



# SPICEWOOD

OCTOBER 2018

A NEWSLETTER FOR THE RESIDENTS OF SPICEWOOD & BRIARCLIFF

VOLUME 2, ISSUE 10

## *Spicewood Community Alliance*



Spicewood Community Alliance is a non-political, non-profit group to promote and encourage smart/intelligent business and residential growth within the Spicewood area. Spicewood Community Alliance reaches out to community and area resources to provide educational research and resources to the community in an effort to help and promote educated decision/solution making over knee jerk reactions.

Spicewood Community Alliance recently coordinated with Spicewood Environmental Protection Alliance, Double Horn Creek, Spicewood Trails, Texas Environmental Protection Coalition and area residents to have a rally to drive awareness and protest against the appearance of government rubber stamping

a new proposal for a Rock Quarry/Rock Crushing plant. In addition to the protesting the effort handed out information on the dangers of the possible cancer causing dust, environmental and safety hazards. The new Spicewood Quarry and Rock Crusher is surprisingly planned to be placed on approximately 290 acre tract nestled tightly between two major residential neighborhoods - backing up the Heavily industrial business to numerous existing homes. The current Texas governor (Gregg Abbott) appears to be turning a deaf ear to residents attempt to contact him with regard to health, environmental or direct resident concerns; In what was explained by the Governor's office as an effort to promote a Pro-business tempo throughout Texas. Unofficial comments made by Abbotts' offices were that this Pro-business approach will allow business to self-manage any health/welfare or development issues; other rumblings within the Abbott and Texas business backed PACs indicate a desire to over-turn existing laws or push forward new laws that block the ability of communities to limit any type of business regardless of possible health or welfare issue.

Spicewood Community Alliance also held a public meeting on September 23, 2018 at Spicewood Elementary; to help educate the Spicewood community on options to manage the current appearance of unregulated growth. In addition to the growth of the community the group discussed Texas Highway 71 expansion plans with leading input from Joe Don Dockery, Burnet County Commissioner, on a schedule, timeframe and areas for the construction. Additional possible meetings were discussed before the current planned follow-up meeting with Thomas Ranch development (tentatively planned in January 2019). Spicewood Community Alliance is on Facebook and has a website.

Facebook - [www.facebook.com/SaveOurSpicewood](https://www.facebook.com/SaveOurSpicewood)

Website - [www.SaveOurSpicewood.com](http://www.SaveOurSpicewood.com)

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Travis County Sheriff .....	512-974-0845
Burnet County Sheriff.....	512-756-8080

### 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 .....	512-264-8440
TStar Internet .....	830-693-6967
Briarcliff City Water .....	830-693-2377
Time Warner Cable.....	512-485-5555
Pedernales Electric.....	888-554-4732

### 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 - <a href="http://www.peelinc.com">www.peelinc.com</a>
Article Submissions .....	<a href="mailto:spicewood@peelinc.com">spicewood@peelinc.com</a>
Advertising .....	<a href="mailto:advertising@peelinc.com">advertising@peelinc.com</a>

## Falltober III Is October 28 at One Chapel Lake Travis!



Falltober III, the annual seasonal community event at One Chapel Lake Travis, 22800 Hwy 71 West in Spicewood, is Sunday, October 28, from 4-8 pm! Hundreds of children and adults gather at this fun, free event, to play on a rock-climbing wall, bungee trampoline, and bouncy houses, dress up in costumes for a costume contest, participate in 3-on-3 basketball, and enjoy delicious food available for sale.

Falltober III has lots more in store. Classic cars will be on display for parents to view while kids participate in candy-laden Trunk or Treat, games and face painting. All the guests can enjoy live music. A pumpkin patch will display hundreds of pumpkins for sale and offer photo opportunities.

Additional parking in a lot at the end of Hart Hollow Rd. adjacent to the church is provided this year, along with the neighboring streets with golf cart service to the event itself after parking. Burgers and hot dogs, barbeque and handcrafted tacos are on the menu as well as chips, sodas and water.

Attendees are asked to bring one canned good or shelf stable food item per person when entering. The items collected will go to local food banks. Nearly 1,000 pounds were donated last year.

One Chapel Lake Travis is part of a neighborhood of churches with a mission to help people move from where they are to where God wants them to be. Currently, three One Chapel churches serve the greater Austin area - in Spicewood (One Chapel Lake Travis),

*(Continued on Page 3)*

## STEVE'S PLUMBING REPAIR

Master License: M-39722

- Water Pressure Problems
- Sewer & Drain Service
- Fiber Optic Drain Line Inspections
- Free Estimates
- Satisfaction Guaranteed

**Steve Brougher**  
**512.276.7476**



2605 Buell Ave






(Continued from Page 2)


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. For more information about or to participate in Falltober III, call Alecia Ormsby at 512-344-9777. To find out more about One Chapel, go to [www.onechapel.com](http://www.onechapel.com).



WORKMANforTEXAS.com




**Paul  
WORKMAN**  
*Our Representative*



“As your voice in the Texas House of Representatives, and as your neighbor and a local business owner, I will continue to champion strengthening border security, cutting property and business taxes, and improving public education. I will lead the fight to ensure that all fees and taxes collected for a specific purpose are spent only for that purpose and not on pet projects, or are returned to the taxpayer. *I'm proud to have earned the endorsement of Governor Greg Abbott, and I'm asking for your vote in November.*

Pol. ad. paid for by  
Workman for Texas



## 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
- Grief Counseling
- Anxiety
- 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](http://spicewoodcounseling.com)



## Highland Lakes of 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](http://hlspca.org).



The poster for the 8th Annual Putts4Pups Charity Golf Tournament features a circular logo at the top left with the number '4' and '2018'. The main title 'Putts4Pups' is in large green letters, with 'CHARITY GOLF TOURNAMENT' below it. A photo of a dog's head is in the top right. A golf ball with '\$25,000 HOLE-IN-ONE' is in the middle right. The event details are listed at the bottom: Sunday October 21, 2018, 11:30 AM Registration, 12:30 Shotgun Start, Scramble Format / Course Contests, \$175 per person, Lunch & Dinner, Live Music, Prizes, Raffles. The location is Barton Creek Lakeside, 1900 Clubhouse Hill Dr., Spicewood, Texas. The logo for Highland Lakes SPCA is at the bottom right, with the tagline 'NO-KILL CANINE NON-PROFIT RESCUE'.

**8TH ANNUAL Putts4Pups CHARITY GOLF TOURNAMENT**

*Sunday October 21, 2018*  
*11:30 AM Registration*  
*12:30 Shotgun Start*  
*Scramble Format / Course Contests*  
*\$175 per person*  
*Lunch & Dinner*  
*Live Music, Prizes, Raffles*

BARTON CREEK LAKESIDE  
1900 CLUBHOUSE HILL DR.  
SPICEWOOD, TEXAS

benefitting  
**Highland Lakes SPCA**  
NO-KILL CANINE  
NON-PROFIT RESCUE  
[HLSPCA.ORG](http://HLSPCA.ORG)



The poster for FalltOBER III features a large pumpkin in the center. The text 'YOU ARE INVITED TO OUR FREE\* FAMILY FUN FALL FEST.' is at the top. Below the pumpkin, the title 'FALLT OBER III' is written in large, stylized letters. The date and time 'SUN, OCT. 28TH 4-8PM' are prominently displayed. A list of activities is provided: BOUNCE HOUSES • BUNGEE TRAMPOLINE • ROCK CLIMBING WALL • TRUNK OR TREAT COSTUME CONTEST • CLASSIC CAR SHOW • CANDY • 3 ON 3 BASKETBALL • GAMES AND MORE. The bottom section includes contact information for One Chapel Lake Travis and a website link.

YOU ARE INVITED TO OUR **FREE\*** FAMILY FUN FALL FEST.

ONE CHAPEL  
**FALLT OBER III**  
**SUN, OCT. 28TH 4-8PM**

**BOUNCE HOUSES • BUNGEE TRAMPOLINE • ROCK CLIMBING WALL • TRUNK OR TREAT  
COSTUME CONTEST • CLASSIC CAR SHOW • CANDY • 3 ON 3 BASKETBALL • GAMES AND MORE**

\*Food is available for purchase  
Bring canned food for local food bank

 **ONE CHAPEL**  
LAKE TRAVIS  
22800 Hwy 21 W - Spicewood, TX 78669

learn more at  
[ONECHAPEL.COM/FALLTOBER](http://ONECHAPEL.COM/FALLTOBER)



## Pickens and Clark Fundraiser Update

The Spicewood community rallied at a barbeque fundraiser on September 9 to provide funds to assist two Spicewood families struggling with cancer, donating over \$24,000! Nancy Pickens was diagnosed with cancer for a third time and Lilly Clark, 6, received a Leukemia diagnosis, both in late August.

Rain did not keep away the crowds from enjoying the delicious feast prepared by Steve and Erin Schugart, and the event-goers who had to enjoy the food inside of One Chapel Lake Travis instead of outside on the picnic tables. Breakfast tacos, smoked brisket, local sausage and pulled pork were offered from 9 am until 2 pm at One Chapel Lake Travis, 22800 Hwy 71 West. The entire community was invited to donate to a good cause. Both families expressed heartfelt thanks to those who donated.

One Chapel Lake Travis is part of a neighborhood of churches with a mission to help people move from where they are to where God wants them to be. Currently, three One Chapel churches serve the greater Austin area - in Spicewood (One Chapel Lake Travis), Austin and Kyle. They gather each Sunday, and with groups during the week, to worship, explore scripture, and find community. For more information about One Chapel, go to [www.onechapel.com](http://www.onechapel.com).



★★★★★ THERE'S A NEW GUN STORE IN TOWN ★★★★★



**PROVIDENT  
ARMS**  
A DIFFERENT KIND OF GUN STORE

FAMILY OWNED & OPERATED  
**512.923.2315**

9408 B EAST HWY 71 SPICEWOOD, TX 78669 | [WWW.PROVIDENTARMS.COM](http://WWW.PROVIDENTARMS.COM)






## Food, Fun, and Fine Art - It's Time for Arts Round-Up



Food, fun and some pretty fine art will all be on hand the weekend of Oct. 27-28 at the annual Spicewood Arts Round-up festival on the shady grounds of La Cabana Grill, Spicewood.

Hours are 10 a.m. – 6 p.m. Saturday and 11 a.m. – 4 p.m. Sunday.

Admission is free to the family-friendly event, but donations are appreciated.

Sponsored by the Spicewood Arts Society, the juried art show presents the work of over 35 expert artists from central Texas and beyond representing a variety of genres: glass, jewelry, sculpture, painting, and more. The Arts Round-Up also recognizes the art programs in Lake Travis and Marble Falls schools by featuring student art from both at all grade levels.

Festival guests will hear a full program of music by well-liked local performers. The Spicewood Elementary School Choir opens at noon on Saturday, followed by music from 2018 Marble Falls High School graduates Noah Reily and Sydney Kelley, both awarded SAS scholarships. The Troll Smashers Trio is next, with dance favorites the Square Grooves closing the day.

Sunday brings singer/songwriter Ed Turek and the bluegrass band One Eye Open, a crowd favorite.

La Cabana Grill, restored after a devastating fire last winter, will be at full strength producing tacos and other Tex-Mex fare. La Cabana is located at 21103 Hwy. 71 West, Spicewood. Organizers ask that no alcohol be brought onto the festival grounds.



## Lake Travis Polo and Equine Club



*Abigayle McVaney*

Abigayle McVaney recently graduated from Lake Travis High School earning a spot on the Texas State University Arena Polo Team after achieving high academic grades Lake Travis High School and scholarship from the United States Polo Association.

Her love and involvement in the equine world was as early as she can remember. Her parents, Ron and Dena McVaney,

always had her exposed to horses from ownership of horses to

the involvement of equine related organizations like 4-H and interscholastic arena polo.

This past year Abigayle felt a need for Lake Travis High School to have an equine club for her peers to join with common interest, goals in the equine world and a place to achieve a Varsity Lettering Program recognized through LTHS and information on equine related scholarships for higher education.

This was accomplished by her getting approval from Mr. Butler, the principle, Dr. Lancaster, the superintendent, writing up bylaws, getting students involved and having a teacher, Mr. Foxworth, who endorsed the program and open up his room for students to congregate.

As being president of the LT Polo and Equine Club she accomplished and received her Varsity Letter along with several other students and a scholarship to be an athlete arena Polo player at the college of her choice. She was excepted in the Texas State University computer and engineering program and will be in the Arena Polo Team.

Her accomplishments are that she served as President of Lake Travis

*(Continued on Page 12)*



**HELPING YOU DEAL  
WITH LIFE'S CURVEBALLS  
SINCE 1928.**

**Personal attention. Great rates. Call today!**



**512.814.4981**

**Kelly Nugen**  
Your Local Agent  
5329 SERENE HILLS DR # 204  
AUSTIN, TX 78738  
[KNUGEN@FARMERSAGENT.COM](mailto:KNUGEN@FARMERSAGENT.COM)  
<https://agents.farmers.com/knugen>



**Fifteenth Annual Arts Round-Up**

**10 A.M. - 6 P.M. SATURDAY, OCTOBER 27**

**11 A.M. - 4 P.M. SUNDAY, OCTOBER 28**

**Free Festival of Art, Music and Fun!**

**SATURDAY:**

SPICEWOOD ELEMENTARY SCHOOL CHOIR  
NOAH REILY AND SYDNEY KELLEY  
TROLL SMASHERS  
SQUARE GROOVES

**SUNDAY:**

ED TUREK  
ONE EYE OPEN

**On the shady grounds of LaCabana Grill**

**21103 HIGHWAY 71, SPICEWOOD**

**[WWW.ARTSROUNDUP.ORG](http://WWW.ARTSROUNDUP.ORG)**

**PLEASE DO NOT BRING ALCOHOL ONTO FESTIVAL GROUNDS**



## SPICEWOOD ARTS SOCIETY

### 2018-19 Art Treks Travel from Weird to Eternal



Registration for the new season of Spicewood Art Society Art Treks is underway. This year's treks offer a peek into the rarely-seen aspects of Austin that make it unique.

A ten percent is available by signing up for all three treks. The same discount is available for a fourth bonus trek, "Austin's Past.. Still Present!" which will travel to the state capitol building and the state cemetery. Register for the treks at [www.spicewoodarts.org](http://www.spicewoodarts.org).

Cost always includes transportation, gratuities, and admissions, and may also include lunch. Wine and snacks are usually on hand. All treks leave from and return to Barton Creek Lakeside Clubhouse, 1900 Clubhouse Drive, Spicewood.

#### **Trek 1 Keeping Austin Weird, Wacky & Wonderful!**

**Thursday, November 1, 2018**

**Cost: \$120 (includes transportation, gratuities, admissions, lunch and wine)**

Trekkers discover the hidden jewel of Laguna Gloria, visit the eclectic personal masterpiece of Charles Moore, UT Professor of Architecture, eat lunch at the Texas Chili Parlor, and tour Casa Neverlandia, a unique home! More "Austin Weird" locations along the way. A glass of wine will be offered on the way back to Spicewood. This trek is limited to 24 persons.

#### **Trek 2 New Braunfels.....Texas Old World Heritage!**

**Thursday, December 6, 2018**

**Cost: \$135 (includes transportation, gratuities, admissions, lunch & afternoon wine/snacks)**

Spend the day in a guided exploration of the history, art and culture of this historic town, home to the oldest bakery and dance hall in Texas. Stops include the Sophienberg Museum, Conservation Plaza (home to 18 historic buildings) and the Texas Handmade Furniture Museum as well as a driving and walking tour of outdoor art murals, bronze sculptures and Pioneer Monument. Lunch at the

Huisache Grill.

#### **Trek 3 Llano- The HeART of the Texas Hill Country!**

**Thursday, March 28, 2019**

**Cost: \$135 (includes light breakfast, transportation, gratuities, admissions, lunch, and afternoon snacks & wine)**

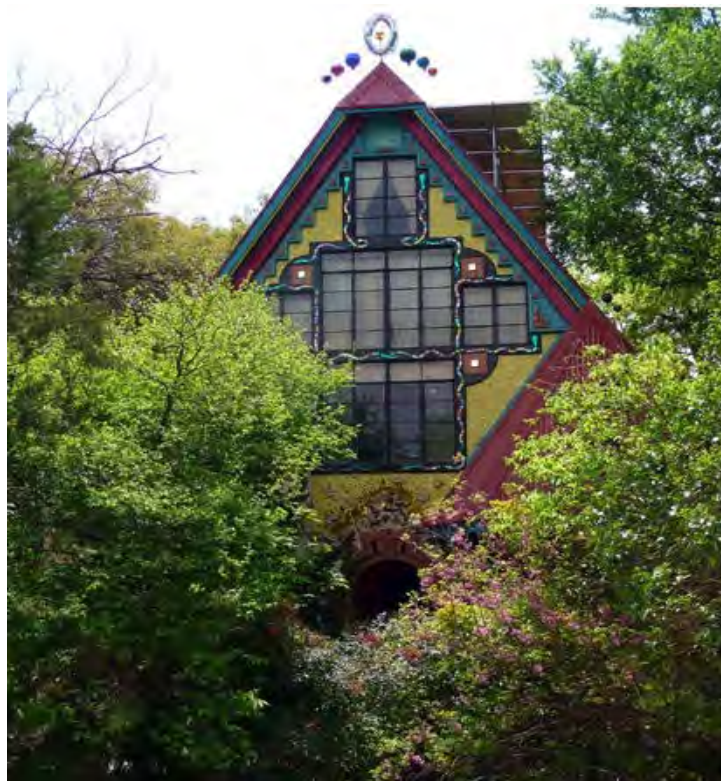
Metalsmiths Charles Wendt of Rocking W Spurs Studio, featured on TV's Handmade in America, and Ralph Moresco of West Shore Wind Spirals will each demonstrate their unique styles. Visit the Llano Fine Arts Guild & Gallery for a demonstration of the woodcarving skills of Randy Hurst. Enjoy lunch at Badu 1891 and a walk in the gardens followed by shopping and gallery hopping in downtown Llano. Wine and cheese on the patio of Tor Na Lochs Winery.

#### **Special Bonus Trek Austin's Past.....Still Present!**

**Thursday, February 21, 2019**

**Cost: \$115 (includes transportation, gratuities, admissions, lunch, and afternoon snacks & wine)**

Dave Stauch, responsible for design and construction of the \$183 million Texas Capitol Extension and Restoration program, will share his knowledge of the Capitol and offer a look behind the scenes of the historic renovation. Enjoy lunch at The Carillion in the UT AT&T conference Center. Trekkers peruse a time capsule of Texas' most intriguing moments. Tour the Texas State Cemetery, the final resting place of legendary Texans.





## "55 Plus Seminar Series" to Educate Austin Older Adult Homeowners

Series of Free Educational Seminars Provide Answers to Later-Life Issues



The truth. It's what Austin homeowners want concerning later-in-life housing issues like: The Truth About Selling As-Is, and Living, Dying & Leaving a Legacy.

These topics, along with others, will be presented in the upcoming 55 Plus Seminar Series as 90-minute monthly educational seminars continue into June at Laura Bush Community Library. Adults 55+, seniors, and caregivers are invited to attend the free "55 Plus Seminar Series" to learn the actual facts about issues related to home ownership and post-retirement downsizing in the Austin area.

There are a lot of myths out there about what you must or "should" do in order to sell your home. The myths are perpetuated by shows on television featuring real estate agents with pearly white teeth and selling tiny homes for 2 million dollars. Real estate agents further confuse the issue because they advertise homes as "totally remodeled" and make it seem as though these homes are the only ones available.

During this 90-minute panel presentation, we will discuss the pro's and con's of fixing up a home to sell, as well as the pitfalls and benefits to selling 'as-is.'

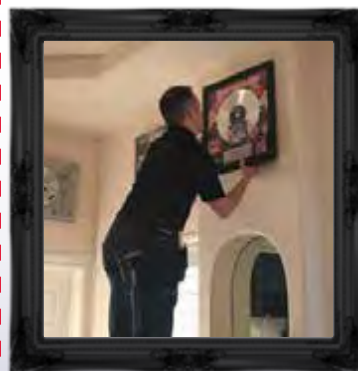
Here are just a few of the questions that will be answered: What is necessary to sell a home in the Austin City metropolitan area? What does 'as-is' really mean and does it make financial sense to sell that way? How do I know if an as-is cash offer is a fair offer?

This series of candid conversations and expert panel discussions about the unique and often complex issues facing long-time homeowners is to be moderated by Cyndi Cummings CSHP, SRES, CSA, considered a leading authority on issues related to downsizing,

*(Continued on Page 13)*

## SPICEWOOD DEALS

EXCLUSIVE TO SPICEWOOD/BRIARCLIFF RESIDENTS



ADAMS GALLERIES OF AUSTIN  
ART | FRAMING | DESIGN

### Hanging Services

TV's, Art, Mirrors, Shelves,  
Custom Framing ETC...

**\$99.00 HR**

Includes All Standard Materials  
Licensed and Insured

**512.839.8833**

[info@AdamsGalleriesAustin.com](mailto:info@AdamsGalleriesAustin.com)

Ad Space Available

Contact Peel Inc

**512.263.9181**

Ad Space Available

Contact Peel Inc

**512.263.9181**

Ad Space Available

**\$50**

Contact Peel Inc

**512.263.9181**

# CROSSFIT



## LAKE TRAVIS

**THE DIFFERENCE  
BETWEEN  
TRY  
— AND —  
TRIUMPH  
IS A LITTLE "UMPH"**

**INTERESTED IN TRYING  
CROSSFIT LAKE TRAVIS?**

**MENTION THIS AD AND RECEIVE 1 WEEK**

**FREE!**

**\*VALID FOR NEW MEMBERS ONLY**



### CLASS SCHEDULE

M-F 5:30 am  
M-F 8:30 am  
W&F 7:30 am  
M-F 4:00 pm  
T&TH 4:00 pm Teen Class  
M-F 5:00 pm  
M&W 6:00 pm

Located Behind La Cabana Grill

**830.822.4171**

**[www.CrossFitLakeTravis.com](http://www.CrossFitLakeTravis.com)**



# LAKE TRAVIS VOLLEYBALL

# 2018 SCHEDULE



## PRESEASON

DAY	DATE	OPPONENT	SITE	VARSITY	JV	9TH BLACK	9TH RED
Wednesday-Friday	August 1st-3rd	Tryouts Begin	LTHS	Two-A-Days	Two-A-Days	Two-A-Days	Two-A-Days
<b>Saturday</b>	<b>August 4th</b>	<b>**Scrimmings (LT, Drip, Rouse &amp; Westwood)</b>	<b>LTHS</b>	<b>9:00</b>	<b>10:00</b>	<b>10:00</b>	<b>10:00</b>
<b>Tuesday</b>	<b>August 7th</b>	<b>**Antonion</b>	<b>LTHS</b>	<b>2:00</b>	<b>12:00</b>	<b>2:00</b>	<b>12:00</b>
Thursday-Saturday	August 9th-11th	Texas Volleyball Invitational (Varsity Only)	Pearland, Texas	TBD	---	---	---
Monday	August 13th	Westwood	Westwood	6:30	5:30	5:30	6:30
<b>Tuesday</b>	<b>August 14th</b>	<b>**Churchill</b>	<b>LTHS</b>	<b>4:30</b>	<b>3:30</b>	<b>3:30</b>	<b>2:30</b>
Thursday-Saturday	August 16th-18th	Fraulen Festival Tournament (Varsity Only)	New Braunfels, Texas	TBD	TBD	TBD	TBD

## DISTRICT SEASON

DAY	DATE	OPPONENT	SITE	VARSITY	JV	9TH BLACK	9TH RED
<b>Tuesday</b>	<b>August 21st</b>	<b>**Anderson</b>	<b>LTHS</b>	<b>6:30</b>	<b>5:30</b>	<b>5:30</b>	<b>6:30</b>
Thursday-Saturday	August 23rd-25th	VolleyPalooza Tournament (Varsity Only)	Leander, Texas	TBD	TBD	TBD	TBD
<b>Tuesday</b>	<b>August 28th</b>	<b>**Austin High</b>	<b>LTHS</b>	<b>6:30</b>	<b>5:30</b>	<b>5:30</b>	<b>6:30</b>
Thursday-Saturday	August 30 & Sept 1st	Dripping Springs Sub-Varsity Tournament	DSHS/DSMS	Practice	TBD	TBD	TBD
<b>Friday</b>	<b>August 31st</b>	<b>**Del Valle</b>	<b>LTHS</b>	<b>6:30</b>	<b>5:30</b>	<b>5:30</b>	<b>6:30</b>
Tuesday	September 4th	Lehman	Lehman	6:30	5:30	5:30	6:30
Friday	September 7th	Hays	Hays	6:30	5:30	5:30	6:30
<b>Tuesday</b>	<b>September 11th</b>	<b>**Westlake (Staff Appreciation)</b>	<b>LTHS</b>	<b>6:30</b>	<b>5:30</b>	<b>5:30</b>	<b>6:30</b>
Friday	September 14th	Bowie	Bowie	6:30	5:30	5:30	6:30
<b>Saturday</b>	<b>September 15th</b>	<b>**LT Invitational Sub-Varsity Tournament</b>	<b>LTHS</b>	<b>Practice</b>	<b>TBD</b>	<b>TBD</b>	<b>TBD</b>
<b>Tuesday</b>	<b>September 18th</b>	<b>**Ann Richards (LTYA &amp; Little Sister Night)</b>	<b>LTHS</b>	<b>6:30</b>	<b>5:30</b>	<b>5:30</b>	<b>---</b>
<b>Friday</b>	<b>September 21st</b>	<b>**Akins</b>	<b>LTHS</b>	<b>6:30</b>	<b>5:30</b>	<b>5:30</b>	<b>6:30</b>
Tuesday	September 25th	Anderson	Anderson	6:30	5:30	5:30	6:30
Friday	September 28th	Austin High	Austin High	6:30	5:30	5:30	6:30
Tuesday	October 2nd	Del Valle	Del Valle	6:30	5:30	5:30	6:30
<b>Friday</b>	<b>October 5th</b>	<b>**Lehman (Homecoming)</b>	<b>LTHS</b>	<b>5:30</b>	<b>6:30</b>	<b>5:30</b>	<b>6:30</b>
<b>Tuesday</b>	<b>October 9th</b>	<b>**Hays (Dig for the Cure) (Middle School Night)</b>	<b>LTHS</b>	<b>6:30</b>	<b>5:30</b>	<b>5:30</b>	<b>6:30</b>
Friday	October 12th	Westlake	Westlake	6:30	5:30	5:30	6:30
<b>Tuesday</b>	<b>October 16th</b>	<b>**Bowie (Senior &amp; Kardivas Night)</b>	<b>LTHS</b>	<b>6:30</b>	<b>5:30</b>	<b>5:30</b>	<b>6:30</b>
Friday	October 19th	Ann Richards	Ann Richards	7:30	6:30	---	5:30
Tuesday	October 23rd	Akins	Akins	6:30	5:30	5:30	6:30

## POST SEASON PLAYOFFS

DAY	DATE	OPPONENT	SITE	VARSITY	JV	9TH BLACK	9TH RED
Monday-Tuesday	October 29th & 30th	UIL Bi-District Playoffs	TBD	TBD	TBD	TBD	TBD
Thursday-Friday	November 1st-3rd	UIL Area Playoffs	TBD	TBD	TBD	TBD	TBD
Monday-Tuesday	November 5th-6th	UIL Regional Quarterfinals	TBD	TBD	TBD	TBD	TBD
Friday-Saturday	November 9th-10th	UIL Regional Tournament	TBD	TBD	TBD	TBD	TBD
Wednesday-Saturday	November 14th-17th	UIL State Tournament	GARLAND	TBD	TBD	TBD	TBD

# SPICEWOOD

(LT Polo & Equine Club Continued from Page 7)



*Abi riding Tomahawk*

Polo and Equine Club, president of Austin Equine 4-H Club, Team Captain of Countyline Interscholastic Polo Club, student ambassador of Polo Kids Foundation.

She also earned a sponsorship for her Polo Club through Olathe Boot

Company, fundraising through Chili's restaurant and headed up a fundraising program for her team to compete in arena polo regionals.

Lake Travis Polo and Equine Club meets every other Wednesday during Cavs hour in Mr. Foxworth's room.

If you are interested in the the USPA arena polo program for Lake Travis High School students or surrounding schools please contact the coach Seth Bray at [info@countylinepolo.com](mailto:info@countylinepolo.com) or call (512)914-4901.



*Girls conditioning horses:*

*Aubrey McVane, Tori Mast, & Abigayle McVane*



## EMPOWER LAKE TRAVIS

Sunday, November 4, 2018

5:00-7:30pm

Oasis Lake Travis  
6550 Comanche Trail,  
Austin Texas 78732



Buy Tickets Now!

Visit us at:

[www.partnersinhopelaketraavis.org](http://www.partnersinhopelaketraavis.org)

**BANNERS NOW  
BUY ONE GET ONE 50% OFF\***



**512-263-9181**  
**QualityPrintingOfAustin.com**



(55+ Seminar Continued from Page 9)

later-life relocation and (55+) senior living solutions in Austin. As a Certified Senior Housing Professional, Cyndi Cummings has made it her mission to educate and guide both consumers and professionals on best practices related to post-retirement living.

“Understanding whether staying in your current home or making a move would be better for you, requires information from trusted resources,” said Cummings. “Many seniors have no idea what is available to them, how much it will cost, or the process for making all the pieces fit together. We want to give them helpful information, introduce them to information that can help to answer their questions. Beyond helping with immediate needs, our intention is give individuals and families the both direction and confidence so they feel empowered when the time comes to make a major life decision.”

The 55 plus Seminar Series continues with “Selling As-Is” on October 23rd and Living, “Dying & Leaving a Legacy” on November 27th. The remaining calendar is located at [www.55plusseminarseries.com](http://www.55plusseminarseries.com).

There is no cost to attend for those age 55 or older. Reservations can be made by calling 512-937-2772 or online at [www.55plusseminarseries.com](http://www.55plusseminarseries.com). Space is limited and pre-registration is required.

## More about the hosts:

The Austin Senior Resource Alliance is made up of professionals across many fields of service in the Austin, Texas area. Seniors today have a vast array of decisions to make and options to choose from. Our specialists are not only at the top of their field, but have specialized knowledge in the benefits available to seniors and are experienced in working with senior clients.

The Westbank Community Library District was founded as a community library (1984) and is now a political subdivision of the State of Texas (since 1998).



**SPICEWOOD**  
Baptist Church

7903 CR: 404, Spicewood, TX  
830-693-4782  
<http://Spicewoodbaptist.org>

*Knowing Jesus and Making Him Known Since 1908*

**COME JOIN US SUNDAYS FOR**

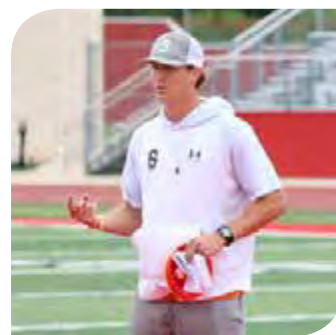
PRACTICAL TEACHING OF GOD'S WORD  
MEANINGFUL WORSHIP & AUTHENTIC  
RELATIONSHIPS WITH OTHERS

SMALL GROUP STUDIES • SUNDAY SCHOOL 9:30 AM  
WORSHIP SERVICE AND CHILDREN'S CHURCH 10:45 AM



Offering both 1 on 1 and small group (3-5 athletes) wide receiver development training sessions weekly throughout Austin and the surrounding areas.

**Mission statement:** To take what I've learned from playing at both the collegiate and professional level and bridge the gap between what's being taught at the highest level of play to those even as young as 4th grade.



**SHIPLEYPERFORMANCE.COM**  
**OR CALL 325.642.9162**

**TODAY TO TAKE YOUR GAME TO THE NEXT LEVEL**

The Spicewood newsletter is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Spicewood Newsletter's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

**DISCLAIMER:** Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

## Tips for Packing a Healthy School Lunch

by Stephany Pando, [cooksmarts.com](http://cooksmarts.com), edited for space

Packing lunches for your back-to-schoolers is no easy task. It takes time and planning. Plus, every parent knows that just because you pack it, doesn't guarantee your kids will actually eat it.

However, this doesn't mean you have to fill your kids' lunchboxes with pizza and cookies everyday. Below we offer 5 tips for how to pack a nutritious lunch that your kids will look forward to eating and you'll feel good about giving them.

### Tip #1: Get Your Kids Involved

- Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.
- Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.
- Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.

### Tip #2: Turn Healthy Foods into Fun Foods

- Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.
- Use kid-friendly skewers to make colorful food kebabs.
- Create a theme for the day and have all of the foods in their lunch relate to the theme

### Tip #3: Make Your Own Snacks – and limit processed ones

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

### Tip #4: Incorporate All Food Groups

A balanced diet includes all of the food groups. Luckily, there are so many different ways to enjoy each food group:

- Fruits: fresh, frozen, dried, canned, baked (think apple chips!) or pureed.
- Vegetables: fresh, frozen, or baked (think kale chips!)
- Lean protein: baked chicken, deli meats, hard boiled eggs, beans or nuts (be aware of nut allergy regulations at your child's school).
- Low-fat dairy: milk, cheese or yogurt
- Whole Grains: pita, sandwich bread, tortillas, wraps, and pastas

### Tip#5: Encourage Hydration

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).

- Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they are completing a challenge!

With these tips in mind, you and your child are ready to start out the school year on the right foot. Good luck – and happy packing!



**BEE CREEK**  
AUTOMOTIVE

Import and Domestic  
Auto Repair  
804-C Bee Creek Road  
Spicewood Texas 78669  
(512) 264-8890

Family owned  
shop serving  
the Spicewood  
and surrounding  
communities  
since 2007



Services:

Emissions State Inspections, Wheel Alignments, Computer Diagnostics, Air Conditioning, Brakes, Tune Ups, Cooling Systems, Shocks and Struts, All 30K, 60K, 90K mile maintenance services.

Like Us on Facebook @ Bee Creek Automotive

Free Courtesy Shuttle for Local Area  
M-F 8-5:30 • All work guaranteed

#### SPECIAL #1

New customer special  
10% Off any repair over  
\$100.00 parts and labor.

\*Must Mention this ad.

#### SPECIAL #2

Coolant Flush \$ 129.99 plus tax.  
Inspect Coolant system for Leaks  
Drain Radiator & refill with up to  
2 gals of Coolant and any needed  
additives. Inspect Condition of  
Cooling System Components.

\*Must Mention this ad.



# GYMACT

GYMNASTICS

WWW.GYMACT.COM



# GYMACT

2413 Commerce Street #22,  
Marble Falls, TX 78654

## (512) 217-9224

Established 2006 – 12 years in Marble Falls

- \* KIDS AGES 3 & UP
- \* GYMNASTICS
- \* CHEER TUMBLING
- \* PRE SCHOOL CLASSES
- \* COMPETITIVE GIRLS GYMNASTICS TEAM
- \* PRIVATE LESSONS

## \$10 OFF

COUPON MAY BE APPLIED TOWARD TUITION  
OR REGISTRATION FOR NEW CUSTOMERS  
expires 12/1/18

# TRAIN LIKE A NINJA WARRIOR



CALL 512-217-9224

AGES 7-16

OBSTACLE COURSES  
STRENGTH & CONDITIONING

weekly class schedule available at  
www.GYMACT.com

F4  
WARRIOR  
SPORTS & FITNESS  
TRAINING





**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

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

SCW



## SERENE HILLS DENTISTRY

*dentistry done differently*



Drs. Sara & Ali Golshani provide general & cosmetic dentistry  
for the entire family. Visit our website to learn more about  
*dentistry done differently.*

(512)-334-0345

[WWW.SERENEHILLSDENTISTRY.COM](http://WWW.SERENEHILLSDENTISTRY.COM)

NO INSURANCE? \$199 NEW PATIENT SPECIAL  
or ask about our fantastic membership program!

We love kids too! Schedule a FREE initial Happy Visit with us!  
(6mo-3yo)