



# Lakeway VOICE

*Happy New Year!*



Volume 12, Issue 1  
January 2020



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# A Celebration of Water



Water is essential to all life on Earth, yet it cannot be manufactured. The same amount of water that existed from the beginning of time essentially exists today, but where it is in the water cycle and how humans interact with it determines its usability. Luckily for us, our community faces minimal water shortages, even in times of drought, but treating it involves a complicated process and continual monitoring. Lakeway is also limited to one water source: Lake Travis, so it's vital it's important to the way in which we live.

Since 1972, Lakeway Municipal Utility District (LMUD) has provided water and wastewater services to over 10,000 residents and business owners in the Lakeway community. This includes maintenance of extensive water infrastructure, including Lakeway's iconic golf ball water tower. This year marks LMUD's 48th anniversary, which the utility is celebrating throughout the year with a series of events aimed towards helping the community learn about smart water usage. The series kicks off in February with the unveiling of a Lakeway Historic Marker at their district office, recognizing LMUD as one of the first MUDs in Texas and the first utility provider in Lakeway. LMUD also developed one of the state's first innovative approaches to water conservation with a water reuse system to irrigate Youpon Golf Course, which is now extended throughout the city.

Throughout the year, LMUD is hosting water-related presentations covering topics ranging from plumbing to health featuring guest speakers. Attendees will leave with information and resources that can be implemented at home or work for lifestyle, cost, and efficiency benefits.

For more information, visit [www.lakewaymud.org/events](http://www.lakewaymud.org/events)

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Administration Office.....	512-266-2533
Travis County Animal Control .....	512-972-6060

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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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Hurst Creek MUD.....	512-261-6281
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Pedernales Electric.....	888-554-4732
Texas Gas Service	
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Time Warner Cable	
Customer Service.....	512-485-5555
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Progressive Waste Solutions (Trash & Recycle) ....	512-282-3508
Austin/Travis County Hazardous Waste .....	512-974-4343

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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 .....	<a href="http://www.lakeway-tx.gov">www.lakeway-tx.gov</a>

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Peel, Inc. ....	512-263-9181
Editor.....	<a href="mailto:lakeway@peelinc.com">lakeway@peelinc.com</a>
Advertising.....	<a href="mailto:advertising@peelinc.com">advertising@peelinc.com</a>

# Around Lakeway

## LAKE TRAVIS READS

### *The Secrets We Kept by Lara Prescott*

*Popular cultural education program features bestselling author*



Now entering its thirteenth year, LAKE TRAVIS READS 2020 will feature the new book by acclaimed Austin author Lara Prescott, *The Secrets We Kept*, which became an instant New York Times Bestseller and was selected by Reese Witherspoon for her Hello Sunshine book club.

At the height of the Cold War, two secretaries are pulled out of the typing pool at the CIA and given the assignment of a lifetime. Their mission: to smuggle Doctor Zhivago

out of the USSR, where no one dared publish it, and help Pasternak's magnum opus make its way into print around the world. Glamorous and sophisticated Sally Forrester is a seasoned spy who has honed her gift for deceit all over the world--using her magnetism and charm to pry secrets out of powerful men. Irina is a complete novice, and under Sally's tutelage quickly learns how to blend in, make drops, and invisibly ferry classified documents.

*The Secrets We Kept* combines a legendary literary love story--the decades-long affair between Pasternak and his mistress and muse, Olga Ivinskaya, who was sent to the Gulag and inspired Zhivago's heroine, Lara--with a narrative about two women empowered to lead lives of extraordinary intrigue and risk. From Pasternak's country estate outside Moscow to the brutalities of the Gulag, from Washington, D.C. to Paris and Milan, *The Secrets We Kept* captures a watershed moment in the history of literature--told with soaring emotional intensity and captivating historical detail. And at the center of this unforgettable debut is the powerful belief that a piece of art can change the world.

Lara Prescott received her MFA from the Michener Center for Writers at the University of Texas, Austin. She was previously an animal protection advocate and a political campaign operative. Her stories have appeared in *The Southern Review*, *The Hudson Review*, *Crazyhorse*, *Day One*, and *Tin House Flash Fridays*. She won the 2016 *Crazyhorse Fiction Prize* for the first chapter of *The Secrets We Kept*. She lives in Austin.

The community is invited to hear Prescott speak at the 2020 LAKE TRAVIS READS "Evening with the Author" on Wednesday, February 26, 2020 at 7:00 p.m. at the Bee Cave Public Library, located at 4000 Galleria Parkway inside Bee Cave City Hall in the Hill Country Galleria. The event is free and open to the public. Copies of the book will be available for purchase and signing.

LAKE TRAVIS READS is a "One Book, One Community" program co-sponsored by Bee Cave Public Library, Lake Travis Community Library, and Spicewood Community Library that encourages the community to read the featured title and then meet the author at a special evening event. Copies of the featured book are available at the libraries for checkout in a variety of formats including print, audio, and digital.

For more information, visit [www.laketravisreads.org](http://www.laketravisreads.org) or any of the participating libraries.

## LAKEWAY MEN'S BREAKFAST CLUB PROGRAM SCHEDULE

January 2020

January 8, 2020

To Be Announced

January 15, 2020

John Lancaster  
Building Construction Technology

January 23, 2020

Karen E Willcox  
UT Professor

AIAA Fellow – aerospace design

January 30, 2020

Dr. Chavez  
Local Doctor

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## January is National Blood Donor Month

Start off 2020 by giving back to others by donating blood and helping save lives. The next Lakeway Community Blood Drive will be from 8 a.m. to noon on Saturday, January 18 at the Lakeway Activity Center, 105 Cross Creek.

During National Blood Donor Month, resolve to donate as often as you can this year. You can donate in Lakeway in January, March, May, July, September and November – the third Saturday, every other month.

Winter weather can make maintaining blood supplies more of a challenge. In keeping with National Blood Donor Month, We Are Blood expects to have a special promotion for donors at the January drive. Contact drive coordinators for details.

Organizers give prospective donors with appointments priority during the donation process. Walk-ins are always welcome, too – and needed.

To schedule an appointment or for information, contact the coordinators at [lakewaycommunityblooddrive@gmail.com](mailto:lakewaycommunityblooddrive@gmail.com) or visit [www.wrbdonor.org](http://www.wrbdonor.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. If you have had a recent vaccination or are considering one, have traveled internationally, or are currently taking antibiotics or other medications, take a look to see what might – or might not – impact your ability to donate.

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 liquids before donating.





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# Around Lakeway

## *Being Mindful of Winter Averaging Can Help You Save Money Throughout the Year*

With extra guests comes more water usage: showering, flushing, laundry, and washing dishes. Like most water utilities, Lakeway Municipal Utility District (LMUD) utilizes winter averaging. For LMUD customers, winter averaging started in November and goes through February. Earl Foster, LMUD's general manager said, "If people can make an effort to conserve water, particularly during these months, they can save a lot throughout the rest of the year." Water usage during these months determines your wastewater charge throughout the remainder of the year. We take the smaller of the two billing cycles and use that as the volume charge for wastewater for the next 12 months.

### **A few tips to conserve water:**

- Turn off the water while brushing your teeth.
- Check for leaks, particularly around faucets and toilets.
- Reduce showering time to five minutes or less and/or replace your showerhead with a low-flow, water-saving model.
- Place a toilet dam in the tanks to use less water per flush and/or upgrade to a newer, high-efficiency model.
- Only run the dishwasher and washing machine when they're full and/or upgrade to Energy-Star rated appliances.
- Limit your irrigation; well-established lawns require little to no water during the winter months.

### **Prepare Water Pipes Now for Freezing Temperatures**

There's never an opportune time for a plumbing disaster, but never more so than when you're preparing for a house full of guests. Taking preventative measures now to keep your pipes warm during freezing temperatures can save you the headache and cost of dealing with burst pipes later. Your most susceptible pipes will be found in exterior walls (usually bathrooms and kitchen sinks), on the exterior of the home, and in unheated areas (attics, crawl spaces, garage).

Consumer Reports recommends a few simple steps you can take to prevent pipes from freezing inside your home:

- Keep garage doors closed, especially if there are water supply lines in the garage.
- Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing, especially if your sinks are on an exterior wall. (If you have small children, be sure to remove any harmful cleaners and household chemicals.)
- Let the cold water drip from a faucet served by exposed pipes. Running water through the pipe—even at a trickle—helps prevent

pipes from freezing.

- Keep the thermostat set to the same temperature during day and night. During a cold snap is not the time to set back the thermostat at night to save a few bucks on your heating bill.

- If you plan to be away during cold weather, leave the heat on in your home, set to a temperature no lower than 55 degrees Fahrenheit.

- For the long term, add insulation to attics, basements, and crawl spaces. Insulation will maintain higher temperatures in those areas. And to prevent drafts, seal cracks and openings around windows, doors, and at sill plates, where the house rests on its foundation.

### **For outdoor spaces, we recommend:**

- Disconnect hoses from outside faucets and use insulated faucet covers to keep them from freezing.

- Check the cover over your water meter – is it securely in place without damage?

- Winterize your irrigation system by insulating backflow preventers and valves if they are above ground.

### **Remember, Your Water Pipes are Not a Trash Can!**

So many of the fabulous foods we all prepare for the holiday season wreak havoc on your home's plumbing and our community's public sewer system. Fats, oils, and grease (known as "F.O.G.") cause blockages overtime as they build up in the pipes meant to carry liquids and solubles to the local wastewater treatment plant. What you put in your garbage disposal also needs to be considered since the appliance is not designed to shred up certain types of food items. And of course, with extra guests using the toilets, hide the wet wipes or post a friendly reminder not to flush them – these too clog pipes and no one wants to call a plumber during festivities!

### **Instead of putting items containing F.O.G. down the drain, follow these tips:**

- Scrape F.O.G. and food scraps from trays, plates, pots, pans, utensils, grills and cooking surfaces into a disposable container or directly into your trashcan.

- If you have F.O.G. left in a pot or skillet after cooking, let it cool and then pour into a disposable container. Soak up any left in the pan by wiping it with a paper towel or newspaper. You can simply throw it in your trash or freeze it first to solidify and minimize leaking.

- Use a strainer over your drain to catch food scraps then dump it in the trash.

- Most F.O.G. can be safely reused if you strain out the solids. Consider storing it in a clean container and then use it for cooking later. There are many other creative uses for F.O.G. – search the internet!

- For larger quantities, there are places that will recycle grease and used cooking oil for you. The Lake Travis Regional Re-Use & Recycling Center would be the closest location, although it is only open several times a year.

From all of us at LMUD, we wish you a happy holiday season filled with memories shared between family and friends!

*Written by Stephanie Threinen, Public Information Liaison, LMUD.  
Earl Foster is the General Manager of LMUD.*





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## Champions Gymnastics

Chuys hosted its annual Blue Santa Parade this last Saturday, benefitting the kids in Austin that might otherwise not have gifts under the tree at Christmas. ChampionsTX brought some of their Show Team Gymnasts, CCA Cheerleaders, and Xcel Competitive gymnasts to cartwheel and flip up Congress! Besides Champions gymnasts and cheerleaders were giant inflatable balloons, festive holiday floats, famous children's characters, spectacular marching bands, cool classic cars and Santa! Champions believes in performing and outreach... kids helping kids!



*(Continued on Page 9)*



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## The Power of Volunteerism

By Cheryl Conley, TWRC Wildlife Center



I often say that I'm working harder now as a volunteer president of a board of directors than I ever did as a paid employee. The hours are long, the work can be frustrating, and worrying about keeping our doors open is very stressful. But all it takes is for me to hold a tiny, helpless little opossum in my hand or witness the release of an animal back to the wild and I know why I do it. A sense of calm and purpose takes over and I feel great about what I'm doing.

People volunteer for a number of reasons. Some are retired and are looking for something meaningful to do. Some are students wanting to learn more about their chosen field of study. Some feel it's a way to pay it forward and some don't have a choice. They have to complete court-ordered community service.

I think we would all agree that helping others makes a person feel good but did you know that studies show there are health benefits from volunteering? According to Rodlescia Sneed, a public health research associate at Michigan State University who has studied the impacts of volunteering, "In my own work I've shown it's linked to improvements in factors like depressive symptoms, purpose in life, and feelings of optimism." It's also been shown to lower blood pressure and reduces the feelings of depression.

### Here's a list of all the benefits of volunteering according to Non-Profit Hub:

- Boosts self-esteem
- Expands your connections - some people are just born with the "gift of gab" and have no trouble talking to others. For those that tend to be shy, it's the perfect opportunity to make new friends with people who share the same interests.
- Makes you feel good

(Continued on Page 11)

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# GO GREEN



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*"The Power of Volunteerism" (Continued from Page 9)*

- Contributes to a longer life - volunteers encounter greater longevity and less frequency of heart disease. It can also slow the progress of Alzheimer's and other memory loss diseases.

- Gives purpose – as we age, we sometimes feel isolated but no matter who we are or what our age is, volunteering can give our lives new meaning.

- Combats stress – studies actually show the more you volunteer, the happier you become. Your body releases dopamine in the brain when you help others. This has a positive effect on how you feel.

- Sets a good example – as parents, our greatest hope is that our children grow up to be caring, giving adults. What better way to make that happen than to set a good example?

- Teaches new skills – we see it all the time. Volunteers are afraid to pick up a bird, a squirrel or opossum. With encouragement and instruction, they gain confidence and learn not only to pick them up but to feed them. You can see the pride on their faces!

Don't let fear stop you from volunteering. It's very much like starting a new job and for those of you who work, you know how stressful that can be. Every non-profit knows how valuable volunteers are. Volunteers provide their time, energies and talents to help non-profits fulfill their missions. Most non-profits have limited budgets and volunteers are the reason many non-profits are able to operate and keep the bills paid.

The most important thing to remember is to do what interests you. Do you like working with senior citizens? The homeless? Dogs and cats? If you volunteer somewhere and find it's not for you, keep looking until you find your passion.

If caring for injured, orphaned or displaced wildlife is of interest to you, please contact us. Maybe you don't want to handle animals but would like to recruit fellow volunteers, work in fundraising or design brochures. We have many different areas where you can offer your time and talents. Give Berri a call at 713.468.8972.

Make a New Year's resolution to volunteer. You'll be pleasantly surprised how this will add to your life!



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