



# HPWBANA

HIGHLAND PARK WEST BALCONES  
AREA NEIGHBORHOOD ASSOCIATION

# THE HPWBANA NEWS

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[www.hpwbana.org](http://www.hpwbana.org)

## Lettuce Recycle!

by Dena Houston

### HOLIDAY RECYCLING CHALLENGES



The holiday season has its own recycling and reuse challenges. Below are some tips and suggestions for handling the problems that are generated at this time of the year.

**HOLIDAY PARTY PLANNING** - Many of us love to entertain during the holidays. It is often a challenge to select dinnerware and utensils that

are recyclable. If you have curbside compost collection, paper products (even with food on them) are now recyclable in your new green cart. Plasticware (cutlery, plates, cups, and bowls) can be recycled curbside in the blue recycling cart (they need to be clean and dry). Styrofoam can only be recycled at the Recycle & Reuse Drop-Off Center.

**TRASH OVERFLOW** - Extra bags of trash that do not fit into your trash cart, with the lid closed, must be placed next to the trash cart and tagged with an EXTRA TRASH STICKER. These stickers can be purchased at most local grocery stores for \$4.00 + tax. Extra bags without a sticker will be charged \$9.60 + tax per bag by the City. If you have curbside compost collection, you can save room in your trash cart by sending all your turkey bones and old leftovers to be composted rather than thrown into the landfill.

**GIFT WRAP PAPER** - Wrapping paper (except wrapping paper with glitter or made of foil) is recyclable and can be placed directly into the blue curbside cart. This can even include paper with tape still on it.

**STYROFOAM PEANUTS & BUBBLE WRAP** - Take these items to mail box stores like Pak Mail on Balcones. They will happily reuse them.

**SPECIAL NOTE - THE RECYCLING REUSE DROP-OFF CENTER NO LONGER TAKES STYROFOAM PEANUTS!**

**STRANDS OF BROKEN HOLIDAY LIGHTS** - Take these to the Recycle & Reuse Drop-Off Center.

**BLOCK STYROFOAM** - Do not put Styrofoam in the recycling carts. All Styrofoam should be taken to the Recycle & Reuse Drop-Off Center.

**BATTERIES** - Household batteries, including rechargeable batteries, can be recycled at most Austin Public libraries. Here is a list of battery drop-off locations in Austin: <http://austintexas.gov/page/battery-drop-locations>

**MAKING ROOM FOR NEW STUFF** - Holiday time is a great time to get rid of the toys and clothing everyone has outgrown to make room for new items coming in. There are many wonderful organizations in Austin that will happily accept these items. Please consider donating your gently used goods. Simple Recycling will also collect used items at the curb on your recycling day.

### CURBSIDE COMPOST COLLECTION COMES TO OUR NEIGHBORHOOD

During the week of October 2, many Highland Park residents began using the City's new Curbside Compost collection service. Some of you may still be wondering "what do I do with this new green cart?" I know many of us have to rethink how we collect and store compostable materials to go into the green cart. It takes some thought and planning. Here are some ideas our neighbors have come up with:

- Using a compostable bag, store your compostables in a covered coffee can, or a compost collector with a lid and filter, until it's time to put the compostables into the green cart.
- If you don't have compostable bags, you can wrap food product in brown paper bags or newspaper.
- Place used food napkins, paper towels, and facial tissues in a separate paper bag to later be placed into your green cart so you don't use as many compostable bags and you keep those items out of the landfill.
- Anything that goes into the green cart is composted and turned into humus (not hummus, which is made with chickpeas). Any leaves or sticks you put into other cans or bags (yard waste pick up) are turned into Dillo Dirt.

If you are not ready to start collecting old food to put into your green cart, consider using the cart as a new leaf and stick collector and a place to put your pizza boxes.

Here are some other items you can place in your green cart:

- shredded paper
- egg shells
- microwave popcorn bags
- coffee grounds with the filter
- spoiled food
- tea bags

Here are some items you cannot put into your green cart.

- plastic bags
- dryer sheets
- waxed milk
- antiseptic counter wipes
- and orange juice cartons
- baby wipes

*(Continued on Page 5)*

# Highland Park West Balcones Area

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Austin Citywide Information Center. 974-2000 or 311  
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The HPWBANA Board meets on the first Monday of each month except December. Please go to [HPWBANA.org](http://HPWBANA.org) for our current meeting location or contact [president@HPWBANA.org](mailto: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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## Highland Park West Balcones Area

### Thy Neighbors' Helper

by Rebecca Wolfe Spratlin

Did you realize that you have a direct impact on how quickly and for how much your neighbor's home will sell? You absolutely do. Helping to maximize the price of your neighbors' homes doesn't just benefit them, but benefits you as well, as it increases the market value of your own home. Here are some ways you can help sell your neighbors' homes and maximize their sale price:

- Keep your yard mowed, trimmed and edged. The more pristine your yard looks, the more attractive the neighborhood. Having a nearby home with grass and weeds a foot tall (or taller) is a real deterrent for buyers.

- Keep your yard and driveway cleared of excess "stuff." Yards with too much stuff look junky and unkempt, not what attracts buyers. If you have decorative items in your front yard...keep it simple. Too many things, even if they are great pieces, can make your yard and the neighborhood look junky.

- Park your cars off the street...preferably in your garage or carport. I heard a comedian once ponder why we tend to keep a lot of low value junk safely stored away in our garages, while we park some of our biggest investments outside in the elements. Good question.

- Put away your trash cans. This is a really easy one. Just tuck behind a fence or behind your home.

- Keep your home in good repair. Paint your front door, fix your garage door, and repair your gutters. These are home maintenance issues you'll eventually need to deal with anyway, so do your neighbors a favor and do it when they are preparing to sell their homes.

- Visit your neighbors' open houses. Some neighbors feel self-conscious about going to a nearby open house and being the "nosey neighbor," but you are actually really welcome! Statistics show that 1 out of 3 buyers select neighborhoods because they already know someone who lives there. Tell your friends, family and colleagues about the great house in your neighborhood that's on the market. You become an extension of the Broker's marketing efforts.

Your home-selling neighbors will really appreciate your thoughtfulness and efforts to help them. Karma will come back around and help you when your time comes to sell.

### Finding Hope

Sometimes I just feel broken. Broken as in not whole, shattered & not even sure how to begin putting the pieces back together. Are all of the pieces even still there?

I'm not going to lie. Living and dealing with emotional trauma is no cup of tea. You feel lost, beaten, broken, and very much alone. You frequently feel things will never get better. After all, how can they ever be as good as they were (or, at least, as good as you thought they were) when you're this broken shell of a person. Then, you watch and see the rest of the world passing, and think, "Why even try? It's hopeless."

With the passing of spring, I've been thinking about the significance of this particular season at this junction of my life. Spring is the season of rebirth and renewal; the time of fresh starts. So, as I sit & watch the renewal of everything around me, I wonder... What about me? Can I be renewed? Is there enough left of this broken person to put back together, fill the holes, and turn out a new person fresh and whole?

I've found that spending time with friends, both the human and equine variety, is a great healer. They have become my glue that pulls the shattered pieces back together. While spending quiet moments relaxing with my horse I hear God more clearly, telling me that I have purpose in this life. What came before was meant to happen, if only to prepare me for what is to come and to help me become the person He means me to be. Learning God's plans for me not only helps reassemble the scattered pieces, but leads me to discover new pieces, more vibrant than the old ever were. Suddenly, I find myself renewed and, just like that, there it is--- **Hope Resurrected**

*If you find these things to be true in your own life, and would like to make a change, please visit our website at [www.fivehorses.com](http://www.fivehorses.com) to learn more about our newest workshop, **Finding Courage**, coming this November*

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(Continued from Cover)

For a complete list of accepted materials, visit  
<austintexas.gov/austincompost>

#### A QUESTION FROM A READER (AND THE ANSWER):

**ARE "RECYCLING BAGS" SOLD BY GLAD ALLOWED IN THE BLUE RECYCLING CART?** The answer is **NO!** All of the recyclables collected from our neighborhood go to the Balcones Materials Recovery Facility (called the MRF). There are several reasons why they cannot take recycled items in any kind of plastic bag.

- All recyclable material must be sorted at the MRF. The MRF does not have the manpower to open bags and sort the contents, so they send those bags to the landfill.

- Any plastic bag can easily get caught in the sorting machinery. When this happens, everything stops and a worker has to manually pull the bag out of the machinery.



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](mailto:recycling@hpwbana.org)



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11/9/17 – On Wednesday, January 24th, Cyndi Cummings will host a discounted professional training workshop at Alamo Draft House – Lamar. Based on the #1 Wall Street Journal and #1 Amazon Bestseller book, *The One Thing*, this workshop is designed to help attendees to become productive influencers while creating habits that support and drive their goals. This professional training workshop in south Austin is a great opportunity for team building or individual growth! All proceeds from this workshop go towards Alzheimer's Texas.

Research shows that participants who have attended this workshop have increased happiness and fulfillment, experience greater alignment with team and company goals, and get more accomplished in the seven most important areas of their lives. Additionally, the workshop offers habit building skills, simple path to productivity, and helps to find the six lies standing between you and success.

The One Thing Workshop will be held on Wednesday, January 24th from 9:00 am – 12:00 pm at the Alamo Draft House – Lamar. All proceeds from this workshop go towards Alzheimer's Texas. Tickets to The ONE Thing Workshop are originally priced at \$150 but are being offered at a discounted price of \$75 with a \$10 credit for lunch. Spots are limited, to learn more, visit [www.theonethingcyndi.com](http://www.theonethingcyndi.com), email [cyndi@gyndicummings.com](mailto:cyndi@gyndicummings.com), or call 512-423-6782 to register. If you would like to learn more about Alzheimer's Texas you can visit [www.txalz.org](http://www.txalz.org) or call 512-241-0420.

## About Alzheimer's Texas

Alzheimer's Texas is dedicated to eliminating Alzheimer's disease through the advancement of research and to enhance care and support for individuals with Alzheimer's disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour helpline, support groups, respite care, educational and social engagement programs, and professional training. Alzheimer's Texas was founded in 1982 and serves Central Texas. For more information, visit [www.txalz.org](http://www.txalz.org).

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## Highland Park West Balcones Area

# TEXAS A&M AGRI LIFE EXTENSION

## Carpet Beetles

Carpet beetles adults can be found outdoors on crape myrtles or other plants where the adults eat pollen and nectar. The adults may also be found in rodent or bird nests. When these adults move into homes, they may lay eggs which can lead to problems. These beetles can be pests in warehouses, homes, museums and other locations.

Carpet beetle adults are small, round to oval shaped and often brightly colored. Larvae are small, tan, and ringed with bands of long hairs.



Carpet beetle larvae feed on high protein foods, usually animal based, but they can also feed on plant material. They can be found in a variety of locations throughout the home. In the pantry, you may find them in items such as powdered milk, dried meats (jerky), or pet food. Other areas

of the home they can be attracted to items made from wool, fur or feathers, areas where dead insects accumulate (i.e. light fixtures), leather book bindings, hair, silk or dried plant products. If the larvae are seen feeding on synthetic fibers, it is because the material is stained with body oils or food.

A program utilizing sanitation, exclusion and insecticides should be able to get a carpet beetle problem under control.

- Clean accumulations of hair, dead insects, and bird, rodent or wasp nests
- Regularly clean rugs, carpets, upholstery, etc.
  - o make sure to get along edges, under cushions, and under furniture where debris may collect
- Inspect animal based items (taxidermied animals, leather, wool, silk, etc.) once a year to avoid infestations

- Keep pantry items/ dry goods in sealed, air-tight containers
- Infested items (if possible, depending on the items) can be heated or cooled to kill any beetles
  - o freeze 2 weeks at temperatures below 18°F
  - o heat for at least 30 minutes to temperatures above 120°F
- Insecticides should be used as spot treatments- make sure carpet beetles are listed on the label as well as the area/ item you are treating
  - o make sure the product will not stain

If you find a few adult carpet beetles in your home, squish them on vacuum them up. A few adults usually do not warrant a full treatment, but you should watch for a developing infestation.

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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## Varicose Veins, Not Just a Cosmetic Issue

By Michael M. Di Iorio, MD, RPVI, RVT, RPhS. Medical director of South Austin Vein Center.

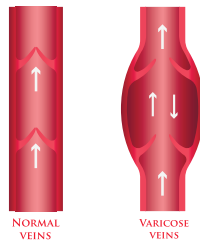


If you suffer from problems related to varicose veins and spider veins you are not alone! Venous insufficiency, also known as venous reflux disease, is the most common cause of varicose veins and affects nearly 30 million adults in the United States.

Veins serve an important function bringing blood back to the heart. We have two sets of veins in our legs, deep veins and superficial veins. These

veins have one-way valves that normally direct blood flow in one direction, toward the heart. When these valves fail blood can flow the wrong way and pool, increasing the pressure in the veins. This is called venous insufficiency and is the driving force behind the development of varicose veins.

Varicose veins are not just a cosmetic issue. They can cause pain, throbbing,



heaviness, leg fatigue, restless leg and swelling often worse at the end of the day. In more advanced cases patients can develop skin discoloration and even ulceration.

Risk factors include increasing age, a family history of varicose veins, professions that require long periods of standing or sitting, obesity and in women, pregnancy.

Unfortunately, venous insufficiency and varicose veins are

a progressive problem and will only get worse over time. But don't

(Continued on Page 10)

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# Highland Park West Balcones Area

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worry treatment is available and covered by most insurances.

Diagnosis begins with a thorough examination of the legs followed by a venous ultrasound. Ultrasound allows the vein specialist to see under the skin, giving a clear picture of how the veins look and are functioning. Treatment may include one or a combination of minimally invasive procedures. These include endovenous ablation which closes the diseased vein down from the inside with heat, or alternatively, placement of a medical adhesive in the vein to seal it shut. Large ropey veins sometimes need to be removed through tiny incisions in a procedure called ambulatory phlebectomy and sclerotherapy is a procedure where medication is injected into a vein causing it to collapse and eventually be reabsorbed.

All of these procedures are performed in an outpatient setting and often take less than an hour. Pain is minimal and recovery is quick with most people returning to normal activities the same day.

If you would like more information on venous insufficiency and varicose vein treatment please visit [www.southaustinvein.com](http://www.southaustinvein.com)



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