



# The HPWBANA News

Volume 7, Number 3

March 2011

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

## Message from the Board

As I write this, the temperature is below freezing and a thin layer of ice blankets my picnic table. I am comforted by the fact that spring is just around the corner. With spring, we all spend a bit more time outside and enjoy everything that our neighborhood had to offer. One thing that I really enjoy is walking through the neighborhood and seeing the beautifully landscaped medians and other common areas. Many of those areas are maintained by your neighborhood association. Our Beautification Committee Chair, Nadene Morning, works tirelessly to ensure that these areas have beautiful plants and that those plants have adequate water during the summer – but she can't do it alone. If you enjoy gardening or would simply like to help keep our medians looking nice, please contact Nadene ([ntmorning@hotmail.com](mailto:ntmorning@hotmail.com)) to find out more about how you can participate. Welcome, Spring!

*Andrea Torres*  
HPWBANA Board President

## TROWEL & ERROR!

On April 2, from 9:30 a.m. to 1:00 p.m., Mayfield Park will once again host Trowel & Error, the Spring event that annually attracts gardeners from all over Central Texas to hear experts give time-tested tips for beautiful gardens. Although lectures begin at 10:00, the event “opens” at 9:30 for those early birds who want to purchase Mayfield’s hard-to-find heirloom bulbs and perennials for their April gardens and to stroll the garden paths in early morning peacefulness.

Sponsored by Friends of the Parks of Austin, Trowel & Error will feature Renee Studebaker, designer, blogger and columnist for the American-Statesman, lecturing on Renee’s Bucket Garden List (or How to Become a Container Gardener in 5 Easy Steps), Meredith O’Reilly, wildlife authority and habitat steward, discussing The Wildlife Garden-Beauty and Function With Native Plants, and Cher Groody, master gardener and heirloom rose authority, whose topic is Antique Bloomers.

Not to be missed will be the legendary raffle of “garden goodies”. Everyone goes home a winner! It’s a wonderful way, rain or shine, to spend a morning learning how to add color into your landscape while relaxing among gregarious peafowl, towering palms, flowering trees, and ponds filled with lilies....and for only a \$5.00 donation!!

For more information contact [neenok@aol.com](mailto:neenok@aol.com), (512) 453-7074 or [mayfieldpark.org](http://mayfieldpark.org).

## IT'S MY PARK DAY MARCH 5TH

Volunteers are welcome for the annual Austin Parks Foundation city wide event and several parks in our area are signed up with projects.

Register at APF so leaders can arrange for tee shirts and snacks.

<http://austinparks.org/itsmypark.html>

Perry Park, Mt Bonnell, Pease Park, and Mayfield Preserve are just a few parks close to us looking for help.

# HAPPY St. Patrick's Day

# Highland Park West Balcones Area

## IMPORTANT NUMBERS

Austin Citywide Information Center 974-2000 or 311  
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Social Services (during work hours) ..... 211  
SPO David J. Knutson  
Central West District APD Rep..... 974-5917  
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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](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 In Touch!

Do you enjoy the information about the neighborhood that you receive in each month's newsletter? (Thanks Peel, Inc.!) Do you wish you could get and share information more often than once a month? Join the HPWBANA listserve and you can do just that!

By joining the listserve, you can receive information on events and activities. You can ask for and share information on services such as plumbing and air conditioning. You can announce a lost or found pet. You can even share information about suspicious activity or crime in your area. Basically, you can keep up to date on what is happening in the neighborhood.

The great thing is that you don't have to be a member of the neighborhood association to participate. (But we'd still love you to join!) Just follow these easy steps to join:

1. Go to <http://groups.yahoo.com>
2. If you are already a member, sign in. If not, sign up as a new member.
3. Once you are signed in, look for the "Find a Yahoo Group" search bar.
4. Enter "HPWBANA" and hit search.
5. The search should have one result – the HPWBANA group.
6. Under the tree logo, click on "Join this group"
7. Once you do you will be prompted to follow 3 steps to join the HPWBANA group – entering your contact information, decide how you want your messages delivered, and selecting how you want your messages to appear.
8. Then click "Join" and Yahoo will give you instructions on what to expect next!

We hope that everyone is able to take advantage of this great resource for our neighborhood and stays in touch!

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### Check out the Views at Mt Bonnell! *Thank You West Point Society of Central Texas!*

We have been discussing the Covert Park (Mt Bonnell) improvement project under PARD's Adopt-a-Park program in the HPWBANA News for a couple of months now. The first project is complete --- the beautiful scenic views at Mt Bonnell have been opened up and restored thanks to the West Point Society of Central Texas. This group was awarded a grant from Austin Parks Foundation to help fund part of the cost to raise the canopy and remove dead vegetation at four sites on the summit. Work was done by Austin Tree Specialists under PARD and BCP supervision. Vistas were cleared and broadened at the two picnic tables, the stone wall overlook just north of the pavilion and at the pavilion overlooking the river valley.

Part of the grant was a matching component to demonstrate community support. Many thanks go out to HPWBANA, WANG, The Island at Mt. Bonnell Shores, West Point Society members, and the many individuals in the community that donated funds.

The West Point Society of Central Texas is also working to have the damaged historic stone marker replaced, install a kiosk or two, coordinate more workdays and they have some great spring events planned. They are also working with APD and PARD Rangers to help address the frequent crime problem at Mt Bonnell. Contact Stan Bacon at [sbacon58@sbcglobal.net](mailto:sbacon58@sbcglobal.net) with questions.

If you visit Mt Bonnell remember to lock your car and place valuables out of sight. Mt Bonnell is a target for car burglars.

*Enjoy!*

### HPWBANA *Neighborhood Meeting*

**PLEASE ATTEND OUR  
NEXT MONTHLY  
MEETING:**

**Monday, March 21, 2011  
Yarborough Library from  
7:00-8:30 pm**

Meetings are held on the 3rd  
Monday of each month  
from 7:00-8:45 p.m. at the  
Yarborough Library,  
2200 Hancock Drive.

There is no meeting in December.  
All neighbors are invited to attend.



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## Highland Park West Balcones Area

### Hey Tomato Lovers!

*"There's only two things that money can't buy and that's true love and homegrown tomatoes." Guy Clark - singer, songwriter*

It is time to start planning for home grown tomatoes! Purchase your tomato starts as soon as you can get to the nursery. A few proven varieties include Bingo, Carnival, Celebrity and First Lady for standard sized tomatoes and Juliet, Red Pear, Sweet Baby Girl and Yellow Pear for cherry sized fruit. Transplant your starts to one gallon pots or just use old milk cartons with holes punched in the bottom. You can then keep them outdoors in the sun and move them in at night if temperatures approach freezing until planting time in mid to late March. Another great option is to wait until the weekend of March 26th and 27th, attend The Zilker Botanical Garden Festival and purchase large, healthy starts in gallon containers from The Travis County Master Gardener Association tent. We've been doing all the work for you in their greenhouse since early January.

If this is your first try at vegetable gardening consider consulting Mel Bartholew's SQUARE FOOT GARDENING. It's a very successful method of gardening for all types of vegetables and flowering plants. If you already have a vegetable garden remove old plants and weeds, turn the soil and amend it with plenty of organic material (store bought compost or compost from your own pile) and if you don't see earthworms while readying your plot, purchase some. If you have

any questions seek local advice from <http://aggie-horticulture.tamu.edu/travis> or call the Travis County Master Gardener help desk at 512-854-9600, if we don't answer, we'll call you back!

Tomatoes must be planted in full sun, which means a minimum of 6 full hours.

When it's time to plant you have 2 options but both require that you remove the lower leaves from your starts. Pick off all the lower leaves so that only 2 or 3 sets at the top of the plant are left. Then you can either dig a very deep hole and put the plant in up to the bottom set of leaves or dig a long trench and lay the plant down on it's side, it will look "tilted" for a week or so, but it will right itself and soon grow upright. The stem that is buried will make lots of roots for water and nutrient absorption. Make sure your plants are at least 3 feet apart, 4 or 5 is better if you have the space. Put a cup or so of rock phosphate in the hole or trench. I know you're thinking, "phosphate? We have too much phosphate in Austin soil." And that is true but what we have is solid rock and it's not available to plants as nutrition. Then fill the hole up with good garden soil. Water your transplants in well and place a purchased or home-made tomato cage around them.

*(Continued on Page 5)*



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## Hey Tomato Lovers! - (Continued from Page 4)

I know, it seems early, but tomatoes grow fast and early is better than late.

Now all you do is Water, Fertilize and Watch.

Water consistently. If you begin by watering everyday, you have to keep it up. That's why I suggest watering VERY deeply (set a garden hose at the base of each plant for at least 5 minutes each time) about every 3 days. Or, if you selected the trench planting method you'll need to water along your buried stem. Automatic, battery operated timers that you screw onto your faucet and attach to drip irrigation devices are extremely efficient and carefree, but require planning and instillation at planting time. Either way, consistent watering will yield healthy fruit.

Fertilize every week with a foliar (spray or pour all over the plant and leaves early in the day) plant food. Organic is best since you're going to eat your harvest and the best contain seaweed and molasses.

Watch for pests. Lots of pests can be dealt with using garden gloves. You can pick off horn worms and put them in a container of water then squish or flush them. The same goes for leaf footed and green stink bugs. They are a little harder to catch, but worth the aggravation by not having to use pesticides on your food. You'll need to put them in a baggy, stomp on them and discard them in the trash because a cup of water won't contain them. Please, never spray a pesticide without knowing what you're trying to kill. If you see a pest but can't identify it, take a sample to your local nursery so they can help with the problem and solution. Or call the help desk, 854-9600. There are many beneficial insects in your garden and it would be a shame to spray insecticide on those!

Harvest your tomatoes when you see just a little pink color and let them ripen in your kitchen. If you let them turn really red in your garden you'll be competing with the birds and squirrels. It is unbearably frustrating to find your precious fruit partially eaten or pecked.

And finally... really this is it. When your plants have fizzled out in early to mid July, take the ugly, yellow leaves off the bottom, cut the plants down by half, prune off the really unruly heavy branches, keep the plants watered and fertilized and you'll have a good chance at a second harvest in the fall.

Want homegrown tomatoes but all this sounds like just too, too much? Get a big 5 gallon or larger pot or even one of those up-side downy things you see advertised (I hear they really work). Use only potting soil and place it in full sun. Your driveway is fine. It's funny how almost everyone seems to have a sunny driveway. You'll need to fertilize weekly as if they were in the ground but water these EVERYDAY. It'll be a good excuse to talk to your neighbors.

All good wishes your way for a bountiful harvest.

**Janice Brown**

*Certified Travis County Master Gardener*



### JOIN US FOR GOLF AND A GREAT CAUSE!

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11:00 am Registration - 1:00 pm Start  
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## Highland Park West Balcones Area

### 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 4<sup>th</sup> Parade and Picnic, Movie in the Park and other events**  
**Advocates for Neighborhood on City Issues**  
**Strengthen Neighborhood Safety Network and Communication**

We need your support! Please renew your membership or become a new member of HPWBANA today. Send \$25 for a Family membership or \$20 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 Andrea Torres, HPWBANA President, at 302-4294 or via email at [andreatorres11@yahoo.com](mailto:andreatorres11@yahoo.com)

### **Mayfield Park and Preserve Workday**

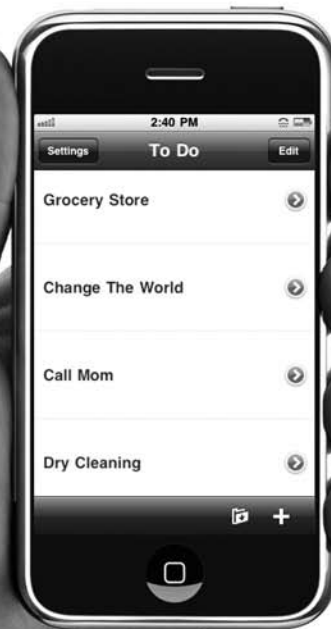
**3505 W 35th St, Austin**  
**2nd Saturday of Every**  
**Month Workday**  
**10:00 – 1:00**

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](mailto:ntmorning@hotmail.com), 467-8132.

Updates will be posted on <http://mayfieldpark.org/>

What's on your  
to-do list this  
month?



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**Great Hills Baptist Church | 10500 Jollyville Road . Austin, Texas 78759 | 512.343.7763**



### Carpet Beetles

Carpet beetles are pests in warehouses, homes, museums and other locations. Adults can be found outdoors on crape myrtles or shrubs or in bird and rodent nests. When carpet beetles move indoors they can become pests.


Carpet beetle adults are small, round to oval shaped and often brightly colored. Larvae are small, tan and ringed with bands of long hairs. Carpet beetles like high protein foods, usually animal based, but they can also feed on plant material. They can be found in a variety of locations throughout the home. In the pantry, you may find them in items such as powdered milk, dried meats (jerky) or pet food. Other areas of the home they can be attracted to items made from wool, fur or feathers, areas where dead insects accumulate (i.e. light fixtures), leather book bindings, hair, silk or dried plant products. Adults do not feed on animal products; they feed on pollen and nectar.

**A program utilizing sanitation, exclusion and insecticides should be able to get a carpet beetle problem under control. Tip for carpet beetles:**

- Clean accumulations of hair, dead insects and bird, rodent or wasp nests

- Regular cleaning of rugs, carpets, upholstery, etc. (make sure to get along edges)
- Inspect animal based items (mounted trophy animals, leathers, wools, silks, etc.) once a year to avoid infestations
- Store items in sealed, air-tight containers
- Infested items (if possible, depending on the items) can be heated or cooled to kill any beetles- freeze 2 weeks at temperatures below 18°F or heat for at least 30 minutes to temperatures above 120°F
- Insecticides should be used as spot treatments- make sure carpet beetles are listed on the label as well as the area/ item you are treating; make sure the product will not stain

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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## Align Your Work Values with Your Career

*By Amy Wolfgang, M.Ed.*

What is your ideal job? How do you make that determination? Many people are unhappy with their current career but are unsure what will make them happy. When individuals want to understand why they are unhappy in their current career the first area to examine is their work values.

Work values are characteristics of the activities and opportunities in a job that help make performing the job a satisfying experience. Examples of work values include: variety in work tasks, job security, ability to travel, recognition, etc. When you are evaluating your own career or making a decision on a new career, it is important for you to assess how your work values align with the career you are considering.

### *Action Steps*

#### Identify Your Work Values

Before you can begin evaluating your work values, first you must identify them. What are the top 5 – 10 work values that are important to your career satisfaction? Sometimes it is hard to think of what we need, although it can be easy to identify what we do not like in a career. Think back to those times that you may have been upset about your career situation. For example, the time when you did a lot of work on a project and no one recognized it. This could mean that recognition is an important work value to you. What if you are unhappy in your current career because every day you complete the same tasks as you did the week before? This could mean that variety is an important work value for you.

*To get you started, here are samples of some work values that might be important to you:*

- Variety of Work
- Autonomy
- Flexible Hours
- Education/Training Opportunities
- Workplace Environment
- Status of Job
- Pay/Salary
- Recognition/Praise
- Opportunities for Advancement
- Socialization/Interaction

#### Rank Your Work Values

Now that you have identified the items that are important to you in a career, you will need to rank them in order of importance. No one job may be able to meet all of your work values, however, a job that is a good match for you should be able to meet your most important ones.

*(Continued on Page 10)*



### Align Your Work Values with Your Career -

(Continued from Page 9)

#### Evaluate Your Current Job

Now that you know which values are the most important, ask yourself this question: Is your current job meeting your work values? If it's not, don't worry. It does not mean that this isn't the right career for you. It does mean that some things need to change in your job for you to achieve greater satisfaction. This may provide a great opportunity for you to speak with your supervisor about ways some of your work values can be met.

For example, if you value creativity, but always seem to be completing the tasks rather than helping to develop the solutions, talk to your supervisor about potential projects you can assist with on the creative side. If you value learning, then identify areas that seem interesting to you and ask your supervisor about helping in those areas so you can learn new skills. These tactics are also a great way to show your company that you are committed and capable.

### *Recipe of the Month*

#### **7 Layer Salad**

Layer following vegetables in 8 x 10 dish in this order:

- 1 head lettuce, broken up
- 1 cup chopped celery
- 1 small can sliced water chestnuts, drained
- ½ C green onions, thinly chopped
- 1 box frozen English peas (do not cook)
- 1 pint real mayonnaise (spread over top)
- 6 oz. grated cheddar cheese

Cover and refrigerate 24 hours. Crumble 6 piece of fried bacon on top.

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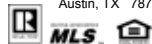
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# Tips to Turn Your Walk Into a Workout

By Sarah S. Jordan, MS

Walking is a great mode of exercise because it requires no equipment, it is low-impact, and something that many people can do regardless of their fitness level or experience.

### Benefits of Walking

Any movement is good movement and the same is true for walking. Like other forms of exercise, walking can help you improve cholesterol levels, lower blood pressure, control weight, improve mood, decrease stress, and it also provides numerous other health benefits. Here are some tips to turning your walk into a workout.

### Get the Goods

Proper footwear is essential for any kind of exercise. It is important to select shoes with good arch support and soles that absorb shock and provide cushioning. If you are unsure about fit, Austin has several local shoe stores that will personally fit you to a new pair of sneakers.

Choose clothing that is comfortable to move in and that you feel good wearing. Dress in layers if the weather is cool so that you can adjust as needed during your workout. And take a bottle of water

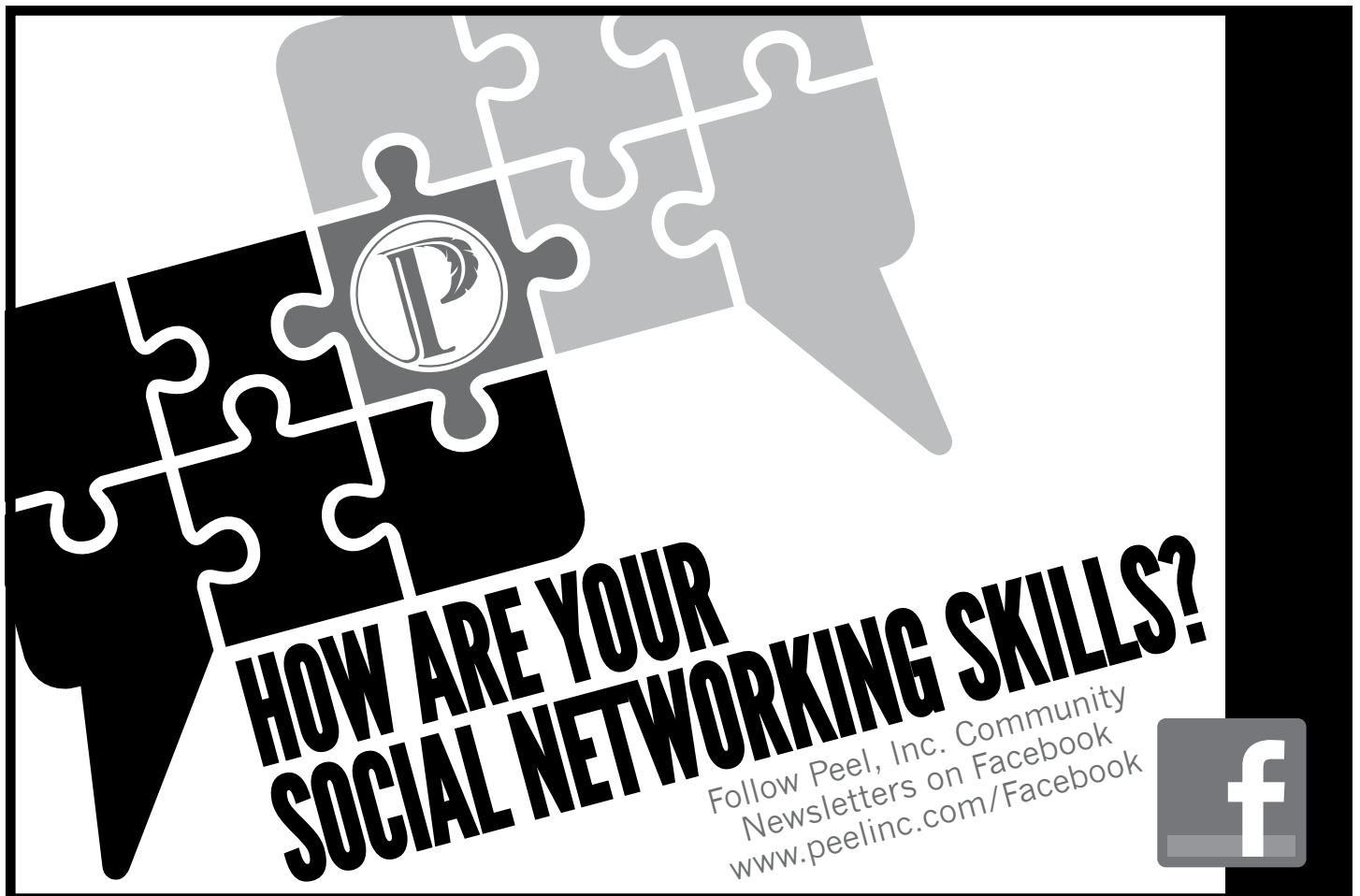
along so that you can hydrate along the way. You may find that taking an iPod along will help keep you motivated.

### Walking for Fitness: Proper Speed and Technique

Although the act of walking is simple, walking for fitness takes more effort, attention to speed, and technique. In order to get the most out of your walking workout, the speed should be brisk and above your "stroll in the park" comfort level. Also, your heart rate should be elevated. A good estimate: 10 - 15 heartbeats in a 6-second pulse count. (Multiply that number by 10 to get heartbeats per minute.) Strike the ground with the heel and drive off from heel-to-toe in order to effectively engage the muscles of your lower-body.


A few minutes after starting your walking workout, take a moment to stretch the calves, quadriceps, and hamstrings. Hold stretches for several seconds (with no bouncing) on each side. After your workout, reward your muscles and improve flexibility by taking a few minutes to stretch. Hold stretches longer here because muscles are warm and can make gains in flexibility at this point.

*(Continued on Page 11)*



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## Tips to Turn Your Walk Into A Workout -

(Continued from Page 10)

### Just Getting Started?

If you are new to exercise, it is important to check with your doctor before starting an exercise program. Start slowly and gain confidence before adding distance. For example, you might try walking 10 minutes in one direction and 10 minutes back. Slowly build up to 15 minutes in one direction and 15 minutes back. Over time, build up to 2-3 miles or 40-60 minutes of walking at a brisk pace most days of the week.

### A Seasoned Walker?

If you have been walking for quite some time, you may be looking for something new to add to your walking workout. With a few quick additions, you can further challenge and tone muscles and increase the intensity of your workouts.

- **Add speed.** Turn your walk into a speed walk. Engage the arms and the core muscles.
- **Incorporate intervals.** Walk for five minutes. Do an interval for two minutes. Repeat. Intervals can include things like walking lunges, moving side squats, push-ups, and jogging.
- **Hit the hills.** Adding an incline will increase intensity in a hurry!
- **Add resistance.** Use a weighted backpack or vest. Or push your child in the stroller. I did not realize just how much weight I was pushing when I exercise with my son until I did the math recently. He is 25 pounds, and the stroller is 15. That extra 40 pounds adds great intensity (and a whole lot of cuteness) to my workouts!



*If this is the year that you have devoted to improving health, walking is a great way to start! Remember... "The journey of a thousand miles begins with a single step."*

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