THE RIVER REVIEW

August 2018

Volume 12, Issue 8



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Tennis Tip of the Month: Developing A Powerful Forehand

In watching Wimbledon we saw some incredible groundstroke rallies. More often than not, it was the forehand that made the pass or ended up being the winning stroke. Many players, like Rafael Nadal, do everything they possibly can to get in position to hit the forehand. It's the stroke they've worked on and developed in order to have a finishing shot that ends points. Ever wonder what you would need to do to get more power into your forehand shots? Let's review some basics.

Tennis Tip: First and foremost, we must realize that power on groundstrokes comes from rotating the shoulders in a timely manner that allows for a swing of the racquet that connects with the ball in front of the body. Making this happen correctly and consistently is the challenge. So what are the steps?

First, use the off hand (the left if you are a righty) to help take the racquet back as you rotate the shoulders. Then, when the racquet is perpendicular to your body (about half way back,) let go with the off hand but, for balance, keep that arm pointing straight out (perpendicular) as the racquet is taken on back. At this point, your shoulders are rotated and you are looking over your shoulder down court at the oncoming ball.

Next, as the ball approaches you, the off hand is swung outward toward the court and oncoming ball just a bit in order to point toward the ball without yet rotating the shoulders. Simultaneously, your racquet swing has begun. Your timing is such that the racquet head will contact the ball near or just behind the front foot, but certainly in front of your body. Let your swing and follow through rotate your shoulders. This should happen naturally as you hit the ball. This type of swing lets the power from your shoulders unleash and produce maximum power.

Now, we mentioned the feet earlier but we didn't say what to do with them. There are several approaches, depending on your positioning and how much time you have. The crossover step from your outside foot is used when you have plenty of time and can step into the ball for maximum power. Stepping back with the inside foot can be used when the ball is coming faster or deeper. Lastly, the open stance can be employed for those wider shots where you will need to get back to the center of the court for the next ball. Each step has its function.

The concept of the shoulder rotation while leaning into the shot is simple yet, when we must coordinate it with footwork and do it consistently, it can be a bit difficult. It just takes practice. The off hand positioning though is key in keeping those shoulders rotated until it's time to swing. Keep that arm out there pointing at the oncoming ball and see if you don't start to feel the power as your timing improves. I bet you will!

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

Walter: 512-497-9971 "Champions train, losers complain"

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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 *riverreview@peelinc.com*. The deadline is the 15th of the month prior to the issue.

River Place 4th of July Parade & Festivities

We were happy to see that the weather held off for this year's events although it did rain later in the afternoon after most events were completed or winding down. The Sun Tree Park Parade got off to a great start with the Fire Department truck and Police cruiser leading things off. The accompanying photos tell the story although it should be noted there were displays such as the River Place Firewise Committee and a colorfully decorated area for families to take photos.

The Eagle Scouts were marching up front followed by residents dressed in red, white and blue outfits of all kinds. Even our canine friends got in on the fun of dressing up to show their patriotism. Grandfathers and grandbabies made the effort as well. There were many interesting sites to see. Everyone was cheerful and appeared to be having a great time! The parade kicked off shortly after 9:30 and refreshments were served after the parade was over.

A bit later, the River Place Country Club showed their appreciation of the holiday by providing a great barbecue luncheon from 11 am to 2 pm. The food was delicious and the service and accommodations were excellent, typical of the club's normal standards. Outside, the

Slide made available for children of all ages but mostly the younger ones. Needless to say, we think River place residents and guests had no problem finding fun things to do throughout the day on this Independence Day!

swimming pool was a popular location as was the large Slip N'









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Diet, Health & Wellness What is Turmeric and is it Right For You?

Besides being a spice used commonly in Indian food, turmeric is a plant scientifically known as Curcuma longa. It is part of the ginger family. The roots or "rhizomes" of this plant are used in spice powders and herbal tonics. Curcumin is the active ingredient within the plant's roots that has strong antioxidant properties and can be acquired and taken separately from turmeric.

Obviously, curcumin could provide stronger activity but it will be more expensive and some say, not have some of the ancillary ingredients contained in the roots that are considered beneficial.

In a double blind study at UCLA, it was found that curcumin supplements may have positive effects on the mood, memory and attention of middle-aged and older adults. In other research, turmeric products have been found to possibly help with cardiovascular, digestive and liver and joint health. Turmeric contains potassium, magnesium and other vitamins and ingredients that can support internal cleansing and combat digestive issues, even helping fight queasiness.

A caveat in taking turmeric for health purposes though is that it is not readily absorbed into the system. This fact is not widely discussed by curcumin suppliers wanting you to pay the higher prices for this health supplement. So what can we do? There is a solution: black pepper, taken along with the supplement, seems to do the trick. (Some providers, like Swanson, do sell a turmeric/black pepper mix.)

So how do we choose between the singular active ingredient curcumin and the ground roots, turmeric? We recommend turmeric mixed with powdered black pepper in a separate container, like an old pepper bottle. This way, you can easily spoon it out to mix with juice and you can also sprinkle it dry on your food, even pizza, to spice it up.

Curcumin supplements, as mentioned before, can be pricey, costing \$20 to \$40 per bottle. Turmeric, on the other hand, can be acquired for as little as \$2.98 for a huge 12 ounce bottle at Costco. It depends on your budget and preferences for simplicity. Our thinking is, since it should be taken with pepper anyway, why not buy in bulk and mix it yourself?

A spoonful in the morning mixed into juice, such as pomegranate and lemon, can get your day started off right. A more esoteric drink might include turmeric, coconut water, lemon juice, lime juice and honey. Turmeric is a great spice for use on many dishes including lentils, vegetables, meats and rice. Used liberally, we can spice up our food and supplement our diet simultaneously. How you use it is up to you!



Heads Up...From Around the City

COMMUNITY DEVELOPMENT BLOCK GRANT, TRAVIS COUNTY

Travis County is collaborating with other local cities, counties and housing authorities to conduct a study to better understand residents' housing decisions and their experiences living, working or going to school in the region. We want to hear from you: What is your housing story? What challenges do you face in finding the housing you need? Can your family find quality schools and employment? Do you think you have experienced housing discrimination? Help us find solutions to challenges by taking the survey! At the end of the survey you can enter a chance to win a \$100 Visa gift card.

More information about the study can be found at www. centraltexasfairhousing.org Thank you for participating! Please tell your friends, family and coworkers about the survey. This survey is being conducted by BBC Research & Consulting, a community consulting firm in Denver. The survey is completely confidential.

Your responses will be combined with other responses and used for statistical purposes only. It is not associated with a ballot issue or political poll. Taking the survey is optional. If you would like to request assistance with the survey or an alternative format contact Jen Garner at jgarner@bbcresearch.com or 800-748-3222 ext. 236. Thank you for your participation.

SOCIAL MEDIA ADMINISTRATOR, TRAVIS COUNTY TX, TRAVIS COUNTY

Travis County and the Travis County Palm School Advisory Board are seeking public input on the future of Palm School. Whether you attended Palm School, live nearby, work downtown, or care about Austin history and culture, we want to hear from you. Please go to https://www.traviscountytx.gov/palm-scho... to complete the survey.

SOCIAL MEDIA ADMINISTRATOR, TRAVIS COUNTY TX, TRAVIS COUNTY

Travis County Fire Marshal has lifted the burn ban due to the recent rain. Will come back next week to discuss the status. Stay safe Travis County! #TravCo For all info: https://www.traviscountytx.gov/fire-mars...

Note: The County lifts and reinstates the burn ban quite often so check the website when you have a need to know. Stay safe!

COMMUNICATIONS & PUBLIC INFORMATION OFFICE, CITY OF AUSTIN

CityWorks Academy 2018

Hello Community Member, Have you ever wondered how much a fire hose weighs? Or perhaps how many City vehicles operate on alternative fuel or hybrid technology? The Austin CityWorks Academy is an inside look at Austin government — a unique opportunity for Austinites to learn about the City's governmental processes, its procedures, and the people who deliver these services through a series of 14 weekly classes. Classes are 6 to 9 p.m. Tuesdays or Wednesdays beginning Sept. 5, 2018, and last through the fall. The classes are FREE and include a light dinner. Applications currently being accepted through July 31. Apply here: http://www.austintexas.gov/atx-cw-app#overlay-context=atx-cw-app.

New Event: Chinese Mid-Autumn Performance

Details

Sat, Sep 22, 7:00 PM - Sat, Sep 22, 9:00 PM
Brentwood Christian School
11908 N Lamar Blvd, Austin, TX 78753, United States
Posted by Caijiao Zhao from River Place

COMMUNICATIONS UNIT AUSTIN PARKS, CITY OF AUSTIN

The City of Austin Parks and Recreation Department has an online survey for Brush Square, and we would love your input. The Department is looking to engage the public in the development of a vision and conceptual master plan for the historic downtown square. This is a quick and easy survey, and the Parks Department would appreciate your help. https://www.surveymonkey.com/r/brushsqua...

Brush Square Master Plan Survey

Web survey powered by SurveyMonkey.com. Create your own online survey now wit...

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Note of advice: If you have difficulty accessing information about any of the area events, go to the website of the agency and search for the event in question.



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Homeowner's Corner Good Clean Fun: How to Build an Outdoor Shower

Article by Jane Drill from Zillow

Do your deep thinking outside this summer with an outdoor shower — they're easier to set up than you might think.



Outdoor showers may seem like a luxury — something that only those with beach houses would need or be lucky enough to have. But if you have kids and pets that love to play in the yard, or if you're an avid gardener, runner or someone that enjoys the freedom of

bathing in nature, you may consider an outdoor shower for your own home.

Lucky for you, outdoor showers are an accessible feature for just about anyone. It all depends on how simple or complex you want your shower to be. A simple outdoor shower with cold water costs approximately \$1,000 or less. An outdoor shower with an enclosure and hot and cold water will run about \$4,000-\$8,000.

Here are four things to consider before taking the plunge on your own little piece of outdoor bathing heaven.

Location - This is one of the most important considerations. It's best to choose a spot that you use often. In most cases, anywhere near the back entrance to your home is a good choice — maybe adjacent to the back door or on the back deck. If you have a pool, situate the shower nearby for easy rinse-offs before and after swimming.

Another major consideration is plumbing access. Unless you're installing the type of shower that attaches to a garden hose, you'll need to install it close to existing plumbing.

Last but not least, go for a sunny spot. This will help keep mold and mildew at bay and provide natural warmth while you rinse.



Privacy - Privacy is a fairly important consideration, unless you think only swimsuit-clad people will use the outdoor shower. "I encourage people to build with the most modest person in mind," says Ethan Fierro, author of "The Outdoor Shower." The trick is, you want the shower to feel private and far from prying eyes, but you also want to keep the natural feeling.



An easy and adjustable

choice is a freestanding folding screen. These screens work particularly well on decks and patios, where it might be impractical to build any type of wall.

Another option is building corrugated metal wing walls to create a shower "corner" of sorts, where swimmers can rinse off after a dip. You can make this more private by adding a third wall to the design. Of course, there's always the more elaborate option, which would be to surround the shower with wooden walls.



Plumbing - The simplest and most inexpensive plumbing option, and one that many people choose, is a shower connected to a garden hose, which is then hooked up to an outside faucet. This cold-water fixture is perfect for an outdoor shower that's used only in the heat of summer and mostly for cleaning off dirt and sand.

Next up is the hot-and-cold hose option. First, you'll need a plumber to install an outdoor hot-water faucet next to the cold one. From there, it basically works in a similar fashion to the cold-water hose shower.

The most elaborate — and most expensive — is the plumbed-in outdoor shower. This is worth investing in if you anticipate consistent

(Continued on Page 10)

Steiner Ranch Orthodontics

Braces and Aligners by James R. Waters, DDS, MSD, ABO Diplomate of the American Board of Orthodontics



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(Continued from Page 8)

outdoor showers, and not just for cleaning up after a hot day in the sun. The only downside to this option: If you live in an area with freezing winters, you have to make sure you can fully drain and insulate the plumbing so it doesn't burst.

Drainage - The simplest and most common drainage system is letting the used water drain into your yard. If you don't have very porous ground in your yard, or if the outdoor shower is close to your home, consider attaching the plumbing to your home's drainage pipes or installing a French drain (essentially a gravel-lined channel connected to a pipe that directs water to a drainage area).

The easiest thing to do, of course, is to go with the first option and recycle the water into your garden.

Accessories - Incorporate some affordable accessories that greatly increase the fun and pleasure of showering outdoors. A large rainfall showerhead enhances that outdoor feeling, and plants or flowers in the shower area or peeping through the enclosure add a whimsical touch.

Add some soft solar-powered lights for showering at dusk, install hooks for hanging towels and wet bathing suits, and maybe even add a chair to sit in. Most importantly, design your shower to take advantage of nature's views, whether that's the sky overhead or the splendor of vour backvard garden.

With just a little planning and effort, you can install your own outdoor shower and stay cool during the sweltering summer months.

In And Around River Place

New Restaurants Opening in the Area: Rodney Reid, our local snake guru, makes us aware of new places to dine:

Galaxy Cafe and Poppy's Southern Recipes to open SOON!!

We have 2 NEW restaurants opening up in our area!! I just wanted to share the good news. Galaxy Cafe has a sign up in the window at the old Zack's location in Steiner across from Menchies AND Poppy's Southern Recipes will open in August in the old Hecho en Mexico location next to Cho's. I know I'll see you all there, at both locations, from time to time. Enjoy!!

Leslee Bassman of River Place adds a bit of information on Poppys: Laissez les bons temps rouler, y'all! Watch for this Cajun restaurant opening August in Steiner Ranch. http://www. fourpointsnews.com/2018/07/12...

Poppy's Southern Recipes opens mid-August - Four Points News By LESLEE BASSMAN, Four Points News Hudson Bend FOURPOINTSNEWS.COM

Hudson Bend residents Deidra and Mark Harvey are convinced number 13 will be lucky when the couple opens Poppy's Southern Recipes in mid-August.

The restaurant is named after Deidra's father, Don Gonzales, Jr., who is called "Poppy" by his 13 grandchildren. Gonzales and wife,

(Continued on Page 11)





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(Continued from Page 10)

Alice, are also co-owners with the Harveys in the new venture located at 4300 N. Quinlan Park Road, Ste. 100, Austin, formerly Hecho En Mexico.

"We're from Beaumont originally, which is 30 minutes from Louisiana," Deidra said. "There's a lot of influence from Louisiana in Beaumont."

River Place Zip Code 78730 Showing Tremendous Real Estate Strength: Year over year home sales for our zip is up nearly 57% and the average price is up nearly 30%, some of the highest growth figures in the Austin area. Further, experts do not expect that additional traffic expected in the area will influence this trend. That's good news for us!

Leslee Bassman points out in Four Points News that "When we look at CEOs looking to move, traffic is 87th on the list of concerns." And let's not forget that there is some planned relief for traffic in the RM 620/2222 Four Points district. Let's hope that it can be accomplished in conjunction with the area's growth.

Lowering Those New Higher Water Bills: Austin Energy provides a few pointers for offsetting those new (to us at least) water bill charges: Fix leaky faucets and use faucet aerators that reduce flow; turn off water while shaving, brushing your teeth, etc; take shorter showers and use less water for baths; reduce lawn watering times and only water on assigned days; use your dishwasher efficiently, scraping off food first and only running it when full.

If you have an unusually high water bill, take photos of your meter on a regular basis and challenge the expense. Numerous recent situations have resulted in the need for replacing defective meters even though the City may, at first, be resistant to working with you. While we may not fully understand or agree with all those new charges, we can certainly do our best to reduce their impact. Save water and save \$!

Free SAT/ACT Practice \$AT Tests: Krysta Aguilar of River Place again reminds us of free ACT/SAT practice tests: 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: Online: http://goo.gl/forms/3e2cmzOkAF Call: 512-372-8385 Email: austintx@collegetutors.com

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Northwest Little League - Success Breeds Success

Tommy Lasorda once said that there are three types of baseball players: Those who make it happen, those who watch it happen and those who wonder what happens. The Northwest Little League all-star teams are once again making it happen this summer!

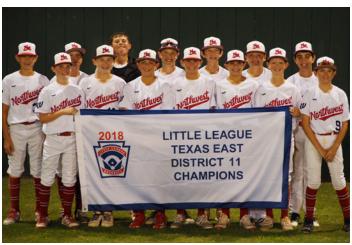
The Northwest 12U All-Stars beat Western Hills to take home the District Championship for the third consecutive year. The team battled hard in the sectional tournament, falling just short in the championship game with a 1-0 loss to Pineywoods Little League, ending their bid for a third straight state tournament run. Or so they thought. Because, a week later, and the night before the state tournament was set to begin, Northwest received a call that the team they lost to in the sectional championship had been disqualified due to a violation of Interna-tional Little League rules. As part of this determination, NW 's 12U team was advanced to the state tournament. It was a crazy turn of events, and ultimately the boys came home from Tyler without a state championship, but with more memories to add to their incredible little league experience.

"This group of young men is one of the best to have ever worn the Northwest uniform," said Coach Shaun Mierl. "They have played 30 games and practiced more than 300 hours over the course of this three year run, winning three District Championships, two Sectional Cham-pionships, and were five outs away from winning the State Championship last season," added Mierl. "I couldn't be more proud or honored to be their coach and know this is not the end, but rather the first part of a very successful journey for all of them."

The Northwest 10U All-Stars also won the District Championship this year with a hard fought win over Western Hills. They cruised through the Sectional tournament, falling just short of a state tournament bid with a loss to Washington County in the Championship game. "We are excited to continue Northwest's successful run, " said Head Coach Royce Rippy. Our boys have seen what our 12U team has done over the past few years and have worked extremely hard to try and achieve this same level of success."

Added Mierl, "while we are disappointed we didn't advance further this year, the success of our 10U team and the tremendous community support is what continues to make Northwest Little League such a special organization. Success breeds success and will inspire more kids in our community to play baseball."

Registration for the fall season of Northwest Little League launches August 1. Learn more at www.nwll-austin.org.









River Place (Maybe Not So) Clever Quips of the Month

How soon after getting up is it OK to take a nap? A friend wants

I hate when people accuse me of lolly gagging when I'm quite clearly dilly dallying.

Saw this guy at Starbucks today. No iPhone, no iPad, no laptop. Just sat there, drinking coffee. Like a psychopath.

Whoever invented marriage was kind of creepy. It's like, "I love you so much I'm going to get the government involved so you can't leave."

Ever realize, when you're having a conversation in your head, that you're making the faces that go along with the conversation?

Wives are funny. Mine will shop or play tennis for hours but when she's home, she will check on me in the bathroom to make sure I'm OK.

Him: Are you sure you can handle another glass of wine? Her: Yeth.

To the lady at Costco with her son on a leash-I'm sorry I asked if he is a rescue.

It's only a murder of crows if there's probable caws.

If you want a successful relationship, find someone who likes the same thermostat setting as you.

Me: But I thought juice cleanses were good for you. Doctor: Drinking nothing but mimosas for three days is not a juice cleanse.

You know you're getting old when you get excited about just going home.

At my age, rolling out of bed is the easy part. Getting off the floor is a whole other story.

I was addicted to the Hokey Pokey but I turned myself around.

The hardest part of parenting is trying not to be fake mad when your kid does something bad but hilarious.





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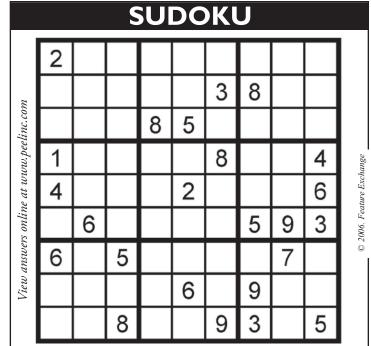
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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.







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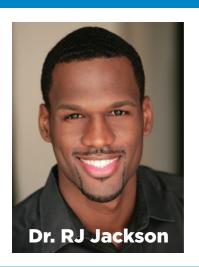


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