



FOUR POINTS NEWS

SERVING STEINER RANCH, RIVER PLACE, GRANDVIEW HILLS, WESTMINSTER GLEN AND COMANCHE TRAIL

Volume 9, Issue 6 • 8 pages

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Upcoming Articles

- Steiner author writes about Longhorn football
- Girls Scouts at Ronald McDonald House
- Ready, Set, Teach

Lake Travis Level

Full at.....681.5 ft.
Current level.....631.44 ft.
Percentage full..... 40%

Source: LCRA Updated: Feb. 2, 2013

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LISD Holiday

Spring Break: March 11-15

Austin in top 10 for Urban Forests

By LYNETTE HAALAND
Four Points News

When it comes to a commitment to care for greenspaces in the nation's leading cities, conservation organization American Forests has found that Austin is doing much better than others.

Through a combination of an in-depth survey, independent data and a vote by a blue-ribbon panel of leading urban forest experts, the nonprofit has named the 10 best U.S. cities for urban forests: Austin, Charlotte, Denver, Milwaukee, Minneapolis, New York, Portland, Sacramento, Seattle and Washington, D.C.

American Forests defines urban forests as "ecosystems of trees and other vegetation in and around communities that may consist of street and yard trees, vegetation within parks and along public rights of way and water systems." Urban forests provide communities with environmental, economic and social benefits and habitat for fish and

wildlife.

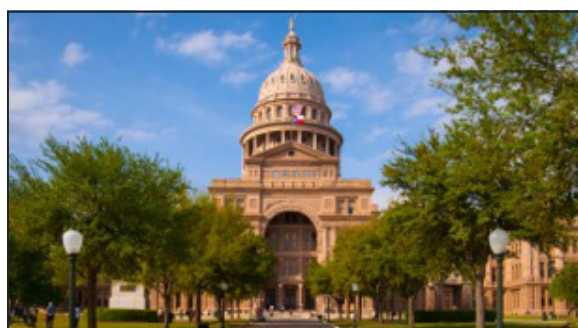
The project, funded by the U.S. Forest Service, found that while many cities are working to improve their green infrastructure, top-ranked cities, like Austin, have made prolonged investments in the health of their urban forest, as well as benefited from active nonprofit and community participation in improving and maintaining the city's environmental resources.

Austin recognizes that trees don't just provide aesthetic value, they also help in a number of other ways, including increasing property values, reducing energy costs and lowering medical costs by improving human health.

In Austin, 18 percent of the city is parkland and its tree canopy is a diverse, healthy 30 percent with its street trees comprising nearly 100 different species.

In 2012, Austin initiated its first Urban Forest Management Plan and will review it on a five-year cycle in hopes of keeping a

FOREST, 5



Austin is named one of the top ten best U.S. cities for urban forests by American Forests this week.



AMERICAN FORESTS

Austin urban forest facts

- 6,465 street trees in the survey area, representing nearly 100 different species
- 8,460 park trees in the survey area, representing 96 different species
- Crape myrtles, southern live oaks and cedar elms were the most abundant trees in the survey in both parks and on streets.
- 67 percent of the city's trees are 10 inches or less in diameter
- 24 percent of the city's trees are between 11 and 20 inches in diameter
- Austin's urban tree canopy is 30 percent

*As reported in "Urban Forest Inventory Report for the Transit Corridors and Parks," which was developed for Austin in 2008 by ArborPro, Inc. *As reported to American Forests in its survey of the 50 most populous U.S. cities.

Feds propose new hunting tracts in Balcones

Plan includes 10 big game locales, dove tract

By LESLEE BASSMAN
Four Points News

Four Points area hunters may have additional sporting opportunities for white-tailed deer, wild turkeys, feral hogs and doves during the next open season.

According to U.S. Fish and Wildlife Service (USFWS) Public Information Officer David Maples, a proposal to expand the tracts available to hunters within the nearby Balcones Canyonlands National Wildlife Refuge (Refuge) is currently before the agency's regional office for review.

Following a public comment period which ended on Jan. 1, the proposed plan is slated to go into effect this summer and includes adding 10 new areas totalling 734 acres for hunting big game and one tract of 97 acres for doves. To date, the hunting areas within the Refuge total 70 tracts of land.

Although the Southwest Region only received eight comments about the proposal, with two people opposed to hunting under any circumstances, the majority of responses expressed support for the sport's expansion within the Refuge. Maples stated that, out of three options, his department selected the 10/1 alternative now before the Southwest Region for final acceptance. No new species will be added under the revised hunting plan which will also allow for "increased access for non-hunting visitors to the Doeskin Ranch area during Refuge hunts when possible." The Refuge's current plan was developed in 1997.

"The Refuge has been around 19 years and the last hunting plan was 15 years ago," said Maples. "Since that time, we've (USFWS) acquired additional tracts of land. We are primarily organized for endangered species - that's what our mission is. Because deer and feral hogs feed on

BALCONES, 2

DI dancers are grand champs

By LYNETTE HAALAND
Four Points News

Dance Institute Performance Academy and Street Heat are the Leander Winter Classic Grand Champions for the third year in a row.

In addition, DI was the Grade 4 - 6 High Point Champion and Grade 7 - 9 High Point Champion.

DI Performance Academy students kicked off their winning season at New York City Dance Alliance's (NYCDA) convention in November. Dannon O'Brien received "Outstanding SR. Dancer", Ashley Norwood received the "Triple Threat Regional Scholarship", Jessica Bowman received the "Steps of Broadway \$800 Stipend", and Reagan

DANCE, 8



For the third consecutive year, Dance Institute Performance Academy and Street Heat are the Leander Winter Classic Grand Champions. Many local dancers attend the River Place studio.



3rd Giddy Up Gala Feb. 23

HCEF fundraiser benefits local students

By LYNETTE HAALAND
Four Points News

The Hill Country Education Foundation is hosting its 3rd annual Giddy Up Gala this month and organizers hope to raise more money than last year to benefit local, Four Points area schools and students.

This year's gala will be at the Oasis on Feb. 23 and serves as the HCEF's biggest fundraiser. HCEF formed three years ago to be an academic booster club to help fund much needed tools at

Laura Welch Bush, Steiner Ranch, River Place, River Ridge and Grandview Hills Elementary schools as well as Canyon Ridge and Four Points Middle Schools and Vandegrift High School.

Last year's event netted over \$47,000 that funded grants focused on S.T.E.M. (science, technology, engineering and math) and leadership.

At this year's Giddy Up Gala, guests will enjoy an evening of dining, live music, open bar, games and auctions. Along with hors d'oeuvres and a sit-down dinner, there will be live and silent auctions, a raffle, and the entertaining Heads

GIDDY UP, 5



Hill Country Education Foundation Gala Committee Members invite you to take part in a festive evening at The Oasis to help raise vital funds for the Four Points area schools. Committee Chairs (background from left): Kai Lamb, Laura Lee, Michelle Beck, Stephanie Johnson, (foreground from left): Michelle Lamb, Myra Roberts and Susan Arant. Not pictured: Pete Dwyer and Chris Lee.



Leslee Bassman

River Place Elementary third-graders Maya Gabbi (back left) and Sophie Robinson (back right) taste purple cabbage at the "blue" table staffed by Angie Hendric and Megumi Evans (far right) during last week's Eating a Rainbow event. Read the story on page 8.

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KELLER WILLIAMS

FPCC hosts Big Frog Ribbon Cutting

Four Points Chamber of Commerce welcomed Big Frog T-Shirts and More to the Four Points business community with an official ribbon cutting ceremony on Jan. 24. Nancy Provolt opened her shop in the Trails at 620.



Field Photography



BALCONES, FROM 1

on acorns and leaves of oak trees, we want to keep the population of deer and feral hogs low to provide a better habitat for endangered bird species such as the black capped vireo and golden cheeked warbler."

Maples stated that the endangered birds are local between March 15 and August 15 annually before migrating to Mexico and Central America. Therefore, the species are not in the Refuge during hunting season.

Currently four weekend hunts are permitted in the Refuge: on the two weekends before Thanksgiving and the two weekends after Thanksgiving, beginning Friday through sundown on Sunday.

[a transmission from the year 2052]

Dear Great, Great Grandpa,
You haven't met me, but if you're reading this in 2012 via time travel, your granddaughter is now six years old. She will grow up happy and healthy and have a son - That's me. I'm 18, and I bear a striking resemblance to you, from the pictures I have seen.

Anyway, just wanted to say thanks for hookin' me up with that sweet college fund. That was cool of you!

With love,
Your great, great grandson, Joseph

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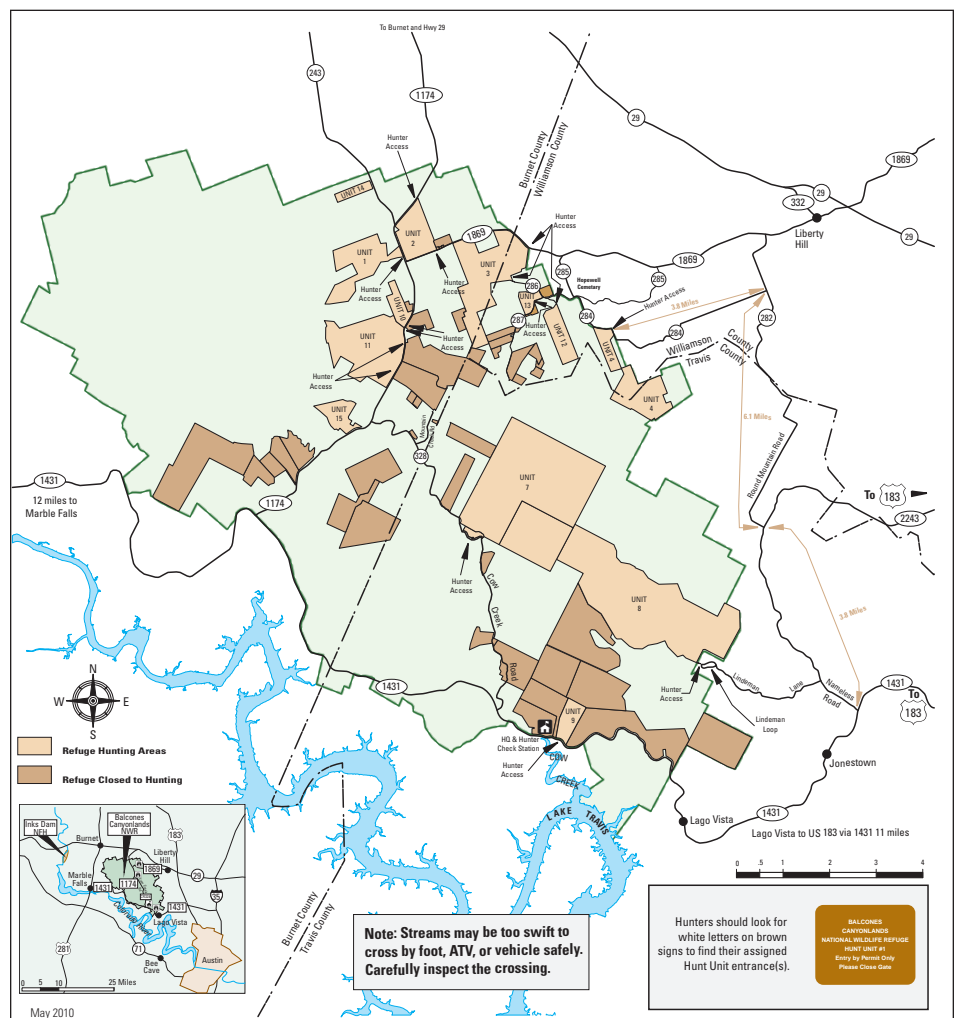
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The U.S. Fish and Wildlife Service is reviewing a proposal to expand current hunting areas (pictured) within the Balcones Canyonlands National Wildlife Refuge. From US Fish and Wildlife Service.

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Celebrating 20 years of continuous improvement



BRET CHAMPION
Leander ISD Superintendent

Since I came on board as superintendent of schools for Leander ISD five years ago, I've addressed the district's Continuous Improvement (CI) Conference a number of times because it is a truly unique learning opportunity for our district. This week, we celebrated a milestone and marked the CI Conference's 20th anniversary, and so I couldn't let the 2013 conference pass by without reflecting on how our district's culture has come to live and breathe through this reinvigorating event.

At the 2013 CI Conference we welcomed 440 presenters who hosted 362 sessions — a record number for LISD. Most of the sessions were led by our own staff members who chose to cross-collaborate and share their knowledge and best practices with their peers.

Not only was the quantity of sessions impressive, the quality of the sessions was also remarkable. Practically everything from using improvisation in music class, to behavior intervention plans, to differentiated math instruction, to using Pinterest to increase student ownership of learning was covered at this year's conference. In keeping with our "bring your own technology" initiative, many sessions focused on how teachers can use devices such as tablet computers and smart phones and technologies including blogs,

Twitter, Google Apps, and the afore mentioned Pinterest, to engage students using their learning using 21st-century skills.

More importantly, all sessions were aligned to one of our district's four focused areas of improvement: the seven student learning behaviors, college- and career-readiness initiatives, closing the achievement gap and focusing on the whole child, or to elements within our Learning Model. Over the years, LISD has sought to provide something for everyone, and I believe this year's conference reflects that commitment more than ever.

And as in years past, every member of the LISD family — principals, teachers, administrative staff, bus drivers and everyone in between — was encouraged to participate. I believe that including all staff in such

a diverse learning experience is where the power of the CI Conference really lies. It emphasizes that our focus on life-long learning transcends all roles and responsibilities within LISD. Through 20 years of intentional continuous improvement strategies, we have come to be known as a district that not only asks for our students to be life-long learners, but that we demand that of ourselves. What a great thing to be known for — investing in our staff so that our staff can invest in our students!

Perhaps the most telling impact of our learning culture is that since this conference began two decades years ago, we have had handfuls of former LISD students — whom a few of us can still vividly remember sitting in our classrooms not so long ago — return to us as staff mem-

bers. Now, as fantastic educators and knowledgeable peers, these LISD graduates are participating at the CI Conference right alongside us. Just imagine the hundreds of students who have graduated from LISD more prepared, having had their educational experiences greatly enriched, because just about every district employee who supported their education was a part of our continuous improvement conferences and culture.

This year's CI Conference was fabulous all the way around. On behalf of LISD, I would like to thank all of the presenters and our staff development team who made it all happen. I'd also like to thank the Cedar Park Regional Medical Center for hosting a health and wellness expo at the

conference and for providing eight scholarships for classroom learning resources, as well as the Leander ISD Educational Excellence Foundation for presenting nine staff members scholarships for Capturing Kids' Hearts seminars. Finally, I would like to thank staff who took time out of their already packed schedules to present their knowledge to their peers. The 2013 Continuous Improvement Conference would not have been the incredible learning opportunity that it was without everyone's contributions.

Twenty years of continuous improvement and life-long learning are indeed something to celebrate!

LWBE had 55 rounds at Spelling Bee

Winning word - lousy

Laura Welch Bush Elementary recently held its annual Spelling Bee and Ishika Puri, a 5th grader in Mrs. George's class was the 2013 winner. The runner up was Avinash Gupta in Mr. Kubitz's 5th grade class. After a grueling battle of 55 rounds the winning word was "lousy." LWBE students and staff wish Ishika the best of luck as she represents the school in the Scripps Regional Bee in February.



NJHS students improve Austin

By **ETHAN McCOSKY**
8th Grade CRMS Student

Over the past few months, National Junior Honor Society (NJHS) students at Canyon Ridge Middle School have been raising money for fellow Austinites in need.

Throughout this current school year, the experienced hand of our sponsor Mrs. Nancy Minter has guided us in the importance of giving back and volunteering our time and talent. The focus is to encourage students to have the will to serve the community in a helpful and encouraging way.

Through donations and volunteering at Barnes and Noble booksellers in December, students were given an opportunity to better the Austin area. With the collected proceeds, CRMS student are able to contribute thousands of dollars to several worthy organizations.

These Non-profit organizations included Safe Place, a shelter for victims of domestic violence to get back on their feet in the world, along with Manos de Christo shelter for families burdened with poverty. Contributions were also made to the Leander ISD Backpack program, a program that gives eligible children wholesome food for the weekend.

In addition to this support, students are purchas-

ing books for Central Texas Elementary schools that cannot afford the opportunity for young students to experience the joy of reading. Later this month, several of NJHS members will head to these schools to deliver the books and share their love of reading with these young learners.

Because of these opportunities, students are able to pave the way for their future as responsible citizens. As in the words of Anne Frank, "How wonderful it is that nobody need wait a single moment before starting to improve the world." CRMS has already begun.



Cheryl Kleffner

Pictured Left to Right: Shelby Hansen, Carissa Mallory, Dillon Piegat, Ryan Boles




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PUBLISHER'S POINT OF VIEW



LYNETTE HAALAND

Backing the Hill Country Education Foundation is good for all of Four Points

The Hill Country Education Foundation hosted a meeting last week to get ideas from people in the community who are passionate about education in our Four Points schools.

The ideas were flying. I have never been in a room filled with so many people with so many good ideas on how to bump up the local educational experience.

HCEF wants to be a household name because what they do has a positive effect on thousands of households in Four Points.

HCEF wants our students to excel academically and are our local "academic booster."

In the last two years, HCEF has funded over \$48,000 in grants to teachers at our five elementary, two middle and one high school in Four Points. It is an exciting day when the HCEF Grant Patrol hits the schools, there are huge smiles and sometimes tears from the teachers.

Why? Because those HCEF grants give our teachers better tools to educate our kids.

Here are a few examples from last year:

Jan Masterson, Alicia Stansell, and Sarah Tanner received funds for Vernier technology for the science department at Four Points Middle School. The technology deepens the student's understanding of lab experiments.

Angela Beach received three iPads for her 2nd graders at Laura Welch Bush Elementary. They are aiding in collaborative work and used in English language arts and math centers.

Jennifer Schuelke and Cindy Morrall received 10 iPad2s on behalf of the English department at Canyon Ridge Middle School.

(The list goes on, see for yourself: www.hillcountryedfoundation.org.)

One idea discussed at last week's HCEF meeting at Steiner Ranch Steakhouse was to measure Vandegrift High School against other top schools in the nation not just throughout the state because Texas does not rank high on the educational front.

To localize it more, community members and HCEF talked about measuring VHS against Austin area standouts like Westlake and Westwood high schools which include exemplary ratings.

The Hill Country Education Foundation wants to become more established and raise funds much like the Eanes Education Foundation which backs the Eanes ISD consisting of six elementary schools that feed into the two middle schools, which feed into one high school. (Looks alot like Four Points.)

As stated on their website, EISD is relatively small size with about 7,490 students but the tightly knit community is committed to excellence. Additionally 98.6 percent of Eanes high school students continue on to college.

Eanes focuses on excellence, rather than mere adequacy that the state provides. Therefore, Eanes Education Foundation attempts to fund the gap between adequate and excellent. EEF has granted millions of dollars to EISD in recent years.

That is what the Hill Country Education Foundation wants to do too. To get there, more people need to get involved and help fill in the funding gaps at our local schools.

Becoming a member is one way to help raise money and another fun way is to attend the Giddy Up Gala this month. Hope to see you there!

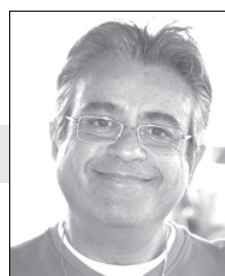
FOUR POINTS OF VIEW

What's most important to you for the new state legislative budget?



Paul O'Brien
Steiner Ranch

Funding to keep up with the pace of innovation in education.



Paje Dargahi
Lakeway

Cut taxes, property taxes. They're killing me.



Dillan Bryant
River Place

The taxes in Austin are just insane, property taxes. It's very noticeable how high the taxes are here.



Brandon Parmely
Steiner Ranch

Education because education brings a community together. Everyone gets behind the school.

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Burnet - an unlikely place for fab pizza pie

Texas Pizza Company is worth the drive



LESLEE BASSMAN

Associate Editor

Given Tracy Timmons' Texas twang, you'd never think he'd make pizza the 'old Sicilian way' in Burnet, Texas. But, with one bite of the Texas Pizza Company's delicious secret crust and homemade sauce, you'll think differently.

A couple of weeks ago, I ventured to Burnet to cover a Vandegrift High School swim meet, also giving credence to my duties as "swim mom." Before leaving town, I googled Burnet pizza restaurants, having heard about the Timmons' local joint from swim families. Yelp Austin and other foodie sites gave it a 'thumbs up' so I mapped my way to a slice from the meet.

The crust is perfect, non-symmetrical and crispy with just the right amount of air bubbles. And the sauce was among the best I've tasted, comparable to what's selling in the Big Apple. So, I was curious. Why Burnet?

Timmons bought the restaurant about five years ago from the previous owner who was moving out of state. He had been involved in various entrepreneurship businesses over the years but knew a good investment when he saw one.

"All we had out here was Gatti's and Pizza Hut," said Timmons. "We needed something better."

The dough, sauce and lasagna are secret recipes which were included in the sale to Timmons and are derived from a family

who immigrated from Sicily to Chicago and, after a few generations, wound up in Texas.

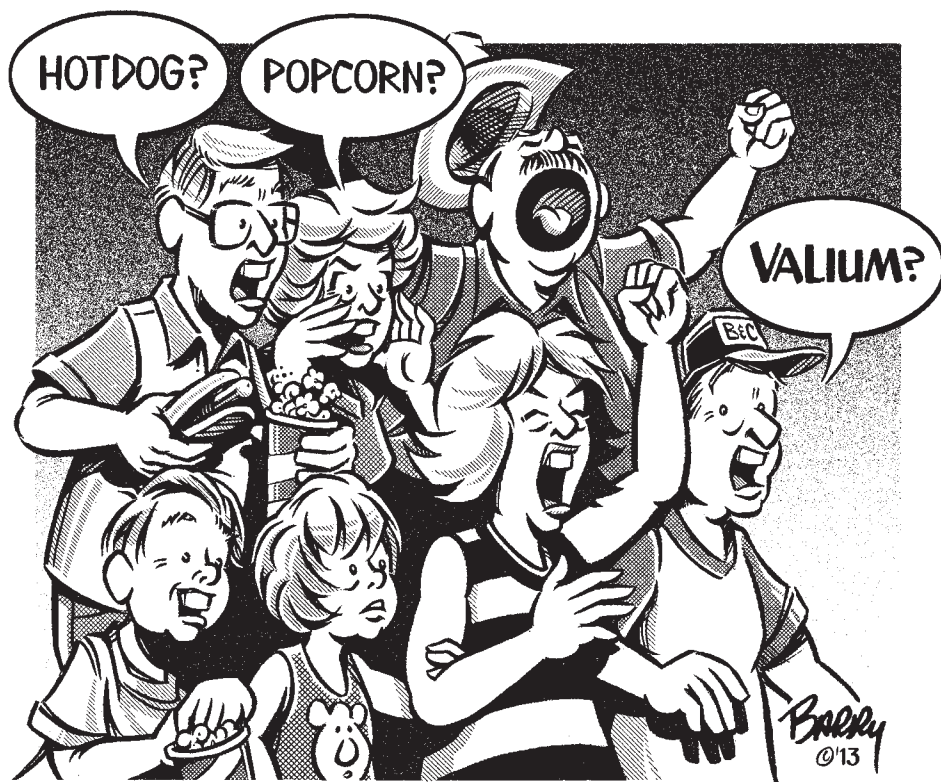
Although Timmons hasn't changed his pizza-making process in five years, he was reassured of his successful recipe while on a family vacation to Rome a few years ago. He volunteered to stand beside an Italian pizza chef to brush up on his trade. Surprisingly, Timmons discovered that the dough recipe he uses in Burnet is "about the same" as the one he found in a cafe on the other side of the globe.

Texas Pizza Company's most popular pie is "Bud's Special", a nod to his wife Kim's late father and containing all of the extras he loved: Italian sausage, pepperoni, Canadian bacon, black olives, onions and jalapenos - definitely not for the faint of heart.

The eatery is a casual standout which has been pegged as the local gathering spot for families and high school athletic squads, such as the Burnet High School swim team. However, Timmons proudly admits to hosting quite a few Austin fans who don't mind making the drive for a large pie to eat while in his store, packing one or two away to take home.



Tracy Timmons, owner of Texas Pizza Company, perfects another "masterpiece" at his Burnet restaurant.



MOM DOES A BASKETBALL GAME...

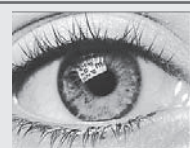
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French Lifestyle Expert

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Healing juice

A sweeter, more subtle juice still packs a nutritional punch! The combination of the carrots, spinach and parsley provides an excellent source of antioxidants while the celery lends its cleansing properties.

- 3-4 carrots
- 125g Fresh spinach
- Handful of flat Leaf

parsley

- 2-3 sticks of celery

Juice all ingredients (putting celery through last). Mix with water to taste or drink neat. Make 2 servings.

Ginger healing detox tea with turmeric

There has been a lot in the news lately about the amazing healing properties of turmeric. A free-radical-fighting antioxidant-rich curry spice that has been hailed as a defense against both cancer and Alzheimer's. When we found this tasty recipe for a warming, detoxifying giving turmeric tea, we were thrilled! After the winter, we figured we could use some detoxing and healing!

- 2 cups of water
 - 1/2 teaspoon powdered ginger
 - 1/2 teaspoon powdered turmeric
 - 1 tablespoon maple syrup or agave syrup
 - juice of 1/2 lemon
- Bring Water to a boil, then add powdered herbs. Simmer for 10 minutes. Strain tea into a mug, add maple syrup and lemon, stirring to combine. Drink

warm. - Make 1 serving.

Spa cuisine: peachy iced green tea

Drinking green tea may help you lose weight. According to clinical studies conducted by Dr. Abdul Dullo, of the University of Geneva in Switzerland, green tea raises metabolic rates and speeds up fat oxidation. Green tea is also a great immune-enhancing health-booster and anti-cancer agent, with flavonoids and polyphenols thought to inhibit tumor formation.

- 6 green tea teabags
- 6 cups cold water
- 2 ripe peaches, pitted and sliced

Place teabags in a large teapot or pitcher.

Put sliced peaches in a saucepan, add cold water, and bring to a brisk boil, then pour water and peaches over teabags.

Steep for 6 minutes, then add sweetener (maple syrup, agave syrup, honey or suc-cinct are recommended). Allow tea to cool, then refrigerate until thoroughly chilled.

Include a few peach slices in each glass and serve with

a spoon, garnished with a sprig of mint if you like. - Make 6 servings

Pink detox

Best consumed in the morning. Don't eat anything for at least two hours before or afterwards - beets is a powerful detoxifier. The apples make this sweet and delicious, the celery freshens it up and the ginger gives it a little kick and soothes the stomach.

- 1 large beet with its greens, juiced.
- 3 red apples, juiced with seeds
- 4 stalks celery with its green, juiced
- 1 inch-long piece of ginger, juiced or grated

Juice everything. Small pieces tend to get lost in juicer, so make sure to wedge them in between apple-quarters, which helps. otherwise just grate the ginger and stir it in separately.

Aline Hanle, owner of Mademoiselle Aline, lives with her husband and two wonderful children in neighboring Four Points. She has a passion for sharing the French experience.

Fire Marshal cracks down on fire code violators

As part of an effort to crack down on property owners who do not construct buildings to meet fire code requirements, the Travis County Fire Marshal's Office issued a total of twelve notices of violation last week for six separate commercial structures located at 9608 Brown Lane in Austin.

"A building that is not built to meet fire code is a danger to occupants, neighboring structures and firefighters who must respond when these buildings catch on fire," said Fire Marshal Hershel Lee.

Lee explained that Travis County can assess civil penalties for violations of the fire code and that each day a violation exists is a separate violation, such that the penalties accumulate daily. When the Fire Marshal determines that violations exist, the marshals leave a notice on the building, mail notices to the owner and refer the case to the County Attorney's Office for civil enforcement.

The County Attorney's Office obtains approval from the Commissioner's Court to then enforce the code that may include

the filing of a civil lawsuit against the property owner for an injunction and for the payment of civil penalties. If the property owners do not correct the code violations, judicial injunction will be a court order that requires compliance with the code. The violation of an injunction may be punished by contempt, along with payment of the civil penalties. In some cases, the injunction may include a court-ordered removal of the structures.

"My deputy fire marshals and I prefer to see that property owners are in compliance with the fire code, but if they are not, they should know that we will enforce the fire code in Travis County," Lee said.

"Those who are not in compliance will face a civil lawsuit for enforcement of the code, a court ordered injunction and civil penalties. Building and operating in compliance of the fire code is much cheaper than ignoring it," Lee said.

All commercial and public buildings built after February 2005 require a permit and approval from the Travis County Fire Marshal's Office.

FOREST, FROM 1

strong, healthy and abundant urban forest in the years to come.

"Austin exemplifies the type of dedication and leadership needed to improve the health and vitality of urban forests," said Scott Steen, American Forests

CEO and member of the judging panel. "The city has built strong plans around climate change, green infrastructure, sustainability and urban forests to help maintain Austin as a healthy place to live."

Americam Forests worked with a panel of ur-

ban forest experts from a broad range of scientific and urban resources disciplines to identify the best urban forests from the 50 most populous U.S. cities. The panel, which included technical advisors from the U.S. Forest Service, looked at independent data and

American Forests' survey responses from local urban forest professionals and community forestry nonprofits.

One of the reasons American Forests undertook this project, according to Steen, is to showcase the tangible value that urban

forests provide to cities and their residents, including economic, aesthetic, social and physical well-being. Various studies have shown a correlation between trees and lower rates of crime,

reduced levels of stress and lower body mass.

To learn more about the 10 best cities for urban forests, visit American Forests' website at www.americanforests.org/10bestcities.

GIDDY UP, FROM 1

or Tails Game, emceed by VHS Football Coach Drew Sanders.

The Fund-A-Need campaign this year is for technology equipment needed for VHS's Biomedical Sciences program.

Tickets are \$125 per person tables and various levels of sponsorships are also still available. Tickets can be purchased at www.HillCountryEdFoundation.org. Initial sponsors for the cowboy chic Giddy Up Gala include: Independence Title, Gene Arant Team Keller Williams Realty, Artisan Bistro, RBFCU, Pete & Misti Dwyer and Family and Solaris Private Wealth Management.

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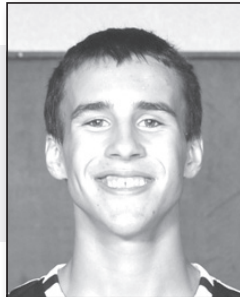
BASKETBALL



Annie Brigham - Junior #44 (Forward)

What is your favorite part of being involved with Viper Basketball? I love getting to hang out with an awesome group of girls, we always have a blast at the games and at our team bonding activities. My teammates always know how to make me laugh.

BASKETBALL



William Graham- Junior #1 (Guard)

What is your favorite part of being involved with Viper Basketball? My favorite part is always being in a close game and having to work for every point.

SOCCER



Grant Wilburn - Senior #7

What is your favorite part in being involved with Viper Soccer? My favorite part is being able to play the sport I love with the people I love.

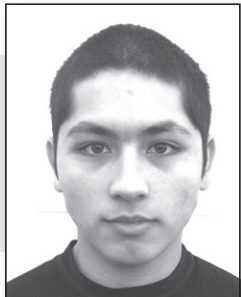
SOCCER



Taylor Allen - Senior #11 (Right Center Back)

What is your favorite part in being involved with Viper Soccer? I love viper soccer because the hard work we put in pays off in the end. It's just hard work, it's fun as well.

WRESTLING



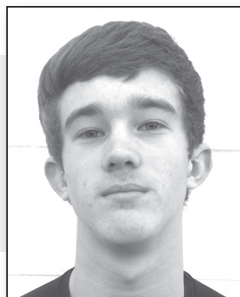
Chris Umino

What do you like about the sport of wrestling? Its toughness and it's challenging.

What is your goal this year? To have a positive win/loss record.

Favorite quote: When the going gets tough, the real tough get together!

WRESTLING



Austin Kaczmaerck

What do you like about the sport of wrestling? It makes you into a man that everyone can look up to. Also it allows myself to be challenged.

What is your goal this year? To finish off the season with a winning record.

Favorite quote: You can't build a reputation on what you could have done!

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Viper BB players read to students

Vandegrift High School Boys Basketball players read to River Place Elementary students on Jan 25.



Left Zach Amundson, Senior Captain, and right Jamie Hudson, Sophomore



Christian Holt, Junior

Vandegrift BB update

Vandegrift High School Boys Basketball Team took on Dripping Springs. Photos show Christian Holt, Junior, and Zach Amundson, Senior, in action.



Photos by April Dang

CRMS Boys BB win tourney

Canyon Ridge Middle School 8th grade boys basketball team won the Tournament at Henry Middle School in mid January. Both A and B teams won over Stiles Middle School. B team 40-22, A team 51-46 Photoed is A team.



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Viper Wrestling wrapping up season

By NATHASHA COLLMANN
Contributor

Vandegrift High School wrestling had successful matches versus Rouse on all levels recently.

The Varsity Vipers team traveled to Rouse and were met with an enthusiastic home crowd of Raider fans.

Wins by Keegan Pitts (Senior, 138lbs) and Sean Sullivan (Senior, 145lbs) got the Vipers on the board. These were followed up by pins by Tristan Prukop (Junior, 152lbs) and Zach Collmann (Junior, 160lbs) and got the Viper fans on their feet! Several more wins and pins by Brandon Parmely (Senior, 195lbs) and Nick Hanagriff (Junior, Hwt) sealed the deal. Vipers won handily 42-21, winning 10 of 14 matches.

The JV won by a score of 54-42 and won 12 of 20 matches at VHS.

Jan. 26, the JV team won the Cedar Park JV Invitational with a score of 160 points. Out of 40 JV wrestlers, Vipers dominated the field taking nine 1st place victories, eight 2nd place, and two 3rd place.

Tristan Silvas, Drew Vestri, Grant Marumoto, Sean Sullivan, Charlie Morman, Blane Tamez, Gabe Contreras, Garrett Jones, and Sammy Zugg all received 1st place victories.

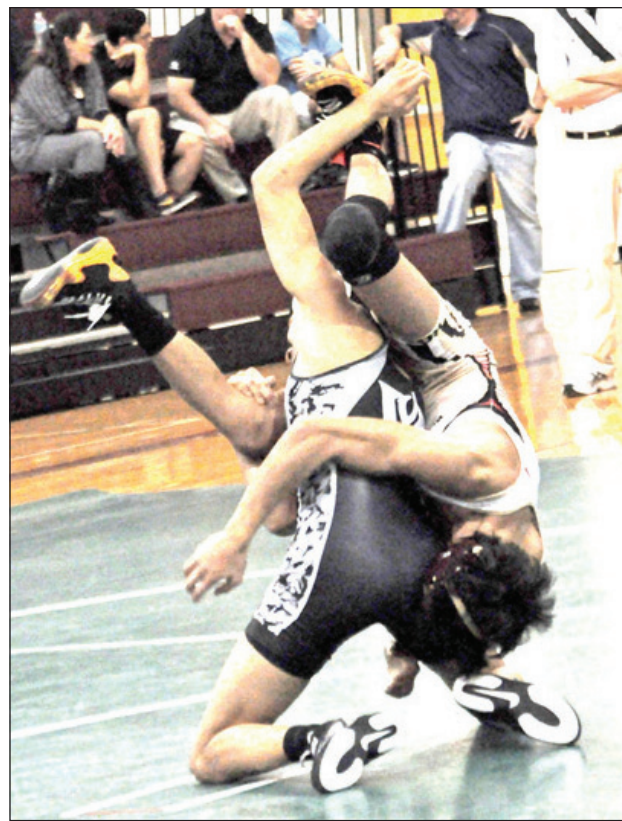
Miles Eldred, Bryce Dummar, Chris Umino, James Purvis, Spencer Ellswood, Jordan Sproull, Austin Hebert, and Toby Crammer all received 2nd place rankings.

Gavin Garrola and Matt Rothschild received 3rd place standings.

The JV wrestlers completed their season at the JV District Tournament on Feb. 1. Varsity competed at the Varsity District Tournament on Feb. 2. Both District tournaments were held at Georgetown HS.



Keegan Pitts powers his opponent off the ground.



Adrian Barraza overturns his opponent from underneath.



Viper JV Wrestling team photo from the Cedar Park JV Invitational.



Sean Sullivan runs around the head of his opponent to expose his back to the mat.

Viper BASKETBALL Tryouts

TRYOUT DETAILS

Tuesday, February 19th

Grade	Time	Location
4th grade girls	5:45 - 7:30	Four Points Middle School
5th grade girls	5:45 - 7:30	Four Points Middle School
6th grade girls	5:45 - 7:30	Four Points Middle School
7th grade girls	7:15 - 9:00	Four Points Middle School
8th grade girls	7:15 - 9:00	Four Points Middle School

Sunday, February 24th

Grade	Time	Location
4th grade boys	1:15 - 3:30	Cedar Park Middle School
5th grade boys	1:15 - 3:30	Cedar Park Middle School
6th grade boys	3:15 - 5:30	Cedar Park Middle School
7th grade boys	3:15 - 5:30	Cedar Park Middle School
8th grade boys	5:15 - 7:30	Cedar Park Middle School

4 Points Basketball Association is holding tryouts for Select basketball teams for the upcoming 2013 Spring/Summer season. This is for Boys and Girls – 4th thru 8th grades!

Our teams are coached by professional coaches including coaches with experience in Division I college and European leagues.

Be part of the Viper tradition! This is our 3rd year and 7th season of entering "Viper" and "Venom" teams in competitive leagues and tournaments. Our Spring season begins in mid March and runs through the end of May. The Summer season will start shortly thereafter.

Practices are in our local gyms! No driving long distances.

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For more information,
and to register for tryouts, visit:
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Steiner tennis champs at USPTA

Staff Reports

Austin took the championship title by two games in the finals at the United States Professional Tennis Association Texas State Adult League Championship Jan. 18 - 20.

The event was held in Houston at three highly prestigious indoor facilities, the Met, the Galleria Club and the City Club.

"We are so excited," said Julie Petrucelli, team member.

The Austin women's team is comprised of eight women from Steiner Ranch and



eight women from Lost Creek.

From Steiner Ranch: Lori Cusano, Tosha Smith, Gaby Monahan, Jeanine Bischooping, Pam Perez, Peg Nocera, Christina West-

brook and Julie Petrucelli.

From Lost Creek: Wendy Graham, Gayle Kirkpatrick, Julie Dolezal, Beth Utley, Linda Hodges, Becky Fuller, Diana Horton and Missy Parrish.

DANCE, FROM 1

and Dannon O'Brien were recognized and ask to submit head shots and resumes to the assistant director of Flash Dance the Musical.

In December, the Company attended NUVO Dance Convention and again were recognized for outstanding performances. Dannon O'Brien won the National Scholarship, Sydney James won the Die Hard Jazz Faculty Award, Regional Scholarships were won by Gianna Vallone, Taylor Bowman, Jaden Ceshker, Parker Rogers, Reagan Kowert, Ashley Norwood, Natalie Wong and Olivia Schuh.

Under the Artistic Direction of Linda Holland and Managing Director Lindsay Brewster, 23 solos presented and 12 made the finals with the following results at the Leander Winter Classic.

Solos



Many local Dance Institute dancers have been a part of their event filled season. Recently the DI Performance Academy and Street Heat were named the Leander Winter Classic Grand Champions.

Grade 4: 1st Taylor Bowman

Grade 5: 2nd Laura Parrish, 4th Jordan Hall, 5th Nick Schroeder

Grade 6: 2nd Parker Rogers, 5th Jenna Simons

Grade 7: 2nd Sydney James, 5th Annika Roberts

Grade 8: 3rd Ashley Nor-

wood, 5th Alexis Stanley

Grade 9: 4th Jessica Bowman

Open: 1st Dannon O'Brien

Group dances brought home 14 1st places, 5 2nd places, and 2 3rd places. Judges Choice Awards were as follows.

Judges Choice Awards
Best Showmanship: Party People
Best Technique: Un-chained Melody, Forget Me Not
Best Choreography: Small, Forget Me Not
Best Costume: Party People, Babalu
Best Presentation: Other Side of Hansen's, Beta
Best Entertainment: Forget Me Not, Beta, Babalu

FPMS Archery Teams to compete at state

The Four Points Middle School Falcon archery club and P.E. classes qualified for the National Archery in the Schools Program's (NASP) State Tournament in February. They had a strong finish at the qualifying tournament in December.

FPMS has three sixth-grade teams that will compete in the elementary school division, and one combined seventh- and eighth-grade team that will compete in the middle school division. The first-place teams from each division will have the opportunity to advance to the national tournament in Kentucky later in the spring.



New 'Eating a Rainbow' pilot garners LISD support

RPE serves lessons fresh from the garden

By LESLEE BASSMAN
Four Points News

River Place Elementary School administrators and volunteers have found a unique way to get kids excited about not only eating their vegetables but learning how their food choices fuel their bodies and development.

The Eating a Rainbow pilot program delighted the Four Points area third-graders navigating their way through various food tasting stations around the school's multipurpose room. Each station was highlighted by one particular color of food and manned by a volunteer or River Place Elementary Garden Club member.

Students were given detailed information about the table's vegetables and how they help their bodies function and grow. At some point following the lesson, the children tasted the many foods displayed within each color category including cauliflower hummus (brown/white), pumpkin muffins (orange/yellow), seaweed and brussel sprouts (green) among others.

"We're always looking for engaging ways to make learning meaningful and purposeful," said River Place Elementary School

principal Niki Prindle. "The real life application of health and nutrition is a great way to do that."

The program was developed by volunteer Sara Milam, a cook herself, Master Gardener Bonnie Martin and RPE Titans' Coach Bill Fyffe who was looking for a new way to teach the children about nutrition, health and wellness.

"The idea of colors is so easy for kids to remember," said Milam of the basis for the program. "And to eat different colors every day."

Last year, Milam and Martin planned and implemented a garden for the school, funded by donations and grants from area friends and merchants including Home Depot. This year, the kids tasted the 'fruits of their labor,' including swiss chard which was combined into a pesto for Salad Days earlier this month as well as the garden's carrots and radishes displayed at the event on Jan. 24.

"We tried to combine the nutrition curriculum and tie it in with the garden on campus," Fyffe said. The program took place during the students' physical education time.

Representatives from Leander Independent School District's Child Nutrition Services Department, including Associate Directors Richard Mallard and Mark Schnaub, were on hand to witness River Place Elementary's inau-



Master Gardener Bonnie Martin displays a fennel herb to third-graders at River Place Elementary last Thursday.

gural Eating a Rainbow event, with an eye toward expanding the program to other schools in the district. Following the event, program coordinators received kudos from LISD's Ray Langlois, Asst. Director of Athletics, Health and Wellness, for the school's garden and their efforts to implement an innovative healthy lifestyle lesson.

"We're setting a good example for other schools and how to tie in (vegetables and gardening) into the classroom," Martin said. "The kids are able to see how fun it is to grow (squash), harvest it, salt it and eat it."

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