

THE RIVER REVIEW



January 2020

Volume 14, Issue 1

Photo by Mia Sanchez



NEWS FOR THE RESIDENTS OF RIVER PLACE

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RIVER PLACE CHRISTMAS LIGHTS WERE FANTASTIC!

Our residents go all out for Christmas and this year was no different. Question: Are inflatables the new thing? They're everywhere. Perhaps it's because they look great even in the daylight? And look-there was even a Grinch spotted in the neighborhood!

It was beautiful-thanks everyone for the dramatic and entertaining displays of lights, creatures and Christmas characters! It was a wonderful sight to behold!



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Heads Up... From Around the City Public Service Office, Austin Travis- County Emergency Medical Services Holiday Season "No Refusal" Enforcement Program

This holiday season, starting this past November the 28th, APD will be increasing its "No Refusal" enforcement through early January. "No Refusal" is part of Vision Zero, which seeks to achieve the City's goal of zero traffic deaths and serious injuries on Austin roadways.

This effort complements APD enforcement of other dangerous driving behaviors that are common contributors to deadly and serious crashes, which includes speeding, failing to yield, and distracted driving. Austin residents and visitors can go to <https://www.austintexas.gov/gethomesafe> to learn about their options for a safe ride to and from holiday parties, events, and other special occasions.

Here is a Vision Zero video from ATXN created with collaboration from Austin Transportation Department, City of Austin, Austin Police Department, and Austin-Travis County Emergency Medical Services featuring #ATCEMSMedics Clinical Specialist C. Stowe & Medic K. Higgins.

Balcones Canyonlands Preserve, Travis County AGENCY

Year End Information Letter

It's been a busy year on the Balcones Canyonlands Preserve (BCP), and as 2019 comes to a close, we wanted to share some of the big stories of the past year. For those of you not already familiar with it, the BCP is a 32,282-acre system of preserves in western Travis County that protects endangered and threatened species, some of which are found nowhere else on earth. By protecting the most vulnerable species, we also protect the entire ecosystem of native plants and animals. These natural lands also contribute to cleaner air and water, and a lower risk of flooding and erosion.

About 3,500 acres of the BCP are regularly open to the public, including popular destinations like Hamilton Pool Preserve, Barton Creek Greenbelt, and Wild Basin Wilderness Preserve. This year saw the continued expansion of outreach and education programs throughout the preserve. Thousands of people got to enjoy the BCP through guided hikes, educational events, and volunteer opportunities. Check out our new BCP-wide calendar at <https://www.traviscountytx.gov/bcpevents>. It includes events from BCP partners including Travis County, City of Austin, Westcave Preserve, Wild Basin Wilderness Preserve, and Travis Audubon's Baker Sanctuary.

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IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire	911
Ambulance	911
Sheriff – Non-Emergency	512-974-0845
Hudson Bend Fire and EMS	
Emergencies	512-266-1775
Information	512-266-2533

SCHOOLS

Leander ISD	512-570-0000
Cedar Park High School	512-570-1200
Vandegrift High School	512-570-2300
Four Points Middle School	512-570-3700
River Place Elementary	512-570-6900

UTILITIES

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

AT&T

New Service	1-800-464-7928
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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NEWSLETTER PUBLISHER

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Advertising	advertising@peelinc.com

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ADVERTISING INFO

Please support the advertisers that make River Review possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or advertising@peelinc.com. The advertising deadline is the 8th of the month prior to the issue.

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 birth/day 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.

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NEW ACQUISITIONS: Travis County added 30 acres of woodlands and two caves to the BCP this year. As you may know, the U.S. Fish and Wildlife Service permit for the Balcones Canyonlands Conservation Plan requires a minimum preserve size of 30,428 acres. Although this goal has been met, the BCP managing partners continue to acquire land to meet additional requirements. For example, the preserve must have a configuration that is well-suited to species recovery, having as little “edge” habitat as possible.

The protected species do best in habitat that is removed from the invasive species, predators, and pollution that generally come with surrounding development. The permit also requires the protection of 62 specific caves, which are home to karst invertebrates that are either endangered or considered to be species of concern. Efforts to preserve these important features continue.

TxDOT Loop 360 Program e-Newsletter Fine Tuning the Design Along the Corridor

The TxDOT team was busy this past year holding public workshops, meeting with local residents and making design modifications, and we’re not slowing down. Check out the latest across the corridor.

TxDOT is evaluating changes to the Westlake Drive/Cedar Street project. This project is the first in the program to move forward, and the team is identifying potential impacts and refining the design. The project still has to move through final design and utility relocation, and is currently scheduled to go to construction in 2022.

The Courtyard Drive/RM 2222 and Lakewood Drive/Spicewood Springs Road projects are undergoing design modifications. The team has been incorporating input received at the workshops we held earlier this summer, and plans to hold additional meetings with local residents in the coming months. TxDOT plans to hold a public hearing for the Courtyard Drive/RM 2222 project next summer.

The Walsh Tarlton Lane project team is sifting through comments and revising the concepts that were presented at the workshop in August. The team will host a second public workshop next year to share results of that evaluation process, including an updated proposed design.

Last but not least, TxDOT teams have begun the design process for the Westbank Drive/Lost Creek Boulevard project. The team is looking at several options for that area and plans to host the first public workshop for the project in early to mid-2020. Keep an eye out for workshop announcements as part of this e-newsletter or in your local newspaper – we’d love to see you there.

If you’d like to offer your feedback or learn more about a particular project, visit our website at Loop360Project.com or drop us a line. We look forward to hearing from you!

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

12 year old boy to Mark Zuckerberg: My dad says you're spying on us. Mark Zuckerberg: He's not your dad.

What happens to lawyers after they die? They lie still.

Bill: What should we name this new kind of giant outdoor advertising?
Phil: How about "Philboard?" Bill: I've got a better idea.

Boss: This is the 3rd time this week you've been late. **Do you** know what that means? Me: It's Wednesday?

Husbands are the best to share secrets with. They won't tell anyone. They weren't listening to you to begin with.

Remember, every time you lose a sock in the dryer it comes back as a Tupperware lid that won't fit any of your containers.

Is it rude to toss a Xanax into someone's mouth while they're talking?

Don't worry about getting older; you're still gonna do dumb stuff, only slower.

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Health and Wellness

6 Benefits of a Garlic Infused Diet

The miraculous natural ingredient for life is Garlic. It is a very understated allium, which belongs to the onion family. The benefits have history, where ancient times Garlic was symbolically used to ward off monsters. It can be very delicious when added to savory dishes. If you feel fastidious to have raw garlic you can always try, aged garlic or garlic supplements, which are equally good.

1. Super Food



Egyptians, Romans, and Greeks fed their Olympic champions, soldiers, and sailors with garlic for the reason that it enhanced their performance. Which isn't a false, recent research have started finding out that the garlic actually enhances performances and relieves exercise-induced fatigue. Likewise, garlic also helps people with heart disease.

2. Infection Combatant

Garlic has rich nutrients that help boost the immune system. It also has some nutritional properties that help fight off a cold, an infection from a virus or even bacteria or parasites. In fact, garlic has been proven to have reduced common colds by 63%.

3. Heavy Metal Effects Fighter

Heavy metals like lead and mercury have caused several health issues and sometimes they can be fatal. People who work in factories that are exposed to lead have health issues like headaches. Regular consumption of garlic has shown a decrease in the side effects by 19%.

4. Fat Buster



Physicians used garlic to cleanse arteries in ancient days. Likewise now, garlic is known to be the enemy of blood fats. Routine garlic supplements intake has shown a decrease in bad cholesterol (LDL cholesterol) by 10-15%. This does not affect the levels of good cholesterol (HDL cholesterol), hence it can lead to fat burning.

5. Heart Health

Garlic is one of the best heart protectors. It helps lower cholesterol and also keeps the pressure intact. To receive the full benefits you will have to eat 4 cloves of raw garlic, which might be a bit difficult. But gradually increasing intake would help the stomach adapt. Instead, you could also opt for the supplements that are as effective as the raw stuff.

6. Mental Health

Mental illnesses such as Alzheimer's and dementia are caused by free radicals and their oxidative actions. Garlic is high in antioxidants, which help reduce and remove those free radicals. Antioxidants help reduce cell damage, and prevent the development of cancers.



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(Continued from Page 5)

My brother has the coolest sister. I'm just sayin.'

Ad seen in newspaper: Encyclopedia For Sale, no longer needed; got married; wife knows everything. Call Jeff.

Ad seen in newspaper: Wedding Dress for Sale, worn once by mistake. Call Stephanie.

I never imagined I'd be one of those people to wake up early every day to work out. I was right.

"We are all born ignorant, but one must work hard to remain stupid."
-Benjamin Franklin

"It's easier to fool people than to convince them that they have been fooled." -Mark Twain

Mudita-"**There is no path to happiness;** happiness is the path."
-Buddha

Homeowner's Corner

Ceilings Are the Perfect Blank Canvas



One of the many joys of homeownership is incorporating your signature style throughout your home. From furniture and rugs to artwork and paint colors, there are so many ways you can make a space all your own.

But there's one space in the home that's often left untouched — the ceiling. Though rarely considered, it's a vital part of your home's story.

Whatever your design style, there are plenty of ways to dress up your fifth wall. Check out these ceiling styles that designers and architects are raving about:

Go Modern Minimalist

If you like sleek and elegant design schemes, minimalism is for you. A minimalist home has clean lines in a defined color palette. Forego bright color schemes and add elaborate elements sparingly.



Paint, tile and paneling in black or grey add engaging contrast to ceilings without stealing the show.

Add Some Rustic Charm

If you'd prefer a more accessible look, then rustic style is the answer. It's comfortable, warm and inviting with neutral tones and natural textures like wood and stone.



Wood is the order of the day with a rustic ceiling motif. Rough-hewn panels, bold beams or reclaimed wood will add stunning character to your barnhouse decor.

Keep It Traditional

If you're looking for a style that's casual and understated, consider a classic look. It's a great option whether you enjoy muted tones or simple pops of color.



For traditional ceilings, bright white paint with recessed lighting is a tried-and-true choice. Your cool and classic fifth wall can be flat or vaulted with lavish details like crown molding or coffers.

Bring the Focal Point Down

If a crisp, white ceiling is your preferred style, you can dress up your fifth wall with a custom pendant or light fixture.



Are you ready to get rid of those old popcorn ceilings? Don't be afraid to do a little research or contact a local real estate agent to get some referrals to interior designers in your area. (Article provided by The Diane Bennett Team, RE/MAX Capital City)



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