



Newsletter for the Citizens of Lakeway

# Lakeway VOICE

Volume 6, Issue 1  
January 2014

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## ARTICLE INFO

The Lakeway Voice is mailed monthly to all Lakeway residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for The Lakeway Voice please email it to [lakeway@peelinc.com](mailto:lakeway@peelinc.com). The deadline is the 15th of the month prior to the issue.

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City of Lakeway .....	<a href="http://www.lakeway-tx.gov">www.lakeway-tx.gov</a>

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## COVER PHOTO

*Do you take great photos?*

Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming issues of the Lakeway Voice. All photos submitted must represent Lakeway. Our deadline for submittals is always the 9th of the month prior to the issue. All photos should be submitted electronically by the deadline date in high resolution (300 dpi) to [lakeway@peelinc.com](mailto:lakeway@peelinc.com). Portrait (vertical) photos work best.

This month's cover photo is the St. Onge family of Lakeway taken at Rough Hollow Grill.

By submitting your photo you agree to allow your photo to be published in future issues of the Lakeway Voice or other Peel, Inc. publications.

Call 512-263-9181 to find out how to have your business featured on the cover of the Lakeway Voice.

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# BE HEALTHY

Be Healthy Lake Travis is a fresh initiative, a non-profit with the mission is to serve, promote and support local healthy organizations and/or events for current and future generations. We help our community by providing volunteers, planning, promotion and execution (or what we call GSD – Get Stuff Done) for local events that align with our core values – Be Active. Eat Smart. Be Healthy Lake Travis!

Be Healthy Lake Travis started its journey in 2012 with a local entrepreneur forming a task force of superstars in our community with the intent to focus on physical, nutritional and emotional health. The initiative quickly picked up momentum, as our volunteer base grew, our opportunities to help others via community partnerships grew and the future is so bright in 2014 – we have to wear shades!

Dustin Ferrell, Vice President of Be Healthy, says; In 2014, Be Healthy Lake Travis is on the map. With six events on the calendar, we want to show the community we are “active” and promoting health and wellness. Be Healthy will assist LTISD with FitSmart this February, then assist Rexanna’s Run for a Purpose in March, plus we have many new community partnerships, a big signature sponsor and we will bring a cycling event to Lake Travis this summer, then finish the year with the 2nd Annual Be Healthy 5k & 1 Mile Fun Run.

Be Healthy Lake Travis is always looking for the “right fit” for our community. If you would like to get involved as a volunteer, an ally, a sponsor and/or a board member please visit our website [www.behealthylaketravis.com](http://www.behealthylaketravis.com) and go to the GET INVOLVED tab or contact Kristin Holt at [littlehold@austin.rr.com](mailto:littlehold@austin.rr.com).

Have an ACTIVE voice in the community with Be Healthy Lake Travis!



# LAKE TRAVIS

# CHOCOLATE:

## *One Tasty Topic for Jan. Women's Club*

There's more to chocolate than meets the taste buds, as the Women's Club of Greater Lakeway will discover on Mon., Jan. 27 at the Lakeway Resort & Spa. Guest speaker Adrienne Newman, founder of Madame Cocoa, is a sommelier of chocolate: a taster, an appreciator and an educator.

“Adrienne will lead Women's Club members and guests through the delicious complexities of chocolate making, and no doubt cause a bit of salivating for a taste as well,” says Kitty Lichty, first vice president of programs.

Newman says her niche is American craft chocolate. “Most people think Europe has the best chocolate makers in the world, but Americans actually started the trend of artisan chocolate, made from the bean. On the contrary, European chocolate shops have been primarily chocolatiers in the past. They make confections but source their base chocolate product from one or two large chocolate makers out of France and Belgium. In contrast, small American chocolate makers create bars from single-origin beans and are the true artisans who fuel my passion,” Newman says.

A business graduate of Texas A&M University, Newman spent 12 years in human-resources technology and outsourcing before pursuing her true passion with Madame Cocoa, a chocolate consultancy, from which she teaches classes, leads tours and touts American chocolate manufacturers.

“My path to chocolate began at my parents' Dairy Queen store, where I grew up with a big sweet tooth. Years of corporate life led to an outside hobby of learning about chocolate, and taking every opportunity to travel, taste chocolate and meet people who are passionate about their craft. Just like wine, the hand of the maker, the farmer and the location in which the bean grows all have much to do with what you finally taste. When I found that out, I was fascinated,” Newman says.”

She is a graduate of Ecole Chocolat, an online school for chocolatiers and chocolate makers. Each October, her knowledge comes into play as host and emcee for the annual Dallas Chocolate Conference which promotes artisan chocolate.

The Jan. 27 Women's Club event begins at 9:30 a.m. with coffee and conversation. After a brief meeting at 10 a.m., members and guests will enjoy Newman's presentation. A buffet luncheon follows at 11:30 a.m. by paid reservation. To reserve, call Kay Beasley at 512-906-0144 by Mon., Jan. 20. For information, please see [lakewaywomensclub.com](http://lakewaywomensclub.com).





# Around Lakeway

## LTlov's Green Santa



*Thanks to the many businesses and residents who supported "Santa's Sack," LTlov donated 380 gifts and \$2,445.00 to Lake Travis Green Santa. Special thanks to the Lake Travis High School Volleyball teams who collected 45 gifts to help make Christmas merry for approximately 600 local children living at or below the poverty line.*

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## LADIES OF CHARITY

Hands are reaching out across Lake Travis and across the Ocean.

Ladies of Charity Lake Travis (Lake Travis Thrift Shop) was approached recently by LTE Kardivas, a service group of 5th grade girls in LTISD. The girls wanted to collect children's books and donate them toward the charity work of Ladies of Charity Lake Travis. Kardivas asked if LOC would get them to a community of children in need.

Ladies of Charity options are many but the one need that stood out was Connect Africa, a Charity intent on providing educational opportunity for orphaned children in Uganda. This organization is currently building a library. The specific needs of Connect Africa were brought to the attention of Ladies of Charity by Lakeway resident Jerry Heitpas this past Spring. The Kardivas have collected new and gently used books and presented them to Mr. Heitpas on December 12 at their meeting. Kardivas leaders hope the Kardivas girls will gain awareness of world situations and, hopefully, find gratitude and contentment with their own blessings.

The mission of Connect Africa, according to their web site, <http://connect-africa.org> is to strengthen families by providing educational sponsorship to orphans and business loans to the guardians of orphans. The donation of books collected by the Kardivas will help supply a library for these children.

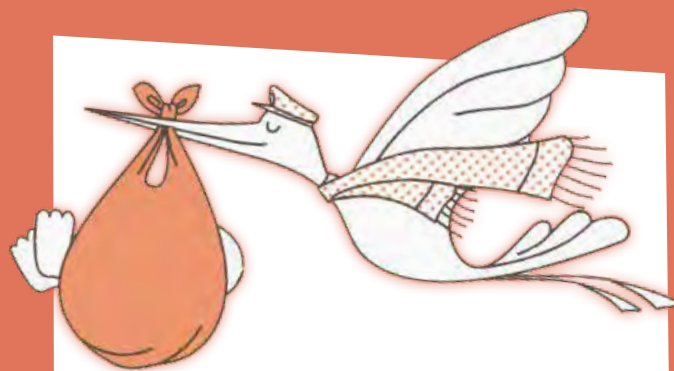
Connect Africa Foundation is a 501c (3) non-profit, tax-deductible organization. They are also a registered non-governmental organization in Uganda with a Ugandan Board of Directors. One hundred percent of all donations support education and business opportunities for children and adults in Uganda.

Any one who wishes to may donate cash or books, donations can be made via the Connect Africa web site or by contacting Jerry Heitpas or Ladies of Charity Lake Travis.

# SUPERHERO!



*Jamey Etheridge playing in the snow brought by the Hill Country Galleria in during the cold front in December.*



## STORK REPORT IN LAKEWAY

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your little one to [lakeway@peelinc.com](mailto:lakeway@peelinc.com)



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# Around Lakeway

## Lakeway-Hills Solos

**Wed Jan 8:** Lunch Bunch Café Blue, The Galleria Carpool LAC 11:30a \$1/ea gas Call Judy Prim

**Fri Jan 10:** Solos Social - 5:30-6:00 Social/Happy Hour; 6:00-6:30 Recognition of officers and new members; 6:30-7:30 Dinner 7:30-8:30 Special presentation by Bill Hawkins. He and Annette Brown compiled a wonderful video of Lakeway's first 50 golden years. It is done decade-by-decade with relevant music for each decade that will get your toes to tapping! It is a must see! Call Linda Wiles

**NOTE:** Games: MahJong ... the two nights have been consolidated and now will be only at LAC. Also new time is 2:00-5:00pm rather than 7:00pm. I don't think it is written in stone as to whether the preference is to eat before or after. Let Mary Ann Griesman hear your preference ... unless it has already been decided.

**Mon Jan 13 -** Games Mah Jong 2:00 – 5:00p @ LAC then EAT at The Grove on 620 afterward. Call Mary Ann Griesman

**Fri Jan 17:** eat first and then Games Bridge & Dominoes @ LAC 7pm. NO carpool. Eat at Pao's (near Chair King & Tuesday Mornings), 5:15pm - Call Jo Kirk or Eat at Maudie's, Shops at Galleria - 5:00pm - Call Phyllis Ligon

**Wed Jan 22:** Dining Out the new Zach's American Bistro (just past Mansfield Dam, turn right on Marshall Ford Road and go past the new Randall's at Steiner Ranch) Carpool LAC 5:30 pm \$1/ea gas . Call Pam Murray

**SAVE-THE-DATES:** Please RSVP early as tickets go quickly and/or plans need to be made!

**Reminders:** Thurs Jan & Feb: Brown Bag Lunch noon – 1pm free at LAC

**Sun Jan 19, Sun Feb 16, Mar 16:** Viewpoint Speaker Series at LAC

**Sun Jan 26:** Lend Me A Tenor, Palace Theater, Georgetown Carpool LAC 12:30p. Eat at Wildfire after. \$24 Checks payable to Anita Fisher, before Jan 1st.

**Feb ?? 2014** Tour Bee Cave Sculpture Park. Eat Rosie's Tamale's on Hwy71 Call Jacquie Banks

**Thurs Mar 6** Esther's Follies 6th Street Eat at Carmello's before Carpool LAC 5:15pm Mail \$24 check payable to Esther's Follies to Mary Ann Griesman, by Feb 20th.

**Thurs Mar 20** Tour San Antonio's River Walk (old part, through locks to new part) \$143 check payable SJO-PRO Tours. LAC bus departs 8:00a; Coffee in Blanco; tour McNay Museum; lunch at Menger Hotel; River Walk ends at Lone Star Brewery 4pm afternoon eats; return LAC around 5:30 Call Jacquie Banks.

**Reminders:** If any Solo needs a hug, card, call, or prayer call Caring Chair, Yvonne Connell

*"We may be living alone ... but we are finding friendship together"*

The Solos Club is a social group of over 100 single women and men living in Lakeway, its ETJ and The Hills, aged 55 and up. It was started in 1999 as The Singles Club with 10 members. The name was changed in 2002 to reflect more appropriately the identity of the group as a social gathering, not a dating gathering. Solos identify and plan activities, trips, functions, as well as support community activities. Dues are only \$15/year plus a membership at the Lakeway Activity Center (also \$15) is highly encouraged.

## LAKEWAY ARTS CALENDAR

*submitted by Sue Wright, Lakeway Arts Committee*

**JANUARY 2014**

(Events listed are free unless otherwise noted)

### ART ON DISPLAY

#### Lakeway Activity Center

**(105 Cross Creek, 261-1010) Lobby Cabinet (8-5, M-F)**

January 3, February 27, "Playing House" through the Years, a collection of vintage dolls, miniature doll quilts, and other toys by Martha Rutledge

#### Café Lago

**(1200 Lakeway Blvd. #1)**

January 3, January 31. Terre Fletcher

#### Lakeway City Hall

**(1102 Lohman's Crossing)**

January 3, February 13, Britta Herzog

#### Wall Street Gallery- Prosperity Bank

**(1415 RR 620 S, 261-1122)**

Now-February 3, Sue Kemp

#### Lakeway Church Fellowship Hall

**(2203 Lakeway Blvd, 512-261-6331)**

Now-February 3, Johnnie Fields

#### Lake Travis Community Library

**(1938 Lohman's Crossing, 512-263-2885)**

Now-February 3, Johnnie Fields

### LAKEWAY ARTS COMMITTEE

#### BIG BAND BASH

Monday, January 13, 8:00 p.m. Lakeway Activity Center. Join us for music of the Big Band Era. Enjoy a free concert by the 17 piece Republic of Texas Big Band and dance to the tunes of yesteryear. Bring your own food and drink as no refreshments will be served during the show.

#### WINTER 2014 BROWN BAG LUNCH FREE

#### CONCERT SERIES

Thursdays Noon-1:00 P.M.

January 9: Silvie Rider, vocals and Red Young piano: First Class Caberet

January 16: Music of the Theatre: Rick Roemer, Professor of Theatre, Southwestern University, featuring his best students

January 23: Matt Wilson, piano/vocals. This great entertainer will have you rocking!

January 30: TAKE FIVE. Classy, Sassy Singers with piano accompanist



# START THE YEAR DANCING

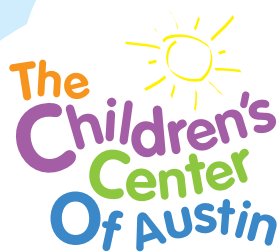
## AT LAKEWAY'S BIG BAND BASH

What better way to work off calories than dancing? You can do right in the ballroom at the Lakeway Activity Center (105 Cross Creek, telephone. 512-261-1010). The live orchestra is the Republic of Texas Big Band. You may dance and/or listen to some wonderful live big band music. This popular event is on the second Monday of each month, from 8 to 10 p.m. (the next one is on January 13).

This is a free event (donations to the band are encouraged). There is a large dance floor and plenty of tables. You may bring your own refreshments, if desired, as none are provided. There are no reservations—doors open at 7:30 p.m. Kent Dugan's 17-piece orchestra, The Republic of Texas Band, features well known singers (and Lakeway residents) David Cummings and Lisa Clark. This band consistently appeals to dancers of many generations. Expect to hear a wide variety of favorite tunes, mostly from the Sinatra era, with fresh arrangements.

Get your dancing shoes polished, dress up a bit (not formal), and come out to dance and listen to some really great music. Anyone who has attended will tell you this monthly event shows why living in Lakeway is so much fun.



  
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# Around Lakeway



Return to the time of jousting knights and sword fights, savory foods and ale, wares to tempt, and music to enchant at Emmaus Catholic Parish's annual gala, Medieval Knights, on Saturday, February 22, 2014. The Great Hall of the Parish Life Center will be magically transformed, and you'll

experience the splendor and festivities of medieval times along with dining, dancing, and live and silent auctions. Sponsorships include valuable marketing and attendance benefits. For details, visit [www.emmauslakeway.com/gala](http://www.emmauslakeway.com/gala) or call (512) 261-8500 x 204. Huzzah!

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**Feb. 6, 7, 8 and 10**

**Opening night is Feb. 6 and there is much to do.**

The LTHS Theatre Arts Parent booster club (TAP) is also hard at work planning the Big Prize Drawing fundraiser and we need your help to make it a huge success! Please consider donating your time, money, unused gift cards, or other prizes for the drawing. Let us know today how you can help. Deadline to receive donations is Jan. 31, 2014.

**If you can donate please contact us today!**

Sarretta McCaslin  
512-422-8127  
smccaslin@austin.rr.com

Brenda Estay  
512-705-8166  
bestay@mac.com

Susan Taborn  
512-263-7949  
susan-stone-taborn@austin.rr.com

The LTHS Theatre Department relies solely on ticket sales and funds raised by TAP to produce all extracurricular plays. Please help us continue to make sure that the theater department is able to continue its run of professionally staged and produced plays & musicals year after year.

**Purchase prize drawing tickets today as stocking stuffers.**

**Go to [www.theaterarts.com](http://www.theaterarts.com) • Tickets are \$5 each or 6 for \$25**



# We need **YOUR** help!

Show tickets will be \$10 at the door/\$15 for reserved seating.  
The show starts at 7 pm at the LTHS Performing Arts Center.



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# Sports News

## LAKEWAY 9 HOLE LADIES GROUP LAKEWAY COUNTRY CLUB

*Submitted by Carol Bosse, Secretary*

### **November 20th - Interclub Play with Horseshoe Bay**

First Place - Joy Collins, Julia Youngblood, Pam Smith  
Second Place - Paula Vicinus, Vicki Strevey, Karen Vaughan, Patty Michel  
Third Place - Dottie Fedro, Linda Amstutz, Beverly Burmeier, Gail Bowman

### **November 27th - No Play**

### **December 4th - Ace of the Month (Live Oak)**

**Martha MacAninch \*Ace\***

#### *First Flight*

1st Place - Becky Lanier  
2nd Place - Cheryl Whaling  
3rd Place - Melissa Rice

#### *Second Flight*

1st Place - Pam Smith  
2nd Place - Beverly Burmeier  
3rd Place - Karen Vaughan

#### *Third Flight*

1st Place - Nancy Gregor  
2nd Place - Joyce Johnson  
3rd Place - Dorothy Boddeker  
50 and Under - Becky Lanier - 49, Cheryl Whaling - 50  
55 and Under - Melissa Rice - 54  
Chip Ins - Carol Smith #18  
Low Putts - Cheryl Whaling - 12

### **December 11th - No Play - Christmas Luncheon**

## LAKEWAY 18 HOLE LADIES GROUP LAKEWAY COUNTRY CLUB

*Submitted by Paula Crawley, Publicity Chair*

### **Nov 20: Turkey Shoot, Live Oak**

#### *1st Place:*

Sarah Hohner, Pat Huskinson, Marsha Kish, Amelia Terrazas, 63

#### *2nd Place:*

CiCi Ely, Jody McMahon, Marie Rush, Karina Williams, 64

#### *3rd Place:*

June Moore, Margaret Reese, Beverly Reid, Lynne Walder, 66

#### *CTPs:*

Marlene Massa, Tere McKenna, Jody McMahon, Beverly Reid

#### *Straightest Drive:*

June Moore

### **Dec 4: Ace of the Month, Yaupon Ace of the Month, Beverly Reid, 72**

#### *1st Flight:*

1st Net: Patti Lasswell, 77

2nd Net: Lynda Meyer, 77

#### *2nd Flight:*

1st Net: Carol Novak, 74

2nd Net: Margaret Reese, 74

#### *3rd Flight:*

1st Net: Karla Castriotta, 72

2nd Net: Jane Froeschle, 74

Low Putts: Karla Castriotta, Carol Novak, 28

Chip Ins: #11 Jane Froeschle

### **Dec 11: Annual Christmas Luncheon**

We enjoyed a wonderful luncheon at The Hills Waterfall Room. Lakeway's own Wildflowers entertained us with lovely Christmas music. Our generous ladies contributed \$835 for Safe Place and \$695 for Austin Disaster Relief Network benefiting our Austin neighbors suffering from spousal abuse and to help those severely affected by the recent flooding in South Austin.







LTYA Registration is now open for spring soccer, baseball & softball. Boys and Girls age 4 – 14. Registration ends January 31st.

LTYA is offering an introduction to RUGBY this spring for 6th and 7th grade boys and girls. Go to [LTYA.org](http://LTYA.org) to learn more and to register. This is non-contact touch Rugby to introduce players to the game of Rugby. Registration now open!

## SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to [lakeway@peelinc.com](mailto:lakeway@peelinc.com). Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



LTYA is a privately funded, not-for-profit organization founded in 1978 to provide safe, fun, friendly and affordable recreational opportunities for the youth of Lake Travis. Today, we serve over 4,500 youth in our 9 sports programs and activities annually and we need your support.

Providing positive and safe sports for all children that teach basic values they can count on in their lives. We know how important the youth sports experience is for the children and that is the reason we teach the importance of teamwork, cooperation and hard work.

**Register online at [www.LTYA.net](http://www.LTYA.net)**

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**Baseball • Football  
Basketball • Cheer  
Golf • Soccer • Softball  
Tennis • Volleyball**








# News You Can Use

Mon - Tues 10 - 7  
Wed - Fri 10 - 6  
Saturday 10 - 4  
Sunday 1 - 4



## January

Lake Travis Community Library  
1938 Lohmans Crossing  
Austin, TX 78734  
(512) 263-2885  
[www.laketravislibrary.org](http://www.laketravislibrary.org)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Beat the winter blues with a visit to the library! Stop by for balloon art, movies, snowflake crafts, an educational financial seminar, the intergenerational chess club, story times, an author visit, and a fascinating discussion of motorsports in our hometown. See you at the library!</i>			1 Library Closed	2 Make Snowflakes 1-3pm 	3 Genealogy 9-10am Story Time 10am @ Briarcliff	4 Bilingual Story Time 10:30am 
5	6 Preschool Story Time 10:30am	7 Friends Book Club 10am Toddler Story Time 10:30am Memoir Writing Group 3pm	8 Baby Story Time 10:30am Financial Seminar: Asset Allocation and Modern Portfolio Theory 6pm	9 Little Yoga 10:30am	10 Genealogy 9-10am Story Time 10am @ Briarcliff	11 Amazing Texas Twisters Balloon Art 1-3pm
12 Mother/Daughter Book Club 2pm 	13 Preschool Story Time 10:30am Classics Book Club 1pm Chess Club 4:30-6pm	14 Toddler Story Time 10:30am Author Sullins Stewart 2pm Taste Buds 4:30-6pm	15 Baby Story Time 10:30am	16 Friends of the Library Meeting 9:30am	17 Genealogy 9-10am Story Time 10am @ Briarcliff	18 Bow Wow Reading 10:30am-1pm 
19	20 Library Closed	21 Toddler Story Time 10:30am Knitting Club 1:30pm ABC's of Cooking 4pm PJ Story Time 6:15pm	22 Baby Story Time 10:30am Bottle of Wine Book Club 7pm	23 OverDrive Digital Library Training 9am Board Meeting 2pm	24 Genealogy 9-10am Story Time 10am @ Briarcliff	25
26	27 Preschool Story Time 10:30am Glass of Wine Book Club 7pm	28 Toddler Story Time 10:30am Family Flicks 4pm	29 Baby Story Time 10:30am 	30 Fast Cars and Folk Music 2pm	31 Genealogy 9-10am Story Time 10am @ Briarcliff	

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# DROUGHT UPDATE

## OUTDOOR WATERING STILL LIMITED

**WCID 17  
UPDATES**

Despite the recent rains, we are still in a severe drought. LCRA has asked the Texas Commission on Environmental Quality (TCEQ) for approval of yet another emergency order. The order effectively restricts downstream releases to farmers for the third year in a row and requires all municipal utilities to restrict outdoor watering to one day per week until the combined storage of lakes Travis and Buchanan reach 1.1 million acre feet (storage is currently 750,000 acre feet.) You are encouraged to turn off your automatic sprinkler systems during this time of year and allow nature to care for your lawn. Barring a significant rain event – the one day per week schedule will be in effect until further notice.

### DIRECTORS ELECTION

WCID 17 will hold a directors election on May 10, 2014, Election Day. A Director must be at least 21 years of age, a resident of Texas and either a qualified voter or an owner of taxable land in the District.

Developers of property in the District are not eligible. Directors serve four (4) year staggered terms and must attend monthly and special meetings as well as serve on special committees. Applications, packets of state ethics and financial forms are available at the District office, 3812 Eck Lane, Austin 78734.

### NEW EMERGENCY PHONE NUMBER

DISTRICT 17 HAS A NEW 24-HOUR EMERGENCY PHONE FOR AFTER-HOURS SERVICE. CALL 512-537-8302 AND A SERVICE TECHNICIAN WILL ASSIST YOU.

## ★ RISING STARS *Pediatric Dentistry*



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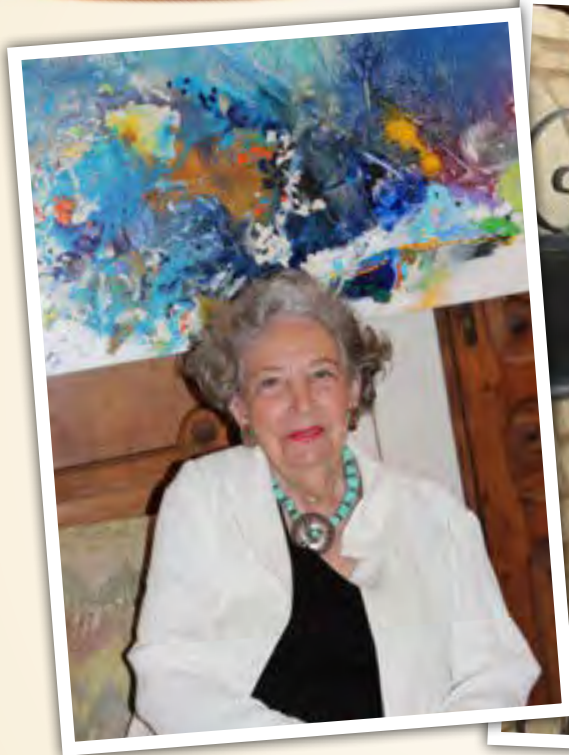
## \$56.00 Value

Coupon must be presented at time of exam. For patient's age 3 and older. Coupon cannot be combined with any other offer. Expires 12/31/14.

# News You Can Use



## Virginia GRUMBLES



Lake Travis Community Library will display the artwork of Virginia Grumbles during the month of January. Grumbles was the Lake Travis High School art teacher for many years until her retirement in 1993. A charter member of the Lake Travis Arts League, Grumbles has exhibited works in several cities across the United States as well as Laguna Gloria Art Museum and St. Edwards University in Austin.

A native Texan, Grumbles points to the natural beauty of the Texas hill country, as well as her rich experiences and travels abroad, as her artistic inspiration. Grumbles describes the artistic experience as a transformative process that transcends the subject matter to become a deep emotional and visual communication.

You can enjoy Virginia Grumbles large scale oil, watercolor and acrylic work on display at the Lake Travis Community Library from January 2 through January 31. A portion of the proceeds of the sales will benefit the Lake Travis Community Library.



# THYROID CONDITIONS ON THE RISE IN THE U.S.

*Take this True/False Quiz to Learn More About the Thyroid*

## *JANUARY IS THYROID AWARENESS MONTH*

Tired? Sluggish? Unexplained weight gain or weight loss? It could be your children wearing you out, or the natural effects of aging—or it could be a treatable condition caused by the thyroid.

Approximately 27 million Americans suffer from thyroid diseases, and the vast majority of them are women.

“We’re diagnosing more thyroid disease now than 20 years ago,” says Dr. Tira Chaicha-Brom, an endocrinologist with Texas Diabetes and Endocrinology.

The thyroid is a small, butterfly-shaped gland at the base of the neck that regulates metabolism. When it’s not working properly, the symptoms often mimic other conditions, and thyroid problems can go untreated.

Take this True/False quiz now to find out how much you know about the thyroid.

1. *The symptoms of the two main types of thyroid disease are the same. T/F?*

**FALSE:** The two major types of thyroid disease are an overactive thyroid, called hyperthyroidism, and underactive thyroid, called hypothyroidism.

“If you have an overactive thyroid, you have an increased metabolism,” explains Dr. Chaicha-Brom. “You may have heart palpitations, excessive sweating, diarrhea, anxiety, insomnia, and even unexplained weight loss.”

The other type of thyroid disease – an underactive thyroid or hypothyroid – causes symptoms including fatigue, dry skin, unexplained weight gain, constipation, and increased sensitivity to cold.

2. *Medication is the main treatment for thyroid disease. T/F?*

**TRUE:** The main treatment for hypothyroidism is thyroid medication. Levothyroxine, the medication used for hypothyroidism, is the third most commonly prescribed medication in the US. Hyperthyroidism can be treated with medication, surgery, or radioactive iodine.

3. *Thyroid cancer is on the rise in the United States. T/F?*

**TRUE:** Not only is thyroid disease being diagnosed more often, thyroid cancer is on the rise. The American Cancer Society estimates that 60,000 new thyroid cancer cases will be diagnosed in 2013.

The chance of being diagnosed with thyroid cancer is now more than twice what it was in 1990. Some of this is due to increased detection with thyroid ultrasound, which can detect small cancerous thyroid nodules that might not have been found before.

4. *Thyroid surgery is always necessary for thyroid nodules or lumps. T/F?*

**FALSE:** Thyroid nodules, (thyroid lumps or growths), are common and are often benign or non-cancerous and may not require removal. But nodules should be checked since thyroid nodules can sometimes be cancerous.

“Up to 40 percent of the population will have thyroid nodules at some time, and most are non-cancerous,” says Dr. Chaicha-Brom. “The size of the nodule, how it looks on ultrasound, and the patient’s risk factors for thyroid cancer all determine how physicians treat the nodule.”

### HOW DID YOU SCORE?

Don’t worry if you didn’t know all the answers. Not that many people understand this unusual gland. But it’s important to talk to your physician about any troubling symptoms. Not only do patients feel better after treatment, they also can prevent long-term damage to their bodies due to untreated thyroid disease. Obesity, eye problems, heart disease, high/elevated cholesterol levels, and an enlarged and painful thyroid called a goiter may occur without treatment.

Texas Diabetes and Endocrinology helps people with a variety of health problems, including diabetes, thyroid disease, high cholesterol, and osteoporosis. Texas Diabetes was founded in 2001 by Thomas Blevins, M.D., and has grown to include seven physicians and locations in Northwest Austin and Round Rock. For more information, visit [texasdiabetes.com](http://texasdiabetes.com) or call 512-458-8400.



# Business Section

## LAKEWAY MEN'S BREAKFAST CLUB

### JANUARY 2014 PROGRAM SCHEDULE

**JANUARY 1, 2014**  
NO PROGRAM

**JANUARY 8, 2014**  
*Jared Hall, UT Graduate Student*  
Jeopardy winner

**JANUARY 15, 2014**  
*David T Allen, UT Professor*  
Fracking

**JANUARY 22, 2014**  
*Steven Finkelstein, UT Professor*  
Discovered the oldest galaxy

**JANUARY 29, 2014**  
*John Doggett, UT Professor*  
Mining the Ocean: electricity and Fresh  
Water from the oceans



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**e-mail: [speakers@thomasgcain.com](mailto:speakers@thomasgcain.com)**

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## NOT AVAILABLE ONLINE

# - Kids Stuff -

Section for Kids with news, puzzles, games and more!



## The Story on Scars

Holly loved nothing more than riding her bike. But one day, she missed a curb and hit the pavement - splat! Now her knee was scraped and her elbow was cut. Her brother Darren helped Holly up and used his T-shirt to dab at the blood on her elbow. "Wow," he said, "You're probably going to have a huge scar."

### WHAT EXACTLY IS A SCAR?

A scar is the pale pink, brown, or silvery patch of skin that grows in the place where you once had a cut, scrape, or sore. A scar is your skin's way of repairing itself from injury. Look at your skin. You probably have one or two scars already. Most people do. Why? Because a lot of things leave behind scars - from falls, like the one Holly had, to surgeries.

Scars are part of life and they show what you've been through. For some people, scars are special. A kid in your class might have a scar on his chest because he had heart surgery as a baby. Or you might have a scar from the chicken pox. Centuries ago, warriors showed off their scars as symbols of their bravery and to impress their friends with the exciting tales about how each one happened. Do any of your scars have a story?

### HOW DO I GET A SCAR?

No matter what caused your scar, here's how your skin repaired the open wound. The skin sent a bunch of collagen (say: ka-leh-jen) - tough, white protein fibers that act like bridges - to reconnect the broken tissue. As the body did its healing work, a dry, temporary crust formed over the wound. This crust is called a scab.

The scab's job is to protect the wound as the damaged skin heals underneath. Eventually, a scab dries up and falls off on its own, leaving behind the repaired skin and, often, a scar.

A scar isn't always a sure thing, though. "It's not so much how deep or severe a wound is that determines whether a scar will form, but rather the location of the wound and that person's genetic [inherited] tendency to form scars," says Brian Flyer, a doctor from California.

In other words, certain people tend to get scars more easily, and scars are more likely to form after wounds on certain parts of the body.

### HOW DO I PREVENT A SCAR?

Of course, the best way to prevent scars is to prevent wounds! You can reduce your chances of getting hurt by wearing kneepads, helmets, and other protective gear when you play sports, ride your bike, or go in-line skating. But even with protective gear, a person can still get hurt once in a while. If this happens, you can take steps to prevent or reduce scarring. You can help your skin heal itself by treating it well during the healing process.

How do you do that? Keep the wound covered as it heals so you can keep out bacteria and germs. Avoid picking at the scab because it tears at the collagen and could introduce germs into the wound. Some doctors say vitamin C (found in oranges and other citrus fruits) helps by speeding up the creation of new skin cells and the shedding of old ones. Also, some people believe rubbing vitamin E on the wound after the scab begins forming can aid the healing process. Your parent can talk to your doctor about whether you should try this.

### SO LONG, SCARS!

Some scars fade over time. If yours doesn't and it bothers you, there are treatments that can make a scar less noticeable, such as skin-smoothing medicated creams, waterproof makeup, or even minor surgery. Talk to your parent and doctor to find out if any of these treatments would be right for you.

Sometimes the best medicine might just be to talk. Tell your parent or doctor what's bothering you about your scar and how you feel on the inside. Because when the inside feels good, the outside always seems to look better!

Updated and reviewed by: Patrice Hyde, MD • Date reviewed: January 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation





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