



SPICEWOOD

JANUARY 2019

A NEWSLETTER FOR THE RESIDENTS OF SPICEWOOD & BRIARCLIFF

VOLUME 3, ISSUE 01

SPICEWOOD ARTS SOCIETY

"Art in the Heart of Texas," SAS Fundraiser February 16, 2019



Shayne Knight

Doors open at 5:30 p.m. for the celebration, held at Spicewood Vineyard's Event Center.

Art in the Heart of Texas raises money for arts scholarships awarded to students at Lake Travis and Marble Falls High Schools and for arts programs at area elementary schools. The Spicewood Arts Society (SAS) has donated over \$70,000 since the community arts education program began, with \$62,000 in scholarships and \$14,000 for school programs. Last year alone SAS awarded \$9,000 in scholarships to graduating seniors and \$3,000 to sophomore level students.

The Square Grooves are a five-piece rock and roll band and perform frequently at Spicewood area events and venues.

Shayne Knight is an accomplished singer and performer dedicated to helping children discover and learn music as an educator in the Liverpool, NY school district. She has been a music director, vocal coach and accompanist for hundreds of performances, including Syracuse University and LeMoyne

Dance the night away, enjoy a delicious dinner, and help area students fund their college educations at the Spicewood Art Society's annual fundraiser Saturday, Feb. 16, Art in the Heart of Texas, featuring Spicewood's own Square Grooves with guest singer Shayne Knight.

College. As a performer, she has played and recorded with four New York bands and is a longtime friend of the Square Grooves.

Included in the festivities will be games and prizes. The dinner is catered by Napa Flats Wood-Fired Kitchen.

Tickets (\$100 each) are available at www.spicewoodarts.org and include wine with dinner. Spicewood Vineyards is at 1419 Co. Rd. 409, Spicewood. Donations for the scholarships and arts programs are accepted on the Spicewood Arts Society website if people are unable to attend.

Besides its work with schools, SAS produces five concerts a year, a two-day arts fair in October, and bus excursions to art venues in central Texas.

For more information about SAS, see the website, www.spicewoodarts.org, or call 512-264-2820.



Square Grooves

IMPORTANT NUMBERS

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EMERGENCY	911
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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

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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 Abbott's 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 @ 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.



SPICEWOOD Baptist Church

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LT lov

Ho! Ho! Ho! 'Way to go!

LTlov would like to thank the Lake Travis community for sharing the joy of the season with local families whose limited finances make celebrating the Holidays a challenge. Once again, Green Santa was favored with a great outpouring of generosity which provided gifts and family meals to 672 children in the Lake Travis area. Neighbors helping neighbors was in full evidence and empowered this much beloved program to serve 204 local families in need of a little extra help with three gifts, stocking stuffers, books and a stuffed animal for each child and just under \$13,000 dollars in H-E-B food cards provided to families to help stretch Holiday food budgets.



Pictured, Kuper-Sotheby's International Realty, one of many local businesses who hosted a collection bin, directed a very successful collection of toys for Green Santa.

The Green Santa program is made possible because of the support of our entire community and everyone deserves to be recognized for donating time, talent and resources. Thank you, especially, to the wonderful businesses and organizations whose donations made our food card program possible: Ladies of Charity- Lake Travis, H-E-B, Point of Origin, Lake Travis Rotary Club, Thrash Law Firm, Eco Safe Wastewater Technologies, Lakeway A/C & Heating, Wink Medical Aesthetics, Terrel Veterinary Clinic, Woofs Pet Salon, Mangieri's Pizza Cafe, and Superior Town & Country; as well as our donation sites: LTISD school campuses, Terrell Veterinary Clinic, Lake Travis Community Library, Lakeway Activity Center, Chick-fil-A Lake Travis, World of Tennis, Prosperity Bank, Moreland Properties, Strandz Salon, Bee Cave Family Chiropractic, Kuper Sotheby's International Realty, Luxe Salon, Body Balance Physical Therapy, Coldwell Banker United Realtors, Point of

(Continued on Page 4)

Introducing Get to Know Your NEIGHBORS™

We are all very fortunate to call Spicewood home. But, Spicewood is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Spicewood a better place to live, please let us know. We would like to introduce them to your neighbors.

Email Kelly@peelinc.com to be featured in a future issue.

Spicewood Counseling in the Hill Country



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Kimmi Rhodes performs January 19, 2019



Kimmi Rhodes' poetic songwriting has spoken to the souls of millions of folks since she began her career in the '70's. The Austin-based artist will perform Saturday, January 19, 2019 at the Spicewood Vineyards Event Center. The performance begins at 7 p.m. Poet, crystal-voiced songstress, Willie Nelson duet partner, and "Outlaw Sweetheart," she has released 16 solo albums, written and produced three musical plays, and published a novella/cookbook. Artists like Emmylou Harris and Waylon Jennings have performed her multi-platinum songs. Hear one of the most original, compelling voices of our time. Generously sponsored by John and Donna Curtis. Spicewood Vineyards wine will be available for purchase, with free coffee and water and complimentary snacks at intermission. Produced by the Spicewood Arts Society.

www.spicewoodarts.com

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Origin, the Lakeway Police Officer's Association, Belmont Village Senior Living, 620 Chiropractic & Wellness and Vantage Data Designs who graciously received and stored many Amazon boxes. Green Santa is also grateful to have been the beneficiary of events and collections hosted by Sing Along, Point of Origin, Orange Leaf in Lakeway, the George family and WCID 17.

Sincere appreciation goes out to the residents of the Lake Travis community for your generous donations of toys, gift cards, and cash donations so that each registered child would have presents and a special holiday meal to enjoy with their family. Special recognition goes to Western Industries who donated our collection and family gift boxes, Youth2Seniors who provided a stuffed animal for every child, H-E-B's Read3 program for the donation of books, Hudson Bend Middle School, who wrote letters from Santa to each registered family, Lakeway Elementary School students who helped build stuffed animals and LTISD for providing the space needed to store, sort, box and distribute the more than 3000 gifts we received. Finally, a great, big hug to all of our volunteers, including Girl Scout Troop 1897, who served refreshments at Sing Along, and the Young Men's Service League, Friends of the Parks and the many individuals and families who helped sort toys, pack family gift boxes and ensured that the distribution process went smoothly. For more information about LTlov, visit www.ltlov.org.

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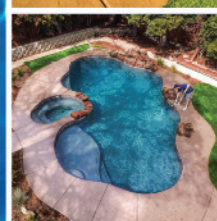
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HILL COUNTRY GALLERIA JANUARY & FEBRUARY EVENTS & HAPPENINGS

Hill Country Galleria
12700 Hill Country Blvd.
Bee Cave, TX 78738
www.hillcountrygalleria.com

Hours:

Monday through Saturday: 10 a.m. to 9 p.m.

Sunday: 12 p.m. to 6 p.m.

JULES DESIGN BAR GRAND OPENING

Thursday, January 24 to Sunday, January 27

Jules Design Bar is now open at the Hill Country Galleria and will host a grand opening celebration from January 24-27. Jules Design Bar is the first full bar offering retail home décor, fun gifts, design, craft cocktails, specialty wines and whiskeys.

VALENTINE'S WINE WALK

Thursday, February 14 from 5 to 9 p.m.

Hill Country Galleria is hosting its Valentine's Wine Walk on

Thursday, February 14 from 5 p.m. to 9 p.m. Guests can shop the eclectic mix of retailers in the Galleria while discovering great wines from all over the world. Participants will start at Twin Liquors to pick up a map that is both a guide to the walk and a ticket for each wine walk stop. The Wine Walk's last stop will be a restaurant so wine-walkers can sit down and end their Valentine's Day with dinner. The first 100 attendees will receive a swag bag filled with Hill Country Galleria offers. February retailers include Twin Liquors, Lululemon, Hand & Stone Massage and Facial Spa

CAMP GLADIATOR FREE WORKOUTS

Saturdays, January 19, 26 and February 2, 9, 16 and 23 at 9 a.m.

Camp Gladiator is hosting anyone over the age of 14 for free workouts in the Galleria's Central Plaza every Saturday. Join Camp Gladiator to experience their boot camp-style community workouts. Recommended to bring water, a towel and a mat.

LONE STAR FARMERS MARKET

Sundays, January 13, 20, 27 and February 3, 10, 17 and 24 from 10 a.m. to 2 p.m.

*Note: Hill Country Galleria will open at 12 p.m. on Sundays, with some restaurants and services opening earlier

Hill Country Galleria is home to the Lone Star Farmers Market. The event hosts the same great vendors as before and also offer face painting and other kids' activities along with live music. More information can be found at www.lonestarfarmersmarket.com.



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Cooking substitutions aid in calorie reduction

When looking to make permanent changes to a diet, consider using ingredient substitutions, said Roberta Anding, registered dietitian at BCM and Texas Children's Hospital.

Modifying the fat content in recipes gives the biggest calorie reduction, said Anding. Many times, applesauce can replace butter and oil in baking recipes, and Greek yogurt can replace sour cream.

Learning what substitutions work best does take some time and experimentation with cooking time and temperature, but reducing a diet by 100 calories per day can result in a 10-pound weight loss in one year, said Anding.

Other substitution options include switching to a low-fat cheese rather than a whole-fat cheese and switching from white bread and rice to wheat bread and brown rice. Not only is there a benefit in amounts of fiber, but also in magnesium, which can decrease the risk of type 2 diabetes.

"Don't look for extreme changes to your diet. Look for the common sense changes that you can make permanent," said Anding.



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