



Trowel and Error

Mayfield Park Gardening Symposium

Saturday, April 1, 2017 Rain or shine!! • 9:30 A.M. – 1 PM

Mayfield Park 3505 W. 35th Street Austin, Texas (next to Laguna Gloria Art Museum)

On April 1, historic Mayfield Park combines topics dear to the heart of Central Texas gardeners in a series of “must hear” lectures.

- 10 am Jay White, contributing editor for Texas Gardener, Masters in horticulture

Pest-free Organically

- 11 am Patty Leander, Texas master gardener vegetable specialist, contributing editor for Texas Gardener Tiny Garden/Small Garden: From Microgreens to Hay bales

- 12 noon Bruce Leander, biotechnology, art, photography, golf, “sort of” the Photographer in Residence at Lady Bird Wildflower Center It’s a Snap To Take Good Garden Pictures: A Few Simple Tricks to “Develop” Outstanding Digital Pictures.

BRING YOUR GARDENING QUESTIONS!!

What’s a garden event without a plant sale? Mayfield has the best deals in town for hard-to-find heirlooms and other perennials perfect for the April garden. A “garden goodie” raffle for the discerning gardener will round out the day.

As always, **Trowel & Error** benefits one of Austin’s favorite and enchanting parks, historic Mayfield. Guests tour the restored Mayfield-Gutsch home, surrounded by stone-walled gardens patterned in the 1920’s after the cottage gardens of England. Towering palms, flowering trees and perennials line meandering paths set among ponds filled with water lilies and

fish. Gregarious peacocks supervise overflowing flower beds planted and maintained by community volunteers.

Sponsored by Friends of the Parks of Austin, a non-profit organization, **TROWEL AND ERROR** is the solitary fund-raiser for historic Mayfield Park. Although admission is free, a \$5.00 donation is requested.

For more information: 512-453-7074 , neenok@aol.com or mayfieldpark.org



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Fire.....	911
Ambulance.....	911
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Sheriff – Non-Emergency.....	512-974-0845
Animal Services Office.....	311

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O. Henry Middle School.....	512-414-3229
Austin High School.....	512-414-2505

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Austin Fire Dept (Non Emergency).....	512-974-0130
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Austin Resources Recoovery	512-494-9400
Austin Transportation Dept.....	512-974-1150
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Free Educational Caregiver Series

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During the months of March and April, Alzheimer's Texas will be holding free seminars for individuals who need guidance to take care of someone suffering from Alzheimer's or related dementia.

Lead by Steve Catoe, Certified PAC Trainer and Certified Validation Worker, these seminars provide complementary caregiver education on topics particular to caring for someone with Alzheimer's disease or related dementia. All sessions will be held at the Alzheimer's Texas office, 3520 Executive Center Drive, Suite 140, Austin, TX, 78731. Following are the dates and topics of each session:

Tuesday, March 14th

Part I – Introduction to Alzheimer's: ALZ 101

6:00 – 7:15 pm

What is Alzheimer's, Diagnosis and treatments, Stages, How to cope

Tuesday, March 21st

Part II – Behaviors and Communication

2:00 – 4:00 pm

Preserving Dignity and Sexuality, Agitation, Combativeness, Hallucinations, Communication Techniques

Tuesday, March 28th

Part III – Activities of Daily Living

2:00 – 4:00 pm

Bathing, Eating, Dressing, Toileting, Hydration and Nutrition, Safety, Driving, Activities

Tuesday, April 4th

Part IV – Care for the Caregiver

2:00 – 4:00 pm

Registration is required due to limited class size. Please call (512) 241-0420 or email Rose, rrodriguez@txalz.org if you would like to attend.

Alzheimer's Texas provides information, referrals, and a variety of support programs for those with Alzheimer's disease and related dementias, and their family members, caregivers and professionals. Alzheimer's Texas serves 17 counties and has proudly served Central Texas since 1982. For more information visit www.txalz.org.

Darrell K Royal Research Fund for Alzheimer's Disease funds new caregiver support and educational programs for in honor of Edith Royal

The Darrell K Royal Research Fund for Alzheimer's Disease announces the funding of the 2017 Edith T. Royal Care Initiative. This series of trainings, support opportunities, and disease-specific education will be offered to the general public, caregivers and those affected by AD through Alzheimer's Texas, a charitable organization founded in 1982 that provides education, support services, respite care, and professional training to individuals and families dealing with AD and related diseases in central Texas.

"We are honored to receive the 2017 Edith T. Royal Care Initiative grant funding. Alzheimer's Texas proudly supports the great work of the Darrell K Royal Fund for Alzheimer's Research and their commitment to excellence in research and care for Texans. This effort named in honor of Mrs. Royal will go far in providing meaningful, quality services and programs to caregivers in Texas," states Christian Wells, President of Alzheimer's Texas.

The 2017 services that will be offered to the community include 45+ monthly caregiver support groups, a monthly Alzheimer's 101 class, a caregiver education series, Lewy Body dementia education forum, the Annual Alzheimer's Symposium on April 28, 2017, tele-group support, Effective Communication classes offered throughout Central Texas, among many other programs. For specific schedules, please visit: www.txalz.org.

The DKR Research Fund's officers include Ava Late, Chair; Ben Crenshaw, Vice-Chair; Debbie Hanna, President; and Directors Julie Crenshaw, Rita Hortenstine, David Kazen, Mike Myers, Laurée Moffett, and Don Reese.

The board of advisors includes Beau Armstrong, Mack Brown, Lisa Dawson, Eloise DeJoria, Frank Denius, Melissa Edwards, Larry Gatlin, Angie Harmon, Alfred Jackson, Red McCombs, Matthew McConaughey, Jim Bob Moffett, Kit Moncrief, Willie Nelson, and Corby Robertson.

About the Darrell K Royal Research Fund for Alzheimer's Disease

Established in 2012, the Darrell K Royal Research Fund for Alzheimer's Disease is building a legacy of lasting significance in honor of a man whose contributions to the lives of so many cannot be measured. The DKR Fund is taking a lead in providing a high profile and increased national awareness of Alzheimer's Disease (AD), as well as Mild Cognitive Impairment (MCI), Traumatic Brain Injury (TBI), and related diseases. With no cure or drugs currently available to alter the course of these diseases, the DKR Fund is helping advance the pace of research by funding researchers in the state of Texas. Coach Royal's legacy continues to give a voice and face to a disease that has too long been hidden behind closed doors. For more information, visit www.dkrfund.org.



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TARRYTOWN REAL ESTATE MARKET REPORT UPDATE

March 2017

by **Trey McWhorter**

Tarrytown real estate is off to a good start in 2017, with pricing continuing to rise though the number of transactions was lower. Here are a few observations:

- YTD (through February 15th) transactions were roughly in line with the previous 2-3 years though January was very slow with only 4 transactions (the last time a January had fewer than 7 transactions was 2010 with 2)
- 48 Active listings is consistent with 2014 & 2015, but down from January 2016 when there were 53
- Roughly 70% of active listings in January had asking prices over \$1M, the highest-ever ratio in Tarrytown MLS data, exceeding the last record of 67% in December 2015
- Since we are looking at relatively few transactions there is more volatility to the numbers but a couple of comments on pricing:
 - YTD in Tarrytown, there have been 3 transactions priced under 800K and 5 transactions between \$1.2M and \$1.8M
 - While in 2016 overall sold homes were smaller and older than in 2015, so far in 2017 sold homes are newer and larger (median size is nearly 20% larger than the same time in 2016)
 - With larger home sizes there was a big jump in transaction prices, but only modest increases in price/sq ft
- Days on market (median) has come down from the same period in 2016, but is still higher than prior years (2012-2015)

Single Family Homes YTD in Tarrytown		2017	2016	2015	2014
SOLD	Single Family Homes Sold	8	9	10	10
List Price	Avg List Price	\$1,261,250	\$1,150,722	\$1,027,500	\$745,900
	Median List Price	\$1,350,000	\$995,000	\$1,027,500	\$577,000
Sold Price	Average Net Sold Price	\$1,239,961	\$1,104,944	\$976,170	\$734,396
	Median Net Sold Price	\$1,370,000	\$975,000	\$1,022,500	\$568,250
"List Price \$ / Sq Ft"	Average List Price / Sq Ft	\$402	\$404	\$369	\$423
	Median List Price / Sq Ft	\$435	\$424	\$389	\$391
"Sold Price \$ / Sq Ft"	Average Net Sold Price / Sq Ft	\$395	\$387	\$348	\$418
	Median Net Sold Price / Sq Ft	\$427	\$413	\$353	\$374
Days on Market	Average Days on Market	85	89	80	33
	Median Days on Market	58	78	45	10
Size of House	Sq/Ft (Total)	3097	2,612	2790	1502
Age of House	Year of Construction	1978	1970	1996	1950

Note: All data comes from the Austin Board of Realtors' MLS report, reflecting activity through February 15, 2017.

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SEARCHING FOR A *Forever Home*

By Megan Ransom

Meet 17-year-old Aurilena and her sister, 16-year-old Lorna! Aurilena and Lorna are looking for a forever home. They need to be adopted by a family who has experience in raising teenagers. It is important that the forever family for these children understand that they are very bonded to each other. They would love more than anything to be adopted together. Learn more about the girls on the Heart Gallery of Central Texas website: heartgallerytexas.com

The Heart Gallery of Central Texas, a program featuring portraits of Central Texas children in the foster care system who are available for adoption. We believe through working together, our community can raise awareness around adoption, foster care that leads to permanency for our waiting children.



A colorful poster for Kidventure Summer Camp 2017. The background is a vibrant, abstract mix of red, orange, and blue. On the right side is a portrait of a smiling young girl with dark hair, wearing a red t-shirt with a yellow 'W' logo and the word 'KIDVENTURE' below it. The text on the poster reads: 'This Summer, Dream Big!' in large white letters; 'KIDVENTURE' in smaller white letters; 'SUMMER BLOCKBUSTER' in large, bold, metallic-style letters with horizontal lines on either side; '★ SUMMER CAMP 2017 ★' in white letters; 'REGISTER TODAY' in white letters; and the website 'Kidventure.com/austin-summer-camp' in white letters. At the bottom right, there is a small logo for 'KIDVENTURE' with the text 'SUMMER ONLY CAMP | OPENING CAMP | ON' below it.

Before you nix the xeriscape, know this: it doesn't mean you have to convert your lawn to a rock garden. Nor do you have to go cold turkey on turfgrass. But you do have to keep seven principles in mind.

www.gardenstylesanantonio.com



Coined in 1981 by Denver Water, xeriscape (xeris is Greek for dry) refers to the principles of matching low maintenance landscape with low water usage.

Xeriscape is not just rocks, cactus, agaves, synthetic turf, decomposed granite and rain barrels, although these could all be components of a xeriscape. A xeriscape in its simplest form is minimal lawn, native flowering perennials and shrubs with no more than two inches of mulch, and pervious patios or decks.

There are seven principles of xeriscape. They include:

1. Planning and design
2. Soil amendment
3. Efficient irrigation
4. Appropriate plant selection
5. Mulch
6. Limited turf areas
7. Appropriate maintenance

Now let's look at what these principles really mean.

Planning and design

Always begin with a plan. Consider aspect, shade, slope, soil, and existing and desired species. Always have in the back of your mind the goal of one third lawn, one third beds and one third pervious patio or deck.

Soil amendments

Soil holds moisture. The more soil, the less supplemental water needed. One way to increase water holding capacity is compost. Add one inch of compost to the soil. Expanded shale, while not organic, is excellent for heavy clay soils.

Efficient irrigation

Of course, the most efficient irrigation is rain. But the second best is a hose. Let this sink in — an in-ground irrigation system will use 50 percent more water (70 percent in the summer) than a hose-end sprinkler or hand held hose. Which do you think does a better job of conserving water?

Appropriate plant selection

Pick a good shade tree or two. Enjoy some native plants or ones well-adapted to our area. An extensive list of options is available at GardenStyleSA.com.

Mulch

Two inches of mulch, whether organic like woodchips or river rock, is sufficient. Xeric plants prefer limited mulch.

Limited turf

It's really simple. Lawns use an excessive amount of water. Therefore, reduce the size of lawns. The recommendation of weekly mowing suddenly becomes much easier.

Appropriate maintenance

Excessive pruning and fertilization does more harm than good. Just keep it simple — mow weekly, prune perennials no more than three times a year, prune trees once every five years and fertilize once a year or use compost in spring and fall.



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NATURE WATCH

WINTER CHORUS

by Jim and Lynne Weber

Clear and bell-like, consisting of a single, quickly repeated note, the call of the male Strecker's Chorus Frog (*Pseudacris streckeri*) is unmistakable. In the midst of winter, especially in the peak calling season from January to early March, multiple males call at the same time, their alternating notes resulting in an unexpectedly delightful winter chorus rising up from the canyons!

Reaching an adult length of 1 to 1.5 inches, this largest chorus frog is identified by a stout gray, brown, olive, or green body, a dark brown mask-like stripe through the eye and a dark spot under the eye, dark longitudinal stripes along the back, and a deep golden or orange color in the groin. Males are slightly smaller than females and have greenish-yellow vocal sacs. The genus *Pseudacris* comes from the Greek *pseudes* meaning 'false' and *akris* meaning 'locust', and is likely a reference to the repeated rasping calls of most chorus frogs, which are similar to and can be mistaken for those of an insect.

Although Strecker's Chorus Frog is mainly a nocturnal frog, its call can be heard day or night. Males call as they hang on to or sit on vegetation, or from the bank above the water's surface. Typically feeding on insects, this chorus frog is seen most often in moist woodlands, rocky ravines, near streams or in swamps. While its range includes portions of Kansas, Illinois, Missouri, Oklahoma, Arkansas, and Louisiana, the individuals in Texas are of the subspecies *P.s. streckeri*, and occur in most counties in the eastern half of our state.

Aside from its distinctive winter chorus, Strecker's Chorus Frog is also distinguished by its ability to use its forelimbs to burrow headfirst, unlike other amphibians that typically use their hind legs to back into a burrow. It burrows deeply in sand or mud and hides under rocks and woody debris to protect itself from heat and predators, emerging mainly after heavy rains. Following these rains, it migrates a short distance to a preferred breeding site.

Strecker's Chorus Frog is a cold-tolerant, winter breeding frog, breeding anytime between November and March when rains are adequate. While most frogs prefer to breed in flowing water, Strecker's Chorus Frog prefers still, clear, temporary water bodies such as ditches, ponds, and pools in wet weather creeks. Females attach their small, jelly-covered clusters of eggs to vegetation below the water's surface, and the time to hatch, while water temperature dependent, is usually just a few days. Tadpoles take around two months to transform into adult chorus frogs. In spring, at a time when most other frogs are just beginning to seek their breeding ponds, Strecker's Chorus Frogs terminate their breeding activities.

Named after John Kern Strecker, Jr (1875 – 1933), a Texas naturalist and Curator of the Baylor University Museum (renamed the Strecker Museum in 1940 in his honor), this chorus frog with its peculiar and unusual habits and haunting winter chorus might have been a perfect candidate for "Strecker's Cabinets of Curiosities"! If you'd like to see and hear the chorus for yourself, check out the video

at <https://texaswild.me/2014/03/31/streckers-chorus-frogs-calling/>

Send your nature-related questions to: naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our two , Nature Watch Austin & Nature Watch Big Bend, both published by Texas A&M University Press, and our blog at: naturewatchaustin.blogspot.com.



Strecker's Chorus Frog



Strecker's Chorus Frog relative size.

Why acupuncture?

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist,
MAOM, Dipl. O.M. (NCCAOM)

Some people have regular acupuncture maintenance treatments as part of their pursuit to stay healthy and active, others prefer acupuncture to Western medicine because:

1. They have a condition that does not respond to conventional care, so that they have to look for alternative health care options.
2. Conventional care often involves drugs with undesirable side effects or unwanted, perhaps risky medical procedures.
3. Western drugs are expensive and when multiple drugs are used at the same time, they could interfere with each other.
4. Patients prefer a natural, holistic medical approach to healthcare.

Acupuncture and Traditional Chinese Medicine (TCM) are safe with little side effects, because the herbal ingredients are combined to minimize and counteract the possible side effects. They work together to balance the body and allow the body to heal itself.

Does it Hurt?

Acupuncture needles are very different from clinical, hollow needles used for ordinary injection, vaccinations, etc. Acupuncture needles are not much thicker than a human hair and insertion of an acupuncture needle is practically painless. In some cases, you may not even know the needles are in place, in others, there may be some tingling, warming, heaviness, or a feeling of the Qi moving up and down the channels in your body. Most people find acupuncture extremely relaxing and many fall asleep during the treatment.

What are the main objectives of acupuncture treatment?

The main objectives of an acupuncture treatment can be summarized in five main categories:

1. Relieve pain and other symptoms.
2. Relieve stress and emotional issues.
3. Treat addictions and substance abuse.
4. Strengthen the immune system.
5. Balance, harmonize and integrate functions of organs with each other, making for a unified and healthy person.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. For more information, please visit www.amarantnacupuncture.com or www.facebook.com/amarantnacupuncture.

What does the World Health Organization say about acupuncture?

The World Health Organization (WHO) updated their list of conditions, symptoms or illnesses that may be treatable with acupuncture. The list of indications for acupuncture includes over 100 conditions, including lower back pain, neck pain, sciatica, tennis elbow, knee pain, periarthritis of the shoulder, sprains, facial pain, headache, dental pain, temporomandibular (TMJ) dysfunction, rheumatoid arthritis, induction of labor, correction of malposition of fetus, morning sickness, nausea and vomiting, postoperative pain, stroke, essential hypertension, primary hypotension, renal colic, leucopenia, adverse reactions to radiation or chemotherapy, allergic rhinitis, including hay fever, biliary colic, depression, acute epigastralgia, peptic ulcer, acute and chronic gastritis, etc.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.

Kidz Maze Mania

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MARCH MARKS NATIONAL NUTRITION MONTH

Five Key Nutrition Tips for a Health Lifestyle

March is National Nutrition Month, and it marks the perfect time to assess the foods you eat and commit to a healthy lifestyle. It's never too late to make healthy eating a part of your everyday life and DyRel DiLorenzo, Hospitality Site Manager at Baylor Scott & White Medical Center – Lakeway, is ready to help get you started with these five key tips:

- **Highlight fruits, vegetables, and whole grains** - This category should be 45-60 percent of your daily calorie intake.
- **Fiber, fiber, fiber** - Fiber is important for our bodies during the digestion process, as it slows down how we process these foods.
- **Embrace lean proteins** - This includes poultry, fish, beans, egg whites, nuts, and other lean meats. 15-25 percent of our diet should come from proteins, according to the USDA.
- **Don't fear fats** - Although fats sound like something we should stay away from, it is essential to get between 20-30 percent of your daily calories from fats. Good fats include, olive oil, nuts, seeds, avocado and fatty fish.
- **Moderation is key** - Just because you are eating healthy doesn't mean you can't indulge on occasion. Just be wary of your sugar and calorie intake, read the ingredients, and decide "is this really worth it?"

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and stabilizing your mood.

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Prevent Oak Wilt

Stop Pruning Oaks on Feb 1

Oak wilt has claimed the lives of thousands of trees in Central Texas and beyond. Majestic oaks play a large role in this region's beauty and identity; it would be hard to imagine the Hill Country without them. They are an iconic part of many local businesses and neighborhoods, providing shade, beauty, and higher property values. Following simple preventive measures can go a long way towards stopping the spread of this destructive disease.

From February through June, avoid all pruning or cutting of oaks – this is the high season for oak wilt transmission. Any wounds that occur from construction, vehicles, wind, etc., should be painted as soon as they're discovered – ideally within ½ hour of being cut – with commercial tree wound dressing or latex paint. That includes freshly cut stumps and surface roots.

Pruning is least risky during the coldest winter days and extended hot periods in mid to late summer. Any time you prune though, the Texas Forest Service recommends painting all wounds and sanitizing pruning equipment between trees using denatured methyl alcohol (shellac thinner), isopropyl alcohol, or a general purpose household disinfectant such as Lysol, Listerine or Pine-Sol. Household bleach is not recommended.

Red oaks, including Spanish (now Buckley) oak, Shumard oak and blackjack oak, are very susceptible to oak wilt and play a key role in the disease's transmission. Oak wilt is caused by the fungus *Ceratocystis fagacearum*, which spreads its spores from "fungal mats" that form under the tree's bark. These mats have a sweet, fruity smell that attracts insects, especially the sap-sucking nitidulid beetle. After feeding and breeding on the fungal mats, these beetles fly away covered in fungal spores. As they visit other oaks, they spread the fungus through open wounds in the bark. The nitidulid beetle is only about the size of a pinhead, but is capable of flying as far as a mile away. While red oaks are the most susceptible to oak wilt, all oaks can become infected.

Fungal mats usually form on standing trees, but can also develop on logs, stumps and fresh firewood cut from infected oaks. Make

sure to remove and either burn or bury infected oaks to prevent mats from forming, and never store unseasoned wood from infected trees near healthy oaks.

The second way oak wilt can be transmitted is through the roots. Live oaks tend to grow together in dense mottes with interconnected roots, so the fungus can be transmitted easily among them. Oak wilt is occasionally transmitted through red oak roots as well, but the movement is slower and occurs over shorter distances than with live oaks. Root transmission can be prevented by cutting trenches four feet deep between infected and healthy trees, but by far the best option is to prevent infection in the first place.

So make sure NOT to prune oaks between February 1 and July 1, and ALWAYS paint wounds on oaks no matter what time of year it is. For more information on preventing and treating oak wilt, please visit texasoakwilt.org, the website of The Oak Wilt Information Partnership, a project of the Texas A&M Forest Service, the Forest Health Protection branch of the U.S. Department of Agriculture (USDA) Forest Service and the Lady Bird Johnson Wildflower Center in Austin.



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