

"FEELING GRATITUDE AND NOT Expressing it is like wrapping A present and not giving it"

--William Arthur Ward

From the bottom of my heart,

to all my clients in 2012 who trusted me to represent them!



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ARTICLE INFO

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

To submit an article for the Bee Cave Messenger please email it to <u>beecave@peelinc.com</u>. The deadline is the 15th of the month prior to the issue.



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire	
Ambulance	
Police Department	
Sheriff – Non-Emergency	
Travis County ESD No.6/Lake Travis Fire R	escue
Administration Office	
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	
Lake Pointe Elementary	512-533-6500
Lakeway Elementary	
Serene Hills Elementary	
Bee Cave Elementary	

UTILITIES

Travis County WCID # 17	
Lakeway MUD	
Hurst Creek MUD	
Austin Energy	
Pedernales Electric	
Texas Gas Service	
Custom Service	1-800-700-2443
Emergencies	
Call Before You Dig	
AT&T	
New Service	1-800-464-7928
Repair	1-800-246-8464
Billing	
Time Warner Cable	
Customer Service	
Repairs	
Austin/Travis County Hazardous Waste	

OTHER NUMBERS

Bee Cave City Hall	
Bee Cave Library	
Municipal Court	
Lake Travis Postal Office	
City of Bee Cave	www.beecavetexas.com

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- New Glasses
- Backup Glasses
- Reading Glasses
- Sunglasses
- Corneal Refractive Therapy
- LASIK
 Contact Lenses
- Any other health related expenses

Next to Regions Bank Kappy Holidays!

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Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming issues of the Bee Cave Messenger. Our deadine for submittals is always the 9th of the month prior to the issue. All photos should be submitted electronically by the deadline date in high resolution (300 dpi) to beecave@peelinc.com. Portrait (vertical) photos work best.

This month's cover photo was submitted by Lisa Ashcroft of Ashcroft Photo Art. The photo was taken at Bee Cave City Park of the Bee Cave & Lakeway Mamas Group.

To view other photos submitted please visit www.PEELinc. com/Lakeway, and view any of the past newsletters.

By submitting your photo you agree to allow your photo to be published in future issues of the Bee Cave Messenger or other Peel, Inc. publications.

Bee Cave Lakeway Mamas Meetup written by Lisa Ashcroft of Ashcroft Photo Art

wonderful to have such a variety of planned activities to choose from each week.

When my daughter was born in Houston, I took a 6 month leave of absence from work to spend precious time with my new baby. Little did I know how desperate I'd become for adult conversation. Don't get me wrong, those first few months with my new joy were priceless, but I'd have given anything to have had a network of new moms to share stories with, swap advice and socialize. If only we had been in the Bee Cave / Lakeway area already! Moms in this area have a thriving group to tap into called the Bee Cave / Lakeway Mamas Meetup group. The Bee Cave / Lakeway Mamas, founding in 2009, is a thriving resource with over 150 members. I interviewed three members to hear about the group in their own words. Meet Rebecca Smith (one 16 month old), Angela Obolsky (2 kids ages 4 and 8 months) and Trish Marchand (one 4 year old).

WHAT MOTIVATED YOU TO JOIN THE BEE CAVE/LAKEWAY MAMAS?

Rebecca: After deciding to stay home with my son, I was very eager to connect with other moms in the area.

Angela: I wanted to meet other moms with kids in the area after I had my second child and started staying home with my kids.

Trish: I had just moved to Austin and wanted to meet people and other moms. I also wanted to find children for my daughter to socialize with. WHAT IS THE MOST BENEFICIAL THING YOU'VE GOTTEN OUT OF THE GROUP?

Rebecca: My son and I have both made some wonderful friends, and it is

Angela: Great playmates for my kids and time to chat with other moms. It helps us get out of the house and explore new things to do in the neighborhood.

Trish: I've met tons of great people and found a wonderful community of close friends with children around my daughter's age and we all have a wonderful time together.

WHAT WOULD YOU SAY TO MOMS CONSIDERING JOINING THE GROUP?

Rebecca: Being a mom can be very isolating - this is a wonderful way to get to know other moms and kiddos.

Angela: This is a great group of moms and kids to be part of. Everyone is so nice and there are always lots of fun activities going on. Something for all ages and stages of mothering little ones.

Trish: Definitely join if you want to meet great people and go to wonderful events and playgroups with your children!

You can find out more about the Bee Cave Lakeway Mamas by going to www.meetup.com/Bee-Cave-Lakeway-mom-meetup. Membership is currently open to all those residing in the LTISD area. This is a fun, supportive, and active group open to moms with small children; infants/ waddlers/ toddlers/ and preschoolers that meet for play dates, field trips, lunches, coffee, parks, and so much more!







6 Bee Cave Messenger - November 2012

6TH ANNUAL Christmas Tree Lighting

Hill Country Galleria Thursday, November 15th 6pm-9pm

Events Include:

PAIYH Dance Studios Performance
Veritas Academy Drum Line Performance
Santa's Arrival (7pm)

***Christmas Tree Lighting**

Fireworks

Live music by the Vintage 15



WWW.HILLCOUNTRYGALLERIA.COM

NOVEMBER EVENTS

at the Hill Country Galleria

8 Wine Walk: 5pm-9pm, start at Twin Liquors

15 6th Annual Tree Lighting & Santa's Arrival 6pm-9pm, Amphitheater

22 CENTER WILL BE CLOSED – Thanksgiving Day

23 Black Friday – extended hours 8am-9pm, center-wide

6p-9 pm

4p-8pm

12p-8pm

12p-6pm

12p-8pm

12p-8pm

12p-6pm

4p-8pm

4p-8pm

promotions

HERE ARE SANTA'S HOURS FOR THAT TIME PERIOD:

Thursday, November 15 Friday, November 16 Saturday, November 17 Sunday, November 18 Friday, November 23 Saturday, November 24 Sunday, November 25 Thursday, November 29 Friday, November 30

Santa's on his way! Meet Santa and take your own pictures for FREE at the Hill Country Galleria!

Lake Travis Thrift Shop Annual Christmas Open House

BLING IN THE HOLIDAYS! - The Ladies of Charity, Lake Travis Thrift Shop ("LTTS") will hold their Annual Christmas Open House on Sunday, Nov. 11th, from 12 noon until 4pm, at our shop located at 1508 RR 620 So., Ste. 105, Lakeway. Come shop in a Wonderland of Bling, Holiday Décor, Gifts, Toys, Clothing and much more. Our store will close at noon on Saturday the 10th to begin the transformation. The LTTS is 100% run by volunteers and our proceeds support many charities in the Lake Travis area including Crisis Ministries, Helping Hands Spicewood, and Green Santa. What makes our thrift shopping experience better than others is the boutique like atmosphere. From baby clothes to designer clothes, from costume bling to Tiffany's, and don't forget the antiques, you'll be amazed at what you can find at the Lake Travis Thrift Shop. It all goes to support the community.

SHOP, **DONATE**, **REPEAT**. Shop at our unique thrift store. Donate new or gently used items. Repeat the process in support of our local charities. If you are looking for a great place to volunteer and form long lasting friendships, this is the place. We are always interested in interviewing new volunteers so next time you are in the store ask the cashier for contact information. For a list of charities we support go to www.laketravisthrift. com. Don't forget to 'Like' us on Facebook.



Sand'S ON his up Meet Santa and take your own pictures for FREE at the Hill Country Galleria!

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Austin Newcomers Club



Austin Newcomers is dedicated to introducing new residents to Austin while extending a hand to make new acquaintances and join fun Interest Groups.

Our speaker this month is Master Gardener Velia Sanchez-Ruiz, a native Texan who specializes in daylilies, a perennial plant of the genus Hemerocallis, also known as "the perfect perennial." She also does Ikebana - the intricate Japanese art of flower arranging, and creative design. Velia is a retired public school health and physical education teacher, achieving her Master Gardener status in 2003. Her talk is sure to inspire Austin gardeners.

The monthly luncheon will be held on Wednesday, November 14 at Green Pastures Restaurant, 811 Live Oak St, Austin TX 78704. The luncheon is \$20 per person; reservations are required, and payment must be received by Thursday, November 8.

The club website is www.AustinNewcomers.com and the telephone number is (512) 314-5100.



U.S. News & World Report awarded **2012 BEST NURSING HOME 5-STAR CARE** Deep In The Heart of Texas



For years, seniors and their families have recognized The Summit Lakeway as a leading source for exceptional rehabilitation and skilled nursing care. And now one of the nation's leading sources for news and information agrees.

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- **Retaining Walls**





New and Improved Irrigation Rebate Makes Debut

by Jacob Johnson, LI 17528, Austin Water Conservation Program Specialist

Austin Water recently revised the irrigation upgrade rebate program to make participation easier than ever. Residential Austin Water and eligible wholesale customers no longer need an irrigation evaluation by Austin Water prior to beginning any rebated work. So instead of just fixing your irrigation system, upgrade it!

The rebate program is for existing irrigation systems only; rebates will not be given for new systems and/or expansions. A licensed irrigator or the homeowner must complete the work that will be rebated. Once the work is complete, submit the completed application and itemized receipt within 30 days.

Staff may perform a post-project inspection to verify the completed work. The application can be found online and will always contain up-to-date information about the program: www.austintexas.gov/ department/water-conservation-residents.

ITEMS ELIGIBLE FOR REBATE:

1. Rain sensor or soil moisture sensor (up to \$50): rain sensors and soil moisture sensors detect moisture and will shut off the irrigation system until the sensor dries out. 2. **Pressure Regulating Valve—" PRV" (up to \$100):** Misting or fogging in an irrigation system is often a sign of excessive operating pressure. A pressure regulator on the irrigation mainline helps decrease misting, makes spray patterns easier to control and extends the life of your irrigation components.

3. **Pressure Regulating Components other than a PRV (up to \$100):** A pressure regulating valve on the irrigation mainline is a way to control system-wide high pressure. However, not all stations are created equal. If only some stations are operating at excessive pressure, you may choose to install pressure regulation components at the individual station valve or even change out those heads to pressure compensating heads. If using pressure compensating heads, the entire station must be converted.

4. Conversion from spray to multi-stream multi trajectory nozzles (\$4 per nozzle, up to \$100; entire station must be converted): Multi-stream, multi- trajectory nozzles have a spray pattern that looks like rotating spider legs. This spray pattern results in higher distribution uniformity and is less susceptible to wind drift. This rebate is perfect for mid to large turf stations.

(Continued on Page 13)



Irrigation Rebate (Continued from Page 12)

5. Conversion of station to drip (up to \$50; must include filtration and pressure regulation): Well designed and installed drip systems are extremely efficient. Drip applies water directly to the soil at a very low rate. However, to operate correctly, drip stations need filtration to prevent clogs and a form of pressure regulation to bring operating pressure into range for the drip emitters. The current code exempts drip from watering restrictions which will allow drip users to create their own schedule.

6. **Capping a station** (\$50; station valve must be removed): You may have an area of your yard that you don't need to water or where you may be making some big landscape changes. If you decide you don't need a certain station anymore, remove the station valve and you'll be eligible for a \$50 rebate. Keep the cap visible and hang on to the valve for the possible post-work inspection.

But remember, even high quality irrigation systems can use a lot of water so pay careful attention to scheduling. Austin Water and eligible wholesale customers who use more than 15,000 gallons per month may benefit from a free irrigation evaluation performed by a licensed irrigator.

Call 974-2199 or email watercon@austintexas.gov for more information or to schedule an evaluation.

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Would you like to help us make the holidays brighter for hundreds of Central Texas foster children! Secret Santa is a special holiday gift program of the Adoption Coalition of Texas (ACT) helping Child Protective Services and foster families provide gifts and spread holiday cheer to Central Texas foster children through the generosity of community donors.

If you would like to be a Secret Santa this year and purchase holiday gifts for a Central Texas foster child, please email your name, email address and contact phone number to ACTSecretSanta@gmail. com. The gift drop-off days will be at several Austin-area locations on Wednesday through Saturday, December 5 - 8, and caseworkers will be picking up the gifts the following week. Once you sign up to be a donor, we'll send you all the details. Last year, thanks to the kindness of people like you, we brought smiles to the faces of more than 350 foster children!

The Adoption Coalition is a partnership of nonprofit adoption agencies and Child Protective Services working together to find forever families for abused and neglected children waiting for adoption. These are usually older children, sibling groups and children with special needs. For information about ACT and adoption, visit www.adoptioncoalitiontx.org.

Are Noises in your Attic driving you nuts? Start your New Year Critter Free!



STAY Sun SMART

Skin Cancer Screenings, Prevention Tips

By Adam J.Mamelak MD, FRCPC, FAAD

Skin cancer is on the rise, affecting more Americans over the past three decades than all other cancers combined, according to the Skin Cancer Foundation. The good news is that you can do much to prevent it. "The danger in skin cancer is gravest when it goes undetected," says Dr. Adam Mamelak of Sanova Dermatology in Austin. "It is extremely treatable, and in a large sense preventable when caught early."

To help reduce your risk, follow these sun-smart practices. 7 WAYS TO REDUCE SKIN CANCER RISK:

1. See your physician every year for a professional skin exam. Regular total-body checkups are the best way to make sure your skin is healthy and stays that way. The American Academy of Dermatology recommends annual skin exams. You can receive a FREE skin cancer screening through 2012 at Sanova Dermatology, 12319 N. Mopac in Austin. To schedule your free screening, call (512) 837-3376; no purchase or insurance coverage is necessary.

2. Avoid tanning and UV tanning booths. Even occasional sunbed use almost triples your chances of developing melanoma, the deadliest form of skin cancer. Young people – including teenagers – are especially sensitive to the ultraviolet radiation from tanning booths.

3. Seek the shade and do not burn. Stay in the shade especiallybetween the hours of 10 a.m. and 4 p.m., when the sun's rays are often strongest. Avoid getting burned; even a single sunburn increases your risk of developing melanoma.

4. *Cover up with clothing and UV-blocking sunglasses.* Protect your skin with densely woven and bright- or dark- colored fabrics, which offer the best defense. Wear a hat with a brim of 3" or greater to protect the face. Use wraparound sunglasses that block 99-100% of the sun's UV rays, which helps prevent cataracts and melanomas of the eye.

5. Use a broad spectrum (UVA/UVB) sunscreen. Every day, yearround, use abroad spectrum sunscreen with UVA and UVB protection and an SPF (Sun Protection Factor) of 15 or higher. For extended outdoor activity, use a water-resistant broad-spectrum sunscreen with an SPF of 30 or more. Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every 40-80 minutes or immediately after swimming or excessive sweating.

6. Help protect children from sun damage. Keep newborns out of the sun, since their skin possesses little melanin, the pigment that provides some sun protection. Sunscreen should be used on babies over the age of six months. Make sure your children are well-protected with clothing, hats, sunscreen and sunglasses. Ask the pediatrician to examine your child's skin thoroughly as part of a yearly check-up – especially important for those with fair skin, light eyes and hair, and those with a family history of skin cancer.

7. Examine your skin head-to-toe each month. Look for skin changes and let your doctor know about any sore that does not heal or spot that changes in size, texture or color.

Adapted from the Skin Cancer Foundation



Home Athletics Schedule November/December 2012

Date	Sport	Opponent	Time
11/15	WBB	Whittier!	6 p.m.
11/17	WBB	LeTourneau!	1 p.m.
11/29	WBB	LeTourneau*	5:30 p.m.
	MBB	LeTourneau*	7:30 p.m.
12/1	WBB	Ozarks*	1 p.m.
	MBB	Ozarks*	3 p.m.
12/17	MBB	Northwood	3 p.m.
12/20	WBB	Texas-Dallas*	1 p.m.
	MBB	Texas-Dallas*	3 p.m.
12/29	WBB	Wisconsin-Stout^	4 p.m.
12/30	WBB	Rust^	4 p.m.
12/31	MBB	Wisconsin-Stevens Point	11 a.m.

MBB (M. Basketball) WBB (W. Basketball) ! CTX Tip-Off Tournament

* American Southwest Conference Opponent

^ CTX Christmas Classic

CTX Athletics Is Now Accepting Tornado Club Applications!!!

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athletics.concordia.edu

Sports

Tennis Tips

By USPTA/PTR Master Professional Fernando Velasco

HOW TO HIT A ONE-HANDED BACKHAND

In previous newsletters, I offered tips on how to hit a Forehand and a Two-Handed Backhand. In this issue, I will give you instructions on how to execute a one-handed backhand for a right hander. This stroke is still used by many league and tournament players since it gives players a wider range of reach and flexibility to hit slices and drop shots.

Step 1: Ready position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is on the throat of the racket. The left hand is holding the racket slightly tighter than the right hand. Feet are shoulder width apart and the body in is good balance.

Step 2: Back swing: When the opponent's ball is headed to the backhand side, the left hand takes the racket back and the right hand changes the grip with one quarter turn placing the index knuckle at the upper ridge of the handle. The body should start taking the racket back before the ball bounces. Notice the turn of the upper body and the right foot leading the left foot. Eyes are still focused on the incoming ball.

Step 3: Point of Contact: The eyes now shift toward the point of contact which should be about 12-18 inches in front of the right foot.



The right hand is holding the racket tight. The racket has made contact with the ball and weight of the player has shifted toward the point of contact. It is important to keep the right shoulder closed and not open the left hip too early. Flexing the right knee will allow more flexibility and power on the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, both of the arms need to be extended for better balance. The right arm should be straight and the follow through upwards above the head. *Look for next Issue: The Forehand Volley*



SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to *beecave@peelinc. com.* Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at *www.PEELinc.com.*





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School News

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Bee Cave Messenger - November 2012

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A Plethora of Parakeets Nature Watch by Jim and Lynne Weber

native to the temperate and subtropical regions of Argentina and surrounding countries in South America. Monks are often heard before they are seen, as their call is a loud and throaty chap(-yee) or quak quaki quak-wi quarr, and their sometimes startling screeches sound like skveet! They have grown in numbers by being able to survive our mild winters, and as such have now been included on the official list of accepted Texas species.

A colorful bird with bright green upperparts, pale grey forehead and breast with darker scalloped edges, and very light green to yellow underparts, Monks also have an orange bill, stiff dark blue flight feathers, and a long tapered tail. Technically a parrot, it is this tail that makes them a parakeet, which is a term for small to medium sized species of parrots that generally have long tail feathers.

Monks are the only parrot that builds a stick nest, either in a tall tree or man-made structure,

Established in Austin in the early 1970s from rather than using a hole in a tree. They often breed and non-native the tree species common in escaped caged birds, Monk Parakeets (Myiopsitta in colonies, building a single large nest that has the Austin area. monachus) also known as the Quaker Parrot, are separate entrance holes for each pair. In the wild these colonies can become quite large, with communal nests area is unknown, and evidence of harm by reaching the size of a small automobile! Also unusual feral colonies of Monks is disputed. While for a parrot, these birds occasionally have 'helper they can be agricultural pests by eating fruits, individuals', typically grown offspring, which assist grains, and other crops, they can also benefit in feeding the young. Highly intelligent and social birds, Monks can live anywhere from 15 to 30 years, and like other species of parrots kept as pets routinely that tens of millions of parrots have been develop quite a large vocabulary.

> Monk Parakeets readily adapt to urban been traded in greater numbers and for far neighborhoods, as they are an open woodland longer than any other group of wild animals. species. A recent informal survey found over 65 nests Many parrot species are still threatened by this in Austin, mostly in cell phone towers, tall telephone trade, as well as by habitat loss, predation by poles, and sports facility light poles. Even if the nests are cleared out, many colonies return to the same place to rebuild their nest. While mainly constructed out of willow branches, these nests may include man-made items such as rope, carpet, newspaper, and scraps of cloth. The Monks' diet consists of berries, tree buds, and seeds, which can be plentiful in both the native

The exact number of wild Monks in our local economies through birdwatching-based ecotourism. It is also important to remember removed from the wild worldwide, and have introduced species, and hunting for food or feathers. As such, let's respect their existence enjoy our plethora of parakeets!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, look for our book, Nature Watch Austin, published by Texas A&M University Press.



William Shakespeare's Coriolanus

Opens November 3rd at Downtown Black Box Theatre!

War is hell, but politics may be worse. And when one becomes the other, no one walks away unscathed. In this season of political warfare and warring politics, experience Trinity Street Players' production of William Shakespeare's Coriolanus starting November 3rd at Blackbox Theatre at Ninth and Trinity in downtown Austin.

Believed to be written by Shakespeare between 1605 and 1610, the play's themes of class privileges and general unhappiness with government remains relevant today in our own sound-bite society as they were in the riotous streets of the Roman Republic. The play begins with Coriolanus, a respected and feared general who is at odds with his City and his people. Pushed by his highly determined and calculating mother to seek the prestigious position of Consul, Coriolanus gives into his mother's wishes but ultimately finds himself banished and raging with vengeance.

Coriolanus is directed by Bridget Farias, an award-winning actress and director, who is currently the full-time Artistic Director at the EmilyAnn Theatre in Wimberley, Texas. Farias holds Bachelor of Fine Arts degrees in both Acting and Directing and has recently played Catherine in Proof with Trinity Street Players and Lady Macbeth in Macbeth at the EmilyAnn Theatre. The brilliant cast features Kevin Gates as "Coriolanus." Gates is a Master of Fine Arts theatre student at Texas State University. He

recently played Giovanni in Tis Pity She's a Whore and is directing Dr. Faustus for Last Act Theatre. Sam Mercer will play "Aufidius." Mercer was recently nominated for two B.Iden Payne Awards, having played in Austin Shakespeare and Two Towers. Austin favorite Charles Stites will play "Menenius." Stites is a past B.Iden Payne Award Nominee and a wellknown and respected local actor and director. A show with important societal themes, Coriolanus will leave you asking, "Who is worthy to lead? What role do we all have in the success or failure of our government? What is the price of power? And how far, really, are we willing to go to get what we want?"

Opening night is Saturday, November 3rd at 7:30 p.m. Tickets are free to the public, but reservations may be made at http://trinitystreetplayers. com/reservations or by calling 512-402-3086. Donations are appreciated.

NOVEMBER 3 – 18

Friday and Saturday, 7:30 pm | *Sunday, 2:30 pm* About us: Trinity Street Players is an all-volunteer, nonprofit community theater committed to providing high quality, thought-provoking, and entertaining stage productions in the heart of downtown Austin.

"Trinity Street Players is the most accomplished community ensemble in the greater Austin area." -- Michael Meigs, Austin Live Theatre



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Mercedes Benz Car Raffle

The Rotary Club of Lakeway/Lake Travis will hold the DRAWING PARTY for their eleventh annual MERCEDES BENZ CAR RAFFLE on Friday, November 9th, at the Lakeway Resort & Spa in Lakeway, TX.

Enjoy hors d'oeuvres and a cash bar as well as music and a silent auction from 7:00 - 8:30 pm; the drawing will be held beginning at 8:30 pm with the winner DRAWN AROUND 9:30 PM.

Raffle tickets are \$100 and include over \$100 worth of coupons to local restaurants and businesses. All net proceeds go to the club's 501(c)3 foundation to provide all the funds needed to support scholarships awarded to LTHS graduates, ShelterBoxUSA and other charitable projects throughout the year, both locally and internationally.

For more information, visit the club's website at www.laketravisrotary.org.









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