



# The Walk to Cure Arthritis Austin Celebrates 10 Years

The Walk to Cure Arthritis Austin is celebrating 10 years of helping find a cure, raising awareness and supporting those suffering from arthritis.

Arthritis is a serious health crisis. America's number one cause of disability, it strikes one in every five adults and about 300,000 children — and it's growing. By the year 2030, an estimated 67 million Americans—that's one in four—will be diagnosed with some form of arthritis. Add family members and other caregivers, and the impact skyrockets.

Those who suffer from arthritis find everyday activities like climbing a few stairs, bathing, getting dressed or cooking a painful battle. They are accustomed to saying no to so many of the things that bring them joy. The Arthritis Foundation's purpose is loud and clear: to conquer arthritis and be the Champion of Yes for all those who suffer from it.

The Walk to Cure Arthritis Austin is Saturday, April 23 at Concordia University. Registration begins at 8 a.m. and the walk will start at 9:30 a.m. The event will feature one-mile and three-mile courses as well as activities for the whole family, including the family dog! This year's walk will feature a Senior Zone, a Kid

Zone, a Dog Zone, music from the Bruce Smith Band and breakfast tacos from Maudie's!

Whether you have a connection to arthritis or are just looking for a great community even to support, please join the hundreds of walkers fighting arthritis! Attendees will include our special 10th anniversary walk honoree Kaylan Berry who was the very first walk honoree ten years ago when she was just six years old. The walk will also recognize child honoree Jacob Lively, adult honoree Jane Ayala and medical honoree Dr. Hilton Gottschalk.

For more information or to form a team, visit [www.walktocurearthritis.org/austin](http://www.walktocurearthritis.org/austin) or contact Helen Ross Petty at 512.800.4060.

The Arthritis Foundation is the Champion of Yes. We lead the fight for the arthritis community and help conquer everyday battles through life-changing information and resources, access to optimal care, advancements in science and community connections. Our goal is to chart a winning course, guiding families in developing personalized plans for living a full life—and making each day another stride towards a cure. For free arthritis information, visit [www.arthritis.org](http://www.arthritis.org).



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## Austin Fire Department Wildfire Symposium Saturday, May 7, 2016

### WILDFIRE COMMUNITY PREPAREDNESS DAY

#### Topics covered will include:

Evacuation Readiness: Key to Surviving Wildfire  
Protect your home So it can protect you  
Insuring for wildfire: Knowing what's at stake  
Fire-Adapted Families: Protecting what matters most

**Wildfires are a fact of life in Central Texas. But that doesn't mean we are powerless against them.**

#### Lady Bird Johnson Wildflower Center

4801 La Crosse Avenue

Austin, TX 78739

9:00 a.m.—3:00 p.m.

Lunch and beverages provided

This event is free, but seating is limited!  
Contact Justice Jones at: 512.974.0199 or justice.jones@austintexas.gov

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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.



# Pruning Guidelines for Prevention of Oak Wilt in Texas

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.

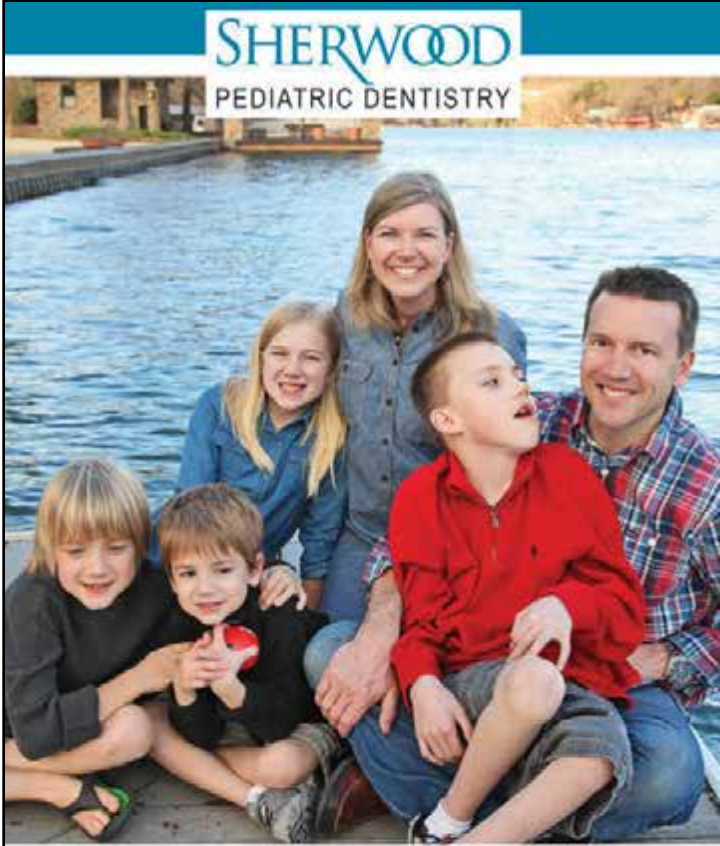
- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.
- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding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

February 1 through June 30). Reasons to prune in the spring include:

- o To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.
- o To repair damaged limbs (from storms or other anomalies)
- o To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.
- o On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
- o 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.



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## MUD HENS

## NATUREWATCH

by Jim and Lynne Weber

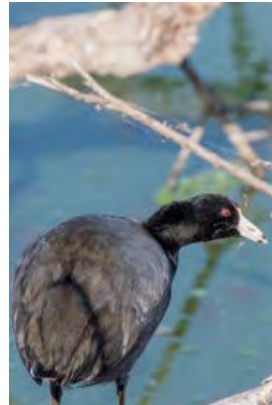
Spend any amount of time observing wildlife around freshwater wetlands, swamps, marshes, suburban lakes, and sewage ponds, and you'll no doubt see a Mud Hen or American Coot (*Fulica americana*). Commonly mistaken to be ducks, coots belong to a distinct scientific order and differ significantly from other species of marsh birds.

An overall blackish, plump, chicken-like bird with a rounded head, red eyes, a sloping whitish bill with a dark band near the tip, and a small reddish brown forehead shield, coots swim like ducks but do not have webbed feet



American Coots are commonly called 'Mud Hens'.

like ducks. Their yellow-green legs end in long toes with broad lobes of skin on either side that help them kick through the water. Each time the bird lifts its feet, the lobes fold back to facilitate walking on dry land. Their tiny tails and short wings make them awkward and clumsy fliers, and they often require many wing beats and long running takeoffs to get airborne. Coots mainly eat aquatic plants and can dive in search of food, but they can also forage and scavenge on land for terrestrial plants, arthropods, fish, insects, and mollusks. Mating season occurs in May and June, with coots requiring heavy stands of aquatic vegetation along a shoreline with some standing water within those stands. It is here that they make their nests, which consist of multiple structures used as display platforms, egg nests, and brood nests. Egg nest material is woven into a shallow basket and lined with finer grasses to hold the eggs. The entire nest is anchored to upright plant stalks and is generally



An American Coot showing its lobed feet.

a floating structure. Females deposit eggs between sunset and midnight, one per day, until the average clutch of 9 eggs is complete. Both males and females share the 21-day incubation responsibility.

Being persistent re-nesters, coots will replace lost clutches within 2 days during the deposition period. Additionally, once hatching begins and a certain number of chicks are present, coots will abandon the remaining eggs. Unlike the drab color of the adults, coot chicks are quite colorful, having conspicuous, orange-tipped, ornamental plumes covering the front half of their bodies, often referred to as 'chick ornaments.' While these plumes get bleached out after about 6 days, experiments have shown that chicks with more of this ornamentation are given preferential treatment by their parents. The oldest known coot lived to be more than 22 years old.

In winter, coots can be found in large groups or 'rafts' of mixed waterfowl and in groups numbering thousands of individuals. They can consume very large amounts of aquatic vegetation, but because they live in wetlands, they can accumulate toxins from pollution sources including agricultural runoff, industrial waste, and nuclear facilities. As such, scientists monitor coots as a way of measuring the effect these toxins have on the health of the environment at large.

Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. Check out our book, *Nature Watch Austin*, published by Texas A&M University Press, and our blog at [naturewatchaustin.blogspot.com](http://naturewatchaustin.blogspot.com) if you enjoy reading these articles!

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- Facial imbalances including: overbite, underbite
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Early treatment may prevent or intercept more serious problems from developing and may make treatment at a later age shorter and less complicated. In some cases, the orthodontist will be able to achieve results that may not be possible once the face and jaws have finished growing. © 2014 AAO

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# Alzheimer's Respite Center in Austin

In today's world almost every family is touched by Alzheimer's. Someone in the family falls prey to this dreaded disease and it eventually impacts immediate and often extended family. The person with the greatest responsibility is the primary caregiver. Alzheimer sufferers often reach a stage of the disease that demands that someone be with them twenty-four hours every day. This places the caregiver in an extremely stressful position. If family does not live in the same city or if family is unavailable to help, the burden on the caregiver can become overwhelming. Accomplishing the simplest tasks becomes sometimes impossible because of the pressing needs of the person they are caring for.

A public, on-campus Alzheimer's respite center was established in Austin, TX several years ago. The center provides four hours of weekly care for people with Alzheimer's so that their caregivers can have a few hours of respite to do whatever they need to do. Great Hills follows the guidelines of the Alzheimer's Association Capital of Texas Chapter, and works closely with their Executive VP and Program Director to be sure that their Alzheimer's respite center meets all required standards.

The Great Hills Baptist Church Radiant Friends Alzheimer's Respite Center is located at 10500 Jollyville Road, Building A, Austin, TX 78759. Alzheimer's patients are welcomed with skilled caregivers, enjoyable activities, a nutritious meal, and safe exercise free of charge every Tuesday from 9:30 am until 1:30 pm. If you have a need in this area, contact Barbara Cross at 512-250-0826 for more information, and/or to apply for services.



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# STAIN SOLUTIONS

Try as you might to prevent them, spills, drips and splatters in your house are inevitable. Whether you, your family or your guests are the culprits, stains happen. Most, if not all, are treatable, especially if you act quickly and use the right stain-removing technique.

If there's an accident on your carpet or a rug, start by scooping up any solids and soaking up any unabsorbed liquids. Then, blot the stain with a white cloth or paper towel. You should work from the outside in so you don't spread the spill, and dab at it instead of rubbing or pressing hard.

You also can try spot cleaning with a soapy water mix. Dilute a ¼ teaspoon of clear hand-dishwashing soap with 1 cup of lukewarm water. Spray the solution on the stain, and mist the area with clean water or blot with a wet towel. Then blot the area with a dry towel. Repeat this process until you get as much residue out as possible.

Follow these specific instructions for cleaning up the more stubborn stains and sticky spots on your floors:

- **Red wine:** Begin with the same three steps—blot, apply soapy water and rinse. Then, dribble very hot water from a sponge onto the spill. Continue to blot with a clean towel, and repeat until the carpet no longer shows any red.

- **Soft drinks and coffee:** Begin with the same three steps—blot, apply soapy water and rinse. Then dab on hydrogen peroxide. Wait one hour before repeating the process. Hydrogen peroxide bleaches a stain without breaking down carpet dyes. Use a 3 percent solution, which can be found at a drugstore, and apply at full strength.

- **Candle wax and chewing gum:** These are easiest to remove when hot or cold. For the cold method, harden the spot by rubbing it with an ice cube inside a plastic bag. Then, carefully scrape off the residue with a dull knife or a plastic card, such as an expired credit card. For the hot method, apply paper towels over the waxy area, and then use a clothes iron on low heat to soak up the wax. Replace the paper towels until all the wax is removed. Use a hair dryer to heat gum. Then with a plastic bag over your fingers, pull the goo off.

So the next time your carpeting endures a nasty spill, rest assured that it doesn't have to become a permanent stain. With these simple tips, you can keep your carpets and rugs looking great for years to come.



# TARRYTOWN REAL ESTATE MARKET REPORT

*April 2016*  
by **Trey McWhorter**

I'm going to hold off on giving a Q1 review until I have all of March's data, and this article was due on March 15th. However, at the time this article was due, 2016 is off to a very strong start.

A few observations:

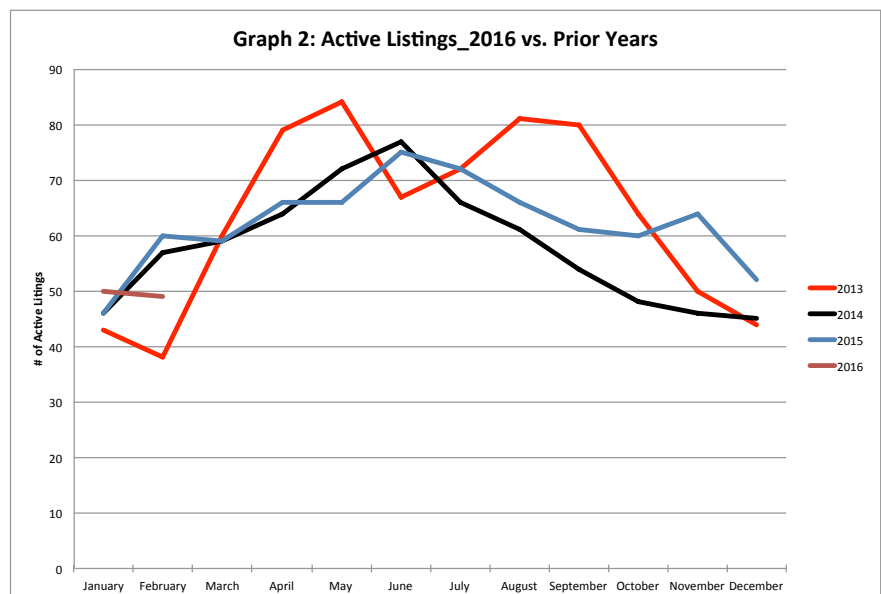
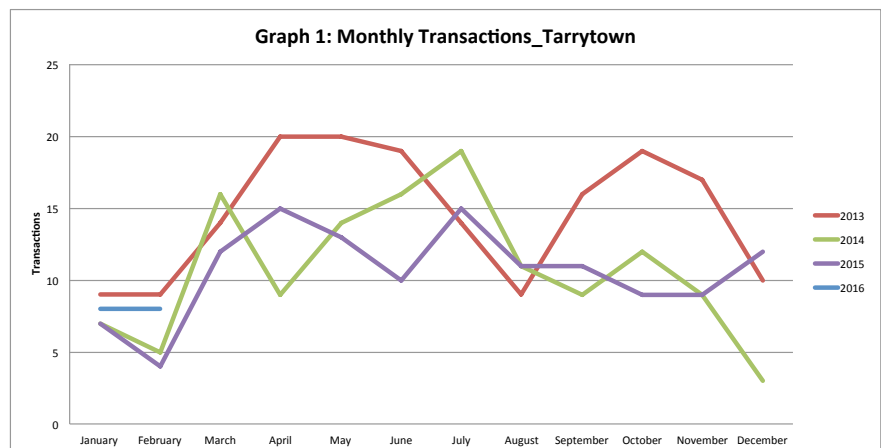
- The number of transactions in January and February (combined) followed the same pattern and was only 1 sale per month off of the pace in 2013, which was the strongest year on record in terms of transactions.

- The number of active listings in January 2016 was higher than the previous three years but then declined slightly in February (around 50, vs. around 60 in the previous two years). Generally the number of active listings increases steadily as we move toward summer, so March should see active listings increase, which preliminary MLS data suggests is the case.

- Median sold prices are still off slightly from the same period in 2015, down ~5%.

- Days on Market for sold listings through March 15th were substantially higher than previous years, with a median days on market of 73 days (compare that to 2015 in the same time period and a median days on market of 37 days)

Next month I'll provide a complete Q1 summary and highlights.



*Note: All data comes from the Austin Board of Realtors' MLS report, reflecting activity through March 15, 2016.*

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## April GARDENING TIPS

*Offered by WeekendGardener.Net*

Use this list to help you figure out what gardening tasks you want to accomplish this month.

### **Planning**

When purchasing bedding annuals this spring, choose properly grown plants with good color. Buy plants with well-developed root systems that are vigorous, but not too large for their pots. Plants that bloom in the pack are often root bound and can be set back for several weeks after being transplanted. Plants not yet in bloom will actually bloom sooner, be better established and grow faster.

For hot-weather color, select one of the following: Gloriosa Daisy, Madagascar Periwinkle, Ornamental Peppers, Mexican Zinnia or Amaranthus 'Joseph's Coat. Plan to attract hummingbirds to your garden this year by planting red or orange flowers. Monarda (common names: beebalm, horsemint, Oswego tea, and bergamot) is a good perennial plant that thrives in sun and provides nectar for these small birds.

### **Planting**

Begin to plant seedlings of warm-season vegetables such as tomatoes, peppers, and eggplants. You can also start your pumpkin seeds now.

Sow beets, beans, cucumbers, carrots, lettuce, sweet corn and radishes

Plant herbs such as thyme, sage, parsley, chives and basil

Sod or sow new lawns, and over seed damaged older lawns

Start planting out warm season annuals such as impatiens, marigolds, petunias, sunflowers, zinnia, lobelia, alyssum

Finish planting summer-flowering bulbs like tuberose, gladiolus, dahlias, and callas

Plant chervil, coriander, dill, rosemary, and summer savory outside after the last spring frost date for your area. Your Extension agent should be able to give you the date.

### **Maintenance**

Mulch soil to save water, smother weeds, keeps soil cooler. Spread 1-3 inches (2.5-7cm) of bark chips, compost, wood shavings, or other organic material under shrubs trees, annuals and vegetables. Thin vegetables that were sown too thickly, like basil, carrots, green onions, or lettuce. Prune spring-flowering shrubs and trees after bloom is over.

Fertilize everything right now, but do not feed spring-flowering shrubs like azaleas, camellias, and rhododendrons until after they have finished flowering. Use an acid based fertilizer. They also should be pruned after blooming.



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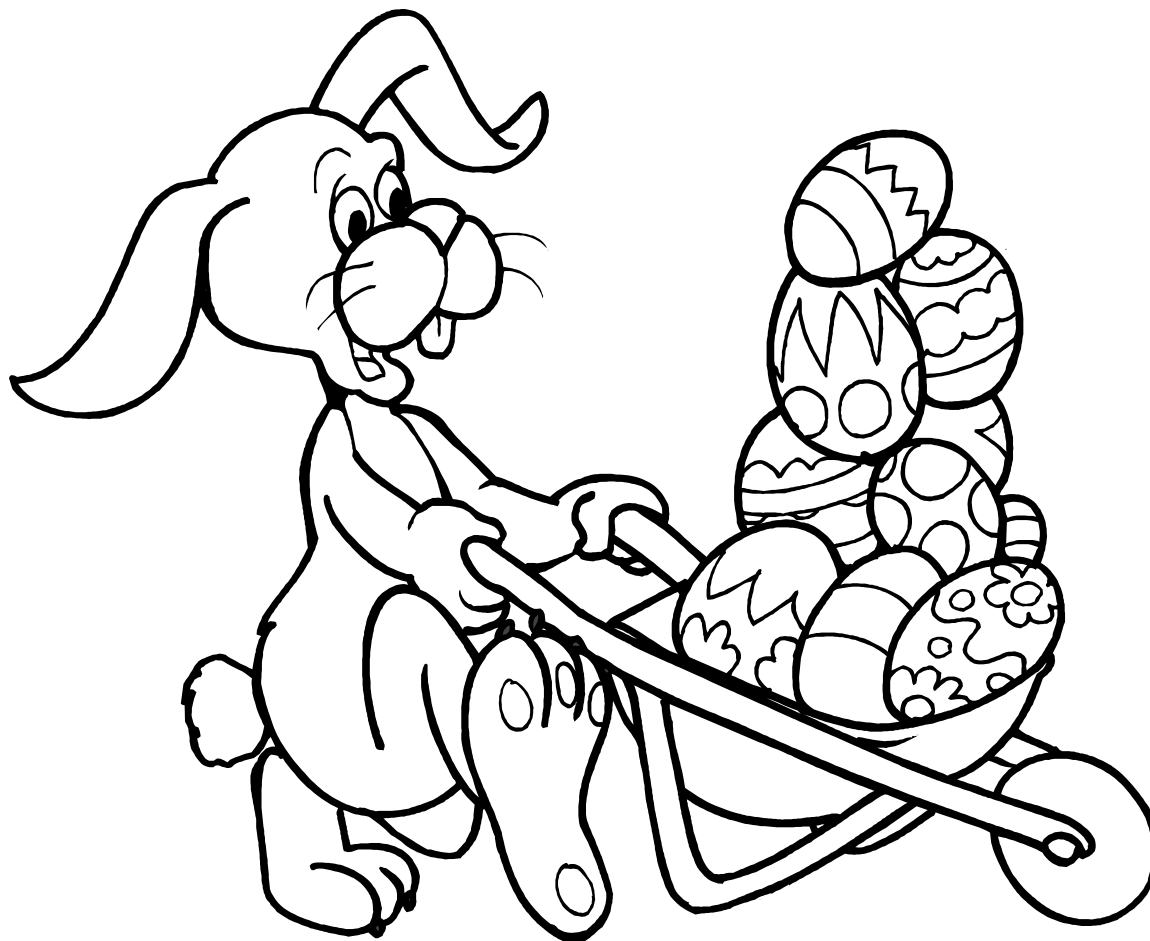
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**The best ways to  
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It doesn't make a lot of sense to add ornamental flowers if your lawn is yellow and dead. A new door knocker won't do much if your home's paint is chipped and falling off. Taking a nice long look at your house will make it clear what project you should tackle first.

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