



BEE CAVE *Messenger*

VOLUME 4, ISSUE 2

FEBRUARY 2013

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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 beecave@peelinc.com. The deadline is the 15th of the month prior to the issue.



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Bee Cave Library	512-767-6620
Municipal Court	512-767-6630
Lake Travis Postal Office.....	512-263-2458
City of Bee Cave	www.beecavetexas.com

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COVER PHOTO

Do you take great photos?

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 deadline 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 photo was submitted by Michelle Ellisor Photography. Pictured are the kids of Brad and Angie Wheeler who are Bee Cave residents.

To view other photos submitted please visit www.PEELinc.com/BeeCave, 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.

Call 512-263-9181 to find out how to have your business featured on the cover of the Bee Cave Messenger.

Bee Cave Public Library to Host Writers' Workshop

Bee Cave Public Library is one of five libraries invited to participate in the Texas Writes grant by hosting a workshop featuring published authors speaking and teaching on topics of interest to new writers. On Saturday, February 16 from 10 a.m. to 1 p.m., Texas Writes at Bee Cave will feature authors Suzy Spencer, Joe Nick Patoski, and Carol Dawson each speaking for an hour, and meeting with attendees to answer questions or offer critique. The event is sponsored by the Writers' League of Texas, and funded by the Tocker Foundation. Registration for a ten-minute session with an author will be available on a first-come, first-served basis at the event.

Suzy Spencer is the author of four true crime books – *Wasted*, which was a New York Times bestseller and Violet Crown Award finalist; *Wages of Sin*, which will be featured in the 2013 season of Investigation Discovery's *Deadly Sins*; *Breaking Point*, the story of Houston mother Andrea Yates, which was a Book of the Month Club, Doubleday Book Club, Literary Guild, and Mystery Guild selection; and *The Fortune Hunter*, which was called "riveting" and "blockbuster" by *Globe* magazine.

Joe Nick Patoski is in his fourth decade writing about Texas and Texans. He has authored and co-authored biographies of Selena and Stevie Ray Vaughan. His 2008 book *Willie Nelson: An Epic Life*, published by Little, Brown, was recognized by The Friends of the TCU Library in 2009 with the Texas Book Award for the best book about Texas written in 2007-8. His most recent book for Little, Brown is *The Dallas Cowboys: The Outrageous History of the Biggest, Loudest, Most Hated, Best Loved Football Team in America*.

Carol Dawson is the novelist and nonfiction author of *The Waking Spell*, *Body of Knowledge*, *Meeting the Minotaur*, *The Mother-in-Law Diaries*, and *House of Plenty: The Rise, Fall, and Revival of Luby's Cafeterias*. Carol has taught a number of different aspects of writing, both in fiction and in non-fiction, including self-editing, novel and story development, voice, dialogue and character development.

"We were delighted to be asked to host a Texas Writes session," stated Library Director Barbara Hathaway. "There are many new and accomplished writers in our community, as evidenced by the popularity of the newly-formed Lake Travis Fiction Writers, an informal support group established by writer Pat Dunlap Evans last year that is sponsored by the library and will be helping with the event. We welcome anyone interested in writing to come out and take advantage of the opportunity to hear these authors speak." According to Ben Rodriguez, a board member of the Writers' League of Texas and coordinator for the Texas Writes grant, the group hopes to expand the program to more libraries throughout Texas with the support of Tocker Foundation. The Writers' League of Texas, a non-profit organization, is the largest writers' organization in Texas and provides resources for new writers. The Tocker Foundation distributes funds principally for the support, encouragement, and assistance of small and rural libraries in Texas.

Bee Cave Public Library is located on the ground floor of Bee Cave City Hall, in the Hill Country Galleria, at the intersection of Highway 71, Ranch Road 620 and Bee Cave Road (FM 2244). For more information, visit the library website at <http://pl.beecavetexas.com> or call 512-767-6620.



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Around Bee Cave

FEBRUARY EVENTS

at the Hill Country Galleria

SATURDAY, FEBRUARY 9TH

PAIYH Dance Studios & Boutique
Valentine's Dance performance 1pm-
2pm in the Amphitheater

THURSDAY, FEBRUARY 14TH

Valentine's Day Wine Walk
5pm-9pm, start at Twin Liquors, free
event



HILL COUNTRY GALLERIA HOSTS FREE WINE EVENT

Valentine's Day

The Hill Country Galleria is happy to announce that the monthly Wine Walk event will be taking place on Valentine's Day this year. On Thursday, February 14th from 5pm-9pm attendees will get to know the eclectic mix of businesses in the Galleria while discovering great tasting wines from all over the world. The event begins at Twin Liquors where attendees will sample their first flight of wines, and will receive a Wine Walk Map that will lead them to the next wine tasting location. Additionally attendees will receive a Hill Country Galleria shopping bag with exclusive offers to Galleria retail stores and restaurants.

The participating retailers in the Valentines Wine Walk include Backwoods, Amy's Ice Creams, Twin Liquors, Sassen Boutique and Hair Salon, Whole Foods Market, and more. The Wine Walk is a great event to take a date or gather a group of girlfriends for a fun, free night away from the city.

In addition to wine tasting, attendees will stroll the streets of the unique Hill Country Galleria atmosphere while listening to street performers including local Austinite Jessie Trofe, as well as Todd Roth.

The Wine Walk takes place the second Thursday of every month. There is no admission charge and no reservation required. Upcoming Walks include March 14th and April 11th.

Hill Country Galleria, a 1.3-million-square-foot lifestyle center, is located at the major intersection of Bee Cave Road, Hwy 620, and Hwy 71, west of downtown Austin in the beautiful Texas hill country. The multi-use complex features 650,000 square feet of retail, 145,000 square feet of Class A office space, 300,000 square feet of multifamily housing, 80,000 square feet of retail pad space, 100,000 square feet of residential condominiums and 50 acres of green space. The Hill Country Galleria is anchored by Dillard's, Barnes & Noble, Dick's Sporting Goods, Twin Liquors, Cinemark, and Whole Foods Market.



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Around Bee Cave

Barton Creek Farmers Market Starts 2013

Barton Creek Farmers Markets brings healthy food, arts and people together by continuing to feature local farm raised, nutrient-dense fresh foods, local food artisans, local artists, and Austin live music at farmers markets.

The music series is now adding events like the Austin Mandolin Orchestra who played in December and Shelley King who introduced two new albums at Barton Creek Farmers Market in January. In February on your way to the mall the Valentine celebration will be going on outside too - hear Avenue Elle featuring Chrissie Natoli and Alison Lumley who were recent finalists in Garrison Keillor's duet contest on A Prairie Home Companion.

The market plans activities for kids each weekend too. A favorite for kids of all ages is the Tiny Tails To You Petting Zoo with hedgehogs, chicks, ducklings, bunnies, turtles, a bearded dragon and other small animals. Barton Creek Farmers Market is every Saturday from 9 AM - 1 PM at Barton Creek Mall and every Sunday from 10 AM - 2 PM at Highland Mall.



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TORNADOS

Home Athletics Schedule February/March 2013

DATE	SPORT	OPPONENT	TIME
2/1	BB	Lubbock Christian	4:00 p.m.
2/2	BB	Lubbock Christian	1:00 p.m.
2/7	WBB	Texas Lutheran	5:30 p.m.
	MBB	Texas Lutheran	7:30 p.m.
2/9	WBB	Schreiner	1:00 p.m.
	MBB	Schreiner	3:00 p.m.
2/14	WBB	Sul Ross State	5:30 p.m.
	BB	Texas Lutheran	7:00 p.m.
	MBB	Sul Ross State	7:30 p.m.
2/15	BB	Sul Ross State	10:00 a.m.
	SB	Trinity (DH)	4:00 p.m.
2/16	BB	Ozarks	10:00 a.m.
	WBB	Howard Payne	1:00 p.m.
	MBB	Howard Payne	3:00 p.m.
	BB	Howard Payne	4:00 p.m.
2/17	BB	Texas-Dallas	12:00 p.m.
	SB	George Fox (DH)	2:00 p.m.
2/22	BB	Louisiana College	7:00 p.m.
2/23	BB	Louisiana College (DH)	1:00 p.m.
3/8	SB	Mary Hardin-Baylor (DH)	5:00 p.m.
3/9	SB	Mary Hardin-Baylor (DH)	2:00 p.m.
3/12	BB	Dallas (DH)	3:00 p.m.
3/22	BB	Sul Ross State	7:00 p.m.
3/23	BB	Sul Ross State (DH)	1:00 p.m.
3/28	SB	Texas Lutheran (DH)	2:00 p.m.
3/28	BB	Mary Hardin-Baylor	7:00 p.m.
3/29	BB	Mary Hardin-Baylor (DH)	1:00 p.m.
3/29	SB	Texas Lutheran (DH)	2:00 p.m.

MBB (Men's Basketball)

WBB (Women's Basketball)

BB (Baseball)

SB (Softball)

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"Overly Pink"

by Donna Overly

Lakeway artist, Donna Overly, is exhibiting in 2 Austin Galleries over the next 2 months. Her show "Overly Pink" will be at Austin ArtSpace (7739 Northcross Drive) January 18-31st and then will hang at the Old Emporium Bakery (1006 Congress) from Feb 7-March 7th.

"Overly Pink" is a metaphorical documentation through paint and canvas of her journey from breast cancer victim to survivor. She strives to increase the understanding of both victims and their loved ones of the complex emotional issues that one in eight women will face during her lifetime. Overly was diagnosed with breast cancer December 2010 on her 53rd birthday and spent the first half of 2011 in treatment. Even though she was healed on the outside, inwardly she was still grieving and angry. On a hot summer day July 2012, Overly took every canvas out she owned and painted them all pink, giving birth to the series. She painted her feelings including those of betrayal, confusion, shock and thoughts of her own mortality. She found emotional healing through her paintbrush, turning something negative into something positive. Overly dedicates her work to all women, especially those who have also fought this battle.

Overly graduated from UT Austin in 2005 with an Art Degree. She is a member of the Women's Club of Greater Lakeway and is an active participant in the Cancer Support Group headed by Sharon January. She encourages anyone dealing with cancer, either it be themselves or a family member, to get involved in a support group with others who have had similar struggles. From my experience, Overly says " Sisters leaning on sisters is a great concept and is not only a receiving relationship but also a giving one. "

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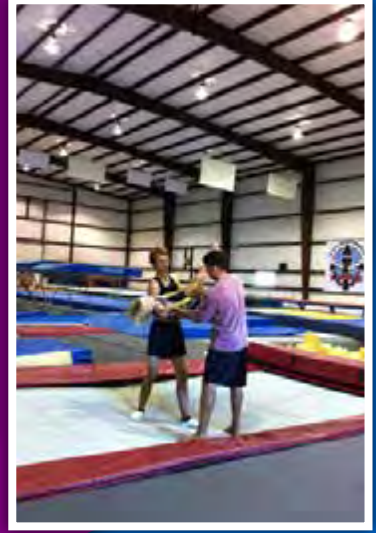
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A FLIP ZONE



BEGINS NEW COMPETITION SEASON

A Flip Zone has lots of new faces on the competition team for 2012- 13 Competition Season! Daniel Molstad is returning for another fantastic season to defend his 6th place ranking in the USA. Daniel has his goals set to try and win Nationals this year. Daniel has a lot of new team members this year. Competing at Level 6 in the 9-10 year old girls is Charlotte Kendrick and in 13-14 year old boys is Haydon Russell. Competing at level 5 in the 9-10 year old girls is Ellie Babb and the 9-10 year old boys are Cole Looney and Christian Lane. Also competing at Level 5 in the 11-12 year old girls is Franchesca Parker. Competing in the Level 2 as a 6 and under boy is Jamar Williams.

The early season activities have included several clinics, training with Olympic Coaches and Olympians. Cole, Christian, Haydon and Daniel all traveled to Lafayette, Louisiana to train with Dmitri Poliaroush (2000 & 2004 Olympian for Belarus on Trampoline, 2008 & 2012 USA Olympic Coach for Trampoline as well as multiple World Championship wins), Chris Estrada (2008 USA Olympic athlete- Men's Trampoline), Will Green (2012 Olympic Coach to 2012 USA athlete Women's Trampoline alternate), Jon Beck (multiple World Champion Tumbler), and Chad Fox (Coach to multiple USA National team members). All of the boys learned a lot and had a great time. Cole,

Christian and Daniel were able to have pictures taken with 2012 USA Olympians for men's and women's Trampoline. While Haydon got to hold and take pictures with the actual uniforms that Savannah (2012 Olympic Women's Trampoline athlete placing 6th at the Olympics) wore for Opening Ceremonies, Closing Ceremonies and the USA team warm up suit. Charlotte attended a clinic in Cuero, Texas and was coached by Will Green.

Charlotte and Haydon competed in their first competition of the season in League City on December 15. Charlotte and Haydon both won 1st place in their age group on Double Mini Trampoline. Charlotte was also 5th on Tumbling and 8th on Trampoline at the competition. Haydon was 2nd on Trampoline and Tumbling. Haydon was in a combined age group of 13 and older athletes! Daniel won trampoline for his age group and level.

Daniel has added a new dimension to his training this year. Daniel is certified to judge Trampoline and Double Mini Trampoline. Daniel is also helping to coach some of the younger athletes. Daniel is even helping to teach the classes for the 3 and 4 year olds at A Flip Zone. Daniel will be a judge at the competition in Victoria.

Drop by to watch training or enroll in a class. A Flip Zone is at 17505 Hamilton Pool Road just behind Rocky Creek BBQ. Call 264-1070 for information on A Flip Zone.



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School News

DISTRICT'S BOND PROGRAM ON TRACK AND UNDER BUDGET

KEY EXPENDITURES BENEFITTING STUDENTS

While the expansion of Hudson Bend Middle School progresses as planned—and with more construction to come in 2013 as part of the voter-approved Lake Travis Independent School District bond referendum last November, it's the 'softer' side of the multi-million dollar program that already has had a substantial impact on student programs and services. The \$158.5 million bond—the District's largest issue to date—also includes construction of a new Lake Travis Middle School and Elementary School No. 6; expansion of Lake Travis High School into the current Lake Travis Middle School campus; upgrades for existing facilities; and improvements district-wide. Additionally, comprising the package is the purchase of instructional resources and materials, including technology. "People tend to relate best to the bricks-and-mortar portion of bond packages," said Dr. Brad Lancaster, LTISD Superintendent. "And rightly so. The majority of funds in most bonds are set aside for construction. However, while the (bond) money may not be used to fund daily operating costs such as teacher salaries, utilities and fuel, it is becoming more and more common to buy things like buses, technology, and instructional materials with bond dollars." As of August 31, 2012, proceeds from the District's current bond have purchased more than \$2.2 million in technology devices for students, instructional computers, interactive SMART boards and document cameras for classrooms, and servers and cabling across the District. Expenses also include more than \$150,000 in library books, band and orchestra instruments, and uniforms for various band and athletics programs at Hudson Bend and Lake Travis middle schools and at Lake Travis High School. "It certainly helps parent fund-raising morale," said Kenny Vise, Lake Travis High School band director. "We know the school district and community are taking care of our need for instruments, so we can focus on things like travel and props and extra things to enrich the kids' performance opportunities." District officials have also purchased seven regular route buses and one special needs bus at a cost of approximately \$820,000. "While it's been a year since the bond was approved and things are moving forward as planned, we're still relatively early in the process," added Dr. Lancaster. "Additional purchases for instructional materials, including technology, will continue to be made, while the bulk of construction will take place in 2013. Overall, the bond money is going to where the voters wanted it to be allotted."

HUDSON BEND MIDDLE SCHOOL

Shortly after the bond referendum received approval, LTISD trustees awarded a contract for architectural and engineering services to Austin-based Fields & Associates for the design of the Hudson Bend Middle School expansion. In Jan. 2012, trustees selected the firm of Baird/Williams Construction, Ltd. from Temple to serve as the project's Construction Manager At-Risk, a method that requires a commitment by the construction manager to deliver the project within a guaranteed maximum price. To meet the proposed schedule for increasing the school's capacity from 900 to 1,200 students, the HBMS project will be constructed in two phases. The classroom addition phase, which broke ground in June 2012, will add 26 teaching stations to the overall site and is expected to be completed in the summer of 2013. The second phase of construction will include the expansion of core facilities and is scheduled for completion in early 2014. Overall, the two phases will add 79,000 square feet to the school's total footprint. According to bond documents, the total budget for the HBMS Expansion project is estimated at \$22.2 million.



NEW LAKE TRAVIS MIDDLE SCHOOL

Last November, trustees selected Fields and Associates Architects to design the \$53.7 million New Lake Travis Middle School which will be located on Bee Creek Road just off Highway 71. Trustees are expected to award a construction contract for the project at their regular school board meeting in December. Construction is scheduled to begin in Jan. 2013.

ELEMENTARY SCHOOL NO. 6

Additionally, last November trustees awarded a contract to Austin-based Pfluger Associates Architects for the design of Elementary School No. 6. The new school will be located on Cypress Ranch Boulevard inside the West Cypress Hills subdivision off Highway 71. Trustees are expected to award a construction contract for the \$25 million project in Feb. 2013, with work commencing in March.

LAKE TRAVIS HIGH SCHOOL

Earlier this month, trustees awarded a construction contract to Austin-based AG Construction Management for site improvement work at Lake Travis High School. The \$1.4 million project includes resurfacing the main LTHS parking lots and Cavalier Drive, from the main stadium up to the top of the hill. Also included is a new concrete sidewalk from the Cavalier Activity Center to the top of the hill. Additional work includes the terracing of erosion areas at the Cavalier Activity Center, the baseball field and the tennis courts, as well as the installation of an irrigation well and irrigation systems at Lake Travis High School and the LTISD administration building. All work, which began Nov. 27, will be done in phases and is expected to be substantially complete by Spring Break 2013. Additionally, once the new Lake Travis Middle School opens in the fall of 2014, expansion of Lake Travis High School into the current Lake Travis Middle School site at Ranch Road 620 and Cavalier Drive will begin. Fort Worth-based Huckabee Architects will design the project.

(Continued on Page 11)

District's Bond Program (Continued from Page 10)

EXISTING ELEMENTARY SCHOOLS

Earlier this year, trustees selected Austin-based O'Connell Robertson Architects to plan improvements to the District's existing elementary schools, including the replacement of air conditioning systems and the renovation of the kitchen at Lakeway Elementary School, the District's oldest elementary school. Trustees are expected to award a construction contract for the project in March 2013, with work commencing in April. "Approval of this bond was critical to the long-term vitality of our exemplary Lake Travis community," said Jason Buddin, LTISD Board President. "We thank the members of our citizens' bond advisory committee for their due diligence and commitment to this referendum, and ultimately, we applaud our voters for their support."

A demographic report commissioned by the District and released in February 2011 indicates enrollment is increasing by approximately 300 to 400 students—roughly 6 to 7 percent—annually. Considering a high growth rate scenario, demographers estimate the District will be built out, or at full capacity, by 2025 with a projected enrollment of 18,000 students. In November 2012, Lake Travis schools recorded a total enrollment of 7,780 students. "This bond allows us to accommodate the continued increase in student enrollment in our District, and we are committed to ensuring that all projects are well-built and completed in a timely and fiscally responsible manner," concluded Dr. Lancaster.

For more information about the LTISD 2012 Bond, including a listing of all bond expenditures to date, visit www.ltisdschools.org/bond.

Walk the Red Carpet at LTEF's Annual Gala!

The Lake Travis Education Foundation's 2013 Gala, A Red Carpet Affair, will be held Saturday, March 2nd at the Renaissance Austin Hotel. Dining, dancing, live and silent auctions, casino games, and entertainment by Radiostar. Individual tickets and reserved tables for 10 are available on a first come, first served basis.



This year's silent auction will be going "all electronic," which will allow guests to bid from the dance floor, the casino, or even from the comfort of home!

Proceeds benefit the students and teachers of the Lake Travis ISD. To date, LTEF has awarded more than \$2.8 million to our teachers and students, and your support through events such as the annual gala makes future funding possible. Further information available at www.LakeTravisEducationFoundation.org/gala.htm.



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* Award is based on Medicare 5 Star government rating for four consistent quarters by U.S. News & World Report, America's Best, 2012

School News



LTHS THEATER ARTS PRESENTS

Hello Dolly!

Submitted by Sarretta McCaslin



The Lake Travis High School Performing Arts Department will be presenting the musical Hello, Dolly! next month. The show will be at the LTHS Performing Arts Center on February 7, 8, 9 and 11, 2013 at 7 PM. The kids and the department depend on ticket sales and an accompanying auction/raffle to fund ALL performances made outside of regular school hours. Please contact me at 512-422-8127 or smccaslin@austin.rr.com for our promo art if needed. Thanks!



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SchoolMessenger: District Information Direct To Your Phone

Dear LTISD Parents and Guardians:

We are excited to announce the full implementation of SchoolMessenger with a new service: delivering important information to you via SMS text messages to your mobile phone, if you choose. District and campus officials will use the service to provide parents with timely and relevant information regarding emergencies, news, events and activities. Please know however, this service is not intended to replace our existing means of communication; rather it will enhance them.

The contact information you provided during your child's registration process earlier this year will automatically be used for notifications as part of the SchoolMessenger system. However, you must indicate your willingness to receive text messages to your mobile phone. The process is simple and only takes a few seconds to complete:

1. Send a text message to 68453
2. In the body of the message, type: yes
3. Send the message.

You'll know you were successful if you receive the following reply message: "You are registered to receive approx 3 msgs/mo. Txt STOP to quit, HELP for help."

You may repeat the opt-in process for any wireless numbers



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that you wish to include.

In addition to performing the opt-in process above, you'll want to insure that we have your wireless number in our student information database. If you haven't already provided that information or should it need to be updated, please contact us via email at portalhelpdesk@ltisdschools.org or call us at 512-533-6029.

The District will officially launch the new service on Monday, December 3, so until then you won't receive any further text messages.

Please note, although the District does not charge for this service, it does not pay for text message charges that may be incurred by you for sending or receiving text messages. Check with your wireless carrier for possible charges.

Thank you,

Marco Alvarado, LTISD Director of Communications

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Sports

WRESTLING TO BECOME OFFICIAL UIL PROGRAM *at Lake Travis High School*

Come this fall, wrestling will no longer be considered a club sport at Lake Travis High School. Thanks in large part to Lake Travis Youth Wrestling Club parents, the Lake Travis Independent School District Administration will seek to add wrestling as an official extracurricular program under University Interscholastic League Class 5A rules beginning with the 2013-2014 school year.

"This is a done deal," announced Dr. Brad Lancaster, LTISD Superintendent, at a school board meeting held December 18. "We applaud our wrestling parents for their vision and continued support for this program."

"There was a need and desire from within our community to make wrestling an official, UIL-sanctioned sport at the high school," said Gary Briley, Lake Travis ISD Director of Extracurricular Programs. "We're already talking to representatives from the UIL about the process for getting this done. Beginning this spring, we will work towards finding a certified teacher who can also serve as our wrestling coach."

The University Interscholastic League was created in 1910 by The University of Texas at Austin to provide leadership and guidance to public school debate and athletic teachers.

"This is a great day for Lake Travis athletes," said Tom Tierney, head coach of the Lake Travis youth wrestling team and former collegiate wrestler. "When my wife Annette and I—together with Paul and Jeanne Beavers—started the youth wrestling program six years ago, we had hoped one day to see this day come to fruition."

According to Ms. Tierney, the goal of the current not-for-profit youth wrestling club is to train and teach local kids—within the guidelines of the USA Wrestling Association—the benefits of physical development, nutritional awareness, self-confidence, and if they choose, to prepare them for competition in high school and at the collegiate level.



Lake Travis High School wrestlers (l to r) Clark Mannas, Noah Eledge, and Colin Tierney compete at the Southwest Austin Open Tournament last month.

"Although many folks may associate the sport of wrestling with the wild and crazy kind that is seen on TV, wrestling is considered by many as one of the purest forms of athletic competition known to organized sports," said Mr. Tierney. "There are no balls, bats, pucks, sticks, nets or other equipment, only the wrestler and an opponent of equal size, weight and age."

In accordance with USA Wrestling Association criteria, students-athletes participating in LT club wrestling may remain competitive through the age of 15.

"After that, our wrestlers have nowhere to go, until now that is," said Mr. Beavers.

"Our youth wrestling coaches and student-athletes are excited about being able to compete with established programs like Westlake and Bowie in the very near future," continued Ms. Tierney. "We all agree this is just an awesome opportunity for our students and the LT community."

Last July, after having completed one of the most successful academic and athletic campaigns in school history, Lake Travis High School earned the UIL Lone Star Cup for team performance in district and state championships during the 2011-2012 school year. The prestigious honor is bestowed annually to five high schools in the state, one in each of the five UIL classifications (1A, 2A, 3A, 4A and 5A) based on points awarded for team performance in the following sanctioned UIL academic/athletic programs in Marching Band, Team Tennis, Cross Country, Volleyball, Football, Swimming and Diving, Basketball, Soccer, Golf, Track and Field, Academics, One Act Play, Softball, and Baseball. Even without a UIL wrestling program in place, LTHS received the highest point total of any school in all classifications.

"Interest in wrestling is reaching new highs in our area," added Mr. Briley. "We anticipate a big turnout at Lake Travis High School when it's time to hit the mats later this fall."

For more information, contact the Lake Travis ISD Office of Communications at (512) 533-6046.

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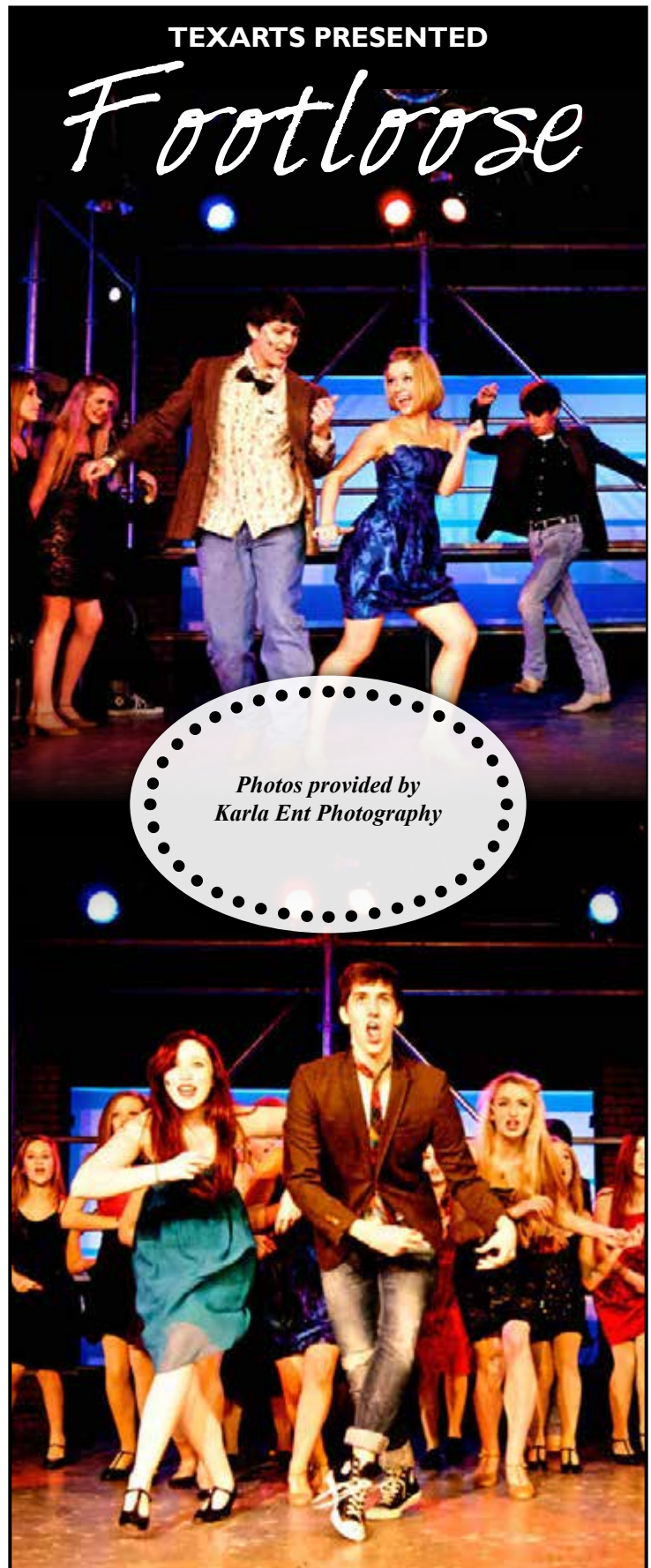


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Austin Newcomers Club February ANC Publicity Input

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



This month our luncheon program will feature James L. Haley, a noted Texas author of nearly twenty books. He'll speak about his newest book, **THE TEXAS SUPREME COURT: A Narrative History, 1836-1986**. One tale from the book:

LAW & ORDER COMES TO TEXAS

During the first court session in East Texas, one feudist who had been hauled in for trial thumped his Bowie knife into the judicial bench and declared, "This, sir, is the law in Shelby County!" Unfazed, Judge Robert M. Williamson leaned back, cocked his pistol, and said, "Well this, sir, is the constitution that overrules your law. Sit down."

What with feudists, Indian raids, Mexican invasions, high water, yellow fever, illiterate clerks, drunken juries, and people who thought they had a God-given right to do whatever they liked, it took a while for law to come to Texas. Come hear how it happened!

The monthly luncheon will be held on Wednesday, February 20 at Green Pastures restaurant, located at 811 West Live Oak in Austin. We get together at around 11:00 a.m. for a social hour with lunch at 12:00 noon. The luncheon is \$20 per person; reservations are required, and payment must be received by Thursday, February 14.

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



This QR code takes you directly to the Austin Newcomers website:

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- Dirt Work ·
- Drainage Issues ·
- Rotting Animals ·
- Asbestos ·
- Wet Insulation ·
- Standing Sewage ·

- Moldy Furniture ·
- Heavy Equipment ·
- Trenching ·
- Submerged Vehicles ·
- Structure Removal ·
- Crawlspaces ·
- Pet Problems ·
- Meteor Damage ·
- Chemicals ·
- Boulders ·
- Catastrophe Cleanup ·
- Trees & Holes ·
- Power Lines ·
- Mudslides ·
- Dangerous Plants ·
- Wild Game ·
- Festivals & Parties ·
- Etc ·



Heart Healthy Lifestyles

By: Concentra Urgent Care

Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
 - Women: 1 drink per day (maximum)
 - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in

heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at www.AmericanHeart.org.

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- ★ 620 Four Points: Vandegrift High School
- ★ 360 South: *Defending Champions* Westlake High School
- ★ 183 North: Anderson High School
- ★ Former Longhorns & current NFL players will serve as honorary "Rib Eating Coaches"
- ★ Help local high school teams as they compete for the "Rudy's Golden Rib Trophy" for most ribs eaten!

20 "All you can eat for St. Louis Ribs only. All drinks, sides, desserts, and other meats are at regular price and are not part of charitable proceeds. Please no sharing of "All you can eat St. Louis Ribs" - it's for a good cause folks! Offer not included for take home orders.

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Business Section

Seven Business Networking Groups in the Area

ARE YOU LOOKING TO GROW YOUR BUSINESS IN 2013?

If so, you might be interested in a few of the business networking groups in the area. These are a few to choose from:

STEINER RANCH REFERRALS BNI GROUP

Meetings are on Tuesday mornings from 8:00am to 9:30am at the Oasis. Visitors are welcome! If you are interested please contact Michael Bennett at michael@bennett-tech.net for more information or visit www.BNIAustin.com.

FOUR POINTS CHAMBER OF COMMERCE

The Four Points Chamber of Commerce provides networking opportunities at social gatherings, luncheons with guest speakers and activities. The Chamber brings businesses together along highway 620 from Hudson Bend to Anderson Mill and Ranch Road 2222 from Jester to Volente. Four Points Chamber supports business growth in the community where we live, work and play. In less than 6 months Four Points Chamber of Commerce exceeded its first year membership goals and continues to grow! For information about participating in upcoming events or membership benefits visit www.fourpointschamber.com or call (512) 551-0390. Membership inquiries may also be sent directly to membership@FourPointsChamber.com.

NETWORKING NORTHWEST AUSTIN

Networking Northwest Austin is expanding its member base of businesses in our area. We believe in business by referrals and having a limited member base. We have a caring, positive, involved group of people who wish to build their businesses using the strength business referrals. No fees. Business education and speakers. Networking Northwest Austin meets on the second and fourth Mondays at 11:30 at Cheddars HWY 183 and Anderson Mill Rd. Visit <http://www.meetup.com/NetWorking-NorthWest-Austin/>

STEINER RANCH MARKETERS MEETUP GROUP

Join other marketers who live in Steiner Ranch and work in online marketing, search engine optimization, affiliate marketing,

search engine marketing, social media optimization, social media marketing, pay-per-click advertising, email marketing, and other areas of Internet marketing. Informal get-togethers in the community to learn and share things, as well as make connections with others. The group is open to anybody who lives in Steiner Ranch and is interested in Internet marketing: entrepreneurs, freelancers, 9-to-5ers, business owners and aspiring marketers alike. More details at SteinerRanchMarketers.com

YOUR LOCAL CITY

Steiner Ranch has a new business networking group. Your Local City is a positive, membership based, business networking organization with 17 groups meeting all over the Austin area. The Steiner Ranch group meets every Friday at 8:00 am at Lakeside Pizza and Grill located in the Shops at Steiner Ranch at Steiner Ranch Blvd. and Quinlan. Come join us to grow your business.

LAKEWAY NETWORKING, INC.

We are a diverse group of business professionals in the Lake Travis area, helping our members grow their businesses through qualified referrals. We meet every Thursday at 8AM at Santa Catarina, 1310 RR 620 South, in Lakeway. Come visit us and see how your business can benefit by being a member of Lakeway Networking. For more information, please contact Kelly Connor at kellyconnor@austin.rr.com or 512-736-2495.5.

A+ REFERRALS BY THE LAKE BNI (LAKEWAY)

BNI is a professional business networking group that helps you build a team of partners to market your business. Come join us on Mondays from 11:30-1:00pm at Fore in Lakeway. Lunch is \$10 and visitors are welcome. Please feel free to contact Kimberly McLaughlin at kimberly@LaHaPro.com or visit www.BNIAustin.com for more information.

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Lake Travis Toastmasters Club

Looking to improve your communication skills and leadership skills? Overcome your fear of public speaking? Hone your listening skills? Network with top professionals? Have fun? Lake Travis Toastmasters Club can help you achieve your goals!

We meet on the 1st, 3rd and 5th Monday of every month at the Lakeway Activity Center, 105 Cross Creek, at 6:30pm. (except on holiday Mondays). Guests are always welcome. Visit the Lake Travis Toastmasters website "<http://laketravis.toastmastersclubs.org/>" to learn more about our club, or contact Kay for more information at 512-431-8069, or write her an email at kay@kay-Kan.com.

To accomodate the holidays in January and February our meetings will be held 1/28/13, then in February our meeting dates will be 2/4/13 and 2/25/13.

The mission of the Lake Travis Toastmasters Club is to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral bilingual communication and leadership skills, which in turn foster self-confidence and personal growth.



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- Kids Stuff -

Section for Kids with news, puzzles, games and more!

WHY EXERCISE IS COOL

Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your body will thank you later!

EXERCISE MAKES YOUR HEART HAPPY

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic (say: air-o-bik) exercise.

Aerobic means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you're doing aerobic exercise, you may notice you're breathing faster than normal. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body.

So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing, biking, or rowing. And don't forget

that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

EXERCISE STRENGTHENS MUSCLES

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- push-ups
- pull-ups
- tug-of-war
- rowing
- running
- inline skating
- bike riding

EXERCISE MAKES YOU FLEXIBLE

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility:

- tumbling and gymnastics

- yoga
- dancing, especially ballet
- martial arts
- simple stretches, such as touching your toes or side stretches

EXERCISE KEEPS THE BALANCE

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic stuff. But if you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.

EXERCISE MAKES YOU FEEL GOOD

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called endorphins (say: en-dor-funz), which may make you feel happier. It's just another reason why exercise is cool!

Reviewed by: Mary L. Gavin, MD
Date reviewed: February 2009

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

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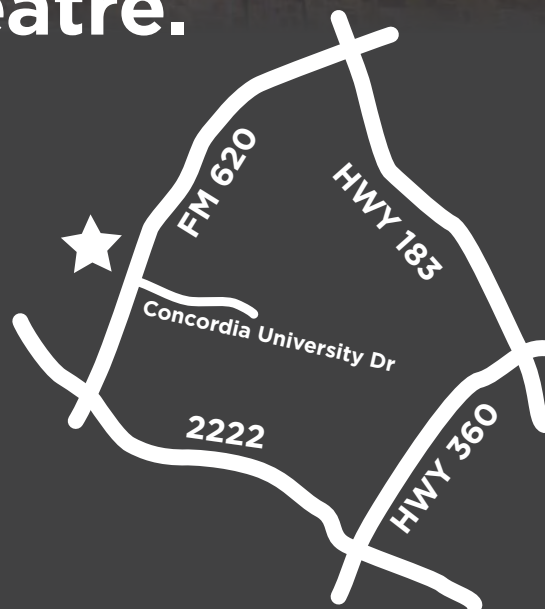
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