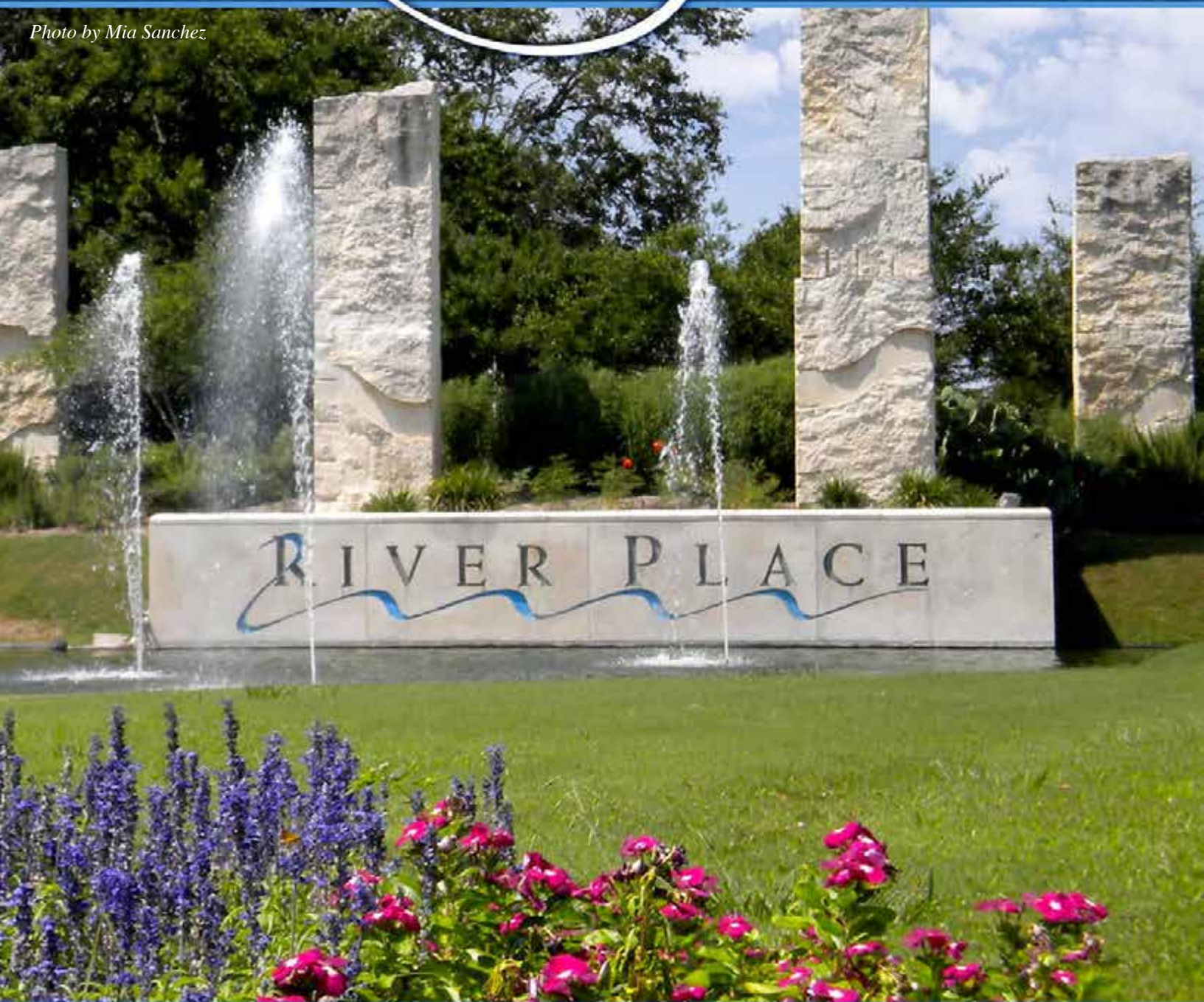


THE RIVER REVIEW

November 2013 Volume 7, Issue 11

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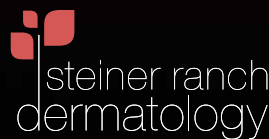
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The River Review is mailed monthly to all River Place residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes,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

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COVER PHOTO

Do you take great photos?

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

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

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

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OCTOBER 2013 YARD OF THE MONTH



Sue and Bill Floyd, who reside at 4400 #3 River Place Blvd, were the winners of the River Place Garden Club's Yard of the Month for October, 2013. The Floyds have lived in River Place for 14 years, and about one and half years ago, they finished redesigning their yard. They wanted less grass and more hardscaping plus native, drought tolerant plants. The Floyds reduced their grass by about half, and replaced it with rock work and native plants that would take less water. The result is a lovely yard that is eye-catching and colorful, easy to maintain as well as easy to maintain and low in water use.

Adding color to the yard are blackfoot daisies and Esperanza, which coordinate with the bricks and painted trim. Bill likes cactus, and they have included aguavae and other succulents. Also, yard statuary in neutral tones and hardscaping with rocks

in beds and around walks provide a coordinated look with the brick and driveway colors. With the drought of Central Texas and new watering restrictions, this yard shows the potential for having an attractive, creative yard while reducing the amount of grass and using native, drought tolerant plants. The Garden Club congratulates the Floyds and encourages neighborhood residents to look at this creative yard.

The River Place Garden Club meets on the second Thursday of each month from September through May at the homes of members. Our discussion topics for 2013-2014 include many that focus on creating attractive yards that will require less water. For information on locations of meetings and topics, please contact Patricia Thomas, President of the Garden Club, by email at RiverPlaceGarden@gmail.com.



River Place Country Club Undergoes Renovation

River Place Country Club is renovating their clubhouse in order to not only update the interior design, but more importantly to keep up with the trends and needs of their membership and the community. Raquel Hebben, RPCC Membership Director, has been with the club since 2004 and has seen much growth in the last 18 months.

Steven Held, President and CEO of the Dominion Golf Group, has lived in the Four Points area for 8 years. RPCC's knowledge of the community and what their members and neighbors are looking for in their club, they realized it was necessary to make some substantial changes to their clubhouse, which is why they are investing 2 million dollars in renovations.

The Dominion Golf Group purchased River Place Country Club in 2003. The group has 3 owners in total and six golf clubs including Onion Creek, Twin Creeks, The Dominion in San Antonio, with the Dallas area being served by the Lantana and Bridlewood golf clubs.

Having a local ownership has been instrumental in River Place Country Club's success. All three owners live in Austin, which has allowed the club to remain committed to their goals and the team at River Place has made it the "social epicenter of our community."

Initial plans for renovations began in 2008, but due to the recession, were put on hold, however, upgrading the finishes and amenities were their initial priorities. Five years later, the parameters for renovations had changed, with the need much greater, especially due to growth in the community. One goal of the renovation is for the club to act as an extension of the community's homes and for its members and the surrounding community to be as proud and comfortable to entertain

at the club, as they would be in their own homes.

The interior design firm of Thiel and Thiel, Inc. were hired to redesign the club and during the process it became clear that River Place needed more than just an update, they needed to expand their facilities. Anything short of a full renovation would not have serviced their needs, according to Held. With the successes and growth of children's programming, fitness, tennis and social activities, there was a clear need for change. The banquet room has expanded and the pro-shop relocated to a more central location. The member dining area is being moved and expanded. The current dining area will be transformed to an adults-only "19th Hole", which will include a media area with comfortable seating and televisions.

The fitness center will move upstairs to a large, open space with all new equipment, a larger dedicated group exercise room and an enlarged spin room. Forward Motion has been contracted to handle personal training, which will include sport-specific training for high school athletes, utilizing an area of the fitness center with an Astroturf surface. The women's and men's new locker rooms will be located downstairs, with convenient access from the side entrance.

The new floor plan of the club is intended to greatly improve the club's traffic flow and usability. Held stated that in serving the Four Points area, River Place Country Club recognizes the unparalleled growth in our area, and understands the importance of growing along with the community. The investment in renovations supports their vision of being the Best Family Club in Austin.

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HCEF Launches Fall Fundraising Campaign

By John Pasquarette, Member, HCEF Board of Directors

The Hill Country Education Foundation (HCEF) is launching its first annual Fall Fundraising Campaign to support local schools with tools, technology, and programs to enhance the educational experience for our children. Campaign kickoff starts Oct. 1 and runs for six weeks with a goal of raising \$30,000. I'm sure many of you chose the Four Points area to live for the same reasons I did – the beautiful hill country, gleaming new and successful schools, and a vibrant community. Many people, however, don't understand why we need private funding to supplement education. Leander ISD is under the same pressures as all public schools districts, even more as its population booms (one of the fastest growing school district in Texas) while budgets shrink. LISD serves over 35,000 students and adds between 1,000 and 2,000 students per year. Meanwhile, the state cut more than \$1.7B in education funding, which reduced LISD's budget by more than \$16M, or more than \$400 per pupil. Our district must make the best with the funding they do receive and balance the benefits and programs across the district.

Bottomline, our teachers are the real issue here. If you recall the fondest memories from your education, the true source of inspiration and discovery doesn't come from the glistening new facilities or textbooks, but rather from great teachers. True inspiration and "a-ha moments" come from experiences. Exceptional teachers create these experiences.

They are teachers who run the after-school clubs, who bring in outside professionals, who introduce new technology to enliven the curriculum. It's these teachers, and the programs they use, who need our help. HCEF has donated more than \$150,000 to support teacher grants for equipment and programs over the past three years. We're looking to extend that tradition.

Vandegrift Principal Charlie Little once shared that he had the rare opportunity to hire every one of his teachers with the opening of VHS. Judging by the set of teachers I met at Open House, he's an exceptional recruiter. HCEF is committed to supporting these great teachers at VHS, Canyon Ridge and Four Points Middle Schools and the five elementary schools. It's similar to the support we provide our athletic teams. That's why HCEF is adopting a new tagline "Your Four Points Academic Booster Club." We want to ensure these principals and teachers have the additional tools, technology and programs to raise their level of instruction.

Now its time to show our support. Get involved with the fundraiser this week and "join our academic booster club." The amount you give is not important. We're looking for broad-based support from the community. Four Points has more than 6,000 homes. If just 10% of us contributed \$100, we easily blow away our goal of \$30,000 this Fall. Visit www.HillCountryEdFoundation.org for more information.

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LATINITAS VOLUNTEERS

AAUW has been empowering women since 1881! This year the Austin Branch of AAUW is celebrating its 90 year history with a luncheon at the Austin Woman's Club, on Wednesday, November 13. (See <http://austin-tx.aauw.net> for more information and to RSVP to join us as a former member and/or community supporter.) An important part of our Austin history is the fact that AAUW Austin brought the city's first public library into being, purchased the first Bookmobile in 1952, for \$7000, which was a staggering amount of money then. Our members are active in supporting and volunteering in a number of noteworthy organizations which support women both at home and abroad. We have 14 living members who have become Honorary meaning they have been active for over 50 years! Locally, we recently gave a \$2700 dollar scholarship, in memory of a special member active at branch and state level, to a deserving young UT student who is an intern at Girlstart. We have been very involved with Mainspring Schools since its founding in the 1940's, and we recently gave two \$500 scholarships to deserving teachers to attend an important pre-school conference. UT has a leadership development program for women, and one of our members, Dr. Mary Braunagal-Brown, recently made a \$25,000 gift for matching funds to develop that program further. We give thousands of dollars to worthy PhD candidates in fellowships each year. STEM education and careers are a local and national priority, but our mission includes equity for women and girls through advocacy, education, philanthropy, and research.



Pictured are members of the Austin Branch of AAUW (American Association of University Women) volunteering at the recent Latinitas College Chica conference for middle school girls. Member Lilac Bauer is chair of Women's Issues. Besides being the liaison with Girlstart, she has also been focusing on Latinitas, a program whose mission is to empower young Latinas through media and technology.



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DIABETES PREVENTION: FOUR STEPS ON THE ROAD TO HEALTH

November is Diabetes Awareness Month

The old adage is true that every journey begins with a single step. On the road to improving your health, small lifestyle changes can lead to dramatic results, especially for people at risk of developing Type 2 diabetes.

"It's never too late to make lifestyle changes and reduce your risk of developing Type 2 diabetes," says Dr. Valerie Espinosa, an endocrinologist with Texas Diabetes and Endocrinology.

Diabetes comes in two forms: Type 1, which mainly affects children and is not currently preventable, and Type 2, which is usually diagnosed later in life and is often preventable. Most people who develop Type 2 diabetes go through a phase called pre-diabetes in which their blood sugar is slightly elevated. But some simple steps can help people with pre-diabetes avoid the progression to Type 2 diabetes.

Step 1: Get More Physical Activity. Exercise can help people to lose weight, lower blood sugar, and boost the body's sensitivity to insulin, which helps the body regulate sugar.

"While aerobic exercise is important for overall good health," says Dr. Espinosa, "resistance training to build up muscle mass is especially important for someone with pre-diabetes."

Step 2: Eat More Vegetables, Beans, Nuts, Whole Grains. Adding more fiber and whole grains to your diet can reduce your risk of progressing

from pre-diabetes to Type 2 diabetes.

When shopping for breads, pasta products, and cereals, look for the words "whole grain" on the label. Aim for making at least half of the grains you eat whole grains.

Step 3: Lose a Few Pounds. Small weight loss goals can have remarkable results in lowering blood glucose levels in people with pre-diabetes. A weight loss of five to seven percent in someone who is overweight can significantly improve their health.

"Someone who is 200-pounds and overweight can set a goal to lose 10 pounds," says Dr. Espinosa.

Step 4: Make Healthier Choices. Eliminate the temptation to eat foods that you know will raise your blood sugar level, like cookies, potato chips, and sugary drinks, by making healthier choices in the grocery store.

"If you don't have potato chips at home, you won't be tempted to eat them," says Dr. Espinosa.

According to the American Diabetes Association's 2011 statistics, a whopping 79 million adults have pre-diabetes. Small, healthy steps can help keep people with pre-diabetes from joining the 25.8 million adults in the United States who have full-blown Type 2 diabetes. Both pre-diabetes and diabetes can be diagnosed with a simple blood test.



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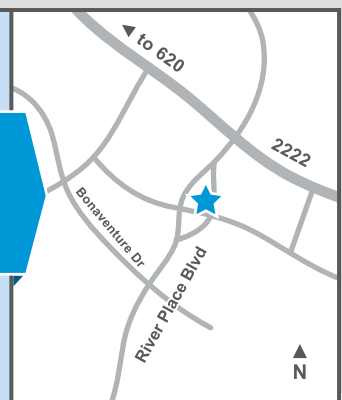
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Pruning Guidelines for Prevention of Oak Wilt in Texas

NOW IS THE TIME TO PRUNE YOUR OAK TREES

Oak wilt, caused by the fungus *Ceratocystis fagacearum*, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from tree-to-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. Below is a brief description of how you can reduce the risk of fungal spread when pruning.

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.
- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding of oaks during the spring (currently defined as February 1 through June 30). Reasons to prune in the spring include:

- To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.
- To repair damaged limbs (from storms or other anomalies)
- To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.
- On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
- Dead branch removal where live tissue is not exposed.

Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February 1 or after June 30. Debris from diseased red oaks should be immediately chipped, burned or buried. Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.

References available at <http://www.TexasOakWilt.org>.



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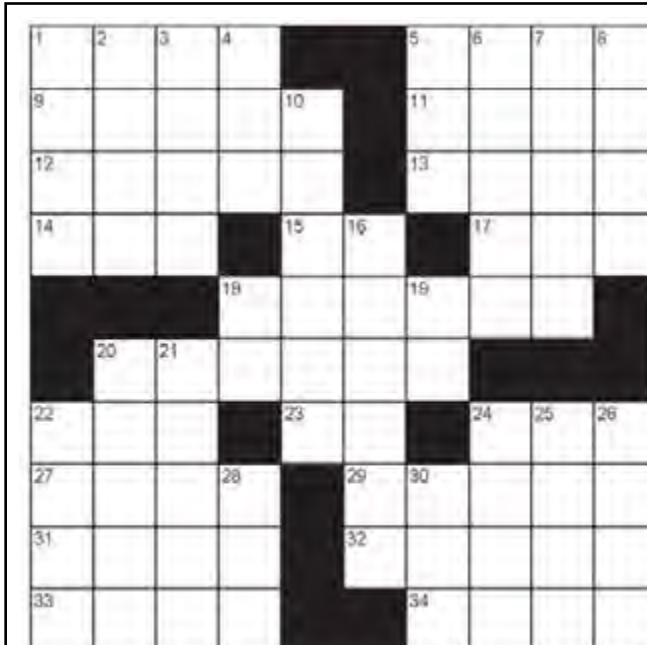
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14. Mr.
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18. Make better
20. Pre-Nissan
22. Electric spark
23. Miss lang
24. Tire
27. Saloons
29. Immense
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2. Cafe
3. Far away
4. Day of wk.
5. Sup
6. Mont __
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8. Curious
10. City
16. Toil
18. Movie alien
19. Fashionable
20. Play
21. Smoky
22. Cain killed him
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RECEPTION FOLLOWS

White Christmas

SUN, DEC 15

9 & 11:11 AM

Gifts of food wrapped
in white are donated by the
congregation and given
to those in need.

Christmas Eve Services

TUES, DEC 24, 5 & 7 PM

Join us in remembering the wonderful story of God's amazing
Gift of love, hope, peace, and joy. These candlelight services
include carols, a message for children, and a word from
the Pastor. Please celebrate with the ABC family!

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Business Classifieds

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Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to River Place residents, limit 30 words, please e-mail to riverreview@peelinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please Peel, Inc. Sales Office at 512-263-9181 or advertising@PEELinc.com.

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ADC Steiner Ranch Opening Soon

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 specialities for you and your family:

Doctors and Specialties

Allergy - Scott Oberhoff, MD
Dermatology - Melody Vander Straten, MD
ENT - Richard Bryarly, MD
Endocrinology - Kavita Juneja, MD
Family Practice - Vimal George, MD
Pediatrics - Linda Lopez, MD
Podiatry - Ana Urukalo, DPM
Rheumatology - Kevin Osgood, MD

Services

Allergy shots
EasyCare
Infusion services
Lab and X-ray

We look forward to becoming a part of the community and caring for you and your family. Follow our progress or learn more about our doctors and services at ADClinic.com.



**The Austin Diagnostic Clinic
Steiner Ranch - Opening Soon**
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