



BEE CAVE *Messenger*

VOLUME 4, ISSUE 6

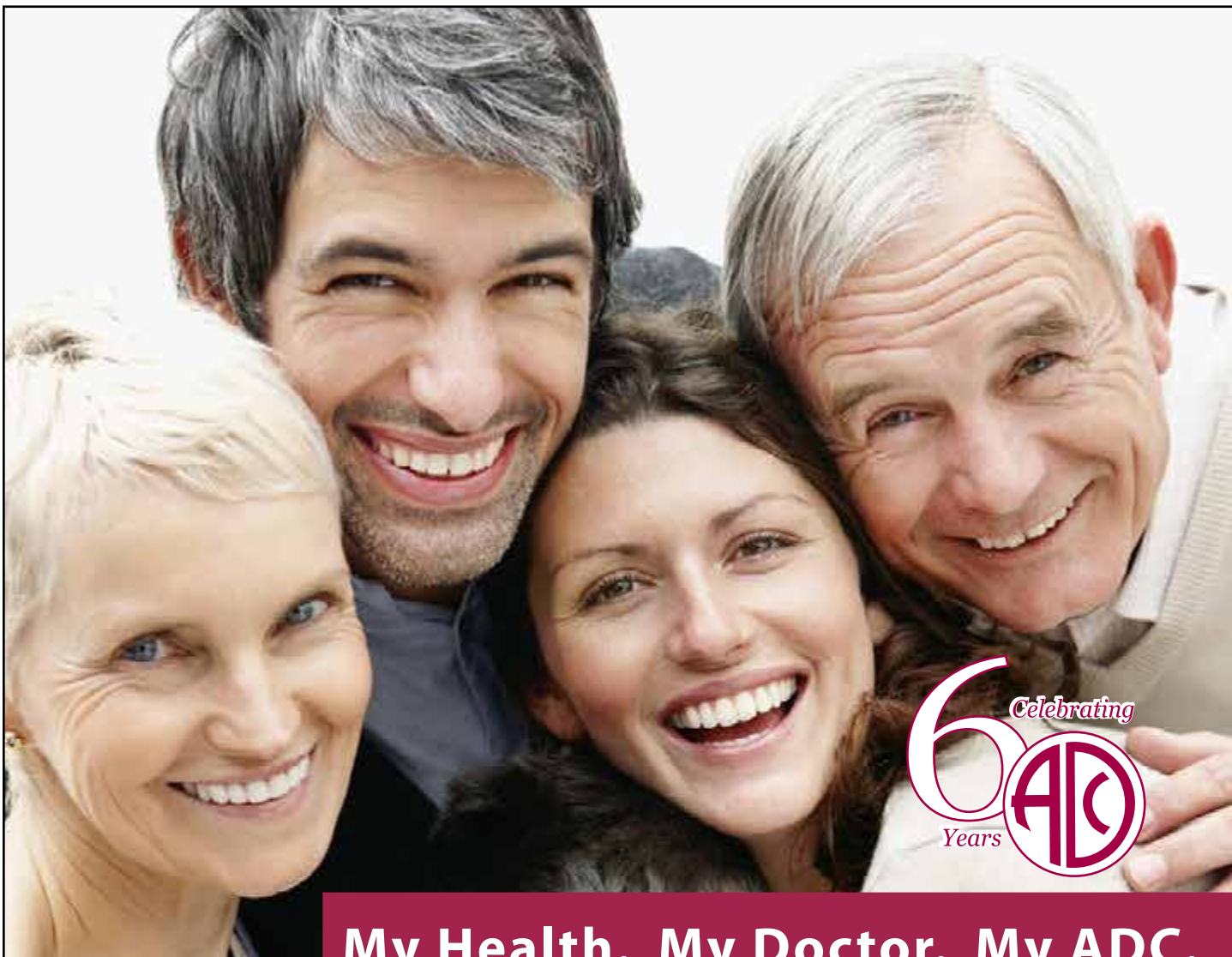
JUNE 2012

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ARTICLE INFO

The Bee Cave Messenger is mailed monthly to all Bee Cave area residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the Bee Cave Messenger please email it to beecave@peelinc.com. The deadline is the 15th of the month prior to the issue.

COVER PHOTO

Do you take great photos?

Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming issues of the Bee Cave Messenger. Our deadline for submittals is always the 9th of the month prior to the issue. All photos should be submitted electronically by the deadline date in high resolution (300 dpi) to beecave@peelinc.com. Portrait (vertical) photos work best.

This month's cover photo was submitted by Suzanne Buono. The photo is of the windmill at the Lady Bird Johnson Wildflower Center.

To view other photos submitted please visit www.PEELinc.com/Lakeway, and view any of the past newsletters.

By submitting your photo you agree to allow your photo to be published in future issues of the Lakeway Voice or other Peel, Inc. publications.

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Bee Cave Library	512-767-6620
Municipal Court	512-767-6630
Lake Travis Postal Office.....	512-263-2458
City of Bee Cave	www.beecavetexas.com

NEWSLETTER PUBLISHER

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Advertising.....	advertising@peelinc.com

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Around Bee Cave

Bee Cave Public Library

Storytime at Bee Cave Public Library featured a visit recently from “Allie Z. Gator” and Dr. Brent Rigby, D.D.S. Rigby Advanced Dental, located in the Hill Country Galleria, is past and present sponsor of the library’s annual Summer Reading Program, and visiting staff offered tips and techniques for children’s dental health in a fun and engaging storytime. When asked by a little girl if the Tooth Fairy would come after every tooth she loses, Dr. Rigby diplomatically said she would need to check with her mom to see what kind of schedule she had worked out with the Tooth Fairy!

Another fun storytime was a “Teddy Bear Picnic” held at the new Whole Foods Market® during their grand opening week. The Friends of Bee Cave Public Library was one of the non-profits selected to receive a percentage of the proceeds on a Community Giving Day. In addition to storytime, the Friends offered shoppers the chance to make a craft or take their picture with costumed characters from The Cat in the Hat.

The library will kick off its 7th Annual Summer Reading Program on Saturday, June 2 from 1-5 p.m. This year’s theme is Read for Fun @ Bee Cave Public Library, and will include incentives for children, teens and adults to read just for the fun of it. Children logging at least 400 minutes of reading will once again have their photo made into a personal poster that will hang in the library

throughout the summer. “Filling the library walls with posters of our young readers is our favorite part of summer reading,” according to Library Director Barbara Hathaway. “The children are so proud to show their poster to their friends and relatives—it’s been a great incentive to get them reading, and makes a nice keepsake for the parents every year.”

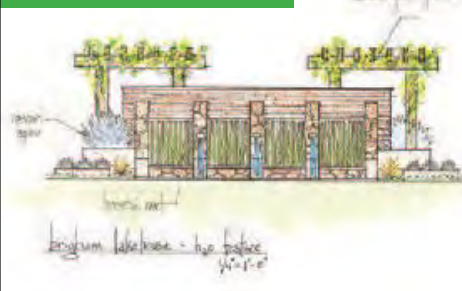
This year’s Summer Reading Program will offer more online activities and options, with fewer events taking place at the library itself, due to the construction at City Hall. “We encourage everyone to check our website frequently for possible schedule changes, and we’ll post regular updates on our blogs and through Facebook and Twitter. We apologize for the inconvenience, but encourage everyone to keep reading for fun this summer,” added Hathaway. The library is still accepting sponsorships and donations of prizes or gift cards for adults, teens, and children. Interested merchants or individuals should contact Library Director Barbara Hathaway at (512) 767-6624 or bhathaway@beecavetexas.gov.

LIBRARY HOURS: Bee Cave Public Library is open Tuesday-Thursday 10 am to 7 pm, Friday 10 am to 5 pm, and Saturday 1 pm to 5 pm. The library is closed on Sunday and Monday. For more information, visit the library website at <http://pl.beecavetexas.com> or call 512-767-6620.

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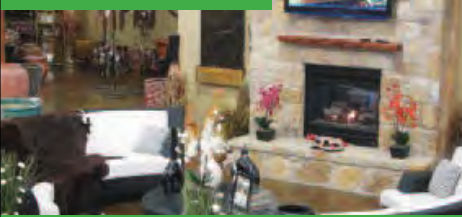
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CHAMBER 5TH ANNUAL SPRINGFEST ANOTHER HIT



The Lake Travis Chamber of Commerce once again partnered with host Hill Country Galleria along with the Shops at the Galleria and The Backyard, centrally located in Bee Cave, Texas, to present the 5th annual SpringFest, a community festival filled with shopping, food, music and fun for the whole family.

SpringFest kicked off at 11AM on Saturday, April 28th. "It is the BIGGEST time in the smallest town and once again the event was a huge success welcoming our largest crowd ever with over 10,000 in attendance. We are proud to produce a family friendly event for the South Lake Travis community. We couldn't do it without our great sponsors, volunteers working tirelessly, unique vendors and Chamber staff," says SpringFest Chair, Will Mitchell. "A very special thanks for the loyal and dedicated support of sponsors including, but not limited to, the Hill Country Galleria, Shops at the Galleria, The Backyard at Bee Cave, Lakeway Regional Medical Center, Whole Foods, Spanish Oaks, Community Impact and Sail & Ski. "SpringFest is always the last Saturday in April, so be sure to mark your calendars for SpringFest 2013 on April 27th."

"We were thrilled with another successful SpringFest," says Laura Mitchell, IOM, President of the Chamber. "This amazing festival is one of a kind in the South Lake Travis community and the Chamber is proud to organize and produce it."

The Lake Travis Rib King was crowned at 5PM while contestants anxiously awaited the announcement from the amphitheater. The honors went to Michael and Bridget Bertram, owners of Papa Murphy's Pizza, now a two-time Rib King winner. Hip-p-Que swept first place

in Chili, Bloody Marys and Chicken.

Festival attendees enjoyed strolling through 150+ local and regional artisan vendor booths for an experience that is only found in South Lake Travis. Kiddos played for hours in the Texas-sized KidZone complete with a Kiddie Ferris Wheel, bounce houses, the Screamin' Demon, Tubs o'Fun, face-painting and more.

The Sail & Ski Center and Ski Dock Boat Expo proved to be a delight for those loving the lake lifestyle. Superior watercraft and lake related businesses adorned the streets for the boating enthusiasts.

"The expansion over to the Shops at the Galleria was new this year with large rides in the KidZone, live music and food/beverages. Downtown Bee Cave came alive and the Hill Country Galleria and Shops at the Galleria are extraordinary venues and the perfect hosts for SpringFest," adds W. Mitchell. Partnering with both properties provided us with an opportunity to create a strong, positive economic impact on the local economy not just for the day, but throughout the year."

The evening was capped off with a crawfish boil and concert at The Backyard at Bee Cave. Musicians took the stage at 7pm and concert attendees enjoyed the sounds of Two Tons of Steel, The Trishas and Cowboy Mouth.

For more information about SpringFest, visit LakeTravisSpringFest.com or contact the Lake Travis Chamber of Commerce office via email at SpringFest@LakeTravisChamber.com or (512) 263-5833. The mission of the Lake Travis Chamber of Commerce is to promote sound economic growth, assist members with business development and create awareness related to the unique characteristics of the South Lake Travis community.

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JUNE EVENTS

1

Trevor Searle Benefit Concert: 6p-9p, Amphitheater

2

Saturday Night Concert Series: 7p-9p, Amphitheater – The Carper Family

9

Saturday Night Concert Series: 7p-9p, Amphitheater – Ryan Harkrider & The Nightowls

14

Wine Walk: 6pm-9pm, start at Twin Liquors

16

Saturday Night Concert Series: 7p-9p, Amphitheater – Matt Wilson Band

23

Saturday Night Concert Series: 7p-9p, Amphitheater – Patricia Vonne

30

Hill Country Galleria Independence Day Festival of the Arts: 11am-9pm

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Around Bee Cave

Rising Stars Shine Bright at TexARTS

Broadway's future showstoppers have had an eventful year at the TexARTS Performing Arts Academy. During the 2011-2012 school year, academy students starred in three fully staged youth productions - Alice in Wonderland Jr., Disney's High School Musical and The Sleeping Beauty. Each production received enthusiastic reviews and played to sold out audiences at the Kam and James Morris Theatre. Having had their chance to take center stage, many of the performers plan to return to TexARTS this summer and attend the academy's popular series of performing arts camps.

This summer, TexARTS will offer a variety of theatrical camps, mini-camps and intensives for children and teens of all levels. Camps begin June 4 and run through August 17.

This year's lineup includes a musical theatre intensive focusing on the Broadway hit Legally Blonde and a youth ballet intensive of Swan Lake. Students may also enroll in full-day or half-day camps that focus on such popular titles as Annie, The Sound of Music and Glee. Camps are under the guidance of experienced Broadway professionals and will



focus on basic vocal technique, acting skills, dance and musical theatre.

"Arts education has proven to have such a positive impact on the development of a child. These programs help to build self-esteem and confidence in young people," said TexARTS Producing Artistic Director Robert Armitage. "Plus, it's a whole lot of fun and a great way for kids to spend their summer."

TexARTS is a non-profit organization that also offers year-round classes in acting, voice,

ballet and dance as well as completely staged youth and professional productions. TexARTS' mission is to cultivate a thriving arts community by exposing all people to the visual and performing arts. The TexARTS faculty, who has earned 21 Broadway credits among them, strives to prepare and promote exceptional young talent. TexARTS is recognized throughout the region for its educational programs.

For more information or to register for TexARTS' upcoming performing arts summer camps, visit www.tex-arts.org or call 512-852-9079. TexARTS is located in Lakeway at 2300 Lohman's Spur, Suite 160.

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Bee Cave/Lakeway Mamas



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Lake Travis Youth Association

New Board Members Elected



PICTURED (L-R): Adam Johnson, Thinh Nguyen, Jerry Mohn.
NOT PICTURED: Ken McCannon

The Lake Travis Youth Association, a private nonprofit corporation founded in 1978, held its 33rd Annual Meeting on Tuesday, May 8, 2012, to provide Association members an update on its financial standing, direction and to elect four new members to the Board.

"I am pleased with the strategic direction of the Association as we address rapid growth in our community to ensure we continue to provide our young athletes a safe and rewarding environment to excel," stated Wilbanks, President of the Lake Travis Youth Association.

The Association will operate on a \$1.6 million budget for 2012-13 which oversees close to 5,000 young athletes in nine different sports including soccer, baseball, basketball, football, cheer, softball, volleyball, tennis and golf.

Newly elected Association board members include former professional volleyball player Adam Johnson, as well as community leaders Ken McCannon, Jerry Mohn and Thinh Nguyen. They will join current board members Chad Wilbanks, David Sewell and Susan Thompson.

Wilbanks welcomed the new board members adding, "Each board member brings expertise in key areas, has the right focus, unshakable integrity, and will always put our children first."

For more information about Lake Travis Youth Association, please visit www.ltya.org.

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Congratulations

to the LTYA Mustang Thunderbirds!

(along with a little help from a Tie-Dye and 2 Green Gorillas)

Submitted by Jerry Rios



T&C Cinco de Mayo Champions 2012

L to R: Cambria Fromel, Jami Watson, Lindsey Baranauskas, Izzy Oballo, Addyson Eargle, Catie Reed (Kneeling), Jordan Bessent and Carson Lippa. Coaches Kenny Oballo and Tim Eargle. Contributors during the tournament not pictured: Adele Benny, Erika Reich, Riley Dedear, and Head Coach Mike Reed.

Congratulations

to the LTYA Pinto Luna Chicks!

Submitted by Jerry Rios



Spring Fling Champions 2012

Players: Sophia Alexander, Toni Williams, Kinzi Jo Leon, Ashton Andress, Raiven Burress, Payton Bessent, Olivia Gibaut, Kassidy Coleman, Taylor Allmand, Cheyenne Contreras, Katherine Transou

Coaches: Erin Leon, Jason Andress, Frank Contreras, Chester Burress

Luna Chicks
Spring Fling 1st Place
Round Rock, Texas

Congratulations

to the Red Yetis

Submitted by Jerry Rios

The LTYA Red Yetis (8U) Softball team won 1st place in the Cinco De Mayo tournament hosted by Cedar Park Youth League. The team, coached by Ned Druart and assisted by Harmony Marotz, Jerry Rios, and Jason Qunell won three games in the tournament before losing a fourth game (in an international tie breaker) to drop into the losing bracket.

They then battled against another LTYA team and won to make it into the final championship game. The Red Yetis won that game in spectacular fashion by a score of 11 to 7 after three International Tie Breaker innings!!

The team's record is now 15 to 3 on the season.

The players are: Brinkley Barker, Emily Cook, Hunter Cox, Delaney Druart, Avery Evans, Kellyn Hartwick, Madison Marotz, Avery Qunell, Bella Rios, Zula Stevens, and Janie Waller.



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News You Can Use

Dr. Kevin Hoffarth Opens Lakeway Regional Family Medicine

After an 18 month search around the entire country, this family doctor found a home in Lakeway to plant his roots. Spending the last 10 years of his practice in the Sierra Nevada Mountains of California, Dr. Kevin Hoffarth covered a wide variety of family care, and plans to implement the same scope of experience into his new practice. While practicing in an underserved rural community, Dr. Hoffarth adapted to providing the full breadth of medicine. Not only does he provide total family care, he also does some procedures that not many other family practice doctors are trained to provide (colonoscopies for colon cancer prevention as well as a new and virtually painless procedure for the treatment of hemorrhoids that can be done in 10 minutes in his office). "Whatever the issue is, you bring it and I will try and fix it here in the office, and if not, I will find someone who can," says Dr. Hoffarth. The scope of his practice includes issues related to all of the following:

- Obstetrics/Gynecology
- Pediatrics
- Internal medicine
- Psychiatry
- Geriatrics
- Men's health
- Orthopedics/Sports Medicine

One area of his practice that Dr. Hoffarth became particularly known for was his "motivational talks." Whether it's spending a half hour with your teenager to discuss the perils of "Sex Drugs

and Rock and Roll" (which parents loved) or if you struggle with weight, diabetes or hypertension, his passion for healthy living and maintenance will be to your benefit under his care. Living a healthy life to the fullest is his own personal mantra; he is there to help you set realistic goals and to help you with your journey to achieve those goals.

With Dr. Hoffarth's office located on the Lakeway Regional Medical Center's campus, it's makes caring for his critically hospitalized patients, convenient and accessible from his office. "My job is to educate and advise my patients, not dictate. Ultimately, I want my patient to make the decision that is best for them, and I want to help them in the best way possible. This is a physician-patient relationship, it is important that my patients know this is a two-way relationship that requires a great deal of trust in me as well as I in them. It is crucial that my patients feel they can tell me anything without judgment with complete confidence so I can truly treat the real issue at hand."

Dr. Hoffarth is currently accepting patients of all ages while accepting most major insurances including Medicare and Medicaid. If you have been without a doctor for years or simply need your child or your own parent or spouse to be seen, please call his office and make an appointment and see for yourself if he is the right doctor for you and your ENTIRE family.

For more information, call 512-334-7892.

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News You Can Use

WCID 17 RESIDENTS Notice of Wastewater Pump Problems

Travis County Water District No. 17 has been experiencing ongoing problems with wastewater pumps clogging with rags.

Please do not flush any type rag, swiffer sheet, mophead, DUST CLOTH, BABY/SANITARY WIPE, OR OTHER TRASH WHICH DOES NOT DISSOLVE DOWN THE COMMODE. These items can cause serious damage to the lift station pumps and unnecessary sewer backups could occur.

If applicable, please advise your cleaning service(s) NOT to do so as well. Please consider this subject for neighborhood meeting discussion. Your assistance and action is of utmost importance.

Thank you for your assistance.

WCID 17 CONTACTS: **Gary Bennett, 512-801-2422**
Henry Marley, 512-748-2868

Call for Artist Applications

Spicewood Arts Society is sponsoring its 9th Arts Round-Up, Festival of Fine Art and is soliciting applications from Texas artists for this juried show. The deadline for applications is June 26, 2012. Applications will be accepted through Zapplication.org. Full details are available both at SpicewoodArts.org and Zapplication.org

Arts Round-Up, Festival of Fine Art will be on October 20 & 21, 2012, 10-6 on Saturday and 10-4 on Sunday. The show will be held on the beautiful grounds surrounding La Cabana Grill in a grove of live oak trees at 21103 Hwy 71 West in Spicewood. Last year, both artists and guests raved about the setting!



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Colin's Hope Upcoming Events Calendar

June: Water Safety Walk - Packet Stuffing and Distribution

June 7: Eat, Drink & Shop for Colin's Hope at Point of Origin Gift Boutique in Lakeway, 5-7pm

June 16: Colin's Hope Got2Swim the Pure Austin Quarry

July 21: UltiFit Challenge #2 at Reveille Peak Ranch

September 16: Colin's Hope Kids Triathlon - registration opens June 1st

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Business Section



You are invited to "Fabulous Working Ladies of South Austin" Luncheon at Mandola's in Arbor Trails (MoPac & William Cannon) on Thursday June 28th at 11:30. Please join us for laughter, sharing, having fun & giving back to the community we live in! The cost is only \$20.00 if you RSVP & pay online by the deadline which includes a Fabulous lunch. After the deadline the cost is \$30.00 at the door Cash/Check/CC. For more information, please go to www.TheFabulousWorkingLadies.com

We also offer mini-trade show tables to display your business. Let me know when you RSVP if you would like to reserve a table. This is first come first serve and we only have 8 tables to offer. There is no additional cost for this, just prepay your luncheon, send me an email. We ask that you bring a door prize. You need to be fully set up no later than 11:15.

We look forward to seeing you, meeting new members, learning all about you and getting our hugs in. See you soon Fab Ladies of Austin. If you have question, please feel free to contact Melinda McKenna at 288-8088 or Melinda@AustinReps.com

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Nine Business Networking Groups in the Area

Are you looking to grow your business in 2012? If so, you might be interested in a few of the business networking groups in the area. These are a few to choose from:

STEINER RANCH REFERRALS BNI GROUP

Meetings are on Tuesday mornings from 8:00am to 9:30am at Hill Country Pasta House. Visitors are welcome! If you are interested please contact Elicia Rudberg at eliciarudberg@gmail.com for more information or visit www.BNIAustin.com.

FOUR POINTS BNI

Meetings are on Wednesday at lunch from 11:30am to 1:00pm at the River Place Country Club. Visitors are welcome! If you are interested please contact Kelly Troy at kelly@troyinsgroup.com or visit www.BNIAustin.com.

FOUR POINTS CHAMBER OF COMMERCE

The Four Points Chamber of Commerce provides networking opportunities at social gatherings, luncheons with guest speakers and activities. The Chamber brings businesses together along highway 620 from Hudson Bend to Anderson Mill and Ranch Road 2222 from Jester to Volente. Four Points Chamber supports business growth in the community where we live, work and play. In less than 6 months Four Points Chamber of Commerce exceeded its first year membership goals and continues to grow! For information about participating in upcoming events or membership benefits visit www.fourpointschamber.com or call (512) 551-0390. Membership inquiries may also be sent directly to membership@FourPointsChamber.com.

A BUSINESS REFERRAL GROUP MADE FUN!

Networking Northwest Austin is expanding its member base of businesses in our area. We believe in business by referrals and having a limited member base. We have a caring, positive, involved group of people who wish to build their businesses using the strength business referrals. No fees. Business education and speakers. Networking Northwest Austin meets on the second and fourth Mondays at 11:30 at Red Robin on 183. Visit <http://www.meetup.com/NetWorking-NorthWest-Austin/>

YOUR LOCAL CITY

Steiner Ranch has a new business networking group. Your Local City is a positive, membership based, business networking organization with 17 groups meeting all over the Austin area. The Steiner Ranch group meets every Friday at 8:00 am at Lakeside Pizza and Grill located in the Shops

at Steiner Ranch at Steiner Ranch Blvd. and Quinlan. Come join us to grow your business.

LAKEWAY NETWORKING GROUP (LNI)

Lakeway Networking Group (LNI) meets every Wednesday at Santa Catarina located at 1310 RR 620 south in Lakeway. Visitors are welcome please RSVP to our membership chair: Kelly Connor 512-736-2495 or email kellyconnor@austin.rr.com to find out time and more information on the group. Please feel free to visit our web site www.lakewaynetworking.com

STEINER RANCH MARKETERS

Your boss thinks what you do is voodoo, your spouse thinks your work reflects the latest Mad Men episode, and your kids fear following in your footsteps; growing up to work a cube (unless you are lucky and work from home - then you work on the computer). Fear not! We can find solace in one another. We're a friendly bunch by trade and we excel at networking by nature so why aren't we?! Join us for a respite from the daily grind and a chance to get to know other marketers in Steiner Ranch: meetup.com/Steiner-Ranch-Marketers Questions? paul@seobrien.com.

A+ REFERRALS BY THE LAKE BNI (LAKEWAY)

BNI is a professional business networking group that helps you build a team of partners to market your business.

Come join us on Wednesday mornings from 8:30-10:30 at Mandola's in the Shops at the Galleria Breakfast is \$10 and visitors are welcome. Please feel free to contact Sheryl Baker at sherylsendoutcards@gmail.com or visit www.BNIAustin.com for more information.

HILL COUNTRY NETWORKING

Hill Country Networking is a professional single-source networking group located in the Lake Travis area of Austin Texas. Our members are enthusiastic and dedicated individuals representing a diverse range of businesses all across the Greater Austin metroplex.

Our Mission is to build strong personal relationships that drive referrals resulting in real business transactions.

This website is a great tool to keep our members and visitors abreast of the success being created with the Hill Country Networking group. If you are looking to grow your business in the Austin area, we encourage you to contact us and/or come to one of our meetings as a guest. We are excited to be here and look forward to helping you build your business.



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- Kids Stuff -

Section for Kids with news, puzzles, games and more!

WHY EXERCISE IS COOL

Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your body will thank you later!

EXERCISE MAKES YOUR HEART HAPPY

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic (say: air-o-bik) exercise.

Aerobic means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you're doing aerobic exercise, you may notice you're breathing faster than normal. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body. So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing, biking, or rowing. And don't forget

that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

EXERCISE STRENGTHENS MUSCLES

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- push-ups
- pull-ups
- tug-of-war
- rowing
- running
- inline skating
- bike riding

EXERCISE MAKES YOU FLEXIBLE

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility:

- tumbling and gymnastics

- yoga
- dancing, especially ballet
- martial arts
- simple stretches, such as touching your toes or side stretches

EXERCISE KEEPS THE BALANCE

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic stuff. But if you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.

EXERCISE MAKES YOU FEEL GOOD

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called endorphins (say: en-dor-funz), which may make you feel happier. It's just another reason why exercise is cool! Reviewed by: Mary L. Gavin, MD Date reviewed: February 2009

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



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