

VOLUME 4 ISSUE 9

SEPTEMBER 2010

RIDING OUT THE END OF

Summer

Submit your photo for the next issue. See page 4 for details.



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

REGULAR OFFICE HOURS (Begins August 23rd)

Monday thru Thursday	
Friday	
Closed Saturday & Sunday	- 1

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 Moegelin.....brandi@steinerranchhoa.org

Compliance Coordinator

Beth Meyers.....beth@steinerranchhoa.org

Administrative Assistant Mackal "Mack" Gill

Mackal "Mack" Gill..... mack@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 Res	
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

Leander ISD	
Cedar Park High School	
Vandegrift High School	
Canyon Ridge Middle School	
Laura Welch Bush Elementary	
Steiner Ranch Elementary	
River Ridge Elementary	512-570-7300

UTILITIES

Travis County WCID # 17	
City of Austin Electric	
Texas Gas Service	
Custom Service	1-800-700-2443
Emergencies	
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	512-974-4343

OTHER NUMBERS

Lake Travis Postal Office	12-263-2458
---------------------------	-------------

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.

COVER PHOTO Do you take great photos?

This month's cover photo was taken by Heather Wykrent of her Cover Photo. One of the great things about living in Steiner Ranch is the availability of Lake Austin and Lake Travis. This month's cover photo was taken by Heather Schramm while enjoying boating and wakeboarding on Lake Austin.

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.

Requirements for submission:

- Must have been taken in Steiner Ranch
- Be of High Resolution (300 dpi)
- Prefer "portrait" orientation

We'd love to have something that pertains to this time of the year in some way, such as a Halloween photo or just a nice Fall photo. Our October issue submittal deadline is September 7th and photos should be submitted electronically by the deadline date 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.



"Erick's exceptional painting and color skills transformed my blah walls into a warm, welcoming, comfortable home! I am so pleased with his work that I recommend him to everyone!"

Cory - Steiner Ranch



Ericke Gerdeman 512-745-0706

www.urbanpaintingcompany.com urbanpaintingco@gmail.com Steiner Ranch Resident Painting Beautiful Homes Since 1993

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 8th 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.



Copyright © 2010 Peel, Inc.

512-970-2089

Table of Contents

DEVELOPER'S CORNER

6 Developer's Update

AROUND STEINER

- 8 Soccer Succeeds in Steiner Ranch
- 11 Skate Park Survey
- 12 Kids Had Fun With the Austin Toros
- 12 First Steiner Shred Day A Success
- 13 Community Wide Garage Sale
- 14 Women's Tennis League Play About to Start
- 15 Holiday Sales Event and Santa Photos
- 15 2010 Steiner Ranch Social Events
- 16 Young at Heart
- 18 Steiner's Hotshotz
- 20 Reporting Lost Pets
- 21 Nominate Your Favorite Yard of the Month
- 22 Trails Committee Update
- 23 Update from the Pools Committee
- 24 Fall Pool Hours
- 25 Swimming Program For Adults Will Continue
- 26 Steiner Scrapers Scrap-a-thon
- 26 Mom-to-Mom
- 28 Steiner Ranch History Corner

FROM THE ASSOCIATION OFFICE

- 38 Regular Office Hours
- 38 Watering the Common Area Grass
- 39 Stop that Barking!
- 39 Architectural Modification Requirements

SCHOOL NEWS

- 44 Vandergrift Vipers Swim Team
- 45 March-A-Thon
- 46 Canyon Ridge Middle School Mentoring Program

BUSINESS SECTION

- 50 Rotary Club of Lakeway/Lake Travis
- 50 Five Business Networking Groups
- 51 Facebook for Business

NEWS YOU CAN USE

- 54 St. David's Healthcare Offers Free Prostate Screening
- 55 Breaking Through Barriers for Women and Girls

KIDS SECTION

- 57 Ready, Set, Breakfast!
- 58 Sept. Coloring Page

IN EVERY ISSUE

- 10 Personal Classifieds
- 30 Calendar of Events
- 32 Teenage Job Seekers

Business Classifieds

SELLING STEINER!



Now Available

One House at a Time!



Call Angie Noeth

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

Copyright © 2010 Peel, Inc.

52

Developer's Corner

Developer's Update

SUBDIVISION DEVELOPMENT

Taylor Woodrow Communities will complete development in late September on the final 39 lots in the Santaluz gated neighborhood of 90' wide homesites for Drees Custom Homes and Highland Homes. Also, construction has started on the next phase of 26 - 80' homesites in Emerald Ridge for Taylor Morrison Homes. Additional phases are planned to start construction in late 2010 based upon builder home sales in existing neighborhoods.

Custom lot sales continue in The Bluffs on south Quinlan Park Rd., Bellagio Estates on Lake Austin, and in the newest phase of the golf community, Shoreview Overlook, at the end of University Club Drive. For more information on these custom homesites and all other builder neighborhoods in Steiner Ranch, you may contact the Welcome Center at 266-5833.

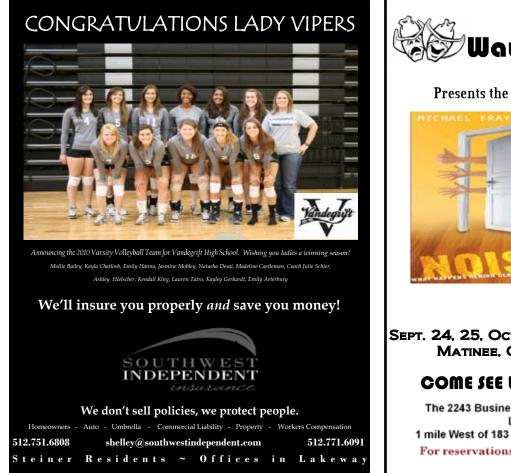
COMMERCIAL/MIXED-USE DEVELOPMENT

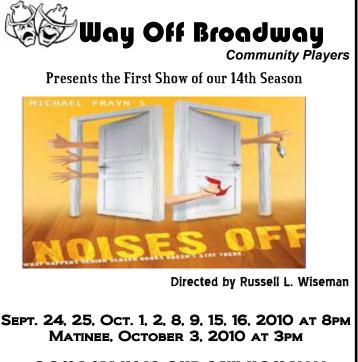
Quinlan Park Rd at RM 620 – Property Development Centers (PDC), a commercial/retail developer, continues to process their City/County development permit for the Randall's at the Ranch retail/office project at the southwest corner of Quinlan Park Rd and RM 620 (Mixed Use #1A on Master Plan Map). The developer is

negotiating with additional anchor tenants for this site but has not announced any specifics.

Taylor Woodrow Communities continues to receive interest from various developers for the remaining mixed-use development sites in Steiner Ranch. Vintage Fine Homes has completed city/county site plan approvals to build approximately 20 patio homes on Tract #18 along Steiner Ranch Blvd. across from the Monterone apartments. With the slow down in the local housing market they still have not announced a timeframe to begin construction on this site. Also, preleasing continues on the retail/office mixed use development on Tract #4 at the southwest corner of Quinlan Park Rd and Steiner Ranch Blvd. There is no new information on the status of the Longhorn Canyon or Fairways at Steiner Ranch condominium communities. More information on these and other mixed-use sites will be available in the future as development plans progress.

Please visit or call the Welcome Center (266-5833) if you have any questions about home construction and development within Steiner Ranch, or just want to pick up a copy of the current master plan map. You may also contact Robert Long directly (532-2129) if you have more specific construction or development status questions.





COME SEE US IN OUR NEW HOME!!!!

The 2243 Business Park, 11880 West FM 2243, Bldg 4 Leander, Texas 78641 1 mile West of 183 North and 0.1 miles east of Bagdad Rd For reservations: (512) 259-5878 or www.wobcp.org

WOULDN'T IT BE GREAT IF

someone you love.

MOVED TO STEINER RANCH?

DISCOVER LONGHORN VILLAGE!

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 open in Steiner Ranch: Longhorn Village.

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

12501 Longhorn Parkway At Steiner Ranch • Austin, TX 78732 www.longhornvillage.com

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.

CALL (512) 382-4680 OR (877) 266-5605 TODAY.

NOW OPEN! STOP BY AND ENJOY A PERSONAL TOUR. WE CAN'T WAIT TO SHOW YOU AROUND!



Soccer Succeeds in Steiner Ranch









This summer as the World Cup was beginning many of our neighborhood youth were competing in their own cup play here in Texas and the US Southern Region. On any weekday evening or Saturday you can see that we have many young soccer players in our neighborhood. What you don't see are those older players (ages 10 - 18) who have progressed from playing 4v4 for one of the recreational teams in the area onto select teams and represent Steiner Ranch through the Lonestar Soccer Club. Steiner Ranch players could be found on teams across the various cups. Some of those players continued their season into early summer as they represented their teams, club and our neighborhood by qualifying to move onto state playoffs by placing first or second in Western District playoffs.

- **USYS SOUTH TEXAS CUP**
- Lonestar 96G Bronze 4th place State
- Lonestar 98 G Silver B Western District Semi Finalist
- Lonestar 99G Silver B Western District 2nd place (Alyson Bator, Teresa Rago, Sophie Swearengin)

DIRECTORS CUP

- Lonestar 99G Gold A Team 4th place State (Kelsey Piegat, Elise Sanchez)
- Lonestar 98G Gold A Team State Champions (Alexis Gonzales, Lauren Haley, Carley Thornhill, Madison Williams)
- Lonestar 96G Gold State Champions (Hannah Bell, Lauren Brigham, Emma Oldham, Bailey Phillips, Alexis Russell
- Lonestar 96G Silver 3rd place State (Samantha Gonzales, Brooke Golden, Keyana Noor, Emme Shields)

PRESIDENT'S CUP

- Lonestar 99G White B State Champions (Kaitlin Knitkowski, Sarah Mahosky)
- Lonestar 98G Blue A State Champions

NATIONAL CUP

• Lonestar 96G Red - State Champions, USUS Southern Regional 2nd place (Quinn Zulkowski)

Congratulations to these and all our other neighborhood soccer players competing at the various levels of select play. If your child is interested in training or competing at this level or if you are interested in more formal training for even your 5-10 year old player, information is available at www. lonestar-sc.com. This fall, the Lonestar Soccer Club will be offering developmental training for these younger players right here in Steiner Ranch. Good Luck to all our neighborhood players young and old this upcoming season.



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.





PERSONAL CLASSIFIED

FREE SNAKE/REPTILE/CREEPY-CRAWLER REMOVAL

for Steiner Ranch Residents. I will come to your house, capture, remove and relocate any/all snakes, lizards, spiders, scorpions, etc. for no charge, and with a smile. Call anytime. Snake specialist! 512-944-0633

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 steinerranch@peelinc.com.

STEINER RANCH SOCIAL COMMITTEE **IS ON FACEBOOK!**

Become a FAN and stay informed of upcoming Social Committee events!

Find us on

Facebook

NEWCOMER ORIENTATION

Welcome Newcomers! Welcome, newcomers to Steiner Ranch! If you have recently

purchased a home here, you will receive an invitation to the Newcomer Orientation held on Thursday, October 7th 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.

Not able to attend? We have scheduled one more this year, so plan to come to a future orientation on December 2nd.

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.



PROTECT YOURSELF WHEN WALKING

- Avoid walking alone at night unless absolutely necessary.
- Keep to routes that are well lit and commonly traveled.
- Avoid shortcuts and dark, isolated areas.
- Walk purposefully, know where you are going, and project a no-nonsense image.
- Avoid potentially dangerous situations.
- If you feel threatened, cross the street, locate an emergency phone, or enter a store or place of business even if you have just left it.
- Have your door keys ready; carry them in your pockets, not buried in a purse.

This information was provided by the Travis County Sheriff's Office Community Services and Outreach Unit. For more information on crime prevention tips contact Deputy James Kitchens.



SKATE PARK SURVEY

Information is being gathered on homeowner interest for a skate park in the Steiner Ranch community. In considering the construction and maintenance of such a facility, the SRMA would appreciate the residents' views. If you have an opinion about a community skate park in the Steiner Ranch, let your voice be heard! Visit http://www.surveymonkey.com/s/ SupportaSkateparkinSteinerRanch and answer a short survey. Your time, interest and support are important!



Kids Had Fun With The Austin Toros



The Austin Toros hosted a free basketball clinic in Steiner Ranch at the Bella Mar Basketball courts. Kids ages 6 - 13 received instruction on fundamentals from Toros Operations staff along with a free breakfast.

First Steiner Shred Day A Success

On Saturday July 24th, the Steiner Ranch Home Owners Association, in partnership with Iron Mountain Information Management, hosted its first ever shred day. By all accounts the event was a success. Over a hundred residents stopped by the Community Center to drop off paper documents containing personal information. Participants were able to watch their information get destroyed.

Over 12,000 pounds of paper were destroyed and recycled that day, which is equivalent to saving over 100 trees. In addition, almost \$800 was raised for the Steiner Stars Swim Team.

Based on the positive feedback received, we are tentatively planning another shred day in the spring time to help with those old tax files.



COMMUNITY WIDE GARAGE SALE

Saturday, September 18th from 8:00am – 12:00pm

It's that time again! Cleaning out the closets, buying the sticky dots for pricing and the kids dreaming of all that money they are going to make, selling "their stuff". It's the Steiner Ranch Garage Sale Time. I enjoy the purging just as much as you do but then the inevitable happens. The garage sale is over and you're left with the question, "What do we do with this leftover stuff?" The first few days it stays in the garage, and then it makes it into the back of the SUV and gets a grand tour of Austin. Finally, it makes it to a nonprofit organization. Unless you are like me and keep forgetting to do the drop off and it ends up back in the garage or the attic and you wait for the next garage sale.

Well once again, the Steiner Ranch Social Committee has partnered with Susan and Gene Arant, of Keller Williams Realty to help you get rid of your leftovers and get them to needy persons! The 2nd Semi-Annual "Post Garage Sale Drop-off" will be set-up with Gene's community service moving truck to receive and load up your donations immediately following the garage sale. Gene has partnered with a few great organizations that can then use these items and he will deliver directly to them. The organizations that are teaming with us are as follows:

- SafePlace SafePlace exists to end sexual and domestic violence. Nationally recognized for its innovative and effective programs, have been providing women, children and men a place of safety, compassion and empowerment in Austin since 1974.
- Tracy's Bikes 4 Schools Homegrown by a fellow Steiner Rancher, this organization provides bikes and sports items to East Austin Title 1 Schools. Many of the students in that area live at the poverty level and the schools use these items as rewards for scholastic achievement

A manned drop-off sp be set up in the Town S parking lot between the l of 12:30 & 3:30. When see The Gene Arant Movin you know you are at th place. We will have appr documents for you to f for a tax deductible receip mailed, if wanted. Gene can be reached directl 809-1999, if the schedule does not work and you need to make other arrangements.

> THANK YOU, STEINER RANCH!



Take advantage of our **all-time lowest** auto interest rate!

GIMM/C

UP TO



VELOW RA

Make the smart move. Get started with United Heritage today. 512. 435. 4444 loans@uhcu.org



Be Smart. Bank Smart.

512.435.4545 WWW.UHCU.ORG 800.531.2328

APR = Annual Percentage Rate. Membership required. Limited time offer. United Heritage lending policies and some restrictions apply. APR applies to well-qualified borrowers. Offer not eligible on existing United Heritage auto loans. For each \$1,000 borrowed at 2.49% APR with a repayment term of 36 months, the payment is \$28.86.



Women's Tennis League Play About to Start

The arrival of fall in early September means women's league play in Steiner Ranch is about to begin, with both the WTTA and USTA leagues getting under way. There are still a few openings on several of the USTA league teams, and residents are always welcome to sign up for the WTTA league. If you are interested in league play in Steiner Ranch contact one of our two league representatives at the email addresses below. Let them know your experience level and level of interest so they can pass it onto the team captains. Note: you must be a resident in good standing with the HOA to play on a league. See you on the courts!

USTA – Lori Cuteri at lcuteri@yahoo.com; WTTA – Leslie Beal at lesbeal@gmail.com





14 Ranch Record - September 2010

HOLIDAY SALES EVENT AND SANTA PHOTOS Enjoy Holiday Shopping and visit Santa!

Santa Claus will be here for you to tell him what you want and get your picture taken!

To get you in the Holiday spirit, the Steiner Ranch Social Committee will be hosting its Annual Holiday Sales event on Saturday, November 13th from 10:00am - 2:00pm at the Towne Square Community Center. You can 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 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.

2010 Steiner Ranch Social Events

Sept 18 – Garage Sale Oct 8-10 - Scrapbooking Marathon October – Pumpkin Patch Oct 31 – Halloween Event Nov 6 – Camping on the Ranch Nov 13 – Holiday Sales Event and Santa Pictures Dec 3 – Holiday Wine Social

All Events are tentative and subject to change or cancel



Copyright © 2010 Peel, Inc.

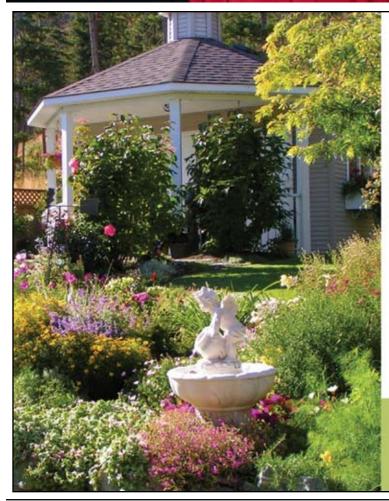
Ranch Record - September 2010 15



SAVE THE DATE OCTOBER 16, 2010

Young at Heart is a

group of Steiner Ranch couples and singles generally with no children living at home. Although most activities are planned with Steiner Ranch's more mature residents in mind, people of all ages are very welcome! Our activities (Continued on Page 17)





SUNSERICA Landscaping You'll See the Difference Landscaping Hardscaping Waterfalls &

Fountains Irrigation & Drainage Lighting Outdoor Rooms Lawn Maintenance

Have you heard about the best kept secret in **Steiner Ranch?**

It's Sunserra Landscaping.

Sunserra has been the landscaper of choice for the leading homebuilders and developers in the area.

Now Sunserra is offering the same high quality service that these professionals have trusted for years to homeowners in Steiner Ranch.

Give Sunserra one chance and You'll See the Difference

Address: 4820 Hudson Bend Austin, TX 78734 Phone: 512-262-8192 512-406-4019 www.sunserraaustin.com LIC# LI12042

Young at Heart- (Continued from Page 16)

provide wonderful opportunities to meet other people with common interests. Some events involve large groups and take place in a public room while other groups are smaller and meet in someone's home. Some are occasional, while others meet regularly.

Our next event will be a Wine & Cheese Social on Saturday, October 16th from 7:00 to 10:00 pm at the Bella Mar Community Center.

Among the other activities the Young at Heart offers are Book Club, Bridge and a Ladies Group. The Ladies Group plans visits to local attractions in the Austin area. A Hiking/ Walking group is being formed. If you'd like to join the Bridge group, please contact Nancy Harger at n_harger@yahoo.com or Ellen Kendrick at ellenken@ sbcglobal.net. For information about the Book Club, please contact Melinda Pyle at melindapyle@att.net. To learn more about the Ladies group and their upcoming activities, please contact Judy Murff at judymurff@gmail.com. Watch for information about other groups and activities in the Ranch Record and on the Steiner Ranch website. If you have an idea for a group and want to help organize it, please contact us.

Anyone who wants to receive emails about upcoming Young at Heart activities should send their name, phone number and email address to cherylburnaw@aol.com or dottie.thoms@gmail.com.





TCC Remodeling Custom Carpentry

Flooring, Decks, Kitchens Baths, Painting and more

> Handyman Services Free Estimates

Tasos Tsakas Cell: 512-590-1954 Email: ttsakas@hotmail.com



Steiner's Hotshotz



Top Row: John Bretsch, Michael Collins, Roger Morinå **Second Row:** Irene Tooke, McKenzie Lewis, Kaitlyn Johnson, Chandler Thomas, Tori Amato, Kayden McKelvey, Amanda Nolting, Madison Colllins **Bottom Row:** Hailey Morin, Cassandra Ellswood, Mady Bretsch, Claire Esquivel

Steiner Ranch girls of the Town and Country Hotshotz 14U team places 2nd in PONY Girls Fast Pitch Softball Nationals Tournament.

In July, Town and Country's 14U fast pitch team, the Hotshotz, placed 2nd in PONY's (Protect Our Nations Youth) South Zone National Tournament in Round Rock, TX. The tournament started on Tuesday July 27th with opening ceremonies held at the Dell Diamond.

The teams' head coach Michael Collins, a Steiner Ranch resident, was excited to have one third of the team represented by girls from his community. Kaitlyn Johnson and Chandler Thomas who participate on the Vandegrift Viper Softball team, Cassandra Ellswood incoming Freshmen for Vandegrift and Madison Collins of Canyon Ridge Middle School built relationships that will carry them through the rest of their High School years. Competition from all over PONY's South Zone, an area which includes New Mexico, Texas, Oklahoma, Arkansas, Louisiana, Mississippi, Alabama, Georgia, and Florida, converged on Round Rock's SERTOMA fields for a week of softball to cap a national winner. The 16 teams in the 14U bracket came from all over the south zone. These teams were successful in their Sectional and Regional qualifying tournaments to receive the invitation to participate in Nationals.

With an overall record of 9-3 for the week, T&C's Hotshotz fell in the final game Saturday night, August 31st, to the tournament champions from Mamou, Louisiana. Playing in their 5th game of the day, and battling up through the losers bracket to reach the final game, the girls gave everything they had in the final game, ultimately losing 11-1 to Mamou. "I saw them come together as a team, supporting each other, and entertaining us all with some exciting games," Team Mom Carrie Ellswood exclaimed.

Playing together since February and placing in the top three in 4 out of 5 tournaments they played this year, the Hotshotz were very excited for their 2nd place finish. "I am very proud of the girls; they exceeded all of my expectations." Head Coach Mike Collins exclaimed after the final game. **SUBMITTED BY SCOTT ELLSWOOD**

2010 2010 2010 PONY GIRLS SOFTBALL SOFTBALL PATTONALS SOFTBALL PATTONALS SOFTBALL PATTONALS SOFTBALL PATTONALS

Steiner Residents: Kaitlyn Johnson, Chandler Thomas, Madison Collins, Cassandra Ellswood



Reporting Lost Pets

Coming home and finding an open gate, hole under the fence, or having a pet escape when opening the front door can be one of the saddest days in a pet owner's life. The uncertainty involved relating to your pet's health, location and reunion abilities can take its toll on people. Fortunately, there are ways to better your chances when dealing with a missing pet situation.

The biggest, of course, begins with prevention. Having your pet microchipped, wearing a collar with correct and updated identification devices, and having recent photographs of your pet can be a big help.

Be sure to telephone your vet, animal control, and if possible the microchip company to report your pet lost. Provide an accurate, detailed description and notify each agency if there are any current medical conditions your pet experiences.

After notifying important telephone contacts, it is now time to rely on technological assistance. Go online and not only send an email to all of your neighbors, but find as many local community sites as possible to create a lost pet announcement. The Association provides a "lost/found pet" link on its website that you can utilize. This will be reported to the Association, who will send out a "Lost/Found Pet Alert". Provide a description ensuring the pet's name, breed, gender, color and date/time/place last seen are mentioned. Be sure to upload a recent photograph and provide two means of contact information. This way, if you are away from your computer or telephone, you or a family member can still be reached.

Next, create similar lost pet flyers and drop off at the Association Office. These need to be no larger than 5 X 7 and will be placed at all 22 of the Community's mailbox kiosks by a Staff member. You can also hand deliver flyers to your neighbors in the direction your pet most likely headed and many of the local businesses. Finally, be sure to check your pet's living quarters. While it may sound strange, often

pets will surprise their owners and appear on their doorstep or crawl back under the holes in fences; especially if it is close to the pet's bedtime or mealtime.

Hopefully, with these steps, you and your pet will be reunited.



Nominate Your Favorite Yard for The Yard Of The Month

Congratulations to The Yard of the Month for September!

2709 RIO MESA DR

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

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

Nominate them by emailing the address to steinerranch@peelinc.com. Please include a photo if possible.





Trails Committee Update

You will see some signs on our trail system which indicate closed "rogue trails" and other hazards. Be sure to stay off these areas and allow them to re-vegetate. Remember you can always stomp down or cut off big plants which encroach on the approved trail. DIY trail maintenance: If you see a branch hanging over the trail where it could be hazardous, just bring a hand saw on your next trip and cut it off. Note that any other cutting is never allowed in the greenbelts. Only your HOA is allowed to make trail repairs or reroutes - see below.

Want to enjoy the wonderful fall weather with the family? How about a guided hike in some of the most pristine wild areas around town? Sign up for the Balcones Canyonlands Preserve Hike and Lecture Series along with your family. Visit http://www.ci.austin. tx.us/water/wildland/bcphikelectureseries.htm to register.

Is your favorite trail in need of repair or in need of better sign locations? If you see a problem on the trails, call the HOA at 266-7553 or visit http://www.steinerranchhoa.org under "Report A Problem." Be specific about the location on the trail, the problem you see, your ideas for a solution, and your contact information.

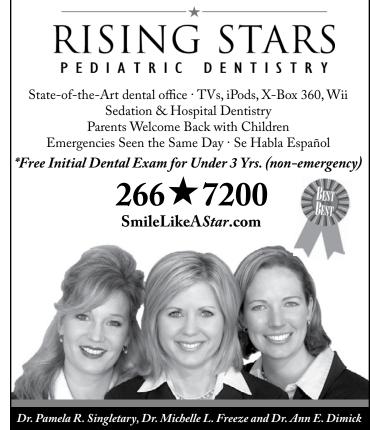
Construction of any kind is not allowed on the greenbelts or along trails. Your HOA dollars are wasted paying for labor to remove structures such as forts, and the responsible parties are subject to fines. If you see any construction, take a picture and contact the HOA. Recently a resident was injured when he fell against one of the T-posts which have been installed in some of our older trails. Please be careful around these T-posts as we work to remove them from the trail system.

Only the HOA is authorized to create trails in Steiner Ranch. Unfortunately, someone has been cutting down trees in our greenbelt trying to make rogue trail. These are not authorized trails and are actually dangerous routes. We don't wish to spend your HOA money trying to close and re-vegetate rogue trails. Instead, we want to

hear from those who want new trails because we are actively looking at routes within Steiner to expand our trail system. Would you like to help us plan new trails? Contact your trails committee to get involved at 632-0162 or come to the next Trails Committee meeting on Thursday Sept. 2 at 7PM at Bella Mar. All residents are welcome to



(Continued on Page 23)



Steiner Ranch 4308 N. Quinlan Park, Ste. 201 Austin, TX 78732 **North Austin** 14005 North US 183, Ste. 800 Austin, TX 78717



Trails Committe Update-

(Continued from Page 22)

attend. A trail signage project team is now forming: We are designing a system of labels for our trail sign posts. To get connected here and volunteer your design skills, contact the trails committee at 632-0162.

If you see any rogue trail cutting or dangerous activity, including motorcycles anywhere on the trails or in the parks, take a picture and call the Travis County Sheriff West Command at (512) 854-9728 and the HOA. Remember, your trails are private and are for your use, and your accompanied guests' use only. **BY RICH KEITH**

Back To School

Now that the kids are back in school, it's time for drivers to pay closer attention to the school zones in Steiner Ranch. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is illegal!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.



Time To Slow Down!



FALL POOL HOURS

The pool hours for all of the swimming pools in Steiner Ranch will remain the same as our Summer Schedule until the water becomes cold enough to turn on the heater at the Bella Mar Lap pool.

We never stop moving:

UNITED, REALTORS

Each Office Is Independently Owned And Operated

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.

Steiner Ranch

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 1:00pm Tuesday – Sunday 5:30am – 10:00pm

Please note**Lifeguard are no longer on duty after the Labor Day weekend. Swim at your own risk.

.

Water Aerobics is Fun Exercise

Water Aerobics is being offered at the Towne Square Community Pool this summer!

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

For questions contact Ann Sperling-Kennedy at askennedy@austin.rr.com. Register using the 2010 Program Registration form found at www.steinerranchhoa.org



bkelley@cbunited.com 512.263.5655 512.589.0007 cell www.BryanKelleyHomes.com

I work, live and play in Steiner.

Bryan is currently building his 3rd home in Steiner Ranch. He has been a Steiner Ranch resident since 2000, and is a perennial Austinite. Partnered with Coldwell Banker, the leader in real estate technology, Bryan offers his clients unparalleled service and satisfaction.



follow me:

akeTravisRF

Swimming Program for Adults Will Continue this Fall/Winter

Come join the Masters Swim Program! The workouts are adjusted for everyone from beginners all the way to advanced -- no swim experience needed!! No intimidation allowed!! If you can swim one length of the pool, then you are ready to join in on the fun. Currently, we have "newbies" who haven't ever participated in organized adult swim classes, new and experienced triathletes who want to improve the swim part of their triathlons, and experienced master's swimmers looking to enjoy an organized swim workout. Regardless of your skill level, you will find a lane with swimmers who match your ability and enthusiasm.

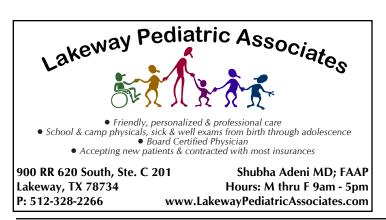
For more information visit www.redgiantsmasters.org. Our swim schedule is as follows: Wednesdays and Fridays at 5:30 a.m. until 6:45 a.m.

Sundays at 6:30 a.m. until 7:45 a.m. \$30 per month for Residents

Come on and give it a try! It's easy to sign up:

- 1. You must be 18 yrs. and older.
- 2. Join U. S. Masters Swimming! To be eligible to compete in master's meets, to get a great magazine, and for HOA insurance purposes, go to the United States Masters swimming website, www.usms.org/reg and join our team Red Giants Masters swimming. You can print your card immediately and take a copy to the HOA office.
- 3. Fill out the Program Registration form at the HOA office, provide a copy your USMS card and submit payment!

As this is a Year Round Program, it's a great way to meet new friends and be a part of a fun community of swimmers and neighbors!



Steiner Ranch Fall Program For Adults & Children

The Steiner Ranch Fall Program for 2010 will begin in early September. Most of the programs were offered last spring, but we also have a few new ones that have been added to the already awesome Programs list. The Fall Program Guide and registration information can be downloaded from our website at www.steinerranchhoa.org. Classes being offered this Fall are:

Children's Programs

Sportball Tap/Ballet/Hip Hop Gymnastics Karate Tennis Art Soccer Flag Football Abacus Brain Study Music Kids Yoga

Teen/Adult Programs

Yoga Yoga for Seniors Karate Tennis Master's Swimming Latin Dance Fitness Stroller Strides

For questions or to obtain more information, please contact Sharon Adams at 512-266-7553 or sharon@steinerranchhoa.org.



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 8th at 6:00pm to Sunday, October 10th at 4:00pm
- **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 forms are available and online registration at www.steinerranchhoa.org. mom

How long has it been since you've heard an encouraging word?

Have a desire to be an even better mom?

Want to meet and get to know other moms?

Come join us in September at Mom to Mom, a parenting program like no other! This is a new ministry to Hill Country Bible Church Steiner Ranch. Moms will receive weekly doses of encouragement, ideas and loving support from older moms who have "been there." You'll also meet other moms with kids just like yours!

Mom to Mom will be held every Monday night and Tuesday morning beginning September 20th. For more information email esler5@gmail.com or call Tonya at 215-9802.



If you've got game, we'll keep you in it.

Texas Orthopedics, Sports & Rehabilitation Associates

CARING FOR ATHLETES' INJURIES SINCE 1986

Christopher M. Danney, M.D.

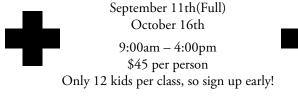
Orthopedic Surgeon

OFFICIAL VANDEGRIFT HIGH SCHOOL TEAM PHYSICIAN

www.txortho.com [512]439-1000

Northwest Austin \cdot Central Austin \cdot Cedar Park \cdot Westlake \cdot Round Rock \cdot Marble Falls

American Red Cross Babysitter Training Course



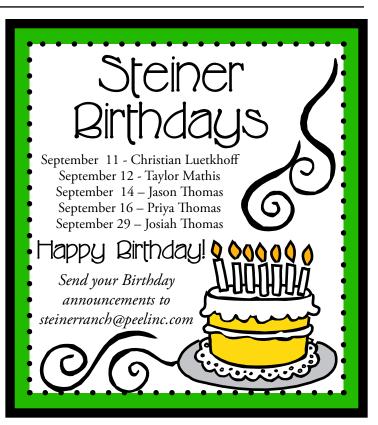
Towne Square Community Center 12550 Country Trails Lane

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.





Computer Problems?



Back to School System Check

- Parental Controls / Security
- Tutoring and Training
- Wireless Networking
- Wireless Printing
- Carbonite[™] Installation
- Damaged Drive Recovery
- Free Pickup and Delivery

This month's article is "Computing 101: Keeping Up To Date" Read it at www.Tek-Chic.com



- a Steiner resident -Laurie Scott

Laurie@Tek-Chic.com

512-981-7835

"Because Everybody Needs a Geek in Their Life" тм

Light Restoration

7 Do H All!



Steiner Ranch History Corner 叢



From Tokyo, with Love

She presided over an international school in Tokyo with 42 countries represented and that was just the elementary school students. Susan Sullivan, principal of Canyon Ridge Middle School (CRMS) since 2004 has followed a long road here. Her experiences in Tokyo, combined with teaching inner-city youths, have formed her unique and positive approach as an educator and leader.

Her pre-K through 12th grade school was attached to the university where the empress of Japan went to college. The Empress would visit occasionally. What lessons did Ms. Sullivan bring from teaching overseas? First, kids love to make connections. So when children see how things fit together they stay engaged. She values making the curriculum relevant to children. Closely aligned with this, she promotes interdisciplinary study of topics of interest. Example: The study of the role rivers and oceans play in social studies can be combined with studying water in science, and can be added to the roles that water-based commerce and war have played during history class.

After teaching in Japan she moved back to the US and worked as a music teacher, teaching choir to inner city youths at a public school in Bridgeport, CT. Ms. Sullivan believes that every teacher should teach in the inner city for a couple of years. The lessons learned are many. It's tough to teach there. Often the children come to school without the life experiences which make learning easier. They may not have traveled or gone to museums. They often have little parental support, little community support, and are lacking in background knowledge. This handicaps a teacher but it makes you stronger, she says.

Lessons learned in the inner city include resilience and gratitude, emotional support and a good sense of humor to get you through the day. Ms. Sullivan encourages her teachers to be grateful for our eager kids and the supportive parents we enjoy here at CRMS. Her favorite question is, "will this matter in 25 years?" and if the answer is no then let it go. Ultimately she became a principal in Connecticut for several years before coming to Texas.

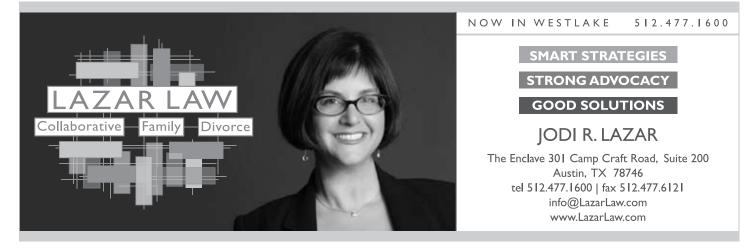
"Today's kids are the digital natives, we are the immigrants," she says. "With kids multitasking all the time, our challenge is to come into their learning styles. Most kids today are visual learners and kinesthetic (action) learners. Audio learning is decreasing."

Cool things she does: She (and her husband) paint specific school interiors in the summer. When teachers and kids come back in the fall, smelling the new paint and see the gleaming door jambs, they think, "My, this is a beautiful school." People don't mess up a beautiful school in the way they are tempted to mess up a school which already looks run down. How about that for psychology?

Another cool thing she does: She holds a "Whine and Cheese" party every February and teachers can bring any Whine they wish as long as they also bring a possible solution. Further, she has reduced junk food in the cafeteria, which now serves as much fresh food as possible.

What does Ms Sullivan really want? She wants everyone who attends or teaches at CRMS to be able to look back and say, "Hey that was fun!" Because middle school can be a tough time for young people, she wants it to be the most meaningful experience possible. "Exposure is everything," she says. So parents, keep taking your kids on trips and talking to them about the world we live in. For more information contact RKeith@ primerica.com Rich Keith at 632-0162.

BY RICH KEITH



IF YOU WERE HERE YOU'D ALREADY BE ON THE LAKE

ONE VISIT TO ROUGH HOLLOW IS ALL IT TAKES to see why we were named 2010 "Best Overall Community Over 300 Units" by the Home Builders Association of Greater Austin.

Located on Lake Travis in the heart of Lakeway, this stunning 1,787-acre community offers literally something for everyone, with gorgeous homes, acclaimed Lake Travis ISD schools, a wealth of outdoor amenities and a private Yacht Club & Marina.

Just head through Lakeway to our Welcome Center at 114 Bisset Court for some ice cream and a community map before viewing our new model homes and the progress underway on custom homes for the 2010 Parade of HomesTM.

START LIVING.





THE LAKEFRONT COMMUNITY

Semi-Custom Homes from the \$280's Custom Homes from the \$500's



To follow the progress of The Parade of Homes™ and view available homes in the community, visit:

RoughHollowLakeway.com 512.617.1776

Join us on Facebook!

btain the Property Report required by federal law and read it before signing this property.

Developed by Legend Communities in partnership with Crescent Resources Exclusively marketed by Legacy International Resort Properties

SEPTEMBER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Ι	2	3	4
				ំ ព្រំ		
5	6	7	8	9	10	11
6:00pm – Chess Club (TSCC)	Association Office Closed Labor Day Holiday	6:30pm – Facility Committee Meeting (TSCC)		7:00pm – Skin Care Workshop (BMCC)	6:00pm – Scrapbooking (TSCC)	9:00am – 4:00pm – Babysitting Class (TSCC)
	6:30pm – FREE Yoga (TSCC)	(1000)				(1000)
				3 🇊		
12	13	14	15	16	17	18
6:00pm – Chess Club (TSCC)	6:30pm – FREE Yoga (TSCC)	6:30pm – Social Committee Meeting (TSCC)				
				a ĝ		
19	20	21	22	23	24	25
6:00pm – Chess Club (TSCC)	6:30pm – FREE Yoga (TSCC)	7:00pm – Look 10 Years Younger (TSCC)				
				3 🗊		
26	27	28	29	30		
6:00pm – Chess Club (TSCC)	6:30pm – FREE Yoga (TSCC)	3:30pm – SRMA Board of Directors Meeting		6:00pm – SRROA Board of Directors Meeting (TSCC)		
		6:00pm – Wellness Workshop; (TSCC)		.		
ļ				3 🗊		



MHNASIUM[®] The Math Learning Center

Kids go crazy over art, music, sports, dancing...and at Mathnasium:math. Yes, math.

Call or visit to learn about our convenient and affordable options. Your neighborhood center is: 4300 N. Quinlan Park, #215 • Austin Tx 78732 512-284-9849 • www.mathnasium.com

OCTOBER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TSCC – Towne Square C	Community Center				I	2
BMCC – Bella Mar Com					•	-
JSCC – John Simpson Co	ommunity Center					
3	4	5	6	7	8	9
2:00pm – 9:00pm – VHS Swim Team "How Tough Am I Swim Marathon" (BM Lap Pool)	6:30pm – FREE Yoga (TSCC)	6:30pm – Facility Committee Meeting (TSCC)		7:00pm – New Owner Orientation (TSCC)	6:00pm – Scrapbooking (TSCC)	All Day Scrap-a-Thon (TSCC)
6:00pm – Chess Club (TSCC)				s ()		
10	11	12	13	14	15	16
Scrap-a-Thon (TSCC)	6:30pm – FREE Yoga	6:30pm – Social		7:30pm – See the Light		9:00am – 4:00p – Babysitting Class
6:00pm – Chess Club	(TSCC)	Committee Meeting (TSCC)		Skin Care Workshop (BMCC)		(TSCC)
(1000)		7:00pm – Estate Planning				(More details in October issue)
		(BMCC)		۵ 🗊		7:00pm – Young at Heart Event (BMCC)
17	18	19	20	21	22	23
6:00pm – Chess Club (TSCC)	6:30pm – FREE Yoga (TSCC)					
				۵ 🇊		
24	25	26	27	28	29	30
6:00pm – Chess Club (TSCC)	6:30pm – FREE Yoga	3:30pm – SRMA Board of Directore		6:00pm – SRROA Board		
	(1300)	Meeting		(TSCC)		
4:00pm – 6:00pm		6:00pm – Wellness Workshop: (TSCC)				
– Halloween Event (JS Park)				0 jj		
Scrap-a-Thon (TSCC) 6:00pm – Chess Club (TSCC) 17 6:00pm – Chess Club (TSCC) 24 6:00pm – Chess Club (TSCC) 31 4:00pm – 6:00pm – Halloween Event (JS	6:30pm – FREE Yoga (TSCC) 18 6:30pm – FREE Yoga (TSCC) 25	6:30pm – Social Committee Meeting (TSCC) 7:00pm – Estate Planning and Long Term Care (BMCC) 19 26 3:30pm – SRMA Board of Directors Meeting	20	I4 7:30pm – See the Light Skin Care Workshop (BMCC) 3 1 21 3 1 28 6:00pm – SRROA Board of Directors Meeting (TSCC)	22	– Babysitting C (TSCC) Fall Pumpkin Pa (More details in Octob 7:00pm – Young at





HOME EQUITY LOANS Plus No Closing Costs**			LOANS or Refinance	COMM. REAL ESTATE LOANS 20 Year Amortization/ No Pre-Pmt. Penalty		
10 YEARS FIXED	4.89%*	UP TO 60 MO	3.45%*	5 YEARS FIXED	5.49%***	
15 YEARS FIXED	5.19%*	66 MONTHS	3.75%*	7 YEARS FIXED	5.69%***	
20 YEARS FIXED	5.69%*	72 MONTHS	3.95%*	10 YEARS FIXED	5.99%***	
MONEY MARK Min. Daily Balance of			OF DEPOSIT ¹ sit of \$1,000 Required		OF DEPOSIT ² of \$95,000 Required	
\$25,000 TO \$74,999	0.95%****	♦ MØNTHS	0.90%****	6 MONTHS	1.05%****	
\$75,000 TO \$124,999	1.06%****	12 MONTHS	1.26%****	12 MONTHS	1.36%****	
\$125,000 AND ABOVE	1.16%****	24 MONTHS	1.76%****	24 MONTHS	1.91%****	
	LOSING COSTS ON HOM TO IST LIEN COMMERCIA RATES/TERMS MAY BE DIF MAY APPLY. ALL APR'S,	E EQUITY LOANS BELOW LI REAL ESTATE LOANS W FERENT. NO PRE-PAYMEN APY'S AND TERMS ARE	TPENALTY	STANDARD FEES WILL BE 1 30% OR LESS; CONSTRUC RCENTAGE YIELD, PENALTII VITHOUT NOTICE, PLEASE	HE RESPONSIBILITY OF THE TION/DEVELOPMENT LOAN IS FOR EARLY WITHDRAWAL CALL FOR DETAILS. THIS	

NOT AVAILABLE ONLINE

Workshop Series

With the Fall months upon us, it's time to start focusing on attending some Workshops that can benefit "me"! Check out the September workshop that are being offered and make a promise to yourself that you'll attend as many as you can. We love that these professionals choose Steiner Ranch to hold their free workshops!

We are always looking for more unique and different workshops to offer residents so if you or someone you know can provide education opportunities that are not already being offered for Steiner Ranch residents, please contact Sharon Adams at sharon@steinerranchhoa. org or 512-266-7553. All Workshops are offered to Steiner Ranch Residents for Free!

SEPTEMBER 12TH - STEINER STAND AND PADDLE DEMO DAY AND ROUND-UP -

Try out one of the hottest new outdoor sports in Austin - Stand Up Paddleboarding (SUP). These over-sized surf-style boards are long enough and wide enough to stand on and paddle, giving you a great way to take a scenic tour of the lake or providing you with a hard core workout. Join Austin Paddle Sports for free lessons and demo's - and if you have your own board, bring it on down to paddle and meet others in the community who also enjoy SUP! 8:30am – 10:30am Lake Club **SEPTEMBER 14TH - BASICS OF INVESTING,** by Rich Keith. How money works and the principles of investing. Great for all persons new to investing. Types of investments, tax advantages, appreciate how risk and return are linked, the Rule of 72 and more. Understand the new "RetireMentality." And this workshop satisfies the yearly Sec. 404(c) education requirement for employers. If you have employees with retirement plans who need to receive their yearly investment education requirement then this is the workshop for you.

7:00pm BMCC

RSVP: 512-632-0162 or RKeith@primerica.com

SEPTEMBER 16TH - LEAVE THE AGING TO WINE & CHEESE. by Kristi Green. Did you know that 80% of your skin's aged appearance is caused by the sun, not the passage of time? Have you ever wondered about skincare "buzz" words - like collagen, elasticity, renewal, post-acne marks, wrinkles, large pores and more? Join us to increase your anti-aging and general skincare knowledge with tips from Write your Skin A Prescription for Change, the latest book from Drs. Katie Rodan & Kathy Fields, the dermatologists who created Proactiv[®] Solution. Learn the extent of your sun damage

(Continued on Page 35)



Workshop Series- (Continued from Page 34)

and how to reverse it with a custom sun damage assessment. Bring a friend with you and receive a free gift! Workshop with complimentary wine & cheese brought to you by Rodan+Fields Dermatologists recently arrived to Steiner!

7:00pm BMCC

RSVP 512-650-6960 or KristiGreen@ MyRandF.com

SEPTEMBER 21ST – LOOK 10 YEARS YOUNGER - Join us for an in-depth session on anti-aging from the inside out. Get full anti-aging treatment compliments of Mary Kay Cosmetics. Learn tips on how to freshen up your hair from a professional stylist, punch up your style with insight from an image consultant. Ladies only, and bring your best girlfriend with you to receive your bonus!

7:00pm TSCC

RSVP: Patty Yambay and Catherine Slezak 512-914-7711

SEPTEMBER 28TH – HOWTO LOSE I-15 LBS.....IN 21 DAYS, by Four Points Family Chiropractic – Want to find out how to detox and a way to lose weight and keep it off... then you should attend workshop. Dr. Ross has proven success with his program. 6:00pm TSCC

RSVP: 512-345-WELL (9355)

SEPTEMBER 28TH – COLLEGE PLANNING FOR HIGH SCHOOL STUDENTSANDTHEIR PARENTS, by Sarah Ribiero

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

NOMINATE YOUR FAVORITE YARD FOR

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

Nominate them by emailing the address to steinerranch@PEELinc.com.

Please include a photo if possible.





I'LL BUY Your car!!

Fast, free appraisals; I will come to your business or home. I have been buying cars in Austin for over 18 years. Why drive all over town? I'll buy any make, model or year vehicle. Please call Patrick for your fast, free appraisal.

(512) 750-8289

Licensed - Bonded - Insured www.downunderautosales.com dwnunder@hotmail.com

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 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 Julie Stephens for more information at jstephens@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



DANCE INSTITUTE 2010 - 2011 NOW ENROLLING

LEARN TO DANCE



PERFORM

FLY

BALLET HIP HOP MUSICAL JAZZ LYRICAL TAP BALLROOM VOICE THEATER GLEE CLUB

AGES 3 - 18 INFO@DANCEINSTITUTE.COM



EXPRESS

6612 SITIO DEL RIO

AUSTIN, TX 78730

512.346.6612

DANCEINSTITUTE.COM

From the Association Office

REGULAR OFFICE HOURS

The Association Office is longer open on Saturdays. Please make a note of the "Regular" office hours that are now in effect.

Community Associations Office 12550 Country Trails Lane

Monday - Thursday 1:00 – 5:00pm Friday 10:00am – 7:00pm

> Telephone: 512-266-7553 Fax: 512-266-9312

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 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 nondrinking 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.

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.



Caring for you, from one generation to the next.



John Thoppil, M.D. BOARD-CERTIFIED OB/GYN

Dr. John Thoppil is an accomplished and compassionate physician who specializes in caring for women at every age and stage of life. A Central Texas native, Dr. Thoppil is a graduate of Texas A&M University and

Baylor College of Medicine, and most recently served as the Director of Obstetrics at Nellis Air Force Base. Dr. Thoppil is now accepting new patients. For an appointment, please call 512-528-7385.



Visit our new location in Cedar Park!

1401 Medical Parkway, Building B, Suite 419 Cedar Park, TX • 512-528-7385 cedarparkobgynassociates.com

Member of the Medical Staff at Cedar Park Regional Medical Center

STOP THAT BARKING!

Dogs left alone all day get bored and restless, and many find relief in barking. Some respond noisily to any and all activity. But, nothing is as annoying as incessant barking—even for dog lovers. If your dog is a yapper or a yowler, please consider some of these bark-abatement ideas to keep the noise down in your area. Your neighbors will thank you!

- Training. Always the first recommendation for any behavioral problem! Training not only helps your dog, you'll be surprised how much it helps you, too. You may get some insight into why your dog barks so much, or what it is trying to communicate.
- Citronella collars. A humane alternative to the electric-shock, anti-barking collar and costs about the same. Available on the web and in pet stores.
- Confinement. Sometimes simply bringing an outspoken dog indoors or confining it to a crate can cut down on the disturbance to neighbors.
- Reduce stimulus. Close drapes to help muffle street noise, or leave a radio on to mask it. Disconnect telephones and doorbells before leaving your home if they upset your dog
- or make it bark.
 Companionship. Dogs are pack animals; they need companionship—a cat, bird, or another dog. Consider a mid-day visit from a pet-sitting service, or drop your pooch off at a friend's place or a day-care facility once or twice a week.



water pressure problems
 sewer & drain service • fiber optic drain line inspections
 free estimates • satisfaction guaranteed

Steve Brougher 276-7476 1106 West Koenig Lane

ARCHITECTURAL MODIFICATION REQUIREMENTS

So you've decided to do some improvements or make changes to the outside of your home.....what do you do now?

- 1. Complete the Architectural Modification form (owner only)
- 2. Include any addendum forms such as for a pool or deck
- 3. Include a scaled drawing showing plan and elevation views of the proposed improvements, modifications or alterations. Submittals must include samples depicting the proposed materials and colors to be used.
- 4. A lot survey (which the owner receives at closing) indicating the location of proposed improvements, and any applicable easements, setbacks, and elevation differences on lot.
- 5. Deposit check in the amount of \$500

You must submit for ANY changes to the outside of your home including fences, decks, landscaping designs, pools, playscapes, etc.

All of these forms can be found on-line at www.steinerranchhoa. org. Please fill free to contact the Associations Architectural Coordinator, Brandi Moegelin if you have any questions at 266-7553 or brandi@steinerranchhoa.org.



Master License: M-39722

From the Association Office

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!

NOTICE

Dive Blocks at the Bella Mar Pool are for Swim Team Use only

For everyone's safety, do not allow your children to use or take off covers at any time!

Thank you!

Where Am I?

Do you know the addresses for the Towne Square Pool or the Lake Club? If you have an emergency while you are at a Steiner Ranch facility and you call for help from your cellular telephone, the emergency dispatcher will not receive a display identifying your location. (For address identification, a call must originate from a landline telephone.) In the event of an emergency, the following names and addresses of Steiner Ranch facilities will help the dispatcher locate you:

BELLA MAR COMMUNITY CENTER

(Pools, park, tennis courts, multi-purpose fields, etc.)

12401 Bella Mar Trail

TOWNE SQUARE COMMUNITY CENTER

(Pools, park, tennis courts, soccer fields, etc.) 12550 Country Trails Lane

JOHN SIMPSON COMMUNITY CENTER

(Pools, park, tennis courts, etc.) 3506 John Simpson Trail THE LAKE CLUB

12300 River Bend Road

FLAT TOP PARK AND ATHLETIC FIELDS

13200 Flat Top Ranch Road

SAVANNAH/LAS BRISAS PARK 12317 Capella Trail

CANYON GLEN PARK 4114 Hughes Ranch Road

MAJESTIC OAKS PARK 2836 Lantana Ridge Drive



⁴⁰ Ranch Record - September 2010

Copyright © 2010 Peel, Inc.

SIGN UP FOR E-NEWS

Did you know you can receive emails regarding Steiner Ranch activities, safety, Community Affairs and even Lost Pet Notification? We currently have over 3000 subscribers who benefit from receiving these emails and are keeping up with Steiner Ranch news!

Activity Alerts are sent weekly and notify you of all the upcoming community-related activities, events, and programs. Safety alerts focus on current safety-related issues, such as reports of criminal activity, fire safety, and the Neighborhood Watch program. The Community Affairs newsletter will contain information about civic, transportation, and political affairs that relate to our community and the lost pet notification can be used to locate the owner of a lost pet or to notify the community of a lost pet.

If you would like to be added to any of these lists, or update any of your subscriptions, go to the Steiner Ranch website www. steinerranchhoa.org and enter your email address in the box on the right side of the page. Because your privacy is important, your information will not be sold or shared.

WCID #17 Mandatory 2 Day Per Week Watering Continues

NO CALENDAR IS NEEDED, all you need to do is set your irrigation system to your two designated watering days. Steiner Ranch residents:

odd numbered addresses will water Wednesdays and Saturdays even numbered addresses will water Thursdays and Sundays. Residential customers will be required to adhere to this schedule

May 1 through September 30,

and encouraged to adhere to it the rest of the year.

Systems such as the one used by the Steiner Ranch HOA using reclaimed or recycled water will not be subject to the restrictions.

The time of day residents may water. To reduce wasting water through evaporation during daytime heat, watering with an automatic irrigation system is permitted before 10am or after 7pm. Watering with a hand held hose or bucket may be done any time of day or any day of the week. Other water uses such as washing cars or boats is not restricted to watering days unless increased conservation measures become necessary.



 Image: Constraint of the second state of the second sta

1730 E. Whitestone Blvd., Ste. 100 Cedar Park, TX 78613

102 Westlake Dr., Ste. 103 Austin, TX 78746 4112 Links Lane, Ste. 204 Round Rock, TX 78664

Same or Next-Day Appointments Available 512-328-7722 • www.austinentmd.com

From the Association Office



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!

Tenant/Occupant Registration Requirement Do you lease your home?

There are over 3,400 occupied homes in Steiner Ranch, but not all are occupied by the actual homeowners. Some homeowners, for various reasons, rent or lease their home to tenants/ occupants, and that is when challenges arise for the Community Associations Office staff. There are certain notification requirements placed upon the Association by the governing documents of Steiner Ranch. These notifications include but are not limited to:

> Semi-annual assessment statements Annual meeting notifications Deed restriction violation notices General correspondence

Not having a homeowner's absentee or off-site address for the notifications mentioned above can, unfortunately, cause fines or other fees to be charged to a homeowner's account for failure to pay assessments on time or for failure to correct violations on the property within a specified timeframe. When tenants/occupants are registered at the Community Associations Office, the Association has the homeowner's absentee address on file and is able to send all the required notifications directly to the homeowner.

Having tenants/occupants registered also helps to protect the homeowner and his/her Steiner Ranch property. If the Association discovers that a tenant/occupant is not properly maintaining the landscaping or has caused some other violation on the property, a notice is sent to the homeowner informing them of the violation and a copy of the notice is sent to the tenant/occupant. Quickly correcting violations helps to ensure individual property values as well as the entire community are maintained at their highest level. Due to the challenges that arise as a result of rented and leased homes, the Association REQUIRES registration of all tenants/occupants in Steiner Ranch. In order for a tenant/occupant to receive access to the Steiner Ranch facilities, the homeowners must register the tenants/occupants via the Tenant/Occupant Registration Form and complete the Facilities Use Agreement. Once these forms are on file in the Community Associations Office, the Association will issue a "Facility Tag" to the tenants/occupants so they may enjoy all the facilities Steiner Ranch has to offer. Without the Facility Tag, tenants/occupants will not be able to enter any of the locked facilities, which includes the pools, tennis courts and the Lake Club.

Please be aware that Tenant/Occupant Registration forms must be completed by the homeowner and the responsible tenant/occupant. Forms signed by a property manager or other non-homeowner will not be accepted unless a power of attorney form is also submitted naming the managing agent or other nonhomeowner as authorized to sign legal documents on behalf of the homeowner.

The Tenant/Occupant Registration form is available at the Community Associations Office and online at www.steinerranchhoa.org. There is a \$50.00 tenant/occupant registration fee that must be submitted with the completed Tenant/Occupant Registration form in order for the Association staff to process the registration.

If you have any questions regarding the requirement to register tenants/occupants, please contact the Community Associations Office at 512-266-7553.





Sundays on the Lake

brunch from 11am - 2pm full menu 11am - 10pm



EVERY SUNDAY ON THE HILL TOP STAGE Drew Womack 4pm

Brunch Mener 2

<u>Steak & Eggs</u> \$14.95 5 oz bacon-wrapped tenderloin medallion served with (2) eggs prepared to order and a fresh baked biscuit

Biscuits & Gravy with Sausage\$ 8.95Hot fresh biscuits served with (2) links of country
sausage and our XS gravy

Old Fashioned Breakfast\$10.95Eggs your way, teamed with pancakes made from the
Steiner family recipe. Your choice of bacon or
sausage

<u>Joleen's Pancakes</u> \$ 8.95 These fluffy delights will spoil you. Served plain or with your choice of blueberry or raspberry glaze. Your choice of bacon or sausage Mrs. B's Trio Frittata \$12.95 Ham, bacon and tasso with onions, peppers, cheddar cheese and a side of fresh homemade salsa. Served with hash browns

<u>Side Options: (also served ala carte · \$3.95 each)</u> (2) Eggs, Sliced Bacon, Sausage, Hash Browns, Fresh Biscuit, Fruit Cup

<u>Beverages:</u> \$2.49 Orange, Cranberry, Grapefruit and Apple Juices Milk Endless Coffee Tea. hot or iced

STEINER RANCH STEAKHOUSE 5424 STEINER RANCH BLVD AUSTIN, 78732 (512) 381-0800 WWW.STEINERSTEAKHOUSE.COM

School News

Vandegrift Vipers Swim Team



The Vipers Swim season started at the Bella Mar Pool at 5:30am on August 16th, 17th and 18th where Vipers Head Coach, Holly Raffaeli and over 40 swimmers tried out for the Vandergrift High School Swim Team. It takes a lot of dedication to get up that early in the morning on the last week of your Summer Vacation! Morning practices for the high school team are held at the Bella Mar pool every weekday before school from 7:30am – 9:00am.

The Swim team will hold an inter-squad meet on September 18th at the Bella Mar Lap Pool with their first meet against Leander High School at the Block House Pool in Leander on September 25th. On October 3rd, they will also be holding their biggest Fundraiser of the year, the "I AM TOUGH, Swim-a-Thon" from 2:00pm – 9:00pm where each swimmer will swim 10,000 yards in 100-yard increments, with sponsors donating a flat fee or a rate-per-lap donation. It's a grueling event for the kids and anyone can come out, cheer them on and donate to the cause.

Our Dad helps us with our homework. He can help you with your "home work," too!



CRAIG SMYSER www.RealEstateInAustin.com 512-735-7200



March-a-Thon



On Saturday, August 7, the Vandegrift High School Marching Band completed their second March-a-Thon through Steiner Ranch.

Approximately one hundred band members marched the 5-mile route from John Simpson park to Town Square. Despite the soaring temperature, some residents walked part of the route with the band, and others came to the various concert stops to listen to portions of the band's new program for Fall 2010. Some residents even helped the drum majors direct the band!

The March-a-Thon is a popular fundraising event for the Viper band. It gives the community an early glimpse of the band's developing half-time show, and enables the musicians to meet some of the Steiner Ranch residents who help support the band's efforts with their contributions. This year's March-a-Thon was very successful in helping the Viper Band raise funds for their program.

It is still possible to contribute to the March-a-Thon via PayPal by going to the band's website, vhsband.com, and clicking on the "Give" button in the special section for the event.



TRANSFORM YOUR BODY, TRANSFORM YOUR LIFE!



Start your transformation today!

GET STARTED FOR DNLY \$99!

Start your transformation today for only \$99! Join in person or online at www.WildBasinFitness.com.

Wild Basin Fitness

Call today: 266-6161 or sign-up online at www.WildBasinFitness.com!

Copyright © 2010 Peel, Inc.

School News

Canyon Ridge Middle School Mentoring Program

PROGRAM PURPOSE -

The purpose of Canyon Ridge Middle School's Student Mentoring Program is to provide role models who build relationships with students. Mentors provide guidance and support to improve academic performance and character development and support success in life. The mentor's role is both a friend to his/her mentee as well as a critical source of support and guidance during the student's middle school years. Mentors and students participate in an extensive array of activities such as: reading books together, arts and crafts, games, help with academics, shooting baskets, eating lunch together, or simply taking a walk around the school grounds.

WHO IS A MENTOR?

A mentor is a caring, mature community member who likes and respects children and young adults. A mentor is genuinely concerned about helping others and strives to enhance a student's academic performance and character development. A mentor helps a student reach his/her potential. Mentors recognize that they can make a difference in a student's life.

WHAT ARE THE QUALITIES OF A SUCCESSFUL MENTOR?

- Personal commitment to be involved with another person for one hour per week for an extended period--six months to one school year.
- Respect for an individual's abilities, and rights to make their own choices in life.
- Ability to listen and accept different points of view.
- Ability to empathize with another person's struggles.
- Ability to see solutions and opportunities as well as barriers.
- Flexibility and openness.

WHAT ARE THE BENEFITS?

Mentors gain the satisfaction of being a positive role model for a student who may not have many. Mentors also increase their community involvement while connecting with youth. Students will benefit from having a consistent, dependable relationship with a caring adult. Students often have increased academic achievement and improved behavior at school and at home after having a mentor.

WHOARETHE STUDENTS INTHE PROGRAM?

Students participating in the program come from different backgrounds, have a variety of interests, and are currently in the sixth through eighth grades. These students may need help with academic achievement, character development, problem-solving skills, improving self-esteem, relationships with adults and peers, or school attendance.

(Continued on Page 47)

Book your appointment with Steiner Ranch Dermatology today and take advantage of these great offers! **Offers expire 10/29/2010**

\$99 Photofacial

\$99 Laser Hair Removal All areas except back and full leg

\$99 Isolaz Laser Acne Treatment Improves acne and reduces pore size\$199 Lux1540 Laser Resurfacing

For fine lines and wrinkles

ALL PRICES ARE FOR ONE TREATMENT ONLY



4300 N Quinlan Park Rd. Ste. 225 Austin, TX 78732 | Ph: 512.266.0007 www.steinerranchdermatology.com



Canyon Ridge Middle School- (Continued from Page 46)

A teacher, counselor, or parent can recommend students for the program, or a student may ask for a mentor.

To mentor a student at Canyon Ridge Middle School, I will:

- Meet with a student for at least one hour each week for the duration of the school year.
- Complete an online application by visiting the LISD website at www.leanderisd.org (select the Community Involvement tab, then Mentoring).
- Attend a mentor training session prior to participating in the program.
- Please contact: cheryl.kleffner@leanderisd.org for form and inforamtion

New Law Bans Cell Phone Use in School Zones

Beginning September 1 of 2009 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. Steiner Ranch has three school zones all within 3 miles of each other.

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

Kicking for Cash

Vandegrift High School will debut "Kicking for Cash" during halftime of the September 3rd football game against Taylor. In this event, students will kick field goals in an effort to win cash for their student organization at Vandegrift. The students will start kicking field goals from the same distance, with those who successfully split the uprights moving back until the winners have been determined. The top three kickers will earn \$300, \$200, and \$100 for their student organizations, respectively. The preliminary rounds will be held at approximately 6:30pm on September 1st with the winners moving on the finals during the game on the 3rd. Kicking for Cash is a fundraiser for the VHS Marching Band and Craig Smyser with RE/MAX Capital City is sponsoring the event. For more information, visit www.KickingForCash. com. Come out on Friday, September 3rd at 7:30 pm to cheer on the Vipers and watch the inaugural Kicking for Cash Contest!



Ranch Record - September 2010 47

School News

November 2

тω

1 2 E 4

8 9 10 11

14 15 16 17 18

21 22 23 24 25

Т

Μ

28 29 30

7



Independent School District 2010 - 2011 District Calendar

F S

3 4

10 11

17} 18

24 25

July 2010							August 2010							
S	Μ	Т	W	Т	F	S		S	Μ	Т	W	Т	F	S
				1	2	3		1	2	3	4	5	6	7
4	5	6	7	8	9	10		8	9	10	11	12	13	14
11	12	13	14	15	16	17		15	16	17	18	19	20	21
18	19	20	21	22	23	24		22	23	24	25	26	27	28
25	26	27	28	29	30	31		29	30	31				

010			De	cen	nbe	r 20	010
F	S	S	Μ	Т	W	Т	F
5	6				1	2	3
12	13	5	6	7	8	9	10
19	20	12	13	14	15	16	17}
26	27	19	20	21	22	23	24
		26	27	28	29	30	31

		Mar	ch 2	2011	L				Ар	ril 2	011		
S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S
		1	2	3	4	5						10	2
6	7	8	9	10	11	12	3	4	5	6	7	8}	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

	J	anu	ary	201	1	
S	М	Т	W	Т	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	Ε	27	28	29
30	31					

29 30 31

September 2010 SMTWTFS

5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

1 2 3 4

	C	octo	ber	20:		
S	М	Т	W	Т	F	S
					1	2
3	4	5	6	7	8	9
10		12	13	14	15	16
17	18	19	20	21	<u>22</u>	23
24	25	26	27	28	29}	30
31						

February 2011 SMTWTF

S

						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18}	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	Ε	27	28	29	27	28					
30	31												
		Ma	y 2	011					Jur	ie 2	011		
S	М				F	S	S	М				F	S
S 1			w	Т	F	S 7	S	М			Т		-

26 27 28 29 30

15 16 <u>17 18</u> 19 20 21 12 13 14 15 16 17 18

22 23 24 25 26 27 28 19 20 21 22 23 24 25

Dates, Holidays & Events Proposed TAKS Dates

First Day of School Aug. 23	
Labor Day Sept. 6	
Rosh Hashanah Sept. 9-10	
Yom Kippur Sept. 17-18	
Columbus DayOct. 11	
Veterans Day Nov. 11	
Thanksgiving Day Nov. 25	
Hanukkah Dec. 1	
End Semester 6 Weeks Grading Pd Dec. 17	
Christmas Day Dec. 25	
End Semester 9 Weeks Grading Pd Jan. 14	
MLK DayJan. 17	
Spring Break March 14 - 18	
Good FridayApril 22	
Bad Weather Makeup Day March 28	
Bad Weather Makeup Day May 30	
Memorial Day May 30	
Last Day of SchoolJune 3	

Oct. 19 - 22	Exit Level TAKS Retest
March 1 - 4	TAKS All Levels
April 4 - 5	TAKS Grades 5 & 8
April 25 - 29	TAKS All Levels
May 9 - 27 End of Co	urse High School Exams
May 17 & 18	TAKS Grades 5 & 8

Calendar Key

	Student/Teacher Holiday
	Staff Development/Student Holiday
	Bad Weather Makeup Day
_	Proposed TAKS Testing Dates
E	Early Release Day
	Last day, Nine Weeks Grading Period
}	Last day, Six Weeks Grading Period
Italic	First or Last Days - Semester Elementary

bold First or Last Days - Semester Secondary

www.leanderisd.org

WE ARE THE FACES OF REAL ESTATE IN STEINER RANCH!



Т

Amberly Klam REALTOR® 512.492.5128 Amberly@AvalarAustin.com



Deanna Bentley REALTOR® 512.767.8179 Deanna@AvalarAustin.com



Eric Jacobsen REALTOR® 512.417.4904 Eric@AvalarAustin.com



Jacqui Holtzman REALTOR® 512.736.7653 Jacqui@AvalarAustin.com

Joy Brillante REALTOR® 512.423.4479 Joy@AvalarAustin.com





Judy Kilmer REALTOR® 512.422.3088 Judv@AvalarAustin.com



LNauert@AvalarAustin.com

Marguerite Craig REALTOR® 512.656.8292 MargueriteCraig@Austin.rr.com

Steve Craig REALTOR® 512.415.0099 SteveCraig@Austin.rr.com



S

1513 Australis Cove: NEW!



3953 Canyon Glen: Great Buy!

13105 Bright Sky Overlook-VIEWS!

1104 Grand Champion: PENDING!



3405 Latimer: SOLD!



912 Cavalry Ride: SOLD!

13325 Bright Sky: SOLD!



Mia Edwards REALTOR® 512.426.6995 Mia@AvalarAustin.com

Tom Wilson REALTOR® 512.673.0388 TWilson@AvalarAustin.com

Venessa Kimball, CLHMS, REALTOR® 512.289.7534 VKimball@AvalarAustin.com

IF YOU ARE READY TO SELL OR BUY, CALL ONE OF YOUR NEIGHBORHOOD STEINER RANCH **RESIDENT SPECIALISTS TODAY!**



OUR OFFICE LOCATED IN STEINER RANCH!

YOU'LL FIND US JUST ABOVE THE MARKET AT 4300 N. QUINLAN PARK #220 **AUSTIN, TX 78732**

SMART CHOICE. YOU'LL BE MOVED BY US.

WWW.AVALARAUSTIN.COM



Business Section



"Service Above Self" Meetings every Thursday

noon to 1:00 pm, usually with interesting speakers

Lakeway Resort & Spa, 101 Lakeway Blvd., Lakeway (call for specific room each week 261-6600)

Rotary International is the world's first service club organization, with more than 1.2 million members in 33,000 clubs worldwide. Our members are business and service leaders of Lake Travis area working together on local, national and international projects. Visit a luncheon and see what we're all about!

Five Business Networking Groups in the Area

Are you looking to grow your business in 2010? If so, you might be interested in a few of the business networking groups in the area. These 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 Elicia Rudberg at eliciarudberg@gmail.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.oehler@unitedlendingusa.com or visit www. BNIAustin.com.

FOUR POINTS CHAMBER OF COMMERCE

The Four Points Chamber of Commerce provides networking opportunities at social gatherings, luncheons with guest speakers and activities. The Chamber brings businesses together along highway 620 from Hudson Bend to Anderson Mill and Ranch Road 2222 from Jester to Volente. Four Points Chamber supports business growth in the community where we live, work and play. In less than 6 months Four Points Chamber of Commerce exceeded its first year membership goals and continues to grow! For information about participating in upcoming events or membership benefits visit www.fourpointschamber.com or call (512) 551-0390. Membership inquiries may also be sent directly to membership@FourPointsChamber. 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.

YOUR LOCAL CITY

Steiner Ranch has a new business networking group. Your Local City is a positive, membership based, business networking organization with 17 groups meeting all over the Austin area. The Steiner Ranch group meets every Friday at 8:00 AM at the Lakeside Pizza and Grill located in the Shops at Steiner Ranch at Steiner Ranch Blvd. and Quinlan. Come join us to grow your business.



Facebook for Business At Four Points Chamber of Commerce Luncheon

Special guest speaker for the Four Points Chamber of Commerce September Luncheon is local Online Marketing Expert and Trainer, Jane Dueease. Dueease will present her popular short course on Facebook Marketing for Businesses. She'll share the Secrets, Tips and Tools you need to know to get started marketing your Business on Facebook. Dueease, who helps entrepreneurs market their business online said, ""Facebook reached 500 million users on July 21st. Businesses today cannot ignore the power of this incredible Social Media Platform. The question becomes - how to best leverage Facebook's power and reach to effectively grow your business. " More information about Jane and her business, Market My Biz Online can be found at her website visit http://www.marketmybizonline.com. Be part of the momentum in the Four Points

region, meet other business leaders and network at:

- The Four Points Chamber of Commerce Luncheon
- Thursday, September 16th
- Time: 11:30 a.m. to 1:00 p.m.
- At River Place Country Club, 4207 River Place Boulevard.

Membership is not a requirement to come to the luncheon but you'll want to register so that you can reserve a seat at what is sure to be a popular event. While you are at the Four Points Chamber of Commerce website be sure to check out the upcoming special event, Taste of Four Points Business Expo on Tuesday, October 19 where the keynote speaker will be Congressman Lamar Smith http://lamarsmith.house.gov. The event provides opportunities to exhibit and for sponsorship.

The Four Points Chamber of Commerce provides networking opportunities at social gatherings, luncheons with guest speakers and activities. The Chamber brings businesses together along highway 620 from Hudson Bend to Anderson Mill and Ranch Road 2222 from Jester to Volente. Four Points Chamber supports business growth in the community where we live, work and play. In less than 6 months Four Points Chamber of Commerce exceeded its first year membership goals and continues to grow! For information about participating in upcoming events or membership benefits visit www.fourpointschamber.com or call (512) 551-0390. Membership inquiries may also be sent directly to membership@ FourPointsChamber.com.

STEINER RANCH PRIMARY CARE *Exceptional Physicians, Exceptional Care!*



Gwendolyn B. Miller, MD

New Patients Welcome!

SAME DAY APPOINTMENTS AVAILABLE



Claudia L. Legere, MD

Primary Care for Your Entire Family - Ages 3 Years and Over! Sports Physicals Also Available!

Medicare and Most Insurance Accepted

PRACTICE HOURS: Monday-Friday 8:00 a.m. - Noon • 1:30 p.m. - 5 p.m.

LOCATION: 2900 N. Quinlan Park Rd. , Suite 430 Austin, Texas 78732 512.266.8877

BUSINESS CLASSIFIED

VELOCITY MUSIC ACADEMY. Now open for fall enrollment. Music Together classes ages birth-5, pre-school piano and lessons in piano, violin, cello, guitar, sax, and clarinet. www.velocitymusicacademy.com. Mention this and receive \$10 off your first month's enrollment!

VIOLIN/FIDDLE Lessons offered in Your Home or Teacher's Studio. FUN, COMPASSIONATE atmosphere with bountiful performance opportunities! 18 Years' performance experience! Suzuki and Traditional methods offered. References Available. Contact Monica Perry at Monica@suzukifiddle.com or (512) 627-2001. www.SuzukiFiddle.com.

MOBILE SPRAY TANS!! We come to you or you can come to us to get the sunless airbrush tan (Spray Tan) that you deserve. Celebrities and models are absolutely hooked, and now it's available in the Steiner Ranch area. Services include individual tans, group tans and tanning parties. Starting at only \$30. Tans are done by a Steiner Ranch resident. Check out our web site and call to make your appointment today. www.beachtansaustin. com (512) 547-6612.

GRANNYS AS NANNYS Babysitters Extraordinaire. Steiner Ranch Residents. Excellent local references.

We come to your home. Last minute, Daytime, Nighttime, Weekends. Local excursions. Call Granny Ruthi or Grandpa Bob at 512-266-6637 or email us at ruthibob@austin.rr.com.

LEARN GUITAR...In-Home Guitar Lessons: Great teacher, fun environment. B.A. in Music, Berklee College of Music. Over 12 years of teaching experience. All ages, styles and skill levels welcome. Proudly serving Steiner Ranch for years. For more info call Charles Couch at 646.704.3092 or visit www. charlescouch.com. **THE HOMEPRO.** A professional for your home maintenance, repair, or other construction project need. Call us for - carpentry, tile, drywall, rotted wood, painting, fences, decks, doors, windows and so much more.....we are punch list specialists. 512-297-6305.

CONNOR CLEANING. Are you paying more than \$100 to have your house cleaned? 4800 sq. feet or less- you are paying too much! Call Connor Cleaning. Reliable. Dependable Service. Quality Work. Supplies furnished. Over 12 years in business. Affordably priced. Call 512-209-1141. Bonded.

HELP! CLUBZ IN-HOME TUTORING needs more degreed tutor applicants who live in Steiner and know the community. Minimum pay is \$16 hour. All subjects and ages. Email bettye.boyd@gmail.com to receive a tutor profile form to apply, or call (512) 266-6910.

BRONZE AND GLOW MOBILE AIRBRUSH TANNING: Don't let your summer tan fade. Schedule your custom airbrush tan appointment today. I come to you and give you a beautiful bronze glow that looks natural. Call Teresa at 922-0598 or www. bronzeglowtans.com

POWER WASHING. Call Add Value Restoration for all your power washing and home maintenance needs. Call 512-705-0549 or email wbretmenser@gmail.com

LESS THAN A PENNY: You can run a business classified in The Ranch Record and reach all of Steiner Ranch for less than a penny per home. Call 512-263-9181 for details.

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

Curious to know what your house is worth?



www.UTRResidential.com Real Estate Services Designed Around YOU

Go to:



Kimberly McLaughlin, Realtor, BSCS, GRI – Phone: 512-652-8132 – email: Kimberly@UTRResidential.com – www.UTRResidential.com

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.

SolarCommunity

WHY GO SOLAR?

Steiner Ranor

- Up to \$15,000.00 in city rebates
- 25+ years of savings
- Energy independence
- Tax free ROI

512.904.9006

www.solarcommunity.com |

4704 E. Cesar Chavez St. Suite 120 B

News You Can Use ST. DAVID'S HEALTHCARE OFFERS

Free Prostate Screenings During September, National Prostate Cancer Awareness Month

St. David's HealthCare is offering a series of free prostate cancer screenings in September in recognition of National Prostate Cancer Awareness Month. The screenings, intended for men over the age of 40, include a PSA blood test and rectal exam.

Factors that can increase a man's risk of developing prostate cancer include:

- Age. After the age of 50, the risk of developing prostate cancer increases greatly.
- **Diet.** Good nutrition is essential for health and well being. Studies have found an association between diets high in fat and an increased risk of prostate cancer.
- Exercise. Some studies have found that

high levels of physical activity may reduce the risk of advanced prostate cancer.

• Genetic Factors. Having a father or brother with prostate cancer more than doubles a man's risk of developing prostate cancer.

All screenings will be held from 9 a.m. to noon.

Appointments are preferred, but walkins are welcome. Call (888) 868-2104 to schedule an appointment.

Saturday, September 11 St. David's Medical Center

919 East 32nd Street Austin, TX 78705 Saturday, September 11

St. David's Georgetown Hospital 2000 Scenic Drive Georgetown, TX 78626

Saturday, September 18

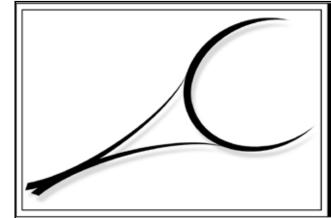
St. David's Round Rock Medical Center 2400 Round Rock Avenue Round Rock, TX 78681

Saturday, September 18

St. David's South Austin Medical Center 901 W. Ben White Blvd. Austin, TX 78704

Saturday, September 25

St. David's North Austin Medical Center 12221 MoPac Expressway North Austin, TX 78758



PRIVATE TENNIS LESSONS
SEMI-PRIVATE TENNIS LESSONS
ANY AGE, ANY SKILL LEVEL
CALL 496-9188 TO SCHEDULE

Carla Cossa Mann

UT Women's Tennis Team 1988 - 1992 All-American 1990 Southwest Conference Rookie and Senior Player of the Year UT Women's Tennis Assistant Coach 1995 - 1998 Barton Creek Tennis Pro 1992 - 1995

CHIP-N-CHARGE TENNIS www.chipncharge.com

Copyright © 2010 Peel, Inc.

Breaking Through Barriers For Women And Girls

AAUW (formerly known as the American Association of University Women) is a nationwide network of more than 100,000 members and donors, 1,000 branches, and 500 college/university institution partners.

For more than 128 years, AAUW members have examined and taken positions on the fundamental issues of the day — educational, social, economic, and political. Our commitment to our mission is reflected in all aspects of our work.

AAUW'S MISSION

AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.

AAUW'S VALUE PROMISE

By joining AAUW, you belong to a community that breaks through educational and economic barriers so that all women have a fair chance.

If you hold an associate's or equivalent, bachelor's, or higher degree from a regionally accredited college or university, you can join AAUW through one of the more than 1,000 branches across the country.

If you would like to learn more about joining AAUW and its Austin Branch, you may contact Marsha Endahl Kramer, the membership vice president, at 906.2033 or HughMarsha@aol.com

As a newcomer to Steiner Ranch and to Austin, membership in AAUW has provided me wonderful opportunities to meet a group of dynamic women who are actively involved in the political, social and educational experiences unique to the city. I have actively participated in the branch's benefit fund raisers, the scholarship awards committee and the contemporary literature group. All of these involvements have been stimulating, as well as highly rewarding.

SUBMITTED BY DOROTHY VANCE - ARNOFF321@CS.COM

Advertise Your Business Here 888-687-6444 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.

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

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

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

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



GET YOUR CUSTOMER'S ATTENTION

Need new printed material? Now is the perfect time to replenish your print supplies! Want to increase business? Promote your business with a mailer, flyer or postcard!



News You Can Use

1 2 9 11 13 13 18 19 21 26	3	3 4		10 12	5	6	7	8
11 13 18 19 21			14					
13 18 19 21			14	12				+
18 19 21			14			1		
21			4			15		\top
21		16			17			
	9 20	9 20						
26			22			23	24	25
I I		27			28			1
29					30			\uparrow
31					32			

Crossword Puzzle

- ACROSS
- 1. Blow
- 5. Green Gables dweller
- 9. Not there
- 10. Ask for legally
- 11. Smooth
- 12. Island nation
- 13. Fertilized cell
- 15. Ex-serviceman
- 16. Rovers
- 18. Covered in coarse hair
- 21. Single
- 22. Sacred songs
- 26. Scrimmage
- 28. Prophet who built the arc
- 29. Remove
- 30. Canal
- 31. Eye infection
- 32. Tear

- Virtuoso
 Airy
 "Ribbit" animal
 Singing voices
- 5. Wing

DOWN

- 6. Innocent
- 7. Meat curing ingredient
- 8. Gives off
- 10. Sharks
- 14. Man's wig
- 17. Less nice
- 18. Houses
- 19. Sluggish
- 20. Electrical device
- 23. Tenet
- 24. Water pipe
- 25. Cote

*Solution at www.PEELinc.com

27. East southeast



YAHWEH EL ROI IEHOVAH JIREH אל ראי **IEHOVAH NISSI** ELOHIM **EL SHADDAI** אַלהִים JEHOVAH SABAOTH JEHOVAH TSIDKENU יהוה צבאות **EL ELYON** JEHOVAH MEKADDISHKEM **IEHOVAH ROPHE** JEHOVAH ROHI הוה רפאך JEHOVAH SHAMMAH ADONAI יהוה שמה **IEHOVAH SHALOM** יהוה שלום



NAMES OF GOD SERIES BY PASTOR DANNY FORSHEE Sunday Mornings this Fall

WATCH LIVE services Sunday mornings or view any time at www.ghbc.org

Sunday Morning Schedule

9:30 - Traditional Worship | 11:00 - Contemporary Worship | 9:30 & 11:00 - Bible Life Groups (all ages)

Great Hills Baptist Church | www.ghbc.org | 10500 Jollyville Road . Austin, Texas 78759 | 512.343.7763

- Kids Stuff-

Section for Kids with news. puzzles, games and more!

Eat your breakfast. It's the most important meal of the day!" Why are parents always saying that?

Breakfast

Ready

Well, imagine you're a car.After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

What Should You Eat?

Any breakfast is better than no breakfast, but try not to have doughnuts or pastries all the time. They're high in calories, sugar, and fat. They also don't contain the nutrients a kid really needs. And if you have a doughnut for breakfast, you won't feel full for long.

Just like with other meals, try to eat a variety of foods, including:

- grains (breads and cereals)
- protein (meats, beans, and nuts)
- fruits and vegetables
- milk, cheese, and yogurt

Here are some breakfast ideas. First, the traditional ones:

- eggs
- French toast, waffles, or pancakes (try wheat or whole-grain varieties)
- cold cereal and milk
- hot cereal, such as oatmeal or cream of wheat (try some dried fruit or nuts on top)
- whole-grain toast, bagel, or English

muffin with cheese

yogurt with fruit or nuts
fruit smoothie, such as a strawberry smoothie

And now some weird (but yummy) ones:

- banana dog (peanut butter, a banana, and raisins in a long whole-grain bun)
- breakfast taco (shredded cheese on a tortilla, folded in half and microwaved; top with salsa)
- country cottage cheese (apple butter mixed with cottage cheese)
- fruit and cream cheese sandwich (use strawberries or other fresh fruit)
- sandwich grilled cheese, peanut butter and jelly, or another favorite
- leftovers (they're not just for dinner anymore!)

Skipping Breakfast

Some kids skip breakfast because they sleep too late or because they think it's a way to stay thin. But skipping breakfast doesn't help people maintain a healthy weight. In fact, someone who skips breakfast tends to eat more calories throughout the day.

If you find yourself skipping breakfast because you're too rushed, try these

quick breakfasts. They're easy to grab on the way out the door or can be prepared the night before:

- single servings of whole-grain, lowsugar cereal
- yogurt
- fresh fruit
- whole-grain muffin
- trail mix of nuts, dried fruits, pretzels, crackers, and dry cereal

Need More Convincing?

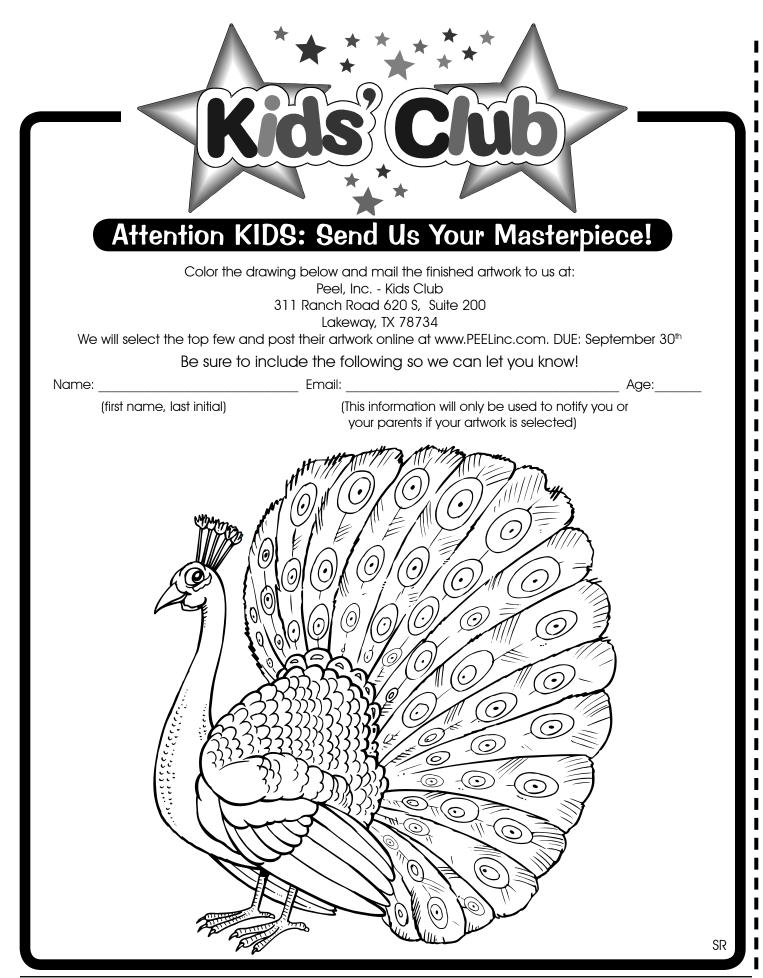
Just in case you need more evidence that eating breakfast is the way to go, kids who don't eat breakfast are less able to learn at school, get less iron (an important nutrient) in their diets, and are more likely to have a higher body mass index (BMI), which is a sign they may be overweight.

On the other hand, kids who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall. So tomorrow morning, don't run out the door on an empty stomach. Fuel up with a healthy breakfast!

Updated and reviewed by: Mary L. Gavin, MD

Date reviewed: March 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www. TeensHealth.org. ©1995-2006.The Nemours Foundation



NEED SURGERY?

Who do you choose? The Doctor who does your needed procedure a few times a year or the Specialist in that field who has done 100's & has the experience when complications arise?

NEED TO SELL Your Home?

Who should you choose? An average Realtor who does a few transactions a year or Gene, the Real Estate Specialist who has closed 100's of properties and has the experience to get through any obstacle.



Call me to find out what every seller should know about selling in todays market.



www.AustinTexasRealEstate.com

KELLER WILLIAMS



311 Ranch Road 620 S. Ste 200 Lakeway, TX 78734-4775 www.PEELinc.com

SR

Insist on Experience! Elicia Kudberg CNE, CMMS www.MySteinerRanchHomeValue.com Certified Negotiation Expert • Cartus Mobility Marketing Specialist www.AustinRelocationResource.com • www.AboutElicia.com Direct: (512) 657-7510 • Elicia@AustinRelocationResource.com INITED REAL Follow me on Twitter: SteinerRanchRE Buying or Selling This Fall? 2004 Val Verde | 20 | 2 Tarraza Court www.EastridgeHome.com www.2004ValVerde.com \$475,000 \$409,000 • 4 Bed, 3.5 bath, 3899 SF 4 Bed, 4 Bath + Study/5th Bed Drees Lakeridge II Plan with Gorgeous Stone/ Brick Exterior and 3 Car Side-Entry Garage Call Elicia to 3411 SF, Large Game Room .29 Acres, Corner Lot, Cul-De-Sac Flat .30 Acre Lot - perfect for pool! hear about her Side Entry 3 Car Garage Game Room, Media Room, Study & Formal Dining Room Formal Living & Dinning Rooms Fall Specials that Grand Foyer with Sweeping Staircase Dramatic Double Staircase Wrought Iron Balusters, Plantation Shutters Located in the Estates at Eastridge will save you Front & Rear Covered Patios Excellent Location for Entrance/Exit Dramatic 30 Foot Ceilings & Custom Built-Ins • Shaded Backyard w/Flagstone Patio in Family Room \$\$\$\$\$. NOT ON MLS - Must Call Agent Extended Eat-In-Kitchen with Granite, SS Appliances, Built-In Desk

• 5 Inch Crown Molding Throughout

Tired of "Market Info" stuffed in your door? Visit www.MySteinerRanchHomeValue.com and save a tree!

Copyright © 2010 Peel, Inc.

Call Elicia!