THE RIVER REVIEW

April 2016

Volume 10, Issue 4

Photo by Mia Sanchez



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Partnership for Children

Christopher (Chris) is an energetic and friendly boy who is looking for a forever family. He is bright, creative, and curious about the world around him. He does exceptionally well in school and loves to learn. He is especially interested in art but also does will in science, math, and reading. He has a good sense of humor and enjoys telling stories. He enjoys electronics such as computer and DS games. His favorite games are ones about super heroes and about wild life. He is very interested in learning about animals and their habitats. Christopher also loves building things with Legos, and aspires to someday being a football or soccer player. Learn more about Christopher and other children waiting to be adopted here: www.heartgallerytexas.com.

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group. The Heart Gallery of Central Texas is a program of Partnerships for Children. To learn more about the adoption or fostering process, please call the Heart Gallery of Central Texas at (512) 834-3102, email heartgallery@partnershipsforchildren.org or visit our website at www.partnershipsforchildren.org.

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| Fire | |
| Ambulance | |
| Sheriff – Non-Emergency | 512-974-0845 |
| Hudson Bend Fire and EMS | |
| Emergencies | 512-266-1775 |
| Information | |

SCHOOLS

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|---------------------------|--|
| Cedar Park High School | |
| Vandegrift High School | |
| Four Points Middle School | |
| River Place Elementary | |

UTILITIES

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| City of Austin Electric | |
| Texas Gas Service | |
| Custom Service | |
| Emergencies | |
| Call Before You Dig | |
| AT&T | |
| New Service | |
| Repair | |
| Billing | |
| Time Warner Cable | |
| Customer Service | |
| Repairs | |
| IESI (Trash) | |
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| OTHER NUMBERS | |
| | |

| River Place Postal Office5 | 12-345-973 | 39 |
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| Article Submissions | riverreview@peelinc.com |
| Advertising | advertising@peelinc.com |

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 <u>advertising@peelinc.com</u>. 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 <u>riverreview@peelinc.com</u>. The deadline is the 15th of the month prior to the issue.



Photo Booth Sporsor

FOUR POINTS NEWS

LAKEWAY RESORT LIVING FOR ADULTS 55-

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SOLARIS

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The Walk to Cure Arthritis Austin Celebrates 10 years



Registration begins at 8 a.m. and the walk will start at 9:30 a.m. The event will feature one-mile and threemile courses as well as activities for the whole family, including the family dog! This year's walk will feature a Senior Zone, a Kid Zone, a Dog Zone, music from the Bruce Smith Band and breakfast tacos from Maudie's!

Whether you have a connection to arthritis or are just looking for a great community even to support, please join the hundreds of walkers fighting arthritis! Attendees will include our special 10th anniversary walk honoree Kaylan Berry who was the very first walk honoree ten years ago when she was just six years old. The walk will also recognize child honoree Jacob Lively, adult honoree Jane Ayala and medical honoree Dr. Hilton Gottschalk.

For more information or to form a team, visit www. walktocurearthritis.org/austin or contact Helen Ross Petty at 512.800.4060.

The Walk to Cure Arthritis Austin is celebrating 10 years of helping find a cure, raising awareness and supporting those suffering from arthritis.

Arthritis is a serious health crisis. America's number one cause of disability, it strikes one in every five adults and about 300,000 children — and it's growing. By the year 2030, an estimated 67 million Americans—that's one in four—will be diagnosed with some form of arthritis. Add family members and other caregivers, and the impact skyrockets.

Those who suffer from arthritis find everyday activities like climbing a few stairs, bathing, getting dressed or cooking a painful battle. They are accustomed to saying no to so many of the things that bring them joy. The Arthritis Foundation's purpose is loud and clear: to conquer arthritis and be the Champion of Yes for all those who suffer from it.

The Walk to Cure Arthritis Austin is Saturday, April 23 at Concordia University.



Wild Basin Celebrates 10 Years in Steiner Ranch

Fulfilling a dream, personal trainers Kirk and Julie Leavell opened Wild Basin Fitness 10 years ago this August. In a community where on any given day you can find people running, cycling, hiking, walking dogs or shuffling their kids to activities or sports, stating that Steiner Ranch is an active community is an understatement. The Leavells joined forces with co-owners Tom and Alica Harrison — all Four Points residents — to create a community-serving gym focused on a personalized and friendly level of service that's often hard to find in larger gyms.

Eager to share their knowledge of health and fitness with the community, the Leavells created programs and classes to fit a variety of needs, schedules and ages without intimidation or judgment. Walk into Wild Basin on any day, and you'll find a welcoming community of WBFX Student Athletes, parents, runners, professional athletes and retired veterans. And since you're in the Live Music Capital of the World, you might run into a musician or two. Over the last 10 years, Wild Basin has provided personalized training options for those not only wanting to look fit but also for those looking for a sustainable and healthy way of life by concentrating on functional fitness and form. In addition to their long-tenured personal trainers and class instructors, Wild Basin has teamed up with Drs. Mike Bhatt and Ryan Anderson of Pinnacle Sports Performance and Rehabilitation, nutritionist Lindsay Cotter of Cotter Crunch and occupational and massage therapist Amy Sanders. Seeing members' health as an entirety has contributed to the success of the gym, empowered members and has shaped a welcoming, open community atmosphere that you're hard-pressed to find elsewhere. The Leavells, the Harrisons and their staff are excited and grateful to celebrate this 10-year milestone, and they're looking forward the next 10 years with the Wild Basin family.





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DATE: Wednesday, April 27th 11:00 am Registration - 1:00 pm Start LOCATION: Flintrock Falls Country Club FORMAT: 4-person scramble COST: \$165 per golfer* *Includes lunch, dinner and lots of swag

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Questions about the event? Contact Kim Flasch or Wendi Baldwin (512) 750-8161 or (512) 657-3067 info@colinshope.org



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Honey Bee Swarms



Honey bees are beneficial by producing honey, wax and pollinating crops. With warmer temperatures, honey bees are becoming more active

and may soon begin to swarm.

Honey bee swarms look like a large clump of bees clustered together. The swarm may stay in a location from a few hours to a week. Swarms are produced as a part of the colony's reproductive process. An established colony produces a new queen, causing the old queen and half the worker bees to leave the colony to search for a new nesting location. Swarming honey bees are usually gentle and unlikely to sting. Swarms are not protecting their home, food or offspring. Scout bees are sent out from the swarm to search for a nesting site. Colonies produce comb and honey and are defensive. Bees from a colony are more likely to sting as they are guarding their home, food and offspring.

Sometimes, honey bee colonies can be found in wall voids, chimneys, attics or sheds. If bees are in a wall void, DO NOT block their entrance; this makes them search for another way to exit and could lead bees into the structure. To keep bees from entering a home, seal any holes found in walls where pipes enter the home, cracks in window framing, knotholes, weep holes, or cracks between wood and brick junctures.

While many enjoy having honey bees around, some people are severely allergic to their venom. This, along with other situations, such as bees located near sensitive areas (such as playgrounds) may require removal or even extermination of the bees.

People should NOT try remove or exterminate bees on their own. Beekeepers and pest control companies have equipment to carry out these jobs in a safe manner. The city or county does not provide bee removal services.

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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Spotlight

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BUSINESS DIRECTORY FOUR POINTS EDITION

SPRING 2016

QUARTERLY

Photo by Chris Diaz, Shutterbug Studios

Spring Forward with GOOD FOOT CARE

Ana Urukalo, DPM ADC Podiatrist Steiner Ranch



Show your feet some love this spring!

According to estimates from the American Podiatric Medicine Association, the average person will travel 75,000

miles on their feet by the time they reach the age of 50.

Popular shoes like high heels and flip-flops lack good arch support so, it is no wonder many Americans are often complaining of tired, achy feet.

Feet need to last a lifetime, so ADC podiatrist, Ana Urukalo, DPM shares her tips for keeping your feet in tip-top shape this season.

Wear the appropriate shoe for the activity.

You might think this is common sense, but how many people still mow the lawn in flip-flops? Wearing the correct footwear for whatever activity you are doing will limit your risk of injury.

Wear the right size shoe.

Although feet do not actually "grow" past our teenage years (when growth plates close) they do "lengthen and widen" as we age. Dr. Urukalo recommends checking your shoe size at least once a year. Wearing shoes that are too small can cause hammertoes, bunions and ingrown toenails.

Change up your heel height.

If you wear high heels, be sure to alternate between high and low heels daily to limit your risk of injuring your tendons and muscles.

Apply sunscreen to the tops of your feet.

Remember to extend the sunscreen past your ankle and in-between your toes to help limit your skin cancer risk.

Take a nail polish vacation.

Going without polish every few months will keep your nails from becoming brittle or developing a fungus.

Dry your feet thoroughly after bathing.

Make sure your feet are dry, including between your toes, before putting on socks and shoes to decrease your chances of developing athlete's foot fungus.

Retire your running or walking shoes after six months or 500 miles.

The inside and support for your shoes begin to break down after repeated use. Replacing your shoes regularly will reduce the risk of foot and heel pain.

Keeping your feet in tip-top shape will reduce your risk of injury or pain. If you have had a nagging foot pain that hasn't gotten better with rest or home remedies, make an appointment with a podiatrist, your feet will thank you.

Dr. Urukalo is a board-certified, podiatrist practicing at ADC's Steiner Ranch Clinic where she is also an active resident in the Steiner Ranch and Lake Travis area. She joined ADC in 1999.



Resources http://www.crozerkeystone.org/news/press-releases/2013/april/treat-your-feet-april-is-foot-health-awareness-month/APMA.

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Braces at 7-Years-Old, Is That Too Young?

For years, orthodontics have been a "reactive" profession. Parents would slowly watch their child's teeth go from bad to worse while waiting for the baby teeth to fall out, then finally visit an orthodontist for a set of braces. Today, orthodontics has evolved into a "prevention focused" profession. Longterm research studies have proven that preventing a problem from occurring is better than allowing the problem to occur and then fixing it. The American Association of Orthodontics (AAO) and the American Board of Orthodontics (ABO) both recommend every child have an evaluation no later than age 7. Timing is of the essence, because the ability to correct certain problems greatly diminishes as the child develops over time.

Early detection and correction can also prevent future extractions, improve self-esteem, decrease the overall cost of orthodontic treatment, and decrease the chances of dental complications later on. Another benefit of early correction includes improved stability which decreases the likelihood of teeth shifting back to the original, improper position later in life.

Although there are many benefits to treatment at an early age, it is not recommended for every child. Children treated unnecessarily can negatively impact their dental health, and increase the total overall expenses for parents. This is one reason it is imperative for parents to choose a board-certified orthodontist for treatment. A board certified orthodontist has demonstrated competence and is held accountable for their work by the American Board of Orthodontics. Only 1 out of 3 orthodontists are board-certified, so do not make the mistake of assuming an orthodontist holds this recognition. Your board-certified orthodontist will inform you if the time is right for orthodontic treatment.

Contact RJ Orthodontics today to schedule a complimentary examination with a boardcertified orthodontist.



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Problems to Watch for in Growing Children

Malocclusions ("bad bites") like those illustrated below, may benefit from early diagnosis and referral to an orthodontic specialist for a full evaluation.



Crossbite of Front Teeth

Top teeth are behind bottom teeth



Crossbite of Back Teeth

Top teeth are to the inside of bottom teeth



Crowding



Open Bite

Front teeth do not meet when back teeth are closed



Protrusion



Deep Bite



Underbite

The lower teeth sit in front of upper teeth when back teeth are closed



Spacing



Oral Habits Sucking on thumb, fingers

In addition, if you notice any of the following in your child, check with your orthodontist:

- early or late loss of baby teeth
- difficulty in chewing or biting
- mouth breathing
- jaws that shift or make sounds

- speech difficulties
- biting the cheek or the roof of the mouth
- facial imbalance
- grinding or clenching of the teeth

Final treatment decisions should be made among the parent, child's dentist and orthodontist.

Four Points Spotlight

The Four Points Spolight is a quarterly supplement inserted in to all of our Four Points area newsletters and has a reach of 8,500 homes. Advertising is exclusive to only one business in their respective field. The next issue will go out in July. Call to reserve your space today: 512-263-9181.



Thank you so much for guiding me through the ad process! This was the first time that I've advertised my tutoring in a publication and you made it so easy! Your team did a great job of creating the ad - it looks very professional and it was extremely effective! I only ran my ad twice and the students who found me through your publication have already more than compensated me for the cost of the ad. Thank you!

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Summer Fun Join in on our Game Days on Fridays from 10am-12pm! Enjoy fun games for each age level to develop logic and number sense!