

THE HPWBANA NEWS

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 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!

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 Line210-698-1709
APD REP. - Officer Darrell Grayson512-974-5242

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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.

HPWBANA 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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Highland Park West Balcones Area



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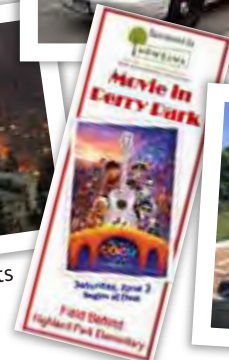
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Beautification

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1. Go to HPWBANA.org

Click on "Get Involved"

Then click on "HPWBANA Membership"

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Mail Form with Check to:

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Austin, TX 78755



Lettuce Recycle!

by Dena Houston

CORRECTION: Fun at the HPWBANA Egg Hunt

We missed some of the wonderful volunteers who helped this event be so successful and fun.

Much thanks to;

Wallis Goodman
Jason Lindenschmidt
Allison Rauch
Peter Rauch
Samantha Rauch
Susan Rauch
Carolyn Robinson
Cash Robinson
Rhett Robinson
John Spratlin
Rebecca Wolfe Spratlin
Annette Sybesma
Pieter Sybesma

QUESTIONS FROM OUR READERS - PART 1

In July 2017, I wrote a two-part series on previous questions from our readers. Since that time, I have received more great questions about recycling and compost collection. I thought it would be a good time to revisit some of them from the section "QUESTIONS FROM OUR READERS".

ARE "RECYCLING BAGS", SUCH AS THOSE SOLD BY GLAD, ALLOWED IN THE BLUE RECYCLING CART? The answer is NO! All recyclables collected in our neighborhood go to the Balcones Materials Recovery Facility (called the MRF). The MRF does not have the manpower to open bags and determine if the contents are recyclable. These bags are sent directly to the landfill.

IF I DON'T KNOW IF SOMETHING CAN BE PUT INTO THE BLUE RECYCLING BIN, SHOULD I THROW IT IN ANYWAY AND LET IT BE SORTED BY THE CITY? This is a great question and the answer is NO! It costs the taxpayers more when the MRF has to deal with non-recyclable items. If you are unsure about whether or not something can go into the recycling bin, put the item into your trash cart.

WHEN IN DOUBT, THROW IT OUT!!!

HOW DO I KNOW IF THE PLASTIC BAG I WANT TO USE IN MY CURBSIDE COMPOST BIN IS REALLY COMPOSTABLE? All certified compostable bags are marked with a symbol "BPI-CERTIFIED COMPOSTABLE". These are bags that have been tested and approved by Biodegradable Products Institute scientists to ensure the bags will break down completely, quickly and safely during the composting process. Here is a picture of the symbol:

WHAT HAPPENS TO THE ITEMS COLLECTED BY THE CITY FOR BULK COLLECTION? ARE THEY RECYCLED? Anything set out for bulk collection that is collected by City trucks GOES TO THE LANDFILL. These items are not recycled. The only recycling or reuse that occurs is when the drive-by entrepreneurs get these items first.

I JUST SPILLED COFFEE ON MY MORNING NEWSPAPER - CAN I RECYCLE IT? NO! Any paper that has become wet (even if it has dried) is contaminated and cannot be recycled in the blue curbside bin.

However, it can go into the green composting bin for curbside composting.

CAN WE RECYCLE SMALL ITEMS LIKE SCREW-ON CAPS FOR PLASTIC WATER BOTTLES? Loose plastic caps fall through the gaps on the conveyor belts in the sorting process and do not get recycled. It is very important to leave the plastic bottle caps attached to the plastic bottles. This makes it much more likely that they will be recycled properly.

(Continued on Page 6)

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At The Domain, between the iPic Theater and Dillards,
across from Maggiano's outdoor patio.

(Continued from Page 5)

However, metal lids on glass containers should be separated from the container. There are powerful magnets that will attract these lids and put them into the proper recycling stream. Some glass jars have plastic lids (like French's Classic Yellow Mustard). Please leave the lid off a jar like this so that the plastic lid will be combined with the plastics.

WHERE DO I TAKE MY USED BATTERIES? You can find a complete list of locations that accept used batteries at <<http://austintexas.gov/page/battery-drop-locations>>. Almost all Austin libraries take used batteries, but they do not take car batteries or power tool batteries. Home Depot and Lowes take only rechargeable batteries. The Recycle & Reuse Drop-Off Center will take all batteries.

HOW DO I DISPOSE OF LIGHT BULBS?

Incandescent light bulbs must go into your trash cart. There is no market at this time to recycle these bulbs. LED, fluorescent, and CFL bulbs are accepted at the Recycle & Reuse Drop-Off Center. Home Depot will accept only CFL bulbs.

CAN THE ALUMINUM FOIL-LIKE WRAPPERS ON METAMUCIL FIBER WAFERS (AND SIMILAR BARS) BE RECYCLED? No, they cannot. These wrappers may look like foil, but they are coated in a plastic layer that keeps them from being recyclable. If the wrapper crumples and stays crumpled, like aluminum foil, it can be recycled.

Just recently, I was asked two new questions. Here are those questions and their answers:

HOW CAN I RECYCLE WOODEN AND PADDED COAT HANGERS? Dry cleaners cannot use these types of hangers. They can only use the wire coat hangers. However, the Assistance League at 4901 Burnet Road will happily take these coat hangers and use them in their resale shop.

WHAT CAN I DO WITH OLD VHS TAPES? Professionally made VHS tapes, e.g., Disney movies, are accepted at Recycled Reads at 5335 Burnet Road. All other VHS tapes must go into the trash bin. There is currently no way to recycle these.

SIMPLE RECYCLING HAS LEFT AUSTIN

As of mid-June, Simple Recycling will no longer be providing curbside pick-up collection in Austin. At this point, there is no other company willing to provide this service. Stay tuned for updates.

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.

Help Make the World a Better Place

Did you know that by opening your home to a foreign exchange student you are taking on the role as a diplomat of the United States? Its true! Hosting a teenager from another country is form of public diplomacy – it gives both the host family and the student an opportunity to learn from each other, exchange cultural experiences and most of all, form life-long relationships.

All that is required of a host family is to provide three meals a day, a place for the student to sleep and a little bit of TLC thrown in. Students can share a room with a same sex sibling that is within three years of their age. The students all come with their own spending money, health insurance and an eagerness to be part of your family.

STS Foundation, a 501(c)(3) organization, is looking for volunteer host families for the 2019/2020 school year. We accept all different types of families, from single parents, to newly marrieds, to empty nesters to same sex couples. The application process is simple, once you are completely vetted, you will have access to our student database where you can select the student that best fits in with your family.

If you would like to find out more about hosting one of our wonderful students, please contact Vicki Odom at (832) 455-7881 or email at vicki.stsfoundation@yahoo.com. I can get you started in helping to make the world a better place to live.

A large advertisement for Premier Pools & Spas. The main image shows a rectangular swimming pool with a built-in hot tub at one end. The pool is surrounded by a concrete deck with lounge chairs and a patio sofa. The background is a lush green lawn with trees. A large oval logo with the text "Premier Pools & Spas" is overlaid on the top half of the image. At the bottom, there is a dark blue banner with the phone number (512) 800-2412 and the website address ppas.com/austin.

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Susan and I would recommend Rebecca to anyone seeking a professional Realtor to sell their home in the area. She was a true partner throughout the process."

Jerry and Susan Gatlin

Rebecca Wolfe Spratlin

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GERMAN PANCAKES

At least twice a week, German pancakes are my go-to for breakfast. Known alternately as Dutch babies or little Bismarcks, my family loves them. This particular recipe came with my great grandparents from Germany.

I make the batter the night before and store it in the fridge for easy morning prep. The batter can be cut in half, doubled, or tripled. You can make it in virtually any pan that has sides. Just be sure to spray the entire baking vessel with a little Pam, as this pancake crawls up the sides as it bakes and could stick. The batter must be poured into a hot pan.

The below recipe fits nicely in a medium skillet.

Preheat oven to 425 degrees.

Melt ½ stick of butter in an oven proof pan in the oven, so the pan gets nice and hot.

Mix together 2 eggs, ½ cup flour and ½ cup milk with a pinch of salt. It may have some lumps and that's okay. Pour the batter into the melted butter in the skillet, return to oven and bake for 12-15 minutes, until risen and a golden brown. It will deflate a bit once you cut it.

Top with syrup, fruit, powdered sugar, or nothing. It tastes delicious all on its own.

Nota bene: Sometimes these pancakes don't rise. No one knows why. Just try again with different flour or butter or eggs. It's only occurred to me three times in the 25 years I've been making them. You can also cut the butter down to as much as half, but Julia Childs would surely not advise that.

Would you like to share a specific recipe? Your neighbors would love to read about it! Email me at tiffivelytx@gmail.com. If I don't, my Cordon Bleu trained stepmother will!



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Highland Park West Balcones Area

Fall Webworms



Webworms can be found on a variety of trees and are most well-known for the webbing they create on the tips of branches. Webworms are caterpillars, or larvae, of a moth. Caterpillars cause damage by feeding on foliage that is inside the protective webbing.

There are 2-4 generations of webworms that occur each year. The first generation appears April- May and the last generation occurs in the late fall. The last generation is the most damaging generation, which provides these creatures with the name fall webworm.

Webworm larvae are about an inch long when fully grown. They are pale green to yellow with tufts of long hairs projecting from their body. Most people notice webbing that webworms create on the tips of branches. Webworms feed within the webbing and use it as protection from predators. When the caterpillars run out of foliage to feed on, they expand the web to encompass new leaves.

To manage webworms, the size and accessibility of the tree needs to be considered. Egg masses can be pruned from trees before they hatch in early spring. Egg masses are on the underside of leaves and are covered with hairs. Small webs can also be pruned from the tree when they begin to form in the spring. Larger webs can be knocked out of the tree or opened with a stick or jet of water which will allow predators inside the web to feed on caterpillars. Do NOT use fire to burn the web from trees! This causes more damage to the tree than if the caterpillars continued to feed.

Insecticides are also available for webworm management. Look for active ingredients such as *Bacillus thuringiensis* var. *kurstaki* (this product specifically targets caterpillars), spinosad, azadirachtin, or pyrethrins. Webs need to be opened before treatment with a pesticide so that pesticide gets inside the web where caterpillars are located.

Please note that webbing will remain in trees even after

caterpillars are dead. Webbing needs to be removed by you or a strong weather event.

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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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

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Highland Park West Balcones Area

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Flooding: How to Protect Your Family & Finances

In many areas, flooding is the most common and costly natural disaster—and it can happen here. Just one inch of water in your home or office can cost thousands of dollars in cleanup and replacement costs, including drywall, baseboards, floor coverings and furniture. You may think you're covered, but many homeowners' insurance policies do not cover flooding.

Here are several reasons to talk to an insurance agent now about flood insurance.

- There is usually a 30-day waiting period before coverage begins.
- Coverage is relatively inexpensive.
- Renters can buy flood insurance for personal belongings or business inventory.
- Basement coverage includes cleanup expense and repair or replacement of items such as furnaces, water heaters, washers, dryers, air conditioners, freezers and pumps.
- You do not have to repay flood insurance benefits as you do with disaster-related assistance loans.
- You can receive payments for flood-related losses even if no disaster was declared.

Learn more about flood insurance at www.floodsmart.gov.

There are things you can do to prepare your home and family now for flash floods:

- Make a family emergency plan. Emergency preparedness is everyone's responsibility. Write down your plan. Decide ahead of time where you will go if you have to leave and where family members will meet up. Identify an out-of-town emergency contact.
- Get supplies for an emergency kit. Start with three days' water and three days' packaged and canned food. Add a battery-powered radio and extra batteries. Store in waterproof containers with wheels or that you can lift so you can take them with you. For details about preparing an emergency kit, visit www.ready.gov/america/beinformed/floods.html
- Stay informed about what could happen. During storm season, listen to local media for up-to-date reports on weather watches and warnings. Keep a battery-powered portable radio—with a NOAA weather band—handy in case the power goes out. Choose one.

Learn more about preparedness at www.ready.gov/america/beinformed/floods.html.

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