



NEWS FOR THE RESIDENTS OF TARRYTOWN

FEBRUARY 2014

VOLUME 2 ISSUE 2

Hope Grows in Tarrytown

By Mary Elizabeth Parker, PT, PhD, NCS, PCS



The Tarrytown Neighborhood is the perfect place to nurture the Austin based non-profit, U.R. Our Hope. This locally grown but national and international charity serves individuals and families with undiagnosed and rare disorders at any age and any stage.

While members of U.R. Our Hope and its Board of Directors live all over Austin and beyond, the hub of activity centers around this quaint neighborhood. The local post office houses the official mailing address and the local Pak Mail assists with many important shipments of medical documents and support. The Medical Liaison resides in the neighborhood and hosts many Board of Directors' meetings at her home.

Children and parents of U.R. Our Hope were delighted to visit Engine 10 at the Windsor Fire Station last summer and learn about fire safety. The firefighters graciously demonstrated how they get ready to put out fires, and taught valuable lessons.

U.R. Our Hope is happy to be a part of this vibrant community and looks forward to meeting and serving more neighbors locally as well as those beyond our borders. Please feel free to contact U.R. Our Hope at www.urourhope.org or on Facebook.

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 Recooverly	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

Peel, Inc.	512-263-9181
Editor.....	tarrytown@peelinc.com
Advertising.....	advertising@peelinc.com

ADVERTISING INFO

Please support the advertisers that make Tarrytown News possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or advertising@peelinc.com. The advertising deadline is the 8th of the month prior to the issue.

ARTICLE INFO

The Tarrytown News is mailed monthly to all Tarrytown residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for The Tarrytown News please email it to tarrytown@peelinc.com. The deadline is the 15th of the month prior to the issue.

INFORMATION ANALYSIS GUIDANCE

Thoughtful Planning
and Expert Execution
of Your Family's Goals
When Buying or
Selling Residential
Real Estate.



David McCall GRE, SRES

512.736.8103
dvdmccl@yahoo.com



Welcome TO TARRYTOWN NEWS

The Tarrytown News is a monthly newsletter mailed to all Tarrytown residents. Each newsletter will be filled with information written by **you** about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com, or you can email to tarrytown@peelinc.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

Send In Your
News Today!



STEVE'S PLUMBING REPAIR

Master License: M-39722

- Water Pressure Problems
- Sewer & Drain Service
- Fiber Optic Drain Line Inspections
- Free Estimates
- Satisfaction Guaranteed

Steve Brougner
512.276.7476



2605 Buell Ave



SHERWOOD PEDIATRIC DENTISTRY



"My Children LOVE going to Dr. Sherwood's office. They actually count down the days until their appointment and when their visit is over, they don't want to leave."

HEALTHY SMILES ARE OUR SPECIALTY

WHY OUR PATIENTS LOVE US:

Empowering you to play an active role in your child's dental health.

Compassionate, individual patient care for your child's needs.

Enjoy a dental team focused on creating a positive dental experience for you and your child.

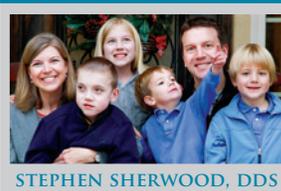
Utilization of the most recent technology.

You are invited to stay with your child through the entire appointment.

Monthly payment options available, including no interest financing.

**\$50
OFF**

Mention this and receive \$50 off New Patient cleaning, fluoride and exam. (New patients only, this offer cannot be combined with other offers, restrictions apply.)



STEPHEN SHERWOOD, DDS

CALL TODAY!
(512) 454-6936

Visit www.DrSherwood.net

Tarrytown Real Estate Market Report: Supply & Demand

By Trey McWhorter

By now you have seen plenty of reviews of 2013 real estate metrics and lots of projections of what 2014 holds. Rather than repeat what you have already heard I'll use MLS data available to me to offer some other insights into real estate prices, specifically for Tarrytown.

My theme for this month's article is "Supply & Demand", the economic model that simply says that the price for a good will settle at a point where the quantity demanded by consumers will equal the quantity supplied by producers. That model helps explain what has happened with real estate prices over the last few years in Tarrytown, as well as to provide indications about the future.

Let's look at some factors that explain each component, starting with demand:

DEMAND: A good indication of demand is job growth and the unemployment number. We know from the economic reports for Central Texas that job growth is strong:

- Graph 1 shows Austin area unemployment continuing to shrink and the latest information at time of print was an estimated 4.7% unemployment rate in November 2013

According to a recent Forbes article, "...high-wage jobs will grow 9.4 percent..." over the next 5 years, which is the kind of job-growth that fuels demand for neighborhoods

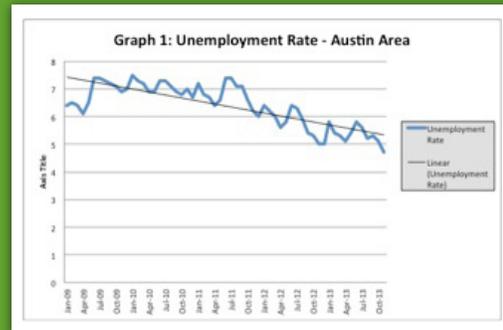
SUPPLY: For supply we can look at the availability of property in Tarrytown and its relationship to price over the last few years.

- Graph 2 shows that, over the last 3 years, the average number of active listings has declined or stayed flat, and simultaneously we have seen a big rise in prices of sold homes

- Graph 3 shows the trend in discounting (sold price vs. the original list price). We would expect homes to sell at smaller discounts when supply is tight, which the graph clearly shows

In fact, at the time of submission of this article, MLS showed only 31 active listings in Tarrytown in January 2014, more than 25% lower than the prior two Januarys (-42 in Jan'12 and Jan'13).

So the outlook for Tarrytown appears to be: strong demand as job growth continues, and tight supply getting even tighter if the general trend of the last few years for fewer active listings in the neighborhood continues. Those factors promise to drive prices even higher for Tarrytown real estate in 2014.





Why age 7 is the right time to see an orthodontist.

While your child's teeth might appear to be straight, there may actually be a problem that needs to be evaluated by an orthodontist. If you recognize any of the following issues with your child, please schedule a check-up with your local orthodontist. It may be one of the most important actions you can take to ensure your child's healthy and happy smile.

- Early or late loss of baby teeth
- Difficulty in chewing or biting
- Mouth breathing
- Jaws that shift or make sounds
- Speech difficulties
- Biting the cheek or the roof of the mouth
- Facial imbalance
- Grinding or clenching of the teeth
- Thumb or finger sucking

Orthodontists are specialists in straightening teeth and aligning your bite. They have two to three years of education beyond dental school. So they're experts at helping you and your child, get a great smile—that feels great, too.

Call today for your complimentary exam!

Contemporary Orthodontics

1814 W. 35th St.



512.451.6457



www.BracesAustin.com



American Association of Orthodontists

My Life. My Smile. My Orthodontist.™

© 2012 American Association of Orthodontists.

Explore the World Without Leaving Home!

Host an international exchange student through Ayusa. Learn the true heart and soul of a culture!

Ayusa is a non-profit high school foreign exchange student organization. We welcome teenagers from over 60 countries worldwide and provide host family placement and ongoing supervision for 5 and 10 month academic programs. These exceptional young people look forward to a warm bond of friendship with your family and a rewarding cultural exchange. Host families are asked to

- provide meals
- provide a bedroom either shared or private.

Students pay for all other personal expenses while in the U.S. Ayusa is currently accepting applications for the 2013/2014 program year. Visit our website to fill out your online application – the schools in our area have limited spots available for exchange students, so act now! All across the world, Ayusa students are eagerly awaiting their host family placement. Please call today and begin the adventure of a lifetime!

Visit our website at www.ayusa.org or call us at (888) 552-9872. You can also contact our local representative Vicki Odom at vodom@ayusa.org or call 832-455-7881 for more information as well.



Don't Move—Renovate!



Award Winning Architecture,
Renovation, and Outdoor Spaces

www.CGSDb.com 512.444.1580

mezzo monday!
every monday | ALL NIGHT!
half off wines by the glass | half off piccoli piatti
ciao!

3411 glenview ave. | austin, texas 78703
512 467 9898 | www.oliveandjune-austin.com



Con' Olio Oils & Vinegars

A TASTING BAR of PREMIUM OILS & BALSAMIC VINEGARS

Our products are certified Ultra Premium, Gluten Free,
Kosher & Non-GMO. Come try before you buy!



3 Area Locations:

215 Lavaca
Austin

512.495.1559

free parking @AMLI/
City Hall

10000 Research Blvd

#130, Austin

512.342.2344

12918 Shops Parkway

#550, Bee Cave

512.263.4373

www.conolios.com

WE SHIP!

**Present this coupon
for \$5 off your
purchase of \$25 or
more!**

expires 3/1/2014, one coupon per
transaction & cannot be combined
with any other offer/ in store only

10 POWERHOUSE FOODS THAT WILL HELP YOU BURN FAT

Marissa Balch - CPT, Nutrition Coach - Texas Fit Chicks Boot Camp

1. Oatmeal - Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. Eggs - A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. Salmon - High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. Nuts - Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. Grapefruit & Berries - These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood

flow.

6. Avocado - It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. Leafy Greens - Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. Cinnamon - Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. Green Tea - Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. Beans & Legumes - Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.



go→Yoga
8 Tarrytown

- ⇒ New Challenging Fun 8am Classes
- ⇒ Kids Yoga (20mo - 4ys) 8am M/W/F
- ⇒ Pre + Postnatal Yoga
- ⇒ Teens Unplugged
- ⇒ Tai Chi - Mon 6am
- ⇒ Kula Kid Karate
- ⇒ Class Schedule Online
- ⇒ Yoga Everyday in Everyday
- ⇒ Located in the Heart of Tarrytown

*A Sweetheart
of a Deal!*

*Buy One Get
One Free!*

*Thru
2/14/14*

Austin Kula Yoga

2415 Exposition Blvd, Austin, TX 78303 ~ 512-542-3334 ~ www.AustinKulaYoga.com



Sign up online using promo code: **TARRYTOWN** New students only. Valid for: One free drop-in class with purchase of one \$18 drop-in class thru 2/14/14. Limit one per customer.

The Tarrytown Newsletter is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Tarrytown Newsletter's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



ADVERTISE
Your Business Here
Call 512.263.9181
for details

www.peelinc.com



**MAKING THE WORLD BETTER
ONE MEAL AT A TIME!**

\$5 T-Shirt Sale

1914 A Guadalupe St. • 457-1013
www.veggieheavenaustin.com



*Let us make sure your
biggest investment is
structurally sound.*

TUCKER ENGINEERING

1311 Chisholm Trail, Suite 303
Round Rock, TX 78681

Phone (512) 255-7477 | Fax (512) 244-3366
www.tuckerengineering.net

SPECIALIZING IN RESIDENTIAL
AND COMMERCIAL STRUCTURAL
INSPECTIONS

Serving Central Texas Since 1979

STRUCTURAL REPORTS

Structural reports can be furnished in any of the following areas:

- Structural design of houses and apartments including superstructure, foundation and drainage.
- Structural inspections of houses and apartments including drainage, foundation, superstructure, as well as decks, pools and other structures.
- Identification of problems and recommended solutions
- Estimated Costs
- Inspection and Certification for structural repairs

Our reports are concise and easy to read. We keep your information confidential. Fees for services are based on the type of structure to be inspected and where it is located.

Jeffrey L. Tucker, P.E., a registered professional engineer in Texas, has been involved in structural design, inspection and repair of houses and apartments since 1965. He is uniquely qualified to perform structural analyses of wood frame structures and slab foundations; to inspect and offer assurance of structural integrity and/or repair recommendations and details.

ESTATE PLANNING

BASICS FOR EVERY FAMILY

Submitted by Laura K. Kennedy

Everyone is busy. The breakneck pace of modern life leaves little time for reflection. In addition to taking care of yourself, parents are focusing on the ever-changing needs of children while often simultaneously caring for aging parents. It is hard to think about the big picture when we need to cook dinner and walk the dog (even though someone shorter than you insisted that they would take care of the latter).

What if something happened to you? If a debilitating illness prevents you from taking care of your family? Organizing your affairs both in the event of incapacity and death is a gift to your loved ones. It will mean that they do not have to guess about your wishes. It also means that you, instead of Texas law, determine the guardians of your children, who will take care of you if necessary and to whom your property passes.

Whether you need to update your current estate plan or create one for the first time, every parent needs to consider the following:

1. Guardians for children. What happens to your children if you die? If you become incapacitated and cannot care for them? Choosing a guardian for a minor or incapacitated child is one of the most important decisions you can make. And wouldn't you rather name a guardian as opposed to leaving it to a court? Revisit your decision every couple years to see if you are still comfortable with the person you named guardian or to change the appointment.

2. Beneficiary designations. Review the beneficiary designations on your retirement accounts and life insurance policies to make sure the beneficiaries are correct and coordinate with your estate plan. A divorce or death may have changed things since you last filled out your designation form. Further, check your bank and brokerage accounts. If there is a

survivorship designation, that account will not pass under your will. This kind of asset is referred to as a non-probate asset. For example, a "joint with right of survivorship" bank account will be controlled by the designation on file with your bank.

3. Trusts. Should you leave your estate outright to your spouse or children or in a trust? Trusts are not just for the wealthy. A properly prepared trust can provide a certain level of creditor protection and asset protection in divorce. Further, a special needs trust should be considered if your child could be disqualified from government benefits because of his or her inheritance.

4. Powers of Attorney. You understand the benefits of an estate plan but think, "Aren't I too young for a will?" A complete estate plan includes more than just a will. What if you are in a debilitating accident? Who takes care of your finances and your medical decisions? You can tackle these issues in a durable power of attorney and medical power of attorney. Moreover, a health care directive gives you the opportunity to outline your wishes in case of terminal illness.

5. Taxes. I have yet to meet a person who enjoys writing a check to the taxman. If you have a taxable estate above \$5.34 million (including life insurance, retirement accounts and certain other assets that pass outside of your will), your estate will be subject to the federal estate tax in 2014. A tax-planned will and other specialized techniques can minimize the estate tax and preserve your wealth.

There is no one-size-fits-all approach to estate planning. It will take some time and thoughtful discussion. However, there is no substitute for the peace of mind that will come with an estate plan that reflects your wishes and takes care of loved ones when you cannot.



**\$11/HR
TO START***
*FOR SELECT POSITIONS

**HIRING
TEAM MEMBERS**



Working for a K&N Management restaurant like Rudy's and Mighty Fine is unlike any job you've had before. This job is serious fun. That's why we were in the Top Places to Work in Austin for two years in a row. We've also been awarded nationally – by the U.S. President!

Apply Today
knmanagement.com/careers





PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

TRY

From dotting the i's
to crossing the t's

Let me help
you with your
homework.

A successful
real estate
transaction requires
attention to details.

m
moreland
PROPERTIES



We get it.

Listing and selling
Austin since 1986.

Trey McWhorter

REALTOR®

512.808.7129 cell

512.480.0848 x116 ofc

trey.mcwhorter@moreland.com

www.moreland.com

Read my
market update inside.

