

# THE RIVER REVIEW

November 2019 Volume 13, Issue 11

*Photo by Mia Sanchez*



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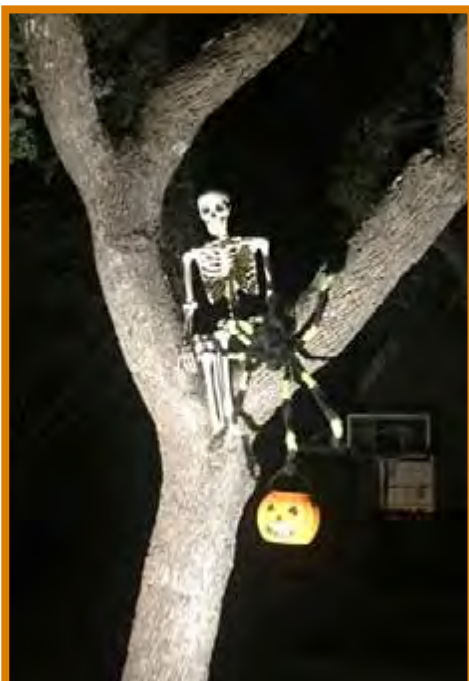
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Contact Editor: Robert Martin.....[mrobertallen@aol.com](mailto:mrobertallen@aol.com)

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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.

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



Is it normal to think about wine at 10 am? Asking for a friend. A weasel walks into a bar. The bartender says, "I've never served a weasel before. What can I get you?" "Pop" goes the weasel.

Why did the golfer have to change his shoes? He got a hole in one. Saw a donkey cross the road. He looked both ways. What a smart ass!

The older you get, the better you get. Unless you're a banana. Why do we need commercials for toilet paper? Who's not buying it?

If by "crunches" you mean the sound potato chips make when you chew them, then yes, I do crunches.

Turning vegan would be a big missed steak.

Drinking wine is OK because it's not good keeping things bottled up.

I'm terrified of elevators and I'm taking steps to avoid them.

People are making apocalypse jokes like there's no tomorrow.

Huge fight at the seafood diner; battered fish everywhere.

My relationship with whiskey is on the rocks.

Today's youth need to start thinking about what kind of world they're going to leave for folks like Willie Nelson and Keith Richards.

I never realize how much I swear until I'm in a situation where I can't.

Whoever's in charge of keeping me from doing stupid things is FIRED!

You know how you buy salad and then sometimes it turns all brown and soggy? Cookies don't do that.

If we learn by our mistakes, how come I'm not a genius already?

A man dies when he refuses to take a stand for that which is true! MLK Jr.

## Health and Wellness

### Fall Health Tips to Keep You Stronger and Active



Ahh, autumn. We just love this time of year. As much as we enjoy the warm, sunny days of summer, who can deny the wonders of fall? Time to unpack your sweaters, break out the pumpkin spice, and prepare for the cooler temps to come.

Cold weather prep also means taking better care of you, so while you're prepping for fall and the upcoming holiday season, add some or all of the health tips below to your autumn to-do list and everyday wellness routine.

#### **Get a Checkup**

Did you know more heart health concerns are discovered during cold months than any other time of year? That's because cold weather may affect circulation and make your heart work harder. Autumn is an ideal time to get your yearly checkup to make sure you're in tip-top health before winter weather begins. Be sure to check with your doctor about any seasonal vaccines you and your family may need.

Also, your family health history holds many clues that can help you and your doctor build a strong wellness plan. Relatives tend to come together more often during the autumn and winter months, so use family gatherings to learn more about your health heritage.

#### **Embrace the Flavors of Fall**

Eating whole foods that are in season is the way to go year-round for nutritional impact, and the real foods available in fall are especially compelling. Tables and baskets at farmers markets fill to the brim with seasonal produce like squash, gourds, apples, beets, kale, and brussels sprouts—and the list goes on! Check out this seasonal food guide to see what's fresh near you and get your fill of seasonal eats.

The fun doesn't stop at the farmers market. Fall is the perfect time to try healthy soup recipes, experiment with nutritional powerhouse spices like turmeric, Ceylon cinnamon and ginger. And get in on superfood trends that are perfect for cooler temps like bone broth

collagen and matcha green tea.

#### **Shift Your Exercise Habits with the Season**

Start planning your cold-weather activity routine now so you'll be less likely to skip a workout later when the weather changes and going outside isn't as appealing. If joining a gym or taking a fitness class isn't for you, try online workouts or make up your own! You can get a workout just by turning up the music and dancing around in your living room.

Find ways to fit more activity in throughout your day with mini workouts and health hacks for staying active at work. Try Pilates for a great, low impact way to strengthen the body core and increase flexibility.

#### **Reevaluate Your Hair & Skin Routine**

Notice your skin looking a little dull during cooler, drier months? Do your hair and scalp feel dry? It isn't your imagination. When the heat kicks on indoors it can make the air dry, and the lack of humidity and cool weather outside doesn't help either. Going back and forth between the two can leave your skin and hair feeling lackluster.

Get your glow back with gentle, daily skin exfoliation and regular moisturizing. We recommend using nature-sourced oils to quench thirsty skin and hydrate hair. Try argan oil, rosehip oil or jojoba oil for hair and skin. Use oils on hands, cuticles and skin after showering, massage oil into your hair and scalp after you shampoo, or add a teaspoon to your favorite shampoo or conditioner.

Also, hyaluronic acid can make a huge impact on your skincare routine. It attracts moisture to your skin and helps it maintain fluid balance for a plumping boost. Hyaluronic acid makes a great addition to lotions or oils.

#### **Hydrate from the Inside Out**

Staying hydrated is just as important now as it was during the summer. Your body uses water for everything, all year long! Drink up to benefit digestion, fluid and mineral balance, waste removal, energy, mood, skin, joint lubrication and more.

According to the National Academies of Sciences, Engineering, and Medicine (NAM) an adequate daily fluid intake is about 15.5 cups (3.7 liters) of fluids for men and about 11.5 cups (2.7 liters) of fluids a day for women. That's 124 ounces of fluids for men and 92 ounces of fluids for women each day.

#### **Refresh Your Memory About Healthy Portion Sizes**

Think you know what a healthy portion of protein looks like? Or what ratio of veggies to starch you should eat? It's best to be sure, especially before the holidays. Miscalculating portion sizes can lead to accidental overeating and weight gain, and you could miss out on getting the right balance of key nutrients.

Before holiday potlucks and parties roll around, refresh your memory on what an ideal meal looks like for you and get back in the habit of focusing on healthy portion sizes. You can use a plate

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as a general guide and fill 1/2 of your plate with veggies, 1/4 with lean protein and 1/4 with a whole-grain starch.

Tune in to your daily nutritional needs, including calories and protein intake, so healthy eating becomes second-nature long before you're faced with a holiday feast or endless dessert buffet. Stock your pantry with real, whole foods, and take a multivitamin to fill in any nutritional gaps.

## Banish Holiday Stress Before it Happens

Head into the holiday season calm and collected by adopting stress-busting habits now. Try adding something new to your relaxation routine like a morning meditation practice or get an essential oil diffuser for your home. Take regular timeouts with relaxing herbal tea, and explore the power of adaptogenic herbs like rhodiola rosea, cordyceps and L-theanine for easing the physical and mental effects of stress. And don't forget, exercise is a great stress reducer.

## Keep Your Sleep in Synch

There's nothing like a time change to throw off your sleep schedule. The autumn time shift combined with shorter days means it gets dark early and leaves many of us feeling tired. That's because when the sun goes down and lights are dim our bodies are triggered to produce melatonin, a hormone that helps regulate sleep-wake cycles.

If going to and from work in the dark makes you feel like napping on the couch by 6 pm despite getting enough sleep the night before, it's time to make some changes. Combat the urge to snooze too early by being more active in the evening—even if it's just a brisk walk or a set of jumping jacks in your living room—get your body moving.

Also, consider switching out your lightbulbs to an option that gives you natural, balanced light indoors. And don't forget vitamin D supplements. Your body needs sunlight to produce this essential nutrient and the lack of sun leaves you more likely to be low in vitamin D, which can also contribute to feelings of fatigue.

## Detox from Digital Overload

Lastly, chilly weather may keep you indoors more often, but that's no excuse to spend all of your time in front of a screen. All that blue light from electronic devices can harm your eyes! Do some research on the damage blue light can do and how you might avoid the consequences.

Instead of all that screen time, discover indoor activities that are interactive without the use of screens—like board games, creative hobbies and puzzles that challenge your mind. Autumn is also the perfect time to start a self-care routine. You certainly can start with some of the ideas from this article and add others you may come across. Planning your self-care can be flexible as you build and add to your list of ways to improve your health. Make it fun! (from Swanson, Lindsey Toth, MS, RD)



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## Homeowners Corner

### 2019 Most Popular Exterior House Paint Colors

Unlike the interior of the house, most house owners don't give much thought while choosing hues for the exterior. And that's where they downgrade all the efforts put in designing a quality home because the shade of exterior paint is potent enough to make perception of people about your home.

The best thing about exterior painting is that instead of always going with neutral shades, you can fearlessly play with brighter colors because they never go wrong. The key is to splash a shade that not only makes your home stand out among all other houses on the street but also makes you love coming home.



#### 1. Yellow.

Yellow (above) has become a new favorite of many house owners who are seeking to bring a happy and vibrant feel to their exterior. We are not talking here about neon yellow shade, but a brighter pale one, the one that makes your home looks coming straight from Trinidad, Cuba. Sticking to a pale shade brings a cheerful feel to your home along with lightening up otherwise oh-so-striking tone.

#### 2. Gray.

People looking for a bit calming shade are falling for grey tones for their house exteriors. Designers and paint companies are getting so many requests for the grey that it seems that everyone wants to 'go-grey' in 2019. And well, let's admit that it looks so good. And in case you are looking for house cladding option, grey will go well with any of the options, including brick, stucco, etc.



#### 3. White.

Now we all know that white is like 'jeans' of the painting world because it never goes out of fashion. So, it is a shade of 2019 as well, and no one is complaining because it is worth bringing into trends every year. White houses give a neat and clean look that no other color can bring – picture ready for a magazine's photo shoot. Whether you are looking for a Hampton's style house or want to give a royal touch, white is the right shade to brush the desired feel.



#### 4. Light Blue.

Are you looking for a fresh color that is neither neutral like grey nor is bright enough like yellow? If yes, then you are probably looking for a light blue shade that has become a game-changer in 2019 to give a fresh look to your home. Light blue combined with deep aqua enhances the architectural finishing of your house along with bringing a splash of freshness that we always want in our house.



*(Article from theoutdoorwear)*

## In and Around River Place

**River Place Annual Hoedown in November:** On November 9th from 4 to 6 pm the Annual River Place Hoedown will be taking place at Suntree Park. There will be entertainment for all, especially the kids including a bounce house, pony rides, painting pumpkins and an obstacle course.

And, surprise, barbecue will be served by Terry Blacks! Yummy! So, put your boots on and come on out for a couple hours of fun and food! See y'all there!

**Electrician Recommendation:** Lenny Zwik of River Place strongly recommends Carlos Benitez, 512-636-9515 as he used Carlos to replace their pendant in their entryway and the chandelier above their dining room table. And they couldn't be happier!

Maybe give Carlos a call when you have electrical work that needs to be done. They added that he provided them excellent customer service!

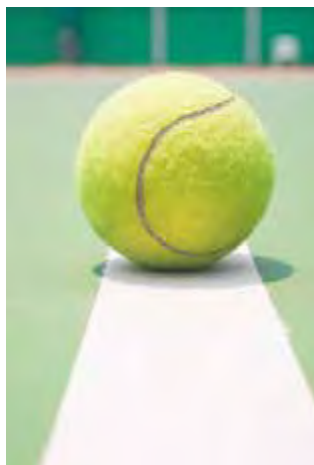
**Sheriff's Department Detains Man at Steiner Ranch Elementary:** Back on October 1 a man was detained by Travis County Sheriff's Department for making shooting gestures and verbal threats toward students in front of the school. This same man had been found to be exhibiting strange behavior previously. According to a Four Points News article by Lynette Haaland, the school principal and the LISD mailed letters to the students' parents assuring them that security at the school is top priority.

Many parents called and were reassured that everything possible was being done. The LISD director of security was stationed at the school following the incident to keep matters under control. Additionally, a criminal trespass warrant was issued such that the man would be arrested should he come near the school again. Other security protocols were implemented as well to ensure that this problem will not reoccur.

**Financial Problems Plague Old 3M Site on 2222:** Now called Silicon Hills Campus, the old 3M site across from River Place, owned by World Class Capital, is under threat of foreclosure by Tuebor REIT Sub LLC, the Vermont company now holding the note on the property. Tuebor claims that World Class has defaulted on its loan but World Class is engaged in a legal battle to maintain ownership of the property. Hearings were scheduled in October on the matter.

Whether the outcome will have an effect on the planned back access road to Vandegrift High School and Middle School is what makes the issue critical to River Place residents. As a reminder, the access road was to be simply a continuance of Four Points Drive across River Place Boulevard through the old 3M property straight to the school area, providing a much needed second access to the schools and thereby relieving some of the congestion at 2222 and McNeil. Hopefully their legal battles won't interfere with these plans.

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



Sometimes we just need some simple pointers that we can remember to help improve our game. We don't really want to take a series of lessons or drill until the arm is ready to fall off. We just want a general strategy. If that's you well, this is your lucky day!

This tip breaks down the court into zones that you can relate various types of tennis strokes to, defensive and offensive. In simplifying your strategy this way, you will automatically have in mind the type of shot you might hit, maximizing your chances at playing a winning point and staying competitive.

### Tennis Tip:

**Part A.** Consider the area from the baseline to the back fence as Zone 1. It is the Defensive Zone. Usually, you will be running down an opponent's great shot or possibly a lob. Here, your best option is to hit the high topspin roller so that you have time to reposition and your opponent has to deal with a high bouncing ball that is difficult to do a lot with.

**Part B.** The area from the baseline to the service line is Zone 2, the Offensive Zone. Here is your chance to step into your shot, hitting the ball lower over the net but deep into your opponent's court. Ones closer to the service line may be hit as an approach shot on a sharp angle or deep into the corner, facilitating a move to the net for an easy volley.

**Part C.** This area, Zone 3, is the Kill Zone. It's time for the put away shot. You have several options. If your opponent is off court to the side, you simply want to hit the put away shot in the opposite direction. If it seems his or her position is fairly good, in the middle of the court at the baseline for example, you want to hit the corner approach shot and come in for the easy angle volley. Lastly, if your opponent is well behind the baseline out of position, a simple drop shot will do the job. Usually, the angled drop shot works best as it is bouncing off and away from the court.

There you have it. Think about the zones and the types of associated shots and, before long, they will come naturally to you as needed. You might also hear that you want to be the master of the court and control the court from the middle, running your opponent from corner to corner. This is great when you're able but unfortunately, we're not always in such a position. Knowing what to do no matter your position is what will help you win points day in and day out. My bet is that your game will be stronger and more fun if you can incorporate the above strategies on a consistent basis.

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

"Play each point like your life depends on it." - Author Unknown



## The Great Outdoors

### 7 Budget Friendly Outdoor Activities For Fall

Fall is the best time of year to get outside and enjoy the fresh air before winter's chill numbs your fingers. It's a great time to get your kids some exercise and make memories that will last a lifetime. The good news is that budget-friendly activities are as plentiful as apples in the fall. Let's take a look at what you can do to get your family outside without breaking the bank. Texas, with its variety in climate, terrain and agriculture, offers most of these options in abundance.



#### 1. Visit A U-Pick Farm.

Taking your family to a U-Pick farm can make lasting memories. There's something undeniably soul-stirring about walking through a sunlit orchard, heady with the scent of apples, harvesting your food. Your kids will have a blast, and they just might

remember it for the rest of their lives. Visiting a U-Pick farm can also help get your kids excited about eating fresh, local foods. After all, it's one thing to buy a pear at the grocery store, but when your kids go out and pick that pear themselves, they're far more likely to eat it. While there may not be as many options here in Texas, don't give up, they're out there.



#### 2. Take A Road Trip.

One of the most popular and scenic ways to take in the stunning fall colors is to cruise the Blue Ridge Parkway, which winds through the Appalachian Mountains of North Carolina and Virginia. The Parkway is 469 miles long and within a six-hour drive of

major cities including Nashville, Atlanta, Charlotte, Knoxville, Roanoke, Pittsburgh, and Washington, D.C. In addition to magnificent open views, the Parkway offers plenty of stunning waterfalls, pristine lakes, meadows dotted with deer and caribou, mountain biking and hiking trails, Appalachian craft centers, and music festivals. Here in Texas there are many options as well, especially from a more centrally located city like Austin.



#### 3. Run A 5K, 10K, Or Marathon.

Fall is a great time to get in shape for a challenging race because it's far easier to run in colder weather. You're also more likely to stay in shape


over the winter season and keep off those holiday pounds if you establish a fitness routine in the fall. Most cities schedule several fall races because they're so popular.



#### 4. Plant Spring Bulbs.

If you had a garden this summer, you're probably ready to be done with planting. However, it's easy to plant a few bulbs for spring, and when March comes and you see those tiny points of life growing out of the ground, you'll be glad you did. Plus, planting bulbs is a fun way to be outside and enjoy the crisp fall afternoons. You can start planting bulbs as soon as evening temperatures are between 40 and 50 degrees, or six to eight weeks before the ground freezes.


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## 5. Go Tailgating.

Tailgating is a uniquely American phenomenon that you should experience in the fall. Other sports, such as hockey and baseball, don't have as strong a tailgating culture as football does. Whether you're a fan of college or professional football, tailgating is worth trying at least once this fall.

at least once this fall.



## 6. Volunteer.

Many seniors don't have family nearby to help with household chores, so your family can help by volunteering time with these seniors, or your own elderly parents, to help with fall chores. You might already know someone in your neighborhood that could use a helping hand.

neighborhood that could use a helping hand.



## 7. Head To The Beach.

Many people don't think of the beach when fall arrives. This is especially true in Texas. However, fall is a great time to visit the ocean because the summer crowds are gone, overnight accommodations and restaurants are usually

cheaper by 25% or more, and the temperatures are no longer sweltering. Another bonus is that fall storms frequently dredge up long-buried treasures like sea glass, which are easier to find when you're the only person on the beach. (from theoutdoorwear)



## PLEASE REMEMBER TO PICK UP AFTER YOUR PETS

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