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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
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Sheriff – Non-Emergency	
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Administration Office	
Travis County Animal Control	
,	
SCHOOLS	
Lake Travis ISD	
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Lake Travis Middle School	
Lake Travis Elementary	
Hudson Bend Middle School	
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Lakeway Elementary	
Serene Hills Elementary	
Bee Cave Elementary	512-533-6250
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Lakeway MUD	512 261 6222
Hurst Creek MUD	
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Texas Gas Service	
Custom Service	1-800-700-2443
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Billing	
Time Warner Cable	
Customer Service	512-485-5555
Repairs	
Austin/Travis County Hazardous Waste	
·	
OTHER NUMBERS	
Bee Cave City Hall	
Bee Cave Library	
Municipal Court	
Lake Travis Postal Office	
City of Bee Cavew	ww.beecavetexas.com
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NEWSLETTER PUBLISHER	512 2/2 0101
Peel, Inc.	
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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 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.

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.

### **6<sup>TH</sup> ANNUAL SPRINGFEST RETURNS TO BEE CAVE**

The Lake Travis Chamber of Commerce will bring SpringFest back to Bee Cave at a new venue, The Backyard at Bee Cave. Presented by St. David's Emergency Center, SpringFest will be bigger and better than ever. The one day community festival filled with shopping, food, music and fun for the whole family is always the last Saturday in April.

SpringFest kicks off at 11AM on Saturday, April 27th. "It is the BIGGEST time in the smallest town with vendor and merchant shopping galore, a KidZone the size of a football field, a boat expo featuring the latest and greatest in watercraft and a BBQ cook-off to determine this year's Lake Travis Rib King. New this year is a Craft BrewHaus with specialty craft beers from the Hill Country and Austin", says SpringFest Chair, Will Mitchell.

"We look forward to another electrifying event in Bee Cave," says Laura Mitchell, IOM, President of the Chamber. "This amazing festival is a fun event for all ages filled with great music, a huge KidZone and unique shopping."

SpringFest anticipates welcoming 10,000-12,000 attendees to this year's event. The phenomenal line up of performing arts and live music includes PAIYH Dance Studios, TexARTS, Carson Brock and The Effect, The Loose Wheels, The Camille Sanders Band, Two Tons of Steel and The Derailers. See the SpringFest site for line-up.

Stroll through 150+ local and regional artisan vendor booths for an experience that is only found in South Lake Travis. Everyone is welcome, and admission is FREE! Parking will be \$10 per car. Bring the kiddos – they will have hours of fun playing in our KidZone (nominal fee) complete with a Kiddie Ferris Wheel, bounce houses, the Screamin' Demon, a Zipline, face-painting and more.

Visit the Boat Expo with superior watercraft from Sail & Ski Center, The Ski Dock and South Austin Marine along with other boat related vendors.

"The partnership with The Backyard to expand the festival provides us with an opportunity to create a strong, positive economic impact on the local economy not just for the day, but throughout the year." says Will Mitchell

"SpringFest would not be possible without generous partners and dedicated support of our sponsors." "We would like to thank our presenting sponsor St. David's Emergency Center along with other dedicated supporters; Austin American Statesman, , Community Impact Newspaper, Covert, The Home Depot, Lake Travis View, MOSAK Advertising and Insights and Watkins Insurance for their contributions to this community festival," says Will Mitchell.

For more information on live music show times, vendor and BBQ cook-off applications for SpringFest, visit LakeTravisSpringFest.com. For additional information, please contact the Lake Travis Chamber of Commerce office via email at SpringFest@LakeTravisChamber.com or (512) 263-5833.



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#### **Around Bee Cave**



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#### A National Cancer Nonprofit in Our Own Backyard!

Submitted by Jim Higley

After Lakeway resident, Matt Ferstler, lost his left testicle to cancer at the age of 22, his close friends affectionately referred to him as "Single Jingles."

"There was absolutely nothing mean about that nickname," says Ferstler. "It was a great way to talk about what I had been through."

It also was the motivation for Ferstler to begin a new journey committed to bringing testicular cancer awareness to others and in 2009 Ferstler founded a testicular cancer awareness foundation.

It's name? You guessed it. Single Jingles.

Today, Single Jingles provides awareness and education to men and their families about testicular cancer—the number one cancer among men ages 15-35—from their Hill Country Galleria offices. Through extensive outreach programs, Single Jingles has become a leading nationwide advocate and awareness organization with a primary mission of educating young men and their families about the importance of performing a simple monthly self-exam to detect for early signs of testicular cancer.

"I can't tell you how many times we've been put in touch with parents whose young son is facing a testicular cancer diagnosis," explains Ferstler. "Often there were warning signs, but no one—mom, dad, or son—knew to speak up."

Single Jingles is committed to making sure young men, moms and dads know about this disease.

"By teaching young men about their body, we not only increase the likelihood of early detection of testicular cancer," said Ferstler. "We also are teaching them about the importance of taking care of their bodies and being an advocate for their own health."

Ferstler and his Single Jingles team welcome the opportunity to speak to area schools or organizations. "We've got terrific collateral—including helpful shower cards with reminders and instructions to do monthly self-exams."

Information on Single Jingles is available on their website at www. SingleJingles.org. For more information you can write them at info@ singlejingles.org.

REMINDER: APRIL IS TESTICULAR CANCER AWARENESS MONTH!

Now's a great time to make sure all the young men in your lives know about testicular cancer and how to perform a monthly self-exam. Everything you need to know and share is available at the Single Jingles website at www.SingleJingles.org. And during the month of April, stop by All Star Burger in the Hill Country Galleria who will gladly provide you a brochure and shower card to share with a young man you love!

Lakeway resident Matt Ferstler is founder and and CEO of Single Jingles Testicular Awareness Foundation







#### **Summertime Sensations 2013**

#### **Lilliput Camps**

2.5 - 5 Years M - F , 9a - 2p, After Care to 4p

Lilliput Camps allow young people to thrive by exploring a unique and developmentally appropriate theme through literacy, math, science, art and other creative activities. Each week's theme is diverse and open ended, providing children ample opportunity to discover and expand their thoughts and ideas.

**Sensational Exploration** 

June 3 - 7

**Color My World** 

June 10 - 14

**Cooking Up a Story** 

June 17 - 21

Passport to the World

June 24 - 28

**Sweet Summertime** 

July 1 - 3

Head, Shoulders, Knees and Toes

July 8 - 12

**Letter Detectives: The Alphabet Chronicles** 

July 15 - 19

Three, Two, One, Blast Off!

July 22 - 26

Bubble, Bubble, Pop! Do the Science Bop!

July 29 - August 2

Ready, Set, Recycle!

*August 5 - 9* 

**Digging Down Deep** 

August 12 - 16

**Wonderful Water Works** 

August 19 - 23

#### **Genre Camps**

6 - 11 Years, M - F, 9a - 4p

Genre Camps allow school-age children to fully explore a subject that intrigues them over the course of a week. Camp guides are experts in their field, allowing for in depth discussions of the area and a focus on developing proficient skills that children will be able to utilize both during and after camp.

Flip, Flap and Clap!: Gymnastics

June 3 - 7 (\*Ages 3 - 5, 9a - 2p)

Fizzle, Bubble, Pop and Wow!: Science

June 10 - 14

The Third City: Improv and Beyond for Youth

June 17 - 21

**Cooking Around the World** 

June 24 - 28

The Music and Me: Piano and Voice

July 1 - 3

Ni Hao, China!: Mandarin Language and Culture

July 8 - 12

Sun Salutations and Brush Strokes: Yoga and Art

July 15 - 19

Reach for the Stars!: Girls' Leadership

July 22 - 26

The Indomitable Spirit: Tae Kwon Do

July 29 - August2

Mis Sueños: Spanish Language and Culture

August 5 - 9

**Drawing From the Heart: Art** 

August 12 - 16

Oh, Snap!: Photography Camp

August 19 - 23



#### **April Events**

#### Hill Country Galleria

April 6
Texas Chapter of National Corvette Restorers Association event, 9am-12pm - bottom level of Garage A

April 6

Saturday Night Concert Series - Amphitheater; 7pm-9pm - Burgess Meredith

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

April 13

Saturday Night Concert Series - Amphitheater; 7pm-9pm - Javier Soliz

April 20

PAIYH Dance Studios & Boutique dance performance – Amphitheater, 1pm

April 20 Saturday Night Concert Series – Amphitheater; 7pm-9pm - Hillbilly Picnic

April 27

Saturday Night Concert Series - Amphitheater; 7pm-9pm



#### LAKETRAVIS READS **JOE NICK PATOSKI**

Popular cultural education program features acclaimed Austin author

The award-winning Joe Nick Patoski will be the featured author for the 2013 LAKE TRAVIS READS, the "One Book, One Community" program now in its sixth year. Co-sponsored by Bee Cave Public Library, Lake Travis Community Library, and Spicewood Community Library, LAKE TRAVIS READS encourages the community to read any of Patoski's entertaining and informative books and then meet the author at a special evening event on Wednesday, May 8th.

Wimberly resident Joe Nick Patoski is in his fourth decade writing about Texas and Texans. The Dallas Cowboys: The Outrageous History of the Biggest, Loudest, Most Hated, Best Loved Football Team in America, published in October by Little Brown, covers the Cowboys' birth and ensuing decades of success as part of the broader picture of the Sun Belt's rise in American politics and the economy. His 2008 biography Willie Nelson: An Epic Life, received a starred review from Publishers Weekly which called it "a fine, fluid piece of storytelling that any Nelson fan will appreciate," and 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. He has authored and co-authored biographies of Selena and Stevie Ray Vaughan, collaborated with photographer Laurence Parent on books about the Texas Mountains, the Texas Coast, and Big Bend National Park, all published by University of Texas Press, and written Generations on the Land: A Conservation Legacy and Texas High School Football: More Than the Game.

"Given our community's love for all things football, not to mention our fascination with Willie and Stevie Ray, the LAKE TRAVIS READS steering committee thought Joe Nick would be a great choice for this year's program. We encourage everyone to read one of his books, and come out to hear him speak on May 8th," said Bee Cave library director Barbara Hathaway.

The program with Patoski will take place at the new Lake Travis Community Library that opened earlier this year.

"We are thrilled to host LAKE TRAVIS READS in our new meeting room that can accommodate more than 60 people," said Lake Travis Community Library Director Morgan McMillian. "I am excited to learn more about the Dallas Cowboys, Stevie Ray Vaughan, and my favorite Willie Nelson."

"One Book, One Community" is a national program created by the Center for the Book in Washington, D.C., and adopted by communities around the nation. As part of LAKE TRAVIS READS JOE NICK PATOSKI, area book clubs are invited to host discussions of his work, and everyone is encouraged to read any of his titles. Check with your local library for availability. "An Evening with Joe Nick Patoski" will conclude the 2013 LAKE TRAVIS READS program with an appearance by the author at the new Lake Travis Community Library on Wednesday, May 8th at 7 p.m. The event is free and open to the public.

For more information, visit www.laketravisreads.org, or any of the participating libraries.

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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



12700 Hill Country Blvd. Bee Cave, Texas 78738 • 512-263-0001 www.HillCountryGalleria.com





#### 15th Annual Wilderness Run & Walk

Friends of the Parks of Lakeway Saturday, April 27/ Hamilton Greenbelt I in Lakeway / Registration: 8 AM / Event: 9 AM

Looking for a unique, active way to spend a morning in Lakeway? Join members of the Friends of the Parks of Lakeway and other outdoor enthusiasts for a 3 or 5 mile run or walk on Saturday, April 27 at 9:00AM at the Hamilton Greenbelt across from the Justice Center. This FREE community event will take you through the heart of Lakeway's trail system. The course winds along canyon walls and high cliffs, across fern covered creeks, and through tall native tree forests. Refreshments are available at the start/finish areas and at various locations along the course. Immediately following the event, there will be an award presentation for the top male and female finishers in various youth and adult divisions.

For the last 15 years Friends of the Parks of Lakeway have organized this community event. "As our only fundraiser of the year, we are excited about the 2013 Wilderness Run so we can complete projects such as the Mt. Lakeway trail in the Canyonlands. Both hikers and bikers can climb to the top of Mt. Lakeway trail and enjoy a scenic hill country view while passing through a not often seen sight in the Hill Country- a Texas madrone forest," said Bernie Reding, President of the Friends of the Parks.

Register on Race Day between 8:00 AM- 8:45AM with option of purchasing a commemorative T-Shirt for \$15.00. All donations and proceeds from The Wilderness Run will go towards improving and beautifying Lakeway's parks and greenbelts. We look forward to the fun we'll have running/ walking together with the Lake Travis community. For additional information about this event, please call Sheryl Kelly 261 6067 or visit our website http://www.lakewayfop.org/





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## Lake Travis High School Bass Fishing Team



Left: Tyler Anderson and 8.8 lb Largemouth Bass

Below: Left to Right are Lake Travis Students: Tyler Anderson, Evan Wright, Clark Mannas, Ben Roark, JD Bolner, Alec Wright, Dylan Morales, Marshall Hammelwright







The Lake Travis HS Cavalettes

#### Wrap Up Another Award-Winning Year with Annual Spring Show

**METAMORPHOSIS: BETHE CHANGE!** 

This year the 31st Line of the Lake Travis High School Cavalettes has been kicking and dancing their way through another award winning season. After entertaining the fans at the football games through the fall, the Cavalettes returned in January to start preparing for their winter competitions. At the most recent HTEDance Central Texas Regional championship they performed three routines and were named champion in all three categories: Jazz, Kick and Pom. They received a Judge's Award for Choreography and Technique as well as the Super Sweepstakes Award for receiving a 95 average or above on all routines and were named Large Varsity Team Champions (overall). And finally, the Cavalettes walked away with Grand Champion Team award which is given to the team with the highest score overall.

The Cavalette Silver Line teams competed in the select team division and were named champion in: Select Team Jazz, Select Team Modern and, Select Team Pom. They received the Judge's Award for Technique, the Super Sweepstakes Award and Select Team Champions (overall). The Cavalette Silver Line teams will go on to perform at the national competition to be held in Denton, TX on March 21st-23rd.

The Lake Travis High School Cavalettes would like to invite you to their annual Spring Show - "Metamorphosis: Be the Change" at the Lake Travis High School Performing Arts Center on April 19th and 20th. Friday and Saturday evening's performances will showcase dances from the award winning Cavalettes. Saturday's matinee will feature performances by the Lake Travis Middle School, Hudson Bend Middle School and the LTHS dance programs with special performances by the Cavalettes. Special guest performances will include the LTHS Red Rubies, local dance studios, LTHS Choir, LTHS Cheer Squad and more. Fri. 7pm; Sat. 2pm & 7pm. Evening shows are \$10 for reserved, \$8 for general, and \$5 for students. Matinee shows are \$8 for reserved, \$5 for general, and \$3 for students. Tickets may be purchased at the Cavalier Activity Center starting April 10th.





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#### News You Can Use

#### The TexARTS Cabaret Series

April 12-13

#### Michelle Cheney in "I'm Not Afraid"

Since the launch of the TexARTS Cabaret Series in December, Lakeway audiences have been raving about the fantastic performances that have played the intimate Kam and James Morris Theatre.

The series has already shined the spotlight on an eclectic group of singers, including: the country and western band Rosie and the Ramblers, the soulful Courtney Sanchez and dynamic piano man Matt Wilson, the ever popular group The Studebakers and the jazzy vocals of Kara Bliss and Austin Haller.

"We are so excited to open our theatre to some of Austin's best vocalists, said Robby Armitage, TexARTS' producing artistic director, "and bring these great acts to Lakeway."

In April, the TexARTS Cabaret Series welcomes singer, actress and comedienne, Michelle Cheney in her comedic and heartwarming show, "I'm Not Afraid." This evening of parody and humor will feature timeless songs from some of Broadway's greatest composers including Kander and Ebb, Jason Robert Brown, Amanda McBroom and many more. David Blackburn will music direct.

"I'm Not Afraid" starring Michelle Cheney runs April 12-13 at 7:30 p.m. at the Kam and James Morris Theatre at TexARTS (2300 Lohman's Spur, Suite #160, Lakeway, TX). For all ages. Tickets: \$20.00 - \$30.00. www.tex-arts.org/michellecheney.html. Box Office: 512-852-9079 x101





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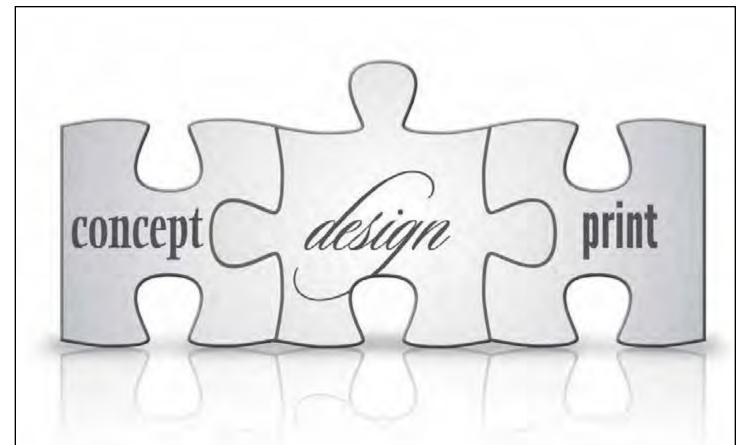
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#### Home Athletics Schedule April 2013

DATE	SPORT	OPPONENT	TIME
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	ВВ	Southwestern	7:00 p.m.
BB (Baseb	all)		
SB (Softb	all)		

CTX Athletics is Now Accepting Season Ticket Pass Applications!!!

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

#### SAFE KIDS SAFETY TIPS

By Concentra Urgent Care

Accidental injury is the number one killer of America's children, taking more lives than disease, violence, and suicide. Prevention is the cure. It's estimated that by taking these and other simple precautions, almost all (90%) of these accidental injuries can be avoided.

- Childproof your home. Look at every room as your child would. Ask
  yourself what looks interesting and what can be reached. Get down on
  your hands and knees, and check for small things children can choke on.
- Use the back burners on stoves, and turn pot handles to the back. Keep children away from the stove or microwave when cooking, and don't serve hot food or drinks to them.
- Keep knives, glasses, and scissors where young kids can't reach them.
- Cover electrical outlets that are not in use.
- Keep guns locked, unloaded, and where kids can't reach them.
- Take precautions to avoid fire in the home.
- Install smoke alarms on every level of your home and in every sleeping area. Test them once a month.
- Plan several ways to escape from each room if a fire starts. Practice the fire escape plan with your family. Identify a safe place to meet outside.
- Lock up matches, lighters, and gasoline.
- Keep space heaters where kids can't reach them and away from curtains, beds, and papers.
- Never put electrical cords under rugs
- Always supervise children while they are in the bathroom, and follow other important bathroom safety guidelines.
- Keep the hot water heater at low-medium or less than 120° Farenheit.
   Mix hot and cold water in the bathtub, and test it on your forearm before putting children into the tub. Never leave the room while they are bathing.
- Keep toilet lids closed and locked, and doors to bathrooms and utility rooms closed when not in use. Put razors, curling irons, and hair dryers out of reach.
- Avoid exposing children to potential poisons. Lock up potential poisons out of children's reach, including cleaning supplies, pet food, medicine, vitamins, beer, wine, and liquor.
- Read labels and follow directions when giving medicine to children.
- Know which houseplants are poisonous and keep them where children can't reach them.
- Install carbon monoxide detectors in every sleeping area and test them every month.
- Make sure heating systems are vented outside and checked every year.
- · Prevent serious falls.
- Keep furniture away from windows. Install guards or stops on windows that are not emergency exits.
- Install safety gates at the top and the bottom of stairs.
- Never use baby walkers.
- Keep emergency numbers by every telephone. Call 911 if a child is choking, collapses, can't breathe, or is having a seizure. If you suspect a child has been poisoned, call 1-800-222-1222.
- Keep first aid supplies on hand.

For more information about preventing child injury, you can visit the Safe Kids USA Web site at: http://www.usa.safekids.org

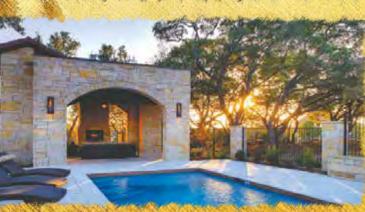
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#### **Business Section**

#### Seven Business Networking Groups in the Area

#### **AREYOU 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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#### MIDDLE EAST EXPERT TO SPEAK AT **GOP MEETING!**

Michael Nayebi, Middle East Analyst for Stratfor Global Intelligence, will be the featured speaker at the monthly meeting of the Lake Travis Republican Club, to be held on Tuesday, April 16, 2013, at the Hills Country Club, from 11:30 AM to 1:00 PM.

With his focus on the Middle East and North Africa, Michael bears heavy responsibility for intelligence coverage for one of the world's most dynamic and volatile regions. Since joining the company in 2011, he has written extensively – and briefed institutional clients – on energy issues and political trends in such key areas as Iran, Iraq, North Africa and the Persian Gulf.

Mr. Nayebi is a native Austinite who holds degrees in English and Linguistics from the University of Texas. He earned a master's degree in Literary and Cultural Studies from Carnegie-Mellon University, in which his work focused on cultural and religious exchanges between Persian and Western empires during the Middle Ages. He is a fluent speaker of Persian and maintains a working knowledge of medieval Romance languages.

Tickets for the meeting are \$15.00 for members, and \$20.00 for guests. Reservations can be obtained by calling 512-261-0722, or by email at wwarmuth@austin.rr.com.



#### **NOT AVAILABLE ONLINE**

#### **BUSINESS CLASSIFIEDS**

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#### FREE KIDS PROGRAMS!

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- Giving Workshops (make a bear to donate to Children in need)
- Monthly Events in Lakeway
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- Meet local seniors
  - Great for ages 4+ www.youth2seniors.org

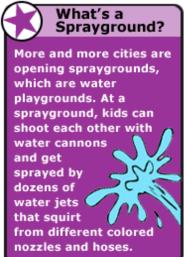


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## - Kids Stuff-

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





Do you have a favorite playground? Maybe it's a new wooden one that has lots of tall towers and passageways. Or maybe your favorite is an old-fashioned playground with swings and a seesaw. Playgrounds are fun places for kids because there's so much to do and other kids to have fun with. But sometimes kids get hurt at playgrounds. That's no fun, so here are 10 ways to keep safe:

I. Take a grown-up. As kids get bigger, they like doing things on their own. Going to the playground shouldn't be one of them, though. Grown-ups come in handy because they might spot problems at the playground, they can help you down if you get in a tight spot, and they can help if you happen to get hurt.

- **2. Take a good look around.** If the playground has lots of trash, such as broken glass, or the equipment looks broken, don't play there.
- 3. Keep your size in mind. Many playgrounds have some equipment that's for little kids (like 2- to 5-year-olds) and other equipment that's meant for older kids. Use the equipment that's right for your age. If you squeeze yourself onto a swing for toddlers, you might get stuck. Likewise, if your little brother or sister starts climbing something meant for older kids, guide him or her to the little kid stuff
- **4. Don't go too high**. Many playgrounds have tall stuff to play on, such as towers or open passageways between equipment. Don't climb higher than you feel comfortable, and feel free to ask your grown-up if you need help getting down. Never climb up the outside of equipment, or hoist yourself up on the roof. The view might be cool, but it's a long way down.
- **5. Look out below.** The best playgrounds put down special surfacing material, such as mulch, wood chips, sand, gravel, or rubber matting. These surfaces can help soften a fall, but that doesn't mean you won't get hurt, especially if you tumble from a high spot.
- **6. Swing safely.** Kids often get hurt at the playground because they get hit by someone on a swing. If you're swinging, watch out for people who

- might be getting too close. And if you're walking around the playground, don't get too close to the swingers.
- 7. Use your head. Sometimes you'll see kids going headfirst down the slide or maybe two or three kids will get on a piece of equipment that's only meant for one. Or some kids might start goofing around and trying to push each other off a swing or off of a high spot. If your grown-up sees you doing this, he or she will probably say, "Knock it off. Someone's going to get hurt." It's true, so try to use the playground equipment properly. And if you get stuck, or don't know how to get down from something, call your grown-up over so he or she can help you down.
- **8. Report problems.** If you see graffiti (when people write or paint on stuff), a broken swing, or find any other problems while you're playing, tell your grown-up. He or she can report the problem so it can be fixed.
- **9. Clean up.** If you bring a drink or snack to the playground, clean up your trash before you leave. When you do, the park will look nice when the next kid comes along to play and you will have shown that you're a good playground citizen.
- I 0.Have a great time! How can you make a good time at the playground even better? Bring a friend and only complain a little when it's time to leave.
  Reviewed by: Steven Dowshen, MD
  Date reviewed: May 2008

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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