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February University Park Life

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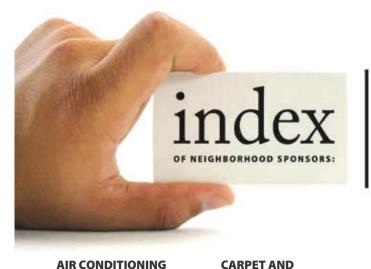
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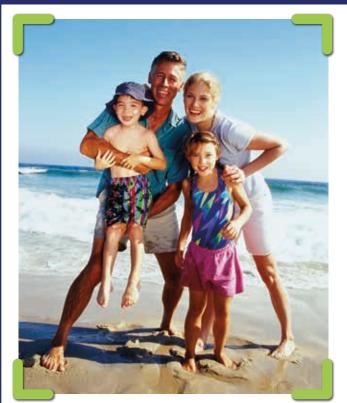
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Hello Everyone,

I hope everyone is having a great new year so far. In this issue, you will get to meet the Rao family and hear their story. In Precious Pets, you will meet Sparky, the 1-year-old stray Shiba Inu that showed up at Keith and Sarah Evans' ranch. Hear about how they have built a rapport with a once shy and intimidated stray dog and earned his trust. Meet the Athlete of the Month, Helena Burns, a senior on the Highland Park swim team. Read about her dedication not just to swimming, but to the community as well.

In Beyond the Books, learn about the Highland Park Literary Festival, which marks its 20th year this month. Also, read about University Park resident and HP '98 grad Chris Young, who fulfilled a lifelong dream when he won the World Series as a member of the Kansas City Royals. And just a reminder, this year is a leap year, so read a little history behind it in this issue.

We hope you enjoy this issue of *University Park Life*. As always, thank you for all your feedback, stories, comments, and ideas. Please support the sponsors who make this publication possible

and free to the residents every month.



Sincerely,

Dan Shaughnessy

Area Director of *University Park Life* 972.772.9710 dan.s@n2pub.com

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Go Red for Women Luncheon

February 4 at Omni Dallas Hotel, benefitting the American Heart Association

Genesis Young Leaders Masquerade

February 6 at The Empire Room, benefitting Genesis Women's Shelter and Support

6th Annual Bonne Santé Food and Wine Showcase

February 6 at The Westin Galleria Dallas Hotel, benefitting The National Kidney Foundation®

Virginia Chandler Dykes Leadership Award Luncheon

February 10 at The Belo Mansion and Pavilion, benefitting Texas Women's University scholarships

Dream Achievers Luncheon

February 11 at the Dallas Arboretum, benefitting Communities In Schools of the Dallas Region

Fire and Ice: The Saint Valentine's Day Luncheon & Fashion Show

February 16 at Meyerson Symphony Center, benefitting The Leukemia & Lymphoma Society

2016 Silver Cup Luncheon

February 19 at The Hilton Anatole Hotel, benefitting The Arts Community Alliance (TACA)

Dallas Symphony Orchestra League 30th Annual Presentation Ball

February 20 at Meyerson Symphony Center, benefitting DSOL education and outreach programs

Northwood Woman's Club presents Dine by Design: Ooh La La Deux

February 23 at Bent Tree Country Club, benefitting women and children in Dallas and Collin counties

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February 24 at Galleria Dallas, benefitting Suicide & Crisis Center of North Texas

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February 26 at The Grand Pavilion of the Dallas Trade Mart, benefitting the organization

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Oral Fixation: Partner in Crime — February 2 Dallas Chamber Symphony presents Buster Keaton's *The Goat*— February 16

Kalita Humpreys Theater

Romeo and Juliet — through February 28

Meyerson Symphony Center

Shostakovich 7 — February 4-7

FEBRUARY University Park Life

The Dallas Symphony Orchestra presents *West Side Story* — February 12-14

Dallas Winds present *Trombonapalooza* — February 23 Tchaikovsky Piano Concerto No. 1 — February 25-28 The Dallas Symphony Orchestra presents *Bach and Beyond* — March 3-6

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The Lion — February 11-13

Dallas Black Dance Theatre presents Cultural Awareness —
February 19-21

Dallas Theatre Center presents All The Way — March 3-27

DALLAS CHILDREN'S THEATER

Caracol Y Colibri (Snail And Hummingbird) — February 5
Teen Scene Players present dont u luv me? — February 12-21
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Texas Ballet Theater presents *Reflections of Jackson Pollock* — February 9-10

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Claire Harman presents *Charlotte Brontë: A Fiery Heart*—February 29

PEROT MUSEUM OF NATURE AND SCIENCE

Coral, Fire and Ice: Exploring Secret Underwater Worlds — February 4

Creatures of Light: Nature's Bioluminescence — through February 21

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athlete of the **MONTH**

Meet Helena Burns

By Michelle Nicoud



For Helena Burns, the Highland Park swim team is like a second family.

The senior swims the 100-yard freestyle, the 100-yard backstroke, the 200-yard medley relay and the 400-yard freestyle relay. Helena said she feels most confident about her freestyle, the stroke she has devoted the most time to. She practices about two hours a day before school with the HP squad and an hour and a half after school with the Dallas Mustangs swim team.

"My goals are to drop time in all of my events and have fun with my team members," she said.

But the multi-event district champion and regional finalist said her most memorable moment didn't occur during a race.

"Every year before Halloween, the whole team goes to practice at about 6:30 a.m., and we play black light water polo," Helena said. "We turn off all of the lights, cover the windows, and use only black lights and glow sticks to see. That is always fun every year and is a nice break from the norm."

Thirteen years of swimming, a sport she started while growing up behind a country club in Virginia, have provided Helena with insight that goes beyond the pool.

"I think patience is the most important quality to have in swimming," she said. "It might take a long time to finally reach your goal time, but once you do it is very rewarding."

She has also benefitted from the encouragement and recommendations of others.

"I have learned a lot about how to stay motivated and listen to advice from coaches and peers and taking that into the classroom as well," the 18-year-old said. "I play guitar and am the president and founder of my school club, the Rainbow Room Club." Rainbow Room strives to "ensure safety, restore dignity,



University Park Life February

and inspire hope for the abused and neglected children served by the Dallas County Child Protective Services." Inspired to start the club after volunteering at Community Partners of Dallas, Helena said, "When I went in to help, they explained their mission and I instantly loved it. There is one room called the Rainbow Room which is a closet full of toys and clothes for the kids to choose from. After volunteering the first time, I knew I wanted to start the club at HP."

From the professional ranks, her swimming role models are Missy Franklin and Michael Phelps. Her advice for young swimmers: "Swimming is hard but if you stick with it, it will pay off," she said. "You will meet some of your best friends and also get to do a sport you love at the same time."

Helena follows the University of Texas Longhorns and respects the tradition of the program. The UIL Swimming and Diving



State Championships will be February 19-20 at the Lee and Joe Jamail Texas Swimming Center in Austin. Helena enjoys attending the meet to cheer on teammates. "It was amazing being in a natatorium where many Olympic athletes had competed," she said.





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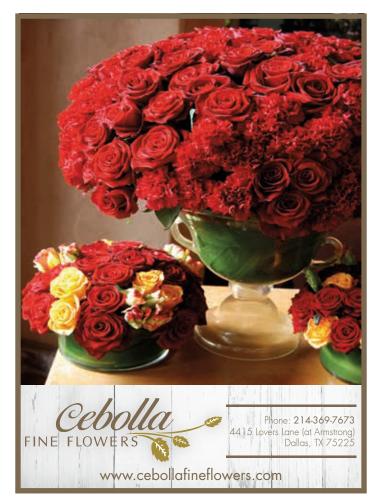
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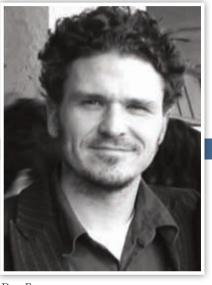
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Beyond the books

Highland Park Literary Festival Community Event Dave Eggers

February 25 at 7 p.m. **HPHS Palmer Auditorium** FREE AND OPEN TO THE PUBLIC

Dave Eggers

The Highland Park Literary Festival marks 20 years this month.

The February 25-26 event is a collaboration of the Highland Park High School English Department faculty, the library, and parent and student committees. It features keynote addresses for both students and the community, workshops, an open mic night and a student writing contest. The goal of these literary enrichment opportunities is "to inspire and encourage students, teachers and the community to celebrate language in its artfully written, spoken and sung forms by offering them access to professional writers."

This year's keynote speaker is award-winning author Dave Eggers. Eggers is the author of 10 books, including most recently Your Fathers, Where Are They? And the Prophets, Do They Live Forever?, The Circle and A Hologram for the King, which was a finalist for the 2012 National Book Award. He is the founder of McSweeney's, an independent publishing company based in San Francisco that produces books, a quarterly journal of new writing (McSweeney's Quarterly Concern), and a monthly magazine, The Believer. McSweeney's also publishes Voice of Witness, a nonprofit book series that uses oral history to illuminate human rights crises around the world. Eggers is the co-founder of 826 National, a network of eight tutoring centers around the country, and ScholarMatch, a nonprofit organization designed to connect students with resources, schools and donors to help them attend college.

Eggers' community address will be February 25 at 7 p.m. in the HPHS Palmer Auditorium. The free public event will also include a question and answer session as well as a book signing. "We see Dave Eggers as the perfect fit for our community with his accomplished career in writing, publishing, working with young adults and philanthropic work," said Kathleen Whalen, an HP parent and Literary Festival executive committee co-chair.

The workshops, which students attend during English classes, cover many genres ranging from fiction, nonfiction, persuasive writing and poetry to play writing, song writing, movie scripting ism. Last year, 25 authors led 66 workshops. "Our distinguished workshop leaders have come from as close as SMU, Fort Worth and Austin and from as far away as Colorado, New York and California," Whalen said." "By bringing in writers of all genres, we hope to appeal to the diverse interest of our students. For example, this year, we have a graphic artist and a blogger presenting workshops. It's important to us to identify what's current and interesting to our student body."

Selected workshop leaders also serve as judges for the student writing contest, which accepts entries in poetry, short fiction

and imaginative essay categories. With funding from The Warren Hutcheson Memorial Fund and Highland Park Literary Festival, a 501(c)3 organization, a student awards breakfast honors the winners of the student writing contest and open mic night. Please visit http://www.hplitfest.com for more information or to donate.

"The Highland Park Literary Festival continues to be one of the high school's favorite events for teachers and students," Whalen said.









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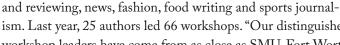
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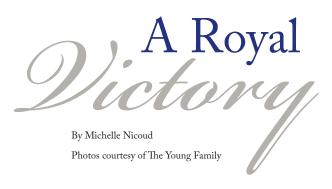






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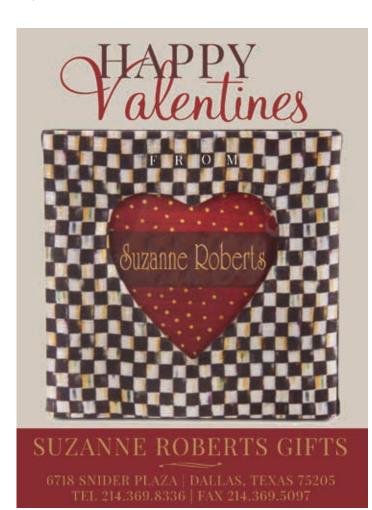




Chris Young Reflects On Winning the **World Series And Never Giving Up**

University Park resident and HP '98 grad Chris Young fulfilled a lifelong dream when he won the World Series with the Kansas City Royals last fall. After 11 years on the mound, he was ready to feel victory firsthand.

"I waited a long time to feel that burn in my eyes," Chris said of the champagne celebration after the Game 5 clinching victory over the Mets. "It was the best burn I've ever had! So I





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The Youngs riding in the victory parade. Chris said, "Seeing 800,000 fans come to celebrate something that brought so much joy to the city, it was pretty unbelievable."

wanted to remember that and savor that. Champagne in my eyes is a good problem to have."

For the 2014 Comeback Player of the Year in the American League, the moment was particularly sweet given his struggles with a shoulder injury. He said the team-centered mindset and the parade stand out as aspects of the playoff run he will

"Winning a championship made some hard years worthwhile," Chris said. "But I think that going through the hard years with a shoulder injury and trying to pursue the right diagnosis and the right treatment, I learned a lot about myself. It would've been easy to quit, to walk away and say, it's just not meant to be, but I truly believed in my heart that if I could get the right answer and the right diagnosis, that I could pitch and pitch successfully. It's been very gratifying for me to have this experience, be part of a World Championship, knowing what I've been through and the fact that it wasn't easy. There were a lot of hard days there, and a lot of blood, sweat and tears. It's all been worthwhile."

For Chris though, the best thing that comes from the victory is the example it sets for his three kids. "Ultimately first and foremost, I'm a husband and a father," he said. "And I want to do the best I can at both. My profession will never come before those two things. Hopefully one day, my children read about my career and understand what I've been through and appreciate it, and it will inspire them to continue to pursue their dreams, whatever they may be, through good and rough times."

After 34 regular-season appearances as both a starter and reliever, Chris compiled an ERA of 2.87 in four postseason games for the Royals, including the last three frames of Game 1 of the World Series to earn the victory in the 14-inning contest.



The Young Family with the Commissioner's Trophy after the Royals' win.

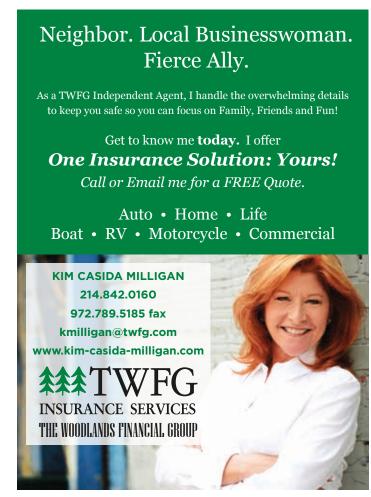
"I think it's the first time in my career I've ever pitched in extra innings, so it was new to me," the 6'10" right-hander said. "I just prepared the same way as much as I could. When I ran out

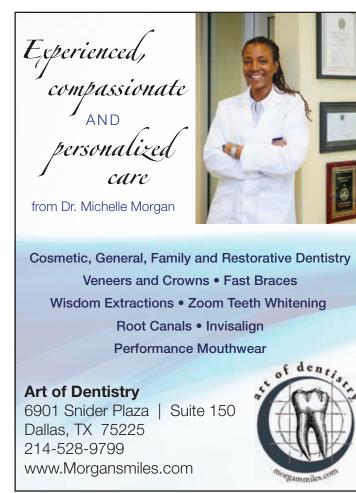
on to the field and started competing, I let the emotion and the adrenaline take over and just treated it like a normal game."

The 36-year-old credits his parents for helping him succeed. "The older I get the more I understand the sacrifices they made to allow me to achieve my dreams," Chris said. "Whether it be shuttling me all over Dallas for games or moving to Highland Park to allow me to receive the best education I could."

Chris and his wife, both Princeton graduates, believe education empowers kids. "My wife and I are big fans of any programs that benefit education," he said. "We feel like education is a very important aspect in every child realizing his or her dream. A lot of children are deprived of that, so whether it's reading or math or whatever the subject may be, we have always been intrigued by organizations that are focused on education."

He shared some simple but meaningful encouragement for young athletes. "The advice I have is always give your best effort," Chris said. "That's one thing that you can always control. You can always control how hard you try. You can't always control the result."





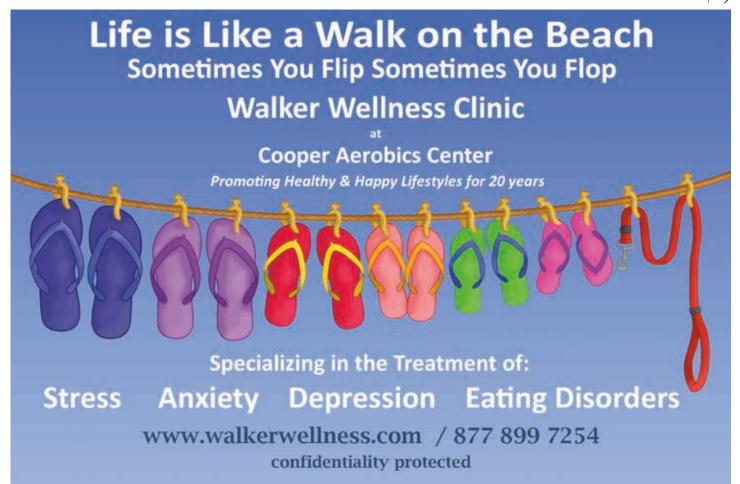
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NeighborhoodNews University Park Life February



Sparky and Keith



By Michelle Nicoud

Keith and Sarah Evans weren't really in the market for a dog, but a four-legged friend found them, and they couldn't be happier.

The 1-year-old Shiba Inu showed up on their ranch near Meridian in May. Three weeks after his first appearance, they started feeding the puppy, whom they named Sparky.

"When we first would see him and I'd call him, he would take off just like a spark," Keith said. "We could never get him close. It took me about three different weekends to finally get him close. The way I did that is I put an egg on a paper plate, and I put it on the porch and went back in the house and hid. He creeped up, and he was so glad to get that egg. He just devoured that egg!"

His happiness about the egg led to friendly gestures from the small light-colored canine.

"He got to where he'd come up and let us pat him a little bit," Keith said. "After about a month, my wife, Sarah, was with me on the back porch, and he just jumped up in her lap! We knew then that he was trying to adopt us."



Sparky soon after he showed up

Keith and Sarah decided in September that Sparky should live with them full time. He enjoys walking around the neighborhood, investigating and discovering his new surroundings. He's especially jubilant when he finds a squirrel to chase.

"I take him every day for about a mile and a half to two-mile walk from our house on Greenbrier up around Caruth Park and back," Keith said. "He's been a real good walker. He's seeing a lot of things he's never seen for the first time. He knows when I pick up his leash that we're going to go for a walk, so he gets real excited and runs to the front door. He's always ready to go!"

Sparky is confident and also very loving, especially with kids. "He's really sweet with children and he's been real sweet with our grandchildren," Keith said. "Even the children at the park, he lets them come up and he licks their faces. I think he's partial to girls though."

While he's very happy in his new home, his instincts won't let him forget his first one – the ranch. "When we go fishing down at the creek, he loves to go run along the creek and watch me and my grandson catch fish," Keith said. "He really wants to be with people. I think we're his pack now, so he wants to be with us."



Sparky enjoying a beautiful day at the ranch

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Family spotlight

Meet The Rao Family





aj and Vandana Rao are both from India and enjoy working in careers where they can help people. Raj • immigrated to the U.S. with his family when he was 3 years old. Vandana was born and raised in India. Raj is an emergency room doctor and the owner and operator of Advance ER in the Park Cities neighborhoods and Galleria area. Vandana is a child, adolescent and adult psychiatrist at the Portteus Psychiatry Group on West Lovers Lane. Raj attended Houston Baptist University for undergraduate studies and Kansas City University of Medicine and Biosciences for medical school. He completed his training for emergency medicine in Greenville, North Carolina. Vandana completed a master's in public health at UNC Chapel Hill and trained in psychiatry at University of Texas Southwestern Medical Center in Dallas.

They have one daughter, Reva, who was born in Sugarland, Texas. A sixth-grader at McColloch, Reva likes to play several instruments and is learning Indian classical music and dance. She also likes to sing and act and takes lessons at Park Cities Dance. She attends speech and debate and loves to participate in competitions.

Raj enjoys working out at the gym, swimming and lifting weights. He also likes biking and trekking. Vandana loves to listen to spiritual disclosures and go for long walks.

As a family, they enjoy traveling and have visited Hawaii, France, Amsterdam, Italy, Switzerland, England and Belgium and driven the scenic West and East coasts of the USA. Their plans for this year are to travel to New Zealand and go skiing in Colorado.

Family traditions include celebrating the Asian Indian festivals of Holi and Diwali. Holi is the Festival of Colors, also called the Festival of Love, and is celebrated in the spring. Diwali, also known as the Festival of Lights, is celebrated in November and symbolizes lighting an internal light that dispels spiritual darkness. They also get together with extended family for Thanksgiving and Christmas. They visit the temple and pray often.

When it comes time to relax, the Rao family likes to settle in with a good book or go for a stroll in the neighborhood. You may also find them hanging out in one of the parks, the Inwood Theater or at one of the Snider Plaza coffee shops.

Raj and Vandana are able to give back to the community through their professional work. However, their favorite charities to support are the North Texas Food Bank, Opera-



tion Kindness and Make-A-Wish® Foundation. They do this through volunteering their time and through financial donations. They also volunteer their time with the local schools. Their favorite aspects of the neighborhood are the big trees, multitude of parks and endless sidewalks, the proximity to restaurants with healthy food options, wonderful neighbors and great schools.

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University Park Life February FEBRUARY University Park Life **Neighborhood** News

History TM

Why Do We Have Leap Year?

By Evan Andrews This article is from www.history.com.

Nearly every four years, we add an extra day to the calendar in the form of February 29, also known as Leap Day. Put simply, these additional 24 hours are built into the calendar to ensure that it stays in line with the Earth's movement around the Sun. While the modern calendar contains 365 days, the actual time it takes for Earth to orbit its star is slightly longer – roughly 365.2421 days. The difference might seem negligible, but over decades and centuries that missing quarter of a day per year can add up. To ensure consistency with the true astronomical year, it

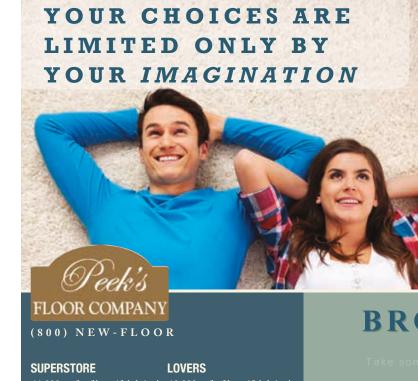




is necessary to periodically add in an extra day to make up the lost time and get the calendar back in synch with the heavens.

The Egyptians were among the first to calculate the need for a leap year, but the practice didn't arrive in Europe until the reign of the Roman dictator Julius Caesar. Before then, the Roman calendar had operated on a muddled lunar model that regularly required adding an extra month to maintain celestial consistency. Finally, in 46 B.C., Caesar and the astronomer Sosigenes revamped the Roman calendar to include 12 months and 365 days. This "Julian Calendar" also accounted for the slightly longer solar year by adding a leap day every four years.

Caesar's model helped realign the Roman calendar, but it had one small problem. Since the solar year is only .242 days longer than the calendar year and not an even .25, adding a leap year every four years actually leaves an annual surplus of roughly 11 minutes. This minute discrepancy meant that the Julian Calendar drifted off course by one day every 128 years, and by the 14th century it had strayed 10 days off the solar year. To fix the glitch, Pope Gregory XIII instituted a revised "Gregorian Calendar" in 1582. In this model, leap years occur every four years except for years evenly divisible by 100 and not by 400. For example, the year 1900 was not a leap year because it was divisible by 100, but not 400. The Pope's updated calendar remains in use to this day, but it's still not perfect—experts note that the remaining discrepancies will need to be addressed in around 10,000 years.



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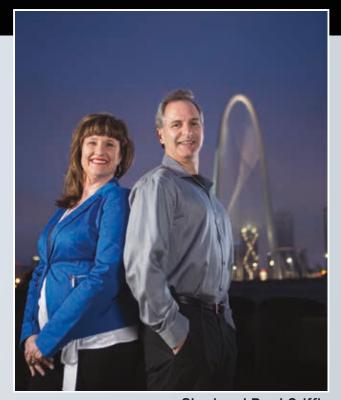
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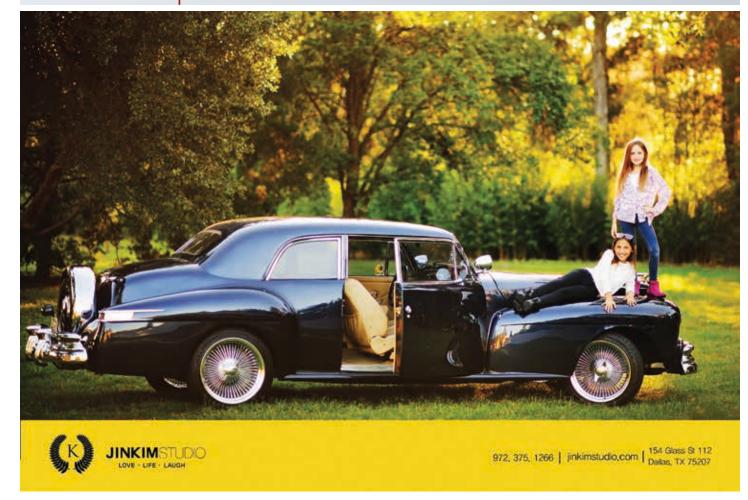
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3804 Hanover St	University Heights	\$2,495,000	12/18/15	27	5	5.2	5,325	Yes
3533 Colgate Ave	University Heights	\$1,695,000	12/15/15	2	3	3.2	4,258	No
3840 Colgate Ave	University Heights	\$2,495,000	12/07/15	0	6	4.1	5,072	No
3405 Centenary Ave	University Heights	\$1,490,000	12/07/15	19	4	3.1	3,441	Yes
3469 Stanford Ave	University Heights	\$1,469,000	12/02/15	16	5	4	3,988	No
3645 Southwestern Blvd	University Heights	\$2,495,000	12/01/15	44	4	5.1	5,511	No
3905 Stanford Ave	University Heights	\$1,135,000	12/01/15	24	4	3.1	2,983	No
3829 Standford Ave	University Heights	\$2,625,000	11/19/15	137	5	4.2	5,398	Yes
3804 Villanova St	University Heights	\$2,675,000			4	5.2	6,118	No
4077 Purdue Ave	University Highlands	\$1,685,000			5	5.1	4,370	No
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