

# The Community Connection

NEWS FOR SWEETWATER RESIDENTS

## INTRODUCING GET TO KNOW YOUR NEIGHBORS

We are all very fortunate to call Sweetwater home. But, Sweetwater 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 Westlake Hills a better place to live, please let us know. We would like to introduce them to your neighbors.

Email [Kelly@peelinc.com](mailto:Kelly@peelinc.com) to be featured in a future issue.



# COMMUNITY CONNECTION

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Sheriff – Non-Emergency.....	512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescue Administration Office.....	512-266-2533
Travis County Animal Control.....	512-972-6060

### SCHOOLS

Lake Travis ISD.....	512-533-6000
Lake Travis High School.....	512-533-6100
Lake Travis Middle School.....	512-533-6200
West Cypress Elementary .....	512-533-7500

### UTILITIES

Pedernales Electric.....	888-554-4732
Crossroads Utilities (Water, Sewer, Trash).....	512-246-1400
Texas Gas Service Customer Service.....	1-800-700-2443
Emergencies.....	512-370-8609
Call Before You Dig.....	512-472-2822
AT&T.....	1-800-288-2020
Time Warner Cable.....	512-485-5555
Austin/Travis County Hazardous Waste .....	512-974-4343

### OTHER NUMBERS

Bee Cave City Hall.....	512-767-6600
Bee Cave Library.....	512-767-6620
Bee Cave Municipal Court.....	512-767-6630
Lake Travis Post Office .....	512-263-2458
Baylor Scott & White Medical Center.....	512-571-5000
City of Bee Cave .....	www.beecavetexas.com
Travis County (General No.).....	512-854-9020
.....	www.traviscountytx.gov

### NEWSLETTER PUBLISHER

Peel, Inc. ....	512-263-9181
News.....	sweetwater@peelinc.com
Advertising.....	advertising@peelinc.com

## ADVERTISING & ARTICLE INFO

Please support the advertisers that make the *Community Connection* newsletter possible. The Sweetwater community receives this newsletter free of charge provided by the advertisers within. If you are interested in advertising, please contact our sales office at 512-263-9181 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

The *Community Connection* is mailed monthly to all Sweetwater residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the *Community Connection* please email it to [sweetwater@peelinc.com](mailto:sweetwater@peelinc.com). The deadline is the 15th of the month prior to the issue.

## LT Iov

### Ho! Ho! Ho! Way to go!

LT Iov 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

*(Continued on Page 3)*

(Continued from Page 2)

Realtors, Point of 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](http://www.ltlov.org).

## Kimemie Rhodes performs January 19, 2019



Kimmie 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](http://www.spicewoodarts.com)



Happy New Year 2019

As of December 7, 2018 MLS Stats for Sweetwater were as follows:

14 Homes Pending Sales and 32 Active Listings not counting all the new construction

*Please let us know if you would like additional stats for Sweetwater or surrounding areas.*

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**Shelli McLaughlin**

ProMatch Realty

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# COMMUNITY CONNECTION

## HILL COUNTRY GALLERIA JANUARY & FEBRUARY EVENTS & HAPPENINGS

**Hill Country Galleria**  
12700 Hill Country Blvd.  
Bee Cave, TX 78738  
[www.hillcountrygalleria.com](http://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](http://www.lonestarfarmersmarket.com).



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# HOW CAN I GET IN SKI-SHAPE?

By Kelly Cunningham, MD, Sports Medicine specialist and Founder, Austin OrthoBiologics.

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

**Ski conditioning begins about 6 weeks prior to travel, and involves three phases:**

**Muscle training | Stamina | Agility**

**Muscle training** for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

**Stamina** is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using "interval" periods to increase your heart rate. Sports like tennis,

swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the **athletic agility** that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are "ski-adaptive" sports. "Ski-specific" training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes— perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as a autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

*Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society*

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\*available in select markets

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# COMMUNITY CONNECTION

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## FACING THE CHALLENGE: Caregiver Education Series

Join Alzheimer's Texas for this series of four interactive workshops designed to empower caregivers with tools, techniques, and knowledge to provide expert care for loved ones with dementia. Based on methods pioneered by dementia care experts Teepa Snow and Naomi Feil and presented by Stephen Catoe, Certified PAC Trainer, and Certified Validation Worker.

"Dementia does not rob a person of their dignity," says Snow. "Our response does."

The Caregiver Education Series will be held at Querencia at Barton Creek (2500 Barton Creek Blvd.) from 11:00 a.m. -1:00 p.m. with a light lunch provided. As with all of our services, there is no charge to attend. Participants can come to one or all of the classes they choose.

### Tuesday, February 5: "Intro to Alzheimer's: ALZ 101"

- What is Alzheimer's Disease
- Diagnosis and treatments
- How to cope

### Tuesday, February 12: "Behaviors and Communication"

- Agitation & Combativeness
- Communication
- Hallucinations
- Preserving Dignity and Sexuality

### Tuesday, February 19: "Activities of Daily Living"

- Bathing, dressing, and toileting
- Eating, Hydration, and Nutrition
- Safety and driving
- Activities

### Tuesday, February 26: "Care for the Caregiver"

- Getting support
- Adjustment and grief
- Caregiving Issues
- Communicating with family and physicians

To register, please call (512) 241-0420x10 or email [Vcardenas@txalz.org](mailto:Vcardenas@txalz.org).

**About Alzheimer's Texas:** Alzheimer's Texas is dedicated to eliminating Alzheimer's disease through the advancement of research and to enhance care and support for individuals with Alzheimer's disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour helpline, support groups, respite care, educational and social engagement programs, and professional training. Alzheimer's Texas was founded in 1982 and serves Central Texas. For more information, visit [www.txalz.org](http://www.txalz.org).



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18500 MCKAY COVE

### 18500 MCKAY COVE

This home has it all! Barely-lived in single-story home with 4 beds, 3 full baths, private guest suite, study with French doors, open living and kitchen area, and an oversized garage with space for 3 cars. Owners did a major appliance upgrade, adding a Thermador stove, as well as custom workshop area in garage. Ideally located on a cul-de-sac lot with a huge backyard!



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