

RANCH RECORD

Official Newsletter for the Steiner Ranch HOA

VOLUME 5 ISSUE 5 MAY 2011



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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

Monday thru Thursday	1:00pm – 5:00pm
Friday	10:00am – 5:00pm
Closed Saturday & Sunday	•

Closed Saturday & Sunday
STAFF CMCA, AMS, Executive Director Scott Selmanscott@steinerranchhoa.org
CMCA, Community Coordinator Sharon Adams sharon@steinerranchhoa.org
Facility Manager Kenneth Romichken@steinerranchhoa.org
Maintenance Manager Rafael Echazarreta rafael@steinerranchhoa.org
Accounting Coordinator Melissa Riveramelissa@steinerranchhoa.org
Community Standards Coordinator Mackal "Mack" Gill mack@steinerranchhoa.org
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Front Office Coordinator

Amenity Coordinator

Donan Grantdonan@steinerranchhoa.org

Patricia Campbell patricia@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	911
Fire	
Ambulance	
Sheriff – Non-Emergency	
Travis County ESD No.6/Lake Travis Fire Rescue	712-77 1-0017
Administration Office	512-266-2533
Travis County Animal Control	
The to County Thinnan Control	712
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	
	512 266 1111
Travis County WCID # 17	
Texas Gas Service)12-494-9400
Custom Service1-8	200 700 2 <i>4/</i> 3
Emergencies	
Call Before You Dig	
AT&T)12-4/2-2022
New Service1-8	800-464-7928
Repair1-8	
Billing1-8	
Time Warner Cable	300-070-7720
Customer Service	512-485-5555
Repairs	
TDS (Trash & Recycle)	512-421-1300
Austin/Travis County Hazardous Waste	512-974-4343
Tario Courty Tiazardodo mate iminimi	, = 2 , , 1 13 13
OTHER NUMBERS	
Lake Travis Postal Office	512-263-2458
NEWSLETTER PUBLISHER	
Peel, Inc.	
Advertisingadvertising	@peelinc.com

GO GREEN! GO PAPERLESS!

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

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COVER PHOTO

Do you take great photos?

This month's cover was taken by Steiner Ranch res

This month's cover was taken by Steiner Ranch resident, Paula Casentini of her daughter Luna in the wildflowers by the Summit of Eastridge.

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
- Prefer "portrait" orientation

We'd love to have something that pertains to this time of the year in some way, such as swim team or soccer photos, or a fun trip to the pool. Our June, 2011 issue submittal deadline is May 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.

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.

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SELLING STEINER!



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NEWCOMER ORIENTATION

Welcome Newcomers!

Welcome new residents of Steiner Ranch! If you have recently purchased a home here, you will receive an invitation to the Newcomer Orientation held on Thursday June 2nd 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 community rules and regulations and future development plans for Steiner Ranch. Light refreshments will be served.

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

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

Planning to Buy, Sell or Lease a Home? Let a REALTOR® work for you. A REALTOR® knows the facts about whether it's a good time to buy, sell or lease. Members of the Austin Board of REALTORS® can assess the value of homes, negotiate pricing and help navigate financing options. It pays to let a REALTOR® work for you. austinhome search.com

MARK YOUR CALENDARS NOW!

2011 Steiner Ranch Social Events

May 14 – Casino Night July 4 – Parade

Aug 20 - Concert in the Park

Sept 17 – Ladies Night Out

Sept 24 – Garage Sale

October – Pumpkin Patch – Benefiting

Dell Children's Hospital

Oct 29 - Haunted Trail

Oct 31 – Halloween Event

Nov 5 – Camping on the Ranch

Nov 12 – Holiday Sales Event and Santa Pictures

All Events are tentative and subject to change or cancel, so please check monthly issues of the Ranch Record, the Steiner Ranch website at www.steinerranchhoa.org and Facebook (Steiner Ranch Social Committee) for updates.



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IT'S VEGAS BABY!

Casino Night
SATURDAY, MAY 14TH 7:00PM - 11:00PM
TOWNE SQUARE COMMUNITY CENTER

Think Vegas....in Steiner Ranch. Besides the customary Black Jack, we will have Craps, 3 Card Poker and 2 Texas Hold'em tables. All gambling winnings can be used to purchase raffle tickets for a chance to win items at the end of the night! Raffle items will all be from area businesses.

HOW MUCH?

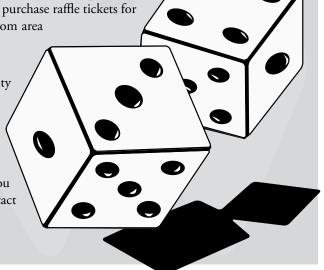
\$25 - includes 20,000 in chips, something to wet your whistle and plenty of appetizers.

Raffle item donations: Interested in donating raffle items? Please contact Sharon Adams at sharon@steinerranchhoa.org.

Registration forms are available online at www.steinerranchhoa.org or at the Community Associations Office.

If you are a local business and would like to donate a prize for the raffle, you will receive valuable recognition at the event in an upcoming issue. Contact Sharon Adams at sharon@steinerranchhoa.org for more information.

This event is limited to the first 60 registrations received.







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Young at Heart SOCIALS

Join old friends and meet new ones while sitting around a roaring fire on the patio and watching the beautiful Texas sun setting over the Hill Country! Bring a bottle of wine or your beverage of choice and an appetizer to share. RSVP: Dottie Thoms at dottie.thoms@gmail.com or 531-9360.

Young at Heart provides wonderful opportunities for Steiner residents who are in the 50+ age group to meet other people with common interests. From these social occasions, friendships have developed and other groups have formed.

Presently there is a **BRIDGE GROUP**; any who are interested in joining should contact Nancy Harger (n_harger@yahoo.com) or Ellen Kendrick (ellenken@sbcglobal.net) for details. There is usually room for a few more players.

The **BOOK CLUB** meets on the third Monday of every month at 2:30 PM. This month we are discussing "Water for Elephants" on May 16th. Please contact Dottie Thoms (dottie.thoms@gmail. com or 531-9360) for more information and location. Our discussions are quite spirited and most interesting!

To learn more about the **LADIES GROUP** and their upcoming adventures, please contact Judy Murff at judymurff@gmail.com.

If you're interested in heading up a **HIKING/WALKING GROUP**, please let us know. Interest has been expressed in hiking Steiner and nearby trails together with others; we need someone who would like to organize this.

To make it easy for people to connect with others with similar interests, a roster of all Young at Heart members is being prepared. It will include names, addresses, contact information and interests (bridge, golf, book club, hiking, boating, dining out, etc) and will be available to all Young at Heart members. If you want your information included, please contact Dottie Thoms at dottie.thoms@gmail.com or Cheryl Burnaw at cherylburnaw@aol.com.

(Below:) On March 25th a large group of members of Young at Heart enjoyed an informal Wine Social on the Bella Mar Patio.







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We'd like to thank Matt McIntyre for the photo's he submitted of the "Run The Ranch" Event, used in the April issue of the Ranch Record. Thanks Matt!

CREDIT

Vehicles Should Yield to Pedestrians

If you are approaching a crosswalk, drivers MUST yield to pedestrians, even if the crosswalk is not at an intersection or light!

Here is the actual code for you to review:

§ 552.003. PEDESTRIAN RIGHT-OF-WAY AT CROSSWALK.

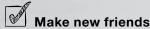
- (a) The operator of a vehicle shall yield the right-of-way to a pedestrian crossing a roadway in a crosswalk if:
 - (1) no traffic control signal is in place or in operation; and
 - (2) the pedestrian is:
 - (A) on the half of the roadway in which the vehicle is traveling; or
 - (B) approaching so closely from the opposite half of the roadway as to be in danger.
- (b) Notwithstanding Subsection (a), a pedestrian may not suddenly leave a curb or other place of safety and proceed into a crosswalk in the path of a vehicle so close that it is impossible for the vehicle operator to yield.
- (c) The operator of a vehicle approaching from the rear of a vehicle that is stopped at a crosswalk to permit a pedestrian to cross a roadway may not pass the stopped vehicle.

Acts 1995, 74th Leg., ch. 165, § 1, eff. Sept. 1, 1995.





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Summer Camps in Steiner

Summer Camp registration is in full swing and we have some great camps scheduled; some we've had before and some great new ones! We are accepting registration now. Look for registration forms and current information on-line at www.steinerranchhoa.org.

Here are of some of the summer camps we will be offering:

Dallas Cowboys Football Camp
Cheer Bliss Cheerleading Camp
Lonestar Soccer Camp
Brown's Gymnastics Camp
Tap~N~Toe Hip Hop Camp
Sportball Multi-sport Camp
Steiner Tennis Camp
Academic Explores Camp
Abrakadoodle Art Camp
LZM Art Making Camp
Kidventure Camp (Some camps Full)
Mad Science Camp
Lego Camp (Full)
JW Tumbles Camp

Information is available online at www.steinerranchhoa.org.

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Trails Update

Late spring means warm and dusty followed by warm and rainy. If the trails are really wet, give them a day to dry before venturing out. The trails will be safer and less eroded if we all do this. Want to name some new trails? The new trails in Santa Luz and Tierra Grande are nameless. Get involved and suggest some names at the upcoming trail meeting. Recently the HOA has had to advise some individuals who wished to organize rides or hikes and also to publicize them. Remember your trails are totally private and are for residents' use and for your accompanied guests only. While organized activities are allowed to be posted by residents, the posting must include the words, "Steiner Ranch trails are private and for resident use only." Postings cannot include the Steiner Ranch logo.

Remember organized hikes of groups larger than three are never allowed in the Balcones Preserve land of Steiner Ranch. Neither are bikes or dogs allowed in the Preserve. If you see any organized activity for Steiner Ranch posted at a bike store or on a web site, click "Report a Problem" on the HOA web site at http://www.steinerranchhoa.org or contact the HOA at 266-7553.

Geocaching in the greenbelt is not permissible because going off-trail anywhere on the greenbelt is not allowed by the HOA restrictions and for safety reasons. This clearly means that going off-trail in order to plant and retrieve geocaches is not permitted.

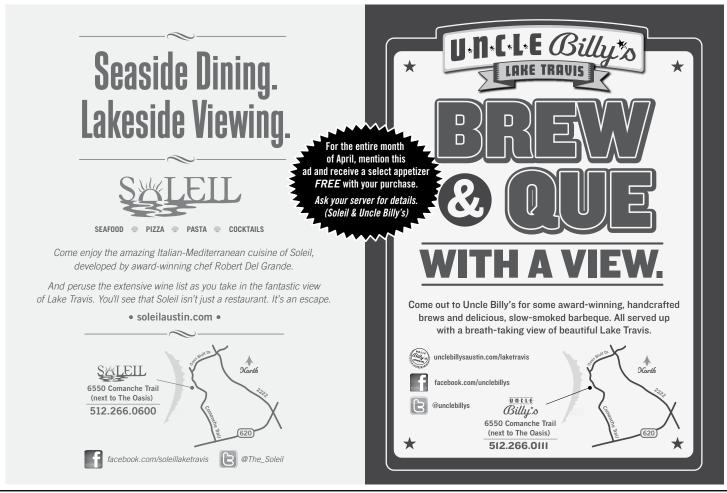
Geocaching is fine in the parks and fields as long as it doesn't interfere with sports practices or games.

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. 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.

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.

(Continued on Page 13)





Trails Update- (Continued from Page 12)

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 or come to the next Trails Committee meeting on Thursday May 12 at 7PM at Bella Mar. All residents are welcome to attend. To get connected here and volunteer your skills, contact the trails committee at (512) 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.

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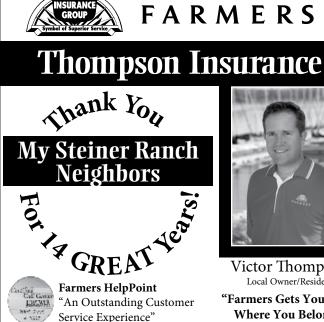
for Steiner Ranch Residents. I will come to your house, capture, remove and relocate any/all snakes, lizards, spiders, scorpions, etc. for no charge, and with a smile. Call anytime. Snake specialist! 512-944-0633

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.

Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing steinerranch@peelinc.com or by going to http://www.peelinc.com/ articleSubmit.php. All news must be received by the 8th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The Ranch Record. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.







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ME1678

* Steiner Ranch History Corner *

Whose Capitol is it Anyway?

Almost incredibly, Texans were to learn that they had built their ornate Capitol building on land to which the State did not have clear title. The story is documented and begins with a man named Thomas Jefferson Chambers, an empresario and a judge when Texas still belonged to Mexico. Chambers was a self-taught lawyer and surveyor and land speculator in Mexico and Texas. Chambers was involved in a great land purchase and many lawsuits, one leading to a murder for which he was never indicted. Ultimately Chambers was awarded land in lieu of cash for his services to Texas. His grant turned out to include the future capitol site, as well as much of present-day Travis County.

The new Republic undertook to uphold such Mexican land grants; but for some

reason, Chambers didn't file all of his claims. The Republic of Texas, not realizing that the land had already been granted away, sold some of the land - including the capitol site - in 1838 to Samuel Goucher who was an area farmer. A few months later, Goucher and his entire family were killed by Indians - or so it was supposed. Seeing that there were no heirs, two real estate promoters filed claim on the land, and that being granted, soon sold it back to the Republic of Texas.

A number of years after this, a Mr. E. Smith, one of those clever fellows who poured over records in the old land office, discovered the Goucher deed - and that there was a living descendant. It seems that three of the Goucher children had been kept alive and ransomed; one of these was persuaded to sign a quitclaim deed to the land for \$500.

The other two children being dead, Smith presented his claim and eventually he won compensation from the Republic (though it was years in coming).

Then the Chambers descendants came forward; two daughters of the former judge who had received the original grants began filing briefs in support of their claim to the land beginning in the 1880s, After decades of litigation, they finally received a favorable hearing in 1924, and were compensated in the amount of \$20,000. Now that Texas has paid for the capitol site three times, it surely has an indisputable title to it, right? Source: Austin Overview by Curran Douglass; Texas State Historical Association. For more information contact Rich Keith richkeithprimerica@austin.rr.com (512) 632-0162.

BY RICH KEITH

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Around Steiner



Olympic Swimmers Visit Steiner

On Saturday April 2, Austin Elite Swimming sponsored a swim clinic at Bella Mar pool with Olympians, Josh Davis, a five-time medalist, Ian Croker, a five-time medalist, David Walters, a gold medalist in the 2008 Olympics and Kathleen Hersey, currently training for the 2012 London games. The clinic was invaluable as kids learned techniques used by the very best swimmers in the World. The Olympians also emphasized the importance of physical, mental, and spiritual focus in order to be successful. Before the clinic, Austin Elite Swimming held a "Meet the Olympians" cook-out for all the swimmers and their parents at the UT Golf Club.







Join us in getting ready for a safe summer in the water!

Colin's Hope Night at Eastside Movies in the Park
Tuesday, May 3rd, Doors open at 6PM, Movie at sundown
Join us at The Expedition School Lagoon (On Lady Bird Lake in East A

Join us at The Expedition School Lagoon (On Lady Bird Lake in East Austin next to Fiesta Gardens) for a screening of Whale Rider. Bring your family and friends to enjoy the movie under the stars.

Colin's Hope Day at Schlitterbahn-New Braunfels Saturday, May 21st

Join us for a day to promote Water Safety and Drowning Prevention at Schlitterbahn-New Braunfels! Special tickets are available from Colin's Hope. Email alissa.magrum@colinshope.org for more information.

For more info visit our website at www.colinshope.org

Swim Lessons Offered in Steiner Ranch

BEGINNERS:

Instructors teach basic water safety fundamentals and stroke techniques to children ages 3 to 6. The emphasis of the class is to increase students' level of comfort while in and around the water to create a safe, fun experience for all. No previous swimming experience is required. Safety and fun go hand in hand with these new learners!

INTERMEDIATE:

Instructors work with swimmers who have previous swimming experience to further develop, improve upon, and refine their strokes. Designed to allow students to become 100% comfortable and safe around the water!

ADVANCED:

Instructors teach advanced stroke techniques, turns and starts, and lap swimming strategies, with a focus on preparing swimmers for swim team and other competitive aquatic events. Students will also learn to utilize aquatics equipment to improve their strokes on their own, and become better swimmers all around!

Sessions begin the week of June 6th during the Summer beginning at 8:30am. Each session is 2 weeks (8 classes) long for a cost of \$75.00.

For information and registration go to www.steinerranchhoa.org and click on the "Activities" link.

NOTE** If you wish to hire someone to teach a private lesson (other than the vendor provided by the HOA), the instructor must provide the HOA with General Liability coverage prior to any lessons being conducted. Question? Call Sharon Adams at 266-7553.

Classified Ads

Master License: M-39722

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Steiner Ranch residents, limit 30 words, please e-mail <u>steinerranch@peelinc.com</u>.

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

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SUMMER POOL HOURS



Summer Pool hours have begun and extended hours are in effect!

The following hours will apply:

BELLA MAR

Splash Pool, Lap Pool & Baby Closed Mon until 2:00pm Tue-Sun 7:00am – 10:00pm

The following programs will be using the lap pool:

Master's Swim Program
- Wednesday & Friday 5:30am 6:45am; Sunday 6:30am - 7:45am

VHS Swimming Monday
- Wednesday - Friday 8:00am
- 9:15am

Lap lanes will be available to lap swimmers during these sessions.

Austin Elite Swimming – Monday – Friday 4:30pm – 6:30pm (until May 5th – then they move to the John Simpson Pool)

Steiner Stars Summer League begins practice on May 9th 3:30pm – 7:30pm Lap Lanes will NOT be available during these sessions; however the John Simpson pool will be open.

> (See Steiner Stars Summer Pool schedule)

TOWNE SQUARE

Closed Monday until 12:00pm Tuesday – Sunday 8:00am – 10:00pm

The following program will be using the Towne Square pool:

Water Aerobics Mon/Wed @ 6:45 pm Tues/Thurs @ 9:00 am

JOHN SIMPSON

Closes Mondays at 2:00pm Tuesday - Sunday 7:00am - 10:00pm

The Following program will be using the John Simpson Lap pool: Austin Elite Swimming Monday – Friday 4:30pm – 6:30pm During the month of May

Please note**Lifeguard will begin weekends only, beginning May 14th at all three pools.

Water Aerobics Begins in May

If you want to get into an exercise program, but cannot get motivated, or the pavement plays havoc on your knees, legs or hips, or you just don't want to exercise in the workout room by yourself, try WATER AEROBICS. Water aerobic classes will again be offered this Spring/Summer @ Towne Square Pool. Classes will begin in May. The schedule will be as follows:

Mon/Wed @ 6:45 pm Tues/Thurs @ 9:00 am 8 classes/month @ \$45 4 classes/month @ \$25

Classes are 50 minutes long & will incorporate a full body workout in the water. Classes are lead by a certified water aerobics instructor.

Some of the benefits of water aerobics fitness program are:

- *strengthen & improve muscle tone
- *enhances muscular flexibility
- *increases range of motion
- *improves posture & physical appearance
- *relieves tension & stress
- *increases energy levels & stamina
- *burns up calories
- *strengthens the cardio-respiratory system (heart, muscles, & brain)

These classes are a great way to start the morning or end a "trying" day at the office or work. Come join us for lots of fun & great workouts to music. It's an opportunity to meet your neighbors & make new friends. These classes are for both men & women & all ages.

For more information, call 266-4780 or email askennedy@austin.rr.com. Sign up is through the Homeowners Association.



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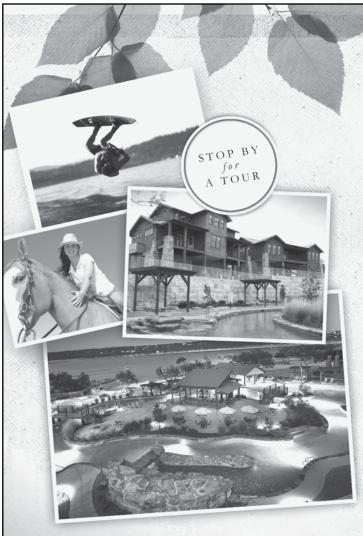
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Steiner Stars Swim Team Update



The Stars Blue and Red competitive swim teams held new family registration on April 1 and enrolled over 100 new swimmers! This brings our current total to 465 summer league swimmers in Steiner Ranch! We welcome our new swim families and our returning

families to the summer 2011 season! Beginning on May 9th, our teams will each hold afternoon practices twice a week until school is out; then we'll begin our summer schedule on June 6th.

Summer practices at Bella Mar: Our Red team will practice from 7:30 AM to 12:30 PM Tuesday through Friday. Our Blue team will practice from 2:30 PM to 6:30 PM Monday through Thursday. In consideration of our fellow residents, the Stars will not hold practices on Friday afternoons, we've moved our afternoon practices earlier to finish by 6:30 PM, and we will not hold home meets during Memorial Day or July 4th weekends.

Stars Blue and Red will participate in a total of 13 swim meets this summer, with four home meets this season. The dates for these meets are June 4, 11, 25 and 30th. The Stars will begin our morning home meets at 7:30 AM in order to finish the meets by approximately 1:00 PM. The Annual Stars Red vs. Stars Blue meet will be held on June 30th in the evening. Steiner residents are welcomed to come out and watch your neighborhood kids compete at Bella Mar! Admission is free and it's a great way to observe how a summer league swim meet runs if you're thinking of enrolling your kids on one of our teams in the future.

(Continued on Page 21)





Bailey Swim School Semi-Private & Private Lessons (No more than 2 students per class)

- Located in Steiner Ranch
- Flexible schedules (You Pick your Plan)
- Specializing in ages 3-8 years old
- · Make-up classes available

Register Today for May Classes! (512) 636-5541

Steiner Stars- (Continued from Page 20)

SHOOTING STARS

The Shooting Stars is our developmental swim program which will run from July 19th – August 11th, Tuesday, Wednesday and Thursday mornings at the John Simpson pool. This program is designed for the swimmer who is looking for an introduction to competitive swimming without the full commitment of the Steiner Stars Red or Blue team.

Shooting Stars focuses on the development of competitive swimming skills with emphasis on proper stroke technique in freestyle and backstroke. The coaches will teach breaststroke and butterfly when individual swimmers are ready for that challenge. Prior swim experience is necessary to enroll in this program, as it is not swimming lessons.

Online registration for the Shooting Stars will open on May 1 at www.steinerstars. org.

Year Round Swimming Program For Adults

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.
- \$35 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 masters' 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!



Tax Assessment Protest Workshop

Is your 2011 Travis County Property Tax Assessment higher than you think it should be? If you are considering a protest, be sure to attend my tax assessment protest workshop on Tuesday, May 17 at 7:00pm in the Towne Square Community Center. We will review the process, deadlines, and I'll provide you with sales information for your specific neighborhood that can be used to protest. For more information, visit www.RealEstatelnAustin.com. RSVP helpful, but not required.

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



SUMMER WRITING WORKSHOPS

Presented by Justine Tal Goldberg

CREATIVE WRITING WORKSHOP JUNE 20 - 23, 2011

Middle school group: 3 hours High school group: 3 hours

If your son or daughter has a knack for creative writing, this is the workshop for you. This interactive seminar educates students on the short story form, trains them in the necessary elements of craft such as plot, characterization, dialogue, setting, and point of view, and provides the opportunity to share their work with the group and receive constructive feedback from their peers. Students will leave the workshop with an original short story, useful information on how to pursue their literary dreams, and a group of new friends who love to write as much as they do.

HOW TO WRITE A STELLAR COLLEGE ESSAY JULY 12 - 14, 2011

High School Juniors and Seniors; 3 hours

College applications are at an all-time high, and the rate of acceptance is decreasing. With so much competition, it's imperative that high school juniors and seniors with their sights set on higher education acquire the tools necessary to write a college essay that

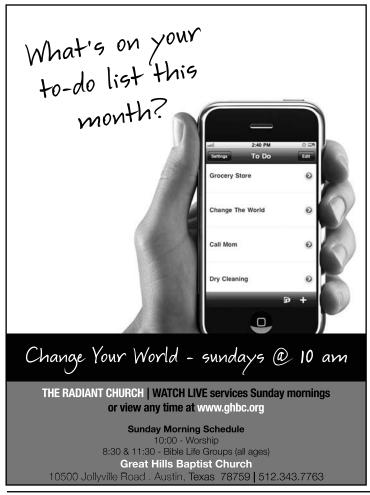
will turn heads. In this discussion-based seminar, students learn the five characteristics of a stellar college essay, brainstorm essay topics, and help each other to develop these topics into prose that sings. Students will leave the workshop with at least one fully outlined essay, and step-by-step instructions for how to proceed on the path to essay-writing success.

WRITING FOR THE SATS AUGUST 9 - 11, 2011

High School Age; 3 hours

Performing on standardized tests is as much about understanding the test as it is about the knowledge you bring to it. Join us for an in-depth look at what the SAT writing section is all about, and what the scoring board looks for in a successful essay. Students get hands-on practice in writing essays that meet the test's criteria, and learn from their peers' successes as they share their attempts with the group. Students will leave the workshop with a better understanding of the test itself, a toolbox full of tips and tricks for mastering the writing section, and the confidence to tackle any essay topic they might encounter.

(Continued on Page 23)





Summer Writing- (Cont. from Page 24)

More information and registration can be found at www.steinerranchhoa.org

ABOUT JUSTINE TAL GOLDBERG

Justine Tal Goldberg is a professional writer and editor of both fiction and nonfiction. Her short fiction has appeared in Whiskey Island and Fringe Magazine, among others; her journalistic work has appeared or is forthcoming in such local publications as Austin Monthly and the Texas Observer. She holds an M.F.A. in creative writing from Emerson College in Boston, and has provided writing instruction at Emerson College and Vassar College. Currently, she owns and operates WriteByNight, LLC, a writing center and writers' service in Austin (www. writebynight.net).





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Around Steiner

Various businesses offer free workshops to Steiner Ranch residents. We are always looking for more unique and different workshops to offer, so if you or someone you know, can provide educational opportunities that are not already being offered to 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!

MAY 10TH - COLLEGE PLANNING FOR HIGH SCHOOL STUDENTS AND ACADEMIC COACHING, by Four

Points Tutoring - Four Points Tutoring is offering a series of free seminars open to students, parents, and educators that are interested in learning more about academic opportunities for students. Come and discover what an academic coach is and how they can assist students in the areas of organization, time management, and improved study skills. This cutting edge program is designed to build a foundation for success in school and life.

And for the college bound student, this is your opportunity to learn more about the benefits of hiring a college coach. These professionals are available to assist the high school Junior and Senior navigate college selection, essay writing, the application process, etc. We offer assistance from trained professionals that have helped numerous students get into the colleges of their choice.

Come and learn how these programs and

Workshop Series

others are tailored to meet the needs of your child and stay tuned for future seminars including: Successful note taking, study skills, and mastering expository writing! 7:00 BMCC

RSVP – Sarah Riberio sarahriberio@sbcglobal.net

MAY IITH – NEW RETIREMENT STRATEGIES, by Rich Keith - We examine your "retirement environment" in light of today's realities including inflation, social security, taxes and modern threats to your lifetime savings. Learn how to protect and grow your assets, reduce taxes and protect your family's income. How to build your nest egg with no more risk than is necessary, and shield your assets from the forces of inflation and unexpected future events. Free book, "How Money Works".

7:30pm BMCC

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

MAY 12TH - MOTHER/DAUGHTER

MAKEOVERS - -Daughter Makeover's! Bring your mom or your daughter (daughter's 12 or older + moms) for a fun mom-daughter makeover event where you'll both be treated to customized skin care and color products designed to enhance your skin and your natural beauty!

6:30pm TSCC

RSVP: Patty (Yambay) Rovano, Sales Director 512-914-7711

MAY 17TH - HOW TO PROTEST YOUR PROPERTY TAXES, by Craig

Smyzer - If you think your 2011 property tax assessment is too high, this is the workshop for you. We'll discuss the protesting process, deadlines, and expectations for success. All attendees will receive the comparable sale information necessary to protest. Free. 7:00pm TSCC.

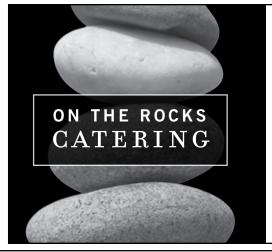
RSVP helpful but not necessary. 735-7200 or Craig@RealEstateInAustin.com.

MAY 31ST - EAT RIGHT OR DIE YOUNG: HEALTHY NUTRITION,

by Four Points Family Chiropractic - Come learn the foods that make you smarter 12X, anti-age, and boosts your immune system. This is a great workshop the whole family and walk away with strategies you can impalement now.

6:00pm TSCC RSVP: 345-9355

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



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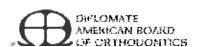


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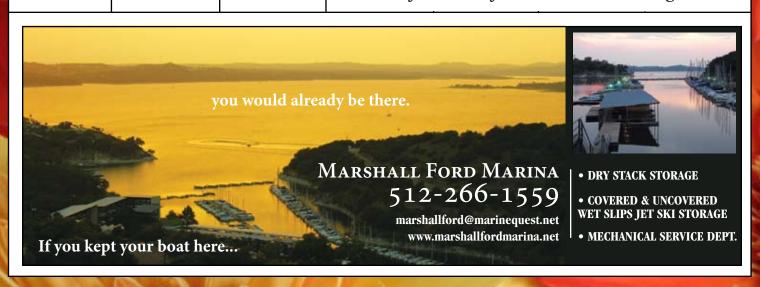
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MAY 2011

		100/1-10					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	1	2	3	4	5	6	7
Į	6:00pm – Chess Club (BMCC)	6:30pm – FREE Yoga (TSCC)	7:45am – Free Pilates (Bring mat and ball) (TSCC)			Steiner Stars Kick-Off Party (TSCC)	
	Scrap-a-Thon (TSCC)		6:30pm – Facilities Committee Meeting (TSCC)				
	8	9	10	П	12	13	14
	6:00pm – Chess Club (BMCC)	3:30pm – 7:30pm – Swim Team Practice Begins Monday - Thursday (BM	7:45am – Free Pilates (Bring mat and ball) (TSCC) 6:30pm – Social Committee	7:30pm – New Retirement Strategies (BMCC)	6:30pm – Mother/ Daughter Makeovers (TSCC)	6:30pm – Margaritas and Makeovers (TSCC)	7:00pm – 10:00pm – Casino Night (TSCC)
		Lap Pool) 6:30pm – FREE Yoga (TSCC)	Meeting (TSCC) 7:00pm – College Planning and Academic Coaching (BMCC)		7:00pm – Trails Committee Meeting (BMCC)		ELECTION Day
1	15	16	17	18	19	20	21
	6:00pm – Chess Club (BMCC)	6:30pm – FREE Yoga (TSCC)	7:45am – Free Pilates (Bring mat and ball) (TSCC)				8:00am – 6:00pm – World Cup Soccer Tournament (BM & TS Fields)
			7:00pm – How to Protect Your Taxes (TSCC)				
The same	22	23	24	25	26	27	28
	8:00am - 6:00pm World Cup Soccer Tournament (BM & TS Fields)	6:30pm – FREE Yoga (TSCC)	7:45am – Free Pilates (Bring mat and ball) (TSCC)		6:00pm – SRROA Board of Directors Meeting (TSCC)		
	6:00pm – Chess Club (BMCC)						
	29	30	31	SPONSOR THIS CALENDAR PAGE:			
Š	6:00pm – Chess Club (BMCC)	Association Office Closed	7:45am – Free Pilates (Bring mat and ball) (TSCC)	Call Peel Inc at 512 263 9181			
Ì		Memorial Day	3:30pm – SRMA Board of Directors Meeting	or vicit our web page www PFFI inc com			
			6:00pm – Wellness Workshop (TSCC)	for more information on advertising.			

for more information on advertising.



JUNE 2011

			A STATE OF THE STA			and the second second
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			I	2	3 11:00am – 5:00pm – Steiner Ranch Elementary 5th grade pool party (BM) 11:00am – 5:00pm – Laura Bush Elementary 5th grade pool party (TS)	4 6:00am – 1:00pm – Stars Red Team Home Meet (BM – All areas) 2:00pm – 8:00pm – River Ridge 5th Grade Pool Party (BM)
6:00pm – Chess Club (BMCC)	Kidventure Camp Tennis Camp Cooking Camp Painting from Art History Camp 2:30pm – 6:30pm – Blue Team Practice Begins Monday - Thursday (BM Lap Pool) 6:30pm – FREE Yoga	Kidventure Camp Tennis Camp Cooking Camp Painting from Art History Camp 6:30pm – Facility Committee Meeting (TSCC)	Kidventure Camp Tennis Camp Cooking Camp Painting from Art History Camp 7:30pm – New Retirement Strategies (BMCC)	Kidventure Camp Tennis Camp Cooking Camp Painting from Art History Camp 6:30pm – Look 10 Years Younger (TSCC) 7:00pm – Trails	Kidventure Camp Tennis Camp Painting from Art History Camp	6:00am – 1:00pm – Stars Red Team Home Meet (BM-All areas)
12	13	14	15	16	17	18
6:00pm – Chess Club (BMCC)	Kidventure Camp Dallas Cowboy Camp Hip Hop Camp Mad Science Camp 6:30pm – FREE Yoga (TSCC)	Kidventure Camp Dallas Cowboy Camp Hip Hop Camp Mad Science Camp 6:30pm – Social Committee Meeting (TSCC)	Kidventure Camp Dallas Cowboy Camp Hip Hop Camp Mad Science Camp	Kidventure Camp Dallas Cowboy Camp Hip Hop Camp Mad Science Camp	Kidventure Camp Dallas Cowboy Camp Hip Hop Camp Mad Science Camp 6:30pm – Margaritas and Makeovers (TSCC)	
19	20	21	22	23	24	25
6:00pm – Chess Club (BMCC)	Camps: Sportball, Gymnastics, Tennis, Mad Science, Cooking and Soccer 6:30pm – FREE Yoga (TSCC)	Camps: Sportball, Gymnastics, Tennis, Mad Science, Cooking and Soccer	Camps: Sportball, Gymnastics, Tennis, Mad Science, Cooking and Soccer	Camps: Sportball, Gymnastics, Tennis, Mad Science, Cooking and Soccer	Camps: Sportball, Gymnastics, Tennis, Mad Science, Cooking and Soccer 7:00pm – Young at Heart Social (BMCC)	6:00am – 1:00pm – Stars Blue Team Home Meet (BM-All Areas)
26	27	28	29	30		
6:00pm – Chess Club (BMCC)	Camps: Sportball, Cheer Bliss, Abrakadoodle 6:30pm – FREE Yoga (TSCC)	Camps: Sportball, Cheer Bliss, Abrakadoodl) 3:30pm – SRMA Board of Directors Meeting 6:00pm – Wellness Workshop (TSCC)	Camps: Sportball, Cheer Bliss, Abrakadoodle	Camps: Sportball, Cheer Bliss, Abrakadoodle 6:00pm – SRROA Board of Directors Meeting (TSCC)		

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From the Association Office

Greenbelt Tree Cutting

One aspect of Steiner Ranch that makes it such a beautiful place to live is the extensive amount of natural greenbelts that surround each of the neighborhoods. There are some homeowners that love the greenbelts just the way they are. And then there are other homeowners that might have a bit of a view of Lake Austin or of a valley so they would like to cut down a few trees. That is a request that the Architectural Committee (the "AC") will consider approving within certain parameters.

Approval by the AC is required BEFORE any disturbance to the greenbelt. The greenbelts are private property of the HOA. Disturbing the greenbelt without prior written approval by the AC will result in fines that could cost the offending homeowner thousands of dollars, plus the cost to replace the trees that were cut down. Other additional fines and penalties could be enforced depending on the severity of the disturbance.

Please help us maintain the beautiful, natural trees and vegetation we are so fortunate to have throughout Steiner Ranch. If you back to a greenbelt and would like to remove some cedar trees, please submit a request to the AC before you do any cutting.

Planning a Pool Party?

The Steiner Ranch pools are a great place to have a party! They are fun, clean and safe for you and your guest. The main goal for the HOA and Lifeline Aquatics is to keep it that way.

If you are renting a facility (Pavilion, Community Room, etc.) and plan on using the pool with more than 50 guests, you will be required to hire additional lifeguards, at your expense, to help protect all of the patrons at the pools.

To hire lifeguards, please contact the Lifeguard Company directly at 1-877-354-1313 or admin@lifelineaquatics.com.

No Diapers Allowed

As the swim season gears up, please be aware of the pool policy regarding children who are not potty-trained:

Children who are not potty-trained and who use swim diapers are not allowed in the Bella Mar Lap Pool.

All other community pools:

Double diapers (swim diaper + plastic pants) must be worn by children who have not been completely toilet trained. Ask the lifeguards, they usually have a supply of plastic pants on hand.

This policy is in place to help keep accidents from happening and to reduce the need to close pools due to contamination.



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6507 Jester Blvd. Building 2 Austin, TX 78750 **512.795.8300**

8100 Bee Caves Rd. Austin, TX 78746 **512.329.6633**

4308 N Quinlan Park Rd. Suite 100 Austin, TX 78732 **512.266.6130**

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11880 West FM 2243, Bldg 4 * Leander, Texas 78641 1 mile west of 183 North & 0.1 miles east of Bagdad Rd

COME SEE US IN OUR NEW HOME!!!!

Playscape Structure Submittal

If you are thinking about getting the kids a playscape, don't forget that it will need to be reviewed to the Architectural Committee first. Things you should keep in mind when selecting a playscape:

- Must be constructed with a lumber that resists rotting and deterioration, i.e. redwood or treated lumber.
- Canopies on the playscape must be a solid color, preferably green or earth tone.
- Setbacks for playscapes are to be no less than 5' from each property line (for those under 10' in height)

Once you've decided on the playscape and location, complete the Architectural Modification form and include the requested items (i.e. photo of playscape, description of materials to be used, etc.) along with the required \$500 refundable deposit check to the Association for review by the Architectural Committee.

If you have any questions regarding Architectural submittals, please contact at mack@steinerranchhoa.org or 512-266-7553.

Spring has Sprung!

The lawn is at that awkward stage; the weeds are high (nothing a few deep knee bends can't cure), in need of a good mow (re-enlist those mowing muscles) and compost spreading (good nutrition to the lawn and our environment).

Those bushes are crying for a trim around the edges.

Bow our heads to those plants that didn't make it through our "harsh" winter.

The hidey-hole for the trash cans could use a couple pavers and maybe a tweak on the gate, now they can be out of sight.

And we are set for one of our Beautiful Texas Spring seasons!

STEINER RANCH SOCIAL COMMITTEE IS ON FACEBOOK!

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





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From the Association Office

BOATS AND WATERCRAFT PARKING

Where can I park them?

As summer approaches, boats and other watercraft are frequently seen in Steiner Ranch. Please remember that boats and watercraft must be stored in an enclosed space at all times. Do not store them in your driveway or park them on the street. They are unsightly in your driveway and are an extreme safety hazard in the street. Repeat violators are subject to fines and/or towing.

If you see a boat, trailer or other recreational vehicle, feel free to report it to the Association at www.steinerranchhoa. org through the "Report a Problem" link. Please include a description of the violation and the address where the violation has occurred.

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



Steiner Ranch Trash & **Recycling Service**

Just to remind you, Texas Disposal Systems (TDS) has assumed all responsibilities for the Trash and Recycling in Steiner Ranch.

- Why did Steiner Ranch make this change? Primarily, due to the benefit of a Single Stream Recycling, but cost was also a factor, since the previous provider was increasing rates.
- What's so great about Single Stream Recycling? The best part about this service is that all the items can be in the same rolling trash can and more items can be recycled. The following items can be recycled: Paper, Plastics #1 - #7, cardboard, metal, aluminum, and glass. More information can be found at www. texasdisposalsystems.com. Of course another benefit is the more you recycle the less that has to be thrown in the garbage can.
- Large Item pick-up will now be done at your home twice a year by calling TDS directly at 512-421-1300.
- Trash service is weekly; while recycle service is every other
- TDS will pick up TWO additional bags of trash along with your garbage can weekly. Find you have more garbage than the two bags? Then you can order an extra can by calling TDS Directly at 421-1300.

Do you still have an IESI trash can? Give the HOA a call at 266-7553 and we will arrange to have it picked up. TDS will not pick up garbage left in IESI cans.





REACHING **NEIGHBOR**

- · Avery Ranch
- · Barton Creek
- Ree Cave
- Bella Vista
- Belterra
- · Canvon Creek
- · Cedar Park Town Center
- Cherry Creek on Brodie Lane
 Sendera
- · Circle C Ranch
- · Courtyard
- Davenport Ranch
- Forest Creek
- Granada Hills
- Hidden Glen
- · Highland Park West Balcones · Twin Creeks
- Highpointe
- · Jester Estates
- · Lakeline Ranch
- Lakeway
- Lakewood
- · Laurel Oaks NA
- · Legend Oaks II
- · Long Canyon

- Lost Creek
- · Mayfield Ranch
- · Meadows of Bushy Creek
- · Pemberton Heights
- · Plum Creek
- · Ranch at Brushy Creek
- River Place
- · Shady Hollow
- Sonoma
- · Steiner Ranch
- · Stone Canyon
- Teravista
- · Travis Country West
- · Villages of Westen Oaks
- · Vista Oaks
- · Vista Ridge
- Westcreek
- · Westminster Glen
- · Westside at Buttercup Creek
- · Wood Glen

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Hill Country Education Foundation Plans Spring Gala at UT Golf Club



The Hill Country Education Foundation is saddling up for their inaugural spring fundraiser. Giddy Up Gala 2011 is set for May 13th at 6:30 p.m. at the University of Texas Golf Club and will feature dinner, a live band and silent auction.

Proceeds that evening will go towards HCEF's mission to achieve academic success for Four Points-area students in the areas of entrepreneurship, leadership, science, technology, engineering and math (STEM). Specifically, proceeds will help the Foundation reach their goal of providing:

- Grants to teachers, administrative and parent organizations that focus leadership, entrepreneurship and STEM education.
- Teacher development/training grants to support new or established curricula
- Enrichments programs, such as FIRST[®] LEGO[®] League Robotics and Garden Clubs
- Scholarships to Vandegrift High School students pursuing careers in science, technology, engineering or mathematics (starting in 2012)
- A community library in the Four Points community
- College Insider, a college-readiness program for parents and students

"Now, more than ever, our students need the help from the entire community to enhance their education," explained Michelle Lamb, board member. "Attending the event, even donating to the silent auction, will help make this event a success."

Business and individuals can become Gala sponsors and/or donate goods and services for the auction. Some items already donated include vacation homes, handmade items and gift certificates.

Tickets are \$60 per person for early-bird pricing (by April 16th) and \$75 thereafter. Table sponsorships run from \$2,500 for Trail Boss and \$1,000 for Rough Rider, to \$500 for Wrangler, \$250 for Ranch Hand and \$150 for Chuckwagon. Each level offers various benefits. For more information, go to www. HillCountryEdFoundation.org.

For auction donations, please email mdlamb@hillcountryedfoundation.org

(Continued on Page 35)

Will assume full responsibility for making you laugh so hard your side hurts.



263.8992 kidventure.com kidventuresafari.com



Registration Begins February 2 For Summer Camp. Spaces Limited.

Hill Country Education- (Continued from Page 34)

About Hill Country Education Foundation

A 501(c)(3) non-profit organization, the Hill Country Education Foundation enhances the educational experience of students living in the Four Points community of Austin, Texas. This includes students attending the Vandegrift High School and its feeder schools: Laura Welch Bush Elementary, Grandview Hills Elementary, River Place Elementary, River Ridge Elementary, Steiner Ranch Elementary, Canyon Ridge Middle School and Four Points Middle School. HCEF achieves this enhancement through the development and financing of innovative, quality programs and projects for students attending or preparing to attend Vandegrift High School, specifically in the areas of leadership, entrepreneurship, science, technology, engineering and math (STEM).

HCEF's vision is based on the belief that an exceptional education is essential both to the well being of individual students and to the civic health of a community. HCEF brings educators and citizens together to excel this educational experience by providing schools the additional tools needed to teach and engage children and by expanding the horizons of knowledge within the community through special programs and projects. HCEF endeavors to empower tomorrow's leaders while strengthening the community as a whole, now and into the future, in Austin and beyond.

VANDEGRIFT HIGH SCHOOL

VIPERPALOOZA

May 21st, 2011

VIPERPALOOZA VHS CARNIVAL & SPRING VIPER FOOTBALL SCRIMMAGE

WHEN: May 21st, 2011 (11am–2pm, Spring Game 2pm)

WHERE: Vandegrift HS and Monroe Stadium Complex

- Games for all ages (carnival, bouncy house, rock wall, Kiddie Corner etc.)
- Food and Drinks
- Special Attractions
- Silent Auction
- Live Performances by VHS Viper Band and Legacies
- Musical Guests
- · Viper Spirit Wear
- Debut Football Scrimmage with VHS Varsity Viper Football
- And much, much more.....!

See Website for details: http://vhs.leanderisd.ortg

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Steiner Stallions Help Students in Bolivia









For its annual Pay It Forward (PIF) charitable fundraising campaign this year, Steiner Ranch Elementary (SRE) students voted to support Students Helping Students, a project adopted and run by the Assisting Better Living Everywhere (A.B.L.E.) charity. This PIF campaign was exceptionally organized, and its volunteers so contagiously enthusiastic, that the students rose to the challenge and exceeded their goals. Our amazing, kind-hearted students raised \$12,515.57 to help a school in Marquina, Bolivia. On April 8th, nineteen self-funded ABLE volunteers, including parents and a student from SRE, traveled to Bolivia to help the school children in Marquina. They built a new school building, improved their water source, created a soccer field, painted and repaired an existing school building, built desks and book shelves and provided the students with books, school supplies and toys. The volunteers also brought dolls, pictures and letters created and written by SRE students as gifts for the Bolivian students. After the volunteers returned, they presented a slideshow and appreciation gifts to the SRE students during a school-wide assembly on the April 21st. This project was a huge success! Our Steiner Stallions graciously demonstrated their understanding of what it means to think beyond themselves and to work to bless others in need. We are so very proud of our Stallions!

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Upcoming Vandegrift High School Band Events

On Saturday, May 7, the Vandegrift High School Band will again be participating in the River Place Community Garage Sale. The sale will be held at River Place Elementary School from 8 AM till noon, and all proceeds will go to help support the VHS band program. Sale items will include furniture, clothing, toys, books, and other goods. With more than 100 band families, you can expect a large variety of interesting items, so please make plans to stop by.

The band would like you to consider donating any items you no longer need for the sale. The VHS Band Booster Club is a registered 501(c)(3) nonprofit and donations are tax deductible. A receipt will be provided as acknowledgement of your donation. Arrangements can be made to pick up items at your convenience between now and May 7, or can be dropped off at Austin Christian Fellowship on Friday, May 6. Email vhs.band.garagesale@gmail.com for drop off times and further details.

The band is also hosting a silent auction along with its Spring Concert on Thursday, May 12. Numerous goods and services will be available for you to bid on. Come by, get a great deal, and listen to Vandegrift High School's talented young musicians. The auction starts at 6pm and the concert begins at 7pm.

LISD Board of Trustees' Candidate Forum Available Online

Five candidates running for LISD Board of Trustees Place 6 answered questions about pressing educational matters on Tuesday, April 26 at Vandegrift High School. The Forum is now available for viewing. To find the link, visit your Four Points school PTA web site. Sponsored by the Vandegrift PTA Ladder and the Four Points News, the Candidate Forum raised the difficult issues presented to school boards today with the looming and dramatic budget cuts ahead. Quita Culpepper, KVUE Anchor, moderated the event. Candidates in the race, in official ballot order, for Place 6 include: Gene Frugé, Realtor – www.GeneFruge.com

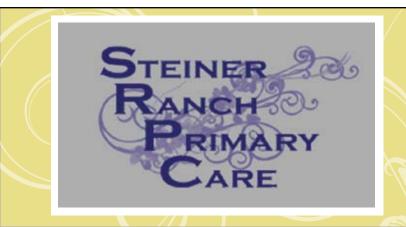
Kyle Ward, Nonprofit Management – www.kyle4kids.wordpress.com James Spires, Software Developer – http://www.vote4spires.org Aaron Johnson, Sales – www.aaron4lisd.com

Nacole Thompson, Finance – www.ElectNacole.com

Place 7, currently held by Board President Will Streit, drew no opposition.

VOTING SCHEDULE

Early voting – Monday, May 2 through Tuesday, May 10. Election Day – Saturday, May 14



WWW.STEINERRANCHPRIMARYCARE.COM

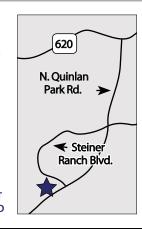
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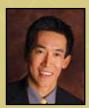
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Li-Tai Chuo, MDBoard Certified,

American Board of

Family Medicine



Claudia Legere, MD Board Certified, American Board of Family Medicine

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M-F 8am-Noon & 1:30pm – 5pm



Steiner Ranch Elementary PTA
Cordially Invite Area Businesses And Community
Organizations To Participate In Our
Spring Fling Fun Family Event
FRIDAY, MAY 13, 2011
4:30 PM - 7:30 PM

In keeping with its mission and purpose, the SRE PTA seeks to encourage public and community involvement at our school.

Spring Fling is a great way to expose your business or organization to the Steiner Ranch Community as well as provide an evening of fun for our children!

Logos and names of contributing area businesses and organizations will be showcased in our school's main entrance, PTA's website, flyers and monthly newsletter. Reach over 700 families with your participation!

SPACE IS LIMITED. RESERVE YOURS TODAY!

All donations of time, food, services or products are considered charitable donations to the SRE PTA and the school itself. Steiner Ranch Elementary PTA is exempt from federal income tax as a charitable and educational organization under the provisions of Section 501(c) (3) of the Internal Revenue Code.

SOME IDEAS FOR INTERESTED BUSINESSES/ ORGANIZATIONS TO SPONSOR/DONATE AND MANAGE ON THE DAY OF THE EVENT:

FOOD OR BEVERAGES • FUN GAME OR ACTIVITY
ENTERTAINMENT • RAFFLES
MONETARY DONATIONS

If you have any questions, suggestions or ideas, please contact: Linda Montgomery

Spring Fling and Corporate Matching Chairperson Steiner Ranch Elementary PTA

pmdd@rocketmail.com

NOTE: Anyone working or serving at this event must be an approved volunteer in the Leander Independent School District. Please apply at http://www.leanderisd.org/default.aspx?name=comm.volunteer



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Business Section

Seven Business Networking Groups in the Area

Are you looking to grow your business in 2011? 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 Tuesday mornings from 8:00am to 9:30am at Hill Country Pasta House. Visitors are welcome! If you are interested 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 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 is updating its meeting times. Call Rich Keith, President, for information. RKeith@primerica.com, (512) 632-0162, or visit http://www.meetup.com/NetWorking-NorthWest-Austin/

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 Lakeside Pizza and Grill located in the Shops at Steiner Ranch at Steiner Ranch Blvd. and Quinlan. Come join us to grow your business.

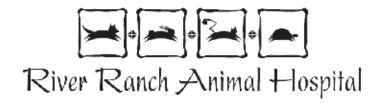
LAKEWAY NETWORKING, INC.

We are a diverse group of business professionals in the Lake Travis area, helping our members to grow their businesses through qualified referrals. We meet every Wednesday at 8AM at Johnny Fins, located at 16405 Clara Van Street, in Lakeway. Come visit us and see how your business can benefit by being a member of Lakeway Networking. For more information, please contact Kelly Connor at Kellyconnor@austin.rr.com or 512-736-2495.

TOASTMASTERS INTERNATIONAL -

Ready to take your public speaking and leadership skills to the next level in a fun and friendly environment? Get up 'n Go Toastmasters can help you achieve your goals! We meet Monday's from 7:00 AM - 8:00 AM at the Waterloo Ice House located at the corner of 2222 and 360. Guests are always welcome. For more information, visit www.atxtoastmasters.org or contact Rob Carruthers at 512-422-1688.





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BUSINESS CLASSIFIED

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.

ACADEMICLEAP: Science & Math Tutoring @ Steiner Ranch offers result oriented tutoring by Highly Qualified (MS,Ph. D) professionals for elementary/middle/high school to college students. Contact Dr.Anjali Sharad @ 5128539624 or excel. science@gmail.com. Visit us at www.academicleap.com for details. Great references!!

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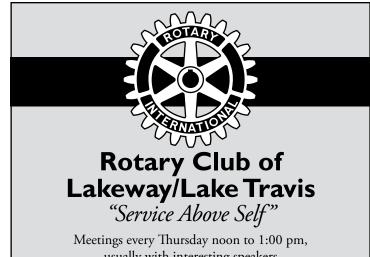
STEINER RANCH YOGA – Yoga 101 Gentle Beginner's Classes and Regular Practice Classes in Steiner Ranch! Research supported outcomes and benefits of yoga include decreased stress, anxiety, and insomnia, and increases in muscular strength, flexibility, posture, and balance. www.steinerranchyoga.com 243-7441.

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.

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.

IS YOUR CHILD READY FOR KINDERGARTEN? Call about Kindergarten Prep one-on-one tutoring which follows the new, tougher, State of Texas Pre-K Guidelines. We tutor ALL AGES/SUBJECTS. Highly competitive rates! Hiring local tutors. CLUBZ! IN-HOME TUTORING. bettye.boyd@gmail. com (512) 266-6910.

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.



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!



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Hazardous Waste Collection

WCID 17 will be hosting a Household Hazardous Waste Collection event on May 21, 2011, 8am - noon.

Hudson Bend Middle School - 15600 Lariat Tr.

We WILL be accepting:

Drain cleaners Degreasers Solvents **Polishes** Pool chemicals **Batteries**

Industrial waste Preservatives

(auto & household)

Pesticide sprays and dusts

Fertilizers Weed killers Rat poison Antifreeze Brake fluid Transmission fluid

You CANNOT bring:

Medical waste Compressed gas cylinders **Tires**

Containers larger than

5 gal

Radioactive materials **Explosive** materials Paint and strippers

Sidestepping Solicitors

Annoyed by the persistence of solicitors' unwelcome knocks on the door? It seems like no matter what we do, they always manage to show up on your front porch. They come with fliers, door hangers, a rehearsed speech and the distinct ability to ignore the polite decline of the products they're peddling—cleaning supplies, appliances, cosmetics, magazine subscriptions, home-improvement products, coupons for local businesses and other unwanted items—sometimes even making you feel trapped in your own home.

Steiner Ranch is a particularly attractive and frequent target of commercial, religious and political solicitors; part of the appeal is that population density makes our community an easy environment for them to canvas. Because of this, finding a way to keep solicitors away can be invaluable.

The simplest way to deter solicitors is by posting a "No Solicitors" sign on your door or in your front window. If you get knocks on the door anyway, you also can ask solicitors for their license, permit or company identification; many don't have it

While a visit from a solicitor is often annoying, they can sometimes be more than just a nuisance; some might have ulterior motives, such as fraud, canvassing a home to commit a crime or other unseemly behavior. If you believe a solicitor is acting suspiciously or you feel threatened, call the Travis County Sheriff's Office immediately at 974-0845.

So stay safe, keep your sanity and do your part in discouraging solicitors from trolling our community. You'll soon hear just how sweet an un-rung doorbell sounds.



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.

GOT EYES?

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Beach Comes to Marshal Ford

Summer is coming and the only way to cool off is by going to the beach. This year however the beach is coming to you! Vacation Bible School at Marshall Ford Fellowship is all about the beachwaterslides, water balloons, water fights and oh did we mention water?!! Crafts, snacks, skits and games as you learn that's it are fun to follow Jesus. We warmly invite all children between 4 and 12 who want to have fun to join us June 13th-17th, 6.30pm-9pm at Marshall Ford Fellowship, 5000 Marshall Ford Road, 78732.

Contact Christine 512 439 9275, Christine .hassall @gmail.com for more information

Marshall Ford-small church-big heart!

Classified Ads

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

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

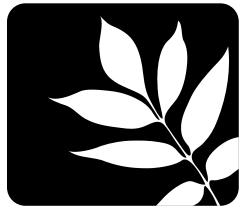
ADVERTISE YOUR BUSINESS TO YOUR NEIGHBORS

Support Your Community Newsletter



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Travis County Master Gardeners



The Travis County Master Gardeners Association and the Travis County AgriLife Extension sponsor free public seminars on gardening topics throughout the year at different locations in the county. Our goal is to help the public learn easy-to-follow tips they can do on their own that will help them get more joy from their gardens, and to learn from research-based Extension and other

sources what can go wrong in the garden and what to do about it in environmentally sensitive ways.

Lectures include such common themes as rainwater harvesting, vegetable gardening, lawn care, tree maintenance, native and adapted plants, propagating plants, and much more. Join us for some really great free learning opportunities and bring your questions!

Most of these seminars are free, open to the public and require no reservations (unless otherwise noted)

HOW TO READ A PLANT

Saturday, May 21, 2011, 1-3pm Reagan Community Garden (at Reagan High School) 7104 Berkman Dr., Austin TX 78752

Discover the needs of your vegetables by observing the physical condition of the plant. Need water, has a disease, infested with pests? Many practical tips will be shared by master gardeners to improve plant health and vegetable production. Park at Nelson Field stadium and enter Reagan HS grounds from St. Johns Ave fence opening and proceed to garden near Berkman and St. Johns Ave. side of campus.

PROPAGATE YOUR OWN PLANTS

May 21, 2011, 10am-12pm Sunset Valley City Hall 3205 Jones Rd., Sunset Valley TX 78745

Learning how to propagate from existing plants is a great way to fill your garden or pass along favorites to your friends. Join Master Gardeners Tommie Clayton and Susan Jung who will teach you how to make cuttings and divisions and successful strategies for starting plants from seed. You'll also get tips on how to transplant and care for your new plants to get them off to a good start when placed in the garden.



Lemon Icebox Pie

With the temperatures climbing in Austin, I thought it was time to make my Lemon Icebox Pie. It's zesty, creamy and cool with a crunchy graham cracker crust. Served it last night to my friends as we gathered in our cul-de-sac and watched the kiddos play until 11:00 p.m. If you are pressed for time, use a purchased crust, but in all honestly it only takes a few minutes to make it yourself.



GRAHAM CRACKER CRUST INGREDIENTS:

1 1/2 C graham crackers, crushed

1/4 C sugar

1/3 C butter, melted

zest of 1 lemon

DIRECTIONS:

Heat oven to 375 degrees. In a bowl mix the crushed graham crackers, sugar, melted butter and lemon zest together. Press into the bottom and sides of a pie plate and bake 8 minutes until golden. Cool.

FILLING INGREDIENTS:

2 8 oz packages cream cheese, softened

1 14 oz can sweetened condensed milk

juice of 4 lemons

zest of 2 lemons

1 1/2 C heavy whipped cream

1/4 C powdered sugar

1 T lemon extract

DIRECTIONS:

In a medium bowl beat cream cheese until fluffy. Add condensed milk, lemon juice and zest and mix until smooth. Set aside. In a large bowl, beat heavy cream until soft peaks. Add powdered sugar and lemon extract and continue to beat until stiff peaks form. Gently fold cream into cream cheese mixture and spoon into cooled graham cracker crust. Refrigerate at least 2 hours to set.

FROM STACEY RIDER AND RIDER ON RECIPES.

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FINANCIAL FOCUS

Financial Fumbles: How the Economic Crisis Sacked 10 Pro Athletes

The financial turbulence of the last several years has left many professional athletes subject to losses from real estate, unprofitable business ventures and fraud schemes. NFL star Michael Vick's troubled finances have been publicized during the rehabilitation of the quarterback's finances from bankruptcy. But Vick's not alone. The financial turbulence of the last several years has left many professional athletes subject to losses from real estate, unprofitable business ventures and fraud schemes. From Hall of Famers to Super Bowl champions, here's a look at ten current and former professional athletes and how they were personally affected by the financial turmoil of the past five years

Tim Hardaway: The retired Miami Heat point guard was bailed out by his former team last year when Miami Heat Limited Partnership bought Hardaway's Miami mansion for \$1.99 million after the IRS put a tax lien against the property. It is not clear why the team rescued Hardaway, who retired in 2003 and earned an estimated \$47 million in his professional basketball career. Hardaway, now an announcer for NBA-TV, works hard now to manage his money very carefully.

Evander Holyfield: The former heavyweight champion, who reportedly made more than \$250 million in his boxing career, made headlines in 2008 and 2009 when his \$10 million Atlanta-area home was on the brink of foreclosure. Holyfield also allegedly failed to pay child support and landscaping fees.

Sandy Koufax: In February 2009, the Hall of Fame southpaw was among the athletes listed as an investor in Bernard Madoff's ponzi scheme in a federal bankruptcy court filing. In February of this year, Koufax said he lost more money on taxes he paid on that



money than to Madoff. Former New York Met second baseman Tim Teufel is also listed among the Madoff investors.

Scottie Pippen: The former Chicago Bulls star was awarded \$2 million in a legal malpractice case last June, after he sued two attorneys for not properly overseeing his purchase of a private jet. Shortly after the purchase, reportedly for \$4.3 million, the jet was grounded because it needed costly repairs. Pippen has reportedly lost \$120 million in earnings over the years. In January 2008, Pippen made a comeback to basketball at age 42 to offset some of his losses by touring Scandinavia and played (see above) for one of Finland's top teams, Torpan Pojat.

Lenny Dykstra: The former major league outfielder rose to prominence beyond the diamond as a financial analyst after his played days ended in 1998. That included regular media slots doling out financial advice and even founding a niche luxury magazine for pro athletes in 2008 named The Players Club. But Dykstra's luck tumbled soon afterwards, when he filed for bankruptcy in 2009 with more than \$10 million in debts and assets worth less than \$50,000.

Antoine Walker: The former Miami Heat forward also filed for bankruptcy in 2010, after reportedly racking up around \$1 million in gambling debts. The Chapter 7 liquidation proceedings followed a 13-year career that reportedly brought in \$110 million in

earnings. In the bankruptcy filing, Walker reported \$4.3 million in assets versus \$12.7 million in liabilities.

Deuce McAllister: The former New Orleans Saints running back filed for bankruptcy protection in 2009 for a Mississippi car dealership he owned. At that time, Nissan said McAllister's business owed them almost \$7 million. The dealership closed that year amid ongoing Chapter 7 liquidation proceedings. McAllister's other businesses, including other dealerships and a deli chain, were reportedly unaffected.

Mark Brunell: The journeyman NFL quarterback who spent the 2010 season as a member of the New York Jets, filed for bankruptcy in June after he racked up debt for loans to real estate and other ventures that went bust. Some of those deals involved former Jacksonville Jaguars teammates Todd Fordham and Joel Smeenge. In his 2010 filing, Brunell listed \$24.7 million in liabilities versus \$5.5 million in assets.

Dave Duerson: The former Chicago Bears safety, who retired in 1994 with a pair of Super Bowl rings, cited \$14.7 million in liabilities when he filed for bankruptcy in September. Duerson's company won a \$35 million judgment in 2004, but that money has not been paid. He committed suicide in February amid ongoing health concerns.

Scott Eyre: In 2009, the then-Philadelphia Phillies pitcher said he had just \$13 in his wallet after most of his accounts were frozen following the Stanford Financial Group fraud scandal. Eyre received a salary advance and ultimately retired in January 2010. Other Major League baseball players affected by the scheme included Johnny Damon, Xavier Nady and Carlos Pena. Source: adapted from Financial Planning.

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31						32			

ACROSS

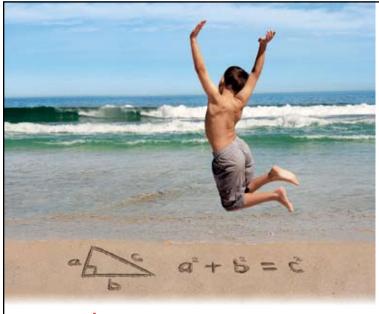
- 1. Canned meat brand
- 5. Tussle
- 9. Soda
- 10. Author of "The Inferno"
- 11. Drug doer
- 12. Colder
- 13. Mr.s
- 15. Thai
- 16. Herself opposite
- 18. Kitten (2 wds.)
- 21. Government agency
- 22. Laughing dogs
- 26. Revoke
- 28. Guile
- 29. Beefy
- 30. Economics abrv.
- 31. Sold at a discount
- 32. Official document

View answers online

DOWN

- 1. Water film
- 2. Sit for a picture
- 3. Beers
- 4. Quaggy
- 5. McDonald's "Big "
- 6. Join
- 7. Snitch
- 8. Stems of letters
- 10. Make gloomy
- 14. Opulently
- 17. Boiled
- 18. Supports
- 10. Supports
- 19. Sleep disorder
- 20. Trite
- 23. Naughty or ___ (what Santa checks)
- 24. Lotion ingredient
- 25. Deliver by post
- 27. Southwestern Indian

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Why Exercise Is Cool

Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your body will thank you later!

EXERCISE MAKES YOUR HEART HAPPY

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic (say: airo-bik) exercise.

Aerobic means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you're doing aerobic exercise, you may notice you're breathing faster than normal. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body.

So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing,

biking, or rowing. And don't forget that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

EXERCISE STRENGTHENS MUSCLES

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- push-ups
- pull-ups
- tug-of-war
- · rowing
- running
- inline skating
- bike riding

EXERCISE MAKES YOU FLEXIBLE

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility:

- · tumbling and gymnastics
- yoga
- · dancing, especially ballet
- · martial arts
- simple stretches, such as touching your toes or side stretches

EXERCISE KEEPS THE BALANCE

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic stuff. But if you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.

EXERCISE MAKES YOU FEEL GOOD

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called endorphins (say: en-dor-funz), which may make you feel happier. It's just another reason why exercise is cool!

Reviewed by: Mary L. Gavin, MD Date reviewed: February 2009

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

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