



NEWS FOR THE RESIDENTS OF TARRYTOWN

MARCH 2014

VOLUME 2 ISSUE 3

Trowel & Error

On April 5, historic Mayfield Park combines topics dear to the heart of Central Texas gardeners in a series of “must hear” lectures.

10 AM

Amanda Moon, horticulturist, landscape designer and consultant Heat and Drought Tolerant Plants You May Not Have Heard Of (or Thought About Using)

11 AM

Jay White, avid gardener, contributing writer for Texas Gardener, The Masters of Horticulture blog Fence Me In -Selecting the Proper Support For Tomatoes

12 NOON

Patty Leander, contributing writer for Texas Gardener, Master Gardener Vegetable Specialist, BS in Food and Nutrition Go Vertical in the Garden With Climbing, Vining and Twining Vegetables

BRING YOUR GARDENING QUESTIONS!!

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

As always, Trowel & Error benefits one of Austin's favorite and enchanting parks, historic Mayfield. Guests tour the restored Mayfield-Gutsch home, surrounded by stone-walled gardens patterned in the 1920's after the cottage gardens of England. Towering palms, flowering trees and perennials line meandering paths set among ponds filled with water lilies and fish. Gregarious peacocks supervise overflowing flower beds planted and maintained by community volunteers.

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

Mayfield Park Gardening Symposium

Saturday, April 5, 2014

Rain or shine!!

9:30 A.M. – 1 PM

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

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mayfieldpark.org

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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. 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, or you can email to 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: THE FIRST 6 WEEKS OF 2014

By Trey McWhorter

Single Family Homes		Year to Date - Tarrytown		2014 (YTD)	2013	CHANGE
SOLD		Single Family Homes Sold		9	13	-31%
List Price	Avg List Price	\$		770,444.44	\$ 791,838.38	-3%
	Median List Price	\$		629,000.00	\$ 740,000.00	-15%
Sold Price	Average Net Sold Price	\$		753,606.11	\$ 769,194.23	-2%
	Median Net Sold Price	\$		575,000.00	\$ 733,500.00	-22%
List Price \$ / Sq Ft	Average List Price / Sq Ft	\$		402.31	\$ 292.02	38%
	Median List Price / Sq Ft	\$		388.75	\$ 283.38	37%
Sold Price \$ / Sq Ft	Average Net Sold Price / Sq Ft	\$		392.08	\$ 283.97	38%
	Median Net Sold Price / Sq Ft	\$		361.61	\$ 279.44	29%
Net Sold Price		Net Sold Price Range		420,000 - 1,870,550	375,000 - 1,675,000	
Net Sold Price \$ / Sq Ft		Net Sold Price Range / Sq Ft		307.92 - 510.20	188.36 - 437.91	
Days on Market	Average Days on Market			36	70	-48%
	Median Days on Market			12	23	-48%



2013 was a record year for Tarrytown real estate, so everyone is eager to find signs of what 2014 holds. Will it surpass 2013, flatten out or (gasp!) cool off? It's still very early and winter months are cyclically slower anyway, but we can look at the first 45 days (due date for this article was February 15) of 2014 compared to the same period in 2013 for some indication about how things are going.

The number of transactions is lower in the first 6 weeks of the year compared to 2013. Looking further back in 2011 and 2012 Tarrytown averaged 13 transactions during this time period, so the drop definitely stands out as a change from the last couple of years.

Sold prices are lower, too, but consider this: the homes sold in Tarrytown so far in 2014 are much smaller

(square footage) on average. In 2013, the average sold home size was ~3,000 sq ft. So far in 2014 the average sold home size has been ~2,000 sq ft. Correspondingly, the price per sq ft has shot through the roof, far exceeding the record highs of 2013. The price per sq ft numbers should therefore be taken with a grain of salt.

One trend likely to continue and set new records in 2014 is the growing percentage of homes sold in Tarrytown for more than \$1M. Graph 1 nearby shows that the percentage of sold homes priced over 1M in Tarrytown rose to just under 50% by Q4 2013, up from roughly 30% in Q1 of 2012. It certainly seems possible that by Q4 2014 we could see 55- 60% of all homes sold exceeding \$1M.

Note: All data comes from the Austin Board of Realtors' MLS report, reflecting activity through February 15, 2014.

Yoga Mats at Austin Pets Alive!

Austin Pets Alive! newest location in Tarrytown received a curious yet welcome donation from neighbor Austin Kula Yoga on yet another below freezing day with again closed schools here in central Texas of yoga mats. The yoga mats will be used to pad hard and cold floors for pets, mostly dogs that are waiting to be adopted to their new homes. The yoga mats will also come in handy to help make ramps and walk ways less slick for our furry friends at this no kill, non profit animal shelter. If you have a yoga mat that you would like to donate to Austin Pets Alive! you can bring it to Austin Kula Yoga and you will receive \$5 off your next yoga class purchase. Or find out how you can get involved at www.austinpetsalive.org



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CAN TARRYTOWN HELP THE MONARCH BUTTERFLY SURVIVE?

Betty Trent, AIA LEED AP

The answer is a resounding yes! Austin is located on the direct migratory path for the Monarch butterfly to Mexico. And what we plant or eradicate in our yards can have a profound effect on the numbers of butterflies that survive the flight through Austin and Texas down to Mexico.

This year, for or the first time in memory, the monarch butterflies didn't arrive en masse as usual for the annual Mexican celebration on November 1st, the Day of the Dead. They began to straggle in a week later than usual, in record-low numbers. After previous troubling lows of 60 million, the fewer than three million that showed up last year have scientists worried. Some experts fear a spectacular collapse in the butterfly and insect populations.

That's because of three major factors that are only now being widely recognized: the precipitous loss of native vegetation across the United States due to industrial farming, the suburb's love for a sterile, empty green lawn and the use of herbicides like Roundup that kill virtually

all plants it is applied to, especially the butterfly's favorite plants like milkweed.

As a result, millions of acres of native plants, important sources of nectar for many species, and vital for monarch butterfly larvae, have been wiped out. This spring, many nurseries and farmer's markets around town will be selling native plants suitable for butterfly and wildlife habitat. Lone Star Nursery in East Austin is promoting "Bring Back the Monarch" and will be selling milkweed and other plants specifically to aid the Monarchs on their journey to and from Mexico.

By planting native plants, you can help the Monarchs and other important insects to continue to thrive and avert the worsening crisis in biodiversity. It's a cause anyone with a garden or yard can serve, by reversing our love of chemically sterile green lawns and providing important species with the food and shelter they need to flourish.

As soon as you create a wildflower meadow or border, you will provide a vital service to dozens of species of bees, butterflies and Monarchs.



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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

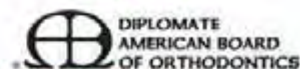
Orthodontists are specialists in straightening teeth and aligning your bite. They have two to three years of education beyond dental school. So they're experts at helping you and your child, get a great smile—that feels great, too.

Call today for your complimentary exam!

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WANT YOUR SKIN TO GLOW?

"All Natural" Might Not Be The Way To Go

If you want your skin to glow, experts at Baylor College of Medicine say all natural products might not be the answer.

"Some people think that by going all natural with their skin care, that it will automatically be safer for their skin. That's not necessarily the case," said Dr. Rajani Katta, professor of dermatology at Baylor.

Whether it is cleansers or moisturizers, you can still have allergic reactions to the ingredients even if they are all natural or organic. Many natural ingredients, such as lavender extract or sandalwood oil, are actually types of fragrance additives. Even though these are natural fragrances, they can still cause the same type of allergic reactions. Other natural ingredients, such as tea tree oil, can also trigger allergic reactions.

Since it may be hard to pinpoint exactly what is causing irritation or allergic reactions just by reading labels, Katta suggests consulting a dermatologist.



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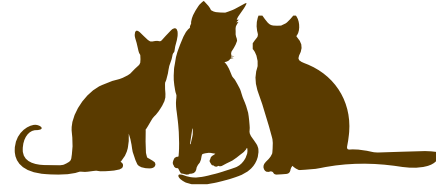
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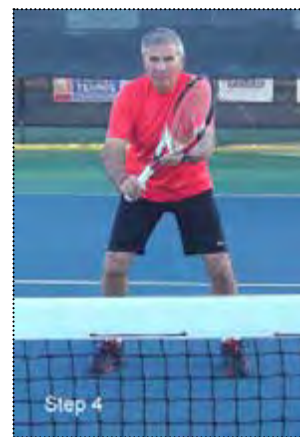
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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Forehand Drop Shot

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, the one-handed high volley approach shot, the forehand lob, the two-handed backhand lob and the one-handed backhand lob.

In this issue, I will offer instructions on how to execute the Forehand Drop Shot. This shot is used when a player is deep on the baseline and returns a short soft ball. The player hitting the drop shot is forcing the opponent to run toward the net. This ball should be hit high enough to clear the net and almost bounce back toward the net. If the player running for the shot can get it on the first bounce, it will likely be off balance and will be forced to make an error or return for an easy put away volley. In the illustrations, Fernando Velasco, Manager and Director of Tennis at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the base line when the opponent is expecting a deep return of a serve.

Step 1: The Back Swing: When Fernando detects the ball landing short and high, he starts his back swing high and compacted. He is using the continental grip and keeping his eyes focused on the flight of the ball. His left hand is up front to keep the proper body balance.

Step 2: The Point of Contact: Fernando is now ready to perform the drop shot. His eyes are now focused on the point of contact and the face of the racket is angled up to create the underspin on the ball. His goal is to keep his head still. His left hand is still in front and his weight is shifting toward his left foot.

Step 3: The Follow Through: The success of a drop shot is to keep the ball on the strings as long as possible. Fernando is almost “cupping” the ball during the follow through. Fernando’s grip is relaxed and the head of the racket is pointing toward the sky. His left shoulder is almost opening to the net and his eyes are following the path of the ball.

Step 4: The Ready Position: Once Fernando finishes the stroke, his goal is to follow the path of the drop shot. If he created a good drop shot and sees his opponent running with the head of the racket down, Fernando will move closer to the net or anticipate the angle shot. More likely it will be an easy sitter for a put away volley.

Look in the next Newsletter for: How to execute “The Backhand Drop Shot”



FOLLOW UP ON YOUR HEART HEALTH

Eating healthy and exercising are well known tips to keep your heart healthy, but doctors at Baylor College of Medicine say don't forget about the follow-ups.

"Many times people will see a doctor and receive a diagnosis of high cholesterol or blood pressure, for example, but they won't follow up with another appointment," said Dr. Joseph Coselli, professor of surgery at Baylor. "These secondary doctor visits are needed to monitor progression of risk factors and to help find the most effective treatment options."

Coselli recommends asking your doctor some important questions:

What is a healthy weight for me?

What does a balanced diet consist of?

How do I quit smoking?

What exercises should I add to my daily routine?

What health screenings should I have?

When should I follow up with my next appointment?

"You have to be responsible for your health and make important changes to keep your heart healthy," Coselli said.



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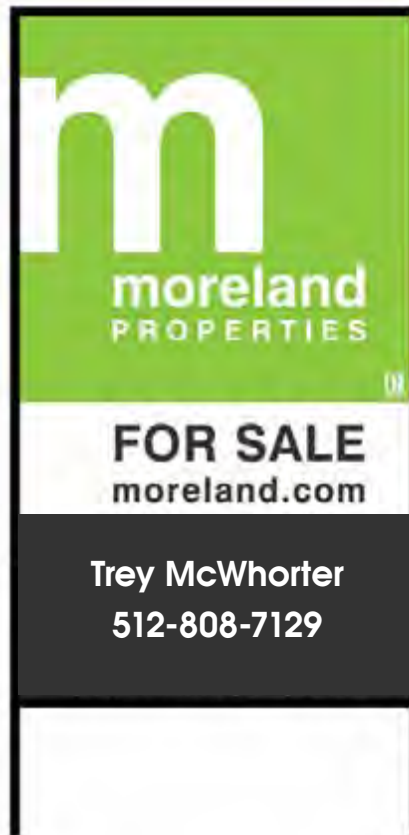
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