

RANCH RECORD

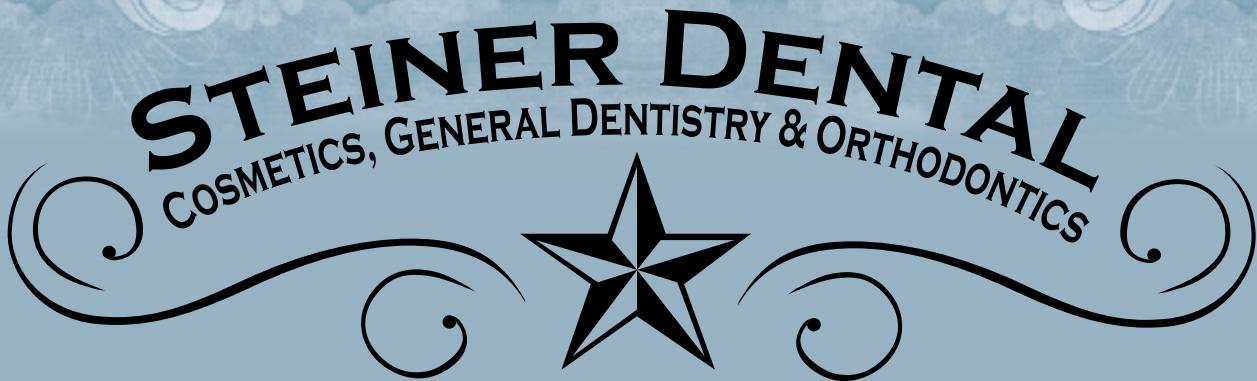
Official Newsletter for the Steiner Ranch HOA

VOLUME 6 ISSUE 5

MAY 2012



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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 - Thursday 1:00 – 5:00pm
Friday 10:00am – 5:00pm
Saturday & Sunday CLOSED

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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 911
Ambulance 911
Sheriff – Non-Emergency 311
Travis County ESD No.6/Lake Travis Fire Rescue
Administration Office 512-266-2533
Travis County Animal Control 311

STEINER RANCH CONTACTS

Steiner Ranch Community Association Office 512-266-7553

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 1-800-344-8377
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

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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. 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. The deadline is the 8th of the month prior to the issue.

COVER PHOTO

This month's cover photo was taken by Andrew Gold of his Hound Rescue dog alumni and volunteer, Nipper, among the bluebonnets on Quinlan Park Road near the Towne Square Community Center on March 25, 2012.

Do you take great photos?

*Would you like to see your photo published?
We are looking for great cover photos for the
upcoming June issue of the Ranch Record.*

REQUIREMENTS FOR SUBMISSION:

- Must have been taken in Steiner Ranch
- Be of High Resolution (240 dpi or higher)
- Prefer "portrait" orientation

We'd love to have something that pertains to this time of the year in some way, such as a graduation photo (first senior class at VHS!!!) or a Mother's Day outing. Our June 2012 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.

Table of Contents

DEVELOPERS UPDATE

6 Developers Update May 2012

AROUND STEINER

- 8 2012 Steiner Ranch Social Events
- 9 Steiner Ranch Community Groups
- 12 Young at Heart Events
- 14 18th Annual Easter Egg Hunt
- 16 Firewise Chat
- 18 Workshop Series

POOL & SWIMMING NEWS

- 22 News from the Pool
- 23 Summer Pool Hours
- 24 Steiner Stars Kicks Off
- 24 Year Round Swimming Program for Adults
- 25 Steiner Ranch Swim Lessons
- 27 Bella Mar Summer Swim Schedule

FROM THE ASSOCIATION OFFICE

- 28 Boats & Watercraft Parking
- 28 Greenbelt Tree Cutting
- 29 Tenant/Occupant Registration Requirement

SCHOOL NEWS

- 30 CRMS PTA President Needed
- 30 Band to Help with Garage Sale Items

BUSINESS SECTION

- 32 The Amazing Four Points Race to the Taste
- 39 Lake Travis Republican Club
- 40 Eight Business Networking Groups in Your Area

NEWS YOU CAN USE

- 42 Annual Household Hazardous Waste Collection & Document Shred Event
- 42 WCID 17 Goes to Two Day Per Week Watering
- 44 18 Benefits of Playing a Musical Instrument
- 46 Financial Focus
- 48 Recipe of the Month - Potato Cake Stacked Salmon
- 50 The 4th Annual Colin's Hope Classic Golf Tournament
- 52 Austin Newcomers Club April Luncheon & Fashion Show
- 54 Top Ten Tips for Improving Bad Breath
- 56 What's Cooking with Food Allergies
- 59 A Focus on Physical Activity
- 60 LT Community Library in May!
- 62 Nature Watch

IN EVERY ISSUE

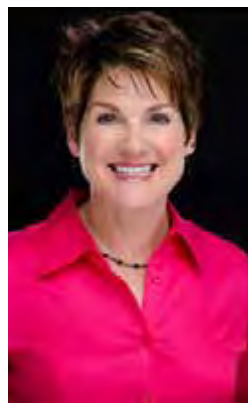
- 8 Steiner Birthdays
- 34 Calendar of Events
- 37 Teenage Jobseekers
- 40 Business Classifieds



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Developers Update MAY 2012

Subdivision Development

Taylor Woodrow Communities recently began development on the final two phases in the Shoreview Overlook neighborhood for Taylor Morrison Homes. These phases consist of 32-80' lots, and 9 custom lots, with completion of the first phase expected in May, and the remaining phase complete in August.

Taylor Morrison Homes is currently under development on the final lots in the Palisades, consisting of 33-70' lots, with completion expected in May. These are the last of the single family detached lots in Steiner Ranch to be developed. Stop by the Taylor Morrison model homes in Palisades and Shoreview Overlook for more information on the available homesites.

Custom lot sales continue in The Bluffs on south Quinlan Park Rd., Bellagio Estates on Lake Austin, and Shoreview Overlook at the end of University Club Drive. For more information on these lots, please contact Derrick Jones with Austin City Living at (512) 351-9280.

Commercial/Mixed-Use Development

An apartment developer recently began construction on mixed use # 13, located on Steiner Ranch Blvd, just south of the Monterone apartments. Taylor Woodrow Communities plans to begin construction on utility improvements in May along the right-of-way of Steiner Ranch Blvd. These utilities will serve mixed use tracts # 13 and # 15, located at the intersection of RR620 and Steiner Ranch Blvd. There will be some traffic control associated with these improvements, and we anticipate some delays at times along Steiner Ranch Blvd. as a result. The anticipated completion date for these improvements will be October 2012.

As development begins to wind down in Steiner Ranch, the transition has begun with the recent closing of the Welcome Center on Quinlan Park Rd. Taylor Woodrow Communities will continue to market the facility for another occupant; however, a new owner has not been identified at this time.



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TORNADOS

2012 Summer Camps

Boys Basketball

June 4-8

contact: 512-313-4504

Girls Basketball

June 25-29

contact: 512-313-4509

Baseball

June 18-21 & July 9-12

contact: 512-313-4507

Softball

June 11-15

contact: 512-313-4502

Boys & Girls Volleyball

June 11-15 & July 16-20

contact: 512-313-4510

**For up to the date information
please check out our website at:**

athletics.concordia.edu

Steiner Birthdays

May 2nd –Tori Rice

May 5th - Jackson Long

May 16th – Knox Bening

May 27th - Brooke Knaus



Happy Birthday!

*Send your Birthday
announcements to
steinerranch@peelinc.com*



2012 Steiner Ranch Social Events

(DATES ARE TENTATIVE)

May 5 Cinco De Mayo
July 4 Parade
Aug 18 Concert in the Park
Sept 22 Garage Sale
Sept 29 Ladies Night Out
October Pumpkin Patch
Benefiting Dell Children's Hospital
Oct 31 Halloween Event
Nov 3 Camping on the Ranch
Nov 10 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.

Mark Your Calendars Now!

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@gsctx.org or (512) 453-7391. Discover Girl Scouts online at www.gsctx.org.



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

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 (Pack 203) or Tina Millard at csn388@yahoo.com (Pack 205) for more information."



Steiner Ranch Moms & Tots

This is a group for all of you moms looking to find friendship, fun, support & sanity close to home!

Steiner Moms & Tots Meetup Group offers kid-friendly and mom-focused events at different times and locations in and around Steiner Ranch. From playdates to potlucks, fundraisers and family outings to mom's night out—we offer a range of activities that allow you to meet your neighbors, make new friends and have some fun.

While a large portion of the events are focused on moms and children ages 5 and under, we offer events and opportunities for any interested moms to join and enjoy. If you are ready for a little fun with your fellow Steiner moms and kiddos, please join us! To do so, request membership and complete a profile on our Meetup.com website: www.meetup.com/Steiner-Moms-Meetup. Any questions? Contact Morgan Briscoe at morgan.briscoe@gmail.com or (512)551-8036.

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 for a details, or call Rob Carruthers at 512-422-1688. Guests are always welcome.

Calling all Swamp People!

Love Steiner but miss some things about Louisiana? The rich culture, delicious food, and the family-like atmosphere anywhere you go are just a few things that make us homesick. Rather than go all the way to Louisiana to get a taste of home, join us as we regularly get together with Louisiana natives living in Steiner or surrounding areas.

Our March gathering was a huge crawfish boil at the Lake Club. Sorry you missed it! Don't miss out on another fun time. We are 25+ families strong now. Go to: <http://groups.yahoo.com/group/steinerlouisiana/> to join or contact me directly. We look forward to passing a good time with our new friends! Taylor Alexander (tayloralexander44@hotmail.com; 225-229-6041)

Gusto Dogs

Join us on weekly social walks with our dogs in Steiner Ranch!

Walks are free and intended to allow residents to meet other pet owners, exercise and make new friends. Walks will start

(Continued on Page 10)

Around Steiner

Community Groups - (Continued from Page 9)

Wednesdays at 6:30pm. We will try to rotate the starting point each week.

To join, either email us with your interest or join our Facebook group to receive weekly updates on start points, cancellations or time changes. Members can also share ideas, chat and post photos.

Email: kristen@gustodogs.com, or join our Facebook group: Steiner Ranch Dog Walking Group. More information can be found here: <http://www.gustodogs.com/index.php/steiner-ranch-dog-walk/>



Let's Celebrate Cinco de Mayo

Every few years, Cinco de Mayo lands on a Saturday night and we get a chance to celebrate with a Social Committee event! **What is Cinco de Mayo?** Cinco de Mayo is a Mexican festival, which celebrates a great achievement in the history of Mexico and "Cinco de Mayo" means May 5. A Mexican army of about four thousand defeated a large French army on May 5, 1862. The French emperor Napoleon III had not lost a battle in over fifty years so the Mexican defeat of the French was seen as a major victory. As a result of this battle, the US armed forces were able to build up their forces, building up their strategic power, and end the civil war. This is why Cinco de Mayo is celebrated in the United States as well as in Mexico.

We will be celebrating with a Taco Bar from Los Pinos & Margaritas, as well as lively DJ Music to set the tone of the celebration.

SATURDAY, MAY 5, 2012

7:00PM – 11:00PM

TOWNE SQUARE COMMUNITY CENTER

Residents that are 21 years old and older, and their invited guest can attend. \$20 per person includes food and Margaritas.

Registration is online at www.steinerranchhoa.org.

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March 22

May 24

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October 25

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Young at Heart Events

steinerranchyoungatheart@gmail.com

Young at Heart is an informal group of Steiner Ranch residents that plans various activities for those in the 50+ age group to provide opportunities for them meet others with common interests. We have parties, informal wine socials, impromptu get-togethers and various groups. From these social occasions, friendships have developed and other activities are developed.

BOOK CLUB **MONDAY, MAY 21ST AT 1:00 PM**

In May we'll be discussing Unbroken by Laura Hillenbrand. We will also be selecting books for the coming months. Please contact Maureen Michel (mmichel17@att.net) with questions and to RSVP.

BRIDGE CLUB **MAY 9TH & 23RD**

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) or Ellen Kendrick (ellenken@sbcglobal.net) for details.

DINNER GROUPS

Dinner groups are being formed. If you want to participate, please send your information to Karen Steans at kjsteans@gmail.com with Dinner Groups in the subject line.

GARDEN CLUB

Led by Master Gardener, Deb McLarty, this group welcomes all gardeners, both men and women. For more information and details about upcoming events, please send an email to steinerranchyoungatheart@gmail.com with Garden Club in the subject line.

LADIES LUNCHING OUT **TUESDAY, MAY 15TH**

Once a month a group of the Young at Heart women meet for lunch at a local restaurant. If you would like to come, please contact Dottie Thoms at dottie.thoms@gmail.com or 531-9360 for information on time and location.

LADIES GOLF

Are you a lady golfer looking for a group to play with or are you interested in learning how to play golf? A group of ladies get together once a month to play at various courses in and around Austin. If you are interested in getting more information or joining, please send an email to Lois Banning at loisbanning@gmail.com or call her at (512) 364-6392 and let her know if you would like to be put on the list for future play days.

MEXICAN TRAIN **WEDNESDAY, MAY 2ND**

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. Experience isn't necessary; we'll teach you. Since there is limited space, please RSVP to dottie.thoms@gmail.com to be sure to be included.

ROMEO (RETIRED OLD MEN EATING OUT) **MONDAY, MAY 14TH AT 11:30 AM** **COUNTY LINE ON THE LAKE BBQ** **5204 FM 2222 (JUST PAST LOOP 360)**

This is a purely social gathering for the Young at Heart guys. We get together monthly at a restaurant selected by the group. For more information and to RSVP, please contact Rick Steans at RASteans@gmail.com or (832) 703-9618.

TECHNOLOGY GROUP **THURSDAY, MAY 10TH AT 1:00 PM** **TOWN SQUARE MEETING ROOM** **MAY TOPIC: DIGITAL PHOTOGRAPHY AND APPS**

It doesn't matter if you use your phone, a small point-and-shoot camera or a full feature Digital SLR, there are programs and apps to enhance your photos, and places on the web to share them. Laurie Scott, Steiner Ranch's resident GEEK, will share some of the best. Laurie always presents her information in an interesting and enthusiastic way.

The Technology Group meets monthly and is for men and women who want to update their knowledge and skills. The sessions are geared to beginner and intermediate skill levels although everyone interested in the subject is welcome. Take home materials will be provided. For more information, please contact Beverly France at Bevfrance@aol.com or 266-2960. RSVPs are not required but would be appreciated for planning purposes.

WALKING GROUP **EVERY THURSDAY AT 8:00 AM** **MEET IN FRONT OF CUPS AND CONES**

Those who would like to walk on Thursday mornings should contact Isabel Cutillas at icutillas@yahoo.com to confirm. The group waits 5 minutes for latecomers before starting. If you prefer to just walk with a companion please send an email to steinerranchyoungatheart@gmail.com with Walking Companion in the subject line stating your preferences (time, area, etc) so that you can be put in touch with others having similar interests.

(Continued on Page 14)

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"Retha managed to pull the rabbit out of the hat and we closed on time, excellent agent!"

"Retha is very enthusiastic and fun to work with. She helped us get a foreclosure home that had many buyers lined up... Retha negotiated very effectively and made it possible for us to live in our dream house."

"Retha did an outstanding job for us, she negotiated the sale and purchase of our new home. Hard working and very professional, a pleasure to work with."

"Excellent Realtor! Retha displays great Enthusiasm and Charisma, and our home was marketed with tons Exposure thanks to her great online marketing tools and placements, and sold quickly. I have had her help on 2 transactions."

5-Star Rating: Highly likely to Recommend!...
★★★★★

Retha Isaksen
REALTOR®



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Retha@RethaRealty.com



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Around Steiner

Young at Heart Events (Continued from Page 12)

WINE SOCIAL

FRIDAY, MAY 18TH AT 7:00 PM

Bring a bottle of wine or your beverage of choice and an appetizer to share. If you are interested in attending, please send your contact information to steinerranchyoungatheart@gmail.com with "Wine Social" in the subject line and information regarding the location will be emailed to you.

ROSTER

To make it easier 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 with the word Roster in the subject line and a Roster Information form will be sent to you for you to fill out and return.

If you have an interest that isn't mentioned above or if you are interested in learning more about Young at Heart activities, please add your name to our email list. Just send your name, phone number and email address to steinerranchyoungatheart@gmail.com. Everyone on the email list will be sent information about upcoming events, locations, etc.

Please contact Cheryl Burnaw at cherylburnaw@aol.com or Dottie Thoms at dottie.thoms@gmail.com or at 531-9360 if you have questions or want more information.



HOPPING GOOD TIME at the 18th Annual Easter Egg Hunt

The morning couldn't have been more perfect for the 2012 Steiner Ranch Easter Egg Hunt. Over 850 kids came out on Saturday, April 7th to enjoy the hunt, get their faces painted by the Face Painter, Ride on the Ponies provided by L & M Pony Rides, get their picture taken with the Easter Bunny and petted the animals in the petting zoo! We had about 30 volunteers that helped the morning of the event to hide 10,000 eggs all over the John Simpson Park, who, without their help, this event could not happen! The countdown began promptly at 10:00am and by 10:15am all the eggs had been found.

Special thanks go to Myrta Mogen for coordinating the awesome "Special Egg" baskets and to Cups & Cones for the nice hot coffee!

HEB was on hand passing out 1300 bottles of water and the following provided for the awesome prize baskets:

- STEINER DENTAL
- SCHOOL IN THE HILLS
- POP MARKETING
- AUSTIN CHRISTIAN FELLOWSHIP
- RANDALLS
- RISING STARS PEDIATRIC DENTISTRY
- CUPS & CONES
- FOUR POINTS FAMILY CHIROPRACTIC
- MOGEN CONSULTING FINANCIAL AND TRAINING
- CHILDREN'S CENTER OF AUSTIN
- WATERS ORTHODONTICS
- WAG-A-BAG
- POLLY EAGLE



We appreciate all those who gave us feedback on the event to make it even better next year!



Water Stations

The cool mornings and pleasant afternoons will soon be giving way to the heat and humidity that we are accustomed to living in Central Texas. To assist Steiner residents with their hydration needs while running, walking or cycling during the warmer months Steven and Gina Bernhardt, owners of Capital City Running, will be maintaining two water stations in the neighborhood. Both water stations will be set-up each Saturday and Sunday when demand is highest.

LOCATIONS

Water Station #1 - Quinlan Park Rd. @ Country Trails Lane

**Water Station #2 - Steiner Ranch Blvd @ Grimes Ranch Rd.
(Near John Simpson CC)**

Keep in mind its ideal to consume at least 4 to 6 ounces of fluid every 20 minutes, possibly more depending on your pace, sweat rate, temperature, and duration of your activity. Becoming even moderately dehydrated can cause a significant loss in performance as well as cause headaches, dizziness, and muscle weakness. Let's all be safe when participating in outdoor activities under extreme heat and humid conditions. Pet owners, each water station has a dog dish so don't forget about the hydration needs of our four-legged friends who really feel the effects of the heat under those coats of fur.

Thank you and enjoy the water stations.



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FIREWISE CHAT

Firewise is a nationally recognized program to help neighbors work together to become a safer community. Anyone interested in becoming more involved is invited to the Firewise committee meetings. Meetings will be the 3rd Thursday of each month at Bella Mar Community Center at 6:30pm (May 17 and June 21). Look for links to Firewise information coming soon to the new HOA website.

GREENBELT FUEL REDUCTION WORKDAYS

by Sandi Ruble

The Labor Day fires in Steiner Ranch have made many residents aware of the need to reduce the amount of fuel near our homes. As detailed in the last few articles, the primary focus for fuel reduction should be the exterior of your home and the fuel in your yard. The second priority for fuel reduction is within 30 feet of the fence line of all greenbelt lots in each section.* The Steiner Ranch Firewise Committee has recently established some guidelines and is ready to help homeowners coordinate efforts to clean the greenbelts in our neighborhood. The committee has set up an email address (SRFirewise@gmail.com) for homeowners to contact the committee to start the process.

To obtain assistance from the committee, a homeowner simply needs to contact the committee via email. A representative will meet with you and any neighbors you have

already recruited to walk through the area to be cleaned, take pictures, discuss tools needed to do the work, inform the group of any HOA guidelines, assess the amount of debris to be removed, and set a date for your community workday. The committee will take care of the HOA paperwork, waive deposits, help with debris removal, and assure that you are abiding by the HOA guidelines.

“Our biggest obstacle in implementing these projects is not getting the brush & debris out to the street - most homeowners are more than willing to pitch in and lend a hand. It is funding the removal of all that brush once we haul it out,” said Nathasha Collmann, SR Firewise Chairman. “The HOA can help get volume pricing from TDS and cover some of the cost, but we are hoping to get some business sponsorship for the balance. This is a safety issue, and we are confident local businesses will help us. In addition to being good neighbors, fire prevention protects the significant

commercial investments businesses have made in Steiner.”

No date will work for every neighbor to participate, and not everyone is able to actively participate in the physical labor required. For those unable to work in the greenbelts you can assist your neighbors in other ways. The volunteers will need water and snacks, you can help by adding some of the debris to your garbage on pick-up day, or you can recruit a group of high school students, Scouts or others to assist. The committee highly recommends that all homeowners get involved in some way, even if you don't live on the greenbelt. The more we reduce the amount of fuel in these areas, the more we reduce the risk to each and every home.

For those sections with homes that back on to BCP Preserve: Travis County Natural Resources has applied for a FEMA grant to fund similar fuel reduction projects in the Preserve lands they manage.

We will keep the neighborhood informed if/when the grant is awarded.

STEINER RANCH FIREWISE
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COMING SOON - WWW.SRFIREWISE.COM



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WORKSHOP SERIES

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

MAY 1ST

HEALTHY MENTAL ATTITUDE

Dr. Ross Coccimiglio, Dr. Rachel, and Dr. Bolden Harris from Four Points Family Chiropractic will give you the secrets to break the stress in your life and strategies to how to clear your mind with time management. Everyone could hear strategies on how to make your day more productive.

TSCC 6:00pm

Seats are limited, so call Four Points Family Chiropractic to reserve your seat - 512-345-9355 or visit www.fourpointschiropractic.com

MAY 8TH AT 6:30PM & MAY 9TH AT 12:00PM IS YOUR MASTER CLOSET A MASTER DISASTER?

Learn the secrets on how to organize Your Master Closet. Do your friends all think you're uber-organized but you'd never let them peek into the closets? I call these areas 'Hidden Spaces' and clutter here just doesn't feel good. It's your own deep, dark secret - and it haunts you and affects everything you do. This vital area is where you begin and end every day and affects how you face the day. Does yours put you in a frustrated, frantic mood - or is it set-up to make your life easier and stress free? An organized closet saves you time and

money. Imagine walking into your closet and being able to shop in it, just like a store. You'll know where everything is and be able to pull complete outfits together in just minutes. You'll learn how to turn your Master Disaster into a tranquil oasis and start every day stress-free.

**TSCC 6:30pm - RSVP: 512-585-8424 or
Karin@OrganizeWithPurpose.com**

MAY 15TH

WOMEN'S SOCIAL & PAMPERING NIGHT

Come meet new girlfriends! Enjoy a night of fellowship with your Steiner Ranch neighbors while zipping a glass of wine and receiving a complimentary beauty treatment.

7:00pm TSCC

**Please RSVP 512-914-7711
Patty Rovano and Catherine Slezak**

MAY 24TH

HOW TO PROTEST YOUR PROPERTY TAX APPRAISAL

by Craig Smyser

If you think your 2012 property tax appraisal is too high, this is the workshop for you. I'll discuss the protesting process, deadline, and expectations for success. I will also outline TCAD's new analysis model used for assessing properties in Steiner Ranch. Free. 7:00pm TSCC. RSVP helpful, but not required. 735-7200 or Craig@RealEstateInAustin.com. For additional information go to www.steinerranchhoa.org or contact Sharon Adams, Community Coordinator at sharon@steinerranchhoa.org.

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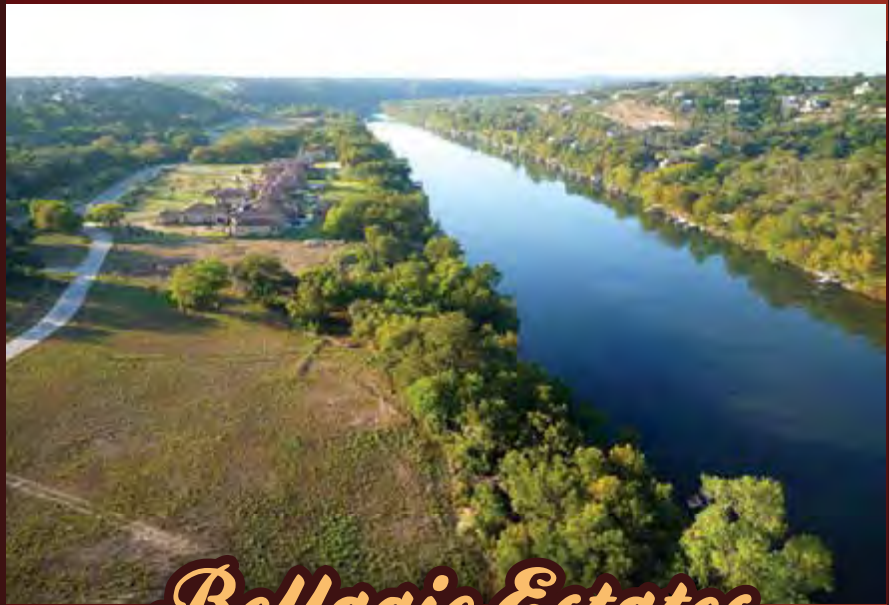
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The Bluffs

13 View Homesites Remaining
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Bellagio Estates

Lake Austin Waterfront (12 homesites remaining)

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4th of July Chairperson Needed

Jennifer Mitchell has been the chairperson of the 4th of July Parade for MANY years and has always done an amazing job, but it's time for her to pass on the reins to someone new. If you are interested in seeing this tradition continue this year, contact Sharon Adams, Community Coordinator at sharon@steinerranchhoa.org or 512-266-7553. This person would be in charge of securing the entertainment (DJ, Singer, Inflatables, Fire truck) and lead the parade on the morning of July 4th. It's a great service to the Steiner Ranch community!

Save the Date for the Annual Steiner Ranch CONCERT IN THE PARK

SATURDAY, AUGUST 18TH

The Steiner Ranch Summer Concert in the Park series returns on Saturday, August 18th at the Towne Square Fields. With music provided by local band Dark Blonde, the event will be hosted by businesses and organizations in the immediate Steiner Ranch and Four Points areas. Games and activities for the entire family will include inflatables, interactive games, video games, face painting, a climbing wall and much more.

Food and beverages from local restaurants will be available for purchase, with the exception of alcohol, and attendees are welcome to bring their own refreshments. It's also recommended to bring lawn chairs and blankets or anything else suitable for an afternoon in the park. Join your neighbors and friends for a great time of music, dancing and family fun.



Summer Camps in Steiner

*Summer Camps are starting to fill up and some are already full!
Look for registration forms and current information on-line at
www.steinerranchhoa.org.*

HERE ARE THE SUMMER CAMPS WE ARE OFFERING:

- Dallas Cowboys Football Camp
- Lonestar Soccer Camp
- Brown's Gymnastics Camp
- Tap-N-Toe Hip Hop Camp
- Sportball Multi-sport Camp
- Steiner Tennis Camp
- JW Basketball Camp
- LZM Art Camp
- Abrakadoodle Art Camp
- Kidventure Camp
- Mad Science Camp
- Lego Camp
- Culinary Cooking Camp
- Kidz Art School Camp

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News from the Pool

Summer is almost upon us and the pools in Steiner Ranch are going to be heavily used once again. Swim Programs will be in full swing beginning in May with use by the Steiner Stars Red and Blue Teams and hopefully another award-winning season, Austin Elite Year Round Swim Team, Adult Masters Swimming, Water Aerobic, swim lessons and NEW this year the VHS Swim Team conducting a 4 day swim camp for those future Viper Swimmers. Not to mention the normal recreational and party use! In preparation for the summer season we have been very busy getting the pool ready with a new surface on the town square pool, a new decking at the Bella Mar Lap Pool, a new motor, as well as last year's John Simpson renovations to provide enjoyment for you and your family for many years to come.

Because of the heavy use of the pools and also to ensure safe usage, there are a few key reminders that you should keep in mind. When lifeguards are on duty, they have complete control of the pools and deserve respect. If they tell you or your children or guest to do something please help the lifeguards and follow their instructions so that we can keep everyone safe. The general safety rules, as always would be: no running, no glass bottles in or around pool area and please keep the gates closed. Do not prop them open as this does affect safety in and around pool.

Dive blocks are to be used only under supervised swim team activities, i.e. practice or Stars supervised lessons. Please do not remove the block covers and start diving off the blocks during normal lap swim or recreational usage, as this is not a supervised activity and could cause potential injury or harm to people in the water or on the deck. A common problem that we face every single year is fecal contamination. Your help is greatly appreciated if you have young children to please make sure they're taking regular breaks, and when the lifeguard calls for adult swim, take that time to force bathroom breaks. These simple steps should help us reduce biological closures in 2012. In addition, if you have a child in swim diapers the Bella Mar Lap Pool is off limits. At NO TIME are swim diapers allowed in the Bella Mar Lap Pool. This has been a major source of closures over the last couple of years and we really would appreciate your efforts to keep the pools open for everyone at all times.

The Facilities Committee is always committed to provide a healthy, safe, and beautiful place for you to use the pools and have as much access as possible. If you have any comments or suggestions on how we can improve usage of the pools please feel free to e-mail Rodney Mogen, Pools Committee Chair at Rodney.g.mogen@gmail.com. The Facilities Committee is currently listening to ideas of expanding the Towne Square facility by adding an additional lap pool. We have heard many different comments over the last year and a half and continue to discuss this topic.

- Rodney Mogen



Enjoy the use of the pools & have a great summer.

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SUMMER POOL HOURS

THE FOLLOWING HOURS WILL APPLY

BELLA MAR

Monday..... 2:00pm – 10:00pm

Tue- Sun..... 7:00am – 10:00pm

The following programs will be using the lap pool:

Bella Mar - Master's Swim Program

Wednesday & Friday 5:30am – 6:45am

Sunday 6:30am – 7:45am

Bella Mar - VHS Swimming Monday

Wednesday - Friday 7:30am – 9:15am

John Simpson - Austin Elite Swimming

Monday – Friday 4:30pm – 6:30pm

Bella Mar – Steiner Stars Swim Teams (Red/Blue)

Monday – Thursday 3:30pm – 7:30pm

(moved to 1:30 – 6:30pm in June)

TOWNE SQUARE

Closed Monday until 12:00pm

Tuesday – Sunday 8:00am – 10:00pm

JOHN SIMPSON

Closes Monday at 2:00pm

Tuesday – Sunday 8:00am – 10:00pm

*Please note **Lifeguard will be on duty weekends only during the Month of May. Swim at your own risk.*

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.

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



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Pool & Swimming News

Steiner Stars Kicks Off

Steiner Ranch swim team season is here! Every summer, about 500 Steiner Ranch swimmers age 5 – 17 swim in the Northwest Swim circuit competitive league. All practices and meets for both teams are held at Bella Mar competition pool. Details about the upcoming season are below. Please refer to our website (www.steinerstars.org) for more specific information.



KICKOFF PARTY

The Swim Team will host a season kickoff party for participating families at Towne Square fields from 5:00pm to 8:00pm on Friday, May 4th.

Stars Practice Schedule During School: May 7th through June 1st

Red Team: Mondays & Wednesdays..... 3:30pm to 7:30pm

Blue Team: Tuesdays & Thursdays 3:30pm to 7:30pm

Stars Practice Schedule After School: June 4th through July 6th

Red Team: Tuesday – Friday..... 7:30am to 12:30pm

Blue Team: Monday – Thursday..... 1:30pm to 6:30pm

Beginning June 4th, residents may request a lap swimming lane to be opened from 5:30pm to 6:30pm. Contact Head Coach Jon during practice to make this request.

STARS HOME MEET SCHEDULE:

June 9th Blue Home Meet vs. Pflugerville

June 21st Red vs. Blue (Annual Star Wars Meet)

June 23rd Red Home Meet vs. Hurricanes

June 30th Red Home Meet vs. Balcones CC

July 7th Blue Home Divisional Meet

Shooting Stars

Coach Hollie and the Shooting Stars coaching team are back for another summer of developmental swim instruction. This four week program begins on July 10th and runs through August 2nd. Practices days are Tuesday, Wednesday and Thursday mornings from 7:30am to 12:30pm at John Simpson Pool.

AGE GROUP PRACTICE TIMES:

5 year-olds..... 7:30am – 8:30am

6 year-olds..... 8:30am – 9:30am

7 year-olds..... 9:30am – 10:30am

8 year-olds..... 10:30am – 11:30am

9+ year olds..... 11:30am – 12:30pm

REGISTRATION

Online registration for the 2012 Shooting Stars program is May 12th, and up to 180 swimmers between the ages of 5 and 10 years old as of July 10, 2012 can be registered on a first come, first served basis. There is no separate returning family registration for this program. See Shooting Stars website (www.theshootingstars.org) for further registration details and swimmer requirements.

Note to Residents: Usage of Diving Block and Covers

The use of diving blocks at Bella Mar competition pool is restricted to swimmers under the instruction of official swim team coaches during practices, meets, and private lessons. Due to insurance restrictions, independent resident and/or guest usage of diving blocks is prohibited.

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.

OUR SWIM SCHEDULE IS AS FOLLOWS

Wednesdays & Fridays

5:30 a.m. - 6:45 a.m.

Sundays

6:30 a.m. - 7:45 a.m.

\$35 per month for Residents

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

You must be 18 yrs. and older. 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. Fill out the Program Registration form at the HOA office, provide a copy your USMS card and submit payment! As this is a Year Round Program, it’s a great way to meet new friends and be a part of a fun community of swimmers and neighbors!

Steiner Ranch Swim Lessons

- **Beginners:** Instructors teach basic water safety fundamentals and stroke techniques to children ages 3 to 6. The emphasis of the class is to increase the 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!

*Each session is 2 weeks (8 classes) long for a cost of \$75.00. For information and registration go to www.steinerranchhoa.org. 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.*

Sportball
Sports instruction for kids

SUMMER 2012
REGISTER ONLINE NOW



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FOR MORE INFORMATION EMAIL: MARC@SPORTBALL.US
OR CALL: 512.407.8814

www.sportball.us

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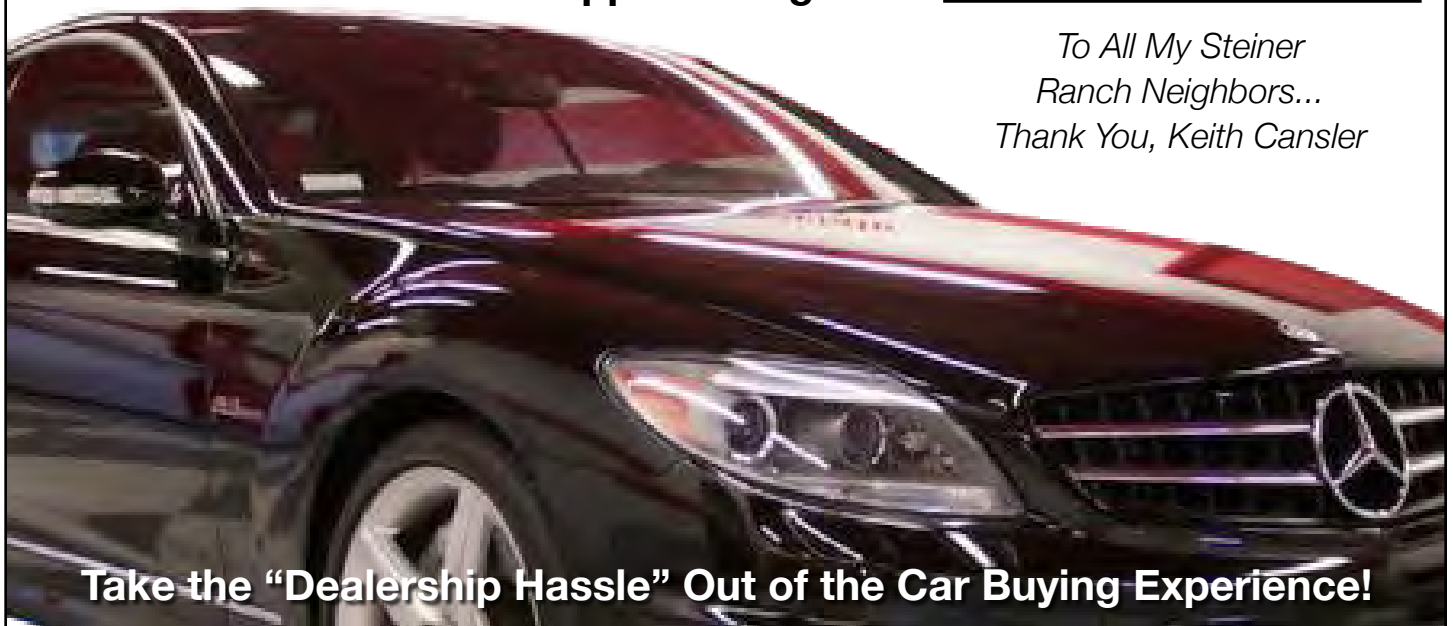
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*To All My Steiner
Ranch Neighbors...
Thank You, Keith Cansler*



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Bella Mar Summer Swim Team Schedule

Keep this schedule in mind when planning your trips to the pool this summer. Remember the "practice" schedule only affects the Lap Pool. The only time the entire facility is closed is during swim meets, listed below.

2012 RED TEAM SWIM PRACTICE SCHEDULE

May 7th – May 30th, Mondays & Wednesday ONLY at Bella Mar Lap Pool. Practices will run from 3:30 p.m. - 7:30 p.m.
June 5th - July 6th, Tuesdays thru Fridays from 7:30 a.m. - 12:30 p.m.

No practice on May 28th or July 4th

2012 BLUE TEAM SWIM PRACTICE SCHEDULE

May 8th – May 31st, Tuesdays and Thursdays ONLY at Bella Mar Lap Pool. Practices will run from 3:30 p.m. - 7:30 p.m. June 4th - July 5th, Mondays thru Thursdays from 1:30 p.m. - 6:30 p.m.

No practice on July 4th

The Summer Swim Teams will use only the lap pool during practice. The Splash Pool and Baby Pool will still be available for Community Use during the practice times, but not during meets.

SWIM TEAM HOME SWIM MEETS:

Saturday, June 9th Entire Facility Closed until 1:00pm

Thursday, June 21st Entire Facility Closed 4pm – 10pm
(Star Wars)

Saturday, June 23rd Entire Facility Closed until 1:00pm

Saturday, June 30th Entire Facility Closed until 1:00pm

Saturday, July 7th Entire Facility Closed until 2:00pm
(Divisional Meet)



*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 40 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.



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NEWBIE ROCK CAMPS:
No Experience required. Beginners. Be introduced to the instruments in a rock band.

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From the Association Office

Boats & 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.

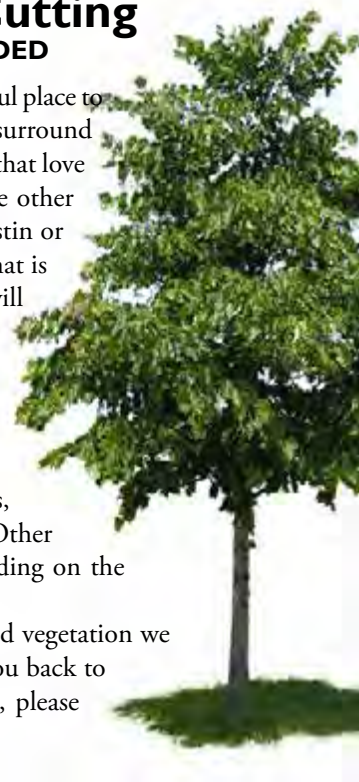
If you see a boat, trailer or other recreational vehicle, feel free to report it to the Association at www.steinerranchhoa.org through the "Report a Problem" link. Please include a description of the violation and the address where the violation has occurred.

Greenbelt Tree Cutting HOA APPROVAL NEEDED

One aspect of Steiner Ranch that makes it such a beautiful place to live in 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.



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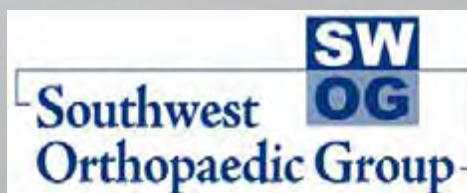


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TENANT/OCCUPANT REGISTRATION REQUIREMENT

We've all heard the saying, "Keeping up with Joneses." Well, the Steiner Ranch Community Associations office has the daunting task of keeping up with almost 4,000 "Joneses." There are 4,000 occupied homes in Steiner Ranch, but not all are occupied by the actual homeowners. Some homeowners, for various reasons, rent or lease their home to tenants/occupants, and that is when challenges arise for the Community Associations Office staff. There are certain notification requirements placed upon the Association by the governing documents of Steiner Ranch. These notifications include but are not limited to:

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

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

Having tenants/occupants registered also helps to protect the homeowner and his/her Steiner Ranch property. If the Association discovers that a tenant/occupant is not properly maintaining the landscaping or has caused some other violation on the property, a notice is sent to the homeowner informing them of the violation and a copy of the notice is sent to the tenant/occupant. Quickly correcting violations helps to ensure individual property values are maintained

at their highest level, as well as the entire community.

Due to the challenges which have arisen as a result of rented and leased homes, the Association requires registration of all tenants/occupants in Steiner Ranch. In order for a tenant/occupant to receive access to the Steiner Ranch facilities, the homeowners must register the tenants/occupants via the Tenant/Occupant Registration Form and complete the Facilities Use Agreement. Once these forms are on file in the Community Associations Office, the Association will issue a new "Facility Tag" to the tenants/occupants so they may enjoy all the facilities Steiner Ranch has to offer. Without the Facility Tag, tenants/occupants will not be able to enter any of the locked facilities, which include the pools, tennis courts and the Lake Club. There is a \$50 non-refundable registration fee and we need a copy of the lease.

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

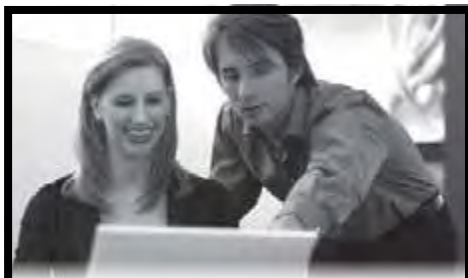
The Tenant/Occupant Registration form is available at the Community Associations Office and online at www.steinerranchhoa.org. There is a \$50.00 tenant/occupant registration fee that must be submitted with the completed Tenant/Occupant Registration form in order for the Association staff to process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

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

Responsible Pet Owners

Please be a responsible pet owner by doing your part to keep Steiner Ranch a pleasant, clean, and safe neighborhood for all.

- **Scoop the Poop** – Pet stations are located all through out Steiner Ranch common areas.
- **Latch the leash** – not only is it safer for your dog, but others around you (and it's a law in Travis County)
- **No excessive barking** – be courteous of your neighbors and keep your barking dog quiet.
- **Report Violations** – go to our website at www.steinerranchhoa.org and click on the link "Report a Problem" if you know someone violating the rules.



Our Association is Online!

STEINERRANCHHOA.ORG

*Check out the latest
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Features Include...*

- Fully Searchable Address Book
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- Events Calendar
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- E-Forms & E-Mail Bulletins
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- Live Chat
- Reviews
- Requests and Questions

*Visit the "resident only" side of the
website for important Homeowner
Documents, events, and more!*

CRMS PTA PRESIDENT NEEDED FOR 2012-2013 SCHOOL YEAR

Help us, help your kids! If you or someone you know might be interested in getting to know people in your children's school and volunteering for a great cause please let us know immediately.

CRMS PTA president is a prestigious position that requires approximately two per hours a week in August and September then tapers off to approximately one hour per week if that in October through May.

The PTA President will manage overall objectives and strategies for the PTA. He or she will act as a liaison between parents, principal and staff. The President may assist in recruiting pta committee chairs. This position also helps to create agendas and facilitate monthly board meetings.

A successful PTA President will be an organized individual with project management skills. This individual must also have follow through and enjoy working with people. As always, thanks for all you do for our kids and our community.

BAND TO HELP WITH GARAGE SALE ITEMS

Cleaning out your unused items? The Vandegrift High School band will help: Any items you have to give, or any items which did not sell in the Steiner Ranch garage sale on April 28, will be picked up by the VHS band to be sold at their annual garage sale on May 5, 2012 at River Place Elementary School. This is an easy way for you to make a donation

to the band's non-profit booster club which exists to benefit the band students. Just send email to

vhsbandgaragesale@gmail.com with your

questions and offerings at your convenience. Band members

will come to your home and pick up your items, or

you can deliver them yourself. Whatever

is not sold in the band's garage sale is donated to charity.



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Business Section

The Amazing Four Points Race to the Taste - June 9th

The Four Points Chamber of Commerce is launching a first-of-its-kind event: The Amazing Four Points Race to the Taste. As the title suggests, it is merging two events into one on June 9. The "Taste" part - deemed Race Central - will be held at the Four Points Home Depot and feature local food, beverage and business vendors.

Music, games and family entertainment will be on tap from noon to 5 pm in addition to the best food and beverages in Four Points. Hundreds are expected to attend, according to the Chamber. There is still room for more vendors. Race Central/Taste Central will be where the event Racers can be cheered on. Team updates and tallies will be given throughout the afternoon and the race finale will be at the Home Depot site.

The "Race" will be more for the adventurous types and is patterned after similar races in other cities and on reality TV shows. Teams are registering now. Queens of the Court was the first team to register, a group of four ladies who are serious about competition and can't wait to win the prizes. About 20 teams will have to overcome roadblocks, detours and avoid elimination while stopping at more than a dozen sites all over Four Points.

Teams will try to compete for the grand prizes while getting challenges and clues along the way. In addition to prizes for all teams, the top three winning teams will win:

- 1st Prize: iPad 3's to each of the Team members
- 2nd Prize: Android Tablets to each of the Team members
- 3rd Prize: \$100 Dinner/ Movie Gift cards to each of the members

Forming a team is sure to build memories for a lifetime.

Teams will consist of two to four people who are age 12 and above.

The entire Amazing Four Points Race to the Taste is also benefiting a local Leander ISD/Concordia University Texas charity. The team cost to participate is \$250 which can be donated by team members or raised in the community by the team. Proceeds will be given to the event charity.

SELF (Skills for Encouraging Life-long Fulfillment) 30 is an integral part of LISD's special education transition services. It is a program that is designed to meet the needs of students ages 18 to 21 and their families by supporting students as they achieve fulfilling futures. Concordia's college-age atmosphere, as well as their renowned education program, made the local university an ideal location for LISD's SELF 30 program. It also gives the SELF 30 students interaction with their peers, while simultaneously gaining the skills they needed for a successful transition beyond high school.

The Amazing Four Points Race to the Taste will kick off the summer and benefit the community on many levels at the same time. For more information go to www.racetothetaste.com



The Queens of the Court team is ready to race in the Amazing Four Points Race to the Taste.

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MAY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:00pm – Healthy Mental Attitude (TSCC) 6:30pm – Facilities Committee Meeting (BMCC)	2	3	4	5 7:00pm Cinco De Mayo Celebration (TSCC)
 6	7 3:30pm – 7:30pm After School Swim Team Practice Begins (BM Lap Pool) 6:30pm – FREE Yoga (TSCC)	8 9:30am – Social Committee Meeting (Cups & Cones) 6:30pm – Is your Master Closet a Master Disaster (TSCC)	9 12:00pm – Is your Master Closet a Master Disaster (TSCC) YAH Bridge Club	10 1:00pm – YAH Technology Group (TSCC)	11	12
13	14 6:30pm – FREE Yoga (TSCC) 11:30am - YAH Romeo	15 7:00pm – Women's Social & Pampering Night (BMCC) YAH Ladies Luncheon Out	16	17 7:00pm – Firewise Committee Meeting (BMCC)	18 7:00PM - YAH Wine Social	19 8:00am – 5:00pm Neighborhood Sports World Cup Soccer Tournament (BM/TS Fields)
 20 12:00pm – 5:00pm World Cup Soccer Tournament (BM/TS Fields)	21 1:00pm – YAH Book Club 6:30pm – FREE Yoga (TSCC)	22	23 YAH Bridge Club	24 6:30pm – How to protest your Property Tax Appraisal (TSCC)	25	26
27	28 6:30pm – FREE Yoga (TSCC) HOA Office Closed	29 6:00pm – Wellness Workshop (TSCC)	30 3:30pm – SRMA Board of Directors Meeting	31 6:00pm – SRROA Board of Directors Meeting (TSCC)		



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JUNE 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 11am – 4pm Laura Welch Bush 5th Grade Party (TSCC) 11am – 4pm Steiner Ranch 5th grade Party (BMCC)	2 11am – 4pm – River Ridge 5th Grade Party (BMCC)
 3	4 6:30pm – FREE Yoga (TSCC) Summer Camps Begin Blue Team Summer Practice begins M-Th 1:30pm – 6:30pm BM Lap Pool	5 Red Team Summer Practice begins T-F 7:30am – 12:30pm BM Lap Pool 9:30am – Social Committee Meeting (Cups & Cones)	6 1:00pm – YAH Mexican Train	7 7:00pm – New Owner Orientation (TSCC)	8	9 5:00am – 1:00pm Steiner Stars Blue Team Home Meet (BM Facility Closed)
10 7:00pm – Movies in the Park (TS Fields)	11 6:30pm – FREE Yoga (TSCC)	12 7:00pm – Solar Panel Education Workshop (TSCC)	13 YAH Bridge Club	14 6:30pm – Home Office Sanity (TSCC)	15	16 7:00pm – Movies in the Park (BM Fields)
 17	18 1:30pm – YAH Book Club 6:30pm – FREE Yoga (TSCC)	19 7:00pm – Women's Social & Pampering Night (BMCC)	20	21 STAR WARS Red VS Blue Swim Meet 4:00pm – 10:00pm (BM Facility Closed)	22	23 5am – 1:00pm Steiner Stars Red Team Home Meet (BM Facility Closed)
24	25 6:30pm – FREE Yoga (TSCC)	26 6:30pm – Wellness Workshop (TSCC)	27 3:30pm – SRMA Board of Directors Meeting (TSCC) YAH Bridge Club	28 6:00pm – SRROA Board of Directors Meeting (TSCC)	29	30 5:00am – 1:00pm Steiner Stars Red Team Home Meet (BM Facility Closed)

STEINER RANCH 2012 FIRST QUARTER SALES STATS

	200s	300s	400s	500s	600s	700s	800s	900s	1M+
# OF SOLDS	16	12	13	8	2	0	1	0	0
AVG SOLD PRICE/SF	\$107.07	\$141.46	\$136.22	\$135.14	\$142.73	n/a	\$171.41	n/a	n/a
AVG SOLD PRICE	\$258,072	\$346,105	\$452,709	\$547,750	\$627,823	n/a	\$855,000	n/a	n/a



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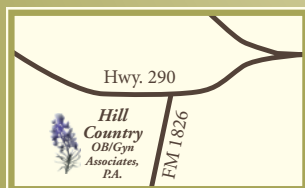
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LT Republican Club Featured Speaker Susan Combs

Texas Comptroller Susan Combs will be the featured speaker at the monthly meeting of the Lake Travis Republican Club to be held Tuesday, May 15 at the Hills Country Club, from 11:30 AM to 1:00 PM.

Susan Combs was elected Texas Comptroller of Public Accounts in November 2006 and immediately set an innovative course of action to transform state government and prepare Texas for the future beginning her first day in office on Jan. 1, 2007.

As Comptroller, Susan is the state's chief financial officer. She manages the state's treasury operations, monitors Texas' fiscal health, guides legislative decision makers by estimating state revenues and ensures state taxes are collected fairly and efficiently to fund vital programs and services for the people of Texas. But her focus does not end there.

With a belief that government must be fully



accountable to the people it serves, Susan has spearheaded unprecedented efforts to give taxpayers a transparent look at how their dollars are spent. She posted the expenses of the Comptroller's office online her fourth day on the job and took transparency in government spending to new heights by launching the Where the Money Goes Web site. Considered a model by many other states and open government advocates, the site features a virtual check register that gives the public online access to detailed and up-to-date expenditure information for all state entities.

Susan is committed to efficient government. Under her direction, the Comptroller's office has set a standard of excellence and efficiency in customer service. Direct customer feedback guides improvements at every level, from an ongoing effort to simplify forms and

(Continued on Page 40)

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Business Section

LT Republican Club... - (Continued from Page 39)

publications to the award-winning redesign of the agency's Web site to ensure citizens have the fastest access to the information they need.

Prior to being elected to her current position, Susan held numerous important positions, starting with serving as an assistant district attorney in Dallas, where her performance as a tough prosecutor of child abuse cases earned her widespread respect. She then served two terms in the Texas House of Representatives, where she sponsored and passed the state's landmark property rights legislation and authored legislation on tort reform vital to the business community. Following this, Texans elected Susan in back-to-back elections in 1998 and 2002 to serve as the state's first woman Agriculture Commissioner.

Susan was born in San Antonio and is a 4th generation Texan with a ranch in Brewster County owned by her great-grandfather more than a century ago. She lives in Austin with her husband, Joe, and is the proud mother of three sons.

Tickets for the meeting are available for \$15.00 for members, and \$20.00 for guests. Reservations can be obtained by calling 512-261-0722, or by email at warmuthb@swbell.net. Lunch buffet will be served.

Eight Business Networking Groups in the Area

*Are you looking to grow your business in 2012?
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 Gower 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 Kelly Troy at kelly@troyinsgroup.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. 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 41)

HCBC - Steiner Ranch Campus

A place for the entire family.



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www.hcbc.com/steiner



Eight Business Networking Groups - (Continued from Page 40)

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 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 Questions? 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 or visit www.BNIaustin.com for more information.

At no time will any source be allowed to use The Ranch Record contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

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BUSINESS CLASSIFIED

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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.

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.

News You Can Use

Annual Household Hazardous Waste Collection & Document Shred Event

Saturday, May 19 - 8:00 a.m. to 12:00 noon - Hudson Bend Middle School
15600 Lariat Trail (RR 620 & General Williamson Rd)

What TO bring...

- Household Products: cleaning products, drain cleaners, oven cleaning solvents, degreasers, polishers, pool chemicals, household batteries, mercury thermometers, fluorescent light bulbs, gas grill propane tanks
- Paint Products: latex and oil base paints, spray paints, preservatives, strippers, etc.
- Automotive Products: antifreeze, car batteries, oil, oil filters, transmission fluid, brake fluid, etc.
- Technology Products: computers, printers, televisions, speakers, surround sound, other electronic equipment
- Documents to Shred: Each household is allowed to bring 2 standard file boxes of documents clear of paper clips or other metal objects.

What NOT to bring...

- Industrial Waste
- Medical Waste
- Ammunition or Explosives
- Radioactive Waste
- Compressed Gas Cylinders
- (except gas grill propane tanks are ok)
- Tires
- Appliances

SPECIAL THANKS TO THE FOLLOWING COMPANIES FOR THEIR ASSISTANCE



For more information,

Call 314-7514.

WCID 17 Goes to Two Day Per Week Watering

The level of Lake Travis is now up beyond 638ft, and the combined storage level of Lakes Travis and Buchanan is above 900,000 acre feet of water. These conditions are still not back to normal, but they are good enough to allow customers to return to a normal 2 day per week watering schedule. The old odd/even schedule has been modified to assign specific days for certain address numbers to spread the usage out more evenly. Visit www.wcid17.org for details.

AUTOMATED IRRIGATION WATERING SCHEDULE

12:01 AM to 10:00 AM

and/or 7:00 PM to 11:59 PM

ADDRESSES ENDING

Monday & Thursday..... 0,1,2,3
(Residential)

Tuesday & Friday..... 4, 5, 6
(Residential, Commercial)

Wednesday & Saturday..... 7, 8, 9
(Residential)

HOSE END SPRINKLER

WATERING SCHEDULE

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18 Benefits of Playing a Musical Instrument

Submitted by Rich Keith

Jeremy Spicer, Vandegrift High School Director of Bands, is dedicated to teaching music. He says, "Music is a part of everyone's life in some form. The study of music and all of the arts is critical to the complete education of society...it allows humans the tools to stir feelings and create emotion." This article will provide you with 18 benefits of playing an instrument and will hopefully give you a better sense of appreciation and pride for music.

1. Increases the capacity of your memory. Research has shown that both listening to music and playing a musical instrument stimulate your brain and can increase your memory: Preschoolers who had weekly keyboard lessons improved their spatial-temporal skills 34 percent more than the other children. Not only that, but researchers said that the effect lasted long-term. If you learn how to play an instrument, the parts of your brain that control motor skills (ex: using your hands, running, swimming, balancing, etc.), hearing, storing audio information, and memory actually grow and become more active.

2. Refines your time management and organizational skills. Learning how to play an instrument requires you to really learn how to be organized and to manage your time wisely. A good musician knows that the quality of practice time is more valuable than the quantity.

3. Boosts your team skills. Team skills are a very important aspect of being successful in life. Playing an instrument requires you to work with others to make music. In band and orchestra settings you must learn how to cooperate with the people around you.

4. Teaches you perseverance. Learning to play an instrument takes time and effort, which really teaches you patience and perseverance.

5. Enhances your coordination. The art of playing an instrument requires a lot of hand-eye coordination. By reading musical notes on a page, your brain subconsciously must convert that note into specific motor patterns while also adding breathing and rhythm to the mix.

6. Better your mathematical ability. Reading music requires counting notes and rhythms and can help your math skills. Studies have shown that students who play instruments or study the arts are often better in math and achieve higher grades in school than students who don't.

7. Improves your reading and comprehension skills. Research shows that children exposed to a multi-year program of music tuition involving training in increasingly complex rhythmic, tonal, and practical skills display superior cognitive performance in reading skills compared with their non-musically trained peers.

8. Increases your responsibility. Playing an instrument comes with its responsibilities. Students must maintain their instrument and must remember music events (like rehearsals and performances) and making time to practice.

9. Exposes you to cultural history. Students learn a variety of music types such as classical traditions, folk music, medieval, and other genres. Music itself is history.

10. Sharpens your concentration. Playing music by yourself requires you to concentrate on things like pitch, rhythm, tempo, note duration, and quality of sound. Playing music in a group involves even more concentration.

11. Fosters your self-expression and relieves stress. It's your instrument, so you can play whatever you want on it! The more advanced you become on an instrument, the greater you'll be able to play what you want and how you want.

12. Creates a sense of achievement. Overcoming musical challenges that you thought you'd never quite master can give you a great sense of pride about yourself.

13. Promotes your social skills. Playing an instrument can be a great way to enhance your social skills. Some of the best people join bands and orchestras, and many times the lifelong friends you make here become like family.

14. Boosts your listening skills. Although it's pretty obvious, playing an instrument requires you to listen very carefully to things. Examples

are learning how to hear when you're playing a wrong note in order to correct yourself, tuning your instrument, and playing with ensemble group.

15. Teaches you discipline. Practicing often and working on the hard parts of music and not just the easy and fun stuff requires discipline.

16. Elevates your performance skills and reduces stage fright. One of the goals of practicing so much on your instrument is so that you can perform for others. The more you get up in front of people and perform, the more you'll reduce any stage fright.

17. Enhances your respiratory system (wind instruments only). If you have a good music director/tutor, you should hear them tell you quite often to "use more air!" Breathing exercises are highly recommended for musicians, and they can really strengthen your respiratory system.

18. Promotes happiness in your life and those around you. Playing a musical instrument can be very fun and exciting. Not only is it fun to play music that you enjoy, but it feels wonderful to hear an audience applaud you for giving a great performance.

Mr Spicer adds, "I cannot imagine my life, or society, without music...it has defined me in nearly every way possible." Adapted from an article by Michael Matthews. For the full article and sources visit <http://www.effectivemusicteaching.com/articles/directors/18-benefits-of-playing-a-musical-instrument/>



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Financial Focus The 5 Biggest Threats to Your Retirement Nest Egg

Submitted by Rich Keith

It's tough for financial planners to get clients motivated enough to make the sacrifices and investment decisions that are necessary to ensure a comfortable retirement. In fact, according to a recent ING Retirement Research Institute study, 71% of Americans – regardless of age – still lack a formal investment plan to help them reach their retirement goals. But what about those clients who have done everything right? They've been working with a financial planner, contributing to their 401(k)s, maybe have a pension in the offing, are saving money at a decent clip and are following the sound investment advice offered by the professionals but, according to Fidelity Investments, there's still a good chance they might not have enough put aside to live out their golden years in style. Fidelity Investments has described five of the biggest threats to even the most well-prepared investor's retirement plan.

1. Failing to prepare for spiraling health care costs. With longer life spans, medical costs that are rising faster than general inflation, declining retiree medical coverage by private employers, and possible funding shortfalls ahead for Medicare and Medicaid, managing health care costs can be a critical challenge for retirees. According to Fidelity's annual Retiree Health Care Costs Estimate, a 65-year-old couple retiring in 2011 will need more than \$235,000 to cover health care costs during their retirement. And that is just using life expectancy data – many people will live longer and have higher costs. Since Fidelity started the annual estimate in 2002, estimated costs have increased by 6% a year. That cost doesn't include possible long term care (LTC) expenses. About 70% of those over age 65 will require some type of LTC services – either at home, or else, in adult day care, an assisted living facility, or a traditional nursing home. The average private-pay cost of a nursing home is about \$70,000 per year and exceeds \$100,000 in some states. Assisted living facilities average \$34,000 per



year. Hourly home care agency rates average \$46 for a Medicare-certified home health aide and \$19 for a licensed non-Medicare-certified home health aide.

2. Underestimating how long you will live. As medical advances continue, it's quite likely that today's healthy 65-year-olds will live well into their 80s or even 90s. This means there's a real possibility that you may need 30 or more years of retirement income. An American man who's reached age 65 in good health has a 50% chance of living 20 more years to age 85, and a 25% chance of living to 92. For a 65-year-old woman, those odds rise to a 50% chance of living to age 88 and a one in four chance of living to 94. The odds that at least one member of a 65-year-old couple will live to 92 are 50% and there's a 25% chance at least one of them will reach age 97. Without some thoughtful planning, you could easily outlive your savings and have to rely solely on Social Security for your income. Chances are, like many people, you don't have a company pension to rely on – only 30% of Americans today have one. And with the average Social Security benefit of just over \$1,000 a month, it likely won't cover all your needs.

3. Being caught unawares by inflation. Inflation can eat away at the purchasing power of your money over time. This affects your retirement income by increasing the future costs of goods and services, thereby reducing the purchasing power of your income. Even a relatively low inflation rate can have a significant impact on a retiree's purchasing power. For example, \$50,000

today would be worth only \$30,477 in 25 years, even with a relatively low 2% inflation. Some retirement income sources, such as Social Security, can help you keep pace with inflation automatically through annual cost-of-living adjustments. But most others don't.

4. Failing to position investments for growth. A too-conservative investment strategy can be just as dangerous as a too-aggressive one. It exposes your portfolio to the erosive effects of inflation and limits the long-term upside potential that diversified investments can offer. On the other hand, being too aggressive can mean undue risk in down or volatile markets. What can help: a strategy that seeks to keep the growth potential for your investments without too much risk. Consider creating a diversified portfolio according to your risk tolerance, overall financial situation, and investment time horizon. Doing so may help you seek the growth you need in a way that lets you sleep at night. But remember that diversification/asset allocation does not ensure a profit or guarantee against a loss.

5. Withdrawing too much from savings. Drawing down your savings too rapidly can also put your retirement plan at risk. This risk can be magnified further if a sustained market downturn—similar to the one in 2007-09—occurs early in retirement. Retirees should consider using conservative withdrawal rates, particularly for any assets needed for essential expenses. Fortunately, you have control over how much you withdraw and can adjust it based on circumstances. Consider keeping your withdrawals as conservative as you can. Later on, if your expenses drop or your investment portfolio grows, you may be able to raise that rate. For financial peace of mind, work with your financial coach to make sure your family is taken care of. Source: adapted from an article in Financial Planning magazine citing Fidelity Investments research.



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Recipe of the Month - Potato Cake Stacked Salmon

By The Four Points Foodie

This recipe has it all; delicious salmon, watercress, tangy aioli all stacked onto a crisp potato pancake. My problem with this recipe is that I didn't make enough (or rather we ate it all).

INGREDIENTS

- Salmon filet
- juice of 1 lime
- cedar plank
- 4 potatoes
- 1 egg
- 1/4 C flour
- Lawry's Season Salt
- 2 T olive oil
- 2 bunches watercress
- 4 T mayonnaise
- 1 1/2 T capers
- 1 T Durkee Sauce
- juice of 1 lemon
- salt and pepper
- zest of 1 lemon

DIRECTIONS

Preheat your grill and soak the cedar plank for about 30 minutes in water. Squeeze lime juice over salmon filet and season with salt and pepper. Place on cedar plank and grill until done and flaky. Peel potatoes and parboil whole for about 10 minutes, starting with potatoes covered with room temperature water and heat from there. Immerse in cold water. Remove from water, dry and let cool. Meanwhile, in a small bowl mash capers with a spoon. Then add mayonnaise, Durkee Sauce (or a brown mustard with a hint of horseradish), lemon juice and Lawry's Season Salt.

Once the potatoes are cool enough to touch, grate with a box grater into a medium bowl. Add a bit of Lawry's Season Salt. In a small bowl combine egg and flour and whisk well and add to potatoes. In a large fry pan, heat the olive oil over medium high heat. Make 4 large potato patties and place in hot oil. Leave it alone for 4-5 minutes until it crisps then flip to the other side and cook an additional 5 minutes. Drain on paper towels.

To assemble, start with a potato cake, then a handful of watercress, then a piece of cedar plank salmon, topped with the aioli sauce. Garnish with zest of lemon and serve.

Enjoy!





SUMMER CLASSES

BALLET, JAZZ, HIP HOP, TAP, CREATIVE MOVEMENT
JUNE 4 - JULY 28

DIPA/DISH COMPANY AUDITIONS

JUNE 23

BROADWAY BOUND

TRIPLE THREAT WORKSHOPS
JUNE 11 - 15 & JULY 9 - 13

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JUNE 11 - 13

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JUNE 18 - 29

THE WORKS

JAZZ, CONTEMPORARY, HIP HOP

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The 4th Annual Colin's Hope Classic Golf Tournament

Submitted by Carrie Wilkin

The 4th Annual Colin's Hope Classic golf tournament was held on April 18th at the beautiful Flintrock Falls golf course in Lakeway. This event is always a special one for the Austin-based, non-profit foundation, as it was the very first event that Colin's Hope hosted after setting out on its mission to raise water safety awareness to prevent childhood drownings. This year as every year since its inception many loyal golfers teed up to spend their day in support of the charity's mission, kicking off swim season with a great reminder of how to swim safely and enjoy the water this summer!!

Today, nearly four years after the founding of Colin's Hope, many ask about the "success" or "impact" of the foundation. Defining "success" with a vision like that of Colin's Hope: a world where children do not drown, can be a challenge...when the loss of even one child's life is too many. However, the impact on our community that Colin's Hope has had is something that can begin to be measured now, and its accomplishments are many!

Colin's Hope has become the face of drowning prevention in the Austin-area and has made a name for itself in Central Texas, statewide and even nationally. This year the foundation received the Member Agency of the Year award and the Innovative Program of the Year award from Safe Kids Austin for its drowning prevention work. Colin's Hope also co-chairs the Central Texas Water Safety Coalition Board and holds a place on the Safe Kids Austin Board. The charity's message that "drowning is preventable" can be found all over our community during swim season, including Reagan billboards, more than 80 Peel, Inc. community newsletters, radio spots and numerous local TV interviews. Colin's Hope hosts several events that are now well-known and much anticipated, including the Kids' Triathlon and the Got2Swim open water swim in Lake Austin. These events draw lots of publicity and connect the foundation with its target audience: children, their parents and the swimming community. Olympic swimmers Brendan Hansen, Garrett Weber-Gale and Kathleen Hersey continue to support Colin's Hope and,

together with Nitro Swimming, hosted a Colin's Hope Got2Swim clinic in January to both raise funds and teach children better ways to swim safely. The foundation's list of community, statewide and national partners has grown exponentially. Colin's Hope grows stronger, smarter and more influential through its partnerships with organizations like Schlitterbahn, Pool Safely, Safe Kids, the YMCA, The Expedition School, World Water Park Association and the City of Austin, just to name a few.

But there is no better way to see the impact of Colin's Hope than through its annual Water Safety Walk. In its first year in 2010, Colin's Hope distributed 5,000 water safety packets containing information on water safety and drowning prevention, including its 7 key water safety tips and a Water Guardian badge. In 2010, 50,000 packets were distributed, and the 2012 Water Safety Walk will reach 75,000 homes! Distribution of the packets has been focused in the zip codes identified as having the highest incidence of drownings in the Austin area, and, since the information was delivered, the number of drowning deaths in many of these areas has **DROPPED TO ZERO!** Now THAT feels like success...because if even one child is safe and alive today because of its efforts and the impact that Colin's Hope has made, isn't that exactly what the foundation set out to do?

Fortunately, they get to keep on doing just that...protecting children and keeping them safer in the water...through the support of the golfers, sponsors, prize donors and volunteers who generously donated time, energy and money to make the 4th Annual Colin's Hope Classic another tremendous success. Prizes were awarded for the top 3 scoring teams, as well as for longest drive, longest putt and closest to the pin, however, the real winners on this day were the children and families Colin's Hope works to protect!

The founders' son, Colin Holst, drowned in an Austin-area public pool in 2008 at the age of 4. Colin's Hope was started in his honor and, on tournament day, he was remembered time and again... as everyone agreed it was, as Colin used to say, "the best day ever!"

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Colin's Hope Upcoming Events Calendar

May-June: Water Safety Walk - Packet Stuffing and Distribution

June 14: World's Largest Swim Lesson at Schlitterbahn

June 16: Colin's Hope Got2Swim the Pure Austin Quarry

July 21: UltiFit Challenge #2 at Reveille Peak Ranch

August 30: Colin's Hope Got2Swim Lake Austin

September 16: Colin's Hope Kids Triathlon

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Folks who have been in Austin for a while are familiar with Sue Patrick's clothing emporium. She has been in the clothing business in Austin for 37 years and at her current location, 5222 Burnet Road, for the past 13 years. The store is not like any other in Austin. The merchandise includes everything from UT T-shirts to formal wear. Sue specializes in Vera Bradley and Brighton Collection handbags and carries some wonderful clothing lines including FDJ Jeans, Not Your Daughter's Jeans, Foxcroft shirts and Joseph Ribkoff. In addition to great clothing lines, you will find special candles and home fragrances and University of Texas clothing and memorabilia. This is a very popular event, so be sure to make your reservations early.

WHEN & WHERE

**Wednesday, May 16, 2012 at Green Pastures Restaurant,
811 West Live Oak Street, pre-payment \$20.00
Reservations are required.**

TIME

11:30 a.m. socializing, Luncheon begins at noon.

For Luncheon Reservations: Email:

LuncheonDirector@AustinNewcomers.com

Austin Newcomers Club is a non-profit social and recreational organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. To Join Austin Newcomers Club: Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00, membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at:

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Top Ten Tips for Improving Bad Breath

Suffering from bad breath, but not sure why? Think about drinking more water and using less mouthwash. Find out why and learn more ways to improve your breath with these top ten tips.

Call it by its fancy name, "halitosis," and it won't smell any sweeter. Bad breath is frequently a sign that you're not keeping up with your oral health. The source of this unpleasant odor is, in most cases, bacteria living on your teeth, gums or tongue. Follow these ten tips for a breath of fresh air:

Brush your choppers twice each day. Better yet, brush after every meal. If you eat lunch at work or school, keep an extra toothbrush there. Also, be sure to replace your toothbrush regularly. Every few months, swap your brush for a fresh one.

Reach between your teeth. Flossing daily helps you remove food particles from between your teeth, where your toothbrush just can't reach. Flossing also helps keep your gums healthy, preventing periodontal disease, which can also lead to bad breath. If using regular floss is difficult for you, try one of the many interdental cleaners available at drugstores.

Pick up an electric toothbrush. Along with floss, an electric toothbrush removes plaque better than a manual toothbrush.

Treat your tongue right. Bacteria can gather on the surface of your tongue, so use a soft-bristled toothbrush or a tongue scraper to clean it every time you brush.

Tap your inner teenager and chew gum. The act of chewing (sugarless!) gum stimulates the production of saliva, which naturally washes away bacteria and food particles. If you suffer from a lack of saliva due to "dry mouth," a condition sometimes caused by medication, let us know; we can help address the problem.

Don't fall for the myth of mouthwash. Most mouthwashes merely mask the smell of bad breath and don't do anything to solve the underlying problem.

Hydrate, hydrate, hydrate. Drink water regularly to keep your mouth moist, and go easy on alcohol and caffeine, both of which are dehydrating.

Turn off the tobacco. Smoking and chewing tobacco lead to bad breath. They also increase your risk of a host of serious health problems, from periodontal disease to cancer.

Take note of what you take in. Certain diets, foods and medications can affect your breath. If your problem doesn't appear to be oral, make a list of the foods you eat and medications you take. Review it with your dentist or your family doctor to assess the source of the problem.

Call in the experts. It's important to have your teeth professionally checked and cleaned twice a year. Your dentist can give your teeth a thorough cleaning that isn't possible at home, as well as check for and treat early signs of problems such as cavities or periodontal disease.

In rare cases, persistent bad breath can be a sign of a larger health problem. The American Dental Association lists possible medical sources of bad breath, including respiratory infection, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, and liver or kidney ailments. If your dentist suspects that your breath problem stems from a medical issue, he or she will recommend speaking with your family doctor immediately.

Submitted by Dr. Flury



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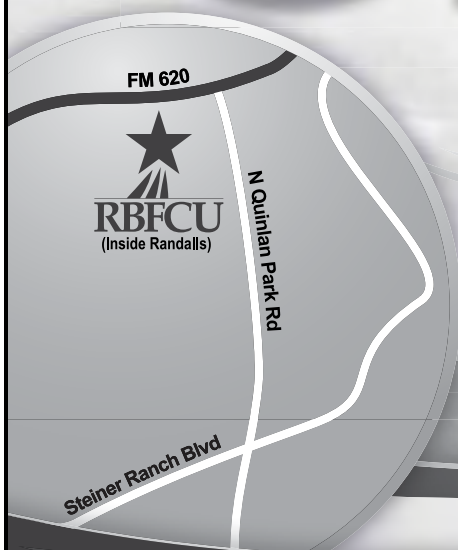
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What's Cooking with Food Allergies

Ever wonder why some packaged foods include the warning “made in a facility that processes nuts?” There’s a very good reason—some people can develop a life-threatening allergic reaction to eating tree nuts called anaphylaxis. There are a number of foods that can cause serious allergic reactions in certain people, says Thomas Smith, M.D., an allergist and immunologist for The Austin Diagnostic Clinic (ADC).

“From peanuts to dairy products to shellfish, there are several primary sources of food allergies affecting some 15 million Americans” says Dr. Smith.

A food allergy occurs when a person’s immune system mistakenly attacks a food protein. Dr. Smith says allergy symptoms can range from mild reactions like rashes, hives, itching and swelling, to severe, potentially fatal issues such as trouble breathing or loss of consciousness.

UNDERSTANDING FOOD ALLERGIES

People with food allergy almost always have clear cut symptoms when eating a particular food. They usually know the food they are allergic to, or they at least have figured out a

short list of possibilities. Either way, it’s a good idea to see an allergist to determine whether a food allergy exists and what food should be avoided. This is done by a review of a person’s history of symptoms and checking for food allergies with a skin test. It is also common for people to experience an adverse effect from a food that is not an allergy. Distinguishing this is important because adverse effects that are not allergic do not carry the same risk of severe reactions, explains Dr. Smith.

“Once we have identified the source of a food allergy, unfortunately the only way to prevent an allergic reaction is to avoid the food. There is no cure for a food allergy,” says Dr. Smith. “If you are unsure about whether a particular food is safe, it’s always a good idea to call the manufacturer for more information.”

If a person unknowingly eats a food they are allergic to, the best option is to administer epinephrine, also called adrenaline. This is the medication of choice for controlling a severe reaction. It is available by prescription as a self-injectable device called

(Continued on page 57)

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What's Cooking with Food Allergies - (Continued from page 56)

EpiPen or Twinject. Dr. Smith says patients should always have two doses available because some reactions that go away with one dose of epinephrine may return, requiring a second dose.

Parents with children with food allergies understandably are concerned when their children are at school. Virtually every state, including Texas, allows children to carry epinephrine during school with appropriate consent. Legislation passed last year in Texas, meanwhile, calls for the creation of food allergy management guidelines for schools.

PRIMARY SOURCES OF FOOD ALLERGIES

The six most common foods causing allergy in children are milk, eggs, peanuts, wheat, peas, and soy. Tree nuts, fish, and shellfish are foods commonly causing allergy in children and adults. Allergy to one food

occurs most often, while allergy to multiple foods is less likely. Here is a look at the main sources of food allergies in more detail:

Peanuts. Peanuts can trigger a severe allergic reaction depending on how sensitive a person is to peanuts, and the quantity of peanuts consumed. Peanuts may be included in food items such as chili sauce, salad dressing, pizza, peanut cooking oil, egg rolls, and even jelly beans.

Tree nuts. Tree nut allergies affect an estimated 1.8 million Americans and are among the leading causes of fatal and near-fatal reactions to foods. Common types of tree nuts causing allergies include walnuts, almonds, hazelnuts, cashews, pistachios, and Brazil nuts.

Milk. About 2.5 percent of children younger than age 3 are allergic to milk, but most children outgrow milk allergies within a few years.

Eggs. An estimated 1.5 percent of young children have an egg allergy, but experts say most children eventually outgrow it.

Wheat. Wheat allergy is one of the more common food allergies in children. Wheat can be found in many food items such as breads, cakes, breakfast cereals, pasta, crackers, soy sauce and even condiments such as ketchup.

Soy. Although soybean allergies are generally mild, soybeans are used in myriad food items including baked goods, canned tuna, cereals, crackers, infant formulas, sauces, and soups.

Seafood. Nearly 7 million people in the United States are allergic to seafood, including fish and shellfish like shrimp, crab, and lobster. Salmon, tuna, and halibut are the most common kinds of fish people are allergic to. Seafood allergy is considered

(Continued on page 58)



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What's Cooking with Food Allergies - (Continued from page 57)

a lifelong condition and about 40 percent of those with a seafood allergy first experience an allergic reaction as an adult.

BEYOND THE USUAL FOOD ALLERGY SUSPECTS

Dr. Smith says that while these seven types of food account for 90 percent of all food allergies, a person can be allergic to virtually any food.

Other potential allergy-prone foods include corn, seeds, meats, and spices such as caraway, coriander, garlic, and mustard. Allergic reactions can also occur with fresh fruits and vegetables such as apples, carrots, peaches, plums, strawberries, tomatoes, and bananas.

"Awareness of a food allergy and early treatment with epinephrine are the most important ingredients in preventing a potentially dangerous reaction," says Dr. Smith.



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A Focus on Physical Activity - Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

Any physical activity is better than no physical activity

- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness
- Most health benefits occur with at least 150 minutes a week*
- Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

For most people, additional benefits occur when

- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make

sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: <http://www.nsc.org/resources/Factsheets/hl/fitness.aspx>.



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Lake Travis Community Library offers many special programs in May! Do you have a high school student who is preparing for college? Are you ready for Mother's Day? Perhaps you know a youngster with a teddy bear or doll who wants to visit the library. Do you know how to use our digital library to borrow free eBooks and downloadable audiobooks? Are you interested in learning about your family history? It all happens at the library!

Attend a College Planning workshop at the library on Tuesday, May 8th from 6 to 7:30 p.m. Learn what it takes to find the right college fit for your student, at the lowest cost! Get the inside scoop on how to beat today's college costs, what colleges are looking for, and three simple rules for college admissions. RSVP to College InRoads at (512) 200-3626.

Hey kids, do you want to make your mother a special card for Mother's Day? If so, stop by the library on May 12th from 12 to 3 p.m. and we'll have everything you could ever need to create a homemade card! Let's do something special for your mom!

Does your child have a favorite stuffed animal or teddy bear? Bring your favorite furry friend or doll to the library for PJ Story Time on Tuesday, May 15th at 6:15 p.m. (or anytime that day), then tuck them in and say good night! Pick up your friend between 10 a.m. and 6 p.m. the next day and find out about their wild night at the library.

Download eBooks, audiobooks, music, and video anytime, anywhere - for free! You can access the LTCL's Digital Library to download media to a PC, Mac, and most mobile devices. At

the end of the lending period your media checkouts expire so there are no late fees - ever! For an introduction to the Digital Library or help troubleshooting with your device, come to the library on Tuesday, May 22nd at 7 p.m.

Musicians get together to jam ... Why not genealogists? Join us to tackle a challenge, ask a question, work on a project, enjoy refreshments, and visit. All are welcome to attend this Genealogy Jam Session - beginners, the experienced, and the "just curious" - on Thursday, May 24th at 6 p.m.

As always, please contact the library for more information about any of these events at (512) 263-2885 or www.laketralibrary.org. We look forward to seeing you at the library!

Submitted by Lake Travis Community Library Director Morgan McMillian



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Plants known as milkweeds belong to the genus *Asclepias*, named after the Greek god of healing, and those known as milkvines belong to the genus *Matelea*, but both are part of the Dogbane family.

Over 40 species of milkweeds and milkvines are native to Texas, and those most notable that are blooming this time of year in Central Texas include Antelopehorns (*Asclepias asperula*), Texas Milkweed (*Asclepias texana*), Purple Milkweed Vine (*Matelea biflora*), and Pearl Milkweed Vine (*Matelea reticulata*).

Milkweeds and milkvines are named for their milky juice, which contains alkaloids, latex, and other complex compounds, and some species are known to be toxic.

Despite this toxicity, the sap of these plants has been used in many folk remedies, including clotting of small wounds, removal of warts, and as a natural treatment for the undesirable effects of poison ivy. These plants are also an important nectar source for bees and other insects, and are a larval food source for Monarch butterflies and their relatives.

Forming low clumps 1 to 2 feet across in grassy meadows, Antelopehorns is mostly recognizable by the solitary, rounded arrangement of numerous pale yellowish-green flowers at the end of each stem, appearing from March through May. The leaves are slender and 2 to 6 inches long, often folded lengthwise along the midrib.

Texas Milkweed is a much more upright plant, reaching 6 to 18 inches high, and found on limestone outcrops, hillsides, and in dry fields. Its herbaceous leaves are elliptical and each cluster of white flowers is solitary and forms at the top of branched stems from May to July.

Both of these *Asclepias* species produce seeds in pod-shaped follicles. These seeds are arranged in overlapping rows,



Antelopehorns (photo by Sandy Smith)



Purple Milkweed Vine (photo by Joseph A. Marcus)



Texas Milkweed (photo by Joseph A. Marcus)



Pearl Milkweed Vine (photo by Joseph A. Marcus)

and have silky filament-like hairs called 'pappus' attached to them. Once the follicles ripen and dry out, they split open and the seeds are carried off by their silken hairs and dispersed by the wind.

Usually found in the chalky soils of pastures and open ground, Purple Milkweed Vine is often overlooked and missed. Its low-growing 2 foot stems radiate from a woody rootstock, and along with its opposite, triangular leaves, are covered with long, spreading hairs. From April to June, pairs of star-shaped, five-petaled, dark purple flowers rise from the base of the leaves.

A robust, twining vine growing in dry, light shade in thickets on rocky hillsides, Pearl Milkweed Vine is best known for its heart-shaped leaves and flat, green flowers $\frac{1}{2}$ to $\frac{3}{4}$ of an inch across with pearly, iridescent centers. These curious flowers have tiny white veins forming an intricate pattern on the surface of the petals, adding to their unusual look.

Milkweeds are a versatile group of plants and are now found in many butterfly gardens. Studies have shown them to re-grow faster than caterpillars can consume them, allowing the overall plant to continue to survive.

The silk or floss from their follicles have good insulation qualities, even superior to down feathers, and they are now grown commercially as a hypoallergenic filling for pillows. Even Native Americans have used the nectar from the plant as a source of sweetener, due to its high dextrose content. So, as you can see, there are multiple milkweeds with a multitude of uses!

*Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, published by Texas A&M University Press.*

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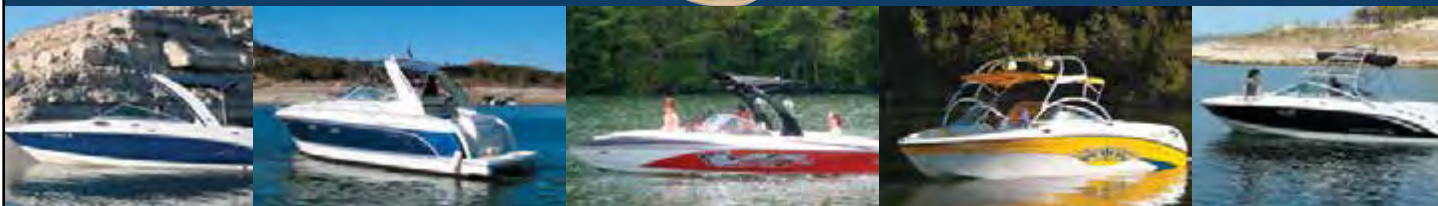
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