



The Gazette

JUNE 2019
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WILDLAND FIRE PRECAUTIONS

With warmer temperatures and drying vegetation, residents need to be reminded of the need for wildfire/brush fire safety awareness and preparedness.

Do not park vehicles on the dry grass. The heat from the vehicle's exhaust system can cause the grass to catch fire.

Remove combustible materials from around your home. Keep grass mowed short.

Pack critical medicines, important documents, and family heirlooms to be ready to leave at a moment's notice.

Agree on an evacuation plan that includes what to do if you get separated and where you'll go in case of evacuation.

TEN SIMPLE STEPS TO PROTECT YOUR HOME FROM WILDLAND FIRE

Wildfire can strike home if you have not taken some steps to protect your house and property. The actions and precautions listed below are designed to help you prepare your home and lessen the threat of wildland fire damage to you and your property.

1. LPG/propane tanks should be far enough away from buildings for valves to be shut off in case of fire. Keep area around the tank clear of flammable vegetation.

2. Store gasoline in an approved safety can away from occupied buildings.

3. All combustibles such as firewood, wooden picnic tables, boats and stacked lumber should be kept away from structures.

4. Clear roof surfaces and gutters regularly to avoid build-up of flammable materials such as leaves and other debris.

5. Remove branches from trees to a height of 15 feet or more.

6. In rural areas, clear a fuel break of at least three times the fuel length around all structures.

7. Have fire tools handy such as: ladder long enough to reach your roof, shovel, rake and a bucket or two for water.

8. Place connected garden hoses at all sides of your home for emergency use.

9. Assure that you and your family know all emergency exits from your home.

10. Assure that you and your family know all emergency exits from your neighborhood.

Each family should be proactive to prepare for emergencies: Prepare a Basic Emergency Supply Kit; Make a Plan for Safety and Communicating with Family; Be Informed; and Get Involved in Preparing the Community.

A wealth of information to help you is available at:

<http://www.ready.gov/wildfires>

<http://txforestservation.tamu.edu/main/article.aspx?id=8512>



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance	911
Sheriff – Non-Emergency	512-974-0845

SCHOOLS

Elementary	
Clayton.....	512-841-9200
Kiker.....	512-414-2584
Mills	512-841-2400
Patton	512-414-1780
Middle	
Bailey.....	512-414-4990
Small.....	512-841-6700
Gorzycki	512-841-8600
High School	
Austin	512-414-2505
Bowie.....	512-414-5247

UTILITIES

Water/Wastewater	
City of Austin.....	512-972-0101
City of Austin (billing)	512-494-9400
Emergency	512-972-1000
Texas State Gas	
Customer Service	1-800-700-2443
Gas related emergency.....	1-800-959-5325
Pedernales Electric Cooperative	
New service, billing	512-219-2602
Problems	512-219-2628
ATT/SBC Telephone	
New Service	1-800-288-2020
Repair	1-800-246-8464
Billing	1-800-288-2020
Allied Waste	512-247-5647
Time Warner Cable.....	512-485-5555

OTHER NUMBERS

Oak Hill Postal Station.....	1-800-275-8777
City of Austin	
Dead Animal Collection.....	512-494-9400
Abandoned/Disabled Vehicles	512-974-8119
Stop Sign Missing/Damaged	512-974-2000
Street Light Outage (report pole#).....	512-505-7617

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How Parents Can Wreck Your Life

By Debbie Pearson

Think back to the time when you were a teen and lashed out at your parents saying: “You’re wrecking my life!” Fortunately, most of you have evolved past that stage and regained the love and positive relationship that lasts for decades.

Well . . . I hate to tell you but there is another stage looming for parents to disrupt your life. And this stage can last decades: aging without a plan. Do you have answers to the following?

1. Who is named as your parents’ responsible party, their Power of Attorney? Do you have these legal documents in your possession for immediate access in an emergency?
2. What is the plan when their independence wanes? What specific medical interventions do they want? Is there any type of strategy or are you assured of chaos?
3. When will their financial resources evaporate, making this your economic problem? Have you ever been permitted to peek into their finances?
4. Where will your parents live when their lives fall apart? Are you guaranteed a life of traveling back and forth to their home every time “the call” comes in? Or, will they move in with you?
5. How will you juggle your current responsibilities plus the reality of dependent, medically fragile parents?

If you answered no to any of these questions, you’re not alone. Join your peers in the exercise of holding your breath and waiting for “the call.” The big surprise is that landing in this stage is not confined to a single event. Although it may start with one call, it tends to grow with each passing week, month, and year. The aging years can span decades.

Are you addressing this with your parents now? Are you discovering an exercise in frustration? When did your parents become so unreasonable, so obstinate? You might as well understand. Entrenchment goes hand-in-hand with aging, making your parents an immovable rock. Your immovable rock.

Decades of lessons learned have crafted a path to follow; a way to quiet the storm and regain some order. It’s called planning, in advance of the crisis. For some, the planning will start urgently. But that’s often your window of opportunity. Seize the moment! Reach out to a professional who understands the landscape ahead and can walk by your side in crafting a blueprint to follow. A path of peace for both your parents and for you.

Millipedes



Millipedes are often mistaken for worms. While millipedes have elongated bodies similar to worms, they have lots of legs which worms lack. Millipedes have a long, cylindrical body, a pair of antennae and two pair of legs on each segment of their body. They often curl into a spiral as a way to protect themselves when threatened.

Millipedes live in moist environments such as soil, leaf litter, and compost piles, under mulch, rocks or wood. Millipedes most often feed on decaying organic matter, though some are carnivorous. They are not typically thought of as pests, but more of a nuisance although they may occasionally damage seedling plants by feeding on stems and leaves.

Large numbers of millipedes may move into structures after heavy rainfall or during periods of drought. If millipedes do wander indoors, they usually die quickly due to lack of moisture.

Tips to prevent millipedes from moving indoors:

- Move objects providing harborage (compost piles, firewood, stones) away from structures
- Create a band of gravel between the home foundation & landscape beds
- Adjust watering schedules if overwatering
- Turn mulch so it dries out
- Seal accessible areas where millipedes can move into the home-around doors & windows; pipe penetrations, etc.
- Ventilate crawl spaces to allow for air flow

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

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Is Acupuncture Real?



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.

Not All Senior Living Communities are Created Equal



If you are new to the concept of Senior Living or Senior Care, all the different options can be overwhelming. First, there are retirement communities for the extremely active 55+ crowd. Next, there's Independent Living, which is like an apartment complex for seniors who want more in-house options like a cafeteria, a hair salon, a game room, and maybe a gym. Once regular help with basic activities is needed, such as laundry, cooking, medication management, and bathing, it's time to choose Assisted Living. And if you need serious ongoing medical intervention, such as daily dialysis, a Skilled Nursing Facility is the best solution.

This summary is a helpful start, but there is so much more you will want to consider--and ask--when determining what is truly best for your loved ones, especially when care and attention are your major concerns. Let's lift the lid and see what's hidden inside.

Who is caring for your loved ones?

The ratio of caregivers-to-residents is the most important formula to know. Many assisted living (AL) communities will have a single caregiver responsible for 20 or even 30 residents on their shift. That translates to your mom waiting for what seems like forever when she presses her call button. To assure the high level of care she deserves, you will want to look for an AL that boasts one care aide for every six residents. That ratio is rare, but it does exist. You'll also want to ask if the aide-to-resident ratio is the same on overnight shifts versus day, or weekends versus weekdays.

Furthermore, aides can have a variety of backgrounds. Some might be Certified Nursing Assistants (CNAs) and others Medication Technicians (Med-Techs). Most aides have no certification, but are trained on-the-job or through in-house training programs. It's worth your time to unearth how each community not only trains new staff, but also continues education throughout their employment. For example, a community that retains a registered nurse for medication delegation training is taking medication management seriously. Also, quick turnover is the senior living norm, so ask what programs are in place for caregiver retention. Just remember, if

your parents rarely see the the same aides, how can their favored routines ever be followed?

Food Is Medicine and So Much More

Large commercial (and some small residential) communities employ chefs, but if it's important for your family to deviate from the Standard American Diet, you'll want to gather some extra data. Do the chefs understand common ailments of the elderly, like IBS and G.E.R.D.? Are they willing to research ways to make a cake without wheat flour (No Gluten!) or reduce the acidity of marinara sauce without ruining the flavor. Does the community lean heavily on fillers like pastas, breads, and other complex carbohydrates? Try to find a community that offers a cornucopia of organic fruits and vegetables and quality sources of protein. Communal meals are often the highlight (or biggest letdown) of the day. Vibrant colors and textures delight the senses. Your mom might not be able to travel the world with her feet anymore, but she can still be transported by enlivened taste buds.

The Art of Design Isn't Just About How It Looks

When choosing a community for your mom, you must first put yourself in her shoes. You might think a big apartment with a kitchenette and a bathroom are exactly what she needs. But pause for a moment... can she cook for herself or go to the bathroom without assistance? How far is it from her suite to the dining area? Will she have to stop several times to catch her breath along the way? She might simply avoid the communal areas. It would be a shame to find her more isolated in a community of a hundred than when she lived alone in her house. Surprisingly, some smaller, homelike communities offer a more vibrant, socially connected atmosphere.

Bringing It All Together for Exceptional Care

A few of the smaller, state-certified assisted living homes are like a boutique hotel, a farm-to-table restaurant, and a healthcare spa all in one gorgeous package. Here, managers and staff act as advocates for their residents' wellbeing and will do whatever it takes to address family concerns quickly. They bring together a team of vetted healthcare providers who make house calls, including Geriatric specialists, Home Health therapists, Hospice/Palliative care, Podiatrists, Dentists, and Audiologists. When done right, you'll feel like you have a personal concierge who proactively attends to all your needs and keeps communication flowing between family, doctors, therapists, labs, and pharmacist to ensure you always experience the highest level of service.

To learn more about residential assisting living in Austin, please visit SilverleafEldercare.com or call (512) 831-5600.

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The Gazette

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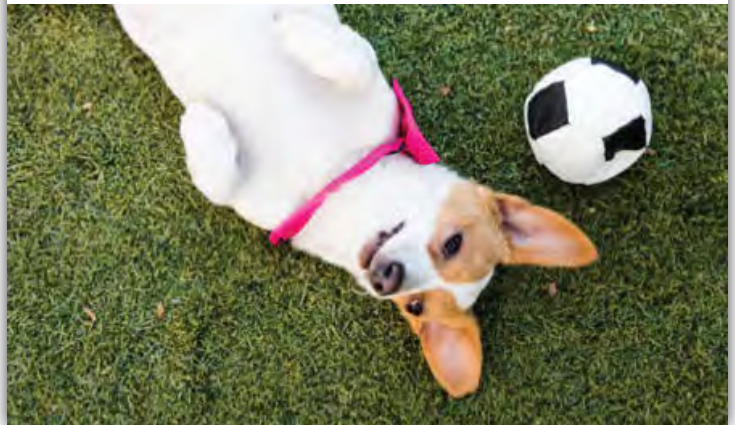
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SquiresTeam.com

1st quarter market statistics for areas Southwest. (January 1st through March 30th, 2019)

1-story home's stats in Southwest Austin active, pending and Sold!

Active 1-story homes still on market from 1st quarter. 5 homes, average square footage is 2,355, price per foot is \$203.34 and list price is \$477,360. Days on market is 60.

Contract Pending 1-story homes from 1st quarter. 2 homes, average square footage is 2,387, price per foot is \$215.36 and list price was \$494,553. Days on market is 51.

SOLD! 1-story homes from 1st quarter. 20 homes sold, average square footage is 2,281, price per foot is \$204.96 and sold price was \$454,558. at 50 days on market.

2-story home's stats in Southwest Austin active, pending and Sold!

Active 2-story homes still on market from 1st quarter. 6 homes, average square footage is 3,377, price per foot is \$172.68 and average list price is \$587,583. Days on market is 82.

Contract Pending 2-story homes from 1st quarter. 8 homes, average square footage is 3,039, price per foot is \$193.50 and list price is \$588,287. Days on market is 142.

SOLD! 2-story homes from 1st quarter. 28 homes, average square footage is 3,159., price per foot is \$176.44 and sold price was \$554,728 at 63 days on the market.

"Give where you live!" Keller Williams enjoys giving back to the Austin community that has allowed our company to prosper over the past 33 years. Each year we have "Red Days" in which the agents volunteer in the community in charitable events. This year it was the Community First Village, which was developed for homeless in the Austin area. We also respond to disasters, such as hurricane Harvey that struck south Texas in 2017. In the end, it's all about helping others less fortunate. Keller Williams has also donated time and resources to Angel House, meals on wheels, mobile loaves and fishes and other charitable organizations. John also donates to The 100 Club of Central Texas and the Wounded Warrior foundation. Go to SquiresTeam.com to donate.



kw KELLER WILLIAMS.
REALTY

John Squires' 'sell' phone is **(512) 970-1970**. Call OR text for a no-obligation appointment with John to find out your home's value in today's marketplace. John can also represent you in the purchase of any property. You may call John personally at any time, as he is always available for you. He takes all his own calls, so give him a shout!



Hey Southwest Austin! Below are some recent homes placed on the market or sold *before* market through the Squires' Team Circle C Silent Market program. Some sellers do not wish to have a sign in the yard or scores of folks coming through their house. Call John for more information if that is of interest to you. John fully markets all of this homes he lists to their fullest potential. *Properly* listed, *properly* priced, *properly* marketed, professionally **"Sold!"** Call John Squires to sell your home for the absolute top of the market price!



11405 LaFitte— John's listing is **"CONTRACT PENDING"** before hitting the MLS! 2-story Newmark with a **POOL** at **\$589,000.**



(Sold with John's Southwest Silent Market)

6433 Aden Lane— John's listing is **"COMING SOON!"** Gorgeous 2-story home with wood floors, upgraded kitchen, deck and greenbelt! **\$549,000.**

8332 La Plata Loop— John's listing is **"COMING SOON!"** Beautiful colonial backing to greenbelt with views on 2+ acres! Lewis Mountain Ranch!



10807 Redmond Road— John's listing is **"JUST LISTED!"** Fabulous David Weekley model home on corner lot. 5 beds, 4 full baths! Just a mini mansion for **\$549,000.**



6432 Old Harbor— John's listing is **"CONTRACT PENDING!"** before hitting MLS! 2-story model home plan! **\$450,000.**



(Sold with Johns Southwest Silent Market)



10409 Foxglove Court— John's listing is **"JUST LISTED!"** backing to greenbelt! Stunning floor plan!

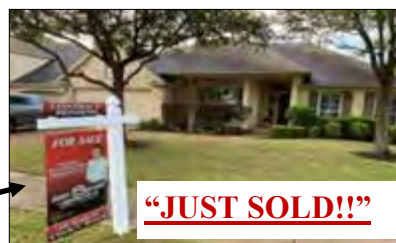
6526 Tasajillo Trail— John's listing is **"JUST LISTED!"** Bring on the retirees or PERFECT party pad for young couple! Stunning 3/2 cottage with pool, hi-end grill, gas fire-pit and upgraded kitchen! Call John for more info! 512 970-1970



"JUST SOLD!!"

9441 El Rey— Unbelievable estate sand stone home with pool/guest house on 1 manicured acre with media room, pool, professional wood working shop and more! Tons of room to roam with no immediate neighbors. Priced at **\$899,000.**

7905 Crandall Road— John's listing is a gorgeous 1-story, Fedrick Harris Winchester plan with outdoor fireplace and patio/grill. In exclusive Muirfield, gated subdivision. Approx. 2850 sq. ft. Listed at **\$539,000.**



"JUST SOLD!!"

#1 realtor in Southwest Austin real estate with approximately **725~** homes sold to date.. Over **1085~** homes sold in the Austin area. **#1 agent in Southwest Austin according to Austin Board of Realtors statistics!**

"Top 50" agent in central Texas **8** times according to Austin Business Journal. **Only 1 number to call and John Squires answers his phone!** Call John's direct 'sell' phone at **(512) 970-1970.**

You'll never be handed off to an assistant, as John speaks directly with all his clients!