

THE RIVER REVIEW

December 2011

News For The Residents of River Place

Volume 5, Issue 12



GIRL SCOUTS

On November 4-6th over 400 area girl scouts aged 5 to 15 years old camped out at Camp Champions in Marble Falls. In addition to zip lining, kayaking, fishing, rock wall climbing, nature walks, high ropes and having lots of fun together, the campers made 50 fleece tie blankets which will be donated to the Texas Baptist Children's Home and Bastrop Fire Victims.



Members of Junior Troop #2417 and Daisy Troop #735 showing off some of the blankets made for donation.



Happy Camper with her hat full of SWAPs



Logan Foust, Jordan Lamb and Maddie Beck waiting their turn for the zip line.

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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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Four Points Middle School.....	512-570-3700
River Place Elementary.....	512-570-6900

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City of Austin Electric	512-494-9400
Texas Gas Service	
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News Update from Mount Bonnell

The West Point Society has had a steady stream of projects this fall at Mount Bonnell. Here are just a few brief highlights:

A new kiosk up at the summit is planned and is getting closer to installation every day. This will be a great way to keep visitors informed about the park, its history, and planned events. Workdays occurred in October and November. These involved trash pickup and even included repelling down the cliff where trash collects in large amounts. Painting the metal railing was the big workday project in November.

The granite marker replacement and pavilion changes have been presented to the City Historic Landmark Commission to ensure what changes are made have the official stamp of "Certificate of Appropriateness". Information about this project can be found at http://www.west-point.org/joseph_bonnell/pavilion.

Those who wish to make a contribution toward planned Mount Bonnell improvements such as the new kiosk, pavilion enhancements, and additional view restoration, may make a tax-deductible donation to the Friends of Mount Bonnell by going to the Austin Parks Foundation web site at <http://connect.austinparks.org/specialfunds> and selecting "West" under "Choose a Type" then "Mount Bonnell Covert Park" under "Choose a Program". Or they can write a personal check made out to Austin Parks Foundation with "Friends of Mt. Bonnell" indicated on the memo line, and sent to Austin Parks Foundation, 816 Congress Ave., Ste. 1680, Austin, TX 78701.

We greatly appreciate all the determination and hard work of members of the West Point Society in the stewardship of Mount Bonnell. Questions are welcomed by Stan Bacon at sbacon58@sbcglobal.net

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5-Course Menu

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Beer Pairing: Bottle Rocket Lager

SMOKED TOMATO WEDGE SALAD

Beer Pairing: Hell In Keller Pils

SMOKED SALMON

Beer Pairing: Ax Handle Pale Ale

SMOKED PRIME RIB

Smoked prime rib encrusted in roasted garlic and rosemary. Served with jus and fresh horseradish sauce. Accompanied by bleu cheese potatoes au gratin, collard greens with ham and a warm dinner roll with herbed compound butter.

Beer Pairing: Hop Zombie

LEMON-CRANBERRY COBBLER

Beer Pairing: Coffee Porter

RIVER REVIEW

Robotic Teams Compete at 3rd Annual FIRST® LEGO® LEAGUE SCRIMMAGE SPONSORED BY HILL COUNTRY EDUCATION FOUNDATION

Submitted by Michelle Beck

Teams from Grandview Hills Elementary, River Ridge Elementary, River Place Elementary, Steiner Ranch Elementary, Faubion Elementary, Canyon Ridge Middle School, Four Points Middle School and Paragon Preparatory Middle School tested their robotic skills at the 3rd Annual FIRST® LEGO® League Robotics Scrimmage sponsored by the Hill Country Education Foundation. Four Points Middle School hosted the well-attended event on November 3, 2011 with more than 100 parents and students present. Judges included employees from IBM, National Instruments, River Place Elementary and the Central Texas FIRST® LEGO® League.

"Science and technology education is important to our future," said Becky Carter, director of the event. "At the scrimmage, I saw America's future. It has great potential!" Performing the 2011 Food Factor™ "Keeping Food Safe" Challenge, teams treated this scrimmage as a forerunner to the Central Texas Qualifying Tournament that will be held on November 12 and 19 in the Austin area.

This year's teams, including a River Place Elementary Junior team, showcased their research in the area of Food Contamination. Some of the topics presented included: the danger zone of temperatures for safe food

conditions, reducing cross contamination in fish processing plants, reducing pesticide residue in food, kiwi fruit damage and corrosion, and many others.

In addition to supporting STEM (science, technology, engineering and math), robotic clubs offer invaluable skills in communication, research, project management, writing, and strategic and analytical thinking. "These robotic clubs are the epitome of the Hill Country Education Foundation," said Kai A. Lamb, president of HCEF. "It's teachers and parents volunteering their time; it's the Foundation providing some financial help, and with that combination, these children are receiving an incredible learning opportunity that will benefit them in school, in college and in their careers. The Foundation is close to achieving one of our original goals – to have robotic clubs at each of the Four Points' area schools."

Due in part to financial support and guidance by the Foundation, eight of the eight area schools now have Robotics club. Lamb adds, "But what I really value about these clubs is that while they are teaching children all the key skills of engineering, leadership, and teamwork, the children simply view it as a fun thing to do."

See more Photos on Page 6



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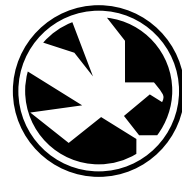
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Secret Santa Gift Program

Secret Santa is a special holiday gift program of the Adoption Coalition of Texas helping Child Protective Services and Foster Families provide gifts and spread holiday cheer to Central Texas foster children through the generosity of community donors.

If you would like to be a Secret Santa and purchase Christmas gifts for a Central Texas foster child, please email your name, email address and contact phone number to ACTSecretSanta@gmail.com. The gift drop-off days at four Austin-area locations are Wednesday-Saturday, December 7th-10th, and caseworkers will be picking up the gifts the following week. Once you sign up to be a donor, we'll send you all the details.

Thank you for helping make the holidays brighter for Central Texas foster children! The Adoption Coalition of Texas is a partnership of nonprofit adoption agencies and Child Protective Services working together to find forever families for older children, sibling groups and children with special needs.

For more information, visit www.adoptioncoalitiontx.org.



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NatureWatch - Silent Flight

by Jim and Lynne Weber

One of the most unique adaptations in the natural world is the silent flight of owls. Their primary flight feathers have comb-like leading edges, which break down the turbulence created by air flowing over their wings and allow these birds to fly with great stealth.

The Barred Owl (*Strix varia*) goes by many other common names, but is probably best known as the 'hoot owl', due to its call ('who cooks for you, who cooks for you all'). This owl prefers to live in large blocks of forest, especially near water, and in our area is most often found near the Colorado River and its associated lakes and streams. The only typical owl in the eastern United States with brown eyes instead of yellow, the Barred Owl has a pale face, dark rings around its eyes, and a yellow beak. Its head is round and lacks any ear tufts, and its body is a light gray-brown mottled by horizontal barring on its chest and lengthwise streaks on its belly.

A medium-sized owl at 17 to 19 inches tall with a 40-plus inch wingspan, the Barred Owl has been expanding its range westward in the last century. Like the Eastern Screech Owl, its main predator is the Great Horned Owl, and although they often live in the same area, they will avoid overlapping territories. They eat small mammals, birds, and invertebrates, as well as amphibians and reptiles, and often

wade into water to catch crayfish, fish, and turtles. In fact, the belly feathers of some barred owls are tinged pink, most likely due to the amount of crayfish in their diet.

Barred Owls typically nest in cavities of deciduous trees, use open nests made by larger animals such as hawks, crows, or squirrels, and even man-made nest boxes. Although they are permanent residents, they may wander after the nesting season, often coming back the following year to reuse the same nesting site. In Central Texas, 2 to 4 eggs are laid in January, with hatching occurring in 4 weeks and the young fledging 4 to 5 weeks later. Hunting occurs largely at dusk and dawn, by waiting on a perch and swooping down on prey. Of all the owls in Texas, however, the Barred Owl is the one most likely to be active during the day, especially when hunting for food to feed hungry chicks.

The most widely distributed owl in the world and the most widespread of all birds is the Barn Owl (*Tyto alba*). With a white or mostly white underside, lightly spotted breast, dark eyes and a heart-shaped, white face surrounded by a tawny halo, its scientific name literally means 'white owl', but it is also known as ghost owl, death

(Continued on page 9)

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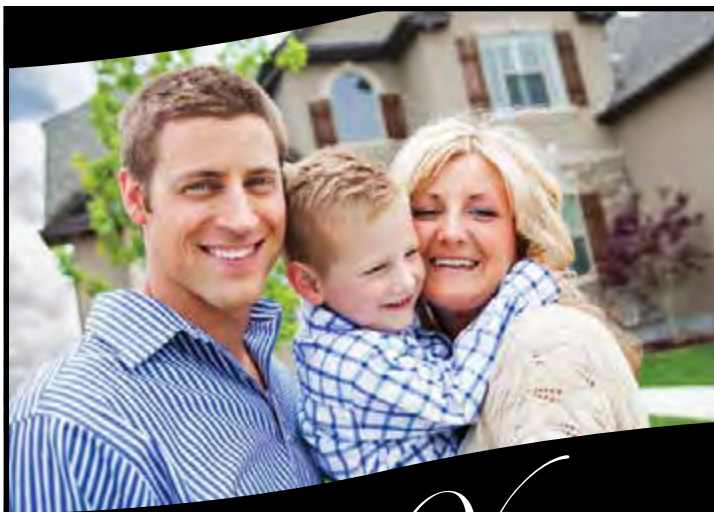
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Nature Watch- (Continued from Page 8)

owl, and demon owl due to its appearance and eerily silent flight. Long legs, a round head with no ear tufts, and drawn-out, hissing scream for a call add to the image conjured up by its common names.

Found in open habitats such as grasslands, marshes, and agricultural fields, this owl hunts at night by flying low over the ground, looked for small mammals. While it has excellent low-light vision, it is its ability to locate prey by sound alone that sets it apart from any other animal species. With a 12-15 inch length and a 40-50 inch wingspan, the Barn Owl is one of the few bird species where the female is showier than the male. Having a reddish chest marked by more numerous spots, those females that are heavily spotted appear to be more successful at mating, raising chicks, and resisting typical

parasites and diseases. Barn Owls can breed up to few times per year, depending on the food supply. During courtship, both the male and the female screech, and the male will then conduct what is known as a 'moth flight', where he hovers in front of the perched female with his long legs dangling, for several seconds. Barn Owl pairs typically remain together as long as both are alive. Their clutch size can vary widely from 2-18 eggs, which are laid in nest cups made from shredded owl pellets. These owls use both man-made structures such as nest boxes and buildings, or natural cavities in trees and cliffs, for locating their nests.

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



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Coats for Kids is a program in its 25th year that provides warm winter coats each December to disadvantaged children and teenagers in Central Texas through a community-wide collection and distribution process. Each year, The Junior League of Austin, Jack Brown Cleaners, KASE 101 and KVUE partner with the community to ensure the children of Central Texas stay warm. On average, 30,000 coats are distributed per year with the help of over 2,600 community volunteers. So how can you participate? Donate a new or gently-used coat to your nearest Jack Brown Cleaners, organize a coat drive through many outlets in your community (schools, places of worship, offices, neighborhoods), volunteer during sorting days or distribution days or spread the word.

FACTS

- **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. Please drop your coats off at any local Jack Brown Cleaners.
- **School & Business Coat Drive Competition:** Monday, November 14th through Friday, November 30th. Please drop your coats off at any local Jack Brown Cleaners. To register, go to the JLA website: www.jlaustin.org/coats.
- **Volunteer:** Please join us to help sort coats December 6 - December 9 and/or to distribute coats to children on December 10. Register at www.jlaustin.org/coats.

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A grant in excess of \$3.5 million has been awarded to the Scott & White Healthcare Cancer Research Institute (CRI) to facilitate the production of new and investigational drugs for the prevention and treatment of cancer. It is the only Central Texas cancer research program receiving the award from the Cancer Prevention Research Institute of Texas (CPRIT), a center established to fund innovation and commercialization of cancer research in the state.

The CRI grant is among more than \$100 million in CPRIT funding to cancer research projects in Texas. Scott & White scientist Jung H. Woo, PhD, is the principal investigator awarded the grant and facility

director of the CRI drug manufacturing facility. The funds will be used in physical plant upgrades to the facility, providing an environment expediting large-scale cultivation of cell lines that can lead to Phase 1 clinical trials, while also subsidizing costs for production of promising drug candidates, and improving processes of production.

"Onsite production of new therapeutic treatments enables us to move rapidly from the laboratory into early-phase clinical trials," said Richard Beswick, PhD, senior vice president for research at Scott & White Healthcare and assistant dean for research at the Texas A&M Health Sciences Center College of Medicine in Temple. "The

CPRIT grant is an investment in our facility strengthening that capability."

Researcher Woo has extensive experience with drug development. He is the inventor of a cancer drug currently being tested in a phase I clinical trial for T cell lymphoma. Since joining the CRI in 2005, the CRI has successfully manufactured six investigational new drug materials for T cell lymphoma, AML (acute myeloid leukemia), melanoma, chronic pain, and pancreatic cancer.

The Scott & White Cancer Research Institute (CRI) is a non-profit arm of Scott & White Healthcare. Established in 2005 and led by Arthur E. Frankel, MD, Executive
(Continued on page 12)



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RIVER REVIEW

RECIPE OF THE MONTH

Sour Cream Apple Bars

- 2 C flour
- ½ tsp. salt
- 2 C brown sugar, firmly packed
- 1 C sour cream
- ½ C oleo, softened
- 1 tsp. vanilla
- 1 C chopped pecans
- 1 egg
- 1 tsp. cinnamon
- 2 C peeled, finely
- 1 tsp. soda
- chopped apples

Preheat oven to 350°. In large bowl, blend flour, brown sugar, and oleo until crumbly. Stir in pecans. Press 2-3/4 C of the crumbs into an ungreased 9x13 pan. To the remaining mixture, add cinnamon, soda, salt, sour cream, vanilla, and egg, blending well. Stir in apples. Spoon evenly over first layer. Bake 25 - 35 minutes or until toothpick comes out clean. Cut into squares and serve with whipped cream if desired.

Scott & White... - (Continued from Page 11)

Director, the CRI is designed to accelerate the development of therapies for human diseases, linking new discoveries and clinical care.

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WASH YOUR HANDS

REDUCING SPREAD OF DISEASE WHILE AT HOME & WORK

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease—many could be avoided if everyone properly washed their hands. From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom

- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change diaper or clean up after children
- Handle an animal or animal waste

HAND WASHING BASICS

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands,

fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)

- Rinse off soap under a stream of water

WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands. *

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ALLERGIES:

KNOW YOUR TREATMENT OPTIONS

Allergies got you down? Dr. Madhu Narra, assistant professor of medicine in the section of allergy, immunology and rheumatology at Baylor College of Medicine offers some tips to help manage. Fall is the blooming season for weeds such as ragweed while spring allergies are from blooming trees and grasses. Indoor allergens such as dust mites can cause symptoms all year round. It is important to be aware of what you are allergic to so that you know when to look out for these allergens, said Narra.

Symptoms include runny and itchy eyes and nose, sneezing, congestion, drainage and cough. Some people may experience wheezing and trouble breathing.

- For mild allergies, consider over-the-counter medications like loratadine or cetirizine that usually do not cause drowsiness
- Keep your windows closed during peak pollen season. You can track pollen counts online.
- Clean pets before they enter the house so that they don't carry pollen into the home
- Do not dry clothes outside where they can pick up pollen
- Wear a mask or nasal filters when mowing the lawn to prevent allergens from getting into the nose
- If prescription medications and nasal sprays do not help much or if long-term relief from severe allergies is desired, consider getting allergy shots, which can provide long lasting relief with four to five years of treatment

WINTER WEATHER & SKIN CARE

Summer may be over, but protecting your skin should remain a priority. "Colder temperatures, wind and sunlight work together to cause irritation to your skin," said Dr. John Wolf, professor and chair of dermatology at BCM. "It is difficult to distinguish between windburn and sunburn, so it is a good idea to focus on overall skin care." Wolf suggests using extra moisturizer as well as moisturizing sun block with an SPF of 30 or higher, especially if planning a winter trip to a higher altitude where ultraviolet rays from the sun are more intense. Chapped lips and fever blisters also can be provoked by the cold, wind and sun. People who suffer from severe outbreaks of fever blisters may want to talk to their doctor to see if there are prescriptions to prevent such outbreaks Wolf says. Chapped lips are more prevalent during colder

months as well, but using a lip balm with an SPF factor of 30 or even a thick coat of zinc oxide may help keep them at bay. During colder weather many people will take hot showers, sit in a sauna or even enjoy a hot tub. Wolf said this can actually increase dry and itchy skin. He suggests using moisturizer while still damp, before completely drying off.

TEACH KIDS TO ENJOY TREATS IN MODERATION


From Halloween to the new year, kids are tempted by pies, cakes and other treats. However, according to experts at Baylor College of Medicine, the holidays are no excuse for parents to let kids overeat and divert from their normal eating routine.

"You have to keep meals and snacks under some control no matter what day of the year it is," said Dr. Karen Cullen, associate professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at BCM. Cullen says a good plan is to save holiday treats for snacks, and be sure that they are an appropriate portion size for that snack. Consider freezing treats to save for later use. Parents should be serve as positive role models by continuing to serve and eat regular balanced meals. In addition, they should encourage children to try fruits and veggies that are offered at holiday parties.

OLDER ADULTS CAN FIGHT FRAILTY THROUGH RESISTANCE WEIGHT TRAINING

Imagine not being able to stand up because you can't carry your own body weight. To prevent this, incorporate resistance weight training into your routine, said an expert at Baylor College of Medicine. "As we age, we slowly start to lose lean muscle mass, and resistance weight training is the only way to slow this down," said Dr. Robert Roush, associate professor of medicine - geriatrics at BCM. "It's never too late to start." Resistance weight training can consist of weight lifting, using weight machines or any other exercise activity that creates some sort of resistance. This should go along with a regular cardiovascular exercise plan, said Roush, who is also with the Huffington Center on Aging at BCM.

Always check with a qualified health care provider before starting any exercise routine. Try to find a gym with senior benefits or share a personal trainer with friends to learn proper technique. If a gym is not an option, try using stretch bands and dumbbells at home. Activities such as swimming, climbing stairs and walking at an incline can also provide resistance. Regardless of whether one goes to a health club or exercises at home, the key is to follow recommended regimens and proper technique.



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Keeping Children Safe on Holiday Road Trips

As millions of families prepare for their annual holiday road trips, Texans In Motion at Scott & White Healthcare would like to encourage parents and caregivers to keep safety in mind as they travel. The National Highway Traffic Safety Administration estimates that three out of four car seats are improperly installed.

Following are some tips to ensure that your child is riding safe:

- ALWAYS Buckle Up no matter if the trip is long or just a quick ride into town.
- Keep your child in the back seat at least through age 12.
- The best car seat is the one that fits your child, vehicle & budget.

- Read car seat and vehicle instruction manuals to ensure proper installation.
- Safety seats should move no more than 1" from the car seat's belt path.
- Harnesses should be snug with the retainer clip at chest level.
- Booster seats are highly recommended for fourth to seventh graders who are under 4'9" tall and may not fit the adult seat belt.



Keeping these simple tips in mind may not reduce backseat sibling squabbles, but will help increase peace of mind when it comes to your child's safety. Texans In Motion is an injury prevention program sponsored by the Trauma Center at Scott & White Healthcare, in cooperation with the Texas Department of Transportation. The program serves 11 Central Texas counties and focuses on child passenger safety.

Our mission is to increase child passenger safety restraint use and reduce the number of deaths and injuries to children in motor vehicle crashes through educational programs, activities

and check-up events. Staff is certified under part of the National Highway Traffic Safety Administration's National Standardized Child Passenger Safety Training Program. All services provided by Texans In Motion at Scott & White Healthcare are FREE.

For more information about car seats or to find a car seat inspection event in your area, please contact Texans In Motion at Scott & White Healthcare at (512)336-3423/509-0200 or visit sw.org.

Freshly Cut for the Holidays



Look who's trimming the tree! Now through December, wrap up everything you need to make your home the home for the holidays. Spruce up rooms with non-toxic, no VOC paints, replace old carpet with reclaimed wood flooring, deck the walls in your bath with recycled glass tile. — At House+Earth,

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