

VOLUME 3 ISSUE 10

OCTOBER 2009





COMMUNITY INFO

STEINER RANCH COMMUNITY ASSOCIATIONS OFFICE

12550 Country Trails Lane Austin, Texas 78732 512-266-7553 – Telephone 512-266-9312 – Facsimile www.steinerranchhoa.org

OFFICE HOURS

Monday thru Thursday	1:00pm –	- 5:00pm
Friday	10:00am -	- 5:00pm

STAFF

CMCA, Executive Director

Scott Selman.....scott@steinerranchhoa.org

CMCA, Community Coordinator

Sharon Adams sharon@steinerranchhoa.org

Facility Manager Kenneth Romich ken@steinerranchhoa.org

Maintenance Manager

Rafael Echazarreta..... rafael@steinerranchhoa.org

Accounting Assistant

Melissa Rivera.....melissa@steinerranchhoa.org

Architectural Coordinator

Brandi Moegelinbrandi@steinerranchhoa.org

Administrative Assistant

Alyssa Tuckeralyssa@steinerranchhoa.org

Compliance Coordinator Beth Meyers.....beth@steinerranchhoa.org

Front Office Coordinator

Donan Grant.....donan@steinerranchhoa.org

Maintenance Technician Angel Alvarado

Maintenance Technician Macedonio Salazar

MISSION STATEMENT

Peel, Inc. Community Newsletters

Our goal is to provide the Steiner Ranch community with one source of local news content that is provided by Steiner Ranch residents. Our goal is to help build Steiner Ranch by connecting local businesses with residents and residents with relevant neighborhood information.

"Be the Community."

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	
Fire	
Ambulance	
Sheriff – Non-Emergency	512-974-0845
Travis County ESD No.6/Lake Travis Fire Re	
Administration Office	512-266-2533
Travis County Animal Control	512-972-6060

STEINER RANCH CONTACTS

Steiner Ranch Community Association Office	512-266-7553
Development Office	512-266-5833

SCHOOLS

512-570-0000
512-570-1200
512-570-7300

UTILITIES

Travis County WCID # 17	
City of Austin Electric	
Texas Gas Service	
Custom Service	1-800-700-2443
Emergencies	512-370-8609
Call Before You Dig	
AT&T	
New Service	1-800-464-7928
Repair	1-800-246-8464
Billing	
Time Warner Cable	
Customer Service	
Repairs	
IESI (Trash & Recycle)	
Austin/Travis County Hazardous Waste .	
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OTHER NUMBERS

Lake Travis Postal Office	458
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NEWSLETTER PUBLISHER

Peel, Inc.	
Editor	James Plasek
Advertising	advertising@peelinc.com

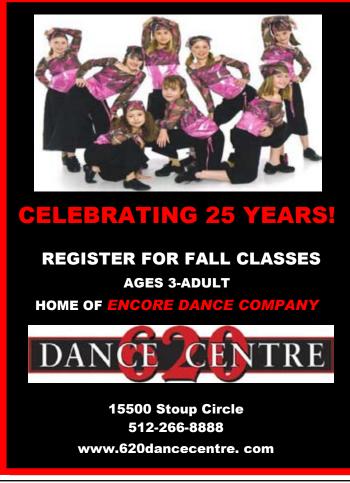
GO GREEN! GO PAPERLESS!

Sign up to receive the Ranch Record directly to your inbox. Visit PEELinc.com for details.



Welcome to the new *Ranch Record* published by Peel, Incorporated Community Newsletters. Since 2006, Peel, Inc. has published *The Star* for the Steiner Ranch community while the HOA has distributed the *Ranch Record*. We have joined forces with the Steiner Ranch HOA and have combined both publications to better serve you - the Steiner Ranch residents. Peel, Inc.'s mission is to provide the Steiner Ranch community with one source of local news content. Our goal is to help build Steiner Ranch by connecting local businesses with residents and residents with relevant neighborhood information.

Kelly Peel Peel, Inc. VP Sales and Marketing Steiner Ranch Resident



ADVERTISING INFO

Please support the advertisers that make The Ranch Record possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or <u>advertising@peelinc.com</u>. The advertising deadline is the 10th of the month prior to the issue.

ARTICLE INFO

The Ranch Record is mailed monthly to all Steiner Ranch residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to <u>steinerranch@peelinc.com</u>. The deadline is the 8th of the month prior to the issue.



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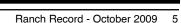


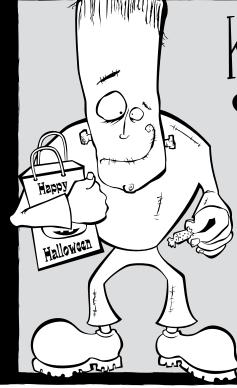
Call Today For Results!



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THE Steiner Ranch Realty Sales Specialist (512) 695-7025 www.agent-angie.com





Kids' Halloween Event

Get your costumes on and come out for some Halloween fun!

Steiner Ranch's Halloween Adventure Saturday, October 31st from 3:00 – 5:00 pm John Simpson Community Park

We will have a few kids' games (a bean-bag toss, a mini-golf-type game, and a treasure hunt pool) with some fun Halloween prizes and a craft activity that will give the kids a neat souvenir to take home! Again this year will be an icky, sticky Mystery Museum and the VERY popular petting zoo! This is designed to appeal primarily to kids from pre-school to elementary school, but anyone is welcome. Admission to the event is FREE! Pre-registration is not required.

We need help! If you are a Girl Scout, Boy Scout, member of the National Junior Honor Society or National Honor Society, then this would be a great way to earn "service points". If you can help run one of the games or help with the craft activity, please contact Sharon Adams, Community Coordinator at sharon@ steinerranchhoa.org.



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Thomas Herzig • 512.563.4205 *References Available* www.texasnativelandscape.com

2009 Steiner Ranch Social Committee Events

Oct 23 - 25 – Scrap-A-Thon Oct 31 – Halloween Event Nov 7 – Holiday Sales Event & Santa Workshop Nov 14 – Camping on the Ranch Dec 4 – Holiday Wine Social

All Events are tentative and subject to change or cancel If you'd like to be involved, please come to our monthly Social Committee Meetings, the 2nd Tuesday of every month at 6:30pm at the Towne Square Community Center. All residents are welcome to attend and we welcome new ideas.

Residents Enjoyed A Movie Under The Stars

Residents came out on August 15th after the River Ridge Elementary Meet & Greet to enjoy a free movie, Race to Witch Mountain.

Special thanks to Scott Kaye and Mike Bennett of Artisan AV, who donated not only all of the equipment for the event, but also their time to set up, run the movie and clean up!

Also thanks to Mmmpanadas, Kona Ice, and Hot Digity Dog for staying for the movie and selling concessions!





FKEE 9-VOI for your **SMOKE**



Replace the battery in your smoke detector at least twice a year.

Fire Prevention WEEK!



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12129 FM 620 North, Suite 101 (1 mile west of US 183 on FM 620) 512.219.5800

Mon-Fri 8:00 - 7:00, Sat 8:00 - 6:00, Sun 12:00 - 5:00



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2nd Year Concert in the Park Highlights

On Saturday, August 22nd, the 2nd annual Steiner Ranch Concert in the Park brought out many local residents to enjoy time with friends and neighbors along with the music of the band Lost in Austin, led by Steiner resident David Dyke, along with other locally based musicians. In addition, residents had their first glimpse of Vandegrift High School's marching band, under the direction of Jeremy Spicer; the cheer squad, under the direction of Mariella Sisk; and the Legacies Dance Team, under the direction of Holly Lyons. The Vipers opened the event with many in attendance admiring what these students had accomplished in such a short period of time before school had even opened.

During two intermissions the crowd enjoyed martial arts demonstrations by local studios. Throughout the event there were many activities for the entire family including face and hair painting, balloon art, jump time on inflatables and the creation of ceramic magnets, to name a few.

Proceeds from the event benefitted Boy Scout Pack 203 and the Nicolas Morales Trust with ongoing donations to the trust being accepted at Wells Fargo Four Points.

The concert was completely sponsored by Steiner or Four Points-based businesses as well as those owned by Steiner residents. There were also a number of non-profit organizations in attendance who gave of their time and energies to help make this a successful event. Please check out the concerts web site at www.steinerranchconcerts.com for a complete list of sponsors and links to their individual sites. If you were unable to attend, there's also a short video produced by 5D Multimedia which will whet your appetite for next year's event!





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.

Come in and see our new office and see what Contemporary Orthodontics from a trained specialist can do for you and your family. *We provide more than just a smile!*

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





Camping on the Ranch

All families are invited to go camping right here in Steiner Ranch!

The Steiner Ranch Social Committee is hosting Camping on the Ranch so you can spend the night with your kids for some great "Ranch Style" fun.

When: Saturday November 14th 6:00pm Where: Towne Square Community Fields

Texas Rib King will be serving up BBQ with all the fixens for you to enjoy! can either purchase this dinner for \$9 each or you can bring your own picnic di for you and your kids.

Register for this event by September 28th. Registration forms are found a Community Association office or online at www.steinerranchhoa.org.

The next morning, Cups & Cones will be there selling breakfast tacos and Social Committee will be giving away doughnuts and coffee! Bring your own tent and sleeping bags!

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Sasi K.Mannem, dds

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WHITENING KIT

* Take Home Kit -

New Patients Only

Newcomer Orientation

Welcome, newcomers to Steiner Ranch! If you have recently purchased a home here, you will receive an invitation to the Newcomer Orientation on Thursday, October 1st at 7:00pm in the Towne Square Community Center at 12550 Country Trails Lane. You will have the opportunity to become better acquainted with your new community, as well as with other new homeowners. A brief presentation will be given on the history of Steiner Ranch, the organization of the homeowners associations, the homeowner committees, the assessment rates, and community rules and regulations. A representative from the developer, Taylor Woodrow Communities/Steiner Ranch, Ltd., will be available to answer questions about the future development plans for Steiner Ranch. Light refreshments will be served.

Have you lived here a while and never attended an orientation? Do you want to know more about Steiner Ranch? We would love to have you come and join us.

Please RSVP to 266-7553 or to Sharon Adams at sharon@ steinerranchhoa.org.

If you would like to attend an orientation, but can't come on October 1st, we have another upcoming Orientation to which you are cordially invited on December 3rd.

resents

at The Children's Center Fall Festival

> featuring games, treats, a moonwalk,

and much, much MORE!

6:30-8:30 'Children's Center at Steiner Ranch

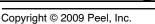
Suite 100 Austin, TX 78732

512-266-6130

Olympian Visits Steiner

For the 2nd time in two years Steiner Ranch kids have had the opportunity to learn from the best! Last year, Hill Country Bible Church sponsored a swim clinic with Olympian Josh Davis. This year, the Steiner Ranch Association brought in Ian Crocker, former world record holder and James Fike, U.S. National Champion. Both Crocker & Fike helped the kids learn the Freestyle and Butterfly Strokes. They hope to come back in late spring to go over the Backstroke and Breastroke, just in time for the Swim Team season to begin.





The

LUStin

Workshop Series

Steiner Ranch monthly Workshop Series for the month of October is offering many new workshops for you to attend. We are always looking for more workshops to offer residents so if you or someone you know can provide education opportunities for Steiner Ranch residents, please contact Sharon Adams at sharon@steinerranchhoa. org or 512-266-7553

October 6th – Healthy Living Workshops; Organic: Is it REALLY worth it?, by Kelly Bruneman, Nutrition Specialist – Learn which foods really need to be organic and which don't. Also learn what governmental agencies regulate which parts of the organic industry.

RSVP www.wildbasinfitness.com

6:30pm Wild Basin Fitness Center - Free

October 6th – Common Sports Injuries and How to Prevent them, by Orthopedic surgeon, Steiner Ranch resident and former UT football player Christopher Danney, MD. Dr. Danney will provide tips on overcoming common sports injuries as well as easy steps to staying healthy and active. If you are an avid runner, weekend warrior, or just like to get outside and enjoy the Steiner Ranch community, this seminar is for you!

Light refreshments will be served.

6:30pm BMCC - Free

October 13th – Favorite Recipes Book, by Heather Bland-Ho of Conquer Your Chaos. Tired of cooking the same old standbys? Can't find that new recipe when you need it? Calm the pre-dinner stress, cook healthier, save money and preserve family memories. Participants will leave with a customized Favorite Recipes Notebook with special sections for new and current recipes.

Cost: \$39

7:00pm BMCC

RSVP: Sharon@steinerranchhoa.org

October 15th – Seminar on Atrial Fibrillation, by Dr. Jason A. Zagrodsky, of the Texas Cardiac Arrhythmia Institute - "Atrial Fibrillation (A Fib) is a type of irregular heartbeat affecting about 2.2 million people in this country. Symptoms are shortness of breath and lightheadedness. Left untreated, A Fib can lead to stroke. The

Texas Cardiac Arrhythmia Institute at St. David's Medical Center is one of the world's most comprehensive centers dedicated to the latest treatment advances for correcting A Fib. Join us for a seminar to learn more about your options...and get your life back.

7:00pm TSCC - Free RSVP: Andre Lenartowicz

512.494.2870 • alenartowicz@echristianpr.com

October 17 – Say What you See WORKSHOP – Eye-Opening Solutions for Parents, by Sandy Blackard, author and founder of Language of Listening – Learn how to SAY WHAT YOU SEE to transform children's complaints and resistance into STRENGTH's they can use the rest of their lives. Add CAN DO's to complete this simple new approach to parenting.

Register with Sharon@steinerranchhoa.org.

1:00pm - 3:00pm BMCC

\$65 per family

October 20th – Say What you See – Eye-Opening Solutions for Parents, by Sandy Blackard, author and founder of Language of Listening – Reassurance not working for "BOO", fear of the dark and other scary moments? End the haunting in one simple step. Join Sandy Blackard for Q & A to explore how adding seeing to hearing can change your most challenging moments with children into rewarding ones.

Register with Sharon@steinerranchhoa.org

7:00pm - 8:30pm TSCC

October 20th – Estate Planning and LTC, by Rich Keith of Primerica - Long term care may be one of the largest and most expensive issues on the horizon for American families. The financial impact of a long term care need increases every year, and may affect families with lost income or lost opportunity for income. We show you how to plan effectively for the unforeseen healthcare event. And estate planning is essential to assure that your wishes are carried out now and in the future. Local estate planning attorney John Van de Graaf explores your options and shows you how to avoid common mistakes in estate planning, wills and probate.

(Continued on Page 13)



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Workshop Series- (Continued from Pg 12)

RSVP: Rich Keith at (512) 632-0162 or send email to RKeith@primerica.com 7:00pm BMCC - Free

October 27th – Advanced Nutrition – Eat Right or Die Young, by Dr. Ross Coccimiglio & Dr. Bolden Harris – They will be discussing foods that boost your energy, increase your immune system, cause you to have headaches, allow you to focus and concentrate better, relieve stress and anxiety, and will be discussing the true facts and research about organic foods. Is it as good as that the experts tell us it is? Seats are limited, so call Four Points Family Chiropractic to reserve your seat @ 512-345-9355.

6:00pm TSCC - Free

For additional information go to www. steinerranchhoa.org or contact Sharon Adams, Community Coordinator at sharon@steinerranchhoa.org.

Holiday Sales Event Enjoy Holiday Shopping

To get you in the Holiday spirit, the Steiner Ranch Social Committee will be hosting a Holiday Sales event on Saturday, November 7th from 10:00am - 2:00pm at the Towne Square Community Center. Come and get all of your Holiday shopping done without ever leaving Steiner Ranch.

Want to be a Vendor? Do you make fabulous jewelry? Are you an artist? Do you have a home based business or service? Then become a vendor and show Steiner Ranch what you can offer. Three areas are dedicated for vendor space. Vendor spaces inside the Community Center are available at a fee of \$60.00 and spaces outside in the covered pavilion & uncovered ware $\frac{40000}{1000}$ (Heaters are provided). Spaces are qualitable on

veranda are \$40.00. (Heaters are provided). Spaces are available on a first-come, first-served basis. Registration fees must be paid to reserve your space, and no refunds will be made after November 1st. Steiner Ranch reserves the right to deny any application based on content or similarities to/duplication of products or services. Residents must be in "good standing" with the Association.

Application forms are available online at www. steinerranchhoa.org under the "documents" section. If you have any question, contact Sharon Adams, Community Coordinator at sharon@steinerranchhoa.org.

Dance Classes for All Ages

Dance

★ ballet ★ tap ★ jazz
★ gymnastics

Discove

Three Convenient Locations:

Steiner Ranch Lake Austin Blv. Koenig/Burnet

Photo by: Bob Roberts

DanceDiscovery.Com



Respect the Ranch

The Steiner Ranch Community Associations' would like to remind

- you to:
- Drive the Speed Limits (or below)
 - Pick up garbage
 - Pick up after your pets
 - Watch out for kids
 - Follow the Association Rules

If everyone does their part to "Respect the Ranch", we can all take pride in our Community!



Call today for a <u>FREE ESTIMATE!</u> <u>Book EARLY and SAVE!!!</u> Just ask for Rick "The Light Guy" (512) 785-1212 rick@FSLaustin.com

Recycle Paper, Please!

Did you know that you can recycle at the four Steiner Ranch School campuses 7 days a week?

The schools, Laura Welch Bush Elementary, Steiner Ranch Elementary, River Ridge Elementary and Canyon Ridge Middle School, earn money for paper dropped off at their green and yellow Abitibi Paper Retriever bins located in the delivery areas behind the schools.

They accept:

- Newspaper
- Magazines
- Shopping Catalogs
- Office and School Papers
- Mail
- Bagged shred (poke holes in bag)

Please add recycling to your errand route and bring your paper once a week-help your school and the environment!



They DO NOT accept:

Plastic Metal



Free Pilates

As school starts, make plans to drop the kids off and head over to the Towne Square Community Center to attend a Free pilates class and take some time for yourself!

Meet at 7:45am each Thursday (note the change from Wednesday) so the class can begin promptly at 8:00am. Bring a workout mat and water. Beginners welcome.

We are excited to have Kristen Taylor, a certified pilates instructor and Steiner Ranch residents who has volunteered to teach the class.

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>steinerranch@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.*

Attention Dog Owners

How can you get free ice cream as a dog owner? Just get caught by one of our Association Staff members being a responsible pet owner. All you have to do is help keep Steiner Ranch a pleasant, clean, and safe neighborhood for all, while you are out walking your dog.

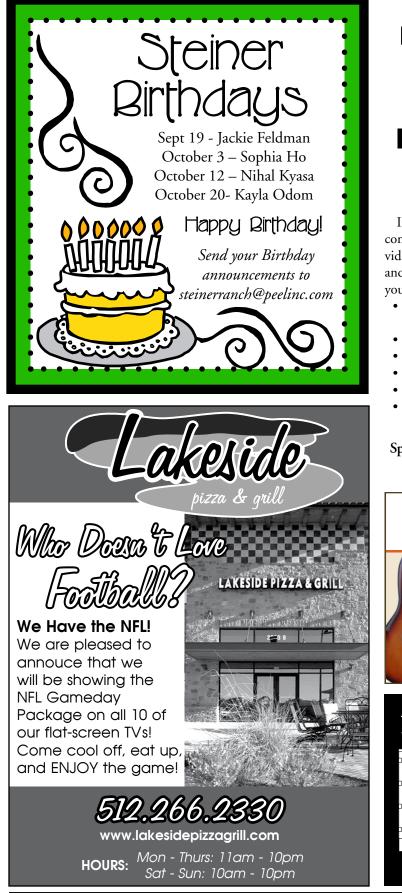
- Scoop the poop
- Latch the Leash It's a Travis County law!
- Ban excessive barking

If you get caught – we will give you a coupon to Cups and Cones for a free double scoop of ice cream!

Free Ice Cream!



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American Red Cross Babysitter Training Course

9:00am – 4:00pm \$45 per person Only 12 kids per class, so sign up early!



October 17th (FULL) Look for the 2010 Schedule Coming Soon



Towne Square Community Center 12550 Country Trails Lane

If you're 11 to 15 years old, you can get the knowledge, skills and confidence to care for infants and school-age children. Combining video, a participant's handbook, activities, hands on skills training and discussion for a complete learning experience, this course shows you how to—

- Respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care
- Make decisions under pressure
- · Communicate with parents to learn household rules
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants

Bring a sack lunch!

Space is limited. Prior registration is required and forms are available at www.steinerranchhoa.org



Great teacher, fun environment B.A. in Music, Berklee College of Music Over 12 years teaching experience All ages, styles and skill levels welcome

> Charles Couch P: (646) 704-3092 · E: 6strang@gmail.com www.charlescouch.com



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Trails Update Submitted by Rich Keith

Do you like to solve problems and design things? Your Steiner Ranch Trails Committee is actively seeking a group of volunteers to design Phase 2 of our sign markings for the entire trail system. You don't have to install them – you just have to design the markings. We need markings for hikers on our trails. As a designer, your job will be to work out what labels to place at each sign location, and order for the labels using HOA funds. The markings have several purposes:

- Location: label the trail name on the sign.
- Show how far it is to the nearest trail exit in either direction (we have GPS coordinates to help here)
- At trail intersections, mark which trail continues and which trail branches.
- At trail exits, show the street name for that exit point.

- Show any special information such as steep trail, rocky, water crossing, view point, bench, etc.
- Show emergency information.
- Show special information when the trail is on the Balcones Preserve land.

Do you like to collaborate with another person or two? This is a great team project for a small team. If you want to accomplish something great which will impact your community for many years

to come, this is your chance. Please contact richardk@austin. rr.com or call Rich Keith. Trails Committee Chair, at 266-8498.

I Didn't Know.

When the Steiner Ranch HOA puts on an event, activity or program....we hear, "I didn't know about this" all the time. Well, the best way to receive the latest information about what's going on in Steiner Ranch is to sign up for our email alerts.

How?

- 1. Go to www.steinerranchhoa.org
- 2. Enter your email address in the "Join/ Edit" Steiner Ranch mailing list box and press "go".
- 3. Enter your email address in the list vou'd like to receive:
 - a. Activities
 - b. Safety
 - c. Lost/Found Pets
- d. Community
- 4. Once you've signed up, you will need to respond to an email to confirm.



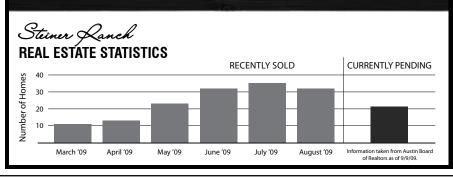
Austin Poised for Fastest Recovery

From now until the end of 2010, Austin's economy is projected to grow by \$5 billion. That, coupled with relatively subdued unemployment, has the Texas Capital poised for the quickest economic rebound in the nation. (source: Forbes.com)

Forbes.com ranks Austin #2 on its list of the Top 10 Cities Where Americans are Relocating.

Now is a great time to invest in Austin Real Estate.

• Motivated sellers • Good choice of inventory • Extremely low interest rates • Tax incentives for some buyers • Opportunities for move-up buyers



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Bobby Steiner lived in Austin during the school year and his young summers were spent on the ranch out here by the lake. They thought of what is now Steiner Ranch as simply Grandpa's ranch, where the rodeo stock were kept. Buck Steiner bought the land where Steiner Ranch is now located starting in about 1929.

But it wasn't long before the boys went on the rodeo circuit with their father and mother, Tommy and Beverly Steiner, about 10 months out of the year. Now Bobby's summers had changed: When they were

not on the ranch, they spent their summer days and nights on the road at his parents' rodeos.

The Steiner's Austin home was on Perry Lane, near Camp Mabry. Understand that this was living in far north Austin at the time. Long before Northwest Hills or most anything on 2222 was built, this was a mostly empty area in the mid-1950's.

Bobby and his brothers Bill and Blake attended Highland Park elementary school, and then Murchison Junior high in its first year of operation off Far West Blvd. Later the boys attended Lanier High school. Bobby only attended Lanier for his freshman and sophomore year. He left school and stayed on the rodeo trail. He actually left a note for his parents. Bobby turned pro at age 15, in 1967.

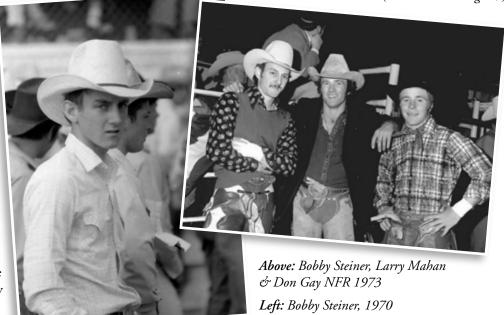
Submitted by Rich Keith

How could a boy become so focused on the rodeo? Well it happened early. When Bobby was 5 years old, Grandpa Buck Steiner put on a rodeo in Cuba for the Batista government. The timing was bad and Buck Steiner got the family and the employees out of there just days before Castro took power and kicked everybody out in 1959. Bobby thought that this was great fun and adventure.

Young Bobby's goal in life was to become a professional cowboy, and specifically a world champion bull rider. His boyhood heroes were the top bull riders. So as soon as he could manage it on his own, he would got out of his last class at Lanier High School on Friday afternoons and fly to rodeo competitions for the weekends. Soon he knew that this was what he wanted to do professionally.

Heading back to the ranch, Buck and Grandma lived on the property full time, though Buck's rodeo business was booming. Bobby's mother Beverly loved to cook and she was a great homemaker when they were

(Continued on Page 19)



Concerned About Lower Lake Levels? Join DELTA Save Water. Save Lake Travis.





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SR History - (Continued from Page 18)

home. But on the road the family ate out all the time. Bobby says he was a hyperactive child and he enjoyed the life on the road partly because it was full of stimulation. He feels he was a spoiled brat: he demanded a lot of attention and he got it from a lot of people.

The life on the road did not suit Bill and Blake as well as it suited Bobby. Bobby loved the people, the action and the travel. But Austin was always the best town he was ever in, he says.

Next month: How a tutor went on the road and educated three rodeo boys while their mother and father were riding bulls or racing around barrels on a horse. Source: Interview with Bobby Steiner. For more information contact Rich Keith rkeith@ primerica.com (512) 266-8498.

Cover Photo

Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming issues of the Ranch Record.

All photo's submitted must be in Steiner Ranch and we'd love to have something that pertains to this time of the year in some way, such as a great Fall photo. Our November issue submittal deadline is October 5th and photos should be submitted electronically by the deadline date in high resolution to Sharon Adams at sharon@ steinerranchhoa.org.

By submitting your photo you agree to allow your photo to be published in future issues of the Ranch Record or other Steiner Ranch publications.

Improvide the second second

 KNOWLEDGE...NOT FEAR.
 JEFFREY B. MICHEL, MD FACC GEORGE P. RODGERS, MD FACC

 Market Strate
 Market Strate

 PREVENTION.
 DIAGNOSIS.

 TREATMENT.

 State of the Art Cardiology Care in a Non-Hospital Setting

SPEEDING IN STEINER PLEASE SLOW DOWN!

Speeding has become a MAJOR problem in our community. Whether on the public roads or behind the gates in the private neighborhoods, speeding violations are on the increase. Also on the increase is the number of accidents on the roads.

Speeding can result in accidents, injuries and far worse. The Association receives many complaints on a regular

basis. The solution is simple – PLEASE SLOW DOWN. Everyone at one time or another is guilty but the solution is simple. Think about your neighbors, think about the kids and think about safety and PLEASE SLOW DOWN.

Please help us keep Steiner Ranch beautiful and SAFE by not speeding!



Steiner Scrapers Scrap-A-Thon

Steiner Scrapers will be dedicating hours of hard work and exceptional creativity at the Steiner Scrapers Scrapbooking Marathon!

When: Friday, October 23 at 6:30pm to Sunday, October 25 at 4:30pm

Cost: \$75 for the entire weekend!

Where: Towne Square Community Center

What Can I Expect?:

- No distraction from kids, spouse, or home
- One six foot long table of your very own for scrappin' (leave it set up the entire weekend)
- Meals & snacks
- Fabulous gifts
- Meet old & new friends
- A Creative Memories Consultant with inventory for sale & supplies

Hurry! Space is limited to the first 25 reservations! First Come, First Served! Registration opens on September 1st and forms are available on-line at <u>www.steinerranchhoa.org</u>

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20 Ranch Record - October 2009

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Water Aerobics Continues

The Steiner Ranch water aerobics classes will continue through the end of September (or until the water gets too cold) and there are a few spots open in both the morning & evening classes.

> Towne Square Pool Monthly \$45 for 8 classes/month Mon/Wed at 6:45pm Tue/Thur at 9:15am Classes are 50 minutes long

Register using the 2009 Program Registration form found at www. steinerranchhoa.org

WINTER POOL HOURS

To date, the Steiner Ranch Board of Directors and the Facility Committee have not yet set pool hours for the winter, but for the month of October, pool hours will be as follows:

Bella Mar:

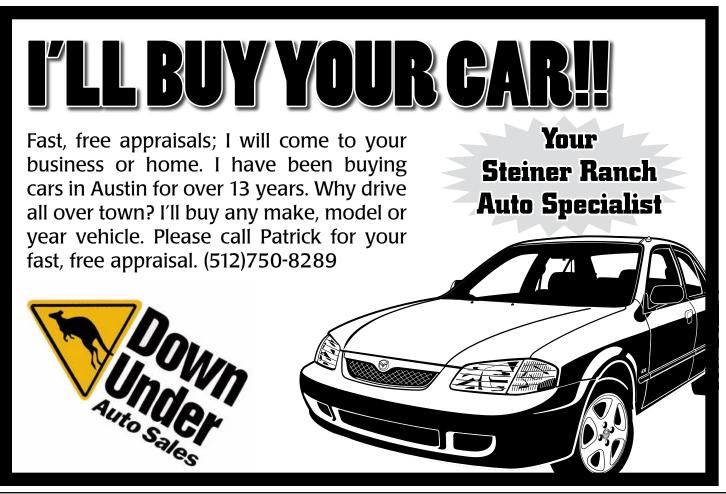
Closed Monday until 2:00pm Lap Pool: Tue-Sun 5:30am – 10:00pm Master's Swim Program – Wednesday & Friday 5:30am – 6:45am; Sunday 6:30am – 7:45am VHS Swimming Monday – Friday 7:15am – 9:15am Lap lanes will be available to lap swimmers during these sessions.

Towne Square:

Closed Monday until 12:00pm Tuesday – Sunday 8:00am – 10:00pm Water Aerobics – Monday & Wednesday 6:45pm – 7:30pm; Tuesday & Thursday 9:15am – 10:00am

John Simpson:

Closed Monday until 2:00pm Tuesday – Sunday 5:30am – 10:00pm **Please note** Lifeguards are no longer on duty. Swim at your own risk.



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COMMUNITY GROUPS WAYS TO BECOME INVOLVED IN STEINER RANCH

Girl Scout Registration is Open Submitted by Carmen Tucker

Girl Scouts of Central Texas registration is open year-round to girls in grades K-12. Now is the perfect time to register in order to take advantage of summer experiences like overnight camp, robotics day camp, backpacking trips and more. Registration is \$10 per year and girls can choose to join a troop or participate as individuals.

Girl Scouting builds girls of courage, confidence and character, who make the world a better place. Through fun, informal and educational experiences girls can discover their potential, connect with others and take action to make the world a better place. Girl Scouts provides a wide variety of experiences for interests such as the arts, science, technology, nature, athletics, community service, health, leadership and more. To learn more or to register, contact Carmen Tucker at CarmenT@gsctx.org or (512) 490-2360. Discover Girl Scouts online at www.gsctx.org.

Steiner TechNet Wants You! Submitted by David Dyke

If you work in technology and live in Steiner Ranch, we have a new community for you. This includes a quarterly social mixer in Steiner with opportunities to meet new neighbors, discuss business issues, find job opportunities and share best practice ideas, etc.

For more information, email David Dyke at david@austintechnet.com and join Linkedin Groups Steiner TechNet.

Are you a member of a community group or organization here in Steiner? Email the information about your group to steinerranch@ peelinc.com and it will be included in each issue. Feel free to submit post event write-ups and photos.

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 and fishing with your family, shoot BB guns, sleep over on real U.S. Naval ships 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? Find out how enriching being a Cub Scout can be!

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

Steiner With Out Kids Social Group (SWOK) Submitted by Paula Kaisner

Did you know there is a social group in Steiner called Steiner w/o Kids (SWOK). We have been established since January 2006 and have had many couples join who've made new friendships. Whether you've never had kids or you have grown children, you are welcome to join this fun social group. We get together once a month at someone's home in Steiner for food and drinks along with making new friends and/or enjoying old friends! It's a great way to meet other couples and form new relationships with people who also don't have children at home. For more information please email Paula Kaisner at paula@kaisner.org







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Sunny Kallmer, PA-C Board Certified Physician's Assistant

Lori Naglieri, MD

Board Certified in Family Medicine

WOULDN'T IT BE GREAT IF

someone you love_

MOVED TO STEINER RANCH?

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LONGHORN VILLAGE

A New Brand of Retirement Living

When family and friends live close by, life takes on a special joy. And now the area's finest retirement address is opening in Steiner Ranch this summer: Longhorn Village.

- Designed for seniors 62 and older
- First-class services & outstanding amenities
- A vibrant lifestyle branded by the Texas Exes

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The Longhorn Village lifestyle is open to everyone regardless of university affiliation.



Developed in association with The Ex-Students' Association of The University of Texas.



You still have a chance to become one of the first to call Longhorn Village home – residents are moving in now!



Watering the Common Area Grass Reclaimed Water

Reclaimed water is the product of an advanced treatment process which cleans wastewater. This treatment process produces water ideal for plant irrigation and other commercial uses. The Steiner Ranch Wastewater Recycling Plant treats the wastewater to standards required by State and Federal agencies.

Reclaimed water is also far less expensive than potable water. Reclaimed water is also safe for all human contact (except drinking directly). For more than 50 years, reclaimed water has been safely used throughout the country in recreational lakes, sprinkler systems for homes and businesses, food crop irrigation and manufacturing processes.

Since reclaimed water is used for non-drinking uses, a separate set of distribution pipelines has been built to deliver reclaimed water from the Steiner Ranch Wastewater Recycling Plant to the University of Texas Golf Club and the Steiner Ranch Homeowner's Association. The approximate amount of potable water saved is 200-400 thousand gallons per day, which means reclaimed water users are not on the same mandatory water restrictions as those on potable water.

Reclaimed water is easily identified by the purple sprinkler heads and by signs in all common areas. If you have questions about the use of reclaimed water, please contact Water District #17 at 512-266-1111.

Compliance Corner Spotlight: Trash Cans

Have you received a letter from the Homeowners Association about your trash can? To clear up one of the most common violations this time of year, the rule of thumb to remember about trash cans is simple;

Trash containers must be removed from the street and returned to their enclosed structures and NOT visible from the street before nightfall on trash collection day.

Do you have a neighbor who continues to leave their trash can out for days after trash day? Then let us know! You can report the violation by simply going to our website, www.steinerranchhoa.org and click on the "Report a Problem" link. Anonymous reports will not be acted on, so please leave all requested information.

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PRACTICELOCATION:HOURS:2900 N. Quinlan Park Rd. , Suite 430Monday-FridayAustin, Texas 787328:00 a.m. - Noon • 1:30 p.m. - 5 p.m.512.266.8877

Tree & Shrub Pruning

Tree and shrub pruning is best accomplished in the dormant season. During this period it is easier to visualize the overall structure, maximize wound closure, and reduce disease transmission. Pruning prolongs life, improves overall health, and enhances the appearance

of trees and shrubs by removing damaged or diseased branches. It also helps prevent storm damage by removing weak branches that might snap during heavy winds, and decreases wind resistance by helping trees move with the wind and reducing the chance of breaking limbs. Lastly, pruning restores the shape of trees that are out of proportion.

Be sure to prune for safety first, then for plant health, and finally for aesthetics. (Pruning for safety includes allowing visibility of traffic control signs, street marker signs, and pedestrian traffic, as well as clearing from fence lines, roofs, and structures.)





Over the past 10 years I have helped more than 325 families with their real estate needs.

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GOING GREEN:

ARE YOU A LEADER IN YOUR COMMUNITY? ARE YOU COMMITTED TO GOING GREEN? IS RECYCLING IMPORTANT TO YOU? IF SO, THAN THIS ARTICLE IS FOR YOU.

You're about to learn why Rainwater harvesting is becoming so popular and how easily you can start benefiting from it too. Rainwater harvesting is the gathering, or accumulating and storing, of rainwater, which can be used for irrigating lawns and landscapes. Thus reducing the amount of chemicals (like chlorine) from city water we use to keep our landscapes beautiful and also reducing the amount of chemicals that end up in our springs, streams, and rivers.

Here's 5 reasons why you should harvest rainwater:

- 5. Save money on your water bill.
- 4. Rainwater contains less chlorides and salts than city water (plus, your plants love rainwater.)
- 3. It is much more ecofriendly (especially during times of drought)
- 2. You can **receive up to \$500 rebate from the City of Austin** for installing a rainwater catchement (harvesting) system.
- 1. Rain is free and natural! Why not capture it and use it for your landscaping.

Facts:

- No fines, fees, or regulations for watering plants on a wrong day or time when using rainwater.
- The Texas Legislature created a new sales tax exemption to encourage Texans to recycle rainwater.
- HB 645, passed by the 78th legislature in 2003, prevents homeowners associations from banning outdoor water-conserving measures such as composting, water efficient landscapes, drip irrigation, and rainwater harvesting installations.
- Rainwater tanks come in all shapes and sizes to meet your needs and match your home and decor.

Since returning home from a vacation in Australia, I noticed one distinct difference in the landscapes... rainwater tanks in most backyards. I was impressed by the conservation efforts made by the Australian people and I wanted to bring it home to the place I love, Austin! Feel free to call my office for more information and help with your rainwater installs. Dave (512) 249-0101.



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School News

Inaugural VHS Band March-a-thon a Huge Success

The much anticipated inaugural March-a-thon of the Vandegrift High School Band on August 15 was an overwhelming success. The VHS Band marched over five miles starting at John Simpson Park, marching through various neighborhoods and ending at Towne Square Community Center. The Band stopped at houses, cul-de-sacs and parks along the route to give concerts and let kids conduct the Band alongside Drum Major (and Steiner Ranch resident), Kristen Abbarno. The Band even played "Happy Birthday" to a surprised donor at one of the concerts.

Three of the largest television networks in Austin: KEYE, KXAN and KVUE broadcast coverage of the March-a-thon on their news shows. The VHS Band raised thousands of dollars, including \$1,226 in on the spot donations throughout the morning. These contributions were a great start to help the Band meet its fundraising goals. You can contribute to the Band throughout the year via its website at www.vhsband.com. The band's current goal is to raise money to paint the trailer that is used to transport equipment and instruments to competitions and out-of-town games.

We are very grateful for the generosity of Steiner Ranch residents and appreciate you hosting our inaugural March-a-thon. Thank you so much for an awesome morning!







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New Patient Visit

for Local Residents

*\$250 value when

You mention this AC

³XP. 10/31/09

Steiner Ranch Elementary It's Silent Auction Time!!

Your opportunity to donate to a GREAT organization, the Steiner Ranch Elementary PTA, and to introduce your business to Steiner Ranch Elementary families!!

The Steiner Ranch Elementary Silent Auction, in conjunction with the Fall Family Night, is sponsored every year by the PTA and attended by hundreds of our families. Each year the members of the PTA Executive Board and Standing Committees invite the community and our neighbors to participate in our educational and fund-raising programs. Through the Silent Auction, we encourage our school community to support local businesses and organizations. This year our Silent Auction will be held on Friday, October 23, 2009.

The proceeds from the Silent Auction will be used for the benefit of our students and faculty. In the past, the PTA has purchased computers for classrooms, books for the library, a marquee for the school, P.E. equipment and two sunshade structures for the playground.

If you choose to make a donation, it will be displayed along with any promotional information submitted. Your donation should include a dollar value so we will have a guide as to where to begin bidding for the item as well as providing you with a receipt to use for tax purposes.

On behalf of the Steiner Ranch Elementary PTA, thank you again for your interest in our auction and in the needs of our children. Please feel free to contact us should you have any questions or need additional information.

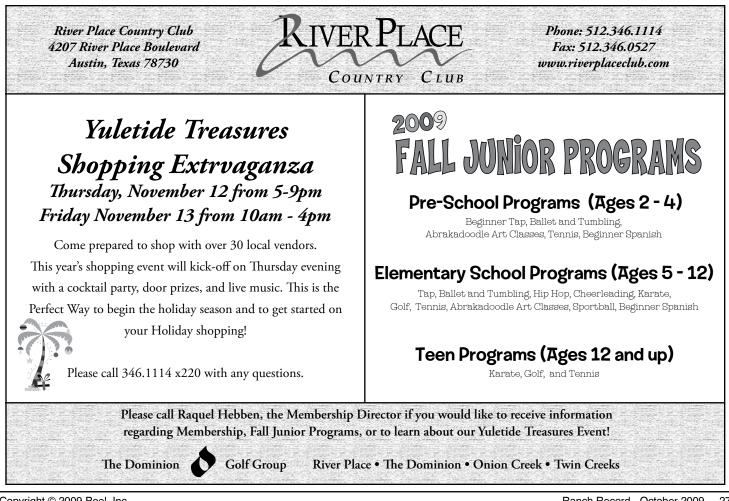
Karin Wilkinson, Silent Auction Co-Chairperson Steiner Ranch Elementary School PTA sr_auction@hotmail.com • 512.517.0129

Paige Walton, Silent Auction Co-Chairperson Steiner Ranch Elementary School PTA sr_auction@hotmail.com • 512.947.6457

New Law Bans Cell Phone Use in School Zones

Beginning September 1 of this year a new law went into effect that does not allow the use of your cell phone (unless you use a hands free devise) in a school zone and Steiner Ranch has three of them all within 3 miles of each other.

So, end that call before entering the school zone, or you could face a \$200 fine.



LISD FLU INFORMATION

Dear Parents/Guardians:

As you may know, the flu circulates each year in Texas, typically October through May. The flu can easily be spread from person to person. Leander ISD will continue to take steps to prevent the spread of the flu, including the H1N1 flu. Our goal is to decrease the exposure to the seasonal flu and H1N1, while limiting the disruption to learning. Leander ISD is working closely with the Center for Disease Control (CDC), Texas Department of State Health Services, and local Health Departments to monitor and control flu conditions.

What is Leander ISD doing to protect my child from the flu?

- Campus nurses and clinic personnel will assess and monitor all illnesses, as well as report diagnosed flu and flu-like illness trends to local health departments.
- Leander ISD will practice infection control measures. Staff will be encouraged to teach and use proper hand washing techniques and cough etiquette. We will continue to ensure that our schools and buildings are clean and commonly touched surfaces such as door knobs, toilet and sink handles, stair rails, etc. are cleaned often.
- Posters will be provided to campuses regarding proper hand washing and cough etiquette.

- Staff and students who are ill will be sent home. Staff and students who become ill will be kept separated from healthy staff and students until they are able to go home. Staff and students are to stay home until they are fever-free for at least 24 hours without the use of fever reducing medication. (If the flu becomes more severe, revised guidelines may be implemented.)
- Flu vaccines will be encouraged for staff.
- School dismissal. At this time the flu is expected to be mild. According to CDC guidelines, school closure is not recommended for disease control. We will continue to work closely with health departments, should conditions warrant.

How can you protect your family?

- Update your emergency and contact information at your child's campus.
- Know the signs and symptoms of the flu and how it spreads. Symptoms include fever over 100 degrees or more, sore throat and cough. Many people have a runny nose, fatigue, body aches and loss of appetite. The virus is transmitted through the coughing or sneezing of people infected with the virus.
- If you are ill, stay home. You will need to stay home for at least

(Continued on Page 29)



LISD FLU INFORMATION (Continued from Page 28)

24 hours after fever subsides without the use of fever reducing medications. The same holds true for any family member. (If the flu becomes more severe, revised guidelines may be implemented.)

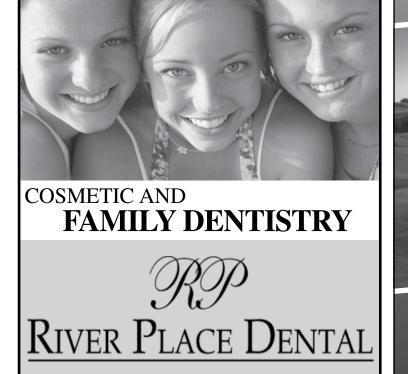
- Get a seasonal flu vaccine as soon as possible for all members of your family. Consult your health care provider for guidance.
- Get the H1N1 vaccine if you are part of a target group. The vaccine should be available in mid-October. Consult your health care provider for guidance and to determine if you are in a target group.
- Talk to your health care provider about the pneumonia vaccine. The pneumonia vaccine may be appropriate for certain age groups and health conditions.
- Practice infection control measures at home. Teach all family members to cover their nose and mouth with a tissue when they cough or sneeze. Throw the tissue away after using. If tissues are not available, cough/sneeze into your sleeve or elbow. Wash hands often with soap and water for 20 seconds. Use paper towels for drying hands or assign everyone their own towel. If soap and water are not available, use alcohol-based hand sanitizers. Try to avoid sick people. Keep commonly touched surfaces clean by

wiping them with a household disinfectant and use according to the product label.

Leander ISD will continue to do what it takes to keep our schools healthy, safe, and functioning normally. Our goal is to decrease exposure to the seasonal flu and the H1N1 flu, while limiting the disruption to learning. If the flu is determined to be more severe then expected, additional measures will be taken to protect students and staff. We will update you with information as we receive it. Please feel free to visit the following websites for additional information:

- www.leanderisd.org
- www.texasflu.org
- http://flu.gov

Have a great year! If you have any questions, please feel free to call Sandy Headley, District Nurse, at 570-0144.



Lynley A. Shook, DDS • Misti Phillips James, DDS 512-795-2800 • www.riverplacefamilydental.com 10601 FM 2222, Suties S • Austin, Texas 78730



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School News

Attention: Calling all fathers Watch D.O.G.S. is here at **Steiner Ranch Elementary**

SRE is so excited to have Watch D.O.G.S. at our school. Watch D.O.G.S. (Dads of Great Students) is a national program focusing on the prevention of violence in our children's schools by using positive influence of fathers and father-figures for 2 reasons:

- to provide a fathering presence in schools 1.
- to be a positive and active role-model for students at their 2. school

Watch D.O.G.S. is a non-profit organization which began in 1988 by Jim Moore. Watch D.O.G.S. are fathers, grandfathers, uncles, and other father-figures who volunteer for at least one day each year.

Please take time to go to www.watchdogs.net to read more about this awesome program.

You will need to go to the LISD website to be an approved LISD volunteer before you can be a WATCH DOG.

https://volunteer.leanderisd.org

Viper Cheerleaders To Host Cheer Clinic

Vandegrift High School Cheerleaders are starting their first year by hosting a Cheerleading Clinic for the Four Points area community.

Viper Cheerleaders invite all Kindergarten through sixth grade students to join them Saturday, October 24 from 9:00 a.m. till 1:00 p.m. All participantes will receive a t-shirt and a picture with the Viper Cheerleaders, participate in a craft and have lunch. Participants will perform for parents at 1:00 p.m.

Registration is \$45 before the registration deadline of Tuesday, October 20 and \$50 at the door.

72 MONTHS

Please email VHSViperCheer@gmail. com with any questions regarding the VHS Cheer Clinic and/or request a registration form.



512.302.5555

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minimum daily balance of \$2000 required

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New Solar Tax Credit

Save up to 70% on your system.

By combining the new Federal Tax Credit with local incentives and our Steiner Ranch "Neighborhood Solar Program," it has never been more affordable to go solar. Contact us to see how purchasing solar with your neighbors is good for your wallet and good for the planet.

WHY GO SOLAR?

Gr

- Up to \$50,000.00 in city rebates
- 25+ years of savings
- Energy independence
- Tax free ROI

87.SOLAR.NRG (877.652.7674) | www.solarcommunity.net

SolarCommunity

Calendar of Events

		1	OC	rober	2009	_		
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					I	2	3	
					7:00pm – New Owner Orientation (TSCC)			0
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	4	5	6 6:30pm – Facility	7	8	9	10	
		6:30pm – FREE Yoga (TSCC)	Committee Meeting (TSCC) 6:30pm – Common Sports Injuries and how to prevent		8:00am – Free Pilates (TSCC)	7:00pm – Knitters & Quilters (TSCC)		
			them, by Dr. Danney (BMCC)		7:00pm – Trails Committee Meeting (BMCC)			7
X			7:00pm – Organic: Is it REALLY worth it? (WBF)		s 🇊			
	11	12	13	14	15	16	17	
		LISD Student Holiday 6:30pm – FREE Yoga (TSCC)	6:30pm – Social Committee Meeting (TSCC)		8:00am – Free Pilates (TSCC)		9:00am – 4:00pm – American Red Cross Babysitting Class (FULL)	
and the second s		(13CC) 7:45pm – Just Dance (TSCC)	7:00pm – Favorite Recipes Book (BMCC)		7:00pm - Seminar on Atrial Fibrillation (TSCC)		1:00pm - 3:00pm - Say What you See (BMCC)	
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	18	19 6:30pm – FREE Yoga	20 7:00pm – Say What you	21	22 8:00am – Free Pilates	23 6:30pm – Scrap-A-Thon	24 All Day – Scrap-A-Thon	(A)
		(TSCC) 7:45pm – Just Dance	See (TSCC) 7:00pm – Estate Planning		(TSCC)	(TSCC)	(TSCC)	
6.0		(TSCC)	& LTC (BMCC)					
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A	25 All Day – Scrap-A-Thon	26 6:30pm – FREE Yoga	27 3:30pm – SRMA Board	28	29 8:00am – Free Pilates	30	3 l 3:00 – 5:00pm	
P.C.	(TSCC)	(TSCC) 7:45pm – Just Dance	of Directors Monthly Meeting		(TSCC) 6:00pm – SRROA Board		– Children's Halloween Event	
· ·		(TSCC)	6:00pm – Wellness Workshop (TSCC		of Directors Meeting			
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			NOV	/EMBE	R 2009	Ż		
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	I	2	3	4	5	6	7	
		6:30pm – FREE Yoga (TSCC)	6:30pm – Facility Committee Meeting (TSCC) Election Day		8:00am – Free Pilates (TSCC)		10:00am – 2:00pm Holiday Sales Event with Santa (TSCC)	
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	8	9	10	11	12	13	14	
		6:30pm – FREE Yoga (TSCC)	6:30pm – Social Committee Meeting (TSCC)		8:00am – Free Pilates (TSCC)	7:00pm – Knitters & Quilters (TSCC)	6:00pm – Camping on the Ranch (TSCC)	Y
R			(1999)		7:00pm – Trails Committee Meeting (BMCC)			
	15	16	17	18	19	20	21	S
		6:30pm – FREE Yoga (TSCC)	7:00pm – Favorite Recipes Book (BMCC)		8:00am – Free Pilates (TSCC)			
	22	23	24	25	26	27	28	12
		6:30pm – FREE Yoga (TSCC)	3:30pm – SRMA Board of Directors Meeting		Thanksgiving Holiday Association Office Closed	Thanksgiving Holiday Association Office Closed		
The second			7:00pm – Say What you See (TSCC)					
2/			7:00pm – Estate Planning & LTC (BMCC)		۵ î			
1 a a	29	30						
		6:30pm – FREE Yoga (TSCC)						
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Business Section

Three Business Networking Groups in the Area

Are you looking to grow your business in 2009? If so, you might be interested in a few of the business networking groups in the area. There are a few to choose from: **Steiner Ranch Referrals BNI Group**

Meetings are on Thursday mornings from 8:00am to 9:30am at Thai Harmony in Steiner Ranch. Visitors are welcome! If you are interested in visiting a meeting please contact Mark Taylor at marktaylor@ actioncoach.com for more information or visit www.BNIAustin.com.

Four Points BNI

Meetings are on Wednesday at lunch from 11:30am to 1:00pm at the River Place Country Club. Visitors are welcome! If you are interested in visiting a meeting please contact Amy Oehler at Amy@Lending360. net or visit www.BNIAustin.com.

A Business Referral Group Made Fun

Networking Northwest Austin is expanding its member base of businesses in our area. NWNWA members build close business and personal relationships. We believe in business by referrals and having a limited member base (not duplicating professions), so you will not see your competitors here. We have a caring, positive, involved group of people who not only wish to build their business, but also want to build the strength of our networking group. NWNWA meets on the 2nd and 4th Tuesday at Waterloo Ice House, 360 & FM 2222 from 7:00am to 8:30am. And a fun happy hour once per month at a beautiful location. Come to a breakfast or call Dorothy Scarborough, President - dscarborough5@austin.rr.com, 512-589-3678.

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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>steinerranch@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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News You Can Use

Trail Running 101

by Resident, Rebekah Trevelise

One of the biggest reasons I chose to live in Steiner Ranch was the abundance of nature trails. I enjoy running on the trails every week. I come across many Steiner Ranch residents that have never walked or run on the nature trails and have lived here for many years. Many of these residents share that they are scared to run on the trails, fearing they will injure themselves. Below, I will go over different aspects of trail running: what to expect, and the benefits of trail running (versus running on the road or treadmill).

What to Expect:

In Steiner Ranch, our trails are predominantly loose over hard pack. Some sections of trails are mulched; others are dirt single track, while others are old jeep roads. Expect loose, dry rock in most areas. There are many creek crossings throughout the 18+ miles of trail, and in the rainy season you may get your feet just a little wet, though there are stepping stones (and a few bridges) to use at many of the crossings. Some of the trails have low, overhanging branches as well as overgrown bushes that encroach onto the trail at times. I come across rabbits and snakes periodically throughout the year, which is just one of the perks of being out in nature. Remember, they are more scared of you! There are strategically placed benches

throughout some of the trail system that allow you to take a breather while catching a great view.

The Benefits:

One of the most enjoyable benefits is the view! There are amazing canyon views as well as views of Lake Austin. Trail running reduces stress on the ankle, knee and hip joints, while strengthening muscles, including all your small, stabilizer muscles of your torso and legs. Due to this increased strength and stability, chances of running injuries decreases over time and you become a more balanced runner. Other benefits include respite from the shade on hot, sunny days, and protection from the wind on cold, blustery days. Running on the trail removes you far from the radiant heat of the pavement and the exhaust fumes from vehicle traffic. Trail running is one of the softest surfaces to complement your running program, with concrete and treadmill surfaces being the hardest surfaces to run on.

The initial onset of trail running should be conservative, allowing time for the ankles, knees and hips to adapt to the ever-changing trail surface. Trail running provides built-in interval training, as your pace decreases and increases according to the surface (i.e. loose rock, hard pack, mulch, etc.) as well as the grade (steepness of the (Continued on Page 37)



www.bluebonnetschool.com

Trail Running 101- (Continued from Page 36)

ascent/descent) of the trail. It may take a few times on the trail to get used to the layout (including all the exits and turns), but currently the trails committee, along with the Boy Scouts, are working on placing markers at every intersection. Running on the trails with shoes specifically designed for your foot strike (how your foot lands on the ground) is highly recommended. There are many lightweight shoes available now that have appropriate tread for our area (you'll want a more aggressive tread than say a shoe you'd wear on the town lake trail).

Hopefully I've piqued your interest to explore, enjoy, and run on the beautiful trails right here in Steiner Ranch. I'll be hosting and leading trail runs from John Simpson Park every Thursday at 9:30 a.m., and every Saturday at 9:00 a.m. for the months of September and October. Have a great run!

Travis County Sheriff's Crime Prevention Reminder

<u>Burglaries of Vehicles-</u> Most Burglary of vehicles occurs 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.

<u>Illegal Dumping-</u> Illegal dumping in Travis County continues to by 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 contaminates 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.



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News You Can Use

Get Ready for Windows 7 For Lovers of XP and Haters of Vista Submitted by Laurie Scott

Users of Microsoft Windows have been waiting a long time for a great upgrade from Windows XP. Well, I have good news - Windows 7 is coming.

On October 22nd, the successor to the less than popular Windows Vista will begin to ship with new PC's and be available in stores and online. If you bought a new PC with Vista Home Premium installed in the last 3 months, you're probably going to get a free upgrade disk from the manufacturer.

Should you upgrade your current PC? There are some very compelling reasons to do so. In almost every area Windows 7 outperforms Vista and even XP in the time it takes to install, copy files on the hard drive or move files over a network. It also doesn't need quite as much memory to run well. It has MUCH better security than XP and is less annoying than Vista. Vista users know about the constant pop-ups of the UAC (User Account Control) every time you make the slightest change to the system, encouraging many to disable it altogether. Windows 7 has modified it so that it can be adjusted to be less intrusive while still protecting you from unwanted program installations. This makes it much easier to run as a regular

user rather than an administrator (an almost impossible task in XP), providing better protection from viruses and trojans.

The Media Center provides support for playing Blu-Ray discs (if you have a drive that can play them), and the Home Group feature makes sharing files and printers between computers really simple.

Windows Live is a separate but I think important product from Microsoft that works well with Windows 7. It's a set of free online products that features SkyDrive, offering 25 gigabytes of online storage, and Family Safety, that in conjunction with your Windows user accounts provides access control to web content, and provides activity reports as well as administrator access (i.e. the parent) from any computer, anywhere.

The Professional version of Windows 7 includes the ability to run Windows XP as a "Virtual Machine" in a window, so if you have programs that need XP to run, you can run them in the virtual machine while continuing to run everything else in the Windows 7 environment (I know, that was geeky and your eyes probably started to glaze over, but it's a great feature none the less.)

(Continued on Page 39)



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Get Ready for Windows 7 - (Continued from Page 38)

System requirements for Windows 7 are a 1GHz or faster processor and at least 1GB of memory. You can perform a check of your computer by downloading the Windows 7 Upgrade Advisor from microsoft.com. The upgrade for Windows 7 Home Premium will be \$119, but Microsoft will also be making a "Family Pack" available, giving you 3 licenses for \$149.

I've been using Windows 7 since the Beta version was released in January, having it on 3 systems without problems, including 2

desktops and 1 laptop. The interface is much cleaner with lots of great small features too numerous to list here. So if you're ready for a new computer, but it's not presently in your budget, consider upgrading your current computer to Windows 7. The only regret you'll have is that it took Microsoft so long to finally get it right.



New Classes Oct 26th

Thanksgiving Camp is coming!

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MORNINGS										
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Multi-sport	3 - 41/2	Thurs	9:45 - 10:45am							
Parent & Tot, Jr.	16 – 24mos	Thurs	10:45 - 11:30am							
OUTDOOR SOCCER – Nov & Dec, Westridge Park										
Parent & Child Soc	cer 2½ - 4 yrs	Sat	9:00 - 9:45am							
Soccer	4 - 6 yrs	Sat	9:45 - 10:45am							
REGISTER ONLINE AT www.sportball.us Questions? Call 608-2634										



Stew chicken. I season water with salt, pepper, and 2 or 3 bay leaves. About half-way through cooking time, add chopped onion and celery. When chicken is done, measure about 2 cups of broth and place in another pan. To this broth, add 1 can of tomatoes and one can of Cream of Mushroom Soup. Heat this mixture. Cook spaghetti in water in which chicken was cooked.

Place spaghetti in large baking dish, then boned chicken. Season with salt and pepper. Then pour broth mixture over spaghetti. Bake at 350° until heated throughout. Sprinkle with grated cheese about 10 minutes before removing from oven.

> If you would like to submit YOUR recipe email it to articles@peelinc.com.



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Ranch Record - October 2009 41

News You Can Use

Nature Watch – Mysterious Moths by Jim and Lynne Weber



Cecropia Moth

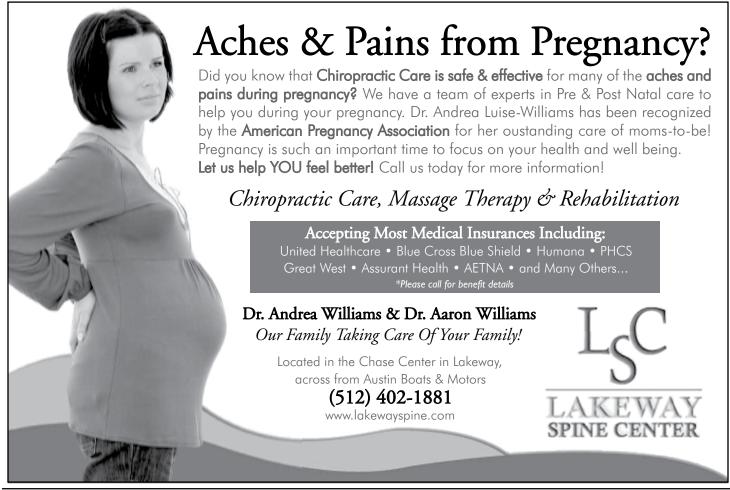


Luna Moth

While much more numerous but not as widely studied as their close cousin the butterfly, moths are a large and fascinating group of insects. Making up about 80% of the insect order known as Lepidoptera, most moths are active mainly at night, strangely attracted to light, and while some never eat, many species can live much longer than most butterflies and can even hibernate over the winter.

Like butterflies, the lifecycle of a moth is comprised of an egg, caterpillar (larvae), pupa, and adult. The length of this cycle and each of its phases varies with each species, with some species producing as many as 10 broods a year. Many moths have hairy bodies to help maintain the internal body temperature necessary for flight, and heat up their flight muscles by vibrating their wings, since they don't have the radiant energy of the sun to assist them. Sphinx moths, whose wings beat 70 times per second, have a top speed of 50 kilometers per hour, and even more amazingly, many pupate underground! Moths range in size from the micros that have wingspans of 3-4 millimeters to the female Cecropia moth, with a record wingspan of over 130 millimeters, the largest insect in North America.

Moths are positively phototactic, or automatically move toward a source of light. While the exact reason for this is unknown, interesting theories abound. Some moths are known to migrate short distances, and may use the night sky to navigate. They may use the moon as a primary reference point and have the ability to calibrate their flight paths as the moon moves across the night sky. This may help orient them, and can also explain the disorientation they seem to experience when they unexpectedly 'catch' or fly above a light source that they think is the moon. It's also possible that moths look at light as an escape route mechanism, where flying up (toward the light) signifies safety, and flying down (toward the darkness) signifies danger. *(Continued on Page 43)*



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Nature Watch - (Continued from Page 42)

Once they find an appealing source of light (preferring white versus yellow wavelengths), moths seem entranced by it. Like humans, moth's eyes contain light sensors, but unlike humans their dark-adapting mechanism responds much more slowly than their light-adapting mechanism. This could mean that they may not want to leave the light since the dark renders them blind for so long, and might explain why they can be attracted to the light over & over again. Lastly, since moths are generally nocturnal creatures, they may respond to the light like they would the rising sun, and settle in for a good day's sleep.

With so many thousands of moth species, even the largest can be difficult to identify. Clues can be gleaned from their profile or posture, vein patterns in their wings, and even the time of night that they are most active. Moths have antennae that are either feather-like or hair-like, with the male's antennae being larger than the female's. This is beneficial for detecting the pheromones (a chemical signal that triggers a natural response from a member of the same species) released by the females from as much as 8 kilometers away!

Some of our most beautiful nighttime jewels include the Cecropia, Imperial, Luna, and Polyphemus moths. These large moths, all members of the Giant Silkworm (Saturniidae) family, hold our greatest fascination. Cecropia larvae grow to about 4 inches in length, and you can often hear them as they eat. Imperial moths emerge in September/October awash in yellow & purple. The luminescent green Lunas, like all Saturniidae, are born without a mouth – they never eat or drink, as their main purpose is to reproduce. And the Polyphemus is named for the Greek Cyclops due to the large purple eyespot on each hindwing. So the next time you're up at night, wander outside by a light and see if you can spot some of these lovely creatures! *Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them.*



Imperial Moth



Polyphernus Moth

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LTCL Hosts Memoir Writing Group, Halloween Storyteller, Costume Parade, and More!

Submitted by Morgan McMillian and the Lake Travis Community Library Staff

October brings a slate of new programs to Lake Travis Community Library. Let storyteller Bernadette Nason get you in the spirit of the season with her spooky tales, hear local acupuncturist Allison Hebert speak about Eastern medicine, join the new memoir writing group, and participate in our annual Halloween story time and parade. Or, join our regular story times, book groups, craft club, Read It! program, genealogy group, and more!

Storyteller Bernadette Nason was so popular during our Summer Reading Program that she is coming back to entertain us with Halloween stories on Thursday, October 8 at 3:30 p.m. This award-winning actress and comedienne does more than simply recite a story – she truly performs and engages young people. "My objective is to offer theatrical pieces that challenge modern audiences to embrace and understand the human spirit while being completely entertained," said Nason.

The annual Halloween story time and parade will take place on Wednesday, October 28 at 10:30 a.m. We will first meet at the library to sing Halloween songs and read spooky stories, then we'll trick or treat around the shopping center in a Halloween parade. All ages are invited to attend and, of course, costumes are encouraged!

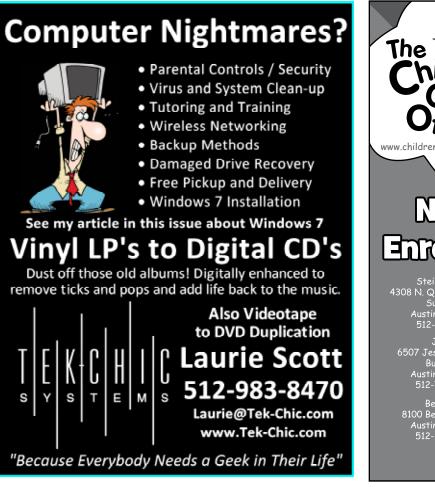
The new Read It! program continues on Wednesdays at 3:15 p.m. Each week, the group will read several chapters from a classic novel, participate in an accompanying activity, and enjoy a light snack. Don't forget to wear your sleepwear in public on the third Tuesday of October at 6:15 p.m. for a pajama story time with a bedtime theme. And three weekly story times continue to be popular for our youngest patrons:

- Preschoolers meet on Mondays at 10:30 a.m.
- Toddler story time is held on Tuesdays at 10:30 a.m.

• Babies attend a story time on Wednesdays at 10:30 a.m. with songs and fingerplays.

There are many events at Lake Travis Community Library for adults as well! Four adult book clubs will surely meet all of your reading needs.

The Friends of the Library Book Club will meet on Tuesday, October 6 at 10 a.m. at the Lake Travis United Methodist Church (Continued on Page 45)





LTCL Hosts Memoir Writing Group- (Continued from Page 44)

(1502 Ranch Road 620 North) to discuss the popular European novel The Elegance of the Hedgehog by Muriel Barbery.

• The Glass of Wine Book Club meets on Monday, October 26 at 7 p.m. at Vino 100 (900 Ranch Road 620 South, Suite C107) to discuss Michael Lewis's The Blind Side. This nonfiction title about football culture follows a homeless Memphis teen, his adopted Evangelical white family, and his path to a successful career at the University of Mississippi.

• The Bottle of Wine has yet to select their October date and book title, so please contact the library for further information.

• The Classics Book Group also has yet to make their selection.

Starting on Tuesday, October 6, Mary Jo Finch will lead a monthly memoir writing group at the library. If you are you interested in writing your memoir or just preserving some of your memories for your children and grandchildren, please join the memoir writing group on Tuesday, October 6 at 7 p.m. Participants will explore personal histories through a variety of writing activities.

Special guest Allison Hebert of Mission Acupuncture and Herbal Medicine will give a talk about traditional Chinese medicine on Tuesday, October 13 at 4 p.m. at the library. Hebert is nationally licensed and board certified in both acupuncture and Chinese herbal medicine by the National Certification Commission for Acupuncture and Oriental Medicine. She earned her masters degree in Acupuncture and Chinese Medicine at the Academy of Oriental Medicine in Austin. "Acupuncture and Oriental medicine is one of the most requested forms of treatment in the fast-growing field of complementary and alternative medicine," said Hebert.

The Craft Club holds a special meeting on Monday, October 19 at 7 p.m. to learn the basics of jewelry making. The class will be held at a member's home, so please contact the library to reserve a spot in the class. Participants will make earrings and bracelets and are asked to bring \$5 to defray the cost of materials.

And, our good friends at the Genealogy Group continues to meet Friday mornings at 9 a.m. before the library opens to access computer databases, share information, and get advice from experts about genealogy related topics.

Please contact the library at www.laketravislibrary.org and (512) 263-2885 if you want more information on any of these events. We look forward to seeing you at the library!

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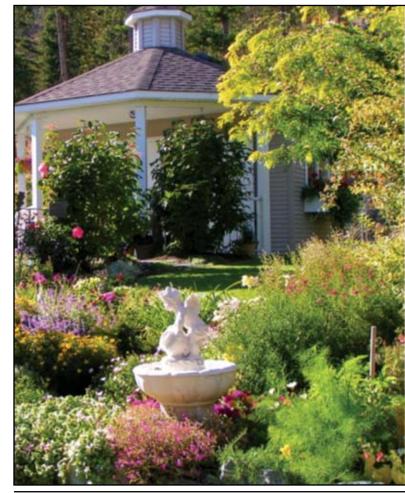
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"A Sad Philosophy" *The Year of Magical Thinking, by Joan Didion*

It was a Saturday night and I was roaming around Barnes and Noble, a most favorite luxury for me. I love the "Summer Reading" table and this is where I found The Year of Magical Thinking by Joan Didion. It looked intriguing, although admittedly sad, and won the 2005 National Book Award.

Upon reading this book, I had no idea that it was a memoir. In my opinion, the book poorly positions and promotes itself as one. After reading it (and figuring out that this was Didion's own experience), I did a bit of research on the author. Wikipedia refers to her as, "...an American author best known as a novelist and writer of personalized, journalistic essays."

In The Year of Magical Thinking, Didion shares her one year journey of grief after the sudden death of her husband. At the time of his death, she is also dealing with the hospitalization of her unconscious daughter.

Didion is very philosophical and deals with pain through a lot of research and reading. She continues to wait for her husband John to return saying, "I know why we try to keep the dead alive: we try to keep them alive in order to keep them with us." Sudden smells, sights, sounds send her into a flurry of memories that are too difficult to remember because she misses her husband so much. They had a busy, lively, seemly luxurious life together. Both successful writers, they were together constantly and made each other smarter, better writers and people. "I remember thinking that I needed to discuss this with John...our days were filled with the sound of each other's voices...what I remember about the apartment the night I came home alone from New York Hospital was its silence." The ordinary past seemed beautiful because you had the person who loved and respected most in the world with you, but now he was gone.

All in all, I didn't enjoy Didion's writing. I had a hard time relating to her way of dealing with grief. Her philosophical debates and laborious research seemed too detached for me. I definitely wouldn't consider this a good summer reading pick.

Feel free to comment on this review or your thoughts on the book or suggest a book for me to review on my blog at http://www.brittsbuzz.blogspot.com. At no time will any source be allowed to use The Ranch Record contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

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Announcing the 2009-10 Williamson County Symphony Orchestra Concert Season

Celebrating its 8th season of exciting music, the all-volunteer Williamson County Symphony Orchestra will present its first concert at the Hutto PAC on Friday, October 16, 2009 at 7:30 PM. On Saturday, October 17th, their second performance will be at Anderson Mill Baptist Church on Lake Creek Blvd also at 7:30 PM.

The full-size orchestra, comprised of approximately 90 talented and dedicated musicians, is Williamson County's leading community orchestra performing concerts that are free and open to the public.

As one of the area's most respected community musical organizations, the WCSO has distinguished itself through its focus on presenting an unusually broad range of music by exceptionally skilled amateurs, semi-professionals, and retired musicians, as well as through its emphasis on developing a broad-based audience.

The Symphony is proud of its work in helping to provide an additional venue for students in the surrounding areas. We want to provide an opportunity to perform great musical compositions and impart lasting musical and social values to both the members of the orchestra and the Williamson County area. The first concert series 'Unusual Marches & More' is a journey of unusual marches representing contrasting styles, tempos, unusual effects and more. A few of the selections being performed include The March of the Two Left Feet, Egyptian March, Festive March, Washington Post March, and many more.

Director of Music, Dr. Thomas E. Rainey states, "To see so many continue their musical involvement into adulthood is truly rewarding. Williamson County Symphony Orchestra is amateur only in the sense the musicians are not paid for their work, but their performance is at a very high level. WCSO is so proud to share with the community for Williamson County, making music accessible and appealing to all ages."

The orchestra also has a number of smaller ensembles which are available to the community as well.

For more information on playing with the Orchestra, joining the Orchestra Society or attending the October 16 or 17 concerts, go to http://www.WilliamsonCountySymphonyOrchestra.org



October Events at the Lady Bird Johnson Wildflower Center

FALL PLANT SALE & GARDENING FESTIVAL

Members Sale 1 to 7 p.m. Friday, October 9, Public Sale 9 a.m. to 5 p.m. Saturday and Sunday, October 10 and 11 Nearly 300 hardy native plant species on sale to help your yard recover from the drought. Hourly tours from 11 a.m. to 2 p.m. Shirley and Brian Loflin lecture on Texas Cacti in the auditorium, 11:30 a.m. Friday. Book signings in the store.

ORIGAMI FINALE AND DAMIAN PRIOUR - Sunday, October 4

Sculptor Damian Priour lectures on his exhibit at 12:30 p.m. in the auditorium. Artist Joan Son demonstrates this ancient craft from 1 to 4 p.m. in McDermott Learning Center.

MARY FRASHER ART EXHIBIT - October 9 through December 6

A mixed media exhibit, "My Back Yard: Life in Central Austin" in the McDermott Learning Center.

NATURE NIGHTS—BUTTERFLIES - *Admission* \$1, 6 to 9 p.m. Friday, October 16 Explore the flight of the monarch butterflies and their friends. Sponsored by KVUE.

> WILDFLOWER ART MINI-EXHIBIT - October 17 to 31 Clara Newby watercolor exhibit in the store.

GOBLINS IN THE GARDEN- *4 to 7 p.m. Sunday, October 25* Follow the Trail of Bones, see the scarecrow exhibit and watch pumpkin carving. Trick or treat around the gardens and check out the Haunted Tower. Wear a costume!



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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-todark 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 before most of

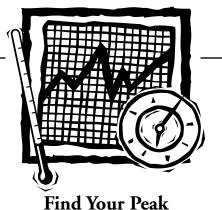
us wake up in the morning, in contrast to late afternoon when body temperature reaches its peak. (To determine your own circadian peak, refer to the box to the right.) Studies have consistently shown that exercise during these late-in-theday hours produces better performance and more power. Muscles are 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



FING YOUR PEAK To determine your own circadian eak in body temperature, record your

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.



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ACROSS

- **DOWN**
- 1. Syllables used in songs (2 wds.) 1. Worship 2. Domain
- 5. Swiss mountains
- 9. Waterless
- 10. Expression
- 11. Unwanted plant 12. Striped animal
- 13. Seasickness symptom
- 15. Affirmative
- 16. Set loose
- 18. Pups
- 21. Epoch
- 22. Vapors
- 26. Vapor
- 28. Singing voice
- 29. Japanese city
- 30. Not mine
- 31. In (together) 32. Skewer
- 3. In of (instead of) 4. Totals (2 wds.) 5. Wood chopper 6. African country 7. Tiny skin holes 8. Hit 10. Rhododendron 14. Mystery 17. School writings 18. Spanish coins 19. Salaam 20. Encomium 23. Pig food 24. Decorative needle case 25. Classify 27. American Kennel Club (abbr.)

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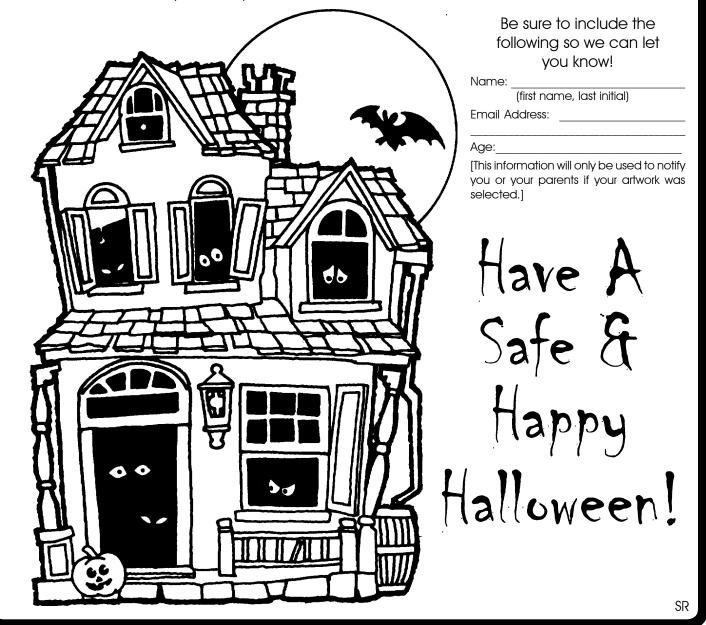
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