



THE HPWBANA NEWS

Volume 8, Number 6

June 2012

www.hpwbana.org

4th of July Celebration

**JOIN US FOR THE ANNUAL HPWBANA
INDEPENDENCE DAY CELEBRATION!**

Walk in the parade and stay for the rest of the festivities!
Wednesday, July 4th
Festivities begin at 9:15
Parade steps off at 9:30
Highland Park Elementary South Parking Lot
Prizes for best decorated bike, dog, wagon and stroller!
Games! Hot Dogs! Snow Cones!

Stage 2 Watering Restrictions Still in Effect for Austin Water Customers

Austin Water wants to remind you that Stage 2 Watering Restrictions are still in effect for Austin Water customers. The combined levels of Lakes Buchanan and Travis are less than half full. Even though the recent rains have lessened the effects of the drought and added more water to the lakes, Lake Travis is 30 feet below its normal for May and Lake Buchanan is 16 feet below normal for this time of year. The total combined storage in the Highland Lakes two water storage reservoirs, Buchanan and Travis, is at 1,011,000 acre-feet, or 50 percent of capacity.

To ensure that both residential and commercial customers follow restrictions, Austin Water staff is continuing enforcement. Violations of mandatory watering restrictions will result in an official warning followed by a citation if the violation is not corrected. Citations will be issued in Municipal Court with fines set during Stage 2 at \$475.

Austin entered Stage 2 Water Restrictions in September of last year, when the Lower Colorado River Authority requested mandatory water restrictions of its wholesale customers. For more information on water conservation visit WaterWiseAustin.org.

Coming Soon?

I'm sure many of you have seen the new "Coming Soon" sign posted in the vacant lot adjacent to Russell's Bakery at 5011 Balcones drive. Through calls and emails from concerned neighbors, the HPWBANA board was informed that a site plan permit for a four unit development was recently submitted to the City of Austin by infill builder PSW Homes. Neighbors were invited to register as interested parties and express comments to city staff regarding the site plan. Although some levels of review have been approved for this plan, several categories have been rejected or remain open.

As proposed, the four units would sit at the Southern border of the site, along the edge of the bluff overlooking the park. The driveway into the proposed plan would run parallel to, and 7' from, the driveway into Crenshaw's Athletic Club/Highland Park Center.

While we are not opposed to development at this location, the board has recommended that no more than three units be built on the site in order to minimize drainage issues that could potentially impact Perry Park. The board has also recommended that the builder use the previously approved plan that places the units at the northern edge of the lot in order to preserve the heritage trees along the bluff overlooking Perry Park. Placing the units at the northern edge of the property also allows more separation between the driveways along Balcones Drive, including Russell's Bakery and Crenshaw's Athletic Club/Highland Park Center.

The case number is SP-2012-0112C, and can be viewed at this address https://ci.austin.tx.us/devreview/d_showpropertyfolderlist.jsp?clicked=searchByCaseNumber.

Call for Submissions

**HAVE A FAVORITE NEIGHBORHOOD PHOTO?
DO YOU LOVE TO WRITE?**

We are looking for HPWBANA residents of any age to contribute photos, stories, articles, or poems that may be of interest to our neighborhood readers. If you are interested in contributing to The HPWBANA newsletter, please send your submissions to: newsletter@hpwbana.org.

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
Central West District APD Rep.....	974-5917
Wildlife Rescue 24 Hour Hot Line	210-698-1709
APD REP. - Officer Darrell Grayson	512-974-5242

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The HPWBANA Board meets on the third Monday of each month except December. Please go to HPWBANA.org for our current meeting location or contact president@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 for ad information and pricing.

Join The HPWBANA Yahoo Group

The HPWBANA Yahoo Group is a neighborhood listserv intended for discussion and announcements of interest.

It is also the best place to find out about activities in the neighborhood, lost or found pets, crime, & recommendations.

Membership is free...to join, go to

<http://groups.yahoo.com/group/HPWBANA/>

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Travel the World without Leaving Your Hometown

By Heather Wells

Who hasn't dreamed about walking among the Egyptian pyramids, or soaking in the sun on a beach in Spain, or wandering along the Great Wall of China? Every parent wants to give their children a taste of the world, but the economic reality of international air travel for a family, not to mention hotels, passports and food, makes it tough for most of us to consider except in our daydreams.

There is a way to give your children the world – without leaving your living room. How? Host a foreign exchange student from a country you've always admired! Fascinated by France? Curious about China? Intrigued by India? By welcoming an international student from one of these countries into your home, you instantly open a portal to a far off land.

"My husband and I have been hosting for the past three years and have enjoyed every minute of it!" said Vicki Odom, an Ayusa host mom from Pearland, Texas. "The various students we've had in our home have taught us a great deal about their home countries."

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English – and all high school exchange programs are regulated by the U.S. Department of State.

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Connie Coutu, Regional Manager of Ayusa, a non-profit that promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children,

and have a desire to learn more about a different culture."

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

"Hosting an exchange student is a life-changing experience – for the student, the host family, and the host community," says Coutu. "There is no better way to teach your children about the world around them than through welcoming an international high school student into your home."

Ayusa is currently accepting applications for families to host an exchange student for the 2012 – 2013 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



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WATER CONSERVATION CHECKLIST



INDOOR TIPS

- Check your toilet for leaks.** Put a few drops of food coloring in the tank. If it appears in the bowl without flushing, you have a leak that needs repair.
- Replace older toilets with WaterSense® labeled high-efficiency models** that use only 1.28 gallons per flush or consider installing a dual flush model that can use even less.
- Take shorter showers—try for less than 5 minutes.** If you take a bath, fill the tub half full.
- Install water-saving aerators** on your bathroom faucets and **water-saving showerheads** that use 2.5 gallons per minute or less.
- Turn off the water** while shaving, brushing your teeth, lathering in the shower, and shampooing or conditioning your hair.
- Fix leaky or dripping faucets promptly.** Plumbing leaks account for approximately 14 percent of water consumed in the home.
- Run your dishwasher and clothes washer with only full loads.** Scrape food from plates instead of rinsing them before washing.
- Chill drinking water in the refrigerator** instead of running the faucet to cool water.
- Replace your clothes washer** with a qualifying water-saving model.



Call 974-2199 or visit WaterWiseAustin.org for information on rebates and irrigation system evaluations as well as free aerators and showerheads.

OUTDOOR TIPS

- Choose drought-tolerant plants when landscaping**, and group plants with similar water needs together (hydrozoning). Add **compost or mulch** around trees and plants.
- Thoroughly check your irrigation system** each spring when you first turn it on and repair any leaks as soon as possible. Schedule a free irrigation system evaluation if needed.
- Clean your driveway or sidewalk with a broom, not a hose.**
- Water your lawn only on your assigned day** and adjust sprinklers so that only your lawn is being watered.
- Install a rain barrel or rainwater harvesting system** to capture rainwater from your roof for use on your landscape.

Austin Newcomers Club June Luncheon

WITH GUEST SPEAKER ADDIE BROYLES – FOOD EDITOR FOR THE AUSTIN AMERICAN-STATESMAN

Hailing from the Missouri Ozarks, Addie Broyles expanded her cooking (and eating) skills on the West Coast and Spain before settling in Austin, where she is the food writer for the Austin American-Statesman. Addie, who was named the top food writer in Austin by the Austin Chronicle in 2011, is a founder of the Austin Food Blogger Alliance and has spoken at conferences around the country, including here at South by Southwest Interactive. Her speaking topics include, How Technology Is Changing The Food World. When she's not wrangling her two young sons or her three backyard chickens, she also writes about women and food on her blog, The Feminist Kitchen. Addie's will be describing the details of her position at the Austin American Statesman.

WHEN & WHERE

Wednesday, June 20, 2012 at
Green Pastures Restaurant,
811 West Live Oak Street,
pre-payment \$20.00.
Reservations are required.

TIME

11:30 a.m. socializing,
Luncheon begins at noon.
For Luncheon Reservations:
Email: LuncheonDirector@
AustinNewcomers.com

Austin Newcomers Club is a non-profit social and recreational organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. To Join Austin Newcomers Club: Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00. Membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at: www.AustinNewcomers.com

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A FOCUS ON Eye Health and Safety FOR YOUR FAMILY

By: *Concentra Urgent Care*

ADULT EYE HEALTH

Maintaining a healthy lifestyle is an important part of preserving good eye health. Keys to healthy vision include:

- Avoiding smoking
- Eating a balanced diet, rich in dark green vegetables and foods that contain zinc, vitamins C and E, and beta-carotene
- Staying active
- Controlling your blood pressure
- Protecting your eyes from the sun by wearing eyewear that absorbs UV rays and brimmed hats or caps
- Staying current with periodic eye exams as recommended by your doctor if you have diabetes or other chronic conditions that can affect your vision

SIGNS OF PROBLEMS

See your doctor if you experience any of the following:

- Unusual trouble adjusting to the dark
- Difficulty focusing on objects
- Squinting due light sensitivity
- Change in color of iris (colored part of your eye)
- Red, crusty, or swollen eyelids
- Recurring pain around eyes
- Double vision
- Dark spots or floaters in vision
- Distorted or wavy lines/edges
- Watery eyes
- Itchy or burning dry eyes
- Seeing spots or ghost-like images

CHILD EYE HEALTH

Newborns should be checked for inherited eye problems at the time of delivery. Between six and twelve months, infants' eyes should be checked again by a health care professional. At three to four years old, children should start getting their eyes checked at regular intervals.

EYE INJURIES

The most common causes of eye injuries in children are: misuse of toys, everyday objects, and tools (forks and knives, pens and pencils, garden tools), falls, contact with harmful household products (detergents, cleaning supplies, paint, glue), and car accidents. The best ways to avoid these types of injuries are to properly baby proof your home, read all warnings and instructions on toys, and be sure your children are properly secured in infant carriers and car seats.

Seek immediate medical attention if your child:

- has obvious pain or trouble seeing
- has a cut or torn eyelid
- does not move one eye as well as the other
- has one eye that sticks out compared to the other
- has an unusual pupil size or shape
- has blood in the clear part of the eye
- has something in the eye that cannot be easily removed

For more information on taking care of your family's sight, visit Prevent Blindness America at www.preventblindness.org or The National Eye Institute at <http://isee.nei.nih.gov>.

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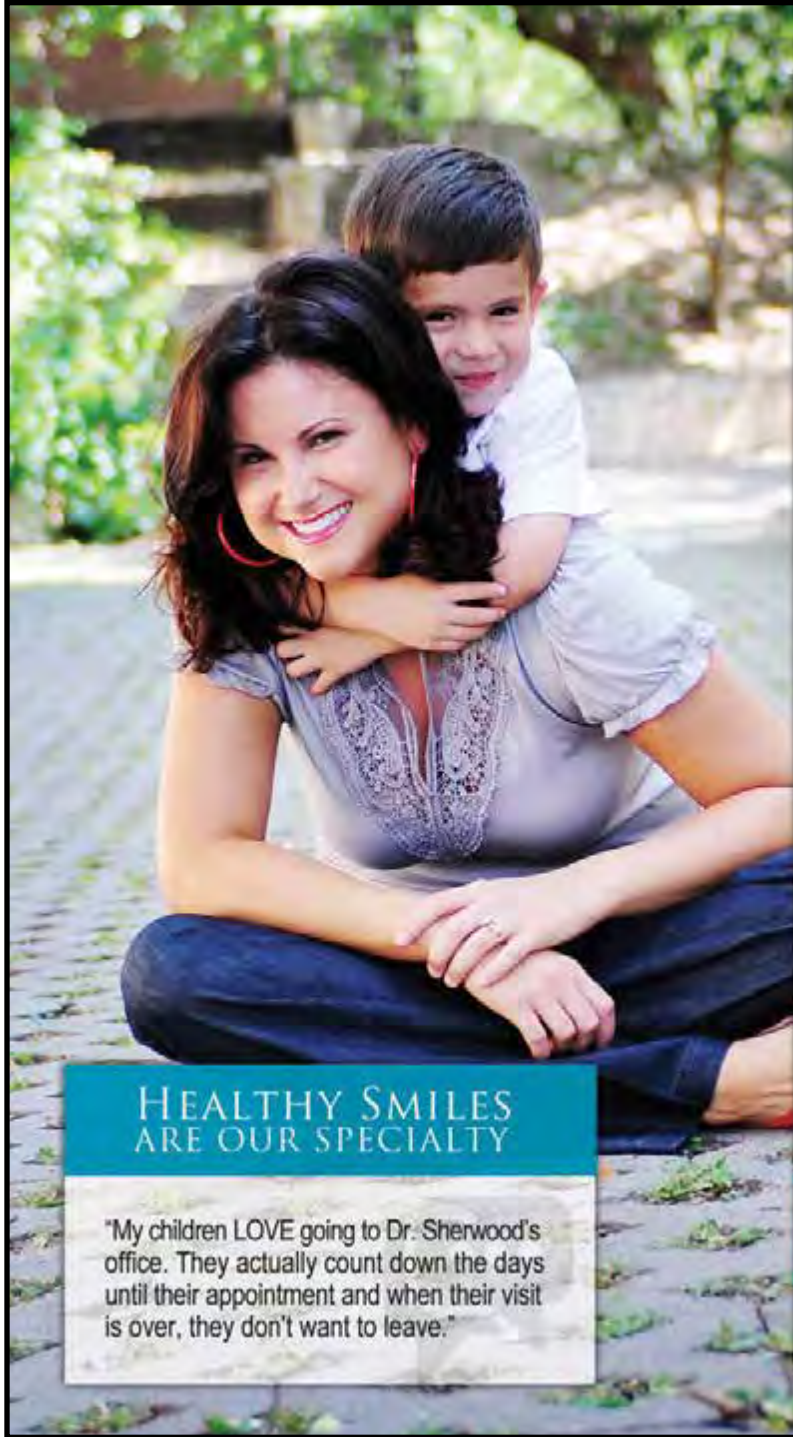


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