



HIGHLAND PARK WEST BALCONES
AREA NEIGHBORHOOD ASSOCIATION

THE HPWBANA NEWS

Volume 12, Number 8

August 2016

www.hpwbana.org

Friends of Perry Park Awarded an APF Grant! Community Funds-Raising from Community is Underway

By Juliee Beyt and Jessica Winslow



Friends of Perry Park is thrilled to announce the great news that we are the recipients of an Austin Parks Foundation ACL grant to continue the Perry Art Park in our wonderful Perry Neighborhood Park.

We are excited to partner with The Contemporary Austin once more in bringing two additional outstanding sculptures to our park: Blue Float by Peter Reginato and Alas IV by Betty Gold.

These, along with Dayton, by Jim Huntington, will

truly enrich our public space and highlight the beautiful natural surroundings of Perry Park. We anticipate the installation to begin in Fall 2016.

In addition to our grant, we are seeking \$5,000 in funds from the community to install the next two pieces of art, build small surrounding plazas, and connect to the existing art park trail. Project implementation will begin as soon as funding is completed, with our eye on the Fall. Donations can be made on the Friends of Perry Park website: <http://friendsofperrypark.org/>.

Many thanks to all of those in our community who have contributed to this exciting project, Austin PARD, the Austin Parks Foundation for their generous grant, The Contemporary Austin, and all of those in the community who continue to support our efforts to make our city a place of beauty. Please donate today!



Rebecca Realty LLC



4800 W. Frances Place

4 Bedrooms 2 ½ Bathrooms
Living/Dining/Family Rooms 2,266 Sq.Ft.
2-Car Carport 0.22 Gorgeous Acre
Offered for \$698,000



3424 Mount Barker

3 Bedrooms PLUS Office
2 Bathrooms, 2,104 Sq.Ft.
2-Car Garage 0.37 Acre
Offered for \$840,000



5401 Ridge Oak Drive

4 Bedrooms and 3 Full Baths
3,211 Sq.Ft. 0.28 Acre Lot
FABULOUS View of Downtown Austin
Offered for \$850,000



Rebecca Spratlin, Broker/MBA

512-694-2191

Rebecca@RebeccaRealtyLLC.com

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

'15 BOARD OF DIRECTORS

PRESIDENT

Pieter Sybesma president@hpwbana.org

VICE PRESIDENT

Jason Lindenschmidt vp@hpwbana.org

TREASURER

Donna Edgar treasurer@hpwbana.org

SECRETARY

Dawn Lewis secretary@hpwbana.org

NEWSLETTER EDITOR

Tammy Starling newsletter@hpwbana.org

WEBMASTER

Jan Roberts webmaster@hpwbana.org

BOARD MEMBER

Ty Allen

Chereen Fisher

Rebecca Spratlin

Noel Stout

George Zwicker

board@hpwbana.org

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

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.

Neighborhood Compassion Watch!

What does it mean to be a compassionate neighborhood? Our City Council has designated Austin as a Compassionate City by the Resolution passed April 14, 2016. Now what do we do in our neighborhoods to own and strengthen that identity?

Join in the "Neighborhood Compassion Watch"! Send in your responses to the question: "What does it mean to be a compassionate neighborhood? We want your stories of compassionate action, your goals and resolutions for good, your comments to inspire. Share them with us! We need to support and mobilize the positive! Sure, we can identify the needs we have, but let's add to that a constructive action that can help meet that need. Compassion exists in 3 key dimensions: caring for others, self, and the Earth. Do you have a recycling goal? Share it and inspire others to join you in that goal. What do you see happening in your neighborhood that makes you smile? Share it and encourage more of it. What has a school, library, business, or organization done in your neighborhood that shows compassionate action? Share it and honor the value that this brings to the neighborhood. These are just some examples of what you can share. Our day to day compassionate actions are important! Let's create a thriving neighborhood of 3D Compassion! Send your responses, stories, comments, words of inspiration to Compassionate Austin at compassionateaustin@gmail.com. Be sure to identify your neighborhood in your email! We may be able to publish them in this newsletter or on the Compassionate Austin website or Facebook page. Also, we are looking for stories that we can highlight in Citizen Communications at Austin City Council meetings.

Breaking News! The "Peace Day Austin" celebration is coming up in September! From September 11-21, Austin celebrates the International Day of Peace and the 11 Days of Global Unity. Let's make Peace Day Austin and the 11 Days of Global Unity part of our homes and our neighborhood! Let's live peace and compassion! The Global Unity Games offer a simple and free way for you to get involved. Register NOW to access information and resources to

engage your family, your neighbors and your community. Go to the Compassion Games website to sign up: <http://compassiongames.org/global-unity-games/>. From September 11-21, share what you discover in our Neighborhood Compassion Watch on the global Compassion Map! Let's put our neighborhood and Austin on the map!! Act locally and impact globally! The Peace Day Austin website has more information: www.peacedayaustin.org.

Announcement! Open invitation for the "3D CAM" Project (3D Compassionate Austin Mobilization) "Youth Ambassadors Program" and also student internship opportunities. Go to the Compassionate Austin website for more info: www.compassionateaustin.org. Let's engage youth from our neighborhood in creating a better neighborhood, a better Austin, and a better world!

Research shows the personal and community benefits of strengthening our compassion skills. We grow stronger in what we practice! Let's bring 3D compassion to life! We ALL are Compassionate Austin! Find out more at: www.compassionateaustin.org.



	<p>Free Estimates on New A/C Systems Fast 7-Day A/C Repairs Energy Audits • Weatherization Duct Repair & Replacement</p> <p>Home & Handyman Repairs Remodels & Additions Senior Accessibility Upgrades Painting / Staining Drywall & Popcorn Removal Decks & Fences / Install & Repairs</p> <p>"We have been keeping Austin comfortable for over 35 years." – The Yamin Family</p>	<p>TACL #B5235C</p> <p>A-PLUS ENERGY MANAGEMENT AIR CONDITIONING & HOME SOLUTIONS</p> <p>512.450.1980 • www.AplusAC.com</p> <p>\$20 off ANY A/C Repair or Handyman Service!</p> <p><small>Cannot be combined with other offers. Check our website for additional coupons & discounts.</small></p>
--	--	--

Lettuce Recycle!

by Dena Houston

Recycling Challenges – Part 1

In our hearts, most of us want to help maintain the health of our planet by recycling. We know it's the right thing to do, but our lives are busy and it's not always easy. Some challenges to recycling are as follows:

- Inconvenient to collect items at home to be recycled
- Don't want to clean out mayonnaise and peanut butter jars
- Too far to drive to the Recycling and Reuse Drop-Off center
- Don't know how to recycle unusual items
- Blue recycling bin is too heavy to roll to curb

SUGGESTIONS TO MAKE HOME COLLECTION MORE CONVENIENT

For curbside pick-up:

Put a small container in or near your kitchen to collect items that can be picked up curbside. A small wastebasket under the kitchen sink works well.

The 2-inch ball of aluminum foil is an interesting challenge. The City of Austin asks us to compress our clean foil into a 2-inch or larger ball. Keep small pieces of foil (from the tops of sour cream, cream cheese and yogurt containers) next to the kitchen-recycling wastebasket until there is enough to make the 2-inch ball.

In the office or room where junk mail, magazines, newspapers, etc. accumulate, keep a basket or small box to collect these items.

Toilet paper rolls (even with a little paper left on) are recyclable.

For plastic bags that go to collection bins at the grocery store:

Place a grocery bag in the broom closet or pantry for plastic bags, bubble wrap, etc. When it's full, take it to the grocery store and put the items in the plastics recycling bin.

For items that need to go to the Recycling and Reuse Drop-Off Center:

Keep a box in the garage to put all batteries, light bulbs, Styrofoam, and other things to take to this center. Batteries can also go to the libraries and bulbs can also go to Home Depot, but at least they're together for a recycling trip somewhere.

SUGGESTIONS FOR CLEANING OUT PROBLEM JARS

Washing out jars can be a challenge. However, as I mentioned in a previous newsletter, we need to rinse out our jars and bottles so that jars that might get broken or crushed in the recycling trucks don't contaminate paper with food product and make the paper unable to be recycled.

The City of Austin recommends a light rinse to the jars, but has anyone ever "lightly rinsed" a peanut butter jar? Here's what works - add some detergent and very hot water to the jar, shake well, and that's good enough. This works just as well with mayonnaise jars.

Better yet, for a peanut butter jar, give a 4 year old a spatula!

Recycling Challenges, Part 2, will appear in this column in the September issue of the HPWBANA newsletter.

QUESTIONS FROM OUR READERS (AND THE ANSWERS):

What do I do with really old tennis shoes and clothes that are too worn out to be sold or worn?

The Nike Factory Store in Round Rock has a program called "Old Soles Never Die". They collect old tennis shoes and turn them into playground and running surfaces.

ATRS (American Textile Recycling Services) has orange and white collection boxes all over Austin. There is one in the Crenshaw parking lot and one at the gas station at the corner of North Hills and Village Center Drive. They will accept all clothing and shoes whether or not they are wearable – even a torn shirt or a single shoe is welcome. They resell, reuse or repurpose everything donated. They send some of these items to foreign countries and recycle the textiles into all sorts of reusable materials. ATRS is partnered with the Children's Miracle Network - Dell Hospital. They donate money to the hospital based on the weight of the items in the collection boxes.

Are plastic rings that are around soda and water bottles recyclable?

No, plastic six-pack rings are not recyclable. They get tangled in the machinery and damage it. You must throw these into your trashcan.

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 or recycling ideas, please send them to: recycling@hpwbana.org.



MoPac Improvement Project Update

Section 3 - RM 2222 to Enfield Road:

Workers are finishing the forming and pouring of the concrete bridge rails and sound walls on the bridges at Windsor Road and Westover/Northwood Drive. On southbound MoPac workers are installing drainage structures between RM 2222 and 45th Street and should return to drilling sound wall foundations in that area soon. Between 35th Street and Enfield, workers have been working on some retaining walls. Work on sound walls on northbound MoPac between Enfield and Westover is nearing completion. Retaining walls are being built along northbound MoPac between Westover/Northwood and 35th Street. Sound wall installation should occur soon as those retaining walls are nearing completion. Between 35th Street and 45th Street workers have closed the auxiliary lane and have completed removing portions of an abandoned water line that was below the roadway. They are now preparing to start construction on a concrete retaining wall and sound wall #8. In conjunction with sound wall installation, crews have also been placing roadway base material and paving sections of the widened roadway. - See more at: <http://www.mopacexpress.com/construction/dashboard.php#sthash.AcFoRT95.dpuf>

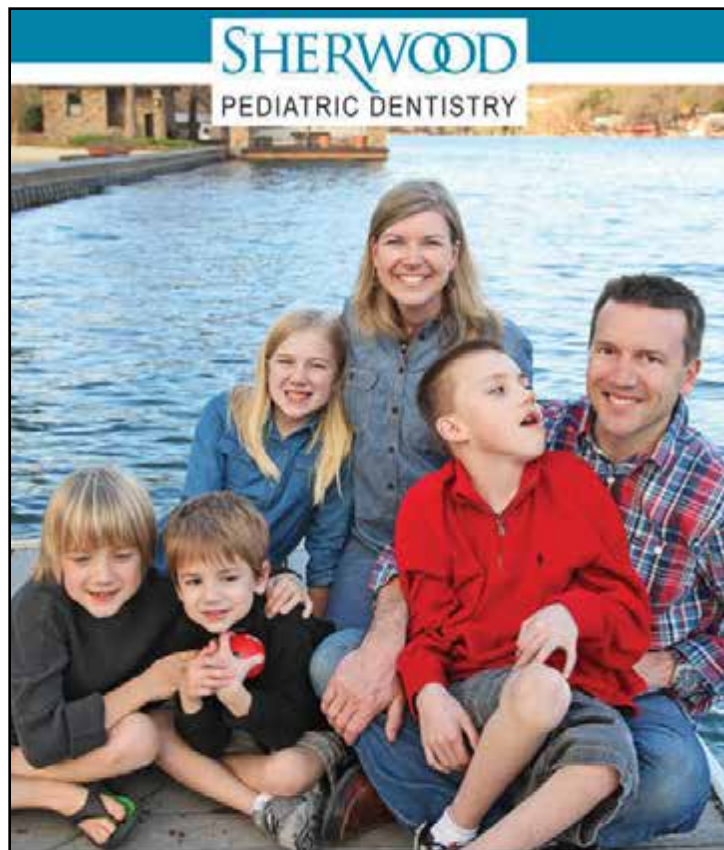
In a recent email communication with Steve Pustelnyk, Director of Community Relations with the Central Texas Regional Mobility Authority, noted that based on current progress it looks like the wall in Section 3 should be completed in the fall.



Call today for more info
512.263.9181



QualityPrintingOfAustin.com



SHERWOOD
PEDIATRIC DENTISTRY

HEALTHY SMILES ARE OUR SPECIALTY

WHY OUR PATIENTS LOVE US:

Empowering you to play an active role in your child's dental health.

Compassionate, individual patient care for your child's needs.

Enjoy a dental team focused on creating a positive dental experience for you and your child.

Utilization of the most recent technology.

You are invited to stay with your child through the entire appointment.

Monthly payment options
available, including no
interest financing.

**\$50
OFF**

Mention this and receive
\$50 off New Patient
cleaning, fluoride and exam.
(New patients only, this offer cannot be
combined with other offers, restrictions apply.)



STEPHEN SHERWOOD, DDS

CALL TODAY!
(512) 454-6936



Visit www.DrSherwood.net

Considerations in Representing Yourself in a Home Purchase

by Rebecca Wolfe Spratlin

There are many issues to consider when deciding whether to represent yourself in the purchase of a home, or to hire a professional Realtor. The key issues are the current market conditions, your knowledge of the Texas real estate laws, your experience as a professional negotiator, your familiarity with the contracts, your ability to access properties and whether or not it really is in your best financial interest.

- **Market Conditions** – Buyers, whether represented by a professional Realtor or not, always have an advantage when there is a Buyers' Market, meaning there is a LOT of inventory (homes on the market) and very few buyers. The odds are totally stacked in the favor of the buyer in terms of getting the best deals and most desirable terms. On the flip side, if there is a Sellers' Market (as we now have in Austin) buyers are at a disadvantage since the sellers are more likely to get their prices and most favorable terms. In a Sellers' Market, it is best to be represented by a Realtor who knows not only about inventory that shows up on MLS and real estate web-sites, but also about homes coming to the market soon and "pocket listings," those listings not marketed to the public, but only through the Realtor network.

- **Knowledge of Texas Real Estate Laws** – All Realtors are required to keep up with the changing real estate laws by taking Legal and Ethics classes a minimum of every two years. In the periods between these classes, there are on-going training courses that address any immediate changes that impact the transaction of residential real estate. Even if a buyer is an attorney, unless he or she practices RESIDENTIAL real estate transactions on a regular basis, they may not be up to speed on the many regulations of the industry. If buyers are residential real estate attorneys, it can make sense for them to represent themselves in a buyers' market, but not so much in a sellers' market.

- **Negotiation Experience** – Each real estate transaction requires two major points of negotiation; 1) the negotiation of the price of the property and multiple terms of the contract; and 2) the negotiation of repairs or repair allowances. In addition, there are many points of negotiation throughout the transaction from contract to close. Realtors negotiate on as a part of their on-going services...so if the buyer also has significant negotiation experience, there would be a fairly even playing field between the Realtor and the buyer.

- **Knowledge of Contracts, Amendments and Addenda** – The contract forms are promulgated by the Texas Real Estate Commission, the Austin Board of Realtors, Texas Association of Realtors and the National Association of Realtors. These contract forms change frequently and sections are added, deleted and changed and brand new forms are being introduced regularly. Realtors attend regular meetings and special classes to stay on top of these contract forms

to ensure that they are not only using the correct forms, but that they understand the reason for the changes and the importance of including specific pieces of information to protect the best interests of their clients. If you're a buyer with a complete understanding of the most recent forms and know how to use them to your best advantage, then you are a good candidate for self-representation.

- **Access to Homes** – Buyers representing themselves will need access to homes on the market, and therefore will have to have a Realtor show the homes. The best way to achieve this is to keep on top of the open houses in your market and visit the houses during those occasions. Another option is to hire an agent to show you homes and pay him or her by the showing or by the hour, whatever the two parties agree upon. Due to recent attacks and murders of Realtors, many brokerage firms discourage their agents from showing homes to people they do not know...therefore, not all listing agents will agree to show their listings to you. Keep in mind that you will also need access into the homes when you do inspections, get quotes for repairs, and for other reasons prior to closing.

- **Motivation** – The biggest motivation for self-representation is the desire to save the buyers' agent commission. Sometimes buyers are successful in doing so. However, more and more listing agents have agreements with their sellers that if the buyer is not represented by a licensed Realtor, the listing agent will get to keep both sides of the commission. Why would that be fair? Because the listing agent ends up doing work for the unrepresented buyers that their buyers' agent would normally do, for example; show them homes, ensure all contract work is current and correct, help buyers gain access to the home for inspections and repair quotes, set up escrow and closings and oversee the whole process between contract and closing.

Another potential impediment to saving money, has to do with errors and omissions. If a Realtor representing you makes a mistake, he or she is covered by errors and omission insurance that would come into play if there are any lawsuits stemming from a transaction. Buyers representing themselves don't have this type of coverage, so take on a legal exposure that could be significant. Be careful not to save money on the commission and risk it costing you a fortune later on. Overall, in real estate, as in any transaction of a major asset, buyers need to have as much professional expertise on their side as possible. I recently was speaking with a wonderful couple who said they have always represented themselves and have done so for their past three home purchases. I asked them the time period over which they had made these purchases. They said, over the past 12 years. Hmmm, I said, would you entrust one of your biggest assets to a Realtor, a lawyer or mortgage broker who averaged one client every four years?

Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

Weight Training + Protein: Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.

Long Distance Running + Carbohydrates: For long workouts, the performance edge goes to people who have the most glycogen (the

stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

Aerobics, Kickboxing and Spinning + Fat: For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

Yoga and Pilates + Complex Carbohydrates: The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.

Little League Fall Baseball

Courage, Loyalty & Character



Register Today: www.NWLL-Austin.org
www.facebook.com/NWLLAustinTX

EMERALD ASH BORER FOUND IN TEXAS

Emerald ash borer, often referred to as EAB, is an exotic pest from Asia. This beetle is a serious threat to ash trees. Emerald ash borer was accidentally introduced into the United States and was found in Michigan in 2002.

Four beetles were found in a trap located in NE Texas (Harrison County) in late April 2016. There are currently no confirmed cases of ash trees that are infested. The beetles will continue to be monitored throughout the state.

Larvae bore into trees under the bark and cut off the water and nutrient conducting vessels. Larvae are creamy white, legless with a flattened body. Larvae are 1- 1 ½ inches in length when fully developed.

As an adult, the beetle is elongated and cylindrical with the pronotum (a part of the thorax) extended back as a lobe towards the abdomen. Most notably, these beetles are bright, metallic green with reddish hues. Adults are about 1/2 inch in size. If the wings are removed or lifted, the upper side of the abdomen is bright coppery-red which can help differentiate this beetle from closely related species in Texas.

In infested trees, canopy die back is often seen in the top one third of the canopy and then moves down until the tree is bare. Epicormic shoots (leafy shoots coming off the trunk of the tree) may also be seen. Vertical fissures may appear on the bark and galleries may be able to be seen through openings. If bark is peeled off, serpentine galleries packed with frass (excrement) may be seen. Adult beetles produce a d-shaped exit hole (1/8 inch diameter). Woodpeckers may cause damage to trees infested with EAB. Look for flaking bark and uneven holes caused by the woodpeckers feeding on larvae and pupae.

If EAB activity is confirmed for ash trees within an area, it is recommended that a systemic insecticide treatment is given to ash trees of high value. If more than 50% of an infested ash tree crown remains, then treatment with a systemic insecticide may slow the

attack. If less than 50% of an infested ash tree crown remains, the tree should be removed.

For great information on emerald ash borer within Texas see the following site: <https://tfsweb.tamu.edu/eab/>

This information is to have you watch for this beetle on ash trees in your area. Only 4 beetles have been found currently and only in NE Texas. No trees have yet been confirmed to be infested.

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

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service or the Texas A&M AgriLife Research is implied.

The Texas A&M AgriLife Extension Service provides equal access in its programs, activities, education and employment, without regard to race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity.



AGE of Central Texas • Adult Day Health Center

Affordable, Convenient, and Licensed Adult Day Health Care for Senior Adults



- The only fully-licensed — and longest-operating — non-residential and secure Adult Day Health Center in Austin
- Full-time nursing and professional care staff, specializing in memory care
- Open Monday through Friday, 7:00 a.m. to 5:30 p.m.
- All-inclusive: activities, meals and snacks, and transportation options
- Accepting Medicaid, Veteran's benefits, long-term care insurance, and private pay at only \$60 per day

3710 Cedar Street in Austin | (512) 458-6305 | www.AGEofCentralTX.org



TENNIS TIPS

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



How to execute The Forehand Service Return

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, the one-handed backhand volley and the overhead “smash”.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Jill Schmidt, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position: When Jill is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

Step 2: The Back Swing: Once Jill realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her right foot and will be ready to step

forward to meet the ball

Step 3: The Point of Contact: Jill now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the left knee being slightly bent and the left foot is pointing to the ball meeting the racket

Step 4: The Extension of the Point of Contact: Jill is now directing the ball toward the opponent's court. Her eyes have now shifted toward her target and her body weight is now fully in front of her left foot. The left hand is still helping to keep the center of gravity in the center without opening up too early.

Step 5: The Follow Through: Once Jill has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her right elbow is pointing toward her target. Her body is now ready to take the “split step” with both feet in order to prepare for the opponent's returned shot.

Look for in the next Newsletter: The Two Handed Backhand Service Return

13 Things Your Dog Can Teach You

- When loved ones come home, always run to greet them.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- Let others know when they've invaded your territory.
- Take naps and stretch before rising.
- Run, romp, and play daily.
- On hot days, drink lots of water and lie under a shady tree.
- When you're happy, dance around and wag your entire body.
- No matter how often you're scolded, don't buy into the guilt thing and pout - run right back out and make friends.
- Delight in the simple joy of a long walk.
- Eat with gusto and enthusiasm. Stop when you have had enough.
- Be loyal.
- Never pretend to be something you are not.
- If what you want lies buried, dig until you find it.

At no time will any source be allowed to use the HPWBANA Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the HPWBANA and Peel, Inc. The information in the HPWBANA Newsletter is exclusively for the private use of HPWBANA Neighborhood residents only.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

STRESS, HORMONES, AND BELLY FAT

**Are You at Your Wit's End
Trying to Get Rid of it?**

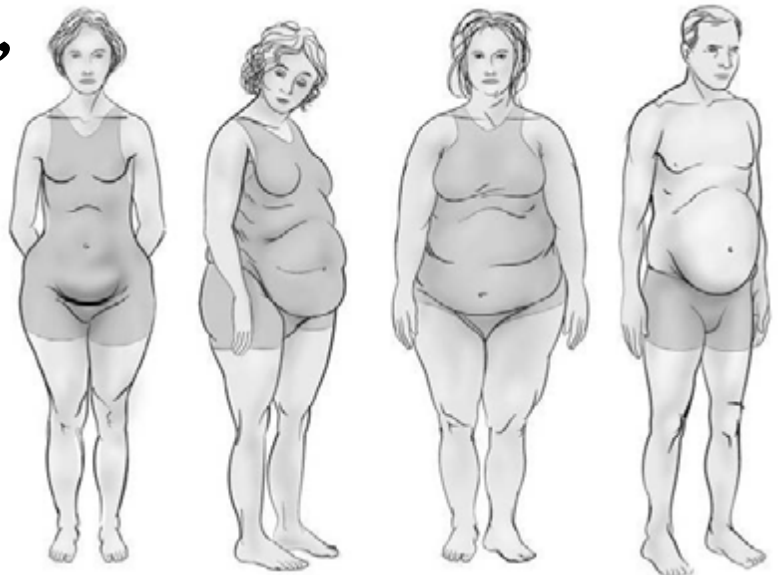
**Presented by leading
wellness expert**

Jimmy Yen, L. Ac.

FREE DINNER

**Immediately following our FREE
training seminar entitled**

"Stress, Hormones, and Belly Fat"



August 16, 2016 6-8pm

Morelia Mexican Grille 2400 South I H 35
Suite 160 Round Rock, TX 78717

R.S.V.P at 512.260.1710 Seating is limited.
AchieveIntegrativeHealth.com

You will learn how Hormone Imbalances can affect your sleep cycles, carbohydrate cravings, and fat burning-Why "Counting Calories" doesn't work with belly fat-Learn the Biggest Mistake that people make with exercise that prevents weight loss. WHAT REALLY WORKS for permanent loss of belly fat & bulges. Safely, Healthfully!

NOBODY IS DROWNPROOF WATCH KIDS AROUND WATER

COLIN
HOLST

61 Texas children have already fatally drowned in 2016

DROWNING IS PREVENTABLE

THESE WATER SAFETY TIPS CAN SAVE LIVES



**WATCH KIDS & KEEP
IN ARM'S REACH**



**LEARN
TO SWIM**



**WEAR
LIFE JACKETS**



**MULTIPLE BARRIERS
AROUND WATER**



**KEEP YOUR
HOME SAFER**



**CHECK WATER
SOURCES FIRST**



**PRACTICE DRAIN
SAFETY**



**BE SAFER IN
OPEN WATER**



**LEARN
CPR**

BECOME a Water Guardian for your child

TAKE the Water Safety Quiz
www.colinshope.org/quiz
PREVENT drowning



LEARN more at www.colinshope.org



PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

HP

thinking about SELLING

**The best ways to
improve your home's
curb appeal are the
most obvious ones.**

It doesn't make a lot of sense to add ornamental flowers if your lawn is yellow and dead. A new door knocker won't do much if your home's paint is chipped and falling off. Taking a nice long look at your house will make it clear what project you should tackle first.

**For a personal, no-obligation consultation on your
home's market value, give me a call.**



Trey McWhorter

REALTOR®

512-480-0848 x 116 ofc

512-808-7129 cell

trey.mcwhorter@moreland.com

www.moreland.com

Our intimate knowledge of Austin's best properties has helped thousands of people make Austin their home for the past three decades.

We get it.



CHRISTIE'S
INTERNATIONAL REAL ESTATE

LEADING REAL ESTATE
COMPANIES OF THE WORLD

LUXURY PORTFOLIO
INTERNATIONAL

