

# THE RIVER REVIEW

September 2019 Volume 13, Issue 9

*Photo by Mia Sanchez*



NEWS FOR THE RESIDENTS OF RIVER PLACE



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## IN AND AROUND RIVER PLACE

**The Kids Are Back in School:** Just a friendly reminder to be cognizant of school traffic and children walking to and from our schools. To keep everyone safe, let's be sure to obey the flashing lights and speed zones.

It only takes a brief loss of attention to create a dangerous situation. We have several schools in and around River Place and we just can't be too careful.

**Our Homeowners Association Has an Approval Process for Projects:** The River Place Homeowner's Association (HOA) wishes to once again remind our residents that exterior projects require ACC approval before any construction or digging begins. The ACC is an HOA committee responsible for reviewing and approving River Place homeowners' exterior projects and improvements. There are Development Guidelines with emphasis on quality of material, design, and construction in order to promote well crafted diversity in design while assuring the architectural integrity of the River Place community as a whole. Projects needing approval include swimming pools, exterior decks, roofs and additions, deck covers, fences, storage buildings, playgrounds, basketball goals, solar panels, exterior painting and staining, walkways and landscaping.

The goal is to keep River Place home modifications and improvements compatible with the residential development, in accordance with HOA Covenants, Conditions and Restrictions (CC&Rs) and, in the process, hopefully avoid neighbors' complaints and conflicts brought about by perceived infringements. In fact, on occasion, a given project may require signed approval forms from nearby neighbors. There is no cost. The submittal form can be obtained by calling Vangie at Certified Management of Austin, 512-339-6962, ext. 6288.

Processing and review normally occurs quickly, within a week or two but can take up to 30 days if there are issues with incomplete submissions or hard-to-get requested information. It is important to provide all requested information in legible format. When needed, the committee may request additional information for clarification purposes. Projects that are initially declined may be resubmitted with corrected documentation. While it may sound a bit complicated here, the procedure is usually smooth and timely if the proper information is submitted. Delays are rare.

The ACC is dedicated to facilitating the approval process within HOA guidelines while assisting the homeowners in preserving artistic vision. Through working together we can certainly make this happen.

**Sidewalks Planned for Westminster Glen:** Westminster Glen residents have reported that sidewalks are in store for

Westminster Glen Ave. They will be on one side only and construction will begin from the Narrow Ridge end most likely.

This will provide a much needed walkway for residents since bikers, walkers and joggers currently use the side of the street, often coming quite close to passing traffic. For us River Place folks, it will mean some one lane traffic once construction gets underway. We'll need to be respectful as we cut through Westminster Glen to exit or enter River Place the back way.

**New Business to Help College Students:** Leslee Bassman reports on Nextdoor:

**Four Points and Lakeway moms team up to offer help navigating college sorority rush**

A Steiner Ranch mom and a Rough Hollow mom formed a biz to help parents and daughters better understand today's college sorority rush process. Here's what they do...

**New business helps demystify Greek recruiting process:** National Panhellenic Conference recruitment at the University of Texas.

Founded this spring by Steiner Ranch resident Amy Johnson and Rough Hollow resident Jennifer Valderas—moms of daughters who have successfully been through the sorority recruitment process—the new business aims to help girls flourish in the collegiate program.

Greekology Prep offers several packages ranging from \$50 for an overview of the recruitment process as well as the benefits and pitfalls of social media to \$400, a fee that includes assistance in writing a cover letter and resume and requesting recommendations; a detailed explanation of the recruitment process; and help choosing each day's wardrobe.

Johnson, who has three daughters and one son, and Valderas, with two daughters, have always mentored girls: The two friends started a Girl Scouts troop together and led a local chapter of the National Charity League, a mother-daughter service organization.

Valderas advises prospective applicants to make sure their social media is "clean (and) make it represent you as best as you can."

Recruitment typically starts the week before school begins and lasts from four to seven days, depending on the college or university, Johnson said. Although the University of Kentucky is taking Panhellenic registration through August, the University of Mississippi won't start its recruitment process until mid-September, she said. But registration at the University of Oklahoma for fall 2019 recruitment has already closed.

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Hudson Bend Fire and EMS	
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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

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#### *Questions about articles?*

Contact Editor: Robert Martin.....[mrobertallen@aol.com](mailto:mrobertallen@aol.com)

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## ARTICLE INFO

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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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## Heads Up...From Around the City

### Communications and Public Relations Office, City of Austin AGENCY

#### Official Algae Alert From the City of Austin

The City of Austin is advising pet owners to keep their animals out of Lady Bird Lake until further notice out of an abundance of caution. This is because an algae has been observed on the surface of the water that could be harmful to animals.

Testing on the water is being conducted to determine if the algae present is harmful.

In the meantime, the city is advising pet owners to keep their animals out of the lake. This algae is not impacting the drinkable water system for Austin.

#### Social Media Administrator, Travis County, TX AGENCY

#### Rabies Alert

Be alert and take precautionary measures with wildlife such as raccoons, skunks, coyotes, foxes and bats after a recent confirmed case of rabies.

#### Homeless Under the Bridge

Hello all, for the record, I spoke directly to the Front Steps Director today. Front Steps provides shelter for Austin's homeless. There is NO WAIT. It was posted previously regarding homeless living under the bridge that there was a waitlist. Absolutely false.

The Director told me that no one is turned away, ever. Only men can stay overnight, and directly across the street is Salvation Army that houses women and children. A brand new women's facility is now open. Instead of encouraging homeless to live under a bridge, which is unsafe and unsanitary for everyone (see San Francisco), tell those individuals about Front Steps.

Instead of giving them food, pay for an Uber ride to Front Steps. Or donate those resources (such as those recommended for the bridge folks) to Front Steps. There is no time limit for them to be housed. They get active help in transitioning them back to society while providing them a safe place to live. Giving homeless food to live under a bridge is a pathway to Nowhere. No resources and no way out. (Sherry Phillips, Commanche Trail on Nextdoor)

### Communication & Engagement Unit, Austin Parks, City of Austin AGENCY

#### Park Fire Restrictions Effective August 12

Due to dangerous fire conditions that currently exist in the Central Texas area, the Austin Parks and Recreation Department is temporarily prohibiting the building of fires and grilling in all City of Austin parks, greenbelts and preserves—pursuant to Ordinance No. 20111102-025—effective immediately and until further notice.

This includes the use of wood or charcoal BBQ pits/grills/smokers. Propane stoves are allowed in designated picnic areas only. As a general reminder, smoking is always prohibited in City of Austin parks. The Austin Police Department's Park Police and PARD's Park Rangers will enforce the ban in the City's parks and greenbelts.

Violations may result in a fine between \$300 and \$500.



## Homeowners Corner



### Wellness Now Luxury Home Design Feature

Luxury Buildings are trying to lure buyers by offering amenities focused on finding inner peace and lowering stress. These homes tout everything from meditation courtyards with silken hammocks to open-air yoga studios and herbal gardens filled with calming plants as well as meditation chambers and mindfulness couches. The rising popularity of wellness in real estate suggests that it's working in attracting upscale home buyers.

"It's not just about physical health, people are also thinking of how our space affects us emotionally," Katherine Johnson, senior research fellow at the Global Wellness Institute, recently told The Wall Street Journal. In Palm Beach, FL, for example, the Amrit Ocean Resort and Residences (where units run from 700K to more than 4 million) offers heated reflexology floors, circadian lighting systems and vitamin C infused showers. Each homeowner is also matched with a personal wellness consultant to advise them on mindfulness, sleep, fitness and nutrition. One new development in Serenbe, GA, which describes itself as a "wellness-focused neighborhood" features a medicinal garden with edible native plants and a naturalist to lead workshops for residents on how to use plants for homeopathic remedies and tonics.

"Being able to see green from every window—it's fascinating to me how that really does impact your mood and well-being," says Jeny Mathis, a homeowner. In constructing her home, she and her husband Gil consulted with Wellness With Your Walls, an organization that offers guidelines on building practices to reduce contaminants and toxins in the home. Mathis' home also features soothing paint colors on the walls and avoids contrasting paint shades to create a sense of continuity and openness. (Condensed from "Luxury Homes That Promise to Reduce Stress-for \$4 Million," WSJ)

### Technology Changing Appraisals

Appraisals, a critical part of real estate transactions, have customarily been done in-person by an experienced appraiser. However, with advancements in technology and the rise of big data, alternatives are beginning to become more prevalent.

Traditional appraisal alternatives – like hybrid appraisals, or fully data-driven automated or desktop valuation models – can be

useful and cost-effective tools. However, the National Association of Realtors has urged caution when waiving traditional, onsite appraisals for home purchase transactions in order to ensure purchases are based on sound financial principles and do not put undue risk on consumers or distort markets.

"Change is not going to happen; it has already happened," says Peter Phelan of the US Treasury. "These new financial technologies are not a matter of if but when. And with a new generation of tech-savvy homebuyers, this digital revolution will be necessary." (From Karen Ollier's Hometown Newsletter, Irongate Realty, Dayton, OH, 937-545-3244)



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

I've been told I'm pesky, annoying and a real pain. But hey, what do parents know?

Silence is golden. Until you have kids, then it's suspicious.

Just spent 15 minutes searching for my phone in my car.....using my phone as a flashlight.

Mom: "If a stranger said I'm your mom's friend and she asked me to pick you up today, what would you say?" Kid: "I'd say you're lying, my mom has no friends." Mom: "Not where I was going, but OK."

When we're young, we sneak out of our home to go to parties. When we're old, we sneak out of parties to go home.

Cupcakes can be a balanced meal if you hold one in each hand.

Some days you're the pigeon; other days you're the statue.

If you work on a farm taking care of the chickens, you're a chicken tender.

Marriage Tip: Your wife is less likely to argue with you if you're doing housework.

Tough thing about being a baker—you're always kneading dough.

Why do fish always sing off key? Because you can't tuna fish.

I saw my neighbor talking to her cat. It was obvious she thought he understood her. I told my dog about it. We laughed and laughed.

If I had a dollar for every time I got distracted, I wish I had a puppy.

People write 'congrats' because they can't spell congratulashins.

Good judgment comes from experience. And experience? That comes from poor judgment.

A person who feels appreciated will always do more than is expected.



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## Health and Wellness

### Here's What Happens When You Eat Grapes for Two Months

The near-magic of grapes lies in their potent combination of vitamins, minerals, fiber, protein, and antioxidants. From disease prevention to better memory to a longer life, there is little that grapes can't do. They can even be used to chill drinks without watering them down like ice does.



#### 1. Disease Prevention.

Antioxidants are highly beneficial compounds that help repair cellular damage caused by harmful free radicals. Grapes contain many types of antioxidants, primarily in the skin. Red grapes have the highest level of antioxidants, including the polyphenol resveratrol, which has been credited with significant heart-healthy benefits. It also regulates blood sugar and lowers your risk of developing cancer and diabetes.

#### 2. Better Eye Health

The beneficial compounds in grapes may also help protect your eyes from common degenerative diseases. In test tube studies, resveratrol also protected human retinal cells from damage due to ultraviolet light. Grapes also contain a pair of antioxidants called lutein and zeaxanthin that further shield your eye health, especially from the blue light that comes from your phone.

#### 3. Slower Ageing

Certain plant compounds found in grapes, including resveratrol, have been found to affect aging and lifespan. While resveratrol handles your insides, the vitamin C in grapes helps to keep your skin healthy. It plays an important part in the production of collagen, the substance that keeps skin smooth, elastic, and wrinkle-free.

#### 4. Decreased Inflammation

Chronic inflammation is the hallmark of diseases like arthritis, but is actually a factor in every disease. Grape powder has featured in several studies that look at inflammation. In one study of 24 men with metabolic syndrome (a group of risk factors for type 2 diabetes and cardiovascular disease), a daily dose of grape powder equivalent to 1.5 cups of fresh grapes was found to significantly raise the level

of anti-inflammatory compounds in their bloodstream.

#### 5. Sharper Memory

One 12-week study done on 111 healthy older adults found that 250 mg of a grape supplement each day noticeably improved upon baseline scores for a cognitive test. Another study revealed that 8 ounces of grape juice per day can both boost your mood and increase your speed of memory recall.

#### 6. Improved Bone Health

Grapes provide many of the minerals critical to bone health, vitamin K being chief among them. Vitamin K plays a strong role in keeping calcium inside your bones, preventing it from leaching out into the bloodstream. In a nice kind of synergy, grapes also contain some calcium, as well as phosphorus, magnesium, potassium, and manganese.

#### 7. Bolstered Immune System

There are several compounds in grapes that can protect against viral and bacterial infections, including good old vitamin C and the magnificent resveratrol. With a daily dose of grapes, you too can become one of those annoying people who never seem to come down with the seasonal cold or flu. Grapes may also offer some protection against food-borne illnesses. (From RobHealth)





## *Tennis Tip of the Month: Employing the Slice Stroke*

A few months ago we addressed the rarely used forehand slice as a positive tool for aggressively returning serve (chip and charge) and adding some variety to your game. But what about the traditional backhand slice? How can it be used to improve your game?

Let's take a look: Besides neutralizing the common flat or topspin strokes of today, the slice can be used to keep the ball low, make it skid, shore up your defense, help you approach the net and hit the maddening drop shot that frustrates your opponents. If you already have the slice, just use this tip to broaden your game and incorporate the stroke even more effectively.

### Tennis Tips:

1. Step Number One is to make sure you execute a good "unit turn" where the shoulders, arms and racquet are taken back as soon as you recognize the ball coming to your backhand side. The racquet head stays close to the body during the turn and the head stays high. You want to think of being able to swing the head down and forward through/underneath the ball, from a sideways position.

2. Next, you want to make sure you get into a good position to

hit with power. Use the off hand to take the neck of the racquet back and above the shoulder. Your racquet arm should be in an L shape, using the continental grip. On a routine shot you want to be able to slash hard down through the back of the ball with power. For a low ball, you want to slice under the ball to lift it over the net.

3. The final step is to make sure you use the non racquet arm to balance yourself during the stroke. Essentially, you are opening up the chest so as your racquet arm swings forward and around as you follow through, your other arm swings backward and around, providing a counterbalance.

Whether attacking short balls to approach the net or just frustrating your opponent with some low, skidding shots, you'll find that the well hit slice can not only help you defend better, it can win you important points! Try to make your slice stroke more effective and you can surely expect some positive results on the court!

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

"Tennis: All it takes is all you've got." ~ Author Unknown



## 6 Ways to Save Money When Shopping on Amazon

These days, everyone's looking for bargains and ways to save while shopping online from the comfort of their own homes. With low prices, a wide selection and fast shipping for customers, Amazon has a lot to offer to save you both time and money. Below are six easy ways to save when shopping on Amazon:

**1. Discounted offers:** Customers receiving government assistance through EBT or Medicaid can enjoy the benefits of an Amazon Prime membership for a discounted monthly price of \$5.99, with the ability to cancel anytime. With Prime, members can enjoy fast, free shipping, exclusive savings, and easy access to entertainment with Prime Video, Prime Music, Prime Reading and more. Learn more and sign up for a free 30-day trial at <http://amazon.com/qualify>.

**2. Stick to your budget.** Making purchases with cash is a savvy way to stick to your budget, as it makes you more conscious of what you're spending. When you're shopping online, you can use Amazon Cash instead of your debit or credit card. It's a simpler way to shop and will help you manage your spending. You can visit more than 45,000 participating stores - including pharmacies like CVS and convenience stores like 7-Eleven - to add cash to your Amazon Balance. This method is quick, easy and Amazon doesn't charge any fees.

**3. Take advantage of subscriptions.** Families can maximize their savings by enrolling in convenient programs such as Subscribe & Save,

which allow you to subscribe to a wide selection of items you buy frequently (such as diapers, baby food and household products), and have them shipped to you for free on a regular basis. You'll not only save up to 15% on the purchases, but you'll also save the time and energy normally spent on trips to the store.

**4. Scout out deals as they pop up.** You can track the best deals on Amazon with Lightning Deals, which offer new deals daily to help you save money. It allows you to find the best prices on items you need, want and love. You can also sign up for "watch a deal" alerts so you'll never miss out on a discount!

**5. Earn rewards by waiting.** Not in a hurry to get your package? Here's a little-known Prime perk for those who don't need their order right away - selecting the "No-Rush" shipping option at checkout earns you rewards and discounts on future purchases. Rewards are automatically added to your Amazon balance, so you can start saving right away. Keep an eye out for this option next time!

**6. Discover Bargain Finds.** Check out Amazon's Bargain Finds for a wide selection of seasonally relevant products that are priced even lower - items can vary from clothing and jewelry to gifts and home decor.

Shopping online does not have to break the bank, and you don't have to spend all your time surfing and comparing prices. Thanks to Amazon, you can enjoy some of the best options available for shopping all in one place, and do it within your budget.



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## The Value of Sleep for Children and Teens

Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

- a set bedtime and wake time that does not vary by more than 2

hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.



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