$$9\left(r - r^{\frac{1}{2}}\right) = -3r^{\frac{1}{2}} - 5r$$

What are all the possible values of r that satisfy the above equation?

A   0 only

B $\frac{3}{7}$ only

C   0 and $\frac{9}{49}$

D   0 and $\frac{49}{9}$