

Evening of Hope Gala

Submitted by Mary Elizabeth Parker

U.R. Our Hope is an Austin based 501(c)(3) non-profit that serves individuals and families with undiagnosed and rare disorders throughout the state, country, as well as internationally. On December 3rd, 2016 they will be hosting their 4th Annual Evening of Hope Gala at the Doubletree Northwest Arboretum. This year their Honorary MC will be Noah Coughlan.

Noah is a rare disease advocate who has run across the country three times to raise awareness for the 30 million Americans and 350

million people worldwide affected by a rare disease. He will share his story of advocacy which will be featured in a documentary, Run For Rare. The documentary chronicles his three transcontinental runs as well as his efforts to raise awareness for rare diseases, and give those facing rare challenges a much needed voice.

For more information on the Gala and how you can support U.R. Our Hope, please visit:


<http://urourhope.org/events/eohgala/>



HONORARY MC

NOAH COUGHLAN

RUN 4 RARE, RARE DISEASE ADVOCATE



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December
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Partnership For Children

Submitted by Megan Ransom

Please be our guest to celebrate the children in foster care who are waiting for forever families and the community that supports them. A program of Partnerships for Children, The Heart Gallery of Central Texas is a portrait exhibit and community education/outreach initiative featuring children in Central Texas who are waiting for adoption.

THURSDAY, NOVEMBER 10TH AT 6:30PM – 9:00PM
at the Blanton Museum of Art – Smith Building

More details and to RSVP to this free event here:
<http://bit.ly/YT0hc9>



REVEAL
PORTRAITS TO INSPIRE ADOPTION
THE HEART GALLERY of central texas

PLEASE BE OUR GUEST TO CELEBRATE THE CHILDREN IN FOSTER CARE WHO ARE WAITING FOR FOREVER FAMILIES AND THE COMMUNITY THAT SUPPORTS THEM.

THURSDAY, NOVEMBER 10TH
6:30 - 9:00 PM
BLANTON MUSEUM OF ART, SMITH BUILDING
COMPLIMENTARY COCKTAIL RECEPTION • BUSINESS ATTIRE

Adding yoga to workout regime can improve health

Implementing yoga into a workout routine can provide unique health benefits, said a Baylor College of Medicine physician and yoga enthusiast.

Yoga is a broad philosophy containing many different paths to achieve the goal of physical, mental and spiritual well-being, said Dr. Bobby Kapur, assistant professor of medicine at BCM and associate chief for emergency medicine at the Harris County Hospital District's Ben Taub General Hospital. In physical fitness, yoga is the practice of physical postures and breathing exercises that allow a person to strengthen the body and at the same time enter a meditative and relaxed state of awareness.

Yoga entails various positions, stretching and deep breathing. Practicing yoga can help a person improve flexibility, balance, limberness, blood circulation, and it can also relax muscle tension and fight infection, Kapur said.

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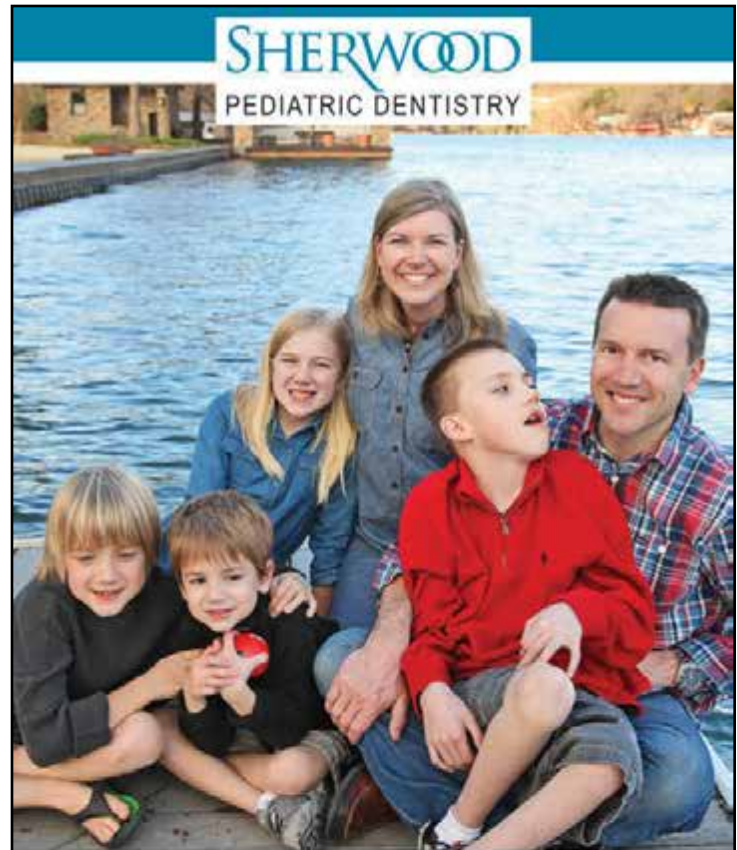
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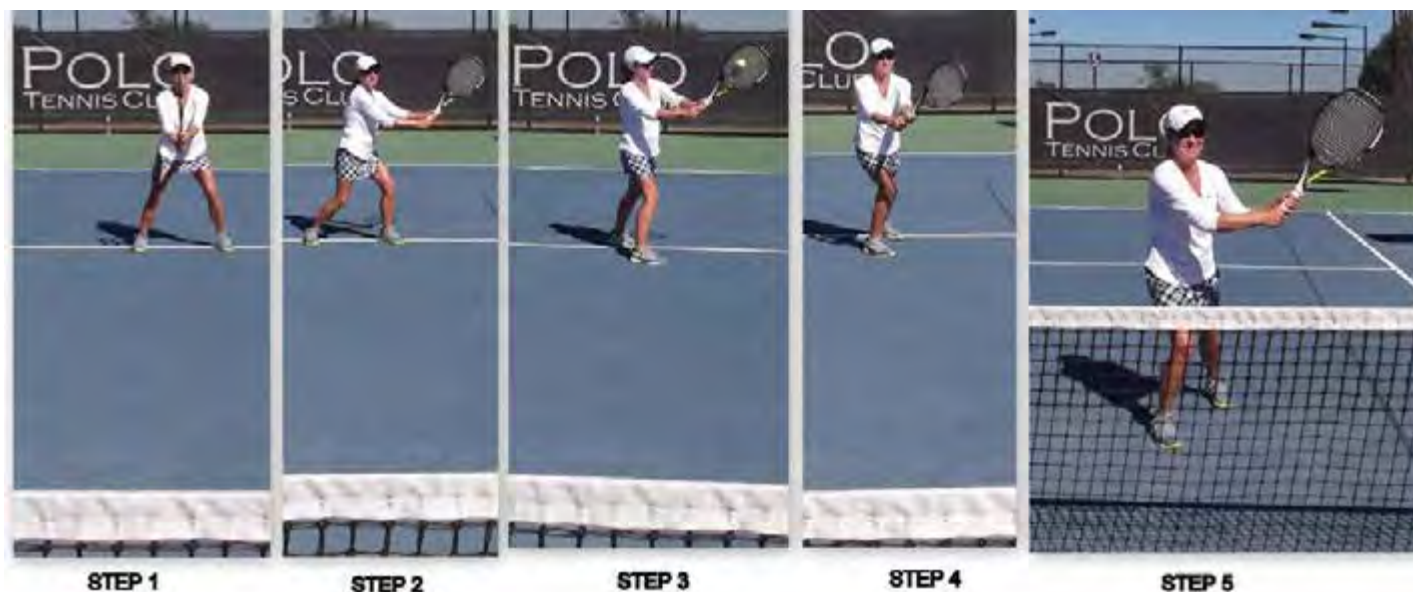
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TENNIS TIPS

*By USPTA/PTR Master Professional
Polo Tennis and Fitness Club, Austin, TX*



How to execute The Two-Handed High Backhanded 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, and the forehand high volley approach shot.

In this issue, I will offer you instructions on how to execute the two-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 to the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put in a defensive mode and hits a softer ball so the player can now move closer to the net for the “killer or placement volley”. In the illustrations, “Pancho” Edwards, a player at The Polo Tennis and Fitness Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position and Split Step: When she realizes that she is caught in “no-person’s land”, she takes the split step by bending the knees and staying on her toes. Her racket is in the volley position and her feet are angled toward the path of the incoming ball.

Step 2: The Back Swing: Once she realizes that the ball has been directed to her backhand, she will turn her upper body and will take the racket slightly back. Notice that the left hand next to the right hand to allow her to keep her center of gravity in the center.

She has loaded her weight on her left foot and will be ready to step forward to meet the ball. She will make a slight change toward the continental grip on both hands.

Step 3: The Point of Contact: She now is ready to step into the ball. She has kept her eye on the ball and her 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 her to hit behind the ball and allow maximum net height and allow her to hit the ball deep. The control of the ball will be made with the left hand, which is holding the racket tighter. The right hand is more relaxed and helps keep the face of the racket in a 45-degree angle at the point of contact.

Step 4: The Follow Through: Once she has made contact with the ball, she finishes the follow through with her wrist laid back. Her right arm is next to her body and her eyes have shifted toward her target.

Step 5: The Move for the Kill Volley: As the ball is headed toward her opponent and she realizes that her shot is deep, now she moves close to the net for the put away volley. If her shot was not deep, she will decide to stay close to the service line to protect the lob over her head. By the look in her eyes and her smile, she is ready to go for the “kill volley”.

Look in the next Newsletter for:
The One-Handed Backhand Volley Approach Shot

Does Invisalign work as advertised?

Mean accuracy of tooth movement: 41%

Range of accuracy from 18% to 47.1%

Accuracy in extruding teeth: 18.3% to 29.6%

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Passing Rate of cases treated Invisalign v. Braces: 27% lower
"Deficient in its ability to correct overjet & occlusal contacts" (j.ajodo.2005.06.002; www.ajodo.org)



Mean percentage of simple tooth movement goal (30 patients moving one incisor a single 1mm)
only 57% (j.ajodo.2103.10.022; www.ajodo.org)

Minimal Improvement in occlusal score based on Board standards from 47 to 36.4 (0 is ideal)
"Negative change (2.5x worse after treatment) in posterior occlusal contacts with Invisalign"
"Treatment with Invisalign aligners had adverse effects on posterior occlusal contacts" (j.ajodo.2004.07.016; www.ajodo.org)

"According to the OGS, Invisalign did not treat malocclusions as well as braces...
Invisalign was especially deficient in its ability to correct large anteroposterior discrepancies and occlusal contacts." (j.ajodo.2004.05.002; www.ajodo.org)

Will you accept a meager 41% or less "success" result for your family?
Are you being offered what is best for you or your family?

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*All studies and articles referenced can be found in The American Journal of Orthodontics & Dentofacial Orthopedics (AJODO), a publication of the American Association of Orthodontists (AAO).



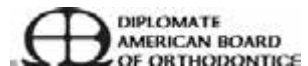
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TARRYTOWN REAL ESTATE MARKET REPORT UPDATE

Q3 – Summary

November 2016

by **Trey McWhorter**

The following table provides a summary of 2016 YTD (through Q3) performance for the Tarrytown real estate market, compared to prior years for the same time period.

Observations:

- Number of transactions in MLS continues to decline, down 8+% from the same period in 2015, and down nearly a third from the peak in 2012 (132 transactions). Looking exclusively at Q3, active listings were consistent with the last couple of years, but transactions were down 20+% vs. Q3 2015, and down 40+% vs. Q3 2014.

- Median List and Sold prices are down ~10% vs. the same time in 2015, while price / sq ft continues to increase though at more modest rates. Median sold price / sq ft is up 2.5% vs. 2015
- Median days on market has increased to 36 days, or 50%

Single Family Homes Year-to-Date in Tarrytown		2016	2015	2014
SOLD	Single Family Homes Sold	90	98	106
List Price	Avg List Price	\$1,186,647.67	\$1,158,636	\$1,074,323
	Median List Price	\$962,000.00	\$1,080,000	\$854,000
Sold Price	Average Net Sold Price	\$1,147,092.21	\$1,109,577	\$1,039,901
	Median Net Sold Price	\$926,500.00	\$1,037,000	\$833,500
"List Price \$ / Sq Ft"	Average List Price / Sq Ft	\$431.99	\$405.13	\$381.13
	Median List Price / Sq Ft	\$407.47	402.60	\$364.44
"Sold Price \$ / Sq Ft"	Average Net Sold Price / Sq Ft	\$418.32	\$389.57	\$371.98
	Median Net Sold Price / Sq Ft	\$401.43	\$391.53	\$361.72
Days on Market	Average Days on Market	62	61	42
	Median Days on Market	36	24	15

(vs. 24 days in 2015, and a low of 14 days in 2013)

- The median home size sold in 2016 so far is 2,458 sq ft, down from ~2,600 sq ft in 2015. Therefore it is not surprising to see median sold prices down some from last year, while \$ / sq ft continues to rise.

I also looked at months of inventory in the Central Austin areas of Tarrytown, Pemberton Heights and Highland Park West / Balcones Area. Months of inventory can be volatile based on the last 30 days sales, so I looked at current active listings and then calculated months of inventory based on the last 30 days' sales, as well as an average of the last 3 months sales, and then an average of the last 12 months. Below \$1M, demand is strong and it is clearly still very much a seller's market. For price points above \$1M, the months of inventory increase and indicate there are currently more properties available than there is demand for them.

If you are interested in more of this kind of information, or would like to see something in this article in the future, please feel free to contact me.

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

	MONTHS OF INVENTORY, BASED ON SALES		
	1 Month Sales	3 Month Sales	12 Month Sales
0-\$499k	5	5	5
\$500k-\$749k	3	2	2
\$750k-\$999k	4	4	4
\$1M-\$1.249M	7	5	4
\$1.25M-\$1.499M	18	9	8
\$1.5M+	16	14	12

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6 Health Benefits of Eating Dark Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

Bottom Line: Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guilt-free if you don't overdo it.

NUTRITIONAL PERKS

HEART-HEALTHY

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure and may help keep arteries from hardening.

BRAIN FOOD

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

MOOD CHANGER

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

CANCER FIGHTER

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

SOMETHING TO SMILE ABOUT

Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

SUN BLOCKER

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets.

Written by: Claudia Mosley, Moms Making Six Figures

Reviewed by: Dr. Barbara Ryan, MD

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Fit and Fun: Health Tips for You & Your Children

By: Concentra Urgent Care

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the US Centers for Disease Control and Prevention's website at:

www.cdc.gov/healthyyouth/physicalactivity/

RECIPE OF THE MONTH Watermelon Salad

2 tablespoons white wine vinegar
1 lime, zested and juiced
1/4 cup extra-virgin olive oil
1 red onion, thinly sliced
4 cups seeded watermelon chunks
1 cup crumbled feta cheese
1/4 cup mint chiffonade
2 cups baby arugula

Directions:

Add the white wine vinegar, lime zest and juice to a small bowl. Whisk in the olive oil and season with salt and pepper. Add the thinly sliced red onion and let marinate for 5 to 10 minutes as you prepare the rest of the salad.

Add the watermelon, feta, mint, and arugula to a large bowl. Toss with the vinaigrette and serve immediately after dressing.

Recipe courtesy of The Neelys, www.foodnetwork.com

“
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Maintaining St. Augustine Lawns

Source: Texas Agricultural Extension Service, Texas A&M University System

THESE TIPS ARE APPLICABLE THROUGH FEBRUARY

MOWING

Continue the recommended mowing practices until the grass goes dormant and does not require mowing.

FERTILIZING

Continue fertilizing as recommended until 4 to 6 weeks before the first expected frost. At that time, apply a low nitrogen, high-potassium fertilizer such as 5-10-10. Apply no more than 1/2 pound of nitrogen per 1,000 square feet. To calculate the amount of product needed per 1,000 square feet, substitute 50 for 100 in the spring formula.

Do not fertilize St. Augustinegrass from December through February unless the lawn has been overseeded (planted with cool-season grass to maintain its green color in the winter). Fertilize overseeded lawns once in December and again in February with 1/2 pound of nitrogen per 1,000 square feet, using a nitrogen-only fertilizer such as 21-0-0.

Have the soil tested to determine the nutrients needed. In the absence of a soil test, use a complete fertilizer with a 3-1-2 ratio of nitrogen, phosphorus and potassium.

WATERING

Even though St. Augustinegrass is normally dormant in winter, you may still need to water it periodically when the weather is warm, dry and windy. If the lawn has been overseeded, water as you would from March through May.

CONTROLLING WEEDS

Apply preemergent herbicides for annual winter weeds when the average soil temperature drops to 70 °F. Your county Extension agent can give you an estimate of that date in your area. Apply postemergent herbicides as needed.

CONTROLLING INSECTS

St. Augustinegrass lawns should experience no detrimental insect activity during the winter.





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19 Blacklight Run 5K | blacklightrun.com/austintx | Travis County
Expo Center

24 Thundercloud Subs Turkey Trot | thundercloud.com/turkey-trot
The Long Center

25-Dec24 Blue Genie Art Bazaar | bluegenieartbazaar.com
Marchesa Hall & Theatre

26 Chuy's Children Giving to Children Parade | chuysparade.com
Downtown Austin

26-27 Renegade Craft Fair | www.renegadecraft.com
Palmer Events Center

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