

THE RIVER REVIEW



June 2020

Volume 14, Issue 6

Photo by Mia Sanchez



NEWS FOR THE RESIDENTS OF RIVER PLACE

Family Fun With Fudgesicles

(Family Features) Planning snacks you can enjoy with your children is a winning parenting strategy for spending more time together while creating tasty treats.

Take it a step further with a recipe like these Homemade Fudgesicles, which are an ideal example of an easy treat made with the goodness of real milk kids can help make, giving them an added incentive to enjoy moments together. To help your children reach the recommended 2-3 servings of dairy each day, serve with a glass of milk.

Find more snack recipes at milkmeansmore.org.

HOMEMADE FUDGESICLES

Recipe courtesy of Milk Means More

Total time: 10 minutes plus 12 hours chill time

Servings: 12

INGREDIENTS

- 3 cups milk
- 1 cup sugar
- 3/4 cup unsweetened cocoa powder
- 1/4 cup honey
- 1/4 teaspoon salt
- 12 ice pop sticks

DIRECTIONS

In pot over medium heat, heat milk, sugar, cocoa powder, honey and salt, stirring often, until sugar dissolves. Remove from heat and cool to room temperature. Pour into ice pop molds and insert sticks then freeze until firm, about 12 hours.

Remove ice pops from molds and place in freezer-safe bag until ready to eat.



#15252

Source: United Dairy Industry of Michigan

RIVER REVIEW

A BIRD THAT SAYS ITS NAME A BIRD THAT SAYS ITS NAME

By Cheryl Conley, TWRC Wildlife Center



A few years ago, when I took my dog out for her last potty of the night, I heard the most beautiful bird singing. Just a few seconds later, another bird responded with the same beautiful song. I had no idea what species it was but after some research I learned it was a whippoorwill. The whippoorwill actually got its

name because of its song—three syllables with emphasis on the first and last syllables.

Whippoorwills are nocturnal. They feed exclusively on insects and start foraging 30 minutes after sunset and continue until it's too dark to see. They continue their foraging at first light and stop just before sunrise. If the moon is bright, they may hunt all night. They have large mouths and can swallow insects up to 2 inches long.

The most interesting fact about the whippoorwill is that they don't build a nest. The female will lay her eggs on the ground and cover with dead leaves or debris. Often times she'll find a spot on the north or northeast side of a shrub or plant so she's shaded during the heat of the day. Mom is responsible for incubating the eggs during the day and both Mom and Dad share the duty at night. Amazingly, whippoorwills time their breeding patterns to coincide with the lunar cycles so that the eggs hatch when there is at least a half moon. It is believed that the extra light helps in caring for her young. Within 24 hours of hatching, the baby birds instinctively move apart. The parents will also push the babies to keep them apart. It is thought that this is done to make it harder for predators to see them. The male stands guard over the nest and will hiss and spread his wings if he thinks there is a predator nearby. Another tactic used to protect the young is he will fake an injury away from the babies to draw attention away from them. While he draws the predator away from the young, the babies scatter and freeze.

At about 8 days, the down-covered babies molt and the female leaves them in the care of the male. If conditions are right, the female will often find a spot nearby and lay 2 more eggs.

TWRC Wildlife Center cares for injured, orphaned and displaced wildlife brought to us by the public. Due to the Corona Virus, we've had to alter our admission procedures. If you find an animal needing help, please call us. We will advise you on how to care for the animal until you can bring it to us: 713.468.8972

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire	911
Ambulance	911
Sheriff – Non-Emergency	512-974-0845
Hudson Bend Fire and EMS	
Emergencies	512-266-1775
Information	512-266-2533

SCHOOLS

Leander ISD	512-570-0000
Cedar Park High School	512-570-1200
Vandegrift High School	512-570-2300
Four Points Middle School	512-570-3700
River Place Elementary	512-570-6900

UTILITIES

River Place MUD	512-246-0498
City of Austin Electric	512-494-9400
Texas Gas Service	
Custom Service	1-800-700-2443
Emergencies	512-370-8609
Call Before You Dig	512-472-2822

AT&T

New Service	1-800-464-7928
Repair	1-800-246-8464
Billing	1-800-858-7928

Time Warner Cable

Customer Service	512-485-5555
Repairs	512-485-5080
IESI (Trash)	512-282-3508

OTHER NUMBERS

River Place Postal Office	512-345-9739
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Peel, Inc.	512-263-9181
Article Submissions	riverreview@peelinc.com
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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.

BICYCLE SAFETY

Bicycling certainly has become a popular exercise option (or for some just to get out of the house) during the Covid Virus. Families and individuals were spotted within the neighborhood and on the walking/jogging/riding trails that surround us. Thus, this is a good time to remind everyone of bicycle safety, not just now...but anytime, such as riding for exercise/recreation, to school/work, etc.

EXCERPTS FROM THE USAA EDUCATIONAL FOUNDATION

Bicycling is fun, good exercise and good for the environment. You and your family can enjoy years of safe bicycle riding when you understand the risks involved and take steps to prevent accidents and injuries. Covid 19 got a lot of people out walking and others pulling their bikes out of the garage to kill the boredom of being cooped up in the house.

5 Keys to Safe Bicycling

1. Wear a bicycle helmet.
2. Be visible.
3. Stay alert.
4. Know and obey traffic laws.
5. Be predictable.

Wear a Bicycle Helmet

You should always wear a bicycle helmet. Do not assume you will be safe from injury just because you are going a short distance or riding on an unpaved surface. Many serious bicycle accidents occur on residential streets or bike paths and do not involve vehicles.

Inspect Your Bicycle

- Lift the bicycle by its seat and spin the rear wheel. It should spin freely without wobbling, slowing quickly, or touching the brake pads.
- Apply the rear brake smoothly to stop the wheel. The brake pads should touch the wheel rim evenly. When released, the brake should spring back into place.
- Lift your bicycle by the handlebars, and spin the front wheel. It should spin freely without bobbling or touching the brake pads.
- Apply the front brake smoothly to stop the wheel. The brake pads should touch the wheel rim evenly. When released, the brake should spring back into place.
- Inspect brake pads. Replace them if they become worn or cracked. They should be at equal distances from the wheel rim.
- Check the spokes on both wheels. Replace broken spokes before riding.
- Check the tire tread. There should be no worn patches.
- Make sure tires are properly inflated.
- Check your handlebars. Stand in front of your bicycle holding the wheel tightly between your knees and try to move the handlebars back and forth or up and down. They should not move.
- Lift the frame near the handlebars and turn the front wheel back and forth. It should swivel freely.
- Make sure brake levers are secure.

- Apply the brakes and try to move the bicycle forward or backward.
- Make sure the ends of the handlebars are protected.
- Make sure the seat is secure and does not move from side to side.
- Clean reflectors and headlight. Make sure they are securely attached.
- Lubricate the chain if needed.
- Take your bicycle for an annual tuneup and safety check to ensure it remains in good condition.

On the Road

When riding your bicycle on public streets, you are required by law to follow the same rules as any other vehicle driver. You also have the same rights as drivers of other vehicles.

Be Predictable

- Use hand signals to communicate your intentions to other vehicle drivers and bicyclists.
- Communicate verbally (ex: “passing on your left”).
- Ride in straight line and avoid sudden swerves.

Teach Children Bicycle Safety

Is your child ready to ride? According to The American Academy of Pediatrics (AAP), most children are not ready to ride a two-wheeled bicycle until 5 or 6 years of age. Along with physical skills, your child must demonstrate the mental readiness and self-control for understanding and obeying safety rules.

Set Clear Rules

Children – and all bicycle riders – should always wear a bicycle helmet when riding. In addition, you should set age-appropriate limits on when, where, and how children may ride. Be prepared to take away children’s riding privileges if they do not follow these rules.

Be A Good Example

Practice what you teach about bicycle safety. Be diligent about wearing a bicycle helmet, stopping at stop signs and following other important safety rules. Your children will learn more from your example than from your words. Ultimately you should be able to practice bicycle safety while having fun!



HOST AN INTERNATIONAL STUDENT



In a time when life has come to a screeching halt, we begin to feel isolated and divided from the rest of our communities and the world as a whole.

Help us make 2020/2021 the #YearOfUnity!! Our goal is to help Texas recover and thrive by reconnecting with the world around us once again!

We have so many international teens from many different countries who are eager and ready to experience life in America and they dream of the host family who will choose to welcome them this fall. What better way to introduce your family to another country and culture without having to travel half way across the globe!

What is a host family?

- Minimum age requirement of 25. Must be able to pass a background check and have a stable home life.
- Hosts come in all shapes and sizes! Married, single, with / without children all kinds of families are welcome!
- With the help of a Local Coordinator, Hosts are able to choose a student who fits with their family's interests and hobbies. They can begin communicating with their student once the placement is finalized in the database!
- Hosts receive monthly contact as well as 24/7 support during their hosting experience!

- Students cover all of their own personal expenses and carry their own medical insurance.

- Students arrive about 10 days prior to school starting and they depart about 7 - 10 days after school ends. Some have signed up to come for a semester (Aug. - Jan.) and most have signed up to come for the full school year (late Aug - late May/early June)

Hosts provide students with:

- 3 shared meals a day. Students cover lunch if they choose to buy hot lunch at school.
- Students can share a bedroom with a host sibling of the same sex and within 4 years of age from each other. Student must have their own bed.
- The ability to attend American public high school. Hosts would help with transportation to extracurricular activities, within reason and based on availability.
- The love of your family! Students are to be treated as a family member and will share in household chores and daily life with the family.

Help us bounce back from isolation and 2020/2021 the YearOfUnity! If you would like to hear about our student applicants to see if we have a match for you, please contact me directly at 832-455-7881, or email me at vicki.stsfoundation@yahoo.com

RIVER REVIEW

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Kids Can Save Lives by Getting Active at Home



(Family Features) As millions of people across the globe social distance and self-quarantine to help prevent further spread of the novel coronavirus, kids and families can help save lives by getting active at home.

With 55 million students in the United States affected by school closures, teachers, families and kids are incorporating options like UNICEF Kid Power into daily at-home schedules. A free program, the platform hosts a library of interactive dance, yoga and learning videos featuring WWE Superstars, DreamWorks characters and more. These 3-5 minute "brain breaks" help keep kids moving, provide lessons on global citizenship, encourage positive screen time, establish a sense of control and connectivity, and empower them with purpose.

As kids dance, move and learn, they unlock therapeutic food packets that get sent to severely malnourished children around the world. More than 900,000 kids across the U.S. have come together to save 100,000 lives. Through the program, kids also provide meals to their local food banks, give supplies for doctor visits and plant trees in their communities. The more active they are, the more lives they save. Families and teachers can get involved at unicefusa.org/KidPowerAtHome

Beyond this program, UNICEF USA is also providing practical guides and resources for families, including ways to keep kids safe from online harm, adjust to online learning and a quiz that unlocks \$2 in funding while outlining how COVID-19 compares to past outbreaks.



Globally, the United Nations Children's Fund is providing relief and support to vulnerable communities as they combat the ongoing pandemic. To date, the organization has reached more than 40 million health care and frontline workers with hospital equipment and personal protective equipment, as well as more than half a billion people with prevention, hygiene and informational messaging. As this crisis will have continuing effects on millions of people, UNICEF has appealed for \$651 million to address the growing humanitarian needs and provide long-lasting response.

Adults and kids can combat the impact of coronavirus, one dollar or dance move at a time. Just \$3.30 can provide 100 pairs of disposable gloves to health workers. To help fund relief programs, visit unicefusa.org/CoronavirusRelief

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