THE RIVER REVIEW

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June 2014

Volume 8, Issue 6



RIVER PLACE

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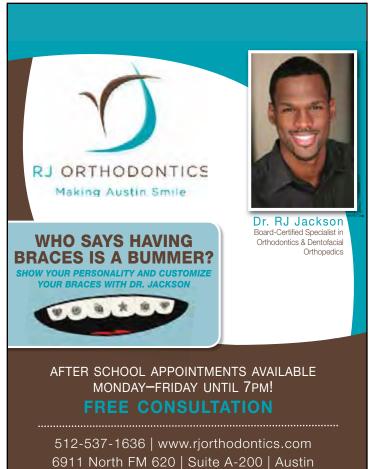
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ARTICLE INFO

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 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.



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.

MAY 2014 YARD OF THE MONTH



James and Emily Anders of 5100 Hadle Cove were the winners of the Yard of the Month for May. This month's selction was unusual because both the front and back yards are visible from Hadle Cove and Treasure Island Drive, and the manicured appearance of the two spaces earned them the award. The lush, almost emerald green color of their thriving St. Augustine grass reflects the care and attention James gives it. Fertilizing both last fall and this spring, he believes the extra nutrients may be the reason for the grass having such a thick, healthy look. Both front and back yards have many Red and Live Oak trees, and beneath them are large beds that look like free-form sculptures and keep the amount of tuf relatively small. These beds are

filled with perennial shade plants, plus for color, James has planted petunias, marigolds and vinca flowers.

The River Place Garden Club congratulates the Anders for winning the Yard of the Month for May. Also, we encourage neighborhood residents to drive by and admire both the front and back yards where you might see Emily and James working as they do all their own yard work.

The River Place Garden Club will not meet during the summer months, but it will continue working on its beautification project. The club will resume meeting in September, and we encourage anyone who is interested to contact our president, Patricia Thomas, by email at RiverPlaceGarden@gmail.com for information.

CALCON IN A CALCON

Summer Library at River Ridge Elementary and Four Points Middle School

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

On August 6, favorite storyteller and singer Joe McDermott will bring his popular music to River Ridge at 10 am. Please visit http://hillcountryedfoundation.org/ summer-library/ for other performances scheduled.

River Ridge Elementary Library: Mondays & Wednesdays Dates: June 16, 18, 23, 25; July 7, 9, 14, 16, 21, 24, 28, 30; and Aug 4, 6* Times: 9:00-Noon * Special performance by Joe McDermott at 10 am.

> *Four Points Middle School Library: Tuesday's* Dates: June 17, 24; July 8, 15, 22, 29; and Aug 5 Times: Noon-3:00

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Upcoming **Chamber** Events

May and June 2014

FOURPOINTS

CHAMBER of COMMERCE



Mitch Fuller

"A community based non-profit organization dedicated to providing assistance to our Military Heroes, Veterans, and their Families."

Held at: RIVER PLACE From 11:30 am - 1:00 pm

RSVP online by June 16th to recieve the early bird discount! Please visit www.FourPointsChamber.com to register today!



WordPress for Business West

The West Austin location will meet the third Monday of the month.

Building and Administering Your WordPress Site for Beginners Series (7 classes) Class 1: Getting Started with WordPress - Installing WordPress and Understanding the Dashboard .

Cost: FREE - Open to all!

Located at: Austin Baptist Church 7016 Ribelin Ranch Drive Austin, TX 78750 7 pm - 9 pm



Towne Square Park in Steiner Ranch Kids K @ 8ÅM · 5K & 10K @ 8:30 AM



June 19th Monthly Luncheon

Join us for Blake Miller's State Bring a friend!

Farm Business After Hours for a fun evening of Cajun Jambayala, Beer and Wine at his office.

Located at.

6507 Jester Blvd Suite 103 Austin, TX 78750-8367 5:30 pm - 8 pm

Cost: FREE - Open to all!!

June 4th

Ribbon Cutting - Escape at Four Points

Ribbon cutting will be at 6:00 pm.



Located at. 11210 FM 2222 Austin, Texas 78730 4:30 pm - 7 pm

For additional event information please visit www.FourPointsChamber.com



Tennis Pro Beverly Bowes-Hackney Brings Wealth Of Experience To River Place Country Club

River Place Country Club has many hidden treasures, not the least of which is their talented and dedicated staff. Their current Head Tennis Professional, Beverly Bowes-Hackney has had a successful career in the sport, both as a player and as coach. She came into the tennis scene as a nationally ranked junior and later became an All-American at the University of Texas, becoming the 1987 Southwest Conference Player of the Year. She received the school's high honor of being inducted in the very first class of the UT Woman's Hall of Honor in 2000.

When asked how she got started in tennis, Bowes-Hackney said, "My dad taught me to play tennis at age 6. I spent a lot of time hitting on a backboard at my brother's tennis tournaments. As I got to take lessons, obviously I got better and was a determined, competitive, little-instature girl."

"My mom and dad had us pick one sport and

they poured their time and finances into it. I grew up in the suburbs of Illinois with one of the strongest and largest junior programs of all time. The USTA gave me several opportunities to play for the United States in all the junior grand slams. After winning 12 national titles, I pretty much had my pick of colleges." Hackney-Bowes chose The University of Texas. Her senior year she had the opportunity to play a \$450,000 tournament as an amateur, reaching the semifinal and losing a 2 hour 20 minute match to Chris Evert. "I got the call that Dennis Ralston, a great coach, and Chrissie would like me to go on the road to learn and play with them."

Bowes-Hackney attained much success on the WTA Tour. For more than a decade during her professional career, she won more than 250 career matches and competed in the main draw of 30 grand slam tournaments at Wimbledon, the U.S. Open, the French Open as well as the Australian Open. Bowes-Hackney has competed with several well-known tennis greats, such as Chris Evert, Martina Navratilova and Steffi Graf.

Bowes-Hackney retired in the mid-1990s and became Touring Professional at Ballenisles Country Club in Palm Beach Gardens, Florida, as well as a Junior Player Development Coach for the USTA in Key Biscayne. In the late 1990s, she became a coach at the Evert Tennis Academy, reuniting with Chris Evert and her brother, John Evert.

"What an amazing learning experience I will never forget. After 10 years and reaching as high as 42 in the world it set me up for some of the best tennis jobs in the country," Bowes-Hackney said.

In 1998, she moved to Texas to finish her degree in Kinesiology. While attending school and raising a family, she also became a teaching professional at Lost Creek Country Club in Austin. Bowes-Hackney entered the collegiate coaching ranks in 2000, becoming head coach at Southern Methodist University. As head coach of the Mustangs, her



squad posted a 13-8 record and reached the semifinals of the Western Athletic Conference Championships. Under her guidance, the team attained its highest year-end ranking in a decade. Beverly returned to Austin in 2001 and soon became the Assistant Coach for UT women's tennis team. The Longhorns fell just short of a NCAA National Championship in 2005, losing in the finals to Stanford.

Reflecting on her career she said, "The USTA national program gave me the experience to learn how to teach and coach tennis - not just play tennis. I helped assist The UT girls get to the final of the NCAA. And now I get to work with young fit athletic men and women who love this sport!" Teaching the talented juniors that are aspiring to do what Bowes-Hackney did is all she can do to give back a small portion of everything that she has received from the great sport of tennis. "Combine it with one of the prettiest clubs in

Austin- River Place Country Club - and a stout staff, I feel like I am still winning a whole bunch of matches!"

Beverly Bowes-Hackney is married to Holt Hackney and together the couple has two children, Harrison and Addie.

ABOUT RIVER PLACE COUNTRY CLUB

River Place Country Club (www.riverplaceclub.com) is set in the rolling hills of Northwest Austin and celebrates the cerebral and the physical challenges of golf for players of all skill levels. Its demanding layout features more than 6,600 yards golf on spectacular terrain, set around twisting creeks and secluded canyons, it possesses some of the most scenic views of any course in Texas.

The club has strong ties to the Texas Capitol city. Austin's own Tom Kite, Champions Tour professional and World Golf Hall of Fame member, designed the course with help from local golf course architect, Roy Bechtol.

River Place Country Club, Austin's premier family-oriented private club, is owned and operated by The Dominion Golf Group. With unforgettable golf, tennis, fitness, swimming, dining and social activities, River Place is a Hill Country haven.

ABOUT THE DOMINION GOLF GROUP

The Dominion Golf Group (www.thedominiongolfgroup.com) was founded in May 2006 by President and CEO, Steven Held. The Austinbased company prides itself on its commitment to service and value. The Dominion Golf Group consists of six select and prestigious private clubs, all located in Texas. In addition to River Place Country Club, The Dominion Golf Group owns Onion Creek Club in South Austin; The Dominion Country Club located in San Antonio; Twin Creeks Country Club in Cedar Park; and both Lantana Golf Club and Bridlewood Golf Club which are located in the DFW Metroplex.





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Girl Scout Community

Logan Foust and Jordan Lamb always enjoyed attending the annual Girl Scout Father Daughter Dance when they were in elementary school, so this year as 7th grade Cadette Girl Scouts they wanted to organize the event! Doing everything from designing the patch to renting the facility from the school district these girls made sure the over 300 girls and dads had a totally awesome time at the 1980s themed dance. The community service focus of the dance was a stuffed animal donation drive. Area girl scouts donated over 300 new and gently used stuffed animals. These toys were donated to the Lakeway Fire Department and the Austin Police Department. The fire fighters and police officers will give these stuffed toys to children they help in crisis situations.

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Bring the World to your Child By Hosting a Foreign Exchange Student

By Vicki Odom

If you've read the newspaper lately, you know that the world can be a scary place: wars, economic crisis, revolutions, climate change, border disputes, refugees, and protests. So, how do we teach our children about the world, and the variety of people in it, when most of the examples we read about in the press are so negative?

One life changing way to broaden your child's world view is to volunteer to host a high school foreign exchange student. Foreign exchange programs have been around for almost 100 years, and their mission has always been the same – to educate people about different cultures through person-to-person exchange. What better message to pass on to your children?

There are quite a few misconceptions about foreign exchange programs – especially around who can host. The biggest misconception is that you must have high school aged children when you host a high school exchange student. Nothing could be further from the truth.

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Heather Wells, Senior Regional Director for Ayusa, a non-profit promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

Families with young children find that hosting an exchange student provides their children with an especially unique educational experience in the form of an international big brother or sister. Without even realizing it, children learn about different types of people and different cultural traditions.

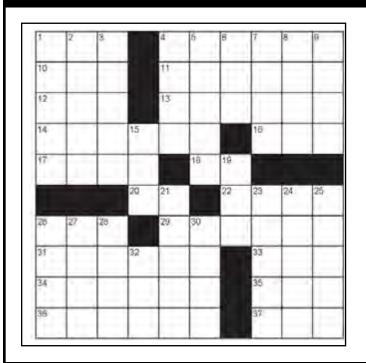
Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English – and all high school exchange programs are regulated by the U.S. Department of State.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

Ayusa is currently accepting applications for families to host an exchange student for the 2014-2015 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.

CROSSWORD PUZZLE



ACROSS

10. Brew

4. Permanant

DOWN

- Dens
 Hawaiian 'hello'
- 3. City

6. Music

9. Cheese

19. Wing

25. Groggy

26. Blemish

32. Scene

7. Lure

4. Replace a striker

15. Married woman

24. Public disorder

27. Writer Bombeck

28. Racoon's nickname 30. Baseball's Nolan

21. Jewish religious leader

23. BB player Kareem ____ Jabar

5. Spring flower

8. Type of car

12. Charged particle
 13. A Nissan car

11. Brand of adhesive strip

- 14. Parallelograms
- 16. Male cat
- 17. France & Germany river
- 18. Father
- 20. Strontium (abbr.)
- 22. Animal oil
- 26. Part of a min.
- 29. Saudi
- 31. Singer Bing
- 33. No. eggs in a package
- 34. One-celled water animal
- 35. Southwestern Indian

View answers online at www.peelinc.com

- 36. Raving
- 37. Hallucinogen

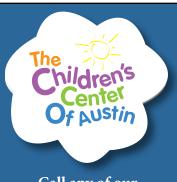
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TENNIS TIPS

By USPTA/PTR Master Professional Fernando Velasco



The Modern Game: The Top Spin Backhand

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing. I am now 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 Backhand. This shot is used when a player is presently 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, Tyler Duncum, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Tyler is coached by the Director of the Tennis Academy, Darin Pleasant. This shot can also be executed from the service line as an "approach shot" to the net.

Step 1: The Back Swing: When Tyler is pulled wide to her backhand, she makes a quick turn of her upper body and takes her racket back. The head of the racket is now at waist height, her shoulders are turned, the left hand holding the racket, and her right hand changing to the "continental grip". She has loaded her left hip to help her drive her weight forward. Her left grip is relaxed and her wrist is "laid back" to allow maximum point of contact.

Step 2: 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 and accelerating the racket head around the outside of the ball. Tyler started the swing high and "looped" it to allow the head of the racket to drop down. She will be brushing around the outside of the ball as she makes contact with it. Her right shoulder is almost opening and her weight has now been shifted toward the front.

Step 3: The Follow Through: In order to get maximum control and power, Tyler is keeping her left arm almost straight as she extends through the shot. She has "snapped" her left wrist and her right hand helps with the stability and power. She has now allows her left side to transfer forward towards the net.

Step 4: The Finish: Tyler's upper body acceleration is creating a high finish over her right shoulder. Her legs are already in position to recover back towards the middle of the court.

Step 5: The Ready Position: Once Tyler returns the ball to her opponent, she goes back home (towards the center of the court), to be ready for the next shot. Her knees are slightly flexed, she is in a good athletic stance and her eyes are focused on the oncoming ball.

Look in the next Newsletter for: "The Modern Game: The Forehand Approach Forehand Volley"



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A FOCUS ON SUNBURN Protect Your Skin From Our Powerful Sun

By: Concentra Urgent Care

- Sunburn is caused from over-exposure to the harmful ultraviolet rays of the sun. While the symptoms (such as red skin that is painful to the touch) are usually temporary, the skin damage is often permanent and can cause serious long-term health effects, including skin cancer, pigmentation and
- premature aging. In addition to the skin, eyes can get burned from sun exposure; sunburned eyes turn red, dry, and painful, and can feel gritty.

Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. Sunburn in a very light-skinned person may occur in less than 15 minutes of midday sun exposure, while a dark skinned person may tolerate the same exposure for hours.

Sunlight contains an invisible form of radiation called ultraviolet (UV) rays. UV A and possibly UV B can harm skin, connective tissue and increase risk for developing skin cancer. Certain drugs such as some blood pressure medication, antibiotics and nonsteroidal anti-inflammatory drugs increase sensitivity to sunlight and the risk of getting sunburn.

SYMPTOMS

The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer. Possible symptoms include:

- Red, tender skin that is warm to touch. (1st degree burn)
- Blisters that develop hours to days later. (2nd degree burn)
- Severe reactions (sometimes called "sun poisoning"), including fever, chills, nausea, or rash.
- Skin peeling on sunburned areas several days after the sunburn. *FIRST AID*
- Try taking a cool bath or shower. Or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. Small children may become easily chilled, so keep the water tepid.
- Apply a soothing lotion to the skin.
- Aloe gel is a common household remedy for sunburns. Aloe contains active compounds that help stop pain and inflammation of the skin.
- Over-the-counter steroid cream can also be applied several times a day.
- Over-the-counter pain medication, such as nonsteroidal antiinflammatory drugs, or NSAIDs, including aspirin, may be helpful, and are excellent for reducing burn inflammation whereas Tylenol only reduces pain, not the burn itself.

For more information, check out: www.cdc.gov/niosh/topics/ uvradiation.





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<u>RIVER REVIEW</u>

Symptoms of Low Testosterone Are A Mystery for Many Men June 9-15th is Men's Health Week

Sometimes, men have unusual symptoms that seem to have no cause: unexplained weight gain, low libido, or decreased energy levels. But, a simple blood test can provide a surprising answer to these mysterious symptoms: Low Testosterone or Low T.

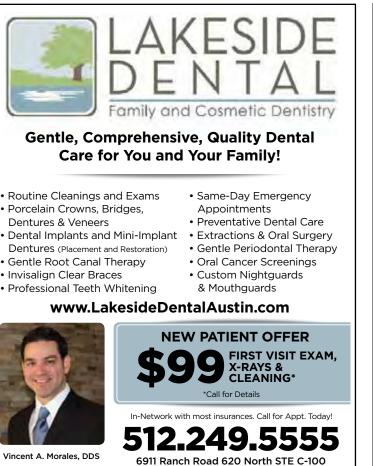
Learning more about conditions that can affect the men in our lives is one way we can help make them healthier – whether they are 35 or 55.

"We see young men as well as older ones who develop Low T," says Dr. Kerem Ozer, an endocrinologist with Texas Diabetes and Endocrinology.

TESTOSTERONE: A HORMONE WITH A BIG IMPACT

"Testosterone is a naturally occurring hormone in both men and women," says Dr. Ozer, "But it's important to more than sexual function and libido as it affects bone density, muscle strength, fat composition, and mood."

Symptoms of Low T can include weight gain, decrease in muscle mass despite working out, feelings of depression, fatigue, loss of libido or sexual interest.



6911 Ranch Road 620 North STE C-100 Behind Walgreens & Wells Fargo across the street from Boat House Grill Because the symptoms of Low T can mimic other conditions, it often goes undiagnosed. Men assume they are just tired from working too hard or have lost interest in sex due to stress.

SEE YOUR DOCTOR

Fortunately, prescription testosterone supplements are available. But, it's important for men to consult a physician about their

symptoms and not just rely on over-the-counter or fad testosterone boosters.

If your husband or brother or boyfriend is showing symptoms of Low T, encourage him to get it checked out. There's no need to suffer when easy treatment is down the street at his doctor's office.

Texas Diabetes and Endocrinology helps people with a variety of health problems, including Low T, diabetes, thyroid disease, high cholesterol, and osteoporosis. Texas Diabetes was founded in 2001 by Thomas Blevins, M.D., and has grown to include seven physicians and locations in Austin and Round Rock. For more information, visit texasdiabetes.com or call 512-458-8400.



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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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 <u>riverview@peelinc.</u> <u>com</u>. 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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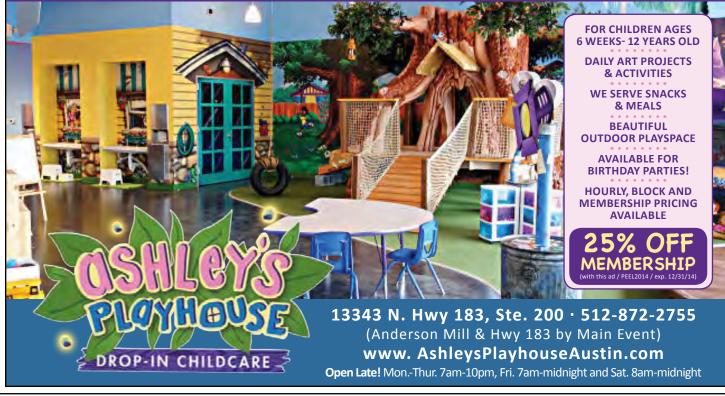
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