



NEWS FOR THE RESIDENTS OF TARRYTOWN

DECEMBER 2013

VOLUME 1 ISSUE 4

A Remedy for the Hustle and Bustle of the Season

Submitted by Tracey Silverman, certified Forrest Yoga Teacher at Austin Kula Yoga located in the heart of Tarrytown

The holidays are a time of joy, family and friends, and for many of us, a whirlwind of hectic and stress. Stress finds its way into the body, showing up as tension, knots and pain in the jaw, neck and upper back, among other places.

Learn how to unravel and release the tightness from your body using Forrest Yoga. Forrest Yoga is a therapeutic yoga practice designed by Ana Forrest for our modern lifestyle and demands. Try this right now. Sit up nice and tall in your chair, using your abdominal muscles to support your spine. Take a deep breath in, feeling your ribcage gently expand. Exhale and ease your left ear towards your left shoulder. Give your

shoulders permission to relax. Take three slow, long breaths, allowing your neck and jaw to release. When you're ready to come up, cradle the side of your face with your left hand and use your arm to lift your head up. Repeat on the other side.

Austin Kula Yoga offers Forrest Yoga Basics classes specifically designed to teach you how to melt stress and tension from your body, and also revitalize every inch of yourself with deep breathing and invigorating poses. There is no better time to take care of yourself.

*Happy
Holidays
Tarrytown*

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

City of Austin.....	512-494-9400
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	
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
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



We'll do the packing
& shipping.
You feel the **Joy.**

15% OFF | **HOLIDAY SHIPPING**

Excludes USPS, Stamps and Packing Services. Expires 01/15/14

3112-A Windsor Rd. Austin, TX
512-478-7600 • www.pakmailstore.com

PAKMAIL®

PACK IT ☒ SHIP IT ☒ CRATE IT ☒ FREIGHT IT

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, or you can email to 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!

Send In Your
News Today!



SHERWOOD PEDIATRIC DENTISTRY



"My Children LOVE going to Dr. Sherwood's office. They actually count down the days until their appointment and when their visit is over, they don't want to leave."

HEALTHY SMILES ARE OUR SPECIALTY

WHY OUR PATIENTS LOVE US:

Empowering you to play an active role in your child's dental health.

Compassionate, individual patient care for your child's needs.

Enjoy a dental team focused on creating a positive dental experience for you and your child.

Utilization of the most recent technology.

You are invited to stay with your child through the entire appointment.

Monthly payment options
available, including no
interest financing.

**\$50
OFF**

Mention this and receive
\$50 off New Patient
cleaning, fluoride and exam.
(New patients only, this offer cannot be
combined with other offers, restrictions apply.)



STEPHEN SHERWOOD, DDS

CALL TODAY!
(512) 454-6936



Visit www.DrSherwood.net

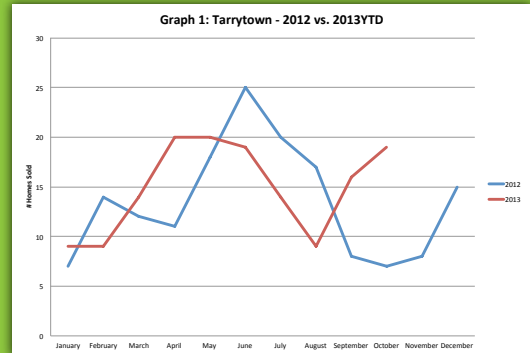
Tarrytown Real Estate Market Report: Q3 Summary

By Trey McWhorter

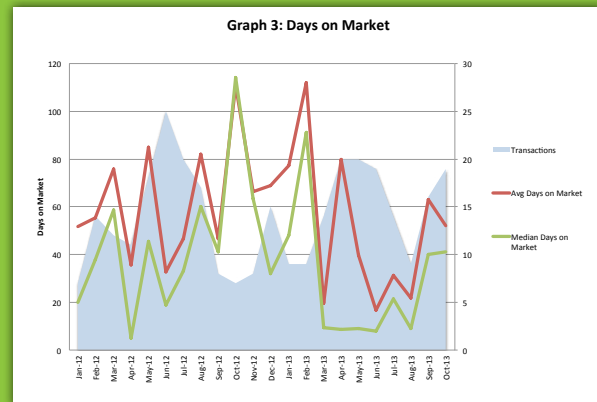
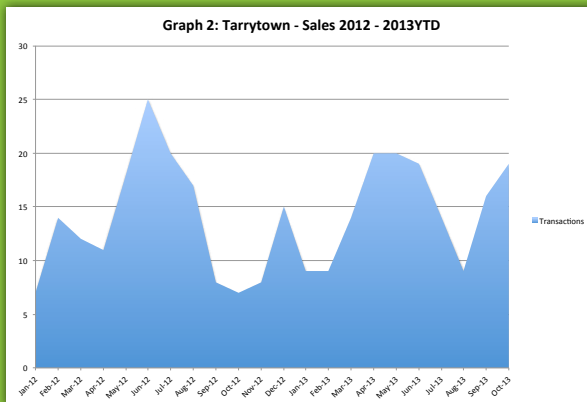
2013 has been an outstanding year for Central Texas real estate and Tarrytown has fared particularly well. So far 2013 is on track to exceed 2012 in every key metric. Highlights include:

- 2013 list and sold prices have increased significantly over 2012, with average and median sold prices up 26% and 20% respectively
- Sold price per sq/ft has increased from 2012 - average and median values are both up 14%
- Graph 1 – 2013 summer months were slower than 2012 but sales have rebounded this fall

Single Family Homes	Year to Date - Tarrytown	YTD 2013	YTD 2012	% Change
SOLD	Single Family Homes Sold	157	143	10%
List Price	Avg List Price	\$ 1,048,764.32	\$ 833,644.05	26%
	Median List Price	\$ 839,900.00	\$ 700,000.00	20%
Sold Price	Average Net Sold Price	\$ 1,006,578.28	\$ 803,638.36	25%
	Median Net Sold Price	\$ 821,525.00	\$ 700,000.00	17%
List Price \$ / Sq Ft	Average List Price / Sq Ft	\$ 340.82	\$ 300.51	13%
	Median List Price / Sq Ft	\$ 332.45	\$ 292.79	14%
Sold Price \$ / Sq Ft	Average Net Sold Price / Sq Ft	\$330.84	\$291.08	14%
	Median Net Sold Price / Sq Ft	\$322.76	\$284.25	14%
Net Sold Price	Net Sold Price Range	345,000 - 5,860,000	244,000 - 3,150,000	
	Net Sold Price \$ / Sq Ft	163.54 - 1,311.57	143.66 - 725.16	
Days on Market	Average Days on Market	49	59	-18%
	Median Days on Market	15	35	-57%



- Tarrytown sales (# of homes sold) continue to trend upward (see Graph 2). Activity has been in different times of the year from 2012 to 2013, but in total is about 10% above 2012
- Houses have also spent less time on the market. The average days on market for houses sold dropped 18% from 2012 to 2013 to ~49 days, and the median is just 15 days! (Graph 3)



No crystal ball, but good signs abound...

Key market forces that impact real estate prices are showing favorable trends in Austin and Texas overall. Employment in particular is strong:

- Austin's unemployment rate is the 4th lowest rate among the 50 largest metro areas in the US at 5.2% in August, vs. Texas rate of 6.4% (August '13), and US rate of 7.2% (September 2013)
- Austin has added 67,800 private-sector jobs during the past five years, an increase of 11%
- Austin's employment is expected to grow 4% annually (per research firm Moody's Analytics)

Note: 2013 numbers are estimated / projections based on data through September



David A. Bushore, M.D. • Amanda N. Cooper, M.D. • Robert M. Jackson, M.D.



Amanda N. Cooper, M.D.

Meet Our New Physician, Dr. Amanda Cooper

Balcones Dermatology is proud to announce the addition of Dr. Amanda Cooper to the practice. Dr. Cooper brings current trends and cutting-edge treatments in dermatologic skin care.

Dr. Cooper is a board-certified dermatologist who received extensive training in dermatology while completing her residency at the University of Illinois at Chicago.

She relocated to Austin with her husband, William, and their dog, Mr. Boots, to enjoy the warmer weather, active lifestyle and to be closer to family.



David A. Bushore, M.D.

Balcones Dermatology is a full service dermatology practice where all providers are board-certified physicians. We offer general medical, surgical and cosmetic skin care. We also offer narrowband UVB treatments for psoriasis, vitiligo, eczema and other conditions.

We accept most insurance plans and have appointment availability within 1 to 2 weeks.



Robert M. Jackson, M.D.

Please visit our website at:

www.balconesdermatology.com for more information on our practice, physicians, location and details on our **COSMETIC HOLIDAY SALE** including reduced pricing on BOTOX® Cosmetic, Juvéderm®, chemical peels and products including Obagi® and EltaMD®

**Balcones Dermatology • 7800 N MoPac, Ste. 315 (in the CitiBank building)
(512) 459-4869 • www.balconesdermatology.com**

TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to execute The Two Handed Backhand Lob

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the 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, the two handed high volley approach shot, the one-handed high volley approach shot, and the forehand lob.

In this issue, I will offer instructions on how to execute the Two Handed Backhand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep to the backhand side of the player, and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for “air time” to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and “slam” the ball down, or force the opponent at the base line to retrieve back. In the illustrations, Marimel Ansdell, a Member of the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Back Swing: When Marimel is forced deep into the backhand side and realizes that she has to hit a defensive lob, she pivots to the left and gets her racket back early. Notice that the head of the

racket is low and her left hand is on the handle of the racket. Her eyes are focused on the path of the ball and her weight is on her left foot.

Step 2: The Point of Contact: Marimel is now ready to hit the ball. Her eyes are now focused on the point of contact and the face of the racket is tilted at a 45 degree angle in order to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

Step 3: The Follow Through: The success of a deep lob is the follow through. Marimel’s left wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right hand is holding the racket slightly, but still in control of the racket.

Step 4: The Finish: In order to create a natural top spin on the lob, Marimel is now finishing her stroke with the racket behind her right ear. This will make the ball bounce higher and/or force the opponent to hit a tennis ball that is still rotating on the air.

Step 5: The Shuffle Back: Once Marimel finishes the stroke, her goal is to either move forward toward the net top to hit an overhead, or to shuffle back to the middle of the court in order to drive the next ball back to the opponent. In this caption, she moved back to the center of the court waiting for the opponent’s shot to come back.

Look in the next Newsletter for: How to execute “The One-Handed Backhand Lob”

Give Dad Something He'll Really Enjoy This Holiday Season.



No Ties or Belts This Year. Give Dad something that shows him how much he's appreciated – a new grill. Our grills are built to last a lifetime, easy to use and guaranteed to bring him years of enjoyment, whether he's an occasional or seasoned griller.

We call them a “grill”, but they're really three gifts in one; a grill, a smoker and an oven all rolled into one. Dad can cook everything from mouth-watering pizza to sizzling seared steaks.

Our grills also carry a significant “wow factor”, so he's sure to be the envy of all the other Dads in the neighborhood. Score.

**Let Dad know
he's special
this Christmas:
get him a new
BIG JOE!**



Kamado Joe “Citrus Cranberry Turkey” Recipe:
KamadoJoe.com/recipes/turkey2010.html


TimberTown Austin

512-528-8112

www.timbertownaustin.com

15607 Grand St. Pflugerville, TX 78660

SUPERHERO KIDS





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
by the 15th of the month.



You're
Invited to

Christmas

In the Dog Park

*Bring your dog and your family to enjoy our exclusive
Dog Park and support the Austin Humane Society*

Sunday, December 15th
2:00pm to 4:00pm
DogBoy's Dog Ranch

*Admission to the event is a donation to the AHS.
All event profits will be donated to AHS!*



RSVP online to learn AHS donation options
and receive the following:

- Pictures with your dog at the holiday photo booth
- Hot Chocolate provided by Amy's Ice Cream
- Free drink ticket compliments of Saint Arnold Brewing
- VIP parking pass
- Satisfaction of helping an orphaned pup

Make a difference this holiday season and have fun doing it! Visit dogboys.com/christmas to sign up today.



TRAVELING WITH YOUR PET OVER THE HOLIDAYS?

Here are some tips that will help
make your drive smooth sailing

1. Take your pet on short trips prior to the big day to let him get used to traveling by car.
2. Keep your pet safe in a secured, well-ventilated crate or carrier. It should be large enough for your pet to stand, sit, lie down and turn around. Letting him have free range in the car not only puts him at risk, but it also poses a risk to your family if you were to stop suddenly.
3. Never let your dog travel in the bed of a truck. Even if he is secured on a short line to prevent him falling or jumping out, your pet can experience discomfort from the weather and wind or sustain injury from debris.
4. Feed your pet three or four hours prior to departure and avoid giving him any food or treats in the car.
5. Never leave your pet in a parked vehicle, which can quickly become a furnace and cause heatstroke, even with open windows. In cold weather, the car holds the temperature like a refrigerator.
6. Your pet's microchip should be up-to-date and he should be wearing a flat collar and ID at all times.
7. Bring a bowl and extra water in case you get stuck in the inevitable holiday traffic jam!
8. Take lots of breaks to let your pet stretch his legs and relieve himself. It's a great excuse to do some sight-seeing or pick up a fun treat for yourself!

GYMNASTICS ★ TUMBLING ★ CHEER

Ages 1-18
Boys and Girls
All Levels Welcome!
Free Trial Class!

www.championswaya.com



@ChampionsTX  
1314 Exposition Blvd, 78703



**Veggie
Heaven**
RESTAURANT

**MAKING THE WORLD BETTER
ONE MEAL AT A TIME!**

\$5 T-Shirt Sale

1914 A Guadalupe St. • 457-1013
www.veggieheavenaustin.com

Why age 7 is the right time to see an orthodontist.

While your child's teeth might appear to be straight, there may actually be a problem that needs to be evaluated by an orthodontist. If you recognize any of the following issues with your child, please schedule a check-up with your local orthodontist. It may be one of the most important actions you can take to ensure your child's healthy and happy smile.

- Early or late loss of baby teeth
- Difficulty in chewing or biting
- Mouth breathing
- Jaws that shift or make sounds
- Speech difficulties
- Biting the cheek or the roof of the mouth
- Facial imbalance
- Grinding or clenching of the teeth
- Thumb or finger sucking

Orthodontists are specialists in straightening teeth and aligning your bite. They have two to three years of education beyond dental school. So they're experts at helping you and your child, get a great smile—that feels great, too.

Call today for your complimentary exam!

Contemporary Orthodontics

1814 W. 35th St.



512.451.6457



www.BracesAustin.com



DIPLOMATE
AMERICAN BOARD
OF ORTHODONTICS



American
Association of
Orthodontists

My Life. My Smile. My Orthodontist.™

© 2012 American Association of Orthodontists.

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. 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.



What can **BROWN** paint for you?

INTERIOR/EXTERIOR PAINTING
RESIDENTIAL & COMMERCIAL
GENERAL REPAIRS/CARPENTRY
SHEETROCK REPLACEMENT
TEXTURING & FAUX FINISHES
CUSTOM STAIN & VARNISH

Why should **BROWN** paint for you?

FREE ESTIMATES
BONDED & INSURED
EXCELLENT REFERENCES
FAMILY-OWNED & OPERATED
MEMBER OF TRCC

10% OFF OUR SERVICES*
*(when you mention this ad, one per customer)

www.brownpaint.com
512.506.9740



Pet Sitting

- Pet care and Fitness program
- In-Home Day or Overnight care



Home Services

- House sitting, home security checks
- Indoor/Outdoor Property Caretaker



People Care

- Transportation for doctors visits, shopping and more
- Home visits, outings, errands

Trust TLC for the best care of your home and pets.
Look for the TLC service car in your area.

BOOK YOUR HOLIDAY SERVICES NOW!!

512-468-5946

<http://tlchomeandpetservices.com>

Serving Greater Lake Travis, Lakeway, Spicewood, Bee Creek, Hamilton Pool Road, Oakhill, RR12 to Dripping Springs, Hwy 71, Steiner Ranch, River Place, Westlake, and Bee Cave.



Bonded and Insured





AUSTIN NEWCOMERS CLUB

Whether you have just moved to Austin or have lived here for years and suddenly had a change in lifestyle, Austin Newcomers Club offers you an opportunity to connect with others and learn more about the Austin area. Austin Newcomers Club is a nonprofit social and recreational organization committed to welcome newcomers to Austin.

Choose from more than 40 interest groups including Hiking, Photography, Walking Tours, Day Trippers, Book Groups, Music Lovers, Cinema, Bridge, Canasta, Bunco, Mah Jongg, and many more.

Our welcome events provide information and opportunities to meet current members and other newcomers. Visit us at www.austinnewcomers.com for more information. Hope to see you soon!

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!



Don't Move—Renovate!



Award Winning Architecture,
Renovation, and Outdoor Spaces

www.CGSDb.com 512.444.1580

mezzo monday!

every monday | ALL NIGHT!

half off wines by the glass | half off piccoli piatti

ciao!

3411 glenview ave. | austin, texas 78703

512 467 9898 | www.oliveandjune-austin.com

olive
& june



The Sweetest Reward of All: Yoga for Children

by Meredith Blanks Paterson

When people learn that I am a children's yoga teacher, I get a lot of curious head tilts. They're trying to imagine exactly what a kids' yoga class would look like. Let me pull back the curtain a little. Walk into a children's yoga class and you will see moments of triumph as a child finds balance in crow pose, moments of chaos as everyone works out which way to face for Warrior 2, moments of silliness as they stick out their tongues and roar in lion's pose, and moments of remarkable stillness and peace as a whole class lies down to rest in savasana.

We've had it drilled into our heads that kids need more physical activity, and I wholeheartedly agree. But why yoga? Kids are already flexible, right? Why do they need more stretching? I love these questions because I relish (probably too much) the opportunity to explain that stretching is only a teeny-tiny part of what we do in a children's yoga class. For me, children's yoga is about helping each child create a deep and lasting connection to the source of power and creativity that each of us has inside ourselves.

Back to stretching. Yes, we do lots of physical poses, or asanas, in every yoga class. We'll test our balance in tree pose, practice focus in warrior poses, and strengthen our arms and wrists in handstands.



But for me, each of these postures extends beyond the physical shape. The process of practicing each pose is an opportunity to help children integrate their physical, emotional, and social selves.

(Continued on Page 15)

INFORMATION ANALYSIS GUIDANCE

Thoughtful Planning
and Expert Execution
of Your Family's Goals
When Buying or
Selling Residential
Real Estate.



David McCall GRE, SRES

512.736.8103
dvdmccll@yahoo.com



DIRECTV is rolling out the RED CARPET

VIP Pricing exclusively
for Residents



FREE 5 tuner Genie HD/DVR
Instant rebate on all packages
Record, watch and playback in
HD from any room

FREE Installation
Up to 3 **FREE** additional
HD client boxes
FREE HBO, Cinemax, Starz
& Showtime for 3 months

Mention this ad for your VIP deal.
CALL NOW!

1.888.799.0512



(Continued from Page 14)

Children's yoga is by its nature interdisciplinary. As we act out stories, characters, and animals together, we strengthen not only our leg muscles but also the verbal and problem-solving centers in our brains. As a result, yoga can help children with attention, focus, self-expression, and confidence, skills that are critical for developing readers. And asking a child to create a yoga pose that looks like a squid, a three-toed sloth, or a the shape of a water molecule sparks

an interest in science and creates a connection to the artist in every child. Breathing exercises that emphasize the exhale, either as a lion's roar, a snake's hiss, or just a sweet sigh, help children shift their nervous systems away from fight-or-flight mode into a calmer rest-and-digest state, and in this state, children (and adults!) are more receptive to learning new concepts and reaching out to make connections to other people. In other words, yoga primes our brains and bodies to learn, to stretch and grow in a way that has very little to do with our hamstrings.

The sweetest reward of all? Last week, one of my students said, "Miss Meredith, I would rather act out a yoga story than watch TV."

We are tremendously lucky to have a yoga studio here in Tarrytown that offers yoga classes for children and families through all ages and stages. Pre- and postnatal classes support moms and their growing babies. Toddler yoga classes teach body and breath awareness and help with verbal, social, and emotional development. In children's classes, kids learn yoga poses, breathing exercises, and relaxation tools through stories, music, dance, games, and more. Classes for teenagers provide a safe space for teens to move, breathe, and connect with one another during a time of great physical and emotional change. And Family and Parent/Child classes are unique opportunities for parents and caretakers to bond with their children



(Continued on Page 16)

- ✓ One call.
- ✓ One contact.
- ✓ One bill.

SINGLE SOURCE
CHORE 1 MastersSM
PROPERTY MAINTENANCE CONCIERGE

INTRODUCTORY OFFER

- 4 Hours Dedicated Concierge Time
- Property Assessment
- Lock Out Service
- Emergency Support

\$199 (Valued at \$500)

Call today for ALL your home maintenance and project needs!



Electrical • Plumbing • Lawn Maintenance • Painting • Pest Control • and So MUCH MORE!

The one-stop property maintenance, management and repair concierge service for your home or business.

(855) MY-CHORES
www.mychoremasters.com

DECEMBER EVENTS *at the Wildflower Center*

Submitted by Saralee Tiede

WILD IDEAS SHOPPING EVENT DECEMBER 6-8, 9 A.M. TO 5 P.M.

Featuring free admission, local artists wares in the Visitors Gallery Saturday and Sunday, Early Bird Specials Friday and Sunday morning, book signings and other offerings in The Store, and lots of opportunities to find beautiful scarves, nature images, glassware, soaps and other holiday gift options.

LUMINATIONS DEC. 14 AND 15, 6 TO 9 P.M.

Hundreds of luminarias light our garden paths, and twinkly lights light the trees as we celebrate the holidays with two free nights of music and festivities, including a visit from Frosty the Snowman. Bring two canned goods for the Capital Area Food Bank as entry fee.

CLOSED FOR THE WINTER BREAK DEC. 23 THROUGH JANUARY 1, 2014

The Wildflower Center will be open Tuesday through Sunday in December through Sunday, December 22. Hours are listed at www.wildflower.org/visit.



More information at www.wildflower.org



ADVERTISE
Your Business Here
Call 512.263.9181
for details
www.peelinc.com

STEVE'S PLUMBING REPAIR

Master License: M-39722

- Water Pressure Problems
- Sewer & Drain Service
- Fiber Optic Drain Line Inspections
- Free Estimates
- Satisfaction Guaranteed

Steve Brougner
512.276.7476

2605 Buell Ave



(Continued from Page 15)

and learn yoga tools together so that they can continue to practice them at home.

My bio:

Meredith Paterson is a Registered Yoga Teacher and Registered Children's Yoga Teacher through Yoga Alliance, teaching postnatal, toddler, and children's yoga at Austin Kula Yoga in the heart of Tarrytown.



The Tarrytown Newsletter is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Tarrytown Newsletter's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



*Let us make sure your
biggest investment is
structurally sound.*

TUCKER ENGINEERING

1311 Chisholm Trail, Suite 303
Round Rock, TX 78681

Phone (512) 255-7477 | Fax (512) 244-3366
www.tuckerengineering.net

SPECIALIZING IN RESIDENTIAL
AND COMMERCIAL STRUCTURAL
INSPECTIONS

Serving Central Texas Since 1979

STRUCTURAL REPORTS

Structural reports can be furnished in any of the following areas:

- Structural design of houses and apartments including superstructure, foundation and drainage.
- Structural inspections of houses and apartments including drainage, foundation, superstructure, as well as decks, pools and other structures.
- Identification of problems and recommended solutions
- Estimated Costs
- Inspection and Certification for structural repairs

Our reports are concise and easy to read. We keep your information confidential. Fees for services are based on the type of structure to be inspected and where it is located.

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.

Reaching Your Neighbors

and so many others...

AUSTIN

Avery Ranch • Barton Creek • Bee Cave • Bella Vista • Belterra • Canyon Creek • Circle C Ranch Courtyard • Davenport Ranch • Forest Creek • Highland Park West Balcones • Hometown Kyle • Hunter's Chase • Jester Estates • Lakeway • Lakewood • Legend Oaks II • Long Canyon Lost Creek • Meadows of Brushy Creek • Meridian • Pemberton Heights • Plum Creek • Prairie on The Creek • Ranch at Brushy Creek • River Place • Round Rock Ranch • Sendera • Shady Hollow • Sonoma • Steiner Ranch • Stone Canyon • Tarrytown • Teravista • Travis Country West Twin Creeks • Villages of Westen Oaks • West Lake Hills • Westside at Buttercup Creek Wood Glen

HOUSTON

Atascocita CIA • Blackhorse Ranch • Briar Hills • Bridgeland • Chelsea Harbour • Coles Crossing • Copperfield • Cypress Creek Lakes • Cypress Mill • Eagle Springs • Fairfield Kleinwood • Lakemont • Lakes of Fairhaven • Lakes of Rosehill • Lakes on Eldridge • Lakes on Eldridge North • Lakewood Grove • Legends Ranch • Longwood • Meyerland • Normandy Forest • North Lake Forest • Park Lakes • Riata Ranch • Shadow Creek Ranch • Silverlake Steeplechase • Sterling Lakes • Stone Forest • Stone Gate • Summerwood • Sydney Harbour • Terranova West • Terranova HOA • Towne Lakes • Village Creek • Villages of NorthPointe • Walden on Lake Houston • Willowbridge • Wimbledon Champions • Willow Pointe • Wimbledon Champions • Winchester Country • Woodwind Lakes • Wortham Villages

DALLAS FT. WORTH

Brook Meadows • Woodland Hills

SAN ANTONIO

Fair Oaks Ranch • The Dominion • Wildhorse

SALT LAKE CITY

Spring Creek Ranch

Call Today
512.263.9181

www.PEELinc.com
advertising@PEELinc.com

- Kids Stuff -

Section for Kids with news, puzzles, games and more!



Eleven-year-old Cait was trying to fall asleep when her 8-year-old brother, Doug, came into her room. He looked around a bit, but seemed really out of it.

Then Doug went back into the hallway and stood there staring up at the hall light.

Little brothers can be weird, but this was really strange. Cait didn't know what to do. Just then, Cait's father appeared and explained that Doug was sleepwalking.

WHAT IS SLEEPWALKING?

Not all sleep is the same every night. We experience some deep, quiet sleep and some active sleep, which is when dreams happen. You might think sleepwalking would happen during active sleep, but a person isn't physically active during active sleep. Sleepwalking usually happens in the first few hours of sleep in the stage called slow-wave or deep sleep.

Not all sleepwalkers actually walk. Some simply sit up or stand in bed or act like they're awake (but dazed) when, in fact, they're asleep! Most, however, do get up and move around for a few seconds or for as long as half an hour.

Sleepwalkers' eyes are open, but they don't see the same way they do when they're awake and often think they're in different rooms of the house or different places altogether. Sleepwalkers tend to go back to bed on their own and they won't remember it in the morning.

Researchers estimate that up to 15% of kids sleepwalk regularly. Sleepwalking may run in families and sometimes occurs when a person is sick, has a fever, is not getting enough sleep, or is stressed.

IS SLEEPWALKING A SERIOUS PROBLEM?

If sleepwalking occurs frequently, every night or so, it's a good idea for your mom or dad to take you to see your doctor. But occasional sleepwalking generally isn't something to worry about, although it may look funny or even scary for the people who see a sleepwalker in action.

Although occasional sleepwalking isn't a big deal, it's important, of course, that the person is kept safe. Precautions

should be taken so the person is less likely to fall down, run into something, or walk out the front door while sleepwalking.

WHAT WILL THE DOCTOR DO?

There's no cure for sleepwalking, but the doctor can talk to you about what's happening and try to find ways to help you sleep more soundly. Most kids just grow out of sleepwalking.

For kids who sleepwalk often, doctors may recommend a treatment called scheduled awakening. This disrupts the sleep cycle enough to help stop sleepwalking. In rare cases, a doctor may prescribe medication to help someone sleep.

HERE ARE SOME TIPS TO HELP PREVENT SLEEPWALKING:

- Relax at bedtime by listening to soft music or relaxation tapes.
- Have a regular sleep schedule and stick to it.
- Keep noise and lights to a minimum while you're trying to sleep.
- Avoid drinking a lot in the evening and be sure to go to the bathroom before going to bed. (A full bladder can contribute to sleepwalking.)

HOW DO I TAKE CARE OF A SLEEPWALKER?

One thing you can do to help is to clear rooms and hallways of furniture or obstacles a sleepwalker might encounter during the night. If there are stairs or dangerous areas, a grown-up should close doors and windows or install safety gates.

You also might have heard that sleepwalkers can get confused and scared if you startle them into being awake. That's true, so what do you do if you see someone sleepwalking? You should call for a grown-up who can gently steer the person back to bed. And once the sleepwalker is tucked back in bed, it's time for you to get some shut-eye, too!

Reviewed by: Larissa Hirsch, MD Date reviewed: February 2008
Originally reviewed by: Michael H. Goodman, MD

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 or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

TRY

**from food trailers
to fine dining**



**Happy Holidays
Austin Style!**



Trey McWhorter
REALTOR®

512.808.7129 cell

512.480.0848 x116 ofc
trey.mcwhorter@moreland.com
www.moreland.com

**Read my market
update inside.**



LUXURY PORTFOLIO
INTERNATIONAL®



**Serving the unique tastes of Austin
home buyers for over 27 years.**

We get it.

VISIT moreland.com

AUSTIN 512.480.0848

LAKE TRAVIS 512.263.3282

