



# Lost Creek TIMES

February 2010

News for the Residents of Lost Creek

Volume 3, Issue 2

## CHEERS for Children

### *A Pre-Valentine's Day Wine and Food Tasting*

Are you looking for something fun or romantic to do with your friends or partner to celebrate Valentine's Day, but would rather not battle the crowds that night with the usual dinner out? Then here's just the thing:

Northwest Austin Circle of Friends presents our 11th Annual CHEERS for Children event benefitting Dell Children's Medical Center of Central Texas. This exciting event, a premier wine, scotch, and food tasting, will be held Thursday, February 11, 2010, 6:30 to 9:00 pm at Twin Creeks Country Club (3201 Twin Creeks Club Drive), nestled in the lovely hill country setting between northwest Austin and Cedar Park.

Please join us for a delightful pre-Valentine's Day celebration filled with wonderful Italian wines, delicious foods, and fine single malt scotches, in addition to silent and live auctions with unique and tempting items. Get your Valentine the perfect gift he or she will love while enjoying the serenade of romantic live music. Tickets are \$50 per person (\$45 for Twin Creeks Country Club members). Repeat guests will receive a small token of appreciation upon check in. All proceeds directly benefit Dell Children's Medical Center.

For more information or to purchase tickets online go to <https://www.childrensaustin.org> (listed under "upcoming events") or contact Jana Lee Gondran\* 512-826-8614\* [janalee@austin.rr.com](mailto:janalee@austin.rr.com).

## Baylor College of Medicine

### *Looks Can Be Deceiving; Read Labels For Accurate Food Facts*

When reaching for a healthy food option at the grocery store, do you ever wonder if your selection will live up to its label? According to an expert at Baylor College of Medicine, you might not be choosing the best option.

"You still have to look at the food labels to ensure that you are choosing the right foods," said Dr. Rebecca Reeves, assistant professor of medicine at BCM.

Reeves said that many people consider butter to be the healthier option because it does not contain trans fats. However, it does contain saturated fat and cholesterol, both known to increase LDL cholesterol, the "bad" cholesterol in the blood. LDL is linked to increased risk of heart disease. A much better choice is a margarine produced with no trans fat. Several types of margarine are now made with plant sterols and no trans fat which make them a healthier choice.

Many people believe that artificial sweeteners are not a healthy option. However, if used in moderation, they are safe for daily use. Another misconception is that sherbet is a healthy substitute for ice cream, but sherbet can contain a large amount of sugar. "Look at the label to see if the calorie and fat levels are actually lower than regular ice cream," said Reeves, also a registered dietitian at BCM. "Even low-fat ice creams have high amounts of sugar and fat in them."

When selecting a frozen dessert, compare various products to see which ones actually contain less sugar and fat. Many times, whole fruit popsicles may be the best option.

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# LOST CREEK TIMES

## NEWSLETTER INFO

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### Baylor College of Medicine- (Continued from Cover Page)

In the bread aisle, look for options with 100 percent whole wheat flour or whole grains in them, said Reeves. Read the food label to be sure that whole wheat flour is listed as the first ingredient on the ingredient list

When it comes to energy bars, the most important thing to check for is how many calories they contain, said Reeves. Some energy bars can contain many more calories than you can actually burn during a workout. Reeves recommends purchasing popcorn kernels and a popcorn popper rather than purchasing microwaveable options that are high in fat.

"Popcorn is a whole grain, so it's really a healthy snack option. If you prefer the microwaveable brands, then choose one that lists fat-free on the label," said Reeves. Also, be sure to use salt sparingly when making your own popcorn.

Anytime a food is labeled as "fat free," be cautious of how much sugar is included and whether the calories per serving are actually different from the regular option. Remember that fat free does not mean sugar free, and even 'light' options may have a large amount of calories.

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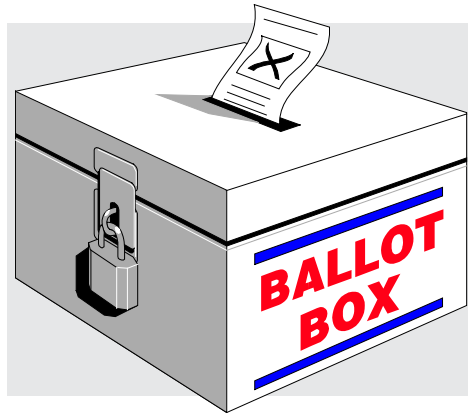


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## CERTIFIED TO VOTE!

*New Blue Voter Cards Delivered!*

Approximately 533,000 registered voters in Travis County will receive new voter certificates by mail starting today. The content of the new certificates look exactly like the old ones and includes the following:



1. **Blue is the new color, replacing the current orange certificate that expires 12/31/09**
2. **A state-issued identification number, VUID, appears in the upper left corner.**
3. **"Date of birth" now appears as "year of birth".**

"Two years ago federal and state laws changed what voters see on their certificate," said Travis County Tax Collector and Voter Registrar, Nelda Wells Spears. "In the upper left corner of the certificate, the state issues

the 'VUID' number, which stands for Voter Unique Identification. When voters move within Texas, the state keeps track of where to add or cancel a record."

Spears estimates 14% of the first-class mailed certificates (74,000) will be returned as undeliverable because the voter has moved

and did not update their address. If a voter moved and provided a forwarding address at the post office, a follow up letter goes out from the voter registration division requesting an address update. If the voter fails to respond, the record is placed in a suspense file. While this action does not prevent voting, it may cause a delay at the polling place on Election Day. Address updates can be made online if the voter has moved within the county. Find the link at [www.traviscountytx.org](http://www.traviscountytx.org).

Anyone who did not receive a voter certificate and needs to update address may download the form at [www.traviscountytx.org](http://www.traviscountytx.org) or call 854-9473 to order by mail.

See <http://www.traviscountytx.org/goNews.do#voters> for voter registration statistics and a sample voter certificate.



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# LOST CREEK TIMES



## Texas Events - February

- 12—AUSTIN:** Saint Cecilia Music Series — Young Artists Series: Vox et Digitas Begins at 8 p.m. First Presbyterian Church of Austin, 8001 Mesa Drive. [www.stceciliamusicseries.org](http://www.stceciliamusicseries.org) 512/345-8866 ext. 55
- 12-Mar. 7—WIMBERLEY:** 1940s Radio Hour The Wimberley Players present a play with music by Walton Jones. Shows are 8 p.m. Friday and Saturday and 2:30 p.m. Sunday. Wimberley Playhouse, 450 Old Kyle Road. [www.wimberleyplayers.org](http://www.wimberleyplayers.org) 512/847-0575
- 13—BOERNE:** Chocolate Walk Collect handmade chocolates from more than 30 participating merchants. 830/249-7277
- 13-14—BOERNE:** Market Days Dozens of vendors from all over Texas offer arts, crafts, antiques, collectibles, unusual items and great food. Main Plaza. [www.mainstreetinboerne.com](http://www.mainstreetinboerne.com) 830/249-5530 or 210/844-8193
- 14—AUSTIN:** Austin Marathon Nearly 11,000 runners participate in this annual event. Downtown Austin. [www.youraustinmarathon.com](http://www.youraustinmarathon.com)
- 16—KERRVILLE:** Mardi Gras on Main Includes fine food, fine art and fine wine from 5 to 9 p.m. Inn of the Hills, 2010 Junction Highway. [www.kerrvilletx.gov](http://www.kerrvilletx.gov) 830/792-8395
- 17—AUSTIN:** One Night of Queen Features Gary Mullen and the Works. The Long Center. [www.TheLongCenter.org](http://www.TheLongCenter.org) 512/474-5664
- 18-Mar. 7—MARBLE FALLS:** Clue the Musical The popular game is now a musical, bringing the world's best known suspects to life and inviting the audience to help solve the mystery. Community Theatre. [www.hcct.org](http://www.hcct.org) 830/798-8944
- 19-21—FREDERICKSBURG:** Trade Days Shop more than 350 vendors, with acres of antiques, collectibles, biergarten, live music and more. Hwy. 290 E. [www.fbgradedays.com](http://www.fbgradedays.com) 210/846-4094

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## Texas Events - (Continued from Page 4)

- 20—AUSTIN:** ASB & Friends Austin Symphonic Bands accompanies prominent guest artists in lively concert pieces. Begins at 8 p.m. [www.asband.org](http://www.asband.org) 512/345-7420
- 20—AUSTIN:** Carnaval Brasileiro Features flamboyant costumes, Brazilian samba music, and the uninhibited, spirited atmosphere. Palmer Events Center. [www.sambaparty.com](http://www.sambaparty.com)
- 20—AUSTIN:** Diahann Carroll Carroll and the Austin Symphony Orchestra team up to perform classic songs. Long Center for the Performing Arts. [www.austinsymphony.org](http://www.austinsymphony.org)
- 20-21—SAN MARCOS:** Guadalupe Valley Dog Fanciers Show More than 150 different breeds of dogs compete. Browse vendors specializing in dog toys, treats and supplies. [www.toursanmarcos.com](http://www.toursanmarcos.com) 512/357-6102 or 512/393-8400
- 26-27—AUSTIN:** Barbara Nissman Listen to Nissman's "colorful, intense and poetic" piano performance, which is presented by the Austin Symphony Orchestra. Long Center for the Performing Arts. [www.austinsymphony.org](http://www.austinsymphony.org)

- 26-Mar. 14—AUSTIN:** The Glass Menagerie This is one of America's great plays, written by Tennessee Williams and performed as part of TexARTS' professional Off-Broadway Series. TexARTS. [www.tex-arts.org](http://www.tex-arts.org)
- 27-28—BOERNE:** Optimist Antique Show More than 70 antique dealers fill the halls with country furniture, baskets, stoneware, glassware, toys, jewelry, textiles, silver, quilts, victrolas, pewter and more. Kendall County Fairgrounds. [www.texasantiqueshow.com](http://www.texasantiqueshow.com) 830/995-3670
- 28—AUSTIN:** Groovaloo The world's most renowned freestyle and hip-hop dancers celebrate the heart and soul of hip-hop. The Long Center. [www.TheLongCenter.org](http://www.TheLongCenter.org) 512/474-5664

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<b>Grief Share</b>	Sundays	11:00 am
<b>Soul Mates</b>	Sundays	11:00 am (seriously dating, engaged, newlywed)
<b>Home Alone</b>	Sundays	11:00 am (empty nesters)
<b>Family Walk</b>	Sundays	11:00 am (parents)
<b>Celebrate Recovery</b>	Mondays	7:00 pm
<b>Esther</b> <i>Beth Moore</i>	Wednesdays	9:15 am or 6:30 pm (women)
<b>Ephesians</b> <i>Kay Arthur</i>	Wednesdays	9:15 am or 5:30 pm (women)

### Sunday Morning Schedule

9:30 . Blended Worship | 11:00 . Contemporary Worship | 9:30 & 11:00 . Bible Life Groups (all ages)

**Great Hills Baptist Church | [www.ghbc.org](http://www.ghbc.org)**  
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## NATURE WATCH

### *A Bird That Prefers To Run*

Spend any amount of time in Texas or the southwestern United States and you'll undoubtedly spot the Greater Roadrunner, a long-legged, ground-dwelling member of the cuckoo family. It is regionally called 'paisano', meaning constant friend or compatriot. This large chicken-like bird, with its long tail and shaggy crest, is fully capable of flying, but usually runs instead, at speeds up to 18 miles per hour. True to its name, a group of these birds is known as a 'marathon' or a 'race' of roadrunners.



From a behavioral point of view, the roadrunner is a fascinating subject. This signature bird of the southwest slows its bodily functions at night, and conserves body heat by lowering its temperature and becoming lethargic. In the early morning, it can warm itself up without expending a lot of energy. Turning its back to the sun, it erects its feathers to expose an underlying patch of black skin between its wings that helps it quickly absorb more solar energy. When

running at top speed, it holds its head and tail flat and parallel to the ground.

The roadrunner is an opportunistic forager, and while it can catch small birds at feeders and nest boxes, more often it eats a variety of fruits, seeds, as well as venomous prey items, including large insects, spiders, scorpions, and even rattlesnakes. Surprisingly agile, two birds will frequently cooperate to kill a large snake, taking turns to distract it, pin its head with their heavy bill, and beat it against a rock or the ground. When alarmed or curious, the

roadrunner raises its crest and white-edged tail, and utters a series of coos or rapidly clatters its beak.

Living in dry, open habitats, the roadrunner has adapted by developing salt glands in front of its eyes to excrete excess salt from its blood. While these glands are more common in ocean-going birds that drink seawater, the roadrunner is able to go without drinking

*(Continued on Page 7)*

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## Nature Watch - (Continued from Page 6)

water as long as it eats food with high moisture content, but will drink water if it is available. When courting, many male roadrunners attract a female with cooing calls and then offer her food, usually in the form of a dead lizard. If the female accepts, copulation occurs, during which the food is often exchanged.

In a small tree, scrubby bush, or a stand of cactus, both parents build a shallow platform of thorny sticks, line it with leaves, grass, feathers, and occasionally shed snake skins. Clutch size can vary from two to six eggs, depending on the food supply. If all the eggs do not hatch at roughly the same time (called asynchronous hatching), and the food supply declines during the breeding season, the parents may eat the younger chicks or feed them to their older siblings. In times of abundant food, roadrunners will double-brood, or raise a second family just as soon as the first is out of the nest.

Greater Roadrunner populations appear stable across their range, and are seen in central Texas year-round. However, like most species, they tend to disappear when their habitat is fragmented by development.

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

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