

THE STAR

VOLUME 1 ISSUE 3

MAY 2007

Kids, Eggs, Umbrellas!

Hundreds of children and parents endured the rainy weather to meet the Easter Bunny and on April 7th. Here are a few pictures of the Easter Egg Hunt.



Don't want to wait for the mail?

**View the current issue of The Star on the
1st day of the month at www.PEELinc.com**

THE STAR

IMPORTANT NUMBERS

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EMERGENCY	911
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Ambulance	911
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Hudson Bend Fire and EMS	
Emergencies	512-266-1775
Information	512-266-2533

SCHOOLS

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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
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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
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NEWSLETTER PUBLISHER

Peel, Inc.	512-989-8905
Article Submissions	thestar@peelinc.com
Advertising	advertising@peelinc.com

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. The advertising deadline is the 10th of each month for the following issue.



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May Events

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May 5 - 6	Old Pecan Street Spring Arts Festival <i>A lively street affair with over 400 arts, crafts, and food booths with live music.</i>	6th Street (East) 512-443-6179 oldpecanstreetfestival.com
May 10 - 13	Disney on Ice presents Princess Wishes <i>This magical show whisks you through a collection of enchanting and beloved Disney stories.</i>	Frank Erwin Center 512-471-3678 uterwincenter.com
May 11 - 12 8pm	Classical Mystery Tour - Tribute to The Beatles <i>Bring a picnic dinner and enjoy a tribute to The Beatles performed live in concert with the Austin Symphony.</i>	Palmer Events Center 512-476-6064 austinsymphony.org
May 12 9am-5pm	Gardens on Tour <i>Visit five fabulous private gardens, the perfect Mother's Day gift!</i>	Lady Bird Johnson Wildflower Center 512-292-4100 wildflower.org
May 13 7pm	Austin Symphonic: "Mother's Day Concert" <i>Enjoy show tunes and light classics in the twilight as you treat Mom to a concert in her honor.</i>	Zilker Hillside Theater 512-345-7420 zilker.org
May 19 - 20	Old Gruene Market Days <i>Nearly 100 vendors offer uniquely crafted items in the Gruene Historic District.</i>	Gruene Historic District 830-832-1721 GrueneMarketDays.com
May 20 12-5pm	O. Henry Pun-Off World Championships <i>One of the funniest events in Austin - the world's best puns and wordplay!</i>	O. Henry Museum 512-472-1903 ci.austin.tx.us/parks/ohenry

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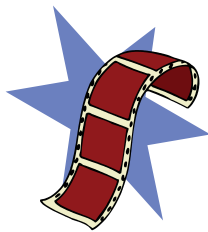
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THE STAR

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. 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.



Cody Frankum, a resident of Steiner Ranch and a junior at Cedar Park High School, placed 5th in the State Wrestling Tournament this past February. He went undefeated throughout the season and is a 2x District Champion and Regional Champion.



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Spring rains beg the question: Is the drought over?

Submitted by LCRA

It's raining again. Lake Travis is up. The ground is saturated. Springs are flowing. Burn bans and watering restrictions are being lifted.

So is the drought finally over?

Experts at LCRA agree that the heavy March rains certainly put a dent in the drought that has afflicted much of Central Texas for more than two years. But they point out that drought conditions still linger in the Hill Country, which is still recovering from a two-year rainfall deficit of more than 20 inches. And they caution that the wet weather may only be providing a temporary respite to drought conditions, as happened during the record drought of the 1940s and '50s.

Austin, downstream basin generally free of drought

For those folks living east of Interstate 35, "there's certainly no question that the drought has ended," said Bob Rose, LCRA chief meteorologist. Austin and downstream communities have enjoyed the heaviest of the rains that have been falling intermittently in the basin since late December.

On the other side of the Interstate, the Hill Country benefited from rains of up to 4 inches or more during March, which poured more than 100 billion gallons of water into lakes Travis and Buchanan – almost enough to fill all four of the smaller Highland Lakes (Inks, LBJ, Marble Falls and Austin) twice.

The rains and resulting runoff have raised Lake Travis by more than 20 feet to an April 5 elevation of 667.2 feet above mean sea level (msl), its highest elevation since November 2005.

As of April 5, lakes Travis and Buchanan combined were more than 70 percent full, holding 1.4 million acre-feet, or almost 466 billion gallons – a 32 percent increase from a month earlier.

The prospect for additional rains is good, Rose said, with the National Weather Service's latest outlook calling for above-average rains through the rest of April

Drought conditions linger in Hill Country

But effects of the two-year drought linger. Most of the rains fell in the Lake Travis watershed, so that the March rains and runoff resulted in Lake Buchanan rising only a little more than 4 feet, as opposed to the 20-foot rise on Travis. Both lakes are still below their average elevations for this time of year

Carlos'n Charlie's - Before



Carlos'n Charlie's - After



Emerald Point - Before



Emerald Point - After



Marshall Ford Marina - Before



Marshall Ford Marinda- After



– more than 4 feet for Travis, almost 9 for Buchanan.

Even with the outlook for above-average April rains, the region continues to transition from a wet "El Nino" weather pattern to a drier "La Nina" pattern, Rose said.

Heavy rains fell during Drought of Record

And historical precedent indicates that heavy rains are no guarantee of an end to long-term drought. The best example occurred during the decade-long Drought of Record during the 1940's and '50s that dropped Lake Travis to its all-time low of 614.2 feet msl, almost 70 feet below its full elevation.

On Sept. 10, 1952, rains of up to 15 inches throughout the Hill Country caused Lake Travis to rise by 55 feet within a 16-hour period. Continued rains pushed Travis above its full elevation of 681 feet msl by January 1953.

But the drought, temporarily vanquished by the rains, returned in full force within a couple of years. Many long-time residents recall 1955 and 1956 as the driest conditions they ever encountered. In spring 1957 massive rains and floods broke the decade-long drought for good.

While the spring rains have eased the prospect of mandatory water restrictions later this summer, LCRA continues to encourage basin residents to use water wisely. Check the Water IQ Web site at www.wateriq.org on tips on how you can save water and money without crimping your lifestyle.

The Lower Colorado River Authority protects people, property and the environment in Central Texas. Subscribe to Currents, the LCRA newsletter, at www.lcra.org/subscribe/currents.

A Beautiful Steiner Ranch Sunset



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THE STAR

HOW TO PREPARE FOR A NEW BABY IN AUSTIN, TX

By Bethany Winder R.N.

Wow, the results are in, you are pregnant. Whether it is your first or you swear it is your last, it is still a lot to prepare for. Luckily, you have about nine months to get everything together. Still, the time flies by quickly between shuttling the other kids to school or having to do nothing due to nausea and vomiting, so you need to make the most of it. Here are some tips to make the transition to parenthood an easier one.

First, find an OB/GYN practice and hospital that works for you. If you have one already and if you feel comfortable with them, stick with them. Do find out how the office works and how often you will see your chosen physician. Find out whether that doctor will be likely to deliver your baby. If it is a large practice, they may be on call less, and it could be less likely that they will be available the day you deliver.

Also, find a Pediatrician. This is a doctor that strictly takes care of your baby. There are family practice doctors that will take care of the whole family also. You will have to decide which would work best for your family. Many offices have "meet and greet" nights where you can meet the doctors and see if the office feels right to you. They may give a short presentation regarding baby related information and they are usually useful and informative. If you don't have a doctor picked out at the time of delivery, the hospital will assign you the

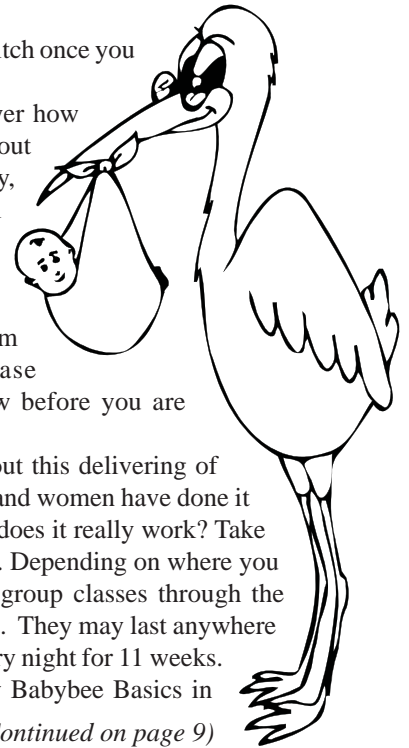
doctor on call, and you can switch once you leave, to one of your choice.

Find out from your employer how much time off you get and fill out paperwork if required. Usually, 6 weeks is the norm for vaginal deliveries and 8 weeks for Cesarean Sections.

Get life insurance. If you are diagnosed with post partum depression this may increase your rate. Get insurance now before you are diagnosed.

Do you know anything about this delivering of babies? It is supposed to hurt and women have done it for quite some time, but how does it really work? Take a Childbirth Preparation class. Depending on where you deliver many hospitals have group classes through the hospital education department. They may last anywhere from a weekend course to every night for 11 weeks. Private classes are offered by Babybee Basics in

(Continued on page 9)



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How to Prepare for a New Baby- (Continued from page 8)

your home, in and around Austin, in 4 hours or a refresher course in 2 hrs. This course is essential for couples to decrease fear of the unknown and this will make them more relaxed when the time comes to go to the hospital. Baby care classes; how to swaddle, burp, bathe and take a temperature are also available. As well as, breast feeding courses. Breast feeding for some women and babies is not as easy as it may seem. Any course you take brings couples closer together in the process.

Take a tour of your hospital to familiarize yourselves with how things work in case you need to get there in a hurry. Mapquest the shortest route and hope you don't have to go during rush hour.

Take an experienced mommy and go register at your favorite baby store. She can tell you what you really need more of, and what is a gimmick and a waste of money. Treat yourself and go to a fancy maternity store and buy a few choice items. Places like Due Maternity, Mimi, or Nine. Don't forget in the last weeks to get fitted at Special Addition Maternity and Nursing for at least one comfortable nursing bra (others can be purchased on the internet or Target). Also, at least one fancy baby outfit from a specialty children's shop is also nice. Some places to browse are Fabby Darling, Kinda Krazy Kids & Kompany, Labs E Divey, Oh Baby, Picket Fences and Haute Baby. Otherwise, there are great baby consignment shops around for buying and then reselling later. And don't forget you are going to get lots of gifts so don't go shopping until after your baby shower.

Get your baby room ready at least 6 weeks in advance. Do a dry run with a doll to make sure you haven't put the wipes across the room where you can't reach them.

Pack your bags 6 weeks in advance; one bag for mom and one for dad. Don't forget extra pillows; those hospital pillows are scarce. It is also a good idea to get a selection of music together so you don't have the TV on all the time. Hospitals don't have CD players or radios.

Get as much rest as possible now and after the baby is born vow to nap when the baby naps.

Try to find friends now who can be mommy and daddy mentors.

Look into finding mom's groups now, before you become housebound and exhausted. You need a reason to get out and you can make some real good friends and playgroups that way. If playgroups aren't your thing go to the park and chat with the other new moms and swap stories. You may find that what you thought was just happening to you is happening to all the new moms and no, your baby is not abnormal.

Read books on babies now. Go for funny (anything by Vicki Iovine) and theoretical (sleep theories are most important) how babies develop their bodies and minds and medical. One good medical book about what to do when your baby is sick may save you a trip to the doctor or it will make you go to the doctor instead of staying home. Pick up free magazines: Parentwise, Austin Family, and Kids Directory are everywhere and they have great resources.

(Continued on page 10)



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How to Prepare for a New Baby- (Continued from page 9)

Make arrangements now about house cleaning. Get your rugs steam cleaned. Get your mother to come early, or resolve to ignore the dirt. Make sure guests know that they are not going to be there to take care of the baby; they are there to take care of the laundry, dishes, cooking, cleaning and you.

Locate child care. Some have waiting lists for infants because they can only take a certain number. Some don't take infants at all. If you have other children it is nice if they go to the same place.

Have fun and don't worry so much! Everyone is going to be telling you different things and giving you information that may be wrong. Talk to your doctor if you are unsure. This time in your life is the best, even if it is stressful, try to enjoy it. Try not to groan when your mother or all your friends say that they never felt better than when they were pregnant. Talk to your partner about how you feel.

Remember, the more you prepare, the better off you will be on the day when your precious little-one makes his/her appearance into the world.

Bethany Winder R.N. has worked in labor and delivery and mother/baby units for 12 yrs. Now she is traveling to area couples in need of custom, home, childbirth and baby care classes.

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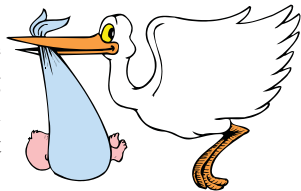
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Attention Teenagers

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 by the 9th of the month!

Stork Report

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



Calling All Steiner Ranch Couples With out Kids

Are you looking to meet other couples who live in Steiner Ranch that don't have kids at home? The Steiner Ranch Couples With out Kids social group has been established since January of 2006. We have over 20 couples who meet once a month at someone's Steiner Ranch home for food, drinks and social time. Whether you are new to Steiner Ranch or have lived here for a while we welcome new friends to join us. For more information please contact Paula Kaisner at paula@kaisner.org.

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Spring into Order

Submitted by Marcia Stanley

Did you know that the average American spends 55 minutes a day – 2 weeks a year looking for stuff they can't find? We only use 20% of our stuff 80% of the time, which leaves all that other stuff lying around. Americans spend \$154 billion on storage facilities, 1 in 11 households spend \$1000 a year to store all that extra stuff. It's no wonder that those piles begin to add up and take an emotional toll on our lives. We feel stressed and out of control because we are drowning in clutter and our homes are full of negative stagnant energy. We can't open our homes to friends and family because of shame and embarrassment. Our lives are full of acquisitions and overindulgence, how much is enough, it time to get organized and focus on what really matters in life.

If it all seems too overwhelming and you don't know where to begin, a professional organizer may be the answer. A professional organizer will evaluate the problem, offer solutions and design an organizational plan according to your individual or family needs. They will help get you started and leave you with all the tools and techniques necessary to understand and maintain order in your home. In the end, you will have more time to do the things you really love and enjoy life. Being organized is not about being perfect it is an investment in peace of mind and quality of life, invest in yourself.

5 Tips to Order

1. Make a home for everything, group like items and containerize yourself. When you use it put it back.
2. When you buy an item make sure an item goes out. Not only will you ensure you have a home for it but you will think twice about buying it.
3. We only wear 20% of our clothes 80% of the time. An easy way to find your 20% is to turn all the hangers in your closet backwards on the bar. After you wear the clothes hang them in the right direction, after 2 months you have your 20%. If you are not sure, put it in a box and label it 3 months into the future. When the time comes, if you haven't used it, toss or donate to charity. Don't open the box.
4. Get kids to clear out toys right before Birthdays and Christmas. This is a good time to share with those less fortunate.
5. When you begin the organizing process, you should have three words in mind, KEEP-TOSS-DONATE, handle it once. If you are not passionate about it get rid of it.

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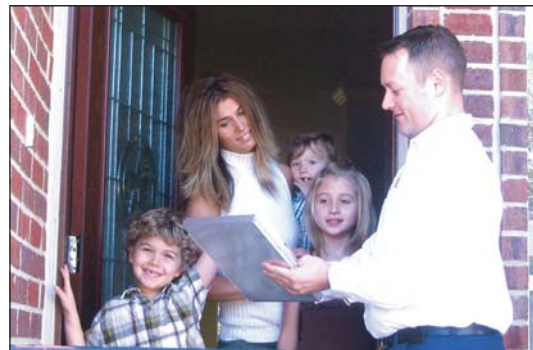
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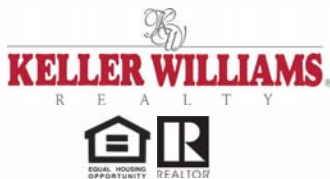
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National Wildflower Week is May 7-13

Save 20 percent on Wildflowers Across America by Lady Bird Johnson and all landscaping books at the store. Saturday, May 5

Gardens on Tour

Visit five private gardens and the Wildflower Center plus a special feature, the Stratus Properties green roof. Rain or shine. Wristbands on sale starting April 7 at select retailers. Plant lists and home previews at www.wildflower.org. \$25 for all gardens or \$6 for each garden. Children under 5 free. 9 to 5 p.m. Saturday, May 12

Gardens on Tour at the store

Ben Rehder will sign his new novel, Gun Shy, from 1 to 4 p.m. Moms who visit the store will receive a free packet of wildflower seeds. 9 a.m. to 5 p.m. Saturday, May 12

Nature Nights: If Looks Could Kill: Carnivorous Plants of Texas
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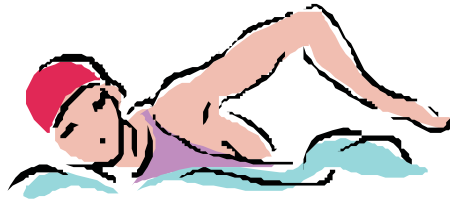
Exercise for Your Bone Health

Submitted By Alicia Harrison

Vital at every age for healthy bones, exercise is important for treating and preventing osteoporosis. Not only does exercise improve your bone health, it also increases muscle strength, coordination, and balance, and leads to better overall health.

Why Exercise?

Like muscle, bone is living tissue that responds to exercise by becoming stronger. Young women and men who exercise regularly generally achieve greater peak bone mass (maximum bone density and strength) than those who do not. For most people, bone mass peaks during the third decade of life. After that time, we begin to lose bone. Women and men over the age of 20 can help prevent bone loss with regular exercise. Exercising allows us to maintain muscle strength, coordination, and balance, which in turn help to prevent falls and related fractures.



The Best Bone Building Exercise

The best exercise for your bones is the weight-bearing kind, which forces you to work against gravity. Some examples of weight-bearing exercises include lifting weights, walking, hiking, jogging, climbing stairs, tennis, and dancing. Examples of exercise that are not weight bearing include swimming and biking. While these activities help build and maintain strong muscles and have excellent cardiovascular benefits, they are not the best way to exercise your bones.

Exercise Tips

If you have health problems – such as heart trouble, high blood pressure, diabetes, or obesity – or if you are over the age of 40, check with your doctor before you begin a regular exercise program. According to the Surgeon General, the optimal goal is at least 30 minutes of physical activity on most days, preferably daily.

Listen to your body. When starting an exercise routine, you may have some muscle soreness and discomfort at the beginning, but this should not be painful and should not last more than 48 hours. If it does, you may be working too hard and need to ease up. STOP exercising if you have any chest pain or discomfort, and see your doctor before your next exercise session.

If you have osteoporosis, ask your doctor which activities are safe for you.

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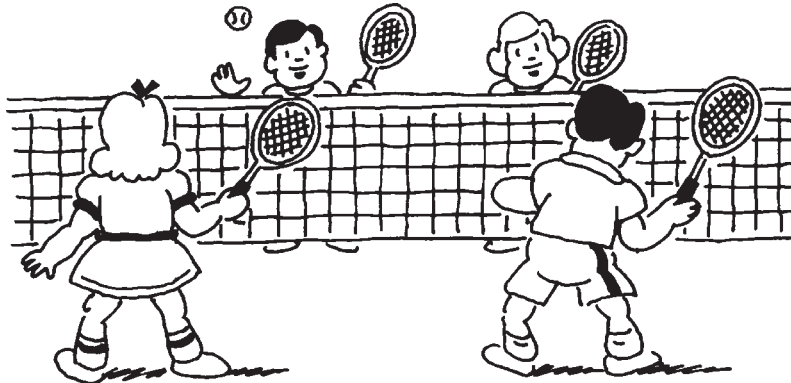
A FUN WAY TO WORKOUT FOR EVERYONE

By Scott McKay

Tired of finding the motivation to workout or have you already given up on your New Year's resolution. Maybe it's because you have not found a fun way to workout, or something that keeps your attention and gives you a burning desire for more. I want to share with you something that I was fortunate to find over 30 years ago that helped give me the desire and discipline to workout and to stay active. That something is really a sport, which is known as 'the sport of a lifetime'.

Some of you now may know what I am talking about. I am referring to the great sport of tennis! Now you may be saying "that is a sport or a game not working out." Let me say that it is both and in my opinion the most fun way to get a good workout. There has been a lot of research and tests comparing the many ways and forms of working out (all the different sports included) and tennis ranked up near the top of almost every category. Some of those categories were measuring cardio vascular performance, percentage of muscles used, fine motor skills required, lung and respiratory function, as well as total calories burned. Also, for those coming up on their golden years, there has been a lot of research done on the benefit of tennis in preventing and helping to reverse the damage done by osteoporosis.

Along with the health benefits of tennis, there were other benefits that tennis created for me. The added bonuses that exercise is fun and that it was a cool way to hang out with family. I was fortunate to be introduced to this great game as an adolescent. My mom, dad, sister, brother, and I would all go out to the local high school courts and play tennis together. It was a fun way for all of us to spend time together and get exercise. Shortly after that, we then joined a country club to play our tennis. Looking back, those were some fond memories that we spent together as a family, enjoying the great



sport of tennis together. Not only did it foster a love for exercise and sport, but more importantly it helped to foster a bond of love for each other that has never been shaken.

Over the last 25 years, I have had the privilege of introducing hundreds of people to tennis through teaching them the basic fundamentals of how to play the sport at various tennis and country clubs around the world. I have also had the opportunity to help continue making tennis fun for over thousands of people through various tennis leagues, tournaments, play days, mixers, etc.

I am now currently the Director of Tennis at River Place Country Club where I have the awesome job of creating, implementing, and overseeing all kinds of fun tennis programs and events. We are committed to continue our reputation as "The Best Family Club in Austin" by AVIDGOLFER 2006 in our offering of programs for all ages and abilities. From our junior tennis clinics and camps (starting at age 4), to our junior team that competes against other clubs, to our adult beginner lessons, clinics and leagues, to our more advanced adult lessons and tournaments, and finally to our social and family tennis events, we are motivated to not just get individuals involved but entire families actively having fun playing tennis together.

I know what tennis has done for me and my family. I know that it can do the same thing for you and your family too. So whether you have never played tennis before or considering taking it back up, I encourage you to try 'the sport of a lifetime' and see why it is a fun way to workout for everyone.

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Latino Music Month Returns with Spicy Sounds

Month-Long Festival Rocks Austin throughout May

April 9, 2007

AUSTIN, TX - The city known for live music and listed among the "top cities for Hispanics to live and work," celebrates Latino Music Month throughout May. The City of Austin features Latino artists as part of "Live from the Plaza" noon concert series every Friday at City Hall, at Austin-Bergstrom International Airport and during weekly Austin City Council meetings. A number of special showcase are produced during the month, and many local clubs and venues book Latino artists.

Organized by the Austin Latino Music Association (ALMA), Latino Music Month is intended to increase knowledge and awareness of Austin's Latino music scene. ALMA strives to assist not only the artists but also the club owners, live music venues and event producers with increased attendance at shows taking place during the festival.

"This is a great opportunity for Latino musicians to shine and to raise awareness about this important segment of the local music scene," says ALMA founder Raul Alvarez. "This month-long festival celebrates everything from Latin country and western to salsa and flamenco."

The celebration kicks off with a party on May 1 from 6-9 p.m. at the Gibson Guitar Showroom, located in Penn Field at 3601 South Congress Ave, Ste. G-400. Attendees can enjoy performances by

Davíd Garza and Alejandro Escovedo.

Other highlights during the month are Grupo Fantasma and Vallejo, May 5 at Antone's; Justin Treviño, Wednesdays through May 30 at Ginny's Little Longhorn; and Ruben Ramos at Round Rock's Fiesta Amistad on May 26.

May also includes the celebration of Cinco de Mayo, May 3-6 at Fiesta Gardens. The festival commemorates Mexico's independence from France and includes activities such as a jalapeño eating contest and Polka dance contest.

The month is also packed with other events such as the Austin Conjunto Festival on May 6 at Fiesta Gardens and the Old Pecan Street Festival, May 5-6, which features Vallejo, Son Y No Son and more.

A complete schedule of events, festivals, performances and venue listings during Latino Music Month is available at www.austinlatinomusic.com.

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Spring is in the air—it's time for family fun in the garden

Submitted by LCRA



In a world of iPod's, computer games and DVDs, gardens are our nearest gateway to nature. Planting a garden with your children builds family relationships as well as stronger connections to the land, weather and plants of Texas.

When looking for a garden site in your yard, choose an area with good sun and access to water. If you have shallow or poor soil, consider creating raised beds. Have your child help decide the garden's shape by drawing shapes on paper and talking about how you might arrange flowers, herbs and vegetables in those shapes. Space permitting, consider creating a small arbor where overhead plants can create magical hideaways for children.

You may want to read through regional gardening books and seed catalogs with your child when choosing plants. Plants adapted to this area will be much easier to grow and keep healthy, and native flowering plants attract hummingbirds and butterflies. Avoid toxic plants, and consider aromatic herbs and edible plants. If you choose to start some plants from seed, let your child create garden markers using either names or drawings to help recognize the plants when they germinate.

Find sturdy gardening tools. Many nurseries and garden centers have small spades and rakes that are the right size for children. Avoid digging with hand trowels unless the soil is very friable, or you are working in pots—small hands and wrists tire easily.



Use soaker hoses with timers to keep soil moist while your seeds are germinating. Keep a calendar to record when you plant seeds and when they germinate. Place a rain gauge in the garden to keep

track of showers. Find a magnifying glass to peer at leaves, flowers and insects in your garden.

Keep your garden safe for everyone by avoiding the use of toxic landscape chemicals. Visit www.growgreen.org for information on less toxic landscaping.

Finally, celebrate your harvest of wildflower bouquets, herbs for cooking, and tasty vegetables. Gardening with you will create lifelong memories for your children.

The Lower Colorado River Authority protects people, property and the environment in Central Texas. Subscribe to Currents, the LCRA newsletter, at www.lcra.org/subscribetocurrents.



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Exercise and Asthma

Many people with asthma believe exercise is not an option for them, that it will do more harm than good. The truth is that most asthmatics would likely benefit from some form of regular physical activity.

The ABCs of Asthma

Twelve percent to 15 percent of the population are considered asthmatics and suffer recurrent attacks of breathlessness. The severity of an asthma attack can vary greatly, from slight breathlessness to respiratory failure. Common symptoms include wheezing, a dry cough and tightness in the chest.

Attacks may be brought on by an allergic response, a respiratory infection, tobacco smoke, air pollutants, anxiety or stress. Exercise induced asthma (EIA) is usually brought on by vigorous aerobic activity.

Exercising with Asthma

Despite the fact that asthma may be brought on by aerobic activity, exercise may still be a desirable option for many asthmatics. Research indicates that as tolerance for physical exertion is built up over time, it is less likely that an asthmatic will experience an attack during exercise. And, in addition to reducing the risk of developing many other diseases, appropriate exercise can help asthmatics reduce stress, sleep better and feel more energized.

It might surprise you to know that even world-class athletes, such as Olympic gold medalist Jackie-Joyner Kersee, continue to compete after being diagnosed with asthma.

Have a thorough medical evaluation and obtain your doctor's permission before beginning any type of exercise program. This is an absolutely essential first step. Your physician may prescribe medications that might further aid in controlling your condition. You will need specific instructions on when to take the medication before exercising and how long the effects will last.

Once you have received clearance from your doctor to begin an exercise program, consider the following guidelines:

- ⇒ Take extra time to warm up before exercising. A prolonged period of low-level aerobic activity will help prepare your body for higher-intensity exercise.
- ⇒ Exercise toward the lower end of your target heart rate. Exercises such as walking or swimming are great for asthmatics because they are low intensity and may be done for longer periods of time. Those who wish to participate in higher-intensity exercise, such as running or fast-paced sports, should slowly increase intensity over time. Rest when necessary and listen to what your body is telling you. Strength-training exercises

are unlikely to cause an asthma attack if you rest between sets.

- ⇒ Avoid exercising in polluted environments, or in cold or dry air.
- ⇒ Don't rush through your cool down; extending it can help prevent the asthma attacks that occur immediately following an exercise session. A warm bath or shower may also help.

Keep Your Options Open

Asthma does not necessarily mean you have to live an inactive life. Regular physical activity is one of the best things you can do for both your health and your overall well-being. As long as you and your physician are comfortable with your level of activity, nothing should keep you from doing the activities that keep you happy and healthy.

These exercises are listed in order from most to least likely to induce an asthma attack:

- outdoor running
- treadmill running
- cycling
- walking
- pool swimming



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Recipe

*Submitted by Joshua Goodman,
Executive Chef River Place Country Club*

With spring here and summer right around the corner things will definitely be heating up in Central Texas. With the changing weather we always notice a change in people's eating habits. This time of year is a great chance to lighten up and enjoy a good salad. Making your own salad dressing has a sense of uniqueness and opportunity for creativity. There are many options for store bought dressings and many are very good, but taking a little extra time to make one is worth the effort and eliminates any mystery ingredients and preservatives. Here are some recipes that will dress up any meal.

Strawberry Champagne Vinaigrette

- 1/2 pint strawberries, tops removed
- 1/2 Cup champagne vinegar or white wine vinegar
- 1 ounce Dijon mustard
- 1 each Shallot, chopped
- 1 ounce honey
- 1 each Basil sprig, roughly chopped
- 1 cup canola oil
- 1/2 cup extra virgin olive oil
- 1 T. Salt + more to taste
- 1 tsp. Pepper

Puree the first six ingredients in a blender. With the motor running, slowly pour in the canola oil and extra virgin olive oil. Using this method will help to emulsify the dressing. Add the salt & pepper. Taste the dressing and add more salt if needed. Use or refrigerate for up to 7 days.

Orange Vinaigrette

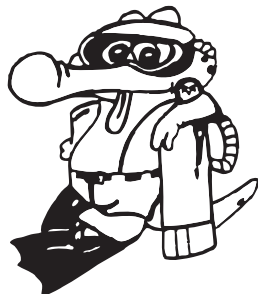
- 1 T. Dijon mustard
- 2 T. Orange marmalade*
- 2 each garlic cloves, minced
- 1/4 Cup Orange juice
- 1/4 Cup Cider vinegar
- 1 Cup Olive Oil
- to taste salt & pepper

Mix the first five ingredients. Slowly whisk in the oil. Season with salt & pepper. Use or refrigerate for up to 7 days.

*The orange marmalade adds a concentrated orange flavor along with a touch of sweetness. Frozen orange juice concentrate can be substituted in the same amounts if desired. Enjoy! Please feel free to contact me with any questions!

*If you would like to submit YOUR recipe to
The Star email it to thestar@peelinc.com.*

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