



# BEE CAVE *Messenger*

VOLUME 6, ISSUE 7

JULY 2015

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA







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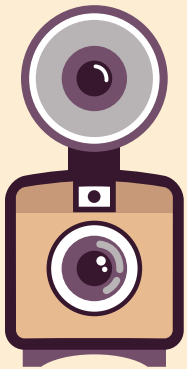
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The Bee Cave Messenger is mailed monthly to all Bee Cave area residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, 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 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.

This month's cover photo is the Berry Family, Bee Cave residents. 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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City of Bee Cave .....	<a href="http://www.beecavetexas.com">www.beecavetexas.com</a>

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# Table of Contents

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## AROUND BEE CAVE

- 6 Bee Cave Police Department's Citizens' Police Academy
- 6 TxDOT Launches RM620 Study

## SCHOOL NEWS

- 8 Seventh Annual Huddles & Heels
- 8 Arts Scholarships Awarded to Lake Travis Students

## NEWS YOU CAN USE

- 10 Improve Your Sleep for Better Health
- 11 Cicadas
- 12 Nature Watch
- 13 Hosting an Exchange Student

## BUSINESS SECTION

- 14 Men's Breakfast Club Schedule

## IN EVERY ISSUE

- 14 Teenage Job Seekers

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# RETIRE BETTER 3'S A CROWD

WITH JOSH STIVERS

When considering possible savings and investment options there are three basis characteristics to take into consideration. These 3 primary components are Liquidity, Safety, and Growth.

The quintessential perfect investment provides for complete access to funds (liquidity) while providing higher than average returns (growth) with absolutely no risk of loss of capital (safety). In case you haven't heard....this investment does not exist. In most cases, it is necessary to pick from two of the three characteristics. Let's look at a couple of examples.

A savings account at the bank guarantees your deposit and offers complete liquidity. The trade-off is banks are currently offering extremely low interest on your savings. If someone would like to make higher interest, they can place their money into a certificate of deposit (CD). Depending on how long they are willing to commit, the interest guarantee will increase with the length of the commitment. Put another way, the longer they are willing to forego liquidity on their money, the higher interest they will receive. In this example, you have to give up liquidity to achieve more return and still maintain absolute safety.

Another example would be a common stock in a publicly traded company. Due to the efficiency of our stock market, it is possible to sell the stock at any time....Liquidity. There is also the possibility of investment gains if the company does well. The problem is there is no guarantee of the company's performance. Therefore we give up safety in order to achieve both liquidity and potential for returns.

Most investors looking for more safety than common stocks and more growth potential than bank CDs have traditionally employed the use of bonds. Bonds pay a higher dividend than current interest rates and are guaranteed by the issuing company. Though the underlying price of the bond may fluctuate, if held to maturity the bondholder will receive their original

investment back. Bonds are not as liquid as stocks and savings accounts.

The conundrum for us today is our stock market is continuing to reach all-time highs, interest rates have remained at all-time lows since 2008, and bond values have inflated to very high levels as well. Investors are faced with a difficult task of choosing where to invest their money to achieve a balanced approach.

Low interest rates have forced many traditionally conservative investors to take on more risk in order to achieve higher returns than safe assets are currently paying. Many investors would like to take profits from their high flying stocks, but are faced with the question of where to invest these profits.

We are in very unique times. Now more than ever, investors must properly weigh the balance of liquidity, safety, and growth in their portfolio. Managing expectations and time horizons are some of the best ways to start this process. By properly assessing what you need your money to do for you over the next 1, 3, 5, and 10 years, you can begin to build a plan that will allow you to spread your investments across appropriate asset classes.

Through a proper allocation across non-correlated asset classes, it is possible to balance out your current portfolio without giving up the potential for long term growth. While we all want the market to continue reaching new highs, we still have to plan appropriately for the event things may head the other direction.

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

## BEE CAVE POLICE DEPARTMENT CITIZEN'S POLICE ACADEMY

The Bee Cave Police Department proudly announced on May 28, 2015 that we will be starting our very first Citizen's Police Academy on SEPTEMBER 10th, 2015 at 6:00 p.m..

We are extremely excited to provide this training and experience to the citizens and business owners of the City of Bee Cave. The program, will last six weeks and cover topics such as traffic enforcement, criminal investigations, patrol operations, and administrative operations. The BCPD will team up with Lake Travis Fire Rescue who will also present to the students.

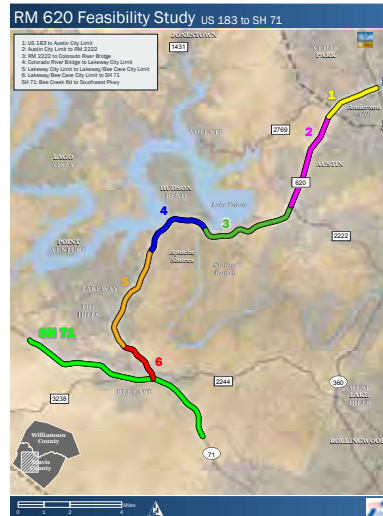
To apply, interested may either come by the Bee Cave Police Department and request an application, or simply contact Lt. William Pitmon at [WPitmon@beecavetexas.gov](mailto:WPitmon@beecavetexas.gov) and he will email the user friendly application to them. There is no cost to those selected, but the following requirements are mandatory:

- Be at least 21 yrs of age
- Have a valid Texas Drivers License
- No felony convictions
- No misdemeanor convictions Class B or above
- No arrests or convictions for Family Violence
- Must live within the City of Bee Cave, or
- Work within the City of Bee Cave

Applicants should understand up front that a standard background check will be conducted on them. A prior criminal history will not necessarily cause a rejection of your application depending on the totality of the circumstances. The final decision will be made by the Chief of Police on these instances.

For more information and to view our promotional video, those interested may visit our Facebook at: <https://www.facebook.com/pages/Bee-Cave-Police-Department/406748709376530>

## TxDOT Launches RM 620 Study



The Texas Department of Transportation (TxDOT) recently launched a feasibility study at [www.620study.com](http://www.620study.com) to analyze transportation issues along an 18.8-mile segment of RM 620 from SH 71 to US 183.

The 12- to 18-month study is a stakeholder-focused process incorporating input from neighborhoods, businesses, property owners, commuters, bicyclists, pedestrians, and others who use RM 620. The process involves four main

steps:

- Identify – Engage stakeholders in identifying problems and defining goals for improvements;
- Evaluate – Form stakeholder working groups to evaluate potential solutions;
- Refine – Refine potential solutions, disseminate them to stakeholders, and solicit feedback; and,
- Present – Present study results and identify next steps.

The goal of the study is to identify potential improvements that will maximize safety and mobility while balancing competing stakeholder interests. TxDOT will be working with local communities and residents to determine the need and feasibility for proposed improvements to serve existing and future growth. The information gathered from the community will help shape proposals

*(Continued on Page 7)*

## Your Community at Your Fingertips

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(Continued from Page 6)

for appropriate improvements.

“It is critical that TxDOT hear from Lakeway residents and businesses as well as other stakeholders in western Travis County,” Lakeway Mayor Joe Bain said. “Without our input, TxDOT’s efforts may not attain our goals.”

According to TxDOT, Travis County’s rapid growth has placed increased demand on this already congested highway. The Hill Country terrain, limited route alternatives, constrained rights of way and environmental sensitivity will challenge potential solutions.

RM 620 provides primary access to the southern Lake Travis area of Travis County and the southernmost tip of Williamson County. Through most of its length, RM 620 functions as both a local thoroughfare and commuter highway. In many cases, it is the sole access to subdivisions, businesses and schools. It is also the primary access route to Lake Travis-area recreation facilities.

The roadway runs 23.2-miles from SH 71 in Bee Cave to Interstate 35 in Round Rock and has major intersections with SH 71, RM 2222, US 183, SH 45 and I-35.



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## SEVENTH ANNUAL HUDDLES & HEELS RETURNS ON AUG. 13, 2015

Join Lake Travis High School Head Football Coach Hank Carter and the Cavalier Football Coaching Staff for a fun evening of dinner, football and prizes. Open to all women who are interested in learning more about the Lake Travis football program. This is a fun opportunity to get to know other Lake Travis Football moms, have dinner with the coaches, and win fabulous prizes.

Hosted by the Lake Travis High School Football Booster Club, this year's Huddles & Heels event will be held on Thursday, August 13th at 5p.m. in the Lakeway Resort and Spa Vistas Ballroom overlooking beautiful Lake Travis.

Tickets are \$55 and include a buffet dinner. The event will also feature Lake Travis Football spirit wear and merchandise for sale, a silent auction and prize chance drawing tickets available for purchase.

Invite your Moms, Grandmothers, Aunts, Sisters, and Girlfriends! Tickets on sale July 1 through August 10, 2015. Pay by credit card online at: [www.laketravisfootball.com](http://www.laketravisfootball.com) or in person via check or cash at the LTHS Cavalier Activity Center located at 3324 Ranch Road 620 S, Austin Texas 78738 (M – Th 8am to 5pm).

Proceeds from the event benefit the Lake Travis High School Football Program. Attire for the evening is "tailgate chic" and this promises to be a fun event to help kick off our "LEAVE A LE6ACY" 6A Football season.

## ARTS SCHOLARSHIPS AWARDED TO LAKE TRAVIS STUDENTS



Spicewood Arts Society in its ongoing commitment to supporting the artistic endeavors of the residents in our community has chosen 3 seniors at Lake Travis High School to receive its Fine Arts Scholarships. The presentations were made on May 26, 2015 during the school's Senior Awards Ceremony.

The recipients, selected from a group of students who plan on continuing their education in an arts- related field, will each receive \$1500. Applicants were judged on academics as well as on participation in extra- curricular activities, involvement in community service, financial need, and on honors or awards received during high school. As part of the application process, students were also asked to write an essay discussing their career goals in the performing, visual, or literary arts.

All 3 of those chosen to receive Fine Arts Scholarships exemplify the ideals of what the society hopes to promote and Spicewood Arts Society is pleased to support them in their post-secondary educational pursuits. This year's recipients are Brooke Hiller who will be pursuing a career in dance, Emma Highland who is aspiring to be a journalist, and Mason Johnston who will continue his education in music.

Funds for the scholarships are made available through the generosity of the community as it supports the series of performances that Spicewood Arts Society presents each season. The society hopes to expand the scholarship program in the near future. For information on the upcoming concert series, membership advantages, or to make a donation to support Spicewood Arts Society's Fine Arts Scholarship Program go online to [www.spicewoodarts.org](http://www.spicewoodarts.org).





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## IMPROVE YOUR SLEEP FOR BETTER HEALTH

### *Four sleep habits for healthy sleep*

*By Amanda Green, yoga therapist*

Waking up feeling fresh and refreshed is one of life's sweetest pleasures, and good sleep often goes along with a good mood and good health. When we are rested, we have improved mental functioning and memory, improved immune function, and we are less prone to depression.

A night of wonderful sleep can be an indicator that our overall life and system is running smoothly while a stretch of less-restful sleep can serve as a barometer that lets us know when we are out of balance and in need of some improved sleep habits or even lifestyle change. If you've been struggling with falling asleep, frequent night time waking or sleep that is less than restful, you may benefit by incorporating some of the following habits into your life.

#### 1. Reduce and manage stress

Does your head hit the pillow but your mind can't stop thinking, worrying or working? Consider ways you can reduce and manage the major stressors in your life. This might mean that you work with a professional who can help you better understand the major stressors so you can address the issues at the source. And for the situational stressors that are ongoing, some stress management strategies may be of use. Yogic breathing practices, evening meditations, or even the old technique of counting sheep can be great tools. Simple mental exercises that require some attention can help you shift from daily thoughts to dreamtime imagery.

#### 2. Sleep on a schedule

Small children benefit from a bedtime routine and a consistent bedtime, and it turns out, adults do, too. When we have calming and

predictable bedtime activities, our system gets into the groove and we can fall asleep more easily. Do dim the lights, do a simple yoga practice for relaxation, and rub some lavender scented oil on the palms of the hands and bottoms of feet. Avoid screens, bright lights or stimulating activities or exercises before bed.

#### 3. Moderate daily exercise

Getting outside for a brisk morning walk or regularly attending a yoga or fitness class can help the body to wake up in the morning. Improved fitness levels correlate with good sleep and regular exercise can help establish beneficial circadian rhythms for you system. Morning=wake up and move, Evening = sleep and stillness

#### 4. Eat right at night

If we eat at bedtime, our night-time digestion may interfere with the very important functions of sleep. Steer clear of snacks after dinner, and if you are struggling with good sleep, you may want to avoid alcohol, stimulants and rich foods as well. A clean, healthy diet throughout the day is the best thing we can do for our overall health. This includes our sleep health!

If your current lifestyle isn't conducive to good sleep, small, progressive and sustainable changes, like those mentioned above, can help. Not only can your mood improve, but research indicates that you'll have heartier immune system including reduced inflammatory proteins in the blood, improved memory, especially creative memory, and overall athletic and daytime stamina. And you don't have to do it alone. The support of a sleep expert, mindfulness teacher, or yoga therapist can help you make your way toward wonderful sleep.







Cicadas are fairly large insects but can vary in size with some growing over 1 ½ inches. Color may also vary depending upon species, but many are brown or green. All cicadas have bulging eyes and, on adults, wings that are held roof-like over the body. The wings are semi-transparent with thick wing veins. The majority of their life cycle is spent underground.

Cicadas have 2-5 year life cycles and appear in Texas in mid to late summer. Females insert egg clusters into branches of trees using their saw-like ovipositor

(egg laying structure). Eggs hatch after about 6 weeks and small nymphs drop to the ground where they burrow into the soil. Nymphs feed on sap of tree roots with their piercing-sucking mouthparts. After becoming fully developed, nymphs emerge from the ground at night and climb onto nearby objects such as tree trunk, plants, fences, etc. Adult cicadas emerge from the last nymphal stage leaving behind the exuviae (cast skin). Adults can live 5-6 weeks.

Male cicadas are well known for their “song”. They rest on a tree and produce a whining sound to attract females. The sound is produced by two vibrating membranes on the side of the abdomen. Females do not “sing”. Adults feed on juices from tender twigs, but usually do not cause lasting harm to the plant from feeding.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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## IN THE BLINK OF AN EYE

# NATUREWATCH

*by Jim and Lynne Weber*

For many of us, the outdoor magic and mystery of summer nights was best embodied by the blink of fireflies or 'lightning bugs', which are neither flies nor bugs, but beetles. With over 170 species of fireflies in North America, and about 36 of those species in Texas, fireflies fall into three main genera: the Photuris, Photinus, and the Pyracomena. The most common species in Texas is the Pennsylvania Firefly (*Photuris pennsylvanicus*), which ranges from the eastern U.S. to Kansas and into Texas.

Most likely to be spotted at night in fields and near wooded areas, the adult Pennsylvania Firefly's elytra (hardened forewings that form a protective covering over flight wings) are dark brown with yellowish margins and slanted stripes. The head is yellow around the sides and red in the middle, and their overall length is about half an inch. After mating, the female lays tiny, spherical eggs singly or in small groups in damp soil, around grass or moss, and they hatch in about 4 weeks. The larvae feed in the grass on slugs, snails, earthworms, and cutworms, and in this immature phase their light isn't visible unless they are turned over. They overwinter as larvae in small chambers within the ground, waiting for the spring months when they pupate and emerge in early summer as adult fireflies, giving them an average lifespan of approximately two years.

Firefly mating is dependent on the female seeing the distinct flashes of a mate-seeking male, and each must find the exact right blinking pattern in order to mate successfully. Males begin flying after dark, emitting yellow or yellow-green flashes, some flying above the tree canopy. Interestingly, ambient light

around a firefly's natural habitat decreases the chance it will find a mate. In order to rise to the challenge of producing offspring with artificial light around, fireflies must increase the intensity of the flashes they produce in order to be seen. This increased light emission decreases the stored energy supply in the firefly that would normally be used directly for reproduction. Artificial light also exposes the fireflies to nighttime predators, even when they are not blinking. This combination of effects from artificial light directly decreases the chance that fireflies will survive and mate.

Flashes of light can be emitted by both male and female fireflies, and can also be used for purposes other than mating. One additional use is to lure prey to them; in fact, females from the *Photuris* genus will often mimic the flashes of a female *Photinus* firefly, and a male *Photinus* that falls for it will quickly be devoured! Not all female fireflies are capable of flight, however, as some species are wingless and bear a strong resemblance to larvae rather than to adult males of the same species. Often, these types of fireflies are



referred to as 'glowworms'.

The abundance of fireflies has been decreasing over the years, greatly challenged by both the increasing presence of artificial light and the rapid development of our open fields and forests. As human light pollution and development continues to spread, fireflies just might disappear altogether, in a blink of an eye!

*Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. Check out our blog at [naturewatchaustin.blogspot.com](http://naturewatchaustin.blogspot.com) if you enjoy reading these articles!*



# Hosting an Exchange Student

Did you ever wonder what hosting a foreign exchange student is about? Well here it is in a nutshell....

Hosting an exchange student is a great way to learn about another country and culture without leaving your home town. It provides a cultural exchange experience for the entire family while providing a student from another country with a slice of American life.

Hosting an exchange student is like adding an international branch to your family tree. Many host families develop lifelong friendships with their exchange students and keep in regular touch with them. Some even visit them in their home countries, or invite them back for weddings and graduations

Hosting an exchange student provides your family, your high school and your community with a direct window into another country and culture, providing an opportunity for

life-long learning.

Families of all shapes and sizes can host an international exchange student. We've had host families with young children, no children, high school aged children – as well as empty nesters and single parent households.

Ayusa is a non-profit based in San Francisco that promotes global learning and leadership through foreign exchange and study abroad programs for high school students from around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or [vodom@ayusa.org](mailto:vodom@ayusa.org) or Ayusa at 1.888.552.9872 or by visiting the website at [www.ayusa.org](http://www.ayusa.org).



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## LAKEWAY MEN'S BREAKFAST CLUB

### PROGRAM SCHEDULE

#### July 2015:

##### July 1, 2015

Robert Abbott, LT Fire & Rescue  
Managing Fire & Emergency  
Services In a Growing Population

##### July 8, 2015

TO BE ANNOUNCED

##### July 15, 2015

Cash Lewis, Local Doctor  
Holy Hormones

##### July 22, 2015

Elizabeth T. Gershoff, UT Professor  
Spanking and Child Development: Do We Know  
Enough to Stop Hitting our Children?

##### July 29, 2015

Bob Rose, LCRA Meteorologist  
Weather Forecast

Meetings at the Lakeway Activity Center  
Available to Men Residing in the Greater Lakeway Area  
\$1 Continental Breakfast at 7:00 am. / Speaker at 8:00 am.

No reservations necessary No membership required  
FOR INFORMATION CALL Tom Cain 512-363-5793  
e-mail: speakers@thomasgcain.com



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# **KNOCK KNOCK!**

# **WHO'S THERE?**

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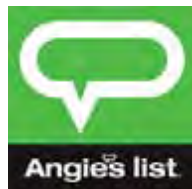
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Jason Joseph, *Project Manager*  
Steiner Ranch Resident  
2004 - Present

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Ray Mondro, *Project Manager*  
Lake Travis Resident  
1998 - Present



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