

IMPORTANT NUMBERS

EMERGENCY NUMBERS
EMERGENCY91
Fire
Ambulance 91
Sheriff – Non-Emergency512-974-084
Travis County ESD No.6/Lake Travis Fire Rescue
Administration Office512-266-253
Travis County Animal Control512-972-606
SCHOOLS
Lake Travis ISD512-533-600
Lake Travis High School512-533-610
Lake Travis Middle School512-533-620
West Cypress Elementary512-533-750
UTILITIES
Pedernales Electric
Crossroads Utilities (Water, Sewer, Trash)512-246-140
Texas Gas Service
Customer Service1-800-700-244
Emergencies512-370-860
Call Before You Dig512-472-282.
AT&T1-800-288-202
Time Warner Cable
Austin/Travis County Hazardous Waste512-974-434
OTHER NUMBERS
Bee Cave City Hall512-767-660
Bee Cave Library
Bee Cave Municipal Court512-767-663
Lake Travis Post Office
Baylor Scott & White Medical Center512-571-500
City of Bee Cavewww.beecavetexas.com
Travis County (General No.)
www.traviscountytx.go
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NEWSLETTER PUBLISHER Park I have 512 262 018
Peel, Inc
News
Advertisingadvertising@peelinc.com

ADVERTISING & ARTICLE INFO

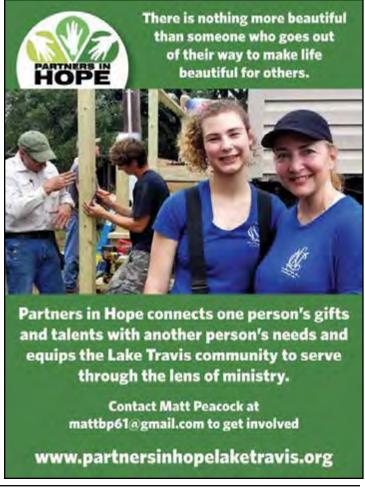
Please support the advertisers that make the *Community Connection* newsletter possible. The Sweetwater community receives this newseltter free of charge provided by the advertisers within. If you are interested in advertising, please contact our sales office at 512-263-9181 or *advertising@peelinc.com*. The advertising deadline is the 8th of the month prior to the issue

The *Community Connection* 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 *Community Connection* please email it to *sweetwater@peelinc.com*. The deadline is the 15th of the month prior to the issue.







(Continued from Cover)

Fab music, incredible food and sought-after live auction items are sure to make the Pedernales Fire Department Auxiliary's Firehouse Feast from 6-9 PM on September 28 the event of the fall season. The Eggmen, Austin's premier Beatles tribute band, will perform during the event at Station #1, 801 Bee Creek Rd., at 6:30 PM. Barbecue including brisket and sausage, with classic sides and a wide array of desserts will served at an affordable price.

A live auction will feature an autographed Willie Nelson Guitar, a fishing tour and a ride on the PFD Fireboat, while a silent auction with items from local vendors runs through the night. Willie Nelson owns a home in Emergency Service District 8, where the PFD is located, and supports his local fire department! The fishing tour will include an incredible fishing package selected by the guide, and the thrilling ride in the fire/rescue boat for 6-8 people will be manned by PFD firefighters demonstrating the speed, sound system, agility and spray power of this amazing boat. Local businesses and individuals donate a wide range of gifts with some of the most exciting items including local spirits, canopy tours, boat rides, wine tastings, power tools, birthday parties and a "Table of Toys" for the kiddos.

The Eggmen formed in 1992 and have won multiple local and national awards, including Best Cover Band by Austin Chronicle, and America's Best Tribute Band at the National Music Awards. "We are thankful for the local support of businesses for our fire department," states Page Graves, PFD auxiliary president.

The PFD Auxiliary organizes events to encourage community participation and to raise funds for the fire department. This year's proceeds will purchase personal protective equipment the firefighters. At present, the Auxiliary provides two major fundraising events each year, with an annual barbecue/music event in the fall and a seafood event in the spring. The Auxiliary also welcomes outright contributions. To find out more go to http://www.pfdauxiliary.org/.

New Service Times at One Chapel Lake Travis



One Chapel Lake Travis will begin offering new service times of 9 AM and 11 AM beginning September 8. "One Chapel is moving our start times a half hour earlier to create room for the growth we\'re experiencing at all campuses," states Russ Walker, Executive Pastor. Currently, four One Chapel churches serve the greater Austin area - in Spicewood, Austin, Kyle and Liberty Hill. The Lake Travis/Spicewood campus is located at 22800 Hwy 71 West.

One Chapel Lake Travis is part of a neighborhood of churches with a mission to help people move from where they are to where God wants them to be. They gather each Sunday, and with groups during the week, to worship, explore scripture, and find community. To learn more about One Chapel, go to www.onechapel.com. To listen to a past message online, go to onechapel.com/messages, and then choose the message you would like to listen to from One Chapel Lake Travis.



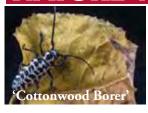
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Tuesday Thursday - Saturday Monday Thursday - Saturday Thursday - Saturday Thursday & Saturday Friday Tuesday Friday Tuesday Friday Tuesday Friday Saturday Tuesday Tuesday	August 13th August 15th - 17th August 19th August 22nd - 24th August 27th August 29th & 31st	Churchill Fraulein Festival Tournament (Varsity Only) **McNeil VolleyPalooza Tournament (Varsity Only) **Vandegrift Dripping Springs Sub-Varsity Tournament	Churchill New Braunfels, Texas LTHS Leander, Texas LTHS	4:30 TBD 6:30 TBD	3:30 TBD 5:30	3:30 TBD 5:30	2:30 TBD 6:30
Thursday - Saturday A Monday Thursday - Saturday A Tuesday Thursday & Saturday A Friday Tuesday Friday Tuesday Friday Tuesday Friday Saturday Tuesday Tuesday Friday Saturday	August 15th - 17th August 19th August 22nd - 24th August 27th August 29th & 31st	Fraulein Festival Tournament (Varsity Only) **McNeil VolleyPalooza Tournament (Varsity Only) **Vandegrift Dripping Springs Sub-Varsity Tournament	New Braunfels, Texas LTHS Leander, Texas LTHS	TBD 6:30 TBD	TBD 5:30	TBD 5:30	TBD 6:30
Monday Thursday - Saturday A Tuesday Thursday & Saturday A Friday Tuesday Friday Tuesday Friday Saturday Tuesday Tuesday	August 19th August 22nd - 24th August 27th August 29th & 31st	**McNeil VolleyPalooza Tournament (Varsity Only) **Vandegrift Dripping Springs Sub-Varsity Tournament	LTHS Leander, Texas LTHS	6:30 TBD	5:30	5:30	6:30
Thursday - Saturday A Tuesday Thursday & Saturday A Friday Tuesday Friday Tuesday Friday Saturday Tuesday Tuesday	August 22nd - 24th August 27th August 29th & 31st	VolleyPalooza Tournament (Varsity Only) **Vandegrift Dripping Springs Sub-Varsity Tournament	Leander, Texas LTHS	TBD			
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Tuesday Friday Tuesday Friday Saturday Tuesday	August 30th	DISTRICT SEASON		Practice	TBD	TBD	TBD
Tuesday Friday Tuesday Friday Saturday Tuesday	August 30th						
Friday Tuesday Friday Saturday Tuesday		Anderson	Anderson	6:30	5:30	5:30	6:30
Tuesday Friday Saturday Tuesday	September 3rd	**Lehman	LTHS	6:30	5:30	5:30	6:30
Friday Saturday Tuesday	September 6th	**Hays (Staff Appreciation Night)	LTHS	6:30	5:30	5:30	6:30
Saturday Tuesday	September 10th	Westlake	Westlake	6:30	5:30	5:30	6:30
Tuesday	September 13th	**Bowie (Homecoming Night)	LTHS	5:30	6:45	6:45	5:30
•	September 14th	**LT Invitational Sub-Varsity Tournament	LTHS	Practice	TBD	TBD	TBD
E 1.1	September 17th	**Ann Richards	LTHS	6:30	5:30	5:30	
Friday	September 20th	Akins	Akins	6:30	5:30	5:30	6:30
Tuesday	September 24th	**Del Valle (LTYA Night)	LTHS	6:30	5:30	5:30	6:30
Friday	September 27th	**Austin High	LTHS	6:30	5:30	5:30	6:30
Tuesday	October 1st	**Anderson (Dig for the Cure) (Middle School Night)	LTHS	6:30	5:30	5:30	6:30
Friday	October 4th	Lehman	Lehman	5:30	6:30	5:30	6:30
Tuesday	October 8th	Hays	Hays	6:30	5:30	5:30	6:30
Friday	October 11th	**Westlake	LTHS	6:30	5:30	5:30	6:30
Tuesday	October 15th	Bowie	Bowie	6:30	5:30	5:30	6:30
Friday	October 18th	Ann Richards	Ann Richards	7:30	6:30	-	5:30
Tuesday	October 22nd	**Akins (Senior & Kardivas Night)	LTHS	6:30	5:30	5:30	6:30
Friday	October 25th	Del Valle	Del Valle	6:30	5:30	5:30	6:30
Tuesday	October 29th	Austin High	Austin High	6:30	5:30	5:30	6:30
		POST SEASON PLAYOFFS					
	lovember 4th - 5th	UIL Bi-District Playoffs	TBD	TBD	TBD	TBD	TBD
,	lovember 7th - 9th	UIL Area Playoffs	TBD	TBD	TBD	TBD	TBD
	ovember 11th - 12th	UIL Regional Quarterfinals	TBD	TBD	TBD	TBD	TBD
Friday - Saturday No Wednesday - Saturday No	ovember 15th - 16th	UIL Regional Tournament UIL State Tournament	TBD GARLAND	TBD TBD	TBD TBD	TBD TBD	TBD TBD



NATURE WATCH

by Jim and Lynne Weber

A DIFFERENT KIND OF LONGHORN



The Cerambycidae are a family of longhorn beetles, typically characterized by extremely long antennae, often as long as or longer than the beetle's body. Also called longicorns, over 400 species have been described in Texas alone. The scientific name of this beetle family is

named after the shepherd Cerambus, a mythical Greek figure who was transformed into a large beetle with horns after an argument with nymphs. Most of these beetles can fly well and are be found on tree trunks, logs, flowers, or at lights at night. Some even squeak when held, making a rocking motion with their head which rubs tiny ridges against the inside surface of their thorax.

Two of our more common longhorn beetles are the Cottonwood Borer (Plectrodera scalator) and the Long-jawed or Horse-bean Longhorn Beetle (Trachyderes mandibularis). The Cottonwood Borer is one of the largest insects in North America, reaching 1.6 inches in length and 0.5 inches in width. It has a bold black and white pattern on its body with long black antennae. The white portions of the pattern are actually microscopic masses of hair. Adults are active by day, feeding on leaf stems and shoots of cottonwood trees. The female bores small holes in the base of the tree to lay her eggs. The larvae take up to 2 years to mature, then they pupate for about 3 weeks in a root below ground, and once metamorphosis is completed, they chew their way out of the root and



dig their way to the surface.

Long-jawed Longhorn Beetle has a glossy black or dark brown body with 4 generally large but sometimes reduced yellow to yellow-orange markings, and segments of its antennae and legs alternating between black and yellow-orange. It can grow to a length of 1.3 inches and is generally common from March to November. Its species name comes from the fact that the males have much expanded jaws or mandibles.

Active during the day, adults are mostly found near wounded trees as they feed on oozing sap, and its larvae feed on native hackberries as well as non-native ficus and tamarisk species.

This large family of longhorns includes beetles called sawyers, pruners, and girdlers in addition to borers. Most are found in dead or dying wood, and some mine live plants. While many of these beetles are considered to be occasional pests, it should be noted that they literally help shape the forest canopy and assist in recycling dead wood into precious soil. All the more reason to appreciate this different kind of longhorn!

Send your nature-related questions to 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, Nature Watch Big Bend, and Native Host Plants for Texas Butterflies (all published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



Lake Travis ISD 2019-2020 Calendar

	July 2019									
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28	29	30						

Wed, Aug 14, 2019 First Day School Mon Sep 2, 2019 Mon Oct 14, 2019

Labor Day Columbus Day Nov 25-29, 2019 Dec 23 - Jan 3 Mon Jan 20, 2020 Fall Break Winter Break Martin L. King Day

March 16-20, 2020 Fri, Apr 10, 2020 Fri May 22, 2020

Spring Break Good Friday

Student/Staff Holiday First day of Grading Period Last day of Grading Period



Early Release STAAR Online Window

Approved by Board of Trustees on 12/19/2018 and Revised by Board of Trustees on 03/27/2019

Save Money on Summer Road Trips



Photo courtesy of Getty (family picnic)

If financial constraints are keeping you from exploring the world, it may be time to reassess your approach to travel. From road trips across the country to jaunts across your state, there are plenty of ways to curb costs, so your biggest challenge is finding more days away from the office, not replenishing your bank account.

Make reservations in advance. Shopping early for lodging is one way to save. Give yourself plenty of time to watch deals so you can grab the best one, and if

it's possible, be flexible with the travel dates. Shifting your trip by even a day can sometimes make a difference in the rates.

Utilize rewards programs. Shopper loyalty programs make it easy to save money on essential purchases. Not only can you access exclusive card-holder discounts, but you can accumulate rewards points or even earn cash back. For example, with the Shell | Fuel Rewards® credit cards, you can save 10 cents per gallon (up to 20 gallons) every time you fill up at Shell, in addition to earning rebates on other qualifying purchases. See store for details or learn more at shell.us/roadtrip.

Share the journey. If your travel party consists of multiple families, consolidate into as few vehicles as you can. This helps minimize costs on everything from gas to per-vehicle admission fees at destinations like national parks.

Pack snacks. Next to lodging, food is the biggest expense you're likely to encounter on a road trip. Consider packing snacks for the road so you can save money while managing your hunger. Alternatively, an option like the Shell | Fuel Rewards Mastercard lets you earn rebates on qualifying purchases made with the card.

Be conscious of your gas mileage. You may not have much of a choice when it comes to which vehicle you'll drive, but paying more attention to your driving habits can stretch your gas tank a little further. Be sure your tires are inflated to the correct pressure. If your vehicle is a gas guzzler, consider renting a more efficient vehicle for the trip. Weigh the additional cost of the rental versus what you may spend in fuel for your personal car before making a decision.

Research attractions. Admission fees to various attractions can really add up, but a little pre-planning can help you capitalize on discount days and other special deals. If your plans are flexible, you can schedule your trip around those offers to capture the same experiences at a significantly lower price tag.

Travel doesn't have to drain your wallet. Managing your trips with practical tips like these may even free up enough funds so you can fit in an extra adventure or two.

Content courtesy of Shell



Tips for Packing a Healthy School Lunch

by Stephany Pando, cooksmarts.com, edited for space

Packing lunches for your back-to-schoolers is no easy task. It takes time and planning. Plus, every parent knows that just because you pack it, doesn't guarantee your kids will actually eat it.

However, this doesn't mean you have to fill your kids' lunchboxes with pizza and cookies everyday. Below we offer 5 tips for how to pack a nutritious lunch that your kids will look forward to eating and you'll feel good about giving them.

Tip #1: Get Your Kids Involved

- Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.
- Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart.
 This promotes feelings of responsibility and empowerment.
- Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.

Tip #2: Turn Healthy Foods into Fun Foods

- Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.
- Use kid-friendly skewers to make colorful food kebabs.
- Create a theme for the day and have all of the foods in their lunch relate to the theme

Tip #3: Make Your Own Snacks – and limit processed ones

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

Tip #4: Incorporate All Food Groups

A balanced diet includes all of the food groups. Luckily, there are so many different ways to enjoy each food group:

(Continued on Page 9)



(Continued from Page 8)

- Fruits: fresh, frozen, dried, canned, baked (think apple chips!) or pureed.
- Vegetables: fresh, frozen, or baked (think kale chips!)
- Lean protein: baked chicken, deli meats, hard boiled eggs, beans or nuts (be aware of nut allergy regulations at your child's school).
- Low-fat dairy: milk, cheese or yogurt
- Whole Grains: pita, sandwich bread, tortillas, wraps, and pastas

Tip#5: Encourage Hydration

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).

- Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they are completing a challenge!
- If the "flavor" of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up – and keep it cooler.

With these tips in mind, you and your child are ready to start out the school year on the right foot. Good luck – and happy packing!



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Be a Hero this Halloween

Being a hero goes beyond dressing up in a costume this Halloween season. Children, families and schools across the country can channel their own superpowers to help deliver lifesaving supplies to children in need this October.

One way to use your superpowers is to Trick-or-Treat for UNICEF, which began in 1950 when girls and boys across the United States collected coins in hand-painted milk cartons to help children affected by World War II. Celebrating its 69th year, this nostalgic tradition continues today as America's longest running youth volunteer program with generations of children running door to door holding signature orange boxes and singing, "Trick-or-Treat for UNICEF."

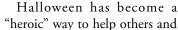
With over \$180 million raised for health care, education, nutrition

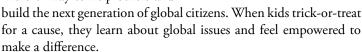


and more, the program has evolved into a month-long celebration of the power of kids helping kids. Throughout October, kids, parents and teachers across the country can be real superheroes by collecting donations, big and small.

Equipped with the iconic orange boxes, families can raise funds that

add up to lifesaving change. As little as \$1 can provide safe water to a child for more than 2 months; \$3 can provide seven packets of therapeutic food; \$5 can provide a pack of 10 notebooks and \$7 can provide one warm fleece blanket for a child.





Start creating real-world change by picking up your own little orange box. With the support of Visa Inc., the iconic box will glow in the dark, allowing superpowers to shine even brighter.

Visit TrickorTreatforUNICEF.org to download a DIY change box, donate online or find an event near you. Share your story on social media with #TOT4UNICEF, #WeCanAllBeHeroes and #KidsHelpingKids.



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