



LETTER FROM THE EDITOR

Everybody staying dry? Since I have to write this ahead of time, I can only assume that we got slammed with some heavy rain from the remnants of Hurricane Patricia and the following storms. I know we needed rain badly, so despite the potential for dangerous conditions, the heavy rains are always welcome. Be safe, stay dry, and remember: "Turn Around, Don't Drown!" Local river crossings and bridges may still be dangerous by the time this hits your mailbox, so please use caution.

As some of you have noticed, there were a couple of missteps in the last Newsletter. Neither of the recipes for October made it to print, and the additional artwork by my daughter was absent as well. So we're going to roll on a couple of retreads this month, with the addition of a couple new articles.

I think we should call November's production the Recipe edition since we have three delicious recipes for you to try out this month. In addition to the smoked roast chicken and Dr. Pepper cake recipes that were absent last month, Amanda Essig has submitted an article for her own homemade turkey

stock. It sounds absolutely delicious as described, and she's even included a few options for incorporating additional items, or using chicken instead of turkey. Just in time for Thanksgiving!

We'll also try running Keegan's art piece again. As I mentioned last month, she agreed to help out with some pieces she has done in the past. If anyone else would like to submit any art or drawings for inclusion in the Newsletter please send them my way.

Enjoy our great community, and everything that it has to offer.

See you 'round the Creek!

Jon Stine
Editor/Contributor
rockycreeknews@gmail.com

As always, if you would like to be a contributor for this newsletter, please let me know.

IMPORTANT NUMBERS

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EMERGENCY	911
Fire.....	911
Ambulance.....	911
Police Department	512-314-7590
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Travis County ESD No.6/Lake Travis Fire Rescue	
Administration Office.....	512-266-2533
Travis County Animal Control.....	512-972-6060

SCHOOLS

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Lake Travis High School.....	512-533-6100
Lake Travis Middle School.....	512-533-6200
Bee Cave Elementary.....	512-533-6250

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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	www.beecavetexas.com

NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181
Editor - Jon Stein	rockycreek@peelinc.com
Advertising.....	advertising@peelinc.com

HOA MANAGEMENT

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

ARTICLE INFO

The Rocky Creek Connection is mailed monthly to all Rocky Creek residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

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

Smoked Roasted Chicken

by Jon Stine Serves 4-5



For the Chicken:

- 1 5-7 lb whole roasting chicken, the more organic and fewer hormones the better
- 1 to 2 cloves garlic, crushed or minced
- 1 Lemon
- Kosher salt and fresh ground pepper
- Poultry Seasoning (*Dizzy Pig's "Dizzy Dust" is my preference*)

For the Drip Pan:

- 3 cups white wine
- 1 bunch of fresh thyme
- 1 to 2 cloves garlic, crushed or minced
- 4 Tbsp fresh lemon juice
- 2 Tbsp olive oil
- 2 Tbsp unsalted butter

These recipe instructions assume that you have a Big Green Egg or similar smoker that can be setup for indirect smoking and cooking. If you substitute your specific smoker steps for these, or if you setup direct/indirect on your gas grill you may be able to get pretty close to the same results. Email me if you'd like some specifics on modifying this technique to work with your setup, I'd be happy to assist.

1) Set up your Big Green Egg for indirect cooking with a plate setter (legs up). Stabilize your Egg at about 300 degrees. You will need a drip pan large enough to place the whole chicken in for the final steps.

2) Remove chicken from the refrigerator. Rinse chicken, inside and out, and then pat dry with paper towels, also inside and out.

3) Lightly salt and pepper, and add a touch of minced fresh garlic inside the cavity. Insert the lemon (punched full of holes with a fork or knife).

4) Sprinkle sea salt and pepper over the outside of the chicken, followed by a light sprinkle of your favorite poultry seasoning. I like Dizzy Pig's

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Rocky Creek Connection

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“Dizzy Dust” All Purpose Seasoning for this recipe.

5) Place 4 to 5 chunks, or a handful of wood chips (I prefer Apple or Cherry, or both) around the lump charcoal in the Egg to get some smoke going.

6) Add the white wine, 2 Tbsp of lemon juice, and about 1 Tbsp of garlic to the drip pan. Place grill over the drip pan, and place the chicken breast up, in the Egg centered over the drip pan and centered in the Egg.

7) Allow the chicken to smoke and slowly cook. One of the primary rules of good smoking is to not look at or mess with your smoked items for as long as possible. Peeking allows heat, smoke, and humidity to escape, all things that affect cooking times and flavor. Keep it all in there!

8) After one hour, raise the temperature to about 400 F. No need to peek at it, leave it there for roughly another hour.

9) Once you get close to the 2 hour total cooking mark, you should begin checking the internal temperature of the chicken with a good digital thermometer. A six pound bird will take about 2 hours to cook, but the key is 170 degrees F. with a thermometer inserted at the thickest portion of the breast.

10) Once the chicken has hit 170 degrees internal, remove the chicken and the grill from the smoker. With insulated gloves or pot holders, remove the drip pan, and replace the grill and chicken. Close the lid, and maintain the smoker temperature while you work on the next steps. It helps the skin brown a bit.

11) Add the remaining lemon juice and garlic, as well as the thyme, olive oil, and butter to the drip pan and juices from the chicken. Use a whisk to blend.

12) Open the smoker, and place the chicken into the drip pan, and place the drip pan back into the smoker over indirect heat. Baste the entire chicken a couple of times with the pan juices. Close the lid and allow the chicken to cook in the pan juices for another 10-15 minutes, basting every 3-5 minutes.

13) Remove drip pan and all, and let the chicken rest, in the drip pan, covered with foil for 5 minutes.

14) Slice the meat off of the carcass however you like, and serve with the pan juices drizzled over the top.

This was a hit in our home several ways. The pictures for this show that we had it sliced with some of my wife’s amazing slow cooked green beans and scratch mashed potatoes. The drip pan juices were spooned over the chicken as well as the mashed potatoes. Simply amazing dish.

The other way this recipe shines is as a sandwich. Whether it’s the primary use, or as a leftover lunch the next day, placing some of the warmed up, sliced chicken inside a King’s Hawaiian roll, with a little bit of your favorite Barbecue sauce, is a little bit of smoked barbecue heaven.

And finally, just eating it the next day, right out of the fridge, cold. I know I’m not the only one that enjoys cold chicken, but if you have your doubts just trust me – it’s delicious!

If you try this recipe, I’d love to hear how you liked it and see how it turned out.



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Homemade Turkey Stock

by Ammanda Essig

As we begin to say goodbye to the scorching days of summer, and wait with excitement for those first evening nights with a crispness in the air, we can finally look forward to the bounty of food that only arrives with this time of year. As native Texans have long known, and as every transplant Texan is now learning, fall comes late to Texas. So while the East coast is basking in the golden hued leaves that herald the changing of the seasons, Texans get an odd mix of wonderful sixty degree days mixed with the sweat inducing nineties.

About the time Mother Nature finally makes up Her mind to settle down to pleasant weather, Thanksgiving begins to creep up on us as if we didn't expect it to happen at the same time every year. However, once the slight panic has dissipated the planning can begin.

Following, is a recipe that is the backbone of my Thanksgiving meal. It's a recipe for homemade stock which can be made weeks in advance then frozen or, if made fresh, can last about a week. I know that you can buy good quality stocks at the store, but if you have a couple of hours it is well worth it to make your own. This stock can then be used in any number of holiday dishes from dressings and stuffing to homemade gravies to a base for soups.

Tools You'll Need:

Large Soup/Stock Pot
Colander with Cheese Cloth Placed Inside OR Fine Mesh Sieve
Large Bowl or another Stock Pot
Ladle
Tongs
Cutting Board
Knife
Gallon Plastic Storage Bag

Ingredients:

2-3 lbs. Turkey Drumsticks and/or Thighs
Olive or Vegetable Oil
Package of Fresh Herbs- Thanksgiving Blend or Separately: Thyme, Rosemary, and Sage
1 lb Package Carrots
2 Sweet Onions
2 Serrano or Jalapeno Peppers
1 Garlic Head- Only 4-5 Cloves Needed
½ cup Flour Seasoned with Salt and Pepper
Salt & Pepper
2 teaspoons Onion Powder
½ teaspoon Garlic Powder
¼ teaspoon Cayenne Pepper

Add other spices to taste. Just remember, this is a base for all of your recipes so it will affect your dishes, however slightly it may be. I would recommend more boldly seasoning the stock if using it for a soup base, but if using in other dishes you may want to season the dish rather than the stock.

Making the Stock:

• Prep all the vegetables. Cut the ends off the carrots then cut into thirds or quarters. There is no need to peel the carrots, unless eating afterwards. For the onions, cut them in fourths and take the outer skin off. Crush the garlic head and cut each garlic clove in half. Cut the ends off the peppers, then cut in half.

• Take the Turkey Drumsticks and/or Thighs and place them in a plastic storage bag along with the ½ cup of seasoned flour. Shake, making sure to coat all pieces of meat.

• Working in batches, cook the turkey in the olive or vegetable oil until well browned on all sides. Use the tongs to turn the turkey, and to remove all turkey when browned.

• Once all turkey is removed from pot, add all prepared vegetables. If the stock pot is dry, a teaspoon of oil may need to be added. Cook the vegetables on medium heat for ten minutes using the tongs to scrape up the browned bits on the bottom of the pot.

• At the end of the cooking time, add one sprig of sage and two sprigs each of rosemary and thyme. Let the herbs sit for two minutes.

• Then add one cup water to the pot. Turn the heat up to medium-high, and use the tongs or a spoon to deglaze the pot. Stir constantly for two to three minutes as the mixture thickens slightly.

• Turn the heat down to low, and add the turkey back to the pot. Generously salt and pepper the meat and vegetables, remembering NOT to taste as the meat may not be cooked through yet.

• Add eight to ten cups of water to the pot, depending on the size of your stock pot.

• Add dried herbs to the stock pot: Cayenne, Garlic, and Onion

• After thirty minutes remove the fresh herbs using the tongs.

• After this, let sit for another hour occasionally adding ½ cup water as needed to account for evaporation.

• At the end of this time, the meat should be falling off the bone and the vegetables soggy. The stock should be a light golden color.

• Turn the heat off, and let sit for an hour or so. Once it's cool enough to handle, it's time to strain the stock.

• Regardless of your method, the goal is the same, which is to extract the impurities from the stock. A few minutes prior, these were the flavor enhancers to your stock, but now they are the impurities. So the goal is to remove them.

• Place the second stock pot or large bowl in one side of your sink. Then place the colander with cheese cloth or fine mesh sieve within the bowl. For simplicities sake I will say bowl and sieve. You will also need another bowl handy to scrape all the vegetable and turkey remnants into.

• Using the tongs, remove all large turkey parts and vegetables, and place in the 'trash' bowl.

• Then, slowly pour the stock into the sieve that's placed within the bowl. Once all the stock has been strained, put the solid remnants from the sieve into the second 'trash' bowl, and then run the sieve under tap water. Repeat this process a few more times until you notice the stock is free from solid matter, besides seasonings such as pepper. Once the stock is fully cooled, it can be stored in containers, and then frozen for a few months, or refrigerated for up to one week.

I certainly hope you enjoy this stock. It takes a couple of hours, but it is well worth the effort when you taste the result. This is my own recipe made of a compilation of many recipes. However, the best recipes are those we make our own. Therefore, I encourage you to make changes to seasonings or vegetables to suit your own personal taste. Some suggestions include adding leeks, peppers, or red onions.

The turkey in this recipe can also be substituted for chicken, and that stock makes a delicious base for chicken noodle soup. To make an easy soup, pull the turkey off the bones, and cut up the vegetables you just cooked. Add in some stock and dried egg noodles, and cook for thirty minutes, or enough time to cook the noodles through, and you have an easy dinner out of the stock 'trash.'

If you have any questions, please feel free to write me at amandaessig@gmail.com.

Baker's Dozen

Dr. Pepper Cake

by Ammanda Essig

Ingredients:

1½ cup Dr. Pepper soda
½ cup vegetable or canola oil
1 stick salted butter (8 tablespoons)
4 tablespoons cocoa powder
(again, I used Hershey's Special Dark cocoa powder)
2 cups sugar
2 cups flour
1 teaspoon baking soda
2 eggs
½ cup buttermilk

For frosting:

1 stick salted butter (8 tablespoons)
4 tablespoons cocoa powder
8 tablespoons milk
4 cups confectioner's sugar (powdered sugar)

INSTRUCTIONS

For cake:

- Preheat oven to 350-degrees F and grease or spray with cooking spray a 13x9x2-inch baking pan.

- Begin by combining the Dr. Pepper, oil, butter and cocoa powder in a saucepan over medium heat. When it comes to a simmer, mix well and turn stove off.

- Mix dry ingredients together (sugar, flour and baking soda), add to mixture in saucepan and mix well, by hand. Don't over beat. DO NOT OVER BEAT.

- In a separate small bowl lightly beat the eggs and buttermilk together, then add them to the saucepan and combine batter well by hand, but again, do not over beat.

- Pour into a greased baking pan and bake at 350-degrees for approx. 23-28 minutes or until toothpick inserted into the center of the cake comes out clean. Be careful not to over bake.

For frosting:

- In a saucepan, combine butter, cocoa powder and milk together over medium heat, stirring occasionally until melted and smooth.

- Add in the powdered sugar a little at a time, combining after each addition until smooth.

- Pour over warm cake.



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Rocky Creek Connection

Together Let's "Heat Up" LT Soccer!

Jointly, the LTHS boys and girls soccer programs are conducting our capital campaign to raise funds for much needed all-weather bench shelters to protect the players from the extremities. These shelters will enhance our program. Currently, our programs boast five teams, 100 student athletes and successful seasons that have led to post season runs including last year where the girls ended with second place in District 14-6A at 12-5-3 and the boys finished as Region 2 Finalists with a record of 22-2-1.

The district has approved the purchase of two 24' bench shelters, along with a 9' bench shelter for trainers and school administrative staff as well as a storage facility to store the shelters when not in use. That's where you come in. We are in need of \$30,000 to make this happen before the season starts in January! Here's how you can help!

Donate to the Capital Campaign today and when it's time for the players to step onto the pitch for the first game of the season, the bench shelters will be in place. But it will only happen if you help us.

Contribution Level

Free Kick up to \$249

Bicycle Kick \$250-\$499

Breakaway \$500-\$999

Gooooaalll! \$1000-\$2999

Hat Trick \$3,000

World Cup over \$3000

For online donations visit <https://www.crowdrise.com/togetherletsheatuplt/fundraiser/cavssoccer> OR drop your payment off at the Cavalier Activity Center, OR email ltsoccercapitalcampaign@gmail.com with your pledge amount and then mail a check, made out to Lake Travis Boys Soccer Booster Club*:

Lake Travis High School Soccer Capital Campaign | Attn: Susan Thompson Cavalier Activity Center | 3322 Ranch Road 620 South | Austin, TX 78738

Questions: Please ask us via: ltsoccercapitalcampaign@gmail.com

All donors will be listed on the boys' and girls' soccer booster club websites and

all \$500 and above donors will appear on a plaque that will be displayed on the all-weather shelters.

Your generosity will be acknowledged by LTHS athletes for years to come.

This is your chance to impact our high school soccer programs that will last well beyond any player's high school career. It is not only a contribution in our program today, but an investment in the larger soccer community that will last for years to come. This is your chance to make a difference. Together we will Heat UP LT Soccer! Go Cavs!

*The LTHS Boys Soccer Booster Club, Inc. is collecting the donations in an account for both programs

with the sole purpose of funding the bench shelters and storage.

LTHS Boys Soccer Booster Club, Inc. is a qualified tax-exempt organization as defined in Section 501(c)(3) of the Internal Revenue Service. Federal Tax ID number is 47-4575424.



ART CORNER

If you've got an artistic ability we would love to showcase your talents here. This piece and the one on the front cover are both by Keegan Gray. She drew the one on the front specifically for our Newsletter, and incorporated the Texas flag design into it along with some really neat "zentangle" designs.

This is one that she did for her little brother. I asked her if I could share it with all of you because it's so uniquely creative. We get a chuckle out of the hair on the Hulk-inspired letter "T".

If you've got some art you've created, or would like to create (hint, hint, Trzupek...) we would love to present it here for everyone to enjoy. Send high quality scans or pictures to me at rockycreeknews@gmail.com.

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New Year's Eve Gala

On December 31, 2015, there will be a New Year's Eve Gala, themed An Affair to Remember, benefiting Help Our Wounded. The Gala will be hosted at the Sonesta Bee Cave Hotel. Cocktails will begin at 7:00 p.m. on the Rooftop Terrace, followed by dinner at 8:00 p.m. in the Colony Ballroom. We will dance to the music of the band Groove Knight, and at midnight, we will have a champagne toast to welcome 2016.

Tickets are \$100 per person. VIP tickets are \$150 per person, which includes an invitation to a cocktail party on December 30, 2015. To make reservations, make your check payable to Help Our Wounded, and mail it to Joan Astorino at 206 Palos Verdes Drive, Lakeway, TX 78734. Tickets may also be purchased online at www.helpourwounded.org/gala. Tables for 10 guests, partial tables, or individual reservations are available. The first \$50 of each ticket covers the cost of the event; everything over that amount is a tax deductible contribution. The deadline for making reservations is November 23, 2015.

Help our Wounded was founded by Rosie Babin in 2009 after her son, Corporal Alan Babin, was severely wounded in Iraq in 2003. His recovery required extraordinary courage, dedication, and perseverance. Rosie has worked hard to better understand treatment options, hospital choices, and government regulations. As a result of Rosie and

Alan's medical journey, Rosie is better able to assist other families in the same situation. The mission of HOW is "to help our wounded service members, and those who care for them, by providing direct aid, resources and support, unique to their needs."

There are many great nonprofit organizations assisting combat veterans. What makes HOW unique is that once a veteran is vetted, HOW moves quickly to provide the necessary financial assistance, and whenever possible, HOW works directly with creditors to ensure that the assistance is a hand-up not a handout. Because of this ability to respond quickly to unique needs, other nonprofits turn to HOW to provide needed help to our veterans.

Last year was the second New Year's Eve Gala benefiting HOW. It was a huge success, raising over \$126,000. That money was used to help wounded veterans and their families with mortgage assistance, medical supplies, transportation for medical appointments, utilities assistance, and rent eviction prevention. With the success of last year's event, The Third Annual Gala is poised to be an even more successful affair.

For more information, contact Dottie Stevenson at 512 266-6460 or Brooke Toeller at 512 808-7115. Other committee members are Donna Lochow, Diane Jackson, Joan Astorino, Ann Neighbors, Gretchen Nearburg, and Paula Tye.



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Rocky Creek Connection

Spicewood Arts Society Presents 2 Days of Art and Live Music

Highlights:

- The juried fine arts festival will be held at La Cabana Grill in Spicewood on Nov. 7th and 8th
- Over 30 local and regional artists will be displaying and selling original works
- Local acts, including the Spicewood Elementary choir, will be appearing on stage
- Proceeds will be used for programs for students in local schools
- Admission is free, all donations are welcome

Spicewood Arts Society, the Home of the Arts in the Hill Country, is excited to present its 12th Annual Arts Round-Up. This 2 day celebration of the visual arts will feature over 30 local and regional artists, 18 of whom are new to the festival, displaying and selling original works in mediums such as jewelry, pottery, paintings, glassware, photography, and many more.

This family-friendly event will feature a special Art Tent where students from Spicewood Elementary, West Cypress Hills Elementary, and Lake Travis Middle School will have artwork on display. There will also be a designated children's area where all children attending will be invited to create their very own works of art.

In addition to the visual arts show, attendees will be able to enjoy 2

days of live music showcasing the Spicewood Elementary School Choir, Todd Westbrook, Andrea Marie and the Magnolia Band, The Square Grooves, Brittany Shane, and Lohman's Crossing Band.

The fun begins on Saturday, November 7 at 10AM and runs through 6PM at La Cabana Grill, 21103 Hwy. 71 West, Spicewood, TX, 78669. The event continues on Sunday, November 8 from 11AM until 4PM at the same location. Food and drinks will be available from the host, La Cabana Grill. Admission is free, but all donations are appreciated.

Portions of the proceeds will help fund programs in schools in the Marble Falls and Lake Travis school districts. Spicewood Arts Society will sponsor performances by The Warren Hood Band, John Arthur Martinez, and storytellers Donna Ingham and Tom McDermott during the 2015-2016 school year.

Spicewood Arts Society would like to thank their host for the event, La Cabana Grill, whose hospitality the past 5 years has been instrumental in making the Arts Round Up a continued success. They also graciously thank their sponsors for their generosity and the volunteers who put in endless hours of their time to make sure that the artists, guests, and musicians have an enjoyable show.

Individual and Business sponsorships for both the concert series and the Arts Round Up are still available. Please contact Pat Petrach, managing director, at pat@spicewoodarts.org.



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MEALYBUGS

Mealybugs are pests of landscape plants and houseplants. They are often active during times of warm, dry weather, but can also become a problem indoors at any time of year. Infestations usually start at the base of stems and then spread from there as populations increase.

Mealybugs are a type of unarmored scale insect. They are sexually dimorphic (males & females look different). Males have wings while females remain wingless and nymph-like throughout their life. Females are oval, soft-bodied and covered with a white waxy powder.

These insects have piercing-sucking mouthparts which they use to penetrate plant tissue and suck out juices. This can lead to chlorosis (yellowing of the plant), wilting and distortion. With larger infestations, the insects may cause stunted growth, premature leaf drop or death of the plant. Mealybugs are also known for secreting honeydew, a sweet, sticky substance on which a fungus called *sooty mold may grow.

*Sooty mold is a fungus that grows on honeydew excretions. Sooty mold can indirectly harm the plant by covering plant surfaces and reducing the amount of sunlight that reaches plant tissues, resulting in reduction of photosynthesis.

Since all but male mealybugs are wingless, adult females have to be placed near a host plant for them to infest it. They can crawl short distances to plants. Immatures can be blown to new locations by the

wind, move by water or be transported by animals.

Tips for mealybug management:

- Conserve beneficial insects; there are many insects that will feed on mealybugs or parasitize them



- **Use high pressure water sprays to dislodge the insects from the plant

- **Insecticidal soap

- **Horticultural oils

- **Insecticides labeled for mealybug control

- For severely infested plants, it may be best to throw the plant away and buy a new one

***If treating houseplants, move plants outside during treatment then move back inside once treatment has dried.

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

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RETIRE BETTER

A TIME FOR FEAR, A TIME FOR GREED

WITH JOSH STIVERS

Back in October of 2008, Warren Buffet wrote an editorial in the Opinion column of the New York Times titled, "Buy American. I Am."

Throughout the article he explained his thoughts on his rule of stock purchasing: "Be fearful when others are greedy, and be greedy when others are fearful." He went on to make the comment, "In short, bad news is an investor's best friend. It lets you buy a slice of America's future at a marked-down price."

Buffet made these comments just over 7 years ago, and yet they could have been spoken last week. We all know that history repeats itself, and this could not be more clear when looking at cycles in the stock market.

Last month's article covered the necessity of volatility for public markets and the importance of being ready to benefit from that volatility. To build on that discussion, let's take a look at whether there is more fear or greed in the economy today.

Obviously, there is currently a much stronger sentiment of fear in the day to day news surrounding the global economy. Many people are uncomfortable with the uncertainty and are getting out of their current portfolio positions. This leads to

an opportunity for people willing to follow Warren Buffet's philosophy.

Instead of trying to find comfort during uncertain economic times, those who are willing to be comfortable being uncomfortable are often rewarded handsomely for prudent planning during these time periods.

This is not the time to be sitting back holding onto cash equivalents because they feel safe. You need to take a long-term view towards the current climate and find the opportunities that exist. I am not recommending you take leveraged positions or invest in weak areas of the market, but there are many sound companies whose long-term success is completely unaffected by the current economic news.

This is a time for action. Don't let the opportunity to be greedy when everyone else is fearful pass you by.

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



512.369.3817



www.PlatinumWealthAdvisory.com



2802 Flintrock Trace, Ste. 221
Lakeway, TX 78738



PLATINUM WEALTH
ADVISORY



JOSH STIVERS

RETIREBETTER@PLATINUMWEALTHADVISORY.COM



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