



The HPWBANA News

Volume 7, Number 8

August 2011

www.hpwbana.org

MESSAGE FROM THE BOARD

Lately, I have received emails and read posts on our listserve from neighbors concerned about suspicious persons and activities in our neighborhood. One person mentioned prowlers around her house on two occasions. Another mentioned people casing houses by going door to door "selling" products. It is easy to feel helpless when we hear about situations like this. But there are things that we can do. Be aware of your surroundings, join the listserve to get timely information from your neighbors, know your neighbors.

As we head to the fall, we begin to think about National Night out, a great crime prevention event that helps you get to know your neighbors. Nationally, this event is in August, but Texas will celebrate in October. (As it hits 100 degrees again, I don't have to wonder why.) I'd like to invite all of you to make plans to participate and hold an event on your street. Send a picture of your event to the neighborhood association and we will print it in the next newsletter to let everyone see how united our neighbors really are.



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
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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

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

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 for ad information and pricing.

CARFIT EVENT FOR SENIOR DRIVERS

October 8, 2011 | 8:30am - 12:30pm

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Round Rock, TX 78664 | Phone: 512-381-1744

www.ReavisRehab.com | events@ReavisRehab.com

At a CarFit event, a team of trained technicians and health professionals work with senior drivers to ensure they “fit” their vehicle properly for maximum comfort and safety. Drivers can improve their safety by ensuring their cars are properly adjusted to meet their specific needs. A proper fit in one’s car can greatly increase not only the driver’s safety but also the safety of others. A CarFit check takes approximately 20 minutes to complete. Call 381-1744 today to sign up for this no cost CarFit event at Reavis Rehab & Wellness Center.

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Celebrate Recovery | Mondays @ 7:00 pm

Codependency Group (for those with loved ones struggling with addiction)
Sexual Addiction Group (male group)
Chemical Addiction Groups (male & female groups)
Women's Support Groups (eating disorders, sexual addiction)

Health, Hope & Healing | Mondays @ 7:00 pm

Divorce Care
Safe People

Specialty Classes | Sundays @ 8:30 & 11:30 am

Re-married/Blended Families
Ladies Only and Men's Only Classes

Starting Soon: Men's Anger Management, Boundaries, Women's Wounded Heart (survivors of sexual abuse)

WATCH LIVE services Sunday mornings or view any time at www.ghbc.org

Sunday Morning Schedule | 10:00 Worship | 8:30 & 11:30 - Bible Life Groups (all ages) Great Hills Baptist Church | the radiant church



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BACK 2 SCHOOL

*Monday, August 22, 2011 is the first day of school
for the Austin Independent School District.
To enroll for the 2011-2012 school year:*

- Kindergarten students must be five years old on or before September 1, 2011.
- All students new to Austin ISD must provide a birth certificate, current record of immunizations, child's last report card, proof of address (contract or utility bill with valid address), parent photo identification or driver's license, child's Social Security Card (optional).

NEW STUDENT REGISTRATION

*For students new to AISD or current AISD students
who have moved or transferred during the summer.*

- **Elementary:** Wednesday, August 10, 8 a.m. - 6 p.m., and Weekdays, August 8 - 12, 8:30 a.m. - 3:30 p.m.
- **Middle School:** Wednesday, August 10, 8 a.m. - 6 p.m.
- **High School:** Wednesday, August 10, and Thursday, August 11, 8:00 a.m. - 6:00 p.m.

ORIENTATION

For all students new to a campus or new to AISD; BUS ROUTES WILL RUN. New student orientation is offered:

- **Middle Schools** - Friday, August 12, 8:30 - 10:00 a.m.
- **High Schools** - Friday, August 12, 9:30 - 11:00 a.m.

BACK-TO-SCHOOL NIGHT

Back-to-School Night allows parents to meet their child's teacher(s) and learn about some of their child's classes or coursework.

- **Elementary Schools** - Date, time, and duration to be announced by individual campuses. Should not conflict with Secondary Back to School Nights.
- **Middle Schools**
Tuesday, August 30.*
- **High Schools**
Wednesday, August 31.*

** Time and duration to be
announced by individual
campuses.*



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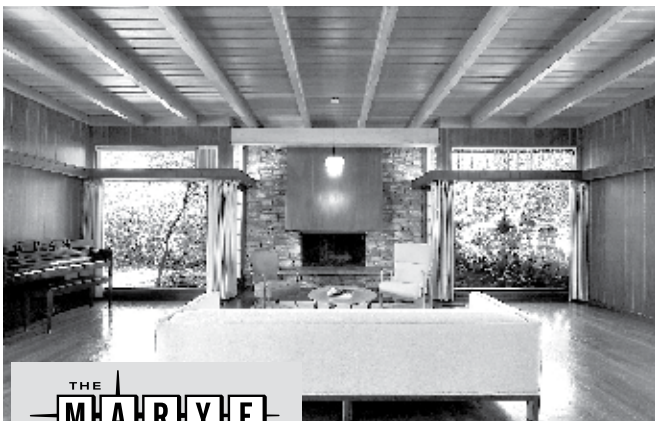
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Highland Park West Balcones Area

GOING 100 PERCENT ORGANIC NOT FEASIBLE?

By Melanie Dragger, M.Comm.

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated "Dirty Dozen" list of the 12 fruits and vegetables containing the most pesticides. Topping this year's list? Apples. This begs the question, "Can eating an apple a day really keep the doctor away?"

The answer may lie in where you get your apples. Although the EWG's ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including

developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG's list offers a good starting point for consumers.

According to the EWG's 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the "Dirty Dozen") consistently contained the highest

amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

- | | |
|-----------------|-------------------------|
| 1. Apples | 7. Grapes (imported) |
| 2. Celery | 8. Sweet bell peppers |
| 3. Strawberries | 9. Potatoes |
| 4. Peaches | 10. Blueberries |
| 5. Spinach | (domestic) |
| 6. Nectarines | 11. Lettuce |
| (imported) | 12. Kale/collard greens |

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying organic products in order to limit their exposure to pesticides:

(Continued on Page 5)



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Highland Park West Balcones Area

Going 100 Percent Organic... - (Continued from Page 4)

- | | |
|---------------|--------------------------|
| 1. Onions | 6. Sweet peas |
| 2. Sweet Corn | 7. Mangoes |
| 3. Pineapples | 8. Eggplant |
| 4. Avocado | 9. Cantaloupe (domestic) |
| 5. Asparagus | 10. Kiwi |

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet.

More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>. More information on the Alliance for Food and Farming can be found at <http://www.foodandfarming.info>. To learn more about the USDA's MyPlate, visit <http://www.choosemyplate.gov>, and to discover more about the WHO, visit <http://www.who.int/en>.

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Highland Park West Balcones Area

HOW'S YOUR "BRISKETIQUETTE?"

Submitted by Marisol Foster and Courtney Duncan

With the summer vacation in full swing, the kids out of school, and noodles floating in the pool, it's no doubt the grill is staying fired up. But...before you kick off the flip-flops, here are a few barbecue etiquette tips to ensure your grill fest goes down as the best on the block. Wait. Barbecue etiquette, you say? Yes, it exists.

1. If you're invited to a barbecue party thrown by an individual/family, avoid showing up empty-handed. A side of coleslaw, apple pie, or pitcher of lemonade will do the trick.

2. A barbecue is an informal affair – no need to worry about which fork and knife to use. Go ahead and use your fingers in lieu of utensils. Larger pieces of food, however, should be cut with a knife and fork. No need to get medieval on us.

3. If you're like many people who wonder what is the proper way to squeeze a lemon slice and a lemon wedge? Well, here is the answer: if it is a slice, don't squeeze it-just drop it in the glass. If it is a wedge, cup your hand over it to prevent squirting, and squeeze it into the glass. Who likes lemon pulp in the eye? Not me.

4. Corn on the cob vs. man. For most people, eating corn on the cob is one of life's biggest challenges. Okay, well, maybe it's just a challenge. The best way to approach a hot cob: simply, butter a few rows of corn at a time, hold the corn firmly by the

ends with two hands (or use corn skewers), and eat a few rows at a time from left to right. If you prefer to skip the bite-off-the-cob approach, you may also cut kernels off of the cob with a knife, cutting in a vertical, downward manner.

5. Similar to corn on the cob, ribs are meant to be eaten with your hands. Given their messy nature, however, it's important to have napkins on hand. For this barbecue favorite, bibs are not necessary.

6. Sauce is boss, unless it isn't offered. While Texans are usually proud of their barbecue sauce, some barbecue purists prefer no sauce to appreciate the natural, smoked flavor of the meat. Ask for sauce only when you know it's available, or if your child requests it.

7. Grilled shrimp can be easy to eat or take a little work, depending on how it is served. As a general rule of thumb, if the shrimp has the tail on, you can use your fingers. Tails off, use a fork!

8. When hosting a large group, be sure to have a wide variety of food options for vegetarians and children.

9. To pick or not to pick? Your teeth that is. Often times, meat can be tricky to eat and require some dental maintenance. At every expense, avoid removing food from your teeth in public. Toothpicks may be used, but only in private. So what should you do if you notice

(Continued on Page 7)

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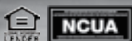
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How's Your Brisketiquette? - (Continued from Page 6)

someone else in the same predicament? Be discreet, but do tell.

10. Last and not least, respect the griller's domain. If the host/griller has samples to offer, he/she will do so. Never assume you may help yourself to try what "smells good."

Now that the fundamentals are covered, what's for lunch?

This article was contributed by the National League of Junior Cotillions – Travis County, a contemporary etiquette, social skills and dance training program that serves 6th, 7th and 8th grade students in Austin. A parent informational session will be held on Tuesday, August 9th at the Lakeway Resort and Wednesday, August 10th at Barton Creek Country Club. Classes will commence in September 2011. To RSVP for the informational session or learn more about the program, contact Directors, Marisol Foster or Courtney Duncan at 512.369.8302, or duncan.foster@nljc.com. Class enrollment is limited, but registration is now available online at www.nljc.com/chapter/westaustin or www.nljc.com/chapter/lakeway.



Recipe of the Month GRANNY'S COLE SLAW

Ingredients

- ½ cup mayonnaise
- ¼ cup sugar
- 1 tsp. salt
- ½ tsp. celery seed
- 2 T. vinegar
- ½ head cabbage, shredded

Mix mayonnaise, sugar, salt, vinegar, & celery seed. (May want to adjust to taste.) Shred cabbage. Mix with dressing. Is better make several hours ahead.

Enjoy!



Increasing water safety awareness and standards

FACTS YOU NEED TO KNOW ABOUT DROWNING

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Source: U.S. Consumer Product Safety Commission's Pool Safety Campaign www.poolsafely.gov

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