

# THE RIVER REVIEW

June 2012

News For The Residents of River Place

Volume 6, Issue 6

## CONGRATULATIONS RIVER PLACE GARDEN CLUB MAY 2012 YARD OF THE MONTH

Congratulations to Greg and Loretta Sedlock for being selected as the River Place Garden Club "Yard of the Month" for May 2012.

Greg and Loretta moved to River Place in '97. They love the community and say it's the favorite place they have lived. Their first home, on Treasurer Island, was perfect for raising a son and daughter, but after the kids were off to college they decided to downsize and moved to their present home on Kite Tail. In the new location, they noticed that over the years the trees and plantings in the

front yard had become quite large and hid much of the beauty and architectural interest of the home. They decided it was time for a redo. So they began working with a landscape designer to create something that would better showcase the home. Loretta relates they wanted to do something different that would make use of Texas native perennials and give their home a more open and welcoming feel. The end result is beautiful.

Yard of the month is selected by representatives of the River Place Garden

Club. The selection criteria includes planting & design, color, use of native plants, appropriate use of hardscape, and creativity.

Each month, Mary Rachkind, a garden club member, awards Yard of the month winners with a gift certificate for \$50.00. If you are interested in joining the River Place Garden Club, please contact Becky Wolfe at 344-9967. Meetings are held the second Thursday of the month.

*Submitted to The River Review by:  
Becky Wolfe, President 2011-2012*



## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
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Ambulance .....	911
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Hudson Bend Fire and EMS	
Emergencies .....	512-266-1775
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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City of Austin Electric .....	512-494-9400
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Time Warner Cable	
Customer Service .....	512-485-5555
Repairs.....	512-485-5080
IESI (Trash).....	512-282-3508

### OTHER NUMBERS

River Place Postal Office .....	512-345-9739
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### NEWSLETTER PUBLISHER

Peel, Inc.....	512-263-9181
Article Submissions .....	<a href="mailto:riverreview@peelinc.com">riverreview@peelinc.com</a>
Advertising.....	<a href="mailto:advertising@peelinc.com">advertising@peelinc.com</a>

## Austin Newcomers Club JUNE LUNCHEON

*Addie Broyles – Food Editor for the  
Austin American-Statesman is the guest speaker.*

Hailing from the Missouri Ozarks, Addie Broyles expanded her cooking (and eating) skills on the West Coast and Spain before settling in Austin, where she is the food writer for the Austin American-Statesman. Addie, who was named the top food writer in Austin by the Austin Chronicle in 2011, is a founder of the Austin Food Blogger Alliance and has spoken at conferences around the country, including here at South by Southwest Interactive. Her speaking topics include, How Technology Is Changing The Food World. When she's not wrangling her two young sons or her three backyard chickens, she also writes about women and food on her blog, The Feminist Kitchen. Addie's will be describing the details of her position at the Austin American Statesman.

### WHEN & WHERE

**Wednesday, June 20, 2012 at Green Pastures Restaurant,  
811 West Live Oak Street, pre-payment \$20.00  
Reservations are required.**

### TIME

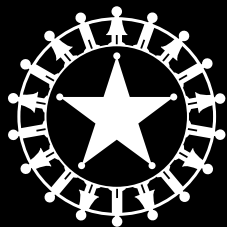
**11:30 a.m. socializing, Luncheon begins at noon  
For Luncheon Reservations: Email:  
[LuncheonDirector@AustinNewcomers.com](mailto:LuncheonDirector@AustinNewcomers.com)**

Austin Newcomers Club is a non-profit social and recreational organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. To Join Austin Newcomers Club: Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00. Membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at

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## River Place Garden Club's Beautification Celebration *A Resounding Success!*

Scores of River Place residents and garden club members came together on a beautiful spring evening on Thursday, April 19th at the new Scenic Treasure Island Overlook to dedicate the new outdoor space and celebrate the colorful new plantings and cleaned fences that line River Place's main boulevards. The president of the River Place MUD, Jim Casey, along with Greg Sedlock, president of the HOA, were key speakers, and talked of the importance and history of this joint neighborhood project. What began in 2010 as a simple request by the HOA to the garden club to come up with a pilot planting plan to help improve the look of the vast expanses of blank and soiled concrete fencing that line River Place Blvd, blossomed when the MUD agreed to step in with the water needed to pressure wash the fencing and as well as the funding and implementation of this extensive irrigation and planting plan.

All who attended the event celebrated the spectacular success of this project which, according to MUD treasurer, Lee Reitland, has one more phase to go to completion. Festive tents marked the landscape, and ticket holders were invited to enjoy wine and appetizers provided by club members and place bids on an array of items and services provided by local merchants as well as River Place's own talented artisans. The event was planned by co-chairs, Ann Kennedy and Becky Douglass, who together had the vision to hold and execute this gala event. Money raised will be put to good use by the club to continue to maintain the existing bench parks located on River Place Blvd..and Big View Drive as well as fund future beautification projects which will be done in conjunction with River Place MUD and the HOA.

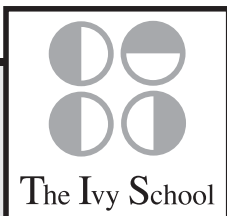
In addition, a dedication stone with the club's mission statement, "Sharing our Love of Gardening with the Community." The group welcomes all gardeners, expert and novice alike. So, if you're interested in learning more about gardening, yard maintenance, and landscaping in our little piece of central Texas here in River Place, or if you wish to participate in the ongoing beautification of our neighborhood, please contact the club's new president, Angela Plunkett, at [angelaplunkett@dhs.com](mailto:angelaplunkett@dhs.com). for membership information.



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## Lake Travis Community Library Offers Programs All Summer

School's out for summer! Lake Travis Community Library will offer over 100 events during our annual Summer Reading Program. New this year is our Summer Reading Chart - watch your progress as you read over the next few months on the reading chart located in the Children's Area. Sign up for our Summer Reading Program and your name will be placed on the chart, then for each 10 books or 10 blocks of time you record on your log, a star will be placed by your name. Reach the goal of 5 stars and you will receive a Reading Certificate signed by the Governor of Texas as well as other prizes. Start reading now! In addition to our regular weekly programs, the library will hold the following special events:

### SUMMER READING PROGRAM

The official Summer Reading kickoff will be held on the lawn outside of the library on Saturday, June 2nd from 10:30am to noon. Tiny Tails to You! will bring their baby animal petting zoo. Also, have your face painted, be showered by bubbles and make a balloon animal. Be sure to stop by the library for refreshments, to register for the summer reading program, and to pick up reading logs to last throughout the summer.

### IMPROV FOR KIDS

Join us for a performance of the Flying Theater Machine, a special improv group for kids, at the Lakeway Activity Center on Thursday, June 7th at 10:30am. Flying Theater Machine is the only kid-oriented improv in Austin. The audience will help with suggestions and sound effects, and a few lucky kids will even get to go on stage.

Clown Bonzo Crunch, Ringling Bros. Circus Ambassador of Laughter, will have some serious fun at Lake Travis Community Library on Friday, June 8th at 10:30am. Don't you want to learn what it takes to soar on the flying trapeze or what



goes into those cream pies that clowns throw?

### CANTA

CANTA is a mixed-age, parent and child program that teaches Spanish through music and movement. Come sing, dance, and play instruments with your child on Friday, June 22nd at 10:30am.

### CIRCUS CHICKENDOG

Circus Chickendog comes to TexARTS on Wednesday, June 27th at 3pm. It is billed as the "The Family-Friendly Circus That is Making Austin Weirder." Get prepared to enjoy Trick Dogs, a Performing Parrot, Magic, Juggling, Unicycling, Rope Spinning, Accordion Music, Giant Bubbles and lots more...

### STORY TIME WITH BERNADETTE NASON

Bernadette Nason brings stories to life with facial expressions, character voices and amazing energy. She will perform at the Briarcliff Community Center at 10am and at the Lake Travis Community Library at 11:30am on Thursday, June 28th.

### LIBRARY CAMP

In addition to these events, the library will hold regular Library Camps for three different ages: Kindergarten and First Graders on Wednesdays at 2pm; Second and Third Graders on Mondays at 2pm; and Fourth Grade and up on Tuesdays at 2pm. At Library Camp, activities will vary every week and include science experiments, book clubs, writing exercises, crafts, cooking, reader's theater, and more.

Please contact the library at (512) 263-2885 or see [www.laketravislibrary.org](http://www.laketravislibrary.org) for details and to view the complete Summer Reading Program calendar. All library events are free and open to the public. We look forward to seeing you this summer!

Tiny Tails to You! will bring their baby animal petting zoo to the front lawn of the Lake Travis Community Library on Saturday, June 2nd at 10:30am to kick off the Summer Reading Program.



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# RIVER REVIEW

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## JUNE EVENTS *at the Wildflower Center*

### AMAZING ORIGAMI--MANY FOLD MANIFOLDS

*June 2 through August 19*

The origami master, Robert J. Lang, opens his exhibit with a 10 a.m. gallery walk, 11:30 a.m. lecture in the auditorium, 12:30 p.m. book signing in the store and a 3 p.m. workshop on Saturday, June 2. The exhibit is in the McDermott Learning Center.

### PAINTINGS ON SILK

*June 2 through August 19*

Exquisite work by Caitlin Hill in the store.

### NATURE NIGHTS: BUTTERFLIES

*6 to 9 p.m. Thursday, June 21*

Our family fun with nature begins with a session on butterflies. Walks, talks and crafts. Joan Son demonstrates origami in the store.

### NATURE NIGHTS: HUMMINGBIRDS

*6 to 9 p.m. Thursday, June 28*

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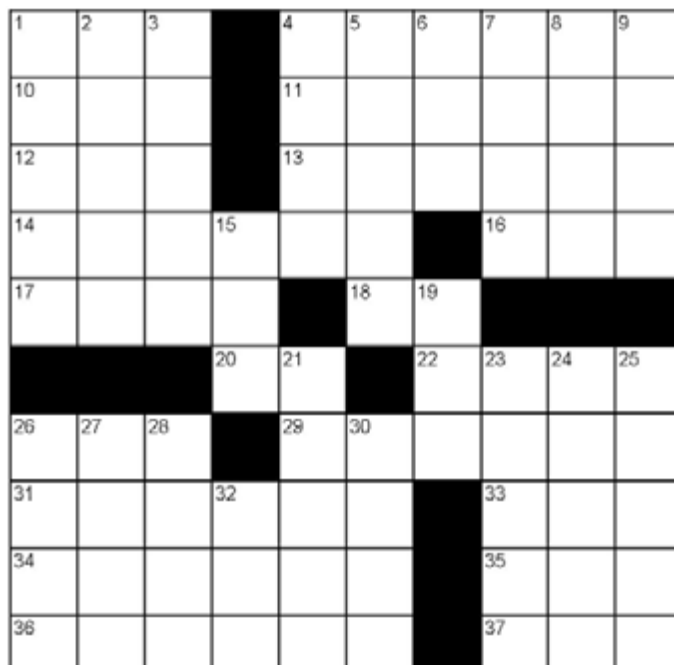
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# RIVER REVIEW

## CROSSWORD PUZZLE



### ACROSS

1. Pen brand
4. Oriental tower
10. Self-esteem
11. Excuses
12. Shade tree
13. Napkins
14. Filament
16. Shekel
17. Hula \_\_\_
18. Iowa (abbr.)
20. Man's title
22. Type of dressing
26. Short-term memory
29. Exodus
31. Hype
33. Airport abbr.
34. Glistening
35. Cask
36. Star system
37. South southeast

### DOWN

1. Wood
2. Ice house
3. Fast food meal
4. Ashen
5. Excuse
6. Cocktail drink
7. Follow
8. Eaten
9. Association (abbr.)
15. Words per minute
19. Abridged (abbr.)
21. Become less tight
23. Onion like vegetables
24. Painter Richard
25. Utilization
26. Thick carpet
27. Roman cloaks
28. Gangster's girlfriend
30. Musky
32. Pod vegetable

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## Recipe of the Month

### Ready-to-Go Chili (5-6 servings)

- 1 lb. lean ground beef
- 1 medium onion, chopped
- 2 cans(15 ozs ea.) pinto beans, undrained
- 1 can(28 ozs) diced tomatoes, undrained
- 1 can(15 ozs) tomato sauce
- 1 can(4 ozs) chopped green chilis, undrained
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon black pepper

1. In a large soup pot, brown the ground beef and onion over medium-high heat for 5 to 7 minutes.

2. Add the remaining ingredients, reduce the heat to medium-low, and cook for 1 hour, or until the chili has thickened, stirring occasionally.

Note: Add a little hot pepper sauce or cayenne pepper if you like a spicier chili. Serve in bowls topped with all the classic chili fixin's like shredded cheese, sour cream, chopped onion, or sliced jalapeno peppers.

*Enjoy*

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			1					
4	3		7	9	5			
	8							4
		7						2
				7	6	4		
	1		5		3	6		
		6		4			9	1
	4				1			
9			2					

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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## FUEL YOUR CHILD'S CREATIVITY QUOTIENT

*Submitted by Sugandha Jain*

The impact of a high creativity quotient (CQ) is evident even among the top management in business.

Results from 2010 IBM Global CEO study reveal that highly effective CEO's place the greatest emphasis on creative leadership.

In order to achieve top results, CEO's are not fearful of experimenting. These CEO's lead the new generation by continually thinking of new ways and fresh approaches.

However, the sad reality is that creativity scores have been decreasing in children since 1990. In their book, *The Creativity Crisis: New Thinking about children*, authors Po Bronson and Ashley Merryman, cite evidence on how creative quotient in children has plummeted.

As parents, we have to ask ourselves

some tough questions. Is our education system so hyper-focused on testing that we are squeezing out the innate creativity of our children? Are we pushing our children so hard that we are leaving no room for creativity? What can we do to turn things around?

The good news is that creativity can be nurtured and learned. Exposing children to a creative environment can assist in enhancing their CQ.

Creativity training actually changes brain function. It creates new neurons in key parts of the brain and builds new connections between these neurons.

So, what is the recipe for sparking creativity in children? The right amount of sleep, nutrition and avoiding pessimism can work wonders.

Positive thinking is so powerful that it

can attract unimaginable successful results in a person's life. Teaching children to trust themselves is a vital ingredient as creativity comes from trusting your instincts.

Asking 'What if' questions to your children can increase their CQ. Leo Burnett says that curiosity about life in all of its aspects is the secret of great creative people.

Solving open-ended problems also nurtures creativity. Parents and children who work together to solve challenging problems gain understanding on mastering uncomfortable feelings that these problems present. Families that create together stay together!

*Sugandha Jain is a Master Registered Texas Trainer*

*& Director of Accreditation at a local preschool*



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## THE DEDICATED RUNNER

*Submitted by, Steve Bernhardt*

Over the past few years the topic of proper running form has been widely discussed in running books, online forums, coaching blogs, magazine articles, and training classes. From these conversations the running community at-large has come to a consensus that there are best practices for runner's to follow when running that optimize speed, efficiency, and reduce the probability of injury.

The term commonly used today to highlight this emphasis on proper running technique is Good Form Running. Here are four key components of Good Form Running that you should incorporate into your running technique, particularly if you are interested in enhancing your performance or have been battling some of the more common running related injuries.

### 1. POSTURE

Head level, eyes forward. Upper body and arms relaxed, loose



hands. Compact arm swing, not crossing the mid-line of the body.

### 2. MID-FOOT STRIKE

Land the lead foot directly under the hip, striking mid-foot not heel first.

### 3. TURNOVER

Research has shown that the optimum cadence is 180 foot strikes per minute. The faster turnover promotes a shorter, quicker stride and a more efficient mid-foot landing.

### 4. SLIGHT LEAN

Lean forward at the ankles not the hips, use gravity to pull you forward.

Making adjustments to your running form can take time as muscle memory requires focused attention and repetition to rewire. With a moderate level of dedication and consistency you can make significant improvements in your running form that will result in a more productive and enjoyable running experience.

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### 2012 Dates

January 26

March 22

May 24

September 27

October 25

## Tennis Tips



**Q: I have taken some beginner lessons and I am ready to start practicing. What is the best way?**

A: Starting to play tennis, is like learning to swim or riding a bike. You need to start slowly and gain confidence over time. I suggest acquiring some used tennis balls from a club (we have plenty at our club), and start hitting them back and forth from the service line to service line. New balls are much too lively and if you only use three balls, you will end up spending more time chasing them than hitting them.

**Q: What about playing with my children?**

A: If your child is between ages 4-11 and has taken some tennis lessons in an organized program, more than likely they were accustomed to playing with softer "QuickStart" balls and transitional rackets. Children need to learn to execute the stroke properly without thinking about the court and the net. I usually begin with children of these ages, stroking a ball against a fence or windscreen. Later on once they learn to make contact with the ball, I bring them close to the net onto the actual tennis court, and I have them hit the balls being fed.

**Q: If I am the feeder of the balls, where should I stand?**

A: Most tennis coaches now, spend a great deal of teaching standing next to the players feeding them balls from both behind and from the side, next to the player. This way, the player hitting the ball, learns to adjust to the ball without having to do a great deal of running. When I see a player becoming more confident with making contact with the ball and clearing the net, I will begin feeding the balls to them from the other side of the net. The player should start hitting the balls from the service line, and move further towards the baseline as he succeeds hitting the balls with more control.

**Q: When is time to rally back and forth?**

A: Once the player is adept to hit both forehands and backhands with consistency, when the ball is being fed from the opposite side near the service line, I then will move back to the baseline and start to rally back and forth. I normally let the student start the rally, making sure that he is executing the stroke properly. Also, safety calls for the basket or extra balls to be clear his path on his side of the court.

**Q: How should I practice the serve?**

A: One of the most difficult shots of tennis to master is the serve. Also, it is the easiest one to practice, because a player can practice it alone. I suggest using many tennis balls and begin by first serving from the service line and proceed to move back toward the base line until success is achieved with getting the ball in the proper service box. If practicing with a partner, one can be serving, while the other practices returning serve.

**Q: How about playing points?**

A: If players are familiar with the traditional scoring system, I suggest playing regular games. For practice purpose, I encourage my students to play using the table tennis scoring system. Serve five balls, and then allow the opponent to serve five. Change sides every 10 points. This way, a player learns to play the point, rather than the game. First to achieve 21 points wins.

Make sure you wear light clothes, drink lots of fluid and have a great time learning and practicing the "game of a lifetime!"

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### MONDAY

- ★ **\$10 Smoked Brisket Burger & Uncle Billy's Beer**
- **Mug Club Members – \$3.50 Mugs**
- **\$7 Dulce Vida Blanco Tequila Shots**

### TUESDAY

- ★ **Pint Specials– \$2.50 Uncle Billy's House Pints  
\$3.50 Brewer's Choice Pints**
- **\$15 To-Go Growlers (\$10 Refills)**

### WEDNESDAY

- ★ **Rib Night – \$1 Per Pork Rib**
- **Happy Hour (3 - 7pm) – Uncle Billy's Beer Specials**
- **\$6.50 Redstag or Bulleit Bourbon Cocktails**

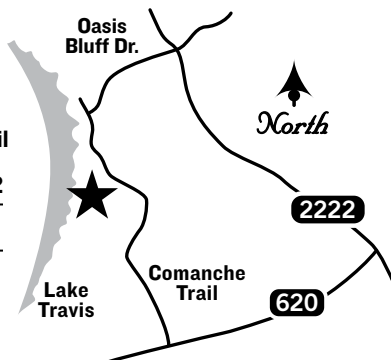
### THURSDAY

- ★ **Sangria & Sunsets – Special On Glasses & Pitchers**
- **Happy Hour (3 - 7pm) – Uncle Billy's Beer Specials**

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## Colin's Hope Upcoming Events Calendar

**June:** Water Safety Walk - Packet Stuffing and Distribution

**June 7:** Eat, Drink & Shop for Colin's Hope at  
Point of Origin Gift Boutique in Lakeway, 5-7pm

**June 16:** Colin's Hope Got2Swim the Pure Austin Quarry

**July 21:** UltiFit Challenge #2 at Reveille Peak Ranch

**September 16:** Colin's Hope Kids Triathlon - registration opens June 1st

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