Walk broke all goals and records for the local walk on the 24th with about 4,000 participants. The local Walk has thus far raised over \$140,000 in support of Autism Speaks' work, both locally and nationally, to increase awareness about the growing autism health crisis and fund innovative autism research and family services.

More children will be diagnosed with autism this year than with AIDS, diabetes and cancer combined, yet only 0.5% of the budget of the National Institute of Health goes to autism research. The research falls to private funding—like Autism Speaks, North America's largest autism science and advocacy organization.


Children with autism are normally fixated on one or two things. Max loves car washes and tornados (after watching *The Wizard of Oz*). He has his own "Favorites" on the computer where he goes and "studies" car washes and tornados for as long as his parents will allow. (A timer is always set.)



Many children with autism have food allergies and extreme food preferences. Max has both. He is allergic to milk products and eggs. He is on a casein-free, egg-free diet with a big accent on organics. He will only eat foods that are tan. He loves chicken nuggets and breads that are egg and casein-free with an occasional bite of broccoli or avocado. Peanut butter, applesauce and banana are also high on his list. (His mother, Traci Whitney, purees carrots and spreads them under the peanut butter. She also purees tofu and white beans with casein-free butter to pour over pasta.)


Recent research has shown that the bodies of many children with autism are not able to rid their body of toxins and metabolize some of the vitamins and minerals they consume. Max has shown improvement with Glutathione, Methyl B12 and Folate cream rubs and DMG orally, plus a super multi-vitamin.

Max is totally integrated into a normal kindergarten classroom with the help of an aide provided by the school district, Andrea Sour. His favorite time at school is "eating". He eats almost the same thing every day. His least favorite is writing in his journal. He has great difficulty with fine motor skills and holding a pencil.



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Taking control of your Diabetes

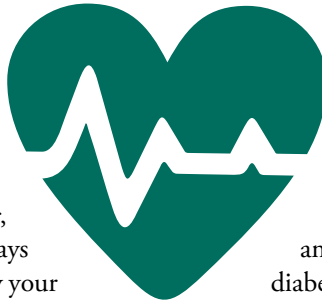
Improving Self-Management

By: *Concentra Urgent Care*

According to the American Diabetes Association (ADA), approximately 21 million Americans have diabetes, and more people are being diagnosed every year. Diabetes is associated with many health problems, disability and premature death.

Knowing how you can improve your lifestyle to better control diabetes is the key to reducing related complications, such as heart disease, stroke, blindness, kidney disease, and amputations. Actions you can take include:

- Monitor your blood sugar and take your prescribed medications: By keeping track of your blood sugar, you can achieve better control of your diabetes. Always take your insulin or oral diabetes pills as prescribed by your health care provider.
- Watch your diet carefully: By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal as possible. A dietician or books such as the ADA's 101 Nutrition Tips for People with Diabetes can help.



- Lose weight: The ADA stresses that losing even a small amount of weight can reduce your risk of complications from diabetes. A dietician can help you find ways to eat the foods you like while reducing your intake of calories.

- Increase physical activity: A personal health coach can help you become more active. And it doesn't mean that you have to go to the gym; it can mean walking around your house or working in your yard. Exercise helps improve your strength, flexibility, and endurance.

- Sleep well and reduce stress: Getting the appropriate amount of rest and managing your stress will improve diabetes control.

For more information about managing your diabetes, contact your health care provider, your Concentra health specialist, or you can visit the ADA's Web site at: www.diabetes.org

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Jaquevius (Nov 2003) & Ny'Asia (Aug 2005)

Jaquevius is a loveable, warm spirited child. Ny'Asia is an endearing child who enjoys being hugged and treated like a princess. Jaquevius enjoys watching cartoons, playing with cars, trucks and things he can "tinker" with. He absolutely loves going to movies. Ny'Asia's favorite things to do are coloring and playing with dolls. Jaquevius and Ny'Asia need a loving, nurturing family who is highly structured and experienced in working with children.

To find out more about Jaquevius and Ny'Asia, Please contact Grace Lindgren, LMSW, at the Adoption Coalition of Texas, (512) 810-0813 or gracelindgren@adopttexas.org.

To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825. Email info@adopttexas.org and visit our website at www.adoptioncoalitiontx.org.

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HEALTH BRIEFS - NOVEMBER 2011

POSTMENOPAUSAL BLEEDING COULD BE SIGN OF ENDOMETRIAL CANCER

After a woman goes through menopause, it is not normal for her to start bleeding again, said a gynecologic oncologist at Baylor College of Medicine. Most postmenopausal bleeding is caused by the thinning of the cervix; however, in some cases bleeding is a sign of endometrial cancer and should not be ignored, said Dr. Concepcion R. Diaz-Arrastia, professor of obstetrics and gynecology at BCM.

When caught in the early stages, endometrial cancer can be cured, Diaz-Arrastia said. However, there are few symptoms and no screening methods and often isn't found until later stages. That's why it is so important for women to be conscious of things that may be associated with the disease, like bleeding.

Endometrial cancer is the most common uterine cancer. It occurs in the endometrium or the lining of the uterus. More than 40,000 women are diagnosed with endometrial cancer every year in the United States. Women who are obese and/or have a history of irregular menstrual cycles have an increased chance of developing endometrial cancer, Diaz-Arrastia said. If you notice postmenopausal bleeding, contact your gynecologist and set up an appointment as soon as possible.

SYMPTOMS POINT TO DIABETES

Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side affects of the disease, according to doctors at Baylor College of Medicine. Those with a higher risk of diabetes should also have their blood glucose levels screened regularly.

RISK FACTORS FOR DIABETES INCLUDE:

- Obesity
- Sedentary lifestyle
- Unhealthy eating habits
- Family history and genetics
- Increased age
- High blood pressure and high cholesterol

A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision
- Vomiting and stomach pain

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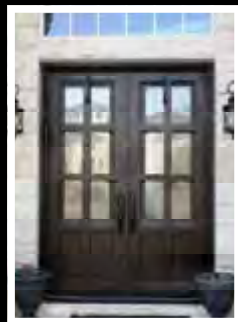
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Nature Watch - The Fungus Among Us

by Jim and Lynne Weber

Frequently upstaged by the brightly colored autumn leaves and hidden among the leaf litter on the forest floor are several types of interesting fungi. Separated from the plant kingdom because they do not contain chlorophyll, fungi also do not make their own food through photosynthesis but obtain it by breaking down other organic matter and sometimes other plants. Mycology, from the Greek meaning 'fungus', is the branch of biology dedicated to the study of these organisms, and is most often associated with mushrooms.

While mushrooms are the most common form of fungi, some of the more interesting forms that occur in the fall after sufficient rains include puffballs, earthstars, earthballs, and bird's nests. These forms are grouped based on the shape of their fruiting body, or structure that produces the spores needed for reproduction.

Puffballs (*Lycoperdon pyriforme* and *perlatum*) and earthstars (*Geastrum saccatum*) are characterized by fruiting bodies that look like a small ball, unlike a mushroom have no stalk, and are normally found growing on wood or directly on the ground. They can range in size from small marbles to baseballs, with the spores produced inside. Once mature, the spongy inside darkens and dries to a fine powder, and the spores are emitted out of a hole on top of the ball.

Often found around the drip line of trees, this strategic placement serves the dual purpose of providing sufficient moisture until they are grown as well as sufficient force from the water droplets to act as a dispersal agent for the spores. When one translates the genus from Greek to English, 'lyco' meaning wolf and 'perdon' meaning to break wind, it isn't hard to guess that a common name for a puffball is wolf-fart!



With a somewhat less flamboyant name but a more elaborate display, earthstars get their common name from their thicker outer membrane, which when fully developed splits into rays that curve backward to form a distinctly star-like structure.

Earthballs (*Astraeus hygrometricus*) are often found wholly or partly underground, and have a fruiting body that simulates a ball with a thick, rind-like skin. Their spores are produced in the center of the ball, but unlike earthstars, they are extruded not via a pore at the top but when the entire inner spore sac splits open. Often called a 'false earthstar' the outer rind of this fungus splits into seven to fifteen pointed rays that open when it rains or when humidity is high, and close again during drier periods. This repeated action relates to its species name, as if it were nature's hygrometer, measuring the changes in humidity.

Bird's nests fungi (*Cyathus stercoreus*) have fruiting bodies that resemble clusters of very small cup-shaped structures filled with tiny eggs. *Stercoreus* literally means 'growing on dung', and that is where you are most likely to find this fungi. Also commonly found on woody mulch, each cup is only large enough to hold a drop of water, and the egg-like structures which contain the spores, are delicately attached to the cup by a finely coiled thread. When splashed out of the cup by raindrops, this thread-like structure uncoils, catches on to a chip of wood, blade of grass, or other organic matter, and the 'egg' splits open to release the spores inside.

The next time you take a walk in the woods to admire the colors and changes that define the fall, don't forget to look down at your feet, where you can discover the smaller mysteries of the forest, and appreciate its beauty from the ground up!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them.

The logo for Lazar Law features the name "LAZAR LAW" in a bold, sans-serif font, with "Collaborative", "Family", and "Divorce" listed below it. To the right of the logo is a black and white portrait of Jodi R. Lazar, a woman with short dark hair and glasses, smiling.

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KIDS STUFF

DOES EATING TURKEY MAKE ME SLEEPY?

You've been looking forward to Thanksgiving dinner all year — turkey, mashed potatoes, cranberry sauce, and pumpkin pie. Mmm-mmm! But after you finish that second helping of turkey with gravy, you start to feel a little sleepy. As your Uncle George starts to explain why eating turkey makes people so tired, you suddenly feel like curling up in front of the TV and napping until next Thanksgiving. But is gobbling up all that turkey really to blame?

THE USUAL SUSPECT: L-TRYPTOPHAN

Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan (say: el-trip-teh-fan). Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies. (L-tryptophan is just one kind of amino acid — there are many different kinds of amino acids in the foods we eat.)

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin (say: sare-uh-toh-nin). Serotonin calms us down and helps us sleep. But scientists now know that L-tryptophan can really only make a person tired right away if it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

BLAME IT ON BLOOD FLOW

Most scientists think that there's a different reason why eating a special meal might make you drowsy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain.

AVOIDING DROWSINESS

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals (try to limit junk foods) throughout the day before you sit down for your big meal — don't starve yourself in anticipation of the feast to come.
- Have small portions of foods that are part of your Thanksgiving meal (including whatever veggies are on the table).
- Drink water and take breaks while you are eating to see how full you've become.
- Stop eating once you're full — there will always be leftovers tomorrow.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

Follow these tips and have a Happy Thanksgiving — gobble, gobble!

REVIEWED BY: Steven Dowshen, MD | **DATE REVIEWED:** August 2009

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

OPERATION CHRISTMAS CHILD

Epiphany Lutheran Church and School is giving thanks for the chance to play an important role in providing needy children with a simple gift this Christmas season. Last year was Epiphany's first time participating in Operation Christmas Child, a ministry devoted to providing needy children shoe boxes full of toys, hygiene items, school supplies, candy, etc. The congregation collected over 80 boxes to send overseas. "We were strongly moved by this particular ministry" commented one member.

The church members felt that the increased visibility of the new location this year made it a prime spot to become a "drop-off" location for OCC. This means that during "Collection Week" (Nov. 14th-21st) they will be accepting shoe box donations from the general public. «We are so excited to serve our community in this way. What a wonderful beginning to the Christmas season.» remarks Lauren Thom, an Epiphany Member and OCC volunteer.

For more information about Operation Christmas Child and where you can donate your items go to <http://www.samaritanspurse.org/index.php/OCC/>.



River Ranch Animal Hospital

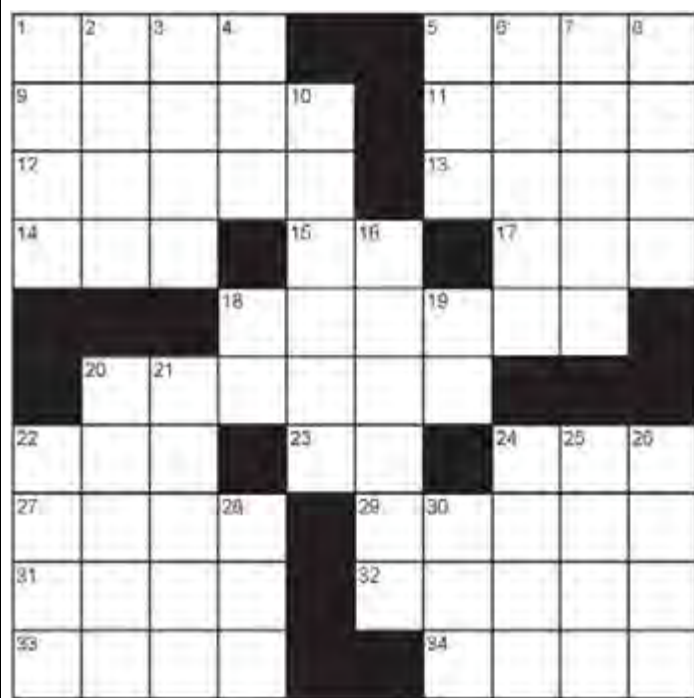
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CROSSWORD PUZZLE



ACROSS

1. Swiss-like cheese
5. Black
9. Confuse
11. Dog food brand
12. Flat
13. Sticky black substances
14. Mr.
15. Advertisement
17. No
18. Make better
20. Pre-Nissan
22. Electric spark
23. Miss lang
24. Tire
27. Saloons
29. Immense
31. Shine
32. Santa's helpers
33. Madam
34. Ribald

DOWN

1. Tides
2. Cafe
3. Far away
4. Day of wk.
5. Sup
6. Mont __
7. Ms. Winfrey
8. Curious
10. City
16. Toil
18. Movie alien
19. Fashionable
20. Play
21. Smoky
22. Cain killed him
24. Skimp
25. Afresh
26. Posttraumatic stress disorder
28. Pigen
30. Unwell

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NOVEMBER 10, 2011 6:30PM -9PM



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Recipe of the Month Chicken Enchilada Soup

SAUTE IN LARGE PAN:

- 1 small onion, chopped
- 1 clove garlic, crushed
- 2 Tbs. vegetable oil

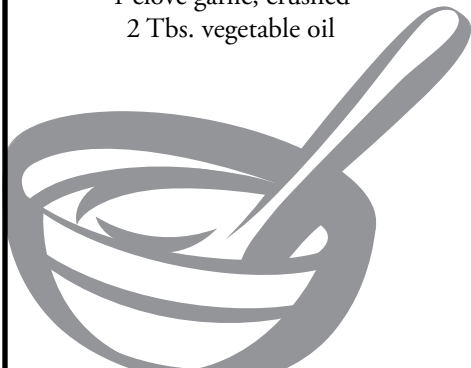
ADD & SIMMER 1 HOUR:

- 1 - 4 oz. can chopped chilis, undrained
- 1 - 14 ½ oz. can beef broth
- 1 - 14 ½ oz. can chicken broth
- 1 - 10 ¾ oz. cream chicken soup
- 1 - 6 ¾ oz. can chicken
- 1 ½ cup water
- 1 Tbs. steak sauce
- 2 tsp. Worcestershire sauce
- 1 tsp. cumin
- 1 tsp. chili powder
- 1/8 tsp. pepper

THEN ADD & SIMMER FOR 10 MORE MINUTES:

- 3 cups shredded cheese
- paprika
- 6 corn tortillas, cut in 1/2" strips

*Serve with tortilla
chips & Enjoy!*



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