



The HPWBANA News

Volume 5, Number 2

February 2009

www.hpwbana.org

Message From the Board

I can't say enough how proud I am of our neighbors who participated in the City's Neighborhood Habitat Challenge and won 3rd place! Many thanks go to Jessica Winslow for organizing this for HPWBANA. Now we have another opportunity to show Austin just how proud we are of our neighborhood and our City!

The City's Green Neighbor Program has produced a guide that identifies action items to help us save energy and water, and reduce air pollution, gardening chemicals and waste. Each action item has an associated score and if an individual or family reaches the Green Neighbor points goal, they can receive either a t-shirt or pass to Barton Springs pool. If they want to partner with neighbors or co-workers, they can become a Green Neighborhood and receive recognition and other benefits.

Many neighbors have already expressed interested getting HPWBANA designated as a "Green Neighborhood." If you would like to participate, or just want more information, please contact Carolyn Robinson, Board President at carrob99@hotmail.com.

Don't Forget – Designing For Wildlife!

Would you like to learn how to attract colorful butterflies and beautiful songbirds to your yard?

Thanks to the hard work of Jessica Winslow and a bevy of neighbors in the recent Neighborhood Habitat Challenge, you can!

HPWBANA residents have an opportunity to participate in a Gardening for Wildlife Design workshop offered by the City of Austin's Wildlife Austin program. You can discover how to transform your yard into a thriving wildlife habitat by providing just a few essential elements. The basic principles of landscape design will also be covered and will include a hands-on activity to sharpen your design skills.

When: Saturday, February 28, 2009, 1-3pm
Where: Yarborough Library, 2200 Hancock Dr, Austin, TX 78756, (512) 454-7208
Registration: To register for this FREE workshop or for more information please contact, Alice Nance alice.nance@ci.austin.tx.us or 327-8181 x29. Registration deadline is February 20, 2009.

No December Meeting Highlights

In December, the HPWBANA board took a break from its monthly meetings. We will resume our monthly schedule on Wednesday, January 28, 2009. Please join us!

Board meetings are held the fourth Wednesday of every month at 7pm at the Yarborough Library on Hancock. Neighbors are encouraged to attend and present any ideas or concerns they may have. We look forward to seeing you at our next meeting!

Important Meeting Notice

On Wednesday, February 25, during its monthly meeting, the HPWBANA will vote on whether to adopt the City's Restricted Front Yard and Side Yard Parking Ordinance. The ordinance prohibits parking vehicles in the front or side yard unless a paved area for parking is provided. A discussion of this ordinance occurred at the January board meeting.

Voting will be in person or by proxy at the February meeting. For more information, contact Carolyn Robinson at carrob99@hotmail.com or call 750-4072. The meeting will take place at the Yarborough Library on Hancock at 7:00 p.m.

COA Neighborhood Advisor

On January 8, 2009, the City of Austin presented the six candidates for the newly created position of Neighborhood Advisor. This person will serve as a resource for neighborhood associations and individuals when dealing with the city and will potentially serve as an advocate for neighborhoods when dealing with certain issues. Carolyn Robinson, HPWBANA President attended the meeting on behalf of our neighborhood and reports that all candidates are highly qualified. The city will choose two of the six candidates to serve the neighborhoods and citizens.

Highland Park West Balcones Area

Helpful Phone Numbers

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Social Services (during work hours)..... 211
Dana Munguia, Senior Patrol Officer974-5440
Ricardo Vargas, Senior Police Officer 974-5801
Wildlife Rescue 24 Hour Hot Line 210-698-1709

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The HPWBANA Board meets on the 4th Wednesday of each month except December. Meetings are held from 7:00 – 8:45 p.m. at the Yarborough Library, 2200 Hancock Drive. All neighbors are invited to attend. www.hpwbana.org

HPWBANA is bordered on the north by 2222, on the south by 35th St., on the west by Mt. Bonnell Rd., and on the east by MoPac and by Bull Creek Rd. between Hancock Dr. and 45th St.

Mail your membership dues to HPWBANA, P.O. Box 26101, Austin, Texas 78755

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Support Your Neighborhood Association!

As the New Year gets underway and you look for opportunities to get involved in you community, know that there are plenty of opportunities to get involved right here in your neighborhood. For some, it is visiting with the neighbors or reading the monthly newsletter to keep up to date on what is happening. For others, participation may be a bit more "hands-on" – volunteering to water our beautiful landscaped medians, helping with a community event or serving on a neighborhood committee. All of these are wonderful ways to stay involved with the neighborhood we all call home.

Not only does HPWBANA depend on your energy and participation, but we also depend on your financial support to help bring wonderful community events and beautification efforts to our neighborhood. This year, we hope you will consider joining or renewing your neighborhood association membership, if you haven't already. Businesses can also participate by sponsoring HPWBANA as well.

We know that times are tough, but your neighborhood association is committed to keeping dues and sponsorships low and community activities plentiful. HPWBANA wants everyone to be able to participate in his or her neighborhood. We hope you can join us!

For more information about membership dues, see the membership coupon at the back of this newsletter or contact Krista Saeger, kristasaeger@yahoo.com. For more information about business sponsorships, contact Carolyn Robinson, carrob99@hotmail.com.

HPWBANA Board Meetings

Please attend our next monthly meeting

Wednesday, February 25, 2008

Yarborough Library- 2200 Hancock Drive

7:00 - 8:30 pm

Don't want to wait for the mail?

View the current issue of the Highland Park West Balcones Area Neighborhood Newsletter on the 1st day of each month at www.PEELinc.com



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HPWBANA Business Memberships

For only \$50.00 a year, your business could help support HPWBANA events and special projects. Some business sponsors sought extra exposure to neighborhood residents by sponsoring and participating in the July 4 Parade and celebration. All the money raised by business sponsorships helps with our events – Egg Hunt, July 4 Parade, Annual Meeting and other special projects. In 2008, funds raised by business sponsors went towards the Perry Park Toddler Swing project (still in progress). If you want to gain extra recognition among the HPWBANA residents for your business, become a Business Sponsor! It's \$50.00 well spent! The neighborhood thanks you! (Email Carolyn Robinson at carrob99@hotmail.com for more information or call her at 750-4072.)

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MARK YOUR CALENDARS!

It's not too early to plan for one HPWBANA's biggest events – the Egg Hunt!

We hope you'll join us on Saturday, April 11th in Perry Park for some great family festivities.

Details to follow as the event draws near, but if you like to volunteer to help, please contact Carolyn Robinson, carrob99@hotmail.com.

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Highland Park West Balcones Area

It's Dues Renewal Time! Support HPWBANA with your Membership

It's important for neighbors to join and stay active in HPWBANA. A growing membership makes us a stronger force with the City of Austin and allows us undertake projects that directly contribute to the quality of life in our neighborhood:

Neighborhood Beautification Efforts
Easter Egg Hunt, July 4th Parade and Picnic
Advocates for Neighborhood on City Issues
Strengthen Neighborhood Safety Network

We need your support! Please renew your membership or become a new member of HPWBANA today. Send \$15 for a Family membership of \$10 for a Single-Member Household membership (only one adult in household) to:
HPWBANA, PO Box 26101, Austin, TX 78755

Name _____ Name of Second Adult _____

Address _____

Home Phone _____ Email _____

Questions about membership? Please contact Krista Saeger at 380-9062 or via email at kristasaeger@yahoo.com

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14 METRO LOCATIONS

Drain Flies

By Wizzie Brown

Small flies in the home can become quite a nuisance. One type of fly that may infest the home is a drain fly. Drain flies are small, have two wings and are a brownish or grayish color. Drain flies have a fuzzy appearance and when at rest, the wings are held roof-like over the body making them look like tiny moths, which is why they are also sometimes called moth flies.

Drain flies are often seen in kitchens and bathrooms near sinks and tubs. They tend to be more active in the evening. Female flies lay eggs in the thin film of organic matter that builds up on the inside of pipes. The larvae develop in the slime layer, feeding on fungi and other microorganisms.

Killing adult drain flies will only temporarily solve your problem. To manage drain flies, the source should be treated to reduce the population of developing flies. To track down the source, place tape over one side (don't cover the drain completely) of the drains in sinks and tubs before you go to bed. In the morning, check the tape for flies that emerged during the night to find out which drain is infested.

Once you locate the drain, take a stiff brush to physically clean out the drain and the flush the drain with boiling water. There is no need to treat the drain with bleach or ammonia. It may take several days to see a reduction of the adult flies once the drain has been cleaned; you have to allow the emerged adults to die off.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Also check out www.urban-ipm.blogspot.com.

Join our ListServ!

The HPWBANA ListServ, hosted by Yahoo, is for members of the Highland Park West Balcones Area Neighborhood Association (HPWBANA) and residents of this neighborhood. The ListServ is used to disseminate information to all members, via email, on a variety of topics, such as: crime in the neighborhood, upcoming meetings and events, city service issues, etc. The ListServ is moderated, meaning that all posts are reviewed and approved prior to being distributed to the members, to eliminate any inappropriate posts. All posts by members are sent out via the ListServ email address to protect each member's email address from being seen or used for non-ListServ purposes, i.e. solicitations, spam, etc. Member email addresses are kept private and not used for any purpose other than distributing HPWBANA-related information to members of the neighborhood. To sign up for the list, please send an email to HPWBANA-subscribe@yahoogroups.com.



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Highland Park West Balcones Area

February is American Heart Month

Submitted by Karen Behrend

February is American Heart Month! Here are some facts and tips to help you keep your heart healthy and help prevent Heart Disease.

COOL HEART FACTS:

- o The heart beats 2.5 billion times in a lifetime (65 yrs) (if you take care of it, maybe more!)
- o It takes 23-24 seconds for a drop of blood to circulate through the entire body
- o Your body pumps 1 million barrels of blood in a lifetime!
- o Your body has 60,000 miles of blood vessels
- o Every day over 650 Americans have coronary bypass surgery.

RISK FACTORS:

I. Unalterable Risk Factors you CAN NOT change:

- o Family History (father/brother had heart disease before age 55, or mother/sister

before age 65).

- o Gender (men have a higher risk)
- o Age (Men over 45 and Women over 55 are at increase risk)

II. Risk Factors you CAN alter:

- o High Blood Pressure (three readings at 140/90 in a month, see your doctor)
- o Smoking (#1 preventable cause of heart attacks in the US. Smokers have a 70% great risk than nonsmokers). Tough habit to break, but sooner or later you will quit!
- o Cholesterol (Blood cholesterol of 200 mg/dl is desirable, 239 mg/dl is borderline and 240 mg/dl+ is high) Know your numbers and get a complete breakdown of your total cholesterol, HDL, LDL and Triglycerides. Have your doctor explain the numbers to you!
- o Obesity (more than 30% of your desirable weight) Eating too much of the wrong foods can make you fat! Focus on 5 fruits or veggies a day for the next 20 days.

- o Physical Inactivity (Choose to move! 30-60 minutes 3-4 times a week!)

III. Other contributing Factors

- o Diabetes
- o Stress/Tension
- o Hormonal Factors
- o Alcohol

Primary Risk Factors have the strongest relationship to heart disease (family history, smoking, high blood pressure, high cholesterol and physical inactivity), when two or more of these are present, the likelihood of heart disease greatly increases.

10 TIPS TO HELP DEVELOP HEALTHY HABITS AND PREVENT HEART DISEASE IN YOUR FAMILY

Take care of your heart and your children's hearts by:

(Continued on Page 7)

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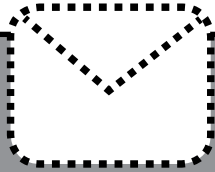
HP

February is...- (Continued from Page 6)

1. Regular daily physical activity (walk, bike, hike together)
2. Participate in age-appropriate sports, lesson or clubs. Let kids try a variety and find what they like
3. Participate in household chores (the physical kind)
4. Follow a healthy diet; low in fat and high in complex carbohydrates. Be supportive. Focus on positive instead of negative. Praise for a job well done!
5. Don't reward kids with food...find other ways to celebrate!
6. Be supportive. Focus on positive instead of negative. Praise for a job well done!
7. Limit TV, video game and computer time...disconnect from it! 1-2 hours a day max!
8. Be a positive role model and practice what you preach
9. Set goals and limits. Daily activity, 1-2 desserts a week
10. Learn CPR. The next life you save may be someone you love!

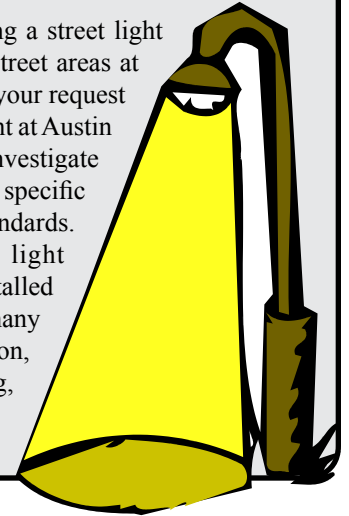
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Ask the Board: How Do I Get a Street Light Installed?

If you are interested in getting a street light installed to help light up dark street areas at night, the first step is to submit your request to the Street Lighting Department at Austin Energy (505-7617). They will investigate and determine the need for the specific lighting based on a set of city standards. Keep in mind that the street light would probably need to be installed in someone's yard, so there are many issues to consider, such as location, easement issues, tree trimming, power cables, etc.



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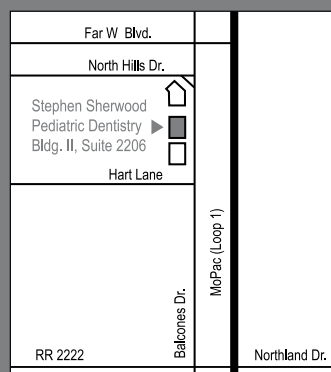
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