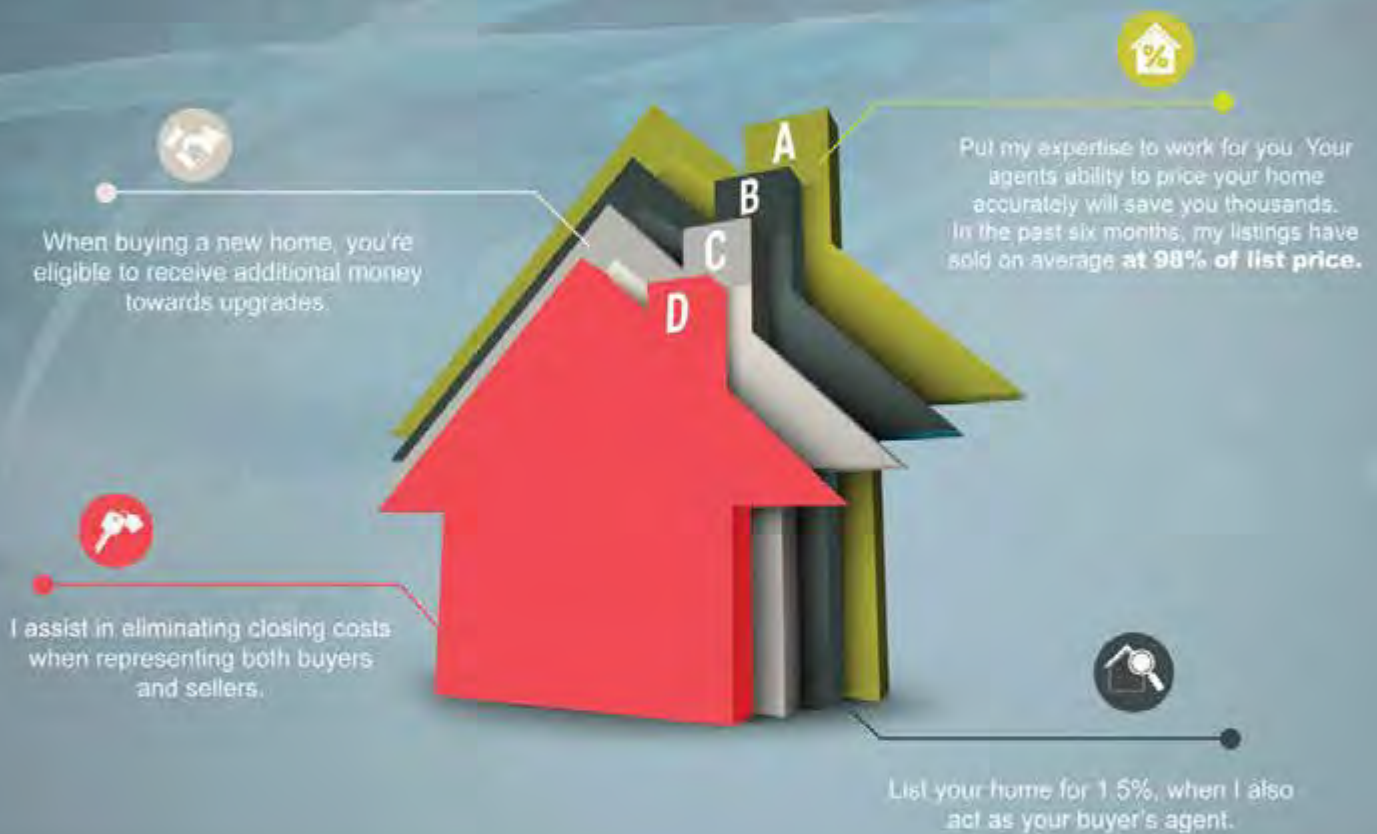


A brown dog with long, wavy fur is sitting on a pink and white inflatable ring in a lake. The dog is looking directly at the camera. In the background, there is a shoreline with trees and a small sailboat on the water.

Lakeway VOICE

Volume 8, Issue 9
September 2016

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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. Portrait (vertical) photos work best.

This month's cover photo was provided by Karen Anderson.

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.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Lakeway Police Department	512-314-7590
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
Lake Travis Elementary.....	512-533-6300
Hudson Bend Middle School	512-533-6400
Lake Pointe Elementary.....	512-533-6500
Lakeway Elementary	512-533-6350
Serene Hills Elementary	512-533-7400
Bee Cave Elementary.....	512-533-6250
West Cypress Elementary	512-533-7500

UTILITIES

Travis County WCID # 17.....	512-266-1111
Lakeway MUD	512-261-6222
Hurst Creek MUD.....	512-261-6281
Austin Energy	512-322-9100
Pedernales Electric.....	888-554-4732
Texas Gas Service	
Custom Service.....	1-800-700-2443
Emergencies.....	512-370-8609
Call Before You Dig.....	512-472-2822
AT&T	
New Service.....	1-800-464-7928
Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080
Progressive Waste Solutions (Trash & Recycle)	512-282-3508
Austin/Travis County Hazardous Waste	512-974-4343

OTHER NUMBERS

Lakeway Regional Medical Center.....	512-571-5000
Lake Travis Community Library.....	512-263-2885
Lake Travis Postal Office.....	512-263-2458
Lakeway City Hall.....	512-314-7500
City of Lakeway	www.lakeway-tx.gov

NEWSLETTER PUBLISHER

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Advertising.....	advertising@peelinc.com

VIEWPOINTS 2016 – 2017

Submitted By Diane S. Smith

Members of Lakeway's Viewpoints Distinguished Speaker Dinner series have announced the lineup for its 17th season.

The series takes place at the Lakeway Activity Center, 105 Cross Creek, on the third Sunday night of October and November, 2016 and the third Sunday night of January, February and March, 2017.

"This is a great lineup of speakers," said Tom Cain, who chaired the speakers committee this year. "Our mission is to enrich the perspectives of Lakeway residents by delivering thought-provoking and informational speaker programs in the areas of science, history, business, current events and the arts in an entertaining and socially engaging atmosphere."

Leading off will be Jane Tillman who will speak October 16 to the title "Birds of the Lakeway Area." Mrs. Tillman is an active member of the Travis Audubon Society and a Capital Area Master Naturalist. Since 2003 Jane has been teaching people how to attract birds and butterflies to their yards with native plants. She has been writing a monthly "bird forecast" for KXAN's weatherman Jim Spencer for the past five years.

On November 20 Colonel William James Gregory, USAF, retired will speak to the title "Reflections of a U-2 Pilot." After completion of flight training at Randolph Field, San Antonio, Col. Gregory was assigned to the 49th Fighter Squadron (P-38 Lightning), North Africa, completing 50 combat missions by 1943. As a command pilot, he was also a veteran of the Korean and Viet Nam wars with a 35-year military career.

Rusty Reames will speak January 15, 2017 to the title "Austin Blackhawks" Blind Baseball. Beep baseball is baseball for the blind or visually impaired. All players wear masks during play to make everyone equal. The Austin Blackhawks are 9 time World Champions and have finished in the top three fourteen times in 29 attempts. They have traveled to Canada, Puerto Rico, Taiwan (twice) and the Dominican Republic as well as across the U.S.

On February 19, 2017 Dave Schafer will speak to the title "National Parks". We celebrate the 100th anniversary of

the National Parks Service in 2016. In "Linked by Fate and Friendship: Harry S. Truman and Lyndon B. Johnson," Dave Schafer will describe the many links connecting President Truman and President Johnson. They differed in temperament and personality, but shared many similarities including promoting and supporting our National Parks system. Mr. Schafer has been a National Parks ranger for 31 years.

Dr. Edward B. Nelson will speak March 19, 2017 to the title Consumer Medications, "Fads, Fiction & Facts." Dr. Nelson was born in Altoona, PA, and received a degree in biochemistry from Penn State. After finishing medical school at UTMB and residency training, he joined the faculty at State University of NY at Buffalo and subsequently the faculty at Baylor College of Medicine in Houston. Later he joined Merck Research Laboratories in PA, and then McNeil Consumer Pharmaceuticals, a part of Johnson & Johnson as VP of R & D, from which he retired in 2004. He is the author of over 80 scientific publications, ranging from plant biology and drug metabolism to Alzheimer's disease, and holds six patents.

This popular series includes five catered dinners and five speakers, and is limited to 200 subscribers. Lynn Taylor is chairing the catering group, and she has arranged for dinners to be catered by Little Greek Fresh Grill, Casa Chapala, PoK-e-Jo's, Mangieri's Pizza Café and AllstarBurger.

The cost of the Viewpoints series is \$90 per person for members of the Lakeway Activity Center or \$110 for non-members. Space is limited and Viewpoints has been a sold out event for the last few years so don't delay! Tickets are available at the Lakeway Activity Center or you may call 512-261-1010 and charge over the phone with your credit card.

Pat Jacobsen and Allan Hitchcock founded the dinner series 17 years ago, and it has grown in popularity each year. Tom Cain chaired the speakers committee this year, and other members of the committee are Mike Cripe, Kevin Daley, Allan Hitchcock, Alice Nelson, Diane Smith, and Lynn Taylor.

Kitchen Diva to Speak

at September 26 Women's Club

Angela Shelf Medearis, known as The Kitchen Diva, will speak at the Sept. 26 Women's Club of Greater Lakeway general meeting at the Lakeway Resort and Spa.

Medearis is a chef, culinary historian, educational consultant, motivational speaker and an entertainment columnist. She's also the author of more than 100 award-winning children's books and seven best-selling cookbooks for adults, including The Kitchen Diva's Diabetic Cookbook and The Kitchen Diva Cooks! She is also an inspirational author focusing on ways to feed the body and soul, and to find real peace. She co-authored the book: Ten Ingredients For A Joyous Life and A Peaceful Home.

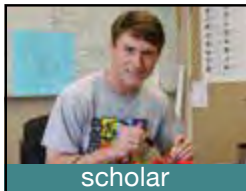
Medearis has been a regular guest chef on national television shows including the Food Network, Dr. Oz, The Today Show, as well as local Austin news stations – KVUE, FOX/KTBC and KEYE. She provides lifestyle advice and demonstrates healthy cooking recipes. She also is executive producer and host of "The Kitchen Diva! Recipes for Life" television cooking show which will debut on PBS/CREATE, starting January 7, 2017.

At the Women's Club meeting, she will talk about her struggles to produce her new show and launch her food truck venture, along with other topics.

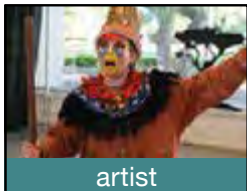
Medearis has been happily married for 41 years to Michael Medearis and is a mother and grandmother. She lives in Austin. Her website is www.divapro.com.

The Sept. 26 general meeting is free for members and their guests, beginning at 9:30 a.m. with a coffee social followed by a brief business meeting and the speaker. Lunch will be served at 11:30 a.m., and reservations are required by September 22. Please send reservation checks to: Nancy Clayton, 110 Melody St, Lakeway, Texas 78734. Cost: Members \$23.00, Non-Members \$28.00. Make checks payable to W.C.G.L. – Women's Club of Greater Lakeway.

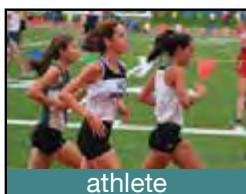
For membership information, please see lakewaywomensclub.com.



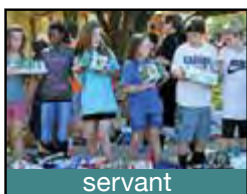
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Around Lakeway

Lake Travis recycling-reuse center curbs pollution in 1st year

The Lake Travis Regional Reuse and Recycling Center has saved tons of waste from endangering human health, wildlife and the environment in just over a year of operations.

Before the center's opening in June 2015, more than 500 vehicles were swarming to annual half-day collection events that were spawning long lines and high costs to transport between 30 to 40 tons of household hazardous waste off-site.

Household hazardous waste items are common everyday products that people use at home that may be hazardous to the environment and water supply if not properly disposed.

Throughout the years, a partnership formed to host the annual events that first began with the City of Lakeway in 2003 and later added Water Control and Improvement District (WCID) No. 17, City of Bee Cave, Village of The Hills and Hurst Creek and Lakeway municipal utility districts.

This partnership identified efficiencies in cost-savings and manpower that could be achieved with a permanent facility open multiple times a year for residents within these jurisdictions.

"We have reduced expenses by doing some of the processing ourselves, storing products until they are transported and offering gently used products back to the public for reuse at no cost," LTRRRC spokeswoman Julie Oakley said. "Having our own facility rather than contracting with a vendor for an annual event allows this partnership to offer more service at the same cost."

The Lake Travis Regional Reuse and Recycling Center's annual operating cost is estimated at \$60,000, which includes the cost for disposal of materials collected, labor and supplies for four half-day collection events. The overall cost of the household hazardous waste annual event in 2011 was \$69,812.

"This center is a perfect example of government entities working together for the community and environment," Oakley said.

The center will host its next collection and reuse event from 9 a.m. to noon Sept. 7 at 3207 Neidhardt Drive, behind the Lake Travis Fire Station 601 off General Williamson Drive. There is a 30-gallon limit per vehicle.

The event will be free and open to residents and utility customers who must present a driver's license or utility bill with an address in the jurisdictional boundaries. Water bills are preferred. Non-district or non-city residents must pay a \$40 fee per vehicle.

Some helpful tips for dropping off items are:

- Follow any instructions for use and disposal provided on the product labels.
- Make sure all containers are not leaking and are clearly labeled. Mark your waste with a legible label if it is not in its original container.
- Save your empty containers and aerosol cans for curbside collection at your home, please. Empty containers and aerosol cans may simply be thrown out with your regular trash.



- Take commercial waste, medications, medical products and lightbulbs to other disposal or recycling facilities. LTRRRC does not accept them.
- Remain in your vehicle while center staff members unload items. Staying inside your car helps keep the line moving quickly.

The center also has many free used items, including mocha and slate-colored latex paints and other partially used household products.

These reuse items are available not only at the collection events, but also by scheduling an appointment with Lakeway Public Works at 512-608-9000 or WCID No. 17 at 512-266-1111.

"We welcome participants to browse the reuse center and stock up on free household supplies they can use for projects around the house," Oakley said.

For information, visit www.lakeway-tx.gov/ltrrrc.

CUTLINE

Courtesy of City of Lakeway

WCID No. 17 staff members unload household hazardous waste on June 1 at the Lake Travis Regional Reuse and Recycling Center, which will hold its next collection and reuse event from 9 a.m.-noon Sept. 7 at 3207 Neidhardt Drive.

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Children's Center of Austin Names Tanya Saenz

to Head of Schools

childrenscenterofaustin.com



Highly regarded Austin-area child-care and education center creates new Head of Schools position to direct growth for all three of its campuses; promotes Tanya Saenz to fill roll.

AUSTIN, TX (July 28, 2016) — The Children's Center of Austin announced today that Tanya Saenz has been named the institution's first Head of Schools. In this roll, Saenz will oversee the management of all the Children's Center of Austin schools including fiscal, personnel, curriculum, quality assurance, and customer relations, as well as the overall administrative success for all schools.

"I am excited about my next chapter with the Children's Center of Austin," said Saenz, who was promoted from the Regional Director position. "We have an amazing school system with incredible families, teachers, and staff

all working together to ensure the physical, social, and intellectual needs of every child are met on a daily basis. My goal is to build upon this solid foundation and pave a path for our students to have the most well-rounded, safe, and caring start to their education."

Some of the new initiatives Saenz will be addressing early on include physical upgrades to some of the schools such as outdoor sport courts for enhanced student activity and health. Also, she will continue to seek out the best ongoing educational and training opportunities for teachers to stay atop their fields and continue to provide the best care for all students.

Saenz brings 17 years of early childhood education and management experience to the newly appointed Head of Schools position. Six of those years have been spent at the Children's Center of Austin serving as Curriculum Coordinator, School Director, and Regional Director. She holds a degree in Early Childhood Education with a concentration in Infant and Toddler studies from Del Mar College, and is working towards a second degree in Business Administration from Concordia University.

Prior to joining the Children's Center of Austin, Saenz worked in schools in south Texas as well as three years with the Lake Travis Independent School District. Now, in the newly appointed position as Head of Schools, Saenz will rely upon that experience to continue the growth of the Chil-

dren's Center of Austin, its staff, and students, as well as provide continuity of management across all campuses.

About Children's Center of Austin

The Children's Center of Austin is devoted to a love of learning based on the premise that every child is a unique individual with a definite growth and development pattern. The Children's Center of Austin is committed to the belief that early childhood education is vital to our children's futures, and thus the curriculum is developmentally based and focuses on the individual child's social, emotional, and intellectual needs. The Children's Center of Austin serves infants, toddlers and preschoolers, and offers after school programs for kindergarten through fifth grade at three Austin area locations: Westlake, Northwest Austin (at Jester Blvd.), and Steiner Ranch.

CCOA - STEINER RANCH

4308 N. Quinlan Park Rd. Suite 100
Austin, TX 78732
512.266.6130

CCOA - NW AUSTIN

6507 Jester Boulevard Bldg. 2
Austin, TX 78750
512.795.8300

CCOA - WESTLAKE

8100 Bee Caves Rd.
Austin, TX 78746
512.329.6633



Around Lakeway

A chat with John Hastings, *Lakeway MUD Water Supervisor*

Q: Thank you for taking the time to speak with us, John. Can you tell us a little about your background? How did you become Water Supervisor at LMUD?

JH: I started in the water business in 1988 as a meter reader in Kerrville, TX. After reading meters for 5 years, I became a Water Production Operator until 1998. In 1998, I had the opportunity to come to Lakeway MUD, and accepted a position as Chief Operator. In 2000, I was promoted to Water Operations Supervisor and have performed those duties since then.

Q: What facilities and people do you supervise? What areas are you responsible for?

JH: We have a Water Treatment Plant with the capacity of treating 7.2 million gallons per day. I have two operators that work with me in keeping everything running smoothly. We also work very closely with the Wastewater, Field Operations, and Administrative teams to ensure the customers of Lakeway MUD enjoy good service and high quality water and wastewater services.

The raw water is pumped into the plant and chemicals are added to aid in flocculation and filtration, then we filter the water to remove impurities. After filtering, chlorine is added as a disinfectant to kill pathogens. Once we have finished treating the water, it is pumped to one of four water storage tanks and from there to the customers. I am also responsible for maintaining our raw water barges and the water tanks that store our water until it is delivered to our customers.

Q: How does LMUD get water from the Lake?

JH: The water is pumped from our barges from Lake Travis to the Plant. The barges are located between Lakeway Marina and Rough Hollow Cove on the lake. One barge has four 100 horsepower pumps and the other barge has three 60 horsepower pumps.

Q: How much water does LMUD draw from Lake Travis?

JH: Any given year, we will remove between 650 million and 950 million gallons per year, with the average being around 750 million per year. In 2011, during the worst drought period, we pumped around 950 million gallons. Interestingly, about 70% of the water we pump ends up irrigating our landscapes in Lakeway.

Q: How many water tanks does LMUD have? Where are they located? How much water do they hold?

JH: We have 4 tanks. The Golf Ball tank close to 620 and Lakeway Blvd. holds 100,000 gallons. The tank on Lohmans Crossing between 620 and Lakeway Blvd holds 2 million gallons. The Rolling Green tank holds 500,000 gallons. The tank at the World of Tennis holds 100,000 gallons. Each of these tanks can supply water to our customers in their neighborhood. We have the ability to change where the water is delivered as demand changes.

Our treated water is pumped into the tanks, and gravity from the tanks is what creates the water pressure you have in your home or

place of business. That explains to some degree why some customers may have higher or lower pressure than their friends who live in different neighborhoods.

The lower the elevation of your home; in relation to the elevation of the water tank, the higher your water pressure will be.

Q: Occasionally we hear that water tastes funny or has an odor; can you comment on that?

JH: When the lake rises to cover vegetation that has not been underwater for some period of time, that vegetation begins to become absorbed into the water and may create a different flavor or smell for a brief period of time. We had heavy rains in 2015 that covered a lot of vegetation that had been dry for several years; thus, some customers noticed a change in taste and/or smell for a period of time. Our water has always been perfectly safe for consumption and other uses, and we believe the taste and smell is well on its way to returning to normal.

Q: We hear there is a new reservoir being built in South Texas; what effect will this have on our area?

JH: The LCRA (Lower Colorado River Authority) is building a new reservoir in South Texas that will hold approximately 40,000 acre feet. This will help to preserve water for their use that previously would have been lost to the Gulf of Mexico. Having another source of stored water south of us will reduce to some degree the need for us to release water from Lake Travis in order to supply South Texas.

Thank you for your time, John. We appreciate the information you have given us, and we appreciate the job you and your team perform on a daily basis to provide the citizens of Lakeway with good clean water 365 days per year.

Conservation Reminder

After the much needed rains we experienced in 2015 and early 2016, we are back into our normal hot and dry summer season. At our Water Plant in Lakeway, we experienced zero rainfall in July, so we have now gone several weeks without any noticeable moisture. With temperatures hovering around the 100 degree mark on a daily basis, evaporation from our lake coupled with heavy usage consumes a great deal of water. While our lake is still in good shape from a water storage standpoint, forecasters are predicting dry and hot conditions through the rest of the summer and into the fall.

Our Board has enacted Stage 2 restrictions for irrigation from May 1 through September 30. Addresses ending in odd numbers can irrigate on Wed and Sat; even numbers on Thurs and Sun. Commercial customers can irrigate on Tue and Fri. No irrigation is permitted between the hours of 10AM and 7PM. Please remember your schedule and set your irrigation systems accordingly. Thank you in advance for your cooperation; working together, we can manage our valuable water resources effectively.

Balcones orchestra to bring free classical music to Lakeway



The Balcones Community Orchestra will perform a free one-hour concert at 4 p.m. Sept. 25 at the Lakeway Activity Center, 105 Cross Creek, in Lakeway.

This symphonic orchestra brings high-quality music to the Austin region. The all-volunteer group draws its repertoire from the masterworks for small orchestras.

The orchestra will perform a one-hour concert conducted by Robert Radmer, adjunct instructor of music and orchestra director at St. Edward's University. Radmer has served on the music faculties of Texas State University and the College of Saint Scholastica at Eastern New Mexico University.

This concert is being hosted by the City of Lakeway Arts Committee.

For information, call the Activity Center at 512-261-1010.

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Partner with Lakeway police at National Night Out



Lakeway police are inviting residents to support their officers and law enforcement for the annual National Night Out on Oct. 4.

From 4-8 p.m., residents in neighborhoods throughout Lakeway and across the state are asked to lock their doors, turn on their outside lights and spend the evening outdoors with neighbors and police. The national event was Aug. 2, but Texas observes National Night Out in October.

"In these times, it's essential to have positive engagement with our community, and the essence of community policing is a partnership," Lakeway Police Chief Todd Radford said.

National Night Out is designed to heighten crime and drug prevention awareness, generate support for and participation in local anticrime efforts, strengthen neighborhood spirit and police-community partnerships and send a message to criminals that neighborhoods are organized against crime. Neighbors participate across thousands of communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide.

Lakeway residents who register their neighborhood events with the department will be able to work with National Night Out coordinators to schedule visits from Lakeway police officers from 4-8 p.m. that evening.

Officers and Lakeway Citizens Police Academy Alumni Association members will visit registered block parties and cookouts to provide informational handouts, giveaways and localized tips for preventing crime.

To register a block party for a visit, contact Mike Conley, Lakeway Citizens Police Academy Alumni Association director, by 5 p.m. Sept. 16 at director2@lakewaycpaaa.org with an estimated headcount of guests and what time you would like to schedule an officer visit. Those who are interested in registering a block party are encouraged to sign up soon as 25 neighborhoods have registered out of a possible 29.

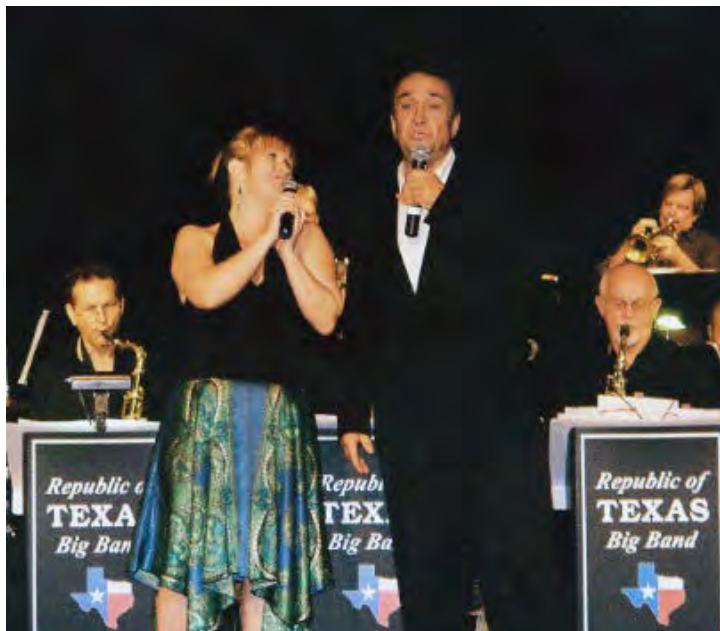
"We are a unique department and community in that we enjoy an excellent partnership," Radford said. "National Night Out strengthens that bond even further."

CUTLINE

Courtesy of City of Lakeway

Lakeway Police Sgt. Robert Gauvin visits with Flintrock Falls residents at the 2015 National Night Out.

Dance to The Republic of Texas Band at next Big Band Bash



For a swinging time, enjoy The Republic of Texas Band at Lakeway's Big Band Bash from 8-10 p.m. at the Lakeway Activity Center, 105 Cross Creek.

The evening also features a large dance floor in an air conditioned ballroom and tables available for your snacks and beverages at a place where you may invite your friends without the hassle of reservations.

The Lakeway Big Band Bash is on the second Monday of each month. Admission is free, but donations to the band are encouraged.

Kent Dugan's 17-piece orchestra, The Republic of Texas Band, features Lakeway singers 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.

"Make it a great evening, go out for an early dinner in a nice local restaurant and go dancing at the Bash at 8 p.m.," suggested Fred Newton, Lakeway Arts Committee chairman.

For information, call the Lakeway Activity Center at 512-261-1010.

CUTLINE

Courtesy of City of Lakeway

Lisa Clark and David Cummings join The Republic of Texas Band for Lakeway's Big Band Bash, which is the second Monday of every month at Lakeway Activity Center.

RETIRE BETTER LET'S TALK

WITH JOSH STIVERS

DO YOU FEEL CONNECTED TO YOUR MONEY?

WHEN YOU OPEN YOUR BANK AND BROKERAGE STATEMENTS, DO YOU BREATHE A SIGH OF RELIEF OR GASP IN ANXIETY?

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Through discussions over the years, I have found that many people do not know where they truly stand financially. Yes, they know they have investment accounts, retirement accounts, and bank accounts. They know they have life and health insurance in place. And they know they are covered in the event of a major disaster.

But, what they don't know is how to interact with their overall finances in such a way that they feel confident in the decisions they make on a day to day basis. Many have expressed an underlying fear that they will never be financially independent.

I would like to offer encouragement to you today. It is possible to get a handle on your financial picture. Often, just having a conversation about your finances with a knowledgeable professional can make all the difference.

If you are feeling a bit disconnected from your current financial plan, I would love to sit down with you and discuss your unique situation.

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Sports News

THE LAKEWAY WILDFLOWERS GO “TRIPPING ACROSS THE USA”

Are you ready to travel across our great country in song? Then join us on Saturday, October 15th, as the Lakeway Wildflowers Chorus presents a show featuring music that captures the flavor of America. Musically, we will travel down the Mississippi River on a river boat, take the train from Pennsylvania to Tennessee, and drive across the country on Route 66. We will visit iconic cities—San Francisco, New York City, Atlantic City—and sing the praises of our lovely Southern states—Kentucky, Georgia, and, of course, Texas. To top it off, the chorus sings in what has been called the only truly American musical genre—barbershop. Directed by the talented Adam Poynor, the chorus consists of 35 Lakeway women who love to perform four-part harmony. Included in the program will be two chorus quartets, the Petal Pushers and the Floral Notes, plus a guest men's quartet, the Highlights. Don't forget the date—Saturday, October 15th. Doors open at 6:30 & the show starts at 7:00. Tickets are \$15, and you can get them at the Lakeway Activity Center, 105 Cross Creek Drive, beginning September 12th for LAC members and September 19th for the general public. Refreshments will be served. For more information about tickets, call the LAC, 512-261-1010.



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CROSSFIT HIVE

WELCOME to Gainsville!

Gains

(NOUN)

GAINS IS BEST DESCRIBED AS A LIFESTYLE THAT MANY TAKE TO PUT ON MUSCLE AND GET INTO SHAPE.

HOWEVER, GAINS ISN'T JUST ABOUT GETTING BIG MUSCLES AND LOOKING LEAN. THE COMPLEX LIFESTYLE OF MAKING GAINS IS COMMONLY MISINTERPRETED AS SIMPLE MEATHEAD TERMINOLOGY. ONE WILL FIND THAT MAKING GAINS CONSISTS OF: THE PROCESS OF LIFTING, EATING HEALTHY, AND MAKING LIFE DECISIONS BASED OFF OF ONES HEALTH.

IT CAN ALSO REFER TO SOMETHING THAT BRINGS ONE GREAT PLEASURE AND BE USED TO DESCRIBE THINGS OR PEOPLE.

"THOSE EGGS ARE STRAIGHT UP GAINS."

"NO, I'M NOT GOING TO DRINK THAT BEER. I DON'T WANT TO KILL MY GAINS."

"CROSSFIT HIVE IS HELPING ME MAKE ALL KINDS OF GAINS"

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LT Lov



Thank you to the Lake Travis community for LTlov's very successful school supplies and backpack drive serving low-income LTISD students. Our goal is to send every student to school with all of the supplies they need to succeed this year, including a backpack. Together we have made a difference in the lives of families coded economically disadvantaged by providing this expensive but necessary means of staying organized and prepared. Special thanks to the businesses who hosted collection bins, to the Lake Travis Crisis Ministry and PODER for helping spread the word about receiving supplies and for help with distribution and to our many volunteers. Pictured, Winnie Johnson.



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