# SWEETWATER<sup>TM</sup> E

AUGUST 2016 VOLUME 1 ISSUE 8

# AUGUST 1ST - 5TH SOCCER SHOTS CAMP

# AUGUST 5TH & 6TH SWEETWATER OLYMPIC GAMES

### 8:15AM - 1PM

The Summer Olympics are going to get started in Rio and we're going to have our own games right here in Sweetwater! Our community will be partnering with a non-profit group called Families in Nature to put on this very special event that will be for ALL ages! We will have ARCHERY, FISHING, EXPLORATORY activities for the littles, fish printing, TRACK & FIELD on the sports field, clubhouse circle, and events lawn, and of course SWIMMING and GYMNASTICS events! Participants will receive medals/tokens for being a part of the events and doing their best! We will begin our ceremonies with a PARADE and encourage all residents to represent your family's home country or countries. You can dress yourself, carry a flag, march with your dog in costume, OR you can decorate any vehicle: golf cart, stroller, tricycle, or anything else you can think of! PRIZES will be awarded to the best dressed/decorated people or vehicles!!!

# VISIT SWEETWATERLIFE.COM FOR MORE INFORMATION

# AUGUST 10TH SWEETWATER STORYTIME & PRE-KINDER MEETUP 9:30AM - 12:30 PM

Due to the Soccer Shots camp, storytime has been moved to the second week of August. Come join your moms, dads, tots, and kiddos heading off to kindergarten! We will begin with back to school stories, snacks, and a craft at 10 am will transition to the pool. Bring your picnic lunch to the pool and meetup with kiddos about to head off to kindergarten!

# AUGUST 10TH

# **BOOK CLUB**

5:30 PM @ ROUGH HOLLOW GRILL Meet your book club friends at the Rough Hollow Grill to discuss Bad Monkey by Carl Hiaasen.

# AUGUST 12TH

# EMPTY NESTERS 6PM - 10PM @ J5 STEAKHOUSE

Come join your empty nester neighbors at J5 Steakhouse for a fun night with great food and good friends! Please RSVP by Friday August 5th to confirm your reservation.

# AUGUST 19TH MEN'S NIGHT IN SWEETWATER! 7:30 - 11PM @ BEER 'N BAGS

# Come out and join your friends for beer tasting, pizza, and a bags (commonly called cornhole) tournament. Please bring beer to share so that everyone may taste different varieties of beer. BEST beer selection wins a PRIZE!! Pizza will be delivered to the clubhouse at 8pm for the guys; Enjoy!



### SEPTEMBER TAILGATING IN SWEETWATER!

College football season is almost here! Come join your neighbors for some football, grilling fun, and good old-fashioned tailgating for ALL-DAY entertainment!

### SEPTEMBER MEET & GREET SWEETWATER BRUNCH

Sweetwater is continually growing as more and more people build and move into the neighborhood. Come join your neighbors for a sit down brunch to visit and get to know one another. Families are welcome! Whether you've been here for 3 years, 3 months, or 3 weeks; it's always fun to meet new neighbors!



# ADVERTISING INFO

Please support the advertisers that make the *Sweetwater Life* newsletter possible. The Sweetwater HOA receives this newseltter free of charge provided by the advertisers within. If you are interested in advertising, please contact our sales office at 512-263-9181 or *advertising@peelinc.com*. The advertising deadline is the 8th of the month prior to the issue.

# **ARTICLE INFO**

The *Sweetwater Life* is mailed monthly to all Sweetwater residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the *Sweetwater Life* please email it to <u>sweetwater@peelinc.com</u>. The deadline is the 15th of the month prior to the issue.

# **IMPORTANT NUMBERS**

# EMERGENCY NUMBERS

EMERGENCY	911	
Fire		
Ambulance		
Sheriff – Non-Emergency	512-974-0845	
Travis County ESD No.6/Lake Travis Fire Rescue		
Administration Office	512-266-2533	
Travis County Animal Control	512-972-6060	

# SCHOOLS

Lake Travis ISD	512-533-6000
Lake Travis High School	512-533-6100
Lake Travis Middle School	
West Cypress Elementary	

# **GOODWIN MANAGEMENT**

Accounting	info@assnsvcs.com
Architectural Review	SWWArchitectural@goodwintx.com
Property Manager	SWWManager@goodwintx.com

# UTILITIES

Pedernales Electric Crossroads Utilities (Water, Sewer, Trash)	
Texas Gas Service	
Customer Service	1-800-700-2443
Emergencies	512-370-8609
Call Before You Dig	512-472-2822
АТ&Т	1-800-288-2020
Time Warner Cable	512-485-5555
Austin/Travis County Hazardous Waste	512-974-4343

## **OTHER NUMBERS**

Bee Cave City Hall	512-767-6600
Bee Cave Library	512-767-6620
Bee Cave Municipal Court	512-767-6630
Lake Travis Post Office	512-263-2458
Lakeway Regional Medical Center	
City of Bee Cave	www.beecavetexas.com
Travis County (General No.)	
	www.traviscountytx.gov

## NEWSLETTER PUBLISHER

Peel, Inc	
News	sweetwater@peelinc.com
Advertising	advertising@peelinc.com

# Sweetwater Development Update Drier weather has homesite development back on track

By Robert Long Sweetwater Project Manager, Newland Communities

With drier weather in June and July, we've been able to get back on track with completing new homesites in several Sweetwater neighborhoods. Here's a look at what will be coming online through the rest of the year.

### **ESTATE HOMESITES**

We have completed development of 50 estate homesites in The Summit, a new estate home enclave within the gated Davenport Summit neighborhood.

The typical homesite will be 110 feet wide, and from 150 to 190 feet deep. Home prices will start around \$1 million.

With an elevation of 1,235 feet, about 300 feet above the entrance to Davenport Summit, this enclave is perched atop the second highest point in the residential part of Sweetwater. Many homesites offer spectacular 20-mile views of the surrounding Hill Country.

Builders will be announced in the near future. For more info, please visit the Sweetwater Welcome Center or call 512.264.3200.

## NEW CHESMAR, PERRY HOMESITES

By the end of August, we plan to complete 35 homesites measuring 45 feet wide by 120 feet deep in Village P2. Located along Llano Stage Trail, adjacent to Stone Creek, this village features homes priced from the high \$200,000s by Chesmar and Perry.

Perry Homes opened its new model on Llano Stage Trail in late spring. Chesmar will also open a model in the future.

### **NEW 70-FOOT HOMESITES**

In mid-June, we started development on 38 70-foot wide homesites in the Hillcrest neighborhood. Builders will be announced soon for these homesites, which will be completed in November. Prices are expected to range from the mid \$400,000s to mid \$500,000s.

Next month, we'll have updates on two exciting new amenities – the fitness center at the Sweetwater Club and Skyview Point, our new stargazing park.

# BIR BARONET REALTY

SWEETWATER'S NEWEST REAL ESTATE TEAM DAWN AND TOM RUIZ! DAWN'S CONTACT 512.529.7921 DAWN@BARONETREALTY.COM

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# 

# **COVER PHOTO** Do you take amazing photos?

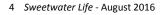


Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming issues of the *Sweetwater Life*. Our deadine for submittals is always the 9th of the month prior to the issue. All photos should be submitted electronically by the deadline date in high resolution (300 dpi) to sweetwater@peelinc.com. Portrait (vertical) photos work best.

To view other photos submitted please visit www.PEELinc.com/Sweetwater, and

view any of the past newsletters.

By submitting your photo you agree to allow your photo to be published in future issues of the *Sweetwater Life* or other Peel, Inc. publications. Call 512-263-9181 to find out how to have your business featured on the cover of the *Sweetwater Life*.



# Sweetwater Life SWEETWATER SOCIAL WRAP~UP



Sweetwater's Summer Schedule has been packed with all sorts of activities for all ages! I-9 sports and Soccer Shots have had camps going almost every week! Kiddos are engaged in team sports, soccer, and enjoy snack & indoor craft time with children within their age range. It seems to be a perfect way to plow through the summer.

Sizzlin Summer Couples Night was a hit! The weather didn't stop people from coming out to socialize and even swim! Brave pool goers enjoyed a game of

volleyball while onlookers visited and enjoyed the tunes coming from the DJ poolside. What a fun night!

July 4th this year was a celebration to remember. Sweetwater families came out in droves to enjoy this special event, catered by It's All Good BBQ. True to the spirit of the 4th of July, families came out to celebrate our country's independence in style. Tents were set up behind the pool pavilion where kids could hang out or run and play in the giant water slide bounce house. Residents and family members hanging by the pool enjoyed the great music, provided by the DJ, as well as a cool dip with friends and neighbors in the pool. Kona Ice was out serving up delicious snow cone treats for all to enjoy. This was definitely a 4th of July Celebration to top all others! Thank you all for coming out!

Please come join us for our upcoming events. On August 6th, Sweetwater will be hosting its first ever Sweetwater Olympic Games! There will be all sorts of activities for kids and plenty to entertain all ages from toddlers to teens! Our community will be partnering with a non-profit group called Families in Nature to put on this very special event that will be for ALL ages! We will have ARCHERY, FISHING, EXPLORATORY activities for the littles, fish printing, TRACK & FIELD on the sports field, clubhouse circle, and events lawn, and of course SWIMMING and GYMNASTICS events! Participants will receive medals/tokens for being a part of the events and doing their best!

We will begin our ceremonies with a PARADE and encourage all residents to represent your family's home country or countries. You can dress yourself, carry a flag, march with your dog in costume, OR you can decorate any vehicle: golf cart, stroller, tricycle, or anything else you can think of! PRIZES will be awarded to the best dressed/ decorated people or vehicles!!!

### VISIT SWEETWATERLIFE.COM FOR MORE INFORMATION

There really is something for everyone here in Sweetwater, so make sure you check out the upcoming events on Nextdoor and posted by your mailboxes.

Look forward to seeing you soon, Bess Ouahidi Sweetwater Lifestyle Director

(Continued on Page 6)



4th of July Neighborhood Festivities



4th of July Tent City



Buddies Sophia & Madison showing their patriotic side



What planets we can see in the July sky

# Social WRAP-UP Cont...



Enjoying some SWEET stories & songs at Sweetwater Storytime



Kids getting their wiggles out on the 4th Celebration's Bounce Slide



Planetary Geologist Eddie Hrncir preparing his audience for Stargazing



Residents set up come for some serious Stargazing on the Sweetwater Sports Field

# **BUSINESS CLASSIFIEDS**

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6 Sweetwater Life - August 2016

# Sweetwater Life A LITTLE BIT OF VITAMIN N

### **KEEP INSECT-EATING PLANTS**

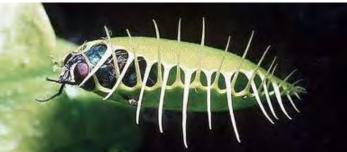
Canivorous plants can add excitement to your family's indoor garden. Better Homes & Gardens advises: "Insect eating plants need high humidity, bright (but not direct) light, and a special growing medium that is moist and acidic." Do not feed your insect-eating plants hamburger or other meats (too much protein); they prefer flies and other small insects. They also attract neighborhood kids. Should your carnivorous plant ever say, "Feed me," put it outside.

### **STRESSED OUT?**

Use nature to reduce the impact of toxic stress on children and adults.

Nature is an antidote to stress- children, parents, just about everyone feels better after spending time in the natural world, even if its in a backyard or neighborhood park. Researchers in Sweden have found that joggers who exercise in natural green settings, as compared to more manmade environments, feel more restored and less anxious, angry, or depressed. These findings apply in rural, suburban, or urban settings with parks or other open space.

Louv, Richard. Vitamin N. Algonquin Books of Chapel Hill. Workman Publishing. 2016. Pg. 179, pg. 161





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# Meet Families in Nature at Sweetwater Olympics Day

The Sweetwater Olympics Day on August 6 will also offer residents the opportunity to meet representatives from Families in Nature (FIN), an Austin-based group with the mission of connecting children and their families to nature and each other.

The day's activities with FIN start with a free breakfast and an introductory talk, beginning at 8:15 am at the Sweetwater Club.

Sweetwater is launching a new partnership with FIN, and the group will take part in Olympics Day by sponsoring activities including archery, fishing and gyotaku, the traditional Japanese art of making prints from fish. FIN will also have a hands-on interactive exhibit inside the Sweetwater Club, where young residents can touch and learn about plants, rocks, fossils and more.

FIN will also be giving away a free one-year family membership, a \$300 value, in a drawing during Olympics Day. The membership includes t-shirts, backpacks and free admission to field trips and activities in Austin and other Texas locations for one year. Sweetwater will plan future events for residents in partnership with FIN, such as guided hikes along the miles of trails winding through more than 700 acres of open space in the community.

"We hope that enough Sweetwater families will be interested enough to start a Family Nature Club in the community," said

Bess Ouahidi, activities director for Sweetwater. "With a club, we can program even more activities in nature for residents to enjoy here in the community, and members will have access to the group's master calendar of events in Austin and throughout Texas."

Sweetwater's partnership with FIN is part of a larger initiative by the community and Newland Communities to provide residents with more opportunities to spend time in nature in Sweetwater and the surrounding Texas Hill Country.

Sweetwater has also become a sponsor the Children in Nature Collaborative of Austin (CiNCA), which is based at the nearby Westcave Outdoor Discovery Center. We'll have more details on this exciting new partnership in next month's issue.



# The Lake Travis Community Library Bookmobile is coming to Sweetwater

The Lake Travis Community Library (LTCL) Bookmobile will begin stopping at the Sweetwater Welcome Center starting this September. The bookmobile is a library on wheels with books and audiobooks for children and adults, movies and TV shows. You can get a new library card on the bookmobile and request reserved items from the main library to be delivered to the Sweetwater bookmobile stop. The LTCL Bookmobile is planning to be at the Sweetwater Welcome Center parking lot the first Wednesday morning of each month at 9:30am during the monthly Story Time. The vehicle is also planning to visit Sweetwater on the third Wednesday morning of each month. [pictures of bookmobile attached] Kids can color a bookmobile or look for library words in this library themed word search! [word search and coloring sheet attached]

The Lake Travis Community Library main building at 1938 Lohmans Crossing in Lakeway is open seven days a week. The library offers multiple story times, events for the entire family, book clubs for children and adults, and computer classes and oneon-one help. A library card gives you access to thousands of print materials at the library and a wealth of online resources available from the comfort of your living room, such as the Overdrive Digital library, Mango Languages, research databases, and more. A full calendar of events with descriptions is available at:

### WWW.LAKETRAVISLIBRARY.ORG



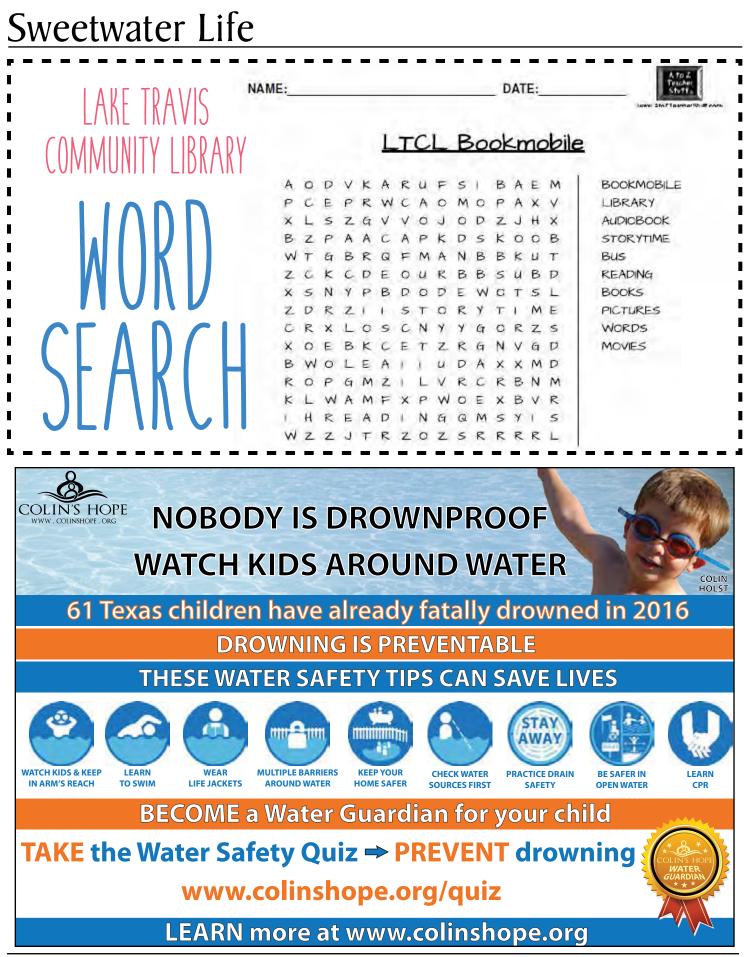


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EDUCATION

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This Fall, Platinum Wealth Advisory is partnering with the Lake Travis Education Foundation to host a series of Lunch & Learn events teaching individual investors how to build portfolios similar to institutions and college endowments. Learn how to increase portfolio performance while lowering portfolio volatility. Each 90 minute session will include lunch during the presentation.

SESSION 1 "A TALE OF TWO PORTFOLIOS" Caféblue WEDNESDAY, SEPTEMBER 7TH 12-1:30PM SESSION 2 "THE FAMILY ENDOWMENT MODEL" THURSDAY, OCTOBER 6TH 12-1:30P

# **SESSION 3** "THEY DO IT AND SO CAN YOU"

WEDNESDAY, NOVEMBER 9TH 12-1:30P

# TO REGISTER CALL LAUREN AT 512.369.3817 OR GO TO THE EVENT PAGE AT:

WWW.PLATINUMWEALTHADVISORY.COM/EVENTS.PHP SINGLE SESSION REGISTRATION FEE: \$100\*

(DONATIONS OF \$200 WILL RECEIVE ACCESS TO ALL 3 SESSIONS)

\*ALL REGISTRATION FEE PROCEEDS WILL BE REFLECTED AS A TAX-DEDUCTIBLE CONTRIBUTION TO THE LAKE TRAVIS EDUCATION FOUNDATION

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# GET FIT IN SWEETWATER

# DAILY ACTIVITIES

**Get STRONG with Camp Gladiator!** M/W- 8:30-9:30 am and 6:45-7:45 pm T/TH – 5:30-6:30 am Friday 8:30-9:30 am

### TUESDAYS

\*\*\*Bollywood Dance Fitness is moving to Tuesdays for August!! Bollywood Dance Fitness will be every Tuesday in August from 7-7:45 pm - This class is proving to be a hit! Sweetwater neighbors are enjoying Bollywood Dance Fitness as a new, fun way to get in shape!

### THURSDAYS

EVERY THURSDAY in August – ZUMBA with Sam-7-8pm - Get your groove on while burning calories every Thursday evening with Sam.

### SATURDAYS

Sweetwater Fit Club – 8-9am- Mike and Maria Amann offer a fun way to bring the community together with a variety of workouts from the very popular home fitness programs such as 21 Day Fix, Focus T25, and P90X3 to name a few. Workouts are only about 30 minutes in length and all fitness levels are welcome!



# Reminders from the Property Management Office

It's pool season! Please help to keep our pool area look beautiful by picking up pool toys and trash. Pool toys can get pulled into the skimmers and damage the pool equipment. Also, remember to close the umbrellas when you are done using them. Heavy winds can damage the umbrellas and they can become a safety hazard as well.

## Keep the following things in mind in the upcoming weeks:

-Vehicles may not be parked in the street longer than 4 hours at a time.

-Fireworks are strictly prohibited.

-Please make sure you are mowing and weeding your yard on a regular basis. A clean and healthy yard helps maintain the beauty of the community.

- Please remember that all items (BBQ pits, trash cans, landscaping stones, etc.) must be stored out of plain sight from the street.

-Trash cans may be placed at the curb the night before trash pick-up and should be put away by the morning after trash pick-up.

Login to your account at www.SweetwaterLife.com to view important HOA documents, upcoming events as well as view your account. Need assistance logging in? Contact Customer Service at 512-502-7515 or info@goodwintx.com.

# Sweetwater HOA Assessments

Quarterly payments become due on:

January 1st, April 1st, July 1st, October 1st The quarterly dues payment is \$150.00. You have until the 16th to send in your HOA payment before a late fee of 1.5% is charged to your account. The payment address is:

Sweetwater Master Community

c/o Goodwin Processing Center

PO Box 93447

Las Vegas, NV 89193-3447

\*\*include your account number

You can contact Customer Service at 512-502-7515 for questions regarding your account or to request your account number.

# HOW DO I OBTAIN A POOL KEY?

Please visit our website at www.SweetwaterLife.com and register your new account to log in. Once logged in, select Order Pool Key and follow the prompts. You will have the option to pick-up your new pool key at Goodwin Management's main office or have it mailed to you. Based on your selection, you will receive an email notification when your key is ready for pick-up or when it has been mailed to you.





# Local Authors Meet Up

About 20 area novelists have formed a new support group, Lake Travis Novel Writers, which meets the second Monday, 2 p.m. to 4 p.m. at FORE Restaurant in Lakeway. Novelist Pat Dunlap Evans launched the group in July on MeetUp.com to share ideas and support with other published authors in the Lake Travis area.

"Another Lake Travis-area writer Lara Reznik and I have met fairly regularly to talk publishing and writing, but we thought, 'There's got to be more of us out here,'" Evans says.

Membership is open to area writers who have at least one novel published by traditional or Indie publishers. Authors who want to receive notices of upcoming meetings should join http://www. meetup.com/Lake-Travis-Novel-Writers/. Or contact Evans at AustinWriterGirl@Yahoo.com.



lt lov

LTlov announces 2016 Annual Grants Funding recipients totaling \$37,994 dollars to 12 local organizations who share in LTlov's mission of neighbors helping neighbors to overcome limiting circumstances. Congratulations to the Austin School for the Performing & Visual Arts, Bright Horizons, the Center for Child Protection, Dream a Dream Therapeutic Horsemanship, Helping Hand Crisis Ministry of Spicewood, Lake Travis Crisis Ministries, Lake Travis High

School Project Graduation, Partners in Hope Peaceful Dreams, RED Arena, Skiin' With The Galilean and Youth2Seniors. In addition, a total of \$11,385 dollars in funding was provided to LTlov College Scholarship program, Kids Free Dental Day and Project Supply Pack. For more information about this year's grant funding or to learn how to apply for an LTlov grant, visit www.ltlov.org.

Pictured, LTISD students attending a past week long World Drumming Camp provided by the Austin School for the Visual & Performing Arts and sponsored through LTlov's Grants Funding program.



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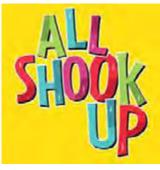
We would love to partner with you as well!





# TexARTS ANNOUNCES CAST AND CREATIVE TEAM FOR ALL SHOOK UP

TexARTS' next production in its 2016-17 Professional Series will be a musical inspired by and featuring the songs of Elvis Presley. Starring Michael Carrasco (North American Tour, Grease!), Rachel Pallante (The Vortex, The Tempest), Polly Seale (Radio City Music National Tour, The Wizard of Oz), Michael Marchese (TexARTS' My Way A Musical Tribute to Frank Sinatra), Kami Smith (Austin Shakespeare, As You Like It), Kristi King (Doctuh Mistuh Productions, Reefer Madness), Curt Olson (TexARTS, Guys and Dolls), and Toni Baker. All Shook Up runs August 12 – 21 at the Kam and James Morris Theatre.



A whole lotta shakin' will be goin' on when the music of Elvis takes center stage. In this madcap Broadway musical comedy, Shakespeare's Twelfth Night meets the rock 'n roll, gospel, and rockabilly hits made famous by The King! The production revolves around a rockin' rollin' roustabout stranger who arrives in a small Midwestern town, who shakes things up and changes everyone he meets. The production includes Elvis classics like, "Love Me Tender," "Heartbreak Hotel," "Hound Dog," and "Don't Be Cruel," that will have you jumping out of your blue suede shoes! The musical is based on the book by Joe DiPietro.

"TexARTS is excited to assemble these talented performers with world renowned choreographer Kimberly Schafer that will have the audience dancing in the aisles," said Jarret Mallon, executive director of TexARTS.

Cast



TexARTS is excited to welcome a talented group of actors to it's' cast. New York based actor, Michael Carrasco who performed in the North American Tour of Grease!, he has also performed in All Shook Up and Sweet Charity at The Palace Theatre in New York, Austin newcomer, Rachel Pallante who performed in The Tempest at The Vortex, Polly Seale who performed in The Wizard of Oz for Radio City Music National

(Continued on Page 16)



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Partners in Hope is a Lake Travis community ministry that connects people who desire physical, emotional, and spiritual help with people who will help.

> If you fall into either of these categories, we want to meet you!



Visit us at www.partnersinhopelaketravis.org

### (Continued from Page 15)



Tour and A Chorus Line at Sacramento Music Circus, Michael Marchese who performed in My Way A Musical Tribute to Frank Sinatra at TexARTS and James and the Giant Peach at Zach Theatre, Kami Smith who performed in As You Like It at Austin Shakespeare, Kristi King who performed in Reefer Madness at Doctuh Mistuh Productions, Curt Olson who performed in Guys and Dolls at TexARTS, and Toni Baker a musical theatre student at the University of

Texas at Austin. Creative Team

TexARTS' producing director Jarret Mallon will direct this production, joining him is renowned New York based Kimberly Schafer as choreographer. Kimberly has worked alongside the legendary Tommy Tune for years as his dance assistant. The musical director will be Rachel Hoovler, who was nominated by BroadwayWorld Austin Awards 2015 for Best Musical Direction for Catch Me If You Can at The Wimberley Players.

### Tickets

Single tickets from \$40-\$60. Subscriptions are still available, subscribe and receive 15% off! Subscriptions and single tickets are available by calling TexARTS Box Office at 512-852-9079 x101 or at www.tex-arts.org. All ages are welcome and parking is free. Group rates are available.

# Show times are August 12, 13, 18, 19 and 20 at 7:30 pm, August 13, 14 and 21 at 2:00 pm

Venue All performances will be held at the intimate Kam and James Morris Theatre at TexARTS' Erin Doherty Studios, 2300 Lohman's Spur, Suite #160, Lakeway, TX. The lounge opens one hour prior to curtain and offers beer, wine and light snacks. Parking is free.

### **TexARTS**

TexARTS, the Lake Travis nonprofit for the visual and performing arts, offers completely staged professional productions and is a performing and visual arts educational academy. TexARTS is proud to employ hundreds of professional regional actors, musicians and artistic staff living here in Austin.



NatureYeatch

# SUMMER SULPHURS

### by Jim and Lynne Weber

The family of butterflies known as Pieridae includes the whites and sulphurs, our most conspicuous and abundant butterfly species. They easily draw the attention of even the most casual observer as they flit about our gardens, fields, and open habitats in summer. Sulphurs are usually some shade of yellow, orange, or white, and avidly visit flowers. Their uppersides often feature black borders or patterns and while they usually perch closed, these patterns can sometimes be seen faintly through the wing or glimpsed in flight. The most widespread sulphurs in our area include the Orange Sulphur (Colias eurytheme), Southern Dogface (Zerene cesonia), Little Yellow (Pyrisitia lisa), and Dainty Sulphur (Nathalis iole).

Found throughout most of North America, the coloration of the Orange Sulphur can be quite variable, but the typical male has a yellow upperside with orange overlay, yellow veins, a wide black border, and a dark black cell spot. Females can be yellow or white with an irregular black border surrounding several light spots. Both sexes have a silver spot surrounded by two concentric dark rings and a spot above it on the underside of the hindwing. With a wingspan of about 1.5 to almost 3 inches, males patrol around for receptive females, who lay eggs singly on the leaf tops of host plants in the pea family, such as alfalfa and clovers. Orange Sulphurs have 4 to 5 broods from March to November, and overwinter in the chrysalid form.

The Southern Dogface is easily identified by both sexes having the shape of a yellow dog's head surrounded by black on the upperside of their forewings, with the black and white 'eye' not touching the black border. The underside of the hindwing in summer is pale to bright yellow, becoming tinged with pink markings in the fall. With a wingspan of 2 to 3 inches, the males seek out females who lay eggs on the undersides of terminal leaves of host plants such as alfalfa, clovers, and indigo. Three broods are produced almost year round, with adults overwintering in reproductive arrest during the coldest months.

As their name suggests, Little Yellow butterflies are on the small side with a wingspan of 1 to 2 inches. The upperside of the male has a yellow forewing with a wide black tip or apex and a hindwing with a black border. While the female is usually yellow and sometimes white with black borders, both sexes usually have two tiny black dots at the base of the hindwing underside. Four to five broods occur in the south, and females lay eggs singly on midveins or between leaflets of partridge pea, wild sensitive plants, and sennas.

Our smallest sulphur, the Dainty Sulphur, has a wingspan of  $\frac{3}{4}$  to slightly over 1 inch, and is identified by a yellow upperside with

black markings that are more extensive on the female. The underside of the forewing has an orange or yellow patch near the base with a few strong black spots closer to the outer wing edge. In summer, the hindwing underside is pale yellow, and turns to dusty green in winter. Both males and females tend to fly low, rest with their wings closed and held perpendicular to sun's rays to gather warmth, and overwinter in adult form. Flying year round, the females lay single eggs on sneezeweed, dogweed, and other asters.

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. Check out our book, Nature Watch Austin, published by Texas A&M University Press, and our blog at naturewatchaustin.blogspot.com if you enjoy reading these articles!



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# TENNIS TIPS

By USPTA/PTR Master Professional, Fernando Velasco



Step 1

Step 2

Step 3

Step 4

Step 5

# How to execute The Forehand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley and the overhead "smash".

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Jill Schmidt, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position: When Jill is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

Step 2: The Back Swing: Once Jill realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her right foot and will be ready to step forward to meet the ball

Step 3: The Point of Contact: Jill now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the left knee being slightly bent and the left foot is pointing to the ball meeting the racket

Step 4: The Extension of the Point of Contact: Jill is now directing the ball toward the opponent's court. Her eyes have now shifted toward her target and her body weight is now fully in front of her left foot. The left hand is still helping to keep the center of gravity in the center without opening up too early.

Step 5: The Follow Through: Once Jill has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her right elbow is pointing toward her target. Her body is now ready to take the "split step" with both feet in order to prepare for the opponent's returned shot.

Look for in the next Newsletter: The Two Handed Backhand Service Return

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