



# Lakeway VOICE

Volume 11, Issue 12  
December 2019



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# LIBRARY ANNOUNCES ART CONTEST WINNERS



In celebration of Teen Read Week, the Lake Travis Community Library held an art contest for students in grades 6 through 12. Teens were invited to create an original piece of 2-D art inspired by a personal reading experience, whether it be a re-working of a book cover, a depiction of a scene from a favorite book, or a character portrait. There were 195 entries and 14 students will be honored.

Lake Travis High School Senior Maya Obregon placed first for her painting *The Kite Runner*, inspired by book by Khaled Hosseini.

"I read *The Kite Runner* for the first time in eighth grade and absolutely love the complex writing and layered characters," said Obregon. "It is simultaneously one of the saddest and most joyful books I have ever read: it is deeply human."

Hudson Bend Middle School Seventh Grader Evelyne Sekour's *Ferncloud's Mouse* based on the *Warrior* series by Erin Hunter won first prize for middle school students.

"I have always loved to read and write and, ever since fourth grade, I have been in love with the *Warriors* series," said Sekour. "This piece is a cat from the books staring towards the sky at night in front of a den."

The entries were judged by a panel of highly respected artists in the Lake Travis community. Johnnie Fields, Ben Kuenemann, and Ann Neighbors awarded six winners and eight honorable mentions. The winners were given cash prizes provided by the Friends of the Lake Travis Community Library.

"I was very impressed, especially with the middle school entries, with the artists' bold color combinations," said judge Ann Neighbors. "The attention to detail and composition was striking."

Emma Naumann was awarded second place for high school students for her drawing *Lugosi*, inspired by Bram Stoker's *Dracula* and the 1931 film featuring Bela Lugosi. Hailey Bangert's *Pi's Tiger* was awarded third place. For middle school students, seventh grader Hailey McBay was awarded second place for her piece *Portrait of Sundew* completed in colored pencil. Andrea Nguyen was given third place for her pencil drawing entitled *The Mermaid's Sister*.

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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

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Lakeway MUD .....	512-261-6222
Hurst Creek MUD.....	512-261-6281
Austin Energy .....	512-322-9100
Pedernales Electric.....	888-554-4732
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Time Warner Cable	
Customer Service.....	512-485-5555
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Austin/Travis County Hazardous Waste .....	512-974-4343

### OTHER NUMBERS

Baylor Scott & White Medical Center.....	512-571-5000
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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
Advertising.....	advertising@peelinc.com

# Around Lakeway

## A Cool Yule

"A Cool Yule," the swingin' holiday cabaret, returns for its seventh year! This TexARTS tradition will warm your heart with the timeless classics of Andy Williams, Elvis, Frank Sinatra, Michael Buble, Peggy Lee and more!

This joyous evening of song features your favorite TexARTS stars including: Julie Foster (Trailer Park), Jarret Mallon (The Best Little... and Trailer Park), Amy Nichols (Xanadu), Jessica O'Brian (Smokey Joe's Cafe) and more. "A Cool Yule" will remind you how special the holidays - and TexARTS - really are.

**Get Tickets at [tex-arts.org](http://tex-arts.org) or by phone at 512-852-9079 x101.**

***Directed by Jarret Mallon***

***Music Directed by Susan Finnigan***

**Dates:**

Friday December 13, 2019 @ 7:30pm

Saturday December 14, 2019 @ 7:30pm

Sunday December 15, 2019 @ 2:00pm

Friday December 20, 2019 @ 7:30pm

Saturday December 21, 2019 @ 7:30pm

**Prices:**

\$43 per ticket

\$53 per cocktail table ticket



## Still on the Fence about Hosting an Exchange Student?

You don't have any kids? Are you a single parent? Same sex couple? An empty nester? This is not a problem, we place our students in all kinds of families!

You're not rich? Neither am I! Your exchange student comes with their own spending money and health insurance. All you provide is room/board and three meals a day. Oh and TLC...but that's free.

Live in the middle of no where? Small town? Not a big deal. Some kids prefer to get away from the hustle and bustle of big cities. The exchange students also do pretty well in small schools, as they usually get to be the center of attention and make friends rather quickly. Our students also get chances to travel to New York, Washington DC, Hawaii and California...so they can get their fill of the city life and return back to the peaceful sounds of nature.

Do you consider yourself a boring person? More than likely this is not true, and you should quit being so hard on yourself. Your student will make friends. Your student will meet other exchange students. Your student will attend activities offered by our program. Your student will get involved in sports and school clubs. Your purpose is not to entertain them. But you might find that you bring a little adventure to each others lives.

Kids are too young? Great! Lots of students love young kids, and your kids will love them. It's beneficial to introduce your kids to new cultures at a very young age. You're preparing them to accept people no matter what the religion, color of their skin, or language they speak. That my friend, is good parenting.

Don't hold back! This is a gret experience for both parties. You get the opportunity to change a child's life. You get the satisfaction of seeing them grow, even after they leave your home into becoming a doctor, a lawyer, a diplomat, artist, teacher...the list goes on. And you contributed to that success! And the best part of it all, is you gain another family member for life. We need people like you to give these kids a chance.

STS Foundation is a 501(c)(3) organization whose mission is to place exchange students in our area. If you are interest in hosting, please contact me at 832-455-7881 or at [vicki.stsfoundation@yahoo.com](mailto:vicki.stsfoundation@yahoo.com). I'll be happy to answer any question you might have and get you started on hosting your very own student!





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# Around Lakeway

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## THE PRESBYTERIAN CHURCH OF LAKE TRAVIS DEDICATED ITS NEW OUTDOOR LABYRINTH ON SUNDAY MORNING, NOVEMBER 3RD, DURING A SPECIAL WORSHIP SERVICE.

Labyrinths date back at least to the Middle Ages in Europe. They were elaborate twisting paths, laid out with rocks or through a garden. People would walk slowly along the path as it wound its way into the center of a great circle. And at each turn in the path, the walker would stop and offer prayer for whatever it was they were concerned about. When they got to the middle of the labyrinth, they would turn and walk back out, only this time, at each turn they would stop to listen for God's answer.

Walking the labyrinth was a way to engage in a personal spiritual discipline and nurture one's soul. Over the centuries, monasteries and cathedrals all across Europe developed different Labyrinth designs and pilgrims would travel from all over the

continent to walk them. The labyrinth has made a come-back in recent years. It is a way of attending to one's personal spiritual growth and discerning one's path in life.

The Labyrinth at PCLT is open to the public during the daylight hours, and anyone is invited to come and walk the Labyrinth. There is ample parking and the Labyrinth is accessible for those with limited mobility. More information about walking the Labyrinth can be obtained from the church office during business hours, Monday-Thursday, 9:00 a.m.-4:00 p.m., or on Sunday morning, 9:00 a.m.-noon. The Presbyterian Church of Lake Travis and the Labyrinth are located at 14820 Hamilton Pool Road, less than a mile from the intersection with Hwy 71, just past Bee Cave Elementary School.





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# Around Lakeway

## Lakeway Women's Club enjoyed their annual Fall Fashion Show

The Lakeway Women's Club enjoyed their annual Fall Fashion Show. The theme this year was Puttin' on the Ritz. Ann McCann and Susan Jerke were co-chairs for the event. Sharon Rogers and Carol Jones were the fabulous centerpiece designers. The models wore casual and evening outfits from Dillard's, and their hair and makeup was by Transformation Salon.



*Susan Jerke and Ann McCann, co-chairs for the fashion show, and Marianna Jacobs*

## Lakeway Men's Breakfast Club Program Schedule December 2019

**December 4, 2019**

Dr. David Purtle

Dementia

**December 11, 2019**

LTISD Choir

**December 18, 2019**

NO PROGRAM

**December 25, 2019**

NO PROGRAM

Meetings at the Lakeway Activity Center,  
105 Cross Creek, 78734

Available to Men Residing in the Greater Lakeway Area  
\$1 Continental Breakfast at 7:00 am. / Speaker at 8:00 am.

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e-mail: [speakers@thomasgcain.com](mailto:speakers@thomasgcain.com)

KRISTEN BECCIA PHOTOGRAPHY

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# FALL

## MINI SESSIONS

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## 5 Tips to Ward Off Cold Weather

Colder weather brings plenty of changes, especially in the ways you take care of your home and self. Especially when the temperature drops, extreme winter conditions can play havoc not only with your skin and health, but also your family's comfort.

Take steps to protect your family and household as the weather starts to cool this season with these practical tips:

**Take steps to help prevent the flu.** As temperatures drop, the chances of getting sick rise. That's partly because certain germs and viruses thrive in colder temperatures, and because the cold puts extra strain on your immune system. When it is cold outside, people are also more likely to spend time indoors (and in closer quarters) where germs are more easily spread. Do your part to help prevent the flu by washing your hands often and covering your mouth or nose when you cough or sneeze. Also be sure to stay home if you're sick and avoid exposing others to your illness.

**Prepare your wardrobe.** Colder weather outside means more skin sensitivities and dryness. Long pants and sleeves don't just add warmth; they also protect your skin from harsh outdoor elements. When you haul your winter wardrobe out of storage, start the season on a comfy note by washing everything with an option like 'all Free Clear Liquid Detergent or Mighty Pacs. It's the No. 1 laundry detergent brand recommended by dermatologists, allergists and pediatricians for sensitive skin due to its hypoallergenic formula.

**Dress in layers from head to toe.** Bundle up with winter accessories to match the daily weather forecast. For chillier mornings and nights, cover exposed areas such as your head with a hat, neck with a scarf and hands with gloves. To accommodate warmer weather during the day, layer flexible clothing options to accommodate temperature shifts.

**Stay active.** Physical activity naturally warms your body in the short term. In fact, shivering is your body's natural physical response to generate body heat when you're cold. Aside from the immediate benefits, keeping active during the colder months can help in other ways, too. A healthy cardiovascular system keeps your blood flow steady and strong, and a good circulatory system plays an important role in keeping your body, and especially your extremities, warm when temperatures take a dip.

**Nourish your body and skin.** Preventing painful dry cracks and itchy, scaly skin is a job that requires attention inside and out. Externally, moisturize shortly after showering to trap in the water lingering on your skin, use extra lotion throughout the day on areas prone to drying and reapply lotion after washing hands. Remember to protect sensitive spots like your lips that can easily chap and crack. You can also prevent dry skin by ensuring you're drinking plenty of water and eating a healthy diet with plenty of essential vitamins and healthy fats.

**For more ideas to prepare for changing weather, visit:**  
***all-laundry.com***

Content courtesy of 'all. Photos courtesy of Getty Images.  
Downloaded from FamilyFeatures.com

## Adding yoga to workout regime can improve health

Implementing yoga into a workout routine can provide unique health benefits, said a Baylor College of Medicine physician and yoga enthusiast.

Yoga is a broad philosophy containing many different paths to achieve the goal of physical, mental and spiritual well-being, said Dr. Bobby Kapur, assistant professor of medicine at BCM and associate chief for emergency medicine at the Harris County Hospital District's Ben Taub General Hospital. In physical fitness, yoga is the practice of physical postures and breathing exercises that allow a person to strengthen the body and at the same time enter a meditative and relaxed state of awareness.

Yoga entails various positions, stretching and deep breathing. Practicing yoga can help a person improve flexibility, balance, limberness, blood circulation, and it can also relax muscle tension and fight infection, Kapur said.



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