

Don't Forget! Join us for the Annual
**HPWBANA
INDEPENDENCE DAY
CELEBRATION!**

Wednesday, July 4th

Festivities begin at 9:15 - Parade steps off at 9:30

Highland Park Elementary South Parking Lot

Walk in the Parade & Stay for the rest of the Festivities

Prizes for best decorated bike, dog, wagon & stroller!

Games! Hot Dogs! Snow Cones!

Recitation of the Declaration of Independence!



HPWBANA ANNUAL MEMBERSHIP DRIVE

Our Annual Membership drive for residents is currently underway! If you haven't joined the HPWBANA yet please consider supporting the volunteers who work to improve our neighborhood. Please detach the enclosed form (on page 3) and send it with a check (\$25 for family, \$20 for single-member household) made payable to HPWBANA to: PO Box 26101 Austin, Texas 78755. If you have any questions, comments or ideas related to HPWBANA, please feel free to contact Trey McWhorter at president@hpwbana.org

FLEAS

A proper flea management program has two parts- managing fleas on your pet and managing fleas in your environment. You may want to consult a veterinarian about flea control for your pet; there are numerous products on the market that work well.

If you find fleas in your home and you do not have a pet, inspect the attic and/ or crawl spaces to see if wildlife has moved into the area, bringing fleas with them. Remove wildlife with traps and then treat the area with an insecticide labeled for fleas. Once the problem is resolved, you may want to seal the area so that wildlife cannot move in again.

If you are a new homeowner with no pets and have fleas, it is possible that the previous owners had pets. Fleas can remain dormant for several months, but become active again when they sense vibrations of new hosts. When you find fleas on a pet, you most likely will need to treat the pet, inside the home and the yard. Treatment should be targeted to areas where your pet likes to hang out.

There are many things you can do to help reduce fleas without the use of chemicals. Vacuum regularly, getting under furniture and along baseboards. Make sure to dispose of the vacuum bag in an outdoor garbage can at least once a week so the fleas do not hatch out and reinfest the home. Wash pet bedding in hot water. Bathe your pets regularly and use a flea comb to remove fleas. Avoid walking pets in known flea infested areas. When treating for fleas, you will usually need to treat at least two times. The second treatment should occur 10-14 days after the initial treatment.

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

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas AgriLife Extension Service or the Texas AgriLife Research is implied. Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin.

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
Wildlife Rescue 24 Hour Hot Line 210-698-1709
APD REP. - Officer Darrell Grayson 512-974-5242

'12 BOARD OF DIRECTORS

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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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PO Box 26101
Austin, Texas 78755

2012 NEW MEMBERSHIP FORM

- 2012 Family Membership (\$25) 2012 Single-Member Household Membership (\$20) Additional Donations to HPWBANA
(Only one adult in household)

NAME _____ NAME OF SECOND ADULT _____

ADDRESS _____

PHONE _____ EMAIL _____

Please detach form and send with a check (\$25 for family, \$20 for single-member household) made payable to HPWBANA to:

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If you have any questions about membership or HPWBANA, please feel free to contact Trey McWhorter:

president@hpwbana.org

2012 MEMBERSHIP RENEWAL FORM

- 2012 Family Membership (\$25) 2012 Single-Member Household Membership (\$20) Additional Donations to HPWBANA
(Only one adult in household)

NAME _____ NAME OF SECOND ADULT _____

ADDRESS _____

PHONE _____ EMAIL _____

Please detach form and send with a check (\$25 for family, \$20 for single-member household) made payable to HPWBANA to:

PO Box 26101
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If you have any questions about membership or HPWBANA, please feel free to contact Trey McWhorter:

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THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR NEIGHBORHOOD ASSOCIATION!

Highland Park West Balcones Area

SAFE SUMMER SWIMMING

With summer in full swing, swimming is a perfect way to beat the heat, and in Austin, the options are endless. To keep you and your family safe, however, it is important to know the facts about drowning prevention.

Drowning can occur in as little as two minutes, and many children who drown are usually in the presence of 1 or both parents. Why? Because a drowning victim rarely looks as if they are in distress. In fact, according to Mario Vittone of the US Coast Guard, "there is very little splashing, no waving, and no yelling or calls for help of any kind." Always keep a watchful eye on young swimmers, even in shallow water, and never assume your children are safe just because there is a lifeguard on duty. According to the Drowning Prevention Center, one in five children drown in public pools with lifeguards present. **Knowing the facts and following these simple tips on drowning prevention can help save lives.**



COLIN'S HOPE

Increasing water safety awareness and standards

FACTS YOU NEED TO KNOW ABOUT DROWNING

DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW.

Drowning is a leading cause of unintentional injury-related death in children ages 1-14.



DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM.

NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

DROWNING CAN BE QUICK AND SILENT.



Drowning can occur in as little as 2 minutes.



Many children who drown are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Irreversible brain damage can occur in as little as 4 minutes.



Many children die who are submerged for as little as 6-10 minutes.

Children who drown may not scream, call for help, splash or struggle. They can silently slip beneath the water, even with adults & lifeguards present.

For more information, visit our website at www.colinshope.org

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Thank you for helping us to achieve our mission of drowning prevention and increased water safety awareness and standards.

Drowning Prevention Tips



CONSTANT VISUAL SUPERVISION

- Assign an adult **WATER GUARDIAN** whose **ONLY** responsibility is to watch children who are in the water.
- Teach children who cannot swim to stay away from water unless they are with an adult who is within arms reach and has eye-to-eye contact on them.
- Learn how to recognize a swimmer in trouble.



LEARN TO SWIM

- Studies show that formal swim lessons for children under age 4 reduce drowning by 88%.
- Take swim lessons with your child if you don't know how to swim yourself. Even adults who are strong swimmers should never swim alone.



WEAR LIFE JACKETS

- Children who cannot swim should always wear the appropriate U.S. Coast Guard approved life jacket.
- Do not rely on water wings, floats, or other toys to keep children safe.



MULTIPLE BARRIERS ON ALL POOLS AND HOT TUBS

- Install pool fences, self-closing, self-latching gates and door alarms in areas leading to pools and hot tubs.
- Keep a phone by the pool and call 911 in an emergency.
- Keep pool area picked up and clear of toys and other items which might attract an unsupervised child.



KEEP BACKYARDS AND BATHROOMS SAFE

- Dump all water buckets and empty kiddie pools when they are not in use.
- Install safety latches on toilets.
- Never leave children unattended in the bathtub.



ALWAYS CHECK POOL/HOT TUB FIRST FOR MISSING CHILD

- Make sure to look at the bottom of the pool or hot tub.
- Do not quickly scan the top and move on – children who drown often sink to the bottom and appear as shadows that can easily be overlooked.
- Seconds count. Act quickly to rescue.



LEARN CPR

- Timely & effective CPR can increase the chance of survival.
- Refresh CPR skills yearly, certifications every two years.
- Post CPR guidelines near the pool.

For more information, visit our website at www.colinshope.org

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by Jennifer Hassin

This exhibit is a memorial representing the sacrifice resulting from the military casualties since the beginning of the War on Terror. Created by Ms. Hassin, who served in the US Air Force, this art piece honors those men and women who lost their lives in the service of their country. The exhibit runs through July 15, 2012.

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A Focus on Heat Emergencies

HEALTHY TIPS TO STAY COOL IN EXTREMELY HOT WEATHER

By: *Concentra Urgent Care*

Heat emergencies fall into three categories of increasing severity: Heat Cramps, Heat Exhaustion & Heatstroke.

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs.

If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS & SYMPTOMS

— Heat Cramps —

- Sweating
- Pain in arms, legs, and abdomen

— Heat Exhaustion —

- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

— Heat Stroke —

- No sweating
- Dry, hot, red skin
- Confusion and loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

CAUSES:

The following are common causes of heat emergencies:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

What to do in heat emergencies..

FIRST AID

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

- DO NOT underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.
- DO NOT give the person medications that are used to treat fever (such as aspirin

or acetaminophen). They will not help, and they may be harmful.

- DO NOT give the person salt tablets.
- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.
- DO NOT use alcohol rubs on the person's skin.
- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/topics/heatstress/

References

Auerbach PS. Wilderness Medicine. 4th ed. St. Louis, Mo: Mosby; 2001:240-316. | DeLee JC, Drez Jr. D, Miller MD, eds. DeLee and Drez's Orthopaedic | Sports Medicine. 2nd ed. Philadelphia, Pa: Saunders; 2003:763.



Neal Kassanoff of the Groundwork Music Project

THURSDAY, JULY 12, 2:00 PM
AT YARBOROUGH LIBRARY

The Music Division and Austin Public Library have partnered to host Music for Kids. Music for Kids is a six-week summer concert series featuring twenty local, live musical performances suited for kids and teen youth at twenty library locations throughout Austin. Seating is limited at all programs. Please arrive a few minutes early to gain entrance. In some locations, free tickets (available in the branch on the day of the program) will be required for admittance in order to ensure safety. If you have a group of five or more children, please call the branch at least one day before the program you wish to visit and ask to speak with the Youth Librarian to make arrangements.



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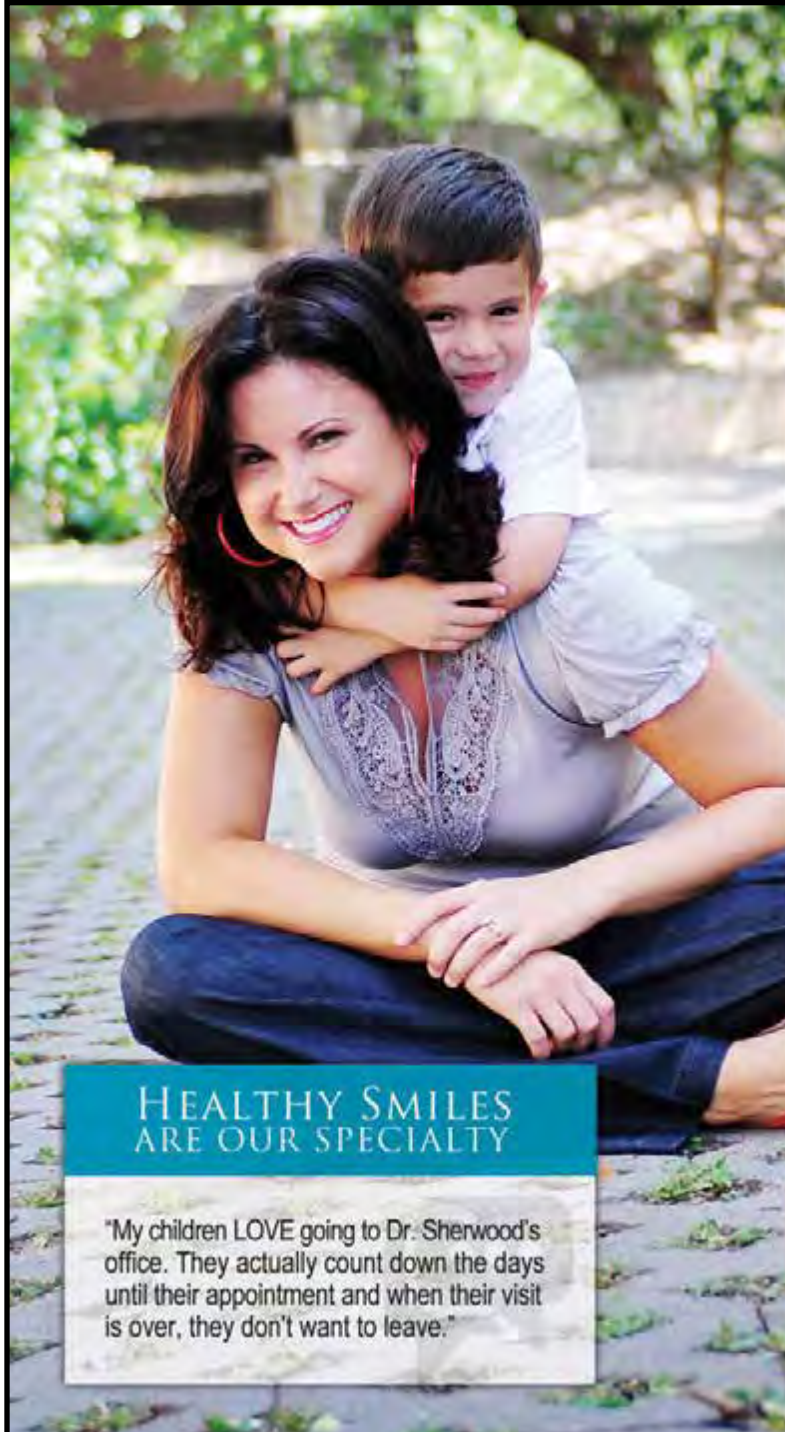



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