



# BEE CAVE *Messenger*

VOLUME 9, ISSUE 2

FEBRUARY 2018

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA



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[belmontvillage.com/lakeway](http://belmontvillage.com/lakeway)



 Artist's rendering. © 2018 Belmont Village, L.P. 

## Bee Cave Library News

### BOOK CLUB

Thursday, March 8th 7:00 P.M.  
March Book: *The Glass Castle* by Jeannette Walls  
No cost, welcome new members

### WHAT'S FOR LUNCH?

Wednesday, March 7th Noon - 1:00 P.M.  
Topic: Myths and Mysteries of the Texas Revolution  
No reservations necessary. Lunch provided, or bring your own  
(\$5 donation welcome)

### STORYTIME

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](http://www.beecavetexas.com)



## Bee Cave City Council Meetings

City Council Regular Session – Tuesday, February 13th 6PM

City Council Regular Session – Tuesday, February 27th 6PM

City Council Regular Session – Tuesday, March 13th 6PM

## Bee Cave Chamber of Commerce

### FEBRUARY NETWORKING HAPPY HOUR

Wednesday, February 28th 5pm-7pm  
Sonesta Bee Cave Hotel, Meridian 98 Roof-top Bar  
Free to attend, register online at [www.beecavechamberofcommerce.com](http://www.beecavechamberofcommerce.com)

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Police Department .....	512-314-7590
Sheriff – Non-Emergency.....	512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescue	
Administration Office.....	512-266-2533
Travis County Animal Control.....	512-972-6060

### SCHOOLS

Lake Travis ISD .....	512-533-6000
Lake Travis High School.....	512-533-6100
Lake Travis Middle School.....	512-533-6200
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

### UTILITIES

Travis County WCID # 17.....	512-266-1111
Lakeway MUD .....	512-261-6222
Hurst Creek MUD.....	512-261-6281
Austin Energy .....	512-322-9100
Pedernales Electric.....	888-554-4732
Texas Gas Service	
Custom Service.....	1-800-700-2443
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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 & White Medical Center.....	512-571-5000
City of Bee Cave .....	<a href="http://www.beecavetexas.com">www.beecavetexas.com</a>

### NEWSLETTER PUBLISHER

Peel, Inc. ....	512-263-9181
Editor.....	<a href="mailto:beecave@peelinc.com">beecave@peelinc.com</a>
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# Bee Cave Messenger

## LOCAL COMMUNITY EVENTS

### Hill Country Galleria Valentine's Wine Walk

Explore retailers at the Galleria while you shop n' sip during this date-night event.

*Thursday, February 8th 5:00 P.M. – 9:00 P.M.*

(512) 263-0001

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

Start at Twin Liquors at the Hill Country Galleria to pick up a Wine Walk Map, the first 200 attendees will receive a pink swag bag!

### Valentine's Party at PAIYH Dance Studios

Bring the little ones for a fun filled Valentine's evening with dancing, crafts & more! Drop off the kids and enjoy a date-night at the Hill Country Galleria shops, restaurants & theater!

Register today at [www.PutArtInYourHeart.com](http://www.PutArtInYourHeart.com) or calling 512-291-2179

*Friday, February 9th 5:30 P.M. – 7:30 P.M.*

(512) 291-2179

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

### Hill Country Galleria President's Day Sidewalk Sale

Enjoy a long weekend with a sidewalk sale at participating retailers! Shop end of season close outs & more!

*Monday, February 19th 10:00 A.M. – 9:00 P.M.*

(512) 263-0001

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

### Bee Cave Public Library Celebrates Dr. Suess's Birthday!

Enjoy a fun day at this annual event with children's activities, books, and a live performance by Joe McDermott in the Hill Country Galleria's Central Plaza at 3PM.

*Saturday, March 3rd 12:00 P.M. – 4:00 P.M.*

(512) 263-0001

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



## Mark Your Calendar

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# Bee Cave Messenger

## How Can I Get in Ski-Shape?

*By Kelly Cunningham, MD, Sports Medicine specialist*

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

Ski conditioning begins about 6 weeks prior to travel, and involves three phases:

- Muscle training
- Stamina
- Agility

Muscle training for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

Stamina is crucial for a recreational athlete, especially at altitude.

(That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using "interval" periods to increase your heart rate. Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the athletic agility that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are "ski-adaptive" sports. "Ski-specific" training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes— perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as a autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.



## It's time to take AIM at your fitness goals!

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[www.hillcountryindoor.com/aim-training](http://www.hillcountryindoor.com/aim-training)



## Local Jeweler Supports Medical Care for Children in Tanzania



Sir Zoltan David, internationally known artist located in the Bee Cave Galleria, is playing a major role in providing funds to support children with missing limbs.

Beginning in 2011, Sir David teamed up with a local non-profit, Africa's Promise Village to help impoverished children in Africa. Since that time his support has helped the non-profit provide medical care and education for 17 orphans living in Tanzania as well as helped to fund a 3 D Printed artificial limb for four little girls.

In 2017 Sir Zoltan David

designed a stunning necklace from his Bronze Age collection, featuring a 10.27 ct. Tanzanite stone. The captivating cat's eye gemstone is surrounded by a platinum ring of diamonds and set in a blue patinated bronze pendant, interlaced with pure platinum inlay. The jewelry piece, a one of a kind original design, will be auctioned on March 24th, 2018 at a fund raising event to be held at the Thrash Ranch overlooking the Perdarnales River.

Funds from the sale of the jewelry will be used to provide help and support for children who are missing a limb and for whom no medical help is available.

Additional information about the work of Africa's Promise Village can be found on their website at [Africaspromisevillage.org](http://Africaspromisevillage.org) or by calling Donna Gunn, 512-350-5880.

### BUSINESS CLASSIFIEDS

**Business classifieds** (offering a service or product line for profit) are \$65, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).



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**[www.partnersinhopelaketraavis.org](http://www.partnersinhopelaketraavis.org)**



# Bee Cave Messenger

## LT Lov

LTlov supports neighbors helping neighbors to overcome limiting circumstances. The resources necessary to carry out this mission are a direct result of the support received from the Lake Travis community in the form of goods, services and financial support. LTlov has participated in I Live Here, I Give Here's Amplify Austin 24 hour online giving event since its inception in 2013. This is the only fundraiser LTlov employs to promote donations dedicated to funding the College Scholarships, Grants Funding and Kids Free Dental Day programs, and to supplementing the Green Santa and School Supplies' Project Supply Pack programs, as needed. Amplify Austin kicks off at 6:00 pm on March 1st and runs through 6:00 pm on March 2nd. LTlov's goal is to raise \$15,000 dollars in 24 hours. For more information, visit [ltlov.org](http://ltlov.org). *Pictured, LTlov members gear up for Amplify Austin.*



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Children's  
Center  
Of Austin



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Austin, TX 78732  
512.266.6130

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Building 2  
Austin, TX 78750  
512.795.8300

**CCOA-WESTLAKE**  
8100 Bee Caves Rd  
Austin, TX 78746  
512.329.6633



# SPICEWOOD ARTS SOCIETY

## ART TREK VIEWS VAUDEVILLE

Take a behind-the-scenes peek at Austin vaudeville's storied past as the third Spicewood Art Society's Art Trek sets off for "Lights, Camera, Action!" February 8, 2018.

(This trek is nearly full. Check the website, [www.spicewoodarts.org](http://www.spicewoodarts.org), for availability. Sign up as soon as possible.)

The trip begins with the vaudeville exhibit at the Harry Ransom Center. After lunch at the Roaring Fork, trekkers take a walking tour of the Driskill Hotel and other historical buildings along Congress Ave. The day ends with a tour of the Paramount Theatre, originally built for vaudeville.

Vaudeville traces its origins to fifteenth century France, mixing barbed satire with humor and song. The Ransom exhibit examines the century-long run of vaudeville through the late nineteenth and early twentieth century in the United States and its far-reaching influence on today's comedy, television and film.

Opening in 1915 as a vaudeville theatre where Harry Houdini performed in 1916, the Paramount was converted in 1920 to a "grand movie palace" and was Austin's premiere theatre for years. Restored to its former splendor, it still hosts more than 250 performances a

year, screens more than one hundred films and is a principal venue for South by Southwest. Find out more at [www.paramountaustin.org](http://www.paramountaustin.org).

Sign up by January 25 through the website, [www.spicewoodarts.org](http://www.spicewoodarts.org). The tour is limited to 20 participants. The bus will leave the Barton Creek Lakeside Club lot, 1900 Clubhouse Dr., Spicewood, at 8:30 a.m. and return there at 4:30 p.m. All transportation, food, gratuities, and admissions are covered in the trek price of \$120.



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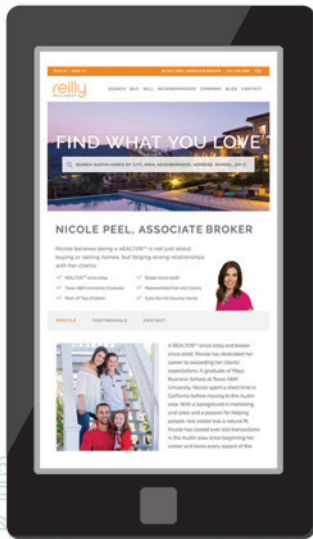
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