

The Community **Connection**

NEWS FOR SWEETWATER RESIDENTS

FEATURED STORY: *The Power of Volunteerism*



Read more on Page 2!

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 |

UTILITIES

| | |
|---|----------------|
| Pedernales Electric..... | 888-554-4732 |
| Crossroads Utilities (Water, Sewer, Trash)..... | 512-246-1400 |
| Texas Gas Service Customer Service..... | 1-800-700-2443 |
| Emergencies..... | 512-370-8609 |
| 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 | www.beecavetexas.com |
| Travis County (General No.)..... | 512-854-9020 |
| | www.traviscountytexas.com |

NEWSLETTER PUBLISHER

| | |
|------------------|-------------------------|
| Peel, Inc. | 512-263-9181 |
| News..... | sweetwater@peelinc.com |
| Advertising..... | advertising@peelinc.com |

ADVERTISING & ARTICLES

Please support the advertisers that make the *Community Connection* newsletter possible. The Sweetwater community 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. 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)

The Power of Volunteerism

By Cheryl Conley, TWRC Wildlife Center



I often say that I’m working harder now as a volunteer president of a board of directors than I ever did as a paid employee. The hours are long, the work can be frustrating, and worrying about keeping our doors open is very stressful. But all it takes is for me to hold a tiny, helpless little opossum in my hand or witness the release of an animal back to the wild and I know why I do it. A sense of calm and purpose takes over and I feel great about what I’m doing.

People volunteer for a number of reasons. Some are retired and are looking for something meaningful to do. Some are students wanting to learn more about their chosen field of study. Some feel it’s a way to pay it forward and some don’t have a choice. They have to complete court-ordered community service.

I think we would all agree that helping others makes a person feel good but did you know that studies show there are health benefits from volunteering? According to Rodlescia Sneed, a public health research associate at Michigan State University who has studied the impacts of volunteering, “In my own work I’ve shown it’s linked to improvements in factors like depressive symptoms, purpose in life, and feelings of optimism.” It’s also been shown to lower blood pressure and reduces the feelings of depression.

Here’s a list of all the benefits of volunteering according to Non-Profit Hub:

- Boosts self-esteem
- Expands your connections - some people are just born with the “gift of gab” and have no trouble talking to others. For those that tend to be shy, it’s the perfect opportunity to make new friends with people who share the same interests.

(Continued on Page 3)

COMMUNITY CONNECTION

(Continued from Page 2)

- Makes you feel good
 - Contributes to a longer life - volunteers encounter greater longevity and less frequency of heart disease. It can also slow the progress of Alzheimer's and other memory loss diseases.
 - Gives purpose – as we age, we sometimes feel isolated but no matter who we are or what our age is, volunteering can give our lives new meaning.
 - Combats stress – studies actually show the more you volunteer, the happier you become. Your body releases dopamine in the brain when you help others. This has a positive effect on how you feel.
 - Sets a good example – as parents, our greatest hope is that our children grow up to be caring, giving adults. What better way to make that happen than to set a good example?
 - Teaches new skills – we see it all the time. Volunteers are afraid to pick up a bird, a squirrel or opossum. With encouragement and instruction, they gain confidence and learn not only to pick them up but to feed them. You can see the pride on their faces!
- Don't let fear stop you from volunteering. It's very much like starting a new job and for those of you who work, you know how stressful that can be. Every non-profit knows how valuable volunteers are. Volunteers provide their time, energies and talents



to help non-profits fulfill their missions. Most non-profits have limited budgets and volunteers are the reason many non-profits are able to operate and keep the bills paid.

The most important thing to remember is to do what interests you. Do you like working with senior citizens? The homeless? Dogs and cats? If you volunteer somewhere and find it's not for you, keep looking until you find your passion.

If caring for injured, orphaned or displaced wildlife is of interest to you, please contact us. Maybe you don't want to handle animals but would like to recruit fellow volunteers, work in fundraising or design brochures. We have many different areas where you can offer your time and talents. Give Berri a call at 713.468.8972.

Make a New Year's resolution to volunteer. You'll be pleasantly surprised how this will add to your life!

WONDERS & WORRIES

PRESENTED BY
TEXAS ONCOLOGY

Friday, February 7, 2020 | 6:30 PM

JW Marriott, 4th Floor
www.wondersandworries.org/unmasked

UNMASK
THE FUTURE



Wonders & Worries
Professional support for children
through a parent's illness.
We will, together

The mission of Wonders & Worries is to provide professional support for children through a parent's illness.

For more information, contact Leslie Schulze at 512-329-5757 x320 or leslie@wondersandworries.org

FRUIT FLIES - Wizzie Brown



Fruit flies can become a nuisance problem at any time of year. They can enter homes from ripe fruits or vegetables picked from the garden or purchased at the grocery store. Fruit fly adults may also fly into homes from outdoors.

Adult fruit flies are small (about 1/8 of an inch) and often have red eyes. The front portion of the body is tan while the back portion is dark brown to black. If given the opportunity, females can lay up to 500 eggs. Larvae are surface feeders on fermenting foods or other organic matter, which means that you can cut off the overripe parts of the fruit or vegetable and eat the rest.

To prevent bringing fruit flies into your home, do not purchase over ripened fruit and vegetables. Eat fresh produce in a timely manner and store items in the refrigerator or a paper bag that is clipped closed. All recyclables should be rinsed thoroughly before placing them into the recycling bin. Recycling and garbage bins should be cleaned on a regular basis with soapy water to eliminate any spilled material.

If your home already has fruit flies, locate all sources of infestation (where the larvae are living) and eliminate them. Insecticides only target adults and will not control the problem. While searching and eliminating breeding sources, a trap can be constructed to capture adult flies. Create a paper funnel by rolling paper and taping it closed. Place the funnel into a jar that has a small amount of apple cider vinegar in the bottom.

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

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service or the Texas A&M AgriLife Research is implied.

The Texas A&M AgriLife Extension Service provides equal access in its programs, activities, education and employment, without regard to race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity.

**Happy
NEW
Year**

**START YOUR
NEW YEAR
OFF BY
ADVERTISING TO
YOUR
NEIGHBORS!**

**CONTACT US TODAY
512.263.9181**

Excluding Pests

When the weather turns towards autumn and leads into winter, many pests start looking for a cozy place which can often lead them inside your home. By performing a thorough inspection, you can locate areas where these pests may enter and stop them before they become a problem.

Inside the home, look around doors and windows when there is light outside; if you see light around roods or windows, then there isn't a good seal and weather stripping should be replaced. The attic should be inspected for holes or entry points for small mammals such as rats, mice, and squirrels. Attic vents should be covered with stainless steel screening to block animals from entering. Outside, inspect the perimeter of the home for any cracks and crevices in the foundation that should be sealed. Locate pipe and wire penetrations that enter the structure and repair any areas that allow pests to enter the home.

Ideas on how to exclude pests from your home:

- Trim back or prune any trees and shrubs that touch or overhang the home
- Seal pipe & wire penetrations with copper mesh, sealant, or expanding foam
- Replace weather stripping around doors and windows if there is not a good seal
- Repair or replace any window screens with holes

- For homes with brick or stone facades, stuff weep holes with steel wool* or copper mesh

*steel wool will rust if it gets wet, so do not use on light colored façades

- Inspect all furniture, boxes, and bags for pests before carrying them into the home

- Inspect all plants for insect pests before bringing them into the home

- Do not store firewood inside the home, against the outside walls, or near doors

- Use sheet metal, hardware cloth, or steel wool to seal any areas where animals have chewed to enter the home**

**make sure animal is not in the home or you'll seal it inside!

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

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.



Come Buy, Sell and Search with Us!
(512) 765-5445

2020

— HAPPY NEW YEAR —

As of December 9, 2019 MLS Stats for Sweetwater were as follows:
18 Homes Pending Sales and 19 Active Listings not counting all the new construction
Please let us know if you would like additional stats for Sweetwater or surrounding areas.

With us you get TWO experienced full-time agents for the price of ONE! Contact Us Today for your FREE market analysis! Referrals are appreciated. Warren lives in Sweetwater too!

Shelli McLaughlin
ProMatch Realty
(512) 698-8932
shelli@wesellaustinhomes.com



Warren Chirhart
Keller Williams Lake Travis
(512) 925-9182
warren@wesellaustinhomes.com

Make Your Weight Loss Goals *a Reality*



(Family Features) Losing weight is a highly personal journey as a wide range of factors can affect a person's ability to do so. There's no one approach to weight loss; rather, the best approach is the one that fits your life and body best.

Get motivated to reach your weight loss goals with these expert tips.

Set realistic goals. Most experts agree you shouldn't lose more than 1-2 pounds per week. More rapid loss may shock your system, and chances are you're depriving your body of important nutrients. More aggressive loss is also less likely to be permanent or sustainable; long-term results generally come with steady loss over a period of time.

Eat well. Regardless what eating plan you choose, recognize the importance of nutrition in your weight loss program. Weight loss occurs when you burn more calories than you consume, so build your menu around nutrient-rich foods that fill you up. Strive for a well-balanced diet that encompasses all the food groups and, if necessary, discuss your goals with a doctor or nutritionist who can help you identify the best foods to enjoy and those to avoid.

Consider a supplement. If managing cravings or your appetite hinders your weight loss, a supplement may be a good solution. For example, RiduZone is a patented supplement that gives your body more of a substance it already creates called Oleoylethanolamide (OEA). In essence, OEA tells your brain you are full and it's time to stop eating. Developed and endorsed by Dr. Jay Yepuri, a board-certified gastroenterologist, the supplement is a non-stimulant that may help you feel full faster to reduce caloric intake and boost metabolism to burn stored fat.

Get active. Creating a calorie deficit is necessary to lose weight, and increasing your physical activity helps ensure you're burning calories. However, getting active isn't just about playing the numbers game. Physical activity also promotes overall wellness with numerous physical and mental health benefits, including improving circulation and stimulating feel-good endorphins.

Stay committed. It's easy to fall off your weight loss plan when unexpected circumstances arise. Give yourself a little grace and

permission for occasional misses so you stay motivated to get back to your program. That may mean waiting for a cold to pass and doing less strenuous workouts at home or making extra healthy choices at mealtime in advance of an indulgent event. To help make keeping your commitments easier, consider an option like RiduZone to boost your body's natural appetite-curbing power.

Find more information to help jump-start your weight management program at TryRiduZone.com.

What is OEA?



Oleoylethanolamide (OEA) is a metabolite of oleic acid, a naturally produced substance that interacts with appetite-controlling receptors in the small intestine to signal the brain you are full. It also helps boost metabolism. However, as a result of food choices and excess body fat, naturally produced OEA may require supplementation to achieve the desired effect on appetite or body fat.

Created to mimic this naturally occurring metabolite, RiduZone is the only weight management supplement that contains OEA as an ingredient. Its production has been reviewed and is accepted as safe by the Food and Drug Administration.

Less fat

A clinical study published in the "Journal of Lipid Research" shows higher blood levels of OEA, which is derived from oleic acid-rich olive oil, correlate to lower amounts of body fat. This means weight loss results may be more visible.

Fewer calories

A prominent research study published in the journal "Food & Function" shows higher circulating levels of OEA can result in a significant reduction in calorie intake. Over time, OEA users become satisfied with smaller, healthier-sized portions.

Photos courtesy of Getty Images #15081, Source: NutriForward, Content downloaded from FamilyFeatures.com



*Help Keep Our
Neighborhood
Beautiful!*

The Community Connection is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Community Connection contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

An advertisement for Spicewood Counseling in the Hill Country. The background is a close-up of a hand holding another hand. The text is arranged in a layout with a teal header, a photo of Lois Gonzalez, her credentials, a list of expertise areas, a teal footer, and contact information.

**Spicewood Counseling
in the
Hill Country**

LOIS GONZALEZ, Ph.D.
Licensed Professional Counselor
Licensed Marriage & Family Therapist
Board Certified Adult Psychiatric Nurse
Practitioner With Prescriptive Authority
Dr. Gonzalez has been in private
practice for 30 yrs.
512-520-7929

Areas of expertise not limited to:

- Depression
- Anxiety
- Marriage and Family Counseling
- Grief Counseling
- Substance abuse

**Experienced Counselor
in Your Neighborhood**

8.5 miles West of Hill Country Galleria/RR 620
& 2.5 miles East of Pedernales Bridge
21122 Hwy 71 West Spicewood TX. 78660
spicewoodcounseling.com



PEEL, INC.

1405 Brandi Ln
Round Rock, TX 78681

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

Local
Postal Customer

SWT

CENTURY 21 Realty Network

FINE HOMES & ESTATES.

I LOVE AND LIVE IN SWEETWATER!



18500 TANNER BAYOU LOOP
\$432,000

Are you thinking of selling your sweetwater home in 2020? Call me for a free market analysis to find out what your home is worth and when is the best time to list it!

(512) 897-4349



5921 GUNNISON TURN RD



5513 GUNNISON TURN RD

SHANNON MANGIN

REALTOR®, GRI, ABR
Shannonsellsaustin.com
(512) 897-4349



MASTERS
DIAMOND
AWARD WINNER