

THE RIVER REVIEW

October 2018

Volume 12, Issue 10

Photo by Mia Sanchez



NEWS FOR THE RESIDENTS OF RIVER PLACE

RISEING STARS *Pediatric Dentistry* AT STEINER RANCH

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Rising Stars Joins 4th of July Celebration



The Rising Stars Pediatric Dentistry teams from both the Steiner Ranch and the Lakeline offices celebrated the fourth of July with

the Steiner Ranch community in their annual family-focused event. The event took place in Towne Square Park in Steiner Ranch on July 4th, 2018 from 9 am-noon. This year, team members from Rising Stars Pediatric Dentistry participated in this fun-filled event as one of the official sponsors for the "Steiner Ranch July 4th Celebration."



STEINER RANCH WELCOMES DR. ARWA OWAIS



Having recently joined the team at Rising Stars Pediatric Dentistry, I would like to take this opportunity to introduce myself as the provider for your child's dental care at Rising Stars Pediatric Dentistry of Steiner Ranch. I am so excited to join the Steiner Ranch community and look forward to developing long-lasting relationships with you and your family! As not only a pediatric dentist but also a mother of four, I have learned that every child is unique and deserves a quality of care to match that uniqueness.

I have been practicing pediatric dentistry since 1994 and I have worn many different hats during my dental career. I am dual-trained as a Board-Certified Pediatric Dentist and a Dental Public Health Specialist. I have extensive experience with sedation dentistry and treating patients that are medically compromised or have special health care needs. Additionally, I have served as a faculty member and instructor in teaching programs, both stateside and abroad, and am the American Academy of Pediatric Dentistry's Speaker on Medical Management of Dental Caries and the North American Regional Councilor of the Pediatric Oral Health Research Group.

I welcome communication with families so please feel free to reach out to me via email (arwa.owais@sdpmail.com) or by cell at (319) 400-4554 with any questions you may have. My team and I enjoyed participating the Fourth of July Steiner Ranch Celebration and the Texas Mission of Mercy events and cannot wait to meet even more of our neighbors at future events!

Thank you for accepting me, my family, and our practice into your elite community.

Arwa Owais

4308 N Quinlan Park Rd #201, Austin, TX 78732 | smilelikeastar.com

Homeowner's Corner



Could You Use a Detached Living Space?

Article by Dianne Bennett, RE/MAX Capital City, 512-751-0664

Today's homeowners and homebuyers love detached living spaces. These small stand-alone structures located on the property come with all sorts of benefits -- from added room for storage and recreation to extra income. Not all properties in River Place have the space for such an addition but many do.

They're also easy and affordable to design and install. Starting at around \$9,600, this additional square footage can deliver serious bang for your buck, as detached areas can serve as:

Private Rental Space: You can offer the unit on a vacation rental site or lease it to a full-time tenant to bring in some extra income year-round.

Individual Living Quarters: These separate units are perfect for multigenerational families. They can be used by college kids home for summer or elderly parents who need assistance but want privacy. They're also ideal guest rooms for family and friends coming to visit.

Quiet Home Office: Private, quiet and separated from all the hustle and bustle of the main house, detached units make highly functional home offices for the self-employed entrepreneur or side hustler.

Creative or Leisure Room: Need somewhere to escape and relax? These units are your solution. Personalize them with an art studio, a cozy reading nook, a yoga space or whatever else helps you wind down.

Fun Kids' Playroom: Give the kids a space of their own with a toy-filled playroom in the backyard. They're perfect for late-night slumber parties and playing video games with friends.

If you're interested in building a detached living space on your property, get in touch today for recommendations for local contractors and designers. Remember to also look into any municipal or HOA restrictions (Architectural Compliance Committee approval required,) as you may need permits before starting your build-out.

7 Steps to Winning Over Your Neighborhood

If you want good neighbors, you'll first have to become one yourself. Master these seven techniques, and even you (yes, you!) can win the approval of your entire neighborhood.

1. Good neighbors bring cookies

Whether you're new in town or haven't kept in touch, a delivery of freshly baked goods is a perfect way to break the ice and let neighbors know that you're thinking of them.

If cookies can keep Santa returning year after year with a bag full of loot, then surely they can train your neighbors to do your bidding. Consider the following scenario.

"Honey, somebody's robbing the neighbor's house again."

"Wait, Janet. The ones who brought cookies yesterday?"

"Exactly. This time I'll call the cops."

2. Good neighbors rarely gossip

If your neighbor seems to know the dirt on everyone within a two-block radius, you can count on them to keep tabs on your personal life as well.

The next time Nosy Nellie gleefully describes the contents of the Rickenbacker's trash again, move the conversation along by refocusing the conversation on her. "So, what are you growing in your garden this year?"

You aren't in high school anymore, so preserve relationships with your neighbors and avoid the gratuitous gab fests.

3. Good neighbors share phone numbers

For such a connected age, you should really question why you don't have your neighbors' phone numbers. After all, what if they receive your package by mistake? What if the house floods while you're on vacation? Worse yet, what if you need a babysitter?

If you feel uncomfortable bringing it up, ask during one of your cookie deliveries (you are following rule number one, right?) or right before a trip. Jot down your name, number and email address on a piece of paper and ask if your neighbor is comfortable sharing theirs.

4. Good neighbors help before they're asked

The neighbor who says, "Let me know if you need anything," probably isn't going to help whenever you actually need something. You, on the other hand, are a good neighbor and genuinely want to help out.

To get ahead of the meaningless small talk, anticipate their needs. If they have kids and you're comfortable babysitting, tell them up front. If they're clearly struggling to mow the lawn during a heat wave, ask for the best time to stop by with your lawnmower.

5. Good neighbors are tidy

Even if you lack self-respect, respect the sensitive tastes of others and clean up your act.

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IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire	911
Ambulance	911
Sheriff – Non-Emergency	512-974-0845
Hudson Bend Fire and EMS	
Emergencies	512-266-1775
Information	512-266-2533

SCHOOLS

Leander ISD	512-570-0000
Cedar Park High School	512-570-1200
Vandegrift High School	512-570-2300
Four Points Middle School	512-570-3700
River Place Elementary	512-570-6900

UTILITIES

River Place MUD	512-246-0498
City of Austin Electric	512-494-9400
Texas Gas Service	
Custom Service	1-800-700-2443
Emergencies	512-370-8609
Call Before You Dig	512-472-2822
AT&T	
New Service	1-800-464-7928
Repair	1-800-246-8464
Billing	1-800-858-7928
Time Warner Cable	
Customer Service	512-485-5555
Repairs	512-485-5080
IESI (Trash)	512-282-3508

OTHER NUMBERS

River Place Postal Office	512-345-9739
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Peel, Inc.	512-263-9181
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Advertising	advertising@peelinc.com

Questions about articles?

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

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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.

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Keep the ironic lawn ornaments to a minimum. Keep trash receptacles hidden in the side yard, or better yet, the garage.

Whenever you've finished gardening or landscaping for the day, put away your tools and bags of unused mulch. Rake the leaves and clean up grass clippings and all the other stuff your dad used to bug you about.

And if it's not too much trouble, pressure wash and paint your house periodically.

6. Good neighbors mow the lawn

An unkempt and weedy lawn is embarrassing for your neighbors, so it should be embarrassing for you as well. Keeping it mowed every week or two is a good start, but it will take more than that to win the approval of the locals.

Trim the edge of your lawn regularly, fertilize on schedule and keep weeds to a minimum. Keep your foundation plantings simple, neatly trimmed and topped off with mulch.

If your neighborhood allows it, go the no-lawn method by planting swaths of low-maintenance, drought-tolerant ground covers. Crucially, don't overdo it on the sprinklers — especially when it's raining.

7. Good neighbors communicate

That old "good fences make good neighbors" quote had to come up at some point, right? A good neighbor must respect boundaries. That said, they should also be crossed when the fences themselves start losing pickets and falling over in a storm.

Even if it's technically their fence, you might not be happy with the shoddy workmanship and resentment that you'll have to live with when they get around to fixing it themselves.

Address shared interests like fences, drainage ditches and troublesome trees ahead of time so that you can work out a plan that both parties can agree to.

Oh, and don't forget to bring cookies.

In And Around River Place

Fundraiser for Dell Children's Medical Center: Scheduled for October 14th from 10 am to 3 pm at the John Simpson Park in Steiner Ranch, the 9th Annual Pumpkin Patch will offer pumpkins and other items for purchase as well as accept monetary donations. The proceeds will all go to the medical center's Texas Child Study Center which concentrates on inpatient and outpatient mental health.

Recent years' contribution amounts have ranged between 6K and 10K but this year, they would like to have enough sponsors and participants to set a new record. Just email Brandy Finnessey at brandy.finnessey@sothbysrealty.com or call her at 512-698-3366 to find out about sponsoring or participating.

Music, petting zoos, balloon twisters, face painters and a variety of games will be available for folks of all ages to enjoy. Of course there will be concessions and treats as well so come on out and enjoy the day. This promises to be a great way to help children in need and have some fun at the same time!

Know Anyone With Special Needs?: Elizabeth Carrero of Steiner Ranch is offering special assistance to our community on Nextdoor: 'Hi Neighbors-I'm on the board of Hill Country Special Needs Alliance. Do you know of a family that could use a helping hand?

HCSNA provides financial support to families with special needs children in the Four Points area. To date, we have helped offset costs for: therapy, respite care, sensory tools, and summer camps. Help us spread the word!" Thanks Elizabeth!

Four Points is Growing-More Building Planned: The several major projects under way along RM 620 for the area between CVS Pharmacy and Home Depot include a 95 room Hyatt Place, a retail/office complex and a residential/commercial undertaking by Ash Creek Homes. On up 620 near Buckner Road, a Volvo dealership is in the works.

While most of the projects are still in review stage, the Hyatt Place completion date may be as soon as September, 2019. It appears that every tract of land that can be built on is being built on. Four Points is fast becoming a bustling area and the City's planned traffic solutions in the works for the 620/2222 roadways can be implemented none too soon. We hope the planned improvements are in time to avoid significant increases in accidents and congestion.

Shopping "Extravaganza" Planned for River Place Country Club: Scheduled For Friday, November 30th from 11 am to 8 am, this shopping event offers "Yuletide Treasures." Here is the info as advertised on Nextdoor:

(Continued on Page 4)

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RIVER REVIEW

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‘Open to the public! Enjoy fabulous shopping with over 40 unique Austin vendors! Live music, raffle prizes, and great food and drink specials! Purchase \$2 raffle tickets for chances to win great vendor door prizes! 100% of the raffle ticket sales will benefit the Austin Children's Shelter! Interested in being a vendor? We would love to have you! Our vendor application can be found at www.riverplaceclub.com. For questions and more info, please contact Leah at lbottoms@dggclubs.com.‘

Ladies! New Hair Salon in River Place: Becky Reese of River Place has only good things to say on Nextdoor about Bonjour Belle:

“I visited the new salon Bonjour Belle that just opened in River Place by Black Walnut and Zoe's kitchen! Went in and received a wonderful blowout! The salon is immaculate and the staff is wonderful! I will be sending all my girlfriends in to get their hair cut! I hope y'all take advantage of this awesome new addition to our neighborhood! I highly recommend Samantha Denoyer as your Stylist.”

River Place Author Announces Children's Soccer Book: Dan Naden of River Place has completed a soccer book and has this to say:

“If you've played soccer, watched soccer, coached soccer or cheered on your children from the sidelines, you know how exciting it is to be a part of the game day experience. I've been blessed to play and coach soccer for a number of decades. Being a writer and creator, I felt compelled to capture my love of the game and coaching Four Points youth soccer in a book. I present to you, the Bad News Kickers. (available in Paperback and Kindle versions) <https://www.amazon.com/Bad-News-Kickers-Soccer-beautiful/dp/1718683863> The Bad News Kickers is the crazy, humorous, memorable tale of a group of young soccer players who learn what it's like to play together on a soccer team for the first time.” Grab your copy now!

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

Next session: Saturday, October 6, 9 am.

Address: 3908a Far West Blvd. Austin, TX

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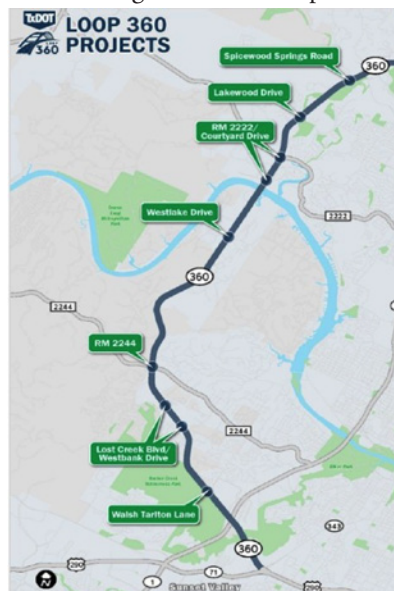
Heads Up...From Around the City

Communications Unit, Austin Parks, City of Austin Agency Austin Parks & Recreation Dept. Launches Our Parks, Our Future 2018-2028

What will Austin parks and cultural centers look like in 10 years? The Parks and Recreation Department (PARC) is asking this question as it embarks upon a long-range planning effort to guide the development and growth of Austin's park system. PARC's Long Range Plan for Land, Facilities and Programs (LRP) is developed every 10 years and provides a blueprint to guide the process of identifying new parks, improving existing ones, and creating new family programs and recreational amenities.

The theme of this Long Range Plan is "Our Parks, Our Future 2018-2028." The Austin Parks and Recreation Department turns 100 in 2028 and will focus efforts on the vision for Austin's Park System on its centennial. Our Parks, Our Future 2018-2028 is funded in part through contributions from the Austin Parks Foundation. PARC is committed to the City of Austin Public Participation Principles.

To that end, PARC will begin community engagement this fall. You can get more information and sign up to receive information about the planning process and upcoming events by visiting <http://austintexas.gov/austinfutureparks>.



TxDOT ADVANCES PROGRAM TO NEXT STAGE

TxDOT is moving forward with the next phase of the Loop 360 program and beginning the first of the environmental studies needed to upgrade nine intersections along the corridor. These intersections include Westlake Drive, Spicewood Springs Road, Lakewood Drive, RM 2222, Courtyard Drive, Walsh Tarlton Lane, Lost Creek Boulevard, Westbank Drive and RM 2244.

Improvements are being

completed as separate projects that collectively provide substantial benefits for congestion relief.

Program map

Those of you who use Loop 360, especially during peak hours, know that the corridor has severe and increasing traffic congestion, causing both mobility and safety concerns. Congestion will only continue to worsen as our population grows. More than two million people live in the Austin area today, and that number is expected to double by 2040.

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**Communications &
Public Information
Office, City of Austin
AGENCY**

**City of Austin Art in
Public Places Program
invites you to explore
TEMPO 2018!**

invites you to explore TEMPO 2018! This year, the annual temporary public art program has expanded and will feature 23 artworks sited across Austin.

Don't miss thought-provoking sculptures, murals and even a "refresh" of artist Carl Tominiski's "Moments"--commonly referred to as the blue signs along the Lamar Bridge Underpass. Visit www.austincreates.com for artwork descriptions and locations.

Diet, Health & Wellness

Part I: Developing Your Calmness for a Healthier Disposition

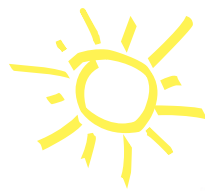
Whether on the job at work or just trying to manage the kids or duties around the house, tension and stress can get the better of you if you're not prepared to handle it. And unfortunately, the brain and body can work together in such a way that bad responses become learned and even somewhat habitual. Serious health problems such as high blood pressure or chronic indigestion can then set in, trying to get the best of you. So what can we do to remain or, more challenging, become calm in the face of stressful circumstances?

An internet search on remaining calm will net you a myriad of techniques, solutions and suggestions. Everyone wants to know how to be calm. Why not? You can give up caffeine and salt, tell jokes, go for a walk, think positive, exercise, get your mind off the subject and so on.

Here, we won't go into these many techniques-you can read up on them on the internet and learn to employ them strategically as the occasions arise. They are all appropriate and who doesn't need more exercise? But rather than ask you to give up something you love, like your Starbucks, let's look at a few tried and true practices

(Continued on Page 8)

The
Children's
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Of Austin



**The Children's Center of Austin
is hosting their Fall Festival**

October 12th from 6:30 - 8:30 PM

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that might help make you a calmer, healthier person with reduced susceptibility to stress and pressure. Is that possible? We think it is.



Deep Breathing (Pranayama): There are up to 15 different types of deep breathing that perhaps make it sound complicated. We won't go into alternating nostril methods or exactly how to sit here as this is simply to introduce you

to the practice so you can see if perhaps it works for you. Deep breathing can be practiced in the morning, at bedtime or anytime your schedule allows. It is an ancient Indian Yogic art that has perhaps more relevance and benefits today than it did thousands of years ago.

To try it out, simply sit still in a comfortable position, hands at your side or in your lap, preferably in a quiet area with no distractions. Certain Pranayamas require a supine or other position although some teachers are more relaxed about it, suggesting you might even do it while walking.

To begin, using a four count, breathe in through your nose smoothly and deeply, allowing the diaphragm to open the lungs, pulling in air. Hold the air in for a couple of seconds and then, using a four or five count, exhale completely, smoothly and slowly, pulling in the diaphragm, pushing all air out. Relax three seconds and then repeat. Start by doing it only two minutes and see how you feel. Add time as you feel comfortable doing so and, as always, if you feel any discomfort, stop and seek assistance.

It is believed that daily Pranayama positively affects the nervous system, benefitting the heart, respiration, blood pressure, etc. It's possible to actually relax so much you fall asleep; especially once you work up to doing it for longer periods of time, perhaps 8 to 10 minutes. Like always, for any of our recommendations, we strongly suggest seeking the assistance of a professional before moving on to advanced methods.



Meditation: Practiced twice daily, morning and evening, for about 15 minutes each time, meditation can relieve stress and calm the nervous system. And like deep breathing, there are many different types to choose from, some with music, some with mantras and some with specific concentration techniques. Again, as with Pranayama, you can

research the various types on the internet, in books and even hire a teacher which can get a bit costly.

Because of its specific purpose and reputation for relieving stress, this introduction will focus on meditation of the transcendental type, casually called TM by practitioners. Yes, it is the classic

Transcendental Meditation as re-introduced by Maharishi Mahesh Yogi first in India in the fifties and then in the United States during the Beatles era. I recommend you read his book, *Science of Being and Art of Living, Transcendental Meditation*. Formal instruction can be expensive, even \$1200 to \$1500.

However, there is a nearly exact replication of the technique called Natural Stress Relief or NSR. NSR is a self-taught method (TM instructors will say this is not possible) closely resembling TM with its own supporting website to assist you; see www.nsr.usa.org. A basic instruction manual and CD are provided for a small, non-profit fee and then, with the support of the website, you can learn all you need to know about NSR. It is a mantra style meditation and your own mantra is provided for you on the CD you receive. The mantra is repeated slowly throughout the meditation although there may be periods where you hardly say it or you stop saying it altogether. You then return to it when you are aware that you have stopped repeating it. Eventually, you may not say it out loud at all but it is there in your mind, being repeated. The mantra is said to allow or help the mind to relax and go deep within itself, thus allowing stress to be released.

The NSR manual states "The regular practice of this technique will improve all activities in your life. Typical benefits include more satisfaction, more creativity, more intelligence, easy and natural avoidance of harmful habits and behaviors, and living in greater harmony with others."

We strongly recommend you study meditation, join a program or get involved with the NSR self learning system. But here is a basic approach that should give you an idea of the process: Sit in a comfortable position, upper body upright with hands at your side or in your lap. The legs may be crossed in the classic yoga position or not; be comfortable. The beauty of NSR or transcendental meditation is that you want to try to do absolutely nothing. Other meditations ask you to concentrate-NSR asks you to let your mind go free. Just repeat the mantra ("om" for this example) and let your mind do what it will.

I like to refer to the feeling as one of "letting go." Make no effort. Your mind may think of grocery shopping, a to-do list or what you did last night. Let it. Don't control it. By letting your mind do its thing, it eventually relaxes, allowing stress to be released. Just repeat the mantra when you remember to. During the process, if you itch, scratch. Don't think you have to stay in one position or do anything special. Not concentrating on anything is the key. Don't expect it to be the same experience every time. Allow each session to be what it is, different from the others. Have no expectations.

When you think the 15 minutes are up, peek at your watch or phone to see where you are. When you're done, just stop the mantra and sit quietly for a couple of minutes. Think some positive thoughts if you'd like. Then get up and do whatever is on your schedule. You're done! It's that easy.

There you have it. In the next issue we will visit a couple of other methods designed to help you become calmer and more relaxed. In the meantime, perhaps you can research and try the above techniques to see what you might come up with to assist you. These methods have certainly worked for others. Perhaps they will work for you!

Tennis Tip of the Month: The Forehand Slice

This tennis tip addresses a strange but true phenomenon: The forehand slice is rarely used even though it is an effective stroke. In my nearly 35 years as tennis pro and subsequent coach teaching juniors and country club players, I saw the forehand slice used only occasionally. On the pro tour the forehand slice is used mainly as a desperate squash shot to save losing a point. But here, let's take a look at why it can be very useful in various circumstances. Next month then, we will look at exactly how best to execute the stroke in these situations.

Tennis Tip: It can be a very effective approach shot. Whether in singles or doubles, players approaching the net can hit a deep, safe shot that gives them time to make it to the net yet the backspin bounce can cause the opponent trouble in doing much with it. The squash slice, usually hit while running to retrieve a well hit ball, is primarily a desperation shot from back deep in the court to give a player time to recover.

The slice is also excellent when hitting drop shots, usually crosscourt, especially when you're positioned forward in the court and your opponent is on or behind the baseline. The backspin put on the ball, when hit well, causes a backwards or sideways bounce, giving the opponent great difficulty in handling the shot. Lastly, the forehand slice drive from the baseline can add variety to a groundstroke exchange that can disrupt the rhythm of the exchange, causing your opponent to totally change how he has been hitting your shots. This can possibly throw him or her off, causing a weak shot that you can then take advantage of.

So there you have it, four uses for the forehand slice that certainly will make it worthwhile to learn how best to hit the shot in these different situations. But since each application takes a slightly different stance and execution, we will make that our assignment for Part 2 next month. Meanwhile, consider the above and try to visualize yourself using each of the four slices. Within a month or so you'll have more variety in your game than you ever imagined!

If you have a question on these techniques, feel free to contact me:
Walter: 512-497-9971

*"Champions keep playing until they
get it right"* –Billie Jean King



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

I haven't tried yoga but I have bent over to pick up my keys; so I'm pretty sure I'd hate yoga.

It's 2018. Cereal boxes should have ziplock closures by now.

Sorry I didn't answer your call. I don't use my phone for that.

Sometimes I wonder what happened to the people who asked me for directions.

Arguing with an engineer is like wrestling in the mud with a pig. After a couple of hours you begin to realize the pig is enjoying it.

There are people out there training for marathons.....And here I am, on the couch, trying to lasso the remote with my phone charger.

I thought growing old would take longer.

I wonder what people who write "u" instead of "you" do with their spare time?

Got tasered at the airport today. Apparently security gets upset when you yell "Hi Jack!"

Son: I learned today that in other countries you don't find out who your wife is till you're married. Dad: It's like that everywhere, son.

Is it really necessary that the first square of toilet paper be glued down?

Do you exercise? I run my mouth a lot, does that count?

When I watch someone fill a wine glass only half full, I think OK, one of us is doing this wrong and I think it's you.

What do you call a bear with no teeth? A gummy bear.

Sometimes, even after all these years, I wake up in the morning, look over at my wife and think: Man, is she lucky!

"Teachers don't teach for the income; they teach for the outcome."
—anonymous

"Every accomplishment starts with the decision to try." —anonymous



RIVER REVIEW

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Sunday, October 21st, St. Luke's Day Celebration

Back To The Sixties

10 AM Service

11:15 AM Lunch On The Lawn

Free lunch and activities

Sixties Music, Trivia, BINGO & Dance Contest

Twister, Hula Hoops, Bounce House

St. Luke's On The Lake Episcopal Church

5600 RR 620 North, Austin, TX 78732

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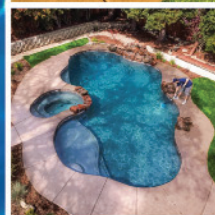
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