



The HPWBANA News

Volume 5, Number 6

June 2009

www.hpwbana.org

Message From the Board

There are a few "hot topics" all neighbors should pay attention to at this time.

First, crime is up everywhere in Austin and that includes our neighborhood. **These tips are becoming old news, but please take them to heart:**

1. Lock your cars and lock your house
2. Leave outside lights on at night
3. Know your neighbors and communicate with them -- especially if you're going out of town
4. Report suspicious activity to APD (and to your neighbors)
5. Do not open the doors for solicitors

The second "hot topic" is speeding on Balcones and Perry Lane. Consider this your personal warning: there will be increased patrols and tickets will be issued. Perry Lane is NOT the access road to Mopac! And Balcones Drive is not a straight boulevard to be taken at break neck speed. **SLOW DOWN IN THE NEIGHBORHOOD.**

April Meeting Highlights

The April meeting was held on Wednesday, April 22. The board discussed community issues including noise concerns for the school at Bull Creek and Hancock, and cleanup around Camp Mabry. A budget status report was given and ways to increase individual and business memberships was discussed. The board scheduled a Crime and Safety meeting for September and began discussing ways to increase participation in October's National Night Out (NNO). The board also discussed whether HPWBANA should take political positions and agreed that stances can be taken on issues and only where there is discussion and agreement among the board. The toddler swing status still has a June construction date.

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!



Balcones Bike Lane???

Please stay tuned for updates regarding the City's revisions to the Master Bicycle Plan and how it may affect our neighborhood. We have been in touch with the city regarding their proposal for the section of Balcones between Edgemont and 35th Street. Neighbors interested in knowing more or voicing concerns, please call or email Carolyn Robinson at 750-4072 and carrob99@hotmail.com.

Crime and Safety Meeting

Wednesday, September 23, 2009

7:00 PM

Yarborough Library

In response to concerns about recent home and vehicle burglaries in the Highland Park West Balcones Area neighborhoods, HPWBANA will sponsor an evening with representatives from the Austin Police Department, as well as other speakers on crime prevention. If you have topics you would like to have addressed, please contact Frances B. Allen, fba100@juno.com, 454-2113.

Highland Park West Balcones Area

IMPORTANT NUMBERS

Austin Citywide Information Center 974-2000 or 311
Emergency Police 911
Non-emergency Police (coyote sighting, etc.) 311
Social Services (during work hours) 211
SPO David J. Knutson
Central West District APD Rep..... 974-5917
Wildlife Rescue 24 Hour Hot Line 210-698-1709

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NEWSLETTER EDITOR..... Andrea Torres

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

ADVERTISING INFO

Please support the businesses that advertise in the HPWBANA Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter at no charge. No neighborhood association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 512-263-9181 or advertising@PEELinc.com for ad information and pricing.

Save the Date!

NNO

National Night Out 2009

Tuesday, October 6

Organize you street or block. Now is the time start planning for the best NNO neighborhood gathering ever!

Let's work together and increase the number of HPWBANA NNO parties in 2009.

For more information and registration, visit www.ci.austin.tx.us/police/nno.htm or phone 974-4900.

Please contact Frances Allen, fba100@juno.com, HPWBANA, and let us know you are getting started.

HPWBANA Board Meetings

Please attend our next monthly meeting

Wednesday, June 24, 2008

Yarborough Library- 2200 Hancock Drive

7:00 - 8:30 pm

Business Classifieds

BEAT THE HEAT—EXERCISE EARLY! All ages and fitness levels welcome for an efficient cardio and strength interval workout led by a certified personal trainer. Every Monday, Wednesday, Friday 6am – 7am at Perry Park. First class FREE. Questions? Visit www.balancepft.com.

CLASSIFIED ADS

Personal classifieds (one time sell items, such as a used bike...) run at no charge to HPWBANA residents, limit 30 words, please e-mail andreatorres11@yahoo.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales at 512-263-9181 or advertising@PEELinc.com.

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Volunteer Opportunity *Disabled Parking Enforcement Program*

Initiated in 1995, the Disabled Parking Enforcement Program is run by citizen volunteers. Citizen volunteers must be Travis County residents at least 18 years of age, have no criminal record and complete a 4-hour state mandated training class. If you would like to help make our public spaces more accessible for all people regardless of physical ability, then this might be for you. We are looking for active people who are often out and about, and while running errands, for example, will be able to issue tickets to disabled parking violators on a consistent basis. This position requires a considerable time commitment- after a ticket is issued, volunteers must come in to the office to sign complaint and affidavits on tickets issued, and at times, must appear in court to testify if a ticket is contested. This

volunteer position is for one year, and trainings will be held in May and in August.



Please contact Zoe Koehler for more information at 854.9100 x35047 or visit www.constable5.com/info/parking.html

National Trails Day 06/06/2009

Join volunteers at the Barton Creek Greenbelt to begin work for the much anticipated National Trails Day Service Project. Central Texas Trail Tamers will be providing some crew leaders and volunteers.

Be prepared to work through the morning. At mid-day, all volunteers will converge at Barton Springs Pool for a free swim and free BBQ provided by the Salt Lick, free TShirt commemorating the event, live music, and other surprises. The event is being sponsored and organized by REI, Hill Country Conservancy and the Austin Parks Foundation and American Youthworks E-Corps. Sign up at the Austin Parks Foundation website below. **THIS EVENT IS GOING TO FILL UP FAST SO YOU NEED TO ACT NOW TO SIGN UP AND RESERVE YOUR SPOT!**

Date: Saturday, June 6th

Time: 8:30am -12:00pm

Location: Various locations – see website

Contact: Register at http://salsa.democracynaction.org/o/1205/t/4029/event/search.jsp?distributed_event_KEY=498&postal_code=78701&radius=3

For more volunteer opportunities on this day you can also contact Mary Arnett (512-464-1205, ext 3) or president@trailtamers.org

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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 or \$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

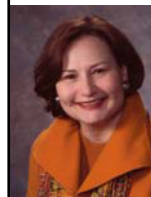
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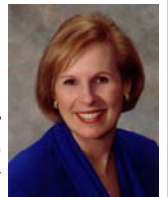
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How To Start Playing Tennis

Fernando M. Velasco

In the last issue, I gave you some tips on how to select the proper racket, strings and shoes. In this issue, I will give you some tips on how to practice with another player.

One does not need a full tennis court to practice the fundamental strokes of the game. I suggest contacting some of the tennis centers in your area and ask them to give you some of their "old teaching balls." Most of the clubs replace them every so often and they may have some that are still good for practicing.

I recommend placing the balls in a ball hopper (available in sport stores), or even a simple laundry basket (like we used to before the sophisticated ball retrievers became available). Start practicing by simply dropping the ball and hitting it over the net. Remember to take your racket back early, have a good point of contact and follow through without snapping your wrist. Start first with your forehand and then practice your backhand.

After hitting all balls over the net, then each player should be on opposite sides of the court. One will feed the ball; the other will try to retrieve it back. Try to hit as many consecutive balls as possible. Once, all balls have been used up, then let the other player do the same.

If you are playing with your spouse or spouse-to-be, I suggest not making too many suggestions. No one wants to make mistakes and hit balls long, into the net, nor to the parking lot. Your local tennis professional will come in handy to give you advice on how to become a "consistent" player.

Your local club offers many lessons for beginners, advanced beginners and players who are returning to the game. These group lessons are inexpensive and allow players of equal ability to meet and later practice with each other.

In the next issue, I will give tips on how to become better players by following the "CCDP" principles.

More Tips to Come!



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Healthier Homes

By: Michelle and Charlie Bubnis

Non-toxic Relief from Mosquitoes

That high pitch hum in your ear...summer is here and the mosquitoes have arrived. It's time to take action but let's keep the family protected and safe.

Don't use any mosquito spray that contains DEET (diethyl toluamide). DEET is a very effective insect repellent but not the best choice for the families' health.

DEET is a known neurotoxin, causes kidney and liver damage and has been implicated in birth and developmental defects. "Children in particular are at risk for subtle brain changes caused by chemicals in the environment, because their skin more readily absorbs them, and the chemicals more potently affect their developing nervous systems." ¹ The World Health Organization (WHO) states that over 30% of the global burden of disease in children can be attributed to environmental factors, including pesticides. ²

If the bottle of repellent you are planning to purchase contains DEET the label will say: may damage furniture finishes, watch crystals, leather, painted or varnished surfaces. This is a very harsh chemical that shouldn't be sprayed on the skin.

So what are some other options? Vinegar, either white or apple cider will work. Put it in a salad dressing bottle and sprinkle it on exposed skin. There are also herbal oils that are recommended such as tea tree, cedar, peppermint, citronella, eucalyptus and lemongrass. Mix these oils with cooking oil to dilute prior to putting on the skin.

If you wish to purchase insect repellent BUG OFF ³ from Dr. Mercola is a healthier option. It contains several of the essential oils listed above.

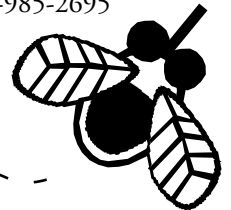
Mosquitoes are attracted to light colored clothing especially yellow. They zero in on fragrances from scented body care products, laundry detergents and scented fabric softeners. The use of unscented fragrance free products decreases the families' neurotoxic exposure but also keeps mosquitoes searching for another meal. Mosquitoes do not like the smell of garlic so by using a product called Mosquito Barrier (a very potent garlic solution) on the lawn, this will repel mosquitoes from the yard.

Check the external home environment. Be sure to empty any standing water around the home because this will provide the mosquitoes with a breeding ground. Consider putting up a bat house. A bat can eat approximately 600 mosquito sized insects an hour.

With these measures in place your family will probably not hear a high pitch hum in the ear this summer. The mosquitoes will find a better location than your home for their next meal.

For more learning and resources:

- 1 Duke University Medical Center (2002, May 2) DEET Brain Effects in Animals, Warrant Caution
- 2 Beyond Pesticides Fact Sheet: Children and Pesticides Don't Mix, Debra Lyn Dadd: About Natural Mosquito Relief, www.1001nets.net, cotton mosquito nets from Australia
- 3 Bug Off Toll free number to order: 877-985-2695



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Highland Park West Balcones Area

Regular Checkups Big Part of Staying Healthy

Regular screenings are an important part of staying healthy, but it's hard to remember what tests are needed at what age. Baylor College of Medicine doctors offer guidelines to help maintain good health through the ages.

"It is very important at any age to have regular health screenings," said Dr. Steve Rosenbaum, assistant professor of medicine at BCM and section chief of general internal medicine at Baylor Clinic. "It allows us to appreciate our good fortune for good health, and regular exams can detect problems early, so they can be treated and dealt with more expeditiously."

As we age, it is even more important to have regular screenings, kind of like having a favorite old car that we have to "baby" along, Rosenbaum said. He recommends people come in during their birth month. That way it's very easy to remember.

Just how often people should visit their doctor for regular checkups and screenings is a common question. **For people with no chronic health issues, Rosenbaum suggests:**

- People in their 30s should have checkups every two to three years
- By 40, checkups are recommended every 12 to 18 months
- Annual checkups starting by 50

RECOMMENDED SCREENINGS INCLUDE:

CHILDREN

- Hearing
- Vision
- Height/weight/Body mass index
- Blood pressure
- Speech and motor skills development
- Social/behavioral skills

TEENS

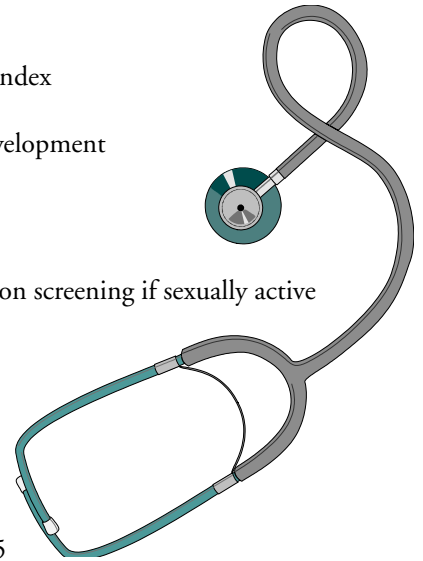
- Pap smear
- Sexually transmitted infection screening if sexually active
- Vision

20S

- Vision
- Pap smear
- Lipid test

30S

- Baseline mammogram at 35
- Vision
- Pap smear



(Continued on Page 9)

Great Hills Baptist Church

SUMMER ACTIVITIES

Vacation Bible School | **June 15-19**

Going Beyond - Women's Conference with Priscilla Shirer | **June 26-27**

Patriotic Celebration - Both Sunday Services | **June 28**

Children's Fine Art Workshop | **July 6-10**

Veggie Tales Day Camp | **July 27-31**

Middle / High School Camps - Baylor University | **July 27-31**

Celebrate Recovery | **Mondays, 7 pm, 2nd floor of building A**

Regular Sunday Schedule:

9:30 & 11 am Bible Life Groups for all ages

9:30 am Celebration - Connection | *Worship Choir & Orchestra*

11:00 am Life - Connection | *Worship Band*

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Highland Park West Balcones Area

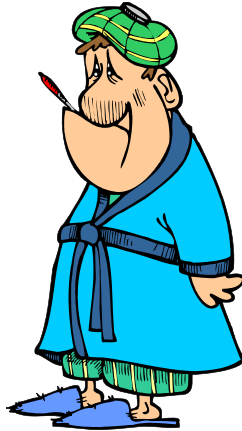
Regular Checkups - (Continued from Page 8)

40S

- Mammogram
- Pap smear
- Vision
- Prostate
- Heart stress test

50-PLUS

- Colonoscopy
- Glaucoma/vision
- Prostate screening
- Skin cancer
- Stress test
- Hearing



There are many factors that could influence the frequency of screenings.

Family history of certain illness and risk factors should be discussed with your doctor. For some illnesses, like skin or colorectal cancer, if a first degree relative has been diagnosed, screening could be recommended to begin in the early 20s.

Remember, talking about family medical history with your doctor is just as important as staying up to date on your checkups.

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Highland Park West Balcones Area

Nature Watch, by Jim and Lynne Weber

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them.

CAVERNS & CAVES

Millions of years ago, the great seas that stood over Texas deposited the makings of thick layers of limestone. As the land rose and the seas fell, eons of rainfall leached out hollows, deep pits, and underground streambeds, and over time, these deeply hidden worlds built a silent beauty. Today, Texas is riddled with over three thousand known caves and sinkholes, most of them in the Edwards Plateau region of central Texas.

The most important factor in cave formation is the presence of carbon dioxide in water, the main source of which is found in the soil. Rains form a weak carbonic acid that drives the progressive process of dissolution, a process that is more common in limestone than in any other type of rock. Fractures in the limestone allow this weak acidic water to fill voids in the rock, and as the water flow eventually decreases and the water table recedes, caves may become dry or partially dry.



Some of the carbon dioxide that was in the water is released into the cave atmosphere, causing the water to become less acidic, and the calcium carbonate dissolved in it begins to form tiny crystals or precipitate. Individual crystals build upon one another, and a steady drip from a cave ceiling can create a wide variety of cave formations. There are downward-building stalactites, upward-growing stalagmites, and if the two grow together they can form a column. Ribbons of stone can develop into shapes resembling draperies, curtains,

soda straws, coral, pearls, and even strips of bacon!

The unusual and ever-changing environment of a cave with its constant darkness, temperature, and relative humidity creates unique and interesting inhabitants. Scientists believe that many are relic species, isolated populations that were left to follow their own evolutionary path.

(Continued on Page 11)

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UNDERSTANDING TRENDS TO UNDERSTAND MARKETS

Highland Park West Balcones Area

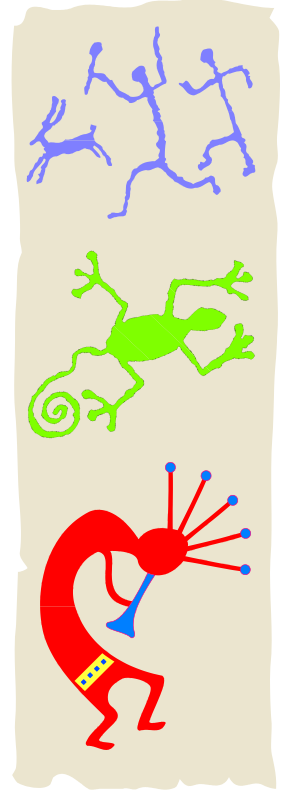
Nature Watch - (Continued from Page 10)

Those species truly adapted to caves have reduced eyes & pigment, slender bodies, and extra long legs, which allows the animal to spread itself over a larger surface area in such a food-poor environment. These extreme adaptations can be seen in many of central Texas' threatened and endangered species such as cave salamanders, beetles, spiders, pseudoscorpions, and other cave invertebrates. While several species of bats inhabit Texas caves – almost 100 million in about a dozen caves – they routinely leave the caves in search of food and therefore show the least adaptation and restriction to these environments.

While many central Texas caves are considered “wild” and are explored mainly by expert cavers, geologists and biologists, seven of these caves are considered “show” caves, or caves that have been developed enough to be enjoyed by the general public. Natural Bridge Caverns, located north of San Antonio, is the largest commercial cave in Texas, and full of draperies, curtains, stalagmites, and stalactites. Cascade Caverns in Boerne, otherwise known as the “Peep in the Deep”, has a 90-foot waterfall when conditions are wet. Wonder World Cave in San Marcos is the

oldest commercial cave in Texas, where you can find ceilings full of fossils and directly view the waters of the Edwards aquifer as well as the underside of the Balcones fault line. Longhorn Caverns in Burnet was used for shelter by the Comanche Indians and for worship by a local church, and has large calcite crystals filling its walls. Inner Space Caverns in Georgetown features soda straw ceilings and an underground theater for educational programs. The Caverns of Sonora, a short drive from Sonora, was designated a National Natural Landmark in 1966, and is one of the most active caves in the world, with over 95% of its formations still growing. The Cave Without a Name, just northeast of Boerne, holds the state's best examples of cave bacon, one of which is almost 22 feet long!

As unique features of the land, caves are protected by Texas law, and benefit from the stewardship of cavers, cave owners, and the general public. Marvel at the formations (but don't touch), seek to understand their origins, and remember, summer is the perfect time to get out of the Texas heat by heading down into a cave!



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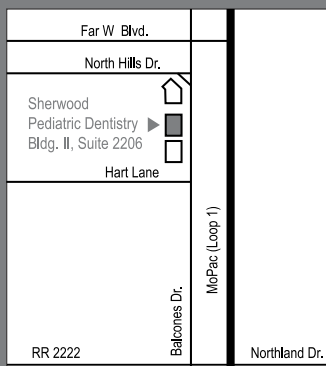
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