

# RANCH RECORD

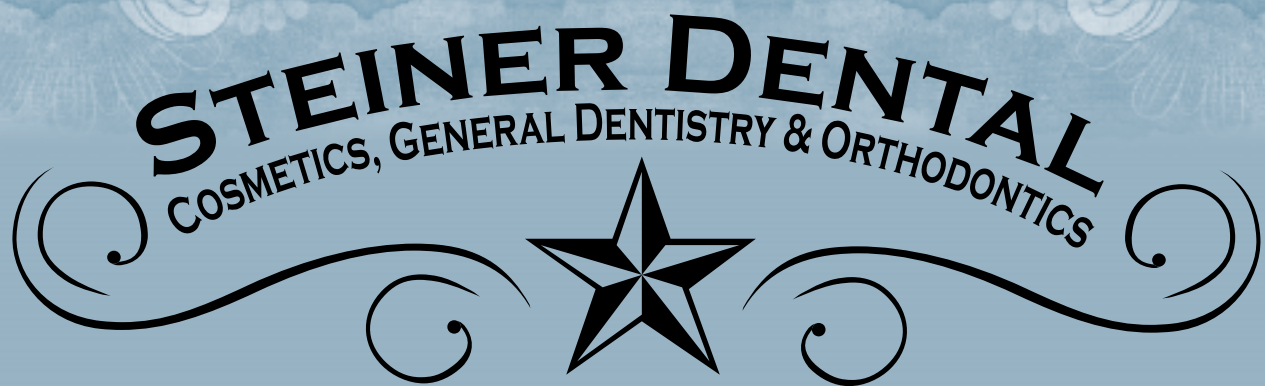
*Official Newsletter for the Steiner Ranch HOA*

VOLUME 7 ISSUE 5

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

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

### REGULAR OFFICE HOURS

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

### STAFF

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

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#### Front Office Coordinator

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#### Maintenance Technician

Angel Alvarado  
Macedonio Salazar  
Ricardo Gonzalez

---

## MISSION STATEMENT

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### Peel, Inc. Community Newsletters

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

*"Be the Community."*

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## IMPORTANT NUMBERS

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### EMERGENCY NUMBERS

EMERGENCY ..... 911  
Fire ..... 911  
Ambulance ..... 911  
Sheriff – Non-Emergency ..... 512-974-0845  
Travis County ESD No.6/Lake Travis Fire Rescue  
Administration Office ..... 512-266-2533  
Travis County Animal Control ..... 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](mailto:advertising@peelinc.com)

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## TORNADOS

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## ADVERTISING INFO

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

## ARTICLE INFO

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

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

## COVER PHOTO

Thanks to all the residents who keep sending in photos for the Cover of the Ranch Record. You are making it difficult to choose, but this month's cover photo is too precious not to use, taken by Steiner Resident and professional photographer, Julie Nhem of her daughter, 2 year old Hazel-Grace in the pretty pink primroses off of Quinlan Park Road.

### *Do you take great photos?*

*Would you like to see your photo published?  
We are looking for great cover photos for upcoming June  
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 May 2013 issue submittal deadline is May 8th and photos should be submitted electronically by the deadline date to Sharon Adams at [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org).

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



# Table of Contents

## AROUND STEINER

- 6 Happy Birthday!
- 6 2013 Steiner Ranch Social Events
- 8 Young at Heart Events
- 10 It's Vegas Baby!
- 11 Hopping Good Time
- 12 5th Graders Pick Up More Than Trash
- 12 Firewise Chat
- 13 Longhorn Village Resident Celebrates 100th Birthday
- 14 3rd Annual Bake Sale
- 15 Steiner Moms and Tots
- 16 Give Autism a Chance Dinner and Auction
- 18 Concert in the Park
- 18 Steiner Ranch Summer Camps
- 19 2013 Movies in the Park
- 20 Steiner Ranch Art Show
- 22 Pets in the Park
- 22 Annual Steiner Shred Day
- 23 Workshop Series

## POOL & SWIMMING NEWS

- 24 Drowning is Preventable
- 26 News from the Pool
- 27 No Diapers Allowed
- 27 Year Round Swimming Program for Adults
- 28 Stars Pool Usage
- 33 Steiner Stars Swim Team Kicks Off
- 34 Spring Pool Hours
- 36 Planning a Pool Party?
- 36 Swim Lessons Offered
- 37 Water Aerobic Begins in May

## SPORTS NEWS

- 38 Saddle Up and Ride!
- 39 Water Stations
- 40 Interview with a Runner

## FROM THE ASSOCIATION OFFICE

- 42 Boats & Watercraft Parking
- 42 Steiner Ranch Facility Use Input Survey
- 44 Responsible Pet Owners
- 44 Worried about Crime?

## SCHOOL NEWS

- 46 Vandergrift High School Events
- 46 Computer Take-Back Event
- 48 Come Out to Viperpalooza
- 49 Thank You!

## BUSINESS SECTION

- 50 Seven Business Networking Groups in the Area
- 51 Software Industry Veteran Launches New Company

## NEWS YOU CAN USE

- 54 Storm Drains are Everyone's Responsibility
- 56 Financial News

## KIDS STUFF

- 58 Camping and Woods Safety

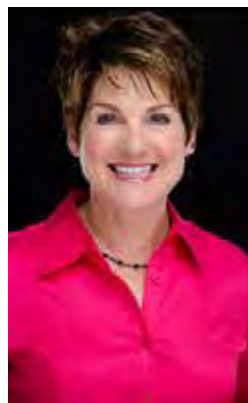
## IN EVERY ISSUE

- 30 Calendar
- 52 Teenage Job Seekers
- 52 Classifieds

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# Around Steiner



## May

*Knox Bening  
Happy 2<sup>nd</sup> Birthday*

## May 2<sup>nd</sup>

*Tori Rice  
Happy 17<sup>th</sup> Birthday*



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## Mark Your Calendars

### 2013 Steiner Ranch Social Events

**MAY 4**

Art Show

Shred Day

**MAY 11**

Casino Night

**JUN 1**

Movies in the Park

**JUNE 2**

Pets in the Park Fundraiser

**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.steiner ranchhoa.org](http://www.steiner ranchhoa.org) and Facebook (Steiner Ranch Social Committee) for updates.





# SHANNON KRAMER

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## Young at Heart Events

***steinerranchyoungatheart@gmail.com***

*Young at Heart is a group that plans various activities for Steiner Ranch residents in the 50+ age group to provide opportunities for people to meet others with similar interests. Since so many people travel or are away from home for extended periods of time, activities are planned to be enjoyed as frequently as members want. Whenever possible, these events take place in Steiner Ranch or close by. 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:*

### WINE SOCIAL/HAPPY HOUR

May 23: Home of Beau Theriot, Comanche Trail, Oasis, Texas. Beau Theriot, owner of The Oasis and Soleil has invited YAH to have the May Wine Social at his magnificent home overlooking Lake Travis. Details will be provided to YAH members by email.

### BOOK CLUB

May 20, 7pm: Author Bee Pedersen will be our guest and will talk with us about her latest book, *The Japanese Masseuse*, "the first social-media reality-fiction novel"

### BRIDGE - LADIES SOCIAL

Second & Fourth Wednesdays: An afternoon of Bridge and conversation. If you would like to play regularly or substitute, contact YAH with your information. Additional groups are being formed.

### BRIDGE - EVENING

Experienced Bridge players get together monthly for dessert and Bridge.

### BUNKO

May 9, 7pm: 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 YAH.

### CONCERTS AND PLAYS

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

### CRUISE

Second Annual YAH Cruise, Jan. 25 to Feb. 1, 2014: Celebrity Reflection. Departs from Miami for San Juan, St Thomas & St Maarten

### DINNER GROUPS

Groups of 8 people (both couples and singles) get together to enjoy dinner and lively conversation 4 times over a 6 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

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. Our next excursion will be announced to YAH members by email.

### GAME NIGHT

May 3, 7pm: Couples get together to play various Board Games, Charades, Pictionary, etc.

### GARDEN CLUB

No meeting in May

### 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

Every Tuesday: Falconhead Golf Club. If you'd like to play golf with the Steiner Ranch ladies, please contact Isabel Cutillas at icutillas@yahoo.com

### LADIES LUNCHING OUT

May 21, 12pm: Restaurant TBD. The ladies get together every month to enjoy good food and friendship at various area restaurants.

### MEXICAN TRAIN (DOMINOES)

May 1 & May 6, 1pm: Mexican Train is easy to learn and fun to play. Join the ladies for an afternoon of fun and conversation. Play either on the first Mon. or the first Wed. or both!

### 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 YAH.

### ROMEO (RETIRED OLD MEN EATING OUT)

May 13: You don't have to be old or retired to enjoy having lunch with the Guys at various restaurants in the Austin area.

### SCRABBLE

Meets monthly at the homes of the members. Dates and times are selected by the players. An enthusiastic group of Scrabble players gets together for an afternoon of fun.

### TECHNOLOGY USERS GROUP

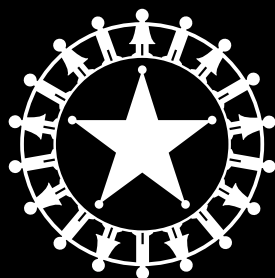
May 9, 1pm: Instructor Laurie Scott, Steiner Ranch "Geek" teaches a variety of computer-related subjects. Members of the Technology Group meet in alternating months in smaller "computer user's groups".

### WALKING GROUP

Every Thursday, 8:30am: 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

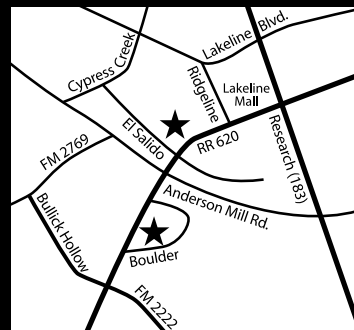
Casual get-togethers in members' homes. Everyone brings their beverage of choice and an appetizer to share. Alternates monthly with Happy Hours. The next Wine Social will be in May.



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## IT'S VEGAS BABY!

### Casino Night

Saturday, May 11th 7:00pm – 11:00pm  
Towne Square Community Center

Think Vegas....in Steiner Ranch. Besides the customary Black Jack, we will have Craps, 3 Card Poker and 2 Texas Hold'em tables. All gambling winnings can be used to purchase raffle tickets for a chance to win items at the end of the night! Raffle items will be items from areas business.

#### HOW MUCH?

**\$25 - includes 20,000 in chips, something to wet your whistle and plenty of appetizers.**

Raffle item donations: Interested in donating raffle items? Please contact Sharon Adams at [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org). Registration information is available online at [www.steinerranchhoa.org](http://www.steinerranchhoa.org). If you are a local business and would like to donate a prize for the raffle, you will receive valuable recognition at the event and be published in an upcoming issue. Contact Sharon Adams at [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org) for more information. This event is limited to the first 60 registrations received.



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# HOPPING GOOD TIME

*at the 19th Annual Easter Egg Hunt*

The morning couldn't have been more perfect for the 2013 Steiner Ranch Easter Egg Hunt. Over 850 kids came out on Saturday, March 31st to enjoy the hunt, get their faces painted by the Face Painter, Ride on the Ponies provided by L & M Pony Rides, get their picture taken with the Easter Bunny and petted the animals in the petting zoo! We had about 30 volunteers that helped the morning of the event to hide 10,000 eggs all over the John Simpson Park, who, without their help, this event could not happen!

The countdown began promptly at 10:00am and by 10:15am all the eggs had been found. Special thanks go to Mogen Consulting Financial and Training for being the sole sponsor of the awesome "Special Egg" baskets and to Cups & Cones for the nice hot coffee! We look forward to celebrate the 20th year next year and plan to make it a special one!



# Around Steiner

## Two Steiner Ranch Elementary 5<sup>th</sup> Graders Pick Up More Than Trash!

Brandon Stelling and Cooper Harris kicked off their Spring Break by doing something good for Steiner Ranch. Motivated by the promise to be taken to Menchies for some frozen yogurt, they set out to spend a few hours on a beautiful Sunday afternoon to clean up Steiner Ranch. Under the supervision of Brandon's dad they meticulously dug through the brush and trees picking up trash. The two boys collected 5 garbage bags of trash along the fence line to Steiner Ranch along Highway 620, near the Steiner Ranch Blvd entrance.

Soon after beginning their good deed, Cooper was elated when he found a \$5 bill in the grass. The excitement was squashed a few minutes later when he noticed he lost the money he had just found. The two boys scoured the area searching for the lost \$5 bill; they agreed to split their treasure if they were able to find it again. It didn't take long - soon Brandon yelled out "here it is!" Although the two boys didn't find any more money, they did collect a few other treasures, including a Mercedes center hub cab which proudly sits on Brandon's dresser.

When Brandon was asked what the best part about helping their community was, he quickly responded in true boy fashion, "going to Menchies afterwards". At least the two boys had a few extra dollars to spend on frozen yogurt and an appreciation of how two 5th graders can make a difference in their community.



## FIREWISE CHAT

The Canyon Glen neighborhood held their first fuel reduction workday Sat., April 6, 2013. Approximately 60 volunteers came out to clear the heavily wooded greenbelt area around the perimeter of Canyon Glen. About half of the area was treated filling four dumpsters. In addition, the fire department provided a wood chipper that was kept humming with the large amount of brush (fuel) that was removed from the area. Four firefighters assisted the residents in their efforts to reduce the underbrush in this area.

It was a great day for neighbors working together to make our neighborhood more Firewise! If you would like to organize a fuel reduction workday in our subdivision, please contact SRfirewise@gmail.com. Spring is a great time for cleaning up the greenbelts!



## Dr. Dennis Smith

*Steiner Ranch Resident*

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### FACTS:

- 1 in 4 school-aged children have an undiagnosed vision problem
- Only 5% of vision problems are identified in a school screening
- Undetected vision problems are significantly associated with learning and behavioral difficulties

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## Longhorn Village Resident Celebrates 100th Birthday

Longhorn Village resident, Dr. Yu Feng (Eugene) Shen, recently celebrated his 100th birthday, becoming the second member of the Longhorn Village Century Club. Born on March 20, 1913, in Shoochow, China, Dr. Shen graduated from Soochow University, receiving a B.S. and M.S. degree in Biology, after which he received an A.M. degree from Indiana University and a Ph.D. from the University of Texas. He later taught biology courses at the University of Texas and Wisconsin State University.

Dr. Shen's birthday celebration took place at the Forty Acres Room at Longhorn Village, and included a performance by the Austin Chinese Choir and the Love of China School of Dance. Dr. Shen joins Mr. John Henderson, the oldest living University of Texas football player, in the Longhorn Village Century Club.



(Left to right) Dr. Grace Shen Lo, Mr. Albert Shen, Dr. Eugene Shen (seated), Mr. John Henderson, and Dr. Alice Shen Cha.

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3rd Annual

# Bake Sale

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# Steiner Moms and Tots

## MEMBER PROFILE

Hello fellow Steiner Ranchers, my name is Andrea Svoboda. Last April I was 9 months pregnant, and my family and I embarked on a 25 hour cross country trip to our new home in Steiner Ranch. We were beyond thrilled to be starting our new family of four in this incredible community. We were ready to put down roots. That being said, I didn't have a single friend or a family member within 900 miles of me. I needed advice and recommendations quickly. I can't begin to express the gratitude I have for the Steiner Moms & Tots Meetup Group. I was able to find an OB, pediatrician, preschool and call on an almost stranger at 4am when my little girl decided to arrive early. This group has allowed this stay at home mommy to discover Austin, have play dates for my little ones and enjoy a glass of wine with some pretty awesome women. I believe I have found some new lifelong friends by joining this Meetup Group. Whether you are a new mom, a mom of 10, a stay at home mom or a working mom, this group provides the support, activities and friendship we are all looking for...I know I was.

The coming months we will focus on member profiles. Has the Steiner Moms & Tots Meetup made a difference in your life? We'd love to hear from you!

Moms & Tots is an 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.

If you are interested in submitting a member profile or for additional information on Steiner Moms & Tots, please contact Morgan Briscoe at: 512-413-6112 or [morgan.briscoe@gmail.com](mailto:morgan.briscoe@gmail.com)

## DATES FOR MAY CALENDAR:

**5/1:** SMAT Mother's Day Craft

**5/6:** SMAT Mommy's Day Brunch

**5/8:** SMAT Bird Seed Feeder Craft

**5/27:** SMAT Book Club

**5/29:** SMAT River Ridge New Kinder Play Date

**5/30:** SMAT Mom's Movie Night Out

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## Give Autism a Chance

### Dinner and Auction

Saturday May 18th, 2013 at 6pm

River Place Country Club, 4207 River Place Boulevard, 78730

Dress attire: Cocktail

Great fun. Food and entertainment. The dinner will create awareness of The Autism Trust and raise crucial funds for this wonderful nonprofit organization.

Beautiful hand crafted products made by individuals with autism and related disabilities will be on sale alongside a special live auction.

As a new family here in Austin, Jonathan and Polly are looking for **your support** in making this fundraising event a total success and to help them achieve their dream.

#### How you can get involved

1. Simply spread the word. Tell friends about The Autism Trust and the dinner.
2. Volunteer to help with the marketing and organization.
3. Purchase a ticket (\$150 per head) or to host a table of 8 (\$1,000). Visit [www.theautismtrust.com](http://www.theautismtrust.com) or contact Jonathan.
4. Donation of a live auction prize.
5. Make a financial donation.
6. Alert us to any companies that would like to sponsor this event or adopt The Autism Trust as its preferred nonprofit organization.
7. Donate beautiful hand crafted products to be sold on the evening or in Polly's Place.



We will print all corporate sponsors on the dinner brochure and include them on our website. Thank you for your support.



For further information please contact:  
Jonathan Tommey

Email: [Jonathan.tommey@theautismtrust.com](mailto:Jonathan.tommey@theautismtrust.com) Cell (512) 419 8504

Visit us at [www.theautismtrust.com](http://www.theautismtrust.com)



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# Around Steiner

## *Save the Date* Annual Steiner Ranch Concert in the Park

*Saturday, August 17th*

The Steiner Ranch Summer Concert in the Park series returns on Saturday, August 17th with a great music line up! You'll hear opening acts from Steiner's own "Shoulda Turned Left", as well as the kid sensations, "Taco and the Enchilladas", followed by the main act and very popular "Luv Handle".

The event will be hosted by businesses and organizations in the immediate Steiner Ranch and Four Points areas. Games and activities for the entire family will include inflatables, interactive games, video games, face painting, a climbing wall and much more.

Food and beverages from local restaurants will be available for purchase, with the exception of alcohol, and attendees are welcome to bring their own refreshments. It's also recommended to bring lawn chairs and blankets or anything else suitable for an afternoon in the park. Join your neighbors and friends for a great time of music, dancing and family fun.



Registration for Summer Camps is now in full swing! Look for registration forms and current information on-line at [www.steinerranchhoa.org](http://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
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## The Steiner Ranch ART SHOW

*Come out and meet the artists of Steiner Ranch!*

Enjoying the beauty of Spring and the surrounding beauty of Steiner Ranch, we are pleased to announce the inaugural Steiner Ranch Art Show. The art show will showcase work from Steiner Ranch residents and the surrounding Four Points area. Our area's best artists will display and sell their paintings, drawings, jewelry, stationary, hair accessories and metal art.

The art show takes place on Saturday, May 4th, from 11a.m. - 4p.m. in Steiner Ranch at the Steiner Ranch Town Square Community Center at 12550 Country Trails Lane.

Come and see this display of art that is typically shown and sold in cities and states across the country. We extend a warm invitation for you to join us for this special and beautiful event in Steiner Ranch.

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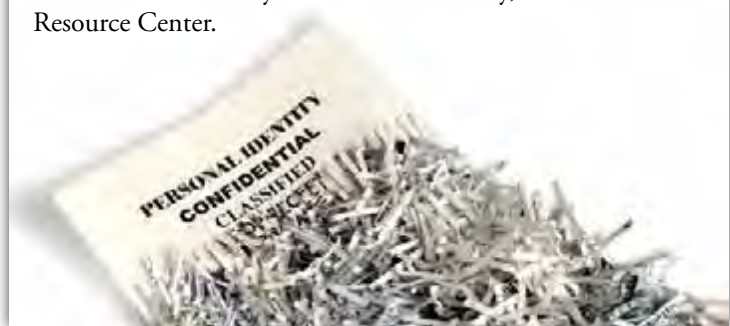


# Around Steiner

## Annual Steiner Shred Day Scheduled for May 4

On Saturday, May 4th, the Steiner Ranch Home Owners Association, in partnership with Iron Mountain, and the Gene Arant Real Estate Team will host its annual shred day. So please get to work cleaning out those old files to make some room for the new ones!

Bring your documents to the Gene Arant Real Estate office at 4304 N. Quinlan Park Road (note new location!) from 8-12 to drop off paper documents. Participants will be able to watch their information being destroyed. We will be accepting cash donations for the May Steiner Serves charity, The Breast Cancer Resource Center.



## PETS IN THE PARK

*Sunday, June 2, 2013 (Rain Date, June 9, 2013)  
1 PM til 5 PM*

*Towne Square Community Park in Steiner Ranch*

Attention Animal Lovers!! Do you love pets? Do you have a pet? Do you just LOVE ANIMALS?!?! Come spend an afternoon in the park (BRING YOUR PET!) with live music and food to our event benefitting the Austin Animal Center. There will be a variety of local community businesses and pet vendors including: veterinarians, pet-sitters, pet trainers, suppliers, and, of course, the Austin Animal Center.

This event is being hosted by Lake Austin Service Unit Girl Scout Junior Troop 2375 to raise awareness about pet ownership, fostering and care in hopes of alleviating the significant overcrowded conditions at the shelter. Please come join us to recognize the hard work of one of our community Girl Scout troops and to support the Austin Animal Center. For more information, please contact Donna Poursepanj at 512-801-1938 or Donna@Poursepanj.com. This is a free, non-profit event. Pet Supply Donations for the Austin Animal Center are welcome.





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## WORKSHOP SERIES

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](mailto:sharon@steinerranchhoa.org) or 512-266-7553.

### **MAY 9TH, 7:00PM TSCC**

#### *Solar in Steiner*

Enjoy food, beverages and an introduction to solar. Get the background and latest update on the evolving solar industry. Hear the story of a Steiner resident that went through the process. Understand the costs and benefits and where they come from. Build a checklist for what to look out for should you pursue solar. Please RSVP so food is aplenty. Questions and RSVP to: [info@circularenergy.com](mailto:info@circularenergy.com), 866-274-5578

### **MAY 16TH - 7:00PM TSCC.**

#### *How to Protest Your Property Tax Appraisal by Craig Smyser*

If you think your 2013 property tax appraisal is too high, this is the workshop for you. I'll discuss the protesting process, deadline, and expectations for success. Attendees will receive the comparable sale information needed to protest. Free. RSVP helpful, but not required. 735-7200 or [Craig@RealEstateInAustin.com](mailto:Craig@RealEstateInAustin.com).

### **MAY 14TH, 7:00PM BMCC**

#### *Management of Obesity*

Presentation on obesity to discuss the epidemiology and how complicated weight loss can be, including the consequences of obesity contributing to multiple medical problems and the treatment, including medication, surgery, diet and exercise.

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](http://www.steinerranchhoa.org) or contact Sharon Adams, Community Coordinator at [sharon@steinerranchhoa.org](mailto:sharon@steinerranchhoa.org).

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## Drowning Is Preventable

The Texas weather is warming up. Summer is almost here. Pools will soon open and the cool water will be calling your name. You can almost hear your kids laughing and the playing in the pool. Your family deserves to have many Best Day Ever moments in the water this summer. Please do not let those moments be ruined by the sound of a life guard whistle blast or the need to do CPR in order to save your child's life. Most families love a trip to the swimming pool, the lake or the beach during the summer...but the water can be deadly for a child.

Did you know that drowning is a leading cause of accidental death for children between the ages of 1 and 14, with kids under the age of 5 at even higher risk?

Colin Holst's parents did not know either. Sadly, June 13th marks the 5 year anniversary of his drowning in a public, lifeguarded pool in Austin. Since Colin's drowning in 2008, Central Texas-based Colin's Hope has become a nonprofit leader in water safety and drowning prevention.

My name is Alissa Magrum and I am the Executive Director of Colin's Hope. But I am also a parent to 8 year old Ella. So, from one parent to another, please listen to this message. It is simple but filled with purpose: DROWNING IS PREVENTABLE. YOU can help protect your children. Following a series of simple water safety tips creates multiple layers of protection. These layers WILL keep children safer in and around the water and CAN prevent drownings.

### **THE FIRST 3 OF THESE TIPS ARE KEY.**

**Practice constant visual supervision.** Always assign an adult "water guardian" whose ONLY responsibility is to watch children who are in, near and around the water. If that water guardian needs

to take a break, they must transfer their "watching" duty to another adult.

**Learn to swim.** Enroll children (and adults too) in formal swim classes. For kids under the age of 4, taking formal swim lessons reduces the risk of drowning by 88%.

**Wear life jackets.** Children who cannot swim should ALWAYS wear a U.S. Coast Guard-approved life jacket when in and around the water.

You can see additional tips, as well as more information on water safety and drowning prevention, on our website at [www.colinshope.org](http://www.colinshope.org).

Each year, Colin's Hope volunteers stuff and distribute 75,000 water safety packets to families in zip codes that have been targeted due to the high number of near drownings and drownings in recent years. This life saving information along with a Peel Inc. ad campaign, a Reagan National Advertising billboard campaign and a presence at many community events is helping to raise water safety awareness to prevent children from drowning.

**WE ALSO NEED YOUR HELP. PLEASE SHARE THIS INFORMATION** with family, friends, neighbors, teachers, babysitters...everyone! We have seen the difference that being aware and being prepared can make. Communities that have received our water safety information in prior years have seen child drownings and near drownings in their areas reduced to zero!

Please visit [www.colinshope.org](http://www.colinshope.org) to find out how you can get involved in your own community. Find us on Facebook, follow us on Twitter, subscribe to our monthly newsletter or even support our efforts with a donation.

We envision a world where children do not drown. Please share that vision and together we will get there.

*Wishing you the SAFEST AND BEST SUMMER EVER,  
Alissa Magrum Executive Director, Colin's Hope*



# DROWNING IS PREVENTABLE



**COLIN'S HOPE**  
WATER SAFETY TIPS AT  
**WWW.COLINSHOPE.ORG**



**Volunteer - Donate**  
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## May is Texas and National Water Safety Month

**Ongoing:** Volunteers needed to stuff and distribute water safety packets [info@colinshope.org](mailto:info@colinshope.org)

**Ongoing:** Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

**Now-June 18:** Discount Schlitterbahn Tickets for sale. <http://www.tinych.org/tickets>

**May 18:** Colin's Hope Got2Swim Pure Austin Quarry Lake. <http://www.tinych.org/QuarryLake>



Water Safety Alert: 74 Texas children drowned last year.  
Keep your children and families safe in, near and around all bodies of water.  
Multiple layers of protection can prevent drowning.

## LAYERS OF PROTECTION



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**LEARN TO SWIM**



**WEAR LIFE  
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**MULTIPLE BARRIERS ON  
ALL POOLS & HOTTUBS**



**KEEP BACKYARDS &  
BATHROOMS SAFE**



**LEARN CPR**



**CHECK POOLS/HOTTUBS  
1ST FOR MISSING CHILDREN**



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## NEWS FROM THE POOL

*By: Rodney Mogen*

The summer swim season is upon us, in fact the after school portion of the Steiner Stars has already started by the time you read this article. The pool committee has been very diligent to make this summer season enjoyable and pleasant.

Last year we had great success with our communication regarding the use of the Bella Mar Pool by the Steiner Stars and we will continue to build on these efforts this year. Be sure to check the Ranch Record and the website for practice times, as the BM lap pool will have limited recreational use or will be closed for meets. Stars practice schedule is as follows:

April 30 – June 7

Monday – Thursday 4:30pm – 7:30pm

June 10 – July 5

Red Team - 7:30-12:30 Tuesday through Friday

Blue Team 1:30pm – 6:30pm Monday through Thursday.

5:30 – 6:30pm one lane can be open for resident Lap Swimming

Home Meet Schedule

June 1 – Blue Team

June 8 – Red Team

June 12 – Red vs. Blue (Star Wars Meet)

June 22 – Red Team

June 29 – Blue Team

We understand all the meets are scheduled in June for the two teams, but this was done to ensure no meets would be held during Holiday weekends (May 25 & July 6) and feel this schedule was a better compromise for both the community and the swim team.

You should see some improvements in the cleanliness of the pools this year as we've hired a full time maintenance person whose responsibilities will include skimming leaves, brushing tiles, and organizing the pool decks at all pool facilities. We still have our contracted pool maintenance company cleaning the pool three days a week, along with our new full time staff person; pools should look better overall from last year. While we are not a resort community or public pool where the water

can be pristine at all times, but you should be able to enjoy swimming in clean pools. Lifeguards will also be working to keep the pools debris free, so if you notice an issue with the pool, please notify the lifeguard on duty.

Safety of our pools is our number one priority. With a higher usage of our pools on a per hour basis last year, we were still able to maintain a great safety record. Part of this success was the use of guards and gate guards. We will be bringing gate guards back full time at Bella Mar. Please give them the utmost respect as they are there for your safety and the safety all the patrons. The other part of a successful safety program is the corporation of the patrons of the pools. How can you help ensure the safety of our patrons?

- Leave the pool gates closed. Open gates is a MAJOR safety concern with so many young children in and near the pool facility.
- Young children must wear swim diapers. If your child is not potty trained, they are not allowed in the Bella Mar Lap Pool.
- The dive blocks at the Bella Mar Pool, are for Swim Team or Supervised lessons by a certified swim coach only. DO not remove the covers or use the blocks unless you are an approved and certified swim coach through the swim team or HOA. Your cooperation is appreciated.

Finally, we are still working on adding a lap pool to our facilities at Towne Square. There is a survey that is being advertised in this issue of the ranch record. We need ALL households to participate in order to make really accurate decisions. While we have received a lot of complaints, requests, and suggestions about the pools and ALL our other facilities, we need input from the community. While your input will not be used to make final decisions it will point us in the right direction to see where we should go from here.

Enjoy your summer and as always if you have any questions or concerns about the pools please email me at [Rodney.g.mogen@gmail.com](mailto:Rodney.g.mogen@gmail.com).



## NO DIAPERS ALLOWED

As the swim season gears up, please be aware of the pool policy regarding children who are not potty-trained:

***Children who are not potty-trained and who use swim diapers are not allowed in the Bella Mar Lap Pool.***

### **ALL OTHER COMMUNITY POOLS**

Double diapers (swim diaper + plastic pants) must be worn by children who have not been completely toilet trained. This policy is in place to help keep accidents from happening and reducing the need to close pools due to contamination.



## 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.*

\$45 per month for Residents | Come on and give it a try! It's easy to sign up | You must be 18 yrs. and older.

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

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## Stars Pool Usage

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

After school practice schedule  
Bella Mar facility  
3:30 PM - 7:30 PM  
Alternate red/blue teams  
NO open lap swim lanes  
Begins April 29th

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



**NOTE:**  
Practice begins  
April 29th



### Chris Beltran

Mortgage Market Manager

NMLS ID 418640

901 S MoPac Expy Bldg 3 Suite 140

Austin Texas 78746

C 512-750-3771

chris.beltran@pncmortgage.com

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7y 1mo, Severe Overjet, Retruded lower jaw

9y 8mo, After Early Treatment

**266-8585**



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

# May 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>YAH - Young At Heart</b>  <b>SMAT - Steiner Moms and Tots</b>		1 1:00pm - YAH Mexican Train SMAT - Mother's Day Craft	2 8:30 am - YAH Walking Group 6:30pm - New Owner Orientation (TSCC)	3 7:00pm - YAH Game Night	4 11:00am - 4:00pm - Steiner Ranch Art Show (TSCC) 8:00am - 12:00pm - Shred Day (Gene Arant Office)
5 	6 6:30pm - FREE Yoga (TSCC) 8:30pm - FREE Aikido (BMCC) SMAT - Mommy's Day Brunch	7 6:30 pm - Facilities Committee Meeting (TSCC)	8 Newsletter Articles/Photos Due SMAT - Bird Seed Feeder Craft	9 8:30 am - YAH Walking Group 1:00pm - YAH Technology Users Group (TSCC) 7:00pm - YAH Bunco (BMCC) 7:00pm - Solar Workshop (TSCC)	10 Stars Summer Swim Team Kick-Off Party (TSCC/Fields)	11 10:00am - 12:00pm - Book Swap  7:00pm - 11:00pm - It's Vegas Baby, Casino Night (TSCC)
12	13 6:30pm - FREE Yoga (TSCC) 8:30pm - FREE Aikido (BMCC)	14 9:30am - Social Committee Meeting (Cups & Cones)  7:00pm - Management of Obesity (BMCC)	15	16 8:30am - YAH Walking Group 7:00pm - Property Tax Protest Workshop (TSCC)	17	18 8:00am - 3:00pm - Bake Sale (TSCC & BMCC)
19 	20 6:30pm - FREE Yoga (TSCC) 8:30pm - FREE Aikido (BMCC)	21	22	23 8:30am - YAH Walking Group	24	25
26	27 6:30pm - FREE Yoga (TSCC) 8:30pm - FREE Aikido (BMCC) SMAT - Book Club HOA Office Closed HAPPY MEMORIAL DAY!	28	29 3:30 pm - SRMA Board of Directors Meeting (TSCC) SMAT - River Ridge New Kinder Play Date	30 6:00 pm - SRROA Board of Directors Meeting (TSCC) SMAT - Mom's Movie Night Out	31	

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# June 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Steiner Stars Swim Meet - Pool Closed til 1pm
2 1:00pm - 5:00pm - Pets in the Park (TS Park)	3 6:30pm - FREE Yoga (TSCC) 8:30pm - FREE Aikido (BMCC)	4 6:30pm - Facilities Committee Meeting (TSCC)	5	6 8:30 am - YAH Walking Group 7:00pm - Value of Exercise and Effects with Aging (TSCC)	7 Newsletter Articles/Photos Due Last Day of LISD School  VHS Graduation - 7:00pm	8 Steiner Stars Swim Meet - Pool Closed til 1pm
9	10 6:30pm - FREE Yoga (TSCC) 8:30pm - FREE Aikido (BMCC) SUMMER CAMPS BEGIN	11 9:30am - Social Committee Meeting (Cups & Cones)	12	13 8:30am - YAH Walking Group 7:00pm - Solar Workshop (TSCC)	14	15
16 1:00pm - 5:00pm - Pets in the Park (TS Park)	17 6:30pm - FREE Yoga (TSCC) 8:30pm - FREE Aikido (BMCC)	18	19 STAR WARS MEET! Bella Mar pool closes at 3:30pm	20 8:30 am - YAH Walking Group 7:00pm YAH Bunko (BMCC)	21	22 Steiner Stars Swim Meet - Pool Closed til 1pm
23/30	24 6:30pm - FREE Yoga (TSCC) 8:30pm - FREE Aikido (BMCC)	25	26 3:30pm - SRMA Board of Directors Meeting (TSCC)	27 6:00pm - SRROA Board of Directors Meeting (TSCC)	28	29 Steiner Stars Swim Meet - Pool Closed til 1pm

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DAY

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# STEINER STARS SWIM TEAM KICKS OFF

Steiner Stars swim team season is here! Each summer, over 500 swimmers ages 5-17 swim for the Steiner Stars in the Northwest Swim Circuit recreational swim league. All practices and meets for both teams are held at Bella Mar lap pool. Details about the upcoming season are below.

## ***Stars Practice Schedule During School: April 29th - June 7th***

Blue Team: Mondays & Wednesdays - 3:30pm to 7:30pm

Red Team: Tuesdays & Thursdays - 3:30pm to 7:30pm

## ***Stars Practice Schedule After School: June 10th - July 5th***

\*Blue Team: Monday-Thursday - 1:30pm to 6:30pm

Red Team: Tuesday-Friday - 7:30am to 12:30pm

*\*Beginning June 10th, residents may request 1 lap lane to be opened from 5:30pm to 6:30pm during Blue practice only. Contact Coach Rob during practice to make this request.*

## **NO PRACTICE DAYS**

**May 27th** – Memorial Day | **July 4th** – Independence Day

## **STARS HOME MEET SCHEDULE**

**June 1st** - Blue Team vs. Brushy Creek

**June 8th** - Red Team vs. Round Rock

**June 19th** - Red Team vs. Blue Team

**June 22nd** - Red Team vs. Anderson Mill

**June 29th** - Blue Team vs. Georgetown

## **SHOOTING STARS**

Coach Hollie and her assistant coaches are gearing up for another summer of developmental swim instruction. This 4 week program begins on July 9 and runs through Aug. 1. Practices are Tues., Wed. & Thur. mornings from 7:30am to 12:30pm at the John Simpson Pool.

## **AGE GROUP PRACTICE TIMES**

5 year olds: 7:30am - 8:30am

8 year olds: 10:30am - 11:30am

6 year olds: 8:30am - 9:30am

9+ year olds: 11:30am - 12:30pm

7 year olds: 9:30am - 10:30am

## **REGISTRATION**

Online registration for the 2013 Shooting Stars program is May 11th and up to 180 swimmers between the ages of 5 and 10 years old as of July 9th can be registered on a first come, first served basis. There is no separate returning family registration for this program. See Shooting Stars website ([www.theshootingstars.org](http://www.theshootingstars.org)) for further registration details and swimmer requirements.

## **USAGE OF DIVING BLOCKS AND COVERS**

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

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# 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

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

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

**Sunday** 6:30am – 7:45am

**VHS Swimming** - Mon., Wed., Fri. 7:45am – 9:15am

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

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

Steiner Stars: Please see schedule on page 28.

### 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

Austin Elite Swimming - Mon-Fri - 4:30 - 6:30pm (4 lanes)

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



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# Summertime Sensations 2013

## Lilliput Camps

*2.5 - 5 Years*

*M - F , 9a - 2p, After Care to 4p*

Lilliput Camps allow young people to thrive by exploring a unique and developmentally appropriate theme through literacy, math, science, art and other creative activities. Each week's theme is diverse and open ended, providing children ample opportunity to discover and expand their thoughts and ideas.

### Sensational Exploration

*June 3 - 7*

### Color My World

*June 10 - 14*

### Cooking Up a Story

*June 17 - 21*

### Passport to the World

*June 24 - 28*

### Sweet Summertime

*July 1 - 3*

### Head, Shoulders, Knees and Toes

*July 8 - 12*

### Letter Detectives: The Alphabet Chronicles

*July 15 - 19*

### Three, Two, One, Blast Off!

*July 22 - 26*

### Bubble, Bubble, Pop! Do the Science Bop!

*July 29 - August 2*

### Ready, Set, Recycle!

*August 5 - 9*

### Digging Down Deep

*August 12 - 16*

### Wonderful Water Works

*August 19 - 23*

## Genre Camps

*6 - 11 Years,*

*M - F, 9a - 4p*

Genre Camps allow school-age children to fully explore a subject that intrigues them over the course of a week. Camp guides are experts in their field, allowing for in depth discussions of the area and a focus on developing proficient skills that children will be able to utilize both during and after camp.

### Flip, Flap and Clap!: Gymnastics

*June 3 - 7 (\*Ages 3 - 5, 9a - 2p)*

### Fizzle, Bubble, Pop and Wow!: Science

*June 10 - 14*

### The Third City: Improv and Beyond for Youth

*June 17 - 21*

### Cooking Around the World

*June 24 - 28*

### The Music and Me: Piano and Voice

*July 1 - 3*

### Ni Hao, China!: Mandarin Language and Culture

*July 8 - 12*

### Sun Salutations and Brush Strokes: Yoga and Art

*July 15 - 19*

### Reach for the Stars!: Girls' Leadership

*July 22 - 26*

### The Indomitable Spirit: Tae Kwon Do

*July 29 - August 2*

### Mis Sueños: Spanish Language and Culture

*August 5 - 9*

### Drawing From the Heart: Art

*August 12 - 16*

### Oh, Snap!: Photography Camp

*August 19 - 23*



**For more information and enrollment,  
visit**


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

**or call**

**512-900-1090!**



# Pool & Swimming News



## Planning a Pool Party?

The Steiner Ranch pools are a great place to have a party! They are fun, clean and safe for you and your guest. The main goal for the HOA and Lifeline Aquatics is to keep it that way.

If you are renting a facility (Pavilion, Community Room, etc.) and plan on using the pool with more than 40 guests, you will be required to hire additional lifeguards, at your expense, to help protect all of the patrons at the pools.

To hire lifeguards, please contact the Lifeguard Company directly at 1-877-354-1313 or [admin@lifelineaquatics.com](mailto:admin@lifelineaquatics.com).

## Swim Lessons offered in Steiner Ranch


**Beginners:** Instructors teach basic water safety fundamentals and stroke techniques to children ages 3 to 6. The emphasis of the class is to increase the students' level of comfort while in and around the water to create a safe, fun experience for all. No previous swimming experience is required. Safety and fun go hand in hand with these new learners!

**Intermediate:** Instructors work with swimmers who have previous swimming experience to further develop, improve upon, and refine their strokes. Designed to allow students to become 100% comfortable and safe around the water!

**Advanced:** Instructors teach advanced stroke techniques, turns and starts, and lap swimming strategies, with a focus on preparing swimmers for swim team and other competitive aquatic events. Students will also learn to utilize aquatics equipment to improve their strokes on their own, and become better swimmers all around!

Each session is 2 weeks (8 classes) long for a cost of \$75.00. For information and registration go to [www.steineranchhoa.org](http://www.steineranchhoa.org).

*NOTE\*\* If you wish to hire someone to teach a private lesson (other than the vendor provided by the HOA), the instructor must provide the HOA with General Liability coverage prior to any lessons being conducted. Question? Call Sharon Adams at 266-7553.*



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 Board Certified, American Board of Family Medicine



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



## REGISTER ONLINE FOR SPRING & SUMMER PROGRAMS



**Summer Camps!**  
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**Spring Classes**

Monday Afternoons  
- Multi-Sport and baseball

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# WATER AEROBIC BEGINS IN MAY

If you want to get into an exercise program, but cannot get motivated, or the pavement plays havoc on your knees, legs or hips, or you just don't want to exercise in the workout room by yourself, try WATER AEROBICS. Water aerobic classes will again be offered this Spring/Summer @ Towne Square Pool in Steiner Ranch. Classes will begin May 1st. The schedule will be as follows:

***Mon/Wed @ 6:45 pm***

***Tues/Thurs @ 9:00 am***

16 classes/month @ \$75

8 classes/month @ \$45

4 classes/month @ \$25

*(plus \$5.00 for non-residents of Steiner Ranch)*

Classes are 50 minutes long & will incorporate a full body workout in the water. Classes are lead by a certified water aerobics instructor.

***Some of the benefits of water aerobics fitness program are:***

- strengthen & improve muscle tone
- enhances muscular flexibility
- increases range of motion
- improves posture & physical appearance
- relieves tension & stress
- increases energy levels & stamina
- burns up calories
- strengthens the cardiorespiratory system (heart, muscles, & brain)

These classes are a great way to start the morning or end a "trying" day at the office or work. Come join us for lots of fun & great workouts to music. It's an opportunity to meet your neighbors & make new friends. These classes are for both adult men & women.

For more information, call Ann @ 266-4780 or email [askennedy@austin.rr.com](mailto:askennedy@austin.rr.com). Sign up will take place prior to the first class of every month @ Towne Square Pool.



## 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.*

**May 1** – This month's First Friday ride will start from the Capitol Building at 6:30pm and will be about 9 miles and end at a downtown bike shop. After the ride many will head out downtown and meet family or friends. To learn more about this event please visit [www.austincycling.org](http://www.austincycling.org)

**May 4** – You have your choice of two rides: Meet at Cups & Cones at 8:30am for a 45+ mile bike ride. This ride is designated for intermediate to advanced riders. We average a minimum of 18 mph and we rotate between several routes. While we try to keep the group together there is no designated sweeper for this ride. **OR** SHINER G.A.S.P. is going to be a really fun 100 mile ride from Austin to Shiner. Yes the ride ends at the Shiner Brewery in the city of Shiner. They will have food, sodas, music, showers, and tours of the brewery and plenty of beer. There is shuttle service back to Austin but I'm planning on having my family and friends meet us there. I did this a couple years ago and am doing it this year for sure. It is a really fun day for the family to kick back at finish line, listen to music, games and tons of activities. So mark your calendar for May 4 and sign up at [www.shiner.com/shinergasp/](http://www.shiner.com/shinergasp/)

**May 5** – 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 at least 14 mph for this ride.

**May 11** – Meet at Cups & Cones at 8:30am for a 45+ mile bike ride. This ride is designated for intermediate to advanced riders. We average a minimum of 18 mph and we rotate between several routes. While we try to keep the group together there is no designated sweeper for this ride. **OR** ARMADILLO Austin Cycling Association (ACA) is proud to host its 19th Annual Hill Country Classic on Saturday May 11th. There are distances ranging from 14 up to 105 miles. This is the big fund raiser for ACA each year so please come out and support the ride. The ACA is a nonprofit that supports cycling education, cycling access advocacy and promoting rides throughout Austin. I'm also on the board and would really like you guys to come out and support us. [armadilloclassic.net](http://armadilloclassic.net)

**May 12** – 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 at least 14 mph for this ride.

**May 18** – Meet at Cups & Cones at 8:30am for a 45+ mile bike ride. This ride is designated for intermediate to advanced riders. We average a minimum of 18 mph and we rotate between several routes. While we try to keep the group together there is no designated sweeper for this ride. **OR** The MS150 is going on this weekend and if you are interested in doing this ride you can learn more at [www.ms150.org](http://www.ms150.org) **OR** Real Ale Ride is one of Bicycle Sport Shop's most popular events rolls through the scenic hills of Blanco, on Saturday, May 18. It's a ride for all levels, with distances of 15, 30, 50, 65 and 85 miles. Routes are fully supported and all end at the Real Ale brewery for a post-ride celebration

with local beer and barbecue. To register please go to [www.realaleride.com](http://www.realaleride.com)

**May 19** – 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 at least 14 mph for this ride.

**May 25** – Meet at Cups & Cones at 8:30am for a 45+ mile bike ride. This ride is designated for intermediate to advanced riders. We average a minimum of 18 mph and we rotate between several routes. While we try to keep the group together there is no designated sweeper for this ride.

**May 26** – Meet at Steiner Ranch Steakhouse at 8am for the monthly Jack & Adams bike ride. After the ride the Steakhouse sponsors a 1/2 price brunch and live music. The ride is about 34 miles and there is a beginner, intermediate and advanced ride.

**DRIVEWAY SERIES** – Every Thursday through Oct. 17 if you want to go out and race then please check the Austin Driveway Series. They have categories for almost all skill levels and age groups. Go to [www.drivewayseries.com](http://www.drivewayseries.com) to learn more.

If you are interested in riding with the Steiner Ranch Cycling Club then come join us for a ride. We also have a Strava group "Steiner Ranch Cycling Club" that you can join and see all the different routes and follow peoples training. You can also receive more details about our rides and get up to date information at [www.steinerranchcycling.com](http://www.steinerranchcycling.com) or you can LIKE our Facebook page "Steiner Ranch Cycling".

**TOUR DE CURE STEINER RANCH/BEEF TEAM:** Please get an early start and join our 2013 Tour de Cure team. If you want to get an early start please join as soon as you get a chance at [main.diabetes.org/goto/BEEF](http://main.diabetes.org/goto/BEEF) The route this year is going to be very nice and scenic. The ride is on Sept. 8. The team is sponsored by Texas Beef Council, Steiner Ranch Cycling Club and Steiner Ranch Old Pros.

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.

### PLATINUM

- PayPal
- Texas Beef Council

### GOLD

- Austin City Living
- Cups & Cones
- Independent Investment Bankers Corp.
- Lake Travis Eye and Laser
- Microventures
- Mogen Consulting Financial & Training
- Moreland Properties
- Munsch Hardt Kopf & Harr
- Pinnacle Sports Performance and Rehabilitation
- PMB Helin Donovan
- RoadBikeGear.com
- Sendero Homes
- South Oaks Family Medicine
- Wild Basin Fitness

**RIDE DISCLAIMER:** Each rider is responsible for his or her own safety on our rides. Please join us at your own risk. Our weekly rides are open to public participation but ride leaders do NOT assume any liability for your participation. We will ask that all participants follow traffic laws and wear a helmet while on our rides. We will also request that all participants sign a waiver release.



# WATER STATIONS

The cool mornings and pleasant afternoons will soon be giving way to the heat and humidity that we are accustomed to living in Central Texas. To assist Steiner residents with their hydration needs while running, walking or cycling during the warmer months Steven and Gina Bernhardt, will be maintaining two water stations in the neighborhood. Both water stations will be set-up each Saturday and Sunday when demand is highest.

## LOCATIONS:

**Water Station #1** - Quinlan Park Road @ Country Trails Lane

**Water Station #2** - Steiner Ranch Blvd @ Grimes Ranch Road (Near John Simpson CC)

Keep in mind its ideal to consume at least 4 to 6 ounces of fluid every 20 minutes, possibly more depending on your pace, sweat rate, temperature, and duration of your activity. Becoming even moderately dehydrated can cause a significant loss in performance as well as cause headaches, dizziness, and muscle weakness. Let's all be safe when participating in outdoor activities under extreme heat and humid conditions.

Pet owners, each water station has a dog dish so don't forget about the hydration needs of our four-legged friends who really feel the effects of the heat under those coats of fur.

Thank you and enjoy the water stations.



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*Dr. Frank, Dr. Mindi,  
and the Metzler Family*

## Interview With A Runner

By Dante Fichera

It was a Monday morning at Bella Mar and our running group was getting ready for our morning run. There was the usual talk about what everyone did over the weekend. The 'Run the Ranch' was that weekend and all the ladies were talking about their results, but the difference this year, was that the usual suspects did not win the women's overall category. The first thought that crossed my mind was it had to be that blonde girl I see blazing all over Steiner Ranch. The group confirmed that was indeed the case. Who is that mystery girl that has dethroned some of Steiner Ranch's fastest female runners and that is driven to train with such fervor at such a young age?

I needed to get to the bottom of this, so with a small amount of detective work I found out the winner was 14 year old Sydney Prucha. Sydney is one of Vandergrift High School star athletes and only a freshman. Hopefully, this interview will give our community an opportunity to learn more about this amazing young lady we see running all over Steiner Ranch.

**How old were you when you started running?** I first started running during the summer between 6th and 7th grade, and had just turned 12 years old. I was NOT a natural runner before I started trying to run. I was absolutely terrified of "the mile" all throughout elementary school and 6th grade. I was usually at the end of the pack of all of the kids in P.E. finishing with a ten minute mile.

**What inspired you to start running?** I started running for those exact reasons- to not be one of the last people in "the mile". I was embarrassed about it! While the super athletic girls in club sports were running effortless seven minute miles, I was having a hard time running up and down the soccer field. My goal at the time was to play middle and then high school soccer and basketball. I knew I would have to work hard to compete with the girls who have been playing competitively all their lives. I have always had a competitive drive, whether that was with grades or just sibling fights with my younger sister. When I saw the middle school kids out practicing cross country, track or soccer, I looked up to them and wanted to be like them. When I saw people running up and down Quinlan Park for fitness, it helped me believe that if they can do it, so could I! I literally started by running circles in my backyard. My parents let me run laps in our neighborhood; the route was barely a mile and I was extremely proud of myself when I was able to get around one time, without stopping. Soon after, I was running to the neighborhoods next to ours. Step by step, I slowly progressed from being able to run one mile, then two, then it was three and then four and you get the point. I got up all the way to seven miles that summer and I never expected to be able to do that. It was something that kept me busy that summer and every day I started to kind of "fall in love" with it. I would definitely say that determination gave me endurance, but I would also say it was because of the different obstacles that my family faced financially and I faced socially



that even gave me a stronger passion for running. Running became my "out-let" from whatever I had going on at the time. It still is today. I quickly realized after I first started running, that it was a way to decompress and that in itself was one of the reasons that I kept running. Running started as something that I highly dreaded to what is now - my life passion.

**You obviously have a passion for running but I'm sure you've had days when it is hard to get out of bed. What gets you out of bed on those days?** When I get out of bed, I too will sometimes be dragging my feet to go out and run, but I always think to myself, "Just do it." I tell myself that athletes I compete with could already be out there running or just sleeping in and not running at all. When I am working and training hard, I will be that much better than the people who are being lazy and it will give me the competitive edge against the people that trained

too. I tell myself this everyday and it somehow still gets me out of bed.

**What is your favorite distance and why? Do think that will change?** My favorites are the longer distances. I prefer cross country over track because of the longer race and practice distances. I love the part of our training when we are base building by racking up our miles. Long distances are easier for me rather than sprinting or anything short because I CANNOT sprint. Believe me I have tried and I'm simply not very fast for shorter distances. Anything shorter than 800 meters is not my strength. In Cross Country we run 5k and I love that distance because it just long enough to use my endurance, but also use that endurance strength for speed with a shorter race. In track, I love the two mile race (3200 meters) because it is the longest race at our high school meets and I can still use my endurance. I also run the 1600M during track, but I don't love it as much because it feels like an all out sprint and I don't have much time to get my bearings. I would say that my favorite race now is between a 5K or 10K. That being said, I participated in my first half marathon and loved it so who knows what the future will hold!

**What is the fastest mile you have ever run?** My personal record (PR) was earned at one of my high school track meets this season. It was a time of 5:38. There are faster runner out there, but it is so rewarding to me and makes me feel accomplished to see how far that I have come.

**What is your favorite after run drink or food?** I am made fun of quite often, for what I eat before or after my runs. I absolutely love dry Chocolate Mini Wheats cereal. It is my "go to" pre-run or post-run thing to eat. I was apprehensive to share this with you because it is my little "secret" and I don't want those boxes of cereal to fly off the shelves.

**What do you like most about running?** The thing that I like most about running is that it is my outlet. It's my way of letting anything go that I have built up, like stress or high emotions. If I am thoroughly frustrated

(Continued on Page 41)



## Interview With A Runner (Continued from Page 40)

with something, I like to “run it out” and come back feeling refreshed. Another thing that I love about running is that it has helped me socially break out of my shell. In addition to the small group of friends I have, I’ve gotten to know more people who share my passion of running. I’ve been able to meet people who understand what it is like to be out running everyday and somehow still love it. Those people keep you going and cheer you on. Running has made me a stronger person as a whole because it has strengthened my relationship with God, fueled my determination, and has allowed me to find who I am.

**What do you do to cross-train?** I consider cross training anything that gets my body moving outside of running. That could be anything from biking, swimming, strength training to just walking with my family and dog. I really do believe that cross training is a key factor to how you can become a better athlete. If you do just one thing repeatedly to the body all the time, it will get used to it and you will plateau and not get any better. I’ve learned from my High School Strength and Conditioning Coach to ride my bike and work hard on core. I do a number of various core workouts and even use “workout activities” via XBOX Kinect. I think that a runner should be strong in all areas of athleticism. I try to do this by strengthening and working different muscles, rather than just working the lower body and tearing down muscles by just running alone.

**What is your favorite thing to do other than running?** My favorite thing to do other than running is to cook. I love eating and I have a bit of sweet tooth too. I’ll find recipes on Pinterest and invite friends over to try them out with me. It is not necessarily the healthiest food for me, but I feel like everyone should balance out between healthy food and treats!

**What is your goal as a runner?** As any young athlete, we all have that dream of going pro or to the Olympics. I have that dream too, but I also know that God may have other plans for me and I’m okay with that too. Maybe I’m only meant to run competitively in high school or maybe it will be to run with the best runners in the world. I’m not sure how far running will actually take me but I will run as far as I can. So yes, I have some big dreams and goals for my future, but for now my short term goals are to focus on my training, races and to drop time. When I do this, I feel a sense of accomplishment and it keeps me motivated to train to meet that next goal.

**How would you inspire kids to start running?** I really do believe that with any activity, you can’t make or force kids to do something. They have to want to do it themselves. I see kids all the time running on Quinlan with either parents running in front of them, or beyond them on bike, and it looks like they are forcing their children to run. Those kids look miserable and I feel awful for them because they will then look at running as punishment. Running shouldn’t be that way. If I were to inspire those kids, I would show them ways to make running fun. For example, I would tell them that you could run with a friend and make it social, go for a run and treat yourself with a special treat, and that they could listen to music or podcasts to get them going and get their mind off the run. Running has to be made to be fun. This question is important to me because I really want to help kids with their fitness and figure out ways to get more kids into running. I hope with my success I can aspire to be a role model, that gets more people putting their running shoes on.

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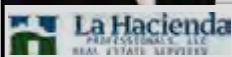


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# From the Association Office

## Boats & Watercraft PARKING

### *Where can I park them?*

As summer approaches, boats and other watercraft are frequently seen in Steiner Ranch. Please remember that boats and watercraft must be stored in an enclosed space at all times. Do not store them in your driveway or park them on the street. They are unsightly in your driveway and are an extreme safety hazard in the street. Repeat violators are subject to fines and/or towing.

If you see a boat, trailer or other recreational vehicle, feel free to report it to the Association at [www.steinerranchhoa.org](http://www.steinerranchhoa.org) through the "Report a Problem" link. Please include a description of the violation and the address where the violation has occurred.

## Steiner Ranch Facility Use Input Survey – Community Input Needed!

Over the last two years, members of the community have brought many ideas regarding Capital improvements to the Facilities Committee. As your facilities representatives, we are looking for community opinions on the projects we feel have merit in adding to the overall quality of Steiner Ranch.

This is not a "vote", but simply a way of gauging community interest and you are not actually voting to enact a special assessment. Some of these items will involve upfront funding through a special assessment, so knowing how the community responds will help us make final recommendations to the Board of Directors on how to proceed with possible implementation.

All cost and assessment amounts listed on the survey are rough estimates to provide a baseline for this evaluation and actual amounts would vary. Please take just a few minutes to complete this important survey online at [www.steinerranchhoa.org](http://www.steinerranchhoa.org).

Only one survey per household will be counted and you must be a Steiner Ranch homeowner to complete the survey. If you need a hard copy of the survey, please contact the HOA office.

Thank You,  
Steiner Ranch Facilities Committee

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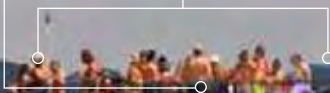
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# From the Association Office

## Responsible Pet Owners

Please be a responsible pet owner by doing your part to keep Steiner Ranch a pleasant, clean, and safe neighborhood for all.

*Scoop the Poop – Pet stations are located all throughout Steiner Ranch common areas.*

*Latch the leash – not only is it safer for your dog, but others around you (and it's a law in Travis County)*

*No excessive barking – be courteous of your neighbors and keep your barking dog quiet.*

Report Violations – go to our website at [www.steinerranchhoa.org](http://www.steinerranchhoa.org) and click on the link "Report a Problem" if you know someone violating the rules.



## 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](http://www.spotcrime.com). You can receive updates via email or text messages.

## STEINER RANCH SOCIAL COMMITTEE IS ON FACEBOOK!

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## Vandergrift High School Band Garage Sale

*Submitted by Rich Keith*

*May 4th 8am to Noon  
River Place Elementary School  
6500 Sitio Del Rio Boulevard Austin, TX 78730*

### HIGH SCHOOL BAND GARAGE SALE: WE'LL PICK IT UP!

The Vandergrift High School Band program invites the entire community to participate in their garage sale. We want your gently-used items and we will pick them up for you. All monies raised from the sale of items benefit the band students.

Please contact us at [vhsbandgaragesale@gmail.com](mailto:vhsbandgaragesale@gmail.com) to get location of drop-off sites or to request pick up of larger items. Please include name, address for item being donated, subdivision or apartment complex, cell phone, and item descriptions.

Boutique / higher-end items will be priced accordingly and sold from our "Boutique" area.

---

## Vandergrift High School Band Silent Auction

*Submitted by Rich Keith*

### ITEMS OR SERVICES WANTED FOR SILENT AUCTION BENEFITING HIGH SCHOOL BAND

Do you have a service or some item of value which you can donate to the The Vandergrift High School Band program? Or a gift card? The band will enter your item in their upcoming silent auction on Thurs. May 16. This is your chance to give back to the community and if you have a business you'll get free advertising while you're at it. All proceeds go toward the benefit of the band students.

We love unique and special items too! Please contact us to discuss your donations, questions, and ideas at [secretary@vhsband.com](mailto:secretary@vhsband.com).

## COMPUTER TAKE-BACK EVENT

*Submitted by Stephanie Draeken*

The Laura Welch Bush Elementary School PTA partnered with Goodwill of Central Texas to host a Computer Take Back Event for the community on Saturday, March 23rd. We filled 11 large containers with old or broken computer equipment that would have gone into a landfill. Additionally, we collected 7 boxes of old ink cartridges and other equipment for Cartridges for Kids which raises money for LWBE. A HUGE thank you goes out to Boy Scout Troop 201 for their help throughout the event.

I've attached a picture of the boys. Their names are:

**Chris Meador**

**Rohan Gupta**

**Jack Arends**

**John Arends**

**Max Askari**

**Tyler Roach**

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

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

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

## **Come out to Viperpalooza**

Viperpalooza, a tradition that began in 2010, is a fun-filled event that includes community involvement, games, food, and activities which culminate in the VHS Spring Football game. The purpose of Viperpalooza is to raise money for the Vandegrift High School Parent Teacher Student Association (PTSA), booster clubs, and student organizations. This year we are thrilled to announce the 4th Annual Viperpalooza. This is a great opportunity for our community to come out and support, meet, and celebrate the coaches, directors, teachers, students and student athletes of Vandegrift High School. We hope you can join us for this fun filled day!

Viperpalooza will be held at Vandegrift High School and Monroe Stadium Complex on Saturday, May 18th from 11:00a.m. – 2:00p.m.

For more information and how to participate you can go directly to the Vandegrift High School Website and look for Viperpalooza.

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### 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](mailto:michael@bennett-tech.net) for more information or visit [www.BNIAustin.com](http://www.BNIAustin.com).

#### FOUR POINTS CHAMBER OF COMMERCE

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

#### NETWORKING NORTHWEST AUSTIN

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

#### 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](http://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](mailto: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](mailto:kimberly@LaHaPro.com) or visit [www.BNIAustin.com](http://www.BNIAustin.com) for more information.



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## Steiner Ranch Software Industry Veteran Launches New Company

Steiner Ranch resident Jeffrey Palermo has launched Clear Measure, Inc., a software development and integration company that builds custom software and helps companies use cloud technologies to deliver customized software solutions as a service. Jeffrey recently served as President and COO of Headspring, L.P., an Austin based software developer, where he helped the company win the prestigious "Best Place to Work" award and Inc. 500 fastest growing company list.

As a five time Microsoft MVP, leader of the Austin .NET user group for 5 years, and frequent speaker and writer, Jeffrey recognized that businesses are relying more and more on customized software that is uniquely created to differentiate their services and streamline operations. But as this growth has occurred, more and more software projects were failing to meet expectations and exceeding budgets.

With new development practices and technologies, companies now more than ever can realize better productivity, cost savings, and competitive advantage. With Austin becoming a hotspot for engineering and technology talent, Jeffrey hopes Clear Measure will create dozens of highly skilled jobs in the area.

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

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## WCID 17 NEWS *Storm Drains are Everyone's Responsibility*

By: Deborah S. Gernes

Throughout your neighborhood, storm drains control and divert rain water away from the street through large underground drain pipes to outfalls normally located at the back of properties in green spaces. As water exits the outfall, nature guides the rain water to storm water ponds, then back to our water shed and into Lake Travis or Lake Austin. Lake Travis is the source of WCID 17's drinking water.

If there are contaminants in the water that enters storm drains, then they too will be washed into local waterways. Take note of curbs and gutters near your home or business. If they are present, they likely lead to a storm drain nearby. They will transport anything that is washed or dumped into them from nearby properties, such as your yard or the street, into a nearby waterway.

It is NOT okay to dump leaves and lawn clippings into storm drains. Storm drains are there to prevent flooding of streets and homes; if drains are clogged with leaves and grass, damage to homes can occur during a rain event. When grass and leaves are dumped into drains, they quickly clump and solidify - especially in dry periods such as we are in now. They will not simply be "washed away." Remember, leaves and trash should be kept out of storm drains.

### **TAKE ACTION! ONLY RAIN IN THE DRAIN!**

Don't dump anything down storm drains. If you see someone doing this, stop them and explain why. Don't plant trees near storm drain outfalls - water seeking roots will infiltrate them quickly and often block the outfall completely.

### **RAKE IT!**

Leaves and yard trimmings need to be raked and bagged for pick up by the trash company.

### **SWEEP IT!**

Extra fertilizer, grass clippings, dirt in the driveway - don't hose it into the drain.

### **DISPOSE OF IT PROPERLY!**

NEVER dump oil, chemicals, pet waste or any other material into a storm drain.







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## FINANCIAL NEWS

By: Rodney Mogen

As I walk around and talk with people I see economics all around. However, an economist by trade, most people feel economics is all about the study of money. The actual definition of economics is the study of goods and services and also the study of production, distribution and consumption of goods and services. So it's quite obvious when most people think economics is the study of money, but really economics is the study of how things get done. Now some people might say ergonomics covers that field its more about studying doing things, whereas economics is the study of how things are done and move around.

So why do we focus on money when we are talking about economics? Pretty simple because to really focus on how goods are produced and consumed does involve utilizing money so in order to educate people about it. We focus on the simpler version in in a few people's minds, which is the study of money. The problem with this is, most people are not interested on how money moves and then they don't see how economics really truly applies to their everyday life. Economists are involved in almost every aspect of daily life, including traffic studies, where two or were not supported buildings or warehouses, improve much everything else. Yet most people don't have a strong understanding of economic concepts.

This to me is the fault of economists and also the education system with a focus on what they feel is the most important thing, they focus on the flow of money rather than the true principles of economics. I liken this to mathematics where they really focus on the ideal practices of mathematics but still get people to see how it really applies to everyday life. Over the last year, I have been on a mission to really make things easier for people to understand and really enjoy all the different things that we see in life by understanding how they really affect your everyday life.

To do that, I've done articles on what really the budget numbers look like in Washington. When you break it down to a household, I've put out different financial terms and definitions to help people understand the things that go around, and I'm working on some other series' discussing products and additional terms as well. The way it is taught turns people away and they don't learn the concepts of economics which then hurts the economy in the long run as they may tend to make wrong decisions with their own economy by not understanding the actual principles. Economics can be applied in daily life through Supply and Demand concepts, Opportunity cost, Purchase equilibrium, and Elasticity among other concepts. Here are some examples where you would see these concepts applied to daily life.

**Supply and Demand**—Every week there are a finite amount of hours in the week for a total of 168. SO that is your supply, yet there are demands on your time. How you deal with those demands fall into supply and demand theory. We spend most of our time at work, maybe 60 hours a week when you count commuting, assuming you get six hours of sleep a night you use up 48 hours there, plus another 16 hours for work out and getting ready making a grand total of 124 hours leaving you with 44 hours left to spend your time. How you spend those hours take on extra importance as now the supply is limited and the demand is probably extremely high and you give certain time demanders become more valuable to you than

others thus making the simple concept of low supply drives demand and thus the price. If you only have 44 hours to allocate to leisure you figure out having a beer with your friends this week which might take 2 hours is not as valuable as spending two hours with your kids, that price goes up.

**Opportunity Cost**—That decision then leads us to opportunity cost. The simple definition is for every action you take you making a decision not to participate or to forgo accomplishing something in the future. So for example in the above example if you go to the bar with your friends and forgo spending time with your children at their sports practice you lost an opportunity to mentor your children and show them they are loved to spend time on you. Now spending time on you is necessary and needs to be done, but you need to look at the opportunity cost of doing such things.

**Elasticity**—This concept is a little easier, it describes how willing you are to pay for an item depending on its price increase or decrease. In explaining this I was using Pizza as an example. Pizza generally is an inelastic product. In-elastic means that if the price goes up you will generally not buy it and will buy something else. AN elastic item allows for price increases in the market and will allow for continued purchases at the same rate. SO for example if you like pizza and one large costs \$20. You might buy one a week as you really like pizza. What if that pizza now goes to 5 for \$20, you would buy all 5 and have pizza throughout the week but if it went to one pizza for \$40 you may never buy pizza again or you may buy one once a month instead of once a week. If you continue to buy a pizza once a week at this higher price you are making an opportunity cost decision to forgo purchasing something else.

There are many more concepts that can be explained and discussed but this is a start for now. How do you use economics in your daily lives? Do you teach it to your children? I was inspired to write this after talking with a business student who had just concluded a semester of economics. He hated the class, didn't understand anything and still got an A. In just ten minutes I explained these simple concepts and applied it to life and he said "Wow, I wish you were my teacher as I learned more about economics in the past fifteen minutes than I did in a whole semester."

What do you do in daily life that is economical and how do you make those decisions? Are you just making the decisions or are you in some way applying economic concepts without knowing it? By understanding how economics works would that help you make better decisions. I have discovered a great book about economics it is written like a comic book, Called Economix: How are economy works by Michael Goodwin. In addition once you understand the basic concepts, Freakonomics by Steven Levitt and Stephen Dubner is an interesting take on how economics is applied to daily life. The numbers are always out there, rather than figuring out a personal opinion about one subject or the other try using economic concepts to make a decision, it is interesting how easier it can be. What will you do to be economical today?

The information above is simply information meant to spark a discussion. This article is not meant to give any financial advice or recommendations. No actions should be taken from this article on your own personal financial situation. Consult your own advisor for specific recommendations.



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# - Kids Stuff -



You're very excited — your mom and dad promised to take you on a fun camping trip this year. Or maybe your scout group is gearing up for an awesome canoe trip. Enjoying the beauty and nature of the woods is fun — if you are careful. Here are some tips to keep you safe.

## **PACKING BASICS**

Before you leave, pack these few important things to make your trip more comfortable and safe:

- map of the area
- compass or GPS (learn how to use it beforehand)
- cell phone (though you can't be sure it will work in remote areas)
- whistle
- bottled water and food
- sleeping bag
- flashlight with extra batteries
- sunscreen and sunglasses
- waterproof matches (for an adult to bring)
- first-aid kit with gauze pads, adhesive bandages, tape, tweezers, and antiseptic
- waterproof tent (set it up beforehand to practice)
- warm clothing, clean socks, and rain gear

## **INTO THE WOODS**

Staying safe in the woods means using common sense. That means being aware of your surroundings and always camping with an adult. Never go into the woods by yourself. Some things you need to be careful of while you're camping are insects, poison ivy, extreme hot or cold temperatures, rain or snow, and areas where you could trip or fall.

## **BUGS**

If insects bug you, ask an adult to set up camp away from the water and build a small fire. The water attracts bugs, and the smoke from the fire will keep most of the bugs away. Another thing you can do is to remember to keep the tent door zipped at all times, even if you're just going in or out for a minute. Also, turn off your flashlight

before you enter your tent because insects such as moths are attracted to the light and will follow you.

Always check for ticks at the end of the day when you've been in the woods. Ticks can carry disease and germs. Some ticks are tiny, like the size of the head of a pin! You'll want an adult to help you inspect your body for ticks. Check behind your knees and ears, under your arms, and in your groin — that's where your legs meet your abdomen, or belly area. If you're camping with a pet, have an adult check your pet for ticks, too — dogs and cats can pick up ticks in their fur even more easily than humans. If you do find a tick, it needs to be removed. Get an adult to help you.

## **POISON IVY**

Poison ivy is a plant that can cause an itchy skin rash in some people. Its leaves grow in groups of three, but the plant can still be hard to spot. If you accidentally touch poison ivy, wash the area with soap and water as soon as possible. The oil from the poison ivy plant can spread on clothes or even your dog. To try to prevent a poison ivy rash, there are products you can apply to your skin before going into the woods. Stores that sell outdoor equipment and sporting goods may carry them.

## **STAYING SAFE OUTDOORS**

### *Your Campsite*

Roasting marshmallows and singing songs by an open fire are favorite camping activities. Adults, not kids, should start campfires. Adults also need to watch the fires and make sure they are out when you're done. Never leave a fire without anyone to watch it. Don't forget to put out your fire by dumping water or shoveling dirt on it when you sleep or leave your campsite. Feel the ground around the area where the fire was to make sure it isn't warm.

### *Your Food and Water*

When you're exploring outdoors, eat or drink something only if an adult says it is

safe. Even if streams or lakes look crystal clear, they could contain germs and the water may not be safe to drink. Bring bottled water to drink. Likewise, never eat wild berries. Some are poisonous and it may be tough to know which are safe. Good snacks for the outdoors include fruit, trail mix, crackers, granola bars, bread, and peanut butter.

### *Your Clothing*

Wearing layers is a good idea when you're outdoors. That way, you can take off a layer or two if you get too warm. Wear comfortable boots when hiking so your ankles are supported and you don't get blisters. Keep your arms and legs covered while hiking to avoid ticks and insect bites and wear knee-high boots and long pants when you are in an area with snakes. Make sure to take rain gear, such as ponchos and waterproof jackets, to keep you dry if an unexpected shower occurs.

### *Watch Out for Wildlife*

Although animals are cute to look at, wild animals are best enjoyed from far away. Don't go near or try to feed a strange animal. It's better to enjoy these animals at the zoo, in books, or on the Internet. To keep animals such as bears or wolves away from your campsite, keep it clean. Food and anything else an animal might smell must be packed away. In fact some campers put all their food, even candy bars, in a bag (called a "Bear Bag") and hang it from a tree branch away from the campsite. If they can smell it, the animals will be led away from where the campers are.

### *What if You Get Lost?*

Stick with your group when you're in the woods. Carry a whistle and blow it if you get separated from the group. If you have a cell phone and it's working, use it to make contact with your group. If you do get lost, wait in a safe, sheltered place for an adult to find you. The sooner you're found, the sooner you can go back to having fun in the great outdoors!

*Reviewed by: Steven Doushen, MD Date reviewed: June 2011*

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

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