



"My favorite part of December is Christmas."

—Austin Rammell, 11, of San Antonio

# LIFE VIDA LEBEN

## Crib Notes

Columnist Winter Prosapio takes readers to the front lines of motherhood.



HERALD-ZEITUNG

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## SHOW TIMES

### STAGE

#### Season tickets on sale at the Brauntex

Tickets are on sale now for the 2007-08 season at the Brauntex Performing Arts Theatre. The off-Broadway, Las Vegas and Branson, Mo., touring shows will begin in October and run through April.

**When:** 10 a.m. to 6 p.m.  
**Where:** Brauntex Performing Arts Theatre ticket office, 290 W. San Antonio St.

#### Circle Arts season passes on sale

This is the theatre's 40th anniversary season, featuring "Fiddler on the Roof," "Driving Miss Daisy," "Honk!," "Noises Off," and "Raiders of the Lost Wurst." Designed for holiday giving, the regular passes are \$60; Silver Fox (60 and older)/military passes are \$55.

**When:** Through Jan. 31  
**Where:** The Crossing, 322 W. San Antonio St.

**Information:** 830-620-4848 or [circleartstheatre.org](http://circleartstheatre.org)

#### 'Bye Bye Birdie'

The Brauntex Performing Theatre presents the musical comedy.

Tickets cost \$12 for children 12 and younger and \$15 for adults.

**When:** 3 p.m. today  
**Where:** Brauntex, 290 San Antonio St.  
**Information:** 830-627-0808

#### 'Bell, Book and Candle'

In this impish and suave fantasy, the heroine casts a spell over the object of her affection to keep him away from her rival. Unfortunately, even modern day witches can't fall in love, so a number of difficulties must be overcome before romance has its way.

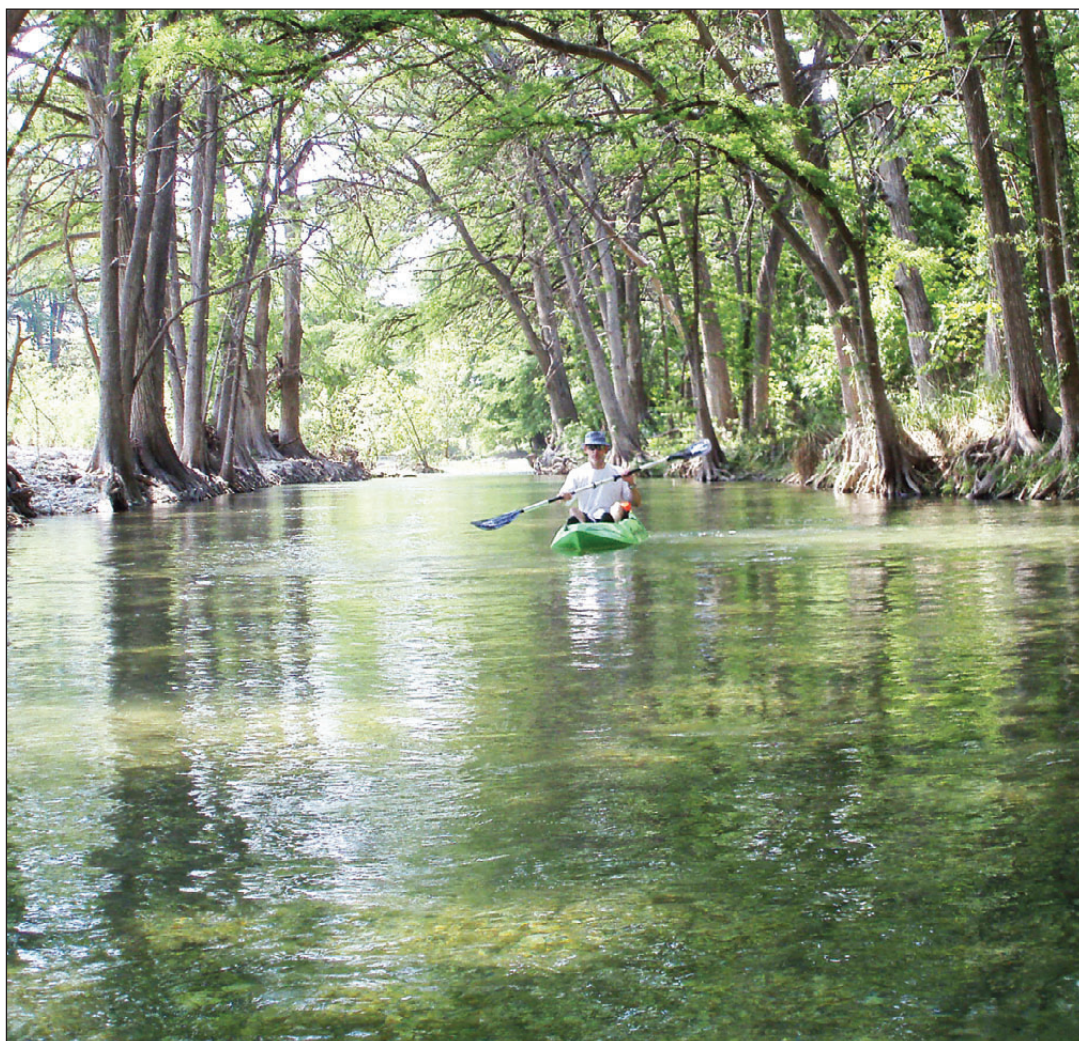
**When:** 8 p.m. Fridays and Saturdays; 2:30 p.m. Sundays through Dec. 9  
**Where:** The Playhouse, 450 Old Kyle Road  
**Information:** 512-847-1592

### MUSIC

#### Annual German Christmas Service

The Gemischter chor Harmonie and Edelweiss Kinderchor sing for the German Christmas worship service. Participation can be enjoyed without German language experience.

**When:** 3 p.m. today  
**Where:** Cross Lutheran Church, 2171 E. Common  
**Information:** 830-629-5942



Photos by KARLA HELD/Herald-Zeitung

ABOVE: Tyler Rutherford cruises down the Frio River near Leaky on a sit on top kayak rented at Happy Hollow. TOP RIGHT: Tyler Rutherford goes down a small waterfall on the Frio River. BOTTOM RIGHT: Sisters Tammy and Tracy Barnett cruise on a double kayak on the Nueces River, a river perfect for beginners.

# Taking on water

Kayaking on area rivers offer great exercise, fun during winter months

By Karla Held  
The Herald-Zeitung

When the sun shines brightly in New Braunfels, area residents know it's a sign to head to the river. For many river-lovers, that doesn't change when the weather turns a bit crisp. No longer clogged with summer tubers, the Guadalupe and Comal rivers are among several Texas rivers that offer excellent opportunities for kayaking — from the beginner to the advanced kayaker.

While great kayaking opportunities abound here in our backyard, there are other great rivers to explore beyond the good old lower Guadalupe. Some of the most pristine Texas rivers are within an hour or two's drive from New Braunfels such as the Medina, Frio, Nueces, and Upper Guadalupe Rivers.

Many kayakers say December through April are the best months to try to get on the water as the weather is more temperate and the crowds are low.

Janice Taylor, a Bandera resident who lives on the Medina River, said she escapes to the river at every opportunity to exercise and relax.

"We kayak the Medina as much as possible," she said. "Usually at least Saturdays and Sundays. The Medina River is like a secret."

The Medina River is a narrow river averaging 30 feet to 40 feet in width lined with towering Bald Cypress trees. Live Oak and rugged Cedar are also abundant. The Medina cuts through limestone bluffs and outcroppings with abundant free flowing springs to feed the river, especially



Dan Carroll of Brenham, Texas, lets the water out of his blue sit in kayak at the Gruene Bridge put out spot. A Boy Scout leader, Carroll said he's taken Boy Scout groups on the Guadalupe River. "I've always loved the clear water on the Guadalupe River. This stretch of river is one of the best runs around."

### ONLINE

■ To find more information on outfitters and Texas rivers, click on this story at [herald-zeitung.com](http://herald-zeitung.com). Check out the online photo gallery by clicking on the Photographs link and scrolling down to Photo Galleries.

after heavy rains. "We usually see a few fishermen along the banks but we rarely see

other kayakers, Taylor said. "If we do see people we're always greeted in such a friendly manner — it's like we're a novelty."

For some like Taylor, kayaking provides a way to escape the grind of every day life and meld into the quiet calm of nature. For others, kayaking offers mental and physical therapy.

The Kayak Anglers Society of America (KASA) operate a program called "Heroes on the Water," where

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## Get in and out



Those who do the mile long 'horseshoe' loop' on the Guadalupe River, can put in at Abbott's on FM 306 just north of the Sattler exit.



Once across a small set of falls kayakers will see a bridge where the and Whitewater Sports take out point is.



ABOVE: After crossing this bridge, those who put in at Little Ponderosa outfitters off of River Road can get off to an easy start at an accessible cement ramp. BELOW: The second crossing at Roy's Rentals, about 5 miles down river from Little Ponderosa, offers a wide beach that makes for easy take outs.



# Aim to live life to the fullest no matter what your age

Earlier this week I received an email from a former high school chum who told me that he and another relative had taken up sky diving.

"You've got to be kidding," I exclaimed to myself. "He's just as old as I am!"

But that wasn't the biggest shocker. The relative my friend said joining him in this new venture was none other than his 83 year old father.

I've always been amazed when I discover people living their lives to the fullest and treating age as if it was nothing more than a number on their driver's license.

A recent television news program featured a 91-year-young woman

who had just graduated from college. When the reporter asked her if obtaining her degree had been her lifelong dream, she responded, "Not really. It was just one of my goals, but I've got so many more left."

At age 83, former President George H.W. Bush parachuted out of an airplane for the reopening of his Presidential museum. He told reporters he had never felt better even though just months before he had hip replacement surgery.

I must admit I have a great deal of admiration for those who live their lives with an outrageousness that tells the world "I'm not deserting my ideals or giving up on my enthusiasm for life just because there's enough candles on my birthday

cake to light up a small city." It was the French writer Andre Maurois who acknowledged: "Growing old is no more than a bad habit which a busy person has not time to form."

After all, age is ultimately a quality of the mind. And it is those among us who continue to look ahead with hope and ambition that understand that growing older doesn't mean that life has no more adventure. They believe that while years may wrinkle your skin, giving up your enthusiasm for living wrinkles your soul.

Margie Kuhn was a social activist best known for her work on behalf of older Americans. One of the early organizers of what became known as the "Grey Panthers," she was convinced that the older generation was

this country's "biggest untapped and undervalued human resource."

In an interview published in "The Ageless Spirit" at the age of 86 she affirmed, "We oldsters have a lot to share ... I believe there has to be a purpose and a goal to life. The secret of thriving and surviving is having a goal. It is absolutely essential, because it gives you the energy and the drive to do what you must do, and to get up when you feel like staying in bed. I have plenty of goals. On my 80th birthday, in fact, I vowed to myself that I would do something outrageous at least once a week, and for the past few years, I've been able to live up to that promise ..."

I believe Kuhn had the right idea. Maybe I'll take up sky diving.



MIKE FITSKO

Mike Fitsko is a retired educator, freelance writer and motivational speaker.