

THE RIVER REVIEW

April 2019

Volume 13, Issue 4

Photo by Mia Sanchez



NEWS FOR THE RESIDENTS OF RIVER PLACE

RISING STARS *Pediatric Dentistry*

BECAUSE YOUR CHILD
DESERVES THE BEST.



Dr. Zehra Zaid



DR. ZEHRA ZAID WAS BORN IN MANCHESTER, ENGLAND, BUT CONSIDERS HERSELF A PROUD TEXAN AS SHE GREW UP IN SUGAR LAND, TEXAS. SHE STARTED HER COLLEGE CAREER AT 16 WHERE SHE ATTENDED THE TEXAS ACADEMY OF MATH AND SCIENCE AT THE UNIVERSITY OF NORTH TEXAS IN DENTON, TEXAS. SHE THEN WENT ON TO THE UNIVERSITY OF TEXAS AT AUSTIN, GRADUATING SUMMA CUM LAUDE IN 2011 WHILE MAJORING IN SOCIOLOGY AND MINORING IN BIOLOGY. DR. ZAID SPENT 2012 AS A MATH AND SCIENCE TEACHER AT SUGAR LAND PREPARATORY ACADEMY. WHEN CONSIDERING DENTAL SCHOOLS, DR. ZAID WANTED TO DEVOTE HER TIME TO HELPING UNDER SERVED POPULATIONS AND ACCEPTED ADMISSION INTO THE UNIVERSITY OF DETROIT MERCY SCHOOL OF DENTISTRY WHERE SHE RECEIVED HER DOCTOR OF DENTAL SURGERY DEGREE IN 2016.

DURING HER TIME IN DENTAL SCHOOL, DR. ZAID HELD NUMEROUS LEADERSHIP ROLES, PARTICIPATED IN MANY OUTREACH PROJECTS INCLUDING EXTENSIVE INVOLVEMENT WITH SPECIAL NEEDS PATIENTS, AND WAS A BIOMEDICAL SCIENCES TUTOR TO DENTAL STUDENTS. SHE WAS THE 2014 RECIPIENT OF THE

DEMLER H. EICHLER SCHOLARSHIP, 2015 FELLOW FOR THE ACADEMIC DENTAL CAREERS FELLOWSHIP PROGRAM, AND THE 2016 RECIPIENT OF THE CLINICAL PEDIATRIC DENTISTRY AWARD; ALL WHILE SPENDING 4 YEARS ON THE DEAN'S LIST. SOME OF DR. ZAID'S MOST MEMORABLE ACCOMPLISHMENTS INCLUDE FOUNDING THE ANNUAL MISSION TRIP FOR THE AMERICAN STUDENTS DENTAL ASSOCIATION TO CHICHICASTENANGO, GUATEMALA AND GROWING THE PEDIATRIC DENTISTRY CLUB FROM JUST A FEW MEMBERS TO A GROUP OF OVER 40 ACTIVE MEMBERS TODAY. DR. ZAID EVEN PUBLISHED AN ARTICLE IN "PEDIATRIC DENTISTRY TODAY" HIGHLIGHTING THE CLUB'S ACCOMPLISHMENTS DURING HER TERM AS PRESIDENT. WITH HER PASSION AND PATIENCE FOR WORKING WITH CHILDREN, DR. ZAID WENT ON TO COMPLETE A MASTER OF SCIENCE IN PEDIATRIC DENTISTRY AT THE UNIVERSITY OF MICHIGAN IN 2018 (CURRENTLY RANKED AS THE #1 DENTAL SCHOOL IN THE COUNTRY, AND #3 IN THE WORLD). DR. ZAID'S MASTER'S THESIS EXPLORED SILVER DIAMINE FLUORIDE AND IT'S USE AS A CARIES ARRESTING MATERIAL IN BABY TEETH.

AFTER SEVEN MEMORABLE YEARS IN MICHIGAN, DR. ZAID RETURNED TO HER HOME STATE TO BE CLOSER TO HER FRIENDS AND FAMILY. DR. ZAID BELIEVES THAT EVERY CHILD DESERVES THE OPPORTUNITY TO HAVE A SMILE ON THE SURFACE THAT MATCHES THE BEAUTY OF A SMILE WITHIN. SHE HAS A STRONG PASSION TO EDUCATE, RELIEVE DISCOMFORT, AND GAIN TRUST IN EVERY PATIENT.

WHEN DR. ZAID IS NOT WORKING, YOU CAN FIND HER LAUGHING AND SPENDING TIME WITH HER FRIENDS AND FAMILY. DR. ZAID IS AN ASPIRING YOGI AND HAS COMPLETED TWO HALF-MARATHONS. SHE LOVES TRAVELING, EXPLORING THE OUTDOORS, SHOPPING, AND IS A HUGE FOODIE. DR. ZAID IS EXCITED TO BE BACK IN HER UNDERGRADUATE (HOOK EM' HORNS) CITY AND IS UNIQUELY EQUIPPED TO EMBARK ON THIS JOURNEY AS PART OF THE RISING STARS COMMUNITY KEEPING THOSE SMILES FOR CHILDREN OF ALL AGES BEAUTIFUL, BRIGHT AND HEALTHY! SHE LOOKS FORWARD TO MEETING YOU AND YOUR YOUNG ONES SOON!



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Homeowners Corner

Five Ways to Use Your Tax Refund



Who doesn't love getting a tax refund?

It's exciting to know that your bank balance will get a boost. But remember, a refund isn't a bonus -- it's your hard-earned money, which is why you should make the most of it.

If you're thinking of buying a new home this year -- whether it's your first home or the one you plan to retire in -- financial planning is critical.

Expecting a refund? Make a bigger impact on your home purchase with these tips:

1. Lower Your Mortgage Rate: Did you know you can pay "points" up front to lower the interest rate of your mortgage? If you plan to stay in your home for a long time, this could result in significant savings over the life of your loan.

2. Pay Closing Costs: Closing costs average about 2 to 5

percent of the purchase price. Many buyers roll it into their mortgage and pay it off over the life of the loan. But you could use your refund to pay it up front and avoid paying interest.

3. Save for a Down Payment: In some cases, your refund could cover your entire down payment. Some loans only require 3 percent down, so this is more realistic than you might think.

4. Boost Your Credit Score: Paying down your debts can have a significant impact on your credit score and the mortgage rate you'll qualify for.

5. Renovate or Update Appliances: Many buyers are tempted to open a line of credit to pay for these purchases, but that could negatively impact your mortgage loan. Using your refund is the smarter move.

Remember, a tax refund is only one factor to consider in your home buying budget. Get in touch today for a referral to a financial planner or mortgage lender if you need help preparing your budget. **Work with them to plan your path to homeownership!** *(The Diane Bennett Team, RE/MAX Capital City)*



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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

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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
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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

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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.

In and Around River Place

Reminder Summary on TxDot's traffic at 360/2222 and 360/Courtyard Improvement Plan: These were some of the ideas before the community meeting that was held on March 7:

Some plans in the works: 1) No continuously moving right turn from 2222 to 360 southbound. There will be a light. 2) No right turn from West Courtyard to 360 southbound. There will be a bridge heading northbound and then a long "giant U-turn" with two synchronized stop lights to get you headed southbound. 3) A DDI (diverging diamond intersection) at 360 & 2222 (just like the one near the IKEA store in Round Rock) 4) NO traffic lights on 360 from Spicewood Springs Road to Bee Cave Road after the entire 360 program is complete.

The community input workshop was held on Thursday, March 7, 2019 at Riverbend Church. The workshop was open house format. Linda Bailey President Lake Austin Collective, Inc. 2019 Lake Austin Collective Directors: Linda Bailey, Marisa Barreda Lipscher, Patrick Scott, Susan Kimbrough, and Bill Moore. PS more info is available at the TxDot Project website; www.loop360project.com. Feedback however, was closed March 22.

Further updates/ additional information to the above plans include: Overall project cost is expected to be 250 million; just the intersection of 2222 and 360 will cost 37 million, resulting in a diverging diamond.

A new underpass will replace the lights at Courtyard Drive and 360 near the Pennybacker Bridge. Construction is expected to begin mid 2023 and take 2-3 years for the 2222/Courtyard project. 9 Intersections will be upgraded in the 360 project along the 14 mile stretch.

Because "diverging diamonds" allow traffic to flow quickly and easily through an intersection and because of its relatively low cost, TxDOT plans to build several of them in Austin.

Humane Sheltering Bill Appeal: Natalie Lynch of Jester Estates put forth this appeal on Nextdoor: I am reaching out today in hopes you will help reduce animal suffering in an extremely meaningful way in Texas. Dogs in Texas are often subject to extreme weather exposure, whether its heat, hail, or extreme wind. Texas law requires adequate shelter for outdoor, domesticated animals but does not define it, which has created a number of problems for our animal friends.

This legislative session, the Texas Humane Legislation Network is working to pass legislation requiring owners to provide adequate shelter and prohibiting them from restraining dogs on extremely short harnesses and/or chains, which are never designed for this purpose and pose several health risks to dogs.

Please consider taking action in making the humane treatment of animals the law, by sending a short pre-written letter to your

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lawmaker in support of these commonsense, basic protections (it's so easy!): <https://www.thln.org/contact-legislator>

Status of Charging for Parking and Trails Access: While the target date of March 2 was selected, as of the March 9th weekend, we were not set up to charge the \$10 per person/dog fee. Perhaps there was still no contract in place or the people were not yet trained, or both.

However, there were only a fraction of the cars present the morning of March 9 compared to normal. It appears that just getting the word out has greatly decreased the number of weekend visitors to the trails. We also saw that there was a Constable cruiser patrolling the area. Please realize the fees are applicable only to non-limited district residents. While some may consider the fee as rather stiff, please consider that parking is free, for now at least.

Limited district residents planning to visit the trails should obtain a membership card by visiting www.riverplacelimiteddistrict.org. The prospect of charging for our trails use however, will certainly be helpful when it comes to cleaning and maintaining our parks and trails.

Update-Oz. Tap House in River Place is Now Open: During our recent visits to the strip mall at the front of River Place we have noticed that the Tap House has been very busy-customers everywhere, including the outside area. Quite a few pets (dogs) were seen and it seemed like everyone was having a great time.

There has been much positive customer feedback regarding the food and drinks at the beer garden. Their beef is certified Angus beef containing no hormones and no antibiotics. The restaurant features football, shuffleboard, a ring game, board games and a playscape. Customers appreciate being able to pour their own drinks from a selection of over 40 beer and wine draughts. How unique!

They are located next to the bakery and Postnet businesses in the old Salsas' Restaurant space at the front of River Place. The address is 10601 RR 2222, Suite H.

Heads Up...From Around the City

Communications & Public Information Office, City of Austin AGENCY

Curious About Your Home's Risk for Wildfires?

The recent wildfires in California have many thinking about local wildfire potential. Here in Austin, we don't have a standard fire season. Instead, we need to be aware of fire conditions year-round. Even though this winter has been mild and rainy, we know that conditions can rapidly change. The goal is not to eliminate fire, but instead protect what matters: our families, our homes, and our natural resources.

Scroll through the story map(<https://bit.ly/2V1ifpV>) to learn more about wildfire potential in Austin and what you can do to lower your risk. Curious about your home's risk for wildfires? Call 3-1-1 to schedule your FREE Home Wildfire Risk Evaluation, and learn more about how your neighborhood can become a firewise community.

Communications & Public Information Office, City of Austin AGENCY

Be a Site Leader for Keep Austin Beautiful Day

Know of a green space in Austin that could use a little TLC? Join the City of Austin and Keep Austin Beautiful on April 13 and lead your fellow Austinites in beautifying our neighborhoods by removing litter, planting trees, and more!

Site leaders must have registered by March 15. Sign up at <https://keepaustinbeautiful.org/programs/kabday/>. All participants are invited to attend a volunteer appreciation party at Givens District Park immediately following!

Communications & Public Information Office, City of Austin AGENCY

Bring Your Valued Voice to the Table!

Join the discussion at a community forum hosted by City Commissions. Your feedback is valuable to each commission as they form recommendations on City services and goals you value most for review by City leadership and the City Council.

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(Continued from Page 5)

Light refreshments and supervised children's activities (ages 5+) will be provided at the event. RSVP: <https://www.facebook.com/austintexasgov/events/> Learn more and tell us your priorities online at [AustinTexas.Gov/Budget](https://www.austintexas.gov/Budget) or using #ATXBudget. Choose the meeting(s) you would like to attend.

Request a language interpreter by calling 3-1-1 at least five business days prior to the meeting you wish to attend. TTY: 512-972-9848. ADA Assistance: 512-978-2690.

Communications & Public Information Office, City of Austin AGENCY

Park ATX Mobile App to Pay for Parking in Austin

The City of Austin's Transportation Department has launched Park ATX, an upgraded mobile app that allows people to pay for parking at more than 10,000 parking spots throughout the city. With the new Park ATX app, users can manage their parking remotely and pay for only the time they use.

The app is available for Apple and Android devices. With the launch, the city has expanded to more than 500 parking zones. People who park on the street should pay attention to the new zone numbers, which are on new Park ATX signage throughout the city.

Users of the previous ParkX app will experience no interruption in service and rates will stay the same, but there will be an upgraded user experience. Learn more at ParkATXapp.com. To learn more about Austin's management of street parking, visit AustinTexas.gov/StreetParking.

Balcones Canyonlands Preserve, Travis County AGENCY Spring Events on the Balcones Canyonlands Preserve

Check out upcoming guided hikes, volunteer opportunities, and educational events on the Balcones Canyonlands Preserve (BCP): <https://calendar.google.com/calendar/embed?src=hikeandlecture%40gmail.com&ctz=America%2FChicago> While the majority of the BCP is not regularly open to the public, many of the groups that manage the BCP (Travis County, City of Austin, Westcave Preserve, Travis Audubon, Wild Basin) offer ways to get involved throughout the year.

The Google calendar above is continually updated, so don't forget to check back in the future as more events get added. For more information on areas of the preserve that are regularly open to the public, check out <https://www.traviscountytexas.gov/tnr/bccp/hikes-vol> And don't forget County parks! <https://parks.traviscountytexas.gov/> Thanks to BCP volunteer Heather Valey for the beautiful wildflower photo!



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Happy Easter!

Some Simple Facts Regarding This Religious "Holiday"



Is Easter Sunday a Public Holiday?

Easter Sunday is not a public holiday. It falls on Sunday, April 21, 2019 and most businesses follow regular Sunday opening hours in the United States.

Easter Sunday celebrates the Christian belief of Jesus Christ's resurrection from the dead.

What Do People Do?

Many churches hold special services on Easter Sunday, which celebrate the Jesus Christ's resurrection after his crucifixion. Many people also decorate eggs. These can be hard boiled eggs that can be eaten later, but may also be model eggs made of plastic, chocolate, candy or other materials. It is also common to organize Easter egg hunts. Eggs of some form are hidden, supposedly by a rabbit or hare. People, especially children, then search for them. In some areas, Easter egg hunts are a popular way for local businesses to promote themselves or may even be organized by churches.

Public Life

Easter Sunday is not a federal holiday but a number of stores are closed in many parts of the US and if they are open, they may have limited trading hours. In some cities, public transit systems usually run their regular Sunday schedule, but it is best to check with the local transport authorities if any changes will be implemented during Easter Sunday.

Background

In Pagan times, many groups of people organized spring festivals. Many of these celebrated the re-birth of nature, the return the land to fertility and the birth of many young animals. These are the origins of the Easter eggs that we still hunt for and eat.

In Christian times, the spring began to be associated with Jesus Christ's crucifixion and resurrection. The crucifixion is remembered on Good Friday and the resurrection is remembered on Easter Sunday. The idea of the resurrection joined with the ideas of re-birth in Pagan beliefs.

Symbols

For people with strong Christian beliefs, the cross that Jesus was crucified on and his resurrection are important symbols of the period around Easter. Other symbols of Easter include real eggs or eggs manufactured from a range of materials, nests, lambs and rabbits or hares. Sometimes these symbols are combined, for example, in candy models of rabbits with nests full of eggs. Eggs, rabbits, hares and young animals are thought to represent the re-birth and return to fertility of nature in the spring. Happy Easter!



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RIVER REVIEW

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

Seen on restaurant marquee: My favorite essential oil is bacon grease.

In the event of a tornado or hurricane, put some wieners in your pockets. That way the search dogs will find you first.

Whoever has my voodoo doll, please take some stuffing out of the stomach area.

If a woman starts a sentence with, "I find it funny how," you can bet your life she doesn't find it funny.

How come know-it-alls don't know how annoying they are?

I saw a joke on my snack box: Serving size, 3 cookies.

My friend passed away because his family couldn't remember his blood type to tell EMS. But throughout the ordeal he was a trooper-kept telling everyone to "be positive."

You know what rhymes with Friday? Vodka.

What do you do if attacked by a gang of clowns? Go for the juggler.

Couple in bed: Her: I bet he's thinking of another woman. Him: I wonder how long it takes a giraffe to throw up?

If the situation were turned around, I doubt very seriously if one cat would take in 26 old ladies.

With 3 kids in the house, someone is always crying. Currently, it's me.

I think a good time to clean the house is once the kids are in college.

I used to work for a bank but I lost interest.

I'm starting to think I will never be old enough to know better.

The hardest thing about "everything happens for a reason" is figuring out the reason.

If you tell the truth, you don't have to remember anything. – Mark Twain

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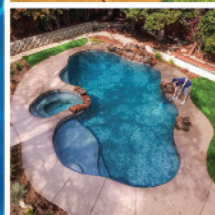
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Tennis Tip of the Month: 10 Tips as Reminders



How often do we find ourselves making a silly mistake that we are sorry for yet we know better? Maybe we forget to bend our knees on a half volley or we swing like a boxer at an easy volley. We know better but sometimes we just forget what we've learned a hundred times because of the emotion in the moment.

Here's a list of some common reminders that we can review once in a while and especially if we haven't played in a while. But make sure to review them before an important match. In these times, due to the little extra pressure, we often make the simple errors that cause us to miss that important easy shot.

Tennis Tips: Review weekly and before important matches.

1. **Let the shoulder turn take the racquet head back.** Forget the arm and the big take back. If you have the racquet held properly and you turn your shoulders, you can just drop the racquet head (looping) and step into the swing, saving time and adding power and control. Practice at home.

2. **Split step** just before your opponent contacts the ball so that you move quickly toward your shot, not being caught flat-footed. It's good footwork.

3. Start each warm-up getting your timing down by saying **"bounce-hit"** as the ball gets to you and you hit it solidly.

4. For good power, turn the shoulders early and **step into your shots** with the knees bent, dragging the back foot forward. Don't pull up.

5. To focus on solid hitting, keep the head still and **watch the spin or the lines** on the ball, especially during warm-up. Or see the blur of the ball.

6. If you're hitting short, imagine a rainbow from your baseline to the opponent's baseline. **Hit your shots into this rainbow** to acquire additional depth on your ground strokes. Adjust the imaginary rainbow as necessary.

7. For better footwork, move with **small, quick steps**. This helps you make explosive moves in any direction and avoid being off balance.

8. When serving, remember 'down together, up together' to get yourself into the trophy position to **maximize your smoothness** for control and power.

(Continued on Page 10)



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Mission statement: To take what I've learned from playing at both the collegiate and professional level and bridge the gap between what's being taught at the highest level of play to those even as young as 4th grade.



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RIVER REVIEW

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9. For **power on the serve**, bend the knees and loosen your grip on the racquet so your arm bends and you whip through.

10. For a consistent service toss, point the inside of the wrist/palm upward and **lift the service toss** to the 10 o'clock position. Do not roll the wrist or fling the ball. Try to toss it about a foot above the hitting point.

So there they are. 10 tips to quickly look over before you play. Keep this list handy and, if you can get in the habit of reviewing it regularly, you will be pleasantly surprised at how you consistently are able to play your best game!

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

Walter: 512-497-9971

"Serve it, smash it, win it, love it."

Portable Fire Extinguisher



A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.

To operate a fire extinguisher, remember the word PASS:

- **PULL** the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
- **AIM** low. Point the extinguisher at the base of the fire.
- **SQUEEZE** the lever slowly and evenly.
- **SWEEP** the nozzle from side-to-side.

For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.

Choose a fire extinguisher that carries the label of an independent testing laboratory.

Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out.

Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.

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Health and Wellness: Eye Health Revisited

As an update to last month's remarks on eye health, we thought a few comments from information provided by Dr. Kambiz Silani, OD, Beverly Hills, might explain things just a bit further.

Too much screen time? You're not alone. The average American spends up to 11 hours a day in front of a screen on digital devices. That adds up to a lot of blue light exposure for your retinas, which can cause eye fatigue, a disrupted sleep-wake cycle, and vision health concerns down the road.

What is blue light? Blue light is a type of electromagnetic ray that's emitted from electronic device screens. There are other sources too, but smartphones and tablets emit more than any other source.

Since blue light rays are more energetic and shorter than any other type of visible light, they are more damaging to our retinas. The natural filters in our eyes do their best to try and protect against blue light exposure, but you can reinforce those filters by adding plenty of macular carotenoids to your diet. As discussed in last week's article, these include lutein and zeaxanthin as two of the most important.

Studies show daily dietary intakes of 2 mg lutein and 0.5 mg of zeaxanthin to be beneficial for supporting vision health, but

the average U.S. dietary intake of these macular carotenoids is below these levels.

Eye protection is important all of the time, no matter where you are. What else can we do to protect our eyes?

Indoors:

- Limit screen time before bed.
- Blink often when using electronics.
- Follow the 20-20-20 Rule to give eyes a rest: Look at an object at least 20 feet away for 20 seconds every 20 minutes.
- Use night settings on digital devices to minimize blue light exposure.

Outdoors:

- Wear a wide brimmed hat and high quality UV-blocking sunglasses.
- Don't assume you're safe on cloudy days. UV light is invisible and can pass through clouds.
- Avoid looking directly at the sun. It can lead to irreversible damage to retinas.

So lose the blues of screen fatigue by getting out of artificial light and into the great outdoors—while still taking care of your eyes. You will be very glad you did. Yay or nay? The eyes have it!

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