

Welcome to the Rocky Creek Connection!

Submitted by Christy Gross

We are pleased to bring you your first Rocky Creek Connection newsletter and hope you will enjoy the monthly publications produced by your Rocky Creek neighbor, Kelly Peel of Peel, Inc. Our objective is to continue the progress of turning our neighborhood into a community with the sharing of news, events and moments in your own lives as well as useful information for you as a homeowner.

This newsletter is being provided FREE OF CHARGE to you as a homeowner as the cost of producing, printing, and mailing each newsletter is covered by the advertising partners that you see in each issue. If you are a business owner interested in advertising or utilize a business that does excellent work and want to see them reach your neighbors too, please contact Peel, Inc. at 512-263-9181.

The publication will be a reflection of who you are as a community and in order to make that happen, we'll need your help! Homeowners and their children are encouraged to submit articles, photos and tid-bits. Don't be shy! Let us hear about your children's sports achievements, write about your favorite pet, share news of a school fundraiser, etc. As your HOA Manager, I will also submit articles relating to upcoming events and other

news for the community.

Other great features of the newsletter include a list of teenage job seekers. Each month, your newsletter will list the teens within Rocky Creek that are available for babysitting, housesitting, pet sitting and yardwork. You'll also have a list of utility providers and emergency responders.

One of the best features our newsletter comes with is the iPhone app available for free download! This app will allow you to view the newsletter on your iPhone device but what is even better is the ability to receive push notifications from your HOA Management Team regarding urgent news and event reminders. We promise not to abuse the system and bombard you with texts all day. Instead, we plan to use this notification tool to alert you of a lost pet, emergency pool closure, or remind you about an upcoming social gathering within the community. To download the app, visit the app store on your iPhone and search "Peel, Inc." After you have downloaded the app find the Rocky Creek Community and then subscribe to the newsletter within the app.

We look forward to seeing you in a future publication of the Rocky Creek Connection and getting to know you and your family better!



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 |
| Bee Cave Elementary..... | 512-533-6250 |

UTILITIES

| | |
|-------------------------------------|----------------|
| West Travis County PUA (Water)..... | 512-246-0498 |
| Pedernales Electric..... | 512-219-2602 |
| Alliant Gas (Prophane)..... | 866-764-0283 |
| AT&T New Service | 1-800-464-7928 |
| Repair | 1-800-246-8464 |
| Billing | 1-800-858-7928 |
| IESI (Garbage & Recycling)..... | 512-282-3508 |
| 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..... | rockycreek@peelinc.com |
| Advertising..... | advertising@peelinc.com |

HOA MANAGEMENT

| | |
|-------------------------------------|---------------------------------|
| Southwest Management Services | 512-266-6771 |
| Christy Gross | christy@southwestmanagement.net |

ARTICLE INFO

The Rocky Creek Connection is mailed monthly to all Rocky Creek residents. Residents, community groups, churches, etc. are welcome to submit 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.

If you have an article of interest to the community please submit to rockycreek@peelinc.com by the 15th of the month. The newsletter can also be viewed online at www.PEELinc.com.

SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Rocky Creek Connection.

E-mail your pictures to rockycreek@peelinc.com by the 15th of the month.



Rocky Creek Homeowner Directory

Sometimes it's hard to put a name to the face. With our online directory, you can eliminate those awkward moments when you run into your neighbor at the store or when you need to reach out to extend an invite or schedule a playdate. Populate your own profile with as much or as little information as you desire. You can even upload photos and list your children, hobbies and interests. Just visit www.RockyCreekHOA.com, log into the site and first click on the words "My Profile". After filling out your profile and uploading photos, go to the "Resident Resources" tab and then click on "Address Book". There you will be able to find your neighbors either by last name or by street address.

We need your participation to make this a success as the directory will not be populated automatically. Your HOA and its management team are not allowed to share your contact information with anyone, not even your neighbors, without your consent. By populating your profile, you are consenting to take part in the directory. Why is this better than a printed directory? Rocky Creek is growing very fast! A printed directory is typically printed just once per year. Our community grows by at least 40 homes per year which means many of your neighbors

could go months without being connected. The online directory is updated with current homeowners within days after the closing of their new home.

There are other great features at www.RockyCreekHOA.com. Your monthly HOA financials are posted, the community's governing documents and other tools to help you submit maintenance requests or request new pool keys. Check out all it has to offer and please let us know if there are features or information that you would like to see added to the site.



ROCKY CREEK
Connection

Your Community at
Your Fingertips



Download the Peel, Inc. iPhone App



www.peelinc.com

512.263.9181





LTHS Cavalettes to host Junior Cavalette Dance Clinic!

The Lake Travis High School Cavalettes are preparing to host their annual fall Junior Cavalette Dance Clinic! Each year the Cavalettes entertain the Cavalier fans and members of our community with their award-winning half-time performances and parade appearances. This is an opportunity for kids K-8th grade to join the Cavalettes to learn a dance routine and participate in the Homecoming parade and pep-rally!

The clinic will be held on Saturday September 13th from 1-4pm. The Jr. Clinic is for kids K-5th and the Drill Team Prep clinic is for middle school students in 6th-8th grades where they will learn skills to help them prepare to be a future Cavalette or Red Ruby! Both groups will learn a dance routine and participate in games and other fun activities. On Wednesday September 24th, these dancers will have the opportunity show off their new skills as they ride on a float in the Homecoming parade and perform alongside the Cavalettes at the community pep-rally on the LTHS Varsity Field!

This fundraising event is a wonderful opportunity for kids who love the Cavalettes and LOVE to dance! The proceeds from this event go directly to support the Cavalette and Red Ruby dance teams and to help fund the Cavalette Senior Scholarship program as well as this year's special invitation to perform in the 2014 Chicago McDonald's Thanksgiving Day Parade! The cost to attend is \$45 if you register in advance by September 12th. Learn more at www.LakeTravisCavalettes.com or www.eventbrite.com/e/cavalette-homecoming-clinic-2014-tickets-12209459823



SEPTEMBER 13TH: CAVALETTE JR. DANCE CLINIC & DRILL TEAM PREP

Come join the Cavalettes for a 4 hour dance clinic where you will learn a dance routine and participate in other fun activities. Participants will ride on a float in the homecoming parade and show off the dance routine as they perform alongside the Cavalettes at the community Homecoming pep-rally on Wednesday September 24th. Proceeds from the event go to support the Cavalette and Red Ruby Dance teams and to help the Cavalette Senior Scholarship program as well as this year's special invitation to perform in the 2014 Chicago McDonald's Thanksgiving Day Parade! The event is Sat. Sept. 13th from 1-4pm at Lake Travis High School. Cost is \$45 with advance registration. Learn more at www.LakeTravisCavalettes.com or www.eventbrite.com/e/cavalette-homecoming-clinic-2014-tickets-12209459823.





Back To School

School starts in August, so now is the time for drivers to pay closer attention while in school zones. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

Time To Slow Down!



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 [FACEBOOK.COM/CROSSFITHIVE](https://www.facebook.com/crossfithive)

Rocky Creek Connection

LTIOV's 5th Annual School Supplies Drive

LTIOV's 5th Annual School Supplies drive for low income LTISD students begins Monday, August 4th and will run through Friday, August 22nd. Give the gift of learning and help our neighbors in need with a donation of basic school supplies. For details, including drop-off locations and the requested supply list, visit the Current Projects page at www.ltlov.org.



April Womack with Moreland Properties, who will once again participate in this worthwhile project. LTIOV is the designated coordinating non profit for the Lake Travis Independent School District.



LYA is a privately funded, not-for-profit organization founded in 1978 to provide safe, fun, friendly and affordable recreational opportunities for the youth of Lake Travis. Today, we serve over 4,500 youth in our 9 sports programs and activities annually and we need your support.

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.

Register online at www.LTYA.net

512.261.1900

**Baseball • Football
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A FOCUS ON HEAT EMERGENCIES

Healthy Tips To Stay Cool In Extremely Hot Weather

By: Concentra Urgent Care

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS AND SYMPTOMS:

Heat Cramps

- Sweating
- Pain in arms, legs, and abdomen
- Heat Exhaustion
- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

Heat Stroke

- No sweating
- Dry, hot, red skin
- Confusion/loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

CAUSES:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

WHAT TO DO IN HEAT EMERGENCIES...

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.

2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.

3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.

4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.

5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

- underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.
- give the person medications that are used to treat

fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

- give the person salt tablets.
- give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.
- use alcohol rubs on the person's skin.
- give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/topics/heatstress/



Rocky Creek Connection

Lake Travis ISD

Approved by the LTISD Board of Trustees on January 21, 2014

2014-2015 SCHOOL CALENDAR

Legend:

- X New Teacher Orientation
- First Day of School
- Student Holiday & Staff Inservice/Workday
- Student & Staff Holiday
- W Bad Weather Make-up Day
- District-wide Early Release
- High School Early Release
- Beginning of Grading Period
- Ending of Grading Period
- TAKS/STAAR Testing
- TAKS/STAAR Retesting
- * Teacher workday, if X is used as a bad weather make-up day

| | |
|---------------------------|------------|
| 1st Grading Per | 38 |
| 2nd Grading Per | 40 |
| 1st Semester | 78 |
| 3rd Grading Per | 45 |
| 4th Grading Per | 32 |
| 2nd Semester | 77 |
| Instructional Days | 175 |

Updated 04/28/2014 due to changes in State Testing Calendar

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NOT AVAILABLE ONLINE

Advertising Information

Please support the businesses that advertise in The Rocky Creek Connection. Their advertising dollars make it possible for all Rocky Creek residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Rocky Creek residents, limit 30 words, please e-mail rockycreek@PEELinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

REMINDER

Assessments were due July 1, 2014.
Any questions, please call Southwest
Management Services at 512-266-6771.



Free

Your newsletter is provided 100% Free of charge to your HOA ... and is made possible by the advertisers within.

Please frequent their businesses and let them know where you saw their advertisement.

While there, be sure to say "Thanks!"

www.peelinc.com



PEEL, INC.
community newsletters



- Kids Stuff -

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



Smoking is one of the worst things kids or adults can do to their bodies. Yet every single day about 3,900 kids between the ages 12 and 17 start smoking.

Most middle school students don't smoke — only about 1 in 16 does. And most high school students don't smoke either — about 1 in 5 does (that means 4 out of 5 don't). But why do those who smoke ever begin?

There's more than just one answer. Some kids may start smoking just because they're curious. Others may like the idea of doing something dangerous — something grownups don't want them to do. Still others might know lots of people who smoke and they might think it's a way to act or look like an adult.

Fortunately, fewer people are starting smoking than a few years ago. Maybe that's because more and more people have learned that smoking and tobacco use can cause cancer and heart disease.

But sometimes kids can't really think that far into the future to worry about an illness they might not get for many years.

So let's talk about the problems that might affect kids more quickly:

1. bad breath, 2. yellow teeth, 3. smelly clothes, 4. more colds and coughs, 5. difficulty keeping up with friends when playing sports, 6. empty wallet — cigarettes and tobacco products are very expensive!

WHAT ARE SMOKING AND SMOKELESS TOBACCO?

Tobacco (say: tuh-BA-ko) is a plant that can be smoked in cigarettes, pipes, or cigars. It's the same plant that's in smokeless tobacco, known as dip, chew, snuff, spit, or chewing tobacco. Smokeless tobacco is not lit or inhaled like tobacco in cigarettes, pipes, and cigars. Instead, smokeless tobacco is put between the lip and gum and sucked on inside the mouth.

Tobacco contains nicotine (say: NIH-kuh-teen), a chemical that causes a tingly or pleasant feeling — but that feeling only lasts for a little while. Nicotine is also addictive (say: uh-DIK-tiv).

That means that if you start to use nicotine, your body and mind will become so used to it that you'll need to have it just to feel OK.

Anyone who starts smoking could become addicted to it. If you're addicted to something, it's very hard to stop doing it, even if you want to. Some kids get addicted right away. And adults are often addicted, which is why so many of them have a hard time quitting smoking.

WHY IS IT SO BAD FOR YOU?

Cigarettes and smokeless tobacco kill hundreds of thousands of Americans every year. You know those rubber bracelets that were created to bring attention to different causes? The Campaign for Tobacco-Free Kids created a red one with the number 1,200 on it. Why 1,200? That's the number of people who die each day due to smoking.

The nicotine and other poisonous chemicals in tobacco cause lots of diseases, like heart problems and some kinds of cancer. If you smoke, you hurt your lungs and heart each time you light up. It also can make it more difficult for blood to move around in the body, so smokers may feel tired and cranky. The longer you smoke, the worse the damage becomes.

THE OTHER COST OF SMOKING

Using tobacco eats up a lot of money, too. A pack of cigarettes costs about \$6, on average. That means, even if you buy just one pack a week, you'll spend \$312 in a year. Some people smoke a pack a day, which adds up to \$2,190! That's a lot of computer games and clothes you could buy instead.

WHAT'S IT LIKE?

Usually, people don't like smoking or chewing tobacco at first. Your body is smart, and it knows when it's being poisoned. When people try smoking for the first time, they often cough a lot and feel pain or burning in their throat and lungs. This is your lungs' way of trying to protect you and tell you to keep them smoke free.

Also, many people say that they feel sick to their stomachs or even throw up. If someone accidentally swallows chewing tobacco, they may be sick for hours. Yuck.

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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I currently have buyers looking in the Lake Travis area for homes 3,000 sq. ft+, with greenbelt or hill country views between \$400-\$900k.



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