

# RANCH RECORD

*Official Newsletter for the Steiner Ranch HOA*

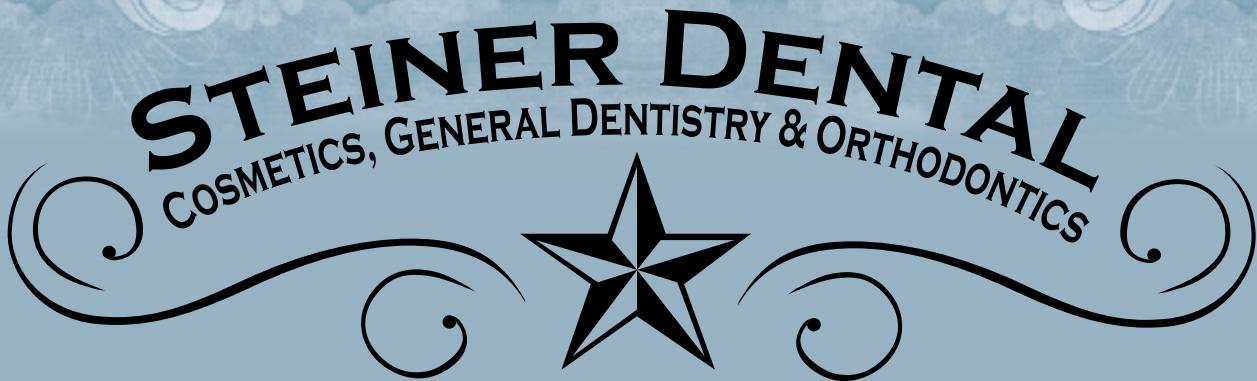
VOLUME 6 ISSUE 8

AUGUST 2012

*Concert in the Park*



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# COMMUNITY INFO

## STEINER RANCH COMMUNITY ASSOCIATIONS OFFICE

12550 Country Trails Lane  
Austin, Texas 78732  
512-266-7553 – Telephone  
512-266-9312 – Facsimile  
www.steinerranchhoa.org

## SUMMER OFFICE HOURS

Monday - Thursday ..... 1:00pm - 5:00pm  
Friday ..... 10:00am - 5:00pm  
Saturday ..... 9:00am - 3:00pm  
Sunday ..... CLOSED

## STAFF

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Josue Gutierrez

*Janet Stockard*  
Attorney at Law



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# IMPORTANT NUMBERS

## EMERGENCY NUMBERS

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

## STEINER RANCH CONTACTS

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

## SCHOOLS

Leander ISD ..... 512-570-0000  
Vandegrift High School ..... 512-570-2300  
Canyon Ridge Middle School ..... 512-570-3500  
Laura Welch Bush Elementary ..... 512-570-6100  
Steiner Ranch Elementary ..... 512-570-5700  
River Ridge Elementary ..... 512-570-7300

## UTILITIES

Travis County WCID # 17 ..... 512-266-1111  
City of Austin Electric ..... 512-494-9400  
Texas Gas Service  
Custom Service ..... 1-800-700-2443  
Emergencies ..... 512-370-8609  
Call Before You Dig ..... 1-800-344-8377  
AT&T  
New Service ..... 1-800-464-7928  
Repair ..... 1-800-246-8464  
Billing ..... 1-800-858-7928  
Time Warner Cable  
Customer Service ..... 512-485-5555  
Repairs ..... 512-485-5080  
TDS (Trash & Recycle) ..... 512-421-1300  
Austin/Travis County Hazardous Waste ..... 512-974-4343

## OTHER NUMBERS

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

## NEWSLETTER PUBLISHER

Peel, Inc. .... 512-263-9181  
Advertising ..... advertising@peelinc.com

## GO GREEN! GO PAPERLESS!

Sign up to receive the Ranch Record  
directly to your inbox.  
Visit [PEELinc.com](http://PEELinc.com) for details.

# Summer Cinema!

## DINNER & A MOVIE

FRIDAYS & SATURDAYS AT 6PM

MAY 25-26: MARS NEEDS MOMS

JUNE 1-2: THE GOONIES

JUNE 8-9: WALL-E

JUNE 15-16: KUNG FU PANDA 2

JUNE 22-23: THE KARATE KID

JUNE 29-30: UP

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

JULY 13-14: THE MUPPETS

JULY 20-21: RANGO

JULY 27-28: RATATOUILLE

AUG 3-4: CARS 2

AUG 10-11: DOLPHIN TALE

AUG 17-18: ADVENTURES OF TIN TIN

AUG 24-25: PUSS IN BOOTS

AUG 31/SEP 1: HAPPY FEET 2

Enjoy a great first-run, family-friendly movie in Southwest Bistro's 'mini theatre' --complete with comfy beanbag chairs and picnic blankets. And what's more, you can order a delicious dinner from the full menu at Southwest Bistro.

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## ADVERTISING INFO

Please support the advertisers that make The Ranch Record possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

## ARTICLE INFO

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

To submit an article for consideration please email it to [steinerranch@peelinc.com](mailto:steinerranch@peelinc.com). The deadline is the 8th of the month prior to the issue.

## COVER PHOTO

This month's cover photo was taken by Laurie O'Meara of the 2011 Concert in the Park!

*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 September 2012 issue submittal deadline is August 7th and photos should be submitted electronically by the deadline date to Sharon Adams at [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org).

By submitting your photo you agree to allow your photo to be published in future issues of the Ranch Record or other Steiner Ranch publications.



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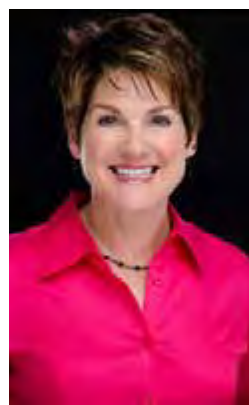
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## PIANO INSTRUCTION

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Students who study music perform better  
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— Source: PBS, Public School Review

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in Steiner Ranch ages 4 - Adult!

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## Vacation Bible School:

*Sonrise National Park*

August 13th-16th 5:30 PM - 8:00 PM



**Shepherd of the Hills**  
Christian Church Disciples of Christ

*Everyone is Welcome!*

**[www.shccaustin.org](http://www.shccaustin.org)**



# 2012

## Steiner Ranch Social Events

Aug. 11..... Movies in the Park - Zookeeper  
 Aug 18..... Concert in the Park  
 Sept 15 ..... Garage 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 10 ..... Holiday Sales Event and Santa Pictures

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

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# Independence Day Parade Celebration

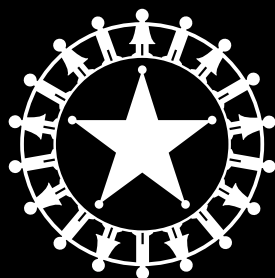
The Annual 4th of July Parade was a great time with a wonderful turnout and the weather was perfect! The Lake Travis Fire & Rescue came with their fire engine and let the kids get a chance to see a ladder truck up close. The new addition of the Travis County Sheriffs Officers was wonderful with one officer in the parade and the other helping control traffic. The Kolache Factory provided a car, along with a UT Golf cart and Safe Ride who all joined the route!

The Social Committee provided flags, the wet slide and bouncy house, the ice pops from Cups and Cones, and the DJ, which helped keep everyone in the patriotic spirit and a BIG THANKS goes out to the Steiner Ranch Moms and Tots group for stepping in and making it all happen!!!!

The Social Committee welcomes new members and ideas and will be planning the 2013 Calendar at the September 11th Social Committee meeting. Anyone interested in giving back to the Community through volunteering is welcome to attend. Meetings are held the 2nd Tuesday of every month at 9:30am at Cups and Cones.



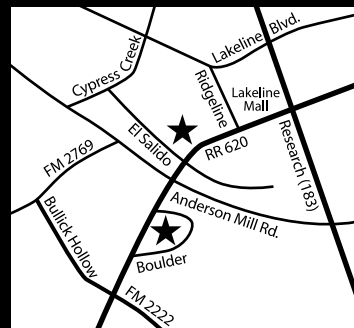




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3420 El Salido Pkwy (at 620)  
Cedar Park, Texas 78613



**[www.bluebonnetschool.com](http://www.bluebonnetschool.com)**



# Not your typical Steiner Ranch real estate gal.

I'm an Engineer with an MBA. Go figure.

Tedious research and attention to detail is part of my DNA. Which is why my clients know that when I show them a market analysis or estimated net sheet, they can take it to the bank. And, as a wife and mom who's lived in River Place, Steiner, and Grandview Hills, I know Four Points like a schematic, and have a mother's sense of what will work for *your* family...and what won't. I'm the perfect combination of smarts and sensibility (and yes, I can be sweet too—it's in my name)! So call me today, and work with a Realtor® who knows how to use both sides of her brain.

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The summer movie series finishes up the summer with the movie *Zookeeper* on August 11th at Towne Square Fields.

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!*





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# Around Steiner

## Steiner Ranch 5th Annual Concert in the Park

**SATURDAY,  
AUGUST 18<sup>TH</sup>**

**AT THE TOWNE  
SQUARE COMMUNITY  
PARK**

**6PM – 10PM**



Help us raise money for the purchase of new trees and landscaping material for the burned areas of Steiner that were affected by the 2011 Labor Day Fires.

### **WIN AN IPAD!!!**

The Steiner Ranch Firewise Committee will be selling raffle tickets for \$5 each! So be sure to visit their booth, purchase tickets and get information about what the Firewise Committee does for Steiner Ranch!

Residents are invited to spend an afternoon with the entire family and enjoy fun and games, concessions, local business exhibits, and get their groove on with the sounds of live local music we've come to expect from living in Austin, the Live Music Capital of the World!

Vendors will be on hand giving away items, selling food and showing their appreciation to the Steiner Ranch residents for their continued support. Be prepared to cool off from the heat with the Gene Arant Reality team's giant hillside water slide.

Let's make this "Back to School Event" the best one yet!

Like last year, there will be a focus on giving to a local organization in need with this year's designee being the Steiner Ranch Firewise Committee. All proceeds will go to the purchase of trees for the areas that were burned during the Labor Day fires last year. Many residents that live in the area look out their back windows and are reminded of the fires every day. Attendees are asked to bring cash donations to benefit this cause that is close to the hearts of many of our Steiner Ranch residents.

Congratulations to the winner of this year's Concert in the Park Logo Contest, Veronica Rubio. Veronica won a \$100 Visa Gift card for her entry.

Sponsorship and vendor information as well as the most recent updates are available online at [www.steinerranchconcerts.com](http://www.steinerranchconcerts.com).





# Retha Realty Steiner Ranch Real Estate



**Just Listed! 12608 McNelly Trail.** Great Steiner Ranch beauty on Greenbelt lot. Private backyard with view of trees. Spacious home featuring formal Living room, formal dining room, cozy family room, spacious kitchen and breakfast room with access to large nice deck. Home office and large Game Room. Home is located next to trail entrance. Neighborhood is surrounded by awesome Hike and Bike trail, features 3 community centers and lake club with lake access. Exemplary Schools.



**Just Listed**

**12608 McNelly Trail, Steiner Ranch.**

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

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

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



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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.*

### **FIRST ANNUAL YOUNG AT HEART CRUISE**

*February 10-17, 2013*

Royal Caribbean Mariner of the Seas. Ports of Call include: Belize City (Belize), Roatan (Honduras) & Cozumel. Departing from Galveston. Feel free to invite friends and family. Book early to select your cabin (\$500 deposit). For more information and booking, contact Paula Kaisner at 512-607-6635 or pkaisner@cruiseone.com

### **BOOK CLUB**

*Wednesday, August 22nd, 6:30 PM, Home of Sharon Leonard*

We are fortunate to have author Linda Freeman come to our meeting to discuss and sign her book *Around Dripping Springs* which is a pictorial history. Please contact Maureen Michel (mmichel17@att.net) for more information and to RSVP.

### **BRIDGE CLUB**

*August 8th and 22nd*

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.

### **EPICUREANS - NEW GROUP**

Epicureans is a group for those who love to cook, entertain, learn new cuisines and techniques and have fun. It includes both couples and singles. Cooking classes and demonstrations, ethnic and regional cuisines are just some of the ideas being planned. For more information, please contact Donna King at donnaking200@yahoo.com.

### **GARDEN CLUB**

*Thursday, August 23rd*

All gardeners, men and women, are welcome. For more information and details about upcoming events, please email steinerranchyoungatheart@gmail.com with Garden Club in the subject line.

### **LADIES LUNCHING OUT**

*Tuesday, August 21st*

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, August 1st*

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, August 6th, 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 Linda Mikolajek at miko4@msn.com to confirm by Wednesday evening to confirm. The group waits 5 minutes for latecomers before starting. If you prefer to just walk with a companion please send an email to steinerranchyoungatheart@gmail.com with Walking Companion in the subject line stating your preferences (time, area, etc) so that you can be put in touch with others having similar interests.

### **HAPPY HOUR**

*In place of the August Wine Social*

We'll be meeting at a local restaurant for an early evening get-together. If you are interested in attending, please send your contact information to steinerranchyoungatheart@gmail.com with "Happy Hour" in the subject line and information regarding the location will be emailed to you.

Mark your  
Calendars!  
SATURDAY,  
SEPT. 15<sup>TH</sup>, 2012  
8 AM - 12 PM  
**SOLD**

# Community Wide FALL GARAGE SALE

Place the items you wish to sell in your driveway or garage before 8:00am. It's that easy! We will do the advertising for you!

This is a well attended event and the best time of the year to clear out your home of unwanted items.

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## HALLOWEEN -Trunk or Treat-

Join Steiner Moms & Tots on Sunday, October 28th for the first ever Steiner Ranch Trunk or Treat event! This community-wide activity will feature fun Halloween-themed activities, games, food, and the opportunity for young children to "trunk or treat" from participating family vehicles.

So that children are able to enjoy the neighborhood trick-or-treating festivities on Oct. 31st, this event will be held on Sunday, October 28th from 4-6pm. This event will replace the Children's Halloween Event.

Additional information and registration details will follow in the coming months. Volunteer and sponsorship opportunities will be available. For questions, please contact Caroline Burns at: (512) 761-1225.



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# Ladies Night Steiner Ranch 2012

Ladies Night Steiner Ranch September 29, 2012 is a celebration of all that you do for the people in your life throughout the year.

We bring in locally owned female businesses and services and this year additional neighborhood networking opportunity to make your life easier through the year while having a great time.

Beverage glasses will be sold for \$20.00 with unlimited refills, food will also be available for sale. Raffle tickets will be sold with some great prizes from the vendors for your enjoyment. All proceeds will be donated to Safe Place the local domestic violence shelter.

**Bar Sponsor:** Vista Ridge Dental

**DJ Sponsor:** Mogen Consulting & Training LLC

**Sponsorships Still Available:** Contact Myrta at [mmcguganl@live.com](mailto:mmcguganl@live.com)



## PLEASE WELCOME SOME OF OUR 2012 VENDORS:

- Nanny's and Granny's
- Designed by Jenny Harris
- Cups And Cones
- Rodan & Field
- Responsible Ride
- Sentsy
- B Fitting Makeovers
- Blush Austin
- Young at Heart
- Mom and Tot's
- Lake Austin Spa
- Gig I Hill
- Mary Kay
- Our Wine Sponsor:
- Dr. Waters of Steiner Ranch Orthodontics
- Four Hip Chicks
- Thirty One
- Four Points Family Chiropractic

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## Austin Baptist Church

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- Confidence in the Bible as God's Word
- Called to love and serve our neighbors in the Four Points and greater Austin area

**FIRST SERVICES ON SUNDAY, SEPTEMBER 9, 2012**



**7016 Ribelin Ranch Drive  
Austin, Texas 78750**

**Traditional Service @ 9 am**

**Bible Fellowship Groups @ 10:10 am**

**Celebration Service @ 11:11 am**

**[www.austinbaptistchurch.com](http://www.austinbaptistchurch.com)**

**512.491.9600**

**Dr. Gary Dyer,  
Pastor**



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## Ready, Set, GO!

by Sandi Ruble

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 be Ready - provide you with tips and tools you need to prepare for the threat of a wildfire; Set - help you become aware of your situation when a fire starts; and GO - be prepared to leave early.

Last month's article focused on the Ready portion of the program, preparing you for the threat of fire. This month we will discuss your situational awareness when a fire starts - or Set.

You should first check your emergency supply kit and make sure you have all necessary items. Now would be a good time to load items in your car or have them easily accessible.

Remain close to your house and keep a close eye on your family and pets until you are ready to leave. If possible, stay tuned to local radio and/or TV stations for updates, or check the fire department web site.

Listening to a NOAA radio can be helpful in knowing when the best time to evacuate your area will be. Dress in appropriate clothing and have goggles and a dry bandana or particle mask handy. You also should alert family and friends of your situation.

If time permits, you should shut all windows and doors and leave them unlocked. Remove flammable window shades and curtains and close any metal shutters. Move flammable furniture to the center of the room, away from windows and doors. Shut

off gas at the meter and turn off pilot lights. Leave your lights on so firefighters can see your house under smoky conditions. Shut off the air conditioning.

During this time, check the outside of your house by gathering up flammable items such as patio furniture, children's toys, door mats, etc, and bringing them inside or placing them in your pool. Turn off propane tanks and leave exterior lights on. Back your car into the driveway, so you are ready to go when needed.

Adding these items to your preparation list will help you be better prepared and more aware in the event of another wildfire situation in our neighborhood.

In addition, 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!



*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 (August 16 and September 20). Look for links to Firewise information coming soon to the new HOA website.*

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# Around Steiner

## Travis County Balcones Canyonlands Preserve Weekend Education Programs

As part of our focus of educating the public about the Balcones Canyonlands Preserve, Travis County, in conjunction with Steiner Ranch, is holding two weekend education programs in March for children aged 5-12. Below are the programs offered:

### SATURDAY, AUGUST 4

1:00 – 2:00 p.m.

*"Batty About Birds"*

Bella Mar Community Center

Ages 5-8

Come discover facts about some of the endangered birds that live around Steiner Ranch. We will play games, make crafts, and enjoy learning about these and other birds which live in the green space around where we live.

### SATURDAY, AUGUST 11

9:00 – 10:00 a.m.

*"Endangered Species"*

Bella Mar Community Center

Ages 9-12

Find out what types of endangered species live in Western Travis County, as we learn about a variety of animals which live both above and underground. We will have crafts and a variety of educational presentations.

To sign up for either program, YOU MUST pre-register by contacting William Burch, Volunteer Coordinator at 219-6190 x 3 or [william.burch@co.travis.tx.us](mailto:william.burch@co.travis.tx.us). There is a limit of 15 students per event; once this limit is reached, others can be put on a waiting list. Anyone who has not pre-registered will not be admitted to the event.



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- Chinch Bug Prevention
- Organic Fertilization Programs
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- Sodding
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- Landscape Lighting

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"Now THIS Is the way to move into a house!" --P.M. ... *Move-in Magic service*

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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](http://www.steinerranchhoa.org).



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

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](http://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
- Flag Football
- Culinary Cooking Classes

### Teen/Adult Programs

- Yoga for Seniors
- Karate
- Tennis
- Master's Swimming
- Zumba
- Stroller Strides
- Walk Live
- Touchdown Kids

## 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](http://www.steinerranchhoa.org).

Here are the summer camps we are offering:

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

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# Pool & Swimming News

## SUMMER POOL HOURS

THE FOLLOWING HOURS WILL APPLY

### BELLA MAR

Monday..... 2:00pm – 10:00pm

Tue- Sun..... 7:00am – 10:00pm

*The following programs will be using the lap pool:*

#### Bella Mar - Master's Swim Program

Wednesday & Friday ..... 5:30am – 6:45am

Sunday ..... 6:30am – 7:45am

#### Bella Mar - Austin Elite Swimming

Monday – Friday ..... 4:30pm – 6:30pm

(3 lanes)

### TOWNE SQUARE

*Closed Monday until 12:00pm*

Tuesday – Sunday ..... 8:00am – 10:00pm

### JOHN SIMPSON

*Closes Monday until 2:00pm*

Tuesday – Sunday ..... 8:00am – 10:00pm

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

## New Pool Procedures

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

### WHAT DOES THIS MEAN TO YOU?

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

### WHY GATE MONITORS?

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

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

### NO DIAPERS ALLOWED

As the swim season gears up, please be aware of the pool policy regarding children who are not potty-trained: Children who are not potty-trained and who use swim diapers are not allowed in the Bella Mar Lap Pool.

### All other community pools:

Double diapers (swim diaper + plastic pants) must be worn by children who have not been completely toilet trained.

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

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# STARS END THE SEASON STRONG

On July 7th, both the Red and Blue teams competed in their 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. The Stars Blue team came out on top with a Division III Win! Congratulations Stars Blue Team.

Wrapping up the season, these teams then travelled to the University of Texas pool downtown on the very next day to compete at the Invitation Meet against all 13 teams in the Circuit.

Only swimmers who had qualifying times were invited to compete at this meet. The Stars Red Team had 99 swimmers qualify, while the Stars Blue Team had doubled the amount of qualifiers from last year with 45 swimmers. Way to represent Stars!

For those interested in one of the Stars competitive swim teams, please check the website ([www.steinstars.org](http://www.steinstars.org)) in the February 2013 timeframe for more information.





# Pool & Swimming News

## 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](http://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.*

## Year Round Swimming Program



### For Adults

Come join the Masters Swim Program! The workouts are adjusted for everyone from beginners all the way to advanced -- no swim experience needed!! No intimidation allowed!! If you can swim one length of the pool, then you are ready to join in on the fun. Currently, we have "newbies" who haven't ever participated in organized adult swim classes, new and experienced triathletes who want to improve the swim part of their triathlons, and experienced master's swimmers looking to enjoy an organized swim workout. Regardless of your skill level, you will find a lane with swimmers who match your ability and enthusiasm.

*Our swim schedule is as follows:*

*Wednesdays 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](http://www.usms.org/reg) and join our team Red Giants Masters swimming. You can print your card immediately and take a copy to the HOA office. Fill out the Program Registration form at the HOA office, provide a copy your USMS card and submit payment!

As this is a Year Round Program, it's a great way to meet new friends and be a part of a fun community of swimmers and neighbors!

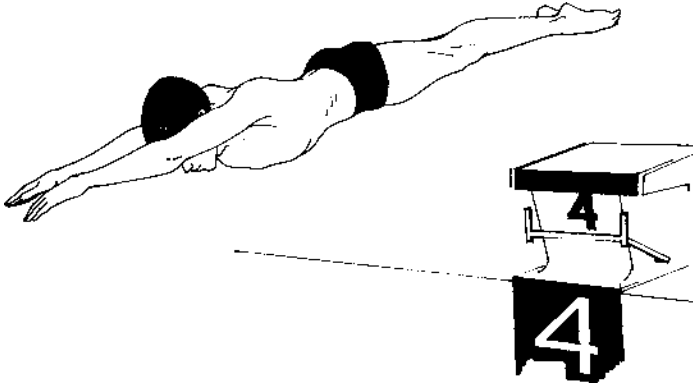
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## DIVE BLOCKS AT THE BELLA MAR POOL ARE FOR SWIM TEAM USE ONLY.



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



## 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](mailto:admin@lifelineaquatics.com).



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## 2012 Fall Field Lottery

*Do you need a field for practice? Are you planning on coaching a team in the Fall? Need a place to practice?*

**THEN MARK YOUR CALENDAR FOR THE 2012 FALL FIELD LOTTERY TO BE HELD ON THURSDAY, AUGUST 16TH!**

Register your team\* by sending an email to [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org). Registration must be in by 5:00pm on Wednesday, August 15th with the following information:

- Name
- Coach name (if different)
- Address
- Phone number
- Age group
- Organization (CC United, Town & Country, etc.)
- Sport (soccer, baseball, etc.)
- 1st, 2nd & 3rd choice of field, day & time. (See below)

*If you are coaching more than one team, please list each team separately.*

On Thursday, August 16th, I will be contacting you by email with assigned field.

### FIELDS:

- Towne Square
- Bella Mar Baseball Side
- Bella Mar Tennis Court Side
- Steiner Ranch Elementary
- Westridge Fields (off of Flat Top Ranch Road)
- River Ridge Elementary

### TIMES:

Hourly beginning at 4:00pm until Sunset

### DAYS:

Monday – Friday only

Saturday – Game Days

No field assignments on Sunday to leave open for Resident recreational use.

*For more information, please contact Sharon Adams at 512-266-7553 or [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org).*

\*Please Note - If you are with Neighborhood Sports (soccer or flag football), you do not need to register your team for the lottery. Representatives will be attending the lottery on your behalf.

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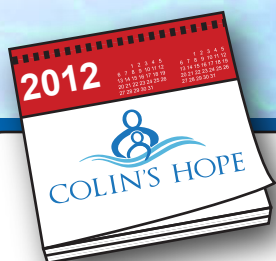
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## Colin's Hope Upcoming Events

**August 30:** Colin's Hope Got2Swim Lake Austin

**September 16:** Colin's Hope Kids Triathlon

**Volunteer - Donate**  
[WWW.COLINSHOPE.ORG](http://WWW.COLINSHOPE.ORG)

Thank you to all of the volunteers and community partners who gave of their time, resources and talent this summer to help us raise water safety awareness to prevent children from drowning. We have made such an incredible difference! As the summer comes to an end, please continue to keep your children safe in and around the water. Put multiple layers of protection into place to prevent children from drowning. **Drowning is Preventable.**

## LAYERS OF PROTECTION



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1ST FOR MISSING CHILDREN**



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## STEINER RANCH STEELERS REGIONAL CHAMPIONS



The 12-14 Girls Neighborhood Sports Steiner Ranch Steelers are the 2012 Austin Regional Champions for NFL Flag Football. Teams from across the USA competed in Austin June 30th and July 1st in three age brackets: 9-11 Co-ed, 12-14 Boys, and 12-14 Girls.

The winners from each age group advance to the NFL Flag Football Tournament of Champions in January, 2013. There are a total of eight regional tournaments in the USA leading to Nationals. So, the Steiner Ranch Steelers are the FIRST of only EIGHT 12-14 Girls teams in the ENTIRE NATION

with the honor of playing for it all early next year.

The Girls Steelers played 5 games over the tournament weekend: 5 nail biters with two special victories at tournament's end to secure the championship. First, going the length of the field for a 12-6 overtime win to make it to the Final. Then, facing down the previously undefeated Las Vegas Saints in route to the game winning touchdown drive with only seconds left: Steelers 7, Saints 6.

The team will be going to Walt Disney World to celebrate after the National Championships early next year.

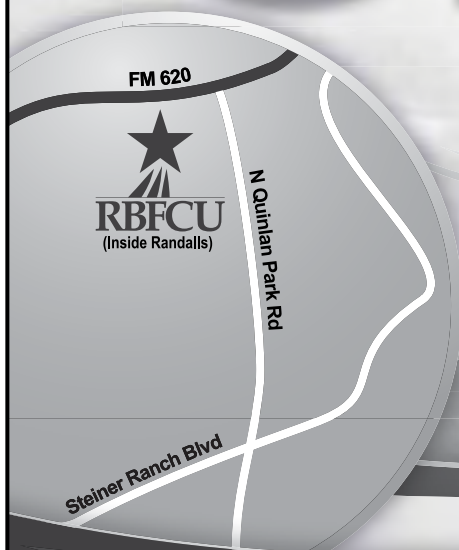


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# From the Association Office

## We're Online!

STEINERRANCHHOA.ORG

Check out the latest  
community happenings. Features  
Include...

- Fully Searchable Address Book
- Board and Committee Listings
- Events Calendar
- Facilities Information
- E-Forms & E-Mail Bulletins
- Garage Sales & Announcements
- Maps & Hot Links
- Documents
- Message Board
- Live Chat
- Reviews
- Requests and Questions

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

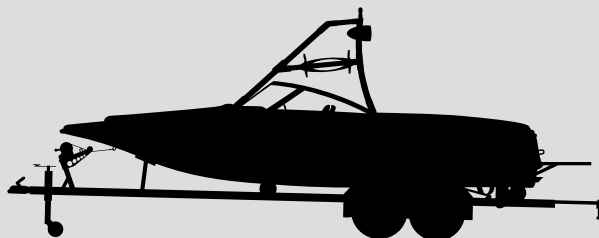


## BOATS AND WATERCRAFT PARKING

*Where can I park them?*

As summer winds down, 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](http://www.steinerranchhoa.org) through the "Report a Problem" link. Please include a description of the violation and the address where the violation has occurred.



### NOW OFFERING MEDICALLY SUPERVISED WEIGHT LOSS PROGRAMS

Come to our next FREE 1 hour Ideal  
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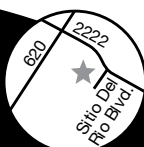
Call 345-RHFM (7436) to reserve your seat. Space is limited.  
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# AUGUST 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1:00 pm - YAH Mexican Train	2 8:00 am - YAH Walking Group	3	4 9:00 am - 5:00 pm - Babysitting Training Course (TSCC) 1:00 pm - 2:00 pm - Batty About Birds (BMCC)
5	6 11:30 am - ROMEO (Retired Old Men Eating Out) 6:30pm - FREE Yoga (TSCC)	7 6:30pm - Facilities Committee Meeting (TSCC) Newsletter Articles Due	8 YAH Bridge Club	9 8:00 am - YAH Walking Group 7:00 pm - New Owner Orientation (TSCC)	10	11 8:30 pm - Movies in the Park - Zookeeper (TS Fields) 9 am - 10:00 am - Endangered Species (BMCC)
	12	13 6:30pm - FREE Yoga (TSCC)	14 9:30 am - Social Committee Meeting (Cups & Cones)	15 Field Lottery Request Due	16 8:00 am - YAH Walking Group Fall Field Lottery 6:30 pm Firewise Committee Meeting	18 6:00 pm - 10:00 pm - Concert in the Park (TS Fields)
19	20 1:30 pm - YAH Book Club 6:30pm - FREE Yoga (TSCC)	21 5:30 am - 7:30 am - VHS Swim Team Try-outs (BM Lap Pool) YAH Ladies Luncheon Out	22 YAH Bridge Club 6:30 pm YAH Book Club 7:30 pm - CRMS Ice Cream Social	23 8:00 am - YAH Walking Group YAH Garden Club	24	25
	26	27 First Day Of School 6:30pm - FREE Yoga (TSCC)	28	29 3:30 pm - SRMA Board of Directors Meeting (TSCC)	30 8:00 am - YAH Walking Group 6:00 pm - SRROA Board of Directors Meeting (TSCC)	31

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Roopal Bhatt, M.D.  
Board Certified Dermatologist



Joshua Embry, PA-C

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# SEPTEMBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Labor Day HOA Office Closed	4 6:30 pm - Facilities Committee Meeting (TSCC)	5 1:00pm - YAH Mexican Train	6 8:00 am - YAH Walking Group	7 Newsletter Articles Due	8 Back to the Ranch (JS Park)
	9	10 6:30pm - FREE Yoga (TSCC)	11 9:30 am - Social Committee Meeting (Cups & Cones) Patriot Day	12 YAH Bridge Club	13 8:00 am - YAH Walking Group	14 8:00 am - 12:00 pm - Fall Community Wide Garage Sale
16	17 1:30pm - YAH Book Club 6:30pm - FREE Yoga (TSCC) Rosh Hashanah Begins at Sundown	18	19	20 8:00 am YAH Walking Group 6:30 pm - Firewise Committee Meeting (BMCC)	21	22
	23/30	24 6:30pm - FREE Yoga (TSCC)	25	26 3:30 pm SRMA Board of Directors Meeting (TSCC) Yom Kippur Begins at Sundown	27 8:00 am - YAH Walking Group 6:00 pm - SRROA Board of Directors Meeting (TSCC)	28 7:00 pm - Ladies Night Out (BMCC)
						29

## STEINER RANCH 2012 SECOND QUARTER SALES STATS

	200s	300s	400s	500s	600s	700s	800s	900s	1M+
# OF HOMES SOLD	28	28	25	11	8	2	4	1	0
AVG SOLD PRICE/SF	\$116.56	\$121.93	\$131.07	\$144.46	\$160.02	\$153.13	\$175.51	\$205.96	n/a
AVG SOLD PRICE	\$272,589	\$345,936	\$446,028	\$560,164	\$643,153	\$736,085	\$852,319	\$975,000	n/a
AVG DAYS ON MARKET	30	73	55	55	45	115	34	31	n/a



**The market is moving, are you?**

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Information taken from MLS data 4/1/12 - 6/30/12  
and may not include all new builder sales.





## Back to School *Specials!*

.....

### For Students:

#### *Isolaz Acne Laser Therapy:*

20% Off package of 5 treatments PLUS 2 Free Microdermabrasions. Clear your complexion before school starts!

### For Moms:

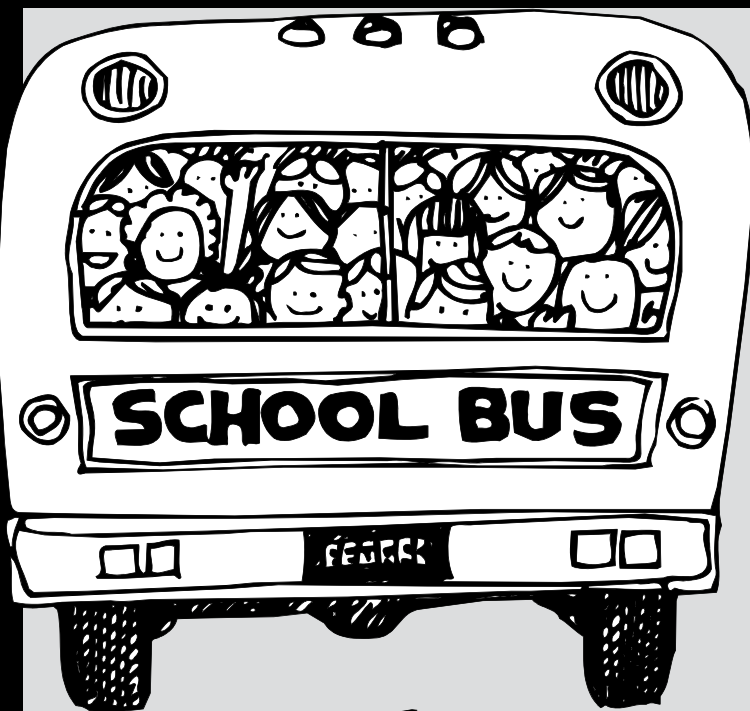
#### *Radiesse Wrinkle Filler:*

20% Off! Best price of the year! Save \$120 per large syringe! While supplies last.

Offers Valid Through 8-31-2012



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[steinerranchdermatology.com](http://steinerranchdermatology.com)



## Back To School

School starts August 27th, so now is the time for drivers to pay closer attention to the school zones in Steiner Ranch. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

### Other changes to be aware of include;

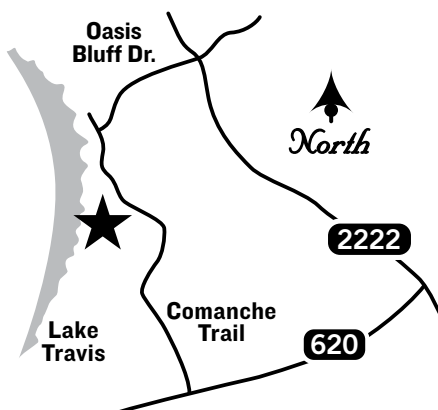
- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

## Time To Slow Down!



**Uncle Billy's  
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Austin, Texas 78732  
**512.266.0111**  
unclebillys.com



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*One coupon per bill, per visit. Not valid on alcohol.  
Good only at Uncle Billy's Lake Travis location. Offer expires 8/31/12.*

## WEEKLY SPECIALS & EVENTS

### MONDAY

**\$10 Smoked Brisket Burger  
& Uncle Billy's Beer**

### TUESDAY

**Pint Specials**

### WEDNESDAY

**Rib Night**

### THURSDAY


**Sangria & Sunsets**

### THUR ★ FRI ★ SAT ★ SUN

**ENJOY LIVE MUSIC AT  
UNCLE BILLY'S ROOFTOP!**

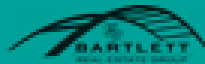
Visit [unclebillysrooftop.com](http://unclebillysrooftop.com) for schedule.





## CRMS PTA Ice Cream Social!

All CRMS students and their families are invited  
Wednesday, August 22nd  
7:30 pm - 9 pm  
Following the 6th grade open house in CRMS cafeteria  
Ice cream and toppings generously provided by



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*\*Also get your Spirit gear and Join the PTA!*

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**Jester**  
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Austin, TX 78750 | 512.795.8300

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



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Claudia Legere, MD  
Board Certified,  
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Family Medicine

# 2012-2013 School Year Marks Key Activities for Hill Country Education Foundation

With the start of the 2012-2013 school year only weeks away, Hill Country Education Foundation volunteers are busy preparing for an active year. Please participate in these upcoming events and support Four Points-area students achieve academic success in the areas of entrepreneurship, leadership, college-readiness, science, technology, engineering and math (STEM).

**AUGUST 27, 2012** – start of the 2012-2013 HCEF Membership Drive. For quick and easy giving, go to [www.hillcountryedfoundation.org/donate/membership.html](http://www.hillcountryedfoundation.org/donate/membership.html).

**OCTOBER 22, 2012** – Four Points Chamber of Commerce Charity Golf Classic benefiting HCEF and Self-30. To sign up, go to [www.fourpointschamber.com/chamber-events/big-event-2/](http://www.fourpointschamber.com/chamber-events/big-event-2/).

**EARLY NOVEMBER, 2012** – 4th Annual FIRST® LEGO® League Scrimmage sponsored by HCEF. To learn more, email [mlbeck@hillcountryedfoundation.org](mailto:mlbeck@hillcountryedfoundation.org).

**FEBRUARY 23, 2013** – HCEF Gala at the Oasis. Dinner, Open Bar, Silent and Live Auctions, Heads or Tails Game, Live Band and more planned for HCEF's largest fundraiser of the year. To volunteer, donate or learn more, contact [mlbeck@hillcountryedfoundation.org](mailto:mlbeck@hillcountryedfoundation.org).

## ABOUT HILL COUNTRY EDUCATION FOUNDATION

A 501(c)(3) non-profit organization, the Hill Country Education Foundation enhances the educational experience of students living in the Four Points community of Austin, Texas. HCEF achieves this enhancement through the development and financing of innovative, quality programs and projects for students attending or preparing to attend Vandegrift High School, specifically in the areas of leadership, entrepreneurship, college-readiness, science, technology, engineering and math (STEM).

HCEF's vision is based on the belief that an exceptional education is essential both to the well being of individual students and to the civic health of a community.

HCEF brings educators and citizens together to excel this educational experience by providing schools the additional tools needed to teach and engage children and by expanding the horizons of knowledge within the community through special programs and projects. HCEF endeavors to empower tomorrow's leaders while strengthening the community as a whole, now and into the future, in Austin and beyond.

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**As SOUTHERN PAINTING Does**



# Leander ISD

## 2012 - 2013 District Calendar



**July 2012**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**August 2012**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**September 2012**

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						1
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9	10	11	12	13	14	15
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23	24	25	26	27	28	29
30						

**October 2012**

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	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	E			

**November 2012**

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				1	2	3
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18	19	20	21	22	23	24
25	26	27	28	29	30	

**December 2012**

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						1
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23	24	25	26	27	28	29
30	31					

**January 2013**

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		1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**February 2013**

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						1
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16	17	18	19	20	21	22
23	24	25	26	E	28	

**March 2013**

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						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**April 2013**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**May 2013**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**June 2013**

S	M	T	W	T	F	S
						1
2	3	4	5	6	E	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

### Dates, Holidays & Events

First Day of School.....Aug. 27  
 Labor Day.....Sept. 3  
 Rosh Hashanah.....Sept. 17-18  
 Yom Kippur.....Sept. 26  
 Columbus Day.....Oct. 8  
 Veteran's Day.....Nov. 12  
 Thanksgiving.....Nov. 22  
 Hanukkah.....Dec. 9  
 Christmas.....Dec. 25  
 MLK Day.....Jan. 21  
 Spring Break.....March 11-15  
 Good Friday.....March 29  
 Bad Weather.....April 29  
 Bad Weather.....May 27  
 Memorial Day.....May 27  
 Last Day.....June 7

### Calendar Key

- Student/Teacher Holiday
- Staff Development/Student Holiday
- Bad Weather Makeup Day
- Proposed Testing Dates
- E Early Release Day
- ♦ Last day, Nine Weeks Period
- } Last day, Six Weeks Period
- Italic* First/Last Day Semester - Elementary
- bold** First/Last Day Semester - Secondary

### Proposed Testing Dates

Oct. 22-25.....TAKS Exit Retest  
 Dec. 3-14.....STAAR EOC Testing  
 March 4-7.....TAKS Testing & Exit Retest  
 April 1-5.....STAAR Testing  
 April 22-26.....TAKS Testing & Exit Retest & STAAR Testing (3-8 grades)  
 May 6-17.....STAAR EOC Testing (HS only)  
 May 14-15.....STAAR Retest (5 & 8 grade)

This calendar was sponsored by LEEF.

### 2012 - 2013 Board of Trustees

Pamela Waggoner, *President*  
 Russell Bundy, *Vice President*  
 Grace S. Barber-Jordan, M.Ed., *Secretary*  
 Don Hisle  
 Aaron Johnson  
 Lisa Mallory  
 Will Streit  
 Email: [governance.team@leanderisd.org](mailto:governance.team@leanderisd.org)

Bret A. Champion, Ed.D., *Superintendent*  
 Email: [superintendent@leanderisd.org](mailto:superintendent@leanderisd.org)



[www.leanderedfound.org](http://www.leanderedfound.org)

---

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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 [elicirudberg@gmail.com](mailto:elicirudberg@gmail.com) for more information or visit [www.BNIAustin.com](http://www.BNIAustin.com).

### FOUR POINTS BNI

Meetings are on Wednesday at lunch from 11:30am to 1:00pm at Uncle Billy's at the Oasis. Visitors are welcome! If you are interested please contact [Elicia@SteinerRanchInfo.com](mailto:Elicia@SteinerRanchInfo.com) or visit [www.BNIAustin.com](http://www.BNIAustin.com).

### FOUR POINTS CHAMBER OF COMMERCE

The Four Points Chamber of Commerce provides networking opportunities at social gatherings, luncheons with guest speakers and activities. The Chamber brings businesses together along highway 620 from Hudson Bend to Anderson Mill and Ranch Road 2222 from Jester to Volente. Four Points Chamber supports business growth in the community where we live, work and play. In less than 6 months Four Points Chamber of Commerce exceeded its first year membership goals and continues to grow! For information about participating in upcoming events or membership benefits visit [www.fourpointschamber.com](http://www.fourpointschamber.com) or call (512) 551-0390. Membership inquiries may also be sent directly to [membership@FourPointsChamber.com](mailto:membership@FourPointsChamber.com).

### NETWORKING NORTHWEST AUSTIN

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 Cheddars HWY 183 and Anderson Mill Rd. 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](mailto:Kellyconnor@austin.rr.com) or 512-736-2495.5.

### STEINER RANCH MARKETERS

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

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

BNI is a professional business networking group that helps you build a team of partners to market your business. Come join us on Wednesday mornings from 8:30-10:00 at Mandola's in the Shops at the Galleria. Breakfast is \$10 and visitors are welcome. Please feel free to contact Sheryl Baker at [sherylssendoutcards@gmail.com](mailto:sherylssendoutcards@gmail.com) or visit [www.BNIAustin.com](http://www.BNIAustin.com) for more information.



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## Oven Baked Tilapia with Leek Cilantro Salad

by The Four Points Foodie

*This is just a yummy dish! Oven baked tilapia is a good staple. I breaded mine with panko for a really light and crunchy texture. But what sets this recipe apart is the leek and cilantro salad on top. Served over a bed of jasmine rice, this is the perfect summertime meal.*



### TILAPIA & RICE

#### Ingredients:

- Jasmine Rice, cooked per the package to serve 4
- 4 Tilapia fillets, rinsed and dried
- 2 T olive oil
- 12 oz panko bread crumbs
- salt and pepper

#### Directions:

Preheat oven to 350 degrees. Prepare Jasmine Rice per the package to make 4 servings. Rinse and dry tilapia fillets and rub each one with olive oil. Dredge through the panko bread crumbs, pushing with your fingers so it sticks. Add a little extra olive oil onto your pan and place the breaded tilapia on it. Season with salt and pepper and bake in the oven for about 20 minutes or until done.

### LEEK AND CILANTRO SALAD

#### Ingredients:

- 2 leeks, green tops discarded, sliced in half, rinsed and patted dry
- 2 bunches cilantro, rinsed and dried
- 2 T rice vinegar
- 1 T butter
- 2 T olive oil
- Salt and Pepper

#### Directions:

Chop off the green tops of the leeks and slice in half, which makes cleaning easier. Remove all sand and pat dry. Slice the leeks and add to a saute pan with the 1 T of butter. Saute until tender, remove from heat and cool. Meanwhile, pick the clean cilantro leaves off the stems and add to a bowl. Add the cooled sauted leeks, rice vinegar, olive oil and season to taste with salt and pepper. To assemble: Start with a bed of jasmine rice, then the baked tilapia and topped with the delicious leek and cilantro salad. Serves 4.

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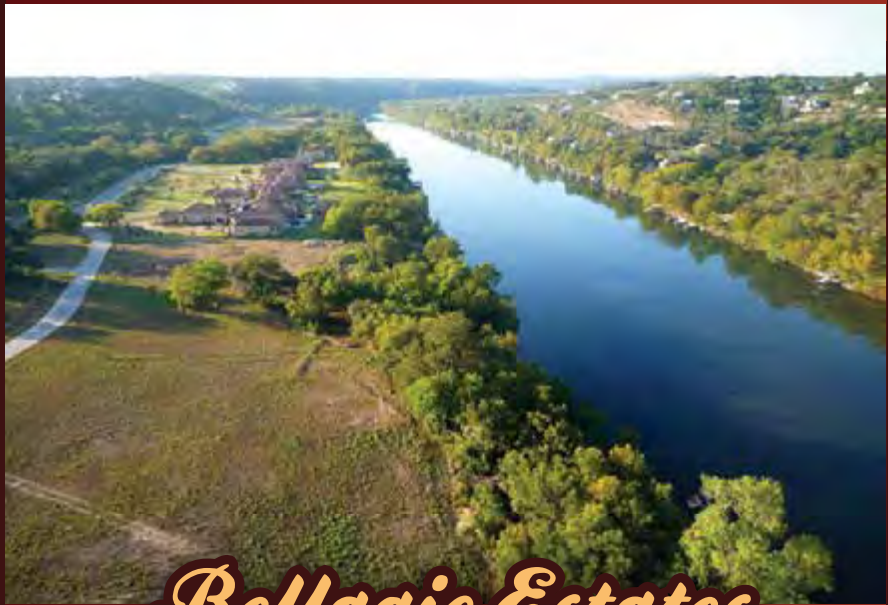
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# Back To School Checklist

Ensuring a Healthy Return to the Classroom Begins at Home

As a parent, there's no doubt that back-to-school season requires a lot of effort to get your kids all set for the challenges of the classroom. But it's also an important time to consider your child's health, says Daniel Howard, M.D., a pediatrician with The Austin Diagnostic Clinic (ADC).

"From making sure all of the proper vaccinations have been administered on schedule, to getting their kids back on 'school year' sleep schedules, health is obviously a huge consideration for parents with school-age children," Dr. Howard says.

- **Vaccinations 101.** Children should receive a variety of vaccinations and booster shots to prevent them from getting many serious and highly contagious diseases.
- **Hearing and vision tests.** Consider getting your child's hearing and vision tested before they begin school to prevent learning challenges in the classroom.
- **Health information.** Parents should be prepared to provide schools with a list of emergency contact information that includes telephone numbers for parents, close family, pediatrician, and dentist.
- **Diet and sleep.** Healthy eating is a critical part of a child's physical and mental development and can help curb the risk of childhood obesity. Sleep is also essential—kids should get between eight to 11 hours per day, depending on their age.

*Daniel Howard, M.D., is a pediatrician for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than six locations throughout Austin and Central Texas. Dr. Howard sees patients at the ADC Cedar Bend, at 2400 Cedar Bend Drive. For more information, visit [www.adclinic.com](http://www.adclinic.com) or call 512-901-4016. To download an electronic version of this release, please visit [www.delaune.com/ADC](http://www.delaune.com/ADC)*



## Back to School is almost here! Is your child seeing clearly?

### Facts:

- 80% of Learning in a child's first 12 years is through the vision system.
- One in four children have a vision problem that could affect their academic and athletic performance.
- School vision screenings detect only about 25% of vision problems.

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## Reminder of New Outdoor Residential Watering Schedule

All residential customers are using a new two day per week schedule. Hose End Sprinkler Watering is for customers that do not have an automated irrigation system and is allowed on Sunday & Wednesday.

*Automated Irrigation System Watering must follow an assigned outdoor watering schedule using the last number of their address.*

*Their two day per week schedule is:*

### ADDRESSES ENDING:

Monday & Thursday 0, 1, 2, 3

Tuesday & Friday 4, 5, 6

Wednesday & Saturday 7, 8, 9

Watering Times for all: 12:01 a.m. to 10:00 a.m. and/  
or 7:00 p.m. to 11:59 p.m.

\* Watering with a hand held hose, soaker hose, bubbler, drip irrigation or watering can of 5-gallons and less is allowed any time on any day.

\* Cars and boats may be washed at any time with shutoff nozzle required.

\* Pools may be refilled any time, any day.

\* Ornamental fountains and ponds may be operated.

\* Variances and permits may be granted.



## WCID 17 To Construct New Water Treatment Plant Near Mansfield Dam

In the next two to three years, Water District 17 will be moving ahead with construction of a new 12 million gallon/day (MGD) drinking water treatment plant which will be located adjacent to and on the east side of Mansfield Dam, immediately to the west of the Travis Vista subdivision on Lake Travis. You may ask why a new plant is being built.

The District has been growing steadily since the late 1980s, and the new plant is needed to meet future demand for District 17 customers. The plant will be in addition to the existing 16 MGD water plant located on Eck Lane, augmenting the existing water treatment capacity and providing a second source of potable water. The project has been part of the District's long range capital improvements plan for many years. The four acre site for the plant was acquired in 2009 from the LCRA as an easement.

You may wonder why District 17 doesn't just get water from the new City of Austin (COA) Water Treatment Plant 4 that is now being built at the corner of Bullock Hollow and FM 620. The COA plant has been designed to pump water to City of Austin customers to the North and East of FM 2222, and the new COA Plant will not serve customers in District 17.



## TORNADOS

### Home Athletics Schedule August/September

Date	Sport	Opponent	Time
8/31	VB	Concordia Ann Arbor%	5 p.m.
9/1	VB	Concordia Wisconsin%	10 a.m.
	VB	Concordia Chicago%	2 p.m.
	WS	Dallas!	5 p.m.
	MS	Dallas!	7 p.m.
9/9	WS	Huston-Tillotson!	5 p.m.
	MS	Huston-Tillotson!	7 p.m.
9/19	WS	Trinity!	7 p.m.
9/21	VB	Mary Hardin-Baylor\$	7:30 p.m.
9/22	VB	Mississippi College\$	12:30 p.m.
	WS	East Texas Baptist^	2 p.m.
	MS	East Texas Baptist^	4 p.m.
	VB	Texas-Tyler\$	5:30 p.m.
9/23	WS	Austin College^	2 p.m.
	MS	Austin College^	4 p.m.
9/28	VB	Sul Ross State	7 p.m.

VB (Volleyball)

MS (M. Soccer)

WS (W. Soccer)

% Concordia Invitational

\$ ASC Dig Pink Crossover Challenge

! at St. Stephen's

^ at Vandegrift High School

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[athletics.concordia.edu](http://athletics.concordia.edu)



## DRINK MORE WATER

*Submitted by Zach Williams*

All the time I hear people say "I'm dying of thirst!" How is that possible? Next to air, water is the most essential tool to our survival. Water is everywhere, and we still take it for granted. If there is time throughout the year that we need water, it's now, right in the middle of the summer!

A mere 2% drop in our body's water supply can trigger signs of dehydration: fuzzy short-term memory, trouble with basic math, and difficulty focusing on smaller print, such as a computer screen. (Are you having trouble reading this? Drink up!) Mild dehydration is also one of the most common causes of daytime fatigue. An estimated seventy-five percent of Americans have mild, chronic dehydration; pretty scary statistic for a developed country, where water is readily available through the tap or bottle.

Water is important to the mechanics of the human body. The body cannot work without it, just as a car cannot run without gas and oil. In fact, all the cell and organ functions made up in our entire anatomy and physiology depend on water for their functioning.

- Water serves as a lubricant
- Water forms the base for saliva
- Water helps prevent disease. 8oz a day decreases colon cancer by 45%; bladder cancer by 50%.
- Water regulates the body temperature, as the cooling and heating is distributed through perspiration.
- Water helps to alleviate constipation by moving food through the intestinal tract and thereby eliminating waste- the best detox agent.
- Regulates metabolism

Right now I know you are reading this and saying "well it's a good thing that I drink a lot of water!" (By the way, all my clients tell me they drink a lot of water). Let's take a look at what your typical day probably looks like:

- **Wake Up:** 1 Cup of Coffee
- **Mid Morning:** small styrofoam cup of water and "sugar free" red bull
- **Lunch:** small diet soda
- **Afternoon:** another styrofoam cup of water, then re-filled with coffee
- **Dinner:** probably a glass of wine or can of beer

Does that sound familiar? Drink more water!

Let's talk about water and fat loss. If you don't drink enough water – often the body retains water. If you drink too much water – puts unnecessary burden on your heart and kidneys

If you are an athlete, you should drink one gallon of water or more a day. A non athlete should focus on drinking half your weight in water every day. For example, if you weigh 200lbs, then you should try and drink 100oz of water a day. If you really want to shred fat off of you, then you need to drink a super cold glass of water the first thing in the morning when you wake up.

A study (J Clin Endocrinol Metab. 2007 Aug; 93(8): 3334-7 Boschmann M et Al. "Water Drinking Induces Thermogenesis Through Osmosensitive Mechanisms") showed an increase in metabolic rate of approx 30% when drinking ice cold water first thing in the morning.

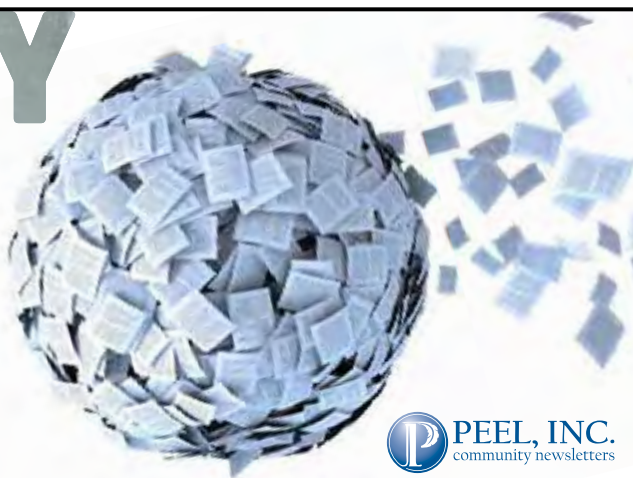
All I can leave you with is for you to remember how important water is in our bodies. Water makes us perform better and helps prevent diseases. We have an abundance of water in this country, take advantage of it. Try your hardest to put down the sodas, the extreme sodas (energy drinks), and the coffee. Test yourself out and just drink water all day long for at least a month and see how much better you feel. I promise you'll love it!

(I gathered info from freedrinkingwater.com, drbenkim.com, and Alwyn Cosgrove)

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### Couples Can't Agree On Retirement Planning

*Submitted by Rich Keith*

Most couples disagree on a lot of important points when it comes to retirement planning. That lack of agreement can translate into lost financial planning opportunities. Knowing it's important for advisors to get couples to work together, Fidelity Investments launched a survey to address the topic. Almost half of couples — 47% — nearing retirement don't agree on whether or not they'll keep working, according to the study. Couples also disagree (53%) on the age at which they'll retire, and 21% disagree about where they'll live. In most couples, either one partner or the other speaks to the advisor, with only 38% responding that they interact jointly with their planner. Usually, the primary contact, if there is one, is the husband (34%) rather than the wife (12%).

"Finding a way to engage couples jointly is not only important in designing successful retirement plans, it's critical to maintaining that couple's business for the long-term," said Larry Sinsimer of Fidelity. Using independent research firm Richard Day Research, they surveyed 648 married couples for the study. Respondents were at least 46 years old, and had a minimum household income of \$75,000 or at least \$100,000 in investable assets.

Another study suggests 71% of Americans don't have a retirement plan to help them reach their retirement goals. The study, conducted by the ING Retirement Research Institute, showed that nearly half (48%) of respondents aged 25 to 69 who are employed full-time and earn at least \$40,000 a year don't feel prepared for retirement. That's despite the fact that 75% of that same group do contribute to their workplace's retirement plan. "The good news is that more people are becoming aware of what it takes to reach their goals," said Maliz Beams, CEO of ING U.S. Retirement.

But there's still work to be done in this area, clearly. The study also found that only 43% of those surveyed calculated how much money they will need to continue their current lifestyle once they retire. And only 28% are working with a financial professional to help meet objectives. There were 4,050 adults, roughly evenly split between men and women, surveyed for the study during one week in October 2011, ING U.S. said in a statement. Source: Adapted from articles by Danielle Reed in Financial Planning, December 2011; and Primerica Financial Services.



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## It's not the end of the world: Raising Resilient Children

By Sugandha Jain

**"It is far more important to know how to deal with the negative than to be positive"**

---Martin Seligman, Author of the book *Learned Optimism*

Do you want your children to grow up to be fragile as a flower or tough as Teflon? If you want your children to be strong, then, you need to fuel them with power to face every adversity that comes their way. According to Paul Stoltz, Adversity Quotient (AQ) is the ability of individuals to withstand adversity and surmount it. Resilient children with a high AQ turn obstacles into opportunities.

Resiliency is the ability to not only survive, but thrive. In order to remain strong, we must stretch ourselves and spring forward. In life, things happen that knock us back for awhile. We just don't want to get stuck there. We may fall back, but then look out- we're moving forward, stronger than ever!

A rubber band can be used to explain the concept of resilience in children. A rubber band can be stressed and stretched,

but it quickly returns to its regular shape when the stressor is gone. Similarly the resilient child quickly «bounces back» from stress or trauma. This ability to recover quickly from a stressful experience is important to brain development. When a child is stressed the brain is bathed in a stress hormone called cortisol. If cortisol levels remain high, the hormone starts to interfere with the development of connections within the brain.

A 2012 study by Stanford University School of Medicine team used MRI scans to identify how humor affects children's minds. The research proves that a strong sense of humor is an important part of positive emotion and may help children to be more resilient. Being able to see the humor in stressful situations, or to be able to laugh at difficult things can make children successful in life.

Parents have to find ways to laugh more and find humor in everyday life. Laugh at yourself and FOR your children. As parents we have many opportunities to show our children when things don't go as planned, that we can fret, pout, wish for different circumstances OR we can bounce back and make fun!

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



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# 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 tree-to-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 February 1 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.*

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# News You Can Use

## Library Offers High School Summer Reading Discussion Groups

*Submitted by Lake Travis Community Library Director Morgan McMillian*

Do you know any Lake Travis High School students who need help with required summer reading books? Visit Lake Travis Community Library for special discussion groups! The library will hold five summer reading discussion groups for incoming Lake Travis High School students in August:

- Monday, August 6 at 4 p.m. - 9th Grade Pre-AP English I - To Kill a Mockingbird by Harper Lee and Of Mice and Men by John Steinbeck
- Tuesday, August 7 at 4 p.m. - 10th Grade Pre-AP English II - The Life of Pi by Yann Martel and Oedipus the King by Sophocles
- Monday, August 13 at 12 p.m. - 10th Grade AP World History - The Forgotten Soldier by Guy Sajer
- Tuesday, August 14 at 12 p.m. - 9th Grade Pre-AP World Geography - Seven Years in Tibet by Heinrich Harrer
- Wednesday, August 15 at 12 p.m. - 9th Grade Pre-AP English I - To Kill a Mockingbird by Harper Lee and Of Mice and Men by John Steinbeck

Incoming 10th grade student Yen Chen Wee said that he would have benefitted from the discussion group.

"In middle school I was able to speed read through most of the books, but in high school, teachers want you to not only see what's on the surface, but to also read in between the lines," said Wee. "A discussion group would help because you can see how others interpret the book to make sure you don't miss anything important."

At the study groups, students will discuss the books, talk about annotations, practice class discussions, and get advice from former students. Upperclassmen at Lake Travis High School have volunteered to attend the discussions to help prepare younger students.

Incoming 10th grade student Anna Dolliver plans to attend the discussions.

"At my old school, when we discussed books in class, that usually led to higher understanding and we went more in depth than we would have reading it by ourselves," said Dolliver. "The discussion groups at the library will be helpful because students can hear different opinions from other students."

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



# SHANNON KRAMER

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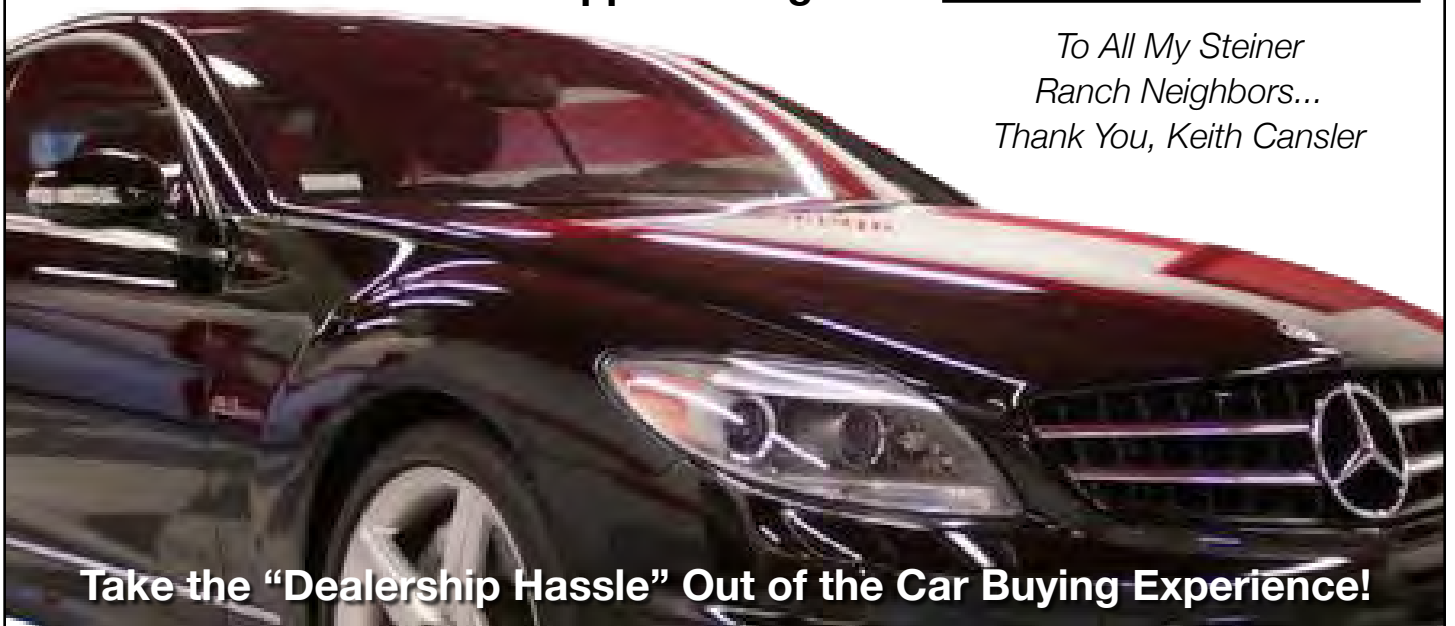
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*Steiner Resident Annaka Chesnutt  
Represents Travis County in  
Miss Texas USA Pageant*

## Miss Texas USA 2013

In September 2012, over 100 outstanding young Texas women will travel to Houston, Texas to compete for the coveted title of Miss Texas USA 2013 which is the official preliminary to Miss USA and Miss Universe. The prestigious Miss Texas USA pageant will take place at 3:00pm on Sunday, September 2, 2012 at the beautiful Hilton Americas Hotel located in downtown Houston, Texas.

The Preliminary Show and Competition will be held the prior evening Saturday night September 1st at 7:30pm. The Swimsuit and Photogenic award winners will be announced during the Preliminary Show. Additionally, Miss Congeniality and the People's Choice Winner will be announced during the Final Show.

Hosting the show will be Texas' own Miss USA 2008, Crystie Stewart, and international model, Maxime Sebrecchts. Brittany Booker, Miss Texas USA 2012, will crown her successor.

The 2013 Miss Texas USA winner will make personal appearances throughout her year and will receive a prize and gift package of cash, gold and diamond jewelry, travel, wardrobe, and much more.

The next Miss Texas USA will represent the state in the nationally televised, Miss USA pageant in the Spring of 2013. Miss USA then proceeds on to the ultimate of pageants, Miss Universe.

Tickets will go on sale in late July for the Swimsuit preview Friday August 31st, Preliminary Competition on Saturday, September 1st, and Final Show on September 2nd will be available on our website [www.misstexasusa.com](http://www.misstexasusa.com).



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## SEND US YOUR

### *Event Pictures!!*

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](mailto: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](http://www.PEELinc.com).



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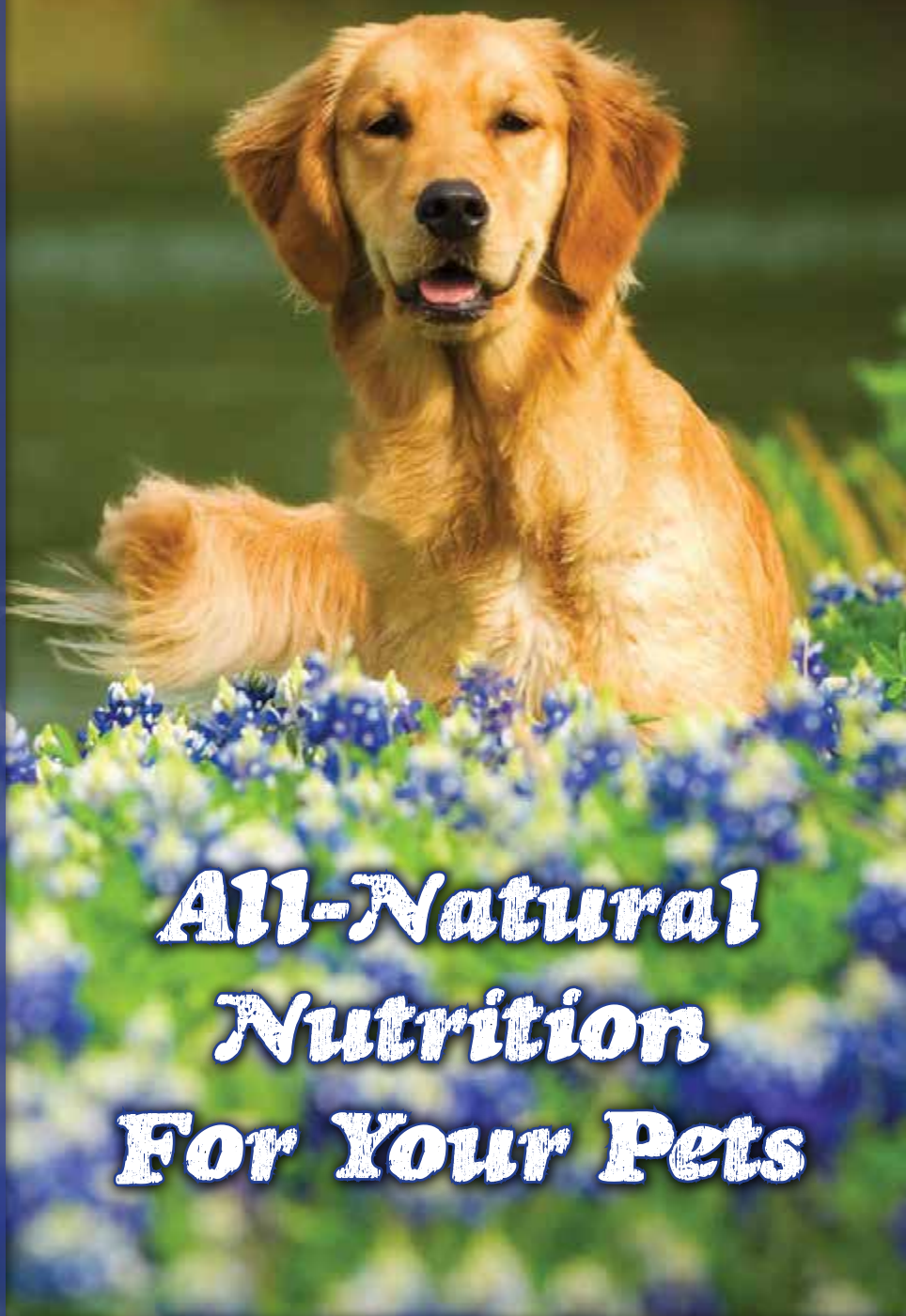
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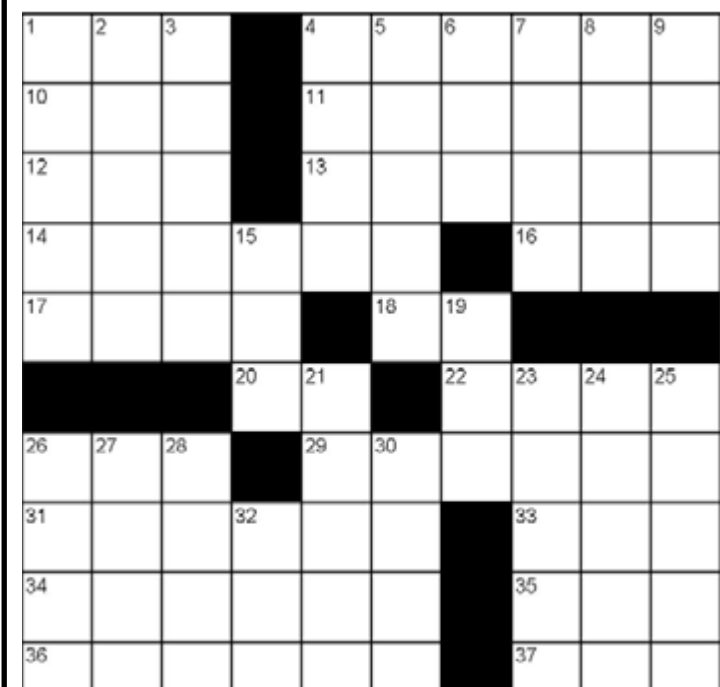


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### ACROSS

1. Pen brand
4. Oriental tower
10. Self-esteem
11. Excuses
12. Shade tree
13. Napkins
14. Filament
16. Shekel
17. Hula \_\_\_\_
18. Iowa (abbr.)
20. Man's title
22. Type of dressing
26. Short-term memory
29. Exodus
31. Hype
33. Airport abbr.
34. Glistening
35. Cask
36. Star system
37. South southeast

### DOWN

1. Wood
2. Ice house
3. Fast food meal
4. Ashen
5. Excuse
6. Cocktail drink
7. Follow
8. Eaten
9. Association (abbr.)
15. Words per minute
19. Abridged (abbr.)
21. Become less tight
23. Onion like vegetables
24. Painter Richard
25. Utilization
26. Thick carpet
27. Roman cloaks
28. Gangster's girlfriend
30. Musky
32. Pod vegetable

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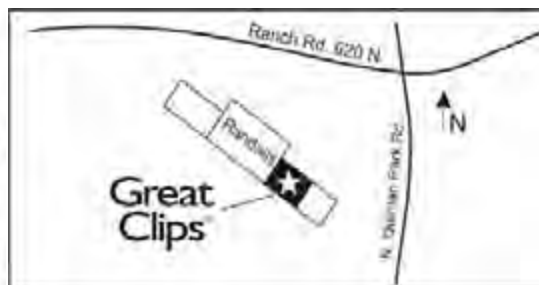
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APRIL 20, 1997

Kelly is a friendly and outgoing young woman. She enjoys playing soccer, basketball and volleyball; Kelly also participates in her school FFA and adores animals. She enjoys swimming and has told her caseworker, that she doesn't care if it is a lake, river or swimming pool, she wants to swim. With her current foster family, she enjoys going to the swimming pool, shopping, eating out, rodeos, vacation bible school, church, youth group, dances, and a variety of other community and school events. Kelly thrives in any situation where she is given the attention that she needs, but freedom to be a teenager. She would do best in a home where her adoptive parents can give her the attention and proper guidance she requires. Kelly needs a good role model and a structured setting. For more information contact Grace Lindgren at the Adoption Coalition of Texas at (512) 810-0813 or [gracelindgren@adopttexas.org](mailto:gracelindgren@adopttexas.org)



# Did you forget the name of that...



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## Immunizations: Not Just for Kids

By: Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the immunization schedule to the right for generally healthy adults and adolescents.

For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

*\*Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>*

### IMMUNIZATION SCHEDULE RECOMMENDATIONS

#### INFLUENZA:

Yearly, especially if at risk

#### MENINGOCOCCAL:

One dose, age 11-12 or 13-18 if not previously immunized

#### TETANUS-DIPHTHERIA/TETANUS

One dose, age 11-12, then booster

#### DIPHTHERIA-PERTUSSIS:

every 10 years

#### HUMAN PAPILLOMA VIRUS

Three doses, age 11-26 (females only):

#### MEASLES - MUMPS - RUBELLA:

If born after 1956, one or two doses if never immunized up to age 65

#### PNEUMOCOCCAL:

One dose, at or after age 65

#### VARICELLA (CHICKEN POX):

Two doses if no prior infection or immunization received

#### ZOSTER (SHINGLES):

One dose, at or after age 60

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	4				1			
9			2					

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

## SPEEDING IN STEINER

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Speeding has become a MAJOR problem in our community. Whether on the public roads or behind the gates in the private neighborhoods, speeding violations are on the increase. Also on the increase is the number of accidents on the roads.

Speeding can result in accidents, injuries and far worse. The Association receives many complaints on a regular basis. The solution is simple – PLEASE SLOW DOWN. Everyone at one time or another is guilty but the solution is simple. Think about your neighbors, think about the kids and think about safety and PLEASE SLOW DOWN.

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\* Award is based on Medicare 5 Star government rating for four consistent quarters by U.S. News & World Report, America's Best, 2012



# - Kids Stuff -

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



Every creature needs to rest. Giraffes, little babies, elephants, dogs, cats, kids, koala bears, grandparents, moms, dads, and hippos in the jungle — they all sleep! Just like eating, sleep is necessary for survival.

Sleep gives your body a rest and allows it to prepare for the next day. It's like giving your body a mini-vacation. Sleep also gives your brain a chance to sort things out. Scientists aren't exactly sure what kinds of organizing your brain does while you sleep, but they think that sleep might be the time when the brain sorts and stores information, replaces chemicals, and solves problems.

The amount of sleep a person needs depends a lot on his or her age. Babies sleep a lot — about 14 to 15 hours a day! But many older people only need about 7 or 8 hours of sleep each night. Most kids between the ages of 5 and 12 years old are somewhere in between, needing 10 to 11 hours of sleep. Some kids might need more and some need less. It depends on the kid.

Skipping 1 night's sleep makes a person cranky and clumsy. After missing 2 nights of sleep, a person will have problems thinking and doing things; his or her brain and body can't do their normal tasks nearly as well. After 5 nights without sleep, a person will hallucinate (this means seeing things that aren't actually there). Eventually, it becomes impossible for the brain to give its directions to the rest of the body without sleep — the brain needs to spend time in bed and catch its ZZZs!

Reviewed by: Mary L. Gavin, MD

Date reviewed: January 2011

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation

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4. She listens
5. It's a bit like poker, your agent has to know when to bet and when to fold. Elicia bets well, we felt like we were well represented in the negotiation process. She knows the rules and plays to win, for you.
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7. She's flexible, house buying a lot of "let's go right now". And she was always there for us.
8. Finally, she listens. To me this the most important part. Anyone can put up a for sale sign, but not anyone can get you through the process with such ease."

- J. Stone, Steiner Ranch,

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