



# The HPWBANA News

Volume 7, Number 5

May 2011

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

## Camp Mabry OPEN TO PUBLIC



Looking for a place to walk or run without fighting the crowds down at Town Lake or worrying about traffic? Head on over to the Camp Mabry Track! The one mile crushed granite track is open everyday for civilian use. Visitors can enter at 2200 West 35th Street and must present a valid photo ID (such as a driver's license).

The public is also welcome to visit the museum and its outdoor exhibits, and even shop at the PX! The Museum's exhibits display the story of Texas Military Forces from 1823 to the present day and include an extensive collection of weapons, tanks, armored personnel carriers, artillery, self-propelled guns, engineer vehicles, helicopters and jet fighters.

For more information, visit <http://www.texasmilitaryforcesmuseum.org>

## NEW AUSTIN WEB SITE

The City of Austin has launched a new online service to enhance community engagement and provide a forum for residents to offer suggestions on how to improve the way the City does business.

The new Web portal, [www.speakupaustin.org](http://www.speakupaustin.org), is a moderated online discussion forum where residents can offer ideas and comment or vote on the ideas provided by others. The website enables users to contribute ideas on any subject, by answering the question, "How can you make it better?"

Users can suggest a new service, a service improvement, a policy change or other recommendation. It also invites users to visit subject-specific forums on topics the City is currently exploring.

The Communications and Public Information Office will provide oversight to ensure comments remain civil, as would a facilitator at an in-person meeting.



## HIGHLAND PARK BAPTIST CHURCH RECYCLES!

Did you know that Highland Park Baptist Church accepts certain items for recycling?

CLEAN styrofoam can be dropped off between 9am and 5pm Monday through Thursday, or Sunday between 8am and 12pm.

Paper can be placed in the dumpster in the front parking lot.

They will also be scheduling occasional drop off days for Household hazardous waste. Please watch upcoming newsletters or check the HPWBANA website for dates.

Highland Park Baptist Church is located at 5206 Balcones Dr across from the firestation.

## 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

## HPWBANA BOARD OF DIRECTORS

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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.

## Rankings Show Travis County Among Healthiest in Texas

Travis County continues to have some of the healthiest residents in Texas, according to the annual County Health Rankings- released this March by the University of Wisconsin's Population Health Institute and the Robert Wood Johnson Foundation. The rankings measure the overall health of most counties in all 50 states. Travis County ranked 7th on overall health outcomes (measures of mortality and morbidity) and 9th in health factors (what influences the health of the county) out of the 221 counties ranked in the state. Travis County also led the way among counties of comparable size.

Each county is ranked within the state on how healthy people are and how long they live. They also are ranked on key factors that affect health such as: smoking, obesity, binge drinking, access to primary care providers, rates of high school graduation, rates of violent crime, air pollution levels, access to healthy foods, unemployment rates and number of children living in poverty.

Other studies have ranked states on health factors, but this is the first time researchers have examined the multiple factors that affect health in most counties in all 50 states. The online rankings are available at [www.countyhealthrankings.org](http://www.countyhealthrankings.org).

## HPWBANA Neighborhood Meeting

Please attend our next monthly meeting:

**Monday, May 16, 2010**

**Yarbrough Library**

**7:00-8:30 pm**

Meetings are held on the 3rd Monday of each month from 7:00-8:45 p.m. at the Yarbrough Library, 2200 Hancock Drive. There is no meeting in December. All neighbors are invited to attend.

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### BRIGHT LEAF NATURAL AREA

If you're new to the neighborhood and haven't visited Bright Leaf, you are really missing out! Bright Leaf is a relatively unknown natural area over 200 acres in size located just north and west of Camp Mabry. Open for guided hikes only, this beautiful area is home to migrating birds, owls, other creatures...even coyotes! Visitors are invited to walk the trails and experience the beauty of this hidden gem.

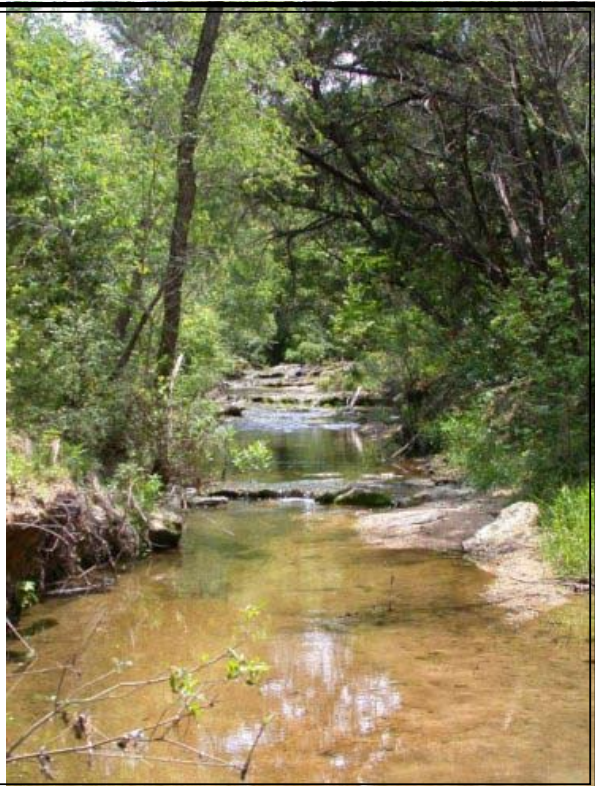
#### **Open for Guided hikes only.**

Second Saturday & second Sunday of each month at 9:00am. Hikes are approximately 4 miles long, last 2 1/2 hours and are free. Meet at the parking lot off 2222 and Creek Mountain Road. Dress for the weather & bring a water bottle.

For shorter hikes or hikes on other days, please call the park at 459-7269.

For automatic reminders of upcoming hikes and events, sign up at the Yahoo e-group site:<http://groups.yahoo.com/group/fobl/>

The Friends of Bright Leaf are always seeking volunteers, from Boy Scouts and other clubs who can work on various projects to bookkeepers, secretaries, or botanists. Call 459-7269 for more information.



# AUSTIN IS HOME

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## Highland Park West Balcones Area

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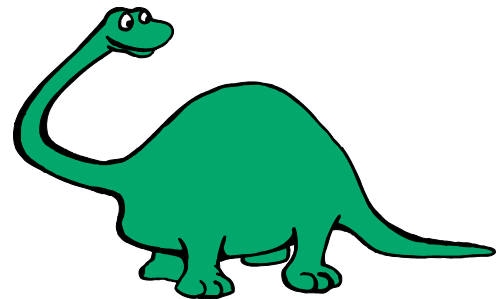
## Perry Park Dino Pit

A new and improved discovery dino pit is coming to Perry Park! A few years ago the HPWBANA Board made an attempt at converting the sandbox at Perry Park to a dino pit with T-Rex shaped bones placed on concrete under the sand. Unfortunately the bones were not secure enough and kids pried them off and took them home, making the sandbox just a sandbox again.

Life Scout Andrew Hafermann to the rescue. As his Eagle Scout project he will be converting the sandbox to a dino pit again, this time with the bones installed more securely. Andrew will be at Perry Park mid May to complete the project and we will keep you posted!

*Nadene Morning*

*HPWBANA Beautification and Parks Committee*



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## Highland Park West Balcones Area

### **RANGO** - *Starring: Johnny Depp, Isla Fisher, Abigail Breslin*

*Johnny Depp voices the scaly, heroic title character in "Rango."*

*Director: Gore Verbinski ("Pirates of the Caribbean") Written by: John Logan ("Gladiator")*

Industrial Light and Magic sure knows how to make a great first impression. "Rango," the first-ever animated feature created by the George Lucas company, is an impressive adventure film set in the Old West featuring a scrawny pet chameleon as it's courageous hero.

When Rango (Johnny Depp), an aspiring thespian, strolls into the small town of Dirt after landing in the desert, he is given the chance to start on a clean slate and become whoever he wants in his new surroundings. No one in Dirt knows who he is, so he conjures up a few lies and jumps into character as a mysterious gunslinger who isn't afraid of anything the big, bad desert has to offer, including the villainous Rattlesnake Jake (Bill Nighy).

Reminiscent of the storyline in the 1986 comedy "The Three Amigos," the towns people, made up of some bizarre looking creatures, accept Rango into their dried-up community and make



him sheriff when he accidentally kills a terrorizing hawk. As sheriff, it's now up to Rango to somehow bring water to the thirsty people of Dirt before more of them pack up and take off in search of the one thing they need to survive the desert heat.

As an animated spaghetti Western, "Rango" takes its original narrative and

sets it on a dark and dangerous path most cartoons would never tread. Leave it to director Gore Verbinski, who teamed up with Depp in the first two "Pirates" movies, to find inspiration from Western classics like those from director Sergio Leone. Along with exquisite imagery and witty dialogue from the title character, "Rango" is an imaginative and sort of hallucinatory tribute (see if you can spot the "Fear and Loathing in Las Vegas" reference) to a genre most kids aren't exposed to nearly enough. With a lizard as the lead, this is as kid-friendly as it's going to get. (Grade: B+ by Cinesnob.net)

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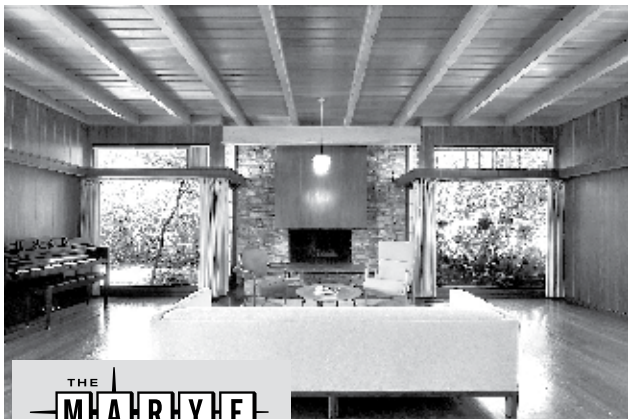
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## Highland Park West Balcones Area

### MEET THE WILLIAMS SIBLINGS

What if your world was torn apart when abuse or neglect in your home resulted in you and your siblings being permanently removed from your parents, your neighborhood and your school! What would you have to hold on to? Well, for many children who are subject this kind of life wrenching event, they only have their siblings for stability. If they end up being available for adoption from the foster care system, the last thing they would want is to be separated from their siblings.

Such is the case for the Williams children. This group of four brothers and sisters is full of love and energy, and they want a family that is committed to loving them and giving them a safe home. They have close relationships to one another and they enjoy being together. These children are very protective of their siblings, and they want a family that will keep all of them together. They hope for a family that will love them and make them their "forever children".

**Cleo, age 14**, is a very quiet youth that likes to play both with his siblings and by himself. Cleo is in 9th grade, and receives special education services through his school. He likes to play sports and play outside with other kids. He is involved in the athletics program through his school.

**Cleopatra, age 13**, is a reserved child that takes time to warm up to others. She loves all of her siblings very much, but she also likes to argue with them. She prefers to be called "Patra", and she has a fun sense of style.



She is very into fashion and being different from everyone else. Patra does pretty well in school with her grades, but she does have some struggles with accepting criticism. She attends regular classes and doesn't require special education services.

**Natasha, age 12**, is also a quiet child, but she loves to talk once she feels comfortable with you. She has a beautiful smile, and she loves her siblings very much. She is the most expressive among the siblings with how much she loves them. She is very artsy, and she likes to draw different things. She is hopeful for a

forever family, and she just wants to be loved. She is in regular classes at school and doesn't require special education services.



**Isaiah, age 6**, is in Kindergarten and doesn't require special education services. He is a very outgoing child that loves to go full force at all times. Being outside and playing with everyone is what he loves to do. He is full of energy and is constantly on the go. He likes to play with his siblings, but he is also happy playing by himself.

These children need a family that can care for and support them and allow them to continue visits with their two younger siblings who have been adopted by relatives. Perhaps your family could be their "Forever Family".

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.

*For more information, please contact Stephanie Berka, Wendy's Wonderful Kids Recruiter, Adoption Coalition of Texas at 512-450-8750 or email at [stephanieberka@adopttexas.org](mailto:stephanieberka@adopttexas.org)*

*To learn more about the adoption process and the Adoption Coalition of Texas, please call Bruce Thompson at 512-301-2825 or visit our website at <http://www.adoptioncoalitiontx.org>*



## Covenant Presbyterian Preschool & Child's Day Out

3003 Northland Drive

Covenant Presbyterian Preschool and Child's Day Out is a part-time program created and supported by a community of parents, teachers and children working together to provide high-quality experiential learning in a Christian environment for ages 9 months – Pre-K.

Space still available for 2011-2012 in our Three's class. Limited Pre-K/Five's open as well. Summer camps also available for ages 2-6!

Find more information and downloadable applications that are accepted year-round at: [covenant.org/preschool](http://covenant.org/preschool)

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# OVERCOMING BARRIERS TO EXERCISE

## *Enjoyment, Time, & Know How*

*By Sarah S. Jordan, MS*

We live in a busy world where creating and sticking with a regular exercise routine can be challenging. Many obstacles can stand in the way of our routine, including the enjoyment factor, time, and exercise know-how. But with a little creativity, planning, and dedication, the rewards can be oh so sweet! (Not to mention life changing.)

### **1st Barrier - I don't enjoy exercise.**

For some people, exercise is simply not enjoyable. Think about what you did as a child as "play." Most likely, you enjoyed doing it. See if you can weave that into your workouts to make them more fun. Or make it social by exercising with a workout buddy or in a group setting.

Whenever I have people tell me that they just don't find exercise enjoyable, I work hard to find a mode of exercise that they do enjoy in order to get them started. Once they are moving more, eating smarter, and feel their hard work and activity paying off, it is much easier to find other modes of exercise to challenge them and help them see results. And I love watching exercise become fun for them and the thing that they look forward to in their day!

### **2nd Barrier - I just can't find the time.**

If there is one thing that I have learned about my workouts since becoming a mother, it is that they will not happen if I wait for the time to open up in my day. I have to create, devote, and stick to the time I make for them. Here are some tips for making more time for exercise:

- ANY exercise is better than none. Even if you just have 15 minutes, take it. Your body and mind will be glad you did, and 15 minutes a day can add up to great things over time!
- Put exercise on your calendar and treat it like you would a mandatory meeting.
- Find a reliable workout partner. This not only makes workouts more fun, but it holds you accountable to show up.
- Invest in a personal trainer. They can create an individualized workout plan that fits your lifestyle and goals, and equip you with an incredible amount of education on healthy living.
- Make use of the early hours. Getting workouts in before the busy

*(Continued on Page 9)*



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**Colin's Hope Night at Eastside Movies in the Park**  
**Tuesday, May 3rd, Doors open at 6PM, Movie at sundown**  
Join us at The Expedition School Lagoon (On Lady Bird Lake in East Austin next to Fiesta Gardens) for a screening of Whale Rider. Bring your family and friends to enjoy the movie under the stars.

**Colin's Hope Day at Schlitterbahn-New Braunfels**  
**Saturday, May 21st**  
Join us for a day to promote Water Safety and Drowning Prevention at Schlitterbahn-New Braunfels! Special tickets are available from Colin's Hope. Email [alissa.magrum@colinshope.org](mailto:alissa.magrum@colinshope.org) for more information.

**For more info visit our website at [www.colinshope.org](http://www.colinshope.org)**



## Highland Park West Balcones Area

### Overcoming Barriers - (Continued from Page 8)

day kicks off ensures that they happen, and the entire day will be so much better because of it!

- Make it a family tradition. What a cool thing to expose our kids to - families moving together!
- Find what works for YOU. For some people, joining a gym is the most convenient option. If that is not realistic for you, find other activities, classes, and opportunities in your area.
- Don't give up. If you are not reaching your goals, determine what is not working and create a roadmap to resolve it. Remember that fitness is a lifestyle and it goes through ups and downs, but always benefits us if we persevere.

The other important thing is to make the time we do have count in the biggest ways possible. If we have just thirty minutes three days a week to exercise, it is essential that we step up the intensity of those workouts to get the most we can for our time. If duration is short, we need to increase intensity. Add intervals and hills to your routine, or find a fitness class or DVD that offers a combination of cardio and strength training.

### 3rd Barrier - I don't know how to exercise.

In today's world, exercise videos and how-to's are literally at our fingertips online. We also have options for FitTV, DVDs, and opportunities at gyms, studios, and parks around town. Finding

what works for your schedule and lifestyle is essential, so test a few things out before you commit.

Here are some options for gaining exercise know-how:

- Talk to your doctor to get recommendations and approval when starting an exercise program.
- Use credible online resources. One that I use often is the "ACE Get Fit™" section at [www.acefitness.org](http://www.acefitness.org).
- Put it in the hands of a professional and take out the guesswork by hiring an experienced personal trainer, or get involved in some group fitness classes.
- If you have a friend that is very fit and knows a lot about exercise, ask him/her if you can join them for their next exercise session.


*We all know that it is not easy to make time to exercise. But we have the power to make choices that can shape our future based on how much we move now. Sometimes all it takes is one step in the right direction.*



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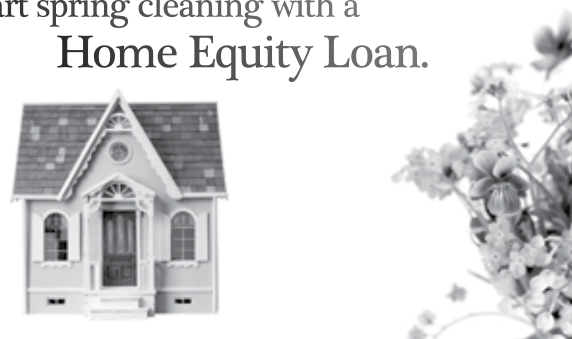
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# Autism Robs You Of Your Child!

By Connie Ripley

Light It Up Blue in April. April is Autism Awareness Month. Autism Speaks is asking buildings around the world to turn their lights blue and people to wear blue on April 1 & 2.

One out of 110 children is diagnosed with autism (1 out of 70 boys). More children will be diagnosed with autism this year than with AIDS, diabetes and cancer combined.

Autism is a complex neurobiological disorder that impacts communication, behavior and social relationships. Currently no effective means to prevent autism, no fully effective treatments and no cure exists for this disorder that robs families and children of smiles, eye contact, communication, hugs and even the ability to eat in a restaurant.

**Know the Signs.** These "absolute indicators" or "red flags" indicate your child should be evaluated.

- No big smiles or other warm, joyful expressions by 6 months.
- No back-and-forth sharing of sounds, smiles, or other facial expressions by 9 months.
- No babbling by 12 months.
- No back-and-forth gestures, such as pointing, showing, reaching or waving by 12 months.

- No words by 16 months.
- No two-word meaningful phrases (without imitating or repeating) by 24 months.
- Any loss of speech or babbling or social skills at any age.

Does your child make eye contact with you? Does he/she enter into meaningful exchanges? Does he/she "tantrum" in the grocery store or when transitioning from one thing to another? Instead of "racing" toy cars, does your child flip them over and roll the wheels or stack them in a line? If any of these things exist, insist on an immediate evaluation. Early intervention may be your child's best hope. Since this disease has accelerated so much recently, many pediatricians just do not recognize the signs.

The prevalence of the disorder rose 57% between 2002 and 2005. In 1975, autism effected 1 in 5,000. Today it affects 1 in 110 children. Autism is the fastest-growing serious development disability in the U.S. It costs the nation \$35 billion a year, and that figure is sure to rise.

In order to raise awareness of this escalating disorder, landmarks, iconic buildings, schools, universities, hospitals, airports, businesses

*(Continued on Page 11)*

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### **Autism Robs You of Your Child! - (Continued from Page 10)**

and people in Australia, Bahrain, Belgium, Brazil, Canada, Cypress, Denmark, France, Hungary, Ireland, Kenya, Netherlands, New Zealand, Romania, Sri Lanka and the United States from Los Angeles to Savannah and from Minneapolis to Houston will be changing their light bulbs, clothing themselves, and eating and drinking blue for the month of April.

Texas State Senator Florence Shapiro will read a proclamation of Autism Awareness Month on the Texas State Senate floor on April 4th.

To commemorate the fourth annual United Nations World Autism Awareness Day and Autism Awareness Month, change your light bulbs to blue and wear blue on April 1 and 2.

It's easy! Just change your light bulbs from white to blue! To make things even easier, Home Depot will carry a complete supply of blue blubs for the event.

Toys R Us has a month long Autism Speaks campaign. Pump It Up has scheduled The Great Jump for April 7.

Even as autism escalates at alarming rates, it receives only 0.5% of the National Institutes of Health funding. Autism Speaks is North America's largest autism science and advocacy organization.

Autism Speaks is funded primarily by local walks. The Greater Austin Walk Now for Autism Speaks committees are being formed for the fall walk. Your help is needed! Please contact Walk Manager Traci Whitney at [traci.whitney@autismspeaks.org](mailto:traci.whitney@autismspeaks.org)

*Watch for the 12 diagnostic markers and the possible causes of autism in the following issues of your neighborhood newsletter.*



*Change Your World - sundays @ 10 am*

THE RADIANT CHURCH | WATCH LIVE services Sunday mornings or view any time at [www.ghbc.org](http://www.ghbc.org)

Sunday Morning Schedule 10:00 - Worship | 8:30 & 11:30 - Bible Life Groups (all ages)

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## OFFICE HOURS

Convenient office hours are  
Monday 9 am - 5 pm

Tuesday – Thursday 8 am - 5 pm

Fridays are reserved for surgical procedures.

