



NEWS FOR THE RESIDENTS OF TARRYTOWN

FEBRUARY 2016

VOLUME 4 ISSUE 2

## Award-Winning Exhibit Coming to Austin as Part of National Tour

The World Vision Experience is coming to Austin in February to bring national news headlines to life. Visitors to the Experience will step into a “global village” inside this 1000 square-foot trailer. Inside they will don headsets and walk through an inspiring 20-minute journey while listening to the voices of children. Three visual “sets” will allow the visitors to also see how these children live in their country.

These true, life-changing stories will open eyes to untold stories associated with the most pressing causes of our time: human trafficking (Bangladesh), the Syrian refugee crises and the protection of vulnerable children (Uganda). Visitors will also find out how World Vision is providing hope in these specific areas and in other parts of the globe.

This Experience exhibit will be available February 19-21. Hours are: Friday 11:00-6:00; Saturday 10:00-6:00 Sunday 9:00-2:30. The Lakeway Church is providing their parking lot for this exhibit at 2203 Lakeway Blvd, Lakeway, TX 78734.

Walk-ups are welcome. Reservations (for one person or even groups of 10 or more) can be made in advance by going to [worldvisionexperience.org](http://worldvisionexperience.org).

World Vision is a Christian humanitarian organization dedicated to working with children, families, and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice. World Vision serves all people regardless of religion, race, ethnicity, or gender.



**Contact Jo Carlson at: [jo4kids@outlook.com](mailto:jo4kids@outlook.com) or call 512-300-0812**

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## IMPORTANT NUMBERS

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Ambulance.....	911
Police Department .....	512-975-5000
Sheriff – Non-Emergency.....	512-974-0845
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Call Before You Dig.....	512-472-2822
Grande Communications.....	512-220-4600
AT&T	
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### OTHER NUMBERS

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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 Recovery .....	512-494-9400
Austin Transportation Dept.....	512-974-1150
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City of Austin.....	www.AustinTexas.gov

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## ARTICLE INFO

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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](mailto:tarrytown@peelinc.com). The deadline is the 15th of the month prior to the issue.



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The poster features a central graphic of a person running, with the text 'AUSTIN 10/20 MILES BANDS' overlaid. The background is a fiery orange and yellow gradient. At the bottom, there are logos for 'Third BASE' and 'Austin 10/20'.



# THEY LIVE WITH THAT CONSTANT REMINDER... THE EMPTY CHAIR

## Campaign Overview

Our platform seeks to engage and inform the citizens of this country of our solidarity movement to honor our brave. This campaign's mission and purpose, is to show our gratitude to troops, veterans, law enforcement and their families, that we understand and appreciate the sacrifices they've made for the freedoms we're privileged to enjoy.

A representation of your heartfelt THANK YOU will be on display when wearing the Token of Appreciation pin. It's an impactful salient message that demonstrates our understanding of the difficulties and dangers those who protect and serve experience while keeping us safe. It allows for opportunities to show our gratitude to the unidentifiable (those not in uniform). We hope you'll join in this effort.

To kick start this campaign, we're orchestrating a Fund Raising Drive during the month of February. Share the Will is a nonprofit and recipient of 5,000 Tokens donated by Chasco Constructors. Our goal is to see Tokens of Appreciation on the shirts, coats and caps of many and raise upwards of \$25,000. Thank you Chasco, for making it possible in that 100% of every dollar received, will go towards the immediate needs of our military and or law enforcement members in our community.

We encourage you to give pause more than just a few days a year... our brave are on duty 24/7/365. We ultimately hope to bolster our military and law enforcement members confidence in how they're perceived by the people. Lastly, let us not forget the sacrifices of the loved ones...for they live with their constant reminder...the empty chair.

Wear your pin, show your appreciation and let it serve as YOUR constant reminder...FREEDOM IS NOT FREE.

If this resonates with you and you'd like to participate in this fund raiser, we are seeking Ambassadors. A representative for each neighborhood would certainly optimize our organizational strategy and be instrumental in the success of achieving our goal.

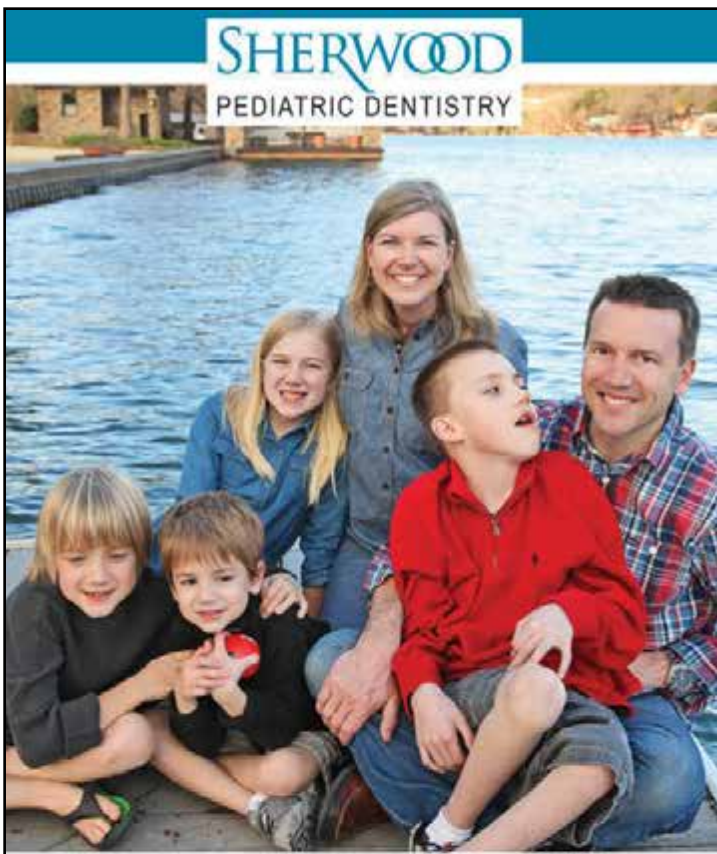
Contact emails: Vikinggirl1010@gmail.com or Sharethewill@gmail.com Will Williams retired Sergeant was deployed 6 times, is retired, yet still serves...his community. Visit [www.tokensfortroops.com](http://www.tokensfortroops.com) for a list of local charities.



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## LEAF CUTTING ANTS

Leaf cutting ants are reddish-brown with three pairs of spines on the thorax and one pair of spines on the back of the head. Workers come in various sizes, but can be up to ½ an inch long. Mounds can become large and are sometimes mistaken for fire ant mounds.



Leaf cutter ant mounds have a central opening and often a crater shape at the top.

Leaf cutting ants typically forage when the temperatures are cooler, such as at night or in the morning. They can sometimes cause complete defoliation of plants or small trees overnight. These ants remove leaves and buds from plants in the landscape. The ants do not eat the plant pieces, but take the pieces back to their colony and feed them to a fungus garden. They tend a particular species of fungus and weed out any other fungus from the garden.

Colonies may exist for years and can exceed over two million ants. It is not unusual for a single colony to cover an acre of land. Colonies are usually found in well drained, sandy or loamy soils.

Plants can be temporarily protected by using spray adhesives around the base of the plant. The adhesive would need to be refreshed often when dirt or debris accumulates. Temporary protection can also be provided with contact insecticidal spray or dusts labeled for “ants”. If mounds are located in an area, the bait product labeled for leaf cutter ants, Amdro Ant Block, can be broadcast with a hand-held

*(Continued on Page 6)*



### Tim Whitten

Board Certified Family Law Attorney

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# TARRYTOWN

(Continued from Page 4)

spreader around the mound area. If no mounds are seen, then residual sprays and dusts labeled for “ants” can be used along foraging trails and around openings.

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](http://www.urban-ipm.blogspot.com)

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas AgriLife Extension Service or the Texas AgriLife Research is implied.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin.



Interested in adoption for your family? The Adoption Collaborative of Central Texas is made up of organizations that are adoption focused and committed to raising awareness about the children in our communities that are awaiting families. The collaborative is driven by the mission of sharing the responsibility to strengthen the adoption community and build forever families. You can work with these agencies to become licensed to foster and/or certified to adopt. There are no fees to adopt from the foster care system regardless of which agency you work with. There is only one pool of children, and they are all in care of the state, every licensed agency has the ability to assist in adoption of any foster child in Texas. Child placing agencies are also foster care providers. The first step is to choose a child placing agency to begin your journey.

Learn more about starting the adoption process and the children waiting for forever families at [www.heartgallerytexas.com](http://www.heartgallerytexas.com).

## ★ THE PICNIC ★

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# TARRYTOWN REAL ESTATE MARKET REPORT

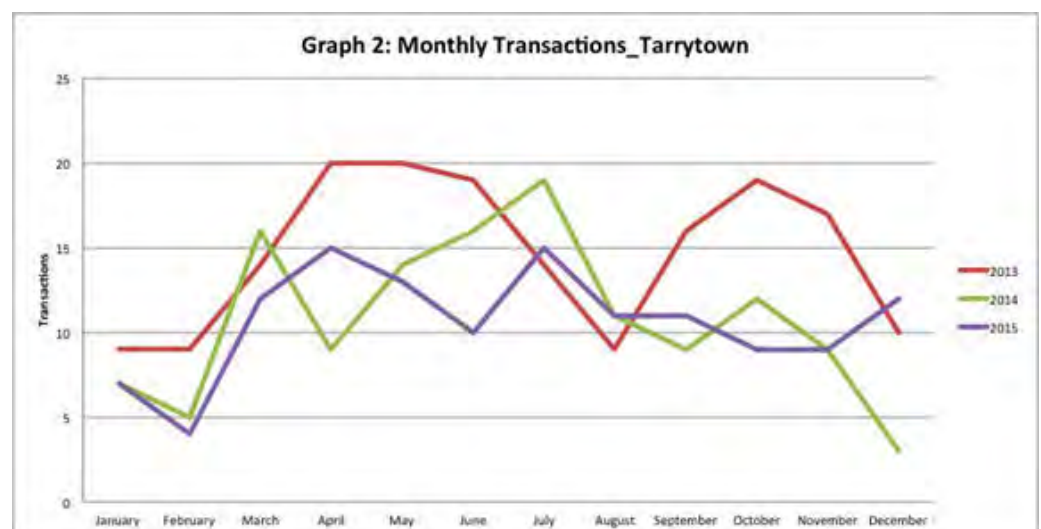
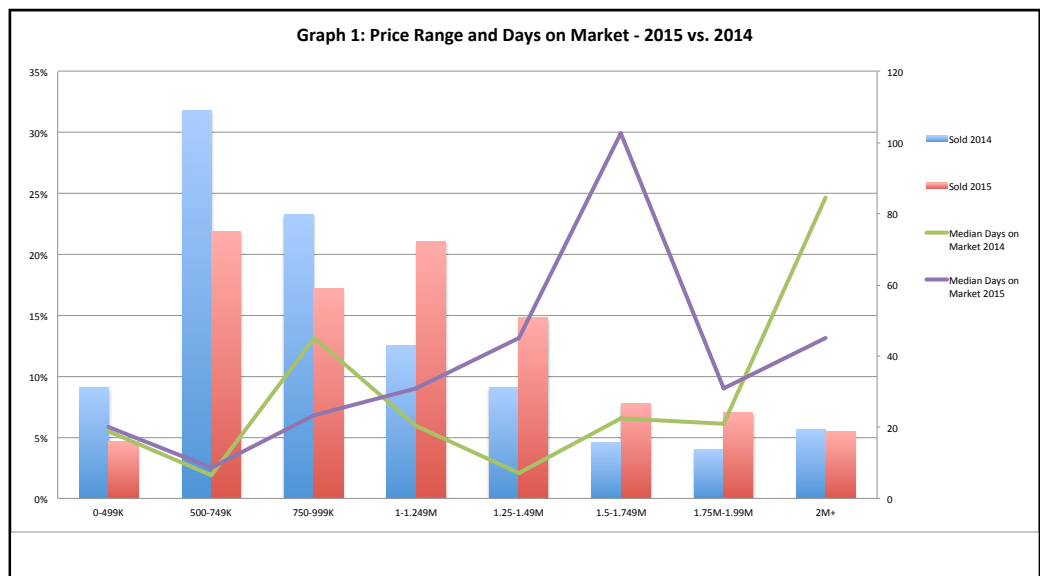
## February 2016

by **Trey McWhorter**

This is an update to the analysis I did back in June of 2015, now with a full year's data for 2015 to compare with 2014. Graph 1 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). A few observations:

- Shift to higher price points - nearly 65% of transactions in 2014 were under 1M, that shifted to just 44% in 2015. Transactions priced between \$1M – 1.5M increased from 22% of the total in 2014 to 36% in 2015.
- Longer days on market for the high-end – In 2015, it took longer to sell those homes priced between \$1M - 2M, with the biggest shift in the \$1.5 – 1.749M range where the median days on market for listings increased from 23 days to 103 days.

Lastly, there were anecdotal reports of the market slowing at the end of 2015. What does the data say? Graph 2 shows that while the fourth quarter of 2015 was slower than 2013 (30 transactions in 2015 vs. 46 in 2013), it was still even better than 2014 (30 vs. 24). And it shows that December was stronger in 2015 than either of the previous two years.



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

## How to Correct Your Computer Posture

Sitting with poor posture in front of the computer or at a desk for prolonged periods can cause what's called "computer neck" and "computer posture". As you sit and gradually allow your head to lean forward, your neck and upper back will suffer from joint stress and muscle imbalance. When we sit upright with our head carried in neutral position in line with our shoulders, very little muscle effort is required to carry our head. Conversely, sitting with an anterior head carriage causes strain of the muscles in the back of the neck. This can produce symptoms such as neck pain, upper back pain, and headaches. A person's head weighs about 10-12 pounds. For every inch that the head is carried in front of the neutral midline, the lower neck feels twice the weight of the head. This causes joint stress over time and can lead to degenerative joint disease in the neck.

Computer Posture not only affects the neck, but it can also involve the upper back and shoulders. Often, the upper back and shoulders round forward. This would essentially create two additional imbalances in posture. 1) One is the front to back imbalance. The shoulders rounding forward simultaneously causes tight pectoral muscles and weak rhomboid muscles, the muscles between the shoulder blades. 2) Secondly, there is an upper and lower imbalance. The upper trapezius muscles become tight, while the lower trapezius muscles become weak.

Here are 3 daily exercises acquired from Pilates principles that can help correct Computer Posture.

Stretch your pecs. Lie on a foam roller lengthwise with the back of

your head and entire back on the roller. Keep your knees bent with your feet planted on the floor. Outstretch your arms by your side with palms up, and let gravity stretch the pectoral muscles across the chest and shoulders. Your elbows can be slightly bent. Hold for about 30 seconds to one minute.

Strengthen your rhomboids and lower trapezius muscles with rowing exercises. Sit in neutral spine, and keep your shoulders down. Holding the resistance bands with palms down, start with your arms outstretched in front of you at shoulder height. Pull back, bending at the elbows and keeping your arms at shoulder height. You should feel the shoulder blades "kissing". Do 10 repetitions at a comfortable weight. Now do the rowing starting in the same position but by bending the elbows past your sides to feel the lower trapezius muscles contract in the mid back.

Strengthen your neck muscles by translational movement. Sitting or standing, actively push your head back to neutral position. Hold for a second and relax. Do 10 repetitions. You can do these while sitting at a stop light or at your desk.

It would be beneficial to have a licensed chiropractor evaluate your spine and take Pilates classes from a certified instructor who can customize to your condition and goals. Stretching and meditation like in yoga can also help facilitate better range of motion and muscle toning. Moreover, being mindful of your posture and incorporating these exercises into your daily routine will help correct your Computer Posture and help prevent related muscle and joint disorders.



Pectoral muscles stretch



Starting position for rhomboid and trapezius strengthening



Ending position for rhomboid strengthening



Ending position for trapezius strengthening







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## Timely Tips for February Gardeners

February may be the toughest gardening month. Thank goodness it's short. In Texas we do not know what kind of weather to expect from day to day or from day to night. Keep in mind that the average last freeze for our area is not until mid-March. Even so, many plants normally begin to show signs of growth in February, which makes it the perfect time, to get outside and work in the yard.

This is the perfect time to get your garden tools in good working order. So that when Spring arrives you are ready to plant those plants, mow the grass and prepare all those beds in preparation for a beautiful landscape.

Pruning is both an art and a necessary maintenance function. Most trees and shrubs can be lightly pruned at any time; however mid-winter is generally the best time for major pruning.

Summer flowering trees and shrubs should be pruned before buds begin to swell for Spring, generally they bloom on new growth; examples are crape myrtle, butterfly bush, spiraea and honeysuckle. If those seed heads on crepe myrtles bother you,

remove them this month. Just clip back the ends of the branches, do not destroy the beauty of the gracefully sculptured trunks by severe pruning. Please never top a crape myrtle. Spring flowering plants such as azalea, Carolina jessamine, wisteria, forsythia, and quince should not be pruned until after the blooms are spent.

February is the best time for pruning most roses. Remove any old and diseased canes then cut the remaining canes back by 50%. Make your cuts above a bud that faces away from the center of the plant.

Early to mid-February marks the time to apply a pre-emergent herbicide for lawns. These products kill germinating seed. A second application may be needed in late May or early June. Remember that the best defense against lawn weeds is a healthy, thick turf resulting from good management.

Trim back perennials and ornamental grasses before the new growth appears in Spring. Clean up around plants and mulch well to protect.



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