THE RIVER REVIEW

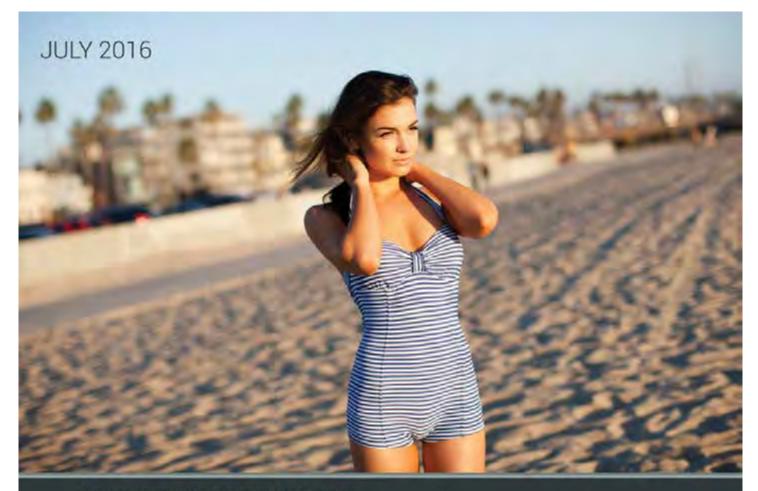
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July 2016

Volume 10, Issue 7



NEWS FOR THE RESIDENTS OF RIVER PLACE



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Vandegrift High School	
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River Place Elementary	

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

Editor's Comment

One of the established goals of The River Review is to provide River Place residents with interesting articles that help them to be better informed. River Place, from down by the lake in Woodlands Park to the hiking trail above the pond to Sun Tree Park to the several restaurants and small businesses at the front of the sub, is a great place to live, exercise, be entertained and even take the family for a bite to eat. As such, there is much to learn about, even for those of us who have lived here many years.

Having moved here in 2007, my wife Sharon and I still find out new things about River Place on a regular basis. One thing we know for sure, there is lot to do if you want to stay active. Whether biking, jogging up the hills or hiking the trails, there are challenges galore. As for us, we enjoy playing tennis on the local courts, kayaking on the lake and simple things like walking the neighborhood with our Russell Terrier, Lucy.

As I mentioned, we want to provide readers of The River Review with articles that help and inform our residents. I believe we can increase the content of our newsletter but we would need your help, plain and simple. Your articles of local interest, upcoming events, things to do, or even just sharing words of wisdom or knowledge of general topics can become highlights of future editions of The River Review. It's a community newsletter after all, so who better to provide the contents than the members of the community?

If you need help with an article or have questions, feel free to contact (email or phone) me. Please send articles to either me at mrobertallen@aol.com or riverreview@peelinc.com.

Hope you enjoy your future editions! Robert Martin, Editor (512-517-3619)



Snakes In Residential Homes

By Art Jistel, River Place

I recently saw this and thought it might be interesting considering the number of postings on Nexdoor, our community website, about snakes. KVUE News Reports:

'An unseasonably warm and wet spring is causing snakes to make their way into residential homes in search of shelter. Pest control experts say they are finding more of the slithering creatures than normal.

What kind of snakes? Reports include rat snakes and coral snakes, one of the most poisonous snakes in North America.

So far, we haven't heard reports of people being bitten by snakes in their homes. However, the news station reports that Seton Hospitals in Travis, Williamson and Hays County have treated 21 cases of snake bites with antivenom this year.

What to do if you stumble on a snake in your house? Deal with it yourself or phone up an expert. The Austin/Travis County Animal Control doesn't remove or kill snakes unless they are not indigenous to the region. It is best to call an expert if you're unsure of the snake's danger to you.'

Rodney Reed (512-554-6407) is a local expert on snakes and I would recommend getting in touch with him if you see a snake around your home.





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Beware of High Water Bills During These 90 Degree Plus Days

By Art Jistel, River Place

Austin Relaxes Watering Restrictions After nearly a four-year stretch of Stage 2 Water Restrictions, City Manager Marc Ott placed Austin in Conservation Stage.

The revised Water Conservation code maintains five stages of water use restrictions but offers greater flexibility for irrigation and home car washing. The changes are a result of lessons learned during the recent drought and considerations for future demand and water supply challenges.

Residential and commercial customers using hose-end sprinklers will be given two designated watering days each week. Customers with automatic irrigation systems may water on a designated watering day during the week, but may also water on a specified weekend day with a hose-end sprinkler. Designated watering days are still determined by street address while drip, hand-held and tree/vegetable irrigation will continue to be allowed anytime.

The five stages of the Water Conservation Code are:

Conservation Stage: Twice per week watering with hose-end sprinkler, once a week with automatic, or twice per week with hose-end sprinkler on second day. Car washing with bucket and/ or sprayer with auto shut-off.

Stage 1: Same as Conservation Stage but with reduced times for irrigation.

Stage 2: All customers on a one day per week watering schedule, with stricter time limitations. Car washing allowed with a bucket only.

Stage 3: All customers on a one day per week watering schedule with stricter time limitations. Car washing allowed with a bucket only.

Stage 4: Emergency response stage, no outdoor irrigation allowed.

Please visit WaterWiseAustin.org to determine your designated watering day and times.



Tennis Tip of the Month: **Poaching in Doubles**

Doubles is a game of teamwork. A couple of months ago I was casually watching a friendly game of doubles while coaching from the next court over. What caught my eye was how well the one player poached instinctively while others hesitated. We often ask ourselves 'should I stay or should I go?' We hesitate so we never poach as well as we should.

Tennis tip: Suppose your partner is serving down the T (middle) and you are at the net, of course. Either side, it doesn't matter. Watch the receiver's movement. If he or she is moving forward or diagonal to hit the return, stay in position. But if the movement is a sideways cross step or reaching, in other words moving along the baseline, then poach. Put away the volley! This is practically a guaranteed poach because, since your opponent is stretching sideways and reaching, it's very difficult to return up the line, back behind the poacher.

So, the next time you play doubles, improve your poaching by using this trick and your partner might never fire you!!! Ha. If you have a question on this move, feel free to call or text me.

Walter: 512-497-9971



CityWorks Academy Communications & Public Info Office

City of Austin

Have you ever wondered what it would be like to climb a fire truck's ladder? Or perhaps want to take a look behind the scenes of a City Department? The Austin CityWorks Academy can provide you with a unique opportunity to learn about City governmental processes/procedures and to meet the people who deliver municipal services through a series of 14 weekly classes. Classes are Tuesdays or Wednesday, 6 to 9 p.m., beginning Sept. 6. There are a limited number of slots available so make your application before the July 22 deadline. To apply, log on to www.austintexas.gov/cityworks.



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Girl Scout Leadership Award Earned



Members of Girl Scout Troop 735 earned their Bronze Award by organizing a pet supply donation drive that benefited Austin Pets Alive. The Bronze Award is the third highest leadership award a girl scout can earn, the Silver Award is

earned in Middle School and the Gold Award is the pinnacle leadership award which is earned in high school.

The Bronze Award is the highest leadership award a Junior girl scout can earn. Working toward obtaining this award demonstrates each girl's commitment to helping others, improving her community and the world, and becoming the best she can be. The Bronze Award Project is a team effort by all members of the troop. The project's objective must be to benefit the local community and/or benefit Girl Scouting as a whole in some way. Each scout is expected to contribute 20 hours to the project. The project must be girl-led and may be monitored by the troop leader.

The scouts of Troop 735 voted for their project to benefit the animal shelter, determined the tasks that needed to occur, and then assigned roles and responsibilities to each girl. These duties included meeting with the community outreach director at Austin Pets Alive, the manager of Natural Paws, the owner of Cups & Cones, the principals of LWBE and RRE and then creating promotional materials. The two week long donation drive resulted in nearly 200 needed items provided to the shelter. River Ridge Elementary, Laura Welch Bush Elementary, Natural Pawz store and Cups and Cones were donation locations coordinated by the scouts. Thank you to all that contributed with donated pet supplies and helping the troop earn their Bronze Award!



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HCEF Grant Patrol Awards Educators in Viper Nation with Nearly \$35,000

The Hill Country Education Foundation surprised 13 faculty members and parent volunteers with nearly \$35,000 in program funding during the Foundation's 6th Impact Grant Patrol on Friday, May 20. Ms. Karie Lynn McSpadden, incoming interim superintendent of Leander ISD, Pam Waggoner, vice president of the Board of Trustees for Leander ISD and Trustee Trish Bode joined Impact Grant committee members. HCEE board members



YOUR FOUR POINTS ACADEMIC BOOSTER CLUB

members, HCEF board members and campus representatives on the prize patrol to award recipients.

Christine Bailie, HCEF board member and Impact Grant Committee co-chair, said, "This grant window has been our most competitive yet. Our teachers are so creative and innovative and excited about engaging our students more deeply. This funding supports campus-based systemic change that is impossible without the financial support of the HCEF community and campus PTA programming. We have been able to support both River Place Elementary and Steiner Ranch Elementary with their implementation of the Leader in Me program. We were also able to bring new equipment and tools into the Physics, Mobile Applications Development and Metal Fabrication and Ag Mechanics classrooms at Vandegrift High School, which expand opportunities to learn industry valued skill-sets that make our kids more employable."

Vandegrift High School was awarded seven grants. Anne Goshorn, teacher of physics and engineering design and development, received \$5,000 on behalf of the physics team to purchase electricity and magnetism equipment to conduct hands-on, inquiry-based experiments about electric circuits. Agriculture Science Teacher Joe Lemmons received \$5,000 to purchase equipment that allows students to learn how to calculate the bending and shaping of solid rod, flat bar, pipe and square tubing and brings the lab to another level of industry-standard equipment used in modern-day industrial companies. Rad Allen, technology applications and computer science teacher, received \$2,000 to purchase mobile devices allowing students to test program applications they created using gyros, cameras, GPS, Wi-Fi, integrated sensors and slide panels. Spanish 3 teacher Erin Segura was awarded \$690 to purchase applications that enable students to create multimedia products in the foreign language classroom that allows students to engage and collaborate in various modes of communications. Lead Counselor Amy Rodriguez and her team in the guidance and counseling department were awarded \$1,995 to implement a peer-mentoring coaching program to expand their capacity to better serve transitioning freshmen through outreach and support services. Athletic Coordinator Coach Sanders received \$3,200 to provide leadership training for athletes within the football, basketball, and volleyball programs.

Erin Kolecki, parent volunteer at Four Points Middle School, received \$457 to launch a Mathematics Pentathlon program, which focuses on spatial/geometric,

computational and logical/scientific reasoning. Canyon Ridge Middle School science teacher Patrick Stinson received \$1,411 to purchase three Flinn Goggle Sanitizers shared between 17 science classrooms that will enable teachers to conduct more chemistry labs and handson learning without compromising safety.

Niki Prindle, principal of River Place Elementary, received \$5,000 to implement the second year of the Leader in Me (LIM) program based on the 7 Habits of Highly Effective People. LIM is a wholeschool transformation process that integrates principles of leadership and effectiveness into school curriculum. Similarly, at Steiner Ranch Elementary (SRE), Nikki Aguirre, instructional coach, received \$5,000 to launch the first year of Leader in Me. Also at SRE, PTA Environmental Chair and teachers Britteny Clifford, Anne Witt, Laura Elorreaga and Casey Lindbloom were awarded \$1,500 to complete phase two of building an outdoor learning classroom. Laura Welch Bush Elementary teachers Kim Tagge, Marla DeGilio, Maggie Justel and Ann Scott received \$1,500 to build a garden. Librarian Dee Porter and teachers Rheata Bell, Jackie Coleman and Becky Blackwell at Grandview Hills Elementary received \$1,000 to expand STEM-related instructional resources for grades K-5. Special thanks to area photographer Allmond McDermott of McDermott Photography for recording the event.

"These awards are only possible because of our very generous parents and sponsors who support the Foundation with their time, talent and resources through the annual Gala and Fall Giving Campaign. We are also enormously grateful to companies who maintain employee matching programs and grants," said Michelle Beck, executive director of HCEF. "Watching these teachers and students respond with excitement and gratitude is more than rewarding; it's a reminder of the great opportunity we have to support education in the community we care so much about."

To learn more about your Viper Nation Academic Booster and be part of the Impact Grant Committee next year, please contact info@ HillCountryEdFoundation.org.

HCEF Excellence in Education Scholarship Award Winners

The Hill Country Education Foundation is pleased to announce these 2016 Excellence in Education Scholarship winners, announced at the Vandegrift High School Senior Awards ceremony on May 25.

"These seniors represent an impressive array of graduates who will pursue degrees in the STEM fields, business, journalism and medicine," said Michelle Beck, executive director of HCEF. "We applaud their hard work and wish them great success in their higher education journey. We especially thank our sponsors for honoring these students with scholarships."

Mark and Karen Wisniewski Scholarship: \$2,500

Shivani Pandya University of Miami Neuroscience major

Four Points News: \$1,000 scholarship Kate Murphy Communications Broadcast Journalism University of Alabama

Four Points Chamber of Commerce: \$500 scholarship Shahyar Sotoudehnia Business/Accounting/Statistics Texas A&M University

Cedar Park Pediatric & Family Medicine/Cardwell Family Medical Scholarship: \$1,000 scholarship Renee Morton Carnegie Mellon University Biomedical Engineering

Texas A & M School of Engineering (anonymous): \$1,000 scholarship Antonio Cordova Biomedical Engineering Texas A&M University

Bhatt Family / Four Points Dermatology: \$1,000 scholarship Caroline McKenzie Biochemistry Georgia Institute of Technology

Bhatt Family / Four Points Dermatology: \$1,000 scholarship Malavika Perinchery FAME (Facilitated Acceptance to Medical Education) University of Texas San Antonio

STEM Scholarship Award sponsored by Gloria & Mack

Parker: \$500 Scholarship Victor Floyd Mathematics The University of Texas at Austin

Hill Country Education Foundation Scholarships: Five (5)

\$1,000 scholarships Reagan Gibson Mechanical Engineering The University of Texas at Austin

Sandeep Guggari Electrical Engineering The University of Texas at Austin

Holly Hodge Neuroscience The University of Texas at Austin

Jessica Pronga Aerospace Engineering with a minor in Music The University of Texas at Austin

> Drayton Whiteside Engineering/Natural Sciences The University of Texas at Austin





Partnership for Children

Fabian, 5 and Julio, 7 are two happy little boys who are always laughing and interacting with one another, they are searching for a forever family. They enjoy playing games and watching videos, and are quick to show others how much fun they're having. Fabian and Julio are healthy children and will do well with a patient family who offers structure and a routine. They respond well to encouragement and motivation and will enjoy having positive role models in their lives.

A program of Partnerships for Children, The Heart Gallery of Central Texas is both a traveling portrait exhibit and outreach opportunity for individuals to learn more about children in the foster care system and the adoption process. The children are in foster care because they have been removed from their biological homes because of abuse and neglect, and are awaiting adoption. Learn more at www.partnershipsforchildren.org





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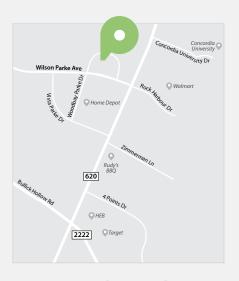


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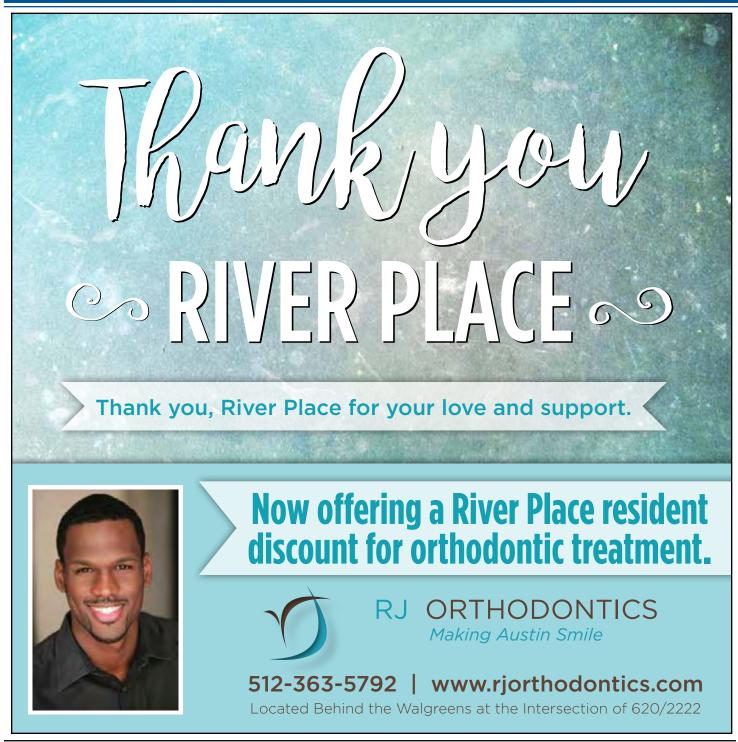
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Spotlight

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QUARTERLY BUSINESS DIRECTORY

FOUR POINTS EDITION SUMMER 2016

Photo by Chris Diaz, Shutterbug Studios

Making the Most of Reviewed by: Gustavo Rodriguez, MD ADC Cedar Park Family Practice SCHOOL SPORTS & ACTIVIES

KEEPING YOUR CHILD HEALTHY THIS SUMMER

Participation in school sports and activities benefits students in many ways; emotionally, socially and

physically. According to Safe Kids worldwide, 2.6 million children age 19 and under receive treatment for sports and recreation activities. At ADC, we want to help you keep your child healthy so they can stay engaged with their teammates and friends and not sidelined by injury. **Dr. Gustavo Rodriguez**, family practitioner at ADC Cedar Park shares some advice for keeping your student healthy and active.

Make sure they are ready to play

★ Schedule their annual exams and /or school physicals. Make sure your student is up to date on their vaccines and that you inform their family doctor or pediatrician about any physical or emotional changes over the summer.

 \star Let your coaches or directors know of any medical conditions that may affect your child's play or participation in the activity, such as allergies or asthma.

Keep them hydrated: for students participating in band and football, temperatures may remain in the mid to high 90s throughout September and even October.

 \star Drink enough water and fluids throughout the day, not just at practice.

★ Encourage students to drink water every 30 minutes before an activity and then every 15 to 20 minutes during the activity.

 \star Avoid sodas, sports drinks or drinks with added sugar or artificial sweeteners. Use an infuser water

bottle which allows you to add fresh fruit to flavor water, naturally.

Have the right equipment

★ From mouth guards to helmets, shoes to shin guards, athletic equipment and uniforms should fit properly to prevent or reduce injury. If you are unsure about the fit, ask your child's coach or trainer.

Know the signs of concussion

★ Visit www.healthychildren.org for a list of concussion symptoms

 \star Students should not return to their activity until after they have seen a doctor.

 \star Returning to play too soon following a concussion may lead to another concussion or more serious injury.

 \star The State of Texas has a vigorous return to play protocol that should be followed.

 \star When in doubt, sit them out.

Get some rest

★ Take breaks during practice and games to avoid overuse injuries.

 \star Encourage your student to try and take 1-2 days "off" each week and make sure they are getting enough sleep at night.

 \star Encourage your athlete to tell their coach about any pain, injury or illness.

Finally, have fun. Staying safe on the field and in school will help your child enjoy their activity and make memories that last a lifetime.

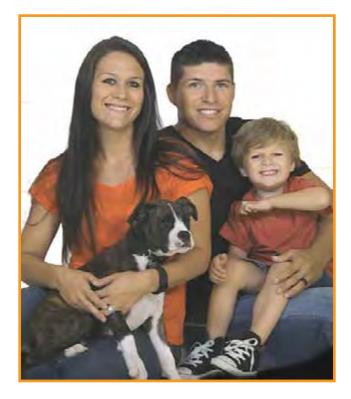
Resources: healthychildren.org and safekiods.org

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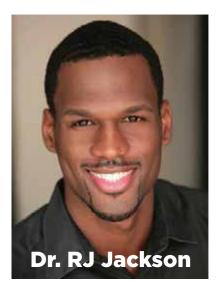
Braces at 7-Years-Old, Is That Too Young?

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



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Community Newsletters

About Peel, Inc.

Peel, Inc. specializes in publishing community newsletters for neighborhoods and homeowner associations. Our goal is to help build communities by connecting local businesses with residents and residents with relevant neighborhood information. We currently work with over a hundred communities and homeowner associations throughout the state of Texas. You can find us in Austin, Houston and San Antonio. To view our coverage map visit us online at www. peelinc.com.

Professional Quality

Our newsletters are designed using industry-standard tools like Adobe InDesign, printed on offset presses, folded, and saddle-stitched. This produces a higher-quality professionallooking newsletter than consumer-level tools like Microsoft Publisher and high-speed copiers. By mailing the newsletters directly to the residents we eliminate the need for costly door-to-door delivery services.

Reputable History

Peel, Inc. has been in business since 1977 and printing community newsletters continuously for over 24 years. That's twenty-four years of working with community leaders, homeowner associations, neighborhood associations, and management companies to help them communicate effectively with their residents. Twenty-four years of working hand-in-hand with local editors ensuring articles are informative and relevant to the residents. Twenty-four years of helping local businesses advertise their presence. Twenty-four years of helping build communities.

Advertising

Advertising is an investment in the growth and future of your business. Consumers who buy products or services from businesses like yours almost always buy them from a business that they knew about before their need occurred. Advertising increases the likelihood that more consumers will know who you are when they are ready to buy.

Advertising has other important benefits: it helps defend your revenue from competitors, it encourages repeat business, it can improve employee morale, and make it easier to hire the best people.

So should you advertise? Absolutely. The trick is finding the right medium for your business and budget. It's vital that whatever you choose, the media must reach enough of the right people, reach them frequently, and reach them with a compelling enough message to stick in consumer minds. Advertising monthly in a community newsletter is a great way brand yourself as well as reach people near your place of business. Call 512-263-9181 and start today.



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 April. Call to reserve your space today: 512-263-9181.

When we began the process of starting our new business, my business partners and I drew out an advertising plan that we felt confident would produce steady revenue and growth. However, we learned quickly that we couldn't afford to limit ourselves to phone directories and internet marketing. After spending countless hours and more money than I care to admit we met Kelly Peel with Peel Inc. Kelly wasted no time in helping us determine the best market for our ad and custom tailoring an ad that would make our phone ring. Peel Inc. got us into the homes of 4000 residence in our target audience for for just a few cents per home. We have yet to find a more affordable and explosive form of advertisement. Peel Inc. has an obvious commitment to excellence and this is most evident in their diligent follow through, creative design work, and high quality newsletters.

Wade Lombard Owner, Square Cow Moovers



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We offer custom apparel of all kinds including one-offs for any occasion.

How does it work? Lets say you have a design you would like for a one-off custom shirt. We take your idea and design it for you. Once you approve the design we make it available in our store for you to purchase.

Who do we work with? We work with individuals as well as partner with organizations and businesses. Some of our partners are CrossFit boxes. We relieve the box owners of the hassle of mass shirt orders by creating their very own store within W4 Apparel. This allows their members to visit our site and order their shirts directly. We create custom designs at their request and even toss in a few of our own. We offer the same service for non-profits, businesses, and organizations of all kinds.

Visit us online and view our Partners to see who we are currently working with.

We would love to partner with you as well!

