

THE RIVER REVIEW



March 2014

Volume 8, Issue 3

Photo by Mia Sanchez



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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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YMSL



The Young Men's Service League Four Points Chapter hit the ground running this year with its quest to bring young men and their mothers closer together while assisting, serving, and supporting the community. Capital Area Food Bank, Armadillo RV Park, CTSPCA, Keep Austin Beautiful and Partnership for Children are a few of the philanthropies that benefit from this great organization.

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.

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FOLLOW UP ON YOUR HEART HEALTH

Eating healthy and exercising are well known tips to keep your heart healthy, but doctors at Baylor College of Medicine say don't forget about the follow-ups.

"Many times people will see a doctor and receive a diagnosis of high cholesterol or blood pressure, for example, but they won't follow up with another appointment," said Dr. Joseph Coselli, professor of surgery at Baylor. "These secondary doctor visits are needed to monitor progression of risk factors and to help find the most effective treatment options."

Coselli recommends asking your doctor some important questions:

- What is a healthy weight for me?
- What does a balanced diet consist of?
- How do I quit smoking?
- What exercises should I add to my daily routine?
- What health screenings should I have?
- When should I follow up with my next appointment?

"You have to be responsible for your health and make important changes to keep your heart healthy," Coselli said.



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RIVER PLACE COUNTRY CLUB WELCOMES NEW MASSAGE THERAPISTS

CLUBS' RENOVATION INCLUDES TWO NEW MASSAGE THERAPY ROOMS

River Place Country Club has recently completed much of their \$2 million renovations, including two new massage therapy rooms along with the addition of two massage therapists to their staff.

"We are thrilled to have these very talented massage therapists onboard at our Club. We hope to supplement our Members' and guests' enjoyment of River Place Country Club by offering these services and by educating them as to the health benefits of massage," said Jackie Mohr, River Place Country Club's Fitness Director. "Massage can benefit any fitness regimen, as it works with fitness to increase overall wellness." Both massage therapists at RPCC have personal training certifications.

The most valuable fitness-related benefit of massage is improved circulation and general nutrition of muscles. After a muscle is exercised, vital nutrients must be supplied in order for it to increase in size. A massage can maximize the supply of nutrients and oxygen through increased blood flow, which helps the body rebuild itself. Massage also helps to shorten recovery time between workouts. Waste products, such as lactic and carbonic acid, build up in muscles after exercise. Increased circulation to these muscles helps to eliminate toxins and shorten recovery time.

Elise Lai has joined RPCC as a Certified Massage Therapist. Her background includes work as a certified personal trainer, a Chiropractic Assistant, as well as a physical therapy technician. When asked what inspired Lai to become a massage therapist, she noted, "I strongly believe that wellness isn't just one dimensional. Massage therapy as a tool, is great for improving range of motion, pain relief, flexibility for muscular fitness, as well as a means of stress relief, mental escape and overall emotional wellness." Lai's background with chiropractic care offers therapeutic relief for people experiencing lower back pain, upper back and neck tension along with spinal and posture problems. Clinical modalities, along with Swedish massage, not only relieve pain and tension, but also bring

tranquility to the body.

Cara Foster has also joined the staff at RPCC. She has been a massage therapist since 2005. With her background and experience in sports as a fitness trainer, Foster brings a wealth of knowledge to her clients and is able to provide tailored programs to meet the needs of customers who can benefit greatly from deep tissue work. "I'm a fitness trainer and massage therapist with a strong knowledge of anatomy." What inspired Foster to become a massage therapist was her love of the human body, "And I wanted to expand my career and knowledge as a fitness trainer, while working in a health and wellness environment." Foster specializes in deep tissue massage, prenatal massage, relaxation and trigger point therapy.

You do not need to be a Member at River Place Country Club to take advantage of their Massage Therapy services. For more information or to book your massage today, please call River Place Country Club: (512) 346-1114 x3911 <http://www.riverplaceclub.com/massage>

ABOUT RIVER PLACE COUNTRY CLUB

River Place Country Club (www.riverplaceclub.com) is set in the rolling hills of Northwest Austin and celebrates the cerebral and the physical challenges of golf for players of all skill levels. Its demanding layout features more than 6,600 yards golf on spectacular terrain, set around twisting creeks and secluded canyons, it possesses some of the most scenic views of any course in Texas.

The club has strong ties to the Texas capital city. Austin's own Tom Kite, Champions Tour professional and World Golf Hall of Fame member, designed the course with help from local golf course architect, Roy Bechtol.

River Place Country Club, Austin's premier family-oriented private club, is owned and operated by The Dominion Golf Group. With unforgettable golf, tennis, fitness, swimming, dining and social activities, River Place is a Hill Country haven.



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RIVER REVIEW

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We are taking orders for mulch as a fundraiser. The mulch is a quality product from a company here in Texas. We are offering two of the most popular kinds of mulch. Bags are 2 cubic feet.

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Deadline to order is March 7, 2014. If you have any questions, please contact mulch@vhsband.com. Thank you for your support of our band and vision program. Please tell your friends about our fundraiser as well.



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Nature
Watch

FLYING CIGARS

by Jim and
Lynne Weber

While many birds are identified by their patterns, colors, and/or vocalizations, the Chimney Swift (*Chaetura pelagica*) is best identified by its silhouette – a smudge gray, streamlined bird, flying deftly overhead and looking a bit like a ‘cigar with wings.’ Its tiny body, curving wings, and stiff, shallow wing beats are as distinct as its high-pitched, chattering call.

Arriving back in central Texas in March after wintering in the upper Amazon Basin of South America, chimney swifts have round heads, short necks, tapered tails, and a wide bill so small it is often difficult to see. Slightly paler on the throat, they are dark gray-brown overall and when backlit against the sky, they can appear to be all black. Chimney swifts fly rapidly with nearly constant wing beats, often banking erratically and twisting from side to side. They frequent lakes, rivers, streams, and fields, where they forage for insects on the wing, often along with swallows.

Spending almost all of its life airborne, chimney swifts have short legs and very small feet and can’t perch when they land, so they use their long claws to cling to vertical walls inside chimneys or in hollow trees or caves. Chimney swifts even bathe in flight, gliding down to the water, smacking the surface with their bodies, and bouncing up to shake water from their feathers as they fly away. As European settlers came and built chimneys in America, their numbers surged, but the recent shift to covered, narrow flues has contributed to a decline in their numbers, and they are now classified as a ‘near threatened’ species. As such, many conservation-minded groups are building free-standing towers to provide nesting and roosting locations.

During the non-breeding season, chimney swifts roost together in a single chimney. When breeding, each mating pair occupies any one given chimney, although they may tolerate other non-breeders in their chimney. Using a glue-like saliva from a gland under their tongues, they cement their nests, made of short, dry sticks, to a chimney wall or rock face. Occasionally, an unmated swift may help the breeding pair raise the young, which outgrow the nest after only a few weeks and cling to a nearby wall, often before their eyes are open.

The genus name or *Chaetura*, is a combination of two Greek words: *chaite*, which means ‘bristle’ or ‘spine’, and *oura*, which means ‘tail.’ This aptly describes its tail feathers as the shafts of all ten end in sharp, protruding points. The species name *pelagica* means ‘of the sea’, and is thought to refer to its nomadic lifestyle and migration over the water to and from its wintering grounds.

Like all swifts, these flying cigars consume large numbers of insects each day, including highly maneuverable dragonflies and airborne spiders drifting on silken threads, and they even predate on red imported fire ants. Researchers have estimated that a pair of adults with three nestlings can consume the equivalent of 5000 to 6000 housefly-sized insects per day!



*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.*

RONALD MCDONALD HOUSE CHARITIES

APPOINT NEW BOARD PRESIDENT AND ELECT SIX NEW BOARD MEMBERS

Ronald McDonald House Charities® of Austin and Central Texas (RMHC Austin) is pleased to announce the appointment of Royce Poinsett as board president and the election of six new members to the RMHC Austin Board of Directors. Rick Bluntzer, Jennifer Bowden, Deb Brown, Jordan Mullins, Kim Rose and Jeanne Trogan join 13 returning board members.

Royce Poinsett is a government relations attorney at the Austin office of Baker Botts L.L.P., representing businesses and industry associations at the Texas Capitol. Previously, Mr. Poinsett served as an advisor to the Texas Governor and the Texas House Speaker. Mr. Poinsett and his wife became acquainted with the Ronald McDonald House in 2006 when their first child was born prematurely with a rare syndrome of multiple birth defects. He has served on the RMHC Austin Board since 2010 and in 2012, he and his wife were co-chairs of the 2012 Bandana Ball, RMHC Austin's signature fundraiser.

Rick Bluntzer is the senior vice president of communications and public affairs at EZCORP. Prior to joining EZCORP, Rick was the senior vice president of regulatory and government affairs for NRG Energy and served as the assistant general

manager and chief administrative officer for LCRA.

Jennifer Bowden is a native Texan and an avid volunteer. She has volunteered for a variety of school and community organizations and served as the teaching director of Community Bible Study of Central Austin. Ms. Bowden has been a member of Impact Austin, Hospice Austin and the Dell Children's Women's Trust.

Deb Brown is the interim vice president and chief operating officer for Dell Children's Medical Center. Prior to accepting this assignment, Ms. Brown was director of business development and strategy and previously director of trauma services for Dell Children's Medical Center. She concurrently served as director to the Surgeon in Chief and Austin Pediatric Surgery at Dell Children's.

Jordan Mullins is an oil and gas associate at McGinnis Lochridge, a multi-practice law firm located in Austin. Mr. Mullins also serves as president of Friends of the House, an organization of young professionals dedicated to supporting

(Continued on Page 11)



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Ronald McDonald House Charities (Continued from Page 10)

RMHC Austin, and serves as a committee chair for RMHC Austin's Bandana Ball. He is an active board member with the Austin Symphony Orchestra BATS and is a 2012 graduate of Leadership Austin.

Kim Rose is a private banker with J.P. Morgan in Austin. Prior to joining J.P. Morgan, Kim served as the chief financial officer of a prominent Austin family's financial and philanthropic affairs for over seven years. She also served as a senior finance manager for Dell Inc. from 1998 to 2006. Kim began her career with the Dallas and then Austin offices of KPMG in the audit group.

Jeanne Trogan is the executive director of social, digital and internal communications for Dell Inc. Prior to joining Dell in 2009, Ms. Trogan was the corporate communications director at the McDonald's Corporation located in Illinois and was an account supervisor at the public relations agency, Edelman.

"I am pleased to welcome Rick, Jennifer, Deb, Jordan, Kim and Jeanne as new Board members and Royce as our new president. Their experience, leadership and guidance will be tremendous assets to Ronald McDonald House Charities as we continue to advance our mission and ensure families stay together while their children receive treatment in Austin-area hospitals," commented Carolyn Schwarz, executive director of RMHC Austin.

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If you want your skin to glow, experts at Baylor College of Medicine say all natural products might not be the answer.

"Some people think that by going all natural with their skin care, that it will automatically be safer for their skin. That's not necessarily the case," said Dr. Rajani Katta, professor of dermatology at Baylor.

Whether it is cleansers or moisturizers, you can still have allergic reactions to the ingredients even if they are all natural or organic. Many natural ingredients, such as lavender extract or sandalwood oil, are actually types of fragrance additives. Even though these are natural fragrances, they can still cause the same type of allergic reactions. Other natural ingredients, such as tea tree oil, can also trigger allergic reactions.

Since it may be hard to pinpoint exactly what is causing irritation or allergic reactions just by reading labels, Katta suggests consulting a dermatologist.



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Pictures will appear in color online at www.PEELinc.com.



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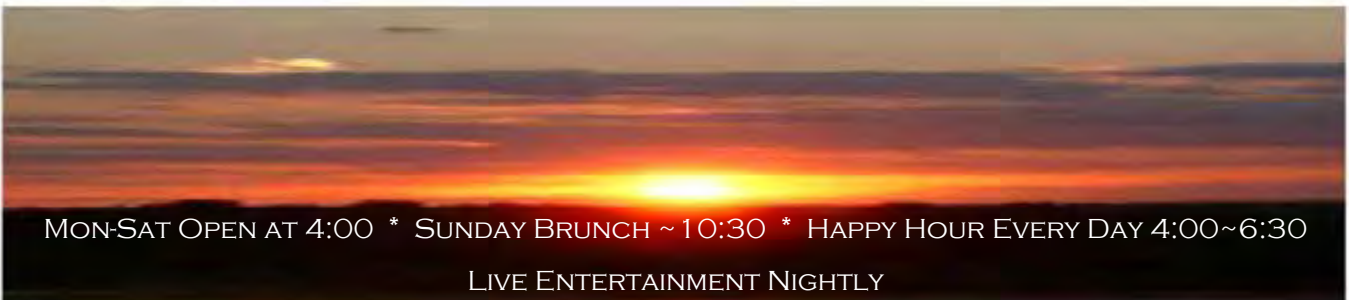
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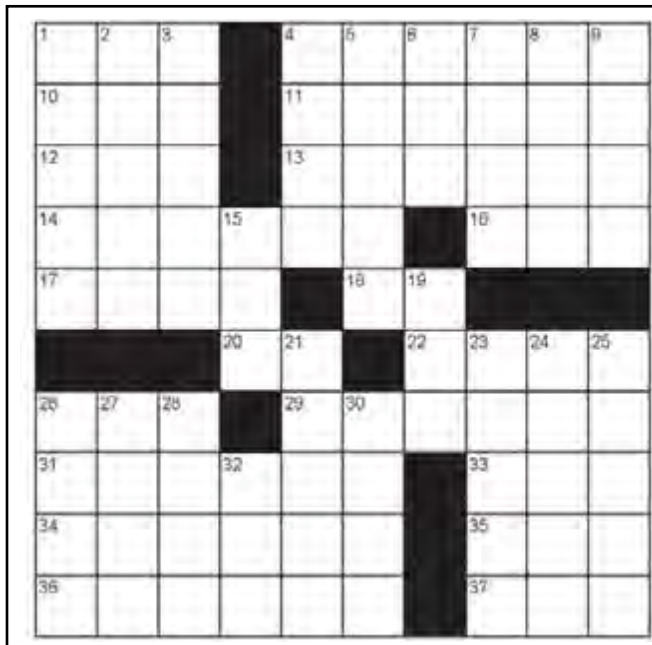
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13. Napkins
14. Filament
16. Shekel
17. Hula ____
18. Iowa (abbr.)
20. Man's title
22. Type of dressing
26. Short-term memory
29. Exodus
31. Hype
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34. Glistening
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DOWN

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2. Ice house
3. Fast food meal
4. Ashen
5. Excuse
6. Cocktail drink
7. Follow
8. Eaten
9. Association (abbr.)
15. Words per minute
19. Abridged (abbr.)
21. Become less tight
23. Onion like vegetables
24. Painter Richard
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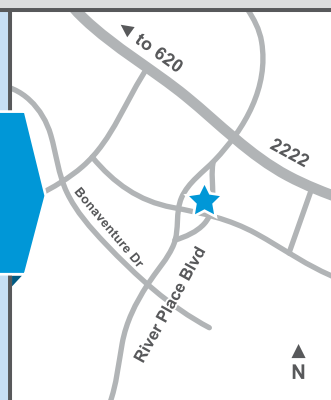
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Regular screenings for colon cancer can catch the deadly disease before it even begins, according to doctors at Baylor College of Medicine.

"Colon cancer is known as the silent killer because symptoms are not present until it's too late," said Dr. Waqar Qureshi, professor of medicine and chief of endoscopy at Baylor.

Symptoms include rectal bleeding, abdominal pain, weight loss or anemia. But if symptoms are apparent, then it's more than likely the cancer has already spread. Screening can catch precancerous growths at a time when life-saving treatments are still effective.

A colonoscopy is the most accurate way to find precancerous growths. A colonoscopy takes up to 20 minutes, and patients are sedated so most don't even remember the procedure.

"Usually screenings start at age 50 and continue every 10 years after that," said Qureshi. "However, if colon cancer runs in your family, screenings should be more frequent and begin sooner."

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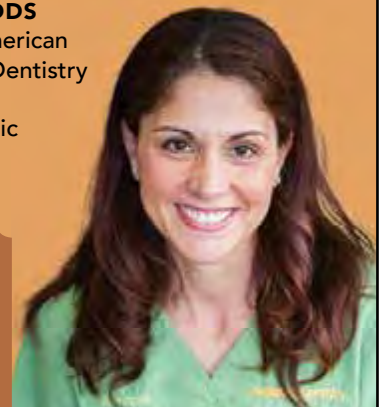
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