



BEE CAVE *Messenger*

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA

VOLUME II, ISSUE 5
MAY 2020

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Virtual Fun Run

Bee Cave, TX...High School students in the Environment Science class at LTHS had a project this year. May 2nd was the date of the 2nd Annual Fun Run to benefit Bee Cave Friends of the Parks organization. During the late planning stages, CoVid19 struck along with social distancing, quarantines and cancelled events. Moving forward, the students have decided to host Keep Bee Cave Beautiful VIRTUAL Fun Run, to be completed by May 16th.

What is a virtual race?

A virtual race can be run (or walked!) anytime and anywhere, even indoors on a treadmill. The first 100 Participants will earn an awesome Finisher medal for themselves while raising money for BCFOP.

How does it work?

Simply register for the Keep Bee Cave Beautiful Virtual run at Eventbrite at BCFOP Foundation FB page, complete the distance anytime and anywhere you desire (even on a treadmill!), and upload your photo and time to our BCFOP Foundation FB page. We will contact you about what time on May 16th to pick up your registered finisher's medal after you upload your photo.

Can anyone register? It's \$10 per person. Kids under 12 are FREE.

Yes, any age, any ability.

Can I walk?

YES! Most participants complete their run all at once, but we understand that not everyone is able to complete our minimum 5k distance in one jaunt.

So set your goal – whatever that may be – and go out and accomplish it! If that means you need to break up your run into multiple segments, great. Just track your distance and time each day and enter your TOTAL TIME with your photo to our FB page after you have completed the TOTAL DISTANCE.

Can I track my distance and time?

We accept results on the honor system, so you can track your distance and time however you like.

Where do I upload my results?

BCFOP Foundation FB page. Include a race photo for our Finishers Photo gallery.

Sponsors of the Virtual run include Juice Plus, Chick Fil A, Hill Country Indoor Run Club, Manduu, Orange Theory Fitness and Claudia Verastagui, Realtor.

Proceeds from the Keep Bee Cave Beautiful Virtual Fun Run will go towards a new water fountain for dogs and humans at the Dog Park at Bee Cave Central Park.

How to Navigate Challenges to Mental Health During Shelter-In-Place



It is well-known and accepted that mental health and addiction issues can be challenges many face. Whether this is our own journey of challenges, or if we are the family/close friends of one afflicted, it feels that you don't have to look far to come across someone attempting to shoulder such challenges.

The 2018 National Survey on Drug Use and Health found that 67.1 million (1 in 4) Americans 12 or older were binge drinkers, 53.2 million Americans (19.4% of the US) 12 or older were illicit drug users, and that approximately 47.6 million adults (4.2 million adolescents) suffered from a mental illness.

With the recent mandated stay-at-home orders, mental health and addiction experts are unanimous in their concerns that these numbers will increase. This is because our world, our community in essence is experiencing a prolonged traumatic experience. A leading expert and researcher on trauma, Dr. Diana Fosha, explains trauma as being 'the experience of unbearable emotional suffering in isolation'. Dr. Fosha goes on to say that the healing of trauma essentially happens in one's undoing of their aloneness, which is to say isolation.

Sequestered in our respective homes, we are experiencing uncertainty, fear of the unknown, and social isolation from our normal routines and friends and family. Which is to say, we are all experiencing trauma at varying levels. The following are tips for how we can incorporate into our lives what the research proves works to address challenges to our mental health.

(Continued on Page 4)

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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Not Available Online

(Continued from Page 3)

5 Tips for Maintaining Sobriety and Mental Health

- **Have a community of support.** Seek help from a professional. Mental health therapists and psychiatrists have gone digital. Make sure to have as much digital face-to-face contact as possible with friends and family. Additionally, 12-step recovery groups are easily accessible via Zoom.

- **Have a spiritual practice.** Reconnecting with your faith, a meditation practice, walking outside, journaling. Seeking a way to determine ‘HOW’ you are to navigate this uncertainty. Recognizing that panic and anger will not help this, and to instead to feel empowered to get intentional with how you are showing up emotionally.

- **Keep to a daily schedule.** Finding a new normal routine and adhering to that. Have this schedule to make room for alone-time and exercise alone or with your family. Fresh air and outdoor time is a must.

- **Reconnect with yourself, loved ones, and your values.** This can be an opportunity to learn to reconnect with what is truly important to you. An opportunity to really identify or reconnect with your value system. Where there is crisis, those who really flourish are those who look for opportunities for transformation and resilience. Perhaps making and sharing a gratitude list with friends or within your family can be a practice.

- **Finding the courage to share honestly.** For those of us who believe

that our safety and security is in being ok and having it all together, this pandemic is challenging that defense in an unprecedented way. In mental health and the healing from addictions, it is clearly known that healing ONLY happens by finding the courage to share one’s vulnerabilities. It is in sharing our fears, our anxieties, our struggles that we can feel the most connected and supported by one another. And in this way, we also give others permission to share their vulnerabilities and fears.

Alana Smith, LCSW, LCDC is a licensed psychotherapist in Westlake. She specializes in working with those with addictions and their families. She also has specialty training in addressing and healing trauma. She can be reached at CentralTexasTherapy.com



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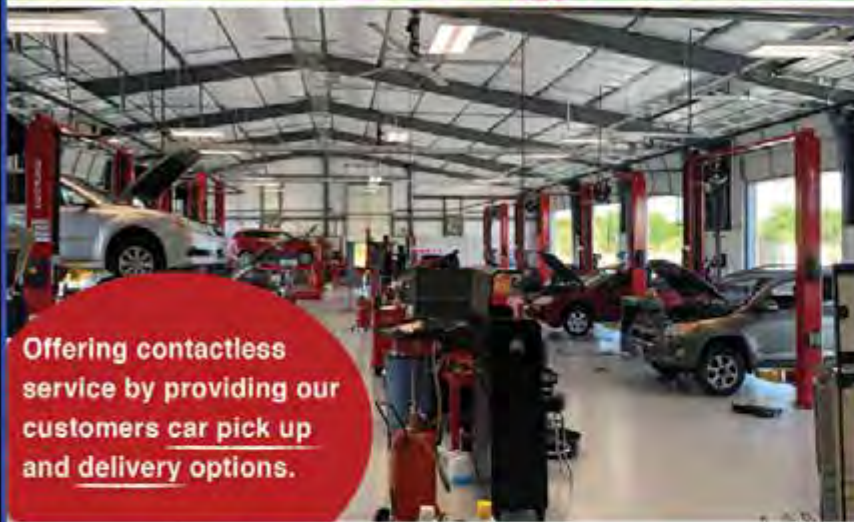


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SOUTH CONGRESS LOCATION

4241 South Congress Austin, TX 78745
512-326-8411 (South of Ben White)

BEE CAVE / LAKEWAY LOCATION

14422 W Hwy 71 Austin, TX 78738
512-263-5082 (Hwy 71 at Hamilton Pool Rd)

PFLUGERVILLE LOCATION

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(NW Corner of Wells Branch & IH-35)

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