

# THE RIVER REVIEW



June 2013

Volume 7, Issue 6

*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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Emergencies .....	512-266-1775
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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

### UTILITIES

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Texas Gas Service	
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Emergencies .....	512-370-8609
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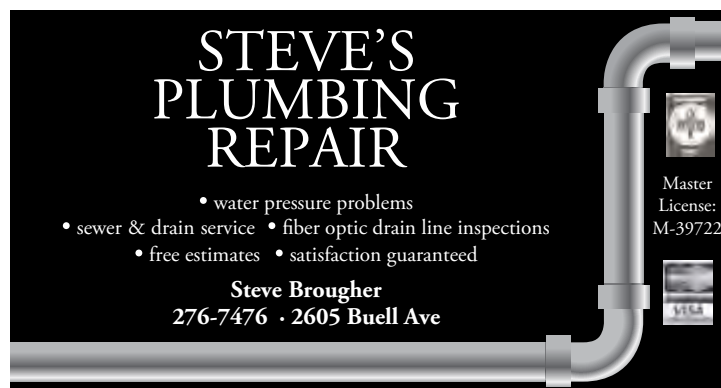
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## YOUR COMMUNITY, YOUR VOICE

Do you have an article or story that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email your document to [riverview@peelinc.com](mailto:riverview@peelinc.com).



## 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 [riverview@peelinc.com](mailto:riverview@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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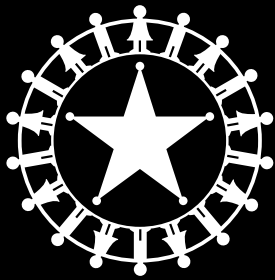
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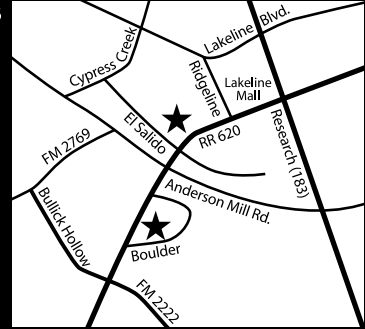




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## May 2013 Winner of the Yard of the Month

Van Do and Bob Bonar are the winners of the May 2013 Yard of the Month, given by the River Place Garden Club. Residing at 5718 Merrywing, they moved to this home two years ago from another house in River Place. Van is the gardener, and neighbors can see him working in his flower beds in the morning and evening of nearly every day. His love of flowers is evident with his creative arrangement of plants and bold use of color, all arranged in well manicured beds beside an immaculate turf. He says he wants something to bloom year around. During this spring season, his flower beds are full of vibrant colors, and he says one of his favorite plants is the calla lily. The River Place Garden Club congratulates this month's winners!

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



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**TUESDAY** - 3 For 2'sday ...Buy Two Regular priced entrees get a third of equal or less value for FREE. Enjoy it right then or take home.  
**WEDNESDAY** - KIDS EAT FREE ...Kids 10 & under eat FREE from our kids menu. Get one free with each adult meal.  
**THURSDAY** - Board-n-Bottle ...Get a Specialty Flatbread with a Bottle of our Featured Red or White wine of the day for just \$20.  
**FRIDAY** - Fridays are for Fish ...Whether for spiritual discipline or just good health, give meat a break in favor of fish.  
**SATURDAY** - Seafood Saturday ...Weekly Chef Specials using fresh fish, clams, oysters, shrimp and lobster.  
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## Girl Scout Cookie Sales Fund Troop's Surfing Trip

On April 21st, sixth grade Cadette Troop#2417, went to Galveston's beach and learned to surf! The girls coordinated with Texas Surf Camps to teach them and their moms to surf with a three hour lesson. The water was warm, the waves were perfect and the trip was filled with fun memories for the girls and their moms. The troop began planning this trip in the Fall, when they set their sales goals for cookie sales. The troop developed an integrated marketing plan that helped them surpass their goals. Each girl sold at least 200 boxes of cookies in order to fund her lessons and overnight stay at a posh beach resort.

The Girl Scout cookie program is the largest girl-run business in the world. When a Girl Scout sells you cookies, she's

building a lifetime of skills and confidence. She learns goal setting, decision making, money management, people skills, and business ethics. These five aspects are essential to leadership, to success, and to life.

While Girl Scout cookie selling season was over in February, area Girl Scouts have just begun celebrating their accomplishments of selling over \$100k worth of cookies, equating to over 27,000 boxes! Troops sell cookies to develop life skills, in addition to empowering girls of all ages to fund their troop activities, outings and pay for the badges they earn. Girl Scouts build girls of courage, confidence and character that make the world a better place.



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## DIG INTO A GOOD BOOK THIS SUMMER *at River Ridge Elementary and Four Points Middle School*

Leander ISD and Hill Country Education Foundation have once again teamed up this summer at Four Points area school libraries – River Ridge Elementary and Four Points Middle School – to provide support and access to library books and to bring programming to students. Thanks to LISD school librarians, these schools will be open on several days in June and July.

“Statistics have shown that students that don’t actively read over the summer lose instructional gains made during the previous school year,” said Becky Calzada, LISD library coordinator. “Leander ISD’s goal is to provide neighborhood library access to prevent this “summer slide” in reading loss, get students ready for the next grade level, while also promoting the value and love of reading.”

LISD offers the service not only because of the record number of participants during the summer, but also because some parts of the district do not have easy access to public libraries. The Hill Country Education Foundation has been working towards establishing a community library in the Four Points area.

“Libraries provide an integral component for education in our communities,” said Kai Lamb, president of HCEF. “While we don’t have the luxury of a nearby library in Four Points, teaming up with LISD provides us the opportunity to fill this gap.”

Kicking off the summer program at River Ridge on June 10, HCEF will host Lucas Miller, the “singing zoologist,” who teaches children about the environment. He will inspire your student to learn more about animals and ecology in a fun, entertaining presentation.

On July 31, the last day for summer library at River Ridge, the ever-popular Joe McDermott will bring his feet-stomping, hand-clapping performance. River Ridge will also offer some middle school books for check-out. Students of all ages will enjoy the program on July 17 when HCEF brings Austin Reptile Shows to Four Points Middle School. Austin Reptile offers captivating presentations that include a variety of live reptiles for an up-close and personal experience. Students will participate in an engaging discussion and learn fascinating reptile facts covering such topics as traits, natural history and adaptations. FPMS will offer some elementary and high school books for check out.

In addition to programming, story time and book talks, librarians will be available to provide technical support and assistance for students wanting to learn more about checking out e-books from Leander ISD’s new virtual library called Overdrive. Volunteers from area Boy Scouts and Girl Scouts as well as National Junior Honor Society will be assisting librarians. Please note that there will be no restrooms available at the library. Non-registered LISD students will be unable to check out books. Kindergarten students registered for the 2013-2014 school year will be able to check out books.

### RIVER RIDGE ELEMENTARY

<http://ldl.leanderisd.libguides.com/summerlibrary>

**Mondays and Wednesdays 9 am to noon**

- June 10 – Lucas Miller, the singing zoologist, at 10:00 a.m.
- June 12-storytime, 10:00 am
- June 17-storytime, 10:00 am
- June 19-storytime, 10:00 am
- June 24-storytime, 10:00 am
- June 26-storytime, 10:00 am
- July 8-storytime, 10:00 am
- July 10-storytime, 10:00 am
- July 15-storytime, 10:00 am
- July 17-storytime, 10:00 am
- July 22-storytime, 10:00 am
- July 24-storytime, 10:00 am
- July 29-storytime, 10:00 am
- July 31 – Joe McDermott, children’s music recording artist, at 10:00 a.m. All books due.

### FOUR POINTS MIDDLE SCHOOL LIBRARY

<http://fpms.leanderisd.libguides.com/summerlibrary>

**Tuesdays noon to 3 pm**

**Four Points Library**

- June 11-booktalks, 1:00
- June 18-booktalks, 1:00
- June 25 – Austin Reptile at 1:00 pm.
- July 9-booktalks, 1:00
- July 16-booktalks, 1:00
- July 23-booktalks, 1:00
- July 30-All library books due.



River Ridge Info:



FPMS Info:



Overdrive Library:



## Lack of Advance Planning Causes Constant Low Lake Levels

Deborah S. Gernes, WCID 17

From April 11 to the end of May, LCRA is releasing water from the Highland Lakes for the endangered Blue Sucker fish. Environmental releases such as this are often times met with the natural “run of the river” flows, but in severe drought conditions such as we are in now, there are little or no inflows, so the water must be provided from the storage in Lakes Travis and Buchanan.

Environmental flows are vitally important and must be maintained. These flows are a firm water requirement which LCRA is aware of and must account for in their Water Management Plan. Because of the continuing extreme drought conditions and because of LCRA's large water releases from the Highland Lakes storage for agriculture in 2011 despite the hottest summer in history and despite predictions of continuing drought, Lake Travis was drawn down to a low level of 626 ft msl in November of 2011. The lakes have never recovered, and are at a critically low level even now. (The lowest level recorded in the 1950s drought was 614ft msl.) These low levels cause the lakes to hover at a continual state of emergency year round and are a danger to municipal water supplies critical to the health and safety of residents, schools, hospitals and businesses.

Water District 17 and all other water utilities have had their customers on mandatory outdoor use restrictions for two years.

Utilities are concerned because the level of Lake Travis is currently below 628 ft msl (38%), the combined storage in Lakes Travis and Buchanan is only 782,000 acre feet (39%), and the hot season has not yet even started. The required environmental releases are now causing Lake Travis to fall at 6 inches per week and combined storage to fall at 10 acre feet per week. The result of these releases will be that in a few weeks, the lakes will be down to 750,000 acre feet, which is the trigger point for stage 3 drought conditions which will require water utilities to cut customers back to once per week outdoor watering.

LCRA held a firm water customer meeting to discuss mandatory curtailment which will be ordered when the lakes get down to 600,000 acre feet of storage. LCRA is now predicting this curtailment will happen in mid-summer if there is no significant rainfall. Mandatory curtailment is a formal term which requires a 20 percent cutback from 2011 actual water usage rates. In order to achieve this high percentage reduction, it may be necessary for utilities to cut off all outdoor use with the exception of tree watering.

Unless there is some rainfall soon, residents need to be prepared for extreme cutbacks in outdoor water usage this summer.



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## Older Adults Express Anxiety In Different Ways

While there are several factors that can cause anxiety in older adults, it can be difficult to identify because they express anxiety in unique ways, according to an expert at Baylor College of Medicine. According to Dr. Melinda Stanley, professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, common types of anxiety disorders in adults include:

- Generalized anxiety
  - Specific fears and phobias
  - Social phobias
  - Post-traumatic stress disorder
- Anxiety symptoms that older adults and their family members should watch for include:
- Shortness of breath
  - Increased heart rate
  - Dizziness
  - Difficulty sleeping
  - Muscle aches and pains

Anxiety is not a normal part of aging and can be treated. The first important step is to have a physical exam. Cognitive behavioral therapy is a treatment option that teaches learning skills to manage anxiety. Skills that can help reduce anxiety include relaxation, changing thoughts, facing fears, learning how to solve problems and learning behaviors to improve sleep.



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## Runner's Knee Pain Usually Linked To Foot, Hip Problem

If running is turning into a pain in the knees, it might actually be the hips that need your attention, according to an expert at Baylor College of Medicine. When runners have knee pain, it's usually related to foot or hip problems, according to Dr. Joseph Chorley, associate professor of pediatrics – adolescent and sports medicine at BCM and Texas Children's Hospital. If a runner is not in control at the foot, ankle or hip, the knee is what gets twisted, has to overwork and develops irritation.

Chorley makes the following suggestions:

- Stretch properly before running
  - Don't increase mileage by more than 10 to 15 percent per week
  - Walk when knee pain begins
  - Replace shoes every six to nine months or every 500 miles
  - Know what your foot type is and be sure you have proper cushioning
  - Consider cross-training and strengthening exercises to help strengthen the core, glutes or hamstrings
- Multi-vitamins are helpful for all runners and fish oil is good for long distance runners

However, there are some symptoms that may indicate a more severe problem that should be seen by a sports medicine physician:

- Fluid accumulating in the knee
- Painful popping or a mechanical sensation
- Someone who had a previous structural injury such as torn ACL or PCL that's now experiencing pain.



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[www.mathnasium.com/northaustin](http://www.mathnasium.com/northaustin)



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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](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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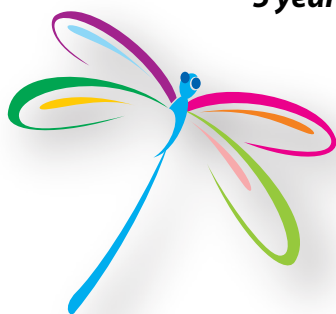


COLIN'S HOPE  
WATER SAFETY TIPS AT  
[WWW.COLINSHOPE.ORG](http://WWW.COLINSHOPE.ORG)



**5 years ago this month, Colin Holst tragically and silently drowned at the age of 4.  
10 Texas children have already drowned this year.**

**Be a Water Guardian and help prevent children from drowning.**



**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>

**June 18:** World's Largest Swim Lesson at Schlitterbahn Waterpark New Braunfels

**July 1:** Colin's Hope Got2Swim Lake Austin 4 Miler (solo or relay) <http://www.tinych.org/got2swim4>

**July 21:** Colin's Hope Kids Got2Swim Pure Austin Quarry Lake <http://www.tinych.org/got2swimkids>

Volunteer - Donate  
[COLINSHOPE.ORG](http://COLINSHOPE.ORG)



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**WEAR LIFE  
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**MULTIPLE BARRIERS ON  
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**KEEP BACKYARDS &  
BATHROOMS SAFE**



**LEARN CPR**



**CHECK POOLS/HOTTUBS  
1ST FOR MISSING CHILDREN**



**VISIT US  
ONLINE**

**Not Available Online**

## SEND US YOUR *Event Pictures!!*

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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