



BEE CAVE *Messenger*

VOLUME 4, ISSUE 3

MARCH 2013

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA



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ADVERTISING INFO

Please support the advertisers that make the Bee Cave Messenger possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or advertising@peelinc.com. The advertising deadline is the 8th of the month prior to the issue.

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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512-329-6633

www.childrenscenterofaustin.com

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Police Department	512-314-7590
Sheriff – Non-Emergency.....	512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescue	
Administration Office.....	512-266-2533
Travis County Animal Control.....	512-972-6060

SCHOOLS

Lake Travis ISD	512-533-6000
Lake Travis High School.....	512-533-6100
Lake Travis Middle School.....	512-533-6200
Lake Travis Elementary.....	512-533-6300
Hudson Bend Middle School	512-533-6400
Lake Pointe Elementary.....	512-533-6500
Lakeway Elementary	512-533-6350
Serene Hills Elementary	512-533-7400
Bee Cave Elementary.....	512-533-6250

UTILITIES

Travis County WCID # 17.....	512-266-1111
Lakeway MUD	512-261-6222
Hurst Creek MUD.....	512-261-6281
Austin Energy	512-322-9100
Pedernales Electric.....	888-554-4732
Texas Gas Service	
Custom Service.....	1-800-700-2443
Emergencies.....	512-370-8609
Call Before You Dig.....	512-472-2822
AT&T	
New Service.....	1-800-464-7928
Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080
Austin/Travis County Hazardous Waste	512-974-4343

OTHER NUMBERS

Bee Cave City Hall.....	512-767-6600
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

NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181
Editor.....	beecave@peelinc.com
Advertising.....	advertising@peelinc.com

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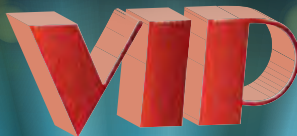
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COVER PHOTO

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.

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.



Hill Country Galleria Hosts Komen Austin Event

eat.drink.shop. PINK

The Hill Country Galleria is teaming up with the Austin Affiliate of Susan G. Komen for the Cure to put on a new event called "eat.drink.shop. PINK" on Thursday, March 7, 2013 from 10am-10pm. We are inviting the community to eat, drink, shop, PINK at participating retailers in the Galleria to help in the local fight against breast cancer.

The public can go to www.KomenAustin.org to purchase a PINK PASS ticket which will entitle them to exclusive in-store discounts, free gifts, complimentary bites and drinks, and more at the Galleria's participating retailers. Each ticket holder will get an opportunity to win a grand prize gift basket donated from the merchants at the Galleria.

This day-long event will conclude with a live concert in the Hill Country Galleria's outdoor Amphitheater with live music by Bob Schneider. PINK PASS holders will get the VIPink treatment with reserved seating and a dessert and cocktail bar during the live concert.

To purchase your ticket to this event visit www.KomenAustin.org. All PINK PASS ticket holders will also receive a complimentary Hill Country Galleria pink gift bag with offers from participating retailers.

Participating retailers include Amy's Ice Creams, Art Attack, Tony C's Coal Fired Pizza, Cierra, Whole Foods Market, Backwoods, Zoltan David, Charming Charlie, Chisos Grill, Doncaster, BB&T, Dick's Sporting Goods, Everything But Water, Parmida Home, Austin Natural Mattress, Twin Liquors, Buenos Aires Café, FIT Systems, Learning Express Toys, Café Blue, GRO children's boutique, Sassen Boutique & Hair Salon, PAIYH Dance Studios & Boutique, Soma Intimates, Hand & Stone Massage & Facial Spa, fab'rik, Relax The Back, Panera Bread, Mimi's Café, and Zinger's Bar & Grill.



JOIN US FOR GOLF AND A GREAT CAUSE!

DATE: Tuesday, April 30th

11:00 am Registration - 1:00 pm Start

LOCATION: River Place Country Club

FORMAT: 4-person scramble

COST: \$165 per golfer*

*Includes lunch, dinner and lots of swag

Dinner provided by:

Craig O's



Pizza & Pastaria
Homestyle Italian Cooking

Register online at:
www.colinshope.org

Questions about the event?
Contact Jancy Darling
jancy.darling@colinshope.org
(512) 413-7641

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envision
a WORLD
where
CHILDREN
DO NOT DROWN**

WWW.COLINSHOPE.ORG

Around Bee Cave



Bee Cave Police Benevolent Foundation *2013 Gala and Police Award Banquet*

Come join us as we honor those in the Bee Cave Police Department that honor us with their service to our community

**Dinner, Cocktails, Awards Ceremony, Silent Auction and
a Special Musical Guest**

Friday March 22, 2013; 6:00pm - 11:00pm

Star Hill Ranch at 15,000 Hamilton Pool Road, Bee Cave, Texas 78738

Business Casual/Western Attire

Tickets are \$100 per person. Sponsorships are also available from \$1,000.

Sponsorships of \$1,000 or more include a table for 8 and event recognition

Sponsorships of \$2,500 or more include premium seating for 8 and recognition on all promotional materials

**Contact Teresa Breuggeman, Foundation President
512.925.9139 or info@bcpbf.org**

All proceeds raised will benefit the Foundation whose mission is to provide financial assistance and benefit to Bee Cave Police Department and other area public safety employees and their families; and to support community and law enforcement initiatives, memorials, scholarships, and educational programs.

A photograph of a woman with light brown hair, wearing a white shirt, holding a sleeping baby in a pink shirt. The woman is looking off to the side with a gentle expression. The background is softly blurred, showing what appears to be a nursery or a home setting with shelves and toys.

Only the baby should
need diapers.

Incontinence is a common result of childbirth, age and other factors. If urinary leakage is affecting exercise, laughing or lifting, give Dr. Shaw a call. Our experienced team can restore dryness and return you to an active lifestyle with safe and effective treatments.

AUSTIN UROLOGY
INSTITUTE

512.694.8888

www.austinurologyinstitute.com

Around Bee Cave

March Events

at the Hill Country Galleria

March 2

Saturday Night Concert Series – Amphitheater; 7-9pm – Woodbury Beasts

March 7

eat.drink.shop. PINK event benefitting Komen Austin – purchase tickets at www.KomenAustin.org

March 9

Saturday Night Concert Series – Amphitheater; 7-9pm – The Everyday Blues Band

March 14

Wine Walk: 5-9pm – start at Twin Liquors

March 16

Saturday Night Concert Series – Amphitheater; 7-9pm – Sky Dog

March 23

Saturday Night Concert Series – Amphitheater; 7-9pm – The Vintage 15

March 24

Wagathon Walkathon – Amphitheater; 12pm - register at www.WagathonWalkathon.com

WagathonWalkathon.com

March 31

CLOSED – Easter Sunday – check with stores & restaurants as their hours may vary

SPONSORED BY KDRPLIVE.ORG SATURDAYS 7-9PM
THE HILL COUNTRY GALLERIA 2013
SATURDAY NIGHT CONCERT SERIES



MARCH 2	Woodbury Beasts	APRIL 20	Hillbilly Picnic
MARCH 9	The Everyday Blues Band	APRIL 27	Woody Russell
MARCH 16	Sky Dog	MAY 4	The Pop Tarts
MARCH 23	The Vintage 15	MAY 11	Susan Arbuckle
APRIL 6	Burgess Meredith	MAY 18	Karen Goh
APRIL 13	Javier Soliz	MAY 25	The Hot Texas Swing Band

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BEE CAVE | 512-263-2227
Hill Country Galleria
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EVOO 101

What's In YOUR Olive Oil?

IMPOSTERS: Did you know that most olive oils labeled “extra-virgin” are not? Most of the extra virgin olive oil (or EVOO) sold to your local grocery store has been adulterated with other oils and made with factory processes that destroy most of its nutrients. The United States doesn’t abide by the standards of the International Olive Oil Council—the term “extra-virgin” has no true meaning here.



FRESHER IS BETTER. Olive oil has been revered for its health-giving properties for centuries. In its freshest, most vital state it is rich in antioxidant polyphenols, essential fatty acids, and vitamins and has been shown to reduce risk of cancer, increase cognitive function and lower blood pressure and cholesterol. These

healthful compounds are perishable; as soon as the olives are harvested from the branch their nutritional value begins to diminish—not good for long hauls and warehouses. Commercial processing further destroys the oil’s nutrient content and, along with light exposure from clear bottles, slashes the oil’s shelf life dramatically and turns the oil rancid more rapidly.



THE REAL DEAL. The freshest oils will smell grassy and have a peppery taste. At Con’Olio, we encourage you to taste before you buy and check our harvest dates so you know you’re getting the freshest, highest quality oil in the world. The first and finest locally-owned and operated oil & vinegar shop in Austin, we’re proud to offer you pure, unadulterated EVOO that’s chemically tested for authenticity and bottled in dark glass. Come see us and taste the fresh difference for yourself! Mention this ad for 20% off oil & vinegar purchases.



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www.ConOlios.com



Home Athletics Schedule March/April 2013

DATE	SPORT	OPPONENT	TIME
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.
4/9	BB	Trinity	7:00 p.m.
4/12	SB	Hardin-Simmons (DH)	4:00 p.m.
4/13	SB	Hardin-Simmons (DH)	2:00 p.m.
4/15	BB	Southwestern	7:00 p.m.

BB (Baseball)
SB (Softball)

**CTX Athletics is Now
Accepting Tornado Club
Applications!!!**

**Sign Up for the
Friends of Concordia
Golf Tournament on April 1!!!**
alumni.concordia.edu/golf

For up-to-date information about CTX
Athletics, please check out our website at:

athletics.concordia.edu

4th Annual Buzzard Bump Fest

and 1st Annual Buzzard Bump 5K & 1M Fun Runs

Spicewood, TX--location next to VFD on Hwy 71 E.

Family friendly, all-day festival with live music, food and local vendors. Featuring the Buzzard Bump's very own Roadkill Car Show, Bird Cook-off and Washer Pitchin' Tournament (all with prizes). Fun games and activities for the kids and leashed pets are welcome. BYOB. Fest gates open from 10 am to 7 pm. \$3 entry or 3 canned goods to the Buzzard Bump Fest. All proceeds from the Fest go to local charities. There will even be receptacles on hand to donate your old eyeglasses as part of Lions eyeglasses recycling program. For more information, visit www.buzzardbump.com. Wait, there's more! 1st Annual Buzzard Bump 5K begins at 9 am with 1M Fun Run to follow. USATF Sanctioned Certified Course. Awards to top 3 in each age division, male/female, each race. All children (12 and under) receive participation ribbons. Early-bird, online 5K and 1M Fun Run registration: \$25 entry fee per person (regular \$50). Race information and online registration at <http://trackforlife.com/schedule.htm>. Scroll down and click on "May 18 1st Annual Buzzard Bump 5K." T-shirt and free entry to Buzzard Bump Fest with run registration. Proceeds from 5K and 1M Fun Runs benefit the Central Texas Lions KidSight Vision Foundation. Brought to you by the Spicewood Lions Club and the Central Texas Lions KidSight Vision Foundation.

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Around Bee Cave

Bee Cave Stork Report

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email info on the arrival
of your little one to
beecave@peelinc.com.



Boat Comes to Bee Cave Primrose

Submitted by Jessica Ruppeck

On Wednesday, January 30th Mr. Dick Hamilton of Sail and Ski brought a ski boat to the Primrose School of Bee Cave for the students. Mr. Hamilton talked to the students about boat and water safety. He also let the children take a tour of the boat. Thank you Mr. Hamilton for taking time out for the Primrose students!!



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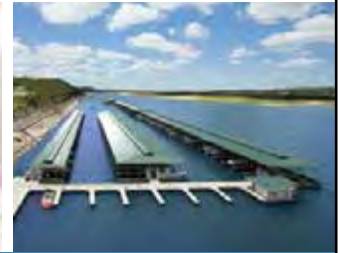
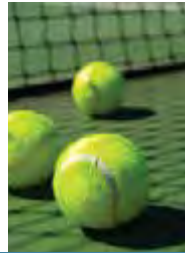


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March 9th

March 9th is Membership Drive Day! Come out and experience our amenities and get special pricing on Cypress Club membership packages!



March 16th

Please join us for our launch event from 12pm – 4pm to learn about The Reserve's newest lake homes, the Cliffside Cottages - priced from the \$500's.



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Artist renderings and plans for The Reserve at Lake Travis are under development. Hal Jones Development reserves the right to make changes without notice. No guarantee is made that the proposed features will be constructed, or that if constructed, will be of the number and type described. These materials shall not constitute an offer in any state where prior registration is required. Void where prohibited by law. For unimproved lots at The Reserve at Lake Travis, obtain the property report required by federal law and read it before signing anything. No federal agency has judged the merits or value, if any, of these properties. WARNING: THE CALIFORNIA DEPARTMENT OF REAL ESTATE HAS NOT INSPECTED, EXAMINED, OR QUALIFIED THIS OFFERING.



Around Bee Cave

15th Annual Wilderness Run & Walk

Friends of the Parks of Lakeway

When: Saturday, April 27th

Where: Hamilton Green Belt I in Lakeway

Registration: 8:00 AM / Event: 9:00 AM

Enjoy a morning at the park and explore the beautiful trails of Lakeway! This

FREE noncompetitive run and walk will begin at 9:00 AM with refreshments following the race. Participants may choose to run or walk either 3 miles or 5 miles through the scenic trail system of the Hamilton Greenbelt 1, located across from the Lakeway Justice Center. The course winds along canyon walls and high cliffs, across fern covered creeks, and through tall native tree forests.

Registration is now available online by visiting www.lakewayfop.org or by picking up an entry application at the Lakeway Activity Center and at the registration boxes at the entrances to City Park, The Canyonlands, Hamilton Greenbelt I and Hamilton Greenbelt II. Or register on event day between 8:00AM to 9:00AM. Commemorative T-Shirts will be available for \$15 with all proceeds from donations and sales going to the maintenance of the trail systems in Lakeway.

This is a great opportunity for runners and walkers, as well as families with children in strollers and dogs to enjoy an outing and meet other outdoor enthusiasts. For more information regarding Friends of the Parks or the Wilderness Run & Walk, please contact co-chair Sheryl Kelly at 261-6067. Hope to see you there!



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LIVE HERE! GIVE HERE!

Lake Travis is the best place to live and give! Local non profits LTlov and Youth2 Seniors are excited to participate in the I Live Here, I Give Hereâ 24 hours of giving event. Amplify Austin is a community-wide day of online philanthropy dedicated to raising \$1 million in 24 hours. Beginning at 7pm on March 4th, 2013, visit www.AmplifyATX.org and select LTlov and/or Youth2Seniors.

Donations to LTlov will support the Lake Travis community through grants to fund the support and development of organizations and projects dedicated to serving local socio-economically disadvantaged families. www.ltlov.org.

Youth2Seniors holds intergenerational programs in assisted living facilities in Lakeway/Austin. Ages 0-101 work together in free art classes, giving workshops and an annual intergenerational day event. www.youth2seniors.org.



Lakeway Blood Drive

on March 16th

Submitted by Searcy Willis

We have begun a new year for our Lakeway Community Blood Drive. We had 6 drives in 2012 and got over 400 units of blood donated. Your participation is always appreciated. Our next drive will be on Saturday, March 16, at the Lakeway Activity Center from 8:00 until 12:00. We still have 50 spots for donors at this time, so if you want to make a New Year's resolution, please call and sign up.

U.S. News & World Report awarded 2012 BEST NURSING HOME

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

Around Bee Cave

Patients Rehab Faster and Safer with the AlterG® Anti-Gravity Treadmill®

Every year a countless number of patients visit a physical rehabilitation facility- and this is not just including athletes but ranges from recreational runners to geriatric patients needing aid in mobility recuperation. Until recently, many Hill Country residents had to travel downtown to receive superb physical therapy care. That is until, Lakeway Regional Medical Center partnered with Your Personal Best Physical Therapy to create a new out-patient physical therapy department on their conveniently located campus.

Your Personal Best PT has been providing quality care for over 12 years in Austin area, and can handle any type of PT- from post-operative needs to chronic pain conditions they have specialists trained to help patients gain control of their situation and get them back into action. They work with back, neck, shoulder, hip, knee, elbow, wrist, ankle and foot pain and injuries in addition to promoting optimal women's health and pelvic health. All in a fun and supportive atmosphere to help patients work towards their health goals, utilizing various therapeutic activities such as manual therapy and Wii-Habilitation.

And one of the new technologies being used at the facility is sure to impress even Mack Brown. Or maybe not since this equipment is already an integral part of UT's Athletic Program, among that of many of the NFL and NBA teams. The AlterG Anti-Gravity Treadmill is the world's first and only treadmill using NASA based anti-gravity technology, and has been installed to help patients in their short-term rehabilitation programs.

The facility will be utilizing the technology for a variety of reasons, from rehabilitating runners and athletes, to assisting patients with neurological deficits.

AlterG Anti-Gravity Treadmills enable faster rehabilitation, safer conditioning for the geriatric population, and weight loss, which can help remove major obstacles associated with these activities. Impact on the body and the pain of recovery are reduced, which helps people achieve



better results. Patients at Lakeway Regional Medical Center's Physical Therapy Outpatient Dept can now rehab better, train smarter, and exercise safer with the AlterG.

With the AlterG, patients can run and walk without bearing their entire weight, reducing the impact on the body to optimize rehabilitation and physical therapy outcomes. Its Differential Air Pressure (DAP) technology applies a lifting force to the body that reduces weight on the lower extremities and allows precise unweighting – up to 80% of a person's body weight, so people can find exactly where the pain stops and natural movement feels good again.

According to Amy Beth Hopkins, Your Personal Best Physical Therapist, "It's perfect for patients who love to run or walk, but find themselves limited

by pain. Patients can unweight themselves in an anti-gravity environment while running, walking and exercising. Most of the time we can gradually increase the load of body weight on the AlterG and rehabilitate the client back to full function."

There are a multitude of benefits when training and rehabilitating on the AlterG. Patients can use the AlterG Anti-Gravity Treadmill to recover from injury and surgery and it allows them to immediately do partial weight bearing exercises. Patients with neurological disorders maintain, and in some cases even regain functionality and mobility working with the AlterG. It is also used as a motivational tool for obese patients, as users can immediately experience what it would feel like to weigh less, exercise with less joint impact and stress, and improve their cardiovascular health.

As one of only 2 facilities in Austin that has the AlterG, we are fully equipped to handle adolescent athletes. Your Personal Best also features AstroTurf training to assist athletes in the prevention of injury, such as ACL (anterior cruciate ligament injury), that can be associated with play on AstroTurf. YPB will offer classes and drills on the turf to teach athletes the most effective way to move and play on the turf.



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Be Smart About Spring Planting

IN THE SUMMER, outdoor water use can account for 50 to 80 percent of home water use. Texans must use their precious water resources more efficiently, or we will have longer, more frequent water shortages, especially during droughts and hot Texas summers. Much of the water used outdoors is wasted through inefficient landscape watering practices. By reducing the amount of water we waste, we will save money and protect the quality of life of future Texans.

DESIGN A WATER-WISE LANDSCAPE, planting water-efficient, well-adapted, and/or native shrubs and trees. Choose plants that are drought tolerant (or at least have low water requirements) and heat tolerant and can survive the minimum winter temperatures in your local area. Native plants are also most resistant to diseases and pests.

Put drought-tolerant groundcover instead of grass in areas that are narrow, small, sloping, odd-shaped, or close to pavement. Limit turf areas to those needed for practical uses. Bermuda, buffalo, and zoysia are drought-tolerant grasses.

KEEP MONEY IN YOUR POCKET, using water-efficient landscape practices, such as proper mowing, mulching, and moderate fertilizing. Most water utilities charge higher rates during the summer or increase rates in increments based on use. Please reduce your outdoor water use by determining how much water your landscape needs to stay healthy and don't use an excess when drought conditions exist. WCID 17 thanks you for your help in preserving Lake Travis. Remember; be mindful to CONSERVE WATER FOR TODAY AND TOMORROW.



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District Outlines Process for Study of School Attendance Zones

In response to the opening of Elementary School #6 in the fall of 2014, Lake Travis Independent School District (LTISD) officials have announced the formation of the Schools Attendance Zone Advisory Committee to be convened later this month. In addition to the new elementary school, LTISD voters approved a \$158.5 million bond in November 2011—the District's largest issue to date—to fund the construction of a new Lake Travis Middle School; the expansion of Hudson Bend Middle School; the expansion of Lake Travis High School into the current Lake Travis Middle School campus; the maintenance and repair of various District facilities; and the purchase of instructional resources, including technology.

Every two years, College Station, TX-based demographer Population and Survey Analysts (PASA) studies student residential locations, potential growth and decline, housing trends, and economic factors inherent to the District. The findings are contained in a demographic update presented to District officials to assist with the planning of future facilities and the adjustment of school attendance zone boundaries to accommodate growth in student enrollment.

"This committee will allow for a representative group of parents and community members from across the District to have an opportunity to participate in the development of rational and sustainable recommendations for school attendance zones," said Dr. Chris Allen, LTISD Deputy Superintendent, who will oversee the committee process. "With the opening of Elementary School #6 in the fall of 2014, it's imperative that we begin the process of rezoning now in order to provide balance and continuity across each of our elementary and middle schools."

According to Dr. Allen, the committee, which will serve in an ad hoc capacity to the LTISD Board of Trustees, will be charged with a.) recognizing and relying upon the LTISD Demographic Study to review and develop a recommendation for school attendance boundaries to be presented to the Board no later than May 2013; b.) utilizing the professional expertise of the LTISD administrative staff to ensure that the Board parameters and district goals are not compromised as a result of attendance boundary recommended adjustments; and c.) working collaboratively with District staff to ensure that the overall best interest of students is served by avoiding the promotion or advancement of individual agendas and recognizing the importance of compromise. The committee, to be facilitated by the LTISD Administration, is comprised of 27 total members. Fourteen members represent the LTISD parent community, with two parents representing each elementary school and two representing each middle school. Four members are LTISD classroom teachers, four members are LTISD campus administrators, and a member of the LTISD Board of Trustees will serve in an ex-officio capacity. Additionally, four LTISD residents will serve in an at-large capacity. The 14 parents selected to serve on the committee, Dr. Allen stated, are individuals who:

- do not currently serve in an elected position within the District, ie, PTA, booster club, or other school-related executive board;
- are not currently employed by the District or related to an employee of the District;
- have not indicated or possess a predetermined position regarding specific attendance boundaries;
- are able to attend meetings during March, April, May and June; and

- are aware and accepting of the fact that their names will be disclosed to the community.

"The committee will be given the task of developing recommendations to be presented to the LTISD Board of Trustees regarding the re-organization of elementary and potentially middle school attendance zones to ensure to the extent possible that several guiding principles are met," continued Dr. Allen. "Those parameters include:

- LTISD will optimize school facility usage to accommodate projected growth patterns through the District;
- LTISD and staff will utilize the most recent demographic data to avoid the need to redraw attendance zones until additional schools are brought online;
- LTISD is committed to designing attendance zones that place students in schools within close geographic proximity of their residence;
- LTISD will avoid dividing communities when possible;
- LTISD will utilize minimum and maximum enrollment figures when planning for schools; and
- LTISD staff will recognize that demographic diversity enriches the LT community which should be embraced during its analysis of attendance zones."

In order to provide attendance zone recommendations to the LTISD school board in May, the following timeline will be utilized (subject to change):

Mar. 21: First Advisory Committee Meeting: orientation of committee, discuss Board parameters, review demographic study, and review first draft options created by administration and PASA, solicit initial feedback from committee

Mar. 26: Second Advisory Committee Meeting: prioritization and refinement of options

Apr. 9: Third Advisory Committee Meeting: complete refinement of options and ready options for public dissemination

Apr. 12: Boundary options and public hearing information made public via LTISD website

Apr. 22: Public Hearing for feedback (6:30pm, LTHS Performing Arts Center)

Apr. 25: Public Hearing for feedback (6:30pm, LTHS Performing Arts Center)

Apr. 30: Fourth Advisory Committee Meeting: review public input and discuss options; prepare final recommendation to present to Board

May 21: Advisory Committee Recommendation to Board: first reading

May 30: Advisory Committee Meeting: if necessary to review Board feedback

June 18: Advisory Committee Recommendation to Board: for approval
PASA demographers indicate enrollment is increasing by approximately 400 students—roughly 5%—annually. Over the past five years, student enrollment has increased by 33%. Considering a high growth rate scenario, PASA estimates student enrollment would reach approximately 15,000 by 2025, nearly double the current enrollment. Any changes to current district boundaries will be in effect for the 2014-2015 school year.

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



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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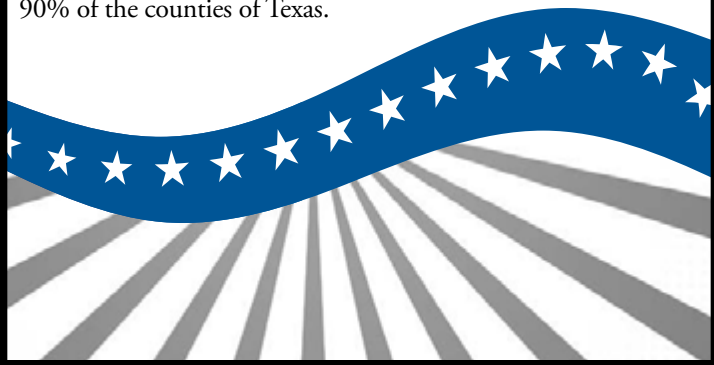
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Lake Travis Democrats

On Tuesday March 12th, the Lake Travis Democrats will welcome State Representative Chris Turner, the newly elected Chair of the Texas House Democratic Caucus. Turner was unanimously elected as chairman of the Democratic House Caucus at the beginning of this year's state legislative session and will help shape Democratic policy in the Republican-led Texas House. Representative Turner is a "Legislator of the Year" by the Texas Veterans of Foreign Wars, "Legislator of the Year" by the Vietnam Veterans of America, and the Texas State Council and the bi-partisan Legislative Veterans' Caucus's "Freshman of the Year." Representative Turner was also named "Freshman of the Year" by Texas Watch for his work on consumer protection issues and "Best of the House" by the Combined Law Enforcement Associations of Texas (CLEAT). The additional Legislative Committees Representative Turner serves on are the House Committee on Insurance and the House Committee on Environmental Regulation.

The Democrats' March meeting will be held Tuesday, March 12th at the Lakeway Activity Center, located at 105 Cross Creek in Lakeway. The meeting will begin at 6:30 pm with wine, non-alcoholic beverages, and appetizers served as part of a social time. The business and speakers' part of the meeting will begin at 7 pm and conclude by 8:30 pm. For more information about the Lake Travis Democrats and their monthly meetings, please contact Judy Donohue, Lake Travis Democrats President, president@laketravisdemocrats.org, 214 228-1532, or visit our website at www.laketravisdemocrats.org.

In addition to State Representative Chris Turner's presentation on March 12th, Matt Glazer of Progress Texas, will give a brief presentation about the work of Progress Texas. Progress Texas communicates progressive values throughout the Lone Star State. It serves as a multi-issue organization focused on holding elected officials accountable and empowering Texans to improve their community. Progress Texas' mission is to provide a strong, credible and enduring progressive voice that will ensure more inclusive, just and sustainable policies for Texas. They work with diverse coalitions and partners to implement media techniques that enrich and inform Texans about what is happening throughout the Lone Star State. To date, They have over 40,000 members throughout 90% of the counties of Texas.



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- Kids Stuff -

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



Eleven-year-old Cait was trying to fall asleep when her 8-year-old brother, Doug, came into her room. He looked around a bit, but seemed really out of it. Then Doug went back into the hallway and stood there staring up at the hall light. Little brothers can be weird, but this was really strange. Cait didn't know what to do. Just then, Cait's father appeared and explained that Doug was sleepwalking.

WHAT IS SLEEPWALKING?

Not all sleep is the same every night. We experience some deep, quiet sleep and some active sleep, which is when dreams happen. You might think sleepwalking would happen during active sleep, but a person isn't physically active during active sleep. Sleepwalking usually happens in the first few hours of sleep in the stage called slow-wave or deep sleep. Not all sleepwalkers actually walk. Some simply sit up or stand in bed or act like they're awake (but dazed) when, in fact, they're asleep! Most, however, do get up and move around for a few seconds or for as long as half an hour.

Sleepwalkers' eyes are open, but they don't see the same way they do when they're awake and often think they're in different rooms of the house or different places altogether. Sleepwalkers tend to go back to bed on their own and they won't remember it in the morning. Researchers estimate that up to 15% of kids sleepwalk regularly. Sleepwalking may run in families and sometimes occurs when a person is sick, has a fever, is not getting enough sleep, or is stressed.

IS SLEEPWALKING A SERIOUS PROBLEM?

If sleepwalking occurs frequently, every night or so, it's a good idea for your mom or dad to take you to see your doctor. But occasional sleepwalking generally isn't something to worry about, although it may look funny or even scary for the people who see a sleepwalker in action. Although occasional sleepwalking isn't a big deal, it's important, of course, that the person is kept safe. Precautions should be taken so the person is less likely to fall down, run into something, or walk out the front door while sleepwalking.

WHAT WILL THE DOCTOR DO?

There's no cure for sleepwalking, but the doctor can talk to you about what's happening and try to find ways to help you sleep more soundly. Most kids just grow out of sleepwalking.

For kids who sleepwalk often, doctors may recommend a treatment called scheduled awakening. This disrupts the sleep cycle enough to help stop sleepwalking. In rare cases, a doctor may prescribe medication to help someone sleep.

HERE ARE SOME TIPS TO HELP PREVENT SLEEPWALKING:

- Relax at bedtime by listening to soft music or relaxation tapes.
- Have a regular sleep schedule and stick to it.
- Keep noise and lights to a minimum while you're trying to sleep.
- Avoid drinking a lot in the evening and be sure to go to the bathroom before going to bed. (A full bladder can contribute to sleepwalking.)

HOW DO I TAKE CARE OF A SLEEPWALKER?

One thing you can do to help is to clear rooms and hallways of furniture or obstacles a sleepwalker might encounter during the night. If there are stairs or dangerous areas, a grown-up should close doors and windows or install safety gates.

You also might have heard that sleepwalkers can get confused and scared if you startle them into being awake. That's true, so what do you do if you see someone sleepwalking? You should call for a grown-up who can gently steer the person back to bed. And once the sleepwalker is tucked back in bed, it's time for you to get some shut-eye, too!

Reviewed by: Larissa Hirsch, MD

Date reviewed: February 2008

Originally reviewed by: Michael H. Goodman, MD

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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