



# HPWBANA

HIGHLAND PARK WEST BALCONES  
AREA NEIGHBORHOOD ASSOCIATION

# THE HPWBANA NEWS

Volume 15, Number 3

March 2019

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

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Saturday, April 20 9:30am



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## Lettuce Recycle!

By Dena Houston



**March 2019 marks the 3rd anniversary of my recycling column - Lettuce Recycle. I love writing this and really appreciate HPWBANA giving me the opportunity to share my passion for recycling with our wonderful community.**

## History of Recycling - Part 2

Historically, recycling and reuse has always been a way to get many uses out of an item. For example, Native Americans used every part of the buffalo. Nothing was thrown away. The stomach became buckets, cups, dishes, and cooking pots. The tail was used as a whip or a fly brush. Even buffalo dung was used as fuel.

Recycling began very early in history. Here is a list of historical recycling events:

- 1031 – In Japan, all documents and paper are recycled and re-pulped into new paper and sold in local shops across the country.
- 1690 – The Rittenhouse Mill near Philadelphia, Pennsylvania, begins making paper from recycled cotton and linen rags.
- 1776 – American rebels turn to recycling to provide material to fight the War of Independence.
- 1865 – The Salvation Army is founded in London and begins collecting and recycling unwanted goods.
- 1897 – New York City creates a facility where trash is sorted at "picking yards" and separated into various grades of paper, metals and carpet. Burlap bag, twine, and rubber are also sorted for recycling and reuse.
- 1904 – The first American aluminum can recycling plants open in Chicago and Cleveland.
- 1916 to 1918 – During WWI, the Federal Government creates the Waste Reclamation Service to deal with the shortage of raw materials. The motto is "Don't Waste Waste – Save It".
- 1940 to 1945 – During World War II, recycling is an important weapon, both militarily and psychologically. The Office of Civil Defense calls on every American family to become a "fighting unit on the home front" and collect scrap metal for making weapons and ammunition. Twenty two million pounds of scrap metal are collected and recycled. Children are the most enthusiastic collectors.

### RECYCLING TAKES A NOSE DIVE AND THEN COMES BACK!

After WWII, Americans were tired of rationing and recycling and turned against the practice. In the late 1950's, a mayoral candidate in California won the election based on his "anti-recycling" platform. This anti-recycling movement lasted until the late 60's, when

*(Continued on Page 2)*

# Highland Park West Balcones Area

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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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*(Continued from Cover)*

"Baby Boomers" revived the culture of recycling.

One of the reasons recycling became popular again was a reaction to the "burn and bury" practice in American landfills. The other reason was that Baby Boomers began to be concerned about conserving energy and resources. In 1970, with the start of Earth Day, 3000 recycling drop-off centers were started. By the late 1970's, these drop-off centers grew into curbside recycling programs.

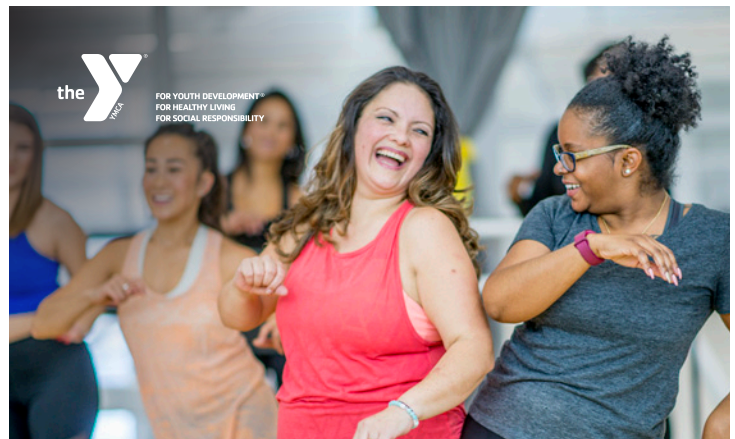
### QUESTIONS AND ANSWERS:

**CAN I PUT ZIPLOCK BAGS IN THE PLASTIC COLLECTION BINS AT THE GROCERY STORE?** Only if the Ziplock bag has never contained any meat, cheese, animal byproduct, or oil. There is no amount of washing that can make these bags clean enough to recycle. Please place them in your trash cart.

**CAN I PUT WAX, PARCHMENT, AND BUTCHER PAPER IN MY GREEN CURBSIDE COMPOST BIN?** Yes, you can put all of them (plus cupcake liners) in your compost bin, so long as the liners are not foil.

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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## Texas A&M AgriLife Extension: Genista Caterpillar



Genista caterpillars can often be seen on Mountain Laurel, but may also be found on crape myrtle and honeysuckle. These caterpillars can grow up to one inch in length and are yellowish-green with small black and white dots along their body. They have sporadic hairs protruding

along the body, but are not covered densely.

Genista caterpillars create and feed within webbing similar to webworms. The caterpillars have chewing mouthparts and cause defoliation of the plant. Eggs are laid in overlapping clusters on the underside of leaves. Pupation occurs in a small, white silken cocoon that is attached to plants or structures. There are two generations per year.

Management of outbreaks can be rather simple. If plant size and number of caterpillars allows, then hand-picking or vacuuming caterpillars can be a good method of control. Removed caterpillars can either be smashed or dropped in a bucket of soapy water. Other options may include pesticides with active ingredients such as insecticidal soap, horticultural oils, pyrethrum, spinosad, or *Bacillus thuringiensis* var. *kurstaki*, also known as Bt. *Bacillus thuringiensis* var. *kurstaki* specifically targets caterpillars, but does not distinguish between “good” and “bad” caterpillars, so be careful where you apply it and also be aware of drift that may occur. When using Bt or spinosad, good coverage of the plant foliage is essential since caterpillars need to consume a lethal dose. There are also numerous synthetic insecticides formulated to treat for caterpillars. When using any pesticide product, be sure to 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](http://www.urban-ipm.blogspot.com)

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### Tips for a Killer Garage Sale

**DRAW CUSTOMERS IN** with effective product placement and display. Put the best, most visible items like furniture out front and center.

#### MAKE IT EASY FOR CUSTOMERS TO BROWSE AND BUY

- Display like items together
- Use easy-to-read price tags
- Provide written descriptions for unique items or even a story about where it came from
- Create room displays with furniture and décor
- Have a designated, easy to find cashier table
- Use larger signs to help customers navigate through your “shop.”

#### PRICE TO SELL

Don't base it on how much you paid for a thing 20 years ago, or how much it means to you. If you can't let it go for cheap, then you shouldn't be selling it at all.

#### OFFER FREE STUFF

If your primary goal is to rid your home of clutter, why not have a designated free pile of those items you really want to purge from your life.

#### CONSOLIDATE PRICING

Bag up those random craft supplies, hardware, holiday decorations or what have you and sell the whole lot for one low price.

#### KNOW WHAT CUSTOMERS WANT

Garage sale shoppers are different than retail shoppers. The majority are looking for daily-use items at a low cost. And some shoppers are looking for bargain supplies for their hobby or collection. The best-selling items are: Clothing in good condition, tools, furniture, games/toys/bicycles, books, small appliances, camping/fishing gear and sports equipment. Still, there are a few outliers who stop by because something unique caught their eye or they are looking for something that speaks to them aesthetically.



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# The Value of Sleep for Children and Teens

Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

- a set bedtime and wake time that does not vary by more than 2 hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.



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- \* Someone running from a car or home.
- \* Someone screaming. If you can't explain the screams, call law enforcement and report them.
- \* Someone going door-to-door in the neighborhood or looking into windows and parked cars.
- \* Someone asking about past residents.
- \* Someone who appears to have no purpose wandering through the neighborhood.
- \* Unusual or suspicious noises that you cannot explain, such as breaking glass or pounding.

- \* Vehicles moving slowly without lights or without an apparent destination.
- \* Business transactions conducted from a vehicle. This could involve the sale of drugs or stolen goods.
- \* Offers of merchandise available for ridiculously low prices. The merchandise might be stolen.
- \* Someone walking or running while carrying property at an unusual time or place.
- \* Someone removing property from unoccupied residences.
- \* A stranger entering a neighbor's home which appears to be unoccupied.
- \* A stranger in a car who stops to talk to a child.
- \* A child resisting the advances of an adult.

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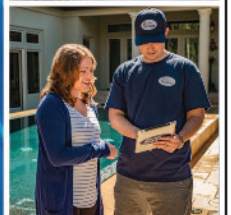
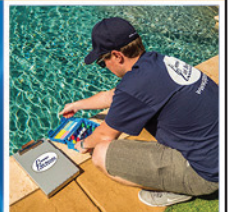
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### Tips for safe Nighttime Driving

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.



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## 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.





# SKIN CANCER

## THE SAD TRUTH

Every year, **5.4 million new cases** of skin cancer are diagnosed, making skin cancer more prevalent than any other cancer. 1 in 5 Americans will develop skin cancer in their life. The saddest part is that skin cancer is one of the most **easily preventable** and diagnosable cancers, and, if detected early, has one of the highest treatment rates. Yet, the public is still ill-informed on such a common cancer.



## WHAT CAN YOU DO TO REDUCE YOUR RISK

### PROTECT

Apply sunscreen and wear long-sleeves & hats under the sun.



### PREVENT

Avoid direct sun exposure between the hours of 11:00 am and 4:00 pm. Never use tanning beds.



### DETECT

Look out for abnormal moles or skin patches on your skin and regularly get physical examinations.



Oddly shaped, discolored, large, and evolving moles are potentially malignant



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something **green**  
in your yard  
this spring.

FOR SALE



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INTERNATIONAL REAL ESTATE

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