



BEE CAVE *Messenger*

VOLUME 4, ISSUE II

NOVEMBER 2013

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA

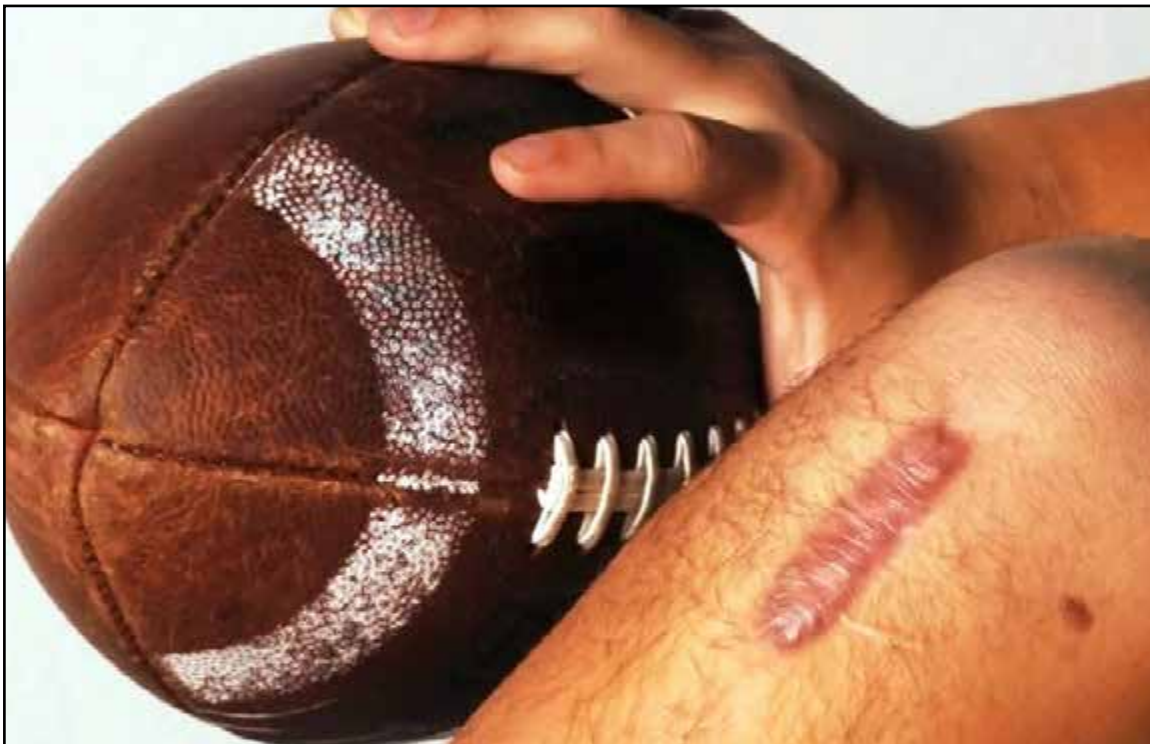


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ARTICLE INFO

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.

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 |

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|--|----------------|
| 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

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| Editor..... | beecave@peelinc.com |
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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.

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.

BLOOD DRIVE



The Lakeway Community Blood Drive had a successful blood drive in September getting 65 units of blood. We had quite a few walk-ins and new donors”

Our next drive will be on Saturday, November 16 at the City of Lakeway Activity Center from 8-12. We have donors for about half of the slots and it would be great to have a full schedule. So, please check your calendar and see if you can participate.

To sign up, email or call the number below and make an appointment. Walk-ins are welcomed, but those with appointments will be taken first.

Searcy Willis

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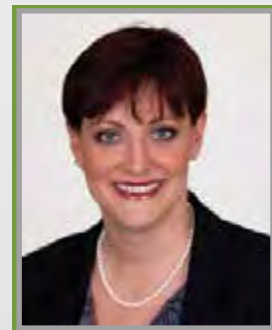
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Around Bee Cave

AT&T and Google – High Speed Competition to Win Customers

AT&T has answered Google's announcement to bring fiber to Austin, saying AT&T will roll out their gigabit network in stages beginning in December of this year. AT&T U-verse with GigaPower service will begin with a 300 Mbps option by December 1, 2013. By the middle of 2014, residents with GigaPower service will have the gigabit connection.

In April, Google announced Austin would become the second fiber city in the U.S. The company plans to have the first "fiberhood" connected to its ultra-fast broadband by mid-2014.


Though few details are available on how both tech companies will select the first neighborhoods to get the gigabit-speed Internet and TV package, one thing is certain – neighborhoods and homeowner associations are a vital key to how the areas will be chosen. Both AT&T and Google will base their service areas on what they call "build by demand model. The criteria are solely based on which neighborhood had the highest rate of registrants on their registration sites.

One of the many traits of the Lake Travis communities is the

number of small businesses and professionals who work from home. Ultra-fast broadband would be a plus for many who are not supported by large company broadband systems. Additionally, the Lake Travis communities would become more attractive for businesses and companies to make this area their home.



With both options available to consumers, it may be a case of "may the best company win" your business. A grass roots effort is underway to get the communities of Lake Travis (Bee Cave, Lakeway, out to Hamilton Pool Road and 71 to Spicewood) signed up with both companies. This effort by local area residents will be key in bringing one or both options to the Lake Travis communities.

To register your interest to have AT&T U-verse GigaPower in our area, register your address and zip code at <https://gigaom.com/2013/10/01/atts-gigabit-network-will-go-live-in-december-with-300-mbps-service/>. To register your interest to have Google ultra-fast broadband in our area, register your zip code at <https://fiber.google.com/cities/austin/>.



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Hill Country Galleria *Events for November*

- 14** Wine Walk: 5pm-9pm – start at Twin Liquors
- 21** 7th Annual Tree Lighting & Santa's Arrival event w/ fireworks – Amphitheater; 6pm-9pm
- 22** Meet & greet with Santa under the holiday tree – 4pm-8pm
- 23** PAIYH Dance Studios performance – Amphitheater; 2pm-3pm
- 23** Meet & greet with Santa under the holiday tree – 12pm-8pm
- 24** Meet & greet with Santa under the holiday tree – 12pm-6pm
- 28** CLOSED, Thanksgiving Day – please check with your favorite stores & restaurants as their hours may vary
- 29** Black Friday! – check with your favorite stores for specials and discounts
- 29** Meet & greet with Santa under the holiday tree – 12pm-8pm
- 30** Meet & greet with Santa under the holiday tree – 12pm-8pm



**7TH ANNUAL
Tree Lighting
& Santa's Arrival**
Hill Country Galleria
Thursday, November 21st
6pm-9pm

**Emceed by The CW Star,
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 • Santa's Arrival (7pm)
 • Christmas Tree Lighting
 • Fireworks
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Around Bee Cave

Lake Travis Green Santa

Spread the love of Christmas by assisting local families in need. LTlov will partner with Lake Travis Green Santa for the sixth straight year by hosting the "Santa's Sack" Christmas gift drive. For information about gift ideas and a list of drop-off locations please visit Upcoming Events at www.ltlov.org. Donations will be accepted beginning November 18th through December 6th.



LTlov's Kids Free Dental Care Day



For the third straight year, LTlov's Kids Free Dental Care Day gave Lake Travis children the opportunity to receive basic dental care that would otherwise be unaffordable for their families. 55 children got their teeth checked, cleaned, polished and repaired thanks to an extraordinary team of dental professionals and support volunteers. Three years ago LTlov and Lakeway Dental's Robbie Robinson decided that all children in our community should have access to basic dental care and the Lake Travis community has made this lofty goal a healthy reality. For more information, visit www.ltlov.org.



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LETTERS TO SANTA HOLIDAY MUSICAL

Put Art In Your Heart (PAIYH) co-owner and Artistic Director Jeanna Marie Phillips has always enjoyed fusing her talents in dancing, singing, and acting, and she has done it again this year in a new holiday musical "Letters for Santa." Building on the success of her previous musical "NOEL", she collaborated this year with PAIYH's Creative Director Ally Tippe and Vocal Director Meg Steiner as they wrote the music and scenes for the studio's holiday performance. Jeanna Phillips spent many years in Los Angeles and has an extensive list of accomplishments in producing and performing. Joining Phillips in the writing and choreography, Ally Tippe hails from the Midwest, bringing a wealth of vocal and dance experience. Director and choreographer Meg Steiner's list of credits includes a current roll in "Assassins" with Soubrette Productions at the Carver Center and recent choreography work on the pre-Broadway workshop of "National Pastime", "Edges," and "Baby" with the Austin Theatre Project. The show is produced by Phillips and Hilary Files. The finished product includes something the whole family can enjoy – a fusion of hip-hop, tap, and ballet numbers; holiday music; and dialogue. PAIYH, a Bee Cave dance studio, held open tryouts to case the production. Their talented performers, ranging in age from 5 to 18 years old, consist of some of their students as well as community members.



Rehearsals began twice a week in early September.

PAIYH debuts the musical "Letters to Santa" on December 14, 2013 with two performances at the black box theater at Life Austin, between Bee Cave and Oak Hill on Hwy 71. The audience is invited to bring a canned good to join the performers onstage as part of the show.

The story of "Letters to Santa" follows Jolly the holiday elf as he opens Letters to Santa from all over the world.

The letters come to life through dance, acting, and vocal performances. The 50 minute production touches subjects both humorous and serious while incorporating familiar songs such as "Jingle Bells," "Up On The Housetop," and "Deck The Halls," with original arrangements by Los Angeles composer Jose Murillo and Austin music producer John Phillips.

"Letters to Santa" Holiday Musical

Saturday, December 14 at 3:30 p.m. and 6 p.m.

LifeAustin, 8901 W. Hwy 71, Austin, TX, 78735

Adult \$15; Children \$12; 2 years old and younger, sitting on a parents lap, free. Tickets can be purchased at PAIYH Dance Studios in the Hill Country Galleria, by calling 512-291-2179, or online at www.putartinyourheart.com.



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Twenty-Eight LTHS Students Earn Recognition By The National Merit Scholarship Program

Eight students identified as Semifinalists

Lake Travis High School (LTHS) principal Kimberly Brents is pleased to announce that 28 seniors have been recognized by the 2014 National Merit Scholarship Program.

These students entered the program by taking the Preliminary SAT/National Merit Scholarship Qualifying Test (NMSQT) as high school juniors in 2012. They were chosen from more than 1.5 million program entrants and represent less than one percent of each state's high school seniors. According to the National Merit Scholarship Program, these students are the top scorers from each state and show exceptional academic ability and potential for success in rigorous college studies. Additionally, the National Hispanic Recognition Program identifies nearly 5,000 outstanding Hispanic/Latino students each year, while the National Achievement Scholarship Program provides recognition for outstanding Black American high school students.

"Our students continue to raise the bar on academic excellence," said Kimberly Brents, LTHS principal. "Their success not only reflects the quality and caliber of our teachers and staff who directly impact student learning, it also reflects the support and commitment of their parents who are instrumental to their success."

Earlier this month, approximately two-thirds of the 50,000 high scorers on the PSAT/NMSQT received letters of commendation in recognition of their outstanding academic promise. Commended students are named on the basis of a nationally applied index score that may vary from year to year. The remaining one-third of these students were then notified that they have qualified as Semifinalists and are eligible to receive a National Merit Scholarship. Semifinalists advance to Finalist standing in the competition by meeting high academic standards and all other requirements.

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● Student/Staff Holiday

● Student Holiday
Prof Dev/Workday

● Prof Dev/Workday

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Whether you have just moved to Austin or have lived here for years and suddenly had a change in lifestyle, Austin Newcomers Club offers you an opportunity to connect with others and learn more about the Austin area. Austin Newcomers Club is a nonprofit social and recreational organization committed to welcome newcomers to Austin.

Choose from more than 40 interest groups including Hiking, Photography, Walking Tours, Day Trippers, Book Groups, Music Lovers, Cinema, Bridge, Canasta, Bunco, Mah Jongg, and many more.

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News You Can Use

Pruning Guidelines for Prevention of Oak Wilt in Texas

NOW IS THE TIME TO PRUNE YOUR OAK TREES

Oak wilt, caused by the fungus *Ceratocystis fagacearum*, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from tree-to-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. Below is a brief description of how you can reduce the risk of fungal spread when pruning.

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.
- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding of oaks during the spring (currently defined as February 1 through June 30). Reasons to prune in the spring include:

- To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.
- To repair damaged limbs (from storms or other anomalies)
- To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.
- On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
- Dead branch removal where live tissue is not exposed.

Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February 1 or after June 30. Debris from diseased red oaks should be immediately chipped, burned or buried. Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.

References available at <http://www.TexasOakWilt.org>.

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DIABETES PREVENTION: FOUR STEPS ON THE ROAD TO HEALTH

November is Diabetes Awareness Month

The old adage is true that every journey begins with a single step. On the road to improving your health, small lifestyle changes can lead to dramatic results, especially for people at risk of developing Type 2 diabetes.

"It's never too late to make lifestyle changes and reduce your risk of developing Type 2 diabetes," says Dr. Valerie Espinosa, an endocrinologist with Texas Diabetes and Endocrinology.

Diabetes comes in two forms: Type 1, which mainly affects children and is not currently preventable, and Type 2, which is usually diagnosed later in life and is often preventable. Most people who develop Type 2 diabetes go through a phase called pre-diabetes in which their blood sugar is slightly elevated. But some simple steps can help people with pre-diabetes avoid the progression to Type 2 diabetes.

Step 1: Get More Physical Activity. Exercise can help people to lose weight, lower blood sugar, and boost the body's sensitivity to insulin, which helps the body regulate sugar.

"While aerobic exercise is important for overall good health," says Dr. Espinosa, "resistance training to build up muscle mass is especially important for someone with pre-diabetes."

Step 2: Eat More Vegetables, Beans, Nuts, Whole Grains. Adding more fiber and whole grains to your diet can reduce your risk of progressing

from pre-diabetes to Type 2 diabetes.

When shopping for breads, pasta products, and cereals, look for the words "whole grain" on the label. Aim for making at least half of the grains you eat whole grains.

Step 3: Lose a Few Pounds. Small weight loss goals can have remarkable results in lowering blood glucose levels in people with pre-diabetes. A weight loss of five to seven percent in someone who is overweight can significantly improve their health.

"Someone who is 200-pounds and overweight can set a goal to lose 10 pounds," says Dr. Espinosa.

Step 4: Make Healthier Choices. Eliminate the temptation to eat foods that you know will raise your blood sugar level, like cookies, potato chips, and sugary drinks, by making healthier choices in the grocery store.

"If you don't have potato chips at home, you won't be tempted to eat them," says Dr. Espinosa.

According to the American Diabetes Association's 2011 statistics, a whopping 79 million adults have pre-diabetes. Small, healthy steps can help keep people with pre-diabetes from joining the 25.8 million adults in the United States who have full-blown Type 2 diabetes. Both pre-diabetes and diabetes can be diagnosed with a simple blood test.

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