THE RIVER REVIEW

September 2016 Volume 10, Issue 9

Photo by Mia Sanchez



NEWS FOR THE RESIDENTS OF RIVER PLACE

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SEPTEMBER 2016

Meet The Doans!

Meet Andy and Bethany Doan and their two year old son, Miles. The Doans moved here from Seattle five years ago and love everything about River Place including the trails, parks, landscape and especially their neighbors. They have an Australian Shepherd, Ranger and a cat, Oscar.

Andy works in Austin as a software engineer while Bethany is an interaction designer. They live on China Garden Drive and are often seen around the neighborhood, walking Ranger. In milder weather, Miles too is able to join in the walks, riding in his push car. Miles loves trucks, the bigger the better!



Featured River Place Location: Panther Hollow Park



The little park across the Lake Austin inlet from Woodlands Park, actually an extension of Woodlands Park, is the featured River Place location for September. This is where the inlet connects to the lake so the water is fresh

yet somewhat shallow. To get there, you must park either in the Woodlands Park parking lot or on Big View Drive and walk across the little Panther Hollow inlet bridge.

(Continued on Page 4)

IMPORTANT NUMBERS

EMERGENCY NUMBERS

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512-266-1775
512-266-2533

SCHOOLS

Leander ISD	
Cedar Park High School	
Vandegrift High School	
Four Points Middle School	
River Place Elementary	

UTILITIES

• • • • • • • • • • • • • • • • • • • •	
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Texas Gas Service	
Custom Service	
Emergencies	
Call Before You Dig	
AT&T	
New Service	
Repair	
Billing	
Time Warner Cable	
Customer Service	
Repairs	
IESI (Trash)	
OTHER NUMBERS	
River Place Postal Office	512 345 0730

River Place Postal Office512-345-9739

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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.

(Continued from Page 3)

Once there however, there are grills, picnicking sites and a small sandy beach that is great for walking in the water, swimming or even launching your kayak into the lake. Dogs love it. Especially nice is the peaceful seclusion that also allows a great view of Lake Austin.

Just take Big View Drive all the way down the hill-you will see the Panther Hollow Creek stone marker (a good place to park) just past the Woodlands tennis courts on the left. Hope you get a chance to enjoy this location!





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SAME-DAY AFTER HOURS APPOINTMENTS



NEAR STEINER RANCH



Resident Homeowner Tips

Tip 1, Lowering Water Costs: Did you know that, for a variety of reasons, some related to back-to-school activities, September is the peak month for water use? We would think the heat in July or August would require much more water use but not so, according to the consumption averages since 2011. Students are back in school and vacations are mostly over, causing us to be at home more, consuming more water with bathing, cleaning, cooking and other activities around the house.

So what can we do? How about reducing sprinkler times? Plants and grass should require significantly less watering as temperatures drop and we hopefully get more rain. Making sure your water pressure is correct for your sprinkler system is critical. If too high, it produces a lot of mist, wasting water in the process. Check toilets and the hot water heater for valve leaks. This may also be a good time of year to repair leaky faucets and install flow restrictors. Visit www.WaterWiseAustin.org or call 512-974-9400 for more information.

Tip 2, Importance of Managing Landscapers: Many of us have learned that landscaping companies will often manage themselves if we don't take charge and make sure they understand what we expect. We've all heard of cases where trees were improperly trimmed or bushes were mistakenly removed. Left to their own devices, they will understandably do what they think is needed. But results can be much better with a little communication.

Here's one example: Incorporated into the original landscaping design of River Place was the idea of camouflaging our homes' utility boxes and meters with shrubs and bushes. These are typically located on a front corner of the house. This is admittedly a subtle design feature adding a special touch of beautification to River Place that we may not give a lot of thought to.

Now though, as they are getting older, these bushes and shrubs are sometimes being trimmed way back or removed altogether, exposing the equipment boxes and meters. The workers probably give it little thought, feeling they are simply cleaning things up. (When these bushes must be replaced, something soft and flexible (for worker access) would be preferable to, say, cacti.)

While problems like this one are easily corrected, they can be avoided altogether with some instruction. In nearly all cases, there is an owner or a manager who is willing to listen and probably appreciates the opportunity to better fulfill your landscaping needs. A text or phone call may be all that's necessary. Remember, they work for you. Congratulations if you already have a great relationship!

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Children's Center of Austin Names Tanya Saenz

to Head of Schools

childrenscenterofaustin.com



Highly regarded Austin-area childcare and education center creates new Head of Schools position to direct growth for all three of its campuses; promotes Tanya Saenz to fill roll.

AUSTIN, TX (July 28, 2016) — The Children's Center of Austin announced today that Tanya Saenz has been named the institution's first Head of Schools. In this roll, Saenz will oversee the management of all the Children's Center of Austin schools including fiscal, personnel, curriculum, quality assurance, and customer relations, as well as the overall administrative success for all schools.

"I am excited about my next chapter with the Children's Center of Austin," said Saenz, who was promoted from the Regional Director position. "We have an amazing school system with incredible families, teachers, and staff all working together to ensure the physical, social, and intellectual needs of every child are met on a daily basis. My goal is to build upon this solid foundation and pave a path for our students to have the most well-rounded, safe, and caring start to their education."

Some of the new initiatives Saenz will be addressing early on include physical upgrades to some of the schools such as outdoor sport courts for enhanced student activity and health. Also, she will continue to seek out the best ongoing educational and training opportunities for teachers to stay atop their fields and continue to provide the best care for all students.

Saenz brings 17 years of early childhood education and management experience to the newly appointed Head of Schools position. Six of those years have been spent at the Children's Center of Austin serving as Curriculum Coordinator, School Director, and Regional Director. She holds a degree in Early Childhood Education with a concentration in Infant and Toddler studies from Del Mar College, and is working towards a second degree in Business Administration from Concordia University.

Prior to joining the Children's Center of Austin, Saenz worked in schools in south Texas as well as three years with the Lake Travis Independent School District. Now, in the newly appointed position as Head of Schools, Saenz will rely upon that experience to continue the growth of the Children's Center of Austin, its staff, and students, as well as provide continuity of management across all campuses.

About Children's Center of Austin

The Children's Center of Austin is devoted to a love of learning based on the premise that every child is a unique individual with a definite growth and development pattern. The Children's Center of Austin is committed to the belief that early childhood education is vital to our children's futures, and thus the curriculum is developmentally based and focuses on the individual child's social, emotional, and intellectual needs. The Children's Center of Austin serves infants, toddlers and preschoolers, and offers after school programs for kindergarten through fifth grade at three Austin area locations: Westlake, Northwest Austin (at Jester Blvd.), and Steiner Ranch.

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What is the Architectural Compliance Committee (ACC)? (And Why Should You Care?)



(From a Nextdoor post by Scott Crosby)

The ACC is an HOA committee responsible for reviewing and approving River Place homeowners' exterior projects and improvements. Projects needing approval include swimming pools, exterior decks, roofs and additions,

deck covers, fences, storage buildings, playgrounds, basketball goals, solar panels, exterior painting and staining, walkways and landscaping.

The goal is to keep River Place home modifications and improvements compatible with the residential development, in accordance with HOA Covenants, Conditions and Restrictions (CC&Rs) and, in the process, hopefully to avoid neighbors' complaints due to perceived infringements. In fact, on occasion, the project may require signed approval forms from nearby neighbors. There is no cost. The submittal form can be found at:

www.riverplacehoa.org/wp-content/

Processing and review normally occurs quickly, within a week or two but can take up to 30 days if there are issues. It is important to provide all requested information in legible format. When needed, the committee may request additional information. Projects that are initially declined may be resubmitted with corrected documentation. While it may sound a bit complicated here, the procedure is usually smooth and timely if the proper information is submitted.



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Area's "Growth Mode" Bringing New Residents

(From Austin City Council District 10 Updates and Leslee Bassman's article in Community IMPACT)

A parcel of land located at the east side of City Park Road where it intersects RR 2222 has been approved by the Austin City Council for rezoning so that a 325 unit apartment complex can be built. The tract of land, stretching nearly to Loop 360, was once part of the Champions family 350 acre ranch. It is estimated that there could be an increase of 2,100 additional cars daily on the local roads, necessitating some strategic traffic flow changes and improvements, according to some nearby neighbors.

The developer had originally attempted to accomplish mixed-use zoning (to include office buildings, clinics, etc.). They settled for multifamily or MF 4, to allow for the construction of the complex. Exits to and from the complex are currently intended to be on both 2222 and City Park Road.

City Park Road, connecting to Westminster Drive, is the "back way" out of River Place as most residents are well aware. And City Park Road is already quite busy at times as many of us have experienced. Council meetings were held on August 11 in which speakers were allowed to address the council. The Council voted to postpone the zoning case to September 1 to allow time to prepare an amendment that would limit further development of the eastern track.

"Council Member Gallo remains committed to limiting development

on the eastern track and ensuring the following conditions are met by the property owner:

- height restricted to no more than 53 feet
- daily vehicular trips are limited to 2,100
- dwelling units are limited to no more than 325

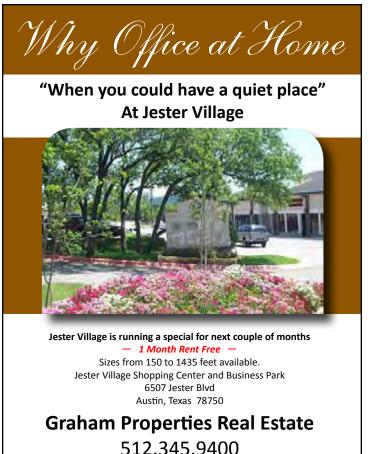
• development is prohibited within 100 feet of the southern property line

• endorsement of the City Staff recommendation for signal improvements as identified in the TIA memo with additional improvements to signal timing at the intersection of West Courtyard and Loop 360, not to exceed \$5,000 as agreed upon by the applicant

What Next...

The case will come back to Council on September 1 for its second and third reading, meaning final passage of the item will be considered at that time.

The public hearing will stay open for the September 1 meeting, which is unusual, but Council Member Gallo requested that the public hearing not be closed for the September 1 meeting to allow neighbors enough time to complete the desired research or follow up on questions before testifying. Members of the public who did not testify during the June 23 Council meeting can testify during the September 1 meeting."







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Tennis Tip: Sizing Up Your Opponent(s) During the Warm-up

It doesn't matter what level player you are; being observant during the warm-up can be crucial to early success. Here are a few tips to evaluate your opponent's strengths and weaknesses.

1. Is your opponent right handed or left-handed? While it may seem obvious, most players have a weaker backhand than forehand. We get accustomed to playing right handed players and fall into our usual patterns. If your opponent is lefty, don't let it throw you off. Prepare yourself during warm-up to shift your patterns. If you are right handed and playing a left hander, you may want to practice your down the line backhand and cross court forehand. The same works for your serving patterns. Put more emphasis on your wide serve on the deuce court and your T serve on the ad court.

2. Is the player physically fit? How well does (s)he move laterally vs. up and back? Move them around a bit during the warm-up to assess their movement. See how well they handle spin. Hit them a few topspin and slice shots to both sides. Do they struggle with pace, or slower struck balls? You may find a weakness in their game.

3. Observe what shots they are hitting during the warm-up. Are they running around their backhand or forehand? How much net practice did they take? If they take very little net practice, they might not feel comfortable volleying.

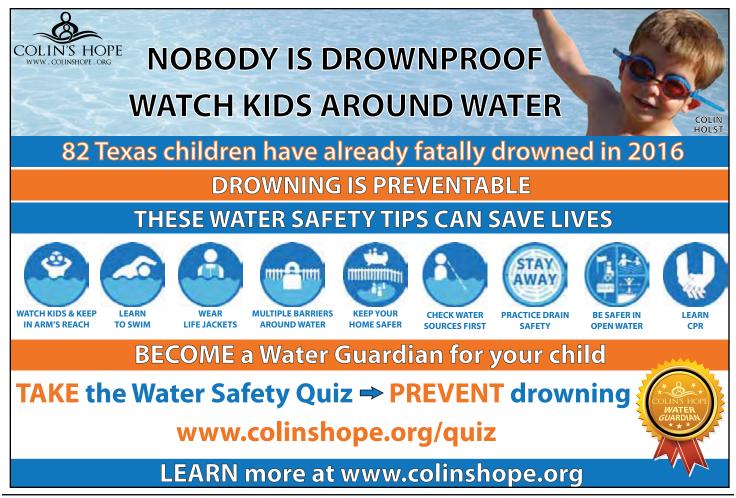
4. Watch your opponent serve. Does he/she have a hard first serve? (if so, you may want to start with a deeper return position) Or is their serve a cream puff? If it falls short in the court, you may want to shift your return position forward. What type of spin is on the serve? If they slice, the ball will shift right or left. If they have a kick serve, you may want to step in and take it early. Is there a big difference between their first and second serve? Taking notice will help your return game.

5. When playing doubles, who is the weaker opponent? Don't just watch the player you are warming up with; watch both players to identify the weaker one. After the warm-up is finished, confer with your partner. They may have noticed something you didn't.

If you study your opponent(s) during warm-up, it will help you develop a game plan going into the match. This should pay dividends during the match. If you have any questions about any of the above, feel free to send me an email.

Ed, River Place Tennis, edny20@yaboo.com

"The best preparation for playing a lot of tennis is playing a lot of tennis." James Blake



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Helping Us Stay Physically Fit

Austin Parks has implemented a program to add exercise stations along lakeshores and paths in the Lake Travis and Westlake areas to encourage outdoor physical activity. The stations include equipment such as parallel bars, pushup bars and sit up benches. Marty Stump from the Austin Parks and Recreation Department commented that "Austin is very fitness-oriented and very outdoors-oriented so there's some real synergy of having this sort of amenity in the parks."

Fitness stations have also been added in Dick Nichols Park in Southwest Austin and in Lakeway City Park. It is felt that these stations are being used by both older residents living in the areas with more time on their hands as well as younger, fitness minded people who have moved in. Upgrading existing stations that might be needing improvements is another aspect of the project that is up for future consideration. (From an article by Marie Albiges in Community IMPACT)

Retired Docs Launch New Group Oct.10

Lake Travis Retired Physicians, a new monthly group for retired doctors who live in areas served by Baylor Scott & White Hospital—Lakeway will gather for their first meeting on Monday, Oct. 10, 11 a.m., in the medical office building across from the hospital.

Spearheading the retired physicians' group, Dr. William Evans of Lakeway practiced 23 years with Austin Diagnostic Clinic, serving tenures as chief of family practice and heading up ADC's urgent care initiative. Prior, Dr. Evans served 20 years in the U.S. Air Force.

"Lakeway Retired Physicians is both social and educational...a way for docs like me to get together and hear the latest innovations in a variety of practice areas. Plans are to meet the second Monday of each month," Evans said.

Hospital-affiliated physicians Dr. Pavan Karnati, cardiologist, and Dr. Greg Morper, internist, will provide overviews of recent innovations in their practice areas. After Q&A, lunch will be provided in the hospital cafeteria. There is no charge for retired physicians.

Dr. Pavan Karnati specializes in the evaluation and treatment of coronary and peripheral vascular disease. Dr. Greg Morper's internal medicine practice, which accepts Medicare, places a heavy emphasis on wellness and prevention.

"I'm grateful to these fine physicians for coming to speak; also to Christin Cross and Jewell Kibling of the hospital's marketing team who have provided wonderful support in launching this new program. I encourage all area retired docs to sign up for this or future meetings," Evans said.

Retired physicians who would like to attend or join, please contact Dr. Bill Evans at 512-261-3536; or email his wife Pat, chief bottle washer, patevans39@gmail.com

The Many Benefits of a Yoga Practice

By Margaret Parker, RYT, River Place



Yoga has been a positive and important part of my life for more than 25 years. My introduction to yoga occurred while I was teaching middle school. A teacher friend invited me to a hatha yoga class and I was immediately hooked.

My first Teacher Training was in Portland, Oregon. The following year I did another Teaching Intensive in Helena, Montana. When we moved to Austin sixteen years ago, I completed the 200 hour Teacher Training at Yoga Yoga. After I finished that training, they asked me to teach so I taught there for a few years. From there I decided to start group classes.

teaching private and small group classes.

Hatha yoga, which I teach, focuses on how to integrate breath with physical postures that stretch and strengthen muscles through correct alignment. It is an effective and powerful way to relieve stress and tension, all the while increasing strength and flexibility. It promotes a sense of well-being and relaxation, things much needed in our fast-paced world today.

As a yoga teacher, my goal is to help students feel a sense of peace as they grow in their own practice. In addition to the yoga poses and breath work, I strive to incorporate laughter and a sense of humor into my teaching sessions. I want my students to feel safe without feelings of judgment or competiveness.

Yoga helps us to become calmer, stronger, and to focus more on the breath which helps de-stress. It also helps us to feel more at peace and more gratitude for the positive things in life.

Located right here in River Place, I offer both group classes and private instruction for ladies only. I have liability insurance and am registered with the National Yoga Alliance. Please contact me if you would like more information or just have questions about the many wonderful benefits of yoga.

Margaret.prkr@gmail.com 512-422-1467



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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. 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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