

SLNA Sentinel

Publication of the South Lamar Neighborhood Association

December 2007, Volume 1, Issue 3

www.southlamar.org

Note from President

Merry Christmas, Happy Chanukkah, Feliz Navidad, Joyeux Noel, Happy Kwanzaa, Feliz Natal, Froehliche Weihnachten, Mele Kelikimaka (I haven't setup chinese characters (han zi) on my pc, sorry.) ...and please pardon all of the orthographic errors - missing accents, umlauts, etc. ---- I hope you all have a wonderful time being with your loved ones. Enjoy the Holidays!

Hope to see you all at the Holiday Meeting on 13 December 2007. Traditionally a potluck social gathering for our neighborhood. Bring a snack-type food item to share with your neighbors. SLNA will pitch-in with some snacks as well. I am sure of that. And I, of course, will bring some beer, bier, cheve -- maybe some wine. Depending on the mood. -----
- oscar

Note the Holiday party is at the Unity Church -- in the fellowship area and then in the sanctuary. We will install the 2008 officers. Maybe sing some carols or otherwise entertain ourselves.

DID YOU KNOW?

...that the original plan from Cypress for the Unity property called for as many as 6 townhomes where the current church building is located, a retention pond further south and the current Youth Education Building being sold as a single family residence? Your SLNA zoning committee lobbied and negotiated so that instead there will be a water retention "pond" near the north property line (where the church building is now) AND a 2 acre park, belonging to Parks and Recreation Department. This is the first public park we have ever had in our neighborhood. Good Job Zoning Committee!

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

Library news -- OLD & NEW

Our neighborhood's local branch of the Austin Public Library, **Twin Oaks Branch**, reopened on Saturday November 3rd. It had been closed for 5 months for some renovation of the leased location. This branch is located at **2301 S. Congress Avenue** in the Twin Oaks Shopping center (at Oltorf). The library is expected to have no further extended closures until its replacement facility opens in August 2009. Current hours of opening are: Monday-Thursday 10 a.m.-9 p.m.; Friday 10 a.m.-6 p.m.; Saturday 10 a.m.-5 p.m. (closed Sunday). The branch library is accessible from the Bus 331 and the Orange Dillo.

The replacement branch will be located at the corner of **South 5th and West Mary** -- the former location of the post office. While the current facility is 5,360 square feet the new facility will have 10,120 square feet. The plans call for the new library to include space for check out, reference, children's programming, study and reading areas, along with a host of computers for catalog accessing and other pursuits. Furthermore, it will provide for other support functions such as a multipurpose room for large meetings, restrooms, display areas, offices and storage rooms. Adequate parking, a plaza, outdoor reading garden, an outdoor story time area, and both exterior and interior book drops are included.

Jamail & Smith Construction was the construction contractor with the lowest bid and it is expected that the Notice to Proceed will be given by the city by early December. By the time you read this the current occupants of the old post office, the Friends of the Austin Public Library will have had a final sale at their Monster Bookstore and moved out. Demolition of the old Post Office building will start in December. The Monster Bookstore will re-open in a new location in February 2008.

Season's
Greetings

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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

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Publisher

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

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Teenage Job Seekers

| Name | Age | Baby Sitter | Yard Sit | House Sit | 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!

Advertising Information

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.

At no time will any source be allowed to use the SLNA Sentinel 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 the South Lamar Neighborhood Association and Peel, Inc. The information in the newsletter is exclusively for the private use of South Lamar Neighborhood Association residents only.

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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21 Things You Didn't Know You Can Recycle

1. **Appliances:** Goodwill accepts working appliances, www.goodwill.org, or you can contact the Steel Recycling Institute to recycle them. 800/YES-1-CAN, www.recycle-steel.org.
2. **Batteries:** Rechargeables and single-use: Battery Solutions, 734/467-9110, www.batteryrecycling.com.
3. **Cardboard boxes:** Contact local nonprofits and women's shelters to see if they can use them. Or, offer up used cardboard boxes at your local Freecycle.org listserv or on Craigslist.org for others who may need them for moving or storage. If your workplace collects at least 100 boxes or more each month, UsedCardboardBoxes.com accepts them for resale.
4. **CDs/DVDs/Game Disks:** Send scratched music or computer CDs, DVDs, and PlayStation or Nintendo video game disks to AuralTech for refinishing, and they'll work like new: 888/454-3223, www.auraltch.com.
5. **Clothes:** Wearable clothes can go to your local Goodwill outlet or shelter. Donate wearable women's business clothing to Dress for Success, which gives them to low-income women as they search for jobs, 212/532-1922, www.dressforsuccess.org. Offer unwearable clothes and towels to local animal boarding and shelter facilities, which often use them as pet bedding. Consider holding a clothes swap at your office, school, faith congregation or community center. Swap clothes with friends and colleagues, and save money on a new fall wardrobe and back-to-school clothes.
6. **Compact fluorescent bulbs:** Take them to your local IKEA store for recycling: www.ikea.com.
7. **Compostable bio-plastics:** You probably won't be able to compost these in your home compost bin or pile. Find a municipal composter to take them to at www.findacomposter.com.
8. **Computers and electronics:** Find the most responsible recyclers, local and national, at www.ban.org/pledge/Locations.html.
9. **Exercise videos:** Swap them with others at www.videofitness.com.
10. **Eyeglasses:** Your local Lion's Club or eye care chain may collect these. Lenses are reground and given to people in need.
11. **Foam packing:** Your local pack-and-ship store will likely accept foam peanuts for reuse. Or, call the Plastic Loose Fill Producers Council to find a drop-off site: 800/828-2214. For places to drop off foam blocks for recycling, contact the Alliance of Foam Packaging Recyclers, 410/451-8340, www.epspackaging.org/info.html.
12. **Ink/toner cartridges:** Recycleplace.com pays \$1/each.
13. **Miscellaneous:** Get your unwanted items into the hands of people who can use them. Offer them up on your local Freecycle.org or Craigslist.org listserv, or try giving them away at Throwplace.com or giving or selling them at iReuse.com. iReuse.com will also help you find a recycler, if possible, when your items have reached the end of their useful lifecycle.
14. **Oil:** Find Used Motor Oil Hotlines for each state: 202/682-8000, www.recycleoil.org.

(Continued on Page 5)

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- C & T Walsh, Lakeway, TX



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New Watering Schedule Now in Effect

Don't forget, Austin's new watering schedule took effect on October 1st!

What does that mean for you?

You may not use an automatic irrigation system between 10:00 a.m. and 7:00 p.m. This is a year-round restriction applicable to commercial, multi-family and residential properties.

For Single family homes (including duplexes, triplexes, and fourplexes):

Watering days for residential customers are based on your street address, and are mandatory only between May 1 and September 30th, beginning in 2008.

- Odd numbered addresses: Wednesday and/or Saturday
- Even numbered addresses: Thursday and/or Sunday
-

For Commercial and Multifamily customers (including common areas of condominiums or homeowners' associations):

Watering days are limited year-round for commercial and

multifamily properties. Addresses ending in odd numbers may water on Wednesday and/or Saturday; those ending in even numbers may water on Thursday and/or Sunday. You are not required to water on both days.

- Tuesday and/or Friday

Please see the Austin Water Conservation website at <http://www.ci.austin.tx.us/watercon/schedulefaq.htm> for answers to some frequently-asked questions about the changes to the watering schedule.

To report water waste, including properties in violation of these new changes, please use the online reporting form at http://www.ci.austin.tx.us/watercon/water_leaks.cfm or call 974-2199 with the address, type of violation, and time and date witnessed. The city will contact the property owners to assist them in complying with the ordinance.



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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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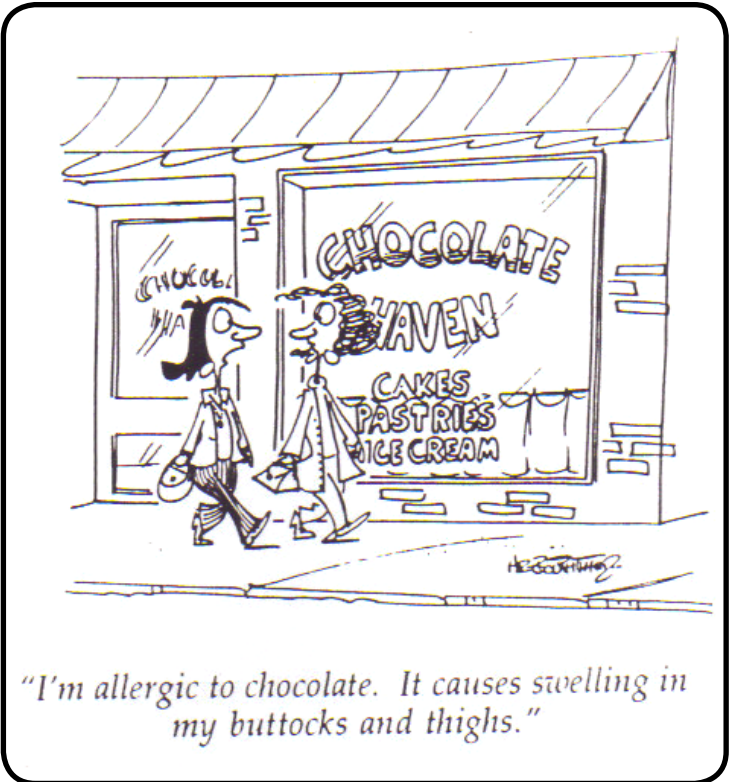
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MAKING SENSE OF INVESTING

Recycle - (Continued from Page 3)

15. **Phones:** Donate cell phones: Collective Good will refurbish your phone and sell Cellphoneit to someone in a developing country: 770/856-9021, www.collectivegood.com. Call to Protect reprograms cell phones to dial 911 and gives them to domestic violence victims: www.donateaphone.com. Recycle single-line phones: Reclamere, 814/386-2927, www.reclamere.com.
16. **Sports equipment:** Resell or trade it at your local Play It Again Sports outlet, 800/476-9249, www.playitagainsports.com.
17. **"Technotrash:** Project KOPEG offers an e-waste recycling program that can help you raise funds for your organization. Use Project KOPEG to recycle iPods, MP3 players, cell phones and chargers, digital cameras, PDAs, palm pilots, and more. Also, easily recycle all of your CDs, jewel cases, DVDs, audio and video tapes, pagers, rechargeable and single-use batteries, PDAs, and ink/toner cartridges with GreenDisk's Technotrash program. For \$30, GreenDisk will send you a cardboard box in which you can ship them up to 70 pounds of any of the above. Your fee covers the box as well as shipping and recycling fees. 800/305-GREENDISK, www.greendisk.com.
18. **Tennis shoes:** Nike's Reuse-a-Shoe program turns old shoes into playground and athletic flooring. www.nikereuseashoe.com. One World Running will send still-wearable shoes to athletes in need in Africa, Latin America, and Haiti. www.oneworldrunning.com.
19. **Toothbrushes and razors:** Buy a recycled plastic toothbrush or razor from ToothbrushRecycline, and the company will take it back to be recycled again into plastic lumber. Recycline products are made from used Stonyfield Farms' yogurt cups. 888/354-7296, www.recycline.com.
20. **Tyvek envelopes:** Quantities less than 25: Send to Shirley Cimburke, Tyvek Recycling Specialist, 5401 Jefferson Davis Hwy., Spot 197, Room 231, Richmond, VA 23234. Quantities larger than 25, call 866/33-TYVEK.
21. **Stuff you just can't recycle:** When practical, send such items back to the manufacturer and tell them they need to manufacture products that close the waste loop responsibly.

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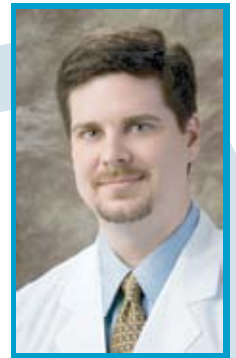


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Oak Wilt

What is oak wilt?

Oak wilt is caused by a fungus that invades and disables the water delivery system of the tree. Leaves at the top of the tree are usually the first to die. The spread of the disease is primarily through the interconnected root systems. It can travel up to 150 feet in any one direction in a year. Small beetles also transmit the disease by carrying spores from fungal mats on red oaks to open wounds on live oaks.

What trees are susceptible?

Red oaks (e.g., Spanish, Shumard, Texas Red, and Blackjack oaks) are particularly susceptible. An infected red oak will generally die in 3 to 4 weeks. White oaks (e.g., Post, Bur, Chinkapin and Lacey oaks) are resistant and rarely die from oak wilt. Live oaks fall somewhere in between but are vulnerable because they are essentially one big root system connecting all of the trees in a large area, and that facilitates the spread of the disease from tree to tree.

How do I know if my trees are infected?

It is not always easy to identify oak wilt infection as opposed to fungal leaf spot or some other problem but Dolan provided the following guides.

- Watch red oaks for out of season color displays. Fall color in the spring is not a good thing.
- Keep an eye on the very top branches of live oaks. If they start to defoliate, call the City (512-974-1881) and set up an appointment to have an expert come and take a look.
- Examine oak leaves on the tree for chlorotic



(yellow) veins. Look for veinal necrosis (brown veins) on leaves on the ground.

Often it takes an expert to make the identification. We are fortunate that we have access to an arborist through the City's oak wilt program. If you have concerns, contact him at the number shown above or at chris.dolan@ci.austin.tx.us.

How do I stop this disease?

- Prevention (worth a pound of cure)
- Eliminate diseased red oaks (or don't plant them in the first place).
- Handle firewood properly (make sure to buy wood that has been thoroughly dried for at least one year and don't store it near healthy oak trees).
- Avoid wounding oaks (including pruning) from February through June and immediately treat all cuts or wounds with a wound or latex paint.
- Trenching (not the easiest thing in a suburban neighborhood)
- Break root connections between live oaks by digging at least 4 feet deep and a minimum

of 100 feet from infected trees.

- Remove trees within the trenched area and closely monitor those immediately outside for several years.
- Fungicide (needs to be repeated every 2-2 ½ years)
- Injections of propiconazole applied prior to infection have proven effective as a preventative.
- Fungicide injection does not stop root transmission but it can offer protection if trenching is not practical.
- Use a trained professional to ensure the best results from this treatment.

What do I do now?

Go out in your yard and look at your trees? Identify the oaks (Not sure what they are? Put a few leaves in a zip lock bag and take them to a local nursery for identification. A photo would help.) and pay attention to the foliage. Watch for unusual color changes and leaf drop.

If you suspect something is wrong, contact Chris Dolan. Even if you know you are going to lose the tree, call him so he can record the location. This helps him monitor the progression of the infection. The City also has some cost-sharing provisions for infected tree removal.

Where do I get more information?

There are many resources and your first stop should be the City of Austin's Oak Wilt Program web site, www.ci.austin.tx.us/oakwilt. Texas Oak Wilt Information Partnership also has a lot of information at their web site, www.texasoakwilt.org including a list of oak wilt certified arborists.

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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/Bubette"

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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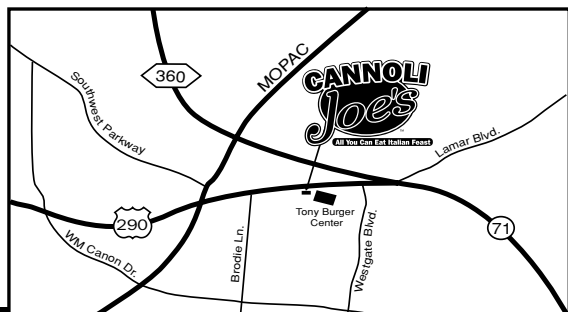


Join us Sundays from 11- 3 and take a stroll through our Villagio where our Chefs are preparing a gourmet Italian feast right in front of you. Taste as many as you like. . .

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Recipe of the Month



SLNA Cooks

Gayle's Sugared Pecans

- | | |
|----------------------------|-------------|
| 1 tsp. cold water | 1 egg white |
| 1 pound large pecan halves | 1 cup sugar |
| 1 tsp. ground cinnamon | 1 tsp. salt |

- Beat water and egg white until frothy.
- Mix well with pecans. Combine sugar, cinnamon and salt. Mix well with pecans.
- Spread on a cookie sheet.
- Bake at 225 degrees for 1 hour, Stirring occasionally.
- Cool on waxed paper. Store in airtight container.

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The Truth About Steroids

Steroid abuse is still on the rise, and not just among professional athletes and bodybuilders.

Despite numerous educational efforts by health care officials, many amateur and high school athletes looking for that elusive competitive edge still believe they can get it from a syringe or a bottle of pills. What they don't realize is that steroids will give them a lot more than they bargained for.

Not worth the risk

Acne. Liver damage. Increased risk of heart disease. These are just a few of the side effects associated with anabolic steroid abuse. And there's more.

The side effects are severe. Men who use steroids also may develop gynecomastia (the development of breasts), priapism (painful prolonged erection) and edema from sodium and water retention. They also will be more prone to cardiovascular problems since steroids decrease high-density lipoprotein levels (HDL) or "good" cholesterol, and increase low-density lipoprotein levels (LDL) or "bad" cholesterol.

Coupled with hypertension and negative changes in myocardial tissue, steroids users are at an increased risk for heart attack as well.

Of additional concern are alterations in psyche and behavior (i.e., aggression, physical dependence) and decreased immune function. Changes in the reproductive system, such as a reduction in testicle size, sperm count and mobility, and a decrease in the

levels of endogenous testosterone and other sex hormones are common.

Women at risk

Unlike men, whose side effects may be reversible once the abuse has stopped, women experience irreversible changes, such as a deepened voice, increased facial and body hair growth, enlarged clitoris and coarser skin. In addition, irregularities in, or cessation of menstrual cycle, increased libido, aggressiveness, acne and decreased immune function may occur.

Women are also prone to the cardiovascular risks and changes in psyche and behavior that men experience.



All risk, no glory

There is an even scarier risk of steroid abuse: death. Steroid users who share needles are putting themselves at risk for developing infections such as HIV, hepatitis or other viral diseases.

The terminal risks of steroid abuse are not fully known. Some published cases of tumors and other cancers related to steroid abuse have been reported. Even so, physicians and

researchers do not know all the repercussions of steroid abuse on one's body and future health.

Controlled research is unethical and only information from abusers is usable; yet this data may be inaccurate since most users are not forthcoming about the full extent of their steroid use.


Since the late 1980s, the federal government has begun to crack down on steroid use and distribution. Possession of steroids with intent to distribute without a valid prescription is a felony and subject to prosecution. Likewise, steroid use is a violation of the rules of virtually all sports leagues and councils as well as the traditional ethics of good sportsmanship.

No substitute for training

What most steroid users don't realize is that they are placing themselves at risk for something they could achieve on their own. Many experts agree that the effects of steroids on strength and muscle mass of beginning weight lifters or athletes are minimal when compared with the effects of an intensive weight-training or conditioning program.

The best way to improve performance and increase muscle mass is to follow a well-designed program that challenges both your body and your mind. No drug can do that for you.






YMCA of Austin

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Millipedes & Centipedes

Millipedes and centipedes are arthropods often seen in the autumn and may move into homes during periods of heavy rainfall or drought. While the two creatures may look similar, they can easily be differentiated if you know what to look for. Millipedes have rounded bodies and two pair of legs per body segment. Millipedes will curl into a spiral when they feel threatened. Centipedes have flattened bodies and one pair of legs per body segment.

These arthropods live in similar habitats- usually in humid or moist environments such as under rocks, logs or debris. Millipedes feed primarily on decaying organic matter while centipedes are predaceous, feeding on other arthropods such as insects. Centipedes have a modified pair of front legs that they can use to inject venom into prey. If "bitten" by a larger species of centipede, a bee sting-like reaction may occur. While millipedes cannot bite, they can exude a stinky fluid that can be irritating to the skin of some people.

Tips to keep millipedes and centipedes out of your home:

- Move objects such as firewood or compost piles away from the home
- Occasionally turn mulch in flower beds to allow mulch to dry out
- Replace weather stripping around doors in windows if there is not a good seal
- Caulk cracks & crevices and around pipe penetrations
- For homes with brick or stone facades, stuff weep holes with steel wool* or copper mesh **steel wool will rust if it gets wet, so do not use on light colored facades*
- Provide good ventilation in crawl spaces
- Use perimeter sprays around the foundation of the home
 - Synthetic products include active ingredients such as deltamethrin, permethrin, cyfluthrin or bifenthrin
 - Naturally-derived products include active ingredients such as d-limonene, rosemary oil, sesame oil or clove oil
 - Read & follow all pesticide label instructions

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

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