



# BEE CAVE *Messenger*

VOLUME 6, ISSUE 6

JUNE 2015

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA





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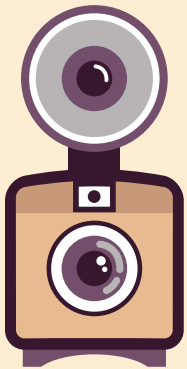
## ARTICLE INFO

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](mailto:beecave@peelinc.com). The deadline is the 15th of the month prior to the issue.

## COVER PHOTO

### Do you take amazing 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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### EMERGENCY NUMBERS

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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
West Cypress Elementary .....	512-533-7500

### UTILITIES

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 .....	<a href="http://www.beecavetexas.com">www.beecavetexas.com</a>

### NEWSLETTER PUBLISHER

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# Around Bee Cave

## LAKE TRAVIS COMMUNITY LIBRARY OFFERS PROGRAMS ALL SUMMER

School's out for summer! Lake Travis Community Library can help you fill your time with over 100 events during the annual Summer Reading Program. In addition to our regular weekly programs, some of the special events at the library in the month of June include:

The 2015 Summer Reading Program Kickoff on Saturday, June 6th from 10:30 a.m. to 12 p.m. will include music from The Nowhere Men Beatles cover band, Tiny Tails to You! baby animal petting zoo, Hola-Hola! Spanish story time, face painting, crafts, refreshments, and more. Be sure to stop by the library to pick up reading logs to last throughout the summer!

Children's musician Joe McDermott will perform on Thursday, June 11th at 2 p.m. The performance is guaranteed to be an imaginative and fun experience for all ages!




Dinosaur George will educate and entertain on Thursday, June

18th with programs at 11 a.m. and 1 p.m. "Dinosaur George" Blasing is a self-taught paleontologist and animal behaviorist with more than 35 years of study and research. Come learn about dinosaurs!

Pint Size Polkas visit the library on Friday, June 19th at 2 p.m. Catchy sing-along polka songs and a quick round of "Name that Tune" will entertain and no one goes home without doing the "Chicken Dance" and a special polka version of "Head, Shoulders, Knees, and Toes." Plenty of singing, dancing, and education make this show fun for the whole family! The Pint Size Polkas will be sure to put a smile on your face!

Channel your inner Caesar! Learn about Ancient Rome with story time, crafts, and activities with Educational Tourist Natalie Tanner on Saturday, June 20th at 2 p.m. This program is for ages five and up.

*(Continued on Page 7)*

<b>Mon - Tues 10 - 7</b> <b>Wed - Fri 10 - 6</b> <b>Saturday 10 - 4</b> <b>Sunday 1 - 4</b>				<h1>June</h1>		<b>Lake Travis Community Library</b> <b>1938 Lohmans Crossing</b> <b>Austin, TX 78734</b> <b>(512) 263-2885</b> <b>laketravislibrary.org</b>	
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> iPhone Tips and Tricks 10:30am Preschool Story Time 10:30am Chess Club 4:30-5:30pm	<b>2</b> Toddler Story Time 10:30am Memoir Writing Group 3pm	<b>3</b> Baby Story Time 10:30am	<b>4</b>	<b>5</b> Genealogy 9am Story Time 10am @ Briarcliff	<b>6</b> Summer Reading Program Kickoff Party 10:30am-12pm	
<b>7</b>	<b>8</b> Preschool Story Time 10:30am Grades K and 1-2 Library Camps 1:30pm Grades 3 & up Library Camp 3pm Chess Club 4:30-5:30pm	<b>9</b> Toddler Story Time 10:30am Come & Go Crafts 1-2:30pm Science Camp 1:30pm Taste Buds 4:30-6pm	<b>10</b> Baby Story Time 10:30am Family Flicks 3pm	<b>11</b> Little Yoga 10:30am Musician Joe McDermott 2pm Japanese Stories 4pm	<b>12</b> Genealogy 9am Tiny Tails to You! Baby Animal Petting Zoo @ Briarcliff 10am Tony Morris Classical Guitar Concert 4pm	<b>13</b> Gabby Johnson Art Reception 1:30-3pm	
<b>14</b> OverDrive Digital Library Training 1:30pm	<b>15</b> Preschool Story Time 10:30am Grades K and 1-2 Library Camps 1:30pm Grades 3 & up Library Camp 3pm Chess Club 4:30-5:30pm	<b>16</b> Toddler Story Time 10:30am Come & Go Crafts 1-2:30pm Science Camp 1:30pm Knitting Club 1:30pm ABCs of Cooking 4pm Ten Legal Issues Graduates Need to Understand 6pm PJ Story Time 6:15pm	<b>17</b> Baby Story Time 10:30am Family Flicks 3pm	<b>18</b> Dinosaur George 11am and 1pm Book to Big Screen Book Club 2pm	<b>19</b> Genealogy 9am Story Time 10am @ Briarcliff Pint Size Polkas 2pm Lego Club 4pm	<b>20</b> Bow Wow Reading 10:30am-1pm Natalie Tanner Educational Tourist 2pm	
<b>21</b> Mother/Daughter Book Club 2pm 	<b>22</b> Preschool Story Time 10:30am Gettin' Crafty With It 1pm Grades K and 1-2 Library Camps 1:30pm Grades 3 & up Library Camp 3pm Chess Club 4:30-5:30pm	<b>23</b> Toddler Story Time 10:30am Come & Go Crafts 1-2:30pm Science Camp 1:30pm Discover Your True Dream/Purpose 6pm	<b>24</b> Baby Story Time 10:30am Family Flicks 3pm Bottle of Wine 7pm	<b>25</b> Sign Language Story Time 10:30am Jr. Chef Challenge 2pm Board Meeting 2pm	<b>26</b> Genealogy 9am Story Time 10am @ Briarcliff Singing Zoologist Lucas Miller 2pm	<b>27</b> Dads and Donuts Story Time 10:30am Best Buy Technology Petting Zoo 1-3pm	
<b>28</b>	<b>29</b> Preschool Story Time 10:30am Grades K and 1-2 Library Camps 1:30pm Grades 3 & up Library Camp 3pm Chess Club 4:30-5:30pm Glass of Wine 7pm	<b>30</b> Toddler Story Time 10:30am Come & Go Crafts 1-2:30pm Science Camp 1:30pm	Spend your summer at the Lake Travis Community Library! Join us on Saturday, June 6th from 10:30am-12pm for the 2015 Summer Reading Program Kickoff Party. We will have the Tiny Tails to You! baby animal petting zoo, the Nowhere Men Beatles cover band, Hola-Hola! Spanish Story Time, crafts, refreshments, and more. And be sure to pick up reading logs for the summer. See you there!				



(Continued from Page 6)

Can you stand the heat? Compete in our Jr. Chef Challenge on Thursday, June 25 at 2 p.m.! Teams of two will be given secret ingredients to create a tasty dish. Judges will sample the creations and award a prize. Ages 10 and up are welcome to participate.

Dr. Doolittle meets Bruce Springsteen when Lucas Miller brings his blend of science-oriented songs and stories to Lake Travis Community Library on June 26th at 2 p.m. Recognized as an American Masterpiece by the National Endowment for the Arts, this "singing zoologist" presents multimedia events for nearly one hundred thousand children annually at schools, libraries and family concerts.

In addition to these events, the library will hold regular Library Camps on Mondays, Science Camp on Tuesdays, Come & Go Crafts on Tuesdays, Family Flicks on Wednesdays, story times four times a week, and more. The Lake Travis Community Library is located at 1938 Lohmans Crossing. Please contact the library at (512) 263-2885 or see [www.laketravislibrary.org](http://www.laketravislibrary.org) for details and to view the complete Summer Reading Program calendar. All library events are free and open to the public.



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# Around Bee Cave

## Hill Country Galleria Independence Day Festival

Saturday, July 4th  
4pm-10pm

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

Join us for the Hill Country Galleria Independence Day Festival on Saturday, July 4th from 4pm-10pm. Enjoy live music all day by Vallejo, Dawn & Hawkes, T Bird & the Breaks, and Austin's Uncle Lucius! Shop over 75 art vendors, enjoy festival food and barbecue, cool off in the kid's water zone and enjoy fair rides & games! End the day with the best firework show in Central Texas! Thanks to our sponsor Sonesta Bee Cave Hotel! For complete information visit [HillCountryFest.com](http://HillCountryFest.com). It's FREE!

## Hill Country Galleria EVENTS

### JUNE

- 6 Saturday Night Concert Series 7pm-9pm – featuring Amanda Pearcy
- 11 June Wine Walk 5pm-9pm – start at Twin Liquors
- 13 Saturday Night Concert Series 7pm-9pm – featuring Parker McCollum

### JULY

- 4 Hill Country Galleria Independence Day Festival 4pm-10pm - [HillCountryFest.com](http://HillCountryFest.com)
- 9 July Wine Walk 5pm-9pm – start at Twin Liquors

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# RETIRE BETTER THIS TIME IT'S DIFFERENT

WITH JOSH STIVERS

Those who forget the past are destined to repeat it. Though we all know this to be true, investors are notorious for buying into the assumption that things are going to be different this time around.

The great investor John Templeton called this phrase the “four most dangerous words” in investing.

Most people love the idea of continuing to open their brokerage account statements and seeing the account values reaching new high levels. We all know deep down that left unattended, these investment portfolios will not continue to operate this way forever.

Everyone agrees that there will be another bear market in the future, but the problem is that no one knows when it will happen. It is true that our current economy is drastically different from that of the late 90's and the middle 2000's leading up to the financial crisis. It is also true that markets follow certain cycles, and at some point our current bull market will not sustain itself.

Now more than ever it is of the utmost importance to plan for the worst and hope for the best. When was the last time you reviewed your current investment allocation in light of the 6 year bull market we have experienced?

The run up in equities has caused many portfolios to be more heavily weighted into growth and small cap stocks than might be reasonable. Right now is the time to be in the process of repositioning your overall portfolio to take into account the possibility of lesser market returns in the future. This is not if, it's when!

Even if you are perfectly comfortable with the risk of the markets, it is smart money management to not have all of your money in investments

that move in the same direction. Stocks, stock funds, ETFs, variable annuities, and even bond funds all tend to move together (they are correlated). This can be hazardous to your financial health.


There are many alternative investments available today that are not directly tied to the public stock market. Historically, these investments have been used by large institutions and endowments to offset the volatility of the stock market while still achieving decent growth over time.

By taking a page out of the wealthy investors playbook (e.g. the Tiger 21 Group or the Yale and Harvard college endowments) you should include investments that are generally unaffected by the mood swings of the markets such as nontraded real estate investments, private equity, venture capital, commodities, hedge funds, oil and gas, secured floating income, and principal protected fixed and indexed annuities.


Through a proper allocation across non-market correlated asset classes, it is possible to balance out your current investment portfolio without giving up the potential for long term growth. While we all want the market to continue reaching new peaks, we still have to plan appropriately for the periods of time the markets choose to go through the valley.

If you would like further information on this topic or to receive a copy of our report on retirement investment 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

## ATTENTION WCID 17 CUSTOMERS

### Water Conservation Begins with Testing your Irrigation System

Now is a good time to spruce up your irrigation system after it has been dormant all winter. You will want to run zone tests, or have your irrigation contractor do so, to check for misdirected or leaking heads which may need to be repaired, or mainline breaks. Check each zone for optimal watering time, and be familiar with approximately how much water your irrigation system uses each time it runs a cycle. When it comes to a home's irrigation system, a little maintenance goes a long way.

Once your system is operational and set to the correct one day schedule for your address, routinely check the water usage on your monthly statement. Should your water usage be unusually high, you can request a FREE irrigation system audit from the District.

During the water audit, a licensed irrigation inspector analyzes the amount of water that is being applied and the rate of application; points out areas that are receiving too much water; and points out areas that are not receiving enough water. A fix can be as simple as adjustments to your system run time per zone; realignment or adding an additional head where needed; or changing out older style heads to pressure regulating heads. Knowing your irrigation system and making little changes can add up to a lot, and that can mean savings in water dollars and water conservation.

Please contact the District 17 office at [Iterrell@wcid17.org](mailto:Iterrell@wcid17.org) to schedule your FREE irrigation system audit. Please use "Irrigation Audit Request" in the subject line. You will then be contacted within five (5) business days to discuss and schedule.

Thank you for continuing to conserve water in Lake Travis. As we have been reminding everyone monthly, the watering schedule remains:

12:01 a.m. until 10:00 a.m. only on your one day

Addresses ending:

Monday	1, 3
Tuesday	2, 4
Wednesday	5, 7
Thursday	6, 8
Friday	9, 0
Saturday	All Commercial & HOAs
Sunday	The ONLY DAY FOR Hose End Sprinkler Watering

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# FUNDRAISING RECORD SET

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## THE LAKEWAY ASSOCIATES OF SETON SETS FUNDRAISING RECORD TO BENEFIT MENTAL HEALTH CARE



The Lakeway Associates kicked off the year with a Fall Wine and Cheese event at the home of Gretchen Nearburg to announce the year's fundraisers. The "Christmas Tour of Homes" at Arbolago, "The Seton Tea" at The Hills Country Club and "The Seton Gala" at the beautiful home of Haythem Dawlett in Vineyard Bay netted \$33,770 in donations. The check was presented to Seton Shoal Creek Hospital on May 7th at the annual celebration luncheon. The Lakeway Associates of Seton, established 31 years ago, has donated more than \$350,000 to benefit the patient experience. Barbara Bembry, President, thanks the Board and all those community members who made this year such an outstanding success. Pictured from left: Sharon January, Doris Burson, Kim Nearburg, Barbara Bembry (President), Maureen Mulrone, Jackie Elliott, Sarabeth Bratton (Seton Representative), and Gretchen Nearburg.



# CONGRATULATIONS! TO THE ST. ANDREW'S EPISCOPAL SCHOOL CLASS OF 2015



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servants

*We wish our 106 graduates the best of luck on their next great adventure!*



## CONSUMER ALERT

Avoid the storm chaser roofing scam. Don't let hail damage hurt your wallet and property value. Red flags homeowners should watch out for when selecting a contractor to fix storm damage

- The disappearing deductible
- Mysterious door to door salesman
- Fluctuating bid
- High pressure tactics

First steps after the storm

- Call your insurance agent
- Ask agent about process
- Wait to get estimates until after your adjuster has examined your roof

### Selecting contractors

- Stay calm
- Be proactive selecting a company
- Avoid door to door solicitors
- Do your research check with BBB , Angie's List or similar
- Don't sign any document until you're sure you've selected the contractor you want
- Find a local reputable company
- Make sure it is in writing
- Verify bonding and insurance
- Check the companies referrals from neighbors and others you trust
- Avoid quick fixes and low prices
- Avoid contractors willing to "Save your deductible" which is unlawful
- Written manufacture warranties

Protect your home and investment. Hire a local, well rated contractor

# CALL FOR ARTISTS:

## SPICEWOOD ARTS SOCIETY'S ARTS ROUND-UP

The Spicewood Arts Society ("SAS") is planning its twelfth Arts Round-Up, a juried fine arts festival scheduled for November 7 & 8, 2015. The Arts Round-up Committee is calling for applications from Texas artists who wish to join us in this wonderful Fall Art Festival in the fast growing Spicewood area. As we have done for the past four years, the festival will be held on the beautiful grounds surrounding the La Cabana Grill at 21103 Hwy 71 West in Spicewood, Texas.

Guest admission is free to the show, although donations to SAS are encouraged and greatly appreciated. Spicewood is an affluent and rapidly growing community with sophisticated art buyers. In addition, Spicewood is just a short drive from Marble Falls, Horseshoe Bay, Johnson City, Lakeway, Bee Caves, Oak Hill and Austin, providing participating artists the opportunity to exhibit their work to a variety of art patrons. We encourage all artists living or working in Texas to apply.

Artists in all 2-D and 3-D media will display their works in their own tents. All artwork must be original work by the artist. A jury of artists and members of the SAS Board of Directors will select applicants for invitation to participate.

Fees:

Non-Refundable Application Fee: \$25.00

Single Booth Fee for weekend: \$140.00

Double Booth Fee for weekend: \$275.00

If electricity is needed, there will be an additional fee of: \$5.00

Application Deadline: Wednesday, July 15, 2015 Midnight CST.

The goals for this show are to provide a cost effective venue for artists to display and sell their art and to provide fun for the whole family. Further information about the show can be found at our website [www.artsroundup.org](http://www.artsroundup.org). Applications for the show will be accepted through Zapplication, please apply by logging into Zapp at [www.zapplication.org](http://www.zapplication.org).



# OH HAPPY DAY

Spirit In The Hills Lutheran Church, located at 3001 R O Drive in Spicewood Texas has been a joint MISSION of the Evangelical Lutheran Church in America (ELCA), Shepherd Of The Hills Lutheran Church in Westlake and St. Peters Lutheran Church in Marble Falls since 2008.

The first service took place at the Briarcliff Community Center on April 6, 2008 with 25 people in attendance. After eight years of hard work and dedicated members, the MISSION accomplished the necessary items to become an official CONGREGATION of the ELCA, the 499th. This milestone was recognized by officials from the Synod office and supportive communities of faith in Westlake, Marble Falls and Dripping Springs on April 19, 2015. At that time Spirit In The Hills had ninety-three (93) individual signatures of Charter Membership. The Service of Recognition celebration lead by Bishop Tieman of the Southwestern Texas synod included many musical selections from the Choir, Luke Ingram a music student at University of Texas and Jackie Tomhave both members of Sprit In The Hills ending with the song Oh Happy Day.

The celebration was extended well into the afternoon to include a catered meal from Briarcliff Bistro and music by Todd Westbrook.

This was truly a HAPPY DAY and reflected the new CONGREGATION's continuing commitment to celebration of its mission; "We at Spirit in the Hills are people diversely centered in Christ, inspired by the Holy Spirit and sent to share God's love in the world."



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## FOUR TEEN VOLUNTEERS RECEIVE SCHOLARSHIPS FROM FRIENDS OF LAKE TRAVIS COMMUNITY LIBRARY

A future pediatric surgeon, NASA computer programmer, lawyer and Broadway star are receiving a total of \$8,000 in scholarships from the Friends of the Lake Travis Community Library this year.

Three are seniors at Lake Travis High School and one is a senior at Vandegrift High School. Among them they have volunteered more than 1,000 hours at the library.

Anna Dolliver, Brody Volpe and Sydney Yorke all graduate from LTHS this June. Dolliver and Yorke are headed to the University of Texas at Austin. Dolliver, who's volunteered at the library since 8th grade and been active in 4H since 6th grade, wants to become a lawyer. Yorke has also volunteered at the library since she was 13, and hopes to become a computer programmer. Volpe has been accepted into the honors program at Baylor where he'll study theater arts. He is hoping for a career on Broadway. Dolliver and Volpe live in Lakeway; Yorke lives in Bee Cave.

Keith Tran, who graduates from Vandegrift on June 4, will attend Texas Tech in the fall. He lives in Steiner Ranch and plans to become a pediatric surgeon.

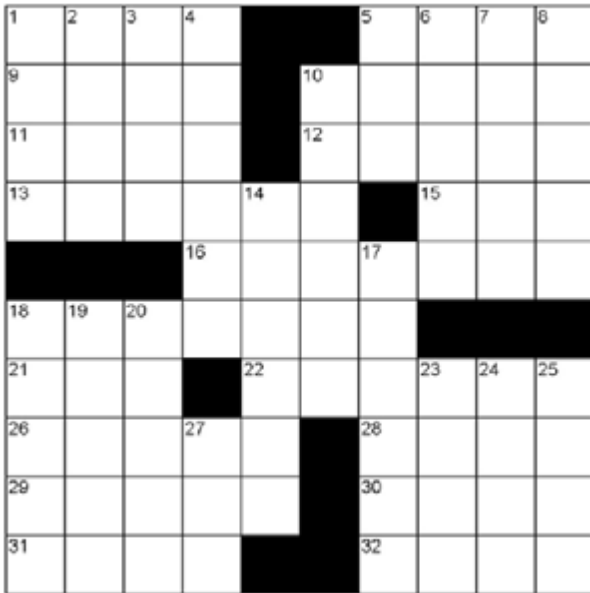
"We had such an impressive group of applicants this year, making our final decision was difficult," Jean Hennagin, chair of the Friends scholarship committee, noted. "We found the final four exemplary at all levels, including their service to the community."

The four seniors were awarded their Friends of the Lake Travis Community Library scholarships at their schools' awards ceremonies May 26 and 27.





# CROSSWORD PUZZLE



## ACROSS

1. Among
5. Cubby
9. Santa call (2 wds.)
10. British princess
11. Absent
12. Praise
13. Her former last name
15. Ball holder
16. Surpasses
18. Bar enforcer
21. Trail
22. Humorous
26. Bets
28. Information
29. Vista
30. Paradise
31. Animal group
32. Lady

## DOWN

1. Hit
2. State
3. Tai
4. Saucy Girl
5. Tyrannosaurus
6. Speak
7. Eyed
8. Tiny insects
10. Wears mesh mask to fight
14. Tax
17. Worn
18. Cheeky
19. Small measurement 1/16 of a pound
20. Whoop
23. Cipher
24. Object
25. Walking stick
27. The \_\_ (final word)

View answers online at [www.peelinc.com](http://www.peelinc.com)

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# TENNIS



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

## TIPS

**Match your age to ball and racket**

Age 9-10	Age 9-10	Age 11 & Up
Orange Ball	Orange Ball	Green Ball

**Get your kids in the game today!**

Minors, legal parents, clubs, associations, etc. We reserve the right to modify this information at any time without notice. All you need is a flat surface to throw or smash in the perfect place to play. Also, there are many programs available that will help you learn how to get active and have fun with tennis. Visit the USPTA website for more information and to learn more about us.

Match Only with Age Group	Match Ball	Racket
Age 9-10	Orange Ball	100" - 110" / 27" - 27 1/2"
Age 11 & Up	Green Ball	110" - 120" / 27 1/2" - 27 1/2"

**CAPTION 1**

**CAPTION 2**

**CAPTION 2**

**MAKE TENNIS YOUR KIDS' NEW Pick-Up Game**

- Provides a Great Mind & Body Workout
- Develops Confidence & Character
- Promotes Self-Control & Discipline
- Improves Fitness & Focus
- Offers Both Individual & Team Play
- Great Cross-Training & Low Rate of Injury
- Teaches Problem Solving & Sportsmanship

**CAPTION 3**

## “Tennis for Children 9-10 years old and under – Green Ball”

This series of Tennis Tips are focused on how to involve children of all ages learning to play tennis and offering tips to the parents on how to assist at home. In the last issue I offered advice for children 9-10 years old and under playing with the softer orange ball and on a 60' foot court. This issue, will focus on children 9 and 10 years old and under playing with the green soft ball and on a 78' foot regular size court.

**Caption 1: Tennis Racket and balls:** The children should be using rackets ranging in length from 25” to 27” long along with the green ball. These longer, lighter rackets and bouncier balls will make it easier for the child to control the swing and the point of contact with the ball. The appropriate racket to use will depend on the height of the child. Balls will bounce from 47” to 53”, which is within the comfort zone for most children of that age.

**Caption 2: Tennis Court:** For those players ready to cover the regular size court, they will now be playing on a 78” x 36’ tennis court. Lines are now painted regular white making it much easier to see the ball landing, especially while the opponents are serving. Players need to be physically ready to cover the entire court.

**Caption 3: Make Tennis Your Kid’s New Pick-Up Game:** Just like any other sport or skill, repetition is the key to learning. Once basic skills are learned the child will:

- Receive Mind and Body Workout

- Develop Confidence and Character
- Encourage Self-Control and Discipline
- Improve Fitness and Focus
- Offer Both Individual and Team Play
- Encourage Cross-Training and Low Rate of Injury
- Teach Problem Solving and Sportsmanship

Children at this age are already playing points and are given tips on how to hit groundstrokes, volleys and serves with control. The USTA provides tournaments and leagues for children 10 and under using the green ball on the 78’ courts. Matches are normally 4 game sets and they are encouraged to play round robins and/or consolation rounds.

Tips to parents:

- Take your child to a tennis court and encourage them to drop the ball and hit it on their own.
- Afterwards, feed the green balls from your own service line to them standing on the opposite service line. Feed the ball softly and with control. Make them move very slowly and with body control.
- Have them stand on their base line and feed balls next to them. Later move to the service line and once successful, move to the opposite side of the net.

*Look in the next Newsletter for: “Tips for children 11 years old and older – Yellow Ball”. For more information about our programs and club information, you can visit us at [www.greystacktennis.com](http://www.greystacktennis.com) or call us at 512-301-8685.*



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## *Nature Watch* **SERIOUS ABOUT SALAMANDERS**

by Jim and Lynne Weber

Humans often wonder why efforts are made to protect biodiversity and save endangered species. Biodiversity is defined as the variety of life in the world or in a particular habitat or ecosystem, and preserving it provides us with tremendous and vital benefits. Among others, these benefits include air purification, medicines for better health, fresh water, pollination of crops, carbon sequestration (or storage), and preserving the fertility of the soil.

Forests purify our air by filtering particulates and regulating the composition of the atmosphere. They act as massive carbon reservoirs, essential to the Earth's global carbon cycle, and significantly contribute to regulating the global climate. Natural forest soils, with

Salamander (*Eurycea tonkawae*) in addition to a total of 4,451 acres of critical habitat. These salamanders live nowhere else in the world, and saving them is also an important step for our region's long-term water quality and health. They cannot survive in waterways polluted with pesticides, industrial chemicals, and other toxins, so they are excellent indicators of the health of the environment.

The Austin Blind Salamander has external feathery gills, a pronounced extension of the snout, no external eyes, and weakly developed tail fins. It occurs in and around Barton Springs, which is fed by the Barton Springs segment of the Edwards Aquifer. The conditions that threaten this species include degradation of its aquatic



***Blind Salamander***

their active microbial and animal populations, have a higher content of total nutrients and biomass, supplying the right nutrients to plants in the right proportions. Soils and wetlands also act as a filter for water, helping to reduce nitrogen loading, which is a significant form of pollution that occurs as a side effect of development in many parts of the world.

Roughly 50% of the medicines currently available are derived from natural products. Of these, at least 120 chemical compounds derived from 90 different plant species are critically important drugs in use around the world today. Many flowering plants rely on a great variety of animals to pollinate them, including one third of the world's food crops. In the U.S., it has been estimated that honeybees alone pollinate approximately \$10 billion worth of crops.

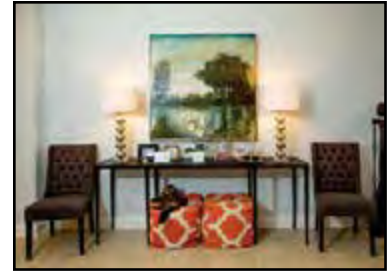
Recently, the U.S. Fish and Wildlife Service protected the Austin Blind Salamander (*Eurycea waterlooensis*), and the Jollyville Plateau



***Jollyville Salamander***

habitat from pesticides and fertilizers, as well as low flow conditions in the aquifer and the springs. The Jollyville Plateau Salamander is physically similar to the Austin Blind Salamander, but has generally well-developed eyes, except for some cave-dwelling forms that exhibit eye reduction, head flattening, and loss of color. Typically, their habitat is spring-fed, and they occur in depths of less than one foot of cool, well-oxygenated water. While this salamander lives in the Jollyville Plateau and Brushy Creek areas, significant population declines have been observed, likely as a result of degrading water quality from rapid urban development.

Perhaps one of the most fundamental benefits of saving endangered species is an aesthetic one, as the loss of biodiversity impoverishes our world of natural beauty, both for ourselves and for future generations. It is yet another good reason for us to be serious about salamanders!



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*Kevin and Stephanie W.  
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## The Value of Sleep for Children and Teens

Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

- a set bedtime and wake time that does not vary by more than 2

hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.





# SUMMER FUN:

## The New Hill Country Science Mill in Johnson City

The Hill Country Science Mill opened in February to rave reviews! Only one hour from Austin, it's the perfect day trip for families looking to find indoor fun this summer. The museum's mission is to help kids discover the fun of science by exploring and interacting with the exhibits and games. The museum's founder, Bonnie Baskin, believes "kids learn to love science by doing it, not by reading about it."

She has spent the last two years readying a historic Johnson City gristmill and cotton gin, which operated in the 1880s, for its new purpose: a place where kids can have fun with science, technology, engineering and math (STEM). The 17,000-square-foot space features more than 25 interactive exhibits, hands-on maker stations and art installations, all designed to spark kids' interest in the STEM subjects.

The Mill's exhibits were sourced both locally and globally, and many were created specifically for the space. The installations blend art, kinetic technology, augmented reality, and computer gaming. All are available in both English and Spanish.

With a focus on older elementary, middle school and high school students (but with something for ALL ages to enjoy) the Science Mill allows visitors to imagine themselves as a future scientist or engineer. Whether creating an "explosion" in the hydrogen ball launcher, experimenting with air pressure to move sailboats, or making a 3D topographic map in a sandbox, it's inevitable that visitors of all ages will have great fun while learning.

In addition to the many exhibits and hands-on activities, the Science Mill has a 3D movie theater, outdoor exhibits, a toddler play area and magnetic gear wall, a Biology Lab, a café, and much more!

Visit [sciencemill.org](http://sciencemill.org) for more information on hours, special events, birthday parties, field trips and summer camps.

Mention "PEEL" when you visit the museum for a kid's admission discount!

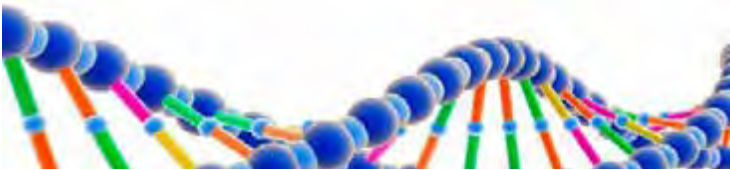
### Hours

- Wed-Sat: 10am – 4pm
- Sun: Noon-4pm

### General Admission

[Includes all exhibits and 3D movie]

- Under 2 years old – free
- Ages 2-18 (or with student ID) - \$6.50
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Terry Harris  
AllianceBernstein

The Changing World of Tax-Free Bonds

June 10, 2015  
Maria Croyle  
UT Professor

The 2014 Ebola Outbreak: Impact of  
Texas on a Global Pandemic

June 17, 2015

TO BE ANNOUNCED

June 24, 2015  
Julius G Getman  
UT Professor

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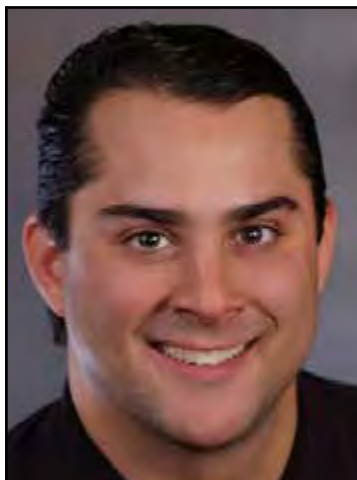
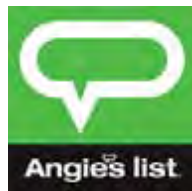
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