

THE RIVER REVIEW



October 2012

Volume 6, Issue 10

Photo by Mia Sanchez



NEWS FOR THE RESIDENTS OF RIVER PLACE



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Please support the advertisers that make River Review possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or advertising@peelinc.com. The advertising deadline is the 8th of the month prior to the issue.

ARTICLE INFO

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.

To submit an article for the River Review please email it to riverreview@peelinc.com. The deadline is the 15th of the month prior to the issue.

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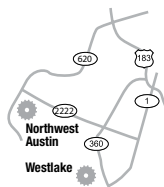
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COVER PHOTO

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. Portrait (vertical) photos work best.

To view other photos submitted please visit 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.

If your business is interested in sponsoring the cover call 512-263-9181 to find out how to be featured on the cover of the Lakeway Voice.



The future of Texas is in jeopardy. State policies from the Legislature have defunded or underfunded important services for our neighborhoods, from water security and neighborhood schools, to roads and the emergency responders who keep our families and homes safe – all while property taxes continue to rise.

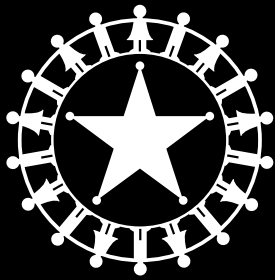
That's not right.

I will work to ensure we have access to quality schools, responsive government, and the most effective emergency services, without putting the Texas budget burden on the backs of homeowners."

If you have questions, concerns, or just want to know more, visit us at VoteChrisFrandsen.com or call our office at (512) 487-7282

**VOTER REGISTRATION DEADLINE: OCT. 9
EARLY VOTING STARTS: OCT. 22
ELECTION DAY: NOV. 6**

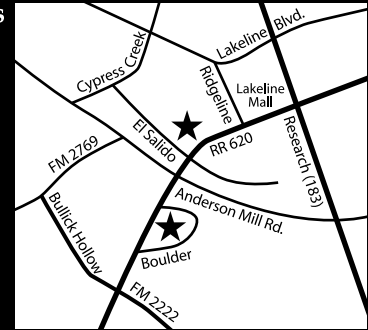
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Pruning Guidelines for Prevention of Oak Wilt in Texas

Oak wilt, caused by the fungus *Ceratocystis fagacearum*, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from tree-to-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. *Below is a brief description of how you can reduce the risk of fungal spread when pruning.*

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.
- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding of oaks during the spring (currently defined as February 1 through June 30). *Reasons to prune in the spring include:*
 - To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.
 - To repair damaged limbs (from storms or other anomalies)
 - To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.

- On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
- Dead branch removal where live tissue is not exposed.

Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February 1 or after June 30.

Debris from diseased red oaks should be immediately chipped, burned or buried.

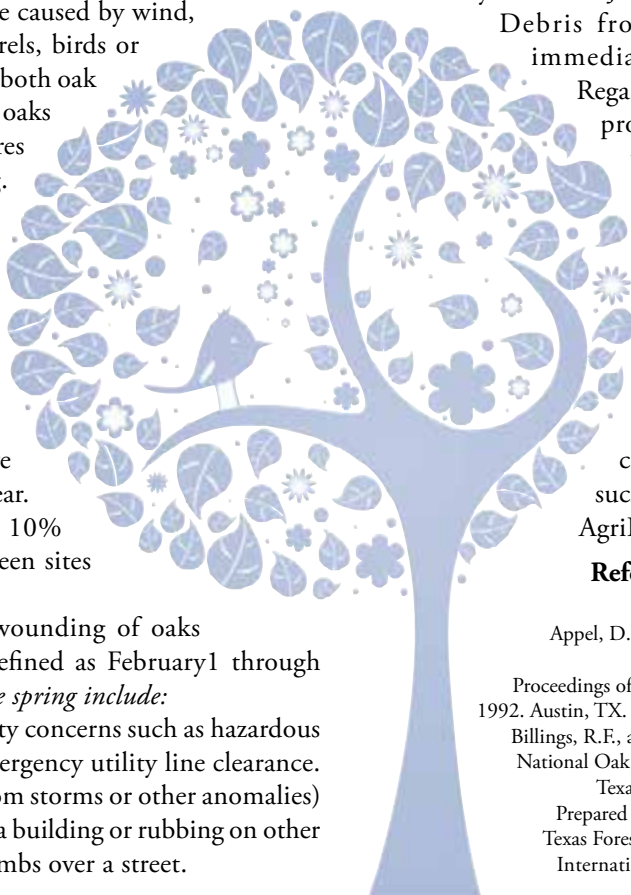
Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.

References (available at <http://www.TexasOakWilt.org>):

Appel, D.N., and R.F. Billings (eds.). 1995. Oak wilt perspectives:

Proceedings of the Nation Oak Wilt Symposium, June 22-25, 1992. Austin, TX. Information Development, Houston, TX. 217 p.
Billings, R.F., and D.N. Appel (eds.). 2009. Proceedings of the National Oak Wilt Symposium. June 4-7, 2007, Austin, TX. Texas Forest Service Publication 166. 267p.

Prepared January 12th, 2011 in cooperation between Texas Forest Service, Texas AgriLife Extension Service & International Society of Arboriculture Texas Chapter.



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SEPTEMBER 2012

Yard of the Month



Submitted by Angela Plunkett

Congratulations to Lynn and Blake Richardson, 3909 Conference Cove, on being selected as the “Yard of the Month” September 2012! They have been in River Place for over 10 years and decided to re-landscape their yard last year and add an energy efficient sprinkler system. The Richardson’s used native, drought tolerant and drought resistant plants, such as Pride of Barbados and Society Garlic, and repurposed stone out of their yard for a beautiful long lasting hardscape.

Yard of the month winners receive a \$50 gift certificate. If you are interested in joining the River Place Garden Club, please contact Angela Plunkett @ 512 537 2250 or email at RiverPlaceGarden@gmail.com. Meetings are held the second Thursday of the month, from September through May.

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RIVER REVIEW

Golf Tournament to Help Individuals with Down Syndrome

Upside of Down will be hosting Tee Up for Down Syndrome 4-person scramble golf tournament on October 8, 2012 at River Place Country Club. A 501(c)(3) non-profit organization, Upside of Down provides summer camp scholarships to individuals with Down syndrome and aspires to raise \$40,000 to help fund Down syndrome research this year. This research aims to increase cognition in those with Down syndrome up to 20%, thereby creating opportunities that are currently out of reach.

Upside Of Down was created in 2009 in Austin after Teana and Jeffrey Ross discovered that their newborn daughter had Down syndrome. Once they accepted the diagnosis, the new parents realized there were many upsides of Down syndrome and wanted to create acceptance and awareness in their community. Since the Upside of Down was created, they have sent over 20 individuals to camp.

Tournament registration is \$125/golfer or \$475 per team of four. Registration fee includes lunch, BBQ dinner, golf cart, drink tickets, swag bag and a golf voucher. The voucher allows each player to come back for a round at River Place for just a \$25 cart fee and bring three guests for a reduced rate of \$49. You also get similar deals at the other five Dominion Golf Group properties. The voucher is valued at \$2500. Each golfer will get a chance to win a new car in the Hole In One contest and two lucky people will get a chance to win \$10,000 with a hole in one on a 50' putt!

Check in for the golf tournament begins at 11:30 a.m. and tee time is at 1:00 p.m. Family members are invited to the BBQ dinner afterward with face painting, balloon artist and music for a nominal fee!



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- Vandegrift hair ribbon
- A snack to be provided at the clinic
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2012 DIGS AND DUNKS REGISTRATION FORM

Name: _____

Grade: _____ T-Shirt size: YS YM YL AS AM AL

Current School Attending: _____

Parent Name: _____

Contact #: _____

Email address (for updates): _____

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Pre-Registration fee must be received by Oct. 5th 2012, Walk-In price: \$45

Register online at: www.vandegriftvipers.com/volleyball.htm

QUESTIONS

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(Registration Questions: Mary Ellen Santerre 512.636.5699 or maryellen@santerrefamily.com)

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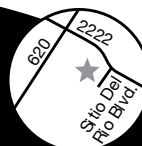
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Tennis Tips

By USPTA/PTR Master Professional
Fernando Velasco
Owner, Manager and Director of Tennis
Grey Rock Tennis Club, Austin, TX

HOW TO HIT A TWO-HANDED BACKHAND

In last month's newsletter, I gave tips on how to hit a Forehand. In this issue, I will offer you instructions on how to execute a two-handed backhand for a right hander.

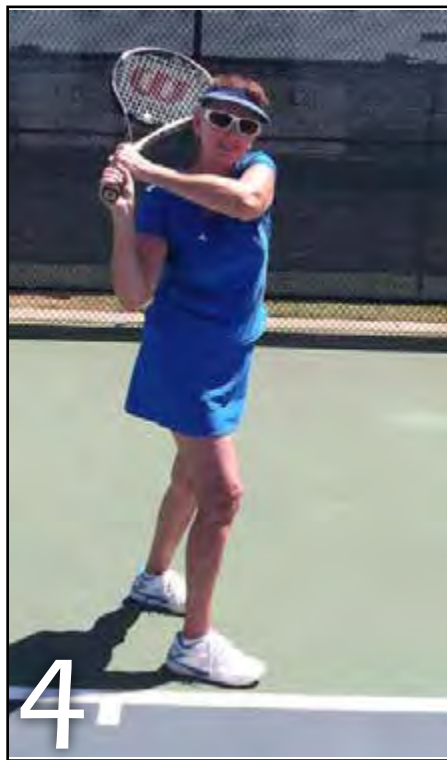
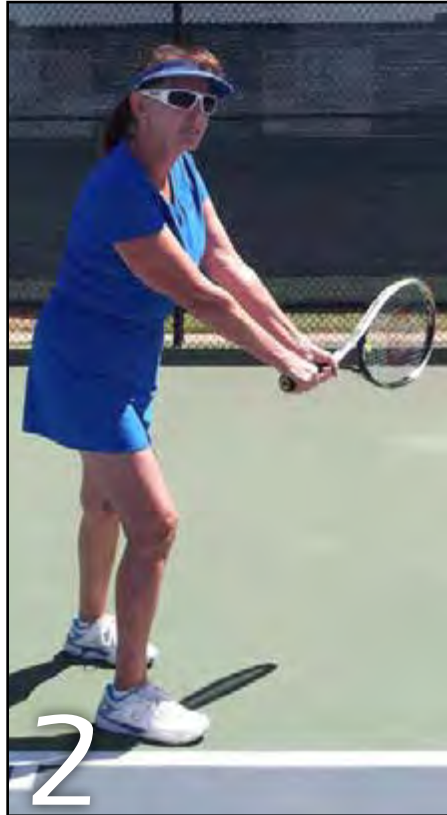
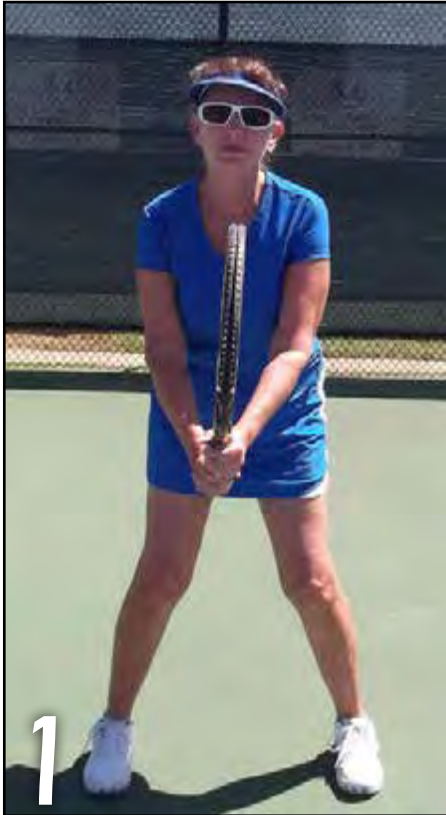
STEP 1 - Ready position: The body is facing the net and both of the hands are on the handle of the racket. The left hand should not overlap the right hand and it should be gripping the racket slightly tighter than the right hand. Feet are shoulder width apart and the body is in good balance.

STEP 2 - Back swing: Once the player makes the decision to hit on the left side, the body should start taking the racket back before the ball bounces. Notice the slight change of grip on the right hand toward the top of the handle (continental grip). Notice the turn of the upper body and the right foot leading the left foot. Eyes are still focused on the incoming ball.

STEP 3 - Point of Contact: The eyes now shift toward the point of contact which should be in front of the right foot. The right hand is still slightly relaxed, but the left hand is doing most of the work at the point of impact. The racket has made contact with the ball and weight of the player has shifted toward the point of contact. It is important to keep the right shoulder closed and not open the left hip too early. Flexing the right knee will allow more flexibility and power on the ball.

STEP 4 - Follow Through: Once the racket has made contact with the ball, let the arms extend out toward the target selected. The elbows now are bent and the head of the racket is wrapping around the left shoulder.

Look for next Issue: The One-Backhand Groundstroke





Lakeway Regional Medical Center FABRIC DRIVE

Lakeway Regional Medical Center will be hosting a fabric drive for the month of October. Creative Hearts has generously partnered with LRMC to provide handmade quilts for newborn babies and pillow cases for every child that is admitted to the hospital. All the fabric they use is donated and we need your help!

The fabric needs to be at least 1 yard in length and must be

100% cotton or flannel. You may drop off your donation at the Lakeway Farmers Market every Sunday in October, from 9am-1pm, or anytime at Lakeway Regional Medical Center.

We are proud to be a part of the community and look forward to the growth here in the Hill Country. If you have any questions, please feel free to call BJ Perkins at 512-571-5416. Thank You!



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Austin Newcomers Club



Austin Newcomers is dedicated to introducing new residents to Austin while extending a hand to make new acquaintances and join fun Interest Groups. Rosina Newton, the Horticulturist and Education Coordinator at The Natural Gardener, an award-winning Austin nursery, is the featured speaker. She will talk about Native and Xeric Landscaping, especially important in the present drought.

The monthly luncheon will be held on Wednesday, October 17 at Green Pastures Restaurant, 811 Live Oak St, Austin TX 78704. The luncheon is \$20 per person; reservations are required, and payment must be received by Thursday, October 11.

The club website is www.AustinNewcomers.com and the telephone number is (512) 314-5100.

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Recipe of the Month



Grilled New York Strip

with

Sautéed Mushrooms & Beurre Blanc

by the Four Points Foodie

Was in the mood for a yummy sauce ... you know the kind you lick off your fingers? This Beurre Blanc really compliments the simplicity of a salt and peppered grilled steak along with some sautéed mushrooms. I paired it with a simple salad and this was our amazing dinner tonight.



Steak Ingredients:

Your choice steaks, room temp and seasoned with salt and pepper only

1 lb sliced baby portobello mushrooms

1 T olive oil

Preheat your grill. In a medium sautee pan, add olive oil and sautee mushrooms on medium heat until dark and caramelized. Remove from heat and hold.

Grill your steaks the way you like them, then remove from heat and let them rest, covered with foil, for 10 minutes.

Beurre Blanc Ingredients:

1 medium shallot, minced

8 oz white wine

3 T heavy cream

12 T cold butter, cubed

salt and pepper to taste

In a saute pan, reduce the shallots and wine until about 2 T remain. Add the heavy cream and cook until it bubbles, then remove from heat. Slowly whisk in the nobs of butter, a few at a time, until incorporated. As you whisk a few in, the sauce gets thicker and thicker. Once all the butter is whisked in, season to taste with salt and pepper.

To serve, top your steak with mushroom and then the Beurre Blanc. I added some minced chive for a tiny bit of taste and color.

Lake Travis Republican Club Meeting

Texas Workforce Commissioner Tom Pauken will be the featured speaker at the monthly meeting of the Lake Travis Republican Club to be held on Tuesday, Oct. 16, 2012 at the Hills Country Club, from 11:30 am to 1:00 pm. Appointed by Governor Rick Perry in March 2008, Pauken served as TWC Chairman until April 30, 2012, and currently serves as Commissioner Representing Employers.

He brings decades of public service experience to TWC, having held numerous leadership positions. In 2007, he served as Chairman of the Governor's Task Force on Appraisal Reform. He served in the White House Counsel's Office under President Reagan, and was appointed by the President to serve as Director of ACTION, where he founded the Vietnam Veterans Leadership Program. ACTION is now known as AmeriCorps. Mr. Pauken also was instrumental in the implementation of First Lady Nancy Reagan's "Just Say No to Drugs" campaign.

Commissioner Pauken is a United States Army veteran.



He received a commission in Military Intelligence and served in Vietnam as a Province Intelligence Officer and as a senior analyst for the Office of Strategic Research Analysis.

Founder and President of Dallas-based TWP Inc., Mr. Pauken also has served as a board member of various public and private companies. He is a member of the American Legion, the Knights of Columbus and Veterans of Foreign Wars.

Commissioner Pauken is the author of two books: "The Thirty Years War: The Politics of the Sixties Generation" and his new book entitled "Bringing America Home." He holds a bachelor's degree from Georgetown University and a law degree from Southern Methodist University.

He and his wife, the former Ida Ayala, have seven children and 12 grandchildren.

Tickets for the meeting are available for \$15.00 for members, and \$20.00 for guests. Reservations can be obtained by calling 512-261-0722, or by email at warmuthb@swbell.net.



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Splitting Hares

Nature Watch
by Jim and Lynne Weber

Colloquially known as 'bunnies', rabbits and hares are small mammals that can be found in a variety of habitats, including meadows, woodlands, grasslands, deserts, and even wetlands. But did you know that there are true differences between rabbits and hares?

Rabbits are clearly distinguished from hares in that rabbits typically have young that are born blind and hairless (altricial) and hares have young that are born with hair and able to see (precocial). Since young hares are well camouflaged and mobile within minutes of being born, the mother does not protect them and is with them only long enough to nurse. Rabbits, other than cottontails, live underground in burrows, but cottontails, like hares, live in simple grass nests above the ground called 'forms.' Unlike rabbits, hares usually do not live in groups (although a group of hares is called a 'drove') and they are generally larger than rabbits, with longer ears and black markings on their fur. Hares are also called jackrabbits, as they are very quick and can run up to speeds of 45 miles per hour! They have jointed or kinetic skulls, which are unique among mammals. This joint permits relative motion between the anterior and posterior part of the skull's braincase, helping to absorb the G-force created as the hare strikes its powerful hind legs with impact against the ground.

In our area of Texas you can find the Swamp Rabbit (*Sylvilagus aquaticus*), the Eastern Cottontail (*Sylvilagus floridanus*), and the Black-tailed Jackrabbit (*Lepus californicus*). Living in the eastern third of our state and one of the largest cottontails in its range, the Swamp Rabbit inhabits poorly drained river bottoms and marshes. Its upper parts are grayish-brown heavily lined

with black with a white underside and cinnamon-colored front legs and tops of hind feet. At home in the water, this rabbit's dense fur helps to waterproof its skin, and unlike other rabbits it will cross streams and rivers on its own. Also unlike other rabbits, its young have fur at birth but their eyes and ears are closed.

Eastern Cottontails are the most common rabbit in the eastern three-fourths of Texas and are moderately large with rusty-brown fur, relatively short ears, and large hind feet. These cottontails commonly frequent brush-dotted pastures and are active largely in the twilight hours and at night, when they venture out to meadows or lawns to forage. They often live at the edges of town and feed in gardens and flower beds, and are common along country roads lined with dense vegetation. Eastern Cottontails are prolific breeders, and can have as many as four or five litters throughout the year.

The Black-tailed Jackrabbit, also known as the Desert Hare, reaches a length of about two feet and weighs from three to six pounds. Its distinctive long ears and powerful rear legs distinguish it as a hare. With dorsal fur that is dark buff peppered with black and an underside of creamy white, its black markings are found on the tips of its ears and the top of its short tail. In warmer climates like ours, this jackrabbit breeds year round and the average litter size is four, but it can range from two to seven depending on the food supply. Since it does not hibernate or migrate, it uses the same square half-mile to mile habitat of oak-juniper woodland as its territory.

Now that you know the subtle (and sometimes confusing) differences between these closely related mammals, you too can try your hand at splitting hares!



Swamp Rabbit



Eastern Cottontail



Black-tailed Jackrabbit

*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.*

Eight Business Networking Groups in the Area

ARE YOU LOOKING TO GROW YOUR BUSINESS IN 2012?

If so, you might be interested in a few of the business networking groups in the area. These are a few to choose from:

STEINER RANCH REFERRALS BNI GROUP

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

FOUR POINTS BNI

Meetings are on Wednesday at lunch from 11:30am to 1:00pm at Uncle Billy's at the Oasis. Visitors are welcome! If you are interested please contact Elicia@SteinerRanchInfo.com or visit www.BNIAustin.com.

FOUR POINTS CHAMBER OF COMMERCE

The Four Points Chamber of Commerce provides networking opportunities at social gatherings, luncheons with guest speakers and activities. The Chamber brings businesses together along highway 620 from Hudson Bend to Anderson Mill and Ranch Road 2222 from Jester to Volente. Four Points Chamber supports business growth in the community where we live, work and play. In less than 6 months Four Points Chamber of Commerce exceeded its first year membership goals and continues to grow! For information about participating in upcoming events or membership benefits visit www.fourpointschamber.com or call (512) 551-0390. Membership inquiries may also be sent directly to membership@FourPointsChamber.com.

NETWORKING NORTHWEST AUSTIN

Networking Northwest Austin is expanding its member base of businesses in our area. We believe in business by referrals and having a limited member base. We have a caring, positive, involved group of people who wish to build their businesses using the strength business referrals. No fees. Business education and speakers. Networking Northwest Austin meets on the second and fourth Mondays at 11:30 at Cheddars HWY 183 and Anderson Mill Rd. Visit <http://www.meetup.com/NetWorking-NorthWest-Austin/>

YOUR LOCAL CITY

Steiner Ranch has a new business networking group. Your Local City is a positive, membership based, business networking organization with 17 groups meeting all over the Austin area. The Steiner Ranch group meets every Friday at 8:00 am at Lakeside Pizza and Grill located in the Shops at Steiner Ranch at Steiner Ranch Blvd. and Quinlan. Come join us to grow your business.

LAKEWAY NETWORKING, INC.

We are a diverse group of business professionals in the Lake Travis area, helping our members grow their businesses through qualified referrals. We meet every Wednesday at 8AM at Santa Catarina, 1310 RR 620 South, in Lakeway. Come visit us and see how your business can benefit by being a member of Lakeway Networking. For more information, please contact Kelly Connor at Kellyconnor@austin.rr.com or 512-736-2495.5.

STEINER RANCH MARKETERS

Your boss thinks what you do is voodoo, your spouse thinks your work reflects the latest Mad Men episode, and your kids fear following in your footsteps; growing up to work a cube (unless you are lucky and work from home - then you work on the computer). Fear not! We can find solace in one another. We're a friendly bunch by trade and we excel at networking by nature so why aren't we?! Join us for a respite from the daily grind and a chance to get to know other marketers in Steiner Ranch: meetup.com/Steiner-Ranch-Marketers Questions? paul@seobrien.com.

A+ REFERRALS BY THE LAKE BNI (LAKEWAY)

BNI is a professional business networking group that helps you build a team of partners to market your business. Come join us on Wednesday mornings from 8:30-10:00 at Mandola's in the Shops at the Galleria. Breakfast is \$10 and visitors are welcome. Please feel free to contact Sheryl Baker at sherylssendoutcards@gmail.com or visit www.BNIAustin.com for more information.



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HALLOWEEN TIPS

PORCH LIGHTS - a porch light on means fair game for Trick-Or-Treating. If you are not distributing candy or are done for the evening, please turn your lights off. And Trick-Or-Treaters...if you see a porch light off, be respectful and move on to the next illuminated house.

HELLO? - Knock or ring the bell no more than twice. If the door isn't answered within a minute despite the porch light being on, assume you've gotten one of those folks who didn't read Tip 1.

FRIGHTENING LIMITS - If you are the person who wants to jump out of the coffin tucked in the corner of your front porch, please make sure that the age of the 'victim' is appropriate. While pee will wash off concrete, you might ruin the night for a dressed up 2 year-old princess.

WALKING - Stay on sidewalks or pathways. Don't take short cuts through lawns or flowerbeds.

Manners matter - Saying "Trick-or-Treat" before and "Thank You" afterward is a small price for collecting free candy on Halloween.

GAME OVER - Don't Trick-or-Treat after 9pm. Families with children or older people may well be in bed after that.

TRAFFICKING - Vehicles: drive extra slow and look for kids. Chaperones/Kids: Stay off roads as much as possible.

BLINDED BY THE LIGHT - Glow sticks, reflectors, flashlights - all are good to make your kids visible to anyone who fails at Tip 6.

FLAME OFF!! - Jack-o-lanterns/candles set a spooky mood, but open flames near dangling costume sleeves and flammable accessories is dangerous. Consider battery-powered tea lights.

THANKS... - If you're going to give out goodies to Trick-or-Treaters, buy individually wrapped treats. Save special homemade goodies and fresh fruit as presents for the folks you know rather than strangers who are coming to your door Trick-or-Treating.

R-E-S-P-E-C-T - Not everyone celebrates the holiday, or celebrates it in the same way you do. We live in a community with diverse beliefs and views. Please show respect as you yourself would want to be respected.

DON'T SCARE THE LITTLE ONES TOO BADLY! - If you've got a really creepy costume to answer the door, or you decorate your house from sidewalk to front porch in graveyard chic - remember that what can be delightfully frightening to older kids and adults can terrify toddlers and young kids. Before jumping out of bushes, screaming when you open doors or leaping out of fake coffins at Trick-or-Treaters, take a quick glance to make sure they're of an appropriate age-group to enjoy such a scare. Save the best frights for those who can really appreciate them. You'll have more fun, and the parents of the little kids will be grateful. Having to take home a hysterical Trick-or-Treater who has been scared witless on their first time out is no fun for anyone.

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Bullying: What To Watch *Helping Parents Understand the Signs*

Has your child suddenly had declining grades or unexplained injuries? Have they purposely been trying to avoid school? They could be the victims of bullying.

"Bullying is a widespread problem among children, especially teenagers," says Beth Nauert, M.D., a Texas pediatrician. "Bullying should always be taken very seriously by parents, educators, and the authorities."

BULLYING SIGNS

Children who are bullied are repeatedly exposed to aggressive, negative actions on the part of one or more other persons, and have difficulty defending themselves, says Dr. Nauert.

Some clear signs of bullying that parents should watch for include:

- unexplainable injuries,
- lost or destroyed clothing, books, electronics, or jewelry,

- feeling sick or faking illness,
- changes in eating habit,
- difficulty sleeping or frequent nightmares,
- not wanting to go to school,
- running away from home.

ACTION PLAN FOR PARENTS

Because children who are bullied may be reluctant to talk about it, parents who suspect bullying should take immediate action to help their children, says Dr. Nauert.

"Parents need to find out from their child who is doing the bullying, whether the bullying was verbal, physical, or cyberbullying, and where and when the bullying is happening," she says. "They should then speak with their teacher, principal, school administrators, or local law enforcement."

October is National Bullying Prevention Month



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Breast Cancer: Importance of Early Detection

By: Concentra Urgent Care

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. Screening is vital because early stages of the disease are easier to treat.

The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the

following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size

or shape

- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does

not go away

- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>

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

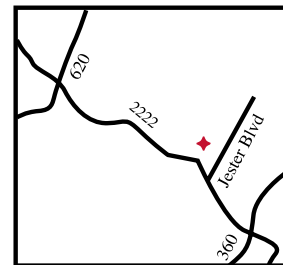
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Ja'myren is gifted musically and loves playing the piano. He enjoys school, makes good grades and reports that science, math, and social studies are his favorite subjects.

Ja'myren needs a family that has no younger children and will continue to help him grow into the wonderful young man that he is becoming!



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HALLOWEEN

Boo! What are you going to be for Halloween? Sometimes, it can be fun to dress up as a group. Maybe your brothers, sisters, friends - or even parents - will want to join in the fun. Here are some costume ideas for groups of two or more.

- sun and moon
- winter, spring, summer, and fall
- salt and pepper shakers
- a toothbrush and a tube of toothpaste
- cop and robber
- doctor and patient
- veterinarian and animal (dog, cat, or bunny)
- fireman and fire dog (dalmatian)
- fisherman and fish
- squirrel and nut
- teacher and student
- pilgrim and Indian (or turkey!)
- prince and princess (or king and queen)
- cowboy and horse (or cowboy and cowgirl)
- dog and bone (Arf! Arf!)
- Santa and elf (or Mrs. Claus)
- macaroni and cheese
- Flopsy, Mopsy, and Cottontail (from Peter Rabbit)
- Dorothy, the Tin Man, the Scarecrow, the Lion, and Toto (from the Wizard of Oz)
- Sonny and Cher (ask your parents!)
- vampire and bat
- burger and fries
- peanut butter and jelly
- three blind mice
- three little bears
- three little pigs

And no matter what you dress up as, please be safe while you're haunting the neighborhood!



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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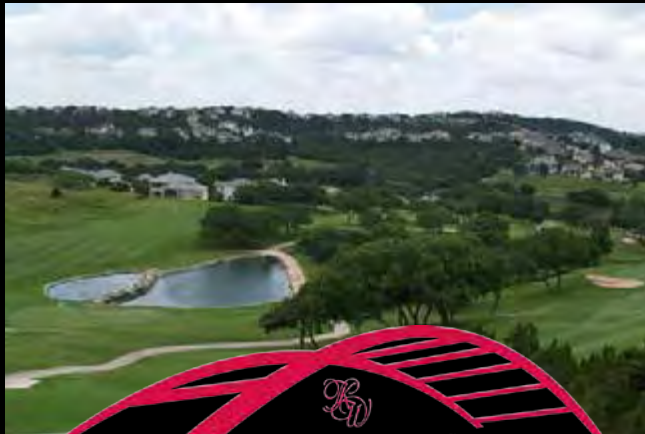
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