

# SWEETWATER™

L I F E



Cover Photo by Tara Ford

JANUARY 2018  
VOLUME 3 ISSUE 1

## UPCOMING EVENTS

### **JANUARY 3RD, 2018 7:00 PM BOOK CLUB**

The Sweetwater Book Club will be meeting on the selected reading for January will be the international bestseller: *The Little Old Lady Who Broke All the Rules*. Author Catharina Ingelman-Sundberg. A quirky, off beat delight and a heartwarming reminder that one is never too old for some mischief. Please contact Judy Young via email for meeting location and to have your name added to the book club roster - [JudithYoung2014@gmail.com](mailto:JudithYoung2014@gmail.com)

### **JANUARY 3RD, 2018 10:00 AM - 11:00 AM STORYTIME**

Storytime with the Bookmobile at the Clubhouse. Bring you kids to enjoy story time

### **JANUARY 6TH, 2018 3:00 PM - 5:00 PM POLAR PLUNGE AT THE POOL**

Can you stand the cold? Take the Polar Plunge with your neighbors! Then join us for hot dogs, chips, hot cocoa, and coffee!

### **JANUARY 17TH, 2018 10:00 AM - 11:00 AM STORYTIME**

Storytime with the Bookmobile at the Clubhouse. Bring you kids to enjoy story time

### **JANUARY 27TH, 2018 1:30 PM - 3:30 PM SWEETWATER PETTING ZOO**

At the Sweetwater Sports Field

Train rides, pony rides, and petting zoo, popcorn, snow cones, Nachos, Cotton Candy come join Sweetwater residents for a fun farm adventure.

### **JANUARY 31ST, 2018 10:00 AM - 11:00 AM STORYTIME**

Storytime with the Bookmobile at the Clubhouse. Bring you kids to enjoy story time

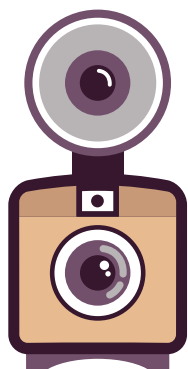
### **JANUARY 1ST - 30TH, 2018 CAMP GLADIATOR**

Camp Gladiator Classes are held at the Sweetwater events lawn every Monday, Wednesday & Friday at 5:30am and 8:30am Also every Monday and Wednesday at 6:30pm.

Contact Camp Gladiator at (817)729-2554 [Shelbybowden@campgladiator.com](mailto:Shelbybowden@campgladiator.com)

## 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](mailto:sweetwater@peelinc.com). Portrait (vertical) photos work best.

To view other photos submitted please visit [www.PEELinc.com/Sweetwater](http://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](mailto: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](mailto: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
.....	<a href="mailto:SweetwaterManager@goodwintx.com">SweetwaterManager@goodwintx.com</a>
Customer Service .....	512-502-7515
Accounting.....	<a href="mailto:info@assnsvcs.com">info@assnsvcs.com</a>
Architectural Review .....	<a href="mailto:SWWArchitectural@goodwintx.com">SWWArchitectural@goodwintx.com</a>

### UTILITIES

Pedernales Electric.....	888-554-4732
Crossroads Utilities (Water, Sewer, Trash).....	512-246-1400
Texas Gas Service Customer Service.....	1-800-700-2443
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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 .....	<a href="http://www.beecavetexas.com">www.beecavetexas.com</a>
Travis County (General No.).....	512-854-9020
.....	<a href="http://www.traviscountytx.gov">www.traviscountytx.gov</a>

### NEWSLETTER PUBLISHER

Peel, Inc. ....	512-263-9181
News.....	<a href="mailto:sweetwater@peelinc.com">sweetwater@peelinc.com</a>
Advertising.....	<a href="mailto:advertising@peelinc.com">advertising@peelinc.com</a>

# Sweetwater Life

## SWEETWATER HOA ASSESSMENTS

*Quarterly payments become due on:*

JANUARY 1ST

APRIL 1ST

JULY 1ST

OCTOBER 1ST

The new 2018 quarterly dues payment is \$162.23. 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

Payment coupon booklets will be arriving the mail in the next couple of weeks. Contact Customer Service if you have any questions at 512-502-7515 or [info@goodwintx.com](mailto:info@goodwintx.com).

## REMINDERS FROM THE PROPERTY MANAGEMENT OFFICE

Keep the following things in mind in the upcoming weeks:

**HOLIDAY LIGHTING & DECORATIONS:** Please have all exterior holiday lighting and decorations taken down by January 16th.

**RESIDENT STREET PARKING:** Extended resident street parking is not permitted. 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.

**ASSOCIATION OFFICE HOURS:** Tuesday-Saturday 10:00am-5:00pm Please email [sweetwatermanager@goodwintx.com](mailto:sweetwatermanager@goodwintx.com) to set an appointment for access fobs to the pool, basketball court and fitness center. You are welcome to drop by during office hours but the HOA manager is occasionally out on property.

**SWEETWATER CLUB CIRCLE** - Please remind all guests that Sweetwater Club Circle by the pool, Clubhouse and basketball court is a one-way street. Help us to keep our family's safe during the Holiday Season!



**Contact Us Today for a FREE Market Analysis!**

*"We're Sweet on Sweetwater"*

As of December 6, 2017 MLS Stats for Sweetwater were as follows:

82 Homes Sold so far this year at an average price of \$160.42 per square foot

8 Homes Pending Sales and 40 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](mailto:shelli@wesellaustinhomes.com)

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## BAYLOR SCOTT & WHITE MEDICAL CENTER LAKEWAY HEALTH EVENTS

### Healthspeak Education Series – Healthy Living

Thursday, Jan. 18 // 6 p.m.

Baylor Scott & White Medical Center – Lakeway  
(Lower Level 1 Lobby)

Please join us as Greg Morper, MD, discusses the power of healthy behaviors on your overall health. He will be digging deep into eating right, maintaining a healthy weight, use of tobacco, using moderation when drinking alcohol and exercise. This seminar will help you get your year started off right and healthy. Seating is limited. To register, call 1.844.BSW.DOCS or visit [BSWHealth.com/HealthSpeak](http://BSWHealth.com/HealthSpeak).

### 'For Women For Life' Women's Health Event

Saturday, Jan. 27 // 9-11 a.m.

Baylor Scott & White Medical Center – Lakeway

Here's a special invitation to you and your friends to join us for a once-a-year women's health event. The focus will be on you, and how a healthy you means a happier family and a better, more fulfilling life. The event will feature screenings specific to women's health and healthy cooking demonstrations. Best of all, it's free and open to the public. Call 1.844.BSW.DOCS or visit [BSWHealth.com/FWFL](http://BSWHealth.com/FWFL) to reserve your spot or for more information.

# SWEETWATER LIFE.COM

**BE SURE TO REGISTER ON OUR  
NEW HOA WEBSITE  
[WWW.SWEETWATERLIFE.COM](http://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](http://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](mailto:sweetwatermanager@goodwintx.com).**



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# Sweetwater Life

## Ho! Ho! Ho! Way to go!

LTlov's Green Santa program spread the joy of the season to our neighbors challenged by limited finances, and once again, was blessed by the abundance of donations which provided gifts and family meals to 600 children in the Lake Travis area. Neighbors helping neighbors drives and fuels LTlov's mission and Green Santa program chair, Sheryl Kelly and her team witnessed this in action to serve 195 local families in need of a little extra help for the holidays with three gifts, a book and a stuffed animal for the children and H-E-B food cards to help stretch family food budgets.

The Green Santa program would not be possible without the support of the entire community and LTlov thanks all who gave of their time and resources. Thank you to the businesses and organizations whose donations made the food card program possible: Ladies of Charity- Lake Travis, Point of Origin, HEB, Lakeway/Lake Travis Rotary Club, A to Z Dog Ranch, Texstar Integra Insurance, Thrash Law Firm, Eco Safe Wastewater Technologies, Lakeway A/C & Heating, Wink Medical Aesthetics, Terrell Veterinary Clinic, Woofs Pet Salon, Mangieri's Pizza Cafe, Canyon Creek Homes, Bee Cave Family Chiropractic, Lakeway Spine Center, Kris Ancell-Batte/

Allure Salon, Champion Family Chiropractic, Pinnacle Detailing and Cypress Custom Pools; and donation sites: LTISD school campuses, Terrell Veterinary Clinic, Lake Travis Community Library, Lakeway Activity Center, Chick-Fil-A Lake Travis, World of Tennis, Prosperity Bank, Strandz Salon, Moreland Properties, Bee Cave Family Chiropractic, Kuper Sotheby's, Luxe Salon, Body Balance Physical Therapy, Caldwell Banker United Realtors, Point of Origin and the Lakeway Police Officer's Association. LTlov was the beneficiary of events and collections hosted by Sing Along, Point of Origin, the Ladies Tennis Association of The World of Tennis and WCID 17.

LTlov extends sincere appreciation to the residents of the Lake Travis community for the generous outpouring of toys, gift cards, and cash donations ensuring each registered child would have presents and a special holiday meal to enjoy with their family. Special recognition goes to Western Industries who donated all collection and gift boxes, Youth2Seniors who provided a stuffed animal for every child, HEB's Read3 program for the donation of 700 books, Hudson Bend Middle School, who wrote letters from Santa to each registered family and LTISD for providing the space needed to store, sort, box and distribute the more than 2000 gifts received. Finally, a great, big Ho Ho Ho to all volunteers, with a special mention of the Young Men's Service League, for helping sort toys, pack family gift boxes and ensure that the distribution process went smoothly. For more information about LTlov, visit [www.ltlov.org](http://www.ltlov.org).



## It's time to take AIM at your fitness goals!

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## HOW CAN I GET IN SKI-SHAPE?

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

**Ski conditioning begins about 6 weeks prior to travel, and involves three phases:**

### **Muscle training | Stamina | Agility**

**Muscle training** for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

**Stamina** is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using "interval" periods to increase your heart rate. Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the **athletic agility** that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are "ski-adaptive" sports. "Ski-specific" training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes—perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as a autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

By Kelly Cunningham, MD, Sports Medicine specialist and Founder. Austin OrthoBiologics.

*Austin, Texas, 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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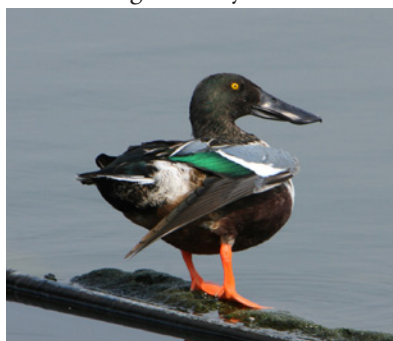
2806 Flintrock Trace, Ste. A203 Lakeway, TX 78738

## NATURE WATCH

### DABBLERS AND DIVERS

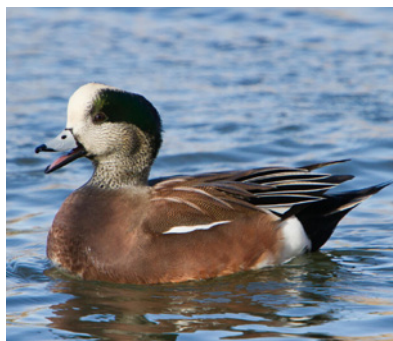
by Jim and Lynne Weber

Wintertime is the perfect time to look for ducks in Central Texas. Several species that breed far north of our state's border return to Texas in the colder months to feed in our unfrozen freshwater lakes and rivers. From the Old English 'duce', the word duck is a derivative of the verb meaning to duck or dive, or bend down low as if to get under something. It best describes the way many ducks feed, by upending or diving under the water in search of a wide variety of food sources, such as small aquatic plants, grasses, fish, insects, amphibians, worms and mollusks. Most ducks fall into either the dabbler or diver category. Dabblers feed on the surface of the water, and sometimes on land, while divers disappear completely beneath the surface and forage deep underwater. In general, divers are heavier than dabblers, which gives them the ability to submerge more easily, but they often pay the price by having more difficulty when taking off to fly.



*Northern Shoveler*

The most distinctive dabbling duck is the Northern Shoveler (*Anas clypeada*). True to its name, it possesses a two and a half inch long bill, which is spoon-shaped and has a comb-like structure called a pecten at the edge of its beak. The pecten is used to filter food from the water and to aid in preening its feathers. A medium-sized duck, the adult male (or drake) has an iridescent green head, rusty sides, and a white chest. When flushed from her nest, the adult female (or hen) will often defecate on the eggs, presumably to deter predators from eating them. This species of duck is monogamous, and stays together longer than any other known pairs of dabbling duck species.



*American Wigeon*

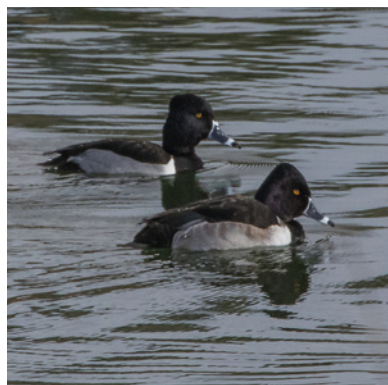
Another common dabbler is the American Wigeon (*Anas americana*), whose population is increasing throughout its range. The male has a white crown, green face patch, large white patches in its wings, and a black rear end bordered by white. At one time this duck was known as 'baldpate' due to the white crown

resembling a man's bald head. Its feeding behavior is distinctive among the dabbling ducks, as its short bill allows it to be much more efficient at plucking vegetation from both the water and sometimes even agricultural fields. The diet of this duck has been shown to include a much higher proportion of plant matter than any other dabbler species.



*Lesser Scaup*

Among the most abundant and widespread freshwater diving ducks is the Lesser Scaup (*Aythya affinis*). The male has a slight bump or peak on the back of the head, a bluish bill with a small black tip, grey sides (black on the ends with white in the middle), and a black head, chest, and rear end. When grasped by a predator like a Gray Fox, an adult Lesser Scaup may play dead, rendering itself immobile with its head extended, eyes open, and wings folded close to its body. They are capable of diving underwater the day they are hatched, but are too buoyant to stay under for long, until maturity gives them the body composition and strength they need to stay underwater for longer periods of time.



*Ring-necked Ducks*

Usually found on smaller, calmer bodies of water like ponds, Ring-necked Ducks (*Aythya collaris*) are more readily identified by the bold white ring around their bill that the subtle purplish band around their necks for which they are named. A medium-sized diving duck, they also have a small bump or peak on the back of their black heads, with the male having a black chest, back, and rear end, with grey sides and a white stripe up the shoulder.

The next time you visit a lake, river, or pond this winter, venture out to the quiet corners to see if you can spot one of our best known dabblers or divers!

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

## IT'S A NEW YEAR AND TIME FOR NEW BEGINNINGS!

The children featured in the Heart Gallery of Central Texas are waiting for their own new beginning- a forever family! Meet 12 year old Jonathan! Jonathan loves sports, especially football. He enjoyed his summer football camp and was even named Most Valuable Player by his team! Jonathan does well with his schoolwork and enjoys making friends at school.

Learn more about Jonathan as well as foster care and adoption here in Central Texas by visiting our website: [heartgallerytexas.com](http://heartgallerytexas.com)

Photo taken by Volunteer Heart Gallery Photographer Laura Acton



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# Sweetwater Life

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