

GIRLS EMPOWERMENT NETWORK PRESENTS WE ARE GIRLS AUSTIN 2019 WHERE CENTRAL TEXAS GIRLS CAN "BELIEVE IT & BE IT"



12th Annual Event brings girls in grades 3-8 and adults who care about them together for more than 60 different activities that ignite the power in girls

Girls Empowerment Network welcomes its 2019 featured speakers Aisha Thomas of San Antonio and April Bowman of Dallas to reinforce a powerful message for girls, BELIEVE IT & BE IT, at its twelfth annual WE ARE GIRLS AUSTIN on Sat., Nov. 16, 2019 from 9 a.m. – 3 p.m. (doors open 8 a.m.) at Anderson High School, 8403 Mesa Dr., in Austin, Texas. This year's honorary chair is Dr. Collette Pierce Burnette.

"We Are Girls is an incredible day of education and selfdiscovery for girls," says Julia Cuba Lewis, MSW, executive director, Girls Empowerment Network. "Girls walk through the doors and they learn that they are in charge of their day, choosing sessions where they can learn how to believe in their ability to succeed. We see many girls who open up their hearts to their moms who attended with them, transforming themselves and expanding their own views of what they believe is possible for themselves and for their relationships."

WE ARE GIRLS is designed especially for girls in grades 3

through 8 and the adults who care about them. Its 2019 theme is BELIEVE IT & BE IT with inspiring speakers and dozens of activities and workshops covering everything from creativity and entrepreneurship to body image, bullying, and healthy relationships.

Aisha Thomas – Confidence Creator and Mental Health Advocate

Aisha Thomas aims to embed inclusion, self-love and motivation into the culture of each young person she encounters, resulting in healthier homes, schools and community climates. With an unstoppable mindset, Aisha overcame challenges including dating violence and sexual assault, to become an honor roll student at her high school. She graduated in the first computer networking program in her district, completed college, and joined the United States Air Force (USAF), where she has served for more than 14 years. She is a member of RAINN (Rape, Abuse & Incest National Network), the nation\'s largest anti-sexual violence organization, and speaks at universities, community organizations and churches. She is also a lead Facilitator for the Department of Defense, educating civilian and military members on suicide and interpersonal violence.

April Bowman – Founder & Chief Executive Officer of Bold Believers United

Empowering people to reach their full potential is at the core of everything that April Bowman, M.S. does. She has worked in education for over 15 years, impacting more than 20,000 young people across the country. Her experience includes leading afterschool programs and summer camps with Parks and Recreation; coaching and consulting with non-profits, schools and foundations; college and career guidance counseling; working in student affairs at Northwestern University; serving as the inaugural Director of Alumni Programs for Uplift Education – the

(Continued on Page 2)

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	
Fire	
Ambulance	
Sheriff – Non-Emergency	

SCHOOLS

Elementary

Clayton	
Kiker	
Mills	
Patton	
Middle	
Bailey	
Small	
Gorzycki	
High School	
Austin	
Bowie	

UTILITIES

Water/Wastewater	
City of Austin	
City of Austin (billing)	
Emergency	
Texas State Gas	
Customer Service	1-800-700-2443
Gas related emergency	1-800-959-5325
Pedernales Electric Cooperative	
New service, billing	
Problems	
ATT/SBC Telephone	
New Service	1-800-288-2020
Repair	1-800-246-8464
Billing	
Allied Waste	
Time Warner Cable	

OTHER NUMBERS

Oak Hill Postal Station	1-800-275-8777
City of Austin	
Dead Animal Collection	
Abandoned/Disabled Vehicles	
Stop Sign Missing/Damaged	
Street Light Outage (report pole#)	512-505-7617

NEWSLETTER PUBLISHER

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(Continued from Cover)

largest charter school in North Texas; and, facilitating trainings on how to talk to about race, racism and equity through the Center for Racial Justice in Education. She currently leads Bold Believers United.

April is a recipient of the 2019 Dallas Business Journal Top 40 Under 40 award. She was also a 2018 finalist for the Dallas Startup Evangelist of the Year Award. In 2018, her client, Church Farm School, was awarded funding by the Oprah Winfrey Foundation for work April led with a 9th-12th grade boarding school to develop a successful college completion program.

As the first person in her family to graduate from college, April earned a Master of Science degree from Northwestern University in Learning and Organizational Change and a Bachelor of Arts from the University of Washington in Sociology and Geography. She is currently pursuing a Master of Divinity from the King's University, where she also serves as President of the Graduate Student Council.

In addition to its featured speaker, We Are Girls Austin offers girls and adults a wide range of presentations, workshops and hands-on activities designed to promote well-being, creativity, goal-setting and more. Conference organizers recruit experts from areas including arts, education, social/emotional learning, health and wellness, dance, parenting, counseling, technology and entrepreneurship.

Tickets to We Are Girls Austin are \$30 and are available for purchase at the event and online at www.wearegirlsaustin. eventbrite.com. Scholarships are available. Admission includes lunch, GIRLSFair, supplies, goodie bag, access to all Featured Conference Speaker's presentations, breakout workshops and resource fair.

About Girls Empowerment Network and We Are Girls - Girls Empowerment Network knows girls are powerful, and it's their mission to help girls know it too. Through schools, camps and conferences, girls experience a self-efficacy curriculum that teaches them how to believe in their ability to succeed. WE ARE GIRLS was created in 2008 as a one-day event for girls to expand their view of what's possible alongside experts and the people who care about them.



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Lettuce Recycle!: THE PLASTIC BAG CONUNDRUM!

by Dena Houston

Plastic bags cause some of the biggest problems in the recycling world. Many plastic bags are marked "recyclable"; that makes

people think they can be placed in any recycling cart. In fact, plastic bags can ONLY go to a special plastic bag collection bin. These collection bins are found at most grocery stores (see photo).

Plastic bags can **NOT** go into the blue curbside collection cart. Plastic bags get caught in the machinery at the recycling facility and their removal is costly.

Plastic bags can **NOT** go into the green curbside compost collection cart; they do not compost. ONLY COMPOSTABLE BAGS can go into the green carts.

Most plastic bags can go into the plastic and film collection bins at the grocery stores. Following is a list of what can go into these bins:

- Clean and dry zip lock bags
- Plastic cereal box liners
- Air pillows for shipping (deflate)
- Bubble wrap
- Shopping bags
- Bread bags
- Produce bags (remove labels)
- Newspaper bags
- Dry cleaning bags
- Product wrap on cases of water bottles, paper towels, etc.
- Plastic shipping envelopes (remove labels)

There are some plastics that cannot go into these bins because they are treated with special polymers. These polymers help keep food fresh or allow the plastic to hold more weight. This treatment prevents the plastic from being recycled. The following plastics can **NOT** go into grocery store collection bins and must go into the trash cart:

- Frozen food plastic bags
- Plastic bags for soil, fertilizer and compost
- Prewashed salad mix bags
- Candy bar wrappers
- Chip bags
- Six-pack rings

Here is the website for plastic bag collection <https://www. plasticfilmrecycling.org/>

CELLOPHANE AND FOOD-CONTAMINATED PLASTIC CONUNDRUM!

At this time, there is no way to recycle cellophane – UGH! So many things come packaged in cellophane or what seems like cellophane – pasta is one good example.

HOW DO YOU TELL THE DIFFERENCE BETWEEN CELLOPHANE AND RECYCLABLE PLASTIC? Cellophane makes a crinkling noise and is usually transparent. It must go into the trash cart.

Plastic that has food product on it cannot be recycled. For example, hot dog plastic wrappers, bags with shredded or packaged cheese, and plastic that comes wrapped around hams or turkeys must all be placed in the trash carts.

QUESTION FROM A READER:

IF I DON'T KNOW IF SOMETHING CAN BE PUT INTO THE BLUE OR GREEN COLLECTION BINS, SHOULD I THROW IT IN ANYWAY AND LET IT BE SORTED BY THE CITY? This is a great question and the answer is NO! If you are unsure about whether or not something can go into either of these bins, put the items into your trash cart. It is very costly to everyone when the wrong things go into our recycling and composting bins.

Please remember, when it comes to recycling: 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

Just a friendly reminder – do not put plastic bags in your blue recycling bin.



Excluding Pests



When the weather turns towards autumn and leads into winter, many pests start looking for a cozy place which can often lead them inside your home. By performing a thorough inspection, you can locate areas where these pests may enter and stop them before they become a problem.

Inside the home, look around doors and windows and if you

see light around them it's a sign there isn't a good seal and weather stripping should be replaced. Inspect the attic for holes or entry points for small mammals such as rats, mice, and squirrels. Attic vents should be covered with stainless steel screening to block animals from entering. Outside, inspect the perimeter of the home for cracks and crevices in the foundation that should be sealed. Locate pipe and wire penetrations that enter the structure and seal areas that allow pests to enter.

Ideas on how to exclude pests from your home:

• Trim back or prune any trees and shrubs that touch or overhang the home

 \bullet Seal pipe & wire penetrations with copper mesh, sealant, or expanding foam



• Replace weather stripping around doors and windows if there is not a good seal

• Repair or replace window screens with holes

• For homes with brick or stone facades, stuff weep holes with copper mesh

• Clean debris from gutters to reduce harborage areas for pests

• Inspect all furniture, boxes, and bags for pests before carrying them into the home

• Inspect all plants for insect pests before bringing them into the home

• Do not store firewood inside the home, against outside walls, or near doors

• Use sheet metal, hardware cloth, or steel wool to seal any areas where animals have chewed to enter the home**

**make sure animal is not in the home or you'll seal it inside!

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.



FOR MORE THAN A WORKOUT

At the YMCA of Austin, we're more than just a gym. The Y is a nonprofit committed to helping everyone thrive at each stage of life. Our community brings together people of all abilities, ages, ethnicities, financial circumstances, genders, races, religions and sexual orientations.

For more than a workout. For a better us.

locations across Travis, Hays & Bastrop counties Learn more at AustinYMCA.org

A Focus on Influenza: What You Should Know About the Flu

By Concentra Urgent Care



The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. Every year in the United States, on average:

- 5% to 20% of the population gets the flu
- More than 200,000 people are hospitalized from flu complications
- About 36,000 people die from flu

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

How flu spreads

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Apparently healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Key facts about seasonal flu vaccine

The single best way to protect against the flu is to get vaccinated each year. There are two types of vaccines:

The "flu shot": an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

The nasal-spray flu vaccine: a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for "Live Attenuated Influenza Vaccine"). LAIV is approved for use in healthy

people two to 49 years of age who are not pregnant. The viruses in the vaccine change each year based on international surveillance and scientists' estimations about which types and strains of viruses will circulate in a given year. About two weeks after vaccination, enough antibodies build up to provide protection against the influenza virus.

Symptoms of the flu

- Fever (usually high)
- Headache
- Fatigue (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults) Having these symptoms does not always mean that you have the

flu. Many different illnesses, including the common cold, can have similar symptoms.

Diagnosing the flu

It is very difficult to distinguish the flu from other infections on the basis of symptoms alone. A doctor's exam may be needed to tell whether you have developed the flu or a complication of the flu. There are tests that can determine if you have the flu as long as you are tested within the first two or three days of illness.

If you develop flu-like symptoms and are concerned about your illness, especially if you are at high risk for complications of the flu, you should consult your health care provider. Those at high risk for complications include people 65 years or older, people with chronic medical conditions, pregnant women, and young children.

Good health habits for flu prevention

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your mouth when you cough and washing your hands often can help prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose when you cough or sneeze.
- Clean your hands.
- Avoid touching your eyes, nose or mouth due to the spread of germs.
- Practice other good health habits:
- Get plenty of sleep
- Be physically active
- Manage your stress
- Drink plenty of fluids
- Eat nutritious food

SHEDDING LIGHT ON NEW BULBS



Standard incandescent light bulbs may soon become a thing of the past. Under the Clean Energy Act of 2007, required the sale of energy-inefficient incandescent bulbs ti be phased out over a two-year period, beginning with 100-watt bulbs in January 2012. Compact fluorescent lights (CFLs) have become the most popular replacement choice. The typical CFL uses 66 percent less energy and lasts up to ten times longer than an incandescent bulb.

Making the switch to CFLs doesn't require that you throw out all your incandescent bulbs right away. Even a gradual change can result in significant savings. Just replacing your home's five most frequently used light fixtures can save you more than \$65 each year, as CFLs provide the most savings when a lighting source is used for at least two hours a day. You can continue to use incandescent bulbs for fixtures that are only on for a few minutes at a time, such as closet lights, changing to CFLs as your supply of incandescent bulbs runs out.

One important point to know about CFLs is that they contain an average of 4 milligrams of mercury (about the amount that would cover the tip of a ballpoint pen). The mercury is sealed within the bulb's glass tubing, and no mercury is released when the bulb is intact or use. Special caution must be taken when disposing of used bulbs or cleaning up broken bulbs, however. Some states require used CFL bulbs (broken and unbroken) to be taken to local recycling centers for disposal. And if a bulb breaks in your home, you should follow the Environmental Protection Agency's guidelines to clean up the debris:

Before Clean-up: Air Out the Room

• Have people and pets leave the room, and don't let anyone walk through the breakage area on their way out.

• Open a window and leave the room for 15 minutes or more.

• Shut off the central forced-air heating/air conditioning system, if you have one.

Clean-Up Steps for Hard Surfaces

• Carefully scoop up glass pieces and powder using stiff paper or cardboard and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag. • Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.

• Wipe the area clean with damp paper towels or disposable wet wipes. Place towels in the glass jar or plastic bag.

• Do not use a vacuum or broom to clean up the broken bulb on hard surfaces.

Clean-up Steps for Carpeting or Rug

• Carefully pick up glass fragments and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.

• Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.

• If vacuuming is needed after all visible materials are removed, vacuum the area where the bulb was broken.

• Remove the vacuum bag (or empty and wipe the canister), and put the bag or vacuum debris in a sealed plastic bag.

Clean-up Steps for Clothing, Bedding and Other Soft Materials

• If clothing or bedding materials come in direct contact with broken glass or mercury-containing powder from inside the bulb that may stick to the fabric, the clothing or bedding should be thrown away. Do not wash such clothing or bedding because mercury fragments in the clothing may contaminate the machine and/or pollute sewage.

• You can, however, wash clothing or other materials that have been exposed to the mercury vapor from a broken CFL, such as the clothing you are wearing when you cleaned up the broken CFL, as long as that clothing has not come into direct contact with the materials from the broken bulb.

• If shoes come into direct contact with broken glass or mercurycontaining powder from the bulb, wipe them off with damp paper towels or disposable wet wipes. Place the towels or wipes in a glass jar or plastic bag for disposal.

Disposal of Clean-up Materials

• Immediately place all clean-up materials outdoors in a trash container or protected area for the next normal trash pickup.

• Wash your hands after disposing of the jars or plastic bags containing clean-up materials.

• Check with your local or state government about disposal requirements in your specific area. Some states do not allow such trash disposal. Instead, they require that broken and unbroken mercury-containing bulbs be taken to a local recycling center.

Future Cleaning of Carpeting or Rug: Air Out the Room During and After Vacuuming

• The next several times you vacuum, shut off the central forced-air heating/air conditioning system and open a window before vacuuming.

• Keep the central heating/air conditioning system shut off and the window open for at least 15 minutes after vacuuming is completed.

SWING Networking Group



Promote your business with local independent business owners. SWING (South west Austin Inclusive Networking Group) has been meeting every Thursday morning from 8AM to 9:30AM at the Waterloo Ice House on Escarpment for 14 years.

We have no dues, no

initiation fees, we don't take attendance. Just pay for your own breakfast. The more often you show up the better we get to know you. We are an inclusive group, we will enjoy competition. So, bring your business cards and a good attitude and let's get to know you.

If you want more information, contact Liz Jensen at 512-301-6966 or lizleej@gmail.com or Peter Berardino (The King of SWING) at 512-695-2334 or peterberardino@gmail.com. The Gazette is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Gazette's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

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Hey Southwest Austin, the market is continuing to remain active, with only 65 active listings remaining in Circle C, Legend Oaks, Villages at Western Oaks, Shady Hollow, etc. It appears approximately 80 homes went pending in the last month in the entire area, thus leading us to a 3-4 week fluid inventory. The market still remains smoking hot for homes that are priced properly for their condition, age and location. Interest rates I've seen my clients receive lately are in the 3.875~ range for 30 year fixed, conventional loans. Loan refinances are also going crazy right now. This is the "Second Spring" or a very good market to sell your property to close for the holidays. Many, many buyers out there looking to do just that. Please give John a call to list your property or see any house in Austin. 512 970-1970.



6438 Old Harbor Lane John's new listing is <u>"CONTRACT PENDING".</u> This listing was retained from another brokerage after they had it listed for 121 days on the market. John listed the home and sold it in 7 days for full price. Nice 5 bedroom, 3.5 bath close to Kiker! \$479,000.



Above are red dots indicating homes John Squires had sold up *until* 2010 (10~ years ago) in Circle C Ranch and Southwest Austin. Since this map was drawn, John has easily doubled that amount of home sales in Southwest Austin once again to over 715 and almost 1100 homes city-wide, thanks to all of his wonderful clients and referral base. The truth is, The Squires Team has sold 250+~ more homes in Circle C and Southwest Austin than *any* of his closest competitors according to the Austin Board of Realtors, Trulia, Redfin and Realtor.com statistics. The Squires Team continues to concentrate it's efforts in this area of Austin to be the very best homeselling resource available. Let us know if we may be of assistance to you in your home-selling or home-search efforts. We want to list your valuable home for sale.





wrhood Specia

512-970-1970

#1 Team In

Circle C Ranch!

John's 'sel

6516 Nusser Lane John <u>"JUST LISTED"</u> this stunning little Streetman, chopped white stone home backing to greenbelt. Nice at \$469,000.



5601 Van Winkle John's listing is <u>"CONTRACT</u> <u>PENDING"</u> on the park! Nice David Weekley model with pool at \$629,000.

10807 Redmond Rd. John placed this model David Weekley home <u>CONTRACT</u> <u>PENDING</u>" this week at \$499,000.





8332 La Plata Loop is John's listing in Lewis Mountain Ranch and is <u>"CONTRACT</u> <u>PENDING"</u> at \$619,000. Views!!



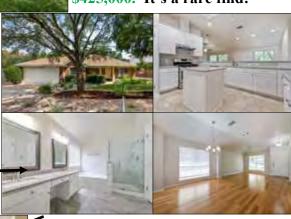
SquiresTeam.com

KELLERWILLIAM



8301 Siringo Pass in Legend Oaks. John's listing is <u>"JUST LISTED!"</u> Gorgeous Scott Felder custom home with soaring ceilings and beautiful architectural designs throughout. Cul -de-sac that is PERFECT in every way for a young family. 4 beds and <u>3 FULL</u> baths! Call John to see this home first! **\$425,000.** It's a rare find!

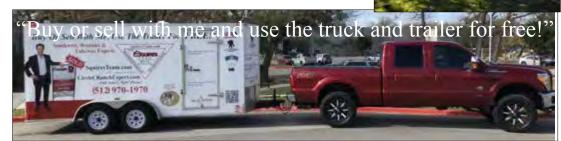
10621 Pinkney Lane– John's new listing is a *STUNNING* 1-story completely renovated! Granite, stainless, LED lighting, bamboo floors, new roof, new A/C, HUGE lot, etc. Call John! \$479,000. <u>"CONTRACT PEND-ING"</u> with multiple offers!





6803 Breezy Pass in Legend Oaks John just listed this gorgeous Wilshire home, sitting high upon a hill with views. Property is like living in a tree-house with a very private lot. 4 beds, 2.5 baths with loft exercise room. Perfect at \$398,000. <u>"CONTRACT PENDING"</u> with 3 offers!

8507 Lewis Mountain Drive John's new listing. 4,000+ sq.ft. home with in-ground pool and hot tub on 1.5 acres on secluded land. Low taxes! \$619,000! <u>"CONTRACT PENDING!"</u> in 2 days with 4 offers!





Call John Squires' direct 'sell' phone at (512) 970-1970 at any time. #1 realtor in Southwest Austin real estate with over 715~ homes sold to date. Over 1095~ homes sold in the entire Austin area. #1 agent in all of Southwest Austin according to Austin Board of Realtors statistics over the last 23 years.

"Top 50" agent in central Texas 8 times according to Austin Business Journal. *Only 1 number to call* and John Squires answers his phone! Move-on plans with flexible commissions. You'll *never* be handed off to an assistant, as only John speaks directly with all his clients!

