

...and a Partridge in a Pear Tree!

TreeFolks Delivering Pear Trees with Partridges for your True Loves this Holiday Season Submitted by Tarrytown resident Amy Voorhes, a trustee with TreeFolks, lives on River Road in Austin.

Looking for that special gift for your own true love? A plush partridge in a live pear tree will charm the gardeners, birders and carolers in your life.

For a \$100 donation, TreeFolks will deliver a 5-gallon, ready-to- plant Kieffer or Bartlett pear tree, complete with an Audubon Society toy partridge, to any household in Hays, Bastrop, or Travis counties. For an additional \$50, TreeFolks will even dig the hole and plant the tree for you. The trees will arrive in time for the holidays – and will yield fresh pears for years to come.

"The trees we've selected are well adapted to the challenging climate and soils of central Texas. Plant them in a sunny spot and they'll grow fast and bear a large crop. They're ideal for home gardeners," said Greg Mast, manager of the Urban Orchards program at TreeFolks. "And they make a great perch for a cute little partridge."

Developed by the Audubon Society, the plush toy bird features the white belly and black mask of the striped redlegged partridge. It even makes accurate bird sounds, courtesy of the Cornell Ornithology Lab.

Each purchase of a partridge in a pear tree supports TreeFolks' Urban Orchards program. Urban

Orchards engages communities to plant fruit and nut trees in public spaces.

Orders must be received before December 12. Supplies are limited, and delivery area is restricted to

Hays, Bastrop and Travis counties.

For more information, contact www.treefolks.org/partridge or

call 512-443-5323.

Since 1989, TreeFolks volunteers and staff have planted more than 2 million trees in Central Texas.

OUR MISSION: TreeFolks empowers Central Texans to build stronger communities through planting and caring for trees.



Copyright © 2016 Peel, Inc. Tarrytown - December 2016 1

IMPORTANT NUMBERS

EMERGENCY NUMBERS	
EMERGENCY	911
Fire	911
Ambulance	
Police Department	512-975-5000
Sheriff – Non-Emergency	
Animal Services Office	311
SCHOOLS	
Austin ISD	512-533-6000
Casis Elementary School	
O. Henry Middle School	
Austin High School	
Ç	
UTILITIES	
City of Austin	512-494-9400
Texas Gas Service	
Custom Service	
Emergencies	
Call Before You Dig	
Grande Communications	512-220-4600
AT&T	1 000 /// 7020
New Service	
Repair	
Billing	1-800-858-/928
Time Warner Cable	512 405 555
Customer Service	
Repairs	
Austin/Travis County Hazardous Waste	312-9/4-4343
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 Recoovery	512-494-9400
Austin Transportation Dept	512-974-1150
Municipal Court	
Post Office	
City of Austinww	w.AustinTexas.gov
NEWSLETTER PUBLISHER	
Peel, Inc.	512-263-9181
Editor tarry	
Advertising advert	•
advert	5See Pecimic.com

Instead of Toys This Holiday Season, Some Kids Just Want Their Basic Needs Met

by Dr. Beverly Hamilton

One in four children in the Austin area live in poverty. The tiniest members of our community don't care yet about toys but they might know what it's like to not have enough diapers. Diapers are not covered under assistance programs and cost \$800-\$1,000 per year. This price tag means some families have to decide between paying their rent or paying for diapers. A national study showed that 1 in 12 mothers reported leaving their baby in a soiled diaper longer than necessary due to limited resources.

The founder of Austin Diaper Bank, Beverly Hamilton, started the diaper bank out of her spare bedroom after learning this sad fact. Now the organization has grown exponentially and occupies a modest warehouse on Burnet Road in north Austin. Austin Diaper Bank helps make sure that Central Texas families have the diapers they need to keep babies healthy. By working with a network of over 40 partner agencies, the diaper bank serves thousands of people from Georgetown to San Marcos.

The diaper bank is a grassroots community effort, largely donation driven and volunteer run. To directly help babies in Central Texas this holiday season, you can host a a diaper drive, donate much needed funds, provide diapers (larger sizes are especially in demand) or volunteer. Individuals and groups can spend time in the warehouse sorting, counting and bundling diapers for distribution to the community. The littlest Central Texans thank you.

Neighborhood Compassion Watch!

Compassion is action.

Let's each of us make it our mission to bring positive change and solutions to our own lives, our communities, and our world. Let's sustain our hope for a better world through personal action.

Try this in December. Start a compassion jar or box in your home. Challenge yourself and your family members to seek out and discover compassion in your home, neighborhood, school, and workplace (acts of kindness, service, respect, love, acceptance, generosity, hope, peace, gratitude, forgiveness, and caretaking of the Earth). Pay close attention and discover these acts in yourself and others. Recognize these acts by dropping a note or a marble or pebble into the jar or box. See how full it gets. Find a time to share with each other what you discover.

Share your stories here and we'll publish them www.peelinc. com/residentsArticleSubmit.php. Also, share via social media with the hashtag #compassionup.

Tarrytown -December 2016 Copyright © 2016 Peel, Inc.

HITTING THE SLOPES THIS SKI SEASON?

Keep in mind these tips to prevent injuries on the slopes.

Written by Kelly Cunningham, MD Sports Medicine specialist Founder. Austin OrthoBiologics.



As a former US Olympic Men's Ski Team physician and orthopedist, every year during the winter months I treat many ski & snowboard injuries. As traveling doctor for the team, I accompanied the athletes throughout the US, Canada and Europe on the World Cup tour and was responsible for the triage, stabilization, and treatment of these world-class skiers.

One of the most frequent questions I get this time of year from my patients who ski is "How can I avoid hurting myself on the ski slopes?" So what do I

tell recreational skiers about staying healthy while on the slopes?

First and foremost, adjust to the altitude in your first few days. While there are medications that will improve your blood oxygen, they require a prescription and can have side effects. Perhaps the easiest to take along are low-dose aspirin or ginko biloba, as both are safe (unless allergic) and easy to take. Low-level exercise and lots of water (especially during the first night) are also key, as is abstinence from alcohol during the first 24 hours at altitude.

Modern skis, boots, and bindings are universally safe now, unlike in decades past. Multi-release bindings help you come out of your skis safely in a fall and with less stress on your knees, the most commonly injured joint in a skier. Make sure they are set correctly.

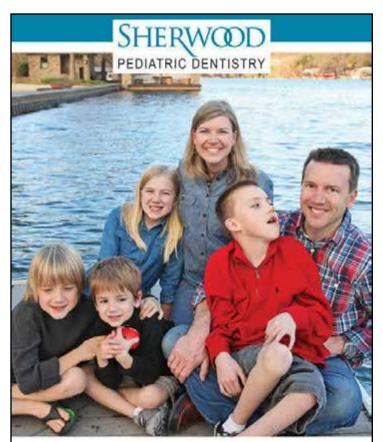
Speaking of knees, in most solid, intermediate skiers, unlike beginners (learning to stop) and racers (ACL injury from shear forces), serious knee injuries are actually quite rare.

The best way to protect yourself from ski injury is:

- get in good "ski-shape"
- ski within your limits
- stay relaxed but focused
- watch out for that last, fatigued run of the afternoon
- if you fall, fall forward and throw your hands in front of you

And always, always, wear a helmet!

Austin resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society.



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.

Utilitzation 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.



Mention this and receive \$50 off New Patient cleaning, fluoride and exam. New powers on, his official monitor contined wit other offers, managing apply)



CALL TODAY! (512) 454-6936

T Visit www.DrSherwood.net

Copyright © 2016 Peel, Inc. Tarrytown - December 2016 3

TARRYTOWN REAL ESTATE MARKET REPORT UPDATE

December 2016

by Trey McWhorter

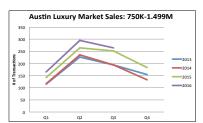
The following table provides a summary of 2016 YTD performance (through November 15th) for the Tarrytown real estate market, compared to prior years for the same time period.

Observations:

- Number of transactions in MLS is down 9% from the same period in 2015, and down almost 40% from 2013.
- Median List and Sold prices are down more than 11% vs. the same time in 2015, while price/sq ft increased, though at more modest rates. Median sold price/sq ft is up 2.5% vs. 2015.
- Median days on market increased to 40 days vs. 27 days in 2015, and a low of 16 days in 2013.
- Median home size in 2016 so far is 2,458 sq ft, down from ~2,700 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.

Single Fami	ly Homes YTD in Tarrytown	2016	2015	2014	2013
SOLD	Single Family Homes Sold	100	110	121	162
List Price	Avg List Price	\$1,193,952.90	\$1,185,844.30	\$1,109,042.97	\$1,042,394.74
	Median List Price	\$962,000.00	\$1,087,500.00	\$858,000.00	\$839,950.00
Sold Price	Average Net Sold Price	\$1,152,983.19	\$1,132,723.55	\$1,069,687.25	\$1,000,063.52
	Median Net Sold Price	\$926,500.00	\$1,049,500.00	\$837,000.00	\$823,262.50
"List Price \$ / Sq Ft"	Average List Price / Sq Ft	\$432.87	\$408.70	\$381.77	\$340.87
	Median List Price / Sq Ft	\$410.62	\$403.49	\$368.28	\$332.70
"Sold Price \$ / Sq Ft"	Average Net Sold Price / Sq Ft	\$418.91	\$392.16	\$371.62	\$330.79
	Median Net Sold Price / Sq Ft	\$401.43	\$391.53	\$361.85	\$320.55
Days on Mkt	Average Days on Market	65	62	50	50
	Median Days on Market	40	27	20	16

In addition, I looked at the MLS transaction data for Austin luxury sales. Anecdotally, there has been talk of things slowing down some. It is always helpful to see what story the data tells, and in this case it does appear that at the very high end of the market there is a slow-down.

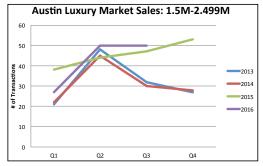


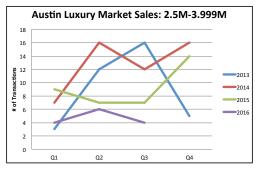
\$750K-1.499M 2016 is a record year with every quarter exceeding prior years and following the same trends.

\$1.5M-2.499M 2016 data suggests this is a record year, and following 2015 trend. Will be interesting to see if Q4 follows 2015 trend or 2013/2014.

\$2.5M-4M Number of transactions is smaller, therefore more volatile. Clearly 2016 has under-performed the past 3 years.

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





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%

Accuracy of Mesial-distal tipping of canines: 26.9% (j.ajodo.2007.05.018; www.ajodo.org)

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?

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



Contemporary Orthodontic S

James R. Waters, DDS, MSD, PA

Board Certified Orthodontic Treatment

www.BracesAustin.com











Excellence. Right Here.

You can trust Dr. Waters at Steiner Ranch Orthodontics to provide the HIGHEST standards for a lasting, functional and beautiful smile for your family, where a 40% result is considered below the standards of modern orthodontics.



512-451-6457 1814 W. 35th Street, Austin, TX 78703



1 35 45 H

Copyright © 2016 Peel, Inc.





IPM - Integrated Pest Management

Integrated Pest Management (IPM) is the blending of effective, economical, and environmentally-sound pest control methods into a single flexible approach to manage pests. When utilizing IPM, we hope that you can avoid or reduce pest problems.

Here are some things to reduce the number of pests in your home:

- Reduce food or water resources for insects:
- o Encourage family to eat in one location. This makes it easier to clean since spills and crumbs are not spread around the house.
 - o Clean up any spilled food or drink as soon as possible.
- o Sweep and vacuum regularly. This helps to remove food crumbs, pet hair and other things that insects may feed upon.,
- o Do not leave dirty dishes in the sink overnight. Even small bits of food can be a meal for insects.
- o Do not leave pet food out overnight. Again, it can be a free meal for insects
- o Remove old newspapers, magazines, and books that are unused. Silverfish love to feed on these.
- o Repair plumbing leaks to get rid of water sources required by insects.
- o Use a plastic bag to line garbage cans to make garbage easier to remove.
- o Remove garbage on a weekly basis, possibly more during warmer times of the year.
 - Reduce areas where insects may live:
- o Clean the drains with a stiff brush and then flush with boiling water. There are small flies that can grow in the slime layer of drain pipes. The stiff brush will loosen the slime and the boiling water will flush it away.
- o Remove tree stumps and any dead branches in the yard to avoid carpenter or acrobat ant populations living in these areas.
- o Move debris (firewood, bricks, stones, etc.) away from the home. These areas can be inhabited by a variety of arthropods including spiders, scorpions, and cockroaches.
- o Clean closets on a quarterly basis to reduce the chance of spiders moving in.
 - Reduce moving insects into the house:
- o Inspect all items for pests before bringing them into the house. Insect pests can be brought into the home with items such as potted plants, boxes full of things inherited from a family member, used clothing or furniture, among other things.
- o Prune tree limbs that touch or overhang the home and prune back any shrubs that touch the home. When shrubs or trees touch or overhang the home, they can be used as bridges for insects to get onto the home and then move inside.

(Continued on Page 8)

PERSONALIZED ATTENTION

for all of your medical, surgical and cosmetic dermatological needs

COSMETIC SKIN CARE SERVICES

CONSULTATIONS & SERVICES

Skin Tag/Mole and Benign Lesion Removal

Consultation with Dr. Bushore required

SCAR & ANTI-AGING TREATMENTS

 Laser Genesis Facial
 \$300 / 4@\$900 / 6@\$1650

 excel V™ Full Face Red /Brown
 \$500 / 3@\$1200

 excel V™ Neck & Chest Red /Brown
 \$500 / 3@\$1200

 excel V™ Hands
 \$300 / 3@\$750

 excel V™ Spot Treatment Red/Brown
 \$150

 excel V™ Hair Removal
 consult required

 Eclipse Microneedling
 \$500 / 3@\$750

 Eclipse PRP Microneedling
 \$600 / 3@\$1500

BOTOX® | FILLERS AND KYBELLA®

Volbella	5400 per syringe
Juvederm® Ultra & Ultra Plus	S600 per syringe
Juvederm Voluma*	
Restylane* and Restylane* Si	
Kybella*	
8otox = \$275	for Glabella OR Crow's feet
	forehead (\$150 as add on)
	\$625 to treat all 3 areas

Consult needed for pricing on other areas

CHEMICAL PEELS

TCA 20%	5250/3@\$600
Salicylic 30%	\$150/3@\$300
Glycolic 30%	\$150/3@\$300
Glycolic 50%	\$200/3@\$450
Mandelic Acid "Red Carpet" Peel	\$150/3@\$300

LASER VEIN TREATMENTS

excel V^{III} Leg Veins Treatment

SILKPEEL 3 DIAMOND DERMAL INFUSION FACE

Lumixyl Pro-Infusion / Hyper pigmentation

Clarity MD Pro Infusion / Acne

Hydrating Pro-Infusion / Dry Skin

Vitamin C Pro-Infusion / Detoxification

.....all of the above \$150 / 3@\$300

SILKPEEL 3 DIAMOND DERMAL INFUSION BODY

Chest, Calves and Upper Arms \$150 / 3@\$300 Back, Stomach, Thighs & Buttocks \$250 / 3@\$600 Stretch Mark Therapy Consultation Required

tike us @ Facebook.com/BalconesDermatologyandAesthetics

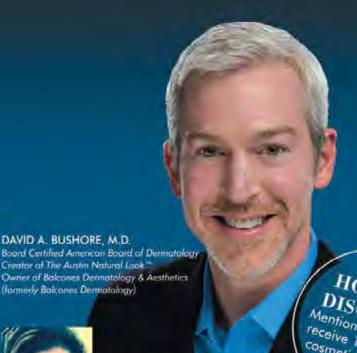
*for ALL Services – Costomizable combination beatment plans available at at discounted price.
*Prices subject to change inchaut notice, All purchases are final.

BALCONES DERMATOLOGY & AESTHETICS

is the only medical practice in Austin to have the internationally renowned **Skin Type Solutions** skin care product system that identifies over 16 different skin types.

Dr. Bushare combines his years of medical dermatology experience along with his expert eye and artistic flair using injectables such as fillers and Botox®, in order to give patients a more refreshed look without surgery or being too obvious.

His approach is called **The Austin Natural Look****





HOLIDAY
DISCOUNT
Mention this ad and receive 10% off any cosmetic treatment

BALCONES DERMATOLOGY & AESTHETICS

7800 N. Mopac Expressway, Suite 315 | Austin, TX 78759 512.459.4869

www.balconesdermatology.com

TARRYTOWN

(Continued from Page 6)

- o Seal entry points on the outside of the home with sealant, expanding foam, or copper mesh screening. Pipe penetrations, weep holes, or cracks can allow insects, spiders, or other animals move into the home.
- o Store food in sealed plastic or glass containers to keep pantry pests out.
- o Keep screens, weather stripping, and door threshholds in good repair. Many insect pests are very small, so even a small tear in a screen or crack under a door can allow them to come inside.
- o Use yellow bulbs in outside lights to reduce the number of insects coming near doorways.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service or the Texas A&M AgriLife Research is implied.

The Texas A&M AgriLife Extension Service provides equal access in its programs, activities, education and employment, without regard to race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity.



Want to host a foreign exchange student?

contact Sandra at sdawe@ayusa.org.

AUSTIN GALLERIES

Offering the Following Fine Art Services:

- Appraisals & Sales of Fine Art, Antiques, Jewelry & Decorative Arts
- Consultation & Purchasing
- Brokering & Consignment
- Corporate Leasing & Estate Sales

Happy Holidays

In appreciation of your continued business for the last 52 years, Austin Galleries is offering 20% off all appraisals and art restorations for the month of December.

info@austingalleries.com 512.495.9363

Gallery Owner: Ann Attal

Bringing Art, Antiques and Clients Together Since 1964



Tarrytown -December 2016 Copyright © 2016 Peel, Inc.



Furniture, window coverings, bedding, lighting, gifts, and design center









Boutique style furniture store and design center fit for all customers on the spectrum: whether it be those who are looking for a specialty piece to complete a room, a complete top to bottom turnkey ready home redesign or anything in between. In addition to our interior design services, we feature over 100 manufacturers in furniture, bedding, rugs, lighting and accessories as well as vintage one of a kind pieces.

10827 W US HWY 290 Suite 110 Austin TX, 78736 • 512-296-2423

www.highcottonhomedesign.com

Copyright © 2016 Peel, Inc.

Tarrytown - December 2016 9

TENNIS TIPS

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



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, Sondra Thornton, 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 Sondra realizes that she is caught in "no-person's land", she takes the split step by bending of 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. Notice that the left hand is on the throat of the racket.

Step 2: The Back Swing: Once Sondra 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 is still on the throat of the racket. She has loaded her weight onto 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 the right hand.

Step 3: The Point of Contact: Sondra is now 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 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 Sondra has contacted the ball, she finishes the follow through with her right wrist laid back and leading the stroke with her right knuckles. Her left arm is pulling back for better body balance and her eyes are still watching the racket where she contacted the ball.

Step 5: The Move for the Kill Volley: As the ball is headed toward the opponent and Sondra realizes that her shot is deep, she now moves closer to the net for the put away volley. If her shot was not deep, Sondra 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 just did a "kill volley".

Look in the next Newsletter for: How to execute "The Lob"



Tarrytown -December 2016 Copyright © 2016 Peel, Inc.

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.









Description: The position includes marketing our community newsletters to local and area businesses. It is a flexible position that allows you to work from home and set your own hours.

Roles: Stimulate new advertising accounts in our community newsletters. Maintain current accounts assigned to you by Sales Manager. Service your accounts by assisting them from ad design to final proof approval.

Skills: Excellent communication through email and phone, with high level presentation and relationship-building skills. Strong prospecting and business development skills are a must. Previous sales experience preferred but not required.

Benefits: Commission Based Apply by sending resume to jobs@peelinc.com





TRY

