



NEWS FOR THE RESIDENTS OF TARRYTOWN

JULY 2014

VOLUME 2 ISSUE 7

FIT AND FUN

Health Tips for You and Your Children

By: Concentra Urgent Care

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!

Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy

what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: <http://www.cdc.gov/healthyyouth/physicalactivity/>



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

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| Austin High School..... | 512-414-2505 |

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| Texas Gas Service | |
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| Emergencies..... | 512-370-8609 |
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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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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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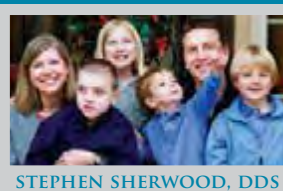
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TARRYTOWN REAL ESTATE MARKET REPORT UPDATE

By Trey McWhorter

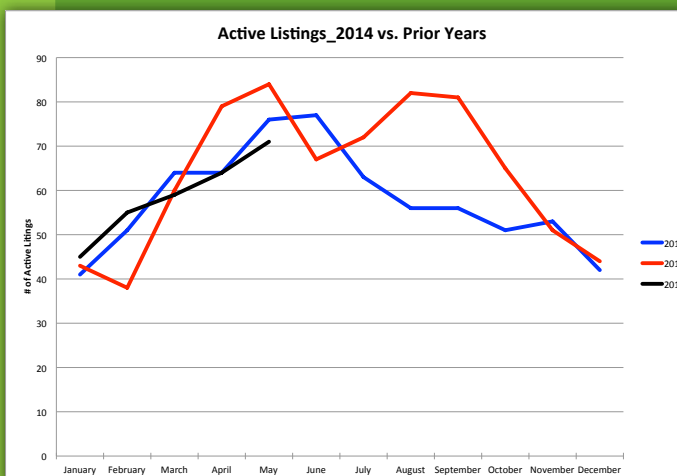
After spending a couple of months looking at some of the surrounding neighborhoods and comparing pricing and historical performance, I wanted to use this month's article to give an update on how things are going for the Tarrytown real estate market through the first half of the year.

As you can see in the table nearby, the number of transactions (through MLS) is down substantially from the same time last year. While I have only anecdotal information to go on, it does appear that more homes in the neighborhood are being sold off-market, so not showing up in the MLS data. This isn't a new phenomenon, but is growing more common. The graph nearby shows the number of active listings so far this year vs. 2012 and 2013, which offer more evidence of both a constrained market due to fewer listings as well as a potential shift in behavior to off-market transactions.

What was observed earlier in the year continues to be the case... the transactions in 2014 so far are for smaller and older homes. While the median square footage for the first half of 2013 was 2,847 sq ft, in 2014 that number is down almost 20% at 2,348. That plays a big part in the lower list and sold prices, as well as the higher price / sq ft (+13%).

And other indications of a hot market are clear in the sharp reduction in the number of days that homes are on the market. If you look at the median for days on market, it is down 42% from 2013 to only 7 days!

So my interpretation of the data is that the market is still very strong, and prices continue to rise though perhaps not at the rate of last year's increases. And there are fewer listings on the market for eager buyers, who are snapping up quickly those homes that are coming on the market.



| Single Family Homes | | Year to Date - Tarrytown | 2014 (YTD) | 2013 | CHANGE |
|----------------------------------|--------------------------------|------------------------------|-------------------|-------------------|--------|
| SOLD | | Single Family Homes Sold | 55 | 81 | -32% |
| List Price | Avg List Price | \$ | 933,532.73 | \$ 1,045,835.17 | -11% |
| | Median List Price | \$ | 720,000.00 | \$ 800,000.00 | -10% |
| Sold Price | Average Net Sold Price | \$ | 906,645.45 | \$ 1,006,435.56 | -10% |
| | Median Net Sold Price | \$ | 700,000.00 | \$ 810,000.00 | -14% |
| List Price \$ / Sq Ft | Average List Price / Sq Ft | \$ | 369.26 | \$ 328.80 | 12% |
| | Median List Price / Sq Ft | \$ | 356.70 | \$ 324.85 | 10% |
| Sold Price \$ / Sq Ft | Average Net Sold Price / Sq Ft | \$ | 362.06 | \$ 320.62 | 13% |
| | Median Net Sold Price / Sq Ft | \$ | 355.38 | \$ 315.39 | 13% |
| Net Sold Price | | Net Sold Price Range | 300,000-2,650,000 | 345,000-5,860,000 | |
| Net Sold Price \$ / Sq Ft | | Net Sold Price Range / Sq Ft | 185.89-649.88 | 163.54-581.58 | |
| Days on Market | Average Days on Market | | 44 | 55 | -20% |
| | Median Days on Market | | 7 | 12 | -42% |
| Size of House | | Sq/Ft (Total) | 2,348 | 2,847 | -18% |
| Age of House | | Year of Construction | 1949 | 1953 | -4 |

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



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As a specialist, Dr. Waters attended a three year Orthodontic specialty school after four years of dental school, one year hospital residency and two years practicing as a general dentist. After graduating Valedictorian with a Masters in Orthodontics, Dr. Waters worked with a mentor in private practice for another two years before offering his services independently.

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UNDIAGNOSED

Documentary Filmed in Austin

Imagine you are a patient with a constellation of symptoms that have never been seen together. How do you get care without a diagnosis? Recently The Tarrytown News featured a local non-profit, U.R. Our Hope. U.R. Our Hope is a locally based charity that serves individuals and families with undiagnosed and rare disorders.

Over the past year U.R. Our Hope has participated in the creation of the documentary, Undiagnosed: Medical Refugees. The film crew spent a week in Austin filming

local families, but also invited many of these families to Park City, Utah in March to continue to feature their diagnostic journeys.

In July U.R. Hope will host a screening of the documentary trailer on July 22nd at 6 p.m. at Iron Cactus on 6th Street. We invite the Tarrytown Community to join us for this amazing event. Tickets and additional information available at www.urourhope.org.

Please share this information with individuals and families who may need our assistance.





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CAPTION 1



CAPTION 2



CAPTION 3



CAPTION 4



CAPTION 5

The Modern Game: The Forehand Approach Shot

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing. I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more “weapons” on the court. In this issue, I will offer instructions on how to execute the Top Forehand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Christian Smith, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Christian is coached by the Director of the Tennis Academy, Darin Pleasant.

Step 1: The Back Swing: When Christian sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the left hand in front of his body for balance. He has

loaded his right hip to help him drive his weight forward. His grip is relaxed and his wrist is “laid back” to allow maximum point of contact.

Step 2: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Christian started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His right shoulder is almost opening and his weight has now been shifted toward the front.

Step 3: The Follow Through: In order to get maximum control and power, Christian is keeping his left arm in front as he extends through the shot. He has “snapped” his left wrist and has the head of the racket facing down. His weight is in the process of shifting forward.

Step 4: The Finish: Christian’s upper body acceleration forced his head of the racket to “wrap around” his left hip, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley.

Step 5: The Ready Position: Once Christian hits the ball, he must get ready to volley if the ball was not a “winner”. By the smile on his face, his forehand approach shot was successful and is waiting for an easy return to “kill” the next shot. His knees are slightly flexed, he is in a good athletic stance and his eyes are focused on the oncoming ball.

Look in the next Newsletter for: “The Modern Game: The Backhand Approach Shot”

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*Source: Texas DFPS, Watch Kids Around Water

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