

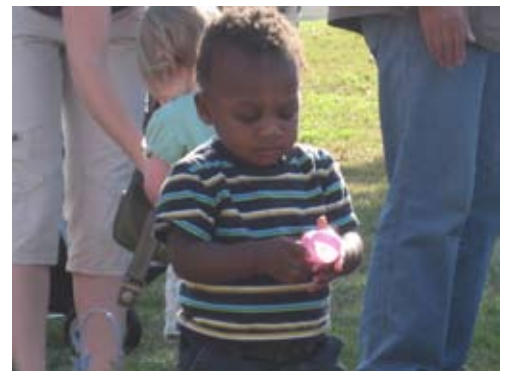
# THE STAR

VOLUME 2 ISSUE 5

MAY 2008

## Steiner's Egg-travagant Easter Hunt!

*Once again there was a great turnout at the annual Steiner Ranch Easter Egg Hunt.  
Thankfully this year the weather cooperated and umbrellas were not required!  
View more photos on page 20. All photos can be viewed in color online at [www.PEELinc.com](http://www.PEELinc.com)*



## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

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

### SCHOOLS

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

### UTILITIES

Travis County WCID # 17 .....	512-266-1111
City of Austin Electric .....	512-494-9400
Texas Gas Service	
Custom Service .....	1-800-700-2443
Emergencies .....	512-370-8609
Call Before You Dig .....	512-472-2822
AT&T	
New Service .....	1-800-464-7928
Repair .....	1-800-246-8464
Billing .....	1-800-858-7928
Time Warner Cable	
Customer Service .....	512-485-5555
Repairs .....	512-485-5080
IESI (Trash) .....	512-282-3508

### OTHER NUMBERS

Lake Travis Postal Office .....	512-263-2458
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### NEWSLETTER PUBLISHER

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

## 2008 Events in Steiner

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**  
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## Advertising Information

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

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I have enjoyed helping buyers discover Steiner Ranch for over 15 years and have helped many achieve their dream of living in Steiner Ranch. Through personal attention I strive to make every real estate transaction the best.



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mls #2097290

### 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

- The website contains lots of other neighbor-

hood and area information. I hope you enjoy using this website created just for you. Thanks! Diane  
[www.steiterranchneighbors.com](http://www.steiterranchneighbors.com)

CONGRATULATIONS to KELLY ZERMENO 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

**Diane Kennedy** ABR, CRS **(512)750-2950**

Email: [diane@dianekennedy.com](mailto:diane@dianekennedy.com) \* Website: [makeaustinhom.com](http://makeaustinhom.com)

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



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# THE STAR

## The Steiner Cares Dress for Success Clothing Drive was a True Success!

Submitted by Tom Henry

Our community came together for an overwhelming response. We are still receiving donations, but the latest totals are over 140 suits (many of which still had tags on them!) and more than 300 additional clothing items including dresses, blouses, shoes, make-up, and accessories.

Items that cannot be used by Dress for Success will go to the Arc of the Capital Area, a 501 (c)(3) organization, which provides services to adults and children with developmental disabilities. <http://www.arcofthecapitalarea.org/>

*Thank you to everyone who helped out, especially:*

- Sharon Adams
- Kathy Mayor
- Heather Bland-Ho of Conquer Your Chaos Organizing
- 4 Sons' Quality Cleaners
- Jennifer Swenson and the Shire Ridge gang
- John and Sharmae Erickson
- Kelly Adams-Browning

We are working on scheduling our next campaign and will announce details on the Steiner Cares website.

Please join us for these upcoming volunteer opportunities:

- Steiner Cares has partnered with The Summit at Northwest Hills (located @ 2222 and Mesa Drive), an assisted-living facility for the retired and elderly. We are seeking volunteers for visits on a monthly basis for game nights, birthday celebrations and other recreational events to provide some fellowship and cheer for the residents. Those interested can contact Greg or Lynne Stamps at 512-266-3114 for more information.
- Steiner Cares has also partnered with the Texas Baptist Children's Home <http://www.tbch.org/> (located @ Hwy 79 and Mays in Round Rock). We are scheduled to work on the campus during the morning of May 10, from 9-12:30, to help to beautify the campus while landscaping and working to enhance the overall décor of one of the campus' cottages.
- Please mark your calendars: The second annual Steiner Cares' back-to-school clothing drive, for less-fortunate area children, is planned for mid-August. Details will be posted on our website. Please go to [www.steinercares.org](http://www.steinercares.org) for updates and to volunteer. Thank you for helping!



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\$75,000 - \$124,999	2.22% <sup>****</sup>	Term	Minimum Deposit
\$125,000 Plus	2.32% <sup>****</sup>	12 mo.	\$1,000
		24 mo.	\$95,000
		36 mo.	3.29%
		48 mo.	3.39%
			3.44%
			3.49%
			3.55%

\*Annual Percentage Rate. All rates expressed are "as low as". \*\*Austin Telco will pay all standard closing costs on Home Equity loans below \$100k. Additional non-standard fees will be the responsibility of the member. Credit qualifications apply. \*\*\*Rate applies to 1st lien commercial real estate loans with a loan to value of 80% or less; construction/development loan rates/terms may be different. No Pre-payment penalty. Credit qualifications apply. Please call for details. \*\*\*\*Annual Percentage Yield. Penalties for early withdrawal may apply. All APRs, APYs and terms are subject to change without notice.





## Cedar Park Swim Team

*Submitted by Rob Alspaugh*

### Long Course Practice Times

(NOTE: All groups swim Monday - Friday)

Green: 4:00 PM - 5:00 PM

Black: 4:45 PM - 5:45 PM

Pre-Senior: 5:30 PM - 7:00 PM

Senior: 4:30 PM - 5:00 PM (Dryland)

5:00 PM - 7:00 PM

### Long Course Swim Schedule

May 4: Cedar Park Swimming Triathlon - All Groups

May 10: Swim Belton, Short Course - Green Group & select Black group

May 17-18: End of School Splash @ UT - All Groups

June 6-8: Damon McCoy Invite - Shreveport - All Groups

June 14: Swim Belton, Short Course-Green Group, select Black Group

July 4-6: Texas Open - All groups - may be restricted to "A" times

July 10-13: STAGS, Palo Alto, San Antonio - Qualifiers

July 16-19: Sectionals @ UT - Qualifiers

July 23-27: TAGS @ UT

[www.cedarparkswimming.org](http://www.cedarparkswimming.org)

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 100 athletes, ages 6 - 22.

Cedar Park Swimming aims to produce lifelong swimmers who will compete in age group, high school, college athletics, and beyond. The #1 priority of the Cedar Park Swim Team is to achieve an appreciation for all aspects of the sport beyond simply winning and losing a race.

Beyond a passion for the sport, the coaches are also dedicated to motivating their swimmers to achieve extraordinary goals. The coaches have developed - and look forward to developing - swimmers who will compete at the STAGS, TAGS, Sectionals, Junior National, and Senior National levels.

If you have any questions or would like to try out for the team, please feel free to contact Coach John, Head Coach of Cedar Park Swimming, through the Cedar Park Swimming website.

Whether you're just starting out or are an experienced athlete looking to get back in the pool, drop by for a swim and see what Cedar Park Swimming is all about!

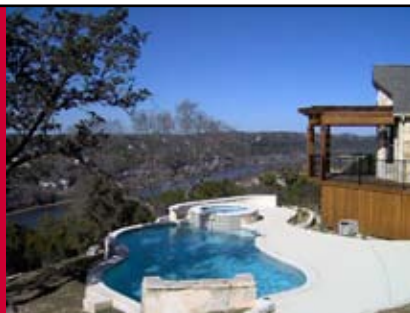


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*--Jeremy & Rebecca Smith*

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## Nominate Your Favorite Yard for The Star Yard Of The Month

We will begin something new starting next month, where we will be seeking nominations for yard of the month from you the residents of Steiner Ranch.

Any neighbor will be able to nominate a yard for the yard of the month award.

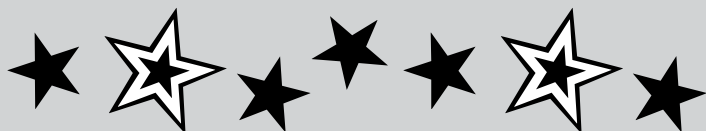
Please do not nominate your own yard.

Do you know a neighbor who takes excellent care of their property or a neighbor who has added something new to their yard?

New flowers, Edging, Yard decorations, etc, New landscaping

It could be as simple as a neighbor whose grass is green all year round.

Nominate them emailing the address to [thestar@PEELinc.com](mailto:thestar@PEELinc.com). Please include a photo if possible.



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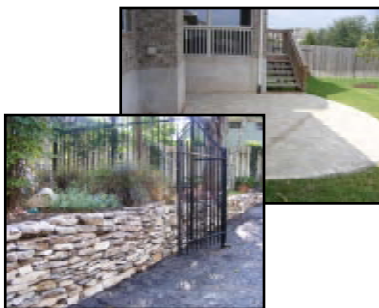
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Mention this ad and get 10% off!  
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## Relationship Marketing

Trust your friends? Love your neighbors? Then build your business through word-of-mouth.

Steiner Ranch Referrals, a Business Networking International group, invites you to its kickoff breakfast meeting, Thursday, May 1, 8 to 10 a.m. Learn to leverage the power of your friends, associates, and colleagues--and those of members in the group--to grow your business.

BNI is a business and professional networking organization whose primary purpose is to exchange qualified business referrals. The organization has more than 5,000 chapters throughout the world. Last year, members of BNI passed more than 5.5 million referrals, which generated almost \$2.1 billion worth of business for each other.

What makes BNI unique? Each chapter allows only one person per profession classification to join. Thus, once you've joined, none of your competitors can participate; all professional referrals go to you. Steiner Ranch Referrals has a variety of positions open, so RSVP to ensure your opportunity to learn more.

For more information and to register for the kickoff, visit [www.bniaustin.com](http://www.bniaustin.com).



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## Diet and Your Health

By Jeannette Quickenden S.A.C. Dip, MIGHT, AADP

Welcome to our new feature **'what you eat and your health'** our aim is to help you help you.

The old saying "we are what we eat" is so true. Everything we consume is digested and absorbed into our bloodstream to 'fuel' our bodies. At the same time, without realizing it, we are feeding ourselves large quantities of chemical additives and preservatives, which can cause numerous health issues.

A large number of the things on your grocery list contain food additives that are intentionally added to modify visual appearance, taste, texture, processing, or the storage life of food. Not all of us can tolerate these additives. A reaction for some can lead to major health issues.

We all know that eating too much junk food is bad for the waistline but did you know that there are also numbers of 'good' foods that can have an adverse effect on some individuals?

Forexample do you or a family member suffer with any of the following?

- headaches
- indigestion
- depression
- candida
- difficulty sleeping
- poor memory
- constipation
- poor digestion
- menstrual problems
- irritability
- fatigue

And these are to name just a few ailments which can be diet related.

Finding the right dietary combination has also been known to help those suffering from autism, heart disease, diabetes, osteoporosis and certain cancers – while increasing your energy and stamina. Healthy eating can even lower "bad" LDL cholesterol.

Our first article will hit home to many parents - **A hyperactive nightmare on two legs – does this sound like your child?** We will be looking at possible dietary causes for behavioral problems.

If you have any questions please e-mail us at [jeannette@qhealth-naturally.com](mailto:jeannette@qhealth-naturally.com).

Please note to assist others, individual questions may be used in further features but no personal details will be disclosed.



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## There are 169 homes on the market in Steiner Ranch...

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*12809 Medina  
River Way*



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## How Quickly Will YOURS Sell?

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THE Steiner Ranch  
Realty Sales Specialist  
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# THE STAR

## ♥ In Need of a Loving Home ♥



She is a mix of Westie and possibly Terrier. She is white and a little caramel in coloring and weighs approximately 20-22 pounds.

I have had her roughly 6 months but I am moving into the apartments across the street for financial reasons and won't be back into a house in Steiner for probably another year and a half.

I have a 5 year old daughter and she is very, very good with kids. She is very loving and warm to anyone that comes across her. She doesn't bark much unless she is very happy & it is her way of saying hello or I love you.

We love her very much but it is best for her to live in a house with a backyard so she can play and be played with.

She is truly the perfect dream for a loving, loyal and friendly dog. It makes my us very sad to do this but in an apartment has become impossible with no back door to let her out.

Please contact me, Jocelyn Gordon at 832-798-2268 if you are interested. There is no charge but much love to her.

## 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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# Steiner Ranch Orthodontics

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Come in and see our new office and see what Contemporary Orthodontics from a trained specialist can do for you and your family. *We provide more than just a smile!*

Meet Dr. Waters and receive your Complimentary examination today.  
All insurances Accepted. Visa/MC/Discover.





*Stork Report  
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## Austin Newcomers Club May Luncheon

11:00 AM Social; 12:00 Noon Luncheon  
May 21, 2008

### Austin Newcomers Style Show

Featuring our members as models. The ladies will be modeling resort wear, holiday attire and classics from such fashion names as Chico's, Ann Taylor, and Talbots—and all at thrift store prices! Join us for a fabulous afternoon and learn how you too can look wonderful without spending a fortune.

*"Great style doesn't have to cost a lot of money"*

**Location:** Green Pastures Restaurant

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**Cost:** \$20.00

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## 10 Ideas to Help You Get Organized this Spring!

**Computer:** Examine your desktop for icons or shortcuts you no longer use. Delete those and organize the remaining ones on the desktop in an order that makes sense for how you use them. Then add any extra icons of frequently used programs.

**Pantry:** On a pantry door, place a clear shoe organizer. It can be a useful place to store gravy/soup/sauce mixes, flavored rice and pasta packs, dry marinades and sauces, Jell-O, extra utensils, spices, or other small items. Shoeboxes are also great to use as inexpensive organizers for small pantry items.

**Refrigerator:** Before grocery shopping, examine your fridge. Discard any stale food & clean shelves with a damp cloth. Upon return, the new groceries can go right in.

**Freezer/Fridge:** For food in the freezer/refrigerator, rotate the oldest to the front and newest in back. Use adhesive labels to date items in storage containers.

**Laundry:** Before putting small articles of clothing into the washing machine, get a few inexpensive mesh bags (used for hosiery) and separate each

family member's socks, undergarments, and other small items into them. When washing is complete, these bags can be tossed into the dryer and dropped in everyone's room to put away.

**Cleaning Supplies:** Use a caddy with a handle to carry around cleaning products (sprays, rags, wipes, sponges) from room to room with ease. Also, items stay in one place and are quick to locate when needed.

**Drawers:** Use ice-cube trays and empty check boxes as drawer organizers to hold loose coin, pins, buttons, earrings, rubber-bands, etc.

**Paper Data:** Information on Post-It Notes and business cards with important names, numbers, and addresses should be transferred to your electronic database or address book.

**Garage:** Use a tall trashcan or umbrella stand for holding long items such as baseball bats, fishing rods, etc.

**Games:** Use Ziploc bags to store small game pieces, and then put those bags back in their correct boxes.

## 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.

## You are Invited...

*To Our Membership Open House Event*

*Sunday, June 8th From Noon To 4pm*

Bring Your Friends and Neighbors to enjoy the day Pool Side with Complimentary Food, Pool Games, a DJ and Face Painters!

\*Join Now and Pay NO Dues through August 31st!

## What are your Kids Doing this Summer?

*Join the Fun During our 10 Weeks of Camp!*

*Camps are Offered June 9th thru August 15th*

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## Aisha, Lee, Layiron and Ayisha are Waiting for Their Forever Family!



Aisha and Ayisha DOB: February 1997  
Lee DOB: May 2003  
Layiron DOB: November 2004

Aisha and Ayisha are adorable twins. Aisha is more outgoing than her sister and enjoys being outside. She enjoys gcooin (loves making guacamole), cheerleading and playing soccer. Ayisha loves to read and would much rather spend her time reading than anything else. Ayisha also enjoys being outdoors, playing soccer and shopping. Both Ayisha and Aisha are in the 5th grade and LOVE Mexican food. Lee is a sweet little boy who enjoys school and playing with his siblings. Layiron is an energetic male who loves to sing and enjoys hugs. These children were removed from their biological family due to abuse and neglect and are hoping to find a family that will adopt all 4 of them.

For more information about becoming a foster or adoptive parent, please contact Tracy Eilers at [tracyeilers@adopttexas.org](mailto:tracyeilers@adopttexas.org). For information about Aisha, Lee, Layiron and Ayisha, please contact Vanessa Coppola, Adoption Coalition of Texas/ Wendy's Wonderful Kids Recruiters at [vcoppola@adoptioncoalitiontx.org](mailto:vcoppola@adoptioncoalitiontx.org) or 512-687-3209.



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# THE STAR

## Heritage Homes Tour – May 17th *Atomic Austin: Mid-Century Modern*

Take a nostalgic trip back to simpler times on the 16th annual Heritage Homes Tour featuring nine of Austin's finest Mid-Century Modern homes. The spotlighted residences will pay homage to the city's modernist roots and honor some of Austin's premier mid-century architects. Highlights will include the personal residence of architect Charles Granger and a Westlake home complete with a bomb shelter that the current homeowner discovered virtually untouched since the 1960s, still stocked with cans of food and survival gear. The revamped event will include a Daytime driving tour and a Twilight Tour which will conclude at a Mid-Century Modern bash at the final featured home.

[www.heritagesocietyaustin.org](http://www.heritagesocietyaustin.org) or 512-474-5198.

### Send Us Your Event Pictures!!

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

## May Events at the Wildflower Center

**Gardens on Tour 2008** - Saturday, May 10, 9 a.m. to 5 p.m.

Five exquisite private gardens designed with wildflowers and native plants, as well as the Wildflower Center, on a self-guided tour perfect for Mother's Day weekend. \$25 for all five gardens, \$6 for individual garden. Tickets on sale at Barton Springs Nursery, Big Red Sun, Pots and Plants, Shoal Creek Nursery, The Natural Gardener, Plant Escape Gardens and the Wildflower Center store.

**Sculpture in the Wildflower Center** - Through May 31  
Eleven works of nature-related sculpture in the gardens

**Nature Nights** - 6 to 9 p.m. Friday, May 23

Especially for the kids--Learn about animals, plants, and ecology in Central Texas. \$1 admission.

**Works of L.Ray** - Opening Saturday, May 24 through August 16

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**Memorial Day** - Monday, May 26

The Wildflower Center is open all day. Sidewalk Sale at the store

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## NatureWatch

by Jim and Lynne Weber

### Pollinators: A Flower's Best Friend

With their beautiful colors, interesting shapes, and enticing scents, the main purpose of flowers is to attract pollinators and ensure the reproduction of the flowering plant. A pollinator is the biotic agent that moves pollen from the male parts of a flower (anthers) to the female parts of a flower (stigma) to accomplish fertilization. Why is this so important? Aside from the propagation of native plant species, over 150 grain and fruit food crops depend on this process – without it we would have no almonds, coffee, apples, or chocolate!

While there are some birds, bats, and small mammals (and even a lizard in some parts of the world) that act as pollinators, the vast majority of this job is done by flying insects. The most recognized pollinators are various species of bees, which are clearly adapted to pollination. Their surface is fuzzy and carries an electrostatic charge, and both of these features help pollen grains to adhere to their bodies. Bees often also have structures on their abdomen or legs that have evolved to carry pollen. Honey bees gather both nectar and pollen, using them to nurture their young, inadvertently transferring pollen between flowers as they are working.

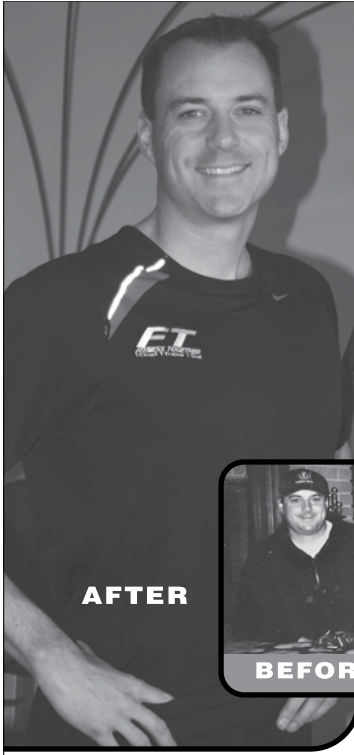
Hummingbirds act as pollinators for various species of deep-throated flowers, a perfect example of how plants fall into different categories called "pollination syndromes." Each syndrome is defined

by a collection of characteristics that attract a certain type of pollinator. Hummingbirds love to visit red flowers with long narrow tubes and lots of nectar, but are not as strongly attracted to wide flowers with little nectar and copious amounts of pollen. Butterfly-pollinated flowers tend to be showy, pink or lavender in color, frequently have a good landing area, and are usually scented. Among the more important moth pollinators are the hawk moths, whose behavior is similar to hummingbirds except that they are nocturnal or crepuscular (active at dawn & dusk). As such, moth-pollinated flowers tend to be white, night-opening, with large blooms that produce a strong, sweet scent in the evening or early morning.

Today, there is alarming evidence that the pollinator population is in decline, threatened by habitat loss, degradation, and fragmentation. When native pollination syndromes are modified by planting non-native and unfamiliar plant species in our yards and public places, pollinator visitation declines. This helps to explain why it is important to the overall health of an ecosystem to not break the natural lifecycle and interrelationships of highly-evolved, coexisting native species by introducing or replacing them with non-native ones.

Thanks to the wonderful work of bees, butterflies, birds, and other animal pollinators, flowering plants are able to reproduce and bear

(Continued on page 17)



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**Nature Watch** - (Continued from page 16)

fruit, providing many of the foods we eat, the plant materials we and other organisms use, and the natural beauty we see around us. If you are interested in doing your part to create a pollinator-friendly habitat, plan to use a variety of native plants that bloom from spring to fall, eliminate the use of chemical pesticides, include larval host plants to encourage caterpillars, and construct bee condos or man-made nesting blocks. Encouraging pollinators can "bee" a project the whole family can enjoy!

Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them.

## North Austin Women's Connection

**Guest Night/Dinner at River Place Country Club  
on May 13, 7-9 PM.**

Theme is "Survivor" and speaker is local Amy Baker. Special Feature is "Survival Kit for Summer Entertaining." Cost is \$20 per person (check) to be sent with reservation (and names) **by MAY 6** to Marie at 3000 Blue Sky, Round Rock, TX 78664. Contact number 244-9995 or e-mail Marie at [Purrone12@yahoo.com](mailto:Purrone12@yahoo.com).



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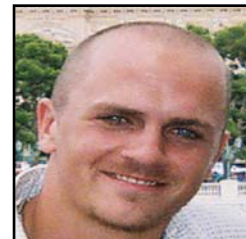
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David Hunsaker,  
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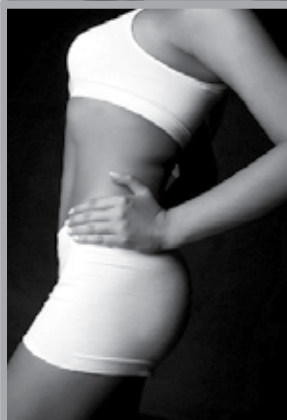
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# THE STAR

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## Recipe of the Month:



### Picante Sauce

1 lb. peppers (bell, banana, & jalapeno; according to how hot you want the sauce; the seeds of the jalapeno peppers add a lot of WARMTH!)

3 onions	3/4 C sugar	3 qts. tomatoes
4-5 cloves garlic	1 C vinegar	2 T salt

Scald tomatoes and peel. Quarter and place in large pot. Chop peppers, onions, and garlic; and mix with tomatoes. Add sugar, vinegar and salt. Simmer slowly several hours until the sauce is the desired consistency.

*If you would like to submit YOUR recipe to The Star email it to [thestar@peelinc.com](mailto:thestar@peelinc.com).*

## SCUBALAND ADVENTURES

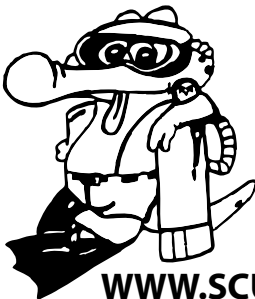
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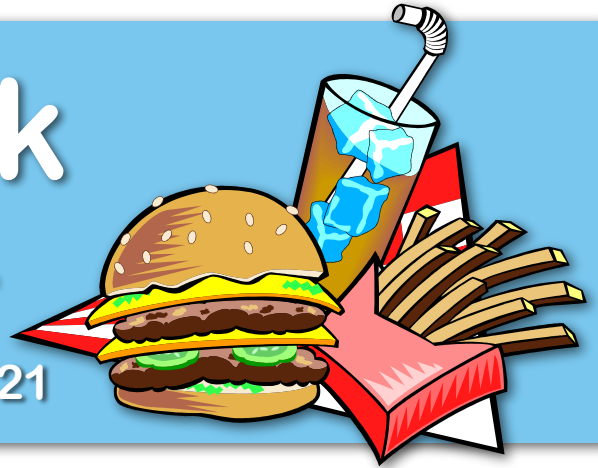
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Take a break mid-week and meet your  
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## COMPOST & AERATION: Keys to a Healthy Lawn

By David Hunsaker

Compost and Aeration are key ingredients to a healthy, vibrant green turf. The combination of both Compost and Aeration help to improve the lawn's root system, soil compaction and soil composition.

The first key ingredient is Aeration. This is the process of perforating the soil with small holes that allow water, air and fertilizer to get closer to the roots. This enables the roots to grow more deeply producing a healthier, greener turf. The aeration process removes thin, cigar-shaped plugs of dirt and then deposits them on the surface of the lawn. These plugs are left on the lawn in order to get oxygen to the root system.

When lawns are not aerated, air gets squeezed out of the soil and roots cannot grow as efficiently. "The soil under the lawn tends to compact readily because, unlike garden soil, it is virtually never worked or turned.

For the lawn, aerating is the alternative to tilling."\*

The second key ingredient is the compost or top soil. Compost is an all natural, organic fertilizer that dispenses nutrients into your soil. The lawn is top dressed with compost after aerating. As it slowly decomposes throughout the year, it leaves you with a strong, green and lush lawn. Compost also has more of a significant amount of additional nutrients than any "brand name" fertilizer you can buy at your local home and garden center.

The process of Aerating and applying compost decreases the soil compaction, allows nutrients into the soil and strengthens your lawn root system during the stresses of summer. Both Aerating and Composting are key factors to a healthy lawn.

\* All About Lawns, Ortho Books

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# THE STAR

## Gardening in the Hill Country May 2008

Spring is in full swing with bright green mornings full of sunshine and bird song. Area garden centers are bursting with eager gardeners loading carts with compost, flowers and landscape supplies. While riding the energy of the season to beautify your yard, keep in mind a few things that will help the garden flourish through spring and summer.

Healthy soil supports a healthy landscape. Dedicate energy every year to improving your soil, and you will be richly rewarded with better blooms, improved water efficiency, and fewer disease problems. Work compost into garden and flower beds, and top-dress established areas and lawns with compost. Compost improves soil quality, and reduces or eliminates the need for fertilizer.

Water your garden efficiently and effectively. Although some watering is necessary to sustain gardens in the Hill Country, many people water too much! Over-watering wet or shallow soil results in weakened or diseased plants as well as runoff (water and money down the storm drain). For our thin and clay Hill Country soils, ½ inch, twice per week is the maximum amount you should need to water—even during the heat of summer. During spring and fall, ½ inch once per week is plenty.

Watering between dusk and dawn further increases the effectiveness of the water you use by reducing evaporation and increasing the amount of water that makes it to plant roots.

Twice per week summer watering is good for landscapes and also good for water supply. Over 60 percent of residential water is used on landscapes in the summer, resulting in water treatment plants experiencing peak demands. Efficient watering reduces the need to build new water treatment plants.

The City of Austin recently adopted a mandatory twice per week watering schedule effective May 1 through September 30. In April, the LCRA board will consider adopting the same watering schedule for LCRA water customers. The watering schedule is as follows:

Odd addresses: Wednesday and Saturday

Even addresses: Thursday and Sunday

Commercial and HOA common areas: Tuesday and Friday

Healthy soil and efficient watering will assure that the vibrant flowers in your shopping cart at the garden center thrive in your yard throughout the growing season. Happy planting!

Elizabeth Drozda-Freeman is the conservation landscape specialist for the Lower Colorado River Authority. She can be reached at (512) 473-3200 Ext.2230 or [elizabeth.drozda-freeman@lcra.org](mailto:elizabeth.drozda-freeman@lcra.org) if you have comments, questions or suggestions for future gardening topics.



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AUSTIN, TEXAS 78768

## What You Really Need to Know about Braces

One of the most common questions is: what is the best age to get braces? The American Association of Orthodontics (AAO) recommends that children begin seeing an orthodontist by the age of seven, to address any problems that could benefit from early orthodontic treatment. However, parents often believe that they must wait until all of the baby teeth have been lost. In some cases, the permanent teeth cannot erupt properly; there are no permanent teeth under the baby teeth; or there are bite issues that should be addressed before all the adult teeth come in.

Another misconception with many adults is that they are too old for braces. Over the past 10 years, there has been a dramatic increase in adults undergoing some form of orthodontic treatment (braces, Invisalign, and retainers, to name a few). The idea that losing teeth is part of the aging process is no longer accurate. In fact, getting permanent teeth pulled creates more dental problems over time-- and can compromise the surrounding teeth, gums, and TMJ.

One of the biggest changes in orthodontics is that, in many cases, patients no longer need to have extractions done in order to straighten their teeth. Due to advances in technology of braces, patients with very crowded teeth can still get a beautiful smile, without extractions, in less treatment time than before. In addition, the use of expanders, headgears, and other uncomfortable appliances can be avoided in some cases.

The AAO has an excellent website which addresses many general questions, and provides unbiased information about orthodontics. You can also locate experienced orthodontists in your area. The website is: [www.braces.org](http://www.braces.org). A new smile is just around the corner!



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# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

## The Top Ten Fun Fitness Summer Activities for Kids

### SUMMER IS HERE AND CHILDREN

need to stay active, healthy and busy during their break from school. Parents need to encourage their children to warm up properly and stretch before each activity and teach them never to play through any type of pain or make winning the reason for playing any sport. Let them choose the activity and keep the focus on having fun. To keep kids moving, the American Council on Exercise suggests ten, fun fitness summer activities.

1. **Soccer:** This highly active game involving both agility and teamwork has grown increasingly popular in the U.S. in recent years. To keep kids injury free, be sure they are geared up in appropriate protective equipment, such as shin guards. Soccer players should also wear shoes with cleats or ribbed soles to prevent slipping.
2. **Martial Arts:** With a variety of forms to choose from, martial arts are a great way to get kids involved in a sport that involves strength, coordination and mental discipline. Proper training and equipment to prevent injury are a must.
3. **Bike Riding:** Bicycle riding is a fun activity for the whole family. Experts suggest children ride on sidewalks and paths until they are at least 10 years old, show good riding skills and are able to follow the rules of the road. Helmets, of course, are a necessity for both children and adults.
4. **Swimming:** Nothing beats splashing around a pool with friends, and swimming offers the benefits of a full-body workout for both young and old. The American Academy of Pediatrics recommends swimming lessons for children ages 4 and up, although classes are available for babies and toddlers as well.

5. **Basketball:** Whether it's a round of HORSE, a game of one on one, or a full-court competition, basketball is ideal for developing hand/eye coordination and teamwork. Encourage children under the age of seven to use a smaller foam or rubber ball, and lower the height of the basket if possible.



6. **Obstacle courses:** Challenge kids to use a variety of different skills by setting up an obstacle course at the park using playground equipment or other items, such as jump ropes, balls and cones.
7. **Dancing:** Whether your kids like ballet or hip-hop, dancing encourages them to be creative and move their bodies freely. For video arcade fans, an innovative new game challenges opponents to follow a dance routine while watching the video. Kids can spend time learning new moves while also getting a great workout.

8. **Board Sports:** Whether snowboarding in the winter, surfing in the summer, or skateboarding year-round, kids love to be on the board. Injury risk, however, is higher for these sports. For both snowboarding and skateboarding, kids should wear helmets to prevent head injuries, and surfers or boogie-boarders should always be accompanied by an adult.

9. **Jumping rope:** Jumping rope is still a favorite on most playgrounds. Whether alone or in a group, jumping rope challenges both coordination and stamina.
10. **Ice-skating/Inline-skating:** Ice-skating, inline-skating and hockey can be both fun and safe as long as appropriate protective gear such as a helmet, wrist guards and kneepads are worn. Hockey players should wear a helmet with foam lining and a full-face mask, a mouth guard, pads for shoulders, knees, elbows and shins, as well as gloves.

**ACE**  
AMERICAN COUNCIL ON EXERCISE

*Reprinted with permission from the  
American Council on Exercise*



**Bull Snake**



**Copperhead**



**Coral Snake**

## Remember Your 'Snake Etiquette'

*Submitted by LCRA*

Now that it's summer, people are spending more time outdoors enjoying nature of all kinds from lakes to parks to backyards. With the warmer weather and outdoor activity, keep in mind that snakes are active, too, and they can be found just about anywhere in Texas.

Texas has some bragging rights when it comes to the number and kinds of snakes living here. Texas has a whopping 115 species of snakes, more than any other state.

The good news is that the majority of the diverse snake species are non-venomous. The 15 percent that are venomous include coral snakes, copperheads, cottonmouths (also known as water moccasins) and rattlesnakes.

Distinguishing venomous snakes from non-venomous ones is key to educating yourself about which snakes to use extreme caution around.

"Identifying snakes empowers and educates you so that snakes lose some of their mystery," says Beth Banks, a supervisor of natural science education programs for LCRA at its McKinney Roughs Nature Park west of Bastrop. She understands the desire to kill snakes, especially if small children or pets are nearby. But, she says, because of their integral role in nature, snakes should be spared. "Venomous snakes can be relocated by trained professionals, and non-venomous snakes are fun to observe in your own backyard."

Snakes are an essential part of the ecosystem and vital to keeping their prey populations, such as rodents and rabbits, in check. Without snakes, their prey would wreak havoc on farmers' crops, Banks says.

But that important ecological role doesn't diminish the need to know how to be safe around snakes. Keep in mind these rules of "snake etiquette":

- When in parks, always stay on hiking trails to prevent snake encounters.
- If you see a snake, do not approach it. Stop and stay calm.
- Keep all children and pets away from the snake.
- Do not harass the snake by poking it with a stick or throwing rocks at it. Most snakes will feel the vibration of your approach and make every effort to avoid you.

To find out more:

<http://www.lifesci.utexas.edu/research/txherps/>

[http://www.tpwd.state.tx.us/learning/junior\\_naturalists/moresnakes.phtml](http://www.tpwd.state.tx.us/learning/junior_naturalists/moresnakes.phtml)

[http://insidecommunity.lcra.org/departments/business\\_support/documents/SnakeSafety.pdf](http://insidecommunity.lcra.org/departments/business_support/documents/SnakeSafety.pdf)

[http://www.tpwd.state.tx.us/huntwild/wild/species/endang/animals/reptiles\\_amphibians/](http://www.tpwd.state.tx.us/huntwild/wild/species/endang/animals/reptiles_amphibians/)

For venomous snake relocation, call Bill Brooks (512) 581-0377. He does not recommend relocating non-venomous snakes, but he will relocate them rather than have them killed.

LCRA protects people, property and the environment of Central Texas. To learn more, subscribe to Currents, LCRA's online newsletter, at <http://lcra.org/subscribe/currents>.

### Venomous Snakes

Cottonmouth 'water moccasin'  
Diamond rattlesnake

Coral Snake  
Copperhead

### Non-venomous snakes

Bull snake  
Hognose snake



**Hognose**



**Diamond Rattle Snake**



**Water Moccasin**

## Best Practices Benefit Homeowners *Discuss Solutions to Common Community Issues*

Austin, Texas - The upcoming CAI Tradeshow offers solutions - solutions to homeowner's problems that keep their community association directors awake at night; solutions that other associations have faced and solved; solutions local service and equipment providers offer; solutions that work.

In a single evening - less time than a typical board meeting - community association directors will have the opportunity to meet face-to-face with other directors, local vendors, and professional property managers from the greater Austin area, to discuss best practices.

Debby Cole, tradeshow organizer and board director at the Austin chapter of the Community Associations Institute (CAI), relates: "The job of managing a group of homeowners can be daunting for the volunteer leaders, because few have experience running a community association - collecting delinquent fees, upholding covenants and restrictions, resolving disputes, establishing reserve funds. But there are solutions - best practices that directors of other community associations have successfully employed. And that's what CAI is all about - helping community association governing boards as well as the professional property managers and other business partners that support them and their communities."

The CAI Tradeshow will feature four educational sessions for community association leaders (board directors, committee chairpersons, etc.) emphasizing best practices proven successful in other communities. Over 40 local service and equipment providers will be exhibiting including landscapers, insurance providers, contractors from all disciplines, professional property managers, and more.

Attendance is complementary for community association leaders - funded by the members of CAI and the exhibitors. Contact Beth Bentley, (512) 261-4283, [bbentley@gatesource.net](mailto:bbentley@gatesource.net), to reserve your complementary tickets in advance.

The CAI Tradeshow will take place on Thursday, June 26, from 4:30-8:30pm at the Norris Conference Center, 2525 W Anderson Lane # 365, in Austin.

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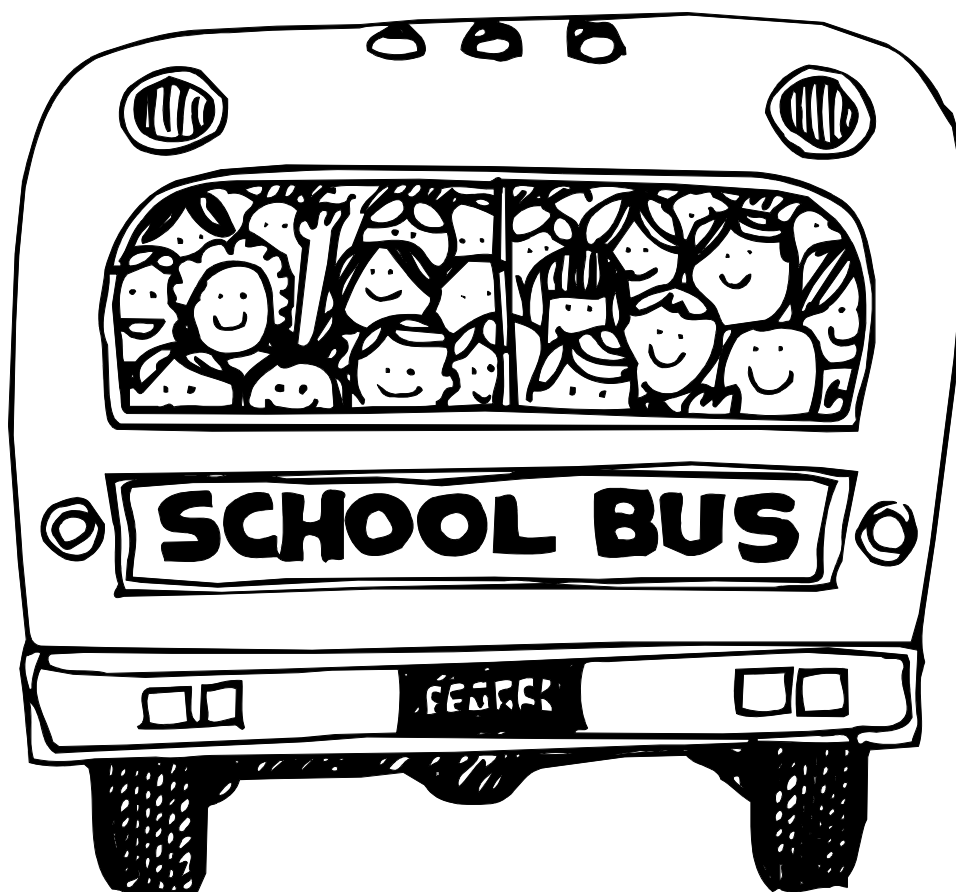
Color the drawing below and mail the finished artwork to us at 203 W. Main Street, Ste. D, Pflugerville, TX 78660.  
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[This information will only be used to notify you or your parents if your artwork was selected.]



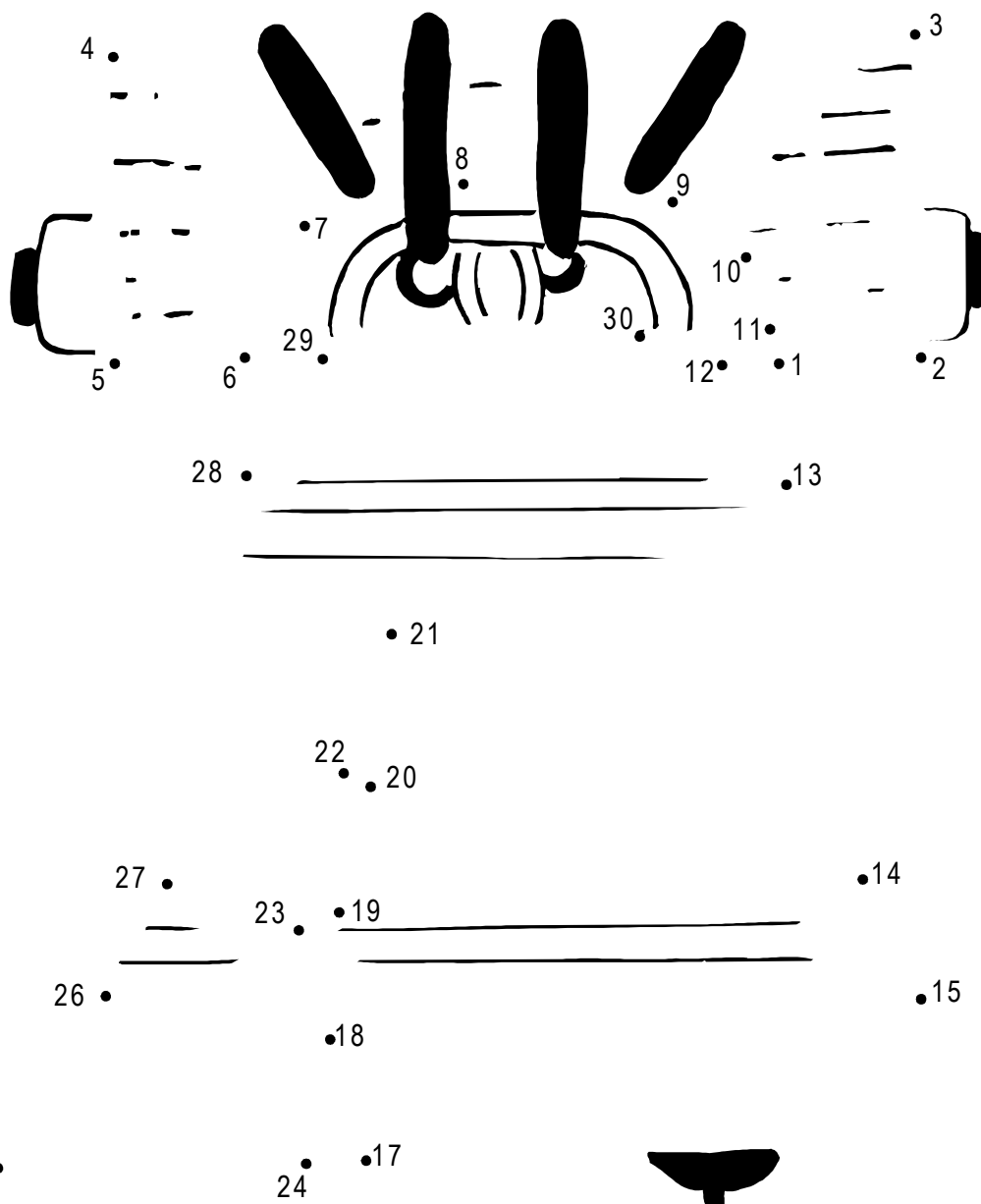
# SUMMER IS HERE!

Steiner Ranch

## STAR Kids

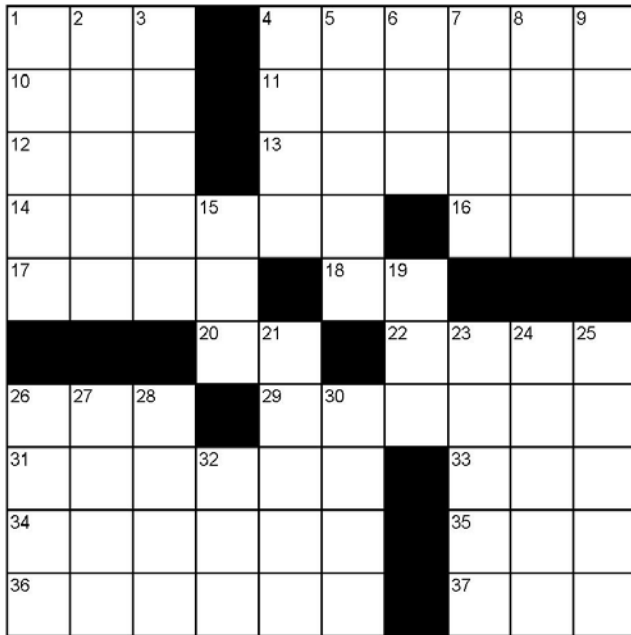
# Dot-To-Dot

Connect the dots to find the hidden image.





## Crossword Puzzle



### ACROSS

1. Abdominal muscles (abbr.)
4. Appalled
10. Cut grass
11. Sharpshooter
12. Bard's before
13. Salt addition
14. Balm
16. Snacked
17. Shaft
18. Former spouse
20. Silver (abbr.)
22. Small particle
26. Viper
29. Lifted
31. At the same time
33. Wing
34. Intolerant person
35. Cask
36. Tennis player Andre
37. Cutting tool

### DOWN

1. Very tiny animal
2. Soap
3. Dandy
4. East
5. Dwarf
6. Lurked
7. Capital of Western Samoa
8. Mailed
9. Beech
15. Ocean
19. Dozen
21. Yucky
23. City
24. Type of communication
25. Expression
26. Nimbus
27. Obstacle
28. .16 of an inch
30. Negative (prefix)
32. Sister for short

\*Solutions at [www.PEELinc.com](http://www.PEELinc.com).

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