



NEWS FOR THE RESIDENTS OF TARRYTOWN AND DEEP EDDY

NOVEMBER 2017

VOLUME 5 ISSUE 11

LIGHT UP THE HOLIDAYS WITH A DAY TRIP TO JOHNSON CITY

The twinkliest town in the Hill Country is a perfect destination for a holiday tour of lights with family and friends. Located in the heart of the Hill Country, Johnson City has activities for all ages to enjoy.

During the day, light up your imagination with a visit to the Science Mill, a science museum housed in Johnson City's historic 1880s mill. Run your hands through the 3D topographic sandbox to create colorful rivers, mountains, lakes and dams. Enter the Fractarium to experience a larger-than-life lighted representation of Romesco broccoli and see how fractals are a marvel of nature. Explore the Silo of McKays, a multidimensional art installation combining art and science with light, sound, rhythm, balance, color and harmony. The Science Mill's 40+ hands-on exhibits (and current 3D movie, Wonders of the Arctic) will engage all ages.

The Science Mill is located at 101 S. Lady Bird Lane in Johnson City, TX and will be open extended hours during the holidays. Find

more information at www.sciencemill.org.

Johnson City's annual Lights Spectacular celebration, celebrating its 28th year, runs Friday, Nov. 24 through New Year's Day, starting with the spectacular courthouse lighting ceremony and fireworks.

The whole town glows, from the Blanco County Courthouse to the dazzling display of light-wrapped trees at Pedernales Electric Cooperative's headquarters, to candlelight tours of Lyndon Baines Johnson's boyhood home. Visitors can enjoy the lighting extravaganza by foot or by horse-drawn carriage, and local retailers and art galleries offer extended hours, food and music on the town square during the Spectacular. The event is free and pet friendly.

For more information about Johnson City and the Lights Spectacular visit the Johnson City Chamber of Commerce website at www.johnsoncitytexas.info.



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

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O. Henry Middle School.....	512-414-3229
Austin High School.....	512-414-2505

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OTHER NUMBERS


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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 Recoovory	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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We are so excited for LamarFest! Mark your calendars for Friday, November 10 from 6:00-9:00 p.m. Lamar will host this family-friendly event that brings out students, teachers, parents and folks from all over the city. This is the only school-wide fundraiser of the year. Online wristbands can be purchased at lamarmiddleschool.org/lamarfest until Nov. 9th at midnight or they can be purchased Friday the 10th before school and at lunch for \$25 per band. You also can purchase tickets the day of at the door for \$30. Enjoy food from great local vendors including Craig-O's, PT Terry's, Cloud 9 Cotton Candy, Tamale Addiction, Top Notch, and Jim-Jim's. Lamar students from band, guitar, choir, and orchestra will entertain, and everyone can enjoy fun activities like henna tattoos, fun store, boot camp challenge, bungee trampoline, laser tag and much more! Interested in volunteering, email lamarfest@gmail.com.



FOR YOUTH DEVELOPMENT
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STRETCH YOURSELF IN MORE WAYS THAN ONE.

The holiday countdown is on and we know your calendar is filling up by the minute, but with more than 1,000 fitness classes offered each week, the YMCA of Austin is here to help you stretch yourself. Keep the commitment to your health through the holidays, and burn off your seasonal stress at a YMCA near you.

Free classes for members include indoor cycling, yoga, pilates, water exercise, group exercise and so much more.

8
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FREE EDUCATIONAL CAREGIVER SERIES PROVIDED BY ALZHEIMER'S TEXAS

During the months of November and December, Alzheimer's Texas will be holding free seminars for individuals who need guidance to take care of someone suffering from Alzheimer's or related dementia.

Lead by Steve Catoe, Certified PAC Trainer and Certified Validation Worker, these seminars provide complementary caregiver education on topics particular to caring for someone with Alzheimer's disease or related dementia. All sessions will be held at the Alzheimer's Texas office, 3520 Executive Center Drive, Suite 140, Austin, TX, 78731. Following are the dates and topics of each session:

Tuesday, November 14th

Part I – Introduction to Alzheimer's: ALZ 101

6:00 – 7:15 pm

What is Alzheimer's, Diagnosis and treatments, Stages, How to cope

Tuesday, November 21st

Part II – Behaviors and Communication

2:00 – 4:00 pm

Preserving Dignity and Sexuality, Agitation, Combativeness, Hallucinations, Communication Techniques

Tuesday, November 28th

Part III – Activities of Daily Living

2:00 – 4:00 pm

Bathing, Eating, Dressing, Toileting, Hydration and Nutrition, Safety, Driving, Activities

Tuesday, December 5th

Part IV – Care for the Caregiver

2:00 – 4:00 pm

Getting support, Adjustment and Grief, Caregiving Issues, Communicating with Family and Physicians

Registration is required due to limited class size. Please call (512) 241-0420 or email Victoria, vcardenas@txalz.org if you would like to attend.

About Alzheimer's Texas

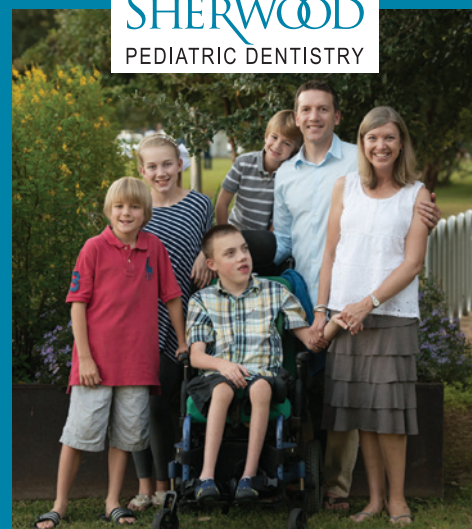
Alzheimer's Texas is dedicated to eliminating Alzheimer's disease through the advancement of research and to enhancing care and support for individuals with Alzheimer's disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour help line, support groups, respite care, educational and social engagement programs, and professional training. Alzheimer's Texas was founded in 1982 and serves Central Texas. For more information, visit www.txalz.org.



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Varicose Veins, Not Just a Cosmetic Issue

By Michael M. Di Iorio, MD, RPVI, RVT, RPhS. Medical director of South Austin Vein Center.



If you suffer from problems related to varicose veins and spider veins you are not alone! Venous insufficiency, also known as venous reflux disease, is the most common cause of varicose veins and affects nearly 30 million adults in the United States.

Veins serve an important function bringing blood back to the heart. We have two sets of veins in our legs, deep veins and superficial veins. These veins have one-way valves

that normally direct blood flow in one direction, toward the heart. When these valves fail blood can flow the wrong way and pool, increasing the pressure in the veins. This is called venous insufficiency and is the driving force behind the development of varicose veins.

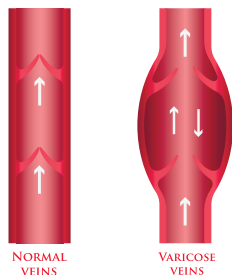
Varicose veins are not just a cosmetic issue. They can cause pain, throbbing, heaviness, leg fatigue, restless leg and swelling



often worse at the end of the day. In more advanced cases patients can develop skin discoloration and even ulceration.

Risk factors include increasing age, a family history of varicose veins, professions that require long periods of standing or sitting, obesity and in women, pregnancy.

Unfortunately, venous insufficiency and varicose veins are a progressive problem and will only get worse over



time. But don't worry treatment is available and covered by most insurances.

Diagnosis begins with a thorough examination of the legs followed by a venous ultrasound. Ultrasound allows the vein specialist to see under the skin, giving a clear picture of how the veins look and are functioning. Treatment may include one or a combination of minimally invasive procedures. These include endovenous ablation which closes the diseased vein down from the inside with heat, or alternatively, placement of a medical adhesive in the vein to seal it shut. Large ropy veins sometimes need to be removed

through tiny incisions in a procedure called ambulatory phlebectomy and sclerotherapy is a procedure where medication is injected into a vein causing it to collapse and eventually be reabsorbed.

All of these procedures are performed in an outpatient setting and often take less than an hour. Pain is minimal and recovery is quick with most people returning to normal activities the same day.

If you would like more information on venous insufficiency and varicose vein treatment please visit www.southaustinvein.com



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CENTIPEDES

Centipedes have a single pair of antennae on their head and a long, worm-like body. They have one pair of legs per body segment with the first pair of legs modified to function as claws and are used to capture prey. These claws are sometimes called fangs since they are connected to poison glands that can inject venom to subdue captured prey.

Most centipedes found in Texas are relatively small, but the red headed centipede, *Scolopendra heros*, can reach over nine inches when full grown. The bite of larger species of centipedes may cause extreme discomfort and pain.



Centipedes can live from one to six years. They prefer moist, protected habitats such as under stones, rotted logs, leaves or bark. Winter is spent as an adult and eggs are laid in soil during warm months and are covered by a sticky substance.

Centipedes are predaceous with many species feeding on other arthropods, such as insects. Their modified pair of legs, or claws, is directly under the head, allowing prey to be injected with venom.

Most centipedes can only bite with their poison claws located directly under the head resulting in a bee-like sting; however, *Scolopendra* can harm a person with the sharp claws of its many walking legs. Each walking leg is tipped with a sharp claw capable

of making tiny cuts in human skin. A poison produced from the attachment point of each leg may be dropped into the wounds resulting in an inflamed and irritated condition. The best rule of thumb is to never handle large centipedes.

With cooler weather, centipedes may move inside homes to avoid extreme temperatures. Tips to prevent centipedes from sharing your home:

- move objects providing harborage away from the structure such as compost piles, firewood and stones
- create a band of gravel, or similar material between the foundation of the home and any landscape beds that touch the structure
- occasionally turn mulch near structures to allow it to dry out
- seal cracks, crevices, and pipe penetrations with sealant that will expand with our temperature extremes
- repair weather stripping around doors and windows as needed
- properly ventilate crawl spaces or areas under the home to allow for air flow through the area
- use perimeter sprays around a building's foundation

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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TARRYTOWN REAL ESTATE MARKET REPORT UPDATE

November 2017

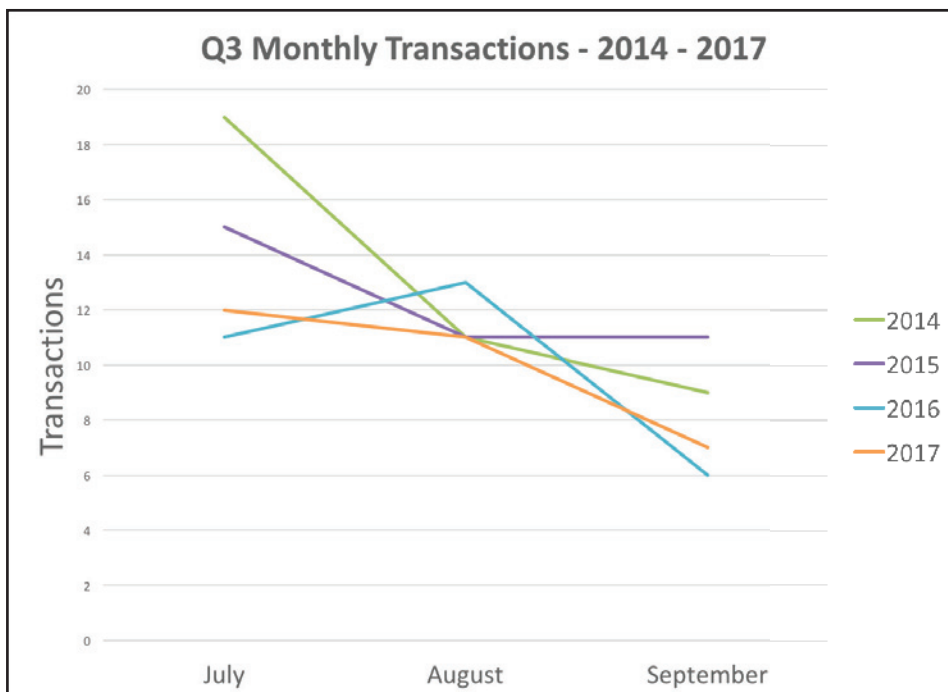
by **Trey McWhorter**

Here is a re-cap of performance for Q3 2017 (July / August / September), compared to past years' 3rd quarters.

	Avg Monthly Active Listings	Transactions	Average List Price	Median List Price	Average Sold Price	Median Sold Price	Average List \$ per Sq/Ft	Median List \$ per Sq/Ft	Average Sold \$ per Sq/Ft	Median Sold \$ per Sq/Ft	Square Feet	Days on Market
Q3 2011	66	35	\$ 671,821.11	\$ 595,000.00	\$ 654,594.29	\$ 555,000.00	\$ 281.58	\$ 284.37	\$ 274.66	\$ 271.31	2214	37
Q3 2012	58	45	\$ 804,911.11	\$ 699,000.00	\$ 785,191.18	\$ 692,500.00	\$ 293.84	\$ 292.35	\$ 288.36	\$ 272.42	2434	40
Q3 2013	78	39	\$ 1,050,728.21	\$ 865,000.00	\$ 1,014,834.87	\$ 851,000.00	\$ 350.76	\$ 353.61	\$ 342.83	\$ 351.49	2700	17
Q3 2014	76	51	\$ 1,205,305.86	\$ 999,000.00	\$ 1,155,895.24	\$ 1,000,000.00	\$ 386.44	\$ 393.88	\$ 372.96	\$ 375.94	2962	32
Q3 2015	67	37	\$ 1,036,217.57	\$ 899,300.00	\$ 997,494.68	\$ 883,500.00	\$ 414.52	\$ 405.06	\$ 400.38	\$ 398.44	2280	21
Q3 2016	78	30	\$ 1,195,260.00	\$ 937,500.00	\$ 1,155,074.40	\$ 890,000.00	\$ 441.13	\$ 414.47	\$ 427.83	\$ 414.47	2333	29
Q3 2017	64	30	\$ 1,244,576.27	\$ 1,166,944.00	\$ 1,184,098.33	\$ 1,095,000.00	\$ 426.78	\$ 424.77	\$ 408.41	\$ 403.19	3046	80

A few highlights:

- The number of active listings was down from Q3 2016, but the number of transactions held at 30
- List and sold prices (average and median) each hit all-time highs relative to past Q3's
- Price / sq ft was flat to slightly lower, likely due to the fact that the homes sold were larger than past Q3s (30% larger than Q3 2016)
- It took longer to sell homes in Q3 2017, with the days on market shooting up to a median 80 days, which is double the next highest number (40 in 2012) and up 175% over Q3 2016



The number of transactions in Q3 was consistent with 2016, with July and September slightly above 2016, and a slower August, evening things out at 30 total. The quarter followed the same general trend-line of previous years, but July this year and last did not see the same level of activity as previous years, and September has also been weaker.

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



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November

3-12 Wurstfest | wurstfest.com | New Braunfels

4-5 Texas Book Festival | texasbookfestival.org | Texas State Capitol

10-11 Bastrop Veteran's Day Car Show Weekend
bastropareacruisers.com | Bastrop, TX

11-12 1944 Close Battle Assault - Battle Re-enactment
texasmilitaryforcesmuseum.org | Camp Mabry

11-12 & 18-19 East Austin Studio Tour | east.bigmedium.org
1501 E. 6th St

15-19 Junior League's A Christmas Affair | www.jlaustin.org
Palmer Events Center

18 Chuy's Children Giving to Children Parade | chuysparade.com
Downtown Austin

23 Thundercloud Subs Turkey Trot | thundercloud.com/turkey-trot
The Long Center

24-Dec24 Blue Genie Art Bazaar | bluegenieartbazaar.com
Marchesa Hall & Theatre

25-26 Renegade Craft Fair | www.renegadecraft.com
Palmer Events Center

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