THE RIVER REVIEW

Photo by Mia Sanchez

July 2018

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Volume 12, Issue 7

NEWS FOR THE RESIDENTS OF RIVER PLACE

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IN AND AROUND RIVER PLACE

School's Out and So Are Golf Carts: Now that school is out more and more golf carts full of teens and adolescents are on the streets of River Place. A couple of close calls have been reported already. Drivers should be cautious and aware and stick to the speed limits. Golf cart riders should insist their drivers be careful.

Parents and golf cart drivers should remember that, even though River Place is a safe neighborhood, accidents can still happen when folks get careless. Everyone, please drive with caution and realize that our streets are more dangerous during this time of year when everyone is out and about!

4th of July River Place Events: The River Place Country Club has confirmed they will again be hosting a 4th of July Barbecue and Appreciation Day but, as of this writing, details were not available. Contact the club for information-it's always a great event! Also, in keeping with the traditions, the 4th of July Parade will be taking place at Sun Tree Park on Wednesday, July 4th, at 9:30 am.

As Scott Crosby recommends, decorate your bike, wagon, stroller, golf cart, dog, and/or yourself and join in on a morning of fun and patriotism with your River Place neighbors. There will be some giveaways at 9:30 and then the parade through the park will start at 9:45. There will be some cold treats available and, of course, fun for all! So come join in on the festivities!

Coyotes Being Sited Throughout River Place: While this is nothing new, reminders are always a good thing if they help us protect our pets and children. More and more studies are being done on Coyotes and their increasing invasions into city and residential neighborhoods. While some rightly say this is due to our construction building infringing into their habitats, our pets and garbage being attractive sources of food probably play a major role as well.

It is often said that coyotes are normally "docile and retiring" but the many attacks recorded on both animals and humans may cause some of us to doubt that portrayal. We all know that there have been thousands of attacks on pets but, in a 21 year period, there were also recorded 142 attacks on humans in the U.S. and Canada. So, let's not doubt their potential aggressiveness as most attacks do occur in our neighborhood streets and even back yards.

And let's minimize our exposure by being aware and taking precautions:

- Don't allow pets to roam free-leash them outside, especially at night.
- Put garbage cans out just before pickup and put them up right after.
- Get rid of wood piles and brushy areas, they harbor mice and other food bait.
- Remove outside pet food and bird feeders-they attract bait as well.
- Never approach, touch or intentionally feed coyotes.

(Continued on Page 4)

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	
Fire	
Ambulance	
Sheriff – Non-Emergency	
Hudson Bend Fire and EMS	
Emergencies	
Information	

SCHOOLS

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

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Texas Gas Service	
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Emergencies	
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New Service	
Repair	
Billing	
Time Warner Cable	
Customer Service	
Repairs	
IESI (Trash)	

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Advertising	
8	

Questions about articles?

Contact Editor: Robert Martin.....mrobertallen@aol.com

ADVERTISING INFO

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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)

• If you see coyotes, make noise, clap your hands, try to scare them away.

Let's all be aware of these precautions and protect our pets and loved ones as we venture out to enjoy our River Place parks and trails, realizing that coyotes are not all that fearful of venturing down our streets and even into our yards. Stay safe! (See the thread below on creative ways to keep your dog in the yard.)

Limited District Decides to Reseed RP Soccer Fields: Art Jistel, LD VP & Parks & Trails Chairman recently announced on Nextdoor that all our soccer/lacrosse fields are being reseeded with Bermuda grass to varying degrees. He says "The field will be closed for about five weeks to allow the new seed to establish a good root system. The other two large fields including the one at Suntree by the water tower and Woodlands large fields will be aerated, top dressed/fertilized and reseeded. The three small Woodland fields will be open throughout the summer."

He asks that, due to watering and continued maintenance, everyone please stay off the fields during their reseeding process.

Cheerleading Summer Boot Camp for K – 6: Jill Francis of River Place makes the following announcement on cheerleading training:

Cheerleading Summer Bootcamp for K-6th Grade

Cheerleading Boot Camp: Join us for a fun cheerleading boot camp for incoming grades k-6! We will be teaching a wide variety of essential skills, like chants, jumps, and dances. Be sure to bring a snack and water for break times! The participants will perform a show-off for parents at 11:45 to showcase what they have learned.

The cost will be \$20 per session. We'd love to see you there!

When: July 11th @10-12am and July 26th @10-12am (Two sessions occurred in June)

(Email us at rileyannfrancis@gmail.com to sign up for the session of your choice!)

Where: Woodlands Park in River Place 8820 Big View Dr., Austin, TX78730

Taught by Vandegrift Varsity Cheerleaders Riley Francis and Cady Grace Wynn

Creative ways to KeepYour Dog in the Yard: Below are some good tips excerpted from an article on creatively keeping your dog in the yard by Jan Reisen and provided on Nextdoor by River Place resident Rachel Brightwell:

For jumpers and climbers:

• **Extend your fence.** You don't necessarily have to make it higher, but adding a section to the top that tilts inward will deter your dog. A lean-in or L-footer will do the trick. You make a lean-in by taking some farm wire and attaching it to the top of your fence, so that it creates a sort of awning on the inside. Your dog will see fencing above him and that should deter him. An L-footer extends horizontally from the top of the fence and also creates an awning-type deterrent.

- **Buy a coyote roller.** These are long, metal bars that can be attached to the fence to prevent your dog from getting the foothold he needs to get over. When an animal tries to use it to gain footing, it rolls like a rolling pin. Designed to keep coyotes out, they're equally effective for keeping a beloved pet in. They do require mounting brackets and end caps, but you can find complete kits online.
- Add landscaping. Plant a hedge of dense shrubs along the inside of the fence line. Not only does this make for a more difficult jump, it looks great, too.

For diggers:

- Attach an L-footer along the bottom of the fence, facing in. You can use chicken wire, hardware cloth, or a piece of chain-link fence attached to the base of the fence. Some people bury it for aesthetic reasons. But you can also lay it on top of the grass and hold it down with rocks, gravel, mulch, or even planters.
- **Pour a concrete footer.** This will stop even the most determined digger. Pour concrete along the perimeter of the fence and sink the bottom of the fence into the mixture.

For border patrollers:

Block the view. For a watchdog, guard dog, or any dog that patrols his territory, it's often the sight of "danger" that propels him out of the yard. If you have a chain-link fence, run plastic slats through it. With any type of fence, rolls of bamboo or reed fencing are a relatively inexpensive alternative. Just use zip ties to attach it to your existing fence. It blocks the view and doesn't look half-bad. While this takes longer to be effective, you can also plant climbing shrubs or vines along the fence, though you'll have to protect them from the dog until they're established.

More Tips for All the Houdinis

No matter how your dog escapes the yard, there are several other measures you can take to ensure his safety.

- If you have a gate that's often opened or left open by accident, install an air lock. Take a few lengths of fence and another gate and create a small, enclosed area inside or outside the fence. When someone wants to get in (or out), he or she will have to go through one gate, close it, and then open the second gate.
- Get your dog a Puppy Bumper. This is a collar stuffed with fiberfill that's meant to keep puppies and small dogs from slipping through small openings.
- Make sure all the latches on gates and fences are secure. If you have a gate that blows open or a latch that doesn't stay shut, add a lock or hook-and-eye closure.

(Continued from Page 4)

- Make the yard his happy place. The backyard shouldn't be his prison; it should be his haven, shelter, and playground. Make sure he has plenty of fresh water and some shade. For fun, bring out a treat-dispensing toy.
- Don't leave him alone out there for long periods of time. The very best way to keep him in the yard is to be there with him. Play with him, brush him, use it as training time, or just hang out. He'll be less interested in leaving if his best friend is there, too!

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HEADS UP FROM AROUND THE CITY

LAND SURVEYING, PAVEMENT TESTING TO BEGIN ON NINE KEY AUSTIN CORRIDORS

Communications & Public Relations Office, City of Austin Agency

RIVER REVIEW

During the next few months, the City of Austin will be doing fieldwork to gather additional information about mobility and safety improvements as part of the Corridor Construction Program that is being funded in part by the 2016 Mobility Bond. This work includes topographical, boundary, and tree surveys and geotechnical borings. This means that you may notice crews along the corridors tagging trees, retracing right-of-way lines, and doing topographical surveys. During the geotechnical boring work, drill rigs are used to make small-diameter borings (between 6 inches and 8 inches wide) to obtain pavement, soil and rock samples. The geotechnical borings will result in intermittent daily lane closures along all corridors. This work could begin as early as June and is expected to last through the summer. Lane closures will be set outside of peak-period travel times. Some work could occur at night, but activities would comply with City of Austin noise ordinances.

The corridors in which the work will be performed are:

- 1. North Lamar Boulevard, between US 183 and Howard Lane
- 2. Burnet Road, between Koenig Lane and MoPac
- 3. Airport Boulevard, between North Lamar and US 183
- East Martin Luther King Jr. Boulevard/FM 969, between US 183 and Webberville
- 5. South Lamar Boulevard, between Riverside Drive and SH 71
- 6. East Riverside Drive, between I-35 and SH 71
- 7. Guadalupe Street, between West Martin Luther King Jr. Boulevard and West 29th Street as well as Rio Grande Street to a block into the UT Austin campus
- 8. Slaughter Lane, between FM 1826 and Vertex Boulevard
- 9. William Cannon Drive, between Southwest Parkway and McKinney Falls Parkway

If you'd like additional information about these activities, please visit our Corridor Construction Program Frequently Asked Questions webpage at AustinTexas.gov/CorridorFAQ.

AUSTIN DRIVER'S LICENSE RECOVERY CLINICS

Communications & Public Relations Office, City of Austin Agency

Lost your license because of DPS surcharges? Come to the Driver's License Recovery Clinic for help resolving cases, filling out paperwork, and filing for hardship waivers to help you get back on the road. The clinics occur periodically as a public service. Typically held at 1520 Rutherford Lane, Building 1 Auditorium, you should check austintexas.gov/department/municipal-court or call 512-974-4800 for more information about future sessions. One was recently conducted in June.

The event is free. Licenses will not be reinstated on site. No arrests will be made on site. At the event: • University of Texas law students will perform intake and assessments and help with financial forms.

- Attorneys will help you resolve outstanding cases and apply for hardship or service waivers.
- Austin Municipal Court staff and judges will be available.
- All services are provided free of charge.

People are asked to show some form of ID upon entry. Acceptable forms of ID include a license, utility bill, library card, social security card, or photo ID.

Parking lots are available off of Rutherford Lane. Entry is the same as the Public Health Building. Spanish interpreters will be available. This is a joint project of the Austin Municipal Court; Travis County Justice of the Peace, Precinct Five; Texas Fair Defense Project; and University of Texas School of Law Mithoff Pro Bono Program.

JUNIOR DEPUTY SUMMER CAMPS

Kristen Dark, Travis County Sheriff's Office Agency

Announced on June 5: We've opened registration for our Junior Deputy Summer Camps! Slots are limited and are first come, first served. The camp is free and will be lots of fun! https://www.tcsheriff. org/community/jr-s..



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HOMEOWNERS CORNER Spectacular Solariums & Sunrooms Let in the Light

Article by Kerrie Kelly from Zillow

Summon the sun indoors with these gorgeous light-filled spaces.

Sun rooms, solariums, skylights — oh my! While the terminology can be confusing, these rooms designed to offer indoor sunbathing have similar qualities and suit any type of home environment.

If your climate doesn't offer year-round sun, you can still enjoy the outdoors by adding a sun room or solarium addition to your space.

What's the difference?

A **sun room** is a home addition made completely of windows, which offer a 360-degree view of the outdoor scenery without stepping foot outside.

The term "sun room" usually means a room made of glass, and it's commonly interchanged with conservatory, solarium, greenhouse and atrium, among others. Technically, a sun room is any large room that allows the light to pour in through large windows or glass walls.

A **solarium**, on the other hand, is a more specifically designed room. To be considered a solarium, the space must also have a glass roof in addition to a wall of windows or glass.

Traditionally, solariums were built as part of hospitals to allow patients to soak up the sun without being exposed to the outdoor elements. Solariums can be attached to the home or stand as a separate structure altogether.

Check out these gorgeous sun rooms and solariums, and get inspired for a sunny space of your own.

Soft, neutral sunlight

This airy sun room lets the light pour in while still maintaining a homey charm. The neutral tones and leafy plants complement the tranquil view outside, making it perfect for afternoon tea or family game night.

Safely sunbathing

This sunny haven in Pensacola is a modern solarium structure that offers privacy between spaces while letting in plenty of light. The iron frame and tinted glass allow the homeowners to enjoy the sun but avoid harmful rays and heat.

Eclectic outdoor living

Clean and welcoming, this Connecticut sun room features French doors and easy patio access. Day or night, hot or cold, this multipurpose room is ideal for a quiet meal at home or an intimate gathering with friends.

Room with a view

Boasting sky-high views and traditional architecture, this solarium in Friday Harbor, WA shows how outside structures can flow seamlessly to the indoor space. With area rugs and overhead lighting, the solarium feels like a light and bright living room.





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TENNIS TIP OF THE MONTH: Basic Poaching Move



It is important to realize that, in the game of doubles, it is the responsibility of the net player to help the server, their partner, to hold serve. Without that help, it becomes two against one where the opposing team can effectively run the server around, often gaining the upper hand. So what does the net player do to help his or her partner? Poach of course. Following are a couple of simple tips on basic poaching that anyone can quickly implement with very little risk.

Tennis Tips:

First, your opponents should see the threat of the poach. This can cause their returns to be a bit more tentative, actually making poaching easier. The net player on each serve, starting from the middle of the serving box, simply steps forward diagonally toward the center of the net, showing movement and intent to poach. This movement and positioning can distract the returner and, at the same time, put the net player in a slightly better position to pick off the return. The down the line space may open up a bit but, if timed correctly (right after the serve bounces,) the risk is not that great. The benefit is that this play shows intent at aggressive play and can change the balance of confidence between the two teams.

Then comes the basic poaching play where the server, in agreement with his net player, serves hard down the middle of the court, attempting to put the serve at the "T." If done effectively, the returner will have to turn and move parallel to the baseline in order to get their racquet on the return. When the net player sees the returner move this way, he or she can simply accelerate their diagonal steps toward the center of the net and pick off the fledgling return. To be precise, this move is made when the net player sees the ball bounce near the center line and the returner turn and begin running parallel to the baseline.

So there you have it: two basic tips that will not only make your team more aggressive and threatening but will help your confidence by putting you in control of the play on the court. You will be quite pleased at how this both boosts your net play and actually helps you win more service games!

If you have a question on these techniques, feel free to call or text me; Walter: 512-497-9971

"If you want to be different to other players, take a different approach. If you want to be like any other player, do what every other player does. The choice is easy." – Craig Townsend-mental trainer

RIVER PLACE (MAYBE NOT SO) CLEVER QUIPS OF THE MONTH

How to make blackened pizza:

- 1) Place pizza in oven
- 2) Check your Facebook

I gotta see the candy first before I get in the van. I'm not stupid.

Can you put vodka in a humidifier? (Asking for a friend.)

My wife says I have only two faults: I don't pay attention and ... something else.

If you don't understand cloning don't worry, that makes two of us.

When people tell me "you're gonna regret that in the morning," I sleep in till noon because I'm a problem solver.

Have you heard of Murphy's Law? No, what is it? "If something can go wrong, it will." Oh, OK, have you heard of Cole's Law? No, what is it? Thinly sliced cabbage.

Employee: Boss, I've got a serious problem. Boss: There are no problems, only opportunities. Employee: Oh, OK. I've got a serious drinking opportunity.

My boss says I intimidate my coworkers. I stared at him until he apologized.

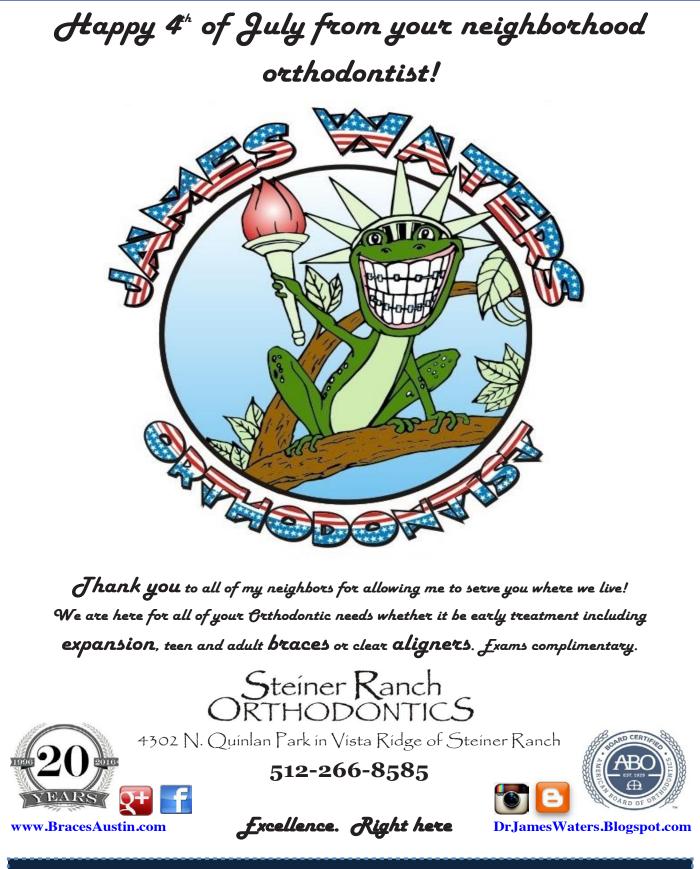
I love it when people tell me they're going to punish me by not talking to me.

An Irish man walks out of a bar....STOP LAUGHING, it could happen.

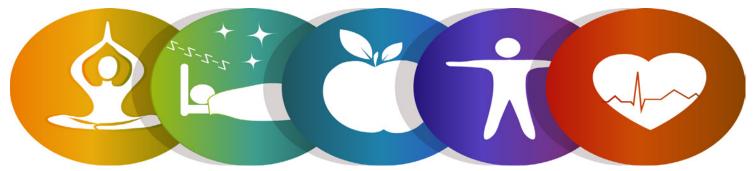
Told my wife I wanted to be cremated. She made me an appointment for Tuesday.

"It is always the simple that produces the marvelous." Amelia Barr





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DIET, HEALTH & WELLNESS Benefits of Adding Lemon to Diet and Drinks

Recent research has pointed out numerous advantages to health when our diets incorporate the regular intake of lemon/lemon juice. Lemonade has long been a popular drink that is easy to make and refreshing to drink. But the benefits come from the regular ingestion of lemon. An easy method to accomplish this is to just add lemon to your water before you drink it. It's called simply 'lemon water,'

Now, we can be purists and say let's squeeze lemons to make the juice we add to our water or we can just opt for the convenience of using a lemon juice product such as ReaLemon that we simply keep in the refrigerator and squeeze some into each glass of water we drink. I prefer the latter-ReaLemon is 100% lemon juice and it's so easy to just add it to a glass of water.

But what are some of these benefits from lemon? Let's take a closer look.

Anticancer properties: This benefit is listed first as I feel it is the most meaningful and important. Studies have supported the anticancer activity of citrus liminoids, compounds that protect your cells from damage that can lead to the formation of cancer cells. And apparently, cancer prefers acidity in the body. Now, most people assume that lemon juice is very acidic. It's actually the exact opposite. Once lemon enters the body it will help put you in a more of an alkaline state, which helps to maintain proper pH balance.

As a side note, the vitamin C found in lemon combats the free radical damage to blood vessels, which is a preventable precursor to the atherosclerosis that tragically often ends in heart disease and stroke.

Unfortunately, vitamin C deficiency is not rare. A test conducted as little as a decade ago at the University of Arizona showed that nearly 30% of participants (who were selected to be a cross representation of the general population) lacked the required level of this essential nutrient.

Prevent kidney stones: While they say that drinking one halfcup of lemon juice every day raises citrate levels in the urine, so does drinking lemon water regularly which is easy and convenient. Studies have shown that this could protect against calcium stones in the kidney. **Detoxify your body:** You'll also receive excellent detoxification benefits by consuming lemon water. The composition of lemon water is remarkably similar to the digestive juices that are found in your stomach so it may help to increase the overall bile production of the liver, helping food move more effectively through the digestive tract. This helps speed up the removal of toxins out of the body, reducing the chances they have negative implications on your health.

Support weight loss: Don't forget that hydration is an accompanying factor to the importance of drinking lemon water. And beyond the old notion that the Master Cleanse was the only way lemons could help you lose weight, new studies have shown numerous ways lemon juice supports your goals. Lemon juice contains pectin, a soluble fiber that has been shown to aid in weight-loss struggles. Appetite control- by drinking multiple glasses of lemon water each day, you'll avoid needless snacking, therefore reducing your total calorie intake and helping to promote faster rates of fat loss.

By keeping yourself well hydrated, you'll also notice you have better energy levels throughout your day. A simple guideline is that you should consume 50% of your body weight in ounces of water each day. So for example if you weigh 160, that would be 80 oz. or 10 glasses of water. This will especially come in handy when performing intense exercise sessions, allowing you to work harder, which will not only burn more calories during the workout session, but also help ensure you are burning as many calories after the workout is over.

As previously mentioned, lemon water will help put your body in more of an alkaline state, which reduces the impact of lactic acid on the muscle cells during exercise. When your body is in a more acidic state, as is often the case with most people eating diets rich in processed meat and low in fruits and vegetables, this can lead to early fatigue while exercising. Staying hydrated by drinking lots of lemon water will help you avoid this condition.

Promotes Healthier Skin: Looking to keep your skin looking young and radiant? Of course you are! Everybody, including me, wants to keep our skin healthy and wrinkle free. Lemon water will definitely help. Dehydration tends to lead to lackluster, dry and dull

(Continued from Page 10)

skin, so adding more water to your day by drinking lemon water will help bring back the moisture to your skin cells, giving you a glowing complexion in the process.

And when it comes to nuisances like poison ivy or insect bites, rubbing lemon juice on the area can soothe the skin, since it has anti-inflammatory and anesthetic effects. Countless studies show that increasing daily intake of the water-soluble form of vitamin C, L-asorbic acid, helps the body produce the collagen so critical in supporting the connective tissue that preserves the youthful appearance of the skin (the lesser known form of the vitamin is the fat-soluble ascorbyl palminate, which is the preferred form when it comes to topical treatments).

Aids in digestion: TV's Dr. Oz is a big believer in the power of lemon juice for weight loss. He suggests drinking a mixture of lemon juice and flaxseeds in order to eliminate waste more quickly from your body. By drinking lemon water first thing in the morning on an empty stomach, lemon's citric acid acts as a tonic for the liver as it stimulates the production of enzymes and increases bile production, both of which ultimately aid digestion.

Some studies show that lemon may relieve constipation and even heartburn, as well as infections and other ailments exacerbated by disease-causing bacteria found in the intestinal tract. The citric acid in lemon has been coveted, too, for its blood-cleansing properties and is even used in some societies as an antiseptic and antidote to poison.

In addition to the many outlined benefits above, lemon is also a good source of potassium, supplementing bananas in this role. Lemon water can bring down a fever and fire up your metabolism if you drink a glassful first thing in the morning.

And of course lemon water is not the only good health solution although it is a fundamental component. Eating healthy foods and exercising regularly are critical elements of any health regimen. And don't feel restricted or limited. Some folks like to let their lemon water sit for a while before drinking it. Some like to add a bit of honey to sweeten the flavor. Regardless, you can quickly learn to improvise and adapt to the convenience of adding lemon to your water. Hopefully the benefits outlined above will motivate you to give it a try.

Lemon itself can be added to many foods. Lemon grated on cereal (my favorite,) on salads, in soups or even on pasta dishes are great ways to reap the benefits of lemon and, at the same time, spark the flavor of your food. Keep a frozen lemon in the refrigerator and a grater handy and you'll be surprised at how often and easy lemon can be added to your diet, keeping you healthier in the process!

Some information provided by Joel Marion, CISSN



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INGREDIENTS

- $1 \frac{1}{2}$ cups flour
- 1/4 tsp baking soda
- ³/₄ cup butter softened
- ³⁄₄ cup sugar
- ¹/₂ cup brown sugar
- 3 tbsp cool strong brewed coffee
- 1 egg
- 1 tsp vanilla
- 2 pkgs (8 ozs.) semi sweet chocolate, chopped
- 1 ¹/₂ cups chopped walnuts

DIRECTIONS

Heat oven to 325 degrees. Combine flour and baking soda. Beat sugars & butter until light & fluffy. Blend in coffee, egg & vanilla. Gladually beat in flour mixture until well blended. Stir in chopped nuts & chocolate. Refrigerate 30 mins. Roll dough into 60 x 1" balls, place on cookie sheet 2" apart. Bake 10-12 mins. Enjoy!

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