

# Highland Lakes Lions 4th Annual Charity Golf Tournament



Beautiful weather graced the Highland Lakes Lions 4th Annual Charity Golf Tournament at Barton Creek Lakeside Monday. Pat Scott of Spicewoodcelebrated his first Hole-in-One and collected a set of Calloway Irons for his prize. 1st Place winners for the tournament enjoyed their take home prize of a trophy and a bottle of Good Guy wine from Spicewood Vineyards.

Algiers McKinley, 16, was the youngest player in the tournament and played on Title Sponsor, Tim Norden of Norden & Salinas' 5th place winning team along with Jay Tweed with BBVA Compass Bank in Dallas and Lion President, Jerry Tweed.

Spicewood & Highland Lakes Lions Club would like to thank their sponsors of Norden & Salinas PLLC, Marble Falls Chevrolet, Security State Bank & Trust, The Highlander, Red Top Printing, Johnson Sewell Lincoln, Blue Bonnet Café, Peggy Jones Real Estate, Agroland, Charity Golf International, Galloway Insurance, Dixon Golf, The Elite Realty Group, Anderson Family Dental, Spicewood Vineyards, Lincoln Financial; Doug Ternan, The Steamery ATX, Signs 2 Go, The Gabriel Team, Kathie Gabriel, Edward Jones, Guy Winehold and individuals, Lions Jack Moran & Vannette Poole,



Lions Paul & Nancy Kronbergs, Dan Ellinor, and Lions Marty & Caroline Miller. The generosity of these civic minded businesses and individuals will continue to allow the Highland Lakes Lions Club to provide support assistance to vision, Lions Camp for Kids, School Scholarships, Marble Falls Senior Activity Center, Spicewood Library, Helping Hands Crisis Ministry and more.

Find more photos and fun on Highland Lakes Lions Facebook page and consider becoming a Lion. Contact HighlandLakesLions. Club for more information or call 830-693-3645



### **IMPORTANT NUMBERS**

#### **EMERGENCY NUMBERS**

EMERGENCY	
Fire	
Ambulance	
Travis County Sheriff	
Burnet County Sheriff	

#### SCHOOLS

Marble Falls ISD	830-693-4357
Falls Career High School	830-798-3621
Marble Falls High School	830-693-4375
Marble Falls Middle School	830-693-4439
Spicewood Elementary School	830-798-3675
Highland Lakes Elementary School	830-798-3650
Colt Elementary School	830-693-3474
Lake Travis ISD	512-533-6000
Lake Travis High School	512-533-6100
Lake Travis Middle School	512-533-6200
West Cypress Elementary	512-533-7500

#### UTILITIES

Hill Country Web	
TStar Internet	
Briarcliff City Water	
Time Warner Cable	
Pedernales Electric	

#### **OTHER NUMBERS**

Spicewood Library	830-693-7892
Spicewood Community Center	.512-755-3119
Helping Hands Crisis Ministry	.512-808-6092
Spicewood & Highland Lakes Lions Club.	830-693-3645
Spicewood Post Office	830-693-2377

#### **NEWSLETTER PUBLISHER**

Peel, Inc	512-263-9181 - www.peelinc.com
Article Submission	sspicewood@peelinc.com
Advertising	advertising@peelinc.com



## 5th Annual Spicewood Community Center Chili & BBQ Cook Off

Charity Spicewood Community Center 7901 CR 404, Spicewood, Texas 78669

Chili turn in at 2PM - Entry Fee \$20



You may start set up Thursday 8 am. We will have dinner 6 pm Thursday followed by games and fellowship.

Friday 9am Breakfast. Registration starts at 3pm. Bloody Mary and Cooks Choice Competition Friday 7 pm turn in, \$10 each and 75% pay back. Cook Party, C

&C Catering serving dinner at 6:30pm. Followed by 42 Tournament (will start at 7:30pm \$10.00 per person, winner receives new engraved domino set each) and fellowship. Friday evening we will have live music and Karaoke.

Saturday Registration 8:30am. Cooks Breakfast 9am. Entry for Lonestar BBQ will be \$125 for one or all four meats: Brisket, Ribs, Chicken, and Pull Pork. (\$4000 pay out.) All meat pay outs are: 1st \$500, 2nd \$200, 3rd \$100 and 4th \$25 in each category and Director Chair for top 3 in all categories. Lonestar BBQ Beans 1st place \$200, 2nd place \$100 and Director Chair for top 3 places in beans. Grand Champion BBQ \$250 and Reserve Champion BBQ

(Continued on Page 3)



#### (Continued from Page 2)

\$100. Cook party 6pm meat provided-bring side dish. Followed by fun and game.

Concession-50/50-Silent Auction-Vendors. RV Parking (NO Hookups)\* Room for Day Cooks.

Contact Craig Schlicke 512-507-9089 schlicke 5603@yahoo.com

Sponsored by the Highland Lake Pod and Lonestar BBQ Society



DOGGY DAY CARE AND BOARDING • TRAINING

NOW OPEN!



# Spicewood Counseling in the Hill Country



#### LOIS GONZALEZ, Ph.D.

Licensed Professional Counselor Licensed Marriage & Family Therapist Board Certified Adult Psychiatric Nurse Practitioner With Prescriptive Authority Dr. Gonzalez has been in private practice for 28 yrs.

#### 512-520-7929

Areas of expertise not limited to: • Depression • Marriage and • Anxiety Family Counse

Marriage and
Grief Counseling
Family Counseling
Substance abuse

#### Experienced Counselor in Your Neighborhood

8.5 miles West of Hill Country Galleria/RR 620 & 2.5 miles East of Pedernales Bridge 21122 Hwy 71 West Spicewood TX. 78660 spicewoodcounseling.com

Join Our Pack TODAY!

Large Indoor & Outdoor Play Yards

Fun & Safe All-Day Play

Pet CPR & First Aid Certified Camp Counselors

Live Web Cams

#### First Day is FREE!

Camp Bow Wow® Austin SW 5200 Electric Ave | Spicewood, TX 78669 | 512-264-9663

First time visits only. Must meet all entrance requirements including required vaccinations. Offer cannot be combined any other package or discount. Offer not valid on holidays. Offer good only at Austin SW location

Copyright © 2018 Peel, Inc.

Spicewood - May 2018 3

### **One Chapel Lake Travis - Leaving a Legacy**



Spicewood, TX -With a budget of under \$4,000, and a timeline of 36 hours, a team of nearly 80 volunteers from One Chapel Lake Travis swooped in to Little Country Diner to bless Gulcan and Remzi Tireng, the restaurant owners, with a total makeover of the exterior and interior of the restaurant, Sunday, March 25, beginning at 1 pm, and Monday, March 26. The exterior tasks included rebuilding, painting and staining

the front deck, stairs and ramp, painting the outside of the building, and building and placing a new sign on the roof. Inside, walls, trim and storage spaces were painted, new lights and air conditioner units installed, two completely new bathroom facilities rebuilt, the front desk and entryway redesigned and refurbished, and the entire restaurant and all its furniture cleaned from floor to ceiling.





During the makeover process, the Tireng's fed the crews delicious fare, from lunch to dinner on Sunday, and back to breakfast, lunch and dinner on Monday. It was a thoughtful measure to serve all those volunteers!

In December 2017, One Chapel conducted a "Legacy" series with a designated offering and members donated generously to support Austin, Kyle and the Lake Travis communities. In Lake Travis, every person on staff at the nearest elementary school, West Cypress Hills, was blessed with much-appreciated Christmas cash. Members of One Chapel Lake Travis asked, "to who else could the church show love during this time of growth and expansion of the area? To allow a positive light in the community to shine even brighter?"

After some inspiration from the Holy Spirit, the OC LT Corporate Lead Team decided to approach the nearby neighbors and church members, the Tireng's, at Little Country Diner, located at 22000 Hwy 71 West. A few members asked if they if they would allow the church to bless Little Country Diner with a makeover. It took some convincing, but a date was set.

Interior designer and OC LT member Bami Wood, former homebuilder and church member Danny Harrell and former independent contractor and OC LT Children's Ministry Leader Logan Schwandt led the group. Wood formed a story board for the project to obtain the best results within budget, built the design through color, materials and artwork, and shopped for OC LT Legacy fixtures and accents, in addition to asking for materials donations. Harrell planned, shopped

(Continued on Page 5)

4 Spicewood - May 2018

#### (Continued from Page 4)



for materials, and negotiated deals for lumber and extras, and at the same time raised supplementary funds to replace the sinks, toilets and cabinets in the bathrooms. Schwandt facilitated the building of the sign, organized volunteers, and served as skilled contractor for the various indoor and outdoor projects. Many other professionals offered their time and expertise. Michael Flores and LM Butler, professional electricians served, along with

Jonathan Clark and Alan Wassel, talented woodworkers. Ace Hardware in Spicewood and Lowe's in Bee Cave offered valuable donations and savings to the project.

As Pastor Russ Walker reflects on the work of so many church members serving the community, he states that he is reminded of leaving a legacy for God with the words from the Old Testament, in Ezekial 36:33-36: 33 "'This is what the Sovereign Lord says: On the day I cleanse you from all your sins, I will resettle your towns, and the ruins will be rebuilt. 34 The desolate land will be cultivated instead of lying desolate in the sight of all who pass through it.35 They will say, "This land that was laid waste has become like the garden of Eden; the cities that were lying in ruins, desolate and destroyed, are now fortified and inhabited." 36 Then the nations around you that remain will know that I the Lord have rebuilt what was destroyed and have replanted what was desolate. I the Lord have spoken, and I will do it.'

"These words are what I pray for our church to be, one of a rebuilder, cleanser, and bringing new life to our community," states Walker. "Thank you to all who participated and showed dedication to our neighborhood and our church."

One Chapel Lake Travis is part of a neighborhood of churches united in one purpose: to keep Jesus at the center of everything they do. Currently, three One Chapel churches serve the greater Austin area, in Spicewood, at 22800 Hwy 71 West, Austin and Kyle. They gather each Sunday at 9:30 and 11:30 am, and with groups during the week, to worship, explore scripture, and find community. To learn more about One Chapel, please visit: www.onechapel.com.



Copyright © 2018 Peel, Inc.

Spicewood - May 2018 5

### **Sustainable Pulse**



The Sustainable Pulse Community Series founders, Kathy Crawford and Rio Saenz are hard at work with their new nonprofit as they produce two events on the weekend of May 18th. Both events are for the 'soul' purpose of raising funds for a new greenhouse to add to the Marble Falls Helping Center Garden allowing them to grow fresh produce year-round for their large Hill Country service area. The Garden Party Themed Fundraiser starts on Friday Night May 18th at The Uptown Art House, 218 Main in Marble Falls at 6:00 p.m. with appetizers, a beer and wine cash bar and a meet and greet of all sponsors. A live auction follows with a signed Willie Nelson guitar plus other special items and music provided by Louis Long and the famous Totally Terrific Band! Tickets are 50.00 per person and all proceeds go to the Helping Center Garden.

Saturday My 19th there will be a day long music Festival at Johnson Park, 230 Ave J in Marble Falls starting at 12:00 with live music, children's games and activities including Hey Lolly Music, vendors and food trailers. Beer and wine will be sold. Tickets are 15.00 in advance and 20.00 at the gate. Rain or Shine. Kids under 12 are free and bring them to try watermelon bowling or join us for attempting the longest conga line in the Hill Country!

Sustainable Pulse Community is a third-party non-profit that will be assisting many charitable causes in the future with our series. Friends for Life will be held for pets, Songs for Life will assist musicians, Home for Life will be beneficial to the homeless communities. These are just a few of the SPC series that are planned but all those that are helped through our events will be from service areas of the Hill Country including Spicewood and Marble Falls. Sponsorships and tickets for both Food for life events can be purchased at www.419eventstx.com. We are seeking vendors and volunteers and they can sign up there as well or find our contact info for questions. For those that don't buy online, we have tickets available at Uptown Art House Thurs – Fri after 1:00. Ask For Laurie Halfpenny. Health is Our Passion and Sustaining Life is Our Goal!



6 Spicewood - May 2018

Copyright © 2018 Peel, Inc.

### Kindnesspalooza To Be Held May 5 With Free Concerts And Entertainment At Hill Country Galleria

KINDNESSPALOOZA, a free family-friendly event, will be held at the Hill Country Galleria on May 5 from 12:00 - 4:00 p.m.. The Mrs band, an all-female pop rock band with a positive message, will be headlining the event. Teen music sensation Madison McWilliams is also performing along with other musical guests, including SaulPaul and Big Don.

The event will take place at the Splash Pad at Hill Country Galleria, located at 12700 Hill Country Blvd, Bee Cave. In addition to live music and performances, there will also be an appearance from the Enoughie Buddy mascot, other musical acts, the "Art of Kindness" photo booth, a Magic Mirror activation for positive affirmations, and other family friendly activities.

KINDNESSPALOOZA supports The Kindness Campaign, a non-profit foundation which supports anti-bullying curriculum in schools. This year, the curriculum has expanded from 50 to 80 schools throughout Texas.

Other activities that will be at KINDNESSPALOOZA include the Kind Market where various sponsors will give away free items.



### Attention Parents of Graduating Seniors!

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to spicewood@peelinc.com (include the newsletter you would like to recognize them in, photo, name, etc).



Hill Country Indoor Open House Join us for a day of family-friendly activities and games as we celebrate our recent opening!

#### SATURDAY, MAY 19TH, 2018 AT HILL COUNTRY INDOOR

13875 Bee Cave Parkway, Bee Cave, TX 78738

From 12pm - 8pm

For details on parking and activities, visit our website

Let's party on The Hill!

hillcountryindoor.com/party-on-the-hill/

### **Mosquito Repellents**

As mosquito season is ramping up, everyone is (hopefully) aware of possible disease transmission by mosquitoes. It is important that you protect yourself when spending time outside.

Activity times for mosquitoes can vary. Most people are familiar with the four D's- DRAIN (standing water), DEET (wear some repellent), DUSK & DAWN (stay indoors during dusk and dawn to avoid peak populations) and DRESS (wear long sleeves and long pants). While this is still good advice, it may be a good idea to spread the dress and repellent advice for anytime you spend time outdoors.

When outside, wear long pants and a long sleeved shirt in light colors to reduce the number of mosquitoes that can reach your skin. Repellent should only be applied to clothing and exposed skin. Do not apply repellent underneath clothing! If you want to apply repellent to your face, spray your hands with repellent and rub it onto your face. Do not spray repellent directly into your face or near eyes or mouth. Make sure to apply repellent outdoors. Do not allow children to handle repellents. Wash hands before eating, smoking or using the restroom.

The Center for Disease Control (CDC) recommends using a product registered with the EPA (Environmental Protection Agency) containing one of the following active ingredients: DEET, picaridin, IR3535 and some of the products containing oil of lemon eucalyptus.

DEET, also known N,N-diethyl-m-toluamide or N,Ndiemethylbenzamide, was developed by the U.S. Army in 1946 to protect soldiers in insect-infested areas. Pesticides containing DEET have been used by the general public since 1957. Products containing DEET should not be used on children younger than 2 months of age (read the label and check with your pediatrician if you have questions). DEET has a slight odor and may have a greasy feel to some people. It may damage plastic, rubber, vinyl or synthetic fabrics. DEET may be irritating to the eyes and skin for some people. DEET comes in a wide variety of concentrations, so choose the one that will work best for your situation.

Picaridin was first made in the 1980's and resembles a natural compound called piperine (which is found in plants used to produce black pepper). Picardin has been used in Europe and Australia for many years, but has only been in the U.S. since 2005. Picaridin is non-greasy and is odorless.

IR-3535, or 3-[N-Butyl-N- acetyl]-aminopropionic acid, ethyl (Continued on Page 10)

# IN THE RIGHT PLACE At the right time

Motto Mortgage is a different kind of mortgage business. One where brokers don't work for a bank but instead lend their expertise to you. Which means they offer not just one or two options based around a single bank; they give you several smart choices from a range of financial institutions

### FIND A BETTER EXPERIENCE VISIT LOAN-TEXAS.COM



JAXON SHIPLEY Loan Originator NMLS #1713762

MOTTO MORTGAGE CENTRAL NMLS #1714411 300 Bowie Street, Suite 100 Austin, TX 78703

O: 512.739.4343 C: 512.712.3366 jaxon.shipley@mottomortgage.com



Copyright © 2018 Peel, Inc.

# 











### LOCALLY OWNED AND OPERATED

- LANDSCAPE DESIGN AND INSTALLATION
- FULL SERVICE LAWN MAINTENANCE
- IRRIGATION & TREE SERVICES
- FERTILIZATION & WEED CONTROL

RUSSELL NICHOLS, OWNER

• AND MORE!

BS IN HORTICULTURE FROM TEXAS TECH 25+ YEARS IN LAWN & TURF GRASS INDUSTRY

### WWW.NICHOLSLANDSCAPINGSERVICES.COM

#### (Continued from Page 8)

ester, was developed in the mid- 1970's and became registered for use in the U.S. in 1999. It is registered as a biopesticide by the EPA because it is functionally identical to a naturally occurring substance (an amino-acid). It may dissolve or damage plastics and may be irritating to the eyes.

Oil of lemon eucalyptus (OLE) or PMD (para-menthane-3,8diol) are essentially the same thing; PMD is the synthesized (lab created) version of oil of lemon eucalyptus. "Pure" or "essential" oil of lemon eucalyptus is not labeled as a repellent and has not undergone testing and should not be used as a repellent product. OLE/PMD has been on the market in the U.S. since 2002. OLE/ PMD should not be used on children younger than 3 years of age. The natural product (OLE) has known allergens within it while the synthetic version (PMD) has less of a risk to allergens. This product is classified as a biopesticide. OLE/PMD has a varying range of residual, some offering about 20 minutes of protection while other products may last up to two hours.

Many factors play into how long a repellent will last for a person. Some of these are:

• The concentration (or percent of active ingredient) of the product. You can find the percentage on the product label.

• Person's attractiveness. Some people are more attractive to

mosquitoes than others (and no scientific research has proven that it is because of eating garlic, taking vitamin B, using tobacco products, etc.). A person's genetic code plays a large part on what makes a person so attractive to mosquitoes.

• Frequency and uniformity of application. In other words, how often is the repellent applied and how good of coverage did you get?

• Activity level of the person. The more active the person is, the more sweat they produce which can cause the repellent to wash off the surface of the skin.

As a word of caution, there are products that combine sunscreen and insect repellent. The CDC recommends that if you need sunscreen and repellent, that you choose two separate products. Sunscreen should be applied more often than repellents.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out myblog at www.urban-ipm.blogspot.com



#### LAND IMPROVEMENTS

ESTD. FLYFING 2016

We are able to provide a complete land improvement service to our clients while exercising sound land stewardship and quality customer service.

Dirt Work • Pasture Clean Up • Loading and Hauling of Materials • Ranch Improvements

Lot/Small Tract Improvements • Brush Management • Skidsteer Service • And More

Seth Weinberg Flying W Land Improvements Owner 501-804-0983 flyingwland@gmail.com www.facebook.com/flyingwland

### The Value of Sleep for Children and Teens Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

#### Healthy sleep habits for teens and children include:

• a set bedtime and wake time that does not vary by more than 2



hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.

#### There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.



Partners in Hope connects one person's gifts and talents with another person's needs and equips the Lake Travis community to serve through the lens of ministry. Contact Matt Peacock at mattbp61@gmail.com to get involved.

www.partnersinhopelaketravis.org



PRSRT STD U.S. POSTAGE PAID PEEL, INC.

SCW

# Withome We are your concrete coating experts! Turn your garage into a showroom!





Make Your Patio More Relaxing!



**OUR COMPANY:** Urbane coatings floor treatments turn blah into beautiful! We use the highest quality resin, stain or custom finish to create new floors for our clientele.

**OUR EXPERIENCE:** Whether the treatment is indoor, outdoor, new or refinished, residential or commercial, we've been there and done that over the last 15 years! We're the epoxy and cement floor coatings experts.

**OUR MISSION:** We provide the best value, service, consultation and quality solutions. We have been tried and tested and always outperform our competition. Our work is guaranteed and our quality can't be beat!



### www.UrbaneConcreteCoatings.com 512.791.7453

concrete@UrbaneConcreteCoatings.com

FAMILY OWNED & OPERATED