



# BEE CAVE *Messenger*

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA



VOLUME 10, ISSUE 12  
DECEMBER 2019



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## THE PRESBYTERIAN CHURCH OF LAKE TRAVIS DEDICATED ITS NEW OUTDOOR LABYRINTH ON SUNDAY MORNING, NOVEMBER 3RD, DURING A SPECIAL WORSHIP SERVICE.

Labyrinths date back at least to the Middle Ages in Europe. They were elaborate twisting paths, laid out with rocks or through a garden. People would walk slowly along the path as it wound its way into the center of a great circle. And at each turn in the path, the walker would stop and offer prayer for whatever it was they were concerned about. When they got to the middle of the labyrinth, they would turn and walk back out, only this time, at each turn they would stop to listen for God's answer.

Walking the labyrinth was a way to engage in a personal spiritual discipline and nurture one's soul. Over the centuries, monasteries and cathedrals all across Europe developed different Labyrinth designs and pilgrims would travel from all over the

continent to walk them. The labyrinth has made a come-back in recent years. It is a way of attending to one's personal spiritual growth and discerning one's path in life.

The Labyrinth at PCLT is open to the public during the daylight hours, and anyone is invited to come and walk the Labyrinth. There is ample parking and the Labyrinth is accessible for those with limited mobility. More information about walking the Labyrinth can be obtained from the church office during business hours, Monday-Thursday, 9:00 a.m.-4:00 p.m., or on Sunday morning, 9:00 a.m.-noon. The Presbyterian Church of Lake Travis and the Labyrinth are located at 14820 Hamilton Pool Road, less than a mile from the intersection with Hwy 71, just past Bee Cave Elementary School.





# 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.....	512-263-0125
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
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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

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## Adding Yoga to Workout Regimen Can Improve Your Health

Implementing yoga into a workout routine can provide unique health benefits, said a Baylor College of Medicine physician and yoga enthusiast.

Yoga is a broad philosophy containing many different paths to achieve the goal of physical, mental and spiritual well-being, said Dr. Bobby Kapur, assistant professor of medicine at BCM and associate chief for emergency medicine at the Harris County Hospital District's Ben Taub General Hospital. In physical fitness, yoga is the practice of physical postures and breathing exercises that allow a person to strengthen the body and at the same time enter a meditative and relaxed state of awareness.

Yoga entails various positions, stretching and deep breathing. Practicing yoga can help a person improve flexibility, balance, limberness, blood circulation, and it can also relax muscle tension and fight infection, Kapur said.



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## Still on the Fence about Hosting an Exchange Student?

You don't have any kids? Are you a single parent? Same sex couple? An empty nester? This is not a problem, we place our students in all kinds of families!

You're not rich? Neither am I! Your exchange student comes with their own spending money and health insurance. All you provide is room/board and three meals a day. Oh and TLC...but that's free.

Live in the middle of no where? Small town? Not a big deal. Some kids prefer to get away from the hustle and bustle of big cities. The exchange students also do pretty well in small schools, as they usually get to be the center of attention and make friends rather quickly. Our students also get chances to travel to New York, Washington DC, Hawaii and California...so they can get their fill of the city life and return back to the peaceful sounds of nature.

Do you consider yourself a boring person? More than likely this is not true, and you should quit being so hard on yourself. Your student will make friends. Your student will meet other exchange students. Your student will attend activities offered by our program. Your student will get involved in sports and school clubs. Your purpose is not to entertain them. But you might find that you bring a little adventure to each others lives.

Kids are too young? Great! Lots of students love young kids, and your kids will love them. It's beneficial to introduce your kids to new cultures at a very young age. You're preparing them to accept people no matter what the religion, color of their skin, or language they speak. That my friend, is good parenting.

Don't hold back! This is a great experience for both parties. You get the opportunity to change a child's life. You get the satisfaction of seeing them grow, even after they leave your home into becoming a doctor, a lawyer, a diplomat, artist, teacher...the list goes on. And you contributed to that success! And the best part of it all, is you gain another family member for life. We need people like you to give these kids a chance.

STS Foundation is a 501(c)(3) organization whose mission is to place exchange students in our area. If you are interest in hosting, please contact me at 832-455-7881 or at [vicki.stsfoundation@yahoo.com](mailto:vicki.stsfoundation@yahoo.com). I'll be happy to answer any question you might have and get you started on hosting your very own student!



## A Few Holiday Thoughts

It is good to be children sometimes, and never better than at Christmas, when its mighty founder was a child Himself. –Charles Dickens

There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. –Albert Einstein

The way you spend Christmas is far more important than how much. –Henry David Thoreau



## JOIN US FOR A CREEK CLEAN UP!

We Love our Volunteers. Come roll up your sleeves with us to clear overgrowth and debris. Contact the Parks Department for more information. 512-767-6647 or [lmarricotte@beecavetexas.gov](mailto:lmarricotte@beecavetexas.gov)

**Saturday**  
November 09, 2019  
8:00 am - 12:00p  
620 Hike & Bike Trail  
Meet at the Central Park Tunnel  
(Under Bee Cave Parkway at Central Park)

**Saturday**  
December 14, 2019  
8:00 am - 12:00p  
Lamar Brown Property  
4800 Great Divide Dr  
(Follow the driveway to the end)

**Saturday**  
January 11, 2020  
8:00 am - 12:00p  
Bee Cave/Falconhead West Primitive Park  
Located in the Falconhead West  
Neighborhood off of Patagonia Pass  
MINORS MUST BE ACCOMPANIED BY AN ADULT





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