

# THE RIVER REVIEW

May 2019

Volume 13, Issue 5

*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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## Happy Mother's Day!

This year Mother's Day falls on May 12, the second Sunday in May. Celebrated on various dates in many parts of the world, the origin of Mother's Day dates back to the times of the ancient Greeks and Romans. The modern form of the celebration here in the United States began in the early 20th century.

It was first celebrated in 1908 in Grafton, West Virginia, when Anna Jarvis held a memorial for her mother Ann Reeves Jarvis who, in turn, many years earlier had founded Mother's Day Work Clubs in five cities.

Anna Jarvis began a campaign to make the Mother's Day a national holiday and she succeeded in 1914 when the U. S. President Woodrow Wilson proclaimed the second Sunday in May a Mother's Day.

It is now celebrated around the world in more than 150 countries, in one form or another, although at different dates. Many countries celebrate on the same day we do but African countries for example, celebrate it on 21 March.

An interesting tidbit: The mother of John and Clarence Anglin, 2 of the 3 men who ever escaped from Alcatraz Prison, is said to have received flowers anonymously every Mother's Day until her death in 1978 even though it was officially reported that her sons drowned in San Francisco Bay while escaping in 1962. Hmmm. Happy Mother's Day!

## In and Around River Place

**The Back Road Access to Vandegrift HS is Approved:** Leslee Bassman of River Place informs us: "Introduced by District 6 Council Member Jimmy Flannigan as an addendum to the Austin Strategic Mobility Plan, the city's transportation plan, the measure adds a road from the campus to the RM 2222 bypass now under construction. However, unlike other proposed projects, this route does not cross federal preserve land, confirmed Flannigan's communications director Kate Messer.

"The road runs parallel to 2222 and would connect McNeil Rd to Four Points Dr/River Place Blvd through the 3M property," Flannigan stated. "It may also further connect to the current bypass road project that TxDOT is constructing, but that adds more challenges."

Although the road is in the city's plan, as with the ASMP's other projects, it is not funded yet, Messer said." Let's hope the project is funded quickly and gets underway shortly. Being completed by the beginning of next school year would seem to be a reasonable and adequate target. It will be a short road.

**Making Sense of Our New Natural Gas Rate Increases:** Texas

*(Continued on Page 4)*



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Ambulance .....	911
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Hudson Bend Fire and EMS	
Emergencies .....	512-266-1775
Information .....	512-266-2533

## SCHOOLS

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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
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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

River Place Postal Office .....	512-345-9739
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### Questions about articles?

Contact Editor: Robert Martin.....[mrobertallen@aol.com](mailto: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](mailto:riverreview@peelinc.com). The deadline is the 15th of the month prior to the issue.

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Gas Company has recently notified us of two separate rate increases, beginning in April 2019. The lesser increase, implemented to recover the cost of pipeline testing required by law, looks to be about .8%, if our calculations and assumptions are correct.

The larger increase, effective April 30, is to recover additional capital investment not previously addressed that was made during the year 2018. It amounts to 8.4%. So, it appears we're looking at nearly a 10% total increase to our monthly bills.

Their example of a \$17.35 (on our notice) current charge would seem to be minimal considering other normal monthly charges we're aware of. So the Increase(s) Per Bill of \$1.46 and \$0.14 they indicate would look to be quite low on average.

Being realistic, most of us will probably see increases in the range of \$5.00 to \$10.00 per month, depending on our individual household usages. Hope we are correct and that this analysis helps!

### River Place Trash and Recycling Collection Reminders:

Residents must have trash by the curb each Wednesday by 7 am. Residents must have recycling by the curb every other Wednesday (refer to your schedule) by 7 am. Bulk items require a 24 hour notice; call 512-282-3508 to schedule. Up to 6 items will be picked up.

If you have any issues with trash or recycling, call Inframark at 512-216-0498 or email them at [Garbage-Recycling@Inframark.com](mailto:Garbage-Recycling@Inframark.com).

Our recent concerns that some trash has not been picked up by end of day Wednesday was addressed. Residents have had so much extra trash this spring that they have not been able to pick it all up on Wednesday. They ask that you please leave your extra bags by the curb to give them time to pick them up whenever they can get back to do so.

**Reminder About the Architectural Compliance Committee (ACC):** It's that time of year when many residents want to paint, landscape or upgrade their River Place properties. Please remember that changes to the exterior of your home, fencing or lot require submission of a plan/request to Certified Management of Austin (CMA).

This includes but is not limited to things like storage sheds, patios, decks, swimming pools, landscaping, walkways and even tree removal. Please note that at least 25% of your front yard is to remain natural grass. Please call CMA at 512-339-6962 to request the ACC Submittal Form or visit [www.riverplacehoa.org/hoa/hoa-documents/](http://www.riverplacehoa.org/hoa/hoa-documents/) to download the form. Completed and signed forms must be submitted to:

**Certified Management of Austin**, 9600 Great Hills Trail, Suite 100E, Austin, Texas 78759 for processing which typically takes only a few days if everything is in order. If not, a request for additional information will be sent to the homeowner.

**Limited District Residents Can Use Nature Trail for Free:** Scott Crosby, Limited District President, reminds us on Nextdoor of the following:

LD Residents are allowed to hike the River Place Nature Trail free from the recently imposed Trail Fee. However, LD Residents need to present a Resident Card at the Trail Heads for free access. To obtain your Resident Card go to the following web under "NEWS" for the application: [www.RIVERPLACELIMITEDDISTRICT.org](http://www.RIVERPLACELIMITEDDISTRICT.org).



## Homeowners Corner

### 3 Steps to Creating an Organized Entryway

With a little inspiration and organization, you can create an entryway that makes coming and going a breeze.

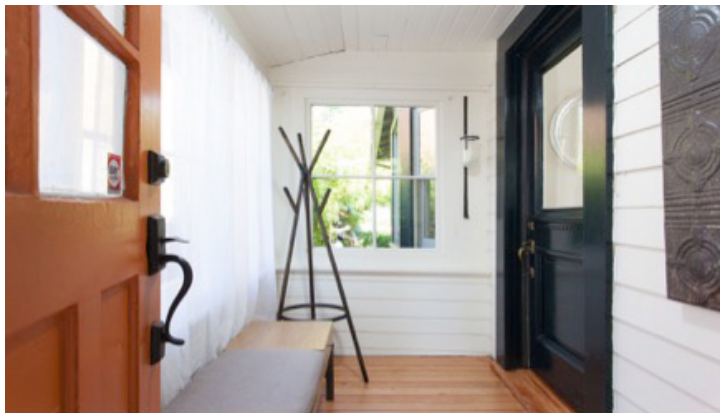
Drop zones, mudrooms, utility rooms, entryways, “places to leave your stuff.”

Whatever you call them, these spaces are a spot to kick off your shoes, drop your keys and keep everything you’ll need for the next day right where you left it.

But without organization, entryways can quickly become a clutter catch-all. Shoes usually end up piled in front of the door, and an array of backpacks, mail, dog leashes and knickknacks can quickly accumulate and crowd the space.

A dedicated, organized and stylish drop zone for all of your daily needs — and to welcome your guests — is absolutely achievable, no matter the size or design of your living space.

Try these tips to establish a functional entryway in a home of any size.



#### 1. Make a little room

Since it’s generally not possible to remodel or add on to a rental apartment, you must work with what you have.

Try a narrow console table for tight hallways as a place to drop your keys or leave your outgoing mail.



If space is really tight and all you have is the wall behind your door, hang hooks for coats and bags so they stay off the floor.

Another small-space trick: Temporarily remove your coat closet’s door, and add a stool or small bench inside as a place to sit and take off your shoes — and still have room for coats.

If your apartment is inside a secure building, you may be able to leave out a basket or tray for shoes in the shared hallway.

#### 2. Add functionality

A mirror can also go a long way in opening up and brightening tight areas by reflecting light and giving the illusion of more space.



*(Continued on Page 6)*



  
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# RIVER REVIEW

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Retailers like IKEA sell pieces that can be modified to fit narrow spaces or hung on the wall. Measure your desired entryway space, and find furniture that will make the most of the room you have.

A dedicated space for accessories also makes your drop zone a functional center. A devoted bowl or hook to hang your keys, a folder to sort your mail, and a basket to keep your shoes in really makes a difference in the flow of your day.



### 3. Leave a message

Bump practicality up a notch by having a message center in your drop zone where you can pin important reminders or leave messages for family members. It's a great way to keep everyone connected as they go in and out.

A docking station to charge all your electronics can also be useful here. Look for compact and small accessories that will fit your space, yet serve the purpose you need.

By customizing your drop zone with features you need that will fit your home, you'll keep everything streamlined and accessible when you need it.



## Heads Up...From Around the City

**Austin Energy, City of Austin AGENCY**

### Are You Signed Up For Austin Energy Outage Reports?

With Outage Alerts from Austin Energy, you will be able to quickly and easily report outages and receive outage status updates using your mobile phone or device. Sign up now: <https://austinenergy.com/ae/outages/get-outage-alerts>

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

### Know the Right of Way, Clear the Right of Way

It is important to keep streets, sidewalks, bicycle lanes and other public areas free of overgrown vegetation to protect public health and safety. Did you know that property owners are responsible for the care and maintenance of trees, plants and grass on private property? Overgrown trees and plants can pose a threat when they block the path or view of traffic signs, signals, fire hydrants, vehicles, and people. For a clear pathway on our sidewalks, keep tree limbs and vegetation trimmed back from the edge of the sidewalk and at least 8 feet above sidewalks.

Additionally, keep tree limbs and vegetation trimmed back from the edge of the street or alley and at least 14 feet above streets, bicycle lanes, and alleys. Do you have questions about right-of-way vegetation maintenance? Learn more: <http://www.austintexas.gov/clearthrow>

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

Austin has had a wet winter, but things can change quickly when it comes to wildfire. Especially during the summer months. Join us on Friday, May 3rd for the Austin Fire Department's 7th Annual Wildfire Community Preparedness Symposium to learn more about wildfire in Austin and what you can do to prepare your home for wildfire. Best of all, it's FREE! The City of Austin Wildfire Division will explain your risk, explore the impact of Austin's rapid population growth on wildfire risk, hear from a wildfire survivor, talk about evacuation, and discuss ways to help your home and family be wildfire resilient.



(Continued on Page 8)



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

When a man says he'll do anything for a woman, he doesn't mean clean the basement or wash the dishes.

I used to live paycheck to paycheck but I changed all that. Now I live direct deposit to direct deposit.

What if there were no hypothetical questions?

Apparently 6 empty shampoo bottles in the shower is OK but one empty beer can and I "have a problem."

I was drinking a margarita and the waitress screamed, "Does anyone know CPR?" I yelled, "I know the entire alphabet." We all laughed and laughed. Well, except for one guy.

Marquee on a Methodist Church: "Adultery is a sin. You can't have your Kate and Edith too."

Life doesn't always hand you lemons. Sometimes it fires them at you from a lemon cannon.

Don't wear headphones while vacuuming. I just did the whole house before realizing the vacuum cleaner wasn't plugged in.

My neighbor just yelled at her kids so loud that even I brushed my teeth and went to bed.

Wife: You never agree with me. Husband: I would like to agree with you but then we'd both be wrong.

Where there is a will, I want to be in it.

Knowledge is knowing tomato is a fruit; wisdom is knowing to not put it in a fruit salad.

Leadership is not about being the best; it's about making everyone else better.

Good judgment comes from experience, and a lot of that comes from bad judgment. – Will Rogers



(Continued from Page 6)

What: Austin Fire Department's 7th Annual Wildfire Community Preparedness Symposium When: Friday, May 3, 2019 - 9:00 a.m. - 3:00 p.m. (Doors open at 8:30 a.m.) Where: Asian American Resource Center, 8401 Cameron Road., Austin, TX 78754 This symposium is FREE to attend and continental breakfast and lunch will be provided. Register at [www.ATXfire.com](http://www.ATXfire.com) and learn more about wildfire risk in your neighborhood! Photo from the Bastrop County Complex Fire in 2011. Photo credit: Kelly West

Only those who view the on-line issue will receive the above article by May 3.

### Austin Water Public Information Office, City of Austin AGENCY Water Saving Tips & Rebates for Your Lawn and Garden

Healthy summer landscapes start with a solid springtime to-do-list. Here are a few landscape survival tips to keep your lawn and garden looking healthy in the hot Texas sun while saving you water and money:

- Check irrigation systems for broken heads and adjust sprinklers
- Top dress your grass with a ¼ inch of compost
- Adjust your lawn mower to a higher setting
- Spread a 2-3 inch layer of mulch around plant beds (keep the water meter clear of mulch, shrubs, and debris.)

For more tips, programs, and rebates to help you save water and money, visit [waterwiseaustin.org](http://waterwiseaustin.org)



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# RIVER REVIEW

## Herb and Supplement Research Updates to Help You Plan: Part I

**Total Protein & Plant-Based Protein Benefits Aging Muscles and Helps Performance:** A systematic review of observational studies indicated an association between higher protein intakes and better lower limb physical performance in older adults. Both physical function and walking speed increased.

Both total protein and vegetable based protein (like broccoli or whey protein powder) intake appears to help the building of muscle mass in older adults. Participants in the study with lower total protein and lower vegetable protein intake were at a higher risk for low muscle mass.

**Ashwagandha May Support Memory & Cognitive Function:** Research suggests that ashwagandha, an herb used in the Ayurvedic health tradition, may help support memory and improve cognition.

The randomized, double-blind, placebo-controlled study was conducted with 50 participants who either took 300 mg of ashwagandha root extract twice daily or a placebo for 8 weeks. Study results suggest the herb may support healthy memory, executive function, attention and information processing. In other studies, the herb has been said to mildly reduce anxiety and stress, with no side effects.

**Omega-3, Whether Fish or Plant Based, Supports Stress Reduction:** Scientific studies have shown that omega-3 fatty acids are essential for maintaining healthy brain function and may support learning and memory. Typically we hear a lot about fish oil but flax seed oil, for example, contains just as much omega-3. Omega-3 fatty acids have also been linked with improved heart health and a host of other benefits including mood and vision support.

Between 75% and 90% of all primary care visits are for stress-related health concerns, and 43% of all adults experience physical symptoms of stress. Stress affects our immune health, memory and concentration, heart health, digestion and more.

**What's All the Talk About Mushrooms Nowadays?:** Well, research has shown that they are packed with nutrients including antioxidants, vitamins, minerals, protein and fiber. Specific mushrooms can benefit particular areas of wellness-from energy and stress support to cellular health, longevity and beyond.

There are many types of mushrooms, each with unique benefits. Some are rather costly to the pocketbook but most are quite reasonably

*(Continued on Page 10)*

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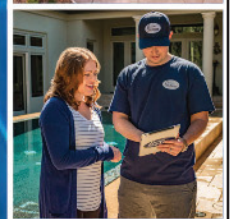
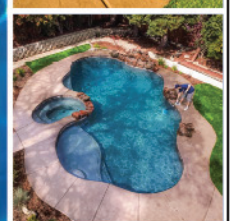
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priced. One example is the Turkey Tail Mushrooms. Clinical research shows that a bioactive component known as polysaccharopeptide in them may have prebiotic benefits for gut health.

In the randomized study, 24 healthy volunteers were divided into groups to either supplement with turkey tail mushroom, an antibiotic, or to take neither (control group.) Study results showed that turkey tail mushroom acts as a prebiotic to help modulate the intestinal microbiome.

We will review research and update you on more supplements in the future. For now, we hope this article has been informative enough to help you a bit in your health and wellness endeavors

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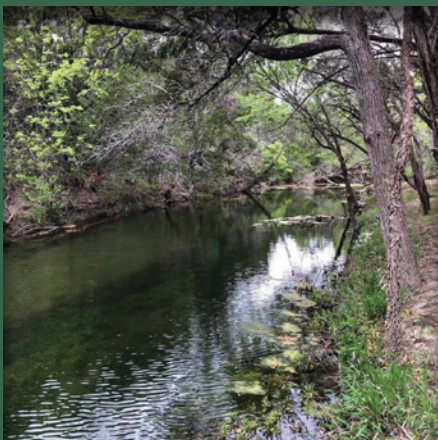


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