

# RANCH RECORD

*Official Newsletter for the Steiner Ranch HOA*

VOLUME 5 ISSUE 11

NOVEMBER 2011

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See page 4 for more details.

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## COMMUNITY INFO

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### STEINER RANCH COMMUNITY ASSOCIATIONS OFFICE

12550 Country Trails Lane  
Austin, Texas 78732  
512-266-7553 – Telephone  
512-266-9312 – Facsimile  
[www.steinerranchhoa.org](http://www.steinerranchhoa.org)

### REGULAR OFFICE HOURS

*The Association Office is no longer open on Saturdays. Please make a note of the "Regular" office hours that are now in effect.*

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

### STAFF

#### CMCA, AMS, PCAM, Executive Director

Scott Selman ..... [scott@steinerranchhoa.org](mailto:scott@steinerranchhoa.org)

#### CMCA, Community Coordinator

Sharon Adams ..... [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org)

#### Facility Manager

Kenneth Romich ..... [ken@steinerranchhoa.org](mailto:ken@steinerranchhoa.org)

#### Maintenance Manager

Rafael Echazarreta ..... [rafael@steinerranchhoa.org](mailto:rafael@steinerranchhoa.org)

#### Accounting Coordinator

Melissa Rivera ..... [melissa@steinerranchhoa.org](mailto:melissa@steinerranchhoa.org)

#### Community Standards Coordinator

Mackal "Mack" Gill ..... [mack@steinerranchhoa.org](mailto:mack@steinerranchhoa.org)

#### Amenity Coordinator

Patricia Campbell ..... [patricia@steinerranchhoa.org](mailto:patricia@steinerranchhoa.org)

#### Front Office Coordinator

Donan Grant ..... [donan@steinerranchhoa.org](mailto:donan@steinerranchhoa.org)

#### Maintenance Technician

Angel Alvarado

#### Maintenance Technician

Macedonio Salazar

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## MISSION STATEMENT

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### 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."*

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## IMPORTANT NUMBERS

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### EMERGENCY NUMBERS

EMERGENCY ..... 911  
Fire ..... 911  
Ambulance ..... 911  
Sheriff – Non-Emergency ..... 512-974-0845  
Travis County ESD No.6/Lake Travis Fire Rescue  
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 ..... 512-570-0000  
Vandegrift High School ..... 512-570-2300  
Canyon Ridge Middle School ..... 512-570-3500  
Laura Welch Bush Elementary ..... 512-570-6100  
Steiner Ranch Elementary ..... 512-570-5700  
River Ridge Elementary ..... 512-570-7300

### UTILITIES

Travis County WCID # 17 ..... 512-266-1111  
City of Austin Electric ..... 512-494-9400  
Texas Gas Service  
Custom Service ..... 1-800-700-2443  
Emergencies ..... 512-370-8609  
Call Before You Dig ..... 512-472-2822  
AT&T  
New Service ..... 1-800-464-7928  
Repair ..... 1-800-246-8464  
Billing ..... 1-800-858-7928  
Time Warner Cable  
Customer Service ..... 512-485-5555  
Repairs ..... 512-485-5080  
TDS (Trash & Recycle) ..... 512-421-1300  
Austin/Travis County Hazardous Waste ..... 512-974-4343

### OTHER NUMBERS

Lake Travis Postal Office ..... 512-263-2458

### NEWSLETTER PUBLISHER

Peel, Inc. ..... 512-263-9181  
Advertising ..... [advertising@peelinc.com](mailto:advertising@peelinc.com)

## GO GREEN! GO PAPERLESS!

Sign up to receive the Ranch Record  
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## COVER PHOTO

*Do you take great photos?*

This month's cover photo was taken by a friend of Steiner Ranch Resident, Arnie Jew of two people fishing off the Lake Club docks last Fall. Early morning fishing at the Lake Club is always a popular activity.

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 a Thanksgiving family gathering, a pick-up football game, or the beautiful Steiner Ranch landscape. Our November 2011 issue submittal deadline is October 6th and photos should be submitted electronically by the deadline date to Sharon Adams at [sharon@steinerranchhoa.org](mailto: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 [advertising@peelinc.com](mailto:advertising@peelinc.com). 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 [steinerranch@peelinc.com](mailto:steinerranch@peelinc.com). The deadline is the 8th of the month prior to the issue.



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## YOUTH SOCCER & BASEBALL

Sportball will hold their 7<sup>th</sup> annual Fall Soccer and Baseball lessons in Steiner Ranch. Enroll online at [Sportball.us](http://Sportball.us) or call 608-2634 for more information.

These sports classes will give kids a chance to learn valuable sports skills without the pressure of little league. At soccer, kids will receive a jersey and practice with their team each Saturday, but will not have an official game schedule. Classes focus on skills, drills, and scrimmages. All classes are taught by certified coaches.

**Soccer**  
Saturdays  
Age 2-3  
Age 4-5  
Age 6-7

**Baseball**  
Mondays  
4PM, Age 5-6  
5PM, Age 7-9

**8-Sport Class**  
Mon/Thurs  
Age 16mo-2's  
Age 3-4's



Schedules and registration at  
[Sportball.us](http://Sportball.us)



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# Around Steiner

# Thank You

## **LAKE TRAVIS FIRE DEPARTMENT, TRAVIS COUNTY SHERIFFS DEPARTMENT AND CONSTABLES**

Come out to John Simpson Park on Sunday November 13 from 12-4pm for a Dog Wash Fundraiser benefitting the Spicewood fire victims, as well as to say thank you to those who serve our community!

We will be hosting a Dog Wash Fundraiser to wash dogs for Steiner Ranch community members in exchange for donations to the Spicewood Relief Fund, specifically targeting uninsured families in need. The dogs of all local Lake Travis Fire Department and our dedicated Sheriffs and Constables will be washed for free, and Dr. Roush with Stay at Home Veterinary Care will be providing all servicemen with free vaccinations for their dogs.

Please come out and help give our Firemen, Sheriffs, and Constables a big thanks for their past and continued service to our community. And help support our local businesses giving back to those in need! A partial list of sponsors includes: Steiner Ranch HOA, River Place and Twin Creeks Country Clubs, Saccone's Pizza and Subs,

Best Friends Training, Cups and Cones, Cathy B. Design, and many others! They will be selling food and treats, with a portion of the proceeds going to the Spicewood Fire Relief Fund. And come place a bid at the Silent Auction with proceeds going directly to families in need.

There will be ample opportunities to serve at the dog wash, so if you or your service organization is interested in taking a turn washing and drying dogs, please contact Sara Milam by email at [ssmilam@gmail.com](mailto:ssmilam@gmail.com) or by phone at 512-795-8902 to get on the schedule. We will also have a need for clean towels to dry dogs with, and any donated towels will be washed and delivered to the Humane Society. If you have interest in sponsoring this event, donating to the silent auction, or participating as a business, please contact Janet Roush at [stayathomevet@austin.rr.com](mailto:stayathomevet@austin.rr.com) or 512-964-1838.

We look forward to seeing you there!



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# Around Steiner

## HOLIDAY SALES EVENT & SANTA PHOTOS

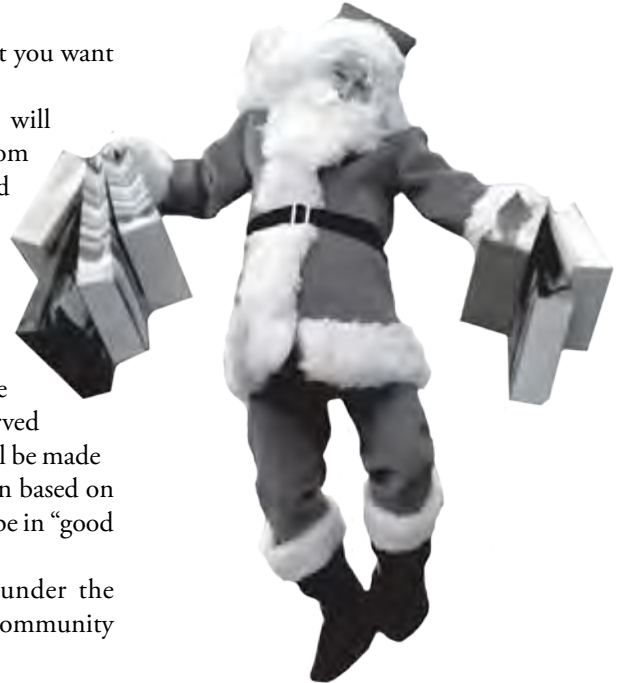
*Enjoy Holiday Shopping and visit Santa!*

Santa Claus will be here from 10:00am – 1:00pm 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 12th 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 currently sold out. 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](http://www.steinerranchhoa.org) under the "documents" section. If you have any question, contact Sharon Adams, Community Coordinator at [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org).



### *Current Vendors are:*

- Silpada
- B Fitting Makeovers
- Mary Kay Cosmetics
- Scentsy
- Four Points Family Chiropractic
- Melody Rea Interiors
- J. Hilburn Collection
- Butter N Bites
- Upsy Daisy
- Be You Be True
- Genesis Pure
- Run In
- T. Schlossberg Designs
- Beijo Bags
- Susan Lipien
- U2opia Sun
- Stella & Dot
- Organize With Purpose
- Thirty One
- J's Designs
- Micke Bag/McKenna's Magnetic Handbags
- Beach Tans
- Striped Shirt
- Steiner Ranch Dermatology
- Santa Claus and O-Pix Photography
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Opening summer 2012, The UT Tennis Center will continue the tradition of offering pure Texas luxury that members have come to expect. The center will include six indoor and four outdoor courts, well-appointed locker rooms and tennis shop. The center will be for the year-round enjoyment of club members and also become an additional home for

UT men's and women's tennis programs, one that will help with their pursuit of a national championship.

A limited number of both Local and Regional memberships are available. For information on how you can join The UT Golf Club, contact either Dana or Lisa at [membership@utgolfclub.com](mailto:membership@utgolfclub.com) or call 512-266-6464.

With a championship golf course, an elegant clubhouse, and now a world class tennis center, The University of Texas Golf Club continues to define the Texas Hill Country private club experience.



The University of Texas Golf Club | 2200 University Club Drive Austin, Texas 78732 | [www.utgolfclub.com](http://www.utgolfclub.com)

# Around Steiner

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## Saturday Morning Group *Trail Run*

Please join us for a fun but challenging group trail run each Saturday morning starting at 7:30 am. We meet at the trailhead located at Majestic Oaks Drive and Grimes Ranch Road. The usual run is about five miles with some people occasionally sticking around afterwards to tack-on a few additional miles. All abilities are welcome and those looking to learn the Steiner Ranch trail system are encouraged to attend. If you have any questions about the run please contact Steve at [steve@capitalcityrunning.com](mailto:steve@capitalcityrunning.com) or call 266-1000. We hope to see you this Saturday morning!

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## Steiner Birthdays

Nov 3rd – Sarah Stephens

Nov 5th - Ramsey Wise

Nov 22nd – Andrew Stephens

Nov 30th - Tatum Wise

*Send your Birthday  
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## MARK YOUR CALENDARS NOW! 2011 Steiner Ranch Social Events

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](http://www.steinerranchhoa.org) and Facebook (Steiner Ranch Social Committee) for updates.*

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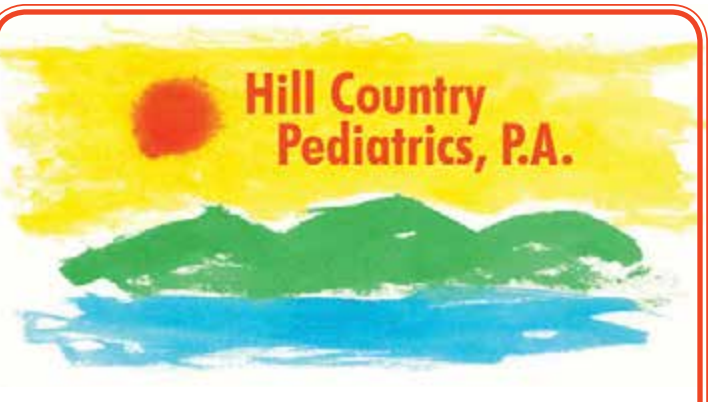
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We would like to announce that, together with our call partner, Dr. Mary Petropoulos, we are extending our Saturday sick visit clinics year round!

The phones  
are on from  
8AM-11:30AM.

If your child has an urgent, same day sick issue, you can call **512.323.5465** to find out which office is open for Saturday morning hours and schedule an appointment.

*You can call our office directly at 512-241-1370 to schedule an appointment with our nurse practitioner, Pat Budd, RN, CPNP. The phones are on from 1PM-5PM.*

**Hill Country Pediatrics is now open on Sunday afternoons for sick visits by appointment only.**

*In addition to these exciting additions to services, we are pleased to announce that a new physician has joined our growing family!*

Dr. Theresa Willis started with Hill Country Pediatrics on July 18, 2011. Dr. Willis completed her residency in June 2011 at Baylor College of Medicine in Houston after attending medical school there as well. She brings with her 20 years of experience providing therapy, educating and advocating for children and their families in a variety of settings: as a speech therapist, as a resident counselor for at-risk adolescents, as an elementary school teacher (Austin Independent School District) and as a caseworker for at-risk children. She has 3 adolescent children (including a set of twins!)



*We think she will be a wonderful addition to our team, and will have a wide breadth of knowledge and experience to offer our patients.*

Please remember to sign up for our newsletter at [hillcountrypediatrics.com](http://hillcountrypediatrics.com) and to 'like' us on Facebook!



**hillcountrypediatrics.com**

**6618 Sitio Del Rio #A101 | Austin, TX 78730**  
**office: 512.241.1370 | fax: 512.241.1374**

## Young at Heart EVENTS

*steinerranchyoungatheart@gmail.com*

### **TECHNOLOGY GROUP - NEW**

*For men and women 50+ who want to update their  
technology knowledge and skills*

*Monday, November 7th at 1:00 PM*

*Bella Mar*

*Topic: Computer Security*

The Internet has grown far beyond the imaginations of its creators. Security and privacy were not really issues at the beginning – well now they are. Knowing how to protect yourself in a digital world is every bit as important as knowing how to lock up your home before leaving for vacation. This month we'll talk about "How did I get this virus when I have anti-virus software?" and "I hear strong passwords have to be complex – but how am I supposed to remember them?". Take home materials will be provided.

### **BOOK CLUB**

The Book Club meets on the third Monday of every month at 1:30 PM at Cups and Cones. On November 21st the group will be discussing *The Forgotten Garden* by Kate Morton. Please contact Maureen Michel ([mmichel17@att.net](mailto:mmichel17@att.net)) or Beverly France ([bevfrance@aol.com](mailto:bevfrance@aol.com)) for information about the book being discussed or if you have any questions. Our discussions are quite spirited and most interesting.

### **BRIDGE CLUB**

The Ladies Daytime Party Bridge Group plays on the second and fourth Wednesdays of each month at members' homes. Those who are interested in playing or subbing, please contact Nancy Harger ([n\\_harger@yahoo.com](mailto:n_harger@yahoo.com)) or Ellen Kendrick ([ellenken@sbcglobal.net](mailto:ellenken@sbcglobal.net)) for details.

### **LADIES GOLF**

A Ladies Golf Group is being formed. If you are interested in getting more information or joining, please send an email to [steinerranchyoungatheart@gmail.com](mailto:steinerranchyoungatheart@gmail.com) and put Ladies Golf in the subject line.

### **MEXICAN TRAIN**

Enjoy a lighthearted game of Mexican Train (Dominos) on the first Wednesday of every month at 1:00 PM. We play in the homes of our members and can usually only accommodate eight players. Experience isn't necessary; we'll teach you. If you would like to play on Wednesday, November 2nd, please RSVP to [steinerranchyoungatheart@gmail.com](mailto:steinerranchyoungatheart@gmail.com) and put Mexican Train in the subject line. You will be contacted with location information.

### **WALKING GROUP**

The Walking Group has been walking early on Tuesday and Thursday mornings this summer to avoid the heat. As the cooler weather arrives, walking activities will increase. If you would like to walk with one of the groups, please email [steinerranchyoungatheart@gmail.com](mailto:steinerranchyoungatheart@gmail.com) with Walking in the subject line. You'll be contacted with details.

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 email [steinerranchyoungatheart@gmail.com](mailto:steinerranchyoungatheart@gmail.com) with the word Roster in the subject line.

If you are interested in learning more about Young at Heart activities and about our informal social events, add your name to our email list. Just send your name, phone number and email address to [steinerranchyoungatheart@gmail.com](mailto:steinerranchyoungatheart@gmail.com). Everyone on the email list will be sent information about upcoming events, locations, etc.

If you have suggestions, questions or want more information, you can also contact Cheryl Burnaw at [cherylburnaw@aol.com](mailto:cherylburnaw@aol.com) or Dottie Thoms at [dottie.thoms@gmail.com](mailto:dottie.thoms@gmail.com) or at 531-9360.

### **LADIES LUNCHING OUT**

Once a month a group of the Young at Heart women meet for lunch at a local restaurant. For information regarding the date and location of our November luncheon please send an email to [steinerranchyoungatheart@gmail.com](mailto:steinerranchyoungatheart@gmail.com) or call Dottie Thoms at 512-531-9360.



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# Around Steiner

## *Ladies Night out Fun!*

The first annual Ladies Night Out was held at the Bella Mar Community Center on Sept 17th with approximately 400 Steiner Ranch ladies in attendance to help a great cause, Safe Place!

SafePlace is the local women's shelter that provides support for women and their children seeking a place away from domestic abuse. The ladies of Steiner raised over \$1,600. It couldn't have been done without the support of over 40 women owned businesses from the Steiner Ranch and 4-points areas and to the Ladies Night Out Sponsors; Dr. James Waters, Lifeline Aquatics and Landscape Resources. A big Thank you goes to event coordinator, Myrta McGugan-Mogen.

Mark your calendars for the Holiday Sales Event and Santa Photo's, where many of these vendors will be selling their goods and services just in time for the Holidays. (Guys can come too!)



## **Steiner Ranch Shred Day** *2011 - a Success Again*

On Behalf of the Steiner Ranch Home Owners Association and Iron Mountain, we would like to thank the residents of Steiner Ranch for making this event another success. In terms of paper shredded, we equaled the volume of last year- approximately 6 tons of paper! Residents were appreciative of the opportunity to clean out old documents and to have them destroyed in a secure manner. Many residents took the time to witness the destruction via the onboard cameras while many others were just glad to get rid of their old documents!

The real success of the day was the fundraiser that was held to benefit the memorial fund of Constable Kevin Aigner. The event raised over \$2,100. The generosity of this community is overwhelming. Thank you and we look forward to next year's event.

## Wondering What to Do With that Old Car?

There's an easier way to sell your car. Simply call us or go online to [www.Iwanttobuyused.com](http://www.Iwanttobuyused.com). At the Leif Johnson Used Car and Truck Superstore on 71, we want to do business with our community. So if you have a vehicle you'd like to sell, please let us know. We'll come see you!

You can always email me at [jbuhl@leifjohnsonford.com](mailto:jbuhl@leifjohnsonford.com) send me pictures, Vin number, and miles and I'll send you a quote within an hour!  
Jeff Buhl, Store Manager



## **Leif Johnson Used Car and Truck Superstore**

[www.IWanttoBuyUsed.com](http://www.IWanttoBuyUsed.com) 71 (5315 East Ben White) exit Montopolis 512 758 8100

## Social Media

*Social Media is a great way to stay informed!*

The Steiner Ranch HOA is now on Twitter @SteinerHOA!

Steiner Ranch Social Committee is on Facebook! "Like" the Steiner Ranch Social Committee Facebook page and stay informed of upcoming Social Committee events!

Don't forget to sign up for email alerts too! Type in your email address on the front page of the website, [www.steinerranchhoa.org](http://www.steinerranchhoa.org). There, you can sign up for activity alerts, safety alerts, community relations and lost/found pets!



Find us on  
**Facebook**

## Guided Hike Day

Come join Travis County Staff for a guided hike on Saturday, December 3, 2011 from 9:00 a.m. -12:00 p.m. (weather permitting). This will be a moderate-level hike, descending into a steep canyon, and will include exploring areas not normally open to the public. Don't forget water, hiking boots, and please bring binoculars, as winter birds will be the focus. The hike will begin at the neighborhood trailhead of the Rio Mesa neighborhood (located at the Southeast intersection of Salida del Sol Pass and Rio Mesa Drive). Due to the sensitive area, this tour will be limited to 15 people. Please call William Burch, at 219-6190 x3 or [william.burch@co.travis.tx.us](mailto:william.burch@co.travis.tx.us) for questions and to make reservations.



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Dr. Randy Watson's children

## COMPLIMENTARY WHITENING FOR LIFE

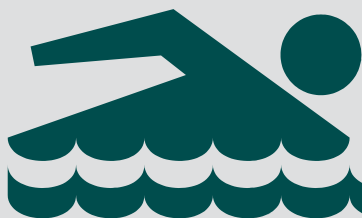
With New Patient Exam. Some conditions may apply. Expires 1/31/12

Call for an appointment today!

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AUSTIN, TX 78732





## Winter Pool Hours

### *Bella Mar Lap Pool (Heated)*

Monday..... Closed until 2:00pm  
Tuesday & Thursday ..... 7:15am – 6:30pm  
Wednesday & Friday ..... 5:30am – 6:30pm  
Saturday ..... 7:15am – 4:00pm  
Sunday ..... 5:30am – 4:00pm  
Master's Swim Program  
Wednesday & Friday ..... 5:30am – 6:45am  
Sunday ..... 6:30am – 7:45am  
VHS Swimming  
Monday – Friday ..... 7:15am – 9:15am  
AES Swimming  
Monday – Friday ..... 4:30pm – 6:30pm

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

***\*Please DO NOT remove covers***

### *Towne Square*

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

### *John Simpson*

Monday..... Closed until 1:00pm  
Tuesday – Sunday ..... 5:30am – 10:00pm

*Please note\*\*Lifeguard are not on duty after.  
Swim at your own risk.*

## *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](http://www.redgiantsmasters.org).*

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](http://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.

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!

Our swim schedule is as follows:

Wednesdays and Fridays .....  
5:30 a.m. until 6:45 a.m.

Sundays.....  
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:
- You must be 18 yrs. and older.



# Luxury living... Family style.



## THE RESERVE AT LAKE TRAVIS



Renowned billionaire Red McCombs, has the luxury of being able to live anywhere in the world, yet when partner, Hal Jones, showed him the land that is now The Reserve at Lake Travis, he knew he would make a home here. "I took one look and realized this land has a DNA like no other," said McCombs. "It's a truly spectacular piece of property, which my family and I now enjoy immensely." Together, Hal Jones Development and McCombs Properties have built a community on the south shores of Lake Travis that rivals any 5-star resort in the country and that was recently awarded Best Overall Community 2011 by the Greater Austin Home Builder's Association.

Complete with world-class amenities, including an expansive lazy river pool and swim-up bar, a 163-slip marina, a full-

**"It's a truly  
spectacular piece of  
property which my  
family and I now  
enjoy immensely."**

**- Red McCombs**

service equestrian center and a private lake club, The Reserve offers members the ultimate in luxury living – family style. "We wanted to build a community that generations of family members can enjoy. Whether you love boating, horseback riding or just admiring a spectacular

view, The Reserve delivers," says Jones. Located on a peninsula in Spicewood, Texas the community features large 1-11 acre custom homesites and an enclave of Villas that are carefully designed to take full advantage of lake vistas and water frontage. Acreage privacy homesites are priced



from \$199,000, waterfront homesites from \$625,000 and stand-alone villas from \$699,000.

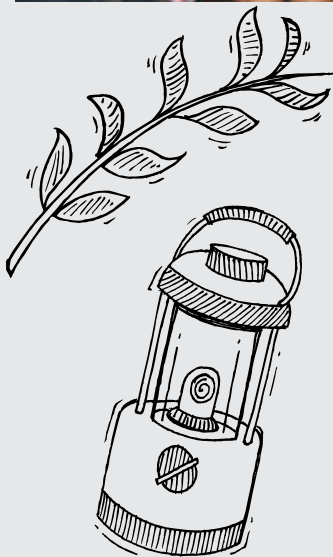
*The Reserve*  
AT LAKE TRAVIS

RESORT COMMUNITY & PRIVATE CLUB

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DEVELOPMENT LLC  
McCOMBS PROPERTIES  
19926 THURMAN BEND RD.  
SPICEWOOD, TX 78669  
ReserveAtLakeTravis.com  
1.800.214.3142

## Camping on the Ranch

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



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

**When: Saturday November 5th - 6:00pm**

**Where: Towne Square Community Fields**

Mark your calendars for Camping on the Ranch. This has to be one of the most popular and fun events the social committee does. Pull out your tents and come spend a night under the stars with your kids. Camping takes place at TSCC in the fields. The entire family is welcome however this has become hugely popular as a father/kid event.

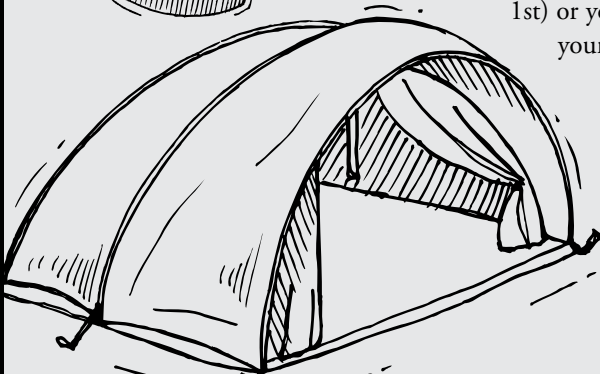
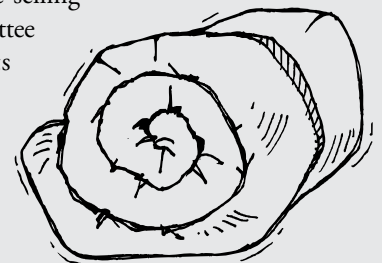
Haven't tried camping with your kiddos yet? What a great place to try it, just minutes from the house but an adventure away.

Texas Rib King will be serving up BBQ with all the fixens for you to enjoy!

You can either purchase this dinner by November 1st for \$10 each (\$12 after November 1st) or you can bring your own picnic dinner for you and your kids. Register your camp site by November 1st online at [www.steinerranchhoa.org](http://www.steinerranchhoa.org).

The next morning, we will be there selling breakfast tacos and the Social Committee will be giving away doughnuts and coffee!

Bring your own tent and sleeping bags!



# DOES YOUR FAMILY HAVE A LEGAL PLAN?



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Austin, TX

## WHAT WOULD HAPPEN TO YOUR FAMILY AND YOUR ASSETS IF SOMETHING WERE TO HAPPEN TO YOU?

The state of Texas has a legal plan for you, but it's probably not the one you want.

Attorney Julia Nickerson can help you put a legal plan in place to bring you peace of mind that your family will always be protected and cared for.

- \* Custom designed to meet your family's goals and values
- \* Flat fee packages without surprise hourly fees
- \* Professional counseling on a level you can understand
- \* Convenient Davenport Village location

This is legal planning EVERY family needs, yet so many put off to think about another day.

**STOP PROCRASTINATING!** It is easy to get your family's legal plan in place in a smart way.

## SCHEDULE YOUR FAMILY LEGAL PLANNING SESSION TODAY (a \$550 value for only \$50!)

CALL  
**461.1383**  
*to schedule your  
family legal  
planning  
session*

It's a true working meeting where we discuss your specific family situation and goals. In about a half hour, you'll know what it takes to properly protect your family and what the flat fee would be for us to develop your legal plan.

Family Legal Planning Sessions are offered at limited times each month and they do fill up, so don't procrastinate!



JULIA NICKERSON  
ATTORNEY AT LAW

ESTATE PLANNING

PROBATE & ESTATE ADMINISTRATION

SPECIAL NEEDS PLANNING



# Around Steiner

## Steiner Ranch Fall Program *For Adults & Children*

The Steiner Ranch Fall Program for 2011 began September, but you can still register for many of the programs if availability exists. Most of the programs were offered last spring, but we also have a few new ones that have been added to ever grown list of Programs. The Fall Program Guide and registration information can be downloaded from our website at [www.steinerranchhoa.org](http://www.steinerranchhoa.org). Classes being offered this Fall are:

- Children's Programs
- Sportball
- Tap/Ballet/Hip Hop (some classes full)
- Gymnastics
- Karate
- Tennis
- Art
- Soccer
- Flag Football
- Abacus Brain Study
- Music
- Soccer/Flag Football
- Culinary Cooking Classes
- Teen/Adult Programs
- Yoga for Seniors
- Karate
- Tennis
- Master's Swimming
- Zumba
- Stroller Strides
- Walk Live
- Culinary Cooking Classes

For questions or to obtain more information, go to the website at [www.steinerranchhoa.org](http://www.steinerranchhoa.org). or contact Sharon Adams at 512-266-7553 or [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org).

## 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

**FOR SALE:** Bar. Indoor/outdoor black wicker with custom glass top, 2 interior glass shelves. New condition. \$190 (originally \$540.) 512-373-3657.

**FOR SALE:** Great set of used beginner golf clubs. \$45 (orig. \$245). US Kids UL51 (Tangerine) clubs. Includes driver, 3-wood, hybrid, 6-iron, 8-iron, pitching wedge and putter. 512-373-3657.

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Christmas tree that makes you stop in your tracks.  
It doesn't have to be someone else's tree...  
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**[JanaStokesHomeDecorCoach.com](http://JanaStokesHomeDecorCoach.com)**

# Holiday Camps for Kids

School's closed, the holiday is in full swing and you need a distraction from the kids to get things done. What are you going to do?

## **SEND THEM TO CAMP!**

We will be offering a Sportball Camp to keep the kids busy and having fun! The camp will include a variety of sports and arts-and-crafts activities.

### **THANKSGIVING CAMP**

- November 25th
- Location: Towne Square Community Center
- 9am to noon
- 12:30 to 3:30
- All day: 9:00am to 3:30pm
- \$38 per half-day session
- Ages 3-8

### **HOLIDAY CAMP**

- December 26th – 30th
- Location: Towne Square Community Center
- 9am to noon
- 12:30 to 3:30
- All day: 9:00am to 3:30pm
- \$38 per half-day session
- Ages 3-8

Camp space is limited! To register, visit [www.sportball.us](http://www.sportball.us).

**KIDVENTURE'S "WINTER IN TEXAS" HOLIDAY CAMP** is back by popular demand! Five unique, individually-themed camp days will be offered at Towne Square Community

Center during your child's December break from school:

- Art-ic Workshop: Monday, December 19
- Candy Factory: Tuesday, December 20
- Mt. Venture Snow Day: Wednesday, December 21
- Glacier Games: Thursday, December 22
- Hibernation Station: Friday, December 23

Select individual days or choose them all! Camp is available for children K- age 13. Registration begins Wednesday, November 2nd at 9 AM and limited spaces fill fast. To register, visit [kidventure.com](http://kidventure.com).

**WINTER "DROP & SHOP" SOCCER CAMP** - National Youth Licensed staff, with an average of 15 years soccer camp experience, in addition to National Team and ODP background. The coaching staff is from Argentina, Germany, England, Brazil, and Canada. This will help get kids exposed to different cultures and training sessions.

- December 19th – 21st (3 Days)
- 9:00am – 12:00pm
- Ages U5 – U12
- \$95
- Westridge Park
- Daily Activities

Each day, campers will be challenged in a fun and exciting training environment. Campers will receive professional training each day, with a ration of 1:12. Each camper will be grouped by age and ability, to ensure that they are receiving age appropriate instruction. To register, visit [www.lonestar-sc.com](http://www.lonestar-sc.com).

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# Around Steiner

## Workshop Series

We are only offering one workshop in November, but it's a fun one! All are free to residents, so come on out and enjoy them! As always, we are 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](mailto:sharon@steinerranchhoa.org) or 512-266-7553.

Tuesday November 15th at 7pm LOVE YOUR SKIN PARTY Looking your best starts with doing what's best for your skin. Come experience the latest age-defying skin care that it's even great for sensitive skin. Get to know your neighbors in this free event. So come on! Let's party our way to beautiful skin. RSVP to your Steiner beauty experts, Catherine Slezac 512-553-6212 or Patty Rovano 512-914-7711. TSCC

For additional information go to [www.steinerranchhoa.org](http://www.steinerranchhoa.org) or contact Sharon Adams, Community Coordinator at [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org).

## 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](http://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.

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**Drive-Thru**  
M-F 7AM - 7PM  
Sat 9AM - 2PM





# SHOW OFF YOUR SUPER HERO

Parents this is your chance to brag on your kiddos.  
We want pictures of your kids doing everyday  
things, school events, plays, sports, etc.  
Send in your pictures to be featured in the  
Ranch Record.

E-mail your pictures to [steinerranch@peelinc.com](mailto:steinerranch@peelinc.com)  
by the 8th of the month.





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[www.childrenscenterofaustin.com](http://www.childrenscenterofaustin.com)





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

# Around Steiner

## New Adult Walking Class offered

### *Melt the "Muffin Top" Indoor 5K Sculpt Walk*

It's not too late to join us. If you're looking for an easy but effective INDOOR fitness class you'll want to check this out. This dynamic aerobic walking class offers a safe and consistent multi-muscle, fat burning workout regardless of your fitness level or what the weather is like. You'll complete the equivalent of a 5K walk, that's 6000 steps, in just 45 minutes. The upbeat music sets the pace and you choose the intensity that is right for you by adding arms, power moves, or even jogging to reach the target zone you are looking for to get the results you desire. There's nothing else like it around. We all know exercise is something we have to do to stay healthy, live long, and feel good. You are always invited to try it before you buy it. If the class is a good fit we'll have a blast together. If the class is not for you then you walk away happy you tried something new. To learn more visit [www.WalkLiveAustin.com](http://www.WalkLiveAustin.com) or contact Shannan at [shanc@WalkLiveAustin.com](mailto:shanc@WalkLiveAustin.com). I would love to walk with you!

- Fall Session Details \_\_\_\_\_
- Oct. 5<sup>th</sup> – Dec. 16<sup>th</sup> \_\_\_\_\_
- Wed. and/or Friday \_\_\_\_\_
- 9:00am – 9:45am \_\_\_\_\_
- Town Square Community Center \_\_\_\_\_
- \$8.00 - Multi-class package \_\_\_\_\_
- \$10.00 - Drop in rate \_\_\_\_\_

*Mention this article and receive a discount on the prorated price! Register at the HOA office with the 2011 Program registration form available online at [www.steinerranchhoa.org](http://www.steinerranchhoa.org), under the Documents Section.*



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[ShanKramer@hotmail.com](mailto:ShanKramer@hotmail.com)

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It is my neighborhood.  
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Annual  
Community-Wide  
**Coat Drive**  
Nov. 14 & 15



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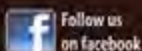
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# NOVEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7:45am – Free Pilates (TSCC) 6:30pm – Facilities Committee Meeting (TSCC)	2 1:00pm - YAH Mexican Train	3	4	5 7:30am - Group Trail Run 6:00pm – Camping on the Ranch (TS Park)
6 	7 1:00pm – YAH Technology Group (BMCC) 6:30pm – FREE Yoga (TSCC)	8 7:45am – Free Pilates (TSCC) 9:30am – Social Committee Meeting (Cups and Cones)	9 1:00pm – YAH Bridge Club	10	11	12 7:30am - Group Trail Run Neighborhood Sports World Cup (TS & BM Parks) 10:00am – 2:00pm – Holiday Sales Event and Santa Photos (TSCC/Pav)
13 Neighborhood Sports World Cup (TS & BM Parks) 12pm - 4pm – Dog Wash Fundraiser (JS Park)	14 LISD School Holiday 6:30pm – FREE Yoga (TSCC)	15 7:45am – Free Pilates (TSCC) 9:30am – Social Committee Meeting (Cups & Cones) 7:00pm – Love your Skin Party (TSCC)	16	17	18	19 7:30am - Group Trail Run
20 	21 1:00pm - YAH Book Club 6:30pm – FREE Yoga (TSCC)	22 7:45am – Free Pilates (TSCC) 1:30pm – YAH Book Club (Cups & Cones)	23 1:00pm – YAH Bridge Club	24 Happy Thanksgiving Association Office Closed	25 9:00am – 12:00pm Sportball Camp (TSCC) Association Office Closed	26
27	28 6:30pm – FREE Yoga (TSCC)	29 7:45am – Free Pilates (TSCC) 3:30pm – SRMA Board of Directors Meeting	30			



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**Roopal Bhatt, M.D.**  
Board Certified Dermatologist

# DECEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:00pm - New Owner Orientations (TSCC)	2	3 7:30am - Group Trail Run 9:00am - 12:00pm Guided Hike
4 	5 6:30pm - FREE Yoga (TSCC)	6 7:45am - Free Pilates (TSCC)	7 1:00pm - YAH Mexican Train	8	9	10 7:30am - Group Trail Run
11	12 6:30pm - FREE Yoga (TSCC)	13 7:45am - Free Pilates (TSCC) 6:30pm - Holiday Volunteer Appreciation Dinner (TSCC)	14 YAH Bridge Club	15	16	17 7:30am - Group Trail Run
18 	19 6:30pm - FREE Yoga (TSCC) Kidventure Winter Camp (TSCC)	20 1:30pm - YAH Book Club (Cups & Cones) Kidventure Winter Camp (TSCC)	21 Kidventure Winter Camp (TSCC)	22 Kidventure Winter Camp (TSCC)	23 Kidventure Winter Camp (TSCC)	24
25 Christmas Day	26 Association Office Closed	27 7:45am - Free Pilates (TSCC)	28	29	30	31 7:30am - Group Trail Run

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## Black Belts for Bastrop *Kick- A-Thon*

Ernie Reyes World Martial Arts will be holding a Kick-A-Thon fundraiser on Friday, November 11, 2011 from 5-7 to benefit the Bastrop Fire Department whose resources have been tapped after the extensive fires in their area. Help the studio reach its goal to raise \$10,000 to help supply the department with essential fire fighting gear for future rescue efforts. Donations will be accepted on-site the day of the event, or you can stop by the studio and make a contribution. Call us for more information at 512-266-3339 or find us on Facebook at Facebook.com/wcwmaaustin.

Our own Lake Travis Fire Department fought a valiant fight in Steiner Ranch and saved hundreds of homes in our neighborhood and we will be forever grateful. The current needs are for equipment in Bastrop and since our students strive for Black Belt Excellence, we're going to help them out! We hope you will join us.



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## Coats For Kids

*Helping to Ensure that the Children of Central Texas Stay Warm this Winter*

*HEB at 2222 and 620 hosts warm coat donation drop off location for third year*

Coats For Kids volunteers from the four points community need your help to ensure that the children of Central Texas stay warm this winter. For the third year running, the HEB located at 2222 and fm 620 will be hosting a warm coat donation drop off location from November 28th through November 30th, 2011. Community volunteers are encouraging friends and neighbors to drop off new or gently worn coats before or after they shop. Last year's drive collected more than 200 coats in just three days because of the central location. To encourage donor participation, Starbucks Coffee will once again donate free coffee to all who stop by to donate. HEB is also providing hot coco for those who prefer a non- caffeinated beverage.

### MORE ABOUT COATS FOR KIDS

Celebrating its 25th anniversary, Coats For Kids is an annual community project that collects and distributes warm winter coats to eligible children and teenagers in Central Texas. Each year, the Junior League of Austin, Jack Brown Cleaners, KASE 101, and KVUE partner to bring the community together to ensure that the children of Central Texas stay warm. Last year, with the help of our sponsors and 2,600 community volunteers, coats for kids distributed 35,157 new and gently used coats to young people in Central Texas. As we prepare for the Coats For Kids distribution day, we look forward to the continued support and participation of the Central Texas community. Watch the KVUE Austin News clip for more information.

### IMPORTANT 2011 INFORMATION

Distribution day:

Saturday, December 10th

8:00 am - 3:00 pm

Palmer Events Center, 900 Barton Springs Rd

Community Coat Drive:

Mon., Nov. 14th through Wed., Dec. 7th.

School & business coat drive competition:  
Monday, November 14th through Friday,  
November 30th. Please drop your coats off  
at HEB at 2222 and fm 620 or any local Jack  
Brown Cleaners.

## GIRL'S NIGHT OUT WITH STEINER RANCH DERMATOLOGY

## THE HOLIDAY EVENT OF THE SEASON

NOVEMBER 10, 2011 6:30PM -9PM



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dermatology

4300 N Quinlan Park Rd. #225  
Austin, Texas 78732  
512.266.0007  
[steinerranchdermatology.com](http://steinerranchdermatology.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. 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, please contact your local Girl Scout Council at membership@gscctx.org or (512) 453-7391.. Discover Girl Scouts online at [www.gsctx.org](http://www.gsctx.org).



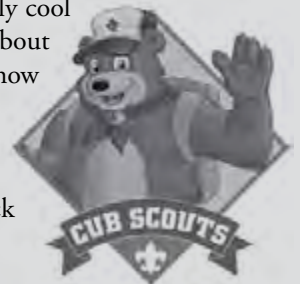
#### Pack 203 and Pack 205

*Welcome all Steiner Ranch Boys!!*

*Grades 1st-5th*

Do you know what Cub Scouts and Scouting is all about? Pack 203 at LWBE and Pack 205 at RRE do 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 Kay Kirby at [ktkirby@austin.rr.com](mailto:ktkirby@austin.rr.com) (Pack 203) or Tina Millard at [csn388@yahoo.com](mailto:csn388@yahoo.com) (Pack 205) for more information."



#### Toastmasters International -

Are you ready to take your public speaking and leadership skills to the next level in a fun and friendly environment? Toastmasters can help you achieve your goals. Several clubs meet in the area with convenient times and locations. See [www.atxtoastmasters.org/area-clubs](http://www.atxtoastmasters.org/area-clubs) for a details, or call Rob Carruthers at 512-422-1688. Guests are always welcome.

#### Steiner Ranch Cycling

Steiner Ranch Cycling is a loosely organized group of cyclist, Mountain or Road, who enjoy rides between the lakes. We welcome cyclists of all abilities and not just those who live in Steiner Ranch. Most of our weekend rides start and finish in the Steiner Ranch area, allowing us to tackle some of the more challenging climbs in the hills of Austin. Our rides are typically "no drop" especially for new riders and average anywhere from 15 to 45 miles in distance. We organize our rides through email whenever someone feels like going for a ride they just send out an email: ex. "Saturday morning 8 am ride anyone?" or "Anyone up for a mountain bike ride after work, 7pm?". There are no costs or club fees, just your desire to have fun riding with your neighbors. Come Join Us! [www.SteinerRanchCycling.com](http://www.SteinerRanchCycling.com)

#### Hot Boudin, Cold Couscous!

Love Steiner but miss the people of Louisiana, mon cher ? The culture, the food, and the football-watching traditions are just a few things that make us homesick. Rather than go all the way to Louisiana to get a taste of home, we would like to regularly get together with Louisiana natives living in Steiner or surrounding areas.

We threw our first party in September and it was a HUGE success! 13 Steiner families (50+ guests!) showed up to cheer the Saints to victory over the Texans. For details on upcoming parties, please join our group: [www.meetup.com/Louisiana-Natives-in-Steiner](http://www.meetup.com/Louisiana-Natives-in-Steiner) or contact me directly. We look forward to passing a good time with our new friends! Taylor Alexander ([tayloralexander44@hotmail.com](mailto:tayloralexander44@hotmail.com); 225-229-6041)

#### Steiner Ranch Community Groups & Organizations

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

## WE ARE THE FACES OF REAL ESTATE IN STEINER RANCH!



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We KNOW this community. We know Austin.  
Let us serve you this year and help you achieve  
your goals here and elsewhere!*

# From the Association Office

## Want to Be “In the Know”?

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

How?

### GO TO [WWW.STEINERRANCHHOA.ORG](http://WWW.STEINERRANCHHOA.ORG)

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

## 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 greenbelt
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

All of these forms can be found on-line at [www.steinerranchhoa.org](http://www.steinerranchhoa.org), under the “Document” section of the website.

Note\* Generally, application packets received by Friday, will be reviewed the following Wednesday, however some reviews can take up to 30 days.

Please fill free to contact the Associations Community Standards Coordinator, Mackal “Mack” Gill if you have any questions at 266-7553 or [mack@steinerranchhoa.org](mailto:mack@steinerranchhoa.org).

**\$1.50 OFF**  
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Cannot be combined with any other offer. Limit one coupon, per purchase, per person on your first yogurt purchase only. No cash value. **EXPIRES 3.29.12**



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**DRIP COFFEE**

**PRESENT THIS COUPON TO YOUR CASHIER  
TO RECEIVE A FREE 12 OZ. DRIP COFFEE.**

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***Grab some yogurt or coffee and skate!***



## Holiday Decoration Rules

Halloween has passed and Thanksgiving is approaching quickly. Do you have jack-o-lanterns on your front step? Is there a plastic turkey in your yard? Are you thinking of hanging red-and-green lights on your house this year? As you plan your outside decor for the upcoming holidays, please observe the following Steiner Ranch rule regarding holiday decorations on the exterior of your property (this rule does not apply to the inside of your homes):

*Holiday decorations (excluding Christmas) may be put out up to fourteen (14) days in advance of the holiday in question. Decoration must be removed no later than seven (7) days after the holiday. Christmas decorations may be put out beginning November 1st and must be removed by January 15th.*

Thank you for your cooperation with the Steiner Ranch rules and have a wonderful holiday season!



## 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](mailto:mack@steinerranchhoa.org) or 512-266-7553.

# Simon G.



Women don't  
care if it's paper  
or scissors. Rock  
always wins.  
- Simon G.

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# From the Association Office

## The Balcones Canyonlands Preserve and Steiner Ranch

The Steiner Ranch community has a unique neighbor, the Balcones Canyonlands Preserve (BCP). In January 2001, Steiner Ranch entered into a conservation easement agreement giving Travis County management of 819 acres of Steiner Ranch land that is part of the Balcones Canyonlands Preserve. Although the Hill Country of Central Texas is well known for its scenic views and spectacular wildflowers, the land is also home to eight federally endangered species and dozens of other rare species. This species diversity exists, in part, because of the region's unique ecosystem. Besides common animals such as white-tailed deer and raccoons, more secretive wildlife such as bobcats, ringtails and gray fox can occasionally be observed. Underground is a limestone honeycomb of caves, sinkholes and springs. Spiders, beetles and other creatures inhabiting these caves are found nowhere else in the world. Six of these are classified as endangered species. Still deeper is the Edwards Aquifer that provides the main source of drinking water for more than 1.5 million people in Central Texas.

The Balcones Canyonlands Preserve is the result of a community-based effort to protect more than 40 endangered, threatened and rare species while allowing development to occur in western Travis County. It was established through a permit issued by the U.S. Fish and Wildlife Service to the City of Austin and Travis County in 1996. When completed, the BCP will ultimately protect about 30,000 acres of prime habitat in western Travis County. Preserve tracts are owned by public and private entities including the City of Austin, Travis County, the Lower Colorado River Authority, the Nature Conservancy of Texas, the Travis Audubon Society, as well as private landowners, making it one of the country's largest urban preserves. The managing partners have currently acquired and protect nearly 29,000 acres in western Travis County. Including the areas protected in Steiner Ranch, the Travis County-managed portion of the BCP is over 5000 acres.

The Hill Country's unique vegetation, including elms, oaks and Ashe juniper (or "cedar"), remained virtually untouched in much of western

Travis County until the last several decades. Two federally protected migratory songbirds, the Golden-cheeked warbler that depends on old-growth Ashe juniper woodlands and the Black-capped vireo, which prefers open, shrubby areas, thrived. However, due to Central Texas' explosive growth and the resulting habitat fragmentation, populations of these endangered birds have steadily declined.

Prior to development, the Steiner Ranch area contained habitat for these two avian species. Under the Balcones Canyonlands Conservation Plan (with agreement of the U.S. Fish and Wildlife Service), Steiner Ranch was issued a participation certificate that allowed construction to occur if land was set aside to be protected as mitigation for habitat lost to development. These protected lands on Steiner Ranch are managed by Travis County as part of the BCP.

**Public Access:** Because of the Preserve's delicate ecosystem in the Steiner Ranch area, access to the Steiner Ranch Preserve is limited to approved trails and access is granted only to Steiner Ranch residents and their guests. This will allow for the required protection, future habitat restoration projects, and ongoing research of the endangered species on the tract.

Other BCP tracts with public access include the County's Wild Basin and Hamilton Pool Preserves, the City of Austin's Emma Long Metropolitan, Bull Creek and St. Edwards Parks, and LCRA's Westcave Preserve.

Thank you for your help in protecting this Central Texas treasure.

If you have questions, please contact Travis County BCP staff (Paul Fushille) at 854-9383 or the Steiner Ranch Community Association at 266-7553. If you observe unauthorized activities such as tree cutting, trespassing, or poaching on the Preserve, please contact the BCP Rangers at 658-0439 or 658-0459.

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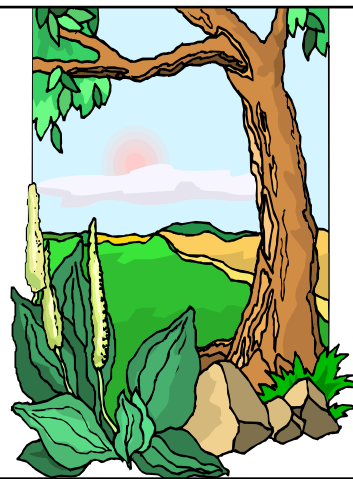
5656 Bee Cave Rd, Ste G201, Austin 78746  
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skin conditions



## Are you ready for Steiner Ranch to Become a Firewise Community?

With the recent fires in Steiner Ranch, Bastrop, Spicewood and Leander, fire awareness is at an all time high and the Steiner Ranch HOA has had many requests from residents asking what they can do to protect their home? Although, there is never a 100% guarantee that your home can be protected from fires, there are steps you can take for your home and your entire community.

What is "Firewise Communities/USA"?

Resident involvement is the cornerstone of the Firewise Communities/USA Recognition Program. As participants in the program, you and your neighbors will learn how to decrease the risk of losing your homes and to best protect yourselves in the event of wildfire. The Program draws on a community's spirit, its resolve, and its willingness to take responsibility for reducing wildfire risks by providing the resources needed to achieve both a high level of protection against wildland/urban interface fire and ecosystem balance. The Program utilizes a three-legged template:

Wildland fire staff from federal, state or local agencies provide a community with information about living with wildfire with mitigation information.

With the assistance of wildland fire staff, you and your neighbors assess wildfire risks around you and devise a cooperative network of other homeowners, agencies, and organizations.

You and your neighbors identify and implement solutions tailored to Steiner Ranch.

How can Steiner Ranch become a recognized Firewise Community?

It begins with YOU. Go to [www.firewise.org/usa](http://www.firewise.org/usa) and become familiar with the steps to become a Firewise Community, then Contact Sharon Adams at the Steiner Ranch HOA and let her know you're interested in participating in a Firewise Committee at [Sharon@steinerranchhoa.org](mailto:Sharon@steinerranchhoa.org).

What are the benefits of being a Firewise Community?

Creates a defensible space that prevents fires from advancing and endangering homes and lives.

Improves property value while reducing risk of loss.

Improves community relationships with local fire staff, since firefighters can concentrate their efforts on fighting wildfires.

Offers peace of mind, knowing that your home is prepared to survive a wildfire in the event one should occur.

*For more information on the Firewise Communities/USA Recognition Program, visit [www.firewise.org/usa](http://www.firewise.org/usa).*

## Steiner Ranch Sign Policy

Steiner Ranch Rules & Regulations #11 Signs. No sign of any kind shall be displayed to the public view on the Property without the prior written approval of the Architectural Committee except for the signs which are part of the Declarant's overall marketing plan for the Property

What this means is that the only marketing signs allowed are For Sale or For Lease signs. Once the property has sold or been leased the sign must be removed within 7 days.

Any other signs that market or advertise, stating a phone number, address, website, or any other means, are not allowed.

Non-marketing signs, stating extra-curricular activities of children or required security service signs are allowed and must be placed at the front of the home, preferably in a planter, and may not be placed in the yard or near the street.

The following temporary signs are allowed for 24 hours or less -Garage Sale, Birthday or Anniversary. New Baby signs may be erected for 7 days.

Exceptions are signs that have been presented to the Board of Directors and have an approved variance request on file.

Per Section 202.009 of the Texas Property Code, political signs may be posted as early as 90 days before an election (no earlier) and must be removed within 10 days after the election. Refer to Texas Department of Transportation rules for posting locations.

Please refer to the Steiner Ranch Residential Design Manual and your neighborhood Development Area Declaration of Covenants, Conditions and Restrictions for more information.



## Holiday Trash Pick-Up Schedule

*Trash and recycling pick-up during the Holiday Season is as follows:*

If you're normal Pick-up day is Monday, Tuesday, Wednesday or Friday, then your service will remain unchanged. If your normal Pick-up day is Thursday, your Thanksgiving pick up day will be on either Friday, November 26th or Saturday, November 27th. (You may need to leave your cans out for two days.)

*Christmas and New Year's service will remain regular service.*





## Hill Country Education Foundation Provides 650 T-shirts to

*Welcome the Vandegrift Class of 2024 to School!*

When area parents went to kindergarten orientation they received more than just forms and facts about their new school; they received a "VandeGrift Class of 2024" t-shirt from the Hill Country Education Foundation. The shirt was accompanied by a letter welcoming families to the school year and a brief explanation about the partnership HCEF has with area schools and families in the Four Points community.

"HCEF wants parents to know that we are here to partner with them and their children from kindergarten until graduating from Vandegrift", said Michelle Beck, VP of Hill Country Education Foundation and Membership Chair. "Our mission is to empower tomorrow's leaders by stimulating academic excellence, which occurs at every grade level."

In the past year, the Foundation has funded \$2,650 for robotics programs, \$1,000 for garden clubs, \$500 towards a college scholarship endowment fund and \$10,000 for Naviance Succeed, the college readiness tool that will be made available to all Leander ISD high school students this school year. In addition, the Foundation has earmarked \$25,000 for education grants to be distributed this fall along with \$750 for each area robotics clubs. Much of the funding for these programs is from the inaugural Gala in May 2011, which raised \$32,000. The Foundation already has plans for the next Gala set for March 3, 2012.

The annual membership drive for HCEF kicks off in September. Membership dues go to support enhancing the educational experience for students in Grandview Hills, Laura Welch Bush, River Place, River Ridge and Steiner Ranch Elementary Schools as well as Four Points and Canyon Ridge Middle Schools and Vandegrift High School. Please visit [www.HillCountryEdFoundation.org](http://www.HillCountryEdFoundation.org) for more information about membership.

### 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. 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).



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[www.hcbc.com/steiner](http://www.hcbc.com/steiner)



## Incredible Kids!

Pricilla Leafblad, 3rd grader at Steiner Ranch Elementary asked for only donations this year for her birthday instead of gifts to help children in Bolivia and presented the donations to A.B.L.E. for that purpose. Eric Reimers, 3rd grader at Steiner Ranch Elementary gave up all his birthday gifts for kids who lost their home to Steiner's Wild Fire. A.B.L.E. presented both of these children with a "Kind Heart Certificates" to thank them for their generosity.



# Audrey Olsen

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# School News

## What Kids Need:

*The Building Blocks for Children and Youth*

### CRMS PTA PRESENTS 40 DEVELOPMENTAL ASSETS

Tuesday, Nov. 8th at 6:30 pm in CRMS Lecture Hall  
(Special PTA Meeting to Follow regarding By-law changes)

#### What are DEVELOPMENTAL ASSETS?

The Developmental Assets are 40 common sense, positive experiences and qualities that help influence choices young people make and help them become caring, responsible, successful adults. Because of its basis in youth development, resiliency, and prevention research and its proven effectiveness, the Developmental Assets framework has become one of the most widely used approach to positive youth development in the United States.

CRMS PTA and Austin Lifeguard presents:

Sex Can Wait – Talking Can't!!!

#### Wednesday, Nov. 30 at 8:00 am in CRMS Lecture Hall

With today's technology and sex-saturated media, experts agree that having "The Talk" is outdated – teens need a continual conversation. Are you able to do that with confidence?

Join us for some great tips on how to open doors of communication with your middle schooler and help develop their sexual character. Most of us never experienced that in our adolescence... let's be there for our children.

Please email Kim Zitzmann at [kim.zitzmann@hotmail.com](mailto:kim.zitzmann@hotmail.com) with questions on these programs

## VIPERS LACROSSE CLUB



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## River Ridge Elementary School

*To Host Book Fair Event,*

*November 7-11*

**WHAT:** River Ridge Elementary School will host a Scholastic Book Fair from November 7-11. Funds raised will help support a variety of school events and programs as well as purchase books for the library. The entire Steiner community is invited to attend this fun reading event, which is themed: To the Book Fair and Beyond! Reading is Out Of This World!

**WHEN:** The Book Fair will be open November 7 from 5:00-7:00pm, November 8-10 from 7:30am-3:30pm, and November 11 from 7:30am-1:30pm.

**WHERE:** River Ridge Elementary School is located at 12900 Tierra Grande Trail.

The Book Fair offers specially priced books and educational products, including children's classics, award-winning titles, new releases, interactive software, adult bestsellers, and other great reads from more than 50 publishers. Book Fair customers may help the school build classroom libraries and improve children's reading skills by purchasing books through the Classroom Wish List and One for Books programs.

Contact: Gretchen Raftelis at [graftelis@yahoo.com](mailto:graftelis@yahoo.com) or 512-368-5992.



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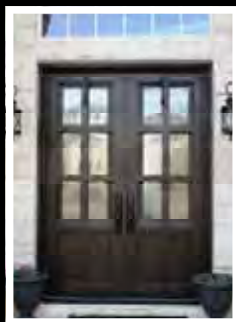
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# Business Section

## Eight 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](mailto:eliciarudberg@gmail.com) for more information or visit [www.BNIAustin.com](http://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 Kelly Troy at [kelly@troyinsgroup.com](mailto:kelly@troyinsgroup.com) or visit [www.BNIAustin.com](http://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](http://www.fourpointschamber.com) or call (512) 551-0390. Membership inquiries may also be sent directly to [membership@FourPointsChamber.com](mailto:membership@FourPointsChamber.com).

### A BUSINESS REFERRAL GROUP MADE FUN!

Networking Northwest Austin is expanding its member base of businesses in our area. We believe in business by referrals and having a limited member base. We have a caring, positive, involved group of people who wish to build their businesses using the strength business referrals. No fees. Business education and speakers. Networking Northwest Austin meets on the second and fourth Mondays at 11:30 at Red Robin on 183. 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.

*(Continued on Page 43)*



# Christmas is coming...



**Santa's Workshop November 12th & 13th**

Capture the Christmas spirit with Belle Rouge Photography! Let award winning photographer Teresa Knoop-Troullier create holiday portraits that will be treasured for a lifetime. Let your little ones enjoy the magic of Santa's Workshop or create a classic golden angel portrait with Angels of Hope. Both limited edition sets are perfect to create timeless portraits, gifts, and beautifully finished holiday cards.

Limited Edition portrait sessions are \$35. Print packages start at \$149.  
**Time slots are filling quickly, so don't delay!**

Session length: 15 minutes. Session fee due at time of reservation.



**Angels of Hope, November 19th & 20th**

\*\$10 of each Angels of Hope session will be donated to help victims of Central Texas Wildfires.

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### **LAKEWAY NETWORKING, INC.**

We are a diverse group of business professionals in the Lake Travis area, helping our members grow their businesses through qualified referrals. We meet every Wednesday at 8AM at Santa Catarina, 1310 RR 620 South, 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](mailto:Kellyconnor@austin.rr.com) or 512-736-2495.5.

### **STEINER RANCH MARKETERS**

Your boss thinks what you do is voodoo, your spouse thinks your work reflects the latest Mad Men episode, and your kids fear following in your footsteps; growing up to work a cube (unless you are lucky and work from home - then you work on the computer). Fear not! We can find solace in one another. We're a friendly bunch by trade and we excel at networking by nature so why aren't we?! Join us for a respite from the daily grind and a chance to get to know other marketers in Steiner Ranch: [meetup.com/Steiner-Ranch-Marketers](http://meetup.com/Steiner-Ranch-Marketers) Questions? [paul@seobrien.com](mailto:paul@seobrien.com).

### **A+ REFERRALS BY THE LAKE BNI (LAKEWAY)**

BNI is a professional business networking group that helps you build a team of partners to market your business.

Come join us on Wednesday mornings from 9:00-10:30 at Hill Country Pasta House. Breakfast is \$10 and visitors are welcome.

Please feel free to contact Sheryl Baker at [sherylssendoutcards@gmail.com](mailto:sherylssendoutcards@gmail.com) or visit [www.BNIaustin.com](http://www.BNIaustin.com) for more information.

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- Lakewood
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- Mayfield Ranch
- Meadows of Bushy Creek
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**MASSAGETHERAPY:** Need to relax? Have a few aches and pains? Steiner Ranch resident specializing in Swedish and Deep Tissue massage therapy. I will come to you. \$65 for an hour and a half without traveling! Contact Adam to set up an appointment at (352) 871-6890 or email me at [steinermassagetherapist@gmail.com](mailto:steinermassagetherapist@gmail.com).

**HOLIDAY ANGST? GRADES SLIDING?** Thinking about getting help? Dr. Horn is a child, family and school psychologist beginning her 14th year on RR 620 in Lakeway. Explore? [www.DrMelanieHorn.com](http://www.DrMelanieHorn.com) Convenient appointment times available. 261-6005

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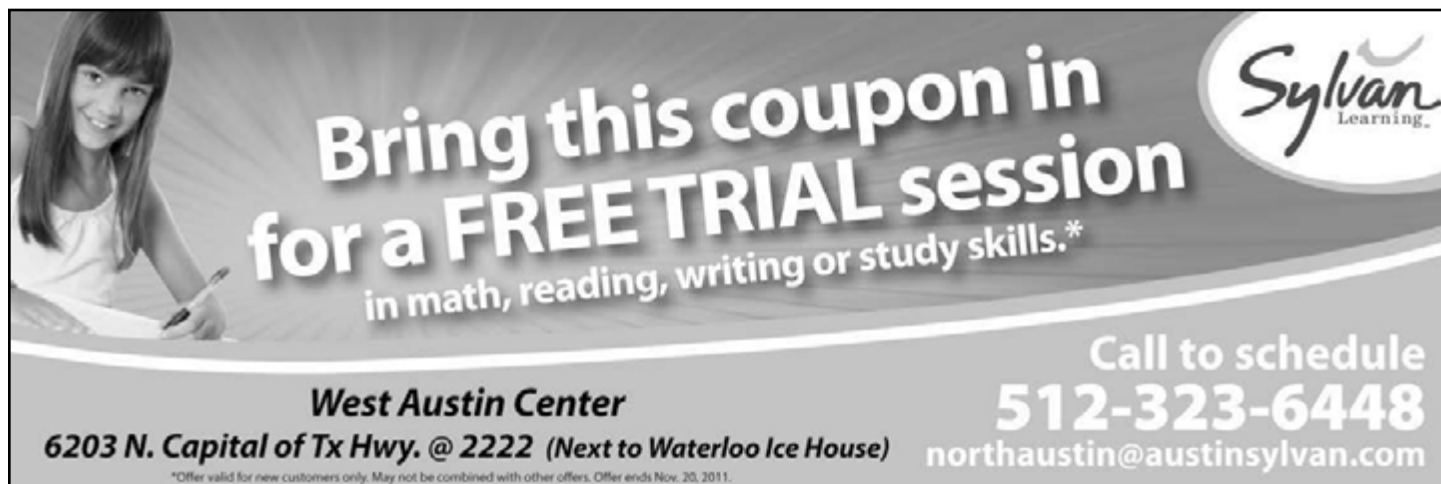
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# News You Can Use

## Lake Travis Economic Impact Report

WCID 17 is a member of the Lake Travis Coalition, a coalition of government agencies, chambers of commerce and businesses who commissioned a study to calculate a baseline economic and fiscal value to the area surrounding Lake Travis. The study by consulting firm Richard Charles Lesser & Co. used historical data and econometric models to assess the financial impact low lake levels or poor water quality have on the region. The coalition released the report generated by the study on September 29, 2011 at a press conference with legislators, county commissioners, local officials, state agencies, chambers of commerce board members and business representatives in attendance.

The report clearly shows that Lake Travis is a significant economic engine contributing over \$207 million in revenue for state and local governments; taxes that buy ambulances, maintain schools and provide state government with needed funding. Low lake levels showed a severe negative impact. Thousands less visitors contributing to sales, hotel and mixed beverage taxes, means decreases of over \$21 million in total fiscal revenues annually and hundreds of lost jobs.

Lake Travis Coalition believes that with verifiable data on fiscal and economic impacts, this report will be a valuable tool to be used by legislators and state agencies when determining the best use of the water stored in the Highland Lakes for the future generations.

You can get involved by studying this report, speaking to your state legislators, county commissioners, local officials and chambers of commerce to you or your business can help preserve the value of Lake Travis. Please visit [www.wcid17.org](http://www.wcid17.org) or [www.laketraviscoalition.com](http://www.laketraviscoalition.com) to read and download a copy of the report.

## Conserve Water in the Winter

*Save Money Year-Round on Wastewater Fee!!*

WCID 17 will be averaging household water usage during the billing cycle beginning November 8 and ending February 15, 2012 (when outdoor irrigation is usually shut off) to calculate the customer fee for wastewater service to be billed beginning in October, 2012 for the following year. Minimizing your water usage during these months will result in keeping your wastewater bill low.



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We invite any family with a child (age 2-6) diagnosed on the Autism Spectrum to please visit our website [www.ImagineAWayFoundation.org](http://www.ImagineAWayFoundation.org) or call (512) 220-4324 for more information on how to apply.

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# News You Can Use

## Notes from WCID 17

Thank you to all Steiner Ranch residents for your conscientious efforts to conserve water!! Your conservation measures DO make a difference, and you are doing your part to ensure that everyone will have enough of this precious resource for years to come.

District 17 staff is continuing to systematically check all wastewater fittings and manholes to ensure every possible source of odor is addressed. The compost facility has been completely shut down. All existing equipment is being rechecked and adjusted if necessary. New odor control chemicals are being added to the system on Quinlan Park Road, and tank covers are being designed for all open basins at the treatment plant.

### ***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](mailto:steinerranch@peelinc.com).

**Business classifieds** (offering a service or product line for profit) are \$65, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

## Stage 2 Water Restrictions! Mandatory ONE Day Per Week Watering

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 Saturdays

**Even** numbered addresses will water Thursdays

Residential customers will be required to adhere to this schedule.

***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.

***\*No watering between 10:00am – 7:00pm.***

For more information and to review the fine schedule, please visit the website at [www.wcid17.org](http://www.wcid17.org).

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## Roasted Butternut Squash and Red Pepper Soup

By Stacey Rider, The Four Points Foodie

Now that autumn is FINALLY here in Austin and our temperatures have dropped out of the 100's it's time to fire up the oven and roast vegetables. I had a beautiful butternut squash and made a great tasting soup. For an added variety, we grilled and sliced chicken and added it on top of the soup for a complete meal.

### INGREDIENTS:

- 1 Butternut Squash, cut into chunks
- 1 large sweet onion, cut into chunks
- 1 jar prepared fire roasted red peppers
- 3 T heavy cream
- 2 C chicken stock
- salt and pepper
- creme fraiche
- thin sliced roasted red pepper strips
- fresh nutmeg

### DIRECTIONS:

- On a large baking tray, toss the squash and onion chunks with a light drizzle of olive oil, salt and pepper and roast in a preheated 350 degree oven for 1 1/2 hours. Once roasted, remove from oven and cool.
- Remove the roasted butternut squash flesh from the skin and place into a blender. Add the roasted onions, 2 fire roasted red peppers, 3 T heavy cream and 1 C of chicken stock. Blend to a smooth consistency and transfer to a heavy pot over medium heat. Slowly add additional chicken stock until the desired thickness is reached. Taste then season with salt and pepper and make sure to heat thoroughly.
- To serve, ladle soup into a bowl and swirl in a little creme fraiche into the center of the bowl. Top with thin slices of the fire roasted red pepper and dust with freshly grated nutmeg. Serve with hot crusty bread or embellish with grilled chicken and enjoy!



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# - Kids Stuff -

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



You've been looking forward to Thanksgiving dinner all year — turkey, mashed potatoes, cranberry sauce, and pumpkin pie. Mmm-mmm! But after you finish that second helping of turkey with gravy, you start to feel a little sleepy.

As your Uncle George starts to explain why eating turkey makes people so tired, you suddenly feel like curling up in front of the TV and napping until next Thanksgiving. But is gobbling up all that turkey really to blame?

## THE USUAL SUSPECT: L-TRYPTOPHAN

Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan (say: el-trip-teh-fan). Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies. (L-tryptophan is just one kind of amino acid — there are many different kinds of amino acids in the foods we eat.)

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin (say: sare-uh-toh-nin). Serotonin calms us down and helps us sleep.

But scientists now know that L-tryptophan can really only make a person tired right away if it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

## BLAME IT ON BLOOD FLOW

Most scientists think that there's a different reason why eating a special meal might make you drowsy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain.

## AVOIDING DROWSINESS

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals (try to limit junk foods) throughout the day before you sit down for your big meal — don't starve yourself in anticipation of the feast to come.
- Have small portions of foods that are part of your Thanksgiving meal (including whatever veggies are on the table).
- Drink water and take breaks while you are eating to see how full you've become.
- Stop eating once you're full — there will always be leftovers tomorrow.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

Follow these tips and have a Happy Thanksgiving — gobble, gobble!

**REVIEWED BY:** Steven Dowshen, MD

**DATE REVIEWED:** August 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](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation

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