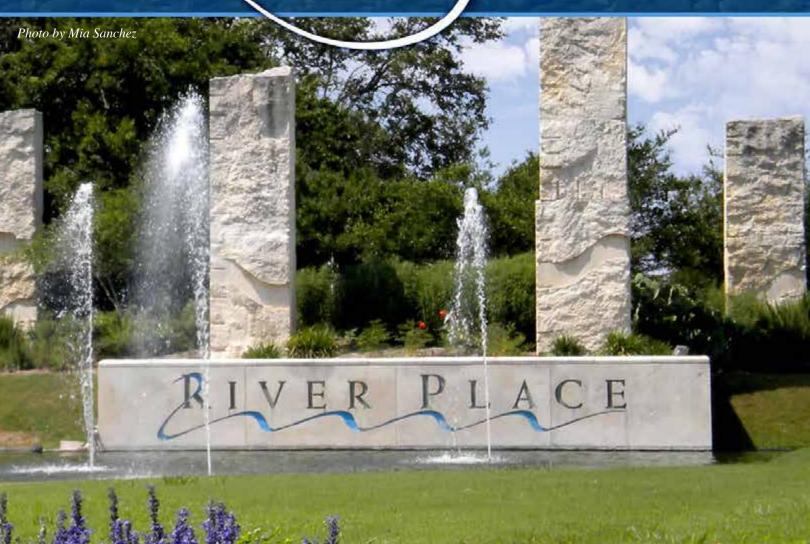
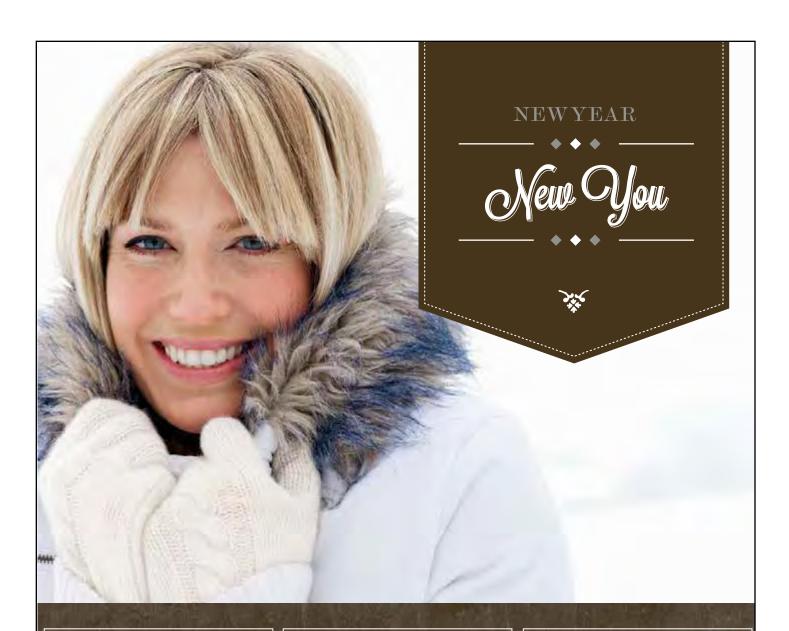
# THE RIVER REVIEW

January 2014

Volume 8, Issue 1





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#### **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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# 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 deadine 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.

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# A LEGACY OF GIVING

A Legacy of Giving, a local nonprofit that teaches children the value of philanthropy as part of their school curriculum, announced the results of this year's Day of Service food and clothing donation drive. A Legacy of Giving students from 36 Austin-area schools raised more than 47,496 pounds of food and more than 3,700 coats for Central Texas charities.

Austin-area students from the Legacy of Giving program cheer for philanthropy during the Day of Service celebration last week.





Students from 36 Austin-area schools participated in a food and clothing drive to raise donations for Capital Area Food Bank and Coats for Kids this season. A Legacy of Giving is a local nonprofit that teaches children the value of philanthropy as part of their school curriculum.

Central Texas students raised more than 47,400 pounds of food and 3,700 coats for the Capital Area Food Bank and Coats for Kids. The donation drive was student-led through participation in A Legacy of Giving.



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# River Place Country Club Hosts Yuletide Treasures Shopping Event

River Place Country Club held their annual holiday shopping event on December 5th and December 6th. Yuletide Treasures, now in it's 8th year, featured over 40 local vendors. Wares ranging from hand knit scarves, handmade birdfeeders and birdhouses to fine jewelry were on display. Shoppers had a plethora of beautiful and unique items to choose from.

"I've done this for probably 6 or 7 years, actually," said Julia Medick of Julia's Gems. "The people here are wonderful. They treat the vendors well and do a lot to bring people here. There is lots of good shopping and many different vendors," Medick added.

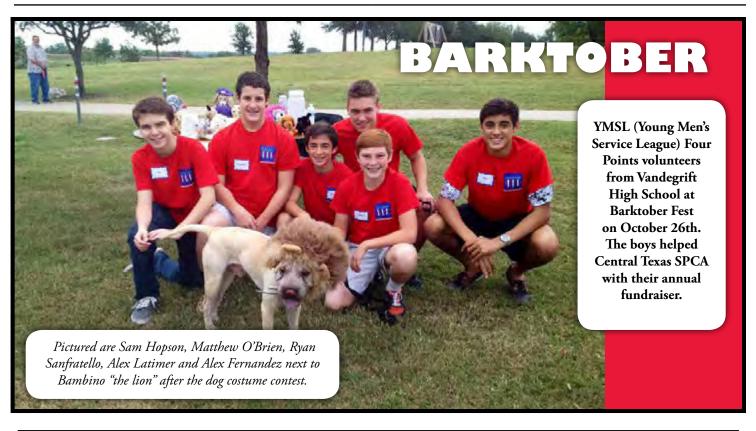
Charlene Chirum and her daughter, Breanne, participated in Yuletide Treasures for the first time this year. Chirum owns Bare Trees Boutique, which features fine dresses and other women's garments. "I am a retired United States Postal Service Business Solutions Specialist, so this is different and fun for me." Chirum lives nearby and decided to participate based on the great reputation of this community event.

Scarves By Theresa, owned by Theresa Griffin of Dallas, has been a vendor at this event for 6 years now. "This community of shoppers is trendy, so I can add new items. There is a great sense of community here, and it is a wonderful place to feature my hand knit items." Griffin, and her niece, Ann Diaz look forward to the event each year.

Chelsea Bumgarner, of South Austin Galleries, owned by Jennifer and Joseph Worth, was also excited to be represented at the event.









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### **GOOD NEIGHBORS CAN BE GREAT FOR STRESS LEVELS**

Do you live in a neighborhood where you feel safe and connected to others, or do you feel overcrowded, threatened, and otherwise unsafe in your surroundings? This, and other aspects of neighborhood life, can impact both your level of happiness and stress.

**Socializing:** With our busy schedules, we don't always see friends as often as we'd like. For a bit of socializing that takes only minutes out of your day, it's nice to stop and chat with people for a few minutes on your way out to your car. And the more people you have available for shared social support, the better, generally speaking.

**Pooled Resources:** I know people in some more-friendly neighborhoods who share dinners, minimizing the effort it takes to cook. Others trade fruit from their trees. A neighbor who borrows a few eggs may come back with a plate of cookies that the eggs helped create. Knowing your neighbors increases everyone's ability to share.

**Security:** Knowing the people around you can bring a sense of security. If you need something—whether it's a cup of sugar when you're baking cookies, or someone to call the police if they see someone lurking ourside your home—it's nice to know you can depend on those around you and they can depend on you.

*Home Pride:* Knowing the people who live around you provides a strengthened sense of pride in your home and neighborhood.

Coming home just feels nicer. While you may not be able to change the neighborhood in which you live, you can change the experience you have in your own neighborhood by getting more involved with those around you and taking pride in the area in which you live. The following are some ideas and resources that can help you to feel more at home in your neighborhood:

**Get Out More:** If you live in a generally safe area, I highly recommend taking a morning or evening walk. It's a great stress reliever that also allows you to get to know many of your neighbors, get an understanding of who lives where, and feel more at home in your surroundings.

*Smile:* It's simple enough, but if you're not in the habit of smiling and giving a friendly hello to the people you encounter in your neighborhood, it's a good habit to start. While not everyone will return the friendliness immediately, it's a quick way to get to know people and build relationships, even if you've lived close for years and haven't really said much to one another.

*Talk To Your Elders:* The more veteran members of the neighborhood often have the inside scoop on the neighborhood. You may be surprised at how much you can learn if you stop to take the time to talk to the sweet old lady at the end of the block.



# **A FOCUS ON RESOLUTIONS**

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

#### LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- · Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- · Avoiding saturated and trans fats such as animal fat, butter, and

hydrogenated oils

Staying away from foods high in sodium and added sugars

#### **GETTING FIT**

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

  Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.





# **BOAT & RV EXPO AT AUSTIN CONVENTION CENTER**

#### **AUSTIN BOAT & TRAVEL TRAILER SHOW**

The 2014 Austin Boat & Travel Trailer Show will feature hundreds of watercraft and travel trailers from the top boat and RV dealers in Central Texas. Guests are invited to visit the Austin Convention Center to get a first look at 2014-model water craft and travel trailers on display, including wakeboard boats, cruisers, pontoons and fishing boats for water fun, and fifth wheels, truck campers and toy haulers for traveling in style. Other highlights include Bubble Runners, Kid's Catfish Tank and the Army Bass Anglers. This year's event also will offer Valet Parking for attendees.

- Thur., Jan. 16 12 p.m. 9 p.m.
- Fri., Jan. 17 12 p.m. 9 p.m.
- Sat., Jan. 18 10 a.m. 9 p.m.
- Sun., Jan. 19 10 a.m. 6 p.m.

For more information visit www.AustinBoatShow.com or contact Jennifer McKinney at 512-494-1128 or Jennifer. mckinney@austinboatshow.com.

#### **AUSTIN RV EXPO**

The 2014 Austin RV Expo will feature over 200 recreational vehicles of all sizes and price ranges from the top RV dealers across Central Texas. Guests are invited to the Austin Convention Center to get a first look at 2014-model motor homes, pop-ups, travel trailers, truck campers, fifth wheels and green RVing R-Pods. The event, well timed for the kick off the vacation planning season, offers the perfect chance to explore the recreational vehicles firsthand and determine which one is right for your family needs.

- Thur., Feb. 20 noon 8 p.m.
- Fri., Feb. 21 10 a.m. 8 p.m.
- Sat., Feb. 22 10 a.m. 8 p.m.
- Sun., Feb. 23 10 a.m. 5 p.m.

For more information visit www.AustinRVExpo.com or contact Jennifer McKinney at 512-366-7135 or Jennifer.mckinney@austinrvexpo.com.

**ADMISSION:** 

Adults - \$8 Seniors Over 60 - \$4 Children 7-12 - \$4 Children 6 and Under – Free

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# BAG LADIES



**Nature** Watch by Jim and Lynne Weber

While winter is the time of year when we hang man-made ornaments on our trees and shrubs to commemorate the holiday season, it is also the time of year when nature-made ornaments are most apparent in the landscape. These ornaments are as widely unique as snowflakes, and their appearance varies with the bits and pieces of leaves, twigs, and bark fragments woven into silken bags in a shingle-like fashion. They reveal themselves on the bare branches and limbs in winter, and they are created by female bagworms.

Members of the Psychidae family, there are about 1,350 species of bagworms worldwide, also commonly known as bagworm moths or bagmoths. Although different bagworm species vary slightly in habits and life cycle, bagworms spend the winter months in the egg stage sealed within the bags produced by females the previous fall. In late May to early June, very tiny caterpillars hatch, produce a silken strand by which the wind can carry them to new foliage (called 'ballooning'), and construct a tiny conical bag carried upright with them as they move. During leaffeeding, the caterpillars emerge from the top of the bag and hang onto the host plant with their legs, sometimes aided with a silken thread. The bottom of the bag remains open to allow fecal material (called 'frass') to pass out of the bag.

By August or September, fully grown caterpillars have developed larger

bags, and pupate within them. Seven to 10 days later, the pupae of the male moths work their way out of the bottom of the bag, and emerge from their pupal skin. These males have half-inch long clear wings, feathery antennae, hairy black bodies, and they spend their time seeking out a female to mate. Females, on the other hand, are immobile and stay in the larval stage, do not develop into moths, and remain inside the bags. After mating, the females produce a clutch of 500 to 1000 eggs inside their bodies and then die.

Bags vary in size, up to 2 inches long and about a half inch wide, and are spindle-shaped. They can be quite ornamental, covered in a somewhat patterned array of bits and pieces of plant matter. A wide range of broadleaf and evergreen trees and shrubs serve as hosts for bagworm species, including juniper, cedar elm, bald cypress, live oak, persimmon, sumac, sycamore, willow, yaupon, and native fruit and nut trees. Since these bags are composed of silk and plant materials, they are naturally camouflaged from predators such as birds and other insects. While birds can eat the egg-laden bodies of female bagworms after they have died, the eggs are very hard-shelled and can pass through the bird's digestive system unharmed. This represents yet another way to disperse bagworm species over a wide-ranging area, and helps in creating a whole new generation of bag ladies!



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# HOPE4JI

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4th Annual Golf Tournament

Monday, April 28, 2014

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Visit www.HOPE4JD.org ronda@hope4id.org 512-845-1466

**Volunteers Needed!** 



#### **Registration Open**

\$150/golfer Four Man Scramble Registration -9:30am Shotgun Start -11:00am o register go to www.hope4jd.org

**Tournament Includes:** 

Sack Lunch provided by Chick-fil-A **Dinner provided by Iron Cactus** Golf shirt Gift bags **Longest drive** Closest to the Pin Other contest and games Prizes for 1st, 2nd and Last Place

HOPE4JD is organized to charitably support families of children up to age 21 who have suffered a hypoxic/anoxic brain injury (HAI) due to a nonfatal drowning in Texas. EIN: 32-0351208





























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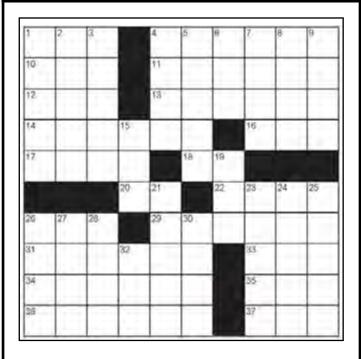
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#### **ACROSS**

- 1. What's owed
- 4. Beats it!
- 10. Hotel
- 11. Flower child
- 12. Certified public accountant 5. Approximate date
- 13. White fur
- 14. Breath mint
- 16. Rescue
- 17. Opposed
- 18. Scottish "one"
- 20. Acidity
- 22. Corn syrup brand
- 26. Insane
- 29. Angry
- 31. Relating to horses
- 33. Kimono sash
- 34. National capital
- 35. Reverend (abbr.)
- 36. Bath powder
- 37. East northeast

#### **DOWN**

- 1. Formal statement
- 2. Remove pins from
- 3. Playact
- 4. Popular stadium
- 6. Revolutions per minute
- 7. Capital of Western Samoa
- 8. Short
- 9. Origination
- 15. Lean
- 19. Stretch to make do
- 21. Large eastern religion
- 23. Before
- 24. Hot sandwich
- 25. Oyl (Popeye's girlfriend)
- 26. Soften cheese
- 27. Greenish blue
- 28. Twofold
- 30. Stack of paper
- 32. Business abbr.

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