

THE RIVER REVIEW

March 2015

Volume 9, Issue 3

Photo by Mia Sanchez



NEWS FOR THE RESIDENTS OF RIVER PLACE



SPRING IS IN THE AIR & SUMMER IS RIGHT AROUND THE CORNER

LASER HAIR REMOVAL FOR TANK TOPS AND SWIMSUITS

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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.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
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

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VHS BAND & VISION STARTS MULCH SALE

FREE Delivery in Vandegrift Zip Codes March 27 and 28



The Texas State Champion Vandegrift HS Band and Vision is helping Four Points residents get their homes ready for Spring with their biggest fundraiser of the year: Mulch Sales! Online sales of the mulch have begun – visit: vhsband/fundraising/mulch.com. Students will also be visiting residents door to door from January 8th to March 8th to personally take orders - The Deadline to place orders is March 8. FREE delivery is available in all Vandegrift HS feeder neighborhoods including the following zip codes: 78726, 78730, 78732 and parts of 78714 and 78750. All other areas and zip codes must pick up at a local location provided at later date.

Deliveries are scheduled for March 27 and March 28. The mulch is 100% Organic and comes in bags of 2 cubic feet. Two types are available: Black Velvet Hardwood and Hardwood Bark. There is a discount for cash and check sales.

Online Pricing is as follows:

5-26 bags @ \$4.90 per bag | 27-51 bags @ \$4.65 per bag
52 bags (one pallet) @ \$240 per pallet

Contact your friendly neighborhood Band/Vision Student to get the cash and check discount!

Cash & Check Pricing is as follows:

5-26 bags @ \$4.75 per bag | 27-51 bags @ \$4.50 per bag
52 bags (one pallet) @ \$230 per pallet

There is a minimum order is 5 Bags. Students and parents of VHS Band participate in all aspects of this fundraiser from order taking to delivery. All funds raised go towards band equipment, marching show design, scholarships, competition fees & supplies, transportation, and uniforms.

For more information, please contact:

mulch@vhsband.com

Online orders:

Vhsband/fundraising/mulch.com

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.

Four Points Homework Help

Could your child benefit from one-on-one homework assistance?



Four Points Homework Help is a volunteer-based organization that offers free tutoring on Tuesdays and Thursdays from 5-7 pm at Cups & Cones in Steiner Ranch.

Sign up for tutoring times, find more information, or get in touch with us at:

www.fourpointshomeworkhelp.org 4ptshmwkhelp@gmail.com

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Apple Cake

- 3 medium apples, peeled & thinly sliced
- 1/4 Cup plus 1 tablespoon sugar
- 1 tablespoon plus 2 teaspoons cinnamon
- 3 cups flour
- 2 cups sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 4 eggs, beaten
- 1 cup vegetable oil
- 1/4 cup orange juice
- 1 tablespoon vanilla

Combine first 3 ingredients, tossing well. Set aside. Combine flour, 2 cups sugar, baking powder, and salt in a large mixing bowl. Combine next 4 ingredients; add to flour mixture, mixing well. Pour 1/3 of batter into a greased and floured 10 inch tube pan. Top with half of the thinly sliced apples, leaving a 1/2" margin around center and sides. Repeat layering, ending with batter on top. Bake at 350° for 1 hour or until a wooden pick comes out clean. Cool in pan 10-15 minutes; then remove from pan. Let cool completely. Sprinkle with powdered sugar, if desired.



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A DESCENT OF WOODPECKERS

NATUREWATCH

by Jim and Lynne Weber



Ladder-backed Woodpecker (adult male)

Known for creeping up tree trunks and drilling into wood to nest and find food, woodpeckers are arboreal birds having a vertical posture, rounded wings, a chisel-shaped bill, short legs with strong claws, and stiff tail feathers. These features enable them to climb, prey on insects, and feed on nuts and fruits.

A woodpecker uses its tail for support as it moves up a tree trunk. Stiff, pointed tail feathers reinforced with longitudinal ridges also have small barbs that

two toes facing backward, which helps support it when clinging to vertical surfaces. While all woodpecker bills are chisel-shaped, differences in curvature are based on the hardness of the species of wood it excavates as well as the hammering force it uses. Tongues are also specialized in that they are barbed, sticky, and extremely long for the bird's head, which reduces the amount of excavation required for foraging.

One of the most common and noticeable species of woodpecker in our area is the Ladder-backed Woodpecker (*Picoides scalaris*), which has a black and white barred back, spotted sides, and a face marked with black lines. The males also sport an extensive reddish crown, while the female's crown is black. While it can nest in several types of trees, it most often nests in tall cactus in the western part of the state, giving it the old name of 'cactus woodpecker.' Ladder-backed woodpeckers feed on beetle larvae from small trees, but will also eat prickly pear cactus fruits (tunas) and forage on the ground

Continued on page 10

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		4					9	5

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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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TIME: 11:00 am Registration, 1:00 pm Start

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FORMAT: 4-person scramble

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Kim Flasch: kim.flasch@colinshope.org

Sue Hart: sue.hart@colinshope.org

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Continued from page 8



*Golden-fronted Woodpecker
(adult male)*

for insects. When gleaning for insects in trees, the larger male probes and pecks on trunks and larger limbs with his stouter bill, while the female more often concentrates on gleaning bark surfaces on higher branches and outer twigs.

The Golden-fronted Woodpecker (*Melanerpes aurifrons*) also has a black and white barred back, but a creamy white to pale yellow breast, a golden orange nape, and a small red cap on the male. A bird found west of the Balcones Escarpment, in flight they show white wing patches, a white rump, and a black tail, often calling as the glide from tree to tree. They feed on insects, nuts (especially pecans), berries, acorns, and a wide variety of other food items, and only sometimes cache food in bark crevices.

East of the Balcones Escarpment, the Red-bellied Woodpecker (*Merlanerpes carolinus*) has a similarly patterned black and white barred back, barred central tail feathers, and a namesake small reddish patch or tinge on the belly that is often hard to spot. The males have a solid red crown and nape, while the females only have a red nape. Common in open woodlands, suburban areas, and parks, these woodpeckers are often seen hitching along branches and tree trunks, sometimes wedging large nuts into bark crevices and whacking them into manageable pieces using their pointed beaks.



Red-bellied Woodpecker (adult female)

All woodpecker species use simple calls and drumming against tree trunks to communicate. While the drumming is not a sure-fire way to identify a particular species, it can help you locate an individual bird, and maybe even a flock or descent of woodpeckers!

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!

FITNESSCORNER

THE CORE OF THE MATTER

We've all been trained to work our "abs" to look thinner and because everyone is supposed to do crunches! But the truth is our core is so critical to our entire body's health, performance and level of pain and the abs are just a component of a larger, sophisticated piece made up of also the glutes, hips, sides and back muscles (think spinal stabilizers). And a strong core isn't just so we can look good, but it's instrumental to our balance, how we move, sit and more.

Pain in the back and other body parts could be a warning sign that key stabilizer muscles are imbalanced, inflexible or unconditioned to do their job well. In this modern society where many of us sit for prolonged periods for work, school or in flight, it is crucial that we're aware of our core's role in everything we do and that we work hard to maximize its strength now and as we age.

A flexible and strong core is necessary for:

- Less injury and pain overall
- Better day to day life performance (shoveling, carrying groceries, navigating slippery terrain)
- Improved athletic performance and efficiency
- Balance
- Looking tighter
- Posture

The absolute best way to get a strong core is through full body, functional fitness that trains the core to work well in conjunction with the entire body. Crunches will give you abdominal endurance and some strength in the front region, but planks, Pilates, loaded squats, kettlebells and other exercises introducing instability and imbalance will get the job done much more efficiently and effectively as they work the entire core (and they are likely more fun, too!).

If you have questions about how to get on the right track, do some research and work with a trainer who will design a plan that is right for you.

To your core health!

your core

includes your abdominals,
all the muscles in your hips,
and the muscles that run up
and down your back.

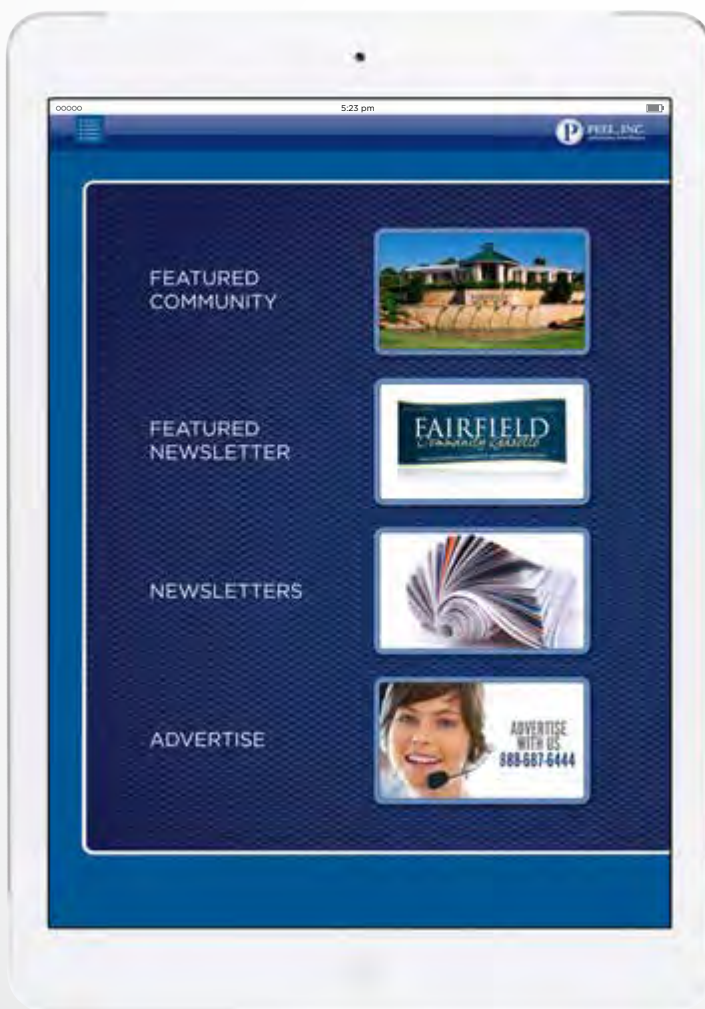


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10 Tax Breaks Reauthorized for the 2014 Tax Year

Submitted by Robert Greene

In late December Congress finally took action, passing the tax extender bill, officially known as the Tax Increase Prevention Act of 2014 (H.R. 5771), and was signed into law by President Obama.

Of course, there's always the good and bad of every situation. The good news is these are retroactive back to January 1 of 2014. The bad news is that they expire again on December 31 of this year and may or may not be continued for the 2015 tax year. But, let's not look a gift horse in the mouth just yet and see what you may be able to take advantage of when you file for 2014.

1. Teachers' Deduction for Certain Out-Of Pocket Expenses
2. State and Local Sales Taxes
3. Mortgage Insurance Premiums
4. Exclusion of Discharge of Principal Residence Indebtedness
5. Distributions from IRAs for Charitable Contributions for 70 1/2 and Older Taxpayers
6. Parity for Mass Transit Fringe Benefits
7. Energy Efficient Improvements (including Appliances)

8. Qualified Tuition and Expenses for Education

9. Donation of Conservation Property

10. Small Business Stock

In addition to the tax extenders, there's also good news for people with disabilities. Attached to the extender bill is the Achieving a Better Life Experience (ABLE) Act that allows people who were disabled before the age of 26 (and including family and friends) to contribute up to a combined total of \$14,000 a year to an ABLE account. Accumulated earnings are currently tax free. Also, money held in the account would not disqualify the disabled person from receiving federal assistance benefits such as Medicaid and Supplemental Security Income--provided it is not used to pay for housing, transportation, education and wellness.

There is no better time to get together with your financial and tax professionals to get the details on these items and to make a plan on how to best put these savings to use today. Don't become a victim to the High Cost of Waiting.

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- Jay Sewell, Tuscan Village Resident

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To eliminate a pantry pest problem, the first step is to locate and remove all infested items. Removing infested items is the easy part; finding the infestation is not always so simple. Begin with the oldest food items, usually in the back of the pantry. Inspect everything, including unopened food items since these can also be a source. If you find an infested item, do not stop your inspection, more than one item may be infested.

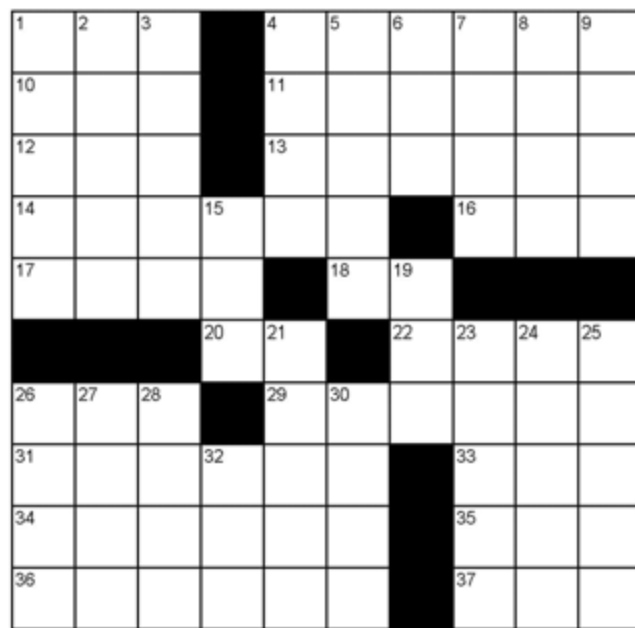
Throw away infested items. If you don't feel that you can throw away food, place the infested food in a zip-top plastic bag and place it in the freezer for about 5-7 days or spread the infested food item on a baking sheet and bake at 250 degrees for 4-6 hours to kill any insects. Once all the insects are dead, you can sift the food item or pick out the insects. Of course, you can always just leave the insects in the food and get a little more protein with your meal!

It is extremely important to find the source, and not all pantry pest infestations come from the pantry. Check rooms for items such as dried, decorative peppers, dried flowers, potpourri or rice heating packs.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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CROSSWORD PUZZLE



ACROSS

1. Extremity
4. Nun's headwear
10. Men's neckwear
11. Asian nation
12. Limited (abbr.)
13. Serf
14. Flower
16. Poem
17. Monetary unit
18. Atomic number
20. Paid (abbr.)
22. Package label
26. Punching tool
29. Esc
31. Fine
33. Modern
34. Cat mystery writer
Braun
35. Lingerie
36. Elevate
37. Sign language

DOWN

1. Reference book
2. Swanky
3. Award
4. Marry
5. Abraham's son
6. Mr.'s wife
7. El __ (Texas city)
8. Precede
9. Women's magazine
15. Brim
19. American Football Conference (abbr.)
21. Coffee shop order
23. Ballroom dancing
24. Aromas
25. Particular style
26. American Civil Liberties Union (abbr.)
27. Lash
28. Lounge
30. Delivered by post
32. Roman three

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17th Annual Wilderness Run & Walk



Friends of the Parks of Lakeway

Saturday, April 18/
Hamilton Greenbelt I in
Lakeway / Registration:
8:00 AM / Event: 9:00
AM

Enjoy a morning outdoors in Hamilton Greenbelt I of Lakeway! This FREE noncompetitive run and walk will begin on Saturday, April 18 at 9:00AM. Participants will run or walk either 3 miles or 5 miles through the scenic trail system of the Hamilton Greenbelt 1, located across from the Lakeway Justice Center. The course winds along canyon walls and high cliffs, across fern covered creeks, and through tall native tree forests. Refreshments will be available at the start/

finish areas and at various locations along the course.

You can register online by visiting www.lakewayfop.org or by picking up an entry application at the Lakeway Activity Center and at the registration boxes at the entrances to City Park, The Canyonlands, Hamilton Greenbelt I and Hamilton Greenbelt II. Or register on event day between 8:00AM to 9:00AM. Commemorative T-Shirts will be available for \$15 with all proceeds from sales and donations going towards our ongoing conservation efforts of the trail systems in Lakeway.

This is a great opportunity for runners and walkers, as well as families with children in strollers and dogs on leashes, to enjoy an outing in the greenbelt and meet other outdoor enthusiasts. For more information regarding Friends of the Parks or the Wilderness Run & Walk, please contact director & co-chair Sheryl Kelly at 512 997 8880. Sign up today for a run or walk you won't forget!

got news?

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www.peelinc.com





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DUE: March 31st

Be sure to include the following so
we can let you know!

Name: _____

(first name, last initial)

Age: _____



XX

RIVER REVIEW

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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

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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



Before



After



Before



After



Before



After

Sometimes a smile makeover can be accomplished by changing only four teeth. This patient was unhappy with her "fake" looking two front crowns. She didn't like the gray line along the gumline. She also didn't like how she showed too much of her gums when she smiled, and teeth next to her front teeth were too small and crooked. Even though braces or Invisalign would've solved the crooked teeth issue, they would not have addressed her other remaining issues. She decided to do a "laser gum lift", teeth whitening and 4 porcelain restorations. In only two visits, she had her smile makeover completed. She no longer has to hide her smile, in fact now she smiles even bigger.

These types of changes can be life altering. This is why I got into dentistry, to help people. I love what I do, and I love the fact that I can change lives daily through cosmetic dentistry!

– Lance E. Loveless, DDS, FAGD, LVIF

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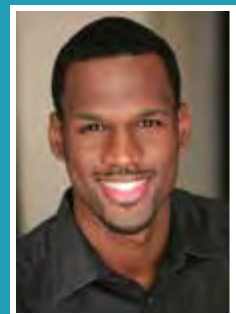


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