

# THE STAR

VOLUME 2 ISSUE 3

MARCH 2008



Happy  
St. Patrick's  
Day!

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and much more!!

## Massive 1930s Floods Ravaged Colorado River Basin *Could they happen again?*

By JOHN WILLIAMS  
Special to Peel Inc. Newsletters



*A 42-foot crest on the Llano River during the 1935 flood washed out the bridge at Llano, forcing residents to ferry across the river the bridge was rebuilt. Such damage was typical of the massive floods that struck the Colorado River basin in the 1930s. (Photo courtesy LCRA Corporate Archives)*

In the mid-1930s, just as the newly created Lower Colorado River Authority was setting up shop, the Colorado River experienced the basin's three worst floods of the 20th century.

Photographs and news accounts of the floods that occurred in 1935, 1936 and 1938 are still powerful in their depiction of Colorado River floodwaters: farmlands swept clean of buildings, livestock and families; a houseboat washing over a dam; Austin citizens watching as the river splits their city in two.

While the lower Colorado River basin has experienced powerful floods in recent years – including the one this past summer – those events pale in comparison to the catastrophic floods of the 1930s. Nothing like them has occurred since LCRA completed Mansfield Dam upstream of Austin in 1942 to store the Hill Country floodwaters that routinely ravaged Austin and other downstream communities.

According to some LCRA experts, it's not a question of if but when the basin will experience a flood like those of the 1930s.

### A history of catastrophic floods

More than 80 major floods have been recorded in the lower Colorado River basin since the early 1800s, often with devastating results. A 1900 flood destroyed the Austin Dam, which was considered a technological marvel of the time, and floods destroyed a replacement dam in 1915. Flooding in 1913 merged the Colorado and adjacent Brazos rivers, forming a lake 65 miles wide.

The 1930s floods were comparable. All three floods of the 1930s were caused by rains totaling as much as 51 inches in the western Hill Country over the Llano River watershed upstream of Austin. Much of the land in this region has thin soils that are easily saturated and, along with steep slopes, easily convert heavy rain into runoff.

*(Continued on page 4)*

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

|                               |              |
|-------------------------------|--------------|
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| Fire .....                    | 911          |
| Ambulance .....               | 911          |
| Sheriff – Non-Emergency ..... | 512-974-0845 |
| Hudson Bend Fire and EMS      |              |
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|-----------------------------------|--------------|
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| 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

|                               |                |
|-------------------------------|----------------|
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| City of Austin Electric ..... | 512-494-9400   |
| Texas Gas Service             |                |
| Custom Service .....          | 1-800-700-2443 |
| Emergencies .....             | 512-370-8609   |
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### OTHER NUMBERS

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|---------------------------------|--------------|
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|---------------------------|--|
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## 2008 Events in Steiner

Mar 22nd – Easter Egg Hunt  
 Apr 12th – Spring Garage Sale  
 May 3rd – Casino Night  
 Jul 4th – Parade  
 Jul 26th – Luau at the Pool  
 Aug 2nd – Summer Bash  
 Sep 6th – Fall Garage Sale  
 Sep 18th – Martinis and Manicures  
 Oct 25th – 5k Fun Run and Health Fair  
 Oct 31st – Children's Halloween Event  
 Nov 8th – Camping on the Ranch  
 Nov 28th – Holiday Wine Social  
 Dec 6th – Pictures with Santa

Visit the HOA website for more information:  
<http://www.steinerranchhoa.org/>

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# THE STAR

**Massive 1930's Flood-** *(Continued from Cover page)*

## **1935 flood produced historic image**

The 1935 flood was caused by almost 20 inches of rain that fell throughout the upper central basin and the Hill Country in early June. That was on top of 9-inch rains in late May that saturated the basin.

With no effective flood-management system (the months-old LCRA was securing federal funds to build its dams), the floodwaters swept into Austin, inundating the downtown district. On its June 16 front page, the Sunday Austin American-Statesman published a picture of a houseboat washing over the Austin Dam – an iconic image that even today illustrates the Colorado's unchecked power.

## **1936, 1938 floods devastated farms, communities**

The 1936 flood was created by two major storms in summer and early fall totaling 51 inches over the watershed of the Concho River, a tributary of the Colorado. At San Angelo, the Concho floodwaters washed away 300 buildings.

After the flood runoff entered the Colorado, it inflicted most of its damage between Ballinger and Kingsland, where several bridges were destroyed, livestock drowned, farm houses flooded and fields swept clean. At Austin, the volume of floodwaters was more than double that in 1935, swelling the river for nearly a three-week period.

The July 1938 flood was caused by rains of up to 25 inches over a 10-day period at the storm's center near Brady, upstream of the newly completed Buchanan Dam. LCRA opened 22 of Buchanan's

37 floodgates (still a record) to pass through the floodwaters, which would cause damages totaling roughly \$39 million in today's dollars and leaving more than 4,000 homeless.

## **Recent floods not as severe as those of the 1930s**

Even with the Highland Lakes dams in place, the risk of flooding continues today. The basin has experienced six severe floods since 1991, including the "Christmas Flood" of that year, which pushed Lake Travis (the reservoir created by Mansfield Dam) to its all-time high elevation of 710.4 feet above mean sea level (ft. msl), about 4 feet below the Mansfield Dam spillway.

Even so, the floods of the 1930s were worse. If they occurred today, based on studies by LCRA and the U.S. Army Corps of Engineers, they would have sent the level of Lake Travis over the spillway of Mansfield Dam – something that never has happened.

The lower Colorado basin has come close in recent years to experiencing floods that would have rivaled those of the 1930s. Massive floods, such as those that devastated communities along the Guadalupe River in October 1998, could just as easily have occurred in the Colorado River, had the storm's center shifted only 85 miles to the northwest into the Hill Country.

A worse impact would have come from a storm like Tropical Storm Allison, which swamped Houston in 2001 with rains of up to 37 inches. An LCRA study estimated that a Hill Country storm like Allison would have forced LCRA to open all 24 of the dam's

*(Continued on page 5)*

**Classes Begin  
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## Massive 1930's Flood- (Continued from page 4)

floodgates – something that has never happened. (The most that have been opened at one time was six, during a 1957 flood.)

"The flood that occurred this past summer was triggered by a 19-inch rain in the Marble Falls area," noted LCRA Chief Meteorologist Bob Rose. "If that heavy a rain had fallen over a much wider area of our watershed, it could have resulted in a catastrophic flood approaching those of the 1930s. One day, such a flood will occur, and its impact will be even more devastating to a basin that is much more heavily populated and urbanized than it was seven decades ago."

### A matter of when, not if

Anticipating that day, LCRA has upgraded the Highland Lakes dams and expanded its Hydromet system of rain and streamflow gauges throughout the basin. LCRA transmitters broadcast local information from NOAA Weather Radio All Hazards throughout the basin. And LCRA is helping basin communities update floodplain information.

"LCRA is doing everything we can to prepare for that event," said Roy Sedwick, LCRA floodplain management coordinator. "But residents who live in or near a floodplain need to take steps to protect themselves."

Those measures include building or retrofitting homes and offices to minimize flood damages (or choosing not to build in a floodplain); purchasing flood insurance; planning an escape route; and using a weather radio.

"We've been fortunate these past seven decades not to have suffered a flood like those of the 1930s," Sedwick said. "But we know it will occur, and everybody needs to be ready."

## Steiner Ranch BNI

*Submitted by Elicia Rudberg*

Are you looking to grow your business in 2008? If so, you might be interested in a BNI Networking group being formed in Steiner Ranch. BNI is a professional networking group that allows only one person from each profession and the opportunity to share referrals in a structured environment. Meetings are on Thursday mornings from 8:00 to 9:30 in Steiner Ranch. If you are interested in joining, please email [Elicia@AustinRelocationResource.com](mailto:Elicia@AustinRelocationResource.com) for more information and location. More information about BNI can be found at [www.BNIAustin.com](http://www.BNIAustin.com)

## Did You Know?

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.... Any Steiner Ranch resident or community group can submit an article to *The Star*? Photos and post-event write ups are welcome. Email your article to [thestar@peelinc.com](mailto:thestar@peelinc.com) (deadline is the 8th of the month prior to the issue).

.... Kids Club winners are posted online AND they receive a prize? Visit <http://www.peelinc.com/kidsClub.php> to see the current and past winners.

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## March Landscape Corner

### Landscaping Will Help Increase Your Home's Value

What is the most expensive investment we will probably ever make?? Our home is the answer. We spend money to maintain our homes inside and out. We want to enjoy our places and keep them looking nice for ourselves as well as passersby. We allocate funds to accomplish this. Those same passersby see the home exterior, but they also see the landscape. Is there a similar concern that the landscape looks as good as the home's interior and exterior?? In many cases the answer is no. Investing in our property landscape is a good investment and will pay for itself at the time you sell that home. In most cases, you can get a lot more money for your home at the time of sale IF the landscape has been upgraded and is well maintained. New homebuilders give us a basic lawn. Is that what you still have after years of being in the home? Perhaps it is time to make some changes?

### Schedule your Landscape Company

If you hire out your regular lawn maintenance work to professionals, call them now for an estimate so you can get on their schedule for this season. Ask the company about their reliability, work quality standards, billing process, trust-ability on your property and of course, their costs. Ask any other questions you feel are appropriate. If all the answers sound good after they see your property and give you an estimate, hire the company then and there to get on their schedule.

### Last Freeze – March 15th (avg.)

March is the time that everything wakes up in our lawns. Be prepared, and enjoy the work outdoors while the weather is still very comfortable. Get those projects done now. Remember-The AVERAGE last killing frost date is March 15th. We could get a killing frost after this date. If you put out tender new flowers too early and we get a hard freeze, you will have a bunch of dead new plantings. We all get excited to plant, but use some caution too! When choosing your plantings, keep in mind we are located on the border of planting zones 7 and 8. A plant meant for zone 10 or zone 4 probably will NOT survive here, so save your money even though it is very pretty at the nursery. Try to get plants, bulbs etc. that were started in Texas or from other states with the same zones; they will perform better here as a result. Annual plants live and die in one season while perennial plants live for more than one season, therefore are a better bargain. Call the Texas Cooperative Extension Office at 817-884-1945 for lists of plants, flowers, shrubs and trees recommended for our area, the information is all free!

### Fertilizing

Pre-emergent can be applied now. Pre-emergent means that it must be applied before the weed germinates. It prevents germination of the seed. Once the weed is visible, it is too late to apply a pre-emergent.

*(Continued on page 7)*



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### March Landscape Corner- (Continued from page 6)

Post emergent chemical controls will work after you see the weeds. In your current beds, eliminate the weeds, turn the soil, add organic materials and blend it in to a depth of 4-6 inches. This will prepare it for spring flower planting. For new shrub planting, blend the organics in to a depth of 6-8 inches. Rear tine tillers work well for this task. Now is a good time to plant the shrubs, the roots will have time to spread a bit prior to our summer heat. Top your beds with a good layer of mulch, 2-4 inch minimum.

## Stork Report in Steiner

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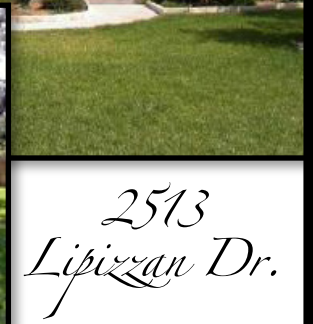
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## Is teaching Spanish to a toddler a good idea?

*Submitted by Carolina Alvarez - Steiner Ranch resident*

Well, first let me correct myself as teaching is not the right term. Language is **developed** in children **by exposing them to it**. Coming back to the question—although the answer might seem obvious—some parents experience a kind of fear to expose their little ones to another language at this early age. We could assume that it's basically because parents are more eager to see their child communicating in English and they are afraid that introducing a different language could confuse their child. However, research proves the opposite to be true. With a little online research, one can find much data proving the academic and social benefits of learning a second language in this early stage of life. For instance, from the American Council on the Teaching of Foreign Languages' website:

*"There is a correlation between second language learning and increased linguistic awareness.*

*[A] study postulated that children who received a precocious learning of 2 languages may develop enhanced awareness and control of syntactic structure since they need an appropriate syntactic repertoire in each language. In return, these children will gain access to the written language with more ease. The results showed an advantage for the children who attended bilingual classes since kindergarten: they were better at grammatical judgment and correction tasks and word recognition."*

The well-renowned Dr. Maria Montessori writes in her book, *The Absorbent Mind*, about the immeasurable capabilities that a child's brain possesses and the great ability of easily acquiring the language she/he is exposed to in an unconscious manner. And it is this unconscious ability to learn which is the great treasure and mystery of a child's first 6 years of life. The laws of nature equip the child with a mechanism for absorption and retention of language through the sense of hearing.

When we get older, this process doesn't come so naturally. This reminds me of my own experience learning English in my hometown in Ecuador. After 4 years of ESL studies, I saw myself being able to read and write English, but I had a poor understanding of spoken English and as a consequence I wasn't able to speak it. I couldn't consciously understand what I was hearing and therefore I couldn't reproduce it. I realized that the only way I would be able to learn to speak English

was if I lived for a period of time in an English-speaking country. Therefore, I enrolled in an Intensive Business English summer course in Cambridge, UK. Part of the program included living with a family, so that I would be exposed to the language 100% of my conscious time. The process was exhausting, but after a month there—listening to nothing but English—I was finally able to put what I had in my mind into my mouth. It worked! I finally could "get it out!" Over the years, I have been perfecting my English. Still, I am conscious that most likely I will never "own" the language as a native English-speaking person does, because I learned it too late.

That is exactly what the point of this article is. I think it is a great idea to give our children enough exposure to a second language so that they can "painlessly" become bilingual and get all the benefits that derive from it:

- Positive effect on intellectual growth.
- Enrichment and enhancement of a child's mental development.
- Flexibility in thinking, greater sensitivity to language, and a better ear for listening.
- Improvement of a child's understanding of his/her native language.
- Ability to communicate with people she/he would otherwise not have the chance to know.
- Understanding and appreciation of different cultures.

If you have a toddler, a second language program offers them many benefits. This is the ideal stage of development for learning a second language and Spanish is a logical choice because it is the second most widely spoken language in the United States. It is also the most popular studied foreign language in U.S. schools and universities. Therefore, it offers more opportunity to hear it, remember it and practice it.

"Words are bonds between men" - Maria Montessori

*About the author: Carolina Alvarez has been a Steiner Ranch resident since 2005. She is the mother of a 2 year old and a 5 month old.*







# Steiner Ranch Orthodontics

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Come see the difference a Board Certified Orthodontist can provide. Dr. James Waters graduated at the top of his class from the University of Texas Dental School in San Antonio in 1996. He served a one year residency at the University of Nebraska Medical Center and practiced for two years as a General Dentist in Oregon. Realizing the complexities of Orthodontics, he sought to pursue ADA accredited advanced specialty education prior to offering this service to the public. As all specialists are required, Dr. Waters left his General Dentistry practice to attend a 30 month Post-Doctorate University. After graduating Valedictorian from the prestigious Saint Louis University Orthodontic Program with a Master's degree in Orthodontics, Dr. Waters moved to Austin in 2001 and joined the nationally recognized practice of orthodontist Dr. Robert Kavieff who pioneered many early treatment techniques and appliances over his 40+ years in practice. Dr. Waters worked side by side with Dr. Kavieff over the next year as he gained further invaluable experience from reviewing hundreds of cases and he learned techniques known only to those who have been in the specialty field for a lifetime. After retirement, Dr. Kavieff passed the torch to Dr. Waters who is pleased to open his new office to his neighbors in Steiner Ranch.

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## Protecting our Children in an Online World

By Trey Blundell

During my childhood, we entertained ourselves with our imaginations, board games and by playing outside. Computers were, compared to now, large, expensive machines found only in a business setting. All of that has changed during the past thirty years with the invention of personal computers and the subsequent commoditization of them and the Internet over the past fifteen years. Today's generation of children is born into a world full of computers, and exposure to them typically begins at home at a very early age. Many children are already highly skilled in their use and the use of the Internet by the time they begin elementary school. Yet without safeguards in place, our children are at risk.

While we wouldn't put our children on a bicycle without a helmet, many children today use the Internet without protection from inappropriate content or from people who would do them harm. One problem is that many parents don't understand or know about the dangers that lurk, nor do they know how to protect their children when online.

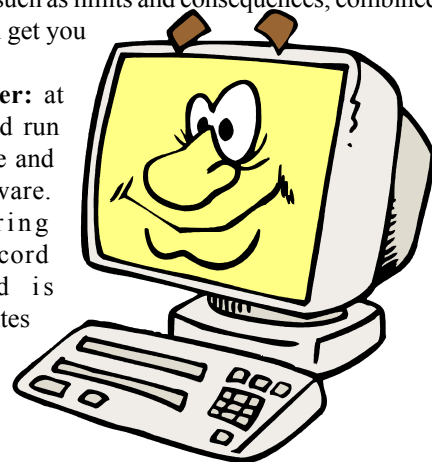
According to the most recent published estimates, approximately 12% of all websites are pornography or related to pornography and 79% of unwanted youth exposure to pornography occurs in the home. Equally disturbing are two other trends: online bullying and the rise of the online child predator. It is estimated that 9% of children are


bullied or harassed online – whether on a social networking website, such as MySpace, or via e-mail. It is also estimated that 13 % of children were sexually solicited in 2005, with 4% of these being referred to as “aggressive solicitations”, in which solicitors made or attempted to make offline contact with youth .

Parenting in today's online world could present challenges for which you may not feel ready, but applying the same parenting skills that you are already using, such as limits and consequences, combined with the following list will get you started:

- **Secure your computer:** at a minimum, install and run anti-virus, anti-spyware and content filtering software. Consider monitoring software that can record where your child is spending time – websites visited; chat rooms visited, etc. Software is also available to

(Continued on page 11)





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| \$75,000 - \$124,999 | <b>2.78%</b> **** | 24 mo.            | 4.42% | \$95,000        | 4.47% |
| \$125,000 and Above  | <b>3.04%</b> **** | 36 mo.            | 4.58% |                 | 4.63% |
|                      |                   | 48 mo.            | 4.63% |                 | 4.68% |

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## Protecting our Children- (Continued from page 10)

limit the times that your child can use the Internet.

*Top ranked products include:*

Net Nanny – [www.netnanny.com](http://www.netnanny.com)

CYBERsitter – [www.cybersitter.com](http://www.cybersitter.com)

SnoopStick – [www.snoopstick.com](http://www.snoopstick.com)

- **Talk to your children about the potential dangers and build an atmosphere of trust:** let them know that not talking to strangers also applies when online; stress to them the importance of not sharing any of their personal information with anyone while online.
- **Place the computer in a common area of the house where it and the children can be monitored:** parents say they are more vigilant about where their teen(s) go online if the computer is in a public area of the household.
- **Establish Internet usage rules for home and away:** when it can be used; what is considered appropriate; how one is expected to act, i.e. don't be a bully.

- **Build a parent network:** know your children's friends and talk with their parents about Internet safety. Your efforts to protect your child could be compromised at a friend's house if Internet safety hasn't been considered in their household. It takes a village to protect our children.

The Internet affords us the ability to find information on almost any topic, to handle our finances, to telecommute, to buy a product and have it delivered to us - all without ever having to leave the comfort and convenience of our home. We must also be vigilant of the dangers that are present on the Internet and take proactive steps to keep our children safe when online.

Trey Blundell is a technology consultant and can be reached at [trey\\_blundell@yahoo.com](mailto:trey_blundell@yahoo.com)

Internet Filter Review, 2006

Online Victimization of Youth: Five Years Later, 2006

Online Victimization of Youth: Five Years Later, 2006

Online Victimization of Youth: Five Years Later, 2006

Ketchum Global Research Network: Parents' Internet Monitoring Study, 2005

## 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.

## 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 \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-989-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).



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| Boggy Creek Farms | Austin Park N Pizza            | Zilker Park |
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## Networking North West Austin

*Submitted by Teresa Smith*

Networking Northwest Austin or NWNWA, is a newly formed networking group in Northwest Austin by 3 business women. Their goal is to build close business and personal relationships in the business arena. They believe in growing business by referrals and within the group only having a limited member base by not duplicating professions. They want people to join that have a caring, positive attitude, and who not only want to build their business, but also want to build strength within the networking group.

***Why do these gals have the right formula for creating the perfect networking group?***

They have over 20 years experience in the fields of Sales, Marketing, Advertising, Real Estate and Financial Planning.

- Dorothy Scarborough brings to the group her expertise based on years of networking in other groups and has brought all the good that she saw in the former groups into NWNWA.
- Teresa Smith is the organized and creative one of the group with her experience in Sales, and multi-media advertising.
- Jeanne Stahl has over 10 years of Financial Services experience and over 20 years of Sales experience. She is the Founder and former secretary of the Northwest Austin Chamber of Commerce and a past Rotarian.

Together these women are so excited to bring to Northwest Austin a group they believe will greatly benefit all who join.

**For more information call or e-mail:**

Dorothy Scarborough: dscarborough5@austin.rr.com or 512-589-3678. Teresa Smith: trsmith@austin.rr.com or 214-641-4122

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# THE STAR

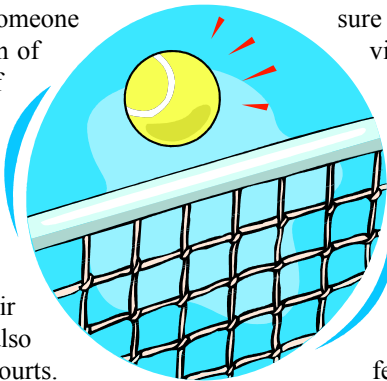
## How To Start Playing Tennis - Practice and Playing Tips

*Submitted By Fernando M. Velasco*

**Purchasing a Tennis Racket** – Make sure that someone with experience has helped you with the selection of a tennis racket. They come with different sizes of grips, shapes and thickness. Your swing speed and your ability will determine what will be best for you.

**Tennis Shoes** – Running and walking shoes are not ideal to play tennis. They have different support and soles than tennis shoes. Many clubs will only allow proper tennis shoes to be worn on their tennis courts, not only for safety for the player, but also because other shoes mark and damage the tennis courts. We suggest always purchasing a shoe a half-size bigger than normal shoes, to allow you to wear good tennis socks. Many players, including myself, always wear two pair of socks to help with cushion and avoid blisters and calluses.

**Clothing** - One of the beauties of the game, is that you do not need to spend a great deal of money on clothing. We suggest a comfortable top and pair of shorts/skirts with pockets to be worn when playing. Tank tops for men are not allowed on Club's tennis courts. Make



sure you always protect yourself from the sun with a hat, visor or cap. We strongly recommend wearing at least a 20-50 spf ultra sweat-proof sunscreen lotion to protect you from the sun.

**Playing time** – When arriving on the tennis court, spend at least 20 minutes stretching. Most injuries occur in the first half hour of playing due to muscles and tendons being tight and not stretched. Start with the legs, back shoulders, neck, and finish with the arms for serving motion. Spend at least 5 minutes playing “mini-tennis” to feel the court, the wind, and the speed of the ball. Once you feel warmed up, then pull back to the baseline and start hitting groundstrokes, just keeping the ball in play. Your warm-up should also include hitting volleys, overheads and serves.

Now you are ready to start playing the game, either with your friends, in a tournament or in league play.

In the next issue, I will discuss how to get “mentally prepared” prior to competing and playing socially with spouses, friends and children.



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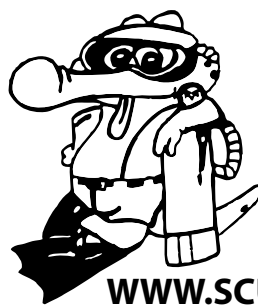
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## Austin Newcomers Club March Luncheon

*March 19, 2008 (Reservations by Thursday, March 13th)  
11:00 AM Social; 12:00 Noon Luncheon*

Lester Morris is an author, humorist and British historian. He loves to talk about all things British and will entertain us with his presentation on British humor. His talk will include excerpts from his book, "Did You Know? of England" which explains everything from modern customs to those quaint little expressions we use every day, as well as some bizarre stories, nursery rhymes, and superstitions. Lester's interesting and varied background supplies him with ample material for his talks. After six years in the British Army, three of them in Cyprus dealing with terrorists, Lester spent some time driving double-decker buses. He then progressed to tour buses and eventually led tours all over Europe for a large London company. Lester met his wife on one of those tours. He says that she "dragged" him to Austin and introduced him to "hot weather, hot food, and Interstate 35. Except for the hot food, he has really taken to Texas and adapted to the life style.

With his impish humor and wide range of stories about England, Lester is sure to provide us with a smashing good time. Please join us for an interesting and humorous talk by this amusing British chap.

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## Clean Sweep - Saturday, April 5, 2008

Clean Sweep is an annual citywide cleanup of public spaces throughout Austin. It is followed by a Volunteer Party and Environmental Fair at Waterloo Park with free lunch, live music, a rock climbing wall, kid's environmental activities, exhibits, interactive Green Art. Participants will also receive a free t-shirt and a chance to win door prizes.

Contact Brian Block at [brian@keepaustinbeautiful.org](mailto:brian@keepaustinbeautiful.org) or 512-391-0621 to sign up for a company sponsorship. You can join a "cleanup spot" at Lady Bird Lake or creeks throughout Austin or hold a cleanup of your own. See [www.keepaustinbeautiful.org](http://www.keepaustinbeautiful.org) for a list of cleanup spots or to register another location to be cleaned up. Supplies will be provided and Keep Austin Beautiful can also help recruit additional volunteers for your cleanup spot.

Clean Sweep 2008 will be on Saturday, April 5th. The cleanup will be from 9 to 11 A.M., and the party will be from 11:30 to 1:30 P.M.

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## Meet Bailey



Meet Bailey, an active 10 year old boy who loves playing video and all of the other little things that boys do... at 10 years old, boys are pretty active. Bailey is in foster care at the moment, removed from his biological family because of abuse or neglect and is legally free for adoption. He is waiting -- waiting for a family to come along and claim him as their son. Of course, this family needs to be energetic as Bailey is always on the go! Bailey does enjoy school and making new friends. He is definately outgoing and likes to be funny. He especially loves to talk to people. He is learning what boundaries and limits are as he did no't have guidance at a young age. He needs a parent or parents with patience to teach them all of the things he missed out. He needs love, structure, stability and attention.kell

Bailey has been seperated from his sister in foster care but is very bonded with her.

When asked what type of family Bailey would like to have, he answers "I want a nice family who will let me see my sister". While those that work in the system try to keep siblings together, sometimes it simply is not possible. However, the ability to visit occassionally, talk on the phone or even write letters helps.

If you would like to learn more about Bailey, please contact Vanessa Coppola, Wendy's Wonderful Kids Recruiter, Adoption Coalition of Texas at 512-687-3209. On March 22nd at the Old Quarry Library, the Adoption Coalition of Texas is hosting its free monthly Foster Care Adoption Information Meeting at 10:15am. For more information about foster care adoptions, please do not hesitate to contact Tracy Eilers at [tracyeilers@adoptioncoalitiontx.org](mailto:tracyeilers@adoptioncoalitiontx.org) / 512-301-2825 / [www.adoptioncoalitiontx.org](http://www.adoptioncoalitiontx.org)

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## Austin Takes Top Billing Among America's Filmmaking Cities

*Annual MovieMaker Poll Lauds Texas Capital for Cooperation, Film-Friendliness*

AUSTIN, TX - The latest issue of MovieMaker magazine names Austin as number one in its eighth 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 seven consecutive years.

"Austin is the prime example of a Texas city that has caught onto a deceptively simple tactic not always employed in many other cities or states or within the film industry in general: cooperation," says MovieMaker. The article praises Austin for working with the rest of Texas to pass a statewide incentive program that provides producers with rebates for filming in the Lone Star State. Another highlight is the Austin Film Commission's new "Now Playing: Cast and Crew Bonus Features" discount program, which extends discounts at local businesses to industry professionals filming in Austin. MovieMaker also cites the region's diverse geography, broad industry infrastructure (including a sufficient crew base and ample studio space) and film-friendliness as other reasons the city remains a favorite.

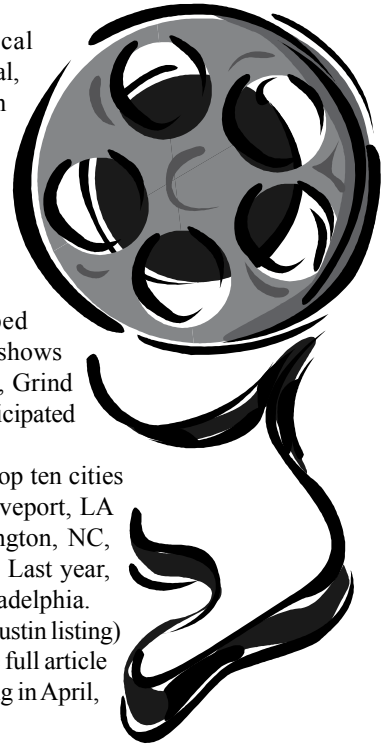
"Austin is back on top of the MovieMaker rankings – an award that is well deserved. We have long been considered a film friendly city, and the industry here has worked hard to get the word out," says Gary Bond of the Austin Film Commission.

"The support of city government and local professionals including the Austin Film Festival, Austin Film Society, Austin Studios and South by Southwest are crucial to our success as a film hub. Our golden reputation is furthered by the city's progressive culture, hip reputation and the fact that Rodriguez and Linklater, along with a few other notable celebrities, call Austin home."

In the past year, production has wrapped on dozens of feature films and television shows including *Fireflies in the Garden*, *Stop Loss*, *Grind House*, *Friday Night Lights* and the highly-anticipated *Teeth*, which opens today.

Other cities listed among MovieMaker's top ten cities include, in order: (2) Albuquerque, (3) Shreveport, LA (4) New York, (5) Philadelphia, (6) Wilmington, NC, (7) Seattle, (8) Portland and (10) Baltimore. Last year, Austin was third, behind New York and Philadelphia.

Excerpts from the article (introduction and Austin listing) are available at [www.austintexas.org/film](http://www.austintexas.org/film). The full article will be online at [www.moviemaker.com](http://www.moviemaker.com) starting in April, when the spring issue hits newsstands.



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## Gardening Tips

By Belinda Smith (Provided by Travis County Master Gardner Association)



### Things to Plant in March:

**Flowers:** Achillea, Ageratum, Alyssum, Joseph's Coat (Amaranthus), Summer Forget-me-not, African Daisy, Alpine Aster, Butterfly Weed, Balloon Flower, Butterfly Weed, Balsam, Blue Daze, Blue Cardinal Flower, Boltonia, Scarlet Bouvardia, Browallia, Calliopsis, Coleus, Columbine, Copper

Plant, Coreopsis, , Dahlia, Dianthus, Daisy (Michaelmas, Shasta and Painted), Feverfew, Gaillardia, Geranium, Gomphrena, Hibiscus, Hollyhock, Indian Blanket, Jacobinia, Lamb's Ear, Lantana, Liatris, Edging Lobelia, Mexican Heather, Nasturtium, Penstemon, Penta, Phlox Drummondii, Plumbago, Oriental Poppy, Salvia, Sedum, Spiderwort, Stokes' Aster, Sunflower, Torenia, Veronica.

**Flower Seeds:** Ageratum, Balsam, Amethyst Flower, Candytuft, Castor Bean, Cleome, Butterfly Pea, Cosmos, Dahlia, Echinacea, Feverfew, Impatiens, Moon Flower, Cypress Vine, Gomphrena, Sunflower, Nasturtium, Flowering Tobacco, Pinks (Dianthus), Portulaca, Sweet Sultan, Marigold, Tithonia, Torenia, Verbena.

**Bulbs:** Achimenes, Acidanthera, Allium, Alstroemeria, Amarcinum, Amaryllis, Ground Orchid, Caladium, Calla, Canna, Crinum, Crosmia, Dahlia, Daylily, Butterfly Iris, Gloriosa Lily, Hosta, Spider Lily, Yellow

Star Grass, Liriope, Monkey Grass, Rain Lilly, Society Garlic, Tigrida, Tuberose.

### Things to Do in March:

**Fertilize:** Begin monthly feedings of hibiscus after pruning. Start a rose feeding schedule; spray and feed camellias. Begin Fertilizing azaleas after they bloom. Fertilize established fruit and nut trees with 1 lb. 15-5-10 per inch of trunk diameter. Berry bushes should receive 1/3 cup per square yard of planting area.

**Diseases/Pests to Look For:** Watch for aphids on new growth, spider mites on older leaves and cut worms on young transplants. Spray peach and plum trees for curculio weevils when 3/4 of the petals have fallen (repeat three times at two-week intervals).

**Prune:** Prune hibiscus, also spring flowering shrubs and trees, after they bloom. Prune and train vines. Shape spring-blooming shrubs with light pruning after bloom. Allow bulb foliage to yellow and die before removing.

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## Cooking Corner

### **Make Fast Friends Over This Slow-Cooked Lamb**

(NAPSA)-For many, cooler weather means it's time to gather family and friends together for a hearty meal.

Home-cooked meals, particularly recipes that rely on savory slow-cooking techniques, can leave the cook plenty of time to spend with the guests.

For example, this American Lamb Ragu Puttanesca combines rich American Lamb with seasonal herbs and vegetables in a slow cooker to yield delightful fall fare for everyone at the table. Serving fresh American Lamb can add variety and distinction to your menu, no matter the occasion.

### **American Lamb Ragu Puttanesca**

Makes 4 to 6 servings

Prep time: 30 minutes

Cook time: 5 to 10 hours



- 2 tablespoons olive oil
- 4 American Lamb shanks
- Salt and pepper
- 2 cups diced onion
- 2 tablespoons chopped garlic
- 1/2 teaspoon red pepper flakes
- 1 cup dry white wine
- 3/4 cup pitted, quartered black olives (such as Kalamata)
- 1/4 cup drained whole capers
- 1 tablespoon anchovy paste
- 2 cups beef stock or broth
- 2 cups canned crushed tomatoes
- 2 to 3 tablespoons tomato paste (optional)
- Hot cooked rigatoni
- 1/4 cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley

Heat oil in a large skillet over high heat. Season lamb shanks with salt and pepper. Brown on all sides in hot oil, remove from pot; set aside.

Drain off all but 2 tablespoons of fat from skillet, add onion, garlic and red pepper flakes. Sauté over medium heat for 6 minutes or until vegetables are tender. Add wine, olives, capers and anchovy paste; simmer until the liquid has almost evaporated. Transfer mixture to a large slow cooker; stir in stock and tomatoes, then add shanks. Cover and cook on high for 5 hours or low for 10 hours, or until meat is tender enough to fall off the bone. Remove shanks from braising liquid and set aside to cool. When shanks are cool enough to handle, shred the meat, discarding excess fat and bone. Add meat back to braising liquid, stirring to combine. Add tomato paste to taste to thicken sauce slightly, if desired. Warm gently over low heat and serve over rigatoni, garnished with feta and parsley.

Recipe and image provided by the American Lamb Board.

Serving fresh American Lamb can add variety and distinction to your menu, no matter the occasion.

## 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.

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

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

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## Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®



### **Nutrition Road Tips**

- Always drink plenty of water, particularly if you're flying.
- Conjure up a healthy meal in your mind prior to entering a restaurant, and stick to your plan as closely as possible.
- Try to eat at least three times per day to keep you from feeling famished and overindulging at any one time.
- Pick up portable, healthy snacks at a local market so you won't be caught hungry in front of the mini-bar.
- Go ahead and splurge on regional dishes or local cuisine, but balance your diet by choosing lower-calorie foods at other meals.

## **Travel Fitness: A Plan of Action to Keep You Active**

**IT IS EASY TO LET A VACATION OR** business trip destroy your fitness schedule and eating habits, but why let something as rewarding as a vacation or as exciting as a business trip leave you feeling unhealthy upon return. With a little research and proper planning, you can create an easy-to-follow plan to keep you fit and healthy no matter where you travel, and you can come home feeling more healthy and energized than when you left.

### ***Nature's Playground and Man's Monuments***

There is no excuse for not finding places to exercise when every city has a great staircase, stadium, or tall buildings where you can master the stairs without a machine. If stairs aren't your thing, cities have lots of places good for walking, running or even hiking. Ask the hotel concierge if there are parks or trails nearby; or if you have ventured to the mountains, ask for a map of local hiking trails. It is also a good idea to ask the concierge for a map of the city to find out how many of your destinations are reachable by foot. (Walking will increase your fitness and decrease your taxi fares.) Prior to departure on your trip, find out if your hotel has a workout facility and a pool, and remember to pack your bathing suit and workout clothes. If they don't have a facility, they may be affiliated with a local gym where you can get a one-day pass for a small fee. There are no limits to the exercise you can do while exploring new territory. Make the most of your trip, and get to know the city by foot.

### ***Prepare for Power, No Excuses***

If your hotel doesn't offer fitness accommodations, bring along a jump rope and an exercise tube. They are both lightweight and easy to transport. Jumping rope is one of the best forms of cardiovascular exercise, and you can do it anywhere.

With the exercise tube and a pre-arranged plan to keep you motivated, you can keep your entire body toned and energized without entering a gym or stepping on a piece of exercise equipment. Numerous magazines and Web sites offer workout instructions for each body part. And, of course, body-weight exercises such as push-ups and crunches require no equipment at all. The point is to find a workout routine that suits your needs and follow it. Plan a specific time each day or every other day to do your strengthening and cardiovascular routines (a good plan is to alternate days between the two). Remember that the 20 to 60 minutes you spend working out each day is for you, and try to stay on schedule.

### ***Have Fun***

Be sure to enjoy yourself and make the most of the area to which you have traveled. Remember to bring comfortable shoes so that you can easily get a workout while using your feet as your main mode of transportation. Whether your trip is for business or vacation, remember that you should have some time for yourself every day. Why not dedicate that time to improving your health and making yourself feel better!

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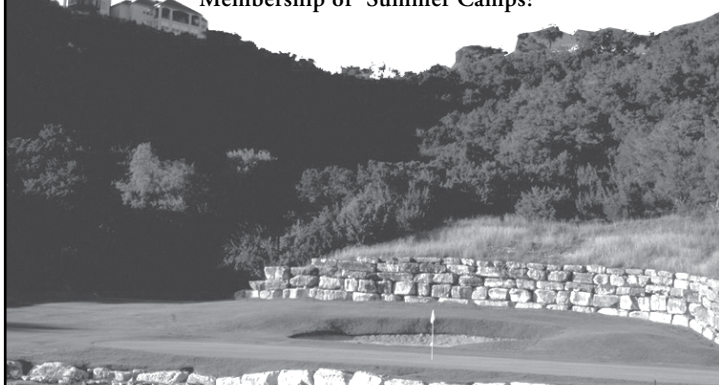
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## **Healthy Lifestyle Can Add 14 Years to Your Life**

*Submitted by Alicia Harrison*

In a major study conducted by the University of Cambridge in the UK, researchers found that individuals engaging in a healthy lifestyle added an average of 14 years to their lives. Not a few months or even a few years – 14 years! And the benefits stemmed from relatively simple and easily achievable methods.

"We didn't ask these people to do anything exceptional," said researcher Kay-Tee Khaw. "We measured normal behaviors that were entirely feasible within people's normal, everyday lives."

In a study of 20,000 individuals aged 45-79, researcher Kay-Tee Khaw of UC and colleagues calculated that individuals that adopted these four healthy habits lived an average of 14 years longer than those that did not. What are these miracle cures?

- Not smoking
- Moderate alcohol intake
- Eating your fruits and vegetables
- Physical activity

"This research is an important piece of work which emphasizes how modifying just a few risk factors can add years to your life," said Dr. Tim Armstrong, a physical activity expert at the World Health Organization.

#### **So what can you do to modify your lifestyle?**

- If you smoke, stop.
- If you drink, do so in moderation. In this study, participants drank 1-14 drinks per week.
- Eat fruits and vegetables. Five servings a day was the threshold for this study and is very achievable.
- Finally, get up and move. Physical activity of any kind on a daily basis is key to a healthy lifestyle.

And if you can't do all of these things, then do some of them. After allowing for other factors that might have affected their likelihood of dying, people with a health behavior score of 0 were four times as likely to have died as those with a score of 4. People with a score of 2 were twice as likely to have died. So doing something is better than doing nothing.

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## March Events at the Wildflower Center

- **Wildflower Days™ begin March 10—Wildflower Center is open every day.** March 10 through April 30.
- **Shou Ping Exhibit**, Saturday, March 8, to Sunday, May 18.  
A return engagement of Shou Ping's beautiful scissor art, hand cut watercolors of wildflowers! McDermott Learning Center.
- **Artists & Artisans Festival**, 9 a.m. to 5 p.m. Saturday, March 15, Noon to 5 p.m. Sunday, March 16  
Our annual festival showcases the work of more than 20 artists in metal, painting, photography, jewelry, pottery and other crafts. Artist Dalhart Windberg will sign limited issues of his new print, Her Life's Work, on Saturday, noon to 5 p.m. On Sunday, L.Ray, this year's Wildflower Days™ artist, will sign the 2008 Wildflower Days poster, and Patti Johnson will display her hand painted glassware from 1 to 4 p.m.
- **Nature Nights**, 6 to 9 p.m. Friday, March 21.  
Nature Nights are fun, interactive explorations of animals, plants and ecology in Central Texas. \$1 admission.
- **Easter Sunday**, Sunday, March 23  
The Wildflower Center is open all day.

## Teenage Job Seekers

| Name | Age | Baby Sit | Pet Sit | House Sit | Yard Work | Phone |
|------|-----|----------|---------|-----------|-----------|-------|
|------|-----|----------|---------|-----------|-----------|-------|

Not Available Online

\*-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!

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## Texas Events - March

47-8—LAMPASAS: Stitches In Time Needle Art Extravaganza 2005 Features exhibits from all fields of needlework: quilts, needlepoint, embroidery, crochet, tatting, knitting, rug hooking, items embellished with buttons and more. Hours are 10 a.m. to 4 p.m. Lampasas County

15-16—GRUENE: Old Gruene Market Days More than 100 vendors offer uniquely crafted items, collectibles and packaged Texas foods. Hours are 10 a.m. to 5 p.m. [www.gruenemarketdays.com](http://www.gruenemarketdays.com) 830/832-1721

15-22—FREDERICKSBURG: Texas Hell Week Bicycle Tour Headquarters is at the Sunset Inn, 900 S. Adams St. [www.hellweek.com](http://www.hellweek.com) 806/683-6489

15, 22, 29—BANDERA: Cowboys on Main Includes a Western display in front of the Bandera County Courthouse with strolling musicians on Bandera's Main Street from 1 to 4 p.m. E-mail: [growthr@texas.net](mailto:growthr@texas.net) • [www.banderacowboycapital.com](http://www.banderacowboycapital.com) 800/364-3833

15-Jun. 1—AUSTIN: Texas Wildflower Season Drive along rural highways to view the wildflowers blanketing the rolling . Learn about bluebonnets, wine cups, wild blue asters and more, or explore the butterfly garden at the Lady Bird Johnson Wildflower Center. [www.wildflower.org](http://www.wildflower.org) 512/232-0100

16-22—FREDERICKSBURG: Spring Break Living History Week Features living history demonstrations all week. Pioneer Museum, 309 W. Main St. [www.pioneermuseum.com](http://www.pioneermuseum.com) 830/997-2835

18, 22, 25, 29—VANDERPOOL: Walking Birding Tour Walk down trails with experienced birders to identify birds in their natural setting. Begins at 8:30 a.m. Lost Maples State Natural Area. 830/966-3413

19—KYLE: Easter Egg-stravaganza Enjoy free carnival-type games, age appropriate Easter hunts, face painting, train rides and music. Begins at 5 p.m. Gregg-Clarke Park. [www.cityofkyle.com](http://www.cityofkyle.com) 512/262-3939

20-Apr. 13—KERRVILLE: Indigenous Peoples of Kerr County Includes photos, paintings and art of the Lipan Apache and Penataka Comanche Indians. Kerr Arts & Cultural Center, 228 Earl Garrett. [www.kackerrville.com](http://www.kackerrville.com) 830/895-2911

21—AUSTIN: Boney James One World Theatre. [www.oneworldtheatre.org](http://www.oneworldtheatre.org) 512/329-6753

22—NEW BRAUNFELS: Gartenfest Includes lectures and vendors. Hours are 9 a.m. to 1 p.m. Conservation Plaza. [www.nbconservation.org](http://www.nbconservation.org) 830/629-2943

22-30—HONDO: Shooting Star Museum Bluebonnet Walk [www.hondochamber.com](http://www.hondochamber.com) 830/931-3837

23—ELDORADO: Cowboy Sunrise Service/Easter Egg Hunt — Family Day E-mail: [eoboc@hotmail.com](mailto:eoboc@hotmail.com) 325/853-3678

23—PIPE CREEK: Winter Series Bull Riding Watch 25 cowboys compete in rodeo's most exciting competition. Includes ostrich races and an Easter egg hunt for children younger than age 10. Begins at 3 p.m. BR Lightning Ranch. [www.lightningranch.com](http://www.lightningranch.com) 830/535-4096

27—KERRVILLE: Camerata at the Movies Includes chamber music of film composers. First Presbyterian Church. E-mail: [events@kerrvilletexascvb.com](mailto:events@kerrvilletexascvb.com) 210/492-9519

27—MASON: Country Opry Odeon Theater. E-mail: [masontexas@verizon.net](mailto:masontexas@verizon.net) • [www.masontxcoc.com](http://www.masontxcoc.com) 325/347-5758

27-29—KERRVILLE: Round Up 2008 Showcases the works of the nation's most distinguished living artists whose works celebrate the memories of the Old West. Special children's interactive gallery will educate as well as entertain. Museum of Western Art. [www.museumofwesternart.org](http://www.museumofwesternart.org) 830/896-2553

27-Apr. 20—KERRVILLE: Bloomin' Good Show Features floral art in many mediums. Kerr Arts & Cultural Center, 228 Earl Garrett. [www.kackerrville.com](http://www.kackerrville.com) 830/895-2911

28-30—MARBLE FALLS: Bluebonnet Blues & Fine Arts Festival Includes music, Paint the Town plein air art competition, Pianorama, sculpture exhibit, kids crafts, shopping, entertainment and more. 200 and 300 blocks of Main Street. [www.bluebonnetblues.com](http://www.bluebonnetblues.com) 830/798-1041

28-30—SONORA: Vernon West Memorial Invitational Team Roping Begins with preliminary roping and continues with the elite invitation roping. Wraps up with some of the toughest bulls on earth. Sutton County Civic Center. [www.sonoratax-chamber.com](http://www.sonoratax-chamber.com) 325/387-2880

29—AUSTIN: Henry & Mudge One World Theatre. [www.oneworldtheatre.org](http://www.oneworldtheatre.org) 512/329-6753

29—AUSTIN: Austin Civic Chorus Mendelssohn's St. Paul Begins at 8 p.m. Northwest Hills United Methodist Church. [www.chorusaustin.org](http://www.chorusaustin.org) 512/719-3300

29—AUSTIN: Junior 'Dillo Kids Run This is a certified 1-mile course for kids age 12 and younger. There is a Junior 'Dillo Kids 1/2-mile Family Fun Run & Walk for children age 6 and younger with their parents. Auditorium Shores. [www.cap10k.com](http://www.cap10k.com) 512/445-3598

29—HONDO: Medina Community Hospital Auxiliary Gala [www.hondochamber.com](http://www.hondochamber.com) 830/426-3037

29—KERRVILLE: Mounted Peace Officers Wild Game Dinner Youth Exhibit Center, Hwy. 27 E. [www.kerrvilletexascvb.com](http://www.kerrvilletexascvb.com) 830/257-7611 or 210/478-9888

29—LOMETA: Diamondback Jubilee Includes rattlesnake displays, arts & crafts, food and carnival. 512/752-3106

29—WIMBERLEY: Love is a Circle Concert opens with the music of Salamone Rossi. Also featured will be John Muehleisen's setting of Elizabeth Barrett Browning's poem, Perplexed Music, and David Asplin's For the healing of nations. Begins at 7:30 p.m. St. Stephen's Episcopal Church, 6000-A FM 3237. [www.conspirare.org](http://www.conspirare.org) 512/476-5775

30—AUSTIN: Love is a Circle Concert begins at 7:30 p.m. Congregation Agudas Achim, 7300 Hart Lane. [www.conspirare.org](http://www.conspirare.org) 512/476-5775

30—AUSTIN: Statesman Capitol 10,000 Attracts the silly to the serious and has become a fun, festive tradition for the whole family. Walk, jog or run. Starts at Congress Avenue at Barton Springs and finishes at Auditorium Shores. [www.cap10k.com](http://www.cap10k.com) 512/445-3598

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## STAR Kids

# Happy Birthday!



(Left) Tanner Bendorf's 7th birthday was Feb 10th

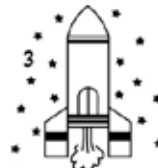
(Right) Ryan Bendorf's 9th birthday was Feb 20th

**Hey Stiener Kids!**

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