

# The Hills of Lakeway Messenger

March 2009, Volume 3, Issue 3



## Looking for a Way to Spend your "Best Day Ever"?

*Register to play in the Colin's Hope Classic golf tournament on Thurs, April 23!*

The tournament is a fundraiser for a new local charity, Colin's Hope, which was founded in August 2008 in honor of Colin Krogh Holst. Colin was only 4 years old when he drowned in a local public pool last June. Sadly, after struggling to understand how this could happen, his family and friends learned that his death is only one of so many like it, as drowning is the second leading cause of death in children under the age of 14. Armed with this knowledge, Colin's family decided to find a way to turn their unimaginable loss into an organization driven to save children from drowning, and Colin's Hope was born. The charity is a nonprofit foundation which creates and supports programs to aid in the prevention of childhood drowning. Colin's Hope has had the privilege to work alongside other nonprofits such as The Junior League of Austin, YMCA and Partnerships for Children to implement initiatives such as sponsoring swim lessons for underprivileged children and educating parents, children, and lifeguards on water safety. You can learn more about Colin's Hope at [www.colinshope.org](http://www.colinshope.org).

The foundation's first fundraiser was the sale of Colin's Cookbook in the fall. The cookbook, which began with recipes from all the meals provided to the family after Colin's death, was a huge success, raising more than \$10,000 for Colin's Hope and allowing the foundation to begin to have a presence in our community.

The Colin's Hope Classic will be the second major fundraiser for Colin's Hope, and its all-volunteer staff hopes to raise more than \$40,000. This would allow them to initiate many more water safety awareness programs and efforts to improve water safety standards throughout the community as the summer swim season approaches! Colin's Hope is privileged to have Garrett Weber-Gale, a Gold Medal Olympian at the 2008 Beijing Olympics and Texas Longhorn alum, as the Honorary Chair for the tournament. Garrett Weber-Gale has generated his own buzz lately by winning his first of two Olympic gold medals as part of the U.S. 4x100 relay team in the race that is now widely considered to be the best relay swimming race of all time!



*(Continued on page 2)*

## Lake Travis Community Library

*Submitted by Sandy Price, PR Chair for Friends of the Lake Travis Community Library*

On Saturday, March 7 from 8am – 1pm The Friends of the Lake Travis Community Library will have their used book sale at the Lakeway Activity Center. Fill a plastic grocery bag with non-fiction, how-to-books, cookbooks, childrens books, along with a wide selection of fiction for only \$7.00. All proceeds go to the Friends of the Lake Travis Community Library.

The Lakeway Activity Center is located at 105 Cross Creek in Lakeway.

## Go Green Go Paperless

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**Looking for a Way to Spend - (Continued from Cover Page)**

The tournament will be held at The Hills of Lakeway, Yaupon course, on April 23, 2009 at 1:00pm. Registration fees are \$150 per person, which gives the golfer a spot in the 4-person scramble, lunch, dinner and numerous generously donated prizes. You can register to play in this inaugural tournament securely online at www.colinshope.org. Once registered, participants have the opportunity to help support Colin's Hope through raising pledges. However, if golf is not your game but you are interested in helping this amazing group in honoring Colin and helping prevent childhood drowning, the tournament is still looking for sponsors, prize donations or simply good, old-fashioned volunteers! All questions or interested parties should be sent to info@colinshope.org. However you choose to participate, we do know, as 4-year old Colin loved to say, that it will be one of your "best days ever."

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**ATFCU 68th Annual Meeting**  
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## Alternatives to Microsoft Office

*Submitted by Laurie Scott*

Anyone who works in an office and with a computer probably has Microsoft Office installed on it. Word, PowerPoint and Excel are found in almost every corporate environment. But when it comes time to buy software for your home computer, most people don't realize there are free and low-cost alternatives.

To start, Microsoft does offer an Office 2007 "Home and Student" edition that I've seen online for as low as \$80. This edition includes Word, PowerPoint, Excel and OneNote, but not Outlook, which is what many Office users expect with their "office" suite.

The most popular free option is probably Sun's Open Office 3 (available at [www.openoffice.org](http://www.openoffice.org)). It has powerful word processing, presentation and spreadsheet programs that are compatible with Microsoft Office, and also includes a graphics program and database (but again, no e-mail program.)

Another free alternative is a surprising name from the past. Lotus (owned by IBM) has resurrected its Symphony suite and is closer to Open Office than Microsoft Office. Its programs are IBM Lotus Symphony Documents, IBM Lotus Symphony Presentations and IBM Lotus Symphony Spreadsheets and also offer Microsoft Office compatibility.

Google has recently entered the office application fray with their own product (which are still in "beta" – a Google trademark), Google Docs. It offers Microsoft Office compatibility for Word and Excel with a twist, everything is stored online. You can access and share your files with anyone from anywhere. Some consider this the future, known as "cloud computing" (the internet is the cloud in computer network diagrams.)

Corel offers an \$89 alternative that is compatible with Office Word, PowerPoint and Excel, but includes VideoStudio LE for editing your home videos, and MediaOne SE for enhancing and organizing your photos.

At the time of this writing, the most popular (non-Microsoft) email client, Eudora is undergoing a rewrite but the older versions are still available at [www.eudora.com](http://www.eudora.com). If you're already using hotmail, yahoo mail, Gmail, or your Internet Service Provider's (ISP) web-based mail, then you don't need an e-mail client to run on your computer anyway.

So don't automatically feel like you have to fork out a couple hundred dollars just to have Office functionality at home. There are affordable and even FREE alternatives out there for you.

*Happy Computing!*



# Future Stars of the



## March & April Home Games

Mar. 10	Toros vs. Ft. Wayne	7:30pm
Apr. 01	Toros vs. Tulsa	7:30pm
Apr. 04	Toros vs. Iowa	7:30pm
Apr. 07	Toros vs. Reno	7:30pm
Apr. 08	Toros vs. Rio Grande Valley	7:30pm
Apr. 10	Toros vs. Rio Grande Valley	8:30pm

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## Is Your Child's Development Behind?

Local Program Can Help, by Jennifer Vu

If you are a parent of an infant or toddler, birth to 36 months, and have questions about how your child is growing or developing, why wait? ECI (Early Childhood Intervention) is here to help!

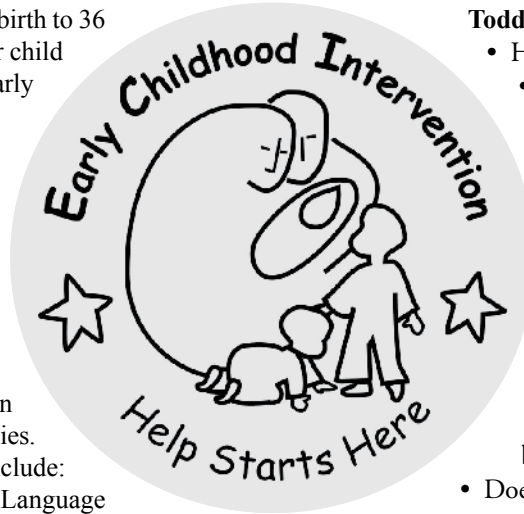
ECI is a statewide program that has helped Texas babies and toddlers for more than 25 years. We partner with families to work together as a team and offer services where your child lives, learns and plays. Early is best when you have concerns about your child's development and income does not determine eligibility for services. ECI professionals have expertise in working with babies, toddlers and their families. Licensed and/or credentialed specialties include: Early Intervention Specialists, Speech and Language Pathologists, Physical Therapists, Occupational Therapists, Registered Dietitians, Hearing and Vision Specialists and Social Workers.

### Red Flags

Red flags are a way to track your infant or toddler's development and help identify if he is unable to do something most children already can. Below is a list of behaviors or red flags that can keep your child from learning. Appearance of red flags is not a cause for alarm, but a call to action. If they happen often, call your local ECI program or your child's pediatrician.

### Baby

- Cannot bend arms or legs
- Does not smile, move or look at you when you talk or play with her
- Does not want to be held
- Does not make sounds by 3 months
- Does not babble by 6-9 months



### Toddler

- Has tantrums that last 20 minutes or longer
- Breaks things on purpose
- Hurts or bites other people
- Does respond to her name by 12 months
- Does not play appropriately with toys
- Flaps hands, rocks or sways over and over
- Does not point at objects he wants or use gestures by 12 months
- Has no words by 18 months
- Does not follow simple or familiar directions by 18 months
- Does not engage in pretend play by 24 months

### Any Age

- Is fussy or cries a lot, even when not tired or hungry
- Has trouble falling asleep or staying asleep
- Does not notice people
- Is unhappy most of the time
- Any loss of speech, babbling, or social skills (i.e., eye contact)
- Becomes easily and consistently upset with change in routine or when moving from one activity to another

ECI offers free developmental screenings and evaluations. Call your local program, Infant Parent Program ECI, at (512) 472-3142 to request more information or to refer your child for a screening or evaluation.

To search online, visit DARS/ECI website at [www.dars.state.tx.us/ecis](http://www.dars.state.tx.us/ecis).

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## New Book Clubs at the Lake Travis Community Library

Submitted by Sandy Price, PR Chair for Friends of the Lake Travis Community Library

Looking for a new and fun way to start 2009? Join us for one of our two new Book Clubs or Play Reading group now forming at Lake Travis Community Library.

1. The Classics Book Club will meet during the day, details forthcoming.
2. "Glass of Wine" Book Club. This group will meet once a month at Wine Traders from 7pm-9pm, on a Monday yet to be determined. At the first meeting we will choose books for the rest of 2009. Bring your selections at the first meeting.
3. The Play Reading group will choose plays, assign roles and then "read" the plays. Place, times and frequency of meetings are yet to be determined.

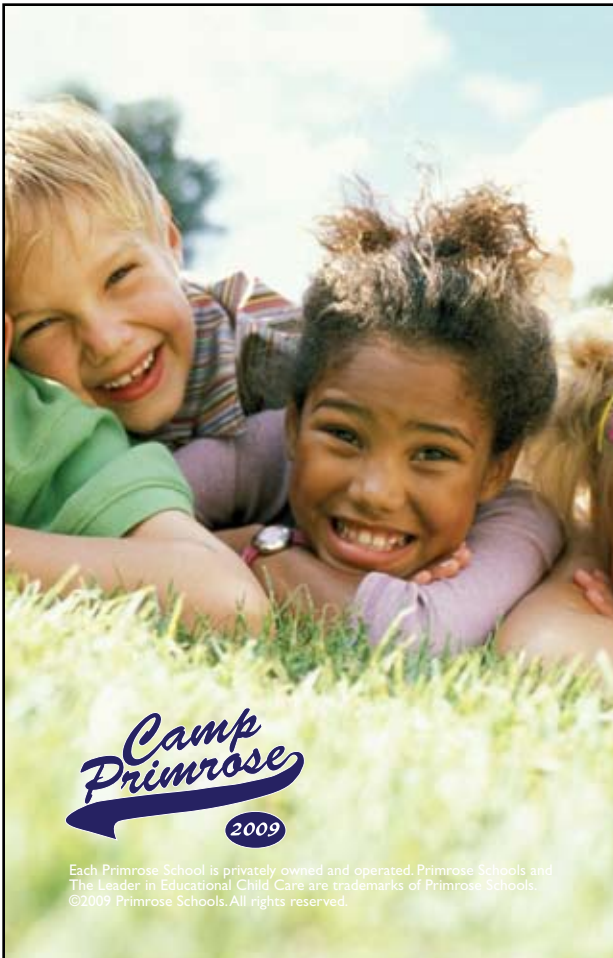
Sign up Lists are at the Circulation Desk in the Library and you will be notified of the first meeting in March. The Lake Travis Community Library is located at 2300 Lohman's Spur, Suite 100, Lakeway, 78734. Visit our website at [www.laketravislibrary.org](http://www.laketravislibrary.org).

Not Available Online

### Classified Ads

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to The Hills of Lakeway residents, limit 30 words, please e-mail [hillsoflakeway@peelinc.com](mailto:hillsoflakeway@peelinc.com).

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).



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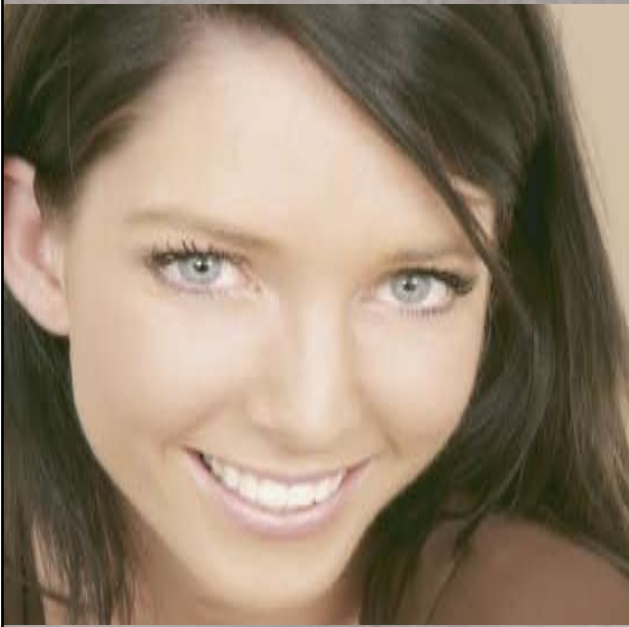
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## March Events at the Wildflower Center

### Artists & Artisans Festival

9 a.m. to 5 p.m. Saturday, March 21 and noon to 5 p.m. Sunday, March 22

Favorite artists return and new ones appear to exhibit their work in watercolors, metal, wood, ceramics and many other materials. Dalhart Windberg, introduces his annual print benefiting the Wildflower Center, noon to 5 p.m. Saturday. Shou Ping shows her watercolor sculptures and Mary Catherine Gardner, official Wildflower Days™ 2009 artist, signs her print, 1 to 4 p.m. Sunday.

### Sign up for Go Native U

This is our popular series of how-to gardening classes plus—new this year -- five sustainability classes focused on ways to manage soil, water, plants and materials to improve sustainability. Register at [www.wildflower.org](http://www.wildflower.org)

### Texas Society of Sculptors Exhibit

March 3 through May 31.

Outdoor works by Texas sculptors on display throughout our gardens.

### Nature Nights, Look to the Stars

6 to 9 p.m. Friday, March 6

Join Kyle Fricke of McDonald Observatory for an engaging look into the cosmos. Field telescope viewing. \$1 admission.

### Wildflower Days™ Begin

The Center is open every day 9 a.m. to 5:30 p.m. until March 16 until May 31.

### Artists Reception

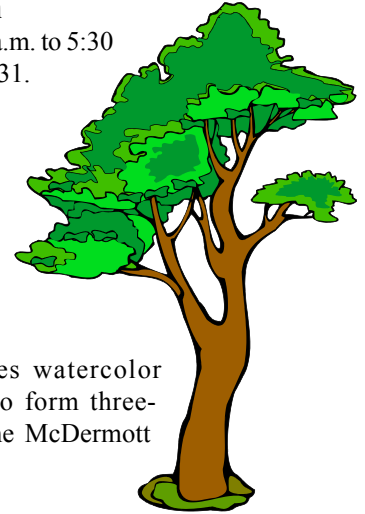
1 to 4 p.m. Sunday, March 15


Join us to meet the sculptors and members of the Texas Society of Sculptors.

### Shou Ping Exhibit

March 14 through May 31

This renowned artist creates watercolor paintings of and cuts them to form three-dimensional sculptures. At the McDermott Center.






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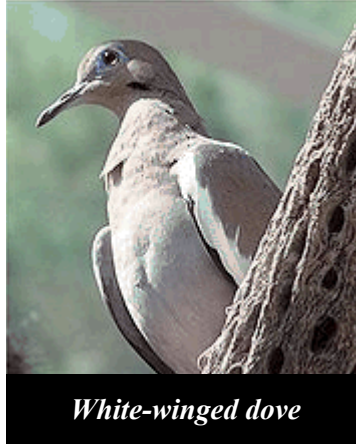
## **Nature Watch - By Jim and Lynne Weber**

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

### **Not So Lonesome Doves**

Often used as a symbol of peace, the dove, or paloma in Spanish, represents a family of birds that feeds chiefly on grain, other seeds, and fruit. Abundant and widespread, the larger species of these birds are usually called pigeons, while the doves are generally a bit smaller. In central Texas, the most common doves are the White-winged, Mourning, and Inca, with the Eurasian Collared-Dove not far behind.

The heavy-bodied white-winged dove has large white wing patches which show only as narrow bands of white on the folded wings of perching birds. Its shorter, rounded tail has broad white corners, the skin around its eye is a bright blue, its iris is red, and there is a black streak on its cheek. There are several variations of its loud, low-pitched cooing calls, the most frequent being interpreted as "who cooks for you?" White-wings breed several times during the April to September nesting season. They nest singly or in colonies, building crude stick structures to hold the two pale buff eggs that hatch after only two weeks of incubation.



In the late 1800s and early 1900s accounts from settlers in Texas showed that there were several million white-winged doves in the Rio Grande Valley. However, with the mass destruction of their native scrub forest nesting habitat to make way for agriculture, the populations fell to several hundred thousand. The white-wing adapted by switching its nesting preference to citrus and other leafy trees, and

the numbers have been rebounding ever since. As agriculture in the southwest continues to provide year-round food and watering sources, it allows for ongoing expansion of this dove's range and enables more and more white-wings to overwinter rather than migrate seasonally.

While the white-winged dove is native to parts of Texas, the mourning dove is the only native Texas bird that has been documented to occur in all of the state's 254 counties. The trim-bodied mourning dove has a small, rounded head, slender neck, a blue ring around each eye, and wings that whistle in flight. Its tail is long and pointed, with white outer

*(Continued on Page 9)*

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## Nature Watch - (Continued from Page 8)

edges, and the adults have black spots on the upper wings. It has a low, mournful call (oowoo-woo-woo-woo) and like other doves, it is able to suck up water in its bill without raising its head to drink.

In Texas, the mourning dove can breed virtually year-round, with peak season being March through September. During nest-building, the female stays at the nest while the male collects sticks. He will stand on her back to give her the nest material, which she takes and weaves into the nest. After the female lays two eggs, the male usually incubates them from mid-morning to late afternoon, and the female the rest of the day and night.



*Mourning dove*

A small tropical dove of arid areas, the inca dove has a light brown body with dark brown edging on its feathers that give it a scalloped appearance.

Its long tail has a square tip with white outer edges, and the rufous in its wings is visible during flight. The call of the inca dove is often translated as "no hope."



*Inca dove*

The inca dove engages in an odd behavior called pyramid roosting. Pairs or groups of these doves may huddle together in the sunshine, with some sitting on the backs of others. The pyramid may be up to three layers high and include up to as many as twelve birds!

When talking about doves in Texas, mention must be made of the non-native Eurasian collared-dove. Introduced into the Bahamas in the mid-1970s from Europe (originally India), this dove has spread rapidly across much of North America. As its range expansion is still an evolving story, the extent of its final range and the impact it will have on other bird species remains to be seen. This large dove can be identified by its sandy gray body, long square tail with a broad white edge underneath, and a black half-collar on the back of the neck. Its song is a three note "koo-koo-kook" and it makes a growling call in flight.



*Eurasian-collared dove*

Although doves are a quintessential part of nature in Texas, as anyone who feeds wild birds knows, if you don't do your part to discourage them from your feeders, they'll eat you out of house and home!

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## Don't Become a Statistic!

Submitted by Allison Weaver

Statistics tell us that the number of new gym memberships skyrocket in January and plummet by the end of March. The same holds true for some who go it alone and start a brand new regimen with their family, friends, or private trainers/classes.....do NOT become a statistic!! You can do this – you can keep it going! Restart, take a different tact, try a new food, start getting outside again and be rejuvenated when the sun comes out – whatever it takes. It is never over when you make a mistake, fall off the horse, eat a pan of brownies, or otherwise bring to a halt your journey toward a full, vital, healthy lifestyle. It is also never too late to begin again.

**Re-check your fitness routine.** Is it realistic? What is your schedule really like? Do you need to get yourself to bed 15 mins earlier so you can wake up earlier to get a jump start on your day? 15 minutes of stretching, jumping jacks, pushups, and crunches will do wonders to start those endorphins rushing and really begin your day with a bang! How about lunch? Can you eat a salad at work and go for a walk after? How about the stairs? Are they accessible? Ask your “pod buddy” if they want to see how many more flights you can climb in one week.

*After Work:* Play softball with the kids in the yard. Throw a few sprints in between pitches. Pitch/hit 3 times – 5 sprints....great

together time, practice time and great cardio!

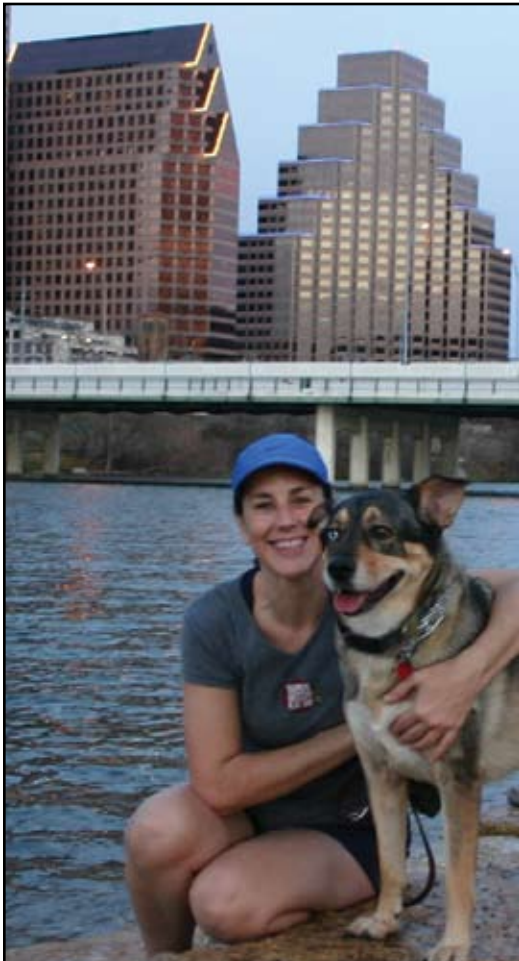
Split training such as this is proven to be at least as effective as, if not more so for some, than a straight hour or two of non-stop training.

**Re-check your goals:** Are they attainable? How much time have you allowed for planning your groceries, lunches, family dinners? How about your work out routine? Is it written down? Is your routine in bite-sized pieces (pun intended!) or is it more broad spectrum? Remember to be specific in your goals. If your goal is to add 2 minutes to your run tomorrow; that's great! It's a specific goal, time measured, and attainable. But don't stop there.....once you reach that one, set a higher goal, larger than the last, loftier each time. Before you know it – you're hiking in the Rockies!!! It really is doable. You really can do this!!

**Are you bored with what you're doing?** Shake things up a bit; get some roller blades, a bike (with a helmet), find a fitness class that can be your “night out” with friends. You'll be surprised at how much fun you really can have in the name of exercise!

**Are you bored with what you're eating??** Salad does not have to be your main course everyday. How about some grilled chicken with mango salsa? Try adding chipotle sauce to a dish (like broccoli)–

(Continued on Page 11)



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**Don't Become a Statistic - (Continued from Page 10)**

incredible roasted, smoky flavor with a great kick! No time for fish? There are great frozen Salmon and Tilapia filets, add a little lemon pepper sprinkle, maybe even a light Italian dressing, keep it going with steamed asparagus, and Voila! A beautiful, healthy, and tasty almost instant meal. We are aesthetic creatures, so "eating the rainbow" will add pleasure to the eyes as it adds nutrition to the body. Incorporating red bell peppers, yellow bell peppers, maybe some portabella mushrooms to brighten up and change a dish in color, flavor and texture. Just a spray of Olive oil in a pan and a few minutes on the stove, and you're in business. Remember: Always keep your food as "close to the tree" as possible. That means eat it as God made it; not after it's been processed. This will keep you healthy for life. If you have to wonder – it's probably processed!

You do not have to re-invent the wheel – just keep healthy cookbooks handy, save your favorite fitness websites on your "bookmark" tab, so with a quick turn of the page, or click of the mouse you will add new dimensions to your personal and fitness and nutrition! You can do this – yes you can!!!



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