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ADVERTISING INFO

Please support the advertisers that make the Bee Cave Messenger possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or <u>advertising@peelinc.com</u>. The advertising deadline is the 8th of the month prior to the issue.

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 <u>beecave@peelinc.com</u>. 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 deadine 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. Portrait (vertical) photos work best.

To view other photos submitted please visit 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.

IMPORTANT NUMBERS

EMERCENCY NILIMPERS	
EMERGENCY NUMBERS EMERGENCY	911
Fire	
Ambulance	
Police Department	
Sheriff – Non-Emergency	
Travis County ESD No.6/Lake Travis Fire	
Administration Office	
Travis County Animal Control	
SCHOOLS	
Lake Travis ISD	512-533-6000
Lake Travis High School	
Lake Travis Middle School	
Lake Travis Elementary	
Hudson Bend Middle School	
Lake Pointe Elementary	
Lakeway Elementary	
Serene Hills Elementary	
Bee Cave Elementary	
West Cypress Elementary	
UTILITIES	
Travis County WCID # 17	
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	
Repair	
Billing	1-800-858-7928
Time Warner Cable	
Customer Service	
Repairs	
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	
Lake Travis Postal Office	
Lakeway Regional Medical Center	
City of Bee Cavew	
NEWSLETTER PUBLISHER	
	510 0(0 0101
Peel, Inc.	
Peel, Inc Editor	

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Around Bee Cave

Sonesta Bee Cave Hotel

Congratulations to Sonesta Bee Cave on their 1 year anniversary! Beat the heat this summer at Sonesta Bee Cave and enjoy savings at the Hill Country Galleria and Lake Travis. The hotel's "Splash 'n Shop" offer is inclusive of accommodations, a \$50 gift card for use at the Hill Country Galleria and a \$50 coupon at Just for Fun Watercraft Rentals located at Lake Travis. Package is available for booking at Sonesta.com/BeeCave through September 5th with the promo code SPLASH.





Community Events

Hill Country Galleria August Wine Walk

Explore retailers at the Galleria while
you shop n' sip
Thursday, August 11th 5:00 P.M. – 9:00 P.M.
Start at Twin Liquors at the Hill Country Galleria to
pick up a Wine Walk Map
(512) 263-0001
www.hillcountrygalleria.com

First Day of School

Monday, August 22nd Lake Travis Independent School District www.ltisdschools.org





NOBODY IS DROWNPROOF WATCH KIDS AROUND WATER



61 Texas children have already fatally drowned in 2016

DROWNING IS PREVENTABLE

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SOURCES FIRST



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BE SAFER IN OPEN WATER



LEARN

BECOME a Water Guardian for your child

TAKE the Water Safety Quiz www.colinshope.org/quiz **PREVENT drowning**



LEARN more at www.colinshope.org



Local Authors Meet Up

About 20 area novelists have formed a new support group, Lake Travis Novel Writers, which meets the second Monday, 2 p.m. to 4 p.m. at FORE Restaurant in Lakeway. Novelist Pat Dunlap Evans launched the group in July on MeetUp.com to share ideas and support with other published authors in the Lake Travis area.

"Another Lake Travis-area writer Lara Reznik and I have met fairly regularly to talk publishing and writing, but we thought, 'There's got to be more of us out here," Evans says.

Membership is open to area writers who have at least one novel published by traditional or Indie publishers. Authors who want to receive notices of upcoming meetings should join http://www. meetup.com/Lake-Travis-Novel-Writers/. Or contact Evans at AustinWriterGirl@Yahoo.com.

Up Coming Meetings

Bee Cave City Council Tuesday, August 9th 6:00 P.M. Tuesday, August 23rd 6:00 P.M. Bee Cave City Hall 4000 Galleria Parkway (512) 767-6600 www.beecavetexas.com Open to the public

Bee Cave Chamber of Commerce August General Meeting Wednesday, August 10th 5:00 P.M.-7:00 P.M. Sonesta Bee Cave Hotel's roof-top bar, Meridian 98 12525 Bee Cave Parkway (512) 256-4004 www.beecavechamberofcommerce.com Free for members and guests

WHISKEY FOUR



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Birdman



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store within W4 Apparel. This allows their members to visit our site and order their shirts directly. We create custom designs at their request and even toss in a few of our own. We offer the same service for non-profits, businesses, and organizations of all kinds.

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SMART MONEY SERIES





This Fall, Platinum Wealth Advisory is partnering with the Lake Travis Education Foundation to host a series of Lunch & Learn events teaching individual investors how to build portfolios similar to institutions and college endowments. Learn how to increase portfolio performance while lowering portfolio volatility. Each 90 minute session will include lunch during the presentation.

SESSION 1

"A TALE OF TWO PORTFOLIOS" caféblue

WEDNESDAY, SEPTEMBER 7TH 12-1:30PM

SESSION 2

"THE FAMILY ENDOWMENT
MODEL"
THURSDAY, OCTOBER 6TH
12-1:30P

SESSION 3

"THEY DO IT AND SO CAN YOU"
WEDNESDAY, NOVEMBER 9TH
12-1:30P

TO REGISTER CALL LAUREN AT 512.369.3817 OR GO TO THE EVENT PAGE AT:

WWW.PLATINUMWEALTHADVISORY.COM/EVENTS.PHP

SINGLE SESSION REGISTRATION FEE: \$100*

(DONATIONS OF \$200 WILL RECEIVE ACCESS TO ALL 3 SESSIONS)

*ALL REGISTRATION FEE PROCEEDS WILL BE REFLECTED AS A TAX-DEDUCTIBLE CONTRIBUTION TO THE LAKE TRAVIS EDUCATION FOUNDATION

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JOSH STIVERS
512.369.3817
www.PlatinumWealthAdvisory.com
2806 Flintrock Trace, Ste. A203
Lakeway, TX 78738

Bee Cave Library

Book Club

Thursday, August 11th 7:00 P.M.
August Book: Dead Wake, by Erik Larson
Bee Cave Public Library
4000 Galleria Parkway
(512) 767-6626
www.beecavetexas.com
No cost, welcome new members

PAIYH Dance Classes (artwork attached)

Tuesday, August 16th
10:30 A.M. Tots N Tutus (ages 18mth -2 yr)
11:00 A.M. Ballet/Hip Hop (ages 3-5 yrs)
Bee Cave Public Library
4000 Galleria Parkway
(512) 291-2179
www.PutArtInYourHeart.com
Free admission

Story Time

Preschool Pals Storytime, Thursdays at 10:30
A.M. & 11:15 A.M.

Toddler Tales Storytime, Fridays at 10:30 A.M. & 11:15 A.M.

Bee Cave Public Library, Community Room A 4000 Galleria Parkway (512) 767-6620 www.beecavetexas.com Free admission





WELCOME NEW MEMBERS!

RE/MAX River City

11719 Bee Cave Rd, 100 (512) 336-9800 www.austinrealestateonline.com

Carus Dental

3620 RR 620 S, 280 (512) 592-3857 www.carusdental.com

Knight Office Solutions, Inc.

4030 W. Braker Ln, Suite 230 (512) 617-7080 www.knightoffice.com

L- Aesthetics and Longevity

11813 Bee Cave Rd, Suite B (512) 505-8645 www.austinlmedspa.com

Corrective Chiropractic

11905 Bee Cave Rd, Suite 110 (512) 260-0040 www.correctivechiropractic.net

Ringlets & Sass Salon

13001 W. HWY 71 #103 (512) 266-4010 www.ringletsandsass.com

The Bee Cave Chamber of Commerce is currently accepting new members. Please visit www.beecavechamberofcommerce.com to find out more.



LTIOV

LTlov announces 2016 Annual Grants Funding recipients totaling \$37,994 dollars to 12 local organizations who share in LTlov's mission of neighbors helping neighbors to overcome limiting circumstances. Congratulations to the Austin School for the Performing & Visual Arts, Bright Horizons, the Center for Child Protection, Dream a Dream Therapeutic Horsemanship, Helping Hand Crisis Ministry of Spicewood, Lake Travis Crisis Ministries, Lake Travis High School Project Graduation, Partners in Hope Peaceful Dreams, RED Arena, Skiin' With The Galilean and Youth 2 Seniors. In addition, a total of \$11,385 dollars in funding was provided to LTlov College Scholarship program, Kids Free Dental Day and Project Supply Pack. For more information about this year's grant funding or to learn how to apply for an LTlov grant, visit www.ltlov.org.

Pictured, LTISD students attending a past week long World Drumming Camp provided by the Austin School for the Visual & Performing Arts and sponsored through LTlov's Grants Funding program.

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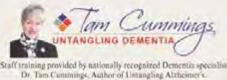
24/7 Wellness Care on site • 24/7 Licensed Nurse on site Housekeeping w/ linen & towel service • Personal laundry Individually owned & Operated locally. No buy in! No long term lease! Month to Month agreements! Environment and activities tailored for your loved one Dementia specific activity program available

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Partners in Hope is a Lake Travis community ministry that connects people who desire physical, emotional, and spiritual help with people who will help.

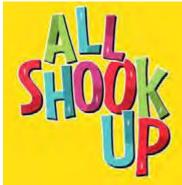
> If you fall into either of these categories, we want to meet you!



Visit us at www.partnersinhopelaketravis.org

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TEXARTS ANNOUNCES CAST AND CREATIVE TEAM FOR ALL SHOOK UP









TexARTS' next production in its 2016-17 Professional Series will be a musical inspired by and featuring the songs of Elvis Presley. Starring Michael Carrasco (North American Tour, Grease!), Rachel Pallante (The Vortex, The Tempest), Polly Seale (Radio City Music National Tour, The Wizard of Oz), Michael Marchese (TexARTS' My Way A Musical Tribute to Frank Sinatra), Kami Smith (Austin Shakespeare, As You Like It), Kristi King (Doctuh Mistuh Productions, Reefer Madness), Curt Olson (TexARTS, Guys and Dolls), and Toni Baker. All Shook Up runs August 12 – 21 at the Kam and James Morris Theatre.

A whole lotta shakin' will be goin' on when the music of Elvis takes center stage. In this madcap Broadway musical comedy, Shakespeare's Twelfth Night meets the rock 'n roll, gospel, and rockabilly hits made famous by The King! The production revolves around a rockin' rollin' roustabout stranger who arrives in a small Midwestern town, who shakes things up and changes everyone he meets. The production includes Elvis classics like, "Love Me Tender," "Heartbreak Hotel," "Hound Dog," and "Don't Be Cruel," that will have you jumping out of your blue suede shoes! The musical is based on the book by Joe DiPietro.

"TexARTS is excited to assemble these talented performers with world renowned choreographer Kimberly Schafer that will have the audience dancing in the aisles," said Jarret Mallon, executive director of TexARTS.

Cast

TexARTS is excited to welcome a talented group of actors to it's' cast. New York based actor, Michael Carrasco who performed in the North American Tour of Grease!, he has also performed in All Shook Up and Sweet Charity at The Palace Theatre in New York, Austin

newcomer, Rachel Pallante who performed in The Tempest at The Vortex, Polly Seale who performed in The Wizard of Oz for Radio City Music National Tour and A Chorus Line at Sacramento Music Circus, Michael Marchese who performed in My Way A Musical Tribute to Frank Sinatra at TexARTS and James and the Giant Peach at Zach Theatre, Kami Smith who performed in As You Like It at Austin Shakespeare, Kristi King who performed in Reefer Madness at Doctuh Mistuh Productions, Curt Olson who performed in Guys and Dolls at TexARTS, and Toni Baker a musical theatre student at the University of Texas at Austin.

Creative Team

TexARTS' producing director Jarret Mallon will direct this production, joining him is renowned New York based Kimberly Schafer as choreographer. Kimberly has worked alongside the legendary Tommy Tune for years as his dance assistant. The musical director will be Rachel Hoovler, who was nominated by BroadwayWorld Austin Awards 2015 for Best Musical Direction for Catch Me If You Can at The Wimberley Players.

Tickets

Single tickets from \$40-\$60. Subscriptions are still available, subscribe and receive 15% off! Subscriptions and single tickets are available by calling TexARTS Box Office at 512-852-9079 x101 or at www.tex-arts.org. All ages are welcome and parking is free. Group rates are available.

Show times are August 12, 13, 18, 19 and 20 at 7:30 pm, August 13, 14 and 21 at 2:00 pm

Venue

All performances will be held at the intimate Kam and James Morris Theatre at TexARTS' Erin Doherty Studios, 2300 Lohman's Spur, Suite #160, Lakeway, TX. The lounge opens one hour prior to curtain and offers beer, wine and light snacks. Parking is free.

TexARTS

TexARTS, the Lake Travis nonprofit for the visual and performing arts, offers completely staged professional productions and is a performing and visual arts educational academy. TexARTS is proud to employ hundreds of professional regional actors, musicians and artistic staff living here in Austin.

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Dead spots in the lawn? Look for chinch bugs....

Chinch bugs often appear in Texas lawns during hot, dry conditions. Usually damage starts in sunny locations or near driveway and sidewalk areas. Damage appears as irregular dead patches in the lawn surrounded by yellowing or dying grass. Chinch bug damage can be mistaken for other lawn problems like white grubs or fungal diseases, so confirmation of chinch bug activity is needed before choosing proper treatment.

So how do you tell if you have chinch bugs? The easiest way is to look for the insects. One way to look is to cut both ends out of a can, push it into the ground using a twisting motion and then fill the can with water for about 10 minutes and wait for any bugs to float to the top. Another way would be to get down on your hands and knees and part the grass to look for the insects. For both methods, samples should be taken in the damaged (yellowed grass), not dead, grass areas.

Chinch bugs are small (about 1/5 of an inch as adults; immatures are smaller). Adults are black with white wings containing triangular markings. Nymphs, or immatures, are yellowish or pinkish with a light colored band across their body. Nymphs do not have fully developed wings.

Treatment is usually a liquid or granular formulation. Liquid formulations are often bottles that attach to the end of the garden hose or concentrates that you mix with water in a tank sprayer. Granular formulations are applied with push spreaders and need to be watered in after treatment.

Treatment should be applied to the area where damage is occurring and several feet out from the damaged area; the entire yard does not have to be treated. All label instructions should be read and followed before and during the treatment.

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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Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

Weight Training + Protein: Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.

Long Distance Running + Carbohydrates: For long workouts, the performance edge goes to people who have the most glycogen (the

stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

Aerobics, Kickboxing and Spinning + Fat: For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

Yoga and Pilates + Complex Carbohydrates: The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.



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Pasta Salad

- 4 cups Elbow Macaroni
- 3 whole Roasted Red Peppers Chopped (more to taste, can also use Pimentos)
- 1/2 cups Black olives chopped fine/ can use Calamari olives
- Add pepperoncinis sliced to taste
- 6 whole Dill pickle slices -diced about 1/2 cup diced
- 3 whole Green onions sliced white and dark green parts
- 1/2 cups Mayonnaise
- 1 Tablespoon Red Wine or Distilled Vinegar
- 3 teaspoon Sugar more or less to taste
- 1/4 Salt teaspoon
- Plenty of black pepper
- 1/4 cup Milk more if needed
- Splash of Pickle juice add more if needed/can also add pepperoncinis juice also

Cook Macaroni in lightly salted water according to package directions. Drain and rinse under cold water to cool. Set aside.

Mix together mayo, vinegar, sugar, salt & pepper. Splash in enough milk (1/4 of milk) to make it pourable. Splash in pickle juice for extra flavor. Taste & adjust seasonings as needed. Set aside.

Place cooled Macaroni in a large bowl and pour 3/4 of the dressing. Toss and add more dressing if you if you like. (Dressing will seem a little thin, but it will thicken up as salad chills).

Stir in olives, Roasted red peppers(or Pimentos), pickles, and green onions. Add more of any ingredient if you'd like stuff going on. At the end, splash in a little more pickle juice and stir.

Chill for at least 2 hours before serving. Sprinkle with sliced green onion to serve.



Business Section

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BUSINESS CLASSIFIEDS

THE EPISCOPAL CHURCH OF THE CROSS

(ecclaketravis.org) is a new community of faith gathering every Sunday for worship and children's ministry at 10:00 AM at Serene Hills Elementary School. You're invited, and there is space at the table for you!

Classified Ads

Business classifieds (offering a service or product line for profit) are \$65, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or *advertising@PEELinc.com*.





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