

RANCH RECORD

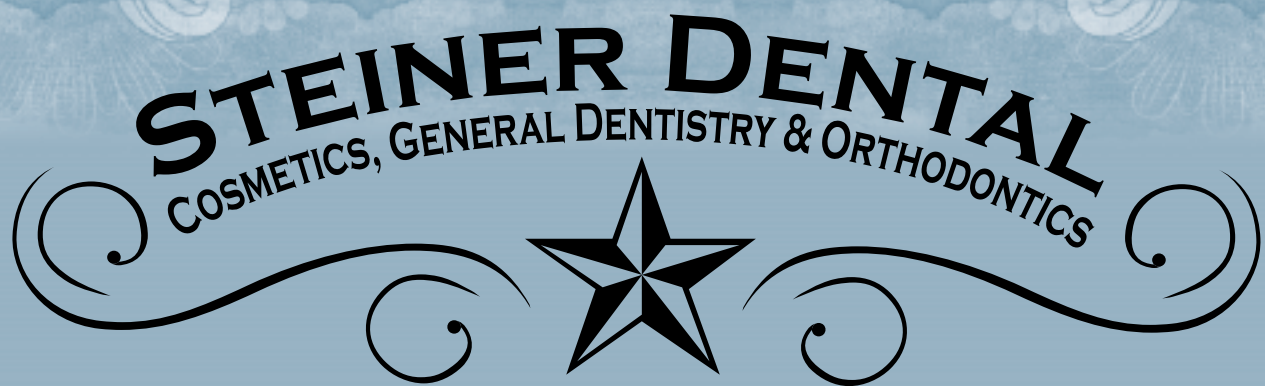
Official Newsletter for the Steiner Ranch HOA

VOLUME 7 ISSUE 3

MARCH 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

STAFF

CMCA, AMS, PCAM, Executive Director

Scott Selman scott@steinerranchhoa.org

CMCA, AMS, Community Coordinator

Sharon Adams sharon@steinerranchhoa.org

CMCA, AMS, Maintenance Manager

Rafael Echazarreta rafael@steinerranchhoa.org

Accounting Controller

Christopher Ruiz cruiz@steinerranchhoa.org

Accounting Coordinator

Melissa Rivera melissa@steinerranchhoa.org

Community Standards Coordinator

Mackal “Mack” Taylor mack@steinerranchhoa.org

Amenity Coordinator

Patricia Campbell patricia@steinerranchhoa.org

Front Office Coordinator

Donan Grant donan@steinerranchhoa.org

Maintenance Technician

Angel Alvarado
Macedonio Salazar
Ricardo Gonzalez

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 512-974-2000

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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Sign up to receive the Ranch Record
directly to your inbox.
Visit PEELinc.com for details.



TORNADOS

Home Athletics Schedule March/April 2013

DATE	SPORT	OPPONENT	TIME
3/8	SB	Mary Hardin-Baylor (DH)	5:00 p.m.
3/9	SB	Mary Hardin-Baylor (DH)	2:00 p.m.
3/12	BB	Dallas (DH)	3:00 p.m.
3/22	BB	Sul Ross State	7:00 p.m.
3/23	BB	Sul Ross State (DH)	1:00 p.m.
3/28	SB	Texas Lutheran (DH)	2:00 p.m.
3/28	BB	Mary Hardin-Baylor	7:00 p.m.
3/29	BB	Mary Hardin-Baylor (DH)	1:00 p.m.
3/29	SB	Texas Lutheran (DH)	2:00 p.m.
4/9	BB	Trinity	7:00 p.m.
4/12	SB	Hardin-Simmons (DH)	4:00 p.m.
4/13	SB	Hardin-Simmons (DH)	2:00 p.m.
4/15	BB	Southwestern	7:00 p.m.

BB (Baseball)
SB (Softball)

**CTX Athletics is Now
Accepting Tornado Club
Applications!!!**

**Sign Up for the
Friends of Concordia
Golf Tournament on April 1!!!
alumni.concordia.edu/golf**

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 very difficult to choose as we had so many great bluebonnet photos! This one was taken by Lisa Segura of her three children, Cameron, Avery, and Eric from last Spring 2012, just behind the entrance sign for Las Brisas. Hopefully there will be a great crop of bluebonnets again this year!

Do you take great photos?

Would you like to see your photo published?

We are looking for great cover photos for upcoming April issue of the Ranch Record.

REQUIREMENTS FOR SUBMISSION:

- Must have been taken in Steiner Ranch (some exceptions)
- 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 April 2013 issue submittal deadline is March 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.

Table of Contents

AROUND STEINER

- 6 Steiner Superheroes
- 6 2013 Steiner Ranch Social Events
- 8 18th Annual Easter Egg Hunt
- 10 Happy Birthday!
- 10 Spring Neighborhood Garage Sale
- 12 Young At Heart Events
- 13 Run the Ranch 5K & Kids Fun Run
- 14 Firewise Reminders / Steiner Serves
- 15 Steiner Moms & Tots
- 16 Mom to Mom
- 18 Nesting Season for Endangered Birds
- 18 Lance Armstrong
- 20 Saddle Up and Ride!
- 22 Scrap-A-Thon / It's Snake Season
- 23 Worried About Crime in Your Neighborhood?
- 23 Where Am I?
- 23 Spring Break Camps
- 24 Steiner Ranch Summer Camps
- 25 2013 Winter/Spring Programs
- 25 Workshop Series
- 26 Walk Strong for Women

POOL & SWIMMING NEWS

- 31 Year Round Swimming Program for Adults
- 31 News from the Pool Committee
- 32 Spring Pool Hours
- 34 Steiner Stars Summer League Swim Team
- 35 Stars Pool Usage

SPORTS NEWS

- 36 Austin Elite Swims to Disney
- 37 Run for a Purpose 5K and Kid's K

FROM THE ASSOCIATION OFFICE

- 38 Come Serve on the SRROA Board of Directors
- 38 Yard Waste Pick Up
- 39 Sidestepping Solicitors

SCHOOL NEWS

- 40 Electronics Recycling

BUSINESS SECTION

- 42 Seven Business Networking Groups in the Area

NEWS YOU CAN USE

- 44 Be Smart About Spring Planting
- 46 Where Does Your Income Go?
- 48 Ready, Set, Serve!
- 50 Together, We Can Cure Duchenne
- 52 A Focus on Healthy Snack Ideas
- 53 Player4Life

KIDS STUFF

- 54 Sleepwalking

IN EVERY ISSUE

- 28 Calendar
- 43 Teenage Job Seekers
- 43 Classifieds

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Around Steiner



STEINER SUPERHEROES

I wanted to share the attached picture and story of how 16 amazing girls (14 whom live in Steiner) advanced with their Viper Pop Warner Cheer Squad to the National Competition at the ESPN center in Florida!

The prestigious "Spirit of the Sport" Award was presented to one JPW squad (out of 103 competing that day) that demonstrates and promotes sportsmanship through ethical behavior, respect towards others, responsibility, and good character as voted on by all the staff and volunteers working at the National Championships. FPPW is extremely proud of this team for being recognized as exemplary ambassadors of our organization and showing the nation the true Spirit of the Sport. - team coached by Kristi Wynn and Kathy Hebdon

2012 JPW Vipers National Spirit of the Sport - Winner

Bottom row - Jane King, Abby Wignall, Joy King, Sky Wynn, McKenzie Couch, Katelynn Hiler

Middle row - Danni Fruge, Katelyn Wignall, Allison Newton, Regan Arnold, Ava Nelson, Coach Kathy Hebdon

Top row - team mom Kristin Hiler, Head Coach Kristi Wynn, Kendall Voelkel, Izzy King, Isabel Hebdon, Audra Voelkel, Alex Fruge

Mark Your Calendars 2013 Steiner Ranch Social Events

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 11

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 8-10

Fall Scrap-a-Thon

NOV 16

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.steineranchhoa.org and Facebook (Steiner Ranch Social Committee) for updates.





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19TH ANNUAL EASTER EGG HUNT

Saturday, March 30th | 9:00am – 11:00am | John Simpson Park

Hunt Starts at 10:00am (sharp) – Don't be late or you'll miss the hunt!

Rain or Shine

**Easter Bunny
Face Painters
Balloon Twister**

**Pony Rides
Petting Zoo
And.....**

Thousands of Easter eggs will be placed on the grounds of John Simpson Park and all children ages 10 and under are invited to gather for this “eggstra” special event. Bring your camera for special photo opportunities with the Easter Bunny!

Participants should start lining up along the sidewalk next to their dedicated age group at 9:55am. Please wait for the Fire Truck or Air Horn to sound their horn for the big start. To ensure all children leave with eggs, we ask each child to limit their eggs to ONE DOZEN. Please keep this in mind when your child is on the HUNT. All children will be divided by age group and there will be two “special eggs” in each age group for a special prize sponsored by area businesses!

AGE GROUP LOCATIONS:

Ages 2 & under (accompanied by parent)

Open area between the two mailbox kiosks

3-4 Year Olds

In the area to the left of the volleyball court

5-6 Year Olds

In the area to the right of the volleyball court

7-10 Year Olds

In the playground

Please Register so the Easter Bunny know how many eggs to hide! To register on-line go to <http://steineregghunt2013.eventbrite.com/>

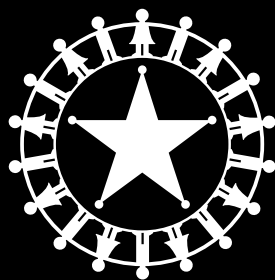


PLEASE HELP!

WE NEED Egg Wranglers – With over 10,000 eggs to hide, we need your help the morning of the event! Please come to the John Simpson Park on Saturday, March 30th by 8:00am. Coffee will be provided for all the early morning helpers! This is a great way for the older kids to be involved and earn Community service points too!

Please email Sharon Adams, Community Coordinator at sharon@steinerranchhoa.org if you can help.

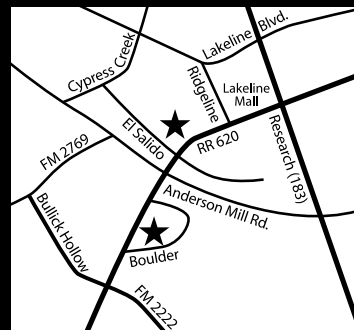




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www.bluebonnetschool.com

Around Steiner



BIRTHDAY

MARCH 1ST
KATE KNAUS

Spring Neighborhood Garage Sale

Spring has sprung and it is time to clean out the closets and make that garage a 2-car garage again! The semiannual Steiner Ranch neighborhood garage sale is just around the corner, Saturday, April 13th from 8:00am to 12:00pm.

As over the past few years, the Gene Arant Team of Keller Williams Realty will be setting up their After Garage Sale Drop-Off, to receive your clothing and household items of donation and deliver accordingly. The recipients of this year's donated items will be SafePlace, Mobile Loaves & Fishes, and neighboring in need families.

The drop off site is the former Welcome Center, now the Real Estate Welcome Center and home to the Gene Arant Team, located at 4304 N. Quinlan Park Rd. Donation times will be accepted immediately following the garage sale, 12:00pm to 2:00pm. If you have any questions or would like to volunteer to help with the loading and/or delivery, please call us at 512.261.1000.

HAPPY PURGING!

The Heart to Heart 5th grade girls Christian Club will be hosting a Bake Sale throughout Steiner. Proceeds will benefit families in the Steiner area, the Andrades and the Crawfords, and The Dell Cancer and Blood Project.



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Brandy.MyAustinHouse.com



WHAT MAKES YOU DIFFERENT?

That's the #1 question that homeowners ask when interviewing real estate agents. There are LOTS of answers, but here is ours.

Get your calculator and figure the commission you are paying. Yes, it's a sizeable sum of money. **Shouldn't your agent be willing to "INVEST" their own dollars** to earn that commission and to give you the best chance at getting Maximum Value for your home? I hope you agree they should!

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7. Professional Photos
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9. Custom Multi-Page Brochures

The cost to you? **\$0, nada, zilch, zippo** -- because Brandy is so confident in her proven process, she is willing to invest her own money to prepare your home to get Top Dollar before it ever goes on the market! That's also why Brandy can **GUARANTEE to sell your home in 60 days or less!**

Check out WHY Brandy not only has a proven success rate, but also why her clients nominated her to be a **5 Star Real Estate Agent** & subsequently won the Award based solely upon client feedback researched by *Texas Monthly*. Only 7% of agents within our area can earn this award. Make sure you are not only working with an agent who focuses in our neighborhood, but one that has a **proven track record of satisfaction** and doesn't just say it.

**Steiner Ranch
Real Estate**

**WHEN YOU WANT TO MAKE ABSOLUTELY CERTAIN THAT
MORE QUALIFIED BUYERS WILL SEE YOUR HOME!**

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. Residents 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:

TOUR OF GOVERNOR'S MANSION

Monday March 25th, 10 AM: The Governor's Mansion is again open for tours! Built in 1856 and beautifully restored after a devastating fire in 2008, the Mansion contains a valuable collection of art and antiques. Information for the Mansion to conduct a security check must be submitted to Dottie Thoms by March 5th. Contact Dottie Thoms at dottie.thoms@gmail.com for more information.

BOOK CLUB

Tuesday, March 12th, 12:30 PM: The Paris Wife by Paula McLain

BRIDGE - LADIES SOCIAL

Wednesdays, March 13th and 27th: An afternoon of Bridge and conversation. If you would like to play regularly or substitute, contact Young at Heart with your information. Additional groups are being formed.

BRIDGE - EVENING

Experienced Bridge players get together monthly for dessert and Bridge.

BUNKO

Thursday, March 21st, 7 PM: Enjoy a light-hearted game of Bunko and light refreshments.

CANASTA

A friendly casual game of Canasta takes place in the homes of members. Dates and times are chosen by the group. If you enjoy playing or would like to learn, please contact Young at Heart.

CONCERTS AND PLAYS

Attendance at various musical and theatrical events are planned for small and large groups of Young at Hearts.

DINNER GROUPS

Groups of eight people (both couples and singles) get together to enjoy dinner and lively conversation four times over a six month period. Groups are organized to dine either in restaurants or in each other's homes. The next groups will be set up in June.

EPICUREANS

Saturday, March 23rd, Moroccan Cuisine: Space limits the number of people who can participate in this adventurous group of cooks. Theme dinners, cooking classes, visits to wineries are among the activities. Put your name on the waiting list if you love to cook, entertain and eat!

EXPLORING AUSTIN

Occasional trips in and around Austin to visit places of interest. In March we are having a tour of the Governor's Mansion.

GAME NIGHT

Friday, March 1st, 7 PM: Couples get together to play various Board

Games, Charades, Pictionary, etc.

GARDEN CLUB

Thursday, March 28th: Guided Tour of the Lady Bird Johnson Wildflower Center

HAPPY HOUR

Wednesday, March 20th, 5 PM: Soleil

HIKING

This group of avid hikers gets together to hike trails in Steiner and around Austin. Dates and places are decided by the group.

LADIES GOLF

Tuesdays, March 5th, 12th, 19th and 26th: Falconhead - If you'd like to play golf with the Steiner Ranch ladies, please contact Young at Heart.

LADIES LUNCHING OUT

Tuesday, March 19th, Noon: 360 Uno Trattoria (Café Uno) Each month the ladies meet for a casual social lunch.

MEXICAN TRAIN (DOMINOES)

Wednesday, March 6th, 1 PM: Mexican Train is easy to learn and fun to play. Join the ladies for an afternoon of fun and conversation. An evening Mexican Train group is also being organized.

MOVIE LOVERS

This group of avid movie fans selects a film to view and discuss. Those in the group are notified of the movie, date and time. If some cannot attend with the group, they may see it on their own and get together with the group to discuss it. If you want to participate, please contact Young at Heart.

ROMEO (RETIRED OLD MEN EATING OUT)

Monday, March 11th: You don't have to be old or retired to enjoy having lunch with the Guys at various restaurants in the Austin area.

TECHNOLOGY USERS GROUP

Thursday, March 14th, 1 PM: Topic: Basic email and how to attach information and photographs to your email. The Users Group is by and for YAH members and is for both beginner and intermediate levels. Volunteers facilitate this session and participants share tips.

WALKING GROUP

Thursdays, March 7th, 14th, 21st and 28th, 8:30 AM: This 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 their beverage of choice and an appetizer to share. Alternates monthly with Happy Hours. The next Wine Social will be in May.

RUN THE RANCH

5K & KIDS FUN RUN



SAVE THE DATE | MARCH 2, 2013

Runners and walkers of all ages are invited to join the
2013 Run the Ranch 5K & Kids Fun Run.

The race will take place at the Towne Square Community Center. Participants will enjoy a fun-filled morning of racing, awards, goodie bags, vendors and kids activities.

www.runtheranch.org



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JOIN US FOR GOLF AND A GREAT CAUSE!

DATE: Tuesday, April 30th
11:00 am Registration - 1:00 pm Start
LOCATION: River Place Country Club

FORMAT: 4-person scramble

COST: \$165 per golfer*

*Includes lunch, dinner and lots of swag

Dinner provided by:

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Pizza & Pastaria
Homestyle Italian Cooking

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www.colinshope.org

Questions about the event?
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Firewise Reminders

Spring is upon us, and soon flowers will be blooming, grass growing, and all of the greenbelts will be green once again. With the beautiful spring colors and new growth also comes the warmer temperatures. In addition, a quick glance at Lake Travis is a constant reminder of the lack of rain in our area.

For these reasons, the Firewise Committee would like to remind the residents of Steiner Ranch of the need to organize and hold workdays in your community. We need to be ever vigilant in removing the underbrush

and dead limbs and trees that only serve as fuel for a wildfire. The temperatures are still moderate this time of the year, so it is an ideal time to remove excess fuel from our greenbelt areas. If you would like help in organizing a workday in your area, please contact the Committee at sfirewise@gmail.com. In addition, The Homeowners Association has scheduled Spring Trash dates for the week of March 25-29 and again during the week of April 8-12.



Steiner Serves

Steiner Serves is pleased to announce that the charitable organization for the month of March is 'SafePlace'.

SafePlace exists to end sexual and domestic violence through safety, healing, prevention and social change – through a variety of programs and services. For additional details: www.safeplace.org.

If you would like to get involved, you can do so in a couple of ways: Contribute items for Easter baskets that we are making for all of the children in the shelter or provide donations for a variety of items on the shelter's 'hot list'. To learn more about our efforts for this month, please go to our Steiner Serves FaceBook page: <http://www.facebook.com/groups/SteinerServes/> or contact Viviane Peterka at viviane@viviane.us or Melinda Blair at ohmelinda@gmail.com

The women and children of SafePlace thank you in advance for your kindness and generosity!

If you know anyone who is being emotionally, sexually or physically abused please refer them to our SafePlace Hotline (267-SAFE), or for additional information on all of our programs visit www.safeplace.org. We are located at 1515 Grove Boulevard in Austin, TX.



STEINER MOMS & TOTS

Steiner Moms & Tots is a group for moms and families looking for fun, friendship, support and sanity close to home! Moms & Tots was founded in 2011 and has quickly grown to over 200 members with an active event calendar. Moms and primary care givers of middle-school aged children and younger are encouraged to join our group. Steiner Moms & Tots schedules kid-friendly and mom-focused events at different times and locations. While a large portion of our events focus on children ages 5 and under, we offer opportunities for any interested member of join and enjoy. For convenience, we limit our membership to moms living within a 5 mile radius of Steiner Ranch.

Over the past year, we have hosted 346 events ranging in size and focus. In 2012, our group organized and executed the Steiner Ranch 4th of July parade event and Halloween event and Trunk or Treat. Our annual events include a Thanksgiving potluck, holiday party and toy drive, Christmas cookie exchange, and boat cruise. Ongoing events include Mom's Night out, park playdates, book club, lunches for working moms, and activities around town and in members' homes. Events are constantly being added, and all members are encouraged to host and attend events that fit their schedules and interests.

Moms & Tots is organized and managed through Meetup.com—to join our group, please register and complete a profile at: <http://www.meetup.com/Steiner-Moms-Meetup>. An annual \$15 membership fee is required for each member.

Now is a great time to get involved in the group! If you are new to Steiner Ranch or are just looking to expand your connections or social calendar, please check us out. We are hosting our annual Member Meeting on Thursday, March 28th at 8pm. This is a great opportunity to learn more about us and see how you can get involved. For additional information on Steiner Moms & Tots, please contact Morgan Briscoe at: 512-413-6112 or morgan.briscoe@gmail.com.



Have you created or updated your will or trust?

Have you reviewed your will since moving to Texas?

Is your business succession planning documented?

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Around Steiner



mom to mom

for moms of all ages

“Bullies and Mean Girls: How to Prepare, Protect and Empower Your Child”

WEDNESDAY | APRIL 10 | 7 PM | LAURA WELCH BUSH ELEMENTARY

Speaker: Linda Anderson, Founder & Author of “Mom to Mom”

This is a free event. For questions, contact Tonya Esler @ 512.215.9802 or Tricia McEuen @ 512.382.0440



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EVOO 101

What's In YOUR Olive Oil?

IMPOSTERS: Did you know that most olive oils labeled “extra-virgin” are not? Most of the extra virgin olive oil (or EVOO) sold to your local grocery store has been adulterated with other oils and made with factory processes that destroy most of its nutrients. The United States doesn’t abide by the standards of the International Olive Oil Council—the term “extra-virgin” has no true meaning here.



FRESHER IS BETTER. Olive oil has been revered for its health-giving properties for centuries. In its freshest, most vital state it is rich in antioxidant polyphenols, essential fatty acids, and vitamins and has been shown to reduce risk of cancer, increase cognitive function and lower blood pressure and cholesterol. These

healthful compounds are perishable; as soon as the olives are harvested from the branch their nutritional value begins to diminish—not good for long hauls and warehouses. Commercial processing further destroys the oil’s nutrient content and, along with light exposure from clear bottles, slashes the oil’s shelf life dramatically and turns the oil rancid more rapidly.



THE REAL DEAL. The freshest oils will smell grassy and have a peppery taste. At Con'Olio, we encourage you to taste before you buy and check our harvest dates so you know you're getting the freshest, highest quality oil in the world. The first and finest locally-owned and operated oil & vinegar shop in Austin, we're proud to offer you pure, unadulterated EVOO that's chemically tested for authenticity and bottled in dark glass. Come see us and taste the fresh difference for yourself! Mention this ad for 20% off oil & vinegar purchases.



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Around Steiner

Nesting Season for Endangered Birds

Two endangered species of birds, the Black-Capped Vireo (BCV) and the Golden-Cheeked Warbler (GCW), will again be making their home in Steiner Ranch this spring. These songbirds are native to this area and their nesting seasons begin soon. Why is this important to know? Several of the trails established in Steiner Ranch make their way through the Balcones Canyonland Preserve (Powerline Hill and Eastridge trails) where many of the birds reside. The birds are especially sensitive to environmental changes during nesting season. The established trail rules were designed to minimize the effect humans have on the birds during this period. Though the Steiner Ranch Master Association (SRMA) has the right to install and maintain trails in the Preserve, violations of these rules could force closure of the trails through the end of the nesting season.

GCW Nesting Season – March 1st through July 31st

BCV Nesting Season – March 15th through August 31st

Please review the following trail rules before your next hike:

The trails are for Steiner Ranch residents, their guests, and persons with written authorization from Taylor Woodrow Communities/Steiner Ranch, Ltd. ONLY.

- Trail hours are from dawn until dusk. No access allowed after dark.
- Use of the trails is at your own risk.
- Only use of designated trails is allowed. Leaving designated trails is prohibited.
- No motorized vehicles are allowed.
- No horses are allowed.
- No feeding animals.
- Bikes are allowed only on Hike-and-Bike Trails. Bikes must yield to pedestrians.
- No loitering.
- No hunting.
- No cooking, fires, or smoking.
- No camping.
- All pets must be on a leash at all times.
- No littering or dumping is allowed.
- Do not disturb natural landscapes. Be cautious of plants and wildlife in their native habitat.

In addition to the rules above, the following apply only to the Permitted Trails in the Conservation Easement (Powerline Hill and Eastridge trails):

- No picnicking.
- No tape recordings of birdcalls or other wildlife.
- Access permitted at trailhead access points only.



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Lance Armstrong:

Hero, Fiend or Somewhere In-Between

Over the past decade, the airwaves have been inundated with news reports about Lance Armstrong, sending most of us on an emotional rollercoaster. Stories ranged from Lance Armstrong's seven Tour de France wins, his fight against and victory over cancer, his failed romances with his wife and then Sheryl Crow, his achievements in helping millions of people fight cancer through the Livestrong Foundation to the latest... allegations and now admittance to doping.

These days most people you talk to about Lance will convey their disappointment and his betrayal or their complete disgust. Many cyclists share these same feelings and are hurt more than any group. In spite of this, some are able to step back and look at the big picture and look beyond the media hype. Lance has clearly cheated himself and others, jeopardizing his and others' place in history. This fact can no longer be refuted and the USADA, which is a tax-payer funded agency, was successful in taking down an American Hero and proving that Lance lied.

With all that being said, can you think of any single professional athlete that has used their success to help so many people in need?

Lance founded the Livestrong Foundation and through his Foundation has helped 2.5 million cancer survivors with free patient navigation services. These free services have been funded through more than 1,000 grassroots Livestrong Day events held in 65 countries annually to support the cancer battle. This was the obvious contribution Lance has made with his success but many don't realize that no single person has gotten more people on their bicycle and has motivated tens of millions of people to exercise eat healthy and think about nutrition. Moreover Lance's monumental success and comeback from adversity had inspired countless other people to battle whatever demons they were facing.

Will Lance inspire and help as many people as he had in the past, now that the USADA has successfully torn down the Armstrong legacy? Clearly the answer is no. Who will be the next American Hero who will take his or her status and do well for society? Hopefully, we will have another American Cyclist, in a new era of dope-free competition that can hit the world stage and use that status for good.

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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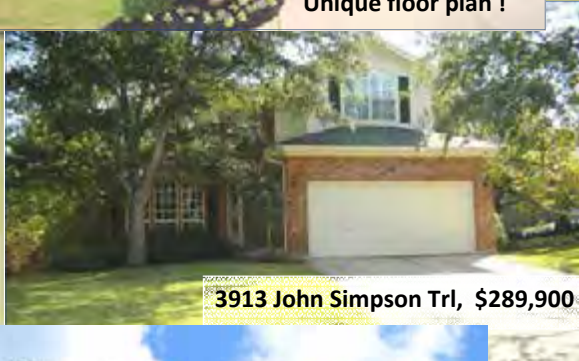


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SADDLE UP AND RIDE!

The Steiner Ranch Cycling Club is a group of fun loving cyclist that enjoy getting outside, burning calories, and meeting new people. Cycling is easy on your body, good for your health and a great way to build community.

FIRST FRIDAY RIDE March 1 – This is a social ride that will have anywhere from 50 – 100 riders and the ride is hosted by the Austin Cycling Association. The ride is designated for us helmet wearing, flashy light, responsible and law abiding cyclist. We start from the Capitol Building at 6:30pm and will end at Jack & Adams this month where refreshments will be waiting for us. This ride is about 8 miles long and people can head out downtown afterwards and meet family or friends.

Saturday March 2 – Meet at Cups & Cones at 8:30am for a 35 – 45 mile bike ride. This ride is designated for intermediate to advanced riders. We average a minimum of 17 mph and we rotate between the Triple B's, Cozy Cove, the Dam Loop, or the Avery Ranch Loop. While we try to keep the group together there is no designated sweeper for this ride.

Sunday March 3 – Meet at Cups & Cones at 8:30am for the Tour de Steiner Ranch. This ride is about 25 miles and is a NO DROP ride and all are welcomed. You should be able to average 14 mph for this ride.

Saturday March 9 – Meet at Cups & Cones at 8:30am for a 35 – 45 mile bike ride. This ride is designated for intermediate to advanced riders. We average a minimum of 17 mph and we rotate between the Triple B's, Cozy Cove, the Dam Loop, or the Avery Ranch Loop. While we try to keep the group together there is no designated sweeper for this ride.

Sunday March 10 – Meet at Cups & Cones at 8:30am for the Tour de Steiner Ranch. This ride is about 25 miles and is a NO DROP ride and all are welcomed. You should be able to average 14 mph for this ride.

Saturday March 16 – Meet at Cups & Cones at 8:30am for a 35 – 45 mile bike ride. This ride is designated for intermediate to advanced riders. We average a minimum of 17 mph and we rotate between the Triple B's, Cozy Cove, the Dam Loop, or the Avery Ranch Loop. While we try to keep the group together there is no designated sweeper for this ride.

Sunday March 17 – Meet at Cups & Cones at 8:30am for the Tour de Steiner Ranch. This ride is about 25 miles and is a NO DROP ride and all are welcomed. You should be able to average 14 mph for this ride.

Saturday March 23 – Here is a great ride for the family. The LBJ 100 www.lbj100bicycletour.org which features everything from a family

friendly 10 mile ride up to a metric century. This is a great opportunity to take your family out and visit the LBJ National Historical Park. There will also be the standard Steiner Ranch ride for those of you that don't head out to the LBJ 100 ride. That ride will start from Cups & Cones at 8:30am.

Sunday March 24 – 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 and live music. The ride is about 34 miles and there is a beginner, intermediate and advanced ride.

Monday March 25 – Cyclist in Suits Day is Texas Bike Lobby Day at the Capitol. If you would like to join us please visit <http://www.biketexas.org/advocacy/cyclists-in-suits/texas-bike-lobby-day-2013-march-25-cyclists-in-suits-register>

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.steinerranchcycling.com or you can LIKE our Facebook page "Steiner Ranch Cycling".

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

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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.





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Around Steiner

STEINER SCRAPPERS

Scrap-A-Thon

Steiner Scrappers will be dedicating hours of hard work and exceptional creativity at the Steiner Scrappers Scrapbooking Marathon!

When: *Fri., April 5th at 6:30pm to Sun., April 7th at 4:30pm*

Cost: *\$25 for the entire weekend!*

(You will be responsible for your own meals)

Where: *Towne Square Community Center*

WHAT CAN I EXPECT?:

- No distraction from kids, spouse, or home
- One six foot long table of your very own for scrappin' (leave it set up the entire weekend)
- Fabulous gifts
- Meet old & new friends
- A Creative Memories Consultant with inventory for sale & supplies

Hurry! Space is limited to the first 25 reservations! First Come, First Served! Registration is available on-line at www.steinerranchhoa.org

IT'S SNAKE SEASON

In the spring time, snakes are hungry after a winter of being mostly dormant and will go wherever food is most easily found. Also, spring is breeding season, so males are actively seeking out females. Once summer comes around, snake activity during the daytime drops off because of the heat. Snakes generally find a cool spot to hide during the day. These cooler areas can be any number of places, such as under concrete slabs, in wood piles, or even in buildings. In the evenings they become active as they come out to look for food. What do you do if you find a snake? Bring the kids and come find out!!!

FREE Snake and Reptile Education Seminar

Sunday, April 14th at 2:30pm

Towne Square Community Center

Non-Venomous & Venomous Snakes will be present.

This is a popular seminar and will be standing room only!



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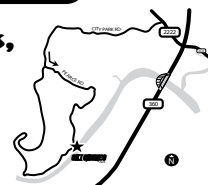
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Worried about Crime in Your Neighborhood?

Have you ever been curious about what goes on, in and around Steiner Ranch? There is a free online service that you can sign up for to get email alerts with all the activity that Travis County Sheriff's Officers respond to. To sign up, go to www.spotcrime.com. You can receive updates via email or text messages.

Where Am I?

Do you know the addresses for the Towne Square Pool or the Lake Club? If you have an emergency while you are at a Steiner Ranch facility and you call for help from your cellular telephone, the emergency dispatcher will not receive a display identifying your location. (For address identification, a call must originate from a landline telephone.) In the event of an emergency, the following names and addresses of Steiner Ranch facilities will help the dispatcher locate you:

Bella Mar Community Center (Pools, park, tennis courts, multi-purpose fields, etc.) - 12401 Bella Mar Trail

Towne Square Community Center (Pools, park, tennis courts, soccer fields, etc.) - 12550 Country Trails Lane

John Simpson Community Center (Pools, park, tennis courts, etc.) - 3506 John Simpson Trail

The Lake Club - 12300 River Bend Road

Flat Top Park and Athletic Fields - 13200 Flat Top Ranch Road

Savannah/Las Brisas Park - 12317 Capella Trail

Canyon Glen Park - 4114 Hughes Ranch Road

Majestic Oaks Park - 2836 Lantana Ridge Drive

SPRING BREAK CAMPS

Steiner Ranch will be offering two different camps over the Spring Break Holiday!

MARCH 11 - 15

Sportball Camp

Join the Sportball team for a spring break camp experience that your child will never forget! Children participate in the skills and games of seven different ball sports. Sports include soccer, hockey, basketball, baseball, volleyball, tennis, and golf. Camp will also incorporate arts-and-crafts, music, co-operative games, snack time, and theme days. Please bring a NUT-FREE snack and juice or water. Camps are run indoors with some outdoor activities depending on the weather.

Ages 3 - 7

½ day 9:30am - 12:00pm \$32 per day or \$150 weekly

Towne Square Community Center

Registration on-line at www.sportball.us.

MARCH 11 - 13

Lonestar Soccer Camp

For boys and girls ages U5 - U12 (divided in age groups), from beginner level, designed as an introduction to soccer, to the more advanced player, designed to enhance the player's technical development.

½ day 9:00am - 12:00pm \$150

Westridge Fields

Registration on-line at www.lonestarsoccercamp.com

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Around Steiner

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Registration for Summer Camps is now in full swing! Look for registration forms and current information on-line at www.steinerranchhoa.org. Here are some of the summer camps we will be offering:

- Dallas Cowboys Football Camp
- Lonestar Soccer Camp
- Brown's Gymnastics Camp
- Tap-N-Toe Hip Hop Camp
- Sportball Multi-sport Camp
- Steiner Tennis Camp
- JW Tumbles Camp
- LZM Art Camp
- Abrakadoodle Art Camp
- Kidventure Camp
- Mad Science Camp
- Lego Camp
- Culinary Cooking Camp
- Abrakadoodle
- KidzArt

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MARCH 31

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country style hymns (with Rick Trevino), an Easter message and breakfast OR...

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Lakeline Campus
12124 RR 620 N, Austin, 78750

REGISTRATION IS OPEN 2013 WINTER/SPRING PROGRAMS

2013 Winter/Spring Programs in Steiner Ranch has begun! Registration 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
- Tap & 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.



Join us for one of the many free workshops offered 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.

MARCH 19, 6:30PM TSCC

Home Office Sanity - How to turn your Piles of Clutter into Organized Files

Is your filing system a bunch of piles of paper all over the desk... and stacks on the floor? Do you know that your lack of organization is costing you money and precious free time? Learn the 3 things you can do right away to make your home office an organized oasis. Find the information you're looking for in 30 seconds or less. Less time wasted will mean less stress and more productivity for you.

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

APRIL 4, 7:00PM BMCC

Importance of Managing Coronary Risk Factors to Prevent the Development of Cardiac Disease

This is the leading cause of death in this country greater than the next 3 causes of death combined. We will discuss hypertension, hyperlipidemia, DM, obesity, smoking and Cardiovascular fitness. Presented by Doctor Benjamin Rosin, Steiner Ranch Resident, was the Director of Cardiology Torrance Memorial Med Center near Los Angeles and Clinical Professor of Medicine at University of Southern Calif. Dr. Rosin is an expert in the medical treatment of all above risk factors, congestive heart failure, coronary interventions including stents and pacemakers, cardiac rehabilitation, obesity, and physical fitness.

No RSVP required.

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



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Walk Strong for Women *Free Classes March 18th & 20th!*

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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.

Contact Shannan Carrozza if you have any questions at all!

shanc@WalkLiveAustin.com

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- \$8.00 per class after March 20th.



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March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	YAH - Young At Heart SMAT - Steiner Moms and Tots				1 6:00pm - Run the Ranch Packet Pick Up YAH Game Night	2 Grand Opening of UT Golf Club Tennis Facility Run The Ranch 5K and Kids K (TSCC)
3	4 6:30pm - FREE Yoga (TSCC)	5 6:30 pm - Facilities Committee Meeting (TSCC) YAH - Ladies Golf @ Falcon Head SMAT - Roller Skating	6 1:00pm - YAH Mexican Train	7 8:30 am - YAH Walking Group Newsletter Articles Due	8	9
 Daylight Savings Time Begins	11 YAH ROMEO 6:30pm - FREE Yoga (TSCC)	12 9:30am - Social Committee Meeting (Cups & Cones) YAH - Ladies Golf @ Falcon Head 12:30pm - YAH Book Club	13 8:30am - Free Walk Live (TSCC) YAH Bridge	14 8:30am - YAH Walking Group 1:00pm - YAH Technology Group SMAT - Galleria Wine Walk	15 SMAT - Working Moms' Lunch	16
Spring Break Camps: Sportball (TSCC) or Lonestar Soccer (Westridge Fields)						
17	18 9:00am - Free Walk Live Class (TSCC) 6:30pm - FREE Yoga (TSCC) 7:00pm - Firewise Committee Meeting (BMCC)	19 6:30pm - Home Office Sanity (TSCC) YAH - Ladies Golf @ Falcon Head 12:00pm - YAH Ladies Luncheon Out	20 9:00am - Free Walk Live Class (TSCC) 5:00pm - YAH Happy Hour - Soleil	21 8:30am - YAH Walking Group YAH Bunco	22	23 YAH Epicureans - Moroccan Cuisine 9:00am - 12:00pm - Computer Take Back (LWBE)
 24/31 2:00pm - 3:00pm - Stars Swimmer Evaluations (BM Lap Pool)	25 6:30pm - FREE Yoga (TSCC) 10:00am - YAH Tour Governor's Mansion	26 YAH - Ladies Golf @ Falcon Head	27 3:30 pm - SRMA Board of Directors Meeting (TSCC) YAH Bridge Club	28 8:30am - YAH Walking Group 6:00 pm - SRROA Board of Directors Meeting (TSCC) SMAT - Annual Meeting & Celebration	29 Good Friday HOA Office Closed	30 9:00am - 11:00am - Easter Egg Hunt (JS Park)
Spring Yard Waste Pick-Up Week						



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 6:30pm - Facilities Committee Meeting (TSCC)	3 YAH Bridge Club	4 8:30 am - YAH Walking Group 7:00pm - Importance of Managing Coronary Risk Factors (TSCC)	5 6:00pm - Scrap-A-Thon (TSCC)	6 All Day - Scrap-A-Thon (TSCC)
7 All-Day - Scrap-A-Thon (TSCC)	8 6:30pm - FREE Yoga (TSCC) Newsletter Articles/Photos Due	9 9:30am - Social Committee Meeting (Cups & Cones)	10	11 8:30 am - YAH Walking Group	12	13 8:00am - 12:00pm - Spring Neighborhood Garage Sale
14 2:30pm - Snake Seminar (TSCC)	15 YAH ROMEO 6:30pm - FREE Yoga (TSCC)	16 YAH Ladies Lunching Out 6:30pm - Your Garage: Are You Able To Park Your Car In It? (TSCC)	17 YAH Bridge Club	18 8:30am - YAH Walking Group YAH Garden Club 7:00pm - YAH Bunco (BMCC)	19	20 9:00am - 5:00pm - American Red Cross Babysitting Class (TSCC)
21 Swim Team Parent Meetings	22 6:30pm - FREE Yoga (TSCC) President's Day 6:30 pm - Firewise Committee Meeting (BMCC)	23 6:30pm - SRROA Annual Meeting (TSCC)	24 3:30pm - SRMA Board of Directors Meeting (TSCC)	25 8:30 am - YAH Walking Group 6:00pm - SRROA Board of Directors Meeting (TSCC)	26	27
28 Flag Day	29 6:30pm - FREE Yoga (TSCC)	30 YAH Cinema Club 6:30pm - SRMA Annual Meeting (TSCC)				

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this Spring.



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March 20th

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See details below

Wednesday March 20th, 11-1. Attendees will receive special pricing on Sculptra purchased at the lunch, and we will have generous door prizes! Come learn about a filler that lasts over 2 years and gives you a youthful, natural appearance.



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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!

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News from the Pool Committee

The Winter season is over, Spring has begun, and the pool committee is finishing up plans for the summer season. You'll see some minor changes this season, like a new communication board just inside the gate to the Bella Mar Lap pool. Here you will find information on Stars practice schedules, and when the pool will be closed for swim meets and other activities. Since our pool facilities are heavily used throughout the summer, we hope this addition will help keep you informed so you can enjoy the use of the pools, whether it is as a swim team, enjoyment in the sun, or as a way to just relax.

Last year we had an increase in usage among all facilities and also on an hour by hour basis, yet the actual pools were less crowded with uninvited patrons. With increased usage of the pools on a more consistent basis, demands of the facilities increased and we noticed some drainage issues at Bella Mar. Those have been fixed for the most part; we're still exploring some other issues, and should reduce the amount of mud that was getting into the pool during the summer.

Last year several issues were at our forefront and will remain a focus this year, they include: Cleanliness of the pool, Safety, and Usage. While there may be times where the pool has debris in it, we've taken steps to minimize this from occurring. We have hired an additional staff member to help with cleaning the deck, the tiles, skimming debris, etc. . . and organizing the pool deck. We're hoping this year your experience will be more enjoyable from a cleanliness perspective. Of course no amount of attention will prevent all debris from entering the pool so if you would please remove leaves or let the lifeguards know if you see an issue that concerns you. Your help will keep the pools looking great year round.

Scheduling pool usage is always a concern, and the Pool and Facilities Committee try to find a balance for all users. The Steiner Stars will be back for another exciting year with the same practice schedule as last year. One change for this year is having all home meets falling within the month of June so that July 4th weekend is free for recreational swimming. Thank You Stars Swim Team; we appreciate your willingness to work on your schedule with us.

Finally safety is always our greatest concern, so this summer we will be bringing back gate guards to the pools. When looking at usage, we will be focusing gate guards full time at Bella Mar and on weekends at the other facilities. These gate guards are there to make sure all those using the facilities are supposed to be there and that the environment is safe and friendly. If they ask you for your facility key fob and are verifying your status it is to make sure we have paying members and their guests only at the pools (One household can bring up to 4 guests each day). If you are attending Bella Mar, due to its multiple entries and in an effort to maintain a safe environment we will be limiting the side gate access during the summer. PLEASE DO NOT PROP OPEN THESE GATES AND ONLY ENTER THROUGH THE FRONT ENTRANCE.

There's more to come, and we look forward to another successful year at the pools.

Pool & Swimming News

SPRING POOL HOURS

It's getting warmer outside, and that means more people at the pools. Remember that the Bella Mar Lap pool is for Lap Swimming and children that are not potty trained are not allowed in this pool:

BELLA MAR – (LAP POOL HEATED)

Monday 2:00pm – 10:00pm

Tue-Sun 7:00am 10:00pm

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

Sunday 6:30am – 7:45am

VHS Swimming - Monday - Friday 7:45am – 9:15am

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

Practice Exceptions for March: No practice March 1st, March 5th, March 11 – 15th, or March 29th.

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

TOWNE SQUARE – (UNHEATED)

Closed Monday until 12:00pm

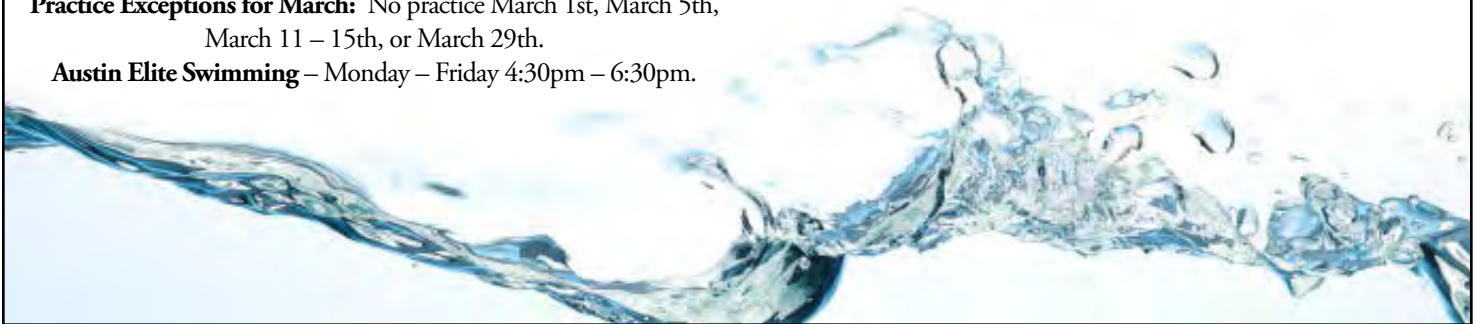
Tuesday – Sunday 8:00am – 10:00pm

John Simpson – (unheated)

Closes Monday at 2:00pm

Tuesday – Sunday 8:00am – 10:00pm

*Please note**Lifeguard are not on duty.
Swim at your own risk.*



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Pool & Swimming News

STEINER STARS SUMMER LEAGUE SWIM TEAM

The Steiner Stars Swim Team is getting ready for registration and the 2013 summer swim season. Last year over 700 swimmers participated in our competitive league swim teams as well as the Shooting Stars developmental league. If you are interested in joining the team this summer, please go to the Steiner Stars website to get all the important information about the upcoming season and registration.

There are two competitive summer league teams in Steiner Ranch for swimmers ages 5-17. The season will run from April 29th – July 7th. Starting April 29th both teams will practice two times per week after school until school is out. Starting June 10th both teams will practice four times per week. Stars Red will practice in the morning and Stars Blue will practice in the afternoon. Swim meets are scheduled on Saturday mornings from May 25th through July 6th. Swimmers with qualifying times have the option to swim in the Invitational meet on July 7th at the University of Texas Swim Center.

Residents must be in good standing with the HOA in order to register and there are volunteer requirements for participation in the league. Space in each age group is limited and in order to participate the child must be 5 or older by May 1st, 2013.

REGISTRATION DETAILS

Returning Family Registration will be online from March 17th – March 23rd. New Family Registration information will be announced on our website. www.steinerstars.org

NEW SWIMMER EVALUATIONS

The Steiner Stars Swim Teams are intended to be recreational but minimum swimming requirements apply. This year, Steiner coaches will be conducting swimmer evaluations for children ages 5-7 to help parents assess whether or not their child appears ready to participate in the league. Any new swimmer may attend the following free session at the Bella Mar lap pool. March 24th – 2pm-3pm

Please see the Bella Mar Swim schedule to know about Lap pool closures.



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Stars Pool Usage

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
AM	5-May	6-May	7-May	8-May	9-May	10-May	11-May
PM		Bella Mar: 3:30-7:30 PM					
AM	12-May	13-May	14-May	15-May	16-May	17-May	18-May
PM		Bella Mar: 3:30-7:30 PM					
AM	19-May	20-May	21-May	22-May	23-May	24-May	25-May
PM		Bella Mar: 3:30-7:30 PM					
AM	26-May	27-May	28-May	29-May	30-May	31-May	1-Jun
PM		MEMORIAL DAY	Bella Mar: 3:30-7:30 PM				Home Meet Bella Mar
AM	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun
PM		Bella Mar: 3:30-7:30 PM					Home Meet Bella Mar
AM	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun
PM		Bella Mar: 7:30am-12:30pm					
AM	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun
PM		Bella Mar: 1:30-6:30pm	Red v Blue 7:30a-12:30p	Red v Blue 3:30 - 10p	Bella Mar: 7:30am-12:30pm		Home Meet Bella Mar
AM	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun
PM		Bella Mar: 7:30am-12:30pm					Home Meet Bella Mar
AM	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul
PM		Bella Mar: 2:30-6:30pm	BMCC: 7:30a-12:30p	July 4th			
AM	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul
PM		Party/BMCC 4-8 PM	John Simpson: 7:30 AM - 12:30 PM				
AM	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul
PM		Bella Mar AES 4:30pm - 6:30pm (3 lanes)					
AM	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul
PM		John Simpson: 7:30 AM - 12:30 PM					
AM	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug
PM		Bella Mar AES 4:30pm - 6:30pm (3 lanes)					
AM	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug	10-Aug
PM		Bella Mar AES 4:30pm - 6:30pm (3 lanes)					
AM	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug	16-Aug	17-Aug
PM		Bella Mar AES 4:30pm - 6:30pm (3 lanes)					

After school practice schedule
Bella Mar facility
3:30 PM - 7:30 PM
Alternate red/blue teams
NO open lap swim lanes

RED team - morning practice
Bella Mar facility
7:30 am - 12:30 pm
NO open lap swim lanes

BLUE team - afternoon practice
Bella Mar facility
1:30 pm - 6:30 pm
ONE open lap swim lane
(5:30 - 6:30 upon request)

Shooting Stars
John Simpson facility
7:30 am - 12:30 pm

No Stars Practice - holiday

Home Meets at Bella Mar

Austin Elite Swimming (AES)
Bella Mar Facility
4:30pm - 6:30pm



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Austin Elite Swims to Disney!

Submitted by Hollie Kenney

Austin Elite Swimming, a year round swimming program that meets at Bella Mar Monday through Friday, just completed a Swim to Disney Challenge. The swimmers aged 5-16 swam the distance it takes to fly from Austin to Orlando (Bronze Group), drive from Austin to Orlando (Silver Group) and fly from Austin to Orlando and back (Gold Group). The swimmers were able to earn extra miles for attending practice on time, participating in various challenges and silly days. Everyone had a blast and can't wait to do it again next year!

Big Congratulations to Coltyn Present (Bronze group winner), Cayden Present (Silver Group winner) and Victor Lai (Gold group winner). They earned gift certificates and lots of high fives.

The next few months, the team will be preparing swimmers for a head start for STARS Swim Team. We will be working on starts, turns, stroke technique on all four strokes, etc.

To get more info about Austin Elite Swimming, you can contact Hollie at austinelite@austin.rr.com.



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From the Association Office

Come Serve on the SRROA Board of Directors

The Steiner Ranch Residential Owners Associations (SRROA) is currently seeking nominations for three (3) open seats on the Board of Directors. Nominees must live in one of the SRROA neighborhoods (The Valley at Eastridge, The Summit at Eastridge, Mesa North, Chaparral, Rocky Ridge, Hancock Hill, and Plateau). The term length is two (2) years. Elections will be held at the SRROA Annual Meeting on Tuesday, April 23, 2013 at 6:30pm.

The SRROA is a resident-controlled homeowners association. Board members represent all members of the SRROA and are responsible for governance of the SRROA. Time commitment is variable. Board meetings are held one evening per month at the Towne Square Community Center. Regular attendance is expected. In addition, Board members may occasionally be called upon during the workweek to provide opinions and feedback via telephone or email to the Property Manager. Board members serve as liaisons to Steiner Ranch Committees (Social, Facilities, etc.) and should plan on attending the committee's monthly meeting.

If you are interested in serving on the SRROA Board of Directors, please email your name, address, telephone number, and a brief autobiography to Scott Selman, Steiner Ranch Community Executive Director at scott@steinerranchhoa.org.

Yard Waste Pick Up

It's time to get your yard work done, so the Steiner Ranch HOA has made arrangements for extra service!

Texas Disposal Systems will provide Steiner Ranch residents with two (2) seasonal curbside collection pick-ups (bags and/or bundles). These seasonal pick-ups are scheduled for the week of:

*March 25th through March 29th (Monday thru Friday)
AND the week of
April 8th – 12th (Monday thru Friday)*

Each resident is allowed to place a maximum of twenty (20) leaf bags or brush bundles each week at their curbside on their designated trash pick-up day by 7am. Each bag or bundle shall be placed by the resident at the public curbside for collection. The total weight of the leaf bag and its contents or bundle shall not exceed 30 pounds.

***Please note – if there is a chance of rain, please do not use paper bags.*

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Sidestepping Solicitors

Annoyed by the persistence of solicitors' unwelcome knocks on the door? It seems like no matter what they do, they always manage to show up on your front porch. They come with fliers, door hangers, a rehearsed speech and the distinct ability to ignore the polite decline of the products they're peddling—cleaning supplies, appliances, cosmetics, magazine subscriptions, home-improvement products, coupons for local businesses and other unwanted items—sometimes even making you feel trapped in your own home.

Steiner Ranch is a particularly attractive and frequent target of commercial, religious and political solicitors; part of the appeal is that population density makes our community an easy environment for them to canvas. Because of this, finding a way to keep solicitors away can be invaluable.

The simplest way to deter solicitors is by posting a "No Solicitors" sign on your door or in your front window. If you get knocks on the door anyway, you also can ask solicitors for their license, permit or company identification; many don't have it and will leave.

While a visit from a solicitor is often annoying, they can sometimes be more than just a nuisance; some might have ulterior motives, such as fraud, canvassing a home to commit a crime or other unseemly behavior. If you believe a solicitor is acting suspiciously or you feel threatened, call the Travis County Sheriff's Office immediately at 974-0845. So stay safe, keep your sanity and do your part in discouraging solicitors from trolling our community. You'll soon hear just how sweet an un-rung doorbell sounds.



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Do You Have Old Electronics and Broken Computers?

Submitted by Dawn Miller

Electronic waste is a growing problem for our planet. LWBE is partnering with Goodwill of Central Texas to host our 2nd Computer Take Back Event on Saturday, March 23 from 9am through noon. Goodwill is placing bins at the car rider drop off area and volunteers will be on hand to help. Bring your old or broken computer equipment (monitors, towers, keyboards, printers, cords, etc.). Goodwill takes the equipment, breaks it down and uses it for training and refurbishing.

We will also be taking collections for Cartridges for Kids. This includes Cell phones, PDA's, laser ink cartridges, inkjet cartridges, laptops, MP3s, video games and consoles, digital cameras, DVDs, GPS devices, calculators, tablets/eReaders.

We will NOT be taking other items you may normally take to Goodwill such as clothes and household items, TV's & Stereos. If you have any questions or would like to volunteer, please contact Stephanie Draeken at lwbe.freecycle@gmail.com.



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Business Section

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 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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1

A residential fire occurs every 78 seconds.
Source: National Interagency Coordination Center

2

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Source: Insurance Information Institute

3

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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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A woman is lying on her stomach, using a laptop.



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The addition of Dr. Khan, the newest member of our team of pain physicians, marks the opening of our offices in Westlake and Northwest Austin. Now with nine locations in the greater Austin area, Austin Pain Associates is the largest and most convenient pain management group in Central Texas.

Westlake: 912 Capital of TX Hwy South, Suite 100, 78746

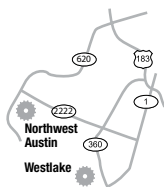
Northwest: 6618 Sitio Del Rio Blvd, Suite D101, 78730

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Austin Pain
ASSOCIATES



BE SMART ABOUT *Spring Planting*

IN THE SUMMER, outdoor water use can account for 50 to 80 percent of home water use. Texans must use their precious water resources more efficiently, or we will have longer, more frequent water shortages, especially during droughts and hot Texas summers. Much of the water used outdoors is wasted through inefficient landscape watering practices. By reducing the amount of water we waste, we will save money and protect the quality of life of future Texans.

DESIGN A WATER-WISE LANDSCAPE, planting water-efficient, well-adapted, and/or native shrubs and trees. Choose plants that are drought tolerant (or at least have low water requirements) and heat tolerant and can survive the minimum winter temperatures in your local area. Native plants are also most resistant to diseases and pests.

Put drought-tolerant groundcover instead of grass in areas that are narrow, small, sloping, odd-shaped, or close to pavement. Limit turf areas to those needed for practical uses. Bermuda, buffalo, and zoysia are drought-tolerant grasses.

KEEP MONEY IN YOUR POCKET, using water-efficient landscape practices, such as proper mowing, mulching, and moderate fertilizing. Most water utilities charge higher rates during the summer or increase rates in increments based on use. Please reduce your outdoor water use by determining how much water your landscape needs to stay healthy and don't use an excess when drought conditions exist. WCID 17 thanks you for your help in preserving Lake Travis. Remember; be mindful to CONSERVE WATER FOR TODAY AND TOMORROW.



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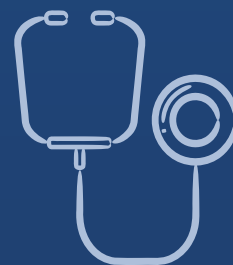
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Where Does Your Income Go?

We're staring down the end of the first quarter and the start of spring and also nearing the conclusion of most people's favorite time of year, Tax Time! Not your favorite? Well it's not mine either but it is an opportunity to look at what happened last year and potentially plan for the future as you make decisions. For some it's a matter of holding back the tears when they look at their bill and others it's a way to go on that extra trip or put extra money in the bank with the refund.

Have you ever wondered where your money goes throughout the year? I did and when looking back at last month's article about the fiscal cliff I did a little experiment to see how much of my money went to taxes. First though let's review the facts from last month's article. I'm focusing mostly on the budget this month. Currently the Federal Budget is running at \$3.8 trillion in expenses but only takes in \$2.4 trillion in revenue, leaving an annual deficit of \$1.4 trillion with an accumulated credit balance of \$16.4 trillion and increasing. In a household budget terms it would look like this:

- Income: \$24,000
- Expenses: \$38,000
- Deficit: \$14,000
- Current Debt of \$164,000

Let's take a look at revenue this month and by revenue I mean Taxes. There are multiple amounts of taxes out there not just income taxes. How many taxes can you name that you pay? I figured out 25 different taxes I pay throughout the year between the federal, state and local governments including income, sales and property taxes. All right how did you do? This gets one thinking if there are that many taxes out there how much does one pay in taxes, so I did this little exercise. Before I go any further, let me get the legalese out of the way. The following is strictly an example to illustrate a point. It does not represent anyone's specific financial situation. For specific Advice please consult your tax advisor and tax professionals.

The chart above has two columns, marginal and effective. The marginal rate is the category or brackets you always hear, 10%, 28% or 39.5%. However you really don't pay these rates as the first \$10,000 you make is not taxed at all, and then the next amount is taxed at 10% and so on up the ladder making the right column your effective rate or average rate of taxes. Leaving you with in this scenario %52 of your income going to taxes for marginal and %42 for effective rate. I did not

(Continued on Page 47)

EFFECTIVE \$100,000 income

- \$5,436 in Property Tax (Texas median Tax rate is 3.2% on a median home price of \$169,900 in 2012 according to Zillow.com)
 - \$18,345 in Federal Income Tax
 - \$100 inspection and Car Registration
 - \$6,200 Payroll Taxes (Including SS, FICA, Medicare etc... Based on the Fiscal Cliff Bill passed January 1st 2013)
 - \$1,996 – Gas Tax (Texas gas tax including 18.4 cents of Federal taxes for a total of 38.4 cents per gallon according to the American Petroleum Institute times 100 gallons a week used for 52 weeks according to Triple A.) **Note- You could pay more than this depending on length of travel, type of vehicle, etc...**
 - \$0 – State Income Tax (**Texas has no State Income Tax**)
 - \$100 Interest Income Tax (Assuming an average savings account and investment account paying dividends)
 - \$1,000 Capital Gains Tax (Assumes average non-qualified investment activity resulting in Capital Gains.
 - \$480 Phone/Cell Phone/and Cable Taxes and usage fees (According to Federal Communication Commission). **Please note these are based on federal fees, states and local municipalities may have additional charges.**
 - \$7,712 in Sales Tax (According to Forbes.com in 2010 the average Sales Tax levied in United States was 9.64% the highest rate found was 13.65%. According to the U.S. Retail Association the average person consumes 80% of their gross income annually. Of course spending habits are different for everyone so these numbers may vary)
- Leaving you with **\$58,631** that you use for consumption, savings etc...

MARGINAL \$100,000 income

- \$5,436 in Property Tax (Texas median Tax rate is 3.2% on a median home price of \$169,900 in 2012 according to Zillow.com)
 - \$28,000 in Federal Income
 - \$100 inspection and Car Registration
 - \$6,200 Payroll Taxes (Including SS, FICA, Medicare etc... Based on the Fiscal Cliff Bill passed January 1st 2013)
 - \$1,996 – Gas Tax (Texas gas tax including 18.4 cents of Federal taxes for a total of 38.4 cents per gallon according to the American Petroleum Institute times 100 gallons a week used for 52 weeks according to Triple A.) **Note- You could pay more than this depending on length of travel, type of vehicle, etc...**
 - \$0 – State Income Tax (Texas has no State Income Tax)
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 - \$1,000 Capital Gains Tax (Assumes average non-qualified investment activity resulting in Capital Gains.
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 - \$7,712 in Sales Tax (According to Forbes.com in 2010 the average Sales Tax levied in United States was 9.64% the highest rate found was 13.65%. According to the U.S. Retail Association the average person consumes 80% of their gross income annually. Of course spending habits are different for everyone so these numbers may vary)
- Leaving you with \$48,976 that you use for consumption, savings etc...

Where Does Your Income Go? (Continued from Page 46)

include several other duties or fees that could be considered taxes such as:

- Professional Association Dues
- Professional License Registrations (i.e. Doctor, Lawyer, Financial Advisor, Real Estate Agents, Contractors, etc...)
- HOA/COA Dues
- Union Dues
- Pet Tax (licenses)
- Facility Usage Fees
- Gym Fees
- Hotel Taxes if you travel
- Airport/Airplane Taxes if you travel
- Local Taxes
- Estate and Inheritance Taxes if you're lucky.

What does all this mean? On a federal level as you may know they raised the marginal tax rate for those making incomes over \$450,000 for married filing jointly and \$400,000 for single households. What does that get them in the annual budget, approximately an additional \$40 Billion a year or to convert it to our example an additional \$4,000 annually bringing the annual deficit down to \$10,000 a year.

What other taxes did you come up with? This is not an exhaustive list nor is the example perfect. Imagine the more you make the higher the numbers as you will build a bigger home, buy more expensive cars (and possibly use more gas) etc...

Please Note the above is not representative of an individual's tax situation nor is it considered tax advice. For specific tax advice please consult your tax advisor about your specific situation.

SEND US YOUR *Event Pictures!!*

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



Is it worth it?

- ...to be ethical when others get ahead by cutting corners?
- ...to serve others when others seem to thrive by living for themselves?
- ...to be a Christian when it could mean facing rejection and ridicule?

**Join us at Austin Baptist Church on
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Ready, Set, SERVE!

Whether you're averse to swinging in the rain or the sweltering summer heat, the long wait for the new, indoor tennis courts is over.

As of March 2, the UT Tennis Club is open. The \$8.8 million facility features six indoor tennis courts – more than any other club in the Central Texas area. It also features four outdoor courts and a sparkling, longhorn-adorned swimming pool.

In addition to creating ideal playing conditions, the Tennis Club is committed to helping your game reach peak condition too. That's because the experts behind the program are second to none, and no matter your level, age, gender or degree of interest, they're eager to help elevate your performance.

The program is led by Steve Bryan, Director of Tennis. Steve is a two-time All-American who played for The University of Texas from 1988 to 1990, where he won the NCAA Singles National Championship as a sophomore. His 1990 record stands as the last player from UT to win the National Championship.

The newest addition to our team is Ryan Simme, who was just welcomed as Head Tennis Professional. Ryan's relationship with tennis goes back to the tender age of five, had consistent success throughout his youth, and wrapped up high school as one of the most highly recruited players in the country. He received a scholarship to the University of Notre Dame, where as a freshman, he led the Irish to a Sweet 16 appearance in the NCAA tournament and was named the Freshman of the Year for his region. He finished his collegiate career ranked as No. 12 in the NCAA.

Ryan has been teaching tennis in the Austin area for the past 14 years. Most recently, he with Polo Club in Dripping Springs, where he helped to develop many of the top ranked junior players in the area. Of the players he worked with, six went on to receive college scholarships.

Here are some frequently asked questions, along with responses from Steve.

Q: What's the connection with UT?

A: The Tennis Center is owned by the University of Texas at Austin. It is also the official indoor home for UT Austin's men's and women's tennis programs. This means the Longhorns will be able to utilize the UT Tennis Club facilities for team practices and to host collegiate tournaments and dual matches on bad weather days. Until now, tournaments had to move to cities like Houston and San Antonio during inclement weather. Now, rain or shine, UT tennis players have a local facility they can count on. And Steiner Ranch residents will have access to some of the most intense college tennis matches, as there's capacity for 600 spectators.

Q: What type of memberships do you offer?

A: Membership options are designed to fit every person's needs, enabling patrons to just join for tennis, swimming, golf, fitness – or a combination of privileges. More than half of the memberships were pre-sold in advance, and we are capping membership at 250 slots. There's been a definite increase in interest now that the Club



is opening. Steiner Ranch residents should come by for a tour and see what the buzz is about!

Q: What's the significance behind the names?

A: The center itself bears the names of the late Edgar O. Weller, a former Texas tennis letter-winner, and his wife, the late Melanie A. Weller. The Wellers established the Edgar O. and Melanie A. Weller Charitable Remainder Trust to provide significant funding for the facility.

There's also significance in the name of the Whaling/Snyder Indoor Courts. Graham Whaling, who presently heads an investment banking advising firm in Houston, played tennis at Texas from 1972 to 1976 and compiled a 44-25 singles record. He served as the team captain during his senior season. Mr. Whaling played for UT under the guidance of former Head Coach Dave Snyder.

Coach Snyder, well-regarded as a living legend, retired in 2000 after 28 victorious years at Texas. He's heralded as the second-winningest men's tennis coach in NCAA Division I men's history. During his career, he amassed 697 collegiate victories, and developed two NCAA singles champions – including the aforementioned Mr. Bryan. He is a member of the Texas Tennis Hall of Fame and was inducted into the Intercollegiate Tennis Association Hall of Fame in 2001.



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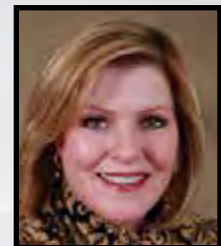
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Together, We Can Cure Duchenne

WHAT IS CURE DUCHENNE?

CureDuchenne was founded by Paul and Debra Miller in 2003 after their son was diagnosed with Duchenne muscular dystrophy. CureDuchenne is a national nonprofit that raises awareness and funds to find a cure for Duchenne muscular dystrophy. It is a national leader in affecting change worldwide. This is a devastating muscle disease in children, affecting one in every 3,500 male births. Historically, Duchenne boys have not lived beyond their mid-20s. Those that do are faced with progressively weaker muscles and pulmonary and cardiac failure. The simplest of tasks become difficult, and in later stages, heart and breathing muscles begin to fail. Nearly 20,000 boys are living with this disease in the U.S. alone and over 300,000 worldwide.

This year will mark the 4 Annual Champions to CureDuchenne hosted by Vince Young @ the UT Golf Club, Friday, March 22, 2013 at 6pm.

It is an awesome evening filled with Entertainment, Live and Silent auctions along with delicious representations from the Steiner Ranch Steak House, Ut Golf Club, The League Kitchen and Tavern, Galaxy Moviehouse & Eatery, Vince Young Steak House, Moonshine Patio



Bar & Grill, Cookswell & Company and Max's Wine Dive.

The funds raised support the most promising research programs aimed at treating and curing the disease. The potential now exists, to make a difference in their quality of life. For the first time ever there is hope to find a cure for this destructive disease affecting thousands of boys and their families. New gene-based therapies have recently emerged with noted advances in using

conventional gene replacement strategies, RNA based technology, and pharmacological approaches.

Come out and support - Ignorance is the enemy of Duchenne. In order to cure this disease, we urgently need to get the word out to support research and clinical trials. When we advocate for CureDuchenne, we raise awareness to raise the funds needed for research, to save our children.

For your convenience tickets can be purchased on line through www.championsforcure.org

With increased awareness and increased funding we'll extend and improve the lives of those afflicted with Duchenne.

Looking forward to seeing you there!

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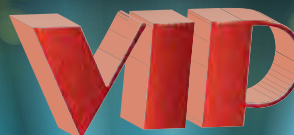
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A Focus on Healthy Snack Ideas

By: Concentra Urgent Care

March is National Nutrition Month. Celebrate by trying out some of these healthy snack ideas:

- Whole grain bagel with melted low fat or non-fat cheese
- Baked tortilla chips and salsa
- Cereal (preferably whole-grain) and low-fat or fat free milk
- Homemade trail mix of wheat or bran Chex or cheerios, pretzels, raisins, and nuts
- Whole wheat toast with butter or margarine and jam
- Baby carrots, broccoli, cauliflower, or celery and yogurt-based dip
- Fruit, including fresh, frozen, canned, or ready-to-eat fruit, such as apples peeled and sliced, oranges cut into sections, cantaloupe and pineapple in bite-sized cubes, or fruit salad
- Fruit shake or smoothie made with frozen fruit and a cup of fat free or low-fat milk or yogurt
- Vegetable soup
- Bean burritos or burrito bites containing canned, fat-free refried beans, low-fat cheese, and salsa on a tortilla – roll up and cut into bite-sized pieces
- Tortilla roll-ups: spread chicken breast strips, salsa, and lettuce on a tortilla. Roll up and cut into bite-sized pieces. Or, leave out the tortilla and roll up the chicken and salsa in the lettuce
- Yogurt, alone, or as a dip or topping for fresh fruit
- Layer fruit, yogurt and grape-nuts in a glass for a parfait
- Nuts
- Peanut butter on graham crackers
- Peanut butter on sliced apple or celery
- Milkshake made with nonfat or low-fat frozen yogurt
- Sugar-free pudding or Jello cup
- Oatmeal raisin or peanut butter cookies and fat free or low-fat milk
- Zucchini or pumpkin bread
- Low fat Cottage cheese and fruit
- Turkey sandwich on wheat bread
- Granola or cereal bar



For more information about healthy snacks and diets, contact your health care provider, your Concentra health specialist, or visit the Department of Health and Human Services at: <http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>

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- Kids Stuff -

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



Eleven-year-old Cait was trying to fall asleep when her 8-year-old brother, Doug, came into her room. He looked around a bit, but seemed really out of it. Then Doug went back into the hallway and stood there staring up at the hall light. Little brothers can be weird, but this was really strange. Cait didn't know what to do. Just then, Cait's father appeared and explained that Doug was sleepwalking.

WHAT IS SLEEPWALKING?

Not all sleep is the same every night. We experience some deep, quiet sleep and some active sleep, which is when dreams happen. You might think sleepwalking would happen during active sleep, but a person isn't physically active during active sleep. Sleepwalking usually happens in the first few hours of sleep in the stage called slow-wave or deep sleep. Not all sleepwalkers actually walk. Some simply sit up or stand in bed or act like they're awake (but dazed) when, in fact, they're asleep! Most, however, do get up and move around for a few seconds or for as long as half an hour.

Sleepwalkers' eyes are open, but they don't see the same way they do when they're awake and often think they're in different rooms of the house or different places altogether. Sleepwalkers tend to go back to bed on their own and they won't remember it in the morning. Researchers estimate that up to 15% of kids sleepwalk regularly. Sleepwalking may run in families and sometimes occurs when a person is sick, has a fever, is not getting enough sleep, or is stressed.

IS SLEEPWALKING A SERIOUS PROBLEM?

If sleepwalking occurs frequently, every night or so, it's a good idea for your mom or dad to take you to see your doctor. But occasional sleepwalking generally isn't something to worry about, although it may look funny or even scary for the people who see a sleepwalker in action. Although occasional sleepwalking isn't a big deal, it's important, of course, that the person is kept safe. Precautions should be taken so the person is less likely to fall down, run into something, or walk out the front door while sleepwalking.

WHAT WILL THE DOCTOR DO?

There's no cure for sleepwalking, but the doctor can talk to you about what's happening and try to find ways to help you sleep more soundly. Most kids just grow out of sleepwalking.

For kids who sleepwalk often, doctors may recommend a treatment called scheduled awakening. This disrupts the sleep cycle enough to help stop sleepwalking. In rare cases, a doctor may prescribe medication to help someone sleep.

HERE ARE SOME TIPS TO HELP PREVENT SLEEPWALKING:

- Relax at bedtime by listening to soft music or relaxation tapes.
- Have a regular sleep schedule and stick to it.
- Keep noise and lights to a minimum while you're trying to sleep.
- Avoid drinking a lot in the evening and be sure to go to the bathroom before going to bed. (A full bladder can contribute to sleepwalking.)

HOW DO I TAKE CARE OF A SLEEPWALKER?

One thing you can do to help is to clear rooms and hallways of furniture or obstacles a sleepwalker might encounter during the night. If there are stairs or dangerous areas, a grown-up should close doors and windows or install safety gates.

You also might have heard that sleepwalkers can get confused and scared if you startle them into being awake. That's true, so what do you do if you see someone sleepwalking? You should call for a grown-up who can gently steer the person back to bed. And once the sleepwalker is tucked back in bed, it's time for you to get some shut-eye, too!

Reviewed by: Larissa Hirsch, MD

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

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