



NEWS FOR THE RESIDENTS OF TARRYTOWN  
AND DEEP EDDY

OCTOBER 2017

VOLUME 5 ISSUE 10

# ANNUAL SPOOKTOBER EVENT BENEFITTING YOUR NEIGHBORS AT THE LIVING CENTER



Watching as headphones are placed on a resident's head and the music is started, one can't help but be touched at the smile that brightens across her face. Bridget is one of a

group of individuals with intellectual and developmental disabilities at the Austin State Supported Living Center that are part of the new Music and Memory program. This program uses donated iPods to deliver individually picked music from a person's past to spark memories and induce positive reactions. Replicating the national program by bringing personalized and preferred music via digital music technology to the individuals at Austin SSLC has shown to be very successful recreationally, emotionally, and cognitively.

Music and Memory is just one of many exciting things happening at the center during its 100th year. The Final Touch Art Program is up and running with residents producing one of a kind works of art for sale to the Austin community. Individuals increase their dexterity and fine motor skills by creating items such as decorative wreaths, keychains, birdhouses, canvass paintings and carved wood initials. Looking ahead to October, residents from the center's community choir will head to the 41st annual state-wide State Supported Living Center Music Festival where they will perform in multiple categories and enjoy time with other individuals from all over the state. Their plan is to "bring home the gold" as they add to their growing trophy collection.

During its centennial year, The Austin State Supported Living Center will be holding its 6th annual Spooktober 5k and Fall Fest on October 28, 2017. The event is sponsored by the Friends of Austin State Supported Living Center, a 501(c)(3) non-profit, whose mission is to enhance the lives of the individuals at the center. The

Friends support everything from local outings for the residents to places like the Austin Aquarium and UT sports games, as well as vacations to fun locales like Corpus Christi. In addition, the Friends also sponsor activities for the residents on campus such as holiday and birthday celebrations, sensory and recreation equipment and campus beautification. Funds raised at the Spooktober 5k and Fall Fest will all go towards these critical enrichment items and outings that so greatly enhance the residents' lives. We invite all of Tarrytown to come out and join in the fun for the worthy cause of helping your neighbors with special needs.

For more event information and to register for the 5k, go to [www.austinspooktober.org](http://www.austinspooktober.org). Contact the Community Relations Department at 512-374-6048 for more information. We look forward to a spooky good time with you for a great cause!



# 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                                       |                |
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| Austin/Travis County Hazardous Waste ..... | 512-974-4343   |

## OTHER NUMBERS

|   |                     |
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| 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 Recoovary .....        | 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

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| Peel, Inc. ....  | 512-263-9181            |
| Editor.....      | tarrytown@peelinc.com   |
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# WHAT'S RAISED HERE, STAYS HERE! 100% LOCAL!!



Alzheimer's Texas Walks are the only walk fundraisers where 100% of the funds you raise stays in Texas. Join us to raise awareness about Alzheimer's and related disorders, support families currently facing the disease, honor those we have lost, and support the mission of Alzheimer's Texas. The 26th

annual Travis County Alzheimer's Texas Walk will take place Saturday, October 7th at Camp Mabry in Austin!

For more info: <http://p2p.charityengine.net/txalztraviscowalk17/>



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# Champion Cares



The Champions Cares outreach campaign, through the gymnastics, tumbling, parkour gym of ChampionsTX at Waya, has stretched and pointed its toes to Houston!

The brain child of Coach Amalie, the gymnasts and show team members made a difference in the lives of flood victims in the Houston area, by not only donating canned goods but lifting their spirits by signing a heartfelt note on each can to send our love and support! Way to go Champions Coaches and gymnasts!



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## MAKE SURE YOUR HALLOWEEN HAS MORE TREATS THAN TRICKS

Halloween is supposed to be a night filled with fun and candy, but sadly the American Automobile Association (AAA) says October 31st is the second deadliest day of the year for pedestrians. Toni Odumosu, M.D., who practices at the Memorial Hermann Convenient Care Center, says parents and kids should follow these safety tips to make their Halloween a safe and enjoyable night.

1. **Walk safely.** Make sure children travel in groups, utilize sidewalks when available, and look both ways when crossing the street. Parents should accompany trick-or-treaters under the age of 12. Those children allowed to walk without an adult should stick to areas where they are familiar with their surroundings.

2. **Keep costumes creative and safe.** Ill-fitting costumes or masks that make it difficult to see can be a recipe for an injury. Make sure costumes aren't too long and opt for face paint rather than masks, if possible. If the mask is a must, make sure your child can see in all directions when it is worn.

3. **Consider your accessories.** Children should not carry sharp objects or anything that could be mistaken for a weapon.

4. **Stay well lit.** Whether you trick-or-treat before the sun goes down, or carry flashlights, it is important that cars and other groups can see you. Consider putting reflective tape on dark-colored costumes.

5. **Check the candy.** Children are eager to tear into their loot, but parents should sort through the candy at the end of the night. Throw away anything that is not in its original wrapper. Children under the age of four should not consume hard or sticky candy, so that should be taken out as well.

"I also caution parents against allowing sugar overload. Kids want to eat their entire collection of candy in one day, but they will regret it later. Ration the candy to avoid stomach aches. Some dentists also offer "trade-in" programs where kids can swap the sugary treats for toys. I know it may be a hard sell for parents, but remind kids who make the swap that they can celebrate Halloween year-round with their new toy" encourages Dr. Odumosu.

## SHARE YOUR AMERICA

What if you didn't have chocolate chip cookies, Dr. Pepper, corn dogs or \*gasp\* Tex-Mex food or Whataburger? These are just some of the things that we take for granted every day. Imagine having a whole year to experience new foods, a new culture, a whole new life! That's what hosting an exchange student is all about!

STS Foundation is currently looking for families for the 2018/2019 school year. What does it take to be a host family? STS accepts all types of families, be it single parents, young marrieds, empty nesters or same sex couples – we are looking for families that are willing to Share their America with a high school student for the year. All you need to provide is three meals a day and a room for them to sleep in. The student can share a room with a same sex sibling that is within five years of their age. Each student comes with their own spending money and health insurance. Most of all, they come with an excitement to learn all they can about our American way of life.

Hosting is a great way to learn about the student's culture as well, perhaps even learn a few new words in a new language. It's a way of opening a new world to your children as well. Most importantly, it's a way of making the world just a little bit smaller, so that we can all live in peace and harmony together.

If you are ready for this amazing experience, please give me a call, I'd love to talk with you more about it. I am one of the Houston area STS Local Coordinators, I've worked with foreign exchange students for seven years and have also hosted 13 students on my own. I can tell you anything you need to know about hosting. Please contact Vicki Odom at 832.455.7881 or via email at [vicki.stsfoundation@gmail.com](mailto:vicki.stsfoundation@gmail.com).

STS Foundation is a 501(c)(3) not for profit organization who mission is to facilitate educational opportunities where all participants can break down cultural barriers, and gain respect and understanding of each other's way of life.

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# TENNIS TIPS



By USPTA/PTR Master Professional Fernando Velasco  
*Owner, Manager and Director of Tennis Grey Rock Tennis Club*

## 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

### Ask the Pro:

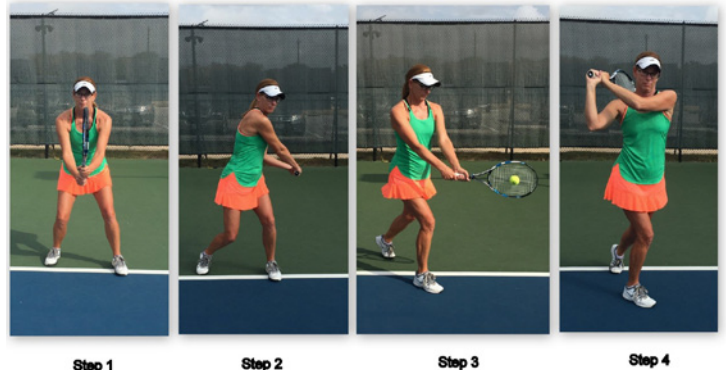
Also, beginning with this issue I will answer e-mails that players are sending me with questions regarding tennis. If you wish to seek my advice, please sent me your question/concern/problem to: [Fernando\\_Velasco@GreyRockTennis.com](mailto:Fernando_Velasco@GreyRockTennis.com)

**Question:** I stared 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 that 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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# TARRYTOWN REAL ESTATE MARKET REPORT UPDATE SUMMER IN REVIEW

## October 2017

by **Trey McWhorter**

Below is an updated view of year-to-date performance for the Tarrytown real estate market vs. prior years (through the same date). Median sale prices and price / sq ft continue to be higher than 2016, and the biggest thing to point out is that the median days on market have increased from 34 days (2016) to 52 days in 2017.

| Single Family Homes             | Year to Date - Tarrytown       | 2017         | 2016         | 2015         | 2014         | 2013         |
|---------------------------------|--------------------------------|--------------|--------------|--------------|--------------|--------------|
| <b>SOLD</b>                     | Single Family Homes Sold       | 78           | 85           | 90           | 101          | 116          |
| <b>List Price</b>               | Avg List Price                 | \$ 1,301,695 | \$ 1,175,887 | \$ 1,148,990 | \$ 1,063,101 | \$ 1,055,812 |
|                                 | Median List Price              | \$ 1,154,500 | \$ 925,000   | \$ 1,080,000 | \$ 837,000   | \$ 814,500   |
| <b>Sold Price</b>               | Average Net Sold Price         | \$ 1,247,652 | \$ 1,138,662 | \$ 1,102,178 | \$ 1,029,847 | \$ 1,016,871 |
|                                 | Median Net Sold Price          | \$ 1,060,000 | \$ 900,000   | \$ 1,037,000 | \$ 810,000   | \$ 815,000   |
| <b>List Price<br/>\$/ Sq Ft</b> | Average List Price / Sq Ft     | \$ 419       | \$ 434       | \$ 401       | \$ 381       | \$ 332       |
|                                 | Median List Price / Sq Ft      | \$ 430       | \$ 407       | \$ 399       | \$ 367       | \$ 329       |
| <b>Sold Price<br/>\$/ Sq Ft</b> | Average Net Sold Price / Sq Ft | \$ 405       | \$ 421       | \$ 386       | \$ 372       | \$ 324       |
|                                 | Median Net Sold Price / Sq Ft  | \$ 416       | \$ 400       | \$ 385       | \$ 362       | \$ 321       |
| <b>Days on Market</b>           | Average Days on Market         | 69           | 58           | 57           | 43           | 49           |
|                                 | Median Days on Market          | 52           | 34           | 23           | 15           | 13           |
| <b>Size of House</b>            | Sq/Ft (Total)                  | 2831         | 2,352        | 2635         | 2548         | 2818         |
| <b>Age of House</b>             | Year of Construction           | 1960         | 1953         | 1960         | 1953         | 1956         |

*Note: All data comes from the Austin Board of Realtors' MLS report, reflecting activity through September 15, 2017.*

Driving around Tarrytown and seeing all the new construction made me curious about what the typical new construction home looks like. I looked at all new construction homes in MLS that have sold in 2017 or are active currently, and put together a profile.

The typical new construction home is around 3300 sq ft and has 4 beds and 3 full baths. Asking prices in this summary are lower than sales prices because the homes that have sold so far in 2017 have been a bit larger and more expensive than those that are still active. For example, the median square footage of sold properties is 3,464 sq ft, and the median square footage of active properties is 3,209 sq ft.

Reach out to me if you'd like to understand how this relates to the value of your own home.

### 2017 Tarrytown New Home Profile & Activity (Median Values)

#### SPECS

|                  |          |
|------------------|----------|
| Square Feet (SF) | 3302     |
| # Beds           | 4        |
| # Baths          | 3        |
| Lot Size         | .16 acre |

#### PRICING

|               |             |
|---------------|-------------|
| Asking Price  | \$1,512,500 |
| Asking \$/SF  | \$448       |
| Sold Price    | \$1,595,000 |
| Sold Price/SF | \$459       |

7 Sold | 11 Active



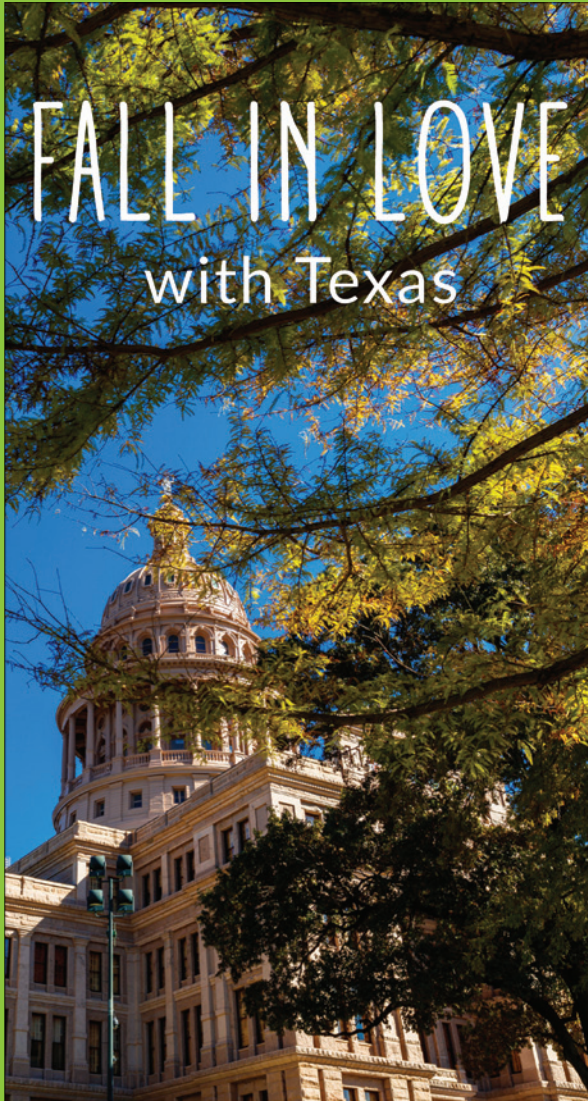


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## October Events

**All month** Singin' in the Rain | Zach Theatre | [zachtheatre.org](http://zachtheatre.org)

**5-8** Music & Wine Festival | Gruene | [gruenemusicandwinefest.org](http://gruenemusicandwinefest.org)

**6-8** Oktoberfest | Fredericksburg | [oktoberfestinfbg.com](http://oktoberfestinfbg.com)

**7** Surftoberfest | Corpus Christi | [facebook.com/surftoberfest](http://facebook.com/surftoberfest)

**Weekends** Boo at the Zoo | [austinzoo.org](http://austinzoo.org)

**14** Oktoberfest | Austin | [germantexans.org/events/oktoberfest-2017](http://germantexans.org/events/oktoberfest-2017)

**21** Zombie Charge Fun Run | [zombiecharge.com](http://zombiecharge.com)

**26-11/2** Austin Film Festival | [austinfilmfestival.com](http://austinfilmfestival.com)

**27-29** Pecan Fest | Seguin | [seguinonuts.com](http://seguinonuts.com)

**28** Hogeye Festival | Elgin | [hogeyefestival.com](http://hogeyefestival.com)

Read my market update inside.

**Trey McWhorter**

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512-480-0848 x 116 ofc

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