



NEWS FOR THE RESIDENTS OF TARRYTOWN
AND DEEP EDDY

APRIL 2018

VOLUME 6 ISSUE 4

TROWEL AND ERROR MAYFIELD PARK GARDENING SYMPOSIUM

Saturday, April 7, 2018 Rain or shine!!

9:30 A.M. – 1 PM

Mayfield Park 3505 W. 35th Street

Austin, Texas (next to Laguna Gloria Art Museum)

On April 7, historic Mayfield Park combines topics dear to the heart of Central Texas gardeners in a series of “must hear” lectures.

- 10 am Jay White, contributing editor for Texas Gardener, Masters in Horticulture Propagating Like A Pro
- 11 am Daphne Richards, Texas A&M AgriLife Extension Horticulturist / Down To Earth With Daphne: Your Top Questions From Travis County Extension
- 12 noon April Rose, Consulting Arborist, Rosewood Arbiculture / Environmental Health To Save Our Trees

BRING YOUR GARDENING QUESTIONS!!

What's a garden event without a plant sale? Mayfield has the best deals in town for hard-to-find heirlooms and other perennials perfect for the April garden. A “garden goodie” raffle for the discerning gardener will round out the day.

As always, Trowel & Error benefits one of Austin's favorite and enchanting parks, historic Mayfield. Guests tour the restored Mayfield-Gutsch home, surrounded by stone-walled gardens patterned in the 1920's after the cottage gardens of England. Towering palms, flowering trees and perennials line meandering paths set among ponds filled with water lilies and fish. Gregarious peacocks supervise overflowing flower beds planted and maintained by community volunteers.

Sponsored by Friends of the Parks of Austin, a non-profit organization, TROWEL AND ERROR is the solitary fund-raiser for historic Mayfield Park. Although admission is free, a \$5.00 donation is requested.

For more information: 512-453-7074 , neenok@aol.com or mayfieldpark.org



IMPORTANT NUMBERS

EMERGENCY NUMBERS

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

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Austin ISD	512-533-6000
Casis Elementary School	512-414-2062
O. Henry Middle School.....	512-414-3229
Austin High School.....	512-414-2505

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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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Repair	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable	
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Austin/Travis County Hazardous Waste	512-974-4343

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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
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Austin Transportation Dept.....	512-974-1150
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ALZHEIMER'S CAREGIVER SUPPORT GROUP

In Texas alone, roughly 1,270,000 caregivers provide an average of 20 hours a week of unpaid care for friends and loved ones. Caregiving is a demanding undertaking and results in high levels of stress. One core service of Alzheimer's Texas is to provide support to caregivers through volunteer facilitated support groups.

"These groups educate and inform participants about dementia and help caregivers develop methods and skills to solve problems," says Christian Wells, President of Alzheimer's Texas. "They encourage caregivers to maintain their own personal, physical and emotional health as well as providing peer guidance on how to care for the person with dementia."

At 7:00 pm on the third Tuesday of every month, caregivers in the Austin area can gather at Tarrytown Methodist to share their experiences in a safe, supportive environment. Meetings last about an hour and there is no charge to attend.

"We provide a safe, confidential space for caregivers to share what only other caregivers might understand," says Barbara Wiederaenders, facilitator at Tarrytown Methodist. "The mutual trust is precious and supportive."

Event Details:

When: 3rd Tuesday of Every Month, at 7:00 pm

Where: Tarrytown Methodist, 2601 Exposition, Room 227, Austin, TX 78703

Contact: Barbara Wiederaenders, (512) 451-0684 or (512) 845-6117

To find out more information about this program, Alzheimer's disease or Alzheimer's Texas, email vcardenas@TXAlz.org or call (512) 241-0420.

About Alzheimer's Texas

Alzheimer's Texas is dedicated to eliminating Alzheimer's disease through the advancement of research and to enhance care and support for individuals with Alzheimer's disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour helpline, 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.

APRIL IS PARKINSON'S AWARENESS MONTH

If you or a loved one has recently been diagnosed with Parkinson's Disease, please check out our free, daily exercise classes. From South Austin to Central Austin and Round Rock to Lakeway, we offer a wide variety of exercise classes that are designed to help you manage the effects of Parkinson's. Studies show that daily exercise helps waylay the effects of this disease. Care partners welcome (also for free!). For more information visit www.powerforparkinsons.org.





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TARRYTOWN REAL ESTATE MARKET REPORT UPDATE

April 2018

by **Trey McWhorter**

2018 is off to a solid start with 15 transactions in MLS through 3/15/18, vs. 14 in 2017. February ended up being the strongest since 2012, with 10 transactions. A few notable metrics:

- Median sold price vs. the same period in 2017 is up 20% to \$1.46M
- Median sold \$ / sq ft is up 7% (\$437 vs. \$410)
- Days on Market (median) is up 84% vs. 2017 to 107 days

Single Family Homes	Year to Date - Tarrytown	2018	2017	2016	2015	2014	2013
SOLD	Single Family Homes Sold	15	14	20	16	19	24
List Price	Avg List Price	\$ 1,533,993	\$ 1,344,929	\$ 1,292,972	\$ 1,062,500	\$ 760,316	\$ 809,662
	Median List Price	\$ 1,479,000	\$ 1,187,500	\$ 1,044,475	\$ 1,140,000	\$ 669,000	\$ 732,500
Sold Price	Average Net Sold Price	\$ 1,462,456	\$ 1,298,428	\$ 1,253,400	\$ 1,018,294	\$ 743,426	\$ 790,147
	Median Net Sold Price	\$ 1,460,000	\$ 1,218,500	\$ 1,030,000	\$ 1,087,500	\$ 650,000	\$ 726,500
List Price \$ / Sq Ft	Average List Price / Sq Ft	\$ 460	\$ 403	\$ 427	\$ 377	\$ 387	\$ 298
	Median List Price / Sq Ft	\$ 464	\$ 422	\$ 410	\$ 397	\$ 361	\$ 293
Sold Price \$ / Sq Ft	Average Net Sold Price / Sq Ft	\$ 443	\$ 390	\$ 414	\$ 361	\$ 381	\$ 291
	Median Net Sold Price / Sq Ft	\$ 437	\$ 410	\$ 405	\$ 376	\$ 362	\$ 284
Days on Market	Average Days on Market	131	78	82	55	30	73
	Median Days on Market	107	58	78	37	12	22

Size of House	Sq/Ft (Total)	3235	3101	2,656	2882	1685	2716
Age of House	Year of Construction	1978	1969	1991	1996	1949	1949

Here is some interesting information about the year-to-date sales in 2018:

- There have been 15 total transactions since 1/1/2018, ranging in sold price from 720K to \$2.95M
- Of the 15 transactions, the median discount from the original list price was 9%
 - For the homes that were originally listed prior to June 2017, the median discount was 15%
 - For the homes that were originally listed after June 2017, the median discount was 3%

If you want to make sense of what's going on in the market, or would like a better understanding of what your own home is worth, please contact me and I'd be happy to help you. You can also find additional analysis and updates to this article on treymcwhorter.com.

Note: All data comes from the Austin Board of Realtors' MLS report, reflecting activity through March 15, 2018.

FIVE TIPS FOR MANAGING STRESS

by Aaron Williams-Pharmacist

Did you know that April is National Stress Awareness Month? It's important to understand how stress affects you and learn ways to cope with life's stressors to protect your mental and physical health.

Stress produces lots of physiological changes affecting your heart. For example, you pump out more adrenaline, which can make your blood pressure rise and your heart race. If these changes keep up over time, they can damage your heart's arteries.

Although you can't control all the stressors in your life, you can take steps to better manage your responses. Here are a few tips:

1. Practice positive self-talk at least once a day. This can work wonders at turning around a negative frame of mind. An example of negative self-talk is this: "I hate when this happens. Why does this happen to me?" An example of positive self-talk is this: "I can handle this. I've done it before and I'll do it again."
2. Do something pleasurable JUST FOR YOU at least 15 minutes a day. Maybe it's taking a long bath, running at Town Lake, or listening to your favorite music. You will be amazed at how quickly this can turn around a day that feels like it's gone all wrong.
3. Use emergency stress stoppers, or actions to help you diffuse stress in the moment. Try some of these:
 - Count to 10 before you speak
 - Take a few deep breaths
 - Listen to a favorite song
 - Walk away from the situation for a while and come back to it later once things have calmed down.
4. Practice a daily relaxation method such as meditation or mindfulness. Often using breathing, quiet contemplation or strong focus on something, such as a phrase or sound, will help you let go of stress and feel more calm and peaceful. Think of it as a mini-vacation from the stress in your life!
5. Cultivate healthy habits. Get enough sleep, don't forget to laugh, exercise, slow down, and accept what you can't change. Taking steps like these will make a big difference in how well you manage stress.

The key is to find out what works for you and keep it up. But don't ignore the signals your body is giving you.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.



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IN THE GARDEN

by Pamela Kurburski

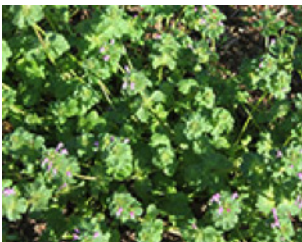
Although the severe freezes of the past winter may have done a number on all those flowers you love, I guarantee they did not have the same impact on the weed seeds that have been lying in wait. They are always the first to spring forth as the weather warms. There are an amazing variety of plants that are considered weeds and all of them will show up in my yard no matter how hard I tried to eradicate them the year before.

With weed control, the best defense is a good offense. Weeds do not like soil rich in organic matter. Adding compost is one of the best organic ways to stop weed seeds from germinating. Using corn gluten as a pre-emergent is also favored by those who don't like the idea of adding poisons to the landscape. For spot treatments, a combination of 20% vinegar, orange oil, and a dash of dishwashing soap is very effective. Be careful about applying the latter. It can kill almost anything it touches. Of course, just pulling the *@#% invaders up by the roots is also an option. Just try and get to them early because some have roots that seem to be seeking a direct route to the other side of the world. Plus you don't want them to set seed.

Knowing the enemy may not be as effective as some of the things listed above when it comes to getting rid of them. But it does give you a name to add to your expletive of choice when you are in the heat of battle. Here are a few of the most common in our area.



Vetch – Has clinging tendrils and climbs all over other plants making it hard to remove without causing some damage to its host.



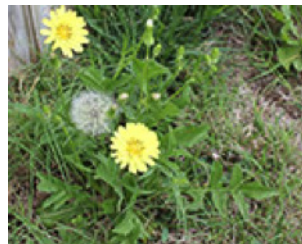
Henbit – Easy to pull but seeds prolifically. When you pull up one of the big plants, you'll find a bunch of little ones hiding underneath and eager to take its place.



Texas Thistle – Probably will need to dig this one out. The root has a tendency to snap off. That means it will just be back to annoy you in a couple of weeks. Use gloves because it is very prickly.



Yellow Nutsedge – You can try to dig this up but, as my grandfather used to say, the only way to really get rid of nutsedge is to move. That said, you can at least let it know it's not welcome in your garden. Although the vinegar spray mentioned above will brown the leaves, it won't touch the roots and the nuts that generate new plants.



Dandelion – Another tap-rooted weed that needs to be dug up. Those fluffy balls that are fun to blow on are actually the plant's seed dispersal system. Think twice before aiding and abetting this activity.



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NATURE WATCH

LITTLE ARMORED ONE

by Jim and Lynne Weber

Spanish for 'little armored one', the armadillo is one of the most interesting mammals in North America. All but one of the 20 different species of armadillo live in Latin America, but the Nine-banded Armadillo (*Dasypus novemcinctus*) makes its home as far north as Texas (except for the western Trans-Pecos), Oklahoma, and Louisiana. In fact, this armadillo is the official state small mammal of Texas!



Nine-banded Armadillo

A cat-sized, insect-eating mammal, armadillos have bony plates that cover their back, head, legs, and tail, protecting them from predators. No other living mammal wears such a shell, but contrary to popular belief, the Nine-banded Armadillo cannot roll into a ball and encase itself with its shell. Only the Three-banded Armadillo can accomplish this, by curling its head and back feet inward and contorting its shell as protection. No amount of armor can protect them from the cold, however, and because of their low metabolic rate and lack of fur and body fat stores, cold weather can wipe out whole populations of these little creatures.

Armadillos have a pointy snout and small eyes, and are prolific diggers. They dig for food and dig many burrows, mostly along creekbeds in Central Texas, and they do not survive in areas where the soil is too hard to dig. Armadillos spend up to 16 hours a day digging, mainly active in the dawn and dusk hours, looking for beetles, ants, termites, and other insects. Their eyesight is quite poor, but they use their keen sense of smell to locate food, and utilize their long, sticky tongues to grasp berries, caterpillars, grubs, fungi, and sometimes even carrion.

Armadillos are quite fond of water, visiting water holes and streams to drink, feed, and even take mud baths. Their specific gravity is high, which means they normally ride low in the water when swimming. For short water crossings, they often just walk underwater across the bottom, but for deeper and longer crossings they voluntarily ingest air to inflate themselves and increase their buoyancy by retaining the air in their digestive tract!

Armadillos are thought to be a pair during the breeding season, sharing the same burrow. Due to their bony shells and the underside location of their genitalia, copulation occurs with the female lying on her back. While breeding occurs in July, the embryo remains in a dormant state until November. Always of the same sex, identical quadruplets develop from the single egg, and four young are born in a grass-lined burrow in March.

While the Nine-banded Armadillo is a unique mammal whose range is expanding northward, there is reason to be concerned about their conservation status in Texas. Encroaching human civilization, overgrazing, and progressive climatic change may be keeping them on the move, and many mammalogists agree that armadillos are rare at best when compared to populations of a few years ago. This decline also appears to be correlated with increasing populations of feral hogs, as well as the propensity for people to make trinkets from armadillo shells. Perhaps our state motto should read 'Don't Mess with Texas Armadillos!'

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our books, Nature Watch Austin and Nature Watch Big Bend (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



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Coffee-Chocolate Chip Cookies

INGREDIENTS

1 ½ cups flour
¼ tsp baking soda
¾ cup butter softened
¾ cup sugar
½ cup brown sugar
3 tbsp cool strong brewed coffee
1 egg
1 tsp vanilla
2 pkgs (8 ozs.) semi sweet chocolate, chopped
1 ½ cups chopped walnuts

DIRECTIONS

Heat oven to 325 degrees.
Combine flour and baking soda.
Beat sugars & butter until light & fluffy.
Blend in coffee, egg & vanilla.
Gradually beat in flour mixture until well blended.
Stir in chopped nuts & chocolate. Refrigerate 30 mins.
Roll dough into 60 x 1" balls, place on cookie sheet 2" apart.
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Monthly												
Check fire extinguishers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Test smoke & carbon monoxide	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run citrus peels or ice through garbage disposal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run hot water & baking soda through drains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean faucet aerators & shower heads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run water & flush toilets in unused	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Twice a Year												
Flush hot water tank & clean sediment from bottom		<input type="checkbox"/>						<input type="checkbox"/>				
Vacuum lint from dryer & hose attachments		<input type="checkbox"/>						<input type="checkbox"/>				
Check water softener and add salt if needed		<input type="checkbox"/>						<input type="checkbox"/>				
Replace batteries - smoke/carbon monoxide detectors		<input type="checkbox"/>						<input type="checkbox"/>				
Clear gutters & drains		<input type="checkbox"/>						<input type="checkbox"/>				
Make sure downspouts direct water away from home		<input type="checkbox"/>						<input type="checkbox"/>				
Check home exterior for evidence of		<input type="checkbox"/>						<input type="checkbox"/>				
Inspect porches & decks for loose flooring or rails		<input type="checkbox"/>						<input type="checkbox"/>				
Yearly												
Check window & door seals								<input type="checkbox"/>				
Have heating system serviced								<input type="checkbox"/>				
Have fireplaces cleaned								<input type="checkbox"/>				
Have air conditioning system serviced		<input type="checkbox"/>										
Review fire emergency plan		<input type="checkbox"/>										
Review insurance coverage		<input type="checkbox"/>										
Drain exterior faucets, hoses & sprinkler systems								<input type="checkbox"/>				
Cover faucets with styrofoam covers										<input type="checkbox"/>		
Trim back vegetation so it does not touch the home								<input type="checkbox"/>				
Check siding & repaint or caulk where necessary		<input type="checkbox"/>										
Every 1 to 3 Years												
Clean air ducts		<input type="checkbox"/>										
Reseal tile grout		<input type="checkbox"/>										
Pump septic system		<input type="checkbox"/>										

These recommendations are not meant to replace expert advice. Please use your best judgment, and consult professionals when necessary.