

## HPWBANA Family Fitness Bootcamp

*Coming to Perry Park in June*

HPWBANA is proud to announce the upcoming Family Fitness Boot Camp for adults and kids (ages 7 and up) starting in June on Saturday mornings at 10:30am at Perry Park. HPWBANA has teamed up with local trainers at Evolution Fitness to bring an outdoor workout for all fitness levels to Perry Park. Expect to sweat, but more importantly, expect to have FUN! More details to come, so check the website at [hpwbana.org](http://hpwbana.org) for news and updates.



*HPWBANA Family Fitness Bootcamp Coming to  
Perry Park in June*

## Walking, Poetry, and Health

*every day at the track  
at Lamar Middle School*

*John Keohane*

The track at Lamar Middle School is a great one for running, 6 lanes continuous, 1/4 mile per lap, crumb-rubber (doesn't hold wheeled vehicles, but the best thing for walking/running). It is open every day and I am there by 7:30am walking my 8 laps. Is the place crowded? Hardly. One guy came when I was there, and left before I did. That was it today. It's more crowded, sometimes, when there's a group of 14, or as many as 20 people altogether. Hardly a traffic jam.

So, how about you? How about running or walking for your health?

I prefer to walk. Recently I thought, "why not learn something while I'm walking?" Thanks to the Internet, I can even print out some poems. Longfellow's "The Midnight Ride of Paul Revere" is my favorite recently, although I've memorized others from Carl Sandburg, Robert Frost, and Abraham Lincoln. It's amazing how much more you get into something, like the Gettysburg Address, when you memorize it. So, how about it? In some words from a Robert Frost poem, "you come too". I do eight laps.



# 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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Nadene Morning.....

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.

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

## 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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## HBWBANA HOSTS Annual Spring Egg Hunt

We had yet another egg-cellent Spring Egg Hunt this year, thanks to the efforts of our many volunteers as well as HPWBANA board members Carolyn Robinson, Chereen Fisher, and Becca Cody. We stuffed AND hid eggs-actly 1500 eggs this year, a truly egg-straordinary feat!

A few days before the event, neighborhood kids gathered at the Fishers to fill eggs including: Will Fisher (6th grade), Ben Fisher (1st grade), Jack Hester (4th grade), Kate Hester (4 years old), Luke Gordon (2nd grade), Mia Gordon (1st grade), Cole Gordon (4 years old) and Samantha Rauch (5th grade). Although there were several moms there to supervise, the kids did most, if not all, of the work!

On the day of the hunt, another fabulous team assembled at Perry Park to help the Easter Bunny (Becca Cody) hide all of the eggs. Helpers included: Bitsy Norwood, her son Ben Norwood (4th grade) and friends, Will and Ben Fisher, Susan and Samantha Rauch (5th grade), Gordon Bolton (6th grade), and Bodhi Tripathi (4th Grade).

Each age group had their own area to ensure a fair and balanced hunt, with the youngest kids searching for eggs on the small playground and the oldest kids scouring the woods for eggs. While most of the eggs get snatched up in a matter of minutes, HP students routinely find eggs in the forest throughout the year!

To make sure no one left with an empty basket, the Easter Bunny handed out extra eggs to anyone that happened to arrive late.

Lucky Golden Egg winners received a prize basket created and prepared by Samantha Rauch. Winners included:

*0-2 years: Cade Stout*

*3-4 years: Amelia McRoberts*

*5-7 years: Ben Fisher*

*8 & up: Daniel Bantista*

### **Jelly Bean Count Winner**

*Will Kincaid*

The Egg Hunt is one of the most popular HPWBANA Special Events and is supported by your HPWBANA membership dues and volunteer efforts of the board, HPWBANA members and neighbors. Thanks to everyone who helped make this the best egg hunt ever. We look forward to seeing you next year!



*Cade Stout (and his dad),  
Golden Egg finder for the 0-2  
age group.*



*Ben Fisher, winner of the  
Golden Egg for ages 5-7.*



*Daniel Bantista, winner of the  
Golden Egg for ages 8 and up.*



*The Easter Bunny was excited  
to see so many neighbors at  
Perry Park!*



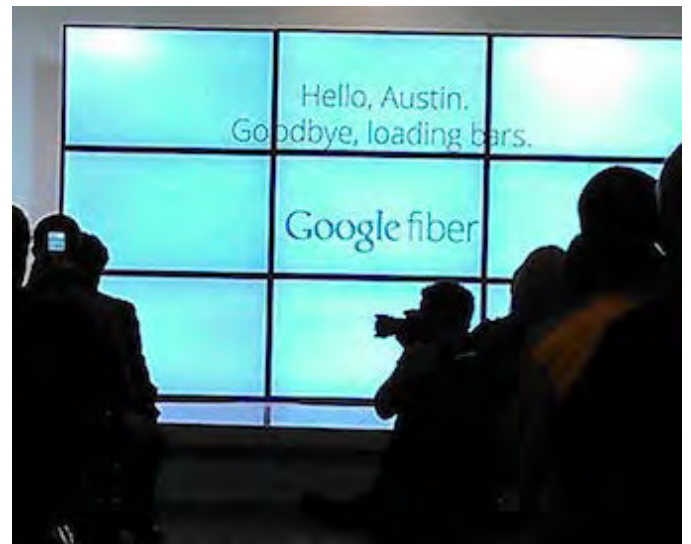
## Highland Park West Balcones Area

### Google Fiber: Coming Soon to a “Fiberhood” near You!

On April 9th, in a swanky event space converted from an old warehouse in downtown Austin, city officials, executives from Google, and even the Texas Governor gathered with several hundred invited guests to announce the selection of Austin, Texas as the second city in Google's deployment of high-bandwidth internet. Gigabit capacity is what they promise... roughly 100 times the speed of what most of us have today.

If you would like to have Google Fiber in our neighborhood, they need to hear from YOU. Based on feedback from residents, Google will create “fiberhoods” to prioritize the deployment of Google Fiber in Austin. Help our neighborhood get to the front of the line by visiting [google.com/fiber/austin](http://google.com/fiber/austin) and registering today.

And help us get the word out to everyone in the neighborhood to sign up!



*Austin, Texas is selected as the second city in Google's deployment of high-bandwidth internet.*



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## Food Safety Tips Help Prevent Food Poisoning

When getting together to cook for loved ones, the last thing you want is to get sick from the food you eat. Roberta Anding, a registered dietitian at Baylor College of Medicine, has a few tips to keep your food safe.

- Always use a meat thermometer to check if meat is fully cooked. The color of the meat can't determine the safety of the meat. All meat should be cooked to 165 degrees Fahrenheit.
- Wash your hands frequently and thoroughly during food preparation.
- Wash all produce before cutting and chopping.
- Refrigerator leftovers within two hours.
- Use a thermometer when reheating food as well.

Following these basic guidelines will ensure that the food you serve is safe to eat, said Anding.



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## AISD Bond Election Saturday, May 11th

On May 11th, Austin voters will go to the polls to vote on four propositions to improve Austin Schools. Because voter turnout is abysmally low for most school district elections, we encourage everyone to get out and vote in the upcoming bond election. Although this is a citywide bond package, the proposed improvements to Highland Park Elementary include:

### \* Construction of multipurpose classroom addition.

- Repair sidewalk.
- Parking lot asphalt.
- Drainage system in crawl space.
- Improve ADA compliant public accessibility.
- Renovate computer lab and replace casework.
- Replace water source heat pumps.
- Replace pneumatic units.
- Replace domestic water piping.
- Replace boiler.
- Replace air handling unit control systems.
- Install cooling system for technical office.
- Replace sanitary sewer system.
- Replace sanitary sewer lines from building to city tap.
- Expand gymnasium and construct new restrooms.
- Synchronize convert fire alarm systems.
- Replace intrusion alarm systems.
- Install additional surveillance cameras.
- Install technology upgrades.

If the propositions pass, the average taxpayer will pay about \$70.00 a year or \$5.83 monthly for a home worth approximately \$200,000. By state law, homeowners over 65 years of age would be exempt from any tax increase if Propositions 1-4 are passed.

Early Voting with start Monday, April 29 and continue through Tuesday May 7.

The closest early voting location is the Howson Public Library in Tarrytown at 2500 Exposition Blvd. Wed 9:00 am-7:00 pm; Fri 9 am- 4pm; Sunday Closed

For more locations, please visit <http://www.traviscountytax.org/goVotersEarlyVote.do>

## Keep HPWBA Safe: “Do the FIVE”

We had a great turnout for our April HPWBANA board meeting at Chez Zee thanks to the appearance of Mary Rudig, the Neighborhood Watch Trainer for the North Austin Coalition of Neighborhoods as well as Officer Darrell Grayson, our neighborhood APD district representative.

Officer Grayson presented our area crime statistics and neighbors in attendance were pleased to learn there have been only 2 reported burglaries in the HPWBA neighborhood since January 1st, and both of these were unforced entry through unlocked doors or windows.

Ms Rudig presented strategies on how to deal with solicitors, offered tips for home protection, and discussed other issues related to neighborhood safety concerns. She stressed the importance of not only getting to know your neighbors, but also working together to help each other out in times of crisis. She encouraged us all to “do the Five” – keep an eye out for neighbors on either side of your home as well as the three across the street. If we all make a conscious effort to really know and care for our neighbors, we get the added benefit of creating a safe and secure neighborhood.

While crime is down in our neighborhood, Ms Rudig mentioned several things we can all do to help keep our neighborhood safe:

**Say “NO” to solicitors.** Inform them (through a closed door) that our neighborhood APD rep Officer Grayson does not want neighbors doing business with solicitors. While there are certainly exceptions, many of these “salespeople” are actually casing homes to check for big ticket items to steal. In general, it’s best to play it safe and do not open the door to anyone you do not know.

**Leave a light on.** Dark homes are easy targets, so be sure to leave a few lights on at night, or install motion detection lighting to discourage thieves.

**Know your neighbors.** Form a neighborhood watch group on your block and get to know your neighbors. Inform them when you leave town or when work is being done on your home. Thieves often pull right up to homes in the middle of the day and act as if they belong there, so be sure to let your neighbors know if you are planning to have work done on your home when you are away. There have been several cases of thieves impersonating maintenance or utility workers, some even giving the appearance of doing yard or utility maintenance when they are actually breaking into homes. Don’t hesitate to call your neighbors and make sure they have scheduled a crew to work at their home.

**Do not leave valuables in your car.** Thieves are opportunistic. Do not tempt them by leaving valuables in a locked or unlocked vehicle. Garage door openers, power cords for cell phones or GPS devices are common targets.

*(Continued on Page 8)*



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## Highland Park West Balcones Area

### *Safety (Continued from Page 6)*

**Lock your doors.** 30-40% of all crime is due to unlocked doors. Thieves often walk right into homes and take items from inside the house or garage while owners are home sleeping or in the backyard. To be safe, always keep doors closed and locked, even if you are home. This also applies to vehicles.

Ask friends or neighbors to watch your home while you are away. If you go on vacation, have a neighbor or trusted friend pick up your mail, check your doors for flyers, and take out your trash (even if it is empty). Put automatic timers on a few lights inside your home and arrange for your lawn to be mowed. If you take your car, ask neighbors to park their cars in your driveway. You can also email Officer Grayson to let him know you will be out of town. His contact information can be found on HPWBANA.org as well as on the second page of the newsletter.

When in doubt, call. If you notice anything suspicious in your neighborhood, call 9-1-1 immediately. To report any event that has already occurred, call 3-1-1.

To join or form a neighborhood watch group on your block, please contact [volunteer@hpwbana.org](mailto:volunteer@hpwbana.org).

## Sinuses Can Be a Pain in the Head, Not Neck

That troublesome headache might not be a migraine or brought on by tension. It could be caused by sinus trouble, said doctors at Baylor College of Medicine.

"The sinuses work to humidify and cleanse the air, lighten the weight of the skull, and provide resonance to the voice. Sometimes, the sinuses fail to function correctly, leading to sinus pain caused by an infection or nasal congestion," said Dr. Mas Takashima, assistant professor of otolaryngology at BCM and director of the Baylor Sinus Center. Sinus headaches usually occur along with congestion. Many things can cause sinus pressure and pain, such as sinus infections, nasal allergies, nasal polyps, septal deviations as well as enlarged vascular structures in the nose called turbinates.

"Sinus pain can also be exacerbated by the weather or even plane travel as the pressure changes in the air around you," said Takashima.

Therapy is based on cleansing and decongesting the nose. This can be accomplished with something as simple as nasal irrigation using salt water. Steam, as found in a hot shower, may also provide decongestion and relief. If the problem is caused by infection then antibiotics are used. If it is allergy related, allergy medications may be prescribed. Occasionally surgery is required to keep the passages open.

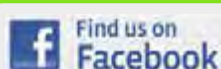


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## HOMES SOLD Statistics

*for The Highland Park West and Balcones Area Neighborhoods*

Metric	Entire Year 2012	Q1 2013	Percent Change
Single Family Homes Sold	96	13	
Average List Price	\$666,709	\$1,042,154	+56%
Median (mid-point) List Price	\$543,400	\$799,000	+47%
Average NET Sold Price	\$642,709	\$1,000,612	+56%
Median (mid-point) NET Sold Price	\$513,750	\$799,000	+56%
Average List Price per Sq.Ft.	\$251	\$287	+14%
Median (mid-point) List Price/Sq.Ft.	\$245	\$250	+2%
Average NET Sold Price per Sq.Ft.	\$242	\$285	+18%
Median (mid-point) NET Sold Price/Sq.Ft.	\$239	\$248	+4%
NET Sold Price Range	\$151,100 - \$7,000,000	\$367,000 - \$3,700,000	
NET Sold Price Range/Sq.Ft.	\$129 - \$512	\$164 - \$502	

.....

The word is out and our neighborhood is catching the attention of buyers from around Austin, as well as out of state. In the past few months, as the real estate market has really heated up, more and more Realtors are getting calls from buyers who are determined to purchase homes in Highland Park West and the Balcones Area Neighborhoods. The problem they are facing is that there are just not enough homes on the market to satisfy the market demand. Recently, many homes have been selling in just a few days, at or above list price and in multiple offer situations. That was unheard of just a few months ago, but now is becoming commonplace. If you have been considering selling your home, this is the best time in years to do so. Based on the statistics shown here, the Average and Median NET Sold Prices of homes in our neighborhoods have increased by 56% in the first quarter of 2013, compared to 2012 NET Sold Prices, and the peek spring and summer real estate sales season is still a month away. These kinds of gains prove what we continue to hear...it's a sellers market!

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# Highland Park West Balcones Area

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## Crane flies



Crane flies can be small to large insects- topping out at about 1 inch- with long, slender legs and a V-shaped suture on the thorax. Legs tend to break off very easily, so you may often encounter these insects with less than 6 legs (see image). Adults are often mistaken for giant mosquitoes and may frighten some people.

Crane flies are often referred to as “mosquito hawks”. The name mosquito hawk is usually used to refer to dragonflies, but sometimes is also used to refer to a large species of mosquito with a larval stage that feeds on other mosquito species

Some people think that crane flies eat mosquitoes, but this is untrue. Adult crane flies feed on nectar or are non-feeding.

Crane fly larvae are found in moist soil feeding on decaying organic matter. The larvae are wormlike and legless without well-developed heads. Some species of the larvae feed on roots of turfgrass or other plants. Crane fly larvae usually do not cause enough damage to be considered a pest, but with very high populations management may be needed.

In Texas, crane flies can become abundant in the spring. While the adults may become a nuisance coming into homes or disturbing outdoor activities, they do not cause damage and do not bite. Encourage people to keep doors and windows closed, make sure that screens are in good repair. Either turn off outside lights at night or use “bug bulbs” to reduce the number of crane flies that are drawn near the home because of light sources.

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)

*The information given herein is for educational purposes only.*

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## May is Texas and National Water Safety Month

**Ongoing:** Volunteers needed to stuff and distribute water safety packets [info@colinshope.org](mailto:info@colinshope.org)

**Ongoing:** Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

**Now-June 18:** Discount Schlitterbahn Tickets for sale. <http://www.tinych.org/tickets>

**May 18:** Colin's Hope Got2Swim Pure Austin Quarry Lake. <http://www.tinych.org/QuarryLake>



Water Safety Alert: 74 Texas children drowned last year.  
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