

3 Ways to Bring a Taste of Autumn Into Your Home

By MarLee Berry, TexasHillCountry.com

Autumn is finally here and for those of us living in the heart of Texas, we know what that means. Absolutely nothing, because it is still 90 degrees outside. Although our great state is famous for many things, a predictable seasonal pattern is not exactly one of them. However, for many people, the thought of cooler weather, colorful scarves, and pumpkin spice gives them all the warm and fuzzies. Below are three ways you can make the inside of your home feel totally fall-like even when it still feels like summer on the outside.

1. Bring In the Scents of the Season



The first step toward creating an autumnal haven is incorporating the scents of the season. From potpourri mixes and wax melts to candles and essential oil blends, there are a number of ways to bring cozy fall aromas to your home. The key is to look for hints of cinnamon, vanilla,

let your nose be your guide. If the smell makes you think of grandma's apple pie or a relaxing walk through the woods on a cool, crisp morning, then you have probably found the perfect match.

2. Add a Touch of Color

A key part of fall that many people love is the changing colors of foliage. Reds, yellows, and oranges in various shades all around evoke a sense of anticipation as the promise of cooler weather seems just around the corner. A great way to harness that energy is by bringing the colors

or nutmeg. A good rule of thumb:



of fall indoors. A simple red throw blanket casually draped across a chair or a selection of autumn-themed throw pillows strategically placed can add just a tasteful hint of seasonal decor without going over the top.

3. Decorate With Nature's Bounty

The final step in getting your home ready for fall is to incorporate nature's bounty. A quick walk through your neighborhood might yield a multitude of materials. Leaves in all kinds of shapes, sizes, and colors, used in conjunction with twine or ribbon, can create a simple banner. Acorns, or other nut varieties, placed inside a clear vase or mason jar can become beautiful centerpieces. Of course, pumpkins and gourds are oftentimes found at your local grocer and are wonderful items to utilize in your autumn decor.

Here in Texas, the seasons tend to keep us on our toes as we never know exactly what might be thrown our way. However, regardless of what might be happening outside, you can still make your home feel like a fall paradise on the inside.



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Costumed Superheroes Race Against Child Abuse at CASA Superhero Run



Superman was adopted. Spiderman was raised by his aunt and uncle. Batman grew up with his butler, Alfred, and later took in Robin to raise as his ward. Wonder Woman was made out of clay by Amazons and brought to life by the gods. Few superheroes grew up in a typical family situation raised by their own parents, yet they all accomplished great things as adults. CASA, a nonprofit that advocates for children who've experienced abuse or neglect, believes all children deserve the chance to grow up happy and healthy and become superhero adults themselves.

That's why CASA is hosting the 9th Annual CASA Superhero Run. This run raises funds and awareness to provide children who've been abused or neglected with the powerful voice of their very own CASA volunteer. Children with CASA volunteers are more likely to receive therapy, health care and education, more likely to do better in school, less likely to be bounced from one place to another, and less likely to get stuck in long-term foster care than children without CASA.

Who: CASA of Travis County, CASA of Williamson County & CASA of Central Texas (Caldwell, Comal, Guadalupe & Hays Counties) plus 3,500 superhero runners, kids, families, dogs and

What: 5K and Kids 1K with superhero costume contest, BAM Academy obstacle course, bounce houses, photo booth, superhero guest appearances and more!

When: Sunday, September 16, 2018

7:00 am - Registration/Check-In, Costume Contest and

Superhero Activities

8:00 am - 5K

9:15 am - Kids 1K with Villains to Chase

Superhero Dance Party after Kids 1K

(Continued on Page 4)

IMPORTANT NUMBERS

EMERGENCY	
Fire	
Ambulance	
Sheriff – Non-Emergency	512-943-1300
CHOOLS	
ROUND ROCK ISD	
Patsy Sommer Elementary	704-0600
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Elsa England Elementary School	
Cedar Valley Middle School	
Pearson Ranch Middle School	
	.8901 Pearson Ranch Road
McNeil High School	
	5720 McNeil Dr
EANDER ISD	
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W: D: 1 - 11:-1 C-1 - 1	3250 Barley Rd.
Vista Ridge High School	200 S. Vista Pidaa Dr
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City of Austin Water	
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TEXAS GAS SERVICE	
Custom Service	
Emergencies	
Call Before You Dig	512-472-2822
T&T	
New Service	
Repair	
Billing	1-800-858-/928
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Customer Service	
Repairs	
Solid Waste Servies	512-494-9400
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RANCH REPORT

(Continued from Page 3)

Where: IBM Client Innovation Center at Broadmoor Campus, 11501 Burnet Rd, Austin, TX 78758

Why: To raise funds and awareness in support of children who've been abused or neglected.

Register/More Info: www.casasuperherorun.com

About CASA:

CASA speaks up for children who've been abused or neglected by empowering our community to volunteer as advocates for them in the court system. When the state steps in to protect a child's safety, a judge appoints a trained CASA volunteer to make independent and informed recommendations in the child's best interest. After intensive training, background checks and being sworn-in by a judge, volunteers are appointed to a child or family of children and spend an average of 15-20 hours a month advocating for these children for the lifetime of a case. CASA of Travis County was founded in 1985 and supports over 700 volunteers who advocate for more than 1,750 children a year. CASA of Williamson County was founded in 2009 and supports over 100 volunteers who advocate for more than 200 children a year. CASA of Central Texas (serving Caldwell, Comal, Guadalupe & Hays Counties) was founded in 1985 and supports over 200 volunteers who advocate for more than 550 children a year.





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Ranch Report - September 2018



Milburn Park - 1901 Sun Chase Blvd.

Dates & Times:

September 7 at 8 p.m.

September 14 at 7:45 p.m.

September 28 at 7:30 p.m.

Bring your blankets and lawn chairs and enjoy a movie under the stars. Concessions will not be available, but you are welcome to bring a picnic. Glass containers are prohibited. **Admission is free.**

**Movie dates and titles are subject to change.

Keep an eye on the Parks and Recreation website calendar for updated information: http://www.cedarparktexas.gov/departments/parks-recreation/parks-calendar/-curm-9/-cury-2018

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DISTRICT CALENDAR



Calendar Key

Student/Teacher Holiday

Staff Dev./Student Holiday

New to LISD Staff Dev.

Bad Weather Makeup Day*

Proposed Testing Dates

Early Release Day - All levels

Early Release Day - Elem. Only

Early Release Day - HS Only Last Day, 6-Weeks Period

Last Day, 9-Weeks Period

[] First/Last Day of School

italics First/Last Day Semester - Elem.

BOLD First/Last Day Semester - Sec.

Important Dates

First Day of SchoolAug. 16
Labor DaySept. 3
Staff Dev./Student Holiday Oct. 8-9
Fall BreakNov. 19-23
Winter BreakDec. 24-Jan. 4
MLK Jr. Day Jan. 21
Presidents DayFeb. 18
Spring BreakMarch 18-22
Student/Teacher Holiday April 19
Bad Weather Makeup Day April 22
Memorial Day May 27
Last Day of School May 31

Proposed Testing Dates

STAAR (high school or	nly)Dec. 3-7
STAAR	April 9-12
STAAR	May 6-17

*Bad Weather Makeup Days are holidays unless the assigned day is needed due to bad weather, which will be communicated in advance.

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Partnerships for Children 7th Annual Girls and Giving

On Thursday, September 20, 2018, Partnerships for Children will host the 7th Annual Girls and Giving at The Hotel Van Zandt in downtown Austin. It will be an evening of giving back as we enjoy food, signature cocktails, exciting raffles, live music, and dancing!

Last year our event sold out, so it you have not already reserved a spot, we encourage you to act now – you don't want to miss this opportunity,! You can view a complete listing of sponsorship benefits and purchase your tickets on our website - www.partnershipsforchildren.org.

As a nonprofit in Central Texas, Partnerships For Children leads a collection of programs that offer resources, support, and comfort for foster children and families in our community. Our accessibility to Child Protective Services, efficient practices, and ability to connect with kids at all stages in their lives allow us to better serve those who need us most by providing real and impactful solutions.



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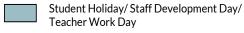
Round Rock ISD

ACADEMIC CALENDAR

roundrockisd.org

* Based on 435 minute day

Elementary School 7:40-2:55 Middle School 8:20-3:35 High School 9:05-4:20

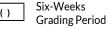




Student & Staff Holiday

School

First/Last Days of



Nine-Weeks [] **Grading Period**

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August

6-15.....Staff Development/ Preparation 16..... First Day of School for Students

September

3.....Labor Day/ Student and Staff Holiday

October

....Student Holiday/ Staff Development 8-9.... Day/Teacher Work Day

November

19-23.....Thanksgiving Break/ Student and Staff Holiday

December

19.....Last Day of Classes/ First Semester Ends 20-21.....Student Holiday/Staff Development Day/ Teacher Work Day

24-31..... Winter Break/ Student and Staff Holiday

January

1-4.....Winter Break/ Student and Staff Holiday 7.....Student Holiday/ Staff Development

21....Martin Luther King, Jr. Day/ Student and Staff Holiday

February

18-19...Student Holiday/ Staff Development Days

March

18-22.. .Spring Break/ Student and Staff Holiday

April

19..... Student and Staff Holiday

23...... Last Day of Classes/ Second Semester Ends

24.....Teacher Work Day

27..... Memorial Day/ Staff Holiday

Health Highlights: September is Healthy Aging Month

No matter what your age, you can stay at your personal best with these expert tips. By Matt McMillen

- 1. Get moving. Exercise regularly to maintain a healthy body and brain.
- Stay social. Take a class, volunteer, play games, see old friends, and make new ones.
- Bulk up. Eat beans and other high-fiber foods for digestive and heart health.
- Add some spice. Add herbs and spices to your meals if medicationsdull your taste buds.
- Stay balanced. Practice yoga or tai chi to improve agility and prevent falls.
- Take a hike. Brisk daily walks this September can bolster both your heart and lungs.
- Sleep well. Talk to a sleep specialist if you don't sleepsoundly through the night.
- Beat the blues. If you've been down for a while, see a doctor. Depression can be treated.
- Don't forget. To aid your memory, make lists, follow routines, slow down, and organize.

Expert Tips on Healthy Aging

Tips from Gary W. Small, MD, professor of psychiatryand biobehavioral sciences, David Geffen School of Medicine at UCLA, and director, UCLA LongevityCenter

> Take a daily brisk walk with a friend -- you'll get an aerobic workout, and the conversation will exercise your brain and reduce stress.

> To help control the urge to overindulge, just imagine eating that sweet treat. Research shows the fantasy dessert will satisfy you, and you'll actually eat less.

Tips from Carla Perissinotto, MD, MHS, assistant professor of medicine, division of geriatrics, department of medicine, University of California, San Francisco

> Every few months, review your over-the-counter drugs with your doctor for any potentially unsafe ingredients. I do this for my parents whenever I visit their home.

> Try yoga. All types help maintain physical and emotional health. My favorite is Kundalini yoga, which focuses on meditation and strengthening.

Tips from Elizabeth Eckstrom, MD, MPH, director of geriatrics, Oregon Health & Science University, Portland, Ore.

> Follow a Mediterranean diet to help prevent memory impairment and heart problems. I love salmon covered with fresh thyme and lemon slices and grilled on a plank.

> I do tai chi three days a week, and it dramatically improves my balance. Seniors can do it, too, and cut their risk of falls by almost half.





Join us every Sunday morning at 10:00 a.m. at the **MUV Dance Center** 2051 Cypress Creek Rd. Suite R, Cedar Park, TX 78613 MEANINGFUL FAITH **MEANINGFUL RELATIONSHIPS**

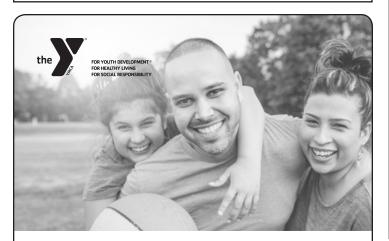
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The YMCA of Austin has something for the whole family—from youth programming like sports, dance, gymnastics and martial arts to state-of-the-art exercise equipment, gym facilities and pools. Time spent together at the Y will help build your family's connections, health, confidence and well-being. If you're looking to strengthen your family, the Y is the perfect place to start.

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Learn more at AustinYMCA.org

National Hispanic Heritage Month

www.hispanicheritagemonth.org

During National Hispanic Heritage Month (September 15 to October 15) we recognize the contributions made and the important presence of Hispanic and Latino Americans to the United States and celebrate their heritage and culture.

Hispanics have had a profound and positive influence on our country through their strong commitment to family, faith, hard work, and service. They have enhanced and shaped our national character with centuries-old traditions that reflect the multiethnic and multicultural customs of their community.

Hispanic Heritage Month, whose roots go back to 1968, begins each year on September 15, the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico, Chile and Belize also celebrate their independence days during this period and Columbus Day (Día de la Raza) is October 12.

The term Hispanic or Latino, refers to Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race. On the 2010 Census form, people of Spanish, Hispanic and/or Latino origin could identify themselves as Mexican, Mexican American, Chicano, Puerto Rican, Cuban, or "another Hispanic, Latino, or Spanish origin."

Today, 57.5 million people or 18% of the American population are of Hispanic or Latino origin. This represents a significant increase from 2000, which registered the Hispanic population at 35.3 million or 13% of the total U.S. population.

Share in this special annual tribute by learning and celebrating the generations of Hispanic and Latino Americans who have positively influenced and enriched our nation and society.

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