

# THE RIVER REVIEW



June 2015

Volume 9, Issue 6



NEWS FOR THE RESIDENTS OF RIVER PLACE



## Medical and Cosmetic Dermatology for the Whole Family



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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](mailto: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](mailto: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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Information .....	512-266-2533

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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

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Emergencies .....	512-370-8609
Call Before You Dig .....	512-472-2822

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Article Submissions .....	<a href="mailto:riverreview@peelinc.com">riverreview@peelinc.com</a>
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## FOUR POINTS 6<sup>TH</sup> GRADERS

Nearly 65, Four Point 6th graders showing off their new “communicating with conviction” wristbands. These were given out to attendees on the April 30th Social Media Workshop hosted by Steiner Ranch moms Julie Petrucelli, Erin Turnley and Stephanie Draeken.



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When: June 8th-Aug. 14th  
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## Summer Library Hours River Ridge Elementary & Four Points Middle School

**River Ridge Elementary, Mondays & Wednesdays, 9 am to noon: June, July & August**

Special Presentations\*

Mon 6/15 – 10 am, Joe McDermott, children’s music recording artist

Wed 8/5 – 10 am, Lucas Miller, the singing zoologist, all books due

	June	July	August
Mon	15*	6	3
Wed	17	8	5*
Mon	22	13	
Wed	24	15	
Mon		20	
Wed		22	
Mon		27	
Wed		29	

**Four Points Middle School, Tuesdays, noon to 3 pm: June, July & August**

Books Due\*

	June	July	August
Tues	16	7	4*
Tues	23	14	
Tues		21	
Tues		28	

*Sponsored by Leander ISD & Hill Country Education Foundation*



# RIVER REVIEW

## Austin Baptist Church's 2015 Vacation Bible School

# FREE EVENTS!

You're invited to Austin Baptist Church for a FREE Vacation Bible School: June 29 – July 2 from 9 a.m. to noon.

'Journey off the Map' Vacation Bible School is for kids entering kindergarten through completed 5th grade.

Our little explorers will experience Bible Study and worship, crafts, missions, music, snack time – and of course, recreation. Exciting adventures include an exotic petting zoo, train rides, inflatables and a foam pit!

Online registration is required – visit [www.austinbaptistchurch.com](http://www.austinbaptistchurch.com) to complete the online form and reserve your t-shirt.

We look forward to embarking on this journey with you!



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## CONSUMER ALERT

Avoid the storm chaser roofing scam. Don't let hail damage hurt your wallet and property value. Red flags homeowners should watch out for when selecting a contractor to fix storm damage

- The disappearing deductible
- Mysterious door to door salesman
- Fluctuating bid
- High pressure tactics

First steps after the storm

- Call your insurance agent
- Ask agent about process
- Wait to get estimates until after your adjuster has examined your roof

### Selecting contractors

- Stay calm
- Be proactive selecting a company

- Avoid door to door solicitors
- Do your research check with BBB , Angie's List or similar
- Don't sign any document until you're sure you've selected the contractor you want
- Find a local reputable company
- Make sure it is in writing
- Verify bonding and insurance
- Check the companies referrals from neighbors and others you trust
- Avoid quick fixes and low prices
- Avoid contractors willing to "Save your deductible" which is unlawful
- Written manufacture warranties

Protect your home and investment. Hire a local, well rated contractor

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## The Value of Sleep for Children and Teens

*Shelley Coleman M.A., L.P.C.-S.*

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

- a set bedtime and wake time that does not vary by more than 2

hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.



# EVERY SECOND COUNTS



## BE PREPARED!

### GET CPR AND FIRST AID TRAINING

By:  HOPEcpr  
HOPE 4 MINDS PRESENTS CPR & FIRST AID TRAINING

**Who:** Adults & Children 12 or older

**When:** June 27th from 9:30am - 12:00pm

**Where:** Aloha Event Center  
Hawaiian Falls Waterpark  
18500 N SH 130, Pflugerville, TX 78660

**How:** Sign up at [www.hope4minds.org](http://www.hope4minds.org)  
(limited space)

**Cost:** Suggested donation of \$5 per person

**Certification:** \$20 for CPR (starts at 9:30am)  
\$10 for First Aid (arrive at 10:30am)  
\$25 for CPR and First Aid  
Certification is through the American  
Safety Health Institute (paid day of)

**Each year 1 in 500  
school-age children  
receive a brain injury  
serious enough to be  
hospitalized.**

**Every day, about  
10 people die from an  
accidental drowning.**

#### PRESENTED BY:



For more information, contact [ronda@hope4minds.org](mailto:ronda@hope4minds.org)

HOPE4MINDS is a public charity organized to foster hope and enrich the lives of children with an acquired brain injury through support and education.

## Asthma can be controlled, not cured

*Medications and lifestyle changes help manage asthma, but they will not actually cure it*

"You still have airway inflammation that needs to be treated," said Dr. Nicola Hanania, associate professor of medicine at BCM.

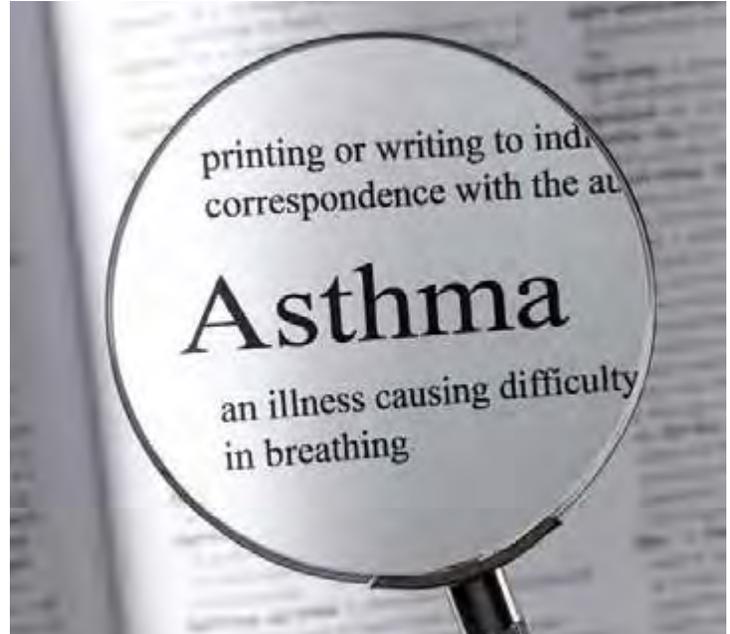
Asthma has a higher prevalence in the inner city population. Treatment incorporates anti-inflammatory medications and lifestyle changes.

Hanania stresses controlling indoor allergens such as dust mites and mold, as well as controlling exposure to second hand smoke.

Although asthma symptoms may not be as apparent when medication and lifestyle changes are incorporated, asthma is not actually cured. If medication or lifestyle changes are stopped, signs of poor control, such as exacerbations and an increased use of an inhaler, will appear and can lead to emergency room visits, hospitalizations and sometimes even death.

Hanania suggests proper education about asthma and having an action plan and knowing when to get help or when to go to the emergency room.

It is possible for adults to develop asthma even though it was not present previously.



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## 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](mailto: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](http://www.PEELinc.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](mailto:riverreview@peelinc.com). Portrait (vertical) photos work best.

To view other photos submitted please visit [www.PEELinc.com/RiverPlace](http://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.

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# TEXAS A&M AGRI LIFE EXTENSION

## FOUR-LINED PLANT BUGS



Four-lined plant bugs are brightly colored. Nymphs (immatures) are red while older nymphs start to have wing pads with yellow and black stripes. Adults have fully developed wings that are yellow and black striped. Adults look similar to, and may be mistaken for, striped cucumber beetles.

These insects have piercing-sucking mouthparts which they use to suck out plant juices. The plant bugs suck out chlorophyll and leave a "window" between the upper and lower epidermis of the leaf. Damage appears as white, dark or translucent spots of foliage and is sometimes mistaken for fungal damage. Feeding may also cause curling and browning. Fortunately, damage is mostly cosmetic, but if you are trying to eat the foliage of the damaged plant it may become a problem.

The insects feed on a wide variety of hosts, including fruits and vegetables, annuals and perennials and woody plants. When disturbed, the insects are fairly good at hiding. They either crawl to the underside of the leaves or drop to the ground to hide among foliage.

If you feel the need to manage these insects, try insecticidal soap. If that doesn't work, you can try azadirachtin (neem- concentrate, not oil; it's getting too hot to use oil formulations) or pyrethrins. If that doesn't work then try a residual contact product.

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](http://www.urban-ipm.blogspot.com).

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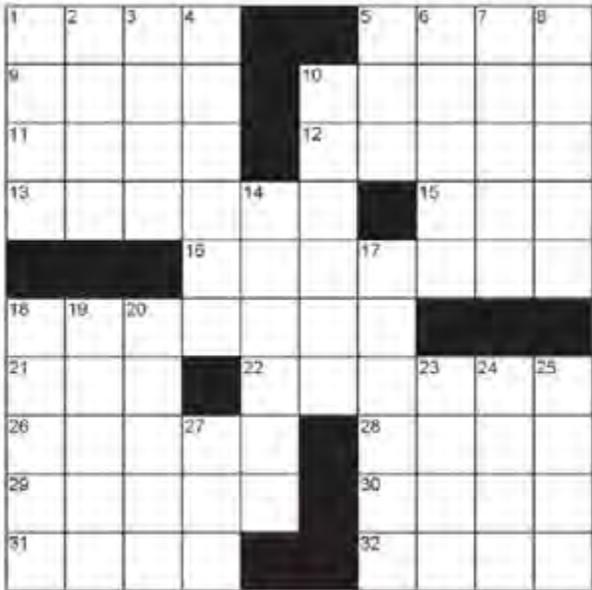
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# RIVER REVIEW

## CROSSWORD PUZZLE



### ACROSS

1. Among
5. Cubby
9. Santa call (2 wds.)
10. British princess
11. Absent
12. Praise
13. Her former last name
15. Ball holder
16. Surpasses
18. Bar enforcer
21. Trail
22. Humorous
26. Bets
28. Information
29. Vista
30. Paradise
31. Animal group
32. Lady

### DOWN

1. Hit
2. State
3. Tai
4. Saucy Girl
5. Tyrannosaurus
6. Speak
7. Eyed
8. Tiny insects
10. Wears mesh mask to fight
14. Tax
17. Worn
18. Cheeky
19. Small measurement 1/16 of a pound
20. Whoop
23. Cipher
24. Object
25. Walking stick
27. The \_\_ (final word)

View answers online at [www.peelinc.com](http://www.peelinc.com)

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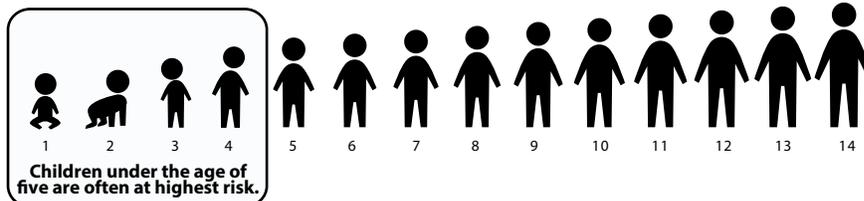
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LEARN CPR

LEARN MORE: [www.colinshope.org/RESOURCES](http://www.colinshope.org/RESOURCES)

DROWNING IS THE NUMBER ONE CAUSE OF ACCIDENTAL DEATH FOR CHILDREN UNDER FIVE, AND A LEADING CAUSE FOR CHILDREN AGES 1 - 14.



13 Texas children have already lost their lives to drowning in 2015

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# RIVER REVIEW

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## *Featured Smile Makeover of the Month* by Dr. Lance Loveless



*Before*



*After*



*Before*



*After*



*Before*



*After*

I love being a general dentist. As a general dentist I get to perform all aspects of dentistry which makes my work exciting and challenging. This full-mouth makeover required me to pull from all my experience and training, and utilize multiple aspects of dentistry. We were able to achieve our results through the use of periodontal therapy, crowns, bridges, root canal therapy, extractions and implants all while finding and maintaining the correct jaw position (bite) using neuromuscular techniques. There is strong evidence now linking systemic diseases of the body and poor oral health. The work we did for this patient can help in achieving a healthy body by decreasing the amount of pathogenic (bad) bacteria getting into the bloodstream through the mouth and decreasing inflammation in the body. The balance of the mouth-body connection is significant, and now this patient not only looks and feels better about his smile, but also has a healthy mouth.

*-Dr. Lance Loveless*

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