# THE RIVER REVIEW

Photo by Mia Sanchez

October 2019 Volume 13, Issue 10



NEWS FOR THE RESIDENTS OF RIVER PLACE



DR. ZEHRA ZAID



initial consultation

\$89

new patient special exam, x-rays, and cleaning WITH THIS AD NOT VALID WITH DENTAL INSURANCE FREE

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## **Heads Up... From Around the City**

# Austin Water Public Information Office, City of Austin AGENCY Water Sampling Scam Alert/Alerta De Estafa De Muestreo De Agua

Austin Water does not contract vendors to collect in-home water samples. Water sampling is taken during and after the treatment process at the water plants themselves to ensure that the drinking water is safe and meets all standards. Additional testing is conducted throughout the water system by Austin Water employees in marked vehicles with City of Austin ID's. Call 3-1-1 to report suspicious activity. Click here for our Water Quality Report: bit.ly/30IHJeS

Austin Water no contrata vendedores para recolectar muestras de agua en el hogar. El muestreo de agua se toma durante y después del proceso de tratamiento en las propias plantas de agua para garantizar que el agua potable sea segura y cumpla con todos los estándares. Los empleados de Austin Water realizan pruebas adicionales en todo el sistema de agua en vehículos marcados con identificaciones de la Ciudad de Austin. Llame al 3-1-1 para reportar actividades sospechosas. Haga clic aquí para ver nuestro informe de calidad del agua: https://bit.ly/30IHJeS



# What To Do When You Hit a Person or Animal

Lara Thompson of Austin Lake Hills posted this good advice on Nextdoor:

These horrible events happen all over our city. Here are some tips: If you hit a person, STOP. CALL POLICE. CALL EMS. STAY ON SITE. It is awful. It is better for all concerned if you stop and remain on site and call police.

If you hit an animal, STOP. STOP. STOP. If at all possible, check on the animal to see if still alive or not. If it is a dog or cat, please try to locate the owner. Dogs tend to have tags more often than cats.

If you have injured a deer or other wildlife, CALL 311 and they can help you contact Austin Wildlife. Or perhaps, you can reach out to a neighbor nearby; they may be of assistance.

Do not feel alone in these events. It is better for all of us to stick together and work these moments out - together.

Please STOP. Please SLOW DOWN. Thank you for your consideration. If anyone has any other suggestions or advice, please let us know. Thank you.

# Social Media Administrator, Travis Co. TX, Travis County AGENCY Lunch & LearnRecycling Journey of a Plastic Bottle

On September 12 a discussion took place to teach and learn about what happens to plastic bottles. Visit the website below to review the outcome.

Have you ever asked yourself, "What happens to my plastic bottle after I throw it in the recycling?". We have the answer for you! Join Sean Bibby, Outreach Coordinator from Whole Earth Provision Co. and Bob McGivney, Austin Sales Director from Balcones Recycling as they push the conversation further to talk about the process, products and the economy it supports! The event is free with door prizes. Learn about what different plastics can be remade into! https://www.traviscountytx.gov/news/2019/1860-bottle-journey-lunch-and-learn

### **IMPORTANT NUMBERS**

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EMERGENCY	011
Fire	
Ambulance	
Sheriff – Non-Emergency	
Hudson Bend Fire and EMS	
Emergencies	512-266-1775
Information	512-266-2533
SCHOOLS	
Leander ISD	
Cedar Park High School	
Vandegrift High School	512-570-2300
Four Points Middle School	
River Place Elementary	512-570-6900
UTILITIES	
River Place MUD	512 246 0408
City of Austin Electric	
Texas Gas Service	
Custom Service	1 800 700 2443
Emergencies	
Call Before You Dig	
AT&T	
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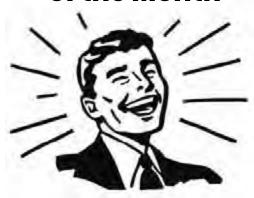
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#### ARTICLE INFO

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.

## Riverplace (Maybe Not So) Clever Quips of the Month



Dear Santa, I've been good all year. Well, most of the year. At least some of the time. Never mind, I'll buy my own stuff.

Sometimes I wake up grumpy. Other times I just let her sleep.

Me: A vodka please. Waiter: Uh, this is McDonald's. Me: OK, a McVodka please.

There's a very thin line between "I should post that on Facebook" and "I should see my therapist about that."

I'm sorry for anything I said before I had my coffee.

Don't blame the holidays if you were fat in August.

Hear about the farmer's wife who decided to leave him? She sent him a John Deere letter.

Why did the lifeguard let the hippie drown? He was too far out.

Seeker: So what is the secret to a rewarding life? Sage: Never argue with a fool. Seeker: I don't agree with that. Sage: You're absolutely right.

The past, present and future walk into a bar. It was tense. This has been a rough day. First, my ex got hit by a bus. Then, I lost my job as a bus driver.

The holidays-it's all fun and games until your pants don't fit anymore.

Her: I'm breaking up with you. Me: Is it because I say 'Uh Oh, Spaghetti O's' when things go wrong? Her: Yes. Me: (Under my breath) Uh Oh Spaghetti O's.

Potatoes make French fries, chips, and Vodka. It's like the other vegetables aren't even trying.

We come from dust and we shall return to dust....That's why you should never dust; it could be someone you know. You're never too important to be nice to people.

# The Great Outdoors 7 Ways to Improve Your Outdoor Living Space

Feeling stressed? Take a step outside and breathe deep. Spending time outdoors is one of the best things to do for our mental and physical health; mom knew right all along when she told us to play outside! Improving your outdoor living space acts as an extension of your house, giving your family more space to spread out. A patio with a table gives you a different dining option. Outdoor couches and chairs provide an inviting space for friends and family to gather together.

#### 1. Make An Inviting Sitting Area.



The first thing you should do is create an inviting sitting area for your friends and family to enjoy. You don't have to spend too much money! People sell used outdoor furniture all the time, and you can add a new coat of paint and a few outdoor pillows to create a unique look. Lay down an outdoor rug so that you can enjoy some barefoot time. Nothing is better than curling up on the couch outside with a blanket and coffee while barefoot. Another option is to hang one or two hammocks throughout your backyard. Hammocks scream lay in me and relax.

#### 2. Pick A Color Palette.



Deciding on a unique color palette for your outdoor space makes it feel more like a room and a cohesive part of your house rather than a separate area. Make sure also to include some bright whites or neutral sand tones because they contribute to the overall tranquil feeling. Try combining a neutral sand tone with coral and teal blue! Pick a color palette that represents you the best.

#### 3. Add Outside Lighting.

There are many ways to display lighting throughout your outside space. Use uplighting to highly focal points or trees. Add solar lights along your walkways and steps. Pendant lights and scones are perfect for the entertaining and grilling area or try stringing lights around your patio for a fairy-tale look.

#### 4. Keep Your Lawn Maintained.

There's nothing worse than well designed outdoor living space with wilting or overgrown grass surrounding it. The backyard is a place to let loose and allow kids or pets or even adults to play. Make sure to follow proper lawn care guidelines if you're maintaining the lawn yourself. There's a wealth of online information regarding how to grow healthy grass.

#### 5. Provide Entertainment Options.

You want to do more than sit outside and have dinner. An outdoor living space allows you to live and have fun! Some ideas include, adding a fire pit. Everyone loves to roast marshmallows or sit around the fire talking. Include a playhouse or swing set for your children. Get creative and make a hopscotch walkway for kids and adults alike.

#### 6. Provide Some Coverage Area.



The weather often dictates how much time you can spend outside. Providing a covered area creates more time that you can spend outdoors. An awning, canopy, or pergolas are good picks. You can set up the sitting area underneath of them, allowing you to sit outside with your coffee even if it's raining. Some people also like to put up makeshift walls around their patio with screens to protect against bugs.

#### 7. Create Some Privacy.

Privacy is necessary to create a right living space. Adding a fence is the ideal choice, but fences are privacy! If that's not in your budget, you can hang curtains around your patio or pergola. Tall shrubs and trees can also create a sense of privacy on a budget. (from theoutdoorwear)



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# Health & Wellness 5 Foods to Avoid as You Get Older

Unhealthy food is unhealthy at any age, but after we turn 30 our look healthy. If you have one in your town, the fresh fish market bodies become progressively less able to tolerate junk food. You may have already noticed that certain foods trouble you more than they used to. It's smart to be thinking about this now. As you approach middle age, your risk of developing certain diseases also increases. Diet plays a huge part in the prevention of cancer, diabetes, and heart disease.

1. Flavored Yogurt: We often keep yogurt in the fridge as a healthy choice, but unfortunately the flavored varieties have a boatload of sugar in every serving – as much as 47 grams of it! That's more added sugar than anyone should have in a whole day. Instead, buy plain or Greek yogurt and mix in fresh or dried fruit at home.



2. Soy: Here is another ingredient that is supposed to be healthy but in reality is no better than the meat you are trying to replace. For starters, soy is highly genetically modified, and we just don't know the long term effects of that. In the short term, soy may spike inflammation in your body and potentially interfere with thyroid function. Another problem with soy has to do with its phytoestrogen, which mimics estrogen in the body.



3. Farmed Fish: Unfortunately, up to 70% of the fish you'll find at your local market is farmed fish. But you really want to avoid it because farmed fish are so overcrowded that they eat each other's feces. They are fed a diet full of antibiotics to compensate, as well as food dyed specifically to tint the meat in a way that makes it is always a better call for good seafood.



4. White Bread: The bleached white flour spikes your blood sugar and features almost none of the vitamins and minerals present in whole wheat. White bread also has less fiber than whole wheat, and trust us - you need more fiber as you age to keep your digestive system chugging along. And while we're at it, bagels pose the same problem.



5. Microwave Popcorn With Butter: Keeping your brain active by continuing to learn new things and challenging yourself with games and puzzles is a great start. But diet also plays a part. One particularly damaging food for your brain is microwave popcorn. The fake butter that coats those kernels is full of trans fats, which negatively affect memory. The plastic-like coating inside the bag, used to keep the fake butter from seeping through, has also been linked to cancer. (from RobHealth)



# Homeowner's Corner Turning Your Home into a Cozy Retreat: 9 Tips

Gray skies don't have to mean a drab indoor life.

As fall approaches and the days become shorter, it's too tempting to just hibernate until spring. But there is, indeed, joy to be found in the quieter months of the year. Luckily, we have some excellent outdoor weather here in South Central Texas. But maybe outdoor activities are just not your thing.

Perhaps it's a bit overdone to talk about the art of hygge, that untranslatable Danish word that references the feeling of being ultracozy and content.

The thing is, the Danes know how to thrive in winter. You might already know they're the happiest people on earth, but did you know a lot of them attribute their unseasonably sunny outlook to their homeand self-care habits?

When it's cold and rainy out, you might hear the siren song of your favorite streaming service. Ahh, sweet, solitary binge-watching! But if you'd like a more satisfying way to spend a chilly evening, here are a few ideas to channel the Danes' wisdom and make an intentionally delightful day out of drab weather.

#### 1. Set the mood

Candles are a key ingredient to a supremely comfortable atmosphere. Not only do they provide beautiful, soft lighting, but they also add warmth and scent to your space.

**Tip:** Choose seasonal scents to inspire celebration, or choose a summery scent, such as coconut and floral, to help combat the seasonal blues.

#### 2. Bake something

Cake is central to the cozy experience. But it doesn't just begin when you eat the cake (or cookies or pie) — it begins when you buy the ingredients.

Go to your favorite market, choose your ingredients carefully, and mix them with great care, taking your time to enjoy the task at hand. It's just a bonus that your baking will flood your space with delicious smells — and taste good too.

**Tip:** Call up a friend or family member whose recipes deserve appreciation, and ask if they could show you how to work out their spectacular skills. Baking together makes for a lovely afternoon, no matter the weather!

#### 3. Add texture

Plush throws, sheepskins and cushions make for a much more inviting space. Cover your surfaces in as many luxurious fabrics and pillows as you can find and snuggle down.

**Tip:** Faux is just as fashionable as the real thing. If cost prohibits, find inexpensive alternatives.

#### 4. Invite people over

Do you tend to hide from your friends as soon as October hits? Fight the urge to retreat, and invite your nearest and dearest (or those you want to know better) over to share your coziness. Bonus: Ask them to bring a bottle of your favorite autumnal beverage!

**Tip:** Low on funds but want to host a dinner party? Ask everyone to bring an ingredient for stew, and make it together.

#### 5. Get out the board games

They gather dust all year, so make use of them now! For the minimalists among us, a deck of cards is a highly versatile recreational object to keep around. No one to play with? Try your hand at a game of solitaire — analog style.



**Tip:** Have long-distance friends and loved ones? There are many gaming apps that you can play from all over the world. Start up a game and maintain your connections year-round!

#### 6. Perfect your hot drink game

Hot cocoa, hot toddies, apple cider, mulled wine — pick your poison. Whatever it is, find your own special recipe that is so delicious you can't wait to show it off. Then have those aforementioned friends over again!

**Tip:** Why, yes, you can put whiskey in those drinks. But it's usually a good idea to perfect a mocktail version, too, for friends who don't imbibe.

#### 7. Embrace sweater weather

If you don't already have a favorite sweater, it's time to find one. It should be something that makes you feel at home when you slip it on. Cashmere, wool, mohair — anything will do. Whatever you choose, pair it with thick socks!

**Tip:** Start a knitting, crocheting or weaving circle, and make your own sweater over the course of the winter. It's easier to get through lengthy projects when you're sitting beside a friend — and it's a great excuse to get together every week, no matter the weather.

#### 8. Curate your cold-outside playlist

Make yourself a mix of music that inspires you to do all those things that make you feel absolutely endeared to your space. Put it on shuffle, relax, repeat.

**Tip:** Instrumentals are classics for a reason — they can work as background for just about anything. When in doubt, most music services have pre-made playlists, some of which you can filter by mood.

#### 9. Do seasonal activities

Making caramel apples? Check. Carving pumpkins? Check. Canning, puddle jumping, sledding, walking through string-light-wrapped neighborhoods? Check!

Whatever your favorite seasonal treats might be, set some dates to make them happen and feel the magic of even the most blah weather wash over you.

**Tip:** This is a great way to involve kids in seasonal celebration. If you don't have children of your own, hosting a kid-friendly event (such as pumpkin painting) is a lovely way to connect with friends with little ones. Not a fan of cleaning up after the kids? Offer them a treat in exchange for cleaning up. Everybody wins. (From Zillow)

### **In and Around River Place**

**Helping Our Youth Get on Their Feet:** Sarah Kenoyer of River Place posted this appeal in September on Nextdoor:

#### **Donations Appreciated!**

Friends & neighbors, many of you may already be familiar but Jail to Jobs is an incredibly effective non-profit giving life & employment skills to formerly incarcerated youth in Austin. They are putting together a basketball tournament for the kids and employees and would love any basketball shoes or shorts you may not need or wear anymore. I'm happy to take them, or anyone can take them to their newest location in North Austin. Let me know if you have anything I can deliver for you! (Hope it's not too late. If so, consider donating \$)

**River Place Community Involvement Appeal:** Scott Crosby, River Place HOA President, made the following appeal in late August on Nextdoor:

(While the meeting he was referring to was August 27, let's be aware of the issues and do what we can. The monthly meetings are a good place to start.)

We need the community to get involved in fighting density zoning for density sake and ignoring Traffic safety, Firewise danger and environmental issues. The Milestone development at the end of Milky Way will not be the last density for density sake only development in RP if the community doesn't get involved. You may call me the "Boy who cried Wolf" but, what do you think will be the future zoning of the former Children's Courtyard daycare at the front of River Place and

the former Water Treatment Plant near Woodlands park? Come to the HOA meeting(s) to find out how you can help.

Many Snake Sightings Here in River Place: We don't know why but suddenly in September we had numerous sightings of poisonous snakes in our community, both copperheads and rattlesnakes. Our local snake guru, can alleviate your snake problems. If you don't have his name and number in your phone, now would be the time to add it: Rodney Reid, 512-554-6407. A good way to list it is under Snakes, Rodney Reid. It might be months or a year before he's needed but he's been around for years and has helped countless people with their snake problems. Stay safe. Clean up any brush piles, minimize available outdoor water sources and keep your grass cut and flower beds trimmed.

Paul's Motor Werks on RM 2222 Receives Accolades: Posted on Nextdoor were so many recommendations for Paul's Motor Werks that we thought it necessary to pass this news on to River Place residents that might have missed it. Everything from being kind and reasonable to doing top quality work on all types of cars was mentioned and there were absolutely no negative reports.

Paul's is located at 11003 Ranch Road 2222 and their number is 512-502-0769. My bet is their business is currently booming from all the great remarks but if you have a car problem, give them a call. It's great to have good such service nearby.



## Tennis Tip of the Month: Improving Your Doubles Game



We often look at doubles as just being the fun, relaxing version of tennis as we focus on singles to be the real measure of our skills and abilities. However, many great singles players, John McEnroe for example, considered doubles as an excellent way to practice and prepare for their singles game. This is especially true if you find yourself in a situation where you must play more aggressive to win.

And of course, those of us getting along in years find ourselves playing more and more doubles so that it becomes the true and only measure of our tennis acumen. So let's take a look at some tips that will help us improve. Some may already employ these to a degree but sharpening our awareness of the things that work best will only help our game.

#### Tennis Tips:

- 1. Try your best to get that first serve in. A good way to work on this is, as the match begins, start with a slice or spin first serve-what you might consider to be a good, hard second serve. You can then flatten out the serve as it becomes more accurate.
- 2. Remember the non-hitting or net player is very important to winning the point. Therefore, try serving mostly up the middle so your net man will have the best opportunity to poach and win the point. If you're going wide, let him or her know so the down-the-line is not too exposed.
- 3. When playing the net yourself, stay on your toes and move around a lot to throw off your opponents' return of serve. Sometimes just a step toward the middle will catch their eye and throw off the return. Step forward and to the center as the returner hits his shot.
- 4. If the returner is chipping and charging on your serve, (second serve, usually,) tell your net man to just go, (poach) and you will switch over and cover behind him. This might be considered advanced but it is good, aggressive doubles that can easily solve a problem and turn the tables on your opponents' tactics.
- 5. Don't be shy about serve and volley doubles. Try it when you're ahead in the game. Let your partner know. It will show your aggressiveness and put your opponents on edge. Don't do it all the time but be offensive by always looking to approach and work your way to the net so that your opponent stays back, letting you take the net.
- 6. Try to always cover the middle so that your opponents have to hit a risky down-the-line or sharp crosscourt to get the ball past you. You and your partner should try to move in tandem to the side of the court where the ball is hit. In other words, follow the ball. Stay slightly staggered so that one can easily close the net while the other can cover the lob if necessary.
  - 7. Remember the high to low principle. Don't let the ball drop.

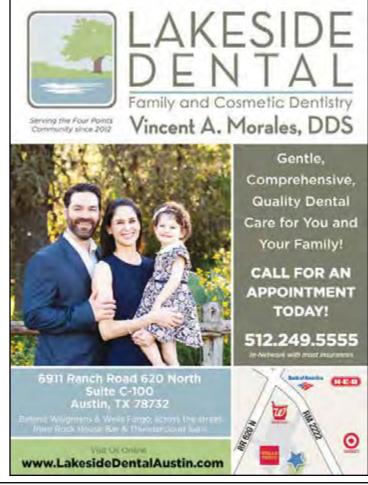
Try to close quickly and hit the higher ball downward toward your opponents' shoelaces. But remember, they will try the same on you so, when they're hitting the high volley, be prepared to half-volley and perhaps bump the ball on an angle or over their heads.

8. Lastly, groove your crosscourt groundstrokes. When you practice or warm up, hit some crosscourt rallies so that you become quite comfortable hitting your strokes on a sharp angle which will help you keep your shots away from the opposing net man. With the doubles court, you have some extra space over there so learn to use it and perhaps develop a good approach shot in the process.

So there you have it. It's not all-encompassing but if you can begin to employ these few important tips, you'll be surprised at your newfound success. Approach deep down the middle of the court and come in to put that high volley away! You'll be ready for your next club tournament!

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

"A team above all. Above all a team." - Author Unknown



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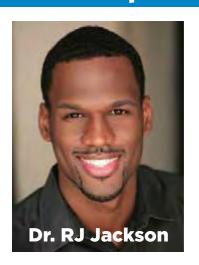
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River Review - October 2019





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