



THE HPWBANA NEWS

Volume 15, Number 8

August 2019

www.hpwbana.org

Hooray for the **RED**, **WHITE** and **BLUE**!

by Rebecca Wolfe Spratlin

Everyone had a great time at the HPWBANA Fourth of July Parade and Wiener Roast. More than 200 neighbors gathered to celebrate the declaration of independence of the original 13 colonies from the British monarchy. The skies were rumbling and gray...but the rain held out until after the festivities were over. Neighbors gathered, dressed in red, white and blue, with fun sunglasses, hats and decorated bikes, trikes, wagons and scooters. Even some of the dogs were dressed for the festivities.

Prizes were given for the best decorated sets of wheels, the best dressed dog and the most patriotic dressed person. Free breakfast tacos (donated by Maudie's), grilled hot dogs, bags of chips, water and snow cones where enjoyed by kids and adults alike. Everyone gathered behind Rhett Robinson's classic Corvair and paraded

around the block, gathering again at Highland Park Elementary. The grand finale was the lining up of 12 neighbors to read the preamble to the Declaration of Independence.

Thank you to the many volunteers who made this possible:

Dawn Lewis, Fred Lewis, Jason Lindenschmidt, Katie Moran, Katy Pena, Carol Petty, Cash Robinson, Carolyn Robinson, Rhett Robinson, John Spratlin, Rebecca Spratlin, George Zwicker

Remember, your annual membership dues paid for this event, as well as all the other events sponsored by HPWBANA. To join, go to HPWBANA.org and click on "2019 HPWBANA Membership" on the landing page. Family memberships are only \$25 per year... best \$25 you'll spend all year!

(Continued on Page 4)



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

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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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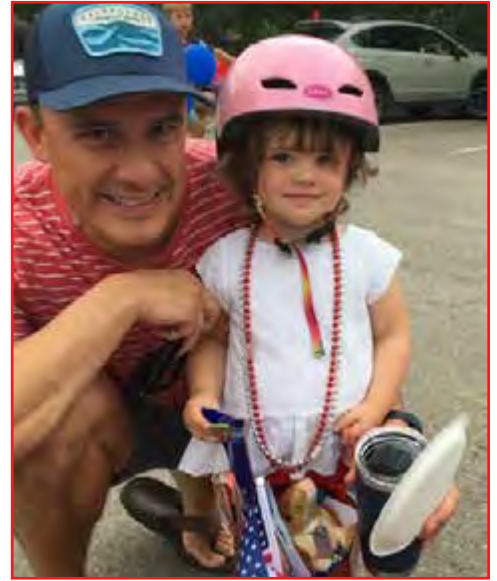
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Highland Park West Balcones Area

Hooray for the Red White & Blue (Continued from Cover)



The Greatest Neighbors You Haven't Met

Nestled on the west side of Mopac at 35th street and across from Camp Mabry is a bustling campus dedicated to the health and wellbeing of 177 special individuals with advanced intellectual and developmental disabilities. The Austin State Supported Living Center (formerly the State School) is a 95-acre residential facility that provides specialized care to increase residents' independence and improve their quality of life. Personalized behavioral treatment and health care including: primary and specialty care, psychiatry, nursing and dental services are provided for each resident.

Beyond these critical and basic needs, the residential staff provide compassionate care 24 hours a day, seven days a week. The residents enjoy living at a fully accessible campus with beautiful oak lined streets, picnic areas, an indoor pool, chapel and computer lab/library. The residents range in age from 23-88 with the median age being 59 years. Each individual attends either work vocational programs or day programming during week days and enjoys a full and active life through recreation, off campus trips and vacations, and special campus events. One activity enjoyed by performers and audiences alike is the award-winning Austin State Supported Living Center Community Choir. The choir has seventeen current members who practice all year to participate in the Annual Music Festival, entitled Follow Your Dreams, each October. Others are active members of the self advocates committee and many participate in Special Olympics sports throughout the year. In addition, the holidays are a special time of year beginning with our community-wide Tree of Lights Celebration in early December followed by carolers, home parties and two formal galas.

We would love to have you come out and meet these wonderful neighbors. Whether it be through a campus tour, volunteering, attending one of our events or participating in the board of directors, we would welcome your participation. There are a myriad of volunteer opportunities both individually and as a group. Community members serve as campus buddies where they pair with a resident and have regular fun meetings or participate as a recreation or music volunteer engaging with residents in those programs. School, companies and church groups help provide a little TLC to our 100-year old campus through projects like painting, gardening and decorating during the holidays. In addition, our affiliated nonprofit, the Friends of AuSSLC, is looking for committee and board members to help keep the important supports and outings in place for this special population. We hope to meet you soon and make introductions!

Shannon Thorne
Community Relations Director
Austin State Supported Living Center
Shannon.thorne@hhsc.state.tx.us
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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

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across from Maggiano's outdoor patio.

Grab a book from one of the Little Free Libraries in HPWBANA!

by Sophia Rose Cook

Feeling down? Reading can make you happy. People who read regularly have better self-esteem, feel less depressed, sleep better, and feel less stressed.

Maybe this is why my recent flight from Dallas to London was the most enjoyable long distance flight I've ever experienced, despite the small seat, lack of food, and no free water on this, my first no-frills airline experience. What I did have was a good book. I read *A Walk in the Woods* by Bill Bryson from cover to cover and several times laughed so hard I was afraid my seatmates might think me touched in the head. I was surprised when the pilot said we would be landing in 40 minutes.

The man next to me slept the entire flight, but I think I got the better end of the deal. Because reading regularly also staves off Alzheimer's disease and increases white matter. Not convinced yet? Reading literary fiction helps to increase social-emotional health, the basis for good relationships. So go ahead and pick up a novel. Your brain will be happy you did—and so might your friends.



Lettuce Recycle!

by Dena Houston

Questions From Our Readers - Part 2



My mother told me that there are no bad questions. When I get an email asking me questions about recycling, I get excited because I always learn something new from these questions. If I don't know the answer, I have lots of resources from my years as a Recycling Block Leader and from being so involved in recycling. Following is Part 2 of previous Questions From Our Readers.

WHERE CAN I RECYCLE OLD ELECTRONICS?

There are two places to recycle electronics for free – Staples and

the Recycling & Reuse Drop-Off Center. Office Depot charges a fee to recycle electronics. For a complete list of what Staples will and will not accept, go to this link: <https://www.staples.com/sbd/cre/marketing/sustainability-center/recycling-services/electronics/>

HOW DO I RECYCLE THE CARDBOARD MILK AND JUICE CARTONS? There is no way to recycle these at this time in the Austin market. They are constructed of layers of materials (cardboard, wax, and plastic) that make them unrecyclable. They must go into the trash cart.

WHY DO I NEED TO RINSE MY RECYCLABLES BEFORE THEY GO INTO THE BLUE BIN? Since paper and food containers are collected in the same bin, rinsing keeps that paper recyclable by not having various food products contaminate it. **YOU ONLY NEED TO DO A VERY QUICK RINSE!** There is no need to use soap or have the container completely clean. Even a little peanut butter or mayo left in the bottom of the jar is fine.

WHAT DO I DO WITH THE HUNDREDS OF PHOTO SLIDES I JUST DIGITIZED AND WITH THE SLIDE CAROUSELS? The Austin Creative Reuse Center will take old slides. Please call them ahead of time to be sure they have room that week in their store. Here is the website: <http://austincreativereuse.org/>. You can take your slide carousels to your local charity.

WHAT DO I DO WITH OLD BICYCLE TIRES? Tires can be taken to the Recycling Reuse Drop-Off Center. As of October 2018, the City has waived all fees for tire collection and recycling at this center. Tires that are picked up during Bulk Item collection are taken to the Recycling Reuse Drop-Off Center.

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.

THERE ARE SEVERAL COFFEE K-CUP-LIKE PRODUCTS THAT ARE ADVERTISED AS 100% COMPOSTABLE. CAN THESE BE PLACED IN OUR GREEN CURBSIDE COMPOST BIN? All products that are advertised as compostable must say "BPI certified" or "ASTM D6400 certified" on the packaging. Faro coffee cups and San Francisco Bay cups are certified and can be placed in the green curbside compost bin.

HOW DO YOU RECYCLE CYLINDRICAL CARDBOARD CONTAINERS FROM BREADCRUMBS AND MATZO MEAL? These containers are not recyclable. The breadcrumb container has a slightly waxy coating on the inside and the matzo meal container is cardboard and metal. For these reasons, they must go into the trash.

CAN I PUT ZIPLOC BAGS IN THE PLASTIC COLLECTION BINS AT THE GROCERY STORE? Yes, but only if the Ziploc bag has never contained any meat, cheese, animal byproduct, or oil. There is no amount of washing that can remove these products from the bags to make them clean enough to recycle so 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.

WHAT DO I DO WITH OLD CD AND DVD DISCS? The Austin Creative Reuse Center will take them. 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.

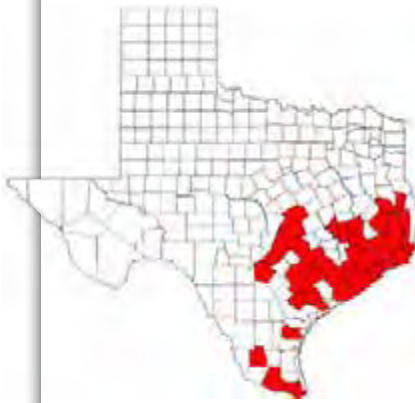
DO I NEED TO COMPLETELY REMOVE PAPER LABELS FROM THE PLASTIC BAGS I PUT INTO THE COLLECTION BINS AT THE GROCERY STORE? Small labels left on the plastic bags do not interfere with the plastic recycling processing. Large paper labels should be removed.

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

Tawny Crazy Ants



confirmed in 40 Texas counties.

Distribution map of Texas counties with confirmed presence of tawny crazy ants (in red).

Tawny crazy ants are about 1/8" and orangish-brown in color. With a good hand lens or microscope, you can see 12 segmented antennae, 1 node, and a circle of hairs at the tip of the abdomen. These ants can be confused with other ants, so if you are unsure of what you have check with your local Extension office.

Tawny crazy ants have a cyclical population level throughout the year with populations peaking in late summer, decreasing in the fall and then beginning to build again in the spring. Tawny crazy ants are capable of biting, but do NOT sting like fire ants. They are mostly nuisance pests, but can reach extraordinary population levels (in the millions) and can become a problem if they get into electrical equipment. Tawny crazy ants do not have nests or mounds like fire ants; they tend to nest under things- rocks, landscape timbers, flowerpots, etc.

The tawny crazy ant, also known in Texas as the Raspberry crazy ant, was originally discovered by pest management professional Tom Raspberry (hence the name) in Harris County in 2002. Since then, the ants have been distributed to other parts of the state via people, plants, materials, and other things and are currently

For more information on this particular ant species go to <http://urbanentomology.tamu.edu/ants/raspberry.html>

Treatment Options

- Removing harborage areas- fallen limbs, rocks, leaf litter, etc. These ants will nest under pretty much anything on the ground, so you may want to remove anything that is not necessary.

- Alter moisture conditions (crazy ants prefer moist, humid conditions)- reduce watering, repair any water leaks, and improve drainage

- Eliminate honeydew producers from area. Crazy ants tend honeydew producers such as aphids, whiteflies, hoppers, mealybugs and scale insects.

- Use pesticide sprays to treat infested areas- under rocks, along landscape edging, etc. Pesticide sprays can also be used to create a barrier around the outside of the home. Piles of dead ants may build up in treated areas. If this occurs, remove dead ants to keep the pesticide barrier maintained.

- Hire a pest management professional (PMP). PMPs have access to pesticides that are unavailable to homeowners for tawny crazy ant treatment and they also have experience dealing with pest problems regularly.

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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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

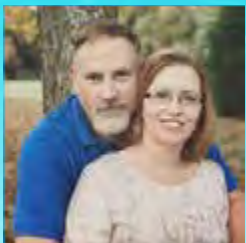
- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

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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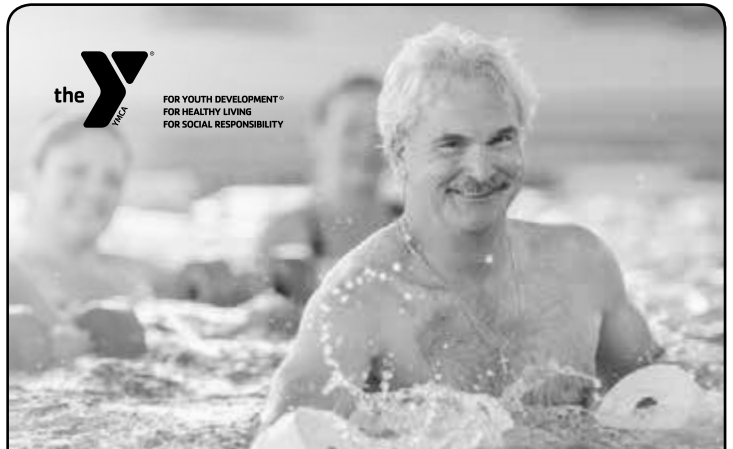
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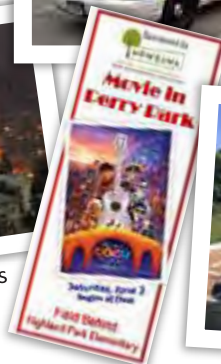
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Highland Park West Balcones Area

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SUMMER BLACKBERRY MOJITO RECIPE

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INGREDIENTS

BLACKBERRY SIMPLE SYRUP

1 cup water

3/4 - 1 cup granulated sugar

8 oz. fresh blackberries

MOJITO

3-4 fresh mint leaves, torn

1 1/2 - 2 oz blackberry syrup

1/2 oz lime juice

1 1/2 oz white rum

2 oz club soda

lime slices

mint leaves

fresh raspberries



INSTRUCTIONS

MAKE BLACKBERRY SIMPLE SYRUP

1. Add water, sugar and blackberries to a small saucepan. Bring to a boil over MED heat. Once boiling, reduce heat to a high simmer, and simmer for about 10 minutes or so.

2. Remove pan from heat and smash blackberries in the syrup with a potato masher. Let cool 10-20 minutes, then pour syrup through a fine mesh sieve into a bowl. Use a rubber spatula to push on the blackberry "mush" to get as much liquid out as you can.

3. Discard blackberry pulp and store simple syrup in a sealed container in the refrigerator. If kept sealed and refrigerated, simple syrup should last up to 3 weeks or so.

MAKE THE MOJITO

1. To serving glass, add torn mint leaves and muddle lightly, about 6 turns with the muddler. This

step is optional. Add blackberry simple syrup, ice, lime juice and rum. Stir together to combine.

2. Top drink off with club soda and garnish with a lime slice, blackberry or two, and sprig of mint.

RECIPE NOTES

To Make For a Crowd:

Multiply drink ingredient amounts by the number of people to be served. Add blackberry simple syrup, lime juice and rum to a small pitcher and stir together well.

In individual serving glasses, add torn mint and ice. Pour drink mixture over the ice until glass is filled up about 1/2 to 2/3 of the way. Top off with club soda and garnish if desired.

Wash Your Hands

Reducing Spread of Disease While at Home and Work

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease – many could be avoided if everyone properly washed their hands.

From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom
- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change a diaper or clean up after children
- Handle an animal or animal waste

HAND WASHING BASICS

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands, fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)
- Rinse off soap under a stream of water

WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands.

FOR MORE INFORMATION

To learn more about how washing hands regularly can help prevent disease, ask your health care provider, or visit the CDC's creative Web site dedicated to raising awareness of the importance of hand washing at www.henrythehand.com.

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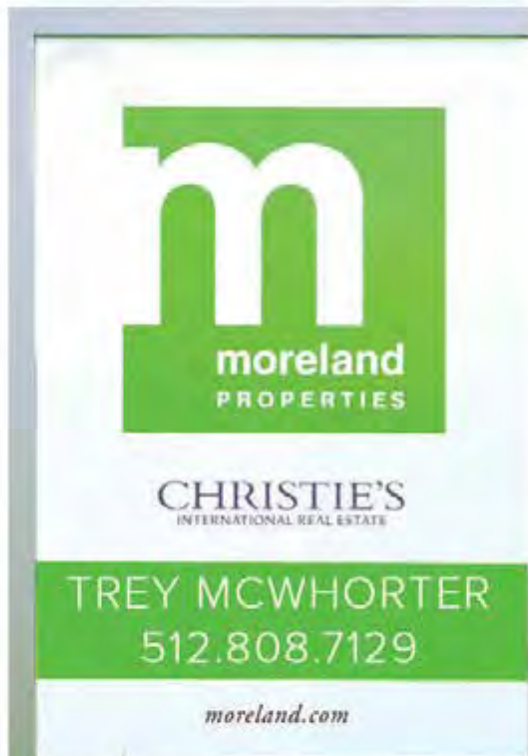
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