



NEWS FOR THE RESIDENTS OF TARRYTOWN

JUNE 2015

VOLUME 3 ISSUE 6

TARRYTOWN NEWSLETTER

*A Newsletter
for the Residents of
Tarrytown*

The Tarrytown Newsletter is a monthly newsletter mailed to all Tarrytown residents. Each newsletter is filled with valuable information 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. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

Stand-up Paddle Boarding: WORKOUT FOR THE MIND, BODY AND SPIRIT

By Trey Rozenkranz

Austinites, known as some of the fittest folks in the country, are getting on board with the hottest new workout and reaping the many fitness benefits of stand-up paddle boarding (SUP). While SUP can be an occasional weekend outing on the water, its fans realize the sport is a perfect combination of fun and an overall mind/body/spirit workout that has become an integral part of their fitness plan.

SUP is a results-oriented workout. Because the stand-up paddler needs to balance and propel forward, SUP actively engages dozens of muscles throughout the body. It stabilizes the core, strengthens muscles in the feet, legs, glutes, mid-section and shoulders, and builds cardiovascular endurance without the paddler feeling overly taxed because of its subtle technique. It also raises awareness of the balance-coordination-agility relationship (also called proprioception).

Many athletes are drawn to SUP during off-season training or as an alternative to more rigorous exercises such as running because it is low-impact, significantly reducing chance of injury while yielding high rewards. Not many sports can make such a claim.

SUP is also a mental exercise. Not only does SUP provide physical benefits, studies have shown that any activity that requires crossing the body's mid-line calms the brain and aids in decision-making, which explains why SUP can feel mentally therapeutic.

SUP is an opportunity to commune with

nature. For many local paddlers, the best aspect of SUP is peacefully gliding on Austin's beautiful waterways, breathing the fresh air, and taking in the scenic outdoors while exercising. It provides an escape from the often hectic pace of our daily lives.

It's important to find a certified SUP trainer to introduce you to the sport. Surprisingly, standing on a paddle board is much easier than most people expect because the boards are large and stable, making it accessible for most folks. But it's also important to learn proper technique to gain the most benefits and enjoyment. So don't hesitate to take your workout to the water and join a local SUP workout, take a lesson, enjoy a guided tour, or go solo on your own board.

Get on board with SUP and improve your focus, build your strength, and feel the harmony.

Trey Rozenkranz is owner of Triple Three Athletics and Wellness, a training center that uses a holistic process – balancing mind, body and spirit – guided by a trainer accomplished and certified in sport-specific programming, fitness approaches, and healing practices for athletes and wellness-minded people. Triple Three specializes in: sports-performance enhancement coaching, strength training, functional movement training, corrective exercise training, pre- and post-rehabilitation, flexibility development, precision nutrition guidance (focus on both micro- and macronutrients), and weight management. For more information, visit www.t3aw.com.

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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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Nature Watch

SERIOUS ABOUT SALAMANDERS

by Jim and Lynne Weber

Humans often wonder why efforts are made to protect biodiversity and save endangered species. Biodiversity is defined as the variety of life in the world or in a particular habitat or ecosystem, and preserving it provides us with tremendous and vital benefits. Among others, these benefits include air purification, medicines for better health, fresh water, pollination of crops, carbon sequestration (or storage), and preserving the fertility of the soil.



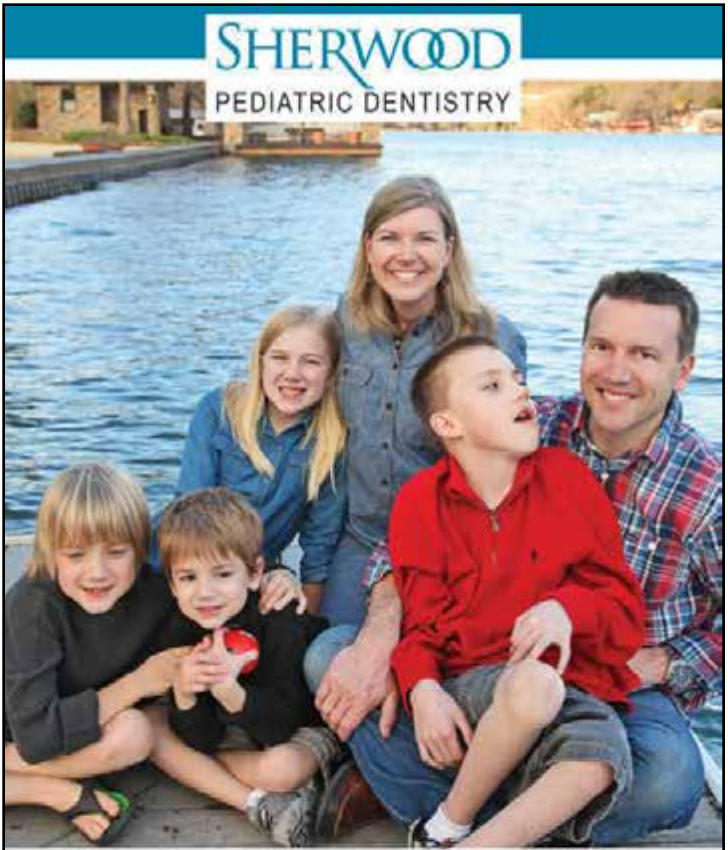
Blind Salamander

Forests purify our air by filtering particulates and regulating the composition of the atmosphere. They act as massive carbon reservoirs, essential to the Earth's global carbon cycle, and significantly contribute to regulating the global climate. Natural forest soils, with their active microbial and animal populations, have a higher content of total nutrients and biomass, supplying the right nutrients to plants in the right proportions. Soils and wetlands also act as a filter for water, helping to reduce nitrogen loading, which is a significant form of pollution that occurs as a side effect of development in many parts of the world.

Roughly 50% of the medicines currently available are derived from natural products. Of these, at least 120 chemical compounds derived from 90 different plant species are critically important drugs in use around the world today. Many flowering plants rely on a great variety of animals to pollinate them, including one third of the world's food crops. In the U.S., it has been estimated that honeybees alone pollinate approximately \$10 billion worth of crops.

Recently, the U.S. Fish and Wildlife Service protected the Austin

(Continued on Page 6)



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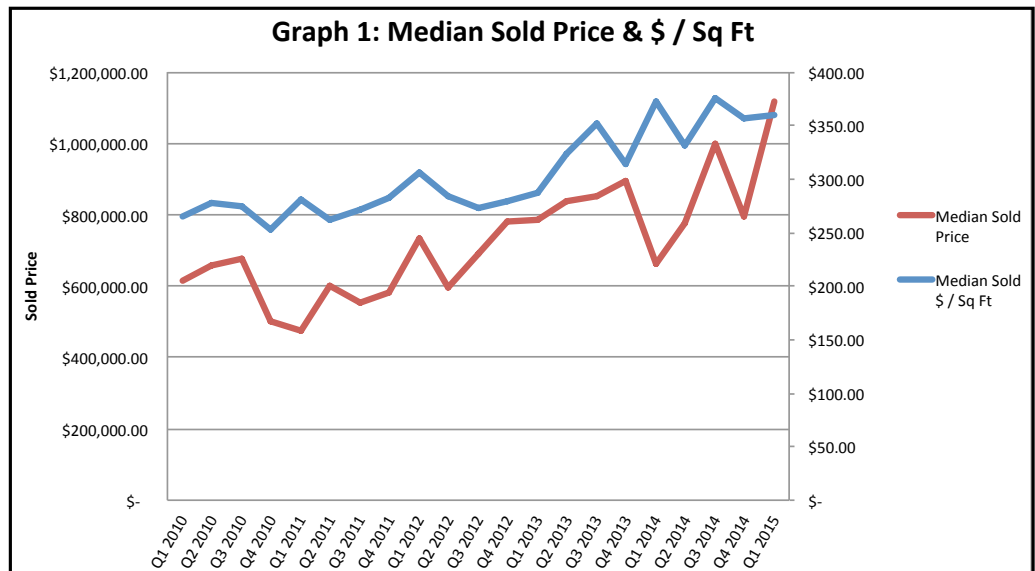
TARRYTOWN REAL ESTATE MARKET REPORT

June 2015

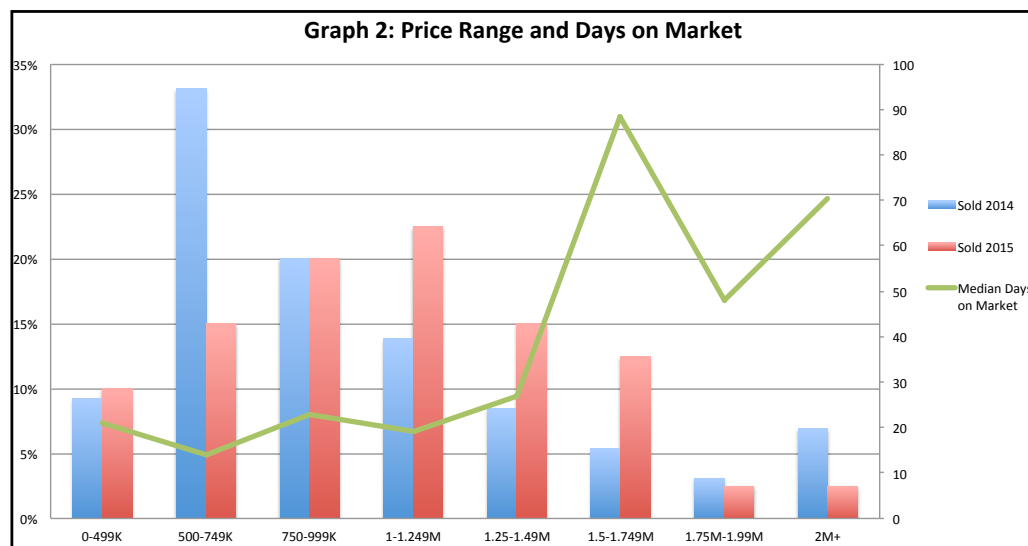
by **Trey McWhorter**

Not many changes since the May update as far as price performance goes. List and sold prices continue to be well above 2014, with the median sold price for the period January 1 to May 15 up over 60% from the same time period in 2014 to \$1,087,400. Median sold \$ / sq ft is up ~6% to \$384. As noted in May, the trend in higher list and sold prices is driven by a shift to sales of larger, newer homes.

Looking at quarterly performance in Graph 1, you can see that Tarrytown set a record in Q3 2014 with a median sold price of \$1,000,000. Q1 2015 exceeded that with a new record of \$1,116,500. Sold \$ / sq ft was close to its all-time high at \$360.



I thought it might also be interesting to have a visual for where the activity in the market is by price range. Graph 2 shows the percentage of transactions in eight price bands (the columns), with the median number of days on market overall for each of those price bands (the line). You can see a shift to higher price points



from 2014 to 2015, and that for homes priced under \$1.5M the days on market hovered around 20 days. For homes priced above \$1.5M, the median days on market was right around 70 days.

If you would like to see analysis of something in particular related to real estate in Tarrytown or Austin in general, please let me know.

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

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TARRYTOWN

(Nature Watch, Cont. from Page 3)

Blind Salamander (*Eurycea waterlooensis*), and the Jollyville Plateau Salamander (*Eurycea tonkawae*) in addition to a total of 4,451 acres of critical habitat. These salamanders live nowhere else in the world, and saving them is also an important step for our region's long-term water quality and health. They cannot survive in waterways polluted with pesticides, industrial chemicals, and other toxins, so



Jollyville Salamander

they are excellent indicators of the health of the environment.

The Austin Blind Salamander has external feathery gills, a pronounced extension of the snout, no external eyes, and weakly developed tail fins. It occurs in and around Barton Springs, which is fed by the Barton Springs segment of the Edwards Aquifer. The conditions that threaten this species include degradation of its aquatic habitat from pesticides and fertilizers, as well as low flow conditions in the aquifer and the springs. The Jollyville Plateau Salamander is physically similar to the Austin Blind Salamander, but has generally well-developed eyes, except for some cave-dwelling forms that exhibit eye reduction, head flattening, and loss of color. Typically, their habitat is spring-fed, and they occur in depths of less than one foot of cool, well-oxygenated water. While this salamander lives in the Jollyville Plateau and Brushy Creek areas, significant population declines have been observed, likely as a result of degrading water quality from rapid urban development.

Perhaps one of the most fundamental benefits of saving endangered species is an aesthetic one, as the loss of biodiversity impoverishes our world of natural beauty, both for ourselves and for future generations. It is yet another good reason for us to be serious about salamanders!



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The disappearing deductible

Mysterious door to door salesman

Fluctuating bid

High pressure tactics

First steps after the storm

Call your insurance agent

Ask agent about process

Wait to get estimates until after your adjuster has examined your roof

Selecting contractors

Stay calm

Be proactive selecting a company

Avoid door to door solicitors

Do your research check with BBB , Angie's List or similar

Don't sign any document until you're sure you've selected the contractor you want

Find a local reputable company

Make sure it is in writing

Verify bonding and insurance

Check the companies referrals from neighbors and others you trust

Avoid quick fixes and low prices

Avoid contractors willing to "Save your deductible" which is unlawful

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FOUR-LINED PLANT BUGS



Four-lined plant bugs are brightly colored. Nymphs (immatures) are red while older nymphs start to have wing pads with yellow and black stripes. Adults have fully developed wings that are yellow and black striped. Adults look similar to, and may be mistaken for, striped cucumber beetles.

These insects have piercing-sucking mouthparts which they use to suck out plant juices. The plant bugs suck out chlorophyll and leave a "window" between the upper and lower epidermis of the leaf. Damage appears as white, dark or translucent spots of foliage and is sometimes mistaken for fungal damage. Feeding may also cause curling and browning. Fortunately, damage is mostly cosmetic, but if you are trying to eat the foliage of the damaged plant it may become a problem.

The insects feed on a wide variety of hosts, including fruits and vegetables, annuals and perennials and woody plants. When disturbed, the insects are fairly good at hiding. They either crawl to the underside of the leaves or drop to the ground to hide among foliage.

If you feel the need to manage these insects, try insecticidal soap. If that doesn't work, you can try azadirachtin (neem- concentrate, not oil; it's getting too hot to use oil formulations) or pyrethrins. If that doesn't work then try a residual contact product.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com.

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TENNIS



By USPTA/PTR Master Professional
Fernando Velasco

TIPS



CAPTION 1



CAPTION 2



CAPTION 3

“Tennis for Children 9-10 years old and under – Green Ball”

This series of Tennis Tips are focused on how to involve children of all ages learning to play tennis and offering tips to the parents on how to assist at home. In the last issue I offered advice for children 9-10 years old and under playing with the softer orange ball and on a 60' foot court. This issue, will focus on children 9 and 10 years old and under playing with the green soft ball and on a 78' foot regular size court.

Caption 1: Tennis Racket and balls: The children should be using rackets ranging in length from 25" to 27" long along with the green ball. These longer, lighter rackets and bouncier balls will make it easier for the child to control the swing and the point of contact with the ball. The appropriate racket to use will depend on the height of the child. Balls will bounce from 47" to 53", which is within the comfort zone for most children of that age.

Caption 2: Tennis Court: For those players ready to cover the regular size court, they will now be playing on a 78" x 36' tennis court. Lines are now painted regular white making it much easier to see the ball landing, especially while the opponents are serving. Players need to be physically ready to cover the entire court.

Caption 3: Make Tennis Your Kid's New Pick-Up Game: Just like any other sport or skill, repetition is the key to learning. Once basic skills are learned the child will:

- Receive Mind and Body Workout

- Develop Confidence and Character
- Encourage Self-Control and Discipline
- Improve Fitness and Focus
- Offer Both Individual and Team Play
- Encourage Cross-Training and Low Rate of Injury
- Teach Problem Solving and Sportsmanship

Children at this age are already playing points and are given tips on how to hit groundstrokes, volleys and serves with control. The USTA provides tournaments and leagues for children 10 and under using the green ball on the 78' courts. Matches are normally 4 game sets and they are encouraged to play round robins and/or consolation rounds.

Tips to parents:

- Take your child to a tennis court and encourage them to drop the ball and hit it on their own.
- Afterwards, feed the green balls from your own service line to them standing on the opposite service line. Feed the ball softly and with control. Make them move very slowly and with body control.
- Have them stand on their base line and feed balls next to them. Later move to the service line and once successful, move to the opposite side of the net.

Look in the next Newsletter for: "Tips for children 11 years old and older – Yellow Ball". For more information about our programs and club information, you can visit us at www.greyyrocktennis.com or call us at 512-301-8685.

Asthma Can Be Controlled, Not Cured

Medications and lifestyle changes help manage asthma, but they will not actually cure it

"You still have airway inflammation that needs to be treated," said Dr. Nicola Hanania, associate professor of medicine at BCM.

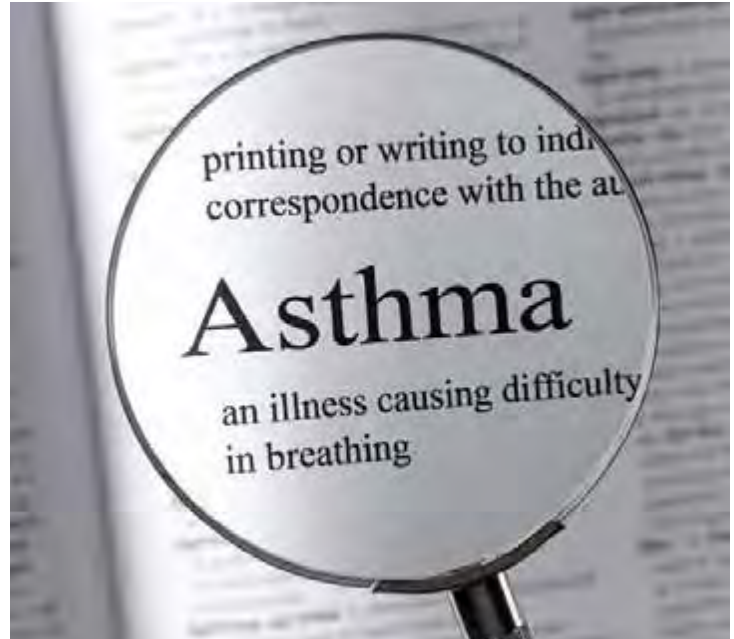
Asthma has a higher prevalence in the inner city population. Treatment incorporates anti-inflammatory medications and lifestyle changes.

Hanania stresses controlling indoor allergens such as dust mites and mold, as well as controlling exposure to second hand smoke.

Although asthma symptoms may not be as apparent when medication and lifestyle changes are incorporated, asthma is not actually cured. If medication or lifestyle changes are stopped, signs of poor control, such as exacerbations and an increased use of an inhaler, will appear and can lead to emergency room visits, hospitalizations and sometimes even death.

Hanania suggests proper education about asthma and having an action plan and knowing when to get help or when to go to the emergency room.

It is possible for adults to develop asthma even though it was not present previously.



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