



HPWBANA

HIGHLAND PARK WEST BALCONES
AREA NEIGHBORHOOD ASSOCIATION

THE HPWBANA NEWS

Volume 15, Number 1

January 2019

www.hpwbana.org

Reading, Discussing...and Drinking Wine

By Rebecca Wolfe Spratlin

Nearly 12 years after our initial meeting, our Highland Park West neighborhood women's book group is going strong. Starting with our first meeting on April 17, 2007 about a dozen women living on Monte Vista Drive met to form a book club, as well as many long-term friendships. The initial group has gained some new members as people bring friends and new neighbors move in...and we have lost members to advanced aging, moving away and one passing away. It is an ever-evolving group with some very loyal stalwarts.

The group gathers once per month as various members host the group in their homes. We usually start off with some finger food...and ALWAYS with wine. We have read an eclectic array of books, from classics, to current fiction to non-fiction to avant garde. The most interesting outcome has been that we have all have read books that we would not have read had we not been part of this group. It has been mind-expanding. Our members range from mid-thirties to over 90 years of age. The multi-generational viewpoints add a wonderful depth of knowledge to the book discussions and keep this intellectual group of women engaged in the conversations.

In this world of crazy busyness, it is pure joy to take a step back once a month to enjoy good friends, good discussions...and good wine. Cheers!



*Starting from left, moving clockwise: Melissa, Laura, Debbie,
Lottie, Joyce, Anne and Bonnie*



Highland Park West Balcones Area

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

BOARD OF DIRECTORS

PRESIDENT

Pieter Sybesma president@hpwbana.org

VICE PRESIDENT

Jason Lindenschmidt vp@hpwbana.org

TREASURER

George Zwicker treasurer@hpwbana.org

SECRETARY

Dawn Lewis secretary@hpwbana.org

NEWSLETTER EDITOR

Tammy Starling newsletter@hpwbana.org

WEBMASTER

Henry Tang webmaster@hpwbana.org

BOARD MEMBER

Ty Allen

Chereen Fisher

Rebecca Spratlin

Noel Stout

Wallis Goodman

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.

The Highland Park West Balcones Area Neighborhood Association would like to thank all our

2018 BUSINESS PLUS MEMBERS

Your support and generosity have been instrumental in our success. Many of the activities and projects could not have been done without your assistance. Thank you!

AUSTIN DNA BARBERSHOP

2002 W. Koenig Lane, Austin, TX 78756
www.austindnabarbershop.com • 512-567-0644

AUSTIN MANUAL THERAPY ASSOCIATION

3508 Far West Blvd #240
www.austinmanualtherapy.com • 512-832-9411

CRAIGOS PIZZA

5501 Balcones Drive
www.CraigOsBalcones.com • 512-323-0660

CRENSHAW ATHLETIC CLUB

5000 Fairview Dr Austin, TX 78731
www.crenshaws.com • 512-453-5551

DOCHEN REALTORS

4501 Spicewood Springs Rd #1035
www.dochenrealtors.com • 512-345-2227

HIGHLAND PARK WEST SHOPPING

3301 Hancock Dr Suite 6
512-451-8591

KILIMANIA FINE & TRIBAL CARPETS

5329 Western Hills Dr
www.kilimaniafineandtribalcarpets.com • 512-497-7984

LINDENDWELL REAL ESTATE

5208 Valley Oak Dr, Austin, TX 78731
www.LindenDwell.com • 512-533-9355

MATTHEW LORAND ROOFING

7215 Chimney Corners
www.matthewlorandcompanies.com • 512-808-0403

REBECCA REALTY, LLC

5501 Balcones Drive, #212, Austin, TX 78731
www.rebeccarealtyllc.com • 512-694-2191

ROOTS REAL ESTATE

3103 Perry Lane, Austin, TX 78731
www.rootsre.com • 512-743-4653

SHERWOOD PEDIATRIC DENTISTRY

6500 N. Mopac, Bldg. 2, Ste 2206 Austin, TX 78731
www.drsherwood.net • 512-454-6936

SHIRLEY MCPHAIL SCHOOL OF DANCE

8020 Mesa Dr 78731
www.smsdance.com • 512-345-1284

STATE FARM INSURANCE

3500 Jefferson Street, Ste 100
www.nancyjocallahan.com • 512-451-7573

STRUB RESIDENTIAL

1107 W. 42nd Street, Austin, TX 78756
www.strubresidential.com • 512-451-7573

THE BENEFIT GROUP, LLC

3415 Graystone Dr, Ste 100
www.thebenefitgroup-tx.com • 512-335-5486



ADAM LOEWY
AUSTIN'S GO-TO **PERSONAL INJURY LAWYER**

LOEWY LAW FIRM

HELPING INJURED TEXANS

LoewyFirm.com
(512) 280-0800

Car Crashes | Bicycle Crashes | Drunk Driving Crashes | Child Injuries | Boating Accidents
Motorcycle and ATV Accidents | Slip and Fall Injuries | Other Serious Injuries



4507 Spanish Oak Terrace

3 Bedrooms + Office/Spare Bedroom, 2 Full Bathrooms
2 Living Areas • Dining Area and Breakfast Bar
2,813 Sq.Ft. • Completely Updated; High-end Finishes
0.31 Acre • Gorgeous Salt Water Pool, Decks and Yard
Offered for \$1,300,000



4301 Balcones Drive

3-4 Bedrooms, 2 Full Bathrooms on Main Level
"Apartment" with separate entrance on Lower Level
3,240 Sq.Ft. • Large Kitchen and Breakfast Room
0.47 Acre tiered back yard • Room for Pool
Update OR Build Your Dream Home
Offered for \$825,000

Rebecca Spratlin, Broker/MBA

Cell: 512-694-2191

Rebecca@RebeccaRealtyLLC.com

www.RebeccaRealtyLLC.com

Lettuce Recycle!

by Dena Houston

THEY'RE BACK!



Now that we have plastic bags back in our lives, we need to remind ourselves how to recycle them so that they don't end up in our trees, in our waterways, and embedded in the fences along the highways. Several businesses in Austin started offering single-use plastic bags as soon as the bag ban in Austin was lifted. Hobby Lobby and Joann's Fabric are just two of those businesses. Hopefully, this month's edition of Lettuce Recycle

will help encourage everyone to continue using their reusable bags whenever possible and to properly recycle any other plastic bags that come into their lives.

PLASTIC BAGS AND OTHER PLASTIC FILM ARE COLLECTED ONLY AT SPECIAL BINS AVAILABLE AT MOST GROCERY STORES.

Plastic bags **CANNOT** go into the blue curbside recycling cart. Plastic bags get caught in the machinery at the recycling facility and their removal is costly.

Follow is a list of the kinds of plastics that should be placed in the bin pictured above:

- Clean and dry zip lock bags
- Plastic cereal box liners
- Air pillows for shipping (deflate)
- Bubble wrap
- Shopping bags
- Bread bags
- Produce bags (remove labels)
- Newspaper bags
- Dry cleaning bags
- Product wrap on cases of water bottles, paper towels, etc.
- Plastic shipping envelopes (remove labels)

There are some plastics that cannot go into these bins because they are treated with special polymers. These polymers help keep food fresh or allow the plastic to hold more weight. This treatment prevents the plastic from being recycled. The following plastics **CANNOT** go into grocery store collection bins:

- Frozen food plastic bags
- Plastic bags for soil, fertilizer, and compost
- Pre-washed salad mix bags
- Candy bar wrappers

(Continued on Page 5)

Highland Park West Balcones Area

(Continued from Page 4)

- Chip bags
- Six-pack rings
- Cellophane
- Plastic that has food product on it. For example hot dog plastic wrappers, bags from shredded or packaged cheese, plastic that comes wrapped around hams or turkeys.

Here is the website for plastic bag collection:
<https://www.plasticfilmrecycling.org/>



CURBSIDE COMPOSTING UPDATES

• **COLLECTION EXPANSION** – The City hopes to expand curbside composting to an additional 52,000 families in the early fall of 2019. It is my hope that everyone in the Highland Park area will be in the expansion program.

• **ONLY COMPOSTABLE BAGS IN GREEN BIN** – Only certified compostable bags are allowed in the green curbside composting bins – not regular plastic or zip lock bags. These bags are not compostable. The quality assurance team spends much of its time pulling out non-compostable plastic bags and sending them to the landfill. Compostable bags are available at most grocery stores and can be ordered on Amazon.

All certified compostable bags are labeled with this logo:

• **NO PET WASTE IN GREEN BIN** – cat litter with pet waste cannot go into the green curbside bin. There is a quality assurance team that physically goes through the compost to pull out the non compostable plastic bags, glass bottles, and the many other items that cannot be composted. Fecal material in this compost is a health hazard to these workers. Even if this material were tightly enclosed in a compostable bag, these bags often break open in the collection and dumping process.

• **HOW COMPOST IS MADE AT OUR COMPOST FACILITY**
– It is made very efficiently at a company called Organics By Gosh.

(Continued on Page 6)

Start the New Year off right with Shoal Creek Dental.

SHOAL CREEK DENTAL CARE
8015 Shoal Creek Blvd., Suite 120
512.453.8181
www.shoalcreekdental.com



✦ Pain Free Laser Dentistry

✦ Gag Free Impressions

✦ Orthodontic Services

✦ Implants & Cosmetic Dentistry

✦ Cleanings & X-Rays

The highest compliment you can give us is a referral.



Highland Park West Balcones Area

(Continued from Page 5)

They grind and sift all the compost that comes to its facility. This is why bones, avocado seeds and paper products can be composted here and not easily in backyard compost bins. Large piles of organic material are created and reach a critical 160 degrees. With the right amount of moisture and time this material eventually becomes nutrient rich compost.

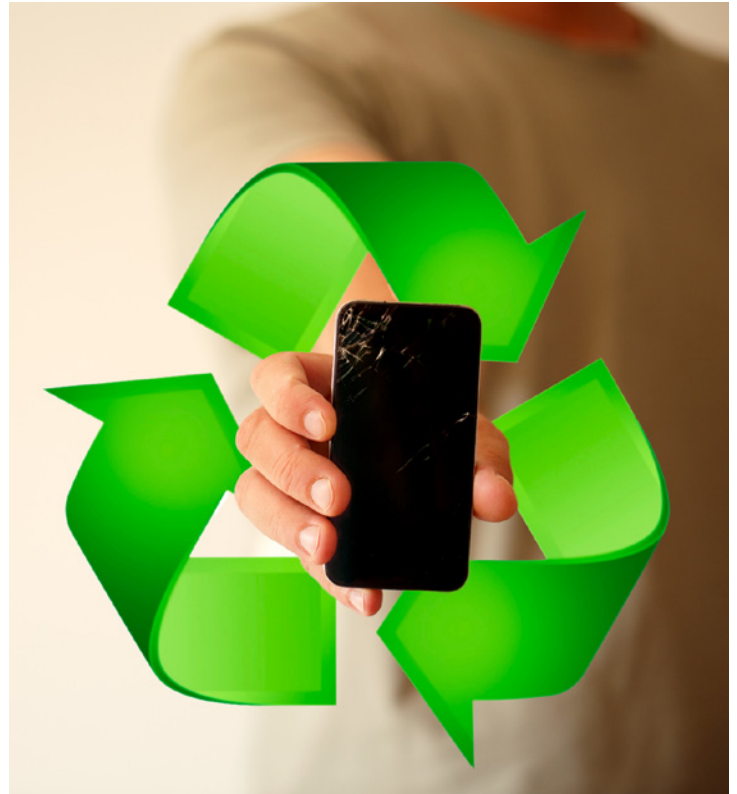
QUESTIONS FROM OUR READERS:

HOW DO I RECYCLE OLD GUITAR STRINGS? Guitar strings must go into your trash bin. They cannot go into your blue recycling bin – they get wrapped around the sorting machinery at the recycling sorting facility and can cause a lot of damage.

HOW DO I RECYCLE CELLOPHANE AND HOW DO YOU TELL THE DIFFERENCE BETWEEN CELLOPHANE AND PLASTIC? There is no way to recycle cellophane. It must go into your trash cart. Here's how to tell the difference between cellophane and recyclable plastic – cellophane makes a crinkling noise when crumpled and is usually transparent.

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@hpbwana.org.



Sign up today at www.NWLL-Austin.org
January 1 - 21, 2019



Modern 
Acupuncture

LET'S TINGLE



**A FACE AS SMOOTH
AS YOUR SOUL.**

219

**NEW YEAR. NEW YOU.
YOU'RE WORTH IT.**

FREE SESSION*

MODERN HEALTH. MODERN SKIN.

modacu.com

ARBORETUM MARKET

9722 Great Hills Trail, Ste 125
Austin, TX 78759
(512) 599-4506

LAMAR CENTRAL

4010 North Lamar
Austin, TX 78756
(512) 520-8066

*The laws relating to the practice of acupuncture vary from state to state. Please visit modacu.com for clinic ownership information, offer details and any state specific disclaimers. **FRANCHISES AVAILABLE**

Highland Park West Balcones Area

Drain Flies

— Wizzie Brown, Texas A&M AgriLife Extension Service



Drain flies are small brownish-grey insects with two wings. They have fuzzy wings and bodies and when at rest, the wings are folded over the body making them look like tiny moths. This is why they are sometimes called moth flies.

Drain flies may be seen in kitchens and bathrooms near sinks or tubs.

They tend to be more active in the evening. Female flies lay eggs in the thin film of organic matter that builds up on the inside of drain pipes. Larvae develop in the slime layer, feeding on fungi and other microorganisms.

Unfortunately, killing adult drain flies will only temporarily solve the problem. To manage drain flies, the source should be located and treated to reduce the population of developing flies. To track down where the flies are coming from, place tape over one side (don't cover the drain completely) of drains in sinks and tubs before you go to bed. In the morning, check tape for flies that emerged during the night to find out which drain(s) is/ are infested.

Once the drain is located, take a stiff brush and scrub the inside of the drain, following up by flushing the drain with boiling water. There is no need to treat the drain with bleach or ammonia. It may take several days to see a reduction of the adult flies once the drain has been cleaned; you have to allow the emerging adults to die. If you have drains that you cannot access to clean, there are biogels that consume the organic matter where the larvae develop. Read and follow all label instructions.

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



One week FREE service for new customers!



SERVICES OFFERED

Weekly Chemical Service
Water Testing & Balance
Annual Pool Analysis
Skimmer & Pump Cleaning
Pool Surface Skimming
Filter Cleaning



REPAIRS & MAINTENANCE

Acid Wash
Change Sand
Repair & Clean Filter
Clean Salt Cell
Clear Plumbing Lines

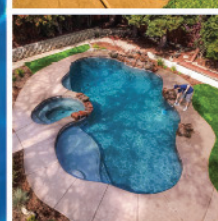
Drain Pool
Heater Tune-Up
Open Pool
Winterize Pool*

*available in select markets

EQUIPMENT UPGRADE

Auto Pool Cleaner
Chlorinator
Filter
Gas Heaters
Handrails

Heat Pumps
Pool Pumps
Spa Blowers
Pool Automation
Light Fixtures



(833) 827-5044 **PPSRV.COM**

TALKING BASEBALL: A SOCIAL ENGAGEMENT PROGRAM TO FIGHT MEMORY LOSS

Jim Kenton has been a self-described “baseball geek” since the age of seven. He fondly recalls immersing himself in the world of baseball every summer of his childhood, glued to the radio listening to broadcasts of games, and racing to collect the latest baseball cards and magazines. Over a lifetime, Kenton’s knowledge of baseball has grown so vast that now he is using it to give back through a truly innovative program. Beginning on January 28, Jim and Alzheimer’s Texas will launch an effort to help people living with dementia reconnect with a lifetime of memories through conversations about a shared passion: baseball.

Talking Baseball is a social engagement program to help those with early-stage dementia avoid isolation through reminiscence therapy. While people with early-stage Alzheimer’s may have difficulty with their short-term memory, their long-term memories remain intact for many years. Through guided, focused reflection on a beloved childhood pastime like baseball, people with Alzheimer’s can explore and enjoy early life memories and reconnect with their essential sense of self. Additionally, the group allows people to connect with supportive peers who share their interests and can relate to the experience of memory loss.

Research into reminiscence therapy is very promising and indicates that the simple act of sharing memories can have outcomes like improved mood, communication, and even functional ability. The practice can involve not only conversation, but interacting with sounds, smells, and sensory experiences that trigger long dormant memories.

The program will not only help participants reconnect with meaningful memories from childhood, but will also allow them to create new ones. The group is open to anyone with an interest in baseball as well as people with early stages of dementia. Meetings will be held on alternating Mondays starting January 28 through April 8 from 11:00 a.m.-12:30 p.m. at Westminster (4100 Jackson Ave, Austin, TX 78731). Lunch will be provided. Please contact 512-241-0420 x10 or vcardenas@txalz.org for more information and to register.

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.



Free Estimates on New A/C Systems
Fast 7-Day A/C Repairs
Energy Audits • Weatherization
Duct Repair & Replacement

Home & Handyman Repairs
Remodels & Additions
Senior Accessibility Upgrades
Painting / Staining
Drywall & Popcorn Removal
Decks & Fences / Install & Repairs

“We have been keeping Austin comfortable
for over 40 years.” – The Yamin Family

TACL #B5235C



A-PLUS AIR CONDITIONING & HOME SOLUTIONS

Cooling • Heating • Home Repairs • Remodels

512.450.1980 • www.AplusAC.com

\$20 off
ANY A/C Repair or
Handyman Service!

Cannot be combined with other offers.
Check our website for additional coupons & discounts.



Highland Park West Balcones Area

At no time will any source be allowed to use the HPWBANA Newsletter contents, or loan said contents, to others in any way, 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.

PORTABLE FIRE EXTINGUISHER

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.

To operate a fire extinguisher, remember the word PASS:

- **PULL** the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
- **AIM** low. Point the extinguisher at the base of the fire.
- **SQUEEZE** the lever slowly and evenly.
- **SWEEP** the nozzle from side-to-side.

For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.

Choose a fire extinguisher that carries the label of an independent testing laboratory.

Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out.

Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



COMMON GROUND COMMON GOALS COMMON GOOD

We have more in common than differences. The Y is a place where we can discover common ground. Together, we can work on our common goals, whether it's getting in shape, making new friends, spending more time with our family or strengthening our community. And when you join the Y, you're contributing to the common good.

For more than a workout. For a better us.™

Limited Time Offer

\$0 JOIN FEE
SAVE \$48

FREE GIFT for new members*

Learn more at
AustinYMCA.org

*Details at AustinYMCA.org

STEVE'S PLUMBING REPAIR

Master License: M-39722

- Water Pressure Problems
- Sewer & Drain Service
- Fiber Optic Drain Line Inspections
- Free Estimates
- Satisfaction Guaranteed

Steve Brougner
512.276.7476



2605 Buell Ave



TIPS FOR SAFE NIGHTTIME DRIVING

Driving at night can be tricky—especially through neighborhoods or dimly lit landscapes—so it's important to keep in mind a few basic guidelines to make sure you and your vehicle both are well-prepared for the trip. Consider the following suggestions to help get you to your destination safely.

Ensure headlights are aimed properly. If you think your headlights are casting light too far above or below your line of vision on the road, you may need to adjust their aim. You can do this either by following instructions in your vehicle owner's manual or seeking help from a vehicle maintenance professional.

Dim dashboard lights. Most vehicle makes and models come with a dimmer for the instrument panel. Make sure it's set to the lowest brightness to limit distraction. Also remember to turn off overhead or visor lights while driving, which also can limit visibility at night.

Don't wear tinted glasses. Yellow lenses sold to enhance nighttime driving could actually decrease visibility instead of amplify colors and objects. If you wear prescription lenses, opt for an anti-reflective coating, and clean them thoroughly and frequently to optimize effectiveness at night.

Learn how to spot animals and objects. While driving at night, be on the lookout for wildlife creatures' eyes, which can easily be spotted as pairs of glowing retinas. Any animals' eyes—like raccoons or deer—typically will reflect the light from your headlights long before their true shapes

come into view.

Don't focus on headlights in oncoming traffic. Keep your eyes on the road in front of you and avoid looking into the headlights of oncoming traffic—especially if you notice a car using the high-beam headlight setting. If the headlights on the car behind you cause a glare in your rearview mirror, adjust the mirror.

Clean your windshield. Use a clean microfiber cloth or newspaper to clean the windshield—inside and out. Make sure the windshield is streak- and smudge-free before driving at night, and try to avoid wiping window condensation with your hands. Fingerprints and oils from your skin can cause streaks that limit visibility in the dark.

Know when to use your fog lights. Many vehicles come equipped with fog lights, which typically are located underneath the front headlights and are aimed low, where fog usually appears on the road. Fog lights also can be useful on a particularly dark road to further illuminate your path.

Adjust your exterior mirrors. Pointing your side-view mirrors down slightly can help reduce glare from other drivers' headlights and still allow you to see by tipping your head forward a few inches.

Have your eyes checked. Your eyes' ability to keep moving and scan the landscape rather than solely focus on one spot is imperative for successful nighttime driving. Visit your eye doctor for regular checkups to determine whether prescription lenses could help you see better at night.



AGE of Central Texas Adult Day Health Center

- The only fully-licensed — and longest-operating — non-residential and secure Adult Day Health Center in the Austin area
- 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 \$65 per day

An Affordable, Convenient, and Licensed Center Where Senior Adults Thrive!

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

**Call
Today
for a
Tour!**





PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

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

HP



Call if your plans for 2019 include buying or selling real estate. Let me put my **knowledge** and the **resources** of Moreland Properties to work for you.



CHRISTIE'S
INTERNATIONAL REAL ESTATE

Leading REAL ESTATE
COMPANIES
IN THE WORLD®

LUXURY PORTFOLIO
INTERNATIONAL®

Trey McWhorter

REALTOR®

512.808.7129 cell

512.480.0848 x116 ofc

trey.mcwhorter@moreland.com

www.moreland.com

