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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.

#### **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.

#### **IMPORTANT NUMBERS**

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EMERGENCY	
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Sheriff – Non-Emergency	
Travis County ESD No.6/Lake Travis Fire R	
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Travis County Animal Control	512-972-6060
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Lake Travis ISD	512-533-6000
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Lake Travis Middle School	
Lake Travis Elementary	
Hudson Bend Middle School	
Lake Pointe Elementary	
Lakeway Elementary	
Serene Hills Elementary	
Bee Cave Elementary	
200 30,0 2,0,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
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Lakeway MUD	512-261-6222
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Municipal Court	512-767-6630
Lake Travis Postal Office	512-263-2458
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- Tennis Tips

#### **NEWS YOU CAN USE**

**Aphids** 

#### IN EVERY ISSUE

- Classifieds
- 18 Teenage Job Seekers



theaustinstone





# **SPORTS PHYSICAL?**

# Why Your Kids Should Also Visit The Pediatrician Vanessa Chiapetta, MD, ADC Pediatrics

If your children underwent a sports physical through their school district, you might wonder why it's also necessary for them to see their doctor.

The answer? Quality. Sports physicals performed through schools are very convenient. They are also very quick and inexpensive. Time is short and so is money, so why not?

There are a number of benefits of visiting the pediatrician for a well-child exam, rather than just undergoing a sports physical.

#### **BENEFITS OF A WELL-CHILD EXAM**

With your pediatrician, you will receive a full assessment of your child's specific needs with someone who knows him/her and your family.

You are present at the visit so you can get information and ask questions about your child's

Development

- Nutritional status
- Chronic medical issues
- Past injuries and how they relate to the sport in which he is planning to participate

Your pediatrician will be sure your child has his appropriate immunizations at this visit and they can refill any chronic medications your child takes.

Your pediatrician can also refer him/her to any specialists they may need to see to be sure they are fit for the sport he/she chooses.

Your well-child exam can also be used as the school's annual Sports Exam if it is done after a certain date in the spring. (Check with your school for their date.)

Maybe it is a little more work and/or money than the school's sports physical, but ultimately the quality and education your well-child exam provides should beat convenience when it comes to your family's health.



#### Intelligent minds are nurtured by a peaked curiosity and love for learning.

A child with confidence is built on a foundation of love and support. The Children's Center of Austin's educational and developmental curriculum is like none other and reaches to all types of early learners. Learning doesn't only take place in our classrooms! Learning continues to be fostered in our school library, gym, art studio, computer labs, and playgrounds.

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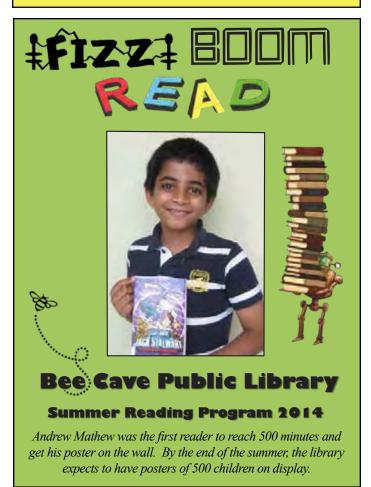
#### **BEE CAVES**

8100 Bee Caves Rd Austin, TX 78746 512.329.6633

# July Events at Bee Cave Public Library

Bee Cave Public Library's annual Summer Reading Program is underway with a wide variety of programming for families, teens and adults through the end of July. This year's theme, Fizz Book READ! kicked off in June with the library offering book bags to everyone who signed up for summer reading. The children's bags have a Bee Cave version of the periodic table in keeping with the science theme, and kids are encouraged to decorate them and send in a photo of where they went with their bags. All children who read at least 500 minutes will get a poster made to hang in the library and a copy to take home. Adults and teens who sign up also get a bag, and can enter drawings for fabulous prizes donated by local stores, restaurants, and other businesses.

June events included a "Rube Goldberg Machine" workshop for teens, a "Build Lab" for tweens, and an "Icky Science" day for kids, as well as a visit from the Southwest Mobile Dairy cow, and a Craft Open House. After closing July 4-5, the library will reopen on July 8 with more fun events:



# JULY 8, 2-3:00 P.M. "TEXAS DINOSAURS ROCK"

DINOSAURS ROCK is a participatory presentation with fossils and fossil replicas. Some children will even be selected from the audience to assist as our expert WALT WHITTINGTON shares stories about the exhibits. Following the presentation, children get the opportunity to dig for three fossil and/or mineral specimens to take home for their own collection. Grades 1 and up!

# JULY 9, 2-3:00 P.M. "MYTHBUSTERS FORTEENS"

Were you born to hate broccoli? Is the 5 second rule actually true? Join us as we test out the myths that teens from our own TAB have submitted —you may be surprised at the answers... For grades 7-12.

## JULY 16, 2-3:00 P.M. "GROSSOLOGY FORTWEENS"

Ever played with oobleck or figured out the science behind saliva? Get your hands dirty and be prepared to learn some really gross facts at this program. For grades 3-6.

# JULY 17,8-10:00 P.M. "STAR PARTY" FAMILY PROGRAM

Join for an evening where we explore the sky above Bee Cave with the Austin Astronomical Society at the Old Bee Cave School House (next to the Bee Cave Police Department, behind Two Saints Café). Don't forget the bug spray! Great for all ages.

# JULY 22, I I:00 A.M. OR I:30 P.M. "THE BUZZ ABOUT BEES" FOR IST GRADE & UP.

Join beekeeper and storyteller Kim Lehman for this fun-filled program about our tiny friends, the honey bees. This will be a hands-on program, but space is limited. The first 30 children (first grade and up) to arrive for each session will be admitted.

#### JULY 23, 2-3:00 P.M.

#### "E IS FOR ENGINEERING" FOR GRADES K-2.

What do toothpicks and candy have to do with science? Come to the library to find out!

#### JULY 26, 10 A.M.-5 P.M.

Last day for kids to turn in their Reading Logs!

**AUGUST 2, 2:00 P.M.** 

# "WRAP UP PARTY WITH LUCAS MILLER, THE SINGING ZOOLOGIST"

Test your knowledge of wildlife and science as Lucas Miller, the Singing Zoologist, presents Wildlife Jeopardy! Blending quiz questions, songs, humor and prizes, Miller promises adults and kids alike will learn, laugh, dance and sing in the dynamic, multimedia presentation. Great for all ages.



A reader takes a break from the festivities.



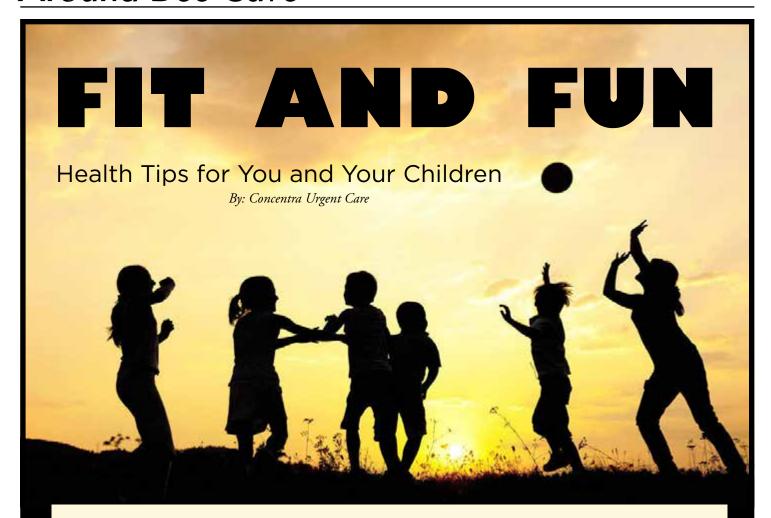
Library staffers Rita Bauer, Rachel Rosanno and Mary Miller register families for summer reading.



Teen Volunteer Ashley Londa decorates a bag.



Teens show off their Rube Goldberg creation.



Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.
- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around —

it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hideand-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.
- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: http://www.cdc.gov/healthyyouth/physicalactivity/

#### **RETIRE BETTER - A LIFETIME OF INCOME**

# **WHERE DO WE GO FROM HERE?**

WITH JOSH STIVERS

Q: What is the best investment allocation with the stock market at record highs?

A: We are currently sitting in a very nice position. Most people's investment and retirement accounts are boasting the highest values they have ever seen. Market volatility is at a very low level and there is a shift from growth to value stock investing that is helping to level things out even further. With that said, the pressure to make wise decisions concerning the future of your investment portfolio has never been higher.

To answer the question regarding the best allocation for our current market, there are several aspects we need to take into consideration.

First of all, what is your long term objective? Many of the clients we met with this year already achieved their growth objective well ahead of schedule due to the market run up. It is important that their current value be protected from any future volatility. The key here is to not get too greedy and begin to think that we are guaranteed that markets will remain at their current levels. Often, it makes sense to take a portion of the profits off the table. Once the profits are off the table, it is essential that they be reinvested in a conservative and safe manner.

Next, we need to take into account where we believe markets are heading. The last time that market volatility was this low was in 2006 & 2007 right before the financial crisis. I am not saying that we are about to see another crisis of that magnitude, but we have to be cautious whenever we see potential complacency

slipping into investor decisions. Taking investment positions that shield from downside risk are important at a time like this.

One of the keys here is that investors do not end up buying high and selling lower. The old adage "buy high, sell low" still applies. This is not the time to run out and jump on the equities bandwagon and then find out that everyone else is getting off. Many institutional investors already harvested profits during this time which can make it difficult for individual investors to make educated stock picks. It is best to utilize index funds and ETFs that allow for broader exposure to sectors that are poised for growth.

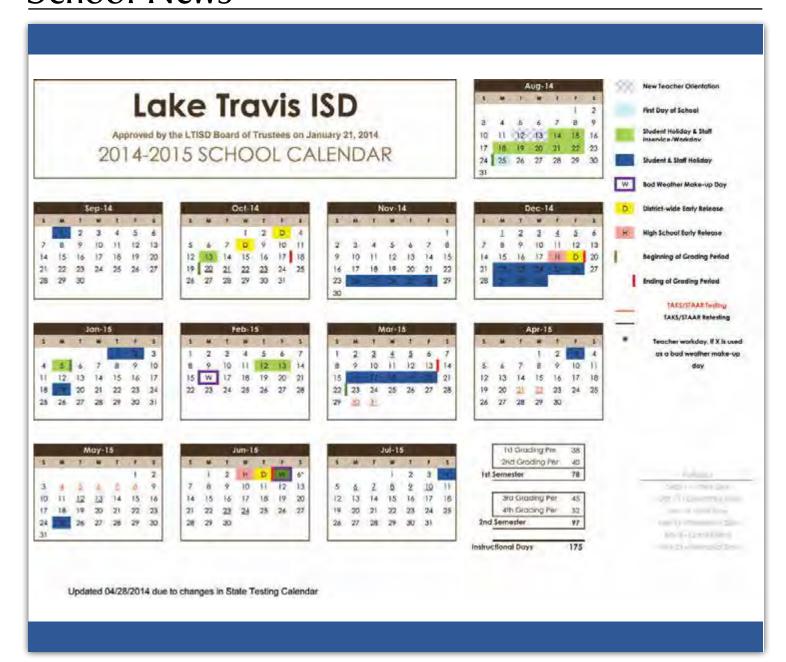
Sometimes, investors can get so used to looking at their current portfolio that they forget there are other strategies to choose from. During times like this when equity markets are so high, it makes sense to consider alternative investment strategies that are driven by non-correlated factors. Often, you can receive a very healthy dividend yield without price volatility. This is a great place to reinvest the profits you have the opportunity to cash in on.

If you would like further information on this topic or to receive a copy of our report on retirement income planning, please send your requests to the email below. As always, we are here to answer your pressing questions and concerns regarding retirement investment planning.

Send your questions and information requests to retirebetter@platinumwealthadvisory.com

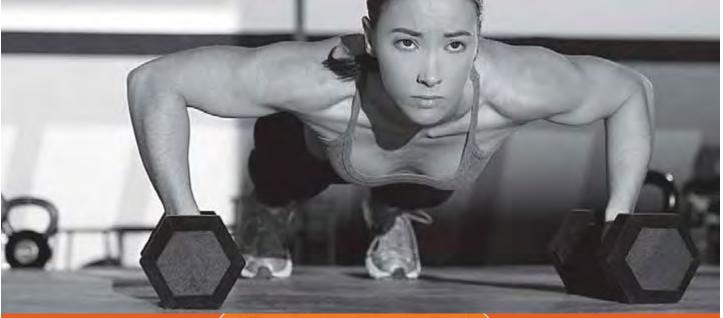


# **School News**









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# Sports



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Providing positive and safe sports for all children that teach basic values they can count on in their lives. We know how important the youth sports experience is for the children and that is the reason we teach the importance of teamwork, cooperation and hard work.

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# TENNIS TIPS

By USPTA/PTR Master Professional Fernando Velasco













# The Modern Game: The Forehand Approach Shot

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing. I am now offering suggestions on how to play the "modern" game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more "weapons" on the court. In this issue, I will offer instructions on how to execute the Top Forehand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a "winner" or as an "approach shot."

In the illustrations, Christian Smith, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Christian is coached by the Director of the Tennis Academy, Darin Pleasant.

Step 1: The Back Swing: When Christian sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the left hand in front of his body for balance. He has

loaded his right hip to help him drive his weight forward. His grip is relaxed and his wrist is "laid back" to allow maximum point of contact.

Step 2: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Christian started the swing high and "looped" it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His right shoulder is almost opening and his weight has now been shifted toward the front.

Step 3: The Follow Through: In order to get maximum control and power, Christian is keeping his left arm in front as he extends through the shot. He has "snapped" his left wrist and has the head of the racket facing down. His weight is in the process of shifting forward.

Step 4: The Finish: Christian's upper body acceleration forced his head of the racket to "wrap around" his left hip, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley.

Step 5: The Ready Position: Once Christian hits the ball, he must get ready to volley if the ball was not a "winner". By the smile on his face, his forehand approach shot was successful and is waiting for an easy return to "kill" the next shot. His knees are slightly flexed, he is in a good athletic stance and his eyes are focused on the oncoming ball.

Look in the next Newsletter for: "The Modern Game: The Backhand Approach Shot"

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# TEXAS A&M GRILIFE EXTENSION

### **APHIDS**



Aphids feed on a wide variety of plants in Texas. They have high reproductive capabilities so their populations can grow to large numbers quickly.

Aphids are small, soft-bodied insects that come in a variety of colors. Some have wings while others may not, but all have cornicles, or "tailpipes" that come off the tip of the abdomen.

Aphids have piercing-sucking mouthparts which they use to pierce plant tissue and suck out the juices. Damage often appears as yellowing or curling of foliage. Aphids also secrete a sweet, sticky substance called honeydew. Honeydew often appears on the plant as a shiny spots or sometimes the honeydew may have sooty mold growing on it. Sooty mold is a black fungus that can block sunlight from reaching the plant leading to a decrease of photosynthesis.

Some ideas for managing aphids are as follows:

- Encourage natural enemies such as ladybugs, lacewing larvae & syrphid fly larvae; know what these creatures look like so you don't kill them
- Use high pressure water sprays to dislodge aphids from the plant
- Less toxic pesticides include active ingredients such as insecticidal soap, azadirachtin (neem), horticultural oils or d-limonene
- Other pesticides to manage aphids may include active ingredients such as permethrin, acephate (non-food items only), carbaryl or imidacloprid

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600.

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# A great place for your baby and you.

# OPENING EARLY 2015 Bright Horizons at Bee Cave

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14058 Bee Cave Parkway, Building C Bee Cave, TX 78738 512-263-9017 www.brighthorizons.com/beecavemessenger 6:45 a.m. - 6:15 p.m., M-F, year round



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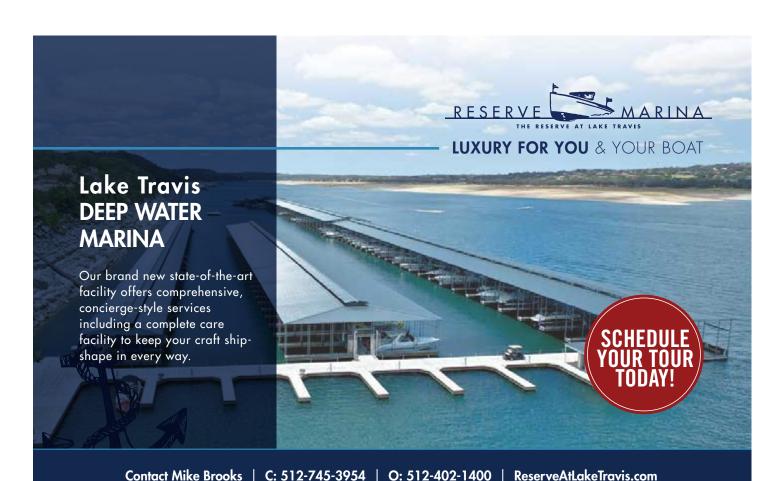
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# A view of the world from the Texas Hill Country Limited placements available for Autumn 2014 Nursery through Middle School 4105 Eck Lane Austin, TX 78734 (512) 351-3403. International School of Texas admits students of ony race, color and national or ethnic origin.

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