

The Ranch Report

VOLUME 11 ISSUE 3

MARCH 2017

Irish heritage month in full bloom

March is the month of spring. March is also a time to reflect and honor Irish Americans. In March, we honor and remember Irish Americans who were great contributors to the country as well as the world. There are many inventions that we currently use today that were created by Irish-Americans. For example, where would we be without the fire escape, cushion soles on shoes and parachute harnesses and release mechanisms just to name a few. Here in Austin, we have a wonderful St. Patrick's Day celebration. If you are available March 17th from 1 pm to 8 pm you can head down to Jordan Bockman's pioneer farm. This is where the Annual St. Patrick's Day celebration takes place. This family-friendly festival embraces and celebrates

all things Irish and Celtic. There will be authentic food, music, and dancing for all ages. There is even a workshop teaching the traditional old Irish language. Regardless of rain or shine, they will have international and local musicians of Celtic and Irish heritage playing music on two covered stages. There will be numerous Irish fiddle players along with some great local Irish Bands. The Klickety cloggers and other Irish dance groups will be performing. Oh, and you can't forget about the traditional Irish food and drinks. They will have a special Saint Patrick's day menu with everything from fish and chips to corn beef and cabbage.

For more information please visit www.stpatricksdayaustin.com



St. Patrick's Day Poem

For 'tis green, green, green, where the ruined towers are gray,
And it's green, green, green, all the happy night and day;
Green of leaf and green of sod, green of ivy on the wall,
And the blessed Irish shamrock with the fairest green of all.

~Mary Elizabeth Blake

Mary Elizabeth Blake was born September 1, 1840, and passed away February 26, 1907. She was born in Dungarvan, Ireland. She was an Irish-American poet, her family emigrated to the United States, and settled in Quincy, Massachusetts. She began writing poetry as a teenager and was published in many Boston publications.

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EDITOR

Articles..... AveryRanch@peelinc.com

PUBLISHER

Peel, Inc. 512-263-9181
Advertising..... advertising@peelinc.com

NOT AVAILABLE ONLINE

Searching for a Forever Home

By Megan Ransom



Meet 17-year-old Aurilena and her sister, 16-year-old Lorna! Aurilena and Lorna are looking for a forever home. They need to be adopted by a family who has experience in raising teenagers. It is important that the forever family for these children understand that they are very bonded to each other. They would love more than anything to be adopted together. Learn more about the girls on the Heart Gallery of Central Texas website: heartgallerytexas.com

The Heart Gallery of Central Texas, a program featuring portraits of Central Texas children in the foster care system who are available for adoption. We believe through working together, our community can raise awareness around adoption, foster care that leads to permanency for our waiting children.

MARCH MARKS NATIONAL NUTRITION MONTH

Five Key Nutrition Tips for a Health Lifestyle

March is National Nutrition Month, and it marks the perfect time to assess the foods you eat and commit to a healthy lifestyle. It's never too late to make healthy eating a part of your everyday life and DyRel DiLorenzo, Hospitality Site Manager at Baylor Scott & White Medical Center – Lakeway, is ready to help get you started with these five key tips:

- **Highlight fruits, vegetables, and whole grains** - This category should be 45-60 percent of your daily calorie intake.
- **Fiber, fiber, fiber** - Fiber is important for our bodies during the digestion process, as it slows down how we process these foods.
- **Embrace lean proteins** - This includes poultry, fish, beans, egg whites, nuts, and other lean meats. 15-25 percent of our diet should come from proteins, according to the USDA.
- **Don't fear fats** - Although fats sound like something we should stay away from, it is essential to get between 20-30 percent of your daily calories from fats. Good fats include, olive oil, nuts, seeds, avocado and fatty fish.
- **Moderation is key** - Just because you are eating healthy doesn't mean you can't indulge on occasion. Just be wary of your sugar and calorie intake, read the ingredients, and decide "is this really worth it?"

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and stabilizing your mood.

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Hey, Moms and Dads, *It's Craft Time!*

This month's craft comes from www.craftymorning.com I stumbled upon this site looking for a great March holiday craft and Michelle had just what I was looking for. A super cute, fun and colorful craft that is quick and easy to make.

the materials you'll need are:

- paper plates
- paint
- black and yellow paper
- scissors
- glue

We are going to make **"end of the rainbow twirlers"**

1) start by having your little ones paint the color of the rainbow in stripes on the front and back of the plate. Remember to let one side dry before moving (or flipping) it onto the next side.

Michelle suggest that if you're in patient use blow-dryers and I think that's an awesome craft hack.

2) Once both sides are dry grab your scissors and cut the plate in into spirals start cutting around the plate working from the outside in.

3) Cut out a black pot from your black sheet of paper and glue it to the end of your spiral.

4) Now cut out some yellow circles these will be your golden coins. Glue the circles on to the black pot now Poke a hole at the top of your spiral and add some string to it and TADA, it's ready to be hung up. There are step by step pictures on the site as well.

if you like this craft highly suggest heading over to crafting morning and seeing what else they have for your little ones.

March Is Women's Health Month

Did you know March is not only Irish heritage month but it is also a women's health month? It is a Time for women to focus on their health goals. Now, this shouldn't be the only time we focus on our health ladies, but we should take this time to review how we can improve our health. Did you know the number one health issue that women face is heart disease? The number one killer of women is Cardiovascular Disease which includes heart disease, hypertension, and stroke according to the American Heart Association it kills half a million women each year. As women, we have to take better care of ourselves. If you won't do it for you, do it for your family. Your children and or your spouse. I am by no means perfect or a doctor but here are 12 things you can do to prevent heart disease and reduce your risk.

1. Physical activity
2. Weight management
3. Watch your cholesterol levels good and bad
4. Learn to Stress less/ Relax.
5. Good nutrition/ eat healthily
6. Quit smoking
7. Get routine check-ups
8. Reduce your sugar intake
9. Reduce your salt intake
10. Get a good night's rest and sleep better
11. Manager blood pressure
12. Drink more water

This is just a short list of ways you can start to improve your heart health. I suggest you head on over to American Heart Association website, there is much more information there to help point you in the right direction. You can also visit [go red for women.org](http://go.redforwomen.org) website read up on these tips and take good care of your heart ladies.

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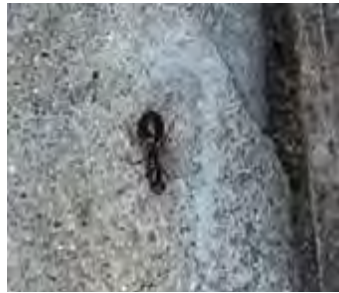
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I was making dinner the other night and my kiddo was outside playing. He came rushing in panicked. He discovered the fire ants of the season. While I knew it was inevitable, I was hoping that it would occur a bit later in the year. But, it's true. Fire ants have begun to yet again, dot the landscape with their mounds.

Spring time is usually when people see fire ants swarming (although it can also happen in the fall). Swarming is a reproductive process that usually occurs on warm days after a rain event. Winged males and females leave the mound and fly into the air to mate. After mating, they fall to the ground where males die and females break off their wings and search for a location to establish a new colony. Mated females dig a small chamber in soil, lay a few eggs and rear those young by themselves until the young become mature worker ants. At that point workers take



Fire ant queen without wings.

over colony functions and the queen continues to expand the population of the colony by laying more eggs.

While searching for a new colony location, many mated fire ant queens are killed by lizards, birds, spiders, other ants, and often my shoe stomping on them. Queens that survive can be managed by broadcasting fire ant bait over your entire property. New colonies are usually very small and may not have substantial mounds for locating easily for individual treatment. When worker ants forage for food, they would have the opportunity to locate, pick up, and carry fire ant bait back to the colony to share with other ants including the queen.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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March Festivals and Art Expos.

There are a ton of Fun things to do this month in Austin. I know everyone knows about SXSW music and international conference/festival. But there are many other festivals going on in the month of March. Just in case, if you're not familiar with SXSW you can get more info at www.SXSW.com to find out more about the 50 different venues, tons of filmmakers, and multiple musicians along with a multimedia artist from all around the world. They all converge on our great city of Austin and gather from March 10 to March 19 and showcase their talents.

Also, going on in the month of March is the Zilker Park Kite Festival. March 5, 2017, at Zilker park. This is the nation's oldest kite festival. There are hundreds of people who come from all over to fly their kites. It's free for all ages and everyone is welcome. They have food, games and contest galore. For more information on the kite festival visit www.abckitefestival.com

On March 11th - March 25th you can catch the Rodeo Austin at the Travis County Expo Center. It's seen as the premier place for pro rodeo events. It's grown from its Humble beginnings and they now have daily concerts, livestock, and shows. For more information visit www.rodeo Austin.com

Now, of course, there is the Annual St. Patrick's Day festival


which we mentioned during our Irish Heritage month piece. What better way to celebrate Irish American Heritage month by visiting the Jordan Bockman Pioneer Farm and celebrate with your family. To get more information visit www.stpatricksdayaustin.com and if you haven't already, read our piece here in the Ranch Report about Irish American Heritage month.

The Austin Urban Music Festival Takes Place March 31st and rolls into April at the Auditorium Shores. There will be more than 1,500 revelers of music out at Lady Bird Lake. This is Austin's only festival focused on R&B, Hip-Hop, Gospel and Neo-soul. There will be vendors and food for all. For more information please check www.urbanmusicfest.com.

Last but not least is the Art City Austin Festival. There will be an epic art event hosted by the Art alliance of Austin. It starts on March 31st and runs through the beginning of April. There will be more than 100 exhibitionist and artist this year. For more information on the art city art festival visit www.artallianceaustin.org

Don't let March pass you by without taking in one of these wonderful festivals.

By Sharonna Banks



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TENNIS TIPS



By USPTA/PTR Master Professional
Director of Special Events - Polo Tennis and Athletic Club

HOW TO EXECUTE THE TWO HANDED BACKHAND LOB



In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two-handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two-handed high volley approach shot, the one-handed high volley approach shot, and the forehand lob.

In this issue, I will offer instructions on how to execute the Two Handed Backhand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep to the backhand side of the player, and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for “air time” to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and “slam” the ball down, or force the opponent at the base line to retrieve back. In the illustrations, Roxanne Cossette, a Member of the Polo Tennis and Athletic Club, shows the proper technique to execute this stroke.

Step 1: The Back Swing: When Roxanne is forced deep into the backhand side and realizes that she must hit a defensive lob,

she pivots to the left and gets her racket back early. Notice that the head of the racket is low and her left hand is on the handle of the racket. Her eyes are focused on the path of the ball and her weight is on her left foot.

Step 2: The Point of Contact: Roxanne is now ready to hit the ball. Her eyes are now focused on the point of contact and the face of the racket is tilted at a 45-degree angle to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

Step 3: The Follow Through: The success of a deep lob is the follow through. Roxanne’s left wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right hand is holding the racket slightly, but still in control of the racket.

Step 4: The Shuffle Back: Once Roxanne finishes the stroke, her goal is to either move forward toward the net top to hit an overhead, or to shuffle back to the middle of the court to drive the next ball back to the opponent. In this caption, she moved back to the center of the court waiting for the opponent’s shot to come back.

*Look in the next Newsletter for: How to execute
“The One-Handed Backhand Lob”*

CROSSWORD PUZZLE



ACROSS

1. Chunk
5. Tramp
9. Run
10. Confuse
11. Cain killed him
12. To that time
13. Fraud
15. Compass point
16. Taught
18. Hides
21. Brew
22. Large meals
26. Sheer, triangular scarf
28. Midwestern state
29. Electronic mail
30. First letter of the Arabic alphabet
31. September (abbr.)
32. Polish

DOWN

1. Attired
2. Earring need
3. Organization of Petroleum Exporting Countries
4. Efface
5. Egg layer
6. Many times
7. Capital of Idaho
8. Eyed
10. Combustible material
14. Angry
17. Old Testament prophet
18. Fireproof storage areas
19. Climate
20. Summary
23. Fly alone
24. Matching
25. Secure
27. Whack

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Daylight Saving Time

Spring has already sprung upon us, and this year's March equinox falls on March 20, 2017. Daylight Saving Time (DST) is the practice of setting the clocks forward one hour started by Benjamin Franklin as a means conserve energy. The practice was likely perpetuated by golfers wanting to play after work and before the sun went down. Whatever the reason for its continuation, daylight saving time will start Sunday, March 12, 2017 at 2:00 a.m. You can use the change in time twice to remind you to check the batteries in your smoke alarm.



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11432 Running Brush LN

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Market Details

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