



Pregnant? There's an App for That

BELOW: Attorneys Allison Edwards, left, and Allison McDade are the creators of "Your BFF During Pregnancy," an iPhone app that offers simple, practical advice for parents-to-be.



What did Austin attorney **Allison Edwards** wish she had known during her first pregnancy? "All of it!" she laughs. "Taking CPR classes before your bump becomes a beachball, preparing a will, post-partum depression — no one talks about practical things like that." Now, she's using her experience to help others. Together with friend and Dallas attorney **Allison McDade**, she has created "Your BFF During Pregnancy," an iPhone app that helps expectant parents navigate the first nine months.

The \$4.99 app, which is produced by McDade's and Edwards' company, Parent Prep School, provides simple, practical, and humorous guidance. One entry addresses shopping for the baby: "She held your hair back through margaritas and morning sickness, so pick that savvy girlfriend as your baby gear Guru. Take her coffee and treats and check out her nursery, diaper bags, stroller, etc. See if she will help you register online or better yet, accompany you to a baby store to help select items."

Once a due date is entered, the app syncs up with your iCal calendar and sends a weekly message that includes advice, online videos, and links. "It's a great jumping-off point for research," Edwards says. "We're trying to make it as easy as possible on new parents." The app, which is compatible with the iPhone, iPod Touch, and iPad, is available at Apple's App Store.

With five children between them, Edwards and McDade wanted to recreate the no-nonsense, witty advice of a best girlfriend. "Pregnancy can be a confusing and chaotic journey," McDade says. "It's like learning a whole new language." McDade knows a pediatrician who, despite her experience in children's health care, left her baby shower wondering what some of the gifts were for. "I thought, 'I bet a lot of new moms feel that way,'" McDade says. Edwards adds, "There really wasn't anything out there that was simple, to-the-point, and user-friendly."

Edwards and McDade juggle legal careers, families, and Parent Prep School. Do they have any BFF — that's "Best Friend Forever" — advice for attorneys who are new parents? "I think communicating to colleagues when you are pregnant and when you need to take care of yourself is really important," Edwards says. McDade recommends putting the iPhone or BlackBerry away until after your child's bedtime. "Leave it in the car so you can't even hear it ring," she says. "It's only for a couple of hours, and then you have the rest of the night to work. Make that time sacred."

ParentPrepSchool.com says it best: "Are your non-pregnant friends still wearing skinny jeans, planning happy hours and wondering, 'Who is Braxton Hicks?' Then you need the girl-friendly advice of the been-there-done-that moms of Parent Prep School."

Edwards and McDade plan to unveil an ebook version of their BFF advice this summer. ☺



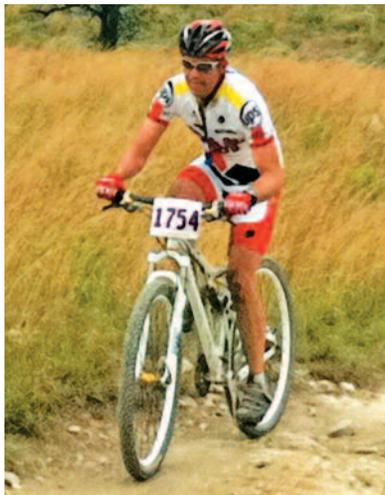
TACKLING TOUGH TERRAIN

The STORM Hill Country Mountain Bike Challenge in Comfort was **Randy Christian's** second competition of the 2011 state championship series. With 11 miles behind him and one mile to go, he was having his best race yet.

Then it happened. Racing down the side of a rocky hill at 25 miles an hour, Christian headed into a sharp curve. His tires slid out from underneath him and he skidded along the side of the trail for several yards. Although he was scratched up and a little bloody, he wasn't seriously hurt. The front wheel of his bike, however, was bent sideways. Determined to complete the race, he bent the wheel back into place as best he could, got back on his bike, and crossed the finish line — ahead of most of the competitors in his category.

It's that kind of determination that has helped make Christian, a pharmaceutical products liability attorney and partner in the Austin office of Bowman and Brooke, L.L.P., successful on the treacherous trails of mountain biking. With less than two years riding competitively, he's currently ranked tenth in the state for the 40 to 49 age group.

"I started riding mountain bikes to spend more time with my son, Spencer," Christian says. "We spend a lot of time riding together on weekends." Both compete for the Southern Elite team in the singletrack category. Spencer is ranked



Randy Christian

ninth in the state for the 13 to 14 age group.

Singletrack racing takes place along a narrow trail that is about the width of a bike. "That's one of the big challenges of the race," Christian explains. "A lot of times, there is no room to go around another racer, so you have to plan ahead and decide where you are going to pass."

"Everyone is competitive, but there's a lot of camaraderie and everyone is nice on the course," Christian adds. "No one tries to block you when you are trying to pass. The other competitors are very nice about trying to find a place on the course to let you go by."

Mountain biking requires strength and endurance, so Christian runs, lifts weights, and rides at least 10 hours a week. "I also take indoor spin classes at lunch to fit in more training," he says. "I have an instructor who takes me through exercises on a stationary bike."

Christian also competes in triathlons and marathons. He qualified for the 2009 Halfmax Triathlon National Competition and finished in the Top 10 percent of the 2010 Chicago Marathon, which provided him with a qualifying time for the Boston Marathon, which he plans to run in 2012.

"Keeping fit is important to me," Christian notes. "It's good for overall health and well-being. And in a highly stressful profession, it's also a great way to relieve stress." ✪

TEXAS PEOPLE



Mitchell E. Ayer

Partner, Thompson & Knight, L.L.P.; Houston

Named 2011–2012 president-elect of the Arthur L. Moller — David B. Foltz, Jr. American Inn of Court. The nonprofit organization's mission is fostering professionalism in the legal community.



Angela Dixon

Owner, Law Office of Angela L. Dixon, P.L.L.C.; Houston

Named the Texas Big Sister of the Year for providing exceptional mentoring to her little "sister," whom she has mentored since 2004. Dixon is now eligible for the national Big Sister of the Year award.



Suzanne Mann Duvall

Mediator and Arbitrator, Burdin Mediations; Dallas

Elected national president of the Association of Attorney Mediators (AAM). AAM is a nonprofit trade association of qualified and independent attorney-mediators.



Ruben Reyes

Judge, 72nd District Court; Lubbock

Appointed by Gov. Rick Perry to the Texas School Safety Center Board and to the Crime Victim's Institute Advisory Council. His terms expire Feb. 1, 2012, and Jan. 31, 2013, respectively.