



NEWS FOR THE RESIDENTS OF TARRYTOWN

OCTOBER 2015

VOLUME 3 ISSUE 10

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!

4TH ANNUAL SPOOKTOBER 5K & FALL FEST



The Friends of Austin State Supported Living Center invite you to attend the 4th annual Spooktober 5K & Fall Fest on Saturday, October 17th! This family-friendly event includes a timed 5K run/walk, a Kids K, and a Fall Festival. Come out to learn more about the living center and the residents who call it home. Enjoy live music, a petting zoo, food trucks, face painting, a moonwalk, photo booth, bungee run, and more!

The Spooktober 5K & Fall Fest will kick off at 9 am with a timed 5K run/walk, followed by the Fall Festival from 10 am until 1 pm and the Kids K at 12 noon.

Please visit www.austinspooktober.org to learn more and register today!

Cost: \$30 per adult; \$20 per child 13 &

under; \$10 for the Kids K. Fall Festival tickets will be sold at the event for \$1 each, or you may purchase a festival wristband for \$20.

Austin State Supported Living Center provides aid and support to more than 200 individuals with intellectual and developmental disabilities in order to increase their independence and improve their quality of life. The center provides a wide range of individualized training and recreational programs in a beautiful living environment in West Austin.

Proceeds from the event will fund our "Give Us a Lift" campaign to purchase a new paratransit for the residents.

Try out your Halloween costume and join us on October 17th!

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Ambulance.....	911
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Austin High School.....	512-414-2505

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Austin Transportation Dept.....	512-974-1150
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City of Austin.....	www.AustinTexas.gov

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Please support the advertisers that make Tarrytown News possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or advertising@peelinc.com. The advertising deadline is the 8th of the month prior to the issue.

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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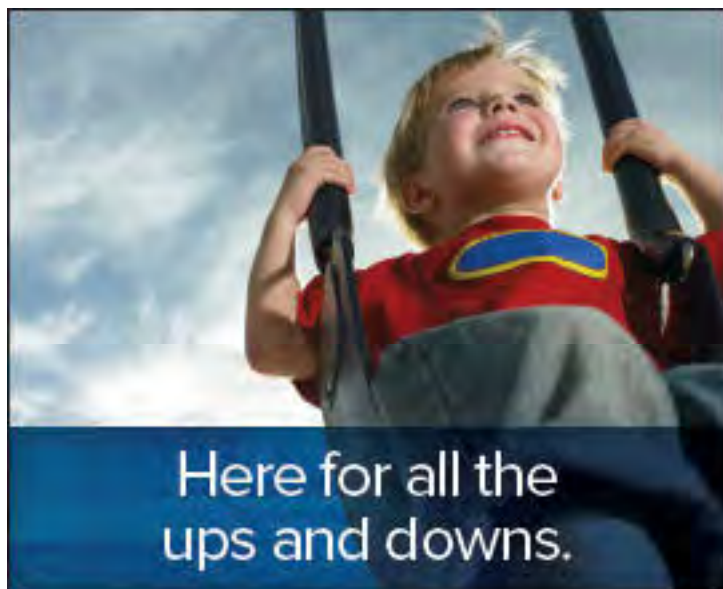
HOPE4MINDS' BATTLE OF THE YOUTH BANDS

Lets Kids Sling Their Six-Strings and Raise Money for Hope4Minds, Offering Hope and Support to Kids with an Acquired Brain Injury

Rock on and play hard for a good cause this fall at the second Battle of the Youth Bands and Family Fun Fest on Saturday, October 17, 2015 from 10 a.m. – 6 p.m. at The Rusty Mule, 9201 Hwy 290 in Austin. Produced by Hope4Minds with Strait Music and Austin School of Music, the Battle of the Youth Bands and Family Fun Fest is a high octane day of live music, a silent auction and activities including gyroscope, rock wall, food trucks, face painting, redneck games knockdown, carnival games and much more. Youth bands will compete before and during the event to raise money. Proceeds benefit Hope4Minds, a 501 3(c) public charity that's fostering hope and enriching the lives of Texas children with an acquired brain injury. For more information or to donate, visit www.hope4minds.org.

Bands are competing both on and off stage by raising money for Hope4Minds, with two winners earning a gig at Stubb's Bar-B-Q on Dec. 6, 2015. In addition to their Stubb's show, the first place winner will receive six hours of recording time at Austin School of Music.

(Continued on Page 7)



Here for all the ups and downs.



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Partnerships for Children

Marques is a charming and quiet young man. He loves basketball and enjoys most all sports. He also enjoys riding his bike, playing video games and listening to music. He would enjoy being in a family that would provide activities for him to be active, especially sports. He would like to have a Mom that is caring and loving. He would also like to have a father that will do “guy things” like playing basketball and camping.

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.

The Heart Gallery of Central Texas is a program of Partnerships for Children. To learn more about the adoption or fostering process, please call the Heart Gallery of Central Texas at (512) 834-4756, email heartgallery@partnershipsforchildren.org or visit our website at www.partnershipsforchildren.org



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TARRYTOWN REAL ESTATE MARKET REPORT

October 2015

by **Trey McWhorter**

I get occasional questions about the rental market in Tarrytown and interest in pricing and activity. This month I'm providing some data on that for your reference.

Pricing

As far as prices go, I looked at monthly lease rates as well as price / sq ft. As you can see in the table nearby, since 2010 price per square foot has appreciated nearly 40%, and monthly lease rates have increased roughly 17%. In the graph, I went back as far as digitized MLS data goes so you can see what happens around the time of the 2001 dot-com bubble and the 2008 / 2009 "Great Recession".

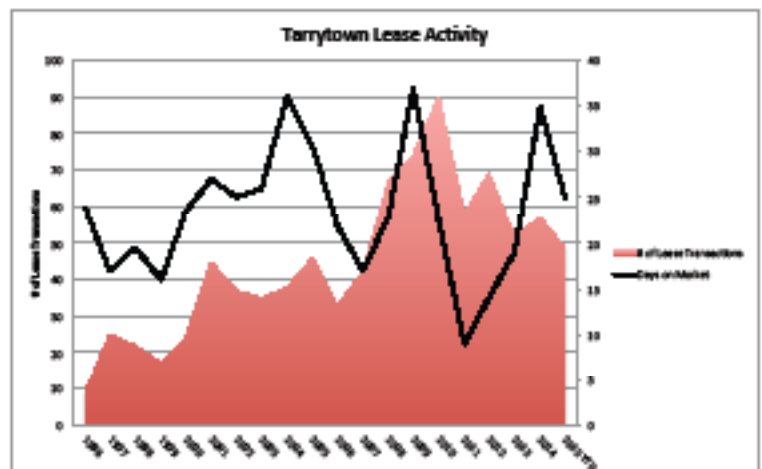
Activity

The number of lease transactions in Tarrytown increased fairly steadily through 2010 and has been declining since that time. The number of days on market has been more erratic, with median days on market as high as 37 days in 2010, and as low as 9 days in 2011. With 8 active and 2 pending listings at the time this article was due, it is likely that 2015 will exceed 2013 and 2014 for transactions.

If there is other analysis you are interested in seeing, please feel free to send me your questions or requests. My contact information is in the ad on the back of this newsletter.

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

Year	\$ / Sq Ft	Monthly Rent	# of Transactions	Days on Market
2010	\$ 1.33	\$ 2,400.00	90	22.5
2011	\$ 1.52	\$ 2,675.00	58	9
2012	\$ 1.60	\$ 3,000.00	69	14
2013	\$ 1.66	\$ 2,845.00	52	19
2014	\$ 1.80	\$ 2,700.00	57	35
2015 (YTD)	\$ 1.84	\$ 2,800.00	49	25



(Continued from Page 3)

Brianna, an 8 year old singer in one of the participating duos, suffered a traumatic brain injury when she was 12 months old and has physical disabilities as a result of her injury. Brianna said, "I want to help other kids get help like I did so they can get better."

Ronda Johnson, executive director for Hope4Minds, is especially impressed by the bands' enthusiasm to support other kids. "These young musicians from all over Austin are coming together to support our kids and families, and there's something really special about that."

Admission is \$5 a person with free admission for children 2 or under. Tickets are available online at Hope4Minds.org and at the event. Guests are encouraged to bring chairs/blankets due to limited seating.

2015 Battle of the Youth Bands sponsors represent community-minded businesses from across Austin including Dell Children's Medical Center, Engel & Volkers; On Call Emergency Center; Premier Family Physicians; Community Impact; Covert Buick; Peel Inc. ; Big Sky Pediatric Therapy; AR Signs; Kim Burke of Sotheby's International Realty; Peter King Design; Massage Envy; European Wax Center; Moreland Properties; Sonrisas Therapies; Escarpment Village; Core Health Care; Stubbs Bar B Q; Maggie Ruiz of Realty Austin; Critter Ridder; Home Source Mortgage; Mercedes-Benz of Austin; William Talbot-Allstate; V & V Liquors; Therapy Center

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TENNIS TIPS

By USPTA/PTR Master
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How to Hit a Two-Handed Backhand Groundstroke

In last month's newsletter, I gave tips on how to execute a Forehand Groundstroke. In this issue, I will offer instructions on how to execute a two-handed backhand for a right hander. Kim Cousins, Member at the Grey Rock Tennis Club in Austin, is showing the proper stroke.

Step 1: Ready position: Kim's body is facing the net and both of her hands are on the handle of the racket. Her left hand is not overlapping the right hand and it is gripping the racket slightly tighter than the right

hand. Her feet are shoulder width apart and her body is in good balance.


Step 2: Back swing: Once Kim makes the decision to hit on the left side, her shoulders are taking the racket back before the ball bounces. Notice the slight change of her grip on the right hand toward the top of the handle (continental grip). Her upper body has turned and is ready to take the right foot forward. Her eyes are still focused on the incoming ball.

Step 3: Point of Contact: Kim's eyes now shift toward the point of contact which should be in front of her right foot. Her right hand is still slightly relaxed, but her left hand is doing most of the work at the point of impact. Her racket has made contact with the ball and her weight has shifted toward the point of contact. Her focus is to keep her right shoulder turned and not to open her left hip too early. Her right knee is slightly bent with will allow for more flexibility and power on the ball.

Step 4: Follow Through: Once her racket has made contact with the ball, her arms are extend out toward the target selected. Her elbows now are bent and the head of the racket is wrapping around her left shoulder.

Look for next Issue: The One-Backhand Groundstroke


(Continued on Page 11)



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(Continued from Page 8)

Ask the Pro:

Also, beginning with this issue I will answer e-mails that players are sending me with questions regarding tennis. If you wish to seek my advice, please sent me your question/concern/problem to: Fernando_Velasco@GreyRockTennis.com

Question: I started to play tennis again and my arm and elbow are hurting. Can you give me some advice?

Response: The first thing I suggest is checking your racket. Strings may be dead, and/or racket be too old, especially if it was stored in the garage or an attic. "Dead" strings and frames are the first cause of arm and elbow pain. Many local tennis centers have demo rackets available for you to try. The new and more advanced rackets are larger and lighter than previous models.

Second, I suggest starting slowly to retrain your strokes. Try to just drop and hit balls without much pace to get the confidence and consistency of getting the balls over the net by creating a nice arch on top of the net and land before the baseline.

Third, I suggest joining some group lessons and seek the advice of a certified tennis professional. They will give you tips on how to get you into playing tennis again without pain.

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