

# THE STAR

VOLUME 1 ISSUE 10

DECEMBER 2007

## 2007 Run the Ranch



*Photos Courtesy of  
RaceWorks, Inc.*

Saturday, October 27th was the third annual Steiner Run the Ranch 5K/Kids K and Health Fair at the Towne Square Community Center. Over 300 runners laced up their shoes, with a record-breaking number of Kids K participants! Another first this year was the convenience and accuracy of chip timing. 2007 Run the Ranch overall winners were Nathan Childress, Stephen McNally, Brandon Keys, Jennifer Fisher, Allison Boykin, and Gretta Smith. Winners for each age division received cash prizes and overall winners received a half day at Lake Austin Spa.

After working up an appetite, runners crossed the finish line to enjoy delicious food including Rudy's breakfast tacos, smoothies from Maui Wowi, and a Fuze drink. Once they refueled, there was plenty more fun to be had, including two bounce houses, a children's train, dancing with the Chick-fil-A cow and HEB Buddy, and a visit to the Health Fair for information and fun freebies from a variety of healthcare professionals.

You won't want to miss Run the Ranch 2008, so mark your calendars for late October!

A big thank you to our local sponsors:

- Hill Country Bible Church
- Austin Asset Management
- Taylor Woodrow/Steiner Ranch
- Lamb's Tire and Automotive
- Gene Arant/Keller Williams Realty
- UT Golf Club
- Wild Basin Fitness
- Steiner Ranch Dermatology
- Bartlett Group Real Estate
- Rudy's "Country Store" and BBQ
- Maui Wowi Hawaiian Coffee and Smoothies
- The Market at Steiner Ranch
- RaceWorks Inc.
- Chick-fil-a
- Lake Austin Spa and Resort
- Wag-A-Bag
- Happy Memories Photography
- H-E-B

*See more photos on pages 14-15.*



*Happy Holidays*

## **Look What's Inside:**

- 2 - Stork Report
- 4 - New Retail Developments
- 5 - December Steiner Events & Activities
- 5 - Make Music and Friends!
- 6 - Lakeway Sing Alongs
- 7 - Neighborhood Tips
- 8 - Trail of Lights 2007
- 10 - How To get Ready to Play Tennis
- 11 - The Importance of Physical Activity
- 12 - Toddlers: Learning by Playing
- 17 - Austin Runners Corner
- 18 - Tips for Pet Owners
- 19 - Austin Newcomers Club
- 21 - Unraveling the Mystery of Men's Health
- 21 - Vandalism in Steiner Ranch
- 22 - Steiner Ranch Real Estate

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire .....	911
Ambulance .....	911
Sheriff – Non-Emergency .....	512-974-0845
Hudson Bend Fire and EMS	
Emergencies .....	512-266-1775
Information .....	512-266-2533

### SCHOOLS

Leander ISD .....	512-434-5000
Cedar Park High School .....	512-435-8300
Canyon Ridge Middle School .....	512-424-7500
Laura Welch Bush Elementary .....	512-435-4750
Steiner Ranch Elementary .....	512-434-7100

### UTILITIES

Travis County WCID # 17 .....	512-266-1111
City of Austin Electric .....	512-494-9400
Texas Gas Service	
Custom Service .....	1-800-700-2443
Emergencies .....	512-370-8609
Call Before You Dig .....	512-472-2822
AT&T	
New Service .....	1-800-464-7928
Repair .....	1-800-246-8464
Billing .....	1-800-858-7928
Time Warner Cable	
Customer Service .....	512-485-5555
Repairs .....	512-485-5080
IESI (Trash) .....	512-282-3508

### OTHER NUMBERS

Lake Travis Postal Office .....	512-263-2458
---------------------------------	--------------

### NEWSLETTER PUBLISHER

Peel, Inc. ....	512-989-8905
Article Submissions .....	<a href="mailto:thestar@peelinc.com">thestar@peelinc.com</a>
Advertising .....	<a href="mailto:advertising@peelinc.com">advertising@peelinc.com</a>

## Advertising Information

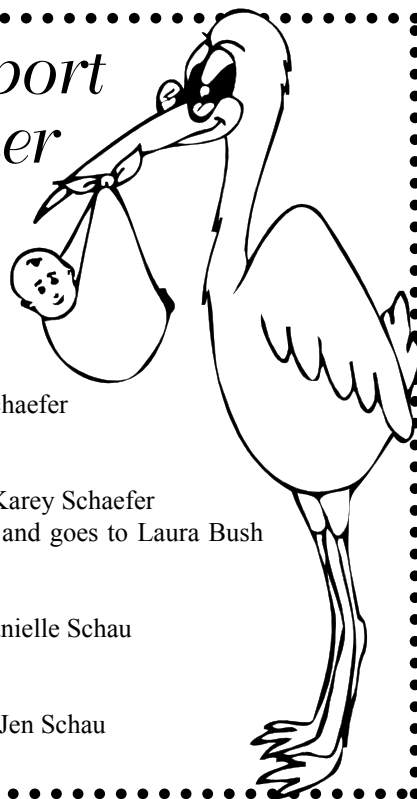
Please support the businesses that advertise in The Star. If you would like to support the newsletter by advertising, please contact our sales office at 512-989-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 10th of each month for the following issue.

## Stork Report in Steiner

**Baby Girl:** Claire Marie  
8lbs 13 oz, 21 inches  
Born October 11, 2007  
Proud Parents: Mark  
and Kristen Caldwell

**Baby Girl:** Lucy Kay Schaefer  
7 lbs 5 oz, 20 inches  
Born October 10, 2007  
Proud Parents: Joe and Karey Schaefer  
Sister Sydney who is 5 and goes to Laura Bush  
Elementary

**Baby Girl:** Johannah Danielle Schau  
7 lbs 5 ozs, 21 inches  
Born August 29, 2007  
Proud Parents: Dan and Jen Schau



**Dr. David P. Wasserman**  
Board Certified in Family  
Medicine since 1999

## Lake Travis MEDICAL CENTER

1927 Lohman's Crossing  
Suite 200  
Lakeway, TX 78734

*Specializing in  
Family &  
Urgent Care*

**263-9188**

NO APPOINTMENT NECESSARY



*Lake Travis*  
**MEDICAL  
CENTER**

**NOW ACCEPTING  
NEW PATIENTS**

**WALK-INS Welcome!  
FREE Wireless Internet**

**CLINIC HOURS**  
Mon-Thu: 8:30AM -5:00PM  
Friday: 8:30AM -1:00PM

Most Insurance Accepted  
[www.laketraumedical.com](http://www.laketraumedical.com)

Assisting Buyers & Sellers  
with their real estate  
needs for over 30 years.

Let my experience make  
your experience a good one!

I have enjoyed helping buyers discover Steiner Ranch for over 15 years and have helped many achieve their dream of living in Steiner Ranch. Through personal attention I strive to make every real estate transaction the best.



### *Fabulous New Price \* UT Golf Area \* Panoramic Views*



*11608 Woodland Hills Trail*

**NOW PRICED AT \$475,000**

Wonderful opportunity to own this spacious 5 bedroom, 4 living areas, 4 baths with spectacular hill country views from multi level patios. Like new built in 2006 by Taylor Woodrow.

- Hand hewn wood floors
- Separate office, gameroom and media room
- Large family room open to gourmet kitchen
- Private master suite downstairs
- Great attic storage upstairs
- Flexible floorplan— media room could be 6th bdrm
- Beautiful kitchen with Granite and Travertine

*Visit the Virtual Tour : [www.tourfactory.com/328480](http://www.tourfactory.com/328480)*

#### Check out my new Steiner Ranch Neighborhood Website

My new interactive neighborhood website was created for use by all Steiner Ranch neighbors for their needs and interests.

Please enjoy this website and feel free to post your own classified ads, favorite neighborhood photos, pet photos, school events info, favorite recipes and more. The website contains lots of other neighborhood and area information. I hope you enjoy using this website created just for you. Thanks! Diane

[www.steinerranchneighbors.com](http://www.steinerranchneighbors.com)

**Diane Kennedy** ABR, CRS **(512)750-2950**

Email: [diane@dianekennedy.com](mailto:diane@dianekennedy.com) \* Website: [makeaustinhom.com](http://makeaustinhom.com)



**COLDWELL BANKER**

UNITED REALTORS®

[www.ColdwellBankerUnited.com](http://www.ColdwellBankerUnited.com)

Each Office is Independently Owned And Operated.



# THE STAR

## New Retail Developments Coming Close to Steiner Ranch

*Submitted by Mahesh Reddy*

The biggest complaint I hear from Steiner Ranch residents, especially my wife, is that shopping, food and other services are far away from home. There are a total of five new options in various stages of development. I will detail in order of arrival starting with the first.

Hill Country Galleria is the furthest option from Steiner Ranch, approximately 10 miles, but the only one that is open. It just opened at the west end of 620 and 71 near Bee Caves and across from The Backyard. It is a lifestyle center with a Dillards, Cinemark, Barnes and Nobles, and many other boutique shops. There are also some restaurants there like Panera, Pei Wei, Fish City Grill, and Mimi's. It also includes an amphitheater and the Bee Caves City Hall.

Ladera Bend is under construction on the corner of 2222 and Jester Blvd close to 360. There will be a Chase Bank and one more restaurant. There are also three office buildings and a parking garage. The retail building will have retail shops with two stories. This retail development seems to be more geared towards the people working in the office buildings nearby, but there might be some good options here for shopping and eating.

High Pointe Village is a life style center located just west of of the south east corner of 620 and 2222. There will be three pad

sites that will contain a bank, restaurant, and retail. Along with three more buildings that will contain more retail stores. The plan is also to have a movie theater here but that is not certain.

The Venue at Lake Travis is going to be across from High Pointe Village on the north east corner of 620 and 2222. There will be many components to this development. First is a 350 residential unit, 40 condos with views of Lake Travis and a 150 room Hotel. There will also be a outdoor amphitheatre, office space and retail. There will also be restaurants with large patios. This seems to be the closest thing to The Domain of all the upcoming development and the one that will have the best views of the Hill Country and Lake Travis.

The Villagio at Austin is a little farther away residing just west of the HEB at Anderson Mill and 620. It will have professional, retail, luxury apartments, and restaurants along with a four story parking garage. This is trying to be a lifestyle center as it will have the combination of living, professional, and retail all in the same area. This is where the trend is going in Austin. I am looking forward to all five of the new developments coming around Steiner Ranch in the next few years.

Mahesh Reddy has information like this and more at his website at <http://steinerranchinfo.blogspot.com/>

AS SEEN IN **TexasMonthly**



## PAIN MANAGEMENT

### ADVANCED PAIN CARE

MARK T. MALONE, M.D. AUSTIN, TEXAS



BOARD CERTIFIED, PAIN MANAGEMENT; BOARD CERTIFIED, ANESTHESIOLOGY

#### SPECIALIZING IN:

- Chronic back pain
- Neck pain
- Headache
- Neuropathy
- Regional pain syndromes
- Fibromyalgia

#### CALL NOW FOR AN APPOINTMENT:

##### NORTH

6818 AUSTIN CENTER BLVD. SUITE 205  
AUSTIN TX 78731 FAX 349 9133  
**349 9100**

##### SOUTH

4310 JAMES CASEY STREET BLDG. # 2  
AUSTIN TX 78745 FAX 899 3326  
**899 3323**

**WWW.AUSTINPAINDOCTOR.COM**

**“WE ARE COMMITTED TO FINDING ANSWERS FOR OUR PATIENTS.”**





No School December 21<sup>st</sup> – January 2<sup>nd</sup>.  
Leander ISD Student Teacher Holiday.

*Have a Merry Christmas  
and Happy New Year!*

## December Steiner Events & Activities

- 1 - Balcones Canyonlands Preserve Ranger led hike
- 7 - Holiday Decoration Judging (weekend)
- 8 - Santa Pictures & Holiday Caroling

## MAKE MUSIC AND FRIENDS!

Austin Chamber Music Center provides opportunities for musicians of all levels and ages to learn, perform and enjoy music together in small ensembles of 2-6 players. Chamber music is a fantastic way to keep up or renew enthusiasm for your instrument, whether you are a young student or adult who hasn't played in years. ACMC forms groups based on skill level and age and provides regular coaching by professional musicians, in addition to regular performance opportunities. Location is flexible, and with enough interest, a Steiner Ranch location could be added. Want to know more? Log on to our website at [www.austinchambermusic.org](http://www.austinchambermusic.org) or call 436-9095 (Lynn or Deb) for answers.

### FOR SALE: 1998 Black Mustang GT



*In excellent condition with  
the following features:*

4.6L 8 cylinder  
5 speed manual transmission  
103k miles  
Yokohama tires (good condition)  
Kenwood Z828 single-disc  
CD/MP3 player  
with remote & new speakers.

**Asking \$6500 o.b.o.**  
**Call 512-284-8674.**



### What can BROWN paint for you?

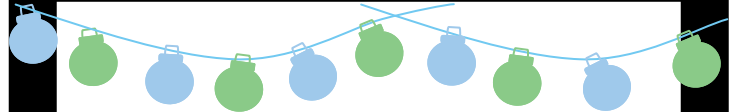
INTERIOR / EXTERIOR PAINTING  
RESIDENTIAL & COMMERCIAL  
GENERAL REPAIRS / CARPENTRY  
SHEETROCK REPLACEMENT  
TEXTURING & FAUX FINISHES  
CUSTOM STAIN & VARNISH

### Why should BROWN paint for you?

FREE ESTIMATES  
BONDED & INSURED  
10 YEARS OF EXPERIENCE  
EXCELLENT REFERENCES  
3-YEAR WARRANTY  
FAMILY-OWNED & OPERATED

**[www.brownpaint.com](http://www.brownpaint.com)**  
**512.506.9740**

### Owned & Operated by Steiner Ranch Residents



*a creative kids salon*

6618 Sitio Del Rio Blvd - River Place Plaza  
Austin, TX 78750  
512-372-3500

**No Appointment Necessary!**

*Before you hang the stockings by the chimney with care...*

*Stuff them at Pigtails & Crewcuts!*

*Save 15% on Retail With Your Holiday Haircut*

Must bring this ad to save.  
Cannot be combined with any other offer.  
Expires 12-31-07

**[www.pigtailsandcrewcuts.com](http://www.pigtailsandcrewcuts.com)**

## Lakeway Sing Alongs Christmas Show Supports Green Santa Sunday - December 2 - 2:00 & 4:30



The Sing Alongs will again join forces with the Hudson Bend Fire Department and their Green Santa project this year with their annual Christmas show with 2 shows scheduled for Sunday afternoon, December 2nd, 2:00 & 4:30 at the Lakeway Activity Center.

The Sing Alongs are a group of 80 men and women from our area that love to entertain. These shows are extremely popular and it is recommended to come early in order to get a good seat. The only admission is an unwrapped gift for a child up to age 17 that will go into the Green Santa Bag. These gifts will then be distributed to the less fortunate children in the Lake Travis area at Christmas time by the Ladies Auxiliary of the Hudson Bend Fire Department.

*(Left:) Lou Spellman (Santa), Jim Sommer, Joe Egan, and Rick Wilsey as they are practicing for a speciality number to be used in the Sing Along Christmas show scheduled for Sunday Dec 2nd, 2:00 & 4:30 at the Lakeway Activity Center.*

### *Give the Gift of Membership*

Come and Enjoy Everything Membership has to offer:  
Golf, Tennis, Fitness, Swimming, Dining and Social Events.

\*Join Now through December 31st and receive  
(4) 30 minute Personal Training packages to start  
the New Year off right!\*

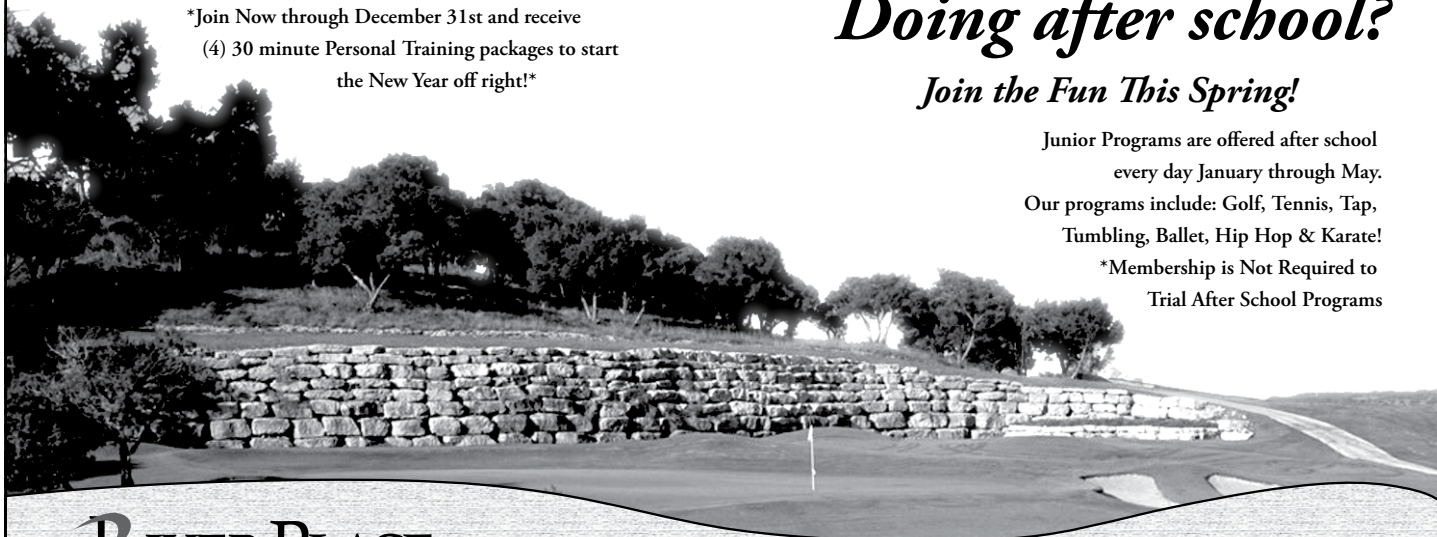
### *What are your Kids Doing after school?*

#### *Join the Fun This Spring!*

Junior Programs are offered after school  
every day January through May.

Our programs include: Golf, Tennis, Tap,  
Tumbling, Ballet, Hip Hop & Karate!

\*Membership is Not Required to  
Trial After School Programs



**RIVER PLACE**  
COUNTRY CLUB

Please call Raquel Hebben, the Membership Director if you would like to receive information regarding Membership or any of our Spring Junior Programs!

4207 River Place Boulevard Austin, Texas 78730 | Phone: 512.346.1114 | Fax: 512.346.0527 | [www.riverplaceclub.com](http://www.riverplaceclub.com)



## Neighborhood Tips

By Dale Bulla

### Sewer Bill Averaging Starts

Many folks are not aware that their sewer bill is averaged over three months in the winter when outside watering is at a minimum. From late-November to the end of February, the lowest two months of water use are averaged and that amount will be your sewer cost for the next twelve months. So remember that every drop you save through February, will save you all next year. For more information see below:

**Save On Your Wastewater Bill!** Conserve water during your wastewater averaging period and you'll reap the benefits for 12 months. Your water meter measures your monthly water use, but there is no meter on your wastewater line. The City of Austin determines the wastewater volume for which you will be billed each month in the coming year by monitoring your water usage over three consecutive winter months. Since very little outside water is generally used during these months, it is a good measure of your indoor water use -- most of which ends up in the wastewater treatment system.

**How does wastewater averaging work?** Beginning on the date tied to your billing cycle, your water usage will be monitored over three consecutive months (billing cycles) between November and March. Your month of highest daily usage of the three will be eliminated. Water usage during the two remaining months will be totaled and divided by the total number of days in those two months. That average is the multiplied by 30.4, the average number of days in a billing cycle. The result is your new daily wastewater average (in gallons) that will be used during the coming year, beginning with your April billing date.

**When will my new wastewater average show up on my bill?** The utility bill you receive in April will use the new wastewater average.

**What happens during months I use less water than my wastewater average?** Your wastewater charge each month will be based on your new wastewater average or actual monthly water usage, whichever is lower.

**Which months will be used to calculate my bill?** The three consecutive months chosen to calculate your bill depend on your particular billing cycle. If you have your current water bill, you can find out which months will be used for your averaging on Austin Water Utility's website. If you don't have your bill handy, you can find out by calling 494-9400 or 974-2199.



- \*Repaints –Interior, exterior, and much more
- \*Free on-site estimates
- \*Established company for 17 years, member of the BBB
- \*Offer painting, staining, and popcorn ceiling removal
- \*Please contact Robby Chapman at 512-632-5990 with D&W Painting, Inc. or by email - [robby@dwpainting.com](mailto:robby@dwpainting.com)

We look forward to helping you create your perfect home!



**3417 Oxsheer Drive**

## Buying or Selling Real Estate in Steiner Ranch Starts Here!

**You are the one who benefits  
when you hire me as your realtor.  
You'll receive unparalleled market  
knowledge, experience and  
commitment. When you're ready  
to make a move give me a call.**

**KELLER WILLIAMS**  
REALTY

**Call Today!**

**Angie Noeth**  
**512-695-7025**



***[www.agent-angie.com](http://www.agent-angie.com)***



## Trail of Lights 2007

The Trail of Lights Festival is an annual Austin holiday tradition and celebration held in Zilker Metropolitan Park, 2100 Barton Springs Rd. The first display, "The Twelve Days of Christmas," was set up in Zilker Park. This display still holds a prominent location on the Trail this year and has become a big part of the deep tradition of the Trail.

The first festival lasted four days and consisted of a candlelight path, dance performances, a live nativity scene, and the Yule log. In 1967 the Zilker Tree, the "World's Largest Man-made Tree", made its first appearance at the festival. Through the years the festival continued to grow and long lasting traditions, such as a trail of lighted displays, a 5K run, the Zilker Tree lighting, an Opening Night Parade. In 1992, the festival was renamed the Trail of Lights.

The modern day Trail of Lights is a mile long display of 43 lighted scenes, US Post Office, Santa's House, the Yule Log, and an entertainment stage. The

festival begins with the lighting of the Zilker Tree, a 155 feet tall, 180 feet diameter lighted tree consisting of 3,309 bulbs on 39 streamers strung from Austin's historical Moonlight Tower. Since 1987 the honor of lighting the tree has been bestowed upon the winner of the city-wide children's tree coloring contest. The tree lighting ceremony takes place on December 2, 2007, the first Sunday of December.

The following Saturday, December 8, 2007, a 5k Run is held as a preview event to the Trail of Lights. Participants in the 5k Run are the first to experience the Trail of Lights, as the route takes them through the mile long display which is lighted for the first time during the run. Each year a parade serves as the opening event for the Trail of Lights. The festival opens on, December 9, 2007, the second Sunday of December and runs through the 23rd. In 2006, over 375,000 visitors experienced the Trail of Lights.

*Don't want to wait for the mail?*

**View the current issue of The Star on the  
1st day of the month at [www.PEELinc.com](http://www.PEELinc.com)**



### **STEVEN TREY FYFE, M.D., FACS**

**Board Certified in ENT & Head and Neck Surgery**  
*Surgical Disorders of the Ear, nose & Throat — Pediatrics & Adults*

6818 Austin Center Blvd., Suite 202  
Austin, TX 78731  
**office (512) 346-7600**  
fax (512) 346-7603

201 Bay West Blvd.  
Horseshoe Bay, TX 78657  
**office (830) 598-5968**  
fax (830) 596-2187

**[www.fyfeent.com](http://www.fyfeent.com) | ACCEPTING NEW PATIENTS**

# GRAND OPENING!

Thinking of Braces/Orthodontics for you or your family?  
Think any dentist who offers Orthodontics is a trained Orthodontist?  
**THINK AGAIN!**

Orthodontists were General Dentists who had to apply and be accepted to an American Dental Association (ADA) accredited Specialty program thereby giving up their practice of General Dentistry.

Orthodontists undergo a full 2 ½ to 3 years of 60h/wk vigorous academic and clinical training, successfully diagnosing and treating hundreds of varying degrees of malocclusions and facial growth anomalies under the careful and guided supervision of teams of Board Certified Orthodontists from around the country.

The ADA recognizes ONLY two organizations defining true Orthodontists; the American Association of Orthodontics (braces.org) and the American Board of Orthodontics (americanboardortho.com). Any other title or name is not recognized as an Orthodontic specialty group, i.e. created by untrained non-specialists for non-specialists.

When it comes to Orthodontics, don't trust your family's dental health on "Experience" that is based on a few months of vacation weekends in Vegas or Reno resorts treating a single simple case or sharing cases with other untrained practitioners. Experience without the proper knowledge and guidance is Experimentation no matter how long it is performed. Braces severely damage teeth when improperly performed.

Learn more at  
**www.bracesaustin.com**

or, for a Complimentary  
Orthodontic examination, visit  
**DR. JAMES R. WATERS, DDS, MSD, PA**

Finishing construction at  
4302 Quinlan Park Rd.

*The only Board Certified Orthodontist in  
Steiner Ranch Opening in August across from  
the Steiner Ranch Welcome Center, presently  
seeing patients at 1814 W. 35th Street*

Call **STEINER RANCH ORTHODONTICS** at  
**266-8585**



 **DIPLOMATE  
AMERICAN BOARD  
OF ORTHODONTICS**



Member American Association of Orthodontists



## How to Get Ready to Play Tennis

*Submitted by Fernando M. Velasco*

This is a popular time for injuries to occur on the tennis courts. In the past weeks, players have incurred back problems, tendons and ligament tears, and over stretched muscles in calves and groins.

Remember your age!! While young, all muscles, tendons and ligaments were elastic and easily lubricated. Now, we are sitting in our offices in front of desks and computers or we are driving kids all over the city for school activities and sports, and some of you are going to all the sales in the Malls. Then, we rush to play tennis and get hurt!!

Before hitting the first tennis ball, whether you are taking a lesson, a clinic, playing for a league, or socially, you should spend at least 20 minutes doing your stretching exercises.

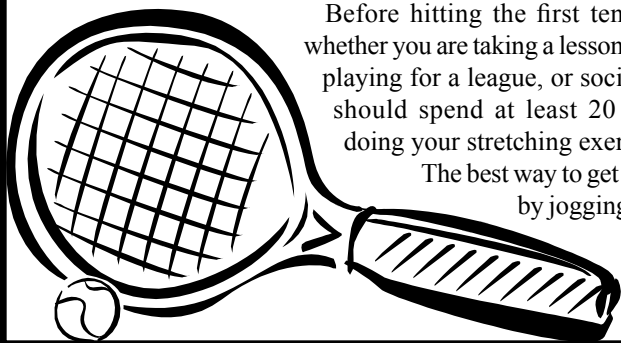
The best way to get started is by jogging in place for about three

minutes. Researchers have found that if we warm up our bodies by one degree, our chances of getting injured drop by 90%. After jogging, start stretching your legs, and move to your knees, groin muscles, calf muscles, waist, back and neck. From there, rotate your shoulders and arms. Never neglect your elbows and wrists since they are the most susceptible to injury by a bad hit. Now you have significantly lowered your chances of injury during play.

As important as it is to do "pre-activity" stretching, it is also essential to do "post-activity" stretching. This is the time when your ligaments and muscles are in the best condition to be stretched to the limit without injury.

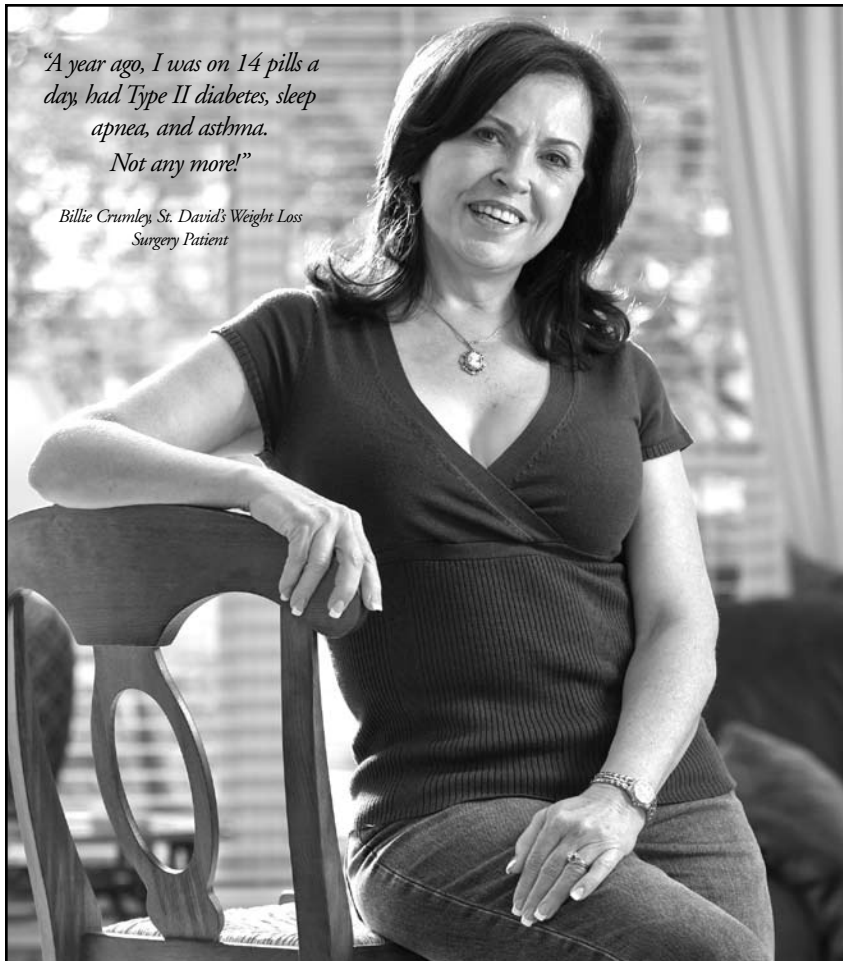
If are healing a present injury, always ice the area after playing and protect it by wearing the proper brace. If the injury still does not go away, it may be time to see a specialist and get an MRI to find out about the injury and get professional help to help you heal.

So get your rackets ready while the weather is nice and cool, get a good warm up and enjoy the "game of a lifetime".



*"A year ago, I was on 14 pills a day, had Type II diabetes, sleep apnea, and asthma. Not any more!"*

*Billie Crumley, St. David's Weight Loss Surgery Patient*



## Life reshaped. To free yourself. Body & mind.

Obesity can be a heavy weight to bear, not just physically but emotionally as well. Worse, this disease results in long lasting health problems. As a certified Bariatric Surgery Center of Excellence, St. David's can help you reshape your life toward a healthier lifestyle. From weight loss surgery to regular follow up visits with your surgeon, dietitian, psychologist, exercise physiologist, and support group, St. David's Bariatric Center is with you until the weight is over.



*Billie Crumley before her surgery.*

Monthly Seminars 6:30-8:00 p.m. at St. David's Medical Center:

**Monday, December 3**  
**Thursday, December 6**

To register for one of the free seminars or for other seminar dates, call: 512-544-LIFE (5433)

**StDavid's | MEDICAL CENTER**  
**Bariatric Center**

900 East 30th Street, Suite 202  
Austin, Texas 78705  
www.StDavids.com





---

## The Importance of Physical Activity

*Submitted by Alica Harrison*

*"The first wealth is health." —Ralph Waldo Emerson*

The evidence is growing and is more convincing than ever! People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate-intensity on a regular basis.

Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week.

**Despite the proven benefits of physical activity, more than 50% of American adults do not get enough physical activity to provide health benefits.** 25% of adults are not active at all in their leisure time. Activity decreases with age and is less common among women than men and among those with lower income and less education.

Insufficient physical activity is not limited to adults. More than a third of young people in grades 9-12 do not regularly engage in vigorous-intensity physical activity. Daily participation in high school physical education classes dropped from 42% in 1991 to 33.0% in 2005. In 2005, 10% of high school students did not participate in any moderate or vigorous physical activity.

Source: US CDC

**DISCLAIMER:** Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Transform your spare bedroom or gameroom into a gorgeous Home Theater (HT) in less than a month.\*  
Get more than you expect, for far less than you expected to pay!

\*Depending on options chosen, room dimensions

## Home Theater without the hassle

End to end services included in each package:

- HT projector
- Giant screen
- All wiring
- Back row riser, if appropriate
- HT-appropriate carpet
- Color-coordinated paint
- HT seating and cabinet
- The latest components:
  - Calibrated A/V receiver
  - DVD/Blu-Ray/HD-DVD player\*
  - Full HT speaker system
  - Custom-programmed remote

### Xpress Home Theaters

512.217.6668 for free in-house consult

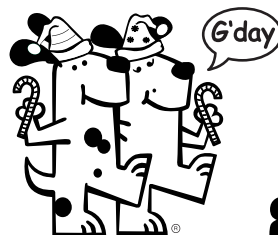
*Professional Affordable Exceptional*

NOT AVAILABLE ONLINE



## Want a Well-Behaved Dog This Holiday?

*We Can Help!*



**BARK BUSTERS**  
HOME DOG TRAINING

- 🐾 Home training
- 🐾 Natural methods
- 🐾 Vet recommended
- 🐾 Lifetime guarantee

**877.500.BARK**  
**[www.BarkBusters.com](http://www.BarkBusters.com)**



Owned and Operated by Steiner Ranch Resident

**Central Station Monitoring**  
for most brands of security systems  
*including Westec & ADT*  
**as low as \$15 per month!**

**877-488-4897**

7301 RR 620 Ste. 155, 157  
Austin, TX 78726-4539

Innovation has always been a cornerstone of our company. Great pride is taken in our efforts to always be on the leading edge of technology while providing only the highest quality products and service at an affordable price. We are constantly searching for new products and services to offer our clients. Our list of current services includes but is not limited to:

Access Control  
Computer Networking  
Security Systems  
Central Vacuum

Plasma Displays  
Home Automation  
Home Theater  
CCTV

Telephone Systems  
Satellite Systems  
Distributed Audio  
Intercom



### Get the Best Security for YOUR NEW HOME - and get FREE Monitoring!

- **FREE** Monitoring for Life (call for details)
- **FREE** Security Evaluation
- Wireless Key System for Convenience
- Custom Designed for Your Home
- Easy To Use System
- ULAA 24 Hour Monitoring
- Quality Installation & Discount Prices

**FREE**

**Security Monitoring For Life**

\* No purchase necessary. Call for details

### Enjoy The Theater Experience In The Comfort Of YOUR NEW HOME

- **Custom Systems.** Hidden speakers, remote lighting and simple 1-touch operation.
- **Home Integration.** Plasma displays, LCD TV's, projectors and custom seating perfectly integrated to your existing or newly constructed home.
- **Budget Friendly.** From as low as \$1,500 installed.

**FREE**

**Security System**

\*With purchase. Call for details



## 2007 Run the Ranch Photos

*Photos Courtesy of RaceWorks, Inc.*





# THE STAR





# Introducing A New Star



## INTRODUCING STEINER DENTAL'S NEWEST STAR

**JULIA C. HAWTHORNE, DDS,**  
COSMETICS, FAMILY DENTISTRY AND ORTHODONTICS

HAS JOINED STEINER DENTAL, PROVIDING YOU  
AND YOUR FAMILY WITH STATE-OF-THE ART  
PROCEDURES TO CREATE WINNING SMILES

### OUR HIGH QUALITY DENTAL SERVICES INCLUDE:

- PROFESSIONAL DENTAL CLEANINGS  
FOR THE WHOLE FAMILY
- SEALANTS AND FLUORIDE
- ORAL CANCER SCREENINGS
- TEETH WHITENING
- CROWNS AND BRIDGES
- COSMETIC BONDING AND VENEERS
- TOOTH-COLORED FILLINGS
- ROOT CANALS
- ORAL SURGERY

**Save \$50**

On any Dental Services

**New patients only.**  
**Not valid with any other offer**  
(Limited One Per Patient)

**Free Teeth Whitening for Life!**

**Why pay for Teeth Whitening**  
**Our Patients get it FREE!**

With completion of dental exam, cleaning, and  
necessary x-rays. Available to new patients only.  
(Limited Time Offer)

**(512) 266-9585**

**2900 NORTH QUINLAN PARK RD. #160**  
**AUSTIN, TEXAS 78732**

Located in the new Shops at Steiner Ranch overlooking the UT Golf Course



## Austin Runners Corner

*Courtesy of [www.raceworksinc.com](http://www.raceworksinc.com)*

**Trail Of Lights 5K - 12-08-2007** - The Trail Of Lights is going to be on the 8th of December 2007. That's about all we have at this point. Santa has been too busy building all the toys at the South Pole. When we get more info I'll post it as soon as I get it. <http://www.ci.austin.tx.us/tol/5k.htm>

**MADD Jinglebell 5K - 12-16-2007** - The 22nd Annual Jingle Bell 5K is on for December 16, 2007. The Kids K starts at 8:40 a.m. and the Adults will get underway at 9:00 a.m. Last year was a record attendance with over 2000 runners and walks and raindeers and Santa Helpers! You can even log onto the registration web site by clicking right here [www.active.com/register/index.cfm?event\\_id=1464266&site=header](http://www.active.com/register/index.cfm?event_id=1464266&site=header). It's lots of fun and a great cause.

**3M Half Marathon - 01-08-2008** - The 3M Half Marathon is a fast 13.1 mile north to south course through an urban setting and is mostly (but not exclusively) downhill. Offering long straight-aways and in its 14th year, this chip-timed, perennial Austin favorite offers one of the best goodie bags in distance running. Watch their web site for more details about this Jan 2008 race. [www.3mhalfmarathon.com](http://www.3mhalfmarathon.com)

**Austin Marathon - 02-17-2008** - The AT & T Austin Marathon features a marathon and half marathon. The race is set for Feb 19, 2008. Stay tuned to their web site at [www.attaustinmarathon.com](http://www.attaustinmarathon.com). Details

are being locked down daily so log on and watch for more specific details.

**Mardi Gras 5K - 02-02-2008** - On February 2, 2008 the St. Gabriel's Catholic School in Austin TX. will have its annual Mardi Gras 5K. Start time for the 5K is 3:00 p.m. and the 1K for the kids will be at 2:00 p.m. It's a beautiful 5K run through some of the most impressive neighborhoods in west Austin with a childrens 1K fun run as well. Click here for the course map: [www.mardigras5k.com/coursemap.aspx](http://www.mardigras5k.com/coursemap.aspx). It is chip timed and has a Children's Carnival for even more fun. The web site is: [www.mardigras5k.com/](http://www.mardigras5k.com/)

**Star Flight 5K - 03-01-2008** - The Star flight 5k is on March 1, 2008 and the race starts at 8:00 a.m. in Zilker Park. The web site for the event is located at: <http://www.starflight5k.com/> All proceeds will benefit the STAR Flight Fund. The fund is used to underwrite the cost of continuing education for the first responders of Travis and surrounding counties.

**RUN with the HEROES - 04-20-2008** - April 20, 2008 is the date set for "RUN with the HEROES" 5k. Sgt. Scott "SCARY" Cary will come out of his Race Director retirement to put this race on course. A 8:00 a.m. is set for this 5k start but the course is still in development. But you can bet you badge it will be a fine one. Stay tuned to this web site for more details as they become available.

### Jumpstart Your New Year's Resolution



Our clients look great in public, because they train in private.



10601 FM 2222, Suite N • (512) 241-1700 • [www.ftaustin.com](http://www.ftaustin.com)

## There's Still Time...

*before the holidays come  
and company arrives!*

### We can resurface:

- Bathtubs
- Tile
- Showers
- Countertops
- Laminate & Cultured Marble

*Ask how  
your bathtub  
can become a  
step-through  
shower in  
one day!*

### We can also:

- Repair Tub & Sink Chips
- Install Grab Bars
- Install the EasyStep
- Tub to Shower Conversion

### 5 Year Warranty

Call for free estimate today!

**888-271-7690**

To reach your local  
Miracle Method office.



**Miracle Method**  
SURFACE RESTORATION

[www.miraclemethod.com](http://www.miraclemethod.com)



{ GIFT CARDS AVAILABLE, ASK YOUR STYLIST. }

# Give THE Gift of *Style.*

**Great Clips®**  
*Relax. You're at Great Clips.®*

**HOLIDAY • HAIRCUT**

Offer expires: 12/31/07. Not valid with any other offers. Limit one coupon per customer. Only at participating salons.

**\$7<sup>99</sup>** haircut

**Great Clips®**

**HOLIDAY • HAIRCUT**

Offer expires: 12/31/07. Not valid with any other offers. Limit one coupon per customer. Only at participating salons.

**\$7<sup>99</sup>** haircut

**Great Clips®**

**GREAT CLIPS PLAZA VOLENTE**  
FM 620 @ Anderson Mill  
(next to HEB Plus)

**512-250-5131**

Mon - Fri 9-9, Sat 9-6, Sun 11-4.  
No appointment necessary.

## Tips for Pet Owners

1. If your dog buries bones you give it, don't worry. Just keep on giving the bones and eventually they'll realize they are getting them regularly and don't need to put them aside for 'later'.
  2. Don't walk pups until they are mature. The best exercise is play in the park or garden until they are old enough to be taken on serious walk
  3. Treats - consider almonds, hazelnuts, dried apricots, bananas or pumpkin seeds? They don't mess up your coat pockets and are actually good for your dog.
  4. How much do I feed my dog? Answer – if they are getting fat or thin, you need to change the quantity you feed, regardless of what it says on the packaging of the food. The ideal weight for your dog is so that the ribs can be felt, but not seen.
  5. Cracking tartar off dog's teeth is easy with a strong thumb nail. Don't worry if there is a small amount of bleeding.
  6. If your dog is scooting on their bum, it is not likely to be worms. The usual reason for this is full or even infected anal glands. Glands like these can also explain sudden bad breath.
  7. If you find it hard to give your cat a pill, always use two people, get one to hold the cat's shoulders while you support the head from above. Tip the head back until they are looking at the ceiling. Hold pill in your thumb and forefinger. Open the mouth with middle or ring finger of the same hand then quickly push the pill, gently over the back of the tongue. The trick then is to keep the mouth closed until the cat licks its lips. You can stroke the throat. Cats cannot lick their lips until they've swallowed the pill.
  8. For constipated cats or for cats prone to getting bunged up, add a small amount of stewed rhubarb to the food or stewed pumpkin or squash.
  9. Cats can be very stubborn about what they will and will not eat. To change a cat from one feeding type food to another, be prepared to change things very gradually over a very long period – gradually.
  10. Cats are very fussy about drinking. If your cat will not drink room temperature water from the tap, try pouring out a small amount of mineral water whenever you're in the kitchen. You can put the bowl in the fridge if your cat likes cold water. Some cats will only drink flowing water.
  11. If your cat is licking hair away from the top of the tail or in a circle between its legs, first get them checked for fleas and infection. If there is no improvement, then consider a restriction diet, after talking to your vet. If you still have no improvement, it may be a stress problem where the cat is licking themselves for comfort.
- (The contributing editor of this article will be glad to receive any of your "tips for pet owners" and publish them for our readers. Please send your "tips" to [steve@leipsner.com](mailto:steve@leipsner.com).)

### Classified Ads

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Steiner Ranch residents, limit 30 words, please e-mail [thestar@PEELinc.com](mailto:thestar@PEELinc.com).

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-989-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).



## Austin Newcomers Club December Luncheon

**Time:** 11:00 AM Social; 12:00 Noon Luncheon

**Date:** December 19, 2007 (Reservations by Thursday, Dec. 13)

**Program:** Plaid Tiding, the delightful holiday musical returns to the Zachary Scott Theatre and Newcomers have a special opportunity to enjoy highlights from the show at our December Luncheon. Cast members will entertain us with music and songs from holidays past, along with some hilarious spoofs. This program promises to be great fun as the cast pays tribute to holiday hits from years ago with songs like "The Chipmunks" and "A Plaid Caribbean Christmas". Please join us for a harmonious holiday jaunt back to the music of the 50's.

**Location:** Green Pastures Restaurant  
811 W. Live Oak Street, Austin, 78704

**Cost:** \$20.00

Public contact phone number and/or website: 512-314-5100 or [www.austinnewcomers.com](http://www.austinnewcomers.com)

Space is limited, all reservations must be received by December 13th. Your check is your reservation. \$20.00 per person made out to Austin Newcomers Club and mailed to Austin Newcomers Luncheon, 2401 Spring Creek Drive, Austin, TX 78704. Allow 3 days for delivery.

NOT AVAILABLE ONLINE

## Ants In Your Plants?



**\$10.00 OFF**

Any Pest Control Service  
Exp. 12/31/07  
New Customers Only

**\$25.00 OFF**

Any Termite Service  
Exp. 12/31/07



### We Specialize in:

- Fire Ants
- Carpenter Ants
- Roaches
- Scorpions
- Silverfish
- Hornets/Wasps
- Spiders
- Enclosures
- Rodents
- Preventative/Corrective Termite Treatments
- Free Estimates!

Locally Owned and Operated

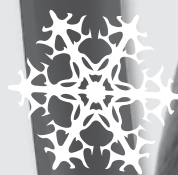
Visit Our Website:

[www.BeatingBugsBetter.com](http://www.BeatingBugsBetter.com)

**CALL: 266-8477**



## REVEAL A NEW YOU!



STEINER RANCH  
Dermatology

512.266.0007 | [www.SteinerRanchDermatology.com](http://www.SteinerRanchDermatology.com)  
4300 N. Quinlan Park Road | Suite 225 | Austin TX 78732





# COME SEE WHAT **YOU** CAN DO IN **12 WEEKS!**

"Twenty-four group training sessions later and I have the body I want! It has been six years since I have consistently had a workout routine after having two children 15 ½ months apart.

Tiffany Speaks worked with me to achieve the stamina and determination I needed to push my limits. With her unique training she helped me lose inches, tone, regain my core, and build muscle all while keeping my heart rate up. With that, I also lost 10 to 15 pounds in only 24, one-hour sessions while groaning, aching, sweating, heavy breathing, and most importantly laughing.

Tiffany, thank you for "reshaping" my every day life. I have more energy for my children during the day, feel sexier for my husband, and have the strength and a willing commitment to continue staying fit!"  
-- Leslie R.

## FALL CLASSES

- PowerCycling
- Zumba®
- Pilates
- Yoga
- Yoga Works
- Skills & Drills
- Cardio Impact
- Rock Bottom
- Top It Off
- Total Body Conditioning
- Ballworks Core Challenge
- Sports Conditioning
- Boxing Boot Camp

## 2 WEEKS FREE + 2 FREE TRAINING SESSIONS

Join now and get 2 weeks FREE + 2 FREE training sessions.

HURRY! Offer expires 12/31/07.

May not be combined with any other offers.

### WILD BASIN FITNESS AT STEINER RANCH

4308 N. QUINLAN PARK RD. #200

266-6161

[WWW.WILDBASINFITNESS.COM](http://WWW.WILDBASINFITNESS.COM)

## Unraveling the Mystery of Men's Health

by: Sandeep Mistry, M.D., M.P.H.

### Lifestyle, Aging and Infertility

Did you know that every year 6 million couples seek medical advice for infertility?

There are even more couples that have difficulty conceiving children but lack the resources or knowledge to even seek medical attention. Of all infertile couples that undergo an evaluation, there is a male contributor to the problem identified HALF THE TIME. In fact, both patients and doctors underestimate the possibility that abnormal sperm may be an important factor to the couple's difficulties. Many cultures and civilizations equate fertility with manliness or strength. This would help explain why men are reluctant to explore whether they may be the cause of a couple's infertility.

Women dictate the pace of when couples decide to start a family and as that age creeps upward, the impact of age and lifestyle on men's fertility becomes more important. The number of new fathers over the age of 35 has almost doubled in the last 30 years.

It is widely known that the chances for a woman to conceive a baby drop as she ages, especially after the age of 35. What is less well known is that one of the most important reasons for this drop in pregnancy rates have to do with the male partner.

Studies of couples undergoing high-tech infertility treatments have shown that even with assisted-reproduction a man's chances of fathering a child decrease with each passing year. Even though men are constantly making new sperm, the volume, motility (ability to move toward its destination, an awaiting egg), and structure of sperm all decline with age.

Additionally, older fathers are at increased risk of having children with Down Syndrome and psychiatric disorders.

This is not to say that older men can not father healthy children even into their 50's, 60's and 70's. However, as men delay fatherhood longer the impact of environmental and lifestyle factors on fertility may be getting worse. It is important to learn what lifestyle choices can impact sperm quality and seek help early if you feel that you may have a problem.

### Tips on maximizing your fertility:

- Stop smoking, the chemicals in cigarettes are toxic to sperm and their DNA.
- Just Say No. Using marijuana even once every two weeks will have a negative effect on sperm.
- Limit Coffee to 1 or 2 cups per day
- Avoid excessive heat, including: prolonged saunas, hot tubs, or laptop use on your lap, and tight fitting shorts, all of which can damage sperm
- Exercise regularly.
- Limit alcohol to moderate amounts no more than twice per week.
- Have good nutritional habits.
- Do not take higher than recommended doses of Vitamins or supplements.
- Be aware of sexual problems and do not hesitate to ask for medical help.

*Sandeep G. Mistry, M.D., M.P.H. is a graduate of the Baylor College of Medicine in Houston, TX where he also completed his residency in Urologic Surgery. He has a B.S. in Chemical Engineering and earned his Masters Degree in Public Health from the University of Texas School of Public Health at Houston. He is currently in private practice in Round Rock, Texas. For questions or to suggest future topics you can e-mail him at northaustinurology@yahoo.com.*

## Vandalism in Steiner Ranch & West Travis County

The Travis County Sheriff's Office needs your help. Over the weekend of November 2-3, 2007 various subdivisions in West Travis County fell victim to vandals. Below is a list of the neighborhoods and the types of vandalism that occurred over this weekend.

The following neighborhoods can all be accessed from Bee Caves Rd (FM 2244)

- Barton Creek West - 4 vehicles with smashed windshields
- Senna Hills - 4 vehicles with smashed windshields
- Lake Pointe - 4 vehicles with smashed windshields
- Lost Creek - 1 vehicle with slashed tires
- Barton Creek - Vandalism to Golf Course and Golf Cart

The following neighborhoods can be accessed from RR 620:

- Steiner Ranch - 6 vehicles with windows shot out by BB or Pellet gun
- Anderson Mill - 1 vehicle with window shot out by BB or Pellet gun

If you have any information that may assist in these investigations, please contact the Travis County Sheriff's Office West Command at 512-854-9728.

## Peel, Inc. Printing & Publishing

Publishing community newsletters since 1991

**Kelly Peel**

Sales Manager

512-989-8905

kelly@PEELinc.com

**512-989-8905**

**www.PEELinc.com**



## Support This Neighborhood Newsletter.

*Advertise your business  
to your neighbors.*

# THE STAR

## Recipe of the Month:



### Hot Christmas Punch

- |                             |                  |
|-----------------------------|------------------|
| 1 Cup brown sugar           | 3 Cups water     |
| 1 Tall can pineapple juice  | 3 T whole cloves |
| 1 large jar cranberry juice | 3/4 tsp. salt    |
| 6 sticks cinnamon, broken   |                  |

Dissolve sugar in water and pour in percolator. Add juices. Place cinnamon sticks, cloves, and salt in basket. Percolate.

*If you would like to submit YOUR recipe to The Star email it to [thestar@peelinc.com](mailto:thestar@peelinc.com).*

## Steiner Ranch Real Estate News

During the month of September 2007, there were 15 homes listed \$500k and below reported sold. The average days on market was 50 and the average price/sq. ft. was \$134.23. There were 5 home sales in September for homes ranging above \$500k, which sold with an average of 80 days at an average price/sq. ft. of \$141.40.

During the month of October 2007, the number of sales dropped to 12 home sales with an average price/sq. ft. of \$129.04. The average days on market was 55. There was only one home sale in October for homes ranging above \$500k, which sold in 365 days at an average price/sq. ft. of \$214.35.

Inventory for sale has increased from this time last year, with 91 active listings for homes priced \$500k and below, and 62 homes currently for sale priced above \$500k. Overall, however, prices have still appreciated in the last year and sales remain steady in Steiner Ranch.

Last year during the month of September, 15 homes were reported sold with an average price/sq. ft. of \$117.52. The average days on market was 38. The sales for homes priced 500k+ averaged \$143.74/sq. ft. with 5 homes being sold. The average days on market was 74.

Last year during the month of October, 13 homes were reported sold with an average price/sq. ft. of \$117.54. The average days on market was 40. The sales for homes priced 500k+ averaged \$168.32/sq. ft. with 7 homes sold. The average days on market was 126.

*Information Deemed Reliable But Not Guaranteed. Buyer Must Verify. Values obtained via the Austin Board of REALTORS® Multiple Listing Service.*

## AUSTIN TELCO FEDERAL CREDIT UNION

### MONEY MARKET

#### RATES

\$110,000 - \$149,999  
**4.02%**

\$150,000 - \$199,999  
**4.23%**

\$200,000 and Above  
**4.44%**

### CERTIFICATE RATES

Term	APY%****	
	Minimum Deposit	
	\$1,000	\$95,000
6 mo.	5.04%	5.19%
12 mo.	5.15%	5.23%
24 mo.	5.19%	5.26%
36 mo.	5.23%	5.29%
48 mo.	5.28%	5.33%
60 mo.	5.30%	5.36%

### AUTO LOANS

**5.39%** APR\* 60 mos.  
**5.49%** APR\* 66 mos.  
**5.59%** APR\* 72 mos.

### HOME EQUITY LOANS

**NO Closing Costs!\***

5 years **5.59%**\* 15 years **6.09%**\*  
10 years **5.79%**\* 20 years **6.19%**\*

### COMMERCIAL REAL ESTATE LOANS

**6.69%** APR\*\*\* 10 year fixed rate,  
up to 20 year amortization

**WWW.ATFCU.ORG**  
**512.302.5555**

VISIT ANY OF OUR 11 AUSTIN METRO LOCATIONS!

\*Annual Percentage Rate. All rates expressed are "as low as". \*\*Austin Telco will pay all standard closing costs on Home Equity loans below \$100,000. Additional non-standard fees will be the responsibility of the member. Credit qualifications apply. \*\*\*Rate applies to 1st lien commercial real estate loans with a loan to value of 80% or less; construction/development loan rates and terms may be different. No Pre-payment penalty. Credit qualifications apply. Please call 302-5555 x7000 for details. \*\*\*\*Annual Percentage Yield. Penalties for early withdrawal may apply. All APRs, APYs and terms are subject to change without notice.



## NOW OPEN FOR BUSINESS!



At **Roosters**, you'll get a great men's haircut and shave in a comfortable, relaxing atmosphere. Heck, we'll even give you a nice cold one while you're here.

So the next time you need a haircut, leave the salons to the chicks, and experience **Roosters** instead!

### BEE CAVE

11905 Bee Caves Road  
Suite 130

Austin, Texas 78738  
(in the new Village Oaks Shopping Center)

512.263.0102

[www.roostersmgc.com](http://www.roostersmgc.com)



## Travel + Leisure Names Austin Among Top 25 Cities in America

*New Survey Lauds Texas Capital for Food, Fun, Folks*

October 29, 2007 - AUSTIN, TX - Travel + Leisure magazine and CNN Headline News have released the 2007 survey of "America's Favorite Cities." After arriving as a sleeper hit in the 2004 poll, Austin again appears among the country's most popular destinations. Dallas and San Antonio also make the list, as do Honolulu, New York, San Francisco, San Diego, Atlanta and Portland.

Travelers voted for their favorites online, where they were also able to submit their own pictures and video of Austin through CNN.com's I-Report. Survey results are announced in the November issue of Travel + Leisure, which hits newsstands this week. In addition, viewers can read results online at [www.travelandleisure.com/afc/2007/](http://www.travelandleisure.com/afc/2007/) or [www.cnn.com](http://www.cnn.com).

The surveys rate the cities in the categories of After Dark, Characteristics, Cityscape, Culture, Food/Dining, People, Shopping and

Type of Trip. Each category is further broken down to include "micro-categories" like clubbing, environmental awareness, vintage shopping and more.

Austin comes in first for Singles Scene (After Dark) and Barbecue (Food/Dining); second for People (overall), Characteristics (overall), Live Music (After Dark), Safety (Characteristics), Cheap Eats (Food/Dining), Fun (People); and third for Food/Dining (overall) and Underground Arts Scene (Culture). The Texas capital also takes a place among the top five for: nightlife, clubbing, happy hour, affordability, environmental awareness, cleanliness, public parks, athleticism, attractive people, friendliness, vintage shopping and "wild weekend."

In addition, Travel + Leisure.com recently included Austin among the top environmental getaways in, "Going Green in America's Cities: Top Itineraries for the Eco-Urban Traveler."

## Send Us Your Event Pictures!!

Do you have a picture of an event that you would like to run in The Star? Send it to us and we will publish it in the next issue. Email the picture to [thestar@peelinc.com](mailto:thestar@peelinc.com). Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).

## Stork Report

If you have a new addition to the family please let us know by emailing [thestar@PEELinc.com](mailto:thestar@PEELinc.com) and we will include an announcement to let everyone know!



# Peel, Inc.

## Printing & Publishing

Publishing community newsletters since 1991

**We currently publish newsletters for the following subdivisions in Austin:**

Avery Ranch  
Barker Ranch  
Barton Hills  
Belterra  
Brushy Creek Village  
Canyon Creek  
Cherry Creek on Brodie Ln.  
Circle C Ranch  
Courtyard  
Davenport Ranch  
Forest Creek  
Granada Hills  
Highland Park West Balcones  
Hill Country/Westview Estates  
Horizon Park  
Jester Estates  
Lakewood

Pemberton Heights  
Ridgewood  
River Place  
Scenic Brook  
Sendera  
Shady Hollow  
Sonoma  
South Lamar Neighborhood Assoc.  
Steiner Ranch  
Stone Canyon  
Tanglewood Oaks  
Travis Country West  
The Hills of Lakeway  
Villages at Western Oaks  
and Legend Oaks  
Westcreek  
Wood Glen



**512-989-8905**

**[www.PEELinc.com](http://www.PEELinc.com)**

**Kelly Peel, Sales Manager**  
**[kelly@PEELinc.com](mailto:kelly@PEELinc.com)**

## Texas Events - December 2007

1-30—AUSTIN: Rehearsing the American Dream: Arthur Miller's Critical Theater This Arthur Miller exhibition uses his plays *Death of a Salesman* and *The Crucible* to explore conscience in theatrical expression. Harry Ransom Humanities Research Center. [www.hrc.utexas.edu](http://www.hrc.utexas.edu) 512/471-8944

1-31—AUSTIN: Revolution to Renaissance: Mexican Art from the Aaron Collection Exhibit highlights works created between the 1890s and 1950s that were difficult to find and acquire, and it documents the history of Mexican art. Mexic-Arte Museum. [www.mexic-artemuseum.org](http://www.mexic-artemuseum.org) 512/480-9373

1-31—BANDERA: Christmas Past David and Mona Rollison have found several Victorian Christmas scene display panels and lovingly restored them. They have loaned the display to the Frontier Times Museum. 830/796-3864

1-Jan. 1—FREDERICKSBURG: Texas Regional Christmas Lighting Trail The communities of Boerne, Burnet, Dripping Springs, Fredericksburg, Goldthwaite, Johnson City, Llano, Marble Falls, New Braunfels, Round Mountain and Wimberley light up the Texas night skies. [www.tex-fest.com](http://www.tex-fest.com) 866/839-3378

1-Jan. 1—JOHNSON CITY: Lights Spectacular Includes more than 100,000 lights on the courthouse, parade, 12 days of Christmas and more. Johnson City Courthouse. [www.lbjcountry.com](http://www.lbjcountry.com) 830/868-7684 or 830/868-7111

1-Jan. 1—MARBLE FALLS: Walkway of Lights More than 1 million lights transform Lakeside Park into a holiday wonderland. Hours are 6 to 10 p.m. See Santa on the weekends. [www.marblefalls.org](http://www.marblefalls.org) 800/759-8178

1-Jan. 1—WIMBERLEY: EmilyAnn Tree Lighting & Trail of Lights Offers a holiday fantasy with more than 100 lighted displays. Enjoy nightly entertainment around Ye Olde Yule Log. The Emily Ann Theatre. [www.emilyann.org](http://www.emilyann.org) 512/847-6969

1-Jan. 2—TAYLOR: Lights of the Blackland Tour spectacular holiday lighting displays in Bartlett, Bastrop, Elgin, Coupland, Granger, Hutto, Taylor, Thorndale and Thrall. [www.abouttaylor.tx.org](http://www.abouttaylor.tx.org) 512/352-6364

1-Jan. 6—AUSTIN: In Citizen's Garb: Southern Plains Native Americans 1885-1891 Exhibit explores how dress — and life — changed for the Kiowa and Comanche tribes as they gradually adjusted to the new life forced upon them by the U.S. government. The Bob Bullock Texas State History Museum. [www.thestoryoftexas.com](http://www.thestoryoftexas.com) 512/936-8746

1-Jan. 6—KERRVILLE: The Magic of Color & Clay Features the pottery of Roger Daniel and artwork by Norma Daniel and Donna Stroud. Kerr Arts & Cultural Center [www.kackkerrville.com](http://www.kackkerrville.com) 830/895-2911

1-Jan. 13—AUSTIN: It's a Nano World Visitors are introduced to really small things and the tools scientists use to see them. Austin Children's Museum. [www.austinkids.org](http://www.austinkids.org) 512/472-2499

1-Jan. 28—KERRVILLE: The Art of Tom Lovell Exhibit tells the remarkable story of six Indian nations that served the military during that war. Museum of Western Art. [www.museumofwesternart.org](http://www.museumofwesternart.org) 830/896-2553

1-Mar. 30—SAN MARCOS: Lonesome Dove: Photographs by Bill Wittliff These sepia-toned, silver-gelatin photographs reveal the epic story as seen through an artist's eye. The Wittliff Gallery of Southwestern & Mexican Photography, Alkek Library Seventh Floor, Texas State University. [www.wg.txstate.edu](http://www.wg.txstate.edu) 512/245-2313

1-May 26—AUSTIN: Bills, Bills, Bills: Lyndon Johnson as Senate Majority Leader Exhibit covers LBJ's senate career from his election

in 1948 to his election to the vice-presidency in 1961. Lyndon Baines Johnson Library & Museum. [www.lbjlib.utexas.edu](http://www.lbjlib.utexas.edu) 512/721-0200

2-31—AUSTIN: Zilker Park Trail of Lights Begins with the tree lighting on Dec. 2. The pedestrian Trail of Lights, featuring live music and Santa visits, transforms a mile-long stretch of the park into a wonderland of lights. Zilker Park. [www.ci.austin.tx.us/tol](http://www.ci.austin.tx.us/tol) 512/974-6700

6-8, 13-15—CANYON LAKE: 11th Annual North Pole Village Children can play with animals, get faces painted, go fishing, see a live nativity, take a hayride, visit Santa Claus and more from 6 to 9 p.m. CRRC Recreation Center. [www.crrcfcanyonlake.org](http://www.crrcfcanyonlake.org) 830/964-2324

6-11—AUSTIN: Christmas at the Carillon Performances are Dec. 6-9 at The Carillon, as well as Dec. 8 at University Presbyterian Church; Dec. 9 at St. Mathew's Episcopal Church; Dec. 10 at St. Mary's Cathedral; and Dec. 11 at St. Martin's Lutheran Church. [www.conspirare.org](http://www.conspirare.org) 512/476-5775

6-Jan. 6—KERRVILLE: Photo Quest 2007 Show features photography by members of the Camera Club. [www.kackkerrville.com](http://www.kackkerrville.com) 830/895-2911

7-8, 14-15—JOHNSON CITY: Living Nativity Tells the story of Christmas narrated by Perry Como with actors and animals acting out the story. 1st United Methodist Church. 830/868-7414

7-9, 14-16—BURNET: Main Street Bethlehem Ancient Bethlehem comes alive. First Baptist Church, Vandevor Street. [www.fbcburnet.org](http://www.fbcburnet.org) 512/756-6033

8-9—AUSTIN: Luminations Enjoy luminarias, music, refreshments and more. Lady Bird Johnson Wildflower Center. [www.wildflower.org](http://www.wildflower.org) 512/232-0100

9—MASON: Christmas Luminary Show & Live Nativity Fort Mason City Park. [www.masontxcoc.com](http://www.masontxcoc.com) 325/347-5758

9, 15-16, 22-23, 30-Jan. 1—CASTROVILLE: Christmas Toy Show Includes vintage cars, old toys and more. Hours are from noon to 5 p.m. Shooting Star Museum. 830/931-3837 or 210/274-6909

12-16—FREDERICKSBURG: Christmas at the Theater The Fredericksburg Theater Company presents a variety program with all the warmth of the Christmas message and some magic thrown in for the children, including their version of the Nutcracker Ballet. The Theater, 1668 Hwy. 87 S. 830/997-3588

14-15—FREDERICKSBURG: The Christmas Journey Offers a 10 minute drive-thru or hayride of nine spectacular outdoor scenes with live animals and actors, plus special effects. 110 W. Austin St. [www.blcfbg.org](http://www.blcfbg.org) 830/997-2069

14-15—GRUENE: Jerry Jeff Walker Gruene Hall. [www.gruenehall.com](http://www.gruenehall.com) 830/629-5077

14-15—INGRAM: Bethlehem in the Hills Bethlehem marketplace is complete with live animals, costumed artisans and musicians. Re-enacts the story of Mary and Joseph. First Baptist Church, 3121 Junction Hwy. [www.fbcingram.com](http://www.fbcingram.com) 830/367-3600

14-16—FREDERICKSBURG: Trade Days Includes more than 350 vendors, six barns, acres of antiques and more. Hwy. 290 E. [www.fbgradedays.com](http://www.fbgradedays.com) 830/990-4900

15—BANDERA: Singing in the Saddle Gather at City Park at 3:30 p.m. and join the Bandera on the Road folks for caroling down Main Street by horseback and hayride. [www.banderacowboycapital.com](http://www.banderacowboycapital.com) 800/364-3833

15—KERRVILLE: Annual White Christmas in the Hills Dancers from

*(Continued on page 25)*

## Texas Events- (Continued from page 24)

the Kerrville School of Dance and San Antonio Performing Arts Classical Ballet present a Christmas program. Kathleen C. Cailloux Theater, 910 Main St. 830/896-6616

15—KERRVILLE: Kerr County Market Day Offers original art, handmade crafts and homegrown plants and produce. Hours are 9 a.m. to 4 p.m. Courthouse Square. [www.kerrmarketdays.org](http://www.kerrmarketdays.org) 830/895-7962

15-16—ANDICE: Andice Crafters Fair 254/793-9438

16—AUSTIN: Jose Feliciano One World Theatre. 512/329-6753

16—HONDO: First Baptist Church Cantata This is a Christmas pageant. 2400 Ave. P. [www.fbchondo.com](http://www.fbchondo.com) 830/426-4047

16—KERRVILLE: Community Messiah Sing Features a community sing-along of Handel's Messiah with soloists and orchestra. First United Methodist Church, 321 Thompson Drive. [www.kfumc.org](http://www.kfumc.org) 830/257-0809

16—STONEWALL: 38th Annual Tree Lighting Includes carolers, a live nativity, Santa Claus and the spectacular tree lighting. Begins at 6 p.m. Lyndon B. Johnson State Park and Historic Site. 830/644-2252

16—STONEWALL: Christmas Lights at the LBJ Ranch Take a relaxing ride in your private automobile through the ranch to view special Christmas displays and decorations at the Texas White House and other treasured sites. Lyndon B. Johnson Ranch. [www.nps.gov/lyjo](http://www.nps.gov/lyjo) 830/868-7128 ext. 244

21—BARTLETT: Hometown Christmas Shops are open late and Santa is onsite for pictures with children. Bartlett is on Hwy. 95 between Taylor and Temple. [www.bartlettchamberofcommerce.org](http://www.bartlettchamberofcommerce.org) 254/527-4141

22-23—BOERNE: Cowboy Christmas at Enchanted Springs Ranch Celebrate Christmas Old-West style with Cowboy Santa, gunslingers, tractor wagon rides, cowboy magician, exotic animals and more. [www.enchantedspringsranch.com](http://www.enchantedspringsranch.com) 830/249-8222

23—AUSTIN: Bah Humbug! — A One-Man Christmas Carol Begins at 7:30 p.m. Dougherty Arts Center. [www.thecompanytheatre.org](http://www.thecompanytheatre.org) 800/838-3006

24-25—HONDO: Living Nativities Enjoy driving around looking at the lighting of town Christmas lights. [www.hondochamber.com](http://www.hondochamber.com) 830/426-3037

26—STONEWALL: Boxing Day Celebration Becker Vineyards. [www.beckervineyards.com](http://www.beckervineyards.com) 830/644-2681

27—MASON: Mason Country Opry Begins at 7:30 p.m. Odeon Theater. [www.heartoftexascountry.com](http://www.heartoftexascountry.com) 325/597-2119

28—GRUENE: Bob Schneider Gruene Hall. [www.gruenehall.com](http://www.gruenehall.com) 830/629-5077

29—GRUENE: Stoney LaRue Gruene Hall. [www.gruenehall.com](http://www.gruenehall.com) 830/629-5077

30—GRUENE: Reckless Kelly Gruene Hall. [www.gruenehall.com](http://www.gruenehall.com) 830/629-5077

31—AUSTIN: First Night Austin Revives the ancient tradition of marking the passage of time with art, ritual and festivity. Transforms downtown Austin into a stage for the visual and performing arts. [www.firstnightaustin.org](http://www.firstnightaustin.org) 512/476-5577

31—GRUENE: New Year's Eve at Gruene Hall Features Asleep at the Wheel with special guest Sunny Sweeney. Advanced tickets recommended. 1281 Gruene Road. [www.gruenehall.com](http://www.gruenehall.com) 830/629-5077

*Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.*



The Star is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Star contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.



## THE NAME YOU NEED TO KNOW IN MORTGAGE LENDING.

Call Kristyne Blackburn at 512-965-8923.

Jefferson Bank is a community bank  
specializing in home loans.

**Jefferson Bank**  
*We're just better at banking™*  
[www.jeffersonbank.com](http://www.jeffersonbank.com)





## STAR Kids

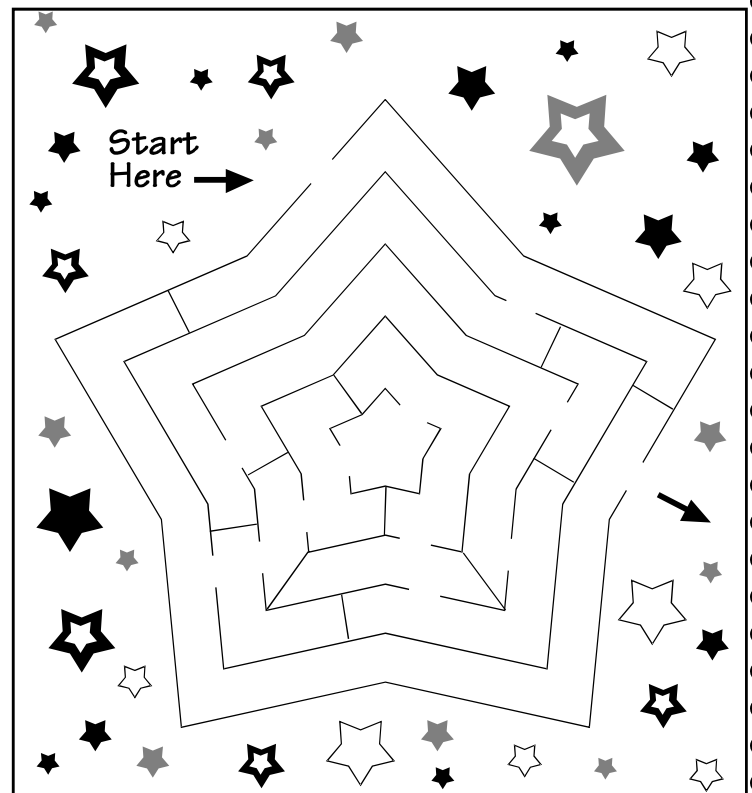
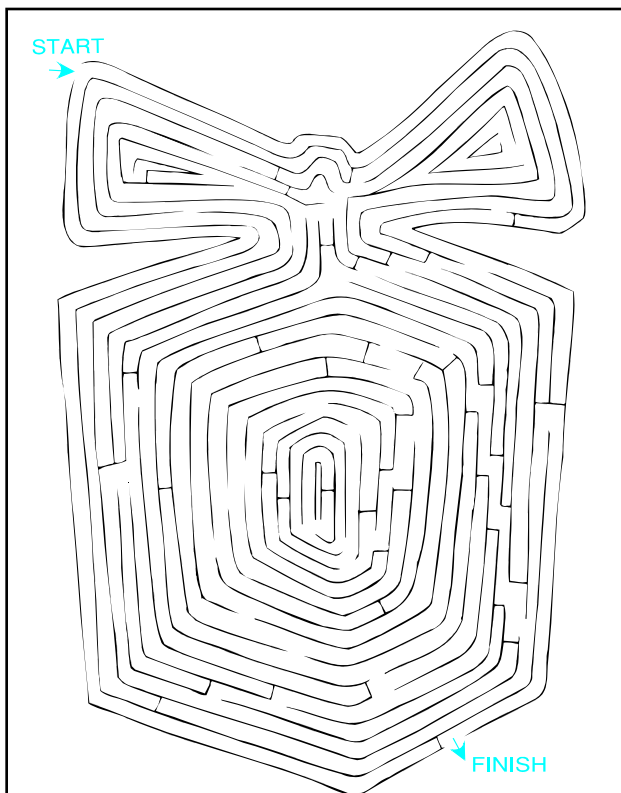
Hey Steiner Kids!

Would you like to be noticed in the newsletter? Just email your photo with your parents OK to [thestar@peelinc.com](mailto:thestar@peelinc.com).

*Having some  
Halloween Fun.  
Kooper the Kangaroo.*



## MAZE CRAZE





## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at 203 W. Main Street, Ste. D, Pflugerville, TX 78660.

We will select the top few and post their artwork online at [www.PEELinc.com](http://www.PEELinc.com). DUE: December 31st

Be sure to include the following so we can let you know!

Name: \_\_\_\_\_ (first name, last initial)

Age: \_\_\_\_\_ Email Address: \_\_\_\_\_

[This information will only be used to notify you  
or your parents if your artwork was selected.]

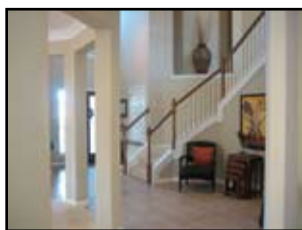


Steiner Ranch

*"Very pleased. You were very prompt and courteous at all times, and gave a great service that a lot of people want - if they only knew you existed!"*

*- C & T Walsh, Lakeway, TX*

**12905 MAJESTIC  
OAKS DR**



Highly sought after Newmark Open Floorplan, Approx. 3100 Sq. Ft., VERY Well Maintained, 4-sides Limestone, Lg Patio w/level yard, Designer Colors, New Roof 06', Numerous Built-ins, Abundant Storage, Master + Flex Rm, 2 Full Bths Down, 2.5 Car Garage with workshop.



**Exclusive Buyer Rebate Program**

**FULL-SERVICE 1% & FLAT FEE  
MLS LISTING OPTIONS**

***www.VallureRealty.com***

Steiner Ranch Resident  
Office #: 512-249-6299  
Mobile #: 512-740-2300

**Nicole Peel**  
Broker/Owner

*Experienced. Trusted.  
Bringing You the BEST Value!*



**Peel, Inc.**

203 W. Main Street, Suite D  
Pflugerville, Texas 78660

PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

**☎ Voice 512-989-8905**

**💻 [www.PEELinc.com](http://www.PEELinc.com)**

SR