

## LAKETOBERFEST MAKES ITS DEBUT IN LAKEWAY SATURDAY NOVEMBER 4TH BENEFITING THE HIGHLAND LAKES AND THE CENTRAL TEXAS WATER COALITION

Lakeway, Texas (October 19, 2017). Don your lederhosen, grab a stein, and join in the fun on the grounds of the Sail & Ski Yacht Club in Lakeway, Texas. A traditional keg tapping ceremony featuring Infamous Brewing's Oktoberfest beer will kick off the event at 6pm, followed by Live Music from the Off the Grid Band, plus German food and beer, exhibitors, prize drawings and a live auction.

"We're excited to launch this event in Lakeway," said Will Mitchell, who also coordinates the Lake Travis Springfest Event. "I love the idea of a fall festival on the lakes, and the connection to the Water Coalition is really important for everyone who lives out here."

General Admission is \$10 and parking is free. German Sausage, Schnitzel, Sauerkraut, Potato Salad, Pretzels, Beer, Wine and Soft Drinks will be available on the grounds, with picnic table seating under the stars. Advance ticket purchases are recommended as space is limited. Visit the LaketoberFest Website at: www. laketoberfest.com to reserve your tickets today or to make a contribution to protect the lakes.

"This is a great opportunity to get area residents together to celebrate the lakes we love, protect the water we need, and have some fun," said Jo Karr Tedder, President of the Central Water Coalition. "We're looking forward to the delicious smells of German food, some lively German music, along with lots of laughter and camaraderie with old and new friends".

Supporters of LaketoberFest include: Baylor Scott & White, LT Plumbing, Orange Theory Fitness Lakeway, Frost Bank, Sundancer Grill, Josh Tollette State Farm and Craig Straube Farmers. Vendors and exhibitors interested in participating can contact the event organizers via email at info@laketoberfest.com.

About Central Texas Water Coalition

The Central Texas Water Coalition (CTWC) is a nonprofit organization advocating for policies to preserve the Highland Lakes as irreplaceable natural resource supplying water to Central Texas' 2 million residents and providing an important regional economic engine for the state of Texas. Partners of the coalition include lake residents, business owners, municipal officials, home owner associations, environmentalists and stakeholder organizations. All are united by their commitment to protect our future through responsible water management and conservation policies. For more information about the important work the Central Texas Water Coalition accomplishes, visit centraltexaswatercoalition.org



# **IMPORTANT NUMBERS**

#### EMERGENCY NUMBERS

EMERGENCY	
Fire	
Ambulance	
Police Department	512-314-7590
Sheriff – Non-Emergency	
Travis County ESD No.6/Lake Travis Fire Re	
Administration Office	512-266-2533
Travis County Animal Control	512-972-6060

### SCHOOLS

Lake Travis ISD	
Lake Travis High School	
Lake Travis Middle School	
Bee Cave Elementary	

#### UTILITIES

West Travis County PUA (Water)	
Pedernales Electric	
Alliant Gas (Prophane)	
AT&T	
New Service	1-800-464-7928
Repair	
Billing	
IESI (Garbage & Recycling)	
Travis County Hazardous Waste	

### **OTHER NUMBERS**

Bee Cave City Hall	
Bee Cave Library	
Municipal Court	
Lake Travis Postal Office	
City of Bee Cave	

### **NEWSLETTER PUBLISHER**

Peel, Inc.	
Editor	. rockycreek@peelinc.com
Advertising	.advertising@peelinc.com

### HOA MANAGEMENT

FirstService Residential	
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.

# Light Up the Holidays with a Day Trip to Johnson City

The twinkliest town in the Hill Country is a perfect destination for a holiday tour of lights with family and friends. Located in the heart of the Hill Country, Johnson City has activities for all ages to enjoy.

During the day, light up your imagination with a visit to the Science Mill, a science museum housed in Johnson City's historic 1880s mill. Run your hands through the 3D topographic sandbox to create colorful rivers, mountains, lakes and dams. Enter the Fractalarium to experience a larger-than-life lighted representation of Romensco broccoli and see how fractals are a marvel of nature. Explore the Silo of McKays, a multidimensional art installation combining art and science with light, sound, rhythm, balance, color and harmony. The Science Mill's 40+ hands-on exhibits (and current 3D movie, Wonders of the Arctic) will engage all ages.

The Science Mill is located at 101 S. Lady Bird Lane in Johnson City, TX and will be open extended hours during the holidays. Find more information at www.sciencemill.org.

Johnson City's annual Lights Spectacular celebration, celebrating is 28th year, runs Friday, Nov. 24 through New Year's Day, starting with the spectacular courthouse lighting ceremony and fireworks.

The whole town glows, from the Blanco County Courthouse to the dazzling display of light-wrapped trees at Pedernales Electric Cooperative's headquarters, to candlelight tours of Lyndon Baines Johnson's boyhood home. Visitors can enjoy the lighting extravaganza by foot or by horse-drawn carriage, and local retailers and art galleries offer extended hours, food and music on the town square during the Spectacular. The event is free and pet friendly.

For more information about Johnson City and the Lights Spectacular visit the Johnson City Chamber of Commerce website at www.johnsoncitytexas.info.

# ROCKY CREEK EVENTS CHRISTMAS/HOLIDAY PARTY DEC 16TH

9AM-10:30AM



Screen Printing, Embroidery, Monogramming, and Bling

This Year, Don't Give Dad Another Tie.

Personalize Gifts for Your Entire List.

> 1901 Ranch Road 620N, Bldg 2 Austin, TX 78734 512-222-1120 VillaPrints.com



# TriDelta Alumnae of Austin

Please join the TriDelta Alumnae of Austin at our second annual Cookies & Castles event which benefits Dell Children's Blood and Cancer Center. The fundraiser will be held at St. Luke United Methodist Church in Clarksville on Friday, December 8 and Saturday, December 9.

We will provide unlimited icing and candy to decorate gingerbread men (cookies) and gingerbread houses (castles) and we'll clean up the mess! Ladies Night Out will be Friday, December 8 from 7-9pm, sans kiddos. Family Decorating will be Saturday, December 9 and starting times at 9:30am, 11:30am, or 1:30pm.

Individual houses or tables of four houses will be available on our website: http://www.austin.tridelta.org/cookies-castles

Sponsorship opportunities, volunteer opportunities, and other questions can be directed to cookiescastlesATX@gmail.com

Friday, December 8 7-9pmSt. Luke United Methodist ChurchSaturday, December 9 9:30am, 11:30am, or 1:30pm1306 W. Lynn, Austin, Texas







### FREE EDUCATIONAL CAREGIVER SERIES PROVIDED BY ALZHEIMER'S TEXAS

During the months of November and December, Alzheimer's Texas will be holding free seminars for individuals who need guidance to take care of someone suffering from Alzheimer's or related dementia.

Lead by Steve Catoe, Certified PAC Trainer and Certified Validation Worker, these seminars provide complementary caregiver education on topics particular to caring for someone with Alzheimer's disease or related dementia. All sessions will be held at the Alzheimer's Texas office, 3520 Executive Center Drive, Suite 140, Austin, TX, 78731. Following are the dates and topics of each session:

Tuesday, Nov 14th 6:00 – 7:15pm Part I Introduction to Alzheimer's: ALZ 101 What is Alzheimer's, Diagnosis and treatments, Stages, How to cope

### Tuesday, November 21st 2:00 – 4:00pm Part II Behaviors and Communication

Preserving Dignity and Sexuality, Agitation, Combativeness, Hallucinations, Communication Techniques

### Tuesday, November 28th 2:00 – 4:00pm Part III Activities of Daily Living

Bathing, Eating, Dressing, Toileting, Hydration and Nutrition, Safety, Driving, Activities

#### Tuesday, December 5th 2:00 – 4:00pm Part IV Care for the Caregiver

Getting support, Adjustment and Grief, Caregiving Issues, Communicating withFamily and Physicians

Registration is required due to limited class size. Please call (512) 241-0420 or email Victoria, vcardenas@txalz.org if you would like to attend.

#### ABOUT ALZHEIMER'S TEXAS

Alzheimer's Texas is dedicated to eliminating Alzheimer's disease through the advancement of research and to enhancing care and support for individuals with Alzheimer's disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour help line, support groups, respite care, educational and social engagement programs, and professional training. Alzheimer's Texas was founded in 1982 and serves Central Texas. For more information, visit www.txalz.org.

## ANNUAL LAKE TRAVIS CRISIS MINISTRY CONCERT

THE ANNUAL LAKE TRAVIS CRISIS MINISTRY THANKSGIVING CONCERT will be on Sunday, November 19, at 2:30 in the afternoon at The Lakeway Church, 2203 Lakeway Blvd, Lakeway (512-261-6331). This wonderful musical concert is presented by the combined choirs of the Lake Travis United Methodist Church Choir and The Lakeway Church Choir. The concert is a benefit for the Lake Travis Crisis Ministry Center which helps individuals and families in the Lake Travis Community with their basic needs of food, clothing, shelter and

health-care. A free-will love offering will be collected and 100% of the offering received will go to support their vital ministry to persons in crisis. The choir members will join their more than 70 voices to sing an exciting selection of hymns and anthems together, accompanied by a brass quintet, flute, violin, cello, organ and piano. Don't miss this excellent opportunity to give praise and thanksgiving for all God's blessings and share those blessings with those who are less fortunate. Join us in giving our thanks to God!





# Youth Strength and Conditioning Programs are here!

Total athlete development is our priority at Hill Country Indoor and our Certified Performance Team is ready to work with athletes in all sports. Leagues, camps, and clinics are also running this winter in Soccer, Basketball, Volleyball and Flag Football with programs for both Adults and Youth. Visit our website to learn more!



Call 512.263.4144 or Visit our website to learn more: www.hillcountryindoor.com

# NATURE WATCH

**A THISTLE EPISTLE** by Jim and Lynne Weber



A Mexican Yellow butterfly nectaring on a Texas Thistle.

As one of the most wrongly maligned and misunderstood group of wildflowers, native thistles have never been truly embraced, not even by wildscape gardeners or habitat restoration practitioners. While these plants play a significant role in our ecosystems, they have been a direct casualty of habitat loss, first by plow-based agriculture and followed by the continual development of roads and cities. Further, recent invasions of non-native, exotic thistle species and the inability to discern them from the superficially similar native species, have contributed to their unjustified reputation and ongoing demise.

Native thistles are a beautiful and important group of plants, with subtle blue-green foliage, fascinating stem and leaf architecture, and long-lasting pastel blooms that nourish many species of insects and birds. The nectar they produce is utilized by many species of bees, wasps, butterflies, moths, flies, beetles, spiders, katydids, and hummingbirds, which demonstrates the wide diversity of animals supported by native thistle flowers. In late summer and early fall, they are an essential nectar source for migrating Monarch butterflies. Their persistent seed heads provide the favorite food of goldfinches (both Lesser and American) and other songbirds such as the Carolina Chickadee, and the silky fluff attached to mature seeds is used to line their nests in the spring.

While there are many plants with spines that are erroneously called 'thistles', true thistles belong to the genus Cirsium. Of the 62 native species in North America, the most important species in our area are the Texas Thistle (Cirsium texanum) and the Yellow Thistle (Cirsium horridulum). The Texas Thistle, also called Southern Thistle or Gray Woolly Twintip, is an upright, unbranched or sparingly branched plant, 2 to 6.5 feet tall, with

grayish-green foliage that is spiny and woolly-white below. Violet-pink to deep lavender-rose composite flower heads top the stems from April to August, and are surrounded by bracts that bear a silvery strip down the middle. Texas Thistle is also the larval host plant for the Painted Lady and Mylitta Crescent butterflies. Yellow Thistle, as perhaps foreshadowed by its scientific name, has a host of other, undeserved common names such as Horrid Thistle and Terrible Thistle. It has a branching, densely hairy stem rising from a 2 foot wide basal rosette, 1 to



5.5 feet tall, with long gravish-green spiny leaves and several large flower heads. Blooming May to August, these composite flower heads are up to 3 inches wide, surrounded by a whorl of spiny, hairy, leaf like bracts, and are frequently red-purple, pink, or white instead of the namesake vellow. In the first year of growth this plant remains a low-lying rosette, and 'bolts' in the spring of the following year to reach its full height. Yellow Thistle is an excellent

The blooms of the Yellow Thistle are its full height. Yellow surrounded by a whorl of spiny bracts. Thistle is an excellent attractant for Sphinx moths and is the larval host plant for the Little Metalmark and Painted Lady butterflies.

It's time to bring back our native thistles, so this fall consider planting them in your wildscape. These species have evolved with our native pollinators in our natural habitats over thousands of years. As a result, they benefit us by helping to sustain a healthy ecoweb, protecting our water quality, sequestering carbon in our soils, and adding a sublime beauty and structure to our landscapes. And that's our epistle to the thistle!

Send your nature-related questions to naturewatch@austin. rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our books, Nature Watch Austin and Nature Watch Big Bend (both published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.

# 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.

ADVISORY

PLATINUMWEALTH

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 to find out how you can add an alternative to your current investment plan.

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

# 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

# Rocky Creek Connection 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. 
 Image: Normal Verios
 Varicose

 Verios
 Varicose



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 ropy 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



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

8

### **Providing Habitat for the Monarch Butterfly**

-LaJuan Tucker, City of Austin and Johanna Arendt, Travis County

Over the past few years, Texas has boasted some of the highest growth rates in the country. Central Texas has seen increased development, urbanization, and economic growth. Natural landscapes are quickly being converted to roadways, housing, and retail.

These dramatic shifts in the landscape are having a significant impact on wildlife. Water sources are being paved over or polluted with runoff. Agricultural lands and native grasslands that provide nesting and foraging sites for birds are increasingly replaced with houses and gas stations. Wildlife now must cross roadways and travel longer distances to find food, shelter, and mates.

There are, however, many ways that residents can help wildlife. Balconies, parks, greenbelts, school yards, and backyards are just a few of the places that can provide important resources for wildlife. As the Central Texas' population continues to grow, so can our responsibility to make sure urban and suburban areas serve not only as economic growth centers, but also as havens for wildlife such as the monarch butterfly.

The iconic monarch butterfly is most famous for its long migrations and its beautiful orange and black markings. Unfortunately, research shows that overall monarch numbers are on the decline. Here in Central Texas, we encounter the monarch butterfly during both its northern and southern migrations, which puts us in a unique position to assist with conservation efforts.

Learn more on November 8, when LaJuan Tucker will be giving a presentation about backyard wildlife at Concordia University. Join us at 6:30pm in Room C270 for a fun, informative program.





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



			S	SUI	DC	οκι	J			
				2				1		
и					8	5			4	
View answers online at www.peelinc.com	5	2				4		9		
ww.pee	6						8	4		anao
e at wi							7			three Evel
s onlin		3	1	5			2			© 2006 Feature Exchance
answer	2		7							C
View			9		5					
		4			3		1	7		

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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



512.263.9181 FLYERS • BUSINESS CARDS • BANNERS & POSTERS • ENVELOPES • DIRECT MAIL LETTERHEAD • POST CARDS • FOLDERS BROCURES & COLLATERAL

QualityPrintingOfAustin.com

Pruning Guidelines for Prevention of Oak Wilt in Texas

# NOW IS THE TIME TO PRUNE YOUR OAK TREES

Oak wilt, caused by the fungus Ceratocystis fagacearum, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from treeto-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. Below is a brief description of how you can reduce the risk of fungal spread when pruning.

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.
- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding of oaks during the spring (currently defined as February1 through June 30). Reasons to prune in the spring include:

- To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.
- To repair damaged limbs (from storms or other anomalies)
- To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.
- On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
- Dead branch removal where live tissue is not exposed.

Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February 1 or after June 30. Debris from diseased red oaks should be immediately chipped, burned or buried. Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.

### References available at http://www.TexasOakWilt.org.



# MAGNOLIA MUSIC PIANO STUDIO

Magnolia Music Piano Studio is dedicated to offering piano lessons with a warm and personal approach for students ages 5 and up.

### Sandra Tate Owner and Instructor

Located in Sola Vista/West Cypress Hills off Hwy. 71 5220 Diamante Drive, Spicewood, TX 78669

# 512.840.1965

sandratate@magnoliamusicpianostudio.com magnoliamusicpianostudio.com



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

RCC

REALTORS®

# What's not to LOVE about FREE Access to SOLD data?

Now available on my website at NicolePeel.com



This powerful information can be used to gain better insight into a home's value, see neighborhood trends over time, or simply check the sold price of homes in your areas of interest.

Contact me to learn more about setting up a search to receive neighborhood stats delivered to your inbox!

# Nicole Peel

Associate Broker, REALTOR<sup>®</sup> 512.740.2300 • nicole@reillyrealtors.com