

Friday

Saturday

Sunday

Monday

Tuesday

Wednesday

High:98
Low:75



High:99
Low:76



High:101
Low:76



High:102
Low:76



High:101
Low:76



High:101
Low:77



MANOR COMMUNITY NEWS

Friday, July 29, 2016

MANOR, TEXAS

\$1.00

Year 3 Issue #4

Travis County Sheriff Officer, Manor HS Grad Killed In Home Burglary; Suspects Still At Large



Travis County Sheriff's Officer Sergeant Craig Hutchinson was shot by unknown suspects during a burglary at his home on July 25th.

By: Kelsey Feuerbacher
Manor Community News

At 1:22 a.m. on July 25th, Travis County Sheriff's Office (TCSO) dispatch received radio communication from Sergeant Craig Hutchinson, who had gone off duty moments earlier. Hutchinson notified them that he had prowlers in his yard in the 2000 block of Oak Meadow Drive in Round Rock and requested they send Round Rock Police Department to assist him.

At 1:36 a.m., officers found Sergeant Hutchinson near a creek behind his back yard with a gunshot wound. Hutchinson, known to the TCSO family as "Hutch," was immediately transported to Round Rock Hospital, where he was pronounced deceased.

A joint investigation between Round Rock Police Department and TCSO is underway. Help is needed from the public in identifying and locating the suspects involved in the crime. Anyone with information is asked to call the Round Rock Police Department tip line at 512-671-2767. Round Rock Police Department is the lead agency handling the investigation. Media may contact TCSO for information regard-

ing Sergeant Hutchinson.

Sergeant Hutchinson has been with TCSO for 32 years and was set to retire in September 2016. In his press conference, Sheriff Greg Hamilton described Hutchinson as a "Gentle Bear" who stood about 6'4" and weighed 270 lbs.

A TCSO statement included only kind words about the well-respected officer: "Craig Hutchinson had one of those personalities you never forget. He began his career at TCSO in 1984 as a Corrections Officer. In his distinguished career with this agency, he went on to serve as a Patrol Deputy, a Senior Deputy assigned to Criminal Investigations, a Motor Officer, a Senior Deputy assigned to the Training Academy as a Training Instructor, a Detective and ultimately, a Patrol Sergeant.

"During his time as a Training Instructor, he touched the lives and futures of many if not most of TCSO's current Deputies, Corrections Officers and civilian staff. His influence and expertise has and will continue to impact our agency and this county in a positive manner for years to come.

"He earned many awards and letters of commendation

from supervisors and other Law Enforcement Organizations as well as letters of appreciation from citizens of Travis County. Known to his friends as "Hutch," he was often referred to as a gentle giant. That clearly referred to stature as well as character."

The Hutchinson family were longtime Manor residents whose two daughters graduated from Manor High School. Many mornings, you would find Hutch at Manor Grocery getting his coffee and talking shop. When on patrol, he served the area of Travis County around Manor and frequently backed up Manor PD. Many of our officers considered him family, and his tall, masculine stature hid his giant heart. He served and touched the Manor Community on a daily basis, and his presence will be missed.

Manor PD expressed their sadness saying, "The loss of Hutch is devastating to the Manor Community. He was a true advocate for our city, our schools and our youth. His absence will be felt for many years and a heart as big as his will be hard to replace. You don't have to look far to find someone in Manor that wasn't affected by his kindness or his involvement."

Man Rams Manor Sonic



Officers at Manor Sonic inspect the damage a suspect caused fleeing Austin PD.

By: KVUE News
Contributed Story

TRAVIS COUNTY - Police officers arrested a man Sunday night July 24th after he attempted to evade arrest and then rammed his vehicle against patrol cars, narrowly missing officers who were on the scene to detain him.

At around 9:30 p.m., officers attempted to stop a vehicle, but the driver drove off. Police eventually tracked the vehicle to a parking spot at a Sonic located off of East U.S. 290 in Manor.

Officers found the driver, Keith Thompson, standing outside of his vehicle before a patrol car came behind his vehicle and activated the emergency lights. Thompson then jumped in

his vehicle. An officer got out of the patrol car, held his gun up and yelled at Thompson to put his hands up.

Thompson started ramming his vehicle into the patrol car, pushing it between 8- and 10-feet. Two of the officers at the scene had to move out of the way to avoid being hit.

Eventually, Thompson pulled forward, jumped a curb and ended up in a ditch. His tires lost contact with the ground, preventing his vehicle from moving forward. One of the officers ran up to him and tased him before taking him into custody.

Officers later found a "large amount of narcotics" and a gun inside Thompson's vehicle.

Manor Police Investigate Deadly Hit & Run

By: Manor PD
Contributed Story

On July 27, 2016 at approximately 12:30am Manor Police Officers responded to the 13200 Blk of Marie Ln. in reference to a reckless driver. The complainant reported a vehicle driving down Marie Ln, a street in the Greenbury Neighborhood, hitting and knocking over trashcans set on the curb line.

Upon their arrival, responding officers located the body of a 19 year old black male in the street. The officers attempted resuscitation until ATCEMS arrived and pronounced the victim deceased. The victim had injuries that were consistent with being struck by a vehicle.

Witnesses to the incident described the vehicle involved as a black in color 4-door passenger car. The vehicle will have damage to the front and passenger side.

The Manor Police Department is asking that anyone with information call the Manor Police Dept. at 512-272-8177 or email at police@cityofmanor.org.

At the request of the family of the victim, his identity will remain unavailable until such time all family members can be notified.

Failure to stop and render aid on a collision that causes death is a felony of the second degree. Manslaughter is a felony of the second degree to which a person recklessly causes the death of an individual.

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Travis County Saves Money With Bond Refinance
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Breakthrough Austin Kids
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Weekly SUDOKU

by Linda Thistle

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

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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Community Calendar

Friday, July 29th

Manor Lions Club Fish

Friday located at
 429 W. Parsons, Manor Lions Hall at 5:30 until the fish is gone. \$9 per person
 Plates include Catfish, Hush Puppies, Cole-slaw, Beans, Tea, Fries.
 Deserts are \$.50 more. Get a free desert if you buy your tickets online in advance.

Saturday, July 30th

Manor Lions Club

Garage sale in the Lions Club parking lot from 8 a.m to noon. Table space will be offered for \$10.

Carolyn Gonzalez Benefit

on Saturday at Jennie Lane Park in Manor from 11am to 3pm. They will be selling BBQ plates to help offset some of the costs of her fight with cancer. Plates are \$8 and include chicken, sausage, rice, beans and potato salad.

Manor Library will be hosting 2pm-6pm Manor Library will be host a Children's Activities event. Story time, Games, Prizes, and more!

Wednesday, August 3rd

Manor Community Farmers Market

from 4pm-7pm at Jennie Lane Park.

City Council Meeting

at City Hall from 7pm-8pm

Thursday, August 4th

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

Police Report

July 20th – July 26th

07/20/2016 VCO 168 ANIMAL CONTROL
 12100 BLK ATHENS STREET

07/20/2016 POSS OF MARIJUANA
 100 BLK S LEXINGTON STREET

07/20/2016 WARRANT
 100 BLK S LEXINGTON STREET

07/20/2016 VCO 168 ANIMAL CONTROL
 16700 BLK TREVIN COVE

07/21/2016 DWI
 11200 BLK E HWY 290

07/21/2016 RUNAWAY CHILD
 16200 BLK HAMILTON POINT

07/22/2016 FAIL TO STOP
 11000 BLK HWY 290

07/22/2016 DRIVING WITH SUSP LICENSE
 100 BLK S LEXINGTON STREET

07/22/2016 RUNAWAY CHILD
 16200 BLK HAMILTON POINT CIRCLE

07/23/2016 DWI
 12000 BLK HWY 290

07/23/2016 ASSIST OTHER AGENCY
 14300 BLK FM 973

07/23/2016 CPS FOLLOW UP
 11900 BLK BASTROP STREET

07/23/2016 DRIVING WITH SUSP LICENSE
 100 BLK S LEXINGTON STREET

07/24/2016 ASSIST COMPLAINT
 12700 BLK ST MARY DRIVE

07/25/2016 DWI
 11900 BLK FM 973

07/25/2016 COLLISION
 10700 BLK US HWY 290E

07/26/2016 VCO 168 ANIMAL CONTROL
 10700 BLK HWY 290E

07/26/2016 CREDIT CARD ABUSE
 400 BLK W PARSONS STREET

07/26/2016 MISSING PERSON
 16800 BLK JARDON DRIVE

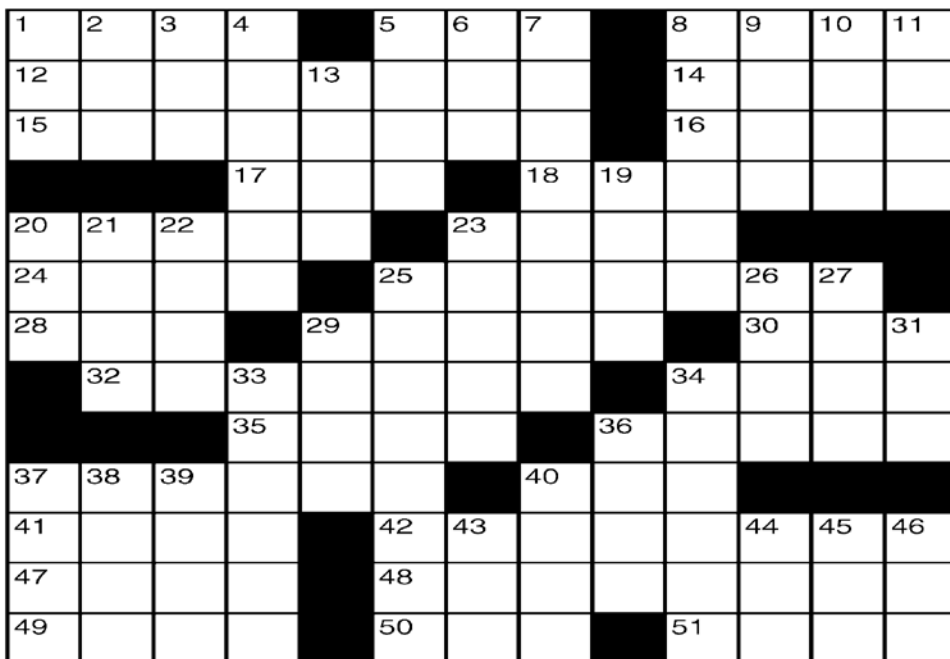
07/26/2016 VCO 168 ANIMAL CONTROL
 12000 BLK ATHENS STREET

07/26/2016 ASSAULT BY CONTANT
 12700 BLK ST MARY DRIVE

King Crossword

ACROSS

- 1 Atomizer output
- 5 Annoy
- 8 Picnic invaders
- 12 Pub
- 14 Old Italian coin
- 15 Poisonous evergreen
- 16 Alternative to Windows
- 17 Greek consonants
- 18 Electrical resistance
- 20 Some silverware
- 23 Soon, in verse
- 24 Individuals
- 25 "Hamlet" Oscar winner
- 28 Schedule abbr.
- 29 "Once upon ..."
- 30 Periodical, for short
- 32 Semisweet sherry
- 34 Location
- 35 Study of the past (Abbr.)
- 36 Wild
- 37 Crazed one
- 40 Silent
- 41 Sandwich cookie
- 42 Quadrennial games



- 47 Elvis' " — Las Vegas"
- 48 Fatherly
- 49 Paradise
- 50 Ordinal suffix
- 51 Catch sight of
- 8 Graduates
- 9 1492 vessel
- 10 Advanced math
- 11 Old German duchy name
- 13 Responsibility
- 19 Hoisted, at sea
- 20 Enemy
- 21 Aware of
- 22 Authentic
- 23 Preferred invitees
- 25 Ear doctor's device
- 26 Eastern potentate
- 27 — -tat-tat
- 29 Operatic solo
- 31 Toothpaste style
- 33 Buckeye
- 34 Always, in music
- 36 Show anger
- 37 Relocate
- 38 Desert-like
- 39 Actress Campbell
- 40 Legend
- 43 Long. crosser
- 44 — and outs
- 45 Baseball hat
- 46 Crafty

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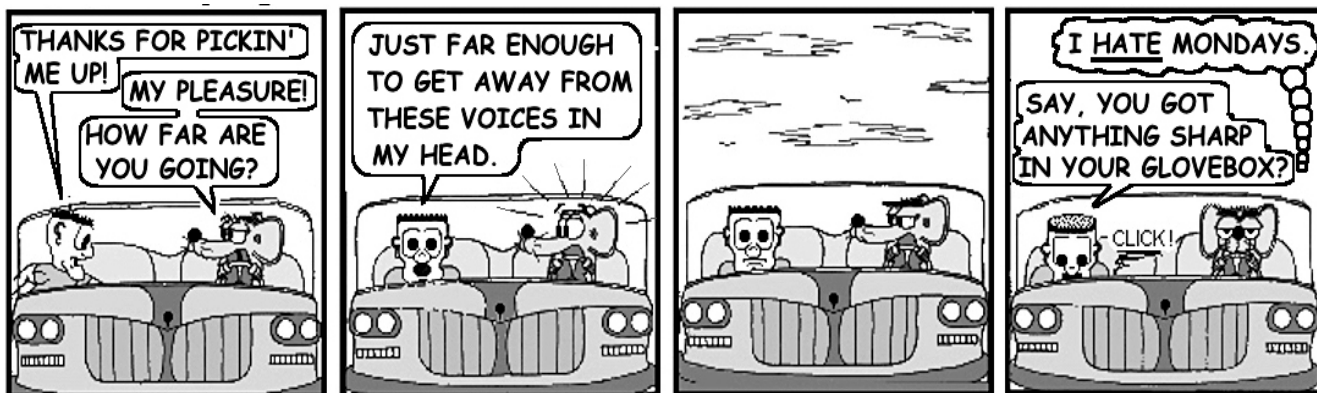
Local Resources & Services Packet:

- 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

Alden by Egan



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Lions Club

The Manor Lions Club will be having another fish fry on Friday July 29 starting at 5:30 pm. Plates will be \$9 and will include fish, cole slaw, beans, and hush puppies! Desserts may be purchased for 50 cents. On Saturday July 30, there will be a garage sale held at the Lions Club parking lot from 8 a.m to noon. Table space will be offered for \$10.

Our Lions Club work hard all year for the community. Let's show our support this weekend!

Manor ISD Mourns Loss Of Recent Grad

The Manor ISD community is mourning the loss of recent Manor New Tech (MNT) graduate, Devon Sanders, who tragically passed away early yesterday morning. Please keep his family and friends in your thoughts and prayers. The District will provide the community with additional information regarding services as soon as details are available.

The MISD counseling team will be available at MNT today, Monday and Tuesday to provide support and comfort during this very difficult time. If you have special counseling concerns, please contact 512-278-4439.

Million Father March

The ShadowGlen Elementary School will host the first annual "Million Father March" on the first day of school. All fathers, mothers and father figures are invited to escort their children to school to show their commitment to their education.

Students, schools and communities benefit immeasurably when children feel protected, supported and loved by their fathers or other significant male role models.

Join this educational celebration at ShadowGlen Elementary on August 22 from 7:00 a.m. - 7:30 a.m. at 12000 Shadowglen Trace Dr., Manor, TX 78653.

For more information, please contact MISD Parent Engagement Liaison Joanie Grace at 512-278-4890.

New Student Registration Now Open

For students new to Manor ISD, enrollment consists of completing the online registration and turning in the needed documentation. The online registration can be completed at any time prior to turning in your documents.

To enroll a student in Manor ISD the parent or guardian will first need to complete the online registration. Please go to the following link to begin the enrollment process: <https://skyweb.manorisd.net/scripts/wsisa.dll/WSservice=wsEAplus/skyenroll.w>

Once you have completed the online registration and submitted your information, the following documentation must be provided to the school:



Neuromuscular Therapy (AKA Therapeutic Massage)

By: Julia L. Humphrey, LMT
Manor Community News

Neuromuscular therapy (NMT) is treatment of the body's soft tissues using clinically proven protocols and is often included in mainstream medicine.

During treatment, a therapist will consider factors that may be contributing to the client's complaints. Let's say a client complains of shoulder pain. The therapist looks at the upper body as a unit and how the muscles work together. In addition to the muscles that directly affect the shoulder, muscles that attach the shoulder girdle to the body would be considered also, along with those muscles affecting the scapula. Problems can also be found in the arm, forearm and hand which can produce compensation patterns in the shoulder. Since nerves to the shoulder exit the spine at the neck, muscles of the neck should be looked at also, in addition to nerve entrapment at the shoulder. Lifestyle and other factors will also be considered, such as posture, work and use habits.

NMT assessments and treatments usually ad-

dress ischemia (tight tissue with reduced blood flow); myofascial trigger points, nerve entrapment, and consideration for other factors, such as hydration and nutrition. This treatment is effective for clients with chronic pain and is often successful in reducing or eliminating even longstanding conditions. It can also help to improve performance in sports and physical jobs. This type of treatment can sometimes help the client avoid surgery, such as for carpal tunnel or frozen shoulder. I would never recommend that someone not get surgery, but I might recommend they try the treatment first, if appropriate, before committing to something as serious as surgery.

A word of caution. Most people did not suddenly get a painful condition. It is usually brought about over a period of time of working incorrectly, sitting incorrectly, not taking care of yourself physically, not eating right, not drinking enough water, etc. One or two treatments will more than likely not do the trick. A problem that has developed over time takes time to fix. It also means the client will be giv-

ing homework to do, such as stretches, drinking more water, possibly recommending seeing your physician about the need for magnesium supplements, and more. Also, this type of treatment usually has some level of discomfort or just plain hurts. If a muscle is extremely tight over a period of time, it can get "stuck." Loosening the muscle so it can once again move freely, takes an investment on the part of the client - of time, of money, and an investment in doing the things recommended by the therapist such as stretches, exercises, and changes in lifestyle. Unfortunately, there is not a magic pill to take that will do the trick. So if you are ready, seek treatment and do your homework!

If you have any questions or would like more information, go to my website at PeacefulAbiding.com and click the "Contact Me" tab or call the toll-free number (888) 512-0726. It's all about living the highest quality of life possible. Whatever it takes - DO IT! Take the steps you need in order to achieve the best for yourself, because you deserve to live the healthiest and best life possible.

Recipe Of The Week

Cream Cheese & Chicken Taquitos (Adapted from Cinnamon Spice and Everything Nice)

Ingredients:

- 3 cups cooked shredded chicken
- 6 ounces cream cheese, softened
- 1/3 cups sour cream
- 1/2 cups salsa
- 1 1/2 cups colby jack cheese
- 1 1/2 cups chopped baby spinach, stems removed
- 12 6 inch corn tortillas
- vegetable or canola oil, for frying

Instructions:

Heat 1/2" oil in a sauce pan on medium heat.

In a large bowl mix together the chicken, cream cheese, sour cream, salsa, co-jack and spinach. Add salt and pepper to taste.

Once oil is hot enough (place hand over pan, above oil, to feel heat), add a few

tablespoons of chicken/cream cheese mixture to the center of a tortilla and spread out. Roll up and set seam side down in oil using tongs. Cook until golden brown on both sides.

Repeat until all the tortillas are filled, rolled and fried.

Set on paper towels to drain.

Serve warm and ENJOY!

Travis County Saves Taxpayer Money With Bond Refinancing

By: Lisa Block

Travis County Emer. Srvs.

To save Travis County taxpayer dollars and capitalize on historically low interest rates, Travis County refinanced bonds to provide more than \$12 million in savings through fiscal year 2030. Travis County is committed to effective, efficient and affordable local government, and achieving that goal requires thoughtful and well-timed financing.

"I am thrilled that Travis County is meeting its affordability goals by increasing cost savings for our residents," said Travis County Judge Sarah Eckhardt. "By refinancing already very inexpensive loans to Travis County, we save millions in taxpayer dollars."

On July 19, the County sold \$93 million in tax-exempt limited tax refunding bonds (Series 2016A) and \$22.7 million in taxable limited tax re-

funding bonds (Series 2016B) for the sole purpose of refinancing existing debt at very low interest rates.

Travis County refinanced existing debt to achieve interest cost savings without extending the final maturity, or total repayment period, for County debt.

In addition to a favorable interest rates, the historically-low borrowing rates attained by the County reflect positive views of its Triple-A credit ratings. The County has maintained the highest achievable credit ratings from the major bond rating agencies for 15 years.

In the rating agencies' most recent feedback, Moody's cited the County's "strong and prudent fiscal management practices," and S&P noted the County's "very strong economy...very strong management...and strong budgetary performance" as factors in their decisions to reaffirm the County's Triple-A credit ratings.

ASK DEE DEE

Dear Dee Dee:

For the upcoming presidential election, I am now of age to vote, but I don't really understand what is going on. What should I do to be more informed for this election, or is it even important for me to vote?

Sincerely, Lucy

Dear Lucy:

Congratulations and welcome to adulthood! Now the fun begins, and now is the time for you to do exactly what you are doing - ask questions and become informed about the election process. You are not alone when it comes to "not understanding". This has been a confusing year. A lot of people are not liking either candidate and are unsure what to do. Does it matter if you vote? YES! It is very important that you vote. Often people don't vote

FOR someone, but vote for "the lesser of two evils", but it is still so crucial to exercise your right to vote.

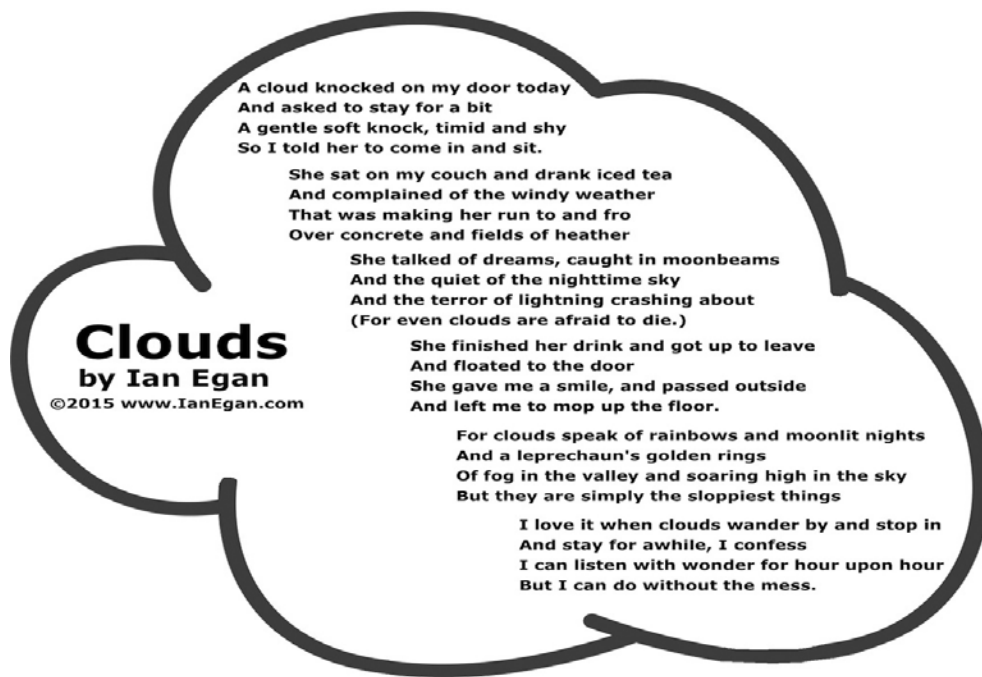
It is also important to acquire information from a number of sources, and to consider the information for all sides. You can learn a lot from listening to opposing views. Social media will give you information, albeit usually biased for one side or the other. There are a lot of publications that can give you information, many news sources on television and on the internet. Another good source is the League of Women Voters (Texas) at lwvtexas.org. At this site, they lay out where each candidate stands on the issues. Often public libraries have printouts available.

Lastly, talk to your parents and other family members and friends to see what their

views are and be sure and ask them why they believe what they do. In the end, you have to make up your own mind. You may not be one hundred percent sure that your vote is right, very few people are. The important thing is that you let your voice be heard and counted by voting in November. This is your country and your future!

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!

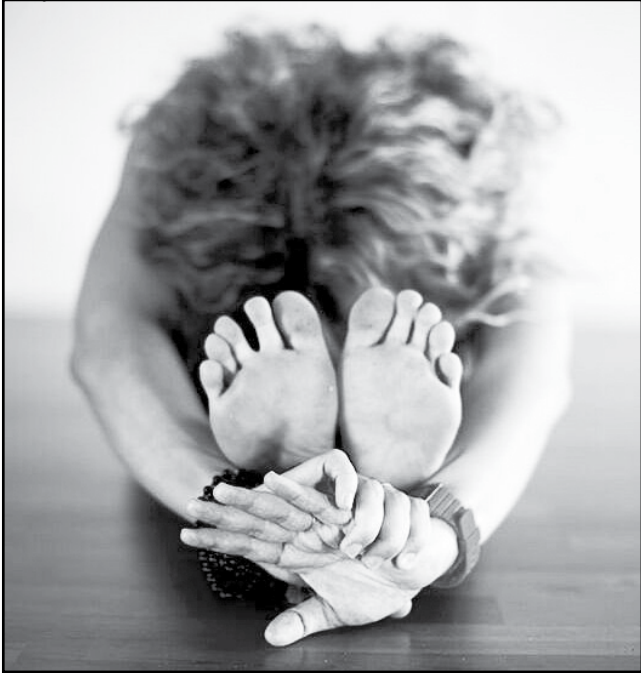


INSPIRATIONAL SECTION

5 Tips for Your Best Body at Any Age

by Katy Gassaway, RYT
Contributed Story

I am lucky to have students of all ages in my yoga classes, from teenagers to grandparents. While many things vary between different age groups, there are some simple principles that are the same for anyone looking to get in shape. Here are my five go-to tips to be your fittest self:



1. Make a commitment to yourself. No excuses! It may feel selfish to carve time out of your day to stay active, but I always tell my students—the

best thing you can do for anyone you care about is to take care of yourself first. We live in a society that takes weird pride in being tired, stressed out, and always busy. But if you are not taking care of yourself, how do you expect to be able to take care of anyone else? Whether it's your kids, spouse, parents, or pets, if you aren't healthy and

happy, you won't be able to give them your best.

2. Make it fun! You know the saying, find a job that you love and you'll never work a day in

your life? The same goes with exercise. If you enjoy what you do to stay active, it won't feel like such an obligation. If you hate going to the gym, don't make going to the gym your primary form of exercise! Find a nice park or go to your favorite part of town and walk, jog, or run. If you enjoy competition or a team environment, there are lots of adult athletic leagues like kickball and bas-ketball. If you're looking for camaraderie without keeping score, check out your local Cross-Fit gym or yoga studio, or try a dance class with a friend. If you love furry friends and want to make a difference, volunteer to walk or jog dogs at your local shelter or rescue group. Mix it up and try something new if you start to get bored.

3. Fuel your body well. If you had a top of the line sports car, would you just throw the cheapest oil and gas in it, or neglect to refill it at all? NO! You only get one body, you need to put the proper fuel in

it as well. That doesn't mean you can't indulge in your favorite treats in moderation, but if you subsist mainly on unhealthy, highly processed foods, your body is not going to perform at its highest potential. Same thing if you try to starve it. You can't run a car with no gas. While cutting calories to a bare minimum might seem like a fast way to lose weight, it's not sustainable. Experts have found that people who follow very restrictive, low-calorie diets re-gained more weight over time than people on more moderate plans. Eat healthy meals and snacks when you're hungry, and don't beat yourself up if you splurge now and then.

4. Hit the weights! This doesn't mean you need to become a professional body builder if that's not your thing. But by adding some resistance training or weight training to your routine, you'll not only help tone your muscles, but you'll also your im-

(Continued on Page 6)

Why Does God Love Us?

by Pastor Jimmie Anderson

This short question is among the most profound questions ever asked. And no human would ever be able to answer it sufficiently. One thing is certain, however. God does not love us because we are lovable or because we deserve His love. If anything, the opposite is true. The state of mankind since the fall is one of rebellion and disobedience. Jeremiah 17:9 describes man's inner condition: "The heart is deceitful and desperately wicked. Who can know it?" Our innermost beings are so corrupted by sin that even we don't realize the extent to which sin has tainted us. In our natural state, we do not seek God; we do not love God; we do not desire God.

First John 4:8 and 16 tell us that "God is love." Never was a more important declaration made than this; never was more meaning crowded into a few words than in this short sentence—God is love. This is a profound statement. God doesn't just love; He is love. His nature and essence are love. Love permeates His very being and infuses all His other attributes, even His wrath and anger. Be-

cause God's very nature is love, He must demonstrate love, just as He must demonstrate all His attributes because doing so glorifies Him. Glorifying God is the highest, the best, and the most noble of all acts, so, naturally, glorifying Himself is what He must do, because He is the highest and the best, and He deserves all glory.

Since it is God's essential nature to love, He demonstrates His love by lavishing it on undeserving people who are in rebellion against Him. God's love is not a sappy, sentimental, romantic feeling. Rather, it is agape love, the love of self-sacrifice. He demonstrates this sacrificial love by sending His Son to the cross to pay the penalty for our sin (1 John 4:10), by drawing us to Himself (John 6:44), by forgiving us of our rebellion against Him, and by sending His Holy Spirit to dwell within us, thereby enabling us to love as He loves. He did this in spite of the fact that we did not deserve it. "But God demonstrates His own love for us in this: While we were still sinners, Christ died for us" (Romans 5:8).

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Manor, Tx 78653

TRUE VINE CHURCH OF MANOR
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SAINT RAGUEL ETHIOPIAN ORTHODOX CHURCH
512-272-9604
19004 Saint Raguel
Manor, Tx 78653

MANOR UNITED METHODIST CHURCH
512-272-4914
501 North Burnet Rd.
Manor, Tx 78653

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(512) 272-8400
18201 Blake Manor
Manor, TX 78653

CHURCH OF CHRIST
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201 San Marcos St.
Manor, TX 78653

TURNING POINT FELLOWSHIP
(512) 278-9600
11805 Johnson
Manor, TX 78653

DECKER UNITED METHODIST CHURCH
(512) 272-5371
8304 Decker Lane
Austin, TX 78724

FREEDOM CHURCH
New Tech High School Cafeteria
10:30 a.m. Sundays
512-278-9500

BANNOCKBURN BAPTIST CHURCH
407 East Eggleston Street
Manor, Texas 78653

ST. JOHN EVANGELICAL LUTHERAN CHURCH OF RICHLAND
17701 Cameron Road
Pflugerville, TX 78660
512-251-4314

PENTECOSTAL FELLOWSHIP CHURCH
512-636-8137
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17921 Maxa Dr, Manor
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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
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www.freedomchurchtx.org

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Pastor Gerald Aalbers 512-278-9500

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11:00 a.m. SUNDAYS/DOMINGOS (English & Español)

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McDonald's & The ShadowGlen Golf Club

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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:
9:00 AM - Sunday School for all ages
10:45 AM - Morning Service
1:00 PM - Youth Devotionship
7:00 PM - R.O.C.E.

Wednesdays:
6:00 PM - Men's
6:30 PM - Prayer Meeting & Bible Study
8:00 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

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Call us for details!

AROUND YOUR COMMUNITY

Benefit For Manor Resident

By: Kelsey Feuerbacher

Manor Community News

Life long Manor Resident, Carolyn Gonzalez, has Stage 4 Cancer. It is in several areas of her body, including her brain. It is so far along, yet she still has a lot of fight in her and a lot to live for. Her family will be hosting a benefit on Saturday, July 30th at Jennie Lane Park in Manor from 11am to 3pm. They will be selling BBQ plates to help offset some of the costs of her fight.

Plates are \$8 and include chicken, sausage, rice, beans and potato salad.

Any and all donations are appreciated. You can also donate to the Go Fund Me account that has been set up at the link below. <https://www.gofundme.com/carolyn-fightscancer>

Breakthrough Austin Students Make Presentations

By: Vicki McFarland

Manor Chamber of Commerce

Several Manor Chamber of Commerce members joined approximately 50 other volunteers on Wednesday, July 27 to listen to "Presentations of Learning" presented by Manor ISD students who have been attending the Breakthrough Austin June-July summer session at Manor Middle School. The program targets sixth through ninth grade students.

Chamber members Barbara Hollingsworth, Beverly Allen, Rachel Fausett, Rita Jonse, Geovanna Ricaldi and Vicki McFarland listened to the students' five-minute presentations and then asked questions about the students' research and information learned during their research. Examples of some of the student presentations included solar energy, math equations and writing poems.

Breakthrough Austin builds a path to college starting in middle school for low income students who will be first-generation college graduates. Breakthrough Austin started in 2002 with 41 students and in 2016 served approximately 600 students from Manor ISD and 600 students from Austin ISD.

Breakthrough serves students and relies on volunteers to serve as mentors, tutors, and role models to support students on their path to college. Breakthrough Austin exists because students from low-income families should have the opportunity to graduate from college, but statistics say they won't graduate without significant intervention. In 2015, the organization honored the first group of 30 students to earn their college degree who began their program while enrolled in middle school.

Research shows that 85% of new jobs nation-wide require higher education which makes the purpose of Breakthrough Austin so valuable to students and their families. The program focuses of two parts: extended learning where students attend tutoring after school during the regular school year, enriching Saturday programs during the school year and a six-week session during the summer. The presentations made by the students on July 27 was the completion of

this summer session.

Breakthrough Austin also provides case management where the students are monitored throughout the school year. The goal of the summer program is to provide rigorous academic programming for students entering 6-9th grades in English Language Arts, Social Studies, Math and Science. The case management portion of the program provides students with assistance in test preparation, school-year support and advocacy, college counseling and guidance, after-school tutoring and college persistence support.


Breakthrough Austin is located at 1050 East 11th Street, Suite 350 in Austin. For more information about their program, please call Executive Director Michael Griffin at (512) 692-9444.



Manor Police Department stopped by the Carriage Hills subdivision to support these two superstars in the making as they raise money to head to the National Boxing Championship in Missouri.



The Manor Police Department spent some time with the Manor Falcons basketball team who is going to nationals in Dallas.



"Mad Science" is coming to Manor
Saturday, August 6, 2016
9:00am - 12:00pm

Location of Event:
St. Mary Magdalene Episcopal Church
12800 Lexington Street, Manor, Texas 78653
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

1st Show
9:30 am - 10:30

2nd Show
11:00 am - Noon

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



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Mad Science Coming To Manor

If you are looking for a truly fun experience for your kids to enjoy before school starts, mark your calendar to attend "Mad Science" shows at St. Mary Magdalene Episcopal church on Saturday, August 6.

The first show will be held from 9:30am to 10:30am with the second show from 11am to noon.

Parents and kids are welcome to attend both shows which are free and open to the entire Manor community.

"Mad Science" transforms laboratory science into fun and interactive learning experiences. Science concepts are presented to kids in a way that makes sense with hands-on experiments

and eye-catching demonstrations. Kids get TO DO science instead of just hearing about it.

St. Mary Magdalene Church is located at 12800 Lexington Street - across from the Shadow Glenn Golf Course. For more information or to register your children, please call Reverend Alex Montes-Vela at (512) 423-8897.

Pet of the Week!



Bestrop County Animal Shelter
589 Cool Water Dr
Bestrop TX 78602
(512) 549-5160

Animal ID: 30772050
Breed: Terrier
American Pit Bull / Mix
Age: 1 year 8 months
Gender: Male
Color: Brown / White
Spayed/Neutered: Yes
Size: Medium

Melvin Lightening

Manor Library Hosting Summer Activities Event

By: Kelsey Feuerbacher
Manor Community News

Manor Library has some new things in store for the children of this community! On Saturday, July 30 from 2pm-6pm Manor Library will be host a Children's Activities event. Over the last month volunteers have come together to promote reading and well-being to the children of Manor. The

can choose a tour of the Power Plant!

Story Time will be brought to you by 8 year old, Sheldon who will begin at 3pm so get there early.

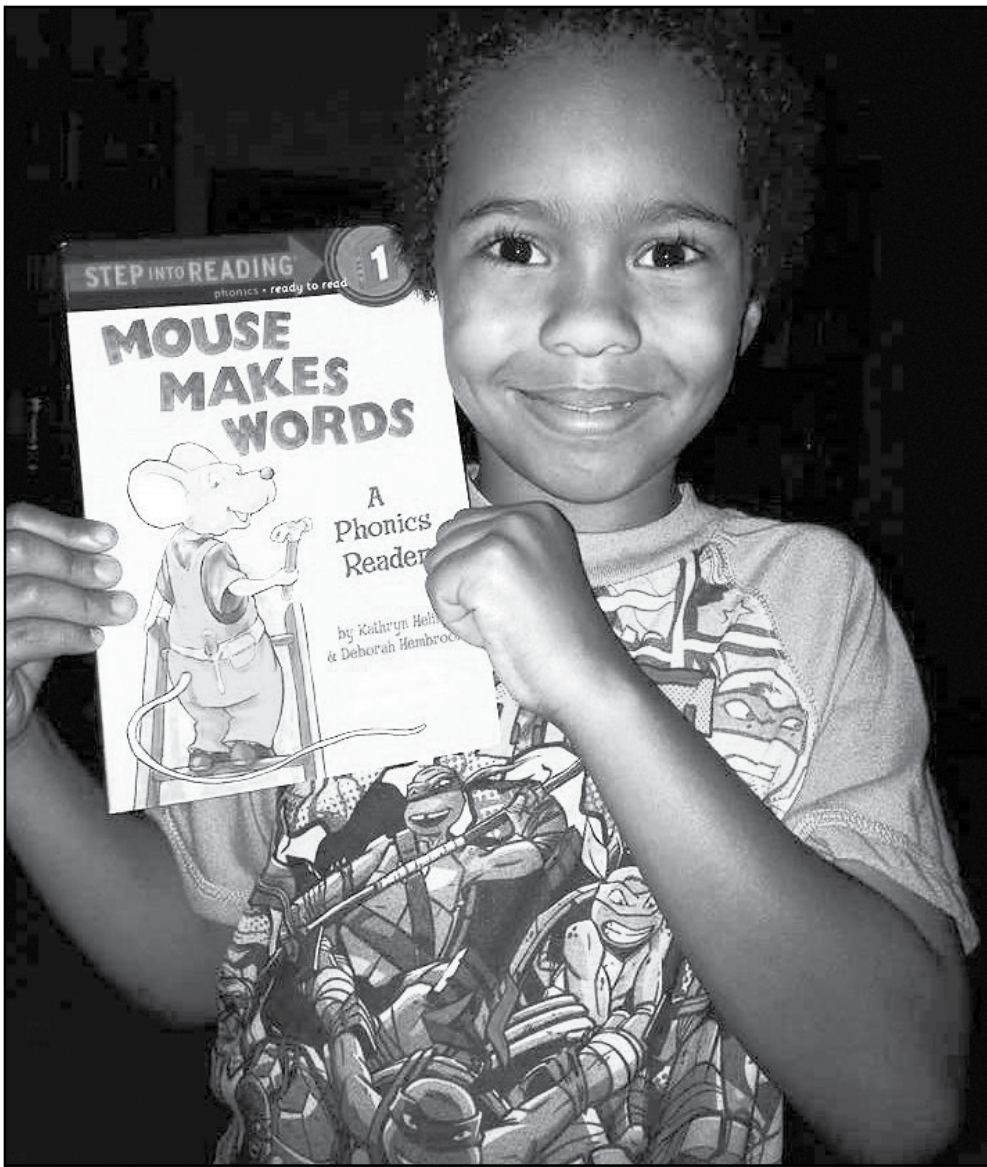
Scavenger Hunts will begin at 4pm and will be held indoors in the children's section. All ages are welcome. Prizes will be awarded to the first one in each age group who completes first AND accurately!

3. Coloring, word searches, mazes, and more!

4. Practice writing letters on a lined dry erase board.

5. Or choose a book and enjoy the story!

All participants must have a library card. If you don't have one, it's only a one-time fee of \$5 for the entire family! Parents ARE



library is now offering free coloring activities, word searches, mazes, other small games, and a variety of activities for children of all ages, even adults! Because sometimes we like to color, too! Manor Library has also implemented a summer reading program that requires children read 5 books to win a tour of the Fire Department and 4th graders and up

Checkers will be available from 2pm - 6pm!

Those who wish to come, but not participate, will have many other things to choose from:

1. Foam puzzle board for toddlers learning their ABC's

2. Learn to tie your shoe! Children can practice on a clean shoe board.

REQUIRED to stay with children during the events.

Come out how your support, get to know your neighbors, and allow your children to get ready for "BACK TO SCHOOL".

Manor Library is located at 601 W. Carrie Manor St, Manor, Texas.

THIS WEEK IN ASTRONOMY

Huge Constellation Scorpio Dominates The Sky

By: Joseph Macry
Contributing Writer

The constellation Scorpius (not "Scorpio" as horoscopes spell it) dominates the southern sky this month, and next. Given clear skies, it is easy to spot, and actually looks like a huge scorpion. Look due south after dark (9:30pm or later). The long, curling shape of a scorpion's body is hard to miss. The brightest star in Scorpius is the red giant Antares, placed right where the scorpion's heart would be. At the "stinger" end of the scorpions tail, look for a close pair of stars. These are Lambda and Upsilon Scorpii, sometimes called the "cat's eyes".

You will notice two brighter objects near the "pinners" at Scorpius' head. The brightest in the area is the planet Mars, just to the west of Antares. The name "Antares" is Greek

for "rival of Mars (the god of war)", because both of these objects shine bright red. You can compare them nearly side by side.

The other bright object, just above Antares, is the planet Saturn. It's color is closer to golden. A modest telescope or good pair of binoculars can reveal the ring system around Saturn.

Jupiter shines bright in the early evening before it sets. It's the brightest object low in the west-southwest, and really stands out just after sunset.

Most people think of a "constellation" as a group of stars that form a picture when you "connect the dots". While that was true in olden times, the definition changed in 1930, when Eugene Delporte described 88 modern constellations for the International Astronomical Union (IAU). Each one has a specific area with borders on the celestial

map, as well as some key stars linked into a shape to help people recognize them. So a constellation is really all the stars within its defined boundaries in the sky.

An "asterism" is a set of stars that seem to form a picture that is not related to the 88 defined constellations. A well-known example is the Big Dipper, which is part of the constellation Ursa Major. Another example is the "teapot" seen in Sagittarius, which is visible in the south after midnight this week.

When rock musician David Bowie died earlier this year, social media posts proclaimed a "new constellation" in the shape of the lightning bolt Bowie used to wear on his face. But there cannot be a new constellation when the entire sky is already divided into 88 constellations. This would really be another example of an asterism.

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.

MANOR ISD LE INVITA CORDIALMENTE A ASISTIR AL
16 FERIA DE RECURSOS EVENTO DE DISTRIBUCIÓN DE ÚTILES ESCOLARES

viernes, 19 agosto 2016
9:00 a.m. hasta las 1:00 p.m.

Cafetería de Manor New Tech Preparatoria
10323 US Hwy 290 East Manor, Texas 78653

Esta es una oportunidad maravillosa para los padres y los estudiantes a aprender acerca de los recursos en las comunidades en Manor y Austin.

Solamente se distribuirán útiles escolares a estudiantes de Manor ISD.

Comuníquese con el Departamento de Servicios de Estudiante y Familia al (512) 278-4095 si tiene algunas preguntas.



Si planea asistir, por favor considere la donación de 2 a 3 latas de comida por tanto podemos rellenar el Armario de Comida de Manor ISD.

5 Body Tips At Any Age

(Continued from Page 4)

the study and had less energy when trying to exercise. We often think as sleep as something that keeps us mentally rested, but it's important to realize the physical side effects of getting enough sleep. You could be sabotaging your whole diet and exercise routine by not spending enough time in bed!

Most importantly, listen to your body. By listening to what your body needs, you can avoid over-doing it or injuring yourself. Find an active, balanced routine that makes you happy, and your body will thank you by being the best it can be!

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 (face-book.com/katydoesyoga) and Instagram (@katydoesyoga).

prove your muscle longevity. You can actually reverse aspects of aging at the gene level! A study found this is possible in both a young demographic (mean age 24 years) as well as an older group (mean age 68 years) who performed 12 different weight exercises twice a week for 26 weeks. So no matter what your age, adding a little lifting to your routine can do some major good in both the short and long term!

5. Catch plenty of zzz's. A study in the Annals of Internal Medicine found that people who did not get an adequate night's rest (5.5 hours) lost half the amount of weight as people who were on the same diet and exercise routine who were getting a full night's sleep (8.5 hours). The group that did not get as much sleep also felt hungrier throughout

the Moon and Sun The new Moon (when the Moon appears to pass near the Sun) is August 2nd. So skies this week will be dark for good star viewing, assuming the clouds cooperate. Later in the week, a crescent moon will be seen in the west before setting early in the evening. The Sun rises before 7:00am this week, and sets before 8:30pm, making for a little over 13½ hours of daylight.

Public Star Party The Austin Astronomical Society (AAS) will be hosting a public Star Party on Saturday, July 30 8:00pm at Canyon of the Eagles on Lake Buchanan. For more information, visit the AAS web site at www.austinaastro.org.

Next week: What is twilight?

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

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THIS WEEK'S FEATURED PROPERTIES:

- ◆ 3/2 D/W MH on half an acre. All city utilities. \$99,900
- ◆ 4/2 investor home with great potential. Elgin Meadows Subd. \$125,000
- ◆ 3/2 older home just off historic Main St, Elgin. \$135,000
- ◆ 3/2 Brick home, above ground swimming pool with a beautiful yard. \$159,900.00 **NEW LISTING**
- ◆ 4/2 brick home on 1/2 acre lot in Smithville. Just remodeled. \$174,900 **UNDER CONTRACT**
- ◆ 4/3 Brick home on 0.303 lot at Parkdale subdivision. \$269,000.00
- ◆ 3/2.5 home on 17 acres. 30' x 80' metal building with water & electricity. \$425,000

RENTALS

- ◆ Two 1/1 loft apts left in downtown Elgin. Ready to move in. \$750 or \$950/month
- ◆ Cute 1/1 garage apt, fully furnished, all utilities paid by owner. \$800/month
- ◆ 3/2 older home with over 2400 sq'. Downtown Elgin. \$1500/month
- ◆ Upstairs office located downtown Elgin. Approx 394 square feet with a window facing Main Street. Common area kitchen, restrooms, and small lobby. \$450/month
- ◆ Available August 1, 2016. Warehouse space with an office and restroom. Loading dock with slide door. Central air and heat. Insulated. \$500/month

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Answer

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Green Gates Farms- Making Community Connections

By: Kelsey Feuerbacher
Manor Community News

Nestled between Austin and Manor lies Green Gate Farms, a certified organic community-based farm. Husband and wife, Skip Connett and Erin Flynn, opened their doors to the community 10 years

ago. Growing up, both Skip and Erin were no strangers to the farm life. Erin and her family has farmed and ranched in East Texas for six generations while Skip was raised on a beautiful farm in Pennsylvania. However, life led them to other trades and the couple both worked in public health prior to taking the plunge into farmer-hood. "When my husband said he wanted to start farming again I thought he had lost his mind," Erin laughed. "I thought there is absolutely no way I'm going to do this. I come from this ranching tradition and...it was really hard. It was really difficult and I didn't want any part of that."

ing space. Access to our farms for canoeing, camping, field trips, volunteering, exploring and relaxing. "What we wanted to create was a farm that was different from the ones you were used to seeing," Erin explained. "We wanted a community farm and that has shaped every-

work. Each week has a dedicated theme that coincides with the activities in addition to featuring a farmer to share their knowledge. "It's all about making sure the children are engaged in what we're doing. So many children are not involved in something that's useful," says Erin. "Children don't understand hard work or the value of team work. They don't understand contribution and they don't have a sense of mastery and that's what we want on the farm. Every child that comes here I want them to feel like they accomplished something." This summer one of the themes focused on Livestock and the kids helped the farmers care for chickens, goats, rabbits, and even their 900lb pig!

It was Arden's first time at Farm camp this year and enjoyed summer camp saying, "I really like hanging out with all of the animals. I'm planning on living on a farm when I grow up so its good practice."

To ensure the kids have a spot in the camp Green Gate Farms offers a sponsorship program where businesses can sponsor a child so they may have the opportunity to experience Farm Camp.

thing. What we've done is we have been open to ideas and open to what our customers want."

Erin and Skip quickly realized that what their customers wanted was education. Erin explained that members would come to the farm and the members would have children. The children were fascinated and yearned to learn more. There was such an interest Erin created 5H, a group were children



could learn about chicken feed, how to raise a chicken and ensured the children were involved in every step of care of the livestock even the butchering of the animal. There was such a great response from the children that Erin and Skip decided they had no choice but to take it even further and start a Farm Camp.

Throughout the year Green Gate holds

rience Farm Camp.

Green Gate also gives the opportunity to adults with their New Farmers Institute Program. The program offers farm-based education onsite. Their goal is to educate and inspire citizens and to create sustainable farmers.

Green Gate has numerous ways to get involved in the community. If you would like to taste for yourself you can visit their Farm stand located at 8310 Canoga Avenue, Austin, 78724 on Tuesday 3pm-6pm, Friday 10am-2pm, Saturday 10am-2pm starting this Fall.

To see everything Green Gate Farms has to offer, receive more information about CSA and to learn more about their programs you can visit www.greengatefarms.net. For information about upcoming events you can like them on Facebook at www.facebook.com/greengatefarms.



Because of their experience in Public Health, Erin and Skip had a completely new approach on how they would farm. "It was when the CSA movement was just beginning," Erin said. "It was a guideline for us."

CSA stands for Community Supported Agriculture. According to Sharing the Harvest, a book written by the farmers who harvested the first CSA vegetable shares in the U.S. in 1986, "Community Supported Agriculture is a connection between a nearby farmer and the people who eat the food that the farm produces. Food producers + food consumers + annual commitment to one another = CSA and untold possibilities."

What that means for Green Gate farms is they provide weekly or bi-weekly seasonal, certified organic vegetables and flowers, and top quality meats and eggs. It's a place where children explore livestock and fields, and where adults learn and participate in the health of their liv-



Farm camp for kid's ages 5-15 where they get firsthand experience on what it's like to work on a farm and learn where their food comes from. Every day, campers will work with farm animals, eat freshly harvested organic food, and truly learn the value of hard

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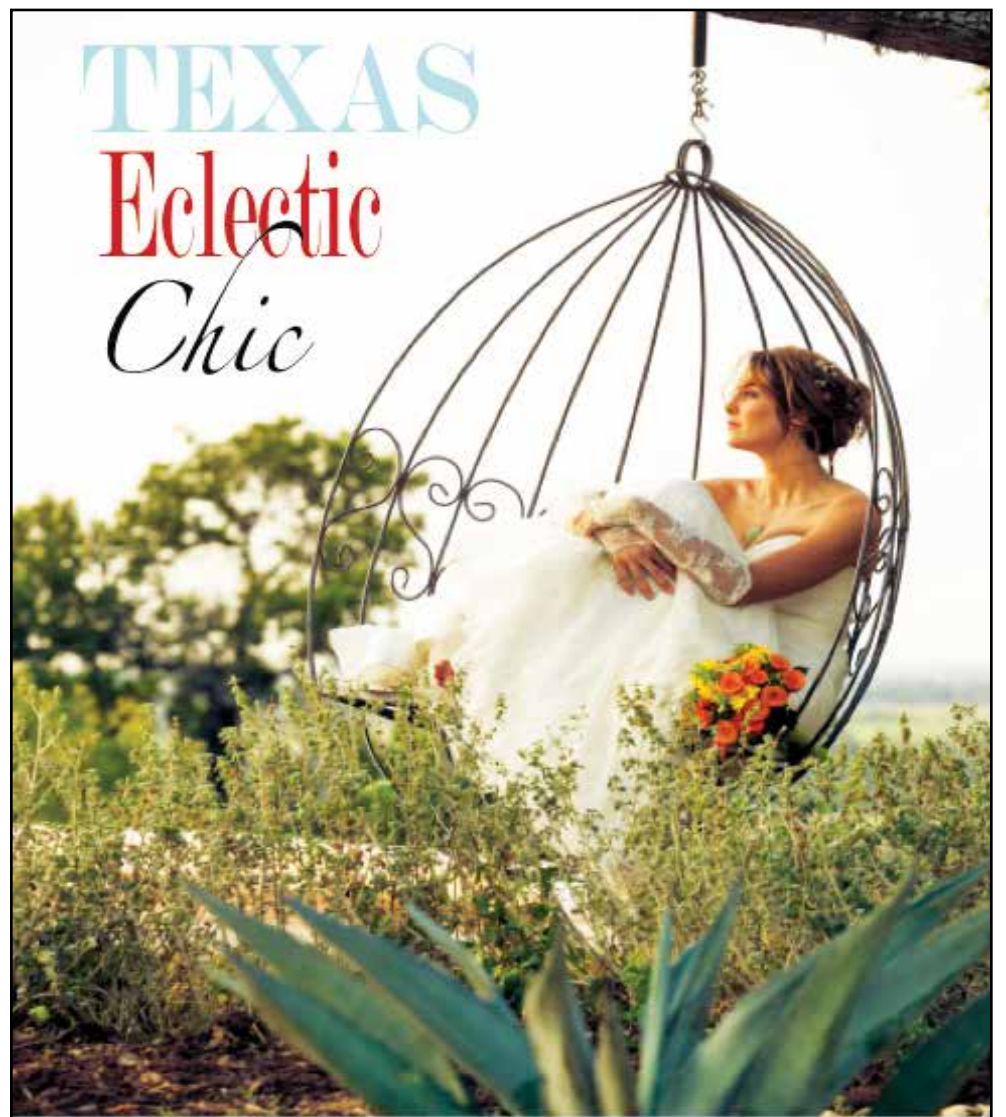
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