



BEE CAVE *Messenger*

VOLUME 8, ISSUE 4

APRIL 2017

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA



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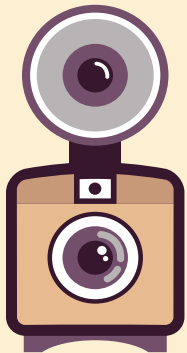
ARTICLE INFO

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 beecave@peelinc.com. 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 deadline 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

EMERGENCY NUMBERS

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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
Lake Travis Elementary.....	512-533-6300
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

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Travis County WCID # 17.....	512-266-1111
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Time 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	512-767-6620
Municipal Court	512-767-6630
Lake Travis Postal Office.....	512-263-2458
Baylor Scott & White Medical Center.....	512-571-5000
City of Bee Cave	www.beecavetexas.com

NEWSLETTER PUBLISHER

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

Around Bee Cave



We are all very fortunate to call Bee Cave home. But, Bee Cave is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will

help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Bee Cave a better place to live, please let us know. We would like to introduce them to your neighbors.

A vibrant poster for Kidventure Summer Camp 2017. The background is a colorful, abstract forest scene. On the right, a young girl with dark hair, wearing a red t-shirt with the Kidventure logo, is smiling and resting her chin on her hand. The text "This Summer, Dream Big!" is written in large, white, stylized letters. Below it, "KIDVENTURE" is written in a smaller, white, sans-serif font. The main title "SUMMER BLOCKBUSTER" is in large, bold, white letters with a black outline, flanked by three horizontal lines on each side. Below that, "★ SUMMER CAMP 2017 ★" is written in a smaller, white, sans-serif font. At the bottom, "REGISTER TODAY" is written in a bold, white, sans-serif font, followed by the website "Kidventure.com/austin-summer-camp" in a smaller, white, sans-serif font. The Kidventure logo, which includes a stylized "K" and the word "KIDVENTURE", is visible on the girl's shirt and at the bottom right of the poster.

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

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www.beecavetexas.com



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Around Bee Cave

Upcoming COMMUNITY 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.



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Around Bee Cave



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.



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10th Annual Lake Travis **SPRINGFEST** Returns to the Hill Country Galleria in Bee Cave on Saturday, April 29th



The Lake Travis Chamber of Commerce will bring SpringFest back to the Hill Country Galleria. Presented by St. David's Emergency Center, SpringFest will be bigger and better than ever. The full day community festival filled with

shopping, food, music and fun for the whole family is always "The Biggest Time in the Smallest Town".

SpringFest kicks off at 11AM on Saturday, April 29th with unique shopping, a KidZone the size of a football field, kiddo performances and LIVE music in the NEW Central Plaza area (former amphitheater), the latest in watercraft at the Boat Expo and tasty craft beers and Texas wines in the BrewHaus and WineStomp.

New this year are the Educate & Engage vendors at the event. Sponsored by Concordia University, participating vendors will educate and engage our attendees at a higher level. "We have created a unique experience that we think will appeal to all of our festival attendees," says Will Mitchell, festival chair. "Everything from how to create the best crawfish boil to keeping your kids safe on the water; we feel like there is something for everyone." Check out the Educate & Engage page on the SpringFest website. www.LakeTravisSpringFest.com.

Stroll through 100+ local and regional artisan vendor booths for an experience that is only found in South Lake Travis. Everyone is welcome and admission and parking are FREE! Bring the kiddos; they will have hours of fun playing in the KidZone with loads of rides and attractions. ALL DAY PLAY PASSES available online at a discounted rate or may be purchased onsite.

"We look forward to another electrifying event in Bee Cave," says Mitchell. This amazing festival is a fun event for all ages filled with great music, a huge KidZone and unique shopping."

SpringFest anticipates welcoming 8,000-9,000 attendees to this year's event. The phenomenal line up of performing arts and live music includes TexARTS, Champions Gymnastics, Echo's Edge, the Lucas Johnson Band and Weldon Henson closing out the event. Performances begin at 11:00am and the last band ends at 7:30pm. See the SpringFest site for the full line-up. LakeTravisSpringFest.com.

Lake Travis is FULL! Be sure to visit the Boat Expo with superior watercraft from Sail & Ski Center along with other boat related vendors.

Now in its 5th year, the ever popular Craft BrewHaus and

WineStomp will be in the Central Plaza area and open from 12:00pm – 7:00pm. Sip, taste and savor local and regional craft beers and wine. Tickets may be purchased at the event.

"The partnership with the Hill Country Galleria provides us with an opportunity to create a strong, positive economic impact on the local economy not just for the day, but throughout the year," says Laura Mitchell, President of the Lake Travis Chamber of Commerce.

"SpringFest would not be possible without generous partners and dedicated support of our sponsors." "We would like to thank our presenting sponsor St. David's Emergency Center along with other dedicated supporters; Community Impact Newspaper, Frost Bank and Vibra Rehabilitation Hospital for their contributions to this community festival," says Will Mitchell.

Some areas of SpringFest are cash only. ATM machines are available onsite.

For more information on live music show times, vendor and sponsor information for SpringFest, visit LakeTravisSpringFest.com. For additional information, please contact the Lake Travis Chamber of Commerce office via email at SpringFest@LakeTravisChamber.com or (512) 263-5833.



Around Bee Cave

Aquatic Ms. Fits



Aquatic Ms. Fits are a group of women and men who celebrate fun and fitness at the Nitro Pool.

Deep Water (non-impact) classes are held Mondays and

Wednesdays at 9am.

Shallow water aerobics classes are Tuesdays and Fridays, 9am. Working to a steady beat of music from various decades, participants gain cardio-respiratory conditioning, flexibility, core stability, balance training, great friendships, holiday celebrations and more.

For more information, contact Aquatic Specialist Terri Mitchell at texterri@austin.rr.com

ATTENTION PARENTS OF GRADUATING SENIORS!

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to articles@peelinc.com (include the newsletter you would like to recognize them in, photo, name, etc).

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Resurrection



Easter Worship Celebration at Church of the Cross
Sunday, April 16th ~ 10 a.m.

Serene Hills Elementary
3301 Serene Hills Dr., Lakeway
www.ecclt.org

Childcare available during worship and egg hunt to follow!

Painting by Josef Zwick

Lake Travis High School Project Graduation

What is Project Graduation?

Graduation is a right of passage for our Seniors, a night to be proud, To celebrate past achievements, and to look forward to their future. Graduates celebrate all night, with adult supervision, in a drug and alcohol free environment of fun-filled activities.

Project Graduation is a yearlong program sponsoring approved Senior events including an All Night Lock-In following the Senior Graduation Ceremony. Project Graduation depends solely on funds raised from generous local businesses, student organizations, parents and several fundraising activities.

Immediately Following the LTHS Graduation Ceremony, the graduates are transported by bus to a safe alternative to "Party Hopping" and it gives parents peace of mind knowing their son or daughter is celebrating in a safe, yet fun environment supervised by adults. It provides the graduating Seniors the opportunity to share with their classmates an all-night celebration of activities consisting of music, dancing, food, fun, games, and prizes.

Visit <http://www.ltprojectgraduation.com> for more information, sponsorship opportunities and to volunteer.

Save the date for the Mom's Dinner!!

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Austin, TX 78746
512.329.6633

Around Bee Cave

Night to Shine

Submitted by April Paine

On February 10, two hundred guests were treated to an incredible Night to Shine hosted by Austin Ridge Bible Church in Bee Cave. Night to Shine is a unique prom night, created by The Tim Tebow Foundation, for people with special needs ages 14 and older. Over 75,000 individuals across the nation enjoyed this extraordinary evening.

Attendees enjoyed dinner, dancing, limo rides, a red carpet

with paparazzi, hair/make-up, shoe shines, karaoke, temporary tattoos, caricatures, magic, a smoothie bar and a very popular milkshake bar. There were 650 volunteers at Austin Ridge and 150,000 volunteers nationwide.

While the prom guests danced the night away, the parents and care givers had the opportunity to attend "Night to Dine" in a separate building.



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Around Bee Cave

19th Annual Wilderness Run & Walk: Friends of the Parks of Lakeway

Saturday, April 22, Earth Day /Hamilton Greenbelt - Lakeway

Registration: 8:00AM / Event: 9:00 AM

Looking for a unique and active way to spend a morning in Lakeway? Join members of the Friends of the Parks of Lakeway and other outdoor enthusiasts for a 3 or 5 mile run or walk on Saturday, April 22 at 9:00AM at the Hamilton Greenbelt across from the Justice Center and help us celebrate Earth Day. This FREE community event will take you through the heart of Lakeway's trail system.

The course winds along canyon walls and high cliffs, across fern covered creeks, and through tall native tree forests. Refreshments are available at the start/finish areas and at various locations along the course. Immediately following the event, there will be an award presentation for the top male and female finishers in various youth and adult divisions.

This year's signature sponsor is: Eitel Group. "For the last 19 years the Friends of the Parks of Lakeway have organized this community event and we look forward to seeing both former participants and first time runners or walkers enjoy the park systems of Lakeway," said Pat McDermott, President of the Friends of the Parks.

Register on Race Day between 8:00 AM- 8:45AM with option

of purchasing a commemorative T-Shirt for \$15.00. All donations and proceeds from The Wilderness Run will go towards improving and beautifying Lakeway's parks and greenbelts. We look forward to the fun we'll have running/walking together with the Lake Travis community. For additional information about this event, please call director and event co-chair Sheryl Kelly at 512 997 8880 or visit our website <http://www.lakewayfop.org/>



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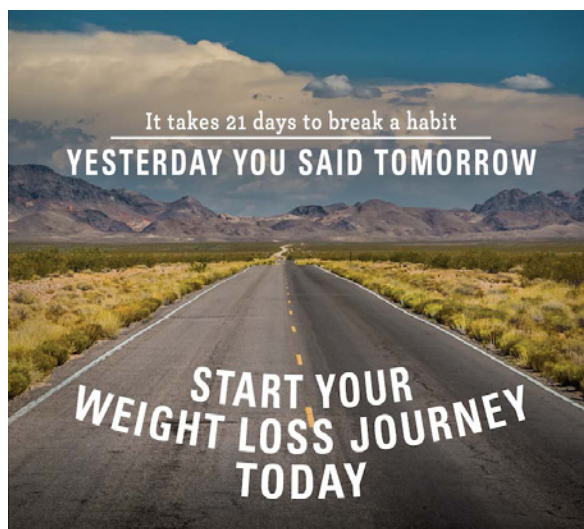
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Changing Lives For The Better

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LTlov and Corrective Chiropractic teamed up to donate coats and blankets to Helping Hand Crisis Ministry of Spicewood for distribution to their clients for the last stretch of winter. Corrective Chiropractic plans to partner with LTlov throughout the year on various programs that support families in need. Pictured, from left, Michelle Zogas, LTlov, Christy Hill, Corrective Chiropractic, Robert Woods, Helping Hand Crisis Ministry of Spicewood and Dr. Jarrod Bagley, Corrective Chiropractic.



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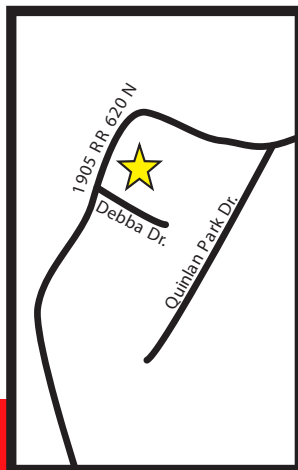
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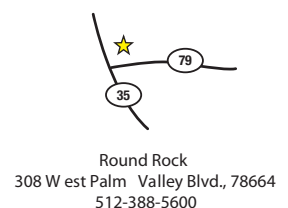
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Hours: Monday - Friday 7:30am - 5:30pm • Saturday 8:30am - 3pm • Sunday Closed

How to Raise a Confident Child

Neena Hamamcy, MA, LPC, LMFT

A child's self-worth is the gateway to social success and sound mental health. Developing healthy self-esteem is the building blocks of child development and affects us at every age of our lives, determining how we act, not just in childhood, but also as adults. Having low self-esteem drives behavior problems, troubles in relationships and school performance, to name a few. As parents, we are greatly influential in how our children perceive themselves, thus ensuring that we raise our children to grow to have confidence and positive self-worth is essential for their success as adults. Here are some ways to help improve your child's self-esteem:

Help Your Child Express and Embrace their Feelings

When your child looks in the mirror and sees themselves, you want to make sure that they like who they see. One way to ensure this is to cultivate a relationship where you encourage your children to express their feelings openly. When you take the time to listen and accept their feelings, you are sending a message that they matter and how they feel is important. A child's feelings are part of who they are as individuals, thus embracing their feelings is in effect embracing them. When a parent listens and validates their child's feelings, it makes a child feel valued and worthy. If a parent repeatedly responds to their child's feelings with hurt, anger, shame or judgment, the child receives a message from a parent that their feelings are wrong and that their parents are not emotionally available. This can lead a child to shut off their emotions, which in turn can lead to behavior problems down the road. The way a child feels about themselves reflects in their behaviors. By listening and accepting your child's emotions, your child will feel loved, valued and reassured that you are capable of meeting their needs emotionally.

Teach Ownership

It is important to distinguish between a child's feelings and their actions. You want ensure that your child feels loved, but you also want to hold your child accountable for undesirable actions. Setting clear expectations and having consequences is essential for teaching accountability and promoting self-esteem. Helping your child take ownership for their actions helps them learn that their actions have consequences and that they can control the outcome based on their choices. "If I make good choices, then good things follow, if I make bad choices, then bad things follow." Just as kids learn to be accountable for their mistakes, they also learn to own their achievements and success. Without this accountability, children miss the opportunity to experience the joy and satisfaction that comes from mastering their efforts. It is important to allow children to learn from their missteps and develop the resiliency to deal with their failures and the difficult feelings that accompany. We have morphed into a society that struggles with negative emotions and what we often see are parents trying to protect their children from

unpleasant feelings. Where everyone is a winner and there are no losers; where in an effort to preserve self-esteem, we try to protect our children from feeling bad about themselves. This approach actually produces the opposite outcome; it creates children that are spoiled, entitled and view themselves as victims. A parent who intervenes and tries to protect their children from difficult feelings and situations, inadvertently interferes in learning lessons that build self-esteem and resiliency that set the path for success in adulthood. Parenting with accountability allows children to own their failures as well as their achievements and empowers kids to see they have control over the outcome of their lives.

Create Experiences to Help Your Child Feel Successful

Help your child find their strengths and acquire skills, whether it be academically, socially or in extracurricular activities. One way children measure their self-worth is by how others perceive them, and in our society that is full of measuring and comparing, children can be vulnerable to heightened criticism and comparison. Emphasize to your child that you accept and love them regardless of their performance. Create opportunities for them at home and outside the home, where they can accomplish goals and feel the satisfaction of completing a task. Experiences of success create confidence and foster self-esteem. Experiences that can foster self-esteem include having chores and responsibilities at home, participating in athletics, or other areas of social or extracurricular interest. Encouraging their independence and helping your children be responsible will encourage positive self-worth.

Try to Understand and Heal your own Self-Worth Issues

Parenting can be emotionally intoxicating as well as draining. Becoming a parent tends to bring out the best and worst of ourselves. As we navigate through such an intensely emotional relationship with our children, we are often confronted with our own insecurities and fears. Becoming a parent has a way of bringing to the surface our own unresolved emotional issues stemming from our relationships with our own family or origin. Our children's self-worth is not genetic, but rather learned and especially in early childhood, is a reflection of the parent's sense of self, particularly the mother. A parent's unhappiness is passed down to a child, and children view your unhappiness as unhappiness with them. It is important to address your own insecurities and fears because no matter how many parenting books you read, if you don't address your own self-worth issues, you are bound to pass them to your kids. Looking at your own wounds from your early childhood and trying to understand the positive and negative ways your parents influenced your self-esteem can help you identify ways to break the cycle in your own relationships with your children and help promote your own self-worth as well as your children's.

SPRING IS HERE!

It is time to start thinking about opening your windows and brightening your home. Not sure where to start?

Follow these 3 easy steps from Tarragona Designs:

1. Update your walls

Color trends change every year. From light and bright colors to dark and daring, colors don't go out of style, it's just the pairings of different colors that come and go. New color combinations may be just what your walls need for a fresh new look, especially if you've had the same color palette in your home for a long time. My top 5 colors that I recommend are:

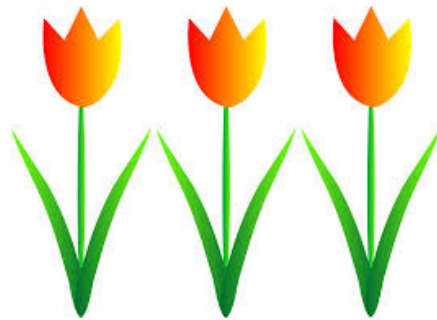
1. Agreeable Gray-Sherwin Williams 7029
2. Intellectual Gray-Sherwin Williams 7045
3. White Flour-Sherwin Williams 7102
4. Ancient Marble-Sherwin Williams 6162
5. Sea Serpent-Sherwin Williams 7615

2. Accessorize

Have your throws & pillows seen better days? It might be time to bring in some new pieces for a fresh & updated feel to your home. You can transform the entire look of a room by changing out some basic design items such as lighting, pillows, throws & artwork.

3. Spring clean your home-lots of work but you will be so glad you did when the weather draws you outside. Pull out your screens and wash the winter grime off your windows, then work on cleaning things like the ceiling fans and fireplaces. Once your cleaning is complete, gather mason jars from your cabinet and pick up fresh flowers on your next visit to the grocery store. Arrange together in groupings throughout your home for a finished and fresh look. Spring is here...

Article by Rita Droege Lopez, business owner and creative designer. If you would like more home design and/or organization tips, please contact rita@tarragonadesigns.com



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