

VOLUME 6 ISSUE 7

JULY 2012





2 Ranch Record - July 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	
Sunday	CLOSED

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Maintenance Technician Angel Alvarado Macedonio Salazar Josue Gutierrez



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EMERGENCY NUMBERS

STEINER RANCH CONTACTS

Steiner Ranch	Community	Association	Office	.512-266-7553
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SCHOOLS

Leander ISD	512-570-0000
Vandegrift High School	512-570-2300
Canyon Ridge Middle School	512-570-3500
Laura Welch Bush Elementary	
Steiner Ranch Elementary	512-570-5700
River Ridge Elementary	512-570-7300

UTILITIES

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TDS (Trash & Recycle)
Austin/Travis County Hazardous Waste512-974-4343

OTHER NUMBERS

Lake Travis Posta	l Office	512-263-2458
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ARTICLE INFO

The Ranch Record is mailed monthly to all Steiner Ranch residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to <u>steinerranch@peelinc.com</u>. The deadline is the 8th of the month prior to the issue.

COVER PHOTO

This month's cover photo was taken by Monica Mehevec of her boys Dylan and Luke after the 4th of July Parade in 2011. We asked for photos to be submitted from our Steiner Ranch Social Committee Facebook page and this one was picked as our favorite!

Do you take great photos?

Would you like to see your photo published? We are looking for great cover photos for upcoming July 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 summer camp photo or Back to School/First Day of School photo. Our August 2012 issue submittal deadline is July 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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Developers Update JULY 2012

By Adib Khoury, Taylor Morrison VP of Land Resources

I'd like to start by thanking the volunteers at the Steiner Ranch Neighborhood Association (SRNA) who have dedicated countless hours of their personal time to represent the residents of Steiner Ranch and the surrounding areas. I have been meeting with a dedicated group of individuals from the Board and Development Committee over the last 6 months and what encourages me the most is our shared passion for making Steiner Ranch the best place to live in Austin. Together, we are working to construct a solution that makes sense for all of us.

We were recently invited by the Austin American-Statesman to address the future of Steiner Ranch. What follows are some of our responses. Our hope is that this Q&A may offer you a better picture of how things are progressing in Steiner Ranch.

In the end, I think we'd all agree that Steiner Ranch is truly one of the best places to live in Austin. Our residents make the community the success that it is today. As we continue into the future, we look forward to hearing your suggestions. Together, we can build a strong community.

In the KVUE report, you said Taylor Morrison has an agreement with the City of Austin. When was that signed? And what does the agreement say?

[Adib] The Development Agreement with the City of Austin was effective as of October 26, 2000. Since Steiner Ranch is not within the City of Austin boundaries, the City Ordinances do not apply. This Development agreement sets forth the framework for the development of Steiner Ranch, including the rules and restrictions for development as well as limiting the total number of homes, multi family units and commercial development within the community. It is essentially a legal contract between the developer, as the property owner, and the City of Austin so both know what can be done on the property.

What is the start date for the project?

[Adib] There are currently 3 different parcels that the Steiner Ranch Neighborhood Association is concerned with:

Mixed Use (MU) 13 - This parcel was sold by the developer several years ago and its current owner has plans fully approved through the City of Austin and Travis County to build an approximately 300 unit apartment complex on the site. Construction is expected to begin some time this year.

MU 1B - A portion of this parcel is under contract to be purchased by an apartment developer. Current Plans include between 240 and 250 apartments for this site. Earliest start of construction on this site is early 2013.

(Continued on Page 8

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Developer's Corner

Development Update - (Continued from Page 6)

MU 14 - This parcel was originally planned to include a 300 unit apartment complex, an indoor storage facility, a hotel site and a retail strip center. After listening to the residents concerns, we changed the plans for this site to include a much less dense project consisting of 180 duplex units. The earliest start date for construction on this site is mid 2013.

Why are apartments a part of the project?

[Adib] Master Planned Communities are based on providing an environment for people to live, work, shop and play all within a specific area. In successful master planned communities, the "live" component includes a wide variety of options for potential residents. Everything from multi family projects like apartments, townhomes and duplexes, to single family homes across a broad range of price points. This is one of the things that separates a master planned community from a sub-division or

neighborhood. Steiner Ranch is a Master Planned community and multi-family uses such as duplexes and apartments have been considered as possible uses for these sites since the Development Agreement was reached with the City of Austin in 2000. Demand for Class A apartments has increased significantly over the last several years in Austin and across the country. This has resulted in a large number of new apartment projects moving forward to meet the demand across Austin.

What other residential projects has Taylor Morrison been involved with at Steiner Ranch?

[Adib] A couple of key things to understand:

Taylor Morrison is both a developer and a home builder.

Steiner Ranch is owned by Taylor Woodrow Communities Steiner Ranch Limited Partnership (TWCSR LP) and Taylor Morrison is a 50% partner in this ownership group.

Taylor Morrison, as a home builder, has purchased lots from the TWCSR LP since 2006 and built homes across all price points in Steiner Ranch.

Neither Taylor Morrison nor TWCSR LP are apartment developers. We sell land and the ultimate use is determined by the new owner. Purchasers of these sites are restricted by the Development Agreement.

How often have you met with the neighborhood association?

[Adib] We held a town hall type meeting in late 2011 to update the residents of Steiner Ranch on the status of development within the community and the future plans that were in progress. One of the outcomes of this meeting was the creation of a panel of residents to meet with the developer on a regular basis and we held our first meeting with this panel about a month after the town hall meeting. Shortly after this panel was created, the residents came together to create the Steiner Ranch Neighborhood Association and the board members of this group took the place of the prior resident panel. We have been meeting with residents on a monthly basis since December 2011. These meetings have been a productive way for the residents to gain factual information about development plans that are in progress and provide valuable feedback to the developer. We are all working together toward the same goal of

finishing the development of Steiner Ranch in a way that will create lasting value for the community.

How is traffic an issue in Steiner Ranch? Will this proposed project significantly add to the traffic?

[Adib] Over the last year, significant improvements have been made within Steiner Ranch to improve traffic flow within the community. Several traffic lights were added on Quinlan Park Road at intersections that were previously four way stops, improving traffic flow and safety. In addition, the development of the new Randall's grocery store and shopping center site enhanced the community through substantial improvements to the main entrance to Steiner Ranch at Ranch Road 620. Roads were

widened and turning lanes were added to help alleviate traffic congestion at the entrance to Steiner Ranch.

Traffic studies have been complete in conjunction with the plans currently being considered on these sites. Travis County has reviewed the traffic studies and will require additional roadway improvements as the new development takes place on these sites. These roadway enhancements will further improve traffic flow and improve safety. Therefore, we do not expect there to be any major traffic impacts within Steiner Ranch as a result of this additional development.

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Steiner, Birthdays

HAPPY BELATED BIRTHDAYS! June 4th – Lance Carlson June 5th – Josie Beiler June 10th – Luke Stanley June 27th – Gavin Wilson

July Birthdays July 6th - Stone Schielack July 18th – Addison Stanley

Happy Birthday!

Send your Birthday announcements to steinerranch@peelinc.com

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2012 Steiner Ranch Social Events

July 4Parade
July 21Movies in the Park - Hugo
Aug. 11 Movies in the Park - Zookeeper
Aug 18 Concert in the Park
Sept 22Garage Sale
Sept 29 Ladies Night Out
October Pumpkin Patch
Benefiting Dell Children's Hospital
Oct 28 Halloween Trunk or Treat
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!





Congratulations Troop 2417 - (pictured left to right) Sofia Suerkan, Emma Zimmerman, Katie Butz, Jordan Lamb, Logan Foust, Sydney Wunsch and Maddie Beck

Girl Scout Troop 2417 have earned their Bronze Award. The bronze award is a leadership adventure and is the highest honor a Girl Scout Junior can achieve. This accomplishment is earned by these 5th grade scouts working approximately 20 hours to choose, plan, promote, execute and reflect on a project to benefit the community. The ultimate goal is to make the world a better place while developing the girls' courage, confidence and character.

PERSONAL CLASSIFIED

FOR SALE: 2 boys swim team jammers (used 1 season) TYR sz24 navy/red and Dolphin sz22 black/blue multi sides - both \$10. 266-5868 pennihafer@yahoo.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 people (usually those in the 50+ age group but there are no restrictions) to provide opportunities for them meet each other. It is very informal. Since many people travel or are away from Steiner Ranch for extended periods of time, activities are planned to be enjoyed as frequently as members want. Those who are on the Young at Heart contact list receive emails announcing upcoming activities.

BOOK CLUB

Monday, July 16th at 1:00 pm, Home of Diana O-Reilly 12800 Bivens Court

In July we'll be discussing The Immortal Life of Henrietta Lacks by Rebecca Skloot. Please contact Maureen Michel (mmichel17@att. net) to RSVP.

BRIDGE CLUB

July 11th and July 25th - 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 - This is a great way to get to know people and enjoy wonderful food. Groups of four (couples or singles) get together four times in a six month period to dine in each other's homes. Some groups prefer to eat in restaurants. Each group determines their own format and schedule. New groups are always being formed. If you'd like to be in a dinner group, please send your information to Karen Steans at kjsteans@gmail.com with Dinner Groups in the subject line.

GARDEN CLUB

Thursday, July 26th, Hill Country Water Garden Water Features, Fountains and Disappearing Streams

All gardeners, both men and women are welcome 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, July 17th -*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, July 11th - 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, July 9th, 11:30 AM - 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 and 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.

WALKING GROUP

Every Thursday at 8:00 AM, Meet in front of Cups and Cones Those who would like to walk on Thursday mornings should email steinerranchyoungatheart@gmail.com to confirm by Wednesday evening. The group waits 5 minutes for latecomers before starting. If you prefer to just walk with a companion please send an email to steinerranchyoungatheart@gmail.com with Walking Companion in the subject line stating your preferences (time, area, etc) so that you can be put in touch with others having similar interests.

WINE SOCIAL

No Wine Social in July

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

ROSTER

To make it easier for people to connect with others with similar interests, there is a roster of all Young at Heart members. It includes names, addresses, contact information and interests (bridge, golf, book club, hiking, boating, dining out, etc) and is available to all Young at Heart members. If you want your information included, please email steinerranchyoungatheart@gmail.com with the word Roster in the subject line and a Roster Information form will be sent to you for you to fill out and return.

Petition Allows Steiner Residents to Challenge Energy Rate Spike

Submitted by the Steiner Ranch Neighborhood Association (SRNA) On June 7th the Austin City Council unanimously approved a new rate plan for Austin Energy that will result in steep increases for Steiner Ranch and other suburban residents. Most Steiner area residents are likely to see average rate increases of 20+%, well above the average for Austin. These rates do not treat Steiner residents fairly – but, we can do something about it. By signing a petition your household signature can help ensure that the Texas Public Utility Commission is charged with reviewing Austin Energy's new rate structure, giving us a good chance for rates which are fair and significantly lower.

If you have not yet signed the petition, please visit the Steiner Ranch Neighborhood Association web site "steinerranchna.org/hurf_petition" for more information. Petitions are also ready to sign at some of our Steiner area businesses or at the HOA office.

The steep increase for most suburban customers is due in large part to a progressive rate structure that shifts the burden of the rate increases to specific customer classes including those in larger then average homes. Under this new rate structure, most Steiner residents will be paying far above the cost of service and will subsidize other Austin ratepayers who will benefit from below cost of service rates. On top of this, Austin City Council has elected to continue the annual transfer of 15% of energy revenues to the City of Austin for general city uses – as captive out of city energy

Monthly kWhs	Existing Monthly Summer Bill	Proposed Monthly Summer Bill	Summer Monthly Increase \$'s	Summer Increase %
250	\$24	\$41	\$17	68%
500	\$43	\$53	\$10	24%
1000	\$100	\$115	\$15	15%
1500	\$159	\$185	\$26	16%
2000	\$216	\$262	\$46	21%
2500	\$275	\$340	\$65	24%
3000	\$333	\$423	\$90	27%
4000	\$448	\$584	\$136	30%
5000	\$564	\$744	\$180	32%
6000	\$679	\$905	\$226	33%

customers this hidden tax constitutes "taxation without representation".

By signing the petition we not only enable a rate review from the PUC, but we also send a signal to the City of Austin that suburban customers are not content being taken advantage of.



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Ranch Record - July 2012 15





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



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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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The Annoying Cyclist

How many times have you heard someone say, "Cyclists are so annoying when they take up part of the car lane -- they should just stay off the road." It may have even crossed your mind at some point. While motorists may subscribe to the above sentiment, most are still respectful to cyclists on the road. A few people do become angry and take their anger further by running cyclists off the road or nearly clipping them with their vehicle rather than going out and around.

Where does this frustration come from? Has our society come to the point that people that participate in an activity that we all enjoyed as children are the focus of deep resentment and in some cases assaults? This is perplexing because the person on the bike is simply trying to improve their health, have some fun, commute to work or school, help the environment or maybe save a few bucks on gas.

Some frustration comes from the congestion in Austin getting worse each day, with infrastructure too slow to accommodate growth, as well as a lack of bike paths for cyclists. With traffic jams at every turn and gas prices going through the roof, slowing down for a cyclist is simply one more thing adding to the road rage.

There is a bit of information that might lessen your frustration with cyclists. That 'annoying cyclist' that is in the middle of the road is simply following the law. The law states that if a shoulder or bike lane is not available, the cyclist needs to be at least 3 feet from the curb. Part of the reasoning for this law is when the cyclist is biking in the lane their visibility to motorist increases from approximately 140 feet to 1,400 feet. Also, that space from the curb gives them the ability to navigate around debris. The cyclist loses their protection as a cyclist if they don't take their place in the lane.

So next time you see a cyclist in your lane, remember... they are not trying to annoy you, but rather attempting to obey the law. Simply slow down and go more toward the left part of the lane you are traveling in. You will be keeping Austin the great community that we all love, known for its tolerance, environmentally friendly people and healthy lifestyles. Keep Austin, Austin! Austin is one of the premier cycling capitals the Country, we are one of the greenest cities in the country and home to Lance Armstrong which in my opinion is an American icon.

If you're interested in riding your bike and having some fun please join us some time by signing up for free at www.steinerranchcycling.com and/ or our Facebook page at Steiner Ranch Cycling.

Sincerely, The Soul Cyclist



The Soul Cyclist is every dad or mom that has gone on a bike ride with their son or daughter. It's the kids' riding their bikes on the way to school, it's the roadie, mountain biker, bmx'er, bicycle commuter, cruiser, exercise fanatic and the child in each one of us that remembers the joys of being outside on a bicycle.



Steiner Ranch Cycling is a group of primarily Steiner Ranch residents that enjoy riding their bikes. Each cyclist pull their bikes out of the garage for different reasons -- some ride for exercise, some for fun, some to train for a specific ride and others ride because they want to have a greener world and riding their bike is one way they can do that.

Steiner Ranch Cycling has hosted (organized rides) and nonorganized rides. If you LIKE our Facebook page "Steiner Ranch Cycling" or go to www.steinerranchcycling.com and signup for the email list you can get information on upcoming rides or post your own ride.

For the past several months the group has organized rides leaving from Cups & Cones every Saturday and Sunday morning at 8:30am. The weekend group rides have been between 5 - 15 riders. The rides are co-hosted with the Austin Cycling Association and have a group leader. Saturday rides are usually faster and Sunday morning fun & easy.

If you are looking to get some exercise, train for a ride or just have some fun, please come out and join us. There are no costs or club fees, just your desire to ride with the wind in your face.

Submitted by Dante Fichera, Steiner Ranch Resident, 512-914-3773.



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.

Love has many definitions, but abuse isn't one of them.

Myrta McGugan-Mogen Steiner Ranch Social Committee

Annual "Steiner Shred Day" Scheduled for July 14

On Saturday July 14th, the Steiner Ranch Home Owners Association, in partnership with Iron Mountain, will host its annual shred day. So please get to work cleaning out those old files to make some room for the new ones! Bring your documents to the Community Center from 8-12 to drop off paper documents. Participants will able to watch their information being destroyed.

We will be accepting cash and canned food donations (none expired please!) for the Capital Area Food Bank. Please help us to provide food for those in need in our community.

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"Interior designer Marcie Elliott-Smith of Intuition Interiors is the mastermind behind The Driskill's holiday decorating. 'It's just amazing what she comes up with when she's given free creative reign.' "--K. Coots, The Driskill Hotel (from CultureMap.com)

Ready, Set, GO!

by Sandi Ruble

The neighborhood is looking green and beautiful with all the spring rains. However, the hot, dry days of summer are here, and our threat of wildfire is once again a reality. Our main focus of becoming Firewise has been on actions we need to take as homeowners to protect our property and working with our neighbors to create a safer environment in our greenbelt areas. It's now time to look at what each of us needs to do individually to be prepared in the event of a wildfire.

The Ready, Set, Go! Program is a collaborative effort to help educate

the public about how to prepare for and stay safe in the event of a wildland fire situation. The goal is to provide you with the tips and tools you need to prepare for the threat of a wildfire, help you become aware of your situation when a fire starts, and be prepared to leave early.

Preparing for the threat of a wildfire begins now, well in advance of a fire. Each family should have a disaster plan and should rehearse it on a regular basis. You should determine meeting locations and have a communication plan. You also

should remember to include your animals in any evacuation plan that you develop. Now would be a good time to register for CAPCOG's Emergency Notification System Cellular Telephone Interface (http:// wireless.capcog.org)

Other items that should be included in your family's plan are:

- Have fire extinguishers and train your family how to use them.
- Make sure every one in your household knows where your gas, electric, and water main shut-off controls are and how to use them.
- Plan several different evacuation routes, if possible.
- · Assemble an emergency supply kit first-aid kit, three-day supply of



water per person, non-perishable food, flashlight, extra batteries, batterypowered radio, etc. For more specifics see www.redcross.org

- Designate an emergency meeting location outside the fire hazard area.
- Appoint an out-of-area friend or relative as a point of contact.
- Maintain a list of emergency contact numbers and post near your phone and in your emergency supply kit.
- Keep an extra emergency supply kit in your car in case you can't get to your home because of fire.
- Have a portable NOAA radio or scanner so you can stay updated on the fire.

Summer is the perfect time to establish your family's evacuation plan and to practice it. For more information about the Ready, Set, GO! Plan, stop by the HOA office and pick up a copy of this and many other Firewise brochures or visit www.wildlandfireRSG.org

To help you know when we are at heightened risk of wildfire in our area, the National Weather Service has an alert system known as a Red Flag Warning. These alerts are typically

issued when cold fronts arrive bringing high winds and dry air, and conditions are ripe for a wildfire. To help Steiner residents know when an alert is issued in our area, the HOA will fly red flags on both sides of the marquis on Quinlan Park Road, and there will be a banner posted at the main Steiner Ranch entrance. On Red Flag Warning days you should have your emergency supply kit packed and ready near the door or in the car. You should pay closer attention to any smoke or haze in the air, and listen to your NOAA radio for any evacuation instructions. Make sure your family is aware and prepared to Go! if needed.

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 (July 19 and August 16). Look for links to Firewise information coming soon to the new HOA website.



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American Red Cross Babysitter Training Course

9:00am – 4:00pm | \$50 per person

Towne Square Community Center, 12550 Country Trails Lane This is a very popular class, so sign up early for any of the dates below!

Classes for 2012 Aug 4th | Oct 27th | Dec. 8th

If you're 11 to 15 years old, you can get the knowledge, skills and confidence to care for infants and school-age children. Combining video, a participant's handbook, activities, hands on skills training and discussion for a complete learning experience, this course shows you how to:

- · Respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care
- Make decisions under pressure
- Communicate with parents to learn household rules
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants

Bring a sack lunch!

Space is limited. Prior registration is required and the 2011 Program Registration form is available at www. steinerranchhoa.org.

Summer Camps in Steiner Last Chance to Register!

Did you wait too late? It may be too late to get in the camp you want!! Look for registration forms and current information on-line at www.steinerranchhoa.org.

Here are the summer camps we are offering:

- Lonestar Soccer Camp
- Brown's Gymnastics Camp
- Tap-N-Toe Dance Camp
- Sportball Multi-sport Camp
- Steiner Tennis Camp
- JW Basketball Camp
- LZM Art Camp
- Abrakadoodle Art Camp
- Kidventure Camp
 - Mad Science Camp
 - Culinary Cooking Camp
 - KidzArt Art School Camp

Steiner Ranch Fall Program For Adults & Children

Stay Active, Steiner Ranch!

Registration for the Fall 2012 Program season begins for Residents Only July 1st - July 15th

Open Registration begins July 16th

The Steiner Ranch Fall Program for 2012 will begin in early September. Most of the programs were offered last spring, but we also have a few new ones that have been added to the list of Programs. The Fall Program Guide and registration information can be downloaded from our website at www.steinerranchhoa.org. Classes being offered this Fall are:

Children's Programs

- Sportball
- Tap/Ballet/Hip Hop
- Gymnastics
- Karate
- Tennis
- Art
- Soccer
- Flag Football
- Abacus Brain Study
- Music/Soccer
- Flag Football
- Culinary Cooking Classes

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

- Yoga for Seniors
- Karate
- Tennis
- Master's Swimming

Teen/Adult Programs

- Zumba
- Stroller Strides
- Walk Live
- Touchdown Kids

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.

July 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.

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

July 17th - 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 either by phone (512) 585-8424 or email Karin@OrganizeWithPurpose.com July 30th – 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

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



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Pool & Swimming News

Stars Divisional Championship Meets – July 7th

As we near completion of another terrific year of Steiner Stars swimming, here are some highlights from the season.

- Over 500 swimmers participated in the Steiner Stars Red and Blue Teams this summer.
- Over 150 of these swimmers earned event times that qualified them to compete in the Annual Northwest Swim Circuit Invitation Meet, being held at the University of Texas on July 8th.
- Approximately 150 Swimmers registered for the Shooting Stars developmental program that runs from July 10th through August 2nd at John Simpson Pool.

On July 7th, both teams will compete in a championship meet within their respective divisions in the Northwest Swim Circuit, with the Stars Red team travelling to Round Rock for their Divisional meet, and Stars Blue hosting Pflugerville and Wells Branch at Bella Mar Competition Pool from 6:00am to 2:00pm*. Come cheer for your neighbors and see some of the fastest young swimmers in Austin at these exciting year end events!

*To reduce the impact on Bella Mar residents, the Stars will provide a parking shuttle service from River Ridge Elementary school for the Blue Team Divisional Meet.

Shooting Stars Begins July 10th at John Simpson Pool

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

DIVE BLOCKS AT THE BELLA MAR POOL Are for Swim Team Use only.



and/or guest usage of diving blocks is prohibited.

NEWS FROM THE POOL:

Summer is in full force and as families have been getting adjusted to the "no school" schedule, the heat, and early summer vacations, we've had a great time at the pools. Memorial Day, the official kickoff to the swim season, brought crowds to the pool. We've been working hard to help control crowds, create a safe environment, and allow you to have fun. We have brought forth some great changes this year. The first is the addition of gate monitors. While there are still strong crowds, averaging 120 an hour during peak times at Bella Mar, 45 at John Simpson, and 54 at Towne Square, we have been able to better control the flow of people coming in so that we can maintain a safe environment for you and your family. We appreciate all your cooperation with this new program and it seems to be a success. In some cases, pool usage has increased and in others it has maintained at a safe and controllable level.

In addition, we have added concessions on the weekends at Bella Mar for your added enjoyment. Cups&Cones is providing their services to make your time at the pool even more exciting and enjoyable. They are strictly on a cash basis, so remember to bring cash to the pool.

The Steiner Stars are wrapping up another great season with some great results. Thank to the Stars Swim Team for all your efforts in reducing the impact on the community and thanks to all patrons of the pools for being patient with practice times and temporary pool closures for meets. Traffic issues have improved drastically over the years, and I want to personally thank the Stars for undertaking great expense in making sure everyone can co-exist in as much harmony as possible.

Out of the pool, we are working on some things to make the pools even more enjoyable next year. Your ideas are always welcome. If you haven't seen it yet, there is a survey coming out to get homeowner opinion on some of the different projects the pool committee and the facility committee as a whole are working on. Please provide your opinions and support so we can make some solid plans and have an even better summer next year.

Finally, as you enjoy your pool usage, please keep in mind the following:

- Unless under Supervisions from Stars Coaches do not use the dive blocks
- Please do not prop open security gates, as this poses a major safety issue
- Bring money for concessions
- Please do not allow your children in the Lap Pools in swim Diapers and make sure they make regular use of the restroom facilities
- Follow all instructions by the lifeguard

Thanks for all your cooperation and keep enjoying the pools. As always you can contact me at Rodney.g.mogen@gmail.com if you have any issues or comments.

Rodney Mogen

DROWNING IS PREVENTABLE

COLIN'S HOPE WATER SAFETY TIPS AT WWW.COLINSHOPE.ORG



Take the Colin's Hope Water Guardian Pledge

- **I WILL** constantly watch children around water.
- I WILL NOT become distracted.
- I WILL maintain a valid CPR certification.
- **I WILL** be on duty until relieved by an adult.

LAYERS OF PROTECTION





CONSTANT VISUAL SUPERVISION



KEEP BACKYARDS & BATHROOMS SAFE LEARN TO SWIM



LEARN CPR

WEAR LIFE JACKETS MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS



CHECK POOLS/HOTTUBS VISIT US 1ST FOR MISSING CHILDREN ONLINE

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Pool & Swimming News

SUMMER POOL HOURS

THE FOLLOWING HOURS WILL APPLY

BELLA MAR

The following programs will be using the lap pool:

<u>Bella Mar - Master's Swim Program</u>

Wednesday & Friday	5:30am –	6:45am
Sunday	6:30am –	7:45am

Bella Mar - VHS Swimming Monday

<u> John Simpson - Austin Elite Swimming</u>

Monday – Friday 4:30pm – 6:30pm

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

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.

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

July 3rd - July 6th, Tuesday thru Friday from 7:30 a.m. - 12:30 p.m. No practice on July 4th

2012 BLUE TEAM SWIM PRACTICE SCHEDULE

July 2nd - July 5th, Monday thru Thursday 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.

FINAL SWIM TEAM HOME SWIM MEET:

Saturday, July 7th – Entire Facility Closed until 3:00pm (Divisional Meet)

New Pool Procedures

Due to the high demand and use of the Steiner Ranch pools, this year you will see gate monitors during varies 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 DOESTHIS 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.

DIVE BLOCKS FOR SWIMTEAM USE ONLY

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!

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.

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.

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.



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 and Fridays at 5:30 a.m. until 6:45 a.m. Sundays at 6:30 a.m. until 7:45 a.m. \$40 per month for Residents

Come on and 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!



Pool & Swimming News

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.



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SHOW OFF YOUR SUPER HERO

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

E-mail your pictures to steinerranch@peelinc.com by the 8th of the month.







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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 clink on the link "Report a Problem" if you know someone violating the rules.

STEINER RANCH SOCIAL COMMITTEE IS ON FACEBOOK!

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



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Steiner Ranch ORTHODONTICS



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OF ORTHODONTICS

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	#+						
Sunday	/	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Ι	2 4:00pm – Decorate your Ride! (JS Park)	3	4 9:00am – 4th of July Parade (JS Park) HOA office Close	5 8:00 am - YAH Walking Group	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)	IO 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)	I I 8am – 10am – Viper Swim Camp (BM Lap Pool) 1:00pm – YAH Mexican Train	I 2 8am – 10am – Viper Swim Camp (BM Lap Pool)	13	I 4 8 am - 12 pm - Shred Day (TS Parking Lot)
1 2	15	l 6 1 pm - YAH Book Club 6:30pm – FREE Yoga (TSCC)	I 7 YAH Ladies Luncheon Out 6:30pm – Is your Master Closet a Master Disaster (TSCC)	18	I 9 8:00 am - YAH Walking Group	20 7 pm - Women's Social and Pampering (TSCC)	2 I 8:30 pm - Movies in the Park (TS Fields)
	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 (TBD) YAH Bridge Club	26 8:00 am YAH Walking Group YAH Garden Club 6:00pm – SRROA Board of Directors Meeting (TSCC)	27	28
2 3	29	30 6:30pm – FREE Yoga (TSCC)	31				



AUGUST 2012

						AN AT A DE EVENING MET AN AN	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
_				I	2	3	4
					8:00 am - YAH Walking Group		9:00 am - 5:00 pm - Babysitting
1							Training Course (TSCC)
	5	6 6:30pm – FREE Yoga (TSCC)	7 6:30pm – Facilities Committee	8 YAH Bridge Club	9 8:00 am - YAH Walking Group	10	8:30 pm - Movies in the Park -
			Meeting (TSCC)		7:00 pm - New Owner Orientation (TSCC)		Zookeeper (TS Fields)
W.							
	12	3	14	15	16	17	18
		6:30pm – FREE Yoga (TSCC)	9:30 am - Social Committee Meeting (Cups & Cones)		8:00 am - YAH Walking Group		Concert in the Park (TS Fields)
1 2 2							
	19	20	21	22	23	24	25
	17	20 1:30 pm - YAH Book Club	5:30 am - 7:30 am - VHS Swim	YAH Bridge Club	23 8:00 am - YAH Walking Group	24	25
1		6:30pm – FREE Yoga (TSCC)	Team Try-outs (BM Lap Pool) 6:30 pm - Wellness Workshop				
all a			(TSCC)				
AL AL	26	27	28	29	30	31	
		First Day Of School 6:30pm – FREE Yoga (TSCC)		3:30 pm - SRMA Board of Directors Meeting (TSCC)	8:00 am - YAH Walking Group 6:00 pm - SRROA Board of Discretes Martins (TRSC)		
					Directors Meeting (TSCC)		
10							



3529 COWDEN DRIVE 4 bedrooms | 2.5 baths www.3529CowdenDrive.com



3201 PRAIRIE CLOVER PATH 5 bedrooms | 3.5 baths www.3201PrairieCloverPath.com



11813 EAGLES GLEN DRIVE 5 bedrooms | 4.5 baths www.11813EaglesGlenDrive.com



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Congrats

On June 2nd, the Pink Panther Girls Soccer Team from Steiner Ranch won the Challenge 3v3 Tournament, U12 division, at the LTYA Soccer complex in Bee Cave, qualifying for the 3V3 Challenge National Championships at Walt Disney World in August. The players are pictured here from (L) to (R): Grace Andres, Tara Lujan, Brianna Gonzales, Alaina LaPlace, Emma Richardson and Coach Dan Crossman.

Over the Memorial Day Weekend the Lonestar Soccer Club '99Dev North Girls Team won the Memorial Day Cup in Houston Texas. Steiner Ranch residents on the team are pictured here from left to right: Emma Richardson, Alaina LaPlace, Tara Lujan, Brianna Gonzales, Grace Andres and Paige Crossman.



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.





From the Association Office

Keep Steiner Ranch

seantitul!

Things you should know

Thank you to all Steiner Ranch residents who have been careful to store your trash containers in enclosed spaces, maintain your yards, and park your vehicles in your garages and driveways at night! Your efforts are greatly appreciated by your neighbors, visitors, and the staff in the Community Associations Office.

For those of you unfamiliar with the Steiner Ranch rules, please be aware that trash containers, recycling bins, yard waste bags, and all other trash should be stored out of view of the street. Keep your trash containers in your garage or other enclosed space. Trash containers (including yard waste bags) should not be placed at the curb for pickup until late Wednesday evening or early Thursday morning, and should be returned to their enclosed spaces by Thursday night. Let your landscaping company know of these rules!

Overnight street parking is prohibited in Steiner Ranch. All of your vehicles must be parked in your garage or on your driveway at night. Homeowners are also responsible for the vehicles of guests. Please make your house sitters and visitors are aware of the parking restrictions.

Help keep Association membership costs down by becoming familiar with, and following all Steiner Ranch rules, not just those mentioned here! The staff in the Community Associations Office spends many hours each week addressing violations and each violation takes money from all homeowners' pockets. By maintaining your property in accordance with the Steiner Ranch Guidelines, and acting quickly when property and landscaping need repair or replacement, you conserve the financial resources of the Association and help keep Steiner Ranch a beautiful place to live.

Association Assessment Payments Due

Semi-annual assessments for July - December are due on July 1, 2012 Statements were mailed to each homeowner at the mailing address on file in mid-June. If you do not receive a statement, please contact the Community Associations Office at 512-266-7553.

You are not exempt from paying assessments or late fees even if you do not receive a statement. Payments received after July 31, 2012 for any reason are subject to an initial \$25.00 late fee per association and a \$25.00 late fee for each additional month that the assessment remains unpaid. Please note that the assessment must be received by July 31st, not simply postmarked by July 31st. Your escrow account does not pay your assessments.

Online Assessment payments can be made at www. steinerranchhoa.org, by clicking on the "Online Assessment Payments" link. You can also sign up to receive your statements online.

You can still mail in your payments at the address listed on your statement, or bring them to the Association office at 12550 Country Trails Lane to avoid an On-line fee.

***Please note, you may lose resident privileges such as pool access, facility rental, and attendance at, or registration for, social functions and programs, if you have delinquent assessment. ***



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ان 🗈

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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.





Offering 3 Convenient Austin Locations!

Steiner Ranch 4308 N. Quinlan Park Road | Suite 100 Austin, TX 78732 | 512.266.6130

Jester 6507 Jester Boulevard | Building 2 Austin, TX 78750 | 512.795.8300

Bee Caves 8100 Bee Caves Road | Austin, TX 78746 512.329.6633



"Summer Under the Rainbow" is a flexible 11 week summer Camp. Space is limited; sign up today at one of our three schools.

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2012 ASC Baseball Champions



2012 Summer Camps

Boys Basketball July 2-3 & 5-6 contact: 512-313-4504 Baseball July 9-12 contact: 512-313-4509

Boys & Girls Volleyball July 16-19 contact: 512-313-4510

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

athletics.concordia.edu

School News

Catch the Reading Bug this Summer

at River Ridge Elementary and Four Points Middle School

LISD and Hill Country Education Foundation have teamed up again this summer at Four Points area school libraries – River Ridge Elementary and Four Points Middle School – to provide support and access to library books and to bring programming to students. Thanks to LISD school librarians these schools will be open on several days in June and July.

"Statistics have shown that students that don't read actively over the summer lose instructional gains made during the previous school year," said Becky Calzada, LISD library coordinator. "Our goal is to provide neighborhood library access to prevent this "summer slide" in reading loss and get students ready for the next grade level."

LISD is offering the service because some parts of the district do not have easy access to public libraries and due to the recordnumber of participants at the library last summer. The Hill Country Education Foundation has been working towards establishing

a community library in the Four Points area.

"Libraries provide an integral component for education in our communities," said Kai Lamb, president of HCEF. "While we don't have the luxury of a nearby library in Four Points, teaming up with LISD provides us the opportunity to begin making an impact."

Kicking off the summer program at River Ridge on June 11, HCEF will host Joe McDermott, one of the nation's top children's music recording artists. McDermott will perform at 10:00 am. Staff from Bartlett Realty will give out delicious ice cream treats for library goers. On July 26, Bernadette Nason will bring excitement, enthusiasm and energy to her storytelling performance. Nason is a familiar presence in Central Texas theatre and among elementary and middle schools as an English born and bred storyteller extraordinaire.

On July 17, HCEF will bring Mark Mitchell, author-illustrator, to Four Points Middle School at 1:00 pm. Mitchell's book for young people, "Raising La Belle: The Story of the La Salle Shipwreck" is

about an early colonial ship found at the bottom of a Texas bay. Please note that there will be no restrooms available at the library. Non-registered LISD students may not check out books.

> For more information about summer reading, see information below:

River Ridge Elementary *http://ldl.leanderisd.libguides.com/summerlibrary* **SUMMER LIBRARY HOURS Mondays and Thursdays 9 am to 12 noon** Mon, July 9 Thurs., July 12 Mon., July 16 Thurs., July 19 Mon., July 23 Thurs., July 26: Bernadette Nason, storyteller, at 10am.

All Books Due

Four Points Middle School

http://fpms.leanderisd.libguides.com/content.php?pid=33235 SUMMER LIBRARY HOURS Tuesdays 12 noon to 3 pm July 10 July 17: Mark G. Mitchell, author-illustrator, at 1pm July 24 July 31: All Books Due

NOT AVAILABLE ONLINE

School 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





Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to steinerranch@ peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www. PEELinc.com.











1 Lot Remaining 90 to 120 Linear Foot: \$150k One Acre View Lots: \$400k's



State of the art amenity center with tennis courts, pool and much more...



<image>

Lake Austin Waterfront: 8 Lots Remaining

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Derrick Jones

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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 Uncle Billy's at the Oasis. Visitors are welcome! If you are interested please contact Elicia@SteinerRanchInfo.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 Quetions? 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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BUSINESS CLASSIFIED

THE HANDYMAN CAN: Six year Steiner resident available for honey-dos, inspection punch lists, plumbing repairs, hang pictures, fans and lights. Assemble most anything; furniture, holiday presents etc. You name it I can probably do it. No job too small, no minimum. Many 100% satisfied Steiner clients. Richard 970-9616

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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.

PRIVATE PERSONAL TRAINING Let Sumi Singh, Diet Coach and Personal Trainer help you get the body you want. Private in-home personal training, diet coaching, and personalized meal plans in Steiner Ranch. Email sumi@shailafitness.com, additional info at www.shailafitness.com

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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 <u>steinerranch@peelinc.com.</u>

Advertise Your Business Here 888-687-6444



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I'm from here, and I know these parts like the back of my hand. More importantly, I know you and what concerns you. So if you're buying or selling a house in Steiner, I know how, when, and with whom to get the word out. And unlike the other guys, I care about the why too.

Call me. I'll listen.



Pruning Guidelines

for Prevention of Oak Wilt in Texas

Oak wilt, caused by the fungus Ceratocystis fagacearum, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from treeto-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. Below is a brief description of how you can reduce the risk of fungal spread when pruning.

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.
- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding of oaks during the spring (currently defined as February1 through June 30). Reasons to prune in the spring include:
- To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.
- To repair damaged limbs (from storms or other anomalies)
- To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.
- On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
- Dead branch removal where live tissue is not exposed.

Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February

1 or after June 30.

Debris from diseased red oaks should be immediately chipped, burned or buried. Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.

> References (available at http://www. TexasOakWilt.org): Appel, D.N., and R.F. Billings (eds.). 1995. Oak wilt perspectives: Proceedings of the Nation Oak Wilt Symposium, June 22-25, 1992. Austin, TX. Information Development, Houston, TX. 217 p.

Billings, R.F., and D.N. Appel (eds.). 2009. Proceedings of the National Oak Wilt Symposium. June 4-7, 2007, Austin, TX. Texas Forest Service Publication 166. 267p. Prepared January 12th, 2011 in cooperation between Texas Forest Service, Texas AgriLife Extension Service and International Society of Arboriculture Texas Chapter.



Chocolate Cab Cupcakes

Try these decadent cupcakes when you need a special dessert and pair it with your favorite Cab!

By The Four Points Foodie

Cupcake Ingredients

- 1 1/2 C all purpose flour
- 3/4 C sugar
- 1 t baking powder
- 1 t baking soda
- 1 t sea salt
- 1 C special dark cocoa
- 1/2 C canola oil
- 2 large eggs
- 1 t Ancho Chili Powder
- 1 C Cabernet Sauvignon
- 1 special dark chocolate bar

Directions: Preheat your oven to 350 degrees and line a cupcake pan with papers. Sift the dry ingredients together in a large bowl. Add the oil, eggs, chili powder and cab and blend with a mixer. Using a 1 inch ice cream scoop, place 1 scoop in each paper. Add 1 piece of dark chocolate, and then add another scoop of batter. Place in oven and bake for 18 minutes. Remove from oven and cool.



Frosting Ingredients

- 1/2 C vegetable shortening
- 6 oz unsalted butter, softened
- 1 C confectioners' sugar
- 1 C special dark cocoa
- 2 T Cab Reduction {see note below}

Directions: Blend shortening and butter together until fluffy and add confectioners' sugar and cocoa. Mix to combine then add the Cab Reduction and blend well. If the frosting is too thick, add a hint of vanilla or cream to thin it out. Place in pastry bag and pipe onto cooled cupcakes and serve.



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THE DEDICATED RUNNER

Submitted by Steve Bernhardt

The heat is officially on in Central Texas, for the foreseeable future no matter the time of day it will be hot and often humid during our runs. Does this mean it's time to slow down, not run as often, or simply head indoors to the gym to run? If you are a dedicated runner none of these options sounds appealing. Fortunately none of them are necessary either if we take our time to understand how to acclimatize to the higher temperatures and take the necessary measures to run safely and comfortably under the bright Texas sun.

First, it takes our bodies about 7-10 days to begin to make the physiological adjustments needed to adapt to strenuous activity in the heat. Research has shown we can become fully acclimatized in 14-days based on spending at least one hour a day in the heat. During this time our blood plasma volume increases, sodium levels concentrate, and our core body temperature decreases. Keep in mind fitter runners usually adapt quicker, as well as younger runners often do better in the heat than older runners.

Next, dress properly to maximize evaporative heat loss. Wear clothing designed for running that does not hold moisture in the fabric (hydrophobic) and encourages evaporation. Our bodies cool as the heat is pulled away from us in our evaporating sweat. Avoid running in cotton as it holds the moisture in the fabric and makes wide scale evaporation nearly impossible. Running in a soaking wet cotton t-shirt is not cooling, it's basting. Also, don't forget a breathable hat to keep the sun off your head and sunglasses to fight off the negative effects of UV sunlight on your eyes.

Lastly, our sweat rate increases as our bodies adapt to the stress of running in higher temperatures, because of this we need to replenish our fluids in order to maintain our effort and vital bodily functions. Water is ok for shorter duration runs (30 minutes or less) but for longer efforts we need to add some electrolytes like sodium chloride, magnesium, and potassium. There are many well designed hydration products available that are tasty and effective, as well as several different ways to carry fluids while on your runs like a hand-held water bottle or waist belt. If you are worried about the comfort of carrying a bottle while running, trust me after a few days you'll hardly notice it and grow thankful for having it with you.

Just because it's hot and humid doesn't mean we have to stop doing what we love to do, run. Being patient and giving our bodies time to acclimatize is critical. Wearing the right clothing to protect ourselves for the sun and encourage evaporative cooling is a must. Fluid replacement in order to maintain proper hydration is necessary to avoid heat related illness due to overheating and dehydration. With care and attention to each of these areas you'll be on your way to accomplishing your running goals no matter what the Texas summer decides to throw at us.



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Tired of spending your days in traffic? Want to find a rewarding career right in your very own neighborhood? Avoid the long commute and take a look at Longhorn Village.

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Apply in person at 12501 Longhorn Parkway, online at <u>www.longhornvillage.com</u> or forward your resume to <u>careers@longhornvillage.com</u>.

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Amy Colton

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Financial Focus - Student Loans Crushing College Grads

Submitted by Rich Keith

Today's college grads are facing the "real world" with an extra scoop of debt. Two-thirds of students graduating from college or graduate school have student loans – about \$25,000 on average. That's a 25% increase over the past 10 years. In fact, today's twentysomething holds an average debt of \$45,000, including everything from student loans to mortgages and credit cards. Unfortunately, unemployment for those aged 18-29 is 12.4%, well above the national rate of 8.2%.

Don't feel as if you have to be the savior. Six in 10 boomers report giving financial help (outside of college tuition) to a child or grandchild in the past five years. Of those, \$59,000 was the average amount of aid. If this sounds like you, ask yourself: Do I really have the resources? Am I saving enough for retirement? Try to share more financial wisdom and less cash with your adult offspring. The more you save for your own future means less possibility that you'll need their help later on.

Without going into too much detail, share the family financial picture with your children once they hit the mid-teen years. They need to know the family income is X and it takes Y amount to cover the mortgage and bills. Once they see X minus Y in action they will be surprised at how

> much it actually costs to run a household. This may have a side benefit of limiting how much and how often your children ask you for money and gifts.

Children who have a basic understanding of money, especially the corrosive effects of debt, have a better chance of becoming financially independent later in life. They will be more resistant to the credit card offers sure to come to them in their freshman year at college. And they will more ready to partner with their parents as the family manages their college finances with them.

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Salt of the Earth: Sodium & Your Health

Sodium is everywhere—swirling in the oceans, stored in vast underground crystalline deposits—and contained in just about every food and drink imaginable.

The fact is, sodium is as an essential, life-sustaining ingredient for every known plant and animal on the planet. Without sodium, our bodies would cease to function. Sodium helps our cells draw in nutrients, maintains balanced pH levels, enables nerve function and muscle contraction, helps regulate your heartbeat, and is a key component of your bones, explains Jose Mejia, M.D., a cardiologist for The Austin Diagnostic Clinic (ADC).

Yet too much of this essential element can pose serious health risks in people, including high blood pressure, heart disease, stroke, kidney disease, and congestive heart failure. According to the U.S. Department of Health and Human Services (HHS), the average person should only consume 2,300 milligrams (mg)—about one teaspoon full—or less, per day. If you are 51 or older, are black, or already have high blood pressure, diabetes, or chronic kidney disease, then you should limit your intake to 1,500 mg orless per day, Dr. Mejia adds. "Unfortunately, the average American gets about 3,400 mg of sodium a day, which is far more than is recommended for good health," Dr. Mejia says. "Keeping the amount of sodium you eat under control can be challenging, but understanding the main dietary sources of sodium is one of the best ways to start lowering your intake."

SALT BY ANY OTHER NAME

One of the most troubling parts of monitoring your sodium intake is understanding how extensively the food industry uses sodium as a flavor enhancer and as a preservative in everything from bread to canned soup. And then there's a matter of naming conventions. Common table salt, otherwise known as sodium chloride, is just one form of sodium. There are many other compounds that contain sodium, including monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrite (sometimes just nitrite).

"Most of the sodium we eat comes from processed foods and foods prepared in restaurants. Sodium is already part of processed (Continued on Page 56)



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Salt of the Earth - (Continued from Page 54)

foods and cannot be removed. Even fresh fruits, meats, vegetables and dairy products contain sodium," Dr. Mejia notes. "However, food manufacturers and restaurants can produce foods with far less sodium. In addition, you can select lower sodium foods when possible, and you can cook more foods yourself to better control how much sodium you eat."

SHOPPING SMART TO REDUCE SODIUM

The most practical way to reduce your sodium is by altering what you bring home from the grocery store. Many items like baked goods, breakfast cereals, soups, and lunchmeats are very high insodium.

"Pay very close attention to food labels," Dr. Mejia says. "It may add extra time to your shopping trip, but it's important to understand just what the food industry means when it uses sodium-related terms. Portion size is just as important. Frankly, it's the only way to make sure you are not eating too much sodium."

Here are some of the most common terms used on food packaging. If it doesn't have a label, your best option may be to avoid buying it.

- "Sodium free" or "Salt free." Each serving of this product contains less than 5 mg of sodium.
- "Very low sodium"- Each serving contains 35 mg of sodium or less.
- "Low sodium"- Each serving contains 140 mg of sodium or less.
- "Reduced" or "Less sodium"- The product contains at least 25 percent less sodium than the regular version. Check the label to see how much sodium is in a serving.
- "Lite" or "Light in sodium"- The sodium content has been reduced by at least 50 percent from the regular version.
- "Unsalted" or "No salt added"- Not salt is added during processing of a food that normally contains salt. However, some foods with these labels may still be high in sodium because some of the ingredients may be high in sodium.

A DASH OF SOMETHING ELSE

The widespread use of sodium means it can be challenging to avoid, especially if you are traveling with limited food options at airports. In that case, bringing low sodium snacks is a good option. At home, consider using alternative seasonings that are sodium free. Eventually, your taste buds will adjust to the lower sodium options.

"It takes some effort, but a low sodium diet can have tremendous health benefits," Dr. Mejia says. "If you are concerned or curious, it may be a good idea with check with your physician about the amount of sodium you are eating."

Jose Mejia, M.D., Cardiologist - The Austin Diagnostic Clinic,



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Lake Travis Community Library JUIY Events

Lake Travis Community Library's Summer Reading Program is in full swing and there are plenty of things to do at LTCL! Do you have a high school student who is thinking about college? Do you feel like singing and dancing? Do you like animals and songs about animals? Do you know how to use our digital library to borrow free eBooks and downloadable audiobooks? Would you like to go on a Zoofari? Abracadabra! Is magic something that interests you? Read on below to learn more about these events!

Attend a College Planning workshop at the library on Tuesday, July 10th from 6 to 7:30pm. Learn what it takes to find the right college fit for your student, at the lowest cost! Get the inside scoop on how to beat today's college costs, what colleges are looking for, and three simple rules for college admissions. RSVP to College InRoads at (512) 200-3626.

College Planning

Sing & Dance

Lucas Miller, the singing zoologist, is back again this summer! Lucas Miller connects kids and nature with scientifically accurate songs, stories and videos! With music, comedy, puppetry, stories, and stunning photography, Lucas Miller delivers multi-media programs that make kids and parents go wild! Sound like fun? Then join us on Monday, July 16th at 3pm at TexARTS! Hey kids, do you like to sing and dance? If so, then Mr. Johnny & Friends is the event for you! Sing and dance along with Mr. Johnny & Friends on Thursday, July 12th at 10:30am at the Briarcliff Community Center or 1:30pm at TexARTS. We hope to see you there!

Zoology Fun



Download eBooks, audiobooks, music, and video anytime, anywhere - for free! You can access the LTCL's Digital Library to download media to a PC, Mac, and most mobile devices. At the end of the lending period your media checkouts expire so there are no late fees - ever! For an introduction to the Digital Library or help troubleshooting with your device, come to the library on Tuesday, July 17th at 7pm.

Magic

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

Submitted by Lake Travis Community Library Director Morgan McMillian What's a Zoofari? A Zoofari is a chance to learn all about wild animals in a petting zoo environment! Join us on Thursday, July 19th at 10:30am at the Briarcliff Community Center or 1:30pm at the Lakeway Activity Center for your chance to get up close and personal with lemurs and more!!

Digital Library

Join us on Friday, July 27th at 2pm for a magical experience with Magician Black Bert at our Summer Reading Program Finale! Black Bert will teach us about the magic of reading and show some pretty neat magic tricks, too!

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Christmas In July

Nature Watch

by Jim and Lynne Weber

By mid-summer in Central Texas, most of us dream of some relief from the heat , but did you know that you can find a reminder of the winter holidays thriving in the searing hot temperatures? Two native poinsettias, the Wild Poinsettia (Euphorbia cyathophora) and Mexican Fireplant (Euphorbia heterophylla), are present in our area and are related to the popular Christmas poinsettias (Euphorbia pulcherrima), which has large red, pink, yellow, or white leaves just below the flowering cluster. The showy colored parts of poinsettias that most people think are the flowers are actually colored bracts or modified leaves.

Wild Poinsettia, also called Fire on the Mountain, is a 'dwarf poinsettia' 1 to 2 feet tall with green stems and alternating lobed leaves, with the uppermost leaves having red blotches near the base. The flower clusters are small and yellowish, and bloom from May to November, usually peaking in the height of summer. Its scientific name is composed of the genus Euphorbia, named after the corpulent Greek physician Euphorbus and meaning 'well fed', and the species name of cyanthophora meaning 'cup bearing', which refers to the bowl-shaped structures supporting each flower. While this plant can be invasive, it is a good native filler plant and can be an interesting addition to a sunny flowerbed containing sandy, well-draining soil.

The Mexican Fireplant (Euphorbia heterophylla) is native to Mexico and Central America, as well as across the southern tier of the United States from California through Texas to Florida. Blooming from late July to September, this 2 to 3 foot tall plant



Mexican Fireplant (photo by Robert L. Stone)



Wild Poinsettia (photo by Joseph A. Marcus)

also has tiny flowers lacking petals within a 5-lobed gland-rimmed cup, all in a cluster on top of a leafy stem and just above partly red, white or yellow leaves. It grows in open or wooded sandy areas, and prefers full sun to partial shade. Often, when left grown wild as a 'weed', this plant loses its striking coloration.

Both Wild Poinsettia and Mexican Fireplant are members of the Spurge family, which includes about 7500 species, each having milky sap and found growing in mostly warm or hot regions. Plants in this family have produced valuable products such as rubber, castor & tung oils, and tapioca. Most are poisonous, however, and the sap can mildly irritate the membranes of the eyes and mouth. In the wild, these species are also considered 'ruderal species', or the first to colonize either natural or human disturbed lands. They typically dominate a disturbed area for a few years, gradually losing the competition for resources to other, longer-lasting native plant species.

The Christmas Poinsettia is native to Mexico and Central America and is a generally found in the form of a shrub or small tree. Native peoples of Chile and Peru called this plant the 'Crown of the Andes', and the Aztecs, who made a reddish purple dye from its bracts, called it 'Cuetlaxochitl', meaning 'mortal flower that perishes and withers like all that is pure.' This fall, why not plant some of our smaller festive natives in your wildscape, and next summer let them remind you of cooler times when the temperature outside hovers around 100 degrees!

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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Ranch Record - July 2012 61

News You Can Use WHAT TO LOOK FOR IN A PET FOOD

Pet nutrition and pet food selection has improved significantly over the last few years, however, there is still a lot of confusion regarding what to feed our four-legged friends.

Following the horrific melamine pet food recalls of 2007, much research has been dedicated to learning more about pet nutrition and how pet food is manufactured and distributed to consumers. This has spawned a greater selection of high-quality, pet super-foods. However, it has also prompted some companies who still make cheap, low-quality pet food to simply change their packaging to dupe consumers into believing that they're buying food filled with wholesome fresh meat, fruits, and vegetables.

Don't be fooled! A pretty bag with pictures of cascading corn and carrots does not a quality pet food make. Read the ingredient label to see what's really in the bag and in your pet's food bowl.

Here are some things to look for in the ingredient label and to consider when choosing a food for your furry family members.

PROTEIN

A named protein and/or protein meal should be first on the ingredient list. For example, if you're buying a chicken formula pet food, look for,"chicken," or,"chicken meal," as the first ingredient, not chicken by-product. Remember: meal is a good thing, by-product is a bad thing. Also, if a protein source is not named - beware. For example, if the ingredient label reads, "meat meal," you have no way of knowing what the protein source is and should be wary. It could be anything from aardvark to zebra. The best pet foods have two or three protein sources in the first five ingredients listed.

Confused about the difference between chicken and chicken meal? Chicken, or any other protein source listed in the ingredient label, means that fresh meat was added to the mix before cooking. This is great! But just like our bodies, animals are about 70% water. So, when the mixture is cooked, the fresh meat in it loses volume, thereby decreasing the amount of protein in the final product. Chicken meal, on the other hand, is chicken meat, bone and some connective tissue that has been cooked, dried and added to the mix before cooking, which ultimately increases the protein level of the food.

VEGGIES, FRUITS & WHOLEGRAINS

Like humans, pets benefit from the vitamins and enzymes in fresh vegetables and fruits. Look for quality produce and complex carbohydrates like carrots, spinach, pumpkin, etc. as well as whole grain rice, oats, and/or barley. These healthy foods have lower glycemic index ranges, which will keep your pet more satisfied and will help to avoid sudden drops in energy levels. Avoid highly processed grains such as corn, wheat and rice. As with humans, these are empty fillers and fast burning carbohydrates.

US SOURCED

Do a little extra digging to find where the ingredients of a food you'e considering are sourced. Often, you can find this information on the manufacturer's website. If not, call them and ask. Look for foods made with ingredients from the US. This will help you take advantage of the strict, governmental regulations that watch pet food manufacturers and that are there to protect you and your pets from contamination. Furthermore, buying products made in the US is just plain good sense for the local economy and environment.

WHAT TO AVOID

By-products and by-product meals should be avoided for a number of reasons. First, you have no way of knowing exactly what the ingredient is, but you can be sure that it is a lowvalue portion of the animal. In addition to the ingredient itself being dubious, low-value products are not handled with the same care as higher-value products, so they could become rancid or exposed to harmful bacteria. Also avoid sweeteners, which are added to poor quality foods to enhance palatability. Other ingredients to avoid are artificial preservatives such as BHA, BHT, and ethoxyquin, and artificial colors.

Once you've narrowed your choices down to a few based on quality ingredients, then consider your pet's specific health needs. Is your pet overweight, underweight, young, adult, or senior? Does he/she have allergies or itchy skin? There are high-quality foods that are formulated to address all of these issues and more.

After you've finally chosen a healthy pet food and are ready to purchase, be sure to check the, "Best By," date. In quality, natural foods, this will be about 12 months from the manufacture date. When dishing out the new grub to your pet, start by mixing it with a bit of his last diet to help his tummy transition. Do this for about a week, adding a little more of the new food everyday. By day seven, your pet should be ready for full servings and a fuller life.



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Tech-Etiquette: Is there an App for Civility?

In today's age of apps and gadgets, it's likely that you or someone you know has benefitted handily from the ubiquitous smartphone in today's digitally-dependent society. If the question were posed to our current generation, "What item would you never want to be without?" it is fair to say that most individuals living in 21st century America would answer: "My phone!" Without our phones, it is certain that many of us would be lost. We would be unable to text, tweet, phone, email, face time, and even friend or like another individual. Would we really? Is American society becoming so dependent upon these technological devices that we are challenged to even recognize our our humanity within? How many young men and women know the value of the age-old adage "Never leave home without a smile?" Is who we were created to be, in such competition with what we hold in our hand, that we have forgotten the simple value of kindness - shared in a smile, of gratification - by greeting another with a genuine handshake? Is it technology that propels our lives, or are we doing our best to prepare our lives to propel the technology that supports them?

Regardless of how many apps and buttons and gadgets, and even insurance, we carry on our smartphones, could it be that we have something even better when it comes to insuring our ability to connect with the people we like? Or to be-Friend those to whom we're attracted, or bring restitution to those un-Friended? Today's digitally-dependent generation has a challenge before them that none before have known. That

Submitted by Darcy Folsom

is, being able to successfully pair technology with common courtesy. Remembering what our grandmothers taught us about the civilities of life (carried in our hip pockets) may apply more today, than any app could ever provide. But pairing the art of civility with the current age of technology requires practice. The 21st century can only get better as those old-fashioned manners make their way from our pockets to the person next to us. After all, the words we speak are far more significant than the technology that transmits them. Why not polish a few points of etiquette this summer and complement your savvy skills on your smartphone? By doing so, you and your smartphone may just move from merely getting the message delivered, to doing so with principles that shape our character and improve our attitudes about both our electronic devices, and the lives of those who use them.

Tip #1 - When you take a call in the presence of another person, you are communicating, "You are secondary; the caller is more important than you are." If you are expecting a call, let your companion know in advance, and excuse yourself before taking the call, limiting the call to under one minute. Never use a cell phone on a date, unless there is an emergency.

Tip #2 - If you find it necessary to use your smartphone while driving, make it a habit to get into your car, buckle up, and prepare your hand's free device to activate the call BEFORE starting your engine.

Tip #3 - Allow your personality, not your PDA to impress others. Avoid using novelty ringtones, and choose the vibrate option as much as possible.

Tip #4 - Remove your earpiece when not on the phone. Always keep your phone in a pocket or a purse, rather than laying it on the table next to you.

Tip# 5 - When in a public place, refrain from using your ear buds to listen to your favorite playlist. Instead, be prepared to greet those who are near you, looking oncoming passersby in the eye, with a smile and "Hello!" This is not only courteous, but it is also a way to remain sure about your surroundings.

As you travel to the lake or the seaside with friends, consider the value that a few manners may add to the dynamics of your summer relationships. Ask the question - is there something more fundamental than a fancy app, or gadget insurance to satisfy our lack? What have we already been given as a way to connect with the people we like, and those we want to be-Friend? Rather than search your smartphone for the latest apps, ask your companion's permission to practice with them, as you begin to apply these principles of Tech-Etiquette. These courtesies will both benefit the words we speak and the actions we offer, as we engage those around us with the very acts of courtesy we desire for others to share with us. Practicing the art of civility alongside the technology that propels our lives, I believe we will see our digitally-dependent generation become the one to re-engage our culture with civility and the accomplished principles of common courtesy.



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A Focus on Heat Emergencies

HEALTHY TIPS TO STAY COOL IN EXTREMELY HOT WEATHER

By: Concentra Urgent Care

Heat emergencies fall into three categories of increasing severity: Heat Cramps, Heat Exhaustion & Heatstroke.

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs.

If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS & SYMPTOMS

— Heat Cramps —

- Sweating
- Pain in arms, legs, and abdomen

— Heat Exhaustion —

- Moist, pale skin
- Fatigue and fainting
- · Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

- Heat Stroke -

- No sweating
- Dry, hot, red skin
- · Confusion and loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

CAUSES:

The following are common causes of heat

emergencies:

• High temperatures or

- humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

What to do in heat emergencies.. FIRST AID

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.

2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.

3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.

4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.

5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

- DO NOT underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.
- DO NOT give the person medications that

are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

- DO NOT give the person salt tablets.
- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.
- DO NOT use alcohol rubs on the person's skin.
- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/topics/heatstress/

References

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TEAM = TOGETHER EVERYONE ACHIEVES MORE

The Gene Arant Team Welcomes Its Newest Member, LISA NAUERT



Susan - Staging



Gene - Team Lead



Judy - Buyer's Specialist



Claire - Listing Manager



Jennifer - Team Manager



Lisa - Buyer's Specialist

Lisa joins the TEAM with 10 years of Real Estate experience. As a 10 year resident of Steiner Ranch and a former LWBE teacher, She understands the benefits of living in our community. Gene understands the importance of an excellent home buying experience and believes Lisa and the rest of the team can help families enjoy their home buying and selling journey.



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