



# A FOCUS ON SUNBURN

*Protect Your Skin From Our Powerful Sun*

*By: Concentra Urgent Care*

Sunburn is caused from over-exposure to the harmful ultraviolet rays of the sun. While the symptoms (such as red skin that is painful to the touch) are usually temporary, the skin damage is often permanent and can cause serious long-term health effects, including skin cancer, pigmentation and premature aging. In addition to the skin, eyes can get burned from sun exposure; sunburned eyes turn red, dry, and painful, and can feel gritty.

Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. Sunburn in a very light-skinned person may occur in less than 15 minutes of midday sun exposure, while a dark skinned person may tolerate the same exposure for hours.

Sunlight contains an invisible form of radiation called ultraviolet (UV) rays. UV A and possibly UV B can harm skin, connective tissue and increase risk for developing skin cancer. Certain drugs such as some blood pressure medication, antibiotics and nonsteroidal anti-inflammatory drugs increase sensitivity to sunlight and the risk of getting sunburn.

## ***SYMPTOMS***

The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer. Possible symptoms include:

Red, tender skin that is warm to touch. (1st degree burn)

Blisters that develop hours to days later. (2nd degree burn)

Severe reactions (sometimes called "sun poisoning"), including fever, chills, nausea, or rash.

Skin peeling on sunburned areas several days after the sunburn.

## ***FIRST AID***

Try taking a cool bath or shower. Or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. Small children may become easily chilled, so keep the water tepid.

Apply a soothing lotion to the skin.

Aloe gel is a common household remedy for sunburns. Aloe contains active compounds that help stop pain and inflammation of the skin.

Over-the-counter steroid cream can also be applied several times a day.

Over-the-counter pain medication, such as nonsteroidal anti-inflammatory drugs, or NSAIDs, including aspirin, may be helpful, and are excellent for reducing burn inflammation whereas Tylenol only reduces pain, not the burn itself.

For more information, check out: [www.cdc.gov/niosh/topics/uvradiation](http://www.cdc.gov/niosh/topics/uvradiation).



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## ARTICLE INFO

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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.

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# TARRYTOWN REAL ESTATE MARKET REPORT THE MO-PAC CORRIDOR - PART 2

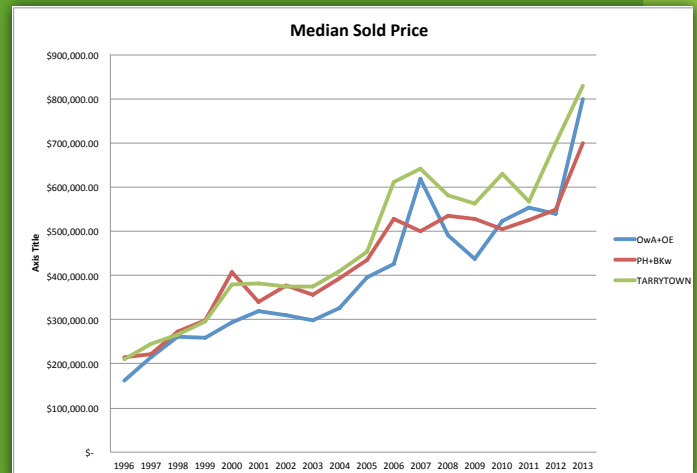
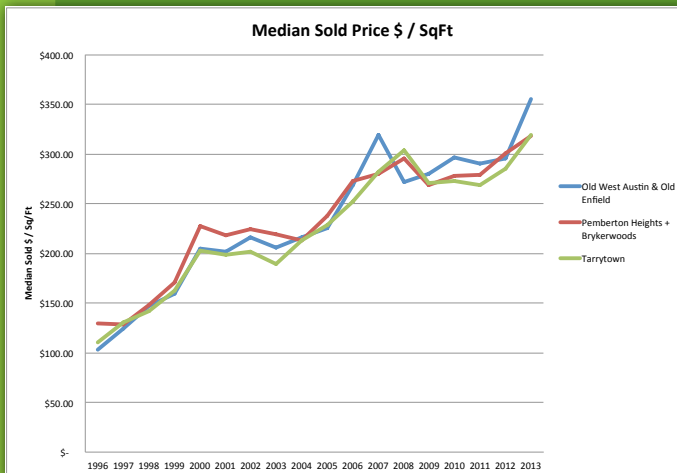
By Trey McWhorter

Last month I looked at the real estate pricing trends of several areas along the west side of the Mo-Pac corridor in relation to Tarrytown, and this month I am looking at a few neighborhood areas to the east for comparison. This month I looked at the area from 6th St up to 35th St, east of Mo-Pac and west of Lamar, divided up into 2 areas, along with Tarrytown:

*Tarrytown – Lake Austin Blvd to 35th St, Lake Austin to Mo-Pac*

*Old West Austin & Old Enfield – 6th St to Windsor, Mo-Pac to Lamar*

*Pemberton Heights & Brykerwoods – Windsor to 35th St, Mo-Pac to Lamar*



## Some observations:

I combined Old West Austin and Old Enfield into one area because looking at them individually they were very close in performance and due to the smaller number of transactions were more volatile. Same thing with Pemberton Heights and Brykerwoods

By median sold price, Tarrytown commands the highest price at \$828,500, 4% higher than Old West Austin / Old Enfield, and 18% higher than Pemberton Heights / Brykerwoods.

In 2009 the area that saw the biggest declines in Median Sold Price was the Old West Austin / Old Enfield area, dropping ~30% from the 2007 high

Pemberton Heights / Brykerwoods and Tarrytown both leveled off during the economic crisis, but did not experience large declines, and their values recovered quickly.

Tarrytown was the first to skyrocket in values, as median sold prices increased from \$567,100 in 2011 to \$828,500 in 2013, a 46% increase. In the same timeframe, Old West Austin / Old Enfield appreciated 44%, and Pemberton Heights / Brykerwoods appreciated 33%.

In terms of sold price / sq ft, Old West Austin / Old Enfield command the highest price, spiking up to \$355.60 in 2013, approximately a 12% premium over Pemberton Heights / Brykerwoods and Tarrytown.

Next month I will provide a summary of how things have gone for the first half of the year (January to June). In the meantime, if there is other analysis you are interested in, please contact me and let me know.

*All data comes from the Austin Board of Realtors' MLS report, reflecting activity through May 15, 2014.*

# TENNIS TIPS

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



## The Modern Game: The Top Spin Backhand

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing. I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or tournaments and are looking for more “weapons” on the court. In this issue, I will offer instructions on how to execute the Top Spin Backhand. This shot is used when a player is presently hitting the ball long and out. The ball will be aimed high over the net and hit with power. The ball will have a “top spin” so that when the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise.

In the illustrations, Tyler Duncum, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Tyler is coached by the Director of the Tennis Academy, Darin Pleasant. This shot can also be executed from the service line as an “approach shot” to the net.

**Step 1: The Back Swing:** When Tyler is pulled wide to her backhand, she makes a quick turn of her upper body and takes her racket back. The head of the racket is now at waist height, her shoulders are turned, the left hand holding the racket, and her right hand changing to the

“continental grip”. She has loaded her left hip to help her drive her weight forward. Her left grip is relaxed and her wrist is “laid back” to allow maximum point of contact.

**Step 2: The Point of Contact:** The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Tyler started the swing high and “looped” it to allow the head of the racket to drop down. She will be brushing around the outside of the ball as she makes contact with it. Her right shoulder is almost opening and her weight has now been shifted toward the front.

**Step 3: The Follow Through:** In order to get maximum control and power, Tyler is keeping her left arm almost straight as she extends through the shot. She has “snapped” her left wrist and her right hand helps with the stability and power. She has now allows her left side to transfer forward towards the net.

**Step 4: The Finish:** Tyler’s upper body acceleration is creating a high finish over her right shoulder. Her legs are already in position to recover back towards the middle of the court.

**Step 5: The Ready Position:** Once Tyler returns the ball to her opponent, she goes back home (towards the center of the court), to be ready for the next shot. Her knees are slightly flexed, she is in a good athletic stance and her eyes are focused on the oncoming ball.

*Look in the next Newsletter for: “The Modern Game: The Forehand Approach Forehand Volley”*





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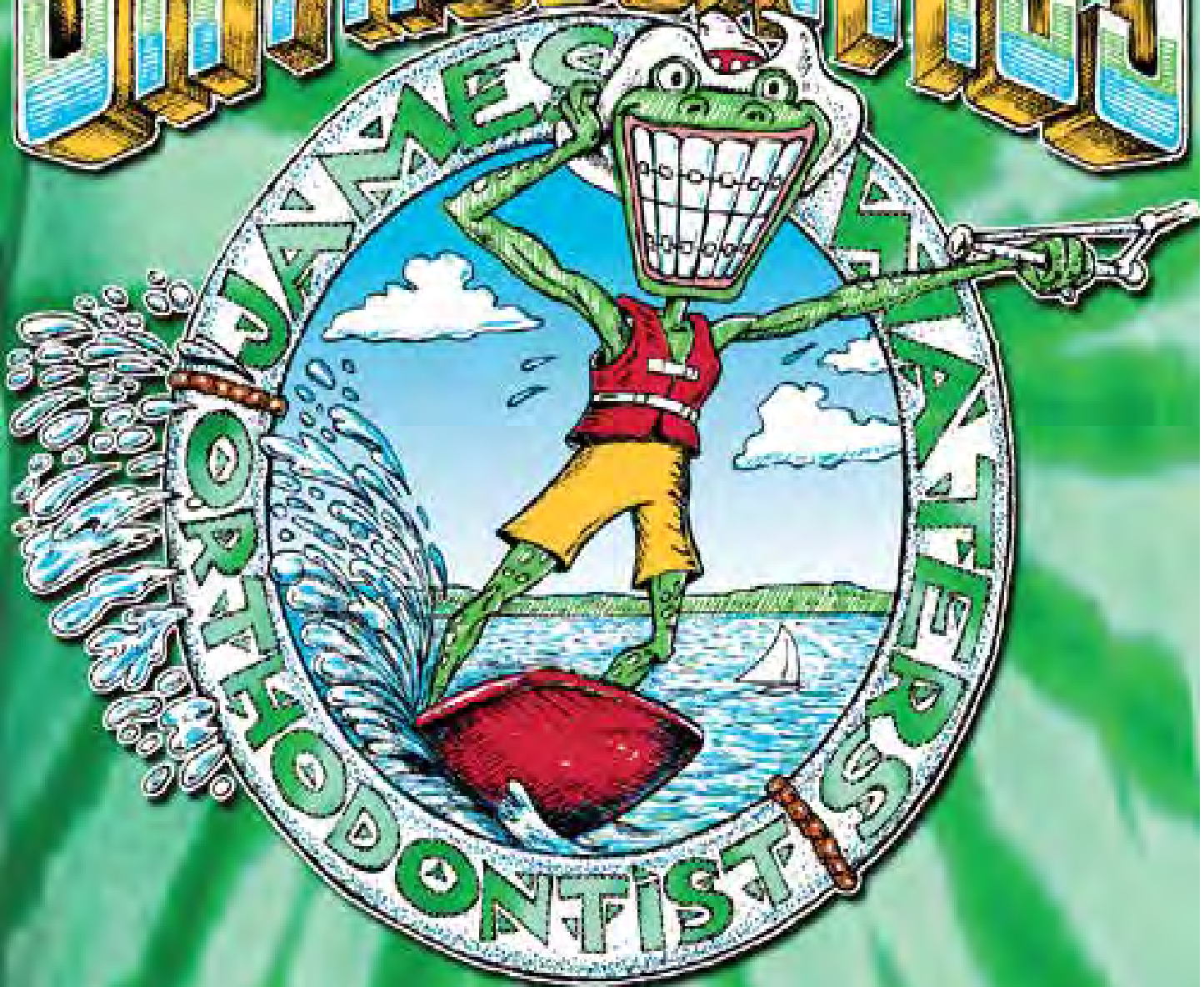


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## Bring the World to your Child By Hosting a Foreign Exchange Student

*By Vicki Odom*

If you've read the newspaper lately, you know that the world can be a scary place: wars, economic crisis, revolutions, climate change, border disputes, refugees, and protests. So, how do we teach our children about the world, and the variety of people in it, when most of the examples we read about in the press are so negative?

One life changing way to broaden your child's world view is to volunteer to host a high school foreign exchange student. Foreign exchange programs have been around for almost 100 years, and their mission has always been the same – to educate people about different cultures through person-to-person exchange. What better message to pass on to your children?

There are quite a few misconceptions about foreign exchange programs – especially around who can host. The biggest misconception is that you must have high school aged children when you host a high school exchange student. Nothing could be further from the truth.

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families,"

says Heather Wells, Senior Regional Director for Ayusa, a non-profit promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

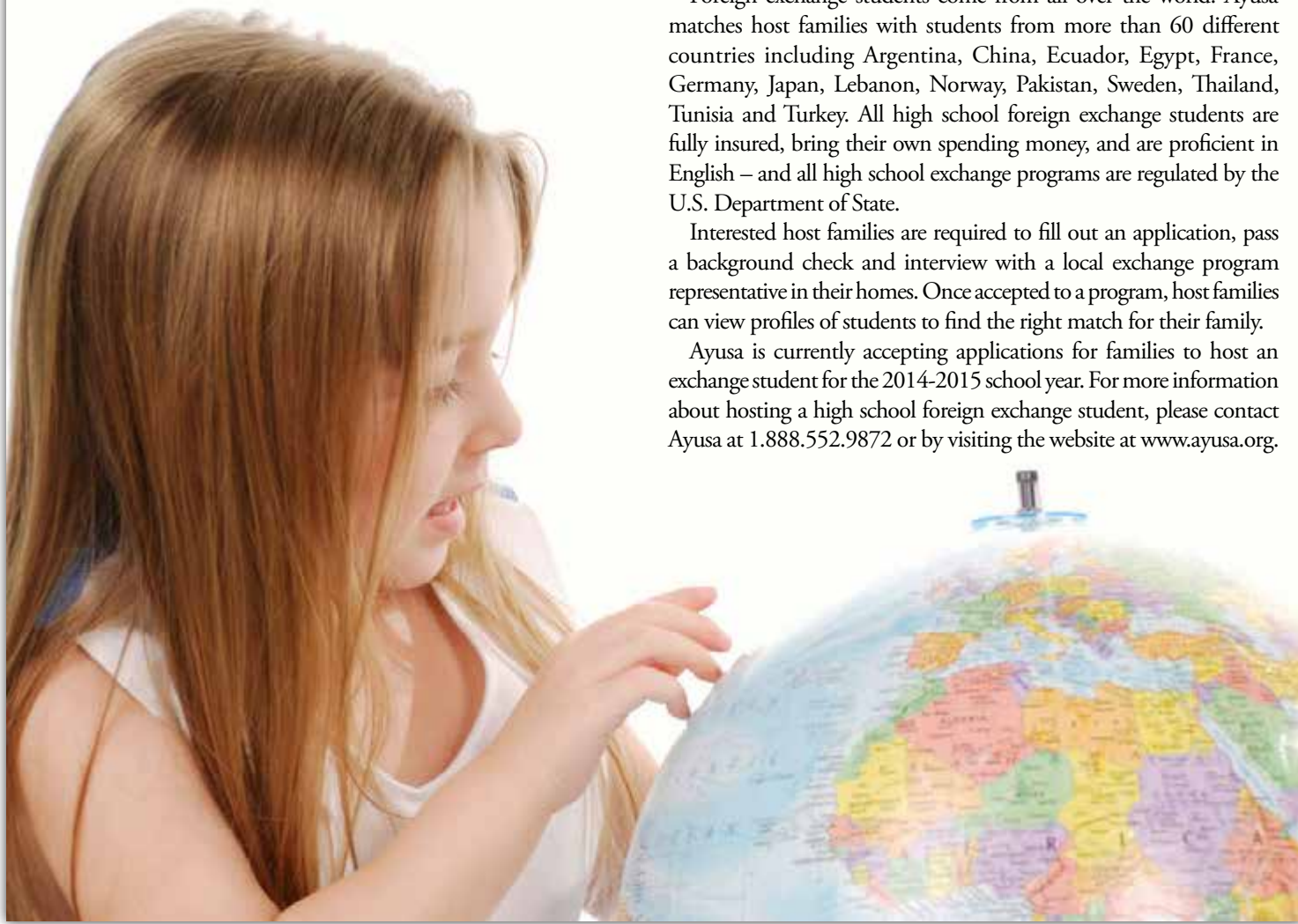
Families with young children find that hosting an exchange student provides their children with an especially unique educational experience in the form of an international big brother or sister. Without even realizing it, children learn about different types of people and different cultural traditions.

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English – and all high school exchange programs are regulated by the U.S. Department of State.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

Ayusa is currently accepting applications for families to host an exchange student for the 2014-2015 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at [www.ayusa.org](http://www.ayusa.org).



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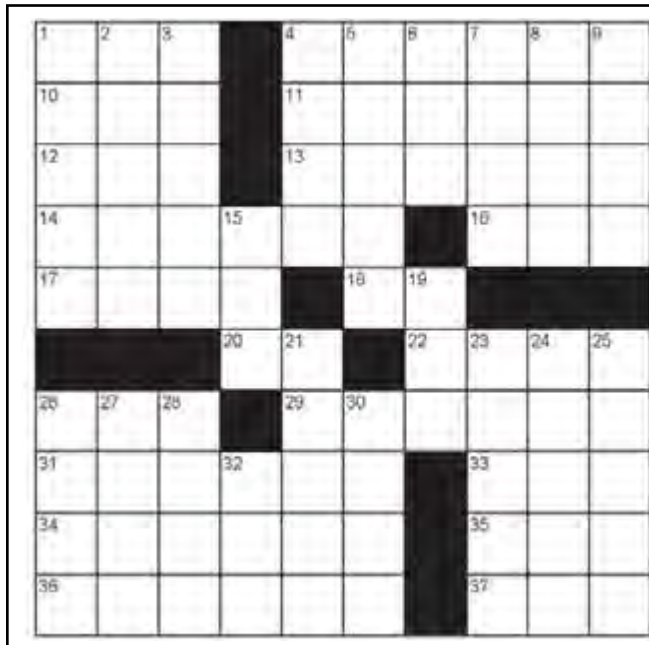
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### ACROSS

1. Dawdle
4. Permanant
10. Brew
11. Brand of adhesive strip
12. Charged particle
13. A Nissan car
14. Parallelograms
16. Male cat
17. France & Germany river
18. Father
20. Strontium (abbr.)
22. Animal oil
26. Part of a min.
29. Saudi \_
31. Singer Bing
33. No. eggs in a package
34. One-celled water animal
35. Southwestern Indian
36. Raving
37. Hallucinogen

### DOWN

1. Dens
2. Hawaiian 'hello'
3. City
4. Replace a striker
5. Spring flower
6. Music
7. Lure
8. Type of car
9. Cheese
15. Married woman
19. Wing
21. Jewish religious leader
23. BB player Kareem \_ Jabar
24. Public disorder
25. Groggy
26. Blemish
27. Writer Bombeck
28. Racoon's nickname
30. Baseball's Nolan
32. Scene

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## Symptoms of Low Testosterone Are A Mystery for Many Men

*June 9-15th is Men's Health Week*

Sometimes, men have unusual symptoms that seem to have no cause: unexplained weight gain, low libido, or decreased energy levels. But, a simple blood test can provide a surprising answer to these mysterious symptoms: Low Testosterone or Low T.

Learning more about conditions that can affect the men in our lives is one way we can help make them healthier – whether they are 35 or 55.

“We see young men as well as older ones who develop Low T,” says Dr. Kerem Ozer, an endocrinologist with Texas Diabetes and Endocrinology.

### TESTOSTERONE: A HORMONE WITH A BIG IMPACT

“Testosterone is a naturally occurring hormone in both men and women,” says Dr. Ozer, “But it’s important to more than sexual function and libido as it affects bone density, muscle strength, fat composition, and mood.”

Symptoms of Low T can include weight gain, decrease in muscle mass despite working out, feelings of depression, fatigue, loss of libido or sexual interest.

Because the symptoms of Low T can mimic other conditions, it often goes undiagnosed. Men assume they are just tired from working too hard or have lost interest in sex due to stress.

### SEE YOUR DOCTOR

Fortunately, prescription testosterone supplements are available. But, it’s important for men to consult a physician about their symptoms and not just rely on over-the-counter or fad testosterone boosters.

If your husband or brother or boyfriend is showing symptoms of Low T, encourage him to get it checked out. There’s no need to suffer when easy treatment is down the street at his doctor’s office.

*Texas Diabetes and Endocrinology helps people with a variety of health problems, including Low T, diabetes, thyroid disease, high cholesterol, and osteoporosis. Texas Diabetes was founded in 2001 by Thomas Blevins, M.D., and has grown to include seven physicians and locations in Austin and Round Rock. For more information, visit [texasdiabetes.com](http://texasdiabetes.com) or call 512-458-8400.*



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512.264.2740 • 9am-6pm daily

### **Deep Eddy Pool**

West of MoPac, just north of Town Lake • 512.472.8546 • lap swimming • 10am-9pm daily  
(8-10am adult swim)

### **San Marcos River**

Fed by San Marcos Spings, 30-minute drive from Austin • Tube it, snorkel it, or swim it

### **Sculpture Falls**

City Park on Barton Creek, 1.3 miles upstream of the MoPac bridge • Accessed by hiking or biking only

### **Big Stacy Pool**

Heated by a natural warm spring, located at 800 E. Live Oak 512.476.4521 • 6am-8pm M-F;  
10am-7pm S,S

### **Krause Springs**

Privately owned spot on Little Cypress Creek in Spicewood • 830.693.4181 • Overnight camping is  
available

### **McKinney Falls**

Fed by Onion and Williamson Creeks in Southeast Austin • 512.243.1643 • Open 7 days

### **Blue Hole**

Campground on Cypress Creek in Wimberley 1/4 mile east of Town Square • Open Summers •  
Operated by City of Wimberley



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