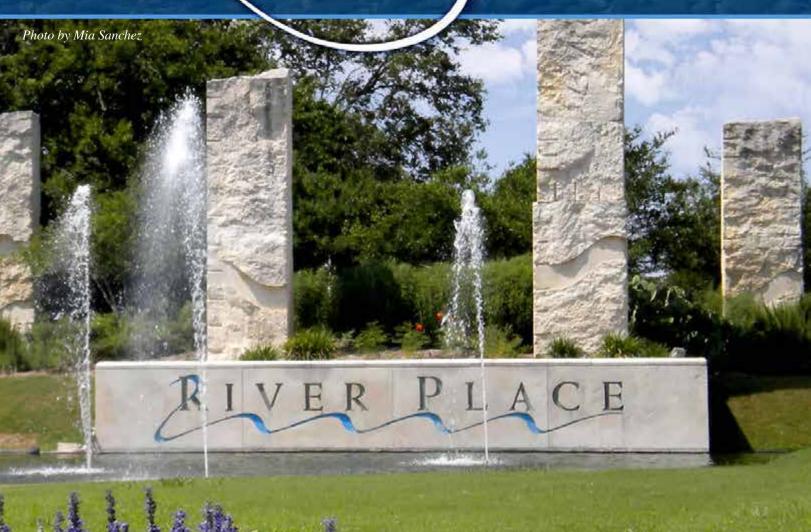
THE RIVER REVIEW

November 2015 Volume 9, Issue 11





November Specials

Thursday, November 12th, 2015 6:30PM - 9:30PM

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• \$10/unit - Can pre-purchase for entire year

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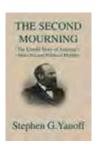
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We'll Miss You! Purchase Online Starting Midnight November 12th or Call During Business Flours.

Remember These Specials End At 11:59PM on November 12th.

Local Author



Stephen G. Yanoff, author of THE SECOND MOURNING, has just received "Honorable Mention" (2nd place) in the nonfiction category of the 23rd Annual Writer's Digest Awards. Yanoff's highly acclaimed book has now won 5 major awards, including two gold medals and one silver medal in national and international writing competitions. The Writer's Digest contest attracted 2,600 entrants from around the globe,

including books from some of the best-selling authors in America.



25TH ANNIVERSARY OF "EASB LIVE!" TO RAISE FUNDS FOR NEONATAL INTENSIVE CARE UNIT (NICU) AT SETON MEDICAL CENTER AUSTIN

The Elizabeth Ann Seton Board announces its annual benefit, EASB LIVE! TWENTY FIVE! at Camp Mabry, on Saturday, April 23, 2016 at 6 p.m.

Event chairs Elisabeth Anderson and Lesley Pitts anticipate another successful sell-out event to raise funds to support building and equipment needs for neonatal intensive care unit (NICU) and mother/baby services at Seton Medical Center Austin.

"Our board is excited that our work will maintain the utmost in care, including new equipment and enhanced surroundings for babies and their families in Seton's NICU," explained Elisabeth Anderson. "The community has been amazing in their support of EASB Live! for 25 years, and we can't wait to improve the lives of our very most

(Continued on Page 4)

IMPORTANT NUMBERS

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EMERGENCY	911
Fire	
Ambulance	
Sheriff – Non-Emergency	
Hudson Bend Fire and EMS	
Emergencies	512-266-1775
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14,61 1 1466 216111611611 ,	
UTILITIES	
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Custom Service	1-800-700-2443
Emergencies	512-370-8609
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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 <u>riverreview@peelinc.com</u>. The deadline is the 15th of the month prior to the issue.

RIVER REVIEW

(Continued from Page 3)

vulnerable with this year's gala. What we are doing will give a baby the hope and help it needs to live, thrive and have a full life's story."

The 1,300 plus attendee event features a lively cocktail party, elegant dinner buffet, incredible auction packages, exciting live concert and "The Backyard" after-party, sponsored by Horizon Bank, hosting some of Austin's most craved food trucks, music and more. 2016 Sponsorships and tables begin at \$4,000. Tickets start at \$500.

"This year's Live Auction promises to offer items you simply can't buy anywhere else," added Lesley Pitts, Gala Co-Chair. Our little ones are our future, and ensuring them a successful beginning in life is motivation in itself for our board to knock it out of the park for our 25th anniversary."

The Elizabeth Ann Seton Board is dedicated to improving the lives of Central Texas communities by supporting the work and vision of the Daughters of Charity healthcare ministries through fundraising, education and community advocacy with The Seton Fund. The name honors America's first native born saint, Elizabeth Ann Seton, who founded the American branch of the Daughters of Charity in 1809.

To learn more visit www.setonfund.org/easb-live-2016, or contact Susan Hewlitt at 512.324.3275 schewlitt@seton.org





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Tip of the Month

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RIVER REVIEW

TEXAS A&M

MEALYBUGS

Mealybugs are

pests of landscape plants and houseplants. They are often active during times of warm, dry weather, but can also become a problem indoors at any time of year. Infestations usually start at the base of stems and then spread from there as populations increase.

Mealybugs are a type of unarmored scale insect. They are sexually

dimorphic (males & females look different). Males have wings while females remain wingless and nymph-like throughout their life. Females are oval, soft-bodied and covered with a white waxy powder.

These insects have piercingsucking mouthparts which they use to penetrate plant tissue and suck out juices. This can lead to chlorosis (yellowing of the plant), wilting and distortion. With larger infestations, the insects may cause stunted growth, premature leaf drop or death of the plant. Mealybugs are also known for

secreting honeydew, a sweet, sticky substance on which a fungus called *sooty mold may grow.

*Sooty mold is a fungus that grows on honeydew excretions. Sooty mold can indirectly harm the plant by covering plant surfaces and reducing the amount of sunlight that reaches plant tissues, resulting in reduction of photosynthesis.

Since all but male mealybugs are wingless, adult females have to be placed near a host plant for them to infest it. They can crawl short distances to plants. Immatures can be blown to new locations by the wind, move by water or be transported by animals.

Tips for mealybug management:

- · Conserve beneficial insects; there are many insects that will feed on mealybugs or parasitize them
- **Use high pressure water sprays to dislodge the insects from the plant
- **Insecticidal soap



- **Insecticides labeled for mealybug control
- For severely infested plants, it may be best to throw the plant away and buy a new

**If treating houseplants, move plants outside during treatment then move back inside once treatment has dried.

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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GONE TO SEED

NATUREWATCH

by Jim and Lynne Weber

Often used as an informal figure of speech meaning to deteriorate or go downhill, 'gone to seed' can have a negative connotation. But each seed contains a new beginning: a tiny plant just waiting for the right conditions such as water, warmth, and a good location, to germinate and grow. Seeds and seed heads form fascinating shapes, varying sizes, and intricate patterns, often adorning the fall and winter landscape.

Plants have many ways of dispersing their seeds, and most have evolved over millions of years. While the methods are tried and true, certain seeds have developed in very particular ways to take advantage of such methods, and some plants only release their seeds in response to specific triggers.

Wind helps seeds float or flutter away, often aided by seed structures such as thin wing extensions or long, feathery tails like those on the endemic Scarlet Clematis (Clematis texensis). Texas Bluebonnets (Lupinus sp.) employ the expulsion or explosion method, where the small, pebble-like seeds are forcibly expelled when the dried pods twist open in the warm sun. Gravity plays a part in many plants seed dispersals, where weighty seeds fall off the plant and roll to a new location. The best example of this are the round, heavy fruits that simply fall off a plant when ripe, such as those on Mexican Plum (Prunus mexicana) or Texas Persimmon (Diospyros texana). If the fruits have a tough outer shell, they may travel some distance from the parent plant, and if they have a soft skin, they



Scarlet Clematis seeds have long, feathery tails that aid in wind dispersal. Photo by Lee Page.



Illinois Bundleflower seeds are eaten and dispersed by ground birds such as quail. Photo by Joseph A. Marcus.



Texas Star is name after the fivepetaled flower and star-shaped seed head left behind after it blooms.

may break open where they fall and scatter the seed or seeds within.

Some plants produce very light seeds, seeds with buoyant fluff, or seeds with air trapped in them, so they can float away from the parent plant that grows in or around water, like Common Buttonbush (Cephalanthus occidentalis) or Black Willow (Salix nigra). Others employ the assistance of animals, which can come in the form of seed or fruit eating (where the seed can pass undigested through the animal), seed caching or burying, or seed transportation. Often unbeknownst to the animal, seeds can be covered with tiny hooks or spines that catch on a passing animal's fur, and eventually rubbed off in another location. Common examples include Cedar Waxwings and American Robins eating juniper and yaupon berries, both ground and tree squirrels eating and caching acorns, and many animals (including humans) that emerge from the wilds carrying the seeds of Beggarsticks (Bidens sp).

This fall and winter, let the seeds linger! Not only do they provide much needed food for wildlife, but leaving them allows for some beautiful and mysterious patterns in your winter landscape, and the promise of renewing the cycle of life that begins again each spring!

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, check out our book, Nature Watch Austin (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.

Hosting an International Exchange Student

Hosting an International Exchange Student is such a great experience for all of those involved. It leads to a better understanding between individuals of other cultures, hopefully branching its way out to a more peaceful global society. But don't just take my word about it, read about Nelva's experience and understanding of the exchange program.

I'm so lucky to have been placed with a great host family in Texas! The best part is when we share each other's cultures and have a lot of quality time together. I'm blessed to have chance to study in American High School.

Being an exchange student is hard. For the first couple days it was hard because I didn't know anybody, the moving class system is new for me and sometimes it's hard to understand what they say. But America is really friendly and handy so I got a lot of help from them. From the exchange program, people can really get to know each other, people start to respect each other and we can start a new chapter to have a better world.

So if you want to enrich your life, host an exchange student!

Nelva is from Indonesia and is spending the academic year here in Texas as part of the Kennedy-Lugar Youth Exchange and Study (YES) program. This program is funded by the US Department of State which provides scholarships for secondary school students from countries with significant Muslim populations. As part of her program year, Nelva is required to perform at least 60 hours of community service (however most YES students' hours amount to hundreds of hours) and continue working with the program in her home country.

Our application process for the 2016 Spring Semester and 2016/2017 academic year will soon be opening. School spots in our area tend to fill up rather quickly, so get your application in early to host one of these amazing students!

Ayusa is a non-profit organization founded in 1981 to promote global learning and leadership through foreign exchange, study abroad, and leadership programs for high school students from the U.S. and 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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Pet of the Month

Peggy is a super sweet gentle giant! She listens well and loves to be next to your side. She is 2-3 years old, spayed, up to date on shots. She is around 50 lbs. She was found in the heights area as a stray and a nice family took her in and found us to take her into our group. As you can see from her pictures it looks like she had a rough life and we hope to find her a forever home where she can be spoiled the rest of her doggy life! Peggy gets along with other dogs big and small. Call or email us to adopt her.

832-267-5777 animalrescuekingdom@gmail.com



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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:

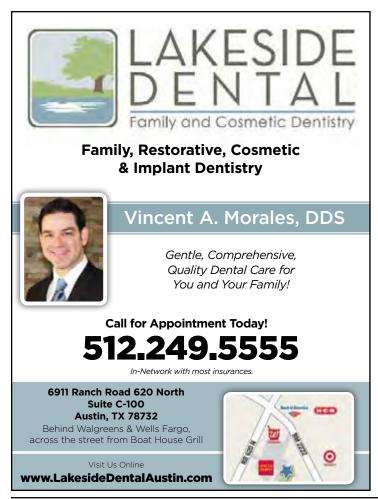
- Having started menstrual periods at a young age
 - Having a first child after age 30
 - Use of hormone replacement therapy
 - Having a family history of breast cancer

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/







Fit and Fun: Health Tips for You and Your Children

often

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

• Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

• Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!

• Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

 Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at:

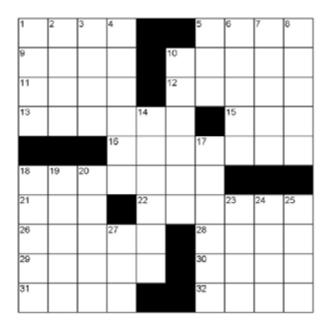
www.cdc.gov/healthyyouth/
physicalactivity





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CROSSWORD PUZZLE



ACROSS

- 1. Saclike structures filled with fluid or diseased matter
- 5. Citizen
- 9. Run easily
- 10. Distinguished
- 11. Malaria
- 12. Book of facts
- 13. One who dies for a cause
- 15. Stretch to make do
- 16. Headphones
- 18. Brutality
- 21. Desert 22. Snuck a look
- 26. Declare 28. S.A. Indian
- 29. Gave a lavish party
- 30. Element
- 31. Question closely
- 32. DNA component

DOWN

- 1. Chowder ingredient
- 2. Meditation
- 3. Goad
- 4. Grow molars
- 5. Explosive
- 6. Tears
- 7. Waken
- 8. Set in
- 10. Self-protection
- 14. Barked in pain
- 17. Coloring
- 18. Small enclosed field
- 19. Indian currency
- 20. Inches, for example
- 23. Leg joint
- 24. Economics abrv.
- 25. Citizen of Denmark
- 27. Tulle

View answers online at www.peelinc.com

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Pet Place Reasons to "Scoop the Poop"

Dogs are a very popular pet and are found in many households. There are 70 million pet dogs in the United States alone. Opening up your home to a dog also means accepting responsibility for that pet, including cleaning up their waste.

Most people have heard the term "scoop the poop" but some people may not have heard the reasons why this is so important. Some people view dog feces (or what most people call dog poop) as a good fertilizer, but this is actually a myth. Dog diets mostly contain animal products such as chicken and turkey. Thus, a dog's waste contains substances created by the breakdown of the animal products. It does not enrich the soil for plants such as grass. If not picked up, dog feces can enter waterways via storm drains after it rains. Nitrogen in the feces depletes the oxygen from the water, and the water is made harmful to fish and other aquatics. It is often listed as the third leading cause of water pollution. Dog feces are also considered an environmental pollutant as it contains harmful organisms. One gram of dog feces

may contain as much as 23 million bacteria. Harmful bacteria such as Salmonella and E. coli can be found in dog feces. Parasites such as Giardia, Cryptosporidium, roundworms, hookworms

> and whipworms may also be found. Many of the parasites (usually in a resistant egg form) linger in the environment for years, even if the rest of the dog feces breaks down over time. Both bacteria and parasites are health hazards for both humans and animals that come in contact with them.

> Besides the "ick" factor of stepping in dog poop and the unpleasant odor of it, dog feces can serve to attract pests (such as flies) and rodents (such as rats). Being a responsible pet owner and scooping your dog's poop is important for the community health of both humans and animals. It helps Improve local

water quality. Scooping your dog's poop also promotes favorable views towards dogs by others in the community.

Fall Fresh Faces Party

Wednesday, November 11 5:00-7:30 p.m. at Balcones Dermatology

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SEND US YOUR

Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in

the next issue. Email the picture to riverreview@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www. PEELinc.com.



Twelve Top Travel Tips When Traveling with Your Pet

Traveling with your pet can be fun and rewarding – especially when you're prepared. In addition to the pet travel "basics" (safely restraining your pet, allowing adequate time for potty breaks, bringing comforting items from home, and so on), several additional simple practices can help make every trip easier and more pleasant for both you and your pet.

- 1. Schedule a veterinarian visit to insure overall health and current vaccinations. Ask for a health certificate and vaccination records, especially if you're traveling out of state.
- 2. Make sure your pet's identification tags are up-to-date and legible. Also, be sure his rabies tag and vaccinations are current.
- 3. Include your destination address and/or phone number on your pet's tags and cage/crate (if applicable).
- 4. Remember to pack water to prevent dehydration. To help insure convenient feedings bring along a collapsible food bowl.
 - 5. Pack all medications and supplements to avoid missed doses.
- 6. Pack a first aid kit to insure readiness in the event of an injury or medical emergency.
- 7. Exercise your pet prior to departure. A tired pet is typically much more amenable to travel. Also, bring a lead or harness to allow exercise during pit stops.
- 8. Feed your pet at least four hours prior to departure to prevent car sickness. If the trip is long, feed a smaller amount that normal at least two hours before you leave.
- 9. Use a travel remedy, if necessary. If your pet is extremely anxious about travel, try a soothing non-prescription calming product.
- 10. Trim toenails to prevent snags and injury, especially if your pet will travel in a cage or crate.
- 11. Cover your car seats to keep them clean and free of hair shed on your trip.
- 12. Know your travel rules and restrictions, especially if you will travel on an airplane.



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