



NEWS FOR THE RESIDENTS OF TARRYTOWN
AND DEEP EDDY

APRIL 2019

VOLUME 7 ISSUE 4

Is Acupuncture Real?

Is Acupuncture for Real? (part 1) Acupuncture is one of the oldest, most commonly used medical procedures in the world. It is a component of the health care system in China that can be traced back for at least 3,000 years. President Nixon introduced acupuncture to mainstream healthcare in the U.S. in 1972, after returning from a trip to Beijing, China. Many people, especially the critics, have concerns about if acupuncture is a real medicine or just some placebo. Before we address the critics, let's first define what real medicine is. Is it safe to say that a medicine that withstands the test of time is 'real medicine'? Is it safe to say that a medicine that has little to no fluctuation in its theory or basis real? For example, since the theory of bacteria was first discovered it has not been disproven since. No new research shows that bacteria no longer exists; in fact, we can actually see bacteria via a microscope. The theory of bacteria has withstood the test of time. Now what if I told you that there's a 3000 year old medicine that's being used by a country that has the largest population in the world, and this medicine still uses the same theory and methods today that were used 3,000 years ago, would you consider that medicine a real medicine? I would hope so. Acupuncture is that medicine. Is 3,000 years enough time to prove to you that it works? The US has been slow in integrating acupuncture into its medical system, and what are the consequences? The US spends the most money in upgrading its healthcare system compared to the rest of the world. What do you think the US should rank in terms of healthcare effectiveness and the health of its citizens compared to the rest of the world? You would think the US should be #1, right? The World Health Organization listed the US at #37. A small country, I've never heard of, called Oman ranked at #8. Do you think there's something wrong with the healthcare system in the US? When I talk to people in the public, I hear comments like "I only do treatments approved by the FDA, scientifically based and is covered by my insurance. Because

anything outside of that is experimental, not real medicine, and is a scam". These statements befuddle me. The insurance approved medical treatments here in the US only get you the 37th best healthcare in the world. Is that what you want for yourself and your family, the 37th best healthcare in the world? Or would you want the best? Now I'm not talking about catastrophic care. I'm talking about health-care, the type of care that will prolong your life and improve the quality of your life. Insurance covers phenomenal catastrophic care, but it doesn't provide Health improvement care, at least not here in the US. So what type of care do you want for you and your family? For more information about how acupuncture can help get rid of your chronic pain and neuropathy please contact: Achieve Integrative Health at (512) 260-1710 or info@achieveih.com. You can also visit www.achieveih.com.



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Police Department	512-975-5000
Sheriff – Non-Emergency.....	512-974-0845
Animal Services Office.....	311

SCHOOLS

Austin ISD.....	512-533-6000
Casis Elementary School	512-414-2062
O. Henry Middle School.....	512-414-3229
Austin High School.....	512-414-2505

UTILITIES

City of Austin.....	512-494-9400
Texas Gas Service	
Custom Service.....	1-800-700-2443
Emergencies.....	512-370-8609
Call Before You Dig	512-472-2822
Grande Communications.....	512-220-4600
AT&T	
New Service	1-800-464-7928
Repair	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080
Austin/Travis County Hazardous Waste	512-974-4343

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 Recoovary	512-494-9400
Austin Transportation Dept.....	512-974-1150
Municipal Court	512-974-4800
Post Office.....	512-2478-7043
City of Austin.....	www.AustinTexas.gov

NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181
Editor.....	tarrytown@peelinc.com
Advertising.....	advertising@peelinc.com

Prevent Oak Wilt

DON'T PRUNE OAKS FEB 1ST – JUNE 30TH

Information provided by Travis County Transportation & Natural Resources

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.

Top Questions to Ask When Assessing Assisted Living

By Jason Brenizer, Silverleaf Eldercare

1) How many residents is one caregiver responsible for?

This is arguably the most important question you can ask when searching for a community for your mom, dad, aunt, or grandparent who needs assistance with daily living. Their rooms could be huge or they could watch old shows on the “biggest movie screen in Austin senior living”, but without a person who can take the time to attend to your loved one’s needs WHEN he or she needs it, those amenities begin to lose their shine.

First and foremost, you are looking for an assisted living site because your older family member needs help. Maybe mom can’t drive anymore, so how does she shop for food? Chances are, someone in the family has taken on that responsibility. Possibly she’s had a fall, had hip surgery, and isn’t as mobile as before. In that scenario, it is next to impossible for her to take care of her house. And she deserves to live in a clean, bright home and get the best nutrition possible.



But how is a community where one caregiver is responsible for fifteen or more residents any better than having your mom at home all alone at her house? It might even be worse, because the level of attentiveness at one of these care facilities ends up being less than what you and your family were doing for her by shopping, cleaning, doing her bills, and generally checking in.

A minimum starting point would be reducing that caregiver’s responsibility to ten residents. But if you can get closer to a six-resident to one-caregiver ratio (6 to 1), then not only will your elder’s basic needs be met, there will be more time for true connection. Assisted Living can and should be like a home away from home, with a new circle of close friends, both residents and caregivers. Your mom craves social connection, even if she won’t admit it. At a community where the caregivers aren’t stretched too thin, they will have time

(Continued on Page 4)

Does Newsletter Advertising Work?

IT JUST DID!

To Reach Your
Community Today Call
512.263.9181
www.peelinc.com



SHERWOOD
PEDIATRIC DENTISTRY



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.
Our Laser eliminates the need for shots before fillings.
You are invited to stay with your child through the entire appointment.

Monthly payment options
available, including
no-interest financing

**\$75
OFF**

Mention this ad and receive \$75 off
New Patient Exam, Cleaning, and
Fluoride. (New patients only)



VISIT WWW.DRSHERWOOD.NET

CALL TODAY
(512) 454-6936

TARRYTOWN

(Continued from Page 3)

to really listen to your mom about her needs AND her wishes. Something as small as learning she prefers sourdough bread for her morning toast can make a huge difference in her quality of life.

2) What kinds of activities are offered and at what frequency?

This question naturally follows the first. Once basic needs of daily living are met, do the staff have time to lead or help with activities? Is the community creative, or is one of the most regular daily “activities” TV time? Parking our elders in front of a screen for hours a day isn’t the most enriching experience.

Are there more communal activities that help everyone who can participate get involved? An example would be listening to live or recorded music from their heyday, where the residents get to pick their favorites. Depending on mobility (and the weather), does the community offer gardening or time outside? Even for those who can’t physically participate, is there a way for them to watch and engage with others so they feel included rather than excluded? Look for a place where the outdoors has been integrated into the living experience.

3) What types of ingredients are used for your meal plans and how often are recipes repeated?

If nutrition is important to you, make sure to dive deeper into

this topic. You are the advocate for your family. Are the meals prepared using pre-packaged food or from scratch? Pancakes made from Bisquick are different from home-made. Are the vegetables fresh or factory-canned? How were they grown? Are the meats free of hormones and antibiotics? For some people, these details are less important. It comes down to personal preference.

At some small communities, the staff cover multiple duties. This might include preparing meals. This is not a bad thing. Chances are there are a few staff members who really know their way around a kitchen. Other places will employ a dedicated cook or chef. Either way, it is good to know what to expect.

At the very least, request a copy of the most recent meal plan. There might be a week’s worth of meals listed for breakfast, lunch, and dinner. This is a good place to start. One simple way to get a sense of the food behind the food is to look at the shelves in the cabinets or pantry and open the refrigerator. The worst they can do is say, “No”, but it might leave you wondering what they might be hiding.

4) BONUS Questions:

- a) Do you have a range of room sizes and price options?
- b) Can residents control their own room temperature?
- c) Are bathrooms designed for inspiration as well as safety?
- d) What kind of turnover do you experience with staffing?

Thinking of Selling Your Home in 2019?

Trust Experience, Successful Transactions, Fulltime Real Estate Professional

Real Estate Experience

-- Hire the Best, Not Your Friend! --

- Proven Track Record as Real Estate Broker
- Over 500 Closed Transactions in 15 years
- 33+ Years of Total Business Experience
- Professional Designations
 - Certified Negotiation Expert ®
 - Certified Real Estate Divorce Specialist ™
- Broad Base of Real Estate Transactions
- Experience with Multiple Offers

Bryan's FREE Home Selling Video Series

-- Education About the Home Selling Process --

Visit my Home Selling Video Series Website at
www.SellMyHomeExpert.com
and sign up for **FREE, INSTANT ACCESS!**

CALL TO ACTION!!

Start This Process and Your Education by
Calling **Bryan Webb** at (512) 415-7379. There is
NO OBLIGATION but that conversation will
SAVE YOU THOUSANDS OF DOLLARS!

Bryan Webb, Webb Real Estate Broker

Cell: (512) 415-7379 Email: bryantxre@gmail.com

How Will Bryan Sell Your Home?

- ✓ Direct Broker Access – No Less Experienced Agents Involved
- ✓ Broad Internet Based Marketing Approach
- ✓ Willing to Personally Show Your Property
- ✓ Buyers Questions Answered Personally
- ✓ Proven Selling & Negotiating Skills
- ✓ Seller Representation – I Work for **YOU!**
- ✓ Always Available by **CELL** Phone – 7 Days Per Week
- ✓ Professional Staging, Photography & Video Services
- ✓ Cutting Edge 3D Virtual Reality Tours

Certified Real Estate **DIVORCE SPECIALIST** ™

Don't Work Through a Divorce Sale Without an Expert Who Understands!

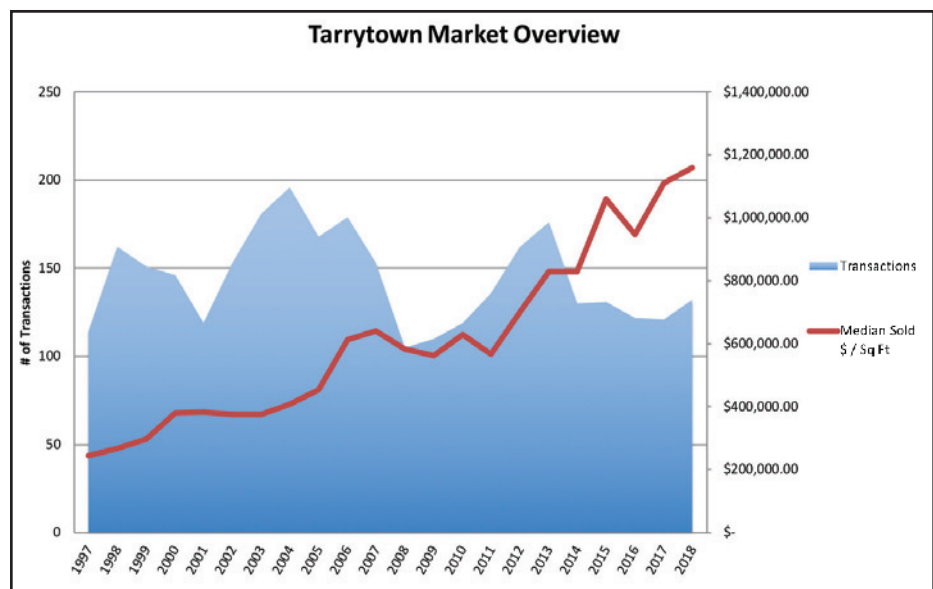
TARRYTOWN REAL ESTATE market report update

April
2019

by **Trey McWhorter**

Halfway through March the number of transactions still indicates a healthy amount of demand, while prices are slightly behind where they were this time last year. That is driven at least in part by the fact that the houses being sold are smaller (median sq ft this year of 2,729, vs. 3,051 in 2018 and 3,101 in 2017).

Annualized trends are still very strong in Tarrytown, with median sold \$ / sq ft showing steady, strong growth, while the number of transactions / year has ticked up and has averaged around 128 / year since 2014.



Single Family Homes	Year to Date - Tarrytown	2019	2018	2017	2016	2015	2014	2013
SOLD	Single Family Homes Sold	25	16	14	20	16	19	24
List Price	Avg List Price	\$ 1,434,579	\$ 1,517,181	\$ 1,344,929	\$ 1,292,972	\$ 1,062,500	\$ 760,316	\$ 809,662
	Median List Price	\$ 1,199,987	\$ 1,372,000	\$ 1,187,500	\$ 1,044,475	\$ 1,140,000	\$ 669,000	\$ 732,500
Sold Price	Average Net Sold Price	\$ 1,338,413	\$ 1,448,708	\$ 1,298,428	\$ 1,253,400	\$ 1,018,294	\$ 743,426	\$ 790,147
	Median Net Sold Price	\$ 1,100,000	\$ 1,372,000	\$ 1,218,500	\$ 1,030,000	\$ 1,087,500	\$ 650,000	\$ 726,500
List Price \$ / Sq Ft	Average List Price / Sq Ft	\$ 528	\$ 465	\$ 403	\$ 427	\$ 377	\$ 387	\$ 298
	Median List Price / Sq Ft	\$ 453	\$ 471	\$ 422	\$ 410	\$ 397	\$ 361	\$ 293
Sold Price \$ / Sq Ft	Average Net Sold Price / Sq Ft	\$ 485	\$ 448	\$ 390	\$ 414	\$ 361	\$ 381	\$ 291
	Median Net Sold Price / Sq Ft	\$ 434	\$ 444	\$ 410	\$ 405	\$ 376	\$ 362	\$ 284
Days on Market	Average Days on Market	91	123	78	82	55	28	73
	Median Days on Market	61	103	58	78	37	10	22

If you want to make sense of what's going on in the market, or would like a better understanding of what your own home is worth, please contact me and I'd be happy to help you. You can also find additional analysis and updates to this article on treymcwhorter.com.

Note: All data comes from the Austin Board of Realtors' MLS report, reflecting activity through March 15, 2019.

Acrobat Ants



Acrobat ants usually nest outdoors under stones or in dead wood such as firewood, tree stumps, dead tree branches, or hollow tree cavities. Because they are found in similar habitats, acrobat ants are sometimes confused with

carpenter ants. Indoors they can nest in foam insulating board or water damaged wood. Acrobat ants get their name from the act of raising their abdomen over their thorax when in defensive posture which makes the ants look similar to circus acrobats.

Acrobat ants have a reddish-brown head and thorax with a dark blue-black abdomen. The abdomen is a distinctive heart-shape. Acrobat ants primarily feed on honeydew produced by aphids and can often be seen tending honeydew producers on plants. They will sometimes use overhanging tree branches or power lines to enter homes in search of food.

Outdoors, acrobat ants are usually not a problem directly. They can be seen as a problem in that they protect honeydew producers

from predators and parasites. You can use this to your advantage by using acrobat ants as a monitoring tool to watch if you have honeydew producers on your plants.

To avoid a home invasion by acrobats follow these tips:

- Remove tree stumps & dead limbs from trees
- Trim back branches overhanging or touching the roof
- Fill tree cavities with sand
- Do not store firewood in or near the home
- Keep weather stripping around doors & windows in good repair
- Seal around pipe penetrations with caulk or expanding foam
- Fix any water leaks
- Replace water damaged wood on the structure
- Spray around the foundation of the home- select a product labeled for ants

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

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 / project accession no. 1013905] from the USDA National Institute of Food and Agriculture.



**10% OFF
Shutters**

**15% OFF
Blinds**

**15% OFF
Hunter Douglas
Shades**

- Locally Made In Manor, Texas
- Exact Trim Profile Match
- Real Basswood Shutters
- Exact Same Paint As Your Home
— Color, Sheen & Oil Based
- Lifetime Transferable Warranty
- Delivery & Installation Included
- No Subcontractors

**Southern
Shutters
Shades AND Blinds**

Serving Central Texas for 25 Years

Call today for a free in-home consultation on shutters, shades or blinds

(512) 931-0400 • SouthernShuttersUSA.com

Offer expires May 15, 2019. Must present this ad. May not be used in conjunction with any other discounts, offers, or applied to any existing or past orders.

Spiking Up Your Metabolism At Any Age

It is a well-known phenomenon that our metabolism declines with advancing years. Some of that has to do with declining muscle mass, and some of it has to do with decreased hormones as well as the diminishing effectiveness of the digestive tract. But at any age, whether you are north of fifty or at the polar ends of the scale, there is much we can do to maximize our metabolism and live healthily and lean.

Metabolism is essentially all of the various chemical processes that occur within that wonderful chemistry set known as the human body. We often simply use the term to describe how your body turns food into energy. As we age the metabolism typically slows down by about 5% per decade after the age of about 40 years of age, but there is much we can do to avoid and arrest that occurrence. Estrogen levels decrease in women's bodies, causing insulin levels to rise, and the thyroid (the body's chief metabolism regulator) to decrease its output of thyroid hormones. These changes result in an increase in appetite, which when taken with a decrease in muscle mass, leads to an overall shift in the lean body mass/ fat ratio. The shift is not in a positive direction!

To keep your metabolism at its peak and fight this decline, you must focus on your digestive tract health, and enhancement of your muscle mass with a prudent exercise regime. Detoxification of the decades of build-up in the digestive tract is a good start to speeding up your metabolism. A very beneficial way to start each day to help remove the intestinal "clog" is to drink cleansing teas, or drink warm water and lemon. Also important is to drink at least half your weight in ounces of water every day. Get your 30 grams of fiber each day, to help stay clean in your gut. Then, eat as cleanly as possible, avoid sugars, artificial colors and flavors and go by the rule if it wasn't "food" a century or two ago, it still



isn't. Cleaning up your digestion is a primary way of speeding up your metabolism and also ensuring your health. The old adage that death starts in the bowel is apt.

The other aspect of speeding up your metabolism and staying healthy all lifelong is to exercise. The World Health Organization advocates that we should all get at least thirty minutes per day of aerobic exercise at a medium rate and at least a couple times a week get a good 45 minutes of anaerobic or resistance training in. This resistance training is especially important to maintain the muscle mass that is crucial for strength and to support your metabolism. Muscle mass uses food energy to move you, and fat of course does not. Exercise has many other benefits including correcting cholesterol ratios, improving lung capacity, regulating blood sugar levels and reducing high blood pressure, as well as making you fit, happy, strong and balanced. Live well, live long Fair Oaks Residents!




Silverleaf
ELDERCARE

Residential Assisted Living
(512) 831-5600

Amazing Food
Warm Atmosphere

Don't know where to start?

Feeling alone?

Overwhelmed?

Get answers at...

Key2SeniorCare.com

Attention Parents of Graduating Seniors!

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to **articles@peelinc.com** (include the newsletter you would like to recognize them in, photo, name, etc).



Free Estimates on New A/C Systems
Fast 7-Day A/C Repairs
Energy Audits • Weatherization
Duct Repair & Replacement

Home & Handyman Repairs
Remodels & Additions
Senior Accessibility Upgrades
Painting / Staining
Drywall & Popcorn Removal
Decks & Fences / Install & Repairs

"We have been keeping Austin comfortable
for over 40 years." – The Yamin Family

TACL #B5235C



A-PLUS AIR CONDITIONING & HOME SOLUTIONS

Cooling • Heating • Home Repairs • Remodels

512.450.1980 • www.AplusAC.com

\$20 off
ANY A/C Repair or
Handyman Service!

Cannot be combined with other offers.
Check our website for additional coupons & discounts.



NATURE WATCH

PLANT NATIVES!

by Jim and Lynne Weber

Spring is the ideal time to think about planting, and how you manage your garden or landscape can have an effect on the overall health of the soil, air, water and habitat for native wildlife as well as our human community. Help conserve and improve the quality of these resources by using sustainable gardening practices such as mulching and composting, reducing or eliminating lawn areas, xeriscaping (planting native, drought-tolerant plants), installing rain barrels, and removing non-native invasive plants and restoring native ones.

The U.S. government defines an invasive plant species as one “that is not native to the ecosystem under consideration and whose introduction is likely to cause economic or environmental harm or harm to human health.” These species grow outside desired boundaries, out-competing native species, and spread by seeds, berries, spores, runners, rhizomes, and stems. Some can be easily transported long distances, and every year millions of our tax dollars and thousands of volunteer hours are spent trying to eradicate them.

Many of these plants have already invaded our preserves and greenbelts in Austin, originating in our landscapes, escaping cultivation and spreading into the wild. Invasive species may grow faster, taller, or wider and shade out native species. Many stay green later into the season or leaf out earlier, giving them an advantage over natives. They can change the vertical and horizontal structure of ecosystems, alter hydrology, and disrupt nutrient cycles, all of which can have devastating effects on native plants and animals.

Although invasive exotics may offer birds fruit, squirrels nuts, and hummingbirds and butterflies nectar, they do not provide the entire range of seasonal habitat benefits that an appropriate locally native species will provide. If we want not only to satisfy our desires to attract wildlife, but also to restore the critical, often unseen, small pieces in our ecosystems, we need to bring back our locally native plants. These plants are not only attractive to humans, they also meet the food and cover needs of all wildlife species: bees, wasps, butterflies, grasshoppers, bugs, beetles, spiders, and thousands of others that sustain and support food webs which songbirds, salamanders, bats, toads, and box turtles more visibly demonstrate.

Aside from attracting a diversity of wildlife, the use of native plants minimizes the impact our landscapes have on the natural environment around us. They reduce water consumption, eliminate the need for chemical fertilizers and pesticides, and limit the competition from invasive exotics. This results in a much healthier habitat—water, soil, and air—for humans and animals alike, and is less costly, too. Invite wildlife to put on a show in your backyard by replacing the invasives in your landscape, and encourage your neighbors to do the same.

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 books, *Nature Watch Austin*, *Nature Watch Big Bend*, and *Native Host Plants for Texas Butterflies* (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.

Non-Native/Invasive Plant(s)	Some Native & Adapted Alternative(s)
Bamboo	Wax Myrtle (<i>Morella cerifera</i>) Yaupon Holly (<i>Ilex vomitoria</i>) Bamboo Muhly (<i>Muhlenbergia dumosa</i>)
Chinaberry	Chinquapin Oak (<i>Quercus muehlenbergii</i>) Texas Red Oak (<i>Quercus buckleyi</i>)
Chinese Tallow Tree	Bigtooth Maple (<i>Acer grandidentatum</i>) Lacey Oak (<i>Quercus laceyi</i>)
Elephant Ear	Arrowhead (<i>Sagittaria latifolia</i>) Crinum Lily (<i>Crinum americanum</i>) Pigeonberry (<i>Rivina humilis</i>) Frogfruit (<i>Phylla nodiflora</i>) Horseherb (<i>Calyptracarpus vialis</i>)
Giant Cane	Roughleaf Dogwood (<i>Cornus drummondii</i>) Yaupon Holly (<i>Ilex vomitoria</i>)
Japanese Honeysuckle	Coral Honeysuckle (<i>Lonicera sempervirens</i>) Passion Vine (<i>Passiflora foetida</i> or <i>incarnata</i> or <i>lutea</i> or <i>tenuiloba</i>) Rock Rose (<i>Pavonia lasiopetala</i>)
Holly Fern	River Fern (<i>Thelypteris kunthii</i>)
Kudzu, English Ivy, Vinca	Virginia Creeper (<i>Parthenocissus quinquefolia</i>) Trumpet Vine (<i>Campsis radicans</i>) Coral Vine (<i>Antigonon leptopus</i>)
Ligustrum (all species) or Common Privet	Evergreen Sumac (<i>Rhus virens</i>) Barbados Cherry (<i>Malpighia glabra</i>) Yaupon Holly (<i>Ilex vomitoria</i>) Possumhaw Holly (<i>Ilex decidua</i>) Texas Sage (<i>Leucophyllum frutescens</i>) Cherry Laurel (<i>Prunus caroliniana</i>)
Mimosa	Desert Willow (<i>Chilopsis linearis</i>) Texas Redbud (<i>Cercis canadensis</i> var. <i>texensis</i>) Elbowbush (<i>Forestiera pubescens</i>)
Nandina or Heavenly Bamboo	Texas Lantana (<i>Lantana urticoides</i>) Bush Germander (<i>Teucrium fruticans</i>) Texas Sage (<i>Leucophyllum frutescens</i>)
Paper or White Mulberry	Red Mulberry (<i>Morus rubra</i>) Texas Persimmon (<i>Diospyros texana</i>) Possumhaw Holly (<i>Ilex decidua</i>) Cherry Laurel (<i>Prunus caroliniana</i>)
Pyracantha	Yaupon Holly (<i>Ilex vomitoria</i>) Possumhaw Holly (<i>Ilex decidua</i>) Evergreen Sumac (<i>Rhus virens</i>)
Red-tipped or Chinese Photinia	Evergreen Sumac (<i>Rhus virens</i>) Carolina Buckthorn (<i>Frangula caroliniana</i>) Yaupon Holly (<i>Ilex vomitoria</i>)
Russian Olive	Texas Persimmon (<i>Diospyros texana</i>)
St. Augustine Grass	Buffalo Grass (<i>Bouteloua dactyloides</i>)
Tamarisk or Salt Cedar	Bald Cypress (<i>Taxodium distichum</i>) Arizona Cypress (<i>Cupressus arizonica</i>)
Tree of Heaven	Chinquapin Oak (<i>Quercus muehlenbergii</i>) Lacey Oak (<i>Quercus laceyi</i>)
Vitex or Chastetree	Texas Pistachio (<i>Pistacia mexicana</i>) Mexican Buckeye (<i>Ungnadia speciosa</i>)
Wisteria	Passion Vine (<i>Passiflora foetida</i> or <i>incarnata</i> or <i>lutea</i> or <i>tenuiloba</i>)

TARRYTOWN

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.



ACHIEVE
Integrative Health

Acupuncture | Chinese Herbal Medicine | Nutrition



Specializing in...

- NEUROPATHY
- CHRONIC PAIN
- INFERTILITY
- FEMALE HEALTH

\$39
Initial Exam
(reg. \$287)
expires 4-30-19

*does not apply to insurance patients

(512) 260-1710 | www.AchieveIH.com | info@achieveih.com

STEVE'S PLUMBING REPAIR

Master License: M-39722

- Water Pressure Problems
- Sewer & Drain Service
- Fiber Optic Drain Line Inspections
- Free Estimates
- Satisfaction Guaranteed

Steve Brounger
512.276.7476



2605 Buell Ave



One week FREE service for new customers!



SERVICES OFFERED

Weekly Chemical Service
Water Testing & Balance
Annual Pool Analysis
Skimmer & Pump Cleaning
Pool Surface Skimming
Filter Cleaning



REPAIRS & MAINTENANCE

Acid Wash
Change Sand
Repair & Clean Filter
Clean Salt Cell
Clear Plumbing Lines

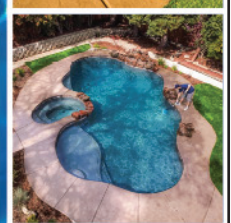
Drain Pool
Heater Tune-Up
Open Pool
Winterize Pool*

*available in select markets

EQUIPMENT UPGRADE

Auto Pool Cleaner
Chlorinator
Filter
Gas Heaters
Handrails

Heat Pumps
Pool Pumps
Spa Blowers
Pool Automation
Light Fixtures



(833) 827-5044 **PPSRV.COM**

Tips for Packing a Healthy School Lunch

by Stephany Pando, *cooksmarts.com*, edited for space

Packing lunches for your back-to-schoolers is no easy task. It takes time and planning. Plus, every parent knows that just because you pack it, doesn't guarantee your kids will actually eat it.

However, this doesn't mean you have to fill your kids' lunchboxes with pizza and cookies everyday. Below we offer 5 tips for how to pack a nutritious lunch that your kids will look forward to eating and you'll feel good about giving them.

Tip #1: Get Your Kids Involved

- Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.
- Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.
- Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.

Tip #2: Turn Healthy Foods into Fun Foods

- Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.
- Use kid-friendly skewers to make colorful food kebabs.
- Create a theme for the day and have all of the foods in their lunch relate to the theme

Tip #3: Make Your Own Snacks – and limit processed ones

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

Tip #4: Incorporate All Food Groups

A balanced diet includes all of the food groups. Luckily, there are so many different ways to enjoy each food group:

- Fruits: fresh, frozen, dried, canned, baked (think apple chips!) or pureed.
- Vegetables: fresh, frozen, or baked (think kale chips!)
- Lean protein: baked chicken, deli meats, hard boiled eggs, beans or nuts (be aware of nut allergy regulations at your child's school).

- Low-fat dairy: milk, cheese or yogurt
- Whole Grains: pita, sandwich bread, tortillas, wraps, and pastas

Tip#5: Encourage Hydration

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).

- Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they are completing a challenge!
- If the "flavor" of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up – and keep it cooler.

With these tips in mind, you and your child are ready to start out the school year on the right foot. Good luck – and happy packing!





PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

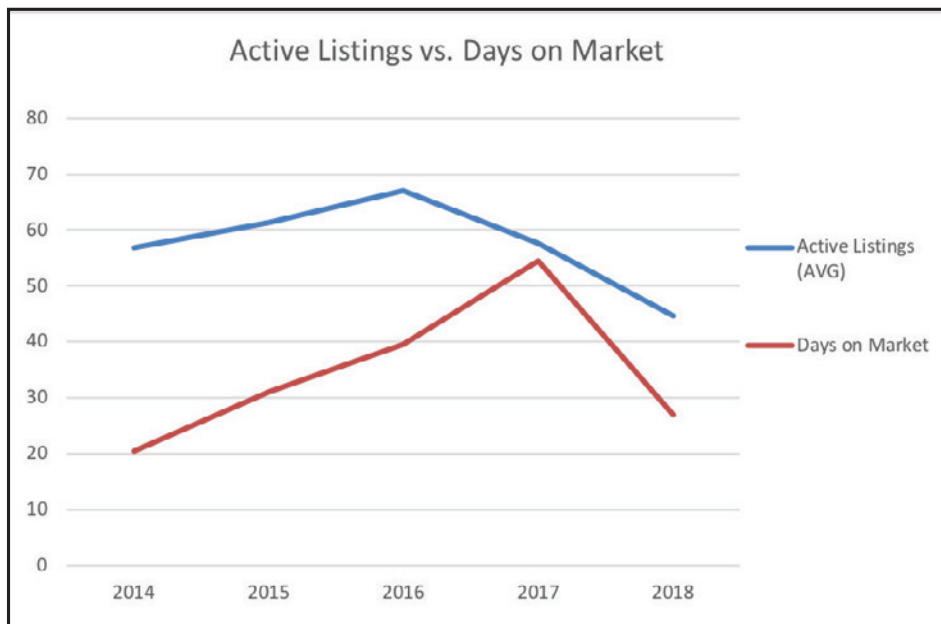
TRY



thinking about SELLING?

5 Tips to Get Your House Ready to Sell

- De-personalize and remove clutter
- Touch-up (cracks, marks, etc.)
- Odor control (pets, smoking, old carpet)
- Landscaping / curb appeal improvements
- Talk to me and let's build a plan



Read my market
update inside.



Trey McWhorter

REALTOR®

512-480-0848 x 116 ofc

512-808-7129 cell

trey.mcwhorter@moreland.com

Demand is strong, inventory is low. Let me help you get the most for your home. Give me a call.

CHRISTIE'S
INTERNATIONAL REAL ESTATE

LUXURY PORTFOLIO
INTERNATIONAL