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Bee Cave City Council

Up Coming Meetings

Tuesday, March 14th & 28th at 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

March General Meeting

Wednesday, March 8th, 5:00 P.M. - 7:00 P.M.

Guest Speaker, Mark Sprague, of Independence Title 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

COVER PHOTODo 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.

This month's cover photo was submitted by Michael Neel.

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

EMERGENCY NUMBERS EMERGENCY	011
FireFire	
Ambulance	
Police Department Sheriff – Non-Emergency	512 074 084
Travis County ESD No.6/Lake Travis F	ire Rescue
Administration Office	
Travis County Animal Control	512-972-6060
SCHOOLS	
Lake Travis ISD	
Lake Travis High School	
Lake Travis Middle School	512-533-6200
Lake Travis Elementary	
Hudson Bend Middle School	512-533-6400
Lake Pointe Elementary	512-533-6500
Lakeway Elementary	512-533-6350
Serene Hills Elementary	512-533-7400
Bee Cave Elementary	512-533-6250
West Cypress Elementary	512-533-7500
UTILITIES	
Travis County WCID # 17	512-266-1111
Lakeway MUD	
Hurst Creek MUD	
Austin Energy	
Pedernales Electric	
Texas Gas Service	
Custom Service	1-800-700-2443
Emergencies	512-370-8609
Call Before You Dig	
AT&T	
New Service	1-800-464-7928
Repair	1-800-246-8464
Billing	1-800-858-7928
Гime Warner Cable	
Customer Service	512-485-5555
Repairs	512-485-5080
Austin/Travis County Hazardous Waste	512-974-4343
OTHER NUMBERS	
Bee Cave City Hall	512-767-6600
Bee Cave Library	
Municipal Court	
Lake Travis Postal Office	512-263-2458
Baylor Scott & White Medical Center	
City of Bee Cave	
NEWSLETTER PUBLISHER	
Peel, Inc	512-263-918
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Bee Cave Chamber of Commerce

Welcome New Members!

Austin Burrito Co.

13011 Shops Park, Suite 600 Bee Cave, TX 78738 (512) 801-1492 www.austinburritoco.com

Fit Fox Training

(512) 750-6390 www.fitfoxtraining.com

RED Arena

1601 Bell Springs Road Dripping Springs, TX 78620 (512) 807-6505 www.redarena.org

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

BEE CAVE CHAMBER OF COMMERCE TO HOST MIGHTY KITE FLIGHT

We are excited to announce today that the Bee Cave Chamber of Commerce (BCCC) will host the Mighty Kite Flight in Bee Cave Central Park. On Sunday, April 2nd from noon – 3:00 p.m. families are invited to join in on this free, community event.

The first 300 attendees will receive a complimentary kite courtesy of Sonesta Bee Cave Hotel. Enjoy music, food, fun, and activities in Central Park with complimentary parking at The

Backyard and free admission to the event. Food vendors will include Papa Murphy's Take-N-

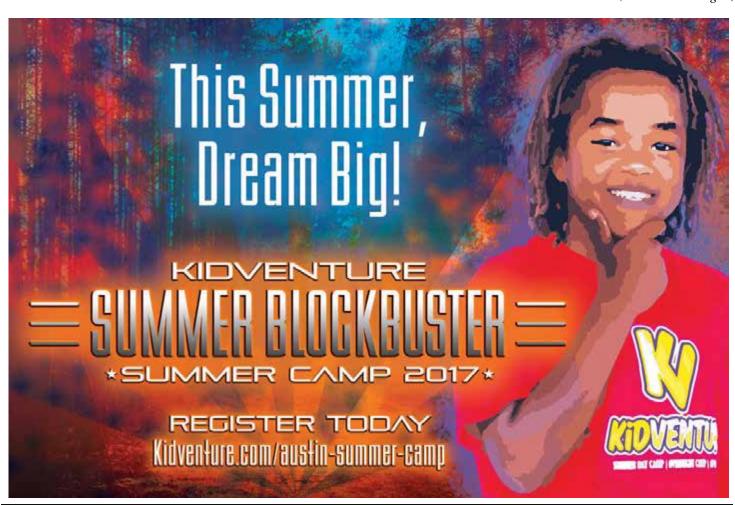
Bake Pizza, It's All Good BBQ, Amy's Ice Creams, and snowballs by The Candy Jar.

While you are in the park, be sure to visit the vendor booths including our sponsor's Hill

Country Galleria, Sonesta Bee Cave and Lowe's Home Improvement.

About Bee Cave Chamber of Commerce:

The Bee Cave Chamber of Commerce is organized to provide (Continued on Page 5)



(Continued from Page 4)

business leadership and advocacy that advances the city of Bee Cave and enhances the economic development and quality of life of its business community and its citizens. The Bee Cave Chamber of Commerce is a 501c6 organization.

www.BeeCaveChamberofCommerce.com



Bee Cave Library

Book Club

Thursday, April 13th 7:00 P.M. April Book: *Lottery*, by Patricia Wood No cost, welcome new members

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. Free admission

What's For Lunch?

Every First Wednesday – April 5th 12:00 P.M. – 1:00 P.M. April theme is Writing in the Hill Country with author Nikki Loftin

No RSVP necessary. Lunch provided, or bring your own.

A \$5 donation is welcome!

Bee Cave Public Library

4000 Galleria Parkway (512) 767-6626 www.beecavetexas.com



Staff training provided by nationally recognized Dementic specialist Dr. Tam Cummings, Author of Untangling Alzheimer's.



Upcommunity EVENTS

Hill Country Galleria Grand Re-Opening Event

See the completion of the transformation project at the Hill Country Galleria & celebrate with live music, a fashion show, and fireworks!

Saturday, April 8th 2pm-9pm

(512) 263-0001

www.hillcountrygalleria.com

Hill Country Galleria April Wine Walk

Explore retailers at the Galleria while you shop n' sip
Thursday, April 13th 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



Lake Pointe Elementary PTO Benefit Dinner & Auction Eagle Affair - April 22

The Lake Pointe Elementary PTO spring fundraiser is Saturday, April 22. The Eagle Affair is parents-only fundraising dinner event featuring Pete's Dueling Piano's and a live and silent auction. The event will be at the Sonesta Hotel Bee Cave from 6:00 - 10:00 p.m.

Patron sponsorship opportunities are still available! There are a limited amount of Patron levels still open. Patrons receive promotional benefits that will gain exposure with Lake Pointe Elementary families for their business or service.

Promote your local business by donating to our auction. Help support our fundraiser with in-kind donations for hotels, restaurants, fitness, kid's activities, jewelry, health, beauty and more. Auction donators receive recognition on the auction website and mobile interface. Businesses can benefit from exposure as bidders view the auction list before, during, and even after the bidding process.

Tickets are now on Sale! Tickets are \$75 per person and include dinner, photo booth fun, party favors, swag bags, door prizes, wine pull and opportunity to bid on great auction items. Auction items range from travel packages, golf outings to local restaurants, spas and kids activities.

Event proceeds benefit the Lake Pointe Elementary PTO. The PTO directly supports the school by funding educational needs such as technology updates, field trips, instructional supplements and more.

The Eagle Affair is thankful for the support of our Grand Eagle and Diamond sponsors for this event: Hamlin Home Team, Johnson Sewell Lincoln, Lakeway Orthodontics and Best in Class Education Center - Bee Cave.

Further information available at lakepointepto.com, or contact lakepointefundraising@gmail.com.



Saturday - April 22nd | Sonesta Hotel Bee Cave | 6:00 p.m. - 10:00 p.m.





At DellChildrensER.com, you can now hold your place in line. Meaning, you'll be seen within 15 minutes of your scheduled time. Remember, DellChildrensER.com is for mini emergencies only. If your child is experiencing a major emergency, get to the ER ASAP or dial 9-1-1.







Lake Travis High School PTO April Speaker

On April 18, nationally recognized speaker Elaine Pasqua will be working with the Lake Travis High School community. She will present an assembly to the Freshmen and Sophomore classes on healthy relationships and another to the Juniors and Seniors on preparing for college life.

That evening at 6:30 in the Black Box Theatre at the High School Performing Art Center, Elaine will present a program to the parents where she will discuss the latest high-risk trends that teens and college students are experiencing nationwide. Parents will take away numerous preventive strategies to help guide their teens towards positive choices for success in school and life beyond. Instead of having that "one talk," parents will learn how to keep that important conversation ongoing. This program is a must for parents who want to sleep at night knowing that they have empowered their children with the skills to make responsible choices. As one parent commented, "I

walked out more informed, more shocked, and more empowered to try and guide our kids safely through life." She will have her book to purchase during this session.

For the past 20 years Elaine has spoken at over 600 different college campuses across the nation. Her areas of expertise encompass highrisk drinking, sexual assault, sexual health, drug abuse, and social media. She has worked with numerous notable Division I football programs and for 28 professional sports teams from the NFL, the NBA, and Major League Baseball. Elaine is the author of #Mom I Got This: Building Your Legacy in College and Beyond and is a columnist for Campus Activities Magazine's "Real Life on Campus." She has been featured in USA Today, NY1 TV, Time Warner TV, Knight Ridder News Service and South Dakota Public Radio.

For more information visit www.elainepasqua.com.



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Changing Lives For The Better



XCELERATION National Signing Day Celebration of Athletes

National Signing Day, February 1, 2017, was a significant day for a local Lake Travis business. Xceleration Sports Performance Labs is what some consider a Lake Travis area physical training secret weapon. Xceleration boasts the unique ability to give any athlete explosive speed, to precisely apply that speed to the specific sport, and even to tailor their training to the individual position. That might appear to be a lofty claim, but for the 2016-17 school year, their athletes have received 65 D1 offers by February 2017 alone.

The Signing Day Party at Xceleration was a celebration of what they consider "their athletes". Families and friends proudly displayed their new college colors and mascots. Music, laughter, and shouts were testament to the energy in the room. Austin Burrito Company and McArthur's of Lakeway provided food for this party. Excitement, anticipation, and relief were visible on the faces of these new college-commits. University flags lined the ceiling, pennants created a colorful stripe down the tables, and Xceleration athletes took their seats, flanked by the Xceleration Trainers.

Maleek Barkley signed for Arkansas Razorbacks, Cade Green for Wisconsin Badgers, Carson Pepe for California Berkeley Golden Bears, Mac Humble for Pennsylvania Quakers, Austin Hiller for Northwestern Wildcats, Adi Ford for Wofford Boston Terriers, Cade Brewer for Texas Longhorns, Max Cummins for Texas Longhorns, Chase Cochrane for Texas State Bobcats, Matt Armendariz for Colorado School of Mines Orediggers (pictured sitting left to right), and via Face Time, Charlie Brewer signed for Baylor Bears.

Matt Neel, the owner of Xcelerations Sports Performance Labs, tells us, "Our number of signed athletes is guaranteed to climb as many of our athletes are currently deciding on offers, and due to the fact that many sports haven't finished their respective seasons". Sports like soccer, basketball, baseball, and track and field, all announce in the following months.

Matt Neel has been a sports performance trainer for 20 years and brought his talents of speed training and sports performance to Lake Travis athletes almost 10 years ago. The collection of Xceleration trainers are some of the most technical trainers you can find, with multiple advanced degrees, specialties, certifications, and a vast array of real world experiences that translate to unparalleled success on the turf, court, diamond, track, pitch, mat, and course. Training at Xceleration for athletes ranging from 12 years to professional athletes is provided by Daniel Back, Judd Lienhard, Rickey Jackson, Micah Greer, Scott Frost, and Matt Neel (pictured standing left to right, not pictured Aaron Davis).









MARCH MARKS NATIONAL NUTRITION MONTH Five Key Nutrition Tips for a Healthy Lifestyle

March is National Nutrition Month, and it marks the perfect time to assess the foods you eat and commit to a healthy lifestyle. It's never too late to make healthy eating a part of your everyday life and DyRell DiLorenzo, Hospitality Site Manager at Baylor Scott & White Medical Center – Lakeway, is ready to help get you started with these five key tips:

- **Highlight fruits, vegetables, and whole grains** This category should be 45-60 percent of your daily calorie intake.
- **Fiber, fiber** Fiber is important for our bodies during the digestion process, as it slows down how we process these foods.
- **Embrace lean proteins** This includes poultry, fish, beans, egg whites, nuts, and other lean meats. 15-25 percent of our

- diet should come from proteins, according to the USDA.
- **Don't fear fats** Although fats sound like something we should stay away from, it is essential to get between 20-30 percent of your daily calories from fats. Good fats include, olive oil, nuts, seeds, avocado and fatty fish.
- Moderation is key Just because you are eating healthy
 doesn't mean you can't indulge on occasion. Just be wary of
 your sugar and calorie intake, read the ingredients, and decide
 "is this really worth it?"

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and stabilizing your mood.











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The Lakeway Players present Moon Over Buffalo by Ken Ludwig

Moon Over Buffalo is the story of an acting couple (David Cummings and Lauren Linn as George and Charlotte Hay) who are on tour in Buffalo, New York, in 1953 with a repertory consisting of Cyrano de Bergerac and Noël Coward's Private Lives. Directed by Linda Dobbs (Ghost of a Chance), this backstage farce by the author of Lend Me a Tenor (Ken Ludwig) brought Carol Burnett back to Broadway and also starred Philip Bosco as her megalomaniac, often drunk husband and leading man. Fate has given these thespians one more shot at starring roles in The Scarlet Pimpernel epic and director Frank Capra himself is en route to Buffalo to catch their matinee performance.

Moon Over Buffalo is one of those plays that shows the scenes behind the onstage scenes. There are really three plays intertwined with each other. And, being a farce, you have all the craziness that includes doors opening and closing, people hiding in closets, halfdressed actors, near misses in running into people who are hiding, mistaken identities and mass confusion. Timing is everything...and as the show goes on the timing gets better and better. The Player's spring show also stars returning favorites Alle Bird (Rosalind Hay), Annette Brown (Ethel), and Clarence Goins (as Richard). Lakeway new comers Hope Carew (Eileen), and Mike Magor (Paul) also grace our stage, while we're especially pleased to have Rhett O'Hara (as Howard) join us fresh off the same production and role in Round Rock at the Sam Bass Theater!

Tickets go on sale Tuesday 2/21, and show dates are Thursday, Friday and Saturday nights, March 23rd, 24th and 25th. Call the Lakeway Activity Center at 512-261-1010 for tickets, and as usual, seating will be at tables of 10 to allow you to bring lots of friends, food and adult beverages to complete your special evening out. Tickets are \$20.00 each, which includes soft drinks and snacks. The doors open at 6:30, with the show starting at 7:30. See you at the show for a rollicking good time!

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Around Bee Cave

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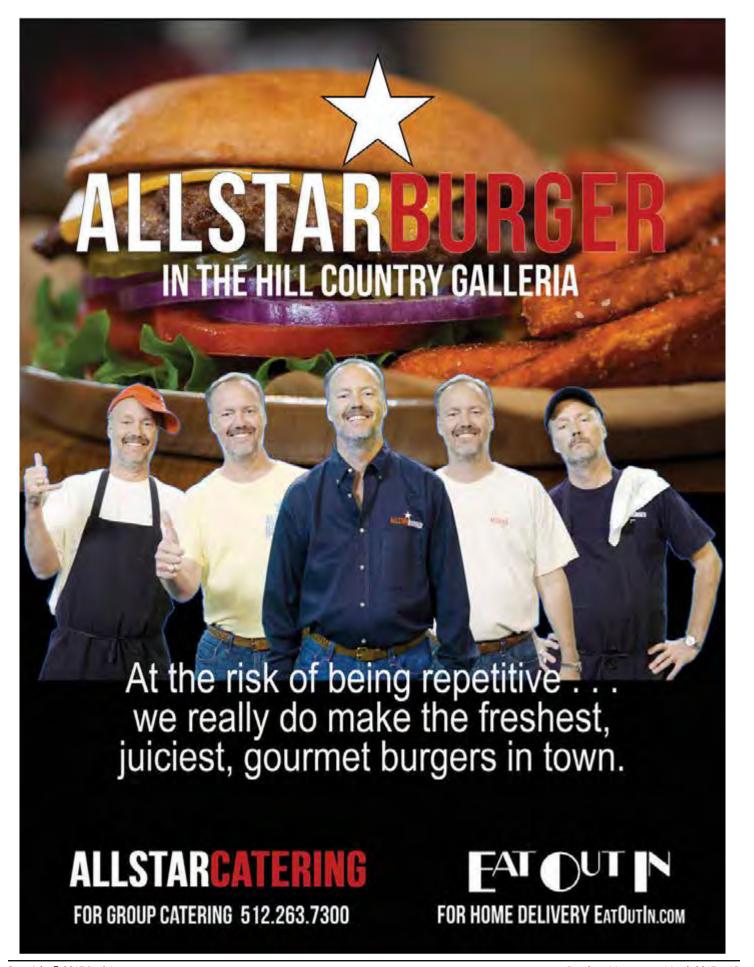
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