

# RANCH RECORD

*Official Newsletter for the Steiner Ranch HOA*

VOLUME 6 ISSUE 11

NOVEMBER 2012



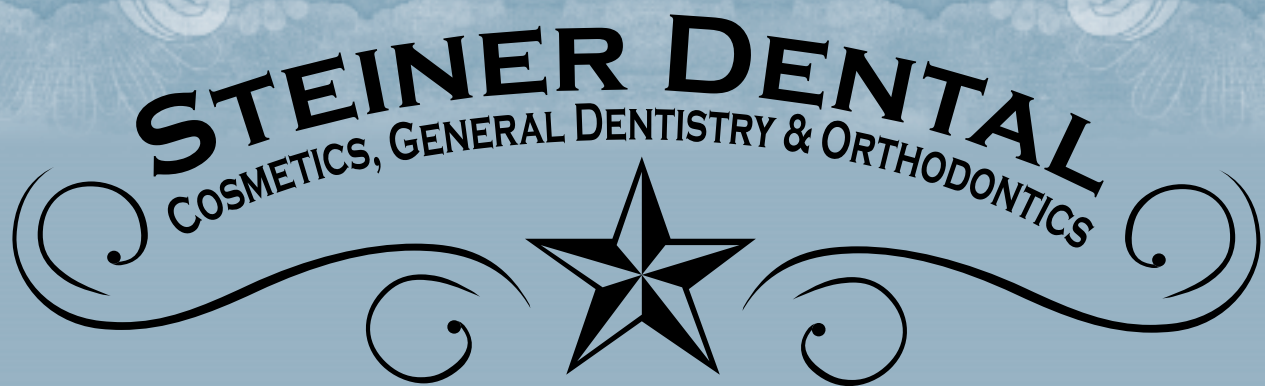
*November 12, 2012*

## VETERANS DAY

Steiner Ranch residents Parker Kingsley  
and her dad, Major Tarren Kingsley.  
See page 4 for more details.



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## COMMUNITY INFO

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### STEINER RANCH COMMUNITY ASSOCIATIONS OFFICE

12550 Country Trails Lane  
Austin, Texas 78732  
512-266-7553 – Telephone  
512-266-9312 – Facsimile  
[www.steinerranchhoa.org](http://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

#### CMCA, AMS, PCAM, Executive Director

Scott Selman ..... [scott@steinerranchhoa.org](mailto:scott@steinerranchhoa.org)

#### CMCA, AMS, Community Coordinator

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#### Accounting Coordinator

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#### Community Standards Coordinator

Mackal “Mack” Taylor ..... [mack@steinerranchhoa.org](mailto:mack@steinerranchhoa.org)

#### Amenity Coordinator

Patricia Campbell ..... [patricia@steinerranchhoa.org](mailto:patricia@steinerranchhoa.org)

#### Front Office Coordinator

Donan Grant ..... [donan@steinerranchhoa.org](mailto:donan@steinerranchhoa.org)

#### Maintenance Technician

Angel Alvarado  
Macedonio Salazar  
Josue Gutierrez

---

## MISSION STATEMENT

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### 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."*

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## IMPORTANT NUMBERS

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### 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](mailto:advertising@peelinc.com)

## GO GREEN! GO PAPERLESS!

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directly to your inbox.  
Visit [PEELinc.com](http://PEELinc.com) for details.



## TORNADOS

### Home Athletics Schedule November/December 2012

Date	Sport	Opponent	Time
11/15	WBB	Whittier!	6 p.m.
11/17	WBB	LeTourneau!	1 p.m.
11/29	WBB	LeTourneau*	5:30 p.m.
	MBB	LeTourneau*	7:30 p.m.
12/1	WBB	Ozarks*	1 p.m.
	MBB	Ozarks*	3 p.m.
12/17	MBB	Northwood	3 p.m.
12/20	WBB	Texas-Dallas*	1 p.m.
	MBB	Texas-Dallas*	3 p.m.
12/29	WBB	Wisconsin-Stout^	4 p.m.
12/30	WBB	Rust^	4 p.m.
12/31	MBB	Wisconsin-Stevens Point	11 a.m.

MBB (M. Basketball)

WBB (W. Basketball)

! CTX Tip-Off Tournament

\* American Southwest Conference Opponent

^ CTX Christmas Classic

### 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](http://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](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 Jamie Kingsley of her husband Major Tarren Kingsley and daughter, Parker at his Deployment Ceremony. Major Kingsley is the commander of a medical unit in the Louisiana National Guard (the 756th ASMC) being deployed to Afghanistan. From the entire Steiner Ranch Community, we'd like to Thank Major Kingsley for his service to our Country.

### *Do you take great photos?*

*Would you like to see your photo published?*

*We are looking for great cover photos for upcoming  
December 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 Holiday photo. Our December 2012 issue submittal deadline is November 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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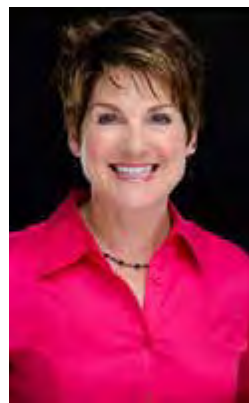
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# Around Steiner



## Thanksgiving Trash Pick-Up Schedule

### TRASH AND RECYCLING PICK-UP DURING THE HOLIDAY SEASON IS AS FOLLOWS:

If your normal Pick-up day is Monday, Tuesday, Wednesday or Friday, then your service will remain unchanged. If your normal Pick-up day is Thursday, your Thanksgiving pick up day will be on either Friday, November 23rd or Saturday, November 24th. (You may need to leave your cans out for two days.)



## Mark Your Calendars

### 2012 Steiner Ranch Social Events

**NOV 3**

Camping on the Ranch

**NOV 10**

Holiday Sales Event and Santa Pictures

**DEC 8**

Sip & Swap

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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of the month 7:30 AM-1:00 PM



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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.

## Fall is BBQ Season! Is your grill ready?

*We'll clean and renew your grill for healthier, safer cooking.  
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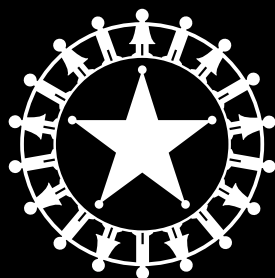
AFTER

# Austin BBQ Cleaning

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[gerry@austinbbqcleaning.com](mailto:gerry@austinbbqcleaning.com)



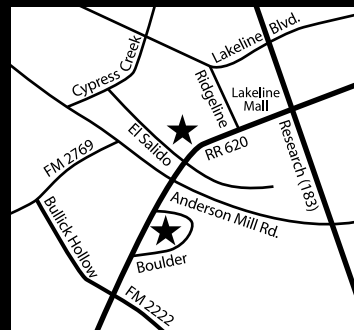




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Cedar Park, Texas 78613



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

# Ladies Night Out Fun!



The 2nd annual Ladies Night Out was held at the Bella Mar Community Center on Saturday, Sept 29th with approximately 400 Steiner Ranch ladies in attendance to help a great cause, Safe Place!

SafePlace is the local women's shelter that provides support for women and their children seeking a place away from domestic abuse. The ladies of Steiner raised \$3,000 (double from last year). It couldn't have been done without the support of over 50 women owned businesses from the Steiner Ranch and 4-points areas and to the Ladies Night Out Sponsors; Vista Ridge Dental, Mogen Financial & Training, LLC., Grape Creek Vineyards, Healthy Trend Chef and Responsible Ride. A big Thank you goes to event coordinator, Myrta McGugan-Mogen and her team of volunteers!

Mark your calendars for the Holiday Sales Event and Santa Photo's on Saturday, November 10th where many of these vendors will be selling their goods and services just in time for the Holidays. (Guys can come too!)







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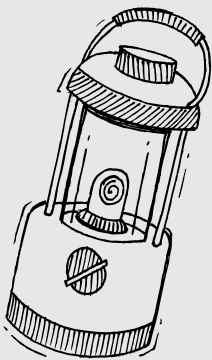


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## CAMPING ON THE RANCH

*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” camping fun.

**When: Saturday November 3rd @ 6:00pm**

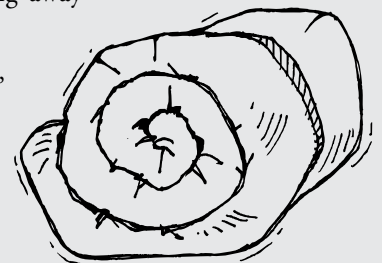
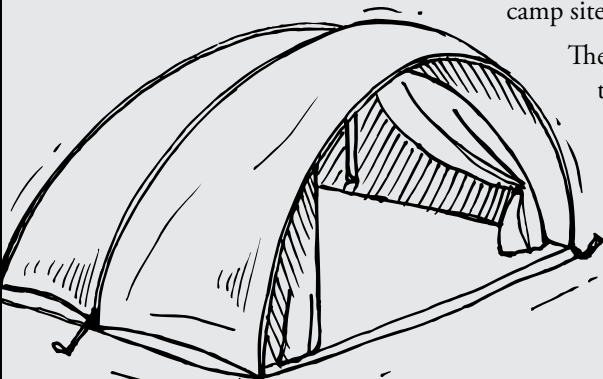
**Where: Towne Square Community Fields**

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. It's too late to sign up for Texas Rib King, but you can bring your own picnic dinner for you and your kids. Register your camp site online at [www.steinerranchhoa.org](http://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!





# Merry Christmas

*from Vista Ridge Dental,  
Dr. Randal Watson and wife Leslie*



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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 deigned 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



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 am - 2 pm at the Towne Square Community Center. You can come and get all of your Holiday shopping done without ever leaving Steiner Ranch and avoid the long lines at the Mall and get your picture taken with Santa!

Santa will be here, so bring your camera and take some family pictures and tell Santa what you want for Christmas! Santa photos are sponsored by the Lake Travis Fire Rescue Community Foundation and donations will be accepted!

The goal of the Lake Travis Fire Rescue Community Foundation is to bolster community awareness of our neighborhood fire stations. Join your neighbors and partner with the LTFR Community Foundation to help support your local fire stations by augmenting the fire department with your financial contribution. Your help provides much needed non-budgeted equipment and other non essential items

## COME CHECK OUT OUR FABULOUS VENDORS:

**Elena Valdes Valdes-Males, Niceties:** Concept bars, candy stations, and baked goods

**Sandra Metoyer, Sweedie Kids:** We sell handmade children's hats and drool bibs

**Cathy Richardson, Cathy B. Design:** Personalized and holiday melamine plates and platters.

**Lisa Wood, Thirty-One Gifts:** Purses, wallets, scarves, pouches, backpacks, thermal containers, and lots of different types of organizing products for home, school, work, and travel.

**Amy Chally, Premier Designs Jewelry:** Premier Designs ([www.premierdesigns.com](http://www.premierdesigns.com)) is high fashion jewelry made and manufactured in Dallas, TX. It has an average price of \$35 and a lifetime guarantee!

**Jenny Campbell, Arbonne:** Pure, Safe and Beneficial skin care and wellness products. At Arbonne, beauty begins with premium botanical ingredients, innovative scientific discovery, and an unwavering commitment to pure, safe and beneficial products. Arbonne creates personal care and wellness products that preserve and enhance the skin, body and mind for an integrative approach to beauty. Working closely with scientists around the world and our Arbonne Institute of Research and Development facility in Switzerland, we continually explore and develop scientifically advanced, botanically based proprietary formulas that meet our exacting standards for quality, safety and sustainability.

**Heather Hartsock, Hartsock Designs:** Jewelry

**Saadia Faruqi, Red Damask:** Welcome to Red Damask, where we aim to offer exclusive, out-of-this-world clothing and accessories to help bring out your inner beauty and be stunning!

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**Pam Wiesmann**

**Wiesmann, Tacky Pics:**

Original, Personalized  
Wall decor and gifts

**Terri Hinojosa, Creative**

**Girls Club:** We are a girl's ministry who are hand making items to sell. 100% of the proceeds will be given to Helping Hand Home here in Austin as part of our yearly fundraiser

**Lynda Gaetano, Blue Stocking:** Wood turning objects, pens, tree ornaments, bottle stoppers, etc., and three volume set of published books titled UP SOUTH.

**Angela Tittle, Acrylic Daisies:** Floral themed art/paintings

**Rachel Smith, Pride Socks:** ([www.pridesocks.com](http://www.pridesocks.com)) We sell rainbow striped tube and athletic socks.

**Laura Beck, Stripedshirt:** Stripedshirts are 2 color combo Ts for women, kids and babies. 12 sizes from baby 6 mo to women XL, 15 color combinations including UT, A&M, Rangers, Christmas, etc.

**Sheryl Baker, SendOutCards:** All types of cards and photo gifts

**Amy Rhea, RunIn:** athletic wrap skirts

**Misty McLemore, Independent Brand Partner, Nerium International:** Nerium AD, an Age Defying Night Cream which also addresses uneven skin tone, sun damaged skin, and age spots

**Nion Stapp, Stella & Dot:** Jewelry and accessories

**Michelle Reid, B Fitting Makeovers:** Sandals, shoes, bras, and accessories.

**Dee Kress, DEEK Project:** Reproduction prints and giclees made from oil paintings of Santa.

**Tami Weber, Beijo Bags:** Designer bags and accessories

**Jennifer Castaneda, It Works Global:** Tone, tighten and firm up with our Skinny Wrap! Apply to your body and 45 min later see the results. Not water based.

**Ross Coccimiglio, Four Points Family Chiropractic:** Chiropractic

**Heather Bickel, Silpada Designs:** .925 Sterling Silver jewelry

**Patricia Rovano, Mary Kay Cosmetics:** Skin Care, Cosmetics, Body Care. Specialized on Gift Service.

**Shefali Patel, Square Dot Design:** Paintings, drawings, handmade holiday cards

*If you have any questions, contact Sharon Adams, Community Coordinator at [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org).*



## THANKSGIVING CAMPS FOR KIDS

School's closed, the holiday is a WEEK long and you need a distraction from the kids to get things done. What are you going to do?

### ***SEND THEM TO CAMP!***

We will be offering a Sportball Camp to keep the kids busy and having fun! "Join Team Sportball over Thanksgiving for 3 hours of sports skills and fun games each day.

At Sportball camp, your child will improve his or her kicking, footwork, throwing, catching, batting, dribbling, and scoring skills. Our goal is boost your child's confidence and to instill a lifelong love of sports and athletics. Using creative instruction and positive encouragement, our programs focus on the development of gross motor skills along with balance, strength, coordination, stamina, and timing. Kids are divided into groups by age to challenge them at the appropriate level. Kids in the 6-8 age group will refine, repeat, and rehearse skills, usually ending in a scrimmage to practice those skills. Sportball have a passion for sharing their love of sports. Coaches always emphasize teamwork and fair play."

### **Thanksgiving Sportball Camp**

**November 19th, 20th & 21st**

**Location: Towne Square Community Center**

**9am to noon**

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*Registration information can be found online at [www.steinerranchhoa.org](http://www.steinerranchhoa.org).*

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## Steiner Sip & Swap

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Ready for some new-to-you reading material? Join Steiner Moms & Tots for the first ever Steiner-wide book swap! Please bring your gently used hardback and paperback books, children's books and magazines (published in 2012 only) to the Steiner Sip & Swap. No textbooks, please

Grab a glass of hot chocolate, cider or cold beverage, and browse what others have brought in. You can take home as many items as you bring in, or provide a donation to BookSpring for any additional items you wish to purchase. Children and families are welcome.

Books remaining after the swap will be donated to area nonprofit organizations. Collection points for book drop offs will be listed in the next Ranch Record and on the HOA website. If you want additional information, wish to volunteer, or want to arrange a pick-up, please contact Morgan Briscoe: (512)413-6112 or morgan.briscoe@gmail.com

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4pm - Basketball for 5 & 6's

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Online Registration Is Open. Register Now!

## Steiner Ranch Old Pros Welcomes New Members

Steiner Ranch Old Pros is a local social group with a refreshingly clear mission - have fun, give back to the community, and be a positive male role model.

Founded in 2011, the main group activities are monthly events with a wide range of speakers and topics. Events have included learning about Austin's first-ever Formula 1 track and race with Circuit of the Americas; discussing Austin PD's challenges and plans with APD chief Art Acevedo; and hearing Admiral Bobby Inman's real-life experiences running America's intelligence agencies. And SROP is already making an impact in the community, donating over \$5000 to support special needs classes at local schools, allow underprivileged local kids to play sports, and help ensure a wide range of athletic activities remain available.

But the group doesn't take itself too seriously. Events are hosted at Steiner Ranch Steakhouse, and members can

usually be found with a drink in hand talking to peers, and meeting new friends. "SROP's goal is to promote education and amateur sports within our communities," said Tyler Elwood, SROP co-founder and chairman. "We're a non-political, non-profit association, and the response from 80+ members has been great - they like the low-key atmosphere, and the satisfaction of helping our community."

Members also organize and support fund raising events such as golf tournaments, beef grilling classes, poker tournaments, charity bike rides and active participation in other local groups.

"If you're a dude, living in Steiner Ranch or Riverplace and want to have fun and give back..." You are invited to attend a meeting as a guest and/or to join Steiner Ranch Old Pros: Contact [srop@sropatx.com](mailto:srop@sropatx.com) or go to our website, [www.sropatx.com](http://www.sropatx.com) for more information.



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*Steiner Serves is a group of Steiner Ranch residents that have committed to do one SMALL thing each month to benefit one featured charitable cause.*



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## Steiner Triathlon Champions

*Submitted by Bill Sleep*

Steiner resident Hollie Kenney's ambitious goal for the summer of 2012 was to complete 20 sprint triathlons or biathlons while placing in the top 3 of every event. That's a crazy goal for anyone but especially for a 39 year old single Mom who multi-tasks as a Ranch Record Sales Rep, Running Coach for Wild Basin Fitness, Swim Coach for the Red Giants Masters Swim Team, Austin Elite Swimming and Steiner Shooting Stars Team as well as being the Volunteer Coordinator for the Beef Running Team.

Competing in events throughout Central Texas she placed an incredible overall first in 10 events, second in eight and third in two events. She set the course record at the Marble Falls and Waco Triathlons and even managed a 3rd place at the Lost Pines Tri when she blew a tire.

This summer's triathlons were not Hollies' "first rodeo" as she formerly competed as a professional triathlete with wins at many distances in locations around the world including participation in the Ironman World Championships.

Her neighbor and young protégé, 46 year old Cornelia Kamp was almost new to triathlons but her natural ability, swimming and running skills created amazing results in her first full season of racing.

Cornelia's hectic travel schedule and responsibilities as a mother allowed her to compete in "just ten events this summer." She teamed with Hollie for a 1st place overall in the Couples Triathlon, had a second and two third places overall, won 3 masters events and won or placed second in her age group 3 times. Wonder what she will do with a little experience?

Their success reminds me of a quote that applies to everyone with the ambition to improve their fitness: "Someone who is busier than you is working out right now."

Congratulations to these great role models for our kids and adults in our community!





---

## Tyler's D-Day

### *Hoping for the Best and Planning for the Worst in Steiner Ranch with Type 1 Diabetes*

By Amy Lowe

Just over a year ago, Steiner Ranch experienced what had to be one of the most traumatic, eye-opening events our neighborhood has ever seen. One mention of "Steiner Fires" even today, brings a glazed over, far away look to many eyes.

Every family in Steiner Ranch was affected that day, and we all got a glimpse of how quickly our lives can change when something completely out of our control happens.

Our family happened to be walking in to a football game in College Station when we got the call from a friend with news of the fires in Steiner Ranch. Suddenly, the least of our concern was what the score of the game might be.

We built our home in Steiner Ranch over 12 years ago – many years before children came into the picture. Being married to an Eagle Scout and having a touch of proactive perfectionism myself, being prepared is just something that we try to always do. But on that day of the Steiner Fires, we were not prepared.

And four months after the fires, we were not the least bit prepared for a phone call we received from our family doctor. It was the morning of January 18, 2012, our youngest son's 5th birthday, now known by our family as Tyler's D-Day.

The phone rang at 7:15am, just as we were loading his big brother's backpack with his completed 2nd grade homework and a fresh lunchbox for school that day.

"Tyler's test results from yesterday came back. I don't want to alarm you, but you need to put him in the car and rush to Dell Children's Hospital as soon as possible. He is very sick and could be going into a diabetic coma right now. Pack a bag, you're going to be there a few days. Tyler has Type 1 Diabetes... his blood glucose is over 840. I'll call the ER so they can be expecting you... go right now."

I practically dropped the phone. Our doctor was speaking completely foreign language to me. I only picked up on the terrifying words like 'coma', 'diabetes', 'sick', 'scare', 'ER' and GO NOW.

Tyler was sleeping in his bed upstairs. Or was he? I rushed upstairs to make sure he was still breathing, scooped him up, put him on my bed while I threw whatever I could find into an overnight bag that was still sitting in the bottom of my closet, (still half-packed, just in case Steiner Ranch caught fire again), brushed my teeth, and put my contacts in my already red eyes. If ever there was a perfect time to magically sprout wings on our SUV like some science fiction superhero movie, this was it.

I could never prepare myself to expect this call, and certainly could not get to the opposite side of town in the middle of rush hour traffic fast enough.



My mind raced as I flew down 2222 to the hospital on the other side of town – well, as fast as 8am rush hour traffic would allow.

Sure, Tyler's behavior did seem odd over the previous weeks – he was grumpy, had dry skin, was getting up in the middle of the night and during naps super thirsty, going to the bathroom more often, and he seemed more tired and a little skinnier than usual. He wet the bed the night of his birthday sleepover party he had with his best buddies a few days earlier (the first accident he'd had in a very long time), but I figured he was overly excited about hosting his first sleepover and was just tired from staying up later than usual.

Maybe he was coming down with a bladder infection of some sort. But that's why I took him to the doctor in the first place – so he could pee in a cup and they could call in a prescription. This was not what I had planned!

He was always a very active and usually easy-going, happy four-year old, and so we thought he was just going through a phase. Diabetes doesn't run in our family, so our doctor HAD to be wrong. What if it was something else?

Little did we know at the time that these are all classic symptoms of Type 1 Diabetes. And that I was in serious overly-protective, parent denial mode.

About the only thing I was prepared for that day was to celebrate his actual birthday at his preschool with Star Wars themed cupcakes and goodies for his class, and I had already planned the menu and done some shopping for his actual birthday 'day' celebration with our little family that evening. Boy, was I in for some surprises.

Hope for the best, plan for the worst.

In the days and months that followed, I have learned to hope for the best, but plan for the worst.

I learned that while it is still heart-breaking, it is possible to give your baby shots with a syringe in their arms, legs, tummy or hiney 6-8 times a day, or more often if the number on the little meter says so. Even if they lock themselves in their room and hide under the bed hoping that you'll not find them this time, you know it has to be done. His life depends on it now.

I learned that intentionally making your child's blood ooze out of their tiny fingers at least 10 times a day to check their glucose level and react with insulin to bring him down or be ready with a 'fast carbohydrate' snack to bring him back up is just how it is. It is our new normal.

Before diabetes, I just had that good ol' Mommy way of wiping their tears, kissing away boo-boos and making it all better with a Star Wars or Sponge Bob Band-Aid. Now I have the ability to exude Supermom nerves of steel (at least in front of Tyler).

*(Continued on Page 22)*

# Around Steiner

## Tyler's D-Day (Continued from Page 21)

Now Tyler gets his blood tested every day by pricking his fingers when he first wakes up, before each and every meal and snack, before and after any sort of exercise, before bedtime, in the middle of the night, and any time he feels or looks the least bit "off".

I've learned that Tyler is the bravest five-year old I've ever known. He is even starting to do his own finger 'poke' and help read the numbers on the meter himself, so we'll know how to react. He is beginning to really understand what is going on with his little body, but he will not accept that this is going to be with him forever. He wants a cure.

I learned from our wonderful JD RF mentor family, who are also residents of Steiner Ranch, that while it never goes away, it does get better. Tyler has a pump to deliver his insulin now, just like his new T1D friends. He knows what foods will make him 'sky-rocket', and others that are 'free'. And while there are usually tears when we change where the insulin tube goes in to his body every 2-3 days (or when he accidentally pulls it out by just being an active boy), it is way better than the occasional shot he needs for going off the charts high for no apparent reason.

I've learned that Type 1 Diabetes is very different than Type 2, and its onset had absolutely nothing to do with his level of exercise or food choices, but they do matter in how we react now.

I have accepted that style is in the eye of the beholder. I changed

my purse to a stylish soft-side Igloo cooler this summer. We don't leave home without his testing kit, syringes, alcohol wipes, a 'fast carb' snack in case he goes low, a glucagon shot to be used in case he passes out due to a severe low (i.e. EMERGENCY), and fast acting insulin that must not get warm or it gets ruined.

I learned that date-nights can be as simple as sharing a bottle of wine and catching up on DVR shows after the kids are tucked in, as long as Tyler's "number" is in targeted range at the time. And that the support of family and friends means more to us now than ever before.

I've learned that while technology has come a long way for the masses – think smart phones of today vs. the earlier generations of cell phones – it still has a long way to go, especially when it comes to children with Type 1 Diabetes. While we are very fortunate to have an insulin pump for Tyler, the device is somewhat reminiscent of the clunky pagers of the mid-90's. It's getting there, but it has a long way to go yet. "Pediatric Approved" has taken on a whole new meaning.

I've learned that as much as we want to be proactive, this is a very reactive disease that I still know very little about. I still don't know why Tyler got Type 1 Diabetes, what I could have done to prevent it, or if it's going to rear its ugly head and appear with our oldest 9-year old son, my husband or me. I wish I could just wave my

*(Continued on Page 24)*



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”

# Around Steiner

## Tyler's D-Day (Continued from Page 22)

Magic Mommy Wand and make it go away completely, like kissing away the boo-boo's and putting on a special Band-Aid. And then share that magic wand with all of my fellow T1D Supermoms I've come to know and cherish over the past few months.

Our family and friends have learned and accepted that this is our new normal.

But kids are resilient, and they teach us to have hope.

We heard that there was an artificial pancreas study going on with adults during our crazed desire to find out what our options were to solve the problem when Tyler was first diagnosed. The person chosen to test the artificial pancreas didn't have to worry about testing their blood and entering numbers into their pump. Instead, it just gave them the insulin they needed all by itself. What a concept.

So Tyler's new hope is to get an artificial pancreas of his very own some day – with even more passion and desire he once showed for getting a new battery-operated ride on vehicle. In his mind, this will almost cure him of his Type 1 Diabetes. And yes, I'm still baffled that 'pancreas' is in the vocabulary of this five-year old who has become wise beyond his years, as I'm sure any other mom of a Type 1 Diabetes child will also tell you.

So we do what any other overly protective, proactive parent would do. We do what we can to make a difference.

We are supporting JDRF – the world's largest advocate for better treating, preventing and curing Type 1 Diabetes – and helping the best and brightest minds from around the world by raising funds to help them find a cure. We've formed Tyler's Tornadoes walk team and are lacing up our shoes and Walking to Cure Diabetes. We're reaching out to friends, family, colleagues we haven't talked to in ages, and even strangers and asking for their help.

I feel so blessed that Tyler's quality of life will be so much better than others who have lived with this disease for decades, and I am grateful for the advancements which have been made.

It is the progress that organizations like JDRF have accomplished that will allow Tyler to have a great chance of living a longer, healthier life and hopefully avoid blindness, organ failure or amputation, which were an inevitable sentence when people were handed this diagnosis not so long ago.

There is now real hope that all people with Type 1 Diabetes – maybe even our Tyler – could someday actually be cured of this disease. This is why we are so inspired to defeat it and so humbled by the incredible outpouring of support from friends, family, and this wonderful community helping us to achieve that goal.

It's hard to believe that Tyler did not have Type 1 Diabetes on that horrific day when Steiner Ranch caught fire. Some families were less fortunate than us and lost everything and their lives

(Continued on Page 26)

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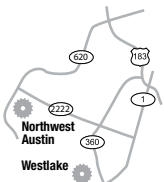
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## Tyler's D-Day (Continued from Page 24)

were forever affected by something that was out of their control. But through it all, we have witnessed amazing support from our community during their time of need.

It seems like eons ago when our family was tailgating in the shadows of Kyle Field, until a friend texted with the "are you okay?" and then called to share surreal news of the Steiner Fires. I couldn't tell you what the outcome of the game was that day. But I do know this.

We are going to be okay. We are going to make a difference. Tyler has become a poster-child of what a brave trooper should be. There are more and more advances being made every day. And progress is progress.

I'm prepared to help my children succeed in whatever they put their minds to, and I still proactively plan to do what it takes to help them achieve their goals and dreams.

I hope to find the answers to Type 1 Diabetes, and ultimately a CURE for all people living with this disease they did nothing to cause. Because the alternative is not an option.

Here's to hoping.

To view a video of Tyler's Story, visit: <http://vimeo.com/50119377>

To help JDRF find a cure for Type 1 Diabetes and support Tyler's Tornadoes, visit: <http://www2.jdrf.org/goto/tylerlowe>

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## SADDLE UP AND RIDE!

**Saturday November 3** – Tour de Gruene ([www.tourdegruene.com](http://www.tourdegruene.com)) is a metric century ride that meanders along the tree lined banks of the Guadalupe River and the enchanting limestone cliffs of the Falcones Fault. There are a number of distance options and this will be a qualifying Steiner Ranch Cycling Club event ride. The ride has been around since 1984.

**Sunday November 4** – Meet at Cups & Cones at 8:30am for the Tour de Steiner Ranch or some variation thereof. The ride will be between 20 and 30 miles depending on which route we choose to ride.

**Saturday November 10** – Tour Das Hugel is a 108 mile bike ride that tackles all the steepest hills in Austin. This ride is considered the toughest ride in Texas. This will qualify as a Steiner Ranch Cycling Club event ride.

**Sunday November 11** – Meet at Cups & Cones at 8:30am for the Tour de Steiner Ranch or some variation thereof. The ride will be between 20 and 30 miles depending on which route we choose to ride.

**Saturday November 17** – Meet at Cups & Cones at 8:30am for a 40 – 55 mile bike ride. You can stay abreast of our weekly rides by joining our mailing list at [www.steinerranchcycling.com](http://www.steinerranchcycling.com). The rides are usually out around the lake, the dam loop, out to Crystal Falls Golf Course and back or the Avery Ranch Loop.

**Sunday November 18** – Meet at Cups & Cones at 8:30am for the Tour de Steiner Ranch or some variation thereof. The ride will be between 20 and 30 miles depending on which route we choose to ride.

**Saturday November 24** – Meet at Cups & Cones at 8:30am for a 40 – 55 mile bike ride. You can stay abreast of our weekly rides by joining our mailing list at [www.steinerranchcycling.com](http://www.steinerranchcycling.com). The rides are usually out around the lake, the dam loop, out to Crystal Falls Golf Course and back or the Avery Ranch Loop.

**Sunday November 25** – Meet at Steiner Ranch Steakhouse at 8:00am for the monthly Jack & Adams bike ride. Ricky Perry has been known to show up for these rides. After the ride the Steakhouse sponsors a ½ price brunch for riders. The ride is 34 miles.

**RIDE DISCLAIMER:** Each rider is responsible for his or her own safety on our rides. Please join us at your own risk. Our weekly rides are open to public participation but Steiner Ranch Cycling ride leaders do NOT assume any liability for your participation.

If you are interested in riding with the Steiner Ranch Cycling Club then please come join us for one or more of our weekend rides and have some fun while burning 1,000 calories per hour. There is no cost and all are welcomed. There is a ride for all skill sets. New riders that want to ride with us regularly can earn a club kit at no cost. Contact us at [www.steinerranchcycling.com](http://www.steinerranchcycling.com) to learn more. Kits have been paid for by the following sponsors:

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## *The Soul Cyclist* **CONGESTION ON RM 620 / RM 2222**

I don't know about you but I think a lot about our future as a Nation and what will be in store for our children after we are gone. Whether it is the state of the economy, energy, war, food, water or the environment things are changing and fast. We all know that the world's population is growing and the Earth has limited resources and limited capacity to support an ever growing population.

Even here in Steiner Ranch the population growth has put a strain on the transportation infrastructure and it is taking longer and longer to get to work. More and more people are moving to Austin and it does not look like it is going to slow down anytime soon. In addition, 400 – 800 more apartments are being built here in Steiner Ranch and that will be adding to the continued traffic congestion. Obviously the infrastructure is not in place to support this continued growth.

Since the development of the 4,600-acre Steiner Ranch master-planned community and from 1990 to 2010 the population in census tracts along RM 620 has increased from 42,000 to 108,000, 156 percent. RM 620 sees 2,600 to 4,100 vehicles an hour during peak periods, putting it above a critical level as it nears RM 2222. This problem will also continue to compound as the population grows. What will we do when our elementary school kids go to high school? Will the 2000+ kids all need to be shuttled to school on that same route?

What is the solution? Well most people would agree that another lane needs to be added from Steiner Ranch up to RM 2222. This change might not make that much of a difference as many drivers already drive on the shoulder even though there is signage that clearly states "Do Not Drive On Shoulder". Plus, it has been proven that more road, does not equal less cars.

A more viable, low-cost solution, with many benefits, would be to add a bicycle / pedestrian path, separate from the road. Just the safety benefit, would have the following positive and sustainable effect to our community:

It will keep cyclists and pedestrians safe from the thousands of cars on RM 620 and RM 2222. (Especially those that are illegally driving on the shoulder to make right onto RM 2222).

- This will increase the number of cyclists.\*
- This will decrease the number of cars.
- This will decrease emissions.
- This will decrease the use of gasoline resources.
- This will increase efficiency.

- This will create a more sustainable model of infrastructure for the future.
- This will increase the health of our community.
- This will decrease obesity.
- This will decrease sicknesses and diseases like heart disease and diabetes.\*\*
- This will create a more sustainable health for our children and our future.
- This will increase happiness.\*\*\*
- This will cause less fatigue.
- This will create a better perception of Texans.
- This will create a better perception of Americans.
- This will increase a sense of community.
- This will create better networks.
- This will set a good example for other communities.

Currently there is absolutely NO WAY for a cyclist to get from Steiner Ranch to RM 2222 without cycling on the shoulder of RM 620. Most cyclists would even be happy with a trail through the canyon from Steiner Ranch to River Place but there is NOT one single trail that a cyclist or pedestrian can legally take, as it would go through protected lands.

\*The US Department of Transportation, Bureau of Transportation Statistics illustrates that 29% of commuters drive 1 – 5 miles to work and another 22% drive 6 – 10 miles. Now hypothetically if those people rode their bike to work that would remove 51% of the traffic off the road during commuting hours.

\*\*Two thirds of the American population is expected to be obese in the next decade. Currently that translates into 1,500,000 heart attacks per year and most of those are due to obesity and inactivity according to the American Heart Association. There are a number of other health related diseases that many would argue that could be avoided or even cured through diet and exercise.

\*\*\*A short bike ride that burns up 1,000 calories each way may increase your health and happiness.

*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, triathlete mountain biker, bmx'er, bicycle commuter, cruiser, pedestrian, runner and exercise fanatic and the child in each one of us that remembers the joys of being outside on a bicycle.*

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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 	5 6:30pm - FREE Yoga (TSCC)	6 6:30 pm - Facilities Committee Meeting (TSCC)	7 Newsletter Articles Due	8 8:00 am - YAH Walking Group 11:30am - YAH Technology Workshop (TSCC) 6:30pm - New Owner Orientation (TSCC)	9	10 10 am - 2 pm - Santa Photos & Holiday Sales Event (TSCC)  Neighborhood Sports World Cup Tournament (TS & BM Fields)
11 Neighborhood Sports World Cup Tournament (TS & BM Fields)	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 9am - 12pm -- Sportsball Camp (TSCC) 6:30pm - FREE Yoga (TSCC)	20 9am - 12pm -- Sportball Camp (TSCC)	21 9am - 12pm -- Sportball Camp (TSCC)	22 Happy Thanksgiving!  HOA Office Closed	23 HOA Office Closed	24
25	26 9:15am - FREE Walk-Live (TSCC) 6:30pm - FREE Yoga (TSCC)	27	28 8:30am - FREE Walk-Live (TSCC) 3:30 pm - SRMA Board of Directors Meeting (TSCC)	29 8:00 am - YAH Walking Group 6:00 pm - SRROA Board of Directors Meeting (TSCC)	30	

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# DECEMBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Steiner Ranch Night with the Austin Toros
2 	3 9:15am - Free Walk-Live (TSCC) 6:30pm - FREE Yoga (TSCC)	4	5 8:30am - Free Walk-Live (TSCC)	6 8:00 am - YAH Walking Group	7 Newsletter Articles Due	8 9am - 4pm -- American Red Cross Babysitting Class (TSCC) 10am - 1pm -- Sip & Swap (BMCC) 3pm - 4pm -- BCP Workshop (BMCC)
9	10 9:15am - Free Walk-Live (TSCC) 6:30pm - FREE Yoga (TSCC)	11 6:30pm - Volunteer Appreciation Dinner (TSCC)	12 YAH Bridge Club 8:30am - Free Walk-Live (TSCC)	13 8:00 am - YAH Walking Group 11:30am - YAH Technology Workshop (TSCC)	14	15
16 	17 9:15am - Free Walk-Live (TSCC) 6:30pm - FREE Yoga (TSCC)	18	19 8:30am - Free Walk-Live (TSCC)	20 8:00 am - YAH Walking Group	21	22 9am - 4pm - Babysitting Class (TSCC)
23/30	24 6:30pm - FREE Yoga (TSCC) HOA Office Closed	25 HOA Office Closed Merry Christmas!	26 9am - 12pm -- Sportball Camp (TSCC)	27 8am - YAH Walking Group 9am - 12pm -- Sportball Camp (TSCC)	28 9am - 12pm -- Sportball Camp (TSCC)	29

## STEINER & RIVER DANCE 2012 3<sup>RD</sup> QUARTER REAL ESATE STATS

	200s	300s	400s	500s	600s	700s	800s	900s	1M+
# OF HOMES SOLD	24	24	18	15	13	3	4	0	0
AVG SOLD PRICE/SF	\$111.69	\$121.20	\$134.94	\$143.13	\$144.77	\$169.37	\$175.40	n/a	n/a
AVG SOLD PRICE	\$270,796	\$353,118	\$433,603	\$551,993	\$630,522	\$756,237	\$861,250	n/a	n/a
AVG DAYS ON MARKET	42	61	40	85	61	183	51	n/a	n/a



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

It's EASY, SIMPLE and FUN! Here's how to participate:

- Visit [www.SteinerServes.org](http://www.SteinerServes.org) OR join the Steiner Serves Facebook group by using the link on the website or going to <https://www.facebook.com/groups/SteinerServes>
- View the featured charity for the month and select one small commitment
- Deliver on your commitment.
- Check back at the end of the month to see the results of our collective efforts and select your next SMALL commitment.

Want to learn more? Join us at our next monthly Meet & Greets! Details are featured on our Facebook Group page and website: [www.SteinerServes.org](http://www.SteinerServes.org)

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## HOW TO DISARM THE FUSE TO YOUR HOME

by Nathasha Collmann

To protect your home from wildfire, you must look at your home and yard as fuel for a fire and find ways to break the path to your home. In addition to clearing brush from near your home and creating a barrier between your home and shrubs and flower beds, homeowners need to consider structures surrounding their home and yard. Yes, those wood fences attached to most homes in Steiner are simply a fuse for a wildfire to ignite your home. This is why LTFR Chief Linardos would love to outlaw this type of fencing! Ideally, everyone would replace their wood fences with non-combustible options - either iron or stone. Obviously, not everyone wants to do that for cost or privacy reasons, so here are some alternative options to protect your home.

**Option 1** - Replace wood fence with metal or stone. Best fire protection. \$\$\$\$

**Option 2** - Replace only the front return (part of the fence that attaches to the house) with metal or stone. Good fire protection. \$\$

**Option 3** - Add a stone column at front corner to break path of fuel. Some fire protection. \$

**Option 4** - Replace wood gate on both sides of house with iron gate. Some fire protection. \$

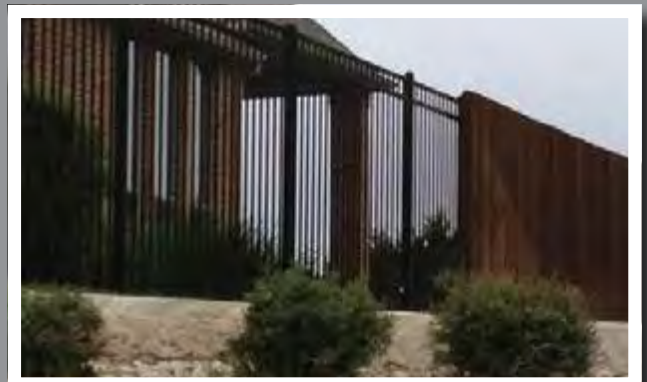
**AT A MINIMUM** - If there is a fire in the area or if you leave your home on a Red Flag Warning Day...PROP OPEN YOUR GATE!

(Reminder – all gate and or fence replacements must be submitted to the Architectural Committee prior to installation for review)

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



Here are some great ideas I found while driving through the neighborhood!





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# Around Steiner

## 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](http://www.steinerranchhoa.org). For questions or to obtain more information, please contact Sharon Adams at 512-266-7553 or [sharon@steinerranchhoa.org](mailto: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
- Touchdown Kids - NEW!

### Teen/Adult Programs

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

## 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.

**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:

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- 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).

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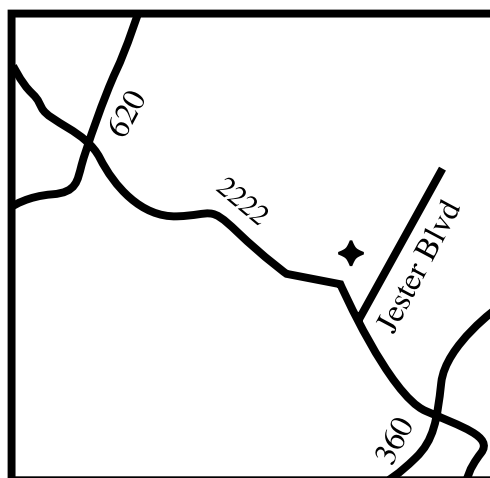
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# Pool & Swimming News

## 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](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!

## 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.*



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# 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 ONE-HANDED BACKHAND

In previous newsletters, I offered tips on how to hit a Forehand and a Two-Handed Backhand. In this issue, I will give you instructions on how to execute a one-handed backhand for a right hander. This stroke is still used by many league and tournament players since it gives players a wider range of reach and flexibility to hit slices and drop shots.

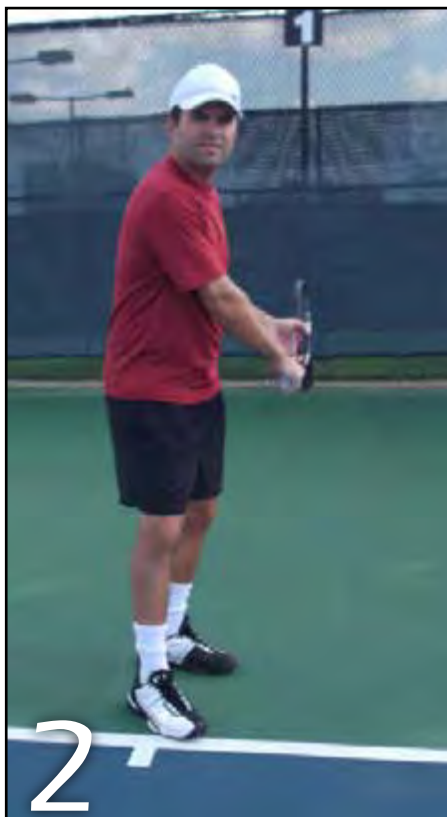
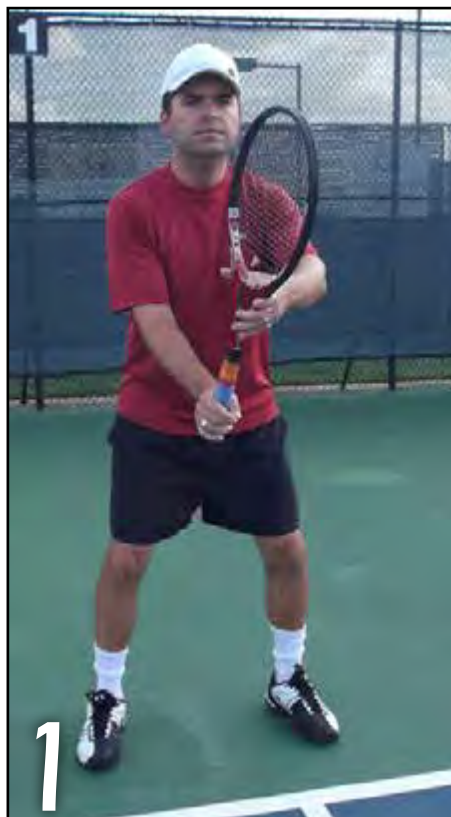
**Step 1: Ready position:** The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is on the throat of the racket. The left hand is holding the racket slightly tighter than the right hand. Feet are shoulder width apart and the body is in good balance.

**Step 2: Back swing:** When the opponent's ball is headed to the backhand side, the left hand takes the racket back and the right hand changes the grip with one quarter turn placing the index knuckle at the upper ridge of the handle. The body should start taking the racket back before the ball bounces. 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 about 12-18 inches in front of the right foot. The right hand is holding the racket tight. 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, both of the arms need to be extended for better balance. The right arm should be straight and the follow through upwards above the head.

*Look for next Issue: The Forehand Volley*





# *Dreaming of a Custom Home?*

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### *UT Golf Section*

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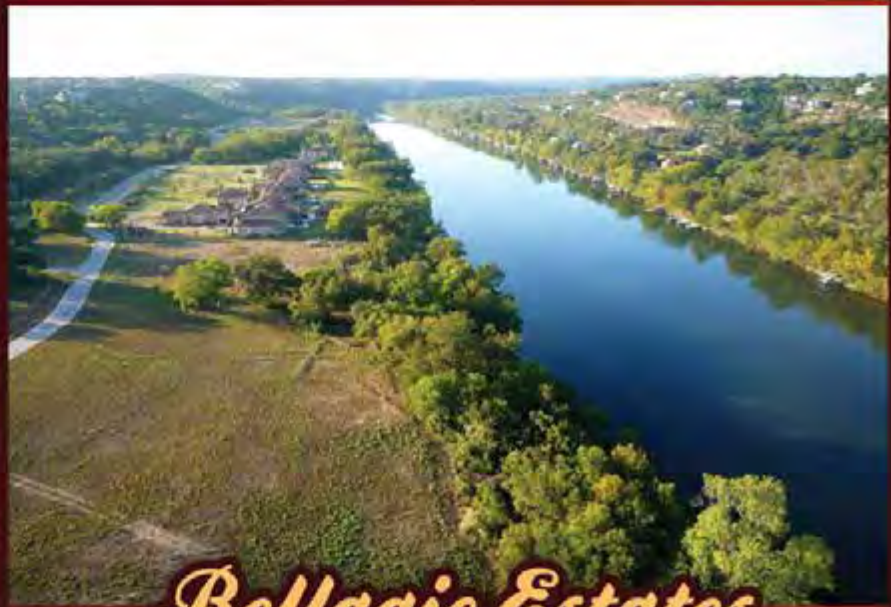
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# From the Association Office



## Holiday Decoration Rules

Halloween has passed and Thanksgiving is approaching quickly. Do you have jack-o-lanterns on your front step? Is there a plastic turkey in your yard? Are you thinking of hanging red-and-green lights on your house this year? As you plan your outside decor for the upcoming holidays, please observe the following Steiner Ranch rule regarding holiday decorations on the exterior of your property (this rule does not apply to the inside of your homes):

*Holiday decorations (excluding Christmas) may be put out up to fourteen (14) days in advance of the holiday in question. Decoration must be removed no later than seven (7) days after the holiday. Christmas decorations may be put out beginning November 1st and must be removed by January 15th.*

Thank you for your cooperation with the Steiner Ranch rules and have a wonderful holiday season!

## The Architectural Committee

Are you getting ready to make an addition to your house or build a new shed or fence in your back yard? Before you break out the miter saw, make sure to get your plans approved by our association's architectural committee. While it may seem subjective from an individual homeowner's standpoint, the architectural committee looks out for the entire community. Aside from stopping residents from painting pink polka dots on their houses, the committee's job is to make sure that the size and style of the project, the type of building materials being used and the overall look of the new structure adhere to the association's design requirements. It's also important to note that unapproved structures might legally have to be removed at the owner's expense, so save yourself money and headaches by getting approval before building.

So when you're ready to start your new project, or if the design of your project changes midway through building it, send your plans to the architectural committee first so that we can make sure they're in compliance with the association's design standards. If we do find any issues, we'll let you know what they are and try to help you come up with other options. We appreciate all the hard work residents have done to make their homes and this community beautiful—help us keep Steiner Ranch looking great by keeping us in the loop of all your building projects. Typically application received by Friday are reviewed the following Wednesday, but the committee has 30 days to review. All applications are found on the Steiner Ranch HOA website under the Documents section at [www.steinerranchhoa.org](http://www.steinerranchhoa.org).



Steiner Ranch Old Pros is a local social group with a refreshingly clear mission - have fun, give back to the community, and be a positive male role model.

Combining compelling speakers and a relaxed social atmosphere, we don't take ourselves too seriously. But since our start in 2011, we've donated over \$5,000 to local schools and athletic programs.

So if you're a guy in Steiner Ranch or River Place and would like to check out an event - be our guest!

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# KNOW THE RULES!

Have you checked out the HOA's covenants, conditions and restrictions (CC&Rs) lately? If not, now's a great time to brush up on the do's and don'ts of the community.

For those of you who were unaware, CC&Rs play a crucial role in keeping Steiner Ranch running smoothly. CC&Rs are legally binding rules and regulations that each homeowner agrees to when he or she purchases a home in the community. If owners rent out their homes, it's the owner's responsibility to inform the new residents of the bylaws as well. CC&Rs include stipulations on assessments, building design and additions, and the governance of the association. All residents need to understand these CC&Rs so they don't unintentionally violate them; owners can be fined by the association and—in extreme cases—sued for violating the CC&Rs. Owners are empowered when they understand the CC&Rs and the procedures for changing or amending them when they are no longer applicable or relevant to the community.

While they may seem arbitrary, the CC&Rs are legally enforceable. They also help ensure the association as a whole can thrive and that members are treated fairly and equally. So don't be left in the dark—check out the association's CC&Rs today at [www.steinerranchhoa.org](http://www.steinerranchhoa.org).

# Steiner Ranch Sign Policy

**Steiner Ranch Rules & Regulations #11 - Signs:** No sign of any kind shall be displayed to the public view on the Property without the prior written approval of the Architectural Committee except for the signs which are part of the Declarant's overall marketing plan for the Property. What this means is that the only marketing signs allowed are For Sale or For Lease signs. Once the property has sold or been leased the sign must be removed within 7 days. Any other signs that market or advertise, stating a phone number, address, website, or any other means, are not allowed. Non-marketing signs, stating extra-curricular activities of children or required security service signs are allowed and must be placed at the front of the home, preferably in a planter, and may not be placed in the yard or near the street.

The following temporary signs are allowed for 24 hours or less -Garage Sale, Birthday or Anniversary. New Baby signs may be erected for 7 days, in your yard. Exceptions are signs that have been presented to the Board of Directors and have an approved variance request on file.

Per Section 202.009 of the Texas Property Code, political signs may be posted as early as 90 days before an election (no earlier) and must be removed within 10 days after the election. Refer to Texas Department of Transportation rules for posting locations. Please refer to the Steiner Ranch Residential Design Manual and your neighborhood Development Area Declaration of Covenants, Conditions and Restrictions for more information.



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**Claudia Legere, MD**  
Board Certified, American Board of Family Medicine



## PJ's & Storytime

*at River Ridge Elementary  
with Joe McDermott*

Arrive at 6:30 pm wearing your pj's and reserve a spot in the MPR for storytime with Joe McDermott. Join us in the Cafeteria prior to the show for our PTA meeting while having some cookies and refreshments. Although is not required, we are kindly asking that you bring a pack of pj's to be donated to Parternship for Children.

***River Ridge PTA is sponsoring this free fun filled evening!***



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**NOT AVAILABLE  
ONLINE**

RIVER RIDGE ELEMENTARY SCHOOL

## To Host Fall Book Fair Event

*NOVEMBER 5 – 9, 2012*

### **WHAT:**

River Ridge Elementary School will host a Fall Scholastic Book Fair on November 5 - 9, 2012. Funds raised will help support a variety of school PTA events and programs, as well as purchase books for the River Ridge Elementary library. The entire Steiner Ranch community is invited to attend this fun reading event where EVERY READER IS A STAR!

### **WHEN:**

The Book Fair will be open November 5, from 5:00-7:00pm, November 6 -8, from 7:30am-3:30pm, and November 9, from 7:30am-1:00pm.

### **WHERE:**

River Ridge Elementary School, located at 12900 Tierra Grande Trail.

### **ABOUT:**

The Book Fair offers specially priced books and educational products, including children's classics, award-winning titles, new releases, interactive software, adult bestsellers, and other great reads from more than 50 publishers. Book Fair customers may help the school build classroom libraries and improve children's reading skills by purchasing books through the Classroom Wish List and All for Books programs.

### **CONTACT:**

Gretchen Raftelis at [graftelis@yahoo.com](mailto:graftelis@yahoo.com) or 512-368-5992.







# Exciting Developments Happen at Hill Country Education Foundation

The Hill Country Education Foundation, your Academic Booster Club, is pleased to announce several exciting developments during the past month.

## **MR. GENE ARANT JOINS HCEF BOARD**

We are thrilled to welcome Mr. Gene Arant to the HCEF's Board of Directors. Mr. Arant is a fixture in the Four Points community not only for his 18-year-old real estate business but also for his philanthropy. He and his wife Susan are avid supporters of education and consistently give back to the community in which they live. Mr. Arant and his team have ranked in Austin's top four real estate companies during the past five years, earning first in sales since 2010. He has many accreditations and awards to his name.

## **HCEF FUNDS LISD READISTEP PROGRAM**

HCEF is proud to provide funding to Leander ISD to pay for Readiness for the 2012-2013 academic school year. Readiness is an assessment test that all 8th grade students take in the Fall. The test measures the skills that students need to be on track for college success.

## **NATIONAL INSTRUMENTS DONATES \$5K TO HCEF**

Thanks to the generous support of National Instruments, HCEF received a grant of \$6k to help fund robotics programs including teams participating in the FIRST® LEGO® League. From elementary through high school, our students are embracing science and technology and learning valuable employment and life skills through robotics.

## **LARGEST JR. FLL GROUP IN COUNTRY AT LWBE**

In the inaugural Jr. FLL Robotics Club at Laura Bush Elementary, 78 students in the first through third grades enrolled in the program, making 13 teams participating in this year's Jr. FLL Senior Solutions Challenge. The FLL organization reports that LWBE is the largest group to have enrolled in the entire country! We wish our future leaders, engineers, scientists and technologists much success along

with teams from Grandview Hills, River Place and River Ridge Elementary Schools.

## **LARGEST ROBOTICS CLUB FORMED IN VHS HISTORY**

After the phenomenal success of the young Vandegrift High School robotics team, the ViperBots, last season, the school made history this year with more than 70 students enrolling. Rad Allen, Galen Goodreau, and Martin Weidenmeir, computer science teachers and FIRST® FTC Robotics Team sponsors, organized the students into five teams. With the financial support of the Club's Friends of the Foundation, the Hill Country Education Foundation, and other grants, teams will have the equipment to compete. Each team has a designated Project Manager, Web Developer, and Mobile Application Developer along with separate teams focusing on marketing, public relations, hardware, and software. We wish the ViperBots continued success!

## **4TH ANNUAL ROBOTICS SCRIMMAGE NOVEMBER 10**

HCEF will host the 4th Annual FIRST® LEGO® League scrimmage on November 10 at Vandegrift High School's cafeteria. Sponsored by HCEF and hosted by the Vandegrift ViperBots, the scrimmage will emulate the Central Texas Qualifier set for December. Registration is limited to the first 34 teams. Jr. FLL teams are invited to showcase their research. All students and families are welcome to attend and see future leaders at work. Direct questions to [RoboticSociety@HillCountryEdFoundation.org](mailto:RoboticSociety@HillCountryEdFoundation.org).

## **MEMBERSHIP DRIVE UNDERWAY**

Please consider a family membership of \$100 for your Academic Booster Club. As your child makes his or her way through elementary, middle and high school, your contributions will make impact all along the way. Coordinate with your employer for matching funds. Current Matching Programs: Applied Materials, Charles Schwab Foundation, Dell, IBM, National Instruments, and Silicon Laboratories.

# Business Section

## Seven 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 Uncle Billy's at the Oasis. Visitors are welcome! If you are interested please contact Michael Bennett at [michael@bennett-tech.net](mailto:michael@bennett-tech.net) for more information 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 Mondays from 11:30-1:00pm at Fore in Lakeway. Lunch is \$10 and visitors are welcome. Please feel free to contact Kimberly McLaughlin at [kimberly@LaHaPro.com](mailto:kimberly@LaHaPro.com) or visit [www.BNIAustin.com](http://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](mailto:normagossett@gmail.com)

**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](http://www.chadoutdoors.com) Mention this ad to get 10% off!

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**WEEKEND BABYSITTER** : I enjoy kids of all ages and can stay overnight if needed. I have spent the last six years as a classroom teacher, and I am also a competent/qualified English Language Arts tutor. Contact Lori Van Dike, S.R. Resident: 281-705-3721 or [lori91383@hotmail.com](mailto:lori91383@hotmail.com).

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## PERSONAL CLASSIFIED

**WANTED:** Interested in sharing a nanny with Steiner family. Nanny services needed in April 2013 for infant. Open to finding a nanny together or using one you already have. Email [abbie.bejrowski@gmail.com](mailto:abbie.bejrowski@gmail.com)

**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](mailto: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](mailto:steinerranch@peelinc.com).

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# News You Can Use

## LAKE TRAVIS TOASTMASTERS 10TH YEAR ANNIVERSARY CELEBRATION

Every accomplishment starts with the decision to try.... and tried they have! The 10th Anniversary of the Lake Travis Toastmasters was celebrated on October 1, 2012. I was filled with excitement, friendship and effervescence. People attended that were at the very first meeting on August 14, 2002 who were responsible for the 'birth' of the club; had been district and international officers; and Toastmasters members from 13 to 19 years.

The Toastmaster for the evening was Cathleen McGrath, Immediate Past President, who led the group's educational portion of the meeting as well as presented the awards of appreciation. Accolades for holding the group together during the times of slim membership, numerous contributions over the years and coordinating the celebration go to Cathleen!!

Rick Carpenter wowed the attendees as MC of the impromptu speaking portion of the meeting, commonly known as "Table Topics" asking dignitaries as well as guests to speak on topics regarding Toastmaster history, accomplishments, personal rewards and goals.

Charter Member and Treasurer, Faye Crossett orchestrated the refreshments with members bringing items to share and enjoy. Kay McManus, charter member and current president is also the driving force in the success of our club.



"History never looks like history when you are living through it. It always looks confusing and messy; arduous and uncomfortable. The group toasted memories, future achievements, another ten years and the saving grace that friendship divides the sorrow and multiplies the joy."

To learn more about Lake Travis Toastmasters visit the website: <http://laketravis.toastmastersclubs.org/>, or attend a meeting on the 1st, 3rd and 5th Monday of each month at the Lakeway Activity Center; meeting starts at 6:30pm.

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## Texas Comptroller To Speak At Lake Travis Republican Club

Texas Comptroller Susan Combs will be the featured speaker at the monthly meeting of the Lake Travis Republican Club to be held Tuesday, November 20, 2012 at the Hills Country Club, from 11:30 AM to 1:00 PM.

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

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

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



Susan is committed to efficient government. Under her direction, the Comptroller's office has set a standard of excellence and efficiency in customer service. Direct customer feedback guides improvements at every level, from an ongoing effort to simplify forms and publications to the award-winning redesign of the agency's Web site to ensure citizens have the fastest access to the information they need.

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

2002 to serve as the state's first woman Agriculture Commissioner.

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

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

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Walk Live classes are super easy and you get the benefits of both fat burning cardio and firm band body-sculpting in one compact 45 minute workout. You are guaranteed to laugh, make friends, and feel good. The music is positive and upbeat, and Shannan brings constant inspiration, motivation, and positive energy that raise your spirit and your confidence throughout the class and for the rest of your day. There are no fancy moves, you set the intensity, you can't do it wrong, and nobody else cares what you're doing. Halleluiah!!

Contact Shannan Carrozza if you have any questions at all or just to let her know you'll be dropping in.

*shanc@WalkLiveAustin.com*  
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## Travis County Sets Up Reverse 911 For Cell Phones

Travis County Emergency Services is making reverse 911 services available to residents' cell phones. The county already offers this service to residents' landlines. Reverse 911 is used in emergencies where there is a threat to public safety. The message gives warnings and instructions.

People can register their cell phones for up to five geographical locations and if there is an emergency in one of those areas, they will get a call. To find out more info about the program, you can go to <http://www.capcog.org/divisions/homeland-security/ens/>

To register, people are asked to go to the Capital Area Council of Governments' website at <http://wireless.capcog.org>.

## Breakfast

*Submitted by Zach Williams*

Every day we fight to keep that extra body fat from building up around our bellies and our thighs. We're told to "eat this" and "train this way" and nothing really seems to work. If you've figured out how to stay lean and strong and mentally sharp throughout the day, that's great. If you're still looking for a little boost, maybe this will help you out.

For the last 30 years of your life all you have heard when it comes to starting your day out on the right foot is that breakfast is the most important meal of the day. After hearing it as much as we have, it's hard not to believe it.

Recently there have been several studies showing that skipping breakfast is the way to go. On top of that, these same studies show that your biggest meal should be dinner. Whoa! Tell your nutritionist or your personal trainer this and see how they react!

If you think about it, this plan works for most of us.

Person 1: wakes up later than he should, throws his clothes on, grabs a coffee and a cliff bar and walks out the door reading his iPhone calendar.

Person 2: wakes up really early; then has to wake the kids up (and the significant other); then has to cook breakfast for everyone in the family; then has to go get somewhat dressed to look somewhat decent when dropping the kids off at school.

No matter what scenario you are in, breakfast typically just doesn't work well for you. Here's the kicker. Instead of trying to eat a large healthy meal, substitute that meal for a greens drink. A greens drink offers you a day's worth of fruits and vegetables. All you have to do is add water and mix! Then follow your drink with a meal at 10am. There are two drinks I highly recommend.

Option 1: Greens Plus, Wild Berry. They use organic ingredients and you can find it at Natural Grocer for about \$35. All my clients drink this drink.

Option 2: Athletic Greens; an all-natural supplement that many of my colleagues drink. A plus is that they have several other products to choose from and have an auto-ship program to make things easy.

Try this new idea out for 6-8 weeks and see the results you get.



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NOVEMBER 2012

## **TRAVIS COUNTY SHERIFF OFFICE**

### **TIP411**

#### **Holiday Shopping Safety**

When parking your vehicle to go shopping, remember where you parked!

Always park in a well lit and well traveled area.

Have your keys in hand when approaching vehicle.

Before entering your vehicle, scan the parking lot to make sure you are not being followed; always be alert!

When storing items that have been purchased inside your vehicle, make sure they are out of sight in a locked trunk.

Do not leave your purse, wallet, or cellular device in view; always LOCK your vehicle, even in your driveway!

When you are at an ATM, make sure it is well lit and scan area for people hanging around.

Carry only the credit cards you need and avoid carrying large amounts of cash.

#### **Visit the following links for more crime facts and information!**

**CitizenObserver** is a web based notification toolset for law enforcement that enables citizens to receive and respond to text, email, and web alerts from our agency. Sign up today through the website. CitizenObserver is being used by the Travis County Sheriff Office to communicate information to Citizens ranging from crime alerts and offender notifications. Be in touch with what's happening!

[www.citizenobserver.com](http://www.citizenobserver.com)

**SpotCrime** website allows you to search a specific location and find out what crime has been committed in that area. You can subscribe to the website for alerts and information to be sent directly to you.

[www.spotcrime.com/tx/travis+county](http://www.spotcrime.com/tx/travis+county)



## PET CORNER

### **CAN I GIVE MY DOG THANKSGIVING SCRAPS?**

*Submitted by Kristen West*

We know it's tempting, but most Thanksgiving scraps are not the safest treat for your pets. Cooked turkey bones are a big no-no as they can splinter and result in a trip to pet ER. Additionally, overindulging your pet in other fatty foods can lead to stomach upset, diarrhea or even life-threatening pancreatitis. Other items to avoid are onion, sage, garlic ... and please, don't ever give your pet alcohol.

If you can't turn away from those puppy-dog eyes, a bite or two of pet-safe veggies like plain broccoli, sweet potato or carrots, or a small taste of plain turkey is usually OK. Put the treats in a Kong or other puzzle toy while you sit down to eat with your family so that your furry begger is happily preoccupied!



## **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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## Fire Roasted Hatch Green Chile & Jalapeno Pulled Pork Sliders



*by the Four Points Foodie*

### FIRE ROASTED CHILE AND JALAPENO INGREDIENTS:

- 5 Hatch Chiles
- 5 Jalapenos
- 1 paper sack

*Directions:* Over a high flame on the grill, char and blister the skin of the chiles and jalapenos. Place in the sack to steam. Once cool, peel the charred skin. Split open, remove seeds and chop.

### PULLED PORK INGREDIENTS:

- |   |   |
|---|---|
| • 2 lb boneless pork shoulder<br>roast, trimmed | • 1 T olive oil   |
| • 1 t paprika                                   | • 1 C apple juice                                       |
| • 1 t ground cumin                              | • 1 C Woody's Sweet BBQ<br>Sauce                        |
| • 1/2 t ground cinnamon                         | • 1 T finely chopped chipotle<br>peppers in adobo sauce |
| • 2 T salt                                      |   |
| • 1 T cracked black pepper                      |   |

*Directions:* Combine dry ingredients and rub over trimmed pork should roast until ready to cook, a day in advance. In a large crock pot insert or regular pan, heat olive oil and sear roast on all sides. Add apple juice and simmer, again in either the crock pot or on the stove top, until the pork is very tender. Drain as much fat off the top as possible, then remove and shred or "pull". Return to the crock and finish with the Woody's Sweet BBQ Sauce, chipotle in adobo sauce and keep warm until ready to serve.

*To assemble:* Toast slider buns on a hot griddle with a bit of butter. Add the pulled pork and top with a mixture of the fire roasted chile's and jalapeno's. Slap the top on it and devour! Perhaps you could add a slice of jalapeno jack cheese, but it's not necessary!



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## Secret Santa Gift Program

Would you like to help us make the holidays brighter for hundreds of Central Texas foster children! Secret Santa is a special holiday gift program of the Adoption Coalition of Texas (ACT) helping Child Protective Services and foster families provide gifts and spread holiday cheer to Central Texas foster children through the generosity of community donors.

If you would like to be a Secret Santa this year and purchase holiday gifts for a Central Texas foster child, please email your name, email address and contact phone number to [ACTSecretSanta@gmail.com](mailto:ACTSecretSanta@gmail.com). The gift drop-off days will be at several Austin-area locations on Wednesday through Saturday, December 5 – 8, and caseworkers will be picking up the gifts the following week. Once you sign up to be a donor, we'll send you all the details. Last year, thanks to the kindness of people like you, we brought smiles to the faces of more than 350 foster children!

The Adoption Coalition is a partnership of nonprofit adoption agencies and Child Protective Services working together to find forever families for abused and neglected children waiting for adoption. These are usually older children, sibling groups and children with special needs. For information about ACT and adoption, visit [www.adoptioncoalitiontx.org](http://www.adoptioncoalitiontx.org).

# Did you forget the name of that...



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[www.peelinc.com/businessDirectory](http://www.peelinc.com/businessDirectory)



# Why Knowing About Kilowatt-Hours Can Help You Save Money

By Chris Lee

Let's all admit it - we've all taken electricity for granted. As soon as we were young enough to reach the light switch to turn on the lights, we've never thought about electricity since it's been integrated into our lives as a basic necessity. By understanding a little bit about a Kilowatt-Hour (kWh) of electricity use, you'll more easily measure and compare the costs to operate your appliances in order to figure out how you can save some money.

The concept of kWh is difficult to visualize since most of us have forgotten the details of our high-school physics class (for those of us that actually took high school physics). Power, energy, time?...how can we define kWh? If you turned on twenty 100-watt lightbulbs in your house and left them on for 1 hour, you would have used 2 kWh (20 lightbulbs x 100w x 1 hour = 2000 watt-hours). And if you used your clothes dryer for an hour and your dryer is rated at 5000 watts, then you used 5 kWh (5000w x 1 hour). While each family uses electricity differently based on their living habits, here's a website that will give you an idea on

energy use of common household appliances. Caution: the dollar figures used in this chart are based on \$.07 per kWh instead of their typical \$.10 per kWh in Texas:

[www.glendalewaterandpower.com/rates/appliance\\_operating\\_costs.aspx](http://www.glendalewaterandpower.com/rates/appliance_operating_costs.aspx) (Shortened: <http://goo.gl/kCeLA>)

So if you looked at your energy bill, you'll see that you're paying for the amount of kWh's that you and your family use. By knowing the concept of kWh you'll be able to more easily correlate your energy use to your energy bill and therefore be able to do more to save money. To help you save energy and therefore more money, here are some resources with helpful energy saving tips:

[www.takealoadofftexas.com/index.aspx?id=energy-efficiency-tips](http://www.takealoadofftexas.com/index.aspx?id=energy-efficiency-tips)  
(<http://goo.gl/meydE>)

[http://energy.gov/sites/prod/files/energy\\_savers.pdf](http://energy.gov/sites/prod/files/energy_savers.pdf) (<http://goo.gl/u3fuE>)

I hope you've understood the basics of a Kilowatt-Hour and how it's measured to help you see your energy usage. If you have any questions about this, please ping me at leec89@gmail.com.



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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!



You've been looking forward to Thanksgiving dinner all year — turkey, mashed potatoes, cranberry sauce, and pumpkin pie. Mmm-mmm! But after you finish that second helping of turkey with gravy, you start to feel a little sleepy.

As your Uncle George starts to explain why eating turkey makes people so tired, you suddenly feel like curling up in front of the TV and napping until next Thanksgiving. But is gobbling up all that turkey really to blame?

## THE USUAL SUSPECT: L-TRYPTOPHAN

Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan (say: el-trip-teh-fan). Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies. (L-tryptophan is just one kind of amino acid — there are many different kinds of amino acids in the foods we eat.)

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin (say: sare-uh-toh-nin). Serotonin calms us down and helps us sleep.

But scientists now know that L-tryptophan can really only make a person tired right away if it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

## BLAME IT ON BLOOD FLOW

Most scientists think that there's a different reason why eating a special meal might make you drowsy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain.

## AVOIDING DROWSINESS

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals (try to limit junk foods) throughout the day before you sit down for your big meal — don't starve yourself in anticipation of the feast to come.
- Have small portions of foods that are part of your Thanksgiving meal (including whatever veggies are on the table).
- Drink water and take breaks while you are eating to see how full you've become.
- Stop eating once you're full — there will always be leftovers tomorrow.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

Follow these tips and have a Happy Thanksgiving — gobble, gobble!

**REVIEWED BY:** Steven Dowshen, MD

**DATE REVIEWED:** August 2009

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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