THE RIVER REVIEW

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July 2013

Volume 7, Issue 7

RIVER PLACE

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 <u>*riverreview@peelinc.com*</u>. The deadline is the 15th of the month prior to the issue.

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DO NOT PAY 6% TO SELL YOUR HOME: Our Full Service Listings are now 4.5%. Call or email Home Select Realty before you list! www.homeselect360.com, 512-388-5454

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OTHER NUMBERS

River Place Postal	Office	512-345-9739
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NEWSLETTER PUBLISHER

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Article Submissions	riverreview@peelinc.com
Advertising	advertising@peelinc.com



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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 deadine 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.

If your business is interested in sponsoring the cover call 512-263-9181 to find out how to be featured on the cover of the Lakeway Voice.

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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*.

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METHER RANGY CLINIC

Mon 7:30 AM-7:00 PM Tues-Fri 7:30 AM-6:00 PM Open 1st and 2nd Saturday of the month 7:30 AM-1:00PM



Shops at Riverplace 10601 FM 2222, Suite J Austin, TX 78730 (512) 276-2<u>633</u> www.2222VeterinaryClinic.com Dr. Frank, Dr. Mindi, and the Metzler Family

River Review - July 2013

June 2013 Yard of the Month

The winners for June 2013 Yard of the Month are Laura and Tommy Measeles. They reside at 10611 Merrywing Cove and have lived in River Place for six years. Natives of Austin, they are familiar with the demands of landscaping in central Texas. They designed their own plantings which include numerous Sago Palms, adding a stately quality to their yard. The beds are defined by stone borders, and they have used plants and trees at various heights to create interest. The well groomed turf plus the symmetry and balance of the flower beds distinguished this yard, and the River Place Garden Club is pleased to announce the Measeles as the June winners.

The River Place Garden Club held its annual spring picnic in May, and new officers were chosen. Our new president is Patricia Thomas, and she can be contacted by email at RiverPlacedGarden@gmail.com to learn more about our club. We welcome River Place residents to attend our meetings which will resume on September 13, 2013.





NOW ACCEPTING LEADERSHIP LAKE TRAVIS CLASS 005 APPLICATIONS

Leadership Lake Travis sponsored by the Lake Travis Chamber of Commerce provides a hands-on, interactive experience where leaders and emerging leaders will have the opportunity to enhance their personal and professional skills, gain a deeper understanding of community dynamics, and build a network of colleagues and associates throughout the south Lake Travis area. Throughout the year, participants will travel to various sites, meeting the policy makers and trend setters in our community. They will interact with elected officials, city executives, business leaders, non-profit organization leaders and others who make our community work. Sessions have been designed to provide a solid foundation in the concepts and principles of leadership that will be addressed throughout the program as the participants are confronted with the daily issues that face our community. It is hoped that graduates will use the insights and contacts they develop through this program to enhance performance in their current jobs and endeavors and enrich the community by involvement with local civic, government, business, religious and/or non-profit groups.

"Leadership Lake Travis encompasses the ability to effectively communicate the vision of our area while encouraging and nurturing business owners, leaders, and community members. I "thank" the chamber for finding a way to give us serious leadership lessons in a memorable way that we can apply immediately. The program has solid substance and can transform leaders in the Lake Travis area" says Karen Reich, LTHS Assistant Principal. "Each month, I was fortunate enough to connect with local business leaders, elected officials and administrators to learn how they interact with the community and confront issues that affect the people they serve and do business with. The knowledge that each of us gained about the community, its history and its' leaders was invaluable" says Phyllis Campos, Community Impact Newspaper.

The commitment to the Leadership program is one day per month from September through May. During the course of the program, participants experience an inside look at their community from various points of view such as local government, law enforcement, retail and economic development, real estate, tourism, education, non-profit and medical services day. The Chamber is now accepting applications for Leadership Lake Travis Class 005. There are only 35 slots available for the class and interested applicants are encouraged to apply right away. The class selection will be made in August and the new group will be introduced at a reception later that month. For more information about Leadership Lake Travis contact the Chamber at info@LakeTravischamber.com, 512.263.5833 or visit the website at LeadershipLakeTravis.com for an application. The mission of the Lake Travis Chamber of Commerce is to promote sound economic growth, assist members with business development and create awareness related to the unique characteristics of the South Lake Travis Community.

STEINER RANCH STEAKHOUSE Happy Hour is from 4:00 - 6:30 pm Every Day of the Week

Specialty Cocktails - \$5 Well Drinks - \$5 Select House Wine - \$5/glass Draft Beer - \$3 All Bottled Beers - \$1 Off Regular Price Wines by the Glass - \$2 Off Regular Price

Plus we have a new Happy Hour Food Menu that you have to see to believe! ---- Buffalo Quail Legs, Tenderloin Beef Tips, Tataki, Fried Green Tomatoes and much more!!





LIBRARY CONTINUES IN JULY

at River Ridge Elementary and Four Points Middle School

River Ridge Elementary and Four Points Middle School libraries continue to offer access to library books and programming during July, thanks to Leander ISD and the Hill Country Education Foundation. Librarians are 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.

RIVER RIDGE ELEMENTARY

Mondays and Wednesdays 9 am to noon

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, 10:00 a.m. All books due.

July 23-booktalks, 1:00

FOUR POINTS MIDDLE SCHOOL

Tuesdays noon to 3 pm

July 9-booktalks, 1:00 July 16-booktalks, 1:00

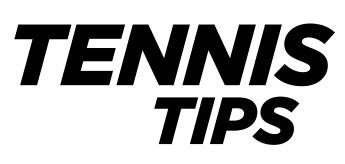
July 30-All library books due. Please note that there will be no restrooms available at the library. Non-registered LISD students will be unable to check out books. Kindergarten students registered for the 2013-2014 school year will be able to check out books.



Now Accepting Summer Camp Enrollment!



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By USPTA/PTR Master Professional Fernando Velasco



How To Execute The Backhand Service Return

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, the one-handed backhand volley, the overhead "smash" and the forehand service return.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Julie Comey, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Ready Position: When Julie is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

Step 2: The Split Step: When the opponent tosses the ball into the air, Julie will take a hop with both feet off the ground, trying to time the split step with the contact of the ball on the opponent's racket.

Step 3: The Back Swing: Once Julie realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her left foot and will be ready to step forward to meet the ball.

Step 4: The Point of Contact: Julie now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the right knee being slightly bent and the right foot is pointing to the ball meeting the racket.

Step 5: The Follow Through: Once Julie has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her left elbow is pointing toward her target. Her body is now ready to take the "split step" with both feet in order to prepare for the opponent's returned shot.

Look in the next Newsletter for: The Forehand High Volley Approach Shot

Go Green!

Don't Want To Wait For The Mail?

View the current issue of the River Review on the 1st day of each month at www.PEELinc.com



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Vincent A. Morales, DDS

Behind Walgreens & Wells Fargo across the street from Boat House Grill





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Quality Of Meals Should Not Change During Summer Students shouldn't close the door on healthy eating habits

Students shouldn't close the door on healthy eating habits during the summer, says a Baylor College of Medicine pediatrician.

"Certainly it is just as important to eat healthy over the summer as it is any other time of the year," said Dr. Teresia O'Connor, assistant professor of pediatrics – nutrition at BCM.

She offers the following tips for health summer eating:

- Incorporate fruits and vegetables in all meals.
- A healthy summer lunch should include a fruit, a vegetable, some form of protein and whole grains.
- Don¹t skip breakfast.
- Eat three meals a day with one to two snacks.
- Stay hydrated water is the best and healthiest way to
- stay hydrated.
- Be aware of how much sugar is in beverages. While it's okay to drink a small amount of these beverages, primary drinks should be water and low-fat or skim milk.

Encourage children and teens to help prepare their own meals so they become responsible for their own healthy eating.



PROTECT EYES THIS SUMMER

Take precautionary measures to protect your eyes during the summer to prevent long-term damage to eyesight, said a Baylor College of Medicine ophthalmologist.

"Ultraviolet light, or UV exposure, has been linked to the development of macular degeneration, cataracts and other visionloss problems," said Dr. Elizabeth Baze, assistant professor of ophthalmology at BCM.

Baze offered tips you can practice to help protect your eyes from sun damage this summer.

- The more the sunglasses wrap around and shield your eyes and the skin around the eyes, the more protection you have.
- Sunglasses need to provide 99 to 100 percent UV protection.
- Sunblock is a must, including the skin around the eyes.
- A broad-brimmed hat can add extra protection.

If you have an existing eye condition like macular degeneration or cataracts, protecting your eyes from the sun should be a top priority during the summer, she said.



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Seven Business Networking Groups in the Area

AREYOU 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

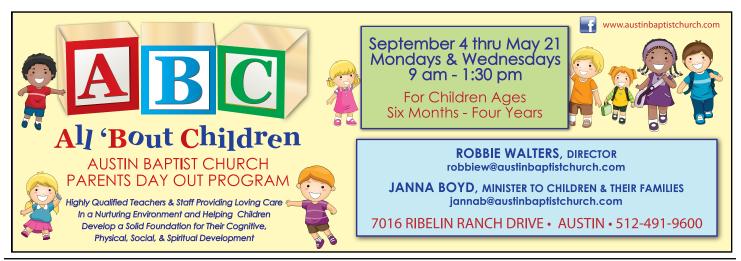
Steiner Ranch has a new business networking group. Your Local City is a positive, membership based, business networking organization with 17 groups meeting all over the Austin area. The Steiner Ranch group meets every Friday at 8:00 am at Lakeside Pizza and Grill located in the Shops at Steiner Ranch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

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 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 or visit www.BNIaustin.com for more information.



¹² River Review - July 2013

DROWNING IS PREVENTABLE

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Ongoing: Volunteers needed to distribute water safey packets info@colinshope.org Ongoing: Colin's Hope Athlete Ambassadors needed! http://www.tinych.org/signup July 21: Colin's Hope Kids Got2Swim Pure Austin Quarry Lake. http://www.tinych.org/got2swim August 29: Colin's Hope Got2Swim Lake Austin 10K/10 miler. http://www.tinych.org/got2swim September 8: 5th Annual Colin's Hope Kids Triathlon http://www.tinych.org/KidsTri

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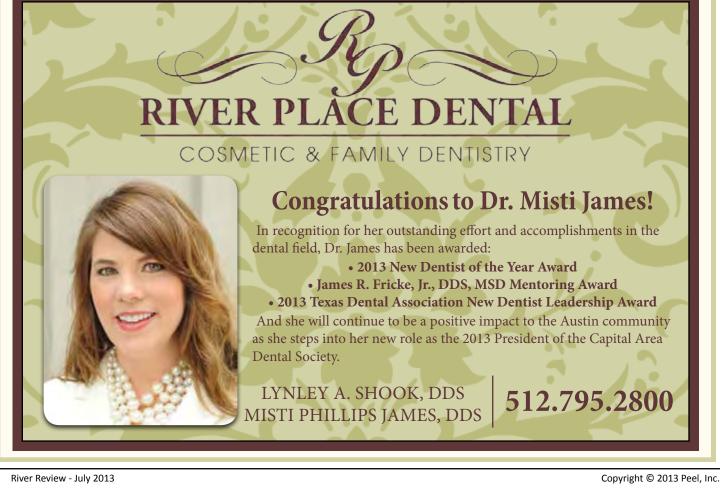
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Not Available Online

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. 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.







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