



# The HPWBANA News

Volume 7, Number 6

June 2011

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

## WILDFIRE ACTION PLAN

Currently extreme drought conditions in Austin and Travis County have put our neighborhood at heightened risk for wildfires. We saw how quickly the wildfire spread in Oak Hill and even closer to home, how fast the brush fire started on Mopac between 35th and 45th streets.

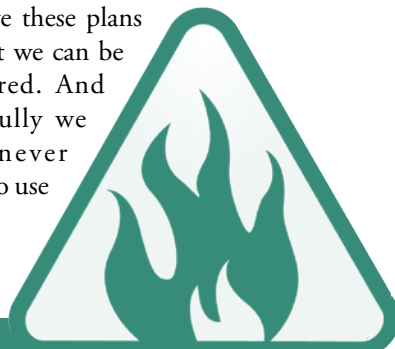
Travis County offers an excellent wildfire action plan that discusses how to make your home safer in the event of a fire and how to prepare your family in the event fire does occur. The following information has been excerpted from "Ready, Set, Go!", developed by the Texas Forest Service and the International Fire Chief's Association. For the specific plan, please go to: [http://www.co.travis.tx.us/fire\\_marshall/pdf\\_files/ReadySetGoTexasBooklet.pdf](http://www.co.travis.tx.us/fire_marshall/pdf_files/ReadySetGoTexasBooklet.pdf)

### PREPARE YOUR HOME

- 1. Create a Defensible Space
  - This is the area between your home and surrounding greenspace. It creates a buffer to slow or halt the spread of fire. There are two different zones, each with recommendations on how to cut, remove or thin vegetation.
- 2. Create a Hardened Home
  - This means reducing the potential entry points for embers on roofs, eaves, walls, vents, windows and doors, and balconies and decks. Preventing the ability of embers to gather and ignite in areas of your house is the key.
- 3. Prepare your Surroundings
  - Look at the general area surrounding your home and make sure that stored items such as wood piles don't present a fire hazard. Keep working fire extinguishers on hand. Make sure your house address is prominent and that your driveway is accessible by emergency vehicles.

### PREPARE YOUR FAMILY

- 1. Determine where the family will meet if separated and be sure to include plans for evacuating pets.
- 2. Make a plan for how you will communicate and make sure keep emergency contact numbers handy.
- 3. Plan for multiple evacuation routes in case your chose route is inaccessible.
- 4. Gather an emergency supply kit and make sure to include a battery-operated radio.
- While discussing these measures can be scary, it is necessary to have these plans so that we can be prepared. And hopefully we will never need to use them.



**Perry Park Egg Hunt MEMO:**  
**TO: HPWBANA Neighbors**  
**FROM: THE EASTER BUNNY**  
**RE: PERRY PARK EGG HUNT**

*Dear Residents of the  
HPWBANA,*

Congratulations on a fantastic, fun egg hunt this year in Perry Park. I always love visiting the children and being a part of this fun event. The park looks beautiful, too. I noticed that you have been careful to pick up your trash, and the trees and shrubs look like someone gives them extra water! This is all very good for me because it allows me to find some very good hiding places for the eggs!

I want to thank all of the volunteers who help me with this egg hunt. You have some very, very nice people in your neighborhood. The ones that I know about helped me hide eggs, helped put candy in eggs, and they helped pay for the goodies inside the eggs. If you know any of these nice, friendly people, you should thank them, too. Some neighborhoods do not even have egg hunts for their children. Isn't that awful? You're very lucky to live where you do!

*Thanks for coming to the egg hunt  
this year! See you next year!*

*Love, The Bunny*

**Volunteers who helped The Easter Bunny:**  
Nancy Miller; Claire Miller; Avery Miller; Pete Rauch; Susan Rauch; Samantha Rauch; Allison Rauch; Scott Rogillio; Sarah Rogillio; Claire Rogillio; Chereen Fisher; Ben Fisher; Will Fisher; Becca Cody; Bodhi Tripathi; Chander Tripathi; Dana Kasling; Kemp Kasling; Stacy Gunkel; Courtney Bourlon; Jason Flowers; JoanAdmirand; Carolyn Robinson

# Highland Park West Balcones Area

## IMPORTANT NUMBERS

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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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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)

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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## OAK WILT RECAP

Thanks to all who attended the HPWBANA meeting on April 18 to hear City of Austin arborist Chris Dolan's talk on Oak Wilt. We learned that oak wilt is established in our neighborhood along Edgemont, Madrona, and Balcones, and also around Spanish Oak. Some trenching has occurred in this area over the past 25 years to slow the spread of this disease, but it is not contained. Consequently, neighbors should be observant of their oaks and contact the city if they have concerns or questions about prevention and treatment of oak wilt. You can contact Chris at 974-1881.

### WE ALSO LEARNED:

- once an area is infected, oak wilt will spread via live oak root systems at a rate of roughly 100 feet/year. Trenching (to sever the interconnected roots) is effective if done 100 feet or more (300 feet is recommended) from the perimeter of the infected area.
- once infected, red oaks decline and die rapidly, usually within weeks. Live oaks take longer, and if the infection is treated promptly with propiconazole (a fungicide), may survive.
- if you have healthy live oaks but are near an infected zone, fungicide treatment can protect your trees.
- diseased red oaks must be removed and disposed of immediately and properly to avoid spread of oak wilt.
- avoid unseasoned firewood (wood less than one year old), and especially avoid red oak firewood.
- use only a certified and licensed arborist for your trees.
- and do not trim or prune your oaks from Feb. - June.

Our neighborhood can retain it's beautiful canopy if we all practice good tree management and remain alert to oak wilt spread. For more information on oak wilt identification and treatment, go to [www.ci.austin.tx.us/oakwilt](http://www.ci.austin.tx.us/oakwilt) and also [www.texasoakwilt.org](http://www.texasoakwilt.org). Thanks to everyone for your cooperation, and special thanks to Chris Dolan for an informative and helpful evening.

## PERRY PARK UPDATE

- **Discovery Dino Pit** - The Discovery Dino Pit should be open by now as it was expected to be completed mid May. Look for the sandbox next to the playscape near the tennis courts and dig in! We will provide more details next month as articles for our newsletter are submitted early in the month.
- **Perry Park Urban Forest** - PARD Urban Forestry Department has been spending time in Perry Park removing some of the big invasive Chinaberry trees. We will be looking at adding native seedling trees and grasses to replace these invasive plants.

## HIGHLAND PARK ELEMENTARY GROUNDS UPDATE

*Lots of activity is planned this summer for the grounds of Highland Park Elementary.*

- **Hobby Playground** - The Hobby Playground is the playground area near the upper soccer field. AISD will be replacing the largest playscape in this area and along with upgrading other equipment areas for ADA compliance. Starting in early June for about 45 days this playground area will be cordoned off for the work. The end result will be a very nice addition for the school and park area.
- **Afterschool Play Area** - The Afterschool Play Area will see some improvements as an Eagle Scout candidate installs a native garden to be used for educational purposes for the kids. Improvements have already started, led by Juliee Beyt, Highland Park Elementary parent and volunteer extraordinaire.
- **Landscaping** - Wonderful landscape upgrades are planned for the front of Highland Park Elementary in accordance with a Master Plan developed a few years ago by the PTA. Hopefully this summer more we will see more activity in this area.

## QUICK MEDIAN UPDATE

Many thanks go out to those helping water our medians, along with those letting us access the water taps for the water. We get water from homes, a business, HPE and from a city taps. This spring has been disappointing with the small amount of rainfall. Our medians still look great!

*-By Nadene Morning,  
Beautification and Parks  
Committee*

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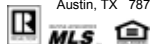
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### FINANCIAL FOCUS

#### *Know Your Investment Risks — and How to Respond*

When you invest, you take some risks. While you can't totally avoid these risks, you can take steps to help reduce their impact and increase your comfort level. And the more comfortable you are with your investments, the easier it will be to follow a long-term strategy that can help you meet your goals.

Let's look at the most common types of risk related to investing, along with some suggestions on helping to reduce these risks:

**Losing principal** — This type of risk is most closely associated with investing. For example, when you purchase a stock, you know that its value could go up or down. If it drops below your purchase price, and you then sell your shares, you will lose some of your principal.

**Your response** — You can't eliminate the risk of losing principal, but by owning a mix of stocks, bonds, government securities and other types of investments, you can help reduce the impact of volatility on your portfolio. Keep in mind, though, that diversification, by itself, can't guarantee a profit or protect against loss.

**Losing value when interest rates change** — This type of risk primarily affects fixed-income investments, such as bonds. If you purchase a bond that pays, say, a 4% interest rate, and the market rate goes up to 5%, then the value of your bond will drop because

no one will be willing to pay you the full price for it when newer, higher-yielding bonds are available.

**Your response** — You can combat, or even ignore, interest rate risk by holding your bonds until they mature. By doing so, you'll get your full principal back, provided the issuer doesn't default, and you'll continue to receive regular interest payments unless the bonds are "called," or repurchased by the issuer. (You can help protect against this by purchasing bonds that have some degree of "call protection" and by owning bonds with different maturities.)

**Losing purchasing power** — This risk largely applies to fixed-rate investments such as certificates of deposit (CDs). To illustrate: If you purchase a CD that pays 2%, and the inflation rate is 3%, you are actually losing purchasing power.

**Your response** — Despite their vulnerability to inflation, CDs can offer you some valuable benefits, such as preservation of principal. Yet if you are concerned about fighting inflation, you may want to look for investments that have the potential to offer rising income, such as dividend-paying stocks. In fact, you can find stocks that have increased their dividends for many consecutive years. (Be aware,

*(Continued on Page 5)*



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## Financial Focus - (Continued from Page 4)

though, that companies can reduce or eliminate dividends at any time. Also, an investment in stocks fluctuates, and you could lose your principal.)

Apart from these individual techniques to reduce investment-related risk, you should also save early and save often — because the more money you accumulate, the greater your ability to follow a long-term strategy that reflects your personal risk tolerance. That's why it's a good idea to contribute as much as possible over the years to your IRA and 401(k) or other employer-sponsored retirement plan.

By understanding the different types of investment risk, and by acting to help lessen them, you can reduce much of the stress sometimes associated with investing — while you increase your prospects for achieving your objectives.

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## WOOD-BORING BEETLES OF TREES

There are numerous beetles that can be found on trees, but this focuses on two groups specifically: round-headed borers and flat-headed borers. Borers can be damaging to trees that are newly planted or weakened and stressed by conditions such as drought, frost damage or mechanical damage. Round-headed borers larvae are creamy white with round heads and no legs. Adults are often called long-horned beetles because of their long antennae that can extend past the tip of their abdomen. Eggs are laid in wounds, in cervices or under bark on trees that are stressed or in poor health. Larvae bore under bark into the heartwood of the tree. They may leave a round opening where sawdust-like material, called frass, and sap may exude.

Flat-headed borers are creamy white larvae, legless and have a flattened head area. Adults are bullet-shaped, often with metallic colors on the body. Eggs are laid around cracks or wounds of stressed trees, but some species will attack healthy trees. Larvae bore into the cambium under the bark and then move into the heartwood.

It's best to keep trees in good health. Try to plant native or adapted trees that perform well in Central Texas. Properly water and fertilize trees; water is especially important during drought conditions. Avoid wounding above ground parts of the tree.

***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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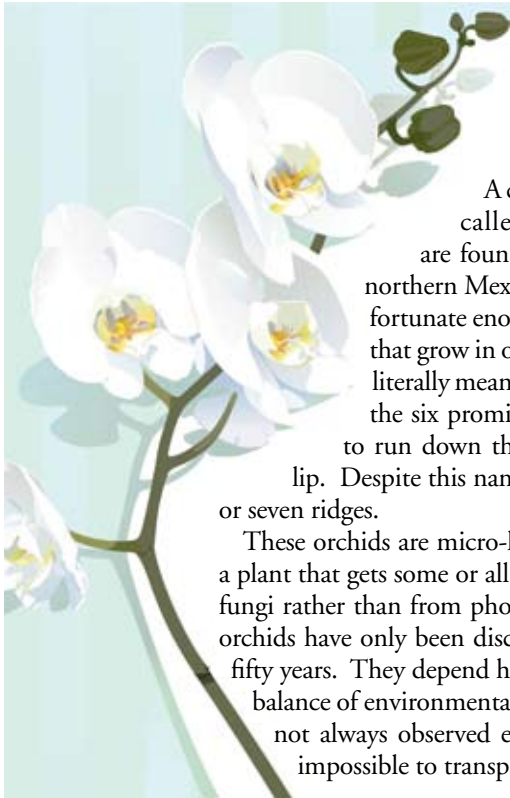
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## Highland Park West Balcones Area



### NATUREWATCH *Wild Woodland Orchids* by Jim and Lynne Weber

A colorful group of native orchids called *Hexalectris* or coralroots are found mainly in the mountains of northern Mexico and West Texas, but we are fortunate enough to have at least two species that grow in our area. The name *Hexalectris* literally means 'six cock's combs,' referring to the six prominent ridges that were thought to run down the length of the flower's lower lip. Despite this name, most flowers have only five or seven ridges.

These orchids are micro-heterotrophic, which describes a plant that gets some or all of its food from parasitism on fungi rather than from photosynthesis. Most *Hexalectris* orchids have only been discovered and studied in the last fifty years. They depend heavily on an extremely delicate balance of environmental factors, which means they are not always observed every year, and it makes them impossible to transplant from the wild.

In our area, April through August is the best time to spot the Spiked Crested Coralroot (*Hexalectris spicata* var. *spicata*). An uncommon orchid, it is most often found in the leaf litter on the wooded limestone hillsides and canyon slopes in oak-juniper habitats of the Edwards Plateau. Also called cock's comb or brunetta, the blooms of the Spiked Crested Coralroot grow on a tall, leafless, fleshy-pink stalk. Each bloom has creamy yellow petals and sepals striped with brownish-purple, and the central white lip is adorned with five to seven wavy crests of deep, royal purple.

Recently, the first record of the Giant or Largeflower Crested Coralroot (*Hexalectris grandiflora*) was discovered in the Balcones Canyonlands Preserve in Travis County. Previously thought only to grow in the Davis and Chisos Mountains of West Texas, the bright pink, leafless stalk of this species grows from 10 to 24 inches tall. Along the stalk, vivid pink flowers bloom with a white mark in the center of an elaborately shaped, three-lobed lip. This coralroot also

*(Continued on Page 7)*



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**June 26th Open Water Swim benefits Colin's Hope** Splash into Lake Travis for the Red Licorice Events Open Water Swim at the Mansfield Dam on June 26. The swim benefits Colin's Hope and you can choose from 800m, 1.2 mile or 2.4 mile options. Visit [www.redlicoriceevents.com](http://www.redlicoriceevents.com) for more information.

**August 27th & 28th 3rd Annual Colin's Hope Kids Triathlon** Athletes ages 5-15, mark your calendars for August 27th & 28th. Our Kids Triathlon will once again take place in the Lake Pointe neighborhood. Registration opens in early June and will fill up very quickly! Visit [www.colinshope.org](http://www.colinshope.org)

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## Highland Park West Balcones Area

### Nature Watch- (Continued from Page 6)

flourishes in our oak-juniper woodlands, and is thought to bloom from June to September. Other common names for this beautiful wild orchid include Greenman's hexalectris or Greenman's cock's comb.

These unique wild woodland orchids are uncommon to rare in our area, and together they help define the true nature of the Texas Hill Country. Monitoring and preserving them is not only good for the sake of maintaining biological diversity and understanding changing environmental conditions, but for the future beauty of our ecoregion as well.

*Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. If you enjoy reading these articles, look for our book, NatureWatch Austin, to be published by Texas A&M University Press in September 2011.*



*Spiked Crested Coralroot*



*Giant or Largeflower Crested Coralroot*

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## PRUNING GUIDELINES FOR PREVENTION OF OAK WILT IN TEXAS

Oak wilt, caused by the fungus *Ceratocystis fagacearum*, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from tree-to-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. Below is a brief description of how you can reduce the risk of fungal spread when pruning.

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.

- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding of oaks during the spring (currently defined as February 1 through June 30). Reasons to prune in the spring include:
- To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.
- To repair damaged limbs (from storms or other anomalies)

- To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.
  - On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
  - Dead branch removal where live tissue is not exposed.
- Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February 1 or after June 30.

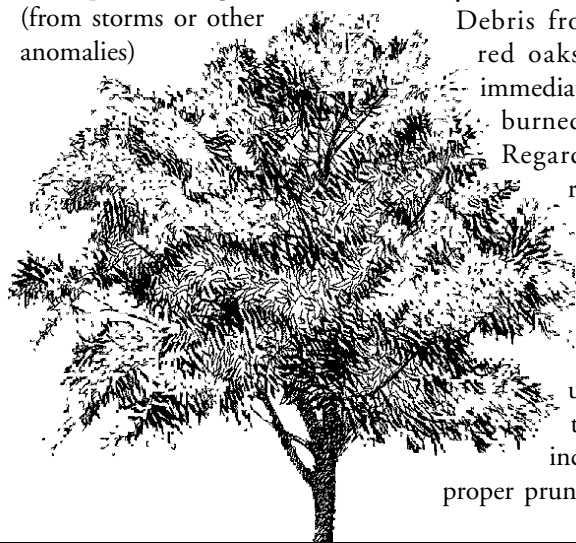
Debris from diseased red oaks should be immediately chipped, burned or buried.

Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and

avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.

*References (available at <http://www.TexasOakWilt.org>):*

*Appel, D.N., and R.F. Billings (eds.). 1995. Oak wilt perspectives: Proceedings of the Nation Oak Wilt Symposium, June 22-25, 1992. Austin, TX. Information Development, Houston, TX. 217 p. Billings, R.F., and D.N. Appel (eds.). 2009. Proceedings of the National Oak Wilt Symposium. June 4-7, 2007, Austin, TX. Texas Forest Service Publication 166. 267p. Prepared January 12th, 2011 in cooperation between Texas Forest Service, Texas AgriLife Extension Service and International Society of Arboriculture Texas Chapter.*



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## Highland Park West Balcones Area

**SUDOKU**

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5			9		7		6	
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			8		1			6

View answers online

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The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

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## HEALTH BRIEFS

MAY 2011

### *Do kids need sports drinks?*

Although children may request sports drinks, they offer little advantage over cool water, say nutritionists at Baylor College of Medicine (BCM) in Houston and the USDA/ARS Children's Nutrition Research Center at Baylor and Texas Children's Hospital. Sports drinks are designed to benefit athletes engaged in continuous, high-intensity aerobic workouts that last for 90 minutes or more.

But, if the availability of sports drinks encourages your kids to drink, consider making your own. Combine caffeine-free herbal tea, a little sugar, a pinch of salt, a few ounces of orange juice, and chill in individual bottles. Active kids need to fill up on fluids to prevent dehydration. Children should be encouraged to drink before heading outside and every 15 to 30 minutes during playtime activities.

### *Combination of limes, sun can result in 'margarita dermatitis'*

Adding a slice of lime to a favorite summer drink is nice to cool off with, but it could leave your skin burning, say dermatologists at Baylor College of Medicine.

The condition, called phytophotodermatitis, happens when a certain plant compound comes in contact with the skin, making that one area light

sensitive. During the summer, lime juice is the common cause for this condition, which is why some doctors call it 'margarita dermatitis.' The reaction usually looks like a sunburn, or a poison ivy rash, with redness and sometimes swelling and blistering, says Dr. Rajani Katta, associate professor of dermatology at BCM. It can be itchy and painful, and leave behind skin discoloration.

Treatment is similar to treating a poison ivy rash. Cool compresses and hydrocortisone creams along with oral antihistamines are used. Severe cases could require steroid pills. Preventative action is best. Be aware of what plant products you come in contact with and wash the area thoroughly before going out in the sun. As always, make sure to apply sunscreen and stay in shaded areas to maintain good skin health.

### *Physical activity keeps Parkinson's at bay*

The management of Parkinson's disease is much more effective when regular exercise is included, say experts at Baylor College of Medicine (BCM) in Houston. "There's no doubt that people who have a positive attitude and exercise generally cope with the disease much better than those who don't," said Dr. Joseph Jankovic, professor of neurology and director of BCM's Parkinson's Disease Center and Movement Disorders Clinic.

"Exercise is clearly a

positive force in dealing with Parkinson's."

Jankovic said that a regular exercise program, tailored to the needs of the individual patient, is critical for continued well being. Exercises for Parkinson's patients should be designed to improve strength (through the use of free weights, weight machines, and elastic bands) and overall fitness (by walking and swimming). Swimming and water exercises have the additional advantage in that there is very little stress on the joints and the resistance improves muscle strength.

### *Traditional colonoscopy recommended over virtual method*

The option for a "virtual" colonoscopy is now available but doctors at Baylor College of Medicine recommend sticking to traditional methods when screening for colon cancer.

A virtual colonoscopy is a CT scan image of the colon and does not require the use of an endoscope - a thin, flexible device that is inserted into the colon.

"While a virtual colonoscopy may sound less invasive than traditional methods, it isn't always as accurate," said Dr. Waqar Qureshi, associate professor of medicine and chief of endoscopy at BCM. "A scan is more likely to miss

small precancerous growths, and catching those polyps early is the key to preventing progression to colon cancer."

Studies have shown that polyps smaller than 6 mm are frequently missed by CT scanning, Qureshi said. For someone who is at high risk for colon cancer, missing a polyp can be deadly. Almost all instances of colon cancer begin as polyps, which are easily detected and removed during a colonoscopy.

Many times a virtual colonoscopy must be followed by the traditional method, he added, and both procedures require the same preparation, which includes laxatives, diet restrictions and in some cases certain medications must be stopped.

Colon cancer screening should take place every 10 years starting at age 50. If colon cancer runs in a family, testing should begin earlier and be performed more often.





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