

THE RIVER REVIEW



April 2013

Volume 7, Issue 4

Photo by Mia Sanchez



NEWS FOR THE RESIDENTS OF RIVER PLACE



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ARTICLE INFO

The River Review is mailed monthly to all River Place residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the River Review please email it to riverreview@peelinc.com. The deadline is the 15th of the month prior to the issue.



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Vandegrift High School	512-570-2300
Four Points Middle School	512-570-3700
River Place Elementary	512-570-6900

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COVER PHOTO

Do you take great photos?

Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming issues of the River Review. All photos submitted must represent River Place or the surround area. Our deadline for submittals is always the 9th of the month prior to the issue. All photos should be submitted electronically by the deadline date in high resolution (300 dpi) to riverreview@peelinc.com. Portrait (vertical) photos work best.

To view other photos submitted please visit www.PEELinc.com/RiverPlace, and view any of the past newsletters.

By submitting your photo you agree to allow your photo to be published in future issues of the River Review or other Peel, Inc. publications.

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April Events at the Wildflower Center

Submitted by Saralee Tiede

SPRING PLANT SALE & GARDENING FESTIVAL

Members Sale, 1 to 7 p.m. Fri., April 12 | Public Sale 9 a.m. to 5 pm. Sat. & Sun., April 13 & 14

We're featuring plants that attract butterflies and a live butterfly demonstration. Guided walks, gardening tips and book signings. Information at wildflower.org

ART EXHIBITS

March 9 through May 27

Shou Ping's colorful paper sculptures in the McDermott Learning Center, Jim La Paso's kinetic metal creations in the gardens and Denise Counley's wildflower watercolors in The Store.

FREE PLANT CONSERVATION LECTURES

7 p.m. Wednesday, April 3 —Dr. Gary Nabhan, "The Three-Legged Stool"

7 p.m. Thursday, April 4 —Dr. Peter Raven, "Plant Conservation in a Rapidly-Changing World"

In the Auditorium

BOOK SIGNINGS AT THE STORE

1 to 4 p.m. Saturday, April 6

Susan and Van Metzler sign Texas Mushrooms and Allison Cunningham Amador signs Goodnight Austin.



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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to Execute The One Handed Backhand Volley

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, and the forehand half-volley. In this issue, I will offer you instructions on how to execute the one –handed backhand volley when players are at the net and have to hit the ball on the fly. In the illustrations, the Manager and Director of Tennis at the Grey Rock Tennis Club, Fernando Velasco, demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: The Split step: When the player comes up to the net, the player will stop and take the split step by bouncing off the toes at the same time and let the body lean forward to react to the ball. Both hands are on the racket so it can react to either move to the left or to the right. Eyes are focused on the incoming ball. Notice the left hand being on the throat of the racket, not next to the right hand

Step 2: The Back Swing: The left hand will guide the head of the racket at eye level and with a short back swing. The upper

body has made a turn and the weight of the body has been placed on the left leg. Eyes are focused toward the point of contact. The right hand is relaxed to allow the left hand to make the proper opening to meet the ball.

Step 3: The Point of Contact: As the swing comes forward, the left hand releases the racket and the right foot leans toward the ball. The left hand stretches back to allow proper balance on the point of contact. The head of the racket is slightly tilted up to allow a slice on the ball. This assures good height above the net and will force the ball to stay low when making contact with the court, thus making it tougher for the opponent to return the ball back to the player.

Step 4: The Follow Through: Once the ball leaves the racket, the follow through is extended toward the target. The weight of the player is now on the right leg and the left arm is still balancing the body as a “butterfly swing”. The shoulders are still slightly turned and are ready to come back to the split position.

Look for in the next Newsletter: *The Two-Handed Backhand Volley*

Giddy Up Gala Highlights

The Hill Country Education Foundation's annual fundraiser, the Giddy Up Gala has quickly become the social event of the year for Four Points' parents!


This sold out fundraising event, hosted 350 guests to a sit-down dinner and open bar at the top of the Oasis on February 23, 2013. Attendees enjoyed participating in a raffle, Heads or Tails Game emceed by VHS Football Coach Drew Sanders and bidding on silent auction items ranging from summer camps to artwork and jewelry to golf packages. During the live auction guests won vacations to Mexico, Aspen, Port Aransas and New Mexico as well as exclusive hunting trips, a Viper Experience package and more!

A highlight of the evening was a presentation by Charlie Little, VHS Principal, Mike Heath, VHS Biomed Teacher and Christa Thompson-Martin, VHS Dean of Instruction. They discussed the latest Project Lead The Way program at VHS - Biomedical Sciences. This amazing program is a

sequence of courses that follows a proven hands-on, real-world, problem-solving approach to learning. Through activities, like dissecting a heart, students examine the processes, structures and interactions of the human body, often playing the role of biomedical professionals. This program was the recipient of the evening's Fund-A-Need, where guests donated over \$18,000 to provide needed technology for the Biomed program.

After dinner and the auction were over the popular band Luv Handle took the stage and the dance floor remained packed for the rest of the evening.


This third annual event raised \$74,079. These funds will go directly to benefit students at Laura Welch Bush, Steiner Ranch, Grandview Hills, River Ridge and River Place elementary schools and Four Points and Canyon Ridge middle schools as well as Vandegrift High School. To learn more about Hill Country Education Foundation visit www.HillCountryEdFoundation.org.




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- Friday Family Night - FREE movie & S'mores @ dusk

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\$74,079

Thank you Four Points community for making the event a success!

The funds earned at the Gala will directly benefit our students at the five area elementary schools, two middle schools and Vandegrift High School.

Thanks to Our Gala Volunteers

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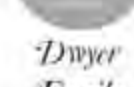
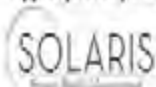
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SAFE KIDS SAFETY TIPS

By Concentra Urgent Care

Accidental injury is the number one killer of America's children, taking more lives than disease, violence, and suicide. Prevention is the cure. It's estimated that by taking these and other simple precautions, almost all (90%) of these accidental injuries can be avoided.

- Childproof your home. Look at every room as your child would. Ask yourself what looks interesting and what can be reached. Get down on your hands and knees, and check for small things children can choke on.
- Use the back burners on stoves, and turn pot handles to the back. Keep children away from the stove or microwave when cooking, and don't serve hot food or drinks to them. Keep knives, glasses, and scissors where young kids can't reach them.
- Cover electrical outlets that are not in use.
- Keep guns locked, unloaded, and where kids can't reach them.
- Take precautions to avoid fire in the home. Install smoke alarms on every level of your home and in every sleeping area. Test them once a month.
- Plan several ways to escape from each room if a fire starts. Practice the fire escape plan with your family. Identify a safe place to meet outside.
- Lock up matches, lighters, and gasoline. Keep space heaters where kids can't reach them and away from curtains, beds, and papers.
- Never put electrical cords under rugs
- Always supervise children while they are in the bathroom, and follow

other important bathroom safety guidelines. Keep the hot water heater at low-medium or less than 120° Fahrenheit. Mix hot and cold water in the bathtub, and test it on your forearm before putting children into the tub. Never leave the room while they are bathing.

- Keep toilet lids closed and locked, and doors to bathrooms and utility rooms closed when not in use. Put razors, curling irons, and hair dryers out of reach.
- Avoid exposing children to potential poisons. Lock up potential poisons out of children's reach, including cleaning supplies, pet food, medicine, vitamins, beer, wine, and liquor. Read labels and follow directions when giving medicine to children. Know which houseplants are poisonous and keep them where children can't reach them.
- Install carbon monoxide detectors in every sleeping area and test them every month. Make sure heating systems are vented outside and checked every year.
- Prevent serious falls. Keep furniture away from windows. Install guards or stops on windows that are not emergency exits.
- Install safety gates at the top and the bottom of stairs. Never use baby walkers.
- Keep emergency numbers by every telephone. Call 911 if a child is choking, collapses, can't breathe, or is having a seizure. If you suspect a child has been poisoned, call 1-800-222-1222.
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GIRL SCOUTS

On February 23rd the cafeteria of Four Points Middle School was transformed into an international exhibit featuring songs, dances, games and food from all over the world at the annual Girl Scouts 'World Thinking Day. Each year World Thinking Day signifies one day that girls honor their sister Girl Guides and Girl Scouts by taking time to give thanks for their international friendships and remember that Girl Scouts of the USA is part of a global community—one of nearly 150 countries that are members of the World Association of Girl Guides and Girl Scouts (WAGGGS).

This community event was organized by Deb Lovett and had over 350 attend. Each troop that exhibited represented a different country, and provided an educational display about that country in addition to a sampling of traditional food. Scouts shared handmade "SWAPS" (Special Whatchamacallits Affectionately Pinned Somewhere) with each other and enjoyed the variety of entertainment, and traditional costumes.

Girl Scouts builds girls of courage, confidence and character that make the world a better place.



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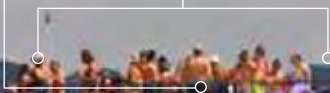
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RIVER REVIEW

Seven Business Networking Groups in the Area

ARE YOU LOOKING TO GROW YOUR BUSINESS IN 2013?

If so, you might be interested in a few of the business networking groups in the area. These are a few to choose from:

STEINER RANCH REFERRALS BNI GROUP

Meetings are on Tuesday mornings from 8:00am to 9:30am at the Oasis. Visitors are welcome! If you are interested please contact Michael Bennett at michael@bennett-tech.net for more information or visit www.BNIAustin.com.

FOUR POINTS CHAMBER OF COMMERCE

The Four Points Chamber of Commerce provides networking opportunities at social gatherings, luncheons with guest speakers and activities. The Chamber brings businesses together along highway 620 from Hudson Bend to Anderson Mill and Ranch Road 2222 from Jester to Volente. Four Points Chamber supports business growth in the community where we live, work and play. In less than 6 months Four Points Chamber of Commerce exceeded its first year membership goals and continues to grow! For information about participating in upcoming events or membership benefits visit www.fourpointschamber.com or call (512) 551-0390. Membership inquiries may also be sent directly to membership@FourPointsChamber.com.

NETWORKING NORTHWEST AUSTIN

Networking Northwest Austin is expanding its member base of businesses in our area. We believe in business by referrals and having a limited member base. We have a caring, positive, involved group of people who wish to build their businesses using the strength business referrals. No fees. Business education and speakers. Networking Northwest Austin meets on the second and fourth Mondays at 11:30 at Cheddars HWY 183 and Anderson Mill Rd. Visit <http://www.meetup.com/NetWorking-NorthWest-Austin/>

STEINER RANCH MARKETERS MEETUP GROUP

Join other marketers who live in Steiner Ranch and work in online marketing, search engine optimization, affiliate marketing,

search engine marketing, social media optimization, social media marketing, pay-per-click advertising, email marketing, and other areas of Internet marketing. Informal get-togethers in the community to learn and share things, as well as make connections with others. The group is open to anybody who lives in Steiner Ranch and is interested in Internet marketing: entrepreneurs, freelancers, 9-to-5ers, business owners and aspiring marketers alike. More details at SteinerRanchMarketers.com

YOUR LOCAL CITY

Steiner Ranch has a new business networking group. Your Local City is a positive, membership based, business networking organization with 17 groups meeting all over the Austin area. The Steiner Ranch group meets every Friday at 8:00 am at Lakeside Pizza and Grill located in the Shops at Steiner Ranch at Steiner Ranch Blvd. and Quinlan. Come join us to grow your business.

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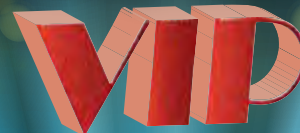
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- Kids Stuff -

Section for Kids with news, puzzles, games and more!



What's a Sprayground?

More and more cities are opening spraygrounds, which are water playgrounds. At a sprayground, kids can shoot each other with water cannons and get sprayed by dozens of water jets that squirt from different colored nozzles and hoses.



Do you have a favorite playground? Maybe it's a new wooden one that has lots of tall towers and passageways. Or maybe your favorite is an old-fashioned playground with swings and a seesaw. Playgrounds are fun places for kids because there's so much to do and other kids to have fun with. But sometimes kids get hurt at playgrounds. That's no fun, so here are 10 ways to keep safe:

1. Take a grown-up. As kids get bigger, they like doing things on their own. Going to the playground shouldn't be one of them, though. Grown-ups come in handy because they might spot problems at the playground, they can help you down if you get in a tight spot, and they can help if you happen to get hurt.

2. Take a good look around. If the playground has lots of trash, such as broken glass, or the equipment looks broken, don't play there.

3. Keep your size in mind. Many playgrounds have some equipment that's for little kids (like 2- to 5-year-olds) and other equipment that's meant for older kids. Use the equipment that's right for your age. If you squeeze yourself onto a swing for toddlers, you might get stuck. Likewise, if your little brother or sister starts climbing something meant for older kids, guide him or her to the little kid stuff.

4. Don't go too high. Many playgrounds have tall stuff to play on, such as towers or open passageways between equipment. Don't climb higher than you feel comfortable, and feel free to ask your grown-up if you need help getting down. Never climb up the outside of equipment, or hoist yourself up on the roof. The view might be cool, but it's a long way down.

5. Look out below. The best playgrounds put down special surfacing material, such as mulch, wood chips, sand, gravel, or rubber matting. These surfaces can help soften a fall, but that doesn't mean you won't get hurt, especially if you tumble from a high spot.

6. Swing safely. Kids often get hurt at the playground because they get hit by someone on a swing. If you're swinging, watch out for people who

might be getting too close. And if you're walking around the playground, don't get too close to the swingers.

7. Use your head. Sometimes you'll see kids going headfirst down the slide or maybe two or three kids will get on a piece of equipment that's only meant for one. Or some kids might start goofing around and trying to push each other off a swing or off of a high spot. If your grown-up sees you doing this, he or she will probably say, "Knock it off. Someone's going to get hurt." It's true, so try to use the playground equipment properly. And if you get stuck, or don't know how to get down from something, call your grown-up over so he or she can help you down.

8. Report problems. If you see graffiti (when people write or paint on stuff), a broken swing, or find any other problems while you're playing, tell your grown-up. He or she can report the problem so it can be fixed.

9. Clean up. If you bring a drink or snack to the playground, clean up your trash before you leave. When you do, the park will look nice when the next kid comes along to play and you will have shown that you're a good playground citizen.

10. Have a great time! How can you make a good time at the playground even better? Bring a friend and only complain a little when it's time to leave.

Reviewed by: Steven Dowshen, MD

Date reviewed: May 2008

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



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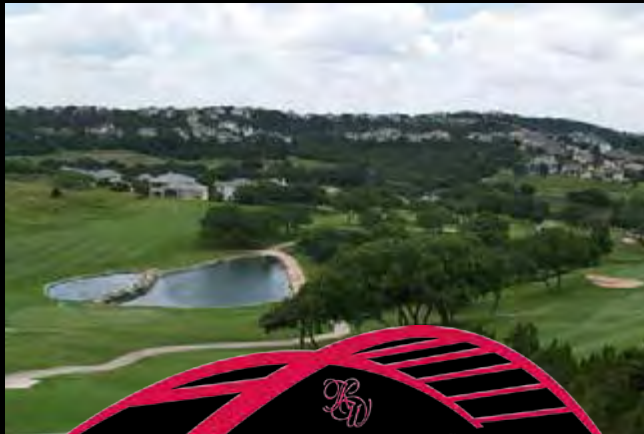
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