

SWEETWATER™

L I F E



DECEMBER 2016
VOLUME 1 ISSUE 12

UPCOMING EVENTS

DECEMBER 3RD **WINTERFEST**

3-6PM

Come join us in the Sweetwater Clubhouse, pool pavilion, and sports field for an afternoon of FUN in Sweetwater! The SWEETWATER EXPRESS TRAIN will be taking tiny tots on rides through our Sweetwater Winter Wonderland! There will be SNOW, SANTA, and COOKIES and ORNAMENT DECORATING; you don't want to miss it! Come out and get your pictures with Santa as well as visit our Winter Wonderland of activities for the kiddos.

DECEMBER 7TH & 21ST **SWEETWATER STORYTIME**

9:30AM- 10:00 AM

Sweetwater storytime will be filled with fall crafting and plenty of wonderful fall stories and songs for moms, dads, and tots to enjoy!

***Don't forget, when SWW storytime is happening, the LT Book Mobile Unit is here! Check out books, get a library card, request books, or check out DVD's, audiobooks, and more!

DECEMBER 10TH **BIRDING HIKE WITH A NATURALIST**

10 AM- 12PM

Come adventure out onto Sweetwater's sweet trails with an expert on birding. Families in Nature will provide binoculars and equipment. There is a cap of 20 people on this event, so please make sure to RSVP! Hope to see you there!

DECEMBER 18TH **WINTERCRAFTING WITH FAMILIES IN NATURE**

3-5PM

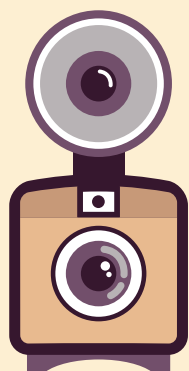
Please come join us in the pool pavilion for some fun winter crafting with Families in Nature!

Happy
Holidays
May Yours be Merry and Bright



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 deadline 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*.

ADVERTISING INFO

Please support the advertisers that make the *Sweetwater Life* newsletter possible. The Sweetwater HOA receives this newsletter 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 sweetwater@peelinc.com. The deadline is the 15th of the month prior to the issue.

IMPORTANT NUMBERS

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Sheriff – Non-Emergency.....	512-974-0845
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Travis County Animal Control.....	512-972-6060

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Lake Travis High School.....	512-533-6100
Lake Travis Middle School.....	512-533-6200
West Cypress Elementary	512-533-7500

GOODWIN MANAGEMENT

Property Manager.....	512-502-2116
.....	SweetwaterManager@goodwintx.com
Customer Service	512-502-7515
Accounting.....	info@assnsvcs.com
Architectural Review	SWWArchitectural@goodwintx.com

UTILITIES

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Crossroads Utilities (Water, Sewer, Trash).....	512-246-1400
Texas Gas Service Customer Service.....	1-800-700-2443
Emergencies.....	512-370-8609
Call Before You Dig.....	512-472-2822
AT&T	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
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Bee Cave Municipal Court	512-767-6630
Lake Travis Post Office	512-263-2458
Baylor Scott & White Medical Center.....	512-571-5000
City of Bee Cave	www.beecavetexas.com
Travis County (General No.).....	512-854-9020
.....	www.traviscountytx.gov

NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181
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Advertising.....	advertising@peelinc.com

SWEETWATER SOCIAL WRAP-UP



There has been so much happening lately, if you're not coming to Sweetwater events, you are missing out! October was filled with nature hikes, the fall festival, an adult Halloween bash and then ending with a smash hit, The Spirit of Sweetwater Event.

The Sweetwater Families in Nature club lead a hike down through the winding paths following the canyons in Sweetwater. Kiddos both big and small came out to check out all that Sweetwater has to offer. We hiked along the limestone falls and down into the forest that runs next to the creek bed. Families in Nature correspondent, Miriam Leal, provided nets for the kiddos

and water sampling materials. Families were able to sample the water from the creek and many families were surprised by how clear the water was and how active the fish were!

The FALL FESTIVAL was a special event that did not disappoint. Families came out for pumpkin painting, carnival rides and games, delicious fall treats, facepainting, and a costume contest sponsored by Bee Cave Orthodontics. Even pets came out in costume for the costume contest! Stony's Pizza and Juana Taco came out for everyone to enjoy and they did a wonderful job feeding all of the hungry folks who came out to enjoy the festival.

Be sure to go to www.sweetwaterlife.com for more details on upcoming events! Please email me if you are not receiving the event emails.

WINTERFEST will be featuring our very own Winter Wonderland; you cannot miss it!

Bess Ouahidi
Sweetwater Lifestyle Director
Bess.ouahidi@goodwintx.com



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The Spirit of Sweetwater

Sweetwater is truly filled with some very special people. The Spirit of Sweetwater event was a special evening under the stars where families, couples, singles, and kiddos came out to enjoy the music, great food, and lights! The Sophia Johnson band put on a GREAT show! The spirit of the Texas Hill Country came alive with their authentic sound and made you want to kick your heels up and dance!



Children and couples danced in the street under the lights and the weather



(Continued on Page 6)

Sweetwater Life

(Sweetwater Photos... Continued from Page 5)



(Continued on Page 7)

(Sweetwater Photos... Continued from Page 6)



Families came out for pumpkin painting, carnival rides and games.



Sweetwater Life

(Sweetwater Photos... Continued from Page 7)



The Sweetwater Families in Nature club lead a hike down through the winding



Reminders from the Property Management Office

Trash day has changed. Trash pick-up is now on Thursdays. Trash cans and recycling cans may be placed at the curb the night before trash pick-up (Wednesday evenings) and should be put away by the morning after trash pick-up (Friday morning)

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.

- 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.

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.

On-Site Property Manager Office Hours:

Zac Leifeste

Tuesday, Thursday and Saturday - 10am – 5 pm

Office Phone: (512) 502-2116

Cell Phone: (512) 850-9097

Email: SweetwaterManager@goodwintx.com

HOW DO I OBTAIN A POOL KEY?

If you are a new resident of Sweetwater, please contact the On-Site Property Manager to obtain a pool key. You will need to schedule a brief New Resident Orientation at the HOA office in the clubhouse. Please e-mail SweetwaterManager@goodwintx.com for more information.



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A LITTLE BIT OF VITAMIN N

Sweetwater is partnering with The Families in Nature Program to create the first ever Sweetwater Families in Nature Community Club! We are very excited and are looking forward to all of the awesome programming the Families in Nature Program have to offer!

TAKE IT OUTSIDE WITH FRIENDS AND FAMILY

Groups of friends and families (and family in nature clubs) can organize for regular green exercise, using the internet or the old-fashioned telephone to choose where to meet- a hiking or walking trail, someone's backyard garden, a stream reclamation project, a kayaking trip. Studies show that experience nature together can build social ties and a sense of community and place. As individuals, or as a family or other group, volunteer with a local park to help maintain a walking or hiking trail. That's the kind of exercise that builds something larger than muscles.



Stressed Out? Use Nature to Help 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 it's 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.'s 158,

2 FITNESS OPTIONS DEPENDING ON YOUR GOALS

Beat the New Year and Join Before Christmas



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RETIRE BETTER CREATIVE INDEXING

WITH JOSH STIVERS

It's the most wonderful time of the year! Not only does that mean mistletoe and Silent Night, but also that it's time to make sure our portfolios are ready to ring in the New Year.

Much of the uncertainty that has plagued economic markets for the entire year is now dissipating. We know who the next president will be, we can expect interest rates to rise next year, and we know how our portfolios have performed.

Many people have benefitted from the 7 year old bull market. We have seen many people's investments achieve their highest values ever.

So what do you do now? How do you insure your profits for the future?

As you know, I am a big fan of utilizing index funds in our portfolio allocations. There are two primary reasons I feel this way. First, index funds are super-efficient to own as their cost of ownership is far lower than utilizing a managed portfolio strategy. Second, many index funds have performed better over time than their professionally managed counterparts.

But, here's the thing. As the stock market continued to hit new highs this year, we must begin to think about the fact that this may not go on forever. It is possible the market could have some pretty drastic valleys over the next several years.

A strong argument can be made that it might be time to take a portion of your current assets invested in stocks and mutual funds and protect them from future negative volatility. If only

we had an accurate prediction of how things will perform in the future.

Have you ever purchased an investment that lost money over the course of the year and then wished you could go back and purchase it at today's value instead?

This is where our creative indexing strategies make a lot of sense. Did you know it is possible to invest in index funds inside of fixed asset accounts? These accounts still grow based on the upward movements of the markets, but, if we head into a negative year, you are protected from losses. Then, at the end of the period, you have the ability to "re-buy" at the current levels.

Being that hindsight is almost always 20/20, these strategies allow us to continue to participate in the market if we move into year 8 of the bull market, but if not we can rebalance things again next year without risk of losing any principal.

Depending on how you set these accounts up, there can be additional tax benefits to these strategies as well.

This opportunistically conservative approach has helped many of our clients over the years achieve relatively decent returns without the headaches of paying active managers and experiencing market volatility.

I would be happy to visit with you further about whether these creative indexing strategies might be a fit in your unique situation. Feel free to give me a call or email retirebetter@platinumwealthadvisory.com.



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Lake Travis High School Choir Invites You to Their Winter Holiday Concert

The award winning Lake Travis High School Choir would like to invite you and your family to their Winter Holiday Concert, Friday December 2nd. Come enjoy beautiful music that will put you in the holiday spirit, fun for the whole family! The concert begins at 7pm, admission is free, and takes place in the LTHS performing Arts Center.

Additionally, they would like to congratulate it's 2016-2017 All Region Choir Students. These students practiced for months prior to their audition and made the select riongal choir through blind audition.



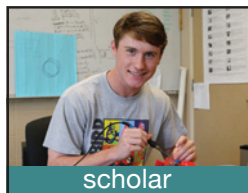
The 2016-2017 Choir Officers are Front Row: Sarah Mann, Tyller Garza, Alaska Coombes, Avery Goodwin, Kelly Hearn
Back Row: Reagan Westberry, Jackie Lowy, Julianne Lowy, Jade Milam, Mary Martindale, Alison Miller, Jessica Askey



Region (L to R...by row):

Zoe Arora, Sarah Henry, Sophia Boyer, Zac Hrnair, Sarah Mann, Avery Goodwin, Tyller Garza, Emily Aaron, Kate Senter, Molly Snodgrass, Amanda Maldonado, Mason Tabb, Alaska Coombes, Jackie Lowy, Jade Milam, Abigail Storm, Hawkins Burns, Houston Burns, Wes King, Zachary Edwards, Dante Kokoszka

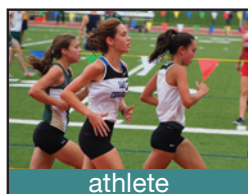
Not pictured: Kelly Hearn & Olivia Kingsfield



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Linda Gail Lewis Performs Dec. 9 at Spicewood Vineyards



Linda Gail Lewis will bring her rollicking blend of country rock to the Spicewood Vineyards Dec. 9 when the Spicewood Arts Society presents its second concert of the season, beginning at 7 p.m.

Lewis' 50-plus years of musical experience began by singing in a little country church in Louisiana with her

brother, Jerry Lee Lewis. As Jerry Lee shot to fame, he took Linda along on his tours, where she opened shows and sang backup

vocals. The two recorded an album of duets, "Together" in 1969 that launched a top ten country single, "Don't Let Me Cross Over."

At age 40, Linda struck out on her own, teaching herself boogie piano in Jerry Lee's style, eventually collaborating with Irish singer/songwriter Van Morrison and producing a duet album, "You Win Again."

She became an international success, keeping a home in Wales. Now an Austinite, she's been turning out music that celebrates her own unique talents, including a Christmas album with Jerry Deerwood, "Rockin' Christmas."

The Christmas album and her latest work will be sold at the concert. The Spicewood Vineyards Event Center is at 1419 Co. Rd. 409, Spicewood, TX. Tickets include light refreshments at intermission. Wine is available for purchase.

This concert is included in season tickets. Individual tickets are \$50 each. To purchase, go to www.spicewoodarts.org. For more information, call 512-264-2820 or visit the website.



"In this season of Thanksgiving and celebrating the gift of hope for the world at Christmas, Partners in Hope would like to thank everyone who has participated in and supported our efforts during 2016. Neighbors like you make all the difference! Thank you and may you recognize God's blessings during this season."



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NATURE WATCH

Christmas Cactus
by Jim and Lynne Weber

While most people are familiar with the tropical, non-native species of Christmas Cactus (*Schlumbergera* sp.) often sold as houseplants, not all are aware that we have a native Christmas Cactus (*Cylindropuntia leptocaulis*) here in Texas. Our Christmas Cactus, also called Tasajillo, Pencil Cactus, Christmas Cholla, and Desert Christmas Cactus, is a true cactus much more adapted to our types of soils and climate. Common in the central and western parts of Texas, this plant's species name, *leptocaulis*, means 'slender-stemmed', and it is a very good descriptor of its form.

Upright, shrub-like, with many branches made up of slender, cylindrical jointed segments, this 2 to 5 foot tall plant is most often found growing in sandy or bottomland soils, having a trunk or main stem up to 4 inches in diameter with thicket-forming stems that exhibit various shades of green and feature a solid, woody internal core. While occasionally spineless, it typically has very slender, 1 to 2 inch grayish-white spines grouped with much tinier spines, along each stem. Botanists now think that two forms grow in Texas, a 'long-spine' form and a 'short-spine' form. Its leaves are very small, often not even noticed before they fall early in the growing season. Small, pale, yellow-green flowers appear at irregular intervals in April/May and July/August, opening in late afternoon or evening. But the true color display occurs in December, when its fruits turn conspicuously bright red and seemingly cover the plant like it has been festooned for the holiday season.

Christmas Cactus can grow from seed, but it is much more likely to spread by cloning. The jointed stems can easily detach without harming the rest of the plant, and they are dotted with areoles, a structural feature of cacti that contain buds. All a stem needs to do is come in contact with the right soil, and it can take root and grow a whole new plant.

While the Christmas Cactus can be a nuisance if it develops in the wrong areas, it can also provide desirable value to wildlife and to humans. Growing best under the protection of other vegetation, it offers dense cover for a variety of nesting birds and provides a good food source for white-tailed deer, bobwhite, wild turkey, most bird species, and many small mammals. From a human perspective, Christmas Cactus has a good ornamental value in a mostly xeric landscape, as it stands out in the bleak winter landscape, adorned with red fruit when most other vegetation is bare.

Several sources describe the fruits of the Christmas Cactus as edible, even intoxicating. But they are so small, and the spines so troublesome, that the plant usually yields only a sporadic nibble to the curious human. Nevertheless, native tribes made it part of their traditional diet, noting that the fruits, also called tunas, are vaguely sweet with a taste similar to the fruit of a prickly pear cactus.

Take the time to get to know our native Christmas Cactus and consider adding it to your wildscape. You will easily learn to fall in love with its prickly nature, especially at Christmas time!

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



Tasajillo bloom



Tasajillo fruit

Neighborhood Compassion Watch!

COMPASSION IS ACTION.

Let's each of us make it our mission to bring positive change and solutions to our own lives, our communities, and our world. Let's sustain our hope for a better world through personal action.

Try this in December. Start a compassion jar or box in your home. Challenge yourself and your family members to seek out and discover compassion in your home, neighborhood, school, and workplace (acts of kindness, service, respect, love, acceptance, generosity, hope, peace, gratitude, forgiveness, and caretaking of the Earth). Pay close attention and discover these acts in yourself and others. Recognize these acts by dropping a note or a marble or pebble into the jar or box. See how full it gets. Find a time to share with each other what you discover.

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DEER & TREES & SUCH

Bambi is cute. His daddy and momma are majestic and elegant - and all of them are very very hungry! No doubt you have noticed that deer these days are becoming bolder and that deer-resistant plant lists are shrinking each year. Why? Populations in suburban-rural areas are increasing due to many factors all the while their native food sources are dwindling. Toxic and disagreeable landscape plants are becoming necessary for their forage as natural predators, hunting, and routes for migration become almost non-existent. Often corn is provided with good intentions, but it is well documented that it is of little nutritional value and can cause them to die as a result of acidosis. It has become a situation which is costly and undesirable for hill country communities and deer alike. One of the best sources of food for deer has always been the acorn. One of the less considered repercussions of the national tree epidemic we all call oak wilt, is the loss of this major deer diet staple in those more and more prevalent locals where this fungal pathogen has caused the death of oak trees. Property clearing has also affected them by the generic approach of remove everything but the Live Oaks and grass (deer don't have the capacity to digest mature grasses) from the lot and raising tree canopies above the height that deer can reach to browse. Also, not a minor issue of deer over-population is the genetic defects arising from in-breeding.

Though some may think it is "neat" to see deer so close to our back porches, it is incredibly unnatural. The lack of fear and decline of self-preservation instincts can take a serious toll on our bodily safety on the roads that the deer constantly jay-walk across, our insurance premiums, and obviously and arguably the worst consequence is the painful injury and likely drawn-out death the deer experience after vehicular impact. Also a result of this lack of fear (along with hormonal craziness), bucks are during the rut choosing our landscape trees as their punching backs if you will - both letting out there aggression and leaving their scent

behind, both culminating in the likely event of your tree dying. Cages or plastic protectors are absolutely critical for any planted tree to survive these days.

Humane, well-thought-out plans of action are absolutely necessary to bring deer populations to levels (and maintain them at those levels) advised by wildlife experts, who have both the knowledge and are motivated by compassion to seek the good of both the community and the deer. Trapping, relocating, more park space, food plots of nutritional forbs, mast, and browse as well as regular education of the public of informed care practices for these amazing animals are just a few of the many things which can help enrich our lives and theirs.

Questions or comments this article or previous articles have generated, may be directed to me at:

kevin@arborcareandconsulting.com



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HITTING THE SLOPES THIS SKI SEASON?

Keep in mind these tips to prevent injuries on the slopes.

Written by Kelly Cunningham, MD Sports Medicine specialist Founder. Austin OrthoBiologics.

As a former US Olympic Men's Ski Team physician and orthopedist, every year during the winter months I treat many ski & snowboard injuries. As traveling doctor for the team, I accompanied the athletes throughout the US, Canada and Europe on the World Cup tour and was responsible for the triage, stabilization, and treatment of these world-class skiers.

One of the most frequent questions I get this time of year from my patients who ski is "How can I avoid hurting myself on the ski slopes?" So what do I tell recreational skiers about staying healthy while on the slopes?

First and foremost, adjust to the altitude in your first few days. While there are medications that will improve your blood oxygen, they require a prescription and can have side effects. Perhaps the easiest to take along are low-dose aspirin or ginkgo biloba, as both are safe (unless allergic) and easy to take. Low-level exercise and lots of water (especially during the first night) are also key, as is abstinence from alcohol during the first 24 hours at altitude.

Modern skis, boots, and bindings are universally safe now, unlike in

decades past. Multi-release bindings help you come out of your skis safely in a fall and with less stress on your knees, the most commonly injured joint in a skier. Make sure they are set correctly.

Speaking of knees, in most solid, intermediate skiers, unlike beginners (learning to stop) and racers (ACL injury from shear forces), serious knee injuries are actually quite rare.

The best way to protect yourself from ski injury is:

- get in good "ski-shape"
- ski within your limits
- stay relaxed but focused
- watch out for that last, fatigued run of the afternoon
- if you fall, fall forward and throw your hands in front of you

And always, always, wear a helmet!

Austin resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society.

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