NEWS FOR THE RESIDENTS OF STEINER RANCH



VOLUME 2 ISSUE 4

APRIL 2008

Be Safe: When an Armadillo Sees its Shadow, is it Boating Season in Texas?



Have fun this summer but remember: Nobody's Waterproof.

Submitted by LCRA

The time of year known nationally as the official boating season is about as relevant to Texans as Punxsutawney Phil seeing his shadow on Groundhog Day in Pennsylvania.

Our climate does not limit water recreation to three months out of the year as in may other states across the country. Many a Texas Christmas photo shows family members sporting shorts. On Feb. 25, Austin's 92-degree high was one of the warmest on record for that date. With warm, sunny days today, boaters and swimmers are not waiting until May to enjoy water recreation.

And with LCRA's meteorologist Bob Rose forecasting a trend of warmer temperatures, we can expect to see the numbers of lake visitors on the

rise well before the official first day of spring. What we don't want to see, however, is more lake accidents occurring earlier as well.

Unfortunately, the first two Highland Lakes drownings already occurred in February. They were both at Lake Travis and both victims were Austin-area residents. This is the earliest in a year that a lake fatality has occurred on Lake Travis in at least eight years.

So just as our mild Texas winters don't limit use of the lakes, actions and precautions that make lake visits safer should not be limited to Memorial Day through Labor Day. That doesn't mean folks won't hear plenty about National Safe Boating Week when it takes place May 17-23; it just means we want the safety reminders to be heard now when tit's already warm enough to enjoy the lakes.

Plenty of water in the Highland Lakes and warm temperatures provide a great opportunity for people to enjoy the water by boat or from the shoreline. And lake visitors of all types can benefit from following a few easy water safety tips such as swimming or boating with a friend, wearing a life jacket, drinking responsibly and taking time to learn about risks such as water-related illnesses that are associated with any lake.

For the third year, LCRA will promote safe enjoyment of the lakes through its Nobody's Waterproof[™] campaign. See www.nobodyswaterproof.com for dates and locations of these interactive lake events as well as tips to make sure your lake visit is fun and safe from start to finish.

Five to stay alive

- 1. Always swim with a friend. Recognize the signs of someone in trouble. Most drowning victims don't yell for help; instead, they panic and slip quietly under water.
- 2. Always wear a life jacket. And, don't overestimate your swimming abilities.
- 3. Drink responsibly. Many drowning accidents involve alcohol, which affects your coordination and judgment, especially when boating or swimming. Always drink lots of water.
- 4. Boat safely. Familiarize yourself with the lake, and be aware of your surroundings at all times.
- 5. Have required equipment onboard. And, make sure it works correctly!

For more information, check out the Nobody's Waterproof Web site.



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EMERGENCY	
Fire	
Ambulance	
Sheriff – Non-Emergency	
Hudson Bend Fire and EMS	
Emergencies	
Information	

SCHOOLS

Leander ISD	
Cedar Park High School	
Canyon Ridge Middle School	
Laura Welch Bush Elementary	
Steiner Ranch Elementary	

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Texas Gas Service	
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Time Warner Cable	
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IESI (Trash)	

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2008 Events in Steiner

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/

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



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Check out my new Steiner Ranch Neighborhood Website

My new "free" interactive neighborhood website was created for use by all Steiner Ranch neighbors for their needs and interests. Please enjoy this website and feel free to post:

- your own classified ads
- favorite neighborhood photos
- pet photos or lost & found pets
 - school events info
 - favorite recipes
 - Kids athletic events
 - Fundraisers

CONGRATULATIONS to Carson for winning last month's drawing!! Become a new subscriber and be entered into a drawing for a \$25 gift certificate to Quinlan Park Grill

• The website contains lots of other neighborhood

and area information. I hope you enjoy using this website created just for you. Thanks! Diane www.steinerranchneighbors.com

Diane Kennedy ABR, CRS (512)750-2950

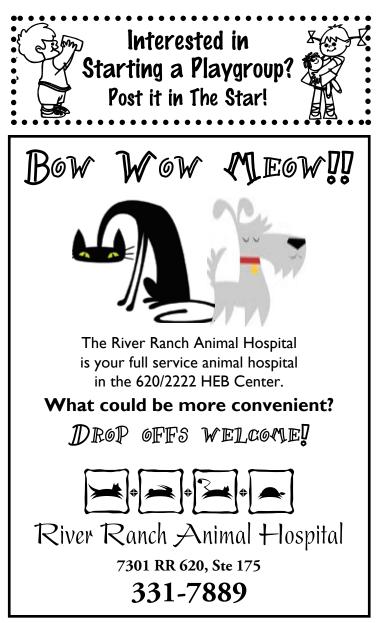
Email: diane@dianekennedy.com * Website: makeaustinhome.com www.steinerranchneighbors.com



www.ColdwellBankerUnited.co

Laura Welch Bush Elementary News & Events

- April 8th Math TAKS 5th grade
- 2008-2009 Kindergarten Registration Wednesday, April 23rd, 7:30 - 11:00 and 1:00 - 6:30.
- At registration parents MUST provide: Birth Certificate Social Security Immunization Records Proof of Residency Parent Driver's License
- *Student transfer (Intra-district) forms are now available in the registrar's office.*



Citizen Alert – Travis County Sheriff Watch For

Suspicious Activity

The Lakeway Police Department and the Travis County Sheriffs Office are investigating reports of an elderly white male, balding with a

short hair cut in the back, that has reportedly been soliciting children after they get off the school bus and asking them to pet sit his dog for cash. The man was seen driving a white 4 door sedan with no license plate. There has been one reported incident in Lakeway on February 19, 2008 at approximately 3:30pm and one reported incident in Apache Shores on February 22, 2008 at approximately 3:30pm. Parents, please remind children to be aware of their surroundings, do not approach strangers and report any suspicious behavior. If you see suspicious activity call 911 immediately.

SHER



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Be Safe and Prepared in the Water Submitted by LCRA

If someone does get in trouble in the water, here are things you can do to help while keeping yourself out of danger.

Reach	To help someone in the water, reach first with a fishing pole, long stick, floating noodle, or boat oar, but don't get in the water yourself.
Throw	Scan the area for items such as an empty milk jug, cooler, ring buoy, other flotation device or a rope. Bring a boat cushion that floats and keep it close at hand.
Row	It is not safe to go near a swimmer with the boat motor running. Turn the motor off and use oars to bring the boat close enough to reach or throw.
Don't Go	Without training and experience in life-saving techniques, you could put yourself in danger along with the person you are trying to help.
Know and Call	Know where you are on the lake or at the park so that when you call 9-1-1, emergency personnel can locate you.

Did You Know?

.... Personal classifieds can be submitted to The Star for FREE by all Steiner Ranch Residents? Email your personal classified to thestar@peelinc.com.

.... 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 (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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Spring is Here. . . Head for the Parks



Spring break and Easter have come and gone, so you know what that means in Central Texas: It's time to head for the parks to camp, fish or just take a long day to play in the warming weather.

The busiest weekends of 2008 recreation season are upon us as outdoor lovers by the thousands pull out their stored-away camping equipment to give it a check and uncover the boat to make sure it still runs and is safe. Submitted by LCRA

Then they head for outside adventures, including flocking to LCRA's 40 parks and recreation areas that are located from the Highland Lakes down the Colorado River to Matagorda Bay.

Because of the drought-breaking floods last summer, the Highland Lakes are full and offer plenty of water for recreation of all types.

Depending on what Mother Nature does with the weather — remember this is Texas and spring can mean rainy and cold or perfect 70s or higher — some people will even jump in the cold river or lakes for an early springtime dip. Or maybe water ski. If you do this, consider these safety tips: Don't stay in the water too long and swim with a buddy.

Back on land, it's a little early for wildflowers. Some trees will start to bud and the prime wildflower season is just around the corner.

This is also a good time to watch birds migrating north, such as hummingbirds,

robins and purple martins.

If the weather is right, early spring can provide some of the best tent camping of the year. RV camping is good even if it's raining and chilly because you can be snug in your camper anywhere.

Word to the wise: Campgrounds and particularly cabins and RV spots get reserved early. In fact, reservations can be made 333 days out. For instance, some reservations were made last fall for Memorial Day. So the sooner you call the Texas Parks and Wildlife Department Reservation Center at (512) 389-8900, the better chance you have to get the spot you want when you want it. Plan ahead.

Special discounts may still be available during the spring at some LCRA parks. Call the individual parks to check.

It's a good practice to check on county burn bans before you go.





Cedar Park Swim Club

Submitted by Rob Alspaugh, VP-Cedar Park Swimming, 512-733-2490

The Cedar Park Swim club recently completed their Short Course season with the STAGS (South Texas Age Group) Championship meet, February 15-17. The following swimmers made finals in multiple events:

Girls 11-Years Old Abby Artman Amanda Wu Sheena Wang

Boys 10 & Under Connor Lorson Josh Artman Adam Toler Travis Beall **Boys 12-Years Old** Cody Sims

Emilv Sweet

Kristina Beall

Chris Flynn

Girls 11-12-Years Old Relay

Boys 11-12-Year Old Relay Steve Gerken Robert Wang Boys 14-Years Old Brent Aarons

Also, congratulations to swim club member Megan Ziemann who finished second in the State Competition (for Vista Ridge HS) in the 200-Free and 7th in the 500-Free.

Cedar Park Swimming is a year-round swim club sanctioned by USA Swimming and South Texas Swimming. The team has now served the city of Cedar Park and the north Austin area for over a decade, building the program to a membership total of over 150 athletes, ages 6 - 22.

Please visit our web site for more information: http://www. cedarparkswimming.org/



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Jenifer Carsrud was born in Oklahoma and introduced to the theater at an early age. She earned a BA in Theatre from the University of Houston, as well as her MFA in Directing from the same university. Jenifer stated that "the University of Houston had some of the greatest mentors". While there, Jenifer studied with the some of the most esteemed members of the theatre world as Sir Peter Hall, K. Todd Freeman, Kevin Rigdon, Dr. Sidney Berger, Lois Chiles, Edward Albee and Lanford Wilson to name a few. While in her graduate program she founded Celtic Cougars at the University of Houston and self produced and directed works under that organization including Bell, Book and Candle and Misalliance. During rehearsals for Misalliance, Pulitzer Prize winning playwright Lanford Wilson, sat in one day he kicked off his shoes and enjoyed the performance so much they forged a friendship that last to this day. Several times over the years Lanford commented how he has wished Jenifer had been part of the Circle Repertory Theatre, which Lanford founded in 1969 along side director Marshall Mason. Lanford also commented about the fact that Jenifer's production of George Bernard Shaw's Misalliance was the first time he enjoyed Shaw. Also while in Houston Jenifer had the opportunity to work along side Dr. Sidney Berger, founder of the Houston Shakespeare Festival. In 2005 as his assistant director for As You Like It, to this day she still considers him an valuable mentor.

After completing her MFA she moved to Austin Texas along side her husband Dr. Victor Carsrud, a local Chiropractor, to continue her theatre career. In Austin she worked briefly at the ZACH Scott theatre as the company manager for Project InterACT. She also worked briefly for the State Theatre downtown working on development projects. She has locally directed for Frontera Fest for the past 3 years, plays include Brain Big chosen for Best of Fest 2008, The Perfect Snowball, Riverview Ritz wildcard Best of Fest 2007 and Little Baby Two Shoes.

Cinderella

is coming to Steiner!

Jenifer teaches as a private acting instructor for Pulse Performing Arts Studio in Leander and recently began teaching for KidsActingStudio in 2008. In 2007 she was asked to be a guest director for the Wimberley Players and directed Bell, Book and Candle. New to the Wimberley Players and following a blockbuster Man of La Mancha, she set out to bring nostalgia to the Wimberley stage. Audiences and Board members alike commented about the production quite positively. Comments about the detail to set, casting, fluidity of text and mannerisms are just few among many. One review stated "Cheers to the Director".

Jenifer's approach to directing is quite unique. Former professor Jim Johnson commented that "she related to the actors and makes them feel comfortable that they WANT to give the best performance." "She feels very connected with the actors, having been an actress herself." Jenifer said she feels like it is the "directors' job to help guide the actors to the end result." She believes a good actor knows inherently the details about the character, but a good director is there to guide the actors' instincts. Although she directs adult and children's shows now, Jenifer is no stranger to the stage herself, having been an actress for over 20 years.

6

She also worked at the costume shop at the University of Houston as a costumer, and was also a stage manager for local Houston area theatres. Acting roles in theatre included Reenie from Dark at the Top of the Stairs, Mae from Cat on a Hot Tin Roof and Ismene in Antigone as well as many others. Jenifer is now finally realizing a dream; she is in the beginning stages of bringing a new theatre complex to the Austin area. "I had always wanted to open a theatre here in Texas, bringing theatre to the masses is something that always appealed to me." "Once I realized it was going to be something I was going to bring to fruition, the entire process has just fallen into place." She has been meeting daily/weekly with members of the theatre community in Austin, and is taking the next steps to getting the massive project off the ground.

Be looking for more details soon about this new theatre complex. But for now UPCOMING to Steiner, two nights of theatre a version of Cinderella, written by Luisa Wasser, local to Steiner and directed by Jenifer and Brain Big revisited, by Priscilla Sample and directed again by Jenifer. Cinderella will be performed April 25th, and Brain Big May 16th. Cinderella, is the basic story told with actors and audience participation. Brain Big is a play about self image performed by 3 actors. These actors also performed Brain Big for Frontera Fest 2008.



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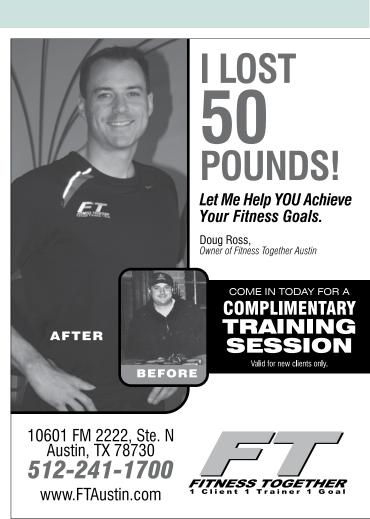
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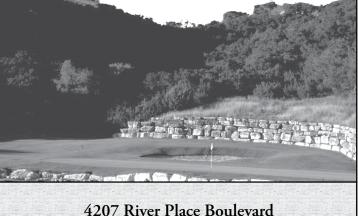
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Austin Runners Corner

Courtesv of www.raceworksinc.com

RUN with the HEROES - 04-20-2008

April 20, 2008 is the date set for "RUN with the HEROES" 5k. Sgt. Scott "SCARY" Cary will come out of his Race Director retirement to put this race on course. A 8:00 a.m. is set for this 5k start but the course is still in development. But you can bet your badge it will be a fine one.

• Texas Round Up 5 & 10K - 04-26-2008

The Texas Round Up 5K & 10K will be on Saturday 26 April.2008. Start Time is set for 8:00 a.m with the Kids-K at 10:00. There is always a big turn out from people all over the state of Texas. All abilities and all ages. Over 7,000 people attented this fitness Festival in 2007. Check the web site: www.texasroundup.org and click on "Events" and stay tuned for more details on their website.

Steiner Ranch News

Steiner Ranch mom Carolina Alvarez is starting Spanish Train. This is an initiative to promote early Spanish learning, through immersion programs. She will be offering the first 8 weeks session workshop for toddlers and their moms from mid April to early June 2008 at the Steiner Ranch Bella Mar Community Center at 10:30 am.

Lake Travis

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SCOUTS AIM TO "KEEP TEXAS F

Scouting for Food drive has goal of collecting 250,000 pounds of food in Central Texas

Thousands of Scouts will visit homes in April to collect more than a quarter-million pounds of food for needy Central Texas families.

The 2008 "Keep Texas Fed" Scouting for Food drive is on Saturday, April 12, 2008. In its inaugural year in 2007, the drive collected more than 83,000 pounds of food for the Capital Area Food Bank and its Partner Agencies.

"Many people donate food during the traditional holiday months," says Adrienne Longenecker, Deputy Director Community Relations for the Capital Area Food Bank. "But we have a serious need just before summer, as children who were counting on meals at school spend more time at home. The 'Keep Texas Fed' drive was a tremendous help last year and we know that Scouts will rise to the occasion again this year."

76% of households receiving assistance from Capital Area Food Bank Partner Agencies report incomes below the federal poverty level (source: Hunger in America 2006: Central Texas Report, in association with America's Second Harvest). These are families that are working, trying to support themselves but have trouble making ends meet.

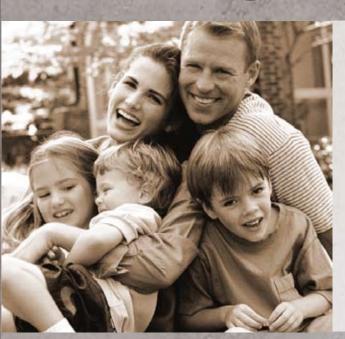
Starting in April, Scouts will leave door hangers on the front door of homes in their communities, informing residents that Scouts will be back on Saturday, April 12, starting at 8am, to collect food donations. Instead of providing bags for the donations, Scouts are asking people to put the food in plastic shopping bags already in their homes. After Scouts pick up the bags, the food will be donated and the bags will be recycled.

If you have any questions about the Scouting for Food drive, contact the Capitol Area Council, Boy Scouts of America, at (512) 617-8641 or (800) 444-1910 ext. 641. You can also visit the Capitol Area Council's website, www.bsacac.org, and click on the "Contact Us" link to send an email.



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Eels on Wheels, Adaptive Scuba Club for handicapped individuals, holds 5th Annual Fundraiser:

Scuba Marathon and Dive Show on April 13th, 2008 at the St Edwards University Recreation and Convocation Center

Eels on Wheels is hosting its 5th Annual Scuba Marathon and Dive Show on April 13th, 2008 at the St Edwards University Recreation and Convocation Center from 10am to 3pm. This is a great opportunity to get involved in a service project that benefits the handicapped community in the Central Texas area. Scuba Marathon is our primary fundraiser each year and we are hoping that 2008 will set a record! Divers will be taking pledges from friends, family and other members of the community. In return, the divers will participate in the dive marathon which will consist of underwater obstacle courses, underwater football and other challenges. Scuba Marathon is not just entertaining for those that are diving, but also for the spectators. A variety of dive shops will have gear on display, as well as, information about upcoming scuba classes. If you've considered scuba diving in the past and want a chance to try the sport, bring your swimwear and we'll give you a chance to discover scuba in the pool. There will be several specials offered on gear, close-out merchandise and scuba classes.

Eels on Wheels Adaptive Scuba Club is a non-profit, 501(C)3 organization of "can-do" minded people who love to scuba dive. Eels is centered around its members (adults AND children) who live with quadriplegia, paraplegia, and the many others with various disabilities caused by birth defects, illnesses and injuries. We think that ANYONE can dive regardless of physical (and even some mental) challenges, and we adapt our dive training to ensure the safety and fun of everyone. Eels on Wheels gets people out of their wheelchairs and into life.

Eels on Wheels provides so much more to people with disabilities than an annual vacation and a little fun. By returning independence to those who had lost it due to injury or illness, we return to them their self-esteem and confidence. In turn, many of them donate their time to other worthy causes. Our group is completely volunteer oriented and donor dependent and thanks to the hearts and muscles of our volunteers and the generosity of our wonderful donors, it is growing.

Our goal is to provide diving and the experience to anyone interested at the same cost as the general public. As one would imagine, training a person with a disability is markedly more challenging and often takes an increased amount of time and expense. The Eels use donations to help disabled divers with special needs to "re" experience life outside the wheelchair.

How can you help? By responding today and participating in this fun and exciting community event.

For more details on Eels on Wheels or Scuba Marathon please visit our websites: www.scubamarathon.com or our homesite www. eels.org. You may also email us regarding pledges, sponsorships or volunteer opportunities at tamara@swiftprintingsolutions.com.

Alternatives to Lawn Expense

By Dale Bulla

For a long time now, most American landscaping has focused on maintaining a manicured green lawn. This requires a lot of water and fertilizer. Native trees, shrub masses, ground covers, prairie or meadow patches, wildflower beds, and attractively mulched areas are better environmental choices for people and for wildlife. Below are some more reasons to consider reducing your lawn and the expense that goes with it.

If you are fed up with lawn maintenance, here are some alternatives to consider...

- native species of ground cover instead of grass
- native trees and/or shrub masses
- water garden or pond
- rock garden
- mulched paths
- native annual or perennial beds

- meadow or prairie patch
- hedgerow
- organic vegetable garden

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• butterfly or hummingbird garden

Remember if Buffalo Grass is used instead of regular turf grass, no additional water is required after it is established. When it gets dry, it goes dormant, when it rains it greens up. It only grows about six inches high so mowing is not necessary. If you must water, the city recommends water every 45 days for Buffalo Grass to stay green. Mowing can increase weed infestation so hand weeding is recommended if you cut your Buffalo Grass. Check out the city of Austin plant guide: http://www.ci.austin.tx.us/ growgreen/plantguide/searchplantresults. cfm

Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing <u>thestar@PEELinc.</u> <u>com</u> 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 <u>thestar@PEELinc.com</u>.

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NatureWatch

by Jim and Lynne Weber

There's No Such Thing As Buzzards

To most Texans, vultures are simply "buzzards," an unfortunate misnomer that stems from the term early settlers used to describe these birds that reminded them of a common, medium-sized hawk found in Europe. American vultures have their own distinct family and differ from vultures found on other continents, which are more closely related to hawks and eagles.

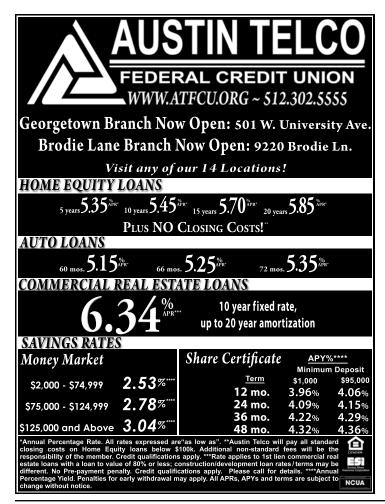
Vultures are characterized by small, unfeathered heads and hooded beaks, which help them feed on the carrion that makes up most of their diet. As scavengers, they often feed together and assemble in large groups to roost at night. These gregarious birds become solitary during the spring nesting season, from March to June in Texas, and prefer protected rock ledges, caves, hollow trees, and even deserted buildings as nesting sites, as they do little to no nest construction. Male and female vultures look alike, and they have no song or call, although they will grunt and hiss when feeding or frightened.

Turkey vultures are one of two vulture species common in central Texas. Large, sleek, and black with a naked red head, white beak, and longish tail, the turkey vulture has a six-foot wing span. Combined with its relatively light weight, you will often see this bird using thermals to carry it aloft, soaring high above the ground in sweeping circles. From below, its slender wings appear two-toned, with leading edge black wing linings contrasting with trailing edge light grey flight feathers. Unlike other vultures, the turkey vulture uses its sense of smell to locate carrion. And like its stork relatives, this vulture often defecates on its own legs, using the evaporation of the water in its feces to cool itself down.

Smaller, with a shorter tail, naked black head, and a wing span of less than five feet, the black vulture is not built for endless soaring like the turkey vulture. As such, you will often see this bird alternate rapid flapping of its wings with short glides. From below, its wings also appear two-toned, but with the light grey feathers appearing only on the wing tips. Unlike the turkey vulture, the black vulture will supplement its carrion diet with small mammals, reptiles, and young birds, and will depend solely on its vision to find food. A more aggressive bird, black vultures will often form small groups and gang up on a larger turkey vulture to drive it from a carcass.

Populations of turkey and black vultures fluctuate throughout the year in central Texas. Although some stay year-round, many turkey vultures spend the winter in Central America. Black vultures also migrate, and may travel as far south as Brazil for the winter. Protected by the Migratory Bird Treaty Act of 1918, it is illegal to take, kill, or possess turkey or black vultures, except for birds that are injured and unable to return to the wild.

(Continued on page 17)





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Nature Watch - (Continued from page 16)

While vultures may not be the most attractive bird around, you have to admire their majestic stature, graceful flight, unique social characteristics, and the role they play as nature's best recyclers! Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them.

TAX TIPS – 2008

Don't forget to file your Federal Income Taxes (or apply for an extension) by Tuesday, April 15, 2008!! The IRS has made it much easier to file electronically if you do not want to file a paper return or are in need of a last minute extension. You can also file form 4868 electronically which will give you an extension of up to 6 months to file your return (October 15, 2008) but it does not extend the payment for those taxes. If you think you will owe when you do file your return, then you must pay the balance along with the extension request or you will pay the government interest and penalties.

Looking for your refund? If you have already filed your return and want to know the status of your refund, you can now log on-line and find out when you can expect to receive it. This option is available whether you requested automatic deposit into one or multiple accounts or a check mailed to your home address. Log on to: www.irs.gov for a link to this feature.

Make sure you: Maximize your credits! The credits available to many filers are often overlooked. These include:

Child & Dependent Care Credit: may be available for daycare expenses paid even if you participate in a flexible spending program with your employer.

Child Tax Credit: generally available for taxpayers having qualifying children with adjusted gross income under \$110,000

Education Credits: for higher education expenses two different credits apply, the Hope Credit and the Lifetime Learning Credit

Adoption Credits: a nonrefundable credit available for taxpayers with qualified adoption expenses

Watch Out For: The IRS has new substantiation requirements for common itemized deductions such as employee business deductions and charitable contributions including non-cash contributions.

Make sure you get with your tax advisor if you think any of the above could possibly benefit you as each individual situation is different.

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Meet Jackie



Growing up in foster care is not something children should have to do. Imagine not being able to hang out with your friends as often as the other kids, attend slumber parties or always worrying about moving. Children in foster care worry every day about their future and where they will be. They are often in survival mode, feeling that they must look out for themselves because who else is? While there is an entire system working very hard to find permanency for these children, it can never replace the feelings of loneliness and isolation these children feel. Who is there to guide them over their lifetime, to teach them the little things in life we take for granted.

Meet Jackie, a beautiful spirited girl with a heart of gold. Yes, she is a teenager. Yes, she is afraid for her future. Yes, her defenses are up. She is like so many others. The spark in her eye is the hope – the hope that someone will want her; someone will claim her unconditionally as his/her child.

Jackie, a beautiful and loving girl who enjoys dancing, will be 15 in June. She is on the volleyball team and pep squad at school. She describes herself as "funny and thoughtful". Like most teenage girls, she loves to shop and talk on the phone. Her favorite subject in school is Math and she is working hard to pull up her grades.

Jackie hopes for a single mother to adopt her and she wouldn't mind being the only child. Jackie looks forward to going to the movies, going out to eat and attending church with her new family. She is excited about getting a family to call her own and spending holidays together. Jackie would do well with a family who could also act as a mentor to help guide her into adulthood.

Everyone needs someone.

If you are interested in learning more about the adoption process, contact the Adoption Coalition of Texas at tracyeilers@ adoptioncoalitiontx.org (512-301-2825). If you are interested in learning more about Jackie, please contact Vanessa at vcoppola@adoptioncoalitiontx.org or (512) 692-2540.

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Long Term Care: Something to Think About

Submitted by Rich Keith

A recent Long Term Care National Poll revealed what people are thinking and doing about long term care. Genworth Financial reports from this poll that many people believe long term care is only for the very old and therefore are prone to ignoring the issues. But what are the important things to know about long term care?

The bottom line: Americans are not planning for possible long term care needs but are concerned about how they will pay for it. The vast majority of Americans are not prepared for the costs of long term care:

- Nearly 6 in 10 Americans (59% of survey respondents) are worried about being able to pay for long term care for themselves.
- 75% (3 out of 4) have made no preparations for their own or a loved one's long term care needs in case it is needed.
- Even if it meant saving \$25,000 a year, only 9% of respondents said they would place a loved one in a nursing home in another part of the state or in a neighboring state.

But the possibility of developing Alzheimer's disease motivates people to plan for LTC. 72% of respondents said that the possibility of developing Alzheimer's disease or another form of dementia is an important motivating factor in planning for long term care.

• The growing incidence of Alzheimer's disease is a motivating factor for long term care planning, especially for senior citizens. When informed of a new report that found Alzheimer's disease

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Consumers incorrectly believe the federal government or their health insurance will pay for their long term care needs

Almost half of survey respondents (44%) incorrectly believe that Medicare or their private health insurance will pay for their long term care needs. Actually, health insurance and the federal Medicare program do not generally cover long term care.

People would prefer long term care in their home

- If given the choice between care in a facility such as a nursing home or an assisted living facility and care at home, 75% (3 out of 4) of respondents would prefer care at home.
- However, 43% of respondents incorrectly believe Medicare or their health insurance will pay for a home health aide.

Survey Information: The survey was conducted March 25-27, 2007 by Public Opinion Strategies. The poll of 800 registered voters across the country and has a margin of error of +3.46% in 95 out of 100 cases.

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asir

FITNESS



What are your summer plans? Want to help make miracles happen?

By S. Apodaca

Three years ago this summer my husband and I met Luis (not his real name), a young boy who would forever change and enrich our lives. Luis came to live with us for a few weeks through a program called Summer Miracles. We knew his visit would present challenges for at least a couple of reasons. First, we normally do not have children living under our care whose needs require a change in our busy schedules. Secondly, we primarily speak English and knew that Luis, coming from Colombia, would speak only Spanish. No problem, we like a challenge and there was proof that many families before us had successfully met the challenge.

Our goal that summer was to give an older orphaned child a lifechanging opportunity simply by giving him a fun summer experience outside his orphanage walls and introducing him to friends and others in our community. We read the program rules, participated in the training, volunteered efforts and time in the fund raisers, and took all recommended measures to prepare for a summer with Luis. Our preparation did pave the path for a summer of growth, fun surprises, and newly made friends. But can one ever really prepare for the awesome power and teachings of a miracle?

The miracle to which I refer is that Luis ultimately met an amazing couple who decided to pursue his adoption. The following summer Luis was back in Austin with his new forever family. It sounds so simple. While the concept may be simple, the reality is not. The Summer Miracles program goal of increasing the awareness of the plight of orphaned children requires many dedicated people to make it work. It is a Kidsave International (www.kidsave.org) program which Kidsave Austin, the local grassroots chapter, has been participating in for years. Kidsave is not an adoption agency, but its mission is to end the harmful institutionalization of children. No, not a simple mission, but absolutely worthwhile. For many international orphans over age 7, it is the only glimmer of hope for the chance to enjoy childhood and for a future which does not end in crime or suicide.

Luis' adoptive parents have been gracious enough to allow us to remain a part of his life. Playing a part in his family miracle continues to bring pleasure beyond any I ever thought to imagine. Luis speaks fluent English now, is a model student in school, and is having fun exploring his love of music, poetry, math and other worlds now open to him. He is flourishing under the care and guidance of his adoptive parents!

Kidsave Austin is seeking hosts, translators, golfers (tournament May 10), and other volunteers who are interested in making miracles happen for more children this summer. What are your plans? I hope you enjoy them as much as I am sure we will enjoy ours as we gear up for another year of participation in the Summer Miracles program, and I hope you will join us.



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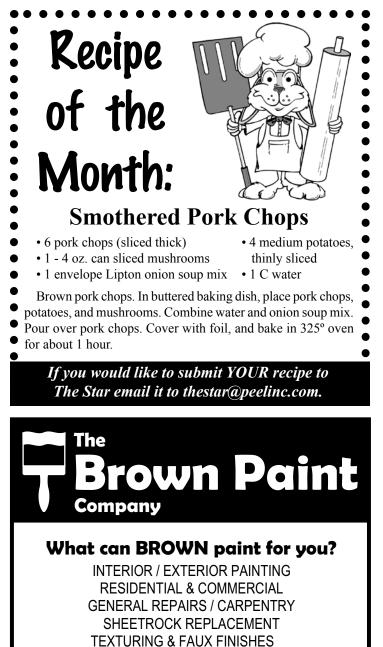
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April Events at the Lady Bird Johnson Wildflower Center

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Nature Nights

6 to 9 p.m. Friday, April 18 Family fun.

Arbor Day Sale Noon to 3 p.m.



Sheriffs Association Of Texas Has Membership Drive In Travis County Submitted By: Roger Wade,

Submitted By: Roger Wade, Public Information Officer, (512) 854-4986

Travis County Sheriff Greg Hamilton is working with the Sheriffs' Association of Texas to raise money to support the Sheriff's Offices of Texas. Travis County residents will receive, or have received, application letters to become Associate Members of the Sheriffs' Association of Texas. The application letters, which are signed by Sheriff Hamilton, invite people to become associate members of the Sheriffs' Association of Texas. The membership dues/contributions are tax deductible.

The monies from these memberships will go towards crime prevention and awareness programs, promote public safety, provide training for Sheriffs and their deputies, and provide scholarships for children of law enforcement officers.

Those who do not receive a membership letter/application can request one by contacting the Sheriffs' Association of Texas at, 1601 S. IH 35, Austin, Texas 78741, or going on the web at, www.txsheriffs. org

"As the need for building stronger public-private law enforcement partnerships in this country continues to escalate, programs such as this continue to grow in importance," said Sheriff Hamilton. I encourage everyone receiving a membership appeal to consider joining forces with us by becoming an Associate Member. It is a valuable investment in our future."

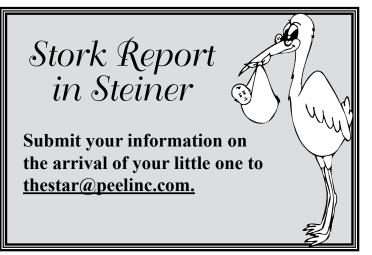
Founded in 1874, the Sheriffs' Association of Texas is a 501 (c)(3) non-profit professional and educational organization dedicated to the preservation of peace and the protection of lives and property of the citizens of Texas. The Sheriffs' Association of Texas does not make solicitations by telephone. If you receive a telephone call from someone who uses the name of the Sheriffs' Association of Texas, please report it to your local Sheriff or County/District Attorney.

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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 <u>thestar@PEELinc.com</u>.

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It's My Park – April 12th, 9 am

The annual "It's My Park" Day is sponsored by the Austin Parks Foundation, which is a non-profit organization not affiliated with the City of Austin (www.austinparks.org). This year you can go to their website at www.austinparks.org, type in your zip code, and find activities around your house where you can help beautify a park.



How To Start Playing Tennis By Fernando M. Velasco

In past issues, we have discussed on how to start taking lessons, purchasing rackets, shoes and giving you some tips to begin playing.

Now that you are ready to start playing the game, in this issue, we will discuss on how to become "mentally prepared" when competing and playing socially with spouses, friends and children.

Game of "Mistakes" - Tennis, unlike other sports, is based on minimizing mistakes. Even the tournament players, will make mistakes. We will hit balls long, short, into the net, into the parking lot and sometimes even hit our own partners, if playing doubles.

Three basis rules that I have my students follow when making an error are the three "R's" that I learned from Dr. Karl Slaikeu in his book "Focused for Tennis":

- "Release" The mistake is done. There is nothing to get the 1. point back.
- 2. "Review" - Think of what you could have done to avoid the mistake.
- 3. "Reset" - Start the next point refreshed and with your mind clear.

Tennis is a game where, unless the opponent hit the last shot to win the match, that you still have plenty of opportunities to get your "rhythm" and confidence back.

In order to hit "winner" shots, one must take chances. On critical points, I ask my students to review the following "awareness points":

- "Own awareness" Hit the shot that you have and can depend 1. on it.
- "Opponent awareness" Hit the shot 2. to the opponent's weak area.
- "Court awareness" Plan 3. your shot according to where the sun is and where the wind is coming from.
- 4. "Score awareness" - If ahead in the score, take chances, if behind or even, be more conservative.



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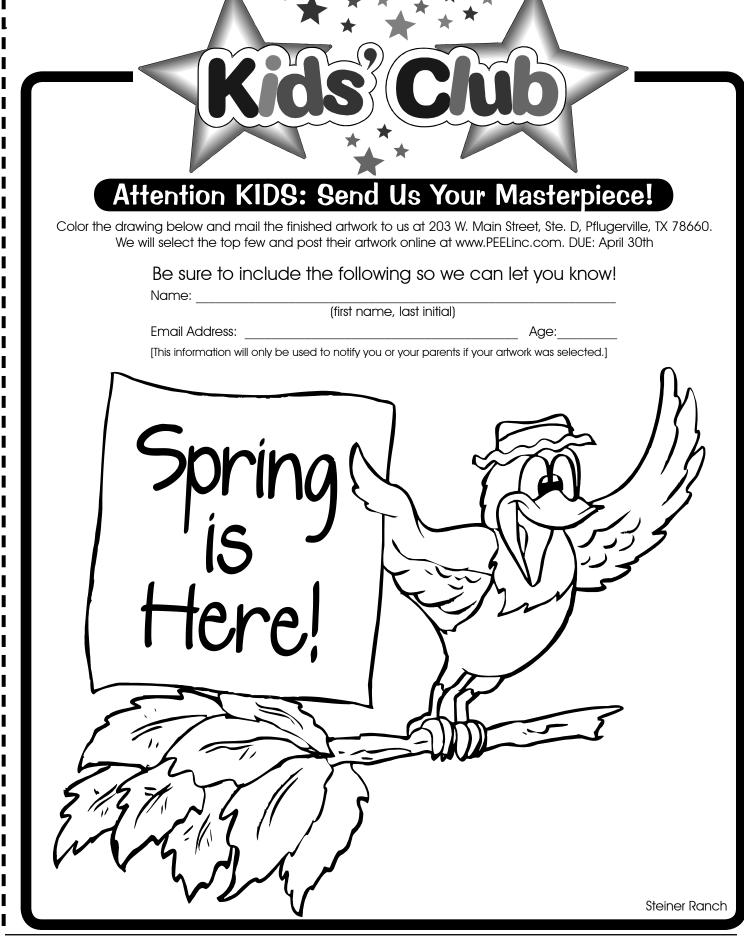
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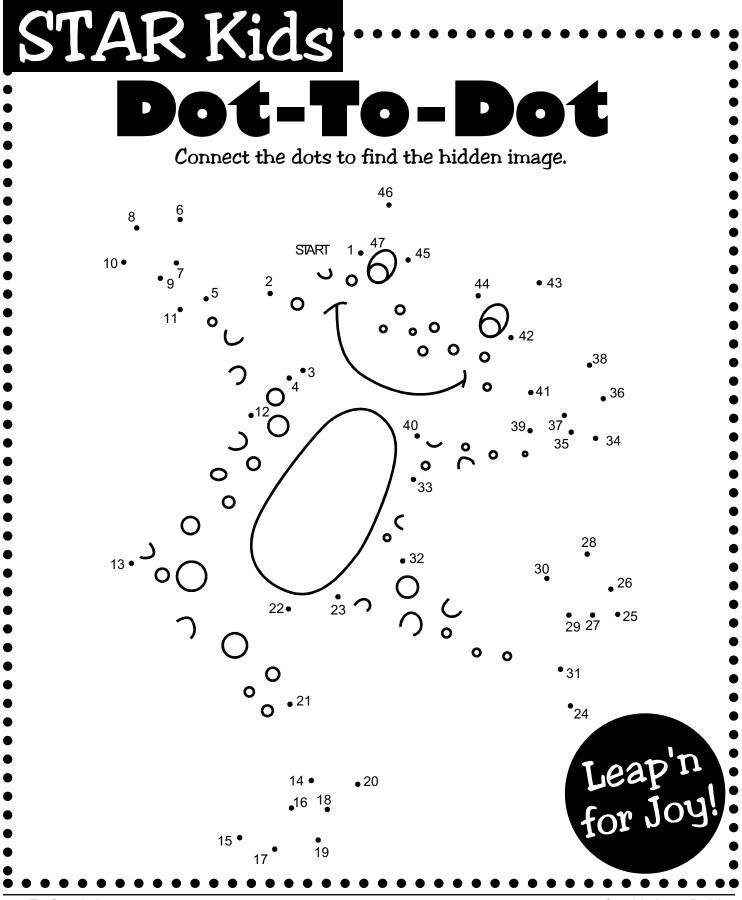
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April 2008 Austin Newcomers Club Luncheon

Time: 11:00 AM Social; 12:00 Noon Luncheon Date: April 16, 2008 (Reservations by Thursday, April 10th) Program: Judy Maggio, KEYE-TV ANCHOR

With 26 years of experience reporting the news in Austin, Judy Maggio is one of the most familiar faces seen on television in Central Texas. She is a native Texan, a "Longhorn through and through", and has gladly spent her entire broadcasting career in Austin, "the best city on earth." She began as an entry-level reporter on KVUE-TV and became the nightly news anchor in 1986. In 2003, she accepted an Anchor/Managing Editor position at CBS/KEYE-TV. Judy has covered three presidential inaugurations and four national political conventions, as well as interviewed and profiled celebrities including Lady Bird Johnson, Ted Koppel, and Willie Nelson. She even sang a few bars of "On the Road Again" with Willie. She is active in community organizations and has emceed dozens of local fundraisers. Judy says that she is an outdoor fanatic who loves hiking, walking, running, and swimming. She also loves dogs. We are extremely fortunate to have Judy share some of her experiences with us in her talk called, "Adventures in Television News." Don't miss it! Check out Judy's Blog at www.keyetv.com

Location: Green Pastures Restaurant 811 W. Live Oak Street, Austin, 78704 Public contact phone number and/or website: 512-314-5100 or www.austinnewcomers.com

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