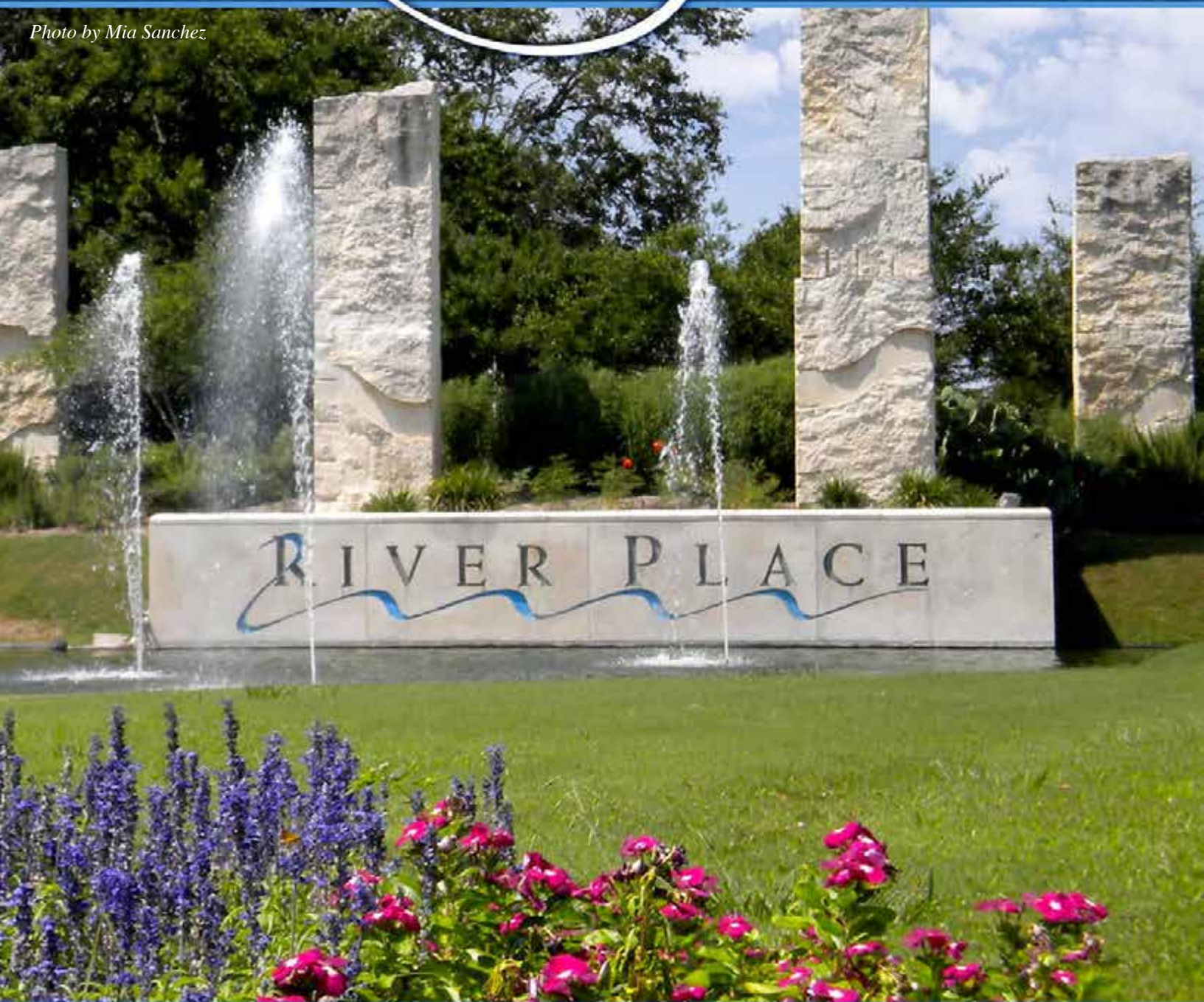


THE RIVER REVIEW

September 2014 Volume 8, Issue 9

Photo by Mia Sanchez



NEWS FOR THE RESIDENTS OF RIVER PLACE



Get Rid of Wrinkles in September

1.

Belotero Wrinkle Filler:

\$75 Off 1st syringe \$100 Off the second. Great for thinner lines around mouth or eyes, or for lip definition.



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2.

Sculptra Wrinkle Filler and Collage Stimulator:

\$100 off per vial, purchase 3 vials and get one free Belotero Syringe. Perfect for deeper folds and adding volume to cheeks and temples, promotes collagen growth to give a long lasting correction.

3.

Fall Hair Removal Special:

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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.



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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
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NEWSLETTER PUBLISHER

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



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JULY 2014 YARD OF THE MONTH



The yard belonging to Clay and Barbara Speer of 5124 China Garden Drive won the Yard of the Month for July 2014. Clay is a Master Gardener and brings his knowledge of plants and creativity to the design of his yard. Eye catching are the numerous large pots filled with colorful annuals and some succulents that are artfully placed throughout the landscape, which Clay has been filling for about 12 years. These are complemented by raised beds bordered with brick along with ground cover in large areas of the yard, taking the place of grass. For focal interest, Clay has incorporated several bronze sculptures and high impact plants like vitural with their white, trumpet flowers that bloom nightly and can be seen in the morning hours. He

also changes many of the annual plants to provide color for the changing seasons. Clay has been known for his interest in succulents which he moves into the garage or covered patio area during the winter months. He said that after last winter he now looks for plants that can survive both our winters and summers. The Garden Club congratulates the Speers for winning the July Yard of the Month.

The Garden Club will not meet during the summer months, but it will continue working on its beautification projects. 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.

AUGUST 2014 YARD OF THE MONTH



Debby and Walid Kobrosly were the winners for the August 2014 Yard of the Month, given the by River Place Garden Club. They reside at 5306 Eagle Trace Trail and have lived there for four years. Moving to Texas from the northeast, they said they have tried to incorporate into their landscape plants that thrive in this climate. Viewing their yard from the shady street, one will see balanced symmetry in their plants and flower beds. Beginning with two large trees that frame the front walk, they have numerous pink rose bushes along each side of the walk, which Debby planted. Also, two white crepe myrtles, one on each side of the house, two topiaries at the front entrance,

and two pots of flowers by the front door continue that symmetry. Raised beds in front of the house have stone borders that give the yard a well groomed appearance. They do their own yard work including caring for their St. Augustine grass which is thriving. They said that seeing other well kept yards in the neighborhood is motivating.

The River Place Garden Club congratulates the Kobroslys and encourages neighbors to view this lovely yard. The club will resume meeting in September, and we invite River Place residents who are interested to contact our president, Patricia Thomas, at RiverPlaceGarden@gmail.com for information.

I can't wait to



girl scouts

start the fun now!

Girl Scout Open House

Who: Girls K-12 and Parent Volunteers
When: Wednesday, September 3rd at 6:45pm
Where: Laura Welch Bush Elementary Cafeteria

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At Girl Scouts, girls are always counting down to the next adventure we'll go on together. Maybe it's artistic. Maybe it's an experiment. Maybe it's getting outside or helping the community. With us, you'll make a bunch of new friends and have a ton of new experiences that show you how exciting the world is, and how awesome you are, over and over again. So what are you waiting for?

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Please remember to pick up after your pets and "scoop the poop"

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.



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Foundation Celebrates 5-Year Anniversary

Hill Country Education Foundation volunteers are busy preparing for another active year. Please participate in these upcoming events and support Your Four Points Academic Booster Club, which is celebrating its five-year anniversary!

Monday, September 15 – VHS Open House. Stop by the HCEF table.

Wednesday, October 1 – HCEF Fall Fundraising Campaign. HCEF 5th Annual Fall Fundraising Campaign gets underway. Money raised goes back to your students through supplemental program, curriculum, tools and other resources. More than \$300k given to date. For quick and easy giving, go to www.HillCountryEdFoundation.org.

Early November – 6th Annual FIRST® LEGO® League Scrimmage. To learn more this HCEF event, email info@HillCountryEdFoundation.org.

HillCountryEdFoundation.org.

Saturday, February 28 – Annual Gala at the Westin Austin at the Domain. Dinner, 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 info@HillCountryEdFoundation.org.

Early May – 5th 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 \$120,000. Want to be on the Grant Committee? Email info@HillCountryEdFoundation.org.

Late May – 2nd Annual HCEF Educational Excellence Scholarships will be awarded

ABOUT HILL COUNTRY EDUCATION FOUNDATION

As Your Four Points Academic Booster Club, HCEF serves the eight public schools in the Four Points community by enhancing the educational experience of students attending or preparing to attend Vandegrift High School through 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.

LEANDER

INDEPENDENT SCHOOL DISTRICT



2014-2015 DISTRICT CALENDAR

JULY 2014

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IMPORTANT DATES

First Day of School.....	Aug. 25
Labor Day.....	Sept. 1
Rosh Hashanah.....	Sept. 24-26
Yom Kippur.....	Oct. 3-4
Columbus Day.....	Oct. 13
Veteran's Day.....	Nov. 11
Thanksgiving.....	Nov. 27
Hanukkah.....	Dec. 15-24
Christmas.....	Dec. 25
MLK Day.....	Jan. 19
Spring Break.....	March 16-20
Good Friday.....	April 3
Bad Weather.....	April 27
Bad Weather.....	May 18
Memorial Day.....	May 25
Last Day.....	June 5

CALENDAR KEY

	New Teacher Staff Development
	Student/Teacher Holiday
	Staff Development/Student Holiday
	Bad Weather Makeup Day
	Proposed Testing Dates
	Early Release Day
	Last day, Nine-Weeks Period
	Last day, Six-Weeks Period
<i>Italic</i>	First/Last Day Semester - Elementary
Bold	First/Last Day Semester - Secondary

PROPOSED TESTING DATES

Oct. 20-23.....	TAKS Exit
Dec. 1-5.....	STAAR Testing
March 2-5.....	TAKS Exit
March 30-31.....	STAAR Testing
April 21-22.....	STAAR Testing
May 4-8.....	STAAR Testing
May 12-13.....	STAAR Testing



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RIVER PLACE COUNTRY CLUB INVESTS IN MAJOR GOLF COURSE RENOVATION

River Place Country Club recently announced it is undergoing major renovations to their golf course during the next 60 days. Due to the amazing success of their \$2,000,000 Clubhouse Renovation at River Place, this \$750,000 golf course renovation will include replacing the turf on all 20 greens (18 on-course greens and 2 practice greens) with the ultra-dwarf hybrid, TifEagle, while also expanding the size of each green.

In addition, River Place Country Club will be rebuilding all the sand bunkers on the course. While some sand bunkers will be converted to grass bunkers to add to the enjoyment of the course, the majority of the bunkers will feature the same best-in-class sand used at River Place's "Sister Properties", Twin Creeks Country Club, Lantana Golf Club in Dallas and The Dominion Country Club in San Antonio, all part of Austin based Dominion Golf Group's portfolio of private clubs.

The new bunkers will include necessary drainage work and new state-of-the-art liners to prevent future contamination of the bunkers, while the new grass on the River Place greens will also mirror Twin Creeks', Lantana's and The Dominion's turf, featuring the superior TifEagle putting surface.

"We are ecstatic about the response from the community and our Members to our recent clubhouse renovations," said Steven Held, CEO and President of The Dominion Golf Group, owners and operators of River Place Country Club. "It is the enthusiasm and support of our

Members which enabled us to make the commitment to this upgrade to our golf course. Having new greens and bunkers to complement the great conditions of our fairways, and our fun, scenic layout, will help make River Place the club that Tom Kite and Roy Bechtol always envisioned."

Added River Place Country Club General Manager, Brad Roumaya, "This will help our team fulfill our vision of making River Place the best family club in Austin. With our new fitness center, dining areas, and last week's opening of our 19th Hole, we have seen a surge in both membership numbers, and more importantly usage – River Place is now the place to be!"

Austin's own Tom Kite, current Champions Tour professional and World Golf Hall of Fame member, designed the course with help from renown local golf course architect, Roy Bechtol. Both Kite and Bechtol recently visited the course and have been consulted on upcoming improvements. "River Place is arguably the most scenic course in Central Texas. It is a phenomenal setting, and spending time with Mr. Kite and Roy has only heightened my appreciation of our course. By increasing overall green size by more than 20%, modifying some bunkers to make their contours softer, and making other bunkers more shallow, we will be able to keep the integrity of the course while making it even more

(Continued on Page 10)

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

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FROM
DRAINS



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AT THE
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& REFRESH
SKILLS YEARLY

RIVER REVIEW

Country Club (Continued from Page 9)

enjoyable for golfers of all levels.” said Held.

While undergoing renovations the Club will still be offering golf instruction from Chris de Keratry, Director of Golf at River Place. Helping to complete the repositioning of River Place is the addition of a full-time Director of Instruction at the club, the much-heralded teaching professional, John Sosa. Sosa comes to River Place and The Dominion Golf Group from Grey Rock Golf Club in Circle C, where he has been teaching since 2003. Sosa has a special interest in working with Junior golfers who are interested in tournament golf and developing their games with the goal of earning college scholarships and potentially competing at the professional level. Numerous clinics and camps are being offered throughout the summer.

The addition of a Director of Instruction at River Place is due in part to the upgrades being made to their driving range. While these will be phased, allowing the range to remain open throughout the summer, the initial change will be an upgrade to the hitting area, along with the reconstruction of the practice green and bunker.

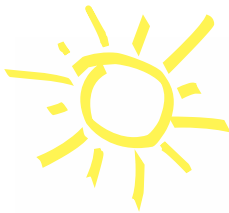
During construction, which will require a 60 day grow-in period for the new greens, River Place Golf Members will be provided with full Member access for tee times at all of their "Sister Properties" within The Dominion Golf Group. "Our realistic goal is to have the course reopened in early September." said Roumaya. "This is an extremely exciting time for River Place Country Club, our staff and our Members."

RIVER PLACE COUNTRY CLUB WELCOMES NEW MASSAGE THERAPIST

AusRiver Place welcomes Kathryn J. Sammons to their staff. She has over 16 years experience as a deep tissue/ clinical massage therapist utilizing myofascial release techniques, trigger point therapy and specializing in sports injuries. Professional, collegiate, high school and amateur athletes alike have benefited from her advanced training. She comes to River Place via their own Head Golf and Teaching Professional, Chris DeKeraty, who knows first hand of her results-based massage. Kathy has worked on some of Chris's students over the years, as well as PGA Tour winners and some of the top golf instructors in the world.

She has a diverse skill set including certification in Pediatric Massage Therapy concentrating in massage for special needs i.e., autism, cerebral palsy, traumatic brain injury and those with sensory impairment. She has trained at hospitals and medical centers such as MD Anderson Cancer Center, Dell Children's Hospital, Scott and White and the Academy of Lymphatic Studies.

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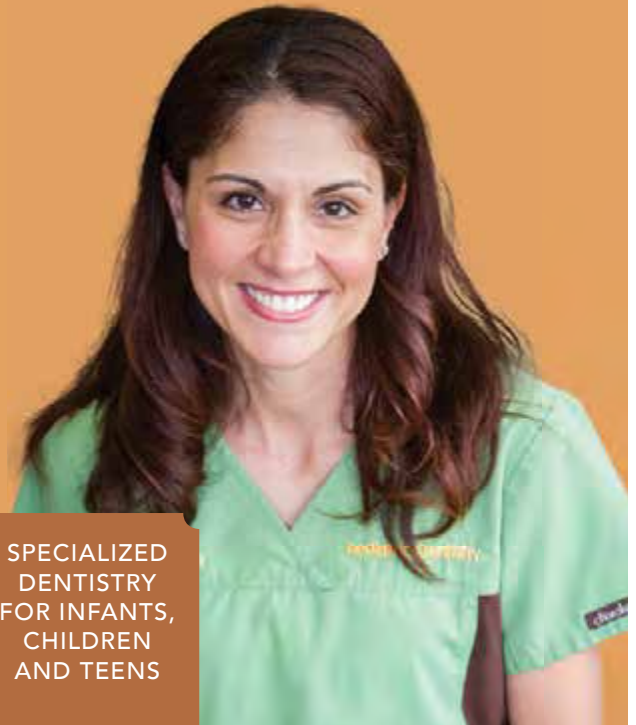
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INJURY PREVENTION IN YOUNG ATHLETES

By Brett Neilson and Mike McTague | Doctors of Physical Therapy | Orthopedic Certified Specialists

As another fall sports season approaches, a major goal of the coaches, trainers, and parents is keeping the athletes healthy and contributing to their respective sports. However, injury is inevitable and part of the game. Pediatric athletes present with a variety of injuries, the most common being the overuse type like Osgood-Schlatter disease and stress fractures. These injuries occur due to excessive stress placed on bone, muscle and tendon tissue that are constantly growing and not always at the same rate. Risk factors for these injuries include asymmetry in joint flexibility/mobility and muscle strength, impaired balance, training and recovery errors, and previous injury. There is potential for many overuse injuries to be prevented by knowing and following a few simple principles.

Pre-participation physical exams can be helpful for identifying many of the risk factors mentioned previously. It is recommended that these exams should include at minimum an assessment of joint mobility and flexibility and muscle strength and flexibility, as well as a thorough review of the past medical history to determine if the student is even appropriate for athletics. Recently, functional screening tools have been developed to reveal asymmetries and imbalances during basic movement patterns that are the foundation for many of the movements required during sport.

Training and conditioning play a major role in injury prevention as well. The term “cultural deconditioning” has been coined recently to describe the decrease in physical activity in our youth that has coincided with an increase in video game

and computer use. So when the offseason ends and it's time to get out and enjoy the 105 degree Texas heat, the body is not ready to stand up to the stresses suddenly placed on the body. A way to combat this is to promote an active, healthy lifestyle by putting down the Xbox controller and spending more time outside, taking part in offseason conditioning camps, or participating in local fitness classes.

A guideline known as the “10% rule” has also been developed to allow student athletes to transition back into sports activities. The idea is that the amount of training time, distance, repetitions, or load should not be increased by greater than 10% per week. For example, if a student is running 10 miles per week, they should not run more than 11 miles in the following week.

Knowing the signs and symptoms of overuse injuries is paramount. They are all too often written off as “growing pains” and are allowed to increase in severity, resulting in extensive time away from sport during the recovery process. Common signs and symptoms include pain that is persistent in nature, takes longer than usual to resolve, visible swelling, tenderness that can be localized to one area, and/or require interruption of normal athletic activities.

Finally, having an open-line of communication between the coaches, trainers, other health care professionals, parents, and athletes is imperative in injury prevention. Lack of or inconsistencies in the transfer of information between any of these parties can result in delayed access to proper prevention or treatment techniques and keep the athlete from performing at the highest possible level.

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TEXAS A&M AGRI LIFE EXTENSION

CICADA KILLERS

Large wasps flying low over the lawn can be a common, and sometimes frightening, sight at this time of year. Things can get alarming when those wasps become territorial and fly around your head until you leave the area. These wasps are usually accompanied by holes in the yard or flower beds that are surrounded by small piles of dirt. The wasps are cicada killers and aren't anything to panic over.

Cicada killers are about 1 ½ inches long with a reddish-brown head and thorax and an abdomen that is black with yellow markings. Wings have a rusty tinge. The males can be aggressive and buzz near people, but males are unable to sting. Females are capable of stinging but are rarely aggressive towards humans or animals.

Females dig burrows in the ground and use these burrows as nesting areas. Females sting and paralyze cicadas, take them back to the burrow and then lay an egg upon it. When the egg hatches, the larvae feed upon the cicada provided.

Cicada killers usually do not warrant any control methods. They are actually beneficial insects that help to reduce populations of cicadas. If you feel that you must do something to manage them, you can sprinkle insecticidal dust around the opening of the burrow.

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



Fig. 1. Hole created by a cicada killer.

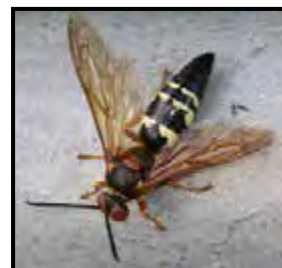


Fig. 2. Cicada killer.

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