



NEWS FOR THE RESIDENTS OF TARRYTOWN

MARCH 2015

VOLUME 3 ISSUE 3

"It's My Park Day" at Pease Park

The Pease Park Conservancy is seeking volunteers to participate in the Austin Parks Foundation's annual citywide "It's My Park Day" event. Volunteers will spread mulch, weed flowerbeds, clear trash, and perform other tasks to maintain the natural environment of historic Pease Park. Persons interested in volunteering at Pease Park should register at <http://www.austinparks.org>.

APF's "It's My Park Day" event takes place on the first Saturday in March each year. At last year's event, over 3,000 volunteers provided more than 10,000 hours of labor to improve Austin's parks and greenbelts.

"We had a great turnout at Pease Park last year and we hope to repeat that success this year," said Andy Gill, the Conservancy's executive director. "The 'It's My Park Day' event is a great way for the people of Austin to express their appreciation for our wonderful park."

The Conservancy will provide "It's My Park Day" t-shirts to registered volunteers and refreshments to all volunteers who participate in this event at Pease Park.

What: "It's My Park Day" at Pease Park

Where: Volunteers to meet at the picnic tables located at 1100 Kingsbury St. on the south end of Pease Park

When: Saturday, March 7, 2015 from 9:00 a.m. to Noon



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Police Department	512-975-5000
Sheriff – Non-Emergency.....	512-974-0845
Animal Services Office.....	311

SCHOOLS

Austin ISD.....	512-533-6000
Casis Elementary School	512-414-2062
O. Henry Middle School.....	512-414-3229
Austin High School.....	512-414-2505

UTILITIES

City of Austin.....	512-494-9400
Texas Gas Service	
Custom Service.....	1-800-700-2443
Emergencies.....	512-370-8609
Call Before You Dig.....	512-472-2822
Grande Communications.....	512-220-4600
AT&T	
New Service.....	1-800-464-7928
Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080
Austin/Travis County Hazardous Waste	512-974-4343

OTHER NUMBERS

Ausitn City Hall.....	512-974-7849
Ausitn City Manager.....	512-974-2200
Austin Police Dept (Non Emergency).....	512-974-5000
Austin Fire Dept (Non Emergency).....	512-974-0130
Austin Parks and Recreation Dept.....	512-974-6700
Austin Resources Recoovery	512-494-9400
Austin Transportation Dept.....	512-974-1150
Municipal Court	512-974-4800
Post Office.....	512-2478-7043
City of Austin.....	www.AustinTexas.gov

NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181
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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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FITNESS CORNER

THE CORE OF THE MATTER

We've all been trained to work our "abs" to look thinner and because everyone is supposed to do crunches! But the truth is our core is so critical to our entire body's health, performance and level of pain and the abs are just a component of a larger, sophisticated piece made up of also the glutes, hips, sides and back muscles (think spinal stabilizers). And a strong core isn't just so we can look good, but it's instrumental to our balance, how we move, sit and more.

Pain in the back and other body parts could be a warning sign that key stabilizer muscles are imbalanced, inflexible or unconditioned to do their job well. In this modern society where many of us sit for prolonged periods for work, school or in flight, it is crucial that we're aware of our core's role in everything we do and that we work hard to maximize its strength now and as we age.

A flexible and strong core is necessary for:

Less injury and pain overall

Better day to day life performance (shoveling, carrying groceries, navigating slippery terrain)

Improved athletic performance and efficiency

Balance

Looking tighter

Posture

The absolute best way to get a strong core is through full body, functional fitness that trains the core to work well in conjunction with the entire body. Crunches will give you abdominal endurance and some strength in the front region, but planks, Pilates, loaded squats, kettlebells and other exercises introducing instability and imbalance will get the job done much more efficiently and effectively as they work the entire core (and they are likely more fun, too!).

If you have questions about how to get on the right track, do some research and work with a trainer who will design a plan that is right for you.

To your core health!

your core

includes your abdominals, all the muscles in your hips, and the muscles that run up and down your back.



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TARRYTOWN REAL ESTATE MARKET REPORT

*The First Six Weeks
of 2015*

by **Trey McWhorter**

2014 was another record year for Tarrytown real estate, so everyone is eager to find signs of what 2015 holds. It's still very early and winter months are typically slower anyway, but we can look at the first 45 days (the date for this article was February 15) of 2015 for some indication about how things are going, and compare that to the same period last year.

A few observations from the stats table:

- Average and median list prices far exceed even last year's record numbers from the same time frame, up 88% and 78% respectively over 2014's first 45 days.
- Sold prices are equally impressive. Average sold prices are up 83% over last year, and median prices are up 80% over 2014.
- List and Sold \$ / square foot (SF) are lower than 2014. The higher list and sold prices and lower price / SF can be explained in part by a shift toward larger, newer homes. If you recall this same time last year, I observed the exact opposite trend. In 2014, the homes had shifted to older, smaller homes and the price / SF had shot through the roof.
- Likely due to the price points, homes are taking a little longer to sell, as days on market (DOM) has increased from a median of 10 days in 2014 to 45 days in 2015.

Tarrytown's real estate performance appears to be on a positive trajectory for growth again in 2015!



Single Family Homes	Year to Date Stats for Tarrytown	2015	2014
# Sold	Single Family Homes Sold	10	10
List Price	Avg List Price	\$1,027,500	\$745,900
	Median List Price	\$1,027,500	\$577,000
Sold Price	Avg Net Sold Price	\$976,170.00	\$794,986.50
	Median Net Sold Price	\$1,022,500	\$588,250.00
List Price \$ / SF	Avg List Price / SF	\$388.55	\$422.84
	Median List Price / SF	\$388.06	\$381.45
Sold Price \$ / SF	Avg Net Sold Price / SF	\$348.18	\$417.88
	Median Net Sold Price / SF	\$352.75	\$374.27
Days on Market	Avg Days on Market	80	33
	Median Days on Market	45	10
Size of House	SF (Total)	2790	1502
Age of House	Year of Construction	1898	1850

Note: All data comes from the Austin Board of Realtors' MLS report, reflecting activity through February 15, 2015.

Contemporary Orthodontics



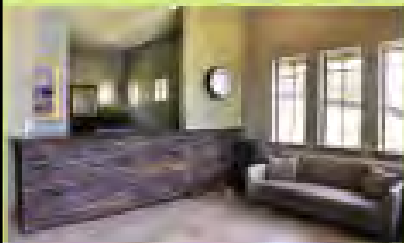
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*"... Far From
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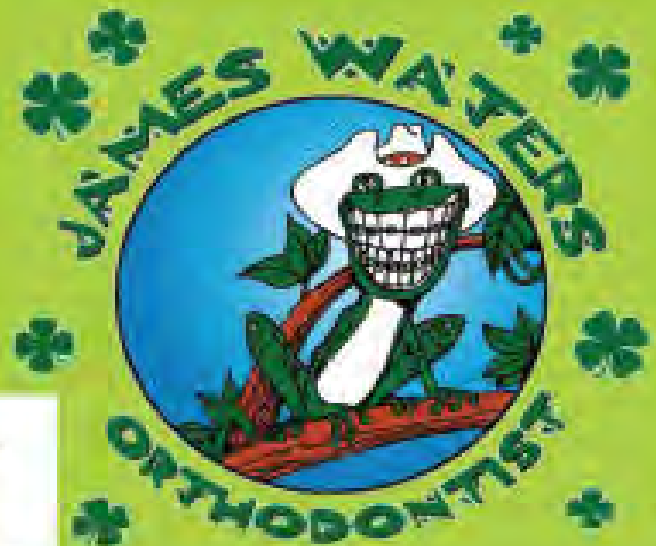


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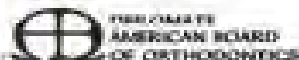
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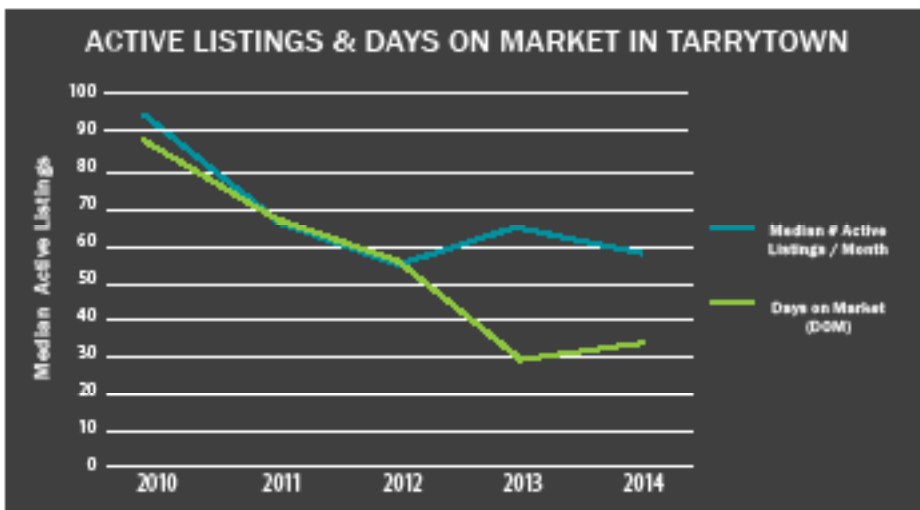
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