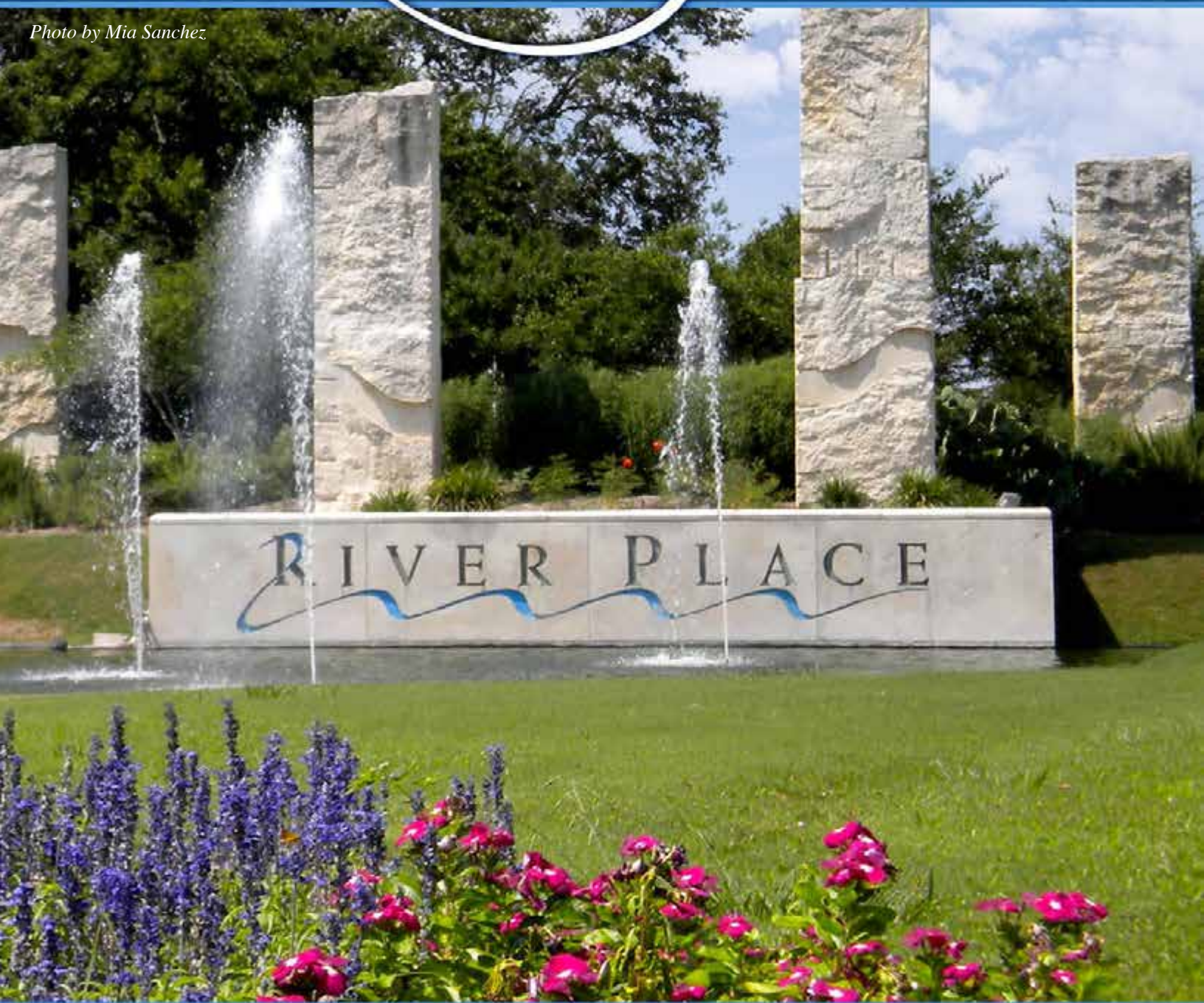


# THE RIVER REVIEW

September 2012 Volume 6, Issue 9

*Photo by Mia Sanchez*



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

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## COVER PHOTO

*Do you take great photos?*

Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming issues of the River Review. All photos submitted must represent River Place or the surround area. Our deadline for submittals is always the 9th of the month prior to the issue. All photos should be submitted electronically by the deadline date in high resolution (300 dpi) to [riverreview@peelinc.com](mailto:riverreview@peelinc.com). Portrait (vertical) photos work best.

To view other photos submitted please visit [www.PEELinc.com/RiverPlace](http://www.PEELinc.com/RiverPlace), and view any of the past newsletters.

By submitting your photo you agree to allow your photo to be published in future issues of the River Review or other Peel, Inc. publications.

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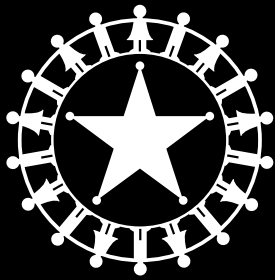
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Join Austin's Good Cookies and Cookies for Kids' Cancer in the mission to find a cure for pediatric cancer. Cookies for Kids' Cancer was founded by the parents of Liam Witt, who battled cancer for 4 years of his too-short life. Sadly, Liam lost his battle in January 2011 at the age of 6. Liam's parents continue their courageous fight against pediatric cancer on behalf of the 46 kids diagnosed with cancer every day! Cookies for Kids' Cancer is a 501(c)3 non-profit, donating all proceeds to researchers at top hospitals, including Texas Children's Cancer Center.

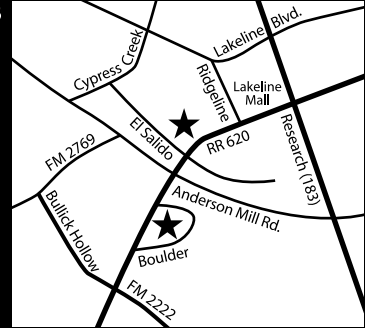




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# RIVER REVIEW

## LOCAL DOG RESCUE COLLECTING UNWANTED PET ITEMS SEPT. 6-9

Wags, Hope and Healing (WHH), a rescue and rehabilitation center for neglected dogs, is collecting new or slightly used pet items from Thursday, September 6, through Sunday, September 9.

The organization recently moved to a remarkable six-acre plot in southwest Austin to better enable them to assist dogs in need. WHH is reaching out to the community to help them prepare for their growing number of rehabilitating dogs and increasing financial costs.

### ITEMS ON THEIR WISH LIST INCLUDE:

- Canned and dry dog food
- Paper towels
- Clean bedding/towels
- New or used fencing material (please call ahead with large items so they can be picked up same-day 512-777-9936)
- Collars and leashes
- Dog toys
- Kiddie pools
- Bleach

### DROP-OFF ZONES IN THE AUSTIN AREA INCLUDE:

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#### BEE CAVE:

Petsmart in Austin/Bee Cave at 12812 Shops Parkway Ste 400, Austin, 78738

### STEINER RANCH:

Steiner Ranch H.O.A. office on behalf of Gusto Dogs Dog Walking, at 12550 Country Trails Ln., Austin, 78732

### DOWNTOWN:

Woof Gang Bakery at 1204 North Lamar, Austin, 78703

For those who are unable to donate items on these days but would still like to contribute, please call WHH volunteer Kristen West at 512-940-1926 to make arrangements. WHH also encourages the community to learn more about their organization and make much-needed, tax-deductible online donations at [www.wagshopeandhealing.org](http://www.wagshopeandhealing.org).

Wags, Hope and Healing (WHH) focuses on the rescue, rehabilitation and adoption of dogs in need. They specialize in dogs that were the victims of abuse or neglect. Through leadership, behavioural conditioning and education, they help them become balanced and healthy in mind, body and soul.

WHH takes time to facilitate a perfect match between adoptable dogs and their forever family and offer a lifelong support system for adopting families.

They are located in southwest Austin and serve all surrounding areas.

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## In the Neighborhood? Let's Get to Know One Another.

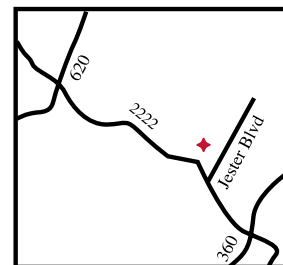
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# RIVER REVIEW

## Hill Country Education Foundation Launches 2012-2013 Membership Drive

The Hill Country Education Foundation's 2012-2013 Membership Drive is underway. Every year HCEF raises money to help fund educator grants, enrichment programs, college-readiness tools, summer library programming and much more through a variety of fundraising efforts. The Annual Membership Drive is one of these fundraising mechanisms.

Annual membership levels range from \$100 for families and \$50 for individuals to \$15 for students and \$1 for faculty. Please consider the family membership to HCEF. Secure payment can be made at [www.HillCountryEdFoundation.com](http://www.HillCountryEdFoundation.com). Employer matching fund companies currently include Applied Materials, Dell and National Instruments.

### ACCOMPLISHMENTS

**GRANT FUNDING.** Funded \$50k to educators for programs at Grandview Hills, Laura Welch Bush, River Place, River Ridge and Steiner Ranch Elementary Schools; Canyon Ridge and Four Points Middle Schools and Vandegrift High School.

**SUMMER LIBRARY PROGRAM.** Supplied funds and volunteers to heighten programming and interest at River Ridge Elementary and Four Points Middle Schools

**ROBOTICS AND GARDEN CLUBS.** Funded robotics programs at all eight Four Points area schools including financial support to

send Vandegrift High School's awarding-winning robotics team to FLL World Championship. Host annual robotics scrimmage. Funded Garden Clubs at elementary schools. Total funded: \$21k

**COLLEGE-READINESS.** Pledged \$50k to LISD to fund Naviance Succeed, a top tier, college-readiness online tool for all LISD high schools through 2015-2016. Funded Readistep, an assessment test that measures the skills that students need to be on track for college success for all 8th grade LISD students for 2012-2013 school year.

### UPCOMING EVENTS

**OCTOBER 22, 2012** – Four Points Chamber of Commerce Charity Golf Classic benefiting HCEF and Self-30. To sign up or sponsor the event, go to [www.FourPointsChamber.com](http://www.FourPointsChamber.com).

**EARLY NOVEMBER, 2012** – 4th Annual FIRST® LEGO® League Scrimmage. To learn more, visit HCEF's Robotic Society at [www.HillCountryEdFoundation.org](http://www.HillCountryEdFoundation.org).

**FEBRUARY 23, 2013** – Annual Gala at the Oasis. Dinner, Open Bar, Silent and Live Auctions, Heads or Tails Game, Live Band and more planned for HCEF's largest fundraiser of the year. To volunteer, donate or learn more, contact [mlbeck@HillCountryEdFoundation.org](mailto:mlbeck@HillCountryEdFoundation.org).

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# Tennis Tips

By USPTA/PTR Master Professional

**Fernando Velasco**

*Owner, Manager and Director of Tennis*

Grey Rock Tennis Club, Austin, TX

Starting with this issue, I will be giving tips on the fundamentals of the game of tennis. We will begin with the forehand groundstroke:

## STEP 1: EARLY ANTICIPATION

The upper body turns with the right wrist slightly cocked back and level with the shoulder. Notice the eyes focused toward the incoming ball and the balance of the left hand in front of the body. The left foot started to move forward and it is pointing to the point of contact.

## STEP 2: POINT OF CONTACT

Once the racquet starts accelerating, the right wrist is still slightly cocked back, but will have a small snap when making contact with the ball. Optimum point of contact is in front of the opposite foot. Notice that the eyes are still focused on the tennis ball

## STEP 3: FOLLOW THROUGH

Once the ball has made contact with racket, the arm needs to follow through for a long period of time to allow maximum compaction of the ball and help from the strings and the frame. Notice that the body has slightly turned watching where the ball



is landing. The knee has flexed some to allow more flexibility and power for the ball.

## STEP 4: FINISH

If the racket has great momentum, let it continue coming through the body and finish it around the neck. This will allow for a more powerful impact and depth on the ball. The smile on her face shows that she hit a great shot!!

*Look for next Issue: The Backhand Groundstroke*



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## Summertime Blues

*Nature Watch*  
By Jim and Lynne Weber

The gossamer-winged butterflies (or Lycaenidae) are a large family of small butterflies that include the coppers, hairstreaks, and blues. Usually noticed when flying erratically in an up-and-down fluttering motion, they bask in the sun with their wings open, and when perched sit with their wings closed, often rubbing their hind wings together. The blues are especially small with a wingspan of about one inch, and while mostly blue above, the identifying field marks are found mainly on the undersides of their wings. In Central Texas, the most commonly seen blues in open, sunny habitats are the Eastern Tailed-blue, Marine Blue, and Reakirt's Blue.

Eastern Tailed-blues (*Cupido comyntas*) are common and can be identified by the one to three orange spots near the tail on the underside of the hind wing. The males are deep blue on their uppersides while the females are a lighter blue to brown. They occur in the eastern half of the United States from the coast to the Great Plains.

The Marine Blue (*Leptotes marina*) is a fast flier (for a blue) and is found from Texas west to Southern California and south to Mexico. Its' underside is strongly striped gray-brown often with a pale purple fringe. The male has a blue upperside with a strong purple overlay, while the female has a brown upperside with some blue at the base of the wings.

While the other blues fly mostly spring to fall, Reakirt's Blue (*Echinargus*

*isola*) flies year round in Texas. The males are lavender-blue above while the females are primarily gray-brown with a touch of blue basally, and they are identified by the conspicuous row of five white-ringed black spots on the underside of their forewings.

Each of these blues utilizes legumes as their larval food plants, so you can often see them flying around plants in this family, including alfalfa, mesquite, clover, dalea, mimosa, and indigo species. The caterpillars of these butterflies are slug-shaped, somewhat flattened, and are often tended to by ants, which feed on the sweet liquids secreted by the larvae and in turn protect the larvae from other predators. As adult butterflies, they feed on nectar from a variety of herbs found flowering in grasslands, fields, meadows, and along creeksides.

Interestingly, these blues are part of a group of butterflies called the *Polyommatus* blues, originally studied by the self-taught butterfly expert and famous mid-twentieth century novelist Vladimir Nabokov, who hypothesized that they arrived in the New World from Asia in waves over millions of years. While few professional scientists took his ideas seriously at the time, recent DNA and gene-sequencing technology has proved him absolutely correct – that this group of butterflies originated in Asia, moved over the Bering Strait at a time when the land was relatively warm 10 million years ago, and eventually headed south all the way to Chile!



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# RIVER REVIEW

## DRIPPING WITH TASTE WINE & FOOD FESTIVAL 2012

By Around Dripping Springs

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The 5th annual Dripping with Taste Wine & Food Festival will take its popular foodie-tainment event to another level on Saturday, September 8, with a new location and expanded offerings of gourmet foods, local wines, craft beers, artisans, and live music.

Shannon Moler, Director of the Dripping Springs Visitors Bureau which sponsors the festival, said the venue relocation to the Texas Hill Country Olive Company offers the perfect setting.

"The Texas Olive Company's Tuscan-styled tasting room and orchard is breathtaking, and right in the heart of Dripping Springs," Moler said.

Moler, who is also the event chair, said the festival showcases the variety and quality of foods and wines throughout the Central Texas Hill Country region, starting with Dripping Springs.

"Local wineries like West Cave Cellars and Bell Springs are coming, and Fredericksburg wineries like Grape Creek and Becker are coming," Moler said. "We have more than 20 wineries from throughout the region, as well as chefs and dozens of area gourmet and specialty foods, plus, more than two dozen creative artisan vendors, too."

"Another surprise for visitors to Dripping Springs is the local craft beers, which will be represented at DWT2012 by area breweries like Jester King, Thirsty Planet, Independence, and Twisted X."

Moler said other locally crafted, unique beverage options at this year's festival will include sparkling hard cider from Argus Cidery, and Texas Sake. Making their first appearance also will be Texas Coffee Traders from Austin. Even Williams Sonoma is sending a chef to the festival for the first time, to present two cooking demonstrations.

The lineup of live music entertainment will be varied and upbeat, with five bands scheduled to play throughout the day. The festival will close with a VIP awards ceremony from 7pm - 8pm, for the best in show chefs, wines, and foods. And speaking of VIP, even the women's bathroom facilities on site will be upscale, with "Elite Silver Platinum" air-conditioned trailers featuring individual stalls with sinks and mirrors.

Proceeds from this year's festival benefit the non-profit Dripping Springs Visitors Bureau, launched in early 2012 with a mission to attract Hill Country visitors and guests to the town. According to Moler, the Dripping with Taste festival is made possible through a concerted community effort that pays off for visitors and residents alike.

"This event takes a lot of energized volunteers, community leaders and business owners but the effort is worth it," Moler said. "Visitors are delighted to learn they can experience all the Hill Country has to offer this close to Austin. Everyone loves this event and it just gets better each year."



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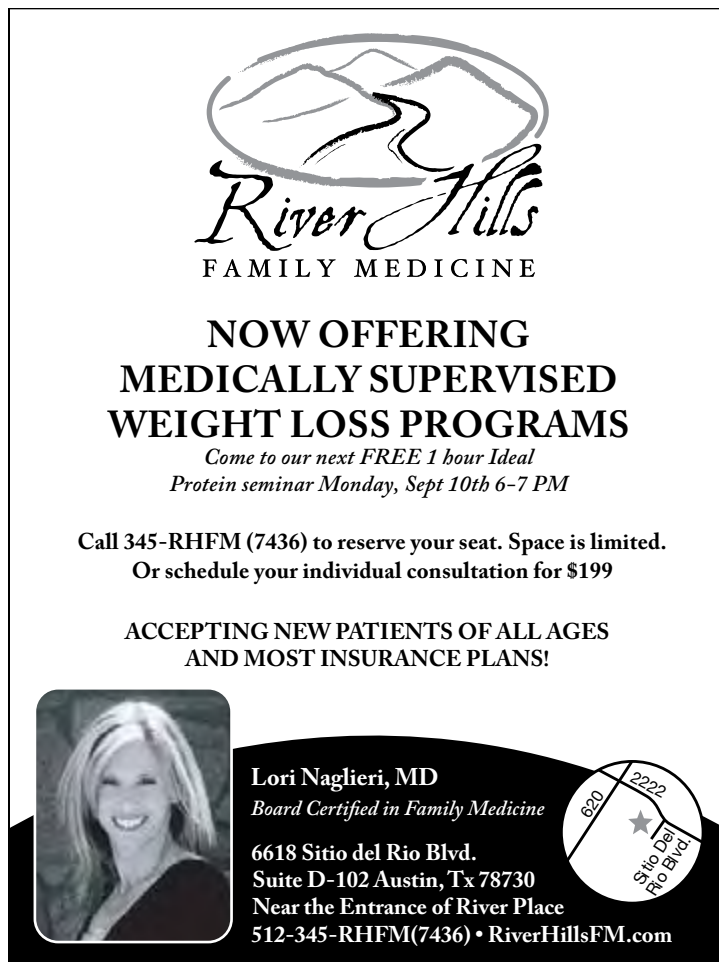
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## Watermelon Lime Cocktail

Summertime in the evenings ... watching the sunset, feeling the breeze, enjoying the end of the day. Put this in your hand and your enjoyment level will increase! It's light, refreshing and really flavorful!

### Ingredients:

- 1 C seedless watermelon, cubed
- 1 t sugar
- 2 oz Vodka {I love Tito's}
- juice of 1 lime
- splash of beer
- lime and watermelon wedge as garnish



### Directions:

In a tall shaker muddle the watermelon and sugar together until well mixed and very juicy. Fill a glass with crushed ice then drain the watermelon liquid into the glass {it should fill it 2/3 full}. Add 2 oz vodka, lime juice and splash of beer. Mix and sip... delicious!

U.S. News & World Report awarded

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## Understanding Cholesterol For Healthy Living

Balancing "Good" and "Bad" Cholesterol



Cholesterol is found in hamburger, steak, chicken, fish, and just about every other animal-based food. It's also a natural substance created by the liver which has both health benefits and health risks.

David Joseph, M.D., a family practitioner with The Austin Diagnostic Clinic (ADC), says people seeking to lower their levels of "bad" cholesterol—called low density lipoprotein (LDL)—can begin by eating less food sources that contain LDL.

The three main food sources of LDL in your diet are saturated fat, which is a type of fat found mostly in foods that come from animals; trans fat, found mostly in foods made with hydrogenated oils and fats—such as stick margarine, crackers, and french fries; and cholesterol, which comes only from animal products.

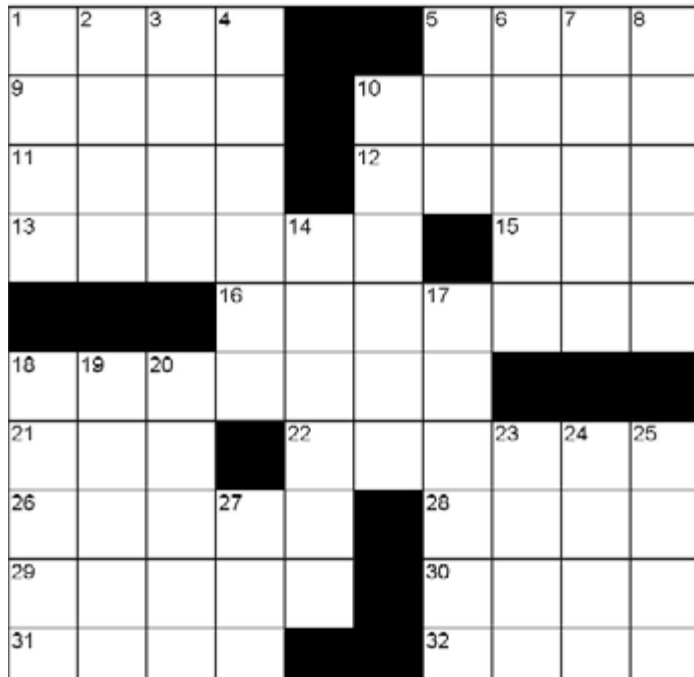
"Cutting your intake of these food sources could help to lower your cholesterol levels," says Dr. Joseph. "Some foods, such as whole grains and whole-wheat products, and nuts such as walnuts, almonds, and brazil nuts, may have a healthy effect on blood cholesterol levels."

Instead of animal-based foods like hydrogenated oils and fats, Dr. Joseph suggests considering things like omega-3 fatty acids, which are found in fatty fish like tuna, salmon or mackerel, as well as fish oil supplements, flaxseeds and flaxseed oil.

David Joseph, M.D., is a family practitioner for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than six locations throughout Austin and Central Texas. Dr. Joseph sees patients at the ADC Cedar Bend, at 2400 Cedar Bend Drive. For more information, visit [www.adclinic.com](http://www.adclinic.com) or call 512-901-4076. To download an electronic version of this release, please visit [www.delaune.com/ADC](http://www.delaune.com/ADC)

*September is National Cholesterol Awareness Month*

## CROSSWORD PUZZLE



### ACROSS

1. Charge
5. Syrian bishop
9. Against
10. Landing
11. Leaves
12. Boom box
13. Allure
15. African antelope
16. Polite
18. Leafy green
21. Marry
22. Esophagus
26. Woken
28. Goad
29. Type of tooth
30. Refer
31. Posttraumatic stress disorder
32. Sieve

### DOWN

1. Nativity scene piece
2. Competition at the Greek games
3. Capital of the Ukraine
4. Symbol
5. Expression of surprise
6. Emblem
7. Pickle juice
8. A ball out of bounds (2 wds.)
10. Twist violently
14. Ripper
17. Strums
18. Slough
19. Ross \_\_\_\_, philanthropist
20. Gods
23. Brand of sandwich cookie
24. Seaweed substance
25. Cabana
27. Blue

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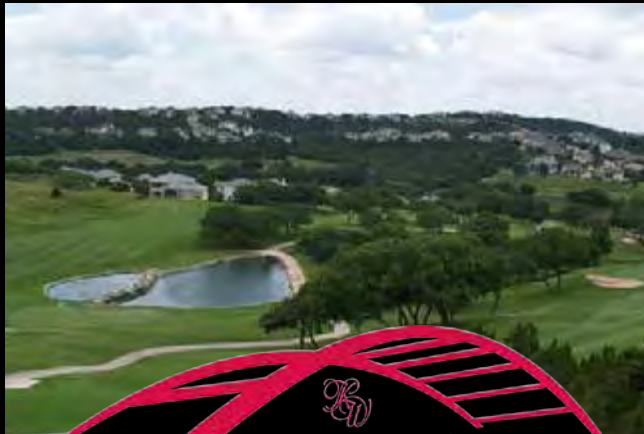
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