



# The HPWBANA News

Volume 5, Number 11

November 2009

[www.hpwbana.org](http://www.hpwbana.org)

## Message From The Board

### VOLUNTEERS NEEDED!

The HPWBANA Board is currently planning for the new year, and the following volunteer positions are needed. Please consider helping your neighborhood.

### NEWSLETTER EDITOR:

Our news letter is published each month by Peel, Inc. Peel specializes in neighborhood newsletters through out Austin and provides the newsletter free of charge of the association. In return, we provide the content to the publisher. The HPWBANA newsletter editor gathers articles, sometimes writes articles and ensures that calendar items appear in the newsletter in a timely manner. This job does not take a lot of time, but it is very important to ensure timely newsletters to our residents.

### WEBMASTER :

The HPWBANA website needs updating! We need a volunteer who can make monthly updates based on what's happening in the neighborhood. This is not a time consuming job, but we need to reflect accurate, up to date information on the website.

### BOARD MEMBER:

We currently have an opening for one board member. This position requires attendance at monthly meetings and staying informed on the topics in the neighborhood. If you have an idea on how to make our neighborhood a better place, consider joining the board to work on making that improvement!

If you are willing to consider any of the above positions, please call or email Carolyn Robinson, [carrob99@hotmail.com](mailto:carrob99@hotmail.com) 750-4072 or Tonianne Soster at [te883@austin.rr.com](mailto:te883@austin.rr.com) Remember it takes contributions from many to help make our neighborhood a great place to live!

## Safety Tips from September Crime and Safety Seminar

HPWBANA hosted a Crime and Safety Seminar on September 23, 2009. Neighbors met our new area APD representative, Officer Darrell Grayson. The tips offered by Officer Grayson and former APD area rep Nicole Gray included the following:

### DO NOT LET YOURSELF BE A "VICTIM"

- Install outside lighting at your home
- Lock your car and do not leave valuables in sight
- Park in your driveway, not on the street
- Keep shrubbery trimmed down outside your home
- Consider a surveillance camera to monitor activity outside your home

### KNOW YOUR NEIGHBORS AND WATCH OUT FOR EACH OTHER

- Let your neighbors know when you're going to be out of town
- Stop paper delivery and mail delivery

### SECURE YOUR PERSONAL BELONGINGS BY ENGRAVING OR USING AN ULTRA VIOLET PEN

*Officer Grayson also stressed the use of 911. If you see suspicious activity, do not hesitate to use 911.*

### HPWBANA Board Meetings

Please attend our next monthly meeting

**Wednesday, October 28, 2009**

The Hub on the Back Porch- 3815 Dry Creek Drive

5:30 pm (This is our annual meeting.

Please note different location and time!)

## 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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Ben Friedman..... bfriedman@landmtg.com

Eric Hansen ..... ech@flash.net

**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 Yarbrough Library, 2200 Hancock Drive. All neighbors are invited to attend. [www.hpwbana.org](http://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](mailto:advertising@PEELinc.com) for ad information and pricing.

## KEEP AUSTIN BEAUTIFUL

### *Honors Nadene Morning*

Many people in our neighborhood know Nadene Morning, and if they don't know her, they probably appreciate her efforts without realizing it. Nadene is responsible for organizing the beautification effort in our neighborhood many years ago. She has personally organized, planned or been instrumental in planning each of the adopted medians in our neighborhood that have under gone "beautification efforts."

Nadene's efforts reach beyond the boundaries of HPWBANA and she's being honored for those efforts. Nadene is the recipient of the 2009 Keep Austin Beautiful Dennis Hobbs Individual Achievement Award. This award is given to an individual who exemplifies visionary leadership and personal action in environmental efforts in the city of Austin.

Please join HPWBANA in congratulating Nadene Morning! We are lucky to have her as our neighbor!



**Family  
fun night**

**November 1 - 5-7 pm**

**Great Hills Baptist Church**  
**[www.ghbc.org](http://www.ghbc.org)**

10500 Jollyville Road . Austin, Texas 78759  
512.343.7763

**Sunday Morning Schedule**  
9:30 . Blended Worship  
11:00 . Contemporary Worship  
9:30 & 11:00 . Bible Life Groups (all ages)



## Perry Lane Traffic Update

Last year, HPWBANA created a task force to study the traffic problems in the neighborhood. One primary focus of the task force was the section of Perry Lane between Balcones and Mopac. Members of the task force have met with APD and city officials on several occasions to discuss ways to reduce the dangerous speeding and other traffic violations on this street.

At this time, Perry Lane is being considered by the city for participation in the Isolated Street Program. More information will be released regarding this project very soon. If you have questions, please contact Carolyn Robinson at carrob99@hotmail.com or 750-4072.

## Constable Update

In September, HPWBANA approved the hiring of a local constable to patrol our neighborhood. The goals are to reduce speeding and make the neighborhood safer. Constable Vincent Dodd is on the job! Constable Dodd will continue his patrols, so please continue to drive safely and obey the traffic laws.

## Decorate for the Holidays!

This year, HPWBANA will be conducting a "Best Decorated House" contest during the holidays. If you'd like to participate, please contact Carolyn Robinson, 302-5417 or carrob99@hotmail.com board president and decorate your home by December 11th. The winner(s) will be featured in the January newsletter.

*Happy Holidays!*



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## Highland Park West Balcones Area

### Mayfield Nature Preserve Update

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This has been a busy year for Mayfield Nature Preserve improvements. The preserve covers the 22 acre wooded area that surrounds Mayfield Park. The Friends of Mayfield Preserve group has been working closely with Parks and Recreation Department Nature Preserves System to improve the health of the eco-system and improve the trails.

A project that stands out is a large community driven project to remove invasive plants from the entire 22 acres of the preserve. The success of this project and those involved were recognized with the 2009 Keep Austin Beautiful Award: Honorable Mention in the Community Involvement category: Friends of Mayfield Nature Preserve and American Youthworks Environmental Corps.

The Friends of Mayfield Preserve organized at an Austin Parks Foundation It's My Park Day event in the spring of 2008 specifically to tackle the serious invasive plant problem in the preserve. Large areas were completely consumed with invasive plants and most of the trails were tunnels of ligustrum. The Friends of Mayfield Preserve teamed up with local volunteers to remove the plants and American Youthworks Environmental Corps to do the heavy work. The numbers tell the story: grant funding totaled \$22,330 from

Austin Parks Foundation and a Watershed Protection Department Urban Forest Grant, volunteer hours totaled over 2,800, E-Corps crews spend 23 days in the preserve cutting and chipping. The total value of the project to remove invasive plants in this one 22 acre preserve in just over a one year period was over \$53,000. The project focus will shift to more planting and seeding as the removal phase completes.

The entire project was done under the direction of the PARD Preserve Manager Rene Barrera. Countless volunteers enjoyed the coaching of hard working Jerry Levenson. If you are one of the many volunteers that joined in the effort we thank you!

And there is more! The Travis County Audubon Society installed a chimney swift tower near the parking lot trailhead. Life Scout Huyler Brooks installed a granite trail and native garden to integrate the chimney swift tower into the trail system as his Eagle Scout project. Life Scout Dean Terrell added cedar benches, installed trail markers and a map kiosk along the trail as his Eagle Scout project.

***We welcome you to visit Mayfield Nature Preserve!***

***Nadene Morning, Friends of Mayfield Preserve***

***<http://mayfieldpark.org>***

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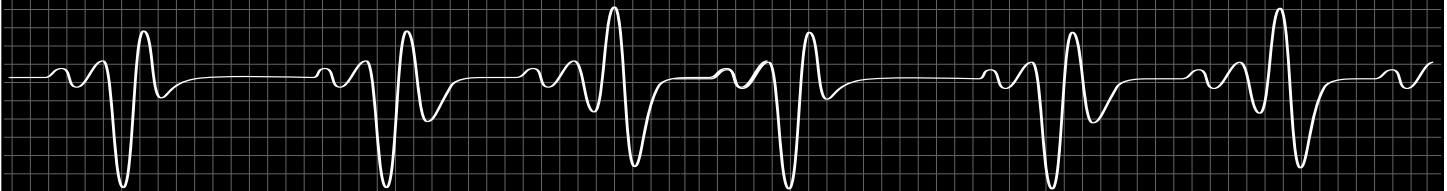
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## Scoop The Poop!

How many times have you walked in the neighborhood and seen unwelcome "gifts" left by our furry friends and not picked up by their human companions?

Not only can this be annoying, but it can also be dangerous. You see, according to the City of Austin, while one little pet deposit may seem harmless, accumulation of pet waste across the City adds up quickly. And this waste is not only unattractive and foul-smelling, but it also contains bacteria and parasites that are not good for our kids or our pets. When washed into creeks and lakes, these bacteria can cause aquatic weeds and algae to flourish, reducing levels of oxygen that can result in dead fish.

**THE CITY OF AUSTIN HAS BEGUN A NEW CAMPAIGN TO KEEP OUR NEIGHBORHOOD AND CREEKS CLEAN. SCOOP THE POOP REMINDS DOG OWNERS TO**

- Bring It – Carry a scooper bag when you walk your dog.
- Scoop It – Use the baggie like a glove, scoop the poop, invert and seal the bag.
- Toss It – It belongs in the trash!

Please do your part to keep the City and our neighborhood clean!  
- *Scoop The Poop!!!*

## LAMARFEST

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## Fence Donations Needed!

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# Highland Park West Balcones Area

## Constable's Notebook – November 2009


By Constable Bruce Elfant

Ninety-one years ago on the 11th hour of the 11th day of the 11th month World War I, then referred to as “the war to end all wars”, ended with the surrender of Germany. A year later President Woodrow Wilson recognized November 11th as Armistice Day when he proclaimed that “the reflections of Armistice day will be filled with solemn pride in the heroism of those who died in the country's service.” November 11th was declared a legal holiday by Congress in 1938. In 1954 President Eisenhower in order to ensure proper observance of all Veterans, declared November 11th as Veterans Day.

This Veteran's Day will be observed at a time when the United States is engaged in two wars – one that is hopefully winding down and the other that may yet intensify. While many Americans will participate in parades and ceremonies to honor those who have volunteered to serve in the U.S. armed forces, hundreds of thousands of veterans will sleep on the streets, sit in jails and be confined to mental institutions as a result of the physical and mental injuries they received while serving our country.

Last year I reported on the emergence of the Veterans Intervention Project (VIP) (co-chaired by Constable Maria Canchola and myself) that includes federal, state and local agencies and Veterans organizations in order to better understand the needs and impacts of Veterans returning to Travis County. We know many Veterans are profoundly impacted by their military experience. *The Journal of Internal Medicine* reports that as many as 30 percent of returning Veterans suffer from mental illness including Post Traumatic Stress Disorder (PTSD). This makes transitioning back to civilian life far more difficult. A recent *Veterans Intervention Project* found that on average, 150 Veterans sit in the Travis County jail at any given time. During one 90 day period, 679 charges were filed against 458 Veterans. One third of all charges filed were for DWI, possession, delivery of a controlled substance, public intoxication and vehicular manslaughter. Other charges included assault, sexual assault and kidnapping. About two-thirds of arrested Veterans are eligible for Veterans Administration services but for a variety of reasons have not requested them. Other Veterans are not eligible and have few places to turn for assistance.


(Continued on Page 7)



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### Constable's Notebook -

(Continued from Page 6)

The Veterans Intervention Project is working to establish a process where Travis County Jail, court, Veterans Administration officials and others work together to identify and address mental health, substance abuse and other issues that prevent many returning Veterans from being able to successfully reintegrate into civilian life. Former Congressman Nick Lampson said, *"We should do more than sing the praises of the bravery and patriotism that our veterans have embodied in the past. We should take this opportunity to re-evaluate how we are treating our veterans in the present."* This Veterans Day Travis County citizens can be proud that as we honor Veterans' service abroad we are working harder to help them when they come back home.



## Recipe of the Month

### String Bean Casserole

- 4 cans French style green beans, drained
- 1 lb. Velveeta cheese
- 1 medium jar pimentos
- 1 large can mushrooms
- ¼ lb. butter or margarine
- 1 large green pepper, chopped
- Ritz crackers or sliced almonds



Melt butter. Saute green peppers. Add cheese to melt. Add beans, mushrooms, and pimentos. Put into baking dish and sprinkle with Ritz cracker crumbs or sliced almonds. Bake at 350° for 25 minutes.

*If you would like to submit YOUR recipe email it to [articles@peelinc.com](mailto:articles@peelinc.com).*

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# Constable's Notebook – October 2009

*By Constable Bruce Elfant*

Just over 20 years ago a friend of mine was severely beaten by her boyfriend. She didn't want to report it because she was convinced that the authorities wouldn't do anything and that it would further enrage her boyfriend. She did call the police, but they told her that if she wanted to file charges she would have to come down to police headquarters by noon the next day. Back then most law enforcement officials considered domestic violence to be a personal matter that did not merit police intervention.

This incident prompted me to join the Austin/Travis County Family Violence Task Force that included police, prosecutors, judges and social service providers. Task force members had begun questioning the conventional wisdom and pushed for stronger domestic violence laws and police policies. Shortly thereafter, Austin became one of the first cities in the nation to implement a mandatory arrest policy when probable cause existed to link an individual to a domestic violence assault. In order to be eligible to be

released on personal bond perpetrators had to agree to attend counseling classes. Almost overnight domestic violence arrests in Austin increased by 65%.

Congress proclaimed October as Domestic Violence Awareness Month 20 years ago. Despite many new federal and state laws, multi-departmental collaborations and additional resources for outreach and shelters, domestic violence continues to be the leading cause of injury to women - more than muggings and auto accidents combined.

This year more than 4 million Americans will be victimized by domestic violence and about 17,000 will be killed. Children who witness domestic violence are twice as likely to abuse their partners. The annual costs of domestic violence are about \$6 billion. Unfortunately, domestic violence assaults continue to be among the most under reported crimes. According to the National Institute of Justice and the Centers of Disease Control and Prevention, only about 25%

of physical assaults, 20% of rapes and less than half of stalking cases are ever reported to police. Many victims are afraid to come forward and too many family members, friends and neighbors either fail to recognize or ignore signs that domestic violence has occurred. Domestic abuse does not have to be physical to be unhealthy. Threats and attempts at control are clear predictors of physical abuse.

When my friend needed help she had very few options. Today a large number of law enforcement, shelter and legal resources are easily accessible. The National Domestic Abuse Hotline, located in Austin and staffed 24-hours a day, can be reached at 800-799-SAFE (7233). SafePlace also can be accessed at any time at 512-267-SAFE (7233). A complete directory of domestic violence resources, including a series of brief videos in English and Spanish, is also available at Constable5.com.

## 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](http://www.PEELinc.com)



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## Highland Park West Balcones Area

### Scorpions

*By Wizzie Brown*

Scorpions are arachnids and have eight legs and two body regions. Scorpions also have two pincers or claws, called pedipalps that help them hold their prey as they eat. They also have a long tail with a stinger on the tip that they use to paralyze prey or defend themselves. The most common scorpion in Central Texas is the striped bark scorpion. This species is yellowish-tan with two dark stripes that run along the back. Striped bark scorpions get up to 2 ½" in length.

Striped bark scorpions are capable of stinging, but they only cause moderate reactions to most people. Ice packs can be placed on the sting area to reduce pain and swelling. A person stung by a scorpion should be watched closely for several hours following the incident to ensure that an allergic reaction does not manifest. If breathing difficulties or hives occur, seek immediate medical attention.


#### **TO KEEP SCORPIONS FROM MOVING INTO THE HOME, THE FOLLOWING TECHNIQUES MAY BE HELPFUL:**

- Remove debris (including firewood) away from the home
- Prune any trees or shrubs that touch or overhang the house
- Replace weather stripping as needed around doors or windows
- Stuff weepholes with steel wool or copper mesh
- Seal cracks & crevices and/ or pipe penetrations with caulk or expanding foam
- Treat the foundation of the home with a pesticide
  - o Look for active ingredients such as permethrin, cypermethrin, deltamethrin, carbaryl, propoxur

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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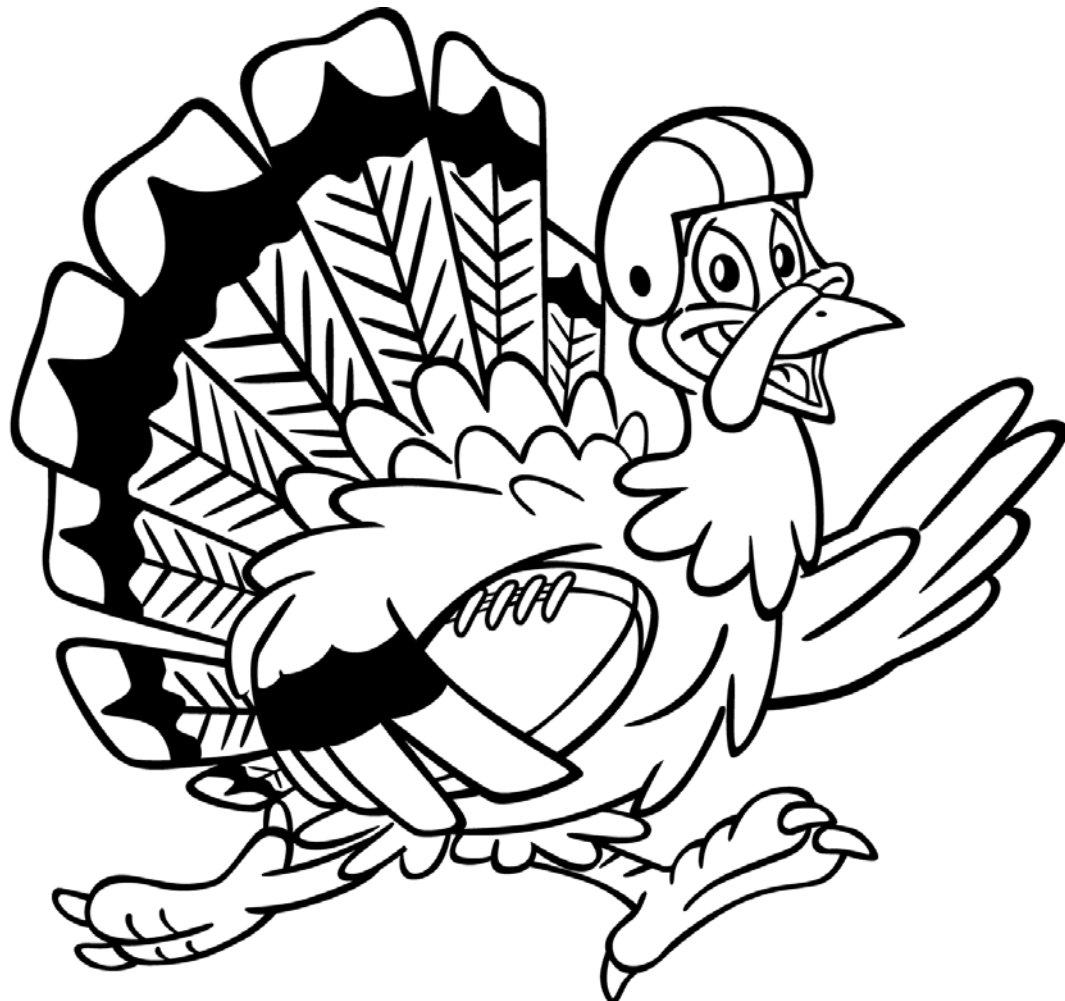
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HP



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Take the first step toward your child's good oral hygiene—a vital part of your child's development. Your child's first visit is recommended between 12 and 18 months of age.

## YOUR CHILD, OUR PRIORITY

Your child is provided with the highest level of dental care in a friendly, caring and fun environment. Your child's dental needs will be evaluated regularly to provide the highest level of prevention and treatment.

## SMILES ALL AROUND

You are invited to visit our office or our website for more information. Our fun and friendly office is specially designed with kids in mind, including video games and toys for all ages.

Discover the difference. As always, thank you for your continued referrals to family and friends. We hope to see you soon.

*healthy smiles*

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*are our specialty*



## SHERWOOD PEDIATRIC DENTISTRY

Stephen Sherwood, DDS - Brad Singleton, DDS

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Austin, Texas 78731  
Tel: 512.454.6936 Fax: 512.454.0437  
[www.drsherwood.net](http://www.drsherwood.net)



## OFFICE HOURS

Convenient office hours are  
Monday 9 am - 5 pm

Tuesday - Thursday 8 am - 5 pm

Fridays are reserved for surgical procedures.

