

# THE RIVER REVIEW



May 2013

Volume 7, Issue 5

*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](mailto:riverreview@peelinc.com). The deadline is the 15th of the month prior to the issue.



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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](mailto:riverreview@peelinc.com). Portrait (vertical) photos work best.

To view other photos submitted please visit [www.PEELinc.com/RiverPlace](http://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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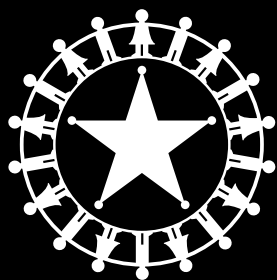
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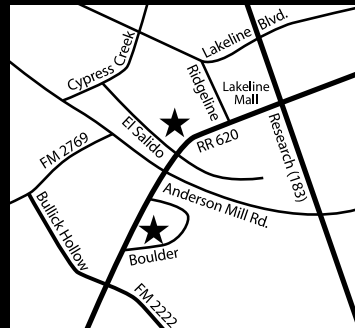




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## 2013 April Yard of the Month



Scott and Lanna Domangue of 3900 River Place Blvd. are the winners of the Yard of the Month for April. Scott is meticulous about caring for the lawn, while Lanna works on the flower beds. They said they were "two people winging it with what's available" because they don't use a landscaper. Lanna enjoys bright colors and says she's "like a kid in a candy store," selecting plants for each season with colors that are pleasing, especially yellow. Lanna indicated that it makes her day when she comes home from work and sees inviting color. The Domangues moved to River Place in 2011, and say their landscaping has evolved.

The River Place Garden club congratulates the Domangues and welcomes them and all neighborhood residents to our monthly meetings on the second Thursday evening of each month, September through May. Please contact Angela Plunkett, club president for 2012-2013, at (512) 537- 2250 or email at [RiverPlaceGarden@gmail.com](mailto:RiverPlaceGarden@gmail.com) to find the locations of meetings.

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## Drowning Is Preventable

The Texas weather is warming up. Summer is almost here. Pools will soon open and the cool water will be calling your name. You can almost hear your kids laughing and the playing in the pool. Your family deserves to have many Best Day Ever moments in the water this summer. Please do not let those moments be ruined by the sound of a life guard whistle blast or the need to do CPR in order to save your child's life. Most families love a trip to the swimming pool, the lake or the beach during the summer...but the water can be deadly for a child.

Did you know that drowning is a leading cause of accidental death for children between the ages of 1 and 14, with kids under the age of 5 at even higher risk?

Colin Holst's parents did not know either. Sadly, June 13th marks the 5 year anniversary of his drowning in a public, lifeguarded pool in Austin. Since Colin's drowning in 2008, Central Texas-based Colin's Hope has become a nonprofit leader in water safety and drowning prevention.

My name is Alissa Magrum and I am the Executive Director of Colin's Hope. But I am also a parent to 8 year old Ella. So, from one parent to another, please listen to this message. It is simple but filled with purpose: DROWNING IS PREVENTABLE. YOU can help protect your children. Following a series of simple water safety tips creates multiple layers of protection. These layers WILL keep children safer in and around the water and CAN prevent drownings.

### THE FIRST 3 OF THESE TIPS ARE KEY.

**Practice constant visual supervision.** Always assign an adult "water guardian" whose ONLY responsibility is to watch children who are in, near and around the water. If that water guardian needs to take a break, they must transfer their "watching" duty to another adult.

**Learn to swim.** Enroll children (and adults too) in formal swim classes. For kids under the age of 4, taking formal swim lessons reduces the risk of drowning by 88%.

**Wear life jackets.** Children who cannot swim should ALWAYS wear a U.S. Coast Guard-approved life jacket when in and around the water.

You can see additional tips, as well as more information on water safety and drowning prevention, on our website at [www.colinshope.org](http://www.colinshope.org).

Each year, Colin's Hope volunteers stuff and distribute 75,000 water safety packets to families in zip codes that have been targeted due to the high number of near drownings and drownings in recent years. This life saving information along with a Peel Inc. ad campaign, a Reagan National Advertising billboard campaign and a presence at many community events is helping to raise water safety awareness to prevent children from drowning.

WE ALSO NEED YOUR HELP. PLEASE SHARE THIS INFORMATION with family, friends, neighbors, teachers, babysitters...everyone! We have seen the difference that being aware and being prepared can make. Communities that have received our water safety information in prior years have seen child drownings and near drownings in their areas reduced to zero!

Please visit [www.colinshope.org](http://www.colinshope.org) to find out how you can get involved in your own community. Find us on Facebook, follow us on Twitter, subscribe to our monthly newsletter or even support our efforts with a donation.

We envision a world where children do not drown. Please share that vision and together we will get there.

*Wishing you the SAFEST AND BEST SUMMER EVER,  
Alissa Magrum Executive Director, Colin's Hope*



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## Vandergrift High School Band Garage Sale

*Submitted by Rich Keith*

*May 4th 8am to Noon  
River Place Elementary School  
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### HIGH SCHOOL BAND GARAGE SALE: WE'LL PICK IT UP!

The Vandergrift High School Band program invites the entire community to participate in their garage sale. We want your gently-used items and we will pick them up for you. All monies raised from the sale of items benefit the band students.

Please contact us at [vhsbandgaragesale@gmail.com](mailto:vhsbandgaragesale@gmail.com) to get location of drop-off sites or to request pick up of larger items. Please include name, address for item being donated, subdivision or apartment complex, cell phone, and item descriptions.

Boutique / higher-end items will be priced accordingly and sold from our "Boutique" area.

---

## Vandergrift High School Band Silent Auction

*Submitted by Rich Keith*

### ITEMS OR SERVICES WANTED FOR SILENT AUCTION BENEFITING HIGH SCHOOL BAND

Do you have a service or some item of value which you can donate to the The Vandergrift High School Band program? Or a gift card? The band will enter your item in their upcoming silent auction on Thurs. May 16. This is your chance to give back to the community and if you have a business you'll get free advertising while you're at it. All proceeds go toward the benefit of the band students.

We love unique and special items too! Please contact us to discuss your donations, questions, and ideas at [secretary@vhsband.com](mailto:secretary@vhsband.com).

## OAK PRUNING AND OAK WILT

*By Guy LeBlanc, Certified Arborist*

Oak Wilt is a fungal disease that is often fatal to live oaks and red oaks. The disease primarily spreads through root system connections from oak to oak. This spread can even occur under driveways and streets, often killing scores of oaks in an area. This has happened in dozens of neighborhoods throughout Austin over the last 40-plus years.

New infection centers can get started through fresh, unprotected wounds above ground. Most of these wounds are caused by severe weather, animals like squirrels and certain birds and insects, and by tree limbs being hit by vehicles or rubbing on things. However, tree pruning also creates wounds.

For years, the Texas Forest Service has said advised the public that pruning oaks at this time of year significantly increases the risk of getting Oak Wilt. "This time of year" has been defined in numerous ways over the years, and currently encompasses February through June. Obviously it is extremely impractical to avoid pruning oaks for nearly half the year when they make up about half the trees in Austin's residential areas. Low limbs pose a threat to safety and increase the risk of Oak Wilt if they are damaged. For this reason, in 2011 the Forest Service met with Certified Arborists from the International Society of Arboriculture to clarify these guidelines. As the arborist who coordinated this meeting, let me offer some details of the revision.

The importance of proper pruning is emphasized. This means retaining all live limbs that are not a safety concern or at risk of rubbing or buildings or even other limbs. If you must prune branches that are at risk of causing injury or damage during this time, make sure to only use arborists that use the proper pruning techniques recommended by the Forest Service (not all so-called arborists do). Most important in this regard is to make proper pruning cuts and paint them immediately. Consult with an I.S.A. Certified Arborist if you are unclear about how to make proper pruning cuts, sometimes referred to as "branch collar" cuts.

A common mistake I see made by homeowners and non-professional tree services is that pruning wounds are not painted immediately (within minutes), and/or only the largest wounds are painted. This is NOT proper technique, and can result in infection. By far the most injurious practice I see is that far, far too many live branches are removed from trees.

Please protect your neighborhood's trees by only hiring competent I.S.A. Certified Arborists to prune your trees during this time of year. I recommend looking for companies that use Certified Arborists to do the actual pruning.

---

*Guy LeBlanc owns and operates Arbor Vitae Tree Care, which he established in 1983. In 2012 he was named Texas Arborist of the Year by the Texas A&M Forest Service and the Texas chapter of the I.S.A.*

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### TEXAS HIGHWAYS WILDFLOWER PHOTOS

Saturday, May 4 through Sunday, May 12

In honor of National Wildflower Week, striking photos from Texas Highways are on display and photo editor Griffin Smith offers a photo workshop at 9 a.m. on Saturday, May 11. In the McDermott Learning Center. Closed at 3 p.m. Friday, May 3, for the Wildflower Gala. Open Memorial Day May 27. More information at [www.wildflower.org](http://www.wildflower.org).



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For more information on Marcus, please contact Stephanie Berka at the Adoption Coalition of Texas by email [stephanieberka@adopttexas.org](mailto:stephanieberka@adopttexas.org) or by phone: 512-450-8750.



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## CONTROL YOUR WEIGHT, MINIMIZE CANCER RISK

Controlling weight can help a person reduce the risk of cancer, said an oncologist from the NCI-designated Dan L. Duncan Cancer Center at Baylor College of Medicine.

"We do not know exactly how and why obesity affects cancer risk, but we know there is an increase, so it is important for everyone to control their weight to minimize this risk," said Dr. Kent Osborne, director of the Duncan Cancer Center and the Lester and Sue Smith Breast Center, both at BCM.

Research has linked obesity to a greater risk of developing esophageal, pancreatic, colorectal, breast, endometrial, kidney, thyroid and gallbladder cancer, Osborne said.

In some cancers like breast cancer, there is also an increase in the risk of recurrence if a patient already has the cancer and is obese.

Many other factors, such as genetics, may play a role in cancer development, but keeping a normal weight is one thing people can change and it may help, he said.



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Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to [riverview@peelinc.com](mailto:riverview@peelinc.com). Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



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## SNAKE BITES A CONCERN AS WEATHER WARMS UP

Warmer weather coaxes snakes out of hiding, and it's important to know what to do after a snake bite, according to a medical toxicologist at Baylor College of Medicine ([www.bcm.edu](http://www.bcm.edu)).

"Many people don't realize how much of an issue snake bites are in this area of the country," said Dr. Spencer Greene, director of medical toxicology and assistant professor of medicine – emergency medicine at BCM. "In fact, our regional poison center reported 235 snake bites – including 148 from known venomous snakes – in the Houston area in 2012, and I am sure many more are going unreported".

According to Greene, the first step is avoidance.

"Never reach into a hole or a bush blindly, a snake may be resting there," he said. "It is also important to maintain an appropriate distance from a snake. Most pit vipers, which include rattlesnakes, copperheads and water moccasins, can strike at a target up to two-thirds of their body length when provoked."

If you are bitten by a snake, Greene suggests the following important steps:

- Stay calm.
- Call 911 immediately to be evaluated.
- Take off anything that is constricting the affected area, such as a ring or watch.
- Position the affected area at or above heart level. This means that if you are bitten on the hand, bring it to heart level, and if you're bitten on the leg or foot, elevate it if possible. This minimizes the amount of local tissue damage and swelling, which is the most common finding in pit viper bites.
- Go to the emergency room – the sooner the better.

Greene also dispels several myths about treating snake bites and suggests heeding the following advice:

- Do not apply a tourniquet or a constriction band.
- Do not apply ice; it can cause local tissue damage.
- Do not apply heat.
- Don't cut the affected area and attempt to suck the venom out – this increases the amount of local tissue damage.

- Don't use a commercially-available extraction device. These have also shown to be ineffective in removing venom and actually increase the amount of tissue damage.
- Don't use electrical therapy.
- Don't apply any type of lotions or ointments.

The management of snake bites has changed over the years and the newer type of anti-venom has proven to be very effective in reducing pain, bleeding complications, swelling and tissue damage, Greene says. Although anti-venom has been shown to have the maximum effectiveness within the first 12 hours of the bite, it can still be effective a few days after the bite.

At the hospital, physicians will determine if anti-venom and hospital admission is necessary.

"Ideally, patients should be evaluated by a medical toxicologist with experience in managing snake bites," Greene says.

If a patient requires anti-venom, he or she usually spends one or two days in the hospital. After hospital discharge, patients will need to follow up twice a week for two weeks to watch for any signs of recurrent toxicity.



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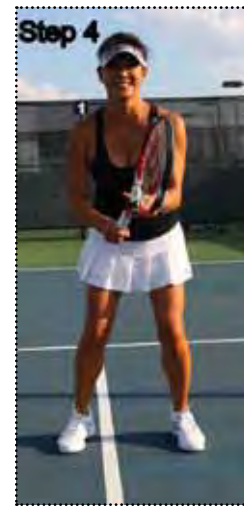
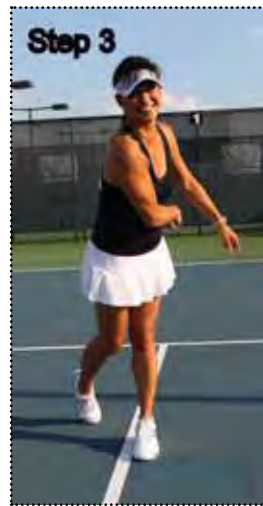
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## TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



### How to Execute The Overhead “Smash”

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, the forehand half-volley and the one-handed backhand volley. In this issue, I will offer you instructions on how to execute the overhead “smash” when players get a high ball and they hit the ball above their head. In the illustrations, Matilda O’Connor, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

**Step 1:** The Back Step: When Matilda realizes that a ball is high enough to hit the overhead, she takes a step back on the side to hit the ball. The upper body turns, the racket starts the back motion by keeping the elbow in 90 degree angle and the left hand is pointing to the ball. Notice that her head is looking at the ball and keeping the chin up.

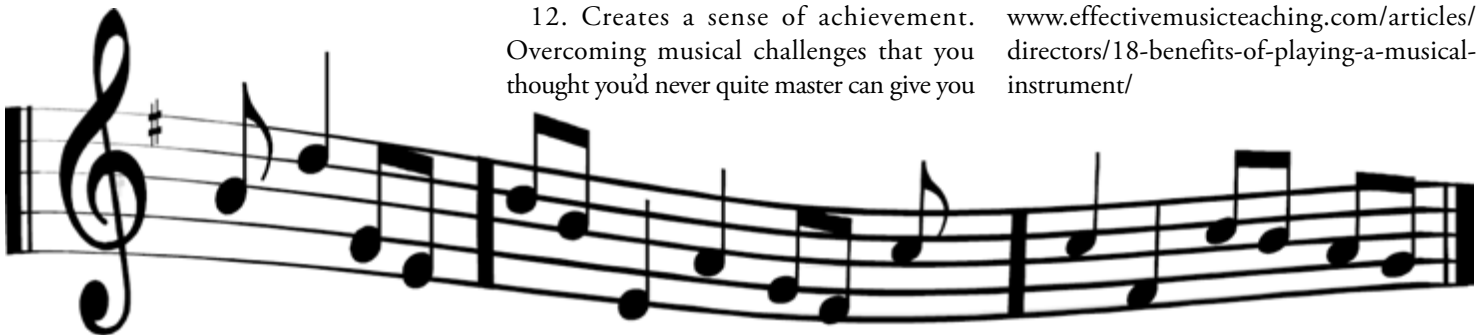
**Step 2:** The Point of Contact: When Matilda is ready to hit

the ball, her racket starts accelerating from the back position. She is making perfect contact on the upper part of the racket and the right wrist is “snapping” to get on top of the ball. Her left arm is still pointing to the ball to assure a good hit on the “sweet spot”. Her weight has shifted from the back foot to the front foot.

**Step 3:** The Follow Through: After the ball has been struck by the racket, Matilda will continue the swing of the racket across the left side of her body. The eyes are now focused on the path of her stroke. The left arm is on her left side. Her right foot still kept her toes on the court to allow for maximum balance on the stroke.

**Step 4:** The Ready Position: Even though the overhead “smash” is a powerful weapon, many times the opponents will return it back to the players. Here Matilda is ready for the next ball coming back to her. By the looks of her smile, it seems that her overhead was successful and she has won the point.

*Look for in the next Newsletter: The Forehand Service Return*





# 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](mailto:michael@bennett-tech.net) for more information or visit [www.BNIAustin.com](http://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](http://www.fourpointschamber.com) or call (512) 551-0390. Membership inquiries may also be sent directly to [membership@FourPointsChamber.com](mailto: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](http://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.

#### LAKEWAY NETWORKING, INC.

We are a diverse group of business professionals in the Lake Travis area, helping our members grow their businesses through qualified referrals. We meet every Thursday at 8AM at Santa Catarina, 1310 RR 620 South, in Lakeway. Come visit us and see how your business can benefit by being a member of Lakeway Networking. For more information, please contact Kelly Connor at [kellyconnor@austin.rr.com](mailto:kellyconnor@austin.rr.com) or 512-736-2495.5.

#### A+ REFERRALS BY THE LAKE BNI (LAKEWAY)

BNI is a professional business networking group that helps you build a team of partners to market your business. Come join us on Mondays from 11:30-1:00pm at Fore in Lakeway. Lunch is \$10 and visitors are welcome. Please feel free to contact Kimberly McLaughlin at [kimberly@LaHaPro.com](mailto:kimberly@LaHaPro.com) or visit [www.BNIAustin.com](http://www.BNIAustin.com) for more information.

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## May is Texas and National Water Safety Month

**Ongoing:** Volunteers needed to stuff and distribute water safety packets [info@colinshope.org](mailto:info@colinshope.org)

**Ongoing:** Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

**Now-June 18:** Discount Schlitterbahn Tickets for sale. <http://www.tinych.org/tickets>

**May 18:** Colin's Hope Got2Swim Pure Austin Quarry Lake. <http://www.tinych.org/QuarryLake>



Water Safety Alert: 74 Texas children drowned last year.  
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# - Kids Stuff -



You're very excited — your mom and dad promised to take you on a fun camping trip this year. Or maybe your scout group is gearing up for an awesome canoe trip. Enjoying the beauty and nature of the woods is fun — if you are careful. Here are some tips to keep you safe.

## **PACKING BASICS**

Before you leave, pack these few important things to make your trip more comfortable and safe:

- map of the area
- compass or GPS (learn how to use it beforehand)
- cell phone (though you can't be sure it will work in remote areas)
- whistle
- bottled water and food
- sleeping bag
- flashlight with extra batteries
- sunscreen and sunglasses
- waterproof matches (for an adult to bring)
- first-aid kit with gauze pads, adhesive bandages, tape, tweezers, and antiseptic
- waterproof tent (set it up beforehand to practice)
- warm clothing, clean socks, and rain gear

## **INTO THE WOODS**

Staying safe in the woods means using common sense. That means being aware of your surroundings and always camping with an adult. Never go into the woods by yourself. Some things you need to be careful of while you're camping are insects, poison ivy, extreme hot or cold temperatures, rain or snow, and areas where you could trip or fall.

## **BUGS**

If insects bug you, ask an adult to set up camp away from the water and build a small fire. The water attracts bugs, and the smoke from the fire will keep most of the bugs away. Another thing you can do is to remember to keep the tent door zipped at all times, even if you're just going in or out for a minute. Also, turn off your flashlight

before you enter your tent because insects such as moths are attracted to the light and will follow you.

Always check for ticks at the end of the day when you've been in the woods. Ticks can carry disease and germs. Some ticks are tiny, like the size of the head of a pin! You'll want an adult to help you inspect your body for ticks. Check behind your knees and ears, under your arms, and in your groin — that's where your legs meet your abdomen, or belly area. If you're camping with a pet, have an adult check your pet for ticks, too — dogs and cats can pick up ticks in their fur even more easily than humans. If you do find a tick, it needs to be removed. Get an adult to help you.

## **POISON IVY**

Poison ivy is a plant that can cause an itchy skin rash in some people. Its leaves grow in groups of three, but the plant can still be hard to spot. If you accidentally touch poison ivy, wash the area with soap and water as soon as possible. The oil from the poison ivy plant can spread on clothes or even your dog. To try to prevent a poison ivy rash, there are products you can apply to your skin before going into the woods. Stores that sell outdoor equipment and sporting goods may carry them.

## **STAYING SAFE OUTDOORS**

### *Your Campsite*

Roasting marshmallows and singing songs by an open fire are favorite camping activities. Adults, not kids, should start campfires. Adults also need to watch the fires and make sure they are out when you're done. Never leave a fire without anyone to watch it. Don't forget to put out your fire by dumping water or shoveling dirt on it when you sleep or leave your campsite. Feel the ground around the area where the fire was to make sure it isn't warm.

### *Your Food and Water*

When you're exploring outdoors, eat or drink something only if an adult says it is

safe. Even if streams or lakes look crystal clear, they could contain germs and the water may not be safe to drink. Bring bottled water to drink. Likewise, never eat wild berries. Some are poisonous and it may be tough to know which are safe. Good snacks for the outdoors include fruit, trail mix, crackers, granola bars, bread, and peanut butter.

### *Your Clothing*

Wearing layers is a good idea when you're outdoors. That way, you can take off a layer or two if you get too warm. Wear comfortable boots when hiking so your ankles are supported and you don't get blisters. Keep your arms and legs covered while hiking to avoid ticks and insect bites and wear knee-high boots and long pants when you are in an area with snakes. Make sure to take rain gear, such as ponchos and waterproof jackets, to keep you dry if an unexpected shower occurs.

### *Watch Out for Wildlife*

Although animals are cute to look at, wild animals are best enjoyed from far away. Don't go near or try to feed a strange animal. It's better to enjoy these animals at the zoo, in books, or on the Internet. To keep animals such as bears or wolves away from your campsite, keep it clean. Food and anything else an animal might smell must be packed away. In fact some campers put all their food, even candy bars, in a bag (called a "Bear Bag") and hang it from a tree branch away from the campsite. If they can smell it, the animals will be led away from where the campers are.

### *What if You Get Lost?*

Stick with your group when you're in the woods. Carry a whistle and blow it if you get separated from the group. If you have a cell phone and it's working, use it to make contact with your group. If you do get lost, wait in a safe, sheltered place for an adult to find you. The sooner you're found, the sooner you can go back to having fun in the great outdoors!

*Reviewed by: Steven Doushen, MD Date reviewed: June 2011*

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](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation





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