

SAVE THE DATE

You Are Invited To



Bulldogs & Hotdogs Bowie Festival

SATURDAY

August 26, 2017 Bowie High School Courtyard 6 – 9 pm www.bowieptsa.org

Food, fun, games, spirit items, pep rally & more Supporting Bowie Booster Clubs! Bring Your Cash & Checks Students, friends, family, future Bulldogs & community welcome Festival Entry: Free

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	
Fire	
Ambulance	
Sheriff – Non-Emergency	512-974-0845

SCHOOLS

Elementary

Clayton	
Mills	
Patton	
Middle	
Bailey	
Small	
Gorzycki	
High School	
e	
Bowie	

UTILITIES

Water/Wastewater	
City of Austin	
City of Austin (billing)	512-494-9400
Emergency	
Texas State Gas	
Customer Service	1-800-700-2443
Gas related emergency	1-800-959-5325
Pedernales Electric Cooperative	
New service, billing	
Problems	
ATT/SBC Telephone	
New Service	1-800-288-2020
Repair	1-800-246-8464
Billing	
Allied Waste	
Time Warner Cable	

OTHER NUMBERS

Oak Hill Postal Station	1-800-275-8777
City of Austin	
Dead Animal Collection	512-494-9400
Abandoned/Disabled Vehicles	512-974-8119
Stop Sign Missing/Damaged	512-974-2000
Street Light Outage (report pole#)	512-505-7617

NEWSLETTER PUBLISHER

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Chiggers EXTENSION

Chiggers are the immature stage of a mite. They climb onto people walking through infested areas, crawl upwards, and wander around the body seeking a good site to settle down and feed. Feeding preference for these mites is in areas where skin is thinnest or where clothing fits tightly, such as the ankles, waist, behind the knees, and the groin area.

Chiggers do not burrow into skin as many people believe, so "smothering" them with nail polish is useless. When chiggers feed, they inject a digestive enzyme that breaks down skin cells which are then eaten. Itching and redness is caused by our body reacting to the enzymes injected into our skin. Itching typically begins 3-6 hours after being bitten, peaks at 24 hours, and can last up to two weeks.

The best way to avoid getting chiggers is to avoid infested areas. Since this is not always possible, here are some other things to try:

- Wear protective clothing- tightly woven items that fit loosely; including long sleeves & pants; shoes or boots
- Tuck pant legs into boots
- Avoid sitting on the ground
- Remove & launder clothing ASAP after being in infested areas
- Shower/ bathe after being in an infested area; scrub vigorously with a washcloth
- Use an insect repellent with DEET or picaridin

To treat chigger infestations around the home try the following:

- Keeping lawn trimmed
- Maintain vegetation; do not allow weeds to grow up & keep brush cleared
- Targeted residual pesticide sprays, usually pyrethroids

For chigger bites:

- Do not scratch pustules; opening pustule might lead to infection
- Oral antihistamines or topical anti-itch creams to relieve itching sensation

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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DARK CHOCOLATE Coconut oatmeal cookies



Ingredients

- cup butter, melted
 cup brown sugar, packed
 cup sugar
 eggs
 tsp vanilla
 cup flour
 tsp salt
- tsp baking soda
 1/2 tsp cinnamon
 cup shredded coconut
 1/2 cups extra dark chocolate chips (or just dark)
 2 1/2 cups old fashioned oats

Directions

Preheat oven to 350. Line baking sheets with parchment paper and set aside.

Melt butter and let cool for several minutes (to room temp) In a stand mixer, beat sugar and butter for several minutes until creamy. Mix in eggs and vanilla and beat for another minute. In a separate bowl combine flour, salt, soda, cinnamon, and coconut. Slow mix dry ingredients into wet ingredients and beat until combined. Stir in extra dark chocolate chips and oats.

Place one inch balls of dough on cookie sheets lined with parchment paper and bake for 10-12 minutes. Let cool for several minutes then move cookies to cooling rack.



The Pursuit of Happiness LET US HELP YOU FIND YOURS



SUMMER'S STILL HERE... AND SO ARE SWIM LESSONS AT THE Y

Summer may be winding down, but families are still hitting the water to cool off. That's why it's never too late to learn how to swim. And the YMCA is here with classes available year-round to keep kids safe.

NOW ENROLLING!

·For ages 6 months & Up · Group & Private Lesson Options
 Call 891-YMCA or visit AustinYMCA.org

POR YOUTH DEVELO FOR HEALTHY LIVIN FOR SOCIAL RESPON

SOUTHWEST FAMILY YMCA 6219 Oakclaire Dr & Hwy 290

Kitchen Table Conversations Education Series - Austin

Starting Thursday, August 24th

Held at Alzheimer's Texas, this 3 class series will teach you about end of life issues, making end of life decisions, and honoring out loved one's wishes. Class is from 11-1 pm and light lunch is provided. Registration is required to (512) 241-0420 or at www.txalz.org on the home page or under Classes.

THE THREE D'S OF ADVANCED CARE PLANNING GETTING YOUR DUCKS IN A ROW

Attend one or all three of these free, interactive workshops where you'll learn how to decide, discuss and document what matters most to you at the end of life.

August 24: How to Talk with Your Loved Ones About Your End of Life Wishes

Talking with your loved ones openly and honestly, before a medical crisis happens, gives everyone a shared understanding about what matters most to you at the end of life. Whether you are getting ready to tell someone else what you want, or you want to help someone else get ready to share their wishes.



- Location: Alzheimer's Texas 3520 Executive Center Dr. #140
- Time: 11:00 AM—1:00 PM
- Lunch Provided

August 31: How to Choose a Health Care Agent and How to Be a Health Care Agent

It's important to choose a health care agent – the person who will make decisions about your medical care if you become unable to make them for yourself. You'll learn the facts and tips necessary to make sound decisions about choosing, and being, a health care agent.



- Location: Alzheimer's Texas 3520
 Executive Center Dr. #140
- Time: 11:00 AM—1:00 PM
- Lunch Provided

September 7: How to Talk with Your Doctor About Your End of Life Choices.

After you've had the conversation with your loved ones and chosen your health care agent, the next step is talking to your doctor or nurse about your wishes. Don't wait for a medical crisis; talking with your healthcare provider makes it easier to make medical decisions when the time comes.



- Location: Alzheimer's Texas 3520
 Executive Center Dr. #140
- Time: 11:00 AM—1:00 PM
 Lunch Provided
- Lunch Provided

RSVP- Visit: txalz.org - Email: vcardenas@txalz.org - Call: (512) 241-0420

Kitchen Table Conversations



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SWING Networking Group

Promote your business with local independent business owners. SWING (South west Austin Inclusive Networking Group) has been meeting every Thursday morning from 8AM to 9:30AM at the Waterloo Ice House on Escarpment for 8 years.

We have no dues, no initiation fees, we don't take attendance. Just pay for your own breakfast. The more often you show up the better we get to know you. We are an inclusive group, we will enjoy competition. So, bring your business cards and a good attitude and let's get to know you.

If you want more information, contact Liz Jensen at 512-301-6966 or lizleej@gmail.com or Peter Berardino (The King of SWING) at 512-695-2334 or peterberardino@gmail.com.



250 BUSINESS Cards for \$16.50



512.263.9181 QualityPrintingOfAustin.com



Please remember to pick up after your pets and "scoop the poop"



Lee Ann LaBorde, Agent 8400 Brodie Ln Ste 105 Austin, TX 78745 Bus: 512-282-3100 leeann@leeannlaborde.net

When "That will never happen to me" happens.

I'm ready to help.

There's never a good time for an accident to happen. But when it does, you can count on me to be there quickly so you can get your life back to normal. **GET TO A BETTER STATE**". CALL ME TODAY.



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BUSINESS CLASSIFIEDS

Guitar Lessons In Circle C Graduate from Berklee College of Music. Over twenty years teaching experience. All ages and styles of music welcome! Chris 512-992-1384 or instagram.com/gtrwizzle

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





Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at: Peel, Inc. - Kids Club, 308 Meadowlark St, Lakeway, TX 78734-4717 We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

	DUE: August 31st
	Be sure to include the following so we can let you know!
	Name: (first name, last initial)
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