



The HPWBANA News

Volume 6, Number 11

November 2010

www.hpwbana.org

Board Members Needed

Two HPWBANA Board Members, Carolyn Robinson, president, and Chereen Fisher, events chair, have retired after many years of service to our neighborhood. This leaves open positions on the board. Board members typically serve two year terms. If you are interested in becoming a member of the HPWBANA Board, please contact one of the current board members. We also have other areas where you can participate in a less formal manner.

The board is also in need of:

- Austin Neighborhood Council representative (meet once a month on Wednesday evening)
- Crime Watch coordinator
- Membership coordinator

The last two responsibilities do not need to be board members to participate, so if you are interested in participating in the neighborhood association, but don't want to be on the board officially, these are great ways to contribute!

Neighborhood Watch Program

The Neighborhood Association is continuing to develop a Neighborhood Watch Program to help our fight against crime. Law enforcement officers cannot be on every block. NW members and residents can be. Dozens of alert eyes and ears can make a difference. Residents are people who really know their neighbors and may recognize when someone or something is suspect. NW Participants serve as eyes and ears only. They observe and report suspicious activity. The NWP employs the best crime fighting tool ever invented—a watchful neighbor.



CRIME FIGHTING BENEFITS:

- Neighbors looking out for each other
- Neighbors being observant and visible
- Neighbors routinely calling in suspicious activity and developing history of activity and hot spots and times of occurrence, if any in the neighborhood.
- Neighbors routinely locking doors and windows, closing garages and gates and developing a norm of good habits (like locking your car, taking your keys and Hiding your belongings)
- Lessening of criminal opportunities
- Safer and well kept streets
- Beautification of homes/yards
- Establishing a reputation for being a “watchful neighborhood” where criminals have a much higher risk of being caught
- Active and vibrant front yards and streets(including block parties, connectedness)
- Cheap intervention avoids costlier results and victimization
- Spark for improvement of quality of life in other areas

BLOCK CAPTAIN RECRUITMENT

The Neighborhood Associations Crime and Safety Committee is still looking to recruit more Block Captains to be a part of our Neighborhood Watch Program. Some of your duties are: Meet all residents on your block and collect contact info including email addresses, recruit more Block Captains, be aware of block happenings, notify your contact list of suspicious activity, learn when and how to contact APD in case of these emergencies, hold block meetings, circulate flyers with crime safety awareness tips.

If you are interested in being a block captain and learning more about the roles of a block captain please contact Tonianne Soster, Crime and safety Coordinator at tasconstruction@austin.rr.com and arrange for a block captain training session.

Highland Park West Balcones Area

IMPORTANT NUMBERS

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Central West District APD Rep..... 974-5917
Wildlife Rescue 24 Hour Hot Line 210-698-1709

10' BOARD OF DIRECTORS

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Carolyn Robinson carrob99@hotmail.com

VICE PRESIDENT

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MEMBERS

Kirby Walker kirbywalker@austin.rr.com

Scott Rogillio scott@rogillio.com

David Obermann humbug@texas.net

The HPWBANA Board meets on the 3rd Monday of each month except December at the Yarbrough Library on Hancock. Meetings are held from 7:00 – 8:45 p.m. All neighbors are invited to attend. www.hpwbana.org

HWPBANA 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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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.

Pet Leash Law

This is a reminder that City of Austin Code (Chapter 3-4) requires you to have your pets on a leash when you are out and about in the neighborhood, including non-fenced areas of your own yard.

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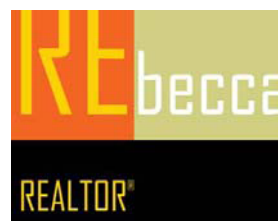
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Mid-Century Modern Homes Preservation Tour

The neighborhood association in conjunction with individual and business sponsors committed to our neighborhood is hosting a tour which will feature 10-12 homes that exemplify the architectural design and characteristics of Mid-Century Modern in a celebration of the Mid-Century Architecture our neighborhood is both rich in and known for. Our goal is to maintain that image and preserve an architectural design that has been admired since the mid 20th century.

*The tour is tentatively scheduled for
Saturday, March 26th, 2011 from 1-5pm.*

Do you have a Mid-Century home that you would like featured on our preservation tour? It could be a newly remodeled or new construction home that fits the architectural style of classic Mid-Century Modern architecture? Want to show it off to other admirers that love and respect these homes and their architectural design

and characteristics? Home selection process will take place mid December so please contact us sometime before then if you would like your home to be featured.

If you are interested and for more information please contact: Tonianne Soster, VP of the Neighborhood Association and Chair of the Home Preservation Committee.

Mid-Century Modern is an architectural, interior and product design form that generally describes mid-20th century developments in modern design, architecture, and urban development from roughly 1933-1965. The Term was coined in 1983 by Cara Greenberg for the title of her book, Mid-Century Modern: Furniture of the 1950's (Random House), celebrating the style which is now recognized by scholars and museums worldwide as a significant design movement.

Thanks for your interest.

George H. Withers, Ph.D. Psychologist

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Highland Park West Balcones Area

Mayfield Park and Preserve Workday 3505 W 35th St, Austin

- 2nd Saturday of Every Month Workday
- 10:00 – 1:00

Come help out in a local park! Mayfield Park and Preserve has a workday the 2nd Saturday of every month to help tend the gardens, work on the ponds and help out in the preserve. Individuals and families are welcome. Children need to be attended by an adult. Please bring gloves.

Contact Nadene Morning with questions, ntmorning@hotmail.com, 467-8132. Updates will be posted on <http://mayfieldpark.org/>

Mt Bonnell/Covert Park Workday

*Saturday, Nov 20th
9:00 am – 11:00 am*

The West Point Society of Central Texas recently adopted Mt Bonnell Covert Park by forming a Friends of Mt Bonnell group and they are planning improvements. Neighbors are invited to attend the workday to spruce up the park for the holidays!

*For more information:
http://www.west-point.org/joseph_bonnell/*



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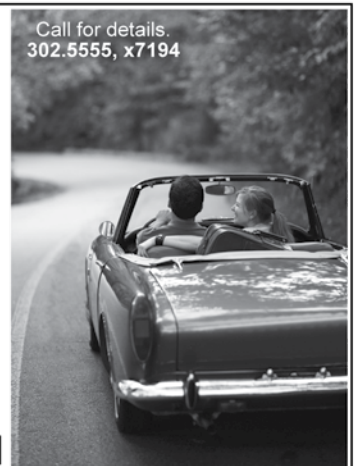
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TIME MANAGEMENT & EXERCISE:

Making the Most of Our Time

By Sarah S. Jordan, MS

(This is Part II from Sarah's series on "Tools for a Healthy Lifestyle.")

Do you wish that you had more time? I would venture to guess that almost everyone would say, "Yes!" In today's world, we seem to be taking on more than ever and rarely finding the time or energy that we deserve to focus on our health and the health of our family. The important thing is to always keep trying and to value health as a consistent priority in our lives.

In Part I of this series, we identified commitment as the first tool for living a healthy lifestyle. To begin, a commitment to healthy living should be made, and the next step is to evaluate our time and schedules in order to identify realistic ways to fit in more movement and exercise.

I have become very aware of the importance and benefit of exercise for physical and mental strength in my life's journey of being a fitness director, business owner, and most of all, in becoming a mother. I have also realized that any exercise is better than none! Finding time to exercise is challenging, and the key is to make every minute count. If baby is napping and mom has just 15 minutes to exercise, those 15 minutes can equal big improvements in weight control and energy levels over time. If work has required us to sit at our computer all day, just getting up for 20 minutes of outdoor activity or stepping onto a cardio machine might just change our day and stress levels completely!

Here are a few tips for making the most of your workout time.

Increase your intensity. If the duration of workout is short, intensity should be high.

Include intervals! On an elliptical machine, set resistance to something that feels challenging (not easy), but something you are able to push through without compromising your form. Do three-minute intervals. Minute 1: Somewhat easy / recovery. Minute 2: 75% of your fastest speed. Minute 3: Sprint! Repeat several times. 21 minutes of intervals (followed by a cool down) is an incredible workout!

(Continued on Page 6)

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Highland Park West Balcones Area

Time Management - (Continued from Page 5)

Add a 60-second interval to your walk. Power walk for three minutes and then jog or do walking lunges for one minute. Repeat several times. The interval challenges different muscle groups and adds a new element to your routine.

Find something that allows you to get cardio and strength training in one hour. I started a group exercise class format at UT and Pure Austin called Dynamic Strength, and people love it! Participants get their strength training, but they also get cardio intervals, flexibility, and relaxation too! Total body workout.

And most importantly, remember that ANY exercise is better than none. Even if you just have 15 minutes, take it. Your body and mind will thank you.

Good time management is key in so many areas of life. We have all heard the saying; "Time is of the essence." Let's take a moment, evaluate our time, and see how we can incorporate more movement into our lives. What is your essence? You have the power to make it great!

Stay tuned for Part III coming next month.



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Recipe of the Month Pumpkin Cake Roll

INGREDIENTS:

- 3 eggs
- 3/4 C flour
- 2 tsp. cinnamon
- 1 tsp. ginger
- 1/2 tsp. nutmeg
- Powdered sugar
- 1 C granulated sugar
- 2/3 C pumpkin
- 1 tsp. lemon juice
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 C finely chopped nuts

Beat eggs on high speed for 5 min.; gradually beat in sugar. Stir in pumpkin and lemon juice. Stir together flour, baking powder, cinnamon, ginger, nutmeg, and salt. Fold in pumpkin. Spread in greased and floured 15x10x1" pan. Top with nuts. Bake at 375° for 15 min. Turn out on towel sprinkled with powdered sugar. Starting at narrow end, roll towel and cake together. Cool. Unroll.

FILLING:

- 1 C powdered sugar
- 2 - 3 oz. pkg. cream cheese
- 4 T margarine
- 1/2 tsp. vanilla.

Beat until smooth. Spread over cake. Roll and chill.



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