

THE HPWBANA NEWS

Lettuce Recycle!

By Dena Houston

My Recycling Challenge: A Personal Story

I was recently faced with helping clear out my father-in-law's house after he passed away. My father-in-law, David, died at 96 years of age. He was a product of the Great Depression. He also had worked for the State of Texas in a program that regulated all landfills in the state. David would never have wanted anything to go to a landfill that could not be reused or recycled. He never ever believed in wasting anything! Therefore, we found a lot of stuff that he had collected (in case it was ever needed).

As an avid recycler, I was faced with many challenges in clearing out his house. Here are some of those challenges and how I met them:

- Books – There were hundreds of amazing books, but with very little monetary value. I took 20 boxes of books to Recycled Reads. Recycled Reads sells donated books, CD's, DVD's, and records. The proceeds go to the Austin Public Library. Recycled Reads even gave me empty boxes to use to transport the books. When I arrived to unload, there was always someone to unload the books for me. <<http://library.austintexas.gov/recycled-reads>>

- Wine Corks – I found many jars of wine corks! Specs Liquor will take them to recycle into cork products. They offer two collection containers in their stores, one for natural cork and one for synthetic cork. In addition, many elementary schools have a "maker's closet", a storage area for arts and crafts supplies. I donated the corks and plastic bags (mentioned below) to the "maker's closet" at Highland Park Elementary School.

- Plastic Sandwich bags – David had heard that the old-

fashioned plastic sandwich bags with fold-over tops were no longer being made, so he bought several boxes every time he went to the grocery store. As a result, I found over 30 boxes of them. I took them to the "maker's closet" at Highland Park Elementary School. They were thrilled to have them.

- Clothing and household goods – I bagged up 30 bags of clothes that Simple Recycling picked up. They also took boxes of kitchen and household stuff. I would have liked to donate all of these things to one of the charity shops in Austin, but none of them would come to the house to pick them up.

- Compact fluorescent light (CFL) bulbs – I do not believe David EVER threw away an old CFL bulb. I took a huge box of them to the Recycle & Reuse Drop-Off Center. As mentioned in the February Highland Park newsletter, there is an average of 4 milligrams of mercury in each bulb, so I didn't want them thrown into a dumpster

where they would break and the mercury would end up in the landfill. David would have been so upset.

- Electronics – I took old computers, television sets, printers, cables, and phones to the Recycle & Reuse Drop-Off Center.

- Wire and plastic coat hangers – When you take clothes out of closets, there are many, many coat hangers - seems like millions of them. The wire coat hangers went to Parkcrest Cleaners. The all-plastic hangers went into the blue recycling cart.

IMPORTANT COMPOSTING UPDATE

Organics By Gosh provides curbside composting material

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Highland Park West Balcones Area

IMPORTANT NUMBERS

Austin Citywide Information Center. 974-2000 or 311
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Non-emergency Police (coyote sighting, etc.) 311
Social Services (during work hours) 211
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The HPWBANA Board meets on the first Monday of each month except December. Please go to HPWBANA.org for our current meeting location or contact president@HPWBANA.org.

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)

processing for the City of Austin. It was just announced that, in 2018, their processing plus the community's involvement in curbside composting diverted 30,000 tons of organic material from the landfill! WELL DONE, AUSTIN!!!

QUESTIONS AND ANSWERS:

HOW DO I RECYCLE THE RECTANGULAR CONTAINERS THAT ALMOND MILK AND JUICE COME IN? These containers are made of layers of cardboard and wax. They cannot be recycled or composted. They must go into your trash cart.

WHAT DO I DO WITH OLD CD AND DVD DISCS? The Austin Creative Reuse Center will take these. People love making craft projects out of them. Here is their web address: <http://austincreativereuse.org/>

HOW DO I RECYCLE A STAINLESS STEEL BOWL? You can either donate it to your favorite charity or take it to the Recycle & Reuse Drop-Off Center. Stainless steel items cannot go into your blue recycling cart.

Here is a very informative City of Austin recycling website: <http://www.austintexas.gov/what-do-i-do>

Stay tuned for future tips that will include creative ways to recycle or reuse. If you have any questions or recycling ideas, please send them to: recycling@hpwbana.org.



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Fundraiser Event Listing

This event is for anyone who has a connection to Parkinson's Disease

Power For Parkinson's "Musical Collage"

Thursday, April 4, 2019

6:30-9:30PM

Austin Central Library, 710 West Cesar Chavez Street, Austin, TX

\$125 per person

Heavy apps and drinks will be served

The 4th Annual Musical Collage benefits locally founded nonprofit, Power For Parkinson's.

This unique event features 8 local musicians/bands of varied genres performing one arresting work after another. Music lovers will be captivated by surprising shifts between three different stages to create the "Collage." Each performer has a connection to the disease and plays to honor those affected by Parkinson's Disease.

This event is an opportunity for music lovers, friends, and those with a Parkinson's connection to come together and support Power for Parkinson's efforts to provide free exercise, dance, singing, and social activities to our local Parkinson's community as well as globally through a home video series.

More info and tickets:

<https://www.powerforparkinsons.org/musical-collage>

Questions?

info@powerforparkinsons.org

512-464-1277



Join the Fun!

Perry Park Spring EGG HUNT

Saturday, April 20

9:30 a.m. Don't be Late!

Participants will be divided into the
following age categories:
Up to 2, 3-4, 5-7, 8 and older



See the Easter Bunny!

Find the Golden Egg!

**Guess the number of Jelly Beans
and win a Prize!**

Only elementary age children are invited to participate in the hunt, please. Older children can volunteer to hide eggs. If you or your child would like to help out with the egg hunt, please send an e-mail to volunteer@hpwbana.org

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Highland Park West Balcones Area

AGE of Central Texas Offering Free Caregiver Seminar

"Understanding Legal and Insurance Option in Healthcare" in Austin on April 13th

AGE of Central Texas will host the free caregiver support seminar exploring "Understanding Legal and Insurance Option in Healthcare" on Saturday, April 13th. Part of the on-going workshop series to help family members effectively care for an older loved one, the free seminar will be held from 10:00 a.m. to Noon at the AGE Building, located at 3710 Cedar Street in Austin.

Trelisha Brown from the Texas Legal Services Center will discuss the differences between Medicare and Medicaid, accessing healthcare options in Texas, and legal issues that could affect both senior adults and caregivers.

Registration for the caregiver seminar is free, but space is limited. Participants can register by calling (512) 600-9275, or online at www.TinyURL.com/AgeApril2019. A limited amount of free respite care for older family members will also be available during the seminar through AGE's Austin Adult Day Health Center, by RSVP only. To RSVP, please request the service with online registration or call (512) 600-9275 no later than April 10th.

For more information on the programs and resources provided by AGE of Central Texas, visit www.AGEofCentralTX.org or call (512) 451-4611.

Free Caregiver Seminar



Understanding Legal and Insurance Option in Healthcare

Trelisha Brown from the Texas Legal Services Center will discuss the differences between Medicare and Medicaid, accessing healthcare options in Texas, and legal issues that could affect both senior adults and caregivers.

**Saturday, April 13, 2019
10:00 a.m. to 12:00 p.m.**



Join us for the 2019 Aging Well Expo on April 23, 2019! The Expo starts at 10:00am and ends around 2:00pm. The event is **FREE!**

You will have an opportunity to visit a variety of exhibitor booths and tester demonstration booths. A panel of medical professionals will present at 1:00pm. The speakers will be located in Ballroom A and the Exhibitors/Demonstrations will be in Ballrooms B and C.

****There will also be opportunities to win fantastic door prizes!**

Please visit <https://www.eventbrite.com/e/aging-well-expo-tickets-55998226202> to register!

Acrobat Ants

Acrobat ants usually nest outdoors under stones or in dead wood such as firewood, tree stumps, dead tree branches, or hollow tree cavities. Because they are found in similar habitats, acrobat ants are sometimes confused with carpenter ants. Indoors they can nest in foam insulating board or water damaged wood. Acrobat ants get their name from the act of raising their



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Events@HPWBANA.org

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Contact Rebecca Spratlin at
Events@HPWBANA.org

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Contact George Zwicker at Treasurer@HPWBANA.org or go to HPWBANA.org, click "Get Involved," then "HPWBANA Membership," fill-in circle indicating "Donation Only" and type in "Events." You can pay via PayPal. Or pay with Venmo at HPWBANA Treasurer @HPWBANA, indicating "What for"

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Highland Park West Balcones Area

(Continued from Page 6)

abdomen over their thorax when in defensive posture which makes the ants look similar to circus acrobats.

Acrobat ants have a reddish-brown head and thorax with a dark blue-black abdomen. The abdomen is a distinctive heart-shape. Acrobat ants primarily feed on honeydew produced by aphids and can often be seen tending honeydew producers on plants. They will sometimes use overhanging tree branches or power lines to enter homes in search of food.

Outdoors, acrobat ants are usually not a problem directly. They can be seen as a problem in that they protect honeydew producers from predators and parasites. You can use this to your advantage by using acrobat ants as a monitoring tool to watch if you have honeydew producers on your plants.

To avoid a home invasion by acrobats follow these tips:

- Remove tree stumps & dead limbs from trees
- Trim back branches overhanging or touching the roof
- Fill tree cavities with sand
- Do not store firewood in or near the home
- Keep weather stripping around doors & windows in good repair
- Seal around pipe penetrations with caulk or expanding foam
- Fix any water leaks

- Replace water damaged wood on the structure
- Spray around the foundation of the home- select a product labeled for ants

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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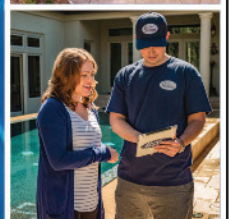
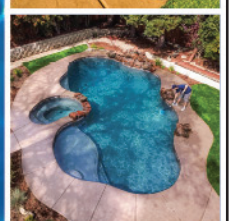
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Is Acupuncture for Real? (Part 1)

Acupuncture is one of the oldest, most commonly used medical procedures in the world. It is a component of the health care system in China that can be traced back for at least 3,000 years. President Nixon introduced acupuncture to mainstream healthcare in the U.S. in 1972, after returning from a trip to Beijing, China.

Many people, especially the critics, have concerns about if acupuncture is a real medicine or just some placebo. Before we address the critics, let's first define what real medicine is.

Is it safe to say that a medicine that withstands the test of time is 'real medicine'? Is it safe to say that a medicine that has little to no fluctuation in its theory or basis real? For example, since the theory of bacteria was first discovered it has not been disproven since. No new research shows that bacteria no longer exists; in fact, we can actually see bacteria via a microscope. The theory of bacteria has withstood the test of time.

Now what if I told you that there's a 3000 year old medicine that's being used by a country that has the largest population in the world, and this medicine still uses the same theory and methods today that were used 3,000 years ago, would you consider that medicine a real medicine? I would hope so. Acupuncture is that medicine. Is 3,000 years enough time to prove to you that it works?

The US has been slow in integrating acupuncture into its medical system, and what are the consequences? The US spends the most money in upgrading its healthcare system compared to the rest of the

world. What do you think the US should rank in terms of healthcare effectiveness and the health of its citizens compared to the rest of the world? You would think the US should be #1, right? The World Health Organization listed the US at #37. A small country, I've never heard of, called Oman ranked at #8. Do you think there's something wrong with the healthcare system in the US? When I talk to people in the public, I hear comments like "I only do treatments approved by the FDA, scientifically based and is covered by my insurance. Because anything outside of that is experimental, not real medicine, and is a scam". These statements befuddle me. The insurance approved medical treatments here in the US only get you the 37th best healthcare in the world. Is that what you want for yourself and your family, the 37th best healthcare in the world? Or would you want the best? Now I'm not talking about catastrophic care. I'm talking about health-care, the type of care that will prolong your life and improve the quality of your life. Insurance covers phenomenal catastrophic care, but it doesn't provide Health improvement care, at least not here in the US. So what type of care do you want for you and your family?

For more information about how acupuncture can help get rid of your chronic pain and neuropathy please contact: Achieve Integrative Health at (512) 260-1710 or info@achieveih.com. You can also visit www.achieveih.com.



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