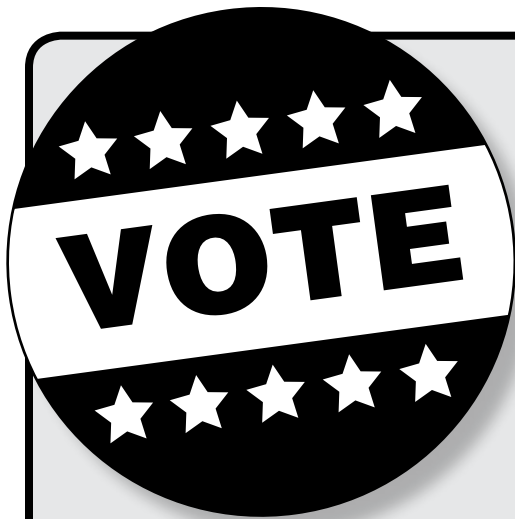


THE STAR

VOLUME 2 ISSUE 10

OCTOBER 2008



CERTIFIED TO VOTE: The Deadline Countdown Begins!

If you are not registered to vote or not registered at the correct residence address, its time to get signed up. Monday, October 6 is the deadline to register for voting in the November 4 Presidential Election. If you have an orange voter certificate with correct residence address, you are registered to vote.

Within the next 30 days, the demand will increase for voter registration information and service as tens of thousands of applications and record changes hit the voter registrars office. "If you have moved, you must register to vote at your current residence address", said Nelda Wells Spears. Voters can pick up a voter registration application in their neighborhood tax office at one of these locations:

- East Austin - 4705 Heflin Lane at Springdale and MLK Blvd (drive through service)
- Oak Hill Office 8656 Highway 71 W (turn right at Covered Bridge light) Building B, second floor
- Pflugerville Office 15822 Foothill Farms Loop (drive through service)

- Southeast Office 4011 McKinney Falls Parkway (drive through service)

In addition, many grocery stores, post offices, libraries, schools, places of worship and apartment offices provide applications. Find them online at <http://www.co.travis.tx.us> and at (512) 854-9473.

Voters who do not register by Monday, October 6 will not be eligible to vote in November. An application postmarked on or before the deadline will be considered timely for the Presidential election upon receipt. Travis County voters who do not update their residence address by October 6 and who choose to vote on election day (rather than early voting) will be guided to their previous neighborhood to cast a ballot.

The main office at 5501 Airport Blvd. will be open until midnight on the October 6 deadline!

Call (512) 854-9473 for assistance.

Everyone Counts in Travis County! Register and Vote!



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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
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NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181
Article Submissions	thestar@peelinc.com
Advertising	advertising@peelinc.com

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 advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following issue.

2008 Events in Steiner

- Oct 3rd - Tennis Social
- Oct 4th - Bike and Hike
- Oct 7th - Facility Committee Meeting
- Oct 11th - Trails Committee Meeting
- Oct 14th - Social Committee Meeting
- Oct 16th - ABC's of Making Money for Teens
- Oct 17th Scrapingbooking Marathon
- Oct 18th - New Trail Introduction
- Oct 21st - Women's Health Workshop
- Oct 28th - SRMA BOD Meeting
- Oct 30th - SRROA BOD Meeting
- Oct 31st – Children's Halloween Event
- Nov 1st – Camping on the Ranch
- Nov 8th - Holiday Sales Event
- Nov 28th – Holiday Wine Social
- Dec 6th – Pictures with Santa

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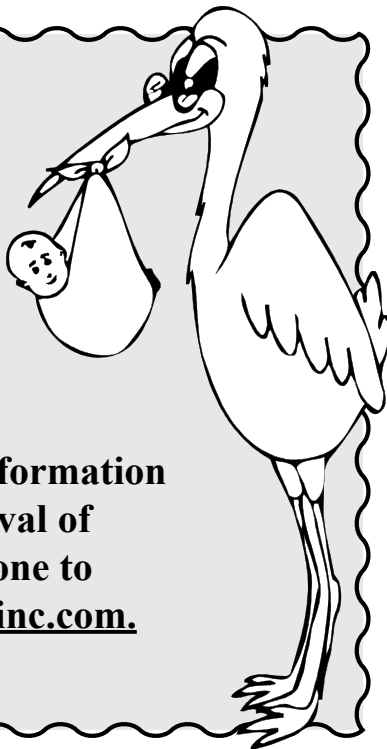


Travis County Sheriff's Crime Prevention Reminder

Burglaries of Vehicles- Most Burglary of vehicles occur between the hours of midnight and 4:00am. You can help prevent this crime by locking your vehicles and removing your personal items from your vehicle. Suspects often use a flashlight to look in your vehicle before committing the crime. If they don't find what they are looking for they will most likely move on. Always report suspicious activity to your local Law Enforcement Agency by dialing 911 or our non-emergency number 512-974-0845.

Illegal Dumping- Illegal dumping in Travis County continues to be a major concern for our department. Please contact our dispatch to report illegal dumping. Do not dig through someone else's trash, you have no way of knowing what contaminants are in the dumping area or in the trash itself. Try to obtain license plates of vehicles seen in the dumping areas and report the activity immediately.

Stork Report in Steiner



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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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THE STAR

October Events at the Wildflower Center

Fall Plant Sale & Gardening Festival - Members Preview 1 to 7 p.m. Friday, October 17; Public Sale 9 a.m. to 5:30 p.m. Saturday and Sunday, October 18 and 19

Select from the best assortment of native plants, shrubs and trees. Heritage trees from the Lyndon B. Johnson National Historic Park. Bring a wagon. Plant list at www.wildflower.org. Book signings in the store and author Roy Morey lectures on Little Big Bend at 11 a.m. Friday.

Goblins in the Garden - 4 to 7 p.m. Sunday, October 26

Spooky fun in our haunted gardens. Enjoy the not so scary Scarecrow Exhibit and the Punkin' Patch. Free treats in the store for all children under 12 and drawing for prizes. Admission, \$7 adults, \$6 seniors and students, \$3 children 5 through 12, members and children under 5 free.

Nature Nights - Spiders - 6 to 9 p.m. Friday, October 10

Family fun with "Spider Joe" Lapp, and Dave Moellendorf of the Austin Arachnological Services and some of their friends. \$1 admission.

Art by Linda Calvert Jacobson - Sat, Oct. 18, - Sun, Dec. 14

Paintings by one of Central Texas' most exciting artists. At the McDermott Learning Center. Meet the artist from noon to 2 p.m. October 18.,

The Steiner Ranch Elementary State Fair and Silent Auction

Submitted by Krista Gonzales

The Steiner Ranch Elementary State Fair and Silent Auction is an annual event that is sponsored by the SRE PTA in order to build community amongst our families and to support the educational needs of SRE so that our teachers can provide creative, enriching learning opportunities for every student.

The Silent Auction/Family night is just around the corner, Friday, October 3rd, 5:00-7:30. In the past, we have been able to buy computers, p.e. equipment, books and playground sunshades with the proceeds from this event. The funds we raise go directly to the students and teachers.

We are requesting donations from the community. Do you have a business or service that you would like to introduce to the community? This is an incredible opportunity to advertise your business or service to hundreds of families. Please help us continue this tradition of excellence! Consider a donation to our silent auction today.

To help or for questions, contact Brenda Becker, 775-4304/Brenda@Beckerworld.net, or Krista Gonzales, 266-2061/seeyaattheranch@yahoo.com.



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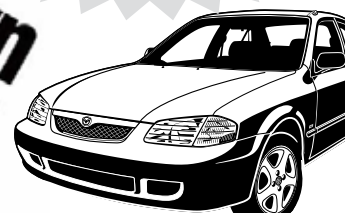
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Do you know a neighbor who takes excellent care of their property or a neighbor who has added something new to their yard?

- 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.



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Kai Lamb,
Managing Director

SCHOOL BUS SAFETY

Please be aware of children walking and biking to and from school. Of course, we want all children to be safe and school buses are relatively safe. However, accidents and injuries involving school buses do happen. More often than not these injuries happen when children are entering or exiting the bus. Here are some safety tips for school bus riders.

- Have a safe place to wait for the bus, away from traffic and the street.
- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- Hold onto the handrails when entering or exiting the bus.
- Once on the bus, take your seat and remain seated face forward.
- Talk quietly so that you don't distract the driver.
- Never throw things on the bus and keep your hands to yourself.
- When you exit the bus, take ten giant steps



away from the bus. When you are closer than 10 feet from the bus, the driver might not see you. This is known as the DANGER ZONE.

- If you forget something on the bus, do not return to the bus to get it. The driver might not see you.
- Be aware of the street traffic around you.
- If you need to cross the street, cross in front of the bus never behind the bus.

Motorists should follow safety rules around school buses. Yellow flashing lights indicate that the bus is preparing to stop. Motorists should slow down and be prepared to stop. Red flashing lights indicate that the bus has stopped and that children are getting on or off. Motorists must stop their cars and wait until the red flashing lights are turned off. Here are a few more traffic safety tips for motorists.

- When backing out of the driveway or garage, watch out for children.
- When driving through neighborhoods and especially in school zones, watch out for children. Children don't always pay attention to traffic and don't always know that motorists have trouble seeing them.
- Slow down. Watch out for children walking or playing in the street.
- Be alert and ready to stop. Children sometimes dart into the street.

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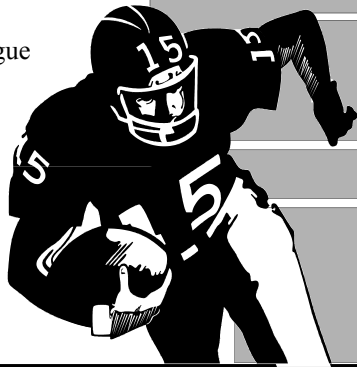
STEINER RANCH FANTASY FOOTBALL LEAGUE

www.steinerranchfantasyfootball.com

The Steiner Ranch Fantasy Football League (SRFFL) has successfully formed as a twelve team league. Visit the league website for updates.

For questions about the league please contact Kelly Peel at kelly@peelinc.com.

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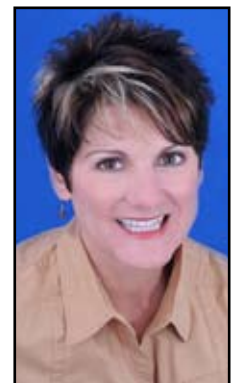


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THE STAR

Steiner Ranch Resident Filmmaker, Eric Bricker, Film to Screen In the Austin Film Festival - October 16th and October 19th

Steiner Ranch resident Eric Bricker's film "Visual Acoustics: The Modernism of Julius Shulman" will screen in this year's Austin Film Festival. The dates of the screenings are October 16th and October 19th with the times yet to be determined.

The film is about 97 year old architectural photographer Julius Shulman. The film was narrated by Dustin Hoffman. Below is film critic Kirk Honeycutt's review from "The Hollywood Reporter:

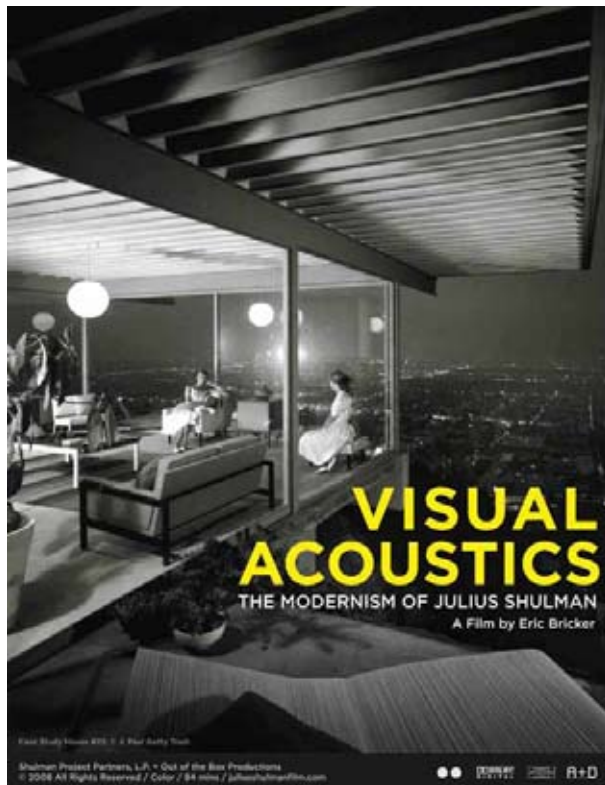
Film Review: Visual Acoustics: The Modernism of Julius Shulman

Bottom Line: Doc about architecture photographer Julius Shulman presents a lively, humanistic portrait of a man and his times.

By Kirk Honeycutt

Los Angeles Film Festival

There are two audiences for Eric Bricker's "Visual Acoustics: The Modernism of Julius Shulman." The first is people with an abiding interest in architecture, photography, art, design and historical Southern California. The other is anyone who wants to see a really terrific, intensely focused documentary on a fascinating personality. The film premiered at the Los Angeles Film Festival with its 97-year-old subject, architectural photographer Julius Shulman, in the audience. Just as he does in the film, Shulman answered audience questions with a keen artistic insight and joyful spirit that belies his age.



His photos introduced the world to Modernist architects working in the West, figures such as Richard Neutra, Rudolf Schindler and Frank Lloyd Wright. In interviews with key figures, many in-depth discussions with Shulman himself and the display of so many photos from an archive of over 8,000 projects dating back to 1927 when he began with a Brownie box camera, Bricker shows just how much Shulman's photography meant to the Modernist movement.

Shulman jokes that the architect does all the heavy lifting of designing and erecting a building while he comes along to snap photos. In reality, his eye for a designed space is unparalleled in the world of architectural photography. As a consequence, his photos brought the movement to a much wider audience.

Consider his most famous photograph: Pierre Koenig's Case Study #22 house (1960) located in the Hollywood Hills. In the black-and-white photo, two women chat inside a glass enclosed wing of the house that seems to hang dangerously over the sparking nighttime cityscape of the Los Angeles basin. While the house has been featured in countless commercials, TV shows and movies since, that single photo gave the structure its worldwide fame.

The film's focus is rigorously on Shulman's professional life. While his daughter is among the interviewees, there is virtually no mention of his private life. He is seen engaged with his current photography partner, cataloging his archive, meeting renowned architects and making personal appearances to discuss his philosophy and technique of taking photographs. We learn of his relentless activism regarding the environment and his "retirement" in violent reaction to the Post-modern movement. (Post-modernism is to architecture what female impersonation is to femininity, he asserts.)

(Cont. on Page 10)

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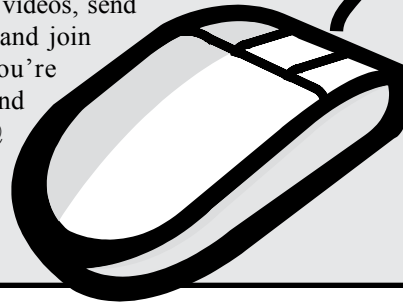


Introducing "Steiner Social": Steiner Ranch's Newest Social Networking Website

Submitted by Peter Lubell

A new website has been created for the residents of Steiner Ranch called Steiner Social. This free social networking website offers Steiner Ranch residents a new way to meet, network and socialize with your neighbors. Have a garage sale or block party you'd like to promote? Looking for people to join your poker game? Need one more person for a golf foursome? Want to put together a wine tasting, basketball game or book club? Want to just meet more people from Steiner Ranch? You can do it on Steiner Social!

Steiner Social allows you to create your own profile page, invite your friends and neighbors, share pictures and videos, send messages to your friends, post events, create and join interest groups and share local news. If you're interested in joining Steiner Social, please send an email request to Peter Lubell at palubell@sbcglobal.net. You will then receive an email invitation with the proper link to sign up. This site is for Steiner Ranch residents only.

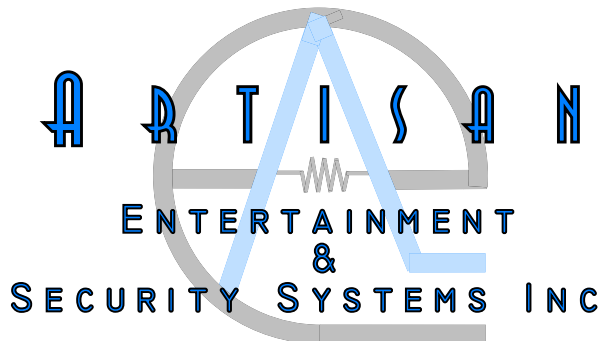


SR Filmmaker - (Continued from Page 8)

He makes a bold statement: The camera is the least important thing in photography. Then when you think about it, you realize how absolutely true that is.

Along with a percussive music score and intelligent editing that nicely mixes Shulman's startling photographs with the superbly cinematography by Aiken Weiss and none other than Dante Spinotti, "Visual Acoustics" pays eloquent tribute to one of architecture's most passionate and determined advocates.

Production companies: Shulman Project Partners. Director: Eric Bricker. Writers: Eric Bricker, Phil Ethington, Jessica Hundley, Lisa Hughes. Narration: Dustin Hoffman. Producers: Eric Bricker Babette Zilch. Executive producers: Lisa Hughes, Michelle Oliver. Director of photography: Aiken Weiss, Dante Spinotti. Music: Charlie Campagna. Editor: Charlton McMillan. Not rated, 84 minutes.



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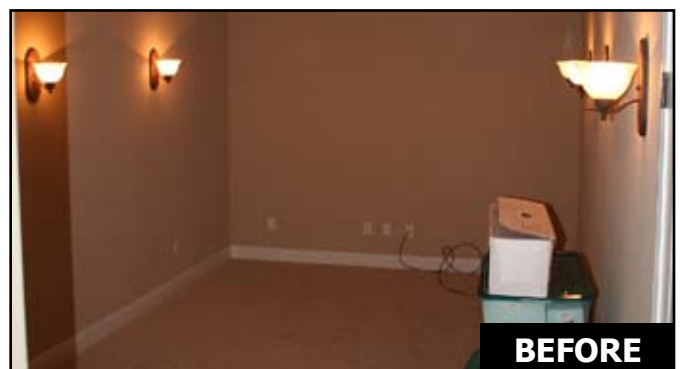
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Pack 203

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!

Contact Kim Skelton for more information
nelson2930@austin.rr.com



Monterone at Steiner Ranch Has New Yoga Instructor

Submitted by Nancy Peters

We at Monterone finally have a new yoga instructor 3 times a week. Mondays and Wednesdays at 10:00 AM and Thursdays at 5:00. Water aerobics on Tuesdays at 11:00 and 2:00 PM. I was there the first time and the teacher was great! More information about times, etc call 512-266-2775.

Committed to Professionalism, Partnership & Community

The Travis County Sheriff's Office is inviting residents and business owners of Travis County to provide additional perspectives on how their area can be better served by local law enforcement. Please visit ... <http://www.tssheriff.org/citizensurvey.html> ... and click on your area of the map to automatically direct you to the survey for your area. We strive for the highest performance standards, and all information will be used to evaluate the quality and effectiveness of our services.



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THE STAR

Cedar Park Swimming

Submitted by Rob Alspaugh

Cedar Park Swimming would like to review the 2008 Long Course season and celebrate what we have accomplished. We started the championship portion of our season with the epic STAGS meet in San Antonio with thirteen of our swimmers making it into finals, 98% who swam faster in finals than they did in prelims. The highlight of STAGS was Josh Artmann winning both the 100 and 50 backstrokes.

TAGS, arguably the fastest age group meet in the nation, saw six of our swimmers break into the top 8. They are as follows: Brent Aarons 4th 200 free registering a top 16 time, 4th 800 free, 6th 400 free, Josh Artmann 4th 50 back, Amanda Wu 6th 50 Breast, and our 8th place 11-12 year old Girls 200 freestyle relay of Sheena Wang, Amanda Wu, Amanda Alspaugh, and Abby Artmann. Congratulations to all our TAGS swimmers.

Also of note, 37 Long Course records were broken this summer, a real reflection of the hard work and dedication to the Long Course season. The record breakers are as follows: Jay Lenner, Travis Beall, Sheena Wang, Amanda Wu, Cody Sims, Kelli McGhee, Mackenzie Alspaugh, Brent Aarons, Megan Ziemann, and Tom Gerken

We would like to also welcome back our coaching Staff: Coach John, who is entering his 25th year of coaching swimming and 7th here at Cedar Park. Coach Chantal coaching the Green and Pre-

Senior teams, Coach Kay returning from summer league to coach the Black team, and Coach Carlee who will be moving downtown to be closer to her school and will sub for us time to time. We have a great coaching staff dedicated to our swimmers and their dreams.

As we enter the 2008-09 Short Course season we come in energized and inspired by what we have seen at the Olympics, but after seeing so much what do we emulate? It is important to restate the obvious. These are athletes who have physical abilities and technique, which were honed from years and years of focused training. As age groupers they did not look or swim as they did in the Olympics. It is clear though, what they did do as age groupers, and what was clearly displayed at the Olympics, was their attention to the smallest of details: tight consistent streamlines, leg driven strokes, great starts, crisp turns, and practiced finishes. It is in these small details and the dedication to perfecting these skills on a daily basis will we will find success.

As I enter my 25th year of coaching swimming and 7th here at Cedar Park, I can't help but be thankful and in awe of how hard this group is willing to work to achieve their goals and the betterment of this team.



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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? Here we return to Charles Schreiner (1838-1927) who served both as a Ranger and in the Confederacy. Schreiner returned to his ranch and family on Turtle Creek in 1865 to face poverty and hardships for the next two years. In 1869 he moved to Kerrville and went into the general merchandising business. The business prospered as the town developed. Besides diversifying his interests over the years, Schreiner also served as both county and district clerk, and from 1868 to 1898 he served as county treasurer. The continued Indian menace caused a home guard unit to be organized in 1875, and Schreiner was elected captain, a title he carried the rest of his life.

The Charles Schreiner Company, of which Captain Schreiner was founder and president, extended its activities to include banking, ranching, and marketing wool and mohair; it was the first concern in America to value mohair, and Kerrville soon became known as the "Mohair Center of the World." By 1900 the Charles Schreiner Company owned more than 600,000 acres of land extending continuously from Kerrville to Menard. The YO Ranch, purchased in 1880, became headquarters for the Schreiner Cattle Company, and the Live Oak Ranch, now forming portions of the YO, was headquarters

for the sheep operations. The sales of the general merchandise store alone reached \$600,000 in 1919 and \$1,000,000 in 1945; it remained one of the largest country stores in the Southwest.

Schreiner's banking business, which he conducted in the store, became so large, that in 1893 he separated the bank from the store and established the Charles Schreiner Bank. He required cattlemen who the borrowed money from the bank to use part of the loan for sheep raising. Schreiner's philanthropic contributions exceeded a million dollars, the largest gifts going to establish Schreiner Institute (now Schreiner College). At the time of his death on February 9, 1927, Schreiner held many positions in banking and railroad companies in addition to his Kerrville enterprises.

This is a great success story, but many Texas Rangers were not so lucky. In the beginning, it was a very tough, brutal existence out there on the border lands. In 1838 Texas President Mirabeau Lamar persuaded Congress to allow him to recruit eight companies of mounted volunteers and maintain a company of fifty-six rangers locally, and then to provide for five similar companies in Central and South Texas. Over the next three years the rangers waged all-out war against the Apaches and Cherokees, among other tribes, successfully participating in numerous pitched battles.

(Continued on Page 15)

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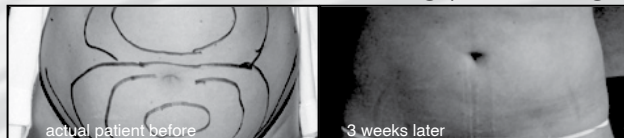
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Steiner Ranch History - (Continued from Page 14)

Sam Houston, upon being reelected to the presidency in December 1841, realized that ranger companies were the least expensive and the most efficient way to protect the frontier. As a result, 150 rangers under Capt. John Coffee "Jack" Hays figured prominently in helping repel the Mexican invasions of 1842 and in successfully protecting Texans against Indian attacks over the next three years. Hays initiated ranger traditions and esprit de corps by recruiting and training a tough contingent of men skilled in frontier warfare. Out of his command arose such famous ranger captains as Ben and Henry McCulloch, Samuel H. Walker, W. A. A. "Big Foot" Wallace, and Robert Addison "Ad" Gillespie. For more information contact Rich Keith at 266-8498.

BIBLIOGRAPHY: Neal Barrett, Jr., *Long Days and Short Nights: A Century of Texas Ranching on the YO, 1880-1980.* Bob Bennett, Kerr County, Texas, 1856-1956 (Hill Country Preservation Society, 1975). J. Evetts Haley, Charles Schreiner, *General Merchandise* (Austin: Texas State Historical Association). Gene Hollon, "Captain Charles Schreiner, the Father of the Hill Country," *Southwestern Historical Quarterly* 48 (October 1944). Edward M. Wentworth, *America's Sheep Trails*.

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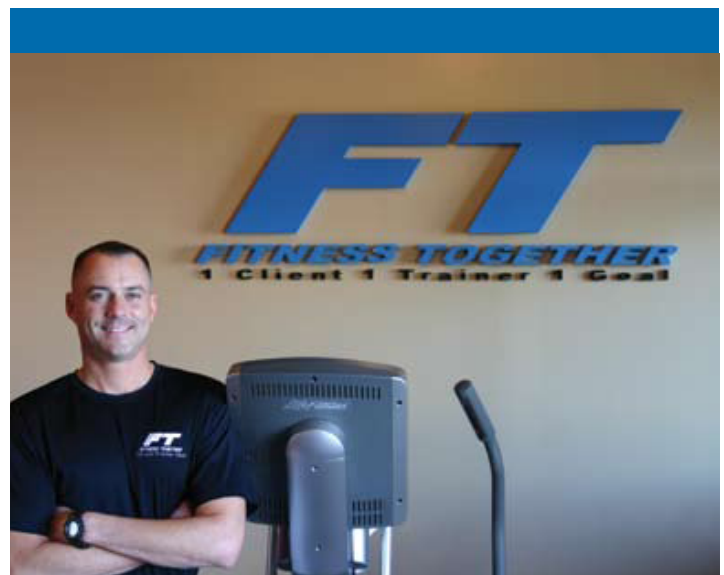
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Halloween safety tips

Some tips for the little ghouls and goblins for a fun night:

1. Always look both ways when crossing the street!
2. Carry a flashlight and walk with a group of friends/family.
3. Have an adult check all candy/goodies before eating anything.
4. Only go up to homes with their front porch light on.
5. Report any suspicious activity to an adult.

Follow these simple tips, along with your parents/guardians rules, and you'll be sure to have a great time on this frightful night!



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Questions/concerns? Please check our website www.lifeformanish.com. The Blood and Tissue Center of Central Texas appreciates your donations. Please call Laurence Gantala, your neighbor at SR, and RSVP if you plan to join this bone marrow drive on 09/27 - (512) 964-4597.

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NatureWatch

by Jim and Lynne Weber

Fabulous Fall Grasses - The hill country of central Texas is home to many species of fall-blooming native grasses. These "warm season grasses", called such as their growth period occurs during our hottest weather and their dormancy period occurs in winter, provide extremely valuable habitat for ground-nesting birds as well as many mammals. They can be very deep-rooted, making for a long-lasting, stress-tolerant, low maintenance plant.

The root biomass of native warm season grasses far exceeds that of the introduced, non-native turf grasses, which enables these plants to provide increased organic matter in our soils and allow for more rapid water infiltration rates, both of which are beneficial to soil and water quality. In addition, these native grasses tend to grow in bunches, which naturally allows the inclusion of native forbs, wildflowers, and legumes to further improve the quality of wildlife habitat through species biodiversity.

Aside from being highly deer-resistant, the native grasses described below all provide seed for winter birds and are larval host plants for the skipper family of butterflies. Their foliage is used by birds and mammals for nesting material, and they can be very effective at controlling erosion and helping to build soil on steep slopes that are common in central Texas.

Growing 2-5 feet tall, Bushy Bluestem prefers the moist soil of


a wetland area, and its' showy fall blooms on coppery-red stems resemble tufts of cotton candy. Slightly smaller at 2-3 feet tall, Little Bluestem grows in drier areas with sun or part-shade, its' blue-green foliage in summer turning mahogany-red with white tufts of blooms in the fall.

Found mainly in sunny, well-drained areas like the limestone uplands near streams, Lindheimer's Muhly is a 2-5 foot grass with silvery seed heads that is an excellent soft-textured substitute for non-native pampas grass. The hill country version of Gulf Muhly, Seep Muhly grows 2-3 feet tall on grassy limestone slopes in dense tufts of slender stems and curled foliage, with a frothy pink bloom in the fall.

Sideoats Grama, the State Grass of Texas, is not choosy about soils and at 2-3 feet is a good companion for wildflowers. Purplish, oat-like spikelets uniformly line one side of the stem, bleaching to a tan color in the fall. Staying low most of the year at 2 feet then getting tall before blooming

(Continued on Page 19)







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Nature Watch - (Cont. from Pg 18)

in October, Indian Grass sports a plume-like seed head up to 6 feet tall, made up of gold and purplish-red sprays of small flowers and seeds. Like Bushy Bluestem and Little Bluestem, it is an important component species in the tallgrass prairie.

Now is the time to consider planting some of these warm season grasses on your property. They require little (if any) water or fertilizer after planting, and not only will they provide food & shelter for our native wildlife, but their showy seed heads will hold well into winter, adding movement, texture, and color to your wildscape!

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

Deep Conditioning Hair Care Tips...

By Michelle Lasher

Submitted by Michelle Lasher; michelle@hairtipsbymichelle.com

Like most families we have been spending our summer days out in the sun, at the pool, on the lake, or just playing in our yards. The sun can damage our hair just like it can with our skin. Tiny rips and tears actually develop in the outer cuticle of the hair. As hair becomes more damaged it then becomes progressively more porous. The effects of this damage can cause the hair to become dry, brittle and even sometimes cause breakage.

For people with color-treated hair you may have noticed that your color has faded. Or if you're a blonde you may be feeling a bit too Blonde. Before you get your next color and/or highlights, you will need to repair the damage...

High powered deep conditioning treatments actually penetrate all the way down into the cortex layer of the hair and act as a type of

putty to help fill in the torn, weakened, fragile areas... (giving your color something to grab on to, so it can maintain your new fall colors!).

One hair truth is eternal. What works for one person may not work for all people and vice versa. Like anything else involving hair care treatments, it is important to select products that are most compatible with your own hair type, texture and needs.

The right deep conditioning treatments can leave hair soft, supple and silky when used on the right type, texture and condition of hair. Using the wrong type of deep conditioner on the wrong type of hair can result in lank, stringy oily strands.

To keep hair shiny and lush schedule at-home or salon deep conditioning treatments to your hair care regime!

Happy Conditioning!



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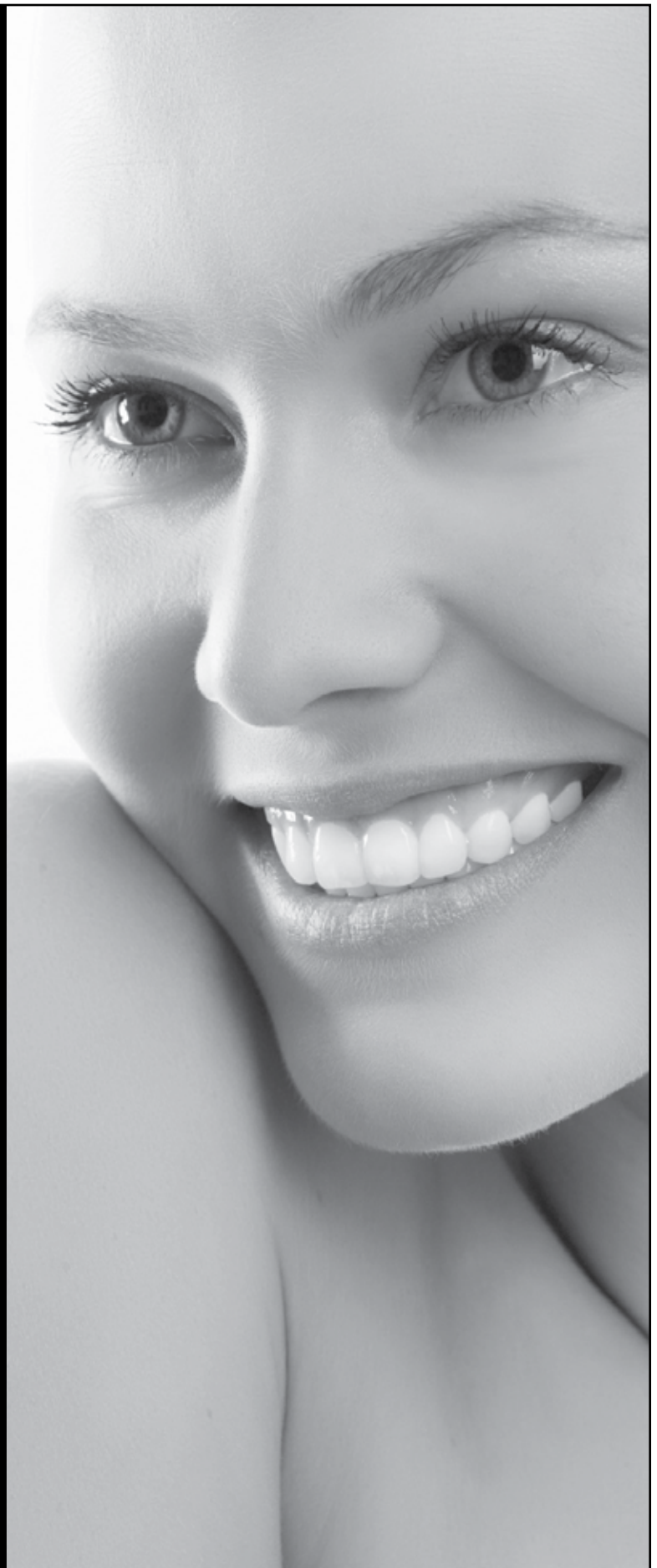
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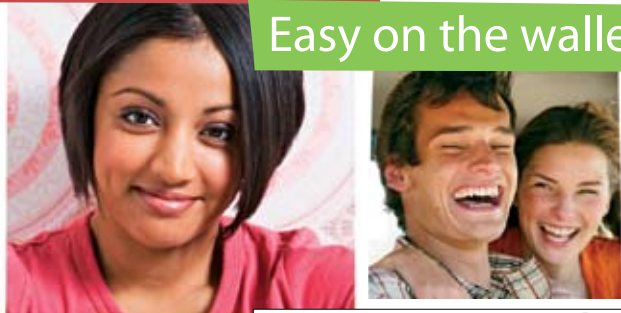
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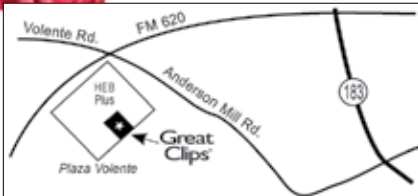
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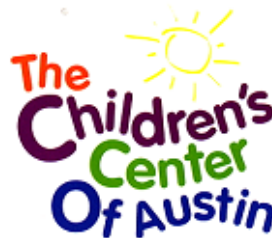
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A Musical That Gives

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. 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.

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What are your Kids Doing after school?

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

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Urgent! What to do if you lose your wallet or purse...

Howdy Neighbor,

A neighbor of mine recently lost her purse. The few items that were lost; like cell phone, make-up bag, reading glasses, hairbrush, \$45 cash and her wallet will be missed. Even though losing some of those things is inconvenient the real pain is those Credit Cards and the chance of identity theft!

Here is a piece of paper you can write all your numbers on and keep in a safe place, just in case you lose your purse or wallet. These are the steps to take if you lose your wallet or purse; #3 is the one most people don't know to do.

1. Cancel all credit cards immediately. This includes bank, phone, department store and oil company cards. To do this you need to have all the toll free numbers handy. Write them down right here right now and put this letter where you can find it easily:

C.C. Company

Acct. number

Phone number

2. File a police report immediately in the jurisdiction where your wallet or purse was lost or stolen. This proves to credit providers that you were diligent.

3. Call the 3 national credit reporting organizations and Social Security Administration immediately to place a fraud alert on your name and social security number. This is the step most people don't know to take. The toll free numbers are:

Equifax: 1-800-525-6285

Experian: (formerly TRW) 1-888-397-3742

Trans Union: 800-680-7289

Social Security Admin: 1-800-269-0271

My hope for you is that you never need this information. But if you do, you now have it.

This is from your friends that do your neighbors air conditioning and hopefully yours soon!

Sincerely

Will Hawkins

Keeper of Little Known Facts

for Austin Air Rescue

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P.S. I've verified all the phone numbers and at the time I'm writing you, they are current.

Please feel free to share this information with others.

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Submitted by Heather Pennington

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What's that Quarter Pounder Worth to You?

Submitted by Alica Harrison

Ever wonder why it's so easy to gain 10 pounds and so hard to lose 10 pounds? How can something called a Quarter Pounder add 5 pounds to my hips? If a Krispy Kreme donut is traveling at 15 mph, how long does it take to reach my butt? These are the questions that keep me up at night. (Well, not really.)

During our summer vacation, my husband and I took the kids to the Houston Museum of Natural Science, a great way to spend a rainy, hot afternoon in Houston. Part of our tour included a hands-on science lesson by a Bill Nye wannabe. The kids loved the interactive experiments, but I was completely shocked by one that compared the density of Pepsi vs. Diet Pepsi. Did you know that a can of Diet Pepsi will float in water but a can of Pepsi will sink? Do you know why? It's that 12 teaspoons of sugar that weigh it down! 12 teaspoons! In one can! Put 12 teaspoons of sugar in a juice glass and tell me you're not impressed by that.

So, being the Coke lover that I am, I started wondering how many sit-ups it would take me to earn a single can of Coke. That would be 420. Yikes! That's like a month's worth of sit-ups for me! I could also rid myself of the Coke calories by jogging – for about 20 minutes. Or walking for about 40 minutes. All for one lousy can of Coke.

And if a can of Coke can do that to me, what about a plate of chicken fajitas? Turns out that those fajitas at Pappasitos with rice and beans and 2 tortillas (no sour cream or cheese) pack in a whopping 1150 calories! (That's like 8 cans of Coke, if you're still counting.) So plan on pushing that stroller for 9 ½ hours to burn those puppies off. Prefer the spaghetti and meat sauce at Macaroni Grill? You'll only need to ride your bike for 3 hours to work those 1110 calories off.

So these meals are great if you're Michael Phelps. For the rest of us mortals, it's much harder to maintain a healthy weight - much less lose weight - if we eat like this. You have to burn 3500 extra calories to lose one single, solitary pound. (That's about 14000 push-ups...) Which is why it's so much easier to gain weight than to lose it. I can easily eat an extra 3500 calories in a week. But it's much harder to exercise an extra 10 hours in a week. Here's a handy chart to let you know just how much effort you're going to have to expend just to break-even on some favorite foods.

Delicious but costly food choice	Number of push-ups needed to offset those darn calories	Number of sit-ups needed to offset those darn calories
Quarter Pounder w/Cheese (530 calories)	2120	1590
Ice Cold Can of Coke (140 calories)	560	420
Chick Fil A Sandwich (410 calories)	1640	1230
Taco Bell Beef Burrito (400 calories)	1600	1200
Pappasitos Chicken Fajitas (1150 calories)	4600	3450
Macaroni Grill Spaghetti and Meat Sauce (1110 calories)	4400	3300
Starbucks Blended Mocha Frappuccino (346 calories)	1384	1038
Saltgrass Pork Chops, Baked Potato, & Veggies (1020 calories)	4080	3060

So, as my trainer tells me, suck it up, Buttercup. And put down that Coke.



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The Steiner360 Team

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Steiner Ranch Market Statistics					
Price Range	As of Sept 8, 2008		6-Months Mar 1, 2008 - Aug 31, 2008		
	# For Sale, Avg \$/sf, Avg DOM	# Pending, Avg \$/sf, Avg DOM	# Sold, Avg \$/sf, Avg DOM	# Withdrawn, Avg \$/sf, Avg DOM	# Expired, Avg \$/sf, Avg DOM
\$200,000 - \$300,000	19/\$120/78	8/\$111/77	39/\$117/70	20/\$124/74	6/\$119/124
\$300,001 - \$400,000	64/\$122/87	5/\$123/64	51/\$116/79	26/\$116/92	18/\$124/170
\$400,001 - \$500,000	20/\$137/73	6/\$141/117	25/\$126/95	17/\$142/109	5/\$138/149
\$500,001 - \$600,000	22/\$147/113	5/\$146/35	18/\$138/121	14/\$154/100	5/\$137/200
\$600,001 - \$700,000	21/\$170/94	1/\$147/197	15/\$158/80	8/\$179/168	4/\$156/194
\$700,001 - \$800,000	6/\$182/110	1/\$162/53	8/\$165/85	6/\$210/80	3/\$174/155
\$800,001 - \$900,000	5/\$179/152	1/\$179/61	3/\$175/155	2/\$170/191	0
\$900,001 - \$1,000,000	2/\$198/126	0	0	0	3/\$202/243
\$1,000,001 - \$1,500,000	5/\$228/197	0	1/\$206/532	0	0
\$1,500,001 - \$2,000,000	0	0	1/\$316/275	0	0
\$2,000,001 - \$3,000,000	2/\$399/284	0	0	0	0
\$3,000,001 - \$4,000,000	1/\$429/157	0	0	0	2/\$485/167

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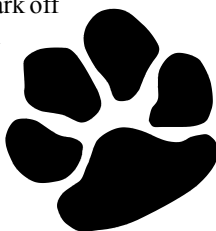
Barktoberfest

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.



North Austin Women's Connection

All ladies are invited to the North Austin Women's Connection luncheon held on Tuesday October 14 from 11:00 am to 12:30 at the River Place Country Club (4207 River Place Blvd., FM 620 & FM 2222). Child care available for ages 18 months and up. Come hear Gail Folkins author of Texas Dance Halls tell about her new book and about German culture in Texas. Cost is \$17 payable at the door. For more information or to make a reservation call Nancy at 512 608-6686 or email Nancy at adandyduo@austin.rr.com or Cherie atcherieharvey@earthlink.net by Thursday October 9.

The Country Fair Silent and Live Auction held at the River Place Country Club (4207 River Place Blvd., FM 620 & FM 2222) by the North Austin Women's Connection will be on Tuesday November 11 starting at 10:30 a.m. through till 12:30. Child care available for ages 18 months and up. Tables full of great buys, baked goods and gift ideas. Cost is \$17 payable at the door. For more information or to make a reservation call Nancy at 512 608-6686 or email Nancy at adandyduo@austin.rr.com or Cherie at cherieharvey@earthlink.net by Thursday November 6th.

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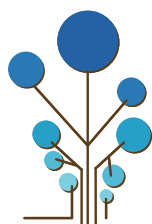
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Theriot Receives Millions

Submitted By Connie Ripley

Beau Theriot, owner of the Oasis Restaurant, was recently paid \$7,225,000 by the City of Austin for 12.05 acres on Bullick Hollow near Oasis Bluff. The site will house the enormous 18,000 square foot pump stations for Austin's proposed deep water intake and water treatment plant. This has to be some sort of record for disturbing the Golden Cheeked Warbler! What a price for all those cedar trees!

Austin purchased 92 acres at the corner of Bullick Hollow and RR 620 for \$32 million earlier this year. 60 acres of it, mostly fronting RR 620, will be covered with a gigantic industrial plant. An electrical power complex will sit on 2 acres of the property. A single entrance is planned just down from where the Dive Shop is currently. No traffic light is planned...

Construction is scheduled to begin in 2009. Traffic, noise, dust and blasting will be a constant companion to all within miles and for at least three, and probably five, years. This project will forever change the face of Lake Travis and surrounding areas.

The pump station site will also have a shaft about 40 feet wide and 400 feet deep down to the 450 MSL. The shaft will connect a mile long, 9 foot wide tunnel to the intake site below Theriot's house at Oasis Bluff and Comanche Trail. The City is still "figuring" on the actual number of dump trucks that will travel the steep hills of Bullick Hollow. Our guess is well over 2,000. Couple this with the equipment trucks, many carrying the 9 foot wide pipe, and all the other necessary traffic to and from the site. Only a turn lane at the site is planned...

A large part of the lake below Theriot's house will be roped off during construction of the intake. This could involve some blasting. Water quality will suffer. Hippie Hollow is only about 1,000 feet away.

After enduring 3 to 5 years of construction, we will have the lights, security, fencing, traffic, noise and lower lake levels that accompany a huge industrial project like this one to forever change our hill country views and Lake Travis.

And Austin will still only have one source of water—the overstressed, over-promised Colorado River.

Austin has started a great conservation and reuse program. What if it works? Will the city be spending \$500 million of rate payer money on a project that is not needed for 20 years?

For more information on this project, go to www.drainingLakeTravis.org. Click on the Lake Threatened button, then Deep Water Intakes. At the first [Click here for more], you will find drawings and the complete information on the project.

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Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

THE BEST TIME TO EXERCISE

Contrary to popular belief, women aren't the only ones with biological clocks. We all have them, and heed their ticking on a daily basis. If you are a regular exerciser, you may have already determined your most productive time to exercise and follow a routine that works best for you. On the other hand, if your exercise time varies from day to day, and it's wearing you out instead of pumping you up, you may be interested in the work of scientists who are studying the proverbial internal clock and how to best determine what time of day you should schedule your workouts.

RHYTHM: IT'S NOT JUST FOR DANCING

The secret appears to lie in circadian rhythms, the daily cycles that our bodies follow. These rhythms originate in the hypothalamus and regulate everything from body temperature and metabolism to blood pressure. The rhythms result from the firing rate of neurons. They have conformed to our 24-hour light-to-dark cycle, and may be regulated and reregulated each day according to the environment.

WARM IS BETTER

It is the influence of circadian rhythms on body temperature that seems to yield the most control over the quality of a workout. When body temperature is at its highest, your workouts will likely be more productive; when your temperature is low, chances are your exercise session may be less than optimal. Body temperature is at its lowest about one to three hours before most of

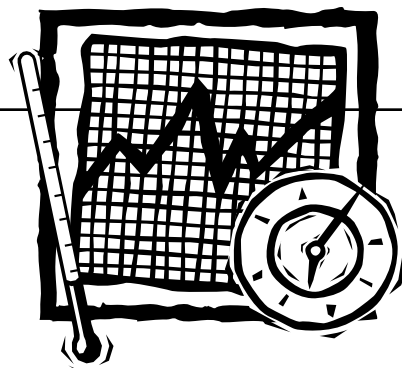
us wake up in the morning, in contrast to late afternoon when body temperature reaches its peak. (To determine your own circadian peak, refer to the box to the right.) Studies have consistently shown that exercise during these late-in-the-day hours produces better performance and more power. Muscles are warm and more flexible, perceived exertion is low, reaction time is quicker, strength is at its peak, and resting heart rate and blood pressure are low.

DON'T FIX IT IF IT'S NOT BROKEN

First of all, don't change your schedule if you feel good beginning your day with exercise. Everyone agrees that exercise at any time is better than no exercise at all. In fact, people who exercise in the morning are more successful at making it a habit. And though it has been suggested that morning exercise may put some people at higher risk for heart attack, further research indicates that there is simply a generalized increased risk of heart attacks in the morning. If your schedule favors an early workout, emphasize stretching and a good warm-up to insure that your body is ready for action.

OTHER CONSIDERATIONS

If stress relief is your goal, exercise always works, all the time. And if you're wondering when it's best to train for an upcoming event, it all depends on what time you'll actually be competing. If an upcoming marathon begins at 7:00 a.m., try training at that time of day. Though training at any time of day will raise performance levels, research has shown that the ability to maintain sustained



Find Your Peak

To determine your own circadian peak in body temperature, record your temperature every couple of hours for five to six consecutive days. Body temperature usually fluctuates by plus or minus 1.5 degrees throughout the day. Try exercising during the period three hours before and after your highest temperature. If you are an early bird or a night owl, you may notice that your temperature peaks one to two hours before or after the norm (between 4 p.m. and 6 p.m.); you can adjust your exercise time accordingly.

exercise is adaptive to circadian rhythms. In other words, consistently training in the morning will allow you to sustain exercise during a morning marathon longer than if you train in the evening.

ACE
AMERICAN COUNCIL ON EXERCISE

*Reprinted with permission from the
American Council on Exercise*

WILD Basin FITNESS

What is your fitness philosophy?

I believe the term "fitness" is different for everyone and can be achieved by all, with great motivation, hard work, proper instruction, and positive goals. I truly enjoy helping and inspiring people that reach out and work towards a healthy level of mental and physical wellness. I believe in keeping yourself strong and healthy because it's a lot more fun when you play!!

What makes fitness fun for you?

I love doing a variety of workouts to keep it fresh, new, and fun for me. I have been involved through the years in local 5K runs, the Austin Marathon, area triathlons, and master swim programs. I enjoy lots of activities including, tennis, wakeboarding, trail runs, hiking, some yoga, and strength training. I really enjoy anything outdoors and love training outside doing body weight strength work with short fun cardio bursts!

Why do you work at Wild Basin Fitness?

I love Wild Basin for many reasons. I love working in a place with so many windows with incredible views to help bring the outdoors inside. I love the openness of the facility and all the natural light. I love working with neighbors and people I see on a regular basis. We are truly lucky to live in the area we do and I love being able to workout so close to home! We have one of the best staff I have ever been involved with, as well as all the best functional equipment you need to get an awesome workout. I hope to contribute in making Wild Basin a positive and happy place to spend your time!

The Vitals

Age: 37

Education:

B.S. Kinesiology,
Sam Houston State
University

Profession:

Personal Trainer,
Wild Basin Fitness

Classes at WBF:

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Julie Leavell

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www.WildBasinFitness.com



"I love training with Julie in a small group. She does a great job of individualizing workouts to meet the needs of each person and varies each workout to keep it interesting and fun! Time flies!"

—Julia

"Julie takes into account my age and physical limitations and customizes a full workout plan to meet my fitness goals. She actually makes working-out fun!"

— Gaynell

Wild Basin Fitness

Be what you want to be.

Six Basic Tenants to Successful Investing

Submitted by Kai A. Lamb

While no two investors are alike, these are some basic guidelines that I believe most investors should follow for successful investing.

1. Invest in top-rated, quality investments.

Sounds very basic, but you would be amazed at how often I see an individual assets are not allocated to quality investments. Below are two ways to make sure you are in top-rated, quality investments:

- If investing in individual equities, one should only invest in well-managed, quality stocks. A well-known television personality refers to this as investing in the “best of breed”. These are usually the stocks of high quality companies when compared to their competitors within the same sector or industry.
- If investing in mutual funds, one should use free Internet tools, such as Morningstar.com, to ensure that their funds are top rated. While mutual fund portfolios should not be constructed purely on Morningstar® star-ratings, investors should stick the best managed funds with low expenses – typically these garner 4 and 5 star ratings by Morningstar®.

2. Understand that Potential Higher Reward could mean Higher Risk.

A couple of years ago, someone asked me what type of return they could reasonably expect to receive from an investment classified

as moderate to conservative. Since interest rates were higher at that time, I told them they could typically expect about a 6% to 7% annual return. They disputed why they would have to settle for such low rates because they said they could purchase something called a first trust-deed and receive interest payments of 12%-14% annually. Today, many of those same first trust-deeds in Las Vegas and Phoenix are in default and have stopped all interest payments. Therefore it is important to understand that there is a direct relationship between higher reward and higher risk.

3. Be Disciplined.

All too often, investors make emotional decisions based on daily market activity or newspaper headlines. Successful investing for the every day investor is a long-term endeavor that requires disciplined diversification, not short-sighted or market timing trading.

4. Incorporate Non-Correlated asset classes into your portfolio diversification.

While not appropriate for all investors, some investors should incorporate a small percentage of non-correlated asset classes in their portfolios. This may potentially increase a portfolio's return while actually reducing its overall risk. Correlation measures how closely

(Continued on Page 33)

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Six Basic Tenants - (Continued from Page 32)

two assets relate to one another. For example, stocks and bonds are considered to have an inverse correlation – where if one goes up in value, the other is expected to go down in value. Asset classes such as natural resources, commodities and even real estate are considered non-correlated asset classes – their price movements are not directly tied to the prices of stocks or bonds.

5. Understand your investments.

While every investor does not need to be a securities analyst and understand each of their investments' alpha, beta or standard deviation – they should have a fundamental understanding of what they own, why they own it and what type of return they can reasonably expect from their investments. A good rule of thumb is that if you cannot explain your investments to another individual, then you probably should not be investing in that investment.

Variable annuities are a prime example of this. This type of annuity typically has so many bells and whistles, confusing riders and underlying fees that I personally believe that a large percentage of annuity holders do not truly understand the details of their annuities and how they work.

6. If you work with a “financial advisor” you should...


- Check your advisors background on www.FINRA.org - Broker Check. I have seen far too many advisors that were selling cars

one year, pass a few securities exams and now they are advising clients on how to manage their wealth.

- Ask questions – lots of them. All too often, investors will not question the advice given by their advisor. Very appropriate questions include “*How long have you worked as a Financial Advisor?*”, “*How much can you discount this trading commission?*” or even “*How much do you earn from this trade?*” This is your hard earned money and the investing of such may directly impact your future financial well-being – ask questions. Good advisors have nothing to hide.
- Understand the fundamental role your advisor can play in your investing and the significant difference between a stockbroker and a Registered Investment Advisor.

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. 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.



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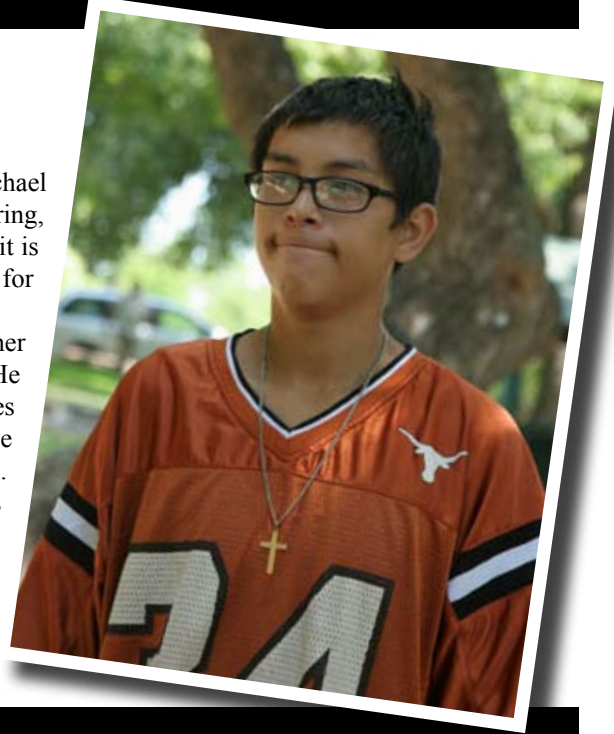
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Imagine hearing a child ask “is it my turn yet” when asking about adoption. Michael has seen others find their forever family, and he is still patiently waiting and wondering, “is it my turn”. Hopefully soon we can answer his question with a “yes Michael, it is your turn”. Michael is a very sweet and loving 15 year old. He has a dog he cares for and has grown to love, an abused dog that he has rescued and nurtured.

Born in August 1993, Michael likes all of the things any boy would love - summer camps, go carts, fishing, baseball and anything that has to do with cars (and UT). He currently participates in special education and tries very hard in school. He hopes to play sports in school when he is adopted. Michael would do well with a single mother or a two parent family. Michael is a child who really wants a place to belong. He is very affectionate and has missed out on being a part of a family. He just wants someone to love him, and his dog. Could this be you?

If you are interested in learning about Michael, or about adoption in general, please call the Adoption Coalition of Texas at 512-301-2825 or info@adopttexas.org.



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Travis County Sheriff's Office



Teen Dating Violence



Fire Department

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3000 Shoreline Drive
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11am - 4pm



SWAT -TEAM



Star Flight



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Child Identification

SEE YOU THERE!

Travis County Sheriff Programs

Submitted by the Travis County Sheriff's Department

Personal Safety Programs

Child Safety Seat Fitting Stations

Parents in Travis County are welcome to visit monthly Child Safety Seat Fitting Stations on the first Wednesday of every month. This is a FREE service provided in partnership with Texans in Motion. For more information, contact: Andrea Buckley, (512) 854.7786 Carrie Fortner, (512) 854.6615

Consequences

A very dynamic, personal and direct conversation with youth regarding the positive and negative affects of choices; includes personal perspectives to provide a true reality check for adolescents. For more information, contact: Derrick Taylor, (512) 854.4315

Project Lifesaver

Project Lifesaver is an internationally recognized program designed by law enforcement for law enforcement that assists in bringing home lost individuals. Through the use of radio frequency technology, the client wears a wristband that assists law enforcement when conducting a search for a missing person. For more information, contact: Andrea Buckley, (512) 854.4384

RoadShare Cycling Safety

This program educates adult cyclists and motorists on the importance to share the road to reduce cycling/traffic accidents; emphasis is placed on traffic laws and common courtesy. For more information, contact: Andrea Buckley, (512) 854.7786 Carrie Fortner, (512) 854.6615

Seniors & Law Enforcement Together (SALT)

Establishes an effective partnership between seniors and law enforcement services; working toward the reduction of crime and victimization of older persons and provide assistance to elder victims. For more information, contact: James Kitchens, (512) 854.8413

Shattered Dreams

Shattered Dreams is an educational experience that reminds teens of all the dangers associated with drinking and driving. Teens are reminded that too many lives have already been lost and countless others severely impaired because of the tragic consequences of underage drinking and drinking when combined with driving. For more information, contact: Derrick Taylor, (512) 854.4315

Students Against Violence Everywhere (SAVE)

Travis County Sheriff's Office is a chapter of the national SAVE organization created by students for students. SAVE's mission is to decrease the potential for violence in schools and communities by promoting meaningful student involvement in efforts to provide safer environments for learning, and is implemented in Travis County elementary and middle schools. For more information, contact: Andrea Buckley, (512) 854.7786 Carrie Fortner, (512) 854.6615

Stranger Danger/Child ID

Children are taught what to do when approached by strangers, including role-playing and what-if situations to ensure they understand how they can be tricked by strangers. Child ID Events are also provided to obtain fingerprints of your child for you to keep in the event your child goes missing. For more information, contact: Vince Galloway, (512) 854.4989 James Kitchens, (512) 854.8413 Derrick Taylor, (512) 854.4315

Teen Dating Violence Awareness

School presentations to help adolescents form healthy relationships to prevent dating abuse before it starts. The marketing of this program is emphasized through an annual PSA contest for area high school students, along with the Austin Film Festival. For more information, contact: Andrea Buckley, (512) 854.7786 Carrie Fortner, (512) 854.6615 Kelly Page, (512) 854.4392

Educational Programs

Citizens' Academy/Alumni

Provides citizens with a working knowledge of the criminal justice system as it works in our county; to increase awareness, dispel suspicions and misconceptions, and increase Sheriff's Office and community rapport. For more information, contact: Vince Galloway, (512) 854.4989

Citizens On Patrol Services (COPS)

Dedicated volunteers organized to serve as eyes and ears of the Sheriff's Office; each volunteer has completed the Citizens' Academy and the Alumni Class. For more information, contact: Vince Galloway, (512) 854.4989

Explorers Post No. 1099

Weekly classes for youth between 14 and 20 providing hands-on practical training to develop a greater understanding about criminal justice and the role played by the Sheriff's Office. For more information, contact: Derrick Taylor, (512) 854.4315

Volunteers in Police Service (VIPs)

Organizes citizens interested in volunteering their skills in all areas of the Sheriff's Office -- everyday safe aspects of a law enforcement agency, to provide understanding and enrichment. For more information, contact: Carrie Fortner, (512) 854.6615

Community Events

Extravaganza

An annual event that fosters community spirit in a family atmosphere to bring citizens together with businesses, social services and law enforcement. For more information, contact: Derrick Taylor, (512) 854.4315

Kids' Fishing Derby

An annual event for kids 7 to 14 to explore the joys of fishing at a beautiful Travis County park, including complimentary lunch and prizes. For more information, contact: Kelly Page, (512) 854.4392

College Costs Are Rising— Are You Keeping Pace?

Submitted by Rich Keith

If you have kids, you want a college education for them. But—do you know how much college costs? Do you know how much you need to save? Do you know the many different tax-advantaged ways to save for college? We will explore the information you need to wisely save and invest for college. You can make a college education an affordable choice for you or your child.

We all know that college costs are rising. For 2007-2008, The College Board® reports that the average cost for tuition and fees at private four-year colleges is \$23,712, up 6.3% over last year. Although the \$6,185 average cost of tuition and fees at a four-year public college is a lot less, these costs are up 6.6% from last year. In the past 5 years, the average cost of tuition and fees has risen by 31% at private four-year colleges and 51% at four-year public colleges.

If college costs were to increase by just 5% per year, in 10 years the average cost of tuition and fees at a four-year private college would be \$38,624 each year, and the average cost at a four-year public college would be \$10,075. That's a four-year total of more than \$40,299 for a public college and nearly \$154,497 for a private school—and this is just tuition and fees! For 2007-2008, The College Board® reports that room and board charges average \$8,595 at four-year private colleges and \$7,404 at four-year public colleges. (Source: Trends in College Pricing 2007, The College Board®. Assumes a 5% increase in college costs each year and a child entering college at age 18.)

But don't despair. While college costs are rising, many colleges still remain affordable. The College Board® reports that 45% of students attending a four-year public college pay less than \$6,000 in tuition and fees, and 89% of students attending a public college pay less than \$12,000. So college is still within reach for most families, but especially for those that start saving for it early.

Saving for College with Compounding

Don't be daunted by the amount you may have to save. Small amounts of money, if invested early, can become sizable investments through the remarkable power of compounding. For example, if you save \$200 a month at an 8% annual rate of return for your newborn child, you will have over \$96,000 for college when she turns 18.

Financial Aid and Savings

As part of saving for college, you need to know whether your child will be eligible for financial aid, which reduces what you may need to save for college. You also should be aware, however, that saving for college might impact financial aid. See your financial advisor or college financial aid specialist for details.

College Saving While Saving Taxes

Once you determine how much you need to save or can afford to save, you need to decide what types of college saving vehicles you want to use. In addition to mutual funds, regular brokerage accounts and bank savings accounts, there are now a number of tax-advantaged alternatives available to help you save for college. Get the facts about each of the options, and decide which type might be right for you: 529 plans, prepaid tuition plans, college savings plans, Coverdell Education Savings Accounts, custodial accounts and US Savings Bonds. Next month: The 529 plan and more. For more information contact Rich Keith (512) 266-8498. Sources: Trends in College Pricing 2007, The College Board®, Trends in Student Aid 2007, The College Board®, Financial Industry Regulatory Authority, Inc.

Free Educational Workshops In Personal Finance

ABCs of Talking to Your Kids About Money™ is a free one-hour workshop for parents. We work with you as a partner towards the end goal, which is educating teens about financial matters. We will stress the importance of attitude and goal setting as the building blocks for success in any endeavor. Together we can greatly impact the next generation. Plus, every parent/couple that attends the workshop will receive a complementary copy of the ABCs of Making Money 4 Teens book, based on the international best seller The ABCs of Making Money. This is an educational workshop with no obligation, because helping to educate families is what my company and I do every day of the week.

ABCs of Making Money 4 Teens™ is a free two-hour 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:

- 96 pages of full color
- Inspirational stories of teens that have made a difference
- Lots of hands on exercises, and creative money solutions
- A section on the dangers of carrying credit card balances
- How to approach employers for jobs
- The power of compound interest, the Rule of 72, and more.

New Retirement Strategies is a free two-hour workshop for adults. We examine your "retirement environment" in light of today's realities and tomorrow's challenges. The first hour focuses on growing your assets, reducing taxes and protecting your family income. The second hour focuses on building your nest egg with no more risk than is necessary, while shielding your hard-earned assets from the forces of inflation and unexpected future events. All workshops are in Steiner Ranch:

ABCs of Talking to Your Kids About Money™

Thursday, Oct. 23, 7:30-8:30 PM, Cups & Cones, 2900 N. Quinlan Park Rd, 78732, Phone 512-289-7880

ABCs of Making Money 4 Teens™

Thursday, Oct. 16, 7-9 PM, Bella Mar Community Center, 12401 Bella Mar Trail, 78732

New Retirement Strategies (a workshop for adults)

Thursday, Oct. 2, 7-9 PM, Bella Mar Community Center, 12401 Bella Mar Trail, 78732

Tuesday, Nov. 18, 7-9 PM, Towne Square Ctr, 12550 Country Trails Lane, 78732

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

Relax... Dinner is Served.

At FRESH Culinary Works we deliver fresh, healthy, and delicious dinners to your home so that you no longer have to answer the question "What's for dinner?." We start with the highest-quality ingredients to create dinners that your whole family will love. Dinners are delivered twice a week so they are always fresh and never need to be frozen. Dinners are designed by Personal Chef & Nutrition Expert Jamie McGee and are prepared the same day they are delivered.

Finally, your dinner dilemma is over!

Four dinners, family of four - just \$240/week.

October's Featured Menu Items

Honey-Hoisin Salmon
Jasmine Rice with
Crispy Garlic & Ginger
Mixed Sugar Snap Peas,
Carrots, and Bell Peppers

Almond-Crusted Pork Tenderloin with
Dried Cranberry-
Apple Conserve
Sweet Potato Medallions
Roast Green Beans & Red Onion

Grilled Lemon & Herb Shrimp
Wild Rice
Grilled Asparagus

Chili-Rubbed Skirt Steak
Romaine Hearts with
Creamy Chili Dressing
Grilled Corn on the Cob

Braised Chicken with Mushrooms
Mashed Yukon Gold Potatoes
Roast Carrots

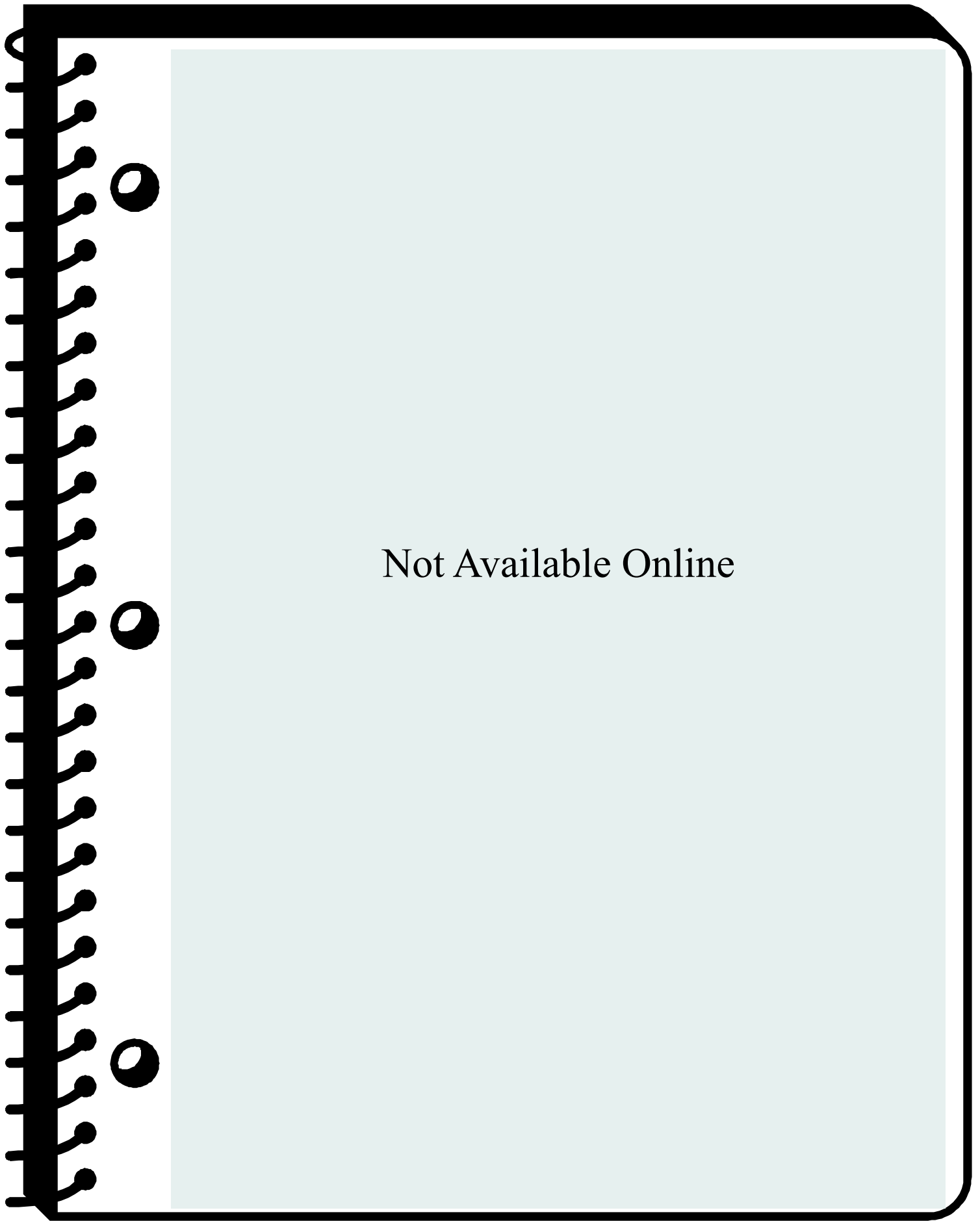
Grilled Mediterranean Chicken
over a Greek Salad with
Balsamic Vinaigrette
Grilled Pita Bread



View our menu & place your order at:
www.freshculinaryworks.com

512.569.0143
dinners@freshculinaryworks.com

FRESH Culinary Works
1208 W. 4th St. Austin, TX 78703



Not Available Online



Attention KIDS: Send Us Your Masterpiece!

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: October 31st

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

Name: _____ (first name, last initial)

Age: _____ Email Address: _____

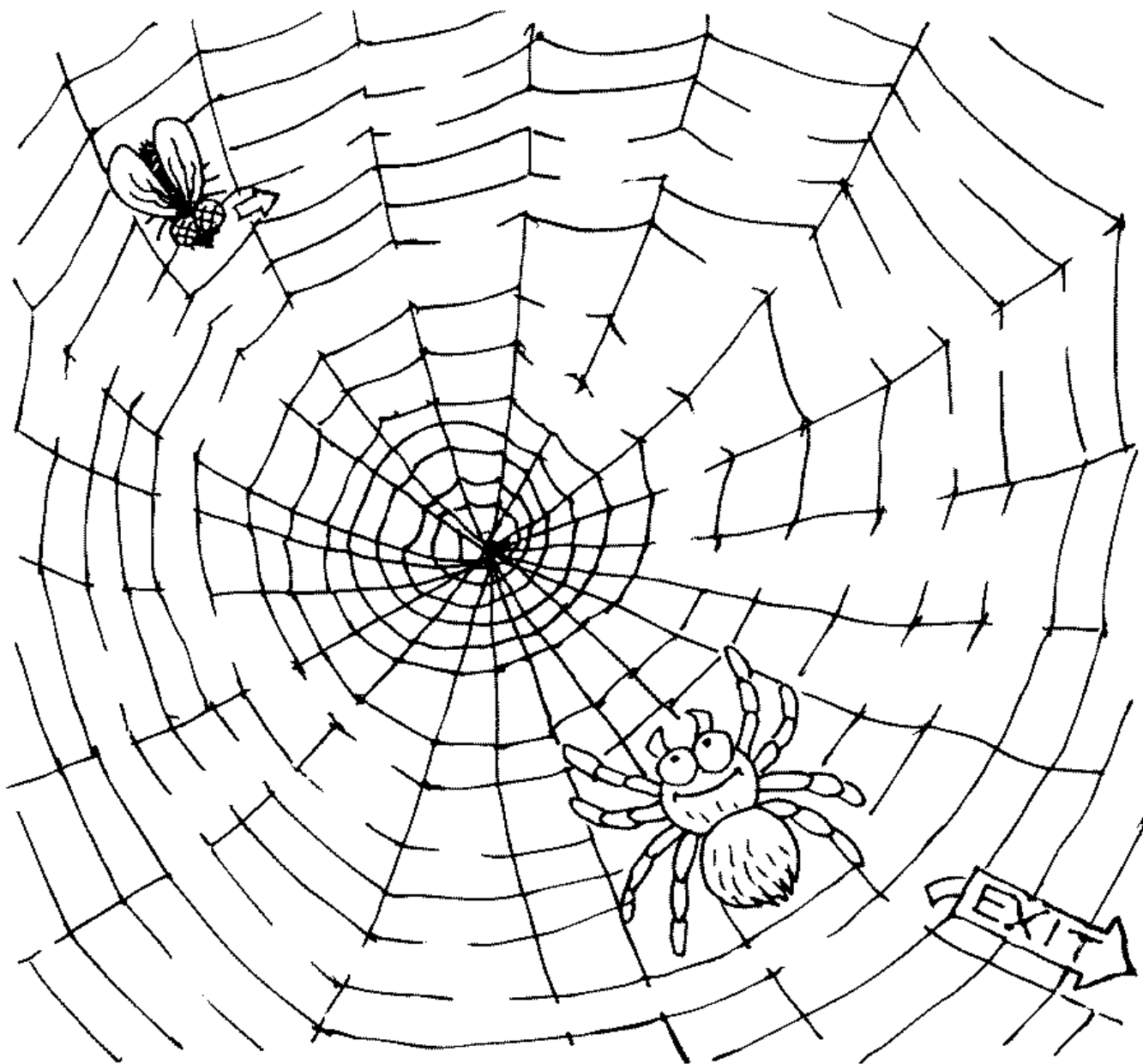
[This information will only be used to notify you or your parents if your artwork was selected.]

Trick
or
treat



Steiner Ranch

MAZE CRAZE



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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