



Lakeway VOICE



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May 2019



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2019 GRADUATING SENIORS

Congratulations!



Marion Webb, age 17, will be graduating from homeschool, One Day Academy, and ACC dual credit classes this May. She will be continuing to attend ACC next year to get some prerequisites out of the way before going on to earn her degree in Dance and Musical Theater Teaching and Choreography.



Madison Harrelson (Cover) was in Austin, Texas in 2001, shortly after she moved to North Carolina and then to an Antonio in 2003 finally to return to "home" in Austin in 2013. She will graduate from Lake Travis high School in May and Attend Texas Tech University in the fall where she will major in Business. Her parents are Wendi Harrelson and Dr. Steve & Michele

Harrelson, she has one sister Austyn who is a sophomore at Lake Travis High School. Madison has been very active in Lake Hills Church and has served as a youth summer counselor. She is also Kardivas mentor, nanny, and intern at Corrective Chiropractic. She loves her friends, family, enjoys traveling, and looks forward to her college experience.



Roby Deibel will attend Colorado State University in Fort Collins, Colorado. He will study computer science and business.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
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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
Lake Travis Elementary.....	512-533-6300
Hudson Bend Middle School	512-533-6400
Lake Pointe Elementary.....	512-533-6500
Lakeway Elementary	512-533-6350
Serene Hills Elementary	512-533-7400
Bee Cave Elementary.....	512-533-6250
West Cypress Elementary	512-533-7500

UTILITIES

Travis County WCID # 17.....	512-266-1111
Lakeway MUD	512-261-6222
Hurst Creek MUD.....	512-261-6281
Austin Energy	512-322-9100
Pedernales Electric.....	888-554-4732
Texas Gas Service	
Custom Service.....	1-800-700-2443
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Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080
Progressive Waste Solutions (Trash & Recycle)	512-282-3508
Austin/Travis County Hazardous Waste	512-974-4343

OTHER NUMBERS

Baylor Scott & White Medical Center.....	512-571-5000
VIK Complete Care	512-527-6247
Lake Travis Community Library.....	512-263-2885
Lake Travis Postal Office.....	512-263-2458
Lakeway City Hall.....	512-314-7500
City of Lakeway	www.lakeway-tx.gov

NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181
Editor.....	lakeway@peelinc.com
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Around Lakeway

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 articles@peelinc.com (include the newsletter you would like to recognize them in, photo, name, etc).



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.partnersinhopelaketraavis.org

Lakeway Wildfire Ready Workday

**Wildfire Ready Workday in Lakeway
8:30 a.m.-noon, May 11**

Spend Saturday morning dragging brush in Hamilton Greenbelt to help reduce the intensity of catastrophic wildfire in our city. Join Lake Travis Fire Rescue and Lakeway Parks and Recreation for Lakeway's fifteenth wildfire fuel reduction workday. Work hard and then enjoy a pizza lunch afterwards. Service hours are available for all students. Visit www.Lakeway-Tx.gov/WildfireEvents or call 512-314-7538 for more information. (69 words)



Volunteers help prepare greenbelt for wildfire

Front page: Since 2012, Lakeway volunteers have cleared over 100 tons of brush from city parks and greenbelts behind homes. Their hard work will reduce the intensity of wildfire before it reaches the homes. Learn how to be a part of the Wildfire Ready effort. (link) (51 words)

A long line of volunteers winds through the forest, passing dead branches and cedar posts hand-to-hand uphill to a loudly wailing chipper. One young woman and several men from Lake Travis Fire Rescue take turns feeding the chipper, adjusting the chute so the chips spray between the trees. After three hours, the forest floor is clear of brush and covered in fresh mulch. Everyone gathers for pizza and lively conversation after a job well done. Slideshow

Seven city-wide workdays since 2012 have resulted in the chipping or removal of over 70 tons of wood from Sailfish Park, Rebel Park, City Park and Hamilton Greenbelt. Neighborhoods and community groups, including the Boy Scouts and Keller Williams, have held seven more fuel reduction days, bringing the total to fourteen workdays and over 100 tons of brush. The workdays are coordinated by the Lakeway Wildfire Committee with the support of Lake Travis Fire Rescue and Lakeway Parks and Recreation.

Lakeway's fuel reduction projects target the 100-150 foot wide zone behind homes. Wildfire that burns into an area where dead wood and

(Continued on Page 6)



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Around Lakeway

(Continued from Page 5)

low-growing branches have been removed or mulched is suddenly deprived of fuel, cooling rapidly and often dropping to the ground where it becomes a low-intensity ground fire. These zones, called “shaded fuel breaks,” are being installed behind as many homes as possible around the edges of Lakeway’s parks and greenbelts.

Join the effort on Saturday May 11 for the Spring 2019 workday in Hamilton Greenbelt. Meet at the trail next to 224 Sailmaster at 8:30 a.m. Wear sturdy shoes and long pants. Water, fruit and a pizza lunch will be provided. For more information, visit www.Lakeway-Tx.gov/WildfireEvents or call 512-314-7538. (277 words)

Volunteers work to make city Wildfire Ready

Volunteer Chainsaw Champions Elmer Tyler, Dave Cross and Carl Christensen work their way methodically through Hamilton Greenbelt, cutting the lower branches of cedar trees and dropping them on the ground. They have been sawing steadily since January, opening up the forest behind homes on Palos Verdes to create what is called a “shaded fuel break,” a zone where most dead woody fuels have been removed. If wildfire moving through the greenbelt burns into the fuel break, the fire is expected to cool suddenly, reducing flame lengths and intensity in the zone behind the homes.

On Saturday May 11, Lakeway citizens are encouraged to join Lake

Travis Fire Rescue and Lakeway Parks and Recreation for a Wildfire Ready Workday. Volunteers are needed to pick up and move the cut brush to a road where it can be accessed by a chipper. The workday will run from 8:30 to noon. A pizza lunch for the volunteers will follow the workday.

Meet at 8:30 a.m. at the concrete walking trail next to 224 Sailmaster. Volunteers may park in the recreation lane on Sailmaster until noon for the duration of the event.

Service hours are available for youth. Visit www.Lakeway-Tx.gov/WildfireEvents for more information. Questions? Call City Forester Carrie Burns at 512-314-7538. (214 words)



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CPRIT VIEWPOINT

Before I was a five-time survivor of an extremely rare head and neck cancer, the Cancer Prevention and Research Institute of Texas (CPRIT) was unknown to me. Now I know how fortunate I am to not only live in a state with incredible cancer care but one that's invested in cancer research.



Texas voters approved the creation of CPRIT in 2007 and has since awarded more than \$2.1 billion in grants and touched lives in every county through prevention and screening programs. CPRIT allowed Texas to be a leader in the cancer landscape, and now that status is in jeopardy without legislative action this session.

I don't know if I'd be here today if not for the unparalleled care I received at MD Anderson – possible with the help of CPRIT. That's why this month I testified before the House Public Health Committee.

In 2013, a CPRIT-funded grant allowed more precise imaging and dose delivery of proton radiation that affected the way my treatment was delivered. That precision completely eradicated a plum-sized tumor from my head.

Due to the invasiveness of my original tumor, I was told I would unequivocally lose both my eyesight and hearing on the right side if I were to receive traditional radiation. Today, I proudly can say I've lost neither. Another CPRIT grant, this one related to the efficacy of proton therapy to spare healthy tissues and reduce side effects, validated what I already knew, when my sight was spared. But cancer is tough, and I've fought a long battle against two metastases to my liver and one to my kidney.

My story doesn't end there. Last July I received my fifth cancer diagnosis when it returned in my jaw. There were no treatment options for several months, because there are no proven systemic treatments for adenoid cystic carcinoma – and there are no clinical trials. My tumor is again inoperable, but again I've connected with a physician benefitting from CPRIT funding.

Dr. Jack Phan of MD Anderson was the direct recipient of a 2015 CPRIT-funded grant studying Stereotactic Based Radiation Therapy (SBRT) as a first line treatment for some head/neck cancers. Dr. Phan enrolled me in his re-irradiation trial, which I completed this past October – which might not have been possible without the earlier CPRIT grant.

I tell you all this to stress the direct impact CPRIT has had on saving my life, but much more can be done.

Allowing an innovative program like CPRIT to fall by the wayside would be tragic. We can't afford to miss out on opportunities to bring cutting-edge cancer research and potentially lifesaving therapies to the Lone Star State. I hope my legislators, Rep. Vikki Goodwin and Sen. Dawn Buckingham, support action (HB39, HJR12 and SB438) that will

extend its life beyond the initially committed \$3 billion over 10 years.

If Texas stops funding CPRIT, research infrastructure may come to a grinding halt – jeopardizing lifesaving prevention programs, local jobs and lifesaving therapies. Contact your local legislators as well. Cancer patients, survivors and those yet to be diagnosed are counting on Texas.

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Around Lakeway

Lake Travis Republican Club May Luncheon

The May luncheon meeting of the Lake Travis Republican Club will be held on May 21 at the Hills Country Club, 26 Club Estates Parkway. Cost for buffet luncheon is \$20 for Members and \$25 for Guests. Please email Lawrence Christian at lmchristianv@verizon.net to confirm your reservation.

Our speaker is Erin Anderson is the Metroplex Bureau Chief for Empower Texans and Texas Scorecard, reporting on state and local issues, events, and government actions that impact people in communities throughout the area.

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Lakeway MUD It's Time To Check Your Irrigation System

April 2019 - Spring is finally here and summer is right around the corner! Our area has had a wet winter season so there hasn't been much need for irrigation, but as you reseed, fertilize, and plant, check to make sure your automatic irrigation system is ready.

During irrigation months, it's typical for our residents to use 75% of their water on maintaining their lawn, garden, or landscaping. When there is an issue with your system, this can dramatically affect your water usage and increase your water bill to unnecessary levels. We have seen irrigation issues with automatic irrigation systems persist for months because they are typically an out-of-site, out-of-mind convenience. With our irrigation schedule in affect from May 1-Sept 30 (visit our website for details on your addresses' watering restrictions), systems are running early in the morning or late at night when we are not paying attention to them. We miss seeing the water shooting out of a broken sprinkler head or the pool of water collecting in an obscure area of the yard. Following a few simple steps can help

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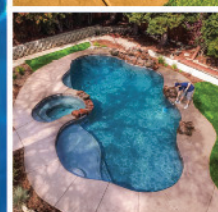
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NEWS FOR WCID 17 Customers

Water District 17 will be starting two (2) times per week summer mandatory outdoor watering schedule on May 1st. Know your designated watering days and times and follow the schedule to limit your consumption and save money.

FOR ALL CUSTOMERS: NO IRRIGATION ALLOWED BETWEEN 10:00 a.m. – 7:00 p.m.

CUSTOMERS LIMITED TO 2 DAYS PER WEEK

Residential: May 1 – September 30 Commercial: Year Round AUTOMATED IRRIGATION WATERING SCHEDULE

Automated: Irrigation by means of a system controlled by a timer or other remote controller.

Allowed to water BEFORE 10:00 a.m. and/or AFTER 7:00 p.m. on your designated days

Your days based on address ending number:

Monday & Thursday - 0, 1, 2, 3 (Res)

Tuesday & Friday - 4, 5, 6 (Res) and Commercial / HOAs

Wednesday & Saturday - 7, 8, 9 (Res)

Sunday - No automated systems allowed

Note: Customers that utilize automated systems may NOT water the same landscape areas using hose end sprinklers; only hand held hose if additional water is required.

HOSE END SPRINKLER – ANY DAY

Hose end sprinkler: Garden hose equipped with a removable portable sprinkler which is moved from place to place by hand and turned on and off by hand.

Note: Only for Customers who do not have automated irrigation systems

Allowed any day, no watering between 10:00 a.m. and 7:00 p.m.

Notes:

* Watering with HAND HELD hose, soaker hose, bubbler, drip irrigation or watering can of 5-gallons and less is allowed any day, any time

* Climate driven irrigation controllers should be turned on

* No other water uses are restricted under this Stage (Car washing, pool refills, use of outdoor fountains, etc – allowed)

* Variances may be granted under this Stage

Important Tips for Landscape Watering:

Get on the correct schedule as soon as possible. If you have an irrigation system, make sure it's in good working order and the settings are adjusted correctly. Check to see if your system is set to run more than one cycle per day.

Calculate and understand how much water your irrigation system is using each time it runs a full cycle. You can do this several ways.

- Exact Calculation - Shut off all inside uses, take a meter reading, run a full irrigation cycle and then take another meter reading. Subtract the first reading from the second **to get the exact** number of thousand gallons used per each cycle.

- Approximate Calculation - Add the total number of run minutes for all zones then multiply by 12 gallons per minute (average system use) **to get the approximate** amount of thousand gallons used for one cycle.

Examples:

8 zones x 50 minutes per zone = 400 minutes per cycle

400 minutes x 12 gallons/minute = 4,800 gallons per cycle

If you then water two (2) times per week –

4,800 gallons/cycle x 2 cycles per week = 9,600 gallons per week

If you water two (2) times per day on both watering days, (2 cycles/day) you are watering four (4) cycles per week -

4 cycles/week x 4,800 gallons/cycle = 19,200 gallons/week

19,200 gallons/week x 4 weeks = 76,800 gallons/month

Add the amount calculated to your estimated use in the home (approximately 4,000 – 5,000 gallons per month for two persons) to determine your total approximate usage.

If you think your usage is too high, lower the number of minutes watering each zone runs. Should your first spring bill seem too high, pull out this sheet and recalculate your usage. Still have questions; give WCID 17 staff a call to help you out: 512-266-1111.

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Around Lakeway

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ensure your system is working properly.

We highly suggest that before summer begins, you call an irrigation specialist to check that your system is running smoothly or complete these general tips on your own to help save you money and conserve water with your automatic irrigation system:

1. Walk your yard, checking each sprinkler head: Is it free from debris? Does it appear damaged? Mark and take mental note of where each one is then turn on the system from the control panel and visually inspect each one to confirm it is spraying correctly and in the right direction. When you turn them off, does each sprinkler head depress correctly? Does water continue to leak from it (limited leakage may initially appear to drain water from the pipes, especially if on a hill)? This would also be a good time to check if there are any areas that appear well-watered already (ie: patch of green grass where the rest is brown), which could indicate water leaking from a pipe underground.

2. Check your irrigation control panel (location will vary per house): Is it free from debris? Do you have your watering days and times input correctly in the controller (odd number address Wednesdays and Saturdays; even numbered address Thursdays and Sundays)? Do the backup batteries (if any) need replacing?

Are there any wires that appear to be damaged?

3. Locate the valves, which will be in an access box buried in your yard near the irrigation control panel, and open it to inspect for any leakage. Valves should be in the closed position.

4. Once you run a full cycle on your system, walk your yard: check for any soggy spots or pools of water. If you have a leaking pipe, this may be far from the site of a sprinkler head. You may also want to check if there are any dry areas where sprinkler heads are not reaching, where one may need to be directionally adjusted.

If at any time throughout this inspection process you notice anything unusual, call an experienced local irrigation professional to help you. If your system seems to be working correctly but you are still unsatisfied with your water bill, give us a call to request a water profile, which we offer free of charge. We also make an effort to send you a letter if we notice a spike in your water usage – if it is due to a leak and you are diligent about repairs, we can considerably reduce your affected bill. Just give us a call.

Earl Foster, General Manager, Lakeway MUD

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*None of the studies reviewed above alter the conclusion of Professor Britton's 2014 review for PHE. While vaping may not be 100% safe, most of the chemicals causing smoking-related disease are absent and the chemicals which are present pose limited danger. It has been previously estimated that EC are around 95% safer than smoking. This appears to remain a reasonable estimate.



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ATTENTION TEENAGERS

The Teenage Job Seekers listing service is offered free of charge to all Lakeway teenagers seeking work. Submit your name and information to lakeway@peelinc.com by the 9th of the month!

Lake Travis Library

The Lake Travis Community Library will exhibit Color is My Language, the artwork of Barbara Kelley, during the month of May.

Growing up in Ohio, Kelley's love of color developed as she played dress up in her mother's evening gowns, favoring the brightest colored pieces. After graduating with a Master of Fine Arts in Vocal Performance, Kelley's color attraction continued as she performed in light opera companies, clad in beautiful, colorful costumes. After time off to raise her two sons and travel throughout the United States and Asia, Kelley later returned to the arts to study art history at the Indianapolis Museum of Art. It was there that she noticed her love of color returning as she roamed the galleries of artists like Georgia O'Keeffe, Claude Monet, and Ellsworth Kelly.

Now, viewers recognize Kelley's love of color, texture, and design in her paintings and describe her work as "exciting, bold, and beautiful." She loves to experiment with color, just as she did while performing and often asks the question "What if I try this?" Kelley has exhibited her paintings in private collections throughout the United States, with showings at the Indianapolis Art Center, the Corridor of Art in Austin, Galleries at Pecan Creek, and the Lakeway Painters annual art show.

All are invited to Kelley's reception on Sunday, May 19 from 1:30 p.m. to 3:00 p.m. and art demonstration at Adult Crafts on Monday, May 20 at 1:00 p.m. at the Lake Travis Community Library. For additional information, visit laketravislibrary.org.





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LTlov is gearing up for giving!

A big shout out to our fundraisers and our donors who together raised more than \$10,000 for LTlov in the Amplify Austin event! This fundraiser along with corporate and community donations enables us to help our Lake Travis neighbors overcome limiting circumstances.

The LTlov Scholarship Committee has been busy reviewing scholarship applications. Each year, we are honored to provide scholarships to Lake Travis High School graduating seniors to help defray the enormous cost of pursuing a degree in higher education. This year, we are excited to announce that we have expanded our scholarships to include any accredited program including vocational, trade or technical schools.

The Grants Funding Committee has been busy reviewing over 10 applications. LTlov members will be voting to fund during their May meeting. Last year, LTlov invested over \$50,000 in annual grants and program funding for local organizations to help our neighbors in need.

Project Supply Pack is in full force! LTlov is now accepting school supply requests for economically disadvantaged students within LTISD. Please see our website for more details www.ltlov.org



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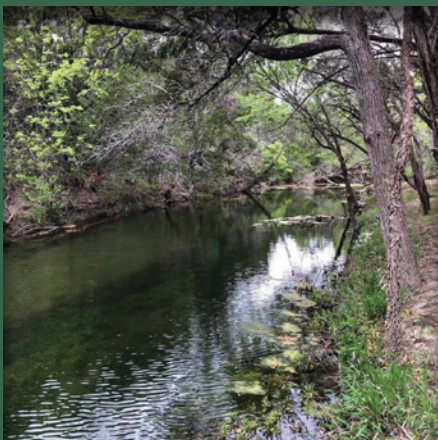


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POSTURE TIPS FOR MOMS AND DADS

Mike McTague PT, DPT, OCS

Lifting and carrying a child, picking up toys off of the floor, and pushing a stroller are normal daily tasks for many parents. Below are some quick tips to avoid overstraining your spine and other body areas.

LIFTING YOUR CHILD FROM THE FLOOR

When picking your child up off the floor, you should use a half-kneel lift. First, stand close to your child on the floor. While keeping your back straight, place one foot slightly forward of the other foot, and bend your hips and knees to lower yourself onto one knee. Once down on the floor, grasp your child with both arms and hold him or her close to your body. Tighten your stomach muscles, push with your legs, and slowly return to the standing position. To place your child onto the floor, the same half-kneel technique should be performed.

CARRYING/HOLDING YOUR CHILD

When holding or carrying your child, you should always hold him or her close to your body and balanced in the center of your body. Avoid holding your child in one arm and balanced on your hip. When using a child carrier be sure to keep your back straight and your shoulders back to avoid straining your back and neck.

PICKING UP TOYS FROM THE FLOOR

As a parent you will too often be involved in cleaning up after your child. When picking toys up from the floor, keep your head and back straight, and while bending at your waist, extend one leg off the floor straight behind you. This is often called a “golfer’s lift”, as you may see some “seasoned” golfers retrieve their ball from the hole this way.

LIFTING YOUR CHILD OUT OF THE CRIB

If your child’s crib has a rail that lowers, you will want it in the lowest position when lifting your child out of the crib. As you lift, keep your feet shoulder-width apart, knees slightly bent. Arch your low back and, while keeping your head up, bend at your hips. With both arms, grasp your child and hold him or her close to your chest. Straighten your hips so you are in an upright position, and then extend your knees to return to a full stand. To return your child to the crib, use the same technique and always remember to keep your child close to your chest.

PUSHING A STROLLER

When pushing your child in a stroller, you will want to stay as close to the stroller as possible, allowing your back to remain straight and your shoulders back. The force to push the stroller should come from your entire body, not just your arms. Avoid pushing the stroller too far ahead of you because this will cause you to hunch your back and shoulders forward.

Children and parenting are stressful enough. Focus on proper body movement and enjoy those kiddo’s without unneeded aches and pains.



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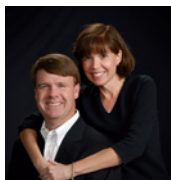


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