



Lakeway VOICE

Volume 9, Issue 1
January 2017



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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 submitted by Shelia Parodi.

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

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Around Lakeway

LTlov

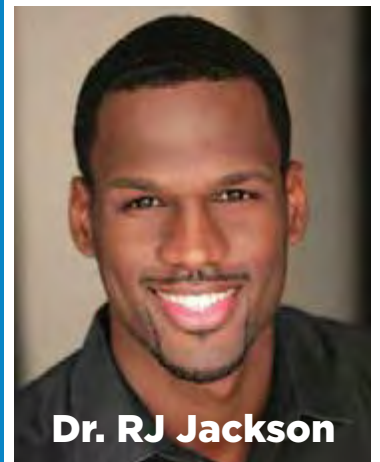
LTlov would like to extend our sincere gratitude to the Lake Travis community for supporting another very successful Green Santa program. Each year we are amazed by the outpouring of donations and this year was no exception as your generosity helped provide gifts and family meals to 681 children in the Lake Travis area. Community sharing by our business community and local residents, organizations and groups ensure that everyone can have a joyous holiday, including the many volunteers who shared the gift of time by sorting donations and packing the family toy boxes. Neighbors helping neighbors is the heart of LTlov's mission and this was fully evident over the past few weeks as together we served 224 local families in need of a little extra help for the holidays. To read the full report, visit www.ltlov.org. Pictured, Linda Davis, member of the World of Tennis Ladies Tennis Association, who collected toys for Green Santa at their annual Christmas luncheon.



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The Lakeway Painters Donate Painting to Café Lago

Fifteen artists from The Lakeway Painters participated in a montage painting that recently was

donated to Café Lago, a local restaurant in Lakeway, Texas, owned by Miranda Valenta, and Carleen Rubio. Upon receiving the painting, Miranda Valenta said, "I am absolutely overwhelmed! The painting is beautiful and I can't believe they did this for us. Thank you so much!"

The idea for the project came from Irene Peeler, a Lakeway Painter, who did a similar project with the Visions Art Group in Houston, Texas. Irene Peeler and another Lakeway Painter, Susan Pruett, spearheaded the development of the 5 foot X 3 foot painting. It was divided into 1 foot squares that each artist painted in his/her own style, picking up where the previous artist had left off. The piece is done in acrylic and gouache. Ms. Pruett said, "Many of us go to Café Lago after painting on Wednesday...

they are such good friends and always so welcoming. They have shown our personal artwork many, many times, and we just wanted to do something to say thank you!"

Participating artists were: Linda Buikema, Roxy Ching, Lisa Daidone, Barry Eigen, Lynn Hageman, Barb Kelley, Ben Kuenemann, Liz Manning, Theresa Martin, Irene Peeler, Susan Pruett, Libby Smith, Jane Wilson, Mary Lou Yancey, and Lynn Zwern.

The Lakeway Painters is an informal group of artists, who meet regularly at the Lakeway Activity Center to paint and share insights, ideas and encouragement for the visual arts. All painters participated in the donation by signing the back of the painting.

For More Information, please contact Irene Peeler, 512.264.2387, ipeeler1@att.net, or Susan Pruett, 512.554.7735 or scpruett@yahoo.com.



Around Lakeway

Eve Michaels, Style Guru, to Speak at Women's Club



To get inspired to improve your personal style, come to enjoy style guru, Eve Michaels, speak at the Women's Club of Greater Lakeway Jan. 23, 2017 meeting at the Lakeway Resort & Spa.

Eve Michaels is an internationally acclaimed transformational makeover expert and a motivational speaker across the US, Europe and Asia. Locally, she is the owner of "The Shop" at 2307 Lake Austin Boulevard where she helps others build confidence through personal style. To help clients attain their best look, she offers personal

shopping, styling, color analysis, and wardrobe auditing.

Michaels is the official stylist for KXAN News, and has a regular style and make-over segment on KXAN's Studio 512. She is also

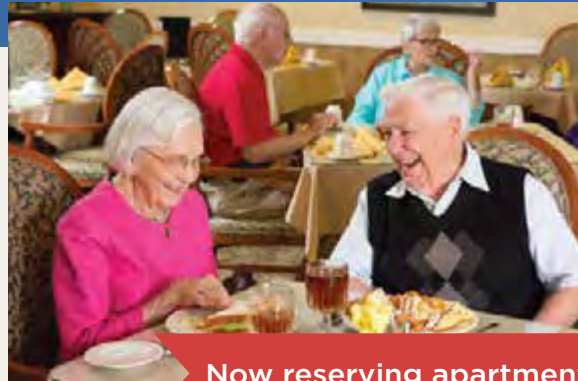
author of Dress Code: Ending Fashion Anarchy and Eve's Top 20 Tips to Energize Your "Wow". She has inspired audiences globally on The Today Show, Extra, NBC Nightly News, Entertainment Tonight, The Style Channel, Los Angeles Times, The Wall Street Journal, Worth Magazine, Women's World, BBC and ITV, Australian 60 Minutes, and Telemundo Univision.

Michaels grew up in Los Angeles, and held a long and varied career there that includes image consultant, personal shopping and patient care coordination for some of the most prominent L.A. plastic surgeons, including Dr. Paul Nassif from Bravo's Real Housewives of Beverly Hills and Botched.

The Jan. 23 general meeting is free for members and their guests, beginning at 9:30 a.m. with a coffee social in the Vista Ballroom followed by a brief business meeting and the speaker. Lunch will be served at 11:30 a.m. Cost: \$23.00 for members; \$28 for non-members. Lunch reservations are required by Jan. 16. Please make checks to "W.C.G.L. – Women's Club of Greater Lakeway" and mail to: Joyce Christian, 1408 Lakeway Drive, Lakeway, Texas 78734.

For membership information, please see lakewaywomensclub.com.

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A SPECTRUM RETIREMENT COMMUNITY

The Friends Of The Parks Of Lakeway Annual Membership Meeting, Is January 25, 2017 And Is Open To The Public

Submitted by: Patrick McDermott, Chairman of Lakeway FOP

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.

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.

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.



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

A Review of the Year 2016-Lakeway MUD

2016 has been a very good year for many reasons. First and foremost, it was good because we made it through another year with no real catastrophes locally, statewide, or nationally. We enjoyed our first full year completely out of drought conditions since 2011. Our lakes are in very good shape and we believe we are now in a position to prevent excess releases from our lakes to protect our precious water resources. Our area businesses that depend on lake traffic are beginning to re-open and do well once again after so many down years. Our vegetation and wildlife are happy; you can almost see the smiles on the Live Oaks and the Deer! We all have so much to be thankful for, and we are all fortunate to live in the Highland Lakes/Hill Country area where life is good and prospects are even better.

We have had a very good year at the Lakeway Municipal Utility District. Two new Board members were elected in May (Don Goff and Lawrence Christian), while Tom Brewer was elected to another 4 year term. Larry Burmeier and Jerry Hietpas both have another two years remaining to complete their terms. Burmeier was re-elected President of the Board, Brewer was elected Vice President, Goff as Secretary, and Christian as Treasurer. All of these individuals bring a wealth of experience that strengthens your MUD, and devote their time and energy with no compensation.

In addition to our Board, Lakeway MUD has 4 separate committees with up to 20 citizens that contribute their time and talent with no compensation. Our Administration, Personnel, and Community Committee (APC) is led by Chuck Moreland as Chairperson and Phil Kadlec as Secretary. Norty Markham, Bob Schooler, and Don Paczkowski round out the team that provides guidance and leadership in making recommendations to our Board. One of their upcoming projects is recommend a vendor for a comprehensive Salary Survey to insure that Lakeway MUD is competitive in the growing marketplace. Don Goff serves as the Board Liaison to the APC Committee, and Earl Foster attends each meeting as the Staff Representative.

Our Engineering and Operations Committee (E&O) lends particular expertise to our projects both pertaining to existing facilities and equipment maintenance and upgrades as well as advice and counsel on new and expansion projects. The E&O committee is chaired by Phillip Lanier. Wayne Seime is the Vice Chair, and Robert Rives is the Secretary. Beverly Carter is also a member of the Committee. Jerry Hietpas is the Board Liaison, and Earl Foster attends for Staff representation.

The Finance Committee is led by Vince Maggio, Chair, Bud Welborn, Vice Chair, and Hal Hirsch, Secretary. Bill Cobb and Ann Smith round out the committee membership. Lawrence Christian is the committee liaison and Earl Foster represents

Staff. The Finance Committee reviews monthly financials, forecasts, and budgets. They also weigh in on projected Capital Expenditures, Investments, and other Cash Management issues.

The Land Committee is led by Nick Renneker, Chair. Scott Hamilton is the Secretary and other Committee members are Frank Cooley and George Blume. Tom Brewer serves as the Committee Liaison and Earl Foster represents Staff. The Land Committee meets whenever there is activity around any land sale or purchase by Lakeway MUD is under consideration and offers their unique experience in Real Estate as advice and counsel to our Board.

We are extremely fortunate to have so many experienced citizens of Lakeway willing to share their time and expertise with no compensation; a wealth of knowledge and experience that is impossible to put a dollar value on. Our Board meets once a month in regularly scheduled Board Meetings the 2nd Wednesday of each month. They also, on occasion, will meet in Special Meetings if the need arises. Most of our Committees meet on a monthly basis; the Land Committee will meet only when there are real estate matters to consider.

To illustrate the value of their contributions, the Board typically will spend 36 hours per year in Board meetings and Committee meetings where they are the liaison (not to mention the time spent at home working on LMUD projects). The Committee members probably average around 12 hours per year in meetings. Doing the math, that equates to roughly 420 hours per year donated to LMUD at no charge! If you figure the average value per hour of these professionals at only \$100 per hour, that is \$42,000 in free consultation and advice the MUD receives each and every year!

Thanks to the efforts of the Board and Committees, and to the Water, Wastewater, Field Operations, and Administrative staffs, we were able to once again reduce our Tax Rates to \$.1360 per \$100 (down from \$.1536 in 2016). In addition, we reduced our base monthly water rate to \$20 (a reduction of 13%) and our wastewater monthly base to \$14 (a reduction of 18%). It is our goal to continue providing superior water and wastewater services to the citizens of Lakeway at the lowest possible cost. With the help and guidance of our Board and our Committees, we are confident we will be able to manage to that goal even with the reduction in revenue caused by the lowering of rates. We appreciate the efforts of our employees and the cooperation of our customers and taxpayers. No organization exceeds expectations without teamwork throughout the business.

At Lakeway MUD, we firmly believe we have the best Board, Committees, Staff, and customers of any Utility in the area. A big thank you to all, and a very happy New Year!

Brown Bag Lunch Concert Series stays fresh in 16th year

Have some lunch and take in a free concert during the 2017 Brown Bag Lunch Concert Series every Thursday in January and February at the Lakeway Activity Center, 105 Cross Creek.

The Lakeway Arts Committee produces the series of free weekly concerts, which is in its 16th year. The concerts begin promptly at noon and end at 1 p.m. They are open to everyone; reservations or tickets are not required. There is plenty of table seating.

"Mark your calendars, pack your lunch and prepare to be entertained," Arts Committee Chairman Fred Newton said.

The 2017 lineup is:

Jan. 5 - Displaying extraordinary talent with a band leader who also is a symphony conductor, The Reel Sheboygan will light up the stage with popular music of the 1950s, '60s, and '70s.

Jan. 12 - The iconic duo of Albert and Gage has impressed Lakeway and Austin audiences for years. Christine Albert draws on her musicianship as chairwoman of the National Recording Academy's board for the Grammy Awards. She and her husband, Chris Gage, have performed their roots rock-folk music together and with other bands across the nation.

Jan. 19 - Popular Lakeway singer Barbara Calderaro will bring her quartet, The Highlights, to the Brown Bag stage to feature jazzy versions of favorite songs.

Jan. 26 - Not many performers can captivate an audience like Matt Wilson. He is a consummate musician and vocalist, having gained national exposure wowing sold-out audiences as the "Piano Man" in the first national tour of the Billy Joel Tony-award winning musical, "Movin' Out."

Feb. 2 - The Lake Travis Fiddlers, founded in 2000 by Lake Travis ISD orchestra director Anna Macias, continue to gain national recognition. They perform in a wide variety of Texas venues and were a great hit with Brown Bag crowds last year. These fiddlers and singers present a rousing show of country and folk music.

Feb. 9 - Pianist Red Young has had a spectacular musical career, including recordings with Dolly Parton, Tanya Tucker, Linda Ronstadt, Eric Burdon, and Nelson Riddle as well as concert tours around the world. The Red Young Quartet will feature Young's wife, vocalist Silvie Rider, in this concert.

Feb. 16 - The Robert Skiles Quartet will present a musical valentine. Vocalist Shawnda Birch will be featured as they present popular songs with a taste of jazz. Skiles is renowned as an orchestra leader, composer and college teacher. He performs in many venues, including annual shows at the One World Theatre.

Feb. 23 - Get ready for Mardi Gras as The Second Line Jazz Band returns to Lakeway. They have performed in concerts sponsored by the Austin Traditional Jazz Society and at various festivals. Their leader, clarinetist Jim Ivy, says, "The band's name comes from the quintessential New Orleans art form, said to be like having a jazz funeral without a body."

For information about the 2017 Brown Bag Lunch Concert Series, call Lakeway Activity Center at 512-261-1010.

THE LAKEWAY PLAYERS ANNOUNCE AUDITIONS FOR THE HILARIOUS COMEDY

MOON OVER BUFFALO By Ken Ludwig

SHOW DATES:

Thursday, Friday, Saturday,
March 23rd, 24th and 25th, 2017

AUDITION DATES:

Monday, January 9th, 2017, 7:00 P.M. to 9:00 P.M.
Thursday, January 12th, 2017, 7:00 to 9:00 P.M.
Saturday, January 14th, 2017, 10:00 A.M. to Noon

AUDITION LOCATION:

The Lakeway Activity Center
105 Cross Creek
Lakeway, TX 78734

AUDITION TIMES:

Please contact Linda Dobbs to set up a specific audition time.

AUDITION REQUIREMENTS:

- Actors should be prepared to cold read from the script.
- Please bring 1 copy each of your headshot and resume' if you have them.

CASTING:

4 Men and 4 Women; Looking for men and women 18 and older, various ages.

SYNOPSIS:

The hilarious Moon Over Buffalo centers on George and Charlotte Hay, fading stars of the 1950s. At the moment they are playing Private Lives and Cyrano De Bergerac in rep in Buffalo, New York with five actors. On the brink of a disastrous split-up caused by George's dalliance with a young ingénue, they receive word that they might just have one last shot at stardom. Frank Capra is coming to town to see their matinee, and if he likes what he sees, he might cast them in his movie remake of the Scarlet Pimpernel. Unfortunately for George and Charlotte, everything that could go wrong does go wrong, abetted by a visit from their daughter's clueless fiancée and hilarious uncertainty about which play they're actually performing, caused by Charlotte's deaf old stage manager mother who hates every bone in George's body.

Rehearsals will begin in February and continue thru tech and dress, the third week in March.

The quality of the auditions will determine the best casting for the show. This will be assessed after all auditions are completed.

Around Lakeway

**Congratulations to the Lake Travis Cavaliers
2016 Texas 6-A D-1 Football State Champions!**



All Photos by Shelia Parodi





All Photos by Shelia Parodi

News You Can Use

Baylor Scott & White Medical Center

Baylor Scott & White Medical Center – Lakeway presents a check to Susan G. Komen Austin from the the fall "Power of Pink" Fashion Show.

The event, which recognized, honored and empowered local breast cancer fighters and survivors, raised a total of \$8,797.43.

(L-R) Philippe Bochaton, President of Baylor Scott & White Medical Center - Lakeway; Suzanne Stone, Executive Director of Susan G. Komen Austin; and Jewell Kibling, Community Relations Manager for Baylor Scott & White Medical Center - Lakeway, take part in the presentation of a check for \$8,797.43 to the non-profit organization from funds raised during the medical center's recent "Power of Pink" Fashion Show.



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ROTARY CLUB AND TOCKER FOUNDATION DONATE \$2,000 TO BOOKMOBILE

The Rotary Club of Lakeway/Lake Travis and the Tocker Foundation recently donated \$2,000 to the Lake Travis Community Library in support of their new bookmobile service. The mobile library launched in September 2016 and provides service to people in the library district who are unserved or underserved due to physical, economic, social, geographic, or other barriers. The bookmobile provides books, movies and TV shows, and audiobooks for children and adults at 17 different locations throughout the library district.

"We have been overwhelmed with the enthusiastic community support for the bookmobile," said Library Director Morgan McMillian. "Thanks to this donation, we have purchased a permanent parking sign for the bus and signage to use at stops to identify the Lake Travis Community Library."

A longtime library supporter, the Rotary Club of Lakeway/Lake Travis also donated \$50,000 to the capital campaign for the new Lake Travis Community Library building in 2013. Rotary is an international service organization whose stated purpose is to bring together business and professional leaders in order to provide humanitarian services, encourage high ethical standards in all vocations, and to advance goodwill and peace around the world. The Tocker Foundation supports small libraries in Texas with grants, travel stipends, and other resources. It was created in 1964 to implement the philanthropic interests of Phillip and Olive Tocker and partners with community libraries to meet the particular needs of the community.

*For more information about the bookmobile, visit:
laketravislibrary.org/bookmobile.*



Pictured from left to right:

*Rotarian Mark Hughes
Library Director Morgan McMillian
Rotary Club of Lakeway/Lake Travis President Keith Falcone
Rotary District 5870 Governor Bruce Golden
Library Board Secretary Nancy Pencsak
Library Board President Carol Black
Sharon Golden
Rotarian Doug Lindgren
Library Board Member Alan Gober*

LAKE TRAVIS READS



LAKE TRAVIS READS The Midnight Assassin: Panic, Scandal, and the Hunt for America's First Serial Killer by Skip Hollandsworth

Popular cultural education program features bestselling true crime book Now entering its tenth year, LAKE TRAVIS READS 2017 will feature the new book by Skip Hollandsworth, The Midnight Assassin: Panic, Scandal, and the Hunt

for America's First Serial Killer. The narrative history details a series of gruesome murders in Austin in the mid-1880s that were never solved. Hollandsworth, who lives in Dallas with his wife and daughter, has been praised for his in-depth research and ability to give equal attention to history and the grisly details that make the story so gripping.

The murders were sensational at a time when news was beginning to travel faster across the country and the open spaces of Texas were becoming more heavily populated. The killer struck women, mostly with an ax blow to the head. African-American servant women were the first victims, but after a year, the killer began attacking socially prominent white women. Pressure grew on the Austin mayor, police, and the Texas governor to solve the case. Top detectives from Houston and Chicago were called in to assist and bloodhounds were dispatched, all to no avail. When Jack the Ripper stories began circulating in London, newspapers at the time even speculated that Austin's killer had moved across the Atlantic. Hollandsworth details his obsession with the crimes and his relentless search for information in train records, ship manifests, and prison records of the era, as well as interviews with descendants of the people involved. In an interview with The Houston Post, the author lamented that we may never know the identity of the killer: "It just seems impossible to believe that there is no way that we will ever know who the Midnight Assassin was. Austin only had 17,000 people [at the time]; how did nobody know who he was?"

Hollandsworth also co-wrote the screenplay for the feature film Bernie with Richard Linklater, who directed the 2011 black comedy that starred Jack Black as Bernie Tiede, confessed murderer of 80-year-old millionaire Marjorie Nugent in Carthage, Texas. He is the Executive Editor of Texas Monthly and has been a finalist four times for a National Magazine Award, the magazine industry's equivalent of the Pulitzer Prize.

The community is invited to hear Hollandsworth speak at the 2017 LAKE TRAVIS READS "Evening with the Author" on Tuesday, February 21, 2017 at 7:00 p.m. at Lake Travis Community Library, located at 1938 Lohmans Crossing Road in Lakeway. The event is free and open to the public. Copies of the book will be available for purchase and signing.

LAKE TRAVIS READS is a "One Book, One Community" program co-sponsored by Bee Cave Public Library, Lake Travis Community Library, and Spicewood Community Library that encourages the community to read the featured title and then meet the author at a special evening event. Copies of the featured book are available at the libraries for checkout in a variety of formats including print, audio, and digital.

For more information, visit www.laketravisreads.org or any of the participating libraries.

Baylor Scott & White Medical Center - Lakeway to Host Community Open House Featuring Tours, Health Screenings, Kids' Activities & More

Who/What: Baylor Scott & White Medical Center - Lakeway will host a community Open House event to celebrate a new name and vision, as well as a new year of serving Lake Travis, Bee Caves and the greater Central Texas community. The free public event will feature a number of engaging activities for all ages, including:

- Demonstrations, Including da Vinci Robotic Technology
- Educational Talks
- Hospital Tours
- Meet the Team: Doctors, Nurses and Staff
- Free Interactive Health Screenings (Blood Pressure, Glucose Testing, Cardiovascular Risk Assessments, Stroke Risk Assessments and BMI Screenings)
- Kids' Activities
- STAR Flight Helicopter and Lake Travis EMS

When: Saturday, February 4

10 a.m. - 1 p.m.

Where: Baylor Scott & White Medical Center - Lakeway
100 Medical Parkway (Lakeway 78738)

NOW HIRING Advertising Sales Representative

Description: The position includes marketing our community newsletters to local and area businesses. It is a flexible position that allows you to work from home and set your own hours.

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TREE CAVITIES

I took some time to go over the articles of the past couple of years. I have covered many topics that I commonly deal with during consults with clients regarding their trees. This month and next month I will cover three related concerns that I address at just about every appointment: tree cavities/hollows, and next month -fungi that grow on trees and rot that they cause. I hope the next three articles will effectively demonstrate the relationship between them.

It is very common for trees to be hollow to some degree – especially if they are of considerable size and age. In most cases, it is a result of one primary, precipitating event – lightning. Other precipitating events can be wind sheering of large branches, improper pruning of large branches and unhealed deer rubs on trees when they were young.

Regardless of the cause, the present question is: Now that there is a cavity - What is to be done? Some “home remedies” I’ve come across in my years of caring for trees are quite interesting – from filling them with rocks (maybe as much of a way to get rid of the rocks from view as a tree remedy), concrete, filling them with expanding foam, and mechanically removing everything inside the tree possible.

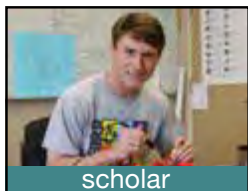
First, it is critical to not do any of the first three in any circumstance! There are many reasons for this, but the principle one is that what will result is more moisture will remain inside the tree for longer, facilitating rot. Rot is by far the worst debilitator of tree health and structural

integrity. As with most cases, Mother nature knows best – air flow is the best way for moisture to dissipate. Removing non-structurally assisting material in the cavity (i.e. organic litter: rotting wood, leaves, sticks, squirrel stashes, etc.) will help by eliminating those objects which will sponge and hold moisture in the hollow longer. Do not try to pry out hard heartwood though by any means. In those cases where a proportional and moderate-sized drill hole can assist with air flow and future water drainage from a cavity, as well as also function as a port for evacuation of organic litter by water-flushing of the cavity (least intrusive, damaging means of cleaning decades of litter out at once I’ve found and employ regularly), in some cases a drilling injury is warranted. To keep out animals from the cavity – a chicken wire mesh with stout fence staples holding it in place will work quite effectively.

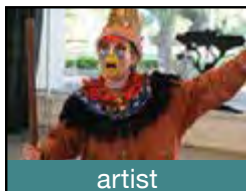
The goal of cavity “repair” is to allow the tree a better environment to slow the rot – thereby enabling the tree’s response of wound wood and callus growth, as well as changing the density and location of its new growth in order to compensate for the changes in wind pressure resistance resulting from its cavity.

Questions or comments this article or previous articles have generated, may be directed to me at:

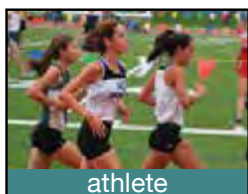
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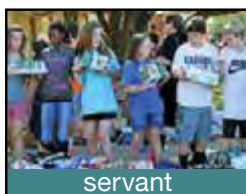
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NATUREWATCH THE PRESERVES AROUND US

by Jim and Lynne Weber

One of the main reasons Austin is such a wonderful place to live is because it is interlaced with a patchwork of preserves, which together comprise the Balcones Canyonlands Preserve (BCP) System. In 1992, voters in the City of Austin passed Proposition 10, approving \$22M in bonds for the sole purpose of acquiring and improving lands to protect air and water quality, conserve endangered species, and provide open space for passive public use. Jointly owned and managed by the City of Austin, Travis County, the Lower Colorado River Authority, the Nature Conservancy, the Travis Audubon Society, and private landowners, the BCP's ultimate goal is to set aside 30,428 acres that contribute to the quality of all life here in Austin.

A multi-agency conservation effort that operates under a regional permit issued under the Endangered Species Act by the U.S. Fish & Wildlife Service, the BCP consists of several tracts of land in western Travis County. It is important to note that a 'preserve' is different than a 'park', and is set aside for the purpose of maintaining a natural state rather than developed for recreational use. The BCP protects prime habitat for the endangered Golden-cheeked Warbler, a bird species that is found only to breed within Central Texas' specialized mix of native, mature Ashe Juniper (often incorrectly called 'cedar') and stands of Live, Spanish, and Shin oak trees. This type of mixed oak-juniper woodland grows mainly on



The endangered Black-capped Vireo.

their entire existence underground in karst formations. These karst features, such as caves, sinkholes, cracks, and crevices, were formed by the dissolution of calcium carbonate in limestone bedrock by mildly acidic groundwater. Over 70 other rare plant and animal species also exist on the preserves, making this region one of the most biologically diverse areas in the country. As such, Central Texas is happily home to more habitat conservation plans than any other region in the United States.

These wild and beautiful areas require management plans in order for them to remain pristine habitats. This includes establishment of secure boundaries and rules for access control, maintenance of appropriate trails, species monitoring, habitat enhancement, and – last but not least – public education and outreach to promote good neighbor relations. As Austin residents, we can do our part to become stewards of these unique habitats. While in the preserve system, we can stay on marked trails, travel only on foot, and “take only photographs, leave only footprints.” In our neighborhoods, especially those that border preserve tracts, we can landscape with native plants, remove invasive plants, eliminate pesticide use, be responsible pet owners, practice water conservation, and always respect preserve boundaries.

Most importantly, we can all minimize further negative impacts on the fragile habitat that surrounds our neighborhoods by caring for the preserves through volunteering. Some of the activities you can become involved with in the preserve system include long-term habitat restoration, gathering and planting native seeds, removing non-native invasive plants, leading guided hikes, and learning about and sharing your knowledge of the native plants and animals that make this such a special place to live. For more information, visit the Balcones Canyonlands Preserve website at: www.austintexas.gov/bcp.

Send your nature-related questions to: naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our two books, *Nature Watch Austin* & *Nature Watch Big Bend*, both published by Texas A&M University Press, and our blog at naturewatchaustin.blogspot.com.



The endangered Golden-cheeked Warbler.

our moist steep-sided canyons and slopes, providing the warbler with the food, water, and nest-building material it needs to breed.

Hitting the slopes this ski season?

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

As a former US Olympic Men's Ski Team physician and orthopedist, every year during the winter months I treat many ski & snowboard injuries in Austin recreational athletes of all ages and abilities.

For 15 years, as a 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 injuries in 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 on the hill?

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. Early trip moderation equals a better mountain experience!

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"**

6 weeks of strength and some aerobic training will suffice

- **Ski within your limits**

- **Stay relaxed, focused & well hydrated**

- **Watch out for that last, fatigued run of the afternoon**

- **If you fall, fall forward and throw your hands in front of you**
it's proven that less knee and shoulder injuries occur in the forward lean of a fall.

- **And always, always, wear a helmet!**

Before you ski, take time to take stock of your physical condition, especially your knee, shoulder and hip joints. Pre-trip aches and pains will not make for an enjoyable ski trip!

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.



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