



# 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*

## WEIRD RECYCLING

I have a friend who told me that he would do a better job of recycling if he knew the reasons why there are certain rules and guidelines. Some of these rules and guidelines don't seem to make sense at first, so they seem WEIRD. Let's explore some of them.

**WHAT IS THE DIFFERENCE BETWEEN COMPOSTABLE AND BIODEGRADABLE?** Compostable material is always biodegradable but biodegradable material is not always compostable. Compostable materials will break down in a compost pile and become dirt or humus. Biodegradable products are designed to break down into smaller pieces, but they never become dirt or humus. For example, a biodegradable plastic bag degrades into small pieces of plastic, while a compostable plastic bag becomes dirt. Therefore, it is important that you place only compostable materials and bags into the green curbside compost collection bin.

**WHAT IS THE ADVANTAGE TO BIODEGRADEABLE PRODUCTS IF THEY NEVER COMPLETELY GO AWAY?** They are made with fewer fossil fuels so they reduce the demand for crude oil in their production.

**WHY CAN WE PUT PLASTIC COAT HANGERS BUT NOT WIRE COAT HANGERS INTO OUR BLUE RECYCLING BIN?** Wire coat hangers get wrapped around the sorting machinery at the recycling facility. It is very costly to repair the damage caused by wire coat hangers. It is also very dangerous to the workers to remove them. Plastic coat hangers do not cause any problems to the machinery.

**MY PIZZA BOXES LOOK CLEAN. CAN I THROW THEM INTO MY BLUE RECYCLING BIN?** No. Even if the box looks clean, it has absorbed grease that is not visible. This grease makes the cardboard unable to be processed properly for recycling. All pizza boxes can go into the green curbside compost collection bin or the trash can.

**MY NEWSPAPER GOT WET BUT DRIED OUT. CAN I PUT IT INTO MY BLUE RECYCLING BIN?** No. When paper gets wet,

the paper fibers deteriorate and are shrunk by the liquid. Wet paper can go into your green curbside compost bin or into the trash can.

**STRAWS ARE MADE OF PLASTIC. CAN THEY BE RECYCLED?** No. Straws are difficult to recycle because of their size and shape. Like bottle caps, they are too small to get sorted properly at the recycling facility. They can fall through the cracks on the sorting conveyor belts and therefore get thrown into the landfill. They can also get wrapped around the machinery and cause damage. Plastic bottle caps should be left on the plastic bottles or cartons so they don't get lost on the conveyor belts. Plastic straws should go into the trash can.

**CAN I RECYCLE PLASTIC LIDS IF THEY DON'T HAVE THE RECYCLING TRIANGLE ON THEM?** No. The triangle marked on plastics tells what the plastic is made of. This helps sort the plastics properly at the MRF (manufacturing recycling facility). If plastic is not labeled, the MRF won't know how to process it. These types of plastics need to go into the trash can.

## QUESTION FROM A READER:

**NOW THAT AUSTIN CAN NO LONGER BAN PLASTIC BAGS, WHAT CAN I DO TO ENCOURAGE RETAILERS TO NOT PROVIDE SINGLE-USE PLASTIC BAGS AT CHECKOUT?** It would be lovely if everyone would keep using his or her reusable bags when shopping. However, the reality is that bags get left in the car or at home and some people don't really want to bring reusable bags. If you feel strongly about retailers not providing single use bags at check-out, make your opinion known to the retailer. Go to the "contact us" section on the website of any store you frequent and let them know how you feel.

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)

## IMPORTANT NUMBERS

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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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## Salazar Family and Jim Spencer Named Honorary Family and Chair of 27th Annual Alzheimer's Texas Travis County Walk

The 27th Annual Travis County Alzheimer's Texas Walk will be held at Camp Mabry in Austin on October 6th. This event raises funds for Alzheimer's support and education and is instrumental in making Texas a leader in Alzheimer's research. The Salazar Family will serve as the Honorary Family and Weatherman Jim Spencer as the Honorary Chair of this event because, through their journeys with Alzheimer's, they've learned how important support from the community is and want to ensure that no other family has to face the battle alone.

"Alzheimer's made its way into our home without an invitation," says Christine Salazar, who lost her Mother to Alzheimer's last June. "This was one invitation I would have loved to RSVP no to, but that's not how it works. Certain things are beyond our control and that is what Alzheimer's has taught me. It humbles you without warning."

Their family is not alone. Over 5 million Americans live with Alzheimer's disease, and here in Texas alone, over 1.3 million people care for a loved one with some type of dementia. The progressive neurological illness can last for over 10 years and can be very financially, emotionally, and physically challenging for caregivers.

"I am especially humbled to be the Honorary Chair of this year's Alzheimer's Texas Walk because this disease has recently impacted my family," says Jim Spencer, Weatherman at KXAN. "My mother is in the early stages of dementia, so this cause has become very important to me."

The Salazar Family admits that Alzheimer's is an uphill battle that they would not have been able to get through without the help of their friends and the community. They got involved in Alzheimer's Texas six years ago after they saw how many people in the community are affected by the disease and want to help others through this difficult time.

Alzheimer's Texas, a local nonprofit that's served Central Texas for over 36 years, provides essential services like support groups, care consultations, a respite care network, education programs, and a 24-hour helpline to help families cope with these challenges. The Alzheimer's Texas Walk is their annual fundraiser, and 100% of the proceeds from this event will remain in Central Texas to meet the needs of our local communities.

"We are, and always have been, deeply committed to providing families in Central Texas with compassionate services that are relevant to their needs," says Christian Wells, President of Alzheimer's

*(Continued on Page 4)*



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(Continued from Page 2)

Texas. "When they walk with us this fall, teams know that they are supporting the services they value and that support comes with a greater level of transparency and accountability."

The Alzheimer's Texas Walk serves another important purpose, which is to raise awareness of Alzheimer's and other dementias and to break down the stigma surrounding these increasingly common illnesses. The Alzheimer's Texas Walk creates a community around this issue, a place for people to come together to celebrate loved ones affected by dementia, and to commemorate the many ways lives can be changed by this illness.

Jim Spencer understands this hardship and expresses he hopes that everyone impacted by Alzheimer's or related diseases will get the care and support they need, but he is most hopeful that effective treatments and a cure will be found soon.

"Alzheimer's may have taken my Mother but it didn't take her spirit," says Christine Salazar. "It lives on in each and every person that loved her. On behalf of my late Mother Alice F. Salazar who lost her battle with Alzheimer's last June, I would just like to say thank you to Alzheimer's Texas and the community for their support from the bottom of my heart."

Registration is now open for the 27th Annual Alzheimer's Texas Walk, which will be held at Camp Mabry in Austin on October 6th. To learn more about the event and how to get involved, visit [www.txalz.org/walk](http://www.txalz.org/walk), 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

# The 20th Annual Komen Race for the Cure Returns to Austin This Fall

On Sunday morning, September 30, 2018, the 2018 Komen Austin Race for the Cure will take place in downtown Austin. For the 20th year, local community survivors, fighters, thrivers and supporters come together in the battle against breast cancer.

This important annual event raises significant funds for the breast cancer movement, thanks to supporters and survivors around the world who step up and take action by fundraising for the cause.

Komen Austin serves the women and men in the city's five-county area battling breast cancer by removing barriers to care for the uninsured and underinsured. Of the funds raised annually, Komen Austin invests up to 75 percent into local community health care grants and educational initiatives; the remaining 25 percent is invested into global research to find the cures for breast cancer.

Additional features of this year's event include:

### **Hope Village:**

A special space for all who are registered as a breast cancer survivor, currently fighting breast cancer, or thriving with metastatic breast cancer.

### **Mission Possible Tent:**

Be sure to visit to learn where your fundraising dollars are making an impact. Be prepared to be inspired and take action.

### **MoreThanPink Tent**

Fundraise \$25 or more and receive access to special treatment and hot breakfast with other everyday heroes in this tent.

### **VIPink Patio & Tent**

Fundraise \$250 or more and gain entry to the VIP tent with perks and swag for our biggest impact makers.

### **Promise Path**

Remember or celebrate your favorite breast cancer survivors with a flag displayed on the Promise Path. Available for purchase during registration or here.

### **Paws for the Cure**

Bring your pooch with you for your morning stroll by adding Fido to your registration.

### **Kids for the Cure**

Race morning is family friendly and the Kids for the Cure area will offer a petting zoo and fun activities for the 12 & under crowd.

### **Entertainment**

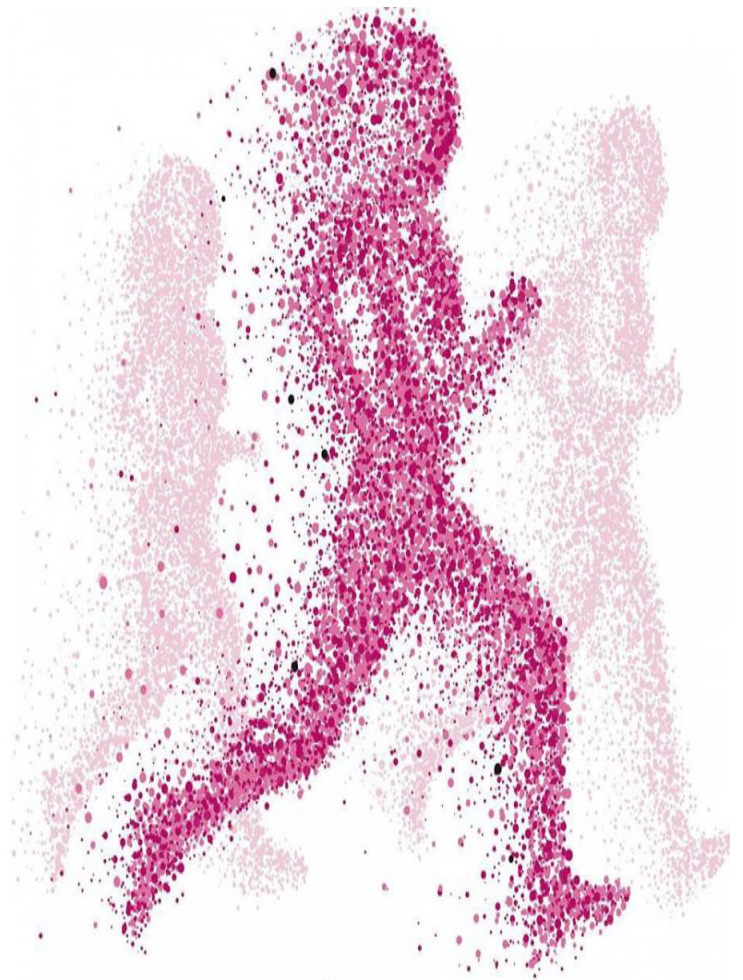
This year's Austin's Race for the Cure will feature a performance by Courtney Santana on the Main Stage, DJ's along the Race Course, and more.

This year's race route will start at Race Village, located at the Austin Statesman Headquarters, and extend down historic Congress Avenue to the Texas State Capitol and back. All are welcome to walk, jog, run, or even participate virtually.

Susan G. Komen® Austin is an Austin-based nonprofit committed to saving lives locally and fighting breast cancer globally. Komen Austin is the only local breast cancer organization attacking the disease on all fronts – education, screening, treatment, follow-up care, survivorship, support, advocacy, and research.

As the largest nonprofit funder of breast cancer research outside of the U.S. government, Komen Austin's goal is to reduce the number of U.S. breast cancer deaths by 50% by 2026. The Race for the Cure is the primary fundraising event for local breast healthcare grants and global research grants.

Visit the Komen Austin Race for the Cure website to register, and for more information on the event, fundraising, and the Susan G. Komen organization.



### Asps/Puss Caterpillars

Did you know that some caterpillars are able to inflict a painful sting? Various caterpillars have urticating hairs or spines that are connected to a poison gland. When part of your body comes into contact with the hairs, they can stick in the skin, injecting venom, and sometimes causing a rash.

Asps, also known as puss caterpillars, are about an inch and a half long when fully grown, teardrop-shaped with long, silky hair. They are usually tan, but can be anywhere from pale yellow to grey. Smaller instars (stages of the caterpillar) are yellow in color while later instars turn pale green to white. Spines containing venom are concealed in later instars by long, soft-looking setae (hairs). Asp caterpillars are typically found on trees and shrubs around homes, and generally do not cause long-term harm to plants.

If stung, pain will immediately be felt and blood-colored spots may form at the sting site. Other symptoms that may occur are nausea, headache, vomiting, or respiratory distress. To remove spines from the skin, cover the sting area with strong tape and peel tape off to pull out spines from skin. Repeat tape process as needed to remove all spines. Applying an ice pack to the sting area may help to soothe the skin. An oral antihistamine may also be taken to relieve itching. If respiratory distress occurs, seek medical attention.

If you have large populations of these caterpillars and want to manage them, you can try *Bacillus thuringiensis* var. *kurstaki* (this targets caterpillars only, but will also kill "good" caterpillars). You may also look for active ingredients such as spinosad or azadirachtin (both naturally-derived products). These products tend to work best on smaller instars. Another option would be a residual pesticide labeled for caterpillars that is also labeled for use on plants.

*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)*

*This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188/project accession no. 1013905] from the USDA National Institute of Food and Agriculture.*

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The advertisement features a central image of a smiling young woman with glasses, wearing a striped shirt and a backpack, holding several books. Surrounding her are various hand-drawn icons related to school and dental care, including a pencil, a tooth, a backpack, a calculator, a toothbrush, a tooth, a dental chair, and a dental X-ray. The background is a blurred image of a school hallway.



## Highland Park West Balcones Area

# 3 Ways to Bring a Taste of Autumn Into Your Home

By MarLee Berry, [TexasHillCountry.com](http://TexasHillCountry.com)

Autumn is finally here and for those of us living in the heart of Texas, we know what that means. Absolutely nothing, because it is still 90 degrees outside. Although our great state is famous for many things, a predictable seasonal pattern is not exactly one of them. However, for many people, the thought of cooler weather, colorful scarves, and pumpkin spice gives them all the warm and fuzzies. Below are three ways you can make the inside of your home feel totally fall-like even when it still feels like summer on the outside.

### 1. Bring In the Scents of the Season



The first step toward creating an autumnal haven is incorporating the scents of the season. From potpourri mixes and wax melts to candles and essential oil blends, there are a number of ways to bring cozy fall aromas to your home. The key is to look for hints of cinnamon, vanilla, or nutmeg. A good rule of thumb:

let your nose be your guide. If the smell makes you think of grandma's apple pie or a relaxing walk through the woods on a cool, crisp morning, then you have probably found the perfect match.

### 2. Add a Touch of Color

A key part of fall that many people love is the changing colors of foliage. Reds, yellows, and oranges in various shades all around evoke a sense of anticipation as the promise of cooler weather seems just around the corner. A great way to harness that energy is by bringing the colors



of fall indoors. A simple red throw blanket casually draped across a chair or a selection of autumn-themed throw pillows strategically placed can add just a tasteful hint of seasonal decor without going over the top.

### 3. Decorate With Nature's Bounty

The final step in getting your home ready for fall is to incorporate nature's bounty. A quick walk through your neighborhood might yield a multitude of materials. Leaves in all kinds of shapes, sizes, and colors, used in conjunction with twine or ribbon, can create a simple banner. Acorns, or other nut varieties, placed inside a clear vase or mason jar can become beautiful centerpieces. Of course, pumpkins and gourds are oftentimes found at your local grocer and are wonderful items to utilize in your autumn decor.

Here in Texas, the seasons tend to keep us on our toes as we never know exactly what might be thrown our way. However, regardless of what might be happening outside, you can still make your home feel like a fall paradise on the inside.



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# Costumed Superheroes Race Against Child Abuse at CASA Superhero Run

Superman was adopted. Spiderman was raised by his aunt and uncle. Batman grew up with his butler, Alfred, and later took in Robin to raise as his ward. Wonder Woman was made out of clay by Amazons and brought to life by the gods. Few superheroes grew up in a typical family situation raised by their own parents, yet they all accomplished great things as adults. CASA, a nonprofit that advocates for children who've experienced abuse or neglect, believes all children deserve the chance to grow up happy and healthy and become superhero adults themselves.

That's why CASA is hosting the 9th Annual CASA Superhero Run. This run raises funds and awareness to provide children who've been abused or neglected with the powerful voice of their very own CASA volunteer. Children with CASA volunteers are more likely to receive therapy, health care and education, more likely to do better in school, less likely to be bounced from one place to another, and less likely to get stuck in long-term foster care than children without CASA.

**WHO:** CASA of Travis County, CASA of Williamson County & CASA of Central Texas (Caldwell, Comal, Guadalupe & Hays Counties) plus 3,500 superhero runners, kids, families, dogs and more!

**WHAT:** 5K and Kids 1K with superhero costume contest, BAM Academy obstacle course, bounce houses, photo booth, superhero guest appearances and more!

**WHEN:** Sunday, September 16, 2018

- 7:00 am – Registration/Check-In, Costume Contest and Superhero Activities
- 8:00 am – 5K
- 9:15 am – Kids 1K with Villains to Chase
- Superhero Dance Party after Kids 1K

**WHERE:** IBM Client Innovation Center at Broadmoor Campus, 11501 Burnet Rd, Austin, TX 78758

**WHY:** To raise funds and awareness in support of children who've been abused or neglected.

Register/More Info: [www.casasuperherorun.com](http://www.casasuperherorun.com)

### About CASA:

CASA speaks up for children who've been abused or neglected by empowering our community to volunteer as advocates for them in the court system. When the state steps in to protect a child's safety, a judge appoints a trained CASA volunteer to make independent and informed recommendations in the child's best interest. After intensive training, background checks and being sworn-in by a judge, volunteers are appointed to a child or family of children and spend an average of 15-20 hours a month advocating for these children for the lifetime of a case. CASA of Travis County was founded in 1985 and supports over 700 volunteers who advocate for more than 1,750 children a year. CASA of Williamson County was founded in 2009 and supports over 100 volunteers who advocate for more than 200 children a year. CASA of Central Texas (serving Caldwell, Comal, Guadalupe & Hays Counties) was founded in 1985 and supports over 200 volunteers who advocate for more than 550 children a year.



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## AAUW-Austin: Changing the Climate for Women and Girls in Central Texas!

Community members are invited to AAUW-Austin's Summer Social on Sunday, August 26th from 2 to 4 at Congregation Beth Israel, 3901 Shoal Creek Blvd, Austin, 78756. After another long, hot summer, it's a welcomed treat to come together to enjoy ice-cold pink lemonade, nibbles, and good conversation. Prospective members are invited to join us to learn more about AAUW-Austin (American Association of University Women - <https://austin-tx.aauw.net/>).

Anyone with an associate degree or higher is invited to join as a member for the 2018-19 year. Our public policy team, STEM committee, program committee, and variety of interest groups will share their plans for the coming year at our annual kick-off celebration.

A woman with blonde hair tied in a bun, wearing a red and black plaid shirt, is holding a white sign. The sign has the text 'Advertise Your Business Here!' in a cursive font, followed by the phone number '888.687.6444' in a bold, sans-serif font.

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## Myths About Bullying

### **1. Bullying is the same thing as conflict.**

Wrong. Bullying is aggressive behavior that involves an imbalance of power or strength. Often, bullying is repeated over time.

Conflict involves antagonism among two or more people. Whereas any two people can have a conflict (or a disagreement or a fight), bullying only occurs where there is a power imbalance—where one child has a hard time defending himself or herself. Why is the difference between bullying and conflict important? Conflict resolution or mediation strategies are sometimes misused to solve bullying problems. These strategies can send the message that both children are “partly right and partly wrong,” or that, “We need to work out the conflict between you.” These messages are not appropriate messages in cases of bullying (or in any situation where someone is being victimized). The appropriate message to the child who is bullied should be, “Bullying is wrong and no one deserves to be bullied. We are going to do everything we can to stop it.”

What does work? Research suggests that the best way to deal with bullying is through comprehensive programs that focus on changing the climate of a school and the social norms of the group. For more information, see the tip sheet entitled, “Best Practices in Bullying Prevention and Intervention.”

### **2. Most bullying is physical (involves hitting, shoving, kicking).**

Physical bullying may be what first comes to mind when adults think about bullying. However, the most common form of bullying—both for boys and girls—is verbal bullying (e.g., name-calling, rumor-spreading). It is also common for youth to bully each other through social isolation (e.g., shunning or leaving a child out on purpose).

### **3. Bullying isn't serious. It's just a matter of “kids being kids.”**

Bullying can be extremely serious. Bullying can affect the mental well-being, academic work, and physical health of children who are targeted. Children who are bullied are more likely than other children to have lower self-esteem; and higher rates of depression, loneliness, anxiety, and suicidal thoughts. They also are more likely to want to avoid attending school and have higher school absenteeism rates. Recent research on the health-related effects of bullying indicates that victims of frequent bullying are more likely to experience headaches, sleeping problems, and stomach ailments. Some emotional scars can be long-lasting. Research suggests that adults who were bullied as children are more likely than their non-bullied peers to be depressed and have low self-esteem as adults.

Children who bully are more likely than other children to be engaged in other antisocial, violent, or troubling behaviors. Bullying can negatively affect children who observe bullying going on around them—even if they aren't targeted themselves.

### **4. Bullying doesn't happen at my child's school.**

Bullying is more common at some schools than others, however it can happen anywhere children and youth gather. Studies show that between 15-25% of U.S. students are bullied with some frequency (“sometimes or more often”) while 15-20% admit that they bully others with some frequency within a school term. The best way to find out about bullying at your child's school is to ask children and youth, themselves. One good way to do this is by administering an anonymous survey about where

bullying occurs, when it occurs, and how often it occurs.

### **5. Bullying is mostly a problem in urban schools.**

Bullying occurs in rural, suburban, and urban communities, and among children of every income level, race, and geographic region.

### **6. Bullying is more likely to happen on the bus than at school.**

Although bullying does happen on the bus, most surveys indicate that bullying is more likely to occur on school grounds. Common locations for bullying include playgrounds, the classroom, the cafeteria, bathrooms, and hallways. A student survey can help determine where the hotspots are in any particular school.

### **7. Children and youth who are bullied will almost always tell an adult.**

Adults are often unaware of bullying—in part because many children and youth don't report it. Most studies find that only 25%-50% of bullied children talk to an adult about the bullying. Boys and older children are less likely than girls and younger children to tell adults about bullying. Why are children reluctant to report bullying? They may fear retaliation by children doing the bullying. They also may fear that adults won't take their concerns seriously or will deal inappropriately with the bullying situation.

### **8. Children and youth who bully are mostly loners with few social skills.**

Children who bully usually do not lack friends. In fact, some research finds that they have larger friendship networks than other children. Importantly, they usually have at least a small group of friends who support and encourage their bullying behavior. Bullies also generally have more leadership skills than victims of bullying or children not involved in bullying.

### **9. Bullied kids need to learn how to deal with bullying on their own.**

Some children have the confidence and skills to stop bullying when it happens, but many do not. Moreover, children shouldn't be expected to deal with bullying on their own. Bullying is a form of victimization or peer abuse. Just as society does not expect victims of other types of abuse (e.g., child maltreatment or domestic abuse) to “deal with it on their own,” we should not expect this from victims of bullying. Adults have critical roles to play in helping to stop bullying, as do other children who witness or observe bullying. To learn more about what you can do to help, visit <http://www.stopbullyingnow.hrsa.gov/adult/indexAdult.asp?Area=teacherscorner>

### **10. Most children and youth who observe bullying don't want to get involved.**

The good news is that most children and youth think that bullying is “not cool” and feel that they should do something if they see it happen. In a recent study of tweens, (Brown, Birch, & Kancherla, 2005), 56% said that they usually either say or do something to try to stop bullying that they observe or tell someone who could help. These children and youth play a critical role in helping stop bullying in schools and communities.

These and other materials are available online at: [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)



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SEPTEMBER

- 2 HEB Free Day at Texas History Museum | Bob Bullock Museum | [thetoryoftexas.com](http://thetoryoftexas.com)
- 3 Free Day of Yoga | Various | [freedayofyoga.com](http://freedayofyoga.com)
- 14-15 2018 Hill Country Classic Car Auction | Palmer Events Center | [dankruseclassics.com](http://dankruseclassics.com)
- 22-23 Pecan Street Festival | 6th St | [pecanstreetfestival.org](http://pecanstreetfestival.org)
- 23 Schlotzsky's Bun Run | The Domain
- 23 Austin Museum Day | Museums around Austin | [austinmuseums.org](http://austinmuseums.org)
- 29 Austin Oktoberfest | Scholz Garden | [austoberfest.com](http://austoberfest.com)
- 30 Susan G. Komen Race for the Cure | Downtown Austin | [komenaustin.org](http://komenaustin.org)

OCTOBER

- 5-7 & 12-14 Austin City Limits Music Festival | Zilker Park | [aclfestival.com](http://aclfestival.com)
- 6 Texas Teen Book Festival | St. Edward's Univ. | [texasteenbookfestival.org](http://texasteenbookfestival.org)
- 6-28 Boo at the Zoo | Austin Zoo | [austinzoo.org](http://austinzoo.org)
- 13 Oktoberfest | German Free School | [germantexans.org](http://germantexans.org)



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