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Business Spotlight: Life Ki-do See Page 4





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EMERGENCY911
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Sheriff – Non-Emergency
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Lakeway Elementary
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Bee Cave Elementary
West Cypress Elementary512-533-7500
UTILITIES
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Austin/Travis County Hazardous Waste512-974-4343
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VIK Complete Care512-527-6247
Lake Travis Community Library512-263-2885
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BUSINESS SPOTLIGHT

Life Ki-do Martial Arts Helping Lakeway Families Transform Stress & Anxiety into Confidence & Calm





In a recent Lake Travis ISD study, students reported alarming rates of stress, depression, and suicidal thoughts - higher than other average districts around the country. One third of LTISD high schoolers reported being depressed and 17% said they had seriously considered suicide. Younger students also reported very disturbing news with 15% of LTISD middle schoolers reporting they had considered or attempted suicide in the past year. As shocking as the results were, LTISD Health and Social Programs Coordinator Kathleen Hassenfratz said, "The results totally validated what we thought...We're having kids say, 'I'm not doing so great, can I get some help managing this stress load?"

Growing up in a community similar to Lakeway, local business owner Jonathan Hewitt understands the pressure and stress these kids are under. And after his own brother attempted suicide several times as a teenager, Jonathan dedicated his life to helping children, teens (and adults!) beat stress and anxiety to find

their inner calm and overall well-being.

Determined not to just look for band-aid solutions, Jonathan spent years trying to get to the underlying cause of all the stress and pressure youngsters face. And he strongly believes the root problem is the misled focus on what he calls "The American Happiness Formula" which is "Look Good + Perform Well + Get Approval = Happiness." Unfortunately, looking good, performing well, and getting approval are all external goals that attempt to find happiness from the outside in. These goals can create overwhelming stress, pressure, and expectations that certainly don't lead to happiness. And since extrinsic goals are often based on what other people think of us, students tend to believe they have little or no control over their fate which can lead to great anxiety. When their anxiety and sense of helplessness becomes overwhelming, they become depressed.

So how can we help our kids beat stress and anxiety and find true happiness and well-being? Jonathan developed a new alternative formula: "Happiness = Focus + Confidence + Resilience + Social Intelligence." These are all intrinsic goals that develop true happiness from the inside out, instead of the outside in. Intrinsic goals look to personal effort and

progress which are things students can control. Research has shown that those who are intrinsically motivated exhibit not only more interest, excitement, and confidence in their lives but also enhanced performance and higher levels of self-esteem and well-being.

This all sounds great in theory but how can we teach this to kids? With his degree in psychology and over 30 years of study in mindfulness, meditation, and the brain-body connection, Jonathan devised simple yet effective, kid-friendly tools to cultivate inner well-being. To make it fun and more experiential, he uses the medium of martial arts to teach these social-emotional wellness tools. He has been teaching thousands of kids and teenagers since opening his first martial arts school in Westlake over 25 years ago. In 2015, Jonathan expanded with a second location right here in Lakeway.

Jonathan and his wife, Lana, named their business Life Ki-do which literally translates to the way of living from your inner strength and spirit and honoring the same in others. It's a true family business supporting families in our community with martial arts classes for ages 3 through adult, parenting workshops, continuing ed workshops for teachers, as well as corporate workshops. Jonathan and Lana are also authors of the award-winning book, Life Ki-do Parenting: Tools to Raise Happy, Confident Kids from the Inside Out.

Life Ki-do Martial Arts has received many awards over the years including Best Afterschool Activity by the Austin Chronicle, Best Martial Arts for Youth from Austin Family & Austin Fit Magazines, and Favorite Sports Education by Kids Out & About.

It is Jonathan's great hope that he can empower as many kids as he can with the tools to deal with stress and pressure avoiding the darkness of depression and anxiety his own brother suffered from. He says, "It's not about being perfect, it's about being human and having the tools to navigate the everyday joys and challenges of life. Doing your best, being true to yourself, and feeling happy and confident from the inside out."



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HIGHLAND LAKES SPCA Putts4Pups Fundraiser

Each year, Highland Lakes SPCA works to find forever homes for hundreds of dogs abandoned to the streets or on "death row" at municipal county facilities in Burnet, Llano, Blanco and Travis counties. Since its founding in 1999 HLSPCA, a 501(c)(3) nonprofit organization, has rescued, rehabilitated and found forever home for more than 1,700 dogs! And their work continues around the clock to staff and maintain their 24x7 kennel operation. HLSPCA relies 100% on the contributions of individual donors, small grants and business partners like you. This year their annual charity golf tournament fundraiser, Putts4Pups, will be held on Sunday, October 21st at Barton Creek Lakeside: shotgun start at 12:30pm, lunch, golf cart, dinner, raffles, prizes and live music included, all in the celebration of canine rescue. The proceeds from this wonderful event directly go to the expenses of caring for the dogs until they are matched with the right families. To join the fun and find more into on Putts4Pups, visit hlspca.org.



Lakeway Wildflowers Chorus celebrates 'Rhythm of Life'

The Lakeway Wildflowers Chorus will present a show celebrating "The Rhythm of Life" at 7 p.m. Oct. 13 at the Lakeway Activity Center, 105 Cross Creek.

Rhythm pervades our lives in so many ways. Mothers croon lullabies to babies. Teens drive down the street, rocking to their music. Working folks wail the blues or express their longing for deliverance in gospel songs. Soldiers march to the beat of the drum, wake to the sound of the bugle playing Reveille, and retire to Taps.

The history of music includes songs with different dancing beats - swing, tango, boogie-woogie, and rock, many of which are included in the songs on the Wildflowers' program.

"Please join us for a toe-tapping, finger-snapping musical evening," publicity coordinator Martha Kubala said.

Directed by Adam Poynor, the Wildflowers chorus consists of 35 Lakeway women who sing four-part harmony in the barbershop style.

The show will feature three chorus quartets: the Petal Pushers, the Floral Notes and Lantana, and the chorus is bringing back its favorite men's quartet, the Highlights, perennial crowd-pleasers who really know how to "ring those chords."

The Wildflowers also are excited to welcome for the first time a young women's quartet from Lake Travis High School, the Belle Tones, who won the 2017 Region 10 Young Women in Harmony Contest when they were 14 years old.

Doors open at 6:30 p.m.

Tickets are \$15 per person at the Lakeway Activity Center. Light refreshments will be served. For information, call the center at 512-261-1010.



Courtesy of the Lakeway Wildflowers Chorus The Lakeway Wildflower Chorus will present 'The Rhythm of Life' musical evening at 7 p.m. Oct. 13 at the Lakeway Activity Center.

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Lakeway Players

The Lakeway Players will be presenting 'Showtune: Celebrating the words and music of Jerry Herman', which is a wonderful uplifting musical revue.

Prepare yourself for a slice of musical theatre heaven. All Jerry Herman, all the time. Showtune delivers everything that its title promises... and then some!

No lyric is left unsung in this top-notch retrospective of Herman\'s phenomenal career in songwriting. Familiar tunes from such illustrious titles as Hello Dolly!, Mame, and La Cage Aux Folles will be stuck in your head long after this charming show ends. A performer-driven piece that has its heart in Herman\'s words, it is the perfect celebration for the recipient of the 2009 Tony Award for Lifetime Achievement in the Theatre.

The forty songs featured in Showtune come from Herman\'s Broadway musicals Milk and Honey (1961), Hello, Dolly! (1964), Mame (1966), Dear World (1969), Mack & Mabel (1974), The Grand Tour (1979), A Day in Hollywood / A Night in the Ukraine (1980), and La Cage aux Folles (1983).

The show will be performed at the Lakeway Activity Center on Thursday, Friday and Saturday nights, November 1st, 2nd, and 3rd at 7:30 as well as a Sunday matinee on November 4th at 2:30. Doors open an hour before each performance. Call the Lakeway Activity Center at 512 261-1010 for tickets which are \$25 and includes setups and snacks. Come out and enjoy some fabulous broadway music!



Points of Origin Green Santa



Point of Origin kicks off LTlov\\\'s Green Santa program on October 18th!

Ali Trapp, owner of Point of Origin, has announced that the popular gift and accessories boutique will kick off their "Christmas Shop" with a Preview Party

benefitting LTlov's Green Santa program.

The Point of Origin Christmas Shop Sneak Peek Party began several years ago and has become a local favorite, with over 200 guests attending the event every October. "I am looking forward to continuing this community tradition with the biggest Green Santa Party yet" says Trapp, as Point of Origin changed ownership in August of this year. The store will have many themed Christmas trees, including Merry Christmas Y'all, Holiday Classic ("grab you milk and cookies"), Woodland Walks and more. A team of decorators will work with closed windows and doors for days leading up to the preview party. "The element of surprise is the best part. It's like Christmas morning to see the wide eyes and big smiles on our guests' faces."

The event will take place on Thursday, October 18, from 6pm – 9pm, and is limited to the first 100 attendees to purchase their tickets. The shopping party will feature appetizers and light fare and goodie bags for the first 25 guests to arrive.

The best part about the Preview Party is not only does the store donate a percentage of the sales from the event to LTlov, but 100% of the ticket sales are donated as well. In past events Point of Origin donations have totaled over \$2,300 which helps fund holiday meals for families in need. Point of Origin and its customers have donated funds totaling over \$7,000 to Green Santa.

Tickets for the Preview Party are \$10 in advance and \$15 at the door and can be purchased at the store or from a Green Santa Volunteer and new this year, online tickets sales. To purchase online tickets go to lakewaygifts.com, ltlov.org or visit Point of Origin on Facebook.

Point of Origin is a locally owned gift boutique located at 620 and Lohman's Spur that features gifts, jewelry, apparel and home décor. The store has been in Lakeway for 25 years and has a strong commitment to giving back to the community. Get to know Point of Origin at www.lakewaygifts.com and learn more about LTlov and the Green Santa program at www.ltlov.org.

Pictured, LTlov members Maureen Gunderson and Dawana Downey enjoyed the Christmas cheer, early shopping and helping their neighbors in need at the 2017 Point of Origin Green Santa Kick-offevent.

CITY OF LAKEWAY ARTS COMMITTEE PRESENTS SUNDAY AFTERNOON CONCERTS:

Austin Brass Band

Event sponsor: City of Lakeway Arts Committee
Date: Sunday, Oct 28th
Time: 4:00-5:00pm

Address:

Lakeway Activity Center: 105 Cross Creek, Lakeway, TX **Website:** www.lakeway-tx.govhttp://www.lakeway-tx.gov/ or call 512-261-1010 for information

Cost: FREE

Summary: The Austin Brass Band is a traditional British-style brass band. Their unique instrumentation provides a distinctive sound that is rich, round and mellow. Their repertoire ranges from a mix of classical, cinematic, and popular tunes. Conducted by John Caputo of the USAF Band of the West, San Antonio





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Alan Winter Exhibit The Lake Travis Community Library



The Lake Travis Community Library will exhibit the artwork of Alan Winter during the month of October. Winter's series, Halloween Trees, seeks to celebrate the passage of time and human endurance in the face of adversity.

Winter was born on a German sausage farm in Wisconsin. He drew and painted as a child and after a stint in the Army, became

a street musician in Boston. He formed a band, was nominated for two LA Music Awards, and learned a lot about performers and audiences sharing creative energy. After a decade, Winter left the music business.

Winter then helped develop the Internet\'s first quit-smoking community and was probably the first online quit-counselor. He dabbled in art again, but it wasn\'t until he fell in love with his best friend of 20 years and visited Big Bend, that he received an artistic vision.

\"Standing in the sunbaked Texas desert, I realized that I belonged here, making big, bold art!\" said Winter.

He left his job and New England and began a new life as an artist in Texas.

\"I prowl Hill Country roads with my camera, hunting for odd or fantastical things. I paint from images I collect," said Winter. "But my painting is not a solo sport. The same energy I experienced onstage happens in my artistic process. I\'m often on the phone while I paint. I share progressions of my work online. I get feedback, even title suggestions, from friends and followers, and post videos and live feeds. I interact with art lovers at every stage of my work. People bring energy to it, and help me see it with new or different eyes."

The community is invited to join Alan Winter for a reception on Sunday, October 14th from 1:30 p.m. to 3:30 p.m. On Saturday, October 20th, Winter will paint Live in the Library from 1:30 p.m. to 3 p.m. and publish the event live on Facebook. For additional information, visit winterboy.net and laketravislibrary.org.



<u> Around Lakeway</u>

Library Announces Teen Art Contest



In celebration of Teen Read Week, the Lake Travis Community Library is holding its eighth annual art contest for students in grades 6-12. Teens are invited to create an original piece of 2-D art inspired by a personal reading experience, whether it be a re-working of a book cover, a depiction of a scene from a favorite book, or a character portrait.

"We have had great success and

seen amazing entries from teens during prior contests," said Library Director Morgan McMillian. "Thanks to the Friends of the Library we are thrilled to be able to offer six cash prizes totaling \$600 this year."

The entries will be judged by a panel of highly respected artists in the Lake Travis community. Mary Barnes, Ben Kuenemann, and Victoria Waite will evaluate the entries.

Judge Mary Barnes has been a life-long lover of the arts. Whether it was winning a poster contest in grade school, working as an interior designer, directing dance programs and workshops with the South Dakota Arts Council, or volunteering in the Artists in the Schools program, Barnes

has been active in the creative community all her life. Her paintings have been displayed in The Bunkhouse Gallery, Hill Country Wine and Art Trail Events, Lakeway City Hall, The Wall Street Gallery and Café Lago

Judge Ben Kuenemann has lived in The Hills for almost twenty years. He began painting oil landscapes ten years ago and then switched to watercolor after taking numerous workshops with various teachers, primarily Johnnie Fields and Danny Jones.

Judge Victoria Waite has been artistic all her life, drawing original cartoon characters since she could remember and, more recently, she has taken up acrylic painting and collage. Waite's paintings are contemporary abstract pieces done in acrylic and are brightly colored. Prior to being a stay at home mother to her twin daughters, Victoria worked as a designer and freelance illustrator in New York City.

Teen Read Week is the national literacy initiative of the Young Adults Library Services Association, a division of the American Library Association. It is celebrated by thousands of libraries and bookstores across the country every year.

Entries to the Teen Read Week Art Contest are due by Friday, October 12 and a selection of entries will be on display in the meeting room at the Lake Travis Community Library in November. For more information, please pick up a brochure at the library, call 512-263-2885, or visit www. laketravislibrary.org.





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Positive Change in Lakeway, TX

On August 20, 2018, the Lakeway City Council voted unanimously for a one-year moratorium on Trap, Transport and Process (TTP) of the deer. The new Wildlife Advisory Committee (WAC) used current data to determine that the population of deer is stable in the City. These members also voted unanimously to present their findings to the City Council.

The WAC committee, along with Citizen Advocates for Animals (CAFA), will work together to research modern and humane methods of population control. The WAC is considering a wildlife biologist to do another deer survey this fall. This will offer updated information to give the City a more accurate number of deer in Lakeway. The deer are healthy and doing well despite the smaller habitat they have due to the building out of the City.

The Humane Society of the United States is working closely with researchers who are developing humane methods of population control. The EPA approved PZP for the use in deer. This vaccine is effective and causes no suffering of the deer. We believe it will one day be approved in TX for communities like Lakeway where no hunting occurs. The HSUS will be moving forward with that goal.

Lakeway has suffered with a negative reputation for its cruelty to wildlife. It is the only city in Travis County that supports the annual TTP program. We are all very pleased to know that Lakeway will now be known as a city with respect and compassion for wildlife.

Our thanks go out to the WAC members, Mayor Cox and the City Council for their progressive decision to end animal cruelty and to research humane solutions. Those methods will be available once there is a need for them to keep the deer population in check.





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