

RANCH RECORD

Official Newsletter for the Steiner Ranch HOA

VOLUME 6 ISSUE 10

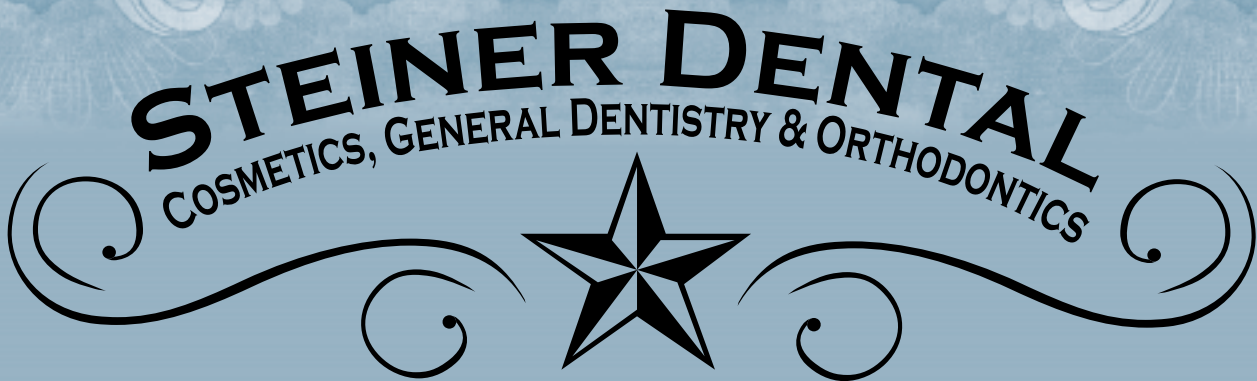
OCTOBER 2012

Maren the
LITTLE PUMPKIN

Submit your favorite fall photos.
See pg 4 for more details.



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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

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

REGULAR OFFICE HOURS

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

STAFF

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Maintenance Technician

Angel Alvarado
Macedonio Salazar
Josue Gutierrez

MISSION STATEMENT

Peel, Inc. Community Newsletters

Our goal is to provide the Steiner Ranch community with one source of local news content that is provided by Steiner Ranch residents. Our goal is to help build Steiner Ranch by connecting local businesses with residents and residents with relevant neighborhood information.

"Be the Community."

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY 911
Fire 911
Ambulance 911
Sheriff – Non-Emergency 512-974-0845
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 for details.



Home Athletics Schedule October 2012

Date	Sport	Opponent	Time
10/2	VB	Howard Payne	7 p.m.
10/12	WS	Ozarks!	1 p.m.
	MS	Ozarks!	3 p.m.
10/13	XC	Concordia Invitational%	2 p.m.
	WS	Texas-Dallas!	5 p.m.
	MS	Texas-Dallas!	7 p.m.
10/16	VB	Hardin-Simmons	7 p.m.
10/18	VB	Schreiner	7 p.m.
10/26	WS	Howard Payne\$	5 p.m.
	MS	Howard Payne\$	7 p.m.
10/27	VB	Hardin-Simmons\$	7 p.m.
	VB	Hardin-Simmons\$	7 p.m.

VB (Volleyball)

MS (M. Soccer)

WS (W. Soccer)

% at Cedar Park High School

! at St. Stephen's

\$ at Town & Country (Field 26)

CTX Athletics Is Now Accepting Tornado Club Applications!!!

For up-to-date information about CTX Athletics and to register online for the ticket pass, please check out our website at:

athletics.concordia.edu

ADVERTISING INFO

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

ARTICLE INFO

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

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

COVER PHOTO

This month's cover photo was taken by Stephanie Hobby of her daughter. "We were carving pumpkins for Halloween and discovered that one was about the right size for our baby girl, Maren. She was 4 months old at the time. We had to add the feet holes so she'd fit comfortably. Once in, she was pretty happy, but she was covered in pumpkin goo when we took her out!"

Do you take great photos?

Would you like to see your photo published?

We are looking for great cover photos for upcoming November 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 Fall photo or a Thanksgiving dinner with your family. Our November 2012 issue submittal deadline is Oct. 7th and photos should be submitted electronically by the deadline date to Sharon Adams at sharon@steinerranchhoa.org.

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

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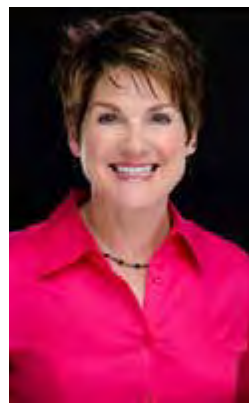
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What's the Value of Your Home in Today's Market?



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Market Analysis
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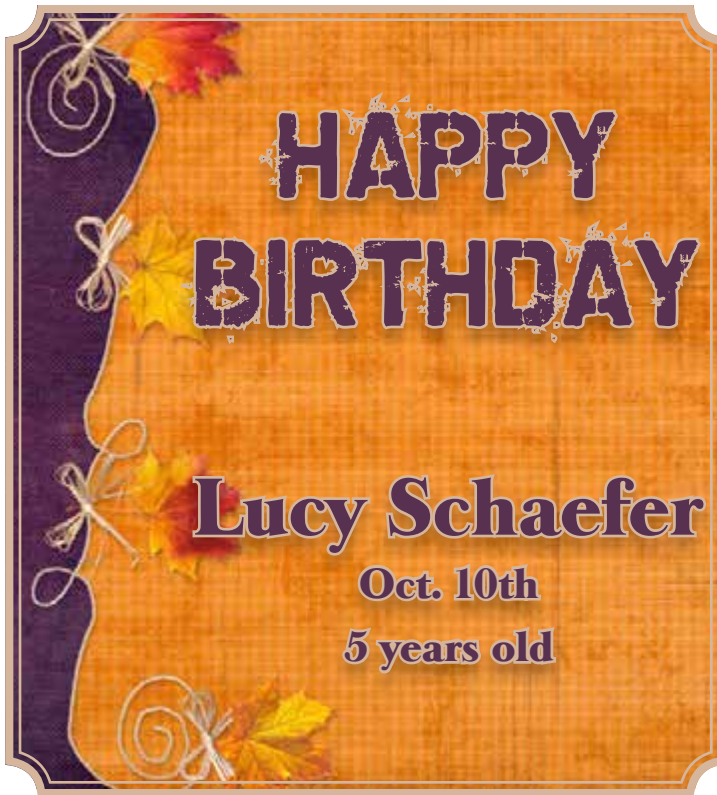
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Mark Your Calendars

2012 Steiner Ranch Social Events

(Dates are Tentative)

OCT

Pumpkin Patch – Benefiting
Dell Children's Hospital

NOV 3

Camping on the Ranch

NOV 10

Holiday Sales Event and
Santa Pictures

OCT 28

Halloween Trunk or Treat

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



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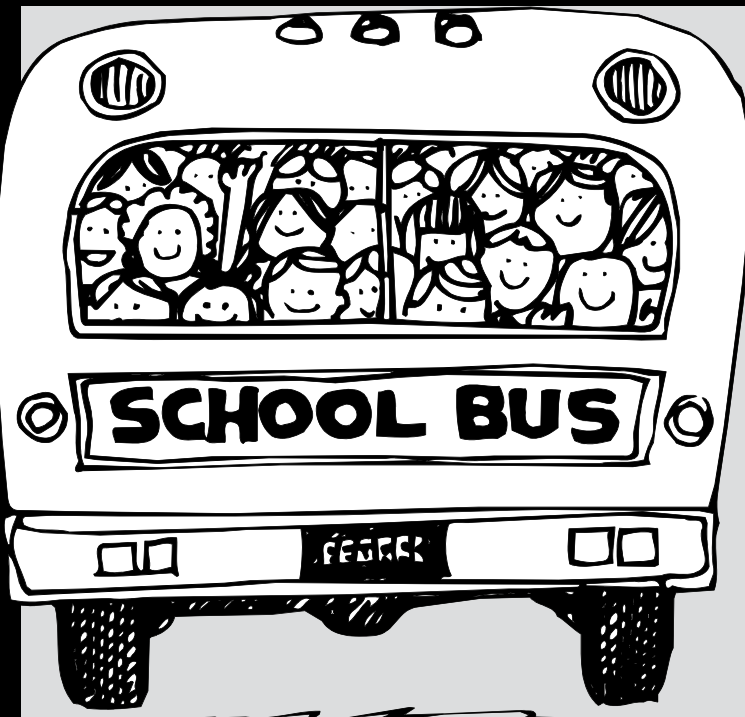
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Back To School

School started 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!



Fall is BBQ Season! Is your grill ready?



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- * Protects your valuable investment

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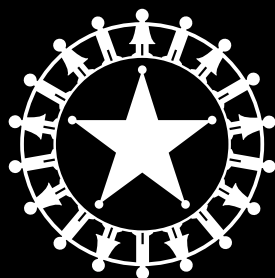


AFTER

Austin BBQ Cleaning

(512) 689-4477 // www.AustinBBQCleaning.com
gerry@austinbbqcleaning.com

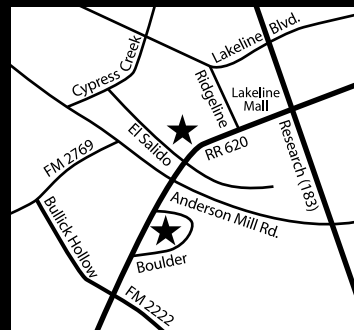




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HALLOWEEN TRUNK OR TREAT

Calling all Steiner Residents, Clubs, Organizations and Groups! Get your kiddos dressed in costume and your trunks and tailgates decorated for this year's Trunk or Treat and Halloween Event. The event will be held at Towne Square on Sunday, Oct. 28th from 4—6pm. This event replaces the Halloween event held in past years, so please read details for this year's event below. We hope to see you and your little costumed kiddos on the 28th!

WHO IS THIS EVENT FOR?

This event is for Steiner Ranch children, ages 10 and younger and their friends and families.

WHY THE DATE CHANGE?

We are hosting the event the Sunday prior to Halloween so that young children can take advantage of neighborhood Trick-or-Treating at an early time on Oct. 31st.

HOW CAN MY LITTLE TRICK-OR-TREATER PARTICIPATE IN THE EVENT?

Participation in the Trunk or Treat component of the event is on a first-come, first-served basis. The first 300 children under 10 will be given a wristband to participate, so please arrive early.

WHAT ELSE WILL HAPPEN AT THE EVENT?

Games, rides, activities and more! Food and drink will be available for purchase. We will post additional event details on the Steiner Ranch Social Committee Facebook page as they become available.

WHO CAN HAVE A VEHICLE IN THE TRUNK OR TREAT?

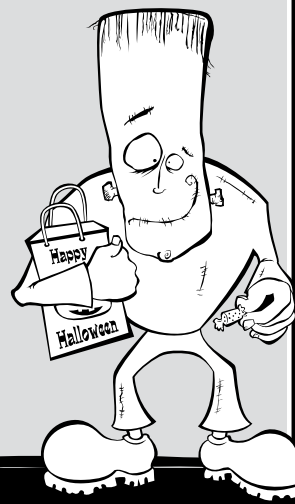
We are seeking cars and trucks to get their vehicles in the Halloween spirit and hand out candy or small toys to children at the event. Get your friends together and get creative decorating those trunks! Pirates, princess, rodeo, favorite football teams; all are great themes for your trunk or tailgate.

Vehicles participating in the Trunk or Treat will be allowed into the parking lot early to decorate. Every vehicle will need to provide enough candy or toys for 300 children under 10 years old.

HOW DO I REGISTER MY VEHICLE?

To participate in the Trunk or Treat, please log on to the Eventbrite page and sign up, or call Caroline Burns at 512.761.1225. You must register to participate and spaces are limited so sign up now!

[http://www.eventbrite.com/
event/4327816616](http://www.eventbrite.com/event/4327816616)



3rd Annual

PUMPKIN PATCH

in Steiner Ranch

Come to the John Simpson Park on Sunday, Oct. 21st from 11:00am – 5:00pm and pick-out your Halloween Pumpkin!

Event hosted by the Four Points Chapter Circle of Friends. All proceeds benefit Dell Children's Medical Center.

Circle of Friends is a network of regional support groups in Central Texas that raise awareness and funds for Children's Medical Center Foundation of Central Texas to benefit Dell Children's.



Dance Discovery

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419-7611

Around Steiner

Steiner Scrap-a-thon

Steiner Scrappers will be dedicating hours of hard work and exceptional creativity at the Annual Fall Scrap-A-Thon.

FRIDAY, OCT. 12TH AT 6 PM TO SUNDAY, OCT. 14TH AT 4 PM

Cost: \$82 for the entire weekend, includes meals and snacks

WHAT CAN I EXPECT?:

- No distractions from kids, spouse, or home
- Gifts
- One six foot table of your own
- A Creative Memories Consultant with inventory for sale
- Meals & snacks

This event sales out quickly and space is limited to the first 25 registered.

To register: <http://fallsteinerscrapathon2012.eventbrite.com/>



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NEWCOMER ORIENTATION



Welcome new residents of Steiner Ranch! If you have recently purchased a home here, you will receive an invitation to the Newcomer Orientation held on Thursday, November 8th at 6:30pm in the Towne Square Community Center at 12550 Country Trails Lane. You will have the opportunity to become better acquainted with your new community, as well as with other new homeowners. A brief presentation will be given on Steiner Ranch, the organization of the homeowners associations, the homeowner committees, the assessment rates community

rules and regulations and future development plans for Steiner Ranch. Light refreshments will be served.

Not able to attend? Look for the 2013 Schedule in the January issue of the Ranch Record.

Have you lived here a while and never attended an orientation? Do you want to know more about Steiner Ranch? We would love to have you come and join us.

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

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Young at Heart Events

steinerranchyoungatheart@gmail.com

Young at Heart is a group that plans various activities for Steiner Ranch residents in the 50+ age group to provide opportunities for people to meet others with similar interests. Since so many people travel or are away from home for extended periods of time, activities are planned to be enjoyed as frequently as members want. Whenever possible, these events take place in Steiner Ranch or close by. Those who are on the Young at Heart contact list receive emails announcing upcoming activities. If you would like to receive announcements and invitations from Young at Heart, just send your name, phone number and email address to steinerranchyoungatheart@gmail.com. If you have questions or would like more information, please contact Dottie Thoms at dottie.thoms@gmail.com or at 512-531-9360.

Activities take place weekly, monthly or occasionally. Dates, times and places are included in the monthly emails.

Among the upcoming events and activities are:

SPECIAL EVENT

*Cruise the Caribbean with Ports of Call at Belize City (Belize),
Roatan (Honduras) and Cozumel
Royal Caribbean Mariner of the Sea
February 10-17, 2013*

BOOK CLUB

Lively discussions of a wide range of both fiction and non-fiction books

BRIDGE

Ladies Social (daytime) A less formal game of Bridge

BRIDGE EVENING

A group for the serious Bridge player

CONCERTS AND PLAYS

Two or more people attend cultural events together

DINNER GROUPS

Organized into groups of 4 - 5 couple and singles who meet for dinner both in homes and at restaurants

EPICUREANS

For those who love to cook, entertain and learn new cuisines

EXPLORING AUSTIN

Tours of Austin's unique attractions

GARDEN CLUB

Gardeners of all levels of experience meet to learn and share ideas

HAPPY HOUR

Informal gatherings at nearby restaurants

LADIES LUNCHING OUT

Monthly luncheons at various local restaurants

LADIES GOLF

A loosely organized group of all levels of experience who play regularly

MEXICAN TRAIN

A casual game of Dominoes

ROMEO (RETIRED OLD MEN EATING OUT)

Men's lunch group

TECHNOLOGY GROUP

Computer classes designed for both beginner and intermediate levels of experience

WALKING GROUPS

Enjoying walking together on the Steiner Ranch trails

WINE SOCIALS

Occasional get-togethers in members' homes. BYOB and an appetizer to share.

If you have an interest that isn't mentioned above, please bring it to us. New activities are frequently added.

Holiday Sales Event & Santa Photos

VENDOR REGISTRATION IS NOW OPEN!

To get you in the Holiday spirit, the Steiner Ranch Social Committee will be hosting its Annual Holiday Sales event on Saturday, November 10th from 10:00am - 2:00pm at the Towne Square Community Center. You can come and get all of your Holiday shopping done without ever leaving Steiner Ranch.

Want to be a Vendor? Do you make fabulous jewelry? Are you an artist? Do you have a home based business or service? Then become a vendor and show Steiner Ranch what you can offer. Three areas are dedicated for vendor space. Vendor spaces inside the Community Center are available at a fee of \$60.00 and spaces outside in the covered pavilion & uncovered veranda are \$40.00. (Heaters are provided). Spaces are

available on a first-come, first-served basis. Registration fees must be paid to reserve your space, and no refunds will be made after November 1st. Steiner Ranch reserves the right to deny any application based on content or similarities to/duplication of products or services. Residents must be in "good standing" with the Association.

To register as a vendor, go to www.holidaysalesevent2012/eventbrite.com. If you have any questions, contact Sharon Adams, Community Coordinator at sharon@steinerranchhoa.org.

Austin Pain Associates is pleased to introduce **Adnan A. Khan, MD**

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Around Steiner

Planning a Cruise over the LISD February Break?

*The Steiner Ranch Social Committee arranged
for a deal on a great Disney cruise!*

FEBRUARY 1 – 5, 2012

- Friday – Depart from Galveston
- Saturday – At Sea
- Sunday – Cozumel
- Monday – At Sea
- Tuesday – Return to Galveston

Check the website for
additional information at www.steinerranchhoa.org.

Steiner Serves

Steiner Serves is a group of Steiner area residents committing to do one SMALL thing each month to benefit a featured charitable cause.

It's EASY, SIMPLE and a SMALL commitment. Here's how to participate:

- Join the Facebook Group <https://www.facebook.com/groups/SteinerServes/>
- Commit to something SMALL by selecting one item on the checklist
- Deliver your commitment to the drop point by the last day of the month.
- Check the FB group page to see pictures of the BIG difference we made together and choose your next SMALL commitment for the next featured charity

Make a **SMALL** commitment now
and be a part of something **BIG!**

It's so easy even your children can participate ... a great way to teach them to give back!

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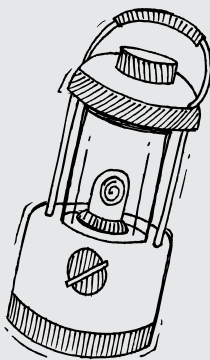
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Each office independently owned and operated.

CAMPING ON THE RANCH

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



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

When: Saturday November 3rd - 6:00pm

Where: Towne Square Community Fields

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

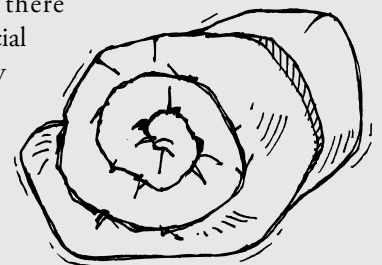
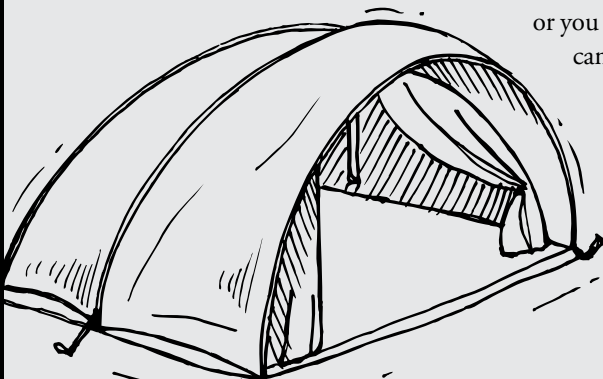
Haven't tried camping with your kiddos yet? What a great place to try it, just minutes from the house but an adventure away. No activities are scheduled, just a great evening outdoors with your kids

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

You can either purchase this dinner by Oct. 26th for \$10 each (\$12 after Oct. 26th) or you can bring your own picnic dinner for you and your kids. Register your camp site by Oct. 31st online at www.steinerranchhoa.org.

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

Bring your own tent, sleeping bags, games and activities!





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Paradise

Around Steiner

Ready, Set, Go!

MOVING FORWARD

by Sandi Ruble



September marked the one-year anniversary of the Labor Day Fires for our community. It also signified a fresh start for Steiner Ranch as an official Firewise Community. The formal presentation of the Firewise Communities/USA award was made to Committee Chairman, Nathasha Collmann, by the Texas Forest Service at the annual Concert in the Park. Travis County Commissioner, Sarah Eckhardt, and Lake Travis Fire and Rescue Assistant Chief John Durham also were on hand for the presentation.

"We are very proud of what we have achieved in such a short time. Becoming a Recognized Firewise Community is another step towards getting the word out to the community about what we are doing. We still have a LOT of work to do and encourage everyone to take steps to protect their own property and work together to address the common areas," said Collmann.

The Steiner Ranch Firewise Committee was formed to educate our community so that we can be better prepared in the event of another wildfire in our community or surrounding area. Formal meetings began in January 2012, and the committee has been active in disseminating information about what we as individual homeowners can do to be Firewise. Several committee members have been trained in Home Ignition Zone (HIZ) assessment in order to assist homeowners in evaluating their property and make

changes if needed to the exterior of their home. The committee has worked in conjunction with the Steiner Ranch HOA to implement the Red Flag warning system; established procedures allowing easy implementation of Greenbelt Fuel Reduction Workdays; and worked in conjunction with the LTFR as they implement a Wildland Crew to assist in fuel reduction.

Some of the ways the committee has tried to inform the public is through monthly articles in the Steiner Ranch Record, setting up a Facebook page, participating in neighborhood events with informational booths, and teaming with the HOA to provide brochures for the newcomer packets. The committee will continue these activities in hopes of informing all the neighbors of Steiner Ranch about what it takes to be a Firewise community.

To date, the committee has sponsored seven workdays, utilizing more than 200 volunteers. During the Concert in the Park, the Committee raffled off an IPAD that was donated by the Steiner Ranch Social Committee and raised \$975. All the proceeds will be used to purchase trees to help re-vegetate the burned areas of our neighborhood. Donations are still being accepted and can be dropped off at the HOA office.

The Firewise Committee meets the third Thursday of each month at 6:30 p.m. at the Bella Mar Community Center.

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 (Oct. 18 and November 15). Look for links to Firewise information coming soon to the new HOA website.

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Steiner Ranch Fall Program For Adults & Children

Registration for the Fall 2012 Program season is ongoing!

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

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: 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.



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Pool & Swimming News

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:

Wed - Fri 5:30 a.m. - 6:45 a.m. | Sun 6:30 a.m. - 7:45 a.m.

\$40 per month for Residents | Come on and give it a try! It's easy to sign up | You must be 18 yrs. and older.

Join U. S. Masters Swimming! To be eligible to compete in masters' meets, to get a great magazine, and for HOA insurance purposes, go to the United States Masters swimming website, www.usms.org/reg and join our team Red Giants Masters swimming. You can print your card immediately and take a copy to the HOA office. Fill out the Program Registration form at the HOA office, provide a copy your USMS card and submit payment! As this is a Year Round Program, it's a great way to meet new friends and be a part of a fun community of swimmers and neighbors!

FALL POOL HOURS

*The pool hours for all of the swimming pools in Steiner Ranch will remain the same as our Summer Schedule **until the water becomes cold enough to turn on the heater at the Bella Mar Lap pool.***

BELLA MAR

Closed Monday until 2:00pm

Lap Pool: Tue-Sun 5:30am – 10:00pm

Master's Swim Program – Wednesday & Friday 5:30am – 6:45am;
Sunday 6:30am – 7:45am

VHS Swimming Monday – Friday 7:15am – 9:15am

Austin Elite Swimming Monday – Friday 4:30 – 6:30pm

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

TOWNE SQUARE

Closed Monday until 12:00pm

Tuesday – Sunday 8:00am – 10:00pm

Water Aerobics – Monday & Wednesday 6:45pm – 7:30pm;

Tuesday & Thursday 9:15am – 10:00am

JOHN SIMPSON

Closed Monday until 1:00pm

Tuesday – Sunday 5:30am – 10:00pm

*Please note**Lifeguard are no longer on duty after the Labor Day weekend. Swim at your own risk.*

Dr. Betty Hwang

FOR AUSTIN COMMUNITY COLLEGE BOARD

Hello Neighbors!

I am Dr. Betty Hwang. I am a resident of Steiner Ranch. I'm running for the Board of Trustee of ACC. Your vote and support will mean a lot to me. I know "as a good neighbor, Steiner is there." I am proud to be your neighbor.

My Issues:

- **SEEK** educational excellence
- **INCREASE** graduation rate
- **ESTABLISH** more scholarships
- **CREATE** good jobs for the graduates
- **PROMOTE** multicultural programs to be competitive globally



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If you have questions, concerns, or just want to know more, visit us at VoteChrisFrandsen.com or call our office at (512) 487-728

**VOTER REGISTRATION DEADLINE: OCT. 9
EARLY VOTING STARTS: OCT. 22
ELECTION DAY: NOV. 6**

Pol. Adv. Paid for by Campaign for Chris Frandsen, PO Box 91653, Austin TX 78709

NEWS FROM THE POOL

School is back in session, the pools have calmed down, and the weather is starting to cool down. However the pools are already heating up, literally!

We are entering our winter hours where the Bella Mar Lap Pool will be operating for limited lap swimming and usage throughout the week. Check the website for the pool hours. We as a committee are also working on some great projects for the upcoming season. Those include:

- Replacing of the torn and shattered lane lines
- Coming up with alternative solutions for covering the pool. Don't be surprised if you see the BM pool uncovered this winter, we're trying an experiment to reduce costs with a new innovative pool cover called liquid pool covers.
- Working on an additional lap swimming pool
- Strengthening the safety and program offerings for the summer.

As always, if you have any questions or comments please feel free to email me at Rodney.g.mogen@gmail.com.

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. 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.



Not Quite Write

Many people begin filling their home with things they love and then, over time, something odd happens. Their home begins to be filled with things that don't reflect what they intended. Their contents result in a house that doesn't function well or represent the owner's personality and good taste. We redesign using what you already have. Helping your home make sense again.

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--L.T. ... *ReDesign service*

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--A.D. ... *Stage Right service*

"Now THIS is the way to move into a house!"

--P.M. ... *Move-in Magic service*

"Interior designer Marcie Elliott-Smith of Intuition Interiors is the mastermind behind The Driskill's holiday decorating. 'It's just amazing what she comes up with when she's given free creative reign.'"

--K. Coots, *The Driskill Hotel* (from CultureMap.com)

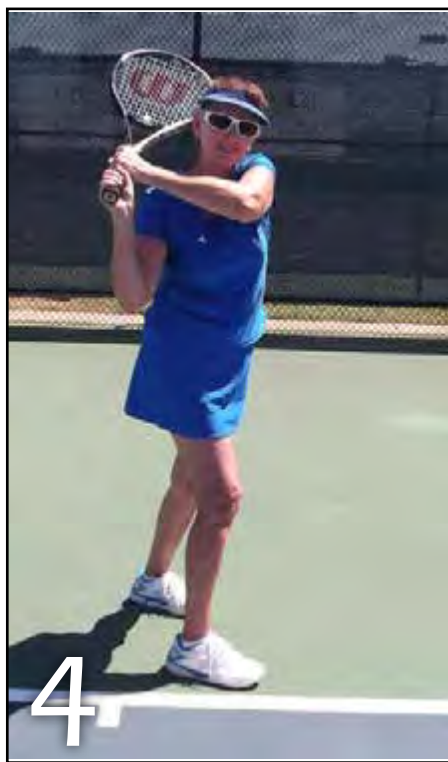
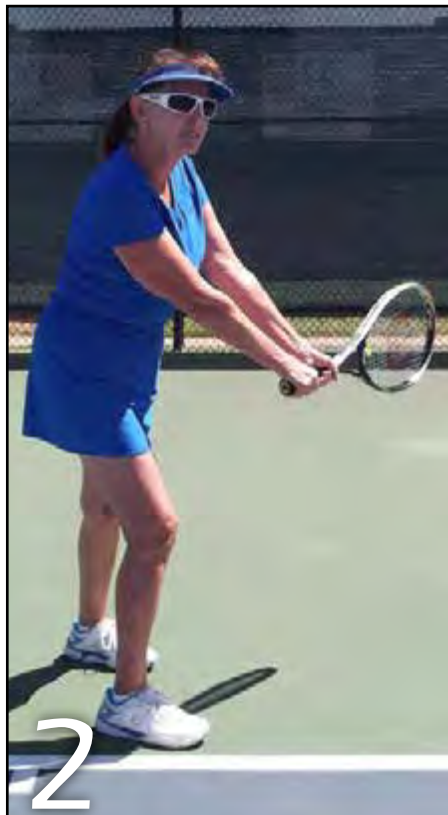
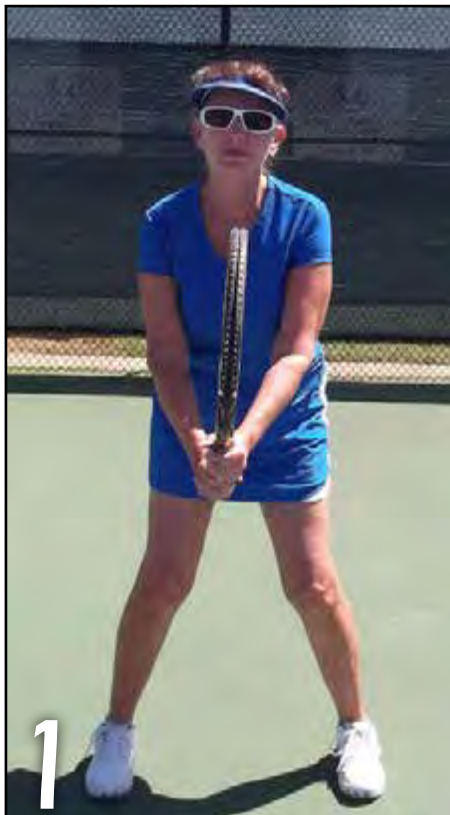
Tennis Tips

By USPTA/PTR Master Professional

Fernando Velasco

Owner, Manager and Director of Tennis

Grey Rock Tennis Club, Austin, TX



HOW TO HIT A TWO-HANDED BACKHAND

In last month's newsletter, I gave tips on how to hit a Forehand. In this issue, I will offer you instructions on how to execute a two-handed backhand for a right hander.

STEP 1 - Ready position: The body is facing the net and both of the hands are on the handle of the racket. The left hand should not overlap the right hand and it should be gripping the racket slightly tighter than the right hand. Feet are shoulder width apart and the body is in good balance.

STEP 2 - Back swing: Once the player makes the decision to hit on the left side, the body should start taking the racket back before the ball bounces. Notice the slight change of grip on the right hand toward the top of the handle (continental grip). Notice the turn of the upper body and the right foot leading the left foot. Eyes are still focused on the incoming ball.

STEP 3 - Point of Contact: The eyes now shift toward the point of contact which should be in front of the right foot. The right hand is still slightly relaxed, but the left hand is doing most of the work at the point of impact. The racket has made contact with the ball and weight of the player has shifted toward the point of contact. It is important to keep the right shoulder closed and not open the left hip too early. Flexing the right knee will allow more flexibility and power on the ball.

STEP 4 - Follow Through: Once the racket has made contact with the ball, let the arms extend out toward the target selected. The elbows now are bent and the head of the racket is wrapping around the left shoulder.

Look for next Issue: The One-Backhand Groundstroke



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Communication Overload

Technology has changed the way we communicate at the Homeowners Association, but with so many ways to get information it can be confusing to know if what you are reading is from a reliable source. The best way to get information regarding Steiner Ranch is from the HOA website at www.steinerranchhoa.org. This site has so many great features that just began this year, like the Message Boards, Classifieds, Young at Heart and Mom's and Tot's information. It is also the place to get community documents, such as Pool Hours, Architectural Modification Forms and the approved plant list, just to name a few. Once on the site, we recommend going into your "Profile" and signing up for important email notifications under "subscriptions". You can receive weekly Activity alerts, Lost & Found pet notification and important Safety alerts.

The other most reliable source of information is on the Steiner Ranch Social Committee Facebook Page. This page is great for all the activities and programs in Steiner, but it also becomes the main source of information in case of an emergency, like during the Labor Day fires of 2011.

But, what about all the other Facebook Pages that say "Steiner Ranch"? There are some great resources that are not "official" Steiner Ranch HOA pages. Here is a list of a few that we recommend and why:

STEINER RANCH LOST & FOUND PETS

This site was created by a homeowner who lost her pet and is now helping other find their pets. Anyone who has found or lost a pet can post on this page.

STEINER RANCH FIREWISE

This page is run by the Steiner Ranch Firewise Committee and is a great resource for residents who are concerned about Wildfire and

how to mitigate the risk of loss of life and property from wildfire.

STEINER RANCH NEIGHBORHOOD ASSOCIATION

This page is run by the Steiner Ranch Neighborhood Association, which is a homeowner run Association. They are focused on addressing issues relevant to the community including safety, security, and smart growth.

STEINER SNAKE GUY

This page is run by another Steiner Residents. Not only is the site a great resource to identify snakes and other creatures in Steiner, but he will also come to your home and remove the snake!

STEINER RANCH POST

This page is also run by a resident of Steiner and shares community information and opinion, as well as business development information.

STEINER RANCH MOMS AND TOTS GROUP

This is a closed group just for Moms and Tots of Steiner Ranch. This page is a great resource for all things "kids".

STEINER SERVES

This page is a new one, also run by a resident. We love this page because it is dedicated to help different non-profit organizations and those in need in the area.

STEINER AT WORK

This page is perfect for those businesses in Steiner looking for work. They can post and if you "like" the page, you will be able to view what job opportunities are available.

We know there are more out there, so just send an email to Sharon Adams about being added to the list for future issues of the Ranch Record at Sharon@steinerranchhoa.org.





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School News

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School News

Lady Vipers Digs-N-Dunks

Saturday, Oct. 20th, 2012 | 8:30 – 12:30 @ Vandegrift High School

Come for a fun filled day as the Lady Vipers teach you volleyball and basketball skills! Be sure to wear athletic wear tennis shoes & knee pads. Kindergarten-8th Grade are welcome! All participants will receive:

- A Digs-N-Dunks T-Shirt
- Vandegrift hair ribbon
- A snack to be provided at the clinic
- An unforgettable experience, learning from VHS volleyball and basketball players!

2012 DIGS AND DUNKS REGISTRATION FORM

Name: _____

Grade: _____ T-Shirt size: YS YM YL AS AM AL

Current School Attending: _____

Parent Name: _____

Contact #: _____

Email address (for updates): _____

RSVP for the \$35 Pre-Registration fee

Pre-Registration fee must be received by Oct. 5th 2012, Walk-In price: \$45

Register online at: www.vandegriftvipers.com/volleyball.htm

QUESTIONS

Krista @ 512.771.7031, texas krista@yahoo.com or Wendy @ 512.372.9807, wendyglover@me.com

PAYMENT

Cash or check only. Make checks payable to VHS Volleyball Booster Club

MAIL FORM/PAYMENT TO

Mary Ellen Santerre/ Vandegrift Volleyball Booster Club
13004 Bloomfield Hills Lane, Austin, TX 78732

(Registration Questions: Mary Ellen Santerre 512.636.5699 or maryellen@santerrefamily.com)

WAIVER OF CLAIMS: "I hereby release any claim I might have against Leander Independent School District, or any of its agents, which might arise from any injury or other damage my child might incur while on the property of LISD or while participating in any activity sponsored by LISD."

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OCTOBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:30pm - FREE Yoga (TSCC)	2 6:30pm - Facilities Committee Meeting (TSCC)	3 1:00 pm - YAH Mexican Train	4 8:00 am - YAH Walking Group	5	6
7 Newsletter Articles Due	8 6:30pm - FREE Yoga (TSCC)	9 9:30am - Social Committee Meeting (Cups & Cones)	10	11 8:00 am - YAH Walking Group 11:30am - YAH Technology Workshop (TSCC)	12 6pm - Scrapathon (TSCC)	13 All Day Scrapathon (TSCC)
14 All Day Scrapathon (TSCC)	15 6:30pm - FREE Yoga (TSCC)	16	17 YAH Bridge Club	18 8:00 am - YAH Walking Group 6:30 pm Firewise Committee Meeting (BMCC)	19	20
21 11 am - 5 pm - Pumpkin Patch (JS Park)	22 1:30 pm - YAH Book Club 6:30pm - FREE Yoga (TSCC)	23	24	25 8:00 am - YAH Walking Group 6pm - SRROA Board of Directors Meeting (TSCC)	26	27 9am - 4pm - Babysitting Class (TSCC)
28 4pm - 6pm - Halloween Trunk or Treat (TS Parking Lot)	29 6:30pm - FREE Yoga (TSCC)	30	31 3:30 pm - SRMA Board of Directors Meeting (TSCC) Halloween YAH Bridge Club			

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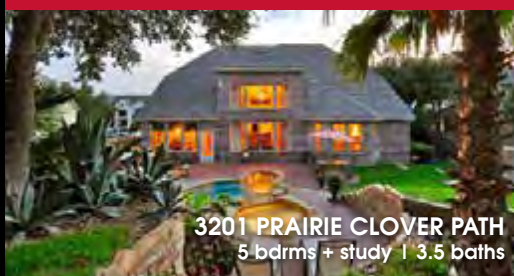
NOVEMBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:00 am - YAH Walking Group	2	3 6 pm - Camping on the Ranch (TS Fields)
4 Newsletter Articles Due	5 6:30pm - FREE Yoga (TSCC)	6 6:30 pm - Facilities Committee Meeting (TSCC)	7	8 8:00 am - YAH Walking Group 11:30am - YAH Technology Workshop (TSCC)	9	10 10 am - 2 pm - Santa Photos & Holiday Sales Event (TSCC)
11	12 6:30pm - FREE Yoga (TSCC)	13 9:30 am - Social Committee Meeting (Cups & Cones)	14 YAH Bridge Club	15 8:00 am - YAH Walking Group 6:30 pm Firewise Committee Meeting (BMCC)	16	17
18	19 6:30pm - FREE Yoga (TSCC)	20	21	22 Happy Thanksgiving! HOA Office Closed	23 HOA Office Closed	24
25	26 6:30pm - FREE Yoga (TSCC)	27	28 3:30 pm - SRMA Board of Directors Meeting (TSCC) YAH Bridge Club	29 8:00 am - YAH Walking Group 6:00 pm - SRROA Board of Directors Meeting (TSCC)	30	

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Lake Travis Republican Club Meeting

Texas Workforce Commissioner Tom Pauken will be the featured speaker at the monthly meeting of the Lake Travis Republican Club to be held on Tuesday, Oct. 16, 2012 at the Hills Country Club, from 11:30 am to 1:00 pm. Appointed by Governor Rick Perry in March 2008, Pauken served as TWC Chairman until April 30, 2012, and currently serves as Commissioner Representing Employers.

He brings decades of public service experience to TWC, having held numerous leadership positions. In 2007, he served as Chairman of the Governor's Task Force on Appraisal Reform. He served in the White House Counsel's Office under President Reagan, and was appointed by the President to serve as Director of ACTION, where he founded the Vietnam Veterans Leadership Program. ACTION is now known as AmeriCorps. Mr. Pauken also was instrumental in the implementation of First Lady Nancy Reagan's "Just Say No to Drugs" campaign.

Commissioner Pauken is a United States Army veteran.



He received a commission in Military Intelligence and served in Vietnam as a Province Intelligence Officer and as a senior analyst for the Office of Strategic Research Analysis.

Founder and President of Dallas-based TWP Inc., Mr. Pauken also has served as a board member of various public and private companies. He is a member of the American Legion, the Knights of Columbus and Veterans of Foreign Wars.

Commissioner Pauken is the author of two books: "The Thirty Years War: The Politics of the Sixties Generation" and his new book entitled "Bringing America Home." He holds a bachelor's degree from Georgetown University and a law degree from Southern Methodist University.

He and his wife, the former Ida Ayala, have seven children and 12 grandchildren.

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



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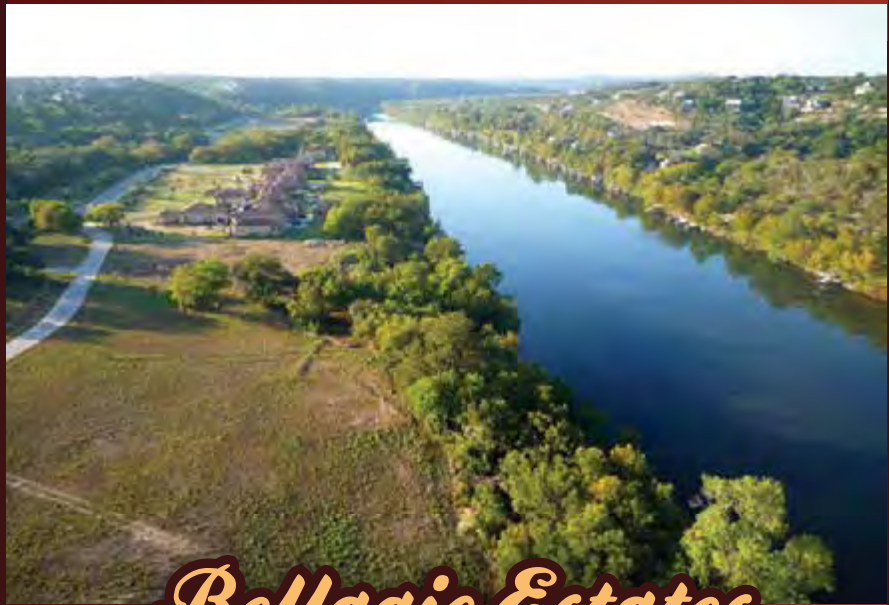
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Business Section

Eight Business Networking Groups in the Area

ARE YOU LOOKING TO GROW YOUR BUSINESS IN 2012?

If so, you might be interested in a few of the business networking groups in the area. These are a few to choose from:

STEINER RANCH REFERRALS BNI GROUP

Meetings are on Tuesday mornings from 8:00am to 9:30am at Hill Country Pasta House. Visitors are welcome! If you are interested please contact Elicia Gower at eliciarudberg@gmail.com for more information or visit www.BNIAustin.com.

FOUR POINTS BNI

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

FOUR POINTS CHAMBER OF COMMERCE

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

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 or 512-736-2495.5.

STEINER RANCH MARKETERS

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

A+ REFERRALS BY THE LAKE BNI (LAKEWAY)

BNI is a professional business networking group that helps you build a team of partners to market your business. Come join us on Wednesday mornings from 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 or visit www.BNIAustin.com for more information.



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LET'S KEEP YOUR CHILD'S SCORES HIGH THIS YEAR! Miss Norma's Private Tutoring for Pre-K through 3rd Grade. Certified Teacher with over 20 years of experience in Texas Public Schools, specializing in Language Arts and E.S.L. Email me today to schedule your free first lesson. References provided. normagossett@gmail.com

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FISH! FISH! FISH! Lake Austin and Lake Travis bass fishing is on the rise as the waters cool off from the summer. Take a trip to the lake with Chad Outdoors bass fishing guide service. We specialize in catching Largemouth Bass. Call 221-3333 or visit www.chadoutdoors.com Mention this ad to get 10% off!

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

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Steiner Ranch residents, limit 30 words, please e-mail steinerranch@peelinc.com.

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WANTED: Finance and Operations professional seeks new job opportunity. High tech, manufacturing and retail industry experience. No sales. Codyhoover@att.net, 512-296-9199.

MEMBERS OF THE LAKEWAY PAINTERS, a group of local Lake Travis artists, will be displaying their artwork from early September-December at Cups & Cones, a cafe located on Quinlan Road in The Shops at Steiner Ranch.

FOR SALE: Graco double stroller. Great condition, barely used, very clean. Both seats recline and have shades - black and white plaid. Will hold infant carrier and folds flat to fit in trunk of small car. \$50 - email pennihafer@yahoo.com for pictures or questions.

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Sat. Oct. 6th – 7:30am Meet at Cups & Cones: Intermediate Ride (40 – 60 miles)
Sun. Oct. 7th – 8:30am Meet at Cups & Cones: Tour de Steiner Ranch (23miles) Easy Ride
Sat. Oct. 13th – 7:30am Meet at Cups & Cones: Intermediate Ride (40 – 60 miles)
Sun. Oct. 14th – 8:30am Meet at Cups & Cones: Tour de Steiner Ranch (23miles) Easy Ride
Sat. Oct. 20th – 7:30am Meet at Cups & Cones: Intermediate Ride (40 – 60 miles)
Sun. Oct. 21st – LIVESTRONG CHALLENGE
Sat. Oct. 27th – 7:30am Meet at Cups & Cones: Intermediate Ride (40 – 60 miles)
Sun. Oct. 28th – 8:30am Meet at Cups & Cones: Tour de Steiner Ranch (23miles) Easy Ride

If you are interested in riding in the 15th anniversary LIVESTRONG Challenge and don't have a team to ride with please join ours. It is only \$50 to register this year and there is no fund raising minimum. They are expecting 5,000 participants this year. We are providing Jerseys on a first come first serve basis too. Join our team by clicking the following link:

<http://laf.livestrong.org/goto/SteinerRanchCycling>

On Oct. 28th the University of Texas Cycling Club will be hosting the 8th annual Sweatin' Burnt Orange Bike Tour, is the primary fundraising event for The University of Texas Cycling Club. The Tour will include routes from 10 to 80 miles weaving through the Texas hill Country. The 80 mile route includes a stop in the famous Luckenback Texas and all routes feature challenging hills and beautiful vistas. It's an incredible Texas riding experience that'll leave you Sweatin' Burnt Orange!

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WOMEN IN CYCLING

If you ask who the first American to win a grand cycling tour was, most people will tell you Greg Lemond. This is partially true, in 1986 he was the first American male to win the Tour de France; but just two years earlier, Marianne Martin was actually the first American to win a grand tour. The same year Connie Carpenter became the first American to win the Olympic Road Race at the Los Angeles, California Olympics and in 1981 Sheila Young won the World Cycling Championships.

Women's history in cycling is rich and achievements numerous, dating back to when the bicycle was invented. In Europe, there are just as many woman cyclists as men cyclists. In the Netherlands over 55% of riders are women. In Germany, 49% of bike trips are made by women. United States has a meager 25% of cyclists as women; yet a bicycle count found that an off-street bike path in Central Park had 44% female riders.

While cycling is on the rise by all sexes in the United States, according to the National Highway Traffic Safety Administration, fewer than 2% of all trips are made on a bicycle. This can be compared with Germany at 12%, the Netherlands at 27%, and in Copenhagen, Denmark over 55% of trips are being made by bike.

So why are the numbers so low in the United States? The answer can be found by analyzing the lack of women cyclists. According to the Women Cycling Project, www.womencyclingproject.info, "Women are considered an 'indicator species' for bike-friendly cities for several reasons. First, studies across disciplines as disparate as criminology and child rearing have shown that women are more averse to risk than men. In the cycling arena, that risk aversion translates into increased demand for safe bike infrastructure as a prerequisite for riding. Is this why the 'off-street' path in Central Park is working? Women also do most of the child care and household shopping, which means these bike routes need to be organized around practical urban destinations to make a difference."

According to a recent study conducted by the University of Washington, the question was asked to hundreds of women non-cyclists why they don't ride their bicycle. The top ten reasons are as follows:

- Distracted driving 79%
- Parked cars opening doors 71%
- Speed of cars 70%
- Vehicles turning right in front of me when I'm going straight 67%
- Volume of cars 64%



- Motorists who run red lights and stop signs 58%
- Moving trucks and buses 54%
- Moving cars 44%
- Vehicles hitting me from behind when I am cycling 33%
- Crossing at intersections 32%

According to the same study the question was asked what would it take to get more women on their bicycles as a commuter? The top ten reasons are:

- Completely separated off-road cycling paths 70%
- More bike lanes 60%
- Better connectivity/more direct routes 57%
- Wider lanes on the roads 37%
- Showers and lockers at

destination 33%

- Tax breaks/financial incentives 32%
- More bike racks everywhere 29%
- Secure bike parking 28%
- Better lighting along routes 27%
- More security and safety for cyclists 26%

No absolute conclusions were drawn in the various studies and articles. Would the saying "If you build it, they will come" work in this scenario? Do we need to change the safety and cycling environment to increase numbers, or do we need more women in the United States to take up cycling in order to effect change. Maybe both! I say the more women we get on their bicycles the more likely change will happen. The more cyclists we have on the road, the fewer tons of carbon we put into the air and the lower the medical expenses due to cardiovascular and other diseases. I believe it to be one way to hand off a better world to our children than we were handed.

Unless otherwise state all the above statistics were found at www.womencyclingproject.info or www.bikesbelong.org.

Sincerely, The Soul Cyclist

The Soul Cyclist is every dad or mom that has gone on a bike ride with their son or daughter. It's the kids' riding their bikes on the way to school, it's the roadie, mountain biker, bmx'er, bicycle commuter, cruiser, exercise fanatic and the child in each one of us that remembers the joys of being outside on a bicycle. There are tons of great bike shops in Austin, and most of them have shop rides; but If you want to do a ride in or around Steiner Ranch please sign up for free at www.steineranchcycling.com to get on our email list for upcoming rides and/or LIKE the "Steiner Ranch Cycling" Facebook page and see some of our pictures.

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 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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Recipe of the Month



Grilled New York Strip

with

Sautéed Mushrooms & Beurre Blanc

by the Four Points Foodie

Was in the mood for a yummy sauce ... you know the kind you lick off your fingers? This Beurre Blanc really compliments the simplicity of a salt and peppered grilled steak along with some sautéed mushrooms. I paired it with a simple salad and this was our amazing dinner tonight.



Steak Ingredients:

Your choice steaks, room temp and seasoned with salt and pepper only

1 lb sliced baby portobello mushrooms

1 T olive oil

Preheat your grill. In a medium sautee pan, add olive oil and sautee mushrooms on medium heat until dark and caramelized. Remove from heat and hold.

Grill your steaks the way you like them, then remove from heat and let them rest, covered with foil, for 10 minutes.

Beurre Blanc Ingredients:

1 medium shallot, minced

8 oz white wine

3 T heavy cream

12 T cold butter, cubed

salt and pepper to taste

In a saute pan, reduce the shallots and wine until about 2 T remain. Add the heavy cream and cook until it bubbles, then remove from heat. Slowly whisk in the nobs of butter, a few at a time, until incorporated. As you whisk a few in, the sauce gets thicker and thicker. Once all the butter is whisked in, season to taste with salt and pepper.

To serve, top your steak with mushroom and then the Beurre Blanc. I added some minced chive for a tiny bit of taste and color.

In the Neighborhood?

Let's Get to Know One Another.

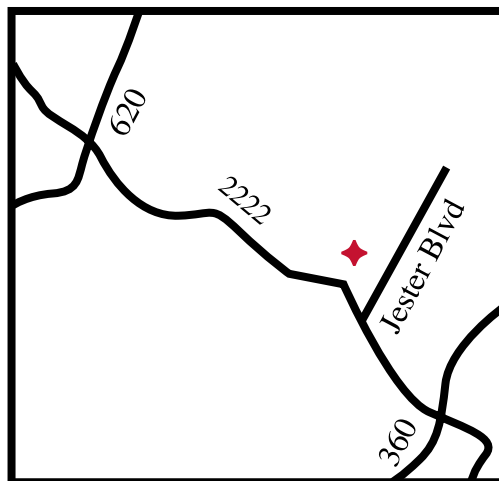
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Bullying: What To Watch *Helping Parents Understand the Signs*

Has your child suddenly had declining grades or unexplained injuries? Have they purposely been trying to avoid school? They could be the victims of bullying.

"Bullying is a widespread problem among children, especially teenagers," says Beth Nauert, M.D., a pediatrician with The Austin Diagnostic Clinic (ADC). "Bullying should always be taken very seriously by parents, educators, and the authorities."

BULLYING SIGNS

Children who are bullied are repeatedly exposed to aggressive, negative actions on the part of one or more other persons, and have difficulty defending themselves, says Dr. Nauert.

Some clear signs of bullying that parents should watch for include:

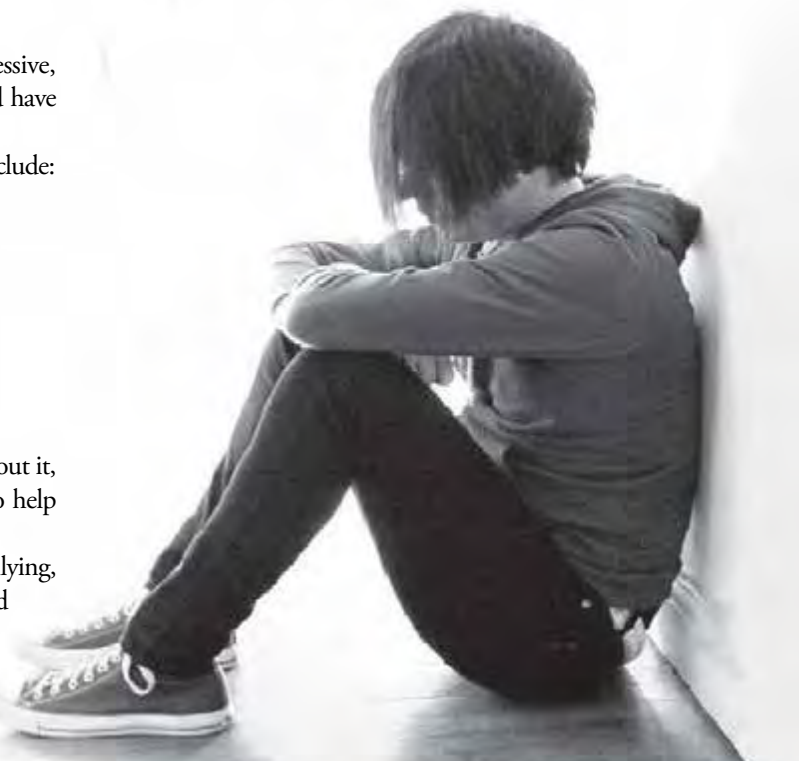
- unexplainable injuries,
- lost or destroyed clothing, books, electronics, or jewelry,
- feeling sick or faking illness,
- changes in eating habit,
- difficulty sleeping or frequent nightmares,
- not wanting to go to school,
- running away from home.

ACTION PLAN FOR PARENTS

Because children who are bullied may be reluctant to talk about it, parents who suspect bullying should take immediate action to help their children, says Dr. Nauert.

"Parents need to find out from their child who is doing the bullying, whether the bullying was verbal, physical, or cyberbullying, and where and when the bullying is happening," she says. "They should then speak with their teacher, principal, school administrators, or local law enforcement."

Beth Nauert, M.D., is a pediatrician for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than seven locations throughout Austin and Central Texas. Dr. Nauert sees patients at ADC Circle C, 5701 West Slaughter Lane, Building C. For more information, visit www.adclinic.com or call 512-901-4066.



October is National Bullying Prevention Month

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The monthly luncheon will be held on Wednesday, October 17 at Green Pastures Restaurant, 811 Live Oak St, Austin TX 78704. The luncheon is \$20 per person; reservations are required, and payment must be received by Thursday, October 11.

The club website is www.AustinNewcomers.com and the telephone number is (512) 314-5100.



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Splitting Hares

Nature Watch
by Jim and Lynne Weber

Colloquially known as 'bunnies', rabbits and hares are small mammals that can be found in a variety of habitats, including meadows, woodlands, grasslands, deserts, and even wetlands. But did you know that there are true differences between rabbits and hares?

Rabbits are clearly distinguished from hares in that rabbits typically have young that are born blind and hairless (altricial) and hares have young that are born with hair and able to see (precocial). Since young hares are well camouflaged and mobile within minutes of being born, the mother does not protect them and is with them only long enough to nurse. Rabbits, other than cottontails, live underground in burrows, but cottontails, like hares, live in simple grass nests above the ground called 'forms.' Unlike rabbits, hares usually do not live in groups (although a group of hares is called a 'drove') and they are generally larger than rabbits, with longer ears and black markings on their fur. Hares are also called jackrabbits, as they are very quick and can run up to speeds of 45 miles per hour! They have jointed or kinetic skulls, which are unique among mammals. This joint permits relative motion between the anterior and posterior part of the skull's braincase, helping to absorb the G-force created as the hare strikes its powerful hind legs with impact against the ground.

In our area of Texas you can find the Swamp Rabbit (*Sylvilagus aquaticus*), the Eastern Cottontail (*Sylvilagus floridanus*), and the Black-tailed Jackrabbit (*Lepus californicus*). Living in the eastern third of our state and one of the largest cottontails in its range, the Swamp Rabbit inhabits poorly drained river bottoms and marshes. Its upper parts are grayish-brown heavily lined

with black with a white underside and cinnamon-colored front legs and tops of hind feet. At home in the water, this rabbit's dense fur helps to waterproof its skin, and unlike other rabbits it will cross streams and rivers on its own. Also unlike other rabbits, its young have fur at birth but their eyes and ears are closed.

Eastern Cottontails are the most common rabbit in the eastern three-fourths of Texas and are moderately large with rusty-brown fur, relatively short ears, and large hind feet. These cottontails commonly frequent brush-dotted pastures and are active largely in the twilight hours and at night, when they venture out to meadows or lawns to forage. They often live at the edges of town and feed in gardens and flower beds, and are common along country roads lined with dense vegetation. Eastern Cottontails are prolific breeders, and can have as many as four or five litters throughout the year.

The Black-tailed Jackrabbit, also known as the Desert Hare, reaches a length of about two feet and weighs from three to six pounds. Its distinctive long ears and powerful rear legs distinguish it as a hare. With dorsal fur that is dark buff peppered with black and an underside of creamy white, its black markings are found on the tips of its ears and the top of its short tail. In warmer climates like ours, this jackrabbit breeds year round and the average litter size is four, but it can range from two to seven depending on the food supply. Since it does not hibernate or migrate, it uses the same square half-mile to mile habitat of oak-juniper woodland as its territory.

Now that you know the subtle (and sometimes confusing) differences between these closely related mammals, you too can try your hand at splitting hares!



Swamp Rabbit



Eastern Cottontail



Black-tailed Jackrabbit

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

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Breast Cancer: Importance of Early Detection

By: Concentra Urgent Care

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. Screening is vital because early stages of the disease are easier to treat.

The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the

following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>



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Seton Nurses Awarded Nursing Scholarship

The Seton Healthcare Family announced today the selection of 20 Seton nurses to receive \$3,000 scholarships from the Seton Foundations.

More than 145 Seton employees applied for scholarships. Recipients were selected by a committee of physicians, nurses and Seton Nurse Scholarship Endowment donors.

Established in 2005, the Seton Nurse Scholarship Endowment provides Seton employees with support for advancing their nursing education. Like many leading U.S. hospitals, Seton is adopting recommendations in the 2010 Institute of Medicine report, "The Future of Nursing," which encourages nurses to achieve higher levels of education and training. By 2013, for example, all nurse managers at Seton must hold Bachelor of Science in Nursing degrees.

"The Seton Nurse Scholarship Endowment was a dream I had, to build on our tuition reimbursement program and to make it possible for many of our nurses to return to school," said Joyce Batcheller, DNP, RN, NEA-BC, FAAN, senior vice president and system chief nursing officer for Seton Healthcare Family.

Batcheller strongly advocates for nurses to advance their education and earned her own Doctor in Nursing Practice degree in 2010. "The energy I see from the staff who have returned to school is amazing," said Batcheller. "Their individual practices and ways of thinking change in so many positive ways. In the end, our patient care is enhanced and that's what this scholarship program is really all about."

Seton is the only hospital network in Central Texas with Magnet-designated hospitals (Dell Children's Medical Center of Central Texas, Seton Medical Center Austin, Seton Northwest Hospital and University Medical Center Brackenridge). Representing the gold standard in nursing quality, Magnet is designated by the American Nurses Credentialing Center following an exhaustive review of nursing practices and site visits. In 2008, the American Nurses Credentialing Center (ANCC) adopted new rules requiring that nurses in Magnet-designated hospitals achieve different levels of advanced formal education. Seton is also home to five "Pathways to Excellence" hospitals, designated by ANCC for providing positive practice environments where nurses excel.

To date, donors have contributed \$5 million in cash and pledges to the Seton Nurse Scholarship Endowment, including more than \$500,000 in contributions from Seton employees. Through this generosity and matching funds provided by the Seton Healthcare Family, 145 scholarships worth \$305,000 have been awarded to Seton nursing students during the past seven years.

With spiraling tuition costs, scholarships like these fill an important gap for hard-working families. Seton, which invests significantly in clinical education and research, sees the Seton Nurse Scholarship Endowment as an important component in preparing for the future of healthcare needs of Central Texas. To make a donation to the Seton Nurse Scholarship Endowment, please visit www.setonfund.org/give.



The 2012 Seton Nurse Scholarship recipients pose with Seton SVP/Chief Nursing Officer Joyce Batcheller. Pictured standing left to right are: Criselda Bolden, Peggy Denham, Abby Fuller, Molly Villegas, Keili Newcomer, Allyson Langshaw, Susan Cepeda, Wayne Plummer, Seton SVP/System Chief Nursing Officer Joyce Batcheller, Lorraine Chandler, James Young, Julian Rodriguez, Cathleen Monforte, Lorena Buehler, Jorge Garza. Seated left to right are: Shellie Garman, Marcus Gasaway, Inglan Medina, Holly Werstein, Samantha Rangel. Not pictured, Emily Stelltano.

2012 SCHOLARSHIP RECIPIENTS

1. Criselda Bolden, Clinical Education Center at Brackenridge
2. Lorena Buehler, Seton Medical Center Austin
3. Susan Cepeda, Seton Northwest Hospital
4. Lorraine Chandler, Seton Southwest Hospital
5. Peggy Denham, Seton Medical Center Williamson
6. Abigail Fuller, Seton Medical Center Hays
7. Shellie Garman, Dell Children's Medical Center of Central Texas
8. Jorge Garza, Seton Medical Center Austin
9. Marcus Gasaway, Seton Medical Center Austin
10. Allyson Langshaw, University Medical Center Brackenridge
11. Inglan Medina, Dell Children's Medical Center of Central Texas
12. Cathleen Monforte, Seton Medical Center Austin
13. Keili Newcomer, Seton Medical Center Hays
14. Wayne "Sonny" Plummer, University Medical Center Brackenridge
15. Samantha Rangel, Shivers Cancer Center
16. Julian Rodriguez, Seton Medical Center Austin
17. Emily Stelltano, Seton Medical Center Austin
18. Molly Villegas, University Medical Center Brackenridge Specialty Clinics
19. Holly Werstein, Seton Shoal Creek Hospital
20. James "Jimmy" Young, Dell Children's Medical Center of Central Texas



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HALLOWEEN TIPS

PORCH LIGHTS - a porch light on means fair game for Trick-Or-Treating. If you are not distributing candy or are done for the evening, please turn your lights off. And Trick-Or-Treaters...if you see a porch light off, be respectful and move on to the next illuminated house.

HELLO? - Knock or ring the bell no more than twice. If the door isn't answered within a minute despite the porch light being on, assume you've gotten one of those folks who didn't read Tip 1.

FRIGHTENING LIMITS - If you are the person who wants to jump out of the coffin tucked in the corner of your front porch, please make sure that the age of the 'victim' is appropriate. While pee will wash off concrete, you might ruin the night for a dressed up 2 year-old princess.

WALKING - Stay on sidewalks or pathways. Don't take short cuts through lawns or flowerbeds.

Manners matter - Saying "Trick-or-Treat" before and "Thank You" afterward is a small price for collecting free candy on Halloween.

GAME OVER - Don't Trick-or-Treat after 9pm. Families with children or older people may well be in bed after that.

TRAFFICKING - Vehicles: drive extra slow and look for kids. Chaperones/Kids: Stay off roads as much as possible.

BLINDED BY THE LIGHT - Glow sticks, reflectors, flashlights - all are good to make your kids visible to anyone who fails at Tip 6.

FLAME OFF!! - Jack-o-lanterns/candles set a spooky mood, but open flames near dangling costume sleeves and flammable accessories is dangerous. Consider battery-powered tea lights.

THANKS... - If you're going to give out goodies to Trick-or-Treaters, buy individually wrapped treats. Save special homemade goodies and fresh fruit as presents for the folks you know rather than strangers who are coming to your door Trick-or-Treating.

R-E-S-P-E-C-T - Not everyone celebrates the holiday, or celebrates it in the same way you do. We live in a community with diverse beliefs and views. Please show respect as you yourself would want to be respected.

DON'T SCARE THE LITTLE ONES TOO BADLY! - If you've got a really creepy costume to answer the door, or you decorate your house from sidewalk to front porch in graveyard chic - remember that what can be delightfully frightening to older kids and adults can terrify toddlers and young kids. Before jumping out of bushes, screaming when you open doors or leaping out of fake coffins at Trick-or-Treaters, take a quick glance to make sure they're of an appropriate age-group to enjoy such a scare. Save the best frights for those who can really appreciate them. You'll have more fun, and the parents of the little kids will be grateful. Having to take home a hysterical Trick-or-Treater who has been scared witless on their first time out is no fun for anyone.

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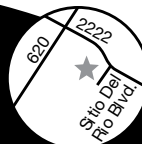
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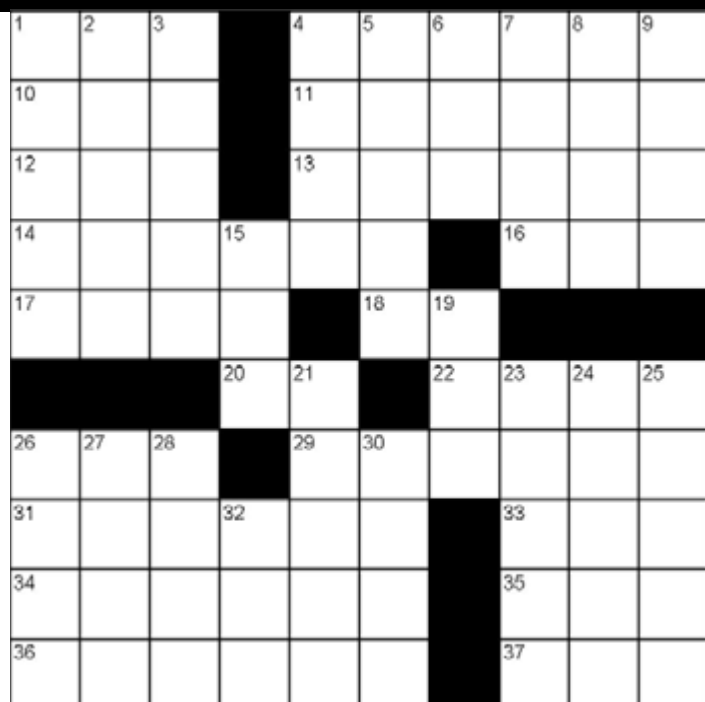


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ACROSS

1. Legume
4. Rolled up paper
10. Carry
11. Irrational fear
12. Wing
13. Animal disease
14. Gentle breeze
16. Eastern Time
17. Region
18. Military policeman (abbr.)
20. Deutschmark (abbr.)
22. Meat alternative
26. Slumber
29. Bayer's competitor
31. Pilot
33. Pull
34. Seed remover
35. East northeast
36. Gully
37. Little bit

DOWN

1. Shopping mall
2. Swiss mathematician
3. Open
4. Energetic
5. Amulet
6. Fleece
7. Off-Broadway award
8. Fish stories
9. Endure
15. Held
19. School group
21. Nautical "friend"
23. Eight
24. Female singer ____ Apple
25. Single
26. Space ship builders
27. Declare positively
28. Landing
30. Roman emperor
32. Hoopla

View answers online at www.peelinc.com

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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

PLEASE SLOW DOWN!

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.

Please help us keep Steiner Ranch beautiful and SAFE by not speeding!

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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!

HALLOWEEN

Boo! What are you going to be for Halloween? Sometimes, it can be fun to dress up as a group. Maybe your brothers, sisters, friends - or even parents - will want to join in the fun. Here are some costume ideas for groups of two or more.

- sun and moon
- winter, spring, summer, and fall
- salt and pepper shakers
- a toothbrush and a tube of toothpaste
- cop and robber
- doctor and patient
- veterinarian and animal (dog, cat, or bunny)
- fireman and fire dog (dalmatian)
- fisherman and fish
- squirrel and nut
- teacher and student
- pilgrim and Indian (or turkey!)
- prince and princess (or king and queen)
- cowboy and horse (or cowboy and cowgirl)
- dog and bone (Arf! Arf!)
- Santa and elf (or Mrs. Claus)
- macaroni and cheese
- Fopsy, Mopsy, and Cottontail (from Peter Rabbit)
- Dorothy, the Tin Man, the Scarecrow, the Lion, and Toto (from the Wizard of Oz)
- Sonny and Cher (ask your parents!)
- vampire and bat
- burger and fries
- peanut butter and jelly
- three blind mice
- three little bears
- three little pigs



And no matter what you dress up as, please be safe while you're haunting the neighborhood!

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 or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

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