

RANCH RECORD

Official Newsletter for the Steiner Ranch HOA

VOLUME 6 ISSUE 6

JUNE 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

SUMMER OFFICE HOURS

Monday - Thursday 1:00pm - 5:00pm
Friday 10:00am - 5:00pm
Saturday 9:00am - 3:00pm
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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Sign up to receive the Ranch Record
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Summer Cinema!

DINNER & A MOVIE

FRIDAYS & SATURDAYS AT 6PM

MAY 25-26: MARS NEEDS MOMS

JUNE 1-2: THE GOONIES

JUNE 8-9: WALL-E

JUNE 15-16: KUNG FU PANDA 2

JUNE 22-23: THE KARATE KID

JUNE 29-30: UP

JULY 6-7: E.T.-THE EXTRA TERRESTRIAL

JULY 13-14: THE MUPPETS

JULY 20-21: RANGO

JULY 27-28: RATATOUILLE

AUG 3-4: CARS 2

AUG 10-11: DOLPHIN TALE

AUG 17-18: ADVENTURES OF TIN TIN

AUG 24-25: PUSS IN BOOTS

AUG 31/SEP 1: HAPPY FEET 2

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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 Dana Schwent of her daughter, Sophia (Stars red team, age at the time of photo is 12). It was the season that she decided that she wanted to be a swimmer and now she swims long and short course with Cedar Park Swim Team as well as Steiner Stars Red team in the summer. She is currently a 7th grader at Canyon Ridge Middle School.

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 parade celebration. Our July 2012 issue submittal deadline is June 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.

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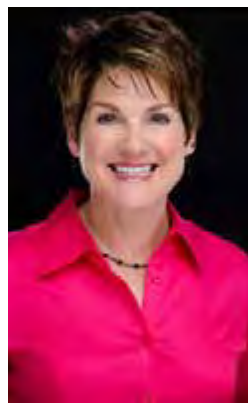
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2012 Steiner Ranch Social Events

(Dates are Tentative)

July 4.....Parade
Aug 18..... Concert in the Park
Sept 22Garage Sale
Sept 29 Ladies Night Out
OctoberPumpkin Patch
Benefiting Dell Children's Hospital
Oct 31 Halloween Event
Nov 3 Camping on the Ranch
Nov 10Holiday 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!**



PIANO INSTRUCTION

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— Source: PBS, Public School Review

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Around Steiner

Steiner Birthdays

Jan 29th - Happy belated 3rd Bday Gavin Kyle

May 13th - Olivia Baltera



Happy Birthday!

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



Stork Report



SLOANE ADELL KINARD

(pictured above)
Born February 9, 2012
7 pounds 8 ounces
20 3/4" long
Proud parents
Susan & David &
Big Brother
Gavin Kinard



In March
John & Joanna
Avera welcomed
their daughter
CHLOE DIANE
(pictured right)

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arrival of your little one to steinerranch@peelinc.com.

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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, JUNE 18TH AT 1:00 PM**

In May we'll be discussing Sarah's Key by Tatiana de Rosnay. Please contact Maureen Michel (mmichel17@att.net) for location and to RSVP. On Monday, July 18th the group will discuss The Immortal Life of Henrietta Lacks by Rebecca Skloot.

BRIDGE CLUB **JUNE 13TH & 27TH**

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 **VARIOUS DATES**

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 **THURSDAY, JUNE 21ST** **GROWING & USING HERBS**

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, JUNE 19TH**

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

Ladies Golf is a loosely organized group of golfers of all experience levels who meet to play together monthly at various courses in the Austin area. We usually play on a day that is convenient for a majority of the players. Interested golfers should email or call Lois Banning at loisbanning@gmail.com or (512) 364-6392. We will poll the ladies and about one week in advance we will arrange a course and a tee time and will advise participating players.

MEXICAN TRAIN **WEDNESDAY, JUNE 6TH**

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, JUNE 11TH AT 11:30 AM** **FLORES - 8300 NORTH FM 620**

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 **WILL NOT BE MEETING IN JUNE,** **JULY & AUGUST**

The Technology Group meets monthly resuming in September 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 is welcome. For more information, please contact Beverly France at Bevfrance@aol.com or 266-2960.

Around Steiner



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 (June 21 and July 19). Look for links to Firewise information coming soon to the new HOA website.

GREENBELT REDUCTION WORKDAYS A SUCCESS!

by Sandi Ruble

The Plateau subdivision of Steiner Ranch held a greenbelt reduction workday in April to clear dead brush, trees and vines on the McNelly Trail. The effort involved 16 homes and more than 50 volunteers. Local Realtor Chris Pena and HEB sponsored the workday by providing support, supplies and lunch. In addition, eight homes and more than a dozen volunteers along Medina River Way worked to reduce the amount of fire fuel on the trails behind their homes. They were sponsored by Realtor Gene Arant, Stoneway Builders, and Lakeside Pizza provided lunch. The Market supplied the workers with bottled water, and Randall's contributed by donating a \$50 gift card.

Homeowner Amanda Marks, who spearheaded the McNelly Trail neighbors, said, "We truly appreciate all the time and effort of our neighbors and volunteers. It was a big project, and it could only be accomplished by working together as teams."

The reduction efforts produced six dumpsters of debris. The Steiner Ranch HOA arranged for the dumpsters for the Saturday workday. Neighbors came together and worked with the Firewise Committee to determine the area to be cleaned as specified in the HOA guidelines.

Homeowner Kim Gordon said, "We were glad to find out about the Greenbelt Fuel Reduction Workday sponsored by the Firewise committee. Following the fires last year, the neighbors on Medina River Way had discussed clearing firebreaks behind homes, but we stumbled over the disposal issue. When we heard that we could get



some assistance from the HOA in conjunction with the bulky item pick-days, and that the \$500 deposit required by the HOA would be waived, we got started organizing. On the day of the clean-up we had help from our neighbors, and several great kids from VHS. We had quite a bit of scorched underbrush and some cedars that still needed to be cleared after the fire, and with everyone's help, we were able to get it done in one day."

The Firewise Committee would like to encourage subdivisions to begin organizing and selecting a date to clean areas in the greenbelts.

As soon as a group is formed, simply contact the Firewise Committee at SRFirewise@gmail.com, and a representative will meet with your group and help you to coordinate your workday and file the necessary paperwork. By everyone working together, we can reduce to amount of fire fuel and make our neighborhood a safer place.

The HOA recently purchased red flags to post on the community bulletin board located on Quinlan Park to alert residents to High Fire Danger days. If the red flag is flying, residents should check your evacuation plan and supplies. Another way families can work to make our neighborhood Firewise is by creating a Ready, Set, Go! plan for your household. Brochures containing information about the Ready, Set, Go! program can be obtained from the HOA office or can be downloaded from www.wildlandfireRSG.org. This program enables your family to be more prepared in the event of an evacuation.



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Around Steiner

Girl Scout Troop 403

*Submitted by Tina Beamer,
Girl Scout Troop 403 Leader*

The first full week in May is National Children's Mental Health Awareness Week. This week is dedicated to increasing public awareness about the triumphs and challenges in children's mental health and emphasizing the importance of family and youth involvement in the children's mental health movement! May 9th is Children's Mental Health Awareness Day, and schools and businesses around Austin wore Green Ribbons to spread the word about awareness. Girl Scout Troop 403 (including ten 5th graders girls from all three Steiner Ranch Elementary schools) participated in a project to make the ribbons. Carmen Bliss and Tegan Henke from DSHS (Dept. of State Health Services) attended a meeting with the troop in April to discuss with them the importance of Children's Mental Health Awareness Day and thank them for their community involvement!



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Around Steiner

Newcomer Orientation

WELCOME NEW RESIDENTS OF STEINER RANCH!

If you have recently purchased a home here, you will receive an invitation to the Newcomer Orientation held on Thursday, June 7th at 7:00pm in the Towne Square Community Center at 12550 Country Trails Lane. You will have the opportunity to become better acquainted with your new community, as well as with other new homeowners. A brief presentation will be given on Steiner Ranch, the organization of the homeowners associations, the homeowner committees, the assessment rates community rules and regulations and future development plans for Steiner Ranch. Light refreshments will be served.

Not able to attend?

The next Newcomer Orientation is scheduled for Sept. 6, 2012.

Have you lived here a while & never attended an orientation?

Do you want to know more about Steiner Ranch?

We would love to have you come and join us.

Please RSVP to 266-7553 or to
Donan Grant at donan@steinerranchhoa.org.

BCP Hike & Lecture Series

"Each year, members who make up the Balcones Canyonlands Preserve hold a "Hike and Lecture Series", which is a chain of event from April through November. Throughout this time period, there is at least one event each month. Every event is held at a different location and covers a different topic. For more information on this year's Hike and Lecture Series, be sure to visit the link below; each event is listed on the website about a month in advance."

http://www.eventbrite.com/rss/user_list_events/27254447951

Summer Camps in Steiner

SUMMER CAMPS ARE HERE!

It may be too late to get in the camp you want!

*Look for registration forms & 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



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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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Annual 4th of July Parade

The Annual Steiner Ranch 4th of July Children's Parade will be held on Wednesday morning, July 4th at 9:00am at the John Simpson Community Center, 3506 John Simpson Trail, hosted by the Steiner Ranch Mom's & Tot's Group.

All neighborhood children are invited to decorate their bikes, wagons, scooters, and other modes of transportation in a patriotic theme to celebrate this nation's Independence Day. The Parade will start and end at the John Simpson Park. We will be providing a DJ, fun games, local vendor displays, a watery slide and a bouncy house, Face Painting and serving Ice Cream provided by Cups and Cones at the end of the Parade. So be sure to be prepared to get WET! All participants are welcome to stay after the event for swimming at the JS pool and toddler splash pad.


Want to get together to decorate your ride of choice?

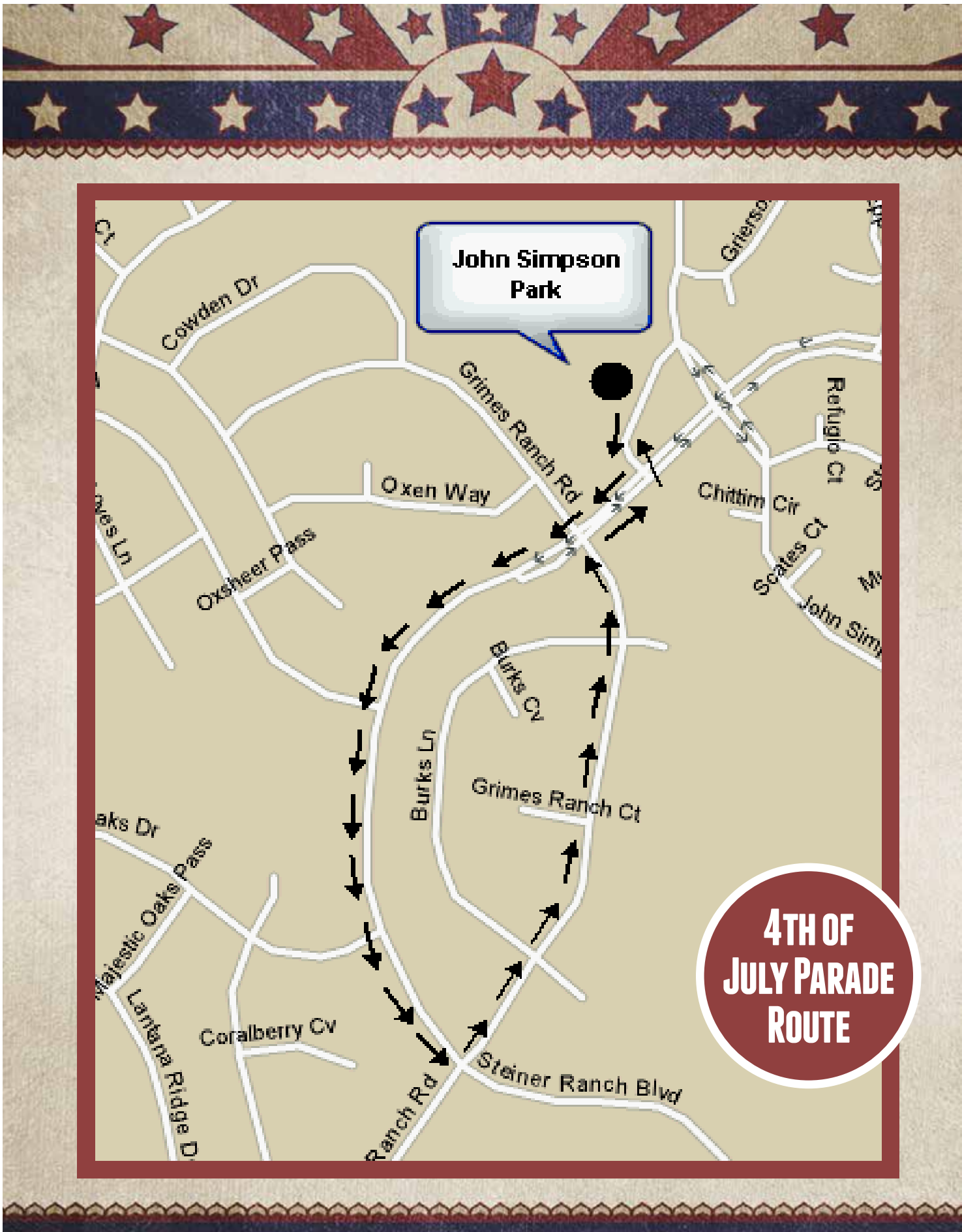
Get Ready For the 4th--sponsored by Steiner Moms & Tots
Monday, July 2, 2012, 4:00 PM at John Simpson Park

Come decorate your bikes, wagons, and strollers for the 4th of July parade. We'll have streamers, stickers and other decor as well as a patriotic snack and drinks for the kids. Please bring your "parade wheels" and any other supplies and decor that will make them pretty and patriotic! Some good options include pinwheels, string and metal cans, streamers and balloons.

Register for the decorating event at:
<http://decoratetheparade.eventbrite.com>

*Anyone interested in Sponsoring can contact
Sharon Adams, Community Coordinator at
sharon@steinerranchhoa.org or 512-266-7553.*







The summer movie series kicks off at sunset with Puss in Boots on June 16th. The series continues on July 21st with Hugo and finishes up the summer with the movie Zookeeper on August 11th. The June movie will be at the Bella Mar Community Center while the July and August movies will be at Towne Square. Enjoy these movies on Reel Big Screens huge 2 story outdoor movie screen under the Steiner Ranch stars! Expect the best spots to go early, so come out and get your blankets and chairs set before sun goes down. So that everyone can see, we ask that chairs be set to the outside and blankets to the middle.

This Free Movie Series is being offered to the Steiner Ranch Community by the generous support of these local sponsors: Brandy Finnessey of RE/MAX1, School in the Hills, Gerald McChesney of Mortgage Mentors, Dr. Scott Monts of Lonestar Endodontics, TLC Home Inspections, Heavenly Care Moving Services, and Reel Big Screens Outdoor Entertainment.

The Vandegrift Viper Lacrosse Team will be selling drinks and snacks with all proceeds going to The Viper Lacrosse Association a 501c3, to help pay for fields, equipment, referees, coaching, and scholarships. Support your local Vandegrift Vipers! The movies will start just after dusk, but if you come out early you can enter to win an iPad at each one of these movie events. That's right an iPad will be given away at each one of this summers movies. No Purchase is Necessary!

*Bring the kids & bring the neighbors
for a fun & relaxing evening!*

Annual Steiner Ranch CONCERT IN THE PARK

SATURDAY, AUGUST 18TH

WWW.STEINERRANCHCONCERTS.COM

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.

*Interested in becoming a vendor or Sponsor?
Go to the website and sign up!*

All proceeds from this event will go to the Firewise Committee to purchase trees for the burned out areas of Steiner Ranch. Donations can be made online or at the event! Raffle tickets will be on sale now at the HOA office and at the event at the Firewise Tent for \$5 each to win an IPAD.

LOGO DESIGN CONTEST

for the Steiner Ranch Concert in the Park 2012

Interested in designing the new logo for this year's concert event? Winner will receive a \$100 gift card and have their name (or business name) on the www.steinerranchconcerts.com website and marketing material as a contributing sponsor for the event. The winning logo will be prominently displayed on concert website, Facebook site, concert T-Shirts, Newspapers, and other print advertising. Entries can be submitted in JPG format for judging but the winning entry will need to be delivered in a vector based format.

Please submit all entries to kimberly@lahapro.com and sharon@steinerranchhoa.org no later than June 22, 2012.



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Around Steiner

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Ladies Night Steiner Ranch 2012

Ladies Night Steiner Ranch, Sept. 29, 2012 is an event that honors Women and their achievements. This is a fun event with women owned businesses that cater to your everyday needs. Come join us for wine, music, a raffle of fabulous items, and you don't need to be present to win! The proceeds from this event are donated to Safe Place, our local domestic violence shelter. Because of your generous contributions making this event a success in its first year, 2011, we were able to donate \$1,600.00 to Safe Place.

Domestic violence can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or who are dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

Please email mmcgugan1@live.com if you are interested in sponsoring a table for this event.

HELP STOP DOMESTIC VIOLENCE.

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Steiner Ranch Social Committee*

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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.

JUNE 12TH - SOLAR PANEL EDUCATION WORKSHOP

This workshop will cover the economics of the solar energy industry; review a real business case study for a home in Austin; and explore the design considerations that influence the cost and production of a solar energy system. Come learn about the problems that some of the solar manufacturers are facing and the opportunity that it's creating today for homeowners, business owners, and not-for-profit entities. Understand the available options and become familiar with which factors can affect solar design, how these affect the business case and what numbers might be reasonable for Austin.

7:00pm TSCC - RSVP: 917-620-6439 or lionel@circularenergy.com

JUNE 14TH - HOME OFFICE SANITY

How to turn your Piles of Clutter into Organized Files. Is your filing system a bunch of piles of paper all over the desk... and stacks on the floor? Do you know that your lack of organization is costing you money and precious free time? Learn the 3 things you can do right away to make your home office an organized oasis. Find the information you're looking for in 30 seconds or less. Less time wasted will mean less stress and more productivity for you.

6:30pm TSCC - To RSVP, please contact Karin Flagg by phone (512) 585-8424 or email: Karin@OrganizeWithPurpose.com RSVP: 512-585-8424 or Karin@OrganizeWithPurpose.com

JUNE 19TH - WOMEN'S SOCIAL AND 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

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

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2012 Dates

January 26

March 22

May 24

September 27

October 25

Pool & Swimming News

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.*

New Pool Procedures

Due to the high demand and use of the Steiner Ranch pools, this year you will see gate monitors during various times and days at all three pools. Their job will be to check that only HOA members in good standing and no more than four of their guest are entering the gates of the pools. If you have reserved a pavilion, they will check in your guest and give them a wristband. This will help the gate monitors and the guards identify your guest.

WHAT DOES THIS MEAN TO YOU?

- Make sure you take your key fob with you to the pool. Gate monitors will not allow you to enter the pool without it.
- Make sure you are in good standing with the HOA. Good standing means you have no outstanding HOA fees, no outstanding violations and, if you are a tenant, you are registered.
- Do not bring more than four guests to the pool. (Unless you have a reservation)
- No one under 14 will be allowed to enter without an adult 18 years old or older.

WHY GATE MONITORS?

- Our main reason for the gate monitors is for the safety of our patrons. Too many people that are not residents of Steiner Ranch have had easy access to the pools when gates are left open.
- To help prevent “accidents” in the pools. Contamination of the pools cost thousands of dollars each year. Gate monitors will be able to inform parents of young children the rules regarding diapers.

We hope that the addition of the gate monitors will help provide a safe and fun environment for you when enjoying the Steiner Ranch Pools.

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.

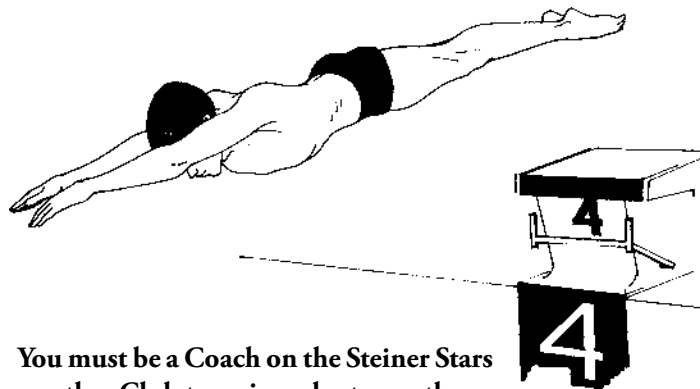
ALL OTHER COMMUNITY POOLS

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.



DIVE BLOCKS AT THE BELLA MAR POOL ARE FOR SWIM TEAM USE ONLY.



You must be a Coach on the Steiner Stars or other Club team in order to use them. Please do not allow your children to use or take off covers at any time! Thank you!

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Pool & Swimming News

Star's Swimming Season is Underway!

As a reminder to residents, 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.



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

Red Team: Tuesday through Friday7:30am to 12:30pm

Blue Team: Monday through 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*

**To reduce the impact on Bella Mar residents, the Stars will provide a parking shuttle service from River Ridge Elementary school for these two meets with large visiting teams.*

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

7:30am – 8:30am..... 5 year-olds

8:30am – 9:30am..... 6 year-olds

9:30am – 10:30am..... 7 year-olds

10:30am – 11:30am..... 8 year-olds

11:30am – 12:30pm 9+ year olds

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!

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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

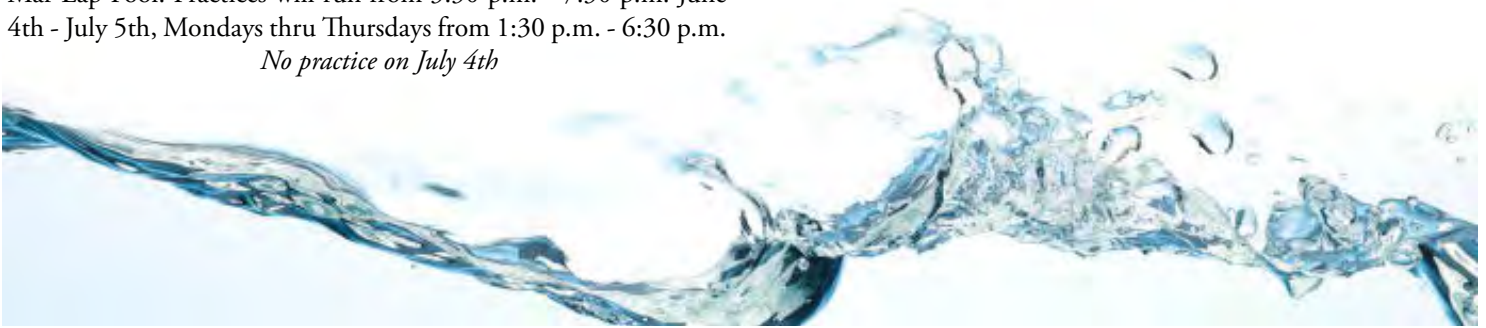
May 8th – May 31st, Tuesdays and Thursdays ONLY at Bella Mar Lap Pool. Practices will run from 3:30 p.m. - 7:30 p.m. June 4th - July 5th, Mondays thru Thursdays from 1:30 p.m. - 6:30 p.m.
No practice on July 4th

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)



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Pool & Swimming News

2012 Steiner Stars Summer Pool Usage Schedule (view color version online)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	6-May	7-May	8-May	9-May	10-May	11-May	12-May
AM							
PM		Bella Mar: 3:30-7:30 PM					
2	13-May	14-May	15-May	16-May	17-May	18-May	19-May
AM							
PM		Bella Mar: 3:30-7:30 PM					
3	20-May	21-May	22-May	23-May	24-May	25-May	26-May
AM							
PM		Bella Mar: 3:30-7:30 PM					
4	27-May	28-May	29-May	30-May	31-May	1-Jun	2-Jun
AM		MEMORIAL DAY					
PM			Bella Mar: 3:30-7:30 PM				
5	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun
AM			Bella Mar: 7:30am-12:30pm				Home Meet
PM		Bella Mar: 1:30-6:30pm					Bella Mar
6	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun
AM			Bella Mar: 7:30am-12:30pm				
PM		Bella Mar: 1:30-6:30pm					
7	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun
AM			Bella Mar: 7:30am-12:30pm		Star Wars		Home Meet
PM		Bella Mar: 1:30-6:30pm		3:30 - 10p			Bella Mar
8	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun
AM			BMCC: 7:30a-12:30p				Home Meet
PM		Bella Mar: 1:30-6:30pm					Bella Mar
9	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul
AM			Bella Mar:	July	7:30am-12:30pm		Home Meet
PM		Bella Mar: 1:30-6:30pm		4th			Bella Mar
10	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul
AM		Blue Party	John Simpson: 7:30 AM - 12:30 PM				
PM		TS 4-8 PM	Red Party 4-8				
11	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul
AM			John Simpson: 7:30 AM - 12:30 PM				
PM							
12	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul
AM			John Simpson: 7:30 AM - 12:30 PM				
PM							
13	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug
AM			John Simpson: 7:30 AM - 12:30 PM				
PM							
14	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug
AM							
PM							

After school practice schedule
Bella Mar facility
3:30 PM - 7:30 PM
Alternate red/blue teams
NO open lap swim lanes

RED team - morning practice
Bella Mar facility
7:30 am - 12:30 pm
NO open lap swim lanes

BLUE team - afternoon practice
Bella Mar facility
1:30 pm - 6:30 pm
ONE open lap swim lane
(5:30 - 6:30 upon request)

Shooting Stars
John Simpson Facility
7:30 am - 12:30 pm

No Stars Practice - holiday

Home Meets at Bella Mar

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Pool & Swimming News

VIPER SWIM CAMP (BOYS & GIRLS)

Register at www.leanderisd.org
Contact Holly Raffaeli at 512-944-5531
or holly.raffaeli@leanderisd.org

The Vandegrift Swim Team already has numerous traditions and success, so come get to know the Vandegrift Swim coaches while gaining more swimming experience. All swimmers must already know all 4 strokes legally to attend. This camp will take each swimmer through each stroke and finesse their technique. At the same time, the swimmer will get to experience why swimming for Vandegrift is fun, motivating and filled with pride. Spots are limited so act fast to be a part of a great VIPER experience!

- **Bella Mar in Steiner Ranch**
- **Requirements - Bring water, a towel, swimsuit, goggles and a cap. Swim equipment will be provided**
- **\$90**
- **July 9-12 from 8am-10am**
- **Grades: Middle School - 9th Grade**



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.*

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Water Aerobics

If you want to get into an exercise program, but cannot get motivated, or the pavement plays havoc on your knees, legs or hips, or you just don't want to exercise in the workout room by yourself, try *Water Aerobics*. Water aerobic classes will again be offered this Spring/Summer @ Towne Square Pool. Classes began in May, but you can register anytime.

THE SCHEDULE WILL BE AS FOLLOWS:

Mon/Wed @ 6:45 pm

Tues/Thurs @ 9:00 am

8 classes/month @ \$45

4 classes/month @ \$25

Unlimited monthly @ \$75

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

SOME OF THE BENEFITS OF WATER AEROBICS FITNESS PROGRAM ARE:

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

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

For more information, call 266-4780 or email askennedy@austin.rr.com.

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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From the Association Office

Fireworks/Firecrackers Prohibited

STEINER RANCH FIREWORKS POLICY

The Steiner Ranch Master Association (SRMA) and the Steiner Ranch Residential Owners Association (SRROA) have heard from an increasing number of homeowners concerning fireworks and firecrackers in Steiner Ranch. All homeowners are reminded that Section 2.14 of the Steiner Ranch Master Association Development Area Declaration and Section 3.13 of the Steiner Ranch Residential Owners Association Covenants, Conditions & Restrictions (CC&R's) titled Hazardous Activities SPECIFICALLY forbid fireworks within Steiner Ranch, unless prior written board approval has been granted for professional pyrotechnic shows meeting all mandated safety requirements.

THERE ARE A NUMBER OF REASONS FOR THIS PROHIBITION:

- The usage of increasingly powerful fireworks places homes at serious risk of fire.
- The topography and green space of Steiner Ranch is conducive to major fires.
- Federal rules regarding management of the BCCP (which borders Steiner Ranch) impose significant restrictions on activities that may affect the wildlife therein. Serious penalties for their violation can be imposed by federal officials.
- Homeowners are entitled to the peaceable enjoyment of their property.

Fireworks and firecrackers are and will remain prohibited in Steiner Ranch for the reasons above. Your Board has authorized a warning for the first violation and a \$250 fine for the second violation of Section 2.14 and/or Section 3.13. Violations, once finalized after appeal, are permanent; repeat violations are subject to a \$500 fine. Professional patrols are in place to assist with the implementation of this policy.

Your Board reminds all homeowners that each of us has the ability and the responsibility to enforce the CC&Rs of Steiner Ranch whenever we feel that a violation is occurring. In the matter of fireworks and firecrackers, please contact the Association Office, at (512) 266-7553 as soon as possible during or immediately following an occurrence. Physical and/or photographic evidence is very helpful in substantiating a violation.

Should you have any questions or comments on this policy, please contact the Compliance Coordinator at the Association Office at (512) 266-7553.

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.

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.



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JUNE 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 5th Grade Graduation Parties: 11am – 4pm Laura Welch Bush 5th Grade Party (TSCC) 11am – 4pm Steiner Ranch 5th grade Party (BMCC) 11am – 4pm – River Ridge 5th Grade Party (JSCC)	2
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 6:30pm – Facilities Committee Meeting (TSCC)	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	11 11:30am YAH- ROMEO @ Flores 6:30pm – FREE Yoga (TSCC)	12 9:30am – Social Committee Meeting (Cups & Cones) 7:00pm – Solar Panel Education Workshop (TSCC)	13 YAH Bridge Club	14 6:30pm – Home Office Sanity (TSCC)	15 7:00pm – YAH Wine Social	16 8:30pm – Movies in the Park Series – Puss N Boots (BM Fields)
17 	18 1:00pm – YAH Book Club 6:30pm – FREE Yoga (TSCC)	19 YAH Ladies Lunching Out 7:00pm – Women's Social & Pampering Night (TSCC)	20	21 YAH Garden Club 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 YAH Bridge Club 3:30pm – SRMA Board of Directors Meeting (Location TBD)	28 6:00pm – SRROA Board of Directors Meeting (TSCC)	29	30 5:00am – 1:00pm – Steiner Stars Red Team Home Meet (BM Facility Closed)





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JULY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1	2 4:00pm – Decorate your Ride! (JS Park)	3	4 9:00am – 4th of July Parade (JS Park) HOA office Close	5	6	7 5:00am – 2:00pm – Steiner Stars Blue Team Home Meet (BM Facility Closed)
8	9 8am – 10am – Viper Swim Camp (BM Lap Pool) 6:00pm – Blue Team End of Season Party (TS Field) 6:30pm – FREE Yoga (TSCC)	10 8am – 10am – Viper Swim Camp (BM Lap Pool) 9:30am – Social Committee Meeting (Cups & Cones) 6:00pm – Red Team End of Season Party (TS Field)	11 8am – 10am – Viper Swim Camp (BM Lap Pool) 1:00pm – YAH Mexican Train	12 8am – 10am – Viper Swim Camp (BM Lap Pool)	13	14
 15	16 6:30pm – FREE Yoga (TSCC)	17 6:30pm – Is your Master Closet a Master Disaster (TSCC)	18	19	20	21
22	23 1:30pm – YAH Book Club 6:30pm – FREE Yoga (TSCC)	24 6:30pm – WellNess Workshop (TSCC)	25 3:30pm – SRMA Board of Directors Meeting (TSCC)	26 6:00pm – SRROA Board of Directors Meeting (TSCC)	27	28
 29	30 6:30pm – FREE Yoga (TSCC)	31				

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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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June 11-15

contact: 512-313-4502

Boys & Girls Volleyball

June 11-15 & July 16-20

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For up to the date information
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GUIDE TO THE FOUR POINTS AREA Move to Steiner Ranch recently? We've compiled all the contractors, restaurants, doctors, places to have birthday parties, spas, pet services, gyms, movie theaters, and more. Visit www.fourpointsguide.com for your guide to the area.

LET'S KEEP YOUR CHILD LEARNING THIS SUMMER! Miss Norma's Private Tutoring for Pre-K through 3rd grade. Certified teacher with over 20 years experience, specializing in Language Arts and E.S.L. Email me today to schedule your first lesson for free: normagossett@gmail.com References available

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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.

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Business Section

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.

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.



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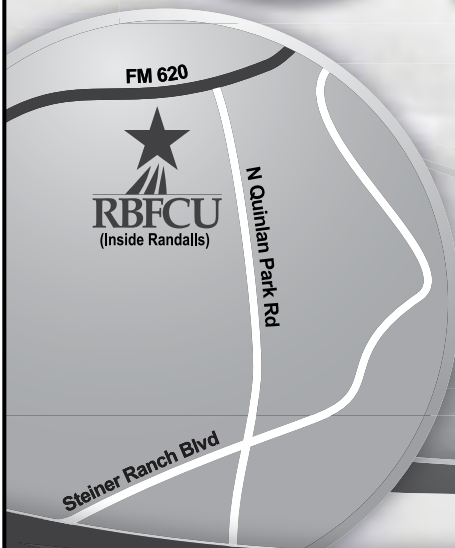
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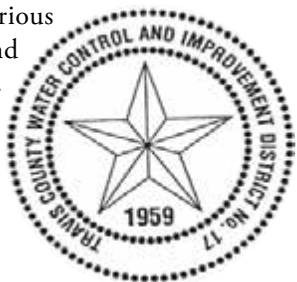


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News You Can Use

WCID 17 RESIDENTS NOTICE OF WASTEWATER PUMP PROBLEMS

Travis County Water District No. 17 has been experiencing ongoing problems with wastewater pumps clogging with rags. Please do not flush any type rag, swiffer sheet, mophead, **dust cloth, baby/sanitary wipe, or other trash which does not dissolve down the commode.** These items can cause serious damage to the lift station pumps and unnecessary sewer backups could occur. If applicable, please advise your cleaning service(s) NOT to do so as well. Please consider this subject for neighborhood meeting discussion. Your assistance and action is of utmost importance.



Thank you for your assistance.

WCID 17 CONTACTS

Gary Bennett, 512.801.2422 | Henry Marley, 512.748.2868

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Recipe of the Month

LEEK RISOTTO

by the Four Points Foodie

INGREDIENTS

- 2 T olive oil
- 2 leeks, greens trimmed, cut in half, rinsed & sliced
- 1 C Arborio rice
- 4 C chicken stock
- 1/2 C cream
- 1/3 C Parmesan, grated
- salt and pepper to taste

DIRECTIONS

Heat the chicken stock in a small pot over medium heat. I removed the fibrous green tops from the leeks and cut them in half which makes it easier to clean the sand and grit away. Pat dry and slice thinly. In a sauté pan, add olive oil and sliced leeks and cook over medium heat until the leeks are tender.

Remove to a small bowl and set aside. In the same pan, sauté the Arborio rice for a few minutes. When most of the rice has become white, add your first ladle of simmering chicken stock, stirring frequently until almost all of the broth has been absorbed.

Then add another ladle of broth, and keep stirring. Do this until all the chicken stock is gone. Remove rice from heat and add in cream and Parmesan, stirring well. Add the leeks back into the rice and this is where I added sliced cooked chicken into the risotto. Season with salt and pepper and serve. This made 2 large servings which was perfect for a meal!

Enjoy!



THE DEDICATED RUNNER

Submitted by, Steve Bernhardt

Over the past few years the topic of proper running form has been widely discussed in running books, online forums, coaching blogs, magazine articles, and training classes. From these conversations the running community at-large has come to a consensus that there are best practices for runner's to follow when running that optimize speed, efficiency, and reduce the probability of injury. The term commonly used today to highlight this emphasis on proper running technique is Good Form Running.

Here are four key components of Good Form Running that you should incorporate into your running technique, particularly if you are interested in enhancing your performance or have been battling some of the more common running related injuries.

1. POSTURE

Head level, eyes forward. Upper body and arms relaxed, loose hands. Compact arm swing, not crossing the mid-line of the body.

2. MID-FOOT STRIKE

Land the lead foot directly under the hip, striking mid-foot not heel first.

3. TURNOVER

Research has shown that the optimum cadence is 180 foot strikes per minute. The faster turnover promotes a shorter, quicker stride and a more efficient mid-foot landing.

4. SLIGHT LEAN

Lean forward at the ankles not the hips, use gravity to pull you forward.

Making adjustments to your running form can take time as muscle memory requires focused attention and repetition to rewire. With a moderate level of dedication and consistency you can make significant improvements in your running form that will result in a more productive and enjoyable running experience.



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TUESDAY

- ★ Pint Specials– \$2.50 Uncle Billy's House Pints
\$3.50 Brewer's Choice Pints
- \$15 To-Go Growlers (\$10 Refills)

WEDNESDAY

- ★ Rib Night – \$1 Per Pork Rib
- Happy Hour (3 - 7pm) – Uncle Billy's Beer Specials
- \$6.50 Redstag or Bulleit Bourbon Cocktails

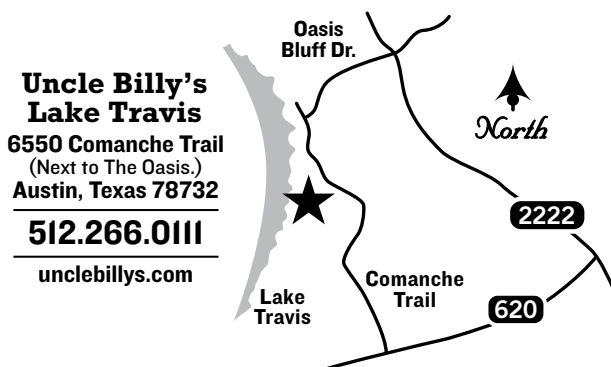
THURSDAY

- ★ Sangria & Sunsets – Special On Glasses & Pitchers
- Happy Hour (3 - 7pm) – Uncle Billy's Beer Specials

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Fuel your Child's Creativity Quotient

Submitted by Sugandha Jain

The impact of a high creativity quotient (CQ) is evident even among the top management in business. Results from 2010 IBM Global CEO study reveal that highly effective CEO's place the greatest emphasis on creative leadership. In order to achieve top results, CEO's are not fearful of experimenting. These CEO's lead the new generation by continually thinking of new ways and fresh approaches.

However, the sad reality is that creativity scores have been decreasing in children since 1990. In their book, *The Creativity Crisis: New Thinking about children*, authors Po Bronson and Ashley Merryman, cite evidence on how creative quotient in children has plummeted.

As parents, we have to ask ourselves some tough questions. Is our education system so hyper-focused on testing that we are squeezing out the innate creativity of our children? Are we pushing our children so hard that we are leaving no room for creativity? What can we do to turn things around?

The good news is that creativity can be nurtured and learned. Exposing children to a creative environment can assist in enhancing their CQ. Creativity training actually changes brain function. It creates new neurons in key parts of the brain and builds new connections between these neurons.

So, what is the recipe for sparking creativity in children? The right amount of sleep, nutrition and avoiding pessimism can work wonders. Positive thinking is so powerful that it can attract unimaginable successful results in a person's life. Teaching children to trust themselves is a vital ingredient as creativity comes from trusting your instincts.

Asking 'What if' questions to your children can increase their CQ. Leo Burnett says that curiosity about life in all of its aspects is the secret of great creative people. Solving open-ended problems also nurtures creativity. Parents and children who work together to solve challenging problems gain understanding on mastering uncomfortable feelings that these problems present. Families that create together stay together!

*Sugandha Jain is a Master Registered Texas Trainer
and Director of Accreditation at a local preschool*



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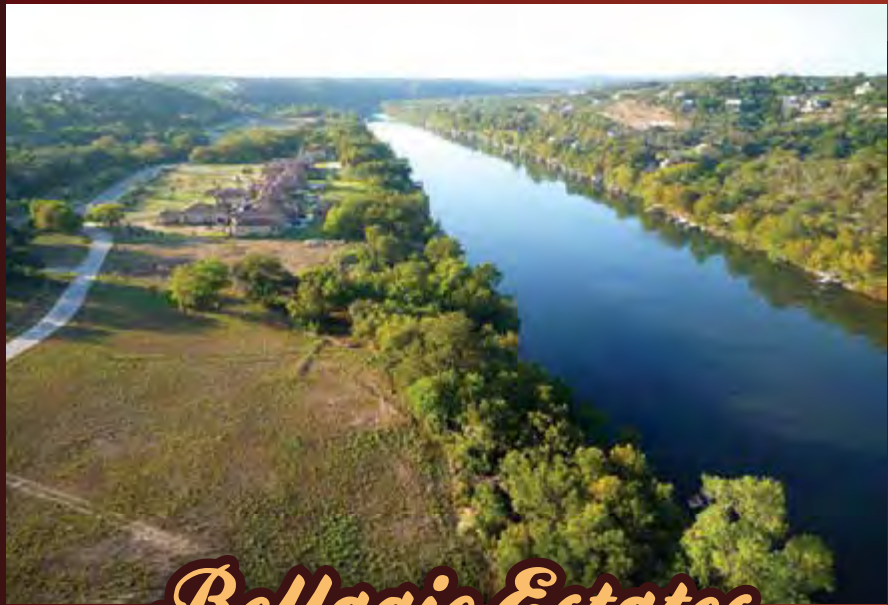
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ABLE MISSION TRIP TO GHANA, AFRICA

By Gayle Morris, Treasurer ABLE, Austin Chapter

On February 23, 2012 eighteen ABLE volunteers from Texas and Kentucky traveled to Ghana, Africa to continue ABLE's mission of assisting better living everywhere. Among the group were Steiner Ranch residents Gayle Morris, Erin Newman and Adam Newman who is in the sixth grade at Canyon Ridge Middle School. Bettering the lives of children has always been a priority of ABLE and on this trip, two schools in the villages of Abaasa and Assasan were identified as having great need.

At Abaasa, volunteers and local students painted an existing six room school block inside an out. The structure had been built by another foundation and when funding ran out, progress stopped. ABLE provided the funds to hire masons to finish the outside plaster work and to also finish cementing the floors in the last two rooms that were being used as classrooms despite their dirt floors. Erosion is a big problem in Africa during the rainy season and the back portion of this school building was in danger of losing its foundation. Funds raised at Canyon Ridge Middle school's hat day, along with

another generous donation, were used to pour a cement porch to stop future erosion and maintain the integrity of the building. Thank you CRMS!

In the village of Assasan, ABLE volunteers worked at a private school operated by Christ the King Catholic church. At this school, 150 kindergarten students were crammed in to an administration room much too small to accommodate such a large number of children. ABLE sent money in advance and hired local masons to begin work on the new structure. When the volunteers arrived, the shell of the school was complete and throughout the week volunteers shoveled cement to help finish mortar work in preparation for painting while the local craftsmen put on the new roof. At this site, ABLE volunteers and the school children also painted the outside of one of the existing school buildings, picked up trash, and administered 125 fluoride treatments to the children. As ABLE said goodbye at the end of the week, the fresh paint was still drying on their new home for

the kindergarten students!

Another big priority of ABLE is to provide basic medical care for the local people, as most are unable to afford the cost of a trip to the city to see a doctor or the cost of the medication and treatment. Two doctors, one pediatrician and one pediatric nurse practitioner were a part of the ABLE medical team. These four professionals diagnosed and treated many infections and disease processes including stomach ailments due to unclean water. They provided neonatal kits for expectant mothers, provided vitamins for the children, and provided blood pressure screenings for the adults and much more.

Each volunteer was asked to bring one, fifty pound bag of donated supplies to be left with the African people. Supporters in Texas, Colorado and Kentucky were so generous! ABLE brought more than 200 pairs of new and used shoes, 200 pounds of clothing, school supplies including 200 boxes of crayons and 100 pencils, toys, medicines and medical supplies, tooth brushes and toothpaste and so much more. Shoes are always the greatest need wherever ABLE travels and our biggest regret is not being able to bring more to give away.

While in Ghana, the ABLE volunteers were treated to three evenings of local entertainment provided by the villagers including singing, dancing, folk performances and traditional African drum music as a way for locals to show their appreciation and gratitude. Locals also gave ABLE volunteers many opportunities to practice the African dancing, providing a good source of laughter. Volunteers visited the towns' chiefs and experienced firsthand some of their centuries old traditions. Many friendships were made and memories to last a lifetime.

(Continued on Page 47)



ABLE Mission Trip

(Continued from Page 46)

ABLE, Assisting Better Living Everywhere is a charitable corporation with 501(c) (3) exemption to the IRS code. It was started in 2009 with the goal to help others around the world by restoring, by the grace of God, people's spirit, confidence and belief in their own abilities by the help we provide. ABLE encourage locals to work side by side with ABLE volunteers to help improve their community and build pride. ABLE is unique in that the organization is completely run by volunteers allowing administration costs to remain minimal.



If you would like to know more about this trip to Ghana, Africa or the many ABLE project underway both locally and internationally, please visit our website at: www.ablemission.org or you can contact Erin Newman, president of the Austin Chapter of ABLE at Austin@ablemission.org.

Financial Focus - Occupy Your Wallet

Submitted by Rich Keith

People often ask, "What things can we do keep our financial stability during financially volatile times such as these?" There are defensive strategies which anyone can employ regardless of their financial position. The answer, fortunately, has remained the same over many years. We have heard the importance of saving heavily and keeping debt low. But what about investing in your career, planning for a global financial tumble, or how about staying with your bank or leaving it behind? These practical questions are important in today's world.

First, the basics. Make sure you have an "emergency fund" of at least \$1,000 to cover a home or car repair. More is better: an amount equal to six months of expenses is best. Save at least 20% of what you make; this keeps you from using credit. While we're on the subject of credit, let's look at how much you're spending on servicing your debt. Are you carrying a credit card balance at 18 percent? Pay it down quickly because that's like getting an 18 percent risk-free return on your money. "If I could make 18 percent, I'd do it right now!" I've heard before. To further improve your cash flow, elect high deductibles on your car and home insurance. Basic family protection includes making sure you have your wills and powers of attorney in place and buy inexpensive term life insurance to cover your loved ones in the event the main wage earner dies prematurely. "Buy term life insurance,

it's the right product for families," says noted financial whiz Suze Orman.

If anyone believes that our current low inflation rates will not increase dramatically as a result of the largest printing of money in the history of the world, then they are simply not paying attention. Prices will rise. Taxes will rise. Loans will become much more expensive. There is a trend in America toward renting more and more, from homes to party gowns, known as the "Rentership Society." Having a big home loan straps you down and won't let you easily leave for greener pastures. But renters can quickly move to the place where jobs are. In fact there are studies which have linked chronic unemployment to home ownership. Run the numbers, and then consider renting your next home.

Next, invest in yourself. Your income is your "financial engine." Protect it by making sure you will keep working no matter what happens to your investments. Read, read, read. Be

vigilant about finding the areas of specialization where the world is heading and learn about them. Take someone to lunch who does what interests you and find out how they like it, and if a degree is required. Don't automatically opt for an advanced degree, especially from the new breed of for-profit career schools. These schools often are expensive, and students incur debt at a higher rate than students at public or nonprofit private schools.

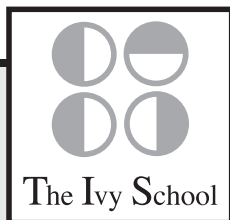
Feel good while you are saving. Your big bank is not your friend. Historically low CD rates, high fees, combined with draconian lending policies, are driving millions of people away from the big banks and toward credit unions, as well as safer investments. Former IMF chief economist Simon Johnson's book, "13 Bankers: The Wall Street Takeover and the Next Financial Meltdown," reveals how a "cabal of big banks gambled with our money, wrecked the economy, and then accepted huge taxpayer bailouts, all the while paying out gigantic bonuses and fighting financial reform," Johnson says. His answer is to remove your money from the six biggest banks: Bank of America, JP Morgan Chase, Citigroup, Wells Fargo, Goldman Sachs, and Morgan Stanley. Smaller banks and especially nonprofit credit unions offer lower fees, better loan rates and consistently better customer service. For financial peace of mind, work with your financial coach to make sure your family is taken care of.



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News You Can Use

Lake Travis Community Library Offers Programs All Summer

School's out for summer! Lake Travis Community Library will offer over 100 events during our annual Summer Reading Program. New this year is our Summer Reading Chart - watch your progress as you read over the next few months on the reading chart located in the Children's Area. Sign up for our Summer Reading Program and your name will be placed on the chart, then for each 10 books or 10 blocks of time you record on your log, a star will be placed by your name. Reach the goal of 5 stars and you will receive a Reading Certificate signed by the Governor of Texas as well as other prizes. Start reading now! In addition to our regular weekly programs, the library will hold the following special events:

The official Summer Reading kickoff will be held on the lawn outside of the library on Saturday, June 2nd from 10:30am to noon. Tiny Tails to You! will bring their baby animal petting zoo. Also, have your face painted, be showered by bubbles and make a balloon animal. Be sure to stop by the library for refreshments, to register for the summer reading program, and to pick up reading logs to last throughout the summer.

Join us for a performance of the Flying Theater Machine, a special improv group for kids, at the Lakeway Activity Center on Thursday, June 7th at 10:30am. Flying Theater Machine is the only kid-oriented



improv in Austin. The audience will help with suggestions and sound effects, and a few lucky kids will even get to go on stage.

Clown Bonzo Crunch, Ringling Bros. Circus Ambassador of Laughter, will have some serious fun at Lake Travis Community Library on Friday, June 8th at 10:30am. Don't you want to learn what it takes to soar on the flying trapeze or what goes into those cream pies that clowns throw?

CANTA is a mixed-age, parent and child program that teaches Spanish through music

and movement. Come sing, dance, and play instruments with your child on Friday, June 22nd at 10:30am.

Circus Chickendog comes to TexARTS on Wednesday, June 27th at 3pm. It is billed as the "The Family-Friendly Circus That is Making Austin Weirder." Get prepared to enjoy Trick Dogs, a Performing Parrot, Magic, Juggling, Unicycling, Rope Spinning, Accordion Music, Giant Bubbles and lots more...

Bernadette Nason brings stories to life with facial expressions, character voices and amazing energy. She will perform at the Briarcliff Community Center at 10am and at the Lake Travis Community Library at 11:30am on Thursday, June 28th.

In addition to these events, the library will hold regular Library Camps for three different ages: Kindergarten and First Graders on Wednesdays at 2pm; Second and Third Graders on Mondays at 2pm; and Fourth Grade and up on Tuesdays at 2pm. At Library Camp, activities will vary every week and include science experiments, book clubs, writing exercises, crafts, cooking, reader's theater, and more.

Please contact the library at (512) 263-2885 or see www.laketravislibrary.org for details and to view the complete Summer Reading Program calendar. All library events are free and open to the public. We look forward to seeing you this summer!

Tiny Tails to You! will bring their baby animal petting zoo to the front lawn of the Lake Travis Community Library on Saturday, June 2nd at 10:30am to kick off the Summer Reading Program.





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Health Briefs - June 2012

TRAMPOLINES PUT KIDS AT RISK FOR SERIOUS INJURIES

"About 100,000 children between 5 and 10 years old are injured annually on trampolines," said Dr. William Phillips, professor of orthopedics and pediatrics at Baylor College of Medicine and chief of pediatric orthopedics and scoliosis at Texas Children's Hospital. "Younger children and teens are also at risk."

Common causes of injury on trampolines can be from colliding with another person, landing improperly, falling or jumping off the trampoline and falling on the trampoline springs or frame. Younger children are at greater risk for fractures, while older children often suffer sprains and strains.

"Kids don't have to fall off a trampoline to get hurt, so using a net around a trampoline does not mean they are safe," explains Phillips. "I've seen many children break bones landing on the trampoline itself."

LOSE WEIGHT TO SLEEP BETTER

Expanding waistlines are causing many Americans to lose sleep. Chronic obstructive sleep apnea, not visions of doughnuts, is keeping us awake. Obesity in the upper body, especially in the neck, can narrow the airways leading to the lungs, resulting in heavy snoring, pauses in breathing and frequent interruptions of sleep. "Most of our overweight patients say they snore excessively and don't sleep well," said Dr. Peter Jones, an associate professor of medicine at Baylor College of Medicine and medical director of weight management at Methodist Wellness Services at Methodist Healthcare Systems.

Patients in Methodist's weight management programs need to lose 50 or more pounds. After losing weight, many report that their sleep improves. "Losing weight can be an important part of treatment for patients who have sleep apnea," said Dr. Max Hirshkowitz,

associate professor of psychiatry and director of the Baylor Sleep Disorders Center at the Houston Veterans Affairs Medical Center. "Even a 10 percent weight loss can reduce the number of times most patients stop breathing during the night."

THERAPY IS 'NO SWEAT' FOR EXCESSIVE PERSPIRERS

A little-known procedure at Baylor College of Medicine provides an alternative antiperspirant for those who sweat uncontrollably. Iontophoresis involves passing a mild electrical current through tap water to shut off the sweat glands temporarily. The hands and feet are soaked in a basin of water for 40 minutes in the comfort of the patient's home.

"The technology has been around since the 1950s, but it never gained widespread fame, in part because most doctors don't know it is an

(Continued on Page 53)



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Health Briefs - (Continued from Page 52)

option,” said Dr. Ramsey Markus, an assistant professor of dermatology at BCM. “It is a very safe and effective way to decrease sweating, especially in the hands and feet.” Markus said he prefers iontophoresis for his patients with sweating in the hands and feet because it is less expensive and less painful than Botox injections, and it can be done regularly as needed in the home. Most patients only require the therapy twice a month to keep the sweat glands from producing excessive sweat.



MANAGING FOOD ALLERGIES

Food packages often come with the caution, “Warning: may contain peanuts,” and for good reason. It’s estimated that more than 1 million Americans suffer from peanut allergies and their reaction if exposed can be life-threatening.

Other common food allergies are to cow’s milk, tree nuts, fish and shell fish, egg and even some fruits and veggies, said Dr.

Celine Hanson, professor of pediatrics at Baylor College of Medicine in Houston and chief of the allergy/immunology clinic at Texas Children’s Hospital. Symptoms of food allergies can range from mild to severe and can affect various parts of the body, including the digestive system, the respiratory system and the skin.

Hanson offers several ways that patients can manage their food allergies. The best tactic is to avoid foods that cause allergies altogether, Hanson said. But in addition, medications such as antihistamines and corticosteroids are available to help manage symptoms.

Patients who suffer severe reactions, should keep a device such as an EpiPenR on hand so that they can administer an epinephrine shot. Allergy sufferers should wear a medical bracelet or necklace with information about their allergy, and schools, caregivers and even the parents of children’s friends should be notified of food allergies.



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News You Can Use

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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.

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Nature Watch

Dancing Damselflies

by Jim and Lynne Weber

Often overlooked but in the same Order (Odonata) as dragonflies, damselflies are a group of insects that differ from dragonflies by wing shape, wing position, and eye separation. Damselflies have similarly shaped fore and hind wings, typically hold their wings together over their abdomen when perched, and their eyes are widely separated but never touching. In comparison, the hind wings of dragonflies are broader basally than their fore wings, they hold their wings spread out and away from their body, and their eyes are much larger and usually touch at least at a single point.

While damselflies are less robust fliers than dragonflies, they are still quite agile in flight. They can move each of their four wings independently, and can not only beat them up and down, but also rotate them on their own axes. Most damselflies fly by alternating the two pairs of wings, and while one is moving down to propel them forward, the other is moving up. In spite of their fast wing beats, damselflies have relatively short, narrow wings that don't allow them fast flight, and they move at an average speed of about 2 meters per second.

Over 75 species of damselflies occur in Texas, more than half of the known species in North America. These species represent members of all families of damselflies, which include broad-winged damsels (jewelwings and rubyspots), spreadwings, threadtails, and pond damsels (dancers, bluets, yellowfaces, wedgetails, damsels, forketails, swampdamsels, sprites, and firetails). Like most dragonflies, the males are usually the most colorful and the easiest to identify.

Usually inhabiting small seepages and springs, the Springwater Dancer (*Argia plana*) is one of the most common pond damsels in our area, and has a blue head, face, and eyes, and a blue thorax with a black dorsal (top) and shoulder stripe. Its abdomen is also predominately blue, with black rings on most middle segments. It can often be found along roadsides, away from water. The Great Spreadwing (*Archilestes grandis*) is the largest damselfly in Texas and the US, and is recognized by its blue eyes, the metallic green stripes on the top of its thorax, and bright yellow stripes on its sides. Its wings are clear to slightly smoky, often with darker tips. Found around bodies of standing water, it perches in a distinct manner on vertical stems with its body hanging downward and its wings partly spread. Common around open streams and rivers, the American Rubyspot (*Hetaerina americana*) is a broad-winged damsel that has a metallic red thorax, a metallic green abdomen, and a vivid red patch at the base of its wings that grows larger with age.

Observed throughout the summer at almost any body of freshwater, damselflies are slender and delicate. They seem to dance around and about the water, marked with colors of the rainbow, delighting all those who take the time to get to know and admire them! 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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Q: I have taken some beginner lessons and I am ready to start practicing. What is the best way?

A: Starting to play tennis, is like learning to swim or riding a bike. You need to start slowly and gain confidence over time. I suggest acquiring some used tennis balls from a club (we have plenty at our club), and start hitting them back and forth from the service line to service line. New balls are much too lively and if you only use three balls, you will end up spending more time chasing them than hitting them.

Q: What about playing with my children?

A: If your child is between ages 4-11 and has taken some tennis lessons in an organized program, more than likely they were accustomed to playing with softer "QuickStart" balls and transitional rackets. Children need to learn to execute the stroke properly without thinking about the court and the net. I usually begin with of children of these ages, stroking a ball against a fence or windscreen. Later on once they learn to make contact with the ball, I bring them close to the net onto the actual tennis court, and I have them hit the balls being fed.

Q: If I am the feeder of the balls, where should I stand?

A: Most tennis coaches now, spend a great deal of teaching standing next to the players feeding them balls from both behind and from the side, next to the player. This way, the player hitting the ball, learns to adjust to the ball without having to do a great deal of running. When I see a player becoming more confident with making contact with the ball and clearing the net, I will begin feeding the balls to them from the other side of the net. The player should start hitting the balls from the service line, and move further towards the baseline as he succeeds hitting the balls with more control.

Q: When is time to rally back and forth?

A: Once the player is adept to hit both forehands and backhands with consistency, when the ball is being fed from the opposite side near the service line, I then will move back to the baseline and start to rally back and forth. I normally let the student start the rally, making sure that he is executing the stroke properly. Also, safety calls for the basket or extra balls to be clear his path on his side of the court.

Q: How should I practice the serve?

A: One of the most difficult shots of tennis to master is the serve. Also, it is the easiest one to practice, because a player can practice it alone. I suggest using many tennis balls and begin by first serving from the service line and proceed to move back toward the base line until success is achieved with getting the ball in the proper service box. If practicing with a partner, one can be serving, while the other practices returning serve.

Q: How about playing points?

A: If players are familiar with the traditional scoring system, I suggest playing regular games. For practice purpose, I encourage my students to play using the table tennis scoring system. Serve five balls, and then allow the opponent to serve five. Change sides every 10 points. This way, a player learns to play the point, rather than the game. First to achieve 21 points wins.

Make sure you wear light clothes, drink lots of fluid and have a great time learning and practicing the "game of a lifetime!"

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				2	5	4		
	9	8	1				7	6
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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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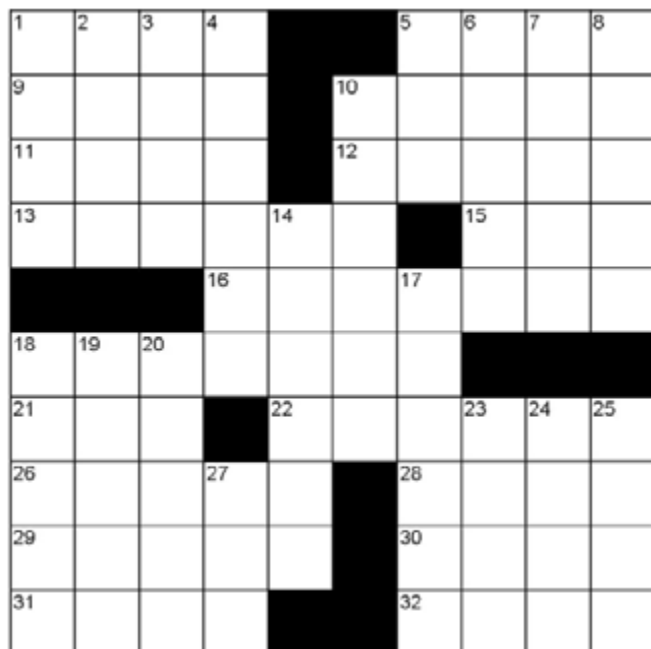
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ACROSS

1. Arabian
5. Partial
9. Ice cream holder
10. Hoax
11. Acres
12. Smooth tightly twisted thread
13. Insecure
15. Estimated time of arrival
16. Knife
18. A feminine name
21. Epoch
22. Center of much political dispute
26. Protective covering
28. Ill-mannered
29. Stair grips
30. Mined metals
31. Tinted
32. Lack

DOWN

1. Organization concerned with civil liberties (abbr.)
2. Colored horse
3. Green Gables dweller
4. Smear
5. ___ Lanka
6. Comforts
7. Many
8. Utopian
10. Airmen
14. Steps
17. Linear
18. Facial hair
19. Orderly arrangement
20. Synthetic fabric
23. Manner
24. Eve's garden
25. For fear that
27. Olden

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TEXAS EVENTS

June 2012

1, 8, 15, 22, 29—BANDERA: Twin Elm Ranch Rodeo Watch bull riding and favorite rodeo events. Includes a calf scramble and mutton busting for children. Twin Elm Guest Ranch. www.twinelmranch.com 830/796-3628

1, 8, 15, 22, 29—PIPE CREEK: Summer Buckle Series Rodeo Begins at 8 p.m. Lightning Ranch on F.M. 1283. www.lightningranch.com 830/535-4096

1-July 15—SAN MARCOS: Rick Riordan's World of Myth and Mystery Exhibition showcases archives of best-selling San Antonio author Rick Riordan, who created several young-adult series: Percy Jackson and the Olympians, the Kane Chronicles and the Heroes of Olympus. The Wittliff Collections, seventh floor of the Albert B. Alkek Library on the campus of Texas State University. www.thewittliffcollections.txstate.edu 512/245-2313

1-July 29—AUSTIN: The King James Bible: Its History and Influence Four centuries after its first printing in 1611, the King James Bible remains one of the most influential books in the English language. This exhibition including notable Bibles and examples of modern book design featuring biblical texts is the most comprehensive display of Bibles and related materials in the Harry Ransom Center's history. At 21st Street and Guadalupe. www.hrc.utexas.edu

1-Aug. 5—SAN MARCOS: Face to Face: Portraits from the Photography Collection More than 50 photos bring viewers face-to-face with a study in portraiture—from the famous to the homeless—in the permanent holdings of Texas State's Wittliff Collections. Seventh floor of the Albert B. Alkek Library at Texas State University. www.thewittliffcollections.txstate.edu 512/245-2313

1-Aug. 5—SAN MARCOS: Timeless Mexico: The Photographs of Hugo Brehme Features more than 100 of Hugo Brehme's masterful photos of early 20th-century Mexico. The Wittliff Collections, seventh floor of the Alkek Library at Texas State University. www.thewittliffcollections.txstate.edu 512/245-2313

1-Aug. 19—AUSTIN: The First Picture Shows: Historic Austin Movie Houses Exhibit explores the many film venues throughout Austin's history. Austin History Center. <http://library.austintexas.gov> 512/974-7480 830/510-9515

2, 9, 16, 23, 30—BANDERA: Cowboys on Main Features a Western display in front of the Bandera County Courthouse and strolling entertainers on Main Street. Hours are 1–4 p.m. Main Street. www.banderacowboycapital.com 800/364-3833

2, 9, 16, 23, 30—CEDAR PARK: Bertram Flyer Historic railroad operates vintage passenger cars on three-hour journeys

from Cedar Park to the historic 1912 train station in Bertram and back. Cedar Park Depot, 401 E. Whitestone Blvd. www.austinsteamtrain.org 512/477-8468

2, 16, 30—KYLE: Stock Car Racing at Thunderhill Raceway 24801 I-35. www.thunderhillraceway.com

2-Aug. 19—AUSTIN: Origami Nature Art by Robert J. Lang Enjoy more than 20 works including a turtle crafted from a single piece of paper, a hummingbird sipping from a flower and giant sculptures that are several feet across. Lady Bird Johnson Wildflower Center. www.wildflower.org 512/232-0100

5, 19—BOERNE: Abendkonzerte Enjoy an evening concert with the Boerne Concert Band. Begins at 7:30 p.m. Main Plaza. www.ci.boerne.tx.us 830/248-1543

8, 22—PFLUGERVILLE: Music in the Park Pfluger Park. www.cityofpflugerville.com/musicinthepark 512/990-6350

8-29—KERRVILLE: Destinations Juried competition of Texas college students' artwork. Arts Foundation, 120 Point Theatre Road. 830/367-5120

9-10, 30-July 1—FREDERICKSBURG: Pacific Combat Living History Program Living-history demos cover WWII weaponry, clothing, training and tactics of U.S. and Japanese military. Programs begin at 10:30 a.m., 1 p.m. and 3:30

(Continued on Page 64)



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June: Water Safety Walk - Packet Stuffing and Distribution

June 7: Eat, Drink & Shop for Colin's Hope at Point of Origin Gift Boutique in Lakeway, 5-7pm

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

July 21: UltiFit Challenge #2 at Reveille Peak Ranch

September 16: Colin's Hope Kids Triathlon - registration opens June 1st

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News You Can Use

Texas Events - (Continued from Page 62)

- p.m. National Museum of the Pacific War Combat Zone. www.pacificwarmuseum.org 830/997-8600
- 9, 23—BOERNE:** Cibolo Songs and Stories Concert Bring a chair or blanket and picnic while listening to live music under stars and oak trees. Cibolo Nature Center Stage. www.cibolo.org 830/249-4616
- 9, 23—CEDAR PARK:** Twilight Flyer Enjoy the magic of a train ride after dark. Includes a boxed meal. Departs at 6 p.m. and includes a brief stop at the historic 1912 Bertram train depot before proceeding to Burnet and back. Cedar Park Depot. www.austinsteamtrain.org 512/477-8468
- 14-16—STONEWALL:** Stonewall Peach JAMboree and Rodeo This 50th annual event celebrates the peach harvest with rodeo and bull riding events, dancing, live music, parade, contests, peach judging, a pageant, children's activities and more. 250 Peach St. www.stonewalltexas.com 830/644-2735
- 15—UVALDE:** Stargazing Party Bring a lawn chair, insect repellent and small flashlight. Fort Inge Park. E-mail: astr0al3x@uvaldeleadernews.com 830/934-2271
- 15-16—BROWNWOOD:** Juneteenth Celebration Enjoy live entertainment, vendors, a baseball games, children's activities and a Saturday night concert by The Rob Holbert Group. Cecil Holman Park. www.brownwoodjuneteenth.com 325/646-8188
- 15-17—BOERNE:** Berges Fest Annual celebration of German heritage features a parade, dance, carnival, live music, games and vendors. Main Plaza and downtown. www.bergesfest.com 830/428-8778
- 15-17—FREDERICKSBURG:** Trade Days Includes more than 350 vendors, acres of antiques, collectibles, biergarten and live music. Seven miles east of town off U.S. 290. www.fbgtradedays.com 830/990-4900
- 16—CEDAR PARK:** The Holy Ghost Revival Meeting Murder Features dinner and a mystery presented by the Capital City Mystery Players. Austin Steam Train. www.austinsteamtrain.org 512/477-8468
- 16-17—GRUENE:** Old Gruene Market Days Nearly 100 vendors offer crafts and Texas foods. Gruene Historic District. www.gruenemarketdays.com 830/832-1721
- 17—AUSTIN:** Father's Day Concert in the Park Features marches, Broadway show tunes and band classics. Begins at 7:30 p.m. Zilker Hillside Theater. www.austinsymphonicband.org 512/345-7420
- 17—PFLUGERVILLE:** Lake Pflugerville Triathlon Lake Pflugerville, 18216 Weiss Lane. www.lakepflugervilletri.com
- 21—GRUENE:** Come and Taste It Three wines from top wineries in the state and surrounding regions are featured each month, along with live music, food samples, giveaways and more. Grapevine Texas Wine Bar. www.grapevineingruene.com 830/606-0093
- 21, 28—AUSTIN:** Nature Nights Expert-guided programs offers families the opportunity to explore nature in the Texas . Also enjoy short hikes, crafts and other hands-on activities. Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. www.wildflower.org 512/232-0100
- 22—KERRVILLE:** Bobby Flores and The Yellow Rose Band in Concert Begins at 7:30 p.m. Kathleen C. Cailloux Theater, 910 Main St. www.caillouxtheater.com 830/285-9781
- 22-23—TAYLOR:** Annual Rodeo Association Tractor Pull The 2012 Outlaw Summer Tour brings "Thunder In The Dirt" to the Taylor Rodeo Arena with monster tractors going head-to-head in various competitions. East Williamson County Events Center. www.taylorrodeo.com 512/864-5898
- 22-24—CEDAR PARK:** Cedar Park Rodeo Cedar Park Center. www.cedarparkcenter.com 512/600-5000
- 23—FREDERICKSBURG:** Roots Music Series Live swing music concert is hosted by the Pioneer Museum. Starts at 6:30 p.m. www.pioneermuseum.net/roots-music
- 23—KERRVILLE:** Kerr County Market Day Hours are 9 a.m.—3 p.m. 700 Main St. www.kerrmarketdays.org 830/895-7524
- 24—FREDERICKSBURG:** PCAA Concert in the Park Features the Fritz Morquecho Tejano Band. Adelsverein Halle at the Marktplatz, West Main Street at North Adams. E-mail: visitorinfo@fbgtx.org 830/997-6523
- 29—KERRVILLE:** Elision Saxophone Quartet Begins at 7:30 p.m. Kathleen C. Cailloux Theater. www.caillouxtheater.com 830/285-9781
- 29-30—LLANO:** Rock'n' Riverfest Includes children's fishing, vendors, jeep crawls and fireworks. Badu Park. www.llanochamber.org 325/247-5354
- 29-30—SONORA:** Sutton County Days and Outlaw Pro Rodeo Features rodeo action both nights, dances, live entertainment, food and craft booths, and children's rides. Sutton County Park and Arena. www.sonoratexas.org 325/387-2880
- 29-July 1—UVALDE:** Fourth of July Golf Tournament Uvalde Memorial Golf Course. www.visituvalde.com 830/278-6155
- 30—BANDERA:** RiverFest Includes a river parade, barbecue cook-off, car show, arts and crafts, and children's activities. Bandera City Park. www.banderariverfest.com 830/796-4447
- 30—BOERNE:** Boerne Concert Band Patriotic Performance Begins at 7 p.m. Main Plaza, 100 Main St. www.ci.boerne.tx.us 830/248-1543
- 30—JOHNSON CITY:** Antique Engine and Tractor Pull Features tractors from 1965 and earlier, plus vendors, horseshoes and a children's tractor pull. Blanco Country Fair Grounds. 830/858-2809
- 30—OZONA:** GI Joe Walk/Run Begins at the Crockett County Courthouse, 907 Avenue D. 325/392-2827
- 30—OZONA:** Knights of Columbus Independence Day Celebration Parade begins at 8 p.m. Town square, 907 Avenue E. 325/392-2827

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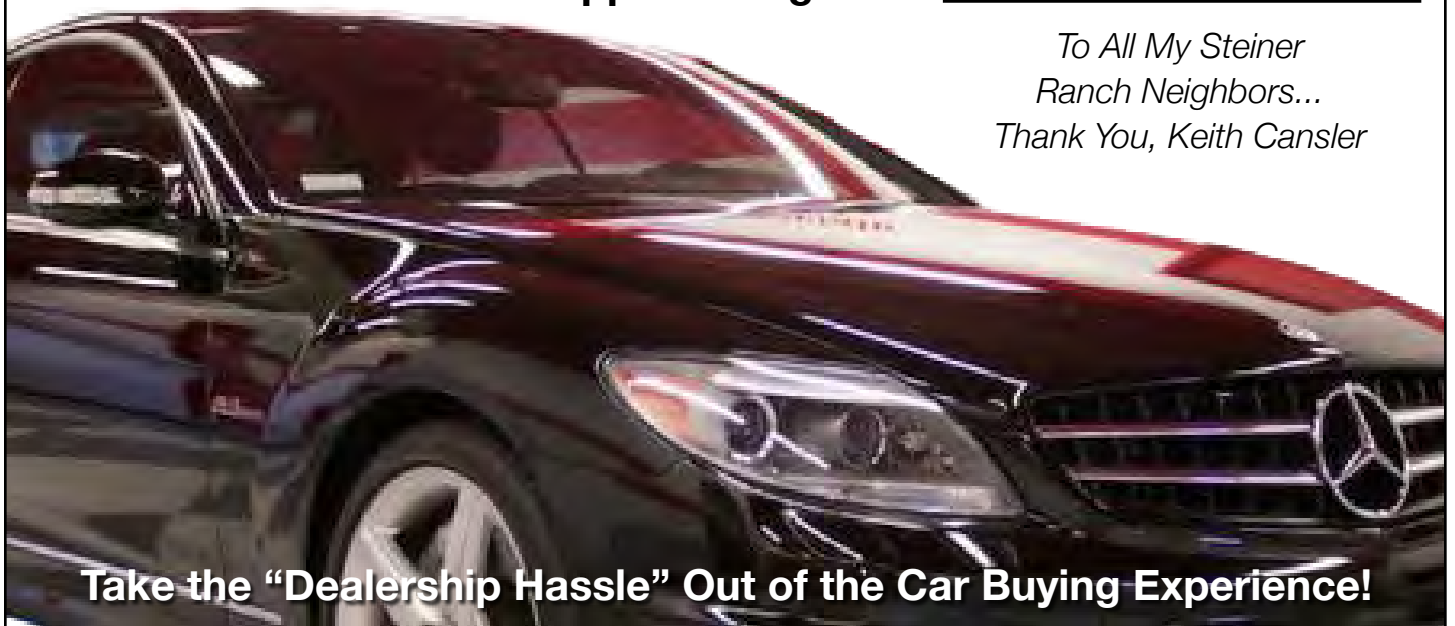
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