

11TH ANNUAL LAKE TRAVIS SPRINGFEST RETURNS TO THE HILL COUNTRY GALLERIA IN BEE CAVE ON SATURDAY, APRIL 28TH

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 28th 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.

Back by popular demand are the Educate & Engage vendors at the event. 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 authentic Louisiana Gumbo 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 will soon be available online at a discounted rate or may be purchased onsite. A HUGE thank you to the Church at Lake Travis for sponsoring and running the KidZone with volunteers!

"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 9,000-10,000 attendees to this year's event. The phenomenal line up of performing arts and live music includes TexARTS, barre 3, Champions Gymnastics, 620 Dance Centre, Echo's Edge, the Lucas Johnson Band and the ever popular cover band SUEDE closing out the event. Performances begin at 11:00am and the last band ends at 7:00pm. 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 6th year, the wildly popular Craft BrewHaus and WineStomp brought to you by The Ginger Man 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; Central Texas Water Coalition, the Church at Lake Travis, Community Impact Newspaper, Frost Bank, LT Plumbing, Sail & Ski Center, The Ginger Man, 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.



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
Bee Cave Elementary.....	512-533-6250

UTILITIES

West Travis County PUA (Water).....	512-246-0498
Pedernales Electric.....	512-219-2602
Alliant Gas (Propane).....	866-764-0283
AT&T New Service.....	1-800-464-7928
Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
IESI (Garbage & Recycling).....	512-282-3508
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
City of Bee Cave	www.beecavetexas.com

NEWSLETTER PUBLISHER

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Advertising.....	advertising@peelinc.com

HOA MANAGEMENT

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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.

WILDLAND FIRE PRECAUTIONS

With warmer temperatures and drying vegetation, residents need to be reminded of the need for wildfire/brush fire safety awareness and preparedness.

Do not park vehicles on the dry grass. The heat from the vehicle's exhaust system can cause the grass to catch fire.

Remove combustible materials from around your home. Keep grass mowed short.

Pack critical medicines, important documents, and family heirlooms to be ready to leave at a moment's notice.

Agree on an evacuation plan that includes what to do if you get separated and where you'll go in case of evacuation.

TEN SIMPLE STEPS TO PROTECT YOUR HOME FROM WILDLAND FIRE

Wildfire can strike home if you have not taken some steps to protect your house and property. The actions and precautions listed below are designed to help you prepare your home and lessen the threat of wildland fire damage to you and your property.

1. LPG/propane tanks should be far enough away from buildings for valves to be shut off in case of fire. Keep area around the tank clear of flammable vegetation.
2. Store gasoline in an approved safety can away from occupied buildings.
3. All combustibles such as firewood, wooden picnic tables, boats and stacked lumber should be kept away from structures.
4. Clear roof surfaces and gutters regularly to avoid build-up of flammable materials such as leaves and other debris.
5. Remove branches from trees to a height of 15 feet or more.
6. In rural areas, clear a fuel break of at least three times the fuel length around all structures.
7. Have fire tools handy such as: ladder long enough to reach your roof, shovel, rake and a bucket or two for water.
8. Place connected garden hoses at all sides of your home for emergency use.
9. Assure that you and your family know all emergency exits from your home.
10. Assure that you and your family know all emergency exits from your neighborhood.

Each family should be proactive to prepare for emergencies: Prepare a Basic Emergency Supply Kit; Make a Plan for Safety and Communicating with Family; Be Informed; and Get Involved in Preparing the Community.

A wealth of information to help you is available at:

<http://www.ready.gov/wildfires>

<http://txforestservation.tamu.edu/main/article.aspx?id=8512>



LTlov

LTlov would like to recognize Layla Rubio for her extreme generosity to low income families in the Lake Travis area. Layla, a member of Daisy Scout Troop 43102, decided that she wanted to help her community and set aside 50 boxes of Girl Scout cookies to donate to LTlov. In turn, LTlov "paid it forward" with a donation to the Lake Travis Lunch Truck, a ministry of Lake Hills Church. Families on the lunch truck run will receive a special treat on the spring break runs thanks to Layla and her mom, Carleen. LTlov is a co-founder of the LT Lunch Truck which launched over spring break in 2009. Pictured, from left, Carleen Rubio, Layla Rubio and Ally Smith from the Lake Hills Church.



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Rocky Creek Connection

ALZHEIMER'S CAREGIVER SUPPORT GROUP



In Texas alone, roughly 1,270,000 caregivers provide an average of 20 hours a week of unpaid care for friends and loved ones. Caregiving is a demanding undertaking and results in high levels of stress. One core service of Alzheimer's Texas is to provide support to caregivers through

volunteer facilitated support groups.

"These groups educate and inform participants about dementia and help caregivers develop methods and skills to solve problems," says Christian Wells, President of Alzheimer's Texas. "They encourage caregivers to maintain their own personal, physical and emotional health as well as providing peer guidance on how to care for the person with dementia."

At 7:00 pm on the third Tuesday of every month, caregivers in the Austin area can gather at Tarrytown Methodist to share their experiences in a safe, supportive environment. Meetings last about an hour and there is no charge to attend.

"We provide a safe, confidential space for caregivers to share what only other caregivers might understand," says Barbara Wiederaenders, facilitator at Tarrytown Methodist. "The mutual trust is precious and supportive."

Event Details:

When: 3rd Tuesday of Every Month, at 7:00 pm

Where: Tarrytown Methodist, 2601 Exposition, Room 227, Austin, TX 78703

Contact: Barbara Wiederaenders, (512) 451-0684 or (512) 845-6117

To find out more information about this program, Alzheimer's disease or Alzheimer's Texas, email vcardenas@TXAlz.org or call (512) 241-0420.

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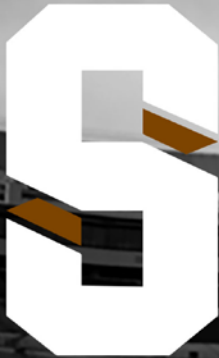
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APRIL IS PARKINSON'S AWARENESS MONTH

If you or a loved one has recently been diagnosed with Parkinson's Disease, please check out our free, daily exercise classes. From South Austin to Central Austin and Round Rock to Lakeway, we offer a wide variety of exercise classes that are designed to help you manage the effects of Parkinson's. Studies show that daily exercise helps waylay the effects of this disease. Care partners welcome (also for free!). For more information visit www.powerforparkinsons.org.



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6 Health Benefits of Eating Dark Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

Bottom Line: Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guilt-free if you don't overdo it.

NUTRITIONAL PERKS

HEART-HEALTHY

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure and may help keep arteries from hardening.

BRAIN FOOD

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

MOOD CHANGER

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

CANCER FIGHTER

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

SOMETHING TO SMILE ABOUT

Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

SUN BLOCKER

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets.

Written by: Claudia Mosley, Moms Making Six Figures

Reviewed by: Dr. Barbara Ryan, MD



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