

RANCH RECORD

Official Newsletter for the Steiner Ranch HOA

VOLUME 10 ISSUE 1

JANUARY 2016



Happy New Year!

Submit your photos to us for cover consideration.
See page 4 for details.



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Broker of the Year



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The Platinum Top 50 Awards Program annually recognizes 50 residential REALTORS® for their outstanding achievements in: sales, education, industry participation and civic leadership. The Broker of the Year award is a special category that recognizes an individual for their extraordinary accomplishments & contribution and impact on our local industry and community.

In addition - we wish to congratulate Joy Brillante, Lou Cartwright & Lisa Nourzad for their selection as a Top 50 Finalist! We have an amazing team and owe all of our success to you, our clients. Thank you for your trust!



Austin American Statesman
statesman.com



Rhonda Durrill

512.994.8400

Rhonda@AvalarAustin.com



Maralee Schmidt

512.785.7343

MaraleeSchmidt@gmail.com



Melissa Van Leeuwen

512.230.4419

Melissa@AvalarAustin.com



Joy Brillante

512.423.4479

Joy@AvalarAustin.com



Cindy Thompson

512.698.6929

Cindy@AvalarAustin.com



Crete Carey

512.213.7131

CreteCarey@AvalarAustin.com



Marguerite Craig

512.656.8292

MargueriteCraig@austin.ri.com



Kim Cross

512.994.7219

Kim@AvalarAustin.com



Lisa Nauert

512.217.3762

LNauert@AvalarAustin.com



Steve Craig

512.415.0099

SteveCraig@AvalarAustin.com

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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

OFFICE HOURS

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

STAFF

Executive Director,

Randy Schmaltz, CMCA, AMS, PCAM randy@steinerranchhoa.org

Community Standards Manager

Mackal "Mack" Taylor mack@steinerranchhoa.org

Facility Manager

Rafael Echazarreta, CMCA, MS rafael@steinerranchhoa.org

Accounting Controller

Christopher Ruiz chris@steinerranchhoa.org

Accounting Assistant

Lee Tallier III lee@steinerranchhoa.org

Amenity Coordinator

Patricia Campbell patricia@steinerranchhoa.org

Compliance Coordinator

Richard Constancio richard@steinerranchhoa.org

Front Office Coordinator

Cassie Burgess cassie@steinerranchhoa.org

Communications Coordinator

Meredith Hamrick meredith@steinerranchhoa.org

Lifestyle Coordinator

Desirre Ghebremicael desirre@steinerranchhoa.org

Maintenance Technicians

Angel Alvarado
Macedonio Salazar
Karl Chrietberg

MISSION STATEMENT

Peel, Inc. Community Newsletters

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

"Be the Community."

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.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY 911
Fire 911
Ambulance 911
Sheriff – Non-Emergency 512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescue
Administration Office 512-266-2533
Travis County Animal Control 512-974-2000

STEINER RANCH CONTACTS

Steiner Ranch Community Association Office 512-266-7553

SCHOOLS

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

UTILITIES

Travis County WCID # 17 512-266-1111
City of Austin Electric 512-494-9400
Texas Gas Service
Custom Service 1-800-700-2443
Emergencies 512-370-8609
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AT&T
New Service 1-800-464-7928
Repair 1-800-246-8464
Billing 1-800-858-7928
Time Warner Cable
Customer Service 512-485-5555
Repairs 512-485-5080
TDS (Trash & Recycle) 512-329-1752
Austin/Travis County Hazardous Waste 512-974-4343

OTHER NUMBERS

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

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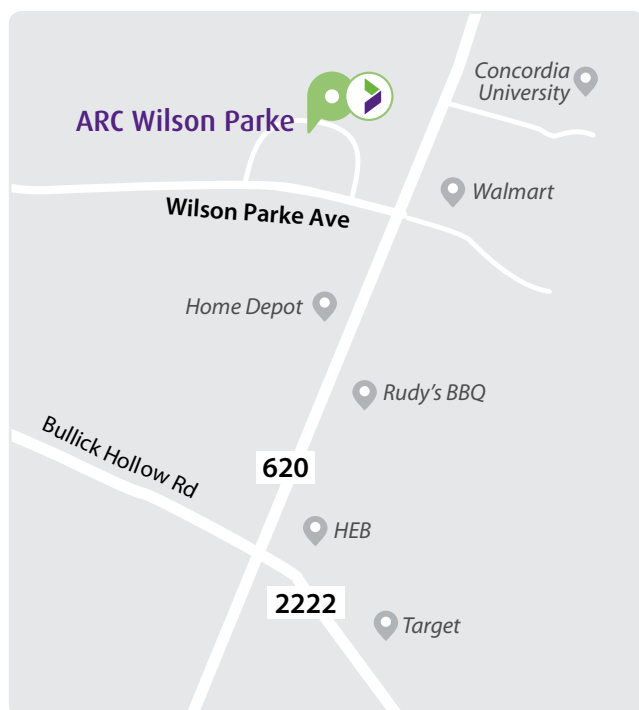
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Mon – Fri: 8AM – 9PM
Sat – Sun: 8AM – 5PM

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 communications@steinerranchhoa.org. The deadline is the 8th of the month prior to the issue.

COVER PHOTO

This month's cover photo was submitted by Steiner Ranch residents, Kim and Bill Foster. The picture shows their daughters, Jennie Hoffer and Amanda Foster, jumping for joy at the Lake Club! The Foster family relocated to Steiner Ranch from California 2 and a half years ago, and say they feel like it's a never ending vacation, living in Steiner Ranch. We couldn't agree more!

Send us your pictures, and we'll enter you in our monthly photo drawing. The winner will receive a \$20 gift card to a neighborhood business AND their photo will be included in the Steiner Ranch Record. Grab your camera and get creative!

For cover photo consideration, the submittal deadline is on the 8th of the month prior to publication. Photos should be submitted electronically by the deadline date to communications@steinerranchhoa.org.

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



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From the Association Office

Mark Your Calendars Now
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Steiner Ranch Social Events!

2016 STEINER RANCH EVENTS

JANUARY

January 16, 2016 Mother and Son Dinner & Magic Show

January 30, 2016 Chinese Cuisine Festival

January 30, 2016 Parents Night Out

FEBRUARY

February 7, 2016 Snow Day

February 14, 2016 Parents Night Out Valentine's Day

MARCH

March 6, 2016 Run the Ranch 5K & Kids K

March 26, 2016 Easter Egg Hunt

APRIL

April 7, 2016 New Homeowner Social

April 8, 2016 Spring Scrap-A-Thon

April 9, 2016 Spring Community Garage Sale

MAY

May 7, 2016 Mother's Day - Mommy & Me Tea Time

May 21, 2016 Shred Day

JUNE

June 25, 2016 Father's Day: A Day With My Hero

June/July/August Movies In The Park Series

JULY

July 3, 2016 Decorate Your Ride

July 4, 2016 July 4th Celebration

AUGUST

August 13, 2016 Concert In The Park

SEPTEMBER

September 17, 2016 Father Daughter Dance

September 17, 2016 Community Garage Sale

OCTOBER

October 6, 2016 New Homeowners Social

October 7, 2016 Fall Scrap A Thon

October 2016 Pumpkin Patch

October 2016 Halloween Trunk or treat

NOVEMBER

November 5, 2016 Holiday Sale event

November 12, 2016 Camping on the Ranch

DECEMBER

December 8, 2016 Volunteer Party

December 10, 2016 Breakfast With Santa



follow us on
facebook

Facebook.com/SteinerRanchHOAevents

Want to get involved? Join the Event Planning Committee! The Committee meets on the second Tuesday of each month at 9:00am at Cups & Cones.

Contact Desirre Ghebremicael, Lifestyle Coordinator at desirre@steinerranchhoa.org for more information.



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From the Association Office

THE RANCH REPORT

Happy New Year,

In 2004 Steiner Ranch was awarded the Best Master Planned Community by the Austin Business Journal. And we all know that Steiner Ranch is known for its family friendly atmosphere, its swim teams, trails, events, amenities, and so on. When we transition from developer control, the resident leadership of the Master, Residential, Fairways, Casitas, and Lakeview Associations will be tasked with guiding our communities into the future.

It will be a daunting task; this year especially because for the first time the community will be broken into 5 voting districts. Each district will have to elect a representative to the Board. To add to the complexity there will be 2 additional seats that can be elected from any of the 5 voting districts.

Our children's schools, teams, and organizations we choose to be involved with place extraordinary demands on resident's time. I remember one resident saying that she volunteers so much time at her daughter's school that she didn't have any time to volunteer in the Association. Volunteering at schools and civic organizations speaks volumes to the concern and generosity of Steiner Ranch residents.

However, leadership in Steiner Ranch will no longer be delegated to the developer. The Declaratory Documents given to all the residents in Steiner Ranch demand that the community be governed by the residents. Steiner Ranch will need 7 residents to step up to lead the Association going forward. Their decisions will affect annual assessments, lifeguards at our pools, parks, playgrounds, and buildings. Decisions made by these 7 residents will affect everyone's daily lives.

Going forward I see 2016 as a year of opportunity. Opportunity for residents to take control of Steiner Ranch, making it better than ever.

Thank you and here's to a great New Year!

Randy Schmaltz

Executive Director

Steiner Ranch Home Owners' Association

facebook

Steiner Ranch HOA Launches Facebook Page

The Steiner Ranch Home Owners' Association launched its official HOA events Facebook page in late November. The page is the only Facebook page affiliated with the HOA and is an excellent resource for the most up to date information for HOA events, programs and activities. Please visit www.Facebook.com/SteinerRanchHOAevents and like the page for the most current event information.



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Volunteers

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COMMUNITY

VOLUNTEERS MAKE STEINER
A GREAT PLACE TO LIVE!

Thank you to our wonderful volunteers who make Steiner Ranch the wonderful community it is. Thank you for your service.

In addition to the Steiner Ranch Boards, there are many committees for which the HOA needs volunteers:

- Steiner Ranch Master Association Architectural Committee:
Contact mack@steinerranchhoa.org
- Steiner Ranch Residential Owners Architectural Committee:
Contact mack@steinerranchhoa.org
- Event Planning Committee: Contact desirre@steinerranchhoa.org
- Facilities Committee: Contact rafael@steinerranchhoa.org
- (Facilities committee includes Swim Team, Fields, Firewise, Pools & Trails)
- Finance Committee: Contact chris@steinerranchhoa.org
- Landscape Committee: rafael@steinerranchhoa.org or randy@steinerranchhoa.org
- Long Term Planning Committee: randy@steinerranchhoa.org
- Transition Committee – Contact randy@steinerranchhoa.org

Please contact us to get involved.



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From the Association Office

ASSOCIATION ASSESSMENT PAYMENTS DUE

Semi-annual assessments for January – July 2016 are due on January 1, 2016. Statements were mailed to each homeowner at the mailing address on file in mid-December. If you did not receive a statement, please contact the Community Associations Office at 512-266-7553. You are not exempt from paying assessments or late fees even if you do not receive a statement. Payments received after January 31, 2016 are subject to an initial \$25.00 late fee per association and a \$25.00 late fee for each additional month that the assessment remains unpaid. Please note that the assessment must be received by January 31st, not postmarked by January 31st. Your escrow account does not pay your assessments.

Online Assessment payments can be made at www.steinerranchhoa.org, by clicking on the "Online Assessment Payments" link. You can also sign up to receive your statements online.

Payments may be made by mailing assessments due to the address listed on your statement, or by bringing them to the Association office at 12550 Country Trails Lane to avoid an On-line fee.

***Please note resident privileges, such as pool access, facility rental, and attendance at, or registration for, social functions and programs, may be terminated if assessments are delinquent.

CHRISTMAS TREE RECYCLING

The Steiner Ranch HOA encourages residents to recycle their Christmas trees from December 26, 2015 – Jan 5, 2016 at the entrance of the WCID Water Treatment driveway off of Quinlan Park Road and Logan's Way.

Before recycling your tree, please remove all decorations, nails, wires, ornaments, tree stands, lights, and tinsel.

Place your tree to the right side of the driveway.

Thank you to WCID #17 for the use of their entrance and to Landscape Resources for removing and shredding the trees.

FAREWELL 2015! TIME TO TAKE DOWN KEEP AUSTIN WEIRD TREES

The fun, quirky, holiday- decorated trees that magically appeared along Quinlan Park Road, Bella Mar Trail, Flat Top Ranch Road and other parts of Steiner are very Austin, and have been adopted by our community. They added to the holiday sparkle. If you decorated a tree, however, please do your part to remove all decorations no later than Sunday, January 3, 2016. Thank you!



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MAINTENANCE NEWS



In addition to daily landscape maintenance, following is a sampling of recent completed projects:

- Shade canopies were recently replaced at Towne Square.
- New Automatic External Defibrillator units were installed at each of the community pools.
- Gutters at Towne Square were repaired and cleaned.
- John Simpson Mailbox receptacles were replaced.
- Pickle Ball was installed at John Simpson tennis court.



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From the Association Office

BREAKFAST WITH SANTA HOLIDAY EVENT

Mr. and Mrs. Claus and their elves visited Towne Square last month for a morning of breakfast, treats, music, crafts and story time, hosted and organized by the Home Owners' Association. This event was a sweet success!



Chinese New Year Celebration

Organized by the Fun Chinese Program, Steiner Ranch Tai Chi Group & Steiner Ranch HOA

The Fun Chinese Program (FCP) and the Steiner Ranch Tai Chi Group will bring Chinese Culture to life on January 30th from 10 am -12 pm at Towne Square Community Center. Admission is \$10.

To purchase tickets visit: <http://www.eventbrite.com/e/chinese-new-year-celebration-2016-tickets-19952615811>

There will be:

- Live music
- Chinese snacks & dessert
- Dumpling making competitions
- Arts & crafts
- Storytelling: Learn the culture of dumplings and many more!
- Dessert & Tea Ceremony
- Chinese Calligraphy
- Chopstick Training
- Tai Chi Demonstration

Contact : Rosalia Chiu 512-470-6978 or Rosaliachiu@gmail.com for information.



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Steiner Ranch Resident

Around Steiner



FREE JANUARY WORKSHOPS

Take advantage of these free workshops being offered in Steiner Ranch this Month:

Topic: Understanding Causes Of Heart Attack

When: January 5, 2016, 6pm

Where: Towne Square Community Center

Topic: Free Wills, Estate Planning Workshop

When: January 20, 2016 6pm

Where: Towne Square Community Center

PARENT'S NIGHT OUT

Need A Parent's Night Out? Kidventure had teamed up with Steiner Ranch to offer a fun evening for your kiddos, right here in the neighborhood! The evening will include pizza, sports & games, movie, music, contests and giveaways. Register today as spaces are limited!

When:

**Saturday, January 30, 6:00pm-10:00pm
and Saturday, February 7th, 6:00pm-10:00pm**

Where: Towne Square,

12550 Country Trails Lane, Austin , TX

Cost: \$25 per child (resident),

\$35 per child nonresident

Registration:

<http://kidventure.com/steiner-pno>



Call today for more info

512.263.9181



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Let's celebrate winter with a Snow Day!

Back by popular demand, Snow Day is returning to Steiner Ranch on :

Sunday, February 7, 2015

From 2pm – 4pm

At John Simpson Park

Parking will be limited. Please do not block the mail box kiosks.

Come enjoy our winter wonderland!

Visit the Steiner Ranch HOA Events facebook page and HOA website: www.steinerranchhoa.org for more details.

Interested in sponsoring this event? There are various levels of sponsorship available from \$200 - \$1,000. Contact Desirre Ghebremicael at desirre@steinerranchhoa.org.

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Around Steiner



FAIRWAYS FABULOUS HOLIDAY DECOR

Submitted By Janet Eschenbrenner

Happy New Year! The Holiday Season was bustling in The Fairways this year! I hope that you all were able to get out and see the amazing decorations in our beautiful community. A huge thank you to all of you who “decked the halls” and made our neighborhood so festive. A special thank you goes out to homeowners Roger and Linda

Belanger. Roger donated his time and an extensive collection of amazing decorations to make our neighborhood entrance magical during the holidays. The colorful lights and beautiful wreaths gave a warm welcome to all who entered. Thank you Roger and Linda for this wonderful gift to this community. Let's light up The Fairways again in 2016!



Time For New Year's Resolutions

If your New Year's Resolution is to get some exercise, we've got you covered! In addition to offering some great activities and programs, Steiner Ranch has partnered with a few groups who provide classes at no cost to residents. They include:

Tai Chi- Meets at Towne Square Community Center Monday through Friday at 8:00am

Yoga - Provided by an instructor from Lake Austin Spa. Meets at Towne Square Mondays at 6:30pm

Akido- Meets at Bella Mar Community Center Tuesday evenings at 8:30pm

Run Lab- Meets at John Simpson Park Friday mornings at 9:30am
Happy New Year!

RUN THE RANCH- HOLD THE DATE!

Run the Ranch, will return to Steiner this year on March 6th, starting at 10 am. Registration opens January 1st at runtheranch.org.

Runners and walkers of all ages are invited to join the 2016 Run The Ranch 10k, 5k and Kids Fun Run. Enjoy a fun-filled morning of racing, live music and more!

Runners and walkers of all ages are invited to

20 16

RUN THE RANCH
MARCH 6, 2016
10K, 5K & KIDS FUN RUN

The race will take place at the
Towne Square Community Center
with family activities to follow.

REGISTER TODAY! hcbc.com/runtheranch



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rosaliachiu@gmail.com**

New Steiner Ranch Writers Group

Poets, novelists, memoirists, songwriters, and anyone who has ever wanted to try- join us every other Monday (the most difficult writing day of the week) join us for an hour of work and friendly support from 1:00-2:00 PM at Towne Square Community Center. NaNoWriMo (<http://nanowrimo.org>) writers, join us! Bring something you are working on for the first half of the meeting -our writing time- and then the second half, we'll chat and get to know the other writers in our community. If you haven't started a project, bring your idea and your laptop/notebook and get started in the silence of writers actually writing. This will not be a workshop, but it might be a great way to meet a new writing partner or the reader for your finished manuscript. Absolutely free. Bring your work and join us!



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Steiner Ranch Cycling News

The Steiner Ranch Cycling (SRC) 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, and we welcome new riders. You probably see us riding around the neighborhood in our Steiner Ranch-themed red white and blue kits.

SATURDAY RIDES

On Saturdays we host an open group ride, starting at Cups & Cones at 8:30 AM. Our Saturday rides include advanced and intermediate groups.

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 with a typical distance ranging from 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 welcome. Ride details are posted each week to our website at <http://www.steineranchcycling.com> and on our Facebook page <http://facebook.com/SteinerRanchCycling>.

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

After the ride on Saturdays, join us for discounted burgers and beer at Lakeside Pizza & Grill!

SUNDAY COFFEE SHOP RIDE

On Sundays we host a mostly mellow no-drop ride to a local coffee shop outside Steiner -- great for newer riders and/or recovery rides.

The group will leave Cups & Cones at 8:30 AM, and will target some not-too-far coffee shop for some espresso, pastries, and socialization. The ride will average around 16-17 mph and should be perfect for those looking to recover from the week's riding, or to extend their range out of Steiner. Our destination is typically Red Horn Coffee House and Brewing Company at 1431 and Parmer which is 18 miles from Cups & Cones. This is a no-drop ride, but you should be able to ride the 38-50 miles at a 16-17 mph pace.

Please visit our website at <http://www.steineranchcycling.com> to check out what is going on in the Steiner Ranch cycling community.

Monthly SRC Oasis Ride

Join us for the third Saturday of each month when Steiner Ranch Cycling will host a ride starting from Cups & Cones at 8:30 AM, covering 50-70 miles and ending at the Oasis Brewing Company. Bring your bikes up on the deck and enjoy views of Lake Travis with discounted beer and food options from various local food vendors.

Riding Tips: There is no bad weather, only inappropriate clothes!

Please raise your hands if you have looked out your window and said it is too cold or windy outside to go for a walk, run, or bike ride. I'm sure all of you reading this article have, at one point or another, skipped your workout using that excuse.

Well here in Austin we have no excuses. Austin has some of the best outdoor weather in the country with over 300 sunny days per year. But if you need more reasoning... People in Scandinavia and



most of Europe ride their bikes all year round. Holland, according to Bikes Belong, has 18 million bicycles and 16 million people and 26 percent of all trips in the Netherlands are taken on bikes and 50 percent of all trips in Central Amsterdam are by bike. According to the documentary Urbanized, 50 percent of all trips in Copenhagen are also made by bike and the stats for the rest of Europe are very similar. Now you have to admit that the weather in that part of the world is much colder and wetter than it is here in Austin. So why do these people have a different attitude towards weather than we do here? It may be encapsulated in this Old Norwegian saying: "There is no bad weather, only inappropriate clothes."

Here are some guidelines that may give you some direction as to what is appropriate clothing for cycling in the cold:

55 – 65 degrees

- Wear a base layer under your jersey or arm warmers.

- Wear short finger gloves

45 – 55 degrees

- Swap in a long sleeved base layer under your jersey

- Add leg warmers or knickers under cycling shorts

- Add a vest

- Swap in full finger gloves

- Add wind socks

35 – 45 degrees

- Add shoe covers

- Add balaclava or hat and make sure your ear tips are covered

- Swap in full finger gloves that have wind breaker cover

- Swap in full sleeved cycling jacket

Most bike shops and REI will carry the above items. Many cycling enthusiast and racers will also use an ointment that you rub on your knees and legs under your clothing and it will keep you warm almost all day long.

So, go get some winter clothing and get out there to enjoy some of the best winter weather in the world.

The Soul Cyclist

The Soul Cyclist is every dad or mom that has gone on a bike ride

(Continued on Page 20)

Around Steiner

(Continued from Page 19)

with their son or daughter. It's the kids' riding their bikes on the way to school, it's the roadie, triathlete, mountain biker, bmx'er, bicycle commuter, cruiser, pedestrian, runner and exercise fanatic and the child in each one of us that remembers the joys of being outside on a bicycle.

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:

1. PayPal
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3. Austin City Living
4. MapMyRide
5. Resolute Fitness
6. Dream Smiles Dental
7. 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.

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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.
- \$55 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!

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STEINER RANCH CAMERA CLUB

Attention Steiner Ranch Shutter Bugs!

I'd like to invite all ages; all experience levels, all styles, and all types of cameras, to join me in the launch of the first (that I'm aware of...) camera club in Steiner Ranch.

The Steiner Ranch Camera Club will provide an informal, friendly, and supportive environment for photographers, at all levels of experience, and with interests in all types of photographic imagery.

The Club will offer a means for members to share ideas and knowledge with each other, and promote an interest in photography and community.

At our monthly meetings, we will host speakers with diverse perspectives and skills, encourage the sharing and critiquing of members' work, and hold workshops where members can learn to improve their skills.

Field trips and monthly photo-challenges will be scheduled throughout the year to provide interesting photo opportunities for members, and to help inspire your creativity.

The Steiner Ranch Camera Club will be a place where you can explore and grow your artistic vision and technical knowledge.

"Join" us on Facebook at "Steiner Ranch Camera Club" to get involved and keep current on club events. Spread the word and help me get this new club up and running. We will coordinate our first official meeting place and time from the Facebook Homepage.

Regards,

Jeffery Wagner – Freelance Professional Photographer

YOUNG @ HEART

youngatheartaustin@gmail.com

Young at Heart gives Steiner Ranch residents- mostly in the 50+ age group- opportunities to meet other people with similar interests. Our organized activities are planned to give everyone a chance to get to know each other in casual social settings. Many friendships have been formed while playing cards and games, walking, hiking and participating in more than a dozen other interest groups. If you live in Steiner Ranch full time or part time, you are welcome to join us. To become a member, just send your contact information including name(s), address, phone number and e-mail address to youngatheartaustin@gmail.com.

Among our many activities are Book Club, Canasta, Euchre, Mah Jongg, Mexican Train (Dominoes), Bunco, Walking, Hiking, Biking, Spanish Conversation, Technology, Painting, Card Making (creating unique greeting cards), and Ladies CLEO Luncheons (Classy Ladies Eating Out). We also get together for happy hours, wine socials, International Dining, dinner groups, and our very popular ROMEO (Retired Old Men Eating Out). New groups are added when there is interest.

Steiner Serves & Steiner Ranch YAH Team Up To Help Kids

Steiner Ranch Young At Heart (YAH) partnered with Steiner Serves to help make the holidays special for many children who spent the holidays in foster care, away from their families. The group supported the CASA initiative (Court Appointed Special Advocates) of Travis County.


Young At Heart and Steiner Serves received 30 Wal-Mart and Target giftcards, 15 toy gifts, \$82.00 in cash donations plus 5 additional gift cards. The donation totaled more than \$1,582.00, given to CASA.

Karen Steans, YAH member, started collecting for the CASA Toy Drive years ago by collecting gifts from Young At Heart members. Steans was a teacher for 32 years in a Title I school and says many of her students were foster children in the CASA program in Harris County. "These children are left behind and are near and dear to my heart. I know that it is a worthwhile Toy Drive," said Steans. For the past 3 years, YAH joined along side Steiner Serves to support CASA. The collection place is held at Cups & Cones each November, where donations come from anyone in Steiner Ranch and Longhorn Village.


Event Planning Committee



Wonder who organizes, plans and makes many of the fun events that take place in Steiner Ranch a reality? Under the leadership of Desirre Ghebremicael, HOA Lifestyle Coordinator and Steiner Ranch resident, the ladies pictured here do! The group meets on the second Tuesday of each month at 9:00am at Cups & Cones to brainstorm, organize and plan events to best meet interests of Steiner Ranch residents. Events that have been successful in the past are still part of the line-up: Concert In The Park, Trunk Or Treat, the Easter Egg Hunt. Some new events recently offered include the Father Daughter Dance, Breakfast With Santa, Mother Son Dinner & A Show, and Parent's Night Out events. Coming events are posted on the HOA's new Events Facebook page (visit www.facebook.com/SteinerRanchHOAevents and "like" the page), HOA website and, at the front of the Ranch Record each month. Please consider joining the Events Committee! Our next meeting will take place on Tuesday, January 12 at Cups & Cones at 9:00am. We hope to see you there.




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Dr. James R. Waters is a 1996 graduate from UTHSC Dental School in San Antonio, 1997 graduate of Advanced Dentistry from the UNMC in Nebraska and the 2001 Valedictorian graduate from the prestigious Saint Louis University Orthodontic Program receiving the J.P. Marshall award for clinical excellence in 2001. He holds a Bachelor's Degree in Science, Doctorate in Dental Surgery, a post-doctorate certificate in Advanced Dentistry, post-doctorate Degree in Orthodontics & Dentofacial Orthopedics and a Master of Science Degree in Orthodontics. Dr. Waters and his wife have lived in Steiner Ranch since coming to Austin in 2001. Having 4 kids in the Steiner Schools, Dr. Waters has been and remains an ardent supporter of our community donating over \$20,000 annually to local clubs, teams, schools and organizations associated with Steiner Ranch and the Four Points region.

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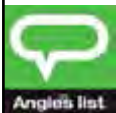
JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					New Year's Day 1 HOA Office Closed No Trash Service Today- Pick-up scheduled Jan. 2 8:00am - Free Tai Chi (TSCC)	2 7:30am - SRC Ride (Cups & Cones)
3 7:30am - SRC Ride (Cups & Cones)	4 8:00am - Free Tai Chi (TSCC) 1:00pm-2:00pm - Writing Group (TSCC) 6:30pm - FREE Yoga (TSCC) 6:30pm Trails Committee Mtg (BMCC)	5 8:00am - Free Tai Chi (TSCC) 6-9pm -- Free Workshop: Understanding Causes of Heart Attack (TS) 8:30pm -Akido (BMCC)	6 8:00am -Free Tai Chi (TSCC)	7 8:00am - Free Tai Chi (TSCC)	8 8:00am - Free Tai Chi (TSCC) 9:30am - Free Run Lab (JS Park)	9 7:30am - SRC Ride (Cups & Cones)
 7:30am - SRC Ride (Cups & Cones)	11 8:00am - Free Tai Chi (TSCC) 6:30pm - Free Yoga (TSCC)	12 8:00am - Free Tai Chi (TSCC) 9:00am - Social CMMTE Mtg (Cups & Cones) 7:00pm - SRNA Mtg (TSCC) 8:30pm - Akido (BMCC)	13 8:00am - Free Tai Chi (TSCC)	14 8:00am - Free Tai Chi (TSCC) 6:00pm - Fairways Board Mtg (TSCC) 5:00pm -- Landscape CMTE Mtg	15 8:00am - Free Tai Chi (TSCC) 9:30am - Free Run Lab (JS Park)	16 7:30am - SRC Ride (Cups & Cones) 6:30pm- Mother/Son Dinner & A Show Event (TSCC)
17 7:30am-SRC Ride (Cups & Cones)	MLK Day 18 8:00am - Free Tai Chi (TSCC) 1:00pm- Writing Group (TSCC) 6:30pm - Free Yoga (TSCC)	19 8:00am - Free Tai Chi (TSCC) 8:30pm - Free Akido (BMCC)	20 8:00am - Free Tai Chi (TSCC) 6:00-9:00pm - Free Wills, Estate Planning Workshop (TSCC)	21 8:00am - Free Tai Chi (TSCC)	22 8:00am - Free Tai Chi (TSCC) 9:30am - Free Run Lab (JS Park)	23 7:30am - SRC Ride (Cups & Cones)
 24/31 7:30am - SRC Ride (Cups & Cones)	25 8:00am - Free Tai Chi (TSCC) 6:30pm - Free Yoga (TSCC)	26 8:00am - Free Tai Chi (TSCC) 8:30pm - Free Akido (BMCC) 6:00pm - SRMA Board Mtg (TSCC)	27 8:00am - Free Tai Chi (TSCC)	28 8:00am - Free Tai Chi (TSCC) 6:00pm - SRROA Board Mtg (TSCC)	29 8:00am - Free Tai Chi (TSCC) 9:30am - Free Run Lab (JS Park)	30 7:30am - SRC Ride (Cups & Cones) Chinese Cuisine Festival (TSCC) 10am-2pm 6pm-10pm- Parent's Night Out (TSCC)



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FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00am – Free Tai Chi (TSCC) 1:00pm -- Writing Group (TSCC)	2 8:00am – Free Tai Chi (TSCC) 6:30pm -- Trails CMTE Mtg (BMCC) 8:30pm -- Akido (BMCC)	3 8:00am – Free Tai Chi (TSCC) 5:30pm – Facilities CMTE Mtg (TSCC)	4 8:00am – Free Tai Chi (TSCC)	5 8:00am – Free Tai Chi (TSCC) 9:30am - Free Run Lab (JS Park)	6 7:30am – SRC Ride (Cups & Cones)
 7 7:30am – SRCC Ride (Cups & Cones)	8 8:00am – Free Tai Chi (TSCC) 6:30pm – FREE Yoga (TSCC)	9 8:00am –Tai Chi (TSCC) 9:00am – Social CMMTE Mtg 9am (Cups & Cones) 7:00pm – SRNA Mtg (TSCC) 8:30pm –Akido (BMCC)	10 8:00am - Free Tai Chi (TSCC)	11 8:00am – Free Tai Chi (TSCC) 6:00pm – Fairways Board Mtg (TSCC)	12 8:00am – Free Tai Chi (TSCC) 9:30am - Free Run Lab (JS Park)	13 7:30am – SRC Ride (Cups & Cones)
14 Happy Valentine's Day 7:30am – SRC Ride (Cups & Cones) 6-10:00pm – Parent's Night Out (TSCC) Registration required	15 8:00am – Free Tai Chi (TSCC) 1:00pm-2:00pm – Writing Group (TSCC) 6:30pm – Free Yoga (TSCC)	16 8:00am – Free Tai Chi (TSCC) 8:30pm – Akido (BMCC)	17 8:00am – Free Tai Chi (TSCC) 6:00pm – Free Workshop: Importance of exercise to maintain health (TSCC)	18 8:00am – Free Tai Chi (TSCC) 5PM- Landscape CMTE Mtg (BMCC)	19 8:00am – Free Tai Chi (TSCC) 9:30am - Free Run Lab (JS Park)	20 7:30am – SRC Ride (Cups & Cones)
 21 7:30am-SRC Ride (Cups & Cones)	22 8:00am – Free Tai Chi (TSCC) 6:30pm – Free Yoga (TSCC)	23 8:00am –Tai Chi (TSCC) 8:30pm – Free Akido (BMCC) 6:00pm – SRMA Board Mtg (TSCC)	24 8:00am – Free Tai Chi (TSCC)	25 8:00am – Free Tai Chi (TSCC) 6:00pm – SRROA Board Mtg (TSCC)	26 8:00am – Free Tai Chi (TSCC) 9:30am - Free Run Lab (JS Park)	27 8:00am – Free Tai Chi (TSCC)
28 7:30am – SRC Ride (Cups & Cones)	29 8:00am – Free Tai Chi (TSCC) 1:00pm-2:00pm – Writing Group (TSCC) 6:30pm – Free Yoga (TSCC)					

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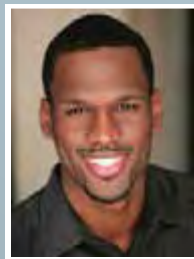
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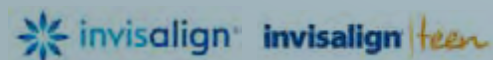
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Winter/Spring Programs Registration Is Open!

Looking for some fun activities to kick off 2016? We've got 'em, all offered right here in Steiner Ranch! Several new activities have been added to our program offerings. Visit the HOA website (www.steinerranchhoa.org), or stop by the office for program details. Below is a list of programs offered:

Children & Teen Programs

- Sportball
- Dance
- Gymnastics
- Tennis
- Soccer Shots
- Zumba
- Rhythm & Me

League Programs

- Neighborhood Sports
- Flag Football
- Lone Star Soccer Academy

Adult Programs

- Yoga
- Ballet Barre
- Tennis
- Zumba
- Tai Chi
- Free Run
- Camp Gladiator
- Swimming
- Hip Hop
- Bollywood Fitness
- Senior Rhythm Jam
- Women's Rhythm Spa



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WHO ARE THE PEOPLE IN YOUR NEIGHBORHOOD?

By Adam and Tonya Stahl

This month we sat down with Shelley Coleman. Shelley is a Steiner Ranch resident and Licensed Professional Counselor whose focus is on child and adolescent counseling for ages 4-18. Shelley also practices family therapy, which of course, allows for clients of all ages. Shelley's office is conveniently located in The Villa Office Suites in Lakeway, off RR620, and contains the community's only designated therapeutic play area. Therapeutic play allows children to use toys as a way to process feelings and express themselves. This therapy is most helpful for children ages 4 to 9. Confidentiality is of paramount importance to Shelley. She wants her clients and their families to know that they are in a safe and trusted environment. Shelley also has a close network of therapists in the area that she can refer clients to when they have needs in which Shelley does not specialize.

Shelley grew up in Dallas, Texas. After living across the state line in Oklahoma, and then across the world in the Philippines, Shelley is happy to call Texas home once again. Shelley's father is a psychologist and her brother is a police officer. She was raised in an environment where helping others was a way of life. She continues this life philosophy through her work and hobbies. Shelley and her husband, Tommy, go on rides with the Steiner Ranch cycling group, and swim at Bella Mar in preparation for triathlons. They are part of the Go Mitch Go organization that raises money for the Leukemia and Lymphoma Society in honor of Mitch Whitaker, who passed away at age 10 from acute lymphocytic leukemia. Mitch's last words were "Keep Fighting" and that is just what the Coleman's do. They use their passion for fitness to help raise

funds and awareness in the Austin area for this very worthy cause. Shelley has also written articles for The Four Points News and the Ranch Record, giving valuable insight into adolescent issues. She co-facilitates a parenting support group at the Emmaus Catholic Parish. Shelley and Tommy have 2 children and enjoy being part of this wonderful community.



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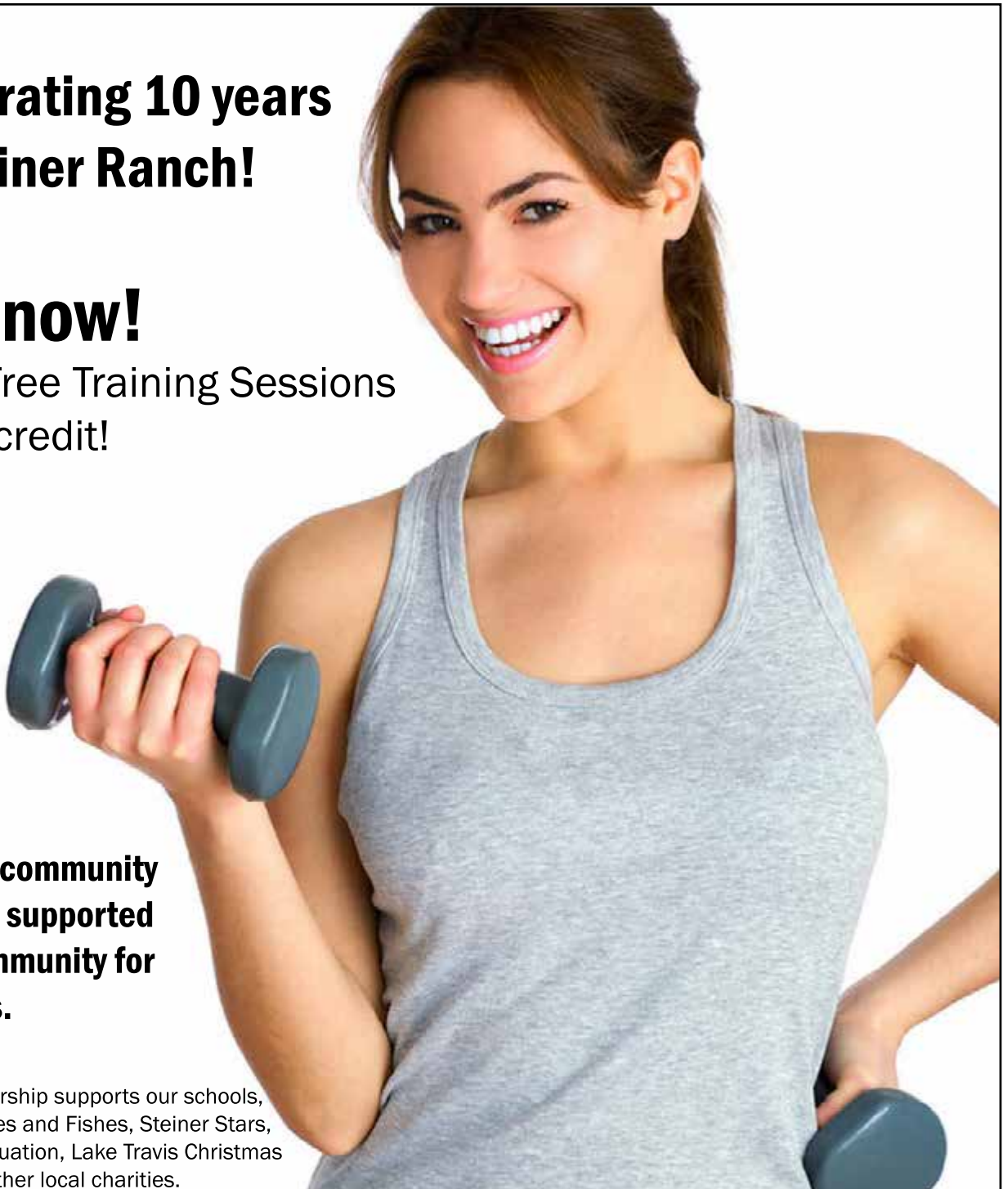
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PROTECT YOUR HOME FROM FREEZING WEATHER

Submitted by WCID #17

- Wrap all exposed pipes located outside or in unheated areas of the home.
- Remove garden hoses from outside faucets.
- Cover vents around the foundation of your home.
- Know where your property owner's cut-off valve is located and how to use it. The valve is located adjacent to the water meter box under a 6" metal lid.
- In Sub-Freezing Weather
- Drip outside faucets 24 hours a day (5 drops per minute). This is not necessary unless temperatures are expected to be 28 degrees or below for at least 4 hours. (Be sure to turn off the faucets after the threat of freezing weather.)
- Open cabinet doors under sinks adjacent to outside walls.
- In unheated garages, shut off water to washing machines. Water softeners should be drained and protected from freezing temperatures.
- In sustained sub-freezing weather, let water drip slowly from inside faucets.
- Take extra precautions to protect pipes that have frozen in the past.

If You Are Not Going To Be Home:

- Shut water off at the property owner's cut-off valve.
- Drain all outside water faucets if your house will be unoccupied for several days (leave outside faucets open).
- Or, leave home heating system on at a low setting.
- Open cabinet doors under sinks adjacent to outside walls.

Renters and tenants may be responsible for personal property damage caused by broken water pipes during severe weather conditions. Residents should contact property management/landlord or maintenance personnel to locate property owner's cut-off valve and find ways to avoid pipe breakage during a freeze.

WCID 17 encourages all residents to turn off and drain outside irrigation systems during the winter months to help conserve water. However, businesses that continue to operate landscape irrigation systems are asked to shut their systems off in order to prevent possible freezing of pedestrian areas and damage caused by freezing conditions.

DO NOT PUT YARD CLIPPINGS IN STORM SEWERS!

The Steiner Ranch Community Association Office has received complaints about Steiner Ranch residents disposing of grass clippings in the storm sewers. Please do not put your clippings in the sewers. This can block the sewers and cause serious flooding problems during heavy rains. Your clippings should be mulched and left on your lawn or placed in your trash container.



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WHAT TO FEED YOUR NEW FURKiD

By Natural Pawz Co-Owner Nadine Joli-Coeur

New pets at Christmas used to mean puppies and kittens. That is no longer the case. Many of us adopt a new family member from one of the local rescues or pet organizations. The new pet can be young, old, small or large and may also have some special needs.

It's a time of great joy but it's challenging to determine the best food for your new pet. There are so many choices out there. Whether you get a pet from a breeder or adopt from a rescue or shelter, it's important to ask a couple of questions:

- 1) What has he/she been eating? How much and how often is he/she fed?
- 2) How old is the pet?
- 3) Does the pet have any allergies or skin issues?
- 4) Are there any medical conditions that you should know (past or present)?

A little information can help guide you on what to do next. If your pet has been on a poor diet or you have a multi-pet household, you might want to change the food. The first thing to do is find a food that meets the best needs of your pet. Should you buy canned food, dry food or something else? The answer really is that there is no one right answer.

Puppies – What to Feed

Feeding your pet healthy food is essential if he/she is to grow into a healthy adult. A puppy diet will provide the extra nutrients and fat needed. Additionally, other ingredients are critical such as DHA for brain development, omegas for a shiny coat and enough (but not too much) calories for energy. For small and medium breeds, you should feed puppy food for at least the first nine months. For large to giant breeds or breeds that tend to have hip and joint issues, you can feed a breed-specific puppy food for up to 18 months. (Timing

(Continued on Page 34)



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News You Can Use

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is determined on when they stop growing).

Rescue Pets – What to Feed

Often newly adopted pets are stressed and may not have been on a proper diet prior to their arrival in your household. Select a diet based on needs, including overweight, dry coat, poor digestion....

POOR COAT – A better food will improve the pet's coat. Start with a food that provides additional omegas or ingredients for the coat (such as coconut oil, fish protein, fish oil, canola oil, flax). If the pet's ears and between the paw pads are irritated, the pet probably has allergies. Look to feed a diet formulated with limited ingredients and a protein source that they haven't had before such as duck, rabbit or lamb.

POOR DIGESTION / LOOSE STOOL – If your pet has loose stools or diarrhea, it may be due to stress, a poor diet, too fast a transition to a new diet or feeding too much. If you are feeding a good diet, you may be feeding too much during a meal. Either cut back or feed more often. A good diet starts with high-quality ingredients as opposed to lower quality or highly processed ingredients such as glutens, starchy grains and by-products. A pet cannot be healthy without a healthy intestinal tract. To improve intestinal health, add the following to the diet:

- Pre and/or probiotics: a supplement specifically designed for pets

will work better than plain yogurt

- Enzymes: Try a supplement, raw food or bones; Pumpkin is also a good option that's full of fiber and minerals.

Food transition Guide

Day 1 & 2: 75% old food, mixed with 25% new food

Day 3 & 4: Equal amounts of both food

Day 5: If poop looks good, feed 75% NEW and 25% old. Otherwise, repeat the 50:50 split.

Note : many less-processed will require less feeding than the directions say. Start with 3/4 the amount and add more or less, depending if your pet starts to gain or lose weight. For more details, you can pick up a Pet Food Transition Guide at Natural Pawz.

Transitioning to a New Diet

OVERWEIGHT – Overweight pets are susceptible to many health issues (joint pain, heart stress). Feeding a low-fat diet often will not result in reduced weight. Your pet needs high-quality protein for optimal health. Here are some ways to lose those extra pounds:

- Replace 1/3 of the diet with canned pumpkin. Feed a good senior or weight management diet. (The extra glucosamine in a senior diet helps the joints.) Cut back the current diet and slowly increase the pet's exercise.

SENIOR PETS – If you adopted a pet over seven years old, I thank

(Continued on Page 35)



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(Continued from Page 34)

you. Increasingly, old pets find themselves in shelters or rescue groups because their owners cannot take care of them. Senior pets are some of the most loving animals and with a little focus on nutrition and supplements, there is no reason why senior pets can't live a long and happy life. As our pets age, their bodies do not process foods as efficiently, so look to feed a less-processed diet, make sure to manage their weight and increase water /moisture in their diet.

As parents of a new furkid, you are responsible for what your pet eats. Not all pets are the same and not all pets like the same things. With some research and a little trial and error, you can make a difference in what your pet eats and the life your pet enjoys.

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5				1		2		
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	6							8
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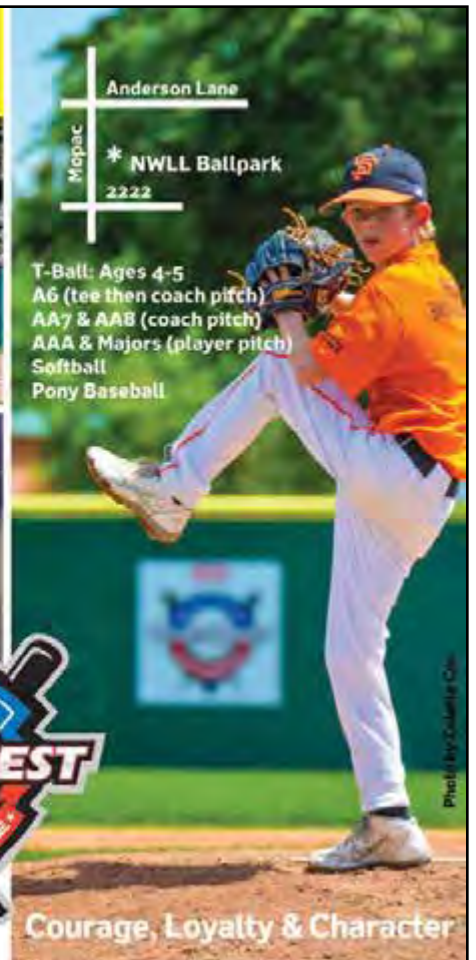


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Members of the Canidae family are all dog-like mammals, and in the United States that includes wolves, coyotes, domestic dogs, and true foxes. They are adapted to running swiftly over open terrain, and typically have long muzzles, upright ears, bushy tails, and teeth that can crack bones. The family is further divided into two tribes, with the wolves, coyotes, and dogs in the Canini tribe, and the true foxes in the Vulpini tribe. In central Texas, two species of true foxes exist, the native Common Gray Fox (*Urocyon cinereoargenteus*) and the introduced Red Fox (*Vulpes vulpes*).

Most active at night, and sometimes in late afternoon or early morning, the Gray Fox is a medium-sized fox with grayish upperparts, tawny sides, and reddish-brown legs. It has a whitish throat with a distinct black patch on the sides of its muzzle and lower jaw. Often confused with the Red Fox, the main distinction is the black tip on the tail and the fact that it is found throughout Texas. Gray Foxes are adept tree climbers, highly unusual for Canids, and they use their rounded claws to ascend trees much like bears. Once up in the canopy, they can hunt birds, escape predators, bask in the sun, or jump from branch to branch like a cat.

(Continued on Page 41)

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(Continued from Page 40)

Also active at night, and frequently at dawn and dusk, the Red Fox is similar in size to the Gray Fox, but differs mainly in its coloring. While its typical coloration is generally rusty red, this fox can exhibit several other color forms, from black to silvery gray, but it always has a pattern of darker fur along the spine and down across each shoulder blade, forming a cross. The most distinct difference from the Gray Fox is the bushier tail that ends in a white tip. The Red Fox is found throughout most but not all of Texas, absent from the far western and southern portions of the state. Not native to Texas, it was introduced for sport around 1895 in the eastern and central regions.

Both species of fox are social animals, and their primary unit consists of a family with an adult male (or Reynard or dog), adult female (or vixen), and the juveniles (or kits, cubs, or pups) that were born that year. These foxes are thought to mate for life, with breeding beginning in December and extending into February. They can use a variety of places for denning sites, but most commonly they reuse underground burrows dug by other animals. Both the male and female care for and feed their young, and their diets consist of small mammals, birds, berries, and occasionally insects.

Foxes are usually seen in mixed woodlands and edges of forests, and while hunting they often use old roads or open trails while traveling the same routes. Their activity peaks with the activity of their prey,

and if you get the chance to watch the cunning way in which they hunt, using their night vision, acute hearing, and high pouncing attacks, you'll begin to understand why they are called fabulous foxes!



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HOW CAN I GET IN SKI-SHAPE?

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

Ski conditioning begins about 6 weeks prior to travel, and involves three phases:

- Muscle training
- Stamina
- Agility

Muscle training for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

Stamina is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using

"interval" periods to increase your heart rate. Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the athletic agility that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are "ski-adaptive" sports. "Ski-specific" training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes—perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as a autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

By Kelly Cunningham, MD, Sports Medicine specialist and Founder. Austin OrthoBiologics. Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society



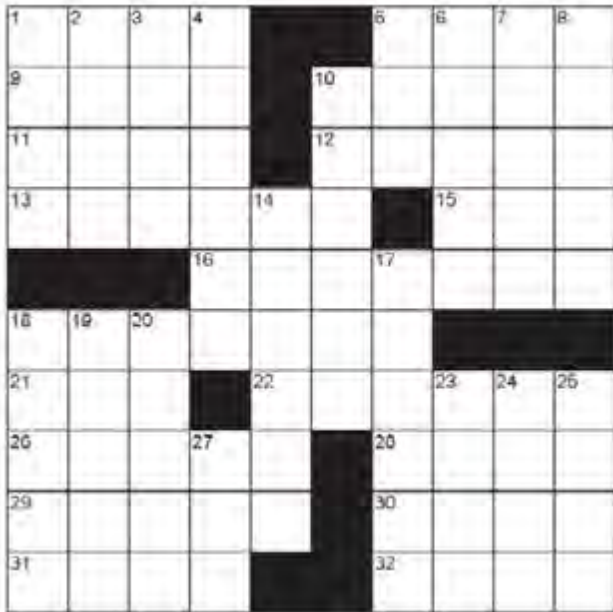
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ACROSS

1. Charge
5. Syrian bishop
9. Against
10. Landing
11. Leaves
12. Boom box
13. Allure
15. African antelope
16. Polite
18. Leafy green
21. Marry
22. Esophagus
26. Woken
28. Goad
29. Type of tooth
30. Refer
31. Posttraumatic stress disorder
32. Sieve

DOWN

1. Nativity scene piece
2. Competition at the Greek games
3. Capital of the Ukraine
4. Symbol
5. Expression of surprise
6. Emblem
7. Pickle juice
8. A ball out of bounds (2 wds.)
10. Twist violently
14. Ripper
17. Strums
18. Slough
19. Ross ____, philanthropist
20. Gods
23. Brand of sandwich cookie
24. Seaweed substance
25. Cabana
27. Blue

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The Spotlight

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BUSINESS
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FOUR POINTS
EDITION
WINTER 2016



Photo by Chris Diaz,
Shutterbug Studios

DON'T LET THE FLU KEEP YOU DOWN

Reviewed by Danielle Fryer, RN,
ADC Practice Manager

FLU SEASON

It's that time of the year when hand sanitizer, tissues and "vampire sneezes" are the talk of the town. Influenza is a serious, potentially life-threatening disease that begins to show up between October through March in the U.S. Flu can cause absences at school and result in lost production at work.

The Centers for Disease Control (CDC), estimate that in the United States, each year on average 5% to 20% of the population get the flu and more than 200,000 people are hospitalized from seasonal flu-related complications. Flu seasons are unpredictable and can be severe¹.

So, who should get the flu vaccine?

Anyone over 6 months of age should get a flu shot yearly, especially those individuals at high risk for flu including:

- Children younger than 5 (especially those younger than 2 years old);
- Adults 65 years and older;
- Pregnant women and
- Residents in nursing homes or long-term care facilities.

People with the following medical conditions are considered at high risk for flu and should also be immunized yearly:

- Asthma;
- Neurological conditions;
- Heart disease;
- Blood disorders (like sickle cell anemia);
- Kidney and liver disorders;
- Metabolic disorders;
- Weakened immune systems;
- People who are younger than 19 on aspirin therapy and people who are morbidly obese.

Are there people who should not get a flu shot?

Talk to your doctor if you . . .

- have had a past reaction to the flu shot;
- are recovering from a moderate to severe illness, or
- have a history of Guillain-Barré Syndrome.

When should you get vaccinated?

Flu season usually runs from October through May. Doctors recommend you get the vaccine as early as September to maximize protection for you and your family. It usually takes two to four weeks for the vaccine to give you immunity.

Can I get the flu from a flu shot?

No. The *injection* you will receive is a dead virus - it cannot give you the flu. However, you may experience side effects such as a sore arm, mild fever or achiness that may last up to two days.

Some people may choose the flu vaccine *nasal mist*. The nasal mist is a live, weakened flu virus that is squirted in your nostrils. It cannot give you the flu. Side effects are minimal and include a runny nose, headache, sore throat, or fever lasting 1-2 days. It can only be given to people from 2 years of age up to the age of 50.

What is the High Dose Flu Vaccine or Fluzone High Dose?

The high dose vaccine contains four times the amount of antigen (which prompts the body to make antibodies) as the regular flu vaccine. The high dose vaccine is approved for use in adults 65 years and older. As we age our immune systems weaken and immune responses decrease. A recent study² indicated that a high-dose vaccine was more effective in preventing flu in adults 65+.

What is the difference between the flu and a cold?

A cold may begin gradually and develop over several days. The flu comes on suddenly and is accompanied by some or all of the following symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever.

The Austin Diagnostic Clinic, will offer flu shots for adults 18 years and older at all doctor's offices, including Steiner Ranch, during regular business hours. Parents should contact their pediatrician or family doctor to schedule flu shots for children under 18 years old.

- Flu shots \$40 (or will file insurance)
- High Dose Flu Shots \$60 (will file insurance)

For additional hours and information please visit **ADClinic.com/flu** or call our **Flu Hotline at 512-901-7117**.

Sources:

1. <http://www.cdc.gov/flu/index.htm>

2. http://www.nejm.org/doi/full/10.1056/NEJMoa1315727?query=featured_home6

AVOID THE FLU VISIT AN ADC OFFICE NEAR YOU

ADClinic.com/flu
512-901-1111



ADC Steiner Ranch
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**Get a flu shot and protect
yourself and your family
this flu season.**



- ★ Flu shots for adults 18 years and older at all ADC offices
- ★ Cost: \$40 or we will file insurance - ask us about high-dose flu shots for adults 65+
- ★ Available during regular business hours Monday- Friday (check adclinic.com)
- ★ Flu shots after-hours and weekends at ADC Urgent Care in North & South Austin
- ★ Parents should contact their pediatrician to schedule flu shots for children under 18.



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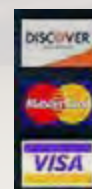
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Dr. Waters is a 1996 graduate from UT Dental School in San Antonio, a 1997 graduate of Advanced Dentistry from the University of Nebraska Medical Center and the 2001 Valedictorian from the St.

Louis University Orthodontic Program being the recipient of the 2001 J.P. Marshall Award for Clinical Excellence. He holds a Bachelor's Degree in Biology, Doctorate in Dental Surgery, a post-Doctorate certificate in Advanced Dentistry, post-Doctorate certificate in Orthodontics & Dentofacial Orthopedics and a Master's Degree in Orthodontics. Dr. Waters is a Diplomate of the American Board of Orthodontics since 2006 and a **Proud Steiner Ranch Resident** since 2001.

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Community Newsletters

About Peel, Inc.

Peel, Inc. specializes in publishing community newsletters for neighborhoods and homeowner associations. Our goal is to help build communities by connecting local businesses with residents and residents with relevant neighborhood information. We currently work with over a hundred communities and homeowner associations throughout the state of Texas. You can find us in Austin, Houston and San Antonio. To view our coverage map visit us online at www.peelinc.com.

Professional Quality

Our newsletters are designed using industry-standard tools like Adobe InDesign, printed on offset presses, folded, and saddle-stitched. This produces a higher-quality professional-looking newsletter than consumer-level tools like Microsoft Publisher and high-speed copiers. By mailing the newsletters directly to the residents we eliminate the need for costly door-to-door delivery services.

Reputable History

Peel, Inc. has been in business since 1977 and printing community newsletters continuously for over 24 years. That's twenty-four years of working with community leaders, homeowner associations, neighborhood associations, and management companies to help them communicate

effectively with their residents. Twenty-four years of working hand-in-hand with local editors ensuring articles are informative and relevant to the residents. Twenty-four years of helping local businesses advertise their presence. Twenty-four years of helping build communities.

Advertising:

Advertising is an investment in the growth and future of your business. Consumers who buy products or services from businesses like yours almost always buy them from a business that they knew about before their need occurred. Advertising increases the likelihood that more consumers will know who you are when they are ready to buy.

Advertising has other important benefits: it helps defend your revenue from competitors, it encourages repeat business, it can improve employee morale, and make it easier to hire the best people.

So should you advertise? Absolutely. The trick is finding the right medium for your business and budget. It's vital that whatever you choose, the media must reach enough of the right people, reach them frequently, and reach them with a compelling enough message to stick in consumer minds. Advertising monthly in a community newsletter is a great way brand yourself as well as reach people near your place of business. Call 512-263-9181 and start today.



Four Points Spotlight

The Four Points Spotlight is a quarterly supplement inserted in to all of our Four Points area newsletters and has a reach of 8,500 homes. Advertising is exclusive to only one business in their respective field. The next issue will go out in April. Call to reserve your space today: 512-263-9181.



When we began the process of starting our new business, my business partners and I drew out an advertising plan that we felt confident would produce steady revenue and growth. However, we learned quickly that we couldn't afford to limit ourselves to phone directories and internet marketing. After spending countless hours and more money than I care to admit we met Kelly Peel with Peel Inc. Kelly wasted no time in helping us determine the best market for our ad and custom tailoring an ad that would make our phone ring. Peel Inc. got us into the homes of 4000 residence in our target audience for for just a few cents per home. We have yet to find a more affordable and explosive form of advertisement. Peel Inc. has an obvious commitment to excellence and this is most evident in their diligent follow through, creative design work, and high quality newsletters.

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Owner, Square Cow Moovers



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