

# THE ROCKY CREEK *Connection*

NEIGHBORHOOD NEWSLETTER



# BACK TO SCHOOL!

School starts August 22nd, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

#### Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember,

they are there for the safety of you and your children

- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.



# TIME TO SLOW DOWN!

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# IMPORTANT NUMBERS

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## EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Police Department .....	512-314-7590
Sheriff – Non-Emergency.....	512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescue	
Administration Office.....	512-266-2533
Travis County Animal Control.....	512-972-6060

## SCHOOLS

Lake Travis ISD.....	512-533-6000
Lake Travis High School.....	512-533-6100
Lake Travis Middle School.....	512-533-6200
Bee Cave Elementary.....	512-533-6250

## UTILITIES

West Travis County PUA (Water).....	512-246-0498
Pedernales Electric.....	512-219-2602
Alliant Gas (Propane).....	866-764-0283
AT&T	
New Service.....	1-800-464-7928
Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
IESI (Garbage & Recycling).....	512-282-3508
Travis County Hazardous Waste.....	512-974-4343

## OTHER NUMBERS

Bee Cave City Hall.....	512-767-6600
Bee Cave Library.....	512-767-6620
Municipal Court .....	512-767-6630
Lake Travis Postal Office.....	512-263-2458
City of Bee Cave .....	www.beecavetexas.com

## NEWSLETTER PUBLISHER

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# ARTICLE INFO

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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](mailto:rockycreek@peelinc.com) by the 15th of the month. The newsletter can also be viewed online at [www.PEELinc.com](http://www.PEELinc.com).

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# BAYLOR SCOTT & WHITE HEALTH ANNOUNCES AGREEMENT TO ACQUIRE LAKEWAY REGIONAL MEDICAL CENTER

## *Hospital to join statewide network, focus on improving population health*

Baylor Scott & White Health and Lakeway Regional Medical Center in Lakeway, Texas, today announced an agreement for Baylor Scott & White to acquire the hospital operations. The agreement will facilitate the parties working toward a successful closing of the transaction later this summer.

This announcement comes after months of conversations between the leaders of both organizations to explore strategic ways to improve quality and access to healthcare in the Austin/Round Rock region. Already the largest not-for-profit health system in the state, the addition of Lakeway Regional Medical Center (LRMC) will enhance Baylor Scott & White's ability to serve additional communities in Central Texas.

"We are constantly looking for ways to improve access to quality care and the overall health of the communities we serve," said Joel Allison, president and CEO, Baylor Scott & White Health. "This is about advancing our mission of population health for our great state."

Founded in 2012, to serve the Texas Hill Country, Lakeway Regional Medical Center is a 106-bed, full-service, state-of-the-art medical campus with 300 affiliated physicians and 450 employees. It provides services in emergency medicine, neurosurgery, orthopedics, neurology, cardiology, general surgery, gastroenterology and women's health. LRMC is currently owned by independent investors.

"The Lakeway Regional Medical Center board selected Baylor Scott & White because we share a similar vision of what we can accomplish together in this community as part of a larger statewide network," said Philippe Bochaton, CEO of Lakeway Regional Medical Center. "As part of Baylor Scott & White, we can more quickly enhance and grow services and ensure access to affordable, high-quality healthcare for patients and their families in Lakeway and surrounding communities for years to come."

Upon successful closing of the transaction, LRMC will join a strong contingent of Baylor Scott & White healthcare providers in a growing area, including Baylor Scott & White Medical Center - Round Rock, Baylor Scott & White Medical Center - Marble Falls, Baylor Scott & White Medical Center - Llano and numerous clinics. LRMC will become part of the Baylor Scott & White brand, to be named Baylor Scott & White Medical Center - Lakeway.

The planned transaction will provide opportunity for increased collaboration between Central Texas providers to deliver better-coordinated care to the regions they serve. It will also offer many advantages to the LRMC medical staff and caregivers, including

*(Continued on Page 3)*



# Rocky Creek Connection

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access to clinical quality resources, investments in facility and medical equipment upgrades and training resources.

With the signing of the agreement, LRMC and Baylor Scott & White begin working toward completing the items required for closing the transaction, including the transition planning process and applicable regulatory and third party approvals.

In the meantime, nothing changes for patients and their families, employees or physicians at either organization, both of which will continue to focus on delivering excellent, safe, efficient care to patients, every day.

Pending successful completion of outstanding items required for closing, the acquisition is expected to be complete later this summer. Terms of the agreement were not made available.

## **About Lakeway Regional Medical Center**

Lakeway Regional Medical Center (LRMC) is a state-of-the-art medical campus dedicated to the delivery of world-class healthcare. LRMC provides services in emergency medicine, neurosurgery, orthopedics, neurology, cardiology, general surgery, gastroenterology and women's health. For more information about LRMC, visit [LakewayRegional.com](http://LakewayRegional.com) or call 512-571-5000.

## **About Baylor Scott & White Health**

Formed from the 2013 merger between Baylor Health Care System and Scott & White Healthcare, the system referred to as Baylor Scott & White Health is the largest not-for-profit health care system in the state of Texas. With total assets of \$9 billion\* and serving a population larger than the state of Georgia, Baylor Scott & White Health has the vision and resources to provide its patients continued quality care while creating a model system for a dramatically changing health care environment. The system now includes 46 hospitals, more than 900 access points, 6,000 active physicians, and 44,000 employees, plus the Scott & White Health Plan, Baylor Scott & White Research Institute and Baylor Scott & White Quality Alliance — a network of clinical providers and facilities focused on improving quality, managing the health of patient populations, and reducing the overall cost of care. For more information visit: [BaylorScottandWhite.com](http://BaylorScottandWhite.com).



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## THE LAKEWAY PLAYERS ANNOUNCE AUDITIONS FOR THE MUSICAL COMEDY REVUE: I LOVE YOU, YOU'RE PERFECT, NOW CHANGE

Book and lyrics by Joe DiPietro; Music by Jimmy Roberts  
CONTACT: Barbara Calderaro, Director [barbcal@austin.rr.com](mailto:barbcal@austin.rr.com)  
or 512- 560-1837

### SHOW DATES:

Thursday, Friday, Saturday,  
November 3RD, 4th, and 5th, 2016

### AUDITION DATES:

Tuesday, August 23R , 7:00 P.M. to 9:00 P.M.  
Thursday, August 25th, 7:00 to 9:00 P.M.  
Saturday, August 27th, 10:00 A.M.to Noon

**AUDITION LOCATION:** The Lakeway Activity Center  
105 Cross Creek  
Lakeway, TX 78734

**AUDITION TIMES:** Please contact Barbara Calderaro to set up a specific audition time.

### AUDITION REQUIREMENTS:

- Actors should be prepared to sing 32 bars of a song (preferably from a musical). Accompanist will be available

- Also be prepared to do a short dance combination and cold read from the script.
- Please bring 1 copy each of your headshot and resume' if you have them.

**CASTING:** All singing and non-singing roles are available. Looking for men and women 18 and older who can move well.

### SYNOPSIS:

This celebration of the mating game takes on the truths and myths behind that contemporary conundrum known as 'the relationship'. Act 1 explores the journey from dating and waiting to love and marriage, while Act 2 reveals the agonies and triumphs of in-laws and newborns, trips in the family car and pick-up techniques of the geriatric set. This hilarious revue pays tribute to those who have loved and lost, to those who have fallen on their face at the portal of romance, to those who have dared to ask, "Say, what are you doing Saturday night?"

Rehearsals will begin in September and continue thru tech and dress, the first week in November.

The quality of the auditions will determine the best casting for the show. This will be assessed after all auditions are completed.



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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](http://www.partnersinhopelaketravis.org)



# Neighborhood Compassion Watch!

What does it mean to be a compassionate neighborhood? Our City Council has designated Austin as a Compassionate City by the Resolution passed April 14, 2016. Now what do we do in our neighborhoods to own and strengthen that identity?

Join in the "Neighborhood Compassion Watch"! Send in your responses to the question: "What does it mean to be a compassionate neighborhood? We want your stories of compassionate action, your goals and resolutions for good, your comments to inspire. Share them with us! We need to support and mobilize the positive! Sure, we can identify the needs we have, but let's add to that a constructive action that can help meet that need. Compassion exists in 3 key dimensions: caring for others, self, and the Earth. Do you have a recycling goal? Share it and inspire others to join you in that goal. What do you see happening in your neighborhood that makes you smile? Share it and encourage more of it. What has a school, library, business, or organization done in your neighborhood that shows compassionate action? Share it and honor the value that this brings to the neighborhood. These are just some examples of what you can share. Our day to day compassionate actions are important!

Let's create a thriving neighborhood of 3D Compassion! Send your responses, stories, comments, words of inspiration to Compassionate Austin at [compassionateaustin@gmail.com](mailto:compassionateaustin@gmail.com). Be sure to identify your neighborhood in your email! We may be able to publish them in this newsletter or on the Compassionate Austin website or Facebook page. Also, we are looking for stories that we can highlight in Citizen Communications at Austin City Council meetings.

Breaking News! The "Peace Day Austin" celebration is coming up in September! From September 11-21, Austin celebrates the International Day of Peace and the 11 Days of Global Unity. Let's make Peace Day Austin and the 11 Days of Global Unity part of our homes and our neighborhood! Let's live peace and compassion! The Global Unity Games offer a simple and free way for you to get involved. Register NOW to access information and resources to engage your family, your neighbors and your community. Go to the Compassion Games website to sign up: <http://compassiongames.org/global-unity-games/>. From September 11-21, share what you discover in our Neighborhood Compassion Watch on the global

*(Continued on Page 6)*



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# Rocky Creek Connection

(Continued from Page 5)

Compassion Map! Let's put our neighborhood and Austin on the map!! Act locally and impact globally! The Peace Day Austin website has more information: [www.peacedayaustin.org](http://www.peacedayaustin.org).

Announcement! Open invitation for the "3D CAM" Project (3D Compassionate Austin Mobilization) "Youth Ambassadors Program" and also student internship opportunities. Go to the Compassionate Austin website for more info: [www.compassionateaustin.org](http://www.compassionateaustin.org). Let's engage youth from our neighborhood in creating a better neighborhood, a better Austin, and a better world!

Research shows the personal and community benefits of strengthening our compassion skills. We grow stronger in what we practice! Let's bring 3D compassion to life! We ALL are Compassionate Austin! Find out more at: [www.compassionateaustin.org](http://www.compassionateaustin.org).



**Please remember to pick up after your pets and "scoop the poop"**



## NOBODY IS DROWNPROOF WATCH KIDS AROUND WATER



COLIN HOLST

**61 Texas children have already fatally drowned in 2016**

**DROWNING IS PREVENTABLE**

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**LEARN TO SWIM**



**WEAR LIFE JACKETS**



**MULTIPLE BARRIERS AROUND WATER**



**KEEP YOUR HOME SAFER**



**CHECK WATER SOURCES FIRST**



**PRACTICE DRAIN SAFETY**



**BE SAFER IN OPEN WATER**



**LEARN CPR**

**BECOME a Water Guardian for your child**

**TAKE the Water Safety Quiz → PREVENT drowning**

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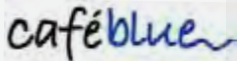
# SMART MONEY SERIES



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”



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](http://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](http://www.PlatinumWealthAdvisory.com)

2806 Flintrock Trace, Ste. A203

Lakeway, TX 78738



# Rocky Creek Connection



## 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](mailto:AustinWriterGirl@yahoo.com).

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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](http://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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# TENNIS TIPS

*By USPTA/IPTR Master Professional - Owner, Manager and Director of Tennis  
Grey Rock Tennis Club, Austin, TX*



## How to execute The Forehand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley and the overhead “smash”.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Jill Schmidt, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

**Step 1: The Ready Position:** When Jill is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

**Step 2: The Back Swing:** Once Jill realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her right foot and will be ready to step

forward to meet the ball

**Step 3: The Point of Contact:** Jill now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the left knee being slightly bent and the left foot is pointing to the ball meeting the racket

**Step 4: The Extension of the Point of Contact:** Jill is now directing the ball toward the opponent’s court. Her eyes have now shifted toward her target and her body weight is now fully in front of her left foot. The left hand is still helping to keep the center of gravity in the center without opening up too early.

**Step 5: The Follow Through:** Once Jill has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her right elbow is pointing toward her target. Her body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.

Look for in the next Newsletter: The Two Handed Backhand Service Return



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