



# TARRYTOWN

NEWS FOR THE RESIDENTS OF TARRYTOWN  
AND DEEP EDDY

NOVEMBER 2019

VOLUME 7 ISSUE 11



**GIRLS  
EMPOWERMENT  
NETWORK**

*(Continued on Page 3)*

# 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	
New Service.....	1-800-464-7928
Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080
Austin/Travis County Hazardous Waste .....	512-974-4343

## OTHER NUMBERS

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 Recoovery .....	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

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# Excluding Pests



When the weather turns towards autumn and leads into winter, many pests start looking for a cozy place which can often lead them inside your home. By performing a thorough inspection, you can locate areas where these pests may enter and stop them before they become a problem.

Inside the home, look around doors and windows and if you see light around them it's a sign there isn't a good seal and weather stripping should be replaced. Inspect the attic for holes or entry points for small mammals such as rats, mice, and squirrels. Attic vents should be covered with stainless steel screening to block animals from entering. Outside, inspect the perimeter of the home for cracks and crevices in the foundation that should be sealed. Locate pipe and wire penetrations that enter the structure and seal areas that allow pests to enter.

Ideas on how to exclude pests from your home:

- Trim back or prune any trees and shrubs that touch or overhang the home
- Seal pipe & wire penetrations with copper mesh, sealant, or expanding foam
- Replace weather stripping around doors and windows if there is not a good seal
- Repair or replace window screens with holes
- For homes with brick or stone facades, stuff weep holes with copper mesh
- Clean debris from gutters to reduce harborage areas for pests
- Inspect all furniture, boxes, and bags for pests before carrying them into the home
- Inspect all plants for insect pests before bringing them into the home
- Do not store firewood inside the home, against outside walls, or near doors
- Use sheet metal, hardware cloth, or steel wool to seal any areas where animals have chewed to enter the home\*\*

\*\*make sure animal is not in the home or you'll seal it inside!

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)

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture. *(Continued on Page 4)*

(Continued from Cover Page)

## **GIRLS EMPOWERMENT NETWORK PRESENTS WE ARE GIRLS AUSTIN 2019**

### **WHERE CENTRAL TEXAS GIRLS CAN “BELIEVE IT & BE IT”**

12th Annual Event brings girls in grades 3-8 and adults who care about them together for more than 60 different activities that ignite the power in girls

Girls Empowerment Network welcomes its 2019 featured speakers Aisha Thomas of San Antonio and April Bowman of Dallas to reinforce a powerful message for girls, BELIEVE IT & BE IT, at its twelfth annual WE ARE GIRLS AUSTIN on Sat., Nov. 16, 2019 from 9 a.m. – 3 p.m. (doors open 8 a.m.) at Anderson High School, 8403 Mesa Dr., in Austin, Texas. This year’s honorary chair is Dr. Collette Pierce Burnette.

“We Are Girls is an incredible day of education and self-discovery for girls,” says Julia Cuba Lewis, MSW, executive director, Girls Empowerment Network. “Girls walk through the doors and they learn that they are in charge of their day, choosing sessions where they can learn how to believe in their ability to succeed. We see many girls who open up their hearts to their moms who attended with them, transforming themselves and expanding their own views of what they believe is possible for themselves and for their relationships.”

WE ARE GIRLS is designed especially for girls in grades 3 through 8 and the adults who care about them. Its 2019 theme is BELIEVE IT & BE IT with inspiring speakers and dozens of activities and workshops covering everything from creativity and entrepreneurship to body image, bullying, and healthy relationships.

Aisha Thomas – Confidence Creator and Mental Health Advocate

Aisha Thomas aims to embed inclusion, self-love and motivation into the culture of each young person she encounters, resulting in healthier homes, schools and community climates. With an unstoppable mindset, Aisha overcame challenges including dating violence and sexual assault, to become an honor roll student at her high school. She graduated in the first computer networking program in her district, completed college, and joined the United States Air Force (USAF), where she has served for more than 14 years. She is a member of RAINN (Rape, Abuse & Incest National Network), the nation’s largest anti-sexual violence organization, and speaks at universities, community organizations and churches. She is also a lead Facilitator for the Department of Defense, educating civilian and military members on suicide and interpersonal violence.

April Bowman – Founder & Chief Executive Officer of Bold Believers United

Empowering people to reach their full potential is at the core of everything that April Bowman, M.S. does. She has worked

in education for over 15 years, impacting more than 20,000 young people across the country. Her experience includes leading afterschool programs and summer camps with Parks and Recreation; coaching and consulting with non-profits, schools and foundations; college and career guidance counseling; working in student affairs at Northwestern University; serving as the inaugural Director of Alumni Programs for Uplift Education – the largest charter school in North Texas; and, facilitating trainings on how to talk to about race, racism and equity through the Center for Racial Justice in Education. She currently leads Bold Believers United.

April is a recipient of the 2019 Dallas Business Journal Top 40 Under 40 award. She was also a 2018 finalist for the Dallas Startup Evangelist of the Year Award. In 2018, her client, Church Farm School, was awarded funding by the Oprah Winfrey Foundation for work April led with a 9th-12th grade boarding school to develop a successful college completion program.

As the first person in her family to graduate from college, April earned a Master of Science degree from Northwestern University in Learning and Organizational Change and a Bachelor of Arts from the University of Washington in Sociology and Geography. She is currently pursuing a Master of Divinity from the King’s University, where she also serves as President of the Graduate Student Council.

In addition to its featured speaker, We Are Girls Austin offers girls and adults a wide range of presentations, workshops and hands-on activities designed to promote well-being, creativity, goal-setting and more. Conference organizers recruit experts from areas including arts, education, social/emotional learning, health and wellness, dance, parenting, counseling, technology and entrepreneurship.

Tickets to We Are Girls Austin are \$30 and are available for purchase at the event and online at [www.wearegirlsAustin.eventbrite.com](http://www.wearegirlsAustin.eventbrite.com). Scholarships are available. Admission includes lunch, GIRLSFair, supplies, goodie bag, access to all Featured Conference Speaker’s presentations, breakout workshops and resource fair.

About Girls Empowerment Network and We Are Girls - Girls Empowerment Network knows girls are powerful, and it’s their mission to help girls know it too. Through schools, camps and conferences, girls experience a self-efficacy curriculum that teaches them how to believe in their ability to succeed. WE ARE GIRLS was created in 2008 as a one-day event for girls to expand their view of what’s possible alongside experts and the people who care about them.



# LETTUCE RECYCLE! The Plastic Bag Conundrum!

by Dena Houston

Plastic bags cause some of the biggest problems in the recycling world. Many plastic bags are marked “recyclable”; that makes people think they can be placed in any recycling cart. In fact, plastic bags can **ONLY** go to a special plastic bag collection bin. These collection bins are found at most grocery stores (see photo).

Plastic bags can **NOT** go into the blue curbside collection cart. Plastic bags get caught in the machinery at the recycling facility and their removal is costly.

Plastic bags can **NOT** go into the green curbside compost collection cart; they do not compost. **ONLY COMPOSTABLE BAGS** can go into the green carts.

Most plastic bags can go into the plastic and film collection bins at the grocery stores. Following is a list of what can go into these bins:



- Clean and dry zip lock bags
- Plastic cereal box liners
- Air pillows for shipping (deflate)
- Bubble wrap
- Shopping bags
- Bread bags
- Produce bags (remove labels)
- Newspaper bags
- Dry cleaning bags
- Product wrap on cases of water bottles, paper towels, etc.
- Plastic shipping envelopes (remove labels)

There are some plastics that cannot go into these bins because they are treated with special polymers. These polymers help keep food fresh or allow the plastic to hold more weight. This treatment prevents the plastic from being recycled. The following plastics can **NOT** go into grocery store collection bins and must go into the trash cart:

- Frozen food plastic bags
- Plastic bags for soil, fertilizer and compost
- Prewashed salad mix bags
- Candy bar wrappers
- Chip bags
- Six-pack rings

Here is the website for plastic bag collection <<https://www.plasticfilmrecycling.org/>>

## CELLOPHANE AND FOOD-CONTAMINATED PLASTIC CONUNDRUM!

At this time, there is no way to recycle cellophane – UGH! So many things come packaged in cellophane or what seems like cellophane – pasta is one good example.

## HOW DO YOU TELL THE DIFFERENCE BETWEEN CELLOPHANE AND RECYCLABLE PLASTIC?

Cellophane makes a crinkling noise and is usually transparent. It must go into the trash cart.

Plastic that has food product on it cannot be recycled. For example, hot dog plastic wrappers, bags with shredded or packaged cheese, and plastic that comes wrapped around hams or turkeys must all be placed in the trash carts.

*(Continued on Page 5)*

*Lettuce Recycle... (Continued from Page 4)*

## QUESTION FROM A READER:

**IF I DON'T KNOW IF SOMETHING CAN BE PUT INTO THE BLUE OR GREEN COLLECTION BINS, SHOULD I THROW IT IN ANYWAY AND LET IT BE SORTED BY THE CITY?**

This is a great question and the answer is NO! If you are unsure about whether or not something can go into either of these bins, put the items into your trash cart. It is very costly to everyone when the wrong things go into our recycling and composting bins.

**Please remember, when it comes to recycling: WHEN IN DOUBT – THROW IT OUT!**

Here is a very informative City of Austin recycling website: <http://www.austintexas.gov/what-do-i-do>

Stay tuned for future tips that will include creative ways to recycle or reuse. If you have any questions or recycling ideas, please send them to: [recycling@hpwbana.org](mailto:recycling@hpwbana.org)



**Just a friendly reminder: Do not put plastic bags in your blue recycling bin.**

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## TARRYTOWN REAL ESTATE market report update

November  
2019

by *Trey McWhorter*

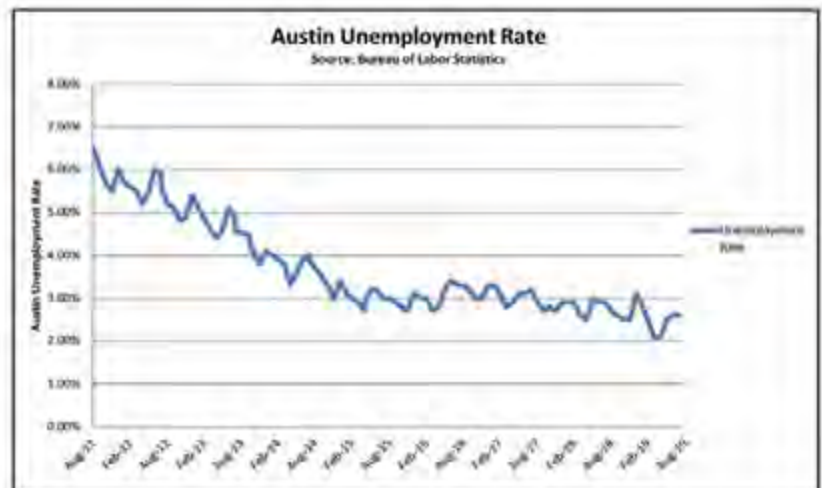
Below is a summary of Tarrytown metrics through October 27, 2019 compared to the same time period in prior years:

Single Family Homes	Year to Date - Tarrytown	2019	2018	2017	2016	2015
<b>SOLD</b>	Single Family Homes Sold	109	116	97	99	108
<b>List Price</b>	Avg List Price	\$ 1,404,419	\$ 1,313,878	\$ 1,332,609	\$ 1,198,437	\$ 1,162,527
	Median List Price	\$ 1,225,000	\$ 1,180,000	\$ 1,174,888	\$ 975,000	\$ 1,087,500
<b>Sold Price</b>	Average Net Sold Price	\$ 1,339,382	\$ 1,271,941	\$ 1,268,306	\$ 1,157,054	\$ 1,113,557
	Median Net Sold Price	\$ 1,111,810	\$ 1,158,500	\$ 1,135,000	\$ 943,000	\$ 1,049,500
<b>List Price \$/ Sq Ft</b>	Average List Price / Sq Ft	\$ 487	\$ 443	\$ 423	\$ 434	\$ 409
	Median List Price / Sq Ft	\$ 468	\$ 431	\$ 433	\$ 414	\$ 404
<b>Sold Price \$/ Sq Ft</b>	Average Net Sold Price / Sq Ft	\$ 463	\$ 431	\$ 406	\$ 420	\$ 393
	Median Net Sold Price / Sq Ft	\$ 445	\$ 420	\$ 415	\$ 403	\$ 392
<b>Days on Market</b>	Average Days on Market	54	63	74	66	61
	Median Days on Market	32	22	56	40	27

### Highlights:

- Median list and sold prices are up 8% and 6% respectively vs. the same time period in 2018
- Median Days on Market are up 43%, but still only 32 days, indicating a strong seller's market
- Number of transactions is down 6% vs. 2018, but still very strong relative to prior years

Seems like every day we hear about companies relocating or adding offices to Austin or the Austin area. Certainly the unemployment rate is one useful measure of economic health in Central Texas and helps explain the underlying support for home price appreciation. You can see in the nearby graph the unemployment rate trend (through August 31, 2019). Holding steady at 2.6% through the end of August.



*Note: All data comes from the Austin Board of Realtors' MLS report, reflecting activity through October 27, 2019.*

# HEMP DOCTORS USA *by Sarah Elizabeth Scott*

## CBD – The Trending Oil has gone Mainstream

CBD has quickly joined fitness, sports, and diet as part of a healthy lifestyle for wellness. CBD the trending oil's broad range of benefits, success stories and stamp of approval from the medical industry have turned its image from marginal to mainstream. The CBD market is growing bigger by the day and CBD is showing up everywhere! CBD short for Cannabidiol, is derived from the cannabis plant and is the most well-known cannabinoid, second to THC. However, legal hemp derived CBD products do not cause the euphoric high associated with marijuana because they are required to have less than .3 percent THC. As a matter of fact, CBD is the non-intoxicating alternative to marijuana with most of the same health benefits. Most notably, it is said to have anti-inflammatory, anti-anxiety, anti-seizure, anti-oxidant, anti-bacterial and immunosuppressive properties, making it a viable natural plant-based product for many human and pet medical and wellness issues.

## Hemp-derived CBD gets people and pets healthy, not high.

Full spectrum (Whole Plant) Hemp-derived CBD gets people and their pets healthy, not high. In addition to the 100 plus cannabinoids in full spectrum products, the Hemp plants resin glands produce important and necessary healing terpenes, which give it its distinct smell and flavor, and also influence the plants cannabinoids and how they work in your brain and body. The good news is these full-spectrum hemp-derived products can be used as oral tinctures for fast absorption, in capsule form for neat, accurate and easy dosage and in salves for topical application.

## Dosage - start low and go slow - there is no one-size-fits-all approach.

Regarding dosage, always consult with a healthcare professional who has knowledge and experience working with CBD, as well as, the human endocannabinoid system, anatomy, physiology and human health applications.

One important thing to know is that hemp-derived CBD responses vary from person to person, age to age and animal to animal, some may need a dose four times a day, once a day or every other day -- always start with a low dose and increase slowly until you identify the level that provides relief for you or your pet. Additionally, dosage levels vary greatly in children, adults, the elderly, from male to female and most definitely vary greatly among pets. Remember if you buy anywhere USA currently no government agency protects you. The CBD market right now is in the wild, wild west stage so know the five W's when you purchase: who grew it, where was it grown, when was it grown, and finally why and what am I using CBD for.

All in all, there is no one-size-fits-all approach, so always seek a CBD knowledgeable and experienced and health care professional.

## Mother Nature puts her medicine in the plants.

CBD oil is being used for any number of ailments, including lessening everyday aches and pains, easing anxiety and depression, and reducing the severity of symptoms associated with osteopenia, osteoporosis, diabetes, epilepsy, insomnia, fibromyalgia, rosacea, eczema, psoriasis, Parkinson's and Alzheimer's disease, from acting as an anti-convulsant, anti-inflammatory, and anti-oxidant agent to easing neuropathic pain and aiding in reducing symptoms of Crohn's disease. In a study from The European Journal of Pain, using an animal model, CBD applied on the skin was shown to lower chronic pain and inflammation due to arthritis. At this point in time, while many of CBD's claims are considered anecdotal, it doesn't mean they aren't true. The consensus is that CBD is potentially better for our bodies than taking chemically designed pills or rubbing chemically designed lotions on the body.



*"Mother Nature is at the heart of all our products! Cellular health is the backbone of fitness and bringing trusted CBD products to people and their pets has been a journey of the heart and soul for me! My daily mission is to create a healthier world for people, pets and the planet. Sarah Scott - Founder"*

*Sarah Elizabeth Scott, The Texas Hempress CBD Consultant, is a Medical Exercise & Fitness Coach who founded Hemp Doctors USA, one of the first, full spectrum hemp derived CBD companies selling American grown products, in 2014. Hemp Doctors USA is one of the first to incorporate in Austin and in Texas. Connect with Sarah on Instagram at HempDoctorsUSA, CBDAskTheExpert and TexasHempress. For more information, visit HempDoctorsUSA.com.*

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# FALL IN LOVE with Austin

**NOVEMBER**

- 1-10** Wurstfest | [wurstfest.com](http://wurstfest.com) | New Braunfels
- 2-3** Texas Monthly BBQ Festival | [www.tmbbq.com](http://www.tmbbq.com) | The Long Center
- 8-9** Bastrop Veteran's Day Car Show Weekend | [bastropareacruisers.com](http://bastropareacruisers.com) | Bastrop, TX
- 9-10** 1944 Close Battle Assault - Battle Re-enactment | [Texasmilitaryforcesmuseum.org](http://Texasmilitaryforcesmuseum.org)  
Camp Mabry
- 16-17, 23-24** East Austin Studio Tour | [East.bigmedium.org](http://East.bigmedium.org) | 1501 E. 6th St
- 20-24** Junior League's A Christmas Affair | [www.jlaustin.org](http://www.jlaustin.org) | Palmer Events Center
- 22-24** Blue Genie Art Bazaar | [bluegenieartbazaar.com](http://bluegenieartbazaar.com) | Marchesa Hall & Theatre
- 28** Thundercloud Subs Turkey Trot | [thundercloud.com/register](http://thundercloud.com/register) | The Long Center
- 30** Chuy's Children Giving to Children Parade | [Chuysparade.com](http://Chuysparade.com) | Downtown Austin
- 30-12/1** Renegade Craft Fair | [www.renegadecraft.com](http://www.renegadecraft.com) | Palmer Events Center

Read my market update inside.



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