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July 2014

Volume 8, Issue 7

RIVER PLACE

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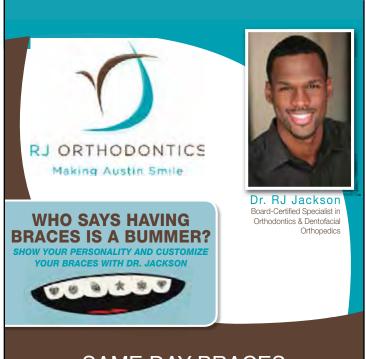
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ARTICLE INFO

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.



Aphids feed on a wide variety of plants in Texas. They have high reproductive capabilities so their populations can grow to large numbers quickly.

Aphids are small, soft-bodied insects that come in a variety of colors. Some have wings while others may not, but all have cornicles, or "tailpipes" that come off the tip of the abdomen.

Aphids have piercing-sucking mouthparts which they use to pierce plant tissue and suck out the juices. Damage often appears as yellowing or curling of foliage. Aphids also secrete a sweet, sticky substance called honeydew. Honeydew often appears on the plant as a shiny spots or sometimes the honeydew may have sooty mold growing on it. Sooty mold is a black fungus that can block sunlight from reaching the plant leading to a decrease of photosynthesis.

Some ideas for managing aphids are as follows:

- Encourage natural enemies such as ladybugs, lacewing larvae & syrphid fly larvae; know what these creatures look like so you don't kill them
- Use high pressure water sprays to dislodge aphids from the plant
- Less toxic pesticides include active ingredients such as insecticidal soap, azadirachtin (neem), horticultural oils or d-limonene
- Other pesticides to manage aphids may include active ingredients such as permethrin, acephate (non-food items only), carbaryl or imidacloprid

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600.

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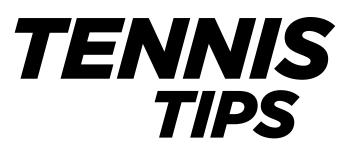
JUNE 2014 YARD OF THE MONTH



The yard at 10201 Treasure Island Drive, owned by Steve and Suzanne Gandy, won the Yard of the Month for June 2014, given by the River Place Garden Club. With cooler temperatures in May and several rain storms, the Tiff Bermuda grass with its fine leaf blades has thrived. Steve said that he frequently removes a weed called poa annua by hand because it is difficult to control with each plant producing hundreds of seeds that can spread quickly. Many flower beds surround the house and contain a variety of perennial and annual plants. A pink mandevilla, whose trumpetshaped flowers bloom all summer, grows up a trellis and adds a tropical flair, while tall cannas with their red-green palm leaves frame the mandevilla. In a front flower bed, miniature crepe myrtles show off their fuchsia blooms beneath a towering purple and white crepe myrtle. Suzanne said that she recently planted several Lily of the Nile plants, because their large blue-violet cluster flowers contrasted with the yellow roses and yellow calla lilies. During the early part of June, delphiniums' towering spikes of blue flowers grew behind deep pink impatiens used as border plants in another shady planting area.

The Garden Club does not meet in the summer months, but it will continue its work on beautification projects as well as choose the winners of Yard of the Month, which runs from April through October. The club will resume meeting in September, and if residences would like to join the club or attend as a guest, please contact Patricia Thomas by email at RiverPlaceGarden@gmail.com for information.





By USPTA/PTR Master Professional Fernando Velasco



The Modern Game: The Forehand Approach Shot

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 in tournaments and are looking for more "weapons" on the court. In this issue, I will offer instructions on how to execute the Top Forehand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. 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. This shot can be used as a "winner" or as an "approach shot."

In the illustrations, Christian Smith, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Christian is coached by the Director of the Tennis Academy, Darin Pleasant.

Step 1: The Back Swing: When Christian sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the left hand in front of his body for balance. He has

loaded his right hip to help him drive his weight forward. His grip is relaxed and his 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. Christian started the swing high and "looped" it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His right shoulder is almost opening and his weight has now been shifted toward the front.

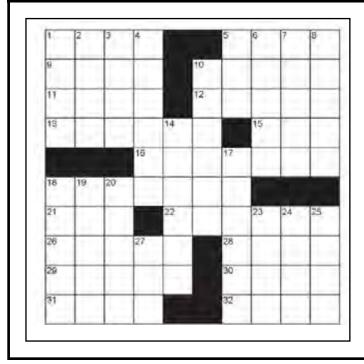
Step 3: The Follow Through: In order to get maximum control and power, Christian is keeping his left arm in front as he extends through the shot. He has "snapped" his left wrist and has the head of the racket facing down. His weight is in the process of shifting forward.

Step 4: The Finish: Christian's upper body acceleration forced his head of the racket to "wrap around" his left hip, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley.

Step 5: The Ready Position: Once Christian hits the ball, he must get ready to volley if the ball was not a "winner". By the smile on his face, his forehand approach shot was successful and is waiting for an easy return to "kill" the next shot. His knees are slightly flexed, he is in a good athletic stance and his eyes are focused on the oncoming ball.

Look in the next Newsletter for: "The Modern Game: The Backhand Approach Shot"

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Health Tips for You and Your Children

By: Concentra Urgent Care

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.
- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around –

it's your time, too!

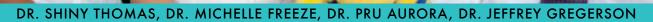
- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hideand-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.
- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: http://www.cdc.gov/healthyyouth/ physicalactivity/





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Preventing Burglary of a Motor Vehicle

During the summer months, residential communities see an upswing in property crimes, especially motor vehicle burglaries. While stealing is a crime and is never OK, residents can actively help themselves from becoming a target for thieves.

WHAT YOU CAN DO TO KEEP FROM BECOMING A VICTIM:

• Take, Lock, Hide is the basic crime fighting tool to prevent a burglary of a motor vehicle, or BMV.

• Lock your vehicle. Yes, it takes seconds to break a window, but doing so makes noise – and criminals hate making noise. Also, officers report that in many instances where a victim left their vehicle unlocked (to prevent windows from being broken); the suspect brokethe window anyway, expecting the vehicle to be locked.

The vast majority of BMV crimes that occur in Eagle Springs are committed against unlocked/unsecure vehicles. By simply locking your car door, you will effectively deter most burglars from entering your vehicle.

• Hide valuables from sight, or, even better, take items with you. If a criminal doesn't see anything, they're less likely to break in, and will go to the next vehicle and window shop. Remember to hide valuables BEFORE you park in the place you're leaving your vehicle. If a criminal sees you put a laptop in the trunk, they'll just break into the trunk when you leave. The same goes for putting property under a seat. If a criminal sees you reaching under a seat, they'll assume something is under there and break in, looking for property.

Be a responsible gun owner and take your firearms out of the vehicle upon exiting.

• Park in areas that are not secluded. Well lit parking lots, with good "sight lines", make it more likely your

vehicle is visible to the general public. Attended parking lots, monitored by uniformed or easily identifiable legitimate parking attendants, are ideal. Remember, criminals don't like witnesses.

• Aftermarket car stereos are a favorite among thieves; consider models with removable faceplates. Take the faceplate with you when your leave your vehicle.

• Record serial numbers of property you may leave inside your vehicle. If stolen, it makes it more likely the suspect, if he tries to pawn, will be identified.

Remember, there is no 100% fool-proof way to prevent all crime. You can make yourself less likely to be a victim of BMV by following the above tips, and by using common sense. Simply locking your vehicle and removing property from inside is half the battle.





SPORTS PHYSICAL?

Why Your Kids Should Also Visit The Pediatrician Vanessa Chiapetta, MD, ADC Pediatrics

If your children underwent a sports physical through their school district, you might wonder why it's also necessary for them to see their doctor.

The answer? Quality. Sports physicals performed through schools are very convenient. They are also very quick and inexpensive. Time is short and so is money, so why not?

There are a number of benefits of visiting the pediatrician for a well-child exam, rather than just undergoing a sports physical.

BENEFITS OF A WELL-CHILD EXAM

With your pediatrician, you will receive a full assessment of your child's specific needs with someone who knows him/her and your family.

You are present at the visit so you can get information and ask questions about your child's

• Development

- Nutritional status
 - Chronic medical issues
 - Past injuries and how they relate to the sport in which he is planning to participate

Your pediatrician will be sure your child has his appropriate immunizations at this visit and they can refill any chronic medications your child takes.

Your pediatrician can also refer him/her to any specialists they may need to see to be sure they are fit for the sport he/she chooses.

Your well-child exam can also be used as the school's annual Sports Exam if it is done after a certain date in the spring. (Check with your school for their date.)

Maybe it is a little more work and/or money than the school's sports physical, but ultimately the quality and education your well-child exam provides should beat convenience when it comes to your family's health.



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- Kids Stuff-

Section for Kids with news, puzzles, games and more!



Did a bug ever fly in your mouth? Usually, the story ends there. You spit it out. Goodbye, bug. But sometimes — gulp! you might swallow it so it ends up in your stomach. Less often, someone might inhale a bug into the lungs.

You have probably heard that old children's song "I Know an Old Lady Who Swallowed a Fly." Most people don't swallow flies. But we know of someone who's sure she swallowed a tiny gnat. Another boy had a close call when a yellowjacket flew out of his can of soda and into his mouth while he was taking a sip. (He spit it out before getting stung.) And would you believe that someone said she inhaled a lightning bug and could feel it in her lungs?

There are two paths a swallowed bug might take:

- down the esophagus (food tube) into the stomach
- down the trachea (windpipe) into the lungs

If the bug ends up in your stomach, it will

get mashed up and digested just like any other food. And whatever's left of it will "come out the other end" when you go to the bathroom. It's gross, but unlikely to cause you any more trouble.

If you feel like you inhaled the bug and you think it could be in your lungs, tell a parent or another adult. Usually this will make you cough and feel a little uncomfortable. Your mom or dad will want to check with your doctor. Unlike your stomach, your lungs won't digest the bug.

In your lungs, the bug will get trapped in a layer of slimy mucus. Maybe you're thinking "Gross, there's slime in my lungs!" But it's good to know the mucus is there for a reason. It protects your lungs and airways from situations just like this one. The mucus helps your lungs stay clear so that you can breathe properly. In other words, no bugs allowed!

Reviewed by: Aaron S. Chidekel, MD Date reviewed: July 2011

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

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