



Lakeway

VOICE

BUSINESS SPOTLIGHT

*Tune Up's:
The Manly Salon's
1st Annual Records
for Warriors
WakeSurf.*

See Page 4 for Details



Volume 11, Issue 9
September 2019



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National Night Out Preparations Underway For October Event



Join your neighbors and learn how to prevent crime directly from your dedicated Lakeway Police Officers at the annual National Night Out on Oct. 1.

From 4 p.m. - 7:30 p.m., residents in neighborhoods throughout Lakeway are asked to lock their doors, turn on their porch lights and spend the evening outdoors with

their fellow neighbors and police. The national event is in August, but Texas observes National Night Out in October.

"We encourage everyone to attend a local block party so they can not only get to know their neighbors better, but also learn directly from our officers how to identify crime-related issues in their community," said Todd Radford, Chief of Police for Lakeway. "We appreciate the turnout we get every year and expect this year to be even better."

National Night Out is designed to heighten crime and drug prevention awareness, generate support for and participation with local anti-crime efforts, strengthen neighborhood spirit and police-community partnerships and send a message to criminals that neighborhoods are organized against crime. Neighbors participate in National Night Out events across thousands of communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide.

"Our officers look forward to this evening, and you can tell that area residents enjoy engaging directly with them as well," Chief Radford said.

Lakeway residents who register their neighborhood events with the department will be able to work with event coordinator Mike Conley, Lakeway Citizens Police Academy Alumni Association Director, to schedule visits from Lakeway police officers from 4 - 7:30 p.m. that evening.

Officers and Lakeway Citizens Police Academy Alumni Association members will visit registered block parties and cookouts to provide informational handouts, giveaways and localized tips for preventing crime. This is a family-friendly event and participation by all ages is encouraged.

Registration is first come first served, and are scheduled in 30-minute increments starting at 4 p.m. that evening, with the last registration time at 7:30 p.m. Anyone requesting officer visits at other times that evening will be added to a waiting list. "We are looking for neighborhood events across the city with at least 25 to 30 people expecting to attend," Conley said.

If you're interested in registering a block party for a visit, there are some limited spaces available. Please contact Mike Conley by 5 p.m. on Friday, Sept. 20 at director2@lakewaycpaaa.org with an estimated headcount of adults and children and what time you would like to schedule an officer visit. Those who are interested in registering a block party are encouraged to sign up as soon as possible.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

| | |
|--|--------------|
| EMERGENCY | 911 |
| Fire..... | 911 |
| Ambulance..... | 911 |
| Lakeway Police Department | 512-314-7590 |
| 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 |
| Emergencies..... | 512-370-8609 |
| Call Before You Dig..... | 512-472-2822 |
| AT&T | |
| New Service..... | 1-800-464-7928 |
| Repair | 1-800-246-8464 |
| 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

| | |
|------------------|--|
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| Editor..... | lakeway@peelinc.com |
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Around Lakeway

Wes Priest, Going The Distance with Warrior Companion

Wes Priest, owner of TuneUp Austin, has always been fanatical about Wake Surfing. Most weekends, you can find Priest on one of the local lakes, honing his skills and doing tricks. When he discovered the record for the longest distance wakesurfed was 41.3 miles without (per the Guinness Book of World Records), Priest wanted to break that record. But it was important to him to do it for a good cause. For several years, he looked for the right cause – and recently he finally found it. Warrior Companion provides support for US veteran service animals with the goal of providing a higher quality of life for the animals that serve and support our veterans in need. As the son of a veteran and life-long dog lover (who recently lost both his family dogs), Priest realized this was the perfect opportunity to act. And who doesn't want to be in the Guinness Book of World Records, especially when it is for a good cause?

Warrior Companion was founded in 2014 (as Companion Animal Foundation) by Jack Bodolosky. Bodolosky is a former combat medic who realized how important it is for veterans with PTSD or other service-related issues to have the unconditional support of a service animal. Given their critical role, it is important to take care of the service animals in the best possible manner. Providing preventative care for them will ensure a longer, healthier life for the animals and a more supportive environment for the wounded warriors – at no cost to the veterans.

Bodolosky understood that service animals can be the difference between life and death. On average, 22 veterans commit suicide each day – and if these service animals can save just one life, then the efforts of the Warrior Companion foundation and those that support them are worth every second of effort and penny contributed. Our veterans give their all for our freedom and they deserve our help in any form we can give them. And if we can extend and improve the life of service animals, the veterans' lives are enriched as well. To learn more check them out at warriorcompanion.com

Warrior Companion is supported completely through donations so they are always looking for good ideas to raise awareness and funds. Priest is eagerly jumping in to help – on September 11, 2019 he will



strive to break the world record riding on the open water of Lake Travis. Even if he unfortunately were to fall short, the effort will be worth it because the Warrior Companion foundation will benefit from the monies Priest has raised. If you want to donate to Wes' efforts, go to recordsforwarriors.com or drop by TuneUp at 1700 Ranch Rd 620 North. And be sure to come out to Emerald Point Bar and Grill on the September 11, 2019 to cheer Wes on. There will be an after party around 3pm. At Emerald Point Bar and Grill.

| | | | |
|--|---|---|---|
|  |  | <p>Tune Up, The Manly Salon, offers men's grooming services such as haircuts, fades, shaves, shoulder massages and more. Enjoy our relaxed environment while you sip on a complimentary drink, catch up on sports, and enjoy shuffleboard and other games. <i>Come make Tune Up your man cave away from home!</i></p> |  |
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| <p>1/2 Off Haircut New Clients Expires 12/31/2019</p> | <p>Tune Up Lakeway 1700 Ranch Rd. 620 N, Ste. 102 Austin, TX 78734 512.568.7007</p> | | |
| <p>Free Kid's Haircut With Purchase of Adult Cut Expires 12/31/2019</p> | <p>Tune Up Anderson Mill 13376 Research Blvd. Ste. 512 Austin, TX 78750 512.567.9889</p> | | |
| <p>Coupon must be presented. These locations only.</p> | | | |
| <p>/tuneupsalon @tuneupsalon @tuneupsalon01</p> | | | |



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Around Lakeway

Lakeway MUD: Issues That Affect Water Quality

The Environmental Protection Agency estimates that 68 percent of Americans get their drinking water from community water systems that depend on lakes, rivers or other surface water sources. Protecting these sources from contaminants is an ongoing struggle for many public water systems. You may have heard recently about the death of several dogs who had been swimming in and consumed the water from Lady Bird Lake where blue-green algae were confirmed to be present. Our hearts go out to the owners of these pets; thankfully this lake is not a source of water for any regional water providers nor are these toxic algae currently present in detectable levels of other Austin lakes. Man-made disasters also affect water quality. I'm sure you're aware of the situation in Flint, Michigan; more recently, The Warm Springs Indian Reservation in Central Oregon has been without safe drinking water all summer due to a cascade of infrastructure failures in an aging system. Water providers constantly seek safe, cost-effective ways to prepare for or handle any disasters that affect the local drinking water supply.

As a local community water system, we pull water from Lake Travis as our source for raw water, which we purchase from the LCRA. This water is then piped to our water treatment plant for processing before being stored in elevated water tanks that provide the adequate pressure needed to carry it into our customers' homes and places of business. We are thankful to have our water system managed by well-trained staff and adequately supplied with provisions made for future growth. Our department supervisors on all levels – wastewater, potable water, and field maintenance – average over 20 years with LMUD; as such, they understand our water system and the needs of our community. Our facilities are regularly upgraded with backup measures in place to minimize the impact of man-made or natural disasters. Our distribution system is monitored 24 hours a day by our own operators with accessibility to make changes from their mobile devices. We are fortunate to be able to utilize the most effective water treatment options available while staying under budget from year to year.

While we pride ourselves on providing safe water treatment practices, it's typically the taste and odor of our drinking water that create buzz from our customers and members of the media (thankfully appearance has not been an issue). It's a bit of an artform for our water operators, making decisions based on science as well as experience to produce the taste and odor (or preferably, lack thereof) that comes out of our customers' taps. These qualities, while important, are not necessarily quantifiable or qualifiable, so do not appear on water quality reports. While these aesthetic elements of our water can fluctuate, typically due to seasonal changes in our raw water source (Lake Travis), it's important to remember that drinking water provided by LMUD has always met or exceeded state and federal water quality standards on all reports. In situations where our water quality could potentially be compromised, we utilize all means necessary to notify our affected customers as quickly as possible.

Recently, we had to issue a Boil Water Notice for approximately 20 percent of our customer base after a processor malfunction was detected at our water treatment plant, resulting in low water pressure to the affected area. Unfortunately, our system that notified us what area

was serviced by the affected water tower as well as our robocall system were also down so we couldn't implement our protocol notification methods, and instead, had to resort to manually mapping out the area, compiling e-mails, and hand delivering the notices...on a Sunday. These inefficiencies led to understandably upset customers who were worried about having consumed contaminated water, however, because the event occurred so early in the morning, we were able to remedy any potential problems before most people were awake. Even so, issuing a Boil Water Notice was required by law. The next day, we were able to issue a Rescind Notice that the water tested safe; since our system was back up and running, we were able to send out the notice via e-mails and robocalls.

Clean drinking water is a basic human need, yet a limited resource. Across the world, the source, treatment, distribution, cost, and reliability of drinking water vary greatly. The management of wastewater is just as important. Nature has an amazing ability to cope with small amounts of water contaminants, but too much of these man-made and natural wastes can easily overwhelm this natural cycle so it's up to us to contain it then treat it properly; only then is it safe to either be reused or returned to the water cycle. As a community water, wastewater, and reuse water provider, we strive every day to do our part to provide services and a product that keep our community healthy and running smoothly. However, to stay on top of supply and demand, residents need to use water wisely; every drop counts.

Earl Foster is the General Manager of Lakeway MUD



Kyle Wilds II and Tony Resendiz from Lakeway MUD perform routine hydrant flushing, an important, controlled procedure to help maintain water quality.

The Women's Club of Greater Lakeway

The Women's Club of Greater Lakeway announces a venue change to Flintrock Falls Country Club for the 2019-20 year. The first meeting is September 23, with social time at 9:30 and the meeting at 10:00. Flintrock Falls Country Club is located at 100 Jack Nicklaus Drive, Austin TX 78738. Membership is open to residents of Lakeway, the Lakeway ETJ, and The Hills. For reservations, contact Kim at kimber4sue@att.net.

Our September speaker, Beth Rand, is a lifelong equestrian and animal advocate. She is the President and founder of the Joyful Horse Project and Restoration Ranch, and will speak about her devotion to equine rehabilitation. Restoration Ranch offers equine learning programs that touch the hearts and minds of people throughout Central Texas. Beth was instrumental in the development of our veterans program that connects former military families with the holistic work of physical, behavioral and emotional rehabilitation of horses.

*For more information, log on to:
www.lakewaywomensclub.com*



A large advertisement for Rudy's BBQ. The background is a photo of a chef in a red jacket and black apron slicing a large piece of brisket on a white cutting board. Overlaid on the image is the text 'JOIN OUR TEAM' in large, bold, white letters. Below this, the following job openings are listed in white text: 'Cutters \$14.00', 'Cashiers \$13.00', and 'Kitchen/Bussers \$12.00'. In the bottom left corner, the 'Rudy's' logo is written in a stylized red font. In the bottom right corner, a yellow circle contains the text 'Apply at rudysbbq.com' in black.

Around Lakeway

Special to the Lakeway Voice: **VIEWPOINTS 2019-2020**

By Kathy Newell • 512.587.3258

Members of Lakeway's Distinguished Speakers Dinner Series are excited to announce the lineup for its

20th season. Tom Cain, chairman of the speakers' committee noted that this is once again a great lineup of speakers. "Our mission is to enrich the perspectives of Lakeway residents by delivering thought-provoking, informational and entertaining speakers in the areas of science, history, business, current events and the arts in an entertaining and socially engaging atmosphere.

October 20, 2019, features Fred Burton who is one of the world's foremost authorities on security and terrorism. He oversees Stratfor's analysis of global security affecting business assets and personal safety. Prior to joining Stratfor, Mr. Burton was deputy chief of counterterrorism at the Diplomatic Security Service, where he was in charge of preventing and investigating attacks against diplomatic personnel and facilities. He was involved in many high-profile investigations, among them: the search and arrest of Ramzi Yousef, mastermind of the first World Trade Center bombing; the assassination of Israeli Prime Minister Yitzhak Rabin; the killing of Rabbi Meir Kahane and al Qaeda's New York City bombing plots. Author of "Beirut Rules: The Murder of a CIA Station Chief and Hezbollah's

War Against America," Mr. Burton will discuss the murder of Beirut CIA Station Chief William Buckley, and why a 1980's terrorism spree is relevant today amid the evolving threat from terrorism, the escalating tensions in the Persian Gulf region and the unique role that Iran plays in both.

Next, on November 17, we will have a presentation on "Why We Love the Movies" from Lakeway's own Stephen Harvill. As entertaining as it is educational, this unique presentation takes you through the elements of our movie experience discussing the power of story, the narrative arc, music, emotions, psychology, and the after effects of going to the movies. Filled with movie clips, music, interactive participation and Oscars for those who know their stuff. Mr. Harvill uses this presentation for many of his Creative Ventures company to help many large and well-respected clients realize their true capabilities by implementing pioneering methods in organization dynamics and strategic thinking. Among his many corporate clients are IBM, General Mills, Southwest Airlines, Microsoft, Apple and Samsung, to name a few.

On January 19, 2020, we will hear from Bill Hawkins, a 22 year

(Continued on Page 9)

A promotional image for Mighty Fine Burgers. It features a person's hands holding a large burger with cheese, lettuce, tomatoes, and jalapeños, a cup of milkshake with a red straw, and a small cup of onion rings. The background is a blurred image of a person wearing a white t-shirt with the 'MIGHTY FINE' logo. Overlaid on the image is the text 'JOIN OUR TEAM' and '\$12 ALL POSITIONS' in large, bold, red letters with white outlines. At the bottom, it says 'Apply at mightyfineburgers.com' in white text.

MIGHTY FINE

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(Continued from Page 8)

resident of Lakeway who will focus on Lakeway's History. Bill is a retired Information Technology professional, a career that spanned the ascendance of the mainframe, minicomputer, PC and internet technologies. In his retirement he has continued his life-long passion of photography and is now a professional photographer, wrote the book, *Our Brown Heritage: From England Across America*, documenting his family's heritage and homesteading in 1890's Washington territory. Bill serves on Lakeway's Heritage Committee, launched and conducts the City's Heritage Trail and guided tours which entertain and educate participants with facts and humorous anecdotes of Lakeway's history. Bill's topic will uncover surprising facts about our community, its origins and defining moments, plus the unique and talented individuals who helped to fashion the community we love today. While referencing the past, what may be instore for Lakeway's future?

February 16, 2020, brings us Richard Bottner who will discuss "The Role of Hospitals in Treating the Opioid Epidemic". Richard is an Assistant Professor and a physician assistant with the Division of Hospital Medicine at Dell Medical School at the University of Texas Austin. He is also the Director of the "B-Team" program at Dell Seton Medical Center and the Support Hospital Opioid Use Treatment (SHOUT) Texas program at Dell Medical School. Rich's work and research is centered around the hospital-based treatment of opioid


addiction, education, and stigma reduction and he will discuss the role of Hospitals in treating the National Opioid Epidemic.

Dr. Mark Houston, a registered geoscientist in the State of Texas, is slated for March 29, 2020, to talk about "Fracking Shale Oil and Gas – Pros and Cons." Dr. Houston has 35+ years working in the Oil & Gas industry in a variety of roles from senior management to operations manager. He has focused on subsurface imaging technology development for both field and interpretation applications. Mark will discuss how the rapid emergence of shale oil & gas has thrust the U.S. into a new, dominant economic position, and also how the development of unconventional resources has brought controversies because of environmental issues and questions of unintended consequences for national policies and global strategic relations.

Tickets will be available at the Lakeway Activity Center beginning Thursday, August 1, 2019. You can purchase tickets in person at LAC, 105 Cross Creek, Lakeway TX 78734, or by calling 512-261-1010 to charge on your credit card. Season tickets are \$115 per person for Lakeway Activity Center members or \$135 for non- members. Save \$10.00 if you register by September 13. Respective events are on October 20 and November

17, 2019, and January 19, February 16, and March 29, 2020. Doors open at 5:30 p.m. and dinner is served at

6:00 p.m. Bring your own bottle. Water, coffee and tea will be served with your dinner.



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Around Lakeway

Help Lakeway Community Blood Drive Break Another Record This September

Fresh off a record-setting turnout last month, Lakeway Community Blood Drive organizers are pumped and ready for more donors at the next drive from 8 a.m. to noon on September 21 at the Lakeway Activity Center, 105 Cross Creek.

The July 20 blood drive set a record for the most people coming out to donate. Ninety-seven prospective donors came through the doors, more than at any other event in the 10-year history of the blood drive. "September 21 will provide the opportunity to build momentum and keep the streak going – maybe even set another record," blood drive coordinator Todd Buikema said.

Blood collected at this drive is dedicated for use in the 10-county area surrounding Travis County. Donors will be helping others and maybe saving a life.

Prospective donors with appointments are given priority during the donation process. Walk-ins are always welcome, too. Donors who are unable to schedule an appointment at their desired time may email the coordinators at the address below to be added to a standby list.

To schedule an appointment or for more information, please contact the coordinators at LakewayCommunityBloodDrive@gmail.com or visit www.weareblood.org and search for Group Code A197.

The We Are Blood website also includes useful information regarding eligibility and answers to other frequently asked questions. In order to be eligible, donors need to be in generally good health, at least 17 years old and weigh 115 pounds or more for whole blood donations. Photo identification is required. Organizers recommend that donors eat a good meal and drink plenty of fluid before donating.



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Around Lakeway

Balcones Community Orchestra

Sunday Afternoon Concerts featuring The Balcones
Community Orchestra and Chaski

Event sponsor:

City of Lakeway Arts Committee

Date: Sunday, September 22, 2019

Time: 4:00-5:00 pm

Address:

Lakeway Activity Center
105 Cross Creek, Lakeway, TX 78734
Call 512-261-1010 for information

Cost: FREE

Summary: The Balcones Community Orchestra is a symphony of 36 musicians and is directed by Dr. Robert Radmer. Dr Radmer has served on the music faculties of Texas State University and the College of Saint Scholastica, Eastern New Mexico University. He is also the Orchestra Director at St. Edwards University.

PROGRAM

World Premiere, Metamorphosis

Featuring Chaski

(Chaski comprises Austin musicians Adrienne Inglis, Flute and Shana Norton, Harp. Metamorphosis is a work written by Inglis on commission from the BCO for the Lakeway audience)

Le Barde Muet by French composer Bernard Andres
also featuring Chaski Sinfonia No. 1 in C Major
by Felix Mendelssohn

Symphony No. 84 in E-Flat
by Franz Josef Haydn

Lake Travis Library Art Showcase

The Lake Travis Community Library will display the watercolor artwork of contemporary abstract painter Lynn Zwern during the month of September. Zwern's artistic career began as the owner of a hand painted silk business selling custom clothing and working as artist in residence. Now, she is the co-owner of a decorative painting company, which aims to help clients design and implement their own artistic visions.

In conjunction with her art business, Zwern uses her background in Art Therapy to enrich and encourage people to accept each other at their own level and to be satisfied with their own work. Zwern uses her skills to help senior citizens, the homeless, those with Alzheimer's, and those with emotional disabilities.

A member of Lakeway Painters, Zwern is known for her strong sense of color and design, which she incorporates into vibrant pieces using watercolors on Yupo paper. Her style is loose, creative, and eye-catching. An award-winning artist, Zwern has exhibited her work in several locations including the Bass Concert Hall and Rocky Mountain Art Show in Colorado. She has also created many commissioned works.

"I like to compose a painting in my mind's eye before putting brush to paper," said Zwern. "I carefully choose my colors to express my vision. Next, I begin with a very loose painting and add pigments and texture for depth. At this point, I let my intuition take over."

Zwern will host a reception on Sunday, September 22nd from 1:30 p.m. to 3:00 p.m. at the Lake Travis Community Library. The community is invited to attend.



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Author's Third Novel in a Series of Women's Contemporary Fiction that give voice to women's issues

Giro di Mondo Publishing Services is proud to announce the third book, in The Knot Trilogy, *The Hitch: knots that bind*, by author DonnaLee Overly. DonnaLee has resided in Texas for many years and spent most of those years in Lakeway. The saying, write what you know, holds true as the themes in her trilogy are Texas, tennis, and art. Many will recognize her from playing tennis, while others will relate to her artistic talents as she displayed her works at City Hall, Café Lago, and downtown at the Old Emporium Bakery and the Bass Concert Hall.

As in the previous two books in the series, DonnaLee's contemporary women's fiction, this third novel addresses modern issues that are often hushed and encourages thought-provoking discussions. *The Hitch: knots that bind* deals with the sense of loss that leads to depression and the quick, downward spiral of prescription drug addiction.

The setting of the story is our own Texas Hill Country. The romantic saga continues for Gabriella King, daughter of a wealthy Texas rancher, and Brett Matthews, former tennis-pro, now a ranch-hand. However, misfortune turns into an opportunity to give direction and purpose to their lives. Join the couple's tumultuous journey--adventures on horseback and motorcycles, art exhibitions, political campaigns, a Western rodeo, and drones-- all knotted together with relationship troubles and spiritual triumphs. This story will restore your faith in relationships and love, with an ending that is sure to surprise.

Early reviews have been highly laudatory.

"I applaud author DonnaLee Overly for creating such a realistic contemporary drama about love, life, and the struggles of being a modern woman...All in all, *The Hitch* is a thoughtful and engaging drama for the modern age." ~ K. C. Finn, Readers' Favorites, five stars

"Overly's plot is well crafted and original, and her characters are complex and believable. I found myself quickly immersed in the story and involved with the characters. Highly recommended! ~ Jack Magnus, Readers' Favorites, five stars

The first book in The Knot Trilogy *The Trinity Knot: releasing the knot of silence* deals with sexual assault and was recognized as a 2018 New York City Big Books Awards Distinguished Favorite.

The second book in the series, *The Zeppelin Bend: unraveling the knot of deception* grapples with unintended pregnancy and a woman's emotions, concerns, and struggles.

Please join the author for an author presentation at Lake Travis Community Library, 1938 Lohmnan's Crossing, Austin, Texas on Monday, October 7, at 7pm.

DonnaLee worked as a critical care nurse for 20 years before pursuing a degree in studio art from the University of Texas, Austin in 2005. Her passion lies in finding ways to mix her art with words.



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Around Lakeway

Lake Travis Film Festival 2020



LAKEWAY, TX – The inaugural Lake Travis Film Festival, aimed at showcasing visionary films and screenplays from around the globe, will take place February 27 - March 1, 2020 at gorgeous locations across Lakeway and Bee Cave.

A red carpet event will set the festival in motion on Thursday February 27 at the Lakeway Resort and Spa. That evening, two films will screen at the resort, followed by intimate Q&A's with the filmmakers. On Friday, the Lakeway Resort and Spa will

house film screenings, Q&A's and table reads of some screenplays. On February 29, the Lakeway Activity Center or High 5 will screen a variety of films.

Visiting filmmakers and guests will have the opportunity to stay at a plethora of options in Lakeway and Bee Cave, including some of the finest hotels in the area. Rooms will be available Thursday February 27 – Saturday February 29 at the Lakeway Resort and Spa, Hampton Inn, Holiday Inn, Mountain Star Resort and Sonesta Bee Cave Austin.

Saturday night the festival will host a photography retrospective of Van Redin at the Bee Cave Arts Foundation followed by the "Where the Stars Come to Shine" awards ceremony at the Sonesta hotel. More venues are still being announced.

As we prepare to launch this festival, we are offering 100 people our Founding Membership – valued at \$250 – for \$100. Founding Members will have exclusive access to events and screenings in our Countdown to ONE series, advance access to tickets, discounts on badges, as well as free admission to our reveal party in January. Reach the membership coordinator online for more details. Membership@laketravisfilmfestival.com

Lake Travis Rotary Club Installs New President And Board

JIM GENTIL TAKES ANOTHER TURN AT THE HELM

Jim Gentil, long-time Lakeway resident, recently took the helm of the Lakeway/Lake Travis Rotary Club. This is the second time around for Jim; he led the club 19 years ago and stepped up to the challenge again this past July. The Board also includes President Elect Morgan McMillian, Vice President Brian Besch, Secretary Tammy Bower-Yorty, Treasurer Thomas Burlew, Membership Chair Andy Rebber, Projects Chair Donna Gunn, Rotary International Foundation Chair Melinda Osburn and Public Relations Chair Kris Shelstad.

For 27 years, the Lakeway/Lake Travis Rotary Club has been a center of service in our community. Chartered in 1992, the Lakeway/Lake Travis Club merged with the Bee Cave Rotary Club in 2017, forming today's Lake Travis area wide club. This is one of over 35,000 club worldwide; the world's largest service organization.

If you would like more information about this topic, please contact Kris Shelstad, at 512-626-9972 or email at ltrotarypresident@gmail.com.

The Church At Lake Travis Welcomes New Pastor

The Church at Lake Travis (www.churchLT.com) is pleased to announce the arrival of their new pastor, Marco Broccardo. Marco began pastoral leadership on Monday, August 19, 2019. The Church at Lake Travis has a history of loving the Lake Travis community. This church is active in the community and has partnerships with several local organizations. The church welcomes people from all backgrounds to experience a vibrant community of faith.

Marco Broccardo, as the new leader, is an exciting addition. Marco is a gifted leader and teacher who has a deep love of Jesus Christ and the work of the Holy Spirit is evident in his life. He is the husband to Cat for 18 years and the father of 3 children, Alessio (13), Dino (10), and Arabella (4). His experience as an "ex" drug addict (clean for over 20 years now) includes helping people overcome addiction, leading churches in Johannesburg, South Africa, and climbing some of the highest mountains in the world. Marco and Cat feel called by God to know Jesus Christ and make Him known in Lakeway, Austin, Texas, the

United States, and the World. Marco & Cat's purpose in life is to

glorify Jesus and to raise up leaders by discipling and equipping them so that they can be released into what the Lord is calling them into.

If you would like to connect with Marco you can do so by email to marco@churchLT.com



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Health and Wellness

Here's What Happens When You Eat Grapes for Two Months

The near-magic of grapes lies in their potent combination of vitamins, minerals, fiber, protein, and antioxidants. From disease prevention to better memory to a longer life, there is little that grapes can't do. They can even be used to chill drinks without watering them down like ice does.



1. Disease Prevention.

Antioxidants are highly beneficial compounds that help repair cellular damage caused by harmful free radicals. Grapes contain many types of antioxidants, primarily in the skin. Red grapes have the highest level of antioxidants, including the polyphenol resveratrol, which has been credited with significant heart-healthy benefits. It also regulates blood sugar and lowers your risk of developing cancer and diabetes.

2. Better Eye Health

The beneficial compounds in grapes may also help protect your eyes from common degenerative diseases. In test tube studies, resveratrol also protected human retinal cells from damage due to ultraviolet light. Grapes also contain a pair of antioxidants called lutein and zeaxanthin that further shield your eye health, especially from the blue light that comes from your phone.

3. Slower Ageing

Certain plant compounds found in grapes, including resveratrol, have been found to affect aging and lifespan. While resveratrol handles your insides, the vitamin C in grapes helps to keep your skin healthy. It plays an important part in the production of collagen, the substance that keeps skin smooth, elastic, and wrinkle-free.

4. Decreased Inflammation

Chronic inflammation is the hallmark of diseases like arthritis, but is actually a factor in every disease. Grape powder has featured in several studies that look at inflammation. In one study of 24 men with metabolic syndrome (a group of risk factors for type 2 diabetes and cardiovascular disease), a daily dose of grape powder equivalent to 1.5 cups of fresh grapes was found to significantly raise the level

of anti-inflammatory compounds in their bloodstream.

5. Sharper Memory

One 12-week study done on 111 healthy older adults found that 250 mg of a grape supplement each day noticeably improved upon baseline scores for a cognitive test. Another study revealed that 8 ounces of grape juice per day can both boost your mood and increase your speed of memory recall.

6. Improved Bone Health

Grapes provide many of the minerals critical to bone health, vitamin K being chief among them. Vitamin K plays a strong role in keeping calcium inside your bones, preventing it from leaching out into the bloodstream. In a nice kind of synergy, grapes also contain some calcium, as well as phosphorus, magnesium, potassium, and manganese.

7. Bolstered Immune System

There are several compounds in grapes that can protect against viral and bacterial infections, including good old vitamin C and the magnificent resveratrol. With a daily dose of grapes, you too can become one of those annoying people who never seem to come down with the seasonal cold or flu. Grapes may also offer some protection against food-borne illnesses. (From RobHealth)



Wedding Planning 101



Photo courtesy of Getty Images

First comes the proposal then comes the wedding planning. There are dozens of decisions that need to be made before it's time to walk down the aisle, which can be overwhelming for brides and grooms.

To help make it less stressful, these tips from Macy's can help couples through the entire wedding-planning process, from on-trend apparel and accessories for the entire wedding party to all the essentials to create a perfect registry.

Dressing the Ladies

When it comes to bridesmaid dresses, the mix-and-match approach is trending in popularity. Start by deciding on a color palette, such as lilac, champagne and petal pink. Then have each bridesmaid choose her favorite style within that range of hues. Bring it all together by choosing a uniform look for makeup, shoes and accessories.

There is no better time to thank the ladies than the morning of the big day. A few thoughtful gifts can go a long way, such as matching robes, tumblers to stay hydrated throughout the day and cosmetic cases to stow makeup essentials.

Dressing the Gents

Similar to bridesmaid dresses, groomsmen attire can be dependent

on the venue and overall event aesthetic. While a suit can fit the bill for a country club wedding, a city affair may call for the sleek finishes of a tux. Tuxedo accessories, such as cuff links or bow ties, make great groomsmen gifts and are classic pieces they can use time and time again.

Creating the Perfect Registry

When building a registry, it's never too early to start. People want to give gifts as soon as they know a couple is engaged. Start by taking inventory of what you already have, what you need and what you want to upgrade. It's also recommended to update the registry regularly so there are enough gifts to choose from, especially if there is an engagement party and bridal shower coming up. To get started, some popular registry items include stand mixers, craft beer glasses, Dutch ovens, bath towels and vacuums. For extra guidance, couples can speak to advisors who can help with the full registry building process at Macy's stores.

For more wedding ideas and inspiration, and to find the right attire and gifts for your wedding planning, visit macys.com.

Start the School Year Off Right



As kids head back to school, it's important to provide them with the necessary resources to succeed. As a parent, you can take steps to put your kids on the path toward a successful school year.

To help your children put the best foot forward, consider these suggestions from The Salvation Army, which operates hundreds of low-cost after-school programs for kids of all ages in low-income neighborhoods across the country and understands the importance of setting children up for success all year.

Get back into a routine. During the summer months, family routines tend to slide, especially morning rituals and bedtime habits. A few weeks before school starts, begin transitioning your way back to a normal school schedule. A gentle progression toward earlier bed and wake-up times is easier on kids physically and mentally. Try adjusting by 15 minutes each day until you reach the optimal schedule for your family. Remember that routines aren't just about the clock, though. If there are certain steps that are part of the school year routine, such as packing lunches and laying out clothes for the next day before bed, make those part of your transition plan, too.

Set a good example. Kids learn important behavioral lessons by watching the adults in their lives. The back-to-school season provides many opportunities to demonstrate compassion and social responsibility. For example, giving back to an organization like The Salvation Army helps provide funding for programs that support the educational needs of children who otherwise may not have access to the same resources.

Research resources for homework help. Discovering your child is struggling in school can be overwhelming. You'll want to be able to pull in help as quickly as possible, so it's a good idea to research resources in your area that can help provide support outside the classroom. Your school likely has some options available, but it's a good idea to also look into tutoring programs and other community services that encourage literacy and study skills as well as provide one-on-one assistance with homework and school assignments.

Get organized. The first few weeks of school typically bring plenty of change and adjustment. You can help manage the stress by creating

some structure. Use a wall calendar to keep track of school start and dismissal times, bus pick-up and drop-off times, after school activities and other appointments. Review lunch menus and plan ahead so you're not finding out at bedtime that you need to pack a home lunch in the morning. Stock up on breakfast foods and make time to catch up on laundry before school begins so hunger and wayward socks don't derail your mornings.

Explore extra-curricular programs. With the new school year comes numerous ways to enrich your kids' social and cognitive development. Extra-curricular activities let kids continue practicing skills even after the school bell rings, but in a fun environment so they may not even realize they're still learning and cultivating healthy, safe relationships with friends. In addition to sports and clubs, a wide array of music and art education activities may be available that focus on everything from choir, band and dancing to drawing, writing and acting.

Set goals. Begin the school year by encouraging your children to take ownership and pride in their learning. Talk about goals like reading a certain number of books each month or earning grades that reflect their highest potential. Get kids motivated by designing goal boards or charts that can serve as daily reminders and track their progress. For larger goals, consider setting milestones so they can celebrate progress along the way and stay motivated for a big finish.

Learn more about educational and giving opportunities in your community at [SalvationArmyUSA.org](https://www.salvationarmyusa.org).



Around Lakeway

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