



BEE CAVE *Messenger*

VOLUME 10, ISSUE 1

JANUARY 2019

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA



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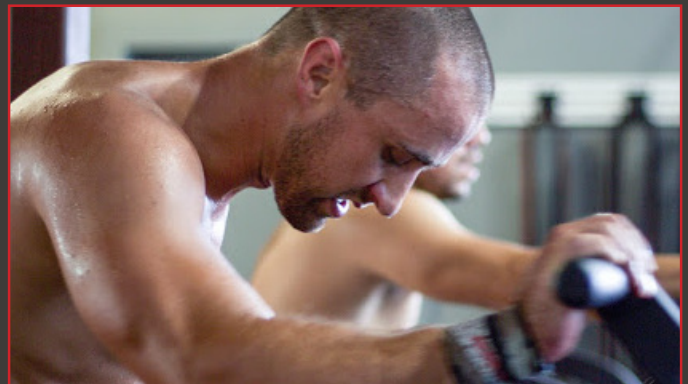
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HILL COUNTRY GALLERIA JANUARY & FEBRUARY EVENTS & HAPPENINGS

Hill Country Galleria
12700 Hill Country Blvd.
Bee Cave, TX 78738
www.hillcountrygalleria.com

Hours:

Monday through Saturday: 10 a.m. to 9 p.m.
Sunday: 12 p.m. to 6 p.m.

JULES DESIGN BAR GRAND OPENING

Thursday, January 24 to Sunday, January 27

Jules Design Bar is now open at the Hill Country Galleria and will host a grand opening celebration from January 24-27. Jules Design Bar is the first full bar offering retail home décor, fun gifts, design, craft cocktails, specialty wines and whiskeys.

VALENTINE'S WINE WALK

Thursday, February 14 from 5 to 9 p.m.

Hill Country Galleria is hosting its Valentine's Wine Walk on Thursday, February 14 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. Participants 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 Wine Walk's last stop will be a restaurant so wine-walkers can sit down and end their Valentine's Day with dinner. The first 100 attendees will receive a swag bag filled with Hill Country Galleria offers. February retailers include Twin Liquors, Lululemon, Hand & Stone Massage and Facial Spa

CAMP GLADIATOR FREE WORKOUTS

Saturdays, January 19, 26 and February 2, 9, 16 and 23 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.

LONE STAR FARMERS MARKET

Sundays, January 13, 20, 27 and February 3, 10, 17 and 24 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.

Introducing "Get To Know Your Neighbors"

We are all very fortunate to call Bee Cave home. But, Bee Cave is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Bee Cave a better place to live, please let us know. We would like to introduce them to your neighbors.

Email Kelly@peelinc.com to be featured in a future issue.



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Ambulance.....	911
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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
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Pedernales Electric.....	888-554-4732
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Time Warner Cable	
Customer Service.....	512-485-5555
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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

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Advertising.....	advertising@peelinc.com

LT lov

Ho! Ho! Ho! 'Way to go!

LTlov would like to thank the Lake Travis community for sharing the joy of the season with local families whose limited finances make celebrating the Holidays a challenge. Once again, Green Santa was favored with a great outpouring of generosity which provided gifts and family meals to 672 children in the Lake Travis area. Neighbors helping neighbors was in full evidence and empowered this much beloved program to serve 204 local families in need of a little extra help with three gifts, stocking stuffers, books and a stuffed animal for each child and just under \$13,000 dollars in H-E-B food cards provided to families to help stretch Holiday food budgets.



Pictured, Kuper-Sotheby's International Realty, one of many local businesses who hosted a collection bin, directed a very successful collection of toys for Green Santa.

The Green Santa program is made possible because of the support of our entire community and everyone deserves to be recognized for donating time, talent and resources. Thank you, especially, to the wonderful businesses and organizations whose donations made our food card program possible: Ladies of Charity- Lake Travis, H-E-B, Point of Origin, Lake Travis Rotary Club, Thrash Law Firm, Eco Safe Wastewater Technologies, Lakeway A/C & Heating, Wink Medical Aesthetics, Terrel Veterinary Clinic, Woofs Pet Salon, Mangieri's Pizza Cafe, and Superior Town & Country; as well as our donation sites: LTISD school campuses, Terrell Veterinary Clinic, Lake Travis Community Library, Lakeway Activity Center, Chick-fil-A Lake Travis, World of Tennis, Prosperity Bank, Moreland Properties, Strandz Salon, Bee Cave Family Chiropractic, Kuper Sotheby's International Realty, Luxe Salon, Body Balance Physical Therapy, Coldwell Banker United

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Realtors, Point of Origin, the Lakeway Police Officer's Association, Belmont Village Senior Living, 620 Chiropractic & Wellness and Vantage Data Designs who graciously received and stored many Amazon boxes. Green Santa is also grateful to have been the beneficiary of events and collections hosted by Sing Along, Point of Origin, Orange Leaf in Lakeway, the George family and WCID 17.

Sincere appreciation goes out to the residents of the Lake Travis community for your generous donations of toys, gift cards, and cash donations so that each registered child would have presents and a special holiday meal to enjoy with their family. Special recognition goes to Western Industries who donated our collection and family gift boxes, Youth2Seniors who provided a stuffed animal for every child, H-E-B's Read3 program for the donation of books, Hudson Bend Middle School, who wrote letters from Santa to each registered family, Lakeway Elementary School students who helped build stuffed animals and LTISD for providing the space needed to store, sort, box and distribute the more than 3000 gifts we received. Finally, a great, big hug to all of our volunteers, including Girl Scout Troop 1897, who served refreshments at Sing Along, and the Young Men's Service League, Friends of the Parks and the many individuals and families who helped sort toys, pack family gift boxes and ensured that the distribution process went smoothly. For more information about LTlov, visit www.ltlov.org.

Recycling center to host January 23, 2019 collection event

The next household waste collection event at the Lake Travis Regional Reuse and Recycling Center from 9 a.m.-noon is January 23, 2019.

The center is at 3207 Neidhardt Drive, just off General Williamson Drive behind Lake Travis Fire Rescue Station 601.

The collection event will be free and open to residents and utility customers. To drop off items, a resident or customer must present a driver's license or utility bill with an address in the jurisdictional boundaries of one of the following: the City of Lakeway, the City of Bee Cave, Village of The Hills, Hurst Creek Municipal Utility District, Lakeway MUD, or Water Control and Improvement District (WCID) No. 17.

"The center's collection events provide our community with excellent opportunities to safely dispose of unwanted household cleaners, motor oil or lawncare products," center spokeswoman Julie Oakley said.

The center also has many free used items in the Reuse building,

(Continued on Page 6)



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**None of these studies reviewed above after the conclusion of Professor Brittain's 2014 review for PHE. While vaping may not be 100% safe, most of the chemicals

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including latex paints and other partially used household products.

Household hazardous waste is common everyday products that people use in and around their homes that, due to their chemical nature, can be hazardous to the environment and water supply if not properly disposed.

The center will accept:

- Household products — cleaning products, drain cleaners, oven cleaning solvents, degreasers, polishers, pool chemicals, household batteries, mercury thermometers, gas grill propane tanks;

- Paint products — latex and oil-based paints, spray paints, preservatives, strippers, etc.; or,

- Automotive products — antifreeze, car batteries, oil, oil filters, transmission fluid, brake fluid, etc.

Accepted materials must come in their original containers for transport.

The center will not take:

- Asbestos products — including linoleum tiles containing asbestos from older homes;

- Industrial waste — anything from a business;

- Medical waste — needles, prescriptions, etc.;

- Ammunition or explosives — fireworks, dynamite, etc.;

- Radioactive waste — smoke detectors, etc.;

- Compressed gas cylinders, but gas grill propane tanks are accepted.

- Tires;

- Appliances — small or large; or,

- Technology products — computers, printers, televisions, speakers, surround sound, other electronic equipment.

The center's next collection event is scheduled for March 6, 2019.

For information, visit www.wcid17.org



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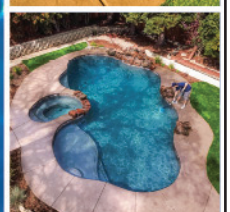
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THE FRIENDS OF THE PARKS OF LAKEWAY ANNUAL MEMBERSHIP MEETING

will be held on Thursday,
January 31, 2019. The meeting is
open to the public.

*Submitted by: Jim Dunn, Chairman of Lakeway
Friends of the Parks.*

The Friends of the Parks (FOP) Annual Membership Meeting will be held at the Lakeway Activity Center, 105 Cross Creek, Lakeway TX 78734. The program will begin with Registration at 6 p.m., a BBQ dinner will be served at 6:30. Following the dinner there will be business meeting at 7:00 and guest speaker at 7:30. The dinner is free for paid up members and \$10 for non-members. The annual membership of \$15 per family can be paid at registration. You must make a reservation for the BBQ by Tuesday, January 23, 2019 by contacting Bernie Reding at 512-261-5633 or countyboy@aol.com.

Andy and Julia Balinsky will be the speakers this year. Their topic is the maintenance and care of Purple Martin roosting habitat. The Balinskys have participated in a video about Purple Martins produced for PBS. They have made presentation for the Travis Audubon Society regarding the roosting habits of the Purple Martins. Andy and Julia have managed the Purple Martin colony at Hornsby Bend since 2002, having fledged around 1700 birds.

Friends of the Parks is an all-volunteer 501(C)(3) non-profit organization of men and women that build and maintain trails and gardens in the City's Parks and Greenbelts. Workdays are held the 2nd Saturday of the month (excluding June-August). The volunteer workdays begin at 8:00 and end at approximately 11:45 a.m. A picnic lunch is provided at the City Park Pavilion following each workday. FOP also holds its Annual Wilderness Fun Run/ Walk at Hamilton Greenbelt in mid-April.

Come join your neighbors in the great outdoors and help improve the parks and greenbelts for walking, hiking, jogging and biking.



FACING THE CHALLENGE: Caregiver Education Series

Join Alzheimer's Texas for this series of four interactive workshops designed to empower caregivers with tools, techniques, and knowledge to provide expert care for loved ones with dementia. Based on methods pioneered by dementia care experts Teepa Snow and Naomi Feil and presented by Stephen Catoe, Certified PAC Trainer, and Certified Validation Worker.

"Dementia does not rob a person of their dignity," says Snow. "Our response does."

The Caregiver Education Series will be held at Querencia at Barton Creek (2500 Barton Creek Blvd.) from 11:00 a.m. -1:00 p.m. with a light lunch provided. As with all of our services, there is no charge to attend. Participants can come to one or all of the classes they choose.

Tuesday, February 5: "Intro to Alzheimer's: ALZ 101"

- What is Alzheimer's Disease
- Diagnosis and treatments
- How to cope

Tuesday, February 12: "Behaviors and Communication"

- Agitation & Combativeness
- Communication

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- Hallucinations
- Preserving Dignity and Sexuality

Tuesday, February 19: "Activities of Daily Living"

- Bathing, dressing, and toileting
- Eating, Hydration, and Nutrition
- Safety and driving
- Activities

Tuesday, February 26: "Care for the Caregiver"

- Getting support
- Adjustment and grief
- Caregiving Issues
- Communicating with family and physicians

To register, please call (512) 241-0420x10 or email Vcardenas@txalz.org.

About Alzheimer's Texas: Alzheimer's Texas is dedicated to eliminating Alzheimer's disease through the advancement of research and to enhance care and support for individuals with Alzheimer's disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour helpline, 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.

Cooking substitutions aid in calorie reduction

When looking to make permanent changes to a diet, consider using ingredient substitutions, said Roberta Anding, registered dietitian at BCM and Texas Children's Hospital.

Modifying the fat content in recipes gives the biggest calorie reduction, said Anding. Many times, applesauce can replace butter and oil in baking recipes, and Greek yogurt can replace sour cream.

Learning what substitutions work best does take some time and experimentation with cooking time and temperature, but reducing a diet by 100 calories per day can result in a 10-pound weight loss in one year, said Anding.

Other substitution options include switching to a low-fat cheese rather than a whole-fat cheese and switching from white bread and rice to wheat bread and brown rice. Not only is there a benefit in amounts of fiber, but also in magnesium, which can decrease the risk of type 2 diabetes.

"Don't look for extreme changes to your diet. Look for the common sense changes that you can make permanent," said Anding.



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www.partnersinhopelaketraavis.org

Kimmy Rhodes performs January 19, 2019

Kimmy Rhodes' poetic songwriting has spoken to the souls of millions of folks since she began her career in the '70's. The Austin-based artist will perform Saturday, January 19, 2019 at the Spicewood Vineyards Event Center. The performance begins at 7 p.m. Poet, crystal-voiced songstress, Willie Nelson duet partner, and "Outlaw Sweetheart," she has released 16 solo albums, written and produced three musical plays, and published a novella/cookbook. Artists like Emmylou Harris and Waylon Jennings have performed her multi-platinum songs. Hear one of the most original, compelling voices of our time. Generously sponsored by John and Donna Curtis. Spicewood Vineyards wine will be available for purchase, with free coffee and water and complimentary snacks at intermission. Produced by the Spicewood Arts Society.

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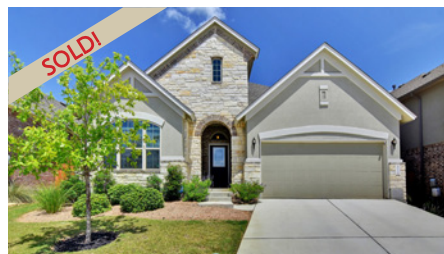
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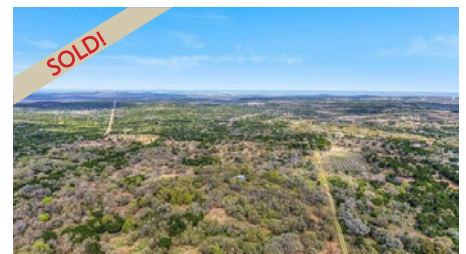
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