

THE RIVER REVIEW



January 2016

Volume 10, Issue 1

Photo by Mia Sanchez



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WHAT TO FEED YOUR NEW FURKID

By Natural Pawz Co-Owner Nadine Joli-Coeur

New pets at Christmas used to mean puppies and kittens. That is no longer the case. Many of us adopt a new family member from one of the local rescues or pet organizations. The new pet can be young, old, small or large and may also have some special needs.

It's a time of great joy but it's challenging to determine the best food for your new pet. There are so many choices out there. Whether you get a pet from a breeder or adopt from a rescue or shelter, it's important to ask a couple of questions:

- 1) What has he/she been eating? How much and how often is he/she fed?
- 2) How old is the pet?
- 3) Does the pet have any allergies or skin issues?
- 4) Are there any medical conditions that you should know (past or present)?

A little information can help guide you on what to do next. If your pet has been on a poor diet or you have a multi-pet household, you might want to change the food. The first thing to do is find a food that meets the best needs of your pet. Should you buy canned food, dry food or something else? The answer really is that there is no one right answer.

Puppies – What to Feed

Feeding your pet healthy food is essential if he/she is to grow into a healthy adult. A puppy diet will provide the extra nutrients and fat needed. Additionally, other ingredients are critical such as DHA for brain development, omegas for a shiny coat and enough (but not too much) calories for energy. For small and medium breeds, you should feed puppy food for at least the first nine months. For large to giant breeds or breeds that tend to have hip and joint issues, you can feed a breed-specific puppy food for up to 18 months. (Timing is determined on when they stop growing).

Rescue Pets – What to Feed

Often newly adopted pets are stressed and may not have been on a proper diet prior to their arrival in your household. Select a diet based on needs, including overweight, dry coat, poor digestion....

POOR COAT – A better food will improve the pet's coat. Start with a food that provides additional omegas or ingredients for the coat (such as coconut oil, fish protein, fish oil, canola oil, flax). If the pet's ears and between the paw pads are irritated, the pet probably has allergies. Look to feed a diet formulated with limited ingredients and a protein source that they haven't had before such as duck, rabbit or lamb.

POOR DIGESTION / LOOSE STOOL – If your pet has loose stools or diarrhea, it may be due to stress, a poor diet, too fast a transition to a new diet or feeding too much. If you are feeding a good diet, you may be feeding too much during a meal. Either cut back or feed more often. A good diet starts with high-quality ingredients

(Continued on Page 4)

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Hudson Bend Fire and EMS	
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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.

RIVER REVIEW

(Continued from Page 3)

as opposed to lower quality or highly processed ingredients such as glutens, starchy grains and by-products. A pet cannot be healthy without a healthy intestinal tract. To improve intestinal health, add the following to the diet:

- Pre and/or probiotics: a supplement specifically designed for pets will work better than plain yogurt
- Enzymes: Try a supplement, raw food or bones; Pumpkin is also a good option that's full of fiber and minerals.

Food transition Guide

Day 1 & 2: 75% old food, mixed with 25% new food

Day 3 & 4: Equal amounts of both food

Day 5: If poop looks good, feed 75% NEW and 25% old. Otherwise, repeat the 50:50 split.

Note : many less-processed will require less feeding than the directions say. Start with 3/4 the amount and add more or less, depending if your pet starts to gain or lose weight. For more details, you can pick up a Pet Food Transition Guide at Natural Pawz.

Transitioning to a New Diet

OVERWEIGHT – Overweight pets are susceptible to many health issues (joint pain, heart stress). Feeding a low-fat diet often

will not result in reduced weight. Your pet needs high-quality protein for optimal health. Here are some ways to lose those extra pounds:

- Replace 1/3 of the diet with canned pumpkin. Feed a good senior or weight management diet. (The extra glucosamine in a senior diet helps the joints.) Cut back the current diet and slowly increase the pet's exercise.

SENIOR PETS – If you adopted a pet over seven years old, I thank you. Increasingly, old pets find themselves in shelters or rescue groups because their owners cannot take care of them. Senior pets are some of the most loving animals and with a little focus on nutrition and supplements, there is no reason why senior pets can't live a long and happy life. As our pets age, their bodies do not process foods as efficiently, so look to feed a less-processed diet, make sure to manage their weight and increase water /moisture in their diet.

As parents of a new furkid, you are responsible for what your pet eats. Not all pets are the same and not all pets like the same things. With some research and a little trial and error, you can make a difference in what your pet eats and the life your pet enjoys.

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PROTECT YOUR HOME FROM FREEZING WEATHER

- Wrap all exposed pipes located outside or in unheated areas of the home.
- Remove garden hoses from outside faucets.
- Cover vents around the foundation of your home.
- Know where your property owner's cut-off valve is located and how to use it. The valve is located adjacent to the water meter box under a 6" metal lid.
- In sustained sub-freezing weather, let water drip slowly from inside faucets.
- Take extra precautions to protect pipes that have frozen in the past.

If You Are Not Going To Be Home:

- Shut water off at the property owner's cut-off valve.
 - Drain all outside water faucets if your house will be unoccupied for several days (leave outside faucets open).
 - Or, leave home heating system on at a low setting.
 - Open cabinet doors under sinks adjacent to outside walls.
 - Renters and tenants may be responsible for personal property damage caused by broken water pipes during severe weather conditions. Residents should contact property management/ landlord or maintenance personnel to locate property owner's cut-off valve and find ways to avoid pipe breakage during a freeze.
- In Sub-Freezing Weather**
 - Drip outside faucets 24 hours a day (5 drops per minute). This is not necessary unless temperatures are expected to be 28 degrees or below for at least 4 hours. (Be sure to turn off the faucets after the threat of freezing weather.)
 - Open cabinet doors under sinks adjacent to outside walls.
 - In unheated garages, shut off water to washing machines. Water softeners should be drained and protected from freezing temperatures.

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Fabulous Foxes

Members of the Canidae family are all dog-like mammals, and in the United States that includes wolves, coyotes, domestic dogs, and true foxes. They are adapted to running swiftly over open terrain, and typically have long muzzles, upright ears, bushy tails, and teeth



that can crack bones. The family is further divided into two tribes, with the wolves, coyotes, and dogs in the Canini tribe, and the true foxes in the Vulpini tribe. In central Texas, two species of true foxes exist, the native Common Gray Fox (*Urocyon cinereoargenteus*) and the introduced Red Fox (*Vulpes vulpes*).

Most active at night, and sometimes in late afternoon or early morning, the Gray Fox is a medium-sized fox with grayish upperparts, tawny sides, and reddish-brown legs. It has a whitish throat with a distinct black patch on the sides of its muzzle and lower jaw. Often confused with the Red Fox, the main distinction is the black tip on the tail and the fact that it is found throughout Texas. Gray Foxes are adept tree climbers, highly unusual for Canids, and they use their rounded claws to ascend trees much like bears. Once up in the canopy, they can hunt birds, escape predators, bask in the sun, or jump from branch to branch like a cat.

Also active at night, and frequently at dawn and dusk, the Red Fox is similar in size to the Gray Fox, but differs mainly in its coloring.

(Continued on Page 7)

A photograph of a diverse group of children, approximately 15-20 in total, smiling and leaning over a wooden railing. They are of various ethnicities and ages, ranging from young children to teenagers. The background is a solid teal color.

NOW ENROLLING

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childrenscenterofaustin.com

(Continued from Page 6)

While its typical coloration is generally rusty red, this fox can exhibit several other color forms, from black to silvery gray, but it always has a pattern of darker fur along the spine and down across each shoulder blade, forming a cross. The most distinct difference from the Gray Fox is the bushier tail that ends in a white tip. The Red Fox



is found throughout most but not all of Texas, absent from the far western and southern portions of the state. Not native to Texas, it was introduced for sport around 1895 in the eastern and central regions.

Both species of fox are social animals, and their primary unit consists of a family with an adult male (or Reynard or dog), adult female (or vixen), and the juveniles (or kits, cubs, or pups) that were born that year. These foxes are thought to mate for life, with breeding beginning in December and extending into February. They can use a variety of places for denning sites, but most commonly they reuse underground burrows dug by other animals. Both the male and female care for and feed their young, and their diets consist of small mammals, birds, berries, and occasionally insects.

Foxes are usually seen in mixed woodlands and edges of forests, and while hunting they often use old roads or open trails while traveling the same routes. Their activity peaks with the activity of their prey, and if you get the chance to watch the cunning way in which they hunt, using their night vision, acute hearing, and high pouncing attacks, you'll begin to understand why they are called fabulous foxes!

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.

Photo by Jeanne Chizzonite

Spring baseball @ Northwest Little League

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HOW CAN I GET IN SKI-SHAPE?

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

Ski conditioning begins about 6 weeks prior to travel, and involves three phases:

- Muscle training
- Stamina
- Agility



Muscle training for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

Stamina is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using "interval" periods to increase your heart rate. Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the athletic agility that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are "ski-adaptive" sports. "Ski-specific" training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt

(Continued on Page 8)



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(Continued from Page 6)

regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes— perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as a autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

By Kelly Cunningham, MD, Sports Medicine specialist

Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society

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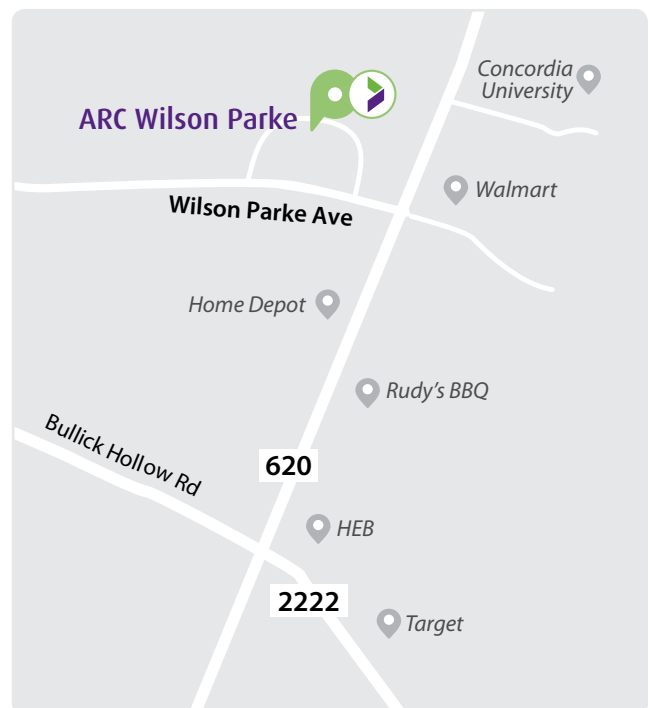


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RIVER REVIEW

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The Spotlight

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Photo by Chris Diaz,
Shutterbug Studios

DON'T LET THE FLU KEEP YOU DOWN

Reviewed by Danielle Fryer, RN,
ADC Practice Manager

FLU SEASON

It's that time of the year when hand sanitizer, tissues and "vampire sneezes" are the talk of the town. Influenza is a serious, potentially life-threatening disease that begins to show up between October through March in the U.S. Flu can cause absences at school and result in lost production at work.

The Centers for Disease Control (CDC), estimate that in the United States, each year on average 5% to 20% of the population get the flu and more than 200,000 people are hospitalized from seasonal flu-related complications. Flu seasons are unpredictable and can be severe¹.

So, who should get the flu vaccine?

Anyone over 6 months of age should get a flu shot yearly, especially those individuals at high risk for flu including:

- Children younger than 5 (especially those younger than 2 years old);
- Adults 65 years and older;
- Pregnant women and
- Residents in nursing homes or long-term care facilities.

People with the following medical conditions are considered at high risk for flu and should also be immunized yearly:

- Asthma;
- Neurological conditions;
- Heart disease;
- Blood disorders (like sickle cell anemia);
- Kidney and liver disorders;
- Metabolic disorders;
- Weakened immune systems;
- People who are younger than 19 on aspirin therapy and people who are morbidly obese.

Are there people who should not get a flu shot?

Talk to your doctor if you . . .

- have had a past reaction to the flu shot;
- are recovering from a moderate to severe illness, or
- have a history of Guillain-Barré Syndrome.

When should you get vaccinated?

Flu season usually runs from October through May. Doctors recommend you get the vaccine as early as September to maximize protection for you and your family. It usually takes two to four weeks for the vaccine to give you immunity.

Can I get the flu from a flu shot?

No. The *injection* you will receive is a dead virus - it cannot give you the flu. However, you may experience side effects such as a sore arm, mild fever or achiness that may last up to two days.

Some people may choose the flu vaccine *nasal mist*. The nasal mist is a live, weakened flu virus that is squirted in your nostrils. It cannot give you the flu. Side effects are minimal and include a runny nose, headache, sore throat, or fever lasting 1-2 days. It can only be given to people from 2 years of age up to the age of 50.

What is the High Dose Flu Vaccine or Fluzone High Dose?

The high dose vaccine contains four times the amount of antigen (which prompts the body to make antibodies) as the regular flu vaccine. The high dose vaccine is approved for use in adults 65 years and older. As we age our immune systems weaken and immune responses decrease. A recent study² indicated that a high-dose vaccine was more effective in preventing flu in adults 65+.

What is the difference between the flu and a cold?

A cold may begin gradually and develop over several days. The flu comes on suddenly and is accompanied by some or all of the following symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever.

The Austin Diagnostic Clinic, will offer flu shots for adults 18 years and older at all doctor's offices, including Steiner Ranch, during regular business hours. Parents should contact their pediatrician or family doctor to schedule flu shots for children under 18 years old.

- Flu shots \$40 (or will file insurance)
- High Dose Flu Shots \$60 (will file insurance)

For additional hours and information please visit **ADClinic.com/flu** or call our **Flu Hotline at 512-901-7117**.

Sources:

1. <http://www.cdc.gov/flu/index.htm>

2. http://www.nejm.org/doi/full/10.1056/NEJMoa1315727?query=featured_home6

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- ★ Available during regular business hours Monday- Friday (check adclinic.com)
- ★ Flu shots after-hours and weekends at ADC Urgent Care in North & South Austin
- ★ Parents should contact their pediatrician to schedule flu shots for children under 18.



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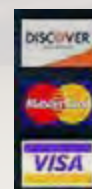
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Dr. Waters is a 1996 graduate from UT Dental School in San Antonio, a 1997 graduate of Advanced Dentistry from the University of Nebraska Medical Center and the 2001 Valedictorian from the St.

Louis University Orthodontic Program being the recipient of the 2001 J.P. Marshall Award for Clinical Excellence. He holds a Bachelor's Degree in Biology, Doctorate in Dental Surgery, a post-Doctorate certificate in Advanced Dentistry, post-Doctorate certificate in Orthodontics & Dentofacial Orthopedics and a Master's Degree in Orthodontics. Dr. Waters is a Diplomate of the American Board of Orthodontics since 2006 and a **Proud Steiner Ranch Resident** since 2001.

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Peel, Inc. specializes in publishing community newsletters for neighborhoods and homeowner associations. Our goal is to help build communities by connecting local businesses with residents and residents with relevant neighborhood information. We currently work with over a hundred communities and homeowner associations throughout the state of Texas. You can find us in Austin, Houston and San Antonio. To view our coverage map visit us online at www.peelinc.com.

Professional Quality

Our newsletters are designed using industry-standard tools like Adobe InDesign, printed on offset presses, folded, and saddle-stitched. This produces a higher-quality professional-looking newsletter than consumer-level tools like Microsoft Publisher and high-speed copiers. By mailing the newsletters directly to the residents we eliminate the need for costly door-to-door delivery services.

Reputable History

Peel, Inc. has been in business since 1977 and printing community newsletters continuously for over 24 years. That's twenty-four years of working with community leaders, homeowner associations, neighborhood associations, and management companies to help them communicate

effectively with their residents. Twenty-four years of working hand-in-hand with local editors ensuring articles are informative and relevant to the residents. Twenty-four years of helping local businesses advertise their presence. Twenty-four years of helping build communities.

Advertising:

Advertising is an investment in the growth and future of your business. Consumers who buy products or services from businesses like yours almost always buy them from a business that they knew about before their need occurred. Advertising increases the likelihood that more consumers will know who you are when they are ready to buy.

Advertising has other important benefits: it helps defend your revenue from competitors, it encourages repeat business, it can improve employee morale, and make it easier to hire the best people.

So should you advertise? Absolutely. The trick is finding the right medium for your business and budget. It's vital that whatever you choose, the media must reach enough of the right people, reach them frequently, and reach them with a compelling enough message to stick in consumer minds. Advertising monthly in a community newsletter is a great way brand yourself as well as reach people near your place of business. Call 512-263-9181 and start today.



Four Points Spotlight

The Four Points Spotlight is a quarterly supplement inserted in to all of our Four Points area newsletters and has a reach of 8,500 homes. Advertising is exclusive to only one business in their respective field. The next issue will go out in April. Call to reserve your space today: 512-263-9181.



When we began the process of starting our new business, my business partners and I drew out an advertising plan that we felt confident would produce steady revenue and growth. However, we learned quickly that we couldn't afford to limit ourselves to phone directories and internet marketing. After spending countless hours and more money than I care to admit we met Kelly Peel with Peel Inc. Kelly wasted no time in helping us determine the best market for our ad and custom tailoring an ad that would make our phone ring. Peel Inc. got us into the homes of 4000 residence in our target audience for for just a few cents per home. We have yet to find a more affordable and explosive form of advertisement. Peel Inc. has an obvious commitment to excellence and this is most evident in their diligent follow through, creative design work, and high quality newsletters.

Wade Lombard

Owner, Square Cow Moovers



PEEL, INC.
printing & publishing

www.peelinc.com

512.263.9181

Think.
Create.
Make it
Happen.



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