

RANCH RECORD

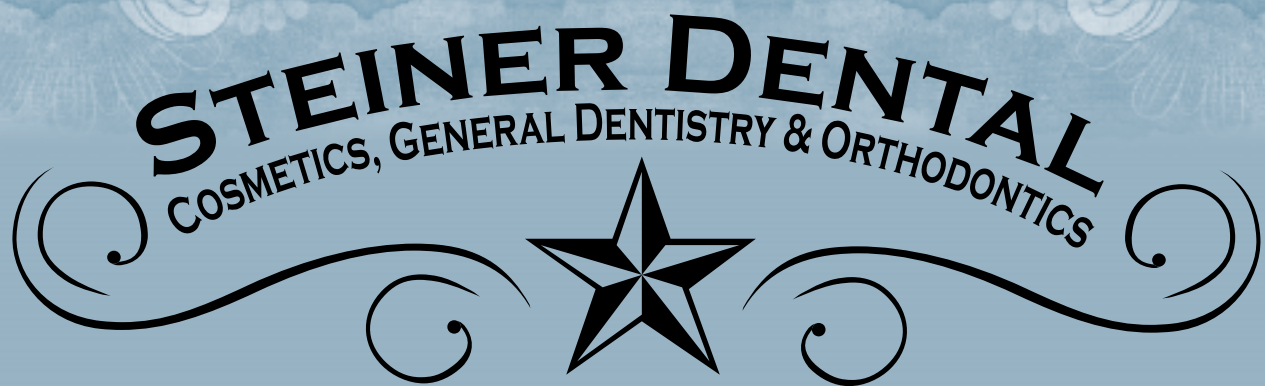
Official Newsletter for the Steiner Ranch HOA

VOLUME 7 ISSUE 1

JANUARY 2013



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COMMUNITY INFO

STEINER RANCH COMMUNITY ASSOCIATIONS OFFICE

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

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

REGULAR OFFICE HOURS

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

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Maintenance Technician

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Macedonio Salazar
Josue Gutierrez

MISSION STATEMENT

Peel, Inc. Community Newsletters

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

"Be the Community."

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY 911
Fire 911
Ambulance 911
Sheriff – Non-Emergency 512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescue
Administration Office 512-266-2533
Travis County Animal Control 311

STEINER RANCH CONTACTS

Steiner Ranch Community Association Office 512-266-7553

SCHOOLS

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

UTILITIES

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

OTHER NUMBERS

Lake Travis Postal Office 512-263-2458

NEWSLETTER PUBLISHER

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

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TORNADOS

Home Athletics Schedule January/February 2013

DATE	SPORT	OPPONENT	TIME
1/10	WBB	Hardin-Simmons	5:30 p.m.
	MBB	Hardin-Simmons	7:30 p.m.
1/13	MBB	Fisher College	3:00 p.m.
1/29	WBB	Mary Hardin-Baylor	5:30 p.m.
	MBB	Mary Hardin-Baylor	7:30 p.m.
2/1	BB	Lubbock Christian	4:00 p.m.
2/2	BB	Lubbock Christian	1:00 p.m.
2/7	WBB	Texas Lutheran	5:30 p.m.
	MBB	Texas Lutheran	7:30 p.m.
2/9	WBB	Schreiner	1:00 p.m.
	MBB	Schreiner	3:00 p.m.
2/14	WBB	Sul Ross State	5:30 p.m.
	BB	Texas Lutheran	7:00 p.m.
	MBB	Sul Ross State	7:30 p.m.
2/15	BB	Sul Ross State	10:00 a.m.
	SB	Trinity (DH)	4:00 p.m.
2/16	BB	Ozarks	10:00 a.m.
	WBB	Howard Payne	1:00 p.m.
	MBB	Howard Payne	3:00 p.m.
	BB	Howard Payne	4:00 p.m.
2/17	BB	Texas-Dallas	12:00 p.m.
	SB	George Fox (DH)	2:00 p.m.
2/22	BB	Louisiana College	7:00 p.m.
2/23	BB	Louisiana College (DH)	1:00 p.m.

MBB (Men's Basketball)

WBB (Women's Basketball)

BB (Baseball)

SB (Softball)

CTX Athletics is Now Accepting Tornado Club Applications!!!

For up-to-date information about CTX
Athletics, please check out our website at:

athletics.concordia.edu

ADVERTISING INFO

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

ARTICLE INFO

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

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

COVER PHOTO

This month's cover photo was taken by Marco Gutierrez of the lovely 2012 snow fall in Steiner Ranch. It doesn't happen too often, so when it does, we take full advantage of staying home from school or work and taking lots of photos. This one from Marco makes me want to snuggle near a fire with hot chocolate in my hand!

Do you take great photos?

Would you like to see your photo published?

*We are looking for great cover photos for upcoming
February 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, so be creative and give it a try. Our February 2013 issue submittal deadline is January 7th and photos should be submitted electronically by the deadline date to Sharon Adams at sharon@steinerranchhoa.org.

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

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HAPPY BIRTHDAY



JANUARY 18TH – TYLER LOWE



JANUARY – GAVIN KYLE

JANUARY 30TH – MEAGAN HENRY

Mark Your Calendars

2013 Steiner Ranch Social Events

FEB 16

Chili Cook-Off

MAR 2

Run The Ranch 5K and KidsK

MAR 30

Easter Egg Hunt

APR 5-7

Spring Scrap-a-Thon

APR 13

Spring Community Wide Garage Sale

MAY 4

Casino Night

JUN 1

Movies in the Park

JUL 4

Parade

JULY 20

Movies in the Park

AUG 3

Movies in the Park

AUG 17

Concert in the Park

SEPT 28

Ladies Night Out

OCT 5

Fall Community Wide Garage Sale

OCT 20

Pumpkin Patch

OCT 27

Halloween Trunk or Treat

NOV 2

Camping on the Ranch

NOV 9

Holiday Sales Event & Santa Photos

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





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Around Steiner

Firewise January 2013

With the start of a new year comes New Year's Resolutions. The Firewise Committee would like for you to consider a few items for your list. We promise none of these will require you to lose weight!

Resolve to organize a group of neighbors or assist a group in a Greenbelt Fuel Reduction Workday. The temperatures are cooler, so it's the perfect time to reduce the amount of fuel in our greenbelt area. Due to the dry conditions we had throughout the fall, there is ample fuel in these areas. Let's get it cleared before the conditions for a wildfire are upon us! (Email the Firewise Committee at srfirewise@gmail.com to get started.)

Resolve to update your family preparedness kit. Make sure you have all the essential medicines, important papers and other items in a ready-to-grab bag or in your vehicle. It is also a good time to practice your family's emergency plan and make any changes, if needed. Refer to the Ready, Set, Go! for more info on how to prepare.

Resolve to get involved in the Firewise Committee. Write an article, volunteer at an event, stay informed by attending the committee meetings (3rd Monday of each month) at 7:00 pm at the Bella Mar Community Center.

NEWCOMER ORIENTATION

Welcome new residents of Steiner Ranch! If you have recently moved into or purchased a home here, you are invited to the Newcomer Orientation held on Thursday, February 7th 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 residents. 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? You can come to any of the 2013 Orientations! The next one is scheduled for May 2nd.

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

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



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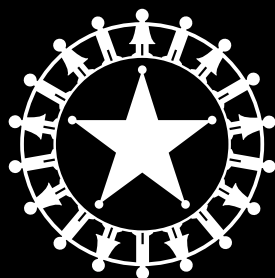
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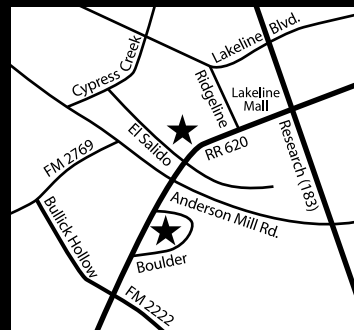




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Cedar Park, Texas 78613



www.bluebonnetschool.com

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

Sailing from Galveston. We have chartered a bus that will pick us up in Steiner Ranch on February 10th and bring us back on February 17th.

BOOK CLUB

Wednesday, January 16th - Author Amanda Eyre Ward will be discussing her book Close Your Eyes.

LADIES SOCIAL BRIDGE

Wednesdays, January 9th and 23rd - A friendly afternoon Bridge game and conversation.

EVENING BRIDGE

This group of experience Bridge players meets monthly for dessert and Bridge.

BUNCO

Thursday, January 17th - Join this group meeting monthly for a casual game of Bunco and light refreshments.

CANASTA

A friendly casual evening game of Canasta held at the home of members.

CINEMA CLUB

Tuesday, January 29th - This enthusiastic group of movie lovers meet monthly to discuss a movie selected by the members and viewd before the meeting. Movies being considered for January are les Miserables, Life of Pi and Lincoln.

CONCERTS AND PLAYS

The chairperson of this group coordinates persons interested in attending specific events ranging from just 2 people to large groups.

DINNER GROUPS

Young at Heart members are organized into groups of four couples (singles are welcome) with common interests who meet to share meals in each others homes or at restaurants.

EPICUREANS

A fun-loving group of people (limited openings) who love to cook and entertain. Events range from Wine Tastings to Cooking Classes to Theme Dinners.

EXPLORING AUSTIN

Occasional trips around Austin and the Hill Country to visit places of interest and - usually - eat!

GAME NIGHT

Friday, January 4th - A fun evening playing various Board Games while enjoying the company of other YAH's.

GARDEN CLUB

Thursday, January 24th - "Month to Month Gardening" presented by Master Gardener Reeve Hobbie. If you enjoy "digging in the dirt" or just learning about gardening, this is for you. It's a combination of hands-on, guest speakers and field trips.

HAPPY HOUR

Thursday, January 10th - 5:00pm at Soleil (next to the Oasis)

HIKING

A small group of avid hikers meet to hike on trails in and around Steiner Ranch. Put your name on the list and you'll be contacted when hikes are planned.

LADIES GOLF

Members of the Ladies Golf Group meet monthly to golf at various courses around Austin. Dates and places are decided by the group. If you'd like to participate, have your name added to the list and you'll be contacted.

LADIES LUNCHING OUT

Tuesday, January 15th - "Brio" at the Arboretum

MEXICAN TRAIN (DOMINOES)

Wednesday, January 2nd - A casual afternoon of fun while playing a very easy to learn Dominoes game.

ROMEO (RETIRED OLD MEN EATING OUT)

Monday, January 14th - County Line BBQ. You don't have to be old or retired to enjoy having lunch with the guys at various restaurants around Austin.

TECHNOLOGY GROUP

Thursday, January 17th - "Technology in Everyday Living." All of the ways recent technological advances are used to make our daily living easier and more efficient will be January's topic.

WALKING GROUP

Every Thursday, 8:30am - The group of walkers focuses on easier trails and flat surfaces. Ideal for those with limited mobility but would like to walk for an hour or so with others.

WINE SOCIALS

Casual get-togethers in members' homes. Everyone brings a bottle of wine or beverage of choice and an appetizer to share. Alternates monthly with Happy Hours which are held in restaurants.



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“

We moved to Austin in '09 from Colorado and the owner of the practice I joined recommended Brandy to assist in a short term lease to get established. Brandy had never met me or knew me but scheduled an entire day to show me multiple homes that were available for lease. I was impressed with her dedication professionalism. When it came time for us to purchase a home I again employed Brandy and was even more impressed. Her counsel and negotiating skill secured my family a great deal on a home. Her knowledge of the real estate market and dedication to her clients are second to none. I will now only use Brandy as my real estate agent. The most telling aspect of my testimonial is that Brandy's family and my own family have become friends and now instead of appointments for showings it is BBQ's and pool parties. Can't say that about a lot of agents.

”

STEINER RANCH ANNUAL CHILI COOK-OFF



FEBRUARY 16TH

6:30pm – 9:30pm

\$15 per person at the door

Or \$10 plus 2 canned goods

Come join us as we bring our community together for a good time, hot food and cold beer, and help the Hill Country Community Ministries stock their pantry!

Think your Chili is the best in Steiner? Chili entry forms and rules can be found online at www.steinerranchhoa.org. Entry fee is \$15 per chili entry with entrance fee waived.

1st – 3rd place awarded a cash prize, and you can vote for your favorite chili in the People's Choice.

LIVE MUSIC!

It wouldn't be Austin without some live Music! Entertainment will be provided by Chris Austin Martinez. Chris has played this event several times and always gets the crowd going!

Hope to see you there!



Travis County Balcones Canyonlands Hike at the Jollyville Unit

Saturday, January 5

Two Hike times : 9:00 a.m. and 1:00 p.m.

Join Travis County Staff for an interpretive hike at the BCP tract in Jollyville (near the intersection of Boulder Lane and 620). We will give specific directions to the hike a couple of days in advance the hike date. The hike is of moderate difficulty, so come with appropriate footwear (hiking boots suggested; no flip-flops), sunscreen/hat, and drinking water.

Since we have a large number of people interested in hikes, we have scheduled two hikes on the same day to accommodate a larger number of hikers, as seen above.

A limited number of spaces are available – therefore, hike participants must email william.burch@co.travis.tx.us to register for the hike. When emailing, be sure to designate which hike time you are signing up for.

Travis County Balcones Canyonlands Preserve

Education Program

Saturday, January 19

9:00 – 10:00 a.m.

Bella Mar Community Center

Ages 5 to 8

Join Travis County Staff as we hold an educational program covering Hibernation. This is a free program for Steiner Ranch Residents only. Children and their parents/guardians attend this program together.

A limited number of spaces are available – therefore, participants must email william.burch@co.travis.tx.us to register for the program.

Travis County Balcones Canyonlands Hike at Snowden

Saturday, January 26

1:30 – 3:30 pm

Join Travis County Staff for an interpretive hike at the BCP tract at our Snowden property (approximately 1 mile south of the intersection of Anderson Mill Road and FM 2769). We will give specific directions to the hike a couple of days in advance the hike date. The hike is of moderate difficulty, so come with appropriate footwear (hiking boots suggested; no flip-flops), sunscreen/hat, and drinking water.

A limited number of spaces are available – therefore, hike participants must email william.burch@co.travis.tx.us to register for the hike. When emailing, be sure to designate which hike time you are signing up for.



Benefiting Wags, Hope and Healing
Saturday, February 23, 2013
10 am

John Simpson Community Center

REGISTER NOW TO GET THE EARLY BIRD RATE!

FAMILY RATES AVAILABLE

SPONSORSHIP OPPORTUNITIES AVAILABLE

Steiner Serves, a group of Steiner Ranch volunteers, is hosting a community dog walk that will benefit a local dog rescue charity, Wags, Hope and Healing. All proceeds will go toward rescue, rehabilitation and re-homing of abused or neglected Central Texas dogs.

Learn more and Register at

www.steinerserves.org/Steiner_Serves/February.html

BROWN SANTA



Girl Scout cadette troop #2417 continued their annual tradition of volunteering at Brown Santa this year. They wrapped gifts donated to the Travis County Sheriff's department for families in need. Girl Scouts builds girls of courage, confidence and character who make the world a better place.

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YMSL Wraps Up a Busy Year with Brown Santa

It has been a busy few months for the Austin Vipers Chapter of the Young Men's Service League (YMSL), as the organization worked earnestly to meet needs in and around Austin. In keeping with the spirit of the chapter's 2012-2013 motto, boys and moms "set the example" by donating time and energy to numerous projects and organizations.

In November and December, members joined the Travis County Sheriff's Office to help prepare for the holiday season. Boys and moms met on several evenings to wrap gifts for the Brown Santa program (<http://www.brownsanta.org>). This year, Brown Santa anticipates making Christmas morning special for about 2000 families in Travis County.

Earlier in November, YMSL members handed out race packets for the annual Thanksgiving Day Turkey Trot run, benefiting Caritas of Austin. During the few months the Austin Vipers chapter has been active, members trained, volunteered, and provided resources for numerous worthy organizations, including:

- Austin Animal Shelter
- Keep Austin Beautiful: Low Water Cleanup
- Mobile Loaves and Fishes
- The Trail Foundation
- Capital Area Food Bank Mobile Food Pantry
- Partners in Hope
- Miracle League
- Down Home Ranch
- Side by Side Kids

YMSL is a non-profit organization that initiates and encourages young men and their mothers to pursue philanthropic involvement in their community and provides an opportunity to enhance mother/son relationships. Locally the YMSL Vipers have served over 1,600 service hours since the chapter was formed in June.

YMSL is a four-year commitment that begins when boys enter 9th grade and teaches leadership. It's an opportunity where boys become men. Nationally, YMSL serves more than 300 philanthropies. There are 32 chapters in five states with expansion plans in progress. To learn more about The Ultimate Gift and YMSL, visit ymslnational.org or call 1-866-602-YMSL.



Make one of your New Year's resolutions to attend one of the great Workshops offered in Steiner. They are all Free to Steiner Ranch Residents!

We are always looking for more unique and different workshops to offer residents so if you or someone you know can provide education opportunities that are not already being offered for Steiner Ranch residents, please contact Sharon Adams at sharon@steinerranchhoa.org or 512-266-7553.

JANUARY 22ND

Solar in Steiner: The Homeowner's Perspective

- Enjoy food, beverages and an introduction to solar
- Get the background and latest update on the evolving solar industry
- Hear the story of a Steiner resident that went through the process
- Understand the costs and benefits and where they come from
- Build a checklist for what to look out for should you pursue solar
- Please RSVP so food is aplenty.

TSCC 7:00pm

*Questions and RSVP to Circular Energy
info@circularenergy.com | 866-274-5578*

JANUARY 29TH

How to Let Go Of Your Stuff, Get organized, Have peace of mind, Feel in control, Be in charge, Not be overwhelmed, Make better decisions - and Enjoy life!"

Attend and learn the secrets of getting organized – physically, mentally and financially, and the benefits of letting go and getting more done.

6:30pm TSCC

To RSVP, please contact Karin Flagg either by phone (512) 585-8424 or email Karin@OrganizeWithPurpose.com

SADDLE UP AND RIDE!

Tuesday January 1, 2013 – Meet at Mellow Johnny's for the annual New Year's RESOLUTION ride. There is a 30 and 60 mile ride and last year's ride was a blast. There is no cost to this ride and it will be fully supported and it is also a NO DROP ride but there is still a fast pace for those that want to hammer. To learn more please visit www.mellowjohnnys.com

Saturday January 5, 2013 – Meet at Cups & Cones at 8:30am for a 35 – 45 mile bike ride. The rides are usually out around the lake, the dam loop, out to Crystal Falls Golf Course or the Avery Ranch Loop. This group is faster and while we try to keep the group together there is no designated sweeper for this ride.

Sunday January 6, 2013 – 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. This is a NO DROP ride and all are welcomed.

Saturday January 12, 2013 – Meet at Cups & Cones at 8:30am for a 35 – 45 mile bike ride. The rides are usually out around the lake, the dam loop, out to Crystal Falls Golf Course or the Avery Ranch Loop. This group is faster and while we try to keep the group together there is no designated sweeper for this ride.

Sunday January 13, 2013 – 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. This is a NO DROP ride and all are welcomed.

Saturday January 19, 2013 – Meet at Cups & Cones at 8:30am for a 35 – 45 mile bike ride. The rides are usually out around the lake, the dam loop, out to Crystal Falls Golf Course or the Avery Ranch Loop. This group is faster and while we try to keep the group together there is no designated sweeper for this ride.

Sunday January 20, 2013 – 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. This is a NO DROP ride and all are welcomed.

Saturday January 19, 2013 – Meet at Cups & Cones at 8:30am for a 35 – 45 mile bike ride. The rides are usually out around the lake, the dam loop, out to Crystal Falls Golf Course or the Avery Ranch Loop. This group is faster and while we try to keep the group together there is no designated sweeper for this ride.

Sunday January 20, 2013 – 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. This is a NO DROP ride and all are welcomed.

FINAL FRIDAY January 25, 2013 – Austin Cycling Association will be hosting a really fun FREE ride on the FINAL FRIDAY of each month. The ride will begin from the Capitol Building at 6:30pm and end at a different bike shop each month. It will be about a 5 – 10 mile ride. The January ride will end at Mellow Johnny's and refreshments are going to be provided by MJ as will plenty of opportunity to socialize with fellow Austin Cyclists.

Saturday January 26, 2013 – Meet at Cups & Cones at 8:30am for a 35 – 45 mile bike ride. The rides are usually out around the lake, the

dam loop, out to Crystal Falls Golf Course or the Avery Ranch Loop. This group is faster and while we try to keep the group together there is no designated sweeper for this ride.

Sunday January 27, 2013 – Meet at Steiner Ranch Steakhouse at 8:00am for the monthly Jack & Adams bike ride. After the ride the Steakhouse sponsors a ½ price brunch for riders. The ride is about 34 miles and there is a beginner, intermediate and advanced ride.

If you are interested in riding with the Steiner Ranch Cycling Club then come join us for a ride. You can also receive more details about our rides and get up to date information at www.steineranchcycling.com or you can LIKE our Facebook page "Steiner Ranch Cycling".

Please join Steiner Ranch Cycling in thanking the following sponsors for buying our club's kits and supporting cycling in our community. Next time you see a group of cyclists decked out in red, white and blue kits then you will know it is the Steiner Ranch Cycling Club.

PLATINUM

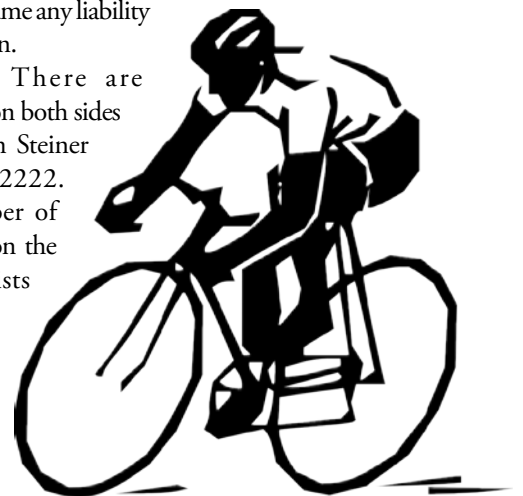
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- Pinnacle Sports Performance and Rehabilitation
- PMB Helin Donovan
- RoadBikeGear.com
- Sendero Homes
- South Oaks Family Medicine
- Wild Basin Fitness

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 ride leaders do NOT assume any liability for your participation.

WARNING: There are construction zones on both sides of the 620 between Steiner Ranch Blvd and 2222. There are a number of cones and barriers on the road. Many cyclists have hit cones and debris over the past several weeks so please slow down through these zones.



“ We truly felt like you had our best interests at heart and can honestly say that **we can't make that statement about any other realtor** that we've worked with in the past. Thank you from the bottom of our hearts! ”

—Doug and Lori W.

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REGISTRATION IS OPEN 2013 WINTER/SPRING PROGRAMS

2013 Winter/Spring Programs in Steiner Ranch will begin in January! Registration has opened December 1st for Residents, so go online and look for all program information in the 2013 Program Guide at www.steinerranchhoa.org. Here is a summary at what you will find:

PRESCHOOL PROGRAMS

- Sportball
- Tap & Ballet Combo
- Gymnastics
- Tennis
- Spanish
- Music
- Touchdown Tots

ELEMENTARY – TEEN PROGRAMS

- Sportball
- Tab & Ballet combo
- Hip Hop
- Gymnastics
- Karate
- Tennis
- Art
- Cooking
- Zumbatronics
- Jump Rope

ADULT PROGRAMS

- Yoga
- Karate
- Tennis
- Zumba
- Stroller Strides
- Walk-Live
- Camp Gladiator

SPECIAL PROGRAMS

- Neighborhood Sports
- Flag Football
- Soccer
- Spring Break Camps

Registration information can be found on-line at www.steinerranchhoa.org or at the Community Association Office at 12550 Country Trails Lane.

If you have any questions, please call Sharon Adams, Community Coordinator at 512-266-7553 or sharon@steinerranchhoa.org.



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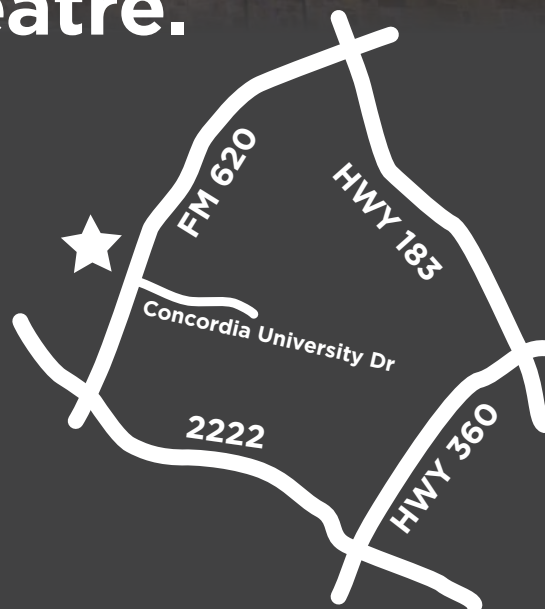
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Around Steiner

American Red Cross Babysitter Training Course

9:00am – 4:00pm | \$50 per person

Towne Square Community Center, 12550 Country Trails Lane

This is a very popular class, so sign up early for any of the dates below!

Jan. 12 (Girl Scouts Only) | Jan. 19 | Apr. 20

July 27 | Oct. 19 | Dec. 7

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

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

Bring a sack lunch! Space is limited. Prior registration is required and the 2011 Program Registration form is available at www.steinerranchhoa.org.

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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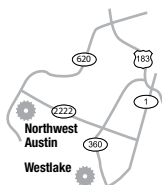
Northwest: 6618 Sitio Del Rio Blvd, Suite D101, 78730

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Pool & Swimming News

Year Round Swimming Program for Adults

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

Our swim schedule is as follows:

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

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

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

WINTER POOL HOURS

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 – 9:30am; Tuesday & Thursday 6:30 am – 8:30 am

Holiday Schedule: Jan. 1 -- No practice

Jan. 2, 3 & 4 Practice from 8:30 am - 10:30 am

January 21 – Practice from 6:00am – 7:30am

January 24 – 26 – No practice (District 17-4A Meet)

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

A maximum of two lap lanes will be available to lap swimmers during these sessions.

TOWNE SQUARE

Closed Monday until 12:00pm

Tuesday – Sunday 8:00am – 10:00pm

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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JANUARY 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day HOA Office Closed	2 Kidventure Holiday Camp (TSCC) YAH Mexican Train	3 Kidventure Holiday Camp (TSCC)	4 Kidventure Holiday Camp (TSCC) YAH Game Night	5
6 	7 Newsletter Articles Due 9:15am - Free Walk Live (TSCC) 6:30pm - FREE Yoga (TSCC)	8 9:30am - Social Committee Meeting (Cups & Cones) 6:30 pm - Facilities Committee Meeting (TSCC)	9 8:30am - Free Walk Live (TSCC) YAH Bridge Club	10 8:00 am - YAH Walking Group 11:30am - YAH Technology Workshop (TSCC)	11	12 9:00 am - 4:00 pm - For Girl Scouts Only - Red Cross Babysitting Class (TSCC)
13	14 9:15am - Free Walk Live (TSCC) YAH ROMEO at County Line BBQ 6:30pm - FREE Yoga (TSCC)	15 YAH Ladies Lunching out at Brio	16 8:30am - Free Walk Live (TSCC) YAH Book Club - "Close Your Eyes"	17 8:00 am - YAH Walking Group 11:30 am - YAH Technology Workshop (TSCC) YAH Bunco	18	19 9am - 4pm - Red Cross Babysitting Class (TSCC) 9:00 am - 10:00 am - BCP Education Workshop
20 	21 Martin Luther King Jr. Day 6:30pm - FREE Yoga (TSCC) 6:30 pm - Firewise Committee Meeting (BMCC)	22 7:00 pm - Solar in Steiner: The Homeowner's Perspective (TSCC)	23 YAH Bridge Club	24 8:00am - YAH Walking Group YAH Garden Club	25	26
27	28 6:30pm - FREE Yoga (TSCC)	29 YAH Cinema Club 6:30 pm - How to Let Go of Your Stuff (TSCC)	30 3:30 pm - SRMA Board of Directors Meeting (TSCC)	31 6:00 pm - SRROA Board of Directors Meeting (TSCC)		

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FEBRUARY 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Groundhog Day
3 	4 9:15am - Free Walk-Live (TSCC) 6:30pm - FREE Yoga (TSCC) LISD Break	5 LISD Break	6 8:30am - Free Walk-Live (TSCC) YAH Bridge Club LISD Break	7 8:00 am - YAH Walking Group Newsletter Articles Due 6:30 pm - New Resident Orientation (TSCC)	8	9 Yoga Retreat (BMCC)
10	11 9:15am - Free Walk-Live (TSCC) YAH ROMEO at County Line BBQ 6:30pm - FREE Yoga (TSCC)	12 9:30 am - Social Committee Meeting (Cups & Cones) YAH Ladies Lunching Out	13 8:30am - Free Walk-Live (TSCC) YAH Book Club Ash Wednesday	14 8:30 am - Free Walk Live (TSCC) 11:30 am - YAH Technology Workshop (TSCC) YAH Bunco	15	16 6:30 pm - Chili Cook-Off (TSCC)
17 	18 6:30pm - FREE Yoga (TSCC) President's Day 6:30 pm - Firewise Committee Meeting (BMCC)	19 6:30 pm - 5 Organizing Tips (TSCC)	20 YAH Bridge Club	21 8:00 am - YAH Walking Group YAH Garden Club	22	23 Soccer Skills Day (TS Fields) Dog Walk (JS Park)
24 Flag Day	25 6:30pm - FREE Yoga (TSCC)	26 YAH Cinema Club 6:30 pm - How to Let Go of Your Stuff (TSCC)	27 3:30 pm - SRMA Board of Directors Meeting (TSCC)	28 6:00 pm - SRRQA Board of Directors Meeting (TSCC)		

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Association Assessment Payments Due

Semi-annual assessments for Jan. – July 2013 are due on Jan. 1, 2013. Statements were mailed to each homeowner at the mailing address on file in mid-December. If you do not receive a statement, please contact the Community Associations Office at 512-266-7553. You are not exempt from paying assessments or late fees even if you do not receive a statement. Payments received after Jan. 31, 2013 for any reason are subject to an initial \$25.00 late fee per association and a \$25.00 late fee for each additional month that the assessment remains unpaid. Please note that the assessment must be received by Jan. 31st, not simply postmarked by Jan. 31st. Your escrow account does not pay your assessments.

Online Assessment payments can be made at www.steinerranchhoa.org, by clicking on the "Online Assessment Payments" link. You can also sign up to receive your statements online. You can still mail in your payments at the address listed on your statement, or bring them to the Association office at 12550 Country Trails Lane to avoid an On-line fee.

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

Holiday Decoration Removal

Did you put a plastic Santa on your roof this year? Do you have miles of lights in your trees? Does Rudolph's nose illumine your front yard? As the excitement of the holiday season fades, please don't forget the Steiner Ranch rules regarding holiday decorations on the exterior of your property (this rule does not apply to the inside of your homes):

"...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 Happy New Year 2013!

Recycle your Natural Christmas Trees

The Steiner Ranch HOA has made arrangements with Landscape Resources to recycle your natural Christmas trees this year. Once you have removed all decorations and tinsel from the tree you can drop the bare tree off at entrance to WCID 17 at 3315 N. Quinlan Park Road (Logan's Way) in Steiner Ranch until January 6, 2012.

Just place the tree outside the gate to the side of the driveway. Thank you!



Dr. Dennis Smith
Steiner Ranch Resident

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Mondays afternoon classes

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3pm - Multi Sport Class for 3 & 4's

4pm - Basketball, Football
for 5 & 6's

5pm - Basketball, Football
for 7, 8, & 9's

Thursday Morning

9:15 - Multi-sport class
for 3 & 4's

10:15 - Parent and Child
for 18 months to 2's

Saturday morning soccer classes at Westridge Park

Parent & Child age group all
the way up to 8 years old.

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Online Registration Is Open. Register Now!

SPRING CARNIVAL!

Laura Welch Bush Elementary PTA will be hosting its annual Spring Carnival in just a few months and we are currently seeking corporate sponsors for this well-attended community event.

This perennial favorite provides a night of fun and entertainment for local families in and outside of our community. Experience indicates that our families are loyal to those organizations which support the school's mission and your sponsorship can be viewed as an excellent advertising opportunity.

To learn more, please contact Jennifer Farrow at 512-318-8755 or carnivallwbepa@gmail.com.



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Raise Vital Funds for Teachers and Students at the 2013 Giddy Up Gala

Social Evening Set for Feb. 23, 2013 at The Oasis

The Hill Country Education Foundation's Giddy Up Gala Committee members invite you to strap on your boots and don your country-chic for the 3rd annual fundraising event at The Oasis. Area residents who attend will enjoy an evening of dining, dancing, games and auctions while helping HCEF to raise vital funds for our teachers and students in the Four Points area schools.

Gala Committee Chair Laura Lee is organizing the event with committee chairs that include Susan Arant, Pete Dwyer, Stephanie Johnson, Kai Lamb, Michelle Lamb, Chris Lee, Myra Roberts and Michelle Beck. Special thanks to Kimberly Sarantakes Photography for donating her time and talent for this photo shoot.

Along with a sit-down dinner and open bar, guests will enjoy participating in a raffle for high-end gifts for the man and woman, sponsored by the Arant Real Estate Team, along with the popular and entertaining Heads or Tails Game, emceed by VHS Football Coach Drew Sanders. Evening activities will also include live and silent auctions, an important Fund-A-Need for our high school and a live band. Table purchases and sponsorship options will be available. Learn more at www.HillCountryEdFoundation.org.



Hill Country Education Foundation Gala Committee Members invite you to take part in a festive evening at The Oasis to help raise vital funds for the Four Points area schools. Committee Chairs (background from left): Kai Lamb, Laura Lee, Michelle Beck, Stephanie Johnson, (foreground from left): Michelle Lamb, Myra Roberts and Susan Arant. Not pictured: Pete Dwyer and Chris Lee.

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Seven Business Networking Groups in the Area

ARE YOU LOOKING TO GROW YOUR BUSINESS IN 2013?

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 for more information or visit www.BNIAustin.com.

FOUR POINTS CHAMBER OF COMMERCE

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

NETWORKING NORTHWEST AUSTIN

Networking Northwest Austin is expanding its member base of businesses in our area. We believe in business by referrals and having a limited member base. We have a caring, positive, involved group of people who wish to build their businesses using the strength business referrals. No fees. Business education and speakers. Networking Northwest Austin meets on the second and fourth Mondays at 11:30 at Cheddars HWY 183 and Anderson Mill Rd. Visit <http://www.meetup.com/NetWorking-NorthWest-Austin/>

STEINER RANCH MARKETERS MEETUP GROUP

Join other marketers who live in Steiner Ranch and work in online marketing, search engine optimization, affiliate marketing,

search engine marketing, social media optimization, social media marketing, pay-per-click advertising, email marketing, and other areas of Internet marketing. Informal get-togethers in the community to learn and share things, as well as make connections with others. The group is open to anybody who lives in Steiner Ranch and is interested in Internet marketing: entrepreneurs, freelancers, 9-to-5ers, business owners and aspiring marketers alike. More details at SteinerRanchMarketers.com

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 Thursday at 8AM at Santa Catarina, 1310 RR 620 South, in Lakeway. Come visit us and see how your business can benefit by being a member of Lakeway Networking. For more information, please contact Kelly Connor at kellyconnor@austin.rr.com or 512-736-2495.5.

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 or visit www.BNIAustin.com for more information.

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

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

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****24-MONTH AGREEMENT:** EARLY CANCELLATION WILL RESULT IN A FEE OF \$20/MONTH FOR EACH REMAINING MONTH. Must maintain 24 consecutive months of any DIRECTV programming package (\$29.99/mo. or above) or any qualifying international service bundle. Advanced Receiver-DVR fee (\$8/mo.) required for DVR lease. Advanced Receiver-HD fee (\$10/mo.) required for HD Receiver lease. Advanced Receiver fee (\$20/mo.) required for Advanced Whole-Home DVR, HD DVR and TiVo HD DVR from DIRECTV lease. TiVo service fee (\$5/mo.) required for TiVo HD DVR from DIRECTV lease. If you have 2 Receivers and/or one Receiver and a Client/Enabled TV/Device, the fee is \$6/mo. For the 3rd and each additional Receiver and/or Client/Enabled TV/Device on your account, you are charged an additional fee of \$4/mo. per Receiver, Client and/or Enabled TV/Device. **NON-ACTIVATION CHARGE OF \$150 PER RECEIVER MAY APPLY. ALL EQUIPMENT IS LEASED AND MUST BE RETURNED TO DIRECTV UPON CANCELLATION, OR UNRETURNED EQUIPMENT FEES APPLY. VISIT directv.com OR CALL 1-800-DIRECTV FOR DETAILS.** ***GENIE HD DVR UPGRADE OFFER:** Includes instant rebates on one Advanced Whole-Home DVR and up to 3 DIRECTV Clients with activation of the ENTERTAINMENT Package or above; OPTIMO MAS Package or above; or any qualifying international service bundle, which shall include the PREFERRED CHOICE programming package. Whole-Home HD DVR functionality requires an Advanced Whole-Home DVR (model HR34) connected to the primary television and a DIRECTV Client, H25 HD Receiver or an RVU-capable TV/Device in each additional room. Limit of three remote viewings per Advanced Whole-Home DVR at a time. Visit directv.com/genie for complete details. **INSTALLATION:** Standard professional installation in up to four rooms only. Custom installation extra.

DIRECTV ON DEMAND: Access to available DIRECTV On Demand programming is based on package selection. Actual number of TV shows and movies will vary. Additional fees apply for new releases. Some DIRECTV On Demand content requires an HD DVR (HR20 or later) or DVR (R22 or later), DIRECTV CINEMA Connection Kit and broadband Internet service with speeds of 750 kbps or higher and a network router with an available Ethernet port are required. Visit directv.com/cinema for details.

To access DIRECTV HD programming, HD equipment required. Number of HD channels based on package selection. Local channels eligibility based on service address. Not all networks available in all markets. Programming, pricing, terms and conditions subject to change at any time. Pricing residential. Taxes not included. Receipt of DIRECTV programming subject to DIRECTV Customer Agreement; copy provided at directv.com/legal and in order confirmation. ©2012 DIRECTV. DIRECTV and the Cyclone Design logo, CHOICE, CHOICE XTRA and GENIE are trademarks of DIRECTV, LLC. All other trademarks and service marks are the property of their respective owners.

News You Can Use

MISSION TRIP VOLUNTEERS NEEDED

*FOR APPALACHIA, BURMA,
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Assisting Better Living Everywhere (ABLE) now providing mission trip opportunities for volunteers traveling to Burma (Myanmar) February 22, 2013; Bolivia, April 13, 2013; Kenya, June 21, 2013; and Appalachia, August 4, 2013 and Belize, January 2014. All trips will target schools and orphanages. ABLE is a 501 (c)(3) charitable corporation. No specific skills are required except to have an adventurous spirit and a desire to help less fortunate people! Contact Erin Newman below if interested. Donations are also needed and greatly appreciated. Checks can be made payable to ABLE, Inc.

TO VOLUNTEER, CONTACT:
Erin Newman, Austin Chapter President
Austin@ablemission.org
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Remaining Focused After the Holidays

ZACH WILLIAMS | Manager, Anytime Fitness Four Points | Strength and Conditioning Coach | Nutritionist

Before, during and after the holidays, we seem to make ourselves overly busy and tend to neglect ourselves in the process. We all know what happens when we do that. Add in all the parties, the buffets of food and alcohol that come with it and before you know it, you're back to square one. Now you look and feel like crap and you're less motivated and angry with yourself. All you had to do was "say no" to certain things and you wouldn't be feeling this way.

By now, Christmas cheer has come and gone, New Years parties have left you feeling like you're 80 years old and you're in dire need of some veggies and a treadmill. So how can we get you to say no to certain un-healthy lifestyle choices this year?

Set a somewhat lofty goal to accomplish in a small time frame. Be very detailed. Over the next 6 weeks, try and do something on a daily basis that gives you a win. It can be as easy as declining dessert or limiting yourself to 4oz of wine. After dinner, head outdoors for a 30 minute walk with the family. If you're the cook in the family, try to use less saturated fats and less sugar. Whatever the solution, do something on a daily basis that improves your lifestyle for the better.

The holidays are meant to be fun and full of happiness and



energy. Lack of exercise and eating sweets and high fat foods will ruin that for you. We hope your holidays were delightful. If you stayed on the health wagon, that's awesome- now's the time to kick it up a notch!

We all know how great it feels to feel great. Do your best to exercise and eat healthy on a daily basis so you stay feeling great throughout the year!

Spring Baseball and Softball *Register Now!*

Open to ages 5-15 for baseball and grades K-12 for softball, Northwest Little League is accepting online registrations through January 29th.

**TO GET MORE INFORMATION OR TO
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Courage, Loyalty and Character

GUIDE TO BUYING YOUR FIRST BICYCLE

7 STEPS TO GETTING YOU IN THE SADDLE

While buying a bike is not on the same level of commitment as, say, buying a house or getting married, it is still a decision that warrants thought. This is especially true if you are considering buying a bike for the first time.

What is your GOAL? The most important question to ask yourself before you get started is why do you want a bicycle? Do you want a bike to improve your health and fitness, to join some social rides, start commuting to work on your bike, ride with your family, get on the trails, spend more time with your partner, train for a triathlon, get into road cycling, or for some other reason.

This is an important question because there are bicycles built for almost every purpose, and your selection should really depend on what you anticipate your main type of riding to be. There are basically four main styles of bikes to choose from, Road Bikes, Mountain Bikes, Cross Bikes, and Cruisers.

Road Bikes are designed for riding on paved streets and going fast. Featuring skinny tires, a lightweight frame and a riding position that puts you bent over the handlebars, you might choose this type of bike if traveling longer distances at higher speeds is important to you.

Mountain Bikes have exploded in popularity over the past twenty years. These bikes have wide tires, usually with knobby treads and a stout frame, and are designed to handle the rugged trails without disintegrating. Many times sales people like to sell these bikes because they are less expensive than road bikes but be warned if you plan on doing any riding with others on a road bike it will be much harder to keep up, but that being said they are a lot of fun on the trails around Steiner Ranch.

Cross Bikes are a compromise between road and mountain bikes and offer the best features of both if most of your riding will be shorter trips on pavement. With skinnier, smooth tires, they typically can go faster than mountain bikes, yet feature the upright seat and handlebar position that many people favor.

Hybrids are a good choice for most city riding, and offer speed, durability and comfort.

Cruisers are bikes that have wide tires, wide seats, upright handlebars and sometimes even just a single gear. These are the bikes that you'll often see at the beach. More simple mechanically, they are easy to maintain but work best with flat terrain and a rider whose main interest is more about being comfortable than with going fast.

What are you willing to SPEND? A used bike can be as low as a few hundred dollars and it can go up to as high as a few thousand dollars for a nice bike. While bicycles are not cheap they can pay off with large dividends in calories burned, fun factor, carbon credits and hard dollars saved on fuel if you bike to drop your kids off at school, or bike to the store or work.

Ask your FRIENDS Ask your cyclist friends what they like and don't like about their current bikes; you can judge by their riding style whether you should have the same concerns. If you don't know many cyclists, e-mail Steiner Ranch Cycling club and we'll provide you our thoughts.

Research bikes ONLINE and in MAGAZINES Hit the websites of your chosen brands, which tend to be organized so that it's easy to find the bikes that match your intended riding style. Study frame materials, components (wheels, derailleurs and cranks in particular—you can spot them right away on the bikes at the shop) and price, if it's listed. A model line will often have the same frame, with more expensive wheels and parts as the bike prices go up. Frames last longer than components, so we generally recommend investing in a higher-quality frame worthy of parts upgrades later, if need be.

Walk the Sales Floor of a Local Bike Shop and check out the bikes that you have researched and find a knowledgeable Sales Person that is willing to spend some time with you. Try not to go on a weekend because they are usually busy and you may get less time than during a weekday. Compare price, models and components with what you found online.

Get Fitted A quick test spin around the block won't be enough to completely judge the bike's performance, but you'll be able to find any glaring fit problems. Be sure the saddle is set so that you have a slight bend to your knee at the bottom of the pedal stroke. Ask yourself these key questions: Does my upper body feel cramped, or too stretched out, when I'm on flat road? Does the bike feel unstable or twitchy when I turn? Is the reach to the brake levers comfortable? Is it awkward to go from sitting to standing on a hill? Many bike shops will do a free fitting or will do one for a small fee. You can take the measurements and keep them as you do your research.

Negotiate your price A good rule to follow when it comes to price negotiations: Be reasonable. A bike shop is a tough business—people work there because they love bikes, not because they want to get rich. If you're buying a relatively inexpensive bike (less than \$800, where profit margins are razor-thin) or an in-demand, new-model-year bike, you might be able to finagle a longer free-service contract, but don't expect a price cut. However, if you're buying a more expensive bike, more than one bike, a model left over from last year, or a package including a helmet, tools, shoes, pedals, shorts and more, there's no harm in asking for a small discount. The worst you'll hear is no, but you may hear yes.

Have fun buying your bicycle and while you're out there shopping for bicycles don't discount the Tandem. They are a lot of fun for couples that want to ride together or parents that want to ride with their daughter or son. Make 2013 the year you get in shape, get healthier, have more fun than you thought was possible exercising and meet some really nice people.

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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Travis County Sheriff's Office Home Safety Programs

If you have concerns about Home Burglaries, our Community Services Unit offer a wide variety of programs geared towards Home Safety. We have listed some of those programs below for your convenience.

Burglary Prevention – learn how to keep your home and property from being the target of thieves. Call 512-854-3248 for more information.

Home Security Surveys – upon requests, certified crime prevention inspectors provide security surveys as a public service. For more information or to schedule your survey, call 512-854-4989 for Deputy V. Galloway or 512-854-4315 for Deputy D. Taylor.

Neighborhood Watch Program – brings citizens in a community together for the reduction of crime in their area. For more information contact Tiffany Taylor at 512-854-6615.

To view all our Programs, visit www.TCSheriff.org and click on the Community link.

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Golden Mushroom Soup

Perfect for the colder January we usually see, but it's great anytime!

By Four Points Foodie

Ingredients:

2 T butter	4 T soy sauce
1 C sweet onion, chopped	1 T paprika
1/2 C white wine	1 C vegetable stock
4 C (about 32 ounces) baby Portabella mushrooms, washed and sliced	1 1/2 C heavy cream
	2 T lemon juice
	salt and pepper

Directions:

Heat butter in a large pot and cook the onions over medium heat until they start to brown.

Add the wine and mushrooms, stirring well, and cook about 5 minutes. Add the soy, paprika and stock. Cover and simmer for about 15 minutes.

Turn heat to low and slowly add the heavy cream, whisking as you add it. Finally add the lemon juice, then salt and pepper to taste and serve with crusty bread!



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COATS FOR KIDS MAKING A DIFFERENCE THIS HOLIDAY SEASON

Local Volunteers Brave Cold Weather to Collect Coats in Just 3 Days to Help Ensure That Children of Central Texas Stay Warm

From Dec. 3 through Dec. 5th Coats for Kids volunteers from the RE/MAX1 Real Estate Team sat in front of the HEB at 2222 and FM 620 and braved the weather to ensure that the children of Central Texas stay warm this winter. "Coming from humble beginnings myself, I know what it feels like to go without as a child. My experience had such a profound effect on my life that today I give back to the community by dedicating a large portion of my time to being a child advocate," says Gene Fruge, RE/MAX1 volunteer. Fortunately, the local business community pulls together and Starbucks Coffee donates plenty of hot coffee for volunteers and donors, and HEB donates warm cocoa for the young ones," he said.

The Jack Brown Cleaners drop off location near 2222 and FM 620 reported collecting over 965 coats from donors in the Four Points area last year, and over three days, the Brandy & Gene added 193 warm coats to that total topping their record of 113 coats from the previous year. "Many people told me that seeing us standing out in the cold collecting coats reminds them to go home and go through their closets for warm coats too," Brandy said.

One of the reasons the RE/MAX1 Real Estate Team was able to collect so many coats in such a short period of time was the support they received in helping to get the word out. The School in the Hills, Montessori School in Steiner Ranch puts out bins inside their school, the Steiner Ranch Moms groups post on their sites & River Place Theatre Group are all huge supporters for this event and without them we couldn't make the impact that we are able to make. Thank you to all who help us to bring this event together and contribute to keep kids warm, said Brandy Finessey.

MORE ABOUT COATS FOR KIDS

Now in its 26th year, Coats for Kids is an annual community project that collects and distributes warm winter coats to eligible children and teenagers in Central Texas. Each year, The Junior League of Austin, Jack Brown Cleaners, KASE 101, and KVUE partner to bring the community together to ensure that the children of Central Texas stay warm. Last year, with the help of our sponsors and community volunteers, Coats for Kids distributed approximately 30,200 new and gently used coats to young people in Central Texas. As we prepare for the Coats for Kids Distribution Day, we look forward to the continued support and participation of the Central Texas community.



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Cedar Fever or Common Cold?

Knowing the Difference is Key to Effective Treatment

WINTER IS CEDAR FEVER SEASON

The common cold and the Mountain cedar allergy called "Cedar Fever" often begin the same way: runny nose, sneezing, sinus pressure, scratchy throat, and headache. Yet knowing the difference between a cold and cedar pollen allergies can be very important when it comes to effective treatment options.

Cedar Fever is the popular term for cedar pollen allergies, which strike many residents in Central Texas during the winter months, when mountain cedar plants emit large amounts of pollen. The common cold, meanwhile, is caused by a virus and can occur any time of year. The problem is that the cedar season is also the height of the cold and flu season.

COLD VS. ALLERGY SYMPTOMS

"Despite the many similarities in symptoms between Cedar pollen allergies and a cold, there are some clear indications that can help you understand which condition you are suffering from," says Dr. John Villacis, an allergist and immunologist with The Austin Diagnostic Clinic (ADC). "While a cold and related symptoms may only last a few days to one or two weeks, symptoms of cedar

pollen allergies may persist for several weeks or months."

Another important difference in symptoms has to do with the excess mucus production that both conditions tend to produce. While people with a cold may experience discolored mucus, those with cedar pollen allergies will experience clear mucus production. And while people with a cold may develop a fever, people who have cedar pollen allergy will not develop a fever.

WHEN IN DOUBT, ASK A DOCTOR

Dr. Villacis says people who are not sure if they have a cold or cedar pollen allergies should consult with a physician as soon as possible in order to get an accurate diagnosis and effective treatment options.

John Villacis, M.D., is an allergist and immunologist for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than seven locations throughout Austin and Central Texas. Dr. Villacis sees patients at the ADC Main Clinic, at 12221 North MoPac, and at ADC Circle C, 5701 West Slaughter Lane, Building C. For more information, visit www.adclinic.com or call 512-901-4052.

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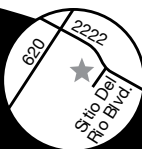
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