



Lakeway VOICE

Volume 8, Issue 12
December 2016



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5 BD | 4.5 BTH | 4,670 Sq. Ft.



Directions to Rocky Creek:
West on Hwy. 71, left on Hamilton Pool Rd
Drees model located at 17005 Rush Pea Circle

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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 Devin Monk.

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

Baylor Scott & White 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

Peel, Inc.	512-263-9181
Editor.....	lakeway@peelinc.com
Advertising.....	advertising@peelinc.com

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New Year's Eve Gala



On December 31, 2016, there will be a New Year's Eve Gala benefiting Help Our Wounded. The Gala will be hosted at the Sonesta Bee Cave Hotel. Cocktails will begin at 7:00 p.m. on the Rooftop Terrace, followed by dinner at 8:00 p.m. in the Colony Ballroom. Dancing will

be to the music of the band Groove Knight, and at midnight, we will have a champagne toast to welcome 2017.

The Sonesta Bee Cave Hotel is offering a special \$99 room rate for the Help Our Wounded Gala. For reservation information, call 1-855-463-3097 and use the group code 1229HOWGRB or use the following link, Help Our Wounded Gala Room Block. Offer expires December 1, 2016.

Tickets are \$125 per person. VIP tickets are \$175 per person, which includes an invitation to a VIP cocktail party on December 30, 2016. To make reservations, go to www.helpourwounded.org/gala or make your check payable to Help Our Wounded and mail it to Diane Jackson, 2303 RR 620 S, Ste 135-443, Lakeway, TX 78734. Tables for 10 guests, partial tables, or individual reservations are available. The first \$50 of each ticket covers the cost of the event; everything over that amount is a tax deductible contribution. The deadline for buying tickets is December 23, 2016.

Help our Wounded was founded by Rosie Babin in 2009. The mission of HOW is "to help our wounded service members, and those who care for them, by providing direct aid, resources and support, unique to their needs." Babin explains "as HOW representatives interview and get to know the needs of the wounded veterans, HOW ensures the veteran understands the assistance provided is a hand up, not a hand out. HOW gives the veteran the needed grants to empower them through their transition out of the military and either into the VA system or back into their community."

There are many great nonprofit organizations assisting combat veterans. What makes HOW unique is that once a veteran is vetted, HOW moves quickly to provide the necessary financial assistance, and whenever possible, HOW works directly with creditors to ensure that the veteran gets needed assistance. Because of this unique ability to respond quickly to veteran's needs, other nonprofits turn to HOW to provide needed help to our veterans.

The past three New Year's Eve Galas have raised a combined total of over \$300,000. That money was used to help wounded veterans and their families with mortgage assistance, medical supplies, transportation, utilities assistance, rent eviction prevention, and more.

For additional information, contact Dottie Stevenson at 512-266-6460, Ann Neighbors at 512-261-2980 or Brooke Toeller at 512-808-7115. Other committee members are Donna Lochow, Diane Jackson, Joan Astorino, Gretchen Nearburg, and Paula Tye.

Lakeway Drive Reindeer Tell A Story

As the holidays are upon us, it is not unusual to see a Lakeway yard with LED-illuminated reindeer. But some residents in Lakeway have noticed something that is unusual, a set of reindeer that appear to be telling a story.

The illuminated deer in this yard on Lakeway Drive change. Their numbers change. Their positioning changes. Sometimes the changes happen frequently. The owner of the reindeer and master story-teller is Steve Zbranek. The reindeer story concept began four years ago, as a funny thought when Zbranek was decorating his residential yard for Christmas. Each year, the process begins before Thanksgiving and evolves throughout the Christmas season, with the final piece of the story in the quiet days after Christmas.

During mid-November, three

illuminated reindeer appeared, seemingly oblivious to each other, all casually milling around the yard. But a week later, there were more, and they've moved. Are they telling a story? What is the story? Take a frequent holiday walk or drive past 909 Lakeway Drive and enjoy this holiday puzzle.



CCOA-STEINER RANCH
4308 N. Quinlan Park Rd.
Suite 100
Austin, TX 78732
512.266.6130

CCOA NORTHWEST AUSTIN
6507 Jester Boulevard
Building 2
Austin, TX 78750
512.795.8300

CCOA-WESTLAKE
8100 Bee Caves Rd
Austin, TX 78746
512.329.6633

Around Lakeway

Lakeway to Sparkle During Lights On! and Trail of Lights

The Trail of Lights features pleasing tableaux with everything from candy canes to Christmas trees. After Dec. 2, the trail is on display nightly from 6 p.m. to midnight through Jan. 2, 2017, including holidays.

"The Lights On! and Trail of Lights spectacle brings the Lakeway community together for the holidays in a fun, old-fashioned celebration," said Andra Bennett, Lakeway Parks and Recreation director.

Please do not bring dogs. Bicycles, scooters, skateboards and motorized vehicles are prohibited on the trail.

Parking is available at the Lakeway Activity Center, 105 Cross Creek. The Trail of Lights may be accessed by the stairway at the bottom of the parking lot. Those with strollers should use caution traversing this stairway. Wheelchair access is available at the City Hall entrance off Lohmans Crossing. Parking is also available at Village Plaza, 100 Lakeway Drive, near Café Lago. Take the walkway between the buildings.

For information, call 512-314-7532.

CELEBRATE THE SEASON AT LAKEWAY'S BIG BAND BASH

A swinging time may be enjoyed with one of the best big bands in Central Texas, a large dance floor in an air conditioned ballroom, tables available for your own treats (e.g., champagne and caviar), at a place where you may invite your friends without the hassle of reservations. Do this in the ballroom of the Lakeway Activity Center (105 Cross Creek). The Lakeway Big Band Bash is on the second Monday of each month, from 8 to 10 p.m. Monday, December 12, 2016, is the next event. Admission is free (donations to the band are encouraged).

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.

"Let the increasing number of restaurants in Lakeway make your evening complete. Have dinner out and go dancing at the Bash at 8 p.m.," suggests Fred Newton, Lakeway Arts Committee chairman.

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



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A SPECTRUM RETIREMENT COMMUNITY

Friends of the Parks of Lakeway Annual Membership Meeting

January 25, 2017 - Open to Public

A speaker from the Balcones Canyonlands Preserve will make a presentation at the meeting. The Balcones Canyonlands Preserve is not one single tract of land but a system of preserves that exists as a multi-agency conservation effort operating under a regional 10(a) permit issued under the Endangered Species Act by the U.S. Fish & Wildlife service.

The Friends of the Parks (FOP) Annual Membership Meeting will be held at the Lakeway Activity Center, 105 Cross Creek. The program will begin with Registration at 6 p.m., with a BBQ dinner at 6:30 followed by business meeting at 7:00 and presentation at 7:30. The dinner is free for paid up members and \$10 for non-members. Annual membership of \$15 per family can be paid at registration. You must make a reservation for the BBQ by MONDAY, January 23, 2017 by contacting Bernie Reding at 512-261-5633 or countyboy@aol.com.

FOP is an all volunteer 501(C)(3) non-profit organization of men and women that build and maintain trails and gardens in the City's Parks and Greenbelts. Workdays are held the 2nd Saturday of the month (excluding June-August) from 8-11:45 a.m. followed by a picnic lunch at the City Park Pavilion. FOP also holds its Annual Wilderness Fun Run/ Walk at Hamilton Greenbelt in mid-April.

Come join your neighbors in the great outdoors of Lakeway to help improve the parks and greenbelts for walking, hiking, jogging and biking.

Submitted by:

Patrick McDermott

Chairman of Lakeway FOP

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Lake Travis High School Choir Invites You to Their Winter Holiday Concert

The award winning Lake Travis High School Choir would like to invite you and your family to their Winter Holiday Concert, Friday December 2nd. Come enjoy beautiful music that will put you in the holiday spirit, fun for the whole family! The concert begins at 7pm, admission is free, and takes place in the LTHS performing Arts Center.

Additionally, they would like to congratulate it's 2016-2017 All Region Choir Students. These students practiced for months prior to their audition and made the select rional choir through blind audition.

Region (l to r...kind of by row):

Zoe Arora, Sarah Henry, Sophia Boyer, Zac Hrnir, Sarah Mann, Avery Goodwin, Tyller Garza, Emily Aaron, Kate Senter, Molly Snodgrass, Amanda Maldonado, Mason Tabb, Alaska Coombes, Jackie Lowy, Jade Milam, Abigail Storm, Hawkins Burns, Houston Burns, Wes King, Zachary Edwards, Dante Kokoszka

Not pictured: Kelly Hearn & Olivia Kingsfield

The 2016-2017 Choir Officers are Front Row: Sarah Mann, Tyller Garza, Alaska Coombes, Avery Goodwin, Kelly Hearn

Back Row: Reagan Westberry, Jackie Lowy, Julianne Lowy, Jade Milam, Mary Martindale, Alison Miller, Jessica Askey



Around Lakeway



Please remember to pick up after your pets and "scoop the poop"

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Westlake/Lake Travis

6836 Bee Cave Rd Suite 103

LT Lov

Green Santa is Coming to Town!



Economically disadvantaged Lake Travis children don't need to pout or cry because LTlov's Green Santa program is hard at work this holiday season to provide gifts, books, stuffed animals and food for registered families. Since 2009, LTlov has invited the Lake Travis community to join forces by providing donations of gifts for children living at or below the poverty line.

Registered children range in age from infant to 17 and they are dreaming of dolls, cars and trucks, blocks and building toys, games, board games, balls, sports equipment and art supplies. These are the categories their parents choose from to help volunteers pick just the right age appropriate gifts for each child. Cash donations and gift cards to local businesses allow LTlov Green Santa committee members to do extra shopping when popular choices run low so dreams can still come true. Space for storing, sorting, packing and distributing the family gift boxes is provided by LTISD in the Educational Development Center and many volunteers are required to on site to serve over 600 local children.

Serving the Lake Travis community since 1992, Green Santa also provides food to make holiday meals special. Registered families will receive \$15 dollars per family member in HEB gift cards to help stretch already challenged food budgets. The Ladies of Charity- Lake Travis has donated \$5,000 dollars in gift cards and HEB has pledged additional \$1,005 in \$15 cards. This combined donation will cover not quite half of the goal of serving 900 Lake Travis residents. Local businesses are invited to underwrite the Green Santa food program with a cash donation. Individual and business donations are critical to reach the projected goal of \$13,000 dollars.

Donations can be dropped off at LTISD campuses and the following local businesses: the Lake Travis Community Library, Bee Cave Chick-Fil-A, World of Tennis, Point of Origin, Prosperity Bank, Strandz Salon, Moreland Properties, Bee Cave Family Chiropractic, Kuper Sotheby's, Luxe Salon, Body Balance Physical Therapy, the Lakeway Police Officer's Association and Coldwell Banker United, Realtors. Deadline to drop off donations is Thursday, December 8th for businesses and Friday, December 2nd at school campuses. For more information or to donate online, visit www.ltlov.org. To become a business underwriter, contact president@ltlov.org. To inquire about volunteer opportunities, contact ltlovgreensanta@gmail.com. Pictured, Mary Cay Murray with the Ladies of Charity- Lake Travis

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photos by Leandra Blei Photography



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Around Lakeway

UPCOMING AT THE LAKE TRAVIS COMMUNITY LIBRARY

Local Artist Showcase for Month of December



The Lake Travis Community Library will showcase the travel inspired watercolor paintings of local artist Ben Kuenemann in the month of December. Kuenemann was born in El Paso and grew up in the Houston area. He attended San Jacinto High School and is a proud member of the “Band of Brothers” Class of 1954, ex-San Jacinto Football players. Kuenemann went on to attend the University of Texas graduating with a degree in Engineering in 1959.

Before Ben and his wife Sylvia retired to their dream home in the Hills of Lakeway in 1996, he worked for over thirty years in computing/data processing technology. His experience culminated in 9 years as the Senior Managing Director of Technology at Bear Stearns in New York City.

Kuenemann picked up oil painting after his retirement in 1996, when his wife encouraged him to take classes at the local high school. He switched to watercolor in 2001 and has made painting a regular part of his life since 2006. Since he began painting watercolors he has sold over 180 pieces. His “Patron List” contains over 70 names.

Ben and Sylvia often enjoy attending artists’ retreats across the country and abroad. In September Ben and Sylvia attended a painting workshop in Ruidoso with 9 other artists from “the Lakeway Painters.”

The majority of his artwork depicts recognizable scenes from his travels including images of London’s Big Ben, the canals of Venice, and a bridge over the Seine River in Paris. Ben has generously offered to auction off the painting, “The Bridge of Sighs, Venice” to the

highest bidder with the entire proceeds going to benefit the Lake Travis Community Library.

Kuenemann will be available for questions and discussion of his work at a reception to take place on Saturday, December 17th from 1:30 p.m. to 3:00 p.m. Everyone is invited to visit the Lake Travis Community Library during the month of December to view the colorful and travel inspired artwork of Ben Kuenemann.

Noon Year's Eve Party

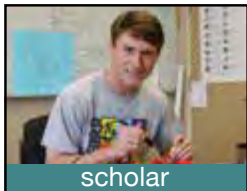


Can’t stay awake for the midnight hour? Then visit the Lake Travis Community Library on Saturday, December 31st to celebrate the new year at noon! We’ll make hats and noise makers starting at 11am, children’s musician Joe McDermott will perform at 11:30am, then we’ll snack on goodies and toast to the 12 o’clock hour! Happy Noon Year!

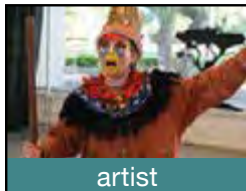
Holiday Celebration with Special Guests



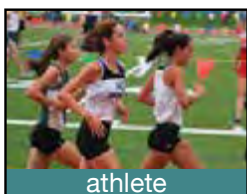
Visit the Lake Travis Community Library on Tuesday, December 13th at 6:30pm for one of the most anticipated programs of the year! We will make crafts, sing carols, and enjoy refreshments. Plus, you won’t want to miss the very special guests!



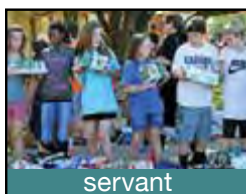
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EPISCOPAL SCHOOL K-12

RETIRE BETTER CREATIVE INDEXING

WITH JOSH STIVERS

It's the most wonderful time of the year! Not only does that mean mistletoe and Silent Night, but also that it's time to make sure our portfolios are ready to ring in the New Year.

Much of the uncertainty that has plagued economic markets for the entire year is now dissipating. We know who the next president will be, we can expect interest rates to rise next year, and we know how our portfolios have performed.

Many people have benefitted from the 7 year old bull market. We have seen many people's investments achieve their highest values ever.

So what do you do now? How do you insure your profits for the future?

As you know, I am a big fan of utilizing index funds in our portfolio allocations. There are two primary reasons I feel this way. First, index funds are super-efficient to own as their cost of ownership is far lower than utilizing a managed portfolio strategy. Second, many index funds have performed better over time than their professionally managed counterparts.

But, here's the thing. As the stock market continued to hit new highs this year, we must begin to think about the fact that this may not go on forever. It is possible the market could have some pretty drastic valleys over the next several years.

A strong argument can be made that it might be time to take a portion of your current assets invested in stocks and mutual funds and protect them from future negative volatility. If only

we had an accurate prediction of how things will perform in the future.

Have you ever purchased an investment that lost money over the course of the year and then wished you could go back and purchase it at today's value instead?

This is where our creative indexing strategies make a lot of sense. Did you know it is possible to invest in index funds inside of fixed asset accounts? These accounts still grow based on the upward movements of the markets, but, if we head into a negative year, you are protected from losses. Then, at the end of the period, you have the ability to "re-buy" at the current levels.

Being that hindsight is almost always 20/20, these strategies allow us to continue to participate in the market if we move into year 8 of the bull market, but if not we can rebalance things again next year without risk of losing any principal.

Depending on how you set these accounts up, there can be additional tax benefits to these strategies as well.

This opportunistically conservative approach has helped many of our clients over the years achieve relatively decent returns without the headaches of paying active managers and experiencing market volatility.

I would be happy to visit with you further about whether these creative indexing strategies might be a fit in your unique situation. Feel free to give me a call or email retirebetter@platinumwealthadvisory.com.



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Sports News

Lakeway Ladies Golf Association Nine Holers



RESULTS FOR THE INDIVIDUAL PLAY AT YAUPON ON NOVEMBER 9, 2016.

1st Cheryl Whaling 39

2nd Pam Smith 41

3rd Robin Hargadon 42

Other Results: Cheryl Whaling had a 55 and low putts with 16!

RESULTS FOR ACE OF THE MONTH AT LIVE OAK ON NOVEMBER 2, 2016

ACE FOR NOVEMBER IS KATHY BUSS!
CONGRATULATIONS!

Flight 1

1st Pam Rhodes 38

2nd Robbie Riley 39

3rd Cheryl Whaling 39

Flight 2

1st Vivian Craft 34

2nd Ann Smith 35

3rd Pat Long 39

Flight 3

1st Robin Hargadon 37

2nd Nancy Gregor 39

3rd Dorothy Boddeker 40

Other Results

55 and under: Trish Amigh 54, Robbie Riley 53, Pam Rhodes 55, Vivian Craft 55, Kathy Buss 52.

Birdies: Ann Smith 15

(Continued on Page 13)

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(Continued from Page 12)

Chip ins: Vivian Craft #12, Beverly Burmeier #11, Carol Smith #10

Low Putts: Karen Vaughn:14

RESULTS FOR TRICK OR TREAT WITH HORSESHOE BAY AT LIVE OAK ON OCTOBER 26TH

Winning teams included the following members from LLGA: Cheryl Whaling, Rita Rowe, Trish Amigh and Deane Willis. All competitors from both groups were treated to a wonderful day of golf, companionship, and lunch. Thank you to our co-hosts, Nancy Gregor and Cheryl Whaling.

RESULTS FOR RALLY FORE THE CURE GOLF TOURNAMENT AT YAUPON ON OCTOBER 19TH

Lakeway Ladies Golf Association (LLGA) would like to thank Beverly Reid and Vivian Craft, who once again co-chaired the Rally Fore the Cure Golf Tournament. The approximately 100 participants would additionally like to thank all those that helped with this most worthy cause, i.e., Lakeway Country Club and Keith Rader, Club Manager & Head Golf Professional and his staff; and the Hills of Lakeway and Aaron Chilek, Director of Golf; Bill Moretti, local sponsors and all those individuals that donated their time to make this such a successful event. The event raised just over \$12,500. Thank you.

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Lakeway Ladies 18 Hole Golf Association

by Marsha Kish, LLGA Publicity Chair

October 5th – Ace of the Month at Yaupon Congratulations, Ace of the Month, Sarah Hohner

Flight 1: 1st Place - Mary Jo Sheehan
2nd Place - Nancy Salinas
3rd Place - Sue Combs

Flight 2: 1st Place - Sharon Rogers
2nd Place – Maxie Scott
3rd Place – Karina Williams

Flight 3: 1st Place – Judy Donohue
2nd Place - Karla Castriotta
3rd Place – Kelly Villareal

Chip Ins: Jane Froeschle #3; Judy Donohue #12

Birdies: Judy Donohue #12; Sandy Walsh #3; Sarah Hohner #13

Low Putts: Mary Jo Sheehan - 30

October 11th & 12th – LLGA Championship Congratulations, Paula Crawley, 2016 LLGA Champion!!!

LLGA Overall Winner – Paula Crawley Low Gross - 182

Flight 1: 1st Low Net – Sarah Hohner
2nd Low Net – Nancy Salinas

Flight 2: 1st Low Gross – Linda Meyer
1st Low Net – Sandy Nees
2nd Low Net – Marsha Kish

Flight 3: 1st Low Gross – Sandy Walsh
1st Low Net – Jane Froeschle
2nd Low Net – Pat Huskinson

October 19th – Rally Fore the Cure Scramble, at Yaupon. In conjunction with the LLGA 9 Holers and The Hills Ladies

Through the generous efforts of all the ladies, and WOW,
\$12,000 was raised for the Susan G Komen Foundation

October 26th – Special Playday at Lakecliff Golf Course

Low Gross –
Sue Combs - 89
Low Net –
Mary Barnes - 67



News You Can Use

WICD 17 News: Fat-Free Wastewater System

How to Prevent Fats, Oils, and Greases from Damaging Your Home and the Environment

Fats, oil, and greases are not just bad for your arteries and your waistline; they are bad for the wastewater system, too. Wastewater overflows and backups can cause health hazards, damage home interiors and threaten the environment. A common cause of overflow is collection pipe blockage by grease. Grease gets into the pipe from household drains as well as from poorly maintained grease traps in restaurants. WICD 17 has a firm grease trap maintenance program for restaurants to follow. This article is for you, our residential customers, to help reduce any grease load you can prevent.

Most everyone knows grease is the byproduct of cooking. Grease is found in such things as:

- Meat fats;
- Lard;
- Cooking oil;
- Shortening;
- Butter and margarine;
- Food scraps;
- Baking goods;
- Sauces, gravies; and

- Dairy products.

Too often, grease is washed into the plumbing system, usually through the kitchen sink. Grease sticks to the insides of collection pipes (both on your property and in the streets.) Over time, the grease can build up and block the entire pipe.

The myth that home garbage disposals keep grease out of the plumbing system is just that, a myth. These units only shred solid material into smaller pieces and do not prevent grease from going down the drain. Commercial additives, including detergents that claim to dissolve grease, just pass grease on down the line to cause problems there. Some results can be:

- Raw wastewater overflowing in your home or your neighbor's home;
- An expensive and unpleasant cleanup that you must pay for;
- Raw wastewater overflowing into yards, streets and parks;
- Potential contact with disease-causing organisms; and
- Operation and maintenance costs for WICD 17 which could cause higher bills for you.

(Continued on Page 15)

2 FITNESS OPTIONS DEPENDING ON YOUR GOALS

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(Continued from Page 14)

The easiest way to solve the grease problem and help prevent overflows of raw wastewater is to keep this material out of the system in the first place. If you don't start putting grease in the drains, you won't have to stop!

- Never pour grease down sink drains or into toilets.
- Scrape grease and food scraps from cooking surfaces into the trash for disposal. Hot grease can cool in a can first.
- Do not put grease down garbage disposals. Do not put meat scraps down garbage disposals. Put baskets in sink drains to catch food scraps and other solids.
- Speak with your family and neighbors about the problem of grease in the wastewater system and how to keep it out.

GREASE: SCRAPE IT,
WIPE IT, AND TRASH
IT!



Lakeway Men's Breakfast Club

Program Schedule for December 2016

December 7, 2016

Gary M Lavergne
UT Professor/Author
Texas Sniper

December 14, 2016

Mark A Lawrence
UT Professor

Fifty Years On: Reassessing LBJ

December 21, 2016

NO PROGRAM

December 28, 2016

NO PROGRAM

Meetings at the Lakeway Activity Center, 105 Cross Creek,
78734. Available to Men Residing in the Greater Lakeway Area
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FOR INFORMATION CALL Tom Cain 512-363-5793

e-mail: speakers@thomasgcain.com

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News You Can Use

HITTING THE SLOPES THIS SKI SEASON?

Keep in mind these tips to prevent injuries on the slopes.

Written by Kelly Cunningham, MD Sports Medicine specialist Founder. Austin OrthoBiologics.

As a former US Olympic Men's Ski Team physician and orthopedist, every year during the winter months I treat many ski & snowboard injuries. As traveling doctor for the team, I accompanied the athletes throughout the US, Canada and Europe on the World Cup tour and was responsible for the triage, stabilization, and treatment of these world-class skiers.

One of the most frequent questions I get this time of year from my patients who ski is "How can I avoid hurting myself on the ski slopes?" So what do I tell recreational skiers about staying healthy while on the slopes?

First and foremost, adjust to the altitude in your first few days. While there are medications that will improve your blood oxygen, they require a prescription and can have side effects. Perhaps the easiest to take along are low-dose aspirin or ginkgo biloba, as both are safe (unless allergic) and easy to take. Low-level exercise and lots of water (especially during the first night) are also key, as is abstinence from alcohol during the first 24 hours at altitude.

Modern skis, boots, and bindings are universally safe now, unlike in

decades past. Multi-release bindings help you come out of your skis safely in a fall and with less stress on your knees, the most commonly injured joint in a skier. Make sure they are set correctly.

Speaking of knees, in most solid, intermediate skiers, unlike beginners (learning to stop) and racers (ACL injury from shear forces), serious knee injuries are actually quite rare.

The best way to protect yourself from ski injury is:

- get in good "ski-shape"
- ski within your limits
- stay relaxed but focused
- watch out for that last, fatigued run of the afternoon
- if you fall, fall forward and throw your hands in front of you

And always, always, wear a helmet!

Austin resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society.



"In this season of Thanksgiving and celebrating the gift of hope for the world at Christmas, Partners in Hope would like to thank everyone who has participated in and supported our efforts during 2016. Neighbors like you make all the difference! Thank you and may you recognize God's blessings during this season."



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Microwave Peanut Brittle

<http://www.food.com>

Be careful! This is a hot and sticky recipe.

INGREDIENTS

1 cup sugar
1/2 cup white Karo
1 dash salt
1 cup shelled raw peanuts (or pecans, walnuts, sunflower seed, etc.)
1 tablespoon butter or more. With peanut brittle, more is better.
1 1/2 teaspoons baking soda
1 teaspoon vanilla

DIRECTIONS

Line baking sheet with wax paper.
Spray wax paper, spoon, and anything else the brittle touches with Pam.
Combine sugar, salt and Karo in a 3 quart microwave safe glass bowl.
Stir in peanuts.
Microwave on high until light brown (8 to 10 minutes) stirring at least 2 times during cooking.

Remove from microwave and stir in remaining ingredient adding baking soda last (mix will be foamy).

Stir quickly and pour onto wax paper.

Spread thin for brittle candy.

Note: You can use any type nuts you prefer or even sunflower seeds (which is my favorite).



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