

RANCH RECORD

Official Newsletter for the Steiner Ranch HOA

VOLUME 8 ISSUE 8 AUGUST 2014







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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

SUMMER OFFICE HOURS

Monday - Thursday 1:00pm - 5:00pm Friday 10:00am - 5:00pm Saturday 9:00am - 3:00pm Sunday CLOSED
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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.

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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 <u>advertising@peelinc.com</u>. The advertising deadline is the 8th of the month prior to the issue.

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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 <u>steinerranch@peelinc.com</u>. The deadline is the 8th of the month prior to the issue.

EAR, NOSE AND THROAT PRACTICE OPENS



Drew Scott Sawyer, M. D. Announces the opening of his Otolaryngology office, seeing both adult and pediatric patients.

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COVER PHOTO

This month's cover photo was taken by Concert Photographer, Elle Adams of a child on the big Gene Arant Team slip-n-slide at the 2013 Concert in the Park. Please join us this year on August 16th and help us end the Summer with a fun community event.

Do you take great photos?

Would you like to see your photo published?

We are looking for great cover photos for upcoming September 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 September 2014 issue submittal deadline is August 8th and photos should be submitted electronically by the deadline date to Sharon Adams at sharon@ steinerranchhoa.org.

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

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Another FUN Parade in Steiner!

The 2014 Steiner Ranch 4th of July parade and event was a sizzling summertime hit in its new location at Towne Square Community Center. Organized by Steiner Ranch Moms & Tots in conjunction with the Steiner Ranch HOA and Social Committee; this annual family event continues to receive great support from our community and positive reviews from attendees.

The children's parade once again kicked off the event. Led by a fire engine from Lake Travis Fire and Rescue and School in the Hills' bubble bus; hundreds of patriotic decorated bikes, trikes, strollers, scooters and wagons marched alongside parents and families in a loop around Country Trails Lane. With the support of the Travis County Sherriff's Department, this abbreviated course allowed participants to stay together on a flat course and view other participants along the route. The view was also captured from a cool perspective in the sky by Austin Birds iVideo Quadrocopter drone.

Parade participants looped back into Towne Square for even more family fun—including a water slide, bounce house, music, games and activities provided by local businesses and organizations. Attendees enjoyed food and ice cream from Cups and Cones and 512 Market Kitchen.

Face Painting was sponsored by School in the Hills and balloon twisting provided by Millie & Mox and Fairy Lice Mothers. A kiddle splash and play area was sponsored by Gracie Barra Lakeway and patriotic toys and goodies were provided by The Magnolia School of Lakeway and Steiner Moms and Tots.

Kids and adults alike enjoyed a series of onsite sweets and treats. Craig Symser of RE/MAX Capital City was on-site twirling and serving cotton candy, cool watermelon was provided by Longhorn Village, and Steiner Ranch Orthodontics provided fresh, hot popcorn. Balloons and flags were provided for parade participants by the Gene Arant Real Estate team.

Pour Gigi, Music Forever Music Together, Brian Charles, and Sportball provided bottled water for participants to tackle the Texas heat.

Additional on-site activities and vendors included: Bubble fun with Ashley's Playhouse, Gusto Dogs for the four-legged friends, soccer shots with Sportball and giveaways from ASK, The Goddard School and Bluebonnet School of Canyon Creek. The event served up a cool dose of water-themed fun with exhibits from Peace Paddling, Water Ski Lake Austin and a wave photo booth from Austin Wakesurf.

Steiner Ranch Moms and Tots thanks all our sponsors for making this successful and fun event! We also thank the student and parent volunteers who donated their time and talent to make this family event fun for everyone. If you have any suggestions or comments about this event, please contact Morgan Briscoe at: morgan.briscoe@gmail.com.









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The RANCH

SIGN ME UP!

By Scott Selman, Executive Director

While serving on the board is probably the most visible example of volunteerism in our association, there are many other ways that you can contribute your time and talents to improving our community. Your participation in the community is beneficial to you, your neighbors and the association. For example, common benefits gained by volunteering include:

- making a positive difference in other peoples' lives
- sharing or learning new skills
- boosting your resume—volunteer jobs are fair game
- meeting new people
- · having fun

Don't let our community suffers from lack of enthusiasm. Even a few hours of your time can make a big difference in the culture of the community. Help us generate goodwill, encourage "paying it forward" and strengthen our community.

Committee that you can volunteer for include:

- Facilities
- Tennis
- Finance
- Sub-Committees Pools
- Golf Club

- Trails
- Social
- Firewise

For more information on how to contribute to any of these committees, contact the HOA office at 512-266-7553.

Mark Your Calendars

2014 Steiner Ranch Social Committee Events

AUG 9 - Movies in the Park - Towne Square Field

AUG 16 - Concert in the Park

SEPT. 20 – Fall Community Wide Garage Sale

OCT 10-12 - Fall Scrap-a-Thon

OCT 18 - Ladies Night Out for SafePlace

OCT 19 - Pumpkin Patch

OCT 26 - Halloween Trunk or Treat

NOV8 – Camping on the Ranch

NOV 15 - Holiday Shopping Event & Santa Photos

DEC 13 – Holiday Social

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





Happy Birthday, From Mom and Dad and Framily!





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Steiner Ranch ... A Great Place To Grow Up

35 Canyon Ridge Middle School 6th grade graduates at the Bella Mar Pool right when school got out on June 6, 2014. The Hatch Family had a large Going Away Party one evening because they just moved back to Maryland...the kids had such a ball even though it was so sad to see them go. "It truly defines Steiner Ranch ... a joyous, safe, fun and amazing family place to grow up, make friends and raise kids!" said Diane Radocha



A view of the world from the Texas Hill Country Limited placements available for Autumn 2014 Nursery through Middle School 4105 Eck Lane Austin, TX 78734 (512) 351-3403. nternational School of School of any race, color and www.internationalschooloftexa

FIT AND FIESTY AFTER 40

Women of Steiner Ranch are determined to stay healthy, feel good, and take control of their minds and their bodies at every age. Cardio Bliss fitness classes in Steiner have become a community staple for women wanting to keep their body moving, their mind engaged, and their soul fed. The class meets weekly on Monday and Wednesday at 9:00am inside Town Square. 44 year old Certified Group Fitness Instructor and Life Coach for Women over 40, Shannan Carrozza, leads a spirited 45 minute low impact high energy cardio class that encourages everyone to be themselves, have fun, and do what feels good!

September 3rd kicks off the fall session with a free indoor 5k event. You can check out the class experience for free and see if it's a fit for you. Everyone is invited but the room only holds 25 so sign up soon to ensure your spot in this annual celebration. The music is upbeat, the moves are easy and effective, and the atmosphere is friendly and fun! All fitness levels are welcomed and loved.

Visit www.cardioblissfit.com to see what members are saying, learn about the Early Bliss discount, and sign up for the FREE 5k. It's a great way to meet like-minded women in the neighborhood who are determined to stay fit and feisty after 40!



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YOUNG@HEART

WHAT ISYOUNG AT HEART?

Young at Heart is an organization comprised of Steiner Ranch residents in the 50+ age group who are mostly empty-nesters and enjoy having a busy social life, educational opportunities, exploring Austin and the Hill Country area and meeting other people with similar interests. Whether you live in Steiner Ranch full time, part time or are just here visiting your family, if you'd like to participate in any of our activities, please email or call us. Let us know your specific interests and your contact information will be forwarded to the leader of that group. To become a member of Young at Heart, simply send your contact information including name(s), address and contact information including phone numbers and email addresses to Karen Steans at kjsteans@gmail.com. You'll be put on the Young at Heart email list and will receive monthly and weekly notifications about planned activities.

Some activities take place weekly, bi-weekly or monthly while others just are occasionally. Members are invited to participate as frequently or infrequently as they'd like. Among those that take place at regular times are Bridge (ladies), Canasta (daytime - ladies, evening - both men and women), Mexican Train (daytime - ladies, evening - both men and women), Bunco, Euchre, Mah Jongg, Book Club, Hiking, Walking, Crafts, Technology Group, Watercolor Painting and Spanish Conversation. Ladies Lunching Out and ROMEO (Retired Old Men Eating Out) offer opportunities to meet people while enjoying a casual meal at a nearby restaurant.

A lot of activities take place on a more random schedule. Dinner Groups matches up four or five couples who then decide if they'd like to eat in each others' homes or in restaurants. Several other dining options have come from this-"Dives Dining" enjoys discovering Austin "dives" and the International Dining group explores restaurants specializing in food from around the world. The Movie Group selects and views a current movie and discusses it afterwards while having dinner. Epicureans is perfect for people who like to cook and entertain - cooking classes, theme dinners, etc. Happy Hours (in restaurants) and Wine Socials (in homes) alternate monthly - a great place to meet new friends! Explore Austin arranges excursions to various places of interest in Austin and surrounding areas. Any member of Young at Heart is welcome - there is no fixed group. We've discovered some hidden treasures as well as those that are popular attractions. Guided tours of the Governor's Mansion and the Capitol, Austin City Limits, St Mary's Cathedral, the Texas State History Museum, the LBJ Library, the UT Tower, the Texas State Cemetery and a fantastic day trip to Schulenberg to see the Painted Churches are just a few we've visited recently. The "Bat Cruise" gave us an opportunity to see Austin from another perspective - besides seeing millions of bats fly out from the Congress Street Bridge, we observed the quickly changing Austin Skyline at dusk. A very special "excursion" gave us the unique opportunity to spend several hours at the studio of Daryl Howard, a noted Japanese Woodblock artist, who demonstrated the art of Japanese Woodblock and actually created a print for us while we observed the process. After a brief summer hiatus, Explore Austin activities will resume in September.

All Young at Heart activities are announced in the monthly and weekly bulletins emailed to all Young at Heart members. To become a member, please just contact Karen Steans at kjsteans@gmail.com.

CONCERT PARK

IT'S THE BEST EVENT OF THE YEAR!

SATURDAY, AUGUST 16TH | 6:00PM - 10:00PM | TOWNE SQUARE FIELDS

The Steiner Ranch Summer Concert in the Park returns on Saturday, August 16th with a great music line up! You'll hear opening acts from the VHS State Champion Band, Steiner's own "Shoulda Turned Left", as well as music duet and fraternal twin musicians Annie & Kate, followed by the main act, the one and only "Suede"!

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, face painting, a foam pit 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.

The Concert benefits the Leander ISD's program to purchase school supplies for the districts less fortunate. You can get more information on the charity, what the needs are and how to donate at the concert's website at www.steinerranchconcerts.com.



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COMMUNITY WIDE FALL GARAGE SALE

The Steiner Ranch Fall Community Wide Garage sale is scheduled for Saturday, September 20th from 8:00am – 12:00pm. Place the items you wish to sale in your driveway or garage before 8:00am. It's that

easy! We will do the advertising for you!

This is a well attended event and the best time of the year to clear out your home of unwanted items.





Up-Cycle Paint Made Easy Class

When : Sunday, August 3rd from 2-4 Where: Towne Square Community Center in Steiner Ranch Cost: \$60 for 1 or \$100 for 2

Come learn how easy it is to up-cycle your furniture using our non-VOC, eco-friendly paint. You will learn 6 different finishing techniques and different tricks and tips on how to renew wood, plastic, & metal pieces with no priming or sanding.

All supplies and material provided. A chalkboard will be made as a take-home project. Childcare provided for an additional \$10.

To register go to www.steinerranchhoa.org for information.



STEINER RANCH 2014 FALL PROGRAMS

FOR ADULTS & CHILDREN

The Steiner Ranch Fall Program for 2014 will begin in late August/early September. Most of the programs were offered last spring, but we also have a few new ones that have been added to ever grown list of Programs. The Fall Program Guide and registration information can be downloaded from our website at www.steinerranchhoa.org. Classes being offered this Fall are:

CHILDREN'S PROGRAMS

- Sportball
- Tap/Ballet/Hip Hop
- Gymnastics
- Karate
- Tennis
- Art

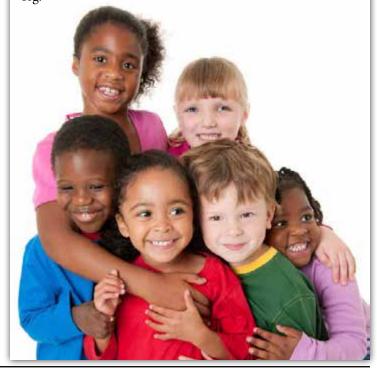
- Soccer
- Flag Football
- Abacus Brain Study
- Music
- Soccer/Flag Football
- Zumba Kids

TEEN/ADULT PROGRAMS

- Yoga for Seniors
- Karate
- Tennis
- Master's Swimming
- Zumba

- Ballet Barre
- Carriefit
- Cardio Bliss Fitness Class
- Cardio Kickboxing

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



Pool & Swimming News

Year Round Swimming Program for Adults

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

OUR SWIM SCHEDULE IS AS FOLLOWS:

- Wednesdays and Fridays at 5:30 a.m. until 6:45 a.m.
- Sundays at 6:30 a.m. until 7:45 a.m.
- \$50 per month for Residents

Come on and give it a try! It's easy to sign up:

- 1. You must be 18 yrs. and older.
- 2. Join U. S. Masters Swimming! To be eligible to compete in masters' meets, to get a great magazine, and for HOA insurance purposes, go to the United States Masters swimming website, www.usms.org/reg and join our team Red Giants Masters swimming. You can print your card immediately and take a copy to the HOA office.
- 3. 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!

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.

SUMMER POOL HOURS

Usage is winding down in August, but there is still plenty of opportunities to have a great time 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 2pm – 10pm | Tue-Sun 7am 10pm

The following programs will be using the lap pool:

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

TOWNE SQUARE – (UNHEATED)

Closed Monday until 12pm | Tuesday – Sunday 8am – 10pm

JOHN SIMPSON – (UNHEATED)

Closed Monday until 2pm | Tuesday – Sunday 8am – 10pm

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

DIVE BLOCKS

Dive Blocks at the Bella Mar Pool are for Swim Team Use only. You must be a Coach on the Steiner Stars or other Club team in order to use them. Please do not allow your children to use or take off covers at any time! Thank you!



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 25 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.

John Simpson 2014 Swim Lesson Schedule

Steiner Ranch HOA and Lifeline Aquatics have teamed up to offer you a great opportunity for swim lessons at the John Simpson Pool. Children of all ages are welcome whether it is their first time in the water or have been on a swim team for years. Group lessons are \$85 for a 2 week session (8 classes)

FINAL SCHEDULE OF THE YEAR

All classes are Tuesday - Friday

Intermediate Classes: 8/05 - 8/15 6pm - 6:45Advanced Classes: 8/19 - 8/29 11:15 - 12pm

Intermediate: The purpose of the intermediate program is to give students fundamental skills for success in the water.

Intermediate swim lesson participants learn to swim on their front and back, working towards proper swimming strokes.

*Participants in this class should feel comfortable putting their face in the water and able to motor forward 10 feet in the water.

Advanced: The purpose of the advanced program is to build on fundamental skills by teaching and perfecting stroke technique. Advanced swim lesson participants learn freestyle, backstroke, and begin working on breaststroke and butterfly. Swimmers that already know he strokes will work on improving stroke technique in order to be faster and more efficient in the water.

Sign up information for classes can be found on the HOA website at www.steinerranchhoa.org.





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Pool & Swimming News

2014 Steiner Ranch POOL RULES

The Steiner Ranch pools are for your use and enjoyment. We need the cooperation of all residents to make the pool a fun, safe and sanitary facility for everyone. Residents must advise children and their guests of the rules and safety precautions.

Below is a sample of the pool rules for the Steiner Ranch pools, please find the complete Rules and Regulations on the HOA website, under Documents at www.steinerranchhoa.org.

- Pools are for residents of the Steiner Ranch Master Association and the Steiner Ranch Residential Owners Associations and up to 4 guest per household without a reservation.
- Non-potty trained Children are prohibited in the Bella Mar Lap Pool at any time.
- The Association may deny access to the pools at any time due to occupancy limits, weather, pool conditions, or if maintenance is required.
- At the discretion of the Association, and as approved by the Board of Directors of the SRROA and/or SRMA, certain periods of the normal open swim hours may be set aside for specialized activities.
- Use of the pool facilities is at the resident and/or guest's own risk.
- Lifeguards, when present, have full authority and are responsible for the interpretation and enforcement of all rules.
- Only lifeguards are permitted on the lifeguard stand.
- An adult must accompany children 12 years old and under at all times.
- Proper swim wear is required.
- No diving. Dive blocks are for use by Swim Teams and/or private lessons approved by the Association.
- No Smoking.
- No glass containers of any type are allowed in the pool facility.
- No pets in pool area.
- Residents are responsible for any damage they, their guests, or their children cause and for cleaning up any mess or trash created by them prior to leaving the pool facility.
- Violation of these rules may result in suspension of pool privileges, fines or other charges, and/or legal action against the violator.





Congratulations to the Steiner Stars Blue and Red swim teams on another summer swim season! A big thank you to Coaches Jeff Fellows and Kay Gerken and their coaching staffs for their dedication to our swimmers.

The Steiner Stars Blue and Red swim teams concluded their season with a championship meet within their respective divisions. During the season, over 170 swimmers earned an an event time that equaled or bettered a qualifying standard. These swimmers were invited to swim at the Northwest Swim Circuit (NWSC) Invitation Meet at the Texas Swim Center.

The Steiner Stars thank the Steiner Ranch community and HOA for their support. This summer, 500 neighborhood swimmers participated in a life sport that teaches the merits of perseverance and discipline. These swimmers represent Steiner Ranch and exemplify why Steiner Ranch is a wonderful family neighborhood.

SHOOTING STARS

The Shooting Stars season is drawing to a close. Under the instruction of Coach Hollie Kenney and her coaching staff, participants have been practicing at John Simpson Pool on Tuesday, Wednesday, and Thursday mornings. Swimmers, ages 5 through 10 years, will have the opportunity to see how much they have improved on August 7th. Many time improvements are expected.



WATER AEROBICS

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 aerobics classes will again be offered this Spring/Summer @ Towne Square Pool in Steiner Ranch. The schedule will be as follows:

Mon/Wed @ 6:45 pm
Tues/Thurs @ 9:00 am

Cost = \$6.00/class
8 classes/month @ \$48
16 classes/month @ \$90 (discounted)

(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 led 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 @ 512-266-4780 or email askennedy@austin.rr.com. Sign up will take place prior to the first class of every month @ Towne Square Pool.

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SADDLE UP AND RIDEY

The Steiner Ranch Cycling Club is a group of fun loving cyclist that enjoy the outdoors, burning calories, and meeting new people. Cycling is easy on your body, good for your health and a great way to build community. There is no cost to ride.

SATURDAY RIDES

We meet Saturday's at Cups & Cones at 7:30am. Our Saturday rides have changed up a little and now in addition to the advanced and intermediate group.

The advanced group will have average speeds from 18-20 mph and the intermediate group will average between 15-17 mph. While each group will be travelling at different speeds each group will be tackling the same course and the typical course has distances between 45 up to 60+ miles. The turnout is typically between 10-20 riders depending on weather. Come on out and have some fun. Everyone is welcomed.

The advanced and intermediate groups require a higher level of fitness and experience and there is NO designated sweeper.

SUNDAY COFFEE SHOP AND BABES ON BIKES RIDES

Starting this month we are introducing a new ride option: Coffee Shop Ride! Those wanting to explore options outside of Steiner Ranch, or those wanting a nice recovery ride option should consider joining the Sunday Coffee Shop Ride Group.

The group will leave Cups & Cones at 8:30am like the other Sunday ride groups, but will target some not-too-far coffee shop for some espresso, biscotti, and socialization. The ride will average around 14-15 mph and should be perfect for those looking for a recovery ride or to extend their range out of Steiner. Each week we will pick a different destination, but they would typically be around 15 miles from Cups & Cones. This is a no-drop ride, but you should be able to ride 30-40 miles at a 14-15 mph pace.

The other Sunday social option is Babes on Bikes, also leaving Cups & Cones at 8:30am. This user-friendly ride is intended to recruit new female riders in hopes to establish an SRC ladies group, but is open to EVERYONE - guys and gals alike - looking for a beginner



ride or easy cruise.

The ride stays in Steiner, is mostly flat and about 1 hour long. Distance varies from 10-20 miles with optional hill climbs for those wanting an extra challenge. This is a no-drop ride co-lead by SRC members Cheryl Campbell and Christi Mondrik. You will learn the basics of bicycle safety, riding technique, equipment recommendations, but mostly, you will have FUN! Come join us!

Please visit our website at www.steinerranchcycling.com to check out what is going on in the Steiner Ranch cycling community.

AUGUST / SEPTEMBER SPECIAL RIDES August 24, 2014 (Sunday) STEINER RANCH STEAKHOUSE RIDE

Jack & Adams and the Steiner Ranch Steakhouse host this great ride. There is a beginner, intermediate and advance ride. Distances range from 10-30 miles. There will be anywhere between 30-150 riders. Afterwards stick around for the all you can eat brunch and live music. It is always a good time. Wheels down at 8:30am from the Steakhouse parking lot. There are about 200 riders that show up for this ride. It is really fun for all levels.

September 13, 2014 (Saturday) TOUR DE CURE

If riding for your health is not enough reason to ride your bike how about riding your bike to fight diabetes? Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery. Both genetics and environmental factors such as obesity and lack of exercise appear to play roles in the cause of type 2 diabetes. So help fight diabetes by joining other Steiner Ranch Cyclist by riding in the Tour de Cure and joining our team at http://main.diabetes.org/goto/TeamBeef

The Texas Beef Council sponsors a great pre ride dinner and post ride tent with food, beverages and massages. We hope you join us for this great event.

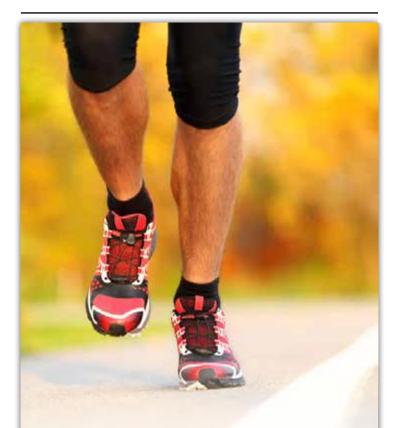
SPONSORS

Please join Steiner Ranch Cycling in thanking the following sponsors for supporting cycling in our community and procuring our group the coolest cycling kits west of the Mississippi:

- PayPal
- Texas Beef Council
- Austin City Living
- MapMyRide
- Resolute Fitness
- FrontYrd
- Descente Cycling
- Dream Smiles Dental
- 512 Market Kitchen

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.



LACE UP AND RUN!

The Steiner Ranch Running Club is a group of fun loving runners, joggers and walkers that enjoy the outdoors, burning calories, and meeting new people. There is no cost to run with us. You just need to show up and put one foot in front of the other. Our group is great for the social runner, those that want to get into running and for those that are training for an event.

We have runs throughout the week and every Sunday. The best way to find out about our runs is to like our Facebook page "Steiner Ranch Running", to join our email list at www. steinerranchcycling.com and to simply visit our website periodically for updates.

SUNDAY SOCIAL RUN

We meet Sunday's at Cups & Cones at 7:00am for an easy run. The runs range in distance from 5 - 10 miles but you can turn around at any point along the way. As we grow the group the range of pace groups will be added to support various skill sets. Again please get on our email list, like our Facebook page and visit www.steinerranchrunning.com to get more information on the weekly runs and upcoming events and stay tuned in for last minute changes.

SPONSORS

Please join Steiner Ranch Running in thanking the following sponsors for supporting running in our community:

- Capital City Running
- Texas Beef Council









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From the Association Office

NEW RESIDENT INFORMATION

Welcome to Steiner Ranch and congratulations on the purchase of your new home! As a member of the Steiner Ranch Home Owners Association, you will enjoy access to the three community centers which include two junior Olympic-sized pools, a resort pool, splash pool, splash pad and two baby pools. Also located at the community centers are eight lighted tennis courts and four basketball courts. In addition, you have exclusive access to the Lake Club conveniently located on Lake Austin, seven parks and four multi-purpose sports fields. Along with over 20 miles of serene hiking trails, Steiner Ranch is lined with extensive and manicured landscaping throughout the community.

In order to help us maintain these benefits, you are charged semi-annual assessments that are due on January 1st, and July 1st of every year. If you have questions concerning your assessments you may contact the HOA Office and speak to the Accounting Coordinator at 266-7553 ext 23.

Another unique asset of Steiner Ranch is our on-site Community Associations Office with a full management team! For questions regarding the community, please stop by our office at 12550 Country Trails Lane. Our office hours are 1:00pm – 5:00pm, Monday through Thursday, 10:00am – 5:00pm on Friday, and 9am to 3pm on Saturday (SUMMER ONLY). You may also reach us by phone at 512-266-7553 during business hours.

Here is a quick check list for you to get acquainted with your new neighborhood:

Stop by the HOA office and pick up a new resident packet that includes your facility key fob, gate tags (if you live in a gated community), and complete a lake club agreement. Be sure to bring your settlement statement.

Get your login & password for the "member" section of the HOA website. Go to www.steinerranchhoa.org and "request a login". Once there, go to the "My Profile" section and be sure to sign up for subscriptions so that you can get informed about activities, safety and community relations.

"Like" the Steiner Ranch Social Committee Facebook Page.

"Follow" @SteinerRanchHOA on twitter.

Come to a New Owner Welcome & Wine Social. This is a great way to meet other new neighbors and get informed. The next one is scheduled for July 10, 2014 at 6:30pm at the Towne Square Community Center, 12550 Country Trails Lane. RSVP: donan@steinerranchhoa.org.

COMMUNICATION:

The HOA will communicate with residents via:

Website - www.steinerranchhoa.org

Monthly newsletter The Ranch Record

Email alerts (be sure the HOA has your correct email). Activity alerts are weekly, sent every Monday. Community Relations alerts are monthly and as needed. Safety alerts are sent out as needed.

Monthly Board of Directors meetings - Residents are welcome to attend and observe and/or sign up to address the Board. See the website for dates, times and agenda.

Committee Meetings – We have many committee that you can become involved in and are welcome to attend. From getting involved with the Social events through the Social Committee, to helping with the recommendations of the Facilities Committee, there is a committee for all interest.

If you have any questions about how you can become more involved in the community or just want more information, please feel free to contact the HOA office at 512-266-7553.

Compliance Corner

YOUR CURB APPEAL CHECKLIST

By Candy Brindley, Compliance Coordinator

The curb appeal of our community depends on each resident maintaining his or her property as completely as possible. For those who keep their homes and yards well maintained, the association thanks you for your efforts and good examples. We encourages all residents to pay particular attention to the following maintenance items.

Exterior paint. Paint is a quick and easy way to keep your property looking fresh, new and clean. It will also protect against corrosion, weathering and insects.

Landscaping. Landscaping is extremely important to our community's curb appeal. Please remove dead plants and branches. Keep shrubs properly pruned and flowers well-tended. Keep yards free of leaves and remove grass clippings.

Roofs. Please insure your roofs are properly maintained and cleaned.

Driveways and sidewalks. Please repair cracks, pitted or flaking surfaces and other concrete problems. Remove weeds from sidewalk joints and debris from driveways and sidewalks. Do not use driveways for storage or auto repairs.

Gutters and downspouts. Please keep them cleaned out to prevent overflowing and flooding.

Window boxes, awnings and decks. Please replace worn or damaged fixtures, check fittings for stability and paint all items at least bi-annually.

Trash Containers. When stored, keep trash and recycle containers out of site from the street and stored away.

Thanks for keeping our community looking beautiful.



Introducing Dell Children's at Cedar Park Regional Medical Center. If your child needs hospital care, now there's a special place, just for kids, close to home. We've partnered with Dell Children's Medical Center of Central Texas to bring you the area's newest pediatric inpatient care with an eight-bed unit designed around kids' unique needs.

To learn more, visit CedarParkRegional.com/children.





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From the Association Office

Do You Need A Field For Practice?

Are you planning on coaching a team in the Fall?

Need a place to practice?

Then mark your calendar for the 2014 Fall Field Lottery to be held on Wednesday, August 20th.

Register your team*** by sending an email to sharon@ steinerranchhoa.org. Registration must be in by 5:00pm on Wednesday, February 12th with the following information:

- Name
- Coach name (if different)
- Address
- Phone number
- Organization (CC United, Town & Country, etc.)
- Sport (soccer, baseball, etc.)
- Age group
- 1st, 2nd & 3rd choice of field, day & time. (See below)

 If you are coaching more than one team, please list each team separately. Once the lottery is complete, I will be contacting you by email with assigned field.

• Towne Square

- Towne Square
- Bella Mar Baseball Side
- Bella Mar Tennis Court Side
- Westridge Fields (off of Flat Top Ranch Road)
- Steiner Ranch Elementary
- River Ridge Elementary & Laura Welsh Bush Elementary (questionable for fall and may not be open)

TIMES:

• Hourly beginning at 4:00pm until Sunset

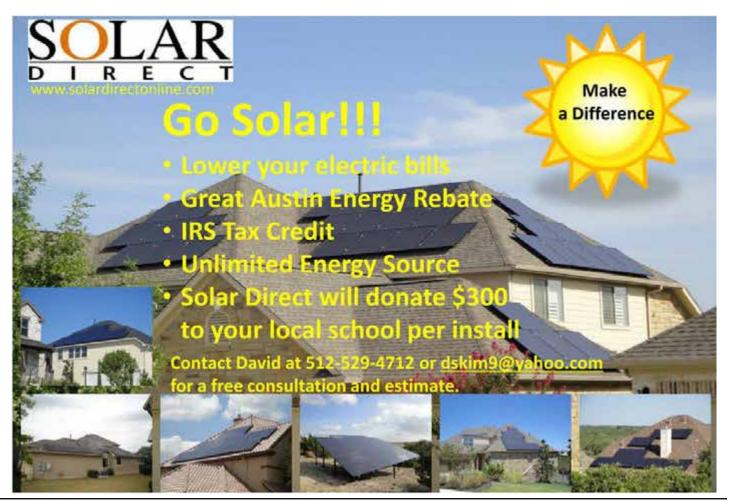
DAYS:

- Monday Friday only
- Saturday Game Days

No field assignments on Sunday to leave open for Resident recreational use.

For more information, please contact Sharon Adams at 512-266-7553 or sharon@steinerranchhoa.org.

*** Please Note***If you are with Neighborhood Sports (soccer or flag football), or Viper Lacrosse, you do not need to register your team for the lottery. Representatives will be attending the lottery on your behalf.







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School News



Time to Slow Down

School starts August 25th, so now is the time for drivers to pay closer attention to the school zones in Steiner Ranch. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.



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KRISTIN C. BELL, M.D. INTERNAL MEDICINE

Cedar Park Physician Associates is pleased to announce a convenient new office location in Northwest Austin for internal medicine physician Kristin C. Bell, M.D. Dr. Bell specializes in caring for patients from adolescence through senior adulthood. She is accepting new patients and accepts most insurance, including Medicare. Ask about services your plan may cover at no cost to you. Same-day appointments may be available. Call 512-219-0670 to schedule an appointment.



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Viper Band March-A-Thon Parades Through Steiner Sat. Aug. 16

DONATIONS WILL BENEFIT THE BAND STUDENTS

The Texas state-champion Vandegrift High School marching band will perform for the Four Points community on Sat. Aug. 16 during their annual March-A-Thon parade – a five mile, musical march through Steiner Ranch as a fundraiser for the band.

Later the 290-strong band will play the opening music for the annual Steiner Ranch Concert in the Park at about 6 p.m. the same day. Their musical numbers will feature the VHS Legacies drill team dancers.

The March-A-Thon begins at 9 a.m. at John Simpson Park with a fire-engine send off and police escort and continues until 1 p.m. as they circle back to John Simpson Park. Hundreds of people show up on the route to cheer on the band and donations are encouraged.

"The March-A-Thon event began in 2009 as a way to raise funds for a starting band program and as a means for exposure of the band program - and everyone loves a parade," said Director of Bands Jeremy Spicer.

Along their route the band stops to play personal concerts in the front yards of residents who donate up to \$100 for the service.

"It's not every day that a 290-person marching band plays 6 songs for you at the curb," said one resident who is looking forward to this year's parade.

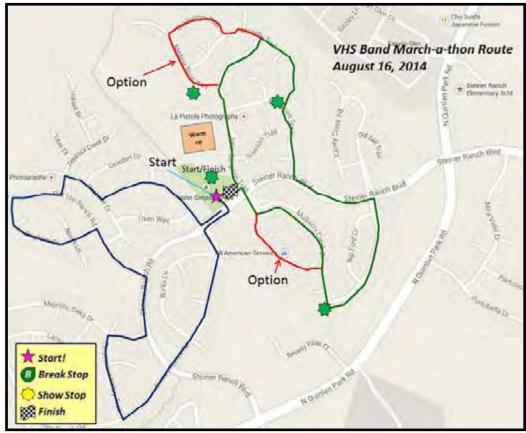
Taking regular water breaks, the band continues on to play their longest concert at Westridge Park on Flat Top Ranch Road. Neighbors there told Spicer it was really fun to watch the band and to see how the students give it their all.

"It is a great way to give back to the community via music and earn some money in the process," Spicer added.

The VHS band is accepting donations and they can be may be made online using PayPal at http://vhsband.com/fundraising/march-athon/ This year 100% of the Marcha-thon donations will be used to lower fees and defray the cost of the program for all students.

Beginning Aug. 5 the band will be doing two-a-days from 7 a.m. to 4 p.m. for three weeks to get ready for the football season beginning with the first game on Fri. Aug. 29 at Elgin.

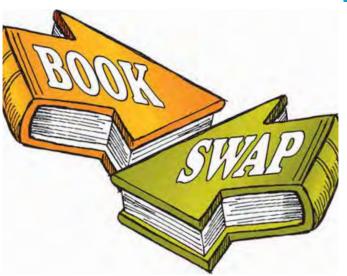






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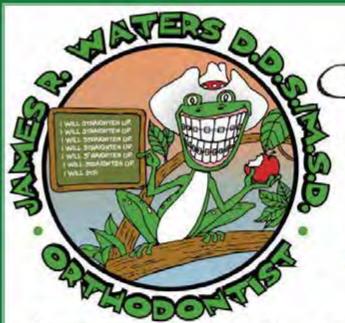
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Steiner Ranch ORTHODONTICS

We're proud to call Steiner Ranch home!

As a Steiner Ranch resident for nearly 13 years, Dr. Waters is proud to serve the area he and his family call home. It has been a great privilege to have grown with the neighborhood & to provide our friends and neighbors with the highest quality service.

Dr. Waters graduated Dental School in 1996 and has practiced in Austin as a Board certified Orthodontist for 13 years. He has been voted one of the Best local Orthodontists by his peers in the Texas Monthly regularly since 2006.

Dr. Waters purchased the land and built his new state of the art office as a symbol of his long-standing and future commitment to the neighborhood. Along with having four kids in the Steiner schools, Dr. Waters has contributed over \$20,000 annually to local schools & businesses while sponsoring numerous events for local kids & clubs.

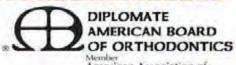
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ADA.



AUGUST

0	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-	4	YAH - Young At Heart SRLG - Steiner Ranch Ladies Group			l	2	
	3 2:00pm – Up-cycle Paint Class (TSCC)	4 1:00 pm - YAH Mexican Train 6:30pm - FREE Yoga (TSCC)	5 6:30pm – Facilities Committee Meeting (TSCC)	7:30pm – SRLG Knitting & Crocheting (Cups & Cones)	7 8:30am – YAH Walking Group	8 11:30am – SRLG Ladies Lunch 1:00pm – YAH Canasta 6:00pm – SRLG Craft Night (BMCC)	9 8:00am – Club Mojo (TS Fields) 8:00pm – Movies in the Park "Date Night" – My Big Fat Greek Wedding (TS Fields)
	10	11:30 - ROMEO 6:30pm - Free Yoga (TSCC) 6:00pm - Fairways Board Meeting (HOA) 7:00pm - SRNA Meeting (BMCC)	l 2 1:00pm YAH Book Club 6:30pm – Social Committee Meeting (Lakeside Pizza)	I 3 12:30pm YAH Ladies Social Bridge 7:30pm – SRLG Knitting & Crocheting (Cups & Cones)	I 4 8:30am – YAH Walking Group	15	I 6 6pm – 10pm CONCERT IN THE PARK FEATURING THE VHS Band, Annie & Kate Music, Shoulda Turned Left & SUEDE!
	17	18 6:00pm – YAH Mexican Train 6:30pm – FREE Yoga (TSCC) 7:00pm – Firewise Committee Meeting (BMCC)	Lottery Field request due by 5:00pm 5:30am – 7:30am – VHS Swim Team Try-Outs (BM Lap Pool)	Fall Field Lottery 7:30pm – SRLG Knitting & Crocheting (Cups & Cones)	2 I 8:30am - YAH Walking Group 7:00pm - YAH Bunko (BMCC)	22 1:00pm – YAH Canasta	23
	24/31	25 FIRST DAY OF LISD SCHOOL 6:30pm - FREE Yoga (TSCC)	26 6:00pm - SRMA Board of Directors Meeting (TSCC)	27 12:30pm – YAH Ladies Social Bridge 7:30pm – SRLG Knitting & Crocheting (Cups & Cones)	28 8:30am – YAH Walking Group 6:00pm – SRROA Board of Directors Meeting (TSCC)	29	30

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SEPTEMBER

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		7:00pm – SRNA Meeting (BMCC)	Meeting (Lakeside Pizza)	crossing (cape a contac)	Patriot Day	6:00pm – SRLG Craft Night (TSCC)	
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İ	21	22	7:00pm - Symptoms of CHF	24	25	26	27
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	28	29 6:30pm – FREE Yoga (TSCC)	30 6:00pm – SRMA Board of				
		u.aupiii – rnet tuya (1300)	Directors Meeting (TSCC)				
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One Gust for Mom

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LEANDER INDEPENDENT SCHOOL DISTRICT



2014-2015 DISTRICT CALENDAR

S M 7 W T F S 14 S 15 S 16 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 28 29 30 31 S

AUGUST 2014											
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IMPORTANT DA	ATES
First Day of School	Aug. 25
Labor Day	Sept. 1
Rosh Hashanah	Sept. 24-26
Yom Kippur	Oct. 3-4
Columbus Day	Oct. 13
Veteran's Day	Nov. 11
Thanksgiving	
Hanukkah	Dec. 15-24
Christmas	Dec. 25
MLK Day	Jan. 19
Spring Break	
Good Friday	
Bad Weather	
Bad Weather	
Memorial Day	
Last Day	

ſ		CALENDAR KEY
ı		New Teacher Staff Development
ı		Student/Teacher Holiday
K		Staff Development/Student Holiday
		Bad Weather Makeup Day
ŀ	_	Proposed Testing Dates
ı	Ε	Early Release Day
1	�	Last day, Nine-Weeks Period
ı	}	Last day, Six-Weeks Period
1	Italic	First/Last Day Semester - Elementary
L	Bold	First/Last Day Semester - Secondary

PROPOSED TESTING DATES				
Oct. 20-23	TAKS Exit			
Dec. 1-5	STAAR Testing			
March 2-5	TAKS Exit			
March 30-31	STAAR Testing			
April 21-22	STAAR Testing			
May 4-8	STAAR Testing			
May 12-13	STAAR Testing			
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News You Can Use



Children and teenagers are complex creatures, and as parents and caregivers, it may be difficult to recognize when something is wrong.

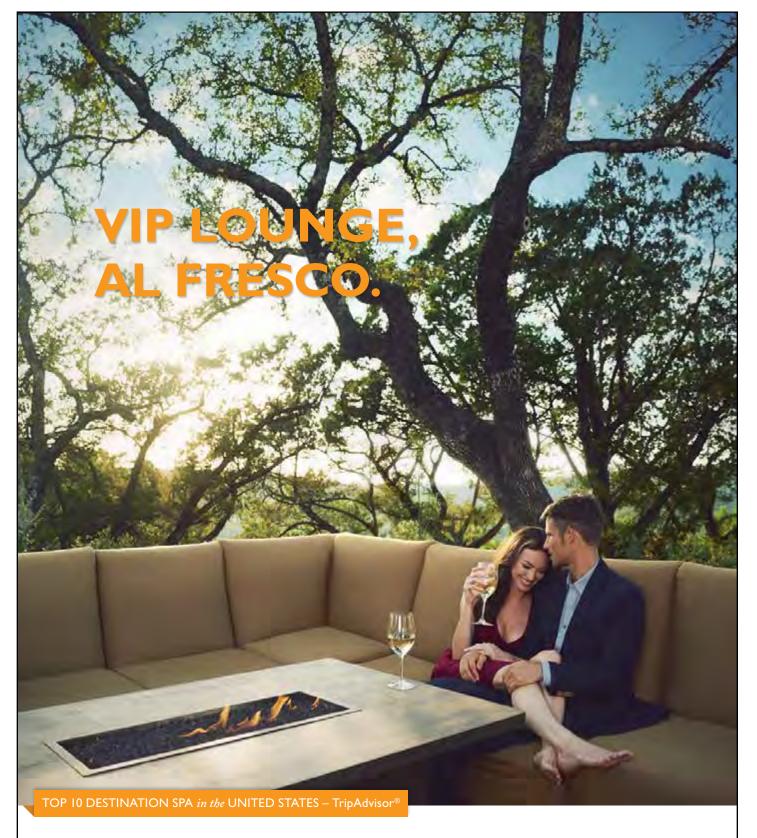
According to the Parents
Universal Resource Experts, children and teens
struggle daily with peer
pressure, start making destructive choices and experiment with alcohol and drugs at an alarming rate.

There are many ways to help a troubled child, and once you have identified the problem, you can find the support and programs your child needs.

SIGNS TO LOOK FOR:

- 1. Observe your child and look for signs of depression.

 These signs may include isolation, different peer groups and outbursts of violence. If you believe the child is hiding things from you, having trouble adjusting to daily activities, or receiving lower grades in school, these are also signs of depression and may need to be evaluated by a professional.
- Discuss the observations with your child. Let him or her know that you have noticed a decline in grades or disinterest in favorite activities. Let the child know that you are free to talk to at any time, about anything. Follow through on this.
- 3. Talk with teachers and staff at your child's school. Find out if your student is getting in trouble at school, or if there are any reports from your child about bullies.
- 4. Seek treatment for your child. Your child may not want to open up to you about things that are bothering him or her.
- 5. Consider another environment for your child. Many programs are available to assist troubled children. Boot camps and military schools are options for teens with discipline problems or defiant temperaments.
- 6. Find a support group for yourself. Parenting a troubled child can be frustrating and difficult. Connect with other parents online or in person to exchange tips and ideas for helping your child.



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Austin

Do I Need a Permit to Replace a Water Heater?



Yes, since 2007, a plumbing permit has been needed to install a hot-water heater in Texas, requiring a licensed plumber to tackle the project in accordance with the Uniform Plumbing Code. A qualified installer and inspection is needed because water heater installation or replacement involves work with electricity, natural gas in many cases, and a pressurized holding tank. Anyone of these things can cause catastrophic damage and/or injury if the work is not done properly. Hot-water heaters also need to be sized according to the number of fixtures in your home or business.

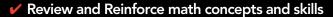
Installers should be very familiar with the regulations and requirements concerning hot-water heaters including location, drainage and ventilation requirements and procedures for electrical or gas connection. The installer should also ensure that a temperature and pressure relief valve is properly installed with appropriate drainage.

Make sure your home improvement projects are done safely and according to code.

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Where:

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What:

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Early Bird Regstration Fee: \$280 Registration Fee: \$300 Early Bird Registration Deadline: August 11th Registration Deadline: August 20th

Upcoming Events

Dodgeball Extravaganza - Sept Co-Rec Kickball Tournament - Sept Softball Tournament: TBA

and more....

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SEND US YOUR

Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to steinerranch@ peelinc.com. Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at www.PEELinc.com.





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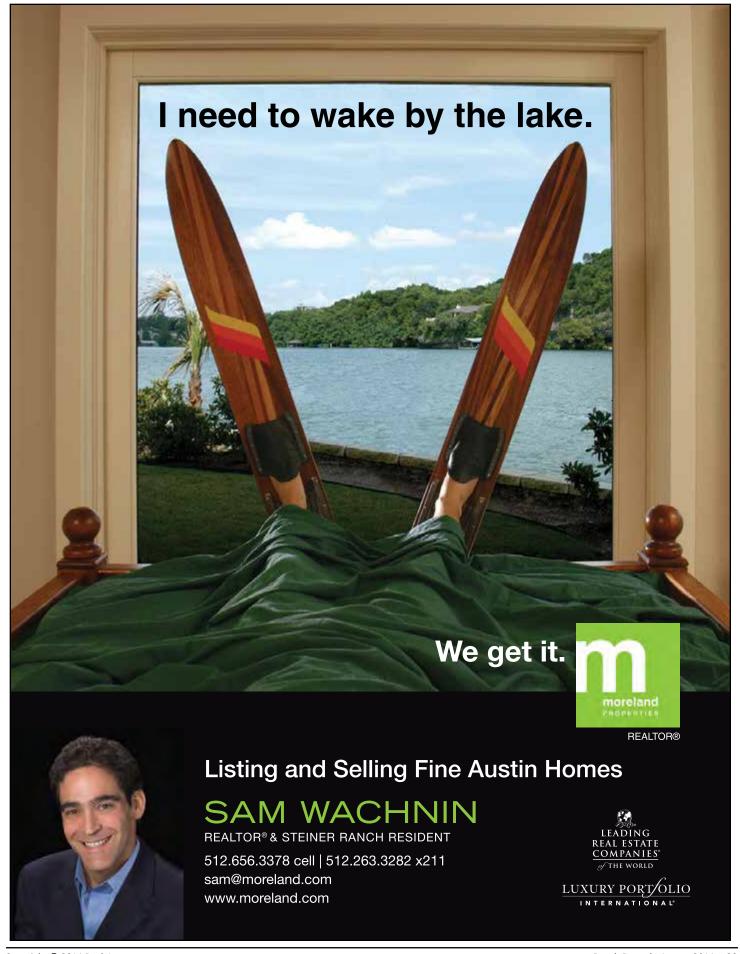
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HOW TO CHOOSE A PEDIATRICIAN FOR YOUR BABY

By Theresa Willis, MD, ADC Pediatrics

If you need to choose a pediatrician for your baby, the task may seem daunting. Where do you start? When do you start? Does it really matter which doctor sees your baby? Here are a few guidelines to make the process a little easier and more organized.

- 1. Choose your pediatrician about six to eight weeks before baby is due. That way, even if your little bundle arrives early or things get busy towards the end of your pregnancy, you won't have to worry about who will be seeing your baby once he or she is born.
- 2. Start by checking with your medical insurance to see which doctors in your area are on your plan.
- 3. Talk to friends and neighbors to see who they bring their children to see. Personal recommendations are a good way to find physicians with a good reputation in your area.
- 4. Ask your Ob-Gyn's office. They often have a list of pediatricians that they like to refer their new families to.
- 5. Make sure the pediatrician you are choosing for your baby is board certified.
- 6. Meet the pediatrician ahead of time. If you have a couple of doctors in mind, or even just one, call their office and find out if the doctor has appointment times set aside to meet expectant parents. You'll have a chance not only to meet the doctor and find out if he or she is a good fit for you,

but you'll also have the opportunity to meet the staff and see the office itself. Ask yourself:

- Do you feel comfortable talking with this doctor?
- Is the staff friendly and attentive?
- Is there a separate waiting room for sick and well children?

 Bring questions with you. This is a great chance to ask some important questions ahead of time.
- Will the pediatrician see my baby in the hospital after delivery?
- If planning on circumcising a baby boy, who does the procedure?
- When do we come in to the office for our first visit?
- What are the office hours? What happens if I have questions or concerns after office hours or on the weekend? Is there a nurse available to answer questions during the day? What about at night?
- What is the expected vaccine schedule for my baby?
- If baby is sick, can you get same day appointments with your pediatrician?
- How many other doctors are in the practice? How often will you have to see a different doctor if your child is sick and your doctor is not available that day?
- Once you've chosen a pediatrician for your baby, you can relax and rest easy knowing who you will see and what to expect when baby is born.







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A FOCUS ON HEAT EMERGENCIES

Healthy Tips To Stay Cool In Extremely Hot Weather By: Concentra Urgent Care

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS AND SYMPTOMS:

Heat Cramps

- Sweating
- Pain in arms, legs, and abdomen Headache and confusion
- Heat Exhaustion
- Moist, pale skin
- Fatigue and fainting

• Rapid pulse

• Rapid pulse and breathing

Nausea and vomiting

Dizziness and lightheadedness

Heat Stroke

- No sweating
- Dry, hot, red skin
- Confusion/loss of consciousness Seizures
- Temperature over 103° F

CAUSES:

- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- High temperatures or humidity Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
 - Cardiovascular disease
- Alcohol use

WHAT TO DO IN HEAT EMERGENCIES...

- 1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
- 2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.

- 3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
- 4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
- 5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

- underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.
- give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.
 - give the person salt tablets.
- · give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.
 - use alcohol rubs on the person's skin.
- give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
 - Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/ topics/heatstress/

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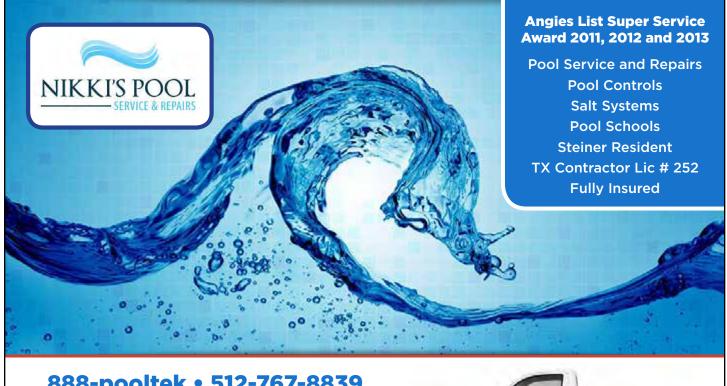
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News You Can Use



Your local Austin Music Teachers Association was just nominated the best in the country!

Submitted by: Nell Trimble, Benevolence Chair for A.D.M.T.A.

The Music Teachers National Association just awarded your local association as being the 2014 State Affiliate of the Year or the best in our country!

Why? Because of "programming for students" which includes 20 events and "community outreach" such as Youth Music Ambassadors which means the most opportunities for your child!

Also, our Dr. Martha Hilley right here in Austin at the University of Texas, was selected as the Teacher of the Year for Music Teachers National Association. We here in Austin nominated her for that award and then she was selected as that first at the state level and then nationally! Dr. Hilley's teaching sparkles with a fountain of electrically inspiring ideas. She also is a writer and deeply involved on a statewide level with the governing of our colleges. Her picture

and caption supporting President Powers was on page 2 of the 7/13 Sunday Austin American Statesman.

In addition Dr. Sophia Gilmsom was just awarded silver in the Global Music Awards for her CD of the Goldberg Variations On Harpsichord and Piano by Johann Sebastian Bach. Dr. Gilmsom is the head of Piano Pedagogy at the university here.

Perhaps the most outstanding concert I have ever been to was her performance of that work both on the piano and harpsichord. How totally different was the music on the two instruments!

To find a piano teacher in your area, go to www.admta.org, click on the link to "Community Resources" on the home page for our new "Find a Teacher" registry with descriptions of each teacher's program in their studios.





BOAT RAMP ETIQUETTE: DON'T BE "THAT GUY" THIS SUMMER

By Dave West, Austin Wakesurf

With summer now officially here, our beloved lakes are filled with watercrafts of all shapes and sizes buzzing around towing enthusiastic tubers, intensity-high skiers, dedicated fisherman and exercise hungry paddle-boarders. However as the number of people using our aquatic playgrounds increase, so does the risk of accidents among the busy boat ramps and lakefront docks. If you're planning on using these areas during the busy summer season, here are a few pointers to remember when launching and retrieving your boat:

Avoid unnecessary delays and blocking the boat ramp when launching your boat by completing as much of the preparation (loading of your gear) in the staging area as possible. Make sure your tie down straps are removed, battery is on, and that all your required safety gear, as well as ski's, tubes, coolers and towels are already in the boat.

If there is a dock at the ramp, ask your passengers to meet you there while you and another experienced person launch the boat without any unnecessary distractions

Use at least two experienced people to launch and retrieve the boat —one to drive the towing vehicle and one to operate the vessel). It is also a great idea to have all your dock lines and bumpers already in place prior to launching.

Launch your boat slowly and safely – ensure the area immediately behind the boat is clear of other boats, personal watercraft and people.

As you approach the dock to pick up your passengers, have a dock line ready to hand off to someone on the dock and instruct everyone to wait until you tell them it is safe to board the boat.

At the end of you boating adventure, drop all your passengers off at the dock first and wait away from the dock while an experienced person retrieves your vehicle and trailer. It's often best to leave all you equipment in the boat until you reach the staging area where you can safely unload safely.

When retrieving, do not pull your boat into a launch lane until the towing vehicle is at the ramp. The line is formed by vehicles with trailers, not by vessels in the water.

Have the driver of the vehicle tow the boat to a staging area where you can meet your passengers and begin unloading and wiping down. Always double-check your tie downs prior to driving away from the boat ramp area.

Never block a ramp with an unattended vessel or vehicle.

Alcohol and boating don't mix.

Always wear a US Coast Guard Approved (USCGA) life jacket when conducting any type of watersport.

Do not power load your boat: Propeller wash can erode the sediment just beyond the ramp surface, creating a large hole. The eroded sediment is deposited behind the propeller, creating a mound. Trailer tires can get stuck in these holes, and boats can run aground on the mound.



A cut above.

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NATUREWATCH

by Jim and Lynne Weber

Hairstreaks are mainly small butterflies, most with threadlike tails on their hindwings. They typically fly rapidly, fitting from side to side or in circles, before sticking a landing. Most perch with their wings closed, and reveal their upper surface only in flight. Males and females can look quite similar, but the males will often be the more vibrantly colored of the two.

In central Texas we have three common hairstreak butterflies. The largest, as indicated by its name, is the Great Purple Hairstreak (Atlides halesus). Dusky purplish-black below and brilliant blue above with red spots near the base of the wings and a bright orange abdomen, this butterfly flies spring through fall. It tends to stay well above the ground, and males will sit on trees on hill summits or flat plains to await females, mostly in the afternoon. Its larval foodplant, or plant upon which the female lays her eggs, is mistletoe species in the genus Phoradendron.

Another commonly encountered hairstreak is the Gray Hairstreak (Strymon melinus). It has only one tail on the hindwing and an upperside that is blue-gray with a large reddish-orange spot near the tail. The male's abdomen is orange and the female's is gray. In the spring and fall its underside is dark gray, and paler gray in the summer, but it always has a dashed white line, parallel and inset from the wing's edge, bordered with orange. It flies from February to November and is the most widespread hairstreak in North America. Males perch all afternoon and into evening on small trees and shrubs to seek receptive females, who lay eggs one at a time on a wide variety of plants (Continued on Page 50)



Great Purple Hairstreak (photo by Randy L Emmtt)



Juniper Hairstreak

Steiner Ranch Home Sale Stats/Averages: April - June, 2014

Price Range	# of Homes Sold	SP	SP/Sq.Ft.	SP/LP %	DOM
\$300,000-\$400,00	00 47	\$349,802	\$143.81	98.63%	19 days
\$400,000-\$500,00	00 29	\$445,160	\$146.94	98.53%	34 days
\$500,000-\$700,00	00 22	\$604,470	\$156.28	97.29%	39 days
\$700,000-\$900,00	00 14	\$795,482	\$175.37	98.23%	30 days
\$900,000+	3	\$1,011,042	\$219.72	95.6%	107 days

SP: Average Sales Price **LP:** Average List Price

DOM: Average Days on Market Statistics provided by ACTRIS



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News You Can Use

NatureWatch (Continued from Page 48)

including peas, mallows, beans, clovers, and cotton.

One of our most beautiful hairstreaks is the Juniper Hairstreak (Callophrys gryneus), belonging to a group called Evergreen Hairstreaks, which are widespread and variable. The upperside of the male is dark brown with an olive-colored sheen, and the female is blackish brown. Their underside is a vibrant green with two white spots near the base of the forewing and an irregular white line edged inwardly with a reddish-brown. Males perch on host trees, those in the genus Juniperus like our native Ashe Juniper, awaiting females. They perch with their wings closed and blend into the junipers so well that they may not be noticed until moving branches cause them to fly.

When it comes to survival, hairstreaks have developed an interesting adaptation, much of which has to do with their tails. Often having distinct markings or spots near these tails, together they form what is known as a 'false head' with the tails looking like antennae. The illusion is carried further when the hairstreak performs a back-and-forth 'sawing' motion with the hindwings when resting. This motion can distract would be predators such as spiders, causing them to attack the wrong end of the butterfly, leaving the vital structures intact.

Missing tails and part of the lower portion of the hindwings does not hinder flight, and the butterfly lives to carry on another day. So it really is true that two heads are better than one!

Send your nature-related questions to naturewatch@austin.rr.com and



Gray Hairstreak (photo by Jeffrey Pippen)

we'll do our best to answer them. If you enjoy reading these articles, look for our book, Nature Watch Austin, published by Texas A&M University Press, or subscribe to our blog at http://naturewatchaustin.blogspot.com.





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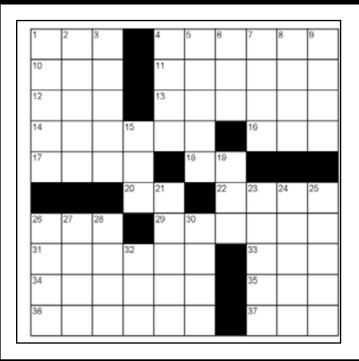
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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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- 12. Rio de Janeiro
- 13. Sports car brand
- 14. List of errors
- 16. New Jersey's neighbor
- 17. In __ (together)
- 18. Kilogram
- 20. Post script
- 22. Too
- 26. Concord e.g.
- 29. Addictions
- 31. Computer game
- 33. Killed in action
- 34. Ancient (2 wds.)
- 35. Antlered animal
- 36. Mourning
- 37. Ocean

DOWN

- 1. Land
- 2. Milk's food group
- 3. Type of enemy
- 4. Loony
- 5. havoc
- 6. Make a mistake
- 7. Stow
- 8. Greek stringed instrument
- 9. Defile
- 15. American College of Physicians (abbr.)
- 19. Chitchat
- 21. Book holder
- 23. Enjoys
- 24. Steps for crossing a fence
- 25. City
- 26. Prod
- 27. Prudent
- 28. Plane
- 30. Nearly horizontal entrance
- 32. Poet Edgar Allen

View answers online at www.peelinc.com

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TENNIS TIPS

By USPTA/PTR Master Professional Fernando Velasco











The Modern Game: The Backhand Approach Shot

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing. I am now offering suggestions on how to play the "modern" game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more "weapons" on the court.

In this issue, I will offer instructions on how to execute the Top Backhand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a "winner" or as an "approach shot."

In the illustrations, Kaylen Combs, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Kaylen is coached by the Director of the Tennis Academy, Darin Pleasant, who is showing her the proper point of contact on step 2. Kaylen plays with her left hand.

Step 1: The Back Swing: When Kaylen sees the opportunity, she makes a quick turn of her upper body and takes the racket high and back. The head of the racket is now at shoulder height, her shoulders are turned, the right hand gripping the racket and her left

hand relaxed. Her weight is on the front foot as her momentum carries her forward to attack the ball. Her right wrist is "laid back" to allow maximum point of contact.

Step 2: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Kaylyn started the swing high and "looped" it to allow the head of the racket to drop down. She will be brushing around the outside of the ball as she makes contact with it. Her left shoulder is almost opening and her weight has is moving through the shot.

Step 3: The Follow Through: In order to get maximum control and power, Kaylen is keeping her right arm extended through the shot. She has "snapped" her right wrist and has the head of the racket facing down. Her weight is going forward.

Step 4: The Finish: Kaylen's upper body acceleration forced the head of the racket to "wrap around" her left ear, thus creating the most power and topspin on the ball. Her legs are already in position to move forward the net for a volley. Her right foot should naturally move forward due to her momentum and racket speed. From her looks, she apparently hit a very wide cross court approach shot for a defensive return.

Step 5: The Volley Winner: Once Kaylen hit, she moved to the net for a "winner". By the smile on her face, her backhand approach shot was successful and she won the point with a backhand volley.

Look in the next Newsletter for: "The Modern Game: The Swinging Forehand Approach Shot"

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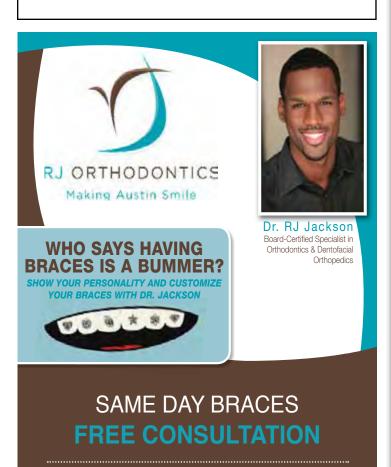
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Aphids feed on a wide variety of plants in Texas. They have high reproductive capabilities so their populations can grow to large numbers quickly.

Aphids are small, soft-bodied insects that come in a variety of colors. Some have wings while others may not, but all have cornicles, or "tailpipes" that come off the tip of the abdomen.

Aphids have piercing-sucking mouthparts which they use to pierce plant tissue and suck out the juices. Damage often appears as yellowing or curling of foliage. Aphids also secrete a sweet, sticky substance called honeydew. Honeydew often appears on the plant as a shiny spots or sometimes the honeydew may have sooty mold growing on it. Sooty mold is a black fungus that can block sunlight from reaching the plant leading to a decrease of photosynthesis.

Some ideas for managing aphids are as follows:

- Encourage natural enemies such as ladybugs, lacewing larvae
 & syrphid fly larvae; know what these creatures look like so you don't kill them
- Use high pressure water sprays to dislodge aphids from the plant
- Less toxic pesticides include active ingredients such as insecticidal soap, azadirachtin (neem), horticultural oils or d-limonene
- Other pesticides to manage aphids may include active ingredients such as permethrin, acephate (non-food items only), carbaryl or imidacloprid

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600.

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STEINER RA Neighbor Spotlight

My next Steiner Ranch Neighborhood spotlight will take your breath away. If there has ever been a definition of Panoramic Views – this would be it. We couldn't find a lens big enough to really show it off. This is one of those have to see it kind of a things.

These happy home owners fell in love with the potential of views from this home when they purchased. The home had an existing deck off the main level of the home that was a decent size but it was uncovered making it difficult to enjoy the amazing (but hot) sunset views. The trees were also relatively untrimmed which blocked a large portion of the canyon views. So when they told me they were making a few changes, I wasn't surprised. What I was blown away with though is what they ended up doing.

This family replaced all of the decking that was there with new Ipe wood (also called Brazilian walnut). Evidently, this is one of the densest hardwoods available, three times harder than cedar. Ipe has the same fire rating as concrete and steel, meaning it resists flames much longer than softer woods, and is so dense that it doesn't float in water (i.e which is why they use this type of wood for boat docks). Because of the denseness of this wood, you have to have the screw holes pre-drilled. Similar to typical wooden decks, you need to maintain this on an annual basis but not by staining and sealing but by re-oiling the deck. The other benefit is that the natural oil in this wood is a natural bug repellant and it is very resistant to rotting. This deck has a 75 year life to it as long as it is maintained. They also used stainless steel, deck screws (not iron nails that can rust and lift out) achieving a real high quality product.









Photos by Brendan Maloney

Not only did they improve the deck that was already there, they extended it and added a second deck on top which covered the

main deck. You can also see all the added additional outdoor storage they added underneath the main level.

On the main deck, they installed canned lights and ceiling fans making this the perfect place for morning coffee, a family dinner or a glass of wine with their favorite realtor (hint hint)!

The secondary deck was built flush with the second floor of their home. So instead of taking up space to add stairs between the two outdoor decks, they added access by installing a door from the game room. The views from the upper deck are amazing. I didn't really want to leave so I kept asking silly questions to prolong the interview.

The last think I will call your attention to is related to the deck construction. They choose iron spindles instead of wood which I think is beautiful but is also thinner than the wood counterparts allowing for more view between them. They also used one long board across the top of the railing which adds additional support to the railings. Totally amazing construction, materials and results!

I hope that you have enjoyed this article as much as I did writing it. The whole idea of this column is to share really cool, unique things that your Steiner Ranch neighbors have done in their homes that other might be of interest to others. This way we can all share ideas with each other on how to beautify our homes or sometimes even solve problems creatively. If you or a neighbor has done something unique or interesting in a home here in Steiner Ranch and would be willing to share, please reach out to me at Kimberly@ REDinSteinerRanch.com. Anything

big or small works - you would be

surprised at how many of your neighbors will enjoy what you have done in your home to make it special.

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