



# BEE CAVE *Messenger*

VOLUME 9, ISSUE 12

DECEMBER 2018

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA



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M&W 6:00 pm

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# Hill Country Galleria December Events & Happenings

## HOLIDAY HOURS:

**Sunday, December 9: 12 p.m. to 7 p.m.**

**Friday, December 14: 9 a.m. to 9 p.m.**

**Saturday, December 15: 10 a.m. to 10 p.m.**

**Sunday, December 16: 11 a.m. to 8 p.m.**

**Monday to Friday, December 17-21: 9 a.m. to 9 p.m.**

**Saturday, December 22: 10 a.m. to 10 p.m.**

**Sunday, December 23: 11 a.m. to 8 p.m.**

**Monday, December 24: 9 a.m. to 6 p.m.**

**Monday, December 31: 10 a.m. to 6 p.m.**

## PHOTOS WITH SANTA

**December 1 - 24, times vary**

In an effort to continually elevate the guest experience, this holiday season Hill Country Galleria is introducing Santa's Wonderland, a magical and immersive indoor experience that will be open daily from November 24 through December 24. The free, interactive installation will offer several photo ops and selfie spots throughout. While it's free of charge to enter the Wonderland and visit Santa, this year there will be a professional photo team on-site to capture memories with Santa, with photo package options for purchase so guests can leave with a timeless keepsake in hand. Guests are welcome to visit and enjoy Santa's Wonderland as many times as they wish this season.

For the hours of operation and more information about pricing for photos with Santa, please visit: <https://www.hillcountrygalleria.com>. Santa's Wonderland is located across from the Central Plaza, next door to Café Blue.

## LONE STAR HOLIDAY MARKET

**Saturdays, December 1, 8, 15, 22 from 4 to 9 p.m.**

The Hill Country Galleria is hosting a Holiday Market on the Central Plaza Lawn from Saturday, November 24 to December 22, from 4 to 9 p.m. each night. Shoppers may come and enjoy all the pleasures of the holiday season with unique, handcrafted goods from local artisans.

## LONE STAR FARMERS MARKET

**Sundays, December 2, 9, 16, 23 from 10 a.m. to 2 p.m.**

\*Note: Hill Country Galleria will open at 12 p.m. on Sundays, with some restaurants and services opening earlier

Hill Country Galleria is home to the Lone Star Farmers Market. The event hosts the same great vendors as before and also offer face painting and other kids' activities along with live music. More information can be found at [www.lonestarfarmersmarket.com](http://www.lonestarfarmersmarket.com).

## CAMP GLADIATOR FREE WORKOUTS

**Saturdays, December 1, 8, 15, 22, 29 at 9 a.m.**

Camp Gladiator is hosting anyone over the age of 14 for free workouts in the Galleria's Central Plaza every Saturday. Join Camp Gladiator to experience their boot camp-style community workouts. Recommended to bring water, a towel and a mat.

## HOLIDAY WINE WALK

**Thursday, December 13 from 5 to 9 p.m.**

Hill Country Galleria is hosting its monthly Wine Walk on Thursday, September 13 from 5 p.m. to 9 p.m. Guests can shop the eclectic mix of retailers in the Galleria while discovering great wines from all over the world. Guests will start at Twin Liquors to pick up a map that is both a guide to the walk and a ticket for each wine walk stop. The walk's last stop will be a restaurant so wine-walkers can sit down and end the night with dinner. The first 200 attendees will receive a red Hill Country Galleria shopping bag. This event free and open to the public and guests are welcome to bring friends, family, groups, or a date for a fun way to spend a Thursday evening.

## MOVIE ON THE LAWN: THE POLAR EXPRESS

**Friday, December 14 from 6 to 8 p.m.**

The City of Bee Cave Parks & Recreation will host a movie on the lawn night, featuring the Polar Express. Guests are encouraged to bring chairs or blankets to relax on the grassy lawn of the Hill Country Galleria's Central Plaza. There will be complimentary popcorn coupons provided by Cinemark Hill Country Galleria while supplies last. Starting at 4:30 p.m., there will be a pre-show holiday activity at The Hive, the Bee Cave Arts Foundation's new community art center. The movie will begin at 6 p.m.

## LIVE MUSIC AT THE GINGER MAN

**December 27 at 7 p.m.**

The Ginger Man will be hosting a live music performance by Tom & Shane's All Natural Music starting at 7 p.m.

## BUSINESS CLASSIFIED

**POOL CHECKUP POOL SERVICES:** Are you tired of maintaining your own pool? Let us do the work for you! Service and repairs. CPO certified technicians. A family run business that puts customer experience first! Email for a FREE estimate: [info@poolcheckup.com](mailto:info@poolcheckup.com). \$50 off your first month's weekly, full service fee!

**BUSINESS CLASSIFIEDS:** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.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 |
| 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 & White Medical Center..... | 512-571-5000         |
| City of Bee Cave .....                   | www.beecavetexas.com |

## NEWSLETTER PUBLISHER

|                  |                         |
|------------------|-------------------------|
| Peel, Inc. ....  | 512-263-9181            |
| Editor.....      | beecave@peelinc.com     |
| Advertising..... | advertising@peelinc.com |

## "LT Senior Services" is designed as a Lake Travis resource to serve and engage Aging Adults and their families in the community.

### A COLLABORATION OF MEMBERS TO DISCUSS OPTIONS TO SERVE THE LT SENIOR COMMUNITY.

LT Senior Services is looking to collaborate with more businesses and non-profit organizations that support the needs of seniors. We are looking to add to our membership resources in business, finance, insurance, legal, home services, housing, medical, and non-profits that provide services to seniors.

At our monthly meeting, we will network with other businesses and non-profits and discuss topics related to growing our organization to engage with seniors and help provide resources including workshops, seminars, and access to a broader LT Senior Services Business Directory.

The speakers for the meeting will change each month. This month, the guest will be Teresa Sansone Ferguson. Teresa is the executive director of non-profit organization AustinUP ([www.austinup.org](http://www.austinup.org)), which was formed as a result of the Mayor's Task Force on Aging – based on the fact that the Austin area has the nation's fastest-growing population of people between 55 and 64, and the second fastest-growing population of people 65 and over. AustinUP works with business and civic leaders, entrepreneurs, non-profit service organizations, boomers, seniors and caregivers on issues related to the future of aging in Austin.

Teresa has built a career promoting causes, non-profits and technology start-ups. For many years, she also worked at KUT Public Radio, where she produced and hosted Femme FM (a music show featuring female artists) and the Austin Music Minute.

Current business members, access available resources, how to become a member and more can be found at [www.LTSeniorServices.org](http://www.LTSeniorServices.org). The following is a list of our current members:

#### ***Business Resource (Chamber, Consultations)***

- Lake Travis Chamber of Commerce – 512-263-5833  
[www.laketravischamber.com](http://www.laketravischamber.com)

#### ***Finance, Insurance, Legal (Services for Seniors)***

- Law Office of Kay Lively – 512-215-8597

#### ***Home Services (Cleaning, Repairs)***

- Heaven's Best Carpet Cleaning – 512-264-2504  
[www.austintx.heavensbest.com](http://www.austintx.heavensbest.com)

#### ***Housing (Realtors, Real Estate Services for Seniors, Senior Living Communities)***

- Belmont Village – 512-402-1800  
[www.belmontvillage.com/locations/lakeway-austin-tx](http://www.belmontvillage.com/locations/lakeway-austin-tx)  
- Oasis Senior Advisors Austin – 512-800-1469  
[www.oasissenioradvisors.com/austin](http://www.oasissenioradvisors.com/austin)  
- The Cummings Team-Realty Austin – 512-423-6782  
[www.cyndicumming.com](http://www.cyndicumming.com)  
- Turnkey Transitions – 512-423-6782  
[www.TurnkeyTransitions.com](http://www.TurnkeyTransitions.com)

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# The Erik Kyle Hanson Memorial Scholarship

*Submitted by MJ Hurt*

The Erik Kyle Hanson Memorial Scholarship is a new, annual scholarship available to eligible seniors at Lake Travis High School. The first scholarship will be awarded in the Spring, 2019. This memorial scholarship was lovingly put in place to honor the beautiful life and spirit of Erik Kyle Hanson. Erik was a 2017 graduate of Lake Travis High School. He was a varsity swimmer his freshman through junior years and also achieved his Eagle Scout his junior year. Late in his junior year, he achieved his dream of playing high school football and played as a senior for the LTHS Cavaliers. Erik was chosen to represent LTHS at Texas Boy's State in 2016, and later that year became a West Point Academy nominee. Erik attended Texas A&M last year as a Corps of Cadets "fish" (freshman), a proud member of Company E-1 Jocks, Army 2nd Brigade. He was selected as a member of the Corps Marksmanship Team and received the Best Drilled Freshman award. Erik was very active at Austin Ridge Bible Church and enjoyed acting.

By establishing this scholarship, it is our hope to open the dialogue in our schools and community that mental illness and anxiety are no different and should not be treated any differently

than other diseases. Persons suffering from depression and anxiety need to feel supported and safe in expressing these internal, hidden pains and strife; and those closest to them need to understand how to assist them in seeking treatment. Every life is beautiful and every life matters!

Lake Travis community businesses and private donors are being approached to help fund the Erik Kyle Hanson Memorial Scholarship. The Advisory Board is comprised of Hanson family friends, Community Counselors, LTHS faculty and students. The scholarship will be awarded to a LTHS Cavalier senior football team member. This individual will hold a GPA of 2.0 or higher and will not be receiving a D1 or D2 offer. The ideal recipient exemplifies selflessness, community service, leadership and teamwork. Coach Hank Carter and Brian Peterman, President of LT Football Booster Club, have graciously agreed to have the LT Football Booster Club help manage the scholarship. More details and how to apply will be provided in early 2019. For more information on contributing, please contact MJ Hurt [mjhintexas@yahoo.com](mailto:mjhintexas@yahoo.com).

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# Bee Cave Messenger

(Continued from Page 4)

## Medical (In-Home Medical, Medical, Rehab)

- Baylor Scott & White Medical Center – 512-571-5000  
[www.bswhealth.com/lakeway](http://www.bswhealth.com/lakeway)
- Be Well MD – 512-553-1921 – [www.stayhealthystayhome.com](http://www.stayhealthystayhome.com)
- Capitol Home Health – 512-201-5022 – [www.capitolHH.com](http://www.capitolHH.com)
- Lakeway Aquatic Physical Therapy – 512-261-0620  
[www.lakewayaquatics.com](http://www.lakewayaquatics.com)
- Preferred Care at Home – 512-238-0222  
<https://preferhome.com/locations/austin-and-williamson-county>
- Motion Health Products – 512-991-1146  
[www.motionhealthproducts.com](http://www.motionhealthproducts.com)
- Mind Body Life Connection – 512-365-4278  
[www.mindbodylifeconnection.net](http://www.mindbodylifeconnection.net)

## Non-Profit Organizations

- Lake Travis Community Library – 512-263-2885  
[www.laketravislibrary.org](http://www.laketravislibrary.org)
- Drive A Senior – 512-364-6501  
<https://driveasenior.org/austin-southwest/>

**More about the hosts:** Meetings are hosting at various locations and the location information will be announced each month.

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## LTlov

LTlov and Green Santa have been greatly blessed by the generosity of the Lake Travis community, including the many businesses who helped to underwrite the cost of feeding families for the Holidays. A full report of the program and recognition of all donors will be available in the January edition of this publication. however, special thanks go to Ali Trapp and Point of Origin for their faithful support of the Green Santa program for the past 10 years! This year's Sneak Peek at Christmas event, held on October 18th, was a wonderful kick-off to the most wonderful time of the year! LTlov would like to thank everyone who attended and raised \$1,335 dollars to help include H-E-B cards in each family gift box to stretch food budgets and allow our neighbors struggling to overcome limiting financial circumstances the chance to enjoy a special Holiday meal. To all who supported LTlov's Green Santa Program outreach- thank you! Happy Holidays, Lake Travis!



Pictured, from left, Ali Trapp, Point of Origin owner, Nancy McDonald, Co-chair of LTlov's Green Santa Program, Julie St. Onge, LTlov Vice President of Fundraising and Sheryl Kelly, Green Santa Program Co-chair.



## Lake Travis Rotary Club

In 2016 the Rotary Club began collaboration with Baylor College of Medicine and the Trifusion Metal specialists of College Station to support efforts to develop the technology needed to successfully print an artificial socket using 3 D Printing methods. The ability to print a socket using this state-of-the-art technology greatly reduces the cost of a limb and shortens the time required to fit a child from two weeks to less than one day.

Building on those efforts, the Lakeway/Lake Travis Rotary Club has successfully provided support for a four-year-old Maasai child from East Africa who has recently received an artificial limb. It was a two-year effort for the club as they provided funds for preliminary exams, transportation, housing for the mother at the site of the Kilimanjaro Christian Medical Center in Moshi, Tanzania and clothing for the child. The cultural beliefs of the Maasai tribe result in a child with a deformed limb being shunned and isolated from others in the village. By providing the required surgery and covering the costs of the new limb the child can live a normal life.

A unique collaboration between the Lakeway/Lake Travis Rotary Club and Africa's Promise Village, a local 501 C 3 organization, has resulted in the child being boarded in Promise Primary School. The school is operated jointly by Africa's Promise Village and another non-profit, Common Threadz. Baby Nishook will reside at the school where she can live and learn with as many as 300 other Maasai children.

The Rotary Club presented their artificial limb project at the Rotary International Conference in Canada in 2018 and received expressions of interest from clubs around the world. The Lakeway/Lake Travis Rotary Club's 3 D Limb project is expected to spread to other countries as funds become available and is currently being deployed in Sri Lanka. Local support for the 3 D Printed limb project is being provided by Steel Magnolia's Gift Shop located in the shopping area just off Lohman's Crossing. The Rotary Club 3 D Limb Project will receive ten percent of the profit from sales during the month of December and urges local residents to visit Steel Magnolia Gift Shop and "shop with a cause" to support children in need of an artificial limb. For more information on Rotary 3D Limbs go to:

<https://www.rotary3dlimbs.org/>

<https://www.laketravisrotary.org/page/rotary-3-d-limb-project>

*Before*



*After*



The Lakeway/Lake Travis Rotary Club consists of local business leaders working to address various community and international humanitarian projects. The club encourages high ethical standards in all vocations, and helps build good will and peace in the world through the Ideal of Service. The club objective is to encourage and foster the Ideal of Service as a basis of worthy enterprise. Rotarians worldwide - live by the same 24-word code of ethics that is reflected in the Rotary 4-Way Test. Adopted by Rotary International in 1943, the 4-Way Test has been translated into more than a hundred languages. This simple philosophy and code consists of the following:

Of the things we think, say and do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

The motto of Rotary is "Service Above Self". The Lakeway/Lake Travis Rotary Club meets every Thursday (except first Thursdays) from noon to 1:00 pm at the Flint Rock Falls County Club in Austin, Texas 78738

Inquiries about Rotary can be sent to Andrew Rebber at [andyrebber@gmail.com](mailto:andyrebber@gmail.com) or visit [www.LakeTravisRotary.org](http://www.LakeTravisRotary.org)



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# Bee Cave Messenger

## Cheyanna's Champions 4 Children (CC4C)

"Braden's condition is currently undiagnosed. Braden doesn't communicate the way the other children do; however, that makes Braden's motto even more truer than true. Braden is totally "smarter than you think." With that being said; our family has found great joy in getting to know our Hays Rebels Baseball team and look forward to spring. The financial assistance CC4C has provided for Braden supports his ever changing needs and has been a tremendous blessing. Braden's glasses, trach supplies, chiropractic care and additional therapy equipment in the home, which was funded by CC4C, helps us keep Braden moving forward by making him stronger in his own abilities each and every day. We are fortunate for the chance to continue to help the undiagnosed community by sharing Braden and his story with the world. The more we share, educate and inform others that seeing past Braden's multiple disabilities is what is important. Focusing on the many things Braden can do opens your heart to understand why God sent us Braden. We were told to never expect Braden to live to see his first birthday. This year we celebrate Braden turning 12!" -Braden's mom, Crystal

To learn more about CC4C visit [www.cc4c.org](http://www.cc4c.org)



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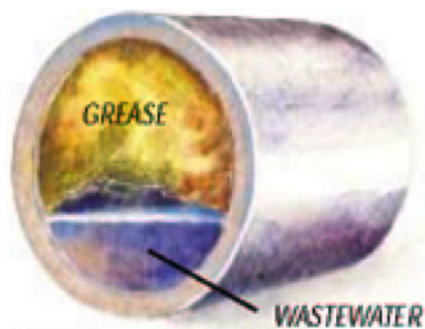
**Call:** 737-300-9980

**Text:** 888-658-8483

**Chat:** [TexPTSNow.com](http://TexPTSNow.com)



## News from WCID 17 - Fat-Free Wastewater System



How to Prevent Fats, Oils, and Greases from Damaging Your Home and the Environment

Fats, oil, and greases are not just bad for your arteries and your waistline; they are bad for the wastewater system, too. Wastewater overflows and backups

can cause health hazards, damage home interiors and threaten the environment. A common cause of overflow is collection pipe blockage by grease. Grease gets into the pipe from household drains as well as from poorly maintained grease traps in restaurants. WCID 17 has a firm grease trap maintenance program for restaurants to follow. This article is for you, our residential customers, to help reduce any grease load you can prevent.

Most everyone knows grease is the byproduct of cooking. Grease is found in such things as:

- Meat fats;
- Lard;
- Cooking oil;
- Shortening;
- Butter and margarine;
- Food scraps;
- Baking goods;
- Sauces, gravies; and
- Dairy products.

Too often, grease is washed into the plumbing system, usually through the kitchen sink. Grease sticks to the insides of collection pipes (both on your property and in the streets.) Over time, the grease can build up and block the entire pipe.

The myth that home garbage disposals keep grease out of the plumbing system is just that, a myth. These units only shred solid material into smaller pieces and do not prevent grease from going down the drain. Commercial additives, including detergents that claim to dissolve grease, just pass grease on down the line to cause problems there. Some results can be:

- Raw wastewater overflowing in your home or your neighbor's home;

*(Continued on Page 10)*



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# Bee Cave Messenger

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- An expensive and unpleasant cleanup that you must pay for;
- Raw wastewater overflowing into yards, streets and parks;
- Potential contact with disease-causing organisms; and
- Operation and maintenance costs for WCID 17 which could cause higher bills for you.

The easiest way to solve the grease problem and help prevent overflows of raw wastewater is to keep this material out of the system in the first place. If you don't start putting grease in the drains, you won't have to stop!

- Never pour grease down sink drains or into toilets.
- Scrape grease and food scraps from cooking surfaces into the trash for disposal. Hot grease can cool in a can first.
- Do not put grease down garbage disposals. Do not put meat scraps down garbage disposals. Put baskets in sink drains to catch food scraps and other solids.
- Speak with your family and neighbors about the problem of grease in the wastewater system and how to keep it out.

## **GREASE SCRAPE IT, WIPE IT, AND TRASH IT!**

**There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.**



**Partners in Hope connects one person's gifts and talents with another person's needs and equips the Lake Travis community to serve through the lens of ministry. Contact Matt Peacock at [mattbp61@gmail.com](mailto:mattbp61@gmail.com) to get involved.**

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

## **4 Ways to Help Prepare Your Home for Winter**

Winter is on its way and for much of the country that means freezing temperatures, wind, snow, ice and heavy jackets.

Preparing your home now for the colder months ahead is vital. The following tips are designed to help get you and your home ready for what winter has in store.

### **Invest in Weather Stripping**

If you can run your hand around the edges of an outside-facing door on a cold day and feel the flow of cool air, you have an airflow problem, one that could cost you a lot of money over the course of the winter.

Weather stripping is a good way to help seal warm air in and cold air out of your home. Available in almost any hardware store, weather stripping installs quickly around windows and doors and can help prevent air leaks.

Before winter arrives, check your windows, doors, vents and fans, plumbing areas, air conditioners and any electrical/gas lines for leaks or drafts to save yourself energy and heating costs.

### **Evaluate Your Roof to Prevent Ice Dams**

"Your roof is one of the most vital protections standing between you and the harsh outside elements. Excess snow, ice and other environmental hazards can cause significant damage," said Chala Sampers, Top Dog Roofing. "The objective is to get as much of the water away from your house as possible."

In cold weather, heat escaping your home can melt and refreeze ice and snow on your roof, leading to ice dams. Evaluate your roof in advance of harsh winter weather to prevent ice damming. An ice dam in your gutter can cause water to seep into and saturate an interior wall. These block off drains, and let water and ice continually build up on your roof – and possibly under it – weakening your roof and putting your home at risk. If you're unsure of what to look for, see if a roofing professional can evaluate your roof for ice dams while cleaning your gutters.

To help prevent ice dams make sure your attic is well insulated and ventilated. Insulate the attic floor well to minimize the amount of heat rising through the attic from within the house. If your attic wasn't built with a ventilation system, contact a trusted local professional or contractor about ventilating your attic before winter.

### **Buy a Roof Rake to Keep Snow from Building up**

If you expect a lot of snow this winter, invest in a roof rake. As snow packs down from multiple storms it could cause a roof collapse – a roof rake can help you easily clear snow off your roof and protect your home during those blizzard months.

"Understanding the importance of checking your roof and knowing the basics of winter roof maintenance and damage can help homeowners avoid unnecessary stress and surprise costs," added Chala Sampers, Top Dog Roofing (<https://www.topdogroof.com/>).

What's even more surprising is that a new, national survey by Owens Corning Roofing found that although 70% of Austin

(Continued on Page 12)

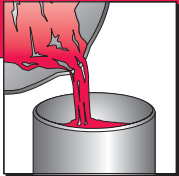


# Let's Tackle the Grease in This Kitchen!

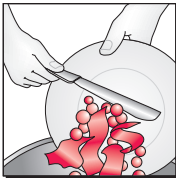
## Why should I help?

- Prevent grease buildups from blocking sewer lines.
- Stop sewer overflows into streets and storm drains.
- Save money spent on costly cleanups of sewage spills.
- Reduce the number of times you have to clean your grease trap (food service).
- Protect the quality of our water.

## DO!



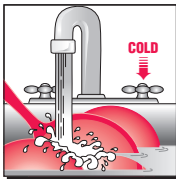
- ✓ Put oil and grease in covered collection containers.



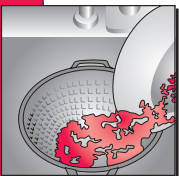
- ✓ Scrape food scraps from dishes into trash cans and garbage bags and dispose of properly. Avoid using your garbage disposal.



- ✓ Remove oil and grease from dishes, pans, fryers, and griddles. Cool first before you skim, scrape, or wipe off excess grease.



- ✓ Prewash dishes and pans with cold water before putting them in the dishwasher.



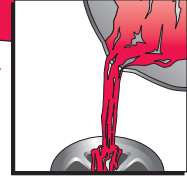
- ✓ Cover kitchen sink with catch basket and empty into garbage can as needed.



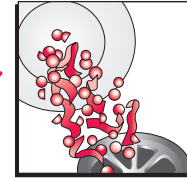
- ✓ Cover floor drain with fine screen and empty into garbage can as needed.

## DON'T!

- ✗ Don't pour oil and grease down the drain.

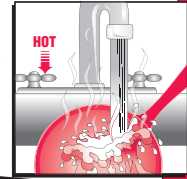


- ✗ Don't put food scraps down the drain.



- ✗ Don't run water over dishes, pans, fryers, and griddles to wash oil and grease down the drain.

- ✗ Don't rinse off oil and grease with hot water.



## More Ways to Tackle Grease

- ▶ Use environmentally safe cleaning products instead of harsh detergents or cleaners that can damage sewer lines.
- ▶ If you generate large amounts of used cooking oil, reuse or recycle it. To find a recycler, check the phone book under "recyclers" or "rendering companies."
- ▶ If you generate small amounts of used cooking oil, reuse it as often as possible and then pour it into a container you can throw away. Never pour it down the drain.
- ▶ Start a compost pile at your home with scraps that are not meat. Find out about composting in the TCEQ publication, *A Green Guide to Yard Care* (GI-028).



For more information, contact the  
Texas Commission on Environmental Quality (TCEQ)  
Small Business & Local Government Assistance Section  
1-800-447-2827 • [www.tceq.state.tx.us](http://www.tceq.state.tx.us)



# Bee Cave Messenger

(Continued from Page 10)

homeowners said that damage to their roof would be stressful or very stressful, only 3% say they always check or have their roofs checked before the start of a season that typically brings bad weather. So be prepared this season and make sure to conduct a thorough roof check before, during and after harsh winter months.

## Protect Pipes from Freezing

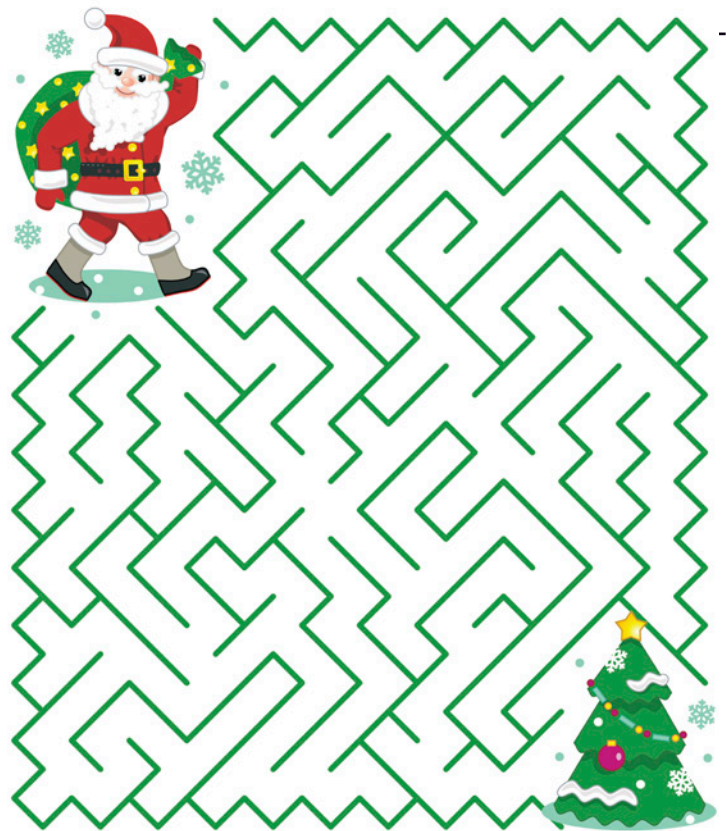
A frozen water pipe can burst and flood your house or basement.

Help protect your pipes from freezing in bitter cold weather by making sure you don't turn the heat down too much when you're out of the house. You may not be there to enjoy it, but your pipes need the heat to prevent freezing.

Give your home a once over for any exposed or vulnerable piping and wrap them with insulation. Hardware stores usually carry foam rubber or fiberglass sleeves for pipes, which are easy to install.

If your pipes do freeze, and water stops flowing from faucets, call a plumber immediately.

Please keep personal safety in mind when checking items off this list and connect with a trusted professional or contractor for help with anything you are unable to do yourself. For more info visit <https://www.owenscorning.com/roofing>.



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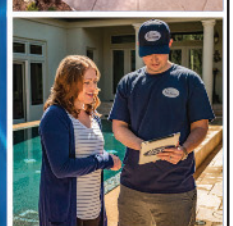
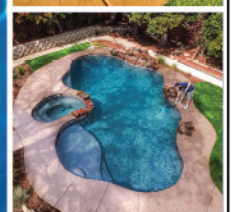
Drain Pool  
Heater Tune-Up  
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\*available in select markets

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# Does Cold Weather Cause Colds?: Health Myths You May Have Heard Around the Holidays

It's the holiday season, but that also coincides with cold and flu season. These two times merge as temperatures plummet and people begin to travel. To keep yourself healthy this winter, you might need to unlearn some of the health myths you've heard around the holidays.

## Does Cold Weather Cause Colds?

The common cold, like the flu, is caused by a virus, not by cold temperatures as many health myths would have you believe. Just standing in a walk-in freezer or outside on a cold day will not give you a cold. Though, the cold weather has long had an association with this ailment. In most cases, being in a closed environment with people you haven't seen for a while, shaking hands, hugging, and kissing creates a prime place to pass germs. Most scientists attribute this to why more colds and cases of flu appear during the holidays than at other times of the year. However, recent studies have shown that cold air may make it easier for the cold virus to replicate in the nose, though the cold weather does not cause the cold. You have to pick up the virus first.

## You Lose Half Your Body Heat Through Your Head

As a child, you may have been reminded by a parent to wear a hat in cold weather because you lose half of your body heat through your head. But this is another of the many health myths that does not hold true. The head is such a small proportion of the entire body, and for most people, it's

covered in hair. Can you really lose so much heat from your head to suffer cold illnesses? After some scientific study, experts showed that the heat lost through the head was proportionate to the percentage of the body's surface area taken by the head. Heat loss through the head accounted for only 7 to 10 percent of all heat lost, and the head is only about 7 percent of the body. While you won't lose the majority of heat through your head, if you stay more comfortable in the winter with a hat, keep it on.

## Hangovers Have a Cure

Sorry partiers, but hangovers don't have a cure, no matter how many nutrition drinks or pills are pushed for a miracle remedy. A hangover results from the body's reaction to processing excessive amounts of alcohol. Sadly, the only true cure for a hangover is time. You cannot take a hair of the dog and sip on more alcohol the next morning, and no matter how tasty a plate of migas for breakfast is, it won't get rid of the hangover.

While you're waiting for your blood alcohol level to get back to zero, drink up on electrolyte-containing beverages since dehydration contributes to many hangover symptoms. If possible, sleep while you can, and get a good breakfast to get your system going. This is especially important if you experienced any nausea or vomiting, as low blood sugar can make you feel even sicker. To prevent a hangover, don't drink as much the night

*(Continued on Page 14)*



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*(Continued from Page 13)*

before, and only drink on a full stomach to slow the absorption of alcohol.

## **Prevent Food Poisoning by Cooking Food Until It Looks Done**

Many a home cook has foregone the meat thermometer and used the age-old test of "it just looks done," but this is one of the many health myths that could make you sick if you follow it. Since meat comes from different animals, sometimes cooking meat until all the pink is gone or until it looks fully cooked may not work. If the food has not been cooked thoroughly, you risk food poisoning, which can sideline you and your family for several days. Always use a meat thermometer to test the innermost portion of the meat, but don't allow the probe to touch the bone.

You should also use the thermometer with stuffing cooked inside a turkey and leftovers, both of which should reach 165° to kill off any bacteria. If you have leftovers, cool them to below 40°. Or keep it warm above 140° until you can cool and store it. By cooking food thoroughly and treating leftovers properly, you'll avoid getting sick.

## **How to Stay Healthy**

Avoid believing health myths during the winter, and keep yourself healthy this holiday season. Cook food thoroughly, and use a food thermometer to test for proper doneness. To prevent spreading or picking up germs, wash your hands frequently, and use hand sanitizer if you cannot wash. Cover your mouth and nose with your arm instead of your hands when you sneeze or cough, and get plenty of rest during this hectic time of year.



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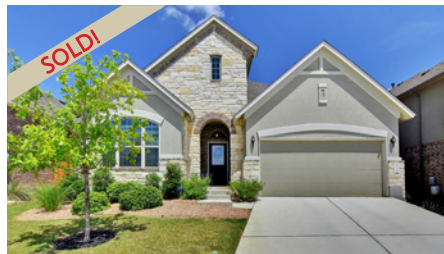
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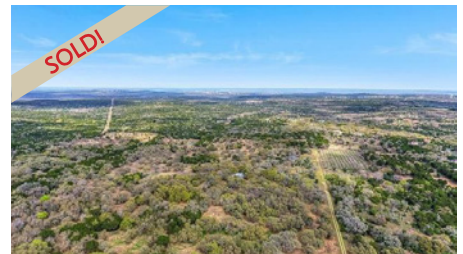
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