

27TH ANNUAL ALZHEIMER'S TEXAS WALK OCTOBER 6, CAMP MABRY

"What's Raised Here, Stays Here! 100% Local!"

Austin, TX – This year marks the 27th Annual Alzheimer's Walk for support, care, and research hosted by Alzheimer's Texas. The walk will be held on the morning of October 6 at Camp Mabry in Austin, Texas. Alzheimer's Texas, a local nonprofit organization serving Central Texas for 36 years, separated from the National Alzheimer's Association in January 2016. As a result, 100% of the funds raised will remain local to be used here in Central Texas.

"We are, and always have been, deeply committed to providing families in Central Texas with compassionate services that are relevant to their needs, like our caregiver support groups and great educational programs," says Christian Wells, President of Alzheimer's Texas. "When people walk with us on October 6th, they know that they are supporting the services they value and will directly touch the people living with Alzheimer's in Central Texas."

The Alzheimer's Texas Walk is an opportunity for Central Texans' to get together and celebrate the difference we're making on a local level, for those affected by Alzheimer's and to bring the community together. One of the many supporters of Alzheimer's Texas, Valerie Vogt Sills, Gold Star Walker for Alzheimer's Texas, walks for her mother who was diagnosed with this terrible disease in her late sixties. Valerie has walked with Alzheimer's Texas for the past 14 years raising more than \$23,000 to help support programs for the families and caregivers dealing with this disease and to ultimately help find a cure for Alzheimer's.

"When the Alzheimer's groups split, I chose to support Alzheimer's Texas rather than the national organization because I know that the money will go to help out local and state programs," says Valerie

Vogt Sills, Gold Star Walker for Alzheimer's Texas. "I lost my mom to Alzheimer's in 2009 and have been walking in her memory since then to help others dealing with this disease."

The Alzheimer's Texas Walk will be held Saturday, October 6 at the Camp Mabry, with check-in beginning at 8:15 am. There are two scenic routes for Walkers to enjoy, a 1-mile course and a 2.5-mile course. In

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KINDNESSPALOOZA

TO BE HELD MAY 5 WITH FREE CONCERTS AND ENTERTAINMENT AT HILL COUNTRY GALLERIA

KINDNESSPALOOZA, a free family-friendly event, will be held at the Hill Country Galleria on May 5 from 12:00 - 4:00 p.m.. The Mrs band, an all-female pop rock band with a positive message, will be headlining the event. Teen music sensation Madison McWilliams is also performing along with other musical guests, including SaulPaul and Big Don.

The event will take place at the Splash Pad at Hill Country Galleria, located at 12700 Hill Country Blvd, Bee Cave. In addition to live music and performances, there will also be an appearance from the Enoughie Buddy mascot, other musical acts, the "Art of Kindness" photo booth, a Magic Mirror activation for positive affirmations, and other family friendly activities.

KINDNESSPALOOZA supports The Kindness Campaign, a non-profit foundation which supports anti-bullying curriculum in schools. This year, the curriculum has expanded from 50 to 80 schools throughout Texas.

Other activities that will be at KINDNESSPALOOZA include the Kind Market where various sponsors will give away free items.



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

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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.

A vertical poster for a community event. The top half has a pink and purple background with confetti and a logo for 'HILL COUNTRY INDOOR SPORTS & FITNESS'. The text 'Party ON THE Hill' is written in a large, white, cursive font. The middle section has a yellow background with the text 'Hill Country Indoor Open House' in bold black font, followed by 'Join us for a day of family-friendly activities and games as we celebrate our recent opening!' in orange. The bottom section has a purple background with the text 'SATURDAY, MAY 19TH, 2018 AT HILL COUNTRY INDOOR' in white, followed by the address '13875 Bee Cave Parkway, Bee Cave, TX 78738' and the time 'From 12pm - 8pm'. It also includes the website 'hillcountryindoor.com/party-on-the-hill/' and the phrase 'Let's party on The Hill!' in a large, white, cursive font.

HILL COUNTRY INDOOR
SPORTS & FITNESS

Party ON THE Hill

Hill Country Indoor Open House

Join us for a day of family-friendly
activities and games as we
celebrate our recent opening!

SATURDAY, MAY 19TH, 2018
AT HILL COUNTRY INDOOR

13875 Bee Cave Parkway, Bee Cave, TX 78738

From 12pm - 8pm

For details on parking and activities, visit our website

Let's party on The Hill!

hillcountryindoor.com/party-on-the-hill/

(Continued from Cover)

In addition to the Walk, the event will feature food, live music, activities for kids, prizes, and more. All participants who raise \$50 or more will receive a free event T-shirt.

In addition to joining the cause as an individual walker or starting a team, you can also support through corporate sponsorships at various levels. Corporate Regional support is provided by Westminster, ABC Home and Commercial services, Silverado Memory Care, Arden Courts, Querencia, and many more.

To learn more and register for the 2017 Alzheimer's Texas Walk and to keep your fundraising dollars for Alzheimer's local, visit www.txalz.org/walk or call (512) 241-0420.

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.

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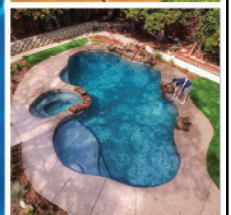
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Rocky Creek Connection

MOSQUITO REPELLENTS

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As mosquito season is ramping up, everyone is (hopefully) aware of possible disease transmission by mosquitoes. It is important that you

protect yourself when spending time outside.

Activity times for mosquitoes can vary. Most people are familiar with the four D's- DRAIN (standing water), DEET (wear some repellent), DUSK & DAWN (stay indoors during dusk and dawn to avoid peak populations) and DRESS (wear long sleeves and long pants). While this is still good advice, it may be a good idea to spread the dress and repellent advice for anytime you spend time outdoors.

When outside, wear long pants and a long sleeved shirt in light colors to reduce the number of mosquitoes that can reach your skin. Repellent should only be applied to clothing and exposed skin. Do not apply repellent underneath clothing! If you want to apply repellent to your face, spray your hands with repellent and rub it onto your face. Do not spray repellent directly into your face or near eyes or mouth. Make sure to apply repellent outdoors. Do not allow children to handle repellents. Wash hands before eating, smoking or using the restroom.

The Center for Disease Control (CDC) recommends using a product registered with the EPA (Environmental Protection Agency)

containing one of the following active ingredients: DEET, picaridin, IR3535 and some of the products containing oil of lemon eucalyptus.

DEET, also known N,N-diethyl-m-toluamide or N,N-dimethylbenzamide, was developed by the U.S. Army in 1946 to protect soldiers in insect-infested areas. Pesticides containing DEET have been used by the general public since 1957. Products containing DEET should not be used on children younger than 2 months of age (read the label and check with your pediatrician if you have questions). DEET has a slight odor and may have a greasy feel to some people. It may damage plastic, rubber, vinyl or synthetic fabrics. DEET may be irritating to the eyes and skin for some people. DEET comes in a wide variety of concentrations, so choose the one that will work best for your situation.

Picaridin was first made in the 1980's and resembles a natural compound called piperine (which is found in plants used to produce black pepper). Picaridin has been used in Europe and Australia for many years, but has only been in the U.S. since 2005. Picaridin is non-greasy and is odorless.

IR-3535, or 3-[N-Butyl-N- acetyl]-aminopropionic acid, ethyl ester, was developed in the mid- 1970's and became registered for use in the U.S. in 1999. It is registered as a biopesticide by the EPA because it is functionally identical to a naturally occurring substance (an amino-acid). It may dissolve or damage plastics

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Patrick Court
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and may be irritating to the eyes.

Oil of lemon eucalyptus (OLE) or PMD (para-menthane-3,8-diol) are essentially the same thing; PMD is the synthesized (lab created) version of oil of lemon eucalyptus. "Pure" or "essential" oil of lemon eucalyptus is not labeled as a repellent and has not undergone testing and should not be used as a repellent product. OLE/PMD has been on the market in the U.S. since 2002. OLE/PMD should not be used on children younger than 3 years of age. The natural product (OLE) has known allergens within it while the synthetic version (PMD) has less of a risk to allergens. This product is classified as a biopesticide. OLE/PMD has a varying range of residual, some offering about 20 minutes of protection while other products may last up to two hours.

Many factors play into how long a repellent will last for a person. Some of these are:

- The concentration (or percent of active ingredient) of the product. You can find the percentage on the product label.
- Person's attractiveness. Some people are more attractive to mosquitoes than others (and no scientific research has proven that it is because of eating garlic, taking vitamin B, using tobacco products, etc.). A person's genetic code plays a large part on what makes a person so attractive to mosquitoes.

• Frequency and uniformity of application. In other words, how often is the repellent applied and how good of coverage did you get?

• Activity level of the person. The more active the person is, the more sweat they produce which can cause the repellent to wash off the surface of the skin.

As a word of caution, there are products that combine sunscreen and insect repellent. The CDC recommends that if you need sunscreen and repellent, that you choose two separate products. Sunscreen should be applied more often than repellents.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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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.

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Girls Empowerment Network's campGEN Summer Camps Inspire Central Texas Girls in Grades 3 – 8 to Own and Use Their Power

This summer the Girls Empowerment Network will host a two-part campGEN Summer Camp Series with weeklong summer camp sessions for girls entering grades 3-8.

campGEN girls participate in interactive workshops that are designed to help girls feel more confident as they navigate girlhood. The program engages Girls Empowerment Network's girl experts and female role models as camp counselors. The two-part Summer Camp Series for girls entering grades 3-8 includes:

- campGEN – Part 1, held June 18-22, kicks off with "Own My Power." This camp focuses on building confidence and self-love. Girls will explore stress management, identity, self-compassion and body positivity. Activities include yoga, art and craft projects, writing, talent shows and games.

- campGEN – Part 2, held July 16-20, continues the conversation with "Use My Power." Girls will focus on using their confidence to advocate for themselves and others. Girls will explore and practice confident communication, advocacy, healthy friendships and values. Activities include role playing, skits, a fun community advocacy project, and games.

"Our entire team is excited to invest our time and energy into programming that makes campGEN summer camp fun and an experience to remember," says Caroline Crawford, program director. "This year our summer camps build on one another, and we see girls signing up for both sessions soon once they learn to OWN their power, then they can put it into practice and USE their power. We know they'll walk away with a strong sense of self and be ready for another school year."

Network (GEN) helps girls discover they are powerful people. Through school-based programs and community events for girls, parents and schools, GEN ignites power in girls ages 8 – 18 by teaching them skills to thrive and believe in their ability to be unstoppable. campGEN was created to expand Girls Empowerment Network's services that empower girls to navigate the challenges of girlhood.

Both campGEN summer camp sessions will be held in Downtown Austin at First Baptist Church, located at 901 Trinity Street, Austin, TX 78701, Monday-Friday, 8:30 a.m. – 4 p.m. Drop off begins at 8:00 a.m. and aftercare is available until 5 p.m. for \$50. Each five-day session costs \$330.



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