

THE RIVER REVIEW



May 2014

Volume 8, Issue 5

Photo by Mia Sanchez



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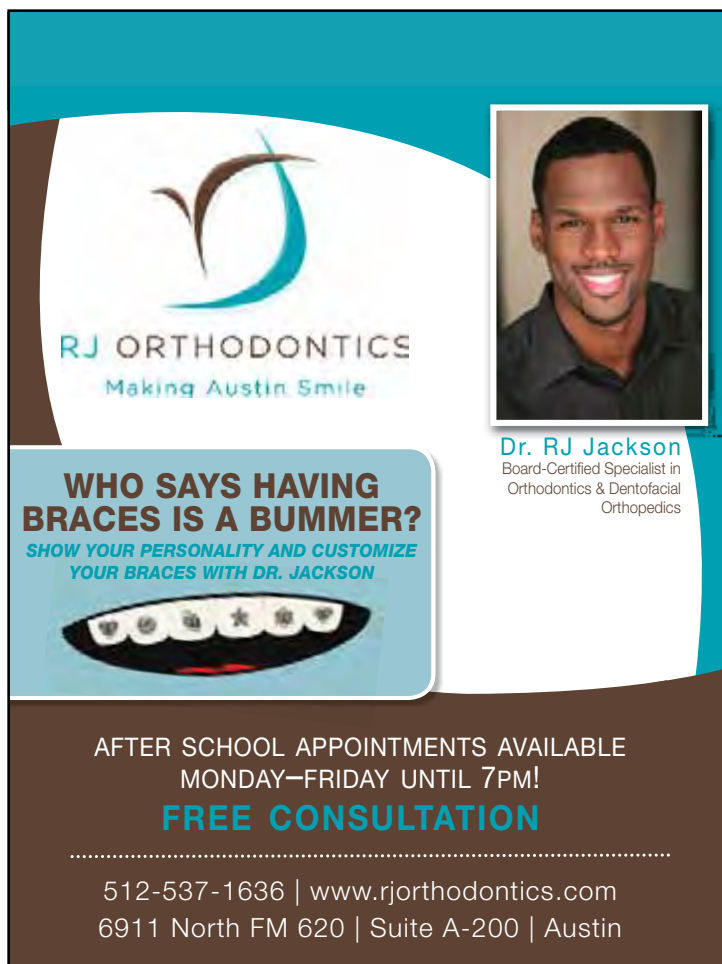
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ARTICLE INFO

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. The deadline is the 15th of the month prior to the issue.



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COVER PHOTO

Do you take great photos?

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

RIVER PLACE COUNTRY CLUB TO HOST KARMA'S CHALLENGE GOLF TOURNAMENT

Monday, May 5th Event Open to the Public

River Place Country Club is proud to host the Karma's Challenge Golf Classic. The event is scheduled for Monday, May 5, 2014. Golf teams will compete for prizes and each team include a celebrity team member. Registration for the Golf event will begin at 10:30 a.m., with a shotgun start at noon.

"We are very excited and proud to be a part of such an exciting event, especially with the ultimate benefit to a great cause," said Brad Roumaya, General Manager of River Place Country Club.

The definition of karma: the sum of a person's actions in this and previous states of existence, viewed as deciding their fate in future existences. The story begins with the costliest hurricane in Texas history. Hurricane Ike, a Category 2 storm, struck the Galveston coast on September 13, 2008 at 2:10 a.m. The storm claimed 195 lives. Flooding and wind damage leveled many communities in its path. Ike's devastation left many animals abandoned, one of those animals was Central Texas SPCA's own recent resident, Karma, an affectionate Tiger-striped Shepherd mix. After Ike struck, Karma was found at an abandoned gas station in Galveston. Having survived such a horrendous storm, she was left to fend for herself. No one knows where her home had been or what it was like before Ike, but the traumatic events that unfolded there left their mark on this animal. The Central Texas SPCA brought Karma to its shelter in Leander. Karma was so traumatized by the events of the storm that it took the Central Texas SPCA over 5 years to place Karma in a Forever Foster Family in February 2014.

"In our 26 years of saving dogs and cats, Karma was our longest-term dog resident. Setting a goal to eventually build a new facility due to the aging condition of our current shelter and knowing the challenges that Karma faced to survive the storm, paired with the challenges we faced in finding her a home, we decided to honor Karma by naming our first ever golf tournament after her," said Michelle Zoeller, President, Board of Directors, Central Texas SPCA.

The fun of this event begins on Sunday, May 4, 2014 with a Finding Forever Families Banquet beginning at 5:00 p.m. at River Place Country Club. Banquet catering will be provided by Jack Allen's Kitchen and entertainment will be provided by David Magee.

In addition, a live auction will be held on May 4 and a silent auction will begin on May 4 and end May 5. For complete event details, please visit www.KarmasChallenge.com or send an email to Golf@CentralTexasSPCA.com.



TWO GREAT EVENTS. ONE GREAT CAUSE.

*Have a great time, rub elbows with
Celebrities and help the homeless dogs
& cats of Central Texas!*

FINDING FOREVER FAMILIES BANQUET

Sunday, May 4, 2014 | River Place Country Club

Join the Central Texas SPCA and Jack Allen's Kitchen for this spectacular event in support of the CTSPCA.

**Featuring Cocktails and Dinner, Entertainment by David Magee, and
Live and Silent Auctions with Fabulous Items.**

Festivities begin at 5:00 pm



KARMA'S CHALLENGE GOLF CLASSIC

Monday, May 5, 2014 | River Place Country Club

Teams will compete at the River Place Country Club in a scramble format with a shotgun start.

There will be two independent flights with separate awards for each flight.

Four-person teams, plus a Celebrity, will compete for prizes.

Morning Flight begins at 8:00 am sharp

Afternoon Flight will begin at 2:00 pm

We hope you will consider being a part of the Benefit Banquet or Karma's Challenge.
Several options are available for participation in these events and include:

- ❖ Sponsorship tier opportunities ❖
- ❖ Attend the Finding Forever Families Benefit Banquet ❖
- ❖ Register to play in Karma's Challenge ❖
- ❖ Provide items for the door prizes, or the live and silent auctions ❖

For complete event details and deadlines, please visit www.karmaschallenge.com.
Feel free to contact Vicky Waser at Golf@CentralTexasSPCA.com or by phone at 512-423-1607.

The Central Texas SPCA is a private 501(c)(3) nonprofit, no-kill, limited intake animal shelter.
For more information about the Central Texas SPCA, please visit www.CentralTexasSPCA.org

APRIL 2014 YARD OF THE MONTH



The yard belonging to James and Shelly Haager of 3916 Michael Neill Drive was chosen as the Yard of the Month for April. Jim said he enjoys taking care of his yard and does his own gardening and weeding, with his two sons, Max and Sam, doing some of the heavy tasks. Moving to River Place in 2006 from Arizona, he indicated that he likes to use plants that can sustain themselves. Edging

the path to the front door, he has placed colorful, red dianthus, and framing the door are two large pots with matching topiaries which accentuate the yard's symmetry. He likes to plant roses which he says thrive well in our climate. In the past, deer devoured many plants, but he found motion sprinklers which deterred them, and now just their presence keeps the deer away.



* Featured photo: Lakeway Regional Medical Center offers exclusive state-of-the-art rehabilitation equipment, such as the AlterG® Anti-Gravity Treadmill®.

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*YMSL Four Points Chapter volunteers from Vandergrift High School.
From left to right: Chris Schwartz, Ryan Sanfratello, Garrison Spring, Asher Crohn, Daniel Grassel, Jackson Harris, & Sam Hopson*

YMSL

YMSL (Young Men's Service League) Four Points is comprised of Vandergrift High School boys who regularly volunteer at multiple Leander and Austin area non-profit organizations throughout the year. Pictured above are a group of YMSL Four Points boys after working at Partnership for Children, a non-profit organization that provides Child Protective Services' caseworkers with resources for children in need, to better serve these children in our community.

These young men spent Saturday (03/29/14) afternoon Painting walls, assembling and moving furniture, and disinfecting toys so Partnership for Children would be ready to roll on Monday! It was a rewarding day for all.

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COMMUNITY RACE EVENT TO BENEFIT LOCAL NONPROFIT JUNE 14

Registration began March 1 for Dash to the Splash, a race event and after-party with competitive 5K and 10K races through a Steiner Ranch neighborhood course. The June 14 program will begin at 8:00 a.m. with a Kids K—0.62 miles—for children ages 12 and younger. The competitive 5K—3.1 miles—and 10K races will start at 8:30 a.m. at Towne Square Park in Steiner Ranch.

A community-wide event is planned after the races and will include live music, waterslides, food and games for children.

The Skills for Enhancing Lifelong Fulfillment program, headquartered at Concordia University Texas, is the beneficiary for this year's inaugural event. S.E.L.F. provides skills and training to transition Leander ISD's special education students into the community and adult life.

To register for a race or become an event sponsor or vendor, see www.dash2splash.com.

How To Find and Select An Attorney

Submitted by Patricia L. Brown | NO LEGAL ADVICE INTENDED.

Finding the right professional service provider, whether a doctor, dentist, lawyer, veterinarian, etc. can be challenging. Whether you relocated to a new area, or just finally have need for one of these services, there seems to be some discomfort, perhaps a premature buyers remorse, e.g. "What happens if I make a mistake"? The consequences of selecting the wrong professional to solve your particular problem are surely more troublesome than picking the wrong dry cleaner or restaurant. Furthermore, it can be difficult to assess the technical competence of professional service providers. If your dry cleaned suit is dirty, or the restaurant food is bad, you know it right away. If you get inappropriate legal advice, the implications may not emerge for months or years. The challenge of finding the right attorney can be compounded by the circumstances surrounding your need for an attorney. Such circumstances, whether it be a divorce, child support or custody, abuse, bankruptcy, etc. can cause anxiety and stress, which effect our decision-making capability. Attorneys must attend an accredited law school and pass the bar exam in the states in which they wish to practice. Given this common base level of training, how does one make a selection?

Ask family, friends, and colleagues for recommendations. Keep in mind law firms can range from one attorney to hundreds, and firms can handle a wide variety of legal disciplines and clients, none of which may be relevant to your particular need and circumstance. Be sure the recommendations you

follow are in the same area as your need.

Seek at least 10-15 years direct experience in the specific area of your need.. The experience should also be regional in nature, in our case, central Texas, and particularly in the county in which you reside. Texas law is administered by Texas judges in your county of residence. Each judge and court has its own local idiosyncrasies and your chances of a favorable outcome are significantly enhanced if your attorney is intimately familiar with these idiosyncrasies, knows the judges, and is known by the judges. You do not want a rookie, at any price, gaining experience at your expense, in a matter which might affect the rest of your life.

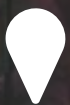
Select an attorney who is located reasonably close to your residence. There are several reasons for this. First, as stated in #2, your attorney will be familiar with local judges, courts, and practices. Secondly, your attorney should be accessible to insure accurate communications in such vital manners. Having to drive an hour each way in heavy traffic to see your lawyer wastes times, causes unnecessary stress, and reduces communication.

Check local attorneys websites, read the attorneys biography (and his staffs), and look at their videos. Do you think you will feel comfortable with this person? Do they seem to have empathy for their clients? Then make your selection. If you are not comfortable after the first visit, leave, and go to your second choice.



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PROPERTY TAX SEASON IS HERE

The history of property taxes dates back at least as far as ancient Egypt. Thousands of years later, property taxes were enacted in Texas in order to support the new republic. The property tax system that Texans know today is vastly different from what it was even a few decades ago. The modern Texas Property Tax Code is full of complex details, most of which have little bearing on the average homeowner. However, there are a few key details that every property owner should know.

The Travis Central Appraisal District will be sending out Notices of Appraised Value in mid to late April. This notice contains important information worthy of review. Perhaps most significant is the appraised property's value for 2014. This figure is the appraisal district's opinion of property value as of January 1, 2014.

The appraisal district arrives at the appraised value using mass appraisal techniques, which is why it is unlikely that you have ever seen an employee of the district physically inspecting your house. These mass appraisal techniques, while widely accepted, often result in values that do not represent true market value, or values that are higher than those of similar properties. Homeowners can

successfully protest and lower their appraised values in either of the aforementioned scenarios.

Property owners should be keenly aware of the protest deadline. This deadline is generally May 31, but can vary based on the timing of weekends and the date that the appraisal district sends out notices. The protest deadline should be clearly stated within the Noticed of Appraised Value. If this deadline is missed, the opportunity to lower your 2014 tax burden is greatly reduced.

One of your most important rights as a taxpayer and landowner is the right to protest your property's appraised value every year. The early Texans that founded our great state would be astonished to learn that today, less than 20% of property owners protest their appraised values. If you fall in the 80% of individuals that do not protest, you owe it to yourself and the fighting spirit of Texas' founding fathers to reevaluate that decision this year when you receive your 2014 Notice of Appraised Value in the mail.

Want to lower your property taxes? Visit FiveStoneTax.com or call 512.833.5829. Five Stone Tax Advisers is Travis County's most successful property tax representation firm.

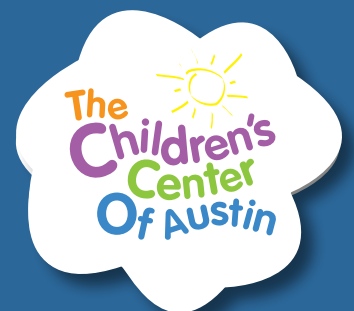


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A FOCUS ON PHYSICAL ACTIVITY *Pathway to Improved Health*

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
 - Includes people with disabilities
 - Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
 - Both aerobic and muscle-strengthening are beneficial
3. For most people, additional benefits occur when
 - You increase the intensity of your physical activity
 - You increase the frequency of your physical activity
 - You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

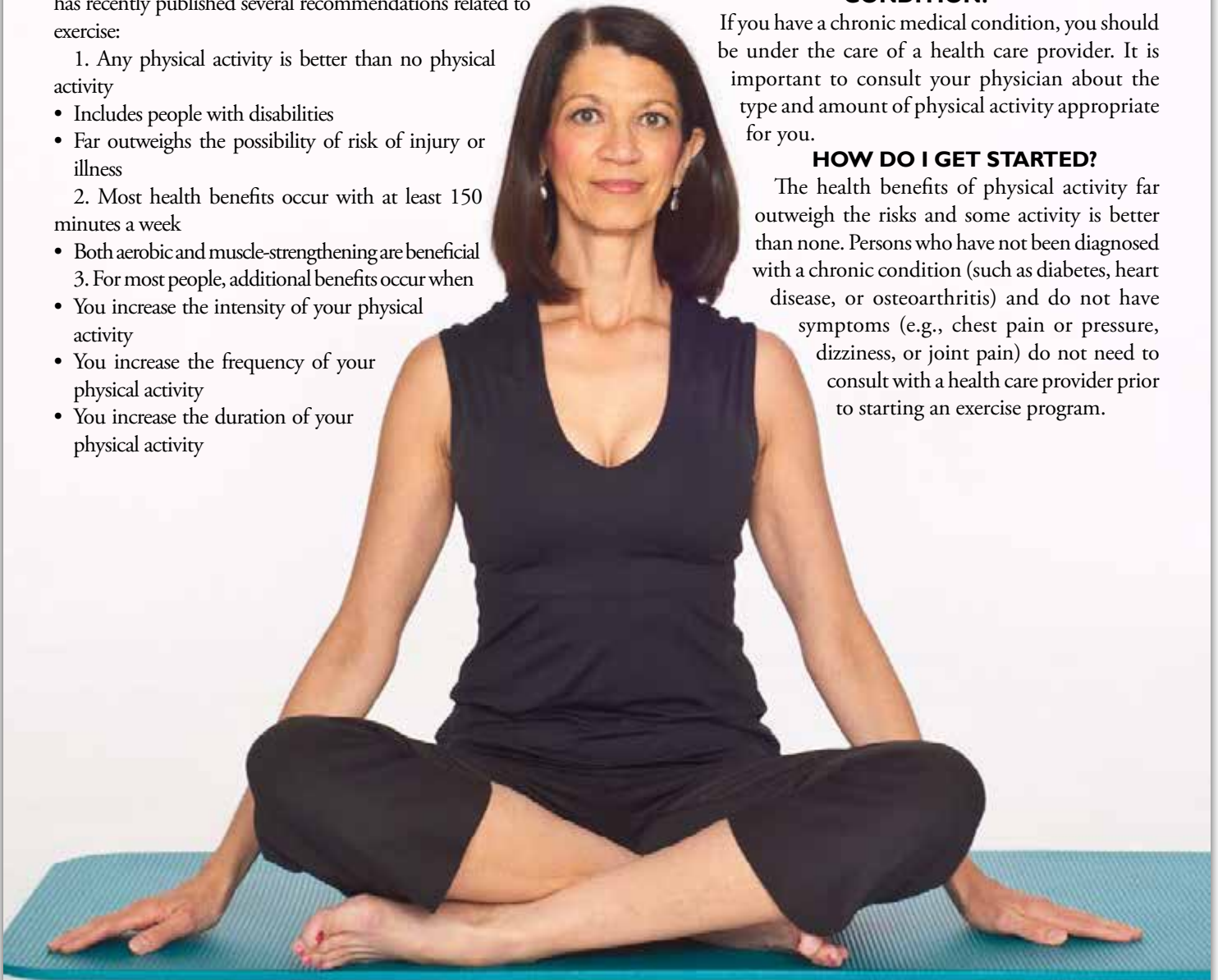
The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.





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It's May. And in Texas, May means backyard barbeques, pool parties and summer just around the corner. May also means National Water Safety Month and an opportunity to tell parents that drowning is the number 1 cause of accidental death for children under 5, yet it is PREVENTABLE! Last year, more than 82 Texas children lost their lives to a fatal drowning while many more survived a non-fatal drowning incident. I am the Executive Director of Colin's Hope, a Texas water safety and drowning prevention nonprofit organization. 6 years ago, when my daughter Ella was 3, I didn't worry about drowning. She took swim lessons. We loved the pool, the lake and the beach. We spent long hot summer days keeping cool in the water. I worried about bike accidents and car accidents and falls from the monkey bars. Then, 4 year old Colin Holst drowned in a busy public pool with lifeguards on duty and family and friends close by. My daughter went to preschool with Colin. This was a wake up call that drowning could happen to my family too but I knew nothing about water safety. Thankfully, Colin's family turned their tragedy into triumph and formed Colin's Hope to raise water safety awareness to prevent children from drowning. Colin's Hope has accomplished so much already but the work is far from being done because children are still drowning quickly and silently in bath tubs, pools, open water, toilets and even buckets..

Water is NOT safe. Water will never be completely safe BUT there are simple things you can do and small behavior changes you can make that can help your family to be safer around water. Read on and invest a few minutes of your time. Think about it---we take 20 seconds every time we get in the car to buckle our babies into car seats to keep them safer. We spend countless minutes reminding our kid to put a helmet on before they pedal off to keep them safer on bikes and scooters.

We do these small behaviors over and over because we know they can help prevent tragedies. Why wouldn't you also add layers of protection to prevent a water related accident?

Below are 10 simple things you can do NOW that will add water safety tools to your parenting toolbox (and to your pool bag) and help prevent your children from drowning.

- Take and share the Colin's Hope water safety quiz (<http://www.colinshope.org/quiz>), it could save a life!
- Talk to your kids about water safety and tell them to NEVER get in water without an adult Water Guardian (that's YOU or another adult).
- Understand that DROWNING is FAST and SILENT.
- Be a Water Guardian. Keep Kids in Arm's Reach when near, in and around water.
- Enroll in formal swim lessons and learn to swim.
- Ensure that your pool and your neighbors pools are fenced and have self latching/ locking gates.
- Weak and non-swimmers should wear a U.S. Coast Guard approved and properly fitted life jacket NOT water wings or floaties.
- Teach kids to stay away from pool drains to avoid entrapment.
- Learn CPR
- Visit www.colinshope.org and learn more water safety tips, volunteer or donate.

Please share this life saving water safety information with your friends and family as we prepare for another long, hot Texas summer. Together, we can achieve the vision of a world where children do not drown!

In the words of Colin Holst--Have the Best Day Ever!

*Alissa Magrum
Mom, Colin's Hope Executive Director,
Lover of Water, Water Safety Advocate*

DROWNING IS FAST & SILENT KEEP KIDS IN ARM'S REACH



COLIN'S HOPE

WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



Volunteer - Donate
COLINSHOPE.ORG



May is National Water Safety Month

Ongoing: Volunteers needed to stuff & distribute water safety packets. info@colinshope.org

Ongoing: Colin's Hope Athlete Ambassadors needed. www.tinych.org/AthleteAmbassador

Now-June 21: Donate \$30, get a free Schlitterbahn ticket. www.tinych.org/tickets

May 5th: Otter Spotter Day Storytime at Backwoods Austin from 10:30am-11:30am

Take our Water Safety Quiz. www.colinshope.org/quiz/

Keep your children and families safe in, near and around all bodies of water.

LAYERS OF PROTECTION CAN PREVENT DROWNING



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VISUAL
SUPERVISION**



**LEARN
TO
SWIM**



**WEAR
LIFE
JACKETS**



**KEEP BACKYARDS
& BATHROOMS
SAFER**



**MULTIPLE
BARRIERS
AROUND WATER**



**CHECK POOL
& HOT TUB
FIRST**



**STAY AWAY
FROM
DRAINS**



**BE SAFER
AT THE
BEACH**

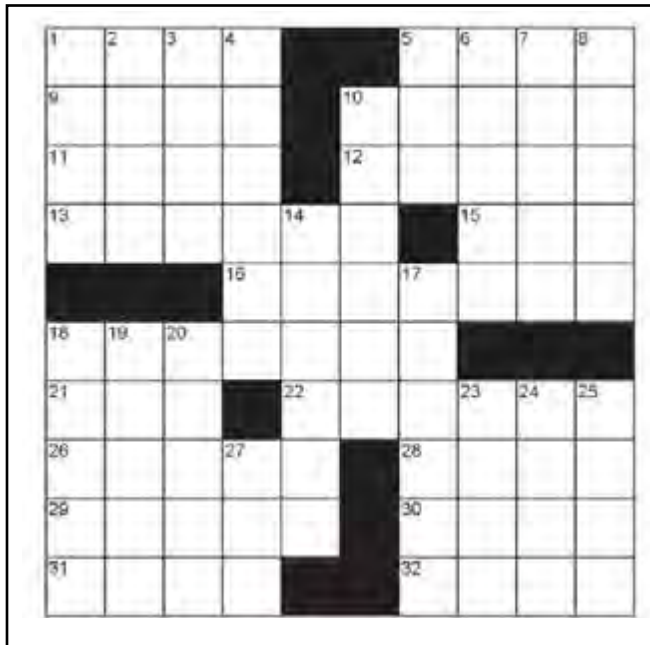


**LEARN CPR
& REFRESH
SKILLS YEARLY**



**VISIT
US
ONLINE**

CROSSWORD PUZZLE



ACROSS

1. Canned meat brand
5. Tussle
9. Soda
10. Author of "The Inferno"
11. Drug doer
12. Colder
13. Mr.s
15. Thai
16. Herself opposite
18. Kitten (2 wds.)
21. Government agency
22. Laughing dogs
26. Revoke
28. Guile
29. Beefy
30. Economics abrv.
31. Sold at a discount
32. Official document

DOWN

1. Water film
2. Sit for a picture
3. Beers
4. Quaggy
5. McDonald's "Big _"
6. Join
7. Snitch
8. Stems of letters
10. Make gloomy
14. Opulently
17. Boiled
18. Supports
19. Sleep disorder
20. Trite
23. Naughty or _
(what Santa checks)
24. Lotion ingredient
25. Deliver by post
27. Southwestern Indian

View answers online at www.peelinc.com

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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



STEP 1



STEP 2



STEP 3



STEP 4

The Modern Game: The Top Spin Forehand

In previous newsletters, I offered tips on how to execute the basic strokes for players who are starting to play tennis or who want to get back into the game.

From this newsletter on, I will be offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Spin Forehand. This shot is used when a player is now hitting the ball long and out. The ball will be aimed high over the net and hit with power. The ball will have a “top spin” so that when the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise.

In the illustrations, Danny Rodriguez, Director of the Pre-Advanced Tennis Program at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the service line as an “approach shot” to the net.

Step 1: The Ready Position: When Danny prepares to hit

a forehand top spin, he will change his grip toward the “semi-western” or “full western grip” (The palm of the hand is flat on the handle). His knees are slightly flexed and his eyes are focused on the oncoming ball.

Step 2: The Back Swing: Danny is now ready to perform the shot. The head of the racket is now above his head, his shoulders are turned, the left hand is in front to help him keep the center of gravity in front, and he has loaded his weight to the back foot. His grip is relaxed and his wrist is “laid back” to allow maximum point of contact.

Step 3: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle. Danny started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing the ball as he makes contact with it. His left shoulder is almost opening and his weight has now been shifted toward the front.

Step 4: The Follow Through: Notice Danny’s finish above his left ear and his elbow pointing toward his target. He has now shifted his weight on his right foot and is ready to shuffle back to his home base.

Look in the next Newsletter for: “The Modern Game: The Backhand Top Spin”

**NOT AVAILABLE
ONLINE**

Go Mitch Go Announces New Keep Fighting Run Festival 10k

Join the Go Mitch Go Foundation in the fight against childhood blood cancer by participating in the first annual Keep Fighting Run Festival 10k presented by Storm Guard of Austin, Saturday, May 3. All proceeds from the festival will go to the Go Mitch Go Foundation to support lifesaving cancer research.

Formally known as the Fighting Blood Cancers 5k, the Keep Fighting Run Festival is one of four annual events in Austin to offer a 10k distance race. The race will take place at John Gupton Stadium in Cedar Park, Texas, at 7 a.m. on Saturday, May 3, and will also feature a 5k and Kids K, and offer registration for both teams and individual runners.

Unlike the Fighting Blood Cancers 5k, which took place along the trail at Decker Lake, the Keep Fighting Run Festival will take place on a predominantly paved route making races accessible to runners of all ages and experience levels. The flat course also promises athletes the opportunity to set new personal records.

Once registered, all runners have the opportunity to fundraise for Go Mitch Go through a personal fundraising page provided by the foundation. All funds raised via these fundraising portals will support cancer research at the Leukemia and Lymphoma Society, the MIT David H. Koch Institute for Integrative Cancer Research and other partner organizations.

The Keep Fighting Run Festival is a USA Track and Field sanctioned event and will count toward all national runner rankings. Awards will be given for male and female overall winners, as well as male and female winners of first, second and third place in each age bracket. Corporate teams competing against each other will also be recognized for most money raised and most runners on a team. To learn more about the Go Mitch Go Foundation, visit www.gomitchgo.com. Find more information about the Keep Fighting Run Festival and register at www.gomitchgo.com/keep-fighting-run-festival.

ABOUT GO MITCH GO

The Go Mitch Go Foundation was founded in 2009 to honor the legacy of Mitchell Graham Whitaker, who lost his two-year battle with Acute Lymphocytic Leukemia at the age of 10 in 2007. Mitchell's last words, "Keep fighting," have become ingrained in the foundation which funds lifesaving cancer research by supporting endurance athletes as they train. Committed to finding a cure for childhood blood cancers, raising awareness and assisting families battling cancer, Go Mitch Go has raised almost \$900,000 since

2007 to fund cancer research through the Leukemia and Lymphoma Society and other partner organizations.



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