

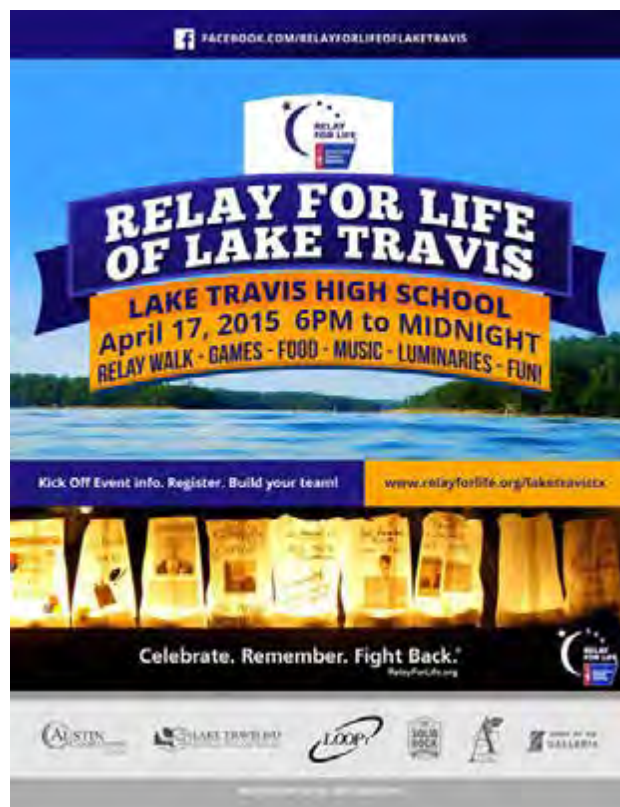


Relay For Life of Lake Travis Season Off to a Kicking Start

The Relay For Life of Lake Travis held their first annual 'Kick Cancer's Booty' season opening fundraiser at Solid Rock Brewing on January 31st. The sold out event marked a milestone for the Relay For Life of Lake Travis, which is gearing up for the most successful event this community has seen in a long time. Local residents sampled BBQ from local vendors like It's All Good, Opie's and Blacks, while sampling the wonderful selection of on tap beers at the brewery. Music from local artists, The Sassy Spurs, Brooke Fulks and Lohmans Crossing Band entertained as people bid on large selection of silent auction, raffle and live auction items, all generously donated by local businesses. Mr. Positive, Jim Gentil, served as the evenings emcee and auctioneer. The event raised over \$10,000, with 100% of proceeds going to the American Cancer Society. A big thank you to the Lake Travis community for their generous support.

Now, with the kickoff over, the Relay For Life committee is focused on getting teams together for the event being held on April 17th at Lake Travis High School from 6pm – midnight. Come and have fun walking the family friendly track, hanging out with friends, and raising money for the American Cancer Society. Relay For Life gives everyone an opportunity to fight cancer and help save more lives. Participating is easy. Simply gather up a team of family, friends and coworkers and register at www.relayforlife.org/laketravistx. Plan some team fundraising activities or simply have each member reach out to their friends and family via social media or email to explain why you are participating and ask for donations.

CELEBRATE Survivors and Caregivers during the opening lap of the event, who serves as a testament to the fight against cancer and a cure for all. REMEMBER those who lost their battle, those who won, and those whose fight continues during the emotional Luminaria ceremony. FIGHT BACK by making a personal commitment to help the fight against cancer with doctors visits, screenings, healthy lifestyle choices, and participating in events like Relay For Life of Lake Travis. For more information, please check out our Facebook page at www.facebook.com/relayforlifeoflaketravis.





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NEIGHBORHOOD WATCH

As many of you have heard, our community was hit by theft. Specifically, wheels were stolen from at least four vehicles parked in the driveways of homes within Rocky Creek.

There have been similar reports all over the Lakeway, Bee Cave and Dripping Springs area. Other news sources report that local authorities believe the suspects are targeting full-size GM sport utility vehicles and pick-up trucks with 20 - 22 inch factory wheels.

Other area crimes reported include theft of items found in unlocked vehicles parked in the driveways of homes.

Please be diligent about locking your vehicles, keeping your garage doors down, etc. Lastly, please keep a watchful eye on your home's surroundings and immediately report any suspicious activity to the Travis Co. Sheriff's office. Thank you,
Rocky Creek HOA



SAVE THE DATE!



Rocky Creek Community Wide Garage Sale Day

Saturday, April 11th, 7AM-1PM

Get your stuff ready! Have your own sale or make it a block event!

Be sure to place your directional signs out within the community the day of the sale.

The HOA will place a banner at the entrance the week of.

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 (Propane)	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

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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.



JOIN US FOR GOLF AND A GREAT CAUSE!

DATE: Wednesday, April 29th

TIME: 11:00 am Registration, 1:00 pm Start

LOCATION: Flintrock Falls Golf Course

FORMAT: 4-person scramble

COST: \$165 per golfer*

**Includes lunch, dinner, hat & swag.*

REGISTER: WWW.TINYCH.ORG/GOLF

Join us for the 7th annual Colin's Hope Classic charity golf tournament. Enjoy a beautiful course, lunch, dinner, a chance to win a Lexus or RV, and great prizes.

Gather your friends, grab your clubs, and help us reach our pledge raising goals and spread awareness about drowning prevention.

We envision a **WORLD**
where **CHILDREN**
DO NOT DROWN

Questions? Contact:

Kim Flasch: kim.flasch@colinshope.org

Sue Hart: sue.hart@colinshope.org

WWW.COLINSHOPE.ORG

FITNESSCORNER THE CORE OF THE MATTER

We've all been trained to work our "abs" to look thinner and because everyone is supposed to do crunches! But the truth is our core is so critical to our entire body's health, performance and level of pain and the abs are just a component of a larger, sophisticated piece made up of also the glutes, hips, sides and back muscles (think spinal stabilizers). And a strong core isn't just so we can look good, but it's instrumental to our balance, how we move, sit and more.

Pain in the back and other body parts could be a warning sign that key stabilizer muscles are imbalanced, inflexible or unconditioned to do their job well. In this modern society where many of us sit for prolonged periods for work, school or in flight, it is crucial that we're aware of our core's role in everything we do and that we work hard to maximize its strength now and as we age.

A flexible and strong core is necessary for:

- Less injury and pain overall
- Better day to day life performance (shoveling, carrying groceries, navigating slippery terrain)
- Improved athletic performance and efficiency
- Balance
- Looking tighter
- Posture

The absolute best way to get a strong core is through full body, functional fitness that trains the core to work well in conjunction with the entire body. Crunches will give you abdominal endurance and some strength in the front region, but planks, Pilates, loaded squats, kettlebells and other exercises introducing instability and imbalance will get the job done much more efficiently and effectively as they work the entire core (and they are likely more fun, too!).

If you have questions about how to get on the right track, do some research and work with a trainer who will design a plan that is right for you.

To your core health!

your core

includes your abdominals,
all the muscles in your hips,
and the muscles that run up
and down your back.



Renee Geist, Renegade Inside Out Solutions, reneegeist@gmail.com, www.facebook.com/ReniosRenee, 512.461.6114



Apple Cake

- 3 medium apples, peeled & thinly sliced
- 1/4 Cup plus 1 tablespoon sugar
- 1 tablespoon plus 2 teaspoons cinnamon
- 3 cups flour
- 2 cups sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 4 eggs, beaten
- 1 cup vegetable oil
- 1/4 cup orange juice
- 1 tablespoon vanilla

Combine first 3 ingredients, tossing well. Set aside. Combine flour, 2 cups sugar, baking powder, and salt in a large mixing bowl. Combine next 4 ingredients; add to flour mixture, mixing well. Pour 1/3 of batter into a greased and floured 10 inch tube pan. Top with half of the thinly sliced apples, leaving a 1/2" margin around center and sides. Repeat layering, ending with batter on top. Bake at 350° for 1 hour or until a wooden pick comes out clean. Cool in pan 10-15 minutes; then remove from pan. Let cool completely. Sprinkle with powdered sugar, if desired.



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Testicular Cancer Foundation is a national 501(c)3 organization.



TESTICULAR CANCER FOUNDATION



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17th Annual Wilderness Run & Walk



Friends of the Parks of
Lakeway

Saturday, April 18/
Hamilton Greenbelt I in
Lakeway / Registration:
8:00 AM / Event: 9:00
AM

Enjoy a morning outdoors in Hamilton Greenbelt I of Lakeway! This FREE noncompetitive run and walk will begin on Saturday, April 18 at 9:00AM. Participants will run or walk either 3 miles or 5 miles through the scenic trail system of the Hamilton Greenbelt I, located across from the Lakeway Justice Center. The course winds along canyon walls and high cliffs, across fern covered creeks, and through tall native tree forests. Refreshments will be available at the start/finish areas and at various locations along the course.

You can register online by visiting www.lakewayfop.org or by picking up an entry application at the Lakeway Activity Center and at the registration boxes at the entrances to City Park, The Canyonlands, Hamilton Greenbelt I and Hamilton Greenbelt II. Or register on event day between 8:00AM to 9:00AM. Commemorative T-Shirts will be available for \$15 with all proceeds from sales and donations going towards our ongoing conservation efforts of the trail systems in Lakeway.

This is a great opportunity for runners and walkers, as well as families with children in strollers and dogs on leashes, to enjoy an outing in the greenbelt and meet other outdoor enthusiasts. For more information regarding Friends of the Parks or the Wilderness Run & Walk, please contact director & co-chair Sheryl Kelly at 512 997 8880. Sign up today for a run or walk you won't forget!

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Rocky Creek Connection

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Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club
308 Meadowlark St
Lakeway, TX 78734-4717

We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.

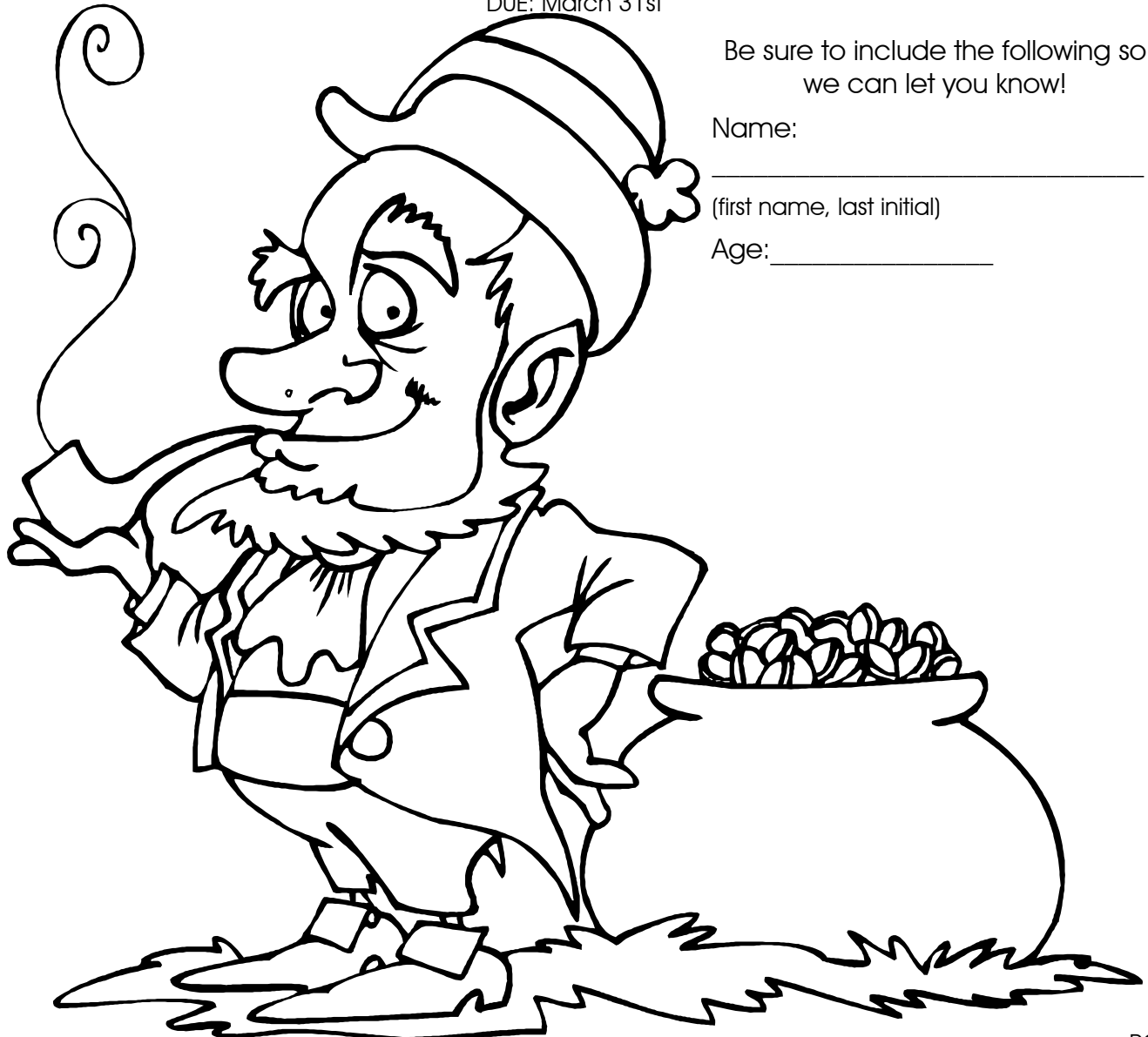
DUE: March 31st

Be sure to include the following so
we can let you know!

Name: _____

(first name, last initial)

Age: _____



RCC



Late Night @ BCE

Friday, April 10th 5:00pm - 11:00pm

Activities:

- Archery
- Storyteller
- Reptile Guy
- Face Painting
- Rock Climbing Wall
- Catch 'n Release Pond
- Movies & Popcorn
- Preschool Area Only
- Inflatables
- Photo Booth
- Bird House
- Live Music

4 more!



Pre-Registration ENDS: March 10th!

Add \$5 per Wristband After March 10th

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\$40 for students (K-8th),
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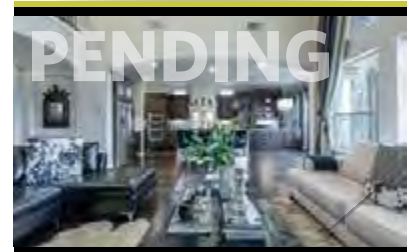
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