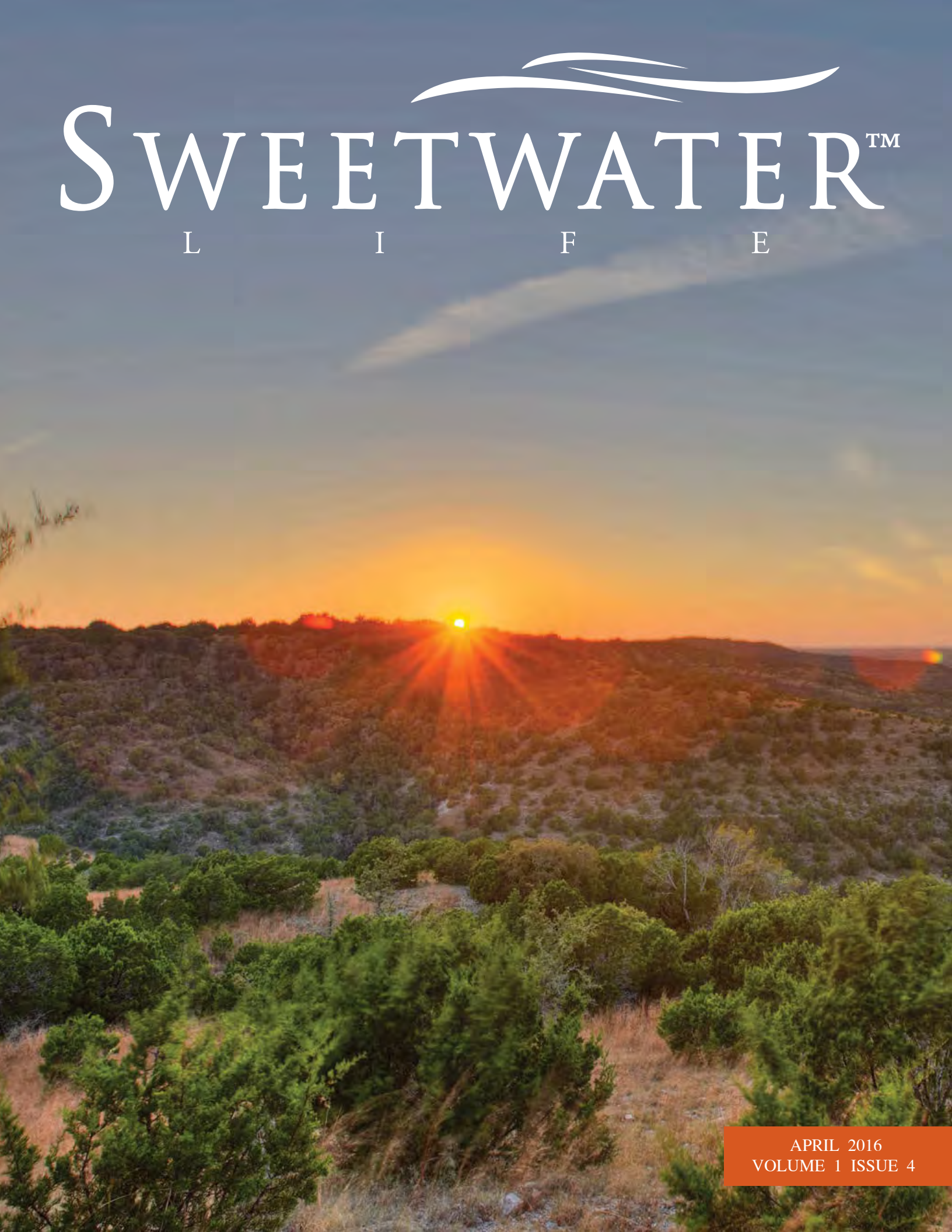




SWEETWATER™

L I F E



APRIL 2016
VOLUME 1 ISSUE 4

UPCOMING APRIL EVENTS

APRIL 6TH
HOA STORYTIME
9:30-10 AM

Spring has sprung! Come join your neighbors for a seasonal craft, snacks, and stories!

APRIL 6TH
BOOKCLUB
7-8 PM

Please come join your local book clubbers to discuss Big Little Lies by Diane Moriarty. The back up book this month was Fallen Women by Sandra Dallas. You are welcome to bring a snack or treat to share!

APRIL 5TH, 12TH, 19TH, & 26TH
YOGA WITH PHOEBE

Enjoy Yoga with Phoebe every Tuesday from 7:15-8:15 pm in the clubhouse.

APRIL 7TH, 14TH, 21ST, 28TH
ZUMBA WITH SAM

Enjoy Zumba with Sam every Thursday from 7-8 pm in the clubhouse.

APRIL 8TH
EMPTY NESTERS
6-11 PM

Come join your Sweetwater Empty Nesters for an evening to remember. Bring your potluck contribution and drinks to share!

APRIL 13TH & 27TH
BOLLYWOOD DANCE FITNESS
6:30 - 7:15 PM

This is an exciting new edition to our fitness programs in Sweetwater. One of our own Sweetwater residents, Krushi, will be offering Bollywood inspired dance fitness classes two times a month!

APRIL 20TH
DESIGN DILEMMAS
6:30- 8:30 PM

Hosted by Decorator for Hire. Join us for this exciting & fun workshop offered to Sweetwater residents! Need help with your interior space? Don't know quite how to decorate your new home? Sign up for Design Dilemmas <http://decoratorforhire.eventbrite.com> and get ideas for transforming YOUR space!

APRIL 23RD
THE SWEETWATER WILDFLOWER FESTIVAL
11 AM - 4 PM

The Wildflower Festival this year promises to be BIGGER and BETTER than ever! Come join your neighbors for live music, bounce houses, facepainting, painting Wildflowers with PAINTING WITH A TWIST and ALL kinds of great shopping opportunities and Educational Sessions in the clubhouse. Bring your appetites because the food trucks promise to deliver! All proceeds from this event go to Austin Pets Alive. We cannot wait to see you there!

***Due to the Wildflower Festival in April, Friday Night Bingo Lights has been moved to May. Details to come.

News from the Property Management Office

Spring is upon us, Sweetwater neighbors are out and about enjoying the sunshine and warm weather. Keep the following things in mind in the upcoming weeks:

- Please make sure you are mowing and weeding your yard on a regular basis. A clean and healthy yard helps maintain the beauty of the community.

- Please remember that all items (BBQ pits, trash cans, landscaping stones, etc.) must be stored out of plain sight from the street. Trash cans may be placed at the curb the night before trash pick-up and should be put away by the morning after trash pick-up.

- Please remember that dogs should be on leashes at all times when out in the neighborhood and on HOA property.

Community documents and information can be found at www.SweetwaterLife.com. For accounting questions contact Goodwin Management at 512-502-7515 or info@assnsvcs.com.



ADVERTISING INFO

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

ARTICLE INFO

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

To submit an article for the *Sweetwater Life* please email it to sweetwater@peelinc.com. The deadline is the 15th of the month prior to the issue.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance	911
Sheriff – Non-Emergency.....	512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescue	
Administration Office.....	512-266-2533
Travis County Animal Control.....	512-972-6060

SCHOOLS

Lake Travis ISD	512-533-6000
Lake Travis High School.....	512-533-6100
Lake Travis Middle School.....	512-533-6200
West Cypress Elementary	512-533-7500

GOODWIN MANAGEMENT

Accounting.....	info@assnsvcs.com
Architectural Review	SWWArchitectural@goodwintx.com
Property Manager.....	SWWManager@goodwintx.com

UTILITIES

Pedernales Electric.....	888-554-4732
Crossroads Utilities (Water, Sewer, Trash).....	512-246-1400
Texas Gas Service	
Customer Service.....	1-800-700-2443
Emergencies.....	512-370-8609
Call Before You Dig.....	512-472-2822
AT&T	1-800-288-2020
Time Warner Cable.....	512-485-5555
Austin/Travis County Hazardous Waste	512-974-4343

OTHER NUMBERS

Bee Cave City Hall.....	512-767-6600
Bee Cave Library	512-767-6620
Bee Cave Municipal Court	512-767-6630
Lake Travis Post Office	512-263-2458
Lakeway Regional Medical Center.....	512-571-5000
City of Bee Cave	www.beecavetexas.com
Travis County (General No.).....	512-854-9020
.....	www.traviscountytexas.gov

NEWSLETTER PUBLISHER

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

Sweetwater Life

Fun is job one for Sweetwater's Lifestyle Coordinator



With six years of experience as an eighth-grade teacher, a love of sports and two small kids of her own, Sweetwater resident Bess Ouahidi has the perfect background for her job as Sweetwater's Lifestyle Coordinator.

Bess knows how to make sure residents of all ages have fun and enjoy getting to know each other. And if they're not careful, this former science teacher might just slip in a lesson or two on fun subjects like stargazing and photography.

Bess and her family were among the first residents to move to Sweetwater, giving them time to experience annual traditions such as the Sweetwater Wildflower Festival, the Easter Egg Hunt and Breakfast with Santa before she took over her duties in late 2015.

Before she became the creative force behind Sweetwater's events, Bess experienced how these events helped her family quickly feel at home after they had relocated from Oklahoma.

"The events are like magic in the way they help neighbors get to know each other. Whether they've lived here one year or one month, residents quickly realize that they live so close to each other, and that they have

things in common, like kids who are the same age," she says.

Bess works hard to make sure Sweetwater residents of all ages enjoy plenty of opportunities to socialize.

Big events such as the Wildflower Festival and Fall Festival attract residents of all ages. Other activities are offered for certain groups of residents, such as Teen Night, Ladies' Night and Men's Night. There's also Storytime for toddlers, and couples' nights throughout the year.

A growing number of classes and activities are offered to help residents of all ages get fit, stay in shape and enjoy the great outdoors at Sweetwater. These include yoga, Zumba, Camp Gladiator, Bollywood Fitness and Soccer Shots.

Bess is constantly exploring ideas for new activities, especially ones that help residents get the most out of Sweetwater's beautiful Hill Country environment.

Two of the newest offerings included a three-night series of photography lessons, perfectly timed to help residents capture memories of the acres of spring wildflowers at Sweetwater. Another new series, Stargazing & S'mores, features a planetary geologist who helped residents enjoy and explore the dazzling night sky above Sweetwater.

Read more about the latest events and activities at Sweetwater. ([link to website](#) or [HOA calendar](#) if possible.)



Counseling in the Hill Country

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Sweetwater Social Events



Extreme Teen Night celebrates the Oscars



Book Club members enjoy chatting about the latest book selection over homemade treats and coffee.



Sweetwater Teens dance the night away to the Cha



Professional Photographer Kevin Gourley hosted three successful nights of photography classes.



Gift Cards handed out for those who won the Freeze Dance CompetitionCha Slide



Teens munch on popcorn and treats while enjoying their friends' company.





SUMMER at ST. ANDREW'S

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SASAAUSTIN.ORG/SUMMER

Sweetwater preserves 800-year-old Texas Madrone tree

Sweetwater is home to residents of all ages, including one that's estimated to be 800 years old. The oldest living being in Sweetwater is a rare Texas Madrone tree, located along the trail that follows Pedernales Summit Parkway, the community's main thoroughfare.



As you drive – or hike – into Sweetwater, just look to the right after crossing the second bridge to see this spectacular tree, with its striking reddish-brown bark and ancient gnarled branches. The tree is especially impressive at night, when it is illuminated by dramatic uplighting.

The Madrone is about 30 feet tall, which might not seem particularly impressive by tree standards, but that height makes it a giant specimen for this extremely slow-growing species. The exact age of Sweetwater's Madrone tree has not been confirmed, but 800 years is a very solid estimate, according to Robert Long, project manager for the community.

"One of our landscape architects had recently worked for another Hill Country community with a large Madrone tree, and its age was scientifically proven to be 600 years," said Robert. "The architect said that because our Sweetwater Madrone was significantly larger than the 600-year-old tree, he felt very comfortable with the 800-year estimate."

Discovering the tree was completely accidental, as it had remained hidden among a thick growth of cedar trees, even after Pedernales Summit Parkway and much of the community's infrastructure was completed.

"We were driving past one fall day, and the landscape architect saw a single branch with bright red berries sticking out from the cedars," Robert says. "Right away, he suspected it was a Madrone. Because the branch was at least 15 feet off the ground, he knew it was probably a large one, but we had no idea just how old and grand it was."

In the next few weeks, the cedar trees were carefully cleared away to reveal the Madrone in its full glory, but most importantly to prevent the cedars from depriving the ancient tree of water and light. "Cedars are not native to the Hill Country, and they take a lot of water out of the ground," Robert explains. Apart from pruning dead and damaged branches from the Madrone, the tree thrives with virtually no maintenance.

"The Texas Madrone is so well adapted to the rocky, limestone slopes of the Hill Country that it is virtually impossible to propagate," Robert says. "That characteristic, along with its slow growth rate and beautiful red bark, make it such a rare and stunning tree."

Spring and fall are two of the best times of the year to see Sweetwater's ancient Madrone tree, which is also beneficial for the community's wildlife. The bright red fall berries are a favorite food of birds, and the colorful, fragrant spring flower offer nectar for Sweetwater's resident honeybees.

Sweetwater is home to more Texas Madrone trees, Robert says, although we have not yet seen any others nearly as old and large as the iconic specimen along Pedernales Summit Parkway. Given enough time, however, they will grow right along with Sweetwater.

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SWEETWATER IS IN BLOOM!

The wildflowers are in bloom in Sweetwater and spring is in the air. As the weather heats up, so do Sweetwater's Events! There is so much to do in our beautiful community from Sweetwater storytime and book club to photography classes and extreme teen nights.

Extreme teen night was a huge success and a big shoutout to all of the parents who helped chaperone that event! Teens partied the night away playing all sorts of games with friends, enjoying the selfie stick photo booth, and munching on popcorn, pizza, and treats in celebration of the Oscars. Prizes were awarded to those who fought hard to win the freeze dance and limbo competitions. All in all, teen night was a blast!

In early March professional photographer, Kevin Gourley, held photography classes in the clubhouse. Kevin taught three evening sessions that dealt with everything from the basics to fun tricks, using your own camera! We hope to see some of your great photos featured in Sweetwater after all that you have learned. We also hope to have Kevin out again, for those of you who may not have been able to make this session!

Sweetwater joined forces with Camp Gladiator in March to bring some serious conditioning for our residents, boot camp style! Camp Gladiator is offering classes every Monday, Wednesday, and Friday from 8:30-9:30 am and on Tuesdays and Thursdays, for the early risers, from 5:30-6:30 am. Camp Gladiator sure is a great workout and a fun way to get to know your neighbors.

We are excited to introduce Bollywood Dance Fitness as part of our ongoing efforts to add fitness programs here in Sweetwater, for your convenience. Bollywood dance fitness will offer a fun, sassy way to work out while enjoying some of the classic music and moves from Bollywood movie favorites!

The Sweetwater Wildflower Festival is coming up! April 23rd from 11 am-4pm, come join your Sweetwater neighbors for food, live music, bounce houses, face painting, lots of shopping from over 40 vendors, and much, much more! This year's Wildflower Festival is shaping up to be bigger than ever, so mark your calendars! We don't want you to miss it!

WHAT TO LOOK FORWARD TO! MAY

May 4th from 9:30- 10 am - Sweetwater Storytime – Come join your moms and tots for a special Mother's Day themed storytime. Snacks & drinks will be provided for the kiddos.

May 13th from 6-8pm- Friday Night Bingo Lights – Friday Night Bingo Lights has been moved to May due to the Wildflower Festival in April. Come join your neighbors for a fun & competitive night of Bingo! Details to come!

JUNE

June 4th Starting at 10 am- Splash into Summer Pool Party- School's Out for Summer! Come celebrate with your neighbors at the pool with delicious treats and good company.

I-9 Sports & Soccer Shots will be providing camps throughout the summer to entertain kiddos and teach them great skills while working with their peers! There will be more details to come soon on these great programs.

Sweetwater HOA Assessments

Quarterly payments become due on:

- January 1st
- April 1st
- July 1st
- October 1st

THE QUARTERLY DUES PAYMENT IS \$150.00.

You have until the 16th to send in your HOA payment before a late fee of 1.5% is charged to your account.

The payment address is:

Sweetwater Master Community
c/o Goodwin Processing Center
PO Box 93447

Las Vegas, NV 89193-3447

****include your account number**

You can contact Customer Service at 512-502-7515 for questions regarding your account or to request your account number.

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Sweetwater Life

ANNUAL LAKEWAY TEA BENEFITTING HELP OUR WOUNDED NETS RECORD \$4,800



Stunning centerpieces, gorgeous hats and special costumes filled the Hills Country Club for the Annual Lakeway Tea benefiting Help Our Wounded on Saturday, March 5, 2016. The amount raised from tea ticket sales and donations is a record setting \$4,800. This money will benefit so many wounded veterans, who have valiantly served our country.

Almost 200 women attended the high tea with proceeds benefitting Help Our Wounded. Many participants competed for prizes by decorating tables with many different and creative concepts. After every guest had voted for their favorite tables, high tea was served.

Help Our Wounded (HOW) was founded in 2009 by Rosie Babin after their son was severely injured. The mission of HOW is to help wounded veterans and their families with necessary financial assistance to ensure the assistance is a hand-up not a hand out. HOW is unique in its ability to respond quickly to the veterans' needs. "What a stunning group of ladies, surrounded by beautiful table settings and all for a worthy cause to help our wounded veterans and their caregivers. Thank you for being a part of healing American heroes," said Rosie Babin. To learn more about HOW go to helpourwounded.org.

Nancy Clayton and Ann Neighbors, tea co-chairs, thanked everyone for their contributions to HOW and for making the tea such a success. The table designers were recognized, door prizes given out after which Clayton and Neighbors announced the table prize winners.

First Place – On Broadway designed by Linda Kephart
Second Place – Peacock Paradise designed by Leanne DuPay
Third Place – American Strong

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RETIRE BETTER

VITAL VOLATILITY

WITH JOSH STIVERS

Since the middle of August, the stock market has experienced increased volatility that we have not seen since the second half of 2011. The question is, were you ready?

Simply put, volatility is a measure of the roller coaster ride that individual stock and public markets go on when there is nervousness and unrest based on uncertain economic conditions.

For the past 4 years, our market has remained at a historically low level of volatility. Think of it like the Old Faithful Geyser in Yellowstone National Park. You don't know exactly when it is going to blow, but the pressure is going to build up and eventually let off a little steam.

During times of relative calm in the volatility of markets, it is important to begin to insulate your portfolio from the impending release of pressure that is sure to happen. Many institutional investors and university endowments utilize non-correlated investments to hedge against the volatility of public stock markets. These non-correlated assets tend to change in value independent of financial markets such as stocks and bonds.

It is also important to have a stash of cash on hand when volatility hits. The recent sell offs in public equity markets have created an opportunity to purchase quality stocks at drastically discounted prices. I liken this to the

Foley's Red Apple Sale. Back in the day, my mother would wait expectantly for this once a year sale to roll around so that she could stock up on the name brand department store items at discount store prices.

If you do not prepare for the eventual sale on quality stocks, then you might find yourself without enough purchasing power to make good on these name brand stock discounts.

With a proper allocation to non-correlated investments and a healthy portion of cash, many of our clients have been in a position to benefit from the recent market volatility. With more uncertainty on the road ahead, it's not too late to begin insulating your own personal investment portfolio from future fluctuations.

Ask yourself, were you comfortable with your experience on your investments over the last couple of months. If not, it may be time to stress test your current portfolio and begin to hedge your bets.

If you would like further information on this topic or to receive a copy of our report on retirement investment planning, please send your requests to the email below. As always, we are here to answer your pressing questions and concerns regarding retirement investment planning.

Send your questions and information requests to retirebetter@platinumwealthadvisory.com



512.369.3817



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9TH ANNUAL LAKE TRAVIS SPRINGFEST RETURNS TO THE HILL COUNTRY GALLERIA IN BEE CAVE ON SATURDAY, APRIL 30TH

BEE CAVE, TX (March 21, 2016) – The Lake Travis Chamber of Commerce will bring SpringFest back to the Hill Country Galleria. Presented by St. David's Emergency Center, SpringFest will be bigger and better than ever. The full day community festival filled with shopping, food, music and fun for the whole family is always "The Biggest Time in the Smallest Town".

SpringFest kicks off at 10AM on Saturday, April 30th with unique shopping, a KidZone the size of a football field, kiddo performances and LIVE music in the amphitheater, the latest in watercraft at the Boat Expo and tasty craft beers and Texas wines in the BrewHaus and WineStomp.

Stroll through 95+ local and regional artisan vendor booths for an experience that is only found in South Lake Travis. Everyone is welcome, and admission and parking is FREE! Bring the kiddos; they will have hours of fun playing in the KidZone with loads of rides and attractions. (Tickets for attractions available onsite)

"We look forward to another electrifying event in Bee Cave," says Will Mitchell, event chair. This amazing festival is a fun event for all ages filled with great music, a huge KidZone and unique shopping."

SpringFest anticipates welcoming 8,000-9,000 attendees to this year's event. The phenomenal line up of performing arts and live music includes TexARTS, Champions Gymnastics, Innate Space, Andrea Marie and the Magnolia Band and the Ginger Leigh Band. Performances begin at 11:00am and the

last band ends at 6:00pm. See the SpringFest site for the full line-up. LakeTravisSpringFest.com.

Visit the Boat Expo with superior watercraft from Sail & Ski Center along with other boat related vendors. And, don't miss the popular Craft BrewHaus and WineStomp from 12:00pm – 6:00pm with local and regional craft beers and wine. Tickets may be purchased at the event.

"The partnership with the Hill Country Galleria provides us with an opportunity to create a strong, positive economic impact on the local economy not just for the day, but throughout the year," says Laura Mitchell, President of the Lake Travis Chamber of Commerce.

"SpringFest would not be possible without generous partners and dedicated support of our sponsors." "We would like to thank our presenting sponsor St. David's Emergency Center along with other dedicated supporters; City of Lakeway, Community Impact Newspaper, High 5 Family Entertainment and Vibra Rehabilitation Hospital for their contributions to this community festival," says Will Mitchell.

Some areas of SpringFest are cash only. ATM machines are available onsite.

For more information on live music show times, vendor and sponsor information for SpringFest, visit LakeTravisSpringFest.com. For additional information, please contact the Lake Travis Chamber of Commerce office via email at SpringFest@LakeTravisChamber.com or (512) 263-5833.

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Pruning Guidelines for Prevention of Oak Wilt in Texas

Oak wilt, caused by the fungus *Ceratocystis fagacearum*, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from tree- to-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. Below is a brief description of how you can reduce the risk of fungal spread when pruning.

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.

- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.

- If possible avoid pruning or wounding of oaks during the spring (currently defined as

February 1 through June 30). Reasons to prune in the spring include:

- o To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.

- o To repair damaged limbs (from storms or other anomalies)

- o To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.

- o On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.

- o Dead branch removal where live tissue is not exposed.

- Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February 1 or after June 30.

- Debris from diseased red oaks should be immediately chipped, burned or buried.

Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.



CROSSFIT HIVE

Fitness IN 100 WORDS

EAT MEAT AND VEGETABLES, NUTS AND SEEDS, SOME FRUIT, LITTLE STARCH AND NO SUGAR. KEEP INTAKE TO LEVELS THAT WILL SUPPORT EXERCISE BUT NOT BODY FAT. PRACTICE AND TRAIN MAJOR LIFTS: DEADLIFT, CLEAN, SQUAT, PRESSES, C&J, AND SNATCH. SIMILARLY, MASTER THE BASICS OF GYMNASTICS: PULL-UPS, DIPS, ROPE CLIMB, PUSH-UPS, SIT-UPS, PRESSES TO HANDSTAND, PIROUETTES, FLIPS, SPLITS, AND HOLDS. BIKE, RUN, SWIM, ROW, ETC, HARD AND FAST. FIVE OR SIX DAYS PER WEEK MIX THESE ELEMENTS IN AS MANY COMBINATIONS AND PATTERNS AS CREATIVITY WILL ALLOW. ROUTINE IS THE ENEMY. KEEP WORKOUTS SHORT AND INTENSE. REGULARLY LEARN AND PLAY NEW SPORTS.

~GREG GLASSMAN

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**JOIN US FOR GOLF
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11:00 am Registration - 1:00 pm Start

LOCATION: Flintrock Falls Country Club

FORMAT: 4-person scramble

COST: \$165 per golfer*

*Includes lunch, dinner and lots of swag

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Questions about the event?
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STAIN SOLUTIONS

Try as you might to prevent them, spills, drips and splatters in your house are inevitable. Whether you, your family or your guests are the culprits, stains happen. Most, if not all, are treatable, especially if you act quickly and use the right stain-removing technique.

If there's an accident on your carpet or a rug, start by scooping up any solids and soaking up any unabsorbed liquids. Then, blot the stain with a white cloth or paper towel. You should work from the outside in so you don't spread the spill, and dab at it instead of rubbing or pressing hard.

You also can try spot cleaning with a soapy water mix. Dilute a ¼ teaspoon of clear hand-dishwashing soap with 1 cup of lukewarm water. Spray the solution on the stain, and mist the area with clean water or blot with a wet towel. Then blot the area with a dry towel. Repeat this process until you get as much residue out as possible.

Follow these specific instructions for cleaning up the more stubborn stains and sticky spots on your floors:

- **Red wine:** Begin with the same three steps—blot, apply soapy water and rinse. Then, dribble very hot water from a sponge onto the spill. Continue to blot with a clean towel, and repeat until the carpet no longer shows any red.

- **Soft drinks and coffee:** Begin with the same three steps—blot, apply soapy water and rinse. Then dab on hydrogen peroxide. Wait one hour before repeating the process. Hydrogen peroxide bleaches a stain without breaking down carpet dyes. Use a 3 percent solution, which can be found at a drugstore, and apply at full strength.

- **Candle wax and chewing gum:** These are easiest to remove when hot or cold. For the cold method, harden the spot by rubbing it with an ice cube inside a plastic bag. Then, carefully scrape off the residue with a dull knife or a plastic card, such as an expired credit card. For the hot method, apply paper towels over the waxy area, and then use a clothes iron on low heat to soak up the wax. Replace the paper towels until all the wax is removed. Use a hair dryer to heat gum. Then with a plastic bag over your fingers, pull the goo off.

So the next time your carpeting endures a nasty spill, rest assured that it doesn't have to become a permanent stain. With these simple tips, you can keep your carpets and rugs looking great for years to come.



**Come have fun with the *CAVALETTES*
at the *Jr. Dance Clinic* on Saturday, April 16th!
Perform a Dance at the *Spring Show* Friday,
April 29th**

When: Saturday, April 16, 2016

Time: 1:00 pm - 4:00 pm (Check-in begins at 12:45 pm)

Where: LTHS Annex Gyms 3 and 4

(Entrance southeast of the Performing Arts Center)

Ages: Kindergarten – 5th Grade

Price: \$45.00 in advance (\$50.00 at the door)

Includes clinic, snacks, tee & performance at the Cavalette Spring Show
on April 29th

**MAIL YOUR PAYMENT AND RESERVATION FORM TO: LT
CAVALETTE BOOSTER CLUB**

**Attn: Jr. Cavalette Spring Clinic, 900 RR 620 S. Suite C101, Box 108,
Lakeway, TX 78734**

OR REGISTER ONLINE before noon on April 15th at

<https://cavalettespringclinic2016.eventbrite.com>

If you have any questions, please contact Abigail Payne at paynea@ltisdschools.org

Child's Name: _____ Grade: _____ Campus: _____

Parent's/Guardian's Name: _____

Address: _____

Phone: _____ Email: _____

Medical Release: I hereby give permission for the adult sponsors of this event to seek emergency medical attention for my child. I understand that every effort will be made to contact me before seeking medical attention.

***Please list any severe food allergies your child has: _____

(Staff cannot administer medications. In the event of a severe allergic reaction, certified personnel will assist with the child's prescribed EPI auto injector.)

Physician's Name: _____ **Phone:** _____

Parent's Signature: _____ **Date:** _____

Tee Shirt Size for Dancer: ____YS ____YM ____YL ____AS ____AM ____AL

Would you like to Pre-Order a **Junior Dance bouquet** for your dancer the night of Spring Show?

\$10 (payable at Clinic) ____Yes ____ No

Will your child be performing at the Spring Show on Friday, April 29th? ____ Yes ____ No

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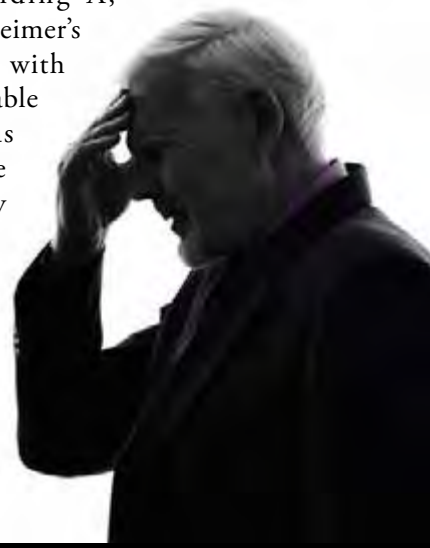
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Alzheimer's Respite Center in Austin

In today's world almost every family is touched by Alzheimer's. Someone in the family falls prey to this dreaded disease and it eventually impacts immediate and often extended family. The person with the greatest responsibility is the primary caregiver. Alzheimer sufferers often reach a stage of the disease that demands that someone be with them twenty-four hours every day. This places the caregiver in an extremely stressful position. If family does not live in the same city or if family is unavailable to help, the burden on the caregiver can become overwhelming. Accomplishing the simplest tasks becomes sometimes impossible because of the pressing needs of the person they are caring for.

A public, on-campus Alzheimer's respite center was established in Austin, TX several years ago. The center provides four hours of weekly care for people with Alzheimer's so that their caregivers can have a few hours of respite to do whatever they need to do. Great Hills follows the guidelines of the Alzheimer's Association Capital of Texas Chapter, and works closely with their Executive VP and Program Director to be sure that their Alzheimer's respite center meets all required standards.

The Great Hills Baptist Church Radiant Friends Alzheimer's Respite Center is located at 10500 Jollyville Road, Building A, Austin, TX 78759. Alzheimer's patients are welcomed with skilled caregivers, enjoyable activities, a nutritious meal, and safe exercise free of charge every Tuesday from 9:30 am until 1:30 pm. If you have a need in this area, contact Barbara Cross at 512-250-0826 for more information, and/or to apply for services.



Partners in Hope is a Lake Travis community ministry that connects people who desire physical, emotional, and spiritual help with people who will help.

*If you fall into either of these categories,
we want to meet you!*



Visit us at www.partnersinhopelaketraavis.org

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