

THE RIVER REVIEW

March 2012

News For The Residents of River Place

Volume 6, Issue 3

“Ole’ Crooked Head” Owl Recuperating at Austin’s Wildlife Rescue



An injured Screech Owl that had lived in River Place subdivision is receiving care from the Austin Wildlife Rescue. The owl, pictured above, was found by walkers who noticed that it was not moving or trying to fly and apparently had been in the same spot for about one day. Since most veterinarians are not licensed to care for wildlife, I was happy to learn that a non-profit organization called, Wildlife Rescue, located at 5401 E. MLK Blvd. in Austin, was eager and willing to provide care. Welcoming me inside the facility, Susan Edwards, Center Manager, said that the owl was not a baby owl, but rather it is a Screech Owl, one of the smallest

species in North America. She speculated that it was a juvenile who was learning to hunt, and not being adept at flying, had crash landed near the spot he was found. Owls can rotate their heads, but the angle of his head indicated that he had injured it. We named him “Ole Crooked Head.”

Ms. Edwards said “Ole Crooked Head” probably would not need surgery, but he would be evaluated, receive the treatment necessary, and then after recuperating, he will be released in the same vicinity as he was found. Owls are raptors and mate for life, so even though he is still young, he will be returned close to the area that was his home.

Wildlife Rescue is dedicated to providing care for all types of injured, orphaned or sick wildlife creatures, and it is Austin’s only in-take facility. All wildlife brought to the facility is evaluated, surgery is done, if necessary, and then each if given individualized rehabilitation. Depending on the type of species, a creature may be taken to a specialized rehabilitator before being released.

Many types of birds, mammals and reptiles are treated at Wildlife Rescue, and they specialize in urban wildlife. Among the animals that they receive are songbirds, squirrels, opossums, and raccoons. In March, as many as 25 raccoons a day can be admitted to this amazing facility.

With spring approaching, people may see injured birds or other wildlife. Ms. Edwards urged people to call the facility’s Hotline at 512-472-9453 to receive instructions on how to bring the injured creature to them. In-take hours are 9 a.m. to 4 p.m. daily. Also, their website, www.austinwildliferescue.org, has information about different types of wildlife.

Opening their facility in a wooded tract of land inside the city limits in 2003, Wildlife Rescue depends solely on donations as its source of income. They receive no government help, and they are a tax-exempt charitable organization. Donations are used to cover the costs of wildlife food, medicine, supplies, and care as well as maintenance of the facility. Presently, they are in need of a site with 10 acres.

(Continued on Page 2)

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
AT&T	
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
Article Submissions	riverreview@peelinc.com
Advertising.....	advertising@peelinc.com

River Review- (Continued from Cover Page)

Wildlife Rescue benefits from the Randall's Good Neighbor Program. A percentage of each purchase that you make at Randalls will be donated to Wildlife Rescue if you complete a Remarkable Application Form at any Randalls Courtesy Booth to link your card to Wildlife Rescue. To do this, specify Wildlife Rescue Organization Number (#2780) in the top portion of the form in the "Good Neighbor Program" section.

WILDLIFE RESCUE

Hotline at 512-472-9453

In-Take Center: 5401 E. MLK Blvd.

Austin, TX 78721

www.austinwildliferescue.org

ARTICLE SUBMITTED BY SUZANNE GANDY

PHOTOGRAPH BY JERAMIE WRIGHT



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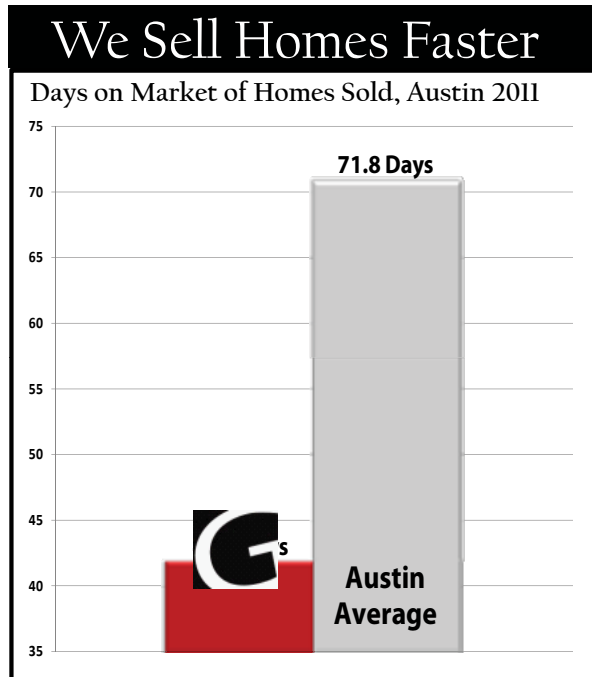
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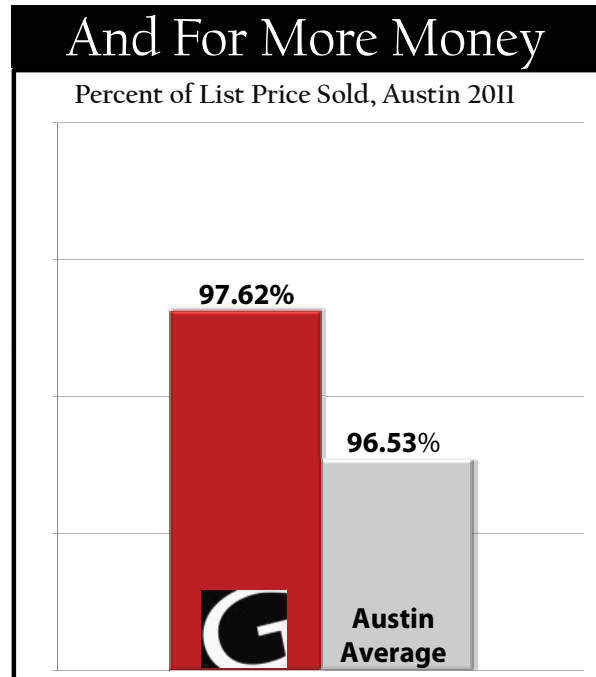
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3 StoneHaven Realty	55.9
4 Realty Austin	60.4
5 Gottesman Residential R.E.	62.2



Percentage of List Price Achieved	% of List Price Sold
1 Goldwasser Real Estate	97.62%
2 Realty Austin	97.18%
3 Keller Williams Realty	97.08%
4 Prudential Texas Realty	97.01%
5 Stanberry & Associates	96.92%

*Rankings based on brokerages with over \$15.5 million in listings sales (the top 25) for 2011 that occurred in the City of Austin. Statistics were obtained through the Multiple Listing Service (MLS), Austin Board of Realtors. All information and claims are deemed reliable but are not guaranteed by the Austin Board of Realtors or Goldwasser Real Estate.

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River Ranch Birthdays

Send your Birthday announcements to riverreview@PEELinc.com

COME TO THE RIVER PLACE GARDEN CLUB'S GALA FUND-RAISING EVENT OF THE YEAR:

The Beautification Celebration!

Thursday, April 19th
from 5:00 to 8:00 pm

at

The Treasure Island Scenic Overlook

Don't miss this opportunity to mingle with your neighbors on a beautiful spring evening and take in the amazing view! There will be a dedication ceremony followed by wine, appetizers, and a silent auction of items donated by local merchants. All that's required is a \$10 ticket which can be purchased in advance or "at the door."

For tickets or River Place Garden Club membership information, please contact
Becky: rwolfe210@austin.rr.com



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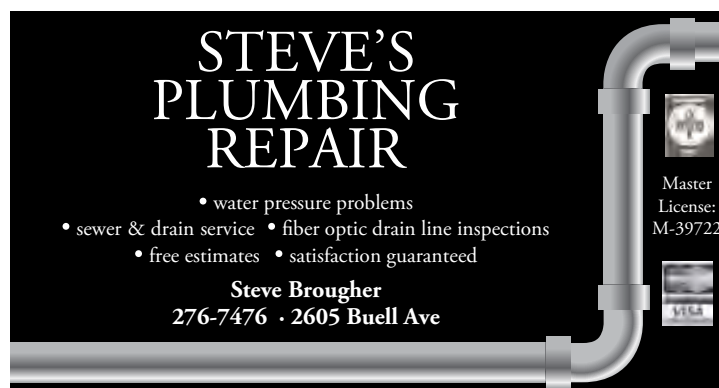
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Pick up the Pile

Happy New Year to all! As we embark on 2012's journey, some will think of ways to improve upon themselves. I'd like to offer an idea to those that still think dog poop is fertilizer, let's try picking up after our dogs. In case you were not aware, scientists have established the fact that the dog's gut harbors a particular type of bacteria known as the coli form bacteria. This bacterium includes the dreaded E. coli bacteria and also contains strains of salmonella and giardia. Now, since the rains have finally come, all the piles that have been left behind will be washed into our storm drains and contaminate our water supply. Not only is our water supply affected but perhaps even the air we breathe...I came across this article:

SCIENCEDAILY (AUG. 18, 2011)

"Bacteria from fecal material -- in particular, dog fecal material -- may constitute the dominant source of airborne bacteria in Cleveland's and Detroit's wintertime air, says a new University of Colorado Boulder study."

This was the first test conducted, for air borne disease so far, however, scientist presume other cities, with an abundance of the canine kind, will show similar results. Please be kind, don't leave it behind. To those that pick up....THANK YOU

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Contact Katie Robinson, Local Coordinator for Austin - 512-538-8080 or k.leigh.robinson@gmail.com.



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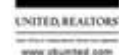


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GUYS AND DOLLS Jr.

by Gene Fruge

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Don't miss out on this great play, bring the whole family to enjoy elementary school students of all ages singing, dancing and acting out this favorite movie adaptation. Music and lyrics by Frank Loesser. Adapted for the stage by Abe Burrows & Jo Swerling. Based on the book: The Idyll of Miss Sarah Brown by Damon Runyon.

TICKETS, SHOWTIMES AND LOCATION

Performances are at The Church at Canyon Creek located at 9001 F.M. 620 North in Austin Friday, March 2nd at 7:00 PM and Saturday, March 3rd at 7PM.

Tickets purchased online in advance are just \$10.00 for adults and \$5 for children. Tickets purchased at the door are \$12.00 for adults and \$6 for children. To purchase tickets online please go to http://www.riverplacestudenttheatre.org/RiverPlaceStudentTheatre/Online_Store.html.

More information about River Place Student Theatre can be found at www.RiverPlaceStudentTheatre.org.

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Is That a Fog Machine in Your Yard?

by Jacob Johnson, Austin Water LL#17528



Austin Water supplies water to customers at varying degrees of pressure due to elevation changes and differences in infrastructure. In cases of excessive supply pressure, the builder, plumber, irrigator or homeowner is tasked with regulating the pressure down to the optimum pounds per square inch (PSI). Water pressure inside a house should be around 65 PSI, but automatic irrigation systems are a different story.

The typical pop up sprinkler head has an ideal operating pressure of around 35 PSI, yet many installed systems' actual head pressure is much higher. If the actual head pressure exceeds the manufacturer's recommendation, the end result is misting and distorted coverage. Misting is water that is being treated, pumped and paid for—only to waft away even on a still morning. Excessive misting in an irrigation system is considered water waste within the City of Austin and can result in warnings and even citations.

There are multiple ways to regulate pressure, but in cases where the entire system is operating at high pressure, it is a good idea to install a pressure regulating valve (PRV) on the irrigation mainline. This will not affect anything in the house, but will make the irrigation system more efficient meaning less water is needed to maintain the landscape. Bigger drops will hit the landscape, wear and tear on components will decrease and the system will have better spray patterns overall. Correcting high pressure in an irrigation system is a win, win, win scenario. Your landscape, irrigation system and pocketbook all benefit. In many cases a PRV can pay for itself within a couple of years. If you suspect your irrigation system is operating at high pressure, talk to your irrigator about the issue or if you are a customer of Austin Water, set up a free irrigation evaluation through Austin Water's Conservation Division. All evaluations are performed by licensed irrigators and properties that have had an Austin Water evaluation may be eligible for certain rebates, including partial rebates on irrigation PRVs and pressure regulating heads. Call 974-2199 or visit waterwiseaustin.org to schedule a free irrigation evaluation.

Celebrate Spring at Lake Travis Community Library

Lake Travis Community Library offers five special events in March. Do you want to learn about the history of Lakeway? Is there something about your laptop, tablet, cell phone, or digital camera that has you stumped? Are you interested in government spending abroad? Do you like to shop for amazing deals on bags of books? ¿Quieres aprender español? It all happens at the library!

- Visit the library on Thursday, March 15th at 7 p.m. for the presentation *Why Are We Spending Millions on Schools in Africa?: How Federal Grants Address Underlying Problems Here and Abroad*. Dr. Donna Gunn, Executive Director of Africa's Promise Village, will show how funding a physical education and nutrition grant correlates to the U.S. government's efforts to lower the rate of diabetes. It is very subtle, but underlying every grant is a political cause deemed critical to U.S. welfare, both at home and abroad. This discussion will be informative, provocative, and interesting.
- Join us for a mixed-age, parent and child early education program that teaches Spanish through music and movement. Come sing, dance, and play instruments with your child while learning fun ways to incorporate Spanish into your home on Thursday, March 22nd at 10:30 a.m. This special program is presented by Semillitas de Español.

- Local Lakeway resident and retired history professor Lew Carlson will discuss his book, *Lakeway: A Hill Country Community*, at the library on Thursday, March 29th at 7 p.m. The book maintains that the completion of the Mansfield Dam in 1941 marked a major change in the way of life in West Austin and paved the path for what has now become the City of Lakeway. Join us!
- The Friends of the Library will hold their next Book Sale on Saturday, March 24th and March 31st from 8 a.m. to 1 p.m. at Jack Brown Cleaners (1508 RR 620 South). Purchase an entire bag of books for only \$10!
- Is there something about your laptop, tablet, cell phone, or digital camera that has you stumped? Get assistance from LTHS senior and computer science student John on Saturday, March 31st between noon and 2 p.m. at Flying Whale Tech Help. Come with your device and receive help with any technical issues - for free! No appointment necessary.

As always, please contact the library for more information about any of these events at (512) 263-2885 or www.laketravislibrary.org. We look forward to seeing you at the library!

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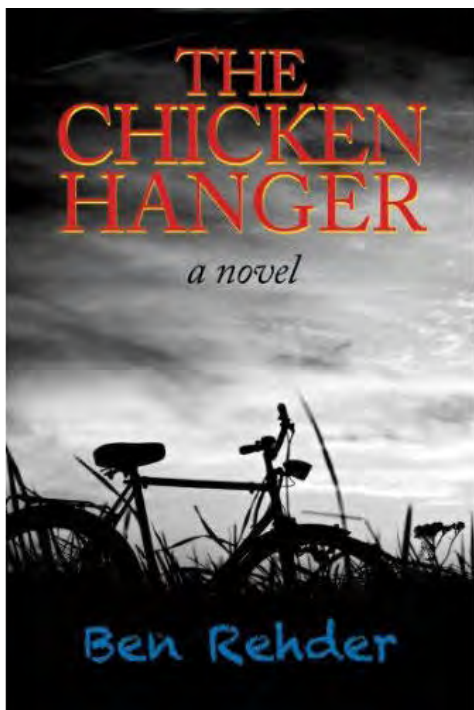
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LAKE TRAVIS READS *Special Event with Ben Rehder*



Popular cultural education program hosts special event with Edgar Award Finalist and Central Texas Mystery Novelist



Popular author Ben Rehder is returning to the Lake Travis area to introduce his new novel, *The Chicken Hanger*, on Thursday, April 5th at 7 p.m. at Bee Cave Public Library. Rehder was the featured author for the 2011 LAKE TRAVIS READS, the “One Book, One Community” program sponsored by the three libraries of Bee Cave, Lake Travis, and Spicewood.

Previously known as the author of the wickedly funny Blanco County mysteries featuring Texas Game Warden John Marlin, Rehder takes a new direction as he introduces us to Ricky Delgado, who works as a chicken hanger at the poultry plant in Rugoso, Texas, a small border town just thirty miles south of Laredo. His quiet, illegal lifestyle is disrupted when he learns that his brother Tomás has been shot and injured shortly after crossing the border. Together, Ricky and Tomás must make a decision: to risk their illegal status and seek justice, or remain silent and endure the injustices common to all “wetbacks” within the states. Meanwhile, Ricky is fighting a battle within his own body, a disease he acquired in the poultry plant, unbeknownst to everyone but the crooked manager and the company’s doctor.

The Chicken Hanger confronts the present-day controversy of politics and prejudice along the Texas-Mexico border. Rehder weaves between multiple perspectives and opinions of those protecting America and those hoping to become Americans, and asks whether a man’s worth is measured by his citizenship, or by the life he leads. Long-standing arguments about border control in the South and the motives of opposing sides create a suspenseful tale of one illegal immigrant’s fight for justice in the land of the free.

Author Sarah Bird describes *The Chicken Hanger* as a novel in the tradition of Carl Hiaasen, and praises it as “a fast-paced, fun, satirical romp which aims for truth and hits humor along the way. Kudos to Ben Rehder for crafting a smart, balanced, wickedly funny and highly original look at the contradictions, hypocrisies and hard realities of illegal immigration.”

“One Book, One Community” is a national program created by the Center for the Book in Washington, D.C., and adopted by communities around the nation. Our version, called LAKE TRAVIS READS, is sponsored by the libraries and Friends groups of Bee Cave Public Library, Lake Travis Community Library and Spicewood Community Library. The goal of LAKE TRAVIS READS is to bring the community together to read and discuss shared literary experiences. LAKE TRAVIS READS 2012 featured New York Times and international best-selling author Jeff Abbott who appeared in February to discuss his new thriller series featuring former CIA agent Sam Capra. Anyone interested in serving on the steering committee for the 2013 LAKE TRAVIS READS is asked to contact their local library.

This special evening with Ben Rehder will take place at Bee Cave Public Library on Thursday, April 5th at 7 p.m. The event is free and open to the public. Books will be available for purchase and signing at the event. For more information, contact Bee Cave Public Library at (512) 767-6620.

For more information, please contact Barbara Hathaway at Bee Cave Public Library at (512) 767-6620; Morgan McMillian at Lake Travis Community Library at (512) 263-2885; or Spicewood Community Library at (830) 693-7892.

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14th Annual Wilderness Run & Walk

*Saturday, April 21 at 9:30 AM
Hamilton Greenbelt I in Lakeway, Texas*

The members of the Friends of the Parks of Lakeway would like to invite the community to participate in the 14th Annual Wilderness Run. This free noncompetitive run and walk will begin at 9:30 with refreshments following the race. Participants may choose to run or walk either 3 miles or 5 miles through the scenic trail system of the Hamilton Greenbelt I, located across from the Lakeway Justice Center. The course winds along canyon walls and high cliffs, across fern covered creeks, and through tall native tree forests.

Register online by visiting www.lakewayfop.org or by picking up an entry application at the Lakeway Activity Center or at the registration boxes at the entrances to City Park, The Canyonlands, Hamilton Greenbelt I and Hamilton Greenbelt II. Commemorative T-Shirts may be purchased for \$15 with all proceeds from donations and sales going to the maintenance of the trail systems in Lakeway. This is a great opportunity for runners and walkers, as well as families with children and dogs to enjoy an outing and explore the beautiful trails of Lakeway. For more information, please contact co-chair Sheryl Kelly at 261 6067. Hope to see you there!

SHERYL KELLY, *Friends of the Parks of Lakeway*
Co-chair of the Wilderness Run



Do You Have Reason to Celebrate?

We want to hear from you!

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AUSTIN NEWCOMERS CLUB MARCH LUNCHEON



The March luncheon speaker will be Austin Police Chief Art Acevedo.

Art Acevedo serves as the eighth Police Chief in the 84-year history of the Austin Police Department and is the first Hispanic to lead the City's police force. With more than

two decades of law enforcement experience, he oversees a department that employs approximately 2,100 sworn officers and civilian personnel. With the consolidation of the Austin Police Department and the Austin Public Safety and Emergency Management Department in January 2009, Acevedo is now responsible for all municipal law enforcement in the City of Austin, including Austin-Bergstrom International Airport, parks, and municipal courts.

Chief Acevedo began his professional career in law enforcement with the California Highway Patrol in 1986,

bringing a well-established commitment to community outreach and coalition building to Austin. He strives to establish strong community relationships throughout the city with the goal of strengthening the relationship between the people of Austin and their Police Department. Chief Acevedo leads by example with a strong sense of community involvement through his own personal time and resources.

Born in Havana, Cuba, Acevedo migrated to the United States with his family in 1968 in search of freedom and the opportunities to be found in America. He grew up in California, and earned

his Bachelor of Science degree, with departmental honors, in Public Administration from the University of La Verne. He is married to Tanya and is the father of three children, Melissa, Matthew and Jake.

Appointed Austin Police Chief in July 2007, Chief Acevedo believes in the spirit of our community and the commitment to excellence demonstrated by the men and women he leads.

WHEN AND WHERE: Wednesday, March 21, 2012 at Green Pastures Restaurant, 811 West Live Oak Street, pre-payment \$20.00. Reservations are required.

(Continued on Page 15)

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2012 Dates

January 26

March 22

May 24

September 27

October 25

Austin Newcomers Club- (Continued from Page 14)

TIME: 11:30 a.m. socializing, Luncheon begins at noon.

FOR LUNCHEON RESERVATIONS: Email: LuncheonDirector@AustinNewcomers.com

Austin Newcomers Club is a non-profit social and recreational organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. To Join Austin Newcomers Club: Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00. Membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at: www.AustinNewcomers.com.

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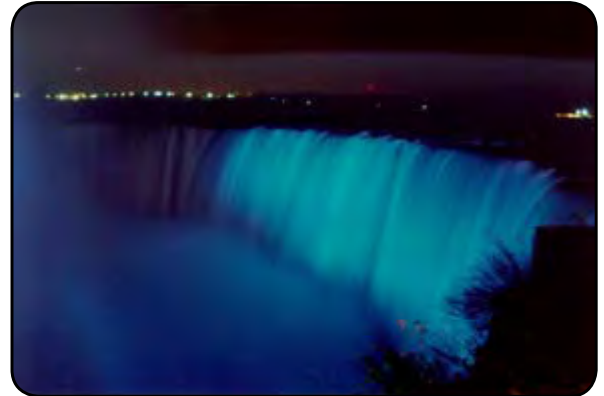
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LIGHT IT UP BLUE IN APRIL



People all over Austin and the World will change lights to blue, dress blue, eat blue, drink blue and even paint fingernails blue beginning on April 2. April is Autism Awareness Month and Autism Speaks is celebrating by turning the World (and Austin) blue for the month. This is the first year Austin will turn blue in a big way. In 2007, the United Nations adopted a resolution to make April 2nd World Autism Awareness Day. Autism Speaks created Light It Up Blue (LIUB) to create awareness for the month. Austin TV and radio talk shows will be airing LIUB segments and contests. Numerous buildings like the 2nd Street Business District, the Four Seasons Hotel, the 360 Condos, the Amli Downtown and on 2nd Street, Home Away, west 6th Street Lounges and many more will be going blue. School campuses will be decorated, plus children and faculty will wear blue. Neighborhood Associations and organizations will turn blue.

Blue events will flood the Greater Austin area like the Blue Bash, Blue Martinis and Manicures, a golf tournament, a Blue Bingo and Burger Bash, a Blue Easter Egg Hunt, a UT sorority sponsored Blue Ball and much more.

Autism is becoming an epidemic with no known cause or cure. If the current trend continues, half the children born in the United States by 2046 will be diagnosed with autism. Our school districts are already “bending” under the load since 70% of people with autism

are under 18. When these children become adults, what will happen? Many will have to be cared for throughout adulthood.

Autism robs families of the child they thought they had, since, although some are born with it, many regress around ages 1 to 3. The child loses speech, does not make eye contact, tantrums frequently and seems to be unreachable in his own little world. A diagnosis of Autism Spectrum Disorder (ASD) is devastating for parents. Every 15 minutes a parent hears this diagnosis! Not only have they “lost” a child, but their entire life is immediately changed. Money and time involved in treating autism is staggering—not to mention the emotional pull of every single day.

Last year over 1,800 iconic landmarks turned blue for April from Niagara Falls, Rockefeller Center, the New York Stock Exchange and the Empire State Building in New York to Christ the Redeemer Statue in Brazil. Buildings all over the world like the Cairo Tower in Egypt, the Hungarian Parliament and the Sydney Opera House in Australia turned blue. This year the number will top 2,000.

Help fight the spread of autism. Create awareness by changing your exterior home bulbs to blue, wearing blue, painting your nails blue, decorating your child’s school in blue, etc. The 2012 Autism Speaks National Poster Child for the United States and Canada is a Greater Austin kindergarten student—a great feat for our area! Let’s show what we can do to make Austin blue!

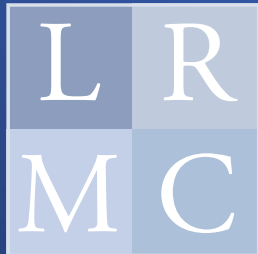
BY CONNIE RIPLEY

4.16.2012

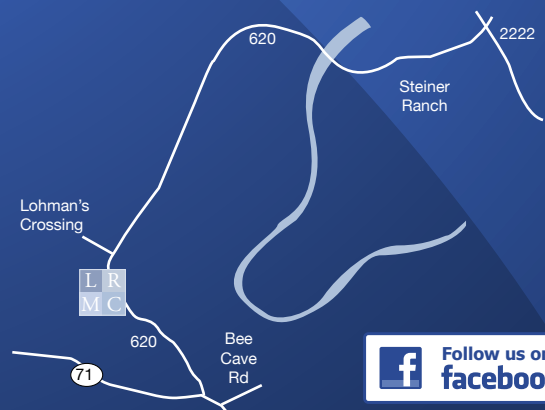
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NATUREWATCH

Morel of the Story

by Jim and Lynne Weber

Mycology, or the study of fungi, used to be considered a branch of botany rather than biology, until it was recognized that fungi are most closely related to animals than to plants. Mushrooms are the fruiting bodies of certain fungi, and while fewer than one thousand species have been identified in the state of Texas, it is estimated that as many as eight to ten thousand species remain to be identified! Often associated with molds, mildews, and yeasts, several mushroom species are edible, and the most avidly hunted of all wild mushrooms is the Common Morel (*Morchella esculenta*).

The cap of the Common Morel is sponge-like, yellowish gray to tan in color, oval to mildly elongated, and has a mottled, pitted surface. Its stalk is white, hollow, and has a slightly rubbery texture. This species is most commonly found in our state growing in the limestone soils of Central Texas, but it has also been found in the acidic soils of East Texas and in parts of the Big Bend country. It can be seen singly or in small groups on the ground under oaks and junipers, often along creek beds. Its species name, *esculenta*, means 'good to eat', and morels regularly appear on the menus of some of the best restaurants.

Although a process to grow these mushrooms under controlled conditions was reported years ago, attempts to commercially cultivate them have been far from successful. Laboratory studies have shown that common morels hold several medicinal properties, including immune system regulation, anti-tumor effects, fatigue resistance, and anti-viral properties. This species has long been used in traditional Chinese medicine to treat indigestion and shortness of breath, and is even listed in the National Register of Medicinal Plants in the country of Nepal.

Several similar species of morels are recognized in Texas, but the Common Morel is known by various colorful names, including yellow morel, sponge morel, Molly Moocher, haystack, and dryland fish. Members of this species can vary in size, color, as well as the shape of the cap. When cut down the center, the 'true morels' reveal a hollow stalk, unlike a 'false morel' that looks similar but the interior of its thick, white stalk is deeply furrowed or folded and not at all hollow. Care must be taken to properly distinguish between the two, as the False Morel (*Gyromitra caroliniana*) is toxic to humans.

(Continued on Page 19)

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Nature Watch- (Continued from Page 18)

Mushrooms can be very photogenic and make for yet another reason for the whole family to walk new or familiar trails and see what earthy treasures can be found. While morels normally occur in the spring, they can appear after any unusual period of cool, rainy weather. And that's the morel of the story!

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*, published by Texas A&M University Press.



Common Morel

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- Styrofoam (cups, egg cartons, take-out containers)
- Pizza boxes from take-out or delivery services
- Yard waste/leaves (set out for yard trimmings pick up)
- Food waste
- Garbage (you may be charged for extra garbage if you put garbage in your recycling cart)
- Helium tanks
- Large metal items such as frying pans and metal pipes
- Large plastic items (plastics that are gallon-sized or smaller are ok)
- Wire coat hangers (recycle at your local dry cleaners)

RECYCLE RIGHT TIPS

- Set out all recycling and trash by 6:30 a.m.
- Place trash, recycling and yard trimmings 5 feet apart at the curb away from cars, mailboxes, trees and overhead wires.
- Certain items are not accepted because they get caught in the recycling processing machinery

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AUGUST - 9, 23
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OCTOBER - 4, 18
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EMPOWERING CHILDREN THROUGH MEDITATION

Learning Mindful Awareness Can Benefit Your Children For A Lifetime

All twenty-two children lay quietly with their eyes closed, their yoga mats arranged in a circle like the petals of a giant, multi-colored flower. Some are restless, distracted by the flickering candles in the center of the circle, but even the 3-year-old is participating.

The teacher gives instructions in a soothing voice, and the children imagine themselves going through a door that leads to the ocean. They listen for the sound of the waves, slow and rhythmic, like the sound of their breathing. After they have fully relaxed, the teacher tells them to come back through the door, and they start awakening by wiggling their toes. They sit up straight, place their hands over their hearts and bow to one another.

These young students in Avery Ranch are not the only kids spending time in meditation. Meditation can take different forms, but is basically a state of mindful awareness or attention to the present moment. Though commonly associated with Eastern religious practices, meditation itself is not religious in nature and is used by people of all walks of life.

Parents, teachers and researchers are discovering how meditation can relax children and help them thrive in life and academics. Studies abound on the benefits of meditation for adults, and recent research is beginning to confirm that benefits extend to children as well.

STRESS REDUCTION AND MORE

Psychotherapist Gina Biegel has studied the impact of meditation on teenagers and found that it does in fact decrease anxiety and depression. Her eight-week study of over 100 teenagers even found improvements in sleep patterns and changes in medication use.

"We tend to be going-going-going all the time," says Biegel, who practices at Kaiser Santa Teresa Hospital in San Jose. "We need to take a moment and not feel the need to do-do-do all the time."

The benefits of meditation go beyond stress-reduction. Meditation can help kids understand that feelings are okay, build confidence and establish closer relationships.

Nancy Brady has taught meditation to kids for the past seven years. She was able to use meditation to enable 8-year-old Joey to handle his grief after his grandmother passed away. Brady helped Joey "visit" his grandmother, and he was able to tell her that he missed her and loved her. Afterwards, he was no longer sad.

"It enriches my life to watch a child establish strong inner connections that strengthen his or her abilities in school and will continue to grow through life," says Brady. "I like knowing that children have a more complete set of tools—beyond anger and frustration—to live the best life they can."

SHARING MEDITATION TOGETHER

When a parent and child experience meditation together, they can enjoy the benefits while also creating a special bond with one another.

Moms-to-be can even use yoga and meditation to bond with their unborn babies.

"You are connecting with the soul of your baby in utero. It's a feeling of connection, of oneness with your child inside of you," says Mallika Chopra, author of two inspirational books for moms, and daughter of spiritual guru Deepak Chopra. For her, meditating during pregnancy was a beautiful and magical experience.

Whether children experience meditation with a parent or on their own, the benefits can last a lifetime.

"Meditation is a precious gift that your child(ren) will have for their entire lives," says Chopra. "It's something they will always have at moments of stress and frustration, and when they want to be at a (more balanced) place."

TRY IT! THE FROZEN POPSICLE MEDITATION

Have your child lie down in a comfortable position and lead her through this simple meditation: Imagine that you are a frozen popsicle. Even if you wanted to, you couldn't move your fingers or toes. Be as still as possible. Think about being cold, and see if you can make yourself feel cold. Tense all of your muscles as if you are really frozen. Now, defrost yourself little bit by little bit, becoming more and more floppy until you feel like a melted Popsicle puddle on the floor.

FOR OLDER KIDS & ADULTS

Count your breaths as you slowly inhale and exhale. Count one to ten, and start over whenever you find yourself distracted. This will help you stay calm and focused. It's also a great way to fall asleep!

Sugandha Jain is the Director of Accreditation at Kids 'R' Kids Learning Academy in Avery Ranch

BY SUGANDHA JAIN

Adoption Coalition of Texas

Submitted by Murray Chanow



Bianca is an amazing child and is hoping for a Forever Family that will take care of her unconditionally. She loves to smile and laugh. She likes Tinkerbell and other Disney characters. She has beautiful, long hair and enjoys having someone brush it for her.

Bianca has started to draw and color using hand-over-hand guidance by her caregivers. She receives occupational, physical and speech therapy at school. She requires 24 hour care and supervision due to her special needs. Bianca needs a family that will take care of her and love her forever.

For more information about Bianca, contact at the Adoption Coalition of Texas at (512) 301-2825 or info@adopttexas.org.

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LOCAL RESIDENTS CALLED TO PARTICIPATE IN HISTORIC CANCER RESEARCH EFFORT

Community Involvement Can Answer Critical Questions about Cancer Causes, Prevention

Residents of Williamson and Travis counties have an unprecedented opportunity to participate in a historic study that, with only minimal effort, has the potential to change the face of cancer diagnosis and treatment for future generations. Men and women between the ages of 30 and 65 who have never been diagnosed with cancer are needed to participate in the American Cancer Society's Cancer Prevention Study-3 (CPS-3). CPS-3 will enroll a diverse population of up to half a million people across the United States and Puerto Rico. The opportunity for local residents to enroll in CPS-3 is being made possible in the community through a partnership between the American Cancer Society (ACS) and Scott & White Healthcare.

Enrollment will be taking place at various locations throughout Williamson County from April 3-7. Community members who are interested in participating in this study can find locations and schedule an appointment to enroll by logging on to cancerstudy.sw.org or by calling 1-800-604-5888 beginning today. (Appointments are not required.)

CPS-3 will help researchers better understand the lifestyle, environmental, and genetic factors that cause or prevent cancer. "My mom is a two-time cancer survivor and I'm doing all I can to make sure my children don't have to say that I really believe this (CPS-3) is part of the answer," stated one study participant.

To enroll in the study, individuals will be asked to read and sign an informed consent form; complete a comprehensive survey packet that asks for information on lifestyle, behavior, and other factors related to your health; have waist circumference measured; and provide a small blood sample. Upon completion of this process, the ACS will send periodic follow-up surveys to update participants' information and annual newsletters with study updates and results. The in-person enrollment process takes approximately one hour. Periodic follow-up surveys are expected to be sent every few years.

"Many individuals diagnosed with cancer struggle to answer the question, 'What caused my cancer?' In many cases, we don't always know the answer," said Subhakar Mutyala, M.D., Director of the Scott & White Cancer Institute. "CPS-3 will help us better understand what factors cause cancer, and once we know that, we can be better equipped to prevent cancer."

Alpa V. Patel, Ph.D., principal investigator of CPS-3 added, "Our previous cancer prevention studies have been instrumental in helping us identify some of the major factors that can affect cancer risk. CPS-3 holds the best hope of identifying new and emerging cancer risks, and we can only do this if members of the community are willing to become involved."

Researchers will use the data from CPS-3 to build on evidence from a series of American

Cancer Society studies that began in the 1950s that collectively have involved millions of volunteer participants. The Hammond-Horn Study and previous Cancer Prevention Studies (CPS-I, and CPS-II) have played a major role in understanding cancer prevention and risk, and have contributed significantly to the scientific basis and development of public health guidelines and recommendations.

Those studies confirmed the link between cigarette smoking and lung cancer, demonstrated the link between larger waist size and increased death rates from cancer and other causes, and showed the considerable impact of air pollution on heart and lung conditions. The current study, CPS-II, began in 1982 and is still ongoing. But changes in lifestyle and in the understanding of cancer in the more than two decades since its launch make it important to begin a new study.

The voluntary, long-term commitment by participants is what will produce benefits for decades to come. "Taking an hour or so every few years to fill out a survey – and potentially save someone from being diagnosed with cancer in the future – is a commitment that thousands of volunteer participants have already made. We're looking for more like-minded individuals to join this effort that we know will save lives and improve the outlook for future generations," said Dr. Patel.

*Submitted by Katherine Voss, APR
Scott & White Healthcare*

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Paul is a family man who has been married to Sherry for forty years and they have six beautiful grandchildren.

Celebrated Chef Paul Petersen Combines Tradition with Culinary Mastery at Vivo Lake Creek



As any Texan worth his boots knows, good Tex-Mex fare comes from the heart, but great Tex-Mex is steeped in tradition. For years, restaurateur Roger Diaz has been delighting Austinites with his family's San Antonio-style Tex-Mex recipes at his inspired Vivo restaurants. But it is the recent addition of award-winning Executive Chef Paul Petersen that elevated Vivo Lake Creek from a great Tex-Mex joint featuring the tastiest puffy tacos on the planet, to a first-rate Tex-Mex gem offering dining experiences as unique as the restaurant's sultry and seductive lounge atmosphere.

Long known for his skill in elevating down-home Texas cuisine, Chef Petersen's refined culinary methods — combined with a whole lot of barbecue mastery and some French-inspired panache — lend a sense of superb comfort-food style to the Vivo Lake Creek menu, building on the restaurant's already-successful Tex-Mex staples. A graduate of the Culinary Institute of America, Chef Petersen gained critical acclaim while leading the kitchen at The Gage Hotel's Café Cenizo in the West Texas desert town of Marathon. But it was his lifelong friendship with the Diaz family, and a passion for creating new-fashioned Tex-Mex cuisine, that drove Chef Petersen to Vivo Lake Creek. Indeed, he credits Diaz's three generations of family cooks with inspiring him to get involved in the culinary world from a young age, and he fondly remembers urging Diaz's mother to reveal her family recipes.

"It makes so much sense for me to be at Vivo," Chef Petersen says. "Roger's family and I have been friendly my whole life, and he's developed a really successful Tex-Mex restaurant unlike anything else out there. Tex-Mex and Southwestern are in my blood, and by bringing in some barbecue and French influences, we're elevating the menu even more."

In the months since Chef Petersen joined Vivo Lake Creek, diners have rekindled their love affair with the Northwest Austin restaurant. And why not? Amid Vivo's luxurious leather booths, vibrant artwork and lush outdoor patio, Chef Petersen serves up new Vivo favorites that have diners hankering for just one more bite. One of the chef's favorite ingredients, brisket, appears as menu specials in a number of iterations, such as mouthwatering slow-cooked brisket tacos, and appears alongside menu delights like sweet and savory crab enchiladas, delectable lobster sopapillas, braised pork belly and the occasional deep-fried fajita chicken and waffles — an irresistible indulgence. Of course, Vivo staples like the renowned puffy tacos, California nachos and an array of simply divine enchiladas covered in Vivo's signature sauces still anchor the menu, but even these Tex-Mex essentials pack more eloquent flavor when created with the deft culinary skills of Chef Petersen.

Also an accomplished wine virtuoso, Chef Petersen has transformed the wine list at Vivo Lake Creek into a commendable 40-bottle list comprised of unique selections from throughout the world, many of which can only be found in Austin at this unexpected Tex-Mex treasure. Appearing alongside an impressive array of tequilas, margaritas and signature cocktails, the wine list is one more reason to raise a toast to Austin's most unique Tex-Mex eatery where traditional family fare meets passionate culinary finesse: Vivo Lake Creek.

For more information, visit www.vivo-austin.com.



EDUCATING AUSTIN KIDS SPRING SOCIAL

ABLE and Rising Stars preschool are thrilled to announce our upcoming fundraiser, "EDUCATING AUSTIN KIDS SPRING SOCIAL" which will take place on Friday, March 30, 2012 from 7:00 – 10:00 pm at Twin Lakes Country Club. This special event is being sponsored jointly by ABLE, Assisting Better Living Everywhere, and Rising Stars Preschool to benefit underprivileged students in Austin.

Research shows that children who attend quality preschool programs benefit substantially in cognitive development. It is our joint goal to enhance preschool opportunities for less privileged kids in Austin. Rising Stars Preschool "RSP" has a long standing history of providing young children in Austin with a superior, safe and caring environment that promotes an enthusiasm for learning. Similar to past years, as a result of this fundraising effort, Rising Stars Preschool plans to offer scholarships to families who do not have the means to send their children to preschool and to provide specialized development opportunities for teachers.

Partnering with Rising Stars Preschool in this Spring Gala event is ABLE, Assisting Better Living Everywhere, a 501(c)(3) non-profit organization. ABLE, who also strongly supports high quality education, will be orchestrating an Allison Elementary

Playground Project with the funds raised to renovate and beautify the preschool playground at Allison Elementary in East Austin.

How you can help:

1. The "EDUCATING AUSTIN KIDS SPRING SOCIAL" will involve a raffle, live and silent auctions. As described above, the proceeds will fund RSP scholarships, teacher education programs and ABLE's playground project. BY MARCH 1ST, we are asking local businesses to donate products and/or services to be offered at the event. Of course monetary donations are also always welcome. In return, we will advertise your business at this event, on the community bulletin board at RSP and ABLE website.
2. Come join us at this exciting event! Tickets are \$35 if ordered ahead of time or \$40 at the door!

To donate a product or service or purchase a ticket please contact either:

Jennifer Venticinque, buffy_t_77@yahoo.com with RSP

Brenda Becker, brenda@beckerworld.net with ABLE

For more information, please contact:

Kelly Zermeno and Mafel Masuno, Owners of Rising Stars Preschool at 512-331-4550.

Erin Newman, Austin chapter president, austin@ablemission.org

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- Kids Stuff -

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Eleven-year-old Cait was trying to fall asleep when her 8-year-old brother, Doug, came into her room. He looked around a bit, but seemed really out of it. Then Doug went back into the hallway and stood there staring up at the hall light. Little brothers can be weird, but this was really strange. Cait didn't know what to do. Just then, Cait's father appeared and explained that Doug was sleepwalking.

WHAT IS SLEEPWALKING?

Not all sleep is the same every night. We experience some deep, quiet sleep and some active sleep, which is when dreams happen. You might think sleepwalking would happen during active sleep, but a person isn't physically active during active sleep. Sleepwalking usually happens in the first few hours of sleep in the stage called slow-wave or deep sleep. Not all sleepwalkers actually walk. Some simply sit up or stand in bed or act like they're awake (but dazed) when, in fact, they're asleep! Most, however, do get up and move around for a few seconds or for as long as half an hour.

Sleepwalkers' eyes are open, but they don't see the same way they do when they're awake and often think they're in different rooms of the house or different places altogether. Sleepwalkers tend to go back to bed on their own and they won't remember it in the morning. Researchers estimate that up to 15% of kids sleepwalk regularly. Sleepwalking may run in families and sometimes occurs when a person is sick, has a fever, is not getting enough sleep, or is stressed.

IS SLEEPWALKING A SERIOUS PROBLEM?

If sleepwalking occurs frequently, every night or so, it's a good idea for your mom or dad to take you to see your doctor. But occasional sleepwalking generally isn't something to worry about, although it may look funny or even scary for the people who see a sleepwalker in action. Although occasional sleepwalking isn't a big deal, it's important, of course, that the person is kept safe. Precautions should be taken so the person is less likely to fall down, run into something, or walk out the front door while sleepwalking.

WHAT WILL THE DOCTOR DO?

There's no cure for sleepwalking, but the doctor can talk to you about what's happening and try to find ways to help you sleep more soundly. Most kids just grow out of sleepwalking.

For kids who sleepwalk often, doctors may recommend a treatment called scheduled awakening. This disrupts the sleep cycle enough to help stop sleepwalking. In rare cases, a doctor may prescribe medication to help someone sleep.

HERE ARE SOME TIPS TO HELP PREVENT SLEEPWALKING:

- Relax at bedtime by listening to soft music or relaxation tapes.
- Have a regular sleep schedule and stick to it.
- Keep noise and lights to a minimum while you're trying to sleep.
- Avoid drinking a lot in the evening and be sure to go to the bathroom before going to bed. (A full bladder can contribute to sleepwalking.)

HOW DO I TAKE CARE OF A SLEEPWALKER?

One thing you can do to help is to clear rooms and hallways of furniture or obstacles a sleepwalker might encounter during the night. If there are stairs or dangerous areas, a grown-up should close doors and windows or install safety gates.

You also might have heard that sleepwalkers can get confused and scared if you startle them into being awake. That's true, so what do you do if you see someone sleepwalking? You should call for a grown-up who can gently steer the person back to bed. And once the sleepwalker is tucked back in bed, it's time for you to get some shut-eye, too!

Reviewed by: Larissa Hirsch, MD

Date reviewed: February 2008

Originally reviewed by: Michael H. Goodman, MD

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



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