

SLNA Sentinel

Publication of the South Lamar Neighborhood Association

October 2007, Volume 1, Issue 1

www.southlamar.org

Notes from the Prez

Busy lives. Always something going on. Seems to never stop and give us a chance to just relax. I know that's how I feel much of the time and I imagine that's how many of you, my neighbors, feel as well.

The election of SLNA officers for the coming year is scheduled for our next regularly scheduled meeting, October 18, 2007. The slate of officers for next year has not yet been determined as set out in SLNA's by-laws. There will be some change from last year's slate of officers --- how big a change is still to be seen. Some of us will continue serving and others will not serve in the same capacity but will continue to contribute in some other way.

SLNA is changing rapidly and the evidence is in the traffic caused by the workers building the new homes, the heavy equipment in use everyday, and the noise that comes as a natural part of this change. SLNA's density will easily double and may even triple in the next few years. Change is inevitable but we, the people who make up SLNA, must influence the way this change happens, the way it affects us. We must help guide this change and I believe the best way to do this is to participate in the process -- come to the meetings.

Come to the meetings. Come and vote on next year's officers. Come and help guide the change that is taking place in SLNA. Heck, throw your hat in the ring and experience the craziness firsthand. We can all stand to watch a little less T.V., right? Even if it is PBS.
-----oscar

CALENDAR

Next Meeting: Thursday October 18 7:00-9:00 p.m.
Unity Church Main Building 2806 Del Curto

Agenda: Election of Officers

Join the association at least 10 days prior to the election to have full voting privileges. Don't wait!
Do it today. The form is here in the newsletter

Don't want to wait for the mail?

**View the current issue of the
SLNA Sentinel Newsletter
on the 1st day of each month at
www.PEELinc.com**

Neighborhood Planning

by Carol Gibbs

The Leadership Team of the South Lamar Combined Neighborhood Planning Area ("SLCNPA" - the area includes South Lamar, Galindo, Zilker, Barton Hills, Barton View Neighborhood Associations and ALL properties within those combined boundaries) is still involved in mediated discussions with the staff of the City's Neighborhood Planning and Zoning Department. That team includes Carol Gibbs, Bryan King and Kevin Lewis representing SLNA. Great progress is being made in those sessions, and will hopefully soon result in our resuming the Neighborhood Planning process that was put on hold in August 2006. We hope the City will send notices to all property owners when the time comes to re-start the public meetings, as many properties have changed hands in a year and current stakeholders need to know they are invited/encouraged to participate. SLNA will post new information to the SLNA Yahoo Group as soon as we know anything. Residents (and owners of residential properties) within SLNA are encouraged to sign up for the SLNA email group at <http://groups.yahoo.com/group/SouthLamarNA/join> so you can stay abreast of short-notice news. Of course, we'd also like you to join SLNA!

The newsletter in your MAILBOX! the SLNA Sentinel!

With this issue of the South Lamar Neighborhood Association newsletter we are changing from self-printed and hand-delivered to a version to be mailed to you. Also instead of bi-monthly it will appear monthly. Each Issue will be viewable online at <http://www.peelinc.com/newsletterInfo.php?newsletter=SO>. This version, provided by PEEL, Inc., is fully supported by the ads included in newsletter (no printing or postage cost to SLNA) so we encourage you to patronize the advertisers. If you have an article you'd like to contribute for future issue please send to SLNA's editor Dottie Cartwright at jandot@swbell.net, by the 8th of the month. Each issue will be distributed during the first week of the month.

If you are interested in advertising, please contact PEEL, Inc. at 512-989-8905.

SLNA Officers and Contacts

President

Oscar Lipchak.....olipchak@austin.rr.com

Vice President

Jan Cartwright.....jandot@swbell.net

Secretary

Nancy MacLaine.....nmaclaine@sbcglobal.net

Treasurer

John Bissell.....john@jmbissell.com

Webmaster and SCC/ANC Delegate

Bill Stoughton.....bill@southlamar.org

Newsletter Editor

Dottie Cartwright.....jandot@swbell.net

SLNA-KAB Committee Co-Chair

Wendy Brennan.....wenbrennan@aol.com

SLNA-KAB Committee Co-Chair

Link Davidson,.....osouthaustin@aol.com

SLNA Membership Statement

Membership in the Association shall be issued on the basis of residency (including renters) or residential property ownership and timely payment of dues or waiver request.

SLNA boundaries: North-Oltorf, South-Ben White, West-South Lamar/Manchaca, East-Union Pacific Railroad

Persons meeting this criteria may request a reduction in dues or a waiver when submitting the membership application.

The privilege of introducing motions and voting shall be limited to those who have joined the Association at least ten (10) days prior to any scheduled meeting. Complete bylaws and links to other useful SLNA related information are available at www.southlamar.org

Newsletter Information

Editor

Dottie Cartwright.....jandot@swbell.net

Publisher

Peel, Inc. www.PEELinc.com, 512-989-8905

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For Sale In The 'Hood

List \$	Bed	Sq Ft	\$/SF	Address
\$224,900	3	1328	169.35	2103 Fortview Rd
\$265,000	3	1432	185.06	1601 Grayford Dr
\$299,900	4	1680	178.51	3005 Leaning Oak Cir
\$299,999	3	875	342.86	3300 Dolphin Dr
\$320,000	1	646	495.36	4102 Clawson Rd
\$330,000	3	2053	160.74	2618 Kinney Oaks Ct
\$334,900	3	1456	230.01	2206 Iva Ln
\$349,900	3	1830	191.20	1819 Village Oak Ct
\$355,000	4	2316	153.28	2614 Kinney Oaks Ct
\$355,000	3	1910	185.86	4202 Clawson Rd
\$365,000	2	1304	279.91	2201 Iva Ln
\$369,990	3	1901	194.63	1811 Village Oak Ct
\$384,983	3	1994	193.07	1817 Village Oak Ct
\$389,000	3	2002	194.31	1806 Village Oak Ct
\$524,500	3	2100	249.76	2501 Del Curto Rd
\$649,000	4	3200	202.81	1604 Lightsey Rd

Lots currently active:

List \$	Acres	Address
\$599,000	0.850	4010 Clawson Rd
\$1,100,000	3.020	3701 Clawson Rd

Teenage Job Seekers

Name	Age	Baby Sit	Pet Sit	House Sit	Yard Work	Phone
Doe, John	15	•	•	•		111-1111

*-CPR Training

+First Aid Training

Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all South Lamar NA teenagers seeking work. Submit your name and information to jandot@swbell.net by the 9th of the month!

Business Classified

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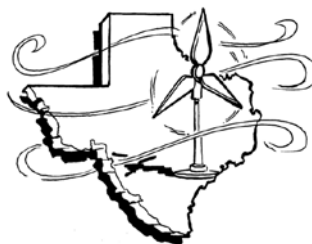
Did you know that Austin has 13 sister cities, designated by the organization Sister Cities International?

Adelaide, Australia - since 1983
 Koblenz, Germany- since 1991
 Lima, Peru- since 1981
 Maseru, Lesotho- since 1978
 Oita, Japan - since 1990
 Saltillo, Mexico - since 1968
 Taichung, Taiwan - since 1986
 Old Orlu, Nigeria - since 2000
 Gwangmyeong, South Korea
 Xishuangbanna, China - since 1997
 Edmonton, Canada
 Antalya, Turkey
 Brazil Belo Horizonte - since 1965

Something to think about

The City Council is considering moving the Animal Shelter from the shores of Lady Bird Lake (formerly Town Lake) to East Austin, around 183 and E. 7th street. Some say it would be good to free up that land for a park -- others say we've already seen the council offer that land as a tall building site so they don't believe it will stand as parkland after the shelter is moved. Some say having the shelter central and therefore more visible increases the frequency of adoption -- others say better to move it out of site, off that expensive desirable property. *What do you think?*

Did You Know?



Texas is known for its oil, but the state is also a leading wind energy producer, with wind projects generating over 1,200 megawatts.



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www.austinnari.org/hometour**

Pandemic Flu

If you missed the excellent presentation by Linda Cox at the SLNA August meeting, here is a brief synopsis:

Pandemic flu is a global outbreak of a new and different flu virus. A pandemic would occur worldwide, unlike an epidemic which occurs locally or regionally. A pandemic virus spreads rapidly between people, affecting a large number in a short period of time. Because it would be a new virus, people would have little or no immunity and there would be no vaccine. It would be far more serious and deadly than the regular flu.

It is difficult to predict when the next flu pandemic would happen or how severe it could be. There were three worldwide pandemics during the last century. The important thing is to be aware and prepared.

That's why the Austin/Travis County Health and Human Services Department is planning and preparing for a possible pandemic flu by reaching out to individuals, families, businesses and organizations. And there are some practical steps everyone can take to prepare now.

- Stay healthy by washing your hands frequently, covering coughs and sneezes, and staying home if you are sick.
- Be prepared to stay at home for an extended period of time by making an emergency readiness kit with non-perishable food and water, emergency medical information, prescription medications and cough and cold medicines. Include a basic first aid kit, flashlight and radio.
- And even though it will not protect you against pandemic flu, be sure to get an annual flu shot to avoid seasonal flu
- Keep yourself informed about pandemic flu. Visit our website at www.cityofaustin.org/pandemic.

For more information or to request a speaker, contact the Austin/Travis County Health and Human Services' pandemic flu information line at 972-7111, or e-mail us at pandemicflu@ci.austin.tx.us.

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Please support the businesses that advertise in the SLNA Sentinel. Their advertising dollars make it possible for all SLNA residents to receive the monthly 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 our sales office at 512-989-8905 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

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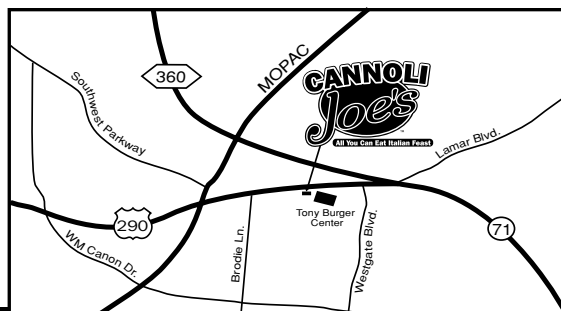


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Fall Webworms

Texas Cooperative Extension

Webworms are often found on pecan trees around Central Texas. These caterpillars defoliate trees and create large unsightly webs on the tips of tree branches. 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, or caterpillars, 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 need new foliage to feed on, they expand the web.

To manage these pests, depending on the size of the tree and accessibility, you can prune egg masses off the tree before they caterpillars emerge (egg masses are on the under side of leaves and are covered with hairs) or prune out small webs when they begin to form in the spring. Webs can also be knocked out of the tree or opened with a stick or jet of water to allow predators in. Insecticides are also available for webworm management. Look for active ingredients such as *Bacillus thuringiensis* var. *kurstaki* (this product specifically targets caterpillars), *spinosad*, *tebufenozide* or *carbaryl*.

For more information or help with identification, contact Wizzie Brown, Texas Cooperative Extension Program Specialist at 512.854.9600.

Coats for Kids

Fall Community Family Festival

Saturday, October 20, 2007 • 11:00 am to 2:00 pm

Fun Family Celebration!

- Bounce House
- Fire Truck
- Clowns
- Dress in your best Costume! Best Costume Giveaway!
- Music
- Free Food
- Free Health Education Booths; Dental, Medical, Chiropractic
- Kid Check Fingerprint Safety

Please help us by donating a new or CLEAN, good condition coat for a child this fall & winter season. All coats will be donated to **Coats For Kids of Austin**. Together we can make a difference! Call 512-343-0700.

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3624 North Hills Drive

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Baiting for Fire Ants in the Fall

Texas Cooperative Extension

Baiting for fire ants in the fall can help to reduce the number of fire ants mounds seen in the spring. Tips for fall baiting:

- Make sure your bait is fresh
 - Fire ants pick up bait as food; if bait is rancid, they will not pick it up
- Apply bait when ants are foraging
 - On hot days, fire ants forage for food in the evening when it's cooler
 - If you're unsure if fire ants are foraging, place bait beside a mound and check back after 15 minutes to see the bait is being picked up
- Broadcasting baits can save time by not having to locate each mound in your yard
 - Broadcasting will also help get smaller mounds that you may not be visible
 - Baits applied at lower rates (1-2 pounds per acre) should be applied using a hand held spreader set on the lowest setting
 - Baits applied at rates higher than 1-2 pounds per acre may be applied using a push or drop spreader calibrated according to label instructions

- Do not water in baits
 - If baits get wet, they become unattractive to fire ants
 - Apply baits when rain is not expected for at least 24 hours
 - Turn off sprinkler systems
 - Apply baits after dew has burned off the grass
- Organize a community wide fire ant management program
 - Having neighbors bait for fire ants at the same time can help push re-invasion boundaries further out
 - Studies show community management can reduce the number of fire ants within the community, reduce the amount of money spent on fire ant management & reduce the amount of chemical placed into the environment

For more information or help with identification, contact Wizzie Brown, Texas Cooperative Extension Program Specialist at 512.854.9600.

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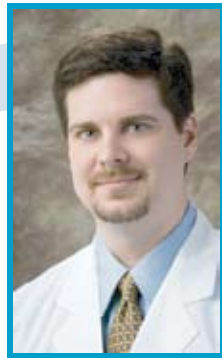
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Read All About It

SmartMoney, August 2007

Edward Jones again was named the No. 1 full service brokerage firm in the August edition of SmartMoney magazine. The firm placed ahead of six other firms and received high marks in the four categories surveyed by the magazine: stock picking, customer satisfaction, trust and customer statements. Edward Jones, which also ranked No. 1 in 2005, received five-star ratings in client statements and customer satisfaction.

J.D. Power and Associates, July 24, 2007

For the third year in a row, the financial-services firm Edward Jones ranks "Highest in Investor Satisfaction with Full Service Brokerage Firms," according to the J.D. Power and Associates 2007 Full Service Investor Satisfaction Study.SM

Edward Jones received the highest numerical score three years in a row among full service brokerage firms in the proprietary J.D. Power and Associates 2005-2007 Full Service Investor Satisfaction StudySM. 2007 study based on 3,043 total responses measuring 16 brokerage firms and measures opinions of investors who used full service investment institutions. Proprietary study results are based on experiences and perceptions of consumers surveyed from March-May 2007. Your experiences may vary. Visit jdpower.com.

BusinessWeek, March 5, 2007

Edward Jones was the highest-ranking brokerage firm on BusinessWeek magazine's first-ever ranking of "Customer Service Champs." The firm ranked No. 6 among 25 national and international companies that are the "best providers of customer service" based on techniques, strategies and tools used to deliver great service.

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Fit Facts™

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A Walk a Day

The popularity of walking as a fitness activity is growing by leaps and bounds. Low risk and easy to start, walking has proved its health benefits in numerous studies.

An eight-year study of 13,000 people found that those who walked 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised.

A regular walking program can help:

- Reduce blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Boost bone strength
- Burn calories and keep weight down

Get ready

A walking program is simple to start. All you need are comfortable clothes and shoes. Layer loose clothing, keeping in mind that exercise elevates the body's temperature. Shoes specifically designed for walking are best.

Every workout should begin with a brief warm-up and a few simple stretches. Walk around the house or in place for a few minutes to get the blood flowing to the muscles before you attempt to stretch them. Although walking primarily works the major muscles of the legs, don't forget to stretch your back, shoulders and arms. This will help to loosen up any tension you may be carrying and make your walk more enjoyable as well as more effective.



Get moving

Beginning walkers can make their workouts less strenuous by limiting how fast and far they walk. Keep in mind the following:

• Walk short distances

Begin with a five-minute stroll and gradually increase your distance.

• Forget about speed

Walk at a comfortable pace. Focus on good posture, keeping your head lifted and shoulders relaxed.

• Swing your arms naturally

Breathe deeply. If you can't catch your breath, slow down or avoid hills.

• Be sure you can talk while walking

If you can't converse, you are walking too fast.

Get fit!

Walking is one fitness activity that allows you numerous options. Once you have reached a point where you can walk a few miles with relative ease, you can start to vary the intensity.

Walking hills, in addition to increasing your cardiovascular endurance, is a great way to tone the legs. Concentrate on lengthening your stride or increasing your speed. And don't forget to reward yourself after each workout with a few minutes of relaxing stretches to help prevent sore muscles.

Listening to lively music while you walk is also a great way to energize your workout. But if you wear headphones, keep the volume down and watch out for traffic that you may not hear.

Keep track of your progress. Many experts recommend that you walk a minimum of 20 minutes a day. But there are no hard and fast rules. Fit walking into your schedule whenever you can. That may mean two 10-minute walks each day, or even hour-long walks two to three times a week. The best schedule is one that keeps you walking and keeps you fit!

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Exp Date: 11/15/07

SLNA Cooks! Deliciosas Enchiladas Potosinas

Amigas, you must make these delicious enchiladas! They are typical of the famous dish from San Luis and I hope you enjoy them as much as Carol did when she was here in August!

Prepare the tortillas:

For the Masa:

- 2 Cups Masa Harina
- 2 Dry Chiles Ancho
- 2 teaspoons salt
- Water to make a soft dough

Soak the chiles in hot water just to cover for 30 minutes, Blend chiles and soaking water to liquefy. Add chiles and soaking liquid to masa harina. Add salt. Use this mixture to make the tortillas for the enchiladas.

Prepare the sauce:

For the Salsa:

- 4 tomatoes roasted and chopped
- 3 chiles Serannos
- 3 chiles Jalapenos, or to taste
- 1 (or more) cloves garlic

Salt to taste

Swirl in the blender until just chunky

For the Filling:

1 Queso Fresco Mexicano, crumbled

Fill the tortillas with the crumbled cheese, roll and place in baking dish, cover with salsa and more cheese. Heat until cheese on top is melted and serve with pickled onions and chiles, refried beans and quacamole

For garnishing:

More queso fresco, pickled onions and chiles

Que delicia!

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to SLNA residents, limit 30 words, please e-mail jandot@swbell.net.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-989-8905 or advertising@PEELinc.com.



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Energy Efficiency Tips (courtesy of AustinEnergy.com)

Heating/Cooling

- Clean or replace filters at least once a month.
- Shade outside air conditioning units (condensers.)
- Clean your AC's condenser/evaporator coils at the start of the season.
- Keep debris and high grass away from the condenser.
- Set your thermostat at 78° in the summer and 68° in the winter.
- If you have central air conditioning, don't close vents in unused rooms.
- Consider new high efficiency air conditioners and heat pumps.

For more tips, and detailed information about the tips listed here, please visit AustinEnergy.com.

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South Lamar Neighborhood Association Membership Form

Initial Application _____ Renewal _____

Print Name (Couples, please use both first names): _____

Address: _____ Phone: _____

E-Mail: _____ / _____

If you live outside SLNA's borders, the address of the SLNA property that you own: _____

Annual Membership: \$10.00 per household OR \$20.00 to be a "Big Bubba/Bubbette"

TOTAL ENCLOSED \$ _____

Make check payable to SLNA. Mail or deliver with completed form to:

John Bissell, 2816 Kinney Oaks Ct., Austin TX 78704

OR Check here if you are requesting a Waiver of this year's Membership fee: _____

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