

The Gazette

SEPTEMBER 2018
VOLUME 11 ISSUE 9

You're invited



**LIFE LESSONS
OVER LUNCH**

Watch a great
message.

Enjoy a free
lunch.

Make The Most Of Your Lunch Hour

WHAT IS LIFE LESSONS?

The goal of Life Lessons is to create a nonthreatening environment that values people and gives them an opportunity to decompress in the middle of the workday. Lunch groups are safe settings that welcome participants to consider issues of finances, faith, family, relationships, and character.

WHO PARTICIPATES IN LIFE LESSONS?

Everyone is welcome. At Life Lessons, co-workers meet over lunch on a regular basis to view relevant, useful messages. Groups are volunteer-driven, nondenominational, and open to everybody. And the best part is that lunch is always free!

WHEN: Ever 2nd & 4th Wednesday From 12 to 1pm

WHERE: Circle C Ranch Community Center

Kindly RSVP to www.circleclifelessons.org

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 if 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.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Sheriff – Non-Emergency.....	512-974-0845

SCHOOLS

Elementary	
Clayton.....	512-841-9200
Kiker.....	512-414-2584
Mills	512-841-2400
Patton	512-414-1780
Middle	
Bailey.....	512-414-4990
Small.....	512-841-6700
Gorzycki	512-841-8600
High School	
Austin	512-414-2505
Bowie.....	512-414-5247

UTILITIES

Water/Wastewater	
City of Austin.....	512-972-0101
City of Austin (billing)	512-494-9400
Emergency	512-972-1000
Texas State Gas	
Customer Service	1-800-700-2443
Gas related emergency.....	1-800-959-5325
Pedernales Electric Cooperative	
New service, billing.....	512-219-2602
Problems	512-219-2628
ATT/SBC Telephone	
New Service	1-800-288-2020
Repair	1-800-246-8464
Billing	1-800-288-2020
Allied Waste	512-247-5647
Time Warner Cable.....	512-485-5555

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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Advertising.....	advertising@PEELinc.com

Don't Test the Waters by Swimming in Lady Bird Lake

By Jenny Webster Jurica, TexasHillCountry.com

Did you know that you're not allowed to swim in Austin's famous "Town Lake," also known as Lady Bird Lake? With all of the boaters and stand-up-paddlers, this probably surprises many. It's not a new law though. This law has been in place since 1964.

Swimming Banned Since 1964

Austin's Parks and Recreation Department provided two reasons for the ban on swimming in Lady Bird Lake: one being a combination of poor water quality and the other, the danger posed by debris leftover from bridges and dams. It's also speculated that a series of drowning deaths on the lake in the 1950s and 1960s – including two young sisters who waded into a 20-foot pit – led to Austin City Council passing the ordinance.

The City of Austin created the reservoir in 1960 as a cooling pond for the new city power plant. The reservoir is named in honor of former First Lady of the United States Lady Bird Johnson, who called Austin her home for much of her life. In the 1970s, Lady Bird focused her attention on the Austin riverfront area through her involvement in the Town Lake Beautification Project. From 1971 to 1978, she served on the board of regents for the University of Texas System. She also served on the National Park Service Advisory Board and was the first woman to serve on National Geographic Society's Board of Trustees. So, nature and preserving our resources was clearly one of her passions.

Are You Ever Allowed in the Water?

What happens if you are kayaking on Town Lake and you fall in? The rules explain that you're only allowed to swim in the lake if you are "rescuing someone (presumably yourself included), doing construction authorized by the city or swimming in a permitted event."

So, if you fall out of your kayak, you'd better get back to the boat as quickly as possible. The punishment for being caught swimming in Lady Bird Lake is a \$500 fine. Why risk it when there are so many other places to swim?



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Myths About Bullying

1. BULLYING IS THE SAME THING AS CONFLICT.

Wrong. Bullying is aggressive behavior that involves an imbalance of power or strength. Often, bullying is repeated over time.

Conflict involves antagonism among two or more people. Whereas any two people can have a conflict (or a disagreement or a fight), bullying only occurs where there is a power imbalance—where one child has a hard time defending himself or herself. Why is the difference between bullying and conflict important? Conflict resolution or mediation strategies are sometimes misused to solve bullying problems. These strategies can send the message that both children are “partly right and partly wrong,” or that, “We need to work out the conflict between you.” These messages are not appropriate messages in cases of bullying (or in any situation where someone is being victimized). The appropriate message to the child who is bullied should be, “Bullying is wrong and no one deserves to be bullied. We are going to do everything we can to stop it.”

What does work? Research suggests that the best way to deal with bullying is through comprehensive programs that focus on changing the climate of a school and the social norms of the group. For more information, see the tip sheet entitled, “Best Practices in Bullying Prevention and Intervention.”

2. MOST BULLYING IS PHYSICAL (INVOLVES HITTING, SHOVING, KICKING).

Physical bullying may be what first comes to mind when adults think about bullying. However, the most common form of bullying—both for boys and girls—is verbal bullying (e.g., name-calling, rumor-spreading). It is also common for youth to bully each other through social isolation (e.g., shunning or leaving a child out on purpose).

3. BULLYING ISN'T SERIOUS. IT'S JUST A MATTER OF “KIDS BEING KIDS.”

Bullying can be extremely serious. Bullying can affect the mental well being, academic work, and physical health of children who are targeted. Children who are bullied are more likely than other children to have lower self-esteem; and higher rates of depression, loneliness, anxiety, and suicidal thoughts. They also are more likely to want to avoid attending school and have higher school absenteeism rates. Recent research on the health-related effects of bullying indicates that victims of frequent bullying are more likely to experience headaches, sleeping problems, and stomach ailments. Some emotional scars can be long-lasting. Research suggests that adults who were bullied as children are more likely than their non-bullied peers to be depressed and have low self-esteem as adults.

Children who bully are more likely than other children to be engaged in other antisocial, violent, or troubling behaviors. Bullying can negatively affect children who observe bullying going on around them—even if they aren't targeted themselves.

4. BULLYING DOESN'T HAPPEN AT MY CHILD'S SCHOOL.

Bullying is more common at some schools than others, however it can happen anywhere children and youth gather. Studies show that between 15- 25% of U.S. students are bullied with some frequency (“sometimes or more often”) while 15- 20% admit that they bully others with some frequency within a school term. The best way to find out about bullying at your child's school is to ask children and youth, themselves. One good way to do this is by administering an anonymous survey about where bullying occurs, when it occurs, and how often it occurs.

5. BULLYING IS MOSTLY A PROBLEM IN URBAN SCHOOLS.

Bullying occurs in rural, suburban, and urban communities, and among children of every income level, race, and geographic region.

6. BULLYING IS MORE LIKELY TO HAPPEN ON THE BUS THAN AT SCHOOL.

Although bullying does happen on the bus, most surveys indicate that bullying is more likely to occur on school grounds. Common locations for bullying include playgrounds, the classroom, the cafeteria, bathrooms, and hallways. A student survey can help determine where the hotspots are in any particular school.

7. CHILDREN AND YOUTH WHO ARE BULLIED WILL ALMOST ALWAYS TELL AN ADULT.

Adults are often unaware of bullying—in part because many children and youth don't report it. Most studies find that only 25%-50% of bullied children talk to an adult about the bullying. Boys and older children are less likely than girls and younger children to tell adults about bullying. Why are children reluctant to report bullying? They may fear retaliation by children doing the bullying. They also may fear that adults won't take their concerns seriously or will deal inappropriately with the bullying situation.

8. CHILDREN AND YOUTH WHO BULLY ARE MOSTLY LONERS WITH FEW SOCIAL SKILLS.

Children who bully usually do not lack friends. In fact, some research finds that they have larger friendship networks than other children. Importantly, they usually have at least a small group of friends who support and encourage their bullying behavior. Bullies also generally have more leadership skills than victims of bullying or children not involved in bullying.

9. BULLIED KIDS NEED TO LEARN HOW TO DEAL WITH BULLYING ON THEIR OWN.

Some children have the confidence and skills to stop bullying when it happens, but many do not. Moreover, children shouldn't be expected to deal with bullying on their own. Bullying is a form of victimization or peer abuse. Just as society does not expect victims of other types of abuse (e.g., child maltreatment or domestic abuse) to “deal with it on their own,” we should not expect this from victims of bullying. Adults have critical roles to play in helping to stop bullying, as do

(Continued on Page 4)

PARTNERSHIPS FOR CHILDREN AND
GIRLS + GIVING 2018 PRESENT

*Girls Just Wanna
Have Fun*

SAVE THE DATE

Thursday, September 20 | 8:30 pm

Hotel Van Landt

Sponsorships available now and ticket go on sale in August.
www.partnershipsforchildren.org

(Continued from Page 3)

other children who witness or observe bullying. To learn more about what you can do to help, visit <http://www.stopbullyingnow.hrsa.gov/adult/indexAdult.asp?Area=teacherscorner>

10. MOST CHILDREN AND YOUTH WHO OBSERVE BULLYING DON'T WANT TO GET INVOLVED.

The good news is that most children and youth think that bullying is "not cool" and feel that they should do something if they see it happen. In a recent study of tweens, (Brown, Birch, & Kancherla, 2005), 56% said that they usually either say or do something to try to stop bullying that they observe or tell someone who could help. These children and youth play a critical role in helping stop bullying in schools and communities.

These and other materials are available online at: www.stopbullyingnow.hrsa.gov



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Costumed Superheroes Race Against Child Abuse at CASA Superhero Run



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.

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: 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 more!

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

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



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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, or nutmeg. A good rule of thumb: 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 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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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 website at www.peelinc.com/index.php/kids-club

DUE: September 30th, 2018

Be sure to include the following so we can let you know!

Name (first name, last initial): _____ Age: _____



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Pairnoy Lane -John's Listing is **“Just Sold!”** for maximum value and was listed at **\$729,000**. Stunning Streetman w/wood floors, media room, 4 beds, 4.5 baths. Absolute trophy house close to school and pool. In “The Arbors” near Clayton.

Tasajillo Trail -John's listing is **“Just Sold!”** and was listed at **\$519,000**. Wilshire model plan backing to private greenbelt with huge oak trees. 4/2.5 with big game room.



Pinkney Lane -John's Listing is **“Just Sold!”** and was listed at **\$385,000**. Wood floors take you thru this amazing floor plan with an inviting tree-shaded lot for pets and kids. Close to Kiker!

Espanola Trail in Granada Hills—John's buyer is **“Just Sold!”** and was listed at **\$475,000**. Gorgeous remodel on 1 acre backing to creek. John got this property for his buyer with 3 other competing offers on the same house!



La Estrella Cove -John's listing is **“Just Sold!”** for maximum value and was listed at **\$565,000**. in Alta Mira. Over 1/3rd acre backing to greenbelt

Haupt Lane— John's buyer is **“Just Sold!”** GORGEOUS little cottage with John's savvy investor/buyer as an investment property. Listed at **\$230,000.!** **Cash flow is good!**



John's sell phone **(512) 970-1970**

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9205 Rock Castle Cove - Marcia Pas-trana's stunning listing with wood floors, granite throughout and gorgeous décor! Call **Marcia** with **Elite Agents** at **(512) 970-0830** to see it! **Avantehomes.us**

Hey everyone, here is the 2018 football schedule for the Big 12, Texas A+M and pro teams in Texas. It should be an awesome year and may your team play well. As always, please call me if you need any help in real estate! Thanks, John Squires

UNIVERSITY OF TEXAS

Sept 1 @ Maryland
 Sept 8 Tulsa
 Sept 15 USC
 Sept 22 TCU
 Sept 29 @ Kansas State
 Oct 6 Oklahoma (Cotton Bowl)
 Oct 13 @ Baylor
 Oct 20 BYE
 Oct 27 @ Oklahoma State
 Nov 3 West Virginia
 Nov 10 @ Texas Tech
 Nov 17 Iowa State
 Nov 23 @ Kansas

TEXAS TECH

Sept 1 Ole Miss (Houston)
 Sept 8 Lamar
 Sept 15 Houston
 Sept 22 @ Oklahoma State
 Sept 29 West Virginia
 Oct 6 BYE
 Oct 11 @ TCU
 Oct 20 Kansas
 Oct 27 @ Iowa State
 Nov 3 Oklahoma
 Nov 10 Texas
 Nov 17 @ Kansas State
 Nov 24 Baylor (AT&T Stadium)

BAYLOR

Sept 1 Abilene Christian
 Sept 8 @ UTSA
 Sept 15 Duke
 Sept 22 Kansas
 Sept 29 @ Oklahoma
 Oct 6 Kansas State
 Oct 13 @ Texas
 Oct 20 BYE
 Oct 25 @ West Virginia
 Nov 3 Oklahoma State
 Nov 10 @ Iowa State
 Nov 17 TCU
 Nov 24 Texas Tech (AT&T Stadium)

IOWA STATE

Sept 1 South Dakota State
 Sept 8 @ Iowa
 Sept 15 Oklahoma
 Sept 22 Akron
 Sept 29 @ TCU
 Oct 6 @ Oklahoma State
 Oct 13 West Virginia
 Oct 20 BYE
 Oct 25 Texas Tech
 Nov 3 @ Kansas
 Nov 10 Baylor
 Nov 17 @ Texas
 Nov 24 Kansas State

KANSAS

Sept 1 Nicholls State
 Sept 8 @ Central Michigan
 Sept 15 Rutgers
 Sept 22 @ Baylor
 Sept 29 Oklahoma State
 Oct 6 @ West Virginia
 Oct 13 BYE
 Oct 20 @ Texas Tech
 Oct 25 TCU
 Nov 3 Iowa State
 Nov 10 @ Kansas State
 Nov 17 @ Oklahoma
 Nov 23 Texas

KANSAS STATE

Sept 1 South Dakota
 Sept 8 Mississippi State
 Sept 15 UTSA
 Sept 22 @ West Virginia
 Sept 29 Texas
 Oct 6 @ Baylor
 Oct 13 Oklahoma State
 Oct 20 BYE
 Oct 25 @ Oklahoma
 Nov 3 @ TCU
 Nov 10 Kansas
 Nov 17 Texas Tech
 Nov 24 @ Iowa State

OKLAHOMA

Sept 1 Florida Atlantic
 Sept 8 UCLA
 Sept 15 @ Iowa State
 Sept 22 Army
 Sept 29 Baylor
 Oct 6 Texas (Cotton Bowl)
 Oct 13 @ TCU
 Oct 20 Kansas State
 Oct 27 @ Texas Tech
 Nov 3 @ Texas Tech
 Nov 10 Oklahoma State
 Nov 17 Kansas
 Nov 23 @ West Virginia

OKLAHOMA STATE

Aug 30 Missouri State
 Sept 8 South Alabama
 Sept 15 Boise State
 Sept 22 Texas Tech
 Sept 29 @ Kansas
 Oct 6 Iowa State
 Oct 13 @ Kansas State
 Oct 20 BYE
 Oct 27 Texas
 Nov 3 @ Baylor
 Nov 10 @ Oklahoma
 Nov 17 West Virginia
 Nov 24 @ TCU

TCU

Sept 1 Southern
 Sept 7 @ SMU
 Sept 15 Ohio State
 Sept 22 @ Texas
 Sept 29 Iowa State
 Oct 6 BYE
 Oct 11 Texas Tech
 Oct 20 Oklahoma
 Oct 27 @ Kansas
 Nov 3 Kansas State
 Nov 10 @ West Virginia
 Nov 17 @ Baylor
 Nov 24 Oklahoma State

WEST VIRGINIA

Sept 1 Tennessee (Charlotte, NC)
 Sept 7 Youngstown State
 Sept 15 @ NC State
 Sept 22 Kansas State
 Sept 29 @ Texas Tech
 Oct 6 Kansas
 Oct 11 @ Iowa State
 Oct 20 BYE
 Oct 27 Baylor
 Nov 3 @ Texas
 Nov 10 TCU
 Nov 17 @ Oklahoma State
 Nov 23 Oklahoma

TEXAS A&M

Aug 30 Northwestern State
 Sept 8 Clemson
 Sept 15 ULM
 Sept 22 @ Alabama
 Sept 29 Arkansas (AT&T Stadium)
 Oct 6 Kentucky
 Oct 13 @ South Carolina
 Oct 20 BYE
 Oct 27 @ Mississippi State
 Nov 3 @ Auburn
 Nov 10 Ole Miss
 Nov 17 UAB
 Nov 24 LSU

BOWIE HIGH SCHOOL

Aug 31 @ Pflugerville
 Sept 7 Madison
 Sept 14 Lake Travis
 Sept 21 @ Del Valle
 Sept 28 Hays
 Oct 4 @ Anderson
 Oct 19 Akins
 Oct 26 @ Austin
 Nov 1 Lehman
 Nov 9 @ Westlake

HOUSTON TEXANS

Sept 9 @ New England Patriots
 Sept 16 @ Tennessee Titans
 Sept 23 NY Giants
 Sept 30 @ Indianapolis Colts
 Oct 7 Dallas Cowboys
 Oct 14 Buffalo Bills
 Oct 21 @ Jacksonville Jaguars
 Oct 25 Miami Dolphins
 Nov 4 @ Denver Broncos
 Nov 11 BYE WEEK
 Nov 18 @ Washington Redskins
 Nov 26 Tennessee Titans
 Dec 2 Cleveland Browns
 Dec 9 Indianapolis Colts
 Dec 15 @ NY Jets
 Dec 23 @ Philadelphia Eagles
 Dec 30 Jacksonville Jaguars

DALLAS COWBOYS

Sept 9 @ Carolina Panthers
 Sept 16 NY Giants
 Sept 23 @ Seattle Seahawks
 Sept 30 Detroit Lions
 Oct 7 @ Houston Texans
 Oct 14 Jacksonville Jaguars
 Oct 21 @ Washington Redskins
 Oct 28 BYE WEEK
 Nov 5 Tennessee Titans
 Nov 11 @ Philadelphia Eagles
 Nov 18 @ Atlanta Falcons
 Nov 22 Washington Redskins
 Nov 29 New Orleans Saints
 Dec 9 Philadelphia Eagles
 Dec 16 @ Indianapolis Colts
 Dec 23 Tampa Bay Buccaneers
 Dec 30 @ NY Giants

MONDAY NIGHT FOOTBALL

Sept 10 Jets @ Lions
 Sept 17 Rams @ Raiders
 Sept 24 Seahawks @ Bears
 Oct 1 Steelers @ Buccaneers
 Oct 8 Chiefs @ Broncos
 Oct 15 Redskins @ Saints
 Oct 22 49ers @ Packers
 Oct 29 Giants @ Falcons
 Nov 5 Patriots @ Bills
 Nov 12 Titans @ Cowboys
 Nov 19 Giants @ 49ers
 Nov 26 Chiefs @ Rams
 Dec 3 Titans @ Texans
 Dec 10 Redskins @ Eagles
 Dec 17 Vikings @ Seahawks
 Dec 24 Saints @ Panthers
 Broncos @ Raiders

