



# BEE CAVE *Messenger*

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA



VOLUME II, ISSUE 3  
MARCH 2020



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## Free Tax Help at the Lake Travis Community Library



The Lake Travis Community Library can help take the stress out of tax time! The library will offer a free tax preparation service staffed by IRS certified tax preparers through the AARP Foundation Tax-Aide program. Free Tax Help is available every Monday from 12:30 p.m. to 4:30 p.m. through April 13. There are no income or age restrictions, but this service is not available

for small businesses or individuals/families with rental property or complex investments.

"We're delighted to be able to help local taxpayers with their returns," said AARP Foundation Tax-Aide local coordinator Steve Richard. "We know that many find that preparing their taxes is a daunting task and we're here to help."

To participate in the program, be sure to bring all of the following relevant documentation for each person on the return: a government-issued ID, a Social Security card or Individual Taxpayer Identification Number, income documents such as W2s, brokerage statements, healthcare forms, educational expenses, documentation of mortgage interest, medical expenses, charitable donations, property taxes, a copy of last year's tax return, and checking or savings account information for direct deposit.

Sign-up for this program at the library circulation desk on a first come, first served basis. The Lake Travis Community Library is located at 1938 Lohmans Crossing in Lakeway. For more information, please contact the library at (512) 263-2885 or visit [laketravislibrary.org](http://laketravislibrary.org)



Wonders & Worries

# URBAN SCAVENGER HUNT

SUNDAY, MAY 3, 2020 | ATX

Looking for something fun to do with your family?  
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For more information, contact Leslie Schulze at  
512-329-5757 x320 or [leslie@wondersandworries.org](mailto:leslie@wondersandworries.org)



# 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
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

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# BABY SQUIRREL SEASON

## *What you need to know*

*By Cheryl Conley, TWRC Wildlife Center*



And so it begins. Baby season 2020 and it all begins with baby squirrels. There are a number of reasons why baby squirrels get separated from mom. Homeowners cut down trees that have nests, high winds can blow nests down or can knock babies out of the nest or sometimes they just fall out. Whatever the reason, you can help.

The first thing you want to do is make sure the baby is safe and warm. Put it in a box or other small container with a soft towel or t-shirt. You can microwave a sock filled with rice for one minute and place it in the box with the baby or set 1/2 of the box on top of a heating pad set to low. **DO NOT TRY TO FEED IT.** If you do not see any blood on the baby and there are no ants crawling on it, you can try to reunite it with mom. A squirrel's real mom is the best mom.

1. Place the box with the baby squirrel in it near where you found the baby. You can also attach string or twine to the box and securely hang it from a low branch. Just remember to keep an eye on it from a distance so it's safe from dogs, cats and other predators.

2. Getting the baby to call for its mom can help. Sometimes gently picking up the baby will cause it to call her. You can also try holding one foot and applying gentle pressure. **DO NOT SQUEEZE HARD.** This is a tiny, fragile baby.

3. If it's raining lightly, cover half the box and put the baby on the dry half. If it's pouring, keep the baby inside until the rain lets up. Remember to **KEEP IT WARM.**

4. Be patient. It can take up to four hours for mom to come and get her little one. If she doesn't, you'll need the help of a rehabilitator. Bring the baby to us. If it's after hours, keep the baby in a quiet, dark room and keep it warm until we open. Do not attempt to feed it.

If you notice injuries, keep the baby safe and warm in a dark room until you can get it to us. Do not handle it.

If you'd like to help care for the baby squirrels that are brought to us, we have opportunities available to care for them at our Center or in your home. We will train you. For more information, email berry.moffett@twrcwildlifecenter.org or call 713.468.8972.

## Teenage Job Seekers

Name	Age	Baby Sit	Pet Sit	House Sit	Yard Work	Cmpt Lessons/Tutoring	Phone
Evans, Dakota*+.....	•	•	•	•	•	•	512-576-1568
Wilkinson, Holly*+.....	14	•	•	•	•	•	713-876-2640

\*-CPR Training +First Aid Training ^Lifeguard

### Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Bee Cave teenagers seeking work. Submit your name and information to [beecave@peelinc.com](mailto:beecave@peelinc.com) by the 15<sup>th</sup> of the month!

## IS MEMORY LOSS ALWAYS PART OF GETTING OLDER?

### Free 'The Truth About Our Aging Brain' Seminars Coming to Austin

The prospect of memory loss as they age is a concern for many senior adults. But, what are the realities of the aging brain? Is it all bad news?

The National Institute on Aging points out that not all changes in the aging brain spell doom for senior adults. Some changes in thinking are common as people get older. For example, older adults may have:

- Increased difficulty finding words and recalling names.
- More problems with multi-tasking.
- Mild decreases in the ability to pay attention.

However, the Institute points out that aging may also bring positive cognitive changes. People often have more knowledge and insight from a lifetime of experiences. Research shows that older adults can still:

- Learn new things.
- Create new memories.
- Improve vocabulary and language skills.-

As a person gets older, changes occur in all parts of the body, including the brain. It is not clear why some people think well

as they get older while others do not. One possible reason is \"cognitive reserve,\" the brain's ability to work well even when some part of it is disrupted.

Myths and realities of the aging brain will be addressed by a panel of experts in two seminars scheduled for March.

The first session will be March 12 at Twin Oaks Branch, Austin Public Library, 1800 South 5th Street. The seminar will be repeated on March 17 at Laura Bush Community Library, 9411 Bee Caves Road. Both 90-minute seminars will begin at 10:30 a.m.

Some of the questions to be addressed include:

- Will we lose our memory as we age?
- Do thinking and reasoning eventually slow down?
- What are the signs of a healthy or unhealthy brain?
- Is there anything I can do to avoid having dementia?

“These are only a few of the questions to be addressed in the upcoming seminar on brain health and the aging brain,” said seminar moderator Cyndi Cummings of the Austin Senior Resource Alliance. “The goal of this month’s seminar is to debunk many of the longstanding myths associated with age related changes, getting older, and brain diseases such as Alzheimer’s.”

There is no cost to attend for those age 55 or older. Registration for professionals is \$25. Reservations can be made online at [www.55PlusSeminarSeries.com](http://www.55PlusSeminarSeries.com) or by calling 512-937-2772. Space is limited, and pre-registration is recommended.

These sessions are part of the monthly 55+ Seminar Series designed to give those in the mature community a chance to learn about and discuss topics related to aging.

“The Austin Senior Resource Alliance is made up of professionals across many fields of service in the area,” Cummings said. “Seniors today have a vast array of decisions to make and options to choose from. Our specialists are not only at the top of their field, but have specialized knowledge in the benefits available to seniors and are experienced in working with senior clients.”

Cummings is the founder of the Austin Senior Resource Alliance and president of The Cummings Home Team and Turnkey Transitions™. She is considered the leading authority on issues related to downsizing, late-life moves and (55+) senior living solutions.



## HOST FAMILIES NEEDED



Want to bring a little culture into your life and the lives of your children? Why not try hosting a high school foreign exchange student? It's a great way to learn about a new culture all from the comfort of your home.

STS Foundation is currently looking for host families for the 2020/2021 school year. Hosting is such a rewarding experience and it benefits all of those involved.

STS Foundation accepts all types of host families – from single parents, newly marrieds, empty nesters and same sex couples. In order to host, you would need to meet the following qualifications:

- **Host must be 25 years or older**
- **Pass a background check**
- **Provide food for 3 meals daily**
- **Ensure reliable transportation to and from school (bus is ok)**
- **A bed for your student**
- **A safe and loving home**

STS Foundation is a 501(c)(3) organization that places foreign exchange students with American host families. For more information about hosting, please contact me at 832-455-7881 PM me or email at [vicki.stsfoundation@yahoo.com](mailto:vicki.stsfoundation@yahoo.com).

## TIPS FOR SAFE NIGHTTIME DRIVING

Driving at night can be tricky—especially through neighborhoods or dimly lit landscapes—so it's important to keep in mind a few basic guidelines to make sure you and your vehicle both are well-prepared for the trip. Consider the following suggestions to help get you to your destination safely.

Ensure headlights are aimed properly. If you think your headlights are casting light too far above or below your line of vision on the road, you may need to adjust their aim. You can do this either by following instructions in your vehicle owner's manual or seeking help from a vehicle maintenance professional.

Dim dashboard lights. Most vehicle makes and models come with a dimmer for the instrument panel. Make sure it's set to the lowest brightness to limit distraction. Also remember to turn off overhead or visor lights while driving, which also can limit visibility at night.

Don't wear tinted glasses. Yellow lenses sold to enhance nighttime driving could actually decrease visibility instead of amplify colors and objects. If you wear prescription lenses, opt for an anti-reflective coating, and clean them thoroughly and frequently to optimize effectiveness at night.

Learn how to spot animals and objects. While driving at night, be on the lookout for wildlife creatures' eyes, which can easily be spotted as pairs of glowing retinas. Any animals' eyes—like raccoons or deer—typically will reflect the light from your headlights long before their true shapes come into view.

Don't focus on headlights in oncoming traffic. Keep your eyes on the road in front of you and avoid looking into the headlights of oncoming traffic—especially if you notice a car using the high-beam headlight setting. If the headlights on the car behind you cause a glare in your rearview mirror, adjust the mirror.

Clean your windshield. Use a clean microfiber cloth or newspaper to clean the windshield—inside and out. Make sure the windshield is streak- and smudge-free before driving at night, and try to avoid wiping window condensation with your hands. Fingerprints and oils from your skin can cause streaks that limit visibility in the dark.

Know when to use your fog lights. Many vehicles come equipped with fog lights, which typically are located underneath the front headlights and are aimed low, where fog usually appears on the road. Fog lights also can be useful on a particularly dark road to further illuminate your path.

Adjust your exterior mirrors. Pointing your side-view mirrors down slightly can help reduce glare from other drivers' headlights and still allow you to see by tipping your head forward a few inches.

Have your eyes checked. Your eyes' ability to keep moving and scan the landscape rather than solely focus on one spot is imperative for successful nighttime driving. Visit your eye doctor for regular checkups to determine whether prescription lenses could help you see better at night.





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## Indianmeal Moths



Probably the most encountered pantry pest by homeowners is the Indianmeal moth. These moths can be found in pet food, birdseed, cereals, dried fruit, nuts, powdered milk, candy, and more. Food can become infested while in fields, warehouses, or stores and

then brought into the home with infested products.

Indianmeal moth adults are small with grayish wings tipped in copper. Larvae are creamy-yellow to yellowish-green to pinkish in color with a dark brown head. Larvae tend to feed on the top of infested items and may produce silk that binds the food together. When larvae are preparing to pupate, they leave the item where they were feeding and crawl to corners or edges of walls, shelves, containers, or other items to spin a silken cocoon.

To eliminate a pantry pest problem, the first step is to locate and remove all infested items. Begin with oldest food items, usually in the back of the pantry, and inspect everything, including unopened food items since these may also be a source. When you find an infested item, do not stop your inspection, multiple items can be infested. Not all pantry pest infestations come from the pantry. Check rooms for items such as dried, decorative peppers, dried flowers, potpourri, natural supplements, make-up, or rice heating packs.

Infested items can be thrown away or treated with heat or cold. If you don't want to throw away food, either place infested food in a zip-top plastic bag and place it in the freezer for about 5-7 days or spread infested food in a thin layer on a baking sheet and bake at 250 degrees for 4-6 hours to kill any insects. Once all insects are dead, you can sift the food or pick out the insects. Another option would be to leave the insects in the food and get a little more protein with your meal!

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](http://www.urban-ipm.blogspot.com)

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# TROPICAL FRUIT SALAD WITH COCONUT CRUNCH



1 large egg white  
2 tablespoons clover or orange-blossom honey  
1/2 teaspoon pure vanilla paste or extract  
1 teaspoon grated Meyer-lemon zest, plus 2 tablespoons fresh juice  
1 tablespoon poppy seeds Pinch of kosher salt  
2/3 cup unsweetened shredded coconut  
1 quart strawberries, halved lengthwise if large  
2 mangoes, peeled, pitted, and cut lengthwise into 1-inch thick pieces  
1 small papaya, peeled, halved, seeded, and cut lengthwise into 1-inch-thick pieces  
1 small pineapple, peeled, cored, and cut into 1-inch-thick  
Directions: Preheat oven to 325 degrees. Whisk egg white with honey, vanilla, lemon zest and juice, poppy seeds, and salt until foamy and thoroughly combined. Stir in coconut to evenly coat; spread on a rimmed baking sheet in a thin layer. Bake, stirring a few times, until golden in places, 22 to 25 minutes.  
Let cool completely (mixture will crisp as it cools). Rub between your fingers, breaking up any clumps, until crumbled. Arrange fruits on a platter; sprinkle with coconut crunch to serve. Fruits can be loosely covered with plastic, without coconut crunch, and refrigerated up to 8 hours. Coconut crunch can be stored in an airtight container at room temperature up to 1 week.



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