



## NEWS FOR THE RESIDENTS OF TARRYTOWN

JANUARY 2014

VOLUME 2 ISSUE 1

# A FOCUS ON RESOLUTIONS

## RESOLVE TO BE A BETTER YOU

*By: Concentra Urgent Care*

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

### LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes.

Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike

- A focus on fresh fruits, vegetables, and whole grains

- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk

- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts

- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils

- Staying away from foods high in sodium and added sugars

### GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)

- Biking

- Tennis

- Aerobic exercise classes (step aerobics, kickboxing, dancing)

- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.



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## IMPORTANT NUMBERS

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

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## ARTICLE INFO

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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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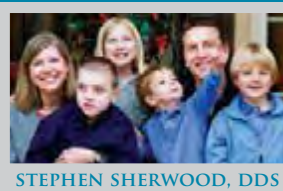
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# Tarrytown Real Estate Market Report: 2013 Summary

By Trey McWhorter

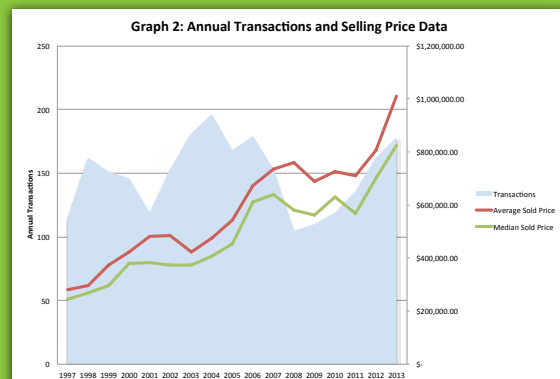
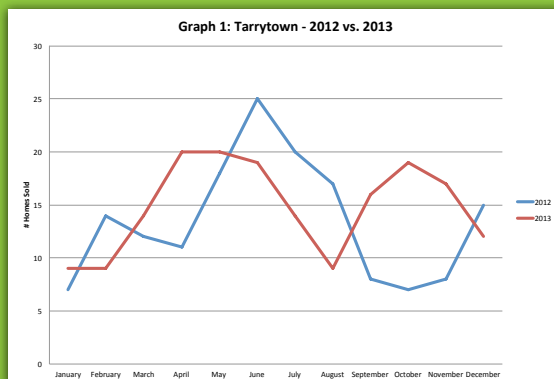
2013 has come to a close and while the deadline for this newsletter article is December 15th, the overall picture for how the year ended up is pretty clear, and I can share some highlights:

- In every tracked category, performance was up double-digits over 2012 (which was itself a record year): average and median list and sold prices, as well as \$ / sq ft
- With data through 12/15 at the time of submitting this article, number of homes sold already exceeded the 2012 total, and will likely finish out ~10% up year-on-year

Single Family Homes	Year to Date - Tarrytown	Thru 12/15 - 2013	Thru 12/15 - 2012	% Change
<b>SOLD</b>	Single Family Homes Sold	168	153	10%
<b>List Price</b>	Avg List Price	\$ 1,049,957.43	\$ 848,281.03	24%
	Median List Price	\$ 839,950.00	\$ 725,000.00	16%
<b>Sold Price</b>	Average Net Sold Price	\$ 1,008,894.88	\$ 819,161.99	23%
	Median Net Sold Price	\$ 826,000.00	\$ 701,000.00	18%
<b>List Price \$ / Sq Ft</b>	Average List Price / Sq Ft	\$ 342.07	\$ 301.39	13%
	Median List Price / Sq Ft	\$ 332.98	\$ 296.14	12%
<b>Sold Price \$ / Sq Ft</b>	Average Net Sold Price / Sq Ft	\$332.31	\$292.44	14%
	Median Net Sold Price / Sq Ft	\$322.76	\$285.40	13%
<b>Net Sold Price</b>	Net Sold Price Range	345,000 - 5,860,000	244,000 - 3,150,000	
<b>Net Sold Price \$ / Sq Ft</b>	Net Sold Price Range / Sq Ft	163.54 - 1,311.57	143.66 - 725.16	
<b>Days on Market</b>	Average Days on Market	49	61	-20%
	Median Days on Market	16	36	-57%

As you can see in Graph 1 below, home sales generally followed the same pattern year on year, with the exception of the September to December timeframe, likely impacted by the presidential election in November 2012, which has in the past had a negative effect on activity.

Graph 2 provides greater historical context, showing transactions as well as average and median net sold prices dating back to 1996. Pricing had peaked in 2007 / 2008 before the economic crisis, and finally returned to pre-crisis levels in 2012. In 2013 performance spiked even higher and forecasts indicate that 2014 will continue to see strong growth in Central Texas, and therefore it is likely that Tarrytown will continue to see increased activity and strong home price appreciation.



*Note: All data comes from the Austin Board of Realtors' MLS report, reflecting activity through December 15, 2013.*



# Why age 7 is the right time to see an orthodontist.

While your child's teeth might appear to be straight, there may actually be a problem that needs to be evaluated by an orthodontist. If you recognize any of the following issues with your child, please schedule a check-up with your local orthodontist. It may be one of the most important actions you can take to ensure your child's healthy and happy smile.

- Early or late loss of baby teeth
- Difficulty in chewing or biting
- 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
- Thumb or finger sucking

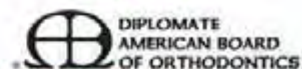
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## Good Neighbors Can Be Great For Stress Levels

Do you live in a neighborhood where you feel safe and connected to others, or do you feel overcrowded, threatened, and otherwise unsafe in your surroundings? This, and other aspects of neighborhood life, can impact both your level of happiness and stress.

**Socializing:** With our busy schedules, we don't always see friends as often as we'd like. For a bit of socializing that takes only minutes out of your day, it's nice to stop and chat with people for a few minutes on your way out to your car. And the more people you have available for shared social support, the better, generally speaking.

**Pooled Resources:** I know people in some more-friendly neighborhoods who share dinners, minimizing the effort it takes to cook. Others trade fruit from their trees. A neighbor who borrows a few eggs may come back with a plate of cookies that the eggs helped create. Knowing your neighbors increases everyone's ability to share.

**Security:** Knowing the people around you can bring a sense of security. If you need something—whether it's a cup of sugar when you're baking cookies, or someone to call the police if they see someone lurking outside your home—it's nice to know you can depend on those around you and they can depend on you.

**Home Pride:** Knowing the people who live around you provides a strengthened sense of pride in your home and neighborhood. Coming

home just feels nicer. While you may not be able to change the neighborhood in which you live, you can change the experience you have in your own neighborhood by getting more involved with those around you and taking pride in the area in which you live. The following are some ideas and resources that can help you to feel more at home in your neighborhood:

**Get Out More:** If you live in a generally safe area, I highly recommend taking a morning or evening walk. It's a great stress reliever that also allows you to get to know many of your neighbors, get an understanding of who lives where, and feel more at home in your surroundings.

**Smile:** It's simple enough, but if you're not in the habit of smiling and giving a friendly hello to the people you encounter in your neighborhood, it's a good habit to start. While not everyone will return the friendliness immediately, it's a quick way to get to know people and build relationships, even if you've lived close for years and haven't really said much to one another.

**Talk To Your Elders:** The more veteran members of the neighborhood often have the inside scoop on the neighborhood. You may be surprised at how much you can learn if you stop to take the time to talk to the sweet old lady at the end of the block.



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Our welcome events provide information and opportunities to meet current members and other newcomers. Visit us at [www.austinnewcomers.com](http://www.austinnewcomers.com) for more information. Hope to see you soon!

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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.*

## BAG LADIES



**NatureWatch**  
by Jim and Lynne Weber

While winter is the time of year when we hang man-made ornaments on our trees and shrubs to commemorate the holiday season, it is also the time of year when nature-made ornaments are most apparent in the landscape. These ornaments are as widely unique as snowflakes, and their appearance varies with the bits and pieces of leaves, twigs, and bark fragments woven into silken bags in a shingle-like fashion. They reveal themselves on the bare branches and limbs in winter, and they are created by female bagworms.

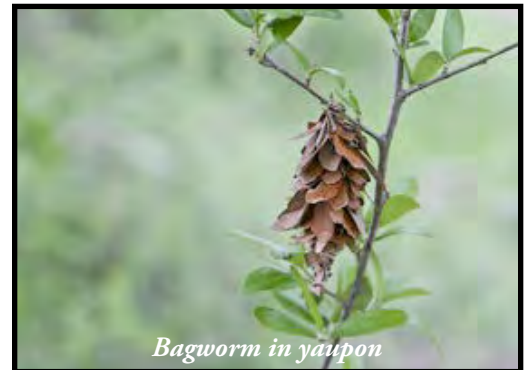
Members of the Psychidae family, there are about 1,350 species of bagworms worldwide, also commonly known as bagworm moths or bagmoths. Although different bagworm species vary slightly in habits and life cycle, bagworms spend the winter months in the egg stage sealed within the bags produced by females the previous fall. In late May to early June, very tiny caterpillars hatch, produce a silken strand by which the wind can carry them to new foliage (called 'ballooning'), and construct a tiny conical bag carried upright with them as they move. During leaf-feeding, the caterpillars emerge from the top of the bag and hang onto the host plant with their legs, sometimes aided with a silken thread. The bottom of the bag remains open to allow fecal material (called 'frass') to pass out of the bag.

By August or September, fully grown caterpillars have developed larger bags, and pupate within them. Seven to 10 days later, the pupae of the male moths work their way out of the bottom of the bag, and emerge from their pupal skin. These males have half-inch long clear wings, feathery antennae, hairy black bodies, and they spend their time seeking out a female to mate. Females, on the other hand, are immobile and stay in the larval stage, do not develop into moths, and remain inside the bags. After mating, the females produce a clutch of 500 to 1000 eggs inside their bodies and then die.

Bags vary in size, up to 2 inches long and about a half inch wide, and are spindle-shaped. They can be quite ornamental, covered in a somewhat patterned array of bits and pieces of plant matter. A wide range of broadleaf and evergreen trees and shrubs serve as hosts for bagworm species, including juniper, cedar elm, bald cypress, live oak, persimmon, sumac, sycamore, willow, yaupon, and native fruit and nut trees. Since these bags are composed of silk and plant materials, they are naturally camouflaged from predators such as birds and other insects. While birds can eat the egg-laden bodies of female bagworms after they have died, the eggs are very hard-shelled and can pass through the bird's digestive system unharmed. This represents yet another way to disperse bagworm species over a wide-ranging area, and helps in creating a whole new generation of bag ladies!



*Bagworm in juniper*



*Bagworm in yaupon*

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# - Kids Stuff -

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



## The Story on Scars

Holly loved nothing more than riding her bike. But one day, she missed a curb and hit the pavement - splat! Now her knee was scraped and her elbow was cut. Her brother Darren helped Holly up and used his T-shirt to dab at the blood on her elbow. "Wow," he said, "You're probably going to have a huge scar."

### WHAT EXACTLY IS A SCAR?

A scar is the pale pink, brown, or silvery patch of skin that grows in the place where you once had a cut, scrape, or sore. A scar is your skin's way of repairing itself from injury. Look at your skin. You probably have one or two scars already. Most people do. Why? Because a lot of things leave behind scars - from falls, like the one Holly had, to surgeries.

Scars are part of life and they show what you've been through. For some people, scars are special. A kid in your class might have a scar on his chest because he had heart surgery as a baby. Or you might have a scar from the chicken pox. Centuries ago, warriors showed off their scars as symbols of their bravery and to impress their friends with the exciting tales about how each one happened. Do any of your scars have a story?

### HOW DO I GET A SCAR?

No matter what caused your scar, here's how your skin repaired the open wound. The skin sent a bunch of collagen (say: ka-leh-jen) - tough, white protein fibers that act like bridges - to reconnect the broken tissue. As the body did its healing work, a dry, temporary crust formed over the wound. This crust is called a scab.

The scab's job is to protect the wound as the damaged skin heals underneath. Eventually, a scab dries up and falls off on its own, leaving behind the repaired skin and, often, a scar.

A scar isn't always a sure thing, though. "It's not so much how deep or severe a wound is that determines whether a scar will form, but rather the location of the wound and that person's genetic [inherited] tendency to form scars," says Brian Flyer, a doctor from California.

In other words, certain people tend to get scars more easily, and scars are more likely to form after wounds on certain parts of the body.

### HOW DO I PREVENT A SCAR?

Of course, the best way to prevent scars is to prevent wounds! You can reduce your chances of getting hurt by wearing kneepads, helmets, and other protective gear when you play sports, ride your bike, or go in-line skating. But even with protective gear, a person can still get hurt once in a while. If this happens, you can take steps to prevent or reduce scarring. You can help your skin heal itself by treating it well during the healing process.

How do you do that? Keep the wound covered as it heals so you can keep out bacteria and germs. Avoid picking at the scab because it tears at the collagen and could introduce germs into the wound. Some doctors say vitamin C (found in oranges and other citrus fruits) helps by speeding up the creation of new skin cells and the shedding of old ones. Also, some people believe rubbing vitamin E on the wound after the scab begins forming can aid the healing process. Your parent can talk to your doctor about whether you should try this.

### SO LONG, SCARS!

Some scars fade over time. If yours doesn't and it bothers you, there are treatments that can make a scar less noticeable, such as skin-smoothing medicated creams, waterproof makeup, or even minor surgery. Talk to your parent and doctor to find out if any of these treatments would be right for you.

Sometimes the best medicine might just be to talk. Tell your parent or doctor what's bothering you about your scar and how you feel on the inside. Because when the inside feels good, the outside always seems to look better!

Updated and reviewed by: Patrice Hyde, MD • Date reviewed: January 2007

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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50 things you must experience in Austin in 2014

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| <input type="checkbox"/> Hike Mount Bonnell          | <input type="checkbox"/> The Broken Spoke          |
| <input type="checkbox"/> Bob Bullock Museum          | <input type="checkbox"/> Eat at a food trailer     |
| <input type="checkbox"/> Attend a UT Sports Event    | <input type="checkbox"/> Go to SXSW                |
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| <input type="checkbox"/> Stubb's Gospel Brunch       | <input type="checkbox"/> Capital 10K               |
| <input type="checkbox"/> KGSR Blues on the Green     | <input type="checkbox"/> Dance at Donn's Depot     |
| <input type="checkbox"/> Hike Enchanted Rock         | <input type="checkbox"/> First Thursdays           |
| <input type="checkbox"/> Salt Lick Bar-B-Que         | <input type="checkbox"/> Concert at The Backyard   |
| <input type="checkbox"/> Swim at Barton Springs      | <input type="checkbox"/> A night on 2nd or 6th St. |
| <input type="checkbox"/> Alamo Drafthouse            | <input type="checkbox"/> Austin Zoo                |
| <input type="checkbox"/> Zach Theater                | <input type="checkbox"/> The Long Center           |
| <input type="checkbox"/> Lady Bird Hike & Bike Trail | <input type="checkbox"/> Austin City Limits        |
| <input type="checkbox"/> Mozart's Coffee Roasters    | <input type="checkbox"/> Zilker Kite Festival      |
| <input type="checkbox"/> Lake Austin Cruise          | <input type="checkbox"/> Rainey Street             |
| <input type="checkbox"/> Blanton Museum              | <input type="checkbox"/> 360 Overlook              |
| <input type="checkbox"/> Mayfield Park Peacocks      | <input type="checkbox"/> Amy's Ice Cream           |
| <input type="checkbox"/> Zilker Park Christmas Tree  | <input type="checkbox"/> Hike the Greenbelt        |
| <input type="checkbox"/> Paramount Theater           | <input type="checkbox"/> Esther's Follies          |
| <input type="checkbox"/> Ballet Austin               | <input type="checkbox"/> Hey Cupcake!              |
| <input type="checkbox"/> Hula Hut                    | <input type="checkbox"/> Work with Trey McWhorter! |



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