



NEWS FOR THE RESIDENTS OF TARRYTOWN
AND DEEP EDDY

JANUARY 2020

VOLUME 8 ISSUE 1

CHAMPIONS GYMNASTICS



Chuks hosted its annual Blue Santa Parade this last Saturday, benefitting the kids in Austin that might otherwise not have gifts under the tree at Christmas. ChampionsTX brought some of their Show Team Gymnasts, CCA Cheerleaders, and Xcel Competitive gymnasts to cartwheel and flip up Congress!

Besides Champions gymnasts and cheerleaders were giant inflatable balloons, festive holiday floats, famous children's characters, spectacular marching bands, cool classic cars and Santa! Champions believes in performing and outreach... kids helping kids!

More Pictures on Page 2!!

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

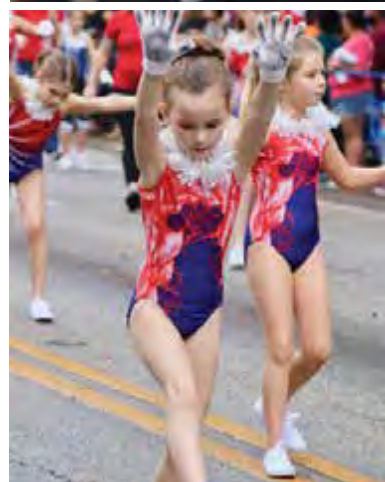
OTHER NUMBERS

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 Recovery	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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(Continued from Cover Page)



The Power of Volunteerism

By Cheryl Conley, TWRC Wildlife Center

I often say that I'm working harder now as a volunteer president of a board of directors than I ever did as a paid employee. The hours are long, the work can be frustrating, and worrying about keeping our doors open is very stressful. But all it takes is for me to hold a tiny, helpless little opossum in my hand or witness the release of an animal back to the wild and I know why I do it. A sense of calm and purpose takes over and I feel great about what I'm doing.

People volunteer for a number of reasons. Some are retired and are looking for something meaningful to do. Some are students wanting to learn more about their chosen field of study. Some feel it's a way to pay it forward and some don't have a choice. They have to complete court-ordered community service.

I think we would all agree that helping others makes a person feel good but did you know that studies show there are health benefits from volunteering? According to Rodlescia Sneed, a public health research associate at Michigan State University who has studied the impacts of volunteering, "In my own work I've shown it's linked to improvements in factors like depressive symptoms, purpose in life, and feelings of optimism." It's also been shown to lower blood pressure and reduces the feelings of depression.

Here's a list of all the benefits of volunteering according to Non-Profit Hub:

- Boosts self-esteem
 - Expands your connections - some people are just born with the "gift of gab" and have no trouble talking to others. For those that tend to be shy, it's the perfect opportunity to make new friends with people who share the same interests.
 - Makes you feel good
 - Contributes to a longer life - volunteers encounter greater longevity and less frequency of heart disease. It can also slow the progress of Alzheimer's and other memory loss diseases.
 - Gives purpose – as we age, we sometimes feel isolated but no matter who we are or what our age is, volunteering can give our lives new meaning.
 - Combats stress – studies actually show the more you volunteer, the happier you become. Your body releases dopamine in the brain when you help others. This has a positive effect on how you feel.
 - Sets a good example – as parents, our greatest hope is that our children grow up to be caring, giving adults. What better way to make that happen than to set a good example?
 - Teaches new skills – we see it all the time. Volunteers are afraid to pick up a bird, a squirrel or opossum. With encouragement and instruction, they gain confidence and learn not only to pick them up but to feed them. You can see the pride on their faces!
- Don't let fear stop you from volunteering. It's very much like

starting a new job and for those of you who work, you know how stressful that can be. Every non-profit knows how valuable volunteers are. Volunteers provide their time, energies and talents to help non-profits fulfill their missions. Most non-profits have limited budgets and volunteers are the reason many non-profits are able to operate and keep the bills paid.

The most important thing to remember is to do what interests you. Do you like working with senior citizens? The homeless? Dogs and cats? If you volunteer somewhere and find it's not for you, keep looking until you find your passion.

If caring for injured, orphaned or displaced wildlife is of interest to you, please contact us. Maybe you don't want to handle animals but would like to recruit fellow volunteers, work in fundraising or design brochures. We have many different areas where you can offer your time and talents. Give Berri a call at 713.468.8972.

Make a New Year's resolution to volunteer. You'll be pleasantly surprised how this will add to your life!

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TARRYTOWN REAL ESTATE market report update

January
2020

by **Trey McWhorter**

From time to time I compare home prices along the west side of Mopac, from the lake up to 183, divided up into 4 areas:

- Tarrytown – Lake Austin Blvd to 35th St, Lake Austin to Mo-Pac
- Highland Park West / Balcones Area - 35th to 2222, Mt. Bonnell Dr. to Mo-Pac
- 1A South – 2222 to Spicewood Springs, 360 to Mo-Pac
- 1A North – Spicewood Springs to 183, 360 to Mo-Pac

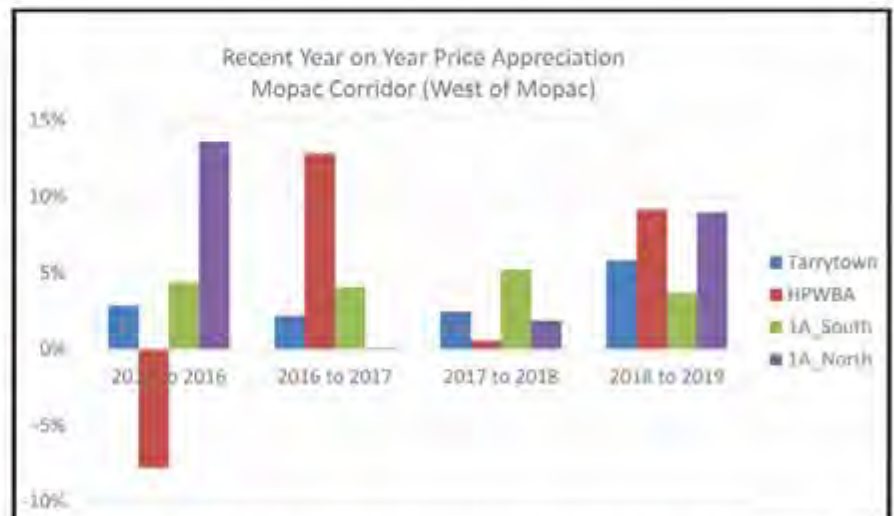
Here is an update on that analysis, with full year data for prior years and year-to-date (through December 15) data for 2019.

1. The strongest 10-year price appreciation (since 2010, using sold \$ / sq ft) has been in HPWBA at ~67% (Tarrytown comes in around 64%). 5-year appreciation rates tell a different story, though, with 1A North showing over 26% appreciation (compared to Tarrytown at 14%).

2. The relationship between 1A North and 1A South has been fairly consistent over the years, with 1A South ~6% premium to 1A North over the last 10 years. In 2018 the premium was 7.4%, but in 2019 that dropped to 2.3%.

3. Tarrytown sold price / sq ft has generally commanded, on average, ~23% premium over Highland Park West / Balcones Area since 2010. That premium was ~17% in 2019.

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 December 15, 2019.

LETTUCE RECYCLE! *by Dena Houston*

WHAT'S IN YOUR TRASH CAN???????



Even though most of us try hard to compost and recycle, there are still items that need to go into our trash cans and ultimately into the landfill.

NEED YOUR INPUT!

Below is a list of some of the items that should go into the trash can. The items in this list cannot be recycled or composted in the Austin market. If any of my readers have any suggestions on how to reuse, replace, or recycle anything in the list below, please email me your suggestions at recycling@hpwbana.org. I will research your ideas and list them in a future newsletter.

- AC filters
- Aerosol containers (partially full)
- Animal waste
- Antibacterial wipes
- Broken glass
- Candy wrappers
- Cellophane
- CD jewel cases
- Chip bags
- Cooking oil and grease
- Dirty aluminum foil
- Dryer sheets
- Food pouches
- Garden hoses
- Guitar strings
- Ice cream cartons (paper)
- Incandescent light bulbs
- Juice boxes
- Paper coffee cups
- Pizza boxes (if you don't have curbside compost pickup)
- Plastic bags – Bags for certain products, such as dog food, soil, fertilizer, and compost, are designed to hold weight. They are not recyclable at the plastic bag collection bins at the grocery store. Frozen food and salad mix bags are treated with certain polymers to keep the food fresh. They also must go into the trash.
- Plastic deodorant bottles (without recycling symbol)
- Plastic straws
- Plastic wrap – Saran Wrap, Press and Seal
- Tetra paks – Cardboard milk or juice cartons

• **Wire coat hangers (if in good condition, can be reused by dry cleaners)**
QUESTIONS AND IDEAS FROM OUR READERS:

IS THERE ANY ADVANTAGE TO PUTTING FOOD INTO CURBSIDE COMPOSTING INSTEAD OF INTO THE GARBAGE DISPOSAL? Not really. Everything that goes into your curbside compost becomes soil. Everything that goes into your garbage disposal goes into the wastewater stream. In Austin, the sludge from the wastewater treatment plant is processed into Dillo Dirt (a type of fertilizer unique to Austin).

ARE PLASTIC ROLL-ON DEODERANT CONTAINERS RECYCLABLE? Only completely empty plastic deodorant containers with the recycling symbol on the bottom are recyclable. Aerosol containers (any kind, including deodorant) are recyclable in the blue cart **ONLY** if they are completely empty. Partially full aerosol cans are a fire hazard at the recycling processing facility. They must go into the trash can or be taken to the Recycle & Reuse Drop-Off Center.

I'M STILL CONFUSED ABOUT HOW TO RECYCLE JARS AND THEIR LIDS. PLEASE CLARIFY. All glass bottles and jars need to have their lids removed. All plastic jars and bottles need to have their lids and caps left on.

ARE DISPOSABLE PAPER VACUUM CLEANER BAGS ALLOWED IN THE GREEN CURBSIDE COMPOST BIN? No, they are not. A vacuum cleaner bag could contain contaminated materials such as glass and cat litter. There is no way to open each bag to check the contents at the compost facility. Also, some bags have metal or plastic parts that make them non-compostable.

Please remember: WHEN IN DOUBT, THROW IT OUT! AND



Here is a very informative City of Austin recycling website called What Do I Do With. It is a guide to recycling, reusing, composting and more for City of Austin residential curbside customers. Just type in the name of an unwanted item and you will find out what to do with it. <<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.

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