

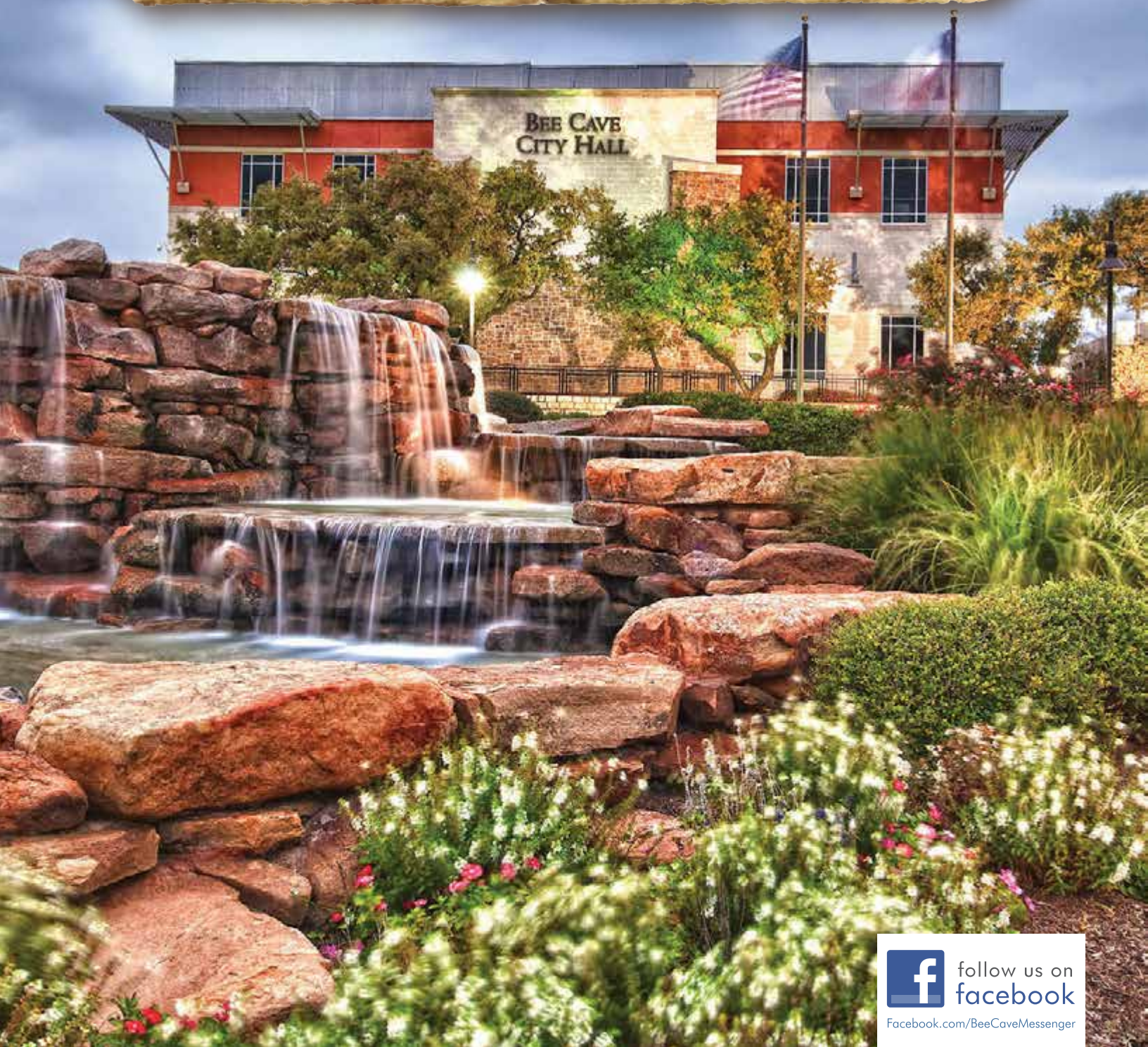


# BEE CAVE *Messenger*

VOLUME 5, ISSUE 9

SEPTEMBER 2014

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA



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## ARTICLE INFO

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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](mailto:beecave@peelinc.com). 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 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](mailto:beecave@peelinc.com). Portrait (vertical) photos work best.

To view other photos submitted please visit [www.PEELinc.com/BeeCave](http://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.

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## IMPORTANT NUMBERS

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Ambulance.....	911
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Administration Office.....	512-266-2533
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Lake Travis Middle School.....	512-533-6200
Lake Travis Elementary.....	512-533-6300
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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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Customer Service.....	512-485-5555
Repairs.....	512-485-5080
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Bee Cave Library .....	512-767-6620
Municipal Court .....	512-767-6630
Lake Travis Postal Office.....	512-263-2458
City of Bee Cave .....	<a href="http://www.beecavetexas.com">www.beecavetexas.com</a>

### NEWSLETTER PUBLISHER

Peel, Inc. ....	512-263-9181
Editor.....	<a href="mailto:beecave@peelinc.com">beecave@peelinc.com</a>
Advertising.....	<a href="mailto:advertising@peelinc.com">advertising@peelinc.com</a>

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## Grief and Depression Support

### Chaplain Ken Rice



Counseling can get you through the maze of grief and depression quicker and easier than trying it on your own.

As a chaplain and counselor for several years, formerly in Colorado and now in the Lakeway/Bee Cave area of Austin, I would like to lighten your load.

Call me at **512-730-9462** to find out if counseling would benefit you. I'll answer your questions and make an evaluation at no charge.

Please don't add to distress by worrying about a counseling fee. I'll work with you regarding the competitive fee, including counseling at no charge if necessary. Let's just get you to the other side of bereavement. The good news is that depression is usually treatable and curable.



## Bee Cave Stork Report

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one to [beecave@peelinc.com](mailto:beecave@peelinc.com).



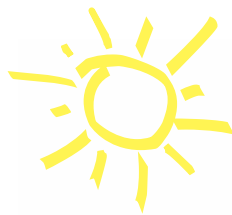
**Announcing**  
the newly formed  
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**5-7PM**  
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# Around Bee Cave

## BEE CAVE BUZZING WITH GROWTH

[www.beecavechamberofcommerce.com](http://www.beecavechamberofcommerce.com)

Founding chamber members announced the new Bee Cave Chamber of Commerce (BCCC). The Bee Cave Chamber marks a significant advancement in Bee Cave's growth as it works to encourage continued community and economic development in our area. The Chamber will provide members, businesses and community leaders with a forum to discuss key issues and opportunities critical to the City of Bee Cave.

"The Hill Country is a very desirable place to live, work and play," says Dan Myrick, President Elect of Bee Cave Chamber of Commerce. "Because of our growth we believe it is time that Bee Cave had a Chamber of Commerce of its own. The Chamber will serve as a sounding board and advocate for Bee Cave commerce and community interests at the city and regional level to ensure that the economic interests of Bee Cave have a voice in decisions impacting Bee Cave's economic viability."

The founding members of The Bee Cave Chamber of Commerce have identified six main objectives for the chamber including city branding and promotion, new business development, community development, business to business member networking, strengthening city processes for businesses and community service. The founding board includes Adrian Overstreet, President, Dan Myrick, President Elect, Maria Sturdivant, Treasurer, Courtney Bunte, Secretary, Jenna Gracey, David Camp, and Don Walden.

The board recently announced a call for membership open to all businesses and individuals interested in joining the newly found Chamber. Some of the Member benefits include, marketing and networking opportunities, business development, ribbon cuttings, recognition on the Chamber website and within the Annual Bee Cave Business Guide and Directory.

The community is invited to the Bee Cave Chamber Membership Kick-off Party on Thursday, September 18th from 5:00 p.m. to 7:00 p.m. at Revival at 13308 Hwy 71 West, Bee Cave, Texas. The event is sponsored by Revival, Schmidt Family Barbecue, The Boardroom Salon for Men, The Estates at Bee Cave, and Security State Bank and Trust. Attendees will enjoy complimentary BBQ bites, cocktails, live music, and are welcome to learn about the Chamber, meet the board of directors and founding chamber members, and sign up to become a member. For more information, visit [www.beecavechamberofcommerce.com](http://www.beecavechamberofcommerce.com).

**About Bee Cave Chamber of Commerce:** The Bee Cave Chamber of Commerce provides business leadership and advocacy that advances the city of Bee Cave and enhances the economic development and quality of life of its business community and its citizens. The Bee Cave Chamber of Commerce is a 501c6 organization.



The Austin Stone

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# Around Bee Cave

## MICRO-MARATHON/FUN RUN AND WALK SEPTEMBER 28 AT HILL COUNTRY GALLERIA

*Cheyanna's Champions4Children Foundation Created to inspire Children with rare or undiagnosed conditions*

Cheyanna's Champions4Children Foundation will host its 3rd annual 2.62 mile micro-marathon fun run and walk on Sept. 28 at 10 a.m. at the Hill Country Galleria. The event will recognize the ten children currently in the program and raise funds to support them and their families as they are navigating difficult times.

"We are thrilled to be able to help these children and their families by inspiring them with our efforts," said Talaya Frazier, founder of Cheyanna's Champions4Children. "We will have ten "cheer" stations -- one for each of the children. Last year we had over 300 participants, we expect to have close to 500 this year. There will be a raffle and goodie bags for all of the finishers.

*For more information about sponsorship,  
or to register, go to [www.cc4c.org](http://www.cc4c.org)*

### WHAT:

Cheyanna's Champions4Children Micro-Marathon – Fun Run and Walk. The Strongest Man in the World, The Undertaker and other local celebrities will participate in the event. 10 amazing Children who are inspiring athletes, families and entire communities. Cheer stations supported by local high school teams. Music, face painting and other entertainment

Registration is OPEN NOW: [www.cc4c.org](http://www.cc4c.org)

### WHEN:

10 a.m., Sunday Sept. 28th, Packet Pickup 8:30 a.m.

### WHERE:

Hill Country Galleria Amphitheater

### WHY:

Raise funds for CC4C, inspire children and adults of all ages

### WHO:

CC4C Children and their families and their athletes, runners and walkers

## DROWNING IS FAST & SILENT KEEP KIDS IN ARM'S REACH



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**Take our Water Safety Quiz. [www.colinshope.org/quiz/](http://www.colinshope.org/quiz/)**

**Sept. 14th:** Colin's Hope Kid's Tri! Registration is now open. [www.tinych.org/KidsTri](http://www.tinych.org/KidsTri)

**Ongoing:** Volunteers needed to distribute water safety packets. [info@colinshope.org](mailto:info@colinshope.org)

**Ongoing:** Colin's Hope Athlete Ambassadors needed. [www.tinych.org/AthleteAmbassador](http://www.tinych.org/AthleteAmbassador)

**Ongoing:** Colin's Hope Community Ambassadors needed. [info@colinshope.org](mailto:info@colinshope.org)



\*Source: Texas DFPS, Watch Kids Around Water

## LAYERS OF PROTECTION CAN PREVENT DROWNING



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TO  
SWIM



WEAR  
LIFE  
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TO WATER



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& BATHROOMS  
SAFER



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& HOT TUB  
FIRST



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FROM  
DRAINS



BE SAFER  
AT THE  
BEACH



LEARN CPR  
& REFRESH  
SKILLS YEARLY

# RETIRE BETTER - A LIFETIME OF INCOME

# ARE YOU ROLLING THE DICE?

WITH JOSH STIVERS

*Q: Are you investing your life savings or gambling with it?*

I recently read an article on Yahoo Finance that talked about 3 signs you might be gambling rather than investing your hard earned dollars. As you read through the items below, ask yourself where you currently stand.

Here are the highlights from this article:

**#1: If you are picking your own stock portfolio, you may be gambling.** The author of the article says “the idea that you’re going to have inside knowledge, or knowledge that nobody else has” and use it to pick stocks with better returns than the broader market is folly. Individual stocks are always more risky than a diversified portfolio. You’re kidding yourself if you think otherwise.

**#2: If you are trying to time the market in any fashion, you may be gambling.** “The trick to investing is not buy and hold, it’s buy and re-balance,” he says. “You do want buy low and sell high, but you gotta do it smart.”

**#3: If you are investing based on “track record” or history, you may be gambling.** The author says most people decide they want their equity investments spread around in pools like small cap growth or large multinationals. Once that has been decided they go out and look for the mutual funds with the best track record in those specific sectors.

“The reality is 75% of all active fund managers fail to deliver market rate of returns and those 25% who get lucky have zero correlation about repeating in the future,” he says. There’s little if any connection between beating the market one year, and pulling

off the same trick the next.

“Don’t chase some hot stock picker or someone even with a 20 or 30 year record.” This is the equivalent of betting on the jockey to win the horse race.

There’s a reason that every single prospectus tells you that “past performance is no guarantee of future results”!

SO WHAT DOES IT MEAN?

You can choose to agree or disagree with the authors of the article. Your opinion is 100% valid when it comes to how you want to manage your market portfolios.

The key to winning is to make sure that you are limiting your market portfolio positions so that they do not jeopardize your income or your financial security. No matter what you do, market portfolios equal risk. It’s fine to pick stocks and watch CNBC as long as you limit yourself.

A great rule of thumb: imagine your market portfolio going down 25%. Would it affect your income or your financial security? If so, you are definitely gambling and one bad month could have a permanent negative impact on the rest of your financial life.

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](mailto:retirebetter@platinumwealthadvisory.com)



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# Around Bee Cave

## SPICEWOOD ARTS SOCIETY BOARD



This photo was taken at the Spicewood Arts Society Board meeting on July 21, 2014. Suzanne Stone (middle), Executive Director, of Lake Travis Education Foundation presented the book in appreciation of SAS's sponsoring 2 pages in the Art Project Book "A Visual Bliss". The book was the brain child of LTHS senior Anneka DeCaro who wanted to give back to the school and the community that provided her with many opportunities to further her art skills as part of her senior honors project. She inspired her fellow students to create art and write narratives for a book depicting life on Lake Travis. Proceeds from the book will benefit Lake Travis Education Foundation. The books are available through LTEF and at the Spicewood Arts Society's office/gallery at 9408-B Hwy 71 East in Spicewood. Also pictured (left) Janey Richardson, President, Spicewood Arts Society and Wanda Rosello, Community Outreach Chairperson (right).



## Tre Trevino



Lake Travis resident Edward "Tre" Trevino III is a fourth-generation Austinite who was recently diagnosed with a rare cancer called Embryonal Rhabdomyosarcoma, a rare and very aggressive form of soft tissue cancer. Tre is a 1997 graduate of Lake Travis High School and his wife, Kristen, is a 1999 graduate of Bowie High School. They have two young children, 7-year-old Genevieve and 2-year-old Edward IV "Quatro". Genevieve, a soccer player and dancer, went to Bee Cave Elementary for her Kindergarten and First Grade years but will transfer to the new West Cypress Hills Elementary School this fall.

Tre will be undergoing a rigorous treatment plan over the next year that includes chemotherapy, radiation and surgery. He just finished round four of Chemo and has already been hospitalized many times for fevers and infections. Tre is the sole provider for his family, and his intense chemotherapy treatments have made it very difficult for him or Kristen to work. In addition to caring for Genevieve and Quatro, Kristen is now Tre's caretaker, which on some days is a full-time job. Tre's family and friends, Team Tre, are committed to helping the Trevino family overcome this current challenge by providing them with the financial support they need to take care of living and medical expenses. To this end, the group set up an account to help with these expenses at <http://www.gofundme.com/bcpkw0>.

Tre's sister-in-law, Tracy Paccone, with the help of Team Tre, organized a Benefit for Tre that was held in August. She said this about Tre, "He is always graciously willing to lend a hand to family or friends in need. There's not a person who has met Tre that doesn't love him and whose life isn't better for knowing him."

Facing an overwhelming medical diagnosis is not unfamiliar to Tre. In 2000, Tre broke his neck in a car accident. His doctors declared him quadriplegic and told him he would never walk again. After surgery and several months of grueling physical therapy, Tre beat the odds and was walking. He intends to conquer cancer with the same determination. Tre credits his strength and good fortune to the support of his loving family and friends...and a little help from his lucky four-leaf clover tattoo.

Follow Tre's brave journey on the Team Tre Facebook page.

*Hill Country*  
GALLERIA

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2014

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Vallejo

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Amanda Percy

SEPTEMBER 20th  
Kendall Beard

SEPTEMBER 27th  
Meagan Tubb &  
Hannah Williams duo

OCTOBER 11th  
The Possum Posse

OCTOBER 18th  
Rosie & The Ramblers

NOVEMBER 1st  
Foxtrot Uniform



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## Around Bee Cave

# Lakeway's Public Safety Day

*to showcase Central Texas first responders*

Meet the heroes who save lives every day and protect our community at Lakeway Police Department's fifth annual Public Safety Day.

One of the largest events of its kind in the area, the free family-friendly event is set for 10 a.m. to 4 p.m. Sept. 27 at Lake Travis Educational Development Center, 607 RR 620 N., in Lakeway next to Lake Travis Elementary School.

More than 14 agencies from Central Texas will bring their helicopters, police cars and motorcycles, SWAT trucks, ambulances, fire trucks and more for the public to experience.

The event will feature food and drink vendors, local businesses and nonprofit organizations as well as a kid's fun zone and live music.

"Nothing is more important to first responders than the



communities we protect," Lakeway Police Chief Todd Radford said. "Events like this give us an opportunity to educate the public while having fun in a relaxed setting. These interactions are the cornerstone to ensuring that we are keeping our community safe."

Public Safety Day was founded in 2009 to shine the spotlight on Central Texas first responders and their mission in a fun, educational event for the community.

This day gives people a chance to interact with first responders on a level that doesn't

involve an emergency situation and learn more about what they do and the tools they use.

"Public safety is a year-round mission not limited to a single day," Radford said, "We look forward to seeing everyone and having a good time at this year's event."

For information, visit [www.lakeway-tx.gov](http://www.lakeway-tx.gov).



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# HILL COUNTRY GALLERIA

## WELCOMES SLEW OF NEW STORES

The Hill Country Galleria welcomes a slew of new stores to the lifestyle center this summer. Party Couture, Bee Cave's party supplies headquarters, opened its doors in June offering everything from themed party supplies, balloons and home décor. Party Couture is located centrally in the Galleria in Suite C1-115 near Yogurt Planet.

A new women's clothing store, LURE, offers Brazilian fashion's including evening wear, athletic wear, swimwear, and contemporary tops and bottoms. Additionally, Brazilian imported accessories such as jewelry and handbags are available in limited quantities. LURE is located in Suite F-145 near Dillard's.

The newest restaurant in the Galleria, We Olive & Wine Bar, features a select menu of light fare, an extensive wine list, and also

sells domestic artesian-produced extra virgin olive oils and gourmet products. We Olive & Wine Bar is located in Suite G-130 next door to The Walking Company.

Other recent openings include AmeriPro Funding in Suite G-116, led by Michael Nasserfar.

The center is awaiting the arrival of Frost Bank and California Closets which will both be located on the outer south pad site closest to Schmidt's Family Barbecue. Additionally, two dining options out of Bastrop – Hasler Brothers Steakhouse and Cindy's Galleria – will be opening soon. Hasler Brothers is an upscale steakhouse opening its doors in Suite C1-130 across from Cinemark. Cindy's Galleria is a bar/restaurant with entrance on the backside of Hasler Brothers, facing HWY 71.

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## A Focus on Backpack Safety Tips for Your Family

By: Concentra Urgent Care

### WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed. Wear the backpack over the strongest mid-back muscles. Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

### LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

### PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints.

Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of the

back to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

### WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

### THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

### HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at [www.apta.org](http://www.apta.org).





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# TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



## The Modern Game: The Swinging Forehand Approach Shot Or Volley

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 Swinging Forehand Approach Shot or Volley.” This shot is used when an opponent hits a soft shot that is floating high on the service line area. The player will take advantage and will hit the ball on the fly with a huge swing, 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, Ryker Heller, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Ryker is coached by the Director of the Tennis Academy, Darin Pleasant.

**Step 1: The Back Swing:** When Ryker 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 right hand gripping the racket and arm in front. His weight is on the front foot as his momentum carries him forward to attack the ball. His right 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. Ryker 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 left shoulder is almost opening and his weight has is moving through the shot.

**Step 3: The Follow Through:** In order to get maximum control and power, Ryker is keeping his right arm extended through the shot. He has “snapped” his right wrist and has the head of the racket facing down. His weight is going forward.

**Step 4: The Finish:** Ryker’s upper body acceleration forced the head of the racket to “wrap around” his left shoulder, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley. His right foot should naturally move forward due to his momentum and racket speed. From his looks, he apparently hit a very deep volley for a winner.

*Look in the next Newsletter for: “The Modern Game: The Swinging Backhand Volley”*

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# CICADA KILLER WASPS

## DON'T PANIC!

Large wasps flying low over the lawn can be a common, and sometimes frightening, sight at this time of year. Things can get alarming when those wasps become territorial and fly around your head until you leave the area. These wasps are usually accompanied by holes in the yard or flower beds that are surrounded by small piles of dirt. The wasps are cicada killers and aren't anything to panic over.

Cicada killers are about 1 ½ inches long with a reddish-brown head and thorax and an abdomen that is black with yellow markings. Wings have a rusty tinge. The males can be aggressive and buzz near people, but males are unable to sting. Females are capable of stinging but are rarely aggressive towards humans or animals.

Females dig burrows in the ground and use these burrows as nesting areas. Females sting and paralyze cicadas, take them back to the burrow and then lay an egg upon it. When the egg



*Cicada killer wasp*



*Hole created by a cicada killer*

hatches, the larvae feed upon the cicada provided.

Cicada killers usually do not warrant any control methods. They are actually beneficial insects that help to reduce populations of cicadas. If you feel that you must do something to manage them, you can sprinkle insecticidal dust around the opening of the burrow.

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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