NEWS FOR THE RESIDENTS OF STEINER RANCH



VOLUME 2 ISSUE 9

SEPTEMBER 2008

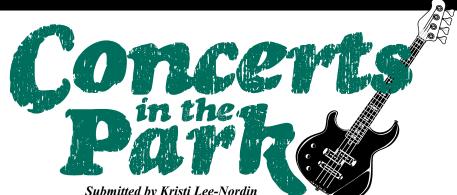


Concerts in the Park - Lost in Austin



Brittany Young, Sydney Voelkel & Sarah Greiner





Submitted by Kristi Lee-Nordin

Early this spring a group of Steiner Ranch business owners got together to discuss hosting community events during the summer months. Led by Rick Nordin from Cups & Cones, all agreed that doing something together and for the community was a great way to express gratitude to customers and also provide a venue to gather the community together. With the support of the Steiner Home Owners Association (HOA), two summer dates were selected in July and August.

On Sunday, July 27, the inaugural concert was held at Towne Square. Music was provided by the local band Lost in Austin which featured Steiner resident, David Dyke, as the lead vocalist. There were activities for the kids including face painting by resident April Harper, balloon artistry by Nate the Great, and inflatable slides and jumpers from Hill Country Bible Church. Food and beverages were provided by local restaurants including Fion Wine Pub, The Market, Lakeside Pizza and Grill and Cups & Cones. There were also a number of businesses represented from throughout the Four Points area. At intermission, the crowd was entertained by a team of martial artists from Ernie Reyes World Martial Arts which integrates styles from both Eastern and Western traditions.

The next concert was held on Saturday, August 23rd. The featured artist for this event was another Steiner resident, Alyse Black, who blends jazz, blues and pop into her own unique style that was fun for all ages. Villari's Martial Arts studio provided the intermission entertainment demonstrating the school's American style of karate also known as Shaolin Kempo Karate. There were again many activities for the whole family including those involving water to keep everyone cool in the last days of summer.

Young and old alike had a great time at both of these events with many expressing a desire to see this become a Steiner tradition for the lazy days of summer, and beyond. As one resident commented, "Our cul-de-sac went as a group and everyone had a great time."

The participating organizations welcome comments and suggestions and hope to see everyone again next summer.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

| EMERGENCY | |
|--------------------------|--|
| Fire | |
| Ambulance | |
| Sheriff – Non-Emergency | |
| Hudson Bend Fire and EMS | |
| Emergencies | |
| Information | |

SCHOOLS

| Leander ISD | |
|-----------------------------|--|
| Cedar Park High School | |
| Canyon Ridge Middle School | |
| Laura Welch Bush Elementary | |
| Steiner Ranch Elementary | |

UTILITIES

| Travis County WCID # 17 | |
|-------------------------|--|
| City of Austin Electric | |
| Texas Gas Service | |
| Custom Service | |
| Emergencies | |
| Call Before You Dig | |
| AT&T | |
| New Service | |
| Repair | |
| Billing | |
| Time Warner Cable | |
| Customer Service | |
| Repairs | |
| IESI (Trash) | |
| | |
| OTHER NUMBERS | |

OTHER NUMBERS

| Lake Travis Postal Office | |
|---------------------------|--|
| | |

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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 512-263-9181 or <u>advertising@</u> <u>PEELinc.com</u>. The advertising deadline is the 10th of each month for the following issue.

2008 Events in Steiner

Sep 6th – Fall Garage Sale Sep 18th – Martinis and Manicures Oct 25th – 5k Fun Run and Health Fair Oct 31st – Children's Halloween Event Nov 8th – Camping on the Ranch Nov 28th – Holiday Wine Social Dec 6th – Pictures with Santa

Visit the HOA website for more information: http://www.steinerranchhoa.org/

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



Second Annual Steiner Cares Back-to-School Clothing Drive

Submitted by Tom Henry

We are very happy to announce that the Second Annual Steiner Cares Back-to-School Clothing Drive was a huge success! Over 3,300 clothing items were donated and distributed to the Leander Clothes Closet, the Austin Children's Shelter, the Salvation Army's Downtown Shelter for the homeless, and to the Austin Chapter for Dress for Success. Even more amazing than the large quantity of clothing was the high quality of the donations. The residents of Steiner Ranch truly came through for many, many kiddos throughout the Austin area.

A special appreciation to Gene Arant, Wag A Bag, The Mobile Loaves & Fishes crew from Lake Hills Church, and Lakeside Pizza and Grill.

Without the volunteers, this project would not have been possible. Dozens of folks worked very diligently throughout the afternoon's triple-digit heat to sort the clothing as the donations came in.

These volunteers included the following folks: Julie Sabuda, Nancy LaBarbiera, Greg & Lynne Stamps, Jason Collins, David Guthrie, Tom Henry, Jennifer Mitchell, George & Liliane Vaught, Chris & Jenny Mashburn, and Jimmy Smith & Family.

Also, the following Mother/Daughter teams from several area Brownie and Girl Scout troops: Tina, Sarah, Tamara and Saige - Brownie Troop # 403; Kristine - Brownie Troop # 1771; Debbie and Brianna -- Girl Scout Troop #1762.

*Apologies to the folks that we have surely missed.

A special recognition goes out to the Steiner-area children who worked side-by-side with the adult volunteers all afternoon

Thanks again to everyone for helping many, many less-fortunate children throughout the Austin area to start the school year with some awesome clothes to wear.



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Check out my Steiner Ranch Neighborhood Website www.steinerranchneighbors.com

This 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 or lost & found pets
 - School events info
 - Favorite recipes
 - Athletic events
 - Fundraisers

The website contains lots of other neighborhood and area information. I hope you enjoy using this website created just for you. Thanks! Diane

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Steiner Ranch Burglaries

There has been an increase in the number of night time burglaries of vehicles in the Steiner Ranch area. The majority of them have been unlocked vehicles parked outside and have had items in plain view stolen, such as Ipods and GPS systems. In a few of the cases entry has been gained by breaking a window or the sunroof. In many of the cases wallets and purses have been stolen from the vehicles. It is very important to always lock vehicles and to not keep any items of value inside them.

If anyone has any information on these incidents please contact Detective Paul Salo at (512) 854-4310 or e-mail at paul.salo@co.travis.tx.us

Pack 203 Welcome all Steiner Ranch Boys!! Grades 1st–5th

Do you know what Cub Scouts and Scouting is all about? Pack 203 at LWBE does fun things with fellow scouting friends every month? We get together as a PACK to wear our cool uniforms, show off our scout spirit, and participate in exciting scouting activities. As a cub scout, you will get to go camping with your family, shoot BB guns, sleep over on a real Naval Aircraft Carrier and do archery! We play all kinds of sports and build cool race cars and spaceships to race. Do you want to learn the secret scouting code and earn really cool patches? Do you want to learn more about nature and your community? Then, come find out how enriching being a Cub Scout can be!

Join us for Pack 203's Cub Scout Fall Roundup Informational Meetings Thursday, September 4th and/or Thursday, September 11th 6:30pm LWBE Cafeteria

Contact Kim Skelton for more

information





Cryptosporidiosis Notice

Recently there have been a number of cases of Cryptosporidiosis (referred to as Crypto) in our community. Crypto is a parasitic disease that can cause loose, watery diarrhea, stomach cramps, nausea, and a slight fever. It can be spread by swallowing water (either from swimming or drinking) or food contaminated by human feces, usually from tiny amounts that cannot be seen. It can also be spread from person to person, especially in settings such as homes and daycare centers where diapers are changed regularly.

Children and pregnant women should take special care to avoid the dehydration from diarrhea caused by Crypto. Consult a health care provider for information on preventing dehydration. If you or your child are ill with Crypto, avoid close contact with persons with weakened immune systems (i.e., those undergoing cancer treatment or persons with HIV/AIDS) because if they become infected, Crypto can become a life-threatening disease.

To prevent the spread of the disease, everyone should thoroughly wash their hands after using

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the bathroom or changing diapers, and before preparing or eating food. Because Crypto can be spread so easily through water, persons infected with Crypto should avoid swimming while having diarrhea and for 2 weeks after the diarrhea stops. Swimming should be avoided even when the pool is properly chlorinated because Crypto is highly resistant to chlorine.

Based on the recommendation of our pool maintenance company, we have currently closed all of the Steiner Ranch Pools and are treating them through a process called "hyperchlorination" to kill ANY chlorine resistant parasite that may be present. This process will take several days.

If you or anyone in your family have had these symptoms recently, please contact the Health Department at 512-972-5600. If any of you have diarrhea, please consult your healthcare provider for a diagnosis and let him/her know about your potential connection with Crypto. Additional information on Crypto is here: http://www.cdc. gov/crypto/.

Did You Know?

.... Personal classifieds can be submitted to The Star for FREE by all Steiner Ranch Residents? Email your personal classified to thestar@peelinc.com.

.... Any Steiner Ranch resident or community group can submit an article to The Star? Photos and post-event write ups are welcome. Email your article to thestar@peelinc. com (deadline is the 8th of the month prior to the issue).

.... Kids Club winners are posted online AND they receive a prize? Visit http:// www.peelinc.com/kidsClub. php to see the current and past winners.

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Nominate Your Favorite Yard for The Star Yard Of The Month



Congratulations to The Star Yard of The Month for August! 12009 RAYO DE LUNA LANE

You can nominate your favorite yard for the month. Please do not nominate your own yard.

Do you know a neighbor who takes excellent care of their property or a neighbor who has added something new to their yard?

- New flowers
- Edging
- · Yard decorations, etc
- New landscaping

It could be as simple as a neighbor whose grass is green all year round.

Nominate them emailing the address to thestar@PEELinc.com. Please include a photo if possible.

What are your Kids Doing after school? *Save the Date! Yuletide Treasures Holiday Shopping Event October 22 from 4-9pm and October 23rd from 11am to 6pm With Live Music and Cocktails! Come prepared to shop with over 30 local vendors

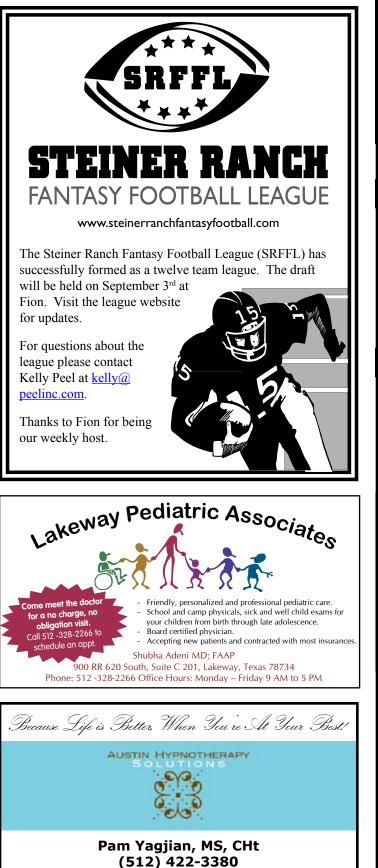
Join the Fun This Fall!

Junior Programs are offered after school every day September through December. Our programs include: Golf, Tennis, Tap, Tumbling, Ballet, Hip Hop & Karate! *Membership is Not Required to Trial the After School Programs



Please call Raquel Hebben, the Membership Director if you would like to receive information regarding Membership, Fall Junior Programs, or our Holiday Shopping Event!

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Thirsts Quenched in an Exploding Population

By Connie Ripley

Irreversible things are happening to Lake Travis and the Lower Colorado River system. Big decisions are being made without your knowledge. Things can be done to minimize the effects and even stop the two deep water intakes, LCRA retail sales, the CoA/LCRA Settlement Agreement, the LCRA/SAWS Project and all the other things that are threatening our Lake Travis. If these irreversible things continue, the face of the lake area will forever be changed.



"We live in one of the most desirable places on the planet." Willie Nelson, THE UNFORESEEN

Changes must come from the 2009 Legislature and LCRA Board Policy. An enormous groundswell of public opinion throughout the entire Lower Colorado River basin will affect elected officials and the LCRA Board. Many of your State Representatives are facing opponents in November. Contact them with your concerns.

"When we have the maximum use of our firm yield and we have a critical drought. That lake is going to go empty the night before it rains. I mean empty. If the lake going empty is going to have an impact on you, you better plan for it. It could be happening this year."

> Joe Beal, LCRA General Manager on June 14, 2006

All cities should have conjunctive use of watermore than one source. Aquifer water from the deep Simsboro is basically drought-proof and prolific. A water line from the Simsboro is planned for the SH 130 right of way. The line will pass eastern Round Rock. Round Rock, Cedar Park and Leander

are joined by one water line. Water from the Simsboro will give Cedar Park and Leander a second source of water. No regional and impartial estimates on this water have been done. Spending over \$400 million to go deeper into an over-stressed, over-promised, drought-prone Lake Travis for a single source of water is not the answer.

Desalination is not being considered seriously enough by most Texans. Only the Gulf of Mexico can quench the thirst of our exploding populations. Desalination plants are lining the coast of California. Las Vegas is considering a plant in Mexico. The dry Rio Grande area has a pilot project. The Far East has been desalinating for years. Power is generally the problem of desalination. Austin Energy and the San Antonio power company own the nuclear power plant in Matagorda County on the Gulf Coast. Water from the ocean would give both Austin and San Antonio a second source of water.

The projected growth of the Central Texas area cannot be watered by our surface water and our aquifers without serious depletion of both. Only the oceans have this much water. Desalination is the only answer, especially for our larger cities. It is more expensive and more costly to maintain. What price should we put on preserving our Lakes?

Besides contacting your legislators with concerns on second sources of water, what can YOU do? Too many people are wasting way too much water. In the past, "conservation" has sent up signals of "water scheduling". WATER SCHEDULING DOES NOT WORK!

Painless things like low-flush toilets and low use shower heads and clothes washers save money indoors. The cities of Austin and San Antonio are giving away low-flush toilets to their utility customers. This is paid for through Graduated Block Rate Pricing. Water is priced higher from one tier to another. The top 2 tiers "pay" for the toilets. If your water provider is not doing this, ask them why? (Cedar Park, Leander and Round Rock are beginning Graduated Block Rate Pricing in order to pay for their enormous



infrastructure to take more water from Lake Travis.)

Outdoor water can be conserved by checking your sprinkler heads twice a year. In the summer, your lawn only needs ¹/₄ inch of water twice a week. Unless you have 6 to 8 inches of topsoil, you are watering rocks with more water. Plant drought-tolerant plants in areas together and water them less. Keep plenty of mulch in your flower beds. If you are planting a new lawn, use drought-tolerant grasses, not the water-hog St. Augustine. Set your sprinklers to water your grass, not the driveway or the street.

Report commercial water wasters and water leaks not only to the cities, but also to the entities paying the bills. If you drive (Continued on page 10)



Steiner Ranch Orthodontics

4302 Quinlan Park Road (Across from the Welcome Center in the Vista Ridge Center) **266 8585**

Come see the difference a Board Certified Orthodontist can provide. Dr. James Waters graduated at the top of his class from the University of Texas Dental School in San Antonio in 1996. He served a one year residency at the University of Nebraska Medical Center and practiced for two years as a General Dentist in Oregon. Realizing the complexities of Orthodontics, he sought to pursue ADA accredited advanced specialty education prior to offering this service to the public. As all specialists are required, Dr. Waters left his General Dentistry practice to attend a 30 month Post-Doctorate University. After graduating Valedictorian from the prestigious Saint Louis University Orthodontic Program with a Master's degree in Orthodontics, Dr. Waters moved to Austin in 2001 and joined the nationally recognized practice of orthodontist Dr. Robert Kavieff who pioneered many early treatment techniques and appliances over his 40+ years in practice. Dr Waters worked side by side with Dr. Kavieff over the next year as he gained further invaluable experience from reviewing hundreds of cases and he learned techniques known only to those who have been in the specialty field for a lifetime. After retirement, Dr. Kavieff passed the torch to Dr. Waters who is pleased to open his new office to his neighbors in Steiner Ranch.

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Meet Dr. Waters and receive your Complimentary examination today. All insurances Accepted. Visa/MC/Discover.



American Association of Orthodontists

Thirst Quench - (Continued from page 8)

around the Capitol, you might notice the massive amounts of lush St. Augustine grass. How much water—and money—could the State save by planting drought-tolerant grass?

Rice farmers are expected to use a record 300,000 acre feet of water from Lakes Travis and Buchanan this year. Pictured is an overflowing main canal in the lower basin. Wonder how much water all that brush and that huge willow tree are drinking? How much water could be saved by cleaning and lining the main canals sending water to the rice farmers?

Finally, every drop of water entering our sewers should be used and used again. Treated wastewater should be piped through separate infrastructure to golf courses, parks, schools and other major outside water users. The cities love it because they get to sell the same water twice. The users love it because they buy the treated wastewater at a reduced price. Lake Travis loves it because the same water gets used over and over.

Cedar Park, Leander, Round Rock and part of Austin currently dump all their treated wastewater into Brushy Creek that flows into the Brazos River and out to the Gulf. Should these Williamson County cities spend some money on a reuse infrastructure instead of over \$400 million to take more water from Lake Travis?

Austin is projecting \$490 million for the first phase of their deep water intake and water treatment plant. This will produce 50 million

of the 300 million gallons a day for the entire project. Before this massive project forever transforms our beautiful lake area into a gigantic industrial complex, should Austin get more serious about reuse and conservation? It has reuse infrastructure plans for Mueller, the University of Texas, Austin-Bergstrom and other major users. All their reuse plans are for 6 million gallons per day—yet they plan to take 300 million gallons per day from Lake Travis.

One third of all water used goes into our sewers. The rest is used on our lawns, to cool our power plants and other outdoor uses. If cities begin reusing and reclaiming every drop of water, would they really need to strip us of our largest economic driver in Central Texas—the surface water in our Colorado River System?

In a recent article in the Austin American Statesman, Asher Price reported Councilman Lee "Leffingwell has said conservation efforts are much cheaper than building a new water treatment plant." Austin, Cedar Park, Leander and Round Rock need to take Leffingwell seriously.

Our Colorado's future relies on our ability to realize its limits. The River is not a limitless source of plentiful water. A few simple changes in our ideas on water can insure the beauty of the Highland Lakes for years to come!

Go to www.drainingLakeTravis.org. Join DELTA today. Only you can make changes happen. When speaking of water in Austin, Robert Redford in the recent film, THE UNFORESEEN, said, "If you don't act on this, the YOU are part of destroying it."



Hair Tips - Fall is All About Color, Color, Color!

Submitted by Michelle Lasher - michelle@hairtipsbymichelle.com

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With summer coming to an end everyone will need a fresh new look for the upcoming Fall season. This Fall it is all about color, color, color and depth. With our lazy pool and lake days coming to an end it is time to start thinking about our hair and how gorgeous it can be!

Having your hair colored can add depth and definition to your hairstyle, enhance our beautiful skin tones, accent eye color", thicken thin hair, soften course hair and add style support. Here are some examples of ways to freshin' up your locks:

• Lighter Shades make a large head, face shapes and features appear smaller. And thinning hair look thicker.

- Dark Shades will make a small face & sharp features stand out.
- Two Tone Shading can frame and define the shape of your hairstyle.
- Semi-Permanent Color can turn those few gray hair's in to soft warm highlights.
- High Contrasting strands can add a dramatic effect.
- Graying hair can come alive with a purple based color shampoo enhancer to remove yellow tones.
- Strawberry blonde hair color complements green eyes.
- Pale and golden blonde make blue eye's stand out.
- Red and auburn shades give brown, hazel and green eyes glow.

Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing <u>thestar@PEELinc.</u> <u>com</u> or by going to http://www.peelinc. com/articleSubmit.php. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The Star. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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 <u>thestar@PEELinc.com.</u>

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





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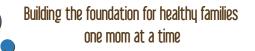
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Submitted by Elicia Rudberg Are you looking to grow your business in 2008? If so, you might be interested in the Steiner Ranch Referrals BNI Networking group. Meetings are on Thursday mornings from 8:00 to 9:30 at Cups and Cones. If you are interested in joining, please email Elicia@AustinRelocationResource.com for more information, or visit the BNI website at www.BNIAustin.com





Speak Up For Kids CASA 5k & Kids 1k

The Domain Shopping Center 11400 Burnet Road, Austin, Texas Sunday, September 7th, 2008 8:00 A.M. (5k) 9:00 A.M. (1k)

Put on your favorite running or walking shoes and join CASA of Travis County on September 7, 2008 at the Domain Shopping Center for our 3rd Annual Speak Up For Kids CASA 5K. The 5K and Kids 1K run will benefit CASA of Travis County in their efforts to recruit and train community volunteers to give a voice to abused and neglected children in the court and foster care system. This year's theme is Healthy Kids – Eat, Read, Exercise and Live Healthy! There will be lots of fun activities for the entire family and plenty of opportunities to learn about healthy living!

CASA of Travis County is a non-profit organization that offers guidance, love and a voice to children who have been removed from their homes due to abuse and neglect. Court Appointed Special Advocates are trained community volunteers who help to guide their CASA child through an unstable process to a safe and permanent home. Every child deserves a voice.

Each year, CASA works with approximately 400 trained volunteers to serve more than 1,200 children. Your participation in the Speak Up For Kids CASA 5K will help raise money to continue advocating for the needs of CASA's current caseload of children and help us reach our goal of serving the remaining 800 children without a CASA advocate.

We hope you'll join us for a morning of fun and healthy living! Whether you walk, run, jog or make a donation, your support will help CASA get closer to pairing carefully screened, trained, caring advocates to SPEAK UP in court for all of the abused and neglected children in our community.

Register online today at:

http://www.casatravis.org/CASA_5K.html

Race Fees: 5K - \$25.00 Kids 1K - \$10.00

CASA OF TRAVIS COUNTY

Speak Up For Kids CASA 5K

Healthy Kids ... Eat, Read, Exercise, Have Fun!

Come out for a morning of health and fun! 5k, Kids 1k, plenty of fun activities! Your participation will help raise money and support for the abused and neglected children of Travis County.

Join us <u>September 7, 2008</u> The Domain Shopping Center 11400 Burnet Road 8:00 am

Festivities include a 5K for teens and adults, a Kid's 1K, Strollers and pets are welcome.

Please visit <u>www.speakupforkids5K.com</u> for race registration or <u>www.casatravis.org</u> for information about CASA.

CASA of Travis County, Inc. 6330 Highway 290 E., Ste. 350, Austin, Texas 78723 Questions: 512.459.2272 Anna.Otsuki@casatravis.org



BlueCross BlueShield of Texas



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EVERYONE'S A MEMBER!

Come check out all the new classes and special events in September!

BOOT CAMP IS BACK!

8 weeks of sweating, aching, exhausting fun! Boot Camp starts 9/9 at 5:30 am. Get your booty in gear and sign-up now at www.wildbasinfitness.com. Members \$100, non-members \$150.

BACK TO SCHOOL BRUNCH!

Drop the kids off at school and swing by with your friends to sample delicious food, enticing drinks, and fun classes! Thursday, 9/9 8:00 - 11:00 am. FREE to everyone!

TRIATHLON TRAINING!

Sign-up now for our new Triathlon Training with professional triathlete Hollie Kenney. Hollie brings her training of beginners to professional triathletes to Wild Basin Fitness members. Training packages for individuals, partners, and groups are available as well as on-line training programs. Learn more about Hollie at www.holliekenney.com.

EVERYONE'S A MEMBER IN SEPTEMBER!

COME IN TODAY! And get your 2 weeks free in September! **HURRY!** Offer expires 9/30/08.

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September Landscaping Submitted By Ron Kerwin

September is the startup time for planning some cool season activity. It is about time, right? We need to continue with all the things we have been doing to get through another summer; watering at 1 inch per week, good layers of mulch etc.

Now is a good time to raise tree canopies and thin them out. Dead limbs are obvious now, which will not be the case after leaf drop. Many property owners still have curb area trees with limbs prohibiting cars or trucks from parking in front of the home without paint damage to the roofs. These same trees often endanger passersby on the sidewalk from being poked in the eyes. They also usually have dead grass underneath caused by lack of sunlight to the turf area. Other trees on your properties can benefit from canopy raising and thinning. Wax myrtles and some other "shrubs" can be treed up so they have visible trunks and more resemble trees than shrubs, a totally different look.

Historically Septembers are still very hot. If you are wearing down, you can still hire a lawn service (like mine) to get you through the season. Lawn Companies should be happy to take you on as new clients even this late in the season. If you desire to have an attractive and green lawn all winter, you can put down ryegrass seed late in the month or in October. Your property will stand out in the neighborhood as people drive by and see your green lawn amongst all the dormant

grass lawns.

Buy your spring bulbs through catalogs or local nurseries. DO NOT plant them yet. You can get a better selection now. Hybrid tulips and hyacinth bulbs should be placed in the vegetable crisper section in your refrigerator for a necessary pre-chill period prior to planting them. Wait until October/November to plant any bulbs. You can however prepare the beds for the bulbs, add organic matter& turn over the soil.

You can cut back your roses early in the month, but do it sparingly. You will get a rose display this fall if you have maintained your roses well over the summer heat. You can actually plant a fall

vegetable garden now. For a list of veggies recommended and their varieties for this area call the Texas Extension office at 817-884-1945 and ask for the free list. The Extension Office has a surprising quantity of free information available, so ask for answers to several questions. The volunteer Master Gardeners there will try hard to get you the right publications.



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Steiner Ranch History Corner

Submitted by Rich Keith

Did you know that several streets in Steiner Ranch are named after famous Texas Rangers? The Texas Rangers are unique to our state; there is no like anywhere else.

In 1823, only two years after Anglo-American colonization formally began in Texas, Stephen F. Austin hired ten experienced frontiersmen as "rangers" for a punitive expedition against a band of Indians. But not until November 24, 1835, did Texas lawmakers institute a specific force known as the Texas Rangers. The organization had a complement of fifty-six men in three companies, each officered by a captain and two lieutenants, whose immediate superior and leader had the rank of major and was subject to the commander-in-chief of the regular army. The major was responsible for enlisting recruits, enforcing rules, and applying discipline. Officers received the same pay as United States dragoons and privates-\$1.25 a day; however, they supplied their own mounts, equipment, arms, and rations. At all times they had to be ready to ride, equipped "with a good and sufficient horse...[and] with one hundred rounds of powder and ball."

Even with such official sanctions, the rangers did not fare especially well at first. During the Texas Revolution they served sparingly as scouts and couriers, and then carried out a number of menial tasks. For example, as settlers fled east to escape advancing Mexican armies after the fall of the Alamo on March 6, 1836, the rangers retrieved cattle, convoyed refugees across muddy trails and swollen streams, and destroyed produce or equipment left behind. With annexation and the Mexican War in 1846, the rangers achieved worldwide fame as a fighting force. Some of the more famous names in Steiner Ranch are Capt. John S. "Rip" Ford, 1st Lt. John P. Simpson, Capt. Jack Wharton, Charles Schreiner and Capt. Leander H. McNelly.

Let's take a look at Charles Schreiner (1838-1927). Charles Armand Schreiner, merchant, banker, philanthropist, and rancher, was born on February 22, 1838, in Riquewihr, France, the fourth of five children. In 1852 his parents moved to San Antonio, Texas, where his father died shortly afterwards. Schreiner joined the Texas Rangers in 1854 and served with distinction until 1857, when he resigned after his mother's death to enter the cattle business in the vicinity of Turtle Creek in Kerr County. In late 1858, with the help of Caspar Real, his brother-in-law, Schreiner bought a small store at Camp Verde, a military post fifteen miles south of Kerrville that was headquarters for the United States Army experiment to use camels in the Southwest. Schreiner and Real contracted with the government to provide beef and other supplies to the fort. Schreiner met Mary Magdalena ("Lena") Enderle and married her on October 1, 1861, the year he joined the Confederacy. Schreiner served with distinction for 31/2 years, and returned to his ranch and family on Turtle Creek. To be continued. For more information contact Rich Keith at 266-8498.

(Continued on page 21)



History- (Cont. from pg 20)

Resources: Neal Barrett. Jr., Long Days and Short Nights: A Century of Texas Ranching on the YO, Y-O Press, 1980). Bob Bennett, Kerr County, Texas, 1856-1956 (San Antonio: Navlor, 1956. J. Evetts Halev. Charles Schreiner, General Merchandise (Austin: Texas State Historical Association. 1944. Gene Hollon, "Captain Charles Schreiner, the Father of the Hill Country," Southwestern Historical Ouarterly 48 (October 1944). Vertical Files, Barker Texas History Center, University of Texas at Austin. Edward M. Wentworth, America's Sheep Trails: History, Personalities (Ames: Iowa State College Press. 1948).

What Does 10 Years Mean to You?

Submitted by Alica Harrison

I recently read yet another article about the impact that our diet and (lack of) exercise has on our life span in the US. For the first time in recent history, our children's lives may well be shorter than our own, simply because we eat so poorly and we exercise so little. The effects of being overweight burden our bodies with heart disease, stroke, diabetes, even cancer. Experts now estimate that the ravages of these diseases can shorten our lifespan by as much as 10 years. But we're all going to die, right? Even those that eat right and exercise.

But then I got to thinking about what 10 years means to me. My own father died 17 years ago of sudden cardiac death. He wasn't overweight and he exercised regularly. But he also smoked on and off throughout his life. And I think about how much my father missed in those extra 10 years.

He never held a grandchild. He didn't get to see my sister graduate from college. He never retired and slept late. He left my mother a widow at 47. He missed so very much in those last 10 years. And I, of course, missed him so much in those years. And what of my own life in the last 10 years? What would I have missed? The birth of both of my children. Their first words, their first steps. An exciting career. My 20th wedding anniversary. The opportunity to grow-up into an adult and be comfortable in my own skin.

So I think about what the next 10 years holds for me. My youngest child will start kindergarten and my oldest will graduate from high school. We have dance recitals and proms, driving lessons and first crushes. Family vacations. Birthday parties. Mother's Days with breakfast in bed. My 30th wedding anniversary. Movie nights with pizza and popcorn. We have joy and sadness, elation and heartache ahead of us.

So I do what I can to make sure I'm around as long as I can be. I don't smoke. I wear my seatbelt and lather on sunscreen. I try to eat sensibly (most of the time). And I workout as often as I can. I'm not athletic and I'm not particularly coordinated. I sometimes feel self-conscious at the gym. But I don't care. I have two children to raise and a life to live and I intend not to miss a single minute of it.





Photo by

Meet Samantha and Marissa

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The 2008 Heart Gallery of Central Texas is almost here! It will be unveiled at SPAZIO's on September 18, 2008. This picture is featured on our invitation this year, with the hopes that someone will see them and give us a call. You see, Samantha is 16, turning 17 in September and Marissa is 10. These two girls are full of life, hope and plans.... but they need a permanent, forever family to help them grow and learn. Even at 17, Samantha still needs a family. She's missed out on the fun things girls get to do with their parents. While she has learned a lot of life's lessons, they are not the kind that create memories for a happy childhood. Each of these girls still have a lot of room to grow and a lot of love to give. Help them to believe!

About Samantha and Marissa: Samantha and Marissa are beautiful siblings who enjoy listening to music. Samantha is funny and sweet, she loves playing softball, drawing and writing in her journal. She will be going into the 9th grade and participates in special education. Marissa is energetic and friendly, she likes to color and play board games. She will be going into the 3rd grade and participates in special education. Both girls hope to attend college at the University of Texas in the future. These sisters hope for a family that enjoys going to church as much as they do. They also hope that their adoptive family enjoys to swim. Samantha and Marissa are legally free for adoption and look forward to meeting their adoptive family.

If you would like to learn more about adopting from foster care, Samantha and Marissa or hear more about The Heart Gallery of Central Texas Gala on September 18th, please call us at 512-301-2825 or tracyeilers@adopttexas.org



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ABCs of Making Money 4 TeensTM is a free two-hour interactive workshop for teens. Parents are welcome to attend part or all. Plus, every teen who attends the workshop will receive a complementary copy of the ABCs of Making Money 4 Teens book. Some of the key elements of the book:

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Tuesday, Sept. 16, 7-9 PM, Towne Square Community Center Thursday, Oct. 2, 7-9 PM, Bella Mar Community Center

ABCs of Talking to Your Kids About Money[™]

Tues. Sept. 23, 7:30-8:30 PM

Towne Square Ctr, 12550 Country Trails Lane, 78732

ABCs of Making Money 4 Teens[™]

Thursday, Oct. 16, 7-9 PM

Bella Mar Community Ctr. 12401 Bella Mar Trail, 78732

Refreshments will be served. Seats are limited. To reserve your seats call Rich Keith at (512) 266-8498 or send email to <u>RKeith@</u> <u>primerica.com</u>. This is an educational event, not a marketing event. Please come!



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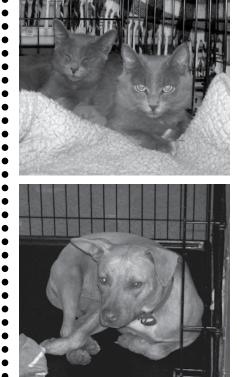
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David Hunsaker, Owner

Pet Corner



The Heart Rescue in Bee Cave has Rescued Pets for Adoption!

Submitted by Heather Pennington

Rescued dogs and puppies on weekends 11am-4pm.

Rescued cats and kittens seven days a week in the cattery.

We hope to see you this summer! There is a loving pet waiting for you and your family.

Call 512.263.5790 for directions.

Why'd He Do That?

Submitted by Luis Escobar - Dog Behavioral Therapist, Master Trainer

We are often asked by people why their dog did something. Sometimes the answer is simple and sometimes its not. Sometimes we don't have enough information initially and we have to play detective in order to figure out the why. What is always true however, is that the dog did it for a reason. In other words, dogs don't just do things for no reason at all; there is always a reason from Rover's perspective.

We recently worked with a family whose dog was aggressive with them. They would try to pet him and he'd growl and snap at them. At other times however, he would solicit their attention and be very loving. This often happened when they were involved with something else. They were having a hard time understanding what they saw as Jekyll and Hyde behavior.

From their dog's perspective the behavior made perfect sense. He was running the household. They had been catering to his demands so he was the boss. They had no business asking for his affection. The interactions were on his terms. They were making mistakes from his point of view so he corrected them, in a canine way.

We also recently worked with a woman whose dog was getting upset when he saw other dogs while they were out walking. If there were no dogs around he was fine. He didn't get upset seeing people but he went ballistic when he saw another dog. She didn't understand the behavior as she had had him since he was a pup and he'd never had a bad experience with other dogs.

We went for a walk with her and observed that he was marking during the entire walk. He would stop at almost every tree, mailbox and bush. In his mind he owned the entire neighborhood, so his behavior when he saw other dogs was his way of trying to protect his territory.

I spoke with a woman the other day who had lost a pup to a very rare genetic disorder. She and her husband had taken the pup to specialists and spent a small fortune trying to save it. It was a heart breaking situation which left a lasting impression. The breeder was very nice and gave her a new pup to replace the one she lost. The new pup was totally out of control, barking, jumping, and biting both she and her husband.

After speaking to her a while it was apparent that she was catering to the pup because of the traumatic experience she went through with the first one. She was spoiling it with everything she thought it would want or like because she was feeling guilty about the first one even though there was nothing more she could have done. It wasn't her fault. It was just one of those things beyond anyone's control, but that experience was shaping her relationship with the new pup.

Rover may bark for various reasons. He might want attention or be worried or scared. He might be trying to scare off an intruder. There may be something out of the ordinary. He may be trying to tell you to do something important or he might just want to play. Each instance is different so it's important to look at the "why" not just the "what".

When trying to change a dog's behavior it's important to understand the why behind it. There are reasons that Rover is jumping, nipping or biting, barking, bolting out the door, pulling on leash, not listening, toileting or whatever behavior you are dealing with. If you don't know the why and don't have a plan to address that your chance of long term success may be diminished.

The why is often related to how Rover views his pack/family and how his family views him. If we treat Rover like a person and assign human emotions and thoughts to him we are really going to give him



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Barktoberfest

Submitted by Elizabeth Murphy

The Central Texas SPCA invites you to have a howling good time at our 6th Annual Barktoberfest and 3K pledge walk for homeless pets on Saturday, October 11. The event includes live music, food, kids' games and booths, a low-cost microchip clinic, vendors, costume contests for pets and kids, pet photography, wiener dog races, and the ever popular Speed Alley benefiting Greyhound Pets of America. There are great prizes for contest winners and the top fundraiser in the 3K pledge walk.

The Central Texas SPCA is the oldest, private no-kill shelter in Williamson County. We've been offering a home-like environment for homeless dogs and cats since 1988. Barktoberfest is our top fundraiser each year and all proceeds benefit our spay/neuter and adoption programs.

We hope you'll join us on Saturday, October 11 from 10 am to 2 pm at the Lakeview Pavilion of Old Settlers Park off Hwy 79 in Round Rock-next door to the Dell Diamond. The walk registration donation is \$20. Walkers who raise or donate \$25 or more will receive a free 2008 Barktoberfest t-shirt. For forms and more information, visit www.CentralTexasSPCA.org.



Why'd He Do That? - (Continued from page 24)

confusing messages. Rover is a dog. He's not spiteful or jealous, nor does he do things to "get back" at his family because he's mad at them. These are things we hear often from people we speak with.

Dogs do things for canine reasons, not human ones. We assign human characteristics and emotions to dogs but we often get it wrong when we do that. Dogs act from a pack structure viewpoint. Who's in charge? Who makes the rules? Where do I rank in my pack? Are things consistent? Do I have a leader? Do I feel safe? Do I have to protect my pack, territory or resources? They also remember things that have happened and those memories, as we've discussed, can also trigger behavior.

Misinterpretations of Rover's behavior often make the situations worse. People sometimes think "He's not going not love me" if they stop treating him like a person or catering to his whims. Rover is a dog and he really wants to be treated like a dog. He both wants and needs rules in order to feel safe and comfortable within the family pack.

Want to know more about Rover and how he views the world? Contact us. We can help you understand the Whys of Rover's behavior. Understanding is the first step.

Once you understand and deal with the "why", the "what" often takes care of itself. Everybody can relax and enjoy the relationship. We see it time after time. You know what that means...

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Pet Waste: Dealing with a Real Problem in Suburbia

Pet waste is not the predominant or most toxic pollutant in urban streams, but it is one of many small sources of pollution that can cumulatively have a big impact if left unmanaged. In North Central Texas the estimated dog population is 1.2 million. The average dog produces three to four pounds of waste daily, according to the Food and Drug Administration. That's about 900,000 pounds of dog poop produced every day in North Texas. Add to this figure cats and other smaller pets, and a significant volume of waste is being generated daily.

Pet waste contains bacteria and parasites, as well as organic matter and nutrients, notably nitrogen and phosphorous.

Some of the diseases that can be spread from pet waste are:

- Campylobacteriosis- a bacterial infection that causes diarrhea in humans.
- Salmonellosis- the most common bacterial infection transmitted to humans from animals. Symptoms include fever, muscle aches, headache, vomiting, and diarrhea.
- Toxocarisis- roundworms transmitted from animals to humans. Symptoms include vision loss, rash, fever, or cough.

In addition to these diseases, the organic matter and nutrients contained in pet waste can degrade water quality. When pet waste is washed into a surface water body, the waste decays. This process of breaking down the organic matter in the waste uses up dissolved oxygen and releases ammonia. Low oxygen levels, increased ammonia and warm summer water temperatures can kill fish. Excess phosphorous and nitrogen added to surface waters can lead to cloudy, green water from accelerated algae and weed growth. Decay of this extra organic matter can depress oxygen levels, killing organisms. Objectionable odors can also occur.

Flies and other pest insects can also increase when pet waste is disposed of improperly, becoming a nuisance and adding another vector for disease transmission.

Managing pet waste properly is something that everyone can do to make a difference in their respective watersheds. Truly, proper individual actions result in significant water quality improvement when carried out by the majority. Unlike some forms of stormwater pollutants, pet waste can be easily and economically managed by the individual.

Sometimes, the 'out of sight, out of mind' attitude exists regarding pet waste. Employing this flawed thinking, waste is often disposed of in the street stormwater catch basin. Aside from dumping directly into a water body, this is the single worst place to dispose of waste. In the next rainstorm, the accumulated waste is transported quickly and efficiently to the nearby receiving water course, polluting it.. That said, then, specifically what can be done?

Proper Onsite Disposal

Flush it - Pet waste itself (not the litter or bedding material) can be flushed down the toilet. The water from the toilet goes either to a septic system onsite or a sewage treatment plant that removes most pollutants before the water reaches its outlet. The used litter should be disposed of in a securely closed bag in the trash.

Bury it - You can bury the waste directly in the yard. Dig a hole or trench that is 6 inches deep, away from vegetable gardens, play areas, and away from any lake, stream, or well. Often, the woods is an ideal spot. Microorganisms in the top layer of soil will break down and digest the waste, releasing the nutrients for uptake by adjacent vegetation. Never add the waste as a fertilizer to the garden or to the compost pile. The disease organisms will continue to survive and create a significant health risk.

Trash it - Check local ordinances first. Putting pet waste in the trash is against the law in some communities. Even if legal and easy, it's not the best solution. Waste can contribute to the landfill problems in the state.

Leave it to someone else - Believe it or not, a number of professional pet waste disposal services exist. These businesses will completely remove the waste from your yard and dispose of it themselves, for a fee.

Odinances, signage and education

Many communities have "pooper-scooper" laws that govern pet waste cleanup. Some of these laws specifically require anyone who walks an animal off of their property to carry a bag, shovel, or scooper. Any waste left by the animal must be cleaned up immediately. Call your local health officer to find out more about pet waste regulations.

In recreation areas, trails, and public parks, 'scooper signage' along with plastic bag dispensers and disposal cans should be provided. This idea is especially critical at streamside or lake shore walking trails.

(Continued on page 28)

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A Musical That Gives

Submitted by Dawn Smith

My husband and I often look for ways to teach our kids the importance of getting out of their cushy, sub-urban lifestyles to help others. Christmas is a wonderful time to do that with so many opportunities available for giving. It is even more wonderful when our kids get to use their gifts and talents to help others, even through music.

The Church at Canyon Creek is hosting the production of "Bows of Holly", a kids' Christmas musical about the importance of giving with "no strings attached". Not only will the kids learn fun and meaningful songs, have opportunities to act and dance, but they will learn life lessons of the joy of giving by collecting money for Mercy Center, an orphanage in Thailand. They will also do a food drive for the Hill Country Ministries food pantry.

The musical is open to the community free of charge for children in 1st-5th grade. Rehearsals are on Sunday evenings from 5:30-7:00pm beginning September 14th. The performance is December 7th at 11am free with the donation of a canned food item.

To register or for more information, contact Patty Evans at 331-7340 or patty@churchatcanyoncreek.com.

I'm excited about my kids being part of a musical that not only gives to the needy, but gives my kids a sense of caring for those less fortunate than them.

Pet Waste - (Continued from page 27)

Public education is critical when addressing the pet waste problem. Interestingly, much of the public thinks of problems associated with pet waste as being only nuisance related-odors or aesthetics. An actual example of this is the woman walking her dog in the park who had brought along a brown paper bag to collect the 150 pound mastiff's waste. This she indeed dutifully did, and then proceeded to dispose of the bag by...*tossing it into the lake*!

Brochures, newsletters, signage, local public service announcements, and evening seminars are all ways to get the word out to the public. One very effective way to reach people is to have a flyer enclosed in tax bills or other municipally-generated mailings that go to all property owners.

Conclusion

The problem of pet waste disposal in suburbia is a real one. Research has indicated strongly that water quality is negatively impacted by this pollutant in Texas. However, unlike many other sources of water degradation in the state, improper pet waste management is a dilemma that can be easily corrected through education by organizations and common sense actions by individuals.

Let's all "doo" the right thing and pick up after our pets. Make a difference and go green.



Two Summer Time Tips!

Did you know a sheet of regular, old, Bounce[®] fabric softener repels mosquitoes? Just get a sheet from your laundry room, tie it to your belt loop, and this year's mosquito season is basically over for you without using a nasty-smelling chemical repellent.

And while we're on the topic of laundry products, did you know Coke®is a primo grease remover? The next time you've got grease on your clothes, throw them in the washer, pour in a can of Coke with your regular detergent, and run it through the regular cycle. PRESTO! No more grease!

Why am I sharing these little known facts with you?

First, I thought you'd appreciate knowing simple solutions to annoying problems. You've probably already got these problem-solvers right there in your pantry or laundry ... you just didn't realize all the problems they solved. This brings me to my second reason for writing.

If you're like me, all too often you may have a problem and don't realize the solution is right there under your nose.

For example, you may have seen our trucks in your neighborhood and not realized we were there solving your neighbors' problems ... fixing air conditioners, replacing thermostats and filters, performing pre-season check-ups and the like. When it comes to heating and cooling problems, our guys are the problem-solving experts. But even though you've seen us driving by your house, you've never thought to call **328-2000** when you had your own problem with a furnace or air conditioner.

Now I hope we've changed all that. Just like you now know Coke is a grease-stain remover and Bounce drives away mosquitoes, you also now know to call us at 328-2000 when you're too hot or too cold.

Meanwhile, be looking for our trucks.

We're working in your area,

Will Hawkins

Keeper of Little Known Facts for Austin Air Rescue 512-328-2000

P.S. I promise when we see you, we'll share more tips for making life more enjoyable!



The Green Corner

Austin's GreenChoice Renewable Energy Program

By: Sheri Hicks

Are you looking for one more way to lower your carbon footprint? Look to Austin's GreenChoice Renewable Energy Program? Back in the early days of the GreenChoice program, the lines were long, the sign-up convoluted and the wait to actually use green energy interminable. Those days are gone. Austin Energy has streamlined its GreenChoice Program and signing up is as easy as filling out an online form and clicking the button.

What is the GreenChoice Program?

GreenChoice is Austin Energy's (Austin's municipal electric utility) green energy program in which electricity is derived from clean, renewable sources.

What is different about green energy?

Green or clean energy is energy produced from clean, renewable resources. Traditional power plants use coal and natural gas (fossil fuels) that are non-renewable and also emit toxins, such as mercury, a dangerous heavy metal, into the air and ground water. Those toxins contribute heavily to air, water and land pollution and find their way into our food sources. Fossil fuel power plants are thought to be a large contributor to mercury found in dangerous levels in ocean fish such as tuna. Clean power sources do not have toxic byproducts from energy production. Clean energy is derived from sources that have an infinite supply, such as wind and sun, therefore the price should stabilize and perhaps decrease as generation and transmission technologies are developed and refined rather than increase as we have seen happen to fossil fuels over the past decade.

Where does the green energy come from?

Austin Energy has diversified its clean energy sources by contracting with developers to utilize wind, solar and biogases to power the GreenChoice program, making it available to more Austin residents than ever before. Wind power is provided by giant wind turbines located in West Texas wind farms. According to the Austin Energy website, the wind turbines alone produce enough energy to power 55,000 homes. Biogas is provided by three landfill methane gas collection sites that pipe the natural byproduct of decomposing garbage into a generator and use it for energy. Solar energy is provided from large groups of solar panels placed in several commercial locations around Austin including the Austin-Bergstrom Airport, the Palmer Events Center parking garage and the Habitat Suites.

How much does it cost?

To support advancement of clean power, the costs of the program are slightly higher (today) than standard coal and gas produced electricity. Residential subscribers are charged 1.85 cents per kilowatt hour more than standard produced electricity which amounts to less than \$20

(Continued on page 31)



The Green Corner - (Continued from page 30)

per month. However, those rates are locked in until 2022 whereas standard electricity may increase due to the rising costs of natural gas, a non-renewable resource that Texas relies heavily upon to meet its ever increasing power demands.

Why should I sign up?

The GreenChoice program uses renewable, clean energy sources to produce electricity. Unlike traditional coal and gas fired power plants, wind power, biogas and solar power do not add to air pollution, an issue Austin has been struggling with for several decades now. The more energy produced by clean sources, the less needed from traditional polluting sources. Austin's poor air quality was the reason behind Austin coming under the EPA mandated Emissions Control and Testing which led to emissions testing required during annual automobile inspections. While we are limited in keeping pollution from blowing in from other areas, GreenChoice is just one more way to help curb Austin's air quality issues.

How do I sign up?

Signing up is easy! Simply fill out the sign-up form on the Austin Energy GreenChoice website at www.austinenergy.com. After you sign up, you will receive a postcard (printed on recycled paper) welcoming you to the GreenChoice Program. The GreenChoice charge will replace the standard fuel charge on your energy bill within 60 days. If you sign up and fail to receive the postcard or see the change in energy source charge on your bill, you should contact Austin Energy at 494-9400.



Locks of Love Kickoff

Locks of Love is a not-for-profit organization that provides free hairpieces to children 18 years and younger in the US and Canada suffering from any type of medical hair loss.

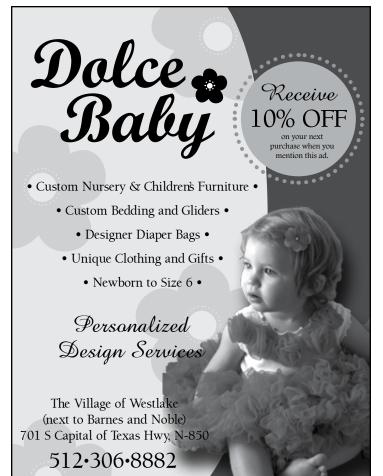
Girls ranging in age from 3 years old to "Moms" have signed up to donate their luxurious locks to kids who cannot grow their own hair. Moms and daughters have joined together to support this great cause. Girls from all over Austin, including Georgetown, Round Rock, South Austin, Steiner Ranch, Grand View Hills, River Place and Leander are participating. Many local Girl Scout Troops (including one entire Troop) and their leaders are also among the participants. Each contributing Girl Scout will earn a Merit Badge.

It's not too late to donate your long tresses to this most deserving group of kids. Hair must be ten inches long at time of cut and can be colored, but not highlighted or permed.

The next event created for these great girls is a fabulous "Girls Night Out". There will be more fun activities in store for the donors until December. Mom and Daughter teams are encouraged to join in on the merriment.all in the name of fun, fun fun!

Local businesses have come together to support and help implement Sandra's idea. For more information, contact Sandra Bennett at 512-372-3500.

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NatureWatch

by Jim and Lynne Weber

Hummingbird Highways

One of the most abundant jewels in Texas, the black-chinned hummingbird may be small, but its' fall migration is a feat of gigantic proportions!

Measuring a mere three and one-half inches long with a three and three-quarter-inch wing span, this hummingbird weighs only three to three and one-half grams, which is about equivalent to the weight of a dime plus a dollar bill. The male is dull metallic green above, gray below, black on the chin and upper throat, with an iridescent violet lower throat known as a gorget (pronounced gore-jet). The female lacks the characteristic coloring on the chin, upper throat, and lower throat.

Like all hummingbirds, nectar serves as its main food source, fueling the tiny bird's extreme metabolism. These hummingbirds feed on several species of plants, most notably native penstemons, agaves, salvias, sages, and honeysuckles. While artificial feeders supplement their diet, they also prey on insects and spiders, particularly during nesting season, which gives them the dietary fat and protein necessary to breed.

The black-chinned hummingbird's unique skeletal structure allows them to fly forwards, backwards, sideways, and even on their backs! This requires a wingbeat frequency of about 50 beats per second, and massive muscles that make up a third of their tiny body weight. While the males perform an elaborate flight display during courtship, no pair bond is formed between the males and females. Females build the tiny nest (out of spider webs, mosses, and various plant fibers), incubate the eggs, and raise the young, while the males are feeding and off chasing other females. This is unusual among birds as a whole, since this class of animals exhibits the greatest amount of monogamy among vertebrates (animals with a backbone or spinal column). While most biologists believe that the shortening length of daylight

while most biologists believe that the shorter hours triggers fall migration, the black-chinned hummingbird begins its long journey south from Texas in September, to spend the winter in western Mexico. The number of birds migrating south may be twice that of the northward trip in the spring, since it includes all immature birds that hatched during the summer, as well as surviving adults.

(Continued on page 33)



Nature Watch - (Continued from page 32)

Amazingly, for a newly hatched hummingbird, there is no memory of past migrations, only an urge to put on a lot of weight, fly in a particular direction for a certain amount of time and hundreds of miles, and look for a good place to over-winter. Once it learns such a route, a bird may retrace it every year as long as it lives! There is evidence that fall and spring migration routes differ, with the hummingbirds following the Texas coast back into Mexico in the fall and crossing non-stop over the Gulf of Mexico on their way north in the spring. Perhaps the hurricane season is a factor, and these birds have developed an innate sense to avoid the Gulf during its most precarious weather season.

The timing of the fall hummingbird migration occurs when their natural food is most abundant. However, you can enjoy this amazing spectacle up-close by keeping your feeders full of clear, fresh sugar water through at least the end October, and enjoying the company of these enchanting little gems as they make a rest stop in your yard!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them.

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The Star - September 2008 33



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34 The Star - September 2008

What Everyone Needs to Know About Flip-Flops

Throwing on a pair of flip-flops is an integral part of summer for many people in Austin. Flip-flops may be throwing off your stride and causing pain in your legs and feet. Wearing flip-flops can not only cause dysfunctional changes and pain in your foot, these changes can resonate all the way up to your head, neck and jaw causing headaches and neck pain; reported in an article published in the June 2008 USA Today by the American College of Sports Medicine.

Researchers at Auburn University in Alabama recruited 39 collegeage men and women, and measured how the participants walked on a special platform wearing thong flip-flops. On another day, the same participants walked across the platform wearing their own athletic shoes.

When the participants wore flip-flops, they took shorter strides and their heels hit the ground with less vertical force. When walking in flipflops, they apparently alter their gait, which explains why lower leg and foot problems can occur in people who wear such shoes frequently.

Let me explain how this happens. Your toes try to grip into bottom of the flip-flop to hold them on your feet. Look at your toes in flip-flops. The distal part of your toe is trying to flex down (planter flex) to hold the flip-flop on, while the other part of your toe (middle) is trying to bridge up (dorsi flex). This is the opposite of what your toes should be doing at that time. This improper toe action shortens natural stride, prevents the natural "locking" of your foot and forces your hip and leg musculature to work harder, forcing some muscles to shut down. Due to this unnatural gait, wearing flip-flops over time will increase chances of bunion formation and hammer toes. Practicing in Boston, MA, where 7 months out of the year people don't usually wear flipflops, I have to say that I did not see as many patients that presented to my clinic with these problems than I do here practicing in Austin, TX.

Wearing flip-flips around the house, in the backyard, on the beach, and around the pool is fine, but running errands where you are on your feet for long periods of time should be avoided with flip-flops, especially if there is physical activity involved. This is extremely important in kids where they are still developing and establishing their gait patterns.

Going barefoot is a good idea where possible (ie. in the home, backyard). Walking barefoot strengthens foot muscles and increases proprioception. This stabilizes the foot

and increases strength in the ankle, knees, and hips. Thus, this improves balance and coordination. So walking barefoot could be an easy way to contribute to your overall health.



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A Prosperous Retirement - Five Strategies You Can Use Now

Submitted by Rich Keith

How do you envision retirement? While each of us answers that question differently, everyone can use these five strategies to help ensure a prosperous retirement.

Think of social security as a supplement

Social Security currently pays the average retiree only about 40% of preretirement earnings; yet financial experts estimate that most people will require about 70% of their current annual income to maintain their lifestyle. In addition, Social Security benefits may be reduced as baby boomers retire, leaving fewer workers to pay taxes. The Social Security Administration (SSA) mails annual statements which provide an estimate of your monthly benefit, depending on your age when you retire. You may begin collecting reduced benefits at age 62, and your full-benefit retirement age depends on your birth year. Visit www.ssa.gov for detailed eligibility information.

Don't pay the price of procrastination

As you plan for retirement, time can be your best friend or your worst enemy. Procrastination can be expensive. The longer you wait to begin saving for retirement, the more you'll have to save each month to build an adequate nest egg. Also keep in mind that inflation nibbles constantly at your nest egg. Even modest inflation means that each dollar you save today will be worth less in the future. A 3% annual rate of inflation reduces the buying power of \$1,000 to just \$544 over a 20-year period.

Invest in a retirement plan

A tax-deferred retirement plan offers potential for faster earnings growth, as well as other advantages, including:

- Pretax savings: Since contributions are deducted from your salary before taxes are taken out, you pay less federal tax on the money you're investing.
- Tax-deferred compounding: Your money grows faster because you pay no current tax on your investment earnings. And the growth may compound tax-deferred until you withdraw them as retirement income. Other plans allow you to save after-tax money, and your savings will not be taxed by the IRS at retirement.
- Your contributions are yours to keep. You can roll over the money you've saved in a retirement plan into another company's plan or into your own IRA if you change jobs.

Consider dollar-cost averaging

Commit to investing a fixed amount of money at a regular interval. The advantages are: You make the most of market highs and lows because you automatically buy more shares when prices are low and

(Continued on page 37)



Nature Watch - (Continued from page 36)

fewer when prices are high; your average cost per share over a period of time may be less than the average price per share; and you are less tempted to make decisions based on short-term market fluctuations or emotions.

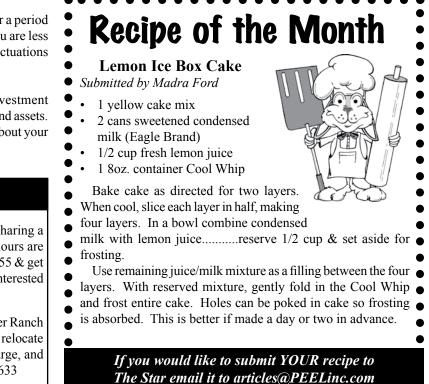
Educate yourself and talk to a financial professional

The key to a prosperous retirement is a practical investment strategy, and vigorous protection for your family's income and assets. Partner with a financial professional and become educated about your "retirement environment."

Personal Classifieds

CAR POOL TO DOWNTOWN: Currently two of us sharing a ride to downtown (8th & San Jacinto Blvd.). Our work hours are 7:30- 4PM. We generally leave Steiner between 6:45 & 6:55 & get back home 4:45 PM. We each drive one week at a time. If interested call Doug: 512-417-0014 or Marco: 512-466-8414,

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| | As of Au | g 7, 2008 | 6-Months Feb 1, 2008 - Jul 31, 2008 | | |
|---------------------------|-------------|-------------|-------------------------------------|--------------|--------------|
| | # For Sale, | # Pending, | # Sold, | # Withdrawn, | # Expired, |
| Price Range | Avg \$/sf, | Avg \$/sf, | Avg \$/sf, | Avg \$/sf, | Avg \$/sf, |
| | Avg DOM | Avg DOM | Avg DOM | Avg DOM | Avg DOM |
| \$200,000 - \$300,000 | 24/\$117/78 | 6/\$114/66 | 33/\$118/74 | 18/\$122/86 | 5/\$117/157 |
| \$300,001 - \$400,000 | 59/\$121/83 | 8/\$126/44 | 53/\$116/84 | 23/\$116/94 | 15/\$123/152 |
| \$400,001 - \$500,000 | 22/\$133/98 | 5/\$150/65 | 24/\$135/95 | 16/\$143/83 | 3/\$144/150 |
| \$500,001 - \$600,000 | 23/\$150/78 | 7/\$143/105 | 13/\$140/110 | 13/\$155/95 | 6/\$138/184 |
| \$600,001 - \$700,000 | 23/\$168/80 | 1/\$156/35 | 15/\$163/77 | 8/\$181/189 | 4/\$160/210 |
| \$700,001 - \$800,000 | 7/\$180/106 | 1/\$162/53 | 11/\$162/95 | 6/\$210/80 | 5/\$177/184 |
| \$800,001 - \$900,000 | 5/\$181/120 | 1/\$179/61 | 3/\$175/155 | 2/\$170/191 | 0 |
| \$900,001 - \$1,000,000 | 3/\$209/75 | 0 | 0 | 0 | 5/\$199/187 |
| \$1,000,001 - \$1,500,000 | 6/\$234/187 | 1/\$220/532 | 0 | 0 | 0 |
| \$1,500,001 - \$2,000,000 | 0 | 0 | 1/\$316/275 | 0 | 0 |
| \$2,000,001 - \$3,000,000 | 1/\$366/22 | 0 | 0 | 0 | 0 |
| \$3,000,001 - \$4,000,000 | 2/\$462/303 | 0 | 0 | 0 | 2/\$485/167 |



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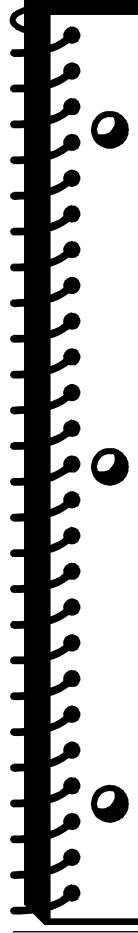
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2008-2009 DISTRICT CALENDAR

Important Dates

| First Day of SchoolAug. 25 |
|------------------------------------|
| Last Day, First Semester Jan. 16 |
| First Day, Second Semester Jan. 20 |
| Last Student Day June 5 |

Major Holidays and Events

| Labor Day | Sept. 1 |
|-------------------------|---------------|
| Rosh Hashanah | Sept. 30 |
| Yom Kippur | Oct. 9 |
| Columbus Day | Oct. 13 |
| Veterans Day | Nov. 11 |
| Thanksgiving Day | Nov. 27 |
| Hanukkah | Dec. 22 |
| Christmas Day | Dec. 25 |
| MLK Day | Jan. 19 |
| Spring Break | March 16 - 20 |
| Good Friday | April 10 |
| Bad Weather Makeup Date | April 13 |
| Bad Weather Makeup Date | May 25 |
| Memorial Day | May 25 |
| | |

Proposed TAKS Dates

| Exit-level TAKS |
|--------------------|
| TAKS All Levels |
| TAKS Grades 5 & 8 |
| TAKS All Levels |
| High School Window |
| TAKS Retest |
| |

Calendar Key

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|-------------------------|---|--|
| Student/Teacher Holiday | | |

- Bad Weather Makeup Day
- Id First or Last Days Semesters
- Proposed TAKS Testing Dates

August 2008

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September 2008

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November 2008

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aa Bb Cx Dd Ee Ff Bg Hh li Jj Kk Ll Mm Nn Oo Pp 2q

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Color the drawing below and mail the finished artwork to us at 311 Ranch Road 620 S Ste. 200, Lakeway, TX 78734 We will select the top few and post their artwork online at www.PEELinc.com. DUE: September 30th

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

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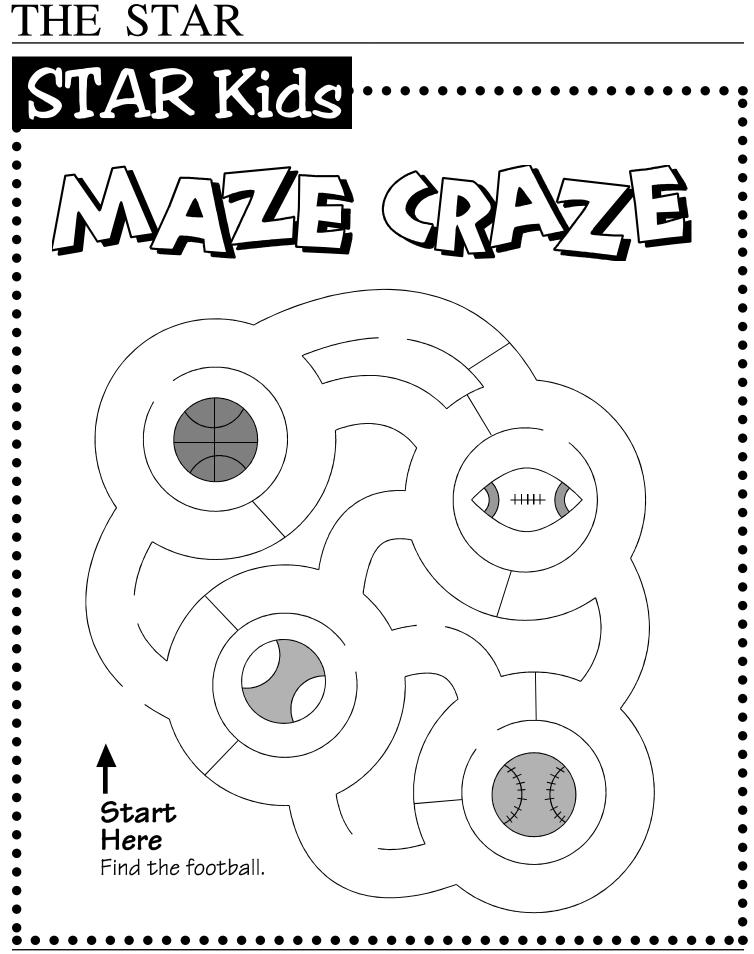
I

Age: Email Address:

(first name, last initial)

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





CONTEST

Sheriff's Office Sponsors SAVE Coloring/Poster Contest

Submitted by James Kitches

The Travis County Sheriff's Office is announcing a Student's Against Violence Everywhere Coloring/Poster Contest, in partnership with the Austin American-Statesman, that will address bullying and conflict resolution with school-aged children in Travis County.

The poster design and coloring contest is for Travis County students in kindergarten through high school and is designed to teach area students on how to recognize and prevent bullying in their schools and communities. The deadline to submit an entry is Oct. 10, 2008.

Elementary students have the opportunity to color "Mr. Cool" and middle and high school students will design a poster based on the SAVE pledge which reads:

I pledge to:

Work to make our school free from violence, drugs, and weapons Avoid violence at school and in my community work out problems peacefully help others work out problems peacefully

The Sheriff's Office has been a part of a national 501(c)3 non-profit organization called SAVE (Students Against Violence Everywhere), which teaches young people on issues of conflict resolution, community service and crime prevention.

To get more information on the contest and to download "Mr. Cool" go to: www.tcsheriff.org/outreach/save.html.

The contacts for this event are Kelly Page, (512) 854-4392, or Carrie Fortner, (512) 854-6615.

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Teenage Job Seekers

| | 0 | | | | | |
|----------------------|-----|------|---------|----------|----------|----------|
| | | Baby | Pet | House | Yard | |
| Name | Age | Sit | Sit | Sit | Work | Phone |
| Arondini, Megan*+ | 13 | • | • • • • | | | 266-6265 |
| Broussard, Bianca | 12 | • | • • • • | • | | 535-0245 |
| Cardenas, Emily Rose | 17 | • | | | | 266-2234 |
| Cooley, Austin | 10 | | • | | • | 577-7492 |
| Cooley, Max | 9 | | • | | • | 577-7492 |
| Cook-Saunders, Abby+ | 13 | • | | | | 266-4655 |
| Davis, Taylor | | | | | | |
| Erm, Emily | 13 | • | • | • | | 266-3285 |
| Erm, Forest*+ | 17 | | • | • | • | 266-3285 |
| Fisher, Briana | 13 | • | | | | 266-7566 |
| Harvey, Jacob | 10 | | • | | | 266-3825 |
| Hughes, Christina | 15 | • | • | • | | 300-5005 |
| LoCascio, Abby*+ | 11 | • | • | | (214) | 783-9531 |
| LoCascio, Andrew | 14 | • | • | | . •(214) | 783-9531 |
| Lovelace, Mark | 17 | • | • | • | . •(972) | 489-2633 |
| Martinez, Andi | 14 | • | • | • | | 266-2601 |
| Martinez, Ariel | 16 | • | • | • | | 266-2601 |
| Siroin, John+ | 13 | • | • | | • | 465-2099 |
| Taher, Ashleigh | 13 | • | • | | | 266-4537 |
| Vanderloop, Brittany | 13 | • | | | | 266-9906 |
| Wallace, Erin | 14 | • | • | • | | 266-0789 |
| Wisenbaker, Emily*+ | 14 | • | • | • | | 698-4941 |
| Woeste, Michael | 15 | • | • • • • | • | | 484-2812 |
| Youngren, Lukas | | | | | | |
| Youngren, Paige | 12 | • | • • • • | | | 663-5983 |
| *-CPR Traini | ng | | +-Fir | st Aid T | raining | |
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Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Steiner Ranch teenagers seeking work. Submit your name and information to <u>thestar@PEELinc.com</u> by the 9th of the month!



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