# THE KIVER KEVIEW April 2017 Volume 11, Issue 4 Photo by Mia Sanchez



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# Introducing the Breshears Family

Please join us in saying Happy Easter to Justin and Miriam Breshears. Justin works as a Pastor and a Personal Trainer while Miriam is the Operations Manager for AXA Financial. While they don't have children or pets quite yet, let's just say that, being a young couple and currently living in Riverlodge Apartments, plans are definitely in the making to purchase a home (probably in River Place) and start a family as time and conditions allow.

As mentioned above, the Breshears live in the Riverlodge Apartments located on 2222 right at the front of River Place. They moved here from Hyde Park just recently in June of 2016 because they viewed the area as a great place to start their lives together.

They absolutely love the beautiful hills, parks, and nature in and around the neighborhood as well as the friendly, neighborly atmosphere. "So many people come from all over Texas to hike the trails and enjoy its beauty, and we love that we get to live here."

They both love the outdoors! Justin adds, "As a trainer with Camp Gladiator, I work outside and get to play outside and there is no better place to do that than Austin."

While growing up, both Justin and Miriam played many sports so they love to play sports whenever they get the opportunities. Justin runs triathlons and obstacle course races whenever he can and plays basketball occasionally.

"River Place is where my wife and I want to be for as long as we can and we are just thrilled to get the chance to get to know the wonderful people of this neighborhood! Please feel free to reach out to us; we would love to meet you!"



#### **IMPORTANT NUMBERS**

#### **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.

#### **In and Around River Place**

**Gangs of River Place:** Actually no laughing matter, our community is experiencing an occasional onslaught from a roving band of young teenage and adolescent boys, banging on doors and generally engaging in mischievous behavior. While their behaviors are mostly harmless, they have also been spotted throwing rocks at cars, an activity that could result in serious damage or even injuries.

Typically, they are seen running through the neighborhood and one will run up and pound on a resident's front door or window, then run off. They are in a group of about 5 to 8 and sometimes one or two may be riding in a golf cart. It would be a shame if a homeowner overreacted or someone were injured during one of these pranks. Hopefully just getting the word out will increase awareness enough that these mischievous activities can be curtailed.

**That Time of Year Again:** Just as a reminder, please be aware that it is each resident's responsibility to maintain a clear right of way (for passers-by and City workers) along sidewalks and streets in front of or adjacent to their property. Right now is a very good time to trim things up before leaves and new branches gain a foothold.

So, what are the clearance requirements? Vegetation must be trimmed at least evenly with the edge of the sidewalks and also so

that there is an 8 foot clearance above the sidewalks. The cleared area above the curb line along the street must be at least 14 feet high, allowing for delivery and work trucks, etc. (This applies mainly to trees that might hang over the curb line.) Never prune within 10 feet of power lines. See this web site: www.austintexas.gov/cleartherow for more information.

**Sun Tree Park Playscape Complete:** By the time you read this the new child playground/playscape features should all be completely installed and ready for fun! There are new attractions for toddlers up to adolescents. This was quite the professional installation requiring installers to dig down to at least four or five feet to pour concrete footers to ensure stability and long term reliability. There looks to be a great variety of heavy duty play and exercise equipment. So, bring the kids to Sun Tree Park and set them free to have fun and get some exercise!

**Coffee Shark Espresso & Pints:** A new coffee shop has opened nearby, only a few minutes away. It is located at 7300 RR 2222 just west of the Jester Chase Bank. Take the Chase Bank entrance and turn left or enter off Jester. They serve craft coffee and espresso plus

(Continued on Page 6)



# Northwest Austin's newest Ideal Protein clinic located in Jester Village

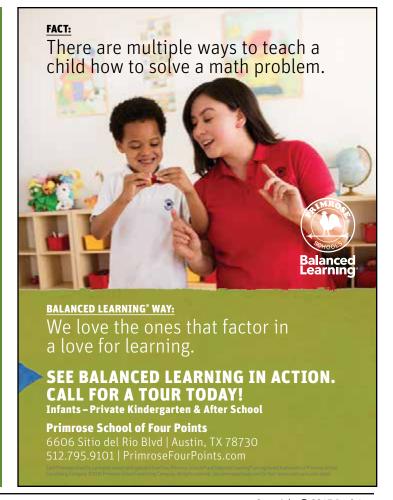
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(Continued from Page 4)

18 taps of craft beer, wine and cider. The shop is large with a bar and sports a rather industrial look. They also have a quite spacious outdoor area where pets are welcome. They serve pastries and food from places like Russell's Bakery, Eastside Pies and Antonelli's Cheese. We can personally vouch for their turkey sandwich and wheat beer. They open early and stay open till at least 8 pm, 10 pm on Friday and Saturday. Some photos and info are available here: http://coffeeshark.com Check it out!





### **Heads Up...From the City**

#### Beware: Jury Duty Scam

Kristen Dark from Travis County Sheriff's Office

In recent weeks, scammers have been making calls to Travis County residents claiming to be a Sergeant or Lieutenant with the Travis County Sheriff's Office. The scammer aggressively claims the resident has failed to show up for jury duty and owes a fine that must be paid immediately in order to avoid being arrested.

The Travis County Sheriff's Office will never call residents regarding jury duty. We will also never ask for payment via wire transfer or gift cards. Any and all communication regarding jury duty will come directly from the District Clerk and will always be sent in writing by mail.

The scammers are targeting senior citizens and college students. If you receive a suspicious phone call from someone demanding payment, do not hesitate to contact us at 512-854-9770 to verify the validity of that call before giving anyone money.

These scammers are diligently being pursued by national law enforcement agencies.

#### Stay Safe This Spring

From Austin Energy, City of Austin

You can feel it in the air. Spring is here and for many, that means you're just itching to spend some time outside. Once you make sure that the itching isn't from allergies, Austin's got you covered for outdoor activities. From Zilker Park activities to spending time on Lady Bird Lake, it's easy to get outside and enjoy the best Central Texas season. Whether you spend your time flying a kite or fixing up your yard, here are some outdoor safety tips for you and your family:

- Keep away from all overhead wires, especially power lines.
- A kite in power lines is a lost kite. Never try to retrieve it!
- Stay away from utility poles, guy-wires and pad-mounted transformers. Do not climb on any electrical equipment.
- Ladders, even wooden, can be dangerous. Keep all ladders at least 10 feet away from power lines.
- Inspect power tools, extension cords and appliances for fraying, broken plugs or damaged housing. Repair or replace damaged items.
- Always unplug outdoor tools and appliances when not in use.
- Electricity and water do not mix never mow a wet lawn with an electric lawnmower, trimmer or edger.

Never attempt to trim trees that are close to or touching power lines. If you see tree limbs on power lines, contact Austin Energy immediately at 512-322-9100. For more electrical safety information, go to austinenergy.com/go/safety.

# Tennis Tip of the Month

#### ADAPTING YOUR SINGLES GAME

In singles there are typically two kinds of players; defensive ones like Andy Murray who chase everything down hoping to create the unforced error and offensive players like Roger Federer who play close to the baseline, looking to force the issue by attacking with penetrating strokes.

The defensive players, often called "retrievers," sometimes wear themselves out chasing down shots. The offensive players, nicknamed the "pilots," dictate play by controlling the center of the court. Andre Agassi was a master at controlling the center of the court. It's easy to determine what kind of player you are. If you are doing most of the running, you are defensive, hitting the ball back mostly to the center of your opponent's court. Your opponent therefore, is dictating from the center of the court. How do we change this predicament?

Tennis Tip: Again, if you are the retriever you want to gain control of the center of the court or at least begin to move your opponent around. Tennis can be like a chess game where, if you choose the right moves, you can change how the game is going. One way of course is to simply employ more patience and resign yourself to stay out there all day, hit the ball deeper and minimize your mistakes, looking for unforced errors. That's the old Murray approach. But that prevented him from reaching the very top. Now he plays a bit differently. Now, and here's a second, more effective approach, Murray opens the court up by moving forward a bit, hitting his spots; sharp crosscourts and, when he gets a shorter ball, hitting aggressively to a corner and coming to the net. These plays force the pilot player to run or at least move away from his command post at the center of the court.

At first, this may feel a bit uncomfortable as you vary from your comfort zone, perhaps missing a bit or getting passed. In time



though, as you experience some degree of effectiveness, you will feel better, becoming an all court player. To prepare yourself for this change, practice dropping balls short in the court and hitting them sharply to the corners. Also, practice your volleys more, with a ball machine if possible. Both your confidence and your play will quickly improve!

Next question, what does the pilot do when the retriever begins to play more aggressively? We're going to save that as Part 2, coming up in the next edition of The River Review. So, stay tuned, give some thought to this and let's finish this discussion next month. I believe you will find that, no matter what your instinctive style of play, you can change and adapt when necessary.

If you have a question on these singles strategies, feel free to call or text me.

Walter: 512-497-9971

You only live once but you get to serve twice! - Unknown



# Practice ACT/SAT Tests

From Krysta Aguilar, Nextdoor, River Place

Saturday, Apr 15, 9:00 AM

3908 Far West Blvd Suite C Austin, Tx 78731

For High school Juniors: Free practice ACT/SAT tests will be given all year long at the Northwest Hills College Tutors Learning Center! The exam mimics the setting and timing of the actual tests, and families will have a chance to meet with one of our experts to go over the scores in detail.

Reserve your spot now:

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Call: 512-372-8385
Email: austintx@collegetutors.com

# Ignite River Place

The River Place Elementary PTA and River Place Country Club present the First Annual Ignite River Place Elementary Celebration Gala fundraiser on Saturday, April 22nd, 2017. With a live band, dinner, open bar and live and silent auctions, the gala is a celebration of the Four Points area children and surrounding communities.

Proceeds go directly to help cover the gap between what River Place Elementary receives in state and district funding and what it actually costs to educate each child. The money raised will help provide classroom and art supplies, books, playground and PE equipment, musical instruments and the garden and outdoor curriculum among other needs.

The event will be held at River Place Country Club starting at 7 pm. Tickets are \$75 apiece or \$1000 for a table for ten.

Tickets on sale now through the Titan Store: http://rpepta.corecommerce.com/RPETitanStore/

Please join us in celebrating River Place's ten year legacy of making a difference and empowering our children to reach for their dreams!

Flyer for Fundraiser on Page 9



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# WE RUN BECAUSE THEY WALK



For up to five hours each day, women and children across rural Africa walk to fetch dirty water for their families - because that's the only choice they have if they want to survive.

This is at the heart of why Water to Thrive exists, to work towards ending the water crisis in order to stop situations like this from happening. And THIS is why we run on April 8th. Because they walk.

Our annual Pump Run 5K and Kids' K is quickly approaching, and we hope you'll join us for this family-friendly and fun event on April 8th. Hosted at Concordia University Texas, the Pump Run brings together people (and dogs!) of all ages from the Austin community to race for a cause. We will have free food, finish line vendors, and lots of kids activities for the whole family to enjoy - including a "walk for water". We have incredible sponsors who have graciously committed to supporting this event, because they believe in what we do at W2T. Take a look at our list of sponsors at thepumprun.org/sponsors.

Haven't registered yet? There's still time! Head to our race website –

thepumprun.org – for more information and to sign up. Registration is \$30 for the 5K and Virtual 5K, and \$15 for the Kids' 1K. Your registration comes with a free t-shirt as well! RSVP on our Facebook event page to let us know you'll be there and to get updates in the weeks leading up to the race. Invite your friends and family, and come out to run hard, build wells, and change lives.







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# ATURE Weber THREE TERRIFIC TREES by Jim and Lynne Weber

Trees are often planted for their ornamental value, or to provide shade, but there are many other reasons to plant them. They improve air quality by producing oxygen and storing carbon, which offsets the harmful byproducts of burning fossil fuels. They can moderate the effects of sun and wind, reduce air conditioning costs, and clean the air by trapping dust and pollen. Trees can also be credited with increasing property values, lowering our heart rates and reducing stress, and providing shelter and food for many types of wildlife.

In Central Texas, three terrific trees that are native to our area include Escarpment Black Cherry (Prunus serotina var. eximia), Mexican Plum (Prunus mexicana), and Carolina Buckthorn (Frangula or Rhamnus caroliniana). All three of these trees are medium-sized, deciduous, display fall color, and benefit wildlife by producing fruit.

Escarpment Black Cherry is a distinct variety of Black Cherry, found only on the calcareous soils in our wooded hill country canyons, slopes, and floodplains. Up to 50 feet tall, this tree is prized for its attractive silvery trunk and branches, five-inch long clusters of showy white blooms that occur in March and April, juicy summer fruits, and vivid yellow to red fall foliage. While the small dark red to purple-black cherries it produces are edible, the rest of the plant is not, and the cherries are often eaten first by birds. Several butterflies, including Viceroy, Eastern Tiger Swallowtail, Two-tailed Swallowtail, Red-spotted Purple, and Striped Hairstreak use this tree as their host plant.

Often called the 'star of our native plums', Mexican Plum is easily recognizable in spring, as it is an early bloomer. Before the leaves appear, white to pale pink, five-petaled flowers cover the 15 to 35 foot tall tree from February to April, and they are extremely fragrant, attracting several species of native bees and butterflies. Plums up to one-inch wide turn from yellow to mauve to purple as they ripen July through September, and they are edible for humans and wildlife alike. Thick, five-inch long leaves provide food for the Eastern Tiger Swallowtail and Cecropia Silkmoth, and turn a showy shade of orange in autumn. Mature trunks are a beautiful satiny blue-gray with horizontal striations, typical of most fruit trees.

Lesser known is the Carolina Buckthorn, an understory tree 12 to 15 feet tall, with oval, shiny green leaves and small yellow clusters of blooms produced near the leaf stems in May and June. It prefers bottomlands, canyons, and streamsides, and in light shade it is airy and tiered. Bright red fruits turn to black when ripe, and are relished by many birds and mammals. The leaves stay green into late fall, turning various colors from yellow-gold to bronze-sienna as the weather cools. Carolina Buckthorn is also the host plant for Spring Azure, Gray Hairstreak, and Painted Lady butterflies.

Consider adding one or all of these terrific trees to your property. While the best time to plant trees in Central Texas is in the fall, it's never too late to plan for future enhancements to your native landscape!

Send your nature-related questions to: naturewatch@austin. rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our two books, Nature Watch Austin & Nature Watch Big Bend, both published by Texas A&M University Press, and our blog at: naturewatchaustin.blogspot.com.





Escarpment Black Cherry (blooms & fruit)





Mexican Plum (blooms & fruit)





Carolina Buckthorn (blooms & fruit)

# **How to Raise a Confident Child**

Neena Hamamcy, MA, LPC, LMFT

A child's self-worth is the gateway to social success and sound mental health. Developing healthy self-esteem is the building blocks of child development and affects us at every age of our lives, determining how we act, not just in childhood, but also as adults. Having low self-esteem drives behavior problems, troubles in relationships and school performance, to name a few. As parents, we are greatly influential in how our children perceive themselves, thus ensuring that we raise our children to grow to have confidence and positive self-worth is essential for their success as adults. Here are some ways to help improve your child's self-esteem:

#### Help Your Child Express and Embrace their Feelings

When your child looks in the mirror and sees themselves, you want to make sure that they like who they see. One way to ensure this is to cultivate a relationship where you encourage your children to express their feelings openly. When you take the time to listen and accept their feelings, you are sending a message that they matter and how they feel is important. A child's feelings are part of who they are as individuals, thus embracing their feelings is in effect embracing them. When a parent listens and validates their child's feelings, it makes a child feel valued and worthy. If a parent repeatedly responds to their child's feelings with hurt, anger, shame or judgment, the child receives a message from a parent that their feelings are wrong and that their parents are not emotionally available. This can lead a child to shut off their emotions, which in turn can lead to behavior problems down the road. The way a child feels about themselves reflects in their behaviors. By listening and accepting your child's emotions, your child will feel loved, valued and reassured that you are capable of meeting their needs emotionally.

#### **Teach Ownership**

It is important to distinguish between a child's feelings and their actions. You want ensure that your child feels loved, but you also want to hold your child accountable for undesirable actions. Setting clear expectations and having consequences is essential for teaching accountability and promoting self-esteem. Helping your child take ownership for their actions helps them learn that their actions have consequences and that they can control the outcome based on their choices. "If I make good choices, then good thing follow, if I make bad choices, then bad things follow." Just as kids learn to be accountable for their mistakes, they also learn to own their achievements and success. Without this accountability, children miss the opportunity to experience the joy and satisfaction that comes from mastering their efforts. It is important to allow children to learn from their missteps and develop the resiliency to deal with their failures and the difficult feelings that accompany. We have morphed into a society that struggles with negative emotions and what we often see are parent's trying to protect their children from

unpleasant feelings. Where everyone is a winner and there are no losers; where in an effort to preserve self-esteem, we try to protect our children from feeling bad about themselves. This approach actually produces the opposite outcome; it creates children that are spoiled, entitled and view themselves as victims. A parent who intervenes and tries to protect their children from difficult feelings and situations, inadvertently interferes in learning lessons that build self-esteem and resiliency that set the path for success in adulthood. Parenting with accountability allows children to own their failures as well as their achievements and empowers kids to see they have control over the outcome of their lives.

#### Create Experiences to Help Your Child Feel Successful

Help your child find their strengths and acquire skills, whether it be academically, socially or in extracurricular activities. One way children measure their self-worth is by how other's perceive them, and in our society that is full of measuring and comparing, children can be vulnerable to heightened criticism and comparison. Emphasize to your child that you accept and love them regardless of their performance. Create opportunities for them at home and outside the home, where they can accomplish goals and feel the satisfaction of completing a task. Experiences of success create confidence and foster self-esteem. Experiences that can foster self-esteem include having chores and responsibilities at home, participating in athletics, or other areas of social or extracurricular interest. Encouraging their independence and helping your children be responsible will encourage positive self-worth.

#### Try to Understand and Heal your own Self-Worth Issues

Parenting can be emotionally intoxicating as well as draining. Becoming a parent tends to bring out the best and worst of ourselves. As we navigate through such an intensely emotional relationship with our children, we are often confronted with our own insecurities and fears. Becoming a parent has a way of bringing to the surface our own unresolved emotional issues stemming from our relationships with our own family or origin. Our children's self-worth is not genetic, but rather learned and especially in early childhood, is a reflection of the parent's sense of self, particularly the mother. A parent's unhappiness is passed down to a child, and children view your unhappiness as unhappiness with them. It is important to address your own insecurities and fears because no matter how many parenting books you read, if you don't address your own self-worth issues, you are bound to pass them to your kids. Looking at your own wounds from your early childhood and trying to understand the positive and negative ways your parents influenced your self-esteem can help you identify ways to break the cycle in your own relationships with your children and help promote your own self-worth as well as your children's.

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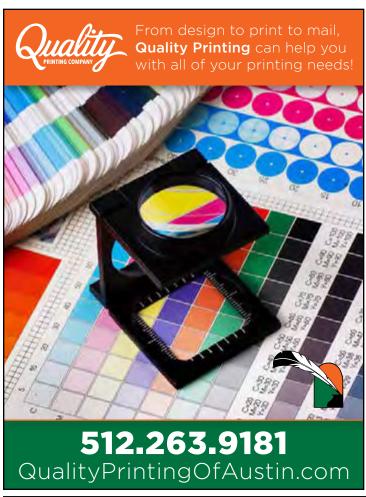
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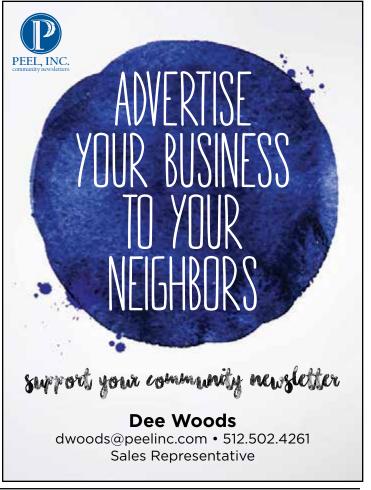
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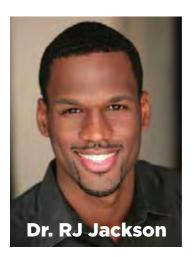


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