

Camp Mabry: YOUR Neighborhood National Guard.

This summer, athletes competed in the 2012 AFM Austin's Fittest Competition at Camp Mabry

At the July HPWBANA meeting, neighbors and members of the board had the opportunity to meet with two representatives from Camp Mabry. Major John Davis and Ms. Laura Lopez reminded us of the many resources available to the public and gave a brief overview of the long range plan for the 370 acre headquarters.

Although rumors have circulated regarding the possible closure of Camp Mabry, Major Davis assured us that these rumors are false. Conversely, he mentioned several proposed projects in their long range plan, including aesthetic improvements to the main entrance and surrounding fences as well as proposed trails and parks. Once the Master Plan is approved by the Adjutant General, Camp Mabry will host a follow up presentation.

While Camp Mabry has certainly made great strides in welcoming back the public, there are no current plans to reopen any of the other entrances (including the east entrance at Perry/45th) due to heightened security measures put in place by the DOD after 9/11. Neighbors in attendance urged Major Davis to consider the possibility of opening the east entrance to pedestrians and cyclists; a request he plans to pass on to the Adjutant General.

In spite of the restricted access and increased security, Major Davis referred to Camp Mabry as "YOUR Neighborhood National Guard". He made it very clear that not only is the public allowed on the property, they are welcome with open arms.

Major Davis reiterated the fact that Camp Mabry is an open post and all adults with a valid photo ID (such as a driver's license), as well as children accompanied by adults, are welcome to enter the post through the 35th street entrance during daylight hours. Visitors can walk or run the track, visit the museum (open 10-4 Wed-Sun) and outdoor exhibits, picnic on the grounds and ride bikes on the property. Visitors can even fish in the catch and release pond after obtaining a \$5 permit from Major Davis.

Camp Mabry also boasts several large meeting spaces that are available for a nominal fee and has hosted several events over the last year including various 5k runs, Austin's Fittest Competition, the



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Highland Park West Balcones Area

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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

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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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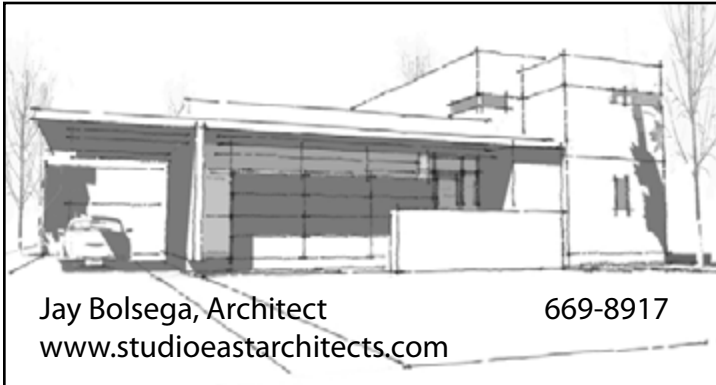
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Camp Mabry...(Continued from Cover Page)

Tarrytown 4th of July Parade, and Boy Scout campouts. In addition, they are proud to be hosting the Elizabeth Anne Seton Gala in April of next year, as well as the Autism Speaks Walk in September of 2013.

"Camp Mabry is such a unique and special place and a real asset to our community. No other neighborhood enjoys such close physical proximity to Camp Mabry", noted HPWBANA President, Trey McWhorter. We urge you to take advantage of the many opportunities available there and make it YOUR Neighborhood National Guard.



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Highland Park West Balcones Area

Neighborhood Beautification: Volunteer All-Call!

Many HPWBA neighbors have generously donated their time, money and effort to help with the beautification of our neighborhood. Nadene Morning, who recently relocated to Seattle, worked tirelessly to improve the beauty of our neighborhood over the last several years. Two of her many projects included the beautification of Perry Park as well as Mount Bonnell.

Sam Haddad, a prior HPWBANA board member, was the driving force behind the landscaping of the median at Highland Terrace and Perry. To help maintain the median, the Tully family has generously donated their time and water from their home to help keep the median looking great.

David Obermann and other neighbors along Ridge Oak maintain the Ridge Oak Triangle. David actually mows and helps water the median, which is so large it could be considered a park! Way to go, David!

Former HPWBANA President Carolyn Robinson has done a fantastic job with the landscaping of the median at Balcones and Parkcrest. Thanks to Balcones Automotive for the use of their water and Carolyn's green thumb, this median has never looked better.

Perhaps the most impressive display of volunteer beautification is the median at Highland Terrace between Valley Oak and Fairview. Over the years, Colleen Jamison has planted many native drought tolerant plants, installed crushed granite, and donated garden sculptures. An anonymous neighbor even came by recently and added a hanging sculpture!

If you are interested in supporting the work that so many other neighbors have put forth, HPWBANA is seeking volunteers to join together to help maintain our traffic islands. If you can help with this effort by regularly or seasonally weeding, watering and planting any of the following areas, please contact julieebeyt@gmail.com. We would be happy to reimburse neighbors who donate water from their homes.

- Randall's Triangle
- Ridge Oak Triangle
- Perry/Horseshoe Island
- Valley Oak Pkwy
- Highland Terrace Pkwy
- Hancock/Westfield

We have created a HPWBANA volunteer gardening & watering schedule on Google docs that you can sign up on to avoid conflicts.

<https://docs.google.com/spreadsheets/ccc?key=0Ai60YH6mWbSqdF9SskszSHM0c0xmUUp0NDItNFJURnc#gid=0>



Lowering Your Cholesterol

By *Concentra Urgent Care*



September is Cholesterol Awareness Month. This is conveniently scheduled before a season known for overeating. Halloween, Thanksgiving, Christmas, Hanukkah, and the New Year all fall after September. Each of these events include numerous hours spent planning and preparing foods such as candy, pies, cookies, stuffing, and mashed potatoes with gravy. Not only do the fall months bring holiday foods, the changing of the seasons to the cooler fall months make it easier to pack on pounds that can be conveniently hidden under bulky winter clothing.

Start by knowing your numbers, so you can be informed and prepared. People with numbers in the unfavorable range should try to do as much as possible to lower their total cholesterol, LDL, and triglycerides and to raise their HDL.

- For adults, 30 minutes of moderate physical activity daily and for those aged 6-17, at least one hour of physical activity each day.
- Maintain a healthy weight - Moderately active females need about 2,000 calories a day and moderately active males need about 2,400 to maintain a healthy weight. If you are trying to lose weight, decrease this number by roughly 500 calories per day.
- Don't smoke.
- Eat foods high in fiber and nutrients and low in saturated fat and cholesterol.

So what can you eat? Changing your diet to lower your cholesterol isn't hard; incorporating a few new, relatively painless habits into your routine can make a big difference. As long as your numbers aren't in the unfavorable range, you don't necessarily have to swear off cheeseburgers and French fries forever, but they shouldn't be part of your regular diet.

Here are some quick and easy cooking tips that will help you lower the cholesterol in your food:

- Use lean cuts of meat with little visible fat. For beef, use the round, chuck, sirloin, or loin; for pork, use the tenderloin or loin chop; for lamb, use cuts from the leg, arm, and loin.
- Buy "choice" or "select" grades, which have less fat than "prime" does. Use lean or extra lean ground beef.
- Broil rather than pan-fry your hamburger, lamb chops, pork chops, and steak. Place meat on a wire rack to allow fat to drain when cooking. Instead of basting with drippings, keep meat moist with wine, fruit juices, or an acceptable oil-based marinade.
- Prepare stews, boiled meat, and soup stock in advance, refrigerate

overnight, then remove the hardened fat from the top.

- Remove skin from chicken and turkey before cooking or eating.
- Limit processed meats like sausage, bologna, salami, and hot dogs. They tend to be high in calories, saturated fat, and sodium.
- Limit organ meats like liver, sweetbreads, kidney, and brains, which are very high in cholesterol.
- Eat broiled, baked, grilled, or boiled seafood, which is lower in total fat and saturated fat than most meat and poultry.
- Cook vegetables in a little vegetable oil and add herbs instead of butter.
- Make cream sauces, soups, mashed potatoes, and scalloped potatoes with low-fat or non-fat milk.
- Use canola, safflower, sunflower, soybean, or olive oil instead of butter, lard, and shortening.
- Substitute egg whites for whole eggs. The cholesterol in eggs comes from the yolks.
- Replace the oil in muffins, cookies, and cakes with pureed fruits or veggies.
- Replace the breadcrumbs in your meatloaf with uncooked oatmeal.
- Use brown rice instead of white rice, and try whole-grain pasta.

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Highland Park West Balcones Area

Baiting for Fire Ants in the Fall

While you may not be seeing too many mounds yet, fall is a great time to bait for fire ants. Baiting in the fall can help reduce the number of mounds that appear in the spring. Baits take time for results to be seen, so be patient and plan to schedule a baiting program for spring and fall. If you need fire ants killed quickly, you may want to use an individual mound treatment.

Tips on using baits:

- Make sure you have a bait, not a granular
- Baits are either broadcasted over an entire property or sprinkled AROUND individual mounds for fire ants to pick up as food. Baits should NOT get wet.
- Granulars are sprinkled on TOP of a mound and watered in to carry the pesticide into the mound to come into contact with the ants.
- Broadcasting baits using a handheld spreader can save time and reduce the amount of chemical applied
- Use the proper amount of bait and application equipment for your yard size
- Read the label, it will tell you the rate of application and equipment required for application
- Many baits are placed at a rate of 1-1 ½ pounds per acre
- Many people put out more bait than is needed
- Check that fire ants are foraging before putting out bait
- Place a hotdog slice or potato chip near a mound, leave for 10 minutes, then check for fire ant activity
- Do not use stale or old bait
- Smell bait to make sure it is not spoiled; spoiled bait smells rancid
- Store bait sealed in the original container
- Try to get your neighbors to bait around the same time as you do; this will push the reinvasion boundaries further away from your property
- Even better, organize a community-wide fire ant management plan, they can help reduce the amount of fire ants within the community & save money on chemical costs

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600.

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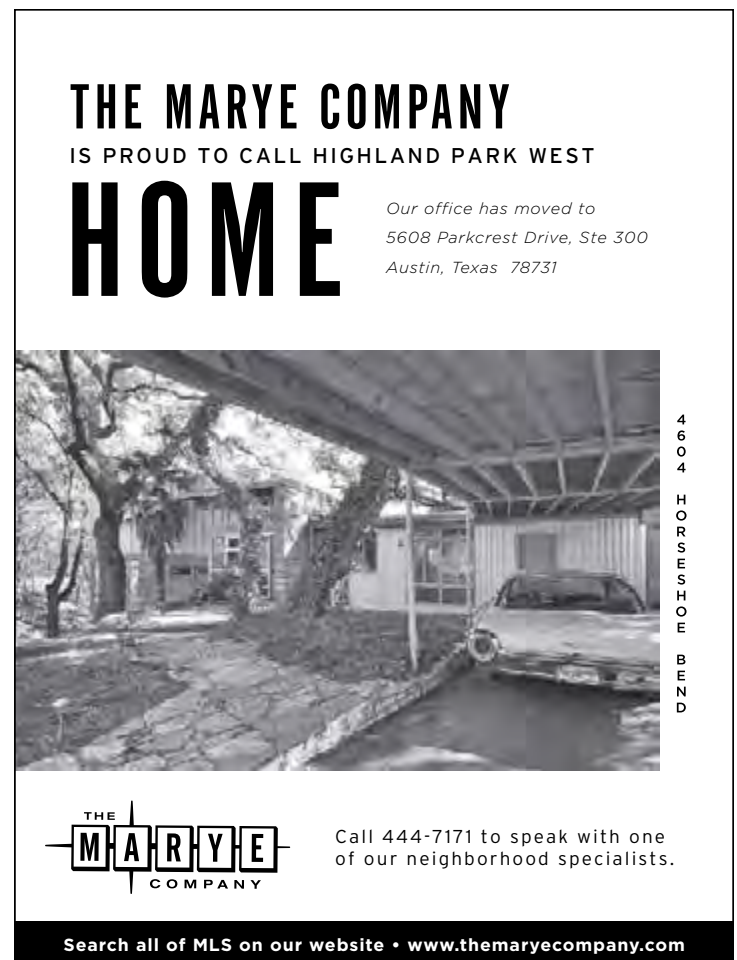


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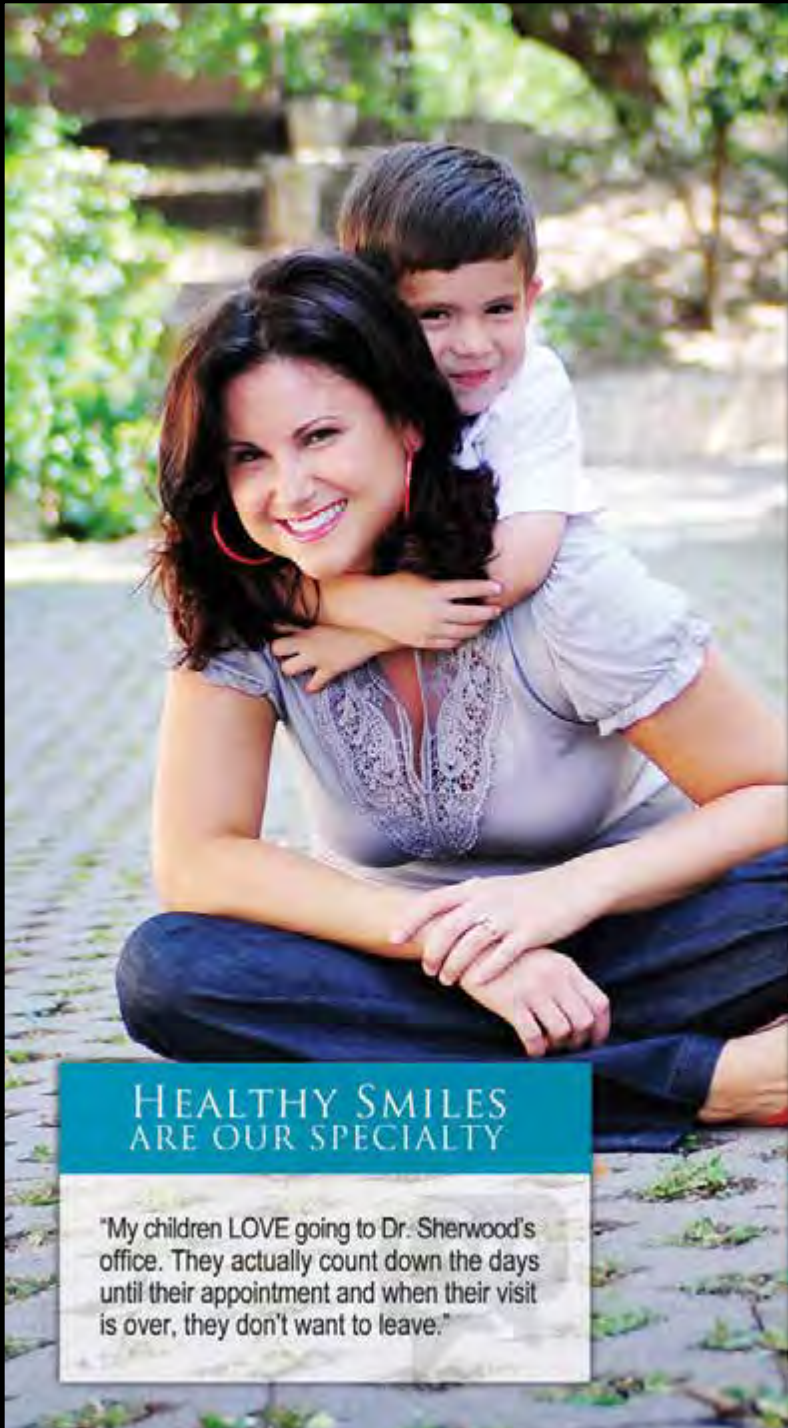


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