



NEWS FOR THE RESIDENTS OF TARRYTOWN

NOVEMBER 2013

VOLUME 1 ISSUE 3

# TEAM CHAMPIONS!

Saturday, October 5th was a big day for the Team Champions competitive program. The Team Champions girls represented Champions Gymnastics and Cheer in the first ever gymnastics meet in the company history. Through long hours of practice, much effort, and incredible determination, all girls performed well in each category.

Although the girls had been through challenging training, the coaches were committed to creating a positive and encouraging environment. A week prior to the competition, the girls participated in a mock meet at Champions in order to be well prepared, comfortable, and familiar with the style of the competition.

Following a fun and great first meet, the girls, their families, and their proud Champions coaches went to Jack Allen's for a celebratory dinner to recognize the girls' accomplishments! Coach Jess and Coach Patia said, "It is hard to express in words how extremely proud and amazed we are at these girls. In such a short time, they have come so far and have truly accomplished more than we ever expected. We can't wait to see what the rest of this year will bring." Prior to joining the team, every member had attended gymnastics classes at Champions, and it has been a blast watching them grow through the program!



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# ARTICLE INFO

The Tarrytown News is mailed monthly to all Tarrytown residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for The Tarrytown News please email it to [tarrytown@peelinc.com](mailto:tarrytown@peelinc.com). The deadline is the 15th of the month prior to the issue.



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# Welcome TO TARRYTOWN NEWS

The Tarrytown News is a monthly newsletter mailed to all Tarrytown residents. Each newsletter will be filled with information written by **you** about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at [www.PEELinc.com](http://www.PEELinc.com), or you can email to [tarrytown@peelinc.com](mailto:tarrytown@peelinc.com). Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

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## Tarrytown Real Estate Market Report: Q3 Summary

By Trey McWhorter

2013 has been an outstanding year for Tarrytown real estate and Q3 was no exception. While the number of houses sold in Tarrytown slowed compared to Q3 2012, prices have continued to rise. Highlights include:

- Q3 list and sold prices increased significantly over Q3 2012, with average and median sold prices up 29% and 23% respectively
- Price per sq/ft also grew at a rapid pace over the same period in 2012 with the average and median sold price per sq/ft up 19% and 29% respectively.
- Houses spent less time on the market, too, as the average number of days on market for sold houses dropped 30% from Q3 2012 to ~42 days (the median was just 17 days!).

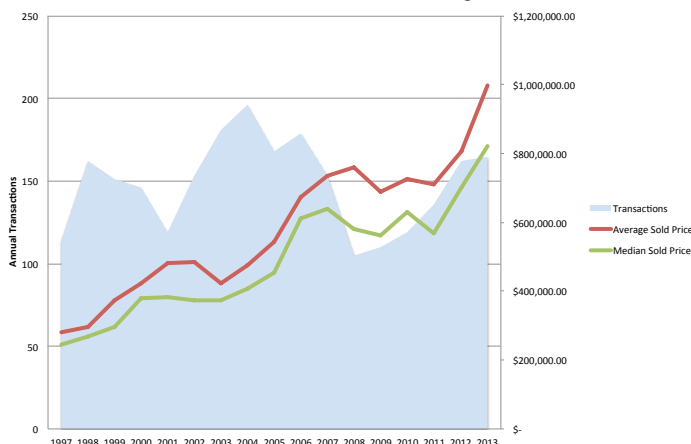
Year to date (YTD) numbers are equally impressive, as every metric shows marked increases in prices (totals and prices per sq/ft) and significant drops in the number of days inventory spent on the market.

	Q3 - Tarrytown	Q3 2013	Q3 2012	% Change	YTD 2013	YTD 2012	% Change
Single Family Homes Sold	Total	39	45	-13%	133	132	1%
List Price	Average	\$ 1,050,728.21	\$ 804,911.11	31%	\$ 1,036,441.35	\$ 815,835.60	27%
	Median	\$ 865,000.00	\$ 699,000.00	24%	\$ 839,900.00	\$ 699,000.00	20%
Sold Price	Average	\$ 1,014,834.87	\$ 785,191.18	29%	\$ 999,081.13	\$ 789,526.62	27%
	Median	\$ 851,000.00	\$ 692,500.00	23%	\$ 821,525.00	\$ 690,750.00	19%
List Price \$ / Sq Ft	Average	\$ 350.76	\$ 293.84	19%	\$ 332.56	\$ 301.09	10%
	Median	\$ 353.61	\$ 292.35	21%	\$ 329.67	\$ 298.69	10%
Sold Price \$ / Sq Ft	Average	\$342.83	\$288.36	19%	\$324.60	\$292.29	11%
	Median	\$351.49	\$272.42	29%	\$321.62	\$287.02	12%
Net Sold Price	Range (High / Low)	375,210 - 3,150,000	332,500 - 2,422,500		345,000 - 5,860,000	244,000 - 3,000,000	
Net Sold Price \$ / Sq Ft	Range (High / Low)	193.99 - 469.20	175.82 - 440.37		163.54 - 581.58	143.66 - 725.16	
Days on Market	Average	42	60	-30%	48	57	-15%
	Median	17	40	-58%	13	34	-62%

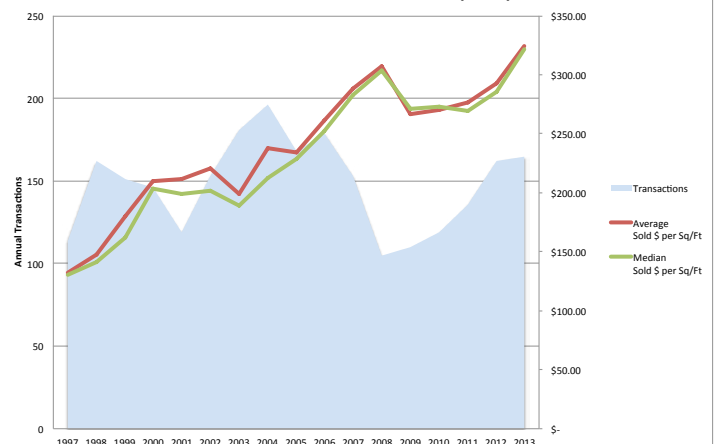
Looking at historical data, 2013 overall is on track to be a record-setter:

- 2013 marks the first time price per sq/ft has exceeded pre-recession highs (See Graph 1)
- 2012 represented new all-time highs in average and median sold prices, but 2013 has further improved on those records, exceeding pre-recession highs by roughly 30% (See Graph 2)

GRAPH 1: Annual Transactions and Selling Price Data



GRAPH 2: Annual Transactions and \$ per Sq / Ft



*Note: 2013 numbers are estimated / projections based on data through September*

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## Back To School

School started in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

### Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

## Time To Slow Down



## AUSTIN NEWCOMERS CLUB

Whether you have just moved to Austin or have lived here for years and suddenly had a change in lifestyle, Austin Newcomers Club offers you an opportunity to connect with others and learn more about the Austin area. Austin Newcomers Club is a nonprofit social and recreational organization committed to welcome newcomers to Austin.

Choose from more than 40 interest groups including Hiking, Photography, Walking Tours, Day Trippers, Book Groups, Music Lovers, Cinema, Bridge, Canasta, Bunco, Mah Jongg, and many more.

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- Mouth breathing
- Jaws that shift or make sounds
- Speech difficulties
- Biting the cheek or the roof of the mouth
- Facial imbalance
- Grinding or clenching of the teeth
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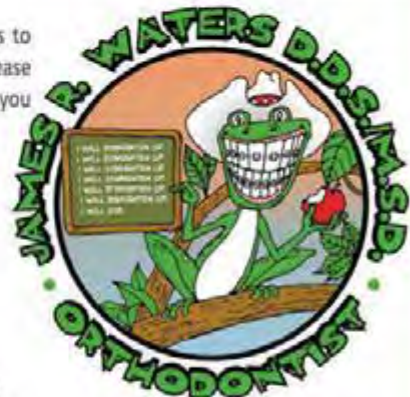
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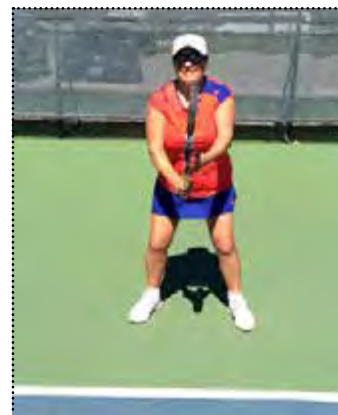
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# TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



## How To Execute The Forehand Lob

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the 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, the two handed high volley approach shot and the one-handed high volley approach shot.

In this issue, I will offer instructions on how to execute the Forehand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for “air time” to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and “slam” the ball down, or force the opponent at the base line to retrieve back. In the illustrations, Carmen Manzur, Member of the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

**Step 1:** The Back Swing: When Carmen is forced deep into the

court and realizes that she has to hit a defensive lob, she pivots to the right and gets her racket back early. Notice that the head of the racket is low and her left arm is up in front to keep her balance. Her eyes are focused on the path of the ball and her weight is in her right foot.

**Step 2:** The Point of Contact: Carmen is now ready to hit the ball. Her eyes are now on the point of contact and the face of the racket is tilted at a 45 degree angle to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

**Step 3:** The Follow Through: The success of a deep lob is the follow through. Carmen’s wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right arm is still in front of her in order to allow maximum balance.

**Step 4:** The Shuffle Back: Once Carmen finishes the stroke, her goal is to either move forward toward the net top to hit an overhead, or to paddle back to the middle of the court to drive the next ball back to the opponent.

*Look in the next Newsletter for: How to execute “The Two-Handed Backhand Lob”*





# SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos.  
We want pictures of your kids doing everyday things,  
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- Identification of problems and recommended solutions
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*Jeffrey L. Tucker, P.E., a registered professional engineer in Texas, has been involved in structural design, inspection and repair of houses and apartments since 1965. He is uniquely qualified to perform structural analyses of wood frame structures and slab foundations; to inspect and offer assurance of structural integrity and/or repair recommendations and details.*

## *Pruning Guidelines for Prevention of Oak Wilt in Texas*

# NOW IS THE TIME TO PRUNE YOUR OAK TREES

Oak wilt, caused by the fungus *Ceratocystis fagacearum*, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from tree-to-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. Below is a brief description of how you can reduce the risk of fungal spread when pruning.

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.
- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding of oaks during the spring (currently defined as February 1 through June 30). Reasons to prune in the spring include:

- To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.
- To repair damaged limbs (from storms or other anomalies)
- To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.
- On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
- Dead branch removal where live tissue is not exposed.

Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February 1 or after June 30. Debris from diseased red oaks should be immediately chipped, burned or buried. Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.





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6						8	9	
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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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## SEND US YOUR

### *Event Pictures!!*

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Email the picture to [tarrytown@peelinc.com](mailto:tarrytown@peelinc.com). Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



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# POSTURE TIPS FOR MOMS AND DADS

*Mike McTague PT, DPT, OCS*

Lifting and carrying a child, picking up toys off of the floor, and pushing a stroller are normal daily tasks for many parents. Below are some quick tips to avoid overstraining your spine and other body areas.

## **LIFTING YOUR CHILD FROM THE FLOOR**

When picking your child up off the floor, you should use a half-kneel lift. First, stand close to your child on the floor. While keeping your back straight, place one foot slightly forward of the other foot, and bend your hips and knees to lower yourself onto one knee. Once down on the floor, grasp your child with both arms and hold him or her close to your body. Tighten your stomach muscles, push with your legs, and slowly return to the standing position. To place your child onto the floor, the same half-kneel technique should be performed.

## **CARRYING/HOLDING YOUR CHILD**

When holding or carrying your child, you should always hold him or her close to your body and balanced in the center of your body. Avoid holding your child in one arm and balanced on your hip. When using a child carrier be sure to keep your back straight and your shoulders back to avoid straining your back and neck.

## **PICKING UP TOYS FROM THE FLOOR**

As a parent you will too often be involved in cleaning up after your child. When picking toys up from the floor, keep your head and back straight, and while bending at your waist, extend one leg off the floor straight behind you. This is often called a “golfer’s lift”, as you may see some “seasoned” golfers retrieve their ball from the hole this way.

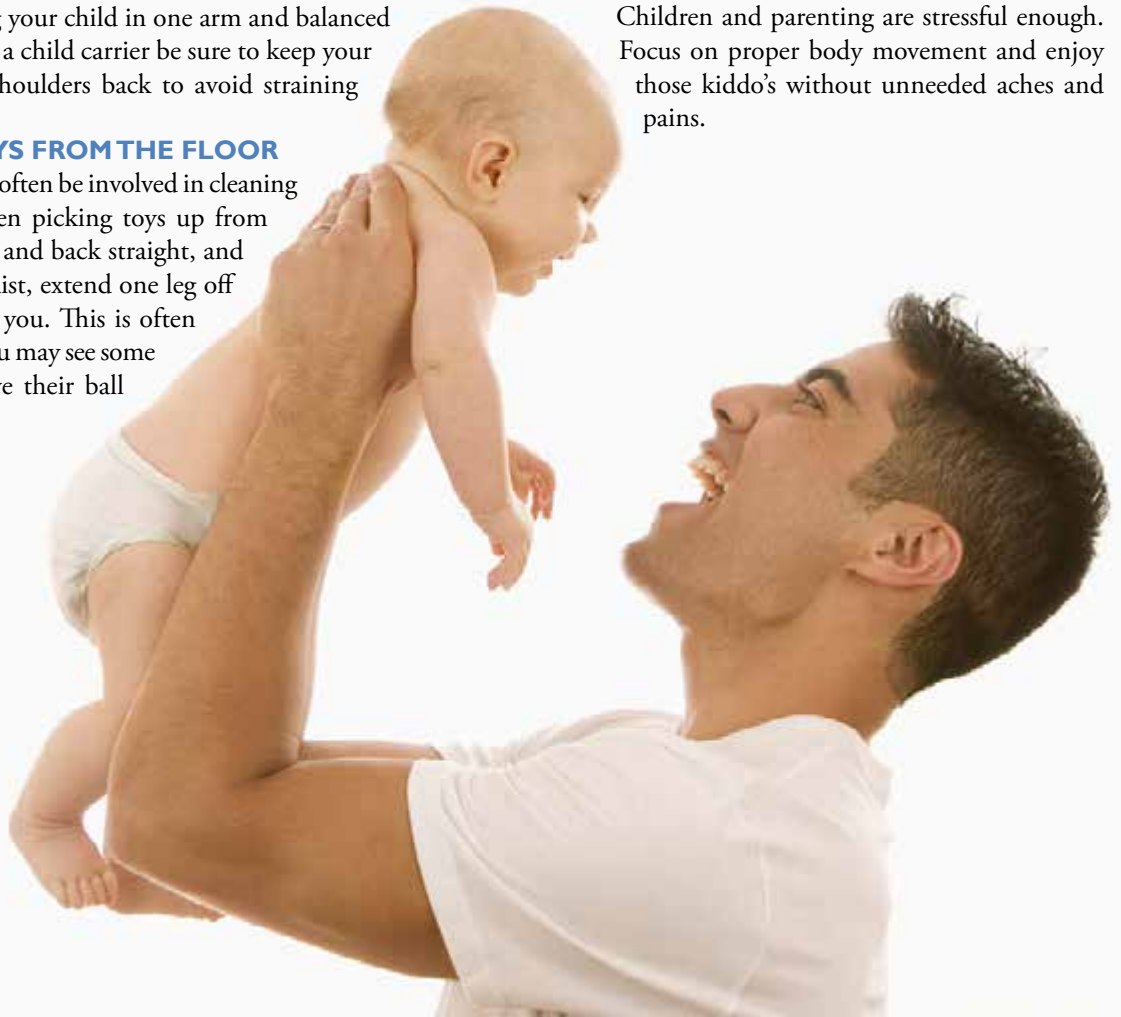
## **LIFTING YOUR CHILD OUT OF THE CRIB**

If your child’s crib has a rail that lowers, you will want it in the lowest position when lifting your child out of the crib. As you lift, keep your feet shoulder-width apart, knees slightly bent. Arch your low back and, while keeping your head up, bend at your hips. With both arms, grasp your child and hold him or her close to your chest. Straighten your hips so you are in an upright position, and then extend your knees to return to a full stand. To return your child to the crib, use the same technique and always remember to keep your child close to your chest.

## **PUSHING A STROLLER**

When pushing your child in a stroller, you will want to stay as close to the stroller as possible, allowing your back to remain straight and your shoulders back. The force to push the stroller should come from your entire body, not just your arms. Avoid pushing the stroller too far ahead of you because this will cause you to hunch your back and shoulders forward.

Children and parenting are stressful enough. Focus on proper body movement and enjoy those kiddo’s without unneeded aches and pains.





## DIABETES PREVENTION: FOUR STEPS ON THE ROAD TO HEALTH

*November is Diabetes Awareness Month*

The old adage is true that every journey begins with a single step. On the road to improving your health, small lifestyle changes can lead to dramatic results, especially for people at risk of developing Type 2 diabetes.

"It's never too late to make lifestyle changes and reduce your risk of developing Type 2 diabetes," says Dr. Valerie Espinosa, an endocrinologist with Texas Diabetes and Endocrinology.

Diabetes comes in two forms: Type 1, which mainly affects children and is not currently preventable, and Type 2, which is usually diagnosed later in life and is often preventable. Most people who develop Type 2 diabetes go through a phase called pre-diabetes in which their blood sugar is slightly elevated. But some simple steps can help people with pre-diabetes avoid the progression to Type 2 diabetes.

**Step 1: Get More Physical Activity.** Exercise can help people to lose weight, lower blood sugar, and boost the body's sensitivity to insulin, which helps the body regulate sugar.

"While aerobic exercise is important for overall good health," says Dr. Espinosa, "resistance training to build up muscle mass is especially important for someone with pre-diabetes."

**Step 2: Eat More Vegetables, Beans, Nuts, Whole Grains.** Adding more fiber and whole grains to your diet can reduce your risk of progressing

from pre-diabetes to Type 2 diabetes.

When shopping for breads, pasta products, and cereals, look for the words "whole grain" on the label. Aim for making at least half of the grains you eat whole grains.

**Step 3: Lose a Few Pounds.** Small weight loss goals can have remarkable results in lowering blood glucose levels in people with pre-diabetes. A weight loss of five to seven percent in someone who is overweight can significantly improve their health.

"Someone who is 200-pounds and overweight can set a goal to lose 10 pounds," says Dr. Espinosa.

**Step 4: Make Healthier Choices.** Eliminate the temptation to eat foods that you know will raise your blood sugar level, like cookies, potato chips, and sugary drinks, by making healthier choices in the grocery store.

"If you don't have potato chips at home, you won't be tempted to eat them," says Dr. Espinosa.

According to the American Diabetes Association's 2011 statistics, a whopping 79 million adults have pre-diabetes. Small, healthy steps can help keep people with pre-diabetes from joining the 25.8 million adults in the United States who have full-blown Type 2 diabetes. Both pre-diabetes and diabetes can be diagnosed with a simple blood test.



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# LATINITAS VOLUNTEERS

AAUW has been empowering women since 1881! This year the Austin Branch of AAUW is celebrating its 90 year history with a luncheon at the Austin Woman's Club, on Wednesday, November 13. (See <http://austin-tx.aauw.net> for more information and to RSVP to join us as a former member and/or community supporter.) An important part of our Austin history is the fact that AAUW Austin brought the city's first public library into being, purchased the first Bookmobile in 1952, for \$7000, which was a staggering amount of money then. Our members are active in supporting and volunteering in a number of noteworthy organizations which support women both at home and abroad. We have 14 living members who have become Honorary meaning they have been active for over 50 years! Locally, we recently gave a \$2700 dollar scholarship, in memory of a special member active at branch and state level, to a deserving young UT student who is an intern at Girlstart. We have been very involved with Mainspring Schools since its founding in the 1940's, and we recently gave two \$500 scholarships to deserving teachers to attend an important pre-school conference. UT has a leadership development program for women, and one of our members, Dr. Mary Braunagal-Brown, recently made a \$25,000 gift for matching funds to develop that program further. We give thousands of dollars to worthy PhD candidates in fellowships each year. STEM education and careers are a local and national priority, but our mission includes equity for women and girls though advocacy, education, philanthropy, and research.



*Pictured are members of the Austin Branch of AAUW (American Association of University Women) volunteering at the recent Latinitas College Chica conference for middle school girls. Member Lilac Bauer is chair of Women's Issues. Besides being the liaison with Girlstart, she has also been focusing on Latinitas, a program whose mission is to empower young Latinas through media and technology.*

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*Submitted by Saralee Tiede*

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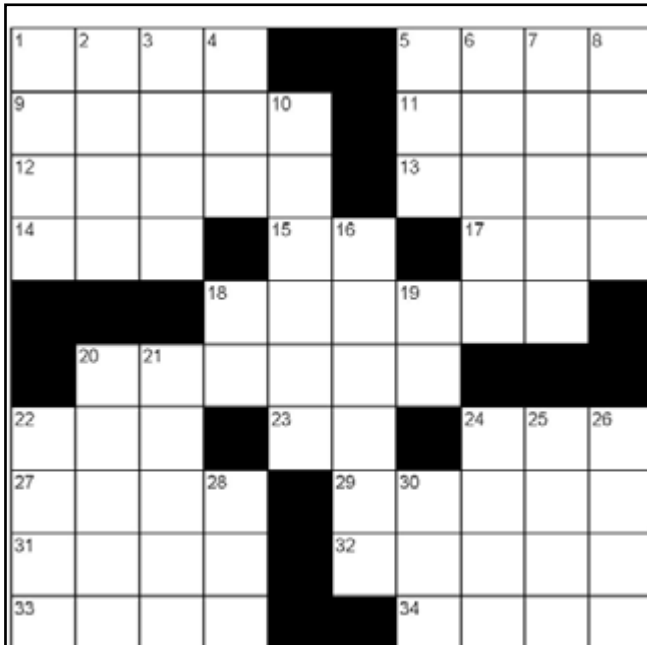
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5. Black
9. Confuse
11. Dog food brand
12. Flat
13. Sticky black substances
14. Mr.
15. Advertisement
17. No
18. Make better
20. Pre-Nissan
22. Electric spark
23. Miss lang
24. Tire
27. Saloons
29. Immense
31. Shine
32. Santa's helpers
33. Madam
34. Ribald

### DOWN

1. Tides
2. Cafe
3. Far away
4. Day of wk.
5. Sup
6. Mont \_\_
7. Ms. Winfrey
8. Curious
10. City
16. Toil
18. Movie alien
19. Fashionable
20. Play
21. Smoky
22. Cain killed him
24. Skimp
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# - Kids Stuff -

Section for Kids with news, puzzles, games and more!



You've been looking forward to Thanksgiving dinner all year — turkey, mashed potatoes, cranberry sauce, and pumpkin pie. Mmm-mmm! But after you finish that second helping of turkey with gravy, you start to feel a little sleepy.

As your Uncle George starts to explain why eating turkey makes people so tired, you suddenly feel like curling up in front of the TV and napping until next Thanksgiving. But is gobbling up all that turkey really to blame?

## THE USUAL SUSPECT: L-TRYPTOPHAN

Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan (say: el-trip-teh-fan). Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies. (L-tryptophan is just one kind of amino acid — there are many different kinds of amino acids in the foods we eat.)

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin (say: sare-uh-toh-nin). Serotonin calms us down and helps us sleep.

But scientists now know that L-tryptophan can really only make a person tired right away if it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

## BLAME IT ON BLOOD FLOW

Most scientists think that there's a different reason why eating a special meal might make you drowsy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain.

## AVOIDING DROWSINESS

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals (try to limit junk foods) throughout the day before you sit down for your big meal — don't starve yourself in anticipation of the feast to come.
- Have small portions of foods that are part of your Thanksgiving meal (including whatever veggies are on the table).
- Drink water and take breaks while you are eating to see how full you've become.
- Stop eating once you're full — there will always be leftovers tomorrow.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

Follow these tips and have a Happy Thanksgiving — gobble, gobble!

**REVIEWED BY:** Steven Dowshen, MD

**DATE REVIEWED:** August 2009

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation



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