

A family of four and a dog are hiking through a wooded area. Two young boys are in the foreground, jumping over rocks in a shallow stream. A man and a woman are following them, with a black and white dog on a leash. The scene is lush with green foliage and trees.

SWEETWATER™

L I F E

MARCH 2017
VOLUME 2 ISSUE 3

UPCOMING EVENTS

MARCH 1ST & 15TH

SWEETWATER STORYTIME

9:30 AM - 10:00 AM

Moms, dads, and tots come join us for another fun month of storytime!

***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!

MARCH 7TH

BOOK CLUB DINNER & MOVIE

Please join the Book Club at the Tadashi restaurant at the Hill Country Galleria, we will discuss it on 7 March. We will meet at the restaurant at 5:00 - 5:30 for dinner then follow it up with the movie. The Shack at cheap movie night at Cinemark.

Hill Country Galleria, 12820 Hill Country Blvd E-105, Bee Cave, TX 78738

Please let Judy Young know if you are interested so she can make sure there are enough tickets.

Point of Contact: Judith Young, Milliespark123@verizon.net

MARCH 13TH & 17TH

SOCCER SHOTS SPRING BREAK CAMP

9:00 AM - 12:00 PM

Please visit www.soccershots.org for more information and to register for the camp.

MARCH 29TH

SCAVENGER HUNT AT THE SWEETWATER PARK (BY THE POOL)

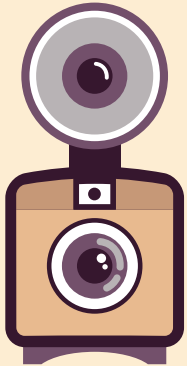
3:30 AM - 4:30 PM

Come join the Sweetwater Families in Nature club at the park near the pool.



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

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
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.....	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

Pedernales Electric.....	888-554-4732
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
Bee Cave Library	512-767-6620
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
News.....	sweetwater@peelinc.com
Advertising.....	advertising@peelinc.com

Sweetwater Life

SWEETWATER™
L I F E

NEW WEBSITE

Be sure to register on our new HOA website www.SweetwaterLife.com ! This is the official communication vehicle for residents of Sweetwater. Visit the site often for events, activities, news, updates and information about living in and around Sweetwater.

Residents of Sweetwater are encouraged to register, by clicking on the Registration button in the Log In box, located in the right hand corner of the homepage. During the registration process, you will have the choice to opt in to our mailing list, and to our Resident Directory.

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 the Sweetwater Manager at 512-502-2116 or sweetwatermanager@goodwintx.com.

Meet Heather Barchak, Sweetwater's new HOA Manager

Heather Barchak has joined Goodwin Management as the new HOA manager for Sweetwater. Starting March 1, Heather is now onsite at Sweetwater from Tuesday through Saturday, with her office located in the Sweetwater Club.

After working for 20 years in the medical industry, Heather became interested in real estate several years ago, and she was recommended for the Sweetwater job by a Realtor friend who also works at Goodwin.

"I'm looking forward to meeting our wonderful residents," she said. "Sweetwater is so beautiful, with so much growth potential ahead. I think this is a terrific time to join the community."

Heather will help residents with everyday matters such as amenity keys and questions about landscaping and modifications, but she's most excited about planning the many special events and activities that have become such an important part of the Sweetwater lifestyle.

"It's exciting to join Sweetwater just in time to be a part of the annual Wildflower Festival in April, and all of the other wonderful events to come in 2017," she said.

Heather said that one of her goals is to help Sweetwater residents get more involved in planning community events. "This community belongs to the residents, and we want to do everything we can to help them enjoy the kinds of events and activities that will make Sweetwater feel even more like home to them," she said.

A Texas native, Heather was born in San Antonio and grew up in Lake Tahoe. She returned to Texas in the 1990s and raised her two sons in Helotes, near San Antonio. She moved to Austin seven years ago, after her youngest son graduated from high school.

"I love Austin and the Hill Country. My favorite thing is to be outdoors, whether it's camping, fishing, hiking, or just walking the dogs," Heather said. "In that respect, too, I feel like Sweetwater is where I am meant to be."

A LITTLE BIT OF VITAMIN N

"Especially for older children and teenagers, shared outdoor experiences encourage indirect communication – rather than the kind of in-your-face parental quizzes they dread. Even if the payoff isn't immediately visible, wait for it. When reminiscing with their families about childhood memories, grown children seldom mention the best day they spent watching TV or playing a video game. Among the memories they do recall, if they're lucky enough to have had such experiences with their families, are outdoor adventures – even if they complained loudly about such outings at the time". (Richard Louv, *Vitamin N: The Essential Guide to a Nature-Rich Life*, 2016)

Bristol Family Eyecare is now at their NEW, Expanded Location!

(Just 3.5 miles from their previous location)



You can expect the same team, the same great service and an even larger selection of frames and contact lenses.

Dr. Bristol with his Professional, Caring Staff

Help us Celebrate our New Location!

Mention this ad and receive

\$50.00 OFF
of any Eyeglasses!

(some restrictions apply)



Come by and Check Out our New Expansive Office



**Bristol
Family
Eyecare**

14056 Bee Caves Pkwy.
(The corner of Hwy. 71 and Hamilton Pool Road)
Building D, Ste A
Austin, Texas 78738
BristolFamilyEyecare.com
512.263.3937

Reminders from the Property Management Office

KEEP THE FOLLOWING THINGS IN MIND IN THE UPCOMING WEEKS:

-Spring has arrived early, 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.

- Vehicles may not be parked in the street longer than 4 hours at a time. No vehicle may be permanently parked on any road or street within the community unless in the event of an emergency. "Emergency" means an event which jeopardizes life or property.

New On-Site Property Manager Office Hours:

Tuesday - Saturday - 10am – 5 pm

Office Phone: (512) 502-2116

Cell Phone: (512) 850-9097

Email: SweetwaterManager@goodwintx.com

Daylight Saving Time

Spring has already sprung upon us, and this year's March equinox falls on March 20, 2017. Daylight Saving Time (DST) is the practice of setting the clocks forward one hour started by Benjamin Franklin as a means conserve energy. The practice was likely perpetuated by golfers wanting to play after work and before the sun went down. Whatever the reason for its continuation, daylight saving time will start Sunday, March 12, 2017 at 2:00 a.m. You can use the change in time twice to remind you to check the batteries in your smoke alarm.



"We're Sweet on Sweetwater"

We Sell Austin Homes .com

Come Buy, Sell and Search with Us!
(512) 765-5445

Contact Us Today for a FREE Market Analysis!

We will MATCH any competitors Listing or Buyer Discounts!!

As of February 8, 2017 MLS Stats for Sweetwater were as follows:

4 Homes Sold this year at an average price of \$178.52 per square foot

12 Homes Pending Sales and 31 Homes Active on the market

Please let us know if you would like additional stats for Sweetwater or surrounding areas.

Shelli McLaughlin

(512) 698-8932

shelli@wesellaustinhomes.com

kwlake TRAVIS
KELLERWILLIAMS. REALTY

Warren Chirhart

(512) 925-9182

warren@wesellaustinhomes.com

SWEETWATER PHOTOS

"COUPLES CUPID NIGHT"



(Sweetwater Photos...Continued on Page 7)

(Sweetwater Photos... Continued from Page 6)

Literature In The Garden



Literature In The Garden



This Summer,
Dream Big!

KIDVENTURE
== SUMMER BLOCKBUSTER ==
★ SUMMER CAMP 2017 ★

REGISTER TODAY
Kidventure.com/austin-summer-camp

MARCH MARKS NATIONAL NUTRITION MONTH

Five Key Nutrition Tips for a Health Lifestyle

March is National Nutrition Month, and it marks the perfect time to assess the foods you eat and commit to a healthy lifestyle. It's never too late to make healthy eating a part of your everyday life and DyRel DiLorenzo, Hospitality Site Manager at Baylor Scott & White Medical Center – Lakeway, is ready to help get you started with these five key tips:

- **Highlight fruits, vegetables, and whole grains** - This category should be 45-60 percent of your daily calorie intake.
- **Fiber, fiber, fiber** - Fiber is important for our bodies during the digestion process, as it slows down how we process these foods.
- **Embrace lean proteins** - This includes poultry, fish, beans, egg whites, nuts, and other lean meats. 15-25 percent of our diet should come from proteins, according to the USDA.

- **Don't fear fats** - Although fats sound like something we should stay away from, it is essential to get between 20-30 percent of your daily calories from fats. Good fats include, olive oil, nuts, seeds, avocado and fatty fish.

- **Moderation is key** - Just because you are eating healthy doesn't mean you can't indulge on occasion. Just be wary of your sugar and calorie intake, read the ingredients, and decide "is this really worth it?"

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and stabilizing your mood.



Spicewood Counseling in the Hill Country



**LOIS W. GONZALEZ,
PH. D.**
Licensed Professional Counselor
Licensed Marriage & Family Therapist
Board Certified Adult Psychiatric Nurse
Practitioner With Prescriptive Authority
512-520-7929

Experienced Counselor in Your Neighborhood

8.5 miles West of Hill Country Galleria/RR 620
& 2.5 miles East of Pedernales Bridge
21122 Hwy 71 West Spicewood TX. 78660
spicewoodcounselinginthehillcountry.com
drlois@spicewoodcounseling.com

Before you nix the xeriscape, know this: it doesn't mean you have to convert your lawn to a rock garden. Nor do you have to go cold turkey on turfgrass. But you do have to keep seven principles in mind.



Coined in 1981 by Denver Water, xeriscape (xeris is Greek for dry) refers to the principles of matching low maintenance landscape with low water usage.

Xeriscape is not just rocks, cactus, agaves, synthetic turf, decomposed granite and rain barrels, although these could all be components of a xeriscape. A xeriscape in its simplest form is minimal lawn, native flowering perennials and shrubs with no more than two inches of mulch, and pervious patios or decks.

There are seven principles of xeriscape. They include:

1. Planning and design
2. Soil amendment
3. Efficient irrigation
4. Appropriate plant selection
5. Mulch
6. Limited turf areas
7. Appropriate maintenance

Now let's look at what these principles really mean.

Planning and design

Always begin with a plan. Consider aspect, shade, slope, soil, and existing and desired species. Always have in the back of your mind the goal of one third lawn, one third beds and one third pervious patio or deck.

Soil amendments

Soil holds moisture. The more soil, the less supplemental water needed. One way to increase water holding capacity is compost. Add one inch of compost to the soil. Expanded shale, while not organic, is excellent for heavy clay soils.

Efficient irrigation

Of course, the most efficient irrigation is rain. But the second best is a hose. Let this sink in — an in-ground irrigation system will use 50 percent more water (70 percent in the summer) than a hose-end sprinkler or hand held hose. Which do you think does a better job of conserving water?

Appropriate plant selection

Pick a good shade tree or two. Enjoy some native plants or ones well-adapted to our area. An extensive list of options is available at GardenStyleSA.com.

Mulch

Two inches of mulch, whether organic like woodchips or river rock, is sufficient. Xeric plants prefer limited mulch.

Limited turf

It's really simple. Lawns uses an excessive amount water. Therefore, reduce the size of lawns. The recommendation of weekly mowing suddenly becomes much easier.

Appropriate maintenance

Excessive pruning and fertilization does more harm than good. Just keep it simple – mow weekly, prune perennials no more than three times a year, prune trees once every five years and fertilize once a year or use compost in spring and fall.

BUSINESS CLASSIFIEDS

CONNOR CLEANING SERVICES, INC. Are you paying more than \$100 to have your house cleaned? 4000 sq. feet or less- you are paying too much! Call Connor Cleaning. Reliable. Dependable Service. Quality Work. Supplies furnished. Over 17 years in business. Affordably priced. Call 512-209-1141. Bonded.

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

STEVE'S PLUMBING REPAIR

Master License: M-39722

- Water Pressure Problems
- Sewer & Drain Service
- Fiber Optic Drain Line Inspections
- Free Estimates
- Satisfaction Guaranteed

Steve Brougner
512.276.7476

2605 Buell Ave



At no time will any source be allowed to use the Sweetwater Life 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 Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc. and the Sweetwater Homeowners Association.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Why acupuncture?

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist,
MAOM, Dipl. O.M. (NCCAOM)

Some people have regular acupuncture maintenance treatments as part of their pursuit to stay healthy and active, others prefer acupuncture to Western medicine because:

1. They have a condition that does not respond to conventional care, so that they have to look for alternative health care options.
2. Conventional care often involves drugs with undesirable side effects or unwanted, perhaps risky medical procedures.
3. Western drugs are expensive and when multiple drugs are used at the same time, they could interfere with each other.
4. Patients prefer a natural, holistic medical approach to healthcare.

Acupuncture and Traditional Chinese Medicine (TCM) are safe with little side effects, because the herbal ingredients are combined to minimize and counteract the possible side effects. They work together to balance the body and allow the body to heal itself.

Does it Hurt?

Acupuncture needles are very different from clinical, hollow needles used for ordinary injection, vaccinations, etc. Acupuncture needles are not much thicker than a human hair and insertion of an acupuncture needle is practically painless. In some cases, you may not even know the needles are in place, in others, there may be some tingling, warming, heaviness, or a feeling of the Qi moving up and down the channels in your body. Most people find acupuncture extremely relaxing and many fall asleep during the treatment.

What are the main objectives of acupuncture treatment?

The main objectives of an acupuncture treatment can be summarized in five main categories:

1. Relieve pain and other symptoms.
2. Relieve stress and emotional issues.
3. Treat addictions and substance abuse.
4. Strengthen the immune system.
5. Balance, harmonize and integrate functions of organs with each other, making for a unified and healthy person.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. For more information, please visit www.amaranthacupuncture.com or www.facebook.com/amaranthacupuncture.

What does the World Health Organization say about acupuncture?

The World Health Organization (WHO) updated their list of conditions, symptoms or illnesses that may be treatable with acupuncture. The list of indications for acupuncture includes over 100 conditions, including lower back pain, neck pain, sciatica, tennis elbow, knee pain, periarthritis of the shoulder, sprains, facial pain, headache, dental pain, temporomandibular (TMJ) dysfunction, rheumatoid arthritis, induction of labor, correction of malposition of fetus, morning sickness, nausea and vomiting, postoperative pain, stroke, essential hypertension, primary hypotension, renal colic, leucopenia, adverse reactions to radiation or chemotherapy, allergic rhinitis, including hay fever, biliary colic, depression, acute epigastralgia, peptic ulcer, acute and chronic gastritis, etc.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.



Partners in Hope Lake Travis
2nd Annual Volunteer Appreciation Family Event
Food. Live Music. Cash Bar. Silent Auction. Door Prizes
Sunday, April 9, 2017
4:30 - 7:00pm



Iron Wolf Event Center
101 County Road 409, Spicewood, TX 78669
All past, current & future volunteers and their families welcome!



Visit us at www.partnersinhopelaketraavis.org

MANAGING YOUR RETIREMENT ASSETS IS A FULL-TIME JOB.

WHAT DO YOU WANT TO DO WHEN YOU GROW UP?



PLATINUM **WEALTH**
ADVISORY

It's time to free yourself up from the responsibilities of managing your investments.

When most people left school to start their careers, they never planned on working another career during retirement. Many people find that managing their retirement plan takes far more time and resources than

anticipated. You have worked hard for your life savings. Let's visit about how Platinum Wealth Advisory can continue to work hard for you to preserve and protect your retirement income and investments.

Give Lauren a call today at 512-369-3817 to schedule your complimentary Retirement Review to find out how you can start living the life you always dreamed.

512.369.3817

Securities offered through GF Investment Services, LLC. Member FINRA/SIPC. Investment Advisory Services offered through Global Financial Private Capital, LLC, an SEC Registered Investment Adviser.

retirebetter@platinumwealthadvisory.com

2806 Flintrock Trace, Ste. A203 Lakeway, TX 78738



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSRT STD
U.S. POSTAGE
PAID
PEEL, INC.

SWT



REALTY NETWORK

SHANNON MANGIN
REALTOR®, GRI
Certified New Home Specialist



I LOVE AND LIVE IN SWEETWATER!

GET THE



EXPERIENCE

Have you just moved into Sweetwater?

Would you like to stay informed about market conditions that affect the price of your home? Even if you are not considering moving for quite a while, the more knowledge you have, the better!

Sign up for my exclusive VIP experience, with no obligation to list or buy a home! Every 3 months, you will receive a custom market analysis on your home that compares similar properties that are for sale or have recently sold.

SIGN UP by visiting www.AskShan.com/vip

www.AskShan.com/vip

512.897.4349