



The HPWBANA News

Volume 8, Number 1

January 2012

www.hpwbana.org

Don't Prun February through June!

February through June is the most active time of year for the spread of Oak Wilt. Should your oaks require trimming or pruning, please do so before February arrives. Your cooperation is appreciated by everyone in our neighborhood.

Also, if you lost any trees during the past dry year, now is an ideal time to remove the dead growth and plant new trees, as the cooler temperatures and increased rainfall allow roots to establish before the stress of spring growth and summer heat. January is also a good time to consider tree and plant fertilization. A certified arborist can conduct soil and plant health analysis, ensuring a proper fertilization plan.

SOURCES FOR FURTHER INFORMATION:

- www.texasoakwilt.org
- www.ci.austin.tx.us/oakwilt
- www.ci.austin.tx.us/trees (a good source about native tree selection, planting, care, and much more)

Thanks for your help keeping our neighborhood green and healthy.



Zoning and Variance *Issues in the 'Hood*

During the past year, HPWBANA has been involved in several zoning and/or variance issues regarding properties in our area. While these kinds of situations have arisen in the past, we believe there will be more of them in the future as the remodels, add-ons and teardown-to-rebuilds move northward into our area from Tarrytown where these building activities have been frequent in the recent past. We have learned that the various boards and commissions of the City of Austin are very interested in the actions and position of the neighborhood association and individual neighbors with regard to specific zoning and variance issues.

Overall, the neighborhood association board has adopted the following principles to guide us in working with situations:

- Listen to all concerned parties and (most likely) support the viewpoint of the majority, which is typically the neighbor/members
- Act out of consideration for the neighborhood – with concern for preserving its character, beauty and property values
- Where possible attempt to be a catalyst for reaching agreement among parties with differing perspectives.
- Provide (some) advice on how to proceed, and in some cases take an active role in support of neighbors/members.

We will continue to develop our guiding principles and publicize them on the website.

HOW THE PROCESS WORKS:

HPWBANA is registered with the City of Austin and so it receives notices of changes of zoning applications, applications for variances or other relevant code modifications, as well as do those neighbors within a certain distance of the property in question. Sometimes neighbors are aware of a situation prior to the neighborhood association and provide the initial contact with the NA.

For a variance or zoning change, typically, all interested parties are invited to a board meeting to describe their perspectives on the situation. The board may suggest potential compromises, additional resources and/or subsequently vote to take a position on the issue. A letter may be written to the appropriate board or commission of the City of Austin stating the position of the board and reasons why it has taken the position.

If the notice concerns a code modification, the NA board will usually attempt to understand the background of the proposed change, obtain information and recommendations from appropriate organizations (in the case of a change in historic property designation, for example, the Heritage Society might be contacted, or an

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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
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

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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Zoning and Variance. Issues... - (Continued from Cover)

architects' organization.

Recent Notifications and Actions Taken:

3704 Bonnell Drive – one of the last lots to be developed in this subdivision. New buyer submitted plans requiring a McMansion variance for excess mass and scale of the house. HPWBANA board listened to both parties, which were (a) the new owner of the lot and (b) existing neighbors. Ultimately 9 surrounding neighbors were opposed to the proposed house on the grounds that it is too large for the .25 acre lot and much larger than nearby homes; HPWBANA's

(Continued on Page 3)

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Highland Park West Balcones Area

Zoning and Variance. Issues... - (Continued from Page 2)

board agreed and wrote a letter so stating to the RDCC (Residential Design and Compatibility Commission). The RDCC voted not to grant the variance, noting the opposition of neighbors, the neighborhood association and their own findings that the house design was incompatible with the neighborhood. Subsequently this case became much more complicated with a building permit being issued by city staff, challenged on four separate grounds and is currently in hearings before the City of Austin Board of Adjustment. Its outcome may have considerable impact on the interpretation of the McMansion Ordinance.

5001 Balcones Drive – recently purchased by a new owner/real estate developer. This .5 acre lot was re-zoned multi-family from commercial a couple of years ago and at one time had a permit to construct homes, but that appears to have expired. The current developer/owner, PSW Real Estate,

contemplated applying for a permit to build more homes than previously planned, which would probably necessitate application for an impervious cover increase. They have just informed HPWBANA however that they are not at this time (mid-December) contemplating any variance applications or entitlement changes and have committed to informing the neighborhood association if they choose to do so in the future. The lot is presently zoned multi-family, and was the subject of considerable neighborhood involvement and discussion a couple of years ago when a previous owner brought forward plans to develop it. To bring the situation to this point, HPWBANA was involved in meeting with PSW reps on two occasions, notification of nearby neighbors and follow-ups with the lot owner. We asked for and are pleased that they have committed to notifying us of their plans for developing the lot.

“Stealth dorm” near Highland Park Elementary School has been brought to the attention of the neighborhood association board by a concerned neighbor. The board is currently waiting to hear back from the concerned neighbor on the results of his initial contacts with the property owner.

City of Austin code change pertaining to historic structures and sites. We have consulted with the Austin Heritage Society and are advised this appears to be a desirable action, representing recent compromise negotiations. Final hearings are scheduled in the near future.

(Donna Edgar, Zoning and Variances contact for HPWBANA board)

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valid january 2, 2011

thru january 31, 2011.

must present ad at time of service.

Highland Park West Balcones Area

Have Any Interesting Neighborhood Photos or Stories?

If so, send them in and share your unique perspective of the neighborhood! We are in the process of updating the HPWBANA website and would love to have more photos and stories highlighting the people, places, and events that make HPWB so special.

- Make sure that your photos are re-sized and are under 600 x 600
- Include your first and last name
- Briefly describe your picture
- Put HPWBANA in the subject line of your email
- If you're sending more than 3-4 photos at a time please zip them or email them separately

Then just Email them to Becca at codytripathi@yahoo.com



Please be Kind Don't leave it Behind.

Considering a New Year's Resolution? How about cleaning up after your pet?

According to the City of Austin, there are approximately 120,000 dogs in Austin. Each dog creates about ½ of a pound of waste per day, which equates to 60,000 POUNDS of dog poop deposited throughout the city every day!

Pet waste is more than smelly and unsightly, it **pollutes** our water! Pet waste left outdoors is washed into the nearest waterway when it rains. This waste contains disease-causing bacteria and viruses that are harmful to pets and humans, particularly children. Pet waste is not limited to dogs – the waste all pets, including cats, deposited outdoors should be disposed of properly.

Failure of pet owners or caretakers to pick up waste from dogs and cats is against the law.

To report a violation in City parks, public areas, or private property, call 3-1-1 for more information. To report unsanitary conditions caused by accumulation of pet waste in an animal enclosure, contact the Health Department, 512-972-5600.

Please be kind, don't leave it behind. To those that pick up... THANK YOU!



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American Diabetes Association

Announces Inaugural Austin-based Central Texas Tour de Cure Cycling Event in 2012

PLANNING COMMITTEE SEEKS SPONSORS, RIDERS AND VOLUNTEERS

Austin, Texas (December 13, 2011) – Now in its eleventh year, the American Diabetes Association Tour de Cure has been a fundraising cycling ride from San Antonio to Austin, Texas. For the first time, in 2012, the event's fundraising efforts will be focused on twenty-six (26) Central Texas counties, and the ride will start and end in Austin at the Travis County Expo Center on May 5, 2012.

"The ADA has decided that it needs to turn up the volume on its efforts to heighten our nation's sense of urgency about the disease, and to move beyond just awareness to encourage people to engaging with the Association in meaningful ways and become a part of the movement to Stop Diabetes®. The Tour de Cure takes place in 43 cities nationwide, and the Central Texas one has been so successful that the national organization encouraged Austin-area leaders to forge its own ride and focus on getting local word out about the cause," says Mercedes Feris, Tour Manager of the Austin-based chapter.

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Spring Baseball and Softball

Register Now!

Open to ages 5-15 for baseball and grades K-12 for softball, Northwest Little League is accepting online registrations through February 2nd.

TO GET MORE INFORMATION OR TO REGISTER ONLINE,

*please visit: www.nwll-austin.org
or e-mail: registration@nwll-austin.org*

*Come join us at the finest youth
baseball facility in Austin!*



Courage, Loyalty and Character

Highland Park West Balcones Area

American Diabetes Association... - (Continued from Page 5)

The new one-day, family-focused event, sponsored by lead sponsors Austin Energy and Seton Healthcare Family, will feature various cycling routes for all skill levels (from 15 to 100 miles in length). No matter which distance riders choose, they will be fully supported with route marshals, SAG vehicles, mechanical support, and rest stops stocked with hydration and a variety of snacks. At the finish, there will be an Austin-style celebratory theme at the Travis County Expo Center with cheering volunteers, live music, great food and much more.

"Though we have made substantial progress in combating diabetes, the number of Americans burdened by this disease continues to grow at a rapid pace," says Jane Koble, Executive Director of the association's Central Texas chapter. "Approximately 8.3 percent of Americans have diabetes. In Central Texas, we're looking at 10% of our population. It's an urgent health issue that touches Texans at a much higher percentage than the general

population of the United States and the number of adult Texans with diabetes is expected to quadruple over the next three decades if the current trend continues."

Diabetes can have a devastating impact on the health and well-being of those it affects. People with diabetes are more likely to suffer from complications such as heart attacks, strokes, high blood pressure, or kidney failure.

Type 1 diabetes inhibits the body's ability to produce insulin and can be managed with insulin injections, diet, and exercise.

Type 2 diabetes accounts for 90 percent of diabetes cases in the U.S. and for those with this type, either their body does not produce enough insulin or the cells ignore the insulin. Individuals can reduce their risk of developing Type 2 by adopting a healthy diet, exercising regularly, and consulting a medical professional about their individual needs and risk factors. The increase in Type 2

diabetes among the Nation's children is linked to the rise of childhood obesity.

Traditionally, Tour de Cure has been the Central Texas chapter's largest annual fundraiser. The planning committee for the 2012 Austin Central Texas Tour de Cure hopes to attract 550 riders to the inaugural event, who will each raise a minimum of \$200 to help prevent, treat, and manage the disease.

For more information, to volunteer or to sign up, go to <http://www.diabetes.org/austintourdecure> or call 1-888-DIABETES. Ongoing updates are also available on Twitter at @DiabetesAustin or the event's Facebook page: "Austin Central Texas Tour de Cure."

The American Diabetes Association is leading the fight against the deadly consequences of diabetes and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes.

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-  **LEARN CPR**



COLIN'S HOPE

Increasing water safety awareness and standards



In 2011, more than 50 Central Texas children have drowned or nearly drowned. This number is higher than in recent years. Please continue to keep kids safe in and around the water.

Drowning is Preventable



For more information, check out our website at www.colinshope.org

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Children who drown often do not scream, splash, or struggle. They can silently slip beneath the water, even with adults & lifeguards present.

Setting S.M.A.R.T Fitness Resolutions

By Hjalmar Perez, BS, CPT, LMT
and Humberto Estrada, CI-PT, MTI

Oh YES! Another New Year. Time to turn over a new leaf, to start fresh, to renew, to revive! We've heard it all, year after year. How could this year be any different than the others? A study conducted by Franklin Covey concluded about one in three people fail at maintaining their resolutions by the end of January and about four out of five individuals ultimately end up giving up by the end of the year. The top reasons: taking on too much and lack of commitment. So, what can you do to increase your chances of completing your goals for 2012?

The answer, get back to basics and being S.M.A.R.T. Studies have shown goals should be Specific, Measurable, Attainable, Relevant, and Time-bound. Let's revisit each, so grab a pen and paper and let's prepare you with your own S.M.A.R.T resolutions.

1. SPECIFIC

First, make goals are clear and unambiguous. Make them specific by clearly stating what you expect to achieve. Think about why your goal is important. How do you plan to accomplish it? For example, setting a goal to get stronger or have more energy is too vague. Instead, come up with a statement that leaves no doubt about what you are trying to accomplish. For example, to get stronger so I can take my family on a hiking trip to Colorado or to start exercising so I can run my first 5k. Now that has purpose and clarity!

2. MEASURABLE

Second, set criteria for measuring progress along the way. This one is all about answering "how much or how many" in order to quantify your results. For example, stating you are going to lift weights and do cardio is not as effective as deciding you are going to lift weights for 40 minutes 3 times a week. The latter one leaves little room for misinterpretation. Therefore, by the end of each week you should be able to easily determine if you are moving towards your goal.

3. ATTAINABLE

Third, goals should be realistic and attainable! Come up with goal that is challenging. However, be realistic about factors such as your skills level, your current knowledge and how much time you can reasonably devote. You're looking to be committed to your goal by making it attainable. Allow it to take you slightly pass your comfort zone and have a support system to assist you if you happen to side step it!

4. RELEVANT

Next, the goal must be important to you. Furthermore, you must believe you can accomplish it and you must take ownership for completing it. Asking family members or friends for their input is perfectly fine. However, we often put the responsibility of our goals on others. Using phrases as "my wife says I need to exercise"

or "my doctor wants me to lose weight" shifts the ownership of the goal away from you. There is good news; studies show those who take an active role in defining and owning their goals are likely to have a higher level of commitment and success!

5. TIME-BOUND

Last, set deadlines, keep it moving! Focus in setting daily, weekly and monthly mini-milestones to serve as guideposts for your journey. This strategy provides you with a chance to regularly assess how you are progressing and to adjust if necessary. Here's a quick example: you've decided to lose 10 pounds. So establish a daily goal to decrease your caloric intake by 200-300 calories, a weekly goal to lose one half to one pound & a monthly goal to complete 10 miles of walking. Mini-milestones provide you with guidance on specific actions you can take to move closer to your future goal while decreasing the failure rate!

By applying the principles of S.M.A.R.T you prepare yourself to achieve your New Year resolutions. Also, it is highly recommended to consult with your physician before beginning any exercise program.

Cheers to a New You and a New Year!

Want to make your new year's resolution stick?

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(for those with loved ones struggling with addiction)
- Sexual Addiction Group *(men's group)*
- Anger Open Share Group *(men's group)*
- Chemical Addiction Groups *(men's & woman's groups)*
- Women's Support Groups *(eating disorders, sexual addiction)*

HOPE, HEALTH, HEALING

Wednesdays @ 7:00 pm

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- Safe People
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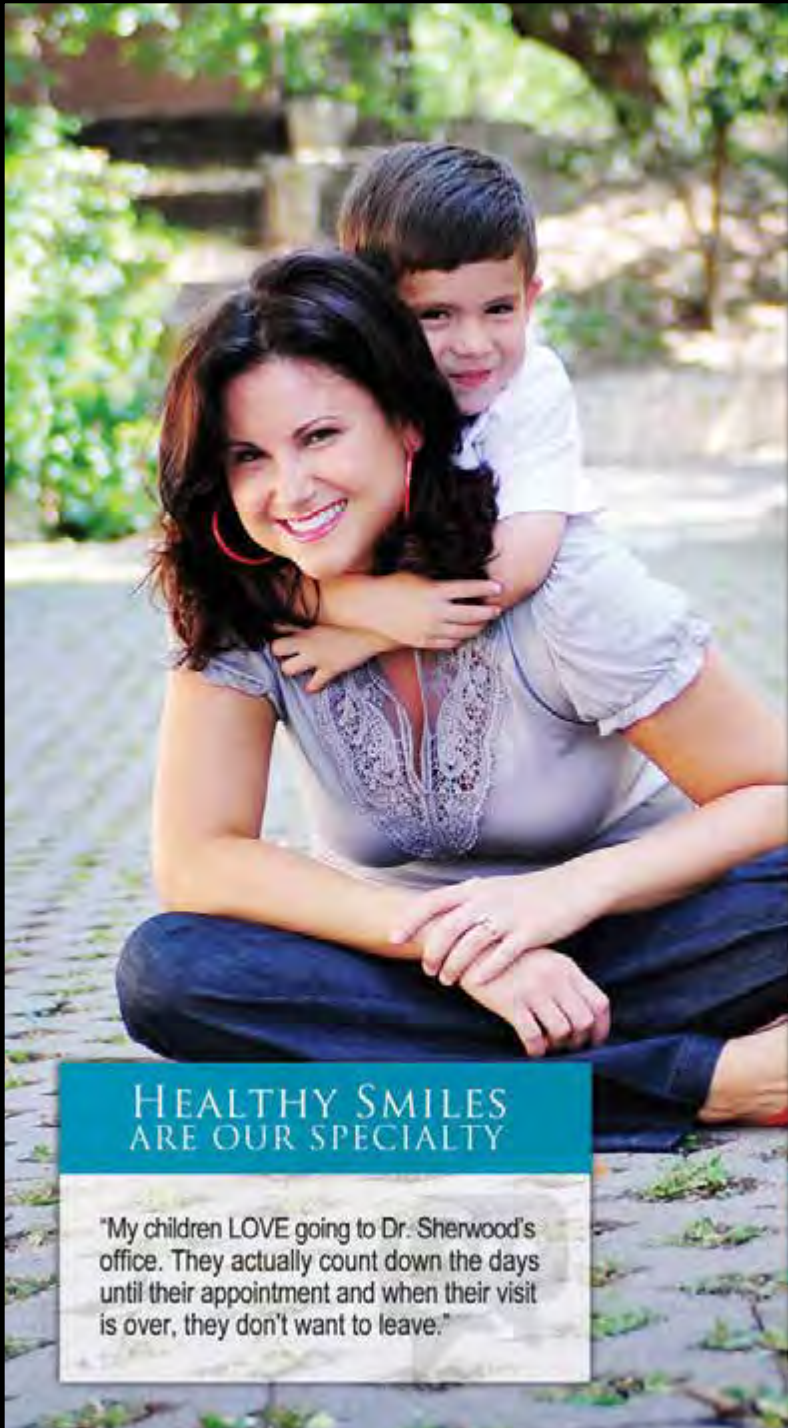


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