



HIGHLAND PARK WEST BALCONES
AREA NEIGHBORHOOD ASSOCIATION

THE HPWBANA NEWS

Volume 12, Number 5

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Lettuce Recycle!

by **Dena Houston**

SPRING CLEANING – LAWN AND GARDEN!!!

It's that time of year again – Spring is here and the lawn and garden are calling. Each project generates its own collection of items to reuse or recycle.

Gardening items:

As we fill our gardens with lovely flowers and vegetables, we are left with the plastic flowerpots and the trays we get from the garden centers. All of those can be put directly into your curbside blue recycling bins (shake dirt out first).

Lawn equipment:

New lawnmower? Finally, a new weed eater? Take the old ones to the City of Austin Recycle & Reuse Drop-Off Center in south Austin.

Other Spring and Summer items accepted at the Recycle & Reuse Drop-Off Center:

- Lawn chairs and furniture
- Playground equipment

(Continued on Page 2)

It's About Time

by *Rebecca Wolfe Spratlin*

When selling your home in this sellers' market, it's important to be mindful of the length of time your home is on the market, because the length of time can have a dramatic impact on the ultimate sale price. In most conversation with clients, a Realtor will ask if their primary goal is to sell the home quickly, or to sell it for the highest price possible. Understandably, most home sellers are clear that they want to sell their homes for the highest price possible. Many state that they are in no big hurry. In fact, in this extended sellers' market, selling for the highest price can also mean selling quickly. For example, for a home listed for \$1,000,000 this can mean a sale price of \$990,000 if sold in the first two weeks versus \$867,000 if it sits on the market for 90 or more days...a significant difference of \$123,000. See the graph, below.

So how do sellers avoid having their homes sit on the market for too long? There are three key factors in selling a home quickly; pricing the home correctly, preparing home to show its best features, and having the home in good repair.

Pricing the home is the most important component in the marketing mix. During the past few years, pricing has been very aggressive. Since the inventory has been dropping in recent years, demand in HPWBANA has grown and interest rates have remained low, many buyers have been willing to pay those aggressive prices and snatch up homes when they come on the market. If a house is TOO aggressively priced, sellers will know that within the first two weeks. At that time, they need to drop the price to attract buyers. While there are definite benefits to price aggressively, to leave homes on the market for extended periods of time, can create a market perception that there's "something wrong" with the property.

Staging a home and ensuring it is uncluttered, is furnished nicely, smells fresh and is spotless will not only increase the sale price, but also shorten the sale time. Buyers will always prefer the home that appears well maintained and clean.

(Continued on Page 2)

IMPORTANT NUMBERS

Austin Citywide Information Center . 974-2000 or 311
 Emergency Police 911
 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 first 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

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(Continued from Cover)

- Children's pools
- Trash cans
- Window air conditioning units

Chemicals:

Cleaning the pool or cleaning out the pesticide cupboard? The Recycle & Reuse Drop-Off Center will also take the following:

- Pesticides and herbicides
- Aerosol cans (full or partially full) (empty ones can go into the blue bin at the curb)
- Pool chemicals

Many of the above items are also collected during Bulk Curbside Pick Up. Just call 311 to find your next pick up date.

QUESTIONS FROM OUR READERS (AND THE ANSWERS):

Is the foil top on sour cream, yogurt and cream cheese containers recyclable? YES – please rinse and dry the lids and combine them with other aluminum until you have at least a 2 inch ball, then put this into your blue bin.

What to do with bubble wrap? Pak Mail will take your bubble wrap to reuse. You can also put bubble wrap in the plastic bag collection bins at your local grocery store.

I run out of room in my blue recycling bin. What do I do? You can place additional items in a cardboard box or reusable container next to your blue bin. If you frequently run out of room, you can request an extra blue bin free of charge by calling Austin Energy at 512-494-9400.

Here is a very informative City of Austin recycling website: <http://www.austintexas.gov/what-do-i-do>.

Stay tuned for future tips that will include creative ways to recycle or reuse. If you have any questions, please send them to recycling@hpwbana.org.

(Continued from Cover)



Having a well maintained home is critical in attracting buyers as soon as the home goes on the market. It is very important that homes, lawns and accessories (pools, pool houses, storage sheds, etc.) are well maintained and in good working condition. On the flip side, if buyers walk into a home and note that it is poorly maintained, they will make assumptions about what they CAN'T see (plumbing, wiring, foundation, structure) and assume they also are not well maintained. As they walk through a home that has not been well maintained, buyers are thinking ka-ching, this is going to cost too much to repair. Going to market with a home that has a lot of deferred maintenance is almost certain to extend the selling time and reduce the sale price.



Whiteflies

Whiteflies are small, soft bodied insects with piercing-sucking mouthparts. They are creamy white and adults have a mealy wax coating their body and wings. Immatures, also called nymphs, are small, oval, flattened and wingless.

Whitefly populations can increase quickly when temperatures are warmer. The insects like to be on the underside of leaves, often in clusters. Common species of whiteflies have a wide host range and can switch host plants.

Whiteflies suck plant juices and large populations can cause foliage to turn yellow, appear to be dry or even fall off the plant. Some whiteflies cause plant distortion or foliage to turn silver in color. Whiteflies produce honeydew, a sticky substance secreted by some insects. Honey dew causes foliage to become shiny in appearance and can attract a fungus called sooty mold. Some whiteflies are capable of transmitting plant viruses.

Try to encourage natural enemies to help manage whitefly populations in your garden. To do this, make wise pesticide choices. Try to choose pesticides to target specific pests and/ or specific areas. Also, you may need to manage ants that tend the whiteflies to obtain honeydew. The ants protect whiteflies from natural enemies that may normally keep the pest population at manageable levels.

In vegetable gardens, you may want to try reflective mulches to make the underside of the leaves where whiteflies hide less habitable.

As for chemical treatment, you can use high pressure water sprays, insecticidal soap, azadirachtin, d-limonene, botanicals or a synthetic product. Target your treatment to the underside of the leaves to get to where the whiteflies like to hide.

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

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How We Can Help Our Neighbors This May

May brings both Mother's Day on May 8th and Older Americans month. Many of our neighbors across Central Texas can use an extra hand. These simple acts of kindness can make the world of difference for a mom, senior or child. Find an organization that you can do good for today, such as these four local non-profits:

SafePlace- This shelter for women and children who are escaping abuse can use many things you likely have hiding unused in a closet or cabinet. For example, clean out your shoes, clothing, purses, wallets, twin sheets/blankets and even dishes and flatware. You can deliver these items to 1515-A Grove Blvd. Check their website for hours: www.safeaustin.org.

Any Baby Can- With a variety of programs, classes and support groups for children and families, Any Baby Can can use help with supplies, including copy paper (white and color), preschool art supplies, gently new or used nursery equipment, high chairs, educational toys and even safety gates. More information can be found at <https://anybabycan.org/contact-us/>.

Austin Diaper Bank- This organization accepts diapers of all kinds and sizes, even opened packages, and provides them to over 45 different social service agencies across Central Texas. They also accept new packages of wipes and diaper creams. Children and seniors benefit with this gift of good health. There are several drop-off locations around the metro area: <http://www.austindiapers.org/p/drop-off-locations.html>

AGE of Central Texas' Health Equipment Lending Program (HELP)- Unneeded medical equipment can be transformative when it is passed on. The HELP program loans a variety of health and mobility equipment for free to seniors and those in need. Some of the most in demand items are wheelchairs, shower chairs and adult incontinence products. More information, including their hours, check their website: <http://www.ageofcentraltx.org/help.php>.

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TENNIS TIPS

*By USPTA/PTR Master Professional - Owner, Manager and Director of
Tennis, Grey Rock Tennis Club, Austin, TX*

How to execute The Overhead “Smash”



In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley and the one-handed backhand volley. In this issue, I will offer you instructions on how to execute the overhead “smash” when players get a high ball and hit the ball above their head. In the illustrations, Matilda O’Connor, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Back Step: When Matilda realizes that a ball is high enough to hit the overhead, she takes a step back on the side to hit the ball. The upper body turns, the racket starts the backwards motion by keeping the elbow at a 90-degree angle and the left hand is pointing towards the ball. Notice that her head is looking at the ball and she is keeping her chin up.

Step 2: The Point of Contact: As Matilda prepares to hit the ball,

her racket begins accelerating from the back position. She is making perfect contact on the upper part of the racket and the right wrist is “snapping” to get on top of the ball. Her left arm is still pointing to the ball to assure a direct hit on the “sweet spot” of the racket. Her weight has shifted from the back foot to the front foot.

Step 3: The Follow Through: After the ball has been struck by the racket, Matilda will continue the swing across the left side of her body. Her eyes are now focused on the path of her stroke. The left arm is at her left side. Her right foot still keeps her toes on the court to allow for maximum balance of the stroke.

Step 4: The Ready Position: Even though the overhead “smash” is a powerful weapon, many times the opponents will return it back to the players. Here Matilda is ready for the next ball coming back towards her. By the looks of her smile, it appears that her overhead stroke was a success and that won the point.

Look for in the next Newsletter: The Forehand Service Return

6 Health Benefits of Eating Dark Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

Bottom Line: Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guilt-free if you don't overdo it.

NUTRITIONAL PERKS HEART-HEALTHY

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure and may help keep arteries from hardening.

BRAIN FOOD

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

MOOD CHANGER

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

CANCER FIGHTER

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

SOMETHING TO SMILE ABOUT

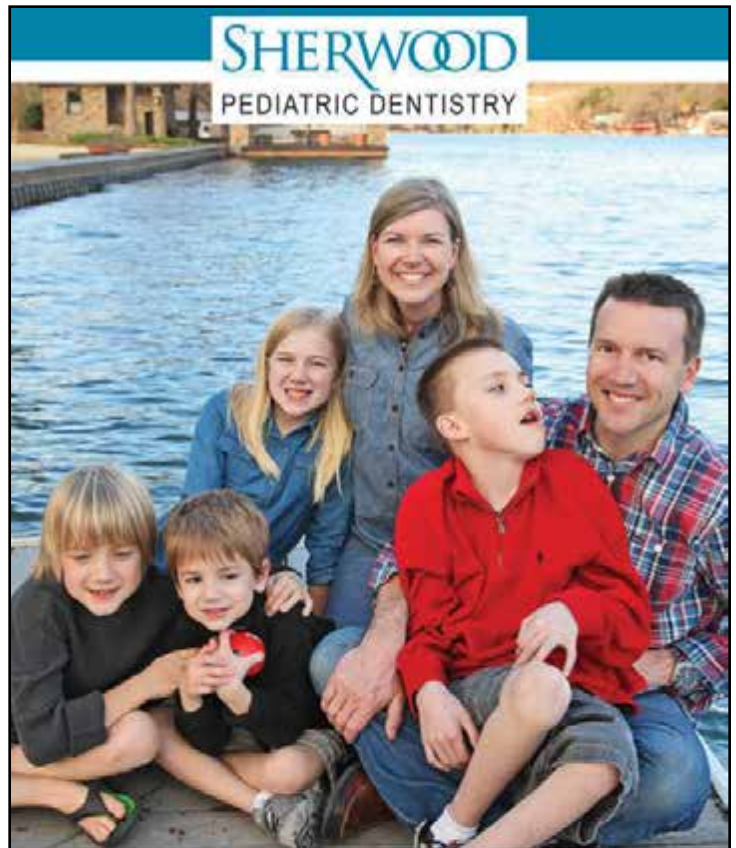
Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

SUN BLOCKER

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets.

Written by: Claudia Mosley, Moms Making Six Figures

Reviewed by: Dr. Barbara Ryan, MD



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Sarah Strait

Social Media & Marketing Strategist

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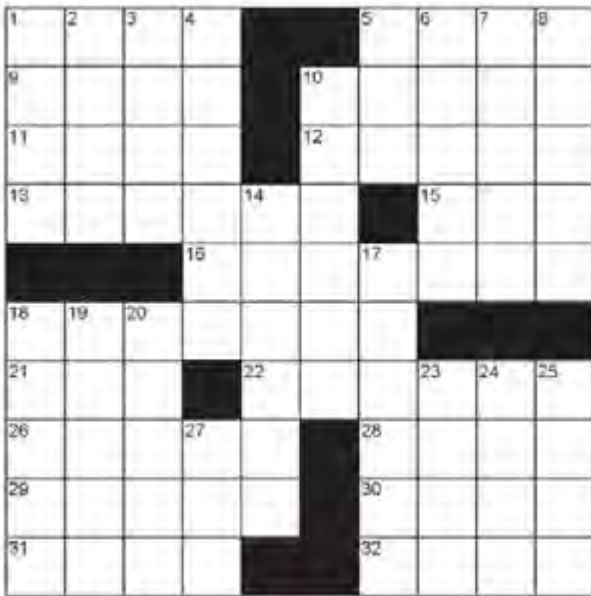
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CROSSWORD PUZZLE



ACROSS

- 1. Father
- 5. Water carrier
- 9. Radar target
- 10. English architecture style
- 11. Corporation (abbr.)
- 12. White poplar
- 13. Hastily write
- 15. Official canine registry (abbr.)
- 16. Peers (2 wds.)
- 18. Mother-of-Pearl mollusk
- 21. Wipe
- 22. Asian nation
- 26. Unripened
- 28. One of Columbus' ships
- 29. Great ape
- 30. Swirl
- 31. Very large book
- 32. Fewer

DOWN

- 1. The alphabet
- 2. Group of nations
- 3. Vigor
- 4. Sicken
- 5. English bar
- 6. Thoughts
- 7. Folk dance
- 8. Build
- 10. Claws
- 14. Dating
- 17. Marrow
- 18. Jargon
- 19. Donkey
- 20. Right angle to a ships length
- 23. Military officer
- 24. Ceases
- 25. "You can't eat just one" brand

View answers online at www.peelinc.com

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NOBODY IS DROWNPROOF WATCH KIDS AROUND WATER



COLIN HOLST

14 Texas children have already fatally drowned in 2016

DROWNING IS PREVENTABLE

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TAKE the Water Safety Quiz → PREVENT drowning

www.colinshope.org/quiz

LEARN more at www.colinshope.org



MAY 2016 Local Events



- 6-8 BALLET AUSTIN: CINDERELLA, balletaustin.org
- 7 39TH O'HENRY PUN OFF, punpunpun.com
- 7 MUDDY MILER FOR FAMILY, roundroctexas.gov
- 7 TOUGH A TRUCK, safeaustin.org
- 7-8 AUSTIN MAKER FAIRE, austinmakerfaire.com
- 7-8 LONE STAR JAM, lonestarjam.com
- 14-15, 21-22 WEST AUSTIN STUDIO TOUR, west.bigmedium.org
- 14 TOUGH MUDDER, toughmudder.com
- 14 FARMGRASS FEST '16, farmgrass.org
- 16-JUNE 24 ZILKER FAERIE FESTIVAL, zilker garden.org
- 20-22 DEUTSCHEN PFEST, deutschenpfest.com
- 30 LIFE TIME TRI CAPTEX, captetri.com

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