

THE RIVER REVIEW

September 2013 Volume 7, Issue 9

Photo by Mia Sanchez



NEWS FOR THE RESIDENTS OF RIVER PLACE



LASER
RESURFACING

Get Rid of Wrinkles

LUNCH & LEARN

Wednesday Sept 18, 11-1 p.m.

See the Results!

BEFORE & AFTERS

atxderm.com/before-after



steiner ranch
dermatology

4300 N Quinlan Park Rd. #225
Austin, Texas 78732
512.266.0007 • atxderm.com

1.

HOW TO GET RID
OF WRINKLES:

Lunch and Learn. Learn how we use resurfacing lasers to erase lines, build collagen, and make your skin more healthy and youthful! All attendees leave with a FREE GIFT!

SPOTS ARE LIMITED
CALL 512.266.0007

2.

EXILIS SPECIAL:

Exilis Skin Tightening Special: Tighten jowls, lift the neck waddle, 20% OFF combination special.

ADVERTISING INFO

Please support the advertisers that make River Review possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or advertising@peelinc.com. The advertising deadline is the 8th of the month prior to the issue.

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.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire	911
Ambulance	911
Sheriff – Non-Emergency	512-974-0845
Hudson Bend Fire and EMS	
Emergencies	512-266-1775
Information	512-266-2533

SCHOOLS

Leander ISD	512-570-0000
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

River Place MUD	512-246-0498
City of Austin Electric	512-494-9400
Texas Gas Service	
Custom Service	1-800-700-2443
Emergencies	512-370-8609
Call Before You Dig	512-472-2822
AT&T	
New Service	1-800-464-7928
Repair	1-800-246-8464
Billing	1-800-858-7928
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
---------------------------------	--------------

NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181
Article Submissions	riverreview@peelinc.com
Advertising	advertising@peelinc.com

DIRECTV is rolling out the RED CARPET

VIP Pricing exclusively for Residents

DIRECTV
Prices starting at
\$29.99

FREE 5 tuner Genie HD/DVR
Instant rebate on all packages
Record, watch and playback in
HD from any room

FREE Installation
Up to 3 FREE additional
HD client boxes
FREE HBO, Cinemax, Starz
& Showtime for 3 months

Mention this ad for your VIP deal.
CALL NOW!

1.888.799.0512



STEVE'S PLUMBING REPAIR

Master License: M-39722

- Water Pressure Problems
- Sewer & Drain Service
- Fiber Optic Drain
- Line Inspections
- Free Estimates
- Satisfaction Guaranteed

Steve Brougner
512.276.7476

2605 Buell Ave



Table of Contents

The River Review is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the River Review contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

- * The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.
- * Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.
- * Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

NEWS YOU CAN USE

- 5 August 2013 Yard of the Month
- 6 Get Your Sneakers Ready
- 8 Join Girl Scouts at our Upcoming Girl Scout Rallies
- 9 Your Four Points Academic Booster Club 2013-2014 Activities
- 10 Back-to-School Stress Can Trigger Acne
- 11 Back To School - Time to Slow Down
- 12 Seven Business Networking Groups in the Area
- 14 Lake Travis Republican Club Meeting
- 15 Succeed as an Effective HOA Leader
- 16 A Focus on Backpack Safety Tips

IN EVERY ISSUE

- 18 Teenage Job Seekers



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.

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.

Modern Medicine. Compassionate Care.

Treating you like family.



VETERINARY CLINIC

Full Service Hospital
Digital Radiography
Ultrasound
Dog & Cat Boarding
Kid's Lobby

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) 276-2633

www.2222VeterinaryClinic.com

*Dr. Frank, Dr. Mindi,
and the Metzler Family*

AUGUST 2013 YARD OF THE MONTH



The River Place Garden Club's winner of the August 2013 Yard of the Month is Jim Shearer who lives at 4106 River Place Blvd. The front yard bursts with color this month. Mexican petunias border the sidewalk and sport purple blooms throughout the warm months. Two tall palm trees frame the entrance, and bougainvillea form a hedge against the front of the house. Jim said he brought the bougainvillea in pots and planted them in the ground. With the mild winter last year, they continued to grow and the non-stop hot pink blossoms will bloom until the first frost. Moving here in 1994, Jim also planted the lantana in front of the bougainvillea for a second

lower border for the house. He said he has put in outdoor lighting and is now working on plantings in his backyard. The Garden Club congratulated Jim on winning in August.

The River Place Garden Club will meet in September and will discuss topics relevant to gardening in central Texas especially in our draught conditions. If River Place residents would like to join the club or attend a meeting as a guest, please contact President Patricia Thomas by email at RiverPlaceGarden@gmail.com for information about meeting locations and topics. The club meets from September through May on the second Thursday of the month.

GET YOUR SNEAKERS READY!

**RUN/WALK
FOR
CLEAN
WATER
IN AFRICA.**

**SATURDAY SEPT. 7TH
ROUND ROCK, TX**

REGISTER NOW!



IT'S TIME TO REGISTER FOR THE 5TH ANNUAL WATER TO THRIVE 5K AND KIDS' K

Saturday, Sept. 7 at the Dell Diamond Fun for the whole family. Live music. Kids activities. HEBuddy. Free food from Rudy's and Blue Bell Ice Cream. Giveaways including RR Express day passes. And much more ...

9 a.m. -- Registration

10 a.m. -- Kids K

10:30 a.m. -- 5K

Early registration through 8/15.

Adult = \$20 Student = \$15 Child = \$10

Register Today!

Proceeds to help bring clean, safe water to those who need it in Africa.

www.watertothrive.org/5K

..... STEINER RANCH STEAKHOUSE



We offer smoked prime rib, ribeyes and filets.
Of course, as with all of our entrees, the smoked
steaks come with two side items.

512.381.0800

5424 Steiner Ranch Blvd. Austin, TX 78732

WWW.STEINERRSTEAKHOUSE.COM





ER



Heart Institute



Women's Services



300+ Physicians

Lakeway Regional Medical Center is there to help **EVERY** step of the way.

We are the Texas Hill Country's healthcare destination.
Our full-service hospital offers a 24-hour Emergency Room,
an on-site Heart Institute and Orthopedic Center. With quality
healthcare so close, why go anywhere else?



Lakeway Regional
Medical Center

Visit us at www.LakewayRegional.com or call 512-571-5000

100 Medical Parkway • Lakeway, TX 78738

JOIN GIRL SCOUTS AT OUR UPCOMING GIRL SCOUT RALLIES!

ALL ABOUT GIRL SCOUTS

Girl Scouts is the world's largest girl organization dedicated to empowering girls through leadership experiences. Girl Scouts is in the business of growing purposeful leaders. We are the only youth organization to offer the Leadership Experience, which gives girls the opportunity to develop a strong sense of self and a personalized leadership style.

WAYS TO BE A GIRL SCOUT

Girl Scouts offer the freedom to tailor girls' level of involvement to fit their schedule, interest and lifestyle. Though most choose to be in a troop, they also can be a Girl Scout that is only involved in camps, events, travel and special interest series like media, backpacking, STEM or more!

Troops offer girls an opportunity to work with the same group of girls in their own grade level. As a group, the troop participates in several activities over a span of nine to twelve months. Troops can attend council-sponsored events or use their imagination to develop their own activities. One or more adults serve as Troop Leaders who guide the girls in a variety of ways after receiving training and a variety of resources.

GRADE LEVEL GIRL SCOUTS



As a Daisy Girl Scout you will expand your world as you meet in groups of five to 10 girls with two or more adult leaders in a nurturing environment. You might go on trips, learn about nature and science, and explore the arts and your communities. You will learn the Girl Scout Law and Promise. Daisy Girl Scouts can also earn Learning Petals and participation patches.



Be adventurous and bold as you explore the world around you. Brownies do lots of fun and exciting things together. You can earn Try-Its, go on adventures in your community and beyond. Discover friendship, fun and age-appropriate activities at your Brownie Girl Scout meeting. Who knows how far you can go with your imagination and a few adults to help guide you?



Become an agent of change and discover the "power of one" and the "power of team." Join with other Junior Girl Scouts to plan and do amazing things and discover what girl power is all about. You will

become more confident and courageous with every step you take to explore the world with your new BFFs and your troop/group leaders, and earn badges and patches to commemorate your Journey.



How many people does it take to make a friendship? How many people does it take to make peace in the world? As a Cadette you can navigate your own course or join with other girls to plan and carry out fun events, amazing new adventures, and community projects, all designed to create healthy and long-lasting relationships.



Imagine a world that is perfect. Let's call it Girltopia. As a Senior Girl Scout you will be challenged to envision an ideal world and use your imagination and courage to take action to move closer to Girltopia. Senior Girl Scouts are leaders. This is your time to put your skills to their best use.



At this level of Girl Scouting you won't be asking, "Who's doing something about it?" You will be doing something. Ambassadors learn to advocate for issues that are important to them. You can make a plan, present it to people of influence and create lasting change in the world, no matter where you begin.

Individual Girl Member any grade

Perhaps you are a girl-on-the-go who has no time for group meetings and sees herself as an individual with her own unique journey in mind. You can become an Individual Girl Member. This is a chance for you to be connected to all of the exciting adventures in Girl Scouts without joining a troop.

For more information about area Girl Scouts visit – www.LASUgirlscouts.org.

Hill Country Education Foundation

YOUR FOUR POINTS ACADEMIC BOOSTER CLUB 2013-2014 ACTIVITIES

August 19 – The Hill Country Education Foundation volunteers are busy preparing for another active year. Please participate in these upcoming events and help Your Four Points Academic Booster achieve academic success in the areas of entrepreneurship, leadership, college-readiness, science, technology, engineering and math (STEM).

September 9 – VHS Open House. Visit the HCEF table to learn more.

October 1 – HCEF Giving Campaign Begins. HCEF 4th Giving Campaign gets underway. Consider how easily we write a check for one of our kids to participate for a few months on swim team or basketball, or even more for marching band, cheer or a club sport. Now consider the impact we can make as a community when we co-mingle an HCEF donation with the other 6,200 Four Points-area families and create an empowering educational experience for our students. For quick and easy giving, go to www.HillCountryEdFoundation.org.

October 16 – VHS Homecoming Parade & Pep Rally. Visit HCEF volunteers inside the stadium and find out how you can help your Academic Booster Club.

Early November – 5th Annual FIRST® LEGO® League Scrimmage. To learn more this HCEF event, email HCEF Robotics

Chair BeckyLCarter@gmail.com.

February 21 – HCEF Gala at the Oasis. Dinner, Drinks, Silent and Live Auctions, Heads or Tails Game, Live Band and more planned for HCEF's largest fundraiser of the year. To volunteer, donate or learn more, contact mlbeck@HillCountryEdFoundation.org.

Early May – 4th Annual Impact Grant Awards. HCEF Grant Committee will surprise area teachers and administrators with program funding during the annual grant patrol. To date, HCEF has awarded more than \$80,000 in Impact Grants.

ABOUT HILL COUNTRY EDUCATION FOUNDATION

As the Academic Booster Club for eight public schools in the Four Points community, the Hill Country Education Foundation enhances the educational experience of students attending or preparing to attend Vandegrift High School by developing and financing innovative, quality programs and projects. HCEF focuses on leadership, entrepreneurship, college-readiness, science, technology, engineering and math (STEM). HCEF is a 501(c)(3) non-profit organization. The eight schools include Grandview Hills, Laura Welch Bush, River Ridge, River Place and Steiner Ranch Elementary Schools, Canyon Ridge and Four Points Middle Schools and Vandegrift High School.



The Children's Center Of Austin

Now Enrolling for
FALL

Offering 3 Convenient Austin Locations!

Steiner Ranch
4308 N. Quinlan Park Road
Suite 100
Austin Tx 78732
512-266-6130

Jester
6507 Jester Boulevard
Building 2
Austin Tx 78750
512-795-8300

Bee Caves
8100 Bee Caves Road
Austin Tx 78746
512-329-6633

www.childrenscenterofaustin.com

Every child is unique! Our exceptional curriculum meets the educational, developmental, and social needs your child needs. Each day is filled with hands on educational learning, compassionate teachers and fun!

Space for the fall is limited. Call us or drop in at any of our 3 beautiful locations.

REACHING YOUR NEIGHBORS

and many others...

- Avery Ranch
- Barton Creek
- Bee Cave
- Bella Vista
- Belterra
- Canyon Creek
- Circle C Ranch
- Courtyard
- Davenport Ranch
- Forest Creek
- Highland Park West Balcones
- Hometown Kyle
- Hunter's Chase
- Jester Estates
- Lakeway
- Lakewood
- Legend Oaks II
- Long Canyon
- Lost Creek
- Meadows of Bushy Creek
- Meridian
- Pemberton Heights
- Plum Creek
- Ranch at Brushy Creek
- River Place
- Round Rock Ranch
- Sendera
- Shady Hollow
- Sonoma
- Steiner Ranch
- Stone Canyon
- Teravista
- Travis Country West
- Twin Creeks
- Villages of Westen Oaks
- West Lake Hills
- Westside at Buttercup Creek
- Wood Glen

FOR ADVERTISING INFORMATION

Call Today 512-263-9181

www.PEELinc.com
advertising@PEELinc.com

PEEL, INC.
community newsletters



BACK-TO-SCHOOL STRESS CAN TRIGGER ACNE

For teens, getting rid of embarrassing may seem impossible, but Dr. Denise Metry, an assistant professor of dermatology and pediatrics at Baylor College of Medicine, says improving your skin isn't as difficult as you may think. "Stress can be a catalyst for acne breakouts because it stimulates hormones, which in turn causes some skin glands to pump out more oil," Metry said. She suggests that teens wash their face twice a day with a gentle cleanser, maintain a healthy diet and get adequate rest to help prevent future breakouts.

Other treatment options include topical creams such as Retin-A to help unclog oil ducts and antibacterial creams, lotions or gels with benzoyl peroxide, which can be used alone or in combination with topical or oral antibiotics. Some young women may be prescribed the birth control pill to help control acne, and Metry may recommend chemical peels for those with severe acne. "I think that parents downplay acne a lot of the time, but it can become a serious problem if it's not addressed early on," Metry said. "I encourage kids to talk to their physicians and in severe cases contact a dermatologist."



**The
Brown Paint
Company**

What can **BROWN** paint for you?

INTERIOR/EXTERIOR PAINTING
RESIDENTIAL & COMMERCIAL
GENERAL REPAIRS/CARPENTRY
SHEETROCK REPLACEMENT
TEXTURING & FAUX FINISHES
CUSTOM STAIN & VARNISH

Why should **BROWN** paint for you?

FREE ESTIMATES
BONDED & INSURED
EXCELLENT REFERENCES
FAMILY-OWNED & OPERATED
MEMBER OF TRCC

10% OFF OUR SERVICES*
*(when you mention this ad, one per customer)

www.brownpaint.com
512.506.9740



Back To School

School started in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

Time To Slow Down!

JUMP START A GRADE • HOMEWORK HELP • 1ST-12TH GRADE • SAT/ACT/ISEE TEST PREP

Back to School with Mathnasium!

Call or visit to learn how convenient and affordable your child's soaring self-confidence can be!



Call now for **FREE** Assessment!*

(*With enrollment, valid at listed locations only.)

- ✓ Review and Reinforce math concepts and skills
- ✓ Preview upcoming curriculum
- ✓ Individualized instruction
- ✓ Programs designed to catch up, keep up or get ahead!
- ✓ Flexible memberships

MATHNASIUM
The Math Learning Center

Mathnasium of Steiner Ranch
4308 N. Quinlan Park Rd., #215
Austin, TX 78732
(512) 284-9849

www.mathnasium.com/steinerranch

Mathnasium of North Austin
10401 Anderson Mill Rd., #109A
Austin, TX 78750
(512) 331-MATH (6284)
www.mathnasium.com/northaustin

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.

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.



Make a colorful impact.
Call today to reserve this space.

PEEL, INC.
community newsletters
512-263-9181

DROWNING IS PREVENTABLE



COLIN'S HOPE
WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



Volunteer - Donate
COLINSHOPE.ORG



Ongoing: Colin's Hope Athlete Ambassadors of all ages needed! www.tinych.org/signup
September 8: 5th annual Colin's Hope Kids Tri, and All Star Burger Fundraiser (10% of sales donated).
October 19: Sharkfest Austin Swim benefiting Colin's Hope. Volunteers needed.
November: Underwater Holiday Photos (multiple days and locations).
February 16: Austin Marathon. Runners, walkers, and water stop volunteers needed.

Be a Water Guardian and Watch Kids around Water. Drowning is preventable!

Thank you to all who supported our efforts this year to raise water safety awareness to prevent children from drowning!

LAYERS OF PROTECTION



CONSTANT VISUAL SUPERVISION



LEARN TO SWIM



WEAR LIFE JACKETS



MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS



KEEP BACKYARDS & BATHROOMS SAFE



LEARN CPR



CHECK POOLS/HOTTUBS 1ST FOR MISSING CHILDREN



VISIT US ONLINE

Lake Travis Republican Club Meeting

Steve Munisteri, Chairman of the Republican Party of Texas, will be the featured speaker at the monthly meeting of the Lake Travis Republican Club, to be held Tuesday, September 17, 2013, at the Hills Country Club, from 11:30 AM to 1:00 PM.

Munisteri grew up in Houston, TX, and is a 39 year veteran of Republican politics in Texas and the United States as a conservative grassroots activist. He started his involvement in 1972 as a volunteer for Hank Grover, Richard Nixon and John Tower. He then went on to form a conservative club at Memorial High School in Houston, and in 1975, contacted then Harris County GOP Chairman Ray Barnhardt to become involved in the Ronald Reagan for President campaign and to become more involved in the local party. He went on to serve the party in numerous volunteer capacities, including working as a precinct chairman of two different precincts in Harris County, serving as delegate or alternate delegate to numerous state conventions, and serving on the State Republican Executive Committee for State District 17. He has experience in working in over 50 campaigns, in all aspects from blockwalking and phone banks, to sitting in on strategy sessions for national Presidential



campaigns.

Steve also has a long history of involvement in the conservative movement. In 1976, he was selected as state Vice Chairmen for Texas Young Americans for Freedom and served as state Chairmen from 1977 to 1980. In 1980, Munisteri founded Young Conservatives of Texas, a group which continues to produce the future generations of our conservative leaders and elected officials in college campuses across the state.

Mr. Munisteri attended Memorial High School in Houston, before graduating from the University of Texas in Austin with a BBA in Finance with Honors. He also earned a J.D. from the University of Texas Law School. Following his election to the State Chairmanship at the 2010 Texas GOP Convention in Dallas, Mr. Munisteri obtained a second residence in Travis County and currently serves full-time as the State Party Chairmen at RPT headquarters in Austin.

Tickets for the meeting are available for \$15.00 for members, and \$20.00 for guests. Reservations can be obtained by calling 512-261-0722, or by email at wwarmuth@austin.rr.com. A Lunch Buffet will be served.



LAKE SIDE DENTAL

Family and Cosmetic Dentistry

**Gentle, Comprehensive, Quality Dental
Care for You and Your Family!**

- Routine Cleanings and Exams
- Porcelain Crowns, Bridges, Dentures & Veneers
- Dental Implants and Mini-Implant Dentures (Placement and Restoration)
- Gentle Root Canal Therapy
- Invisalign Clear Braces
- Professional Teeth Whitening
- Same-Day Emergency Appointments
- Preventative Dental Care
- Extractions & Oral Surgery
- Gentle Periodontal Therapy
- Oral Cancer Screenings
- Custom Nightguards & Mouthguards

www.LakesideDentalAustin.com



Vincent A. Morales, DDS

NEW PATIENT OFFER

\$99 FIRST VISIT EXAM,
X-RAYS &
CLEANING*

*Call for Details

In-Network with most insurances. Call for Appt. Today!

512.249.5555

6911 Ranch Road 620 North STE C-100
Behind Walgreens & Wells Fargo across the street from Boat House Grill

FREE ESTIMATES

Mention this ad for
\$100 off service
of \$1000 or more

"Lots of satisfied customers"

Southern Painting

RESIDENTIAL & COMMERCIAL

- INTERIOR/EXTERIOR
- POWER WASHING
- CAULKING / SCRAPING
- UNIFORMED PAINTERS
- QUALITY GUARANTEED
- GENERAL REPAIRS

www.southernpainting.com

512-267-6200

References/Bonded & Insured

***There is a World of Difference Between
Covering a Surface With Paint*
And Painting
As SOUTHERN PAINTING Does**



SUCCEED AS AN EFFECTIVE HOA LEADER

Conference & Expo Will Teach Best Practices to Help You Become the Best Volunteer Community Leader You Can Be

Community association volunteer leaders almost without exception look to preserve the value of their residents' homes and maintain the quality of life their homeowners have come to expect through their homeowner association (HOA) or similar community governing body. But we don't always have the requisite knowledge and experience to do the best job possible. The school of hard knocks, trial-and-error, may get us there eventually, but it can be a long and arduous journey.

Join us at Austin Community Associations Institute's (CAI) 2013 Conference & Expo on Friday, September 27th, at the University of Texas Alumni Center for an afternoon learning best practices. Hear what others have discovered is working to help build better neighborhoods. And admission is free!

"Hear industry leaders speak on a range of topics from 'The 7 Deadly Sins of New Board Members' to 'Where Will The Water Come From?' to 'It's Not My Problem – Right?', just to name three of the twelve lectures to choose from in this year's Conference Lecture Series" notes Katie Uhler, Chair of CAI Austin's Conference & Expo.

Visit with more than 65 exhibitors - experts delivering solutions to

the problems keeping you and your board awake at night. Energize your HOA board and your residents with new, imaginative ideas. Enhance your community's spirit, gain recognition for your community as one of the best places to live in Central Texas, attract new residents. Come celebrate "what's good" about common interest community living.

Full details on our website at <http://www.caiaustinevents.org/2013conf&expo>.

With more than 32,000 members dedicated to building better communities, Community Associations Institute (CAI) works in partnership with 60 domestic chapters, a chapter in South Africa and housing leaders in a number of other countries, including Australia, Canada, the United Arab Emirates and the United Kingdom. Texas chapters include Austin, Dallas/Ft. Worth, Houston and San Antonio. CAI provides information, education and resources to community associations and the professionals who support them. For information on the Austin Chapter, visit our website at www.caiaustin.org, or call 512-858-5228. Or visit CAI's National website at www.caionline.org, or call 888-224-4321 for more information.

A FOCUS ON BACKPACK SAFETY TIPS

By: Concentra Urgent Care

WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed.

WEAR OVER STRONGEST MID- BACK MUSCLES

Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints. Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of the back to work harder,

leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at www.apta.org.



HOPE4JD Family Fun Fest

AND BATTLE OF THE YOUTH BANDS

Youth bands compete to raise the most money for HOPE4JD

**September 28 from 10am to 8pm
at Stunt Ranch – 13317 Fitzhugh Rd.**

www.stuntranch.com



**Join friends and family at Stunt Ranch for
great food, music, and family fun.**

**Activities include Silent Auction, Ziplining, Rock Climbing, Ropes Course,
Bungee Trampoline, High Fall Air Bag, Inflatables, Face Painting, Snow
Cones, Food Trailers, Craft Vendors, and much more...**

Featuring **Dysfunkshun Junkshun** **at 6pm**

**Admission: \$10 for Adults and \$5 for Kids. Free admission for kids under
3. Activity wristbands are \$5. Buy tickets online at HOPE4JD.org or at
the gate. Signed waivers are mandatory for participation. They are
available at hope4jd.org or at the event.**

Sponsors and volunteers needed!
Please visit www.HOPE4JD.org for more information

SPONSORED BY:



**PREMIER
FAMILY
PHYSICIANS**

**JP Harrod
Properties, Inc.**



**community
IMPACT**
NEWSPAPER
LOCAL USEFUL EVERYONE GETS IT

HOPE4JD is a 501(c)(3) public charity organized to support families of children up to age 21 who suffer a hypoxic/anoxic brain injury due to a nonfatal drowning in Texas. EIN # 32-0351208

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.



RISING STARS *Pediatric Dentistry*



DR. PRU AURORA, DR. MICHELLE FREEZE, DR. JEFFREY GREGERSON, DR. SHINY THOMAS

Dentistry for infants, children, teens and patients with special needs.

512.266.7200



Congratulations!

Dr. Michelle Freeze

Honored by her Peers
2013 Super Dentists® List

Two Convenient Locations

Steiner Ranch 4308 N. Quinlan Park #201 Austin, TX 78732	Lakeline 14005 N. HWY 183 #800 Austin, TX 78717
-----------------------------------------------------------------------	--------------------------------------------------------------

SmileLikeAStar.com

FREE **Kids Sonicare**

*with New Patient
Exam and Cleaning*

\$56.00 Value

Coupon must be presented at time of exam



ADC Steiner Ranch Opening Soon

Just in time for cold and flu season, The Austin Diagnostic Clinic is pleased to announce that our Steiner Ranch office will open in late fall 2013.

Our newest location will offer the following services and specialties for you and your family:

Specialties

Allergy
ENT
EasyCare
Endocrinology
Pediatrics
Podiatry
Rheumatology

Services

Allergy shots
Infusion services
Lab
X-ray

We look forward to caring for you and your family. Follow our progress at ADClinic.com.



**The Austin Diagnostic Clinic
Steiner Ranch - Opening Soon**
5145 N. FM 620, Bldg. I
512-901-1111 • ADClinic.com
My Health, My Doctor, My ADC



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

RV



BARTLETT

REAL ESTATE GROUP



Tom Radack
947.6985



Marissa Radack
913.4759



Tim Moncrief
576.7344

Let us show you why -
over the last 18 years we have helped more buyers and
sellers in **Four Points** than any other agent or group!

BARTLETTREALESTATEGROUP.COM



#1 Keller Williams Realty Group,
Austin, nwmc '07-'12

