

# SLNA Sentinel

Publication of the South Lamar Neighborhood Association

October 2008, Volume 2, Issue 10

[www.southlamar.org](http://www.southlamar.org)

## Give Us Your Input On Our Neighborhood Cleanups

Every three months, the South Lamar Neighborhood Association (SLNA) conducts a neighborhood cleanup, in accordance with a contract between the organization and Keep Austin Beautiful (KAB). Wendy Brennan and Link Davidson currently serve as coordinators of the KAB in the SLNA program.

On average, seven to 10 people participate in each event. Typically, too, it's the same people each time. Don't be mislead, though -- in the two or so hours of cleanup time that participants give to the cause during each event, these stalwart few pick up about 400 to 500 pounds of trash. Also, everything participants need is provided to them: KAB supplies pick-up sticks, trash bags, gloves, poison ivy block, and sun block; while SLNA provides snacks and refreshments. The City of Austin assists with hauling away the trash.

In an effort to involve more SLNA residents, we'd like to get your feedback to several questions. Please respond to the following by Sunday, Oct. 26, by sending your input by e-mail to Link Davidson at [osouthaustin@aol.com](mailto:osouthaustin@aol.com) or by postal mail to 3301B Doolin Dr. (78704). If you're not on the South Lamar e-mail list and would like to be, include your name and e-mail address, including a phone number should we need additional information.

### Here are our questions:

1. Would you prefer a Saturday or Sunday for cleanup events? How about an occasional weekday?
  2. Do you prefer morning, afternoon or evening?
  3. What -- if anything -- would bring you to participate in a neighborhood cleanup?
  4. Is there anything about the way the events currently occur that keeps you from participating?
  5. Do you have any additional input that you think might improve our numbers and make our events more appealing to participants?
- We appreciate any and all input. Our campaign is a successful one, but it could be all the more so with more buy-in from everyone in the SLNA.

On compiling our data, we'll release the results of the survey to all. In the meantime, we plan to hold our next event in November. I suppose, then, a final question might be:

6. Which date in November works best for you for our next neighborhood cleanup?

*(Continued on Page 3)*

## National Night Out 2008

On Tuesday, Oct. 7, residents across Austin will turn on their porch lights for National Night Out -- an annual event promoting neighborhood safety.

National Night Out was created to help neighborhoods generate awareness of and support for drug and crime prevention; strengthen neighborhood spirit and police/community relationships; and let criminals know that neighborhoods are organized in fighting crime.

To participate, get your neighbors to turn on their porch lights; meet your neighbors at a block party or barbecue; involve your family in organized activities; invite police, fire, or EMS personnel to your party. Austin Police Department officers, EMS employees and firefighters will join Austin City Council members and other city officials in attending neighborhood parties throughout Austin. For more information, call Rosie Salinas at the Community Liaison Office, (512) 974-4900, or send e-mail to [nno@ci.austin.tx.us](mailto:nno@ci.austin.tx.us).

Other ideas include distributing a neighborhood block list and appropriate phone numbers or contributing to the community by collecting food for a food bank.

### Next Neighborhood Association Meeting:

**Thursday, Oct. 16, at 7 p.m.**  
**Skyline Terrace (formerly Ramada Inn)**  
**At the corner of Bannister Lane and**  
**Ben White Boulevard**

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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](http://www.southlamar.org)

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## Give Us Your Input - (Continued from Cover Page)

Thanks for taking a bit of your time to help us as we continue to work for a clean neighborhood. We'll share the results of the poll at the beginning of November, including a date on which we'll host the next cleanup event. We look forward to seeing you then.

Best,  
Link Davidson and Wendy Brennan

## New Neighborhood Meeting Sign Coordinator Needed

Hello, neighbors. I'm looking for someone to take over my job as "adopt-a-South Lamar Neighborhood Association-sign coordinator." Here's what's involved: six times a year, the week before we have our SLNA meeting, you send out an e-mail reminding the adopters to post their signs on the designated spots for their signs until the meeting has occurred. Then the signs are taken down by the adopters until the next meeting. Please call me about this if you are interested at (512) 415-9075.

Roberta Leahy

## Single Stream Recycling Starts Soon

Beginning in October, the City of Austin's Solid Waste Services Department will provide a new recycling service – Single Stream Recycling. Single Stream allows customers to mix recyclable papers, plastics, cans and glass in one cart. The all-in-one program is meant to encourage recycling and allow more types of items to be recycled.

Solid Waste Services crews will collect recycling every other week, which will help reduce emissions as well as save gas. Customers will receive complete Single Stream Recycling instructions and a calendar showing the collection schedule with their new recycling cart. New 90-gallon recycling carts will replace the current blue recycling bins. Customers can recycle their blue bins by placing them at the curb or they can keep them for use in their homes. Single Stream will also be available in City offices.

### Examples of items that can be recycled are:

Paper — newspaper, office paper, junk mail, cereal and soft drink boxes and corrugated cardboard.

Aluminum and metal cans — food cans (labels can be left on) and soda cans

Glass — jars and bottles (with the lids removed).

Rigid plastics — numbers 1 through 7, including yogurt and margarine tubs.

(Continued on Page 4)



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## Follow Our Top 10 Ways To Save Gas!

*Submitted by Leonard Johnson*

If you are serious about saving more gas, it is important to understand that you will see the largest savings when you practice a combination of proper car care and smart driving behaviors. An aggressive attack plan can save you hundreds of dollars per year in fuel.

- 1) Drive fewer miles: Combine errands, carpool when possible, eliminate unnecessary trips. The average vehicle uses a gallon of fuel for every 20 miles driven. A few thousand less miles per year adds up to big money!
- 2) Correct tire pressure: This one has gotten a lot of press recently, but improper tire pressure can cost 3% in fuel economy.
- 3) Replace dirty air filters: Replacing your air filter every 12,000 miles will save up to 10% fuel.
- 4) Pay attention to the Orange engine light: This light warns you when something is wrong in your fuel or emission system. A faulty Oxygen sensor or fuel injector can waste 35% more fuel and increase the harmful pollutants your vehicle emits.
- 5) Check the gas cap: 147 million gallons of gas vaporizes annually in the U.S. due to loose gas caps.
- 6) Avoid jack-rabbit starts: The key to good fuel economy is smooth starts and stops. Driving like a grandma may not be fun, but it will raise your fuel mileage by up to 33%.
- 7) Slow down: Every 5 miles per hour over 60 mph is like paying an additional .26 cents per gallon for gas.
- 8) Remove excess weight: Every 100 pounds of weight reduces your mpg by 2%.
- 9) Change to synthetic motor oil: Reduces friction and increases fuel mileage by 2%.
- 10) Inspect brakes - Dragging brakes can seriously decrease fuel mileage.

Single Stream - (Continued from Page 3)

### What cannot be recycled:

Plastic bags and Styrofoam (cups, egg cartons or take-out containers)

For more information about Single Stream Recycling, look online at [www.ci.austin.tx.us/sws/singlestream.htm](http://www.ci.austin.tx.us/sws/singlestream.htm) or call the Single Stream Hotline at (512) 974-1945.

## Join The Neighborhood E-mail List

To participate in discussions about issues in our neighborhood, post information about lost or found pets, or to get updates on Austin area events, join the South Lamar Neighborhood Association e-mail list at [www.southlamar.org/email\\_list.htm](http://www.southlamar.org/email_list.htm).



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## Volunteers Needed for trail of LIGHTS

The Austin Parks and Recreation Department is seeking individuals and groups to volunteer at the Trail of Lights Festival Dec. 14 through 23. Volunteers are needed to add holiday spirit by greeting the public, providing information, monitoring the trails, helping with recycling efforts and assisting with other important trail duties. Confirm a group volunteer date by Oct. 1 and receive recognition in the Trail Guide distributed in the Austin American-Statesman.

Volunteers must be older than 15 years of age. For more information, call Devon Farber at (512) 385-5931.

### Business Classified

**SouthAustinCounseling.com** – Struggling with depression, anxiety, relationship issues, stress, loss and grief of any origin? Please call me at 461-1116 or email me to schedule a free 30 minute consultation.

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## Juvenile Curfew Reminder From Sergeant Ponder

*Good Afternoon All,*

As you know, a new school year has begun so activity in your neighborhoods should change drastically. The juvenile curfews are in effect will be enforced during the following times. Daytime juvenile curfew hours are Monday through Friday 9 a.m. to 2:30 p.m. Nighttime juvenile curfew hours are Sunday through Thursday 11 p.m. to 6 a.m. and Friday through Saturday midnight to 6 a.m. Should you see juveniles or suspicious activity in your neighborhood during these times, please call 911 so an officer can respond. Your Southwest Districts Representatives will be out in your neighborhoods periodically to reinforce our juvenile curfews.

*Linda S. Ponder, Sergeant*

Southwest District Representatives

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# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

## THE BEST TIME TO EXERCISE

Contrary to popular belief, women aren't the only ones with biological clocks. We all have them, and heed their ticking on a daily basis. If you are a regular exerciser, you may have already determined your most productive time to exercise and follow a routine that works best for you. On the other hand, if your exercise time varies from day to day, and it's wearing you out instead of pumping you up, you may be interested in the work of scientists who are studying the proverbial internal clock and how to best determine what time of day you should schedule your workouts.

### **RHYTHM: IT'S NOT JUST FOR DANCING**

The secret appears to lie in circadian rhythms, the daily cycles that our bodies follow. These rhythms originate in the hypothalamus and regulate everything from body temperature and metabolism to blood pressure. The rhythms result from the firing rate of neurons. They have conformed to our 24-hour light-to-dark cycle, and may be regulated and reregulated each day according to the environment.

### **WARM IS BETTER**

It is the influence of circadian rhythms on body temperature that seems to yield the most control over the quality of a workout. When body temperature is at its highest, your workouts will likely be more productive; when your temperature is low, chances are your exercise session may be less than optimal. Body temperature is at its lowest about one to three hours before most of

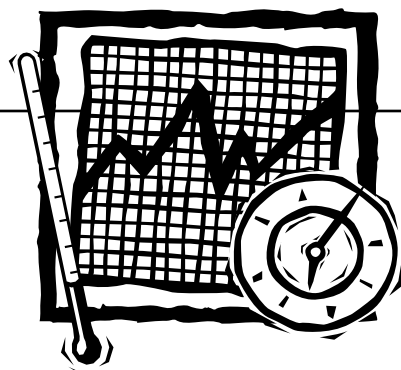
us wake up in the morning, in contrast to late afternoon when body temperature reaches its peak. (To determine your own circadian peak, refer to the box to the right.) Studies have consistently shown that exercise during these late-in-the-day hours produces better performance and more power. Muscles are warm and more flexible, perceived exertion is low, reaction time is quicker, strength is at its peak, and resting heart rate and blood pressure are low.

### **DON'T FIX IT IF IT'S NOT BROKEN**

First of all, don't change your schedule if you feel good beginning your day with exercise. Everyone agrees that exercise at any time is better than no exercise at all. In fact, people who exercise in the morning are more successful at making it a habit. And though it has been suggested that morning exercise may put some people at higher risk for heart attack, further research indicates that there is simply a generalized increased risk of heart attacks in the morning. If your schedule favors an early workout, emphasize stretching and a good warm-up to insure that your body is ready for action.

### **OTHER CONSIDERATIONS**

If stress relief is your goal, exercise always works, all the time. And if you're wondering when it's best to train for an upcoming event, it all depends on what time you'll actually be competing. If an upcoming marathon begins at 7:00 a.m., try training at that time of day. Though training at any time of day will raise performance levels, research has shown that the ability to maintain sustained



### **Find Your Peak**

To determine your own circadian peak in body temperature, record your temperature every couple of hours for five to six consecutive days. Body temperature usually fluctuates by plus or minus 1.5 degrees throughout the day. Try exercising during the period three hours before and after your highest temperature. If you are an early bird or a night owl, you may notice that your temperature peaks one to two hours before or after the norm (between 4 p.m. and 6 p.m.); you can adjust your exercise time accordingly.

exercise is adaptive to circadian rhythms. In other words, consistently training in the morning will allow you to sustain exercise during a morning marathon longer than if you train in the evening.

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American Council on Exercise*

## Agency Web Site Helps Find Computer Recycling Locations

The Texas Commission on Environmental Quality has a new statewide Web site for computer equipment recycling. Because computers and related equipment are a rapidly growing source of waste in Texas and the nation, the Web site offers Texans a simple way to find recycling options offered by their computer manufacturers.

The U.S. Environmental Protection Agency estimates that 53 million computers became obsolete last year, along with 35 million monitors and 82 million keyboards and mice. During its last regular session the Texas Legislature passed House Bill 2714, which requires computer manufacturers that sell in Texas to offer consumers convenient and free recycling of their equipment.

So please pass the word along to everyone who has a computer or handles the purchasing or disposal of computers in their workplace or school.

For more information, go to [www.texasrecyclescomputers.org](http://www.texasrecyclescomputers.org).



## Bug Blog

Are you into blogging or are you a bug enthusiast? Either way, you win with the bug blog. A couple of months ago I decided that to really get the latest news about insects to the public, I need to take advantage of technology and join the blogging world. Blogging was completely new to me, and I'm still working out kinks here and there, but it seems to be a great way to update people on insects that I've been getting questions about, how to identify things they might be seeing in their yards and what to do about pests. So if you're interested in insects, check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com).

You can either subscribe to have the latest blog sent to your e-mail box or you can subscribe through a reader. I generally update on a weekly basis to keep current with insect activity.

For more information or help with identification, contact me at (512) 854-9600.

**Wizzie Brown**

Texas AgriLife Extension Service Program Specialist

*"If winning isn't everything, why do they keep score?" -Vince Lombardi*

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