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HILL COUNTRY GALLERIA SEPTEMBER EVENTS & HAPPENINGS

SANJEEV PATEL AT JULES DESIGN BAR Thursday, October 3rd at 6:00 PM

BAILEY BAND Saturday, October 12th 7:00 p.m. - 9:00 p.m.

EMBRACE THE ELEMENTS HIKE Friday, October 4th at 8:00AM

PUMPKIN PAINTING PARTY! Saturday, October 12th at 6:00 PM

SATURDAY NIGHT CONCERT SERIES WITH FASTBALL
Saturday, October 5th 7:00 p.m. - 9:00 p.m.

ICONIC October 18th - 20th

PAINT ME A STORY - THE COOKIE FIASCO! Tuesday, October 8th at 4:00 PM ADULTS NIGHT OUT
DAY OF THE DEAD!
Friday, October 18th at 7:00 PM

FITNESS WINE WALK Thursday, October 10th 5PM-9PM MOVIE UNDER THE STARS FEATURING GHOSTBUSTERS Saturday, October 19th at 7:00 PM

HALLOWEEN KIDS NIGHT OUT! Friday, October 11th at 6:00 p.m. - 8:00 p.m.

THE NOWHERE MEN AT JULES DESIGN BAR Friday, October 25th at 6:00 PM

THE NOWHERE MEN AT ULES DESIGN BAR Friday, October 11th at 6:00 PM

TRICK OR TREAT Saturday, October 26, 2019

SATURDAY NIGHT CONCERT SERIES WITH THE GUY FORSYTH & JESKA

ROLLING SCULPTURE CAR SHOW Sunday, October 27th

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.

IMPORTANT NUMBERS

EMERGENCY NUMBERS	
EMERGENCY	911
Fire	911
Ambulance	911
Police Department	512-314-7590
Sheriff – Non-Emergency	
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	
Lake Travis High School	
Lake Travis Middle School	
Lake Travis Elementary	
Hudson Bend Middle School	
Lake Pointe Elementary	
Lakeway Elementary	
Serene Hills Elementary	
Bee Cave Elementary	
West Cypress Elementary	512-533-7500
LITHITIES	
UTILITIES	512 262 0125
Travis County WCID # 17	
Lakeway MUD	
Hurst Creek MUD	
Austin Energy	
Pedernales Electric	888-554-4/32
Texas Gas Service	1 000 700 2//2
Custom Service	
Emergencies	
Call Before You Dig	512-4/2-2822
AT&T	1 000 /// 7020
New Service	
Repair	
Billing	1-800-858-/928
Time Warner Cable	/
Customer Service	
Repairs	
Austin/Travis County Hazardous Waste	512-9/4-4343
OTHER NUMBERS	
Bee Cave City Hall	512-767-6600
Bee Cave Library	
Municipal Court	
Lake Travis Postal Office	
Baylor Scott & White Medical Center	
City of Bee Cavewv	
City of Dec Cave	w.beccavetexas.com
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Lake Travis Film Festival

For more information, contact Kat Albert, 512.680.0177, kat@laketravisfilmfestival.com

Or Barbara Carpenter, 512.582.0587, or freedmridg@aol.com LAKE TRAVIS, TX--Are you a lover of the Austin Bat Community? The largest urban bat colony (1.5 million) lives under the Congress Avenue Bridge in Austin. What about the new bat colony in the Bee Cave Central Park? How many mosquitoes that could have bitten you this summer were eaten by these bats?



The Lake Travis Film Festival will be talking bats with a few area experts and screening a theme-related film. It will be October 24 at 7:00 p.m. at Hops and Thyme, 2125 Lohmans Crossing Rd, Lakeway, TX. Come have fun with the LTFF gang and enjoy a craft beer from Hops and Thyme. Everyone is welcome, this is a free event. Costumes are optional.

Next, mark your calendars for November 7, we will be holding a Pop Up Red Carpet Event and 2020 Lake Travis Film Festival theme reveal. Meet the models for this year's poster and take a photo on our Red Carpet with our stars. This event is open to the public and will be held at the Lake Travis Community Library, 1938 Lohman's Crossing Rd, Lakeway. Check the web site at www.laketravisfilmfestival.com for the time and further details. You won't want to miss this sparkling special event. Fun for the entire family.

The Lake Travis Film Festival will be holding a number of events leading up to the main event. The Film Festival will be held February 27, 28, 29 and March 1, 2020 at a variety of locations around Bee Cave and Lakeway. Badges are available now on the web site.

Finally, if you've been considering becoming a Founding Member of the Lake Travis Film Festival, you better hurry. There are only a few slots still available and as soon as we reach 100 the standard membership levels will be in place.

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BARKTOBERFEST



HALLOWEEN DOG PARADE



& COSTUME CONTEST

SUN. OCTOBER 27TH 4-6 PM BEE CAVE CENTRAL PARK

\$5 REGISTRATION FEE FOR COSTUME CONTEST AND PARADE FUNDS RAISED WILL BE USED TOWARDS THE BEE CAVE DOG PARK

Costume contest categories:

Scariest, Funniest, Most Creative, Disney-Themed, & Best Bee, or Come As You Are! All Dogs Welcome!!!

> HIGHLAND LAKES CANINE RESCUE & PAWS OF AUSTIN WILL BE ON SITE WITH ADOPTABLE DOGS





REGISTER ON EVENTBRITE:

https://www.eventbrite.com/e/halloween-dog-parade-costume-contest-t ickets-72099550697

Austin Music Lovers Can Park Close to ACL & Help Young Artists

Austin High School Band annual fundraiser offers affordable convenience to festival goers

Austin, Texas - With ACL Festival parking near Zilker Park being sold on Craigslist for hundreds of dollars, smart concertgoers who REALLY love music are using their parking fees to invest in the future of music. By choosing one of hundreds of paved spots available in the Austin High School parking lot, ACL Festival attendees not only get a short walk to Zilker Park via the Mopac Bridge, they'll also be investing their \$40 in the future of some great young musicians.

"The Austin music scene not only supports internationallyknown events like ACL Festival, it also fosters young artists through great school music programs. Our parking fundraiser allows concertgoers to support both at the same time," said Chessie Zimmerman, Austin High Band Boosters President. "On Saturday, October 5th, people not only get below-market rates for great parking, but they also get the satisfaction of knowing they're supporting the next generation of musicians."

Located at 1715 W. Cesar Chavez Street, the Stephen F. Austin High School parking lot is accessible from Cesar Chavez, just east of the intersection with MOPAC. Parking is available off Veterans Drive by the tennis courts or on the east side of campus by Cesar Chavez. Look for the "Home of the Maroons" sign. Drivers are reminded that no animals can be left in vehicles. Parking at AHS is available on Friday and Saturday of both ACL weekends, with proceeds benefitting the band on Saturday, October 5th. New this year, guests can reserve parking in advance by purchasing online at www. parking.band.

DETAILS

ACL Parking at Austin High School 1715 Cesar Chavez Street Friday and Saturday of both ACL weekends, October 4 & 5 and October 11 & 12 \$40 per car

Proceeds support various student organizations at Austin High School, including the award-winning Austin High Maroon Marching Band on Saturday, October 5.

www.parking.band



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Ad Space Available Contact Peel Inc 512.263.9181



AUSTIN AREA PUMPKIN PATCHES

Barton Hill Farms - The Fall Festival & Pumpkin Patch in Bastrop will be open weekends from September 28 – November 3. Visit on Saturdays from 10am – 7pm or Sundays from 10am – 6pm

Sweet Berry Farm - Located in Marble Falls, this farm is open from September 21 – November 10 on Mondays, Tuesdays, Thursdays, Fridays, & Saturdays from 8:30 am – 5:30 pm and Sundays from 11am -5pm. Closed on Wednesdays

The Jersey Barnyard - This Pumpkin Patch in LaGrange is now open Monday – Friday from 10 a.m. – 6 p.m., Saturday from from 9am– 6 pm and Sunday from 1 – 6 pm through November 28

Texas Big Worm Pumpkin Patch - Located in Bertram, TX the Texas Big Worm Pumpkin Patch is open from September 27th - October 27th on Fridays & Saturdays from 9 am - 6 pm and on Sundays from 10am-5pm

Crowe's Nest Farm - This farm, located in Manor is open each Saturday in October: Oct 5, 12, 19, 26 from 11 am -5 pm

Nomad Ranch - Located in Bertram, TX, Nomad Ranch is open from 10 a.m. – 1 p.m. on Saturdays and Sundays



PARKS, TRAILS & FACILITIES

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Easy Ways to Improve Your Home's Health

(Family Features) Maintaining a healthy home is a goal most Americans share, but not all are confident they're doing the best job they can to protect their home's health.

According to a survey conducted by Second Nature, the nation's largest home wellness subscription service, 62% of respondents admitted they could do a better job of attaining a healthy home, with clean air ranked as the most critical factor in achieving home wellness.

Gain more confidence in the health and cleanliness of your home with these tips:

- Remove your shoes when you enter the house. Add entryway seating to encourage guests to take off their shoes. The bottom of a pair of shoes can contain anything from fecal matter to E. coli and pesticides. Leaving shoes at an entryway is one of the easiest ways to combat home pollution and promote a healthy home.
- Replace air filters regularly. The air filter in your home dictates the air you breathe and ensures that it is healthy enough for ingestion. More often than not, air filters are not top of mind when thinking about home wellness, but they are crucial to every home. That's why it's important to replace air filters on schedule every three months as recommended by the National Institutes of Health.

If you're like many homeowners who struggle to remember when it's time to change your filter, or never have a filter handy when you do remember, you may benefit from a service like Second Nature, which provides a home delivery subscription that ensures your air filters are replaced on time. The company's high-quality air filters help reduce the risk of contracting allergies, sickness and infection while also ultimately lowering costs associated with energy bills, repairs and health-related expenses.

• Change out your light bulbs. Choose the right color

temperature for a calmer home and use energy-efficient bulbs. The selection for light bulbs is massive, and with smart home technologies that allow you to change the color of your bulb with the swipe of a finger, you can also easily control your mood. Warm lighting typically has an overall positive effect on everyone in the home. One of the keys to home wellness is ensuring you are truly happy in your home, and lighting can play a pivotal role in cultivating this emotion.

• Open windows on good weather days. Most Americans (61%) believe the air inside their homes is cleaner than it is outside, according to the survey. However, the Environmental Protection Agency estimates indoor air is 2-5 times more polluted than the air outside. This is in part because



Americans tend to enclose themselves indoors, where the same air is recycled over an extended time. The smell of the meal you cooked for dinner, the trash in the garbage can and the candle you light on your nightstand all have an impact on the air quality in your home. Opening windows allows for polluted air to release itself from the home and, in turn, allows for cleaner air to circulate the space.

• Filter your water. Water is essential to any healthy lifestyle, and drinking clean water is a luxury that is often overlooked. However, what is also overlooked is how many chemicals and toxins that can affect your health are in the tap water you drink on a daily basis. Filtering your water is one simple step that can benefit not only your own health, but the health of everyone in the home.

Find more tips and advice for creating a healthier home environment at SecondNature.com. Found on FamilyFeatures.com



<u>Bee Cave Messenger</u>

Add Mexican Flair to Game Day Favorites

Football season, for many people, is just as much about the food as it is about the action. No matter who's playing and whether you're at a tailgate or living room watch party, one thing is for sure: football and flavor go hand-in-hand.

When you're huddling up to figure out how to score a touchdown with your game day spread, consider taking your snacks to the next level by adding an authentic Mexican flair. Opt for traditional Mexican ingredients like chorizo, queso fresco or cotija in meals and snacks that are already football mainstays, including nachos, tacos and quesadillas, and consider all the possibilities that incorporating these flavorful ingredients can add to other classic dishes like sliders and potato skins.

Ideal for tailgate season, Cacique, one of the country's top Mexican food brands, offers Mexican-Style Queso Dips — made with real queso fresco and available in Queso Blanco, Southwestern, Jalapeño and Chipotle flavors — and Fully Cooked Chorizos — made with authentically seasoned premium pork shoulder and available in classic, Chorizo with Bacon & Potato, Chorizo with Eggs and Chorizo with Queso varieties — to help fans easily add Mexican flavor to indulgent game day favorites. Both use high-quality ingredients and are microwavable, so they taste authentic and can be ready in minutes so no one misses any of the big plays or touchdowns.

Consider these twists you can add to your favorite game time snacks:

- Loaded Avocados: Give avocados the potato skin treatment by loading them up with delicious toppings like chorizo, queso fresco and crema just don't eat the skin.
- Cheese Fries: Drizzle queso dip over French fries or top with crumbles of flavorful Cacique Chorizo and Cotija in a recipe like these Baked Sweet Potato Fries with Chorizo and Cotija.
- Robust Sliders: Skip regular beef patties and spoon the rich seasoning and punch of flavor that chorizo brings to your favorite slider rolls then top with your favorite cheese and salsa.
- Mac and Cheese: For a new take on mac and cheese, toss cooked macaroni noodles with your favorite Cacique Queso Dip and top

with crushed tortilla chips in a recipe like this Southwestern Mac and Queso.

Discover more ways to incorporate Mexican flair into your game day spread at caciqueinc.com.



Baked Sweet Potato Fries with Chorizo and Cotija

- 4 large sweet potatoes, peeled and cut lengthwise into 1/2-inch wide sticks
 - 3 tablespoons olive oil salt

freshly ground black pepper

- 1 package Cacique Fully Cooked Chorizo
- 1 cup Cacique Cotija, crumbled
- 2 tablespoons chopped fresh cilantro

Heat oven to 400 F and lightly grease large, rimmed baking sheet. In large bowl, toss sweet potato sticks with olive oil.

Lay fries in single layer on prepared baking sheet and sprinkle lightly with salt and pepper. Bake 15-18 minutes, shaking pan several times, until tender and lightly browned.

When fries are almost done baking, microwave chorizo 3-4 minutes.

To serve, place golden brown fries on serving platter and spoon chorizo over top. Sprinkle with cotija and fresh cilantro.



Southwestern Mac and Queso

1 package Cacique Queso Dip 1 box macaroni, cooked according to package instructions

1/4 cup Cacique Queso Fresco, crumbled

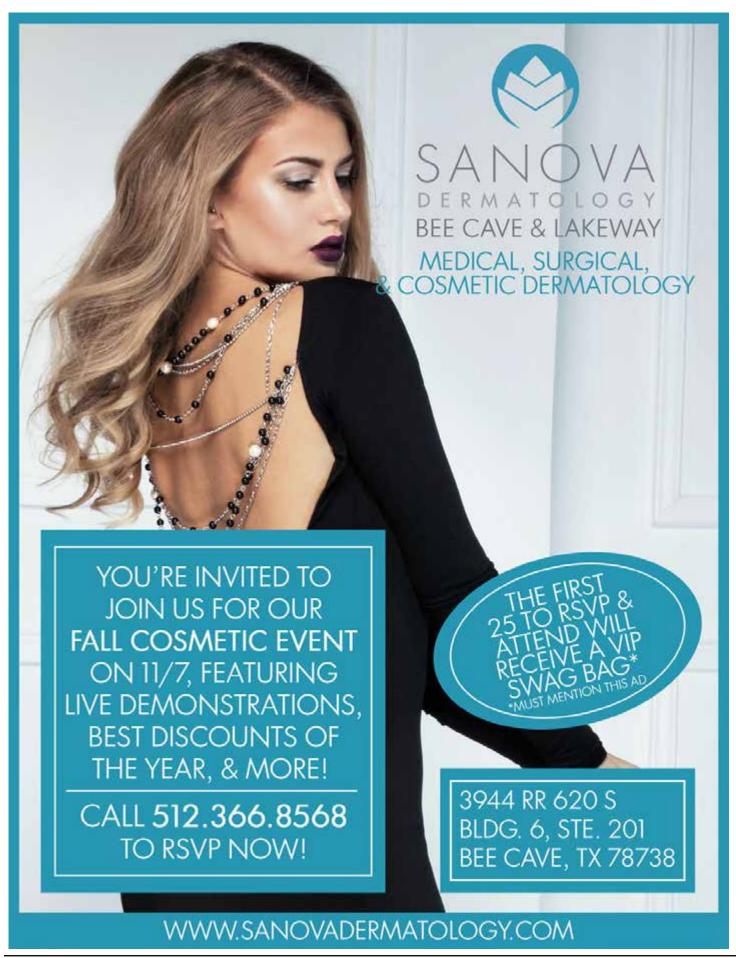
1/2 cup tortilla chips, crushed

Microwave queso dip 2-3 minutes; stir. Pour over cooked macaroni and toss until thoroughly coated.

Sprinkle crumbled queso fresco and crushed tortilla chips over macaroni before serving.



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Bee Cave Messenger

LT Senior Services Announces October Aging Well Expo and 50+ Job Fair

Lake Travis Community Resource LT Senior Services to Host Free Aging Well Expo Featuring a Variety of Speakers, 40 Exhibitors and Job Fair Co-Sponsored by AustinUp.

LT Senior Services is excited to provide save the date information for its Aging Well Expo that will take place at the Lakeway Activity Center on October 29, 2019. The Job Fair is from 9:00am-11:00am and the Aging Well Expo is from 11:30am-4:00pm.

The Aging Well Expo will feature a variety of exhibitors offering ideas, products, solutions, and more for aging well. The event is free to attendees and includes complimentary lunch provided by Legacy Oaks of Lakeway. In addition to the exhibitors, the Expo offered three different speakers including Lakeway Mayor Sandy Cox; Lunch Bites Speakers and Rob Faubion of AGE speaking on "Attitudes on Aging in Central Texas".

Before the Aging Well Expo, LT Senior Services is co-sponsoring a 50+ Job Fair with Austin Up that will feature a variety of employers looking for employees seeking part-time or full-time employment.

More about the hosts:

LT Senior Services is a non-profit organization founded in 2018 as a Lake Travis resource to serve and engage Aging Adults and their

families in the community. In addition to bi-monthly seminars, LT Senior Services has monthly membership meetings, offers resource information on their website to various area businesses and non-profits, publishes a weekly blog, recently launched an App on the Apple App Store and Google Play, and has plans for more in the future. More information can be found at www.LTSeniorServices.org.





Why Acupuncture?

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)

Some people have regular acupuncture maintenance treatments as part of their pursuit to stay healthy and active, others prefer acupuncture to Western medicine because:

- 1. They have a condition that does not respond to conventional care, so that they have to look for alternative health care options.
- 2. Conventional care often involves drugs with undesirable side effects or unwanted, perhaps risky medical procedures.
- 3. Western drugs are expensive and when multiple drugs are used at the same time, they could interfere with each other.
- 4. Patients prefer a natural, holistic medical approach to healthcare.

Acupuncture and Traditional Chinese Medicine (TCM) are safe with little side effects, because the herbal ingredients are combined to minimize and counteract the possible side effects. They work together to balance the body and allow the body to heal itself.

DOES IT HURT?

Acupuncture needles are very different from clinical, hollow needles used for ordinary injection, vaccinations, etc. Acupuncture needles are not much thicker than a human hair and insertion of an acupuncture needle is practically painless. In some cases, you may not even know the needles are in place, in others, there may be some tingling, warming, heaviness, or a feeling of the Qi moving up and down the channels in your body. Most people find acupuncture extremely relaxing and many fall asleep during the treatment.

WHAT ARE THE MAIN OBJECTIVES OF **ACUPUNCTURE TREATMENT?**

The main objectives of an acupuncture treatment can be summarized in five main categories:

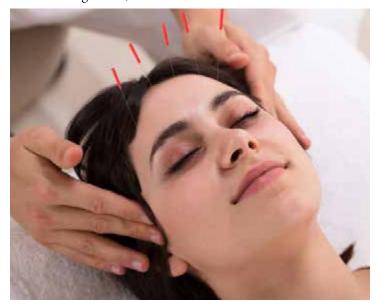
- 1. Relieve pain and other symptoms.
- 2. Relieve stress and emotional issues.
- 3. Treat addictions and substance abuse.
- 4. Strengthen the immune system.
- 5. Balance, harmonize and integrate functions of organs with each other, making for a unified and healthy person.

Talk to your licensed Acupuncturist about what acupuncture

and TCM can do for you. For more information, please visit www.amaranthacupuncture.com or www.facebook.com/ amaranthacupuncture.

WHAT DOES THE WORLD HEALTH ORGANIZATION SAY ABOUT ACUPUNCTURE?

The World Health Organization (WHO) updated their list of conditions, symptoms or illnesses that may be treatable with acupuncture. The list of indications for acupuncture includes over 100 conditions, including lower back pain, neck pain, sciatica, tennis elbow, knee pain, periarthritis of the shoulder, sprains, facial pain, headache, dental pain, tempromandibular (TMJ) dysfunction, rheumatoid arthritis, induction of labor, correction of malposition of fetus, morning sickness, nausea and vomiting, postoperative pain, stroke, essential hypertension, primary hypotension, renal colic, leucopenia, adverse reactions to radiation or chemotherapy, allergic rhinitis, including hay fever, billary colic, depression, acute epigastralgis, peptic ulcer, acute and chronic gastritis, etc.



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