

THE RIVER REVIEW



January 2015

Volume 9, Issue 1



NEWS FOR THE RESIDENTS OF RIVER PLACE



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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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Hudson Bend Fire and EMS	
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Four Points Middle School.....	512-570-3700
River Place Elementary.....	512-570-6900

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IESI (Trash).....	512-282-3508

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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.

1-Hour Community Workshop Coming to You

sponsored by the Vandegrift PTA Ladder

Wednesday, January 28, 6:00 pm

Canyon Ridge Middle School Cafeteria

We all lead busy lives but keeping up with school and community issues is important for you and your family. The Vandegrift PTA Ladder brings you a one-hour community workshop. Presenters will take a few minutes to update you on the top issues of the day. For those who can stay longer, breakout sessions will provide time for additional discussion.

Learn About Top School And Community Issues:

2222/620 Traffic Update – Brian Thompto, Steiner Ranch Neighborhood Association President

Road to Vandegrift Update – Pam Waggoner, LISD Board of Trustees President

Volunteer Bus Opportunity to FPMS – Veronica Sopher, Asst. Superintendent of Community/Governmental Relations

Technology Update – Sara Martinez, Senior Director of Information Technology - Decision Support at Leander ISD

Testing, TEKS and Common Core – Dr. Bret Champion, LISD Superintendent Introduction, presentation by Todd Washburn, Exec. Director of Secondary Curriculum, and Nancy Tarvin, Exec. Director of Elementary Curriculum

Breakout Sessions

School Financing Overview – Pam Waggoner, Veronica Sopher & Lucas Janda, CFO

Upcoming Bond election

LISD Legislative Priorities (includes 50-cent Test and Vouchers)

School Calendar Development – Karie Lynn McSpadden, Asst. Superintendent of Human Resources

What is set by the legislature?

Input from the community

The Vandegrift PTA Ladder consists of the eight Four Points-area school PTAs/PTSAs: Grandview Hills Elementary PTA; Laura Bush Elementary PTA; River Place Elementary PTA; River Ridge Elementary PTA; Steiner Ranch Elementary PTA; Canyon Ridge Middle School PTA; Four Points Middle School PTA and Vandegrift High School PTSA. The Ladder meets five times a year, works together on legislative issues affecting the schools and sponsors candidate forums and community meetings that affect the Four Points-area community.



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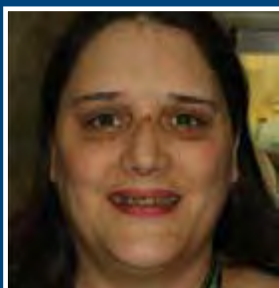
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Lance Loveless, DDS
General Dentist
FAGD (Fellow Academy of General Dentistry)
LVIF (Las Vegas Institute Fellow)



Featured Smile Makeover of the Month

by Dr. Lance Loveless



"I had seen Dr. Loveless' Dentalife online and liked what I read. I had not gone to a dentist for over three years. I was discouraged about dental care in general as I had never had a good experience. However, now I had a genuine interest in resolving my dental issues. My mouth revealed five teeth that I had ground down, broken crowns, fractured teeth, tooth decay, and several spaces where teeth had once been. I would often cover my mouth when I smiled. I was beginning to lose my front teeth which caused difficulty when eating. Imagine my embarrassment of not being able to eat for fear of breaking more teeth. Dr. Loveless gave me back my smile. I had once been depressed and withdrawn, but am now completely outgoing and jubilant! I laugh and smile and now have a positive outlook on life". -- Brandy - Austin, TX

**CALL TO SCHEDULE YOUR
COMPLIMENTARY CONSULTATION!**

Fruit flies can become a problem at any time of year because they are attracted to ripe or fermenting fruit. Fruit flies can be brought into the home from ripe fruits or vegetables picked from the garden or items purchased at the grocery store.

Adults are small (about 1/8 of an inch) and usually have red eyes. The front portion of the body is tan while the back portion is dark brown or black. If given the opportunity, females can lay up to 500 eggs. Larvae feed near the surface of fermenting foods or other organic matter.

Prevention is the best way to deal with fruit flies. Do not purchase over ripened fruit or vegetables. Fruit and vegetables should be eaten in a timely manner or stored in the refrigerator. If storage in the refrigerator is not an option because you are ripening the item, place it in a paper bag and use a



FRUIT FLIES

clothespin or chip clip to close the bag. All recyclables should be rinsed thoroughly before placing them into the recycling bin. The recycling bin and garbage can should be cleaned out on a regular basis to eliminate any spilled material.

To eliminate a fruit fly infestation, all sources must be located and eliminated. Insecticides will not help if sources are not eliminated. While searching and eliminating breeding sources, a trap can be constructed to capture adult flies. Create a paper funnel by rolling notebook paper and

place the funnel into a jar that contains a small amount of apple cider vinegar in the bottom.

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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SPRING BASEBALL AND SOFTBALL

Open to ages 5-15 for baseball and grades K-12 for softball, Northwest Little League is accepting online registrations through February 2nd.

To get more information or to register online...
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www.nwll-austin.org



REGISTER NOW!

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FINANCIAL RESOLUTIONS

Review Your Estate Planning Documents

Will, durable power of attorney (POA), medical POA, advance directive, and beneficiary designations

.....

Set a Budget

Creating a budget is like counting calories. It's not fun, but it's critical to meet your financial goals.

.....

Review Investment Portfolio

Check to see if you are properly diversified, have a prudent asset allocation, your performance is in line with benchmarks, and your investments are structured to meet your financial goals. Make sure that you are not paying costly loads or commissions on your investments.

Assess Insurance Needs

Review your policies for life, health, home owner, auto, and disability. Make sure you are not over or under insured. Review the costs of your policies versus alternatives.

.....

Save for Education Expenses

Forecast education costs. Review savings options, such as a 529 plan, and ensure your savings and investments are sufficient to cover your desired education goals.

.....

Plan for Retirement

Retire on your terms! Set a preferred retirement date. Estimate your spending needs in retirement. Establish how much in savings and investments you will need to meet your spending needs. Assess and monitor your plan using advanced financial planning software.

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Recipe of the Month

Chicken Enchilada Soup

Sauté in large pan:

- 1 small onion, chopped
- 1 clove garlic, crushed
- 2 Tbs. vegetable oil

Add & simmer 1 hour:

- 1 - 4 oz. can chopped chilis, undrained
- 1 - 14 ½ oz. can beef broth
- 1 - 14 ½ oz. can chicken broth
- 1 - 10 ¾ oz. cream chicken soup
- 1 - 6 ¾ oz. can chicken
- 1 ½ cup water
- 1 Tbs. steak sauce
- 2 tsp. Worcestershire sauce
- 1 tsp. cumin
- 1 tsp. chili powder
- 1/8 tsp. pepper

Then add and simmer for 10 more minutes:

- 3 cups shredded cheese
- paprika
- 6 corn tortillas, cut in 1/2" strips

Serve with tortilla chips.

Submit your recipes to info@peelinc.com.

2015 Giddy Up Gala

The Hill Country Education Foundation proudly presents

5th Annual Giddy Up Gala

Saturday, February 28, 2015

The Westin Austin at The Domain

6:00 pm – 11:30 pm

An Evening of Dinner, Dancing & Auctions

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Individual Tickets on Sale Early January



Empowering Austin Homeless

by: Kathleen Highsmith

On Tuesday, August 26th 2014, the Texas State Enactus class started for the Fall semester and I started to see the difference this group makes in central Texas. Enactus students continually work on projects that benefit the community and also help individuals to help themselves.

One of the main goals of Enactus is to empower people through our projects. My favorite project that does just that is Mobile Loaves and Fishes, which is currently building sustainable housing for the homeless in Austin. Along with housing we also provide the homeless with employment by helping them sell crafts and frozen treats during the many festivals in and around Austin. Our ultimate goal with Mobile Loaves and Fishes is to help build a set of skills that the homeless can use to find steady work and help get them off the streets. Enactus is all about helping people help themselves and as an Enactus student I have learned some valuable lessons and grown as an individual while doing just that.

Enactus is a global, non-profit organization that is literally

changing the world through highly dedicated student teams on more than 1600 university campuses in 40 countries. Enactus offers these students the opportunity to develop leadership, teamwork, and communication skills through learning, practicing and teaching the principles of free enterprise, thereby improving the standard of living for millions in the process.

Texas State Enactus is one of the leading collegiate teams within the United States. Enactus has been helping others achieve their dreams through free enterprise education for more than 25 years. Today, Enactus is the world's prominent and largest university-based free enterprise organization.

If you would like to learn more about Enactus please visit the Enactus website, <http://www.business.txstate.edu/sife/>, or contact Sam Walton Fellow, Vicki West at vw03@txstate.edu or 512-245-3224, Enactus President, Chelsea Watkins at ccw40@txstate.edu or 281-757-7854, or Kathleen Highsmith at kah160@txstate.edu or 512-466-3000.

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Wintry Wanders

NATUREWATCH by Jim and Lynne Weber

As temperatures cool further and autumn turns to winter, our thoughts turn to visions of ice and snow. From first frost to ice storms to snow storms, these frozen precipitation events are sporadic in Central Texas, but when they occur, they can also be spectacular!

How does frost, this sparkling layer that sometimes covers the landscape, form? When the temperature of the air reaches a point where the water vapor in it can condense out into water, it is called the dew point. The frost point is when the dew point falls below freezing, and rather than producing dew, it creates frost. Consisting of tiny, spike-like crystal structures called 'spicules' that grow out from a solid surface, frost generally forms on surfaces that are colder than the surrounding air. Even the size of the crystals can vary, depending upon the amount of time they took to grow, the relative changes in temperature, and the amount of water vapor available.

Cold air is denser than warm air, so quite often when night skies are clear and calm, lower areas become colder due to differences in elevation. Known as surface temperature inversion, this phenomenon forms 'frost pockets' or areas where frost forms first, due to cold air trapped against the ground. On such days, there can be a 40 to 50 degree difference in air temperature between dawn and early afternoon. Getting out early can reward you with a rare and wonderful spectacle of nature when something called 'hoar frost' is formed.

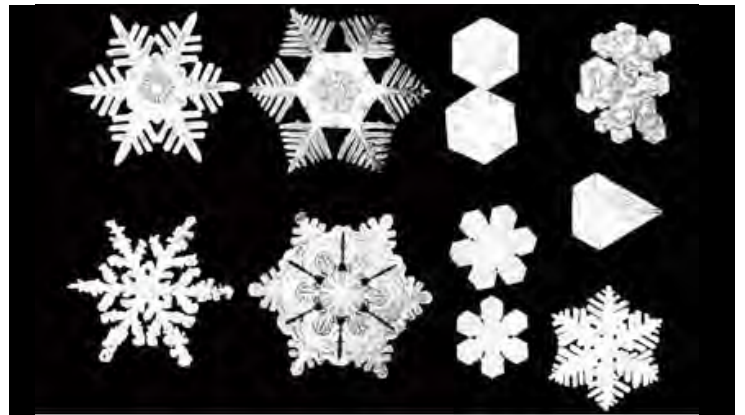
Referring to white ice crystals that are deposited on the ground or loosely attached to exposed objects such as leaves and branches, hoar frost forms on cold, clear nights when heat radiates out to the open sky faster than it can be replaced by nearby sources such as wind. This allows objects in the landscape to cool below the frost point of the surrounding air, and well below the freezing point of water. Hoar frost can form in low-lying cold air even when the air temperature a few feet above ground is well above freezing. The name 'hoar' comes from an Old English adjective meaning 'showing signs of old age', and refers to the frost making the vegetation look like it has grown white hair. When hoar frost forms on objects above the surface, like branches and leaves, it has a feathery-like appearance and is specifically called air hoar.

Snow, on the other hand, is an entirely different matter. When a cold water droplet freezes onto a pollen or dust particle high in the sky, it creates an ice crystal. As this primary crystal falls toward the ground, more water vapor freezes on it, building new crystals that form the six characteristic arms of a snowflake. This process of crystallization builds in a symmetrical or patterned way, because it reflects the internal order of the water molecules as they arrange themselves in pre-determined spaces to form the six-sided snowflake.

The most significant factor that determines the basic shape of the ice crystal is the temperature at which it forms, and to a lesser degree humidity. The intricate shape of a single arm of a snowflake is determined by these atmospheric conditions as the entire crystal falls. As slight changes in



Hoar frost on barbed wire



Snow crystal forms

temperature and humidity occur minutes or even seconds later, a crystal that begin to grow in one way might then change and branch off in a new direction. Since all six arms of a snowflake experience the same changes in atmospheric conditions, they all grow identically. And since individual snowflakes encounter slightly different atmospheric conditions as they take different paths to the ground, they all tend to look unique, resembling everything from simple prisms and needles to intricately faceted plates and stellar dendrites.

On the surface, winter may seem as if nature is shutting down around us, but take the time for a second look. Aside from the visual beauty they provide, the frosts and snows of the season are just another part of the ongoing cycle of life and renewal for our native plants and animals.

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. Check out our blog at naturewatchaustin.blogspot.com if you enjoy reading these articles!



David A. Bushore, M.D. • Amanda N. Cooper, M.D. • Robert M. Jackson, M.D.



David A. Bushore, M.D.



Amanda N. Cooper, M.D.



Robert M. Jackson, M.D.

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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



The Modern Game: The Forehand Return Serve Drop 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 already be 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 Return Serve Drop Shot.” This shot is used when an opponent is expecting a deep service return and the player “surprises” the opponent with a short angle drop shot. It can be used in both singles and doubles play.

In the illustrations, Fernando Velasco, Director of Tennis and teacher at of the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Velasco is presently ranked #1 in Singles and Doubles in the USTA Men’s 70 Division in Texas, and #13 in Singles

and #8 and #10 in Doubles in the US.

Step 1: The Back Swing: When Fernando 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, and his eyes are focused on the incoming ball.

Step 2: The Point of Contact: The success of the drop shot is to “cup” under the ball with the strings. The grip is relaxed and ready to push the ball forward and under the ball as he makes contact with it. His left shoulder is almost opening and his weight is moving through the shot.

Step 3: The Follow Through: In order to get maximum underspin, Fernando is keeping the right hand extended as long as possible. His weight is going forward. The left hand is left leaning forward for better balance.

As the shot goes over the net, and it was successful, Fernando will run towards the net, expecting his opponent to either lift the ball short, or try to drop shot his drop shot.

Look in the next Newsletter for: “The Backhand Return Drop Shot”

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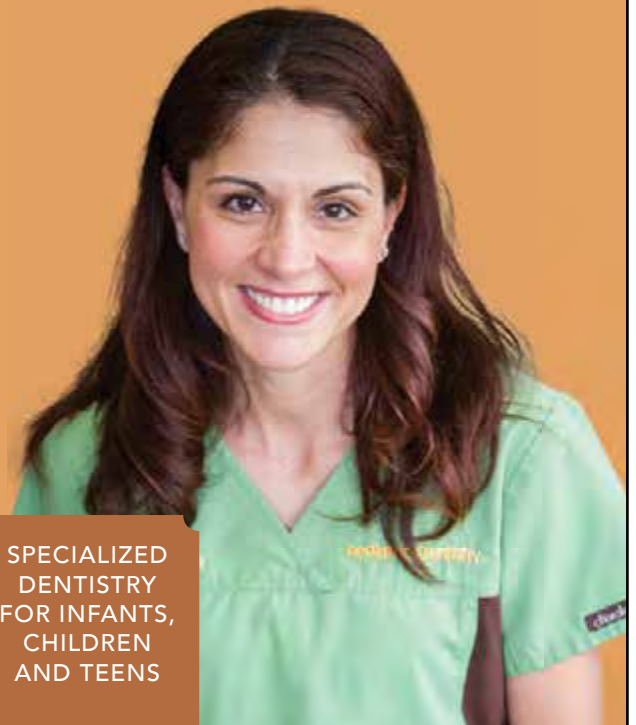
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RIVER REVIEW

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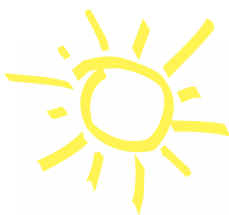
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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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2. EGGS

A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. SALMON

High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. NUTS

Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. GRAPEFRUIT & BERRIES

These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood flow.

6. AVOCADO

It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. LEAFY GREENS

Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. CINNAMON

Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. GREEN TEA

Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. BEANS & LEGUMES

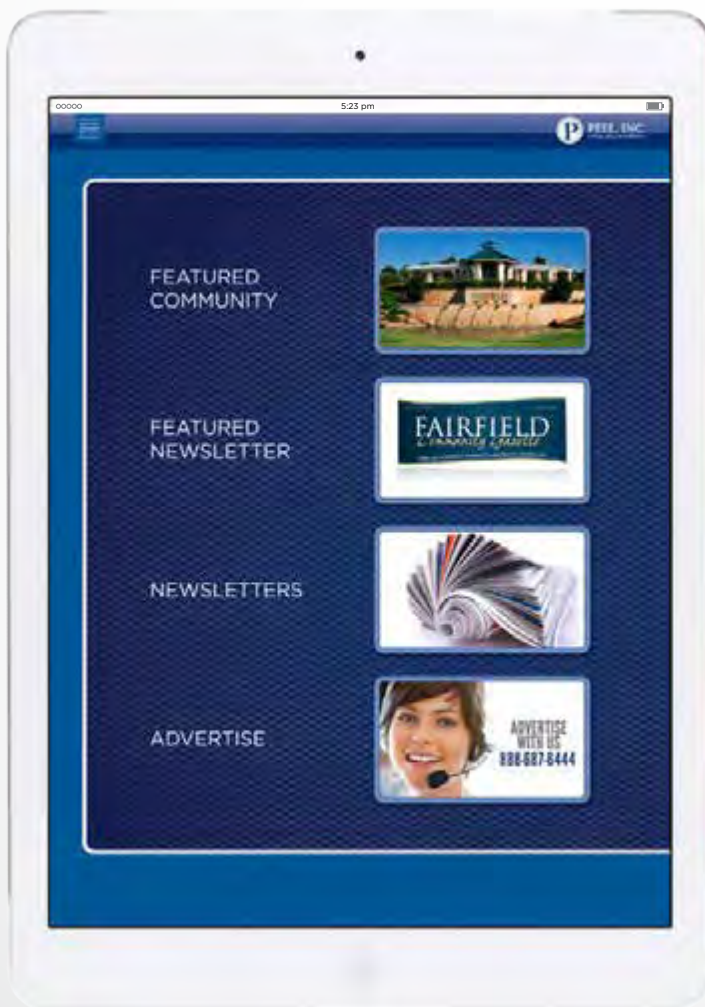
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**Please remember to pick
up after your pets and
“scoop the poop”**

OPEN HOUSE

January 27th from 5:30-7:30 PM at River Place Country Club

February 21st from 11 AM-2 PM at School in the Hills Steiner Ranch

March 5th from 5:30-7:30 PM at River Place Country Club

Discover School in the Hills

You've heard about the amazing academic and social program offered at School in the Hills in Steiner Ranch, but wish the campus was closer. **Now it is!** School in the Hills is opening a second location at River Place that will include all of the things you love about the Steiner Ranch location, plus much more, including a **lower elementary program!**

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Austin, TX 78732

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Fax 512.266.6150

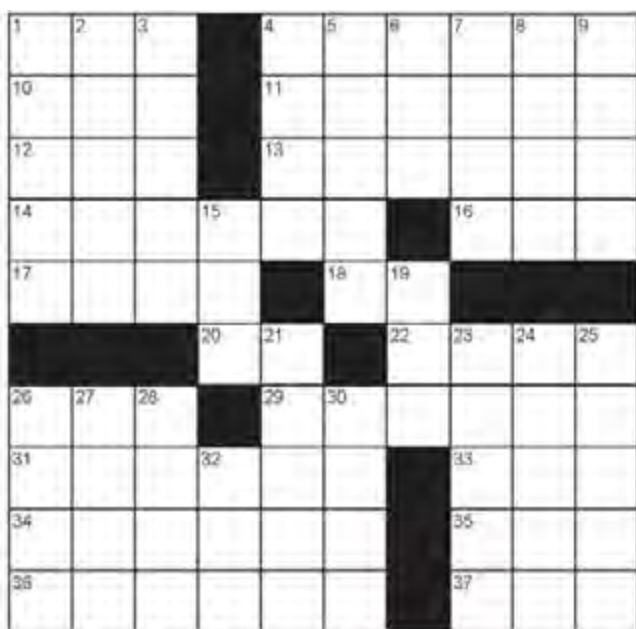
School in the Hills
Montessori at River Place
10819 Ranch Road 2222
Austin, TX 78730

Phone 512.266.8180
Fax 512.266.6150

schoolinthehills.com
info@schoolinthehills.com



CROSSWORD PUZZLE



ACROSS

1. Food and Agriculture Organization (abbr.)
4. Scales
10. Hovercraft
11. Type of phone
12. Regret
13. State capital
14. Indian weapons
16. Part of a min.
17. Information
18. Hey!
20. Fire department (abbr.)
22. Captain (abbr.)
26. Pouch
29. Woman in the Old Testament
31. Absence of values
33. Time period
34. National capital
35. Official canine registry (abbr.)
36. Pseudonym
37. Change hue

DOWN

1. Unit of electric capacitance
2. Sporty car brand
3. Unconcealed
4. Animal stomach
5. Crummy
6. Possessive pronoun
7. Welcome rugs
8. Cheese
9. In __ (together)
15. Clod
19. Fall mo.
21. Divinity
23. Leading
24. Jaunty
25. Draw over
26. Baby's "ball"
27. After awhile
28. __ girl
30. Sew together
32. First day of wk.

View answers online at www.peelinc.com

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