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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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Time Warner Cable	
Customer Service	512-485-555
Repairs	512-485-508
IESI (Trash)	512-282-350
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	riverreview@peelinc.co
ATUCIE SUDIIIISSIOIIS	riverreview(a)Deelinc co



#### National Disaster Resilience Competition

RIVER PLACE, HOME OWNERS ASSOCIATION is holding a public Community Information Meeting on Tuesday, July 14, 2015, at 6:00pm at

The River Place Country Club. Find out about the HUD Federal Grant that is being applied for To Widen The Intersection at FM 2222 & River Place Boulevard, and to develop and Emergency Wildfire Evacuation Plan, and to implement other Wildfire Protection Measures.

The Disaster Relief Appropriations act of 2013, Public Law 113-2 allocated funds through a HUD Community Development Block Grant to provide funding for resilient recovery projects, among the goals listed, relating to Hurricane Sandy and other eligible events, including Presidential Declared Disasters in 2011, 2012, and 2103. The Steiner Ranch wildfire was a qualifying event that allowed any community in Travis County to have their program entered into the competition with a possibility of having it funded with a no-match grant. HUD in conjunction with the Rockefeller Foundation is conducting the Competition. The Texas General Land Office is the primary applicant for the State of Texas and is the lead

coordinator. RP HOA is pursuing the grant as it might make funds for widening the problem intersection at FM2222 & River Place Boulevard available sooner than the City of Austin and TxDOT could provide, and providing for other wildfire mitigation measures that are recommended by the RP Firewise Committee that might otherwise take years to fund.

The RP HOA applied for the grant during the first of three phases of the competition and their letter of intent was accepted. They are conducting the community meeting as a requirement of the grant to encourage citizen participation in the plan development. The RP HOA is especially requesting participation from low and moderate income citizens, minorities and non-English speaking citizens, Citizens with disabilities, local and regional institutions, businesses, developers, faith based organizations, and any applicable public assistance housing agency in the community.

Citizen comments and complaints will be responded to on each phase of the application, regarding the plan, all amendments, and progress reports. Special accommodations will be provided upon a citizen's request.





## Vandegrift Senior First from His School to Win

# LAKE TRAVIS COMMUNITY LIBRARY SCHOLARSHIP

A Vandegrift senior has become the first Viper to win a scholarship from the Friends of the Lake Travis Community Library.

Keith Tran, who lives with his parents and sister in Steiner Ranch, is one of four library teen volunteers who will be sharing \$8,000 in scholarships awarded by the Friends this year. The other three are from Lake Travis High School. The four seniors have volunteered a total of more than 1,000 hours at the library in Lakeway, the closest public library to Steiner Ranch. Tran is the first Vandegrift student ever to win one of the Friends service awards.

Tran will be attending Texas Tech in the fall, then hopes to attend Tech's Health Science Center School of Medicine and become a pediatric surgeon. He'll receive his scholarship award at the Vandegrift Senior Awards Ceremony on May 27th.

Anna Dolliver, Brody Volpe and Sydney Yorke all graduate from LTHS this June. Dolliver and Yorke are headed to the University of Texas at Austin. Dolliver wants to become a lawyer; Yorke, a computer programmer. Volpe is headed for Baylor where he'll study theater arts. He is hoping for a career on Broadway. Dolliver and Volpe live in Lakeway; Yorke lives in Bee Cave.

"We had such an impressive group of applicants this year, making our final decision was difficult," Jean Hennagin, chair of the Friends scholarship committee, noted. "We found the final four exemplary at all levels, including their service to the community."

#### VHS Band & Vision Dance Company March A Thon

On August 15th, the Vandegrift High School Marching Band and Vision Dance Company will set out at 8:00am for their annual summer March A Thon in Steiner Ranch. For four hours, the Vipers Band and Vision Dance Company will provide music and entertainment as they march from John Simpson Park through part of the neighborhood. The band and dance company will also perform lawn concerts for those who donate \$100 or more to the band. Go Vipers!

## Viper Swim Camp

(Boys & Girls)
Register at www.leanderisd.org
Contact – Kimberly Davies
Kimberly.davies@leanderisd.org

The Vandegrift Swim Team has numerous traditions and success, so come get to know the Vandegrift Swim coaches while gaining more swimming experience. All swimmers must already know all 4 strokes to attend. This camp will take swimmers through all strokes and finesse their technique. At the same time, the swimmer will get to experience why swimming for Vandegrift is fun, motivating and filled with pride. Spots are limited, so act fast to be a part of a great VIPER experience!

Where - Bella Mar in Steiner Ranch Requirements - Bring water, a towel, swimsuit, goggles and a cap. Swim equipment will be provided \$60

July 20th – 23rd from 8am – 10am Grades: 6th – 9th Grade



### Hosting an Exchange Student

Did you ever wonder what hosting a foreign exchange student is about? Well here it is in a nutshell....

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Hosting an exchange student provides your family, your high school and your community with a direct window into another country and culture, providing an opportunity for life-long learning.

Families of all shapes and sizes can host an international exchange student. We've had host families with young children, no children, high school aged children – as well as empty nesters and single parent households.

Ayusa is a non-profit based in San Francisco that promotes global learning and leadership through foreign exchange and study abroad programs for high school students from around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or vodom@ ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



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#### IN THE BLINK OF AN EYE

## NATUREWATCH

by Jim and Lynne Weber

For many of us, the outdoor magic and mystery of summer nights was best embodied by the blink of fireflies or 'lightning bugs', which are neither flies nor bugs, but beetles. With over 170 species of fireflies in North America, and about 36 of those species in Texas, fireflies fall into three main genera: the Photuris, Photinus, and the Pyractomena. The most common species in Texas is the Pennsylvania Firefly (Photuris pennsylvanicus), which ranges from the eastern U.S. to Kansas and into Texas.

Most likely to be spotted at night in fields and near wooded areas, the adult Pennsylvania Firefly's elytra (hardened forewings

that form a protective covering over flight wings) are dark brown with yellowish margins and slanted stripes. The head is yellow around the sides and red in the middle, and their overall length is about half an inch. After mating, the female lays tiny, spherical eggs singly or in small groups in damp soil, around grass or moss, and they hatch in about 4 weeks. The larvae feed in the grass on slugs, snails, earthworms, and cutworms, and in this immature phase their

light isn't visible unless they are turned over. They overwinter as larvae in small chambers within the ground, waiting for the spring months when they pupate and emerge in early summer as adult fireflies, giving them an average lifespan of approximately two years.

Firefly mating is dependent on the female seeing the distinct flashes of a mate-seeking male, and each must find the exact right blinking pattern in order to mate successfully. Males begin flying after dark, emitting yellow or yellow-green flashes, some flying above the tree canopy. Interestingly, ambient light around a firefly's natural habitat decreases the chance it will find a mate. In order to rise to the challenge of producing offspring with artificial light around, fireflies must increase the intensity of the flashes they produce in order to be seen. This increased light emission decreases the stored energy supply in the firefly that would normally be used directly for reproduction. Artificial light also exposes the fireflies to nighttime predators, even when they are not blinking. This combination of effects from artificial light directly decreases the chance that fireflies will survive and mate.

Flashes of light can be emitted by both male and female

fireflies, and can also be used for purposes other than mating. One additional use is to lure prey to them; in fact, females from the Photuris genus will often mimic the flashes of a female Photinus firefly, and a male Photinus that falls for it will quickly be devoured! Not all female fireflies are capable of flight, however, as some species are wingless and bear a strong resemblance to larvae rather than to adult males of the same species. Often, these types of fireflies are

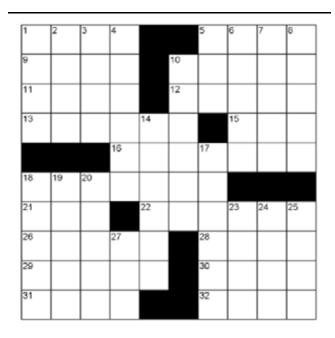


referred to as 'glowworms'.

The abundance of fireflies has been decreasing over the years, greatly challenged by both the increasing presence of artificial light and the rapid development of our open fields and forests. As human light pollution and development continues to spread, fireflies just might disappear altogether, in a blink of an eye!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. Check out our blog at naturewatchaustin. blogspot.com if you enjoy reading these articles!

#### **CROSSWORD PUZZLE**



#### ACROSS

- 1. Father
- 5. Water carrier
- 9. Radar target
- 10. English architecture style
- 11. Corporation (abbr.)
- 12. White poplar
- 13. Hastily write
- 15. Official canine registry (abbr.)
- 16. Peers (2 wds.)
- 18. Mother-of-Pearl mollusk
- 21. Wipe
- 22. Asian nation
- 26. Unripened
- 28. One of Columbus' ships

View answers online at www.peelinc.com

- 29. Great ape
- 30. Swirl
- 31. Very large book
- 32. Fewer

#### DOWN

- 1. The alphabet
- 2. Group of nations
- 3. Vigor
- 4. Sicken
- 5. English bar
- 6. Thoughts
- 7. Folk dance
- 8. Build
- 10. Claws
- 10. Claws
- 14. Dating
- 17. Marrow
- 18. Jargon
- 19. Donkey
- 20. Right angle to a ships length
- 23. Military officer
- 24. Ceases
- 25. "You can't eat just one" brand
- 27. V

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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.

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 River Review.

#### THE DEDICATED RUNNER

Submitted by Steve Bernhardt

The heat is officially on in Central Texas, for the foreseeable future no matter the time of day it will be hot and often humid during our runs. Does this mean it's time to slow down, not run as often, or simply head indoors to the gym to run? If you are a dedicated runner none of these options sounds appealing. Fortunately none of them are necessary either if we take our time to understand how to acclimatize to the higher temperatures and take the necessary measures to run safely and comfortably under the bright Texas sun.

First, it takes our bodies about 7-10 days to begin to make the physiological adjustments needed to adapt to strenuous activity in the heat. Research has shown we can become fully acclimatized in 14-days based on spending at least one hour a day in the heat. During this time our blood plasma volume increases, sodium levels concentrate, and our core body temperature decreases. Keep in mind fitter runners usually adapt quicker, as well as younger runners often do better in the heat than older runners.

Next, dress properly to maximize evaporative heat loss. Wear clothing designed for running that does not hold moisture in the fabric (hydrophobic) and encourages evaporation. Our bodies cool as the heat is pulled away from us in our evaporating sweat. Avoid running in cotton as it holds the moisture in the fabric and makes wide scale evaporation nearly impossible. Running in a soaking wet cotton t-shirt is not cooling, it's basting. Also, don't forget a breathable hat to keep the sun off your head and sunglasses to fight off the negative effects of UV sunlight on your eyes.

Lastly, our sweat rate increases as our bodies adapt to the stress of running in higher temperatures, because of this we need to replenish our fluids in order to maintain our effort and vital bodily functions. Water is ok for shorter duration runs (30 minutes or less) but for longer efforts we need to add some electrolytes like sodium chloride, magnesium, and potassium. There are many well designed hydration products available that are tasty and effective, as well as several different ways to carry fluids while on your runs like a hand-held water bottle or waist belt. If you are worried about the comfort of carrying a bottle while running, trust me after a few days you'll hardly notice it and grow thankful for having it with you.

Just because it's hot and humid doesn't mean we have to stop doing what we love to do, run. Being patient and giving our bodies time to acclimatize is critical. Wearing the right clothing to protect ourselves for the sun and encourage evaporative cooling is a must. Fluid replacement in order to maintain proper hydration is necessary to avoid heat related illness due to overheating and dehydration. With care and attention to each of these areas you'll be on your way to accomplishing your running goals no matter what the Texas summer decides to throw at us.

## CHOOSING A CAREGIVER FOR AN ELDERLY PERSON

The task of choosing a caregiver for an elderly person can seem intimidating, and often falls to a close friend or relative. Questions arise from how to vet the right person for the job, to choosing the best professional agency.

The first thing to consider is the type of services needed: whether the elderly person needs a companion type service, assistance with activities of daily living, or more skilled nursing needs. If the needs are for a companion, there might be a neighborhood friend available to fill the position. It's important to meet with the applicant to make sure there is a clear understanding of the job description, rate of pay and that there is an employment contract in place. This avoids any misunderstandings in the future.

If more assistance is needed with activities of daily living, such as bathing, dressing, eating and so on, it may be advisable to choose an agency that can provide trained personal. Make sure these employees are insured and bonded through the agency. These caregivers also engage in light housework activities, and it's also important to know if they will provide transportation for the client to doctor and other medical appointments if needed. Some agencies will provide transportation with a waiver, but if the caregiver is to use a family vehicle make sure that correct vehicle insurance is in place.

A trusted person representing the client should be present at the interview with the agency, and with the proposed caregiver to make sure that the person is a good fit. Make sure that the agency has performed a background check and that the caregiver has provided good references.

Cost is usually a key factor when choosing caregiver services, but the lowest priced services may not always be the best fit. It's always a good idea to shop around and compare agencies in your area.

Lastly it's very important that an outside person keep a watchful eye on the situation with a caregiver and elderly person, for possible abuse and neglect. The agency should be notified immediately of any problems. Unfortunately our seniors are vulnerable in our society and need help to stay safe.





#### CICADA





Cicadas are fairly large insects but can vary in size with some growing over 1 ½ inches. Color may also vary depending upon species, but many are brown or green. All cicadas have bulging eyes and, on adults, wings that are held roof-like over the body. The wings are semi-transparent with thick wing veins. The majority of their life cycle is spent underground.

Cicadas have 2-5 year life cycles and appear in Texas in mid to late summer. Females insert egg clusters into branches of trees using their saw-like ovipositor

(egg laying structure). Eggs hatch after about 6 weeks and small nymphs drop to the ground where they burrow into the soil. Nymphs feed on sap of tree roots with their piercing-sucking mouthparts. After becoming fully developed, nymphs emerge from the ground at night and climb onto nearby objects such as tree trunk, plants, fences, etc. Adult cicadas emerge from the last nymphal stage leaving behind the exuviae (cast skin). Adults can live 5-6 weeks.

Male cicadas are well known for their "song". They rest on a tree and produce a whining sound to attract females. The sound is produced by two vibrating membranes on the side of the abdomen. Females do not "sing". Adults feed on juices from tender twigs, but usually do not cause lasting harm to the plant from feeding.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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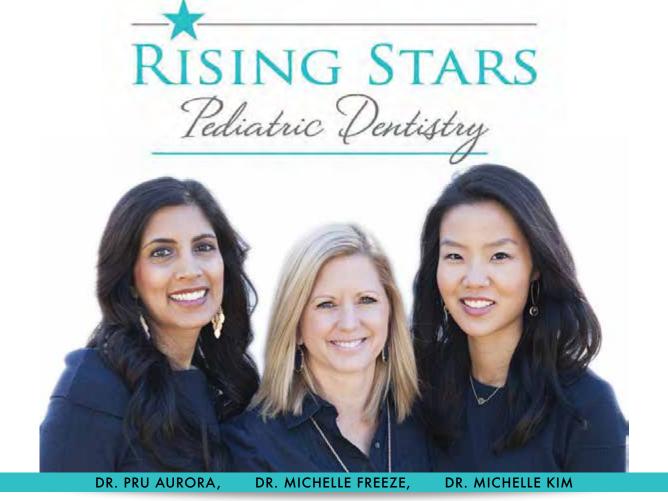


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#### Mental Health Break

Submitted by Steve Bryan

Who doesn't love a vacation? For many, vacations are a staple of summertime. But have you ever wondered why vacations make us feel so good? Sure, it's the adventure, seeing the sights, having new experiences. It is also about stepping away from our daily routines and taking a break from the mundane grind of daily life. So it may not be surprising to learn that vacations are wonderful for our mental health and sense of well-being.

In terms of brain science, the benefits of vacations are rooted in the idea of novel experience. Our brains love novelty. Our brains thrive with new experiences and flourish when presented with new sights, sounds, smells, ideas, and adventure. In addition, sharing these novel experiences with another person, like your spouse, family, or friend expands the dynamic of novelty while deepening your mutual bond and connection with another.

As we age, we can develop a sense of "been there done that" and lose our childlike wonder of the world. We can easily fall

into a rut because our brains are also designed to simplify and generalize our experience. When we learn something new, our brain tries to integrate it into the mind and move on. As a result, over time, the experiences that once brought us joy and excitement, may no longer do so.

So a vacation is an easy way to re-ignite our sense of awe and wonder. But a far-away adventure is not the only way to experience novelty. Anything that creates a shift in your routine can have a similar effect. Simply taking a walk, connecting with a friend, trying a new restaurant, or even a new dance/yoga class can stimulate your brain toward a more healthy sense of well being. There are infinitely more ways to incorporate novelty into our lives, but before the summer ends, why not take a vacation?

Steven Penn Bryan is a Licensed Professional Counselor Intern at Center for Relational Care, 2312 Western Trails Blvd., Austin, TX 78745. He is supervised by David Burleson, LPC. (512) 492-6200. www.relationalcare.org

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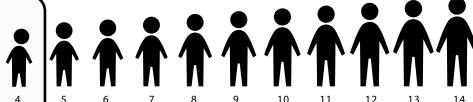


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After



Before



After





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Sometimes our patients have to split up their cosmetic treatment. This patient has had tetracycline staining on his teeth since he was a young child. He also had a "bad bite" which caused his muscles to "grind" through his teeth. He noticed his teeth getting shorter and shorter especially on his right side. By balancing out his bite, we were able to reestablish a better length for his teeth and best of all he doesn't grind his teeth anymore. He plans to do his lowers sometime in the future, but for now he's extremely happy and we are in a good place for him to wait for the right time to finish up his lower teeth.

- Lance Loveless, DDS, FAGD, LVIF

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