



THE HPWBANA NEWS

Volume 15, Number 6

June 2019

www.hpwbana.org

Fun at the HPWBANA Spring Egg Hunt

The fun began at 9:30 in the morning on Saturday, April 20. Around 300 neighborhood kids and their parents, grandparents and friends gathered at Highland Park Elementary School and Perry Park for the Annual HPWBANA Spring Egg Hunt. This event is sponsored by your Highland Park West and Balcones Area Neighborhood Association (HPWBANA) and is supported by your Association membership fees and donations.

The weather was perfect and the kids were excited to fill their baskets with some of the 2,700 candy-filled eggs that were hidden in four different areas, one for each age group: Up to 2 years old, 3 – 4, 5 – 7 and 8 – 12. Each age group was on the look-out for the one “golden egg” hidden in its hunting area. The lucky kids who found the golden eggs won a basket filled with goodies and games. These beautiful baskets were won by Rob, Danielle & Jacob, Alex and Anabel, Kendall and Riley (a team effort). Congratulations!

In addition there was a LARGE jar of jelly beans. The person who came closest to guessing the number of jelly beans won the jar. It was AMAZING when Stella guessed 1,326...only three off from the actual number of 1, 329. Needless to say, she won the jar of jelly beans. Great job, Stella!

We were all excited when the Big Bunny arrived to cheer on the kids and pose for photos. Special thanks go to all our Neighborhood Volunteers:

Wallis Goodman
Jason Lindenschmidt
Allison Rauch
Peter Rauch
Samantha Rauch
Susan Rauch

Many thanks to everyone who helped in big and small ways, including Katy Pena, Principal of Highland Park Elementary School, who offered the grounds. A special shout out to the McCallum High School Honor Society for stuffing the eggs. Neighborhood events like this add to the joy of living in our neighborhood and provide a great venue to enjoy time together.



*Golden Egg Basket Winners
Danielle & Jacob*



*Golden Egg Basket Winner
Alex*



*Neighbors gather in anticipation of the
HPWBANA Spring Egg Hunt*

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

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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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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.

Lettuce Recycle!

by Dena Houston



REDUCE BY REFUSING!!!!

Most of us know the basic rules of recycling. What if we didn't have as much to recycle? That would happen if we REDUCE what needs to be recycled by REFUSING it in the first place. In this edition of Lettuce Recycle, we will explore ways to keep stuff from coming into our lives.

BUSINESS CARDS

How often are we handed a business card that we don't want or need? It's a small item, but it's one more thing to go directly into our recycling bin. Just say, "no thank you."

JUNK MAIL

Here is how to reduce unwanted mail:

- WEEKLY GROCERY STORE FLYERS - To stop receiving these flyers, visit <https://www.redplum.com/tools/redplum-postal-addressremove.html> and follow the instructions. Be patient; it takes about 6 weeks to stop receiving these flyers.

- UNWANTED MAIL OR CATALOGS - There is a free non-profit service to help stop junk mail for good. Go to <https://catalogchoice.org/>, create an account, and begin cancelling unwanted mail.

- OTHER CATALOGS - When ordering online, within a week catalogs begin arriving and don't stop. Call the company and request that they no longer send you their catalog.

FREE NEWSPAPER

To promote their newspaper, the Austin American Statesman periodically throws a Sunday newspaper in everyone's driveway for several weeks. If you want this free paper, that's great, but if you don't, just notify the Statesman's Circulation Department at 800-445-9898. They will stop it immediately.

YELLOW PAGES

Every year, a phone directory appears in our driveway. If yours goes directly into your blue recycling cart, as mine does, you can request that you not receive one by going to the following website: <https://www.yellowpagesoptout.com/>.

FREE GIFTS

Every event seems to have freebies to give away - free tote bags, t-shirts, koozies, key chains, pens, etc. If you really think you will use these things, that is great, but if it will end up in the trash, just say no!

PLASTIC CUTLERY WITH TAKE-OUT

We love barbecue take-out, but it always comes with the little packet of cutlery (which we never use). Last week, I asked that they not include the cutlery - who'd of thunk?

(Continued on Page 5)



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Highland Park West Balcones Area



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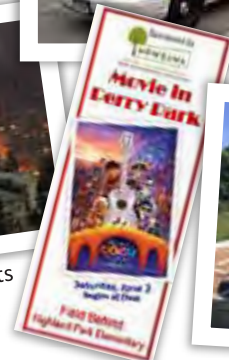
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Beautification

Two EASY Ways to Support HPWBANA

1. Go to HPWBANA.org

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Then click on "HPWBANA Membership"

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Pay via Venmo using HPWBANA Treasurer @HPWBANA

2. Fill out this form:

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Mail Form with Check to:

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(Continued from Page 6)

PLASTIC BAGS

Most of us still use our reusable bags at the grocery stores, but the checker still offers plastic bags that I really don't need, such as bags for meat that I have already put in plastic bags in the meat department. Just say no thank you.

STRAWS

If you don't need a straw at a restaurant or bar, just tell the server ahead of time that you don't need one.

FURTHER WAYS TO REFUSE

- Go paperless – refuse the paper bills!
- Pay bills online or use a debit card, rather than writing checks.
- Have receipts emailed to you rather than getting paper receipts.

ANY SUGGESTIONS FROM HIGHLAND PARK WEST READERS ABOUT OTHER WAYS TO REFUSE? PLEASE EMAIL ME AT recycling@hpwbana.org AND I WILL PUBLISH THEM IN THE NEXT LETTUCE RECYCLE.

QUESTIONS FROM OUR READERS:

CAN I PUT THE PAPER AROUND STICKS OF MARGARINE AND BUTTER INTO MY GREEN COMPOST CAN? Yes, as long as it is not foil.

CAN I PUT WAX PAPER, BUTCHER PAPER, AND PARCHMENT PAPER INTO THE GREEN CURBSIDE COMPOST BIN? Yes. You can even put cupcake liners in the bin (as long as they are not foil).

PLEASE REMEMBER – WHEN IN DOUBT, THROW IT OUT!!!

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.



Highland Park West Balcones Area The New Light Bulbs-LED's

By Kent Johnson

Recently this newsletter repeated an article showing how we can save money in our homes by replacing the old incandescent bulbs with compact fluorescent (CFC) bulbs, the funny looking squiggly spiral bulbs. I am suggesting a new way for us to light our homes which is more efficient, less expensive over the long run, more effective and safer- LED Bulbs.

Incandescent bulbs, the ones Thomas Edison famously invented, are sold according to the amount of power they use, not the amount of light they produce, i.e. a 65 watt bulb uses 65 watts of power per hour and produces about 850 lumens of light. They also produce a lot of heat, which you know if you ever tried to unscrew one with your bare hand while it is on. They don't last very long either, so you are frequently replacing them; a real inconvenience if the bulb is hard to reach. But they were inexpensive. They are being phased out and will not be sold much longer.

The CFC bulbs are a little cooler and about 50% more efficient while producing the same amount of light as incandescent ones, but they have problems. First, they are not very reliable. They wear out and break easily. Second, when they break, the glass shards are sharp

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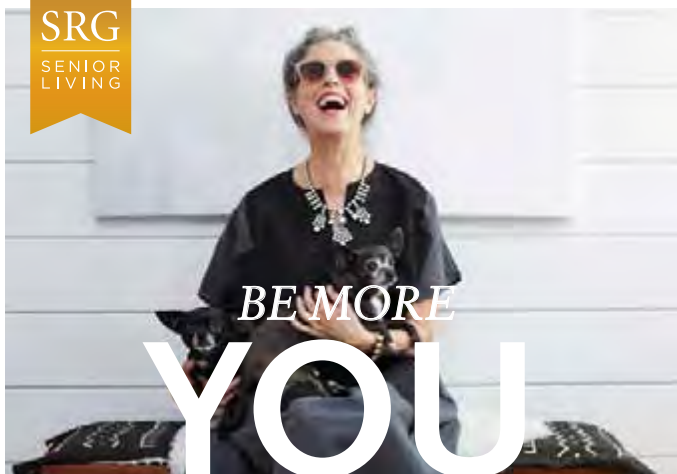
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across from Maggiano's outdoor patio.

(Continued from Page 5)

and dangerous. Third, the gasses, such as mercury, they contain are not healthy to breathe. They also produce a fair amount of heat.

LED (Light Emitting Diode) lights are really not very new, but they have recently become better and less expensive. In order to get LEDs to work best for us, we need to educate ourselves about this new light. A few years ago, LED's cost over \$20 each, but they are available now for around \$1.50 if you buy in packages and watch the sales. These lights look a lot like Edison's lights, but inside they are much different. They contain solid state electrical devices which convert power directly to light without producing much heat. Nothing is burning. You can twist the light out with your hand even when it is on. Plus, the plastic bulb is almost indestructible and lasts for a very long time. You may never have to replace your LED bulbs. Plus the LEDs are better for the environment.

To get the best light for you, in addition to brightness, you need to know a little about light color, as LEDs can be purchased in a multitude of colors. On each box you will see a chart showing "warm" or "cool" color, not the heat, of each bulb. The lower numbers, say 2000k, will be more yellowish, sort of like the Edison's, while those of 5000k or so, will be a brighter white. These lights come in lots of different sizes and styles, even shop lights. Which you choose depends on what you like or need for your particular use.

It is energy efficiency that attracts a lot of people to LEDs since an LED that produces the same amount of light as the 65 watt Edison uses only 9 watts of power for the same 650 lumens of light. You can light 7 of these LED bulbs for the same amount of electricity that one of the incandescent bulbs and three CFC bulbs use. This can reduce your power bill and reduce the chance of an electrical fire, since the wires, plugs and switches have less current flowing through them.

All you need to do when your incandescent and CFC bulbs burn out is just replace them with LEDs and you will eventually have a total LED house. It is good to have a supply of them ready to go. Remember to dispose of the old bulbs carefully, especially the CFC ones. Enjoy!



Alzheimer's Texas Launches Shop2Give Mobile Fundraising Tool

- - Supporters can now securely and conveniently pay with their smartphones at shops and restaurants nationwide and raise funds at every checkout - -

Alzheimer's Texas launched a new mobile fundraising tool, Shop2Give, to compliment online and event - based donations and help meet fundraising goals. Using the free app, supporters can securely and conveniently make in-store mobile purchases at tens of thousands of restaurant and retail locations nationwide, or shop popular online stores, and Shop2Give donates a percentage of every mobile checkout to our organization.

"Alzheimer's Texas is excited to partner with Shop2Give and provide our constituents an innovative way to support us," says Christian Wells, Executive Director of Alzheimer's Texas.

Shop2Give is the first fundraising solution for nonprofits that captures recurring revenue from supporters' in-store mobile and online purchases – at no cost to us or our supporters. Using Shop2Give, Alzheimer's Texas can now tap into billions of mobile and online spending, providing incremental revenue, as well as engaging current donors and attracting new supporters.

Supporters can click here to download the free Shop2Give app, link a payment method (debit or credit card), and support Alzheimer's Texas while they are shopping. Shop2Give was developed by Atlanta-based Sionic Mobile, the leading provider of cloud-based connected commerce and loyalty gateway services.

Modernize Your Mission, LLC is a reseller of the Shop2Give mobile app nationwide. They offer various methods of donation-gathering on how the world wants to donate today: Through online or mobile app means. They make it simple, secure and easy for donors to support your cause anywhere in the country.

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 help line, 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.



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DAN DAWSON

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Millipedes

Millipedes are often mistaken for worms. While millipedes have elongated bodies similar to worms, they have lots of legs which worms lack. Millipedes have a long, cylindrical body, a pair of antennae and two pair of legs on each segment of their body. They often curl into a spiral as a way to protect themselves when threatened.

Millipedes live in moist environments such as soil, leaf litter, and compost piles, under mulch, rocks or wood. Millipedes most often feed on decaying organic matter, though some are carnivorous. They are not typically thought of as pests, but more of a nuisance although they may occasionally damage seedling plants by feeding on stems and leaves.

Large numbers of millipedes may move into structures after heavy rainfall or during periods of drought. If millipedes do wander indoors, they usually die quickly due to lack of moisture.

Tips to prevent millipedes from moving indoors:

- Move objects providing harborage (compost piles, firewood, stones) away from structures
- Create a band of gravel between the home foundation & landscape beds
- Adjust watering schedules if overwatering
- Turn mulch so it dries out
- Seal accessible areas where millipedes can move into the home-around doors & windows; pipe penetrations, etc.
- Ventilate crawl spaces to allow for air flow

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

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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Highland Park West Balcones Area

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Girls Empowerment Network's campGEN Summer Camps Inspire Central

Texas Girls Entering Grades 3 - 8



campGEN girls participate in interactive workshops that are designed to help girls feel more confident as they navigate girlhood. The program engages Girls Empowerment Network's girl experts and female role models as camp counselors. The two-part Summer Camp Series for girls entering grades 3-8 includes:

- campGEN – Part 1, held June 17-21, kicks off with "Own My Power." This camp focuses on building confidence and self-love. Girls will explore stress management, identity, self-compassion and body positivity. Activities include yoga, art and craft projects, writing, talent shows and games.

- campGEN – Part 2, held July 15-19, continues the conversation with "Use My Power." Girls will focus on using their confidence to advocate for themselves and others. Girls will explore and practice confident communication, advocacy, healthy friendships and values. Activities include role playing, skits, a fun community advocacy project, and games.

"These two programs are the highlight of our summer and we look forward to them all year long," says Caroline Crawford, program director. "Our summer camps build on one another, and we often see girls sign up for both sessions. Once they learn to OWN their power, then they can put it into practice and USE their power. Each year we girls walk away with a strong sense of self and are ready for the next school year."

Network (GEN) helps girls discover they are powerful people. Through school-based programs and community events for girls, parents and schools, GEN ignites power in girls ages 8 – 18 by teaching them skills to thrive and believe in their ability to be unstoppable. campGEN was created to expand Girls Empowerment Network's services that empower girls to navigate the challenges of girlhood.

Both campGEN summer camp sessions will be held in Downtown Austin at First Baptist Church, located at 901 Trinity Street, Austin, TX 78701, Monday-Friday, 8:30 a.m. – 4 p.m. Drop off begins at 8:15 a.m. and aftercare is available until 5 p.m. for \$60. Each five-day session costs \$330.



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Searching for summer plans? The Y is here to help you make the most of the season. Indoor and outdoor pools, all of your favorite group exercise classes, personal training programs and summer enrichment activities for kids are just few reasons to join the Y today! Plus, membership includes access to 8 area facilities so an escape from your normal routine is always within reach.

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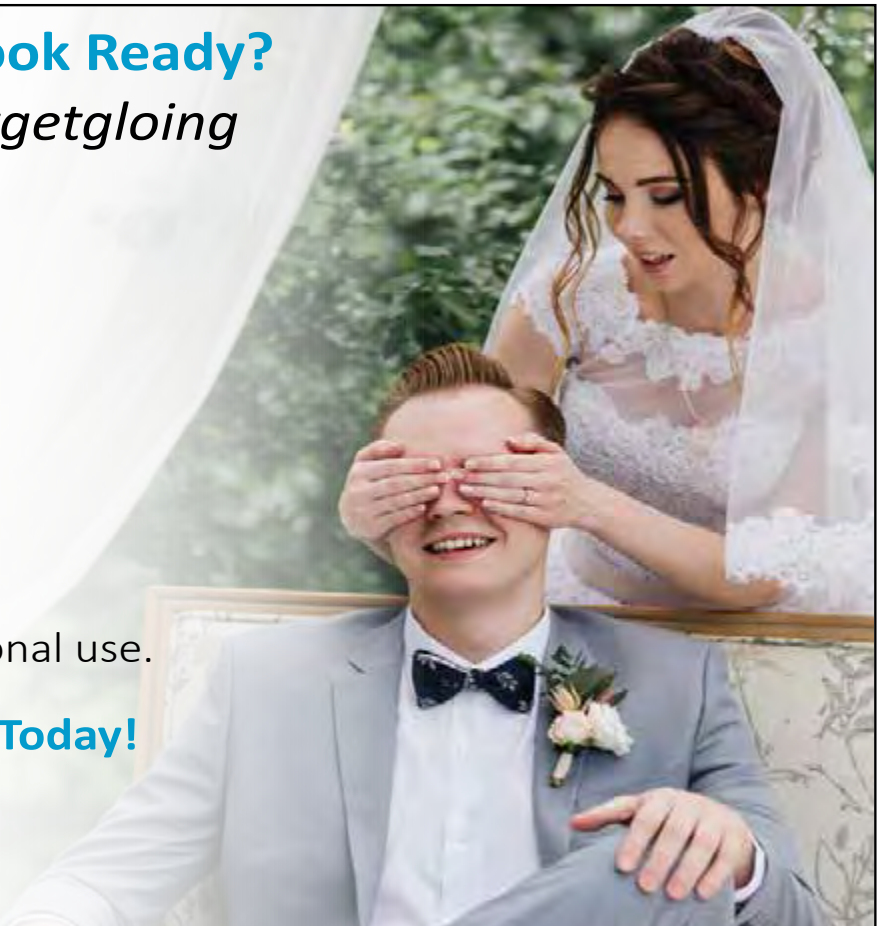


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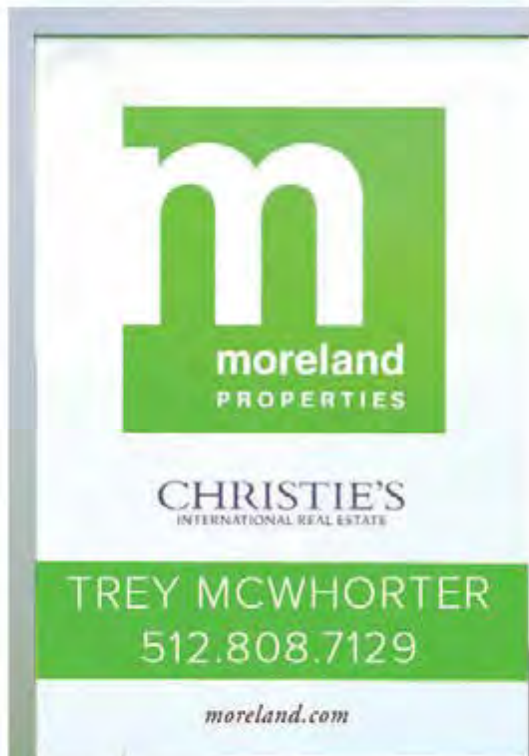
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