

SLNA Sentinel

Publication of the South Lamar Neighborhood Association

June 2009, Volume 3, Issue 6

www.southlamar.org

Hello Neighbors ---

I'm pleased to announce that one of our neighbors has stepped up to volunteer to fill the remainder of the term as Austin Neighborhoods Council/South Central Coalition representative -- the term left when Carol Gibbs had to resign. The new representative is Thomas Bleich. He is a long-time South Austin resident. He and his wife live on Overcup Oak Drive. Perhaps you'll come out to the next meeting -- Thursday, June 18, at 7 p.m. -- to meet him and other neighbors. Meanwhile, feel free to "Google" him if you want to learn more about him -- he's the attorney, not the photographer. Thanks so much to Thomas for volunteering to represent us at the ANC and the SCC, which is a coalition of the neighborhood associations in 78704. We always welcome new folks to get involved in the task of watching for the neighborhood interests in the city. It's not too soon to consider running for an officer position -- elections in October! Both President and Secretary will have to be filled the allowed two-term limits so for sure we'll be looking for someone to run for those.

But before then, we'll need some volunteer(s) to edit this newsletter. Krista Umscheid-Ramirez has been, in addition to Vice President of SLNA, editing the newsletter for many months. (THANK YOU, KRISTA!) With her and Vic's new baby on the way, she's going to have less time available and must give this up. If you'd like to take this on -- or maybe partner with another neighbor, please contact Krista (her e-mail is on the officers list on page 2) and check out what's involved. If we don't get an editor, the future of the newsletter could be in doubt. Maybe our publisher Peel Inc., would continue to publish but there wouldn't be any real neighborhood content. If Peel drops us, perhaps we could revert to our earlier format of a single two-sided page of articles every other month, hand-delivered. But that would require even more volunteers to lay out the paper, get it printed up, organize volunteer deliverers and bundle it up for them. And we'd still need an editor for that one. Or we could give up on having a newsletter altogether.

Let's face it: it's a volunteer organization. You as neighbors get more than you pay for (it's free). You as a volunteer get reimbursed simply via the good feeling that you are helping keep South Lamar as a safe and vibrant, interesting neighborhood. Plus it's fun to work with neighbors to keep a good thing going.

See ya around the 'hood.

Nancy Maclaine

NEXT MEETING:

Thursday, June 18, 7 p.m.

Artz Rib House, 2330 S. Lamar Boulevard

Dog Poop Pollutes Austin's Ponds and Creeks

Are you guilty of leaving your dog's waste on your neighbor's lawn because you thought you were providing free fertilizer? Or perhaps you don't scoop the poop because you think it's disgusting. Imagine if all dog owners in Austin didn't scoop the poop -- with 106,000 dogs in Austin, that would be 53,000 pounds of dog waste per day.

Pet waste is a subject everyone likes to avoid, but it is more than smelly and unsightly -- it is a health risk to pets and people, especially children. When it rains, pet waste left on trails, sidewalks and grassy areas can wash into the nearest creek or lake. Even if you can't see water near you, the feces go into storm drains and then travel to your neighborhood creek or lake untreated. Like human waste, animal waste may contain harmful bacteria and viruses, rendering the water unfit for irrigation, recreation or other uses. Pet waste also contains nutrients that will accelerate the growth of nuisance algae in creeks and lakes. So please, scoop the poop -- it's the healthy and neighborly thing to do.

It's also the law. The Austin City Code states that "an owner or handler shall promptly remove and sanitarily dispose of feces left on public or private property by a dog or cat being handled by the person, other than property owned by the owner or handler of the dog or cat." Offenders in city parks could be fined up to \$500.

Bring plastic bags with you when walking your dog. Use the bag as a glove to scoop the waste, then turn the bag inside out and tie to seal. If you forget the bag, look for mutt mitt dispensers in city parks. Homeowners should remove pet waste from their yards before it rains. You can also place a "scoop the poop" sign in your yard to encourage your neighbors to scoop. For more information, visit www.scoopthepoopaustin.org.

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Report Graffiti

Please call 3-1-1 to report any graffiti in our neighborhood. The City of Austin Graffiti Abatement Program responds to these reports by providing cleanup and/or removal of the graffiti tag within seven to 10 business days (in most cases).

In addition, the City of Austin provides presentations to neighborhood groups and school/youth/church groups at no-cost about graffiti, how to prevent graffiti in your neighborhood, the history of the City of Austin Graffiti Abatement Program, and how to help. Volunteer opportunities are available as well.

For more information, call (512) 854-3749 or go online to www.ci.austin.tx.us/connect/email_kristenturpin.htm.

Know Your Watering Days

To help conserve our treated drinking water, the City of Austin has adopted a water use management ordinance (Chapter 6-4 of the Austin City Code). Violations are Class C misdemeanors, with each instance punishable by a fine of \$500. The ordinance is enforced, but they City's primary goal is to work with customers to obtain compliance, not to issue fines. To report violations, please call 3-1-1 or use the online reporting form that can be found online at www.ci.austin.tx.us/watercon/summer.htm, where additional water conservation information also can be found.

CUSTOMER CLASS	OUTDOOR WATER USE DAYS	EFFECTIVE
Commercial, Multifamily Residential	Tuesday and/or Friday	Year-Round
Residential Odd-numbered address	Wednesday and/or Saturday	May 1 - Sept. 30
Residential Even-numbered address	Thursday and/or Sunday	May 1 - Sept. 30

Year-round: No watering with automatic irrigation systems between 10 a.m. and 7 p.m.
May 1 - Sept. 30: No watering between 10 a.m. and 7 p.m. except with a hand-held hose.

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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

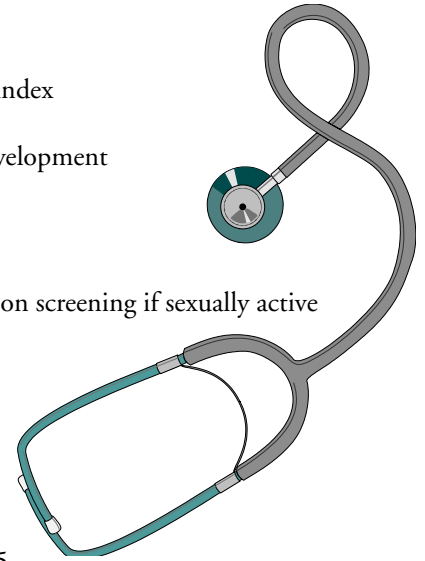
- Pap smear
- Sexually transmitted infection screening if sexually active
- Vision

20S

- Vision
- Pap smear
- Lipid test

30S

- Baseline mammogram at 35
- Vision
- Pap smear



(Continued on Page 6)



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<p style="text-align: center; font-weight: bold;">BUSINESS LOANS</p> <p style="text-align: center;"> 5.70% <small>***</small> 5.85% <small>***</small> 6.10% <small>***</small> <small>5 YEARS 10 YEARS 15 YEARS</small> <small>20 year amortization</small> </p>		
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Downtown Austin Plan

As part of Phase One of the Downtown Plan, the Austin City Council recently asked the Downtown Plan consultants to provide recommendations about the potential for a Downtown density bonus program, as well as recommendations for a Downtown affordable housing strategy. Final recommendations about downtown density bonuses and affordable housing, incorporating community input, will be presented to the City Council for possible action this summer.

The preliminary recommendations are available online at the following Web sites. Updates and all documents related to the City's Downtown Austin Plan Web site can be found at www.ci.austin.tx.us/downtown.

Density Bonus preliminary recommendations can be found at www.ci.austin.tx.us/downtown/downloads/Density%20Bonus%20Report%20FINAL%205-11-09.pdf.

Affordable Housing preliminary recommendations can be found at www.ci.austin.tx.us/downtown/downloads/Downtown%20Affordable%20Housing%20Report%20FINAL%205-11-09.pdf.

Questions about the density bonus and affordable housing portions of the Downtown Plan can be sent by e-mail to Erica.leak@ci.austin.tx.us.

OVERALL DOWNTOWN AUSTIN PLAN UPDATE

PHASE ONE:

Most of the work known as "Phase One" of the DAP has already been completed. These include:

- "Issues and Opportunities" report – Presented to City Council 2/14/2008, which can be found at: www.ci.austin.tx.us/downtown/downloads/DAP_PH_1_REPORT_2-14-08.pdf.
- Urban Rail Corridors Study – Presented to City Council 7/24/2008, which can be found at www.ci.austin.tx.us/downtown/downloads/dap_rail_brief_072408.pdf.
- Downtown Transportation Framework Plan – Completed November 2008. This work is "ongoing" in nature in that it is expected to be refined during Phase Two. In order to make it more accessible to

the general public, there is an Executive Summary. Both the full Framework Plan and the Executive Summary are available (as are the other documents identified above) at the City's Downtown Web site: www.ci.austin.tx.us/downtown.

- Affordable Housing & Density Bonus Studies – The only unfinished portions of Phase One are the Affordable Housing and Density Bonus studies.

PHASE TWO:

Phase Two of the project is under way. This work will produce the "Downtown Austin Plan" document, which will include the following elements:

- Vision for Downtown
- Downtown Districts, including: delineation of districts; district-specific goals, activities, and priorities; urban design guidelines; identification of and priorities for historic and cultural resources
- District-Specific Plans for the Northwest District and the Cores/Squares District
- Parks and Open Space Master Plan
- Updated Transportation Framework Plan
- Infrastructure Improvement Strategy
- Economic Development Policies
- Implementation Strategy

In the coming months, the City Council will be focusing primarily on work related to Downtown Districts, historic preservation, live music and arts/cultural resources, and parks and open space.

Public Surveys

District Surveys: Earlier this year, a survey was launched to invite the community to express its vision and goals for the various Downtown Districts. The survey has been reopened to allow further public input. The survey is formatted so that you can provide your input on more than one district by repeating the survey for a different district each time. The survey can be found at www.surveymonkey.com/s.aspx?sm=Qc82_2bR6VqU4q5nN9Cl3Mdw_3d_3d.



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Regular Checkups - (Continued from Page 4)

40S

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

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- 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.

2009 Neighborhood Cleanup Dates

SEPT. 6

DEC. 6

The current meeting location for the Sunday cleanups is the parking lot of the former Unity Church at 10 a.m. to pick up all the cleanup tools -- trash bags, gloves, etc. The cleanups usually take place until about noon. For more information, contact Link Davidson by sending e-mail to osouthaustin@aol.com or by calling (512) 326-2379.

Classified Ads

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

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

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Membership Status (please circle one):

New Member/ Renewing Member

Please complete the following. Couples, please use both first names.

NAME(S): _____

MAILING ADDRESS: _____

CITY, STATE, ZIP CODE: _____

AREA CODE & PHONE #: _____

E-MAIL ADDRESS: _____

Check here if you want to join SLNA's Yahoo E-mail Group. []

If you live outside SLNA's borders, please note the address of the SLNA residential property you own:

Membership is \$10 per year per household (due in January of each year) or be a "Star Contributor" for \$20 (or more) per year.

TOTAL ENCLOSED: \$ _____

Check here if you are making a Request For Hardship Waiver of Membership Fee. []

Make checks payable to "South Lamar Neighborhood Association" and mail to:

Sally Merritt

P.O. Box 142666

Austin, TX 78714.

Also check out the SLNA Web site at www.southlamar.org.

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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 at
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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