



The BIGGEST little shirt shack in Austin.



Bee Cave Community Events

HILL COUNTRY GALLERIA SATURDAY NIGHT **CONCERT SERIES**

Join in this community event every Saturday night from September 2nd thru November 4th. Free concerts in the all-new Central Plaza from 7pm-9pm emceed by Sun Radio 100.1FM. Visit www.hillcountrygalleria.com to view the line-up.

> (512) 263-0001 www.hillcountrygalleria.com

HILL COUNTRY GALLERIA SEPTEMBER **WINE WALK**

Explore retailers at the Galleria while you shop n' sip Thursday, September 14th 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

9/11 MEMORIAL STAIR CLIMB **MONDAY, SEPTEMBER 11TH 7:46 A.M.**

The 2017 9/11 Memorial Stair Climb will take place on Monday, September 11th at 7:46 a.m. The event will be held at the Hill Country Galleria's Parking Garage A (garage nearest Dillard's). The public is welcome to attend the event to support the Bee Cave Police and Lake Travis Fire Rescue as they climb the equivalent of the 110 stories of the World Trade Center. The 9/11 Memorial Stair Climbs are not timed race events, but a way for firefighters and police to honor and remember the FDNY firefighters who selflessly gave their lives so that others might live. The crowd is encouraged to cheer on the police and firefighters as they endure this extraordinary challenge.



IMPORTANT NUMBERS

EMERGENCY NUMBERS	
EMERGENCY	011
Fire	
Ambulance	
Police Department	
Sheriff – Non-Emergency	
Travis County ESD No.6/Lake Travis Fire	
Administration Office	
Travis County Animal Control	512-9/2-6060
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	
West Cypress Elementary	
UTILITIES	
Travis County WCID # 17	512 266 1111
Lakeway MUD	
Hurst Creek MUD	
Austin Energy	
Pedernales Electric	888-334-4/32
Custom Service	1-800-700-2443
Emergencies	
Call Before You Dig	
AT&T	
New Service	1-800-464-7928
Repair	1-800-246-8464
Billing	
Time Warner Cable	
Customer Service	512-485-5555
Repairs	
Austin/Travis County Hazardous Waste	
OTHER NUMBERS	
Bee Cave City Hall	512 767 6600
Bee Cave Library	
Municipal Court	
Lake Travis Postal Office	
Baylor Scott & White Medical Center City of Bee Cavew	
·	www.beccavetexas.com
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Advertisingadv	ertising@peelinc.com

FEATURED FAMILY

THE HOHL FAMILY: STEVE, COURTNEY &...





Q: How long have you lived in Bee Cave/Lake Travis

We've lived in Bee Cave since 2012

Q: What brought you to the area/where did you live before?

We moved from Barton Creek seeking a family oriented neighborhood. Currently we live in FalconHead and love that there are so many families for our kids to play with!

Q: What do you like most about Bee Cave?

We love the convenience and the friendly community! Lucy's on the Lake, Hill Country Galleria, Chisos Grill, Maudie's and Verde's are just some of our family favorites.

Q: How/where did you meet?

I often joke that we meet through a mutual friend, that being "the computer". Yep, that's right we met on online in 2011 on the premise of just being friends. Steve was new to the area having just moved from Seattle and I was pressured by a friend to give

the online thing a chance and the rest as they say, is history.

Q: What are some of your hobbies?

Steve would play golf everyday if he had his way and I enjoy working out, gardening and hosting dinner parties (even though that hasn't really happened since having kids). As a family we enjoy traveling and spending quality time together. Being a former Navy SEAL, Steve likes to stay active in the SEAL and Veteran communities through various charities.

Q: Where do you work/what do you do for a living?

Steve is a Senior Advisor in the Protective Intelligence and Operations Department at Dell and consults on a couple of local start-ups.

I am a Real-Estate Advisor with Engel & Volker's specializing in Westlake, Bee Cave, Lakeway and Lake Travis. As a side project and



hobby I book luxury travel with Departure Lounge.

Q: What is your favorite thing to do as a family?

Our boys are 3 and 4 so we are spending a lot of time in the pool these days and Sunday BBQ's at the grandparents are pretty standard routine for us. We are very fortunate to have Steve's parents so close and that our boys are developing a close connection with them! We also frequent the Austin and San Antonio Zoo's and Austin Aquarium. Each weekend we try to find a new experience around Austin. There are so many hidden gems in our community!

Q: What is one of your favorite family memories?

The top of the list is probably our surprise trip for the boys to meet "Grandma Hoot" in New York. She had no idea we were planning the trip and showed up with donuts on a Saturday morning! It is a special memory that our boys still talk about. Another is when we took Brady who was one at the time to Aspen, his first flight and he was a perfect child. However, on the way home he paid us and the entire flight of passengers back. He screamed the entire time. We were never so happy to get off a plane!!!

Q: Do you have any pets/what kind?

We have 3 dogs! A Yellow English Lab, Ollie; Rescue Mutt, Zoe and a Yorkie, Pearl who is the alpha even though she's the smallest of the three.

Q: What does family mean to you?

Family is a bond, togetherness and love! Family is what makes everything worthwhile!

Q: How would your friends/neighbors describe you?

A fun loving, friendly family that's always on the go.

Q: What is something you would like to share with your neighbors and community members?

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I think the answers to these questions pretty much paint the picture for us...

Q: What are some of your family traditions?

Sunday dinner with the grandparents, Elf of the Shelf during Christmas (for good behavior), each evening we have dinner as a family and discuss that days events and our "Rose and Thorn" moments.

Q: What is something you would like to do or are looking forward to doing in the next year?

We will be taking the boys to Disney this coming spring since they both be able to meet the height requirement! I think we might be more excited than the kids!!!

Q: What is your favorite piece of advice or quote?

Count each day as a blessing, say I Love You and always be thankful and kind!

Steve: From his father, "Keep your eyes and ears open and your mouth closed".

Q: If you could travel anywhere with your family, where would it be and why?

When the boys are a little older we are going to take them to Africa! Steve has been many times and has friends that are guides and are ready for our visit!

Q: Who has inspired you in life and why?

My grandmother will always be my inspiration. She has lived a life suited for a novel yet is very humbled by her experiences. At 84 she is up every morning dressed, lipstick on and not a hair out of place before anyone else has rolled out of bed. She's the epitome of class and grace. She once told me, "the more you do, the more you find time to do more". It's always stuck with me and it's so true!





Bee Cave Library News

The Bee Cave Public Library will be closed for remodeling thru September 9th and will reopen on Tuesday, September 12th.

BOOK CLUB

Thursday, October 12th 7:00 P.M. October Book: Descent, by Tim Johnston 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

Bee Cave Public Library

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



Around Bee Cave

CC4C Run to Uplift 2.62 Micromarathon

SUNDAY, SEPTEMBER 17TH AT THE HILL COUNTRY GALLERIA

REGISTRATION IS OPEN!

To Register please visit: http://cc4c.org/run-to-uplift/

Check-in starts at 9am with race starting at 9:30am

Grab your family & friends and run or walk 2.84 miles to inspire Austin-area children battling rare or un-diagnosed medical conditions.

For more information, please visit CC4C.org





UPLIFT SEE YOU THERE!



HILL COUNTRY INDOOR FALL SPORTS ARE HERE!

Fall Season: September through November

Adult and Youth Leagues

Basketball - Volleyball - Soccer

Box Lacrosse - Flag Football

Be on the lookout for Winter

Sports Registration-Coming Soon!

Visit our website for updated information: www.hillcountryindoor.com

Like us on Facebook @HillCountryIndoor



Stop The Clot

Did you know Blood Clots kill more people every year than AIDS, Breast Cancer and Traffic Accidents Combined? The are deadly when a deep vein thrombosis (a blood clot in the legs or arms) breaks apart and travels to the lungs causing a deadly Pulmonary Embolism (PE), heart attack or stroke. I was almost a statistic. This is my story:

September of 2010 in Austin, was busy in the King household. The kids had just started a new school year, I was neck deep in volunteer work at school, and I was teaching cooking classes. We were so busy that I never stopped to think about the weird pains that started affecting my body. The first occurred when I awoke with a sharp stabbing pain in my left chest. I did not feel any shortness of breath, but I felt pain when I took a deep breath. When my chest pain persisted for a few hours, I called my doctor, who said



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Around Bee Cave

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it was just a pinched nerve, and to take a muscle relaxant, which didn't help. I was miserable for 2 more days, and then felt the same stabbing pain on the other side of my chest. I immediately called my doctor again. His assessment was that I was straining my right side to compensate for the pinched nerve on the left. The doctor again said to keep taking muscle relaxants, even though I told him that they were not having any effect.

I knew something wasn't right. I even asked my doctor during our phone conversation whether I could be having a pulmonary embolism (PE). I knew my symptoms were classic for a PE, because I have an undergraduate degree in biomedical science. His answer was "You don't have a PE, take the muscle relaxants, and you'll feel better in a few days." I listened to my doctor's advice, and did not seek a second opinion. I should have trusted my own instincts and gone to the emergency room.

Like we all do, I didn't spend too much time thinking about things, just got busy with my daily life as best I could and tried to ignore the pain. I decided to go for a walk to try to "work out" the pinched nerve after my second call to my doctor. During my walk, I felt winded and noticed that my left leg felt very tired, heavy, and it took a lot of effort to move it. It was a 95 degree day so I told myself I was dehydrated. Later that night, my leg felt like I pulled

a muscle, and it woke me during the night. I took more muscle relaxants without relief.

The following morning began like any routine day. I put my 2 little boys on the bus for school. My 4 year old daughter was eating breakfast as she watched cartoons, and I was drinking a cup of coffee and paying bills.

I had gotten up to get ready to run some errands, and all of a sudden, my leg stopped moving. I literally couldn't lift it or bend it. I looked down and was shocked at what I saw: my left leg was purple and twice the size of my right! I screamed so loud that my husband, who works from home, came running.

It was at that moment that all my symptoms "clicked." I knew I had a deep vein thrombosis (DVT) and that I was right about having a PE. My husband, Ben, rushed me to the nearest emergency room (ER), with our daughter in tow. I was put through a series of tests, including an ultrasound and chest CT in the ER.

When the official diagnosis came in, both my husband and I were terrified. I had a blood clot that completely blocked my left femoral vein, my Iliac Vein (in the abdomen) and parts of my Greater Saphenous Vein and had PEs in both of my lungs. I was taken to the ICU, because I was at extremely high risk for the clot to break

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off and travel within the next 24 hours. The doctors saw the first 24 hours as critical, and let me know, in no uncertain terms, that I could die at any moment. My husband was told to "say goodbye." The fear gripped me and it was difficult to remain calm, especially because my sweet little girl was so frightened. Thoughts were racing through my mind. I was feeling upset that I had told my sons "see you this afternoon" instead of "goodbye" in the morning rush, and now I was in a situation that might prevent me from watching them grow up. I wondered if my wonderful husband would cope if I didn't make it home. I was terrified knowing that my next breath might be my last.

I spent 5 days in the hospital. My recovery was long, slow, and painful. I was in intense pain to the point that I couldn't walk. I also developed a pleural effusion (fluid in the lungs) and lung infarction (a dying of part of the lung tissue) on my right side, both very painful. Months later, I was connected to Central Texas Vascular Surgeons and my physician, Dr Jeff Apple, diagnosed me with May-Thurner Syndrome, which is a compression of my iliac vein. The compression caused my blood to pool behind my iliac vein, and caused blood to clot in my abdomen and left leg. I had surgery in February 2011 to place a stent to open the collapsed vein. The vascular surgeon discovered an extensive clot in my abdomen, and he inserted three times as much stent as he anticipated.

Since then, I have come a long way in my healing. I am a Council Member for the City of Bee Cave, and we sit for long periods of time during meetings. I also teach full time science at LTMS, causing me to be on my feet all day. Both of these scenarios are not good for blood circulation and clot prevention. I wear compression hose most days to work as well as when I fly or travel long periods in the car. (The general rule is anyone should wear compression hose when sitting for more than 2 hours, to help prevent blood clots.) I will also be on blood thinners for the rest of my life. But I am so thankful to God for my life and my family and friends that walked with me and fed my family and help us so much during my recovery. This community is truly wonderful.

When I was in the ICU, I made a promise to myself and God, that if I survived, I would do whatever it took to help raise awareness of blood clots and prevent as many deaths as I could. That spring my husband and I put on the 1st Stop The Clot 5K. We are now in our 7th year and it is working! We are saving lives! Since that first race, I have heard directly from 11 racers that because they were there, and heard the signs and symptoms of blood clots, they knew to seek medical treatment when they or loved ones were having those experiences! They all got early treatment and are alive and healthy today! We are a division of the National Blood Clot Alliance and all funds raised go to them to their mission to help see a future in which the number of people suffering and dying from blood clots in the United States is reduced significantly.

It's important to note that my chest pain came before I felt any discomfort in my leg. Had the 2 clots that went to my lungs been any bigger, I would have died without every having symptoms of a blood clot. I cannot stress enough how important prevention is. If you are having a medical procedure, talk to your providers about

blood clots and how they will manage prevention BEFORE the surgery. (Surgery is one of the major causes of blood clots.) If you are traveling, wear compression hose, walk around frequently, and talk to your medical provider about taking baby aspirin.) If you are pregnant, a smoker, recovering from an injury, on birth control (all risk factors of blood clots) know your signs and symptoms and get help right away (going to the ER for an ultrasound is best!)

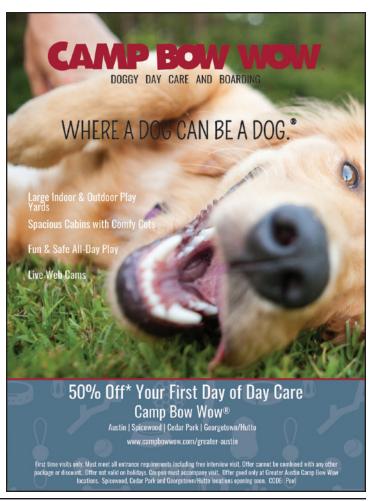
Please join us for the 7th Annual Stop The Clot race, in the Oaks at Lakeway on October 15th, and help us raise awareness and funds to fight this deadly condition! https://nbca.redpodium.com/2017-austin-stc-5k-registration And join us on Facebook at Austin Stop The Clot!

Signs and Symptoms of blood clots:

swelling, usually in one leg (or arm); leg pain or tenderness often described as a cramp or charley horse; reddish or bluish skin discoloration; leg (or arm) warm to touch

Signs and symptoms of Pulmonary embolisms:

sudden shortness of breath; chest pain-sharp, stabbing, may get worse with deep breath; rapid heart rate; unexplained cough, sometimes with bloody mucus.





WEDNESDAY, OCTOBER 18 - 5-8PM

- Vendors
- Food Trucks
- Parade
- Pep rally



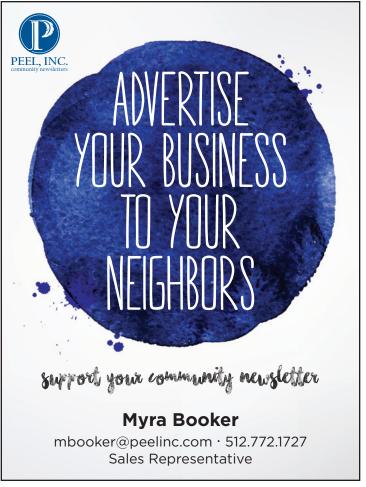
ENTIRE LT COMMUNITY ENCOURAGED TO PARTICIPATE

For more information on sponsorship or vendor participation,
please contact
fundraisingvp@lthspto.org

LTlov's 6th Annual Kids **Free Dental Day Event**

On August 9th, members of our community came together at the Lakeway Dental Office in an effort to ensure children who may not otherwise be able to afford dental care, had access to free oral services. Over the course of LTlov's 6th Annual Kids Free Dental Day event, dental professionals and volunteers worked together in an atmosphere of purpose and camaraderie to provide basic and acute dental care to low income children ages 5 through 17 living in the Lake Travis area. The smiles on both the children's and parents' faces reflected the generous spirit of the professional and support staff volunteers. LTlov greatly appreciated the significant role each participant played, including dentists and staff from the Lakeway Dental Office, Sage Dentistry Austin, Shipp Family Dentistry, Hamilton Dental, Eaddy Dentistry and C & C Dental. Thank you to all who gave their time and energy to make this event a tremendous success. "It was a great day and we are especially excited that over 60% of the children seen were return patients," reported Marykay Crouch, LTlov's Dental Day Chair. Pictured, Dr. Trevor Hamilton, Hamilton Dental.



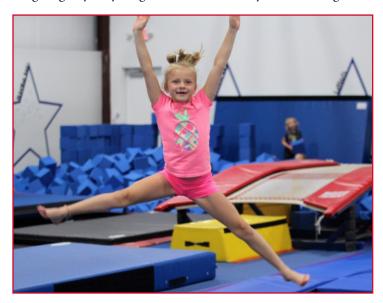




Around Bee Cave

What a great summer it has been!

ChampionsTX Gymnastics held Summer Camps at the Lake Travis Location. It was truly amazing watching the different age groups of our neighborhood kids get to know each other. Thank you parents for giving us your young.... and old kids! They were amazing!











RETIRE BETTER CHECK THOSE EGGS



We all know not to have all our investment eggs in the same basket. But what if you use a bunch of baskets and end up with the same result as having everything in one?

Even if you are perfectly comfortable with the risk of the markets, it is smart money management to not have all of your money in investments that move in the same direction. Stocks, stock funds, ETFs, variable annuities, and even bond funds all tend to move together (they are correlated). This can be hazardous to your financial health.

There are many alternative investments available today that are not directly tied to the public stock market. Historically, these investments have been used by large institutions and endowments to offset the volatility of the stock market while still achieving decent growth over time.

By taking a page out of the wealthy investors playbook (e.g. the Tiger 21 Group or the Yale and Harvard college endowments) you should include investments that are generally unaffected by the mood swings of the markets such as nontraded real estate investments, private equity, venture capital, commodities, hedge funds, oil and gas, secured floating income, and principal protected fixed and indexed annuities.

Through a proper allocation across non-market correlated asset classes, it is possible to balance out your current investment portfolio without giving up the potential for long term growth. While we all want the market to continue reaching new peaks, we still have to plan appropriately for the periods of time the markets choose to go through the valley.

If you would like further information on this topic or to receive a copy of our report on retirement investment planning, please send your requests to the email below. As always, we are here to answer your pressing questions and concerns regarding retirement investment planning.

Send your questions and information requests to retirebetter@platinumwealthadvisory.com

Go to PlatinumWealthAdvisory.com/blog to determine your risk number today or give us a call to get started.

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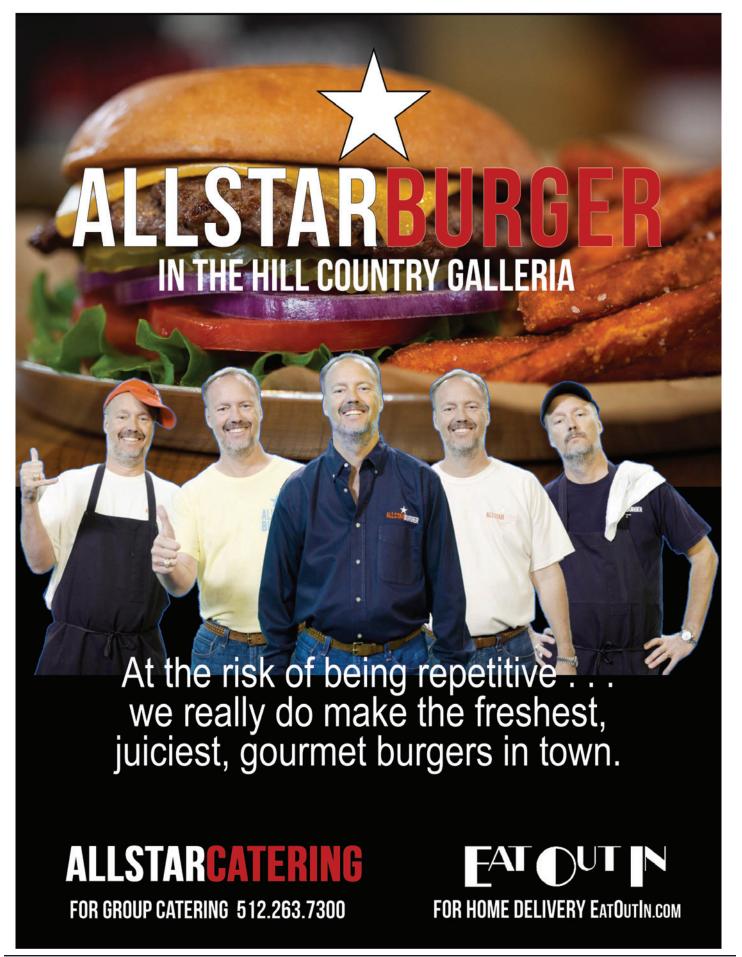
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BUSINESS CLASSIFIEDS

PEACE BE WITH YOU! The Episcopal Church of the Cross is a new community of faith gathering every Sunday at the Serene Hills Elementary School. You're invited! For more information, please go to ecclaketravis.org.

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W W W . N I C O L E P E E L . C O M

Nicole was an absolute pleasure to deal with. From the start of listing our home, to helping with staging, to finding suitable buyers and assisting with closing, Nicole was incredibly professional, detailed, and thorough. Nicole was able to successfully price and sell our home in a shorter timeframe then we thought possible, and we absolutely will work with Nicole again and recommend her to anyone looking for a realtor.

- August 2017

Nicole Peel | Associate Broker, REALTOR® | 512.740.2300 | nicole@reillyrealtors.com

