



NEWS FOR THE RESIDENTS OF TARRYTOWN

OCTOBER 2013

VOLUME 1 ISSUE 2

5K Fun Run . Kids K . Scavenger Hunt . Fall Festival

Benefiting the residents of the Austin State Supported Living Center



[www.austinspooktacular.com](http://www.austinspooktacular.com)

**TARRYTOWN... YOU'RE INVITED!!!**

The Friends of Austin State Supported Living Center would like to invite the residents of Tarrytown to participate in our fun, family-friendly event called the Spooktacular Seek and Sprint. On Sunday, October 27th, festivities will begin with a Kids K at 12:45 pm followed by a 5K Fun Run, a Scavenger Hunt and Fall Festival. There will be live music, bouncy house, petting zoo, miniature horses, face painting, Hey Cupcake! trailer, and MORE!

The Friends is a non-profit organization whose mission is to improve the quality of life for the 300 residents who call Austin State Supported Living Center home. The individuals who live at Austin SSLC have developmental and intellectual disabilities. The Friends provide activities and items for the residents that the state cannot pay

for such as a horticulture program, Special Olympics equipment, birthday celebrations, community outings to amusement parks, baseball games and movies – activities that most of us take for granted. The Friends' funds directly impact the residents in a very positive way.

While the Spooktacular Seek and Sprint is the Friends' signature fundraiser, our goal is also to raise community awareness of this beautiful campus located in the heart of Austin and your neighborhood. The event itself serves as a joyous occasion for our residents to mingle with the community. Please join us by registering for our Kids K or the 5K Fun Run at [www.austinspooktacular.com](http://www.austinspooktacular.com), or simply come to our campus at 35th and Exposition to enjoy the Fall Festival and help us support this worthy cause.

# IMPORTANT NUMBERS

## EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Police Department .....	512-975-5000
Sheriff – Non-Emergency.....	512-974-0845
Animal Services Office.....	311

## SCHOOLS

Austin ISD .....	512-533-6000
Casis Elementary School .....	512-414-2062
O. Henry Middle School.....	512-414-3229
Austin High School.....	512-414-2505

## UTILITIES

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Texas Gas Service	
Custom Service .....	1-800-700-2443
Emergencies.....	512-370-8609
Call Before You Dig .....	512-472-2822
Grande Communications .....	512-220-4600
AT&T	
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Repair .....	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080
Austin/Travis County Hazardous Waste .....	512-974-4343

## OTHER NUMBERS

Ausitn City Hall.....	512-974-7849
Ausitn City Manager .....	512-974-2200
Austin Police Dept (Non Emergency).....	512-974-5000
Austin Fire Dept (Non Emergency).....	512-974-0130
Austin Parks and Recreation Dept.....	512-974-6700
Austin Resources Recooverly .....	512-494-9400
Austin Transportation Dept.....	512-974-1150
Municipal Court .....	512-974-4800
Post Office.....	512-2478-7043
City of Austin.....	www.AustinTexas.gov

## NEWSLETTER PUBLISHER

Peel, Inc. ....	512-263-9181
Editor.....	tarrytown@peelinc.com
Advertising.....	advertising@peelinc.com

# ADVERTISING INFO

Please support the advertisers that make Tarrytown News possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

# ARTICLE INFO

The Tarrytown News is mailed monthly to all Tarrytown 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 Tarrytown News please email it to [tarrytown@peelinc.com](mailto:tarrytown@peelinc.com). The deadline is the 15th of the month prior to the issue.



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# Welcome TO TARRYTOWN NEWS

The Tarrytown News is a monthly newsletter mailed to all Tarrytown residents. Each newsletter will be filled with information written by **you** about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at [www.PEELinc.com](http://www.PEELinc.com), or you can email to [tarrytown@peelinc.com](mailto:tarrytown@peelinc.com). Personal news (announcements, accolades/ honors/ celebrations, etc.) are also welcome as long as they are from area residents.

**GO GREEN!** Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

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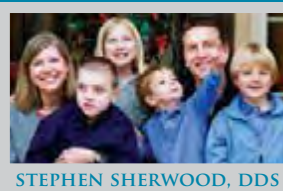
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*By Stefanie Moore, MS Nutrition & Health Education*

These delicious, nutrient rich foods can be found at the farmers market or grocery store.

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Rich in Vitamin A, Vitamin C & Vitamin B6

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*Stefanie has her Masters of Science in Nutrition and Health Education. She is dedicated to the field of nutrition and educating people on the power of good health.*

## TRAVIS COUNTY SHERIFF'S OFFICE CRIME PREVENTION TIPS

### LOCK YOUR CARS!!!!

Get to know your neighbors! Report suspicious activity immediately!

Secure your vehicles, homes, garage doors at all times. (If you have an alarm, use it!) Remove garage door openers from your vehicle at night and when you are out of town.

Utilize timers for lights, radios, and televisions to give the appearance that someone is home when you are out of town.

Secure patio doors with a rod.

Keep the perimeter of your home well lit.

Take pictures of valuables and keep them stored in a secure location.

Keep an inventory of all serial numbers for valuable items that can be given to Law Enforcement to track your items if stolen.

Never leave a vacation message on your answering machine.

Have a friend or family member pick up newspaper and mail, or stop delivery until you return.

Keep shrubbery trimmed, to prevent hiding places.

Park in well-lit areas at night.

Do not leave valuables in plain sight. Lock them in the trunk or take them inside.

Organize a community watch program in your neighborhood.

Secure all windows and doors at all times.

## DON'T BE A VICTIM!

CitizenObserver is being used by the Travis County Sheriff Office to communicate information to Citizens ranging from crime alerts and offender notifications.

Be in touch with what's happening! Visit [www.citizenobserver.com](http://www.citizenobserver.com) today and Be Informed!

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"We love the new valance, wooden shades and chairs in our breakfast area. Thank you so much!!! I really like the way it looks and ties everything together in the living room, kitchen and dining room. Also, thank Kevin for us as well. He did an awesome job and left everything in perfect order (I had to leave for an appointment before he was finished). Also, thank him for carrying off the valance that we removed." -- Suzanne & Jon





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## Back To School

School started in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

### Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

## Time To Slow Down!



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# James Waters Orthodontist

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# TENNIS TIPS



By USPTA/PTR Master Professional  
**Fernando Velasco**



## How To Execute The One-Handed High Backhand Volley Approach Shot

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, and the two handed high volley approach shot.

In this issue, I will offer you instructions on how to execute the one-handed backhand high approach shot. This shot is used when a player is caught in “no-person’s land” (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley at the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put into a defensive mode. This will cause the player to hit a softer ball so the player can now move closer to the net for the “killer or placement volley”. In the illustrations, Darin Pleasant, Director of the ATP Academy at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

**Step 1:** The Ready Position and Split Step: When Darin realizes that he is caught in “no-person’s land”, he takes the split step by bending of the knees and staying on his toes. His racket is in the volley position and his feet are angled toward the path of the incoming ball. Notice that the left hand is on the throat of the racket.

**Step 2:** The Back Swing: Once Darin realizes that the ball has been directed to his backhand, he will turn his upper body and will take the racket slightly back. Notice that the left hand is still on the throat of the racket. He has loaded his weight onto his left foot and will be ready to step forward to meet the ball. He will make a slight change toward the continental grip on the right hand.

**Step 3:** The Point of Contact: Darin is now ready to step into the ball. He has kept his eye on the ball and his center of gravity now is shifted toward the point of contact. Notice the right toe pointing to the ball meeting the racket. The face of the racket is open to allow him to hit behind the ball and allow maximum net height and allow him to hit the ball deep. The control of the ball will be made with the right hand, which is holding the racket tighter. The right hand will keep the face of the racket at a 45 degree angle at the point of contact.

**Step 4:** The Follow Through: Once Darin has made contact with the ball, he finishes the follow through with his left wrist laid back. His left arm is pulling back for better body balance and his eyes are still watching the racket where he made contact with the ball.

**Step 5:** The Move for the Kill Volley: As the ball is headed toward the opponent and Darin realizes that his shot is deep He now moves closer to the net for the put away volley. If his shot was not deep, Darin will decide to stay close to the service line to protect the lob over his head. By the look in his eyes and his smile, he just did a “kill volley”.

*Look in the next Newsletter for: How to execute “The Lob”*





# SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos.  
We want pictures of your kids doing everyday things,  
school events, plays, sports, etc.  
Send in your pictures to be featured in the  
Tarrytown News. E-mail your pictures to  
[tarrytown@peelinc.com](mailto:tarrytown@peelinc.com)  
by the 15th of the month.



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- Identification of problems and recommended solutions
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*Jeffrey L. Tucker, P.E., a registered professional engineer in Texas, has been involved in structural design, inspection and repair of houses and apartments since 1965. He is uniquely qualified to perform structural analyses of wood frame structures and slab foundations; to inspect and offer assurance of structural integrity and/or repair recommendations and details.*

## *Pruning Guidelines for Prevention of Oak Wilt in Texas*

# NOW IS THE TIME TO PRUNE YOUR OAK TREES

Oak wilt, caused by the fungus *Ceratocystis fagacearum*, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from tree-to-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. Below is a brief description of how you can reduce the risk of fungal spread when pruning.

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.
- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding of oaks during the spring (currently defined as February 1 through June 30). Reasons to prune in the spring include:

- To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.
- To repair damaged limbs (from storms or other anomalies)
- To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.
- On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
- Dead branch removal where live tissue is not exposed.

Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February 1 or after June 30. Debris from diseased red oaks should be immediately chipped, burned or buried. Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.





# DROWNING IS PREVENTABLE



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**October 19:** Sharkfest Austin Swim benefiting Colin's Hope. Volunteers and swimmers needed.

**November:** Underwater Holiday Photos! Colin's Hope will be collaborating with Flashpool Productions and pool partners throughout the Central Texas area to capture your BEST Holiday picture Ever! Proceeds from photos will help us prevent drowning. Locations and dates will be posted at [www.colinshope.org](http://www.colinshope.org) and our Facebook page soon.



Thank you to AG Real Estate Services for underwriting our Underwater Holiday Photo project.



**Volunteer - Donate**  
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community newsletters

A special thank you to Peel, Inc. From donated ads to pledges raised in our golf tournament, their support helps us to raise water safety awareness to prevent children from drowning.

## LAYERS OF PROTECTION



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**CHECK POOLS/HOTTUBS 1ST FOR MISSING CHILDREN**



**VISIT US ONLINE**

## SEND US YOUR

### *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to [tarrytown@peelinc.com](mailto:tarrytown@peelinc.com). Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



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**TUESDAYS | SESSION 1: SEP 3 - OCT 22 (8 WKS) | \$124**  
**SESSION 2: OCT 29-DEC 17 (7 WKS) | \$109**  
Parent & Child Multi-Sport | 16 mos-2 yrs | 9:30-10:15AM  
Multi-Sport | 3-4.5 yrs | 10:15-11:15AM

**WEDNESDAYS | SESSION 1: SEP 4 - OCT 23 (8 WKS) | \$124**  
**SESSION 2: OCT 30-DEC 18 (7 WKS) | \$109**  
Multi-Sport | 2 yrs | 1:15-2:00PM  
Multi-Sport | 3-4 yrs | 2:00-3:00PM  
1st Season - Baseball | 4.5-6 yrs | 3:00-4:00PM  
2nd Season - Flag Football | 4.5-6 yrs | 3:00-4:00PM

**THURSDAYS | SESSION 1: SEP 5 - OCT 24 (8 WKS) | \$124**  
**SESSION 2: OCT 31-DEC 19 (7 WKS) | \$109**  
Multi-Sport | 3-4 yrs | 1:15-2:15PM  
Multi-Sport | 4-5 yrs | 2:15-3:15PM  
Soccer | 4.5-6 yrs | 3:15-4:15PM

**FRIDAYS | SESSION 1: SEP 6 - OCT 25 (8 WKS) | \$124**  
**SESSION 2: NOV 1-DEC 20 (7 WKS) | \$109**  
Multi-Sport | 3-4 yrs | 1:15-2:15PM  
Multi-Sport | 5-6 yrs | 2:15-3:15PM  
Basketball | 4.5-6 yrs | 3:15-4:15PM

**SATURDAYS | SEP 21 - NOV 9 (8 WKS) | \$136**  
Parent & Child Soccer | 18 mos-2 yrs | 9:45-10:30AM  
Soccer | 3 yrs Potty Trained | 10:30-11:30AM  
Soccer | 4-5 yrs | 11:30-12:30PM

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## BREAST CANCER: IMPORTANCE OF EARLY DETECTION

By: *Concentra Urgent Care*

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
  - Obtain yearly clinical breast exams
  - Check your breasts regularly for lumps
  - Discuss their breast cancer risk with their physician
- Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:
- Having started menstrual periods at a young age
  - Having a first child after age 30

- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

*For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: [www.cancer.org](http://www.cancer.org), or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>*



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# SET SIMPLE NUTRITIONAL GOALS

Many people make it a goal to lose weight through diet and exercise. But a nutrition expert at Baylor College of Medicine suggests that goals should be about more than just weight loss.

"Beyond weight loss, set goals to improve the one thing that only you can do – take care of the body you have been given," said Roberta Anding, registered dietitian at BCM.

One way to do this is by adopting some simple nutritional strategies, Anding said. These include:

- Set goals to eat breakfast, such as oatmeal, fruit and milk. This keeps

you from being hungry throughout the day.

- Plan to add more fruits and vegetables to your diet. Fill half your plate with fruits and veggies.
- Choose lean protein. Look for meats that have the words "loin" and "round" in their names.
- Consume fat-free or low-fat dairy.

"Although the scale may not show the results in the short run, subtle changes like a gradual drop in cholesterol and blood pressure are possible," Anding said.



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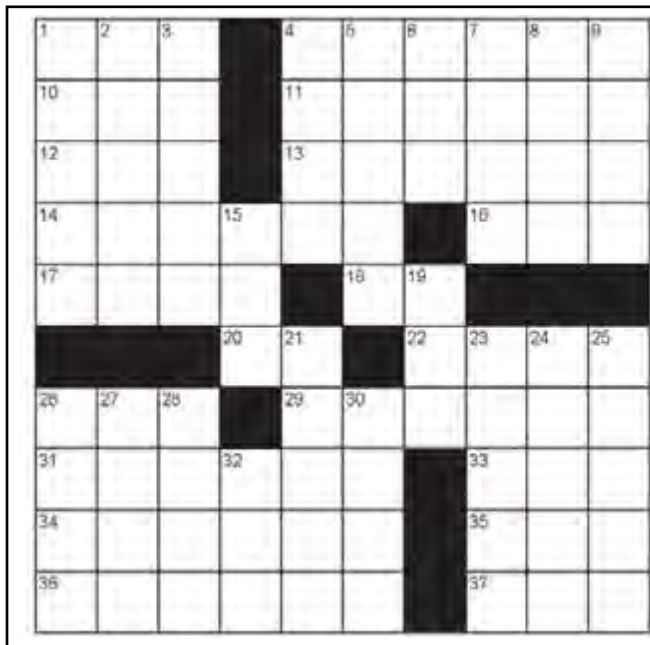
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2. Root beer brand (3 wds.)
3. Stone
4. Aurora
5. Ponder
6. Build up
7. Holes
8. Syllables used in songs (2 wds.)
9. Sledge
15. Gone by
19. Not against
21. Cycles per second
23. Pimpled
24. Glob
25. Organic compound
26. Soft mineral
27. Prig
28. Tyrant
30. Mexican money
32. North American country

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		2						6
		1		7	4			8
			8					
			1		6	9		4
				5		7		
5		8						
	6			3		2		
				6	2			
	5		9					1

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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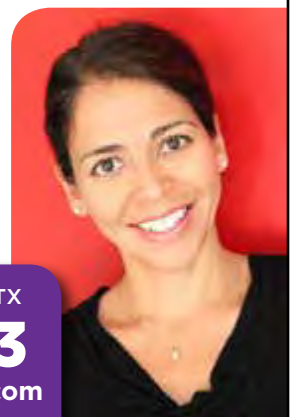
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# - Kids Stuff -



From the candy to the costumes, Halloween is a fun-filled time for kids and parents alike. But it's also a holiday that can pose dangers to young revelers. To help make this year's festivity a trick-free treat, follow these simple safety tips:

## Adorning Your Little Ghouls

- Choose a light-colored costume or add glow-in-the-dark tape to the front and back of the costume so your kids can be easily seen.
- Don't buy a costume unless it's labeled "flame-retardant." This means the material won't burn.
- Make sure wigs and beards don't cover your kids' eyes, noses, or mouths.
- Don't let your children wear masks — they can make it difficult for kids to see and breathe. Instead, use nontoxic face paint or makeup. Have younger children draw pictures of what they want to look like. Older kids will have fun putting the makeup on themselves.
- Put a name tag — with your phone number — on your children's costumes.
- Avoid oversized and high-heeled shoes that could cause kids to trip.
- Avoid long or baggy skirts, pants, or shirtsleeves that could catch on something and cause falls.
- Make sure that any props your kids carry, such as wands or swords, are flexible.

## Pumpkin-Carving Precautions

- Don't let kids handle knives. Have them draw their designs on the face of the pumpkin with a black marker — then you do the carving. And make sure you're using a sharp knife or a mini-saw that's pointed away from your body.
- Keep kids at a safe distance while you're carving the pumpkin so that they don't distract you or get in the way of sharp objects.
- Remove pumpkin guts safely. If your children beg to remove the guts of the pumpkin — as many kids do — don't hand over a knife to do it. Instead, let your little ones get messy by scooping out pumpkin flesh with their hands or an ice cream scoop.
- Clean up your mess. Pumpkin flesh is slippery and can cause falls and injuries when dropped on the floor. Layer newspaper or old cloths under your carving workspace and clean up spills right away so no one slips or trips.

- Skip the candles. A burning candle in a pumpkin may become a blazing fire if left unattended. Instead, use a glow stick (available in many colors) to safely illuminate your jack-o'-lantern.

## Trouble-Free Trick-or-Treating

Accompany young children (under age 10) on their rounds. But make sure they know their home phone number, the cell phone numbers of parents and any other trusted adult who's supervising, and how to call 9-1-1 in case they get lost.

For older kids who are trick-or-treating on their own, make sure you approve of the route they'll be taking and know when they'll be coming home. Also be sure that they:

- carry a cell phone, if possible
- go in a group and stay together
- only go to houses with porch lights on and walk on sidewalks on lit streets (never walk through alleys or across lawns)
- know to never go into strangers' homes or cars
- cross the street at crosswalks and never assume that vehicles will stop
- Give kids flashlights with new batteries.
- Limit trick-or-treating to your neighborhood and the homes of people you and your children know.

When your kids get home, check all treats to make sure they're safely sealed and there are no signs of tampering, such as small pinholes, loose or torn packages, and packages that appear to have been taped or glued back together. Throw out loose candy, spoiled items, and any homemade treats that haven't been made by someone you know.

Don't allow young children to have hard candy or gum that could cause choking.

Make sure trick-or-treaters will be safe when visiting your home, too. Remove lawn decorations, sprinklers, toys, bicycles, wet leaves, or anything that might obstruct your walkway. Provide a well-lit outside entrance to your home. Keep family pets away from trick-or-treaters, even if they seem harmless to you.

Take these quick and easy precautions to help your little ghosts and goblins have a hauntingly happy and safe Halloween.

**Reviewed by: Mary Gavin, MD**

**Date reviewed: October 2007**

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation



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