



ROCKY CREEK CONNECTION

*A Newsletter
for the Residents of
Rocky Creek*

The Rocky Creek Connection is a monthly newsletter mailed to all Rocky Creek residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

You can contribute! If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

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

(Continued on Page 2)



IMPORTANT NUMBERS

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

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

HOA MANAGEMENT

FirstService Residential.....	512-266-6771
Christy Gross	christy.gross@fsresidential.com

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.

(Continued from Cover)

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 FaceTime, 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).



Partners in Hope Lake Travis

2nd Annual Volunteer Appreciation Family Event

Food. Live Music. Cash Bar. Silent Auction. Door Prizes

Sunday, April 9, 2017

4:30 - 7:00pm



Iron Wolf Event Center

101 County Road 409, Spicewood, TX 78669

All past, current & future volunteers and their families welcome!



Visit us at www.partnersinhopelaketravis.org

POW!!

BOOM!!

SPRING INTO ACTION!!

WOW!!

WHAM!!

AWESOME!

MASTER PLAN

MARCH 13TH-17TH

AMY'S ICE
CREAMS
PRODUCTION
FACILITY

ZILKER
PLAYSCAPE

AQUARENA
SPRINGS

ZILKER
BOTANICAL
GARDEN



THE GREAT
OUTDOORS

MICROSOFT
&
CALIFORNIA
PIZZA
KITCHEN

SPACE LIMITED - SIGN UP TODAY!!

WESTLAKE SCHOOL
8100 Bee Caves Road
512.329.6633

STEINER RANCH SCHOOL
4308 N. Quinlan Park Rd. Suite 100
512.266.6130

NORTHWEST SCHOOL
6507 Jester Blvd Bldg 2
512.795.8300

MARCH MARKS NATIONAL NUTRITION MONTH

Five Key Nutrition Tips for a Health 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 DyRel 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** - 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.



From design to print to mail,
Quality Printing can help you
with all of your printing needs!



512.263.9181
QualityPrintingOfAustin.com

Bristol Family Eyecare
is now at their
NEW, Expanded Location!
(Just 3.5 miles from their previous location)



You can expect the same team, the same great service and an even larger selection of frames and contact lenses.

Dr. Bristol with his Professional, Caring Staff

Help us Celebrate our New Location!

Mention this ad and receive

\$50.00 OFF
of any Eyeglasses!
(some restrictions apply)



Come by and Check Out our New Expansive Office



Bristol Family Eyecare

14058 Bee Caves Pkwy.
(The corner of Hwy. 71 and Hamilton Pool Road)
Building D, Ste A,
Austin, Texas 78738
BristolFamilyEyecare.com
512.263.3937

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 high-risk 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.



Patrick Court
State Farm Agent
*Your Rocky Creek
Neighbor and
Insurance Agent*

5800 W SLAUGHTER LANE, SUITE 360 · AUSTIN, TX 78749

OFFICE 512-501-2837 · CELL 512-592-8001 · EMAIL PATRICK.COURT.UJL5@STATEFARM.COM

**NOT AVAILABLE
ONLINE**

Spicewood Arts Society

Suzy Bogguss, a platinum-selling singer/songwriter who has garnered numerous awards, including a Grammy, brings her luminous voice to Spicewood Vineyards Friday, April 3 for the Spicewood Arts Society's special performance of the season. The show begins at 7 p.m.

Bogguss' talents defy easy description. Beginning as a folk troubadour, she headlined shows at Dollywood and made a duet album with Chet Atkins. Later she made an album of modern swing music with Ray Benson of Asleep at the Wheel and another of original music which landed her at number four on the jazz charts.

After signing with Capitol records, she issued ten albums, one of which was certified platinum and three others gold. Eight of her singles made country music's top five. She won her Grammy in 2005 for Best Traditional Folk Album, Beautiful Dreamer: the Songs of Stephen Foster, and has also won awards from the Country Music Association (CMA) and the Academy of Country Music.

Bogguss created her own company, Loyal Dutchess, after leaving Capitol, continuing to produce albums. After releasing Lucky, a collection of songs written by one of her heroes, Merle Haggard, she issued Aces Redux in 2016, a re-recording of her platinum-selling Aces with bright new arrangements and her own crystal voice.

Her performance at the White House was later broadcast as a PBS show, and she appeared regularly on A Prairie Home Companion radio show with Garrison Keillor. Television credits include The Tonight Show with Jay Leno, Austin City Limits, and many other news and variety shows. Her international appearances cover 11 countries from Canada to The Philippines.

The Spicewood Vineyards Event Center is located at 1419 Co. Rd. 409, Spicewood. Tickets (\$50) may be purchased at the website, www.spicewoodarts.org. Wine is available for purchase and complimentary light refreshments are offered at intermission.

At no time will any source be allowed to use the Rocky Creek Connection contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Rocky Creek Homeowners Association and Peel Inc. The information in the Rocky Creek Connection is exclusively for the private use of Rocky Creek residents only.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

STEVE'S PLUMBING REPAIR

Master License: M-39722

- Water Pressure Problems
- Sewer & Drain Service
- Fiber Optic Drain Line Inspections
- Free Estimates
- Satisfaction Guaranteed

Steve Brougher
512.276.7476



2605 Buell Ave

MANAGING YOUR RETIREMENT ASSETS IS A FULL-TIME JOB.

WHAT DO YOU WANT TO DO WHEN YOU GROW UP?



PLATINUM **WEALTH**
ADVISORY

It's time to free yourself up from the responsibilities of managing your investments.

When most people left school to start their careers, they never planned on working another career during retirement. Many people find that managing their retirement plan takes far more time and resources than

anticipated. You have worked hard for your life savings. Let's visit about how Platinum Wealth Advisory can continue to work hard for you to preserve and protect your retirement income and investments.

Give Lauren a call today at 512-369-3817 to schedule your complimentary Retirement Review to find out how you can start living the life you always dreamed.

512.369.3817

Securities offered through GF Investment Services, LLC. Member FINRA/SIPC. Investment Advisory Services offered through Global Financial Private Capital, LLC, an SEC Registered Investment Adviser.

retirebetter@platinumwealthadvisory.com

2806 Flintrock Trace, Ste. A203 Lakeway, TX 78738



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSRT STD
U.S. POSTAGE
PAID
PEEL, INC.

RCC

RELAX Buying and Selling is easy
when you work with me!



reilly
REALTORS®

NicolePeel.com

Your Best Tool to Search Austin Real Estate

Nicole Peel

Associate Broker, REALTOR®

512.740.2300 • nicole@reillyrealtors.com

