



## HPWBANA Fitness in Perry Park

*Neighbors of HPWBANA and Evolution Fitness*

Kids and adults had a great time getting fit during the month of June thanks to HPWBANA and local trainers with Evolution Fitness. HPWBANA teamed up with Evolution Fitness to bring a free family friendly outdoor workout to Perry Park each Saturday in June. A mix of friendly competition and games, we all got a great workout without feeling like it was work, and classes were always fun and truly unique. We threw balls and Frisbees, and played team games - interspersed with a few burpees, pushups, and squats to get a full body workout. According to one of the participants, it was the highlight of his weekend, which included kayaking, fishing, and swimming!

Due to the ever increasing summer temperatures, we have decided to suspend the class until the fall or possibly the spring. Stay tuned for the next class schedule.

Note: This event is sponsored by HPWBANA. There is no sales pitch or pressure to sign up for personal training. The class is simply a way for HPWBANA to give back to the community and provide a high quality experience for our residents. As always, if you have any suggestions or feedback regarding the event, please do not hesitate to contact Trey at [president@hpwbana.org](mailto:president@hpwbana.org).

## Nearby Restaurant Openings (Hooray!)



*La Mancha Opened its doors June 20th*  
**La Mancha Tex Mex Cantina**

La Mancha Tex Mex Cantina, the restaurant formerly known as Jorge's, has finally opened! Located at 2203 Hancock Drive, the new Tex-Mex neighborhood tavern is a welcome addition to the burgeoning list of new restaurants opening on and near Burnet Road. Investors of the new venture include Chuy's co-founder Mike Young, as well as Will Muntz of Lucky Lounge, and John Koriath of Hangar Lounge and Six Lounge. With Muntz living two blocks from the restaurant and Koriath growing up in the neighborhood, they were driven to create "a place that our neighbors enjoy, a place you can walk or ride your bike to for good Tex-Mex food and drinks". With restaurant architect Michael Hsu and chef Chris Chism on board as well, La Mancha is sure to be a frequent neighborhood hangout for our residents!

### **Noble Sandwich Co.**

According to EaterAustin.com, the amazingly talented chefs behind Noble Sandwich Co. (formerly known as The Noble Pig) will launch their new second location on Burnet Road between 49th and Wildcat Run, on the east side of the street between Pinthouse Pizza and The Omelettry. With national publications like *Bon Appétit*, *Food & Wine* and the *Wall Street Journal* singing its praises, we no longer have to drive to Timbuktu to enjoy their

*(Continued on Page 3)*

# Highland Park West Balcones Area

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Austin Citywide Information Center. 974-2000 or 311  
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Non-emergency Police (coyote sighting, etc.) ..... 311  
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APD REP. - Officer Darrell Grayson ..... 512-974-5242

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Nadene Morning.....

The HPWBANA Board meets on the third Monday of each month except December. Please go to HPWBANA.org for our current meeting location or contact president@HPWBANA.org.

HPWBANA is bordered on the north by 2222, on the south by 35th St., on the west by Mt. Bonnell Rd., and on the east by MoPac and by Bull Creek Rd. between Hancock Dr. and 45th St. Mail your membership dues to HPWBANA, P.O. Box 26101, Austin, Texas 78755

## ADVERTISING INFO

Please support the businesses that advertise in the HPWBANA Newsletter. Their advertising dollars make it possible for all residents to receive a 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 Peel, Inc. Sales Office at 512-263-9181 or advertising@PEELinc.com for ad information and pricing.

## Join The HPWBANA Yahoo Group

The HPWBANA Yahoo Group is a neighborhood listserv intended for discussion and announcements of interest. It is also the best place to find out about activities in the neighborhood, lost or found pets, crime, & recommendations.

Membership is free...to join, go to  
<http://groups.yahoo.com/group/HPWBANA/>

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**Restaurant Openings - (Continued from Cover Page)**

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mouthwatering sandwiches! And if award-winning sandwiches weren't enough, the central location will stay open later than the northwest outpost, serving beer, wine and charcuterie including specials **during a 5 p.m. to 7 p.m. happy hour.** According to their Facebook page, Noble Sandwiches Co. will open this fall.



*Noble Sandwiches Central is on schedule to open this fall at 4805 Burnet Road.*

**Lucy's Fried Chicken**

The former Austin Diner space on Burnet Road will become a second location of chef James Holmes' Lucy's Fried Chicken, which first opened on South Congress in late 2011. Lucy's #2 will serve a similar menu, including the same crisp buttermilk chicken the eatery is known for and is slated to open this fall.



*Lucy's Fried Chicken will open this fall in the former Austin Diner location at 5408 Burnet Road.*

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**Quality Of Meals Should Not Change During Summer**

Students shouldn't close the door on healthy eating habits during the summer, says a Baylor College of Medicine pediatrician.

"Certainly it is just as important to eat healthy over the summer as it is any other time of the year," said Dr. Teresia O'Connor, assistant professor of pediatrics – nutrition at BCM.

She offers the following tips for health summer eating:

- Incorporate fruits and vegetables in all meals.
- A healthy summer lunch should include a fruit, a vegetable, some form of protein and whole grains.
- Don't skip breakfast.
- Eat three meals a day with one to two snacks.
- Stay hydrated - water is the best and healthiest way to stay hydrated.
- Be aware of how much sugar is in beverages. While it's okay to drink a small amount of these beverages, primary drinks should be water and low-fat or skim milk.

Encourage children and teens to help prepare their own meals so they become responsible for their own healthy eating.



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# Spotlight

## on the Highland Terrace West Median

*Nadene Morning*

Drive by the median on Highland Terrace West (close to Highland Park Elementary) and you will notice it looks much different than the usual spread of grass that is typical for an Austin median. With help from a few neighbors, Colleen Jamison transformed a large section of the green space they see everyday into a wonderful native garden setting. Colleen got things started way back in 2008 during the drought. As she looked at the long median strip with the stressed brown grass she envisioned something much more attractive. Recognizing the need to “garden differently” she started small and slowly added native plants to the median to replace some of the Bermuda grass. Since native plants need very little care once they get established, the median has been relatively easy to maintain. Many of the plants started off as hand-me-downs, small cuttings, and extras. Some were even purchased by neighbors and donated to the cause.

Over the years the median has evolved into a wonderful, colorful garden. Colleen tends the garden as needed and adds plants with a creative eye. A big bonus is the sense of community that comes with the project. The garden makes a great place to meet and talk to neighbors.

Many, many thanks go out Colleen and all those who helped make Highland Terrace West median so lovely.



*The beautiful median at Highland Terrace West.*

## SECOND ANNUAL AFM FITTEST COMPETITION *Held at Camp Mabry*

Athletes of all ages came out to Camp Mabry on Saturday, June 15th to participate in the second annual **AFM FITTEST**™ competition, a community-wide event promoting health and fitness. With overall winners earning the coveted title of “Austin’s Fittest”, the grueling competition consisted of a series of professionally designed fitness tests that measured strength, endurance, balance, speed, precision, agility, and power. The competition has quickly grown in popularity, with more than 400 athletes competing in this year’s event. *[Results were not available at press time]*

According to participant and personal trainer Mike O’Hara, tests such as the vertical jump and burpees were big crowd pleasers, making the event entertaining for both spectators and athletes. “It’s always amazing to see how high certain athletes can jump and how quickly they can move in under a minute, so naturally those two events are fun to watch and participate in!” he explained. “It so was great to get out there and witness athletes from all walks of life, fitness levels, and ages” said O’Hara. In fact, he encouraged others to do the same. “I promise you will surprise yourself!” he said.

If you missed the AFM Fittest competition, O’Hara’s Bigger Faster Stronger Training will be hosting their own athletic event in our neighborhood this September. The Third Annual “Bigger Faster Stronger Training’s 9/11 Memorial Climb” at Mt. Bonnell will take place on September 11th, 2013. Join veterans, first responders and athletes of all ages and abilities to pay tribute to the brave men and women who lost their lives in the September 11th attacks. Climb as little or as much as you are able. For more information, be sure to read next month’s newsletter, or contact Mike O’Hara at [BiggerFasterStrongerTraining@gmail.com](mailto:BiggerFasterStrongerTraining@gmail.com).



*Mike O'Hara of Bigger Faster Stronger Training pulls off an impressive 35 inch vertical jump at this year's AFM Fittest Competition at Camp Mabry.*

## CLASSIFIED ADS

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to HPWBANA residents, limit 30 words, please e-mail [andreatorres11@yahoo.com](mailto:andreatorres11@yahoo.com).

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).



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## Mayfield Preserve Update

*Nadene Morning*

Volunteers flocked to Mayfield Preserve this spring to work on all kinds of projects. Interestingly enough, most of the group efforts involved children. Here is a quick list of what is going on in the preserve.

- The Little Helping Hands group comes out to Mayfield every month to help with the native gardens and trails. They help out all over the preserve and even adopted a garden in the park area.
- The Girls School of Austin visits Mayfield Preserve for afterschool workdays. They also adopted a garden in the park.
- Austin Families in Nature recently helped out at Mayfield Preserve for National Trails Day sprucing up the native gardens, mulching trails, and clearing brush.
- Scout Graham Jones completed his Eagle Scout project this spring by building a stepping stone creek crossing.
- The Friends of Mayfield Preserve is working with neighbors of Mayfield on a fire mitigation project. This means clearing dead trees and brush in specific areas of the preserve to protect property.
- Last fall scout Alec Hendren completed a fire mitigation project along the Laguna Gloria side of the preserve as his Eagle Scout project.
- The invasive plant removal project that started in 2008 continues to be a focus for the Friends of Mayfield Preserve. The invasive plant



targeted at this time is cat's claw vine which is taking over acres of the preserve.

• JI Company came to Mayfield one morning to rebuild cedar rails for a creek crossing and help with fire mitigation.

The park entrance is the current focus as more groups come out to Mayfield, and we are sprucing things up by creating nice natural borders for the native gardens and trails. Mayfield Park and Preserve has such great support from the

community and we thank all the volunteers who help out at this great local park!

Want to learn more about Mayfield? Check out the following websites for both the park and preserve to see what is happening:

<http://mayfieldpreserve.org/>

<http://mayfieldpark.org/>

*Photo: Romeo, one of Mayfield's resident Peacocks.*



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