

# THE STAR

VOLUME 1 ISSUE 1

MARCH 2007

## Welcome to the The Star

*A newsletter for Steiner Ranch residents  
by Steiner Ranch residents.*

The Star is a new monthly newsletter mailed to all Steiner Ranch residents. Each newsletter will be filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at [www.PEELinc.com](http://www.PEELinc.com) or you can email it [thestar@peelinc.com](mailto:thestar@peelinc.com). Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

Our goal is to keep you informed!



## Hope Spokes Bicycle Club

*Submitted by: Mark Butterfield*

Hope Spokes Bicycle Club sponsors lunchtime rides from the Steiner Ranch Welcome Center to Bee Caves and back on Monday, Wednesday and Friday at 11:30 AM, weather permitting. The ride takes about 90 minutes and covers about 22 miles. Please join us! The ride coordinator is Mark Butterfield and he can be reached at 266-9066 or [mbutterfield2@austin.rr.com](mailto:mbutterfield2@austin.rr.com). The club also sponsors team rides, bicycling workshops, and Family Field Trip rides to places like McKinney Falls State Park, Brushy Creek Park, and Zilker Park, more information can be found at: <http://www.hopespokes.net>.

## Looking Ahead – Austin Events in March and April

Austin Farmers Market – Every Saturday

Austin Chocolate Festival – March 2-4

Texas State Arts Festival – March 3-4

South by Southwest – March 9-17

Star of Texas Fair and Rodeo – March 9-24

Louisiana Swamp Thing and Crawfish Festival – March 31st

Zilker Garden Festival – March 31-April 1

The Grind Extreme Water Sports & Music Festival – April 1

*For more information on each of these events  
visit [www.PEELinc.com](http://www.PEELinc.com).*

## Send Us Your Event Pictures!!

Do you have a picture of an event that you would like to run in The Star? Send it to us and we will publish it in the next issue. Email the picture to [thestar@peelinc.com](mailto:thestar@peelinc.com). Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).

# THE STAR

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire .....	911
Ambulance .....	911
Sheriff – Non-Emergency .....	512-974-0845
Hudson Bend Fire and EMS	
Emergencies .....	512-266-1775
Information .....	512-266-2533

### SCHOOLS

Leander ISD .....	512-434-5000
Cedar Park High School .....	512-435-8300
Canyon Ridge Middle School .....	512-424-7500
Laura Welch Bush Elementary .....	512-435-4750
Steiner Ranch Elementary .....	512-434-7100

### UTILITIES

Travis County WCID # 17 .....	512-266-1111
City of Austin Electric .....	512-494-9400
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
IESI (Trash) .....	512-282-3508

### OTHER NUMBERS

Lake Travis Postal Office .....	512-263-2458
---------------------------------	--------------

### NEWSLETTER PUBLISHER

Peel, Inc. ....	512-989-8905
Article Submissions .....	<a href="mailto:thestar@peelinc.com">thestar@peelinc.com</a>
Advertising .....	<a href="mailto:advertising@peelinc.com">advertising@peelinc.com</a>

## Advertising Information

Please support the businesses that advertise in The Star. If you would like to support the newsletter by advertising, please contact our sales office at 512-989-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 10th of each month for the following issue.

## Teenage Job Seekers

**SAMPLE**

Name	Age	Baby Sit	Pet Sit	House Sit	Yard Work	Phone
Doe, John	15	•	•	•	•	111-1111

\*-CPR Training

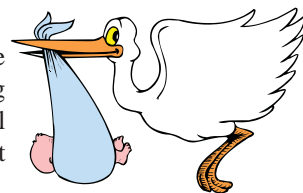
+First Aid Training

### Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Steiner Ranch teenagers seeking work. Submit your name and information to [thestar@PEELinc.com](mailto:thestar@PEELinc.com) by the 9<sup>th</sup> of the month!

## Stork Report

If you have a new addition to the family please let us know by emailing [thestar@PEELinc.com](mailto:thestar@PEELinc.com) and we will include an announcement to let everyone know!



**AUSTIN ADVENTURE BOOT CAMP**

[ATXBOOTCAMP.COM](http://ATXBOOTCAMP.COM)

## Jump Start Your Workouts!

At Austin Adventure Boot Camp, men & women of all fitness levels are testing their limits, making new friends, and achieving **INCREDIBLE RESULTS!** You can too! Austin Adventure Boot Camp is an outdoor fitness program designed to get you moving! You will find fast results in a fun, safe and inspiring atmosphere. Boot camp training focuses on getting you the results you want - a **FIT, TONED BODY**. Join now to experience the fitness, friendship and fun of Austin Adventure Boot Camp!

## Camps for Men & Women!

REGISTER NOW AT  
[ATXBOOTCAMP.COM](http://ATXBOOTCAMP.COM)!



**\$20 Off**

**BOOT CAMP  
Registration Fee  
With Coupon!**

Limit one coupon per person. Not valid with any other offer.  
Expires 04/30/07

Visit [atxbootcamp.com](http://atxbootcamp.com) for dates & locations!

# Unequaled Service ... Proven Results!

When you are ready to  
**SELL YOUR HOME -**  
make a sound *business* decision.

Let me show you how my knowledge of the area  
and my *work ethic* can make the difference!

*Teresa  
Gouldie*



**Teresa Gouldie**

**Broker**

**751-8000**

**tgouldie@gmail.com**

## March Events

Compliments of... Teresa Gouldie 751-8000 Coldwell Banker, United

Mar. 2 – 4	<b>Austin Chocolate Festival</b> <i>Vendors offer samples to festival guests! Guests also participate in chocolate competitions.</i>	Tuscan Hall 512-637-0479 <a href="http://austinchocolatefestival.com">austinchocolatefestival.com</a>
Mar. 4	<b>Zilker Park Kite Festival</b> <i>One of the nation's oldest kite-flying events! See thousands of professional and amateur kite-flyers.</i>	Zilker Park 512-339-0412 <a href="http://zilkerkitefestival.com">zilkerkitefestival.com</a>
Mar. 9 – 18	<b>South by Southwest Music and Film Festival</b> <i>Enjoy musical performances, movie screenings, lectures, and new technology demos as these industries converge on Austin for 10 days!</i>	Austin, TX 512-467-797 <a href="http://sxsw.com">sxsw.com</a>
Mar. 9 – 24	<b>Star of Texas Fair &amp; Rodeo</b> <i>Don't miss the livestock show, rodeo, barbecue cook-off, carnival, exhibits, and live entertainment.</i>	Travis County Expo Center 512-919-3000 <a href="http://staroftexas.org">staroftexas.org</a>
Mar. 12 – 16	<b>CRAZY FOR CRITTERS Spring Break Camp</b> <i>Children explore the extraordinary world of animals as they hear stories, meet live animals, and more!</i>	Austin Children's Museum 512-472-2499 <a href="http://austinkids.org">austinkids.org</a>
Mar. 12 – 16	<b>Spring Break Camp</b> <i>Children sculpt, paint, glue, and more as they make wonderful, original art creations.</i>	Lady Bird Johnson Wildflower Center 512-292-4100
Mar. 25	<b>Capitol 10,000</b> <i>One of the nation's top 10K runs draws some 10,000 serious and not-so-serious runners.</i>	Palmer Events Center 512-472-3254 <a href="http://statesman.com/cap10k">statesman.com/cap10k</a>
Mar. 29 – Apr. 1	<b>Texas Hill Country Wine and Food Festival</b> <i>The best chefs and wineries pair their best culinary creations and fruits of the vine!</i>	Driskill Hotel 512-249-6300 <a href="http://texaswineandfood.org">texaswineandfood.org</a>
Mar. 31	<b>Louisiana Swamp Romp and Crawfish Festival</b> <i>This vibrant celebration has dancers, Cajun food, Zydeco music, a craw fish eating contest, and more!</i>	Waterloo Park 512-441-9015 <a href="http://roadstarproductions.com">roadstarproductions.com</a>
Mar. 31 – Apr. 1	<b>Zilker Garden Festival</b> <i>Explore the beautiful Botanical Gardens and enjoy live music, food, exhibits, and children's games.</i>	Zilker Botanical Gardens 512-477-8672 <a href="http://zilker garden.org">zilker garden.org</a>

Your Perfect Partner®



UNITED, REALTORS®

[www.ColdwellBankerUnited.com](http://www.ColdwellBankerUnited.com)

Each Office Is Independently Owned And Operated.

**EXPERIENCE**

*you can  
count on...*

**COUNSEL**

*you can  
trust.*

## Protecting Your Home: 10 Lo-Tech and Hi-Tech Tips

After a fun-filled week in the sun or on the slopes, the last thing families want to do is come home to a ransacked house. According to the National Burglar and Fire Alarm Association, each year nearly 5 million families become victims of household burglary, often when they've been on vacation.

Austin-based home security company uControl, a member of the National Burglar and Fire Alarm Association, shares 10 lo-tech and hi-tech security tips to protect your home while you're away:

### Lo-Tech:

1. Discontinue newspaper and mail delivery.
2. Lock all doors, windows and garage doors.
3. Leave drapes and shades open as normal (closed blinds give burglars privacy should they break in).
4. Have your yard mowed and your trees and hedges trimmed – removing hiding places for burglars.

### Hi-Tech:

5. Install motion-sensor lights in your yard so lights come on when someone walks by.
6. Install an alarm system – but not just any alarm system. Today's newer alarm services offer better security and more features and services, usually for the same (or lower) monthly fee.
7. Select a home security provider that offers redundant, back-up connections for your alarm system. Burglars know that all they have

to do is cut the telephone line to disable most alarm systems. Newer security systems operate over broadband and cellular connections so your system is always monitored – whether a phone line is cut or your power goes off.

8. Make sure your home security is monitored 24/7 by licensed monitoring centers.

9. Select a security provider that provides remote access so you can check on your home anytime, anywhere. Many newer systems allow you to check on your home's alarm status from a computer or cell phone.

10. Set up your alarm system so you (and selected family members or neighbors) receive text messages or emails when the alarm goes off.

### Classified Ads

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Steiner Ranch residents, limit 30 words, please e-mail [thestar@PEELinc.com](mailto:thestar@PEELinc.com).

**Business classifieds** (offering a service or product line for profit) are \$45, limit 40 words, please contact Peel, Inc. Sales Office at 512-989-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

AS SEEN IN **TexasMonthly**



## ADVANCED PAIN CARE

MARK T. MALONE, M.D. AUSTIN, TEXAS

BOARD CERTIFIED, PAIN MANAGEMENT; BOARD CERTIFIED, ANESTHESIOLOGY

### SPECIALIZING IN:

- Chronic back pain
- Neck pain
- Headache
- Neuropathy
- Regional pain syndromes
- Fibromyalgia

### CALL NOW FOR AN APPOINTMENT:

#### NORTH

6818 AUSTIN CENTER BLVD. SUITE 205  
AUSTIN TX 78731 FAX 349 9133

**349 9100**

#### SOUTH

4310 JAMES CASEY STREET BLDG. # 2  
AUSTIN TX 78745 FAX 899 3326

**899 3323**

[WWW.AUSTINPAINDOCTOR.COM](http://WWW.AUSTINPAINDOCTOR.COM)

**“WE ARE COMMITTED TO FINDING ANSWERS FOR OUR PATIENTS.”**



# At Home On The Ranch

Chad Goldwasser and the Goldwasser Team recognize that you love living in the Steiner Ranch community.

You may want to move into a larger home, but why would you ever want to leave Steiner Ranch?

Stay at home on the ranch and move within your own neighborhood. The Goldwasser Team's Move Up Program in conjunction with the Guaranteed Sale Program are designed to help you buy that larger home with the confidence that we will sell your existing home for top dollar and in 90 days or we will buy it for cash.

For more information call:

**800-882-7716**

Move Up Program: enter code 6077

Guaranteed Sale Program: enter code 6017

**512-470-2277**

**www.GoldwasserTeam.com**



Listen to the Austin House Report with Chad Goldwasser,  
weekdays at 7:47 a.m. on News Radio 590 KLBJ-AM.

## JUST LISTED IN STEINER RANCH!

For free, 24-hour recorded information about this property call  
800-882-7716 and enter



### 12017 Portobella

- 4 Bedrooms
- 3½ Bathrooms
- Saltwater Pool & Spa
- Exceptional Privacy
- 3,571 sq. ft.



**QUICKEST RESPONSE TIME!**



**24 HOUR WATER EXTRACTION**

CARPET CLEANING • CARPET REPAIRS  
Purchase & Installation of all flooring needs!

**--STEINER RANCH RESIDENT--**

**NO HIDDEN CHARGES!**

Bathrooms, Closets and Hallways Included!

**NO RESTRICTIONS APPLY!**

**CALL 512.266.9353  
FOR FREE ESTIMATES!**

Not Available Online

**APEX**  
**WOOD RESTORATION**  
AND  
**PRESSURE WASHING**

**DECKS \* FENCES \* HOUSES**

PLEASE CALL FOR A FREE ESTIMATE!

**512.825.1484**

One Year Warranty on Services  
Austin & Surrounding Areas

Not Available Online



**THE NAME YOU  
NEED TO KNOW IN  
MORTGAGE LENDING.**

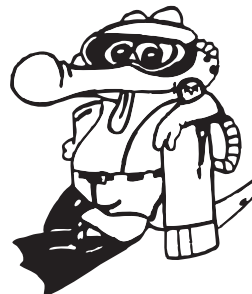
Call Kristyne Blackburn at 512-965-8923.

Jefferson Bank is a community bank  
specializing in home loans.

**Jefferson Bank**  
*We're just better at banking™*  
[www.jeffersonbank.com](http://www.jeffersonbank.com)



**Austin's oldest and largest SCUBA center**



**SCUBALAND ADVENTURES**

[WWW.SCUBALAND.COM](http://WWW.SCUBALAND.COM)

- Training
- Equipment
- Travel
- Service
- Rental

**SCUBA Camp for Kids!**

8:30 to 5:00  
Mon-Fri

Ages 12 to 16



**Open Water**  
June 4-8 or June 18-22

**Advanced/Rescue**  
June 25-29



More info:  
[jennifer@scubaland.com](mailto:jennifer@scubaland.com)  
(512) 891-6054

NORTH: 1001 W. Anderson Lane 323-6999  
SOUTH: 3601 W. William Cannon 891-6054

Not Available Online

**Our clients look good in public,  
because they work out in private**

*The world's leader in personal training  
is now open near you!*



- ✓ Private Training Suites
- ✓ One-on-one attention
- ✓ Increased Motivation
- ✓ Accelerated Results
- ✓ Accountability
- ✓ Emphasis on Proper Technique
- ✓ Decreased Risk of Injury
- ✓ Individualized Programs
- ✓ Progressive Training

**1st Session  
FREE**  
call to schedule today

**512-241-1700**



The Shops at River Place  
10601 FM 2222, Austin, TX 78730  
[www.FTAustin.com](http://www.FTAustin.com)

**Walk Right in.  
Right now!** greatclips.com



**Great Clips®**

**GREAT CLIPS PLAZA VOLENTE**

FM 620 @ Anderson Mill  
(next to HEB Plus)

**512-250-5131**

Mon - Fri 9-9, Sat 9-6, Sun 11-4.  
No appointment necessary.

**\$5<sup>99</sup>**  
haircut

**Hurry, expires: 3/31/07**

Not valid with any other offers. Limit one coupon per customer. Only at participating salons.

**Great Clips®**  
*Relax. You're at Great Clips.®*

**\$5<sup>99</sup>**  
haircut

**Hurry, expires: 3/31/07**

Not valid with any other offers. Limit one coupon per customer. Only at participating salons.

**Great Clips®**  
*Relax. You're at Great Clips.®*

# THE STAR

## Ice or Heat?

**Question:** I twisted my ankle. Should I use ice or heat to help it feel better?

**Answer:** Ice and heat are probably the 2 most common physical therapy modalities used. Choosing the correct one can greatly affect how quickly you recover from an injury and how soon you can return to your sport.

Ice has been used for many years as the mainstay of initial treatment of virtually all muscle and joint injuries. Ice constricts blood vessels, decreases swelling and slows the conduction of pain impulses to the brain. It can be applied easily to almost any body area. Gel packs that can be frozen repeatedly and chemical cold packs are very useful, but a simple bag of ice or frozen corn or peas often works just as well. Place the bag over the injured area and hold it in place by wrapping plastic wrap around the bag and the body part. Ice should be kept in place for approximately 20 minutes every 2-4 hours for the first 48 to

72 hours after an injury. Prolonged exposure to ice can cause damage to nerves near the skin surface and can cause frost bite, so don't exceed 20 minutes.

Heat applied to the skin increases blood flow and can help with muscle and joint stiffness and pain. Arthritis, chronic muscle stiffness and some types of tendon problems are helped with heat. Moist heat, such as a warm damp towel, is usually the most effective. Many of the arthritis rubs or muscle ointments work on the same principle. Their ingredients expand blood vessels and irritate the skin, increasing blood flow. Heat will often increase swelling so in general it should not be used immediately after an injury.

Remember, ice for the first 2-3 days to relieve pain and swelling. Heat after the swelling is gone to improve mobility and relieve stiffness.

## Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing [thestar@PEELinc.com](mailto:thestar@PEELinc.com) or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The Star. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.



# Austin

## RARE COINS & BULLION

### PORTFOLIO DIVERSIFICATION MEANS “OWNING GOLD”!



**You probably knew that:**  
The S&P 500 rose by 12% in 2006.  
The Dow Industrials rose by 15% in 2006.

**But were you aware that:**  
The price of gold rose by 21% in 2006?  
The price of silver rose by 40% in 2006?

**And**  
The value of the US Dollar fell by 9% in 2006 against major world currencies?

Even though the stock market had its best year in quite a while,  
the gains in Precious Metals were far better.

We have many reasons to believe this trend will continue.

One of America's largest and most respected Precious Metals firms is located right here in Austin.  
Call us today for a free information package and consultation with one of our helpful and knowledgeable specialists.  
Participating in this market is easier than you may think.



## 1-800-928-6468

visit our website at:  
[www.austincoins.com](http://www.austincoins.com)

 **Member**  
Better Business Bureau

Serving investors and collectors since 1989

You've  
Seen  
Our  
Signs:



418-1435

And You've Seen Our Results:



Now See What **YOUR** Home Is Worth.



Get a free market analysis  
of your home's current value  
by e-mailing [info@topkwgroup.com](mailto:info@topkwgroup.com)  
or calling 418-1435 today!



to see our listings visit  
[www.TopKWGroup.com](http://www.TopKWGroup.com)

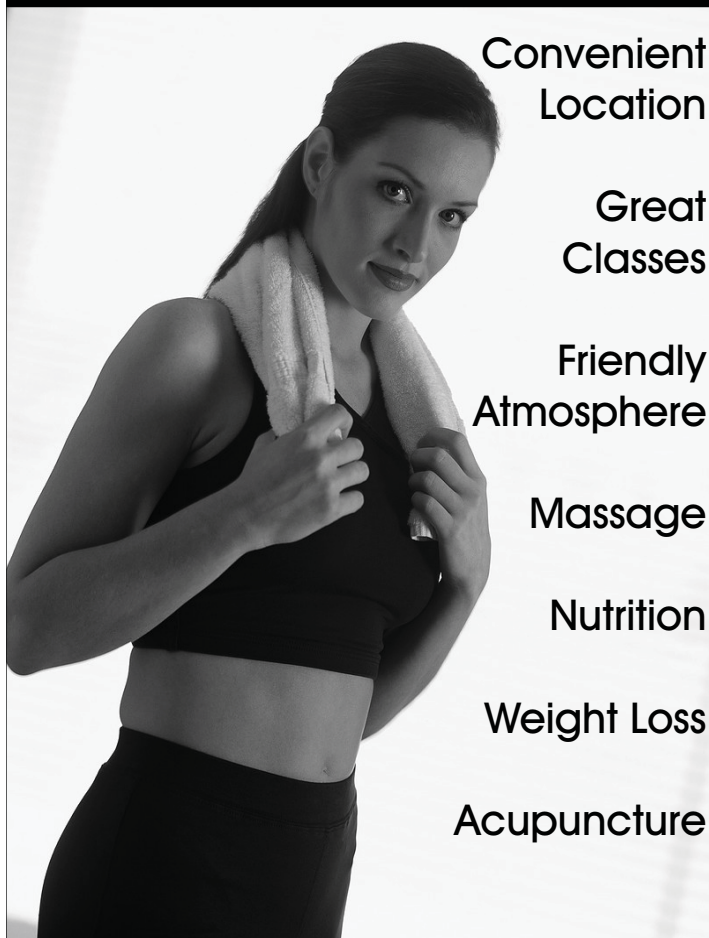
**WE'RE YOUR STEINER RANCH SPECIALISTS!**

Steiner Ranch

# WILD Basin FITNESS

[www.WildBasinFitness.com](http://www.WildBasinFitness.com)

266-6161



Convenient  
Location

Great  
Classes

Friendly  
Atmosphere

Massage

Nutrition

Weight Loss

Acupuncture

## FREE BODY FAT ANALYSIS

Come in today for your free  
**Body Composition Analysis.**

Find out about your body fat, lean body mass,  
and fitness level.

**Hurry! Offer expires 3/31/07.**

## Do You Know the Health Risks of Being Overweight?

Weighing too much may increase your risk for developing many health problems. If you are overweight or obese, you may be at risk for:

- Type 2 diabetes
- Heart disease and stroke
- Cancer
- Sleep apnea
- Osteoarthritis
- Gall bladder disease
- Liver disease

If you are overweight, losing as little as 5% of your body weight may lower your risk for several diseases. If you weigh 200 pounds, this means losing as little as 10 pounds. Slow and steady weight loss of ½ to 2 pounds per week is the safest way to lose weight.

To lose weight and keep it off over time, try to make long-term changes in your eating and physical activity habits. Try to do at least 30 minutes of moderate-intensity physical activity on most days of the week, preferably every day. Combine cardiovascular activities with weight-bearing exercises to build endurance and increase muscular strength. Choose activities that you enjoy and exercise with a friend, relative, or co-worker.

**HOT DAYS  
COOL SUMMER**

**CAMP  
ON THE  
MOVE**

**THE ULTIMATE CAMP ADVENTURE  
AGES 7-14 REGISTER TODAY AT:  
WWW.CAMPONTHEMOVE.COM**



# Leander ISD

[www.leanderisd.com](http://www.leanderisd.com)

2006 - 2007 Calendar

## August 2006

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	<b>9</b>	<b>10</b>	<b>11</b>	12
13	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	19
20	21	22	23	24	25	26
27	28	29	30	31		

## September 2006

S	M	T	W	T	F	S
					1	2
3	<b>4</b>	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	<b>25</b>	<b>26</b>	<b>E</b>	28	29	30

## October 2006

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	<b>9</b>	10	11	12	13	<b>14</b>
15	<b>16</b>	17	18	19	20	21
22	23	24	<b>E</b>	26	27	28
29	30	31				

## November 2006

S	M	T	W	T	F	S
			1	2	3	4
5	<b>6</b>	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	<b>22</b>	<b>23</b>	<b>24</b>	25
26	27	28	29	30		

## December 2006

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	<b>20</b>	<b>21</b>	<b>22</b>	23
24	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	30
31						

## Key Dates

First Day of School ..... Aug. 16  
 Last Day, First Semester ..... Dec. 20  
 First Day, Second Semester ..... Jan. 4  
 Last Student Day ..... May 25

## Holidays

Labor Day ..... Sept. 4  
 Thanksgiving ..... Nov. 22 - 24  
 Christmas Break ..... Dec. 21 - Jan. 3  
 Spring Break ..... March 12 - 16  
 Good Friday ..... April 6  
 Bad Weather Makeup Date ..... April 9  
 Bad Weather Makeup Date ..... May 4

## TAKS Dates

Oct. 17-20 ..... Exit-level TAKS  
 Jan. 22-Feb. 2 ..... TAKS Field Tests  
 Feb. 20 ..... TAKS Reading (3,5&9);  
 TAKS English/Language Arts (10&exit);  
 TAKS Writing (4&7)  
 Feb. 20-23 ..... Exit-level TAKS  
 April 3 ..... TAKS Math (5)  
 April 17 ..... TAKS Math (3,4,6-8&10)  
 April 18 ..... TAKS Reading (4&6-8);  
 TAKS Math (exit);  
 TAKS Reading Retest (3&5)  
 April 19 ..... TAKS Science (5,8,10 & exit);  
 TAKS Math (9)  
 April 20 ..... TAKS Social Studies (8,10&exit)  
 May 15 ..... TAKS Math Retest (5)

## January 2007

S	M	T	W	T	F	S
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	5	6
7	8	9	10	11	12	13
14	<b>15</b>	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## February 2007

S	M	T	W	T	F	S
				1	2	3
4	<b>5</b>	<b>6</b>	<b>7</b>	8	9	10
11	12	13	14	15	<b>16</b>	17
18	<b>19</b>	20	21	22	23	24
25	26	27	28			

## March 2007

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	<b>9</b>	10
11	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	17
18	<b>19</b>	20	21	22	23	24
25	26	27	28	29	30	31

## April 2007

S	M	T	W	T	F	S
1	2	3	4	5	<b>6</b>	7
8	<b>9</b>	10	11	12	13	14
15	<b>16</b>	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## May 2007

S	M	T	W	T	F	S
		1	2	3	<b>4</b>	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	<b>25</b>	<b>26</b>
27	<b>28</b>	<b>29</b>	30	31		

## Calendar Key

- Student/Teacher Holiday
- Staff Development/Student Holiday
- Bad Weather Makeup Day
- E** Early Release Days
- {** First Day, Six Weeks Grading Period
- }** Last Day, Six Weeks Grading Period
- k** Nine-Week Grading Period
- bold** First or Last Days - Semesters



FRAN WERNER, M.A.

512.794.3848

[fran@lifestyleconsulting.com](mailto:fran@lifestyleconsulting.com)

[www.lifestyleconsulting.com](http://www.lifestyleconsulting.com)

private & semi-private programs

located off 2222, between 360 and 620

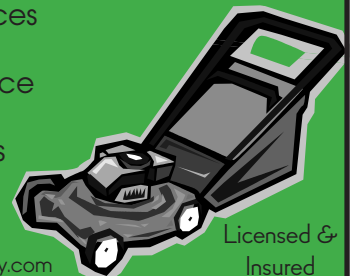
weight management ~ personal training ~ nutrition education

## Capital Lawn Company, LLC

- General Mowing Services
- Mulching
- Flower Bed Maintenance
- Hedge Trimming
- Hauling and Clean-ups

**FREE ESTIMATES**  
**512-789-3767**

Please see us at: [capitalawncompany.com](http://capitalawncompany.com)



Licensed & Insured

# THE STAR

## Use Only Water In Sippy Cups Or Increase Cavity Risk

*AAPD Highlights Importance of Proper Use of Toddler Drinking Device*

(NAPSA)-Most parents are well aware of the importance of taking care of their children's teeth, so it comes as a shock when they learn their toddlers have cavities during a checkup.

Tooth decay among young children is on the rise-and many experts believe that sippy cups containing sugary beverages are responsible.

### The Misuse of Sippy Cups

Because sippy cups prevent spills, they're often used by children for long periods of time over months and years-rather than as a transitional drinking device, a purpose for which they were intended. "Sippy cups were created to help children transition from a bottle to drinking from a regular cup, but they're too often used for convenience," says American Academy of Pediatric Dentistry (AAPD) President Philip H. Hunke, D.D.S., M.S.D. "When kids sip for extended periods on sugared beverages, they're exposed to a higher risk of decay. Sippy cups should only contain water unless it's mealtime."

In fact, a report from the Centers for Disease Control and Prevention (CDC) comparing the dental health of Americans in 1988-1994 and 1999-2002 found that while cavities decreased among older children, cavities in two- to five-year-olds actually increased 15.2 percent.

### A Child's First Visit

Hunke views the misuse of sippy cups as just the symptom of a larger issue-the fact that many parents wait too long before taking their children to the dentist for the first time. The AAPD recommends that a child's first dental visit occur shortly after the first tooth erupts and no later than the child's first birthday. But according to the 2005 National Survey of Children's Health (NSCH), only 10 percent of 1-year-olds and 23.8 percent of 2-year-olds had been taken for a preventive dental care visit in the past year.

At the first visit, the pediatric dentist provides information about proper sippy cup use as part of the presentation of a complete program of preventive home care. The dentist also checks the child's teeth to make sure they're developing properly.

"Studies show that children with poor oral health perform worse in school and have less success later in life," says Hunke. "Establishing the right oral care habits early helps get kids headed on the path to a lifetime of good oral health."

For more information about how to keep children's teeth healthy or to locate a pediatric dentist in your area, visit [www.aapd.org](http://www.aapd.org).



Full Service Maintenance & Landscaping Since 1987

**CALL 512-610-8439** For Your **FREE** Estimate

[www.thepperfectview.biz](http://www.thepperfectview.biz)



**ENJOY THE VIEW!**

**NOW OPEN IN RIVER PLACE PLAZA!**



### WHO'S YOUR HEALTH COACH?

Everyone Needs Coaching;

Someone Who Informs, Provides, Observes And Guides.

Your Family Has A Fitness Coach, Financial Coach, Spiritual Coach – But Who Is Your Family's Health Coach?

**I'm Dr. Ross Coccimiglio. I CAN HELP YOU!**

Low Back/Neck Pain	Leg Pain/Sciatica
Headaches	Digestive Problems
Wrist/Hand Pain/	Asthma/Breathing Problems
Carpel Tunnel Syndrome	Pediatric Care
	Ear Infections ETC....

**Call today to schedule a consultation with the doctor.**

A new patient exam including consultation, all necessary x-rays and complete report of findings:

**ONLY \$17! - REGULARLY \$210 (Limited Time Offer)**

Expires: March 31, 2007



**512-345-WELL (9355)**

6618 Sitio Del Rio Blvd., Suite 101

Dr. Ross Coccimiglio

**"A Better Way To Better Health"**

## “Lights, Camera, Action!” on Another Chart-Topping Year for Austin Film

February 9, 2007

AUSTIN, TX-The latest issue of MovieMaker magazine names Austin as number three in its annual ranking of the “Top Ten U.S. Cities to Live and Make Movies.” The Capital City has appeared among the top three cities on this notable list for six consecutive years.

“So much of Austin’s reputation as a world-renowned moviemaking capital has to do with the unique education and support that the community fosters through film festivals, special screenings, retrospectives and even contests,” says MovieMaker. The accompanying article also cites the Austin Film Commission’s new online film production guide and online location database as other reasons the city remains a favorite. In addition, the writer spotlights the partnership between Burnt Orange Productions and the University of Texas Film Institute as the

only program of its kind that gives students the opportunity to work on union films with professional crews.

Other cities ranking among the top ten include, in order: (1) New York, (2) Philadelphia, (4) Albuquerque, (5) Las Vegas, (6) Shreveport-Bossier City, (7) Memphis, (8) Miami, (9) Portland and (10) Salt Lake City. Austin ranked second to New York in the past two years.

“Landing near the top of the MovieMaker list again is an award that is well deserved. Austin has long been considered a film friendly city. The support of city government and the local film industry including the Austin Film Festival, Austin Studios and South by Southwest are crucial to our success as a film hub,” says Gary Bond, director of the Austin Film Office. “Our golden reputation is furthered by the city’s progressive culture and the moviemakers who choose to call Austin

home.”

According to the Texas Film Commission, Austin led all Texas cities in film and television total production budgets in 2006, for the sixth consecutive year, with approximately \$131.9 million in production budgets. That accounts for 45% percent of the \$291.3 million in total film budgets in the Lone Star State last year.

Production wrapped on more than 22 feature films in 2006, including Fast Food Nation, The Hitcher, Teeth, GrindHouse and Gary the Tennis Coach, along with NBC’s television series Friday Night Lights.



### IT'S TIME SAFE DRIVING WAS MORE REWARDING.



**Karly Frantom**  
10713 RR 620 North  
kfrantom@allstate.com

Deductible Rewards. Earn \$100 off your deductible for every year of safe driving - up to \$500. Call me about Allstate® Your Choice Auto Insurance today.

**512-506-9132**



Feature is optional and subject to terms and conditions. Available in select states now and in most states by 1/31/06 (subject to regulatory approval where required). Allstate Fire and Casualty Insurance Company: Northbrook, IL. © 2007 Allstate Insurance Company

# THE STAR

## Spectacular Seafood

### Wild American Shrimp Pack Nutritional Punch



(NAPSA)-Cooking healthy does not mean giving up on great taste. That's one reason healthful food options, such as certified Wild American(tm) Shrimp, have become so popular.

Harvested in their own natural environment from U.S. waters, certified Wild American Shrimp are low in fat and a source of heart-healthy omega-3 fatty acids.

"Wild-caught shrimp are fresh, succulent and tender-the way nature intended, unlike 85 percent of shrimp, which is imported and pond-raised," says Nathalie Dupree, chef and author of "Shrimp & Grits."

A typical 4-ounce portion has just 112 calories when served steamed, boiled, grilled or baked and provides 23 grams of protein-47 percent of the daily value for protein. Studies have found that shrimp is an excellent source of vitamin D, as well as niacin and iron.

"Consumers have a choice when it comes to their seafood. Choosing local ingredients

like Wild American Shrimp not only ensures you're getting the best-tasting seafood available, it also supports an entire industry and way of life," says Dupree.

You can taste the difference with this recipe from Dupree's latest cookbook:

#### Simple Supper Wild American Shrimp & Grits

*Makes 2 servings*

- 2 cups cooked grits
- 4 tablespoons butter and/or olive oil
- 1 pound Wild American Shrimp, peeled
- 1 medium tomato, chopped
- 1 to 2 garlic cloves, chopped
- 1 tablespoon julienned fresh basil or parsley

Reheat grits in the microwave or over low heat, with additional liquid if necessary. Melt butter and/or olive oil in a saucepan, preferably non-stick. Add shrimp and sauté until just before they turn pink. Add tomato and stir until liquid exudes slightly, just a minute or so. Add garlic and cook briefly. Divide grits between 2 plates, pour shrimp and tomato mixture on top, garnish with basil or parsley and serve.

For more information about Wild American Shrimp, including locations where it can be purchased and additional recipes, visit [www.wildamericanshrimp.com](http://www.wildamericanshrimp.com).

Certified Wild American Shrimp are a flavorful, healthful food option that supports shrimpers around the U.S.

## Business Classifieds

**Fixer uppers.** These homes need work. Bank foreclosures & distressed sellers. For free list of properties [www.austinfoxfixers.com](http://www.austinfoxfixers.com) ERA Star of Texas Realty, Inc.

**"Need a nite out, No Nana about?"** Call Gabriel's Nana, Mary Beaver at 512-619-9297 after 4pm.

The Star is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Star contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

**DISCLAIMER:** Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

## CULTURAL HOMESTAY INTERNATIONAL - NON-PROFIT EDUCATIONAL ORGANIZATION

### FOR AFFORDABLE, LIVE-IN CHILDCARE HOST AN INTERNATIONAL AU PAIR!

- **Quality:** Carefully screened, trained and loving au pairs
- **Flexible:** Up to 45 hours of at-home childcare per week
- **Affordable:** Approximately \$270 per week per family
- **Educational:** US Govt. approved cultural exchange program
- **Experience:** CHI has been bringing people of the world together for twenty-six years!

CONTACT: DEBBIE SKIPPER, LOCAL COORDINATOR  
512-296-2875 • [WWW.CHIAUPAIRUSA.ORG](http://WWW.CHIAUPAIRUSA.ORG)



## Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

			1					
4	3		7	9	5			
	8							4
		7						2
				7	6	4		
	1		5		3	6		
		6		4			9	1
	4				1			
9			2					

© 2006. Feature Exchange

\* Solution can be found at [www.peelinc.com](http://www.peelinc.com)

Album Engraving • Kids Craft Parties • Classes • Supplies



512-288-8622

In Oak Hill next to HEB  
7010 Hwy 71 West, #355  
Austin, TX 78735

Take **25%** off one regular priced item in the store

Not valid for the purchase of Gift Certificates or Album Engraving  
Expires 3/31/07

Join email list to receive specials

[www.feliciasscrapbooks.com](http://www.feliciasscrapbooks.com)

email: [felicia@feliciasscrapbooks.com](mailto:felicia@feliciasscrapbooks.com)

## OL' YELLER LANDSCAPING



Full Landscape Design / Installation

Flagstone Patios

Outdoor Kitchens

Water Features

Concrete, Masonry, Rockwork, Stucco, Brick

512-894-0013

[WWW.OLYELLER.COM](http://WWW.OLYELLER.COM)



The  
**Brown Paint**  
Company

### What can BROWN paint for you?

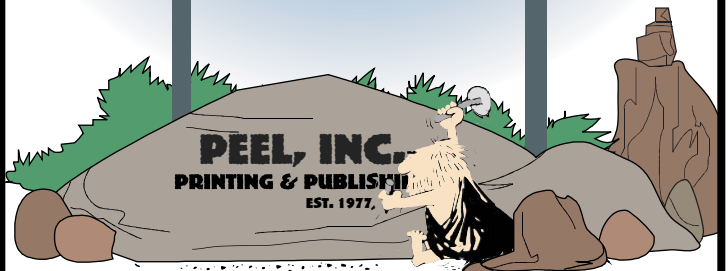
INTERIOR / EXTERIOR PAINTING  
RESIDENTIAL & COMMERCIAL  
GENERAL REPAIRS / CARPENTRY  
SHEETROCK REPLACEMENT  
TEXTURING & FAUX FINISHES  
CUSTOM STAIN & VARNISH

### Why should BROWN paint for you?

FREE ESTIMATES  
BONDED & INSURED  
10 YEARS OF EXPERIENCE  
EXCELLENT REFERENCES  
3-YEAR WARRANTY  
FAMILY-OWNED & OPERATED

[www.brownpaint.com](http://www.brownpaint.com)

512.506.9740



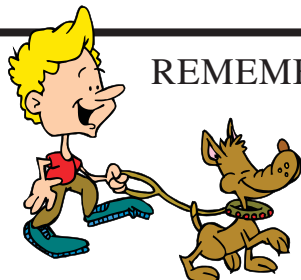
## Recipe of the Month:



### Earthquake Cake

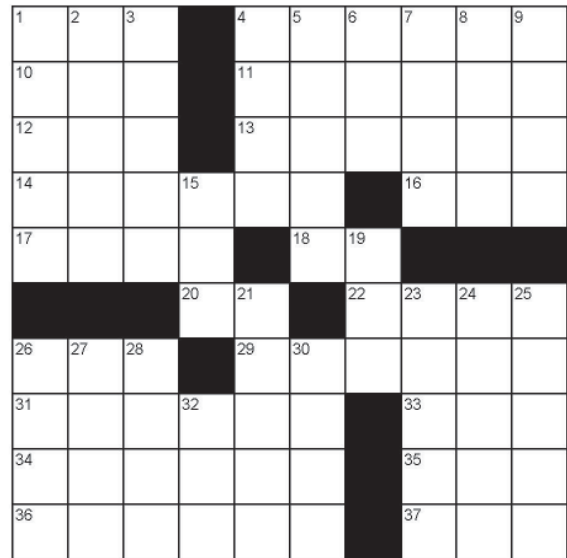
- 1 cup coconut
- 1 cup chopped pecans
- 1 - 2 layer pkg. German chocolate cake mix
- 8 ounces cream cheese, softened
- 1/2 cup melted oleo
- 1 - 1lb. pkg. confectioners sugar

Sprinkle coconut and pecans in greased and floured 8 x 14" cake pan. Prepare cake mix using package directions. Pour into pan. Beat cream cheese and oleo in mixing bowl. Add confectioners sugar; mix well. Pour over batter. Bake at 350° for 45 minutes or until cake tests done. Yield 15 servings.



**REMEMBER, PLEASE:** Austin leash laws require all dogs to be on a leash when off the owner's premises.

## Crossword Puzzle



### ACROSS

1. Pen brand
4. Oriental tower
10. Self-esteem
11. Excuses
12. Shade tree
13. Napkins
14. Filament
16. Shekel
17. Hula
18. Iowa (abbr.)
20. Man's title
22. Type of dressing
26. Short-term memory
29. Exodus
31. Hype
33. Airport abbr.
34. Glistening
35. Cask
36. Star system
37. South southeast

### DOWN

1. Wood
2. Ice house
3. Fast food meal
4. Ashen
5. Excuse
6. Cocktail drink
7. Follow
8. Eaten
9. Association (abbr.)
15. Words per minute
19. Abridged (abbr.)
21. Become less tight
23. Onion like vegetables
24. Painter Richard
25. Utilization
26. Thick carpet
27. Roman cloaks
28. Gangster's girlfriend
30. Musky
32. Pod vegetable

© 2006. Feature Exchange

Solutions can be found online at [www.PEELinc.com](http://www.PEELinc.com)

**Peel, Inc.**  
Printing & Publishing

Publishing community newsletters since 1991

**Kelly Peel**  
Sales Representative  
512-989-8905  
[kelly@PEELinc.com](mailto:kelly@PEELinc.com)

**512-989-8905**      **[www.PEELinc.com](http://www.PEELinc.com)**



**Support this  
neighborhood  
newsletter.**

*Advertise your business  
to your neighbors.*



Jaymes Willoughby

**On average, we sell our homes  
for 99% of their list price!**



**7609 Crossmeadow Dr.  
SOLD in just 26 days!**



**4301 Aqua Verde Dr.  
SOLD in just 17 days!**



**1895 Westlake Dr. #104  
SOLD in the heart of Westlake!**



**7608 Creekbluff  
SOLD in just 1 day! Sold for 100% of list price!**

**Your home HAS increased in value!  
Please call Jaymes for a free Market Analysis!**

- One of the **Top 5** Real Estate Teams in Austin
- Austin's most referred realtor since 1984



*View the Open House Show  
every Saturday Morning at 7:30 a.m.  
on KTBC-TV Channel 7!*

Keller Williams Realty, Three Barton Skyway, 1221 S Mopac, Ste. 120, Austin TX 78746

**512-347-9599 ext 105  
metroaustinhomes.com  
Jaymes@jwteam.com**

Know how the Realtor®  
You Choose Affects...

- Your Selling/Buying Experience
- Your Home Exposure and Home Search
- YOUR BOTTOM-LINE EXPENSE

Vallure Realty Makes the Difference!!



Exclusive Buyer Rebate Program  
1% Seller Listing Option Available

Your options are ENDLESS!

**Nicole Peel**

Broker/Realtor®

Steiner Ranch Resident

Office #: 512-249-6299

Mobile #: 512-740-2300

[www.vallurerealty.com](http://www.vallurerealty.com)



*A Fresh New Approach to  
Buying and Selling Real Estate!*

Servicing all of Austin • Specializing in Steiner Ranch

**Peel, Inc.**

203 W. Main Street, Suite D  
Pflugerville, Texas 78660

PRSRT STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

☎ Voice 512-989-8905

💻 [www.PEELinc.com](http://www.PEELinc.com)