

THE RIVER REVIEW

March 2011

News For The Residents of River Place

Volume 5, Issue 3

River Place Garden Club *Invites You to Take in the View!*

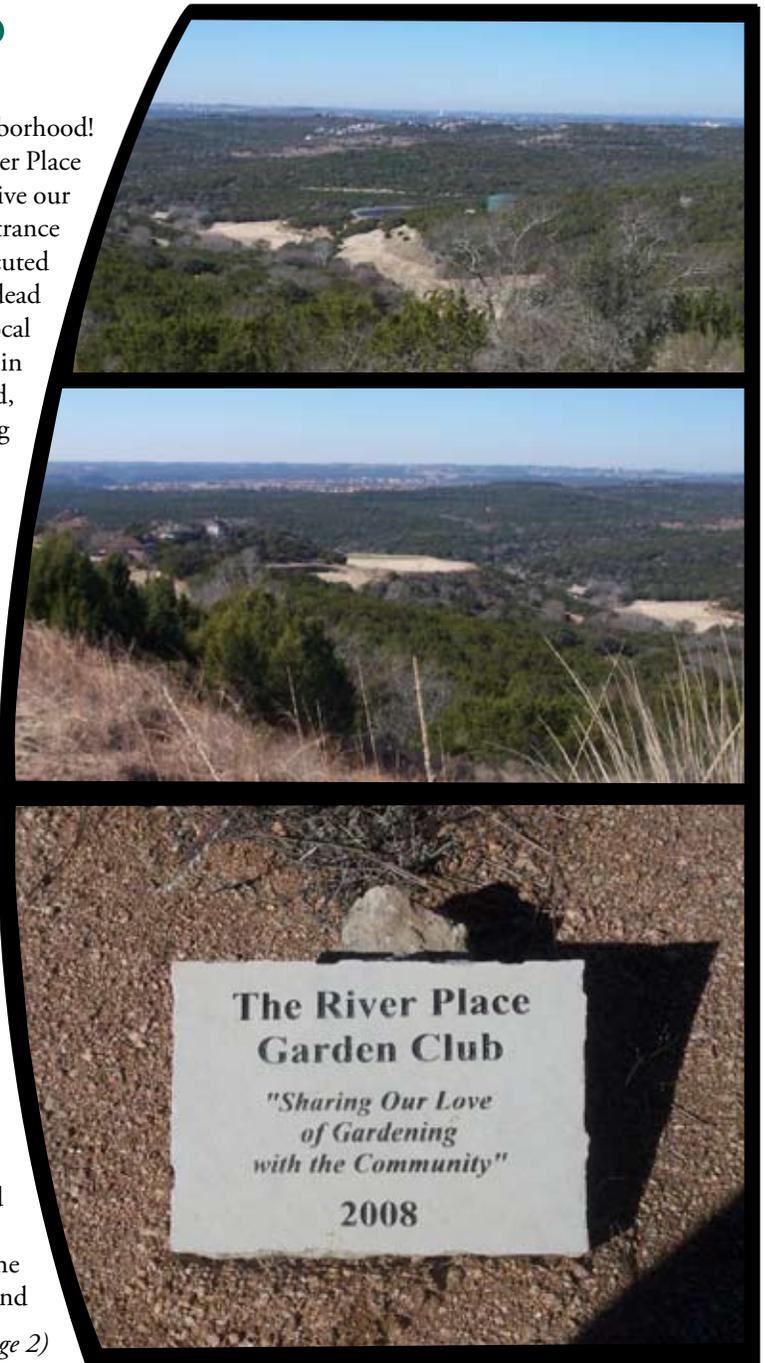
Beautification improvements are in progress all over our neighborhood! As you know, the River Place Garden Club has joined with the River Place MUD and the HOA to participate in a joint project designed to give our neighborhood a new and improved look! It all begins at the entrance with a newly designed planting beds funded by the HOA and executed by the professional team at True Green. Trees were trimmed and dead growth removed. Then, the HOA arranged for the dramatic focal point of our entrance, the fountain pillars, to be pressure washed in January by the crew from Westlake Power Washing. Also cleaned, was the darkened and soiled stretch of limestone and plank fencing extending from the entrance area down to Merrywing Drive.

And then who could ignore the breathtaking vistas opened up by through the efforts of the River Place Garden Club members and MUD directors, Art Jistel and Claudia Tobias! Art and Claudia have worked tirelessly in consultation with landscape architect, Roberto Garcia, and Garden Club members to open up the fantastic views along River Place Blvd. and Big View Drive and install plantings to enhance these areas. The work to install irrigation and drought tolerant native planting beds along River Place Blvd. from the intersections of Merrywing to Treasure Island Drive, which will be funded by the MUD, should begin sometime in March. Keep your eyes peeled for some dramatic changes!

Then, in late December, the MUD and the Garden Club joined together to plant two wildflower meadows, one at the newly cleared Big View bench area and the other at the corner of Treasure Island Drive in anticipation of a riot of colorful blooms arriving this spring. In addition, the two entrances of the Retreat section of the neighborhood, also located along Big View Drive, have also been targeted by the MUD and the Garden Club as their next hands on beautification project. The entrances will be enhanced with more colorful plantings and the strip of right of way, which stretches between the two entrances, will also be improved by the addition of drought tolerant native plants.

To encourage community participation and to help defray the costs of this and other ongoing planting projects at bench areas and

(Continued on Page 2)



IMPORTANT NUMBERS

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

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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

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Repairs.....	512-485-5080
IESI (Trash).....	512-282-3508

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River Place Garden Club - (Continued from Cover Page)

the entrance to the new nature trail, the River Place Garden Club is sponsoring a Plant Donation Day on Saturday, March 19th. While the recent freezes have most likely taken their toll on local yards and gardens, if you find that you have any extra drought tolerant native plantings that you would like to donate to the beautification project, please feel free to drop off your potted or wrapped plants at the Big View bench area at 10:00 a.m. on March 19th. If you are in doubt if a plant is suitable for donation, please feel free to contact Jo Anne Hargraves at joanne@joannhargraves.com.

As residents of River Place, we all are so fortunate to have an active and vibrant community, but it only happens through the work of our dedicated neighborhood organizations and many volunteers. If you are interested in lending a helping hand in this beautification project or if you would like to learn more about plants and gardening here in Central Texas, then please consider joining the River Place Garden Club. Dedicated to "sharing the love of gardening throughout the community," the group meets the second Thursday of most months at a resident's home. March's program will involve a presentation on herb gardening given by the folks from South Austin's It's About Thyme Nursery, followed in April by the program, "Everything's Coming Up Roses!" Guests and new members are welcome to attend two meetings. Please be advised that having a green thumb is definitely not a pre-requisite! If you are interested in joining, dues are \$20 for individuals and \$30 for families. Anyone interested in joining may contact the President of the club, Pat Coppola at 795-5161.

In the meantime, feel free to pay a visit to the newly opened up vistas along River Place Blvd. and Big View Drive the next time you're out for walk or a run on one of these beautiful central Texas days, and just take in the breathtaking views of the distant city skyline and rolling hills of the greenbelt. You'll be glad you did!

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Long Canyon residents, limit 30 words, please e-mail riverreview@peelinc.com

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-989-8905 or advertising@PEELinc.com.

Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing riverreview@PEELinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The River Review. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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New Traffic Concerns Raised at RM 2222 and Loop 360

A request is scheduled to come before Austin's Zoning and Platting Commission and the City Council in March which should be of concern to all area residents who travel on RM 2222. If the City Council grants this request, it may well result in an increased risk to traffic safety on RM 2222 in the vicinity of Loop 360.

The case in question is C14-91-0015(RCA) and it is a request by the owners of the property located on the southeast corner of RM 2222 and Loop 360 to change the terms of a public restrictive covenant between the owners and the City of Austin. This property, known as Champion Tract 4, has been a point of contention between nearby neighborhoods and the owners for over 20 years.

In 1991, the Champions filed for zoning on Tract 4 for commercial development. The Champions received their zoning, with certain uses prohibited, and signed a public restrictive covenant with the City which addressed some concerns raised by the neighborhoods. The restrictive covenant included traffic safety and water quality controls as well as landscaping and other provisions intended to improve the compatibility of this development with the nearby residences.

The covenant specifies that access to the property will be from two right-in/right-out-only driveways, one on eastbound RM 2222 and the other on the exit lane from Loop 360 to eastbound RM 2222.

Furthermore, in order to guarantee that there would be no left turns into or out of the property onto RM 2222, the covenant requires that there be a solid median in place on RM 2222 before any certificates of occupancy are issued for Tract 4.

The bridge project under construction by TxDOT originally included plans to place a solid median along RM 2222 adjacent to Tract 4. TxDOT was approached by agents for the Champions expressing concern about future access to Tract 4, and eventually TxDOT agreed to modify their plans to allow a left-turn cut-through in the median from westbound RM 2222. TxDOT was not made aware of the restrictive covenant. When TxDOT became aware of the terms of the covenant, the property owners were informed that a solid median would be installed unless the City removed the restriction.

The owners filed to have the restrictive covenant modified to remove the right-in/right-out-only restriction on the driveways to Tract 4. The City then requested an updated Traffic Impact Analysis (TIA) from the applicants. Their engineers produced a TIA update which shows no improvement to traffic flow or traffic safety from the proposed change and instead tries to make the case that the change would "do no harm."

(Continued on Page 4)

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RIVER REVIEW

New Traffic Concerns - (Continued from Page 3)

From the point of view of residents who travel on RM 2222, the proposed left-turn access poses several concerns. First, vehicles turning left into Tract 4 would be crossing the eastbound lanes of RM 2222 very near the intersection with Loop 360. Not only does this pose a danger to vehicles traveling east on RM 2222 but also to vehicles entering RM 2222 from the exit from northbound Loop 360. Second, vehicles waiting to turn left from westbound RM 2222 will be stacking up as they wait for a break in the eastbound traffic flow. The number of vehicles which can queue up to turn left will be limited by the new traffic signal to be installed at Lakewood Drive. Vehicles waiting to turn left could block the left lane of RM 2222 and possibly block the intersection at Lakewood, particularly during rush hour traffic. Third, the driveway to Tract 4 will be directly across RM 2222 from the driveway to the Bull Creek Market. It is inevitable that some vehicles will attempt to cut across RM 2222's westbound lanes to turn left onto eastbound RM 2222.

All of these scenarios create unnecessary traffic conflicts and decrease traffic safety for local residents and everyone who travels on RM 2222. There are no benefits to the public or to area residents from the proposed changes to the covenant. The provisions of the covenant were designed to provide some mitigation for the negative effects of the intensive commercial zoning approved for Tract 4. As

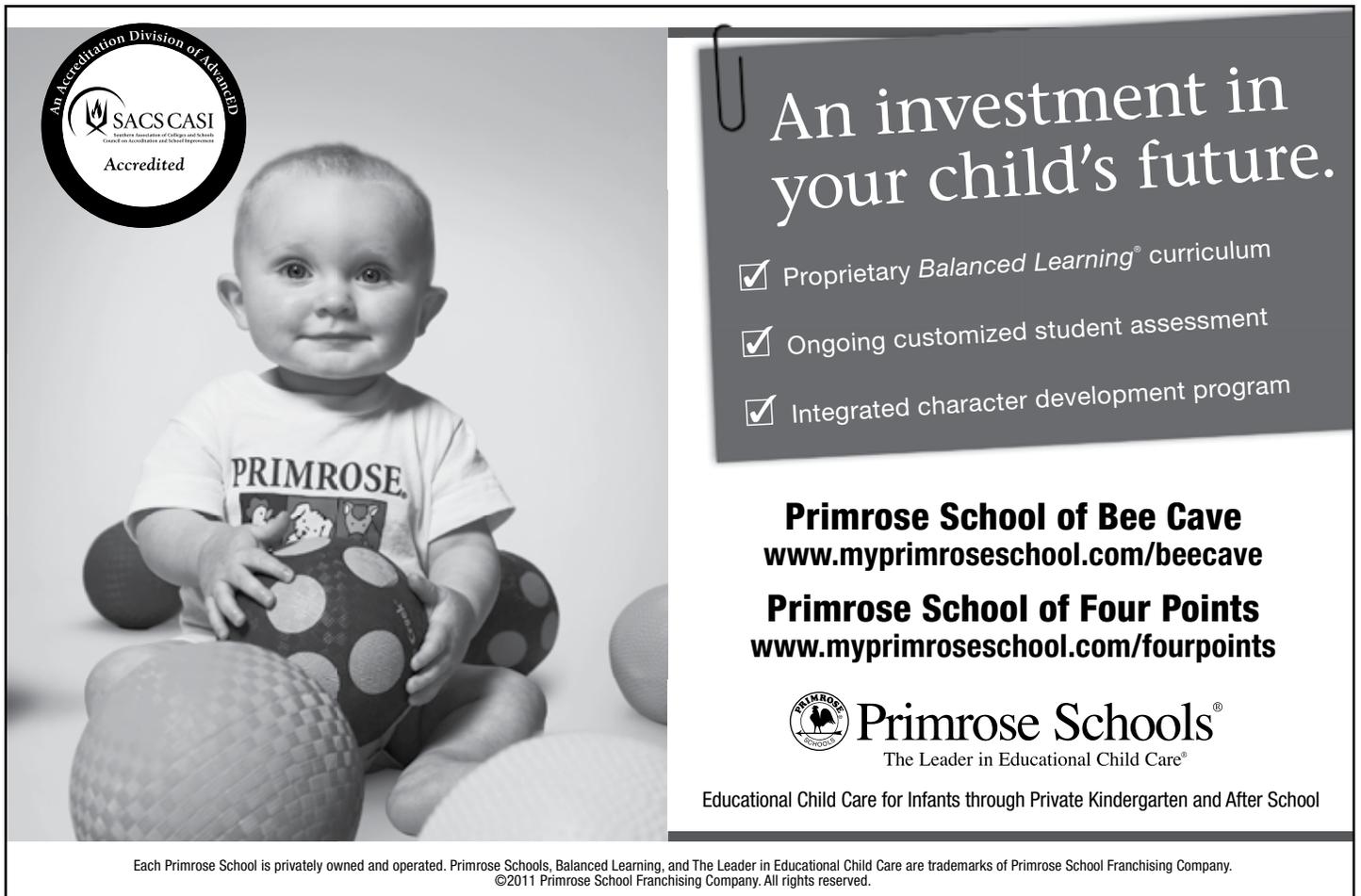
far as the surrounding neighborhoods are concerned, the owners made a deal with the City to obtain their zoning, and now they are trying to renege on their part of the deal. What remains to be seen is whether the City will honor the commitment made to area residents back when the zoning was approved.

Courtyard Homeowners Association, which is the adjacent neighborhood, and 2222 Coalition of Neighborhood Associations (2222 CONA) have already taken positions of opposition to the proposed modifications. Northwest Austin Civic Association and other area homeowner and neighborhood associations are also considering opposing the request.

Concerned area residents and all who travel on RM 2222 can individually indicate their support or opposition to this application to remove the right-in/right-out-only restriction on this property's driveways. The easiest way to do so is to send an email expressing your opinion on this traffic safety and traffic flow issue to both the Zoning and Platting Commission and the City Council before their respective hearings. Below are the email addresses and case information which should be referenced:

Case # C14-91-0015(RCA), Application to amend restrictive covenant, 5617 FM 2222

(Continued on Page 5)



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New Traffic Concerns - (Continued from Page 4)

Zoning and Platting Commission members and their email addresses: <http://www.ci.austin.tx.us/boards/results.cfm?bid=57>

ZAP group email, including staff, for your convenience:
bbaker5@austin.rr.com, sbald@sbcglobal.net, gregorybourgeois@gmail.com, prseeger@austin.rr.com, crbanks@hotmail.com, donna.zap@gmail.com, dora.anguiano@ci.austin.tx.us, greg.guernsey@ci.austin.tx.us

City Council members and link to group email form: <http://www.ci.austin.tx.us/council/groupemail.htm>

The following public hearings are currently scheduled but are subject to postponement:

1. Zoning and Platting Commission - Tuesday, March 1, 2011
2. City Council - Thursday, March 10, 2011 or Thursday, March 24, 2011 - TBD

For up-to-date information on hearing dates, visit www.2222cona.org or call Carol Torgrimson at 338-4722.



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RIVER REVIEW

Tips to Turn Your Walk Into a Workout

By Sarah S. Jordan, MS

Walking is a great mode of exercise because it requires no equipment, it is low-impact, and something that many people can do regardless of their fitness level or experience.

Benefits of Walking

Any movement is good movement and the same is true for walking. Like other forms of exercise, walking can help you improve cholesterol levels, lower blood pressure, control weight, improve mood, decrease stress, and it also provides numerous other health benefits. Here are some tips to turning your walk into a workout.

Get the Goods

Proper footwear is essential for any kind of exercise. It is important to select shoes with good arch support and soles that absorb shock and provide cushioning. If you are unsure about fit, Austin has several local shoe stores that will personally fit you to a new pair of sneakers.

Choose clothing that is comfortable to move in and that you feel good wearing. Dress in layers if the weather is cool so that you can adjust as needed during your workout. And take a bottle of water

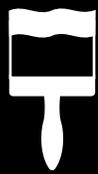
along so that you can hydrate along the way. You may find that taking an iPod along will help keep you motivated.

Walking for Fitness: Proper Speed and Technique

Although the act of walking is simple, walking for fitness takes more effort, attention to speed, and technique. In order to get the most out of your walking workout, the speed should be brisk and above your "stroll in the park" comfort level. Also, your heart rate should be elevated. A good estimate: 10 - 15 heartbeats in a 6-second pulse count. (Multiply that number by 10 to get heartbeats per minute.) Strike the ground with the heel and drive off from heel-to-toe in order to effectively engage the muscles of your lower-body.

A few minutes after starting your walking workout, take a moment to stretch the calves, quadriceps, and hamstrings. Hold stretches for several seconds (with no bouncing) on each side. After your workout, reward your muscles and improve flexibility by taking a few minutes to stretch. Hold stretches longer here because muscles are warm and can make gains in flexibility at this point.

(Continued on Page 8)



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RIVER REVIEW

Tips to Turn Your Walk Into A Workout -

(Continued from Page 6)

Just Getting Started?

If you are new to exercise, it is important to check with your doctor before starting an exercise program. Start slowly and gain confidence before adding distance. For example, you might try walking 10 minutes in one direction and 10 minutes back. Slowly build up to 15 minutes in one direction and 15 minutes back. Over time, build up to 2-3 miles or 40-60 minutes of walking at a brisk pace most days of the week.

A Seasoned Walker?

If you have been walking for quite some time, you may be looking for something new to add to your walking workout. With a few quick additions, you can further challenge and tone muscles and increase the intensity of your workouts.

- **Add speed.** Turn your walk into a speed walk. Engage the arms and the core muscles.



- **Incorporate intervals.** Walk for five minutes. Do an interval for two minutes. Repeat. Intervals can include things like walking lunges, moving side squats, push-ups, and jogging.

- **Hit the hills.** Adding an incline will increase intensity in a hurry!

- **Add resistance.** Use a weighted backpack or vest. Or push your child in the stroller.

I did not realize just how much weight I was pushing when I exercise with my son until I did the math recently. He is 25 pounds, and the stroller is 15. That extra 40 pounds adds great intensity (and a whole lot of cuteness) to my workouts!

If this is the year that you have devoted to improving health, walking is a great way to start! Remember... "The journey of a thousand miles begins with a single step."



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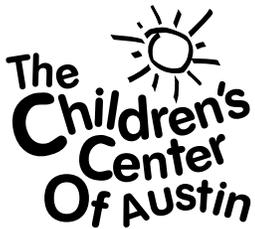
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Recipe of the Month

7 Layer Salad

Layer following vegetables in 8 x 10 dish in this order:

- 1 head lettuce, broken up
- 1 cup chopped celery
- 1 small can sliced water chestnuts, drained
- ½ C green onions, thinly chopped
- 1 box frozen English peas (do not cook)
- 1 pint real mayonnaise (spread over top)
- 6 oz. grated cheddar cheese

Cover and refrigerate 24 hours. Crumble 6 piece of fried bacon on top.

What's on your to-do list this month?



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Achho!!!

What you can do about allergies for good!

If you live in Austin and other allergen-laden locales, you are certainly familiar with the outward symptoms of airborne allergies. And if you've ever rushed to the bathroom after lunch, you may also be familiar with some food allergies and what they do to you. But did you know that depression can actually be a symptom of an allergy at work in your body? So can muscle aches, joint pain, anger and irritability, even an inability to think clearly. The list of allergy symptoms goes on and on.

The exact cause of allergies isn't known. Western science defines an allergic reaction as the body's defense mechanism against an allergen or foreign substance. The body's immune system takes over in an attempt to protect it. Ironically, your body is making you uncomfortable by fighting what are often benign substances. So why is Cedar kicking your butt right now and not your neighbor's or your spouses? It has to do with your Immune System strength and your immunity against the allergen!

Allergies to airborne substances, ragweed, mold, dust, mountain juniper, are often indicative of inflammation somewhere in the GI tract. They are typically secondary to a food allergy that is creating the inflammation. So rebuilding the stomach lining, will decrease

allergies, even airborne!

Some allergens are actually inherited, but these are few. In fact, allergic reactions to soy, peanuts, dairy products, and wheat appear to be the only genetic allergies. Changing the pH and calming the inflammation of the bowels is the key to reducing or eliminating allergies. While it isn't an overnight process, the results are worth it—living without sinusitis, itchy watery eyes, headaches, pressure, fatigue, drainage, sinus infections, irritable bowels, spastic colon, diarrhea, and constipation.

You may be shocked to discover how many of your seemingly unrelated symptoms are actually allergies. Other symptoms of allergies include migraines, heartburn, fainting, blood-sugar problems, indigestion, and even mood disorders. Often, depression is actually a result of commonly ingested allergens, and many people find they can reduce or eliminate their need for psychotropic medications by modifying their food intake.

In my office we use homeopathic remedies, herbs, acupuncture and adjustments to alleviate allergy symptoms and rebuild the stomach to address and fix the cause. All of these combined together is how you can be allergy free! See below -

(Continued on Page 13)

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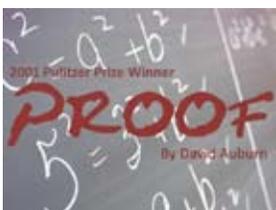
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Achhoohoo! - (Continued from Page 12)

IMMEDIATE RELIEF :

Acupuncture-

Acupuncture can target the areas where the allergies may stem from. Acupuncture is a procedure, and therapy where I insert a tiny thin needle into certain acupressure points that are designed to open and increase the energy flow (Qi) throughout the body. Once the body has a thorough energy flow, the body will become balanced both hormonally, physically and mentally. With allergies, I can treat the root of the problem, as well as where the problem manifests itself within the body.

Probiotics-

Again, working on the immune system is the most important defense against allergens. The good stomach bacteria (probiotics) train your immune system to distinguish between pathogens and non-harmful antigens, and to respond appropriately. This important function prevents your immune system from overreacting to non-harmful antigens, which is the genesis of allergies.

Natural D-Hist and Texas Allergy

Both are fast acting and help reduce allergy symptoms. Both are sold only by Dr.'s and I do carry both in the office as well as a high grade probiotic.

Natural D-Hist combines Quercetin, which is a mast cell stabilizers that inhibits compounds that affect the nasal passageways slowing down nasal discharge, with Bromelain which supports the mucousal lining and slows down the mucus viscosity. D-Hist does not leave you with that "hang over" feeling benedryl or other over the counter medications may....

Texas Allergy Spray is a homeopathic remedy that slowly introduces Texas Allergens into your system such as Ragweed, Mold and Cedar. By introducing small amounts before allergy season hits, your body will build immunity to the allergen when it comes into contact with the real thing. I like to start my patients on this the month or so before the allergen that bothers them is at it's highest. For example I start my Cedar sensitive patients on Texas Allergy in late September for the November Cedar Season.

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FINANCIAL FOCUS

Are Your Investments Getting Enough Exercise?

Now that spring is here, you may find it easier to get outside to run, bike or take part in other physical pursuits that you enjoy. As you know, the more active you are, the more efficiently your body will work. And the same can hold true for your investments — the more exercise they get, the more potential to work on your behalf.

Just how do investments get “exercise”? Through lots of activity. And you can keep your investments active in at least two ways: through systematic investing and through dividend reinvestment. Let’s take a look at both these techniques.

When you engage in systematic investing, commonly called “dollar cost averaging,” you are continuously putting your money “in motion.” Essentially, you put the same amount of money into the same investments at regular intervals. So, for example, you might decide to invest \$100 per month, in Company ABC stock. To impose this investment discipline on yourself, you could even have the money sent directly from your checking or savings account.

Of course, since the price of ABC stock, like that of all stocks, is constantly changing, your \$100 investment will buy different numbers of shares each month. This can work to your advantage, because when the stock price of ABC goes down, your \$100 will buy more shares. When the price goes up, you’ll automatically be a smart enough “shopper” to buy fewer shares, just as you’d typically buy less of something when its price goes up.

Over time, systematic investing typically results in an average cost per share that’s lower than it would be if you were to make sporadic lump sum investments. If you can lower the cost of investing, this may help boost your investment returns. This also can be an effective way to fund your retirement account(s) each year. (Keep in mind, though, that even systematic investing can’t guarantee a profit or prevent a loss in declining markets. Also, you’ll need to have the financial resources available to keep investing through up and down markets.)

Dividend reinvestment is similar to systematic investing in that it allows you to build more shares of an investment. But when you reinvest dividends, you don’t even have to take money from other sources to increase your shares — you simply have to request that a stock or a mutual fund, instead of paying you a dividend in cash, reinvest the dividend right back into that same stock or mutual fund. It’s an effortless way of adding shares. Similar to dollar-cost averaging, dividend reinvestment imposes an investment discipline on you — you automatically keep putting money in the market during up and down periods. (Keep in mind that dividends can be increased, decreased or totally eliminated)

Exercising your investment dollars in these ways can help you go a long way toward keeping your portfolio in good shape — enabling you to make healthy progress toward your important long-term goals.

Travis County Commissioner Karen Huber *Discusses Lake Travis Economic Value At Four Points Chamber of Commerce Luncheon*



Four Points Chamber of Commerce is delighted to have Travis County Commissioner Karen Huber as the guest speaker for Four Points Chamber's March Luncheon.

Commissioner Huber recognizes that as the population in Central Texas continues to grow the demands for water and the impacts on water quality are increasing. Commissioner Huber will discuss the collaborative effort to study and analyze the value of Lake Travis as a significant regional economic engine considering its various revenue streams. Four Points

Chamber luncheons provide stimulating discussions for local individuals, businesses and organizations to gain new insights and stimulate business growth.

- Thursday, March 17th
- Time: 11:30 a.m. to 1:00 p.m.
- At River Place Country Club, 4207 River Place Boulevard.

Membership is not a requirement to come to the luncheon but you'll want to register online to ensure your seat and receive early-bird discount pricing! While you are at the Four Points Chamber of Commerce website be sure to check out the other networking activities offered by the chamber including the monthly Happy Hour and bi-monthly networking meetings at Concordia University.

The Four Points Chamber of Commerce provides networking opportunities at social gatherings, luncheons and business network meetings. Now well over 100 members strong and growing, the Four Points Chamber of Commerce brings businesses together along highway 620 from Hudson Bend and Mansfield Dam to Anderson Mill and along Ranch Road 2222 from Jester to Volente to support business growth in the community. For more information about upcoming events contact us at FourPointsChamber@gmail.com, visit www.fourpointschamber.com or call (512) 551-0390. Membership inquiries may also be sent directly to membership@FourPointsChamber.com.

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