

## Historic Covert Monument Restoration Underway

The City of Austin Parks and Recreation Department (PARD) is in the process of restoring the historic Covert monument at the top Covert Park at Mount Bonnell. The restoration team will be on-site starting June 1 and restoration is expected to take approximately two weeks.

The 1938 historic monument commemorates the conveyance of Covert Park at Mount Bonnell by Frank Covert, Sr. to the Travis County park system. The park was deeded to the City of Austin in 1972. Mount Bonnell, which was designated as a City of Austin Historic Landmark in 1990, is a rustic 785-foot-high promontory along the eastern shore of Lake Austin and is one of the most visited sites in Austin. Each year, thousands of visitors from all over the world ascend the steps of Mount Bonnell to take in sweeping panoramic views of Lake Austin and the western hills of Austin. The historic Covert monument is among the oldest man-made features of the site and contributes to park's rustic and historic character.

PARD received a \$25,000 grant towards restoration efforts from the Texas Historical Commission's Certified Local Government Program. Catherine Williams, objects conservator with Silver Lining Art Conservation, is leading the restoration efforts. Williams's previous work includes conservation projects with Austin's Art in Public Places Program, Landmarks: University of Texas Public Art Program, LBJ Library and Museum, US Army Medical Museum at Fort Sam Houston, the National Museum of the Pacific War and art museums in Austin, San Angelo, San Antonio, Houston, and Brooklyn.

For more information about the monument restoration, please visit <http://austintexas.gov/departments/historic-covert-monument-restoration-mt-bonnell> or call project coordinator, Kim McKnight, at (512) 974-9478.

## *Support Mount Bonnell Restoration*

*by Stan Bacon*

As always, the Austin Parks Foundation's Friends of Mount Bonnell fiduciary account gratefully accepts contributions to support these and other planned improvements as well as our quarterly park clean-ups. Contributions may be by check made out to Austin Parks Foundation, with "Mt. Bonnell/Covert Park" indicated on the memo line, and sent to Austin Parks Foundation, 507 Calles Street, Ste. 116, Austin, Texas 78702, or by going online to the secure site at <<https://www.austinparks.org/adopter-donations.html>>, checking the block near the top of the second column labeled "Mount Bonnell/Covert Park, Friends of", entering the contribution amount, and completing the information below that.

## JUNE NATURE NOTES: *HOW BIRDS BREATHE*

*by Peter English*

I gave a talk to the Travis Audubon Society last in April and the topic was all the coolest things about birds. One of the coolest is how birds breathe.

Think about how humans breathe for a moment – we are terrible at breathing! We have what amount to balloons at the end of a tube. When we breathe in some of the new air stays in the tube, and when we breath out some of the old air stays in the tube. An average adult human breath is about 500 ml, and typically 300 ml of that is either old air or air that never makes it to the lungs. Not very efficient. What would be great would be to have air move in just one direction – like breathing in from our nose and out from our belly buttons! That is kind of how birds breathe.

Air only moves in one direction through bird lungs, and that is amazing. The general setup is very similar to humans in that all the air

*(Continued on Page 2)*

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*(Continued from Cover Page)*

goes through the mouth, but with one important addition: birds have air sacs throughout their bodies. These air sacs allow for air “staging areas” before and after the air passes through the lungs. Let’s follow a single piece of air as it passes through a bird – it takes two breaths:

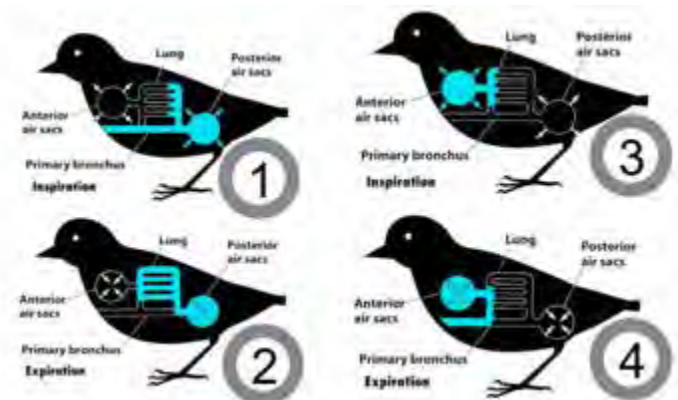
1) **First inhale** - air comes in the mouth and goes all the way to the back air sacs.

2) **First exhale** - air begins to move from back air sacs into lungs

3) **Second inhale** - air moves through lungs and into front air sacs

4) **Second exhale** - air moves from front air sacs through the mouth and out of the bird

So birds are far better at breathing than people, and this is just part of the reason that birds can fly. Got a question? Drop me a note at hpwbana.birds@gmail.com



*Diagram of a bird's two-part breathing system*

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# How to INCREASE the VALUE of Our Neighborhood

*By Rebecca Wolfe Spratlin*

There are SO many fabulous things about this neighborhood...a blue ribbon elementary school, a neighborhood bakery and coffee shop, proximity to downtown, book clubs, July 4th Celebrations, Movie in the Park, shops, restaurants, banks and parks. But, there are also things in the neighborhood that detract from the value of individual homes and the neighborhood overall. Here are some of the ways we can maintain and increase the values of homes in our neighborhood:

**Keep Garage Doors Closed:** I don't know about you, but my garage is a mess more often than it's neat and tidy. I'm pretty sure leaving my door open provides a view that nobody wants to see.

**Keep "Stuff" out of the Front Yard:** While it's fun to have a fountain, birdbath or yard ornament in the yard, using the front yard as a storage area creates a real eyesore. If there are several things in the front yard, it can easily become really junky looking and devalue the home and those near it. If there's just no room in the house or garage, a storage facility would be a good option.

**Park Cars in Garage:** Ideally, cars are kept in garages, or at least in the driveway. Having cars parked permanently on the street blocks the view of the house as well as creates a road block for passing traffic. I once heard a speaker ask the question, "Why do we keep a bunch of junk in our garages and keep our expensive cars sitting outside in the elements?" This becomes even more perplexing when we have our periodic hail storms. Garage space is very expensive real estate, and best used to shelter our cars, not our junk. A storage shed in the back yard or in a storage facility provide less expensive storage than our garages.

**Maintain Yard:** Tall grass, weeds, poorly maintained trees, no edging and overgrown bushes take the attention away from the house and makes the home look abandoned. Over the years of

staging homes for the market, I've learned that mowing, trimming and a little dark brown/black mulching in planting beds goes a long way in making homes look nice and tidy.

**Put Garage Bins Away:** Once the trash and recycle trucks have completed their rounds, time to put the bins behind the fence, wall or other place where they can't be seen from the street.

**Keep Paint Fresh and Gutters Cleaned Out:** Anything that shows lack of maintenance, indicates lack of pride in ownership and devalues your home. Especially, make sure your front door is always painted or stained and in great condition. It creates an important first impression.

**Avoid Short Term Rentals to Large Groups:** There are a few neighbors who rent their homes out for major events held in Austin. Most have the appropriate licenses and are abiding by the city regulations. Even so, it can become a problem when renters are loud, leave trash in neighbors' yards and throw late night parties. Homeowners in a quiet neighborhood always want to maintain its peaceful atmosphere.

When buyers are looking for homes to buy, they are not just assessing a particular home, they are assessing the whole neighborhood. They want to live in a neighborhood that shows pride of ownership, where homes are well maintained with well groomed yards. They will perceive homes to have much lower values if they, or others close to them, are poorly maintained or have junky yards. It's a good idea to periodically take a look at your home through the eyes of others and ask yourself, "How does my home look to others? Is it neat, clean and well maintained or does it devalue my neighborhood?" Ensure your home's appearance adds to its value as well as the value of the neighborhood as a whole.



# Perry Art Park Update

by Jessica Winslow

Work is happening behind the scenes, and hopefully construction will begin in late June or early July.

Art in Public Places and The Contemporary Austin signed an agreement for the project in April. The requirement for a reserve fund to pay to return the sculpture to The Contemporary was eliminated.

PARD submitted a permit application for the project on May 1. The review process could take up to 38 days.

We are waiting for a final proposal for the concrete trail construction.

Please contact Friends of Perry Park with any questions at [friendsofperryark@gmail.com](mailto:friendsofperryark@gmail.com)

## Movie in the Park Rescheduled

Due to the threat of rain, and generally gloomy weather, the Annual Movie in the Park was cancelled. Originally scheduled for May 9, the movie will now take place at a date to be announced in the fall. Please stay tuned to the newsletter and HPWBANA list serve so that you can join in on this wonderful neighborhood tradition.

*Once again, thanks to our sponsors.*

## On-Street Parking

by Pieter Sybesma

With many of our residential streets being narrow, when cars park on both sides of the street it often leaves only enough room for one lane of traffic to move. Large delivery vans (FedEx and UPS, for example) are in the neighborhood every day and we need to provide access for emergency vehicles at all times. If you are planning a party or large get together at your home, please encourage your guests to park on the even numbered side of the street.



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## Highland Park West Balcones Area



# FOUR-LINED PLANT BUGS



Four-lined plant bugs are brightly colored. Nymphs (immatures) are red while older nymphs start to have wing pads with yellow and black stripes. Adults have fully developed wings that are yellow and black striped. Adults look similar to, and may be mistaken for, striped cucumber beetles.

These insects have piercing-sucking mouthparts which they use to suck out plant juices. The plant bugs suck out chlorophyll and leave a "window" between the upper and lower epidermis of the leaf. Damage appears as white, dark or translucent spots of foliage and is sometimes mistaken for fungal damage. Feeding may also cause curling and browning. Fortunately, damage is mostly cosmetic, but if you are trying to eat the foliage of the damaged plant it may become a problem.

The insects feed on a wide variety of hosts, including fruits and vegetables, annuals and perennials and woody plants. When disturbed, the insects are fairly good at hiding. They either crawl to the underside of the leaves or drop to the ground to hide among foliage.

If you feel the need to manage these insects, try insecticidal soap. If that doesn't work, you can try azadirachtin (neem- concentrate, not oil; it's getting too hot to use oil formulations) or pyrethrins. If that doesn't work then try a residual contact product.

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](http://www.urban-ipm.blogspot.com).

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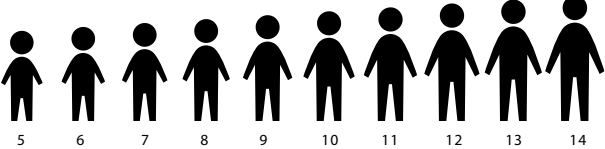
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## DROWNING IS PREVENTABLE

6 The HPWBANA News - June 2015

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## A FOCUS ON PHYSICAL ACTIVITY

### Pathway to Improved Health

*By Concentra Urgent Care*

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

#### HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
  - Includes people with disabilities
  - Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
- Both aerobic and muscle-strengthening are beneficial
3. For most people, additional benefits occur when
  - You increase the intensity of your physical activity
  - You increase the frequency of your physical activity
  - You increase the duration of your physical activity

#### SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

#### WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

#### HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

## Rebecca's Listings



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## Highland Park West Balcones Area

# Maintaining St. Augustine Lawns

Source: Texas Agricultural Extension Service, Texas A&M University System

THESE TIPS ARE APPLICABLE THROUGH FEBRUARY

### MOWING

Continue the recommended mowing practices until the grass goes dormant and does not require mowing.

### FERTILIZING

Continue fertilizing as recommended until 4 to 6 weeks before the first expected frost. At that time, apply a low nitrogen, high-potassium fertilizer such as 5-10-10. Apply no more than 1/2 pound of nitrogen per 1,000 square feet. To calculate the amount of product needed per 1,000 square feet, substitute 50 for 100 in the spring formula.

Do not fertilize St. Augustinegrass from December through February unless the lawn has been overseeded (planted with cool-season grass to maintain its green color in the winter). Fertilize overseeded lawns once in December and again in February with 1/2 pound of nitrogen per 1,000 square feet, using a nitrogen-only fertilizer such as 21-0-0.

Have the soil tested to determine the nutrients needed. In the absence of a soil test, use a complete fertilizer with a 3-1-2 ratio of nitrogen, phosphorus and potassium.

### WATERING

Even though St. Augustinegrass is normally dormant in winter, you may still need to water it periodically when the weather is warm, dry and windy. If the lawn has been overseeded, water as you would from March through May.

### CONTROLLING WEEDS

Apply preemergent herbicides for annual winter weeds when the average soil temperature drops to 70 °F. Your county Extension agent can give you an estimate of that date in your area. Apply postemergent herbicides as needed.

### CONTROLLING INSECTS

St. Augustinegrass lawns should experience no detrimental insect activity during the winter.

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## home

### noun

1. An environment offering security and happiness.
2. A valued place seen as a refuge or place of origin.
3. A place where one lives; a residence.

## root

### noun

1. To come into existence; originate.
2. To cause to put out roots and grow.
3. To become established, settled, or grounded.
4. To furnish a primary source or origin to.



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# Amazing Kitchens That Add Beauty and Value to a Home

*by Kinan Beck*

Even before I started my career in real estate, I saw the value of the kitchen. It's where people gathered and delicious meals were born. It had its own gravity at family gatherings and parties.

In fact, I think the kitchen is perhaps the most memorable part of most of the homes I visit. Few places have such a diversity of materials and features, providing a contrast and style all its own.

So when I met Adam Johnston about seven years ago, I was excited about the kitchen-building business he was starting. We've been helping each other ever since. I found him a nice place to lease while he got his business rolling, and I've represented him on three subsequent home purchases as his idea grew into UB Kitchens, one of the most dynamic kitchen design businesses in Texas. Adam is awesome to work with, and, with his extensive building and design knowledge, he sees potential everywhere.

## All in the Family

I've even worked with Adam's mother-in-law. And UB Kitchens has helped me make several homeowners' dreams come true with amazing designs and world-class construction.

When I say amazing, I really mean it. Adam's business specializes in stylish, modern design and high-quality products at a lower price than any comparable business around. Since we first met, Adam's business has grown to open a second office in Austin and a third in San Antonio -- not to mention the work they've done in Houston, Chicago and Arizona.

COMMENTS FROM THE NEIGHBORHOOD EXPERT



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They're still a small, family business. But they've seen some of the Big Time, with their work featured on three national TV shows, including 12 kitchens for HGTV's Property Brothers. Their work is among the top 10 on Houzz.com and they've even been featured with Bob Villa.

## Where the Heart Is

"What we do isn't just aesthetics," Adam said. "It is space planning. The kitchen is the heart of the home, and how you use the limited space really counts. And when it comes time to sell in a hot market like Allandale -- or really anywhere in Austin -- it gives you a real competitive edge."

For example, Adam told me that many of the homes near Lake Travis are 15 years old. And buyers in that area expect updated kitchens and have little tolerance for things that need to be repaired.

Right now, homeowners are following a trend toward white kitchens and minimalistic shaker cabinets. Adam said that accounts for around 40 percent of his projects. The clean look provides homeowners with options, and it's relatively timeless. Meanwhile, he said more homeowners are returning to wood grains, such as rift cut oak, with a white or gray wash.

For more information on UB Cabinets, please visit their website: [www.ubkitchens.com](http://www.ubkitchens.com).

This article was originally posted to [Maxavenue.com](http://Maxavenue.com).



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