

RANCH RECORD

Official Newsletter for the Steiner Ranch HOA

VOLUME 8 ISSUE 9

SEPTEMBER 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 and Sunday CLOSED

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MISSION STATEMENT

Peel, Inc. Community Newsletters

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

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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. The advertising deadline is the 8th of the month prior to the issue.

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Travis County ESD No.6/Lake Travis Fire Rescue
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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
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River Ridge Elementary 512-570-7300

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OTHER NUMBERS

Lake Travis Postal Office 512-263-2458
Coyote Sightings 311

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

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COVER PHOTO

This month's cover photo is of Steiner Ranch Baseball Boys, Fischer Wunch #9, Brock Latuff #2, Tyler Mongauzy #5 and Trey Mongauzy #4. These four amazing kiddos all made the Northwest Little League Williamsport All-Star Team and won their Division Tournament. Making the Little League Williamsport Team is a great honor and accomplishment and we could not be prouder of these great kids!

All four boys are incoming 7th graders at Canyon Ridge Middle School. Congratulations boys!

Do you take great photos?

Would you like to see your photo published?

We are looking for great cover photos for upcoming October 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 October 2014 issue submittal deadline is September 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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The RANCH REPORT

ASSOCIATION VOLUNTEERS: 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.

As Steiner Ranch goes through a time of transition and the development company and current Board make plans to turn over all responsibilities to the homeowners, the importance of quality and dedicated volunteers becomes even more necessary to the ongoing success of the community. Many times, new board members come from the ranks of committee or event volunteers. It's a great way help the community and if you are curious about the responsibilities of the Board or are considering future participation on the Board, volunteering for a committee or even just to help with a community event is a great way to learn more about the community governance.

Your participation in the community is beneficial to you, your neighbors and the association for many reasons you may have never considered. For example, common benefits gained by volunteering include:

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

Don't let our community suffer 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.

If you are interested in volunteering or would just like more information, please don't hesitate to contact the management office for more information at 512-266-7553.

Mark Your Calendars

2014 Steiner Ranch Social Committee Events

SEPT. 20 – Fall Community Wide Garage Sale

OCT 10-12 – Fall Scrap-a-Thon

OCT 19 – Pumpkin Patch

OCT 26 – Halloween Trunk or Treat

NOV 15 – Camping on the Ranch (note date change)

NOV 15 – Holiday Shopping Event & Santa Photos

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



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.



Add your garage sale ad on the website. www.steinerranchhoa.org.

Goodwill will be at Towne Square taking donations from 10am - 2pm.



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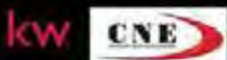
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STEINER RANCH SUPERHEROS

*Henry and Avery Frolo,
twins, 5 years old.*

Parents this is your chance to brag on your kiddos.
We want pictures of your kids doing everyday things,
school events, plays, sports, etc. Send in your pictures to
be featured in the Ranch Record. E-mail your pictures to
steinerranch@peelinc.com by the 8th of the month.




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CONCERT *IN THE* PARK



The 7th Annual Concert in the Park was held on August 16, 2014 at the Towne Square Park. Photos and a concert summary will follow in the October Ranch Record, but first we want to thank our organizers, Kimberly McLaughlin of Austin City Living Realty, Sharon Adams of the Steiner Ranch HOA, and fundraising Chair, Jannine Farnum. Also a big thank you to the Steiner Serves organizer Cindy Cummings and the Steiner Serves community for their donation effort to collect clothes and school supplies for Leander ISD.

This concert cannot happen without the Businesses of Steiner Ranch and the Four Points area. Please frequent their establishments and use their services as a way to say Thank You from the Steiner Ranch Community.



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- Sage & Sweetgrass Wellness Spa
- Villari's Martial Arts Centers
- Plexus Slim
- Wag-A-Bag
- Oasis on Lake Travis
- Gatsbys Mens Womens Childrens Wear
- Tuscan Village
- Lakeside Pizza
- JAZ Shirts

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- Brain Power 5K
- Texas Veterinary Medical Foundation
- Steiner Ranch After School Kids Community Bible Study
- Vandegrift High School Band Booster Club
- Hill Country Education Foundation
- Lonestar Soccer Club
- Longhorn Village

ENTERTAINMENT

- VHS Marching Band
- VHS Legacies
- VHS Cheerleaders
- Villari's Martial Arts
- Texas Stars Hockey
- Shoulda Turned Left
- Annie & Kate with Courtlyn James
- Suede

ANNOUNCER

- Allan Rayson

PHOTOGRAPHER & VIDEO

- Elle Adams
- Birds Ivideo

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YOUNG @ HEART

WHAT IS YOUNG 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.

New Homeowner

Welcome and Wine Social

Thursday, October 2nd

6:30pm – 8:00pm

Towne Square Community Center

12550 Country Trails Lane

Welcome new residents of Steiner Ranch! If you have recently moved into or purchased a home here, you are invited to a Welcome and Wine Social.

- Meet Neighbors
- Learn about Social Groups & Committee
- Presentation by the HOA
- Question & Answer session

Wine & Hors d'oeuvres will be served, so please RSVP to Donan Grant at donan@steinerranchhoa.org by Wednesday, October 1st.



5th Annual Pumpkin Patch

Benefiting the Children's Medical Center

Join us in raising money for the Dell Children's Medical Center Foundation!

SATURDAY, OCTOBER 19TH FROM 10AM – 5PM.

We will have over 500 pumpkins for you to choose from, so come out and help us reach our goal of \$6,000. There will be lots of activities for the kids!

Face Painting

Petting Zoo

Photo Area

Decorating Station

Balloon Twister

Goodies Bags

Concessions

WANT TO SPONSOR THIS GREAT EVENT?

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Pie Pumpkin - \$100 to set up a tent at the event, sponsor a game, promote your business (10 available)

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TRUNK OR TREAT AND HALLOWEEN EVENT 2014

Calling all Steiner Residents, Clubs, Organizations and Groups! Get your kiddos dressed in costume and your trunks and tailgates decorated for this year's Trunk or Treat and Halloween Event. The event will be held at Towne Square on Sunday, October 26th from 4—6pm. Please read details for this year's event below. We hope to see you and your little costumed kiddos on the 26th!

Who is this event for? This event is for Steiner Ranch children, ages 10 and younger and their friends and families.

Why not on Halloween itself? We are hosting the event the Sunday prior to Halloween so that young children can take advantage of neighborhood Trick-or-Treating at an early time on October 31st.

How can my little trick-or-treater participate in the event? Participation in the Trunk or Treat component of the event is on a first-come, first-served basis. The first 300 children under 10 will be given a wristband to participate, so please arrive early.

What else will happen at the event? Games, rides, activities and more! Food and drink will be available for purchase. We will post

additional event details on the Steiner Ranch Social Committee Facebook page as they become available.

Who can have a vehicle in the Trunk or Treat? We are seeking cars and trucks to get their vehicles in the Halloween spirit and hand out candy or small toys to children at the event. Get your friends together and get creative decorating those trunks! Pirates, princesses, rodeo, favorite football teams; all are great themes for your trunk or tailgate.

Vehicles participating in the Trunk or Treat will be allowed into the parking lot early to decorate. Every vehicle will need to provide enough candy or toys for 300 children under 10 years old.

How do I register my vehicle? To participate in the Trunk or Treat, please log on to the Eventbrite page and sign up, or call Tracy Miller at 408.460.3897. You must register to participate and spaces are limited so sign up now!

<https://www.eventbrite.com/e/2014-trunk-or-treat-vehicle-participation-tickets-12307446905>



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I can't wait to



girl scouts

start the fun now!

Girl Scout Open House

Who: Girls K-12 and Parent Volunteers
When: Wednesday, September 3rd at 6:45pm
Where: Laura Welch Bush Elementary Cafeteria

When you just can't wait for what you'll do next, you can do anything.

At Girl Scouts, girls are always counting down to the next adventure we'll go on together. Maybe it's artistic. Maybe it's an experiment. Maybe it's getting outside or helping the community. With us, you'll make a bunch of new friends and have a ton of new experiences that show you how exciting the world is, and how awesome you are, over and over again. So what are you waiting for?

Troops are starting NOW! Join now
LASUGirlScouts.org

Steiner Ranch Ladies Group

This group is just for the all the ladies (over 21) of Steiner Ranch! It's for the working moms, stay-at-home moms, single, divorced, married, empty nesters and every Lady in between!

We have small social gatherings like book club, ladies luncheons, movies, plays, workshops, cooking classes and much more. Don't be shy and sign up on the Meetup group and Facebook page! We look forward to meeting you at any of the events we have planned. We want to keep the Steiner Ranch ladies connected and active. Join the Meet up group and the Facebook page for the latest updates.

<http://www.meetup.com/steiner-ranch-ladies-group/>
<https://www.facebook.com/groups/522545227798671/>

If you are interested in starting and organizing an event for the Ladies Group, just let us know!

Myrta McGugan-Mogen – mmgugan1@live.com
 Sharon Adams – Sharon@steinerranchhoa.org

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 | • Soccer |
| • Tap/Ballet/Hip Hop | • Flag Football |
| • Gymnastics | • Abacus Brain Study |
| • Karate | • Music |
| • Tennis | • Soccer/Flag Football |
| • Art | • Zumba Kids |

TEEN/ADULT PROGRAMS

- | | |
|---------------------|------------------------------|
| • Yoga for Seniors | • Ballet Barre |
| • Karate | • Carriefit |
| • Tennis | • Cardio Bliss Fitness Class |
| • Master's Swimming | • Cardio Kickboxing |
| • Zumba | |

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



Around Steiner

CAMPING ON THE RANCH

All families are invited to go camping right here in Steiner Ranch!

The Steiner Ranch Social Committee is hosting Camping on the Ranch so you can spend the night with your kids for some great "Ranch Style" camping fun.

When: Saturday November 15th @ 6:00pm

Where: Towne Square Community Fields

Mark your calendars for Camping on the Ranch. This has to be one of the most popular and fun events the social committee does. Pull out your tents and come spend a night under the stars with your kids. Camping takes place at TSCC in the fields. The entire family is welcome however this has become hugely popular as a father/kid event.

Haven't tried camping with your kiddos yet? What a great place to try it, just minutes from the house but an adventure away. No activities are scheduled, just a great evening outdoors with your kids. The next morning, Cups & Cones will be there selling breakfast tacos and the Social Committee will be giving away doughnuts and coffee!

Bring your own food, beverages, tent, sleeping bags, games and activities!

Please register for this event at <https://campingontheranch2014.eventbrite.com/> no later than Monday, November 10th.



CPR & Defibrillator Training

Sunday October 19th

Towne Square Community Center

3:00 – 4:30pm

Every second countsBe prepared! HOPE4JD & VerdTek are hosting a CPR & Defibrillator training on Sunday, October 19th at The Town Square Community Center from 3:00 - 4:30 pm. The training is free.

The cost to become certified thru the American Safety Health Institute is \$20. Register at www.hope4jd.org. The certification payment is due after the training. HOPE4JD is a 501(c)(3) public charity organized to support Texas families who have a child who has suffered a hypoxic/anoxic brain injury due to a nonfatal drowning. EIN# 32-0351208

Holiday Sales Event

Vendor Registration is now open!

I know, I know, it's too early to start thinking about the Holidays, but planning has begun for the 2014 Holiday Sales show and we are looking for great, unique and fun vendors for our show. The Steiner Ranch Social Committee will be hosting its Annual Holiday Sales event on Saturday, November 15th from 10:00am - 2:00pm at the Towne Square Community Center. You can come and get all of your Holiday shopping done without ever leaving Steiner Ranch.

Three areas are dedicated for vendor space. Vendor spaces inside the Community Center are available at a fee of \$60.00 and spaces outside in the covered pavilion & uncovered veranda are \$40.00. (Heaters are provided). Spaces are available on a first-come, first-served basis. Registration fees must be paid to reserve your space, and no refunds will be made after November 1st. Steiner Ranch reserves the right to deny any application based on content or similarities to/duplication of products or services.

Please note that service type providers will be limited to a total of four this year. To register as a vendor, go to www.holidaysalesevent2014/eventbrite.com. If you have any question, contact Sharon Adams, Community Coordinator at sharon@steinerranchhoa.org.

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WORKSHOP SERIES

Free Workshops for Steiner Residents

School is back in session, so why not attend a free workshop this month!

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

SEPTEMBER 16TH - 6:30PM TSCC

Exercise and Nutrition

Come check out a free event to learn about beachbody fitness programs. We will have a demonstration of some of the most popular beachbody workouts like insanity and T25 and free samples of Shakeology, Beachbods super food protein shake. We will also be giving out free tastings from Beachbods meal plan and recipes to take home. Whether you are interested in weight loss, taking your fitness to the next level or just improving your nutrition and wellness, this is the event not to miss!

Please RSVP to Laura Black at vitelalaura@gmail.com.

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

Painting/Refinishing Furniture & Cabinets

No sanding or stripping, just PAINT.

Sunday, September 21st | 1-3 PM | Towne Square Center

Cost is \$80 per person. This includes all supplies, paint, finishes, Christmas tree project & FREE bag of paint-while supplies last. (value of \$24.95). Reserve your spot before September 15th to get your FREE bag of paint. Email huestmarket@gmail.com or text Kim at 512-496-3398.



Steiner Serves Project Teams in 2015!

Beginning Jan 2015 the Steiner Serves community will have Project Teams, with 6 families assigned to each team. The Project Team will team to contribute to one local non-profit charity each month. Each Project Team OR individuals on the team can swap with other teams/individuals so that they end up supporting a variety of charities and working with different Steiner Serves team members (i.e., if you are on the team cooking for Ronald McDonald House your entire team OR you as an individual can swap out with Mobile Loaves and Fishes team/individual).

If you would like to join a team OR be a project Team Lead visit the Steiner Serves website at www.SteinerServes.org to sign up or email ccummings@me.com.

What about other Steiner Serves community members that do not sign up for one of the Project Teams?

The Project Teams will post to Steiner Serves Facebook when they need a sub -- someone from the SS community can sub-in for Project Team members

The Project Team will post to SS Facebook items needed for their charity (i.e., Ronald McDonald House Team might post grocery list items needed, magazine/game requests for the RMHC lobby; RMHC wish list items to take on their next visit.)

Any one from the SS community can step-up to be a Team Lead and form a team of 6 families to support any local non-profit, and then begin trading out with other Project Teams as desired.

LEARN MORE: WWW.STEINERSERVES.ORG

STEINER RANCH

By Kimberly McLaughlin

Neighbor Spotlight

Can you say Xeriscape? No, really, can you say it? I had to look up the pronunciation because it is not an easy word to say. Evidently it's not pronounced zero-scaping which is likely what I have been saying this entire time. The correct pronunciation is 'zir-ə-skāp per the online Merriam Webster Dictionary site (<http://www.merriam-webster.com/dictionary>). The whole idea behind xeriscaping is to create beautiful landscapes or gardens that reduce the need for tons of extra water. This usually includes the use of ornamental rocks or stones and very drought tolerant plants. I have seen this trend in some new construction neighborhoods around town and also noticed a few beautiful gardens within Steiner, one of which is the focus of my article this month.

This home owner's goal was to have a more water efficient yard that was aesthetically pleasing. He is a landscape artist for a living (and it shows!) and is married to a land planner that he met during college. That explains a lot, doesn't it!!!!

He started with a large, beautiful vase that he filled with colorful flowers for the center piece and then surrounded this with extremely water efficient grass called Zoysia to make the focal point of the yard. He wanted the lawn to be included in the focal point, not just the pretty flowers.

Their yard had a pretty decent slope before this design project so they built up the yard to create a terrace. This terrace design allowed for more water to be retained by the plants instead of just running off. It also allowed for him to add better and more soil that allows plants to thrive. Weep holes were built into the walls to ensure required drainage could occur.

The yard design was developed into 6 different zones. Each zone has vegetation with different watering needs. This maximizes the use of water by adjusting the sprinkler system each zone's needs.

The plants and bushes he chose went along with the "modern Mediterranean feel" he was striving to create. This picture shows an olive tree on the right and a windmill palm on the left. The smaller shrubs in between the two are boxwood – which is also indigenous to Southern Europe but were also chosen because they are evergreen. Hmmm bench, Mediterranean feel, now I just need the wine!

In some of the other zones he had various forms of agave plants. Did you know the word Agave comes from was the name of a Greek King's daughter? Anyway, here are some of my favorites:

This is a Queen Victoria Agave:

This one with the really pretty orange flowers is called an African Bulbine Plant.

This last one was my absolute favorite – it was so ugly that I fell in love with it (kind of like some dog breeds – so ugly they are adorable). It is called a Echeveria more commonly known as the 'Afterglow'

The last photo I am going to share shows you two different tiers. On the top level the "filler" plant is called silver pony foot. Its a light green, shimmery plant that adds really cool texture to the bed. On the lower level, he used crushed limestone that is indigineous to this area. It is very neutral in color so that the attention isn't called to the ground cover but to the interesting plants.

Now keep in mind, the photos of this amazing yard were taking with only about 1 year after it was complete. Over the course of time several of the plants and bushes will fill in and make it even that much more pretty.

For more information about this yard or if you enjoyed reading this article as much as I did writing it, please reach out to me at Kimberly@REDinSteinerRanch.com. I am always looking for new cool things you or your neighbor has done to their home here in Steiner Ranch. 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.



Photos by Brendan Maloney

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Pool & Swimming News

Year Round Swimming Program for Adults

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

OUR SWIM SCHEDULE IS AS FOLLOWS:

- 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.

FALL POOL HOURS

The following hours will apply:

BELLA MAR

Closed Monday until 2:00pm

Open Tue- Sun 7:00am – 10:00pm

The following programs will be using the Bella Mar lap pool:

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

Vandegrift High School Swim Team – Tuesday – Friday 7:15am – 9:15am, beginning Sept. 2.

Lost Creek Aquatics – Mon – Fri 3:45pm – 7:00pm (4 lanes)

TOWNE SQUARE

Closed Monday until 12:00pm

Open Tuesday – Sunday 8:00am – 10:00pm

The following programs will be using the Towne Square pool:

Towne Square - Water Aerobics Mon/Wed at 6:45pm and Tue/Thur at 9:00am until the water is too cold to continue.

JOHN SIMPSON

Closed Monday until 2:00pm

Open Tuesday – Sunday 8:00am – 10:00pm

The following programs will be using the John Simpson pool:

Gold Stars Swimming – Tuesday & Thursdays 3:45pm – 5:30pm until the water is too cold to continue.

*Please note**Lifeguard are no longer on duty after Labor Day.*

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!

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.

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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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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.

REGULAR OFFICE HOURS

Please make a note of the "Regular" office hours that are now in effect.

Community Associations Office

12550 Country Trails Lane

Monday - Thursday - 1:00 – 5:00pm | Friday - 10:00am – 7:00pm

Telephone:: 512-266-7553 | Fax: 512-266-9312

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 October 2nd, 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.

Facility Happening

The Facilities Committee has been busy this year, making recommendation to the Board on everything from swim team usage, Girl & Boy Scout projects, and allowing a new water polo team use of the John Simpson pool.

This committee is an advisory committee to the Associations Board of Directors and makes recommendations regarding programs, policy and anything related to the common area facilities in Steiner Ranch. This committee is a great place to start if you've ever considered running for a Board position, or if you simply want to become more involved in your community. If you'd like to contribute, please contact Sharon Adams, Community Manager at sharon@steinerranchhoa.org. Some agenda items on upcoming meeting will include making a list of future enhancements to Steiner facilities and prioritizing this list. The committee is open to reasonable suggestions from the community, so if you're passionate about seeing a future amenity become a reality in Steiner, please let the committee know. You can email Sharon, or are always welcome to come to a meeting. The next scheduled committee meeting is Tuesday, September 2nd at 6:30pm at the Towne Square Community Center.

TRANSITION COMMITTEE UPDATE

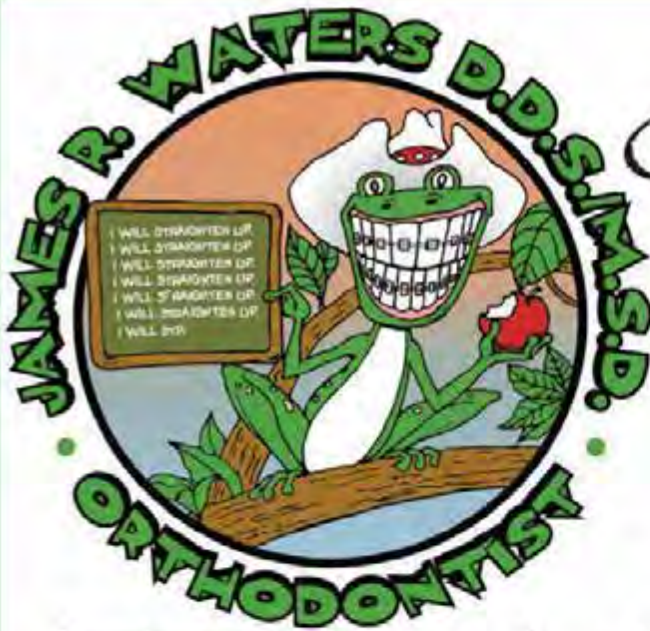
As the development of Steiner Ranch gets closer and closer to the end, the development team is beginning the process of transitioning the control of the association's Board of Directors to the homeowners of the community. This process will involve a complete review of the community amenities, common areas, the financial records, and governance documents by a committee of homeowners, the Transition Committee.

This group of dedicated Homeowners was appointed by the HOA Management team, which were identified for their commitment and desire to make Steiner Ranch the best community in Austin. They have been meeting monthly with the HOA management team with the goal of complete transition by April 2015.

So far this group has met to discuss priorities and responsibilities, including hiring a third party engineering firm to conduct a "Transition Audit" of the facilities, and have had discussions with the Developer regarding the future of Lake Club ownership, they also reviewed the current Landscaping contract and made recommendations for changes, reviewed the Development Area Declarations, and established a liaison between the SRROA and SRMA to establish a long term relationship between the two associations.

For the next few months, their priority will be reviewing the landscaping proposals, making recommendations for changes to the documents, rules and regulations, review and make recommendations to the budget draft by working with the Finance Committee and Board of Directors, and continue communication with the developer regarding Lake Club ownership and the third party engineering firm's recommendations.

Lake Club Information – The HOA has received several calls regarding the Lake Club. The Lake Club is owned by Taylor Woodrow Communities/Steiner Ranch LTD. They currently have an annual agreement with the SRMA to allow resident use of the facility, in turn, the SRMA will maintain the facility, and carry and maintain insurance during the agreement. The Lake Club consist of the docks, gated pavilion area and lower two parking areas.



We're proud to call
Steiner Ranch home!

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day HOA Office Closed 6:30pm – FREE Yoga (TSCC)	2 Fall Programs begin 6:30pm – Facilities Committee Meeting (TSCC)	3 9:00am – Free 5K Workout (TSCC) 7:30pm – SRLG Knitting & Crocheting (Cups & Cones) ACC Reviews	4 8:30am – YAH Walking Group	5	6
7 	8 6:00pm – Fairways Board Meeting (HOA) 7:00pm – SRNA Meeting (BMCC) 6:30pm – FREE Yoga (TSCC)	9 1:00pm – YAH Book Club 6:30pm – Social Committee Meeting (Lakeside Pizza)	10 7:30pm – SRLG Knitting & Crocheting (Cups & Cones) ACC Reviews	11 8:30am – YAH Walking Group 1:00pm – YAH Technology Group Patriot Day	12 11:30am – SRLG Ladies Lunch 6:00pm – SRLG Craft Night (TSCC)	13
14	15 6:30pm – Free Yoga (TSCC) 7:00pm – Firewise Committee Meeting (BMCC)	16	17 7:30pm – SRLG Knitting & Crocheting (Cups & Cones) ACC Reviews	18 8:30am – YAH Walking Group 7:00pm – YAH Bunko (BMCC)	19	20 8:00am – 12:00pm – Fall Community Garage Sale 9:00am – 4:00pm – Babysitting Class (TSCC) 7:30am – 11:30am – VHS Swim Meet (BM Lap Pool Closed)
21 	22 6:30pm – FREE Yoga (TSCC)	23	24 7:30pm – SRLG Knitting & Crocheting (Cups & Cones) ACC Reviews	25 8:30am – YAH Walking Group 6:00pm – SRROA Board of Directors Meeting (TSCC)	26	27
28	29 6:30pm – FREE Yoga (TSCC)	30 6:00pm – SRMA Board of Directors Meeting (TSCC)	<div> <p>*Please check Fall Swim Program on Page 20, and on the HOA website, www.steinerranchhoa.org.</p> </div>			

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OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>YAH - Young At Heart SRLG - Steiner Ranch Ladies Group</div>			1 7:30pm - SRLG Knitting & Crocheting (Cups & Cones) ACC Reviews	2 8:30am - YAH Walking Group 6:30pm - New Owner Welcome & Wine Social (TSCC)	3	4
 5	6 6:00pm - Fairways Board Meeting (HOA) 7:00pm - SRNA Meeting (BMCC) 6:30pm - FREE Yoga (TSCC)	7 1:00pm - YAH Book Club 6:30pm - Facilities Committee Meeting (TSCC)	8 7:30pm - SRLG Knitting & Crocheting (Cups & Cones) ACC Reviews	9 8:30am - YAH Walking Group 1:00pm - YAH Technology Group	10 11:30am - SRLG Ladies Lunch	11
12	13 6:30pm - Free Yoga (TSCC) 7:00pm - Firewise Committee Meeting (BMCC)	14 6:30pm - Social Committee Meeting (TSCC)	15 7:30pm - SRLG Knitting & Crocheting (Cups & Cones) ACC Reviews LISD Early Release	16 8:30am - YAH Walking Group 7:00pm - YAH Bunko (BMCC)	17	18
 19 10:00am - 5:00pm - Pumpkin Patch (JS Park) 3:00pm - 4:30pm - CRP & Defibrillator Training (TSCC)	20 6:30pm - FREE Yoga (TSCC)	21	22 7:30pm - SRLG Knitting & Crocheting (Cups & Cones) ACC Reviews	23 8:30am - YAH Walking Group	24	25
26 4:00pm - 6:00pm - Trunk or Treat & Halloween Celebration (TS Parking lot)	27 6:30pm - FREE Yoga (TSCC) LISD Student Holiday	28 6:00pm - SRMA Board of Directors Meeting (TSCC)	29	30 10:30am - 3:30pm - CAI Conference & Expo (Palmer Event Center) 6:00pm - SRROA Board of Directors Meeting (TSCC)	31 Halloween	

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2.

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\$100 off per vial, purchase 3 vials and get one free Belotero Syringe. Perfect for deeper folds and adding volume to cheeks and temples, promotes collagen growth to give a long lasting correction.

3.

Fall Hair Removal Special:

Save 30% on large areas, including entire back (great for guys!) and entire legs. Save hundreds of dollars!



Time to Slow Down

School started 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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VANDEGRIFT VIPERS SWIM TEAM

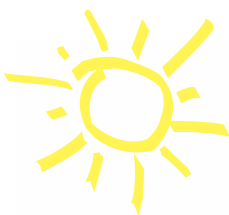
The Vipers Swim season started at the Bella Mar Pool on August 19th at 5:30am where Vipers Head Coach, Kim Davies, Asst. Coach Carlee Bauer and 53 swimmers tried out for 40 spots on the Vandergrift High School Swim Team. It takes a lot of dedication to get up that early in the morning on the last week of your Summer Vacation! Morning practices for the high school team are held at the Bella Mar pool every weekday before school from 7:30am – 9:00am. (One lane will be available for those dedicated lap swimmers brave enough to face those cold mornings!)

The Swim team will hold an inter-squad meet on September 20th at the Bella Mar Lap Pool Look for information on their biggest Fundraiser of the year, the "I AM TOUGH, Swim-a-Thon" from where each swimmer will swim 10,000 yards in 100-yard increments, with sponsors donating a flat fee or a rate-per-lap donation. It's a grueling event for the kids and anyone can come out, cheer them on and donate to the cause.

Good Luck to the 2014-2015 VHS Swimmers. SWIM FAST!



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Give Back to Students, Teachers and Schools through HCEF

Foundation Celebrates 5-Year Anniversary

Hill Country Education Foundation volunteers are busy preparing for another active year. Please participate in these upcoming events and support Your Four Points Academic Booster Club, which is celebrating its five-year anniversary!

Monday, September 15 – VHS Open House. Stop by the HCEF table.

Wednesday, October 1 – HCEF Fall Fundraising Campaign. HCEF 5th Annual Fall Fundraising Campaign gets underway. Money raised goes back to your students through supplemental program, curriculum, tools and other resources. More than \$300k given to date. For quick and easy giving, go to www.HillCountryEdFoundation.org.

Early November – 6th Annual FIRST® LEGO® League Scrimmage. To learn more this HCEF event, email info@HillCountryEdFoundation.org.

HillCountryEdFoundation.org.

Saturday, February 28 – Annual Gala at the Westin Austin at the Domain. Dinner, Silent and Live Auctions, Heads or Tails Game, Live Band and more planned for HCEF's largest fundraiser of the year. To volunteer, donate or learn more, contact info@HillCountryEdFoundation.org.

Early May – 5th Annual Impact Grant Awards. HCEF Grant Committee will surprise area teachers and administrators with program funding during the annual grant patrol. To date, HCEF has awarded more than \$120,000. Want to be on the Grant Committee? Email info@HillCountryEdFoundation.org.

Late May – 2nd Annual HCEF Educational Excellence Scholarships will be awarded

ABOUT HILL COUNTRY EDUCATION FOUNDATION

As Your Four Points Academic Booster Club, HCEF serves the eight public schools in the Four Points community by enhancing the educational experience of students attending or preparing to attend Vandegrift High School through developing and financing innovative, quality programs and projects. HCEF focuses on leadership, entrepreneurship, college-readiness, science, technology, engineering and math (STEM). HCEF is a 501(c)(3) non-profit organization. The eight schools include Grandview Hills, Laura Welch Bush, River Ridge, River Place and Steiner Ranch Elementary Schools, Canyon Ridge and Four Points Middle Schools and Vandegrift High School.

LEANDER

INDEPENDENT SCHOOL DISTRICT



2014-2015 DISTRICT CALENDAR

JULY 2014

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
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AUGUST 2014

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SEPTEMBER 2014

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DECEMBER 2014

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IMPORTANT DATES

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.....	Nov. 27
Hanukkah.....	Dec. 15-24
Christmas.....	Dec. 25
MLK Day.....	Jan. 19
Spring Break.....	March 16-20
Good Friday.....	April 3
Bad Weather.....	April 27
Bad Weather.....	May 18
Memorial Day.....	May 25
Last Day.....	June 5

CALENDAR KEY

	New Teacher Staff Development
	Student/Teacher Holiday
	Staff Development/Student Holiday
	Bad Weather Makeup Day
	Proposed Testing Dates
E	Early Release Day
◇	Last day, Nine-Weeks Period
}	Last day, Six-Weeks Period
<i>Italic</i>	First/Last Day Semester - Elementary
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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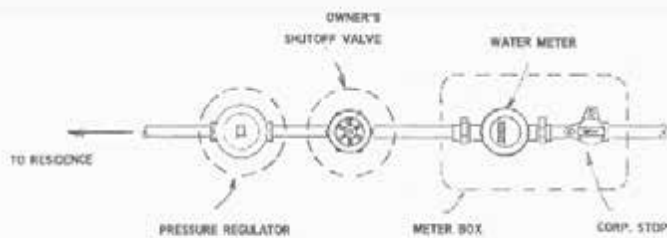
www.leanderisd.org
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TIP FROM WCID 17

How Do I Shut My Water Off?

Take a few minutes to familiarize yourself with your water supply shutoff valve. If an emergency situation ever develops in the future, where a leak in your home system may cause damage, you need to act quickly to stop the flow before you call a plumber.

Most residences are served from water mains located in the street right-of-way. Near your property line at one of your side property lines, will be a meter box with a lid that is set flush with the ground. Your water meter and a corp stop valve between the water main and the meter are inside. The corp stop can be locked closed if service is disconnected and is not intended to be used by the property owner. Immediately adjacent to the meter box is a customer shutoff valve below ground level. In some homes, there should also be a pressure regulator. The customer shutoff is the value you should identify now, so you can close it



if it becomes necessary.

Where sprinkler systems are installed, other valves are usually found in a separate box. A schematic sketch of a typical residential set-up is shown below. If you do not have a customer shutoff valve, you should have your plumber install one so that you can shut your water off if you need to.



**Friday, September 19th &
Saturday, September 20th**

Angie Smith, Jennie Allen, Carl & Heather Cartee,
Steve & Debbie Wilson, and David Thomas

The journey of motherhood is exciting, scary, lovely, and challenging. Which is why dotMOM was created—a weekend that will encourage and refresh you, connect you with other moms, celebrate motherhood, and draw you closer to Christ. dotMOM is for moms of all ages with kids of all ages. The conference will feature keynote sessions and breakout sessions.

**For more information, to view the
schedule and to register, visit:
caccwomen.snappages.com/announcements**

When: Friday, September 19th &
Saturday, September 20th

Where: The Church at Canyon Creek
Worship Center
9001 F.M. 620 North
Austin, Texas 78726

Cost: \$25 - Includes access to sessions,
dinner on Friday and breakfast on
Saturday.

Lakeway's Public Safety Day

to showcase Central Texas first responders

Meet the heroes who save lives every day and protect our community at Lakeway Police Department's fifth annual Public Safety Day.

One of the largest events of its kind in the area, the free family-friendly event is set for 10 a.m. to 4 p.m. Sept. 27 at Lake Travis Educational Development Center, 607 RR 620 N., in Lakeway next to Lake Travis Elementary School.

More than 14 agencies from Central Texas will bring their helicopters, police cars and motorcycles, SWAT trucks, ambulances, fire trucks and more for the public to experience.

The event will feature food and drink vendors, local businesses and nonprofit organizations as well as a kid's fun zone and live music.

"Nothing is more important to first responders than the



communities we protect," Lakeway Police Chief Todd Radford said. "Events like this give us an opportunity to educate the public while having fun in a relaxed setting. These interactions are the cornerstone to ensuring that we are keeping our community safe."

Public Safety Day was founded in 2009 to shine the spotlight on Central Texas first responders and their mission in a fun, educational event for the community. This day gives people a chance to interact with first responders on a level that doesn't

involve an emergency situation and learn more about what they do and the tools they use.

"Public safety is a year-round mission not limited to a single day," Radford said, "We look forward to seeing everyone and having a good time at this year's event."

For information, visit www.lakeway-tx.gov.



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INJURY PREVENTION IN YOUNG ATHLETES

By Brett Neilson and Mike McTague | Doctors of Physical Therapy | Orthopedic Certified Specialists

As another fall sports season approaches, a major goal of the coaches, trainers, and parents is keeping the athletes healthy and contributing to their respective sports. However, injury is inevitable and part of the game. Pediatric athletes present with a variety of injuries, the most common being the overuse type like Osgood-Schlatter disease and stress fractures. These injuries occur due to excessive stress placed on bone, muscle and tendon tissue that are constantly growing and not always at the same rate. Risk factors for these injuries include asymmetry in joint flexibility/mobility and muscle strength, impaired balance, training and recovery errors, and previous injury. There is potential for many overuse injuries to be prevented by knowing and following a few simple principles.

Pre-participation physical exams can be helpful for identifying many of the risk factors mentioned previously. It is recommended that these exams should include at minimum an assessment of joint mobility and flexibility and muscle strength and flexibility, as well as a thorough review of the past medical history to determine if the student is even appropriate for athletics. Recently, functional screening tools have been developed to reveal asymmetries and imbalances during basic movement patterns that are the foundation for many of the movements required during sport.

Training and conditioning play a major role in injury prevention as well. The term "cultural deconditioning" has been coined recently to describe the decrease in physical activity in our youth that has coincided with an increase in video game

and computer use. So when the offseason ends and it's time to get out and enjoy the 105 degree Texas heat, the body is not ready to stand up to the stresses suddenly placed on the body. A way to combat this is to promote an active, healthy lifestyle by putting down the Xbox controller and spending more time outside, taking part in offseason conditioning camps, or participating in local fitness classes.

A guideline known as the "10% rule" has also been developed to allow student athletes to transition back into sports activities. The idea is that the amount of training time, distance, repetitions, or load should not be increased by greater than 10% per week. For example, if a student is running 10 miles per week, they should not run more than 11 miles in the following week.

Knowing the signs and symptoms of overuse injuries is paramount. They are all too often written off as "growing pains" and are allowed to increase in severity, resulting in extensive time away from sport during the recovery process. Common signs and symptoms include pain that is persistent in nature, takes longer than usual to resolve, visible swelling, tenderness that can be localized to one area, and/or require interruption of normal athletic activities.

Finally, having an open-line of communication between the coaches, trainers, other health care professionals, parents, and athletes is imperative in injury prevention. Lack of or inconsistencies in the transfer of information between any of these parties can result in delayed access to proper prevention or treatment techniques and keep the athlete from performing at the highest possible level.

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A Focus on Backpack Safety Tips for Your Family

By: Concentra Urgent Care

WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed. Wear the backpack over the strongest mid-back muscles. Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.


LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.


PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework,
(Continued on Page 38)






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News You Can Use

Backpack Safety (Continued from Page 37)

an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints.

Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of the back to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back

- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at www.apta.org.



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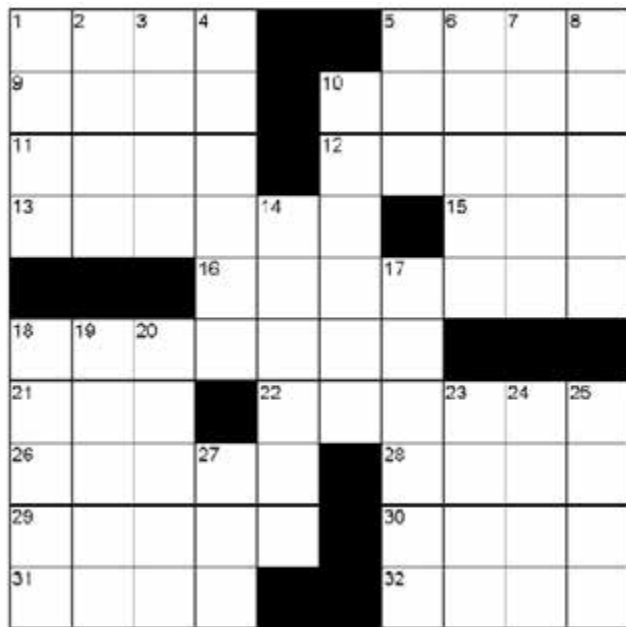
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9. Volcanic rock
10. Strength
11. Consumer
12. Refastens
13. Mire
15. Flurry
16. Remove a light bulb
18. Easier to get at
21. Frosty
22. Pretended
26. Spring flower
28. Basic's opposite
29. Buddy
30. Sliding toy
31. Ball player __ Aaron
32. Food

DOWN

1. Ghetto
2. El __ (Texas city)
3. Maintain
4. Plunder
5. Vase
6. Measuring instrument
7. Point
8. Render capable
10. Public transportation vehicles
14. Short-tempered
17. Put a fold in
18. Catch a ride
19. Sporty car brand
20. Synthetic fiber
23. Ca. University
24. Abstain from certain foods
25. Chances of winning
27. Writing liquid

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News You Can Use

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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Sept. 14th: Colin's Hope Kid's Tri! Registration is now open. www.tinych.org/KidsTri

Ongoing: Volunteers needed to distribute water safety packets. info@colinshope.org

Ongoing: Colin's Hope Athlete Ambassadors needed. www.tinych.org/AthleteAmbassador

Ongoing: Colin's Hope Community Ambassadors needed. info@colinshope.org



*Source: Texas DFPS, Watch Kids Around Water

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DRAINS



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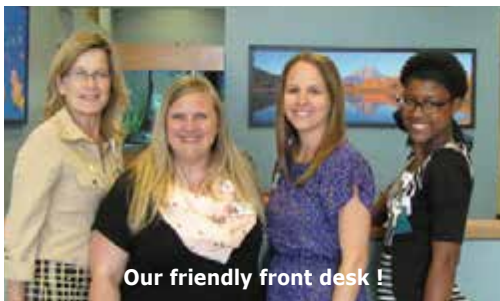
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- **Neurology**, Patrick Nolan, M.D., Ph.D.
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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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TEXAS A&M AGRI LIFE EXTENSION

CICADA KILLERS

Large wasps flying low over the lawn can be a common, and sometimes frightening, sight at this time of year. Things can get alarming when those wasps become territorial and fly around your head until you leave the area. These wasps are usually accompanied by holes in the yard or flower beds that are surrounded by small piles of dirt. The wasps are cicada killers and aren't anything to panic over.

Cicada killers are about 1 ½ inches long with a reddish-brown head and thorax and an abdomen that is black with yellow markings. Wings have a rusty tinge. The males can be aggressive and buzz near people, but males are unable to sting. Females are capable of stinging but are rarely aggressive towards humans or animals.

Females dig burrows in the ground and use these burrows as nesting areas. Females sting and paralyze cicadas, take them back to the burrow and then lay an egg upon it. When the egg hatches, the larvae feed upon the cicada provided.

Cicada killers usually do not warrant any control methods. They are actually beneficial insects that help to reduce populations of cicadas. If you feel that you must do something to manage them, you can sprinkle insecticidal dust around the opening of the burrow.

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



Fig. 1. Hole created by a cicada killer.



Fig. 2. Cicada killer.

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- Kids Stuff -

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If you've ever played outside, chances are you've been bugged by insects or other crawly creatures. Maybe unwelcome ants joined you at a picnic in the park or a bee buzzed around your head while you were playing catch. None of this may have bothered you — unless you were bitten or stung. Ouch! It's enough to make you stay indoors. But the outdoors can still be a great place to play if you know a little bit more about insects.

WHY DO BUGS BITE OR STING?

Insects like bees, wasps, and hornets and other creatures like spiders and scorpions usually attack when they feel like they're in danger. Sometimes they are protecting their territory, web, or nest.

Other insects, such as mosquitoes and ticks, suck blood in order to survive. The female mosquito needs blood so that she can lay her eggs. (The male mosquito does not bite at all!)

Ticks are parasites, which means they live on other animals and need to suck blood to live.

WHAT ARE BUG BITES AND STINGS?

Insects and other bugs can inject venom (say: veh-num) into your skin when they bite or sting you. Usually, venom is like soap in your eyes — it doesn't really hurt you, but it's not very comfortable. It will make a small, itchy bump no bigger than a pea form on your skin. When you scratch, your skin becomes red and more itchy.

A tick bite can cause a red rash that looks a little like a bull's-eye (this may take as long as a week, or even more). In the case of bee stings, the area becomes swollen and a stinger might be left in the skin.

DOES IT HURT?

In most cases bug bites are not serious and only hurt for a little while. The itching is the most irritating part of most bites and stings. Some bites or stings, such as a bite from a scorpion or a black widow spider, may require a trip to the emergency department. But this doesn't happen very often. An adult will know whether this trip is necessary.

WHAT SHOULD YOU DO?

If anything bites or stings you, make sure you let an adult know. He or she will look at the bite or sting to see what needs to be done.

If a mosquito bites you, try not to scratch. It's hard sometimes, but scratching will make the itch worse and can cause the bite to swell, bleed, or get infected.

If you are stung by a bee, an adult can help you get the stinger out quickly. Have an adult wash the area with soap and water, and apply ice to the sting on and off for the first 24 hours. An antihistamine, which is a type of medicine, can help stop the itching, pain, and swelling. Acetaminophen can also help stop the sting from hurting. Hydrocortisone creams and calamine lotions can be helpful to take away the itch. An adult will decide what medicine is best for you.

TICK TALK

If you find a tick on you, don't try to remove it yourself. Get an adult to help you. He or she will grab the tick with tweezers as close to your skin as possible and pull it off in one smooth motion.

Once the tick is removed, save it by storing it in a small container or a sealable plastic bag. Don't try to crush it in your hands. Your doctor may want to see this tick later.

WHEN TO GET HELP

Some people have an allergic (say: uh-ler-jik) reaction to the venom that certain insects, such as bees, inject. If you have trouble breathing, break out in hives (hives are red bumps that show up on your skin), or feel like you are going to throw up after a bee or wasp has stung you, you could be having an allergic reaction. Tell an adult right away so that you can go to the emergency department.

Once you know you are allergic to bee stings, your doctor will provide you with a special kit. The kit is called an epinephrine kit and will contain a shot of epinephrine (say: eh-pih-neh-frin). You will need this shot if a bee stings you. You should keep this kit with you at all times, especially when you are outside. Make sure an adult is close by to give you the shot if you need it.

STOPPING THE STINGING

You can keep from getting stung by staying away from bee or wasp nests. Keep sweet-smelling food or drink covered when you are eating outdoors. And don't swat at flying insects — it just makes them angry, causing them to bite or sting.

If you go hiking, wear a long-sleeved shirt and pants tucked into your socks and shoes to avoid ticks. And always have an adult check you for ticks if you've been playing in the woods. The best way to avoid being bitten by spiders or scorpions is to avoid places where they like to make their homes, like woodpiles.

Playing outside is a lot of fun — bugs or no bugs. With a little bit of care, you can have fun even when the insects come marching in!

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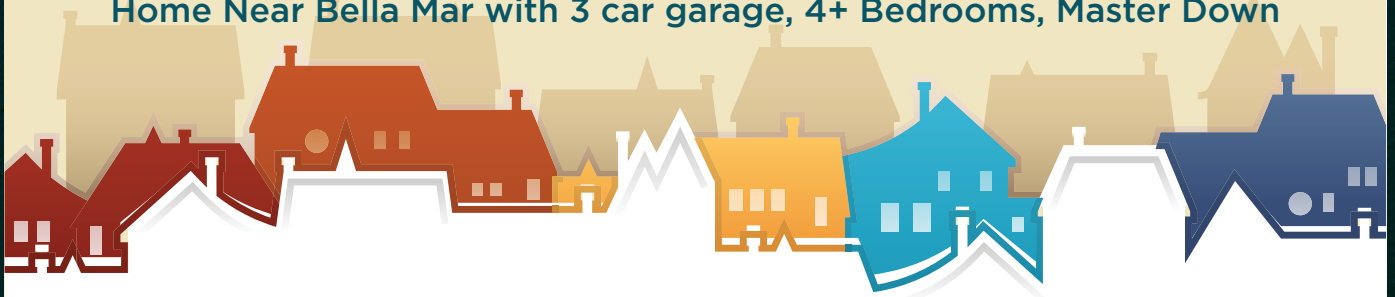
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