

THE STAR

VOLUME 1 ISSUE 8

OCTOBER 2007

Recognizing National Breast Cancer Awareness Month

Submitted by Mary Esther Middleton

October is National Breast Cancer Awareness Month (NBCAM). Since the program began in 1985, mammography rates have more than doubled for women age 50 and over and breast cancer deaths have declined.

While this is exciting progress, there are still women who do not take advantage of early detection at all. Others do not get screening mammograms and clinical breast exams at regular intervals.

- Women age 65 and older are less likely to get mammograms than younger women even though breast cancer risk increases with age.
- Hispanic women have fewer mammograms than Caucasian women and African-American women.
- Women below poverty level are less likely than women at higher incomes to have had a mammogram within the past two years.
- Mammography use has increased for all groups except American Indians and Alaska Natives.

If all women age 40 and older took advantage of early detection methods – mammography plus breast exam – breast cancer death rates would drop much further, up to 30 percent.

The key to mammography screening is that it be done routinely – once is not enough!

For more information about NBCAM, please visit www.nbcam.org. For

additional information, please call one of the following toll-free numbers:

- American Cancer Society (800) 227-2345,
- National Cancer Institute (NCI) (800) 4-CANCER
- Y-ME National Breast Cancer Organization (800) 221-2141

For a local source of information, education and support contact the Breast Cancer Resource Center of Austin: www.brcr.org or by phone (800) 309-0089

Austin (512) 472-1710

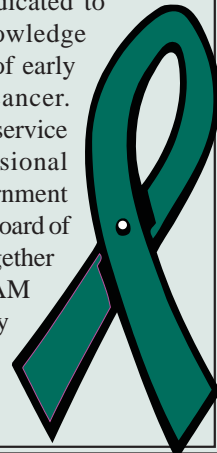
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For special events in Austin during National Breast Cancer Awareness Month: <http://www.lululemon.com/austin/austinshowroom/events>

The National Breast Cancer Awareness Month program is dedicated to increasing public knowledge about the importance of early detection of breast cancer. Fifteen national public service organizations, professional associations, and government agencies comprise the Board of Sponsors, who work together to ensure that the NBCAM message is heard by thousands of women and their families.



Did You Know

October is National Breast Cancer Awareness Month - To find more our please visit the American Cancer Website at: http://www.cancer.org/docroot/CRI/content/CRI_2_6x_National_Breast_Cancer_Awareness_Month.asp?sitearea=

Sunday, November 4, 2007 will be the 10th Annual Susan G. Komen Race for the Cure in Austin, Texas at Auditorium Shores. To find out more please visit the Susan G. Komen for the Cure Austin Website at: <http://www.komenaustin.org/site/PageServer>

October Steiner Events

- 8th - Girls Night Out
- 13th - Community Blood Drive
- 13th - Movie in the Park - Little Giants
- 19-21st - Scrapbooking Marathon
- 27th - 5K Run, Fun Run & Health Fair
- 31st - Children's Halloween Event

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

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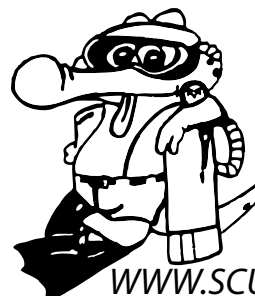
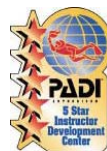
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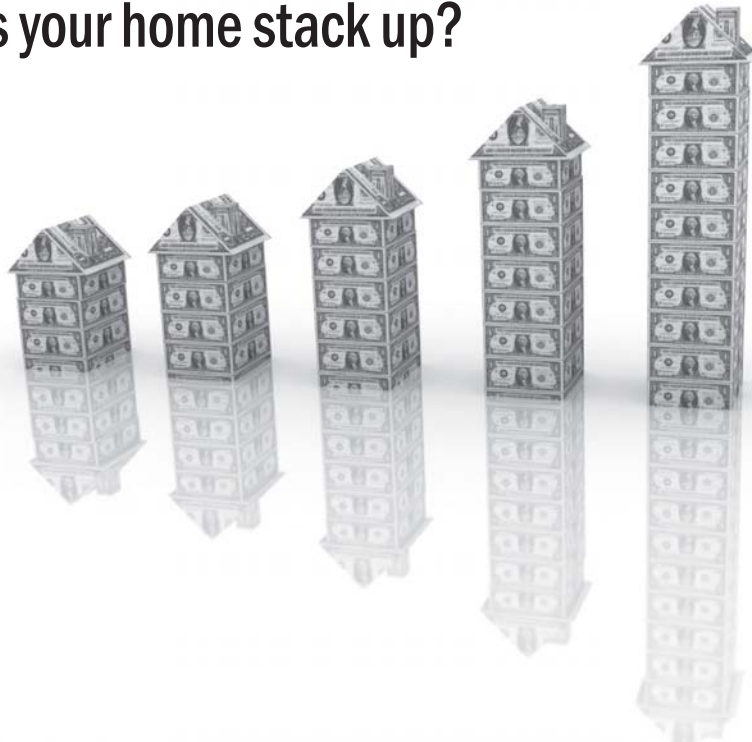
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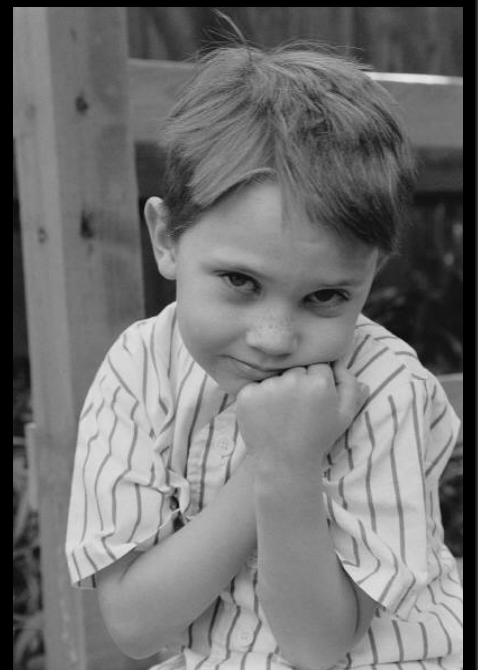
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Music Education and Your Child: Part 2 - How to Start Your Music Study?

By Cyrus Albertson

“When should my children begin music lessons? What instrument should they start with? How do I find the right teacher? Is music just a waste of time?” I hear these questions daily from concerned parents who want the best for their children. Over time, music education is being removed from the primary and secondary education curriculum, and more and more parents are finding themselves in the position of being responsible for their child’s musical education.

To get started, first decide what instrument to pursue. The age of the student has a bearing on instrument selection. Many students as young as three years old can be successful with either piano or violin. Students should usually be at least 7 or 8 years old to pursue guitar, drums, or voice study. Woodwind and brass instruments are usually best undertaken after the age of 9 or 10. The cost of the instrument should have less bearing on the instrument choice, as rental instruments are readily available. Many parents choose to rent an instrument during the beginning phases of study, until they are sure that the students likes the instrument they have chosen. That way, parents can postpone a sometimes expensive purchase.

Regardless of the student’s age, piano is an excellent first instrument for several reasons. First, children learn to read both treble and bass

clefs. Second, piano is a linear instrument which helps develop an understanding of musical scales and note reading. Third, piano is the only instrument that teaches both chords and melody, and how the two relate. Fourth, students don’t have to be concerned about proper tuning of the notes - this is helpful because beginning students can be easily demotivated if the music they produce sounds bad because the notes are not in tune. Many parents are concerned about pursuing piano because of the size and cost of pianos. However children can begin their study on an inexpensive keyboard for the first few years. During that time, parents can make sure the child is interested in continuing piano study before purchasing one.

Once you and your child choose the instrument to study, the next challenge is finding the right teacher. Unfortunately, too often, parents pick teachers for all the wrong reasons. Parents often choose teachers because they play their instrument well, because they have a master’s or doctorate degree in their instrument, because they are located close by, or because they charge a low tuition rate. However, the most competent player or the most educated person may not interact well with children. The neighborhood teacher may not have any training

(Continued on page 11)



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Music Education- (Continued from page 10)

in how to teach. The cheapest teacher is almost never the best teacher. So what should a parent look for when choosing a teacher? First, find someone with formal musical training, which will ensure that your child will be taught the correct fundamentals of music. Second, it is essential that you find a teacher who enjoys working with young people and can help inspire and motivate your child. Remember, this person will have a huge influence on your child. Third, ensure that the teacher you choose has been properly trained in the proper methods to use when teaching children. There is a good chance that your child will remember their music teacher for the rest of their life – choose wisely!

Cyrus Albertson is a concert pianist, taught in the secondary school System.

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Fall Gardening After A Wet Summer

By Elizabeth Drozda-Freeman
LCRA Conservation Landscape Specialist



The summer of 2007 has been a unique experience for many Hill Country gardeners. With July bringing 17 days of rain, more than nine inches in the rain gauge, and relatively mild temperatures in the 80s, many yards were transformed into jungles — a far cry from the hot, parched plots we usually encounter as summer comes to a close. Now as fall approaches it is the perfect time to undertake most landscaping activities.

Abundant moisture has produced extraordinary growth in all of our landscape plants, including weeds. Begin your gardening efforts by removing weeds that have taken root in your yard. Try to remove weeds before they set seed. If you don't have time to remove the whole weed, at least remove the flowers.

In an established garden, an important task is keeping plants pruned, shaped and divided to maintain the original design intention. Many of our landscape plants will likely require pruning following this wet summer. Pruning perennials prevents spindly plants and helps keep

them vigorous. Shrubs may also need shaping now. Use clean, sharp pruning equipment, and disinfect pruning shears between plants to help prevent the spread of disease.

Fall is the ideal time to divide and transplant perennials. The lush growth this year may mean that you have many plants to share with friends and neighbors. Keep the plant roots dark and moist while you are moving them to their new locations, and plant them as soon as possible after digging them up.

Perennials and shrubs planted now will have a great advantage over those you plant next spring because of the extra time over winter to establish deep roots. August through October is the time to sow spring wildflower seeds, and October heralds the beginning of tree planting season in Central Texas.

Soil can benefit from the addition of compost at this time of year, especially in areas such as vegetable beds that have been in full production all summer. If you have thin soil under your turf, top dress your yard with ¼ to ½ inch of compost now. This will

work wonders for your turf, eliminating the need for fertilizer while improving the water holding capacity of the soil.

Finally, don't forget to check in with your irrigation system. Although you may not have run the system much during this wet summer, this is a good time to check for broken and misaligned sprinkler heads. Also, cut back your watering schedule to 50 percent of the summer schedule for the cooler, wetter days of fall.

Now is the perfect time to take advantage of prime gardening season in Central Texas, under the harvest moon. And, don't forget: Just because we've had a wet year doesn't mean conserving water isn't a good idea. Test your knowledge and obtain water-saving landscaping tips for your area at <http://lcra.wateriq.org>.

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Understanding Prostate Cancer

What Every Man Needs to Know

Prostate cancer is the most common cancer among men and the second leading cause of cancer death in men. Understanding risk factors for the disease, being aware of screening options and learning the symptoms can help catch the disease in an early, treatable stage.

Rising Risk

“Cancer of the prostate, a gland located under a man’s bladder that produces a fluid found in semen, is most common in men 65 and older,” says Koushik Shaw, M.D., a urologist with The Austin Diagnostic Clinic. “After age 50, a man’s risk for the disease begins to sharply rise.”

In addition to age, family history can also play a role in risk. A man who has a father or brother that has been diagnosed with the disease is at higher risk, especially if those family members were diagnosed at a young age. It’s also important to note that prostate cancer is more common in black men than in white men, and that black men are twice as likely to die from the disease.

Although a man has no control over his age, family history or race, men with unhealthy eating habits may also be at higher risk for the disease. “Although no studies conclusively show that diet can prevent prostate cancer, a diet low in animal fat and meat, and high in fruits and vegetables may help lower risk. What is good for the heart is good for the prostate,” says Dr. Shaw.

Screening Simplified

There are two common screening tests for prostate cancer that can help find the disease in its early stages, before it has spread to any other organs. The prostate-specific antigen (PSA) test is a blood test that checks for higher than normal levels of PSA, a protein released by prostate tissue. Many doctors recommend that all men over age 50 who are at average risk for the disease have a PSA test each year. Men with a family history should talk to their doctor about starting annual testing by the age of 40.

“Higher levels of PSA may indicate prostate cancer,” says Shaw. “However, other conditions can cause a rise in the protein levels as well. That’s why a doctor will also consider other factors including changes in the PSA level over a period of time and whether or not a patient has other symptoms.”

The second commonly used screening test, often done in conjunction with a PSA test, is the digital rectal exam (DRE). The doctor inserts a gloved, lubricated finger into a man’s rectum to feel the prostate, which is located behind the rectum wall. Any lumps, unusually hard areas or other irregularities can be a sign of prostate cancer.

If either test suggests the possibility of prostate cancer, a doctor may order further tests, such as a biopsy. A biopsy, which involves

(Continued on page 15)



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Understanding- (Continued from page 14)

the removal of a small amount of prostate tissue, is the only way to determine for sure if a man has the disease.

“The good news is that more than 90 percent of all prostate cancers are found at an early stage, when the disease has not spread,” says Shaw. “If the disease is found in a more advanced stage and has spread to other organs, the outlook is more positive than for other cancers. Many patients with an advanced form of prostate cancer respond extremely well to treatment.”

Symptoms

While most prostate cancers are found early through a PSA or DRE test, some men can develop symptoms if the disease reaches a later stage. Urinary problems are most common, including needing to urinate frequently or not being able to urinate; having a hard time starting or stopping the flow of urine; pain or burning during urination; or blood in the urine or semen.

“While these symptoms can indicate a prostate problem, they can also be caused by several other infections or diseases,” says Shaw. “If you have any of these symptoms, take them seriously and see your doctor, but don’t panic.”

If you are diagnosed with prostate cancer, numerous treatments, such as minimally invasive laparoscopic robotic surgery, radiation therapy, and others options are available depending on the size of the tumor, where in the prostate it’s located and whether or not the disease has spread.

“Prostate cancer is typically a slow-growing disease that can be found early and treated with excellent outcomes,” says Shaw. “The more men who understand their risk and have regular screening tests, the more unnecessary deaths we can prevent.”



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THE STAR

Recipe of the Month:



Peach Cobbler

- 1 stick margarine 1 C flour
- 1 C sugar 1 C milk
- 2 tsp. baking powder 1 quart peaches (sweetened)

Melt margarine in baking dish in 350° oven.

In another bowl, combine sugar, flour, milk and baking powder.

Pour this mixture into the melted margarine and stir. Pour the peaches (and juice) into the dough mixture. Do not stir. Bake until brown.

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

Your last excuse just went back to school.



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The live wire

- October 6**.....Billy Joe Shaver
Nutty Brown Cafe
- October 11**.....Willie Nelson
Floore's Country Store, Helotes, Tx
- October 12**.....Bob Sshneider
La Zona Rosa
- October 12**.....The Derailers
Broken Spoke
- October 12**.....Cory Morrow
Midnight Rodeo
- October 13**.....The Gourds
Threadgill's World Headquarters
- October 15**.....Lyle Lovett
Stubb's BBQ
- October 18**.....Texas Renegade
Nutty Brown Café
- October 19**.....Kelly Willis
Gruene Hall
- October 19**.....Derailers & Roger Creager
Fire Fest, Buda
- October 20**.....RayWylie Hubbard and more
Fire Fest, Buda
- October 20**.....Joe Ely
Gruene Hall
- October 26**.....Stoney LaRue

The "Live Wire" is not a paid advertisement or endorsed by the performers or venues. The list of suggested events is provided as a convenience in support of Austin's status as the "Live Music Capital of the World"; it is compiled from information available at the time of submittal, and may change. Readers are encouraged to validate accuracy with the performer or the venue.

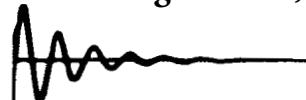
Classified Ads

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.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-989-8905 or advertising@PEELinc.com.



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Ages 3-5



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www.missjulieslearningcenter.com

October Events at the Lady Bird Johnson Wildflower Center

Selah Exhibit--the Story of the Bamberger Ranch Restoration
Artwork by Margaret Bamberger. Photography by Kathleen Wilson. Book and prints at the store. Saturday, October 6, to Sunday, November 11

Annual Fall Plant Sale & Gardening Festival

Nearly 300 species available. Special feature--Live oak and red oak seedlings from the LBJ Ranch. Members Preview: 1 to 7 p.m. Friday, October 12. Public Sale: 9 to 5 p.m. Saturday and Sunday, October 13 and 14

Nature Nights

Spiders. "Spider Joe" Lapp and David Moellendorf bring their 8-legged friends. 6 to 9 p.m. Friday, October 19

Gourd Art

A mini-exhibit by Frances Cushing at the store. Saturday, October 27 to Sunday, November 18

Goblins in the Garden

Put on your best costume and come to the Wildflower Center's family Halloween festival! Explore the Mad Scientist's Laboratory in the Little House. Take a family portrait in the Punkin' Patch. Check out the Haunted Tower!



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Austin Newcomers Club October Luncheon

Time: 11:00 AM Social; 12:00 Noon Luncheon

Date: October 17, 2007 (Reservations by Thursday, October 11)

Program: Austin Newcomers welcome MATT WILSON who has played every kind of concert venue there is from Austin's famed 6th Street to New York's Broadway. For two years Matt wowed sold-out audiences as the "Piano Man" in the Billy Joel/Twyla Tharp musical "Movin' Out". He's also been featured at Disney World, the Sydney Olympics and the Opry.

We are very fortunate to be able to enjoy Matt's tribute to the great modern piano players that helped shape rock & roll such as Ray Charles, Randy Newman, Billy Joel, Elton John and Jerry Lee Lewis.

His program, "My Baby Grand", includes Matt's piano & vocals while accompanied by his drummer. This duo will be joined by a high tech, interactive video production. This is an outstanding program Matt is performing

for Austin Newcomers Club.

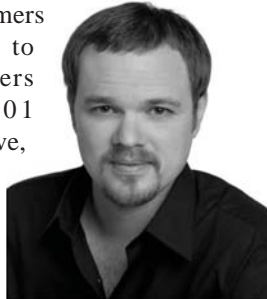
The "My Baby Grand" performance will run one hour. Please be sure not to miss this terrific and extremely entertaining presentation.

Location: Green Pastures Restaurant
811 W. Live Oak Street, Austin, 78704

Cost: \$20.00

Public contact phone number and/or website: 512-314-5100 or www.austinnewcomers.com

Space is limited, all reservations must be received by October 11th. Your check is your reservation. \$20.00 per person made out to Austin Newcomers Club and mailed to Austin Newcomers Luncheon, 2401 Spring Creek Drive, Austin, TX 78704. Allow 3 days for delivery.



Longhorns Score Big with Local Economy

UT Football

The University of Texas Longhorns boost both the fans' spirits and the local economy.

Based on reports from AngelouEconomics, a leading economic development consulting firm, each home game adds an estimated economic impact of \$24 million to Austin's economy. This fall's six home-turf showdowns translate to a total economic impact of \$144 million for the 2007 season. An average of 36,000 out-of-town fans attend each home game and account for a demand of more than 14,500 hotel rooms on the accompanying weekends.

With out-of-town supporters purchasing about 45 percent of all tickets, some 216,000 fans contribute to local hotels, restaurants, retail stores and transportation systems during each season.

You are Invited...

To Our Membership Open House Event
Sunday, October 21st From Noon To 4pm

Bring Your Friends and Neighbors to enjoy the day with Complimentary Food, Balloon Artists, Face Painters, and a Special Performance by Joe McDermott, a nationally recognized children's musical performer!

**Save the Date! Yuletide Treasures
Holiday Shopping Event October 25 & 26!**

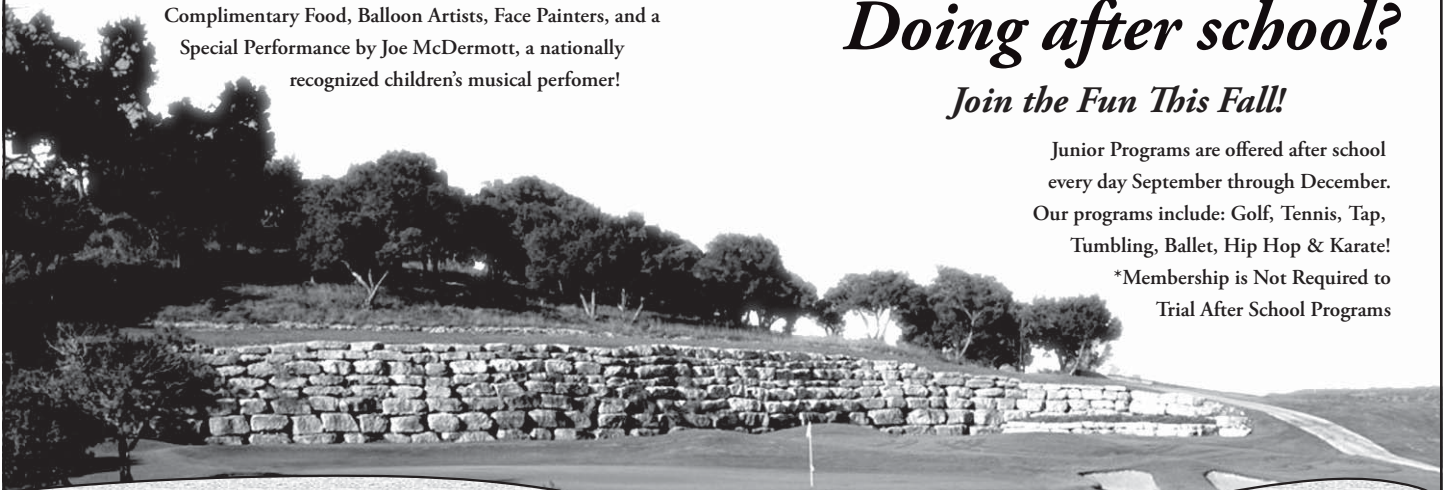


What are your Kids Doing after school?

Join the Fun This Fall!

Junior Programs are offered after school every day September through December. Our programs include: Golf, Tennis, Tap, Tumbling, Ballet, Hip Hop & Karate!

*Membership is Not Required to Trial After School Programs



RIVER PLACE
COUNTRY CLUB

Please call Raquel Hebben, the Membership Director if you would like to receive information regarding Membership, Fall Junior Programs, or our Open House Event!

4207 River Place Boulevard Austin, Texas 78730 | Phone: 512.346.1114 | Fax: 512.346.0527 | www.riverplaceclub.com

Infused Oils and Vinegars

Submitted by the River Place Country Club

I think many people have seen the growing selection of oils and vinegars available at grocery stores and specialty markets. There is also the countless variety of decorative bottles at home stores with different herbs, fruits, and vegetables inside that make a great accent to any bare space in a kitchen or dining area. Infusing oil or vinegar is a fairly simple process that can really add some extra dimension to any dish they are added to, as an Executive Chef at River Place Country Club I incorporate infusing oil or vinegar in many of my dishes.

They can be used in salad dressing recipes or stand alone as is. They can be used as dips for bread, vegetables, or many other things. They lend flavor to marinades or can be used to flavor foods after they have been cooked such as pastas or grilled meats. The odd shaped bottles that are filled with various things are eye pleasing, but not always safe for human consumption. Jars or bottles need to be able to undergo a sterilization process in order for them to be presentable and edible. We'll cover the less aesthetically appealing procedures for infusion. Extraction of flavor will be the main goal in the following recipes:

Garlic and Basil Oil

- 1 oz. fresh basil
- 2 oz. garlic cloves, crushed
- 1 T. peppercorns, crushed
- 2 C. extra virgin olive oil

Wash the basil and dry thoroughly. Roughly chop the basil. Place the basil, garlic, and peppercorns in a heatproof container. In a saucepan, slowly heat the olive oil but do not

get it too hot. Carefully pour the oil into the container with the other ingredients. Allow to cool to room temperature. Refrigerate at least overnight and up to a few days. Strain the mix and discard all solids. Keep oil refrigerated.

Ancho Chile Oil

- 4 each Ancho chiles
- 2 oz. garlic cloves, crushed
- 2 C. olive oil or extra virgin olive oil

Remove the stem end from the Ancho peppers. Split open and remove all the seeds. In a saucepan, lightly toast the Anchos for a few minutes or until they give a strong aroma. Do not cook for too long or it will burn and have an off flavor. Add the garlic and the oil. Cook on low heat for just a few minutes. Cool to room temperature. Puree the mix in a blender. Refrigerate overnight. Strain the mix and discard any solids. Refrigerate until ready to use. *This oil has a nice red color that can be used to garnish plates*

Lemon Thyme Vinegar

- 2 each lemons
- 1 oz. thyme sprigs
- 2 C. white wine vinegar or white vinegar

Wash the lemons and slice thinly. Wash and dry the thyme. Place the lemons and thyme in a jar or bottle. Heat the vinegar just to a light boil. Pour over the lemons and thyme. Make sure there is enough to cover the contents. Cool to room temperature. Cover the container and allow it to sit overnight or up to a few days. Strain the vinegar pressing on the thyme and lemons. Discard the solids. The vinegar should be fine at room temperature, but will hold longer under refrigeration.

Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing 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.

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.



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October – November Events in Austin

Gruene Music & Wine Fest - Oct. 5 to Oct. 7, 2007

This Americana event features the best in live Texas music and Texas food and wines at Gruene Hall and The Grapevine in Historic Gruene Texas. Come celebrate with vintner and music events, wine & food samplings, the Great Guitar Auction and a very special Sunday Gospel Brunch with a Texas Twist.

St. Elias Mediterranean Festival - Oct. 5 to Oct. 6, 2007

Enjoy authentic Mediterranean food, music and dance at the 75th annual festival.

Fall Concert in the Park - Oct. 7, 2007

The Austin Symphonic Band hosts its traditional fall concert.

Austin Film Festival - Oct. 11 to Oct. 18, 2007

Recognized as one of the top film festivals in the country, this cinematic event shines the spotlight on top-billed films and indies alike; panelists include notable Texas screenwriters Tommy Schlamme (West Wing), Bill Broyles Jr. (Apollo 13) and Bill Wittliff (Lonesome Dove).

Day Out With Thomas 2007: All Aboard! Tour - Oct. 11 to 14, 2007.

25-minute train rides behind the famous storybook engine Thomas the Tank Engine, plus kid-friendly activities including storytelling, photos with Thomas, live music, arts and crafts, and more.

LIVESTRONG Challenge & Ride for the Roses - Oct. 12 to Oct. 14, 2007

Tour de France legend Lance Armstrong leads the pack during a weekend of runs, cycling events and galas to raise money for cancer research.

18th Annual La dolce Vita - Oct. 18, 2007

Enjoy the sweet life at Laguna Gloria with food and drink from over 40 restaurants and dozens vineyards.

Old Gruene Market Days - Oct. 20 to Oct. 21, 2007

Nearly 100 vendors offer uniquely crafted items, collectibles and packaged Texas foods.

Maker Faire - Oct. 20 to Oct. 21, 2007

A two-day, family-friendly event that celebrates arts, crafts, engineering, science projects and the Do-It-Yourself (DIY) mindset. It's for creative, resourceful folks who like to tinker and love to make things. We call them Makers.

Texas Clay Festival - Oct. 27 to Oct. 28, 2007

Respected potters and sculptors from around Texas display, sell their wares, and demonstrate a variety of techniques. Hands-on activities are available for children

Austin Symphony Children's Halloween Concert - Oct 28, 2007

It's creepy, crawly and spooky! The Halloween children's concert features music from the Harry Potter movies and other seasonal favorites that are certain to delight young audiences.

(Continued on page 23)



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Live them!
Remember them!*

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birthday parties **a fun afternoon at the park**
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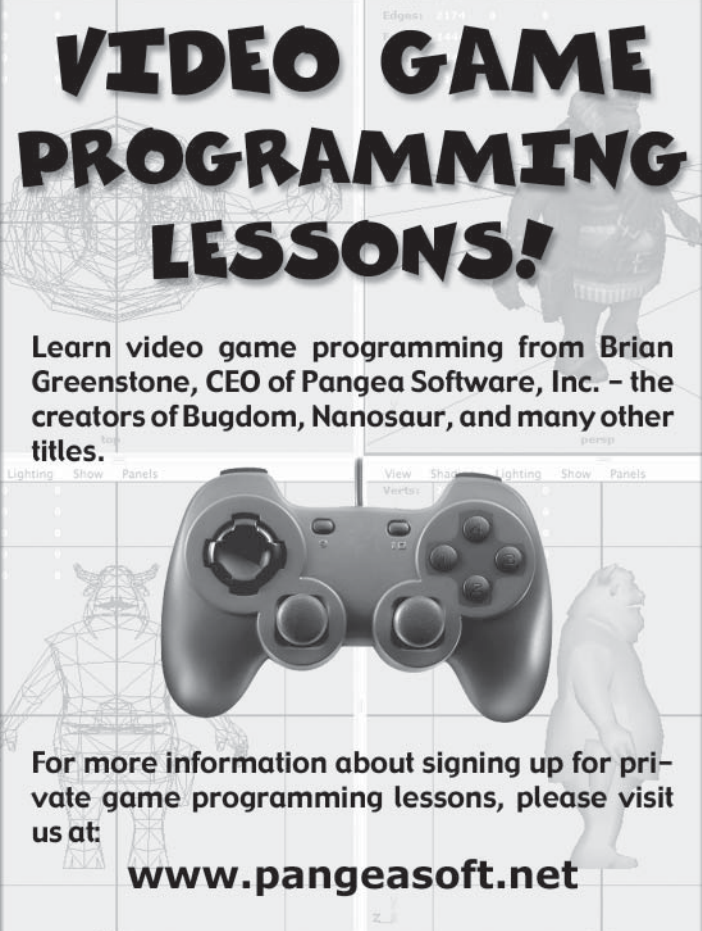
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www.pangeasoft.net

Oct-Nov Events- (Continued from page 22)

Halloween on Sixth Street - Oct. 31, 2007

More than 60,000 costumed revelers make this one of the country's largest Halloween's Eve celebrations.

SIMPLY THE BEST: Opera's Greatest Hits - Nov. 2 to Nov. 4, 2007

Revel in opera's best-loved arias, overtures and ensembles. Musical highlights from ALO's twenty seasons will feature Maestro Richard Buckley, the Austin Lyric Opera Orchestra and Chorus, favorite stars and rising young singers. Experience opera's greatest hits from Bizet to Verdi.

Texas Book Festival - Nov. 3, 2007 to Nov. 4, 2007

Showcasing Texas and nationally known authors, the festival features panel discussions, book readings, signings, live music and a children's tent.

Austin Celtic Festival - Nov. 3, 2007 to Nov. 4, 2007

The Austin Celtic Festival is two days and four stages and presents nearly 200 artists; dancers, actors, musicians and storytellers.

24th Annual Tour de Gruene Bicycle Classic - Nov. 3 to Nov. 4, 2007

Participants enjoy a leisurely ride through the Texas Hill Country or competitive time trials with prizes for the best course records. Among famous past participants are seven-time Tour de France winner Lance Armstrong and five-time winner Eddie Merckx. A celebrity slow race and an antique & classic bicycle show round out the events.

Footprints - Nov. 16, 2007 to Nov. 18, 2007

The Tapestry Dance Company presents Footprints, an eclectic collection of Austin dancers, musicians and guests.

Austin Lyric Opera Season Premiere: Opera's Greatest Hits

- Nov. 17, 2007 to Nov. 20, 2007

Austin Lyric Opera's 21st season opens with a showing of favorite arias, overtures and ensembles, and continues into 2008 with a move to the new Long Center for stagings of Bizet's Carmen and Strauss' The Bat.

Power of the Cross Festival - Nov. 17, 2007

The Live Music Capital of the World newest annual music festival brings together Christian music of every genre.

East Austin Studio Tour - Nov. 17 to Nov. 18, 2007

A free event that allows art collectors, enthusiasts and the general public the rare opportunity to tour the inside of artists' studios.

Photos with Cowboy Kringle - Nov. 23 to Nov. 25, 2007

Create a Christmas memory with photos of the kids with Cowboy Kringle, Gruene's own brand of Santa. Pictures will be taken in the breezeway between The Grapevine and Gruene General Store

Christmas on Sixth Street - Nov. 24 to Nov. 25, 2007

Attendees find themselves surrounded by a recreation of the 19th Century Victorian era. Vendors and street performers create and entertaining environment by dressing up in Victorian costumes and arranging their booths in similar fashion.



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*Nicki Jackson,
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Monthly Seminars 6:30-8:00 p.m. at St. David's Medical Center



Nicki Jackson before her surgery.

Tuesday, October 2
Wednesday, October 17
Monday, October 29

To register for one of the free seminars or for other seminar dates, call: 512-544-LIFE (5433)

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Teenage Job Seekers

Not Available Online

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!



FOOTBALL SCHEDULES



Cedar Park High School Timberwolves - Varsity

Date	Day	Team	Site	Time
September 7	Friday	Harker Heights	Killeen	7:30
Sept. 14	Friday	Hays	Buda	7:30
Sept. 21	Friday	Shoemaker	Bible	7:30
Sept. 28	Friday	Georgetown	Georgetown	7:30
October 5	Friday	McNeil	Bible	7:30
Oct. 12	Friday	Stony Point	Dragon Stadium	7:30
Oct. 19	Friday	Pflugerville	Pflugerville	7:30
Oct. 26	Friday	Westwood	Bible	7:30
November 2	Friday	Round Rock	Dragon Stadium	7:30
Nov. 9	Friday	Leander	Bible (Home)	7:30



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What do our members say about Wild Basin Fitness?

I've tried a lot of things and had just about given up hope that I could ever be fit again. And even though I walk several times a week in the neighborhood, I huff and puff when I walk up the stairs in my house. You know when it's time to do something different.

I have joined fitness gyms in the past. *But there was always something that caused me to quit.* I didn't feel comfortable in a place where everyone was fit, egos were larger than doors, too many people, and the gyms smell like Lysol turned sour.

Wild Basin Fitness is different. It's a beautiful facility and it's not crowded. It's clean, new, and a joy to walk into. No waiting in lines and no one judges you. *The trainers genuinely care about helping you meet your objectives.*

Kirk Leavell, owner of **Wild Basin Fitness**, has impressed me with his sincere encouragement and expertise. *I can't believe it, but I actually look forward to working out.* Having a trainer provides accountability which helps me keep focused.

It will take a long time for me to achieve my fitness objectives, but with the encouragement and pacing by the trainers, I have everything I need to go the distance. *Thank you Kirk and Julie for bringing Wild Basin Fitness to Steiner Ranch.*
Kim P.

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Some restrictions may apply. KP1007

Texas Events - October 2007

210—NEW BRAUNFELS: Comal Country Music Show A house band and featured artists perform. Civic Center. www.nbsenior.org 830/629-4547

10-Nov. 3—INGRAM: Extraordinary Small Works Exhibit The Gallery at the Point, Hill Country Arts Foundation. www.hcaf.com 830/367-5121

11—GEORGETOWN: A Taste of Georgetown Local restaurants, caterers and regional wineries are all in the spotlight. www.downtowngeorgetownassociation.org 512/868-8675

11-14—AUSTIN: Day out with Thomas 2007: All Aboard Tour Take a ride with a replica of Thomas the Tank Engine and enjoy Thomas-themed activities. Austin Convention Center. www.austinsteamtrain.org 866/468-7630 or 512/477-8468

12—AUSTIN: War One World Theatre. www.oneworldtheatre.org 512/329-6753

12-13—BURNET: Cultural Arts Festival Includes authors, poets and storytellers, plus Hank the Cowdog in concert. www.bcafburnet.org 512/756-8514

12-13—WIMBERLEY: 28th Annual Wimberley Gospel Music Festival Includes southern gospel, country and bluegrass. Cowboys for Jesus, 8400 FM 32. www.wimberleygospelmusic.com 512/847-2201

12-14—AUSTIN: Fall Plant Sale & Gardening Festival Guided walks, talks and tips are provided, as well as kids activities. Lady Bird Johnson Wildflower Center. www.wildflower.org 512/292-4100

12-14—BOERNE: Key to the Hills Rod Run See more than 500 pre-1949 street rods. Includes walking poker run, food booths, automotive vendors, entertainment and more. Main Plaza. www.visitboerne.org 830/755-8226

12-14—FREDERICKSBURG: Texas Mesquite Art Festival Features original mesquite art, sculpture, furniture, gift items, ornaments and more. www.texasmesquiteassn.org 866/839-3378 or 830/997-8515

12-14—JOHNSON CITY: Pig Roast Includes poker run, free camping, music and more. Blanco County Fairgrounds. www.jcpiagroast.org 830/868-

13—AUSTIN: 13th Annual Celebration of Czech Culture Enjoy music by the Kovanda Czech Band of Houston and entertainment by The Happy Czech Singers. Westwood Country Club. 512/836-4240 or 512/892-1385

13—AUSTIN: Oktoberfest & German Free School Sesquicentennial Includes German food and beer, German music, folk dancing, educational displays, vendors, book sale and children's activities. German Free School. www.germantexans.org 866/482-4847

13—BEND: Fall Friends Festival See Gorman Springs. Take a self-guided tour to Gorman Falls or a guided walking cave tour to Gorman Cave. Includes other activities. Reservations recommended for Gorman Cave tours. Colorado Bend State Park. 325/628-3240

13—BURNET: Fort Croghan Living Arts Festival Features costumed people demonstrating chores, crafts and skills of the 1800s. Includes live. Fort Croghan. www.fortcroghan.org 512/756-8281 or 512/715-9420

13—BURNET: It's the Second Saturday Bluegrass Show Inks Lake State Park. 512/793-2223

13—CASTROVILLE: Market Trail Day Features arts & crafts, plants and food booths from 9 a.m. to 4 p.m. Houston Square on Angelo Street. 830/538-2316 or 830/931-2161

13—GEORGETOWN: Market Day Features collectibles, entertainment, food and more. Historic Downtown Georgetown. www.downtowngeorgetownassociation.org 512/868-8675

13—KERRVILLE: Down By The Riverside Includes a plant sale, speakers, children's games, educational activities and food vendors. Riverside Nature Center. www.riversidenaturecenter.org 830/257-4837

13—KERRVILLE: Original Team Roping Kerr County Youth Exhibit Center, Hwy. 27 E. 830/896-9016

13—KERRVILLE: Second Saturday Art Trail Thirteen art galleries in Kerrville and Ingram present special exhibits and receptions. www.artinthehills.com 830/895-5184

13—LAMPASAS: Herb & Art Festival 512/556-5172

13—ROUND ROCK: 13th Annual Hairy Man Festival Offers a rock wall, pony rides, obstacle course, train rides, children's activities, arts & crafts and more. Cat Hollow Park. www.hairymanfestival.org 512/796-1994

13—WIMBERLEY: Blessing of the Pets Includes vendor booths, family activities and more. The EmilyAnn Theatre. www.emilyann.org 512/847-6969

13—WIMBERLEY: Merchants Best Scarecrow Contest 512/847-2113

13-14—AUSTIN: Citywide Garage Sale Palmer Events Center. www.cwgs.com 512/441-2828

13-14—BOERNE: Market Days Shop arts & crafts, antiques, collectibles, unusual items and food. Main Plaza. 830/249-5530

13-14—CONCAN: River Region Bike Classic Includes a 32-mile Scenic Cruise, 52-mile Challenge, 68-mile Classic and 94-mile Century. Garner State Park. www.thcrr.com 800/210-0380 or 830/232-6132

14—CASTROVILLE: Ninth Annual Heritage Day Features live music, arts, crafts, silent auction and a children's area with a petting zoo and pony rides. Moye Center. www.moyecenter.org 830/931-2233

14—GRUENE: Gospel Brunch with a Texas Twist Gruene Hall. www.gruenehall.com 830/629-5077 or 830/606-1601

14-31—CASTROVILLE: Pumpkin Patch MV Methodist Church. 830/931-3533

15-31—COMFORT: Scarecrow Invasion Fall-themed scarecrows appear just in time to ward off marauding blackbirds. www.comfortchamberofcommerce.com 830/995-3131

16—NEW BRAUNFELS: Taste of the Town McKenna Events Center. www.mckennakids.org 830/620-0939

18-21—GEORGETOWN: Prairie Restoration Symposium Includes speakers, field trips and homes tour. www.npsot.org/symposium2007 512/869-0356

18-28—KERRVILLE: The Legend of Sleepy Hollow Kathleen C. Cailloux Theater. www.caillouxtheater.com 830/896-9393

19—AUSTIN: Nature Nights Enjoy habitat hikes, talks and kids activities. Lady Bird Johnson Wildflower Center. www.wildflower.org 512/292-4200

19-20—BUDA: FireFest Includes a Fireman's Challenge barbecue, sanctioned chili cook-off, arts & crafts, children's carnival and more. City Park. www.budafire.org 512/295-2232

19-20—KYLE: Fair on the Square Enjoy a music fest featuring Rick Trevino, Miss Kyle pageant, barbecue cook-off, arts & crafts, parade, children's games and more. City Square Park. www.cityofkyle.com 512/262-3939

19-20—WIMBERLEY: Fall Art Walk 512/847-2113

19-21—BOERNE: Festival of Arts & Music Includes art exhibits, art sales, live music, food and more. Cibolo Arts Council. www.ciboloarts.org 210/507-5053

19-21—FREDERICKSBURG: Trade Days Features antiques, collectibles, jewelry, food and biergarten with live music. Hwy. 290E. www.fbgtradedays.com 830/990-4900

19-21—LLANO: Third Annual Chuck Wagon Cook-Off Features authentic chuck wagons, western music, cowboy poetry and cowboy church. Badu Park. 325/247-5354

19-21—MASON: Oktoberfisch Fly Fishing Festival Enjoy fly fishing, camping, kayaking and more. Keller's Riverside Store. www.fredericksburgflyfishers.org 830/997-8881

(Continued on page 27)

Texas Events- (Continued from page 26)

20—BLANCO: Market Day Features arts & crafts, antiques, collectibles, jewelry, gifts and more. Old Blanco County Courthouse. www.historicblanco.org 830/833-2211

20—BURNET: Market Day Includes vendors with crafts and antiques. Burnet Downtown Square. www.burnetchamber.org 512/756-

20—FREDERICKSBURG: Granite Gripper Rock Climbing Contest Enchanted Rock State Natural Area. www.granitegripper.com 325/247-3903

20—GEORGETOWN: Fall Spectacular Open Car Show Register a car or stop by and see the entries. Wolf Ranch Town Center. www.longhorncorvette.com

20—GOLDTHWAITE: 16th Annual Mills County Quilt Show General store is operated by the Courthouse Steps Quilters with quilts and other quilting items for sale. Mills County Civic Center. E-mail: ntiques@centex.net 325/948-3584 or 325/648-2660

20—HUTTO: Olde Tyme Days www.hutto.org 512/759-4400

20—LAMPASAS: Motorcycle Rally 512/556-

20—UVALDE: Fort Inge Haunted Hayride 830/278-4115

20-21—ANDICE: Andice Crafters Fair 254/793-9438

20-21—BOERNE: Pre-Holiday Craft Show & Chili Cook-Off Kendall County Fairgrounds. www.kcfa.org 830/249-2541

20-21—COMFORT: Comfort Village Antique Show Features more than 50 dealers. Comfort Park. www.texasantiqueshow.com 830/995-3131

20-21—GRUENE: Old Gruene Market Days Nearly 100 vendors offer uniquely crafted items and packaged Texas foods. www.gruenemarketdays.com 830/832-1721

20-21—ROUND ROCK: A Sami Arts & Crafts Show Dell Diamond. www.samishow.com 512/441-7133

20-21—SPICEWOOD: Spicewood Arts Roundup Includes live music, live art auction, dinner, dance and more. Contact for ticket information. Old Paleface Ranch Headquarters. E-mail: info@artsroundup.org 512/264-3022

20-22—BANDERA: Annual Quilt Show Silver Sage Senior Center. www.banderacowboycapital.com 800/364-3833

20, 23—UVALDE: Ghost Lantern Tour Downtown Plaza 830/278-2017

23—KERRVILLE: Shaolin Warriors Performed by Buddhist monks of the Shaolin Temple. Kathleen C. Theater, 910 Main St. www.kpas.org 830/896-9393

25-28—BRACKETTVILLE: Fall Trail Ride Includes rides, entertainment, longhorn cattle drive and barbecue. Alamo Village/Shahan Ranch. www.alamovillage.com 830/563-2580

25-Dec. 2—KERRVILLE: Texas Furniture Makers Show Kerr Arts & Cultural Center. www.kackkerrville.com 830/895-2911

26—AUSTIN: Tania Libertad www.oneworldtheatre.org 512/329-

26-27—NEW BRAUNFELS: Friends of the New Braunfels Library Annual Book Sale Knights of Columbus Hall. www.nbpl.lib.tx.us 830/221-4300

26-28—BANDERA: Ranch Heritage Weekend Enjoy cowboy demonstrations, interpretative event, arts & crafts, and more. Hill Country State Natural Area. www.hcsnap.org 800/364-3833

26-28—KERRVILLE: Kerr County Fair Includes a petting zoo, talent contest, chili cook-off, bull riding, carnival, midway and much more. Hill Country Youth Exhibit Center. www.kerrcountyfair.com 830/257-6833

(Continued on page 28)



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THE STAR

Oct-Nov Events- (Continued from page 27)

26-28—UVALDE: Fall Fly Fishing Fest & Contest 800/210-0380
27—AUSTIN: Doll Show Travis County Expo Center. 512/832-5663
27—COMFORT: Fall Market Day & Gospel Fest Includes arts & crafts booths, gospel music groups in the Gazebo, fall-themed games and kids activities. Comfort Park. www.comfortchamberofcommerce.com 830/995-3131
27—FREDERICKSBURG: Food & Wine Fest Includes Sunshine's Gardening tent, Gargantuan Great Grape Toss, art and entertainment. Includes Friday at the Navajo Grill, Saturday on the Marktplatz and Sunday at the Cotton Gin Restaurant. www.fbgfoodandwinefest.com 866/839-3378 or 830/997-8515
27—KERRVILLE: Kerr County Market Day Courthouse Square. www.kerrmarketdays.org 830/792-4655 or 830/895-
27—KYLE: Halloween Carnival — Fourth Annual Safe & Fun Celebration Includes carnival games, prizes and costume contest. City Square Park. www.cityofkyle.com 512/262-3939
27—MARBLE FALLS: Sculpture on Main Includes wine- and food-tasting artist reception from 6 to 8 p.m. then music at 8 p.m. at the Uptown Marble Theatre. Historic Main Street. www.historicmainstreet.org 830/693-9544
27—MASON: On the Square Starving Artist Show Includes more than 30 artists, musicians and writers. Mason Square. 325/347-5004
27—NEW BRAUNFELS: Bark in the Park Includes pet tricks and demonstrations, agility dogs, weinie dog races, music, "flea market," band and more. Bring a dog and enjoy the beauty of Cypress Bend Park. 830/609-3776
27-28—BOERNE: Key to the Hills Antique Show Discover wonderful

treasurers and collectibles with more than 65 dealers in three buildings. Kendall County Fairgrounds. www.boerne.org 830/249-8000
27-28—GRUENE: 15th Annual Texas Clay Festival Respected potters and sculptors from around Texas display and sell their wares and demonstrate a variety of techniques. Includes hands-on activities for children. www.texasclayfestival.com 830/629-7975
28—AUSTIN: Goblins in the Garden Explore the spider's lair and the haunted tower. Take pictures in the pumpkin patch, and enjoy face painting, pumpkin painting and candy stations. Lady Bird Johnson Wildflower Center. www.wildflower.org 512/292-4100
30—MASON: Country Opry Features Amber Digby. Odeon Theater. www.heartoftexascountry.com 325/247-5354
30—UVALDE: Kiwanis Club Halloween Parade & Carnival Willie De Leon Civic Center. 830/278-4115
31—TAYLOR: Halloween Spooktacular Enjoy a costume contest, Little Tots Boo House, Haunted Spook House and Jail, entertainment and more. Historic Main Street. www.ci.taylor.tx.us 512/352-5448

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

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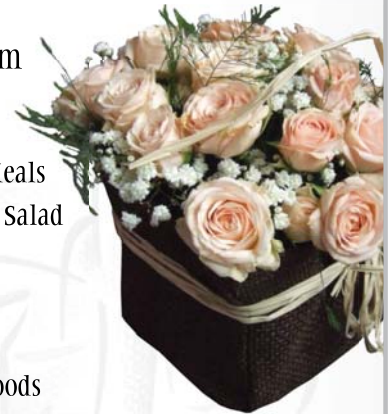
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