

Friday

Saturday

Sunday

Monday

Tuesday

Wednesday

High:100
Low:76



High:101
Low:76



High:101
Low:76



High:100
Low:77



High:98
Low:77



High:99
Low:78



MANOR COMMUNITY NEWS

Friday, August 5th, 2016

MANOR, TEXAS

\$1.00

Year 3 Issue #5

Celebrating the Life of Devon Sanders

By: Debbie Tucker
Manor Comm News

On August 3rd at 1 p.m., family, friends, teachers, mentors and administrators gathered at the Manor New Tech High School (MNTHS) cafeteria to celebrate the life of Devon Sanders who died July 27th. Sanders recently graduated from MNTHS and was preparing to go to the University of Houston at Victoria this fall.

The cafeteria was filled to capacity with many people standing. Members of the Manor Police Department were present to show support. A large framed

students wore pink T shirts with Sander's name on them. Members of the Manor ISD Student and Family Support Services set up tables in the rear of the cafeteria with food and drink to be served after the service.

Sander's mother thanked the crowd for the outpouring of love, support, sympathy and encouragement. She expressed her joy at seeing so many there to pay their respects and was so happy for all the friends he had. She stated that she couldn't believe he had so many friends when they started coming to the door, offering sympathy and support, and letting her know

peace and comfort that I put enough into him that he would link up with kids like this."

During the celebration that was prepared by friends and fellow students of Sanders, many students, teachers and friends shared their thoughts and memories. They talked about how fun he was, how he enjoyed life and loved making other people laugh or smile. They remembered his "acts of kindness" everyday whether he held the door for you or made you smile. One student said "he brought people together just like he brought us all here today." Everyone agreed that Sanders would want them to be



way wanderer" as the crowd laughed. He remembered how Sanders would hold the door open for "everyone", even if it meant he would be late to his next class. He added that very often Sanders would find his way into his art class, even if he was supposed to be in another class. At the end of the year, Rodriguez said Sanders popped into his class and told him "I hate art! I can't stand it! But I loved being in your class." Rodriguez told Sanders at that time, "Be blessed, and be a blessing." Rodriguez challenged those present to do the same. Others shared that Sanders had a big heart and that he was a giver. Students were encouraged to "keep memories in your heart and he'll always be with you." A few parents, teachers and the Manor High School principal came

forward and remembered Sanders and his carefree joy of life and love for others.

Vocalists Jaquie Higgins sang "I Shall Wear a Crown" and quoted from the book of Psalms, encouraging everyone to "look to the hills" where they can find help from God. He added that today "Devon is wearing a golden crown of glory". Next, Andrea Bragg sang the touching song "His Eye is On The Sparrow".

Hannah Jones, a classmate and good friend of Sanders, said "I thought it would be 10 years before we would all see each other again" instead of coming together to console each other at this celebration. She added that Sanders "drove me crazy" but that he was her friend. She shared that Sanders was "the life of any

(Continued on page 3)



picture of Sanders in his cap and gown was displayed on the stage, along with floral arrangements. Many

they wanted to put something together to help celebrate his life. She said "This has kept me strong. It gives me

tough, be strong, and be there for each other. Sander's art teacher, Mr. Rodriguez, shared, "Devon was a hall-

Final Farwell For Fallen Sergeant Craig Hutchinson

By: Kelsey Feuerbacher
Manor Comm News

Belinda Mangum spoke of her own Hutch journey. First her instructor

cause I'm 5'2" and he's 6'6" but because I loved him."

Travis County Sheriff's Detective Greg Lawson described Hutch's passion and his love of teaching. "He taught me things. I would not be who I am today if I had not been "Hutched" multiple times."

Travis County Sheriff Greg Hamilton told the audience that he was at a conference in Grapevine when he heard the news. By the time he had arrived to the hospital Hutch was gone. He told the audience that he hoped he was in a dream. "My mind was going all over the place. I got back and he was at the hospital. I'll never forget walking in that room, all our officers in the emergency room standing outside, praying, hoping that

ton's memorial to his friend was moving. Not only did he recall his favorite memories with Hutch he also addressed the Officers in the crowd who were questioning their purpose as law enforcement officers. "I ask you to hold still.

cessional made its way to Cook-Walden Capital Parks Cemetery for the gravesite service. People handed out water, held up signs and saluted as the Sergeant passed by. If you Want to donate, the Sheriff's Memorial & Benevolent Society of



Sergeant Craig Hutchinson was laid to rest on August 2, 2016 at Cook-Walden Capital Parks Cemetery. Hundreds of people came to pay their respects and say their goodbyes to Hutch. Police Departments and Emergency Service Departments throughout Texas and U.S were all in attendance including family, friends, and community members. It was a packed house at Shoreline Church in North Austin where the funeral services were held. Those who were close to Hutchinson reflected on his life and the impact he made on them. Travis County Deputy

Hutch eventually became her first sergeant partner. "Having a partner you can trust was a god given blessing. The years he was my partner were some of the best



years I could ever have asked for. I looked up to Hutch not only be-

Craig would make it," Hamilton said. Sheriff Hamil-



There is a change a comin'. It's going to take each and everyone of us to lead this country and we have to work together," said Hamilton.

Greg Hamilton said his final goodbye to his longtime friend with these words, "Oh heavenly joy comes in the morning. I'll see you in the morning 'Big Papi'."

The outpour of love and support from the community was overwhelming. Hundreds of people lined the streets to say their final farewell to the fallen sergeant as the long pro-

Travis County is accepting donations on behalf of the family of Sgt. Hutchinson. The organization is a non-political, non-governmental charity that accepts donations and gives them to employees, families and friends of Travis County and the Sheriff's Office in the cases of emergencies and tragedies. Donations can be made in person at the Travis County Sheriff's Office Headquarters located at 5555 Airport Blvd., in Austin, Monday through Friday, 8 a.m. to 5 p.m.

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Back To
School
Special
Section

Pages 5 & 6

Texas
Prepares
For Zika

Page 3

Ask
Dee Dee

Page 8

Blue Bell
Settles With
Texas

Page 3

Astronomy

Page 7

Classifieds

Page 9

Puzzle,
Horoscope,
Comics

Page 8

Calendar
&
Police
Reports

Page 3

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MANOR COMMUNITY NEWS

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Community Calendar

Friday, August 5th

TAX FREE WEEKEND!

Saturday August 6th

MYA baseball association is hosting a free clinic for all abilities ages 3 to 14. The clinic is from 9am-11pm at the MYA fields behind the Manor Excel high school. They will also be registering kids to play for the fall season. Check out their website, www.themya.org

Tuesday, August 9th

Manor ISD administrators hosting a discussion regarding student dress code for this year. 5:15pm at Manor ISD board room, 10335 Hwy 290 E, Manor, Texas.

Wednesday, August 10th

Planning and Zoning Meeting at City Hall from 6:30pm-7:30pm

Manor Community Farmers Market from 4pm-7pm at Jennie Lane Park

Thursday, August 11th

Jimbro's Thirsty Thursdays at the Good Luck Grill from 6:30 to 8:30

Thursday, August 18, 2016

Outlook & Opportunities: Finding the Prevailing Winds at 6:00 PM to 7:00 PM at Flemming Community Center - GRAND HALL located 802 N Avenue C Elgin, TX 78621

Presented by: Candace Elliott with Edward Jones in Elgin, Texas. Please RSVP to Stephanie or Candace at (512) 281-5867. You can also sign up to attend online www.edwardjones.com/candace-elliott

Police Report

July 20 – July 26, 2016

07/27/2016 VCO 168 ANIMAL BITE
 14700 BLK HWY 290E

07/27/2016 MANSLAUGHTER
 13200 BLK MARIE LANE

07/27/2016 MISSING PERSON
 16800 BLK JARON DRIVE

07/27/2016 ASSAULT BY CONTACT
 12700 BLK ST MARY DRIVE

07/27/2016 VCO 168 ANIMAL AT LARGE
 12000 BLK ATHENS STREET

07/27/2016 FALSE ALARM
 19220 BLK JONAH LEE CT

07/28/2016 VCO 168 ANIMALS AT LARGE
 14500 BLK CALLAN COURT

07/28/2016 ASSAULT WITH INJURY
 600 BLK E BROWNING STREET

07/30/2016 POSS DRUG CS
 11900 BLK HWY 290E

07/30/2016 DRIVING WITH SUSP LICENSE
 400 BLK N LEXINGTON STREET

07/30/2016 BURGLARY OF RESIDENCE
 11600 BLK LAPOYNER STREET

07/30/2016 RUNAWAY
 12200 BLK STONERIDGE GAP LANE

07/30/2016 THEFT
 11920 BLK S BASTROP STREET

07/30/2016 TAMPER EVIDENCE
 11700 BLK LAPOYNER STREET

07/31/2016 BURGLARY OF A VEHICLE
 200 BLK W CARRIE MANOR STREET

07/31/2016 DISTURBANCE
 18200 BLK TOP SAIL

07/31/2016 THEFT
 11920 BLK HWY 290E

07/31/2016 ASSIST TCSO
 14500 BLK FM 973

08/01/2016 POSSESSION OF MARIJUANA
 14600 BLK ROSE HILL RD

08/02/2016 FALSE ALARM
 101 BLK W MURRAY AVENUE

08/02/2016 INFORMATIONAL
 12400 BLK JAMIE DRIVE



Local Resources & Services Packet:

- City of Manor History
- City Information
- Local Places of Worship
- City Utilities & MISD Campuses
- Food Pantries and Misc. Assistance
- Community Services & Local Assistance
- Emergency & Non-Emergency Contacts
- Local Transportation Services
- Local Automotive Services

Packets available in English or Spanish. For more information or to request a packet contact:

manorwelcomesyou@yahoo.com
 or
manorchamber@att.net

Diversification Is Still Important For Retirees

By: Edward Jones
 Contributed Story

During your working years, your primary investment goal is generally growth – you need your money to grow so that you can eventually afford the comfortable retirement lifestyle you've envisioned. But when you retire, should you change course and adjust your investment strategy from "offense" to "defense"?

Actually, it's not quite that simple. To begin with, even while you are working, you don't want your portfolio to be completely filled with growth-oriented investments, such as stocks. If it were, you would likely be taking on a degree of investment risk that's too high, because, as you may know, stocks will fluctuate in price – sometimes significantly. And if you only own stocks, you could take a big hit during a market downturn. That's why you need to have an array of invest-

ments – stocks, bonds, certificates of deposit (CDs) and so on. By spreading your investment dollars this way, you can give yourself more opportunities for success while reducing the impact of volatility on your portfolio. (Keep in mind, though, that diversification, by itself, can't guarantee profits or protect against all losses.)

Now, let's fast-forward to your retirement date. Once you retire, you may need to look at your investment portfolio somewhat differently – instead of "building it up," you may now want to think of "making it last." So, your first impression might be that instead of maintaining the diversified portfolio you had when you were working, you need to switch to predominantly "safe" investments, such as CDs and Treasury bonds, to reduce the risk of losing principal.

And such a strategy might indeed be effective – if your

retirement were only going to last a year or so. But the chances are reasonably good that you could be retired for two, or possibly even three, decades. If that's the case, then you will have to deal with a threat to your lifestyle that you might not have considered: inflation. We've had low inflation for several years, but that could change in the future. Consider this: Even at a relatively low 3% inflation rate, prices double roughly every 25 years. And depending on your personal needs and spending patterns, your personal inflation rate might be even higher.

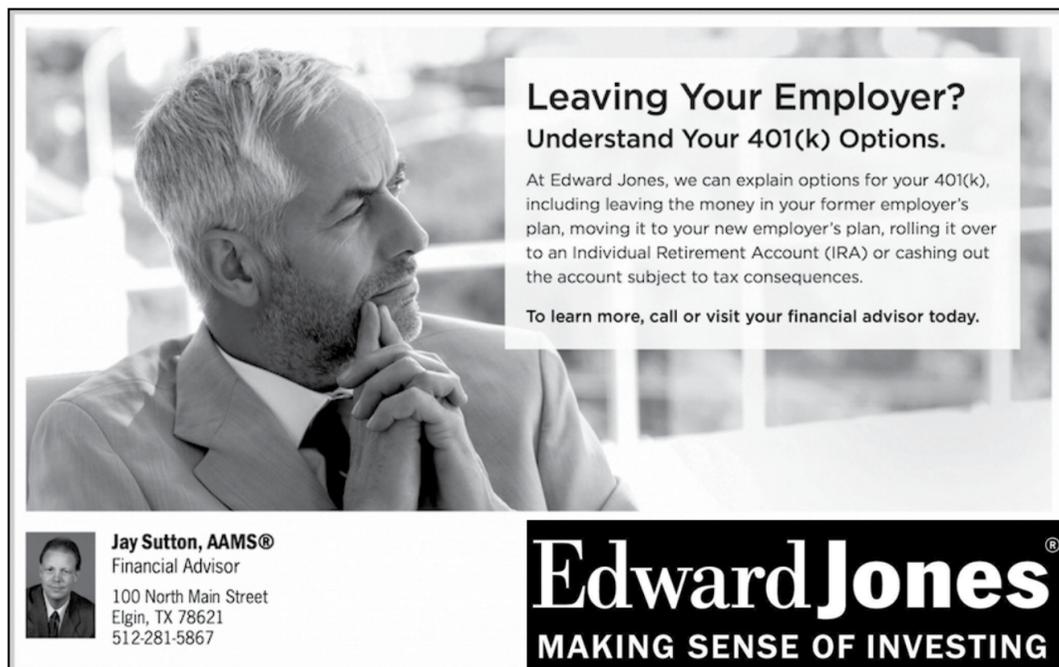
To protect yourself against inflation, you will find that investments such as CDs and Treasury bonds are typically not much help. In fact, in a low-rate environment, your returns on these investments may not even keep up with inflation, much less keep you ahead of it. That's not to say they

have no value – they can provide you with an income stream and help lower your overall investment risk.

But to defend your purchasing power, you will still need some growth potential in your investment portfolio during your retirement years. Your exact percentage of stocks and other growth-oriented investments will depend on a variety of factors – your projected longevity, other sources of income, family situation, risk tolerance and so on. You may want to consult with a financial professional to ensure that your portfolio mix is suitable for your needs.

Many things may change in your life when you retire – but the need for investment diversification is not one of them.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.



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Edward Jones
 MAKING SENSE OF INVESTING

Texas Finalizes Penalty Agreement With Blue Bell

By: Texas DSHS
Contributed Story

Texas health officials today finalized with Blue Bell Creameries a penalty and agreement that the company will continue to test and monitor its ice cream following last year's outbreak of *Listeria monocytogenes* linked to Blue Bell products made in Brenham.

The total penalty amount is \$850,000. Of that, \$175,000 must be paid within 30 days. The remaining balance will not have to be paid if the company follows the terms outlined in the agreement for 18 months. The penalty was issued against the company because it allowed adulterated product to enter the marketplace and cause illness.

The enforcement agreement between Blue Bell and the Texas Department of State Health Services extends several requirements from a previous agreement for the next 18 months. Blue Bell must continue to notify DSHS of any presumptive positive test results for *Listeria monocytogenes* in ice cream, ingredients, food surfaces, machinery and other equipment in its Brenham plant. The company must maintain its "test and hold" procedures for all finished product, meaning ice cream must be found to be free of pathogens before it can be sold to the public.

As a licensed frozen dessert manufacturer, the company also must continue to provide state inspectors

with full access to the plant to take samples.

Last year the company temporarily shut down its Brenham operation following the discovery of *Listeria monocytogenes* in certain ice cream products that were linked to several cases of listeriosis. At the time, Texas health officials outlined requirements and milestones the company had to reach before releasing ice cream into the marketplace. State health inspectors periodically were on site at the Brenham plant to evaluate test results and records, review cleaning procedures and assess training activities.

The company is currently producing, testing and selling ice cream made at the plant.

Hindu Charities 4 America Donates \$44,500 For Austin Area Student Scholarships

By: Harish Kotecha
HC4A

Austin-based Hindu Charities 4 America (HC4A) will announce scholarship awards benefitting students from Austin Community College, Manor Independent School District and Capital Idea during a news conference Tuesday August 16, at 3:00 pm in the Mayor's Ceremonial Room (2nd Floor) at City Hall, 301 W. Second Street, Austin, TX 78701

Hindu Charities for America Director of Programs, Dinesh Vakharia, will be joined by City Council Member Greg Kasar and others as he presents a scholarship fund check to representatives from Capital Idea, Austin Community College and Manor ISD.

The \$44,500 donation is one of the largest amounts raised by an Asian American group for scholarships in Austin area. It will provide \$500 and \$1,000 vocational

tuition awards for students seeking vocational training to develop skills leading to job and career opportunities that will help them overcome the challenge of experiencing homelessness and economic disadvantages.

The funds were raised last year during Aadhaar Gala, an event hosted by HC4A last November at the Greater Austin Merchants Association Event Hall, with the support of various communities in Austin metro area.

More than 300 people attended the program which featured Indian cultural performances, colors of India fashion show and showcase of Indian businesses. Highlights of event were broadcast by TV Asia nationally in North America.

The 2nd Annual Aadhaar Gala is planned at Embassy Suites (I35N) on November 5th, 2016 at 6:30pm, to raise funds for scholarships for 2017. We are open to have media partners as

well as sponsors.

About Hindu Charities for America: HC4A was founded in 2010 and was conceived for the purpose of providing communities across the United States an opportunity to Give Where We Live!. Since 2010, it has been serving the Austin metro area with donation of school supplies to Homeless Children in Austin Metro Area. HC4A's mission is to Bridge Income Disparity through Education. Last year HC4A donated \$25,000 in scholarships to Austin area schools.

In 2013, HC4A partnered with Jewish Community Center (JCC) on the school supply project, this year 1,400 homeless children in Austin schools will benefit with gift of school supplies.

For more information, visit the HC4A website. You can contact HC4A via email: Info@hc4a.org or by calling Harish Kotecha at 512.773.7815

Texas On Alert For Local Zika, Urges Precautions

By: Texas DSHS
Contributed Story

With local Zika cases detected in Florida and increased travel to Brazil for the Summer Olympics, Texas is on high alert for local Zika transmission by mosquito bites and is urging everyone to strictly follow precautions.

"It's the perfect mix - local transmission in Florida, travel to Brazil, and we're at the height of mosquito season in Texas," said Dr. John Hellerstedt, Texas Department of State Health Services commissioner. "Local transmission here is likely at some point. The good news is that Texas is ready."

The Texas response plan is in effect. Texas has reported 93 cases of Zika virus disease - all related to travel abroad to areas with active Zika transmission. No local transmission through mosquito bite has been detected yet in Texas. State efforts have been underway since January to delay and minimize the impact of Zika on Texas.

"If Texas has local transmission, we'll quickly announce it and describe the area of potential risk for Texans," Dr. Hellerstedt said. "We're working in lockstep with our local and federal partners to ensure a strong Texas response."

DSHS is spending more than \$6 million in state and federal funds on disease surveillance, expanded lab testing capabilities, public education and awareness, Zika prevention kits and other efforts to build a strong infrastructure to help protect Texans from Zika. Texas Medicaid announced today it will cover the cost of mosquito repellent for eligible women who are between the ages of 10 and 45 or pregnant.

DSHS has

identified and exercised eight state public health Zika Response Teams that are ready to deploy if local transmission is detected in Texas. These scalable regional teams will be able to assist local entities with investigating possible cases, evaluating environments for mosquito activity, providing door-to-door education and other response efforts.

Last week, state health officials briefed Gov. Greg Abbott on the state's response and preparations. Next week the Governor's Task Force

widespread transmission across large geographic areas of the state. Small pockets of cases are more likely. This assessment is based on the state's past experience with dengue, a similar virus spread by the same mosquitoes, and on the prevalent use of window screens, air conditioning, insect repellent and other mosquito control efforts in Texas.

DSHS has approved more than 1,200 human specimens for Zika virus testing by the DSHS laboratory and the

newborns who have laboratory evidence of Zika infection but don't qualify as Zika cases because they have had no symptoms or because the infection couldn't specifically be identified as Zika virus. Texas provides data to the Zika Pregnancy Registry weekly. With local transmission in Florida and mosquito season in full force in Texas, state health officials urge everyone to follow precautions to protect themselves from mosquito bites:

Apply EPA-approved insect repellent.



on Infectious Disease Preparedness and Response will meet again in Austin to discuss Zika and other issues.

"We're doing everything we can, and people have the power to protect themselves," Dr. Hellerstedt said. "Insect repellent and information are our best defense."

To amplify precaution messages, DSHS has boosted its statewide Zika public outreach campaign, which now has an expanded budget and an additional emphasis on travelers. The website www.TexasZika.org launched in February and continues to be the anchor for the campaign and the source of official Texas public health information about Zika.

While local transmission in Texas remains likely at some point, public health officials do not expect

Centers for Disease Control and Prevention. Other labs across the state now have the ability to test for Zika. In late July, DSHS added the more complex serologic testing for human specimens to detect Zika infection in people who may not have had symptoms. Texas also has the capability to test mosquito specimens for Zika as warranted for identified high-risk areas, though the best indicator of Zika prevalence is human case detection.

Zika poses a serious threat to unborn children, and protecting pregnant women is a central concern. Texas has reported 42 individuals into the CDC's Zika Pregnancy Registry. That number includes three pregnant women who are confirmed Zika cases. It also includes pregnant women and any

Wear pants and long-sleeve shirts that cover exposed skin. In warmer weather, wear lightweight, loose-fitting clothing that covers exposed skin.

Use screens or close windows and doors to keep mosquitoes out of your home.

Remove standing water in and around the home. This includes water in cans, toys, tires, plant saucers, and any container that can hold water.

Cover trash cans or containers where water can collect.

To avoid infecting local mosquitoes, people who travel to areas with active Zika transmission should apply insect repellent every time they go outside for at least three weeks after they return to Texas - and longer if they develop an illness that could be Zika.

Heart Health In The Heat

It's nothing new for Central Texas, scorching summer temperatures that stretch for days. But be sure that you remember something that you might not always think about - protecting your heart's health in the heat.

Important Tips for Everyone

Dr. Hashim Khan of Cardio Texas cautions, "Be sure to check with your family physician before starting an exercise regimen during the hottest months of the year. Consider changing your workout routine." Do you need to do that run at 2pm when it is the hottest time of the day? Avoiding the noon to 3pm timeframe when the sun is strongest will keep you from a higher risk of heat illness.

Additional tips to keep in mind:

Dress appropriately for the summer while outdoors. This includes well ventilated clothing and footwear and using a hat and sunglasses.

Water. Water. Water. Drink water before, during and after outdoor activity.

Rest when needed. Be sure to listen to

certain heart medications can increase the way your body responds to the heat, such as beta blockers, ace inhibitors and diuretics. He cautions, "It's important to be aware of what medications you're taking and how they might affect your body in the extreme heat."

For those over the age of 50, even if they are not on any of these medications, it is important to stay aware of the heat, how you're feeling and take extra precautions to stay cool.

"The age old advice of drinking enough water is even more important for everyone during the summer," Dr. Khan advises. "Even if you aren't feeling thirsty, if you're outside in the heat, stay hydrated."

The American Heart Association says to be aware of these symptoms of heat exhaustion:

- Headaches
- Cool, moist skin
- Dizziness and light-headedness
- Weakness
- Nausea and vomiting
- Dark urine

If you or a loved one show these symptoms, find a place to cool off,



your body and take rests in a cool place when you can.

Tips For Heart Patients

If you have an existing heart condition, be extra careful about overexerting yourself. According to Dr. Khan,

stop your activity and use cool, wet compresses or cloths to lower your temperature. You may need to seek medical attention.

Following these tips this summer can certainly help keep you cool and your heart healthy.

INSPIRATIONAL SECTION

How Yoga Can Help Prevent Heart Disease

By: Katy Gassaway, RYT
Contributed Story

Heart disease is a serious concern for many people. It's the leading cause of death for both men and women in the United States. Over 600,000 Americans die of heart disease each year—that's 1 in every 4 deaths. What's worse is that many of the causes of heart disease are preventable.

The Mayo Clinic recognizes stress, lack of exercise, being overweight, smoking, high cholesterol, and high blood pressure as common underlying causes of heart disease. With healthy lifestyle choices, many of these factors can be reduced or reversed.

Because yoga combines physical exercise with a strong focus on breathing and mental relaxation, it's a

wonderful way to combat heart disease. Yoga can increase lung ca-

burn fat, reduce stress, and improve sleep. According to a study pub-

lished in March 2016 in the European Journal of Cardiovascular Nursing, people who practiced 30 minutes of light yoga weekly for 12 weeks had significantly lower blood pressure and heart rates. Another recent study showed that people who practiced yoga lost an average of five pounds, decreased

harmful LDL cholesterol by 12 points. Yoga has even been shown in some studies to help as a smoking cessation aid. I have had students who quit smoking after they took up yoga by taking "breathing breaks" during the day instead of cigarette breaks. Since smoking is one of the leading

causes of heart disease, using yoga as a tool to help quit goes a long way to heart health.

form of exercise for a wide range of fitness levels because there are so many modifications and adjustments that can be made. When you start your yoga practice, you'll notice your teacher talk about "heart opening" poses; these are poses that expand the front side of the body along the chest, which allows for more space in the lungs, deeper breathing, and an energetic feeling of opening up and being vulnerable. Like any new exercise regimen, if you have a pre-existing health condition, consult your doctor before beginning your yoga practice.

Staying consistent with your yoga practice will bring noticeable results, physically, mentally, and energetically. In addition to increased flexibility and muscle tone, you may start losing weight and notice deeper and more quality breath. These changes will improve your quality of life and reduce risk factors to heart disease, which your future self will thank you for!

Take a yoga class with Katy at Manor Excel Academy (600 E. Parsons Street) Mondays at 6:30pm, or get more yoga and wellness tips by following her on Facebook (facebook.com/katydoesyoga) and Instagram (@katydoesyoga).



Making A Christian

By: Rev. Amy Meyer
1st Pres Chrch of Elgin

There's a popular Facebook post that I've seen going around for quite some time. It goes something like this:

Going to church doesn't make you a Christian. Any more than standing in a garage makes you a car.

While clever at best, it's not a true statement get what it's trying to say. To be a Christian means more than just saying you're a Christian; it means more than just sitting in a pew on a Sunday

morning. But the simple fact is that going to church is how Christians are made, fed, renewed, and sustained.

Christian formation occurs in the community. Having deep spiritual thoughts all by oneself is not nearly as challenging or interesting as discussing them within the context of the church community. Being a Christian is a long disorganized process.

Nobody ever said that being one would be convenient or easy, but it does require showing up.

harmful LDL cholesterol by 12 points. Yoga has even been shown in some studies to help as a smoking cessation aid. I have had students who quit smoking after they took up yoga by taking "breathing breaks" during the day instead of cigarette breaks. Since smoking is one of the leading

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Pflugerville, TX 78660
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Sunday School 9:30 am
Church Service 10:30 am
Pastor Jason Surdy
510 N. Burnet Manor, Texas 78653
512-272-4914 - manorumc.org

St. Joseph's Catholic Church
1300 Old Highway 20/ Loop 212
P.O. Box 389 Manor, Texas 78653

Mass Schedule
Monday thru Thursday 12:05
Saturday English Mass - 5:00 pm
Sunday Spanish Masses 7:00 am and 11:00 am
Sunday English Masses 9:00 am

Pastor: Gregory McLaughlin (512) 272-4004,
Deacon: William Vela (512) 385-1959,
Deacon Roy Barkley (512) 251-5451,
Office: (512) 272-4004, Fax (512) 272-8939,
Church Email: st_josephs_manor@yahoo.com

Freedom Church
— setting people free! —

www.freedomchurchtx.org
Sunday, 10:30 a.m., at Manor New Tech High School
"Where the Spirit of the Lord is there is freedom" (2 Cor. 3:17).
Pastor Gerald Aalbers 512-278-9500

St. Mary Magdalene Episcopal Church | Manor, Texas

11:00 a.m. SUNDAYS/DOMINGOS [English & Español]
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up on the hill between
McDonald's & the ShadowGlen Golf Club

All Are Welcome | Todos Son Bienvenidos
The Rev. Alex Montes-Vela, Pastor | 512.423.8897 | alex@iamsmm.com
www.iamsmm.com facebook.com/iamsmm

Eternal Faith Baptist Church
12720 FM 973
Manor, Texas 78653

Sundays:
9:30 AM—Sunday School for all ages
10:45 AM—Worship Service
5:00 PM—Youth Discipleship
5:00 PM—R.O.C.K.

Wednesdays:
6:00 PM—Meal
6:30 PM—Prayer Meeting & Bible Study
6:30 PM—College Group/Youth Group/Children's Group
7:30 PM—Choir Practice

We have something for everyone...
*Sunday School *Worship Service *Singing * Fellowship *Activities



BACK TO SCHOOL



What Do Students Think About Going Back To School?

Welcome Back, Students!



Bella von Ohlen, 3rd grader at Pioneer Crossing Elementary says:

"Going back to school is cool 'cause you get new friends and see old friends!"



Harley-Anne Horn, freshman at Manor High School says:

"I can't wait for school to start! I have waited all summer for this. I am so excited because I am going to be a freshman at MHS this year."



Micah Evans, 2nd grader at Pioneer Crossing Elementary says:

"I feel a little bit happy and a little nervous, but not that much. School's still awesome! There's two best times I like: lunch and math. Actually three - the playground!"

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Guide For A Great School Year

By: Debbie Tucker
Manor Comm News

It's that time again when thousands of children will be headed back to school. Safety is just as important as the academic side of the school year. No matter what mode of transportation is used, proper safety precautions are extremely important. Talking with your kids about traveling to and from school and rules to ensure their safety can be a great start. Discuss walking on the sidewalk if available,

and if not, walk "facing" the traffic. Before crossing a street, students need to be sure to stop, look left and then right, right and left again to see if any cars are coming. Also important is to never dart out in front of a parked car. Always look for a crosswalk if available - that is your safest bet! It is a great idea to practice walking to school with your child so they feel more confident and secure. Let them know it is best to always walk with a friend and not

talk to strangers who may try to approach them.

Children riding bikes to school need to wear a helmet that is not only fitted but secured properly. They also need to know the rules about riding on the right side of the road, with the traffic, and never bunched up in a group. Bicyclists need to come to a complete stop before crossing the street and walk their bike across the street. Fortunately, many roads now have actual bike lanes to further protect bicycle riders.

Parents should go to the bus stop with their child in order to teach them the right way to get on and off a bus. Children should stand six feet away (3 giant steps) from the curb when waiting for a bus. No one should just assume that cars on the road are going to stop for pedestrians or a stopped bus. Make sure your child knows they must follow bus rules once they have boarded.

If your child is a car rider, drivers need to follow the proper speed for school zones which is 20 mph. Cell phone usage in these areas is prohibited. Each school has

a clear route for cars to drop off or pick up students. Never park in an area where buses need to park, or in a lined cross walk. If you need to park but do not find a space, drive around until you see one open. Even if you are making a quick stop at school, make sure you are parked in a clearly marked parking space and not at the front curb. You may end up being in the school longer than you plan.

To ensure your child's safety at school, choose a backpack that is ergonomically designed to ensure comfort and safety. A backpack should not weigh any more than 10-20 percent of your child's body weight, so try not to fill it with unnecessary items. Children should use both straps when wearing backpacks so that the weight is evenly distributed on their shoulders. Students should wear tennis shoes, close-toed shoes, or sandals that have a strap around the back. Flip flops, slides, and house shoes are usually not allowed with dress codes, and these shoe choices can compromise safety. As the temperatures become

cooler, a student should have a sweater or jacket. In Texas, temperatures can change dramatically quickly. Also, make sure your child knows how they are getting home, that they know their number and home address, and that the school has your current contact information, including emergency contacts.

The bottom line

is that children need to feel safe. Parents can become so busy with their long list of responsibilities that taking the time to teach and reassure their children in this area can get overlooked. Take time to make sure your children are confident in the knowledge they need to ensure their safety as the school year begins.

MISD Board Names Principal at BTE

by Manor ISD
Contributed Story

Manor ISD has named Ms. Rebecca Valenzuela as principal at Bluebonnet Trail Elementary School (BTE).



Valenzuela brings with her 15 years of experience in public education, including time as a first, second and fourth grade teacher, an instructional coach, and an assistant principal.

As a school

leader, Valenzuela's vision includes providing a safe and engaging environment that inspires great teaching and promotes a love for learning, independent thinking, and problem solving among all students. Additionally, through open lines of communication, a focus on transparency, and her bilingual communication skills, Valenzuela is committed to building a strong relationship with all BTE stakeholders.

Valenzuela received her bachelor's degree in interdisciplinary studies from Texas State University and her master's degree in education administration from Concordia University.

FREE SHOT Clinic

Manor ISD
Student Health Services

Vaccines provided by the Care Van Program

Friday, August 19, 2016
9:00 a.m. to 1:00 p.m.
Manor New Tech High School Cafeteria during the
16th Annual School Resource Fair
10323 US Highway 290 East Manor, TX 78653

Your child is eligible for these vaccines if uninsured, underinsured or enrolled with Medicaid.

Please bring your shot records and identification



If you have any questions, please contact your campus nurse or Health Services Coordinator Lynda Townsend at (512) 278-4093.

Welcome Back, Students!



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Good Luck

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MANOR ISD CORDIALLY INVITES YOU TO ATTEND THE 16TH ANNUAL SCHOOL RESOURCE FAIR & SCHOOL SUPPLY DISTRIBUTION EVENT

Friday, August 19, 2016
9:00 a.m. to 1:00 p.m.
Manor New Tech High School Cafeteria
10323 US Hwy 290 East Manor, Texas 78653

This is a wonderful opportunity for parents and students to learn about resources from the Manor and Austin communities. School supplies will only be distributed to Manor ISD students.

Call the Student and Family Support Services Department at (512) 278-4095 if you have any questions.



If you plan to attend, please consider donating 2 to 3 canned food items so we can replenish the Manor ISD Food Pantry.

Class Of 2017!

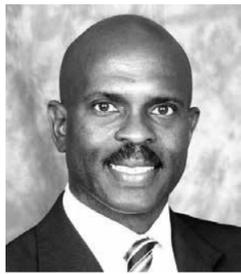
BACK TO SCHOOL



Letter From Your Superintendent

Dear Manor ISD Community,

I want to welcome each of you to the 2016-2017 school year! I am honored to have been given the opportunity to serve Manor ISD and I am very excited to be a part of this community. As I welcome you to this new school year, I also want to thank you for the incredibly warm welcome I have received since officially joining the district in June.



This summer has been fast and furious. We have been busy filling key leadership positions and making changes to the district's organizational structure, participating in the annual superintendent/board leadership retreat, meeting with many district stakeholders, and forging ahead with my vision for Manor ISD to be a model school district that values and celebrates diversity and is renowned for its academic excellence and its support of the emotional well-being of the school community.

We are already well on our way to making this vision a reality. We have almost completed the process of becoming one of only nine districts across the State of Texas recognized by the Texas Education Agency as a District of Innovation. Through a locally developed plan, this designation gives the district the flexibility to implement

innovative practices that benefit students, staff, parents, and the broader community. The full plan and more information on this distinction are available on the district's website.

Over the course of the next year you will see our vision and mission come to fruition through a systematic approach focused on collaboration, open communication, and strong partnerships. I encourage parents to be engaged in their students' education by developing relationships with their teachers, attending campus events whenever possible, and downloading the district's free mobile app for access to the most up to date information. Furthermore, I encourage the community to get involved through volunteer opportunities such as mentoring or tutoring, and to be engaged in sharing with the greater community the many positive things happening in the district.

Our work will focus on what is best for students. We will continue striving to inspire our diverse community to work together in order to serve them. We will support the development of excellent leadership, and utilize our unique resources to challenge and cultivate well-balanced individuals who seek knowledge and make significant contributions to society throughout their lives.

Again, I am very excited to be a part of this community and look forward to a fantastic school year.

Sincerely,
Dr. Royce Avery

Safety Tips For Back To School

by Chief Ryan Phipps
Manor Police Dept

As the school year nears one thing we need to focus on is the safety of our children. Whether your student walks, rides their bike or takes the school bus here are some safety tips to think about:

1. If your child is new to the campus, go to the campus and locate their classroom(s) and identify the different areas they might be
 1. Gym
 2. Cafeteria
 3. Nurses office
 4. Counselor
 5. SRO office (if on campus)
2. If riding a bicycle to school, make sure your child knows the "rules of the road"
 1. Always wear a properly fitted helmet
 1. Ride on the right side of the road, with traffic flow, in a single file line.
 2. Come to a com-

plete stop before crossing the street looking both ways

3. Smaller kids should walk bike across
3. If riding a bus, make sure your child knows the proper way to get on and off the bus.
 1. Stand six feet away (3 giant steps) from the curb giving the school bus enough clearance to maneuver
 2. Do not approach the bus until it has completely stopped
 3. If crossing the street, wait for the bus driver to signal your safe crossing.
 4. Walk far enough in front of the bus so that you can always see the driver.
 4. Walking to school is a privilege if you have the luxury of living close to the school.
 1. Walk on the sidewalk if one is provided, if no sidewalk walk on the street facing the oncoming traffic.
 2. Children should

walk with a parent and be taught about strangers

3. Never run into the street without insuring a clear path
4. Cross streets at crosswalks or intersections.
5. When crossing the street look both ways twice.
6. If entering the street, wave at drivers approaching you and be sure they are stopped before crossing.

Drivers on Manor roadways should be aware that Manor Police Department will be out in full force issuing citations that put our children in danger. School zones speeds, no-cell-phone violations, passing school bus, and driving on the improved shoulder are big concerns and violators will most likely not receive warnings as the safety of students is key.

Meet The Teacher Night

Thursday, August 18, 2016 | 5:00 - 6:30PM

Parents, our teachers are excited to meet



parents and their new students! You will receive a phone call from your child's teacher introducing themselves the week of August 15th. See you then!

Padres, nuestros maestros/as están emocionados en conocer a los padres y sus nuevos estudiantes! Recibirán una llamada telefónica de el/la maestro/a de su hijo/a introduciéndose la semana del 15 de agosto. Hasta pronto!



Senior Jump Start

All incoming MISD and ETS seniors invited to attend the Jump Start Day at Manor High School on August 10, 2016 from 9 a.m-12:30 p.m. The workshops will be facilitated by Advise Texas, ETS and MHS staff.

A joint project of the College & Career Center, Advise Texas, Educational Talent Search, and Manor ISD.

Meet at 9 a.m. in the College and Career Center. College representatives will be helping with each session.

Workshops will

include

Senior Timeline and Financial Aid: What needs to be done your senior year. How to plan your year, Discuss FAFSA and scholarships.

Scholarships: Tips on where to find scholarships on websites, How to fill out a scholarship.

Applying to College: Tips on how to use ApplyTexas.org. Create a username and password and begin applying to colleges.

Essay: How to write an essay. Tips for Topic A, B and C for your application.

MISD Board Names New Director Of Fine Arts

by Manor ISD
Contributed Story

Manor ISD has named Mr. Renferd Joseph as director of fine arts. He brings with him four years of experience serving Manor ISD students, first as the head band direc-



tor at Decker Middle School, then as assistant principal at Manor Middle School, and as interim director since February of this year. In addition to his service in Manor, Joseph has an additional 10

years of head band director experience and five years of collegiate band operations experience.

Since taking over as interim, Joseph has exhibited his hands-on approach to leadership and has begun to build a department with an inclusive and equitable culture that promotes student achievement. He developed and articulated a plan with high expectations for all fine arts programs in the areas of staff certifications, program evaluations, compliance, and funding.

Joseph received his bachelor's degree in fine arts/music from Texas Southern University and his master's in educational administration from Lamar University. He officially took over as director on Monday, July 18.

MISD Board Names Career & Tech Director

by Manor ISD
Contributed Story

Manor ISD has named Mr. Barry Bacom as director of career and technical education (CTE) and innovative programs. Bacom brings with



him a strong background of student-centered campus leadership, having served as a lead teacher, assistant principal and most recently as principal at a technical high school.

In those roles, Bacom was involved in the successful redesign of two schools to focus on a variety

of career pathways, with an emphasis on Science, Technology, Engineering, and Mathematics (STEM) education and the implementation of the New Tech model. Under his leadership these schools experienced significant gains in student achievement, evident through increased graduation rates and significant increases to state testing scores. As an instructional leader, Bacom believes in strengthening his team of teachers, through professional development and collaboration, to ensure student success.

Bacom received his bachelor's degree in secondary education from Abilene Christian University and his master's in educational administration from The University of Texas at Austin.

MISD Board Names New HR Director

by Manor ISD
Contributed Story

Manor ISD has named Ms. Sylvia Hernandez as director of human resources. Hernandez brings with her



over 12 years of experience in various human resource positions with expertise including operation management, compensation/benefits design, employee engagement, training and development, harassment compliance, talent management,

employee relations, policy design and administration, and full cycle recruiting/onboarding.

Though Hernandez has worked in a number of sectors, her passion is in public education, where she has spent the last three years, first as the human resources assistant director in Pflugerville ISD and then most recently as director of workforce management in Leander ISD.

Hernandez received her bachelor's degree in political science from the University of California Irvine and her Master of Business Administration in human resources management from Trident University International.

MENTOR MANOR

BRIGHTEN A CHILD'S LIFE, BECOME A MENTOR!

Mentor Manor, a school-based mentoring initiative, pairs adult volunteers one-on-one with students in need of positive influences in their lives. A mentor provides encouragement and helps a child develop his/her strengths and talents by supporting the efforts of other significant adults.

Research has shown that the more caring adults a child has in his/her life, the less likely he/she will engage in risky behaviors.

You can make a positive impact in the life of a Manor ISD student by giving at least 30 to 45 minutes of your time every week.

Please take a moment to reflect back on how much of a difference it made to have caring adults during your childhood and consider becoming a mentor.

And don't be surprised if it changes your life for the better, too.

If you're interested in mentoring, please contact Student and Family Support Services Director at (512) 278-4462 or rebbecca.lott@manorisd.net and also complete the online volunteer application.

AROUND YOUR COMMUNITY

THIS WEEK IN ASTRONOMY

By: Joseph Macry
Contributing Writer

Six Planets Visible at Once?

At sunset on publication date (August 5th), if you have a good view of the western horizon, bright Venus can be seen setting just a hair north of due west. A little higher, at due west, planet Jupiter shines just above the Moon. About halfway between Venus and the Moon sits Mercury, which is somewhat dimmer, and might not be visible until Venus is nearly set. Due south, between 35 and 40 degrees up from the horizon, red Mars and golden Saturn surround Scorpius (see last week's column). So let's count the visible planets: Venus, Mercury, Jupiter, Mars, Saturn. The Moon is not considered a planet. So what is the sixth planet visible with unaided eye? Hint: Look down.

Great Bear Setting Ursa Major (the Great Bear) is on it's way down in the northwest after sunset. This constellation is best known for the asterism known as the Big Dipper. Find the three stars that make up the "handle" of the Dipper. From

the "bowl" to the "tip", they are called Alioth, Mizar, and Alkaid. Together, they form an arc that points, in a curving manner, to the bright orange star Arcturus, high in the west. Continue to follow this arc to blue Spica, about 30 degrees up in the southwest. ("Follow the Arc to Arcturus, then speed on to Spica.") Mizar has a dimmer companion star, Alcor, sitting right above it. This pair is sometimes called "Horse and Rider" from the way Alcor seems to sit upon Mizar. In days of old, it was a test of visual acuity to spot the "Rider" on the "Horse".

What is Twilight? Twilight is that time in the morning and evening, between complete darkness and broad daylight. It is divided into three subdivisions: civil twilight, nautical twilight, and astronomical twilight.

"Civil twilight" is the time when the sun is below the horizon, but less than six

degrees below the horizon. In practical terms, this is the time when artificial lighting is not needed to see terrestrial (earth-based) objects. One might think of it as the period before dawn, or after sunset, when you can play a game of catch, or see the color of your neighbor's car.



"Nautical twilight" is the time when the sun is between six and twelve degrees below the horizon. It is called "nautical" because this is the time when sailors can see the brightest stars, but the horizon is still clearly visible, making it possible to "shoot stars", i.e. measure positions of stars above the horizon with a sextant for navigation. On land, one can see general outlines of objects, but they and the horizon are indistinct.

"Astronomical twilight" is when the sun is between twelve and eighteen degrees below the horizon. To the casual observer,

this time is as dark as night. To an astronomer, the sky may not be quite dark enough for observations of dimmer stars and nebulae. After astronomical twilight in the evening, and before it in the morning, the skies are as dark as they will get (aside from bright moonshine or artificial light). In well-lit urban areas, astronomical twilight is indistinguishable from darkest night.

In certain areas at certain times, such as Canada and farther north about the time of the summer solstice, twilight can last throughout the night.

In the Manor area this week (August 5th), these are the times of the various twilights, according to the web site www.timeanddate.com:
5:24am - astronomical twilight begins
5:56am - nautical twilight begins
6:27am - civil twilight begins
6:52am - sunrise
8:21pm - sunset
8:47pm - civil twilight ends
9:18pm - nautical twilight ends
9:50pm - astronomical twilight ends

Joseph Macry studied astronomy at UT Austin, and is a member of Austin Astronomical Society.

TTT Solar Nails Offers Service to its Customers



by Manor C of C
Contributed Story

TTT Solar Nails located in the Shadow Glen Shopping Center has been part of the Manor community for the past eleven years.

lar treatment which is thirty minutes in length or a deluxe facial for fifty minutes. Waxing services include upper lip, full face, leg, eyebrows, under arms, bikini/Brazilian and arms.

The salon offers a wide variety of acrylic tips, fills, and gel polish. Any color of polish is available in addition to great



Located at 14001 Shadow Glen Boulevard and across the street from the Medical Towers at Shadow Glen, the salon offers a wide variety of professional nail care services including manicures, pedicures, fills, polish changes, nail art, professional waxing services, and facial and paraffin treatments.

Facial treatments include a regu-

examples of nail art featuring exotic designs and jewels. Customers have a wide choice of regular, deluxe, and ultra-deluxe manicures and pedicures.

Their hours of operation are weekdays from 10am to 7pm, from 9am to 7pm on Saturdays and from noon to 5pm on Sundays. For more information, please call Manager Tammy at (512) 278-9277.

Sheriff Hamilton And Officers Visit Citizens At McDonald's in Manor.

McDonald's of Central Texas is the official sponsor of Travis County Sheriff's Department's first McDonald's Coffee with Cops program.

Coffee with Cops is a community engagement opportunity for residents to

donations on behalf of Sergeant Hutchinson's family.

"Coffee with Cops is such a great way to bring our officers and community together," said Travis County Sheriff Greg Hamilton. "This is also the time to remember Sergeant Hutchinson and provide support for his family."

"We've worked with the Sheriff's Department many times over the years, because we understand the importance

of building relationships between citizens and our police officers," stated local McDonald's Owner Jim-



interact with officers working in their neighborhood. Sheriff Hamilton and his team have been working with the local McDonald's owners for weeks to provide an opportunity for officers to be on hand to answer any questions residents may have related to law enforcement and safety. In the wake of this week's tragedy, the McDonald's Owners of Central Texas are dedicated Saturday's event to Sergeant Hutchinson.

From 9-11 a.m. at the McDonald's in Manor, 20% of inside sales were donated to the Sheriff's Memorial & Benevolent Society of Travis County, Inc. (SMBS), which is a non-political non-governmental 501(c)(3) charitable corporation that is accepting

my Ferguson. "This is a more important time than any to show our local law enforcement that we, as a community, support them."

Residents were encouraged to stop by the McDonald's location for a free cup of McCafé Coffee and to visit with Travis County Sheriff's Department Officers. During the event there was a ID fingerprinting for kids, VIN Etching for vehicles, and the original Ghost Buster's vehicle was on site.



Remembering Devon Sanders

(Continued From Page 1)

classroom". She addressed the Class of 2016 saying that this is a "wake up call for us to find time to spend with others". She ended remembering the far-reaching impact that Sanders made in his life.

In his eulogy, Minister Gobert spoke on the scripture passage, Romans 5:16 and 17, which was also found in Sanders's bedroom. He described Sanders that he had gathered from speaking to his friends. Words like "loved to get into things", "high energy", "very smart", "liked to make people laugh", "loved the color pink", "had his own style" were mentioned. He added that Sanders had been saved and baptized and that he is now in a better place. Gobert continued by saying that he had noticed that Sanders had already begun packing for college. Sanders was not a worrier, he lived for today

and didn't look too far ahead. He likened it to the scripture that says urges us not to be anxious or worry. "For which one of you can add to your life by worrying". He added that "Jesus was telling us to travel light", to "not worry" about what is up ahead, but to live today, love those around you today, and trust God with the future.

Gone too soon, Sanders was well-liked and had plans for the future. He was tragically killed last week in a hit-and-run accident in his own neighborhood. The police have called it a homicide investigation and are currently searching for the suspects, as well as a black 4-door cadillac with damage to the front and passenger side, broken window and side mirror. Police are asking that if anyone has information regarding this car, the suspects or the accident to please come forward.

Happy Birthday Jewel!



Jewel Sundbeck recently celebrated her 88th birthday. Jewel is originally from the Manor area

but now lives in Austin. Friends and family joined Jewel at her home to celebrate! 88 is GREAT!

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Saturday Night Karaoke
Sweepstakes

Happy Hour:
All Day Sunday and Monday
Tuesday \$2.00 Domestic & \$2.50 Imports All Day

Wednesday-Saturday Happy Hour 11am-6pm
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512-272-5580

Salome's Horoscope

ARIES (March 21 to April 19) A troubling situation takes a positive turn and moves toward a resolution that should please you and your supporters. Meanwhile, make time to deal with new domestic issues.

TAURUS (April 20 to May 20) It's a good time to reassess your goals and consider shifting directions. Remember to keep an open mind, and be prepared to make changes as new opportunities arise.

GEMINI (May 21 to June 20) Rely on your strong Mercury aspect to help you close that communication gap before it becomes too wide to cross. A sibling or other family member has news.

CANCER (June 21 to July 22) You're about to get off that emotional roller coaster and start experiencing more stability than you've been used to. This is a good time to let someone new into your life.

LEO (July 23 to August 22) Good news:

A trusted friend comes through for you. But you still need to shed that last scrap of self-doubt and once more become the cool, confident Cat we all know and love.

VIRGO (August 23 to September 22) Things should be getting back to a less hectic pace. Enjoy the more peaceful atmosphere. You earned it. But don't forget about those still-unresolved issues.

LIBRA (September 23 to October 22) A more positive family relationship develops as

misunderstandings are explained away. A job situation appears promising, but check it out before you act on it.

SCORPIO (October 23 to November 21) Congratulations. That on-the-job situation is working out as you'd hoped. Now's a good time to relax and to enjoy the company of family and close friends.

SAGITTARIUS (November 22 to December 21) You might feel as if you're caught in an emotional tug-of-war. But don't be rushed

into a decision on either side. Wait for more facts before you act.

CAPRICORN (December 22 to January 19) The Goat's usually high level of self-confidence is brimming over these days. This should help you deal with a situation that you've avoided for far too long. Go for it.

AQUARIUS (January 20 to February 18) Relationships become more intense. But be careful not to be pushed into decisions you're not comfortable with. Re-

member: You're the one in charge of your life. **PISCES** (February 19 to March 20) You need to show more confidence in your ability to reach your goals. Make that long-delayed decision, and avoid floundering around in a sea of self-doubt.

BORN THIS WEEK: Although you appear to be strongly opinionated, you can also be open to other ideas — so long as they are presented with logic and clarity.

Weekly SUDOKU

by Linda Thistle

6				9		7		
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Recipe Of The Week

Chicken Pot Pie Casserole (from Cincyshopper.com)

Ingredients
1 lb Chicken Breast
12 oz Frozen Peas and Carrots, thawed
2 cup Frozen Diced Potatoes, thawed (like Hash Browns or Potatoes O'Brien)
1 Onion diced
2 can Cream of Chicken Condensed Soup
1 cup Water
2 cans Refrigerated Crescent Rolls.
1/2 tsp Poultry Seasoning
Salt and Pepper to taste.

Instructions

Grill chicken breasts until cooked through. Allow to cool. Grill diced onions until transparent. Set aside. Dice chicken into 1/2" cubes. Preheat oven to 350. Grease a 11x13" baking dish. Unroll 1 can of crescent rolls and pinch perforations to seal into a sheet. Press into bottom and up sides of prepared dish. Don't worry if sides do not go all the way up. Bake for 20 minutes or until crust is light brown.

Allow to cool. In a large skillet, combine chicken cubes, diced onion, water, potatoes and peas and carrots.

Stir and cook over medium heat until ingredients are warm (5-10 minutes). Add soup and poultry seasoning and continue heating for another 5 minutes. If sauce looks too thick, slowly add a little more water until desired consistency is reached.

Pour chicken mixture over baked crust and spread evenly.

Unroll other can of crescent rolls and pinch perforations to seal into a sheet. Place over top of chicken mixture and press into sides of dish.

Bake for 25 minutes or until top is golden brown.

Pet of the Week!



I am Arlo! I am a very friendly guy and I think I would make you a best friend! I am playful and get along with other dogs (a meet and greet is still recommended). I am house-trained and have even lived with kids! I love being around people and would love to be a part of your family. Come meet me today!

Animal ID # A32245945
Location: B 2-R

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589 Cool Water Drive
Bastrop, TX 78602
512-549-5160

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Wednesday-Saturday
11am-4pm
Sunday 11am-3pm

King Crossword

ACROSS

- 1 Colorado Springs org.
- 5 Bivouac
- 9 Hot tub
- 12 Ashen
- 13 Winged
- 14 "Holy mackerel!"
- 15 Independent's ballot, at times
- 17 George's brother
- 18 Group of actors
- 19 — Island
- 21 Smaller map
- 24 Titanic's woe
- 25 Treats the lawn
- 26 Praiseworthy
- 30 Greek consonant
- 31 NHLer in Buffalo
- 32 Summer mo.
- 33 Judge's pronouncement
- 35 Not fooled by
- 36 Heredity unit
- 37 Guys
- 38 Weary of it all
- 40 Prizefight
- 42 Venusian vessel?
- 43 Playground structures
- 48 "The way," philosophically
- 49 Teeny amount
- 50 Met melody

1	2	3	4	5	6	7	8	9	10	11	
12				13					14		
15				16					17		
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21	22	23				24					
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38	39				40	41					
42				43	44				45	46	47
48				49					50		
51				52					53		

- 51 Mess up
- 52 Midday
- 53 Piquancyf

DOWN

- 1 — and downs
- 2 Cutting tool
- 3 Mr. Baba
- 4 Borderline constructs
- 5 Cleveland NBAers, for short
- 6 Oodles
- 7 Wrestling surface
- 8 Go before
- 9 Benny Goodman's

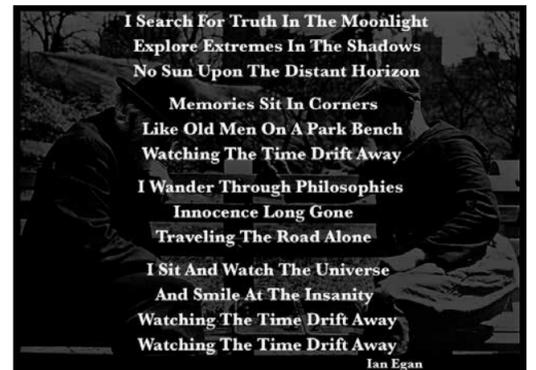
- group, e.g.
- 10 Skin opening
- 11 Vacationing
- 16 Gangster's weapon
- 20 Man-mouse link
- 21 Mischievous tykes
- 22 Schnozz
- 23 Double-hinged entry
- 24 Pavel of hockey note
- 26 Bowler's path
- 27 "Wipeout" network
- 28 Troubadour's instrument

- 29 Broadway clashers
- 31 Submits
- 34 Ball holder
- 35 Waited longer than
- 37 Used a shovel
- 38 Rope fiber
- 39 Somewhere out there
- 40 — -Honey candy bar
- 41 Biblical brother of Er
- 44 Court
- 45 Historic period
- 46 Stannum
- 47 Droop

Alden by Egan



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ASK DEE DEE

Dear Dee Dee:

Is it just me, or does this hot, dry weather make people depressed and irritable? It makes me sleepy for sure, but I have also noticed I am more irritable and even depressed.

Signed, Debbie Downer

Dear Debbie:

The heat affects people different ways. The elderly have a hard time with extreme temperatures and can easily experience these feelings. People who have health issues may also feel this way.

If you are prone to getting the blues, the heat could increase that sense of sadness or irritability. I would venture to say that the more engaged you are, for instance, the more enjoyable projects or activities you are involved in, the more time you spend with those people you enjoy, and the cooler you can stay during those steamy

summer months the less likely you may be to have these negative experiences.

Eating right, staying hydrated and getting enough rest might also be helpful. I would recommend that if you continue to feel this way, make an appointment and discuss it with your doctor. Together you may be able to find ways that will enhance your health and the enjoyment of your life!

Sincerely, Dee Dee

"Ask Dee Dee" is a new advice column for the Manor Community News!! Dee Dee is not a licensed counselor or therapist. She is a wife, mother, and a member of the community with significant life experience. Any answers are merely suggestions based upon limited information submitted by the readers. We believe you will enjoy this column and hope you will send in your questions to news@manorcommunitynews.com!

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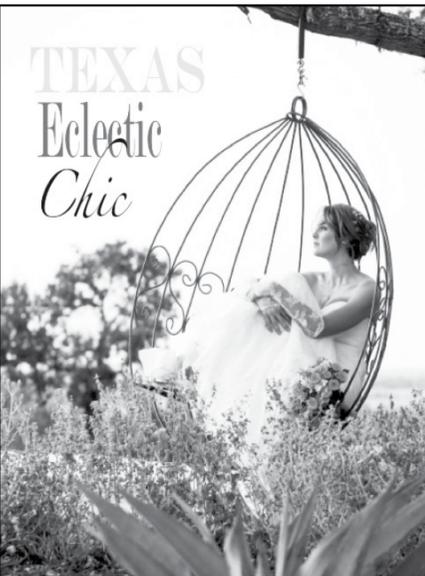
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PUZZLE ANSWERS

Solution time: 21 mins.

U	S	A	F		C	A	M	P		S	P	A		
P	A	L	E		A	L	A	R		W	O	W		
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					C	A	S	T		C	O	N	E	Y
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M	O	W	S		L	A	U	D	A	B	L	E		
P	S	I			S	A	B	R	E		A	U	G	
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T	A	O			I	O	T	A			A	R	I	A
E	R	R			N	O	O	N			T	A	N	G

Answer

6	2	8	1	5	9	4	7	3						
4	5	7	3	8	2	9	6	1						
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7	3	2	5	9	1	8	4	6						
5	6	9	8	3	4	7	1	2						
8	1	4	7	2	6	3	9	5						
3	7	6	9	1	5	2	8	4						
2	8	1	4	7	3	6	5	9						
9	4	5	2	6	8	1	3	7						



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YMCA Afterschool Is Coming To Manor!

Beginning with the first day of school – August 22 – the YMCA of Austin will provide afterschool care to all eight Manor elementary schools. The YMCA is hiring over 30 afterschool counselors, assistant site directors, and site directors to facilitate these programs.

Afterschool staff can expect to work 20-24 hours per week, Monday through Friday 2:15pm-6:30pm, and the pay range is \$10-\$12.50/hour, depending on experience. Join the YMCA of Austin team to enjoy fun and active afternoons while making a difference in the lives of children! Interested applicants can apply online at AustinYMCAJobs.org or contact Austin Arnold,

the YMCA Staff Recruiter, with questions – austin.arnold@austinyymca.org

Austin Arnold says “working as an afterschool counselor is the perfect opportunity for college students or those looking for a fun, flexible, part-time job. I did this job while in college, and it’s one of the most fun jobs I’ve ever had! The job is also a resume builder, and leadership opportunities are readily available for those who work for us.”

Benefits of working for the YMCA of Austin include a free individual membership to all YMCA of Austin facilities, paid training hours, and access to a tax-deferred 403(b) savings account, among other perks.

The YMCA of Austin has many years of experience successfully operating afterschool programs in Travis and Hays counties, and the YMCA incorporates its mission to serve others in its afterschool curriculum. The afterschool program is staffed by people who love kids and put the YMCA mission into practice.

The YMCA of Austin aims to make an impact in the Manor community by offering quality, affordable afterschool care. If you are interested in learning more about our program or enrolling your children in one of our afterschool programs, please visit: www.AustinYMCA.org/programs/afterschool-care

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9:00am -12:00pm

Location of Event:

St. Mary Magdalene Episcopal Church
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Call The Rev. Alex Montes-Vela, Pastor - (512)423-8897 for more information
Email: alex@iamsmm.com www.iamsmm.com

Highly interactive demonstrations that help children learn about science. Kids discover the fun side of science participating in spectacular demonstrations.

2 different shows - 9:30am - 10:30am & 11am - Noon



Kids - ages 5+ and their parents are welcome to attend both shows.

No Admission – Free



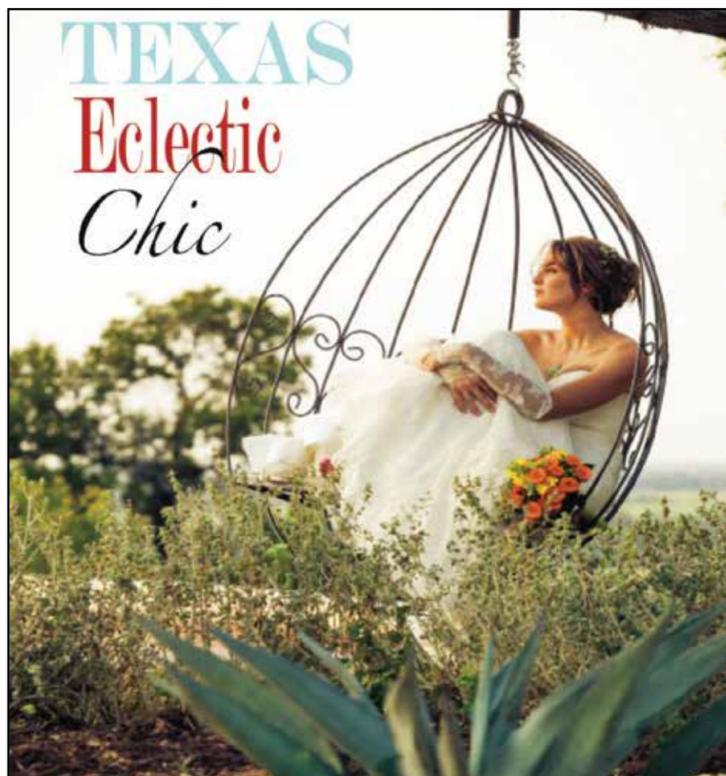
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