

## JUST SAY “NO” TO SOLICITORS

It's that time of year...time for Girl Scout Cookies! Unfortunately, it is also the time of year that we see more door to door magazine sales in our neighborhood. While it is easy to fall victim (myself included) to their compelling stories of triumph over adversity, it is best to just inform them through a closed door that our APD District Representative, Officer Grayson, does not want neighbors doing business with solicitors. While there are certainly exceptions, these “traveling crew” positions are among the worst jobs available for youth. The young people are taught to use high-pressure appeals and live out of vans and hotels, often making little or no money. In fact, many are for-profit operations that keep your “donation” or “subscription money” and do not pass it along to any charity, community group or publisher. In general, it's best to play it safe and do not open the door to anyone you do not know.



## Balcones/Parkcrest Pedestrian Crosswalk Maintenance

Just a friendly reminder that drivers need to stop to let pedestrians cross safely at marked pedestrian crosswalks. This is state law. We have a handful of crossings in our neighborhood and they can be dangerous with speeding and distracted drivers out there. A neighbor recently reported on the HPWBANA listserv that he was almost hit at the marked crosswalk on Balcones/Parkcrest. This should be a wake up call to be careful – both as a pedestrian and as a driver.

The Balcones/Parkcrest crosswalk was put in at the recommendation of the HPWBANA back in 2005. Residents at the Highland Park West Condominiums contacted the HPWBANA and discussed the serious problem of trying to cross this busy location. They came prepared with data on elderly, children, and disabled persons who need to cross. The HPWBANA used this community interest to help convince the city to address the problem, and the Public Works Department listened. The crosswalk was included in the 2005 sidewalk project along Balcones Drive and included a new median, yellow signs, street striping and street signage. Because of the recent incident at the Balcones/Parkcrest crosswalk, the crosswalk will soon undergo needed maintenance, including repainting and added signage.

Next time you drive near the Balcones/Parkcrest intersection be sure to LOOK for pedestrians that may want to cross. They will appreciate it!

# Highland Park West Balcones Area

## IMPORTANT NUMBERS

Austin Citywide Information Center. 974-2000 or 311  
Emergency Police ..... 9 1 1  
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

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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.

## TREEFOLKS

*It is tree planting time!*

We love our trees, which is why we are encouraging neighbors to take up Treefolks offer to plant trees in their yards. Treefolks recently placed flags in many front yards in our neighborhood where trees would be most beneficial. Treefolks will provide the tree - the homeowner just needs to plant it and water it for two years to get it started. This offer is part of the Neighborwoods program of Treefolks to encourage the planting of trees throughout neighborhoods across Austin. They have been in our neighborhood before and many of those trees are growing beautifully.

For more information look to Treefolks organization: <http://treefolks.org/neighborwoods/>



## 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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**6:30 - 9:00 PM**

**Rib Eating Contest 7:30 - 7:45 PM**

- ★ Round Rock I-35: Round Rock High School
- ★ 620 Four Points: Vandegrift High School
- ★ 360 South: Defending Champions Westlake High School
- ★ 183 North: Anderson High School
- ★ Former Longhorns & current NFL players will serve as honorary "Rib Eating Coaches"
- ★ Help local high school teams as they compete for the "Rudy's Golden Rib Trophy" for most ribs eaten!

20 "All you can eat for St Louis Ribs only. All drinks, sides, desserts, and other meats are at regular price and are not part of charitable proceeds. Please no sharing of "All you can eat St. Louis Ribs" - it's for a good cause folks! Offer not included for take home orders.



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## Highland Park West Balcones Area



### Stage 2 Watering Restrictions in Effect

Even with steady rain in January, Stage 2 water restrictions are still in effect, which means that Wednesdays and Thursdays are the only days our neighborhood is allowed to water. In addition, most lawns require little to no additional water in the winter months, so be sure to adjust your automatic sprinkler systems accordingly. Let's all do our part to help conserve water!



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# TEXAS A&M AGRI LIFE EXTENSION

## DRAIN FLIES

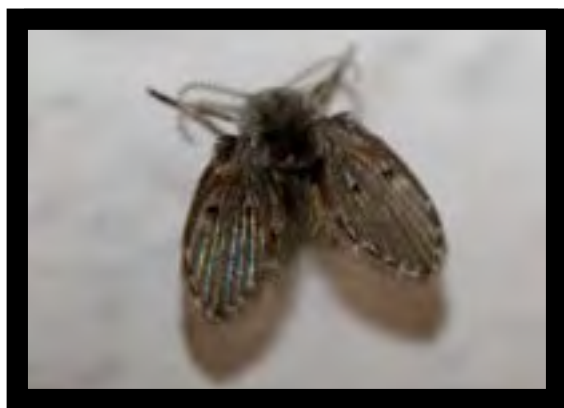
Drain flies are small, have two wings and are a brownish or grayish color. Drain flies have a fuzzy appearance and when at rest, the wings are held roof-like over the body making them look like tiny moths which is why they are also sometimes called moth flies.

Drain flies are often seen in kitchens and bathrooms often near sinks and tubs. They tend to be more active in the evening. Female flies lay eggs in the thin film of organic matter that builds up on the inside of pipes. Larvae develop in the slime layer, feeding on fungi and other microorganisms.

Killing adult drain flies will only temporarily solve your problem. To manage drain flies, the source should be treated to reduce the population of developing flies. To track down the source, place tape over one side (don't cover the drain completely) of the drains in sinks and tubs before you go to bed. In the morning, check the tape for flies that emerged during the night to find out which drain is infested.

Once you locate the drain, take a stiff brush and scrub the inside of the drain. Flush the drain with boiling water. There is no need to treat the drain with bleach or ammonia. It may take several days to see a reduction of the adult flies once the drain has been cleaned; you have to allow the emerged adults to die off.

*Photo by Sam Myers.*



For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600. Also check out [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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# HOMES SOLD IN HPWBA

	2011	2012	Percent Change
Homes Sold	62	97	+56%
Average List Price	\$656,076	\$671,124	+2.3%
Median (mid-point) List Price	\$573,000	\$548,000	-4.4%
Average NET Sold Price	\$624,148	\$647,320	+3.7%
Median (mid-point) NET Sold Price	\$548,600	\$517,500	-5.7%
Average List Price per Sq.Ft.	\$235	\$251	+6.8%
Median (mid-point) List Price/Sq.Ft.	\$227	\$245	+7.9%
Average NET Sold Price per Sq.Ft.	\$225	\$242	+7.6%
Median (mid-point) NET Sold Price/Sq.Ft.	\$217	\$241	+11.1%
NET Sold Price Range	\$212,000 - \$3,500,000	\$151,100-\$7,000,000	
NET Sold Price Range/Sq.Ft.	\$106 - \$503	\$129 - \$512	



Last year was an exceptional year for real estate in the Highland Park West and Balcones Area Neighborhoods (including part of Highland Village). The number of homes sold in our neighborhood in 2012 increased by 56% compared to 2011 and the Average NET Sold Price per Sq.Ft. increased by 6.8%. Even more dramatic is the value of the homes sold in 2011, \$38,697,149 compared to the value of the homes sold in 2012, \$62,790,079, representing a 62% increase in real estate sales in just one year!

The demand for homes in our neighborhood is also evident in the decrease in the number of days on the market before going under final contract. In 2011, the average number of days on the market was 66 days compared to 62 days 2012. Even more exciting is that the median days on the market fell from 45 days in 2011 to only 21 days in 2012. Clearly our homes are selling faster and for more per square foot than in the recent past.

Economic pundits continue to forecast low interest rates throughout 2013 and 2014, with a possible small uptick at the end of 2013. Early signs in this new year indicate that demand remains high in the Highland Park West and Balcones Area Neighborhoods.

*Information provided by Rebecca Spratlin.*

## Heart Healthy Lifestyles

By: Concentra Urgent Care

Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

### WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
  - Women: 1 drink per day (maximum)
  - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart

disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

### WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

*For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at [www.AmericanHeart.org](http://www.AmericanHeart.org).*



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# Tennis Tips

By USPTA/PTR Master Professional  
Fernando Velasco



## HOW TO EXECUTE THE SERVE

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, and the two handed backhand volley. In this issue, I will give you instructions on how to execute the serve, considered as the most important stroke, since the player has complete control of the game at this time. In these pictures student Helen Bourgeois demonstrates the proper form and technique. Photos by Charlie Palafox.

**Step 1: Ready Position:** The body is sideways with the right hand holding the end of the racket in a forehand grip position and the left hand is holding the ball under the throat of the racket. The left arm is slightly straight and the ball is held with the thumb, index finger and middle finger. This allows for a consistent toss without using the wrist and/or elbow. Feet are a shoulder width apart and the body is in equal balance. For beginners, it is okay to change the grip slightly toward the forehand grip. As the player gets more advanced, the continental grip will be a better one to give more spin on the ball.

**Step 2: Back Swing:** The left arm comes down and the right arm follows it. It is vital to slow down the motions to allow for both of the arms to have good balance in the front and behind the body. Notice that the hand is in the process of tossing the ball in front

of the body and the left wrist is bent down. It is imperative to have a good consistent toss since it will dictate the success or failure of the serve.

**Step 3: The wind up:** While the ball is in the air, the right arm will bend forcing the head of the racket to pick up speed by going behind the body. Notice the left arm is still up high and the toss is at least four to five inches above the possible point of contact on the sweet spot. The head and eyes are focused on the ball and the body is still turned sideways. Knees are bent to allow maximum explosion of the lower body.

**Step 4: Point of contact:** Once the player is ready to hit the ball, the right arm will force the racket toward the point of contact, while the left hand will come down toward the body. This allows for the “snap” of the wrist to accelerate and bring the ball down. Notice that the point of contact is slightly higher than then center of the racket. Eyes are still focused on the point of the contact and will be ready to look down as soon as the ball leaves the frame. The right hip is extended to allow the body to extend up.

**Step 5: Follow Through:** The racket speed will extend to the left side of the body. The right foot is coming forward and is pointing toward the net. The trunk is straight and eyes are focused on the direction of the ball. At this point the player will take the split step and will jump either behind the base line to rally with the opponent or will move toward the net to serve and volley.

*Look for in the next Newsletter: The Half Volley*





### Headaches

*Submitted by Dr. Jeff Echols*

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ...my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become tight and develop knots in them. You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.



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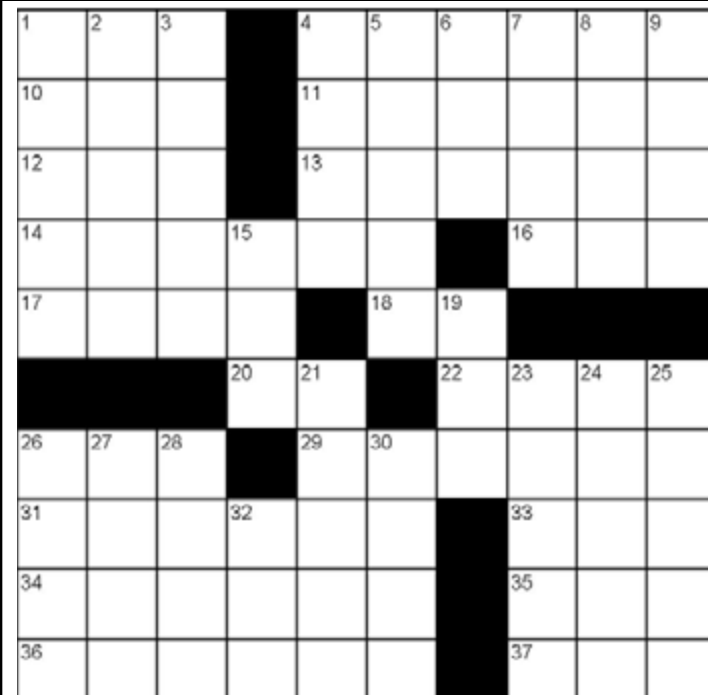
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# Highland Park West Balcones Area

## CROSSWORD PUZZLE



### ACROSS

1. Dad
4. Panther
10. Time period
11. A Nissan car
12. Admiral (abbr.)
13. Programmer
14. A deviated one makes you snore
16. Vane direction
17. Time periods
18. Letter afterward
20. Evening
22. Garden tools
26. Pod vegetable
29. Egg dish
31. List of errors
33. Wrath
34. Tie clip
35. Rival
36. Stoles

### DOWN

1. "\_\_\_ porridge hot..."
2. Special request
3. South American plain
4. Tropical island
5. Holding device
6. And so forth
7. Enjoy
8. Sign
9. Weed in a wheat field
15. Cooking measurement
19. Her
21. Pattern
23. \_\_\_ Oyl (Popeye's girlfriend)
24. Spooky
25. Strong metal
26. Domestic friends
27. Little Mermaid's love
28. Region
30. Pilots
32. April (abbr.)

View answers online at [www.peelinc.com](http://www.peelinc.com)

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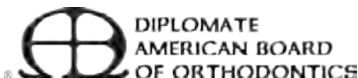
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