

HIGHLAND PARK WEST BALCONES
AREA NEIGHBORHOOD ASSOCIATION

THE HPWBANA NEWS

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August 2017

www.hpwbana.org

LETTUCE RECYCLE!

by Dena Houston



Just a friendly reminder - do not put plastic bags in your blue recycling bin

MATERIALS RECOVERY FACILITY

The Materials Recovery Facility (also called the MRF) is the place where our recyclable materials go after the City of Austin Recycling truck picks them up curbside.

PROBLEM OF CONTAMINATION AT THE MRF!

When incorrect items are placed in our blue curbside bins, it is called contamination. Putting the wrong items in your blue cart is costly to the City's ratepayers, disrupts the recycling process, and causes serious safety hazards.

HOW IS THIS COSTLY TO RATEPAYERS?

The City pays money (based on weight) to the MRF for all material brought into the recycling facility. The MRF then sorts and processes recyclable materials and sells them. The City receives a portion of the revenue from those sales. For any non-recyclable (contaminated) items, the City doesn't receive any revenue and, in addition, pays a processing fee for the MRF to haul them to the landfill. If the City pays out more in processing fees than it receives in revenue, ratepayer collection fees must go up to cover the difference.

TYPES OF CONTAMINATION

ITEMS THAT WRAP AROUND THE EQUIPMENT – Garden hoses, wire clothes hangers, film wrap, and plastic bags wrap around

the sorting drums. When this happens, the sorting process has to stop while the workers climb up onto the conveyor belt and physically unwrap these items from the drums. Garden hoses are the worst because it is very labor intensive and dangerous to have to pull on these hoses to release them from the machinery.

LARGE BULKY ITEMS – Items such as tires, golf clubs, PVC pipe, and long-handled tools cannot be recycled at the MRF. These are some of the items the City has to pay to have hauled to the landfill.

HAZARDOUS OR MEDICAL WASTE – Hypodermic needles, sheets of glass, and partially full aerosol cans are very dangerous. Needles are obvious hazards, but it was a surprise to learn that partially full aerosol cans can explode and become a fire hazard. Sheets of glass (like window panes) break easily and are dangerous to the workers at the MRE.

NON-CONFORMING RECYCLABLES – These are items that can be recycled, but not in the blue curbside bins that the City collects. Styrofoam and plastic bags are examples of items that can be recycled elsewhere (see below).

WHAT TO DO WITH ITEMS THAT THE MRF CANNOT HANDLE

- Garden hoses and sheet glass must go into your trashcan.
- Wire clothes hangers can be taken to Goodwill or a dry cleaner for reuse.
- Plastic bags and film wrap can go to the plastic collection boxes at your local grocery stores.
- Tires can be taken to the Recycle and Reuse Drop-Off Center. There is a fee of \$6 for tires 19" or smaller and \$7 for tires 20" or larger.
- Golf clubs can be donated to your favorite charity.
- Aerosol cans that are full or partially full can be taken to the

(Continued on Page 2)

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IMPORTANT NUMBERS

Austin Citywide Information Center. 974-2000 or 311
Emergency Police911
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.

board@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)

Recycle and Reuse Drop-Off Center. (Aerosol cans that are completely empty can go into your blue curbside bin.)

- Needles The City of Austin recommends that needles be placed in a sturdy plastic container with a tight fitting lid (like a laundry detergent bottle). The bottle then needs to be taped shut and labeled "NEEDLES" or "SHARPS". This bottle can then be placed in the trashcan.
- Styrofoam and large pieces of metal can be taken to the Recycle and Reuse Drop-Off Center.
- PVC pipe must be placed in your trashcan or given away through websites like Next Door.
- Long-handled tools may be donated to Habitat for Humanity or placed in your trashcan.

QUESTIONS FROM OUR READERS (AND THE ANSWERS):

INSTEAD OF THROWING IT INTO MY TRASH CAN, WHAT CAN I DO WITH A PERFECTLY GOOD GARDEN HOSE THAT I NO LONGER USE?

I just got rid of one by posting it on Next Door as FREE! As they say, one man's trash is another man's treasure. It was picked up within minutes. Best way to recycle!

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





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Kitchen Table Conversations Education Series - Austin

Starting Thursday, August 24th

Held at Alzheimer's Texas, this 3 class series will teach you about end of life issues, making end of life decisions, and honoring out loved one's wishes. Class is from 11-1 pm and light lunch is provided. Registration is required to (512) 241-0420 or at www.txalz.org on the home page or under Classes.

THE THREE D'S OF ADVANCED CARE PLANNING

GETTING YOUR DUCKS IN A ROW

Attend one or all three of these free, interactive workshops where you'll learn how to decide, discuss and document what matters most to you at the end of life.

August 24: How to Talk with Your Loved Ones About Your End of Life Wishes

Talking with your loved ones openly and honestly, before a medical crisis happens, gives everyone a shared understanding about what matters most to you at the end of life. Whether you are getting ready to tell someone else what you want, or you want to help someone else get ready to share their wishes.



- Location: Alzheimer's Texas 3520 Executive Center Dr. #140
- Time: 11:00 AM-1:00 PM **Lunch Provided**
- Location: Alzheimer's Texas 3520 Executive Center Dr. #140

August 31: How to Choose a Health Care Agent and How to Be a Health Care Agent

It's important to choose a health care agent - the person who will make decisions about your medical care if you become unable to make them for yourself. You'll learn the facts and tips necessary to make sound decisions about choosing, and being, a health care



- Time: 11:00 AM-1:00 PM
- Lunch Provided

September 7: How to Talk with Your Doctor About Your End of Life Choices.

After you've had the conversation with your loved ones and chosen your health care agent, the next step is talking to your doctor or nurse about your wishes. Don't wait for a medical crisis; talking with your healthcare provider makes it easier to make medical decisions when the time comes.



- Location: Alzheimer's Texas 3520 Executive Center Dr. #140
- Time: 11:00 AM-1:00 PM
- **Lunch Provided**

RSVP- Visit: txalz.org - Email: vcardenas@txalz.org - Call: (512) 241-0420

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Travis Co. Walk Kick Off Party

Starting Thursday, August 17th

Registered to walk or interested in signing up? Join us for a casual, come and go event from 4:30-7 pm for drinks, food and conversation. Register for the walk and get to know your fellow walkers. Everyone is welcome to attend! RSVP to walk@ txalz.org or (512) 241-0420 x10. Location TBD.



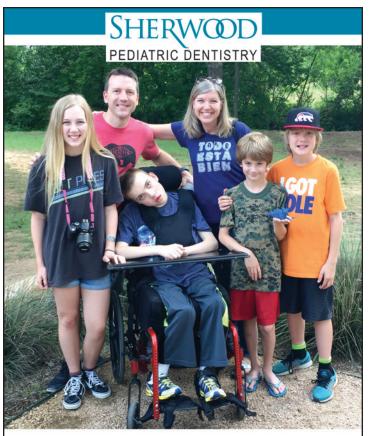
SUDOKU

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

			1	2				
2	4		9					
	7	1	6					
7				9		8		
		2				6	5	
			3					
	5						3	7
9					1			
1	3	8				5		

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TEXAS A&M GRILIFE Chiggers EXTENSION

Chiggers are the immature stage of a mite. They climb onto people walking through infested areas, crawl upwards, and wander around the body seeking a good site to settle down and feed. Feeding preference for these mites is in areas where skin is thinnest or where clothing fits tightly, such as the ankles, waist, behind the knees, and the groin area.

Chiggers do not burrow into skin as many people believe, so "smothering" them with nail polish is useless. When chiggers feed, they inject a digestive enzyme that breaks down skin cells which are then eaten. Itching and redness is caused by our body reacting to the enzymes injected into our skin. Itching typically begins 3-6 hours after being bitten, peaks at 24 hours, and can last up to two weeks.

The best way to avoid getting chiggers is to avoid infested areas. Since this is not always possible, here are some other things to try:

- Wear protective clothing- tightly woven items that fit loosely; including long sleeves & pants; shoes or boots
- Tuck pant legs into boots
- Avoid sitting on the ground
- Remove & launder clothing ASAP after being in infested areas
- Shower/ bathe after being in an infested area; scrub vigorously with a washcloth
- Use an insect repellent with DEET or picaridin

To treat chigger infestations around the home try the following:

- Keeping lawn trimmed
- Maintain vegetation; do not allow weeds to grow up & keep brush cleared
- Targeted residual pesticide sprays, usually pyrethroids

For chigger bites:

- Do not scratch pustules; opening pustule might lead to infection
- Oral antihistamines or topical anti-itch creams to relieve itching sensation

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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Shoal Creek Conservancy

By Nina Rinaldi

You're invited to join Shoal Creek Conservancy for the first Not many people know that Austin's Shoal Creek, just a hop over Mopac from the Highland Park West/Balcones neighborhood, springs from the ground north of Highway 183 and extends south for over 11 miles before emptying into Lady Bird Lake. Among the many treasures that await visitors to Shoal Creek is a 3.25 mile long patchwork of trail that runs alongside the Creek from Lady Bird Lake to 38th Street and Lamar Boulevard. A local community organization, Shoal Creek Conservancy (SCC), is working with the City of Austin to improve, extend, and connect the Shoal Creek Trail.

Shoal Creek Conservancy works with hand in hand with the City, community groups, and businesses, to protect, restore, and enhance Shoal Creek and its surroundings. Through its community-guided Shoal Creek Trail: Vision to Action Plan, SCC will make the Trail more accessible to people of all physical abilities, and to install amenities to such as bathrooms, drinking fountains, and maps. The extended Shoal Creek Trail will span over 10 miles and link major destinations such as the Domain, the University of Texas main campus, and downtown Austin. The Shoal Creek Trail will also grow Austin's expanding urban trail network by connecting to the Northern Walnut Creek Trail to the north, and to the Butler Hike-and-Bike Trail and the regional Violet Crown Trail to the south. Where possible on public land, a creekside trail will be constructed. Where the Creek extends through private land, the creekside trail will transition to a safe on-street bike route.

The improved trail will encourage green, human-powered transportation, provide a setting for outdoor family activities, and inspire Austinites to discover Shoal Creek's hidden natural gems. To learn more and participate in the public input process that will guide the design of the Shoal Creek Trail, SCC encourages all Highland Park West/Balcones residents to attend the next Shoal Creek Trail Community Meeting on Wednesday, September 13, 6-8pm. Meeting location is Congregation Beth Israel at 3901 Shoal Creek Boulevard, Austin, TX 78756.

SCC also regularly organizes volunteer service days along the creek. If you are interested in volunteering by yourself or with a group, please visit https://www.shoalcreekconservancy.org/events or contact volunteer@shoalcreekconservancy.org for other volunteer opportunities. To learn more about SCC and support its work, visit shoalcreekconservancy.org.

Contemporary Orthodontics

Braces and Aligners by James R. Waters, DDS, MSD, ABO Diplomate of the American Board of Orthodontics



"The American Association of Orthodontists recommends all children be evaluated by an orthodontic specialist by age 7."

Problems best treated in a growing child:

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- Severe Crowding/Impacted teeth
- Grinding or clenching of the teeth
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- Speech difficulties
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DARK CHOCOLATE COCONUT OATMEAL COOKIES



Ingredients

1 cup butter, melted

1 cup brown sugar, packed

1/2 cup sugar

2 eggs

2 tsp vanilla

2 cup flour

1 tsp salt

1 tsp baking soda

1 1/2 tsp cinnamon

1 cup shredded coconut

chips (or just dark)

2 1/2 cups old fashioned oats

1 1/2 cups extra dark chocolate

Directions

Preheat oven to 350. Line baking sheets with parchment paper and set aside.

Melt butter and let cool for several minutes (to room temp)

In a stand mixer, beat sugar and butter for several minutes until creamy.

Mix in eggs and vanilla and beat for another minute.

In a separate bowl combine flour, salt, soda, cinnamon, and coconut.

Slow mix dry ingredients into wet ingredients and beat until combined.

Stir in extra dark chocolate chips and oats.

Place one inch balls of dough on cookie sheets lined with parchment paper and bake for 10-12 minutes. Let cool for several minutes then move cookies to cooling rack.

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Staged to Sell

By Rebecca Wolfe Spratlin

Everyone knows that in order to sell a home for top price, it needs to look its VERY best. This includes ensuring the home is clean, smells clean, in good repair, and freshly painted. In addition, the home needs to look updated and stylish and the yard and outdoor living spaces need to be as impeccably groomed as possible. Most of us have some tired looking furniture and accessories and would not even consider redecorating or buying new furniture just to sell our home. Instead, the best route to go is to work with your Realtor to hire a professional stager. It can make a huge difference in how potential buyers view your home.

A few years ago, I was asked to sell a home for a family. The home had previously been on the market for six months, had no offers and potential buyers and other Realtors told the sellers that the home was overpriced by at least \$50,000. After walking through the home, and observing the great features of the home, I decided that the home was not at all overpriced, but was under-staged.

The owner hired a professional stager who took inventory of the owners' existing furniture and accessories. Using some of those items, and adding newer furniture and accessories, she gave the home a whole new look that highlighted the home's best features. The owners put some of their more dated and worn items in storage. In addition, they hired a landscaper to freshen up the back yard with some sodding. That sodding made the back yard look twice its previous size. New professional photography was completed and the home showed beautifully. Buyers came into the home and loved the home, siting its open floor plan, its spaciousness, its natural light and how beautifully decorated it was. The house sold in a few days for full price. A \$3,500 investment saved the sellers \$50,000. Not a bad return.

In other cases, stagers can use sellers' existing furnishings and accessories to rearrange their homes and make them look more updated. The most important component in staging is editing. Most homes, mine included, have way too much furniture and way too many things sitting around. In most cases, removing about one-third of a home's contents, including closet contents, can made a home look more spacious and clutter-free. It's important to have a professional help you with the process, as most homeowners are so used to seeing their homes "as is" that it is hard to reimagine them in a new way. That impartial eye is critical in creating the perfectly staged home.

Photos from top to bottomw:

Living Room - Before Staging

Living Room - After Staging

Dining Room - Before Staging

Dining Room - After Staging









Highland Park West Balcones Area

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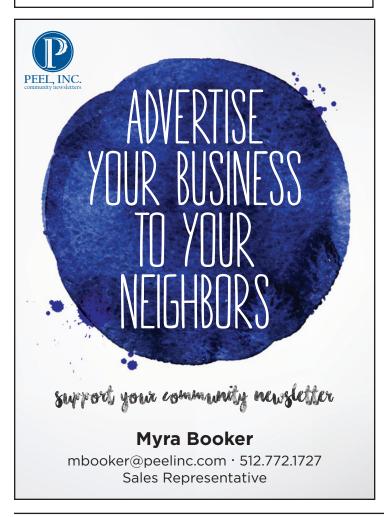
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Color the drawing below and mail the finished artwork to us at:
Peel, Inc. - Kids Club, 308 Meadowlark St, Lakeway, TX 78734-4717
We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

DUE: August 31st

Be sure to include the following so we can let you know!

Name:

(first name, last initial)

Age:



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