



## Why is There Daylight Saving Time?

Here's the short history of this phenomenon ...

Credit for Daylight Saving Time belongs to Benjamin Franklin, who first suggested the idea in 1784. The idea was revived in 1907, when William Willett, an Englishman, proposed a similar system in the pamphlet *The Waste of Daylight*.

The Germans were the first to officially adopt the light-extending system in 1915 as a fuel-saving measure during World War I. The British switched one year later, and the United States followed in 1918, when Congress passed the Standard Time Act, which established our time zones. This experiment lasted only until 1920, when the law was repealed due to opposition from dairy farmers (cows don't pay attention to clocks).

During World War II, Daylight Saving Time was imposed once again (this time year-round) to save fuel. Since then, Daylight Saving Time has been used on and off, with different start and end dates. Currently, Daylight Saving Time begins at 2:00 A.M. on the second Sunday of March and ends at 2:00 A.M. on the first Sunday in November.

## *When do we set our clocks back?*

Daylight Saving Time ends on Sunday, November 5, at 2:00 A.M. Now, we "fall back" by setting your clocks back one hour (i.e., regaining one hour).



## CENTRAL TEXAS TREES

Now is the time to plant

You might be considering planting trees to help shade or give privacy to your property. In Ladera, at my home, the trees which are thriving and growing are:

- Arizona Ash
- Mexican White Oak
- Chinkapin Oak
- Crepe Myrtle

Perhaps the most important facts you must know to be successful with trees in Central Texas is what trees do the best here, and when and how to plant them. Whenever possible, plant trees in the very late fall or winter. This will help your tree develop roots and get established before it must face a Texas summer. Never plant a tree when it is hot and dry. You can plant in the Spring, but this is a poor third choice.

If you are not sure what trees to pick, go around the neighborhood and see what kinds of trees seem to fit your plan. Also, determine the type drainage in the area where you are considering planting. Another factor is height of tree. This will help you decide how to space the trees and how close to your house and fence to plant. This is important when picking the type of tree to purchase.

We moved into our home August 2015. It was the small model home and the builder had planted some nice trees along the stone wall. Since we have lived here, those trees, with proper watering, have grown almost four feet. We can no longer see the detention pond and have attracted many birds to our yard.

We always go to Natural Gardener off Old Bee Caves Road to purchase our plants and get advice. They have a great selection of trees and will give you all the planting instructions. Not only do they deliver, but they can probably also recommend someone to come do the planting for you. Although trees can be expensive, they are a great addition to one's property and curb appeal. You might want to buy small, fast growing trees. I highly recommend a book by Cheryl Hazeltine called **Central Texas Gardener**. It is a wealth of information, including a great section on trees.

Happy planting!

# 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

Bee Cave Elementary.....	512-533-6250
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
Lake Pointe Elementary.....	512-533-6500

## UTILITIES

Austin Energy .....	512-322-9100
Texas Gas Service	
Custom Service.....	1-800-700-2443
Emergencies.....	512-370-8609
Call Before You Dig.....	512-472-2822
AT&T	
New Service.....	1-800-464-7928
Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
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 and White Medical Center .....	512-571-5000
City of Bee Cave .....	www.beecavetexas.com

## NEWSLETTER PUBLISHER

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Advertising.....	advertising@peelinc.com

## Ladera Ladies Happy Hour

The ladies from Ladera are invited to happy hour from 5pm-7pm the first Wednesday of each month at the rooftop bar at the Sonesta Hotel. This is a great way to meet new people and catch up on what is happening in and around the neighborhood. If you have questions, please contact Charlotte Parker at [charlotte.parker@gmail.com](mailto:charlotte.parker@gmail.com).

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## HELPFUL AND INFORMATIVE WEBSITES

### DEVELOPMENTS ADJACENT TO LADERA:

Hill Country Indoor Sports.....<https://hillcountryindoor.com>  
The Backyard.....[www.backyardaustin.com](http://www.backyardaustin.com)

### GOVERNMENT AND SAFETY:

City of Bee Cave.....[www.portal.beecavetexas.com](http://www.portal.beecavetexas.com)  
Travis County Sheriff.....[www.tcsheeriff.org](http://www.tcsheeriff.org)  
Animal Control.....[www.traviscountytexas.gov/health-human-services/animal-control](http://www.traviscountytexas.gov/health-human-services/animal-control)

### UTILITIES:

Water.....[www.wtcpua.org](http://www.wtcpua.org)  
Trash.....[www.texasdisposal.com](http://www.texasdisposal.com)  
Electric.....[www.austinenergy.com](http://www.austinenergy.com)  
Gas.....[https://texasgasservice.com](http://https://texasgasservice.com)

### NEIGHBORHOOD NETWORKING SITES:

[www.laderahoa.org](http://www.laderahoa.org)  
[www.nextdoor.com](http://www.nextdoor.com)  
[www.facebook.com](http://www.facebook.com)

### join the following groups on Facebook:

Ladera, Bee Cave  
Monty's Bee Cave Buzz  
Bee Cave Bee





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## NOVEMBER YARD CHECKLIST

The average first frost date in our area is November 15.

Plant annual flower/ornamental seeds. Sweet Alyssum, Calendula, Centaurea, Coreopsis, Delphinium, Larkspur, Linaria, Nemesis, Poppy, Snapdragon, Sweet Pea, Johnny Jump-Up (Viola).

Plant annual flower/ornamental plants. Dusty Miller, Flowering Kale and Cabbage, Nicotiana, Pansy, Snapdragon, Sweet Pea.

Plant perennial plants, trees, and shrubs. All of them!

Plant ground covers and borders.

Last chance to plant wildflower seeds!

Divide perennials. Transplant or give away your divisions of: daylily, bearded iris, Shasta daisies, violets, wood ferns, and cannas.

Prune out dead limbs from trees and shrubs before the leaves fall.

Prune back chrysanthemums almost to the ground after blooming.

## Improve Your Lawn by Boosting the Soil

Austin area soils are famous for their poor quality. We have very little soil, the soil we do have is rocky, and it's full of clay.

This poor soil is hard on lawns. Lawns need sunlight, air, water and nutrients to thrive. Soil quality can have a big impact on three of these four items. Plants absorb water, nutrients and even air through their roots. As a consequence, soil quality can have the biggest impact on the health of your lawn.

Because Austin soil consists mostly of clay, with very little organic material, it does not drain well and has very few nutrients. This is certainly the situation in Ladera. The clay binds with water as soon as your irrigation kicks on. The top layer of soil will saturate quickly, preventing water from soaking deep into the soil. If you continue to add water, it will run off rather than soak in. Therefore, in low lying areas Austin is prone to flooding.

The clay also binds to nutrients, like fertilizer, but binds in a way that those nutrients are not available for plants to use. Clay is a bit  
*(Continued on Page 5)*



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(Continued from Page 4)

greedy. And it binds to itself. It creates a compacted layer of soil that excluded air and is difficult for roots to grow through. On a hot summer day in Austin the soil can often feel harder than concrete!

## Fixing Clay Soil

You improve the soil structure by breaking up the compacted clay and adding organic material. This gives the clay something useful to bind to, and it is a material that combats every problem that clay causes. The organic material will improve drainage, resist compaction, and both holds and releases nutrients and water.

This is where top dressing steps in. It is the best way to add organic material to a lawn.

## How to Top Dress a Lawn

Top dress twice a year.

The grass needs to be short. The weather needs to be warm enough that the grass is growing, but not so hot that a layer of soil will smother and bake the ground. This typically means spring and fall.

Neglected yards and landscapes need top dressing badly. If your lawn has not been top dressed or fertilized the soil will be in horrible shape. Typically, grass gets thin, the soil becomes brick hard, and

worms are nowhere to be seen. Top dressing will help kick the natural process back into gear, and will get everything growing again.

Spread a thin layer by hand over the entire lawn. Because it is spread over the top of an existing lawn, it will be loose and not 100 percent even, but because it is loose material, it will eventually settle down between the leaves of the grass. This process goes faster with regular irrigation or light rain. The water helps wash the mix down into low areas where it is most needed.

## Where to get Top Dressing for your Lawn

Most garden centers carry it by the bag. You might want to call a professional. This is not an endorsement, but here is the name of a landscape company who will do the job for you. **They offer military veteran and senior citizen discounts as well.**

## Plantscape Solutions

3300 Bee Caves Road

Suite 650 #192

Austin, TX 78746

Phone: 512-626-8400

[david@plantscapesolutions.net](mailto:david@plantscapesolutions.net)



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[www.hillcountryindoor.com](http://www.hillcountryindoor.com)



## WHY AREN'T MY TREES GROWING?

The trees will not grow if the metal stakes put in by the builder when the trees were planted have been there longer than one year. Call Ladera resident, Greg Giacona at 281-748-6400 or email him at [greg328@earthlink.net](mailto:greg328@earthlink.net). He only charges \$25 per 3-stake tree.

**Please do not leave the metal tree stakes in your yard after removal. They can be recycled at:**

### Gardner Metal Recycling

8408 S. Congress Ave.

Austin, TX 78748

Phone: (512) 292-1022

### Operating Hours

Mon. - Fri: 7:30am - 4:30pm

Saturday: 8am - 12pm

## SEND US YOUR

## Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to [satalamo@yahoo.com](mailto:satalamo@yahoo.com). Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



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# RETIRE BETTER WHAT'S THE ALTERNATIVE?



Many agree the U.S. is due for a recession. In fact, some believe there is a 100% chance we'll experience a recession in the next few years. Regardless of whether you agree or not, it makes sense to consider how to keep your assets safe - and ideally, growing - during an economic downturn. The answer may lie in alternative investments.

Alternative investments are probably the most misunderstood investment type because they vary so widely. The market includes everything from venture-capital and angel-capital start-ups in the tech industry, to investments in energy, commodities,

technology, pharmaceuticals, and commercial real estate. Many alternative investments are incredibly recession-resistant, and can help investors ride out the storm during times of economic downturn.

If you are looking for an alternative for your portfolio profits resulting from the 8 year bull market we have experienced, alternative investments may be the solution to protecting your gains from a downturn and creating additional portfolio income. Email [retirebetter@platinumwealthadvisory.com](mailto:retirebetter@platinumwealthadvisory.com) to find out how you can add an alternative to your current investment plan.

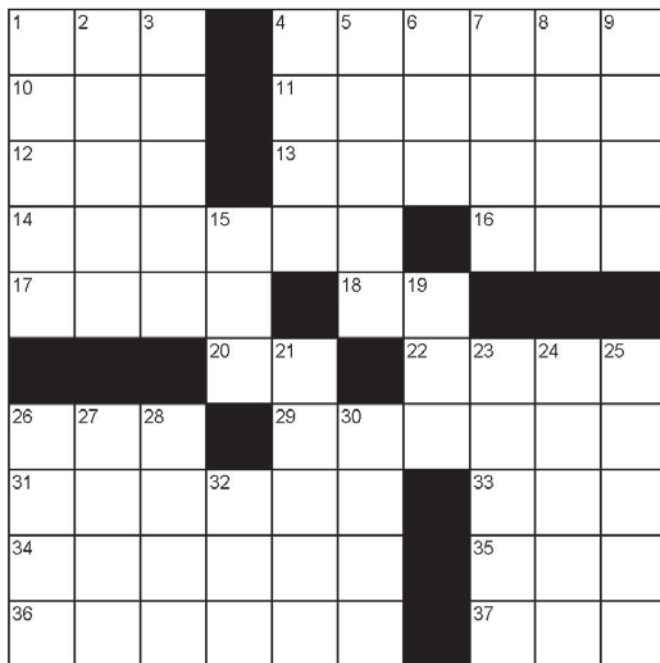
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## CROSSWORD PUZZLE



### ACROSS

1. Bad (prefix)
4. Asks for legally
10. Monkey
11. Author of "Sense and Sensibility"
12. Gross national product (abbr.)
13. Plan
14. More humble
16. Swab
17. Retired persons association (abbr.)
18. Education (abbr.)
20. Headquarters (abbr.)
22. Cool
26. Poisonous snake
29. African country
31. Penzoil is this (2 wds.)
33. MD
34. Build
35. Kimono sash
36. Walk quietly
37. Misty

### DOWN

1. Lava
2. Sleep disorder
3. Biblical outcast
4. Casing
5. Money
6. Tree
7. Detail
8. Business note
9. Metal fastener
15. Kilometers per hour
19. Cell stuff
21. Capital of Ecuador
23. Give
24. Mud brick
25. Inferred
26. Account (abbr.)
27. Dress
28. Secondary
30. Rejoicing
32. Grain

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## Varicose Veins, Not Just a Cosmetic Issue

By Michael M. Di Iorio, MD, RPVI, RVT, RPhS. Medical director of South Austin Vein Center.



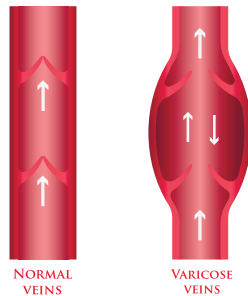
If you suffer from problems related to varicose veins and spider veins you are not alone! Venous insufficiency, also known as venous reflux disease, is the most common cause of varicose veins and affects nearly 30 million adults in the United States.

Veins serve an important function bringing blood back to the heart. We have two sets of veins in our legs, deep veins and superficial

veins. These veins have one-way valves that normally direct blood flow in one direction, toward the heart. When these valves fail blood can flow the wrong way and pool, increasing the pressure in the veins. This is called venous insufficiency and is the driving force behind the development of varicose veins.

Varicose veins are not just a cosmetic issue. They can cause pain, throbbing, heaviness, leg fatigue, restless leg and swelling often worse at the end of the day.

In more advanced cases patients can develop skin discoloration and even ulceration.



Risk factors include increasing age, a family history of varicose veins, professions that require long periods of standing or sitting, obesity and in women, pregnancy.

Unfortunately, venous insufficiency and varicose veins are a progressive problem and will only get worse over time. But don't worry treatment is available and covered by most insurances.

Diagnosis begins with a thorough examination



of the legs followed by a venous ultrasound. Ultrasound allows the vein



specialist to see under the skin, giving a clear picture of how the veins look and are functioning. Treatment may include one or a combination of minimally invasive procedures. These include endovenous ablation which closes the diseased vein down from the inside with heat, or alternatively, placement of a medical adhesive in the vein to seal it shut. Large roopy veins sometimes need to be removed through tiny incisions in a procedure called ambulatory phlebectomy and sclerotherapy is a procedure where medication is injected into a vein causing it to collapse and eventually be reabsorbed.

All of these procedures are performed in an outpatient setting and often take less than an hour. Pain is minimal and recovery is quick with most people returning to normal activities the same day.

If you would like more information on venous insufficiency and varicose vein treatment please visit [www.southaustinvein.com](http://www.southaustinvein.com)



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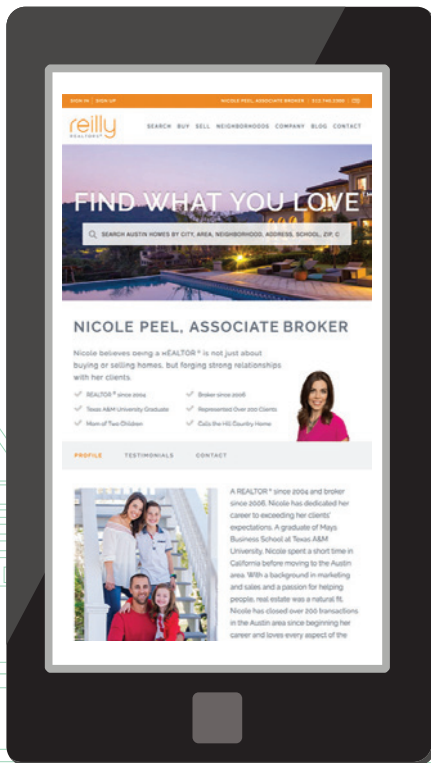
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