

Perry Park Improvements

Perry Park is our neighborhood jewel; loved and used by walkers, joggers, dogs, and children of all ages. With so much potential for improvement and so many willing and able volunteers, Friends of Perry Park and the HPWBANA Beautification Committee have compiled a list of potential projects and suggestions for improvements. Some suggestions include: a new Outdoor Learning Center, Fitness Stations, Tree

Planting, and Public Art. For a complete list of projects as well as more details, please visit HPWBANA.org. Keep in mind we have a limited budget and rely heavily on volunteers to coordinate and complete projects, so many of these projects are just theoretical. In addition, we welcome feedback from our residents, so please send any questions, comments or suggestions to beautification@hpwbana.org

The beautiful view from Ridge Oak Reservoir



Ridge Oak Reservoir Update

The HPWBANA Beautification Committee has been focusing on the Ridge Oak Reservoir area. The beautiful scenic views, invasive plants, dead brush, trash, dog waste issues, sticker burrs are all being discussed.

The first project to tackle was the invasive plants growing along the fence line between the reservoir area and Bright Leaf. For background, in 2005 a large scale project took place to

remove invasive plants along the Bright Leaf fence line. Many huge Chinaberry trees were removed as they were reseeding the preserve and blocking the incredible views of West Austin. This year it was time to revisit the invasive plant problem as they were again becoming a problem. In late October another pass was completed. It was a great collaborative effort between the Austin

(Continued on Page 4)



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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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Highland Park West Balcones Area

Reservoir Update *(Continued from Cover)*

Water Utility Department, Bright Leaf Nature Preserve, and the HPWBWNA Beautification Committee. People from all three groups cut invasive plants for two days along the fence line. EcoTexas helped out greatly by hauling all the brush to the street area. Water Utility will be handling the stump treatment. Many thanks go out to Bright Leaf Manager John Mahan who arranged to have the enormous brush piles chipped.

All groups benefited in their own way:

- Austin Water Utility now has a clean fence line they can access for maintenance.
- Bright Leaf has fewer invasive seeds coming into the preserve, along with a clean fence access area for more work.
- The neighborhood has the beautiful scenic views from the top of this area.
- EcoTexas continues to demonstrate their commitment to the invasive plant removal battle, especially in our neighborhood.

Neighbors of Ridge Oak Reservoir got a chance to discuss

issues with the HPWBANA Beautification Committee, led by Nadene Morning and Juliee Beyt. Here are a few comments:

- Interest was expressed for clearing dead cedar from the wooded area of the reservoir. We will discuss this with Water Utility as there is more invasive plant removal work to do in this wooded area.
- Interest was expressed for more work in Bright Leaf.
- There was interest expressed in a garbage can and replacing the mutt mitt dispenser. Please note – this is not a city park and the Water Utility will not maintain it as a city park. Trash cans and mutt mitts maintenance fall to the neighborhood.
- Sticker burrs are starting to get established in the grass areas. Sticker burrs are nasty, and getting rid of them is hard tedious work. Eradicating them before they take a firm hold that requires a greater removal effort is a goal, and is on the list.

Again, many thanks go out to Austin Water Utility Department, Bright Leaf Nature Preserve, the HPWBANA Beautification Committee, EcoTexas and individual volunteers that stopped by to help out. It was a great collaborative effect!

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CALL FOR SUBMISSIONS

Have a favorite neighborhood photo? Do you love to write? We are looking for HPWBA 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.

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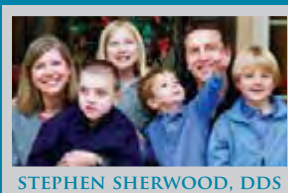
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Highland Park West Balcones Area

Perry Park Nature Trail Restoration

Friends of Perry Park is working with various groups to help restore the small nature trail in the wooded section of Perry Park, by the upper soccer field area. Look for the trail with the plant identification markers on posts. This nature trail was put in years ago by Highland Park Elementary kids, with the understanding that the community would maintain it. Friends of Perry Park has engaged volunteers over the years to help out, and even a few years ago a local cub scout troop helped put down crushed granite on some of the trails. It takes work to maintain this trail because trailing lantana grows abundantly, completely coating plants, trails, and trees. As we restore this area we also remove dead wood as part of an ongoing fire abatement project. Parks and Recreation Department (PARD) chips the brush piles and we spread it on the trails, to suppress growth on trail areas.

A handful of groups are helping with this ongoing restoration. Little Helping Hands visits Perry Park on regular monthly workdays to help weed the trailing lantana and remove dead brush. The HPE Green Team works on grooming the trail

by clipping back overgrowth and planting seed, as do several of the Girl Scout Troops, which have been mulching and removing lantana. A Girl Scout Troop is also in the planning stages of recreating the outdoor learning center, which had decayed, this time using limestone boulders so it can be used by people for generations to come.

Many thanks go out the HPWBANA for supplying materials and native seeds for this project.



Green Scotties pause for a photo after a successful day of trail restoration at Perry Park



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Mount Bonnell Improvements Update

By Stan Bacon

We have made some significant progress recently in our efforts to obtain the needed approval to have the limestone Covert marker atop Mount Bonnell restored and improvements made to the surrounding hardscape.

In an October meeting with representatives of the Historic Landmark Commission, Historic Preservation Office, PARD, the West Point Society (Friends of Mount Bonnell) and the Mayor's Office, PARD committed to the restoration of the existing, broken, Covert marker in its present location, and all parties agreed to support the 2014 installation of a new and additional marker at Mount Bonnell commemorating the 75th anniversary of the Covert family gift of Mount Bonnell to the people of Travis County.



At its October 28th meeting, the Historic Landmark Commission granted a Certificate of Appropriateness for the following near term site improvements as shown in the attached renderings.

1. Reconstruction of existing stair risers and treads near the pergola
2. Installation of hand rails at steps near the pergola
3. Lowering of perimeter wall around the marker
4. Addition of seating walls under existing pergola between the existing columns
5. Addition of hardscape area to create a dais around the existing marker

In addition to seeking financial contributions to support the work, we will be submitting a grant application to the Austin Parks Foundation next April to cover a substantial portion of the costs of the site improvements. We welcome your continued support as well as any questions, comments, or other input that you may have.

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Drop off your Batteries for Recycling

Residents can now drop off more than borrowed books at their local libraries. All Austin public libraries and Recycled Reads locations now accept household batteries for recycling.

Only residential batteries may be dropped off; car batteries are not eligible for drop off at libraries. The Household Hazardous Waste Facility, located at 2514 Business Center Drive, still accepts both household and car batteries for recycling.

When batteries are thrown in the trash they end up in landfills and their chemicals can seep into our soil, lakes and streams.

Residents should look for a utility bucket labeled City of Austin Battery Collection Program by the circulation desk of the Yarborough Library located at 2200 Hancock Drive, or at Recycled Reads at 5335 Burnet Road.



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- Kids Stuff -

Section for Kids with news, puzzles, games and more!



Eleven-year-old Cait was trying to fall asleep when her 8-year-old brother, Doug, came into her room. He looked around a bit, but seemed really out of it.

Then Doug went back into the hallway and stood there staring up at the hall light.

Little brothers can be weird, but this was really strange. Cait didn't know what to do. Just then, Cait's father appeared and explained that Doug was sleepwalking.

WHAT IS SLEEPWALKING?

Not all sleep is the same every night. We experience some deep, quiet sleep and some active sleep, which is when dreams happen. You might think sleepwalking would happen during active sleep, but a person isn't physically active during active sleep. Sleepwalking usually happens in the first few hours of sleep in the stage called slow-wave or deep sleep.

Not all sleepwalkers actually walk. Some simply sit up or stand in bed or act like they're awake (but dazed) when, in fact, they're asleep! Most, however, do get up and move around for a few seconds or for as long as half an hour.

Sleepwalkers' eyes are open, but they don't see the same way they do when they're awake and often think they're in different rooms of the house or different places altogether. Sleepwalkers tend to go back to bed on their own and they won't remember it in the morning.

Researchers estimate that up to 15% of kids sleepwalk regularly. Sleepwalking may run in families and sometimes occurs when a person is sick, has a fever, is not getting enough sleep, or is stressed.

IS SLEEPWALKING A SERIOUS PROBLEM?

If sleepwalking occurs frequently, every night or so, it's a good idea for your mom or dad to take you to see your doctor. But occasional sleepwalking generally isn't something to worry about, although it may look funny or even scary for the people who see a sleepwalker in action.

Although occasional sleepwalking isn't a big deal, it's important, of course, that the person is kept safe. Precautions

should be taken so the person is less likely to fall down, run into something, or walk out the front door while sleepwalking.

WHAT WILL THE DOCTOR DO?

There's no cure for sleepwalking, but the doctor can talk to you about what's happening and try to find ways to help you sleep more soundly. Most kids just grow out of sleepwalking.

For kids who sleepwalk often, doctors may recommend a treatment called scheduled awakening. This disrupts the sleep cycle enough to help stop sleepwalking. In rare cases, a doctor may prescribe medication to help someone sleep.

HERE ARE SOME TIPS TO HELP PREVENT SLEEPWALKING:

- Relax at bedtime by listening to soft music or relaxation tapes.
- Have a regular sleep schedule and stick to it.
- Keep noise and lights to a minimum while you're trying to sleep.
- Avoid drinking a lot in the evening and be sure to go to the bathroom before going to bed. (A full bladder can contribute to sleepwalking.)

HOW DO I TAKE CARE OF A SLEEPWALKER?

One thing you can do to help is to clear rooms and hallways of furniture or obstacles a sleepwalker might encounter during the night. If there are stairs or dangerous areas, a grown-up should close doors and windows or install safety gates.

You also might have heard that sleepwalkers can get confused and scared if you startle them into being awake. That's true, so what do you do if you see someone sleepwalking? You should call for a grown-up who can gently steer the person back to bed. And once the sleepwalker is tucked back in bed, it's time for you to get some shut-eye, too!

Reviewed by: Larissa Hirsch, MD Date reviewed: February 2008
Originally reviewed by: Michael H. Goodman, MD

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

Highland Park Elementary's NO MORE STYROFOAM Campaign

Highland Park Elementary is kicking off a new "No more Styrofoam Campaign"! Styrofoam is the brand name for polystyrene. The reasons we should try to get away from polystyrene are:

- It can't be included in the single-stream recycling blue bin.
- It's made of oil, which is not a renewable resource.
- If it's heated, the chemicals can get into your food.

There are alternatives to polystyrene that can be composted (like paper) or can be recycled (like other plastics or tin foil). When kids go out to eat, they should always ask for a polystyrene substitute when they place their order. If enough people ask for a substitute, restaurants and fast food places will start to listen!

Start saving the styrofoam that you get and bring to Highland Park's Green Scotties' weeklong "Foam Drive" January 7-10, 2014. If you can't wait till January, take your styrofoam to Ecology Action at 707 E. 9th Street.

Thanks to the volunteers and all the people who brought in Jack-o-lanterns for Pumpkin Composting. We saved roughly 300lbs of waste from the landfill!



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